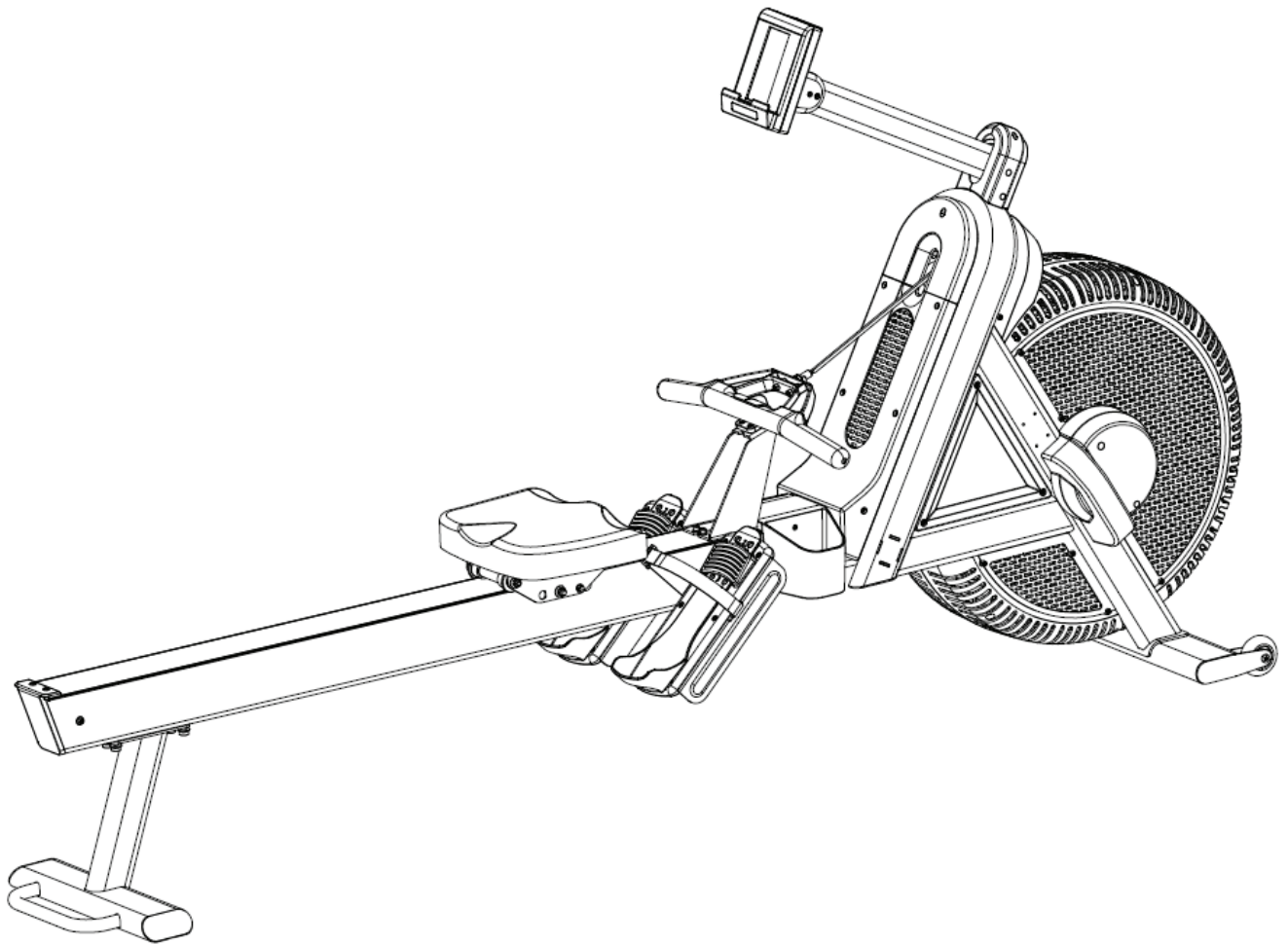


# PLAE

## Owner's Manual | ROW





# Owner's Manual | ROW

## CONTACT INFORMATION

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## TABLE OF CONTENTS

### 1. BEFORE YOU START

- 1.1 Safety Instructions
- 1.2 Danger
- 1.3 Attention
- 1.4 Warning

### 2. INSTALLATION & ASSEMBLY

- 2.1 Technical Specifications
- 2.2 Installation and Precautions
- 2.3 Assembly

### 3. INSTRUCTION FOR USE

### 4. MAINTENANCE

### 5. EXPLOADED DIAGRAM

### 6. PARTS LIST

### 7. UNIVERSAL CONSOLES

- 7.1 Display
- 7.2 Console Technical Guide
- 7.3 Console Software Update (OTA)
- 7.4 Machine Codes



## Owner's Manual | ROW

### 1. BEFORE YOU START

It is the sole responsibility of the purchaser of PLAE products to read the owner's manual, warning labels and instruct all individuals, whether they are the end user or supervising personnel on proper usage of the equipment. It is recommended that all users of PLAE exercise equipment be informed of the following information prior to its use. PLAE recommends that all commercial fitness equipment be used in a supervised area. It is recommended that the equipment be located in an access-controlled area. Control is the responsibility of the facility owner. The extent of control is at the discretion of the owner.

#### 1.1 SAFETY INSTRUCTIONS

##### Proper Usage

- Do not use any PLAE Performance equipment in any way other than designed or instructed.
- PLAE Inc. is not responsible for injuries or equipment issues arising from unauthorized use or ignoring the guidance provided.
- All users are responsible for assessing their own physical capabilities and using the machine accordingly. Misuse voids all implied liability.
- The product must be correctly assembled and tested before operation.
- Do not use the machine with air cover/shrouds removed.
- Keep hands and feet clear of moving parts at all times to avoid injury.
- The equipment must be installed indoors in a location free of moisture and dust.
- Regularly check operation and component parts of the machine. Securely tighten any loose fittings or connections. To ensure that the safety level of this ski trainer is maintained, examine components for wear and tear on a regular basis. Components that are excessively worn or inoperable should be replaced immediately or the ergometer should be put out of use until it is repaired
- Routinely protect all metal and plastic surfaces with Lanolin Spray. Spray onto a cloth and wipe surfaces.
  - Note: Do not apply Lanolin directly to the machine.
- It is the purchaser's sole responsibility to properly instruct its end users and supervising personnel as to the proper operating procedures of all PLAE equipment

##### Check for Damaged Parts

- DO NOT use any equipment that is damaged or has worn or broken parts. Use only replacement parts supplied by PLAE.
- MAINTAIN LABELS AND NAMEPLATES: Do not remove labels for any reason. They contain important information. If unreadable or missing, contact PLAE or your re-seller for a replacement.
- SECURING EQUIPMENT: All equipment MUST be installed on a solid, level surface to stabilize and eliminate rocking or tipping over. Ensure leveling feet are set properly and locked into position.
- MAINTAIN ALL EQUIPMENT: Preventative maintenance is the key to smooth operating equipment as well as keeping your liability to a minimum. Equipment needs to be inspected at regular intervals.
- Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so.

##### Specific Operating Warning

- The maximum weight supported by the PLAE SKI Trainer is 160kg/353lbs. Do not exceed maximum user weight.
- Only one user at a time is permitted to use the PLAE ROW.
- Children under the age of 12 are not allowed to use the machine.
- Always operate the equipment in accordance with these instructions.
- Do not spill food or drink on the product.
- Keep pets away from this machine.



## Owner's Manual | ROW

### Specific Operating Warning (cont)

- Never drop or insert any object into any opening on this machine.
- Routinely inspect all bolts, nuts and fixings are secure. Tighten where needed.
- Routinely check the machine for smooth operation, feeling for loose parts, rough bearings or belts, and listen for any abnormal noises like squeaks or clunks.
- Do not allow users to wear loose fitting clothing while using equipment. It is also recommended to have users secure long hair back and up to avoid contact with moving parts.
- When adjusting the feet straps, make certain that the adjusting pin is fully engaged in the hole or slot to avoid injury.
- Keep children away from all exercise machines. Parents or others supervising children must provide close supervision of children if the equipment is used in the presence of children.
- UNDERSTANDING EACH AND EVERY WARNING TO THE FULLEST IS IMPORTANT. IF ANY OF THESE WARNINGS ARE UNCLEAR, ASK FOR CLARIFICATION FROM PLAE PERSONNEL OR THE EQUIPMENT RESELLER.
- Injuries may result if exercising improperly or excessively. It is recommended that all individuals consult a physician prior to commencing an exercise program. If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.

### 1.2 DANGER

- Do not wet the surface of the PLAE ROW with any liquids. Cleaning involves only the use of a fine mist sprayer or a damp cloth.
- Any liquid container in proximity to the PLAE ROW must have a tight-fitting cap or lid. Do not use the PLAE ROW if a liquid has been spilt on any surface.

### 1.3 ATTENTION

- Please consult your physician before commencing any exercise program.
- Clearance must be obtained from a health professional if suffering from any of the following health conditions of the user:
  - Pregnancy
  - Heart Disease
  - High Blood Pressure
  - Diabetes
  - Chronic Respiratory Disease
  - High cholesterol
  - Cigarette related or other chronic disease
  - Physical disability
- Stop exercising immediately if you are experiencing any of the following symptoms: dizziness, chest pain, nausea, or any other health abnormality during exercise. Please consult your physician before continuing the exercise.
- A qualified engineer or recognized service agent must conduct any repair or maintenance work.

### 1.4 WARNING

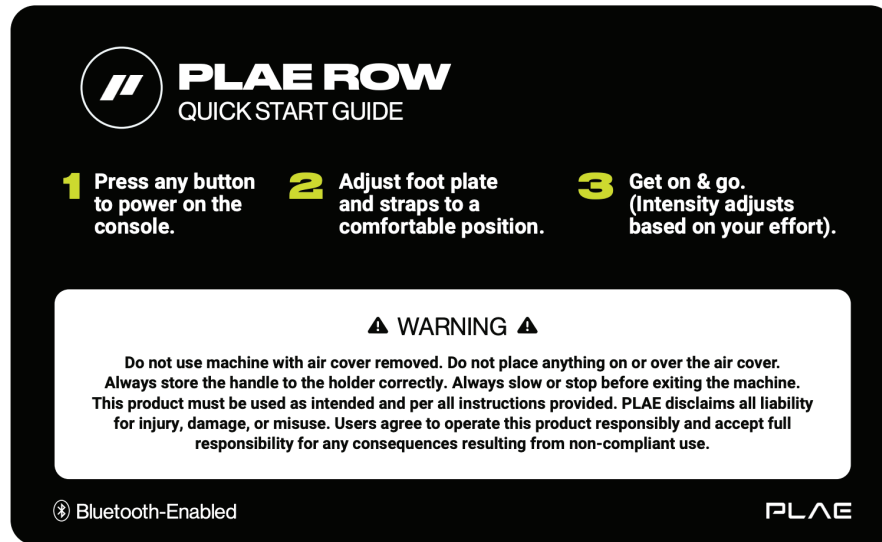
- The PLAE ROW is user powered. The user controls the speed of movement.
- There is no emergency stop function in the PLAE ROW.
- Every user must become familiar with the mechanism and functions before using the PLAE SKI Trainer.
- Ensuring entry to the PLAE ROW is through stepping over the beam.
- The PLAE ROW must be installed on a hard, level surface.
- Keep hands away from all moving surfaces and components.
- Do not allow a towel or clothing to become caught in the moving surface of the PLAE SKI Trainer.
- Do not wear high heels. Shoelaces must be secured.
- Examine the PLAE ROW regularly for safe operation.



## Owner's Manual | ROW

### 1.4 WARNING (CONT)

- Hold the main frame when getting on or off the rower.
- Do NOT remove below warning label from the machine:



## 2. INSTALLATION AND ASSEMBLY

### 2.1 TECHNICAL SPECIFICATIONS

- The PLAE ROW does not require any electrical wall outlet. The PLAE ROW is a non-motorized product.
- The PLAE ROW uses uniquely patented Variable Pitch Resistance (AIR) to provide an unprecedented wide and user-controlled resistance range.

#### Dimensions

- Product: 245cm(L) x 55cm(W) x 131cm(H) / 96" x 21.5" x 51.5"

### 2.2 INSTALLATION AND PRECAUTIONS

#### Installation

- It is important that the PLAE ROW is correctly assembled, and we recommend that installation and assembly should be carried out by suitably qualified personnel.

#### Precautions

- Before assembling, make sure that you have enough space around the machine.
- Use the supplied tools for assembling.
- Before assembling, please check whether all the supplied parts are available.
- It is recommended that this machine is assembled by two or more persons to avoid any injuries or damage to the machine.

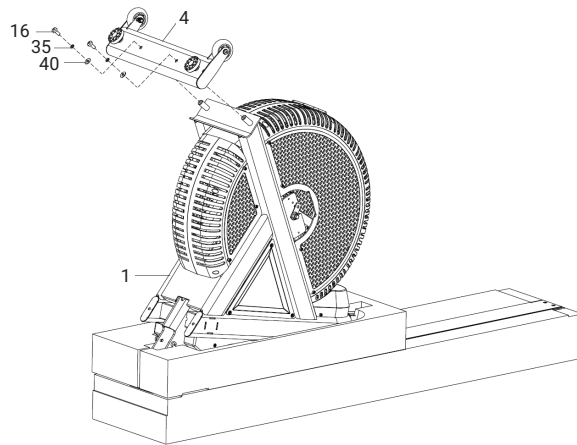


## Owner's Manual | ROW

### 2.3 ASSEMBLY STEPS

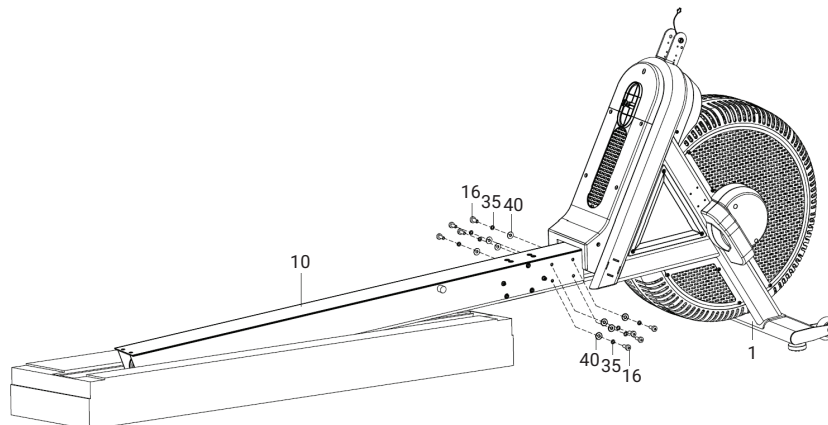
#### STEP 1

1. Put aside the parts and Styrofoam from the package and leave the Main Frame (1) and the Beam (12) assembly with Styrofoam as shown below.
2. Remove the packaging tube by releasing M8\*20 bolts (16), spring washers (35) and flat washers (40)
3. Attach the Front Support Tube (4) to the main frame (1) with the M8\*20 bolts (16), spring washer (35) and flat washer (40), then tight securely.



#### STEP 2

1. With the assistance of another person, please rotate the main frame 180 degree towards front and let it stand on upright position as shown below.
  - \*Note – When rotating the Main Frame (1) down towards the floor, please make sure to keep the Beam (10) assembly in line with the Main Frame (1) and ensure that the chain is straight with no twists.
  - \*Warning – The tension of the chain may drag the beam assembly towards the main frame (1), so be mindful not to pinch your hand.
2. Hold tight the Beam (10) assembly and slide it onto the main frame (1), align the holes and lock gradually with 4 sets of M8\*20 bolts (16), spring washers (35) and flat washers (40) on both left and right sides.



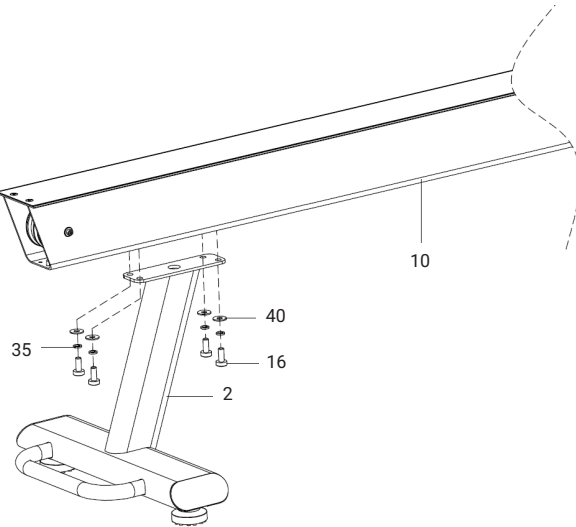


## Owner's Manual | ROW

### 2.3 ASSEMBLY STEPS (CONT)

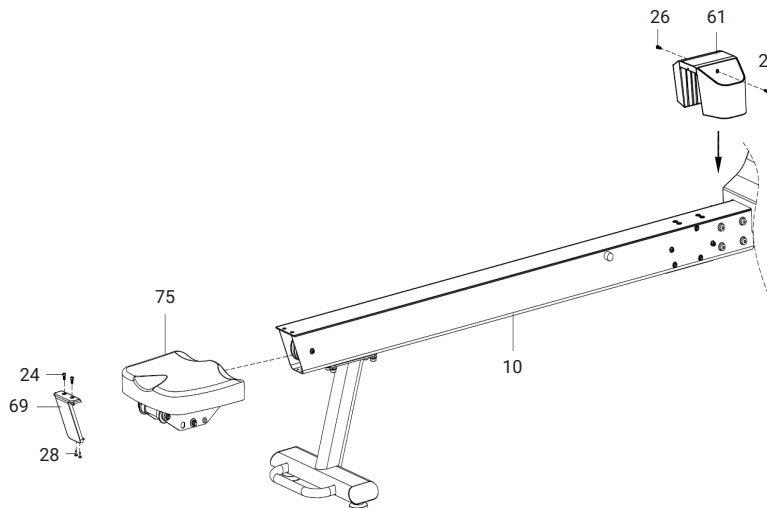
#### STEP 3

1. Attach the Rear Support Leg (2) to the rear bottom of the Beam (10) with 4 sets M8\*20 bolts (16), spring washers (35) and flat washers (40)
2. Tighten them securely.



#### STEP 4

1. Slide carefully the Seat (75) onto the Beam (10) from the rear end by aligning the rollers under the seat with beam top.  
\*Note – don't force the seat onto the beam to avoid any damage to the rollers.
2. Lock the Beam End Cover (69) to the rear end of the Beam (10) with 2pcs M5\*10 bolts (24) on the top and 2 screws (28) at the bottom.
3. Put the Water Bottle Holder (61) on top of the joint between the beam (10) and the main frame (1), and lock with 2pcs M4\*20 bolts (26).



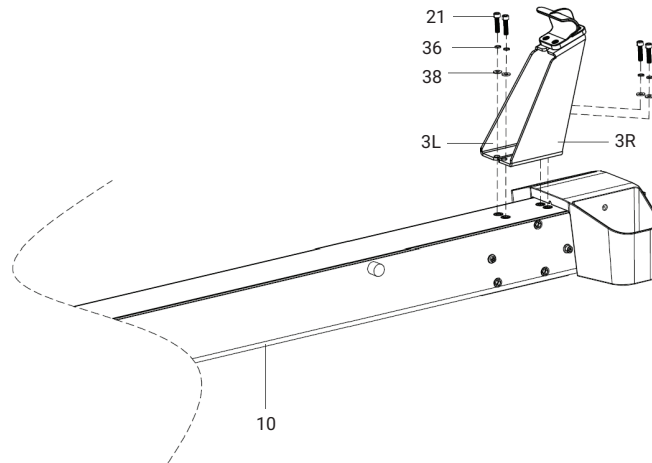


## Owner's Manual | ROW

### 2.3 ASSEMBLY STEPS (CONT)

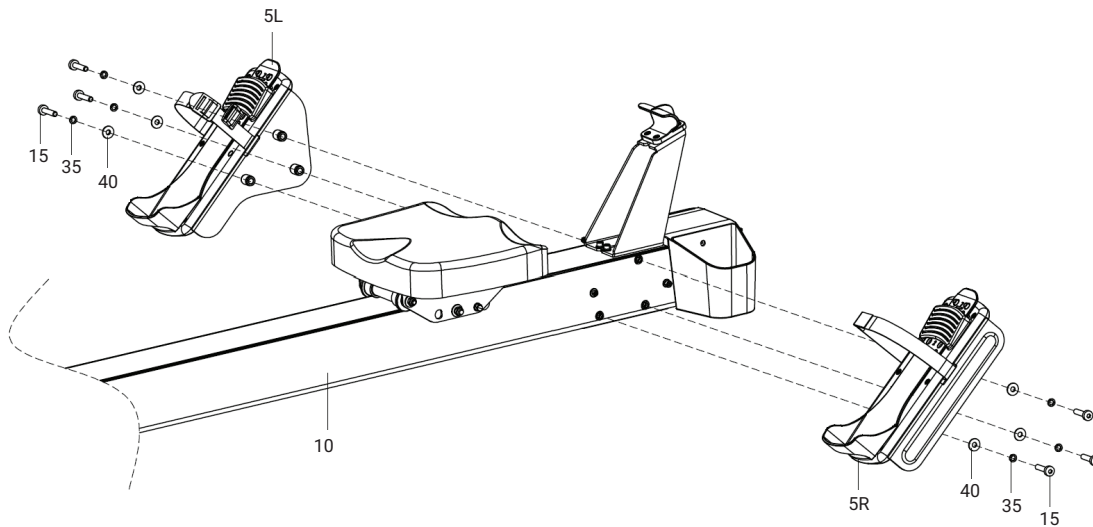
#### STEP 5

1. Place the T-Handle Holder (3L/R) assembly on top of the Beam and align the 4 holes, lock with 4 sets of M6\*25 bolts (21), spring washers (36) and flat washers (38).



#### STEP 6

1. Install the Left Foot Platform (5L) assembly to the left side of the Beam with 3 sets M8\*40 bolts (15), spring washers (35) and flat washers (40)
2. Repeat the step to install the Right Foot Platform (5R) assembly and tighten all the bolts securely.



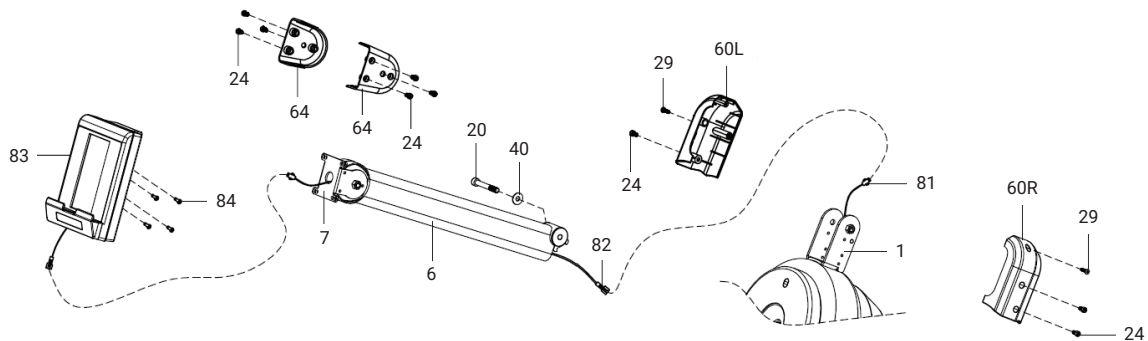


## Owner's Manual | ROW

### 2.3 ASSEMBLY STEPS (CONT)

#### STEP 7

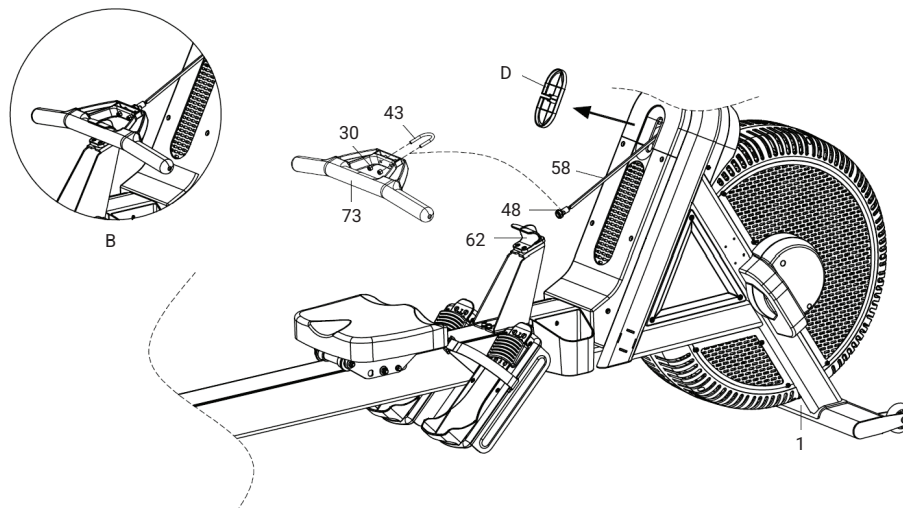
1. Connect Speed Sensor Wires (81) on top of Main Frame (1) to Sensor Extension Wire (82) in lower end of Console Mast (6).
2. Lock Console Mast (6) to Main Frame (1) with M8\*60 bolt (20) and flat washer (40); then cover the joint with Console Mast Cover (60L/R) and lock with M5\*10 bolts (24) and self-tapping screws (29)
3. Connect Speed Sensor Extension Wires (82) to the extension wire on Console (83)
4. Store the excessive wires either inside console case or Console Mast (6), lock the Console (83) to Console Pivot Bracket (7) with 4 sets M4\*12 bolts (84)
5. Lock Console Pivot Cover (64) to Console Pivot Bracket (7) with 3 sets M5\*10 bolts (24) from left/right side respectively.



#### STEP 8

1. Remove U-Bolt (43) from T-Handle (73) by releasing 2 Nyloc nuts (30)
2. Insert the U-Bolt through Chain Anchor Collar (48), pull the Collar out of the temporary Chain Anchor Holder (D), then attach the U-Bolt back to T-handle (73) and lock with the 2 Nyloc nuts.
3. Remove the temporary chain Anchor Holder (D) from the chain and dispose, then store the T-Handle assembly to Handle Holder (62) (see Fig. B).

\*Note – check the chain to ensure there is no twist during the assembly.



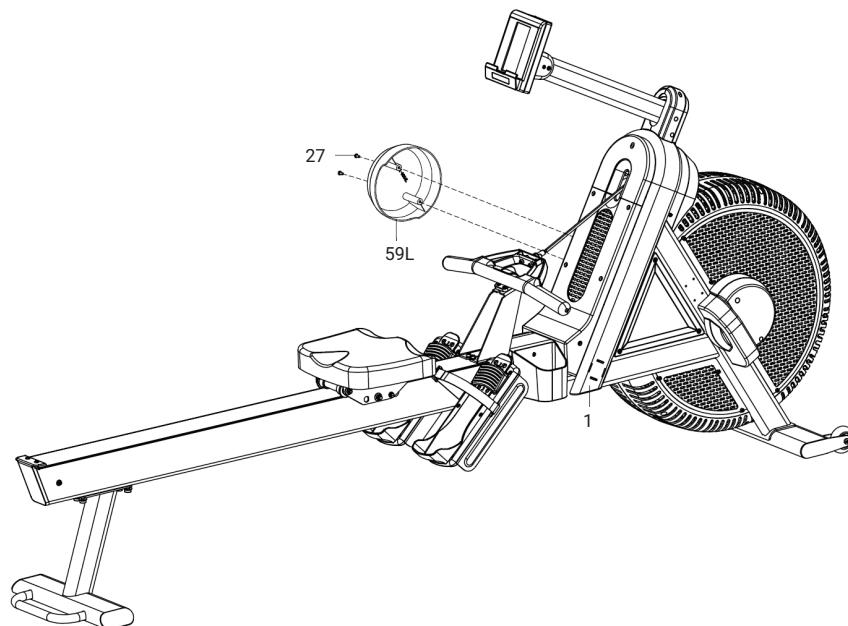


## Owner's Manual | ROW

### 2.3 ASSEMBLY STEPS (CONT)

#### STEP 9

1. Lock Left Shroud Hub Cover (59L) to the left side of main frame with 2 Philips bolts (27).
2. Check all the bolts/nuts are securely locked, then the Rower is ready for your workout.





## Owner's Manual | ROW

### 3. INSTRUCTIONS FOR USE

The PLAE ROW is designed with chain and timing belt technique to drive the unique air fan wheel resistance for a full-body exercise. Before you start the workout, make sure the machine is on a stable and level floor with 0.5 to 0.6 meters of clear space. Wear appropriate athletic clothing and closed-toe shoes. Remember to warm up for 5-10 mins before workout.

Recommended instruction for usage but not limited to:

1. Sit on the sliding seat, adjust foot plate to a comfortable position, place your foot on the foot plate and lock your foot securely with the strap.
2. Grip the T-handle comfortably with flat wrists and arms are fully extended straight.
3. Initiate the movement by pressing down forcefully with your legs, then your upper body will slide back from the hips while your back remains firm and straight. Pull the T-handle towards your abdomen when your legs are mostly extended. The ideal finish position is your legs are fully straight and you are leaning back slightly; the handle is pulled all the way into your lower chest/upper abdomen.
4. Extend your arms straight outward and lean your upper body forward at the hips, bend your legs to slide the seat forward back to the catch position.

#### WARNING!

- Consult a physician before starting a new exercise program.
- Stop exercising immediately and seek medical advice if you experience dizziness, nausea, chest pain, shortness of breath or any abnormal symptoms.
- Do not use the machine with shrouds/covers removed.
- Don't release the T-handle when they are fully pulled out.
- Do not rock the rower machine side-to-side or use it in any manner not described in the instructions.
- Always slow or stop before exiting the machine.

### 4. MAINTENANCE

Like any other mechanical training machines, the PLAE ROW should be maintained regularly.

#### DAILY MAINTENANCE

- Daily cleaning and inspection, and lubrication will keep the PLAE ROW in optimal condition.
- Listen out for any unusual noise and loose components. Do not ignore but address the issue immediately.
- The following is the recommended maintenance schedule. In environments with severe pollution, the frequency of inspections and maintenance should be increased.

#### WEEKLY MAINTENANCE

- Clean the frame and plastic surfaces with a soft cloth or brush. Do not use abrasive cleaning materials or brushes.
- Protect all metal surfaces with Lanolin Spray. Spray onto a cloth and wipe surfaces.  
\*NOTE: Do not apply Lanolin to grips, footplate, or any internal components
- Clean the console with a soft cloth.
- Check all moving parts operating freely and optimally. If required, tighten the loose components.

#### SIX MONTHLY MAINTENANCE

- Check belt tension. Call a service agent if in doubt.
- Inspect main frame bolts.

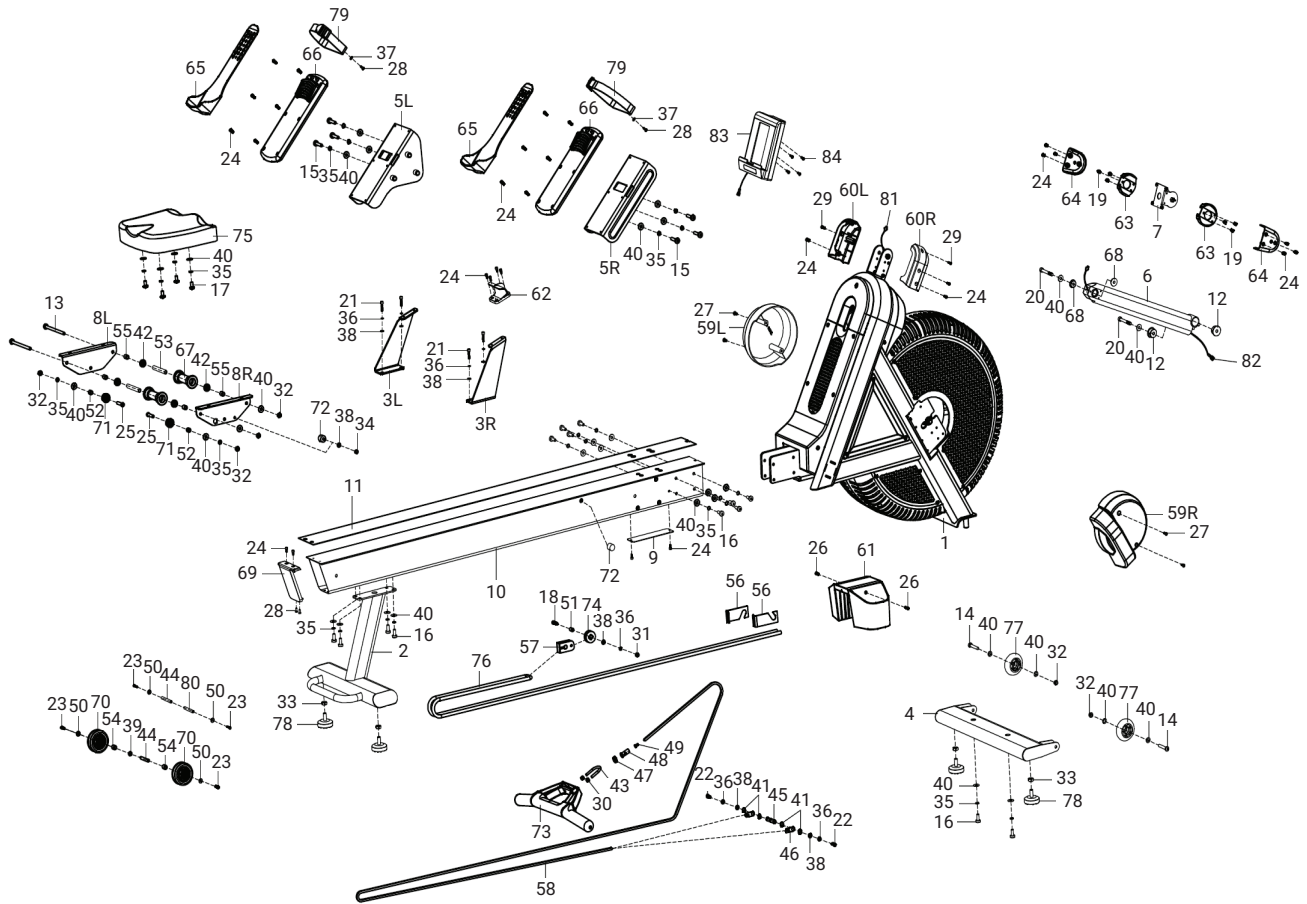
#### TWELVE MONTHLY MAINTENANCE

- Tighten main frame bolts and feet bolts.

# PLAE

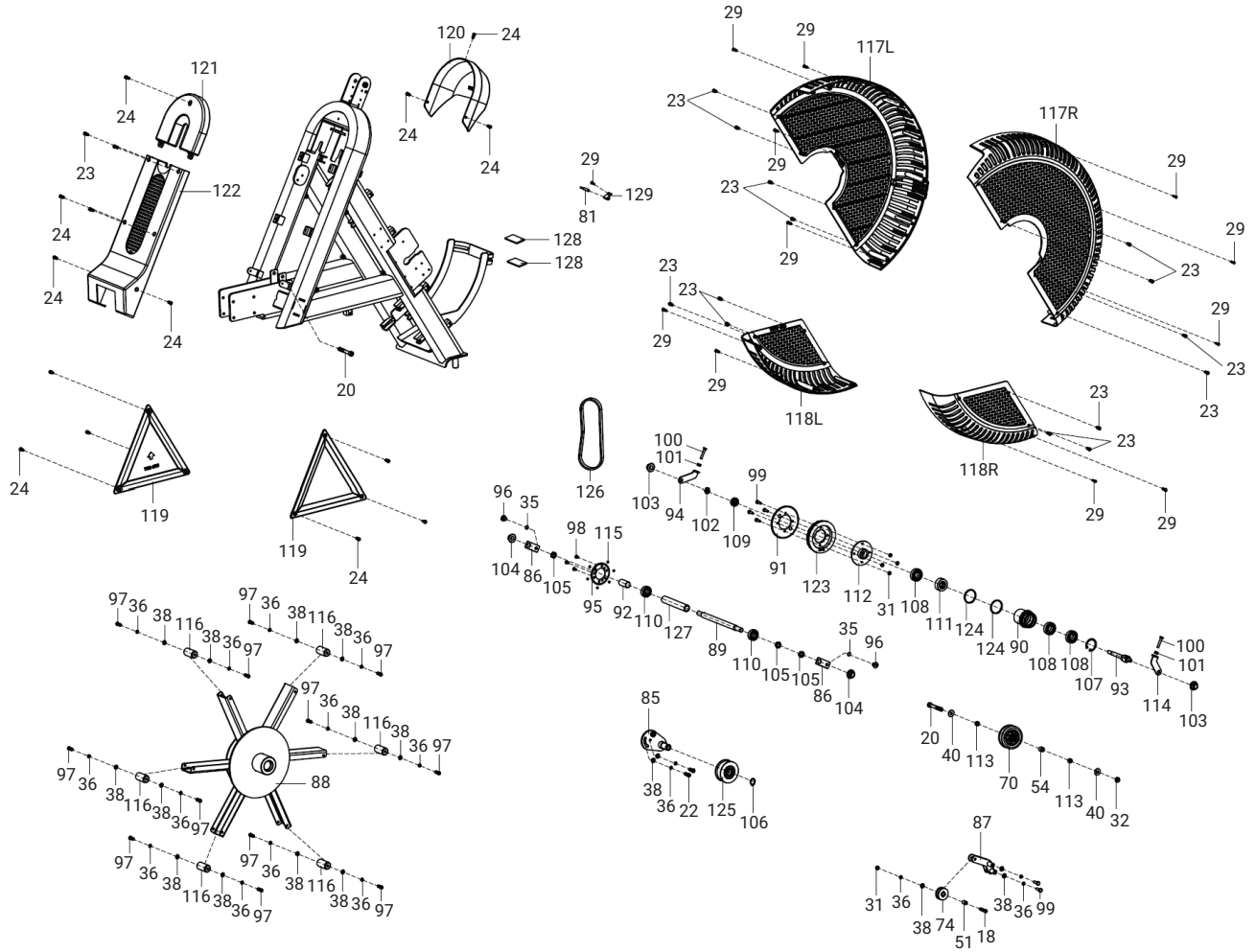
## Owner's Manual | ROW

### 5. EXPLODED DIAGRAM



## Owner's Manual | ROW

### 5. EXPLODED DIAGRAM (CONT)





## Owner's Manual | ROW

### 6. PARTS LIST

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	Main Frame	1	36	Spring washer D6	24
2	Rear Support Leg	1	37	Flat washer D5*D10*1	2
3	T-Handle Holder assembly	1	38	Flat washer D6*D13*1.5	25
4	Front Support Tube	1	39	Flat washer D8*D13*1.5	1
5L	Left Foot Plate base	1	40	Flat washer D8*D20*1.5	36
5R	Right Foot Plate base	1	41	Circlip D10 for shaft	4
6	Console Bracket	1	42	Bearing 608ZZ	4
7	Console Pivot Bracket		43	U bolt	1
8L	Left Seat Support Bracket	1	44	Rail support shaft	2
8R	Right Seat Support Bracket	1	45	Chain fixed axis	1
9	Beam bottom cover	1	46	Chain hook	2
10	Beam	1	47	Chain stop collar	1
11	Stainless Steel Beam Slide Top	1	48	Chain button	1
12	Alloy bush	2	49	Chain connection buckle	1
13	Hex Button Head Bolt M8*135	2	50	Spacer $\Phi 14*6.3$	4
14	Hex Button Head Bolt M8*45	2	51	Copper Spacer $\Phi 6.2*\Phi 10*15.2$	2
15	Hex Button Head Bolt M8*40	4	52	Spacer $\Phi 8.3*\Phi 12*11.3$	2
16	Hex Button Head Bolt M8*20	14	53	Spacer $\Phi 8.3*\Phi 12*73.2$	2
17	Hex Button Head Bolt M8*16	4	54	Spacer $\Phi 8.5*\Phi 12.7*13.6$	3
18	Hex Button Head Bolt M6*30	2	55	Spacer $\Phi 8.3*\Phi 12*15.3$	4
19	Hex Button Head Bolt M5*12	6	56	Rope board	2
20	Hex Socket Cap Bolt M8*60	4	57	Pulley fixed plate	1
21	Hex Socket Cap Bolt M6*30	2	58	Chain	1
22	Hex Socket Cap Bolt M6*16	4	59L	Left Hub Cover	1
23	Hex Socket Cap Bolt M5*16	20	59R	Right Hub Cover	1
24	Hex Socket Cap Bolt M5*10	43	60L/R	Console Mast cover	1pr.
25	Hex Flat Head Bolt M8*35	2	61	Bottle cage	1
26	Cross button head bolt M4*20	2	62	Pull handle retaining seat	1
27	Cross button head bolt M5*12	4	63	Inner cover	2
28	Self-tapping screw ST4.2*12	4	64	Outer Bracket Cover	2
29	Self-tapping screw ST4.2*18	14	65	Foot Plate adjuster	2
30	Nyloc nut M6*H8	2	66	Foot Plate	2
31	Nyloc nut M6*H6	6	67	Seat Roller	2
32	Nyloc nut M8*H8	7	68	Axle sleeve	2
33	Nut M10	4	69	Rail cover	1
34	Cap nut M6	1	70	Pulley	3
35	Spring washer D8	28	71	Small roller	2



## Owner's Manual | ROW

### 6. PARTS LIST (CONT)

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
72	Buffer limit seat	2	105	Hex nut M12*1*H6	3
73	T-Handle	1	106	Circlip D17 for shaft	1
74	Guide Roller	2	107	Circlip D42	1
75	Seat	1	108	Bearing 6004	3
76	Bungee Cord	1	109	Bearing 6001	1
77	Moving Wheel	2	110	Bearing 6002	2
78	Level adjusting foot	4	111	One-way bearing HF2016	1
79	Shoe Strap	2	112	Pulley Holder	1
80	Spacer $\Phi 8.2 \times T2.5 \times 56$	1	113	Spacer $\Phi 8.3 \times \Phi 12 \times 6.5$	2
81	Speed Sensor/Wire 950	1	114	Tension plate $3 \times 83.7 \times 37.3$	1
83	Speed Sensor Extension wire 600	1	115	Magnet	6
84	Cross button head screw M4*12	4	116	Weight Block	6
85	Tensioner Wheel Holder	1	117L	Left Front cover	1
86	Turbine alignment locking tab	2	117R	Right Front Cover	1
87	Chain Guide Bracket	1	118L	Left Lower cover	1
88	Air Turbine Wheel	1	118R	Right Lower Cover	1
89	Turbine Shaft	1	119	Triangle cover	2
90	Chain Sprocket	1	120	Turbine Hub Cover	1
91	Drive Pulley Side Cover	1	121	Upper Wind cover	1
92	Spacer $\Phi 15.2 \times \Phi 18 \times 35.5$	1	122	Lower Wind cover	1
93	Sprocket shaft	1	123	Drive Pulley	1
94	Tension plate $3 \times 67 \times 67.9$	1	124	Rubber seal	2
95	Pulley Cover	1	125	Tensioner Wheel	1
96	Button Head Bolt M8*10	2	126	Timing Belt	1
97	Button Head Bolt M6*18	1	127	Spacer $\Phi 15.1 \times \Phi 20 \times 121.7$	1
98	Cross flat head screw M5*10	3	128	EVA pad	2
99	Hex head bolt M6*18	6	129	Speed Sensor Holder	1
100	Hex head bolt M6*35	2	130	Allen key S6	1
101	Hex nut M6	2	131	Allen key S5	1
102	Hexagon thin nut M10*1*H5	1	132	Allen key S4	1
103	Hexagon flange M10*1	2	133	Wrench 8 & 10	1
104	Hexagon flange M12*1*H11	2	135	Philip screwdriver	1



## Owner's Manual | ROW

### 7.1 DISPLAY

Universal Programable Console to suit all PLAE Performance AIR machines. Machine Type programmed in background to automatically activate appropriate machine specific workout performance calculations and display data.

#### DISPLAY:

- Auto Start Up with Backlit Screen (2 x D cell batteries).

#### POWER (Watts) / SPEED (kph/mph)

##### Simultaneously Displays

- Large Display of Current Operating POWER in Watts on the Bionic, Cycle, Row, Ski and TreadSled Sled Drive. When the TreadSled is being used in a normal Run/Walk mode (without the turbine being activated) POWER SPEED (km/hr, or mile/hr) is displayed, which represents the equivalent speed that would be achieved when running on a flat treadmill without the curve incline, based on the user power actually being exerted to effectively run uphill on the curve (note that the actual raw belt speed is constantly displayed in the bottom left hand console window). The TreadSled automatically reverts to Power (Watts) during the Sled Drive mode, when the turbine resistance is activated. The default POWER SPEED calculation is based on a default user weight of 100kg, so to increase the accuracy of the POWER SPEED metric the user can input their personal body weight by simultaneously holding down the START and CAL buttons, modify the kg value using the up and down buttons and then pressing ENTER. This also changes the calorie display from cal/kg to calories.
- Current and Total Workout Average Watts/Speed. Current and Total Interval Workout Watts/Speed.
- Current and Final Max Workout Watts/Speed

#### GEAR (Performance + AIR series only)

- Gear level displayed (Levels 1 to 10)
- 100 calibrated finite gear levels calculate watts and other data in the background.

#### TIME

- Large Workout or Current Interval Elapsed or Programmed Target Time Countdown Display.
- Intra-Interval Rest time counts down
- Displays Cumulative Intervals completed. (interval count ends when STOP button activated to end workout).

#### INTERVALS

- Programable Interval Work and Rest Time. Activate INTERVAL key to first enter interval EXERCISE time (adjust with the up/down keys), then press ENTER to allow you to enter the desired interval REST time and then press ENTER again. Press START to begin 3 second countdown to begin EXERCISE time countdown.
- Counts Cumulative Intervals completed (interval count ends when STOP button activated to end workout).

#### HEART RATE

- Current Heart Rate detected from Bluetooth or ANT+ Heart Rate Transmitter.

#### PACE

- Treadmill/Cycle/Bionic - Pace / KM (1000m).
- Row/Ski - Pace/500m

To view your average pace after a workout, press the STOP key once to end the session, then press the STOP key a second time.



## Owner's Manual | ROW

### 7.1 DISPLAY (CONT.)

#### DISTANCE

- Cumulative or Programmed Target Countdown Meters

#### RPM / SPEED

- Cycle/Bionic - Pedal Cadence RPM
- Row/Ski - Strokes per minute
- Treadmill - Running Speed (km/hr or miles/hr).

#### CALORIES

- Cycle/Bionic/Row/Ski - Cumulative or Programmed Target Calories Countdown.
- Treadmill - CAL/KG - Cumulative Calories per kg of body weight.

Entering user weight in kg (via START+CAL) changes to absolute cumulative calories.

#### BLUETOOTH

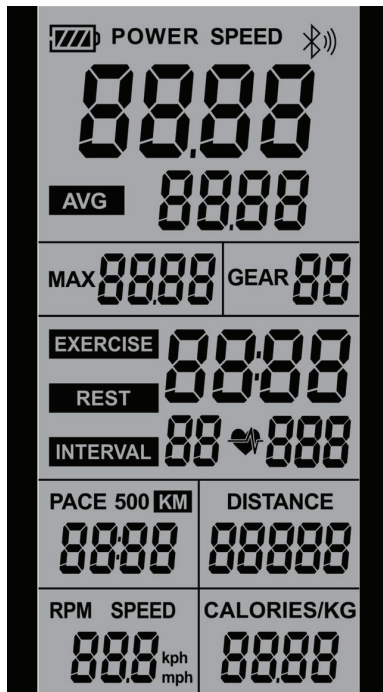
- Press and hold to activate
- Transmits workout data to third party Apps.

#### SOFTWARE UPDATES

- Via Bluetooth from file download to email or any message Application.

#### CALIBRATION

- 1-99 gear calibration on AIR and AIR models





## Owner's Manual | ROW

### 7.2 PLAE CONSOLE TECHNICAL GUIDE

\*Note: This is one console for all machines.

#### MPH to KPH

1. Press and hold ARROW RIGHT key for three seconds.
2. Toggle the value between 0 or 1.
  - (0)=KPH, (1)=MPH
3. Press ENTER to confirm selection.

#### CONSOLE MACHINE SELECTION PROCEDURE

1. Press any key to power the console up
2. Simultaneously press and hold ENTER + START keys for 3 seconds
3. Use UP + DOWN arrow keys to select desired machine (see list for relevant machine code)
4. Once the desired machine code is flashing, hit ENTER to select that machine

#### CALIBRATION PROCEDURE

1. Press any key to power the console up
2. Simultaneously press and hold ENTER + STOP keys for 3 seconds
3. Adjust the turbine pitch to the lightest setting
4. Press ENTER key
5. Adjust the turbine pitch to the heaviest setting
6. Press ENTER key
7. Then wait and the console will restart - the calibration procedure is now complete

#### TEST MODE PROCEDURE

1. To enter test mode whereby the console will show 1 to 99 gears as opposed to 1 to 10 gears
2. Simultaneously press and hold ENTER + INTERVAL keys for 3 seconds

### 7.3 CONSOLE SOFTWARE UPDATE PROCEDURE (USING BLUETOOTH OTA)

#### iOS PROCEDURE

1. Go to Apple App Store.
2. Search for and download the SUNRISE OTA App to your device.



3. Ensure you have already downloaded the latest .BIN software file to your device.
4. Press any key to power the console up.
5. Simultaneously press and hold ARROW UP + ARROW DOWN keys for 3 seconds to enter the program update mode. The console will display OTA once successful.
6. Open the SUNRISE OTA App on your device and allow Bluetooth access when prompted.
7. Click the SCAN BLUETOOTH button. The app will search for nearby Bluetooth devices.
8. Select the available device named CRW-XXXX for pairing. Once successfully paired, a small Bluetooth symbol will be displayed in the upper right corner of the console.



## Owner's Manual | ROW

### 7.3 CONSOLE SOFTWARE UPDATE PROCEDURE (CONT)

#### iOS PROCEDURE (CONT)

9. Click the START TO LOAD button on the App, then select the relevant previously downloaded .BIN software file for loading.
10. Click the START TO UPDATE button on the App. The console will start updating the new software.
11. When the progress bar reaches 100%, the console will emit a beep and restart, indicating a successful update.
12. Go to the CONSOLE MACHINE SELECTION PROCEDURE above and follow steps 1-4 to ensure the correct machine code is selected to match the machine the console is fitted to.
13. Go to the CALIBRATION PROCEDURE above and follow steps 1-7 to ensure the console is correctly calibrated.

#### ANDROID PROCEDURE

1. Go to Google Play Store.
2. Search for and download the ANPLUS-OTA App to your device.



3. Ensure you have already downloaded the latest .BIN software file to your device.
4. Press any key to power the console up.
5. Simultaneously press and hold ARROW UP + ARROW DOWN keys for 3 seconds to enter the program update mode. The console will display OTA once successful.
6. Open the ANPLUS-OTA App on your device and allow Bluetooth access when prompted.
7. Click the SCAN BLUETOOTH button. The app will search for nearby Bluetooth devices.
8. Select the available device named CRW-XXXX for pairing. Once successfully paired, a small Bluetooth symbol will be displayed in the upper right corner of the console.
9. Click the START TO LOAD button on the App, then select the relevant previously downloaded .BIN software file for loading.
10. Click the START TO UPDATE button on the App. The console will start updating the new software.
11. When the progress bar reaches 100%, the console will emit a beep and restart, indicating a successful update.
12. Go to the CONSOLE MACHINE SELECTION PROCEDURE above and follow steps 1-4 to ensure the correct machine code is selected to match the machine the console is fitted to.
13. Go to the CALIBRATION PROCEDURE above and follow steps 1-7 to ensure the console is correctly calibrated.

### 7.4 MACHINE CODES

<b>1A</b>	Row AIR AIR+	(4 blade adjustable pitch)
<b>1C</b>	Row AIR	(Standard Row - no pitch adjustment)
<b>2A</b>	Ski AIR AIR+	(4 blade adjustable pitch)
<b>2C</b>	Ski AIR	(Standard Ski - no pitch adjustment)
<b>3A</b>	Cycle AIR AIR+	(4 blade adjustable pitch)
<b>3C</b>	Cycle AIR	(Standard Cycle - no pitch adjustment)
<b>4A</b>	Performance AIR AIR+	(4 blade adjustable pitch)
<b>4C</b>	Bionic AIR	(Standard Bionic - no pitch adjustment)
<b>5A</b>	Tread/Sled AIR AIR+	(4 blade adjustable pitch)



## Owner's Manual | ROW

### 7.4 MACHINE CODES (CONT)

<b>5B</b>	Tread/Sled AIR	(Standard Tread/Sled - no pitch adjustment)
<b>5C</b>	Curved Treadmill AIR	(No Turbine/Sled)

DUTY OF CARE ACKNOWLEDGEMENT: I acknowledge and understand that the fitness equipment being supplied by PLAE to our Facility must be used correctly and that incorrect use could potentially result in injury. Accordingly, as part of our 'Duty of Care', I understand that it is our responsibility to ensure:

1. That all equipment users, prior to using the equipment, must receive a comprehensive induction, by a qualified fitness professional, in the correct use and safe operation of the fitness equipment. As part of the equipment induction process, we must ensure that patrons are made aware of the safety 'Warning' labels on each machine and that reference is made to the exercise Instructional Placards fitted to equipment.
2. It is understood that many of the machines can be used for a wide range of exercise options, making it impossible to provide an instructional placard for every exercise option & variant. Accordingly, the equipment purchaser acknowledges that it is the responsibility of the exercise facility to instruct and supervise users in the safe, correct and appropriate use of these machines.

\*NOTE: Any piece of fitness equipment is capable of being pulled over if used incorrectly. It is the buyer's responsibility to determine if they wish to fix the equipment to the floor.