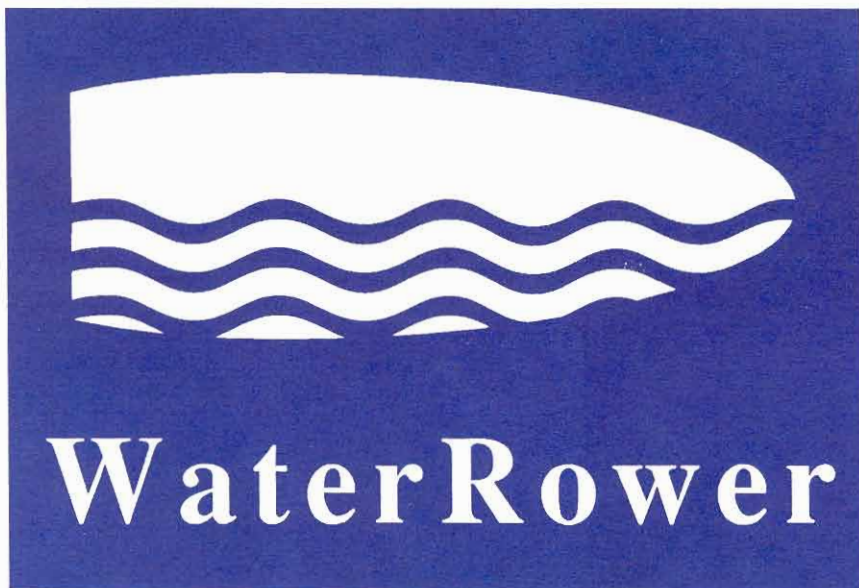


Nordic Track

NT34865



Owner's Manual

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**Consult a doctor or exercise physiologist
before starting any exercise program.**

Rowing Technique

The fundamental elements of rowing style which apply to the WaterRower involve coordinating the motion of your legs, back and arms. The sliding seat rowing stroke uses all three of these muscle groups, and because they vary greatly in strength it is important to use them in the right order. Proper rowing technique will greatly enhance the satisfaction and benefits you derive from using your WaterRower.

At the start of the *drive* or pulling segment of the stroke your legs are bent, your back angled forward, and your hands reaching straight ahead as far as you comfortably can. Your shoulders and back are relaxed and your knees together. Begin the drive by pressing down with your legs, which are your strongest muscles. Don't try to pull in with your arms yet; at this stage they act only to connect your upper body to the handle. When the legs are nearly fully extended begin to lean back, bringing your back muscles to bear. As your upper body swings past its vertical position begin to pull in with your arms. Your legs are now fully extended. Continue swinging your upper body to a comfortable angle and hold that body angle position while you finish pulling all the way in with your arms.

The *recovery* or return segment of the stroke is the reverse of the drive. First extend your arms fully. Now begin to swing your upper body forward. When your body moves through the vertical position, begin to roll forward on the seat. *At this stage your hands are well in front of your knees.* The seat continues rolling forward at a steady, controlled rate. Your back reaches its fully forward angle while the seat is still moving. As the seat reaches the end of the slide your upper body and arms are already reaching forward, relaxed and ready for the next stroke.

The transition to the next stroke is the change in direction of seat travel as you press down again with your legs.

A good way to become comfortable with this stroke is to break it up into six distinct segments, first exaggerating the separation between each and then gradually blending them back together. Begin at the *finish* position (at the end of the drive) with your legs fully extended, shoulders back, and arms bent:

1. First extend your arms and pause with your shoulders still back.
2. Then swing your upper body forward as if you were doing a partial sit-up. Pause while still keeping your knees down.
3. Now let your knees up so that the seat rolls forward at a steady rate. As your center of gravity moves forward the relative distance between the seat and the handle remains constant. Pause when the seat is all the way forward with your legs bent and knees together. You are now at the *catch* position.
4. Begin the next drive by pressing down with your legs. Pause again with your legs extended about $\frac{2}{3}$ of the way but with your arms and back still reaching forward.
5. Complete the leg drive as the upper body swings back to its *layback* position. Pause with your arms still extended.
6. Finally pull in with the arms and pause again at the *finish* position.

Repeat this sequence for a few minutes and then gradually reduce the length of each pause until each segment of the stroke flows smoothly into the next.

Heel Rest and Foot Strap

You may adjust the height of both the heel rest and foot strap on your WaterRower. First select the heel rest position which is most comfortable. This will depend on the length of your legs and your flexibility. In general tall people with longer legs should set the heel rest in one of the two lower positions as this will allow you to reach further forward at the catch. As your flexibility improves you may want to move it up as this will give you greater leg compression and hence exercise you leg muscles over a wider range of motion.

Once the heel rest position is set adjust the height of the foot strap so that it crosses your feet just below the big toe. Don't over-tighten the foot strap; it should be loose enough to allow your heels to lift up slightly at the catch.

Workouts

Safe and effective exercise programs vary greatly from one individual to the next, so we recommend that you consult a doctor or exercise physiologist before starting.

Always begin and end your workout with a few minutes of stretching exercises.

Be sure to take enough time to be familiar with the section on rowing technique, and practice the drill described on page 3. Competitive rowers spend decades perfecting their stroke! This will do more to enhance the enjoyment you get from your WaterRower than anything else.

The following three factors define an aerobic exercise program: Frequency (number of workouts per week), intensity (how hard you row), and duration (how long you row). Our general common sense recommendation is that you concentrate first on being consistent about frequency, and never let intensity or duration become a burden.

FREQUENCY

As little as three workout a week will yield a positive training effect. However, we expect, if this can be done consistently, that the resulting benefits will soon encourage you to find the time for the fourth workout. Adding the fourth workout will feel like nearly double the benefit.

A very successful schedule is to workout on Saturday, Sunday, Tuesday, and Thursday. Another effective schedule is simply to workout every other day. This averages out to three and one half workouts per week and automatically alternates the rest days from week to week.

Adding the fifth or sixth workout will of course yield still greater benefits. However, unless you are training for competition, we caution against taking on a schedule that may become a burden. Burnout is probably the number one reason why people drop their exercise routines altogether.

INTENSITY

Unless you are training for competition there is no reason to row at an intensity above where you can comfortably engage in conversation. In terms of heart rate this is at approximately 65% of your theoretical maximum heart rate. For how to calculate this see the passage below by Dr. Hagerman.

DURATION

If rowing for general fitness is new to you we strongly recommend that you start very slowly. After learning the basics of the rowing stroke, begin by setting the timer at five minutes. Increase your duration by one minute with each workout until you are up to twenty minutes. If this seems too easy at first, don't worry - frequency is more important than duration when getting started.

Once you reach twenty minutes, maintain that duration for two weeks and then, if your schedule permits, begin to lengthen every other workout up to thirty or even forty minutes. We recommend that you vary the duration of your workouts from day to day for variety.

Dr. Frederick C. Hagerman, exercise physiologist to the US National and Olympic Rowing Team made these general recommendations when writing on rowing to maintain basic physical fitness:

"The intensity need not be exceedingly high in order for the healthy individual to benefit from rowing; exercising at 65-75% of maximal work output is

sufficient to elicit a training response that can be regulated by utilizing a target training heart rate. Maximal heart rate can be estimated by the simple formula of $220 - \text{age}$; a target heart rate for the desired percent of maximum can be calculated using the following formula: $\% \text{ of maximum desired} \times (\text{max. heart rate} - \text{resting heart rate}) + \text{resting heart rate}$. For example, if a 30-year old person with a resting heart rate of 70 beats/min wants to work at 70% of his maximum heart rate, then $220 - 30 = 190$ and $.70(190 - 70) + 70 = 154$, the target heart rate. Thus, a heart rate of 154 should be maintained for the duration of the exercise if the desired training stimulus is to be achieved.

"One can also control the intensity of exercise by not exercising to the point of breathlessness, and not working at a level that would prevent conversation with a friend during exercise. The emphasis should be placed on steady state work where the intensity is never high enough to produce exhaustion, yet high enough to produce a training effect.

"The duration and frequency of exercise are probably the two most important factors for improving physical fitness. The beginner exerciser should strive to exercise at least 15 minutes, working up to 30-45 minutes after 8-10 weeks of regular aerobic exercise. It is best to exercise at least four days per week with the exercise bouts spread evenly over a 7-day period. If this schedule can be increased to 5-6 days per week, results are even better. It must be remembered that duration and regularity are very important and that the rate of work or intensity be kept well below maximal levels. In this way a person can maintain adequate physical fitness and at the same time keep fatigue and injuries to a minimum."

(from ROWING USA's Special Issue,
August/September, 1982)

Count Down Timer

Your WaterRower is equipped with a digital count down timer to monitor the duration of your workouts.

1. Set the duration of your workout by pressing the "MIN" and "SEC" buttons. It will accept a workout up to 59:59 min:sec in length. If you wish to change the starting value press "MIN" and "SEC" simultaneously to reset the value to zero and then enter the desired value.
2. Press "START/STOP" to begin your workout. If you wish to stop your workout in the middle, press "START/STOP". Press again to resume.
3. At the end of the workout a beep will sound for thirty seconds. Press any button to stop the beep.
4. After the end of a workout press "START/STOP" once to recall the last starting value used.

BATTERY

Your count down timer uses one 357A button cell type battery. To replace it slide a plastic card (credit card, license, or similar) under the upper left or right corner of the timer and gently pry it out of the recess in the footboard. The battery is mounted in a clip on the back of the circuit board. Slide the old battery out from under the clip and slide the new one in. The flat, positive side faces away from the circuit board. Reinstall in the footboard by inserting the bottom of the timer first and then snapping in the top.

Water Level and Stroke Rate

The WaterRower's water flywheel creates resistance which is proportional to both the level of water in the tank *and* the speed at which it spins. This lets you select a highly aerobic workout by rowing at a high stroke per minute cadence with a low water level such as 10 liters.

Alternatively, by filling the tank to near its 18 liter maximum you may choose a more strength building workout which must be done at a much slower pace.

In our experience most people find that rowing at a stroke rate between 22 and 26 strokes per minute yields the most enjoyable and easy to maintain rhythm. One approach, therefore, is to select the water level at which you are able to maintain a stroke rate in this comfortable range with proper rowing technique (Don't increase the stroke rate by shortening the length of your stroke.).

To fill the tank or to adjust the water level use the pump provided. The clear hose projecting from the end of the pump opposite the handle is the inlet; the side hose is the outlet. Transfer water from either a sink or a portable container. If the water source is higher than the WaterRower you may siphon the water by priming the pump with a few strokes and leaving the handle extended. A water level gauge is located on the side of the tank under the footboard.

CAUTION: DO NOT OVERFILL THE TANK. 18 liters (slightly below half full) is the maximum amount. Also, see Water Quality (page 10).

General Maintenance

Water Quality

Use normally chlorinated municipal tap water in the WaterRower tank and change it approximately once a year, being careful to use a clean container for transfer. Do not use untreated well water, ground water, or bottled spring water as they may result in algal growth. If in doubt use distilled water. **DO NOT ADD CHLORINE BLEACH OR OTHER CHEMICALS TO THE TANK AS THEY MAY DAMAGE THE TANK WALLS.**

Seat Tracks and Wheels

Wipe the seat track rails and seat wheels periodically with a dust cloth to remove any dust or grit which may wear into the metal surface.

Polycarbonate Tank

Lightly dust the polycarbonate water tank with a cotton cloth to prevent surface scratches.

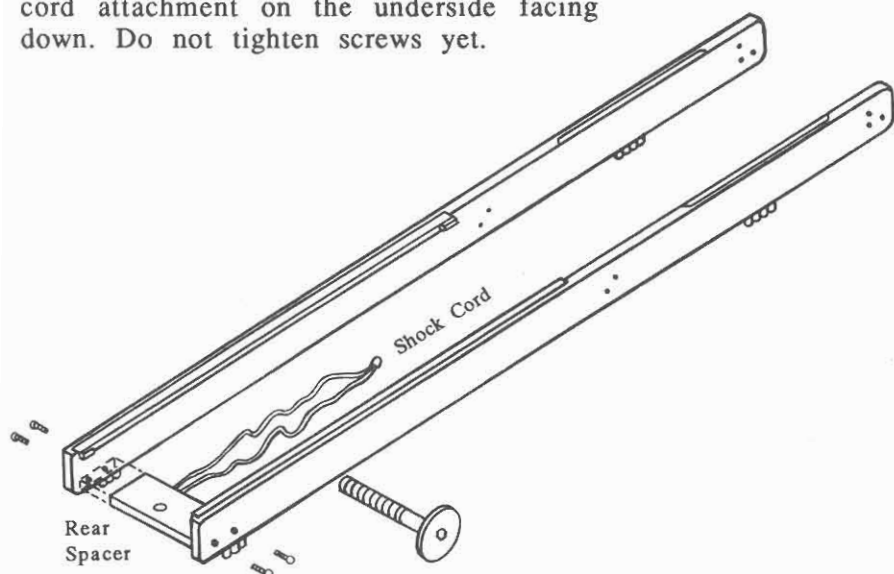
Return Cord Elastic

The elastic shock cord should be replaced if you notice a reduction in the force with which the handle recoils on the recovery part of the stroke. This may occur after between 18 months and four years, depending on frequency of use. To replace the cord first undo the buckle connecting it to the recoil strap. Then loosen the screw holding the plastic pod at its opposite end. Replace by reversing this procedure. Note: When reconnecting the new cord to the recoil strap be sure to thread the strap as shown in the Step 10 assembly diagram (page 16).

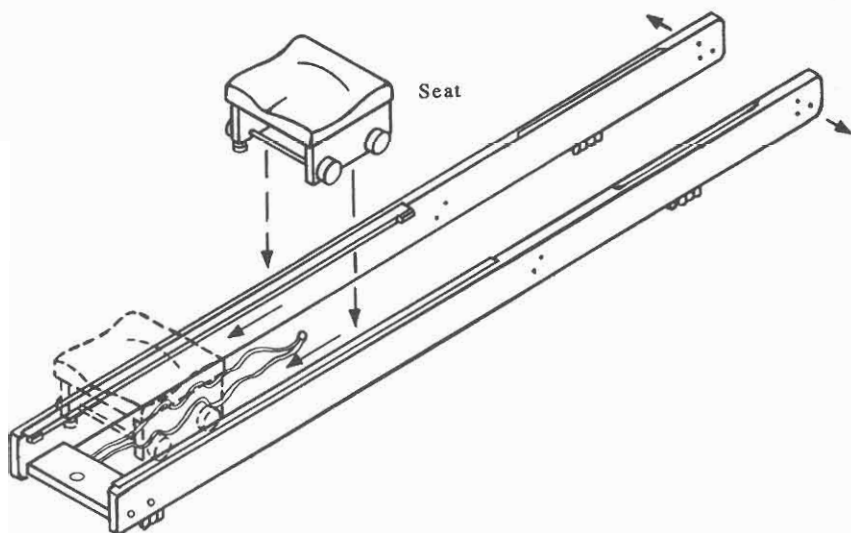
Warranty

WaterRower Inc. will replace or repair at its factory any WaterRower or WaterRower component found to be defective in materials or workmanship for three years from date of purchase, and WaterRower Inc. will pay reasonable shipping charges within the USA incurred in doing so. To obtain service under this warranty please contact WaterRower Inc. at 453 Cottage St., Pawtucket, RI 02861 (401-728-1966). WaterRower Inc. shall not be liable for any incidental or consequential damages under this warranty or any implied warranty. THE WARRANTY DESCRIBED IN THIS PARAGRAPH SHALL BE IN LIEU OF ANY OTHER WARRANTY, EXPRESS OR IMPLIED, INCLUDING BUT NOT LIMITED TO, ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE. Some states do not allow limitations of incidental or consequential damages, so the above limitations or exclusions may not apply to you. This warranty gives you specific rights, and you may also have other rights which vary from state to state.

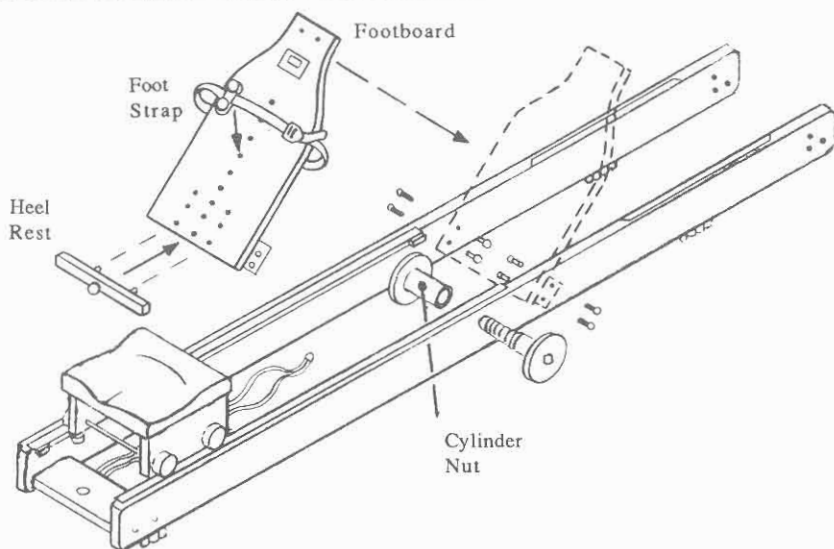
Step 1 - Rear Spacer Set out left and right main rails. Loosely fasten rear spacer as shown with the shock cord attachment on the underside facing down. Do not tighten screws yet.



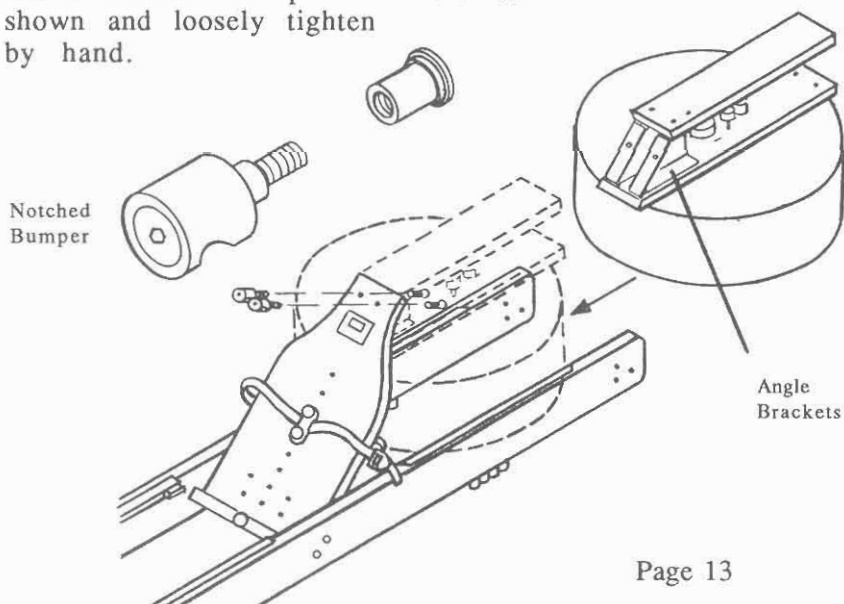
Step 2 - Seat Spread front end of rails just enough to set seat between rails as shown (Note orientation of seat recess for backbone.). Slide seat rearward against stops.



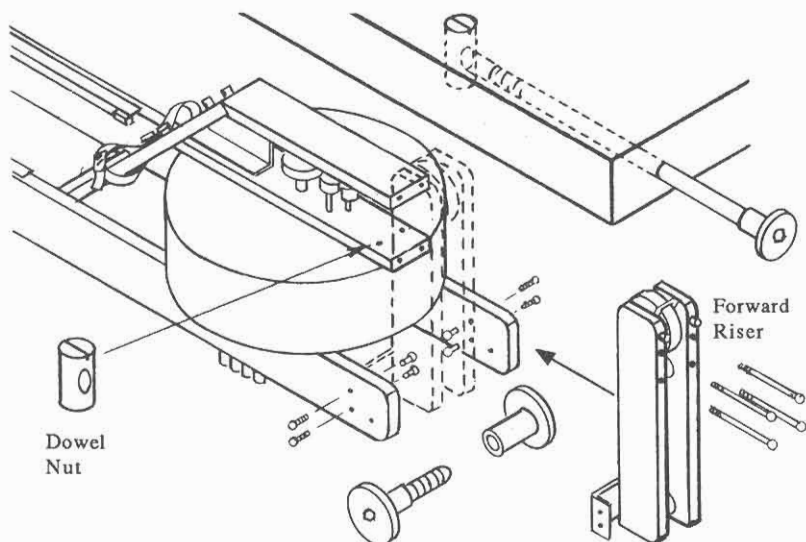
Step 3 - Footboard Locate foot board with steel bracket attached. Loosely fasten to main rails as shown using cylinder nuts and matching screws. **IMPORTANT: FASTEN WITH CYLINDER NUTS ON INSIDE GOING THROUGH STEEL BRACKET. MALE THREADED SCREWS GO ON OUTSIDE.**



Step 4 - Tank Set main tank assembly on top of padded area on main rails. Slide under top of footboard so holes in angle brackets line up with holes in top of footboard. Install notched bumper hardware as shown and loosely tighten by hand.

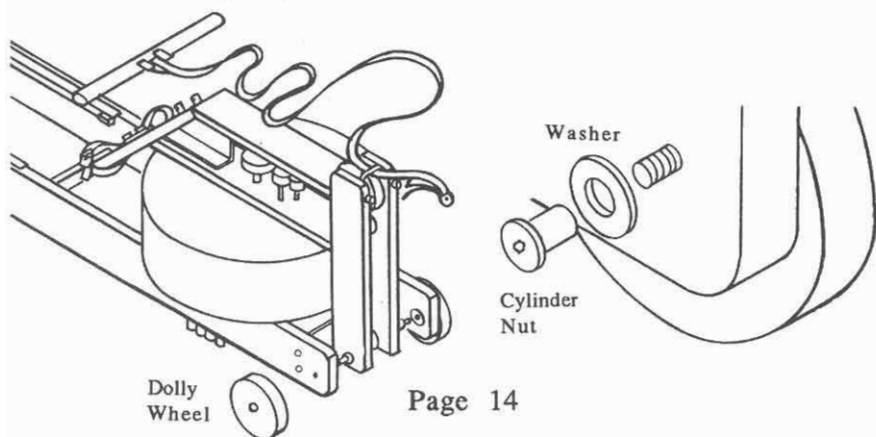


Step 5 - Forward Riser Slide forward riser into position (rubber bumpers facing away from tank). Loosely fasten steel bracket to main rails as in step 3 (cylinder nuts on inside). Connect top of Forward Riser to horizontal boards above tank with 6" long screws and dowel nuts (Insert dowel nuts with slot facing out of hole and turn so slot is in line with long screw.).

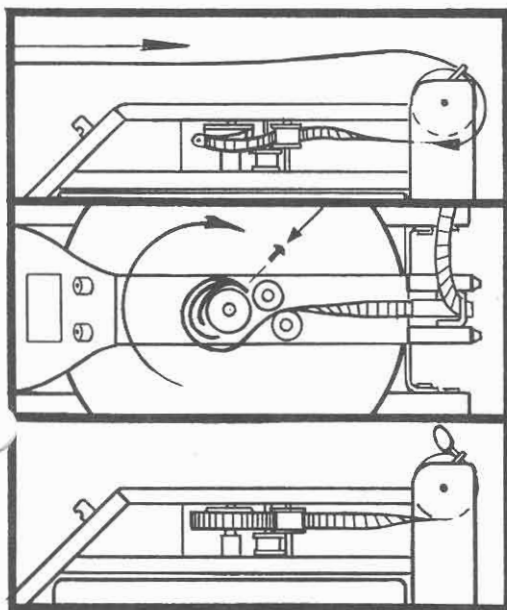


Step 6 - Tighten all fasteners. Note: Turn and hold notched bumpers (see Step 4 illustration) with notches facing down, then tighten cylinder nuts behind angle brackets with large hex key.

Step 7 - Dolly Wheels Install dolly wheels as shown with washer and large cylinder nut on inside of main rails.



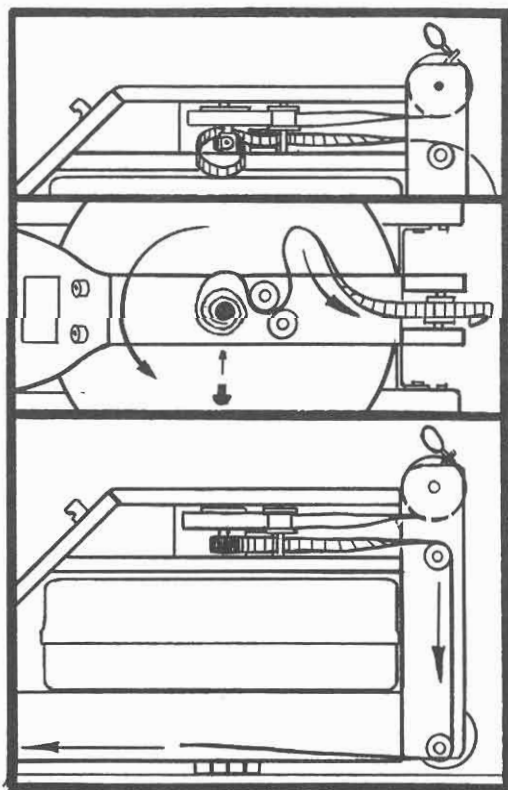
Step 8 - Drive Strap



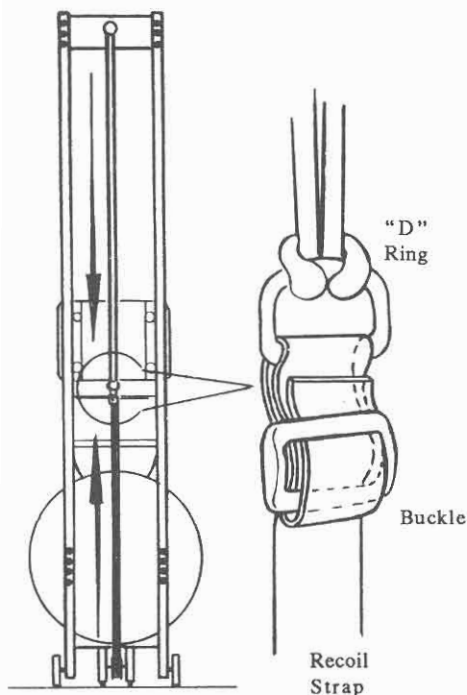
Thread the end of the drive strap between the wire guard and the large upper pulley, with the flaps facing down against pulley (see Step 7 illustration). Lead between vertical pulleys and fasten to clutch in direction shown using button head screw. Rotate clutch clock-wise to coil strap around clutch. Continue until strap pulls handle **ALL THE WAY TO WIRE GUARD AT LARGE UPPER PULLEY.**

Step 9 - Recoil Strap

Using button head screw fasten recoil strap below clutch with metal clip facing in direction shown. Wrap two times around in direction opposite drive strap direction. **CHECK DIRECTION BY PULLING ON RECOIL STRAP - HANDLE SHOULD TIGHTEN AGAINST WIRE GUARD.** Thread strap between vertical pulleys and over middle pulley on forward riser. Lead strap down past front of tank and under lower pulley.

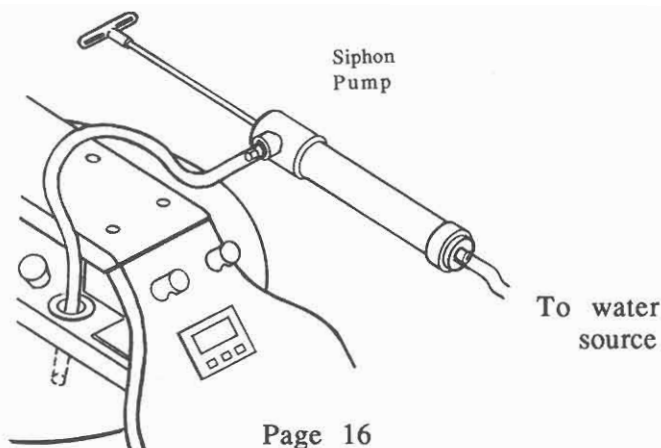


Step 10 - Shock Cord



Slide the seat to its forward stop and stand the WaterRower vertically on end. Lead the recoil strap up from the lower pulley and thread its end through the black plastic buckle. Pull the shock cord "D" ring down 3-4 inches and connect to the recoil strap as shown at left. Be sure to thread the strap up through the buckle a third time as indicated.

Step 11 - Pump Lower the WaterRower to its horizontal position. Pull handle back and place in the rest position behind the notched bumpers on the footboard. Now remove stopper, insert pump hose as shown and fill to desired level (see Water Level, page 9, and Water Quality, page 10). **DON'T FILL ABOVE 18 LITER MARK!**



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