



Air Magnetic Rower

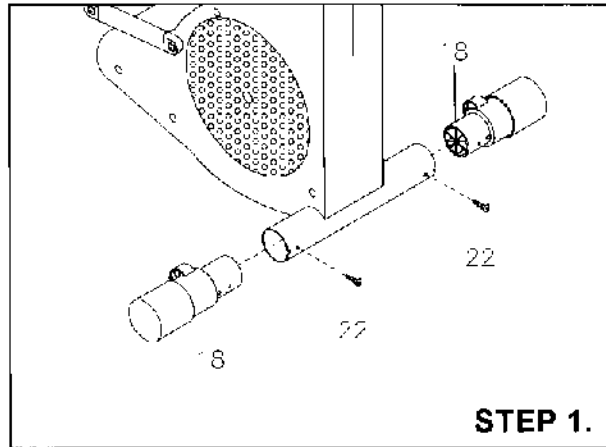
MAX USERS WEIGHT: 250LBS
MADE IN TAIWAN

***PARTS IDENTIFICATION AND
ASSEMBLY INSTRUCTIONS***

AIR MAGNETIC ROWER ASSEMBLY INSTRUCTIONS

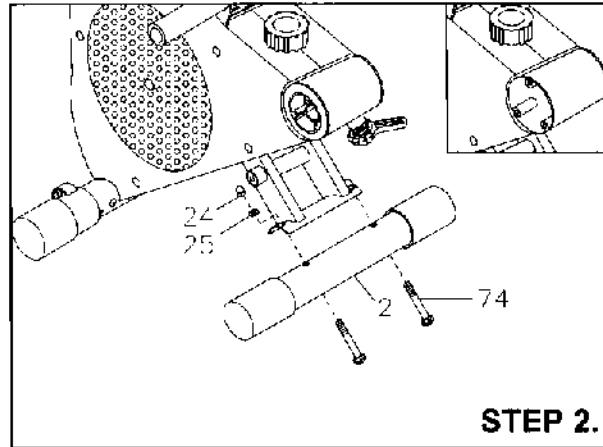
Unpack the carton and layout all the parts ready for assembly.

Using the TOOLS provided start the assembly procedure following the six easy steps listed below



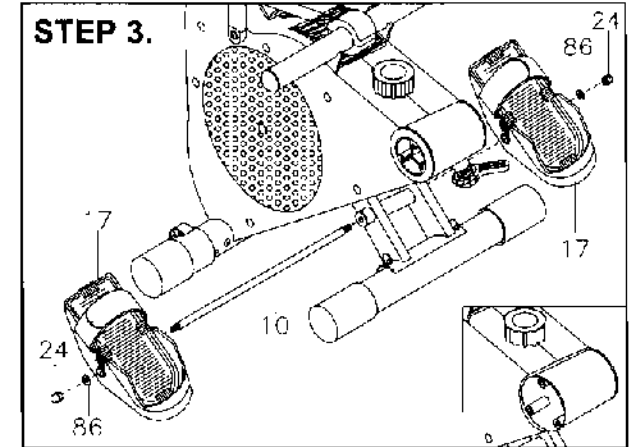
STEP 1.

Push the FOOT PLUG with WHEEL [18] into each end of the MAIN FRAME [1]. Align the locating key. Secure with two $\varnothing 5.6\text{mm} \times 19\text{mm}$ PAN HEAD SCREW [22].



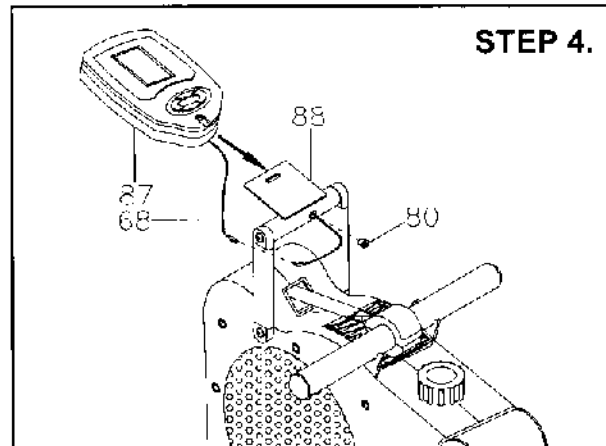
STEP 2.

Fit the FOOT REST TUBE [2] with M8 x 70mm CARRIAGE BOLT [74] + $\varnothing 16\text{mm} \times \varnothing 8\text{mm}$ CURVED WASHER [25] + M8 LONG DOME NUT [24] and tighten firmly



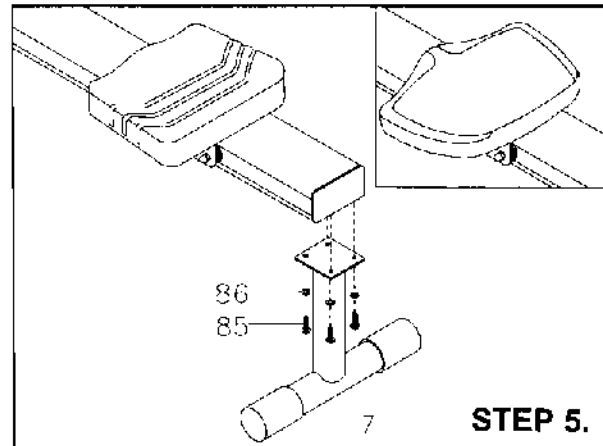
STEP 3.

Slide the FOOT PEDAL BAR [10] through the MAIN FRAME [1]. Fit the FOOT PEDALS [17] (observe left and right) on each side. Secure with FLAT WASHER [86] and M8 LONG DOME NUT [24]. Tighten firmly.



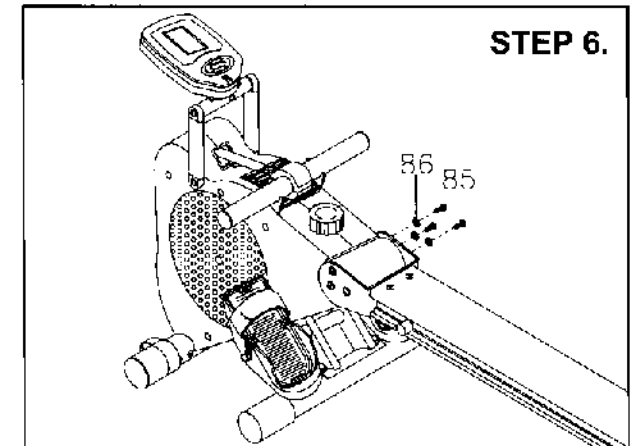
STEP 4.

Slide COMPUTER [87] on to the COMPUTER MOUNTING BRACKET [80]. Remove CABLE PLUG [80]. Join the SENSOR CABLE [68] to the COMPUTER cable. Push the excess cable into the hole in the tube. Replace the CABLE PLUG.



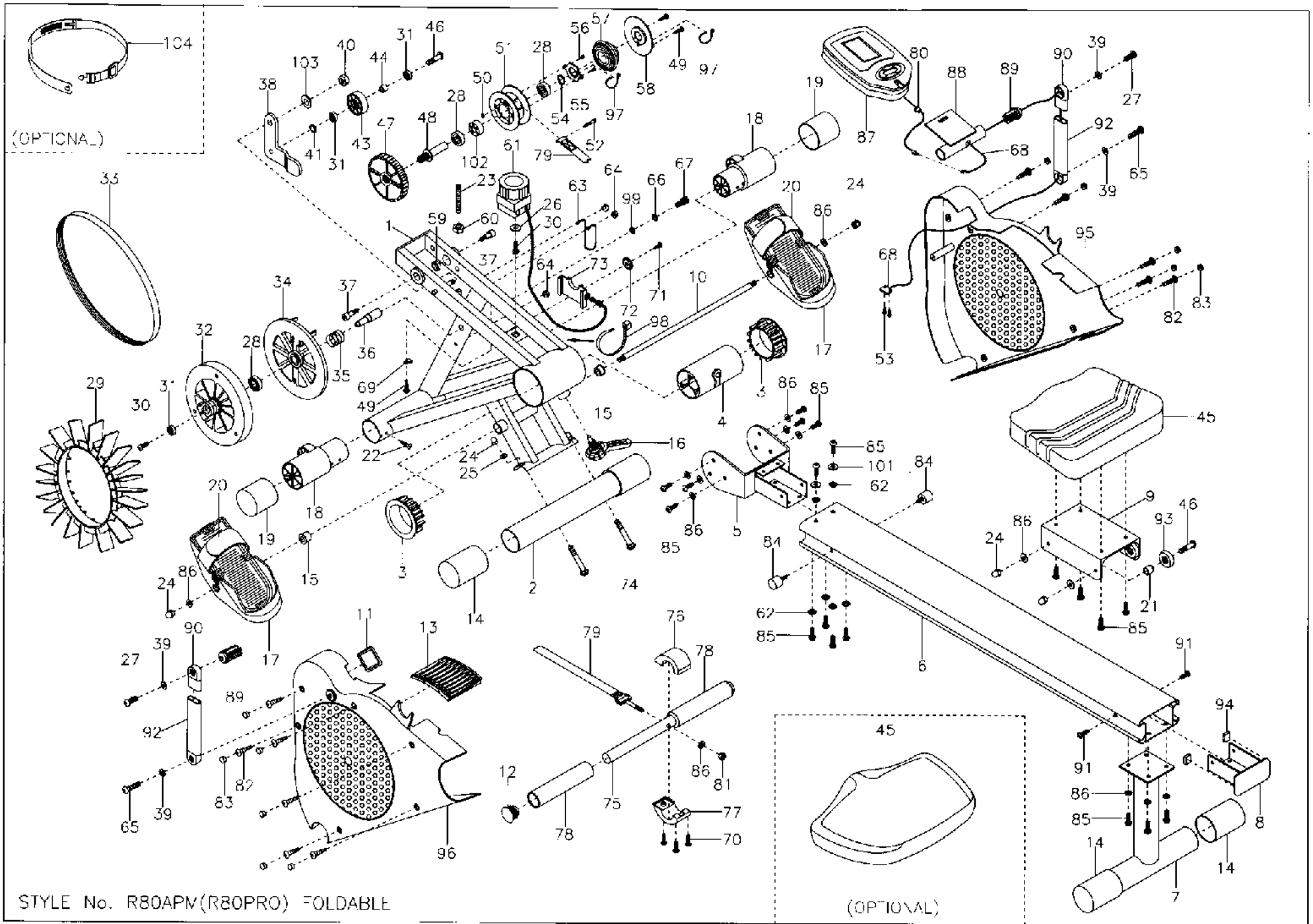
STEP 5.

Fit the REAR LEG & STABILIZER [7] to the end of the MONORAIL [6]. Secure with 4 x FLAT WASHER [86] and 4 x PAN HEAD BOLT [85]. Tighten firmly.



STEP 6.

Join the monorail section to the front section with 6 x FLAT WASHER and 6 x PAN HEAD BOLT, be careful to align each bolt correctly, and then tighten very firmly.



STYLE No. R80APM(R80PRO) FOLDABLE

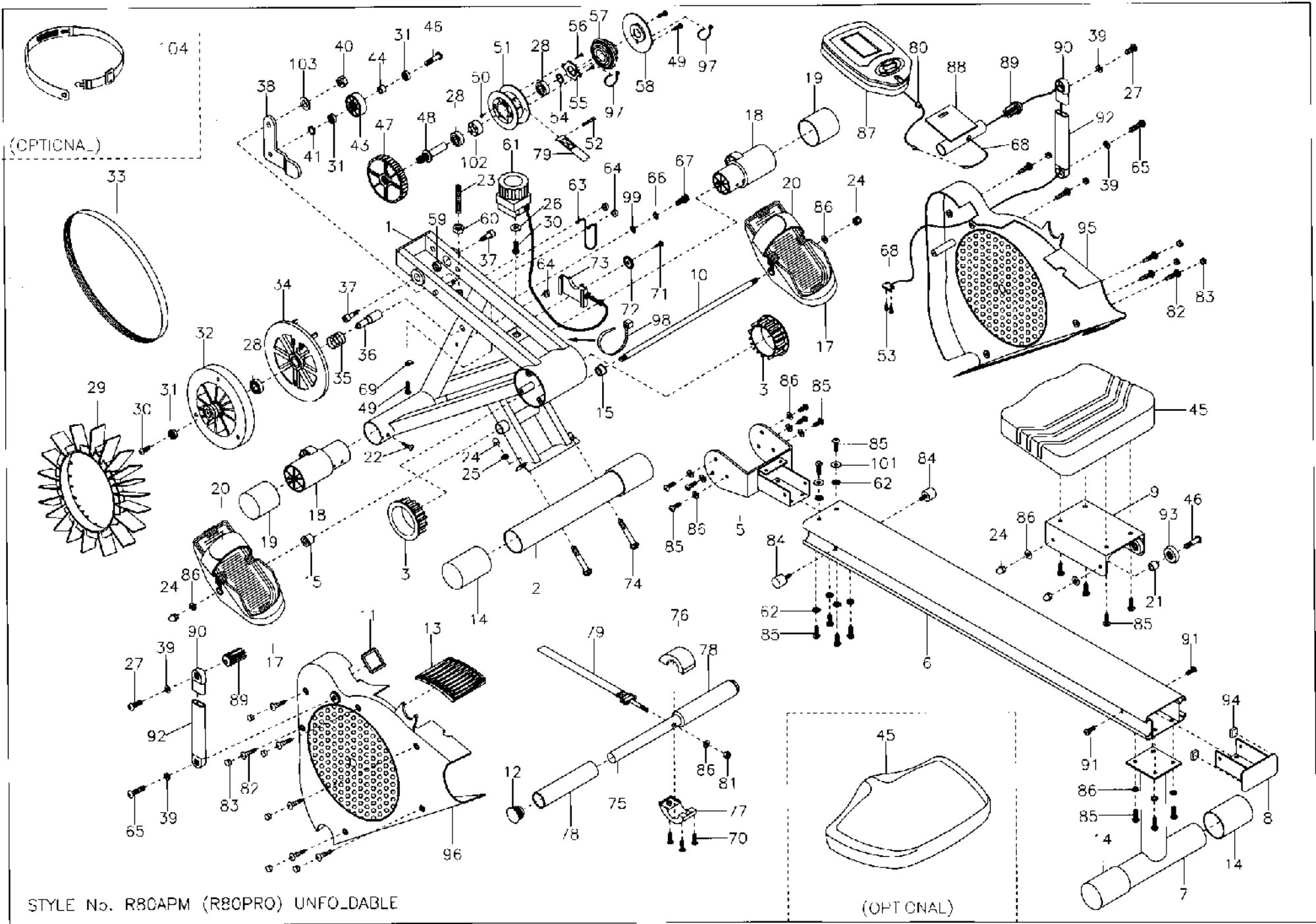
(OPTIONAL)

AIR MAGNETIC ROWER PARTS LIST

PART No.	DESCRIPTION	Q'TY	PART NO.	DESCRIPTION	Q'TY	PART NO.	DESCRIPTION	Q'TY
1	FRAME	1	36	PANCAKE SHAFT	1	71	M3 x 5mm x Ø9mm PAN HEAD	
2	FOOT REST TUBE	1	37	SPECIAL CLUTCH SHAFT BOLT	2		WASHER SCREW	1
3	PIVOT BUSHING	2	38	TENSION WHEEL PLATE	1	72	PANCAKE CABLE PULLEY	1
4	DIE CAST PIVOT	1	39	Ø13mm x Ø6mm x 1.5mmt WASHER	4	73	PANCAKE SLIDER	1
5	FRONT BRACKET	1	40	M10 NYLON NUT	1	74	M8 x 70mm CARRIAGE BOLT	2
6	ALUMINUM BEAM	1	41	Ø12.5mm x Ø8mm x 1mmt WASHER	1	75	HANDLE BAR	1
7	REAR LEG & STABILIZER	1	43	ALUMINUM TENSION WHEEL	1	76	TOP STRAP BUCKLE COVER	1
8	REAR BRACKET	1	44	TENSION WHEEL SPACER	1	77	BOTTOM STRAP BUCKLE COVER	1
9	ALUMINUM CARRIAGE	1	45	SEAT (OPTIONAL)	1	78	Ø38mm HD FOAM GRIP	2
10	FOOT PEDAL BAR	1	46	SPECIAL SEAT ROLLER		79	POLYESTER DRIVE STRAP	1
11	STRAP SLOT TRIM	1		& TENSION WHEEL BOLT	5	80	12mm CABLE PLUG	1
12	Ø38mm MUSHROOM PLUG	2	47	DRIVE PULLEY	1	81	M8 NYLON NUT	1
13	COVER VENT	1	48	CLUTCH SHAFT	1	82	M5 x 15mm COUNTER SUNK SCREW	11
14	LONG CAP	4	49	M5 x 15mm PAN HEAD SCREW	3	83	COVER PLUG	11
15	BUSHING Ø25mm x Ø13.5mm	2	50	3/16" NYLON NUT	1	84	FRONT BUMPER STOPPER	2
16	CLAMP KNOB LOCK PIN	1	51	STRAP DRUM	1	85	M8 x 15mm PAN HEAD BOLT	20
17	FOOT PEDAL	2	52	3/16" x 32mm SOCKET HEAD BOLT	1	86	Ø18mm x Ø8mm x 1.5mmt WASHER	17
18	FOOT PLUG with WHEEL	2	53	M3 x 8mm CHEESE HEAD SCREW	2	87	COMPUTER	1
19	SHORT CAP	2	54	17mm EXTERNAL RETAINING CLIP	1	88	COMPUTER MOUNTING BRACKET	1
20	FOOT STRAP	2	55	RETURN SPRING DRUM	1	89	COMPUTER PIVOT PLUG	2
21	SEAT ROLLER SPACER	4	56	M4 x 16mm COUNTER SUNK SCREW	2	90	COMPUTER ARM PLUG	4
22	Ø5.6mm x 19mm PAN HEAD SCREW	2	57	RETURN SPRING	1	91	SPECIAL REAR BRACKET BOLT	2
23	M8 x 65mm ALL THREAD BOLT	1	58	RETURN SPRING RETAINER	1	92	COMPUTER ARM TUBE	2
24	M8 LONG DOME NUT	8	59	BEARING 6000ZZ IJK	2	93	SEAT ROLLER	4
25	Ø16mm x Ø8mm x 1.5 CURVED WASHER	2	60	M8 NUT	1	94	REAR BUMPER STOPPER	2
26	Ø24mm x Ø5mm x 2.0mm WASHER	1	61	RESISTANCE ADJUSTER	1	95	RIGHT COVER	1
27	M6 x 20mm PAN HEAD BOLT with LOC TITE	2	62	Ø16mm x Ø8mm INTERNAL STAR WASHER	6	96	LEFT COVER	1
28	BEARING 6003ZZ SKF or INA	3	63	PANCAKE CABLE	1	97	SMALL CABLE TIE	2
29	FAN WITH SENSOR MAGNET	1	64	PANCAKE CABLE GUIDE	3	98	LARGE CABLE TIE	1
30	M5 x 10mm PAN HEAD BOLT	2	65	M6 x 30mm PAN HEAD BOLT with LOC TITE	2	99	Ø16mm x Ø10mm x 1.8mmt WASHER	1
31	BEARING 608ZZ IJK	3	66	M10 SPRING WASHER	1	101	Ø23mm x Ø8mm x 1.5mmt WASHER	2
32	FLYWHEEL with MAGNETS	1	67	M10 x 20mm SOCKET HEAD BOLT	1	102	CLUTCH	1
33	POLY "V" DRIVE BELT 762PJ6	1	68	SENSOR WITH CABLE	1	103	Ø23mm x Ø10mm x 2mmt WASHER	1
34	PANCAKE ALUMINUM	1	69	CABLE CLAMP	1	104	CHEST BELT (OPTIONAL)	1
35	HEAVY PANCAKE SPRING	1	70	M3 x 12mm PAN HEAD SCREW	3			

AIR MAGNETIC ROWER PARTS LIST

PART No.	DESCRIPTION	Q'TY	PART NO.	DESCRIPTION	Q'TY	PART NO.	DESCRIPTION	Q'TY
1	FRAME	1	37	SPECIAL CLUTCH SHAFT BOLT	2	71	M3 x 5mm x Ø9mm PAN HEAD	
2	FOOT REST TUBE	1	38	TENSION WHEEL PLATE	1		WASHER SCREW	1
3	PIVOT BUSHING	2	39	Ø 13mm x Ø6mm x 1.5mmt WASHER	4	72	PANCAKE CABLE PULLEY	1
5	FRONT BRACKET	1	40	M10 NYLON NUT	1	73	PANCAKE SLIDER	1
6	ALUMINUM BEAM	1	41	Ø 12.5mm x Ø8mm x 1mmt WASHER	1	74	M8 x 70mm CARRIAGE BOLT	2
7	REAR LEG & STABILIZER	1	43	ALUMINUM TENSION WHEEL	1	75	HANDLE BAR	1
8	REAR BRACKET	1	44	TENSION WHEEL SPACER	1	76	TOP STRAP BUCKLE COVER	1
9	ALUMINUM CARRIAGE	1	45	SEAT (OPTIONAL)	1	77	BOTTOM STRAP BUCKLE COVER	1
10	FOOT PEDAL BAR	1	46	SPECIAL SEAT ROLLER		78	Ø 38mm HD FOAM GRIP	2
11	STRAP SLOT TRIM	1		& TENSION WHEEL BOLT	5	79	POLYESTER DRIVE STRAP	1
12	Ø 38mm MUSHROOM PLUG	2	47	DRIVE PULLEY	1	80	12mm CABLE PLUG	1
13	COVER VENT	1	48	CLUTCH SHAFT	1	81	M8 NYLON NUT	1
14	LONG CAP	4	49	M5 x 15mm PAN HEAD SCREW	3	82	M5 x 15mm COUNTER SUNK SCREW	11
15	BUSHING Ø25mm x Ø13.5mm	2	50	3/16" NYLON NUT	1	83	COVER PLUG	11
17	FOOT PEDAL	2	51	STRAP DRUM	1	84	FRONT BUMPER STOPPER	2
18	FOOT PLUG with WHEEL	2	52	3/16" x 32mm SOCKET HEAD BOLT	1	85	M8 x 15mm PAN HEAD BOLT	20
19	SHORT CAP	2	53	M3 x 8mm CHEESE HEAD SCREW	2	86	Ø 18mm x Ø 8mm x 1.5mmt WASHER	17
20	FOOT STRAP	2	54	17mm EXTERNAL RETAINING CLIP	1	87	COMPUTER	1
21	SEAT ROLLER SPACER	4	55	RETURN SPRING DRUM	1	88	COMPUTER MOUNTING BRACKET	1
22	Ø5.6mm x 19mm PAN HEAD SCREW	2	56	M4 x 16mm COUNTER SUNK SCREW	2	89	COMPUTER PIVOT PLUG	2
23	M8 x 65mm ALL THREAD BOLT	1	57	RETURN SPRING	1	90	COMPUTER ARM PLUG	4
24	M8 LONG DOME NUT	8	58	RETURN SPRING RETAINER	1	91	SPECIAL REAR BRACKET BOLT	2
25	Ø 16mm x Ø 8mm x 1.5 CURVED WASHER	2	59	BEARING 7000	2	92	COMPUTER ARM TUBE	2
26	Ø 24mm x Ø 5mm x 2.0mm WASHER	1	60	M8 NUT	1	93	SEAT ROLLER	4
27	M6 x 20mm PAN HEAD BOLT with LOC TITE	2	61	RESISTANCE ADJUSTER	1	94	REAR BUMPER STOPPER	2
28	BEARING 6003ZZ SKF or INA	3	62	Ø 16mm x Ø8mm INTERNAL STAR WASHER	6	95	RIGHT COVER	1
29	FAN WITH SENSOR MAGNET	1	63	PANCAKE CABLE	1	96	LEFT COVER	1
30	M5 x 10mm PAN HEAD BOLT	2	64	PANCAKE CABLE GUIDE	3	97	SMALL CABLE TIE	2
31	BEARING 608ZZ IJK	3	65	M6 x 30mm PAN HEAD BOLT with LOC TITE	2	98	LARGE CABLE TIE	1
32	FLYWHEEL with MAGNETS	1	66	M10 SPRING WASHER	1	99	Ø 16mm x Ø10mm x 1.8mmt WASHER	1
33	POLY "V" DRIVE BELT 762PJ6	1	67	M10 x 20mm SOCKET HEAD BOLT	1	101	Ø 23mm x Ø8mm x 1.5mmt WASHER	2
34	PANCAKE ALUMINUM	1	68	SENSOR WITH CABLE	1	102	CLUTCH	1
35	HEAVY PANCAKE SPRING	1	69	CABLE CLAMP	1	103	Ø 23mm x Ø10mm x 2mmt WASHER	1
36	PANCAKE SHAFT	1	70	M3 x 12mm PAN HEAD SCREW	3	104	CHEST BELT (OPTIONAL)	1



STYLE No. R80APM (R80PRO) UNFOLDABLE

(OPTIONAL)