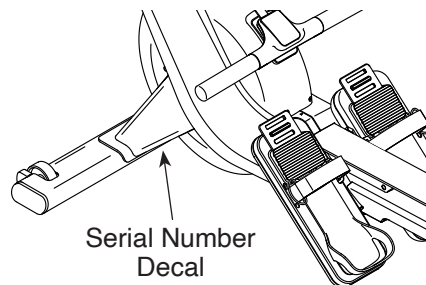


# NordicTrack® RW600

Model No. NTRW10124-INT.1

Serial No. \_\_\_\_\_

Write the serial number in the space above for reference.



## USER'S MANUAL

### MEMBER CARE

#### UNITED KINGDOM

Website: [iFITsupport.eu](http://iFITsupport.eu)

E-mail: [csuk@iconeurope.com](mailto:csuk@iconeurope.com)

**Write:**

iFIT Health & Fitness Limited

Unit 4, Westgate Court

Silkwood Park

OSSETT

WF5 9TT

UNITED KINGDOM

#### AUSTRALIA

Call: 1800 993 770

E-mail: [australiacc@iFIT.com](mailto:australiacc@iFIT.com)

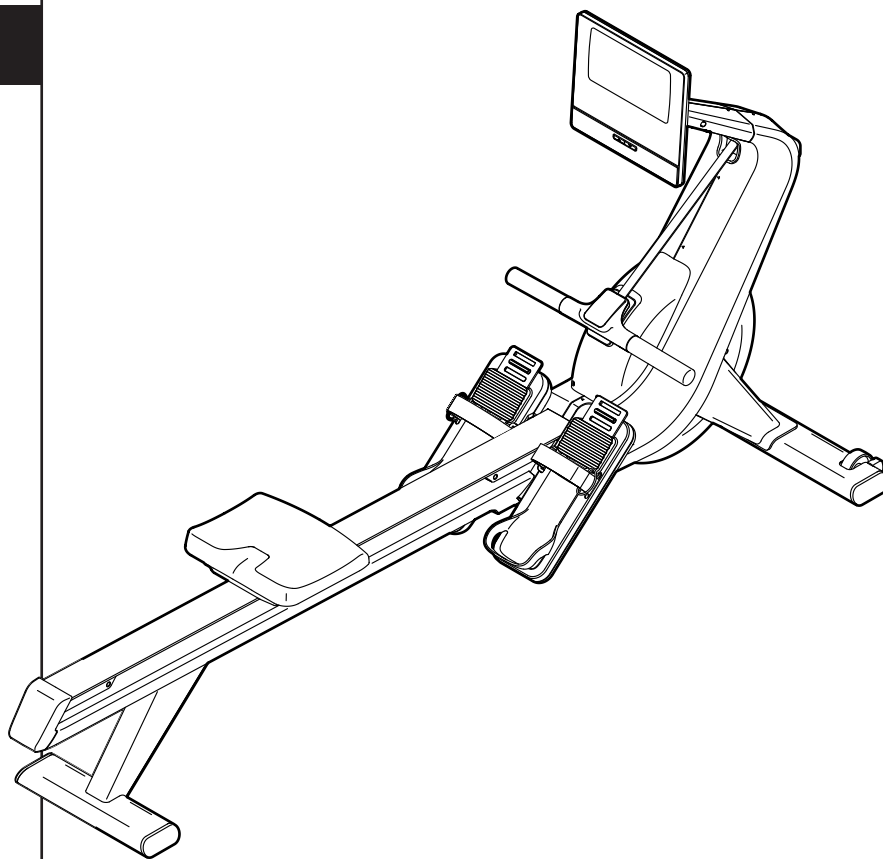
**Write:**

iFIT Inc.

PO Box 635

WINSTON HILLS NSW 2153

AUSTRALIA



### ⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

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# IMPORTANT PRECAUTIONS

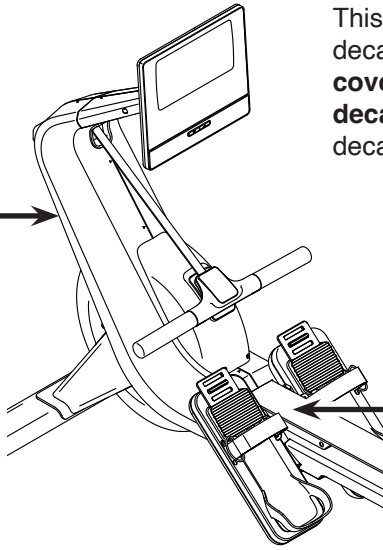
**⚠️ WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on the rower before using the rower. iFIT assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the rower are adequately informed of all precautions.
2. Keep children under age 16 and pets away from the rower at all times.
3. Consult your health care provider before beginning any exercise program. This is especially important for persons over age 35 or persons with pre-existing health problems.
4. Consult your health care provider before beginning or continuing any exercise program during pregnancy. Use the rower only as authorized by your health care provider.
5. The rower is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about the use of the rower by someone responsible for their safety.
6. Use the rower only as described in this manual.
7. The rower is intended for home use only. Do not use the rower in a commercial, rental, or institutional setting.
8. Keep the rower indoors, away from moisture and dust. Do not put the rower in a garage or covered patio or near water.
9. Place the rower on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 2 ft. (0.6 m) of clearance around the rower.
10. Inspect and properly tighten all parts each time the rower is used. Replace any worn parts immediately. Use only manufacturer-supplied parts.
11. The rower should not be used by persons weighing more than 250 lbs. (114 kg).
12. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the rower. Always wear athletic shoes for foot protection.
13. Always keep your back straight while using the rower; do not arch your back.
14. Do not release the row bar while the strap is extended.
15. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

# WARNING DECAL PLACEMENT

**⚠ WARNING**

- Misuse may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around.
- Consult your physician before using.
- Always use on a level surface.
- Not suitable for high accuracy purposes.
- User weight must not exceed 250 lbs./114 kg.
- Replace this label if damaged, illegible or removed. 



This drawing shows the location(s) of the warning decal(s). If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown. Note: The decal(s) may not be shown at actual size.

**⚠ WARNING**

 Keep hands and fingers clear of this area. 

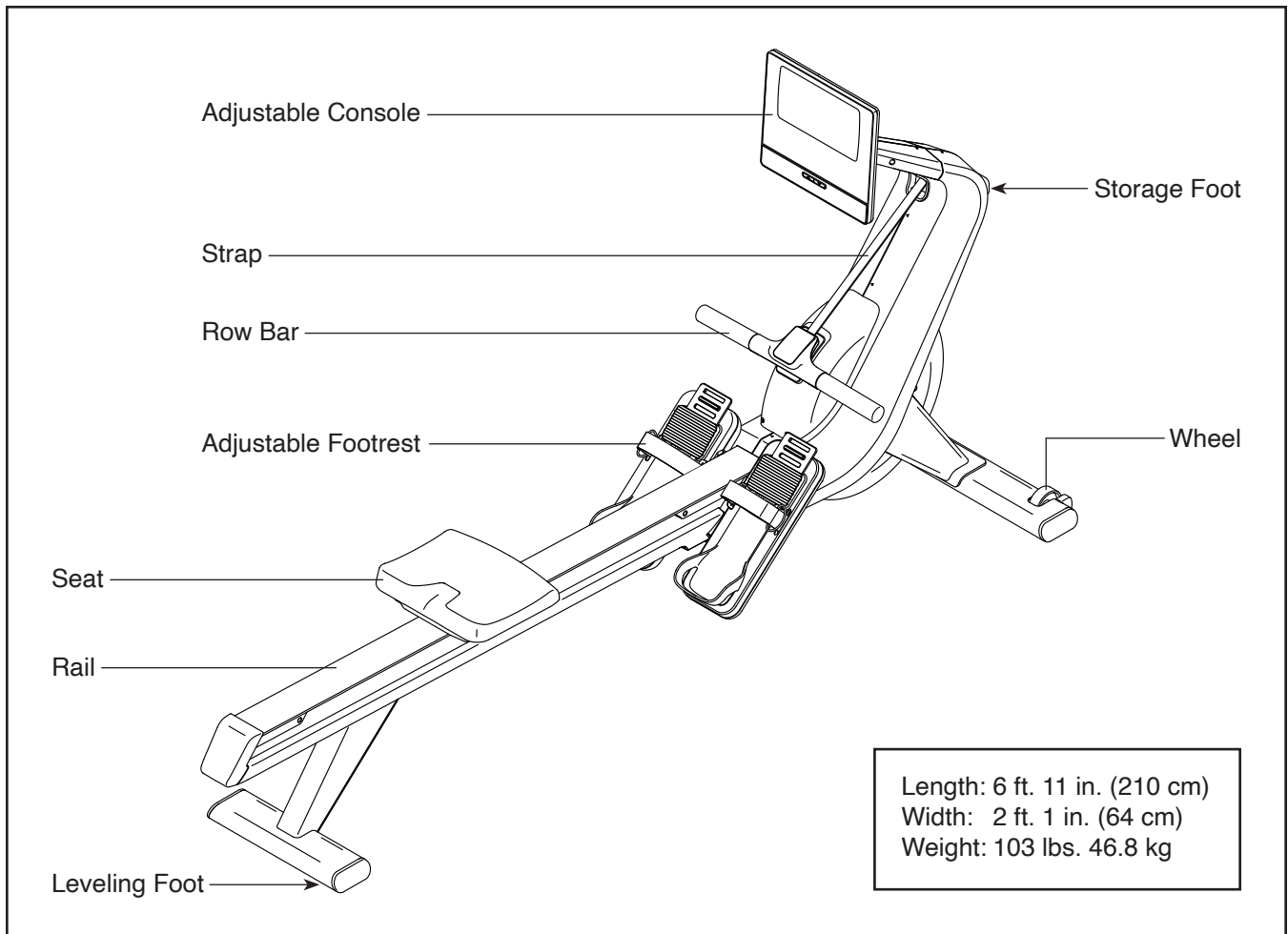
# BEFORE YOU BEGIN

Thank you for selecting the new NORDICTRACK® RW 600 rower. Rowing is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The RW 600 rower is designed to let you enjoy this effective exercise in the convenience and privacy of your home.

**For your benefit, read this manual carefully before you use the rower.** If you have questions after reading

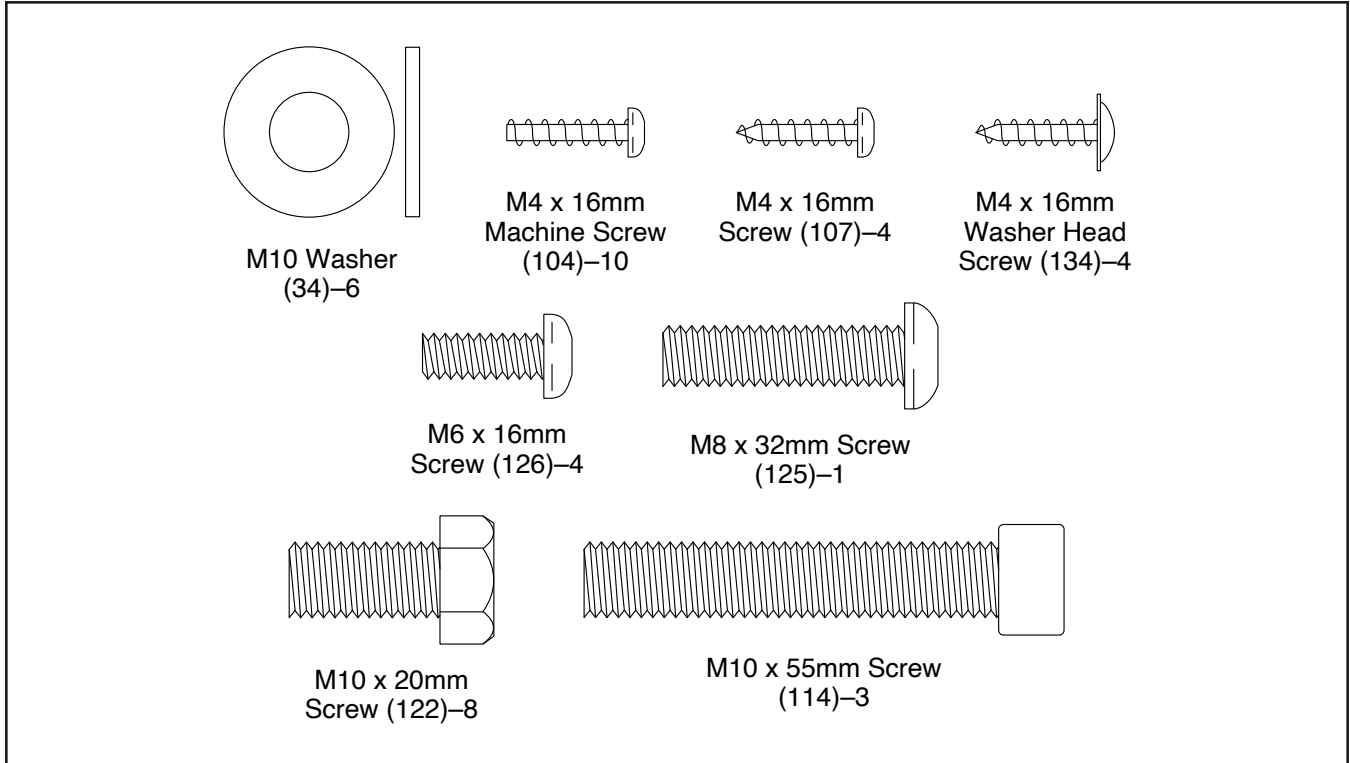
this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please review the drawing below and familiarize yourself with the labeled parts.



# PART IDENTIFICATION CHART

Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see whether it has been preassembled. Extra parts may be included.**



# ASSEMBLY

- Assembly requires two persons.
  - Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
  - To identify small parts, see page 6.
  - Assembly can be completed using the included tools. To avoid damaging parts, do not use power tools for assembly.
- Note: Keep the included tools. One or more of the tools may be needed to make adjustments in the future.

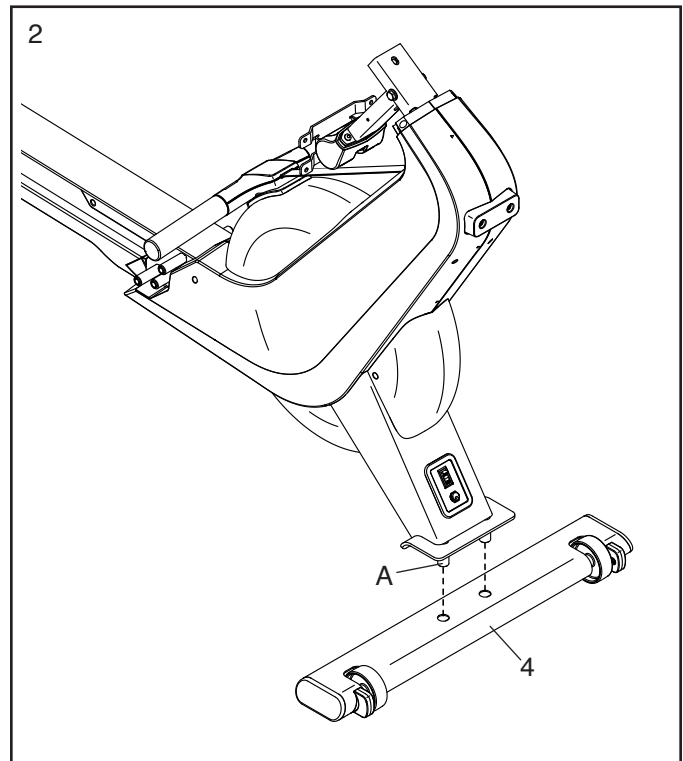
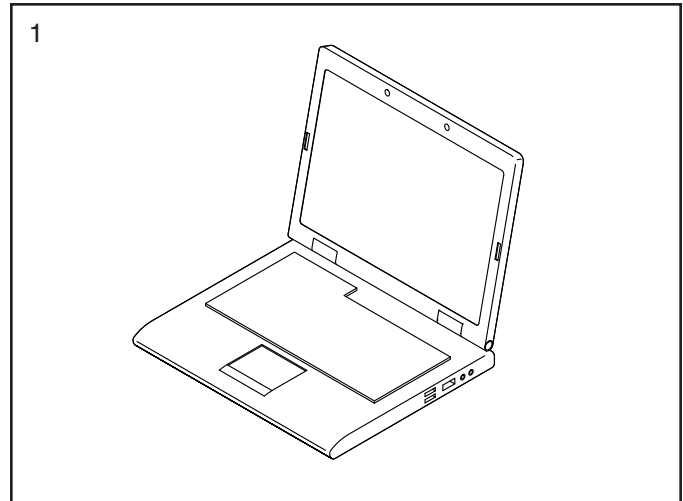
1. **To register your product and activate your warranty in the UK**, go to [iFITsupport.eu](http://iFITsupport.eu). If you do not have internet access, complete the warranty registration card in the warranty booklet and send it by registered post to the address on the back cover of the warranty booklet.

**To register your product and activate your warranty in Australia**, email or post the following information to the email address or postal address on the front cover of this manual.

- your receipt (make sure to keep a copy)
- your name, address, and telephone number
- the model number, serial number, and name of your product (see the front cover of this manual)

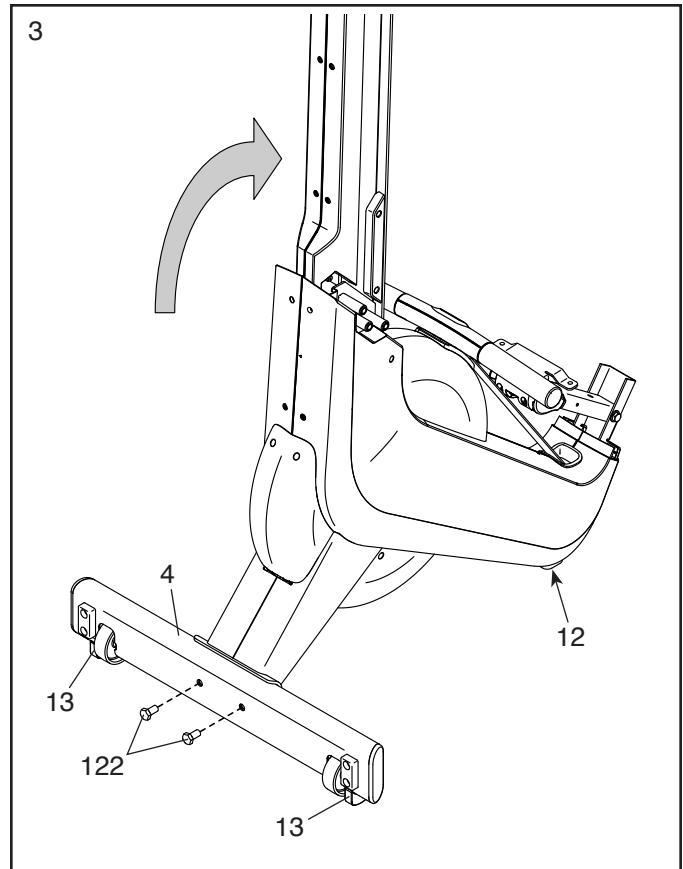
2. Orient the Stabilizer (4) as shown, and set it on the floor in front of the rower.

Then, with the help of a second person, lift the front of the rower and insert the two posts (A) into the holes in the Stabilizer (4).



3. With the help of a second person, raise the rower as shown until it is resting on the Large and Small Storage Feet (12, 13). **Make sure that the Stabilizer (4) stays on the two posts (not shown).**

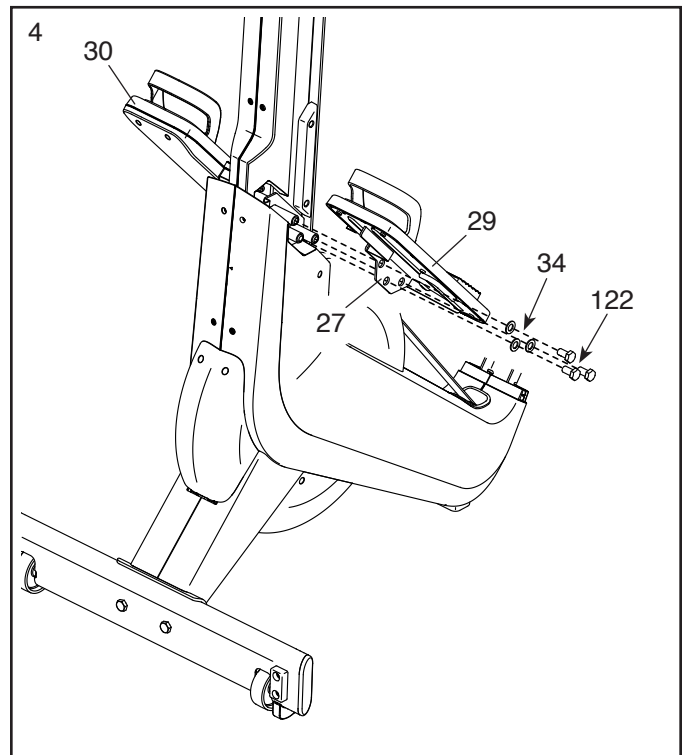
Then, attach the Stabilizer (4) with two M10 x 20mm Screws (122); **start both Screws, and then tighten them.**



4. Identify the Right Footrest (29) and orient it as shown.

Attach the Right Footrest Bracket (27) to the right side of the rower with three M10 x 20mm Screws (122) and three M10 Washers (34); **start all three Screws, and then tighten them.**

**Attach the Left Footrest (30) in the same way.**



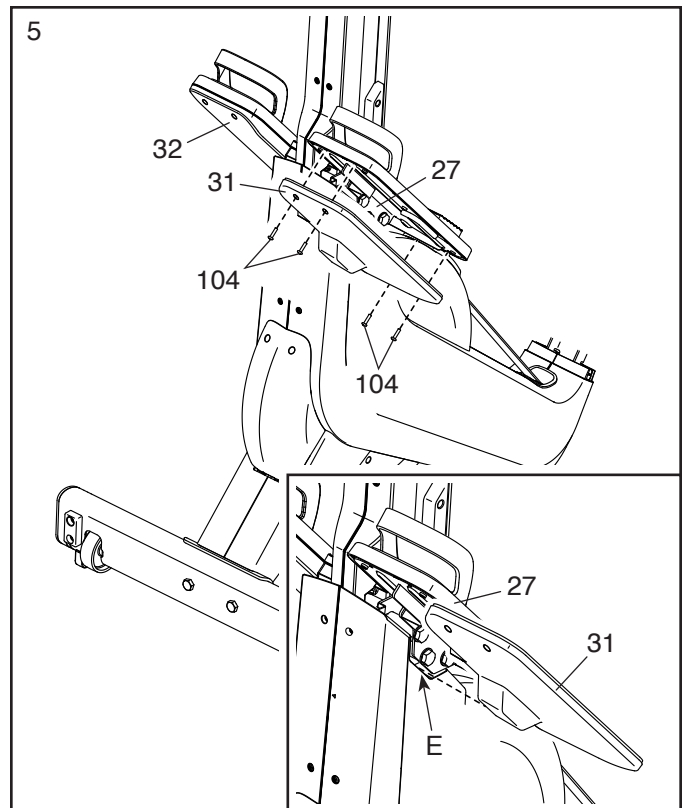


5. Identify the Right Footrest Bottom (31) and orient it as shown.

**See the inset drawing.** Slide the Right Footrest Bottom (31) under the Right Footrest Bracket (27) so that the Right Footrest Bottom slides into the indicated cutout (E).

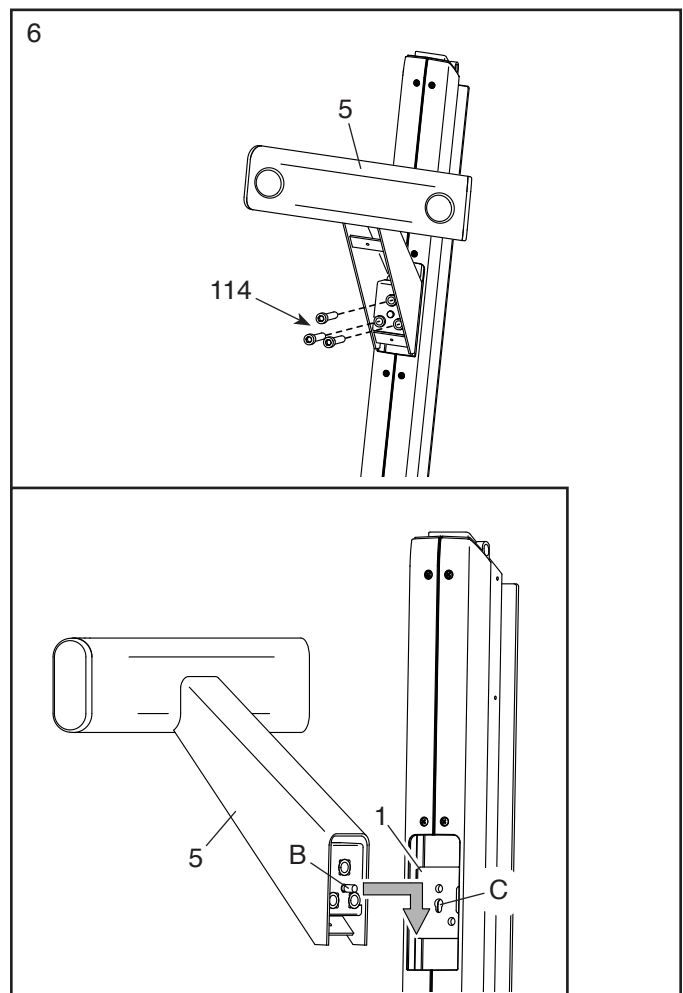
Attach the Right Footrest Bottom (31) to the Right Footrest Bracket (27) with four M4 x 16mm Machine Screws (104); **start all four Machine Screws, and then tighten them.**

**Attach the Left Footrest Bottom (32) in the same way.**



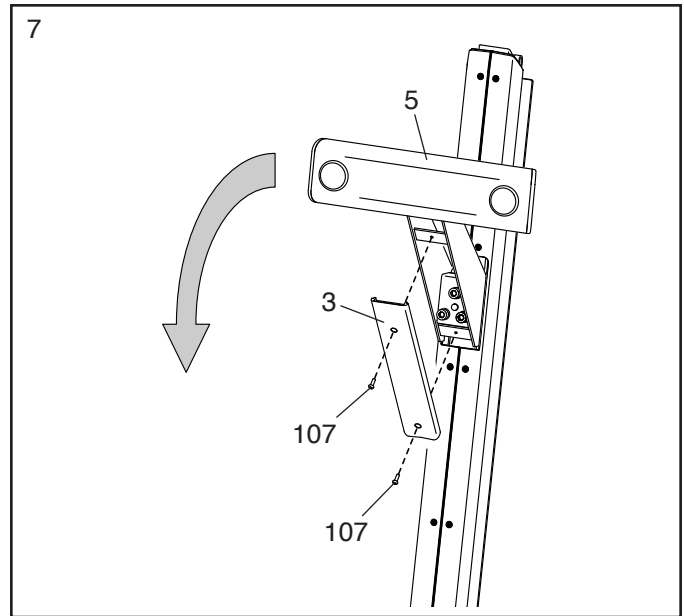
6. **See the inset drawing.** Locate the indicated pin (B) on the Rear Leg (5). Insert the pin into the keyhole (C) in the rower Frame (1), and then slide the Rear Leg downward until it stops. **Make sure that the pin is holding the Rear Leg in place.**

Then, attach the Rear Leg (5) with three M10 x 55mm Screws (114); **start all three Screws, and then tighten them.**

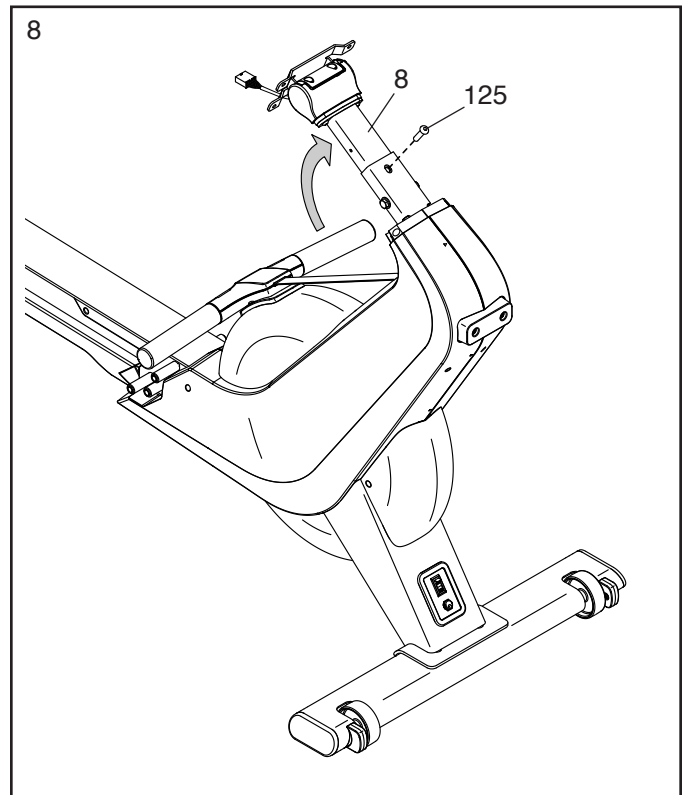


7. Attach the Rear Leg Cover (3) to the Rear Leg (5) with two M4 x 16mm Screws (107).

Then, lower the rower so that the Rear Leg (5) is resting on the floor.



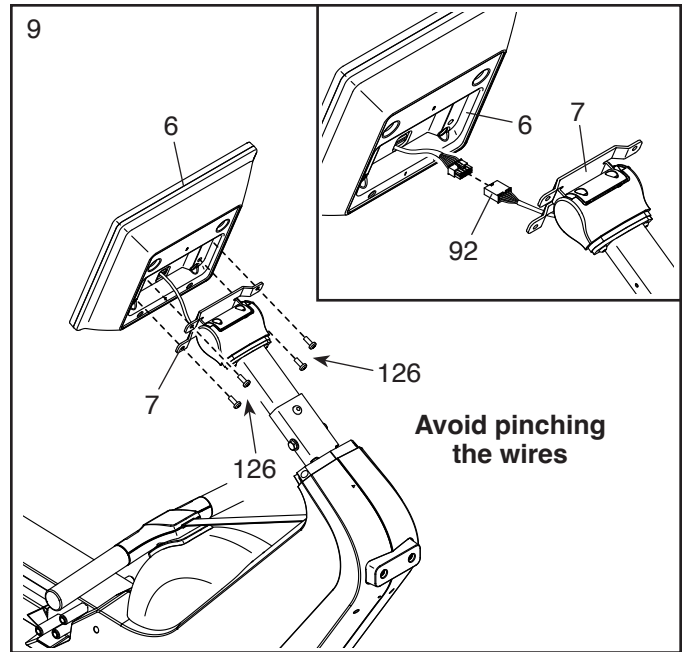
8. Pivot the Neck (8) upward to the position shown. Secure the Neck with an M8 x 32mm Screw (125).



9. **See the inset drawing.** While a second person holds the Console (6) near the Console Bracket (7), connect the wire on the Console to the Main Wire (92). **IMPORTANT: The wire connectors should slide together easily and snap into place with an audible click. You must connect the wires correctly for your rower to function correctly.**

Next, carefully insert the connectors on the wires into the Console (6).

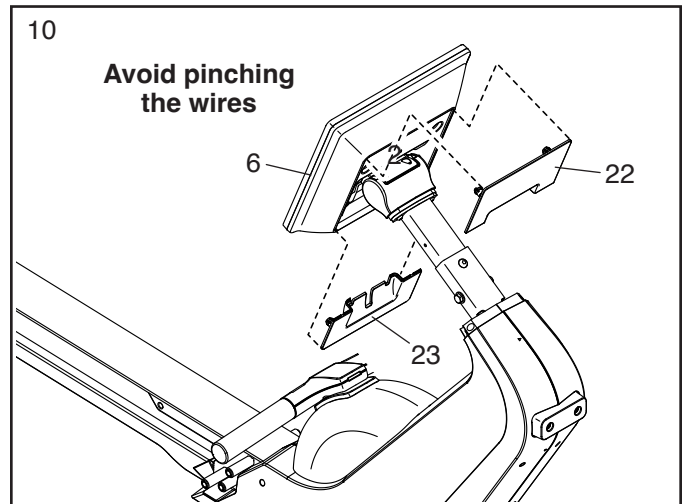
**Avoid pinching the wires.** Attach the Console (6) to the Console Bracket (7) with four M6 x 16mm Screws (126); **start all four Screws, make sure that the Console (6) is level, and then tighten the Screws.**



10. **Avoid pinching the wires during this step.**

Identify the Console Lower Cover (23), which is marked with a "1." Press the Console Lower Cover onto the back of the Console (6). Note: It may be helpful to carefully hit the sides of the Console Lower Cover with the heel of your hand to snap it into place.

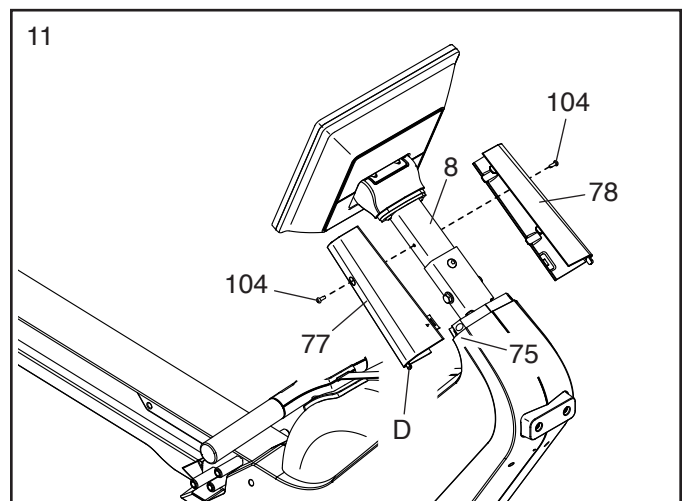
Then, press the Console Upper Cover (22) onto the back of the Console (6).



11. Identify the Right Neck Shield (77) and orient it as shown.

Next, insert the indicated tab (D) on the Right Neck Shield (77) into the Right Shield (75), and attach the Right Neck Shield to the Neck (8) with an M4 x 16mm Machine Screw (104).

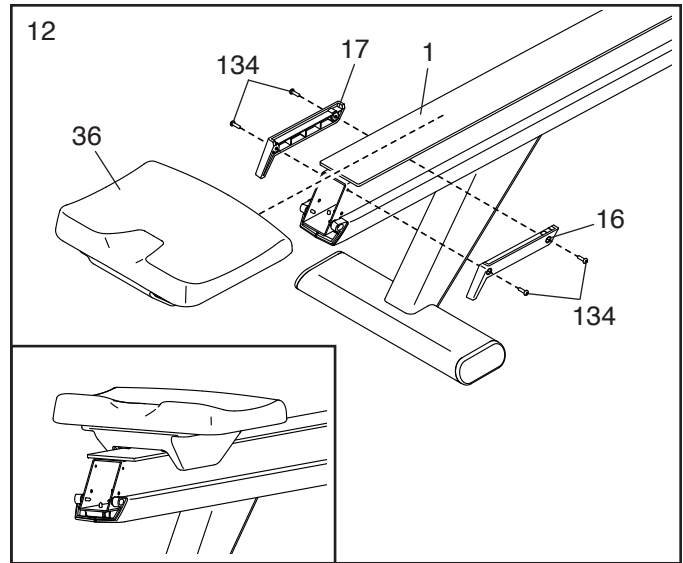
**Attach the Left Neck Shield (78) in the same way.**



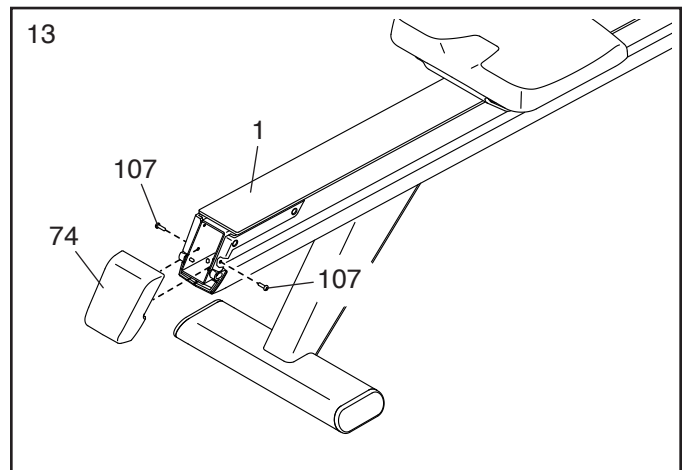
12. Orient the Seat (36) as shown and slide it onto the Frame (1).

Next, attach the Right Rear Stop (16) to the Frame (1) with two M4 x 16mm Washer Head Screws (134).

**Attach the Left Rear Stop (17) in the same way.**

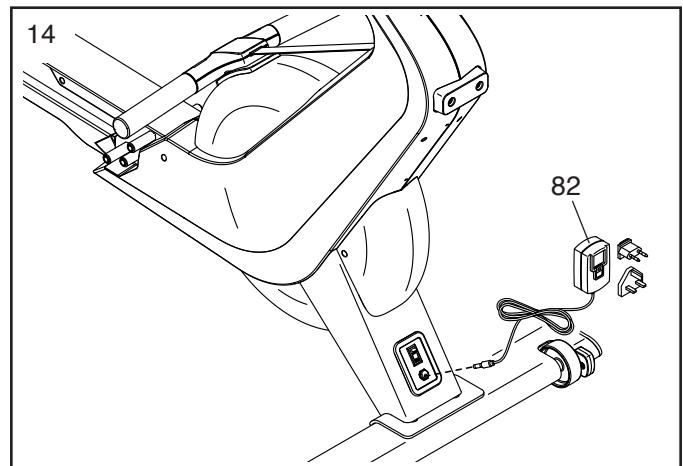


13. Press the Rail Cap (74) into the end of the Frame (1). Attach the Rail Cap with two M4 x 16mm Screws (107).



14. Plug the Power Adapter (82) into the receptacle on the front of the rower.

Then, plug the Power Adapter (82) into an outlet (see HOW TO PLUG IN THE POWER ADAPTER on page 13).



15. **Make sure that all parts are properly tightened before you use the rower.** Place a mat under the rower to protect the floor. Keep the included tools; one or more of the tools may be needed to make adjustments in the future. Note: Extra hardware may be included.

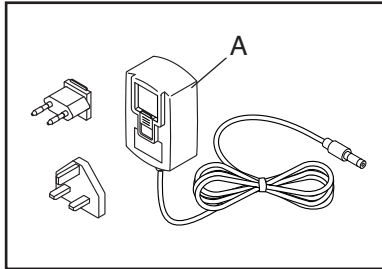
# HOW TO USE THE ROWER

## HOW TO PLUG IN THE POWER ADAPTER

**IMPORTANT:** If the rower has been exposed to cold temperatures, allow it to warm to room temperature before you plug in the power adapter (A). If you do not do this, you may damage the console displays or other electronic components.

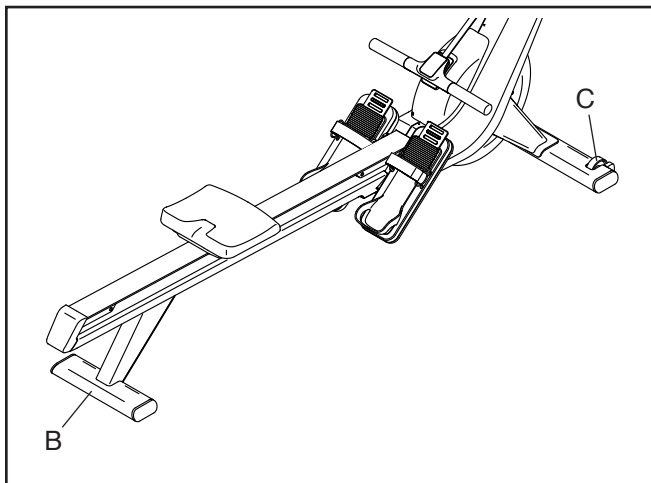
**IMPORTANT:** Always plug the power adapter (A) into the rower before you plug it into an outlet.

Make sure that the power adapter (A) is plugged into the receptacle on the front of the rower. Then, plug the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.



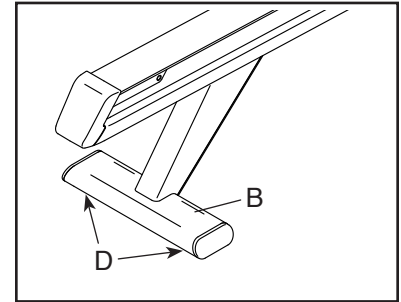
## HOW TO MOVE THE ROWER

Take any necessary measures to avoid damaging your floor. Stand behind the rower and lift the rear stabilizer (B) until the rower will roll on the wheels (C). Carefully move the rower to the desired location, and then lower it to the floor.



## HOW TO LEVEL THE ROWER

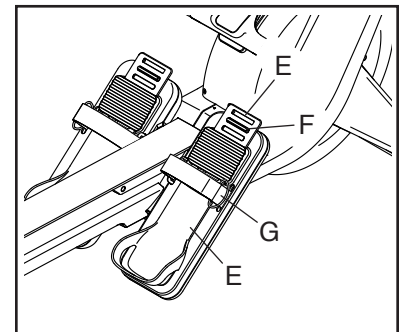
If the rower rocks slightly on your floor during use, turn one or both of the leveling feet (D) beneath the rear stabilizer (B) until the rocking motion is eliminated.



## HOW TO ADJUST THE FOOTRESTS

First, sit on the seat and place your feet in the heel brackets (E).

Next, lift the front end of a heel bracket (E), slide the heel bracket to the desired position, and then lower the front end of the heel bracket so that the indicated tab (F) engages one of the slots in the heel bracket. Then, tighten the strap (G) over your foot.

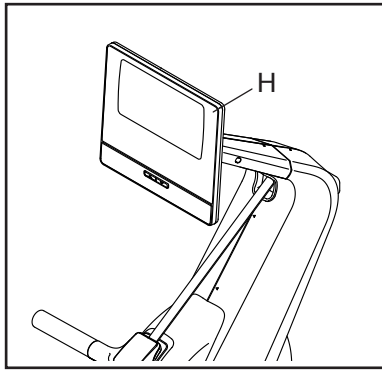


Adjust the other footrest in the same way. Make sure that both heel brackets (E) are in the same position.

## HOW TO ADJUST THE ANGLE OF THE CONSOLE

To adjust the angle of the console (H), simply hold the sides of the console and press it to the desired position.

If the console feels loose or does not stay in place when it is tilted upward or downward, see HOW TO ADJUST THE CONSOLE on page 24.



## HOW TO ROW ON THE ROWER

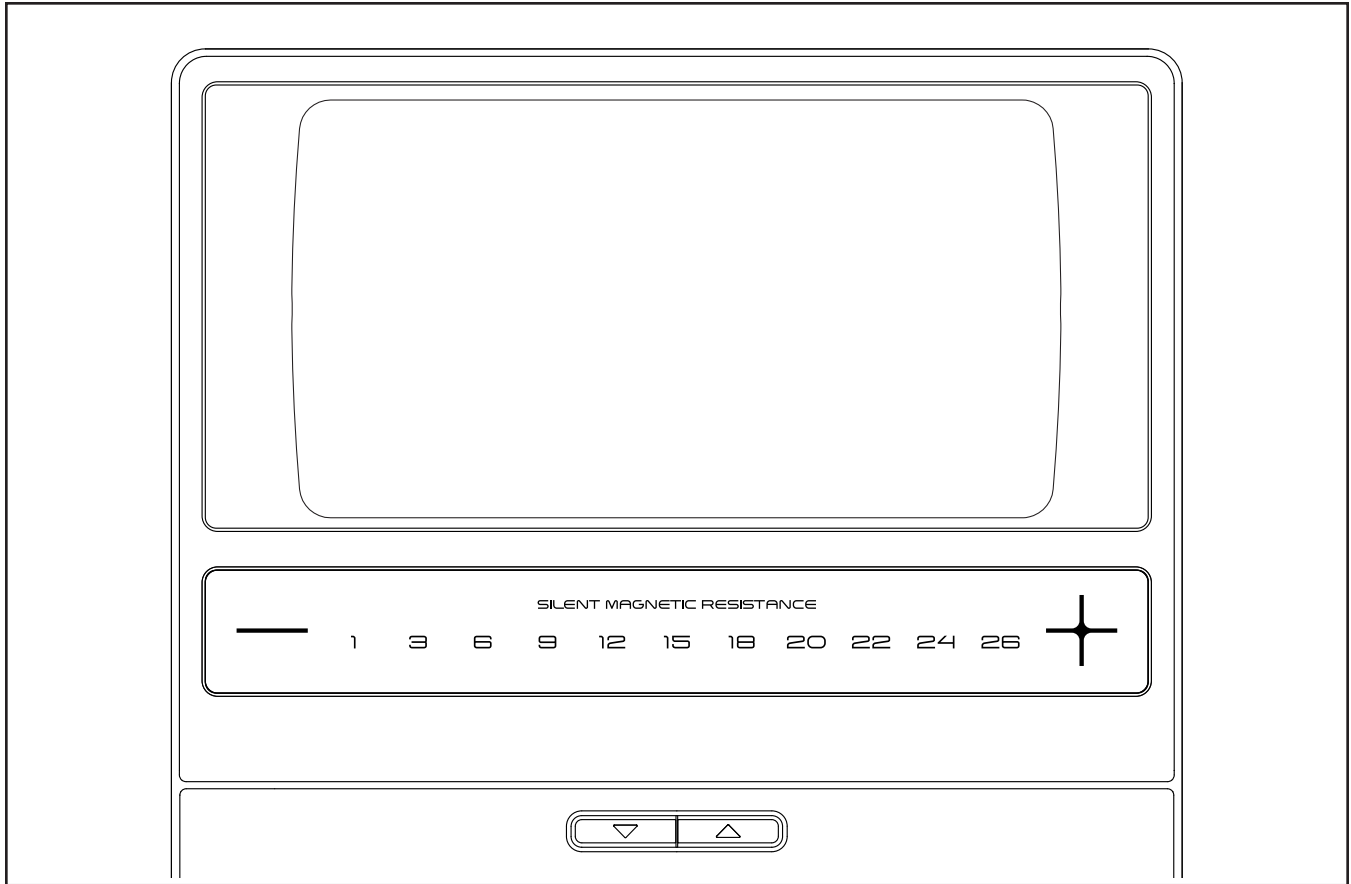
Sit on the seat, place your feet in the footrests, and adjust the straps to fit your feet. Then, hold the row bar with an overhand grip.

Correct rowing form consists of three phases:

- 1. The first phase is the CATCH.** Slide the seat forward until your knees are almost touching your chest. Pull the row bar until your hands are directly above your feet.
- 2. The second phase is the DRIVE.** Push backward with your legs. Lean back slightly at the hips (not at the waist), keeping your back straight. As you straighten your legs, pull the row bar toward your chest. Keep your elbows outward.
- 3. The third phase is the FINISH.** Your legs should be nearly straight. Continue to pull the row bar until your hands are even with your chest.

After the finish phase, extend your arms forward and pull the seat forward using your legs. Repeat this sequence, moving through all three phases with a smooth, fluid motion. Remember to breathe normally as you row; never hold your breath.

# HOW TO USE THE CONSOLE



## FEATURES OF THE CONSOLE

The advanced console offers a selection of features designed to make your workouts more effective and enjoyable.

When you use the manual mode of the console, you can change the resistance of the row bar with a touch of a button. As you exercise, the console will display continuous exercise feedback.

You can even monitor your heart rate when you use a compatible heart rate monitor. **To purchase a compatible heart rate monitor, see page 25.**

The console also features wireless technology that enables the console to connect to iFIT®. With an iFIT subscription, you can access a large and varied library of thousands of on-demand destination and studio workouts, create your own workouts, track your workout results, and access many other features.

Each iFIT workout automatically controls the resistance of the row bar as an iFIT trainer guides you through an immersive exercise session.

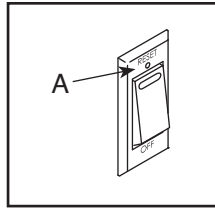
**To turn on and turn off the console, see page 16. To learn how to use the touch screen, see page 16. To set up the console, see page 17.**

## HOW TO TURN ON THE CONSOLE

The included power adapter must be used to operate the rower. See HOW TO PLUG IN THE POWER ADAPTER on page 13.

When the power adapter is plugged in, press the power switch (A) located on the front of the rower to turn on the console.

**Note: It may take up to a few minutes for the console to be ready for use.**



**If the console is inactive, simply touch the screen to activate the console.**

## HOW TO TURN OFF THE CONSOLE

If the row bar does not move for several seconds, the console will pause.

If the row bar does not move for several minutes, the screen is not touched, and the buttons are not pressed, the console will become inactive.

When you are finished exercising, press the power switch and unplug the power adapter from the outlet.

**IMPORTANT: If you do not do this, the electrical components on the rower may wear prematurely.**

## HOW TO USE THE TOUCH SCREEN

The console features a tablet with a full-color touch screen. The following information will help you use the touch screen:

- The console functions similarly to other tablets. You can slide or flick your finger against the screen to move certain images on the screen, such as the displays in a workout.
- To type information into a text box, first touch the text box to view the keyboard. To use numbers or other characters on the keyboard, touch *?123*. To view more characters, touch *~[<*. Touch *?123* again to return to the number keyboard. To return to the letter keyboard, touch *ABC*. To use a capital character, touch the shift button (upward-facing arrow symbol). To use multiple capital characters, touch the shift button again. To return to the lowercase keyboard, touch the shift button a third time. To clear the last character, touch the clear button (backward-facing arrow with an X symbol).



## HOW TO SET UP THE CONSOLE

Before you use the rower for the first time, set up the console.

### 1. Connect to your wireless network.

To use iFIT workouts and to use several other features of the console, the console must be connected to a wireless network. Follow the prompts on the screen to connect the console to your wireless network.

### 2. Customize settings.

Follow the prompts on the screen to set your time zone and other settings.

Note: To change these settings later, see HOW TO CHANGE CONSOLE SETTINGS on page 23.

### 3. Log into or create an iFIT account.

Follow the prompts on the screen to log into your iFIT account or to create an iFIT account.

### 4. Check for firmware updates.

Touch the menu button (three horizontal lines symbol), touch *Settings*, touch *Maintenance*, and

then touch *Update*. The console will check for firmware updates. For more information, see HOW TO CHANGE CONSOLE SETTINGS on page 23.

**Firmware updates are always designed to improve your exercise experience.** As a result, new settings and features may not be described in this manual. Also, some settings and features described in this manual may no longer be enabled. Take time to explore the console to learn how new settings and features work.

The console is now ready for you to begin working out. The following pages explain the workouts and other features that the console offers.

**To use the manual mode**, see page 18. **To use a featured workout**, see page 19. **To create a draw-your-own-map workout**, see page 20. **To use an iFIT workout**, see page 21.

**To change console settings**, see page 23. **To connect to a wireless network**, see page 24.

Note: If there is a sheet of plastic on the screen, remove the plastic.

## HOW TO USE THE MANUAL MODE

### 1. Touch the screen or press any button on the console to turn on the console.

See HOW TO TURN ON THE CONSOLE on page 16. Note: **It may take up to a few minutes for the console to be ready for use.**

### 2. Select the home screen.

When you turn on the console, the home screen will appear after the console boots up.

If a workout is selected, touch the screen and follow the prompts to end the workout and return to the home screen. If a settings menu is selected, touch the back button (arrow symbol) to return to the home screen.

### 3. Get ready for the workout.

Touch *Manual Start* and begin rowing. A warm-up period will begin.

**To use a heart rate monitor**, see page 25.

Touch *End Warmup* or row until the warm-up period ends to start the workout.

### 4. Adjust the resistance to the desired level.

To change the resistance of the row bar, press one of the numbered Silent Magnetic Resistance buttons, press the Silent Magnetic Resistance increase and decrease buttons, or touch the resistance sliders on the screen.

After you adjust the resistance, it will take a moment for the row bar to reach the selected resistance level.

Note: To view the resistance sliders on the screen, touch the screen in any open space and then touch the controls options to enable this feature.

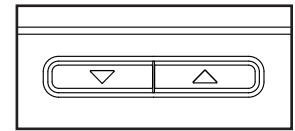
### 5. Follow your progress.

The console offers several display modes. The display mode that you select will determine which workout information is shown.

Drag upward on the screen to enter the fullscreen display mode. Drag downward on the screen to view the workout information displays.

Touch the various workout information displays to view more options. Touch the more button (+ symbol) to view statistics or charts. Touch the screen in any open space to view even more display mode options.

If desired, adjust the volume level by pressing the volume increase and decrease buttons on the console.



### 6. Pause or end the workout.

To pause the workout, touch the screen and touch the pause option or simply stop rowing. To continue the workout, touch the start option or simply resume rowing.

To end the workout session, touch the screen, touch the pause option, and then follow the prompts on the screen to end the workout and return to the home screen.

### 7. When you are finished exercising, turn off the console.

See HOW TO TURN OFF THE CONSOLE on page 16.

## HOW TO USE A FEATURED WORKOUT

To use a featured workout, the console must be connected to a wireless network (see HOW TO CONNECT TO A WIRELESS NETWORK on page 24).

### 1. Touch the screen or press any button on the console to turn on the console.

See HOW TO TURN ON THE CONSOLE on page 16. **Note: It may take up to a few minutes for the console to be ready for use.**

### 2. Select the home screen or the workout library.

When you turn on the console, the home screen will appear after the console boots up.

If a workout is selected, touch the screen and follow the prompts to end the workout and return to the home screen. If a settings menu is selected, touch the back button (arrow symbol) to return to the home screen.

Touch the buttons at the bottom of the screen to select either the home screen (Home button) or the workout library (Browse button).

### 3. Select a workout.

To select a workout from the home screen or the workout library, simply touch the desired workout button on the screen. Slide or flick the screen to scroll as necessary.

The featured workouts on your console will change periodically. To save one of the featured workouts for future use, you can add it as a favorite by touching the favorites button (heart symbol). You must be logged into your iFIT account to save a featured workout (see step 3 on page 21).

To draw your own map for a workout, see HOW TO CREATE A DRAW-YOUR-OWN-MAP WORKOUT on page 20.

When you select a workout, the screen will show an overview of the workout that includes details such as the duration and distance of the workout and the approximate number of calories you will burn during the workout.

### 4. Get ready for the workout.

Touch *Manual Start* and begin rowing. A warm-up period will begin.

**To use Bluetooth® headphones**, see page 25.

**To use a heart rate monitor**, see page 25.

### 5. Start the workout.

Touch *End Warmup* or row until the warm-up period ends to start the workout.

During some workouts, an iFIT trainer will guide you through an immersive video workout. Touch the screen in any open space to view and select music, trainer voice, and volume options for the workout.

During some workouts, the screen will show a map of the route and a marker indicating your progress. Touch the buttons on the screen to select the desired map options.

During some workouts, you may be prompted to maintain a target speed. As you exercise, keep your rowing speed near the target speed.

During the workout, the resistance of the row bar will automatically increase or decrease.

**If the resistance level is too high or too low**, you can manually override the setting (see step 4 on page 18).

To return to the programmed resistance settings of the workout, touch *Follow Workout*.

If the smart adjust feature is enabled, the console will scale the intensity level of the workout automatically based on your manual overrides of the resistance.

**To enable the smart adjust feature**, touch the screen in any open space and then touch the smart adjust toggle.

**IMPORTANT:** The calorie goal shown in the workout description is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors, such as your weight. In addition, if you manually change the resistance level during the workout, the number of calories that you burn will be affected.

If the active pulse feature is enabled, the console will scale the intensity level of the workout automatically based on your heart rate when you use a compatible heart rate monitor (see HOW TO USE AN OPTIONAL HEART RATE MONITOR on page 25).

To enable the active pulse feature, see HOW TO CHANGE CONSOLE SETTINGS on page 23.

To follow your progress with the display modes, see step 5 on page 18.

To pause or end the workout, see step 6 on page 18.

**6. When you are finished exercising, turn off the console.**

See HOW TO TURN OFF THE CONSOLE on page 16.

## HOW TO CREATE A DRAW-YOUR-OWN-MAP WORKOUT

To use a draw-your-own-map workout, you must be logged into your iFIT account (see step 3 on page 21) and the console must be connected to a wireless network (see HOW TO CONNECT TO A WIRELESS NETWORK on page 24).

**1. Touch the screen or press any button on the console to turn on the console.**

See HOW TO TURN ON THE CONSOLE on page 16. **Note: It may take up to a few minutes for the console to be ready for use.**

**2. Select a draw-your-own-map workout.**

When you turn on the console, the home screen will appear after the console boots up.

If a workout is selected, touch the screen and follow the prompts to end the workout and return to the home screen. If a settings menu is selected, touch the back button (arrow symbol) to return to the home screen.

To select a draw-your-own-map workout, touch the Create button at the bottom of the screen.

**3. Draw a workout on the map.**

Navigate to the area on the map where you want to draw a workout by typing in the search box or by sliding your fingers on the screen. Touch the screen to add the start point for the workout. Then, touch the screen to add the end point for the workout.

If you want to start and end the workout at the same point, touch *Close Loop* or *Out & Back* in the map options. You can also select whether you want the workout to snap to the road.

If you make a mistake, touch *Undo* in the map options.

The screen will display the elevation and distance statistics for the workout.

#### 4. Save the workout.

Touch the options on the screen to save the workout. If desired, enter a title and description for the workout.

#### 5. Get ready for the workout.

Touch *Manual Start* and begin rowing. A warm-up period will begin.

**To use Bluetooth® headphones**, see page 25.

**To use a heart rate monitor**, see page 25.

#### 6. Start the workout.

Touch *End Warmup* or row until the warm-up period ends to start the workout. The workout will function in the same way as a featured workout (see step 5 on page 18).

#### 7. When you are finished exercising, turn off the console.

See HOW TO TURN OFF THE CONSOLE on page 16.

## HOW TO USE AN iFIT WORKOUT

To use an iFIT workout, you must be logged into your iFIT account (see step 3 below) and the console must be connected to a wireless network (see HOW TO CONNECT TO A WIRELESS NETWORK on page 24).

#### 1. Touch the screen or press any button on the console to turn on the console.

See HOW TO TURN ON THE CONSOLE on page 16. **Note: It may take up to a few minutes for the console to be ready for use.**

#### 2. Select the home screen.

When you turn on the console, the home screen will appear after the console boots up.

If a workout is selected, touch the screen and follow the prompts to end the workout and return to the home screen. If a settings menu is selected, touch the back button (arrow symbol) to return to the home screen.

#### 3. Log in to your iFIT account.

If you have not already done so, touch the menu button (three horizontal lines symbol) on the screen and then touch *Log in* to log in to your iFIT account. Follow the prompts on the screen to enter your username and password.

To switch users within your iFIT account, touch the menu button, touch *Settings*, and then touch *Manage Accounts*. If more than one user is associated with the account, a list of users will appear. Touch the name of the desired user.

**4. Select an iFIT workout from the home screen or the workout library.**

Touch the buttons at the bottom of the screen to select either the home screen (Home button) or the workout library (Browse button).

To select an iFIT workout from the home screen or the workout library, simply touch the desired workout button on the screen. Slide or flick the screen to scroll as necessary.

The featured iFIT workouts shown on the home screen will change periodically.

The workout library contains all of the iFIT workouts available for the rower, organized into categories. To search the workout library, touch the search button (magnifying glass symbol), and select the desired filtering options.

When you select an iFIT workout, the screen will show an overview of the workout that includes details such as the duration of the workout and the approximate number of calories you will burn during the workout.

You can also select options such as adding the workout to your schedule (see step 5) or marking the workout as a favorite (see step 6).

**5. Schedule an iFIT workout on the calendar if desired.**

If desired, you can schedule an iFIT workout for a future date. Simply view the overview or workout summary of the desired iFIT workout, touch *Schedule*, and then select the desired date on the calendar.

When the selected date arrives, the iFIT workout that you scheduled will appear on the home screen.

**6. Create a list of favorite iFIT workouts if desired.**

To mark an iFIT workout as a favorite, simply view the overview or workout summary of the desired iFIT workout and touch the favorites button (heart symbol).

To view a list of iFIT workouts that you have marked as your favorites, select the workout library (Browse button), and then touch *My List*.

**7. Get ready for the workout.**

Touch *Manual Start* and begin rowing. A warm-up period will begin.

**To use Bluetooth® headphones**, see page 25.

**To use a heart rate monitor**, see page 25.

**8. Start the workout.**

Touch *End Warmup* or row until the warm-up period ends to start the workout. The workout will function in the same way as a featured workout (see step 5 on page 20).

**9. When you are finished exercising, turn off the console.**

See HOW TO TURN OFF THE CONSOLE on page 16.

**For more information about iFIT, go to iFIT.com.**

## HOW TO CHANGE CONSOLE SETTINGS

**IMPORTANT: Firmware updates (see step 6) are always designed to improve your exercise experience.** As a result, new settings and features may not be described in this manual. Also, some settings and features described in this manual may no longer be enabled. Take time to explore the console to learn how new settings and features work.

### 1. Select the settings main menu.

First, turn on the console (see HOW TO TURN ON THE CONSOLE on page 16). **Note: It may take up to a few minutes for the console to be ready for use.**

Next, select the home screen (Home button). When you turn on the console, the home screen will appear after the console boots up. If a workout is selected, touch the screen and follow the prompts to end the workout and return to the home screen. If a settings menu is selected, touch the back button (arrow symbol) to return to the home screen.

Then, touch the menu button (three horizontal lines symbol) on the screen, and then touch *Settings*. The settings menu will appear on the screen.

### 2. Navigate the settings menus and change settings as desired.

Slide or flick the screen to scroll as necessary. To view a settings menu, simply touch the menu name. To exit a menu, touch the back button (arrow symbol). You may be able to view and change settings in the following settings menus:

Account

- My Profile
- In Workout
- Manage Accounts

Equipment

- Equipment Info
- Equipment Settings
- Maintenance
- Wi-Fi

About

- Legal

### 3. Customize workout settings.

To customize workout settings and enable workout features, touch *In Workout* and then touch the desired settings.

When the active pulse feature is enabled, the console will scale the intensity level of workouts based on your heart rate when you use a compatible heart rate monitor. To enable the active pulse feature, touch the active pulse toggle. Then, select your resting and maximum heart rates and adjust related settings as desired.

### 4. Customize the unit of measurement and other settings.

To customize the unit of measurement, the time zone, or other settings, touch *Equipment Info* or *Equipment Settings* and then touch the desired settings.

### 5. View machine information or console app information.

Touch *Equipment Info* and then touch *Machine Info* or *App Info* to view information about your rower or about the console app.

## 6. Update the console firmware.

**For the best results, regularly check for firmware updates.** Touch *Maintenance* and then touch *Update* to check for firmware updates using your wireless network. The update will begin automatically. **IMPORTANT: To avoid damaging the rower, do not turn off the console while the firmware is being updated.**

The screen will show the progress of the update. When the update is complete, the console will turn off and then turn back on. If it does not, press the power switch and unplug the power adapter, wait for several seconds, and then plug in the power adapter again and press the power switch. Note: It may take a few minutes for the console to be ready for use.

Note: Occasionally, a firmware update may cause the console to function slightly differently. These updates are always designed to improve your exercise experience.

## 7. Exit the settings main menu.

To exit the settings main menu, touch the back button (arrow symbol).

## HOW TO CONNECT TO A WIRELESS NETWORK

To use iFIT workouts and to use several other features of the console, the console must be connected to a wireless network.

### 1. Select the home screen.

First, turn on the console (see HOW TO TURN ON THE CONSOLE on page 16). **Note: It may take up to a few minutes for the console to be ready for use.**

Next, select the home screen (Home button). When you turn on the console, the home screen will appear after the console boots up. If a workout is selected, touch the screen and follow the prompts to end the workout and return to the home screen. If a settings menu is selected, touch the back button (arrow symbol) to return to the home screen.

### 2. Select the wireless network menu.

Touch the menu button (three horizontal lines symbol) and then touch *Wi-Fi* to select the wireless network menu.

### 3. Enable Wi-Fi®.

Make sure that Wi-Fi is enabled. If it is not enabled, touch the *Wi-Fi* toggle to enable it.

### 4. Set up and manage a wireless network connection.

When Wi-Fi is enabled, the screen will show a list of available networks. Note: It may take a few moments for the list of wireless networks to appear.

Note: You must have your own wireless network and an 802.11b/g/n router with SSID broadcast enabled (hidden networks are not supported).

When a list of networks appears, touch the desired network. Note: You will need to know your network name (SSID). If your network has a password, you will also need to know the password.



Follow the prompts on the screen to enter your password and connect to the selected wireless network. (To use the keyboard, see HOW TO USE THE TOUCH SCREEN on page 16.)

When the console is connected to your wireless network, a confirmation message will appear on the screen.

If you are having problems connecting to an encrypted network, make sure that your password is correct. Note: Passwords are case-sensitive.

Note: The console supports unsecured and secured (WEP, WPA™, and WPA2™) encryption. A broadband connection is recommended; performance depends on connection speed.

Note: If you have questions after following these instructions, go to my.iFIT.com for assistance.

## 5. Exit the wireless network menu.

To exit the wireless network menu, touch the back button (arrow symbol).

## HOW TO CONNECT HEADPHONES

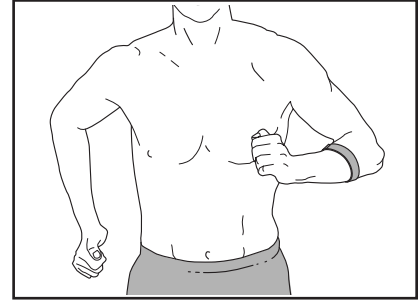
To connect your Bluetooth headphones to the console, first turn on your headphones, place them in pairing mode, and place them near the console. Then, start a workout. Next, touch the screen in any open space, touch the option to connect your headphones, and select your headphones from the list on the screen.

When your headphones and the console pair successfully, the audio from the console will play through your headphones.

## HOW TO USE AN OPTIONAL HEART RATE MONITOR

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the best results is to maintain the proper heart rate during your workouts.

The optional heart rate monitor will enable you to continuously monitor your heart rate while you exercise, helping you to reach your personal fitness goals. **To purchase an optional heart rate monitor, please see the front cover of this manual.**



The console is compatible with all Bluetooth® Smart heart rate monitors.

When your compatible heart rate monitor is turned on and placed in pairing mode, the console will connect to it automatically. When your heartbeat is detected, your heart rate will be shown on the screen.

# MAINTENANCE AND TROUBLESHOOTING

## MAINTENANCE

Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the rower is used. **Replace any worn parts immediately.** Use only manufacturer-supplied parts.

To clean the rower, use a damp cloth and a small amount of mild detergent. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

## RAIL MAINTENANCE

**Regularly clean the rollers beneath the seat and the area of the rail over which the rollers move.** First, see assembly steps 13 and 12 on page 12 and remove the Rail Cap (74) and the Rear Stops (16, 17). Next, roll the seat off the rail. Then, use a damp cloth and a small amount of mild detergent to remove dust and debris from the rollers and from the rail. Then, reattach the parts that you removed.

## TROUBLESHOOTING

**Some problems can be solved with the simple steps in this section. If further assistance is needed, please see the front cover of this manual.**

## CONSOLE TROUBLESHOOTING

If the console does not turn on, make sure that the power adapter is fully plugged in.

If you are having problems connecting the console to a wireless network, or if you are having problems with your iFIT account or iFIT workouts, go to [my.iFIT.com](http://my.iFIT.com).

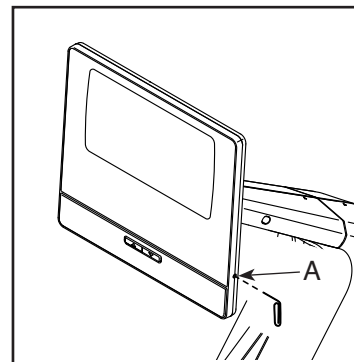
**If a replacement power adapter is needed, please see the front cover of this manual. IMPORTANT: To avoid damaging the console, use only a manufacturer-supplied regulated power adapter.**

If the console does not boot up properly, or if the console freezes and does not respond, reset the console to the factory default settings.

**IMPORTANT: Doing this will erase all custom settings you have made to the console.** Resetting the console requires

two people. First, unplug the power adapter. Next, locate the small reset opening (A) on the right side of the console. Using a bent paper clip, press and hold the reset button inside of the opening, and have a second person plug in the power adapter. Continue holding the reset button until the console turns on. When the reset operation is complete, the console will turn off and then turn back on. If it does not, unplug the power adapter and then plug it back in. Once the console turns on, check for firmware updates (see **HOW TO CHANGE CONSOLE SETTINGS** on page 23).

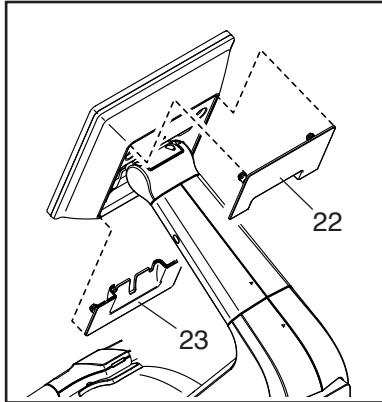
**Note: It may take up to a few minutes for the console to be ready for use.**



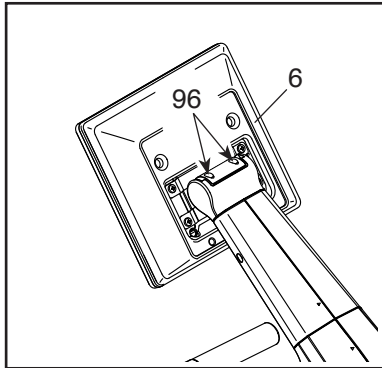
## HOW TO ADJUST THE CONSOLE

If the console does not stay in place when it is tilted upward and downward, **first unplug the power adapter** (not shown).

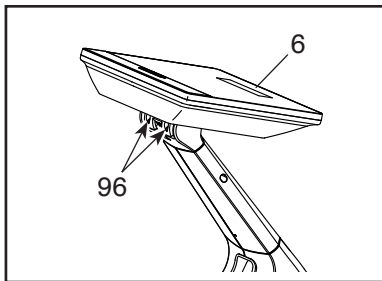
Next, use a standard screwdriver to carefully pry off the Console Upper Cover (22). Then, pry off the Console Lower Cover (23).



Next, tilt the Console (6) downward as far as possible. Tighten the two indicated M6 x 15mm Socket Screws (96) until the upward and downward movement no longer feels loose.



Then, tilt the Console (6) backward as far as possible and tighten the two indicated M6 x 15mm Socket Screws (96).

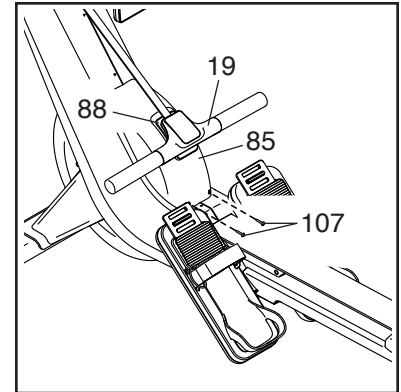


Then, reattach the Console Lower Cover (23) and the Console Upper Cover (22).

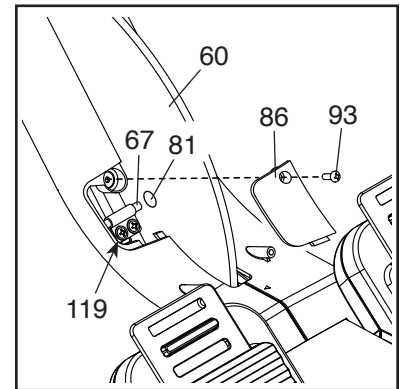
## HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, **first unplug the power adapter**.

Next, remove the Row Bar (19) from the Row Bar Hook (88). Then, remove the two M4 x 16mm Screws (107), and remove the Upper Cover (85) from the rower.



Next, remove the M4 x 14mm Screw (93), remove the Access Cover (86), and locate the Reed Switch (67). Turn the Flywheel (60) until a Flywheel Magnet (81) is aligned with the Reed Switch. Then, slightly loosen the two indicated M4 x 12mm Washer Head Screws (119), slide the Reed Switch slightly closer to or away from the Flywheel Magnet, and then retighten the Washer Head Screws.



Plug in the power adapter, and turn the Flywheel (60) so that the Flywheel Magnet (81) passes the Reed Switch (67) repeatedly. Repeat the actions described above until the console displays correct feedback.

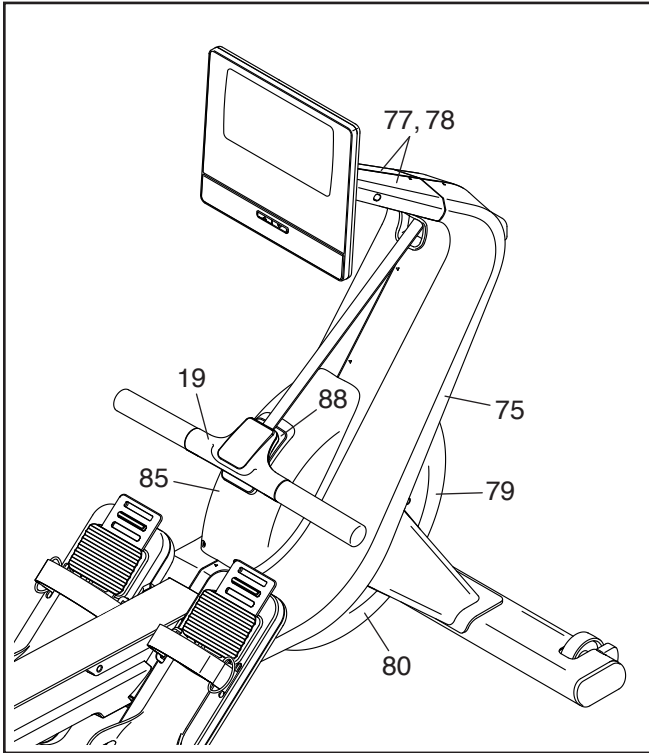
When the reed switch is correctly adjusted, reattach the parts that you removed.

## HOW TO ADJUST THE DRIVE BELT

If you feel the strap slip while you are rowing, even when the resistance is adjusted to the highest level, the drive belt may need to be adjusted. To adjust the drive belt, **first unplug the power adapter.**

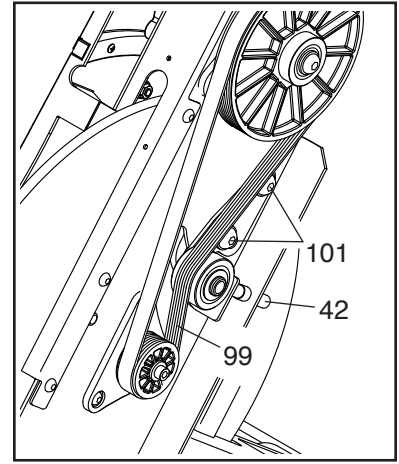
**Next, see assembly step 11 on page 11.** Remove the Right and Left Neck Shields (77, 78).

Next, remove the Row Bar (19) from the Row Bar Hook (88).



Then, remove the Upper Cover (85), the Front Cover (79), the Lower Cover (80), and the Right Shield (75). **To locate the screws that attach each part, see EXPLODED DRAWING B on page 35.** Note: You will need the help of a second person to tip the rower to the side to access the lower Cover.

Next, locate the Drive Belt (99) on the right side of the rower. Loosen the two M10 x 15mm Screws (101). Next, tighten the M10 x 55mm Set Screw (42) until the Drive Belt is tight. Then, tighten the two M10 x 15mm Screws.



When the Drive Belt (99) is tight, reattach the parts that you removed.

# EXERCISE GUIDELINES

**⚠️ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

## EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♥️
145	138	130	125	118	110	103	♥️
125	120	115	110	105	95	90	♥️
<hr/>							
20	30	40	50	60	70	80	

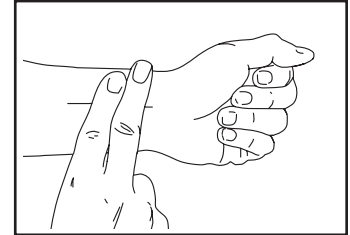
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

**Burning Fat**—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

**Aerobic Exercise**—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

## HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute.



## WORKOUT GUIDELINES

**Warming Up**—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

**Training Zone Exercise**—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise; never hold your breath.

**Cooling Down**—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

## EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

## SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch; never bounce.

### 1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

### 2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

### 3. Calf/Achilles Stretch

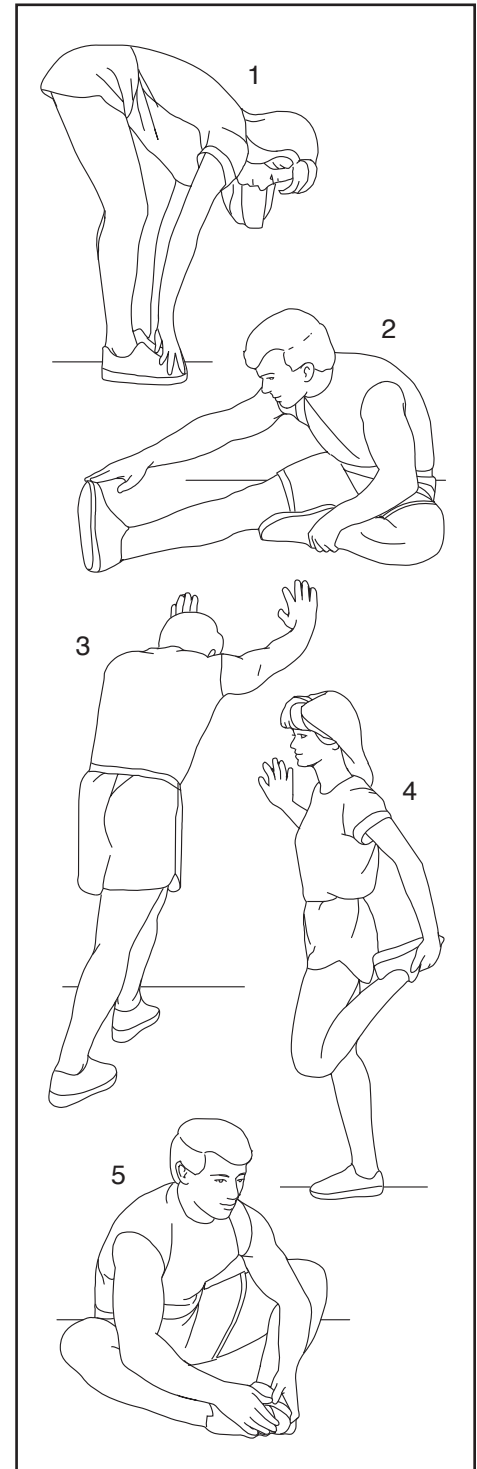
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

### 4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

### 5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



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# NOTES

# PART LIST

Model No. NTRW10124-INT.1 R1123A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	1	Strap Guide Spacer
2	1	Front Leg	52	1	Snap Ring
3	1	Rear Leg Cover	53	1	Spring Bushing
4	1	Stabilizer	54	1	Return Spring
5	1	Rear Leg	55	1	Idler
6	1	Console	56	1	Flywheel Pulley
7	1	Console Bracket	57	2	Flywheel Saddle Block
8	1	Neck	58	2	Flywheel Bushing
9	1	Front Bracket Mount	59	1	Flywheel Hub
10	1	Rear Bracket Mount	60	1	Flywheel
11	2	Inner Pivot Bushing	61	1	Frame Cover
12	1	Large Storage Foot	62	1	Power Panel
13	2	Small Storage Foot	63	1	Power Switch
14	1	Carriage Cover	64	1	Power Receptacle/Wire
15	2	Front Stop	65	1	Reed Switch Bracket
16	1	Right Rear Stop	66	1	Reed Switch Clamp
17	1	Left Rear Stop	67	1	Reed Switch/Wire
18	1	Strap	68	1	Magnet Bracket
19	1	Row Bar	69	1	Block
20	1	Row Bar Upper Cover	70	1	Arm
21	1	Row Bar Lower Cover	71	1	Motor Disc
22	1	Console Upper Cover	72	1	Resistance Motor
23	1	Console Lower Cover	73	1	Motor Bracket
24	2	Leveling Foot	74	1	Rail Cap
25	4	Stabilizer Cap	75	1	Right Shield
26	2	Wheel	76	1	Left Shield
27	1	Right Footrest Bracket	77	1	Right Neck Shield
28	1	Left Footrest Bracket	78	1	Left Neck Shield
29	1	Right Footrest	79	1	Front Cover
30	1	Left Footrest	80	1	Lower Cover
31	1	Right Footrest Bottom	81	2	Flywheel Magnet
32	1	Left Footrest Bottom	82	1	Power Adapter
33	2	Foot Bracket	83	1	Strap Grommet
34	6	M10 Washer	84	2	Roller Axle
35	2	Footrest Strap	85	1	Upper Cover
36	1	Seat	86	1	Access Cover
37	1	Carriage	87	3	Zip Tie
38	2	Large Carriage Roller	88	1	Row Bar Hook
39	2	Small Carriage Roller	89	1	Right Rail Shield
40	2	Foot	90	1	Left Rail Shield
41	1	Small Strap Guide Assembly	91	2	Clip Nut
42	1	M10 x 55mm Set Screw	92	1	Main Wire
43	2	Frame Axle	93	7	M4 x 14mm Screw
44	1	Strap Roller	94	1	Row Bar Tube
45	1	Return Pulley	95	4	Crown Fastener
46	1	Right Saddle Block	96	4	M6 x 15mm Socket Screw
47	1	Left Saddle Block	97	4	M4 x 10mm Screw
48	1	Large Strap Guide	98	2	M8 x 53mm Shoulder Screw
49	1	Return Pulley Spacer	99	1	Drive Belt
50	1	Return Pulley Axle	100	2	M4 x 8mm Screw

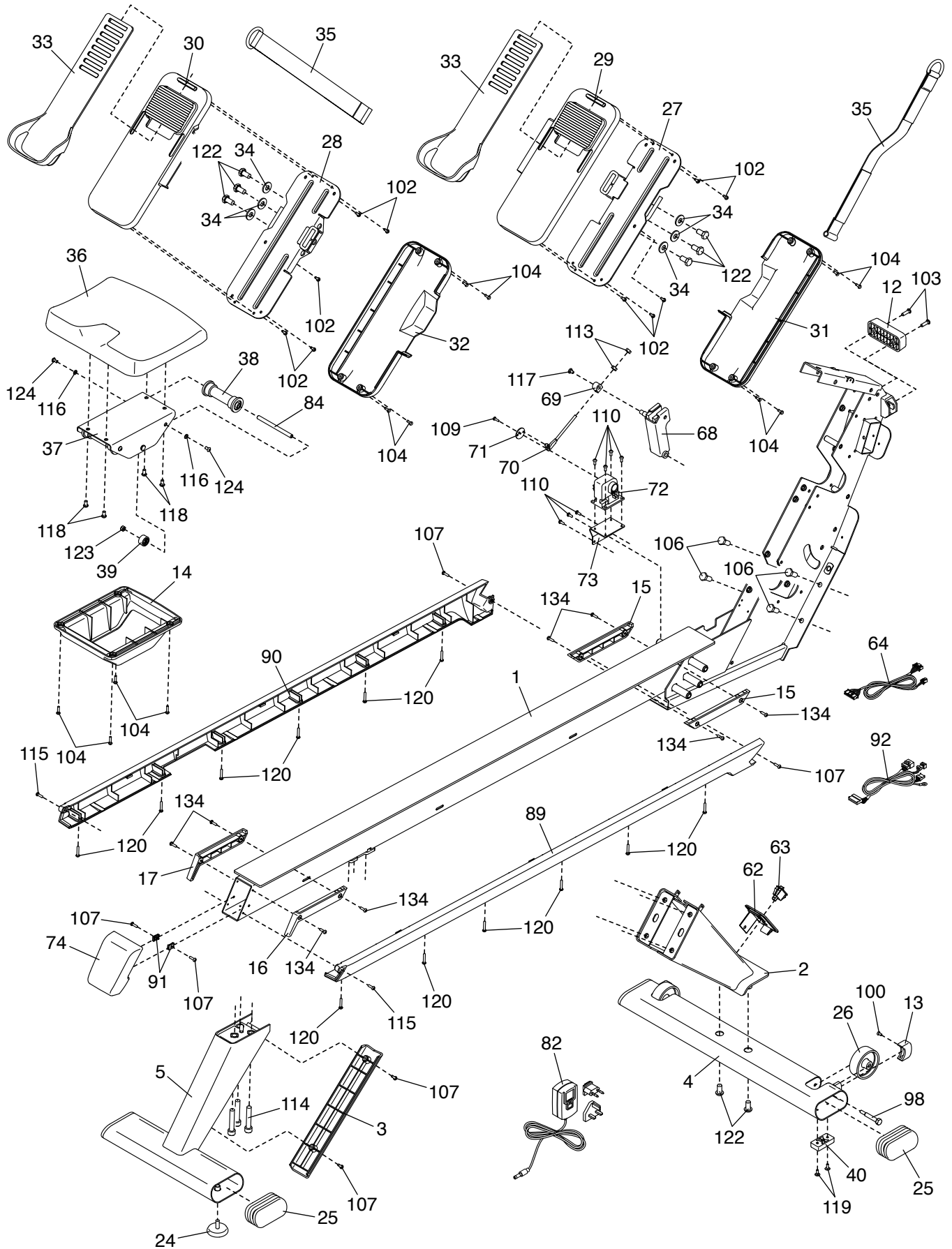


Key No.	Qty.	Description	Key No.	Qty.	Description
101	2	M10 x 15mm Screw	120	12	M4 x 25mm Screw
102	10	M4 x 12mm Machine Screw	121	1	M8 Locknut
103	2	M6 x 20mm Screw	122	8	M10 x 20mm Screw
104	14	M4 x 16mm Machine Screw	123	2	M6 Locknut
105	11	M6 x 12mm Cap Screw	124	8	M5 x 10mm Screw
106	4	M10 x 25mm Screw	125	1	M8 x 32mm Screw
107	28	M4 x 16mm Screw	126	4	M6 x 16mm Screw
108	5	M10 x 16mm Flat Head Screw	127	1	Key
109	1	M3 x 8mm Screw	128	1	M8 x 65mm Bolt
110	9	M4 x 12mm Screw	129	5	M8 Washer
111	2	M6 x 12mm Shoulder Screw	130	5	M8 x 16mm Screw
112	1	17mm C-clip	131	2	M6 x 10mm Shoulder Screw
113	2	M5 Nut	132	3	M6 x 30mm Screw
114	3	M10 x 55mm Screw	133	2	M6 x 16mm Neck Screw
115	2	M4 x 16mm Blunt Screw	134	8	M4 x 16mm Washer Head Screw
116	8	M5 Washer	135	1	M6 Washer
117	1	M5 x 8mm Screw	*	–	User's Manual
118	16	M6 x 12mm Screw	*	–	Assembly/Adjustment Tool Kit
119	6	M4 x 12mm Washer Head Screw			

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. \*These parts are not illustrated.

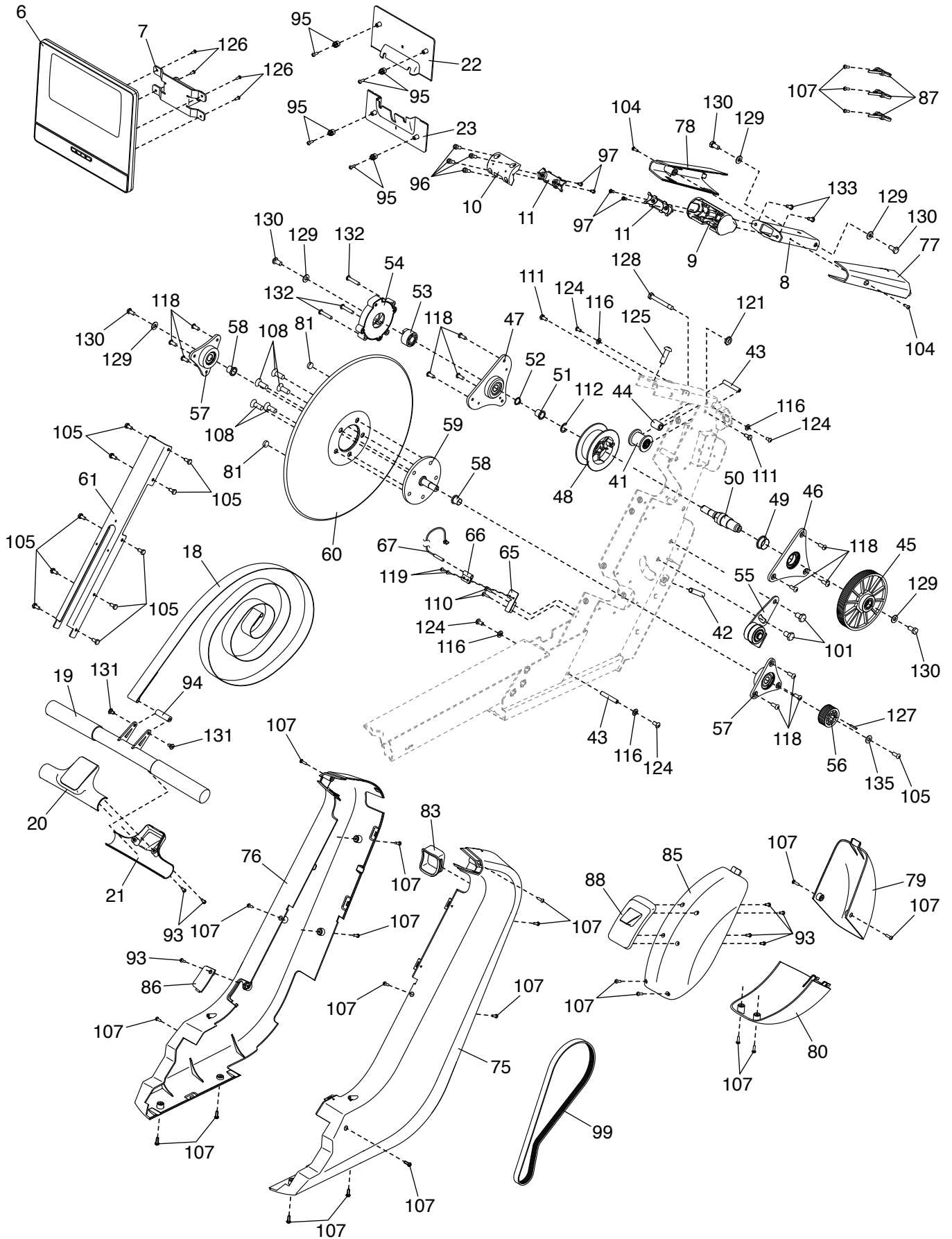
# EXPLODED DRAWING A

Model No. NTRW10124-INT.1 R1123A



# EXPLODED DRAWING B

Model No. NTRW10124-INT.1 R1123A



# ORDERING REPLACEMENT PARTS

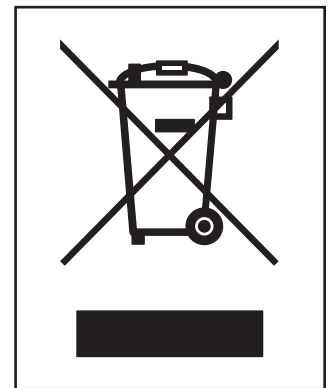
To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

# RECYCLING INFORMATION

**This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.**

Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.



# UK/EU DECLARATION OF CONFORMITY

NTRW10124-INT contains the MP7-ARGON2 Tablet.

Hereby, iFIT Health & Fitness declares that the radio equipment type MP7-ARGON2 is in compliance with Directive 2014/53/EU and Radio Equipment Regulation 2017.

iFIT Health & Fitness, 1500 S 1000 W, Logan, UT 84320, USA

This declaration of conformity is issued under the sole responsibility of the manufacturer.

Object of the declaration: FCCID OMC425538 - Broadcast Frequency Bands and Maximum EIRP power: 2.4G WIFI:16dBm; 5G WIFI:15dBm; 2.4G BT:7dBm.

Operations in the 5.15-5.35GHz band are restricted to indoor usage only in following Countries:

Certification: Article 3.1a - Safety EN 62479:2010, EN 62368-1:2014/AC:2015, Article 3.1b – EMC EN 301 489-1, 2.2.3, EN 301 489-17 V3.2.4, Article 3.2 – Radio parameters EN 300 328 V2.2.2, EN 301 893 V2.1.1

UK Representative: ICON Health & Fitness Ltd, Unit 1D The Gateway, Fryers Way, Silkwood Park, Ossett, WF5 9TJ, United Kingdom

EU Representative: iFIT Health & Fitness SAS Business Park, 5 rue Alfred de Vigny, 78112 Fourqueux, France

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