

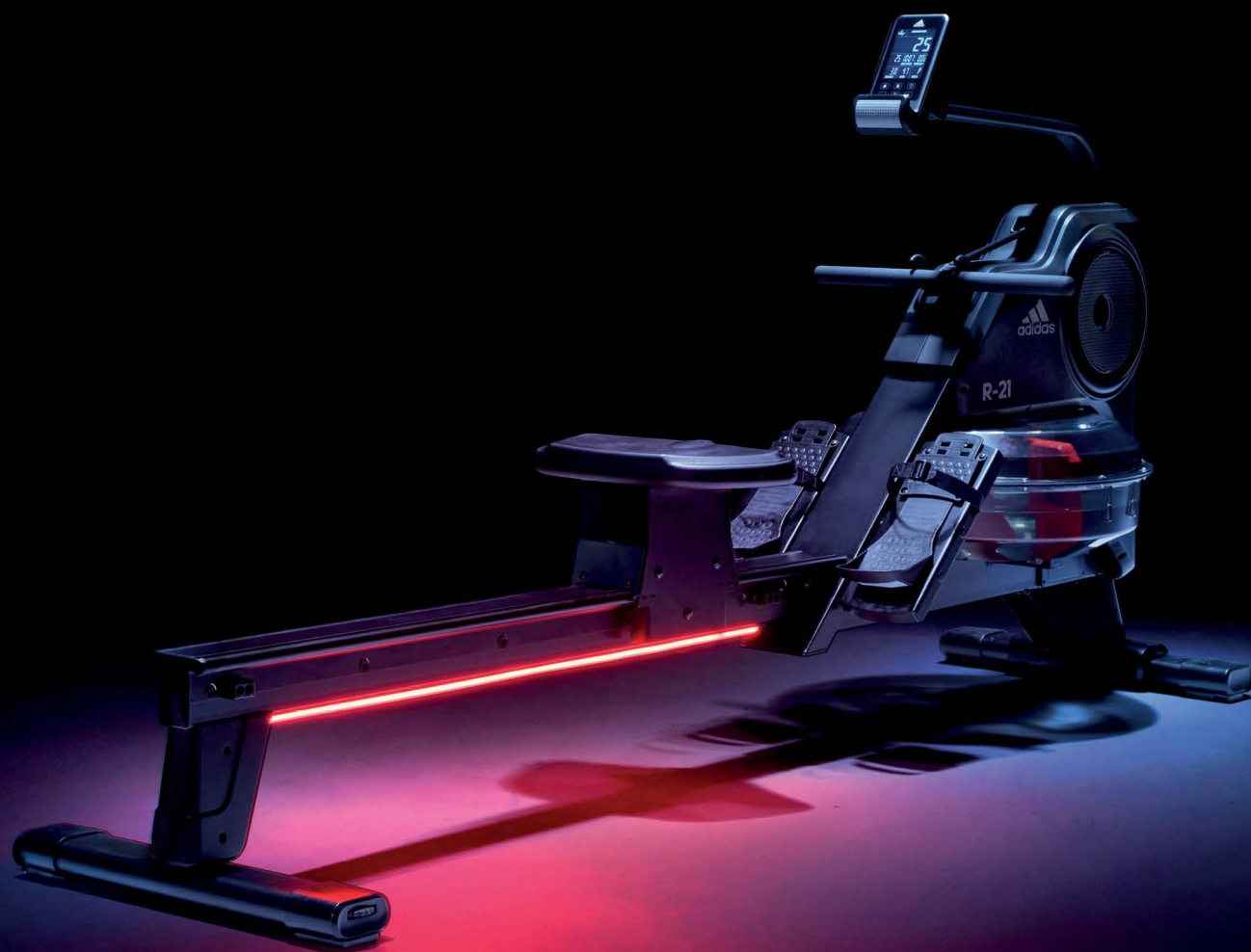


R-21 WATER ROWER

R-21 RAMEUR D'EAU

USER MANUAL

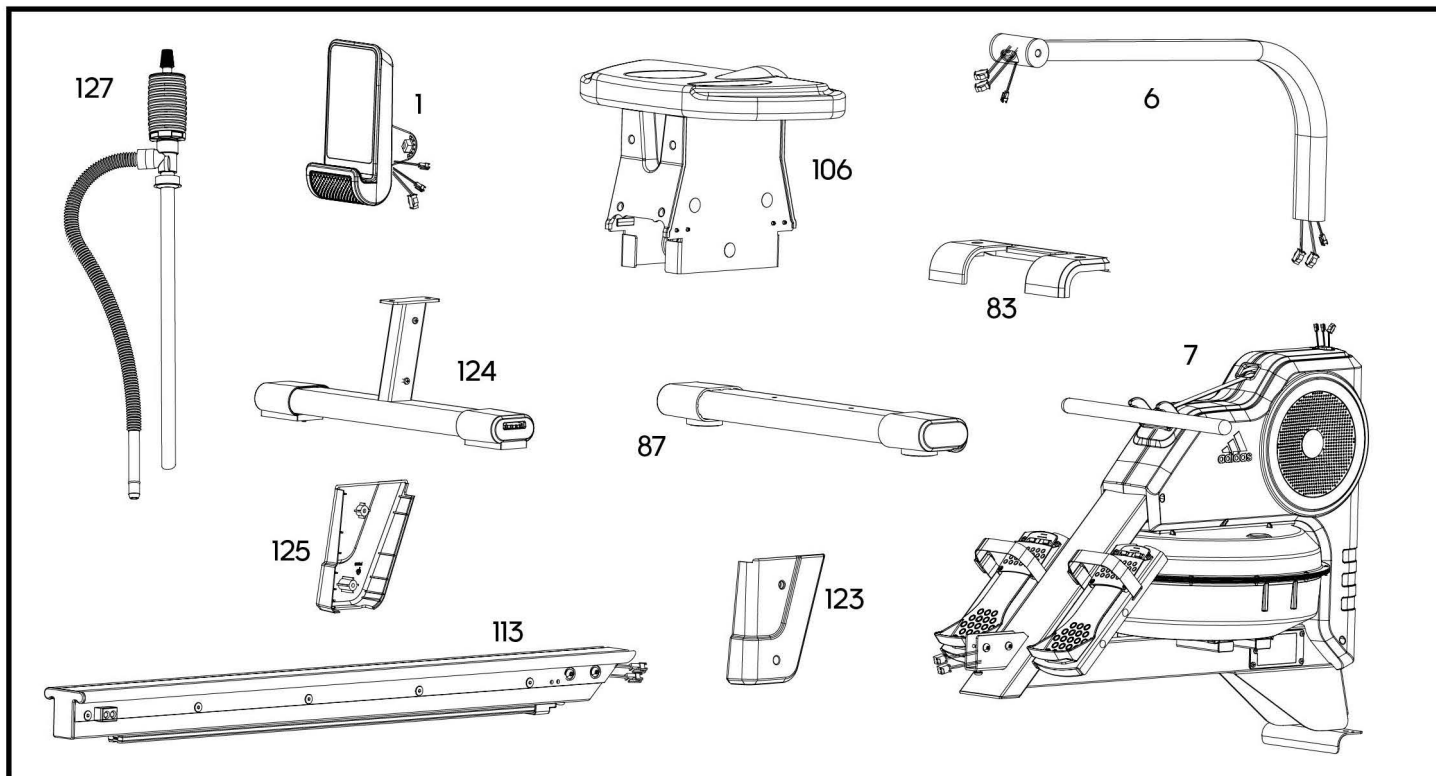
MANUEL DE L'UTILISATEUR



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PARTS

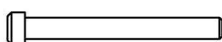


HARDWARE PACK

2. M8*20L
x 4



9. M10*90L
x 1



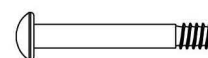
10. M10
x 1



84. M5*16L
x 6



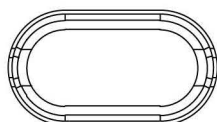
85. M8*50L
x 2



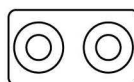
86. Ø8*Ø16*2T
x 6



93. x1



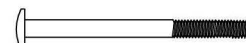
119. x 2



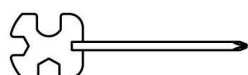
120. M6
x 2



121. M6*75L
x 2



128. 13, 14, 15
x 1



129. 6mm
x 1



143. Ø8.1*2.5T
x 6



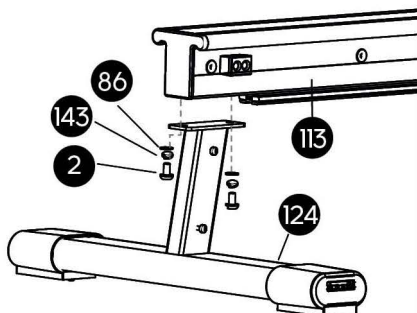
ASSEMBLY INSTRUCTIONS

1

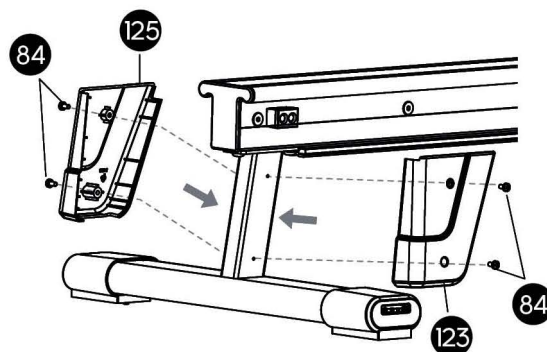


x2

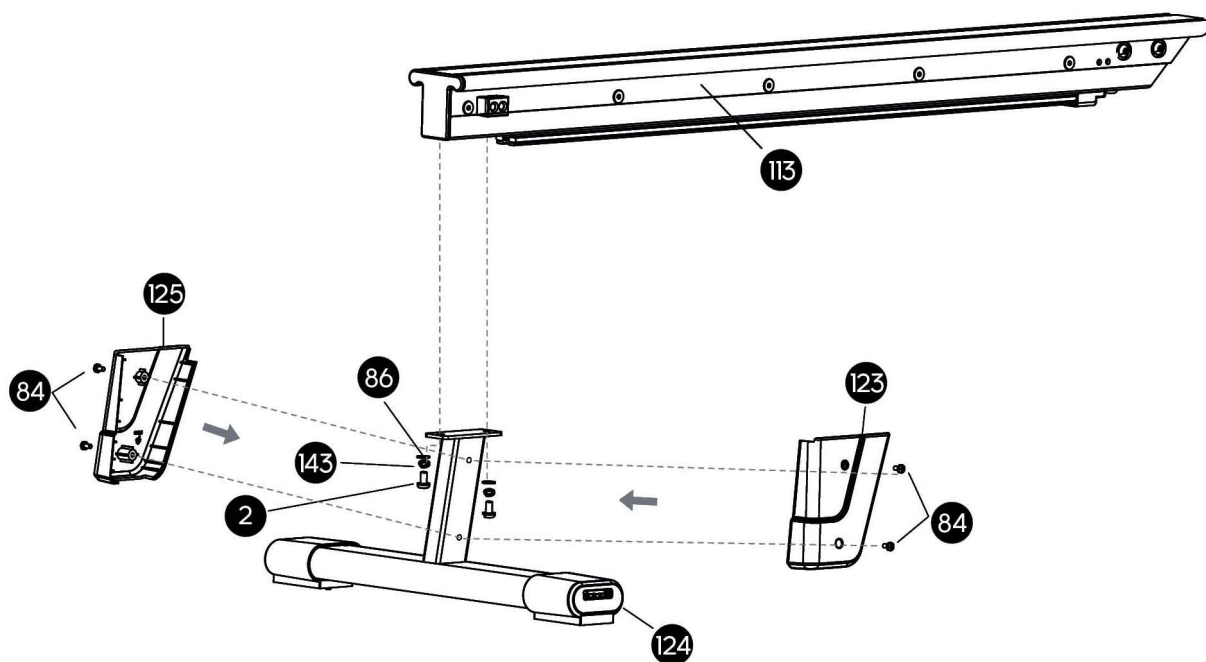
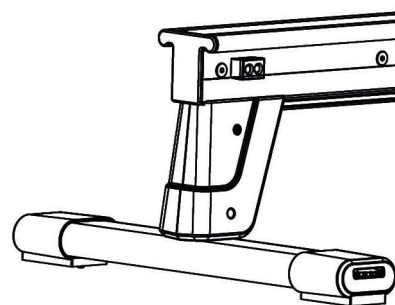
A



B



C



2. M8*20L
x 2



84. M5*16L
x 4



86. Ø8*Ø16*2T
x 2



143. Ø8.1*2.5T
x 2



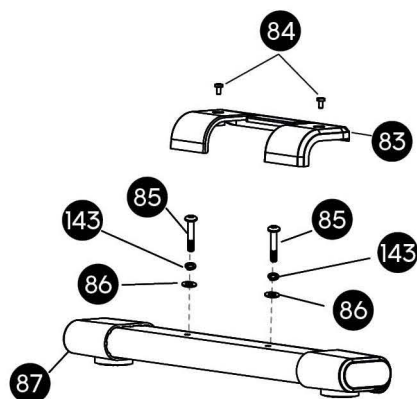
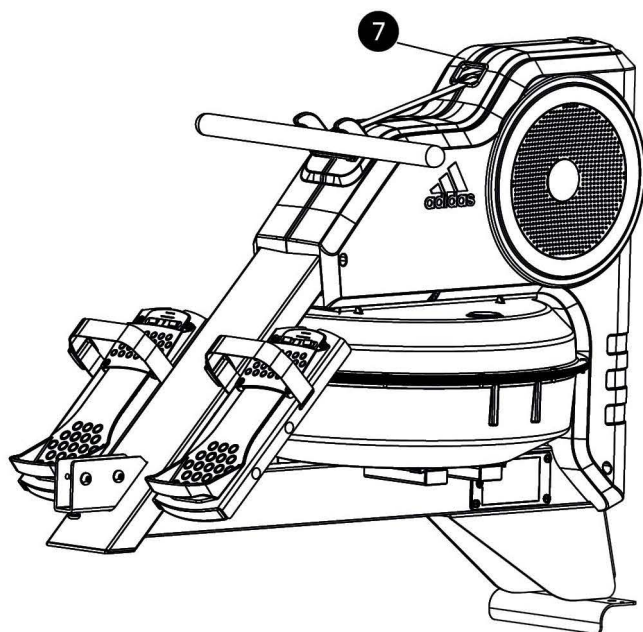
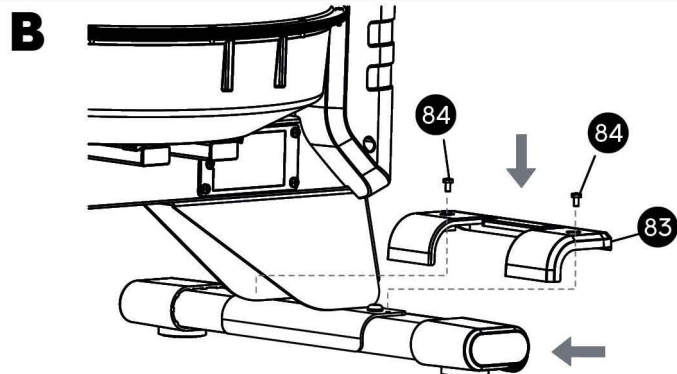
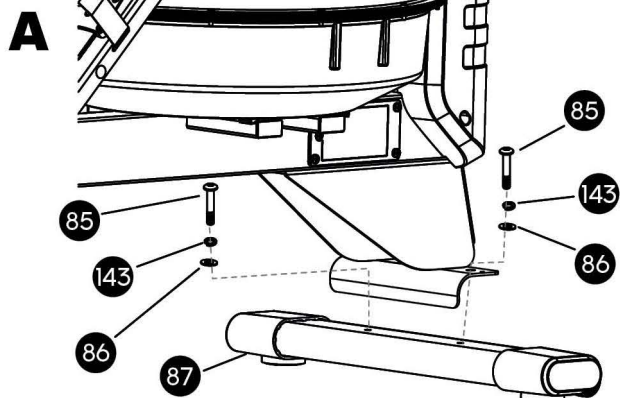
128. 13, 14, 15
x 1



129. 6mm
x 1



2



84. M5*16L
x 2

85. M8*50L
x 2

86. Ø8*Ø16*2T
x 2

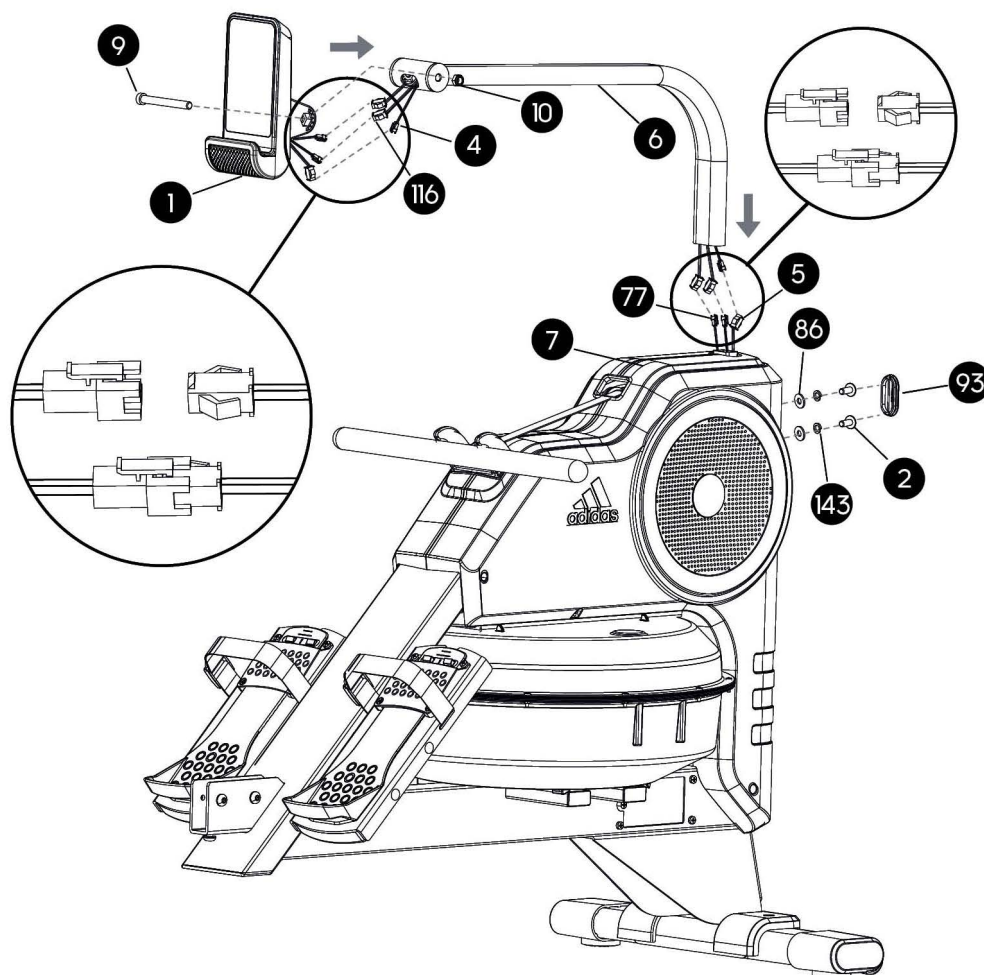
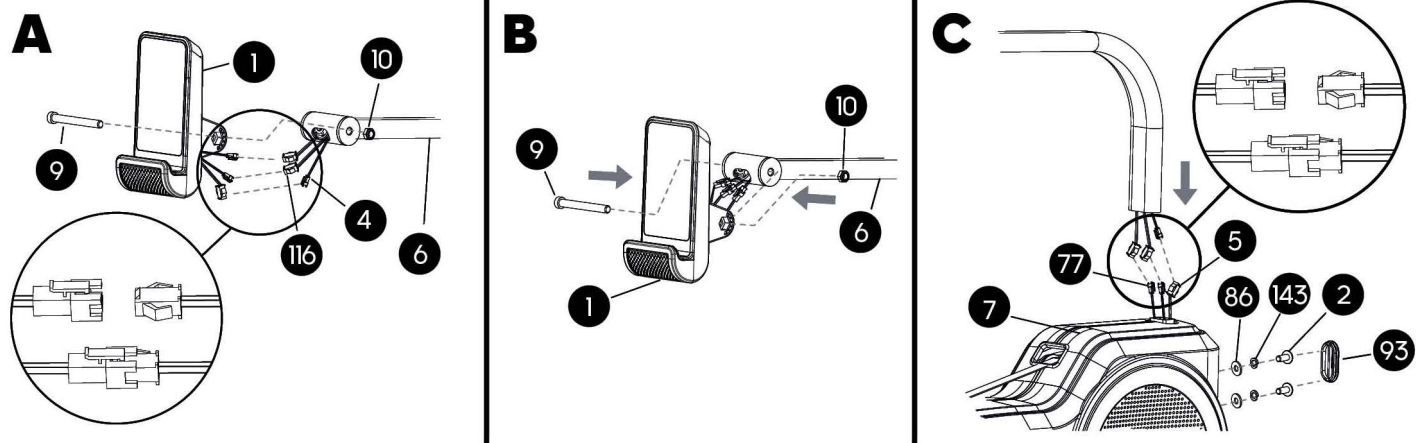
128. 13, 14, 15
x 1

129. 6mm
x 1

143. Ø8.1*2.5T
x 2



3



2. M8*20L
x 2

9. M10*90L
x 1

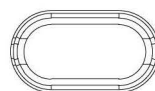
10. M10
x 1

86. Ø8*Ø16*2T
x 2

93. x1

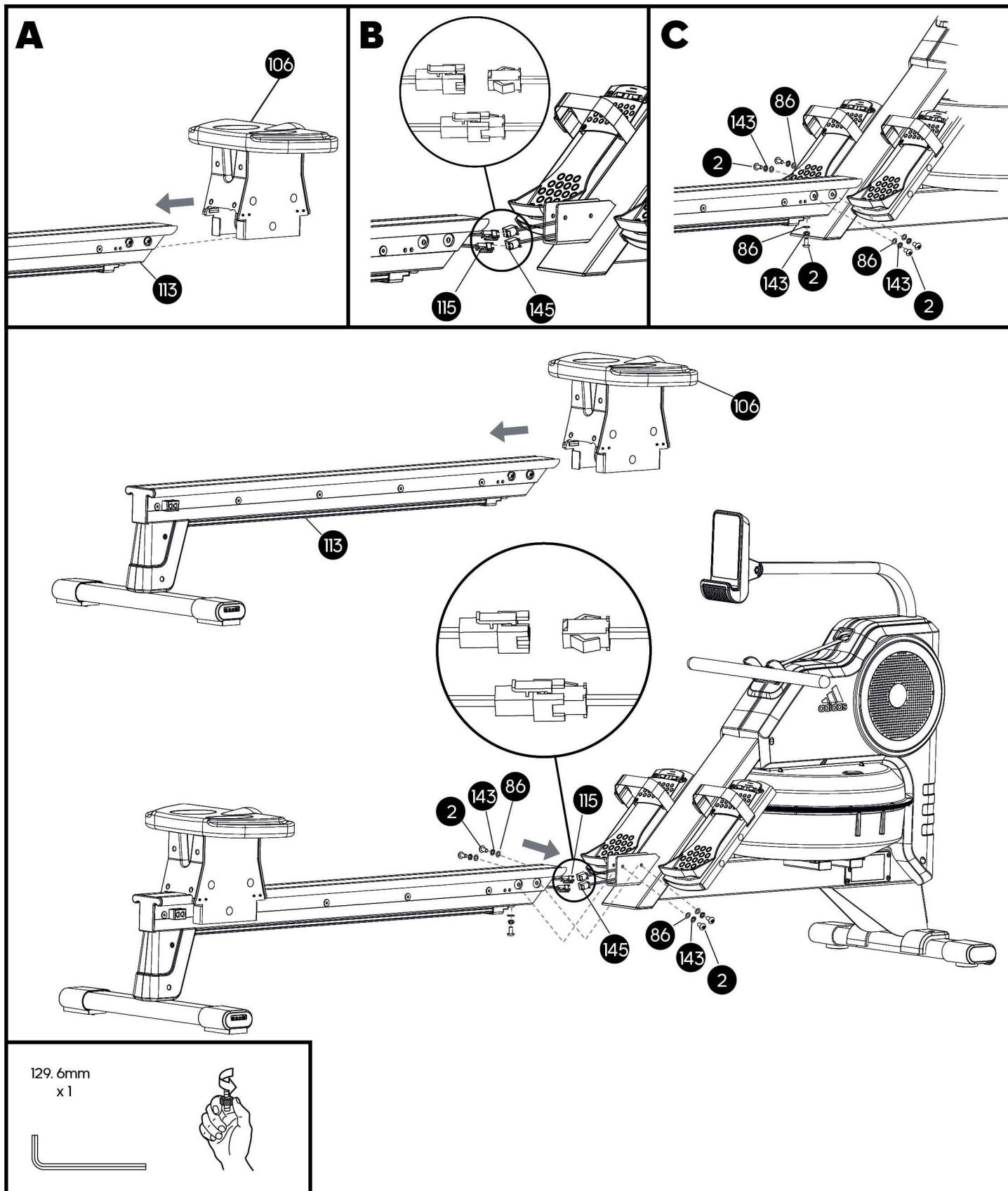
129.6mm
x 1

143. Ø8.1*2.5T
x 2



4

2x

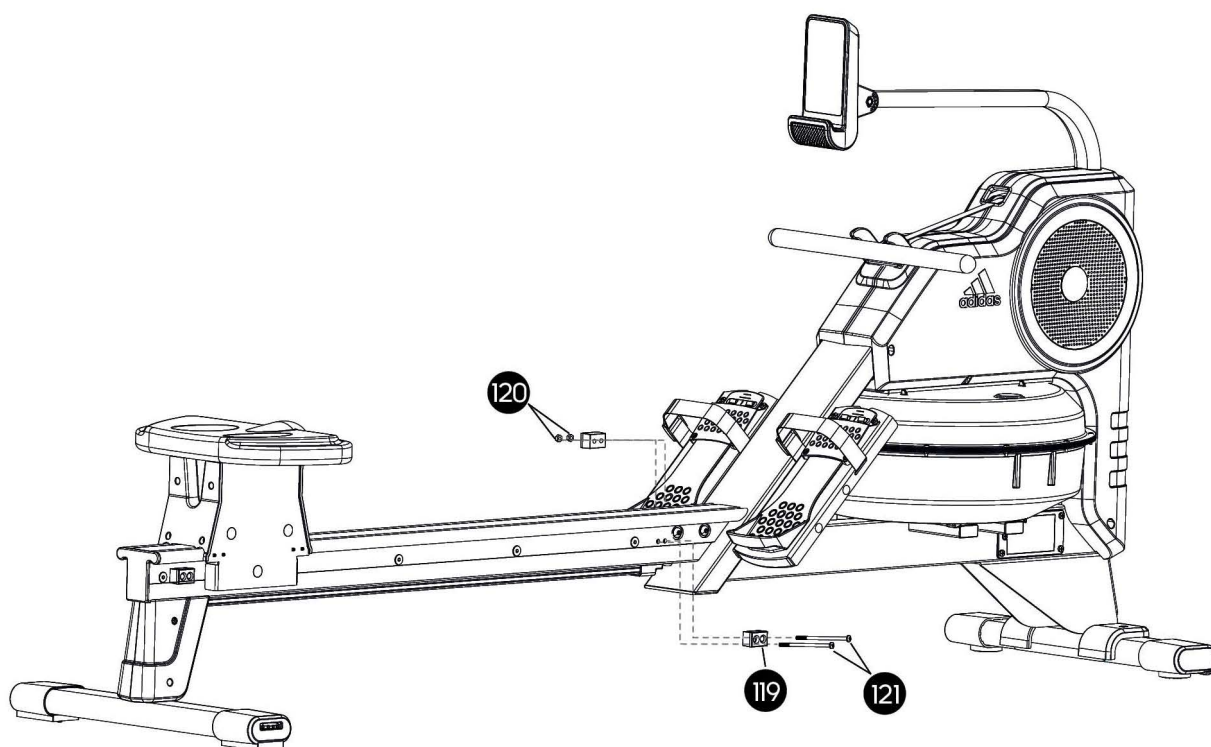
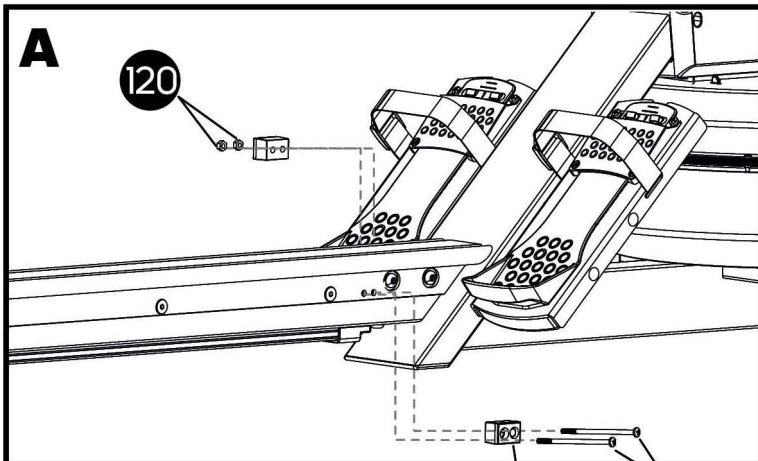


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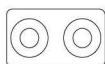


x2

A



119. x 2



120. M6
x 2



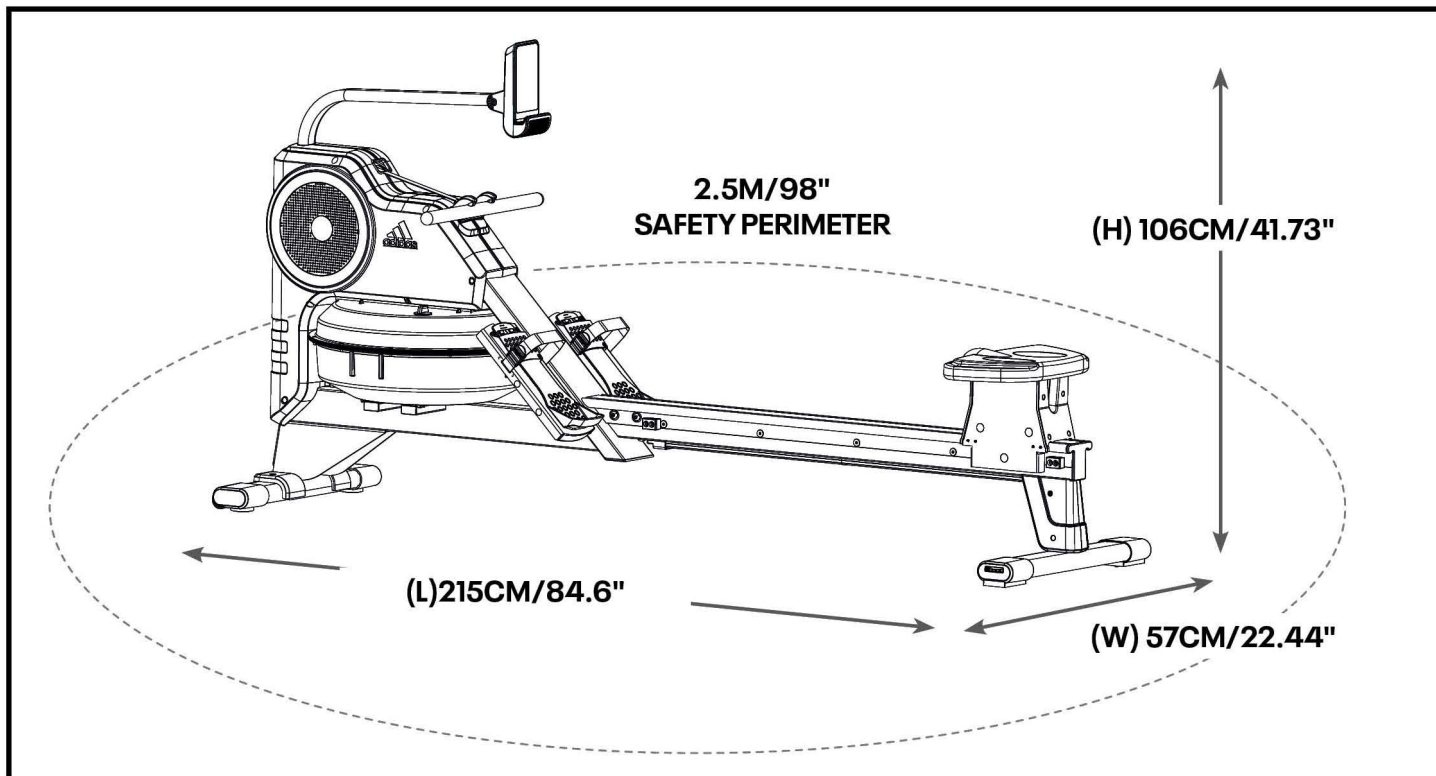
121. M6*75L
x 2



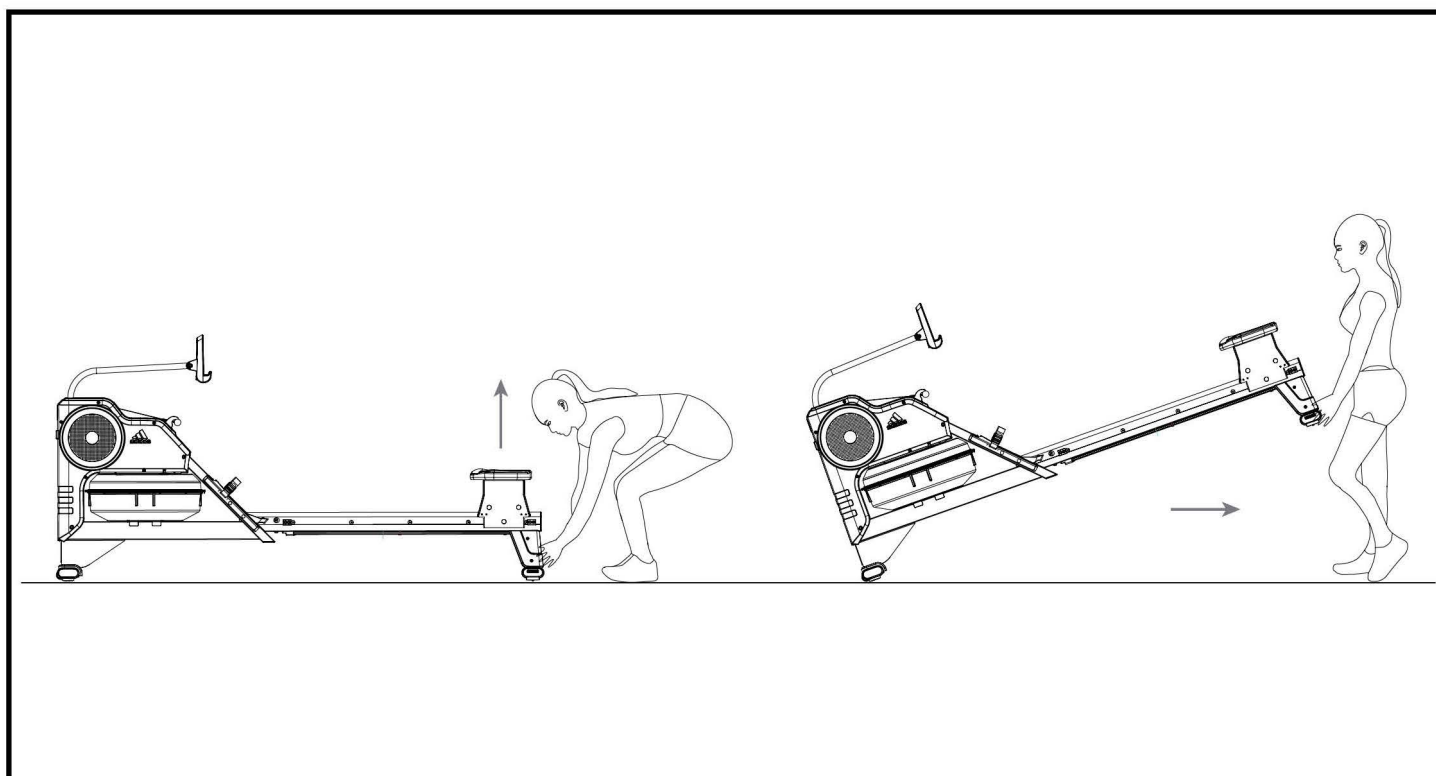
128. 13, 14, 15
x 1



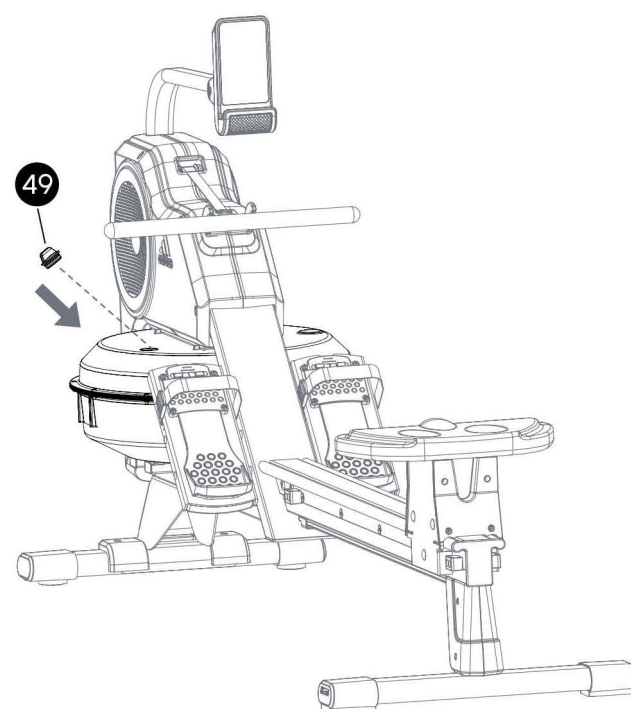
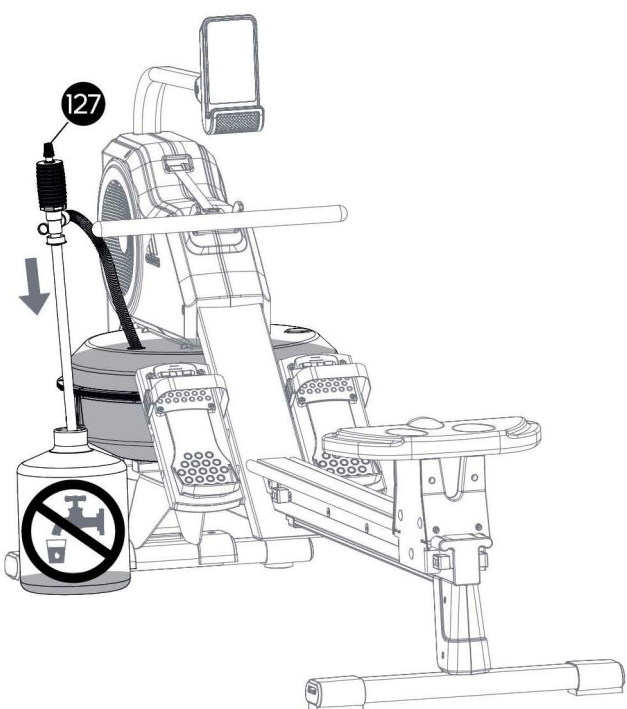
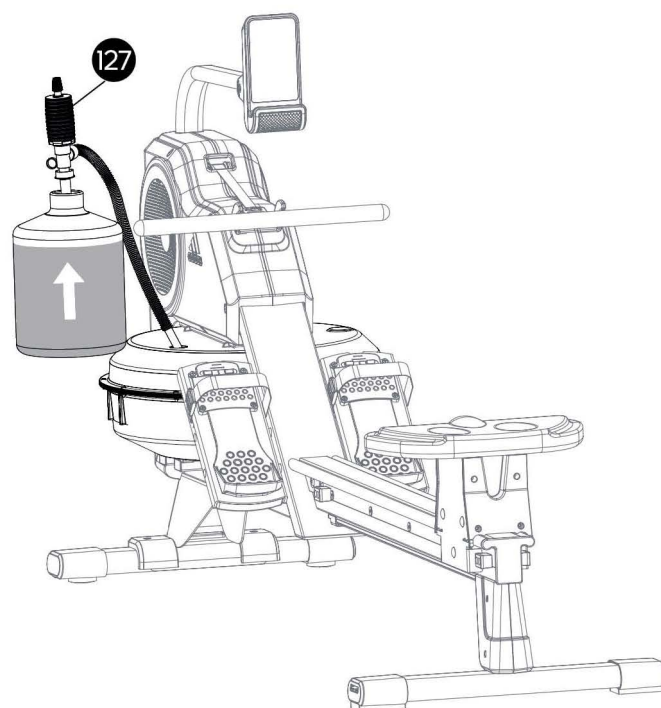
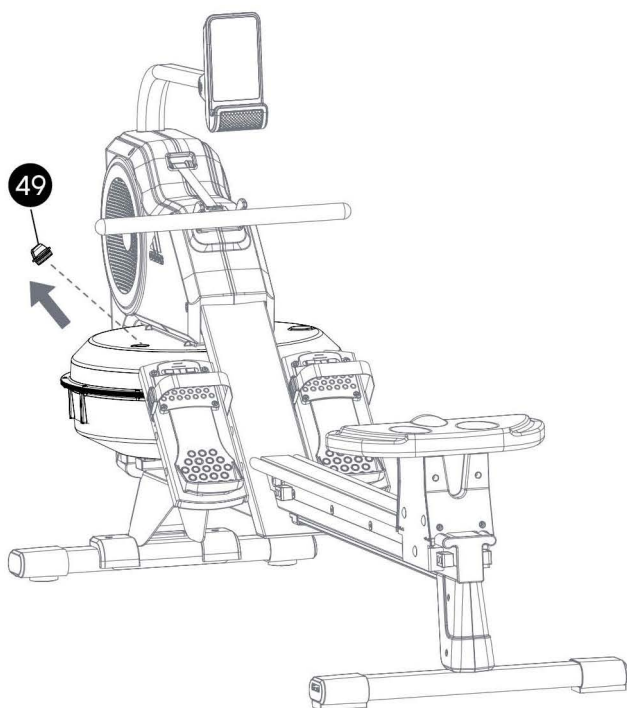
USER INFORMATION



MOVING THE MACHINE



FILLING AND EMPTYING



REGISTRATION AND SUPPORT

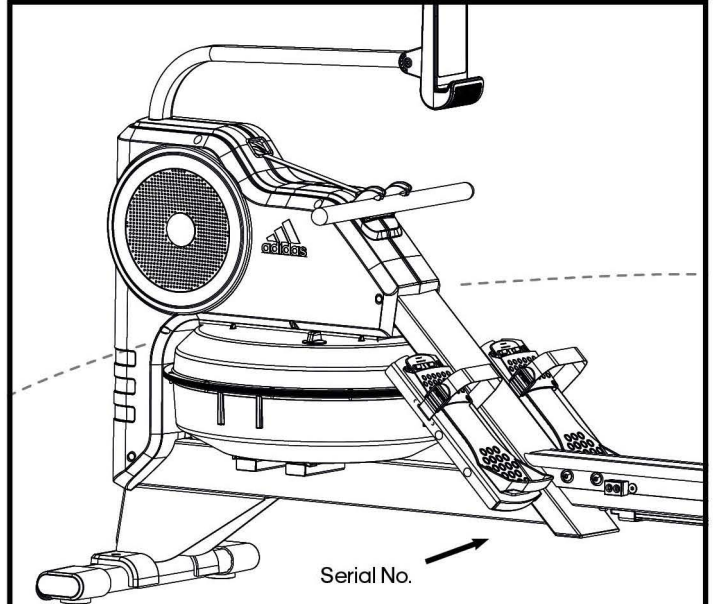


- (UK)** Product Registration and Support
- (FR)** Enregistrement et support du produit
- (DE)** Produktregistrierung und Support
- (ES)** Registro de productos y soporte
- (PT)** Registro de producto e suporte
- (RU)** Регистрация и поддержка продукта
- (ZH)** 产品注册和支持
- (JP)** 製品の登録とサポート
- (KR)** 제품 등록 및 지원
- (AR)** تسجيل المنتج والدعم



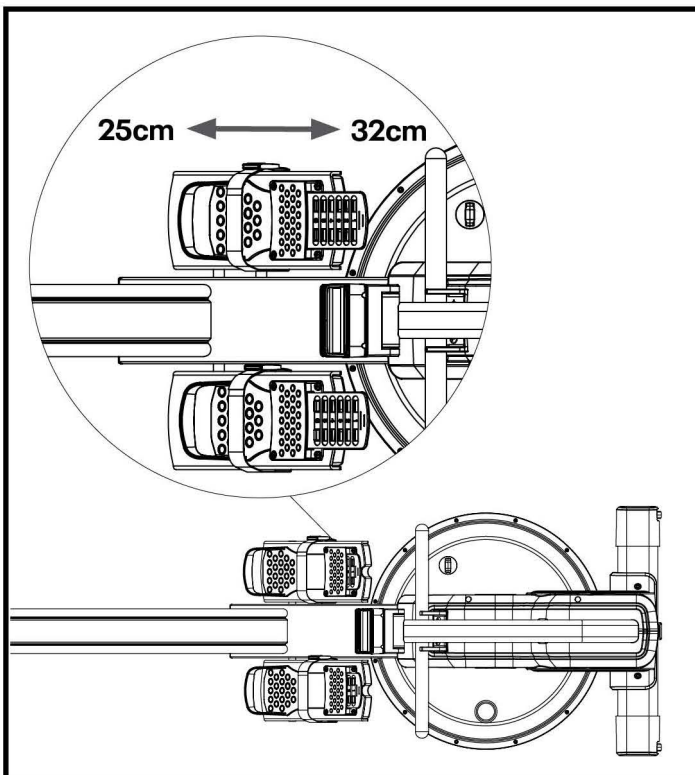
[WWW.ADIDASHARDWARE.COM/
PRODUCT-SUPPORT](http://WWW.ADIDASHARDWARE.COM/PRODUCT-SUPPORT)

SERIAL NUMBER



Serial Number is located on the base of the machine e.g. Serial No.:AVUS-10450/0718/000001

FOOT PLATE



WEIGHT GUIDE



150KG

**MAX USER WEIGHT
= 150KG/330.7LB**



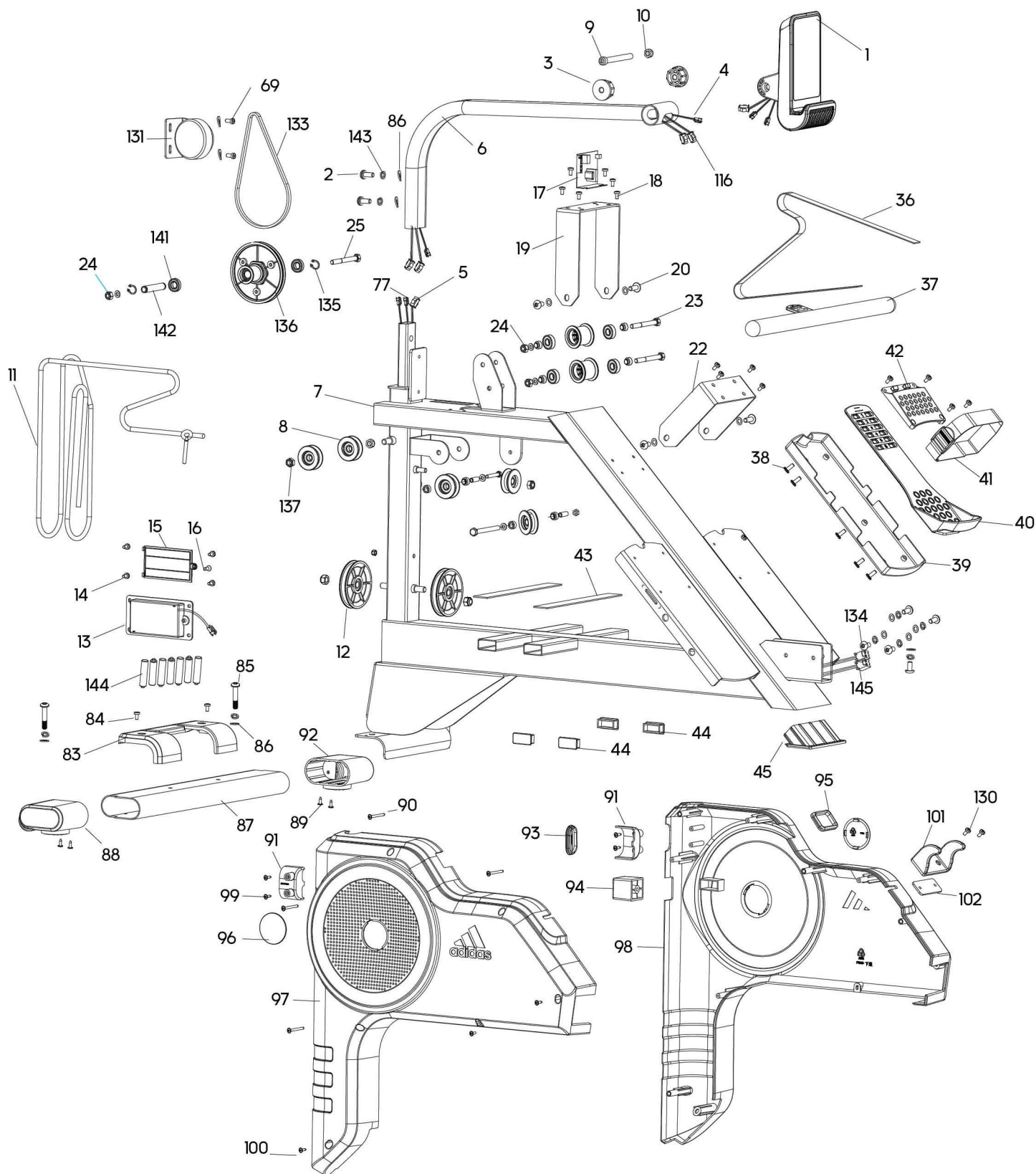
51.25KG

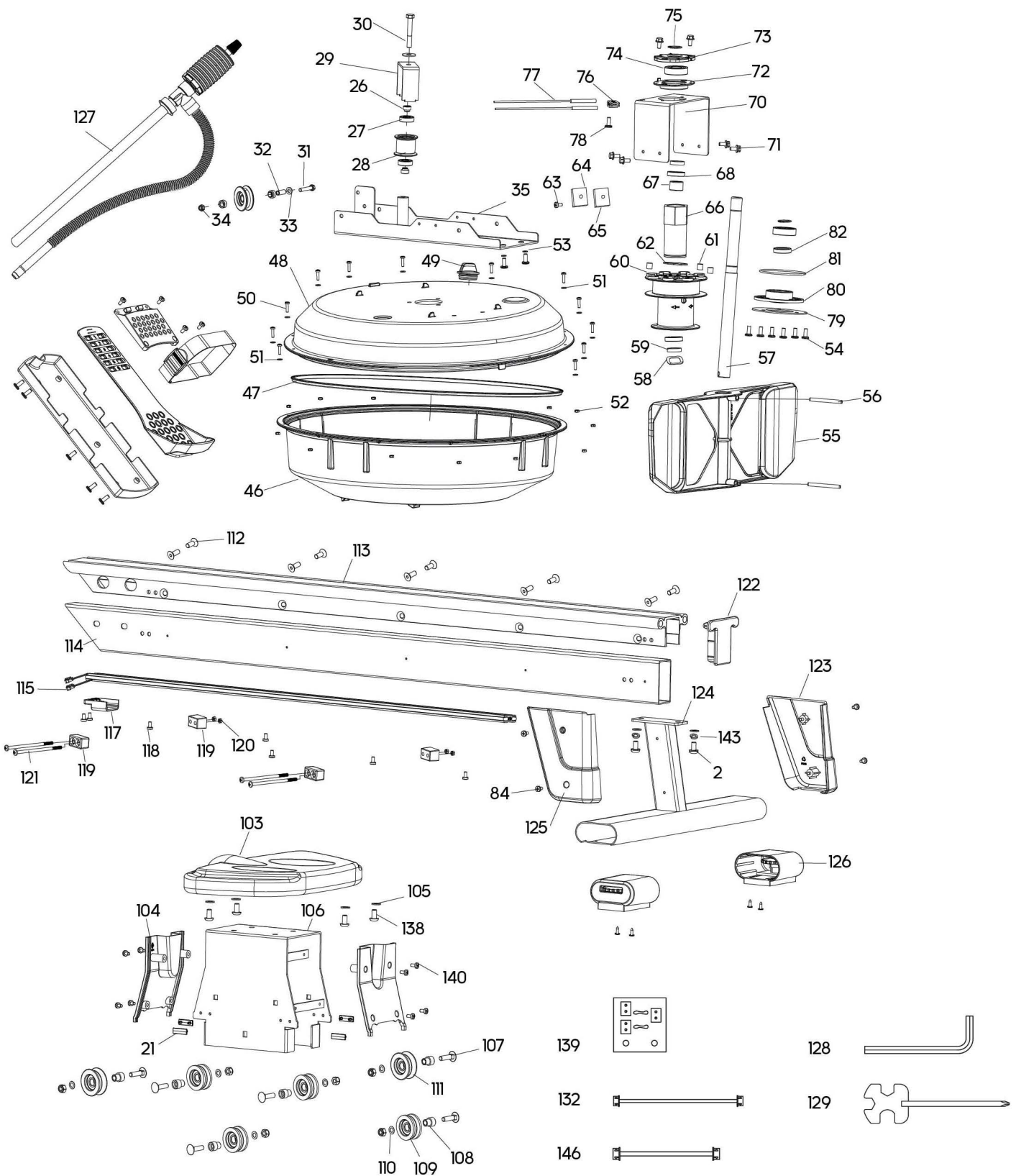
**MACHINE WEIGHT
= 51.25KG/112.99LB**



NOTES

EXPLODED DIAGRAM





PARTS LIST

NO.	PART DESCRIPTION	QTY
1	Console	1
2	Screw M8*P1.25*20L	4
3	Bushing φ38.1 Black	2
4	Upper connected wire	1
5	Lower connected wire	1
6	Upright	1
7	Frame	1
8	C2 Roller	6
9	Screw M10*90L	1
10	Nylon nut M10	1
11	Elastic rope	1
12	Roller	2
13	Batteries box holder	1
14	Screw M5*12L	8
15	Batteries box cover	1
16	Screw ST3.9*12L	1
17	Control board B801-D	1
18	Screw M6*12L	8
19	Fixing plate	1
20	Screw M8*P1.25*16L	4
21	Block (Black)	4
22	Fixing plate	1
23	Screw M8*P1.25*60L	2
24	Nylon nut M8*7T	9
25	Screw M8*P1.25*80L	1
26	C2 Bushing	12
27	Bearing 6000 2ZZ	6
28	Roller	3
29	U shape holder	1
30	Screw M8*P1.25*55L	1
31	Screw M6*P1.0*35L	3
32	C2 inner bushing φ6*φ8*20L	3
33	Flat washer φ6.5*φ13*1T	5
34	Nylon nut M6*5.5T	3
35	Water tank holder	1
36	Pull rope	1

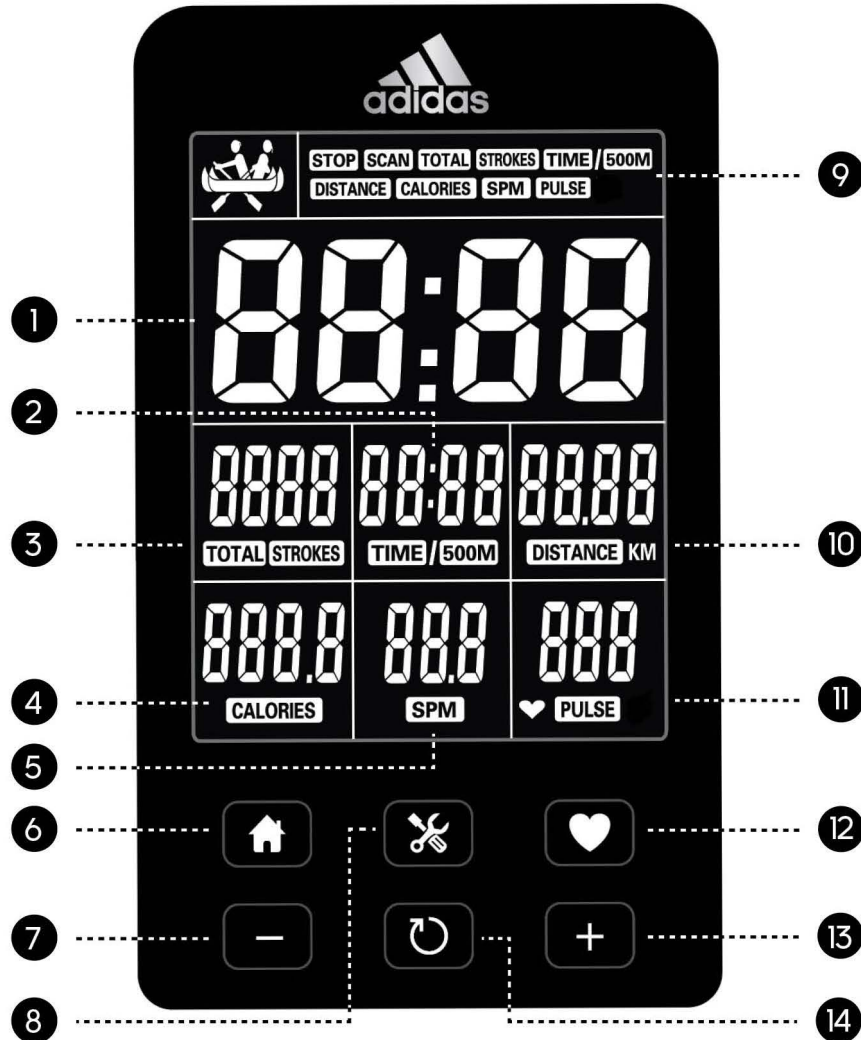
NO.	PART DESCRIPTION	QTY
37	Handlebar	1
38	Screw M5*10L	18
39	Lower pedal cover	2
40	Pedal adjust pad	2
41	Pedal strap 750*25*1T	2
42	Pedal fixing plate	2
43	EVA pad	2
44	End cap	4
45	End cap	1
46	Lower cover of water tank	1
47	Washer	1
48	Upper cover of water tank	1
49	Block	1
50	Screw M4*14 3	12
51	Flat washer φ4.5*φ11*1.5T	12
52	Nylon nut M4	12
53	O-Washer φ9*φ5*φ2	2
54	Screw M6*20L	8
55	CH2O Plate	1
56	Bolt φ6*60	2
57	Shaft	1
58	Wave washer φ20.5*φ30*0.3T	1
59	U80 Bushing	2
60	Pull wheel	1
61	Strong magnet φ15*4	3
62	Spring	1
63	Screw M5*10L	1
64	Plate	1
65	Locked block	1
66	PI06 Insert S41*9.35L	1
67	One way ratchet HF2016	1
68	Bearing 6804 2RS	2
69	Screw M6*16L	2
70	Reinforced plate	1
71	Screw M6*12	6
72	Lower bearing housing	1

NO.	PART DESCRIPTION	QTY
73	CH2O Upper bearing housing	1
74	Bearing 6004 2RS	2
75	C-shape clasp φ18.5*φ22.5*1T	2
76	PI06 Sensor bracket	1
77	Lower sensor of wire	2
78	Screw M5*10L	1
79	CH2O Plate φ100*2T	1
80	CH2O Bearing house	1
81	PI06 gasket φ90*φ50*5.3T	1
82	TC φ32*φ22*7	1
83	Semicircle cover	1
84	Screw M5*16L	6
85	Screw M8*P1.25*50L	2
86	Flat washer φ8.5*φ16*2T	19
87	Front stabilizer	1
88	Front Stabilizer end cap (L)	1
89	Screw ST4.8*12L	8
90	Screw ST3.9*50L	4
91	Inner cover	2
92	Front Stabilizer end cap (R)	1
93	Block	1
94	Front holder	1
95	Cover sheath	1
96	Round cover	2
97	Upper cover	1
98	Lower cover	1
99	Screw ST3.5*16L	4
100	Screw 3/16*3/4"	4
101	Handlebar bracket	1
102	Fixing plate	1
103	Seat	1
104	Slider cover	2
105	Flat washer φ6.5*φ16*2T	4
106	Slider	1
107	Screw M8*30L	6
108	C2 Roller bushing φ16*φ8.2*18.8L	6

NO.	PART DESCRIPTION	QTY
109	Lower Roller	2
110	Flat washer Ø8*Ø14*1T	6
111	Upper Roller	4
112	Screw M8*P1.25*16L	10
113	P500 Rail 100*54*1300L	1
114	Support tube 40*80*2T*1296L(90°,45°)pipe	1
115	Light -strips	1
116	Upper sensor wires	2
117	Lights cover	1
118	Screw M5*16L	7
119	Buffering pad	4
120	Nut M6	4
121	Screw M6*75L	4
122	End cap for rail	1
123	Lower supporting base cover	1
124	Rear stabilizer	1
125	Upper supporting base cover	1
126	Rear stabilizer end cap	2
127	CH2O Water absorption	1
128	Harpoon wrench 13.14.15	1
129	Hexagon wrench 6mm*30mm*84mm	1
130	Screw M6*20L	2
131	Generator	1
132	Battery connection wire	1
133	Belt	1
134	Screw M8*P1.25*20L	1
135	C-shape clasp Ø12	2
136	Driving wheel	1
137	Nylon nut M10	5
138	Screw M6*16L	4
139	Lighting PCB	1
140	Screw M5*12L	8
141	Bearing 6901ZZ	2
142	Bushing Ø12*Ø8.5*65T	2
143	Spring washer Ø8.1*2.5T	11

NO.	PART DESCRIPTION	QTY
144	AA Batteries	7
145	Middle lights connected wire	2
146	Upper lights connected wire	1

CONSOLE



1. FUNCTION DISPLAY

2. TIME/500M DISPLAY

3. TOTAL STROKES DISPLAY

4. CALORIE DISPLAY

5. SPM DISPLAY

Strokes Per Minute.

6. RESTART

Restart console.

7. DOWN (-)

Adjust function value down.

8. ENTER

Select or switch values of each function. Can be used as confirmation.

9. CURRENT FUNCTION DISPLAY

10. DISTANCE DISPLAY

11. PULSE DISPLAY

12. RECOVERY

Test heart rate recovery; Once complete, press again to revert.

13. UP (+)

Adjust function value up.

14. RESET

Press to reset all values.

COMPUTER PROGRAMS

1. BASIC FUNCTION

When users start exercising, the console will power on with a long beep sound, and then enter the main menu. Users can start exercising directly or start exercising after function values are set.

Start exercising directly and the values of Strokes/Time/Distance/Calories will count up from 0.

To set the function values press **RESTART**, to restart console and enter the main menu. Press **ENTER** to select and highlight function, the corresponding function value will flash. Press **(+)/(-)** to adjust values, or press **RESET** to revert to 0. Press **ENTER** again to confirm setting and highlight the next function value. Continue like this to set values for **STROKES/TIME/DISTANCE/CALORIES/HEART RATE**. After all settings are completed, users can start exercising.

All set function values (except heart rate) will start to count down. When function values (except heart rate) reach 0, the buzzer alarms, the values flash and begin to count up from 0. If the set heart rate value is reached during exercise, the console will flash to highlight this.

2. RECOVERY MODE

Please wear Heart Rate Chest Strap for this function.

Ensure the Chest Strap is secure and correctly placed below the pectorals. When the chest strap is in place the console will detect it and a reading will appear in the pulse window, then press **RECOVERY** to start the test. After the console has counted down for 60 seconds, Recovery level **F1-F6** will be given, See table below for results:

RECOVERY FITNESS GRADES	RESULT
F1	EXCELLENT
F2	GOOD
F3	AVERAGE
F4	FAIR
F5	POOR
F6	VERY POOR

At any time during a workout, **RECOVERY** can be pressed to test recovery level.

NOTE: Heart Rate Chest Strap included. Reading will appear in Pulse window when turned on.

Wear the device against skin just below chest. Adjust straps and make sure the battery door is facing inwards. Accurate readings may not be given if chest skin is too dry or if chest hair is too dense. Adjust accordingly.

The battery (CR2032 x 1) will last for up to 10 months if used 1 hour per day. When changing the battery please note the plus side should be facing upwards.

The pulse monitor is a guide for reference only and not for medical use or monitoring.

MPH (ML) TO KPH (KM) CONVERSION

In main menu, press and hold **RECOVERY** to enter the conversion interface. Select the metric **(KM)** or imperial **(ML)** system by pressing **(+)** or **(-)**, then press **ENTER** to confirm and exit.

AUTOMATIC POWER ON AND SHUT DOWN

When the user starts to exercise, the console will power on; When the equipment is inactive for approximately 2 minutes, it will automatically shut down.

NOTE: Keep moisture away from console.



CAUTION: THE USER IS CAUTIONED THAT CHANGES OR MODIFICATIONS NOT EXPRESSLY APPROVED BY THE PARTY RESPONSIBLE FOR COMPLIANCE COULD VOID THE USER'S AUTHORITY TO OPERATE THE EQUIPMENT.

THIS DEVICE COMPLIES WITH PART 15 OF THE FCC RULES AND INDUSTRY CANADA LICENCE-EXEMPT RSS STANDARD(S). OPERATION IS SUBJECT TO THE FOLLOWING TWO CONDITIONS: (1) THIS DEVICE MAY NOT CAUSE HARMFUL INTERFERENCE, AND (

2) THIS DEVICE MUST ACCEPT ANY INTERFERENCE RECEIVED, INCLUDING INTERFERENCE THAT MAY CAUSE UNDESIRE OPERATION.

LE PRÉSENT APPAREIL EST CONFORME AUX CNR D'INDUSTRIE CANADA APPLICABLES AUX APPAREILS RADIO EXEMPTS DE LICENCE. L'EXPLOITATION EST AUTORISÉE AUX DEUX CONDITIONS SUIVANTES :

(1) L'APPAREIL NE DOIT PAS PRODUIRE DE BROUILLAGE, ET

(2) L'UTILISATEUR DE L'APPAREIL DOIT ACCEPTER TOUT BROUILLAGE RADIOÉLECTRIQUE SUBI, MÊME SI LE BROUILLAGE EST SUSCEPTIBLE D'EN COMPROMETTRE LE FONCTIONNEMENT.

NOTE: THIS EQUIPMENT HAS BEEN TESTED AND FOUND TO COMPLY WITH THE LIMITS FOR A CLASS B DIGITAL DEVICE, PURSUANT TO PART 15 OF THE FCC RULES. THESE LIMITS ARE DESIGNED TO PROVIDE REASONABLE PROTECTION AGAINST HARMFUL INTERFERENCE IN A RESIDENTIAL INSTALLATION. THIS EQUIPMENT GENERATES, USES AND CAN RADIATE RADIO FREQUENCY ENERGY AND, IF NOT INSTALLED AND USED IN ACCORDANCE WITH THE INSTRUCTIONS, MAY CAUSE HARMFUL INTERFERENCE TO RADIO COMMUNICATIONS. HOWEVER, THERE IS NO GUARANTEE THAT INTERFERENCE WILL NOT OCCUR IN A PARTICULAR INSTALLATION.

IF THIS EQUIPMENT DOES CAUSE HARMFUL INTERFERENCE TO RADIO OR TELEVISION RECEPTION, WHICH CAN BE DETERMINED BY TURNING THE EQUIPMENT OFF AND ON, THE USER IS ENCOURAGED TO TRY TO CORRECT THE INTERFERENCE BY ONE OR MORE OF THE FOLLOWING MEASURES:

-- REORIENT OR RELOCATE THE RECEIVING ANTENNA.

-- INCREASE THE SEPARATION BETWEEN THE EQUIPMENT AND RECEIVER.

-- CONNECT THE EQUIPMENT INTO AN OUTLET ON A CIRCUIT DIFFERENT FROM THAT TO WHICH THE RECEIVER IS CONNECTED.

-- CONSULT THE DEALER OR AN EXPERIENCED RADIO/TV TECHNICIAN FOR HELP.

FCC& IC RADIATION EXPOSURE STATEMENT:

THIS EQUIPMENT COMPLIES WITH FCC AND CANADA RADIATION EXPOSURE LIMITS SET FORTH FOR AN UNCONTROLLED ENVIRONMENT.

THIS TRANSMITTER MUST NOT BE CO-LOCATED OR OPERATING IN CONJUNCTION WITH ANY OTHER ANTENNA OR TRANSMITTER.

DÉCLARATION D'IC SUR L'EXPOSITION AUX RADIATIONS:

CET ÉQUIPEMENT EST CONFORME AUX LIMITES D'EXPOSITION AUX RADIATIONS DÉFINIES PAR LE CANADA POUR DES ENVIRONNEMENTS NON CONTRÔLÉS.

CET ÉMETTEUR NE DOIT PAS ÊTRE INSTALLÉ AU MÊME ENDROIT NI UTILISÉ AVEC UNE AUTRE ANTENNE OU UN AUTRE ÉMETTEUR.

NOTES



R-21 WATER ROWER **R-21** RAMEUR D'EAU

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APAC (EXCLUDING AUSTRALIA): RFE ASIA PACIFIC, 26F, 2608-2609, 1 HUNG TO ROAD, KWUN TONG, KOWLOON, HONG KONG.

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techsupportchina@rfeinternational.com / 4007037798

USA: RFE SPORTING GOODS INC., 715 DISCOVERY BLVD, SUITE 313, CEDAR PARK, TX-78613, USA
techsupportusa@rfeinternational.com / +1 (800) 215 6216



NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

CAN ICES-3(B) / NMB-3(B)

AVUS-10450

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V1 06/2021