



**R-21x** ROWER

**R-21x** RAMEUR

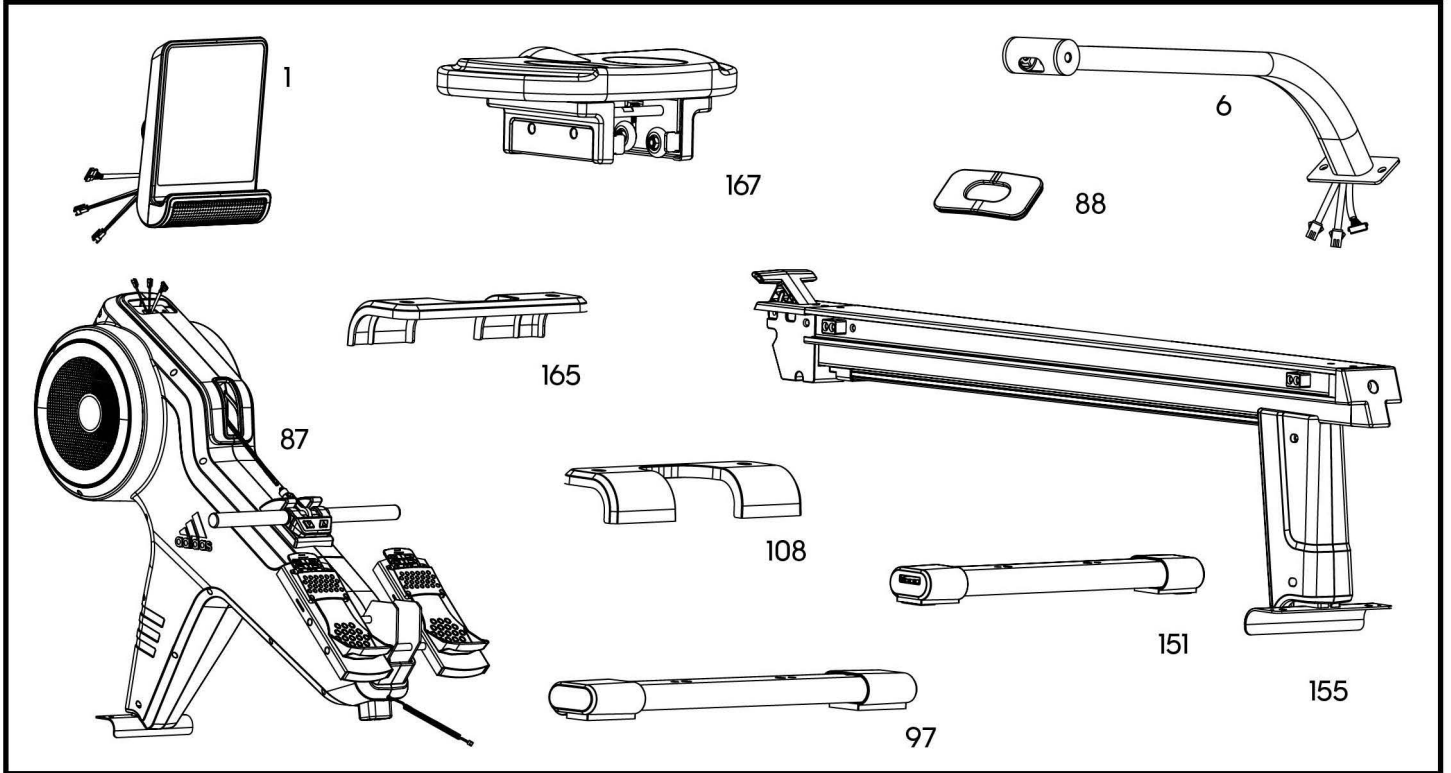
**USER MANUAL**  
**MANUEL DE L'UTILISATEUR**



[ADIDASHARDWARE.COM](https://www.adidashardware.com)

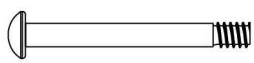


# PARTS



# HARDWARE PACK

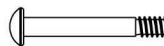
2. M10\*95L  
x 1



7. M10  
x 1



93. M8\*1.25\*50L  
x 4



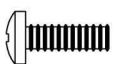
94. Ø8.1\*Ø13.5X2.5T  
X 4



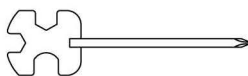
95. Ø8\*Ø19\*2T  
X 4



164. M5\*16  
x 4



180. 13.15.17  
x 1



181. 6\*50L\*90L  
x 1



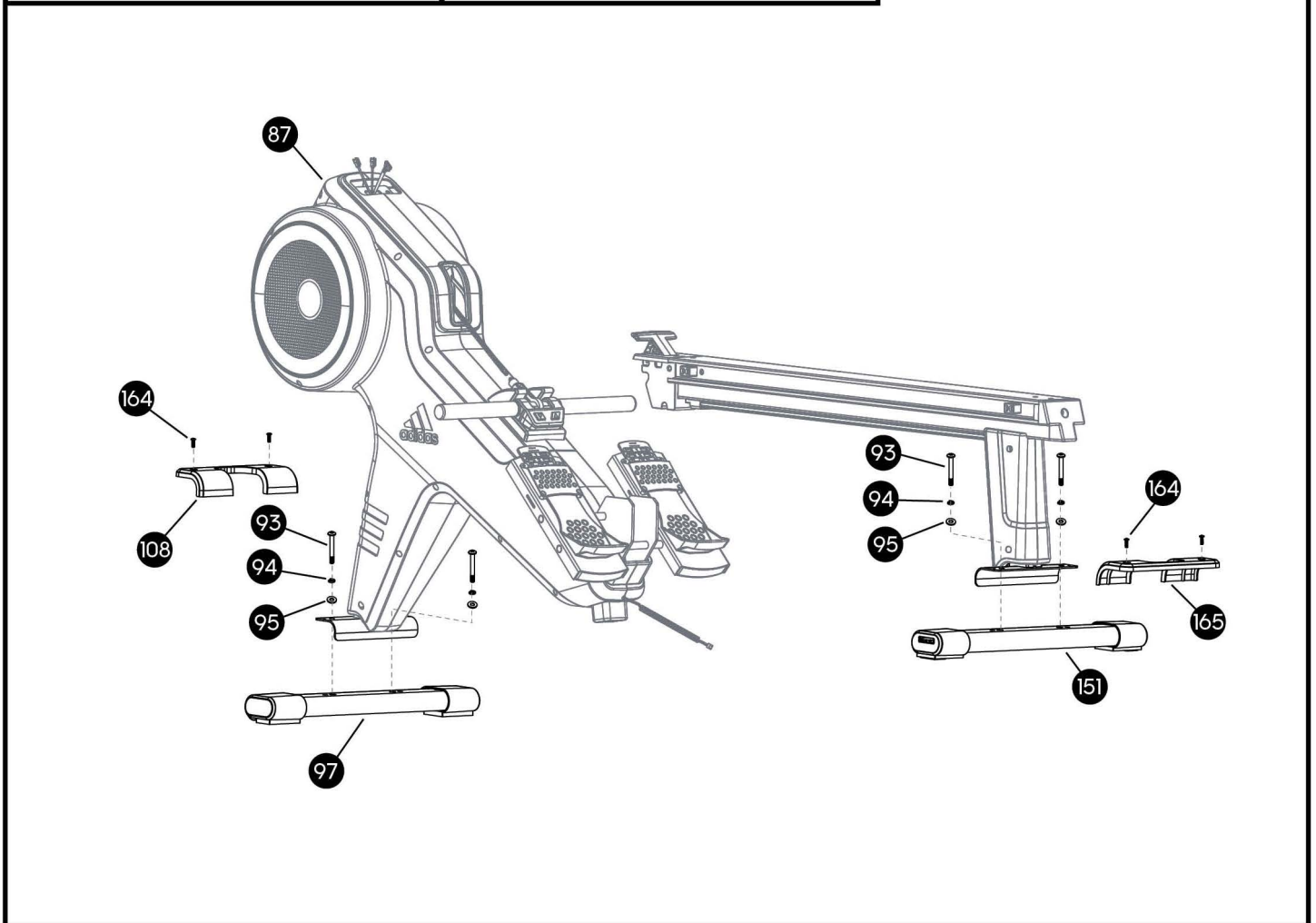
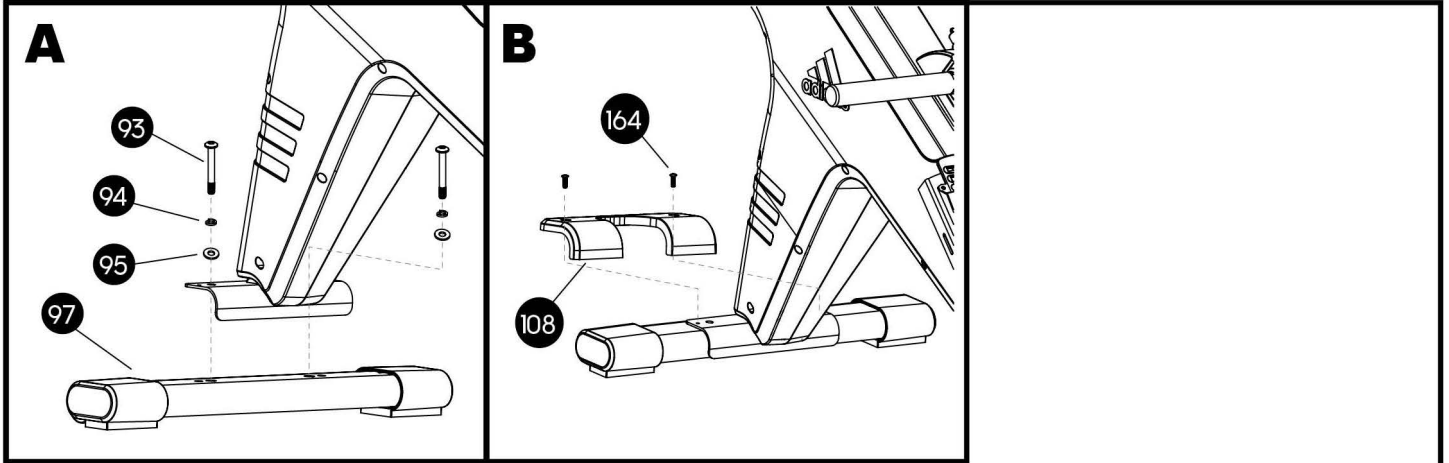
182. 5\*25L\*90L  
x 1



# ASSEMBLY INSTRUCTIONS

1

 x2



93. M8\*1.25\*50L  
x 4

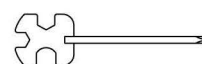
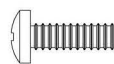
94. Ø8.1\* Ø13.5x2.5T  
x 4

95. Ø8\*Ø19x2T  
x 4

164. M5\*16  
x 4

180. 13.15.17  
x 1

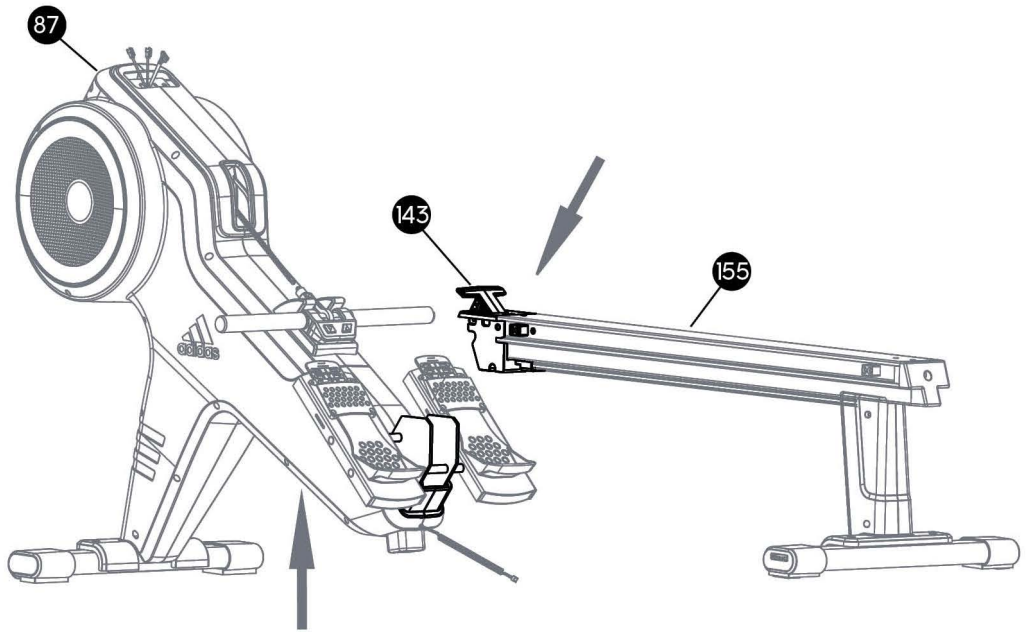
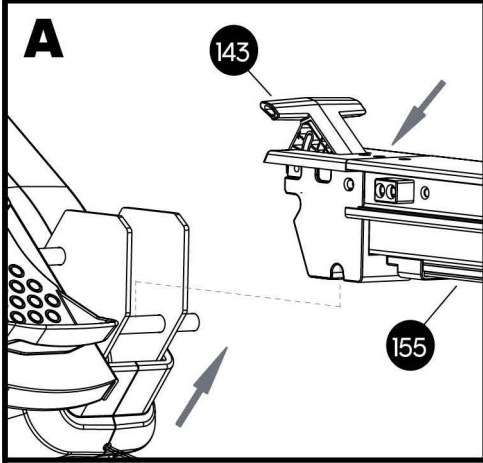
181. 6\*50L\*90L  
x 1





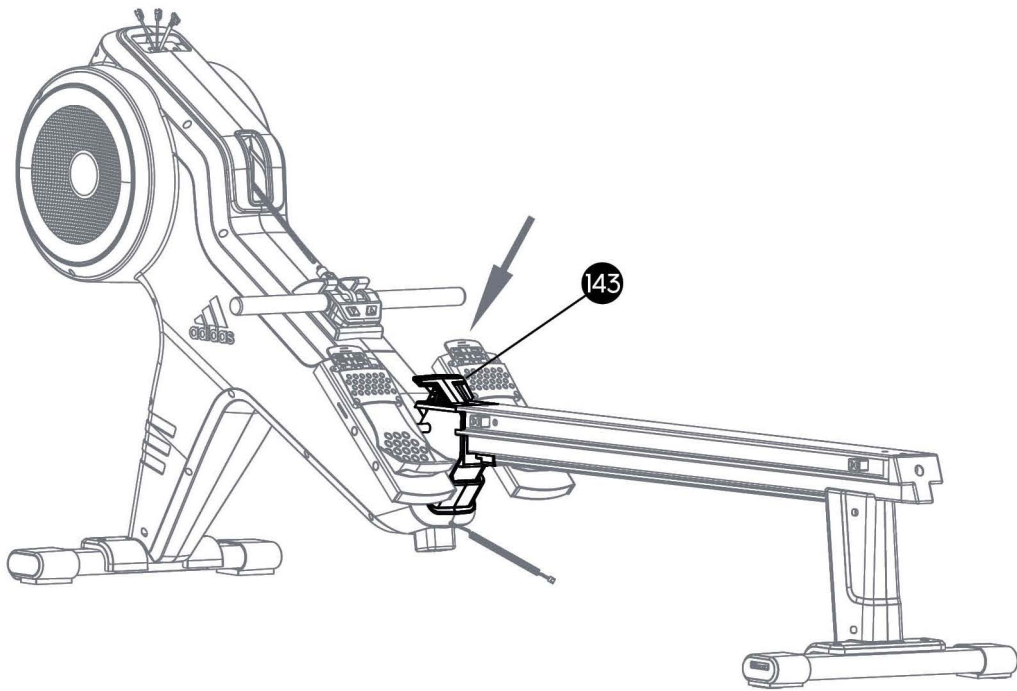
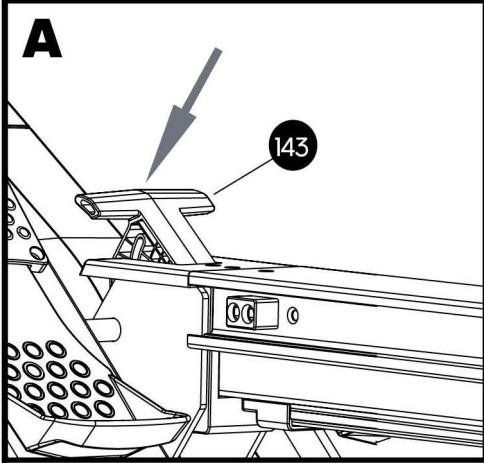
2

x2

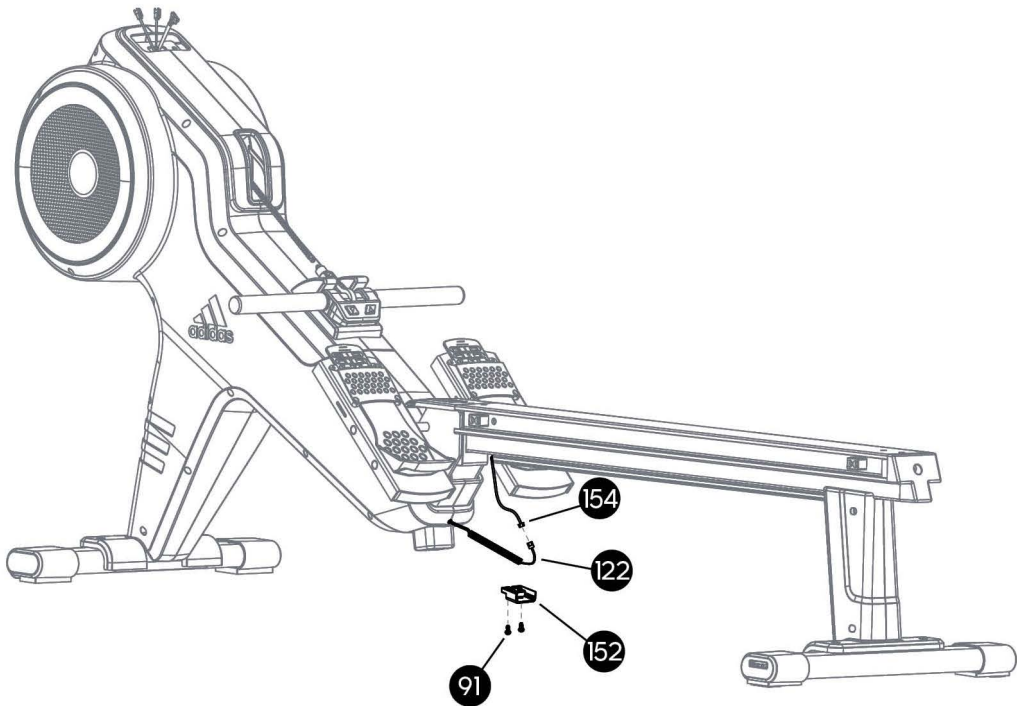
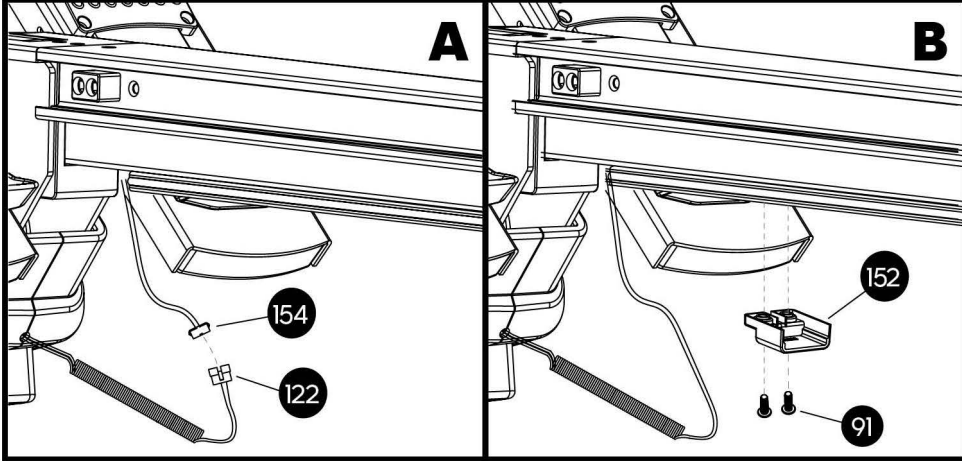




3



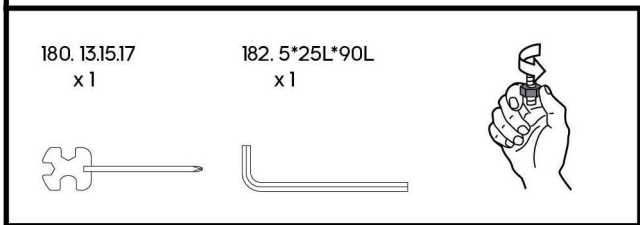
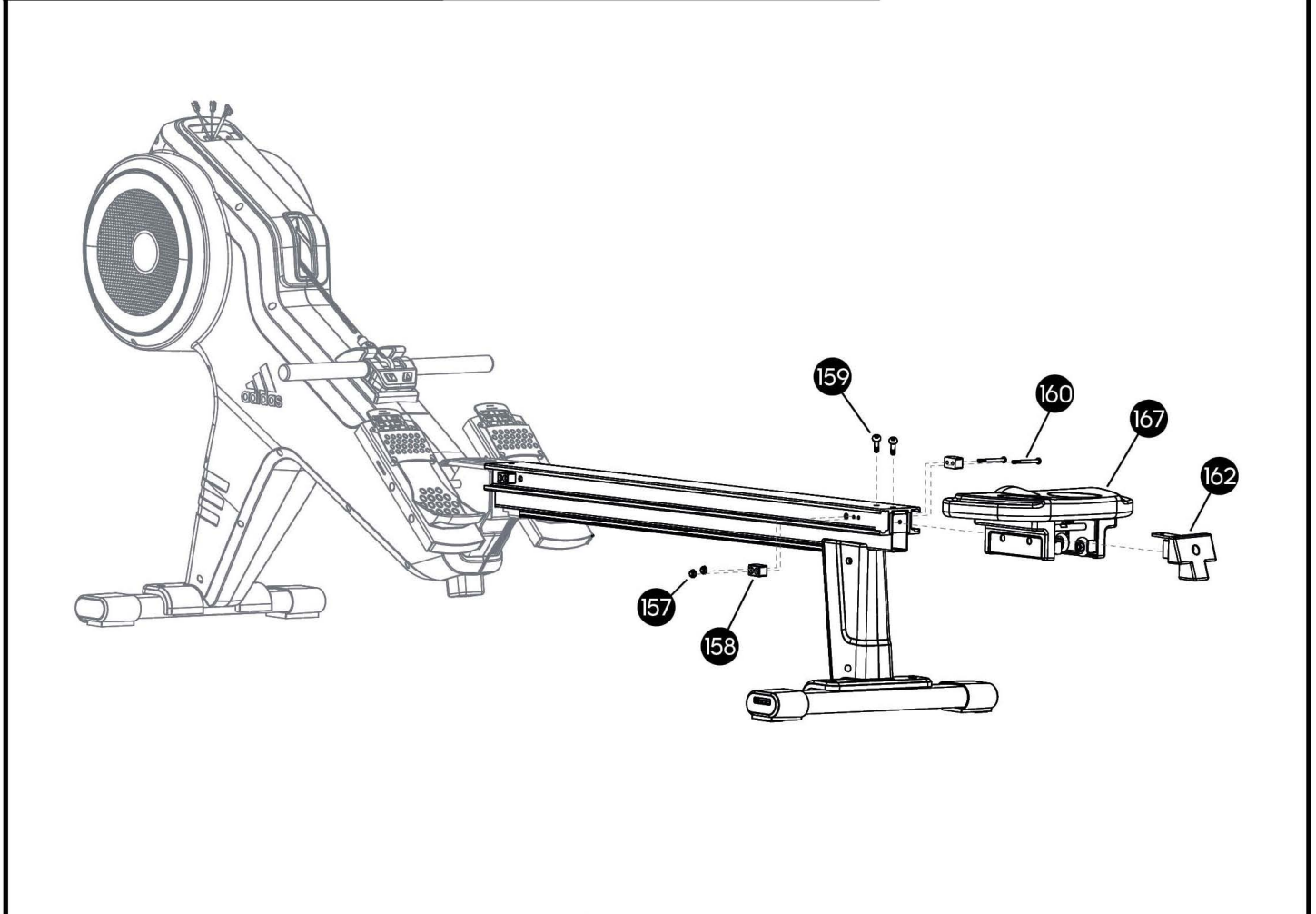
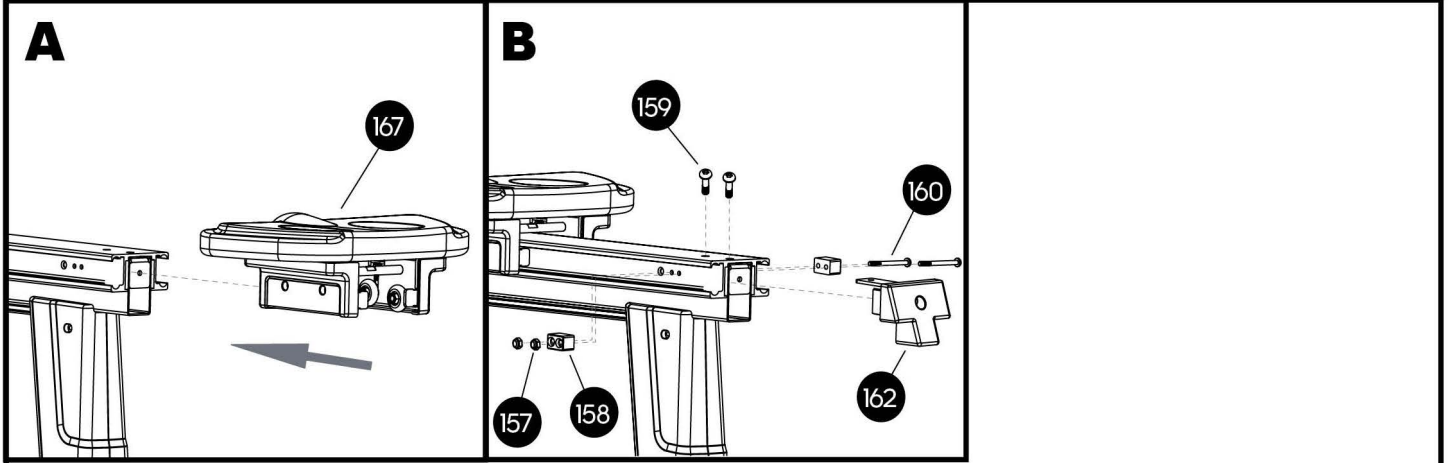
4



180.13.15.17  
x1



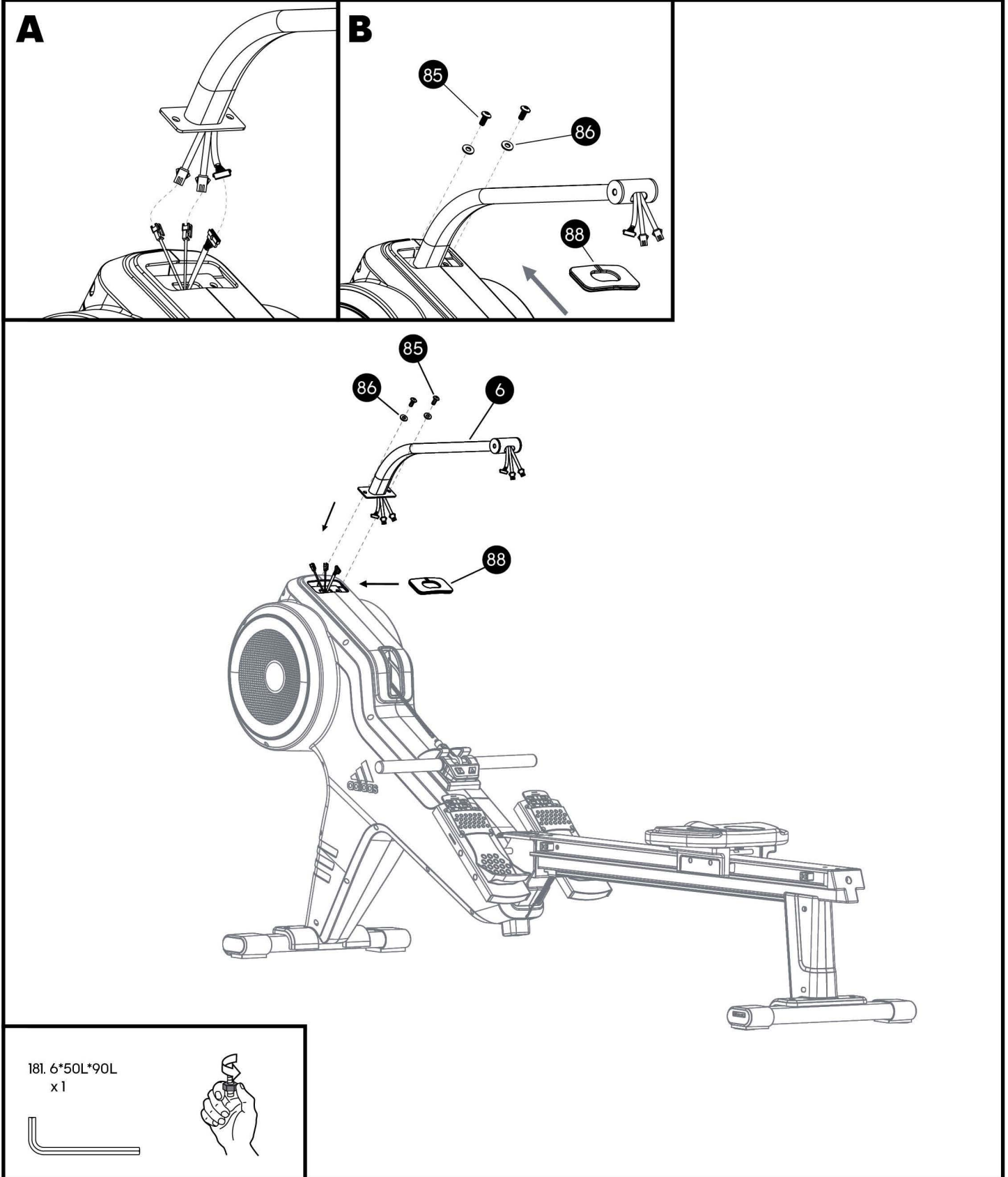
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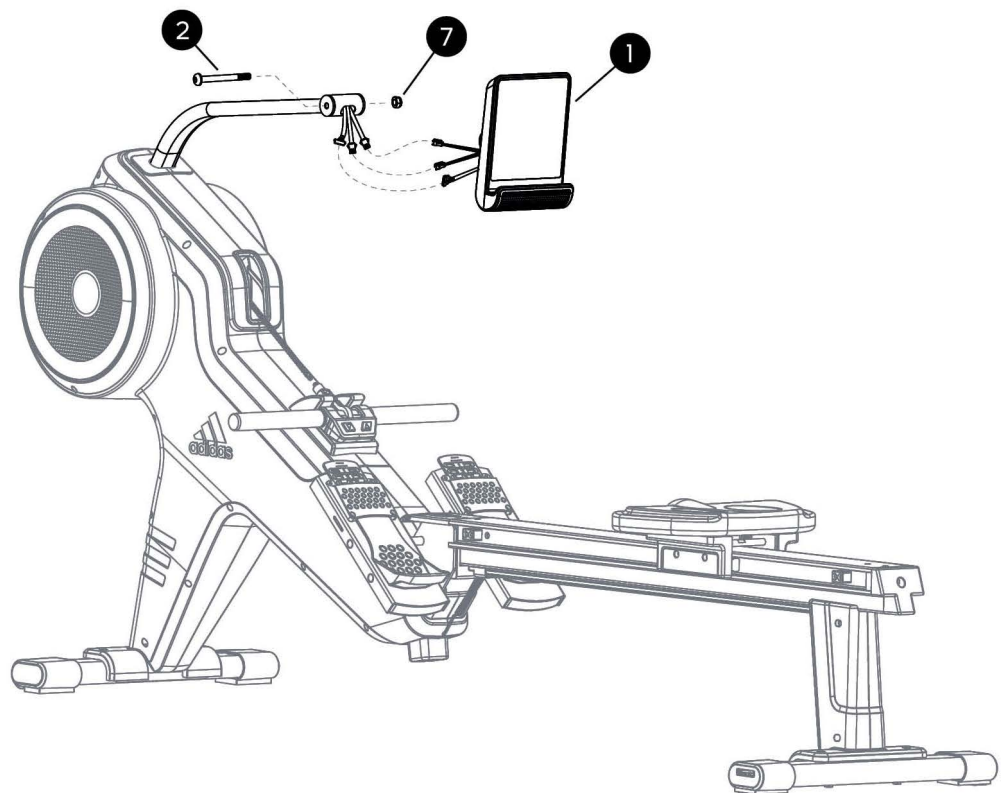
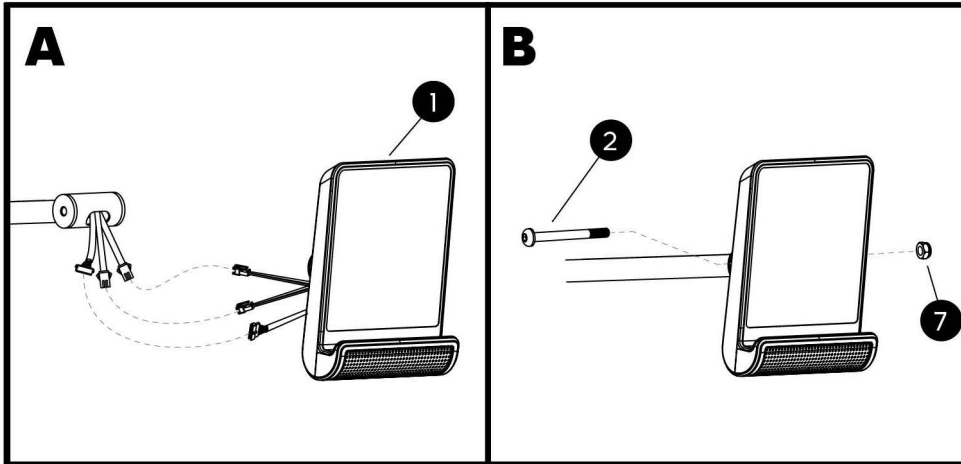


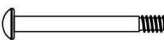


6

x2

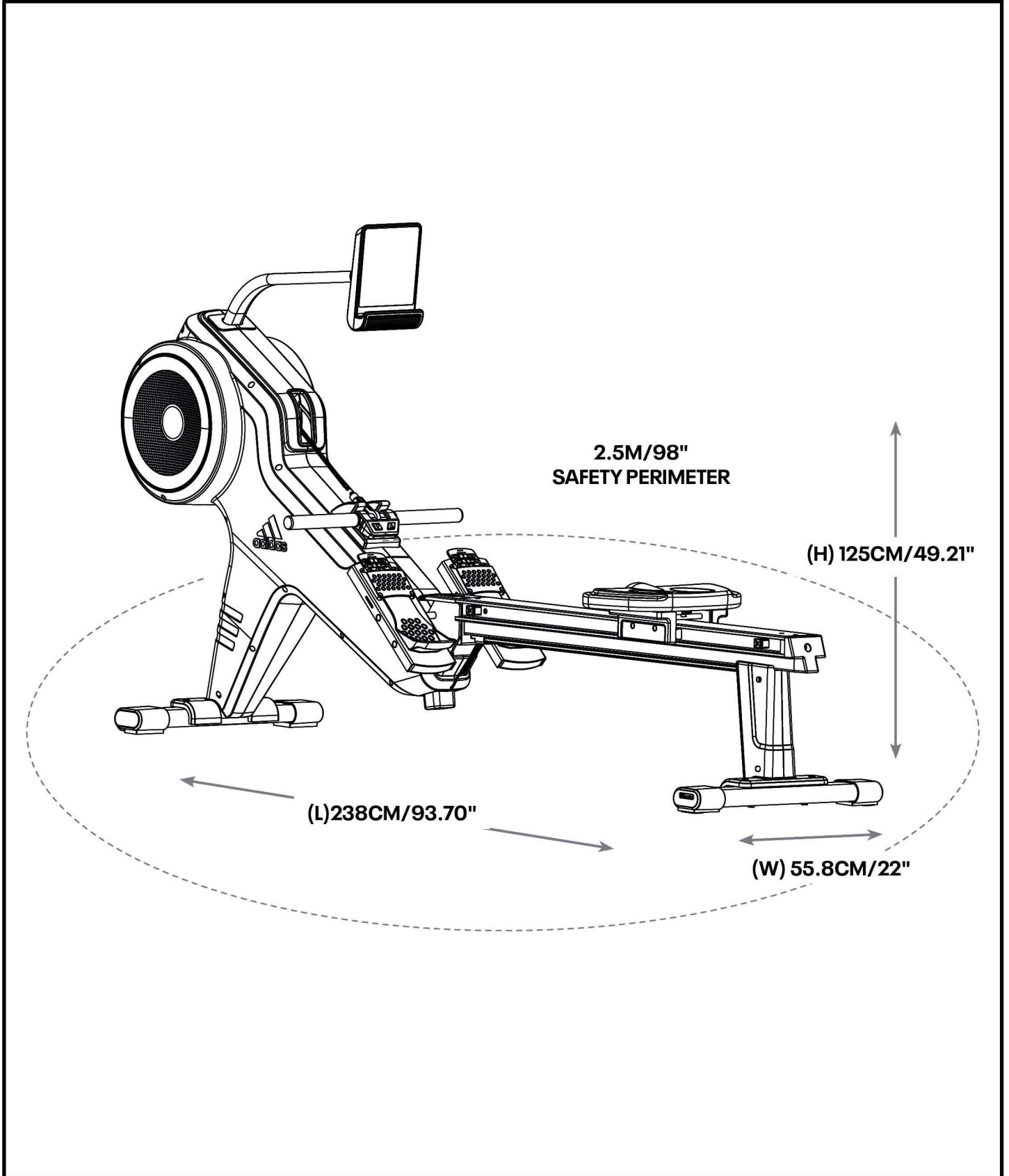


**7**  x2



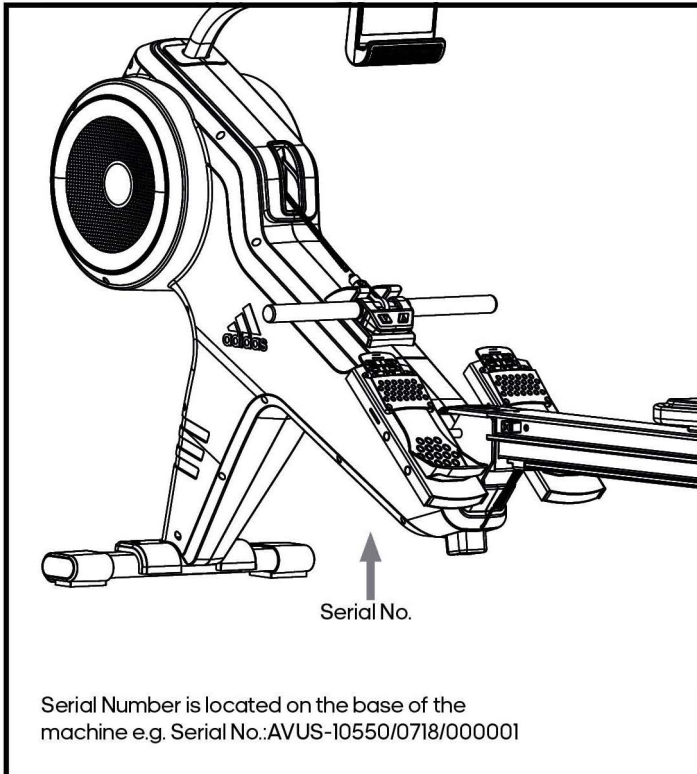
2. M10*95L x1	7. M10 x1	181.6*50L*90L x1
		

## USER INFORMATION





## SERIAL NUMBER

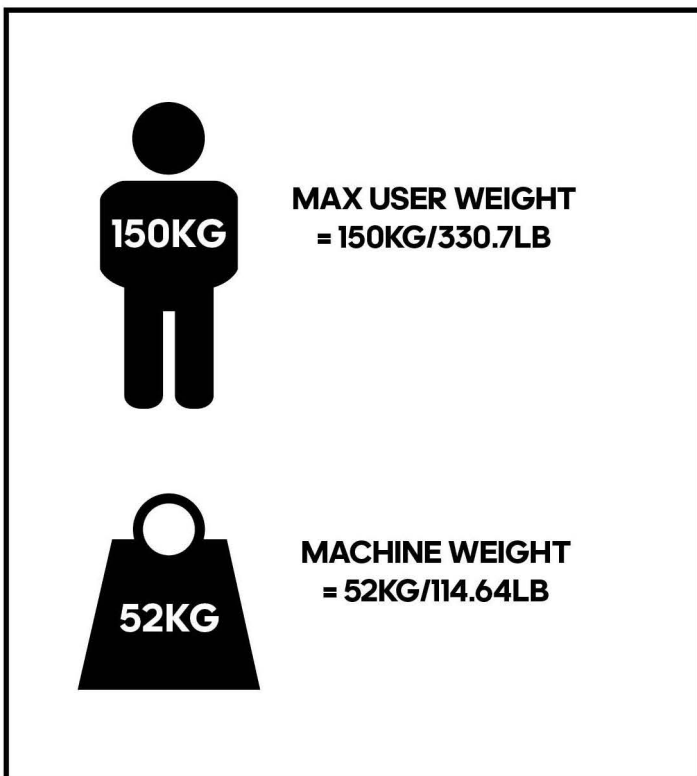


## REGISTRATION



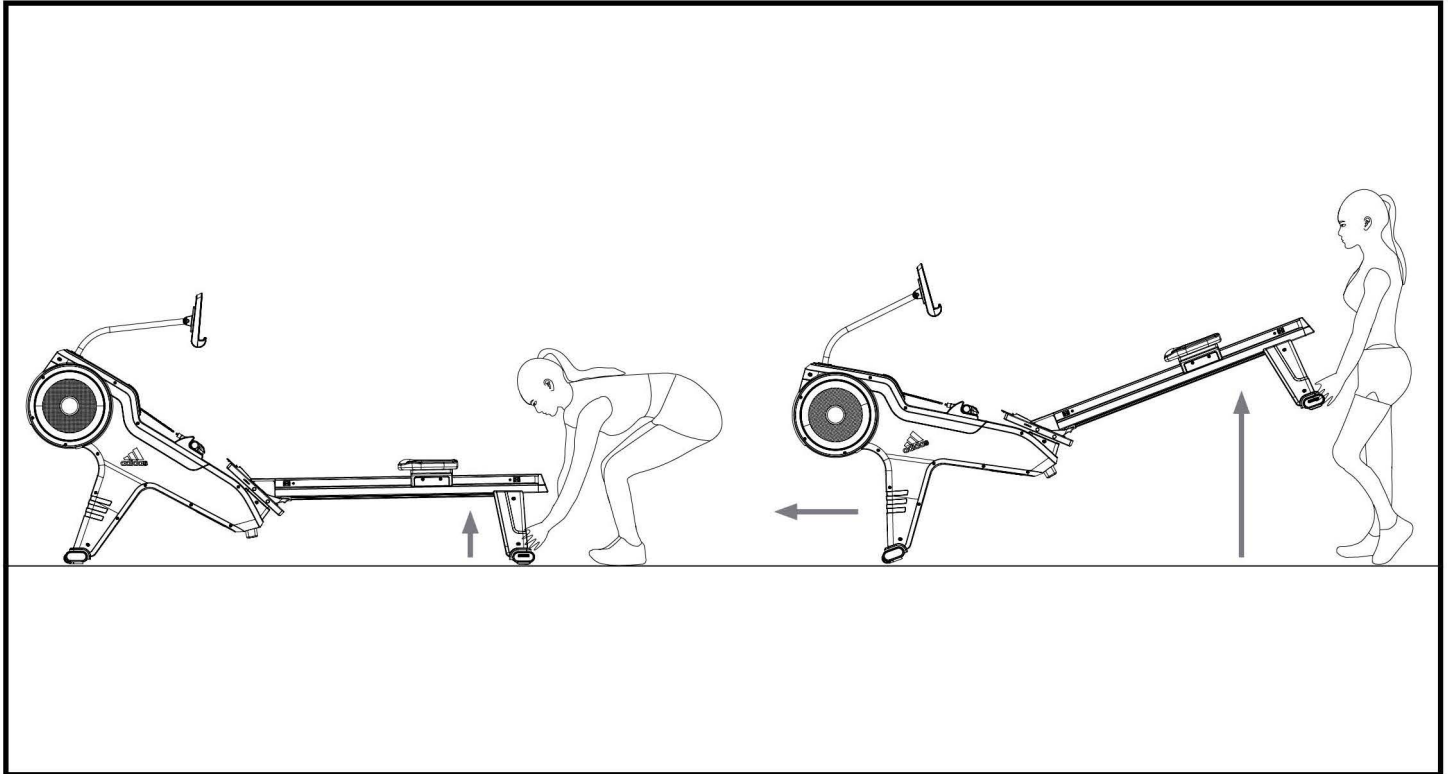
- (UK) Product Registration and Support
- (FR) Enregistrement et support du produit
- (DE) Produktregistrierung und Support
- (ES) Registro de productos y soporte
- (PT) Registro de producto e suporte
- (RU) Регистрация и поддержка продукта
- (ZH) 产品注册和支持
- (JP) 製品の登録とサポート
- (KR) 제품 등록 및 지원
- (AR) تسجيل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

## WEIGHT GUIDE

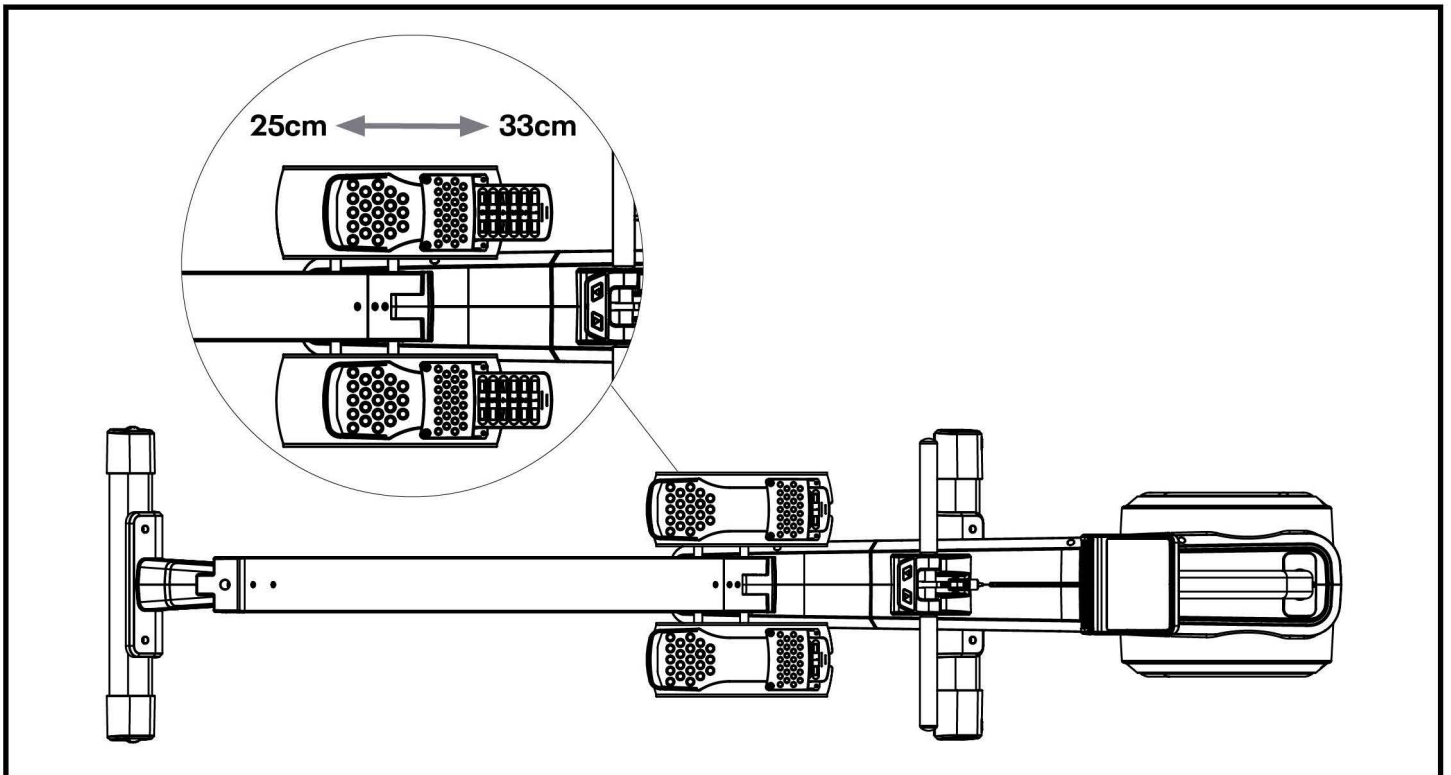


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[/PRODUCT-SUPPORT](http://WWW.ADIDASHARDWARE.COM/PRODUCT-SUPPORT)

## MOVING THE MACHINE



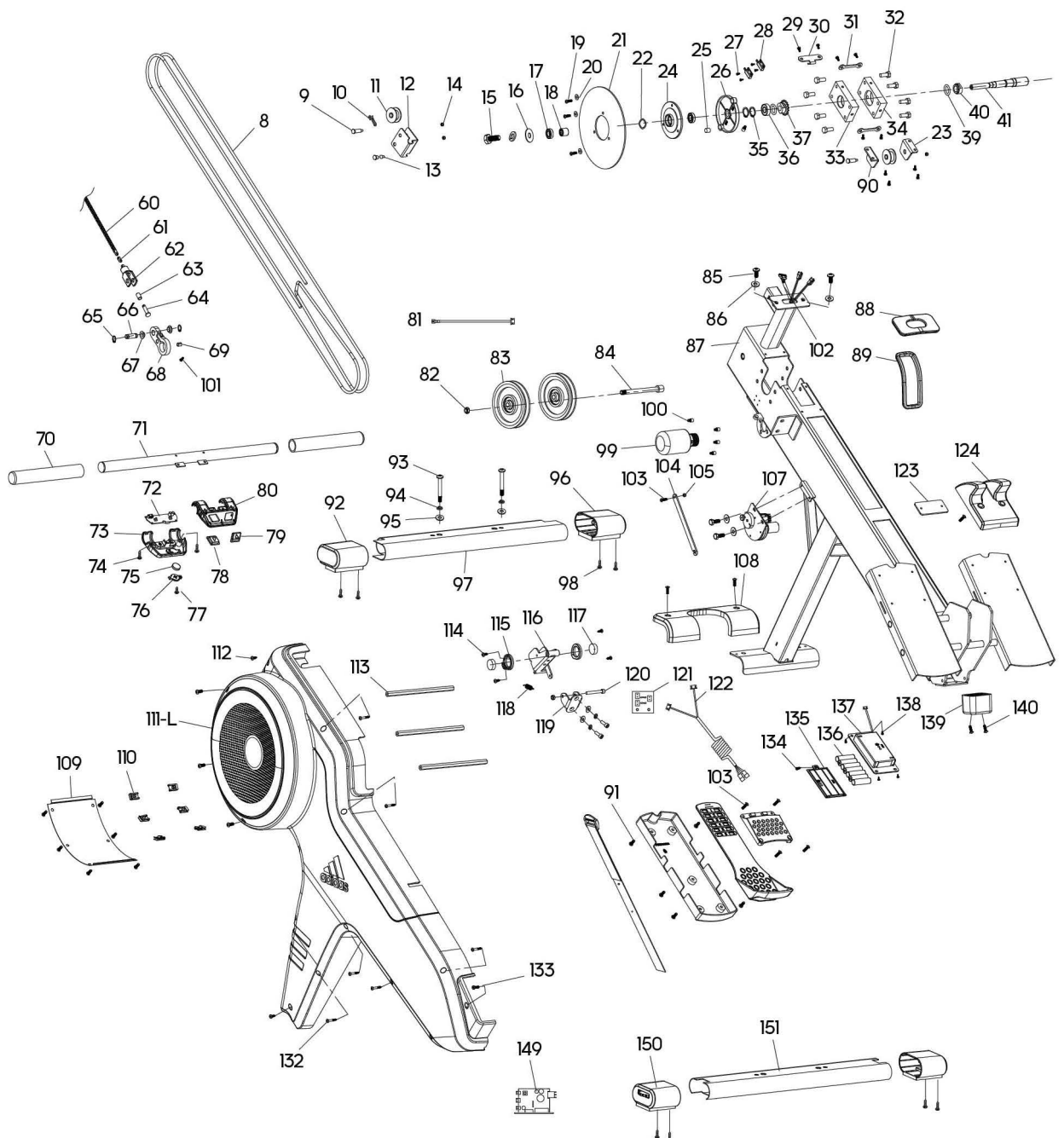
## FOOTPLATE ADJUSTMENT

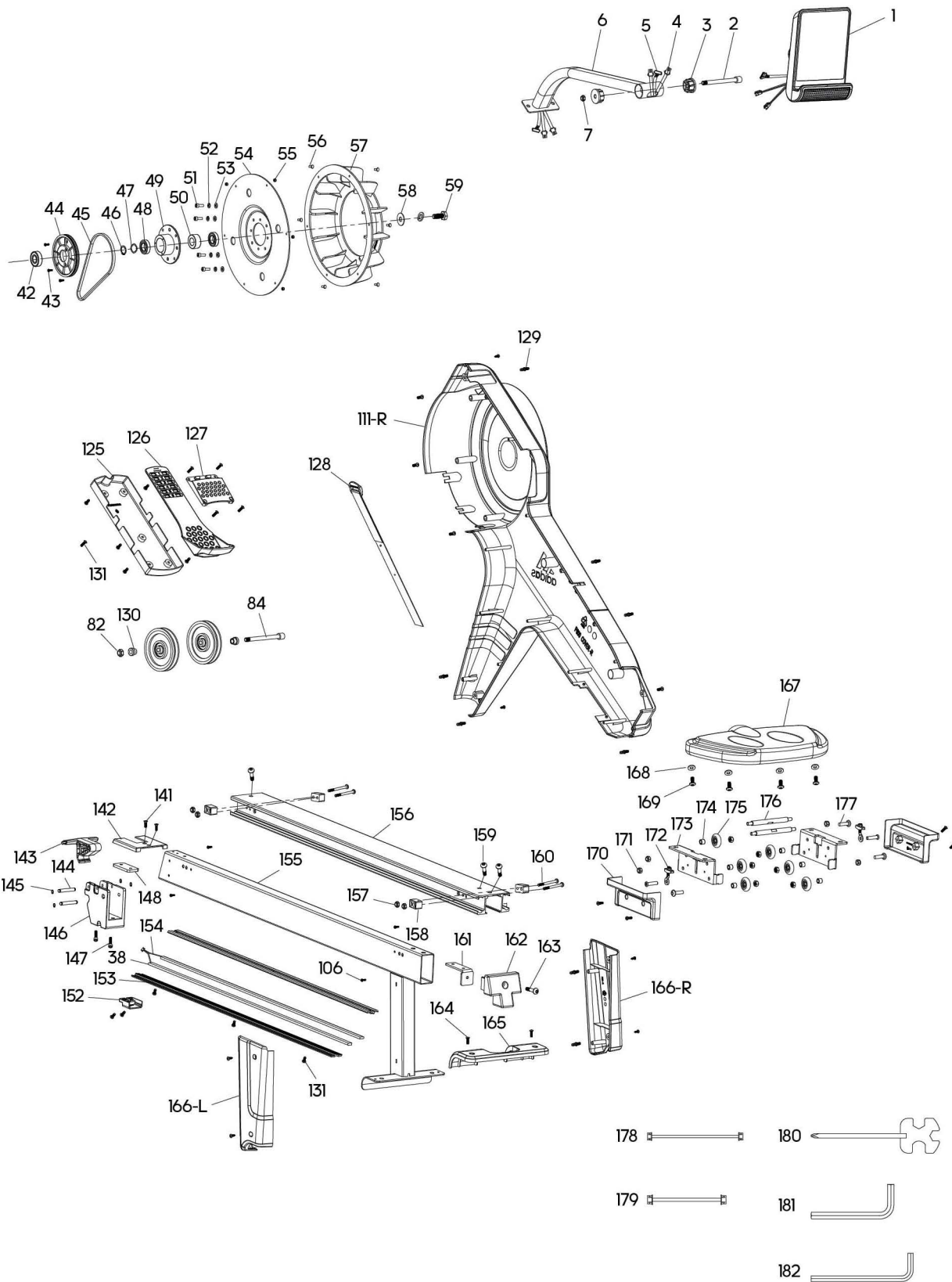






# EXPLODED DIAGRAM





# PARTS LIST

NO.	PART DESCRIPTION	QTY
1	Console	1
2	Screw M10*95L	1
3	Bushing φ38.1	2
4	Upper sensor wire 650L	2
5	Upper cable 650L	1
6	Upright	1
7	Nylon nut M10	1
8	Elastic string Ø8*4000mm	1
9	Screw M4	2
10	Hook Ø2	1
11	Pulley PA	2
12	U shape holder	1
13	Screw M4	1
14	Nylon Nut M4	3
15	Screw M6*15L	1
16	Flat washer Ø6.5*Ø16*2T	1
17	Bearing 6901	2
18	One way bearing HF1216	1
19	Screw M5*10L	5
20	Flat washer Ø5*Ø10*1T	5
21	Aluminium disc φ60*φ200*3T	1
22	Wave washer φ12	1
23	Fixing plate (R) 2T	1
24	Disc bracket φ90*30L	1
25	Sensor magnet φ10*8	1
26	Sensor disc ABS	1
27	Screw M3*5L	4
28	Lower sensor wire 400L	2
29	Screw M6*10L	10
30	Chain limited seat 2T	1
31	Fixing plate 2T	2
32	Screw M8*P1.25*20L	8
33	Shaft bracket(L) 90*50*19	1
34	Shaft bracket(R) 90*50*19	1
35	C shape clasp φ12	2
36	Bearing 6001	1

NO.	PART DESCRIPTION	QTY
37	Wheel	1
38	Lighting straps 950L	2
39	O shape Washer φ25.7*φ18.6	2
40	Bolt φ25*12L	1
41	Axle 20Cr φ20*165.5L	1
42	Bearing 6203	1
43	Screw M4*10	3
44	Pulley φ112	1
45	Belt 210 J3	1
46	C shape clasp φ20	1
47	Wave washer φ20	1
48	Bearing 6904	2
49	Fan wheel bracket φ54*φ103*35L	1
50	One-way ratchet HF2016	1
51	Screw M6*P1.0*20L	4
52	Spring washer φ6*φ11.5*2T	4
53	Flat washer Ø6.5*Ø13*1.5T	4
54	Fixing plate 3T	1
55	Nylon nut M6	5
56	Rivet φ4*10L	6
57	Fan ABS	1
58	Flat washer φ8*φ25*2T	1
59	Screw M8*20L	1
60	Chain 2222.5mm	1
61	Chain connector-I φ7*15L	1
62	U shape holder	1
63	Bushing φ7*15L	1
64	Chain connector-II φ12*33L	1
65	C shape clasp Ø10	2
66	Bolt φ10*27L	1
67	Bushing φ10*6L	2
68	Handlebar connector AL	1
69	Bolt φ8*10L	1
70	Handlebar cover PVC	2
71	Handlebar φ25.4	1
72	PCB	1

NO.	PART DESCRIPTION	QTY
73	Button lower cover	1
74	Screw ST2.9*16L	2
75	Battery	1
76	Batteries box cover	1
77	Screw ST2.9*10L	1
78	Button(-)	1
79	Button(+)	1
80	Button upper cover	1
81	Battery connected wire 500L	1
82	Nylon nut M10	2
83	Pulley sets Ø112	1
84	Screw M10*95L	2
85	Screw M8*16L	2
86	Flat washer φ8*φ16*2T	2
87	Frame	1
88	Upright cover	1
89	Chain cover	1
90	Fixing plate (L) 2T	1
91	Screw M5*12	32
92	Front stabilizer end cap L	1
93	Screw M8*50	4
94	Spring washer Ø8.1*Ø19*2.5T	5
95	Flat washer φ8*φ19*2T	4
96	Front Stabilizer end cap (R)	1
97	Front stabilizer 530L	1
98	Screw ST4.8*16L	8
99	Generator 500	1
100	Screw M4*8L	5
101	Screw M4*16L	1
102	Lower cable 750L	2
103	Screw M5*20L	9
104	Motor shaft 2.5T	1
105	Nylon nut M5	1
106	Screw M6*20L	4
107	Motor	1
108	Front stabilizer cover	1



NO.	PART DESCRIPTION	QTY
109	Metal mesh	1
110	Nut M5	6
111	Upper /Lower Cover (R/L)	1
112	Screw ST3.9*16L	6
113	Iron shaft $\phi$ 10*200L	3
114	Screw ST3.9*8L	4
115	Fixed seat	2
116	Magnetic sets welding	1
117	High-intensity magnet N45, $\phi$ 25*8T	2
118	Spring $\phi$ 1* $\phi$ 10*28N	1
119	U shape holder 2.5T	1
120	Screw M6*45L*SI5L	1
121	Lighting PCB	1
122	Light connected wire 960L	1
123	Fixing plate 40*80*3T	1
124	Handlebar bracket PP+TPR	1
125	Lower pedal cover	2
126	Pedal adjustable seat	2
127	Upper pedal cover	2
128	Pedal strap 750*25*1T	2
129	Insert $\phi$ 6*36.6L	8
130	Limited bushing $\phi$ 20*16L	2
131	Screw M5*25L	5
132	Screw ST3.9*50L	9
133	Screw M5*12	2
134	Screw ST3.9*12L	1
135	Batteries box cover	1
136	Batteries 1.7V	7
137	Batteries box holder	1
138	Screw ST3.9*12L	4
139	Supporting holder	1
140	Screw M5*35L	2
141	Screw M5*12	2
142	Front rail cover	1
143	Rail connection holder	1

NO.	PART DESCRIPTION	QTY
144	Bolt $\phi$ 6*58L	2
145	C shape clasp $\phi$ 6	2
146	Rail bracket ADC12	1
147	Screw M8*30L	2
148	Fixing plate for rail 6T	1
149	Control board B801-D	1
150	Rear stabilizer end cap	2
151	Rear stabilizer 530L	1
152	Lighting end cap	1
153	Lighting cover	1
154	Lighting connected wire 50L	1
155	Rail supporting welding	1
156	Rail AL	1
157	Hex nut M6*4.5T	4
158	Cash pad	4
159	Screw M8*16L	3
160	Screw M6*80	4
161	Connection plate 4T	1
162	Rear rail cover	1
163	Screw M8*P1.25*20L	1
164	Screw M5*16L	4
165	Rear stabilizer cover	1
166	Upper/Lower cover of rear stabilizer supporting	1
167	Seat	1
168	Flat washer $\phi$ 8* $\phi$ 19*2T	4
169	Screw M8*16L	4
170	Slider cover	2
171	Nylon nut M8	10
172	Chain sets M6	2
173	Fixing plate 61*68.5*180	2
174	Sleeve $\phi$ 8	6
175	Roller	6
176	Slider fixed bolt $\phi$ 12*141L	2
177	Bolt M8	6
178	Lighting connected wire	1

NO.	PART DESCRIPTION	QTY
179	DC wire 200L	1
180	Harpoon wrench 13.15.17	1
181	Wrench 6	1
182	Wrench 5	1

# CONSOLE



## 1. TIME DISPLAY

## 2. BPM/HRC DISPLAY

## 3. DISTANCE/SPEED DISPLAY

## 4. DOWN (-)

Adjust function value down.

## 5. MODE

Select or switch values of each function;  
Hold to restart console at any time.

## 6. UP (+)

Adjust function value up.

## 7. SPM (STROKES PER MINUTE)/ CALORIE DISPLAY

## 8. WATT/RESISTANCE LEVEL DISPLAY

## 9. TIME 500M/COUNT DISPLAY

Time taken to row 500m distance/  
Total strokes count.

## 10. RECOVERY

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

## 11. ENTER

Can be used as confirmation.

# COMPUTER PROGRAMS

## 1. BASIC FUNCTION

When users start exercising, the console will power up with a long beep sound and then enter main menu. The user can start exercising directly and press **(+)/(-)** to adjust the resistance.

To restart the console at anytime hold down **MODE**.



## 2. MANUAL MODE (P0)

In the main menu, press **ENTER**, the **MANUAL MODE P0** will flash; Press **MODE** again to highlight the time display, press **(+)/(-)** to adjust and set value. Press **MODE** to switch to other functions (**CALORIES/DISTANCE/PULSE**), press **(+)/(-)** to adjust. When settings are complete, users can start exercising, and values (except heart rate) will start to count down.

When the set function value (except the heart rate) counts down to 0, the buzzer sounds, the corresponding function value flash, and the console restarts after ten seconds.

You can press the **(+)/(-)** buttons to adjust through the 16 levels of resistance at any time during the training period.

## 3. PRESET PROGRAM MODE (P1-P12)

In the main menu, press **ENTER**, the MANUAL mode P0 will flash, then press **(+)/(-)** to select a preset program (P1-P12). Press **MODE** and **(+)/(-)** to set values. When settings are complete, the user can start exercising, and all values (except heart rate) will start to count down.

When the set function values (except the heart rate) count down to 0, the buzzer sounds, the corresponding function value flashes and the console restarts after ten seconds.

Users can choose from 12 preset programs for training according to their individual needs; during the training period, they can press **(+)/(-)** to change the resistance in the preset program at any time.

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

### **HANDLE BUTTONS**

During exercise, the user can also adjust resistance value by pressing the **(UP)** and **(DOWN)** buttons on the handle bar.

### **PAIRING THE CONSOLE WITH THE HANDLE BUTTONS**

Remove handle button battery. When the console is powered on, press the **(UP)** and **(DOWN)** buttons on the handle bar at the same time and then insert the button battery. The indicator light in the handle will light up. Press the **(DOWN)** button on the handle, the console buzzer will sound once and the indicator light on the handle will turn off. The console and handle are now paired successfully.

**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 UNDESIRABLE 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.**





## **R-21X** ROWER **R-21X** RAMEUR

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**USA: RFE SPORTING GOODS INC., 715 DISCOVERY BLVD, SUITE 313, CEDAR PARK, TX-78613, USA**

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**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-10550**

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