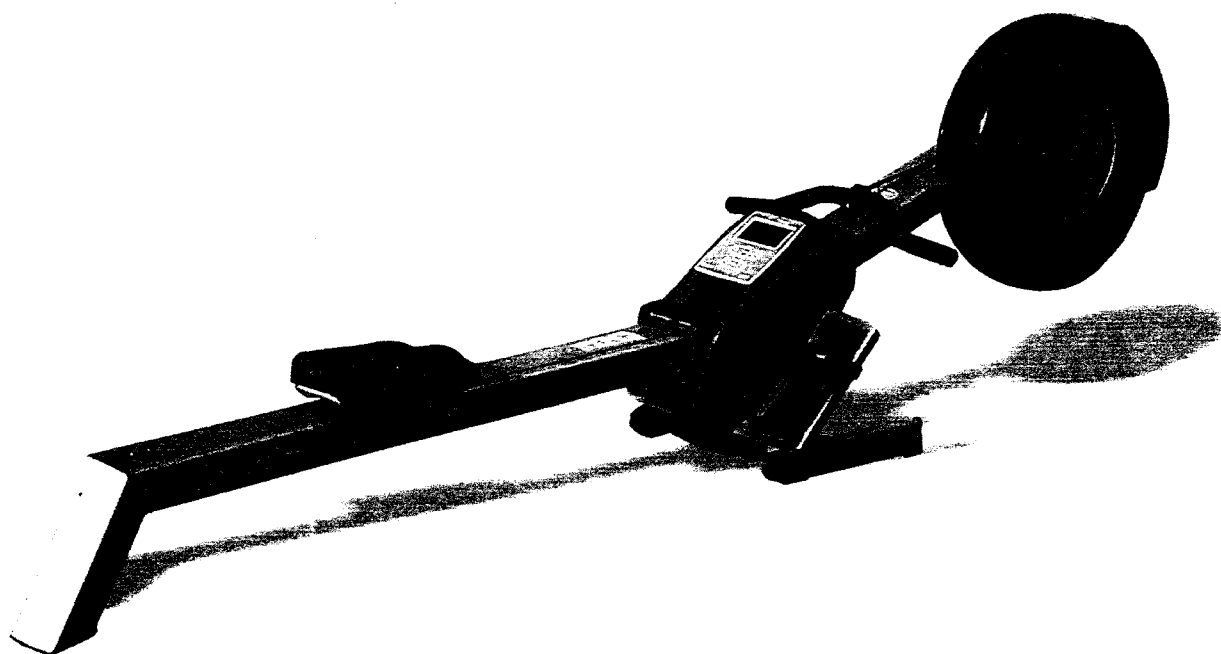




TRANSIT XT800
AIR ROWER



User manual

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1. Important information

1.1. Important

Important:
read this instruction manual first and follow the instructions carefully before using the Transit XT800 Air Rower.

- Consult an expert to determine the training level that is most suitable for you.
- If you experience any dizziness, nausea or any other physical discomfort while training, cease the training immediately and consult a physician.
- Watch your heart beat during the training and immediately stop training when values are inconsistent.
- We advise you to do warming up and cooling down exercises during five to ten minutes before and after use of the rowing machine. This way your heart beat can increase and decrease gradually and you can prevent painful muscles.

1.2. Safety

- Only use the rowing machine in the way described in this instruction manual.
- Before using the rowing machine check that it functions as it should. In case of malfunction or defect stop training immediately and contact your vendor.
- Do not use the rowing machine when there is a malfunction.
- This rowing machine is only meant for use in the home and it has to be positioned on a flat surface.
- The rowing machine can only be used by one person at the time.
- This equipment can be used by persons with a body weight of up to 120 kilos.
- Always make sure that there is at least one meter of free space in all directions around the rowing machine when you are training.
- Don't stick any objects in any openings of the equipment.
- Keep children and pets away from the rowing machine.
- Handicapped persons should get consent from a medical expert and follow their directions for training with the rowing machine.

1. Important information

- Do not place hands or feet under the rowing machine.
- Never hold your breath during a training session. Your breathing should be at a normal interval depending on the intensity of the training.
- Start your training schedule slowly and build it up gradually.
- Always wear appropriate clothing during training. Don't wear anything that's too loose and can get caught between moving parts of the equipment.
- When folding or moving the equipment always use the appropriate lifting techniques to prevent back injury.
- Check screws and bolts regularly and fasten them if they are loose.
- The owner of the rowing machine is responsible for all users to be aware of the warnings and instructions as mentioned in this instruction manual.

Warning

have your physical condition checked by a licensed physician before you start training. This is particularly important for persons over 35 years old or persons who have any problems with their health. Read all instructions before using the equipment. Flow Fitness is not responsible for any personal injury or damage to property caused by the use of this equipment.

The Transit XT800 Air Rower is not suited for rental or use in a commercial or professional environment.

2. Introduction

Thank you for purchasing the Flow Fitness Transit XT800 Air Rower. In buying the Transit XT800 Air Rower you have become the owner of a unique training machine. The Transit XT800 Air Rower is the only rowing machine that uses natural air resistance, and it will adjust the resistance automatically to your heart beat. Before starting your training you can indicate on the computer the heart rate per minute at which you want to train. The computer will then increase or decrease the resistance during the training to increase or decrease the training intensity. As a result of this your heart rate will raise or lower itself to remain at the level that is ideal for your training, and you will attain your desired training goals.

The principle of air resistance of the Transit XT800 Air Rower gives you a realistic rowing experience. By pulling the handle with lesser or more intensity the resistance will be lower or higher. This is caused by the rounds per minute the fly-wheel makes and the air that is displaced by it. This feeling is comparable with rowing on water. Furthermore this rowing machine has a computer that is easy to use and a modern look. Finally the rowing machine is easy to fold and store.

In this instruction manual you will find all information necessary to use the rowing machine. Also you will find tips and advice on how to make the most of your training sessions.

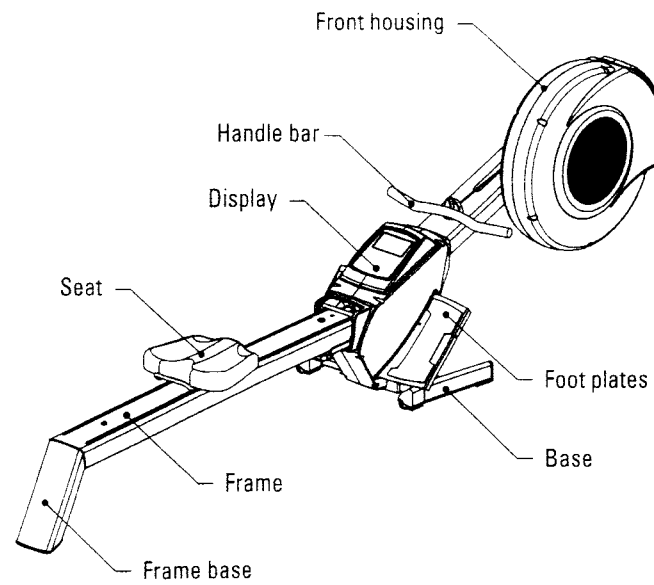
We advise you to carefully read this instruction manual before using the Transit XT800 Air Rower, so that you can use it safely and benefit from it maximally.

Flow Fitness wishes you many successful and enjoyable training sessions.



- Rowing machine
- Frame base (including two bolts)
- Cleaning sticks
- Instruction manual
- Chest belt
- Assembly tool

2.1 Introduction



2.2 Specifications

length :	250 cm
height:	76 cm
breadth:	50 cm
total weight:	25 kg

3. Fitness

What is fitness? In general a fitness exercise can be described as an activity that makes your heart pump more oxygen from your lungs to your muscles by means of circulating the blood. The more strenuous the training, the more fuel (oxygen) the muscles need and the more work the heart has to do to pump oxygen rich blood to the muscles. If you are in good physical shape your heart can pump more blood to the muscle with each contraction. This means the heart doesn't have to contract as many times to transport the necessary oxygen to your muscles. Your resting heart beat and heart beat when exercising will therefore decrease..



While training it is important to monitor your heart rate. The heart rate is essential for the result of your training. Your best training heart rate depends firstly on your age. Your maximum heart beat can be determined by this. Secondly the most effective heart rate depends on your training goals. If your training goal is to lose weight, then the most effective training is at 60% of your maximum heart rate. If your training goal is to improve your stamina, then you should train at 85% of your maximum heart rate.

The body stores energy in two forms: carbohydrates and fat. When we exercise we use a combination of these two energy supplies. If the training intensity is at a high level the body will mostly choose the energy that burns fast: carbohydrates. Since there is a limited supply of these carbohydrates you can't continue this for a long period of time. When training at a low intensity the body will mostly choose to use a long lasting source of energy: fat. Since this is stored in large quantities in the body, you can continue this kind of training for a longer time.

Below you will find a schedule allowing you to calculate the best heart rate for your training. In this schedule each age category has a range that your heart rate should be in during your training. The middle column has the values you should try to maintain if you want to lose weight. If you want to improve your stamina you should try to maintain the rates in the right column.

Age	Lose weight	Improve stamina
	(heart rate per minute) 60%	(heart rate per minute) 85%
20 - 24	120 - 118	170 - 167
25 - 29	117 - 115	166 - 163
30 - 34	114 - 112	162 - 158
35 - 39	111 - 109	157 - 154
40 - 44	108 - 106	153 - 150
45 - 49	105 - 103	149 - 145
50 - 54	102 - 100	144 - 141
55 - 59	99 - 97	140 - 137
60 and older	96 - 94	136 - 133

For each individual the best way to start training is different. If you have not exercised in some time or are overweight, you should start your training schedule slowly and gradually increase the level of activity.

In the last chapter of this instruction manual you will find several different training schedules (chapter 5. general information). You can use these schedules to reach your training goals. The schedules are divided in two phases. The first phase can be used for beginners or persons who start training after a long period of inactivity. During this phase the level of intensity is built up gradually. After six weeks the second phase begins. You can then choose a training schedule to lose weight or improve your stamina.

At www.flowfitness.nl you can calculate your progress.

3. Fitness

A good training schedule starts with a good warming up and ends with a cooling down of the muscles. This will prevent painful muscles and injury. Below you will find some suitable exercises.



Head Roll

Tilt your head to the right. Hold this for one second, so that you feel a little pull in the muscles on the left side of your neck. Do the same for the other side, front and back. Repeat two or three times.



Toe Touch

Slowly bend forward with your back and arms relaxed. Bend as far as you can and hold the position for ten seconds. Repeat this two or three times.



Shoulder Lift

Lift your right shoulder and turn it clockwise two times. Then turn it counter clockwise two more times. Relax and do the same exercise with your left shoulder. Repeat this three or four times.



Calf Stretch

Place two hands against a wall. Place one foot about thirty centimeters behind its original position and put your foot flat on the floor. Bend your forward leg and lean against the wall. Stretch your back leg and feel the muscle in your calf stretch. Hold this position for five seconds and repeat with your other leg. Repeat this two or three times.



Side Stretch

Extend both your arms up in the air and reach as high as you can with your right arm. Lean a bit to the left so that the muscles in the right side of your torso are stretched. Hold this position for one second. Relax and make the same motion on the other side of your body. Repeat this three or four times.



Inner Thigh Stretch

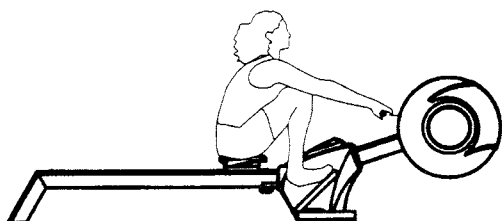
Sit down on the floor and bend your legs. Place the soles of your feet against each other. Keep your back straight and bend forward over your feet. This stretches the muscles on the inside of your upper legs. Keep this position for five seconds, relax and repeat it three or four times.

Hamstring Stretch

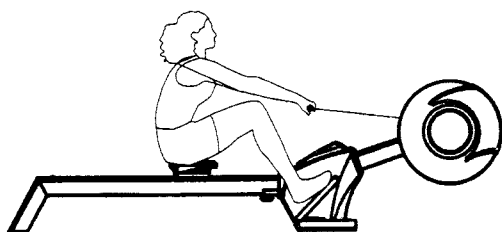
Sit down on the floor with your right leg extended in front of you and place the sole of your left foot on the inside of your right upper leg. Bend forward in the direction of your right foot and hold this position for ten seconds. Relax and then do the same with your other leg. Repeat two or three times.

3. Rowing motion

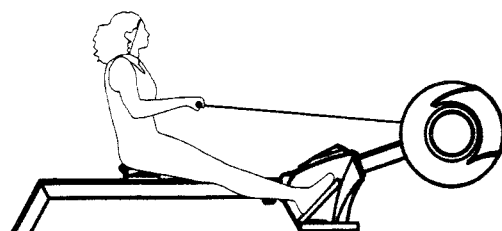
Before you begin place your feet in the footholds and tighten the bands over your feet. Then take hold of the handle with both hands.



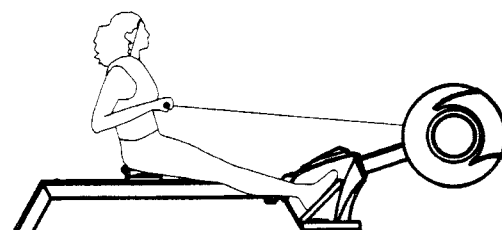
Start the rowing movement by bending your legs, this will roll the seat forward. Keep your torso straight, arms out front and hands at knee height.



Then stretch your legs, which will move you backwards on the rolling seat. Your arms remain stretched and your torso straight.



When your legs are stretched you lean back a bit (no more than 20° compared to your legs) and pull the handle to your midriff. At the same time you make your chest as wide as possible, pull your shoulders back and point your elbows out slightly.



Keep your legs straight and bring your arms forward with your body still straight. Then bend your legs and move forward, until you are back in the original position.

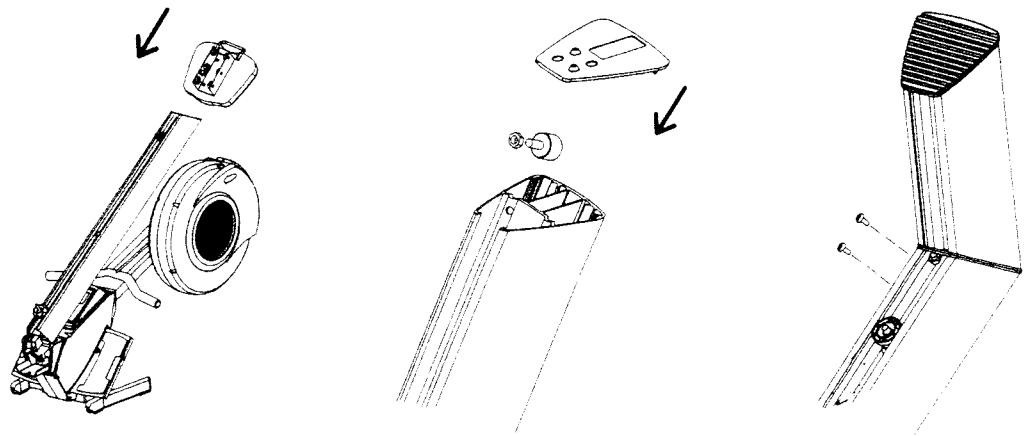
This rowing motion exercises muscle groups in your abdomen, arms, legs, shoulders and back.

4. Use

4.1 Assembly

The Transit XT800 Air Rower is easy to assemble. The only part that needs assembly to make the rowing machine ready for use is the frame base. You will find step by step instructions for assembly below.

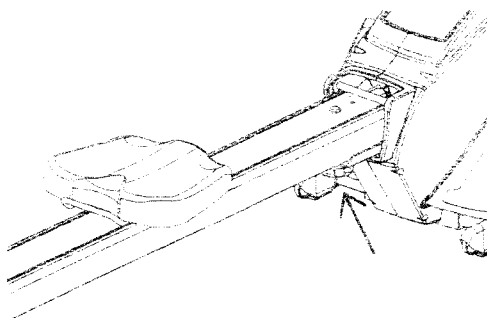
1. Take the rowing machine and small parts carefully out of the packaging and screw the two bolts out of the frame base.
2. Place the seat in the frame, Assemble the seat stop and place the plastic frame cover.



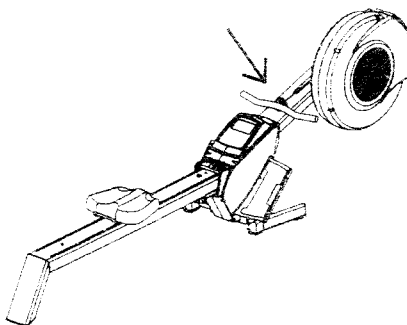
3. Place the connection bracket of the frame base in the opening at the back of the frame. Use the two bolts to fasten the frame base to the frame. Use the assembly tool provided in the package in order to do this.



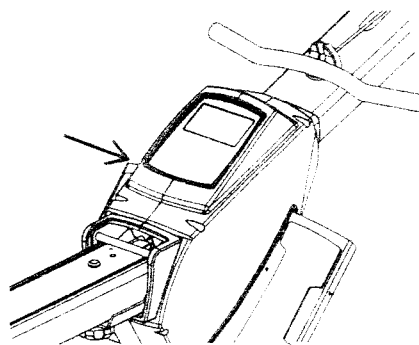
4. Unlock the folding mechanism by pressing the lever (1) down with your foot. Then fold the back of the frame down as far as it will go (2).



4. Turn the locking knob until it is locked tight.



5. Take the handle and place it in the hook



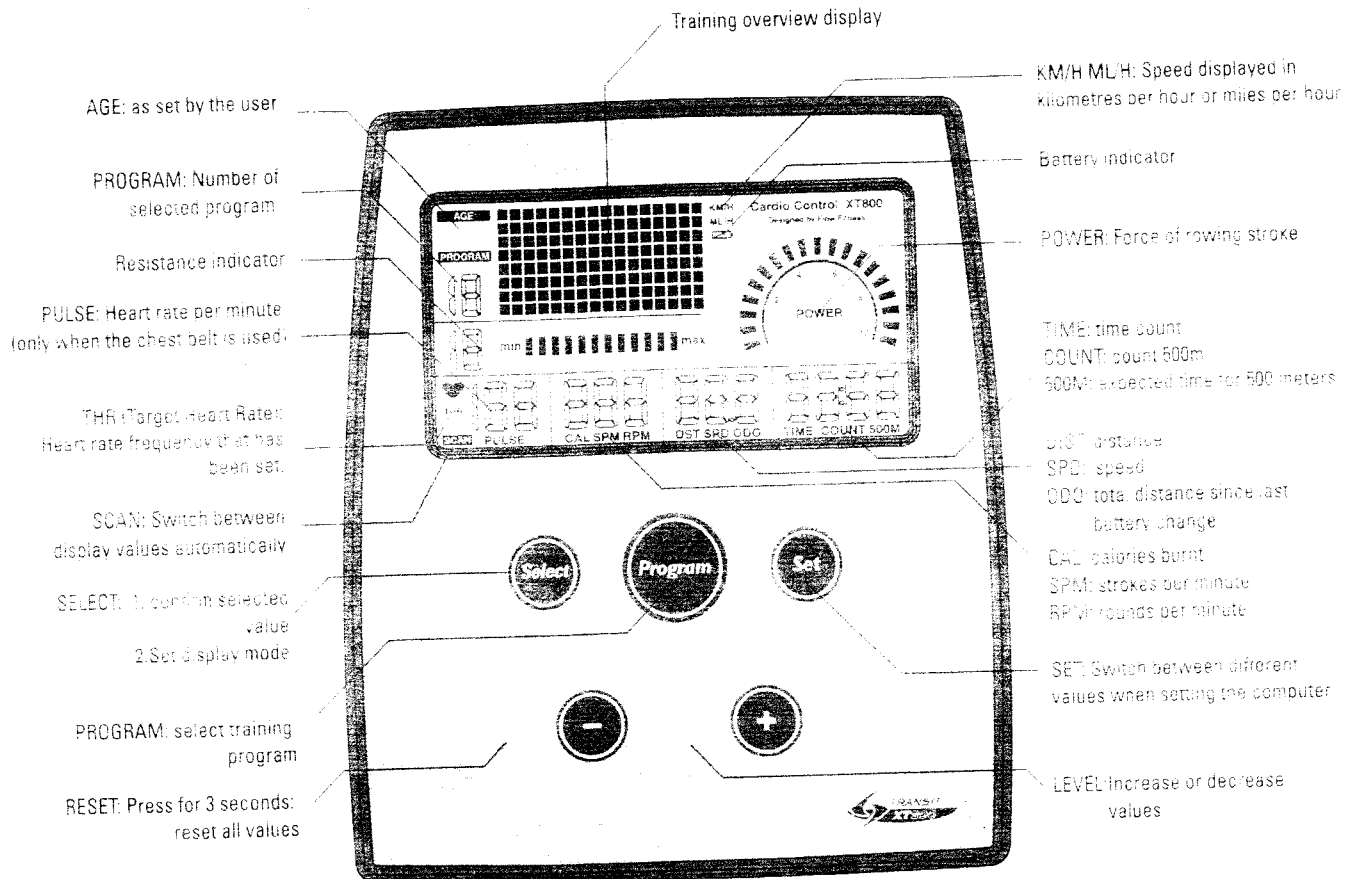
6. Place a screw driver at the bottom edge of the display. Lift up the display with the screw driver. The container for the batteries is now visible. Place the four batteries in the container as indicated. Replace the display and press firmly so you hear it click into place. The rowing machine is now ready for use.

4. Use

The chest belt registers the heart beat. This is sent to the computer by an electromagnetic pulse. The computer will display the heart rate. Below you will find step by step instructions on how to use the chest belt.

1. Moisten the ribbed electrode plates on the inside of the chest belt.
2. Place the chest belt just below the breast muscles and fasten the band. Adjust the length of the elastic band to make it tight but not too tight to be uncomfortable.
3. Make sure that the moistened electrode plates are in direct contact with the skin.
4. When the computer receives your heart rate, this will automatically be displayed.

In case the computer doesn't display your heart rate, check to see if the electrodes are moist and if the band is tight enough.



The Cardio Control XT800 is a training computer that is developed specifically for the Transit rowing machine. The display shows all values in a comprehensive manner and makes it easy to set values or select training programs. The Cardio Control XT800 gives the user the capability to set various values manually, or choose easily from one of the eight preset programs.

Starting a training session you must enter your age. This allows the computer to calculate the correct heart rate level to attain your training goals.

1. Press the LEVEL key for three seconds - (RESET).
2. The age is now displayed and the word AGE is visible.
3. Use the LEVEL keys - or + to set the correct age.
4. Press SELECT to confirm your entry.

Manually selected training

In a manually selected training you can start rowing immediately. Your training time starts automatically and can be seen next to the indicator TIME. If you have put on the chest belt correctly your heart rate can be seen on the display next to the indicator PULSE within seconds after starting to row. During rowing you can adjust the resistance manually by pressing + or - next to the LEVEL indicator. The display will then show you the level of resistance.

Preset training programs

The Cardio Control XT800 has eight different preset training programs. Each program has different levels of training. Selecting the desired training program will display these training levels graphically. You must choose a training program before you start your training.

1. Press the PROGRAM key a number of times to choose the desired program.

Program 1 is the program that allows you to set the level of resistance manually.

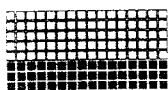
Programs 2 through 6 are programs that increase and decrease the level of resistance in a certain pattern. A representation of these programs is shown to the left. You can also adjust the level of resistance during these programs by pressing + or - next to the indicator LEVEL.

Programs 7 and 8 are heart rate driven programs. The resistance of the rowing machine will be adjusted to your heart rate. When you start your training the heart rate will be low and the computer will increase the resistance. When the heart rate goes up, the computer will decrease the resistance. This allows you to maintain the correct heart rate to attain your training goals.

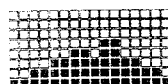
Program 7 can be used when your training goal is to lose weight. This program allows you to train at 60% of your maximum heart rate. Program 8 makes you train at 85% of your maximum heart rate. This is the most ideal heart rate level to improve your stamina.

2. You can start the training..

Program 1 Manual



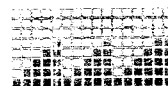
Program 2 Up & down



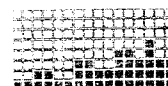
Program 3 Short interval



Program 4 Long interval



Program 5 Variation



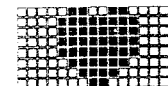
Program 6 To the max



Program 7 Heart rate max 60%



Program 8 Heart rate max 85%



4. Use

After each training session you need to row at the lightest level of resistance for one minute to slow your body down to a resting level gradually.

Values you can set

The Cardio Control XT800 offers the option of setting maximum values before you start your training. These values can be set both for a manual training program or for one of the preset programs. If you use this option for a preset program training, the computer will adjust the program to the values you set. If a maximum value is reached a sound signal will indicate this to you.

The values you can set are:

THR : Target heart rate frequency
CAL : calories burnt
DST : distance covered
TIME : training time
COUNT : number of strokes

You can set these values as follows:

1. Press SET a number of times until the numbers next to the above mentioned values start to blink on and off.
2. Use the LEVEL keys - or + to set the correct values.
3. Press the SELECT-key to confirm.
4. Start your training or select a program as described earlier.

Display values

By pressing the SELECT-key during your training, you can choose the values that are displayed. You can also select SCAN with this key, which will tell the computer to display the different values in order on the screen.

Clarity display

If you want to set the clarity of the display, you can press the SET-key at the same time as the - or + key.

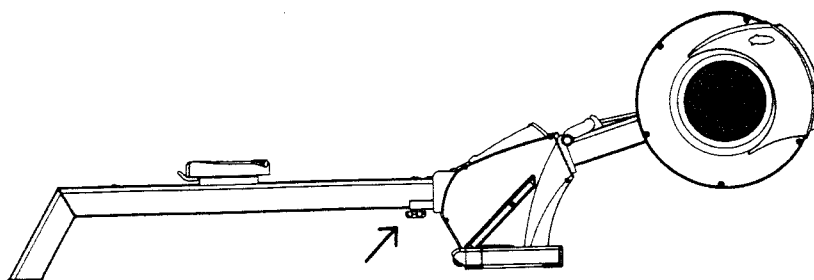
Power

The amount of force used for each rowing stroke can be read at the POWER indicator. This allows you to row in a constant manner and equally divide your strength during the training program.

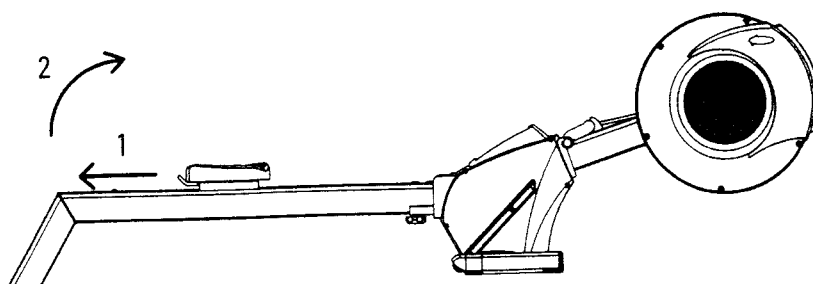


The rowing machine can be folded and moved easily with just a few simple steps. This allows for easy storage. Below you will find instructions on how to do this.

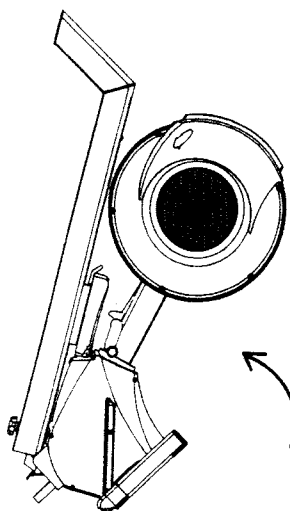
Folding



1. Loosen the knob at the bottom of the frame.



2. Take hold of the handle behind the seat(1). Roll the seat all the way to the back while holding the handle(2). Lift the back end of the frame by the handle(3) and tilt it until the locking system clicks into the hinge.

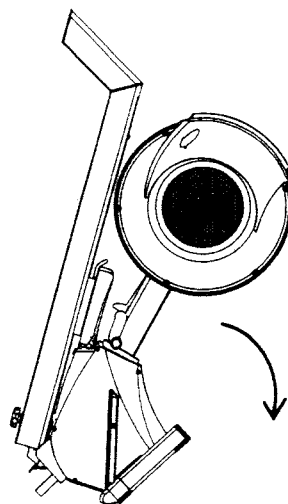


3. Tilt the rowing machine backwards until it is only resting on the wheels. The rowing machine can now be easily moved by rolling in the desired direction.

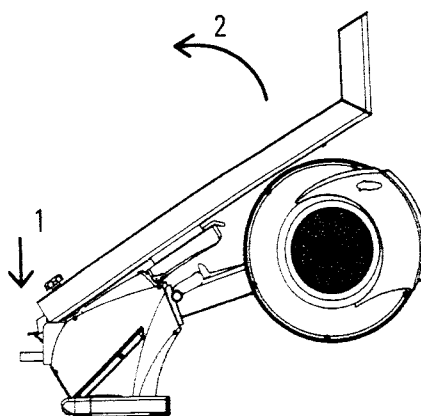
Important:
when folding the rowing machine always lift the back part of the frame by the handle attached to the back of the seat.

4. Use

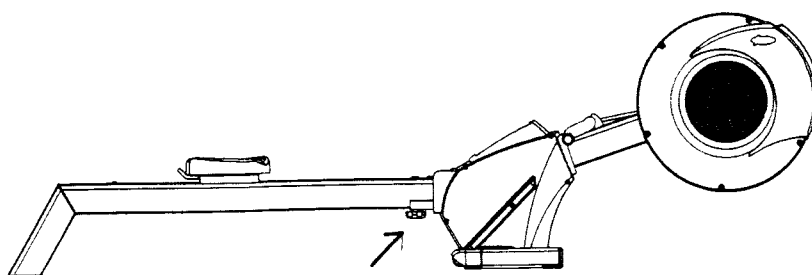
Unfolding



1. Tilt the rowing machine forward so that the base is flat on the floor.



2. Unlock the frame by pressing down with your foot on the hinge of the folding mechanism. Take hold of the base of the frame and tilt it backwards until it is on the floor.



3. Finally turn the knob on the bottom of the rowing machine tightly.

The metal and plastic parts of the rowing machine can be cleaned with a standard household cleaning agent. However, make sure that all parts are dry before they are used again. The moving parts of the rowing machine were checked and lubricated in the factory. Flow Fitness advises you to do some periodical maintenance that you can easily do yourself:

The chain

Once every two months the chain needs to be greased with ball bearing grease.

Wheel gutters

Once every two weeks the wheel gutters in the aluminium frame need to be cleaned out with the sticks that were provided with the rowing machine. If any dirt is stuck, you can dip the stick in thinner or benzine, and run it through the gutters several times until the dirt has been cleaned out.

Batteries

To replace the batteries you can use a screwdriver and place it under the edge at the bottom of the computer display. You can lift the bottom of the display up to open it. The battery holder is now visible. Place the four batteries in the holder as directed. Replace the display cover and firmly press it until you hear it click into place.

To prevent unnecessary wear Flow Fitness advises you to only use the rowing machine indoors and to only use and store it in a dry environment.

5. General information

Training schedules

Introduction training schedule

Schedule week 1 and 2
-Train at 60% of your maximum heart rate. -Max. 3 times per week.
Warming up 5 - 10 minuten. Train 4 min. At program 7 Rest 1 min. Train 2 min. At program 7. Row calmly at program 1 for 1 min. Cooling down 5 min.

Schedule week 3 and 4
-Train at 60% of your maximum heart rate. -Max. 4 times per week.
Warming up 5 - 10 minuten. Train 5 min. At program 7 Rest 1 min. Train 3 min. At program 7 Row calmly at program 1 for 1 min. Cooling down 5 min.

5. General information

Schedule week 5 and 6
-Train at 60% of your maximum heart rate. -Max. 5 times per week.
Warming up 5 - 10 min. Train 6 min at program 7. Rest 1 min. Train 4 min. at program 7. Row calmly at program 1 for 1 min. Cooling down 5 min.

After completing the introduction training schedule for six weeks, you can choose the follow-up training schedule that is best suited to your needs. You can choose a schedule that will maximize your weight loss, or one that will improve your stamina. Both training schedules are shown below.

Go to www.flowfitness.nl to check your progress

5. General information

Training schedule to lose weight (follow-up to introduction training schedule)

Schedule week 7 and 8
Train at 60% of your maximum heart rate. Max. 6 times per week.
Warming up 5 - 10 min. Train 7 min. at program 7*. Rest 1 min. Train 5 min. at program 7*. Row calmly at program 1 for 1 min. Cooling down 5 min.

Schedule week 9 and beyond
Train at 60% of your maximum heart rate. Max. 6 times per week.
Warming up 5 - 10 minuten. Train 10 min. at program 7*. Rest 1 minuut. Repeat training 2 or 3 times. Row calmly at program 1 for 1 min. Cooling down 5 min.

*If you want a change in pace sometimes, you can opt for a different program (2-6). You must then set the resistance at such a level that your heart rate stays in the right range.

5. General information

**Training schedule to improve stamina.
(follow-up to introduction training schedule)**

Schedule week 7 and 8
Train at 85% of your maximum heart rate. Max. 6 times per week.
Warming up 5 - 10 min. Train 7 min. at program 8*. Rest 1 min. Train 5 min. at program 3. Row calmly at program 1 for 1 min. Cooling down 5 min.

Schedule week 9 and beyond
Train at 85% of your maximum heart rate Max. 6 times per week.
Warming up 5 - 10 min. Train 10 min. at program 8*. Rest 1 min. Train 10 min. at program 3. Repeat training 1 or 2 times. Row calmly at program 1 for 1 min. Cooling down 5 min.

*If you want a change in pace sometimes, you can opt for a different program (2-6). You must then set the resistance at such a level that your heart rate stays in the right range.

5. General information

Nr.	Part	Quantity	Nr.	Part	Quantity
1	Handlebar	1	70	Flywheel housing (right)	1
2	Chain	1	71	Flywheel housing (left)	1
3	Front frame	1	73	Housing	1
7	Gripping plates	2	74	Air-intake grill	1
8	Centre frame	1	75	Main axle	1
9	Axle (pulley)	1	76	Washer 20x17x4mm	1
10	Pulley	1	77	Brass bearing	2
12	Cable	1	78	Main axle holder	1
14	Spacer 14x12x27	2	82	Spring	1
15	Hinge axle	1	85	Grill	1
17	Servomotor	1	87	Resistance Brake	1
18	Handle bar hook	1	89	Flywheel	1
19	Screw 4.9x30 (A)	19	90	Flywheel cylinder	1
21	Nut m6	10	91	Flywheel bearing	1
22	Screw 4x12 (I)	6	92	Bearing 30x17x9	1
23	Nut m10	2	93	Lock washer	1
24	Footstrap	2	95	Washer 20x17x7mm	1
26	Back frame	1	96	Chain guide	1
27	Bolt M8x150mm	1	97	Counter	1
28	Locking knob	1	98	Cable stop	1
29	Distance Holder	1	99	Stabilizer	1
31	Pulley (rubber band)	1	101	Bolt M8x15 (C)	2
32	Bolt M8x90mm	1	102	Bolt M5x16 (G)	2
33	Rubber band	1	103	Nut M5	2
34	Mounting part (hinge)	1	104	Lock washer	1
39	Mounting part (framebase)	2	105	Folding mechanism	1
40	Housing frame base	1	108	Mechanism housing (right)	1
41	Rubber band hook	2	109	Computer	1
42	Magnet sensor	1	111	Mechanism housing (left)	1
43	Tape	1			
44	Bolt M8x55mm	1			
45	Nut M8	7			
46	Seat stop	2			
47	Protection plate	2			
49	Frame base	1			
50	Wheel housing	1			
51	Wheel	6			
55	Magnet	1			
60	Seat	1			
61	Screw 6x20(J)	4			
63	Base	1			
64	Base cap	2			
65	Wheel housing	2			
66	Wheel (base)	2			
67	Wheel axle	2			
68	Screw 3,9x16(B)	4			
69	Bolt M8x55(F)	2			