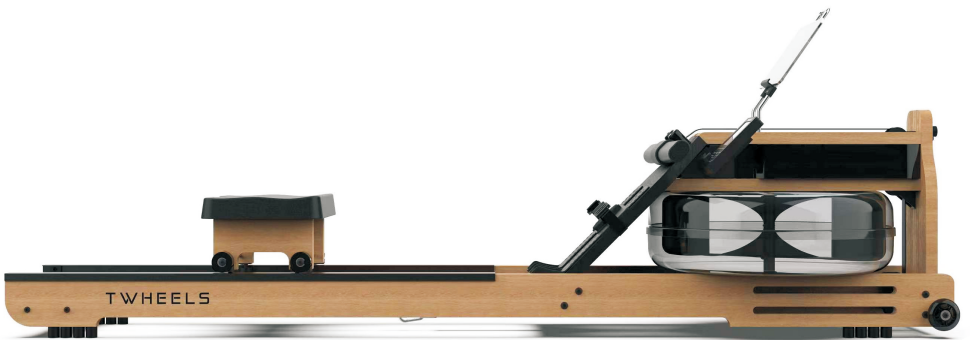




TWHEELS



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- 03 Safety Instructions
- 04 Parts List
- 06 Assembly Instructions
- 10 Filling/emptying the water tank
- 11 Warm up and cool down
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- 15 Using the FitShow and Kinomap apps
- 18 Exercise guide
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- 19 Warranty Conditions

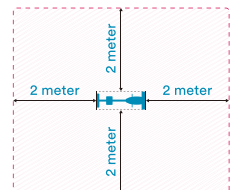


WARNING

To reduce the risk of injury, these instructions must be read and understood completely before use! This device is intended exclusively for home use in accordance with the instructions in this manual. Carefully read through the instructions before you insert the device and keep the service cord for further use.

IMPORTANT SAFETY INSTRUCTIONS

- The safety level of the device can only be maintained if it is regularly checked for damage and wear and tear is checked.
- If you pass this device on or transfer it from another person to use it, make sure that the person is knows the contents of these operating instructions.
- This device may only be used by one person at a time. Exercise can be used. The maximum load capacity of this training device is 180 kg.
- Before first use and then also check later at regular intervals
all screws, bolts and other connections for tight fit.
- Remove any sharp-edged objects from the environment of the device before you start training.
- Only train on the device. when it is properly functioning.
- Defective parts must be replaced immediately and/or the Device is no longer to be used until it has been repaired.
- Parents and other guardians should be aware of your be aware of responsibility, since due to the natural children's playfulness and eagerness to experiment. situations are to be expected, for which training equipment is not are built.
- If you let children train on the device, you should their mental and physical development and above all take into account their temperament. You should let the children supervise if necessary and, above all, ensure the correct Use of the device must be indicated. As toys are the Training equipment in any case not suitable.
- When setting up the device, please ensure that in each direction there is sufficient free space.
- Please note that incorrect and excessive training can cause can endanger your health.
- Please note the lever and other Adjustment mechanisms do not enter the range of motion protrude during the exercise and disrupt the process.
- Never exercise immediately after meals.
- When setting up the device, make sure that the following conditions are met the unit is stable and any unevenness in the floor is compensated for sible for the future.
- Always wear workout clothes and shoes that are suitable for are suitable for a fitness streineng, if you are on the device train. The clothing must be such that these are not due to their shape (e.g. length) during the training can get stuck somewhere. The shoes should be chosen to match the training equipment basically give the foot a firm hold and a have non-slip sole.
- Basically, before starting a workout, you should Consult your doctor. He can give you specific information make which load intensity is suitable for you and give you tips on training and nutrition.
- Stow the device in a dry, level place and protect it from moisture. Provided you use the installation site must be protected against pressure points, soiling If you want to protect your data from place a suitable, non-slip base under the device.
- As a general rule, sports equipment is not a toy. They must therefore only be used for the intended purpose and by appropriately informed or instructed persons be used.
- If you experience dizziness nausea, chest pain or experience any other abnormal symptoms, stop immediately stop training and consult your doctor.
- Persons such as children. Invalids and disabled people should only use the device in the presence of another person who is can provide assistance and guidance, use.
- Make sure that you and other people are aware of never with any body parts in the area of moving parts.
- When adjusting adjustable parts, note the following the correct position or the marked, maximum Setting position.
- Please train with a free area of 2 meters around the Device.

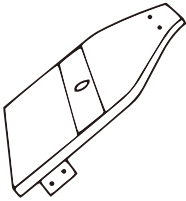


NOTE

The device is delivered in 2 boxes - Please check the device for completeness. If a part is missing, please contact customer service.

Footboard

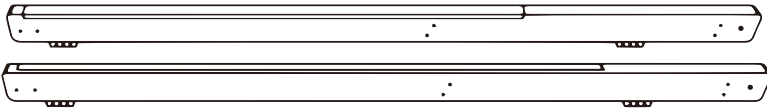
1 piece

**Footrests**

2 piece

**Rear spacer**

1 piece

**Rails**

2 piece

**Screws A**

8 piece

**Screws B**

4 piece

**Screws C**

2 piece

**Stopper**

2 piece

**Hexagon wrench**

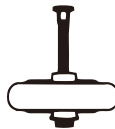
1 piece

**Seat**

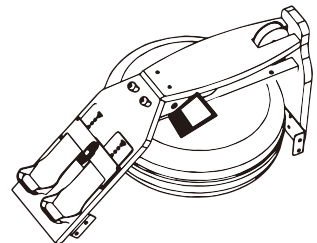
1 piece

**Siphon pump**

1 piece

**Rollers**

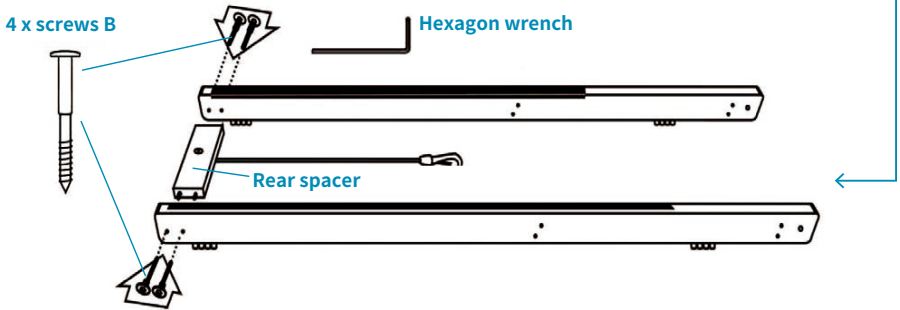
2 piece

**Water tank**

2 piece

1

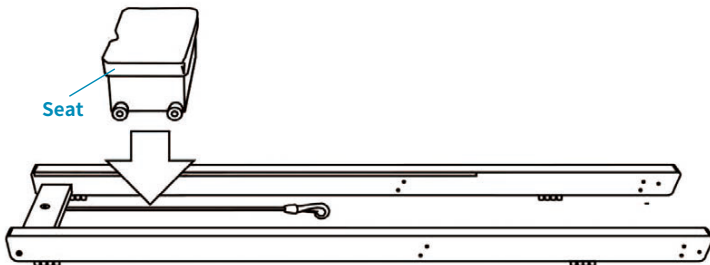
We recommend you assemble the unit with 2 persons to avoid damages and injuries. Connect the rear spacer and the rails with 4 type B screws as shown.



2

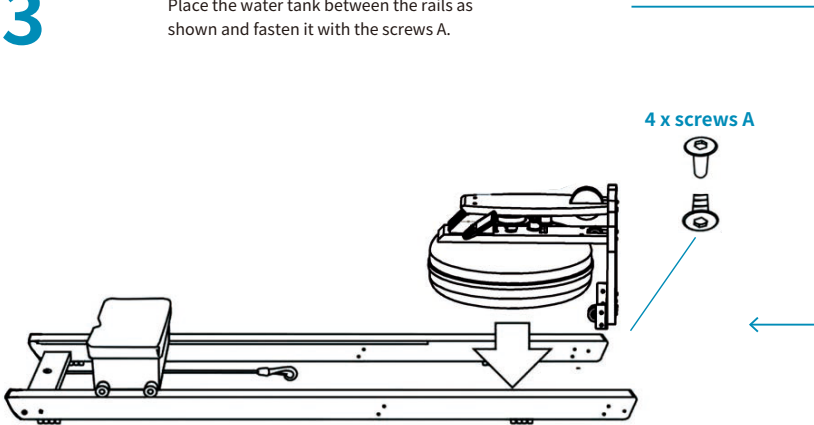
Place the seat on the rails as shown in the drawing.

Make sure that the larger, vertically mounted rollers (the load rollers) rest on the top of the aluminum rails and the smaller, horizontally mounted rollers (the guide rollers) run between the rails.



3

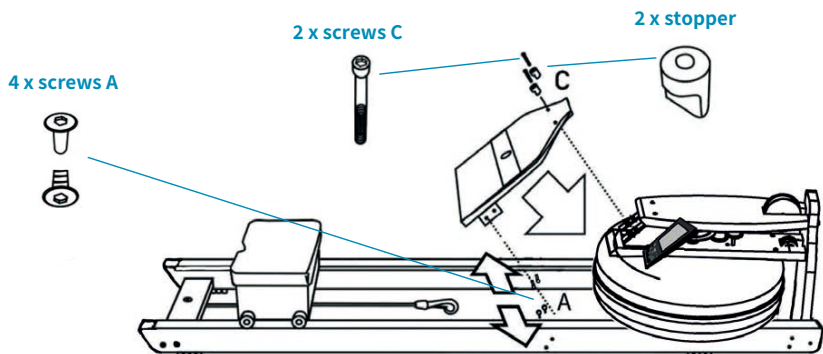
Place the water tank between the rails as shown and fasten it with the screws A.



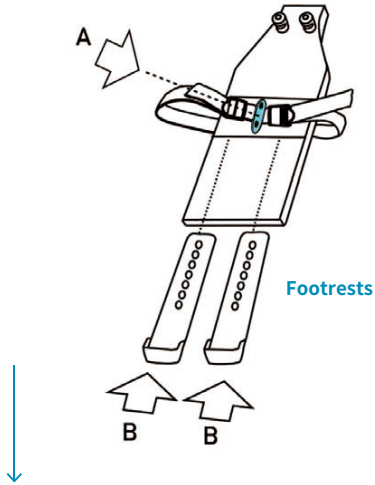
4

The footboard is placed between the rails. Bring the both upper holes in line with the holes in the tank and then fasten the footboard with the screws A. The two **Stoppers** are then fastened with screws C as shown.

If you have problems with the correct alignment of the individual parts, loosen all existing connections a little and adjust the parts. Then fasten all parts again with a force fit.



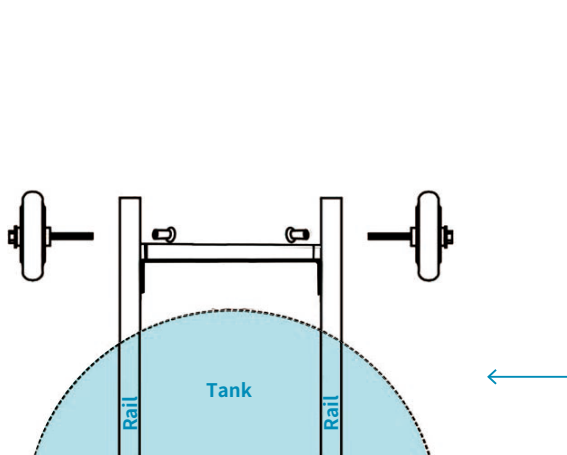
5



Press the A button down and insert the footrests under the footrest cover B. Release the button again to lock the footrests. You can change the position of the footrests later to suit your individual requirements, so that you can use the Give feet optimal support.

6

Attach the two rollers to the outside of the rails (marked rail in the drawing).



7

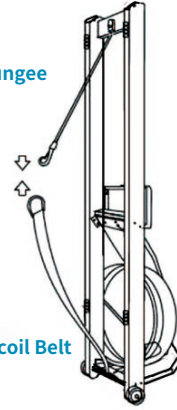


Place the device in an upright position. Place the belt (Recoil Belt) correctly over all guide rollers and hang the ring into the hook of the bungee cord.

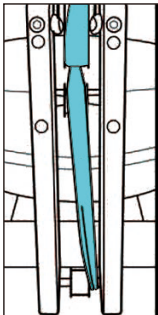


Bungee

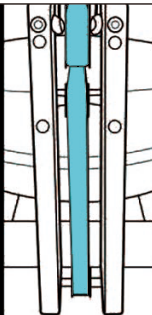
Recoil Belt



FALSE
positioned belt



CORRECT
positioned belt



IMPORTANT

The belt must lie correctly over the guide rollers!

Before use, check that all screws and nuts are tightened!

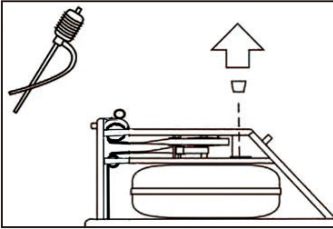


Fig. A

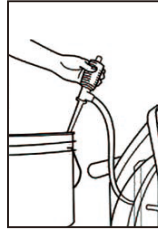


Fig. B

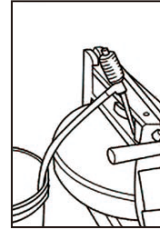


Fig. C

Fig. A) Open the tank and turn the valve of the siphon pump clockwise to close it. Use a water source that is higher than the tank.

Refer to **Fig. B)** for filling and **Fig. C)** for emptying the tank. Press the pump 4 to 5 times until the water flows properly. Then turn the valve counterclockwise so that air enters the siphon pump again.

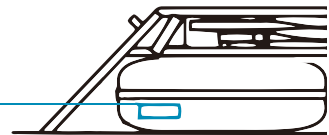
THE CORRECT FILLING QUANTITY

On the side of the tank you will find a filling scale. The tank may be filled to a maximum of mark 19.

The tank must not be overfilled, as this may lead to damage. and could lead to loss of warranty. We recommend. Fill with water up to mark 17. Notes:

- Change the water regularly. to prevent bacterial infestation.
- Should the local water quality be doubtful, use distilled water.
- Should you intend to use water purification tablets, please use only tap water.

DO NOT	19	EXCEED
	18	
	17	
	16	
	15	
	14	
	13	



A successful training program consists of a warm-up phase, a training phase and the cool-down. The frequency of training for beginners should be 2 to 3 times a week with at least one tog break between training sessions. After a few months, the frequency can be increased to 4-5 times a week.

WARM UP

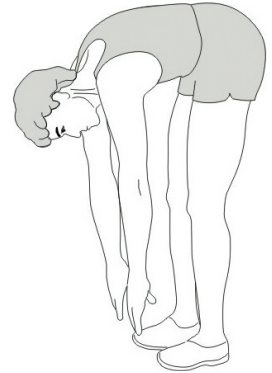
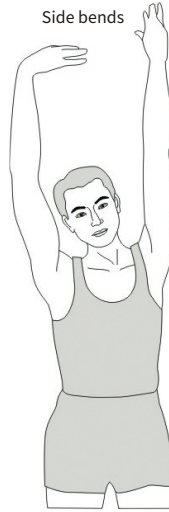
The phase improves blood flow and helps the muscles work properly. Warming up reduces the risk of cramp or muscle injury. It is recommended to perform some stretching exercises, as described below. Each stretch should be held for about 30 seconds, no force or excessive pressure should be applied - kick pain stop, stop! Warm-up exercises can include walking, jogging. Jumping jacks, rope jumping exercises or the Running on the spot include.

STRETCHING

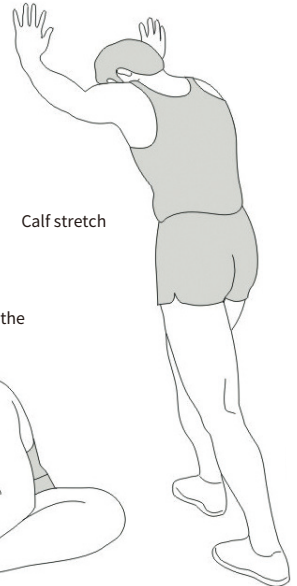
The muscles can be stretched more easily when they are warm. This reduces the risk of injury.

Remember to always consult your doctor first, before starting any training program.

Side bends



Forward bends



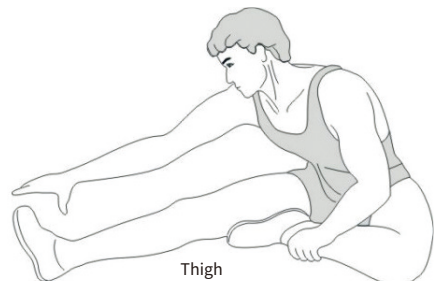
Calf stretch



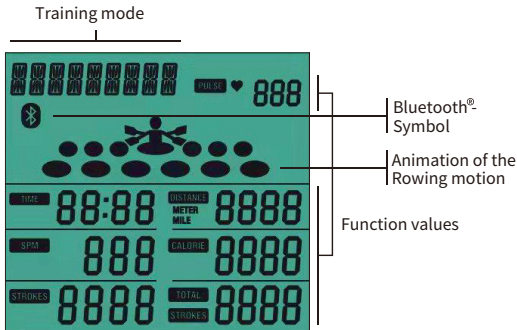
Inside the Thigh

COOL-DOWN (COOL DOWN)

This phase is designed to improve your cardiovascular system and relax your muscles again. For example, you can reduce the pace and exercise for 5 more minutes. Then repeat the stretching exercises from the warm-up phase. Remember to use no force or to apply too much pressure during stretching.



Thigh



KEY SYMBOL SIGNIFICATIONS

MODE	Function or value selection. It is pressed together with UP for approx. press and hold for 2 seconds to change the unit of measurement for the distance (meters or miles).
UP	Increases function values during input of training specifications.
RESET	Press the key to set default values to delete, to scroll back in the function selection or to return to standby mode. By pressing and holding the key for approx. 3 seconds, all values are reset and the computer reinitializes.
RECOVERY	Press this button to display the heart start recovery rate measurement.
START/STOP	Start or end a training session.
BLUE-TOOTH	Turn the Bluetooth function on or off.
INTERVAL CUSTOM	Switches to the INTERVAL training mode with individual specifications. These must then be entered on the computer in use.

The computer has an automatic on/off feature that turns it on when the user moves it or presses.

The device can be switched on by pressing a key or switched off automatically after approx. 4 minutes without any signal.

THE FUNCTIONAL VALUES

TIME (TIME)	Displays the training time (max. 99 minutes)
DISTANCE (DISTANZ)	Shows the distance traveled (rowed) Ent distance (max. 9999 km or miles).
CALORIES (CALORIES)	Displays the calories expended (max. 9990 kcal). The calorie expenditure values determined and displayed by this computer are only intended as a guide for a person of average stature with average resistance. stand setting and may deviate considerably from the actual (medical) calorie expenditure.
SPM STROKES	Displays the rowing strokes per minute (stroke frequency) (max. 999). Displays the number of rowing strokes (strokes) in the current training mode on (max. 9999).
TOTAL STROKES	Displays the total number of rowing strokes (Total Strokes) with the device (max. 9999). After a reset (reinitials of the computer) or a batterie change, the total number will again set to zero.
PULSE (PULSE-FREE QUOTE)	Displays the current pulse rate (display of the range 30 to 230 beats per minute). The prerequisite for using this function is the use of a compatible chest strap. If no pulse signal is received, P appears.

QUICK START

Just start training. The computer turns on automatically in manual mode and displays all relevant function values. For a training pause press START/STOP (STOP will then appear in the display). If you want to continue the training, press START/STOP again.

SELECTION OF A TRAINING MODE

Turn on the computer by simply pressing the MODE button. Press the UP key to select one of the three training modes MANUAL (manual, as already described above), INTERVAL (interval) or Select TARGET (target forgetting training). Then press MODE again to train in this mode.

RECOVERY (HEART RECOVERY RATES MEASUREMENT)

This special function allows to determine the heart recovery rate after a workout, which is an indicator of the sport and physical condition of the trainee is the most important factor. The better the heart recovery rate (i.e. the faster the heart rate recovers to normal), the "fitter" the athlete is. After you have completed the workout, keep the compatible chest strap on. Now press the RECOVERY button. Rate for 60 seconds while the computer continuously measures your pulse. After the time is up, your rated heart recovery rate will be displayed on the computer with a scale from 1.0 F1 to 6.0 F6, where F1 is very good and F6 = unsatisfactory. Improve your rate to F1 by exercising regularly!

INTERVAL

The device offers you 3 different interval training modes. After confirming INTERVAL with MODE, you can choose between 10/20, 20/10 or Custom. There is even an extra button for the Custom interval program to help you get to this selection faster.

- | | |
|---------------|---|
| 10/20 | Here you will train 8 rounds of 10 Seconds of training (rowing time) and 20 seconds of rest. |
| 20/10 | Here you train 8 rounds of 20 Seconds of training (rowing time) and 10 seconds of rest. |
| CUSTOM | Here you specify the laps as well as the respective training and pause time per lap. Set the values accordingly with UP and MODE. |

After selecting the respective mode and pressing MODE, the computer displays READY and counts down 3 seconds until the training starts. Then, the interval training starts. During the pause times, the computer emits an acoustic signal every second and REST xx/xx appears. During the training times, on the other hand, WORK xx/xx appears. At the end of the training, the STOP symbol appears and the computer beeps 3 times. To exit the respective mode, press START/STOP and then RESET. This will take you to the standby mode. Now press MODE to be able to select a training mode again with UP.

TARGET

In this mode, you can enter a target. Press MODE to confirm the selection and then use UP to select any function value (however, you can only select one value for a target at a time).

Press MODE and now enter the desired value with UP and MODE. The specified value must now be reached in the following workout (for this purpose, there is a countdown for time, distance, calories and rowing strokes: If the value is 0, the training is finished). If you have specified a heart rate (only possible when using a chest strap), the computer beeps every second. If you get above the specified heart rate value in the training.

At the end of the training, STOP appears and the computer beeps 3 times. To exit the mode before, press START/STOP and then RESET. This will take you to the standby mode. Now press MODE to be able to select a training mode with UP again.

INSERTING/CHANGING THE BATTERIES

The computer requires 4 x 1.5V AA batteries. Insert them into the battery compartment on the back of the computer. If the display becomes dim or stops working, replace the batteries.

BATTERY DISPOSAL

Batteries do not belong in household waste. As a consumer, you are required by law to return used batteries. You can return your old batteries to the public collection points in your community or wherever batteries of the type in question are sold.

USE OF A CHEST STRAP

The computer is equipped with a built-in receiver for wireless pulse rate transmission by means of an optional chest strap (frequency: 5.3 kHz, not included in the scope of delivery). Recommended range: 100- 150 cm.

If you would like to monitor your pulse rate through the chest strap, proceed as follows:

1. Make sure that the correct battery (coin cell) is used. Type CR-2032, 3V) inserted in the chest strap (transmitter). Battery change: Remove (if necessary with the help of a money luck) the cover on the back of the transmitter, and then remove the battery and insert the new battery with the plus sign (+) facing up. Make sure that the sealing ring is placed correctly. Now replace the cover.
2. Slightly moisten the electrodes on the back of the transmitter! This increases the contact sensibility and enables better radio transmission to the receiver.
3. Put on the chest strap so that the electrodes on the inside are directly against the chest. You can adjust the chest strap to a comfortable width using the elastic band. However, the electrodes must be in contact with your chest in order to be able to measure a pulse rate.
4. The 5.3 kHz chest strap communicates with the receiver built into the computer. It may take up to one minute before the correct heart rate is transmitted and displayed.

SAFETY NOTICE

When wearing a pacemaker, do not use the chest strap until you have consulted the manufacturer of the pacemaker and/or your physician.

USE OF THE FITSHOW AND KINOMAP APPS

The computer can be connected via Bluetooth® to communicate with the apps FitShow or Kinomap.

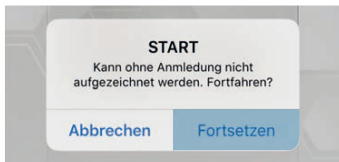
1. FITSHOW

Activate Bluetooth® on your mobile device, download the app and install it on your iOS or Android device. You can find it via the app search function of your device. After successful installation, you can launch the app on your mobile device.

To record training data, you must register in the app. However, a simple workout without permanent data recording is also possible without registration.

To start a workout with the app, you must now first activate the Bluetooth® function of the device computer (press the Bluetooth button) - the Bluetooth® symbol appears on the display.

If you are not registered, accept the message if necessary:

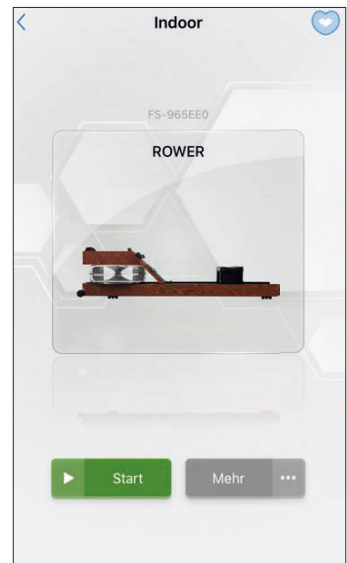


Confirm by tapping Continue. Now you can start training and the corresponding data will be displayed in the app (see fig. next page), while the device computer only shows the Bluetooth® symbol.

If the training computer of your device is not found, please check if the Bluetooth® functions are activated on your devices.



In the app, tap Sport and Indoor



Tap Start

APP DISPLAY DURING TRAININGS

If you want to stop the workout, tap and hold the red STOP button in the app.

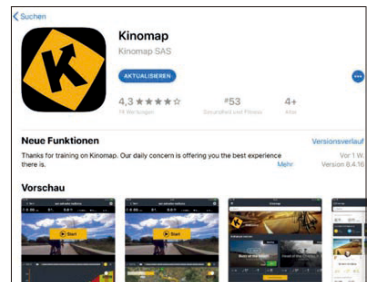
STOP-
Button

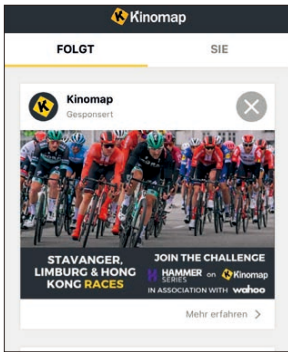


2. KINOMAP

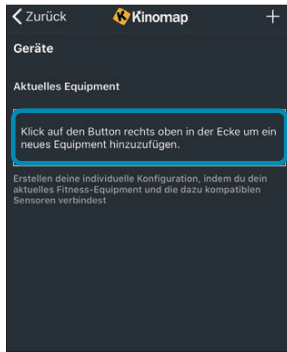
The free Kinomap app helps you get a powerful workout. How fun! Choose one of the Kinomap videos and get started. Your position is always shown on the map. Download the Kinomap app from the App Store or Play Store (just scan the QR code) or search for Kinomap.

Install and open the app and log in or register. Turn on Bluetooth®. Now add the training device as follows:





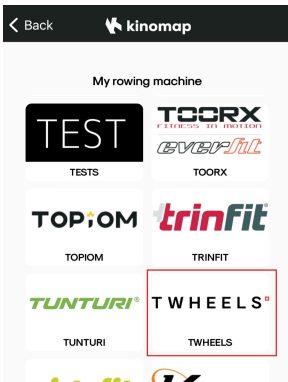
1.



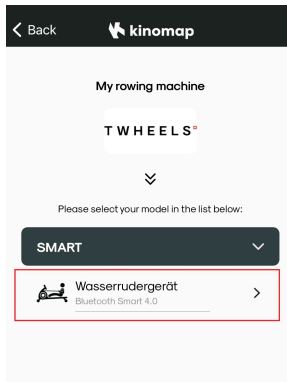
2.



3. rowing machine

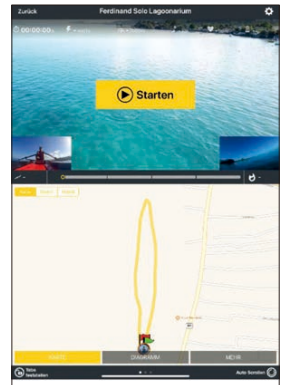
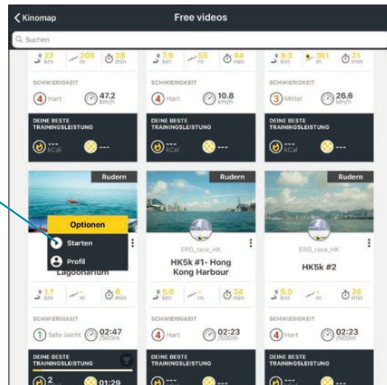


4. TWHEELS



5. tap

You can now select a route for your training (depending on the account type, only certain free routes may be available). Tap on start.



THE ROWING MOVEMENT

Sit down on the seat and bring it to the fully forward position (bent knee joints), feet on the footboard. Grasp the center pull handle from above. Make sure your seat is straight (keep your back straight). Now slowly start to stretch your legs and when they are already slightly stretched move your arms with the grasped handles backwards until your legs are almost fully stretched (please do not stretch completely but keep a very slightly bend!). Now bring the center pull handle forward again and bend the legs back to the starting position.



TRAINING FREQUENCY

Start with 5 minutes of exercise once a day twice a week. Increase the frequency and duration continuously after a few weeks. As an advanced user, you can train 3 to 4 times a week for 30 to 45 minutes per training day.

Caution: Consult your physician before beginning any exercise and stop exercising immediately if you feel dizzy or uncomfortable.

TROUBLESHOOTING

Problem: The water changes the color or becomes cloudy.

Solution: Do not drop the device directly into the sun. Use distilled water.

Possible reason: Direct sunlight or bad water quality.

Problem: The belt does not stay on the rolls.

Solution: Reposition the belt and row in the correct way.

Possible reason: Too high voltage or too little force effort in rowing.

WARRANTY CONDITIONS

We provide a warranty for our devices in accordance with the following conditions:

1. We will repair damage or defects to the device that are demonstrably due to a manufacturing defect in accordance with the following conditions (numbers 2-5), if they are reported to us immediately after discovery and within 24 months after delivery to the end user. The warranty does not cover fragile parts such as glass or plastic. A warranty obligation shall not be triggered by: minor deviations from the nominal condition that are insignificant for the value and usability of the device; damage from chemical and electrochemical effects; water penetration and, in general, damage due to force majeure.
2. The warranty service is provided in such a way that defective parts are repaired free of charge or replaced by faultless parts at our discretion. The costs for material and working time will be borne by us. Repairs at the place of installation cannot be demanded. The proof of purchase with the date of purchase and/or delivery must be presented. Replaced parts become our property.
3. The warranty claim expires if repairs or interventions are carried out by persons who are not authorized by us to do so or if our devices are equipped with supplementary or accessory parts that are not matched to our devices. Furthermore, if the device is damaged by the influence of higher damaged by force or environmental influences, or destroyed, in the event of damage caused by improper treatment, especially non observance of the operating instructions or if the device is mechanically damaged of any kind.
4. You may authorize service personnel to repair or replace the parts you have sent after a telephone consultation. In this case, of course, the warranty cannot be claimed. The warranty service can neither extend the warranty period nor set a new warranty period within the warranty period.
5. Further claims or other claims, in particular for damages other than damage to the equipment, are excluded insofar as liability is not mandatory by law.
6. The conditions of our warranty are preconditions and scope of our terms and conditions. The contractual terms and conditions of the seller's warranty obligations are not touched. Wearable parts are not subject to the warranty conditions.
8. The warranty is void if the equipment is not used as intended, in particular in gyms, rehabilitation centers and hotels. Even if most of our equipment is qualitatively suitable for professional use, a separate joint agreement is required.



NOTES ON ENVIRONMENTAL PROTECTION

At the end of its service life, this product must not be disposed of with normal household waste, but must be taken to a collection point for the recycling of electrical and electronic equipment. The symbol on the operating instructions or the packaging indicates this. The materials are recyclable according to their marking. With the reuse, material recycling or other forms of recycling of old devices, you are making an important contribution to the protection of our environment. Please enquire at the municipal administration about the responsible disposal point.

For spare parts, please contact the following e-mail address: info@twheels.ch
Service is provided by: TWHEELS GmbH, Dorfstrasse 49, 8873 Amdon, Schwoiz



Sales & Service by

TWHEELS GmbH
Village street 49
8873 Amden
Switzerland