



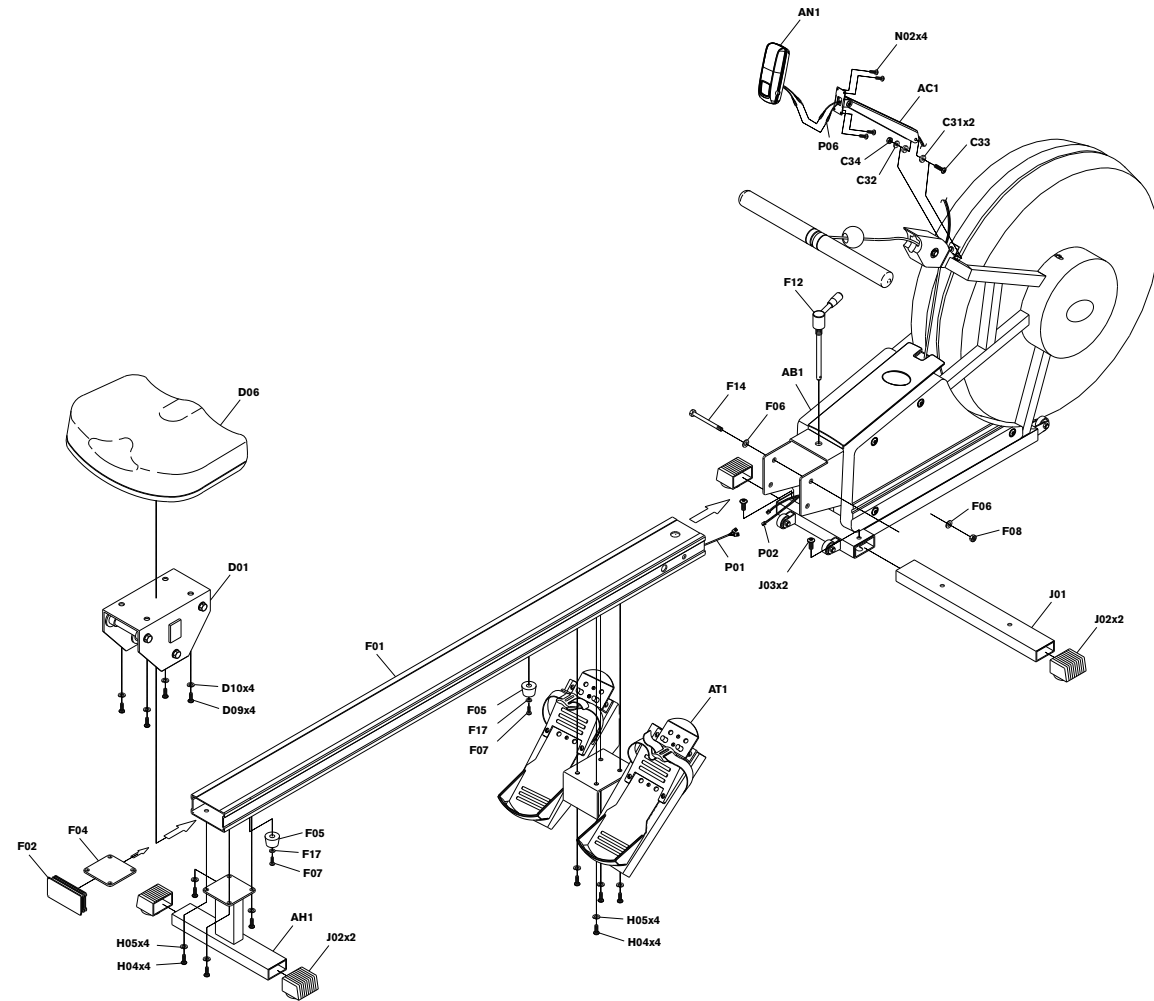
**OXFORD IV**

## AIR ROWER OWNER'S MANUAL



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



**TOOLS INCLUDED:**

- Wrench
- 5 mm Hexagon Wrench

**PARTS INCLUDED:**

- 1 Main Frame (AB1)
- 1 Front Foot (J01)
- 1 Rear Foot (AH1)
- 1 Rail (F01)
- 1 Seat Bracket (D01)
- 1 Seat Pad (D06)
- 1 Pedal Bracket (AT1)
- 1 Rail Latch (F12)
- 1 Rail End Cap (F02)
- 4 Foot End Cap (J02)
- 2 Seat Stop Bumper (F05)
- 1 Rear Foot Position Plate (F04)
- 1 Console (AN1)
- 1 Console Mast (AC1)

**PRE ASSEMBLY****CAUTION**

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

Congratulations on choosing an Horizon Fitness Air Rower. You've taken an important step in developing and sustaining an exercise program! Your Horizon Fitness Air Rower is a tremendously effective tool for achieving your personal fitness goals. Regular use of your Horizon Fitness Rower can improve the quality of your life in so many ways.

Here are a few of the health benefits of aerobic exercise:

- Weight Loss
- A Healthier Heart
- Improved Muscle Tone
- Increased Daily Energy Levels
- Reduced Stress
- Help in Countering Anxiety and Depression
- An Improved Self Image



## WARNING

### TO REDUCE THE RISK OF SERIOUS INJURY, READ THE IMPORTANT SAFETY PRECAUTIONS BEFORE USING THIS EQUIPMENT:

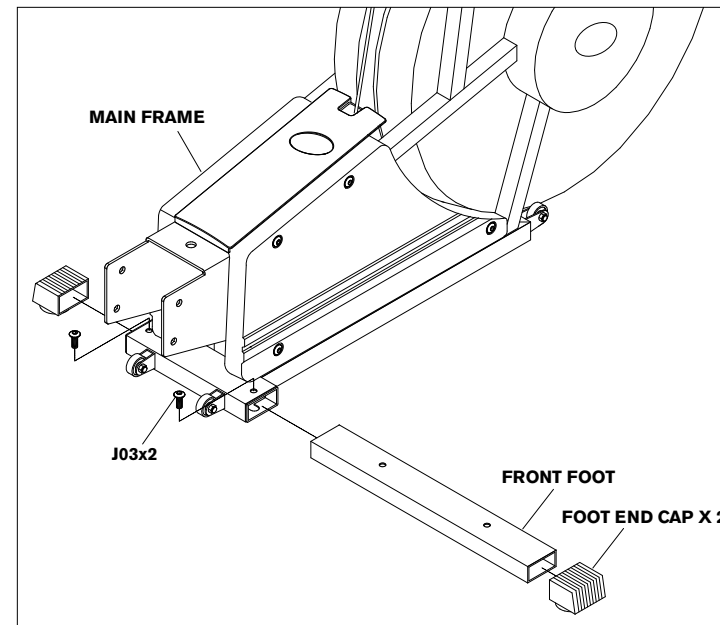
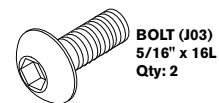
- Read all instructions in this manual before using this equipment.
- Use this equipment only as described in this Owner's Manual.
- Never allow children to use this unit.
- Inspect and tighten all parts before using this equipment. Replace any worn parts immediately.
- Observers should be warned to stay away from unit while in use. Failure to do so may cause injury to observer and/or exerciser.
- Never stick fingers or foreign objects through fan cover. Keep small children away from the air rower while in use. Failure to do so could cause injury to child or unit.
- Never remove any of the safety guards that are attached to your air rower. If removal is required for any service or maintenance, this should be done only by your authorized dealer and must be replaced before use.
- Wear appropriate workout attire, including running or aerobic shoes, when using the rower.

1. Before beginning any exercise program, always consult your physician. If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising and consult your physician before continuing.

2. The hexagon wrench must be pulled from the cable before you use your rowing machine. Please hold the handlebar firmly, then release the hexagon wrench and gently return the handlebar to its resting / start position. This will eliminate the handlebar returning quickly avoiding injury or damage to the machine.

## ASSEMBLY STEP 1

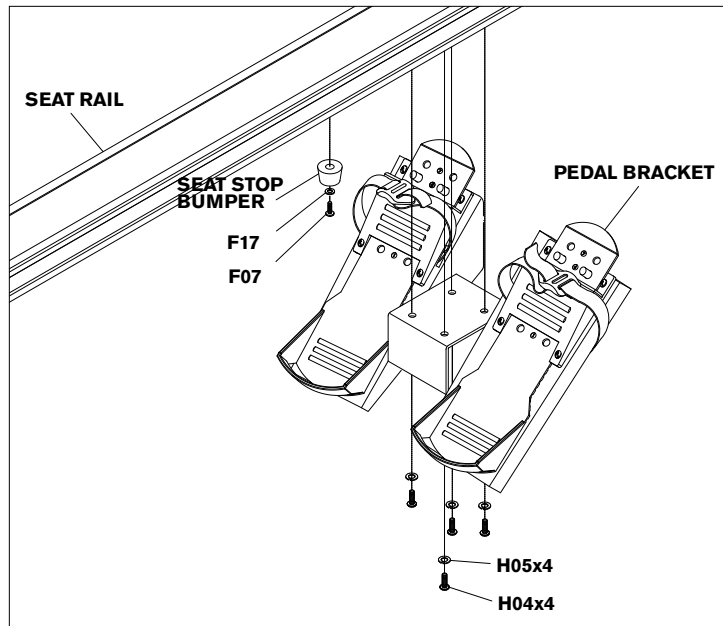
### HARDWARE BAG 1 CONTENTS :



- A Gently push the **FRONT FOOT** through the Foot Bracket and align the holes on Foot Bracket with the holes in the Foot.
- B Tighten the **FRONT FOOT** using two **BOLTS (J03)**.
- C Press **FOOT END CAP** to both ends of the **FRONT FOOT**.

## ASSEMBLY STEP 2

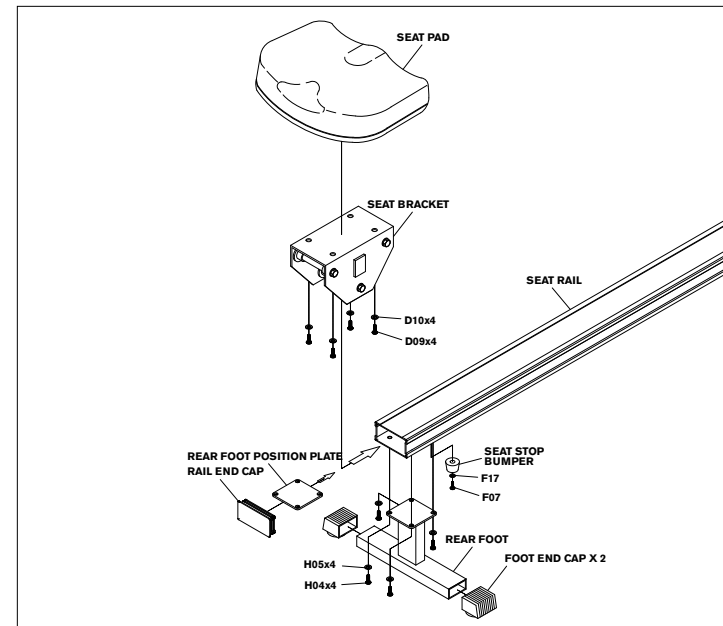
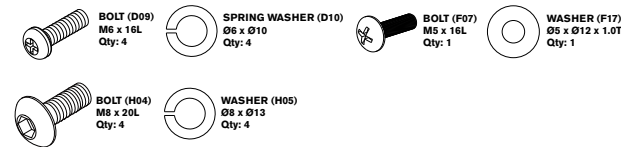
### HARDWARE BAG 2 CONTENTS :



- A Attach the **PEDAL BRACKET** to the **SEAT RAIL** using four **BOLTS (H04)** and **WASHERS (H05)**.
- B Attach the **SEAT STOP BUMPER** to the **SEAT RAIL** using **BOLTS (F07)** and **WASHERS (F17)**.

## ASSEMBLY STEP 3

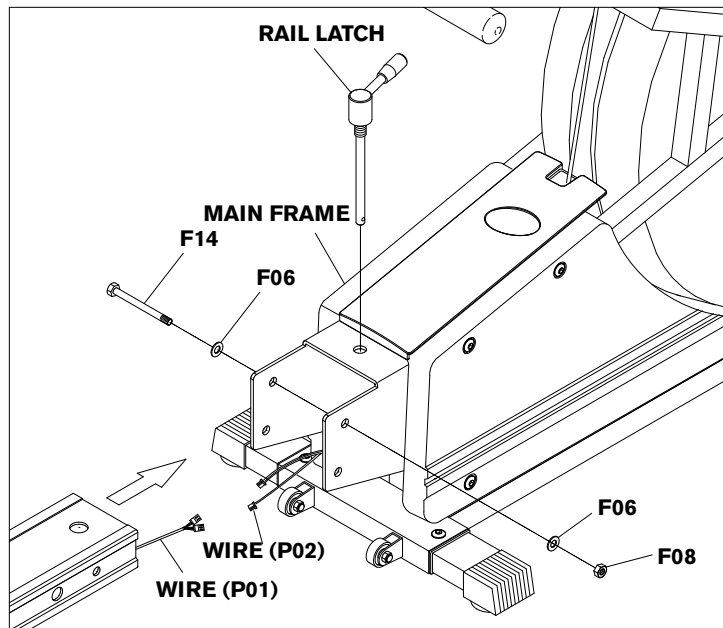
### HARDWARE BAG 3 CONTENTS :



- A Fix **SEAT PAD** on **SEAT BRACKET** by four **BOLTS (D09)** and **WASHERS (D10)**.
- B Slide the Seat Assembly (**SEAT BRACKET + SEAT PAD**) onto the **SEAT RAIL**.
- C Attach the **SEAT STOP BUMPER** to the **SEAT RAIL** using **BOLTS (F07)** and **WASHERS (F17)**.
- D Place the **REAR FOOT POSITION PLATE** in the **SEAT RAIL** close to the edge. Attach the **REAR FOOT** to the **SEAT RAIL** and align the four holes in the **SEAT RAIL** with the four holes in the frame lip. Thread four **BOLTS (H04)** with **WASHERS (H05)** through the frame lip into the **REAR FOOT POSITION PLATE** and tighten them.
- E Press the **RAIL END CAP** to the **SEAT RAIL**.
- F Insert **FOOT END CAP** to the **SEAT RAIL** to **REAR FOOT**.

## ASSEMBLY STEP 4

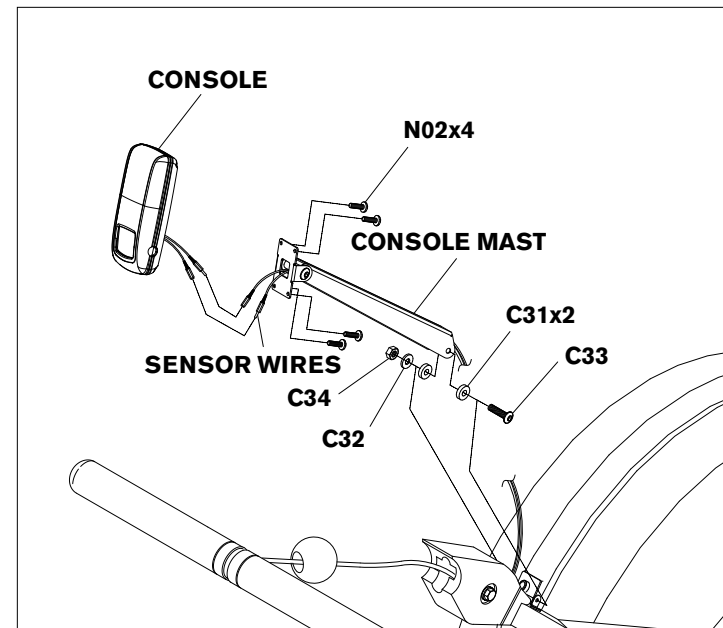
### HARDWARE BAG 4 CONTENTS :



- Connect **WIRE (P01)** from **SEAT RAIL** with the **WIRE (P02)** from **MAIN FRAME**.
- Place the **SEAT RAIL** into the **MAIN FRAME**. Slide the **BOLT (F14)** with the **WASHER (F06)** through the holes in the **MAIN FRAME** and tighten them using **NYLON NUT (F08)** and **WASHER (F06)**.
- Plug **RAIL LATCH** into the hole of **MAIN FRAME**, and then screw it tightly.

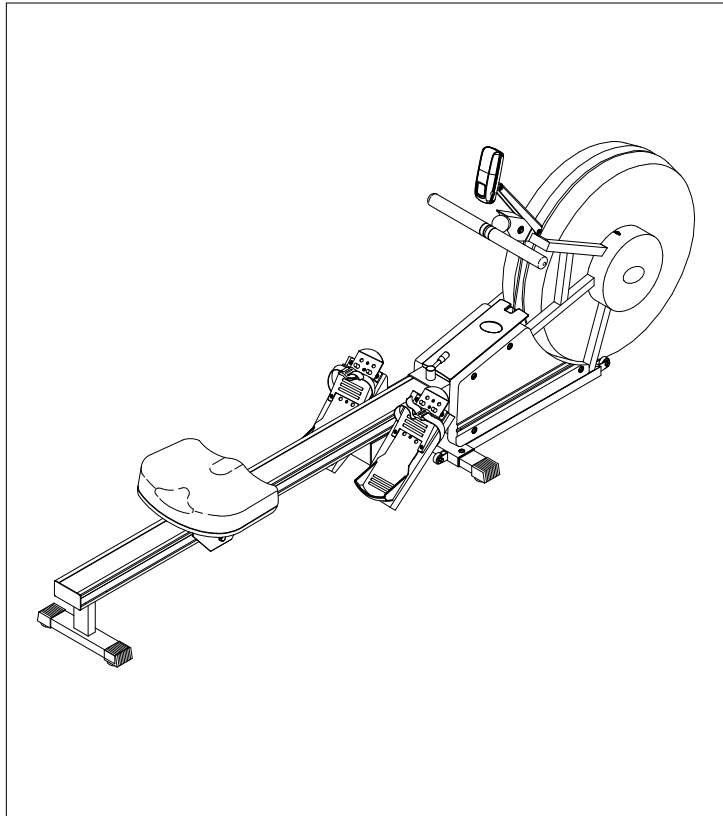
## ASSEMBLY STEP 5

### HARDWARE BAG 5 CONTENTS :



- Place **CONSOLE MAST** onto the mounting bracket on the frame with **BOLTS (C33)**, in the meantime put thick **WASHERS (C31)** on both console masts, then use **NYLON NUT (C34)** and **WASHER (C32)** to tighten the **CONSOLE MAST**.
- Get the **CONSOLE**, connect two **SENSOR WIRES** with the port on **CONSOLE**, put the console on the **CONSOLE MAST** mounting bracket and use the **BOLT (N02)** (attached on console) to tighten it.

## ASSEMBLY STEP 6



**YOU ARE FINISHED!**

# AIR ROWER OPERATION GUIDE

This section explains how to use your air rower's console and program. The BASIC OPERATION section in the AIR ROWER GUIDE has instructions for the following:

- **GETTING STARTED**
- **AUTO POWER ON/OFF**
- **OXFORD IV OPERATION**
- **OXFORD IV FUNCTIONS**



## GETTING STARTED

Your air rower is powered by you. There is no motor or brake in this unit. The console is powered by 2 AAA batteries, which are replaceable through the back side of the console. Removing the batteries will erase all functional values (including TOTAL function)

## AUTO POWER ON/OFF

The Power will be automatically turned on when you Push the Mode button on the computer. After you have completed your workout the console will retain the data from your workout until you press the reset button to begin your next workout. To conserve batteries, the console will automatically shut off after a short period of time.

## OXFORD IV OPERATION

Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed.

- A) MODE:** Press to select each function for presetting.
- B) RESET:** Press to reset each function, or hold down for 4 seconds to have all function value totally reset.
- C) SET:** Press to preset count, time, pulse, distance, and calorie values.
- D) START / STOP:** Press to start or stop the computer function working.

\* Maximum user's body weight = 120 kg / 264 lbs.

NOTE: Please adjust the console and console mast in a comfortable angle of view before workout.

## OXFORD IV FUNCTIONS

- A) COUNT:** Accumulates counts up to 9999 or from the preset value count down to zero.
- B) TIME:** Accumulates total working time up to 99:59, or from preset time count down to zero.
- C) PULSE:** Shows the heart rate during exercise. Note: The chest strap is required to display your heart rate.
- D) DISTANCE:** Accumulates total distance from zero up to 99.90 km, or from the preset values count down to zero.
- E) CALORIES:** Accumulates calorie consumption during exercise from zero to MAX. value 999 cal, or from preset value count down to zero. (This data is a rough guide for comparison of different exercise sessions which can not be used in medical treatment).
- F) STROKES / MIN:** Displays the counts per minutes. The functions of pulse, distance, calories and strokes / MIN are in one display, The computer will be auto scan between each function when you start exercising.

### NOTE:

- 1) Without any signal for 5 minutes, the LCD display will shut off automatically, all values are saved, and if any key is pressed or exercise resumed the values shall re-appear.
- 2) Press mode to select between the functions should be under stop working condition.
- 3) If there is an improper display on the monitor, please re-install the batteries.
- 4) The computer is auto start/stop w/signal in while pedaling or non signal while stop.



## CONDITIONING GUIDELINES

Always consult your physician before beginning an exercise program.

### HOW OFTEN? (FREQUENCY OF WORKOUTS)

The American Heart Association recommends that you exercise at least 3 to 4 days per week to maintain cardiovascular fitness. If you have other goals such as weight or fat loss, you will achieve your goal faster with more frequent exercise. Whether it's 3 days or 6 days, remember that your ultimate goal should be to make exercise a lifetime habit. Many people are successful staying with a fitness program if they set aside a specific time of day to exercise. It doesn't matter whether it's in the morning before breakfast, during lunch hour or while watching the evening news. What's more important is that it's a time that allows you to keep a schedule, and a time when you won't be interrupted. To be successful with your fitness program, you have to make it a priority in your life. So decide on a time, pull out your day planner and pencil in your exercise times for the next month!

### HOW LONG? (DURATION OF WORKOUTS)

For aerobic exercise benefits, it's recommended that you exercise from between 24 and 60 minutes per session. But start slowly and gradually increase your exercise times. If you've been sedentary during the past year, it may be a good idea to keep your exercise times to as little as five minutes initially. Your body will need time to adjust to the new activity. If your goal is weight loss, a longer exercise session at lower intensities has been found to be most effective. A workout time of 48 minutes or more is recommended for best weight loss results.

### HOW HARD? (INTENSITY OF WORKOUTS)

How hard you workout is also determined by your goals. If you use your air rower to prepare for a 5K run, you will probably work out at a higher intensity than if your goal is general fitness. Regardless of your long term goals, always begin an exercise program at low intensity. Aerobic exercise does not have to be painful to be beneficial! There are two ways to measure your exercise intensity. The first is by monitoring your heart rate (using the grip pulse handlebars or a wireless chest transmitter - may be sold separately), and the second is by evaluating your perceived exertion level (this is simpler than it sounds!).

### PERCEIVED EXERTION LEVEL

A simple way to gauge your exercise intensity is to evaluate your perceived exertion level. While exercising, if you are too winded to maintain a conversation without gasping, you are working out too hard. A good rule of thumb is to work to the point of exhilaration, not exhaustion. If you cannot catch your breath, it's time to slow down. Always be aware of these warning signs of overexertion.

## ROUTINE MAINTENANCE

### WHAT KIND OF ROUTINE MAINTENANCE IS REQUIRED?

We use sealed bearings throughout our air rowers so lubrication is not needed. The most important maintenance step is to simply wipe your perspiration off the air rowers after each use.

### HOW DO I CLEAN MY HORIZON AIR ROWER?

Clean with soap and water cleaners only. Never use solvents on plastic parts. Cleanliness of your Horizon Fitness air rower and its operating environment will keep maintenance problems and service calls to a minimum. For this reason, Horizon preventative recommends that the following preventative maintenance schedule be followed.

#### AFTER EACH USE (DAILY)?

Clean with soap and water cleaners only.

**WARNING!** Wipe down the air rower with a damp cloth. Never use solvents, as they can cause damage to the air rower.

#### EVERY WEEK

Clean underneath the air rower, following these steps:

- Move the air rower to a remote location.
- Wipe or vacuum any dust particles or other objects that may have accumulated underneath the air rower.
- Return the air rower to its previous position.

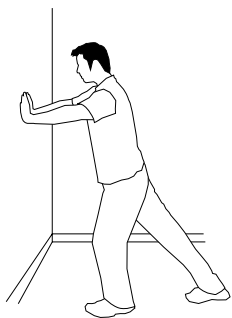
#### EVERY MONTH

Inspect all assembly bolts and pedals on the machine for proper tightness.



**TIPS** ✓ **STRETCHING****STRETCH FIRST**

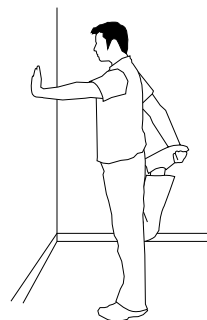
Before using your product, it is best to take a few minutes to do a few gentle stretching exercises. Stretching prior to exercise will improve flexibility and reduce chances of exercise related injury. Ease into each of these stretches with a slow gentle motion. Do not stretch to the point of pain. Make sure not to bounce while doing these stretches.

**1. STANDING CALF MUSCLE STRETCH**

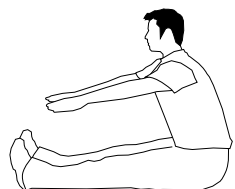
Stand near a wall with the toes of your left foot about 18" from the wall, and the right foot about 12" behind the other foot. Lean forward, pushing against the wall with your palms. Keep your heels flat and hold this position for a count of 15 seconds. Make sure that you do not bounce while stretching. Repeat on the other side.

**2. STANDING QUADRICEP STRETCH**

Using a wall to provide balance, grasp your left ankle with your left hand and hold your foot against the back of your thigh for 15 seconds. Repeat with your right ankle and hand.

**3. SITTING HAMSTRING & LOWER BACK MUSCLE STRETCH**

Sit on the floor with your legs together and straight out in front of you. Do not lock your knees. Extend your fingers towards your toes and hold for a count of 15 seconds. Make sure that you do not bounce while stretching. Sit upright again. Repeat one time.

**TIPS** ✓ **THE IMPORTANCE OF WARM UP & COOL DOWN****WARM UP**

The first 2 to 5 minutes of a workout should be devoted to warming up. The warm-up will limber your muscles and prepare them for more strenuous exercise. Make sure that you warm-up on your product at a slow pace. The warm up should gradually bring your heart rate into your Target Heart Rate Zone.

**COOL DOWN**

Never stop exercising suddenly! A cool-down period of 3-5 minutes allows your heart to readjust to the decreased demand. Make sure that your cool down period consists of a very slow pace to allow your heart rate to lower. After the cool-down, repeat the stretching exercises listed above to loosen and relax your muscles.

**TIPS** ✓ **ACHIEVING YOUR FITNESS GOALS**

An important step in developing a long term fitness program is to determine your goals. Is your primary goal for exercising to lose weight? Improve muscle? Reduce stress? Prepare for the spring racing schedule? Knowing what your goals are will help you develop a more successful exercise program. Below are some common exercise goals:

- Weight Loss - lower intensity, longer duration workouts
- Improve Body Shape and Tone - interval workouts, alternate between high and low intensities
- Increased Energy Level - more frequent daily workouts
- Improved Sports Performance - high intensity workouts
- Improved Cardiovascular Endurance - moderate intensity, longer duration workouts

If possible try to define your personal goals in precise, measurable terms, and then put your goals in writing. The more specific you can be, the easier it will be to track your progress. If your goals are long term, divide them up into monthly and weekly segments. Longer term goals can lose some of the immediate motivation benefits. Short term goals are easier to achieve. Your console provides you with several readouts that can be used to record your progress. You can track Distance, Calories or Time.

**KEEPING AN EXERCISE DIARY**

To make your personal exercise log book, photocopy the weekly and monthly log sheets, which are located on the following pages. As your fitness improves, you can look back and see how far you've come!



## WEEKLY LOG SHEETS

WEEK # _____		WEEKLY GOAL _____			
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
WEEKLY TOTALS:					

WEEK # _____		WEEKLY GOAL _____			
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
WEEKLY TOTALS:					

## WEEKLY LOG SHEETS

WEEK # _____		WEEKLY GOAL _____			
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
WEEKLY TOTALS:					

WEEK # _____		WEEKLY GOAL _____			
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
WEEKLY TOTALS:					



## MONTHLY LOG SHEETS

MONTH _____		MONTHLY GOAL _____	
WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS:			

MONTH _____		MONTHLY GOAL _____	
WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS:			

## MONTHLY LOG SHEETS

MONTH _____		MONTHLY GOAL _____	
WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS:			

MONTH _____		MONTHLY GOAL _____	
WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS:			



OXFORD IV



OXFORD IV



# AIR ROWER OWNER'S MANUAL

Oxford Air Rower Owner's Manual 081211 Rev1.0 © 2011 Horizon Fitness