Model
NS-7874RW

OWNER'S & ASSEMBLY MANUAL
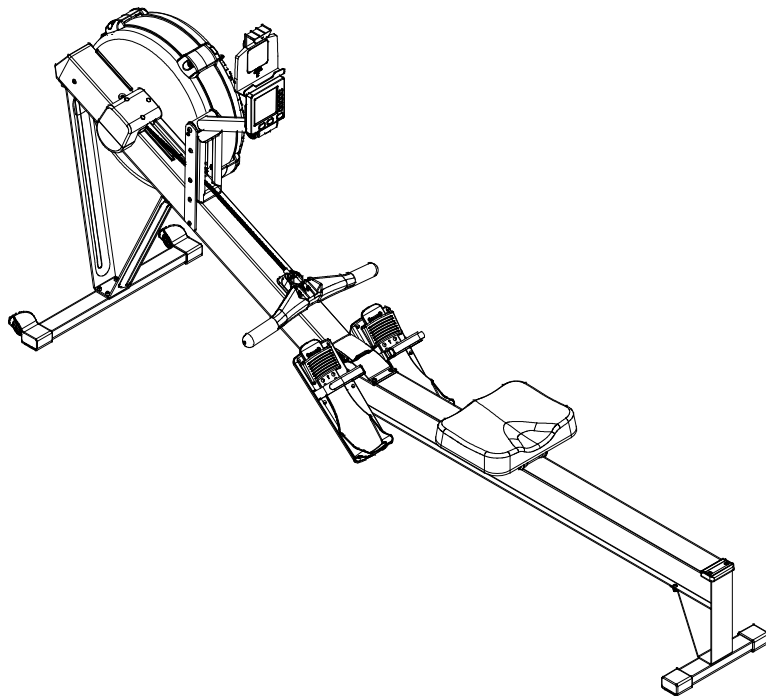
Retain This Manual for Reference

NOTE:
Please read all instructions carefully before using this product.

240214

FITNESS CALIFORNIA PRODUCTS

Deluxe Fan Rower
NS-7874RW

TABLE OF CONTENTS

BEFORE YOU BEGIN

Thank you for selecting the CALIFORNIA FITNESS PRODUCTS DELUXE FAN ROWER NS-7874RW by IMPEX® INC. For your safety and benefit, read this manual carefully before using the bike. As a manufacturer, we are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee you complete satisfaction through direct assistance from our factory. To avoid unnecessary delays, *please call our TOLL-FREE customer service number.* Our Customer Service Agents will provide immediate assistance to you.

Toll-Free Customer Service Number
1-800-999-8899
Mon. - Fri. 9 a.m. - 5 p.m. PST
www.marcypro.com
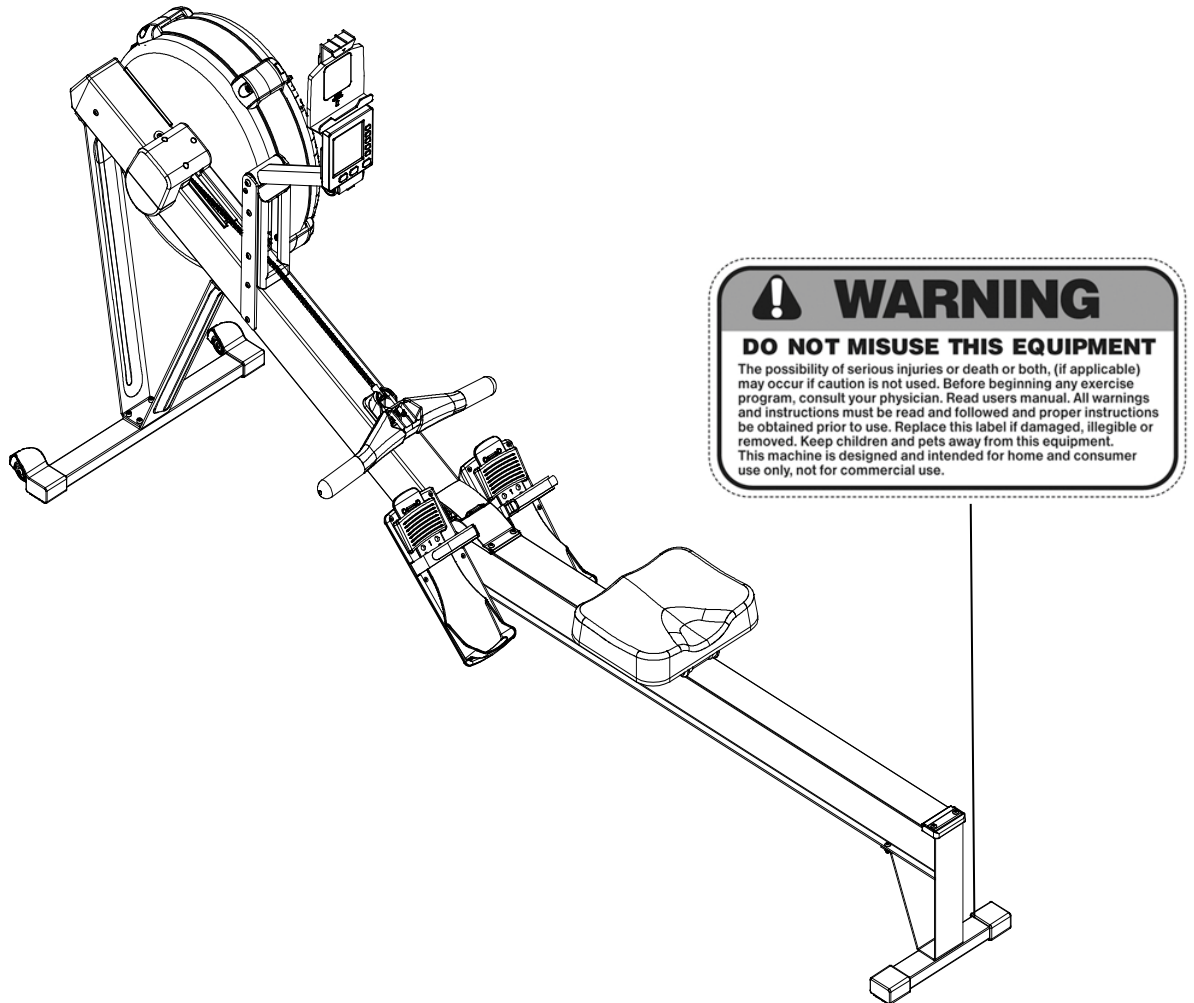**support@impex-fitness.com**

IMPORTANT SAFETY NOTICES

PRECAUTIONS

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, level surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. Read all warnings posted on the machine.
13. Inspect the machine for worn or loose components prior to use. Tighten/replace any loose or worn components prior to use.
14. Care should be taken in mounting or dismounting the rower.
15. **This exercise equipment is for consumer and home use only, not for commercial usage.**

⚠ **WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT. SAVE THESE INSTRUCTIONS.**

WARNING LABEL PLACEMENT

⚠ WARNING
DO NOT MISUSE THIS EQUIPMENT
The possibility of serious injuries or death or both, (if applicable) may occur if caution is not used. Before beginning any exercise program, consult your physician. Read users manual. All warnings and instructions must be read and followed and proper instructions be obtained prior to use. Replace this label if damaged, illegible or removed. Keep children and pets away from this equipment. This machine is designed and intended for home and consumer use only, not for commercial use.

The Warning Labels shown here has been placed on the Rear Support.
If the labels are missing or illegible, please call customer service at 1-800-999-8899 for replacement. Apply the labels in location shown.
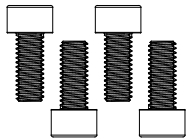
HARDWARE PACK

NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.
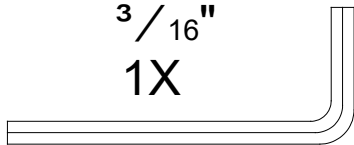
STEP:1

(106)

M6*⅝"
4X

³⁄₁₆"
1X
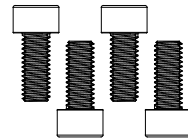
STEP:2

(106)

M6*⅝"
4X

³⁄₁₆"
1X
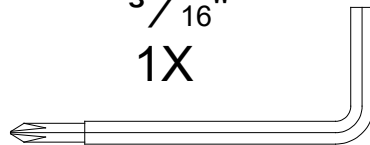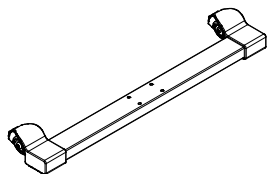
NO:55

NO:53

NO:54

NO:1
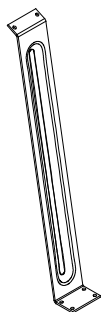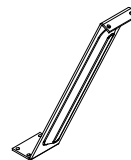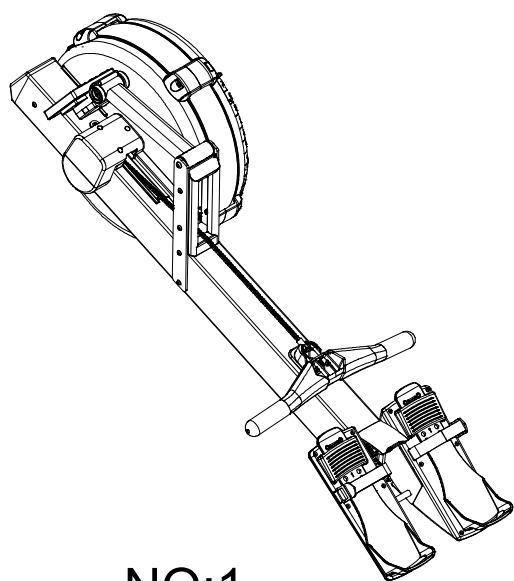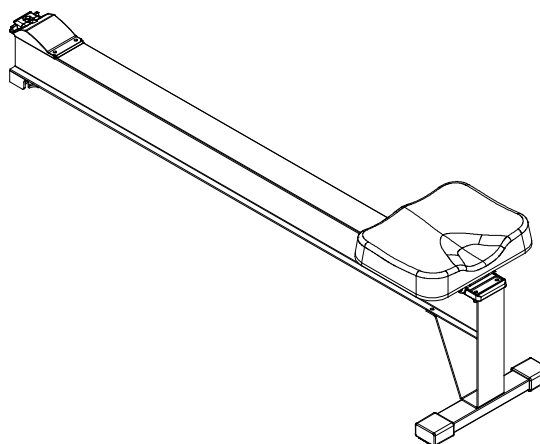
NO:50

NO:58
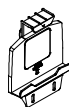
ASSEMBLY INSTRUCTIONS

- **Tools required for assembling the machine: one crossing wrench and two Allen wrenches provided by manufacturer.**

- **NOTE: It is strongly recommended that two or more people assemble this machine to avoid possible injury.**

STEP-1

A.) Tighten the Front support plate 1 (#53) and Front support plate 2 (#54) to the Front stabilizer (#55) with 4 Screws (#106).

STEP:1

(106)
M6*⅝"
4X

³/₁₆"

53

106

54

55
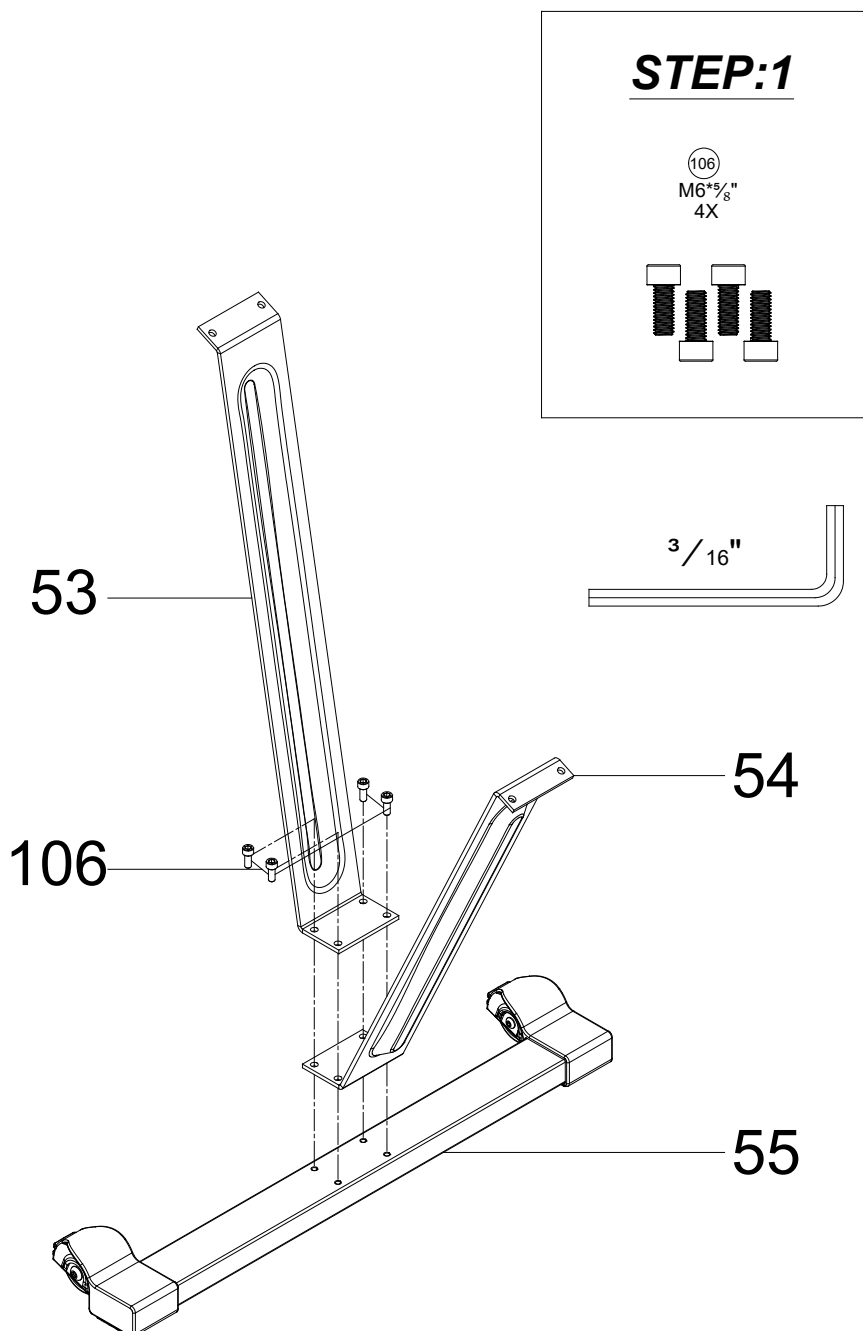
STEP-2

A.) Tighten the Front stabilizer set to the back of Main frame (#1) with 4 Screws (#106).

STEP:2

(106)
M6*⅝"
4X

³/₁₆"

106

106

1
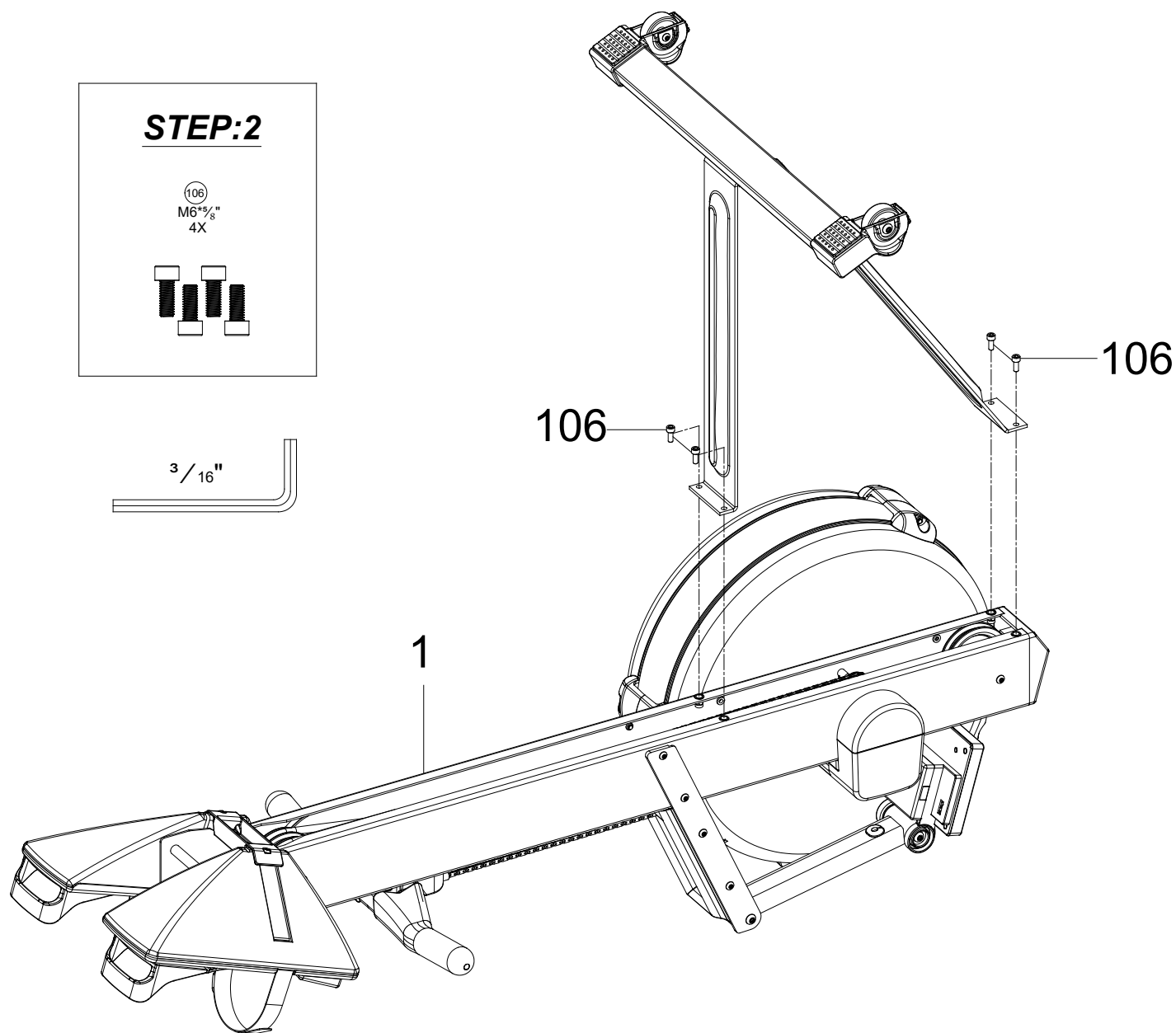
STEP-3

A.) Adjusting the Console support tube (#52) and Console (#51).
B.) Attach the Tablet holder (#50) to the Console (#51) with 2 Screws (#113).
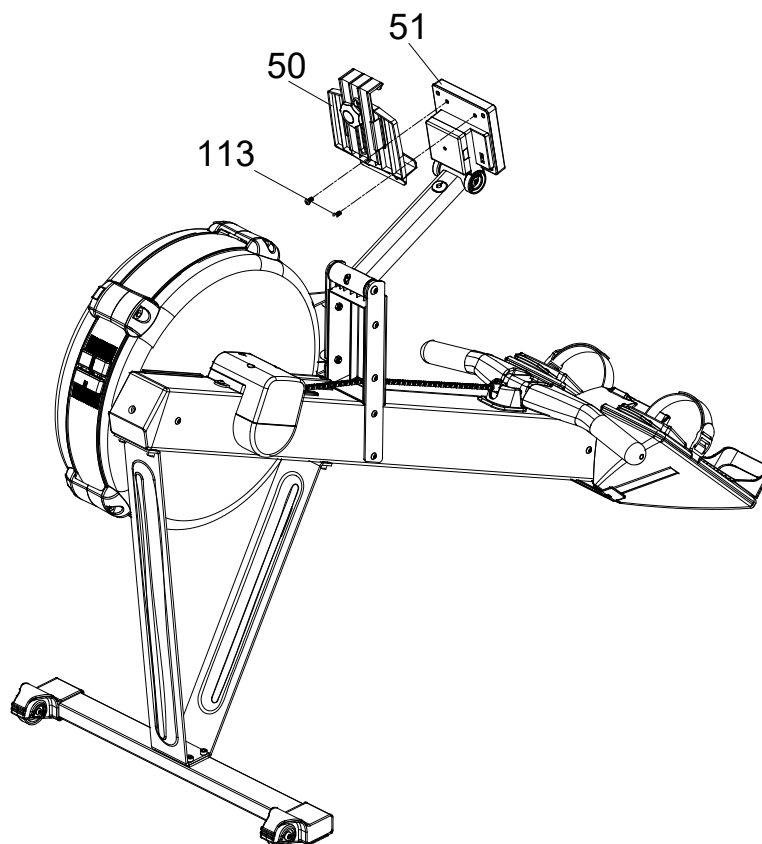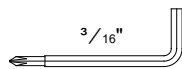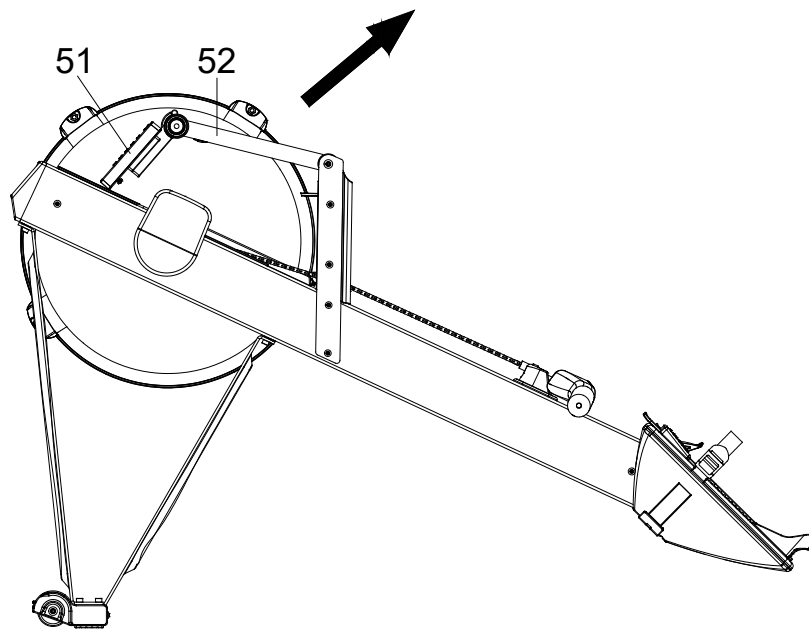
STEP-4

A.) Lift the Main frame (#1) up by hand holding the pedal strap.
B.) Connect the Aluminum rail (#58) onto the axle on Main frame (#1) by inserting and snapping the groove at the bottom of the rail onto the axle between the pedals.

1

58
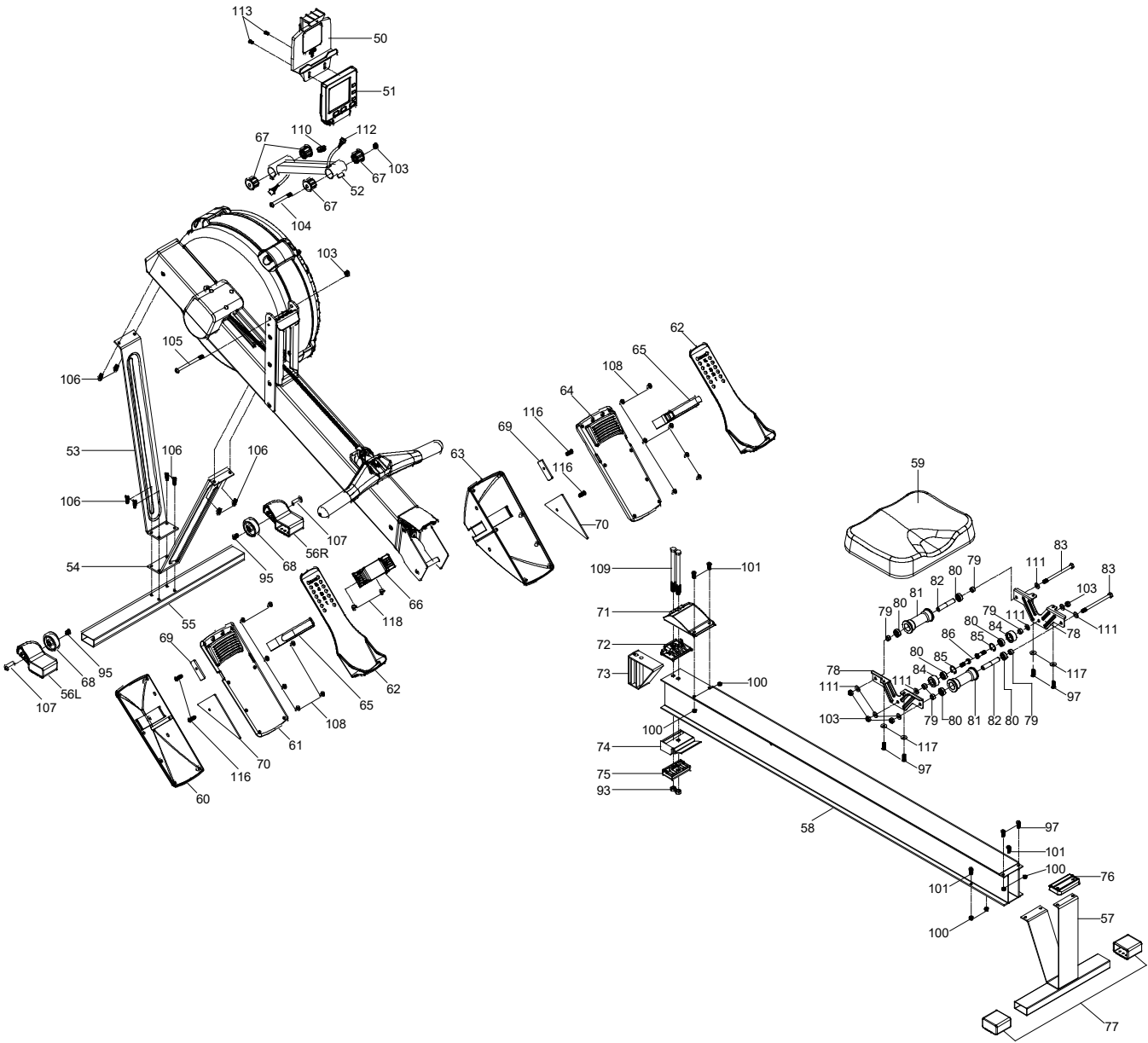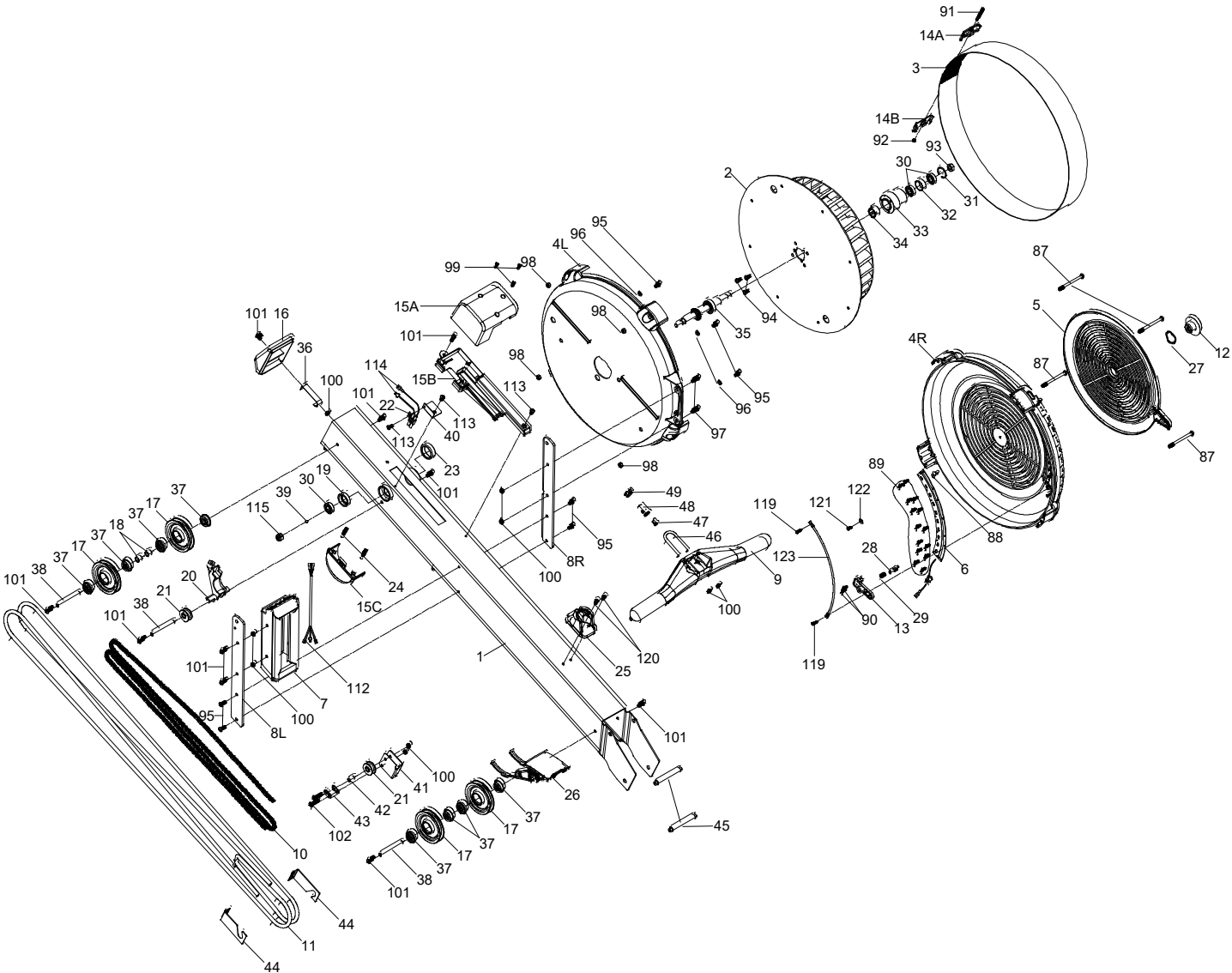
NS-7874RW PARTS LIST

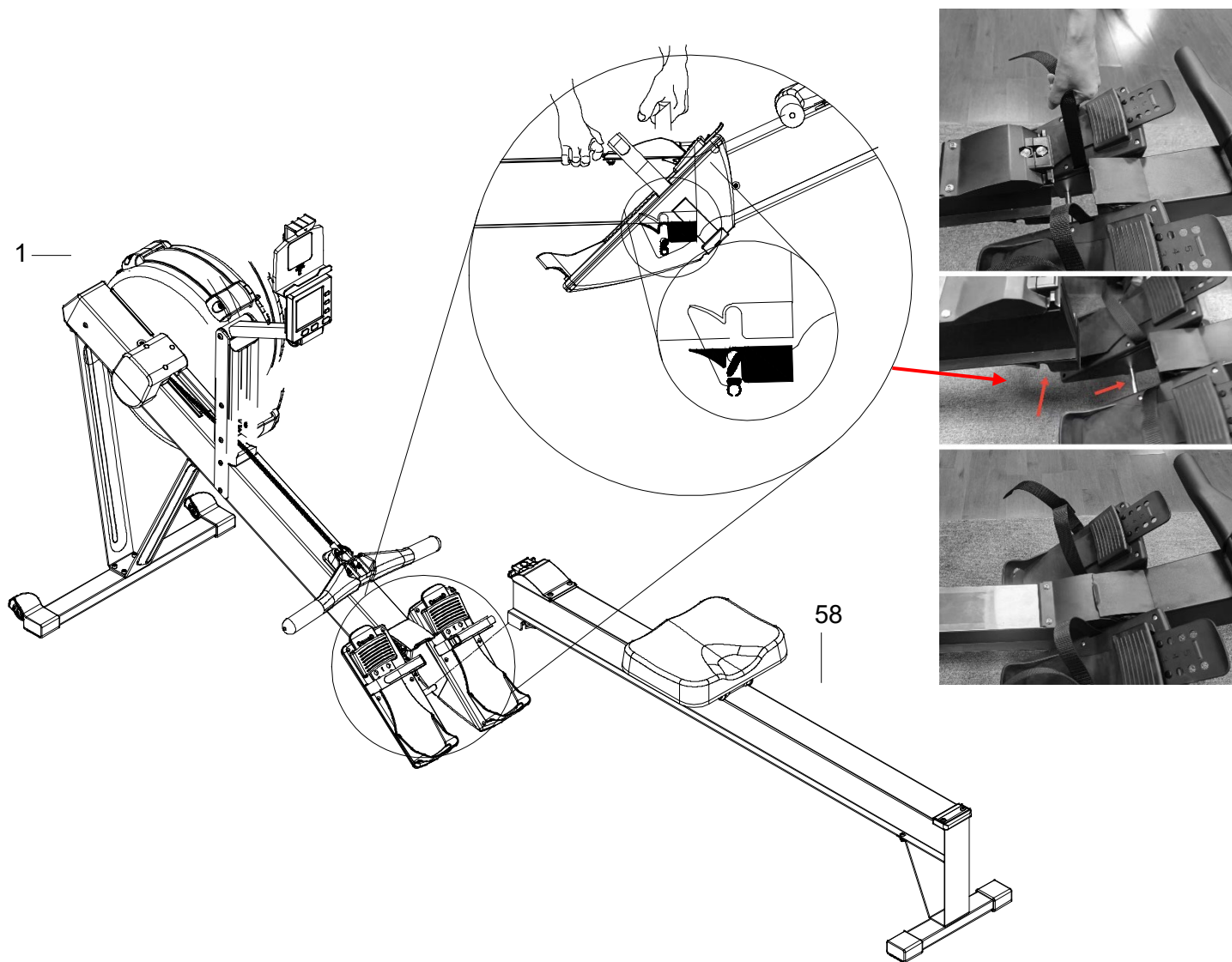| PART NO.	DESCRIPTION	SPEC.	QUANTITY
1	Main frame		1
2	Flywheel Assembly		1
3	Outlet Perf		1
4	Chain cover L/R		1/1
5	Fan inlet adjustment		1
6	Control board		1
7	Console fixed bracket		1
8	Console support plate L/R		1/1
9	Handlebar		1
10	Chain		1
11	Shock Cord		1
12	Hub Cap		1
13	Tension adjustment bracket		1
14A	Perf Connector screw side		1
14B	Perf Connector nut side		1
15	Sensor decorative cover A/B/C		1/1/1
16	End cap		1
17	Shock Cord Pulley		4
18	Pulley Spacer		2
19	Bearing Cup		1
20	Chain guide wheel fastener		1
21	Chain Idler Pulley		2
22	Sensor Coil		1
23	Bearing Cover		1
24	Chain cover plunger		2
25	Handle Hook		1
26	Upper connection block		1
27	Wave Washer		1
28	Tension adjustment axle		1
29	Spring		1
30	Bearing 6001		3
31	C-clip	Φ28	1
32	Spacer		1
33	Spacer		1
34	Bearing		1
35	Fan flywheel axle group		1
36	End Cap Hook		1
37	Flange nut		8
38	Axle Shock Cord		3
39	Sensor magnet		1
40	Sensor fixed plate		1
41	Traveling Pulley		1
42	Traveling Pulley Spacer		1
43	Chain Connector Small		2

44	Fixed plate		2
45	Axle for aluminum rail		2
46	Handlebar hook		1
47	Chain connecting pin		1
48	Handle connecting sleeve 1		1
49	Handle connecting sleeve 2		1
50	Tablet holder		1
51	Console		1
52	Console support tube		1
53	Front support plate 1		1
54	Front support plate 2		1
55	Front stabilizer		1
56	End cap L/R		1/1
57	Rear stabilizer		1
58	Aluminum rail		1
59	Seat		1
60	Left pedal base		1
61	Left pedal panel		1
62	Adjusting plate for pedals		2
63	Right pedal base		1
64	Right pedal panel		1
65	Foot strap with Buckle		2
66	Connection bracket for pedals		1
67	Spacer		4
68	Roller		2
69	Reinforcing Bracket 1		2
70	Reinforcing Bracket 2		2
71	Upper connection block 3		1
72	Upper connection block 2		1
73	Monorail Bolt Support		1
74	Lower hanger plastic		1
75	Lower Die Cast Hanger		1
76	Decorative cover		1
77	End cap		2
78	Fixed plate for seat		2
79	Seat Spacer		6
80	Bearing 608		6
81	Upper roller		2
82	Roller bushing		2
83	Hex head screw	M8x4 ⅜"	2
84	Bottom roller		2
85	C-clip	Φ22	2
86	Screw	M8x1 ⅛"	2
87	Screw	M6x3 ⅛"	4
88	Self-tapping screw	ST5x¾"	1
89	Self-tapping screw	ST3x¼"	14
90	Self-tapping screw	ST3x⅝"	2
91	Round head screw	M4x1 ¾"	1

92	Hex head nut	M4	1
93	Nylon nut	M10	3
94	Screw	M5x⅝"	3
95	Allen screw	M6x½"	9
96	Washer	Φ6xΦ25	3
97	Allen screw	M6x¾"	8
98	Hex head nut	M6	4
99	Self-tapping screw	ST4x⅝"	3
100	Nylon nut	M6	15
101	Allen screw	M6x⅝"	14
102	Screw	M6x1"	2
103	Nylon nut	M8	6
104	Allen screw	M8x3"	1
105	Allen screw	M8x4"	1
106	Screw	M6x⅝"	8
107	Hollow screw	M8	2
108	Self-tapping screw	ST4x⅜"	14
109	Hex head screw	M10x5 ½"	2
110	Wire plug		1
111	Washer	Φ6xΦ17	8
112	Lower wire		1
113	Screw	M5x⅜"	5
114	Sensor wire		2
115	Nylon nut	M10	1
116	Hex head screw	M6x¾"	4
117	Washer	Φ6xΦ17	4
118	Self-tapping screw	ST4x¾"	2
119	Self-tapping screw	ST4x½"	2
120	Allen screw	M6x ¼"	2
121	Screw	M4*⅜"	1
122	Washer	Φ4.2*Φ12	1
123	Limiter		1

CARE, MAINTENANCE AND STORAGE

1. Inspect and tighten all parts each time you use the machine. Replace any worn parts immediately.
2. This machine can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.
3. Store the machine IN-DOOR. Excess moisture and water would cause rust on the frame.
4. The Rower shall be placed at least 24 inches away from the wall or/and any other object such as furniture to provide safe access to and passage around the machine.
5. To avoid possible injury, the help of two or more people are needed when moving the machine around.
6. Disposal Instructions – The equipment can be safely disassembled and disposed without unreasonable hazards. Call your local recycle agency regarding details of recycling.
7. **The maximum user weight is 300 lbs.**
   Assembled Dimension (L x W x H): 95 ⅝" x 24" x 44 ⅞"
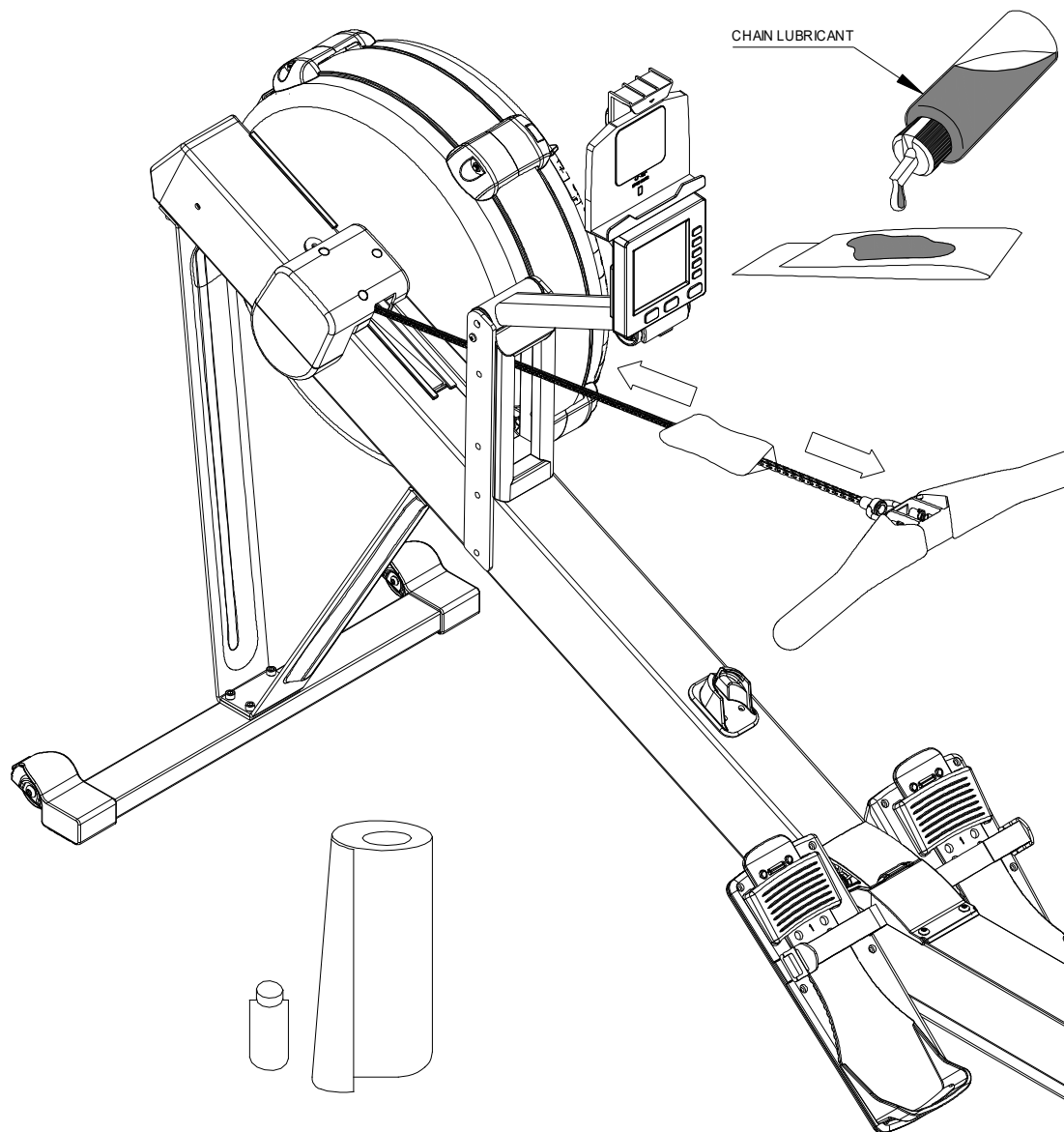
CHAIN LUBRICANT

It is recommended to lubricate the chain every 50 hours of use. Follow the below steps.

1. Begin by placing 1 teaspoon of lubricant on a towel.
2. Take the oiled towel and carefully wipe the entire length of the chain back and forth to ensure thorough lubrication.
3. After applying the oil, remove any excess by gently wiping it off. If needed, repeat the process until the chain is adequately lubricated.

TRANSPORT

The Rower has a pair of roller wheels on the Main Frame.
To move, carefully hold and tilt the Rower, and then roll.
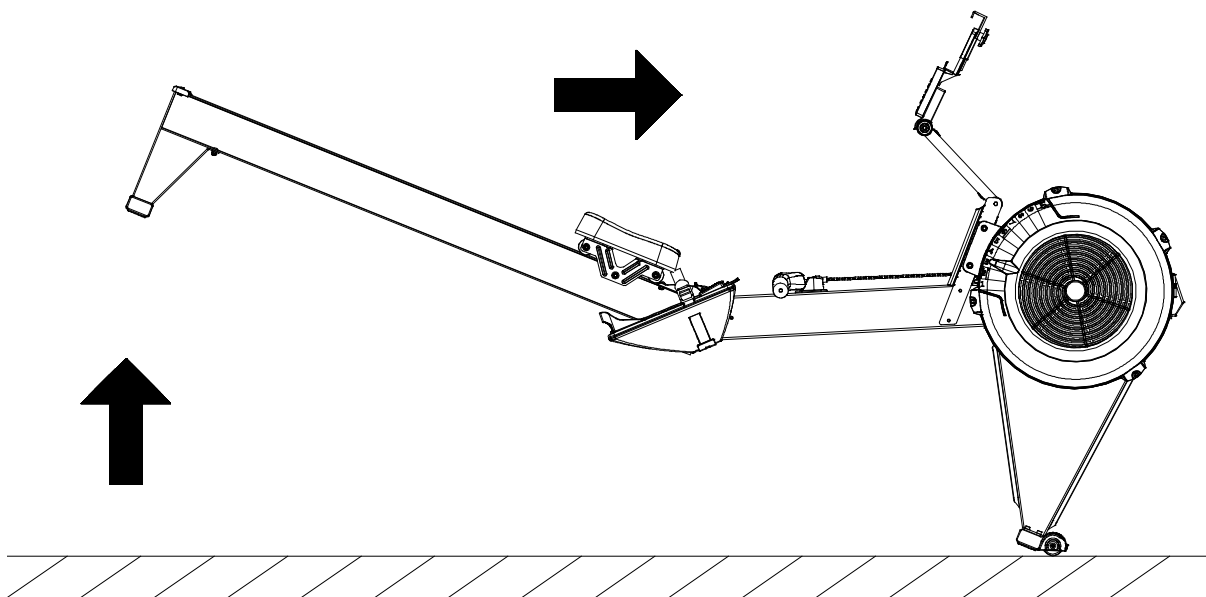
COMPUTER

FUNCTIONS OF THE COMPUTER:

FUNCTIONAL BUTTON:

MODE – Press this button to select time, strokes, distance, calories and pulse functions.

ENTER – Press this button to switch time and time/500M functions, pulse and SPM functions, distance and watt functions, strokes and total strokes functions.

UP/DOWN – To set the values of time, strokes, distance, calories and pulse.

RESET – Press the mode button to switch to the target function, and then press the reset button to reset the function value (time, strokes, distance, calories and pulse). Press and hold the reset button for about 2 seconds to restart the computer, and all values of the computer will be reset (except the total strokes, which will return to zero after the battery is reinstalled).

RECOVERY – Press this button to test the pulse recovery ability of the user. After a period of exercise, you still need to wear the wireless heartbeat chest belt. When the computer has pulse value display, press this button to start the pulse recovery function. The computer will enter the 60 second countdown. After the countdown, the user's pulse recovery status will be displayed on the screen. The recovery status represented by the F value is as follows:(Press the reset button to switch back to the main display screen.)

> F1: means OUTSTANDING
> F2: means EXCELLENT
> F3: means GOOD
> F4: means FAIR
> F5: means BELOW AVERAGE
> F6: means POOR

*Pulse function available optional equipment sold separately.

FUNCTIONS AND OPERATIONS:

1. TIME: Displays the user's exercise time.

2. TIME/500M: Displays the time required for the user to exercise 500m.

3. STROKES: Displays the number of times the user exercises.

4. TOTAL STROKES: Displays the cumulative number of times the user has exercised for many times. After the battery is reinstalled, the value is reset.

5. DISTANCE: Displays the distance the user exercises.

6. WATT: Displays the user's exercise power.

7. CALORIES: Displays the calorie value consumed by the user during exercise.

8. SPM: Display the strokes per minute.

9. PULSE: Display the user's heart rate value (please wear the wireless heart rate chest belt before measuring the heart rate, and the measured value cannot be used as a medical basis).

TARGET TRAINING SETTINGS:
This computer has five target training modes: time, strokes, distance, calories and pulse (Set prior to exercise).

1. TIME target training mode: first press the "MODE" button to switch to the "TIME" function, and then press the "UP" and "DOWN" button to set the target time (Press and hold the up and down button to speed up the setting). when it reaches the required time, stop pressing the button. Then start to use the machine, and the display will start to count down. When the countdown reaches zero, the computer will sound an alarm to remind the user that the training goal is completed. if you continue to train, the computer will automatically start to count up from zero.

2. STROKES target training mode: first press the "MODE" button to switch to the "STROKES" function, and then press the "UP" and "DOWN" button to set the target strokes (Press and hold the up and down button to speed up the setting). when it reaches the required strokes, stop pressing the button. Then start to use the machine, and the display will start to count down. When the countdown reaches zero, the computer will sound an alarm to remind the user that the training goal is completed. if you continue to train, the computer will automatically start to count up from zero.

3. DISTANCE target training mode: first press the "MODE" button to switch to the "DISTANCE" function, and then press the "UP" and "DOWN" button to set the target distances (Press and hold the up and down button to speed up the setting). when it reaches the required distances, stop pressing the button. Then start to use the machine, and the display will start to count down. When the countdown reaches zero, the computer will sound an alarm to remind the user that the training goal is completed. if you continue to train, the computer will automatically start to count up from zero.

4. CALORIES target training mode: first press the "MODE" button to switch to the "CALORIES" function, and then press the "UP" and "DOWN" button to set the target calories (Press and hold the up and down button to speed up the setting). when it reaches the required calories, stop pressing the button. Then start to use the machine, and the display will start to count down. When the countdown reaches zero, the computer will sound an alarm to remind the user that the training goal is completed. if you continue to train, the computer will automatically start to count up from zero.

5. PULSE target training mode: (Please wear the wireless heart rate chest belt during the workout – sold separately). first press the "MODE" button to switch to the "PULSE" function, and then press the "UP" and "DOWN" button to set the target pulse (Press and hold the up and down button to speed up the setting). when it reaches the required pulse, stop pressing the button. Then start to use the machine, When the user's pulse is higher than the target pulse, the computer will give an alarm.

During the setting process, if you want to modify the target value, press the reset button to clear the current setting or press and hold the reset button for about 2 seconds to clear all target values, and then reset according to the above description.

SPECIFICATIONS:

FUNCTION	TIME	0:00~99:59
	TIME/500M	0:00~99:59
	STROKES	0~99999 TIMES
	TOTAL STROKES	0~99999 TIMES
	DISTANCE	0~9999 METERS
	WATT	0~999 W
	CALORIES	0~9999 CAL
	SPM	0~999 TIMES/MIN
	PULSE	60~240 BPM
BATTERY TYPE		2pcs of D batteries
OPERATING TEMPERATURE		0°C ~ +40°C
STORAGE TEMPERATURE		-10°C ~ +60°C

NOTE：
1. If the display is faint or shows no figures, replace the batteries.
2. The monitor will automatically shut off if there is no exercise or operation of buttons in 2 minutes.
3. The monitor will auto power on when starting to exercise or push any button to begin.
4. The monitor will automatically start calculating when you start to exercise and will stop calculating when you stop exercising for 4 seconds.
5. Press any button to turn on the computer backlight, and the backlight will automatically turn off and enter the energy-saving mode after 8 seconds if no button is pressed or exercise is completed. Press any button to wake the backlight.
6. When the batteries are removed, all the functional values will reset to zero.
7. For optimal performance, the manufacturer recommends the use of Generic 2 alkaline D batteries with an expiration date of 5-8 years from the current year. High output/high drain and rechargeable batteries often produce too much initial surge and may not activate the computer correctly.

Please note all values on this computer are approximate and they are for comparison purpose only. Do not use these values for any medical or rehabilitation purpose.

EXERCISE APP

BLUETOOTH INFORMATION

Working frequency: this wireless transmitter is a Bluetooth 4.2 device. Its working frequency is 2.4GHZ. Requirements for Cell-phone APP Installation:

IOS cell-phone system should be no lower than 7.1 version and support Bluetooth 4.2, iPhone 4s and beyond.

For Android, a system no lower than 4.3 is required and the cell-phone shall support Bluetooth 4.2.

To ensure the data record is real and effective at the cell-phone end, the wireless transmitter records and sends the data of the user to cell-phone APP only when Bluetooth computer and the cell-phone are connect- ed. First connect the APP to the Bluetooth computer before starting the sports equipment to ensure the trueness and effectiveness of the data recorded in cell-phone APP.

The computer will go into Sleep mode if it receives no signal input in 2 minutes. In Sleep mode, computer is unavailable for cell-phone. At this time, consumers need to press the button or use a rower to wake up the computer.

When the computer is successfully connected to the app, the computer will turn off the display and all data will be displayed on the app.

After connecting the app, if you need to use the console, exit the app and turn off the Bluetooth of the mobile phone.

APP INSTALLATION

(NOTE: The "KINOMAP" software will be updated in real time, and this operation process is only for reference.)

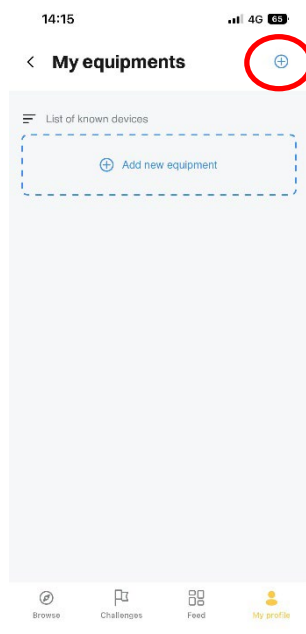Search "KINOMAP" in mobile app store to download app.

After the download is completed, open the app and register the personal information. Turn on the Bluetooth of the mobile phone to ensure that the computer is powered on and in the wake-up state.
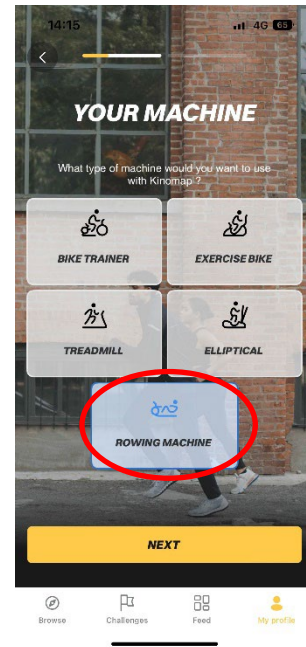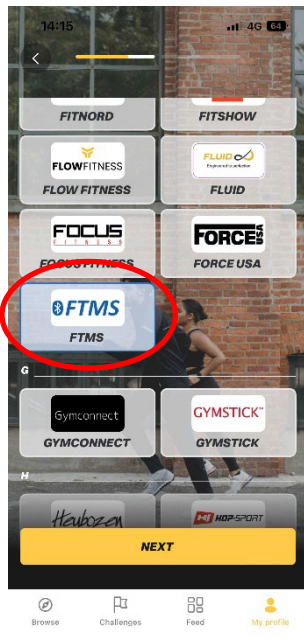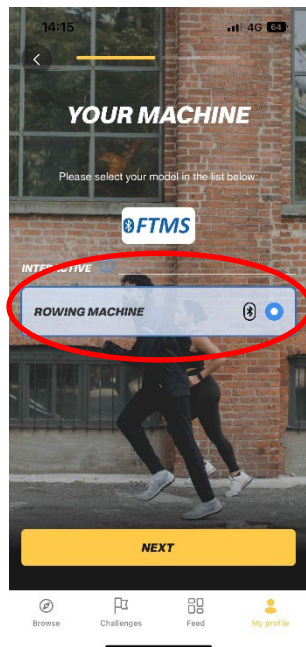
1. "Equipment Management"
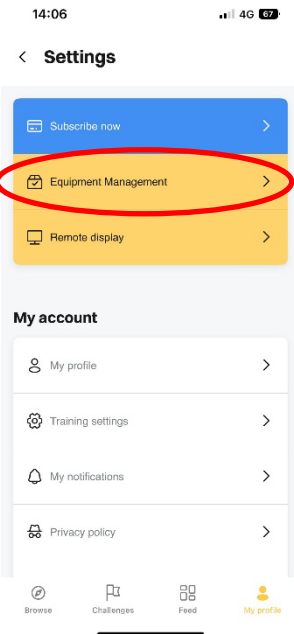
2. "+"

3. "ROWING MACHINE"

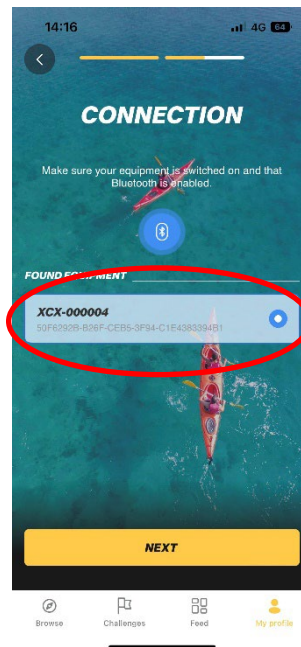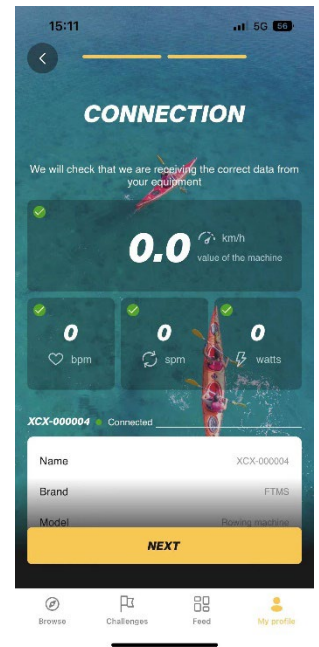**4. "FTMS"**

5. "Select model"

6. "Select equipment"

7. "Start your exercise!"

EXERCISE GUIDELINES

1. The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.

SIDE BENDS   FORWARD BENDS   OUTER THIGH   INNER THIGH   CALF / ACHILLES

2. The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work to your targeted heart rate but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heartbeat into the target zone shown on the graph below.
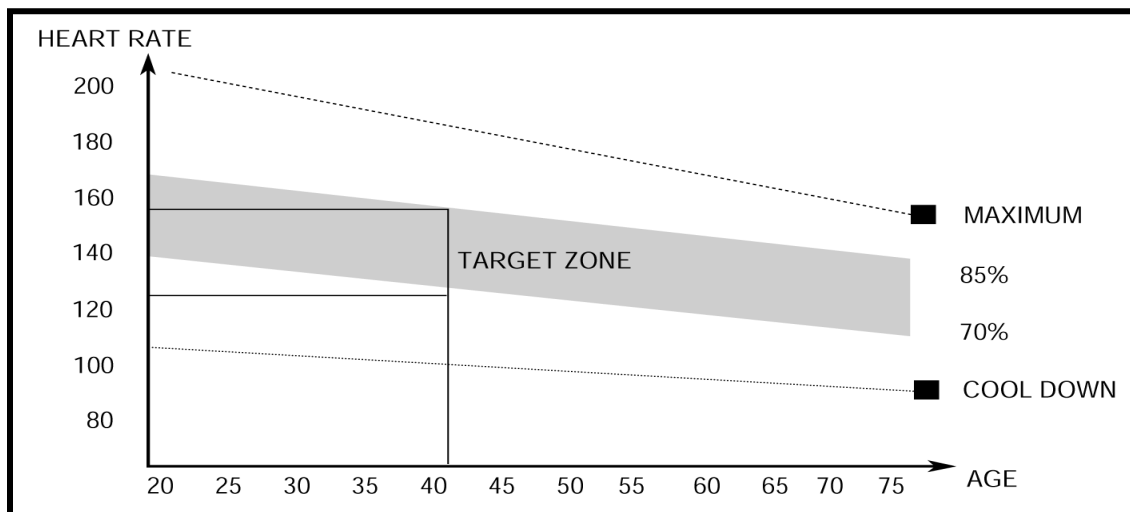
This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes

3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.
As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

MUSCLE TONING

To tone muscle while on your **Rower** you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

IMPEX® INC.

LIMITED WARRANTY

IMPEX Inc. ("IMPEX®") warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of two years on the Frame from the date of purchase.   This warranty extends only to the original purchaser.   IMPEX's obligation under this Warranty is limited to replacing or repairing, at IMPEX's option.

All returns must be pre-authorized by IMPEX. Pre-authorization may be obtained by calling IMPEX Customer Service Department at 1-800-999-8899. All freights for products return to IMPEX must be prepaid by the customer. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an IMPEX authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by IMPEX.

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Replacement parts can be ordered by calling our Customer Service Department toll-free at **1-800-999-8899** during our regular business hours: Monday through Friday, 9 am until 5 pm Pacific standard time.
support@impex-fitness.com

When ordering replacement part, always give the following information.

1.   Model
2.   Description of Parts
3.   Part Number
4.   Date of Purchase