TP-DH-8619
AIR ROWER

Tempo
FITNESS

JOHNSON

A brand of Johnson Health Tech   https://www.jhta.com.au/consumer-support/
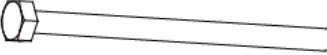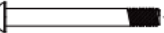
Safety instructions

Thank you for purchasing our products. The correct use of this equipment is your guarantee of safety and health. Please read this manual carefully before installing and using this equipment! Exercises can be made safe and effective only if they are properly installed, maintained, and used.

1. Before starting a practice program, consult your doctor to determine your current physical condition and whether it will be hazardous to your health when using this equipment. If you are doing some treatment about heart rate, blood pressure, and cholesterol, then the doctor's advice is very important.

2. Pay attention to some signals from your own body. Incorrect and excessive exercise will hurt your health. If you feel the following discomfort: pain, chest tightness, fast heartbeat, shortness of breath, top-heavy, dizzy, and nausea, stop practicing immediately. If you want to continue your practice program, please consult your doctor first.

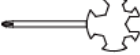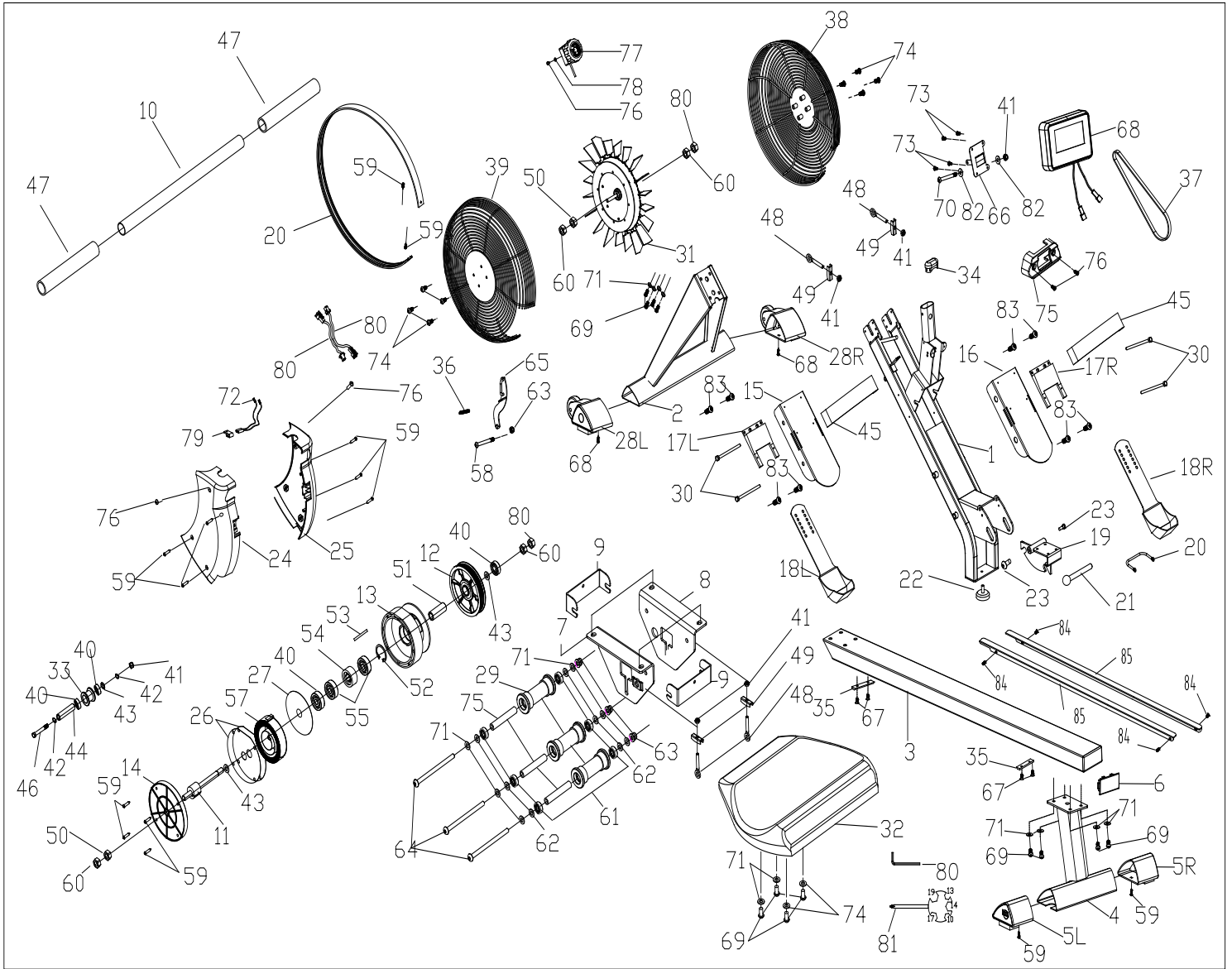3. Keep children and pets away from this equipment. This equipment is designed for adults.

4. Put a sturdy, flat material at the bottom of the equipment to protect your floor and carpet. For your safety, please ensure that there is at least 0.6m of free space around the equipment.

5. Please ensure that the screws and nuts are tightly locked before use and check the product regularly.

6. Please use the machine carefully. If you notice any defects when installing or using the equipment, or if you hear any abnormal noise, stop the exercise immediately.Do not continue to use the machine until the problem is resolved.

7. Wear fitted clothing during exercise to prevent loose clothing from being shackled or restricting movement.

8. Do not put your fingers or other objects in the equipment.

9. The maximum load of this product is 136KG (300 lbs).

10. This product cannot be used as a medical device.

11. Be careful when handling this equipment to avoid unnecessary injury.

12. This product is suitable for use in a cool, dry environment. Do not store in extremely cold, hot or humid places as this may corrode the product or cause other problems.

13. This product is for indoor use only and is not suitable for commercial use.

Spare parts lists：

#30 M12 4pcs		#71 OD20*ID8.5*1.5 14pcs	
#70 M6*70 1pc		#69 M8*15 14pcs	
# 67 M6*10 2pcs		#35 Stopper 1PC	
# 68 M4*12 2pcs		#80 S5	
#41 M6 1pc		#81 S13-19	
#82 OD12*ID6.5*1.5 2pcs			

| NO	DES.	Specification	Qty		NO	DES.	Specification	Qty
1	Main Frame		1		43	Wave washer	d10*Φ15*0.3	2
2	Front Stabilizer		1		44	Wheel casing	Ø10*Ø6.2*40	1
3	Seat Bracket		1		45	Pedal webbing		2
4	Rear Stabilizer		1		46	Hex Bolts	M6*55*15*S10	1
5	rear foot tube plug	2pcs=1set	2		47	Form Grip		2
6	Seat Bracket plug		1		48	Adjustment lever 1		4
7	Connecter for Seat right support plate		1		49	Chained U shape	30*10*T1.5	4
8	Seat right support plate		1		50	Hex nuts	M10*1.0	4
9	U-shaped baffle		2		51	One-way bearing sleeve	φ17*44	1
10	Handrail tube		1		52	washer	d36	1
11	connecter for Ribbon and wheel axle	Φ22*130	1		53	Webbing fixed shaft	Φ5*43	1
12	Belt pulley	Φ26*104	1		54	One-way bearing	φ35*d17*16	1
13	Ribbon wheel assembly	Φ35*110	1		55	Bearing	16003-2RS Φ35*Φ10*11	2
14	Scroll spring cover	Φ PA66+20％纤	1		56	Bearing	6300-2RS Φ35*Φ10*11	1
15	Fixed foot pedal		1		57	Scroll spring	t0.5*22*5080	1
16	Fixed foot pedal 1		1		58	Hexagon socket head screw	M8*40*15*S5	1
17	Pedal connecter		2		59	Cross recessed pan head tapping screws	ST4.2*16*Φ8	12
18	Pedals		2		60	Hex flange nut	M12*1.0	4
19	Rotating connector		1		61	Bearing	6008-2Z	6
20	Pull handle		1		62	Roller spacer	d8*φ15*4	6
21	plug		1		63	Nut	M8*H7.5*S13	4
22	Footpad	Φ52*40*M10	1		64	Hex bolts	M8*125*15 *S14	3
23	Hexagon socket head screw		2		65	Magnetic plate		1
24	Protective cover left		1		66	Electronic watch fixed piece		1
25	Protective cover right		1		67	Countersunk Phillips screw	M6*10	4
26	Outside cover for the wheel	Φ89*Φ16.5*0.5	1		68	Console		1
27	Board of Ribbon wheel	Φ111*Φ16*0.5	1		69	Hexagon socket head cap screws	M8*15*S5	18
28	front foot tube plug	2pcs=1set	2		70	Round head hexagon socket head cap bolt	M6*70	1
29	Roller wheel		3		71	Flat gasket	φ16*φ8.5*1.5	26
30	Hex bolts	M12*155*25 *S19	4		72	Sensor with strip		2
31	Fan leaf		1		73	Round head Phillips screw	M5*12	4
32	Seat		1		74	Hexagon socket head screw	M6*35*15*S5	8
33	wheel for Ribbon belt	115*110*34.5	1		75	Armrest fixing pad	104*50*18	1
34	elliptical tube plug	60*30*1.5	1		76	Round head Phillips screw	M5*12	4
35	Rubber pad		2		77	Sixteen fine-tuning		1
36	spring		1		78	washer	D6*Φ12*1.5	1
37	Belt		1		79	Sensor seat		1
38	Net cover Right		1		80	hexagonal wrench	S5	1
39	Net cover Left		1		81	Open end wrench	S10-S19	1
40	Bearing	6000	3		82	washer	d6.5*Φ12*1.5	2
41	Nut	M6*H6*S10	5		83	Cross recessed flat head screw	M4*15	10
42	Shaft circlip	D10	2		84	Strake		1

Assembly instructions
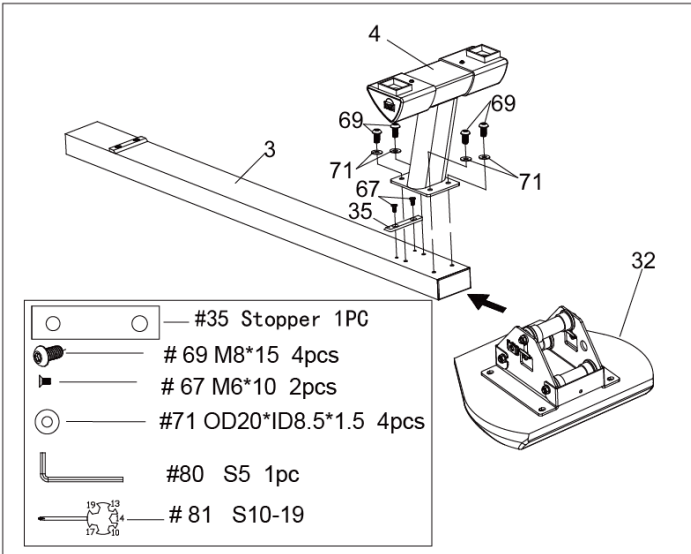
Step 1:

Turn over the Seat Bracket (#3) and Seat (#32) like picture show. Use 2pcs M6*10(#67) to lock 1pc(#35) to with the Seat Bracket(#3). Then conncet the Rear Stabilizer (# 4) with the Seat Bracket (#3) by using 4pcs M8*15(#60) and 4pcs Flat gasket (#71)

#35 Stopper 1PC
69 M8*15 4pcs
67 M6*10 2pcs
#71 OD20*ID8.5*1.5 4pcs
#80 S5 1pc
81 S10-19

Step 2:

Connect the Front Stabilizer (#2）with Main Frame（#1）by using 4 pcs M8*15(#69) and 4pcs Flat gasket (#71), and locked by S5 (#80)

69 M8*15 4pcs
#71 OD20*ID8.5*1.5 4pcs
#80 S5 1pc

Note: The frame has a package of Styrofoam in the middle of the assembly. When assembling, the front roller is facing downwards. After tightening the screws, stand up and remove the Styrofoam
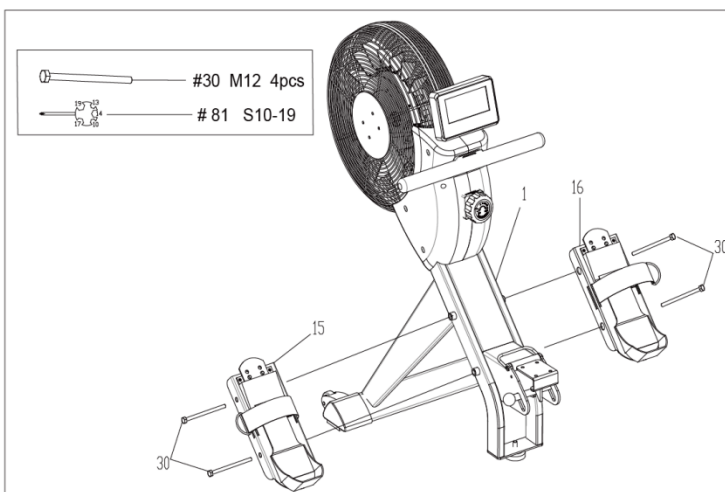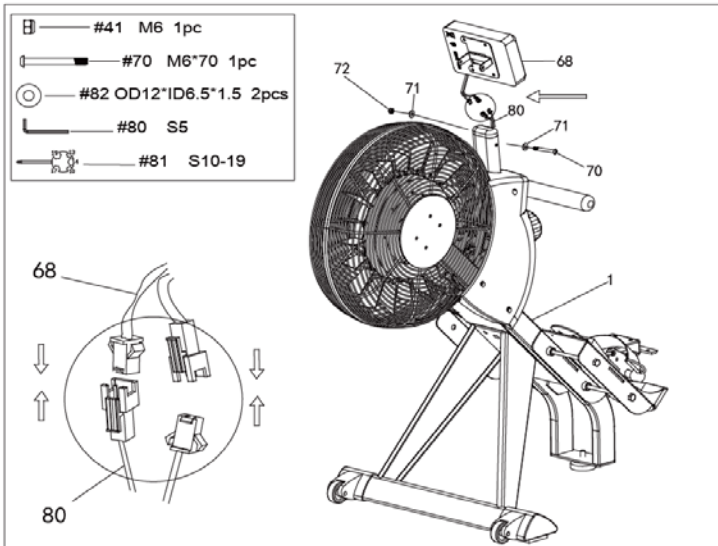
Step 3:

Use M12 Hex flange nut(#30) to through the padels and then lock on the Main Frame （#1）, and then use the wrench(#81) to lock.
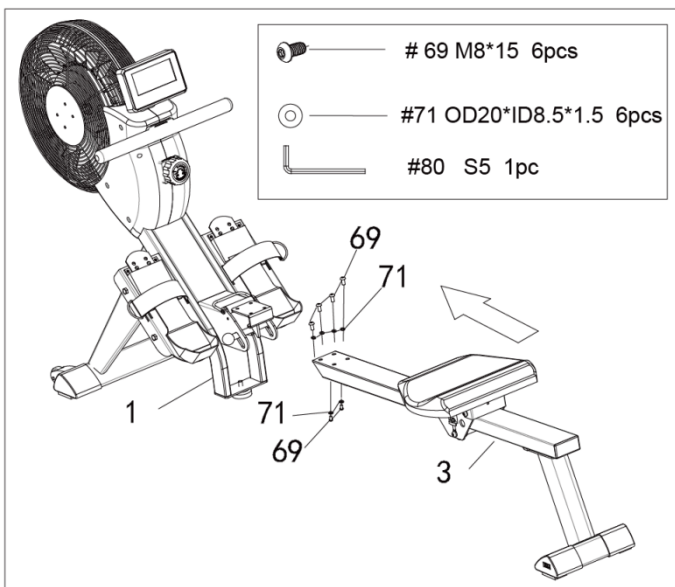
#30 M12 4pcs
81 S10-19

Note: Please distinguish the left and right foot pedals

5

Assembly instructions

Step 4:

First connect the two wire terminals, and then connect the Console （#68） with the Main Frame (#1). Insert the M6*70 screw (#70) and OD12*ID6.5*1.5 washer (#82) into the hole, screw the Nut （#41）into screw (#70). Finally, using the S5(#80) and S10-19(#81) to lock.
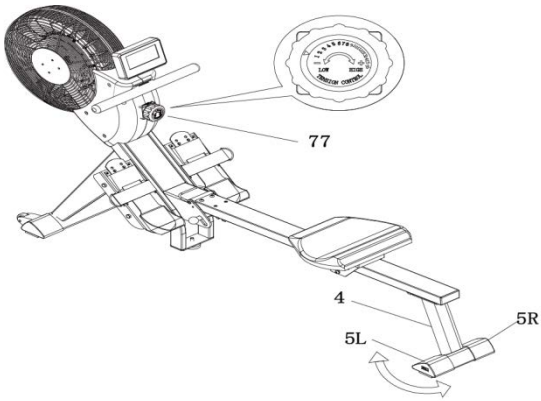

Step 5:

Firstly, put the Seat Bracket （#3） into Main Frame(#1), and then put the 6pcs M8*15 （#69） and 6pcs OD20*ID8.5*1.5 （#71）into the hole, lock them with wrench S5 （#80）

*Assembly is complete!* Please confirm if all screws are tightened

Adjustment guide

Adjusting balance
If the machine is not flat after assembly, adjust the pipe plug on the rear support tube to balance it.

Moving machine warning! When moving parts such as cushions, you may crush or cut your body. Do not touch the rails when using the machine. The knob #55 can be bounced into the rail #3 in the limit seat cushion.
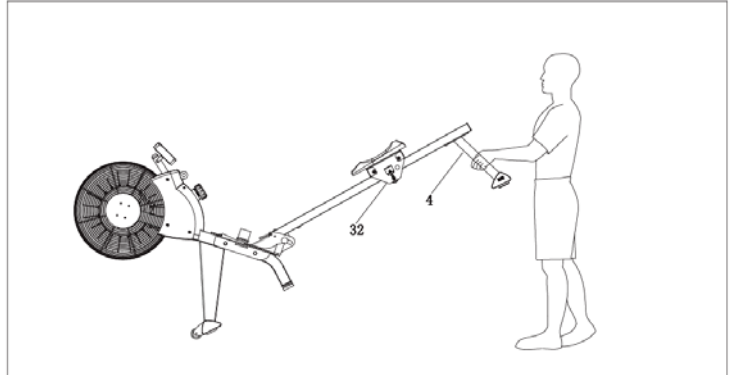
To move the machine, lift the rear support tube until the moving wheel on the front support tube touches
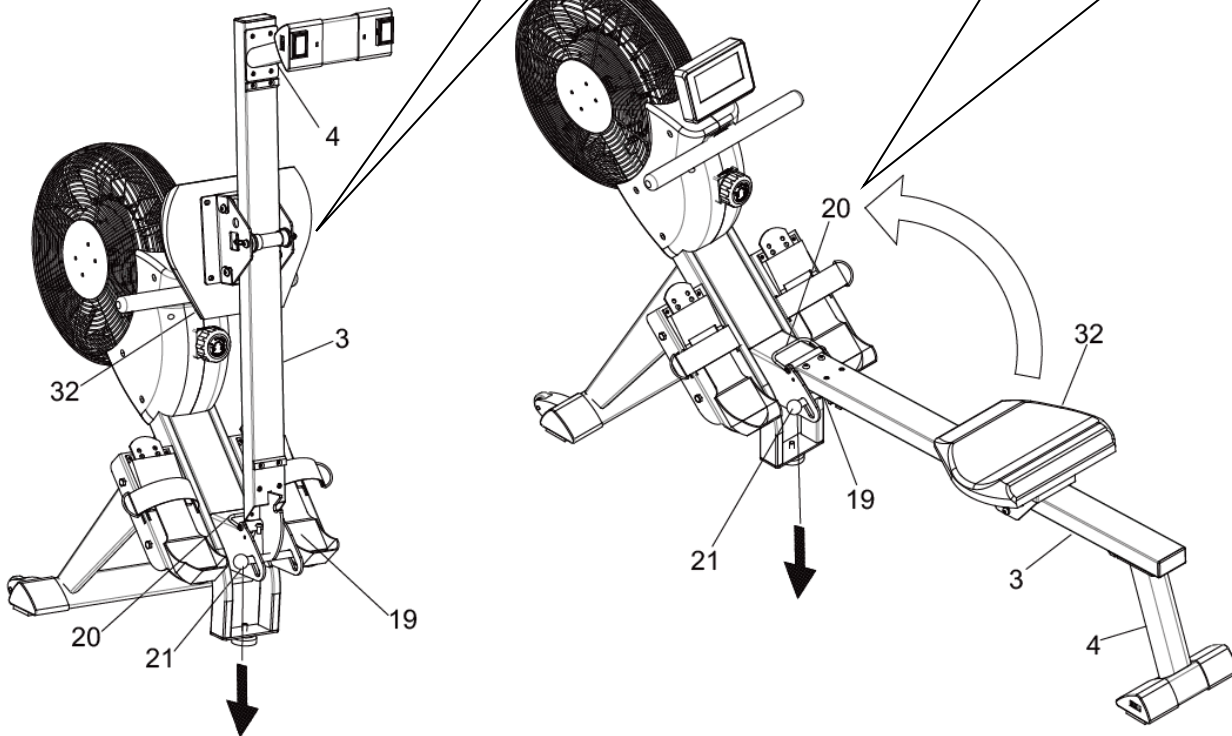
Machine storage

Warning!
When erecting the machine, please note that the head may touch the rear support tube.

Warning!
The seat will slide down when the rails are erected.

You can erect the machine to save space when not in use.

When the flattening machine is in use, press #21# to put the smooth track #3, then lift the #20 pull handle up and hear the sound of the #21 slot card.

Pedal adjustment
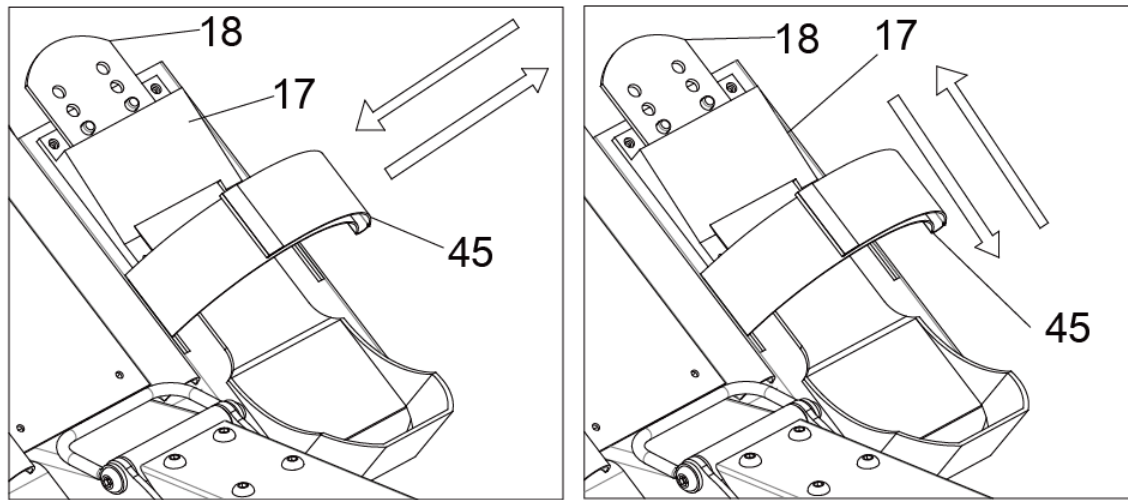
1、The pedal webbing is adjustable and can be adjusted to 37 for different user's foot sizes.
2. The position of the foot can be adjusted by adjusting the length of the 23 pedals, and the foot size of different users can be applied.

Exercise Coputer

FUNCTIONAL BUTTONS:

MODE - Push down for selecting functions.

UP - In setting status, press this button to increase setting value in relevant flashing window for TIME,   COUNT, CAL,DIST
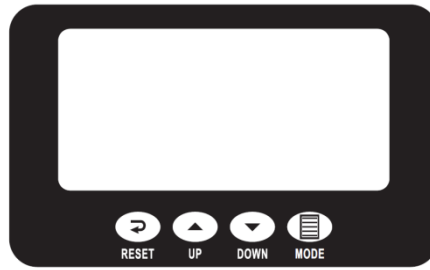
DOWN - In setting status, press this button to decrease setting value in relevant flashing window for TIME, CONT, CAL, DIST

RESET - Push down for resetting count 、time、dist and calories .

FUNCTION AND OPERATIONS:

1. **COUNT:** (1)Accumulate the steps while exercising.
   (2)Press"MODE"button until"Count"appears,Press"UP/DOWN"button to set exercise Count.
   When the SET is zero, the computer will stop about 1 seconds after the start of the time.
2. **RPM:** Display the steps per minute while exercising.
3. **TIME:** (1) Count the total time from exercise start to end.
   (2)Press"MODE"button until"TIME"appears,press"UP/DOWN"button to set exercise time.
   When the"SET"is zero, the computer will stop 1 seconds after the start of the time
4. **DIST:** (1) Count the distance from exercise start to end.
   (2)Press"MODE"button until"DIST"appears,Press"UP/DOWN"button to set exercise distance.
   When the"SET"is zero, the computer will stop about 1 seconds after the start of the time.
5. **CALORIES:** (1) Count the total calories from exercise start to end.
   (2)Press"MODE"button until"CAL"appears,Press"UP/DOWN"button to set exercise calories.
   When the SET is zero, the computer   will stop about 1 seconds after the start of the time
6. **TEMP**: (1) The monitor will display current room temperature when the monitor is in sleep mode.
   (2)Press"MODE"button until"TEMP"appears,Press"UP/DOWN"button to set ℉/℃

NOTE：

1. If the display is faint or shows no figures , please replace the batteries.
2. The monitor will automatically shut off if there is no signal received after 4 minutes .
3. The monitor will be auto-powered on when starting to exercise push button w/signal in.
4. The monitor will automatically start calculating when you start to exercise and
   will stop calculating when you stop exercising for 4 seconds

SPECIFICATIONS:

	COUNT	**0-999**
	RPM	**0-999**
	TIME	**00:00'~99:59'**
	DIST	**0.00~999(ML)KM**
	CALORIES	**0.0~999kCAL**
BATTERY TYPE		**2pcs of SIZE –AAA or UM –4**
OPERATING TEMPERATURE		**0°C ~ +40°C**
STORAGE TEMPERATURE		**-10°C ~ +60°C**

Beginners Guidelines

> If you're beginning an exercise program, you should check with your doctor if:
> You have been diagnosed with heart problems, high blood pressure or other medical conditions.
> You have not exercised for over a year.
> If you are over 35 and do not currently exercise.
> You are pregnant.
> You have diabetes.
> You have chest pain, or experience dizziness or fainting spells.
> You are recovering from an injury or illness.

WORKOUT TIPS

Always perform stretching exercises both before and after your workout.
Start slowly, doing too much or too soon can lead to injuries.
If you are sore or tired, give yourself a few extra days to recover.

HOW TO BEGIN

Start with two or three 15 minute sessions per week with a rest day between work-outs.
Warm-up for 5 to 10 minutes with gentle movements like walking or swinging your arms in a circle and then stretch the muscles that you'll use during your workout.
Increase the pace and resistance to a little harder than comfortable and exercise as long as you can. You may only be able to exercise for a few minutes at a time, but that will change quickly if you exercise regularly.
End each workout with a 5-minute cool down period at a gradually reducing pace. You should then stretch the muscles you've just worked to prevent injury and cramp.
Increase your workout time by a few minutes each week until you can work continuously for 30 minutes per session.
Don't worry about distance or pace.
For the first few weeks, focus on endurance and conditioning.

Stretching Tips

Before running, user should do 5-10 minute's warm-up exercise as followings:

<u>Toe touches</u>
Slowly bend forward from your waist, letting your back and shoulder relax as you stretch toward your toes. Reach down as far as you can and hold for 15 seconds.


<u>Hamstring stretches</u>
Sit with your right leg straight in front of you. Straighten your leg out while trying to hold on to your outstretched leg with your hand. Starting up with your back straight. Slowly exhale and try to bring your chest to the knee of your outstretched leg. Hold, then repeat on the other side for 15 seconds.

<u>Calf/Achilles stretch</u>
Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 seconds.

<u>Quadriceps stretch</u>
With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.
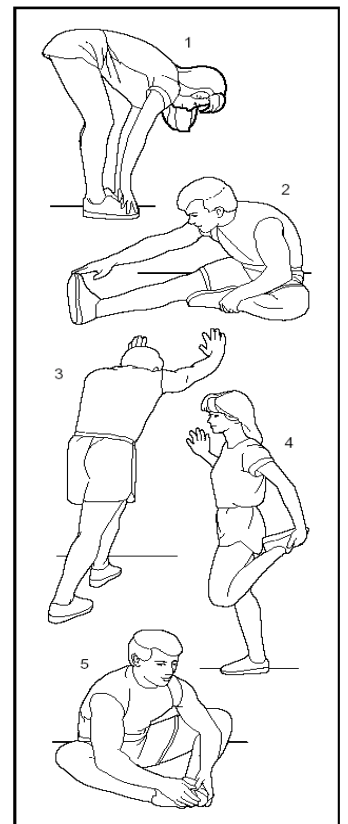
Inner thigh stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.

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