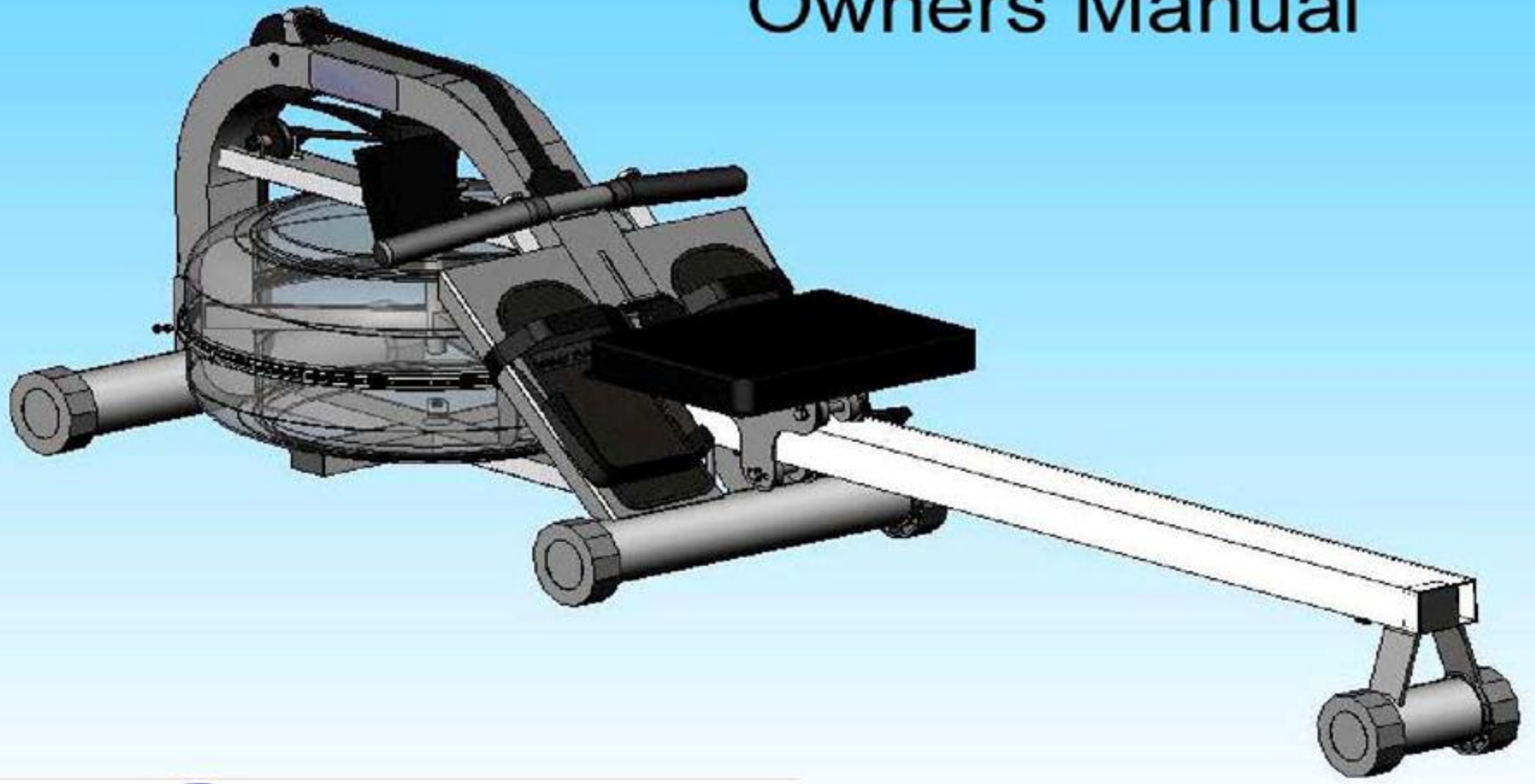


# Owners Manual



**Pacific Rower**

by **WAVE FITNESS**  
WR-P PACIFIC ROWER

## Training with the Pacific Rower

1. As with any piece of fitness equipment, consult a physician before beginning your Pacific Rower exercise program.
2. Follow instructions provided in this manual for correct foot position and basic rowing techniques.



### CAUTION

1. The Pacific Rower can stand vertically for storage. Make sure a secure location is chosen, such as in the corner of a room.
2. Keep hands and fingers away from moving parts, as indicated by the warning sticker on the mainframe of your machine.

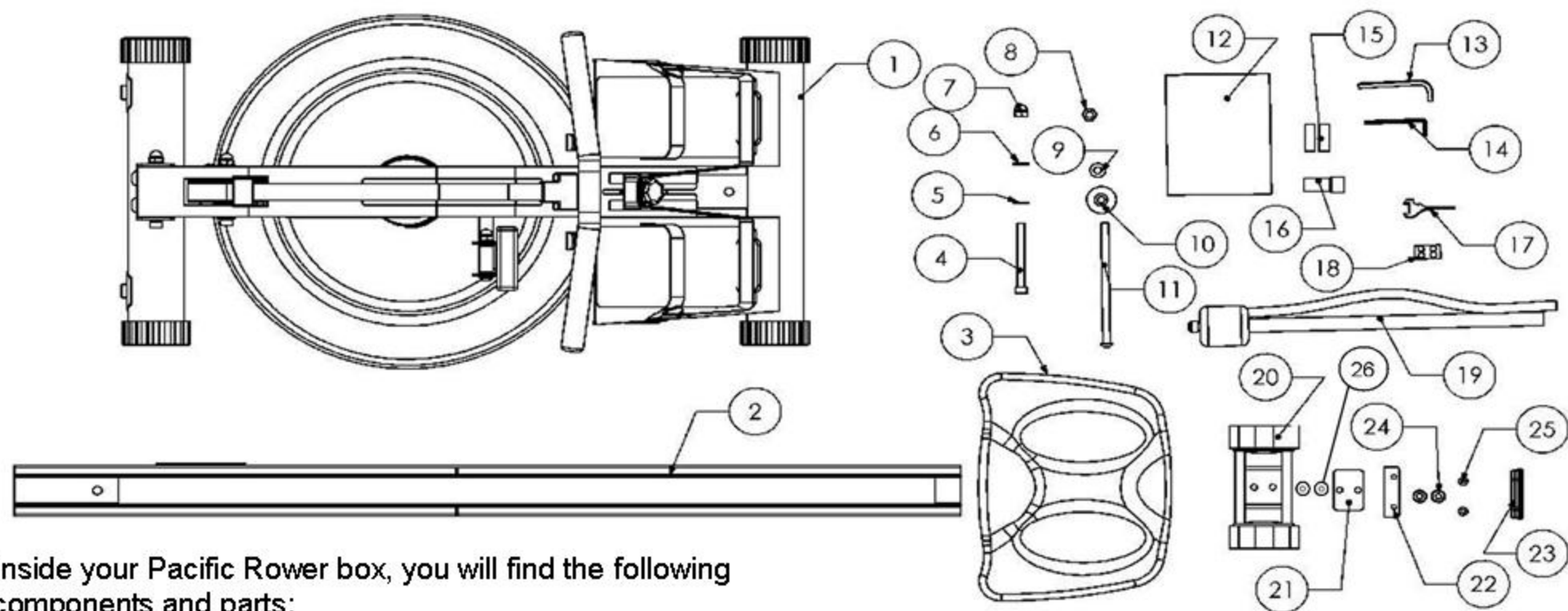
## Contents

1. Contents of Pacific Rower Pack.
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6. Replacing Rower belt.
7. Replacing Bungee cord.
8. Maintenance and Troubleshooting.
9. Parts list.
10. Warranty.

### WAVE FITNESS LIMITED

Unit 1, 21 McDonald Crescent, Bassendean 6054, Western Australia  
Tel: 1300 731 432 Fax: 1300 731 438

# Pacific Rower Box Contents



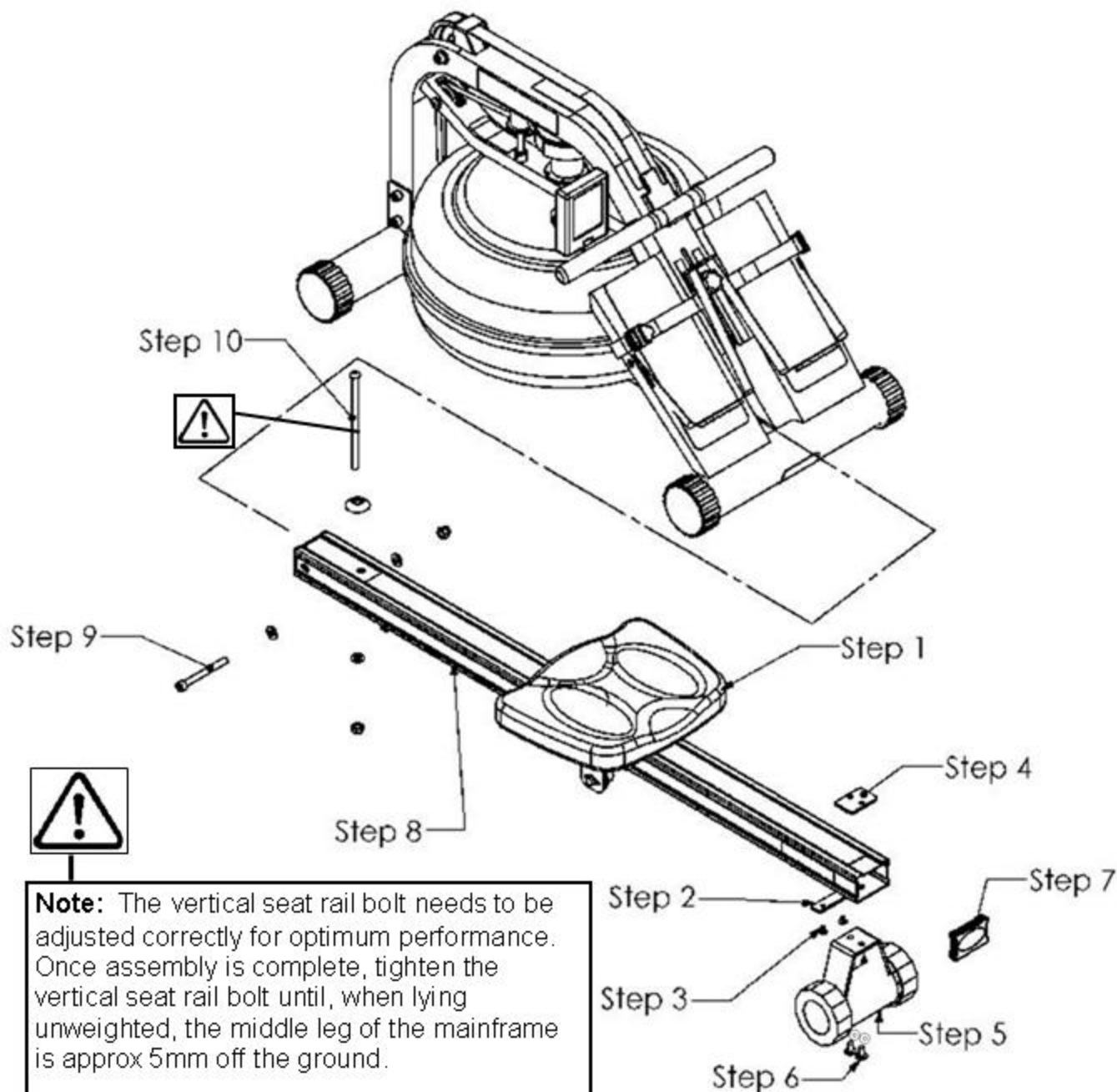
Inside your Pacific Rower box, you will find the following components and parts:

1. Main Frame.
2. Seat Rail (boxed separately)
3. Rower Seat.
4. M10x95mm bolt.
5. M10 Washer.
6. M10 Washer.
7. M10 Dome nut.
8. M10 Nylock nut.
9. M10 Washer.

10. Plastic Dome cap (for 180mm seat rail bolt).
11. M10x180mm seat rail bolt.
12. Owners manual.
13. 8mm Hex key.
14. 6mm Hex key.
15. AA batteries (x2).
16. 3cc blue dye glass vial.
17. Multi-tool.
18. Water treatment pack (4x tablets)

19. Siphon.
20. Rear seat rail leg.
21. Rear seat rail leg mounting bracket.
22. Rubber bump-stop for seat rail (rear)
23. Seat rail rubber end cap.
24. M8x15mm rear leg bolts (x2).
25. M6x10 countersink bolts (x2).
26. M8 Washer (x2)

# Assembly Instructions

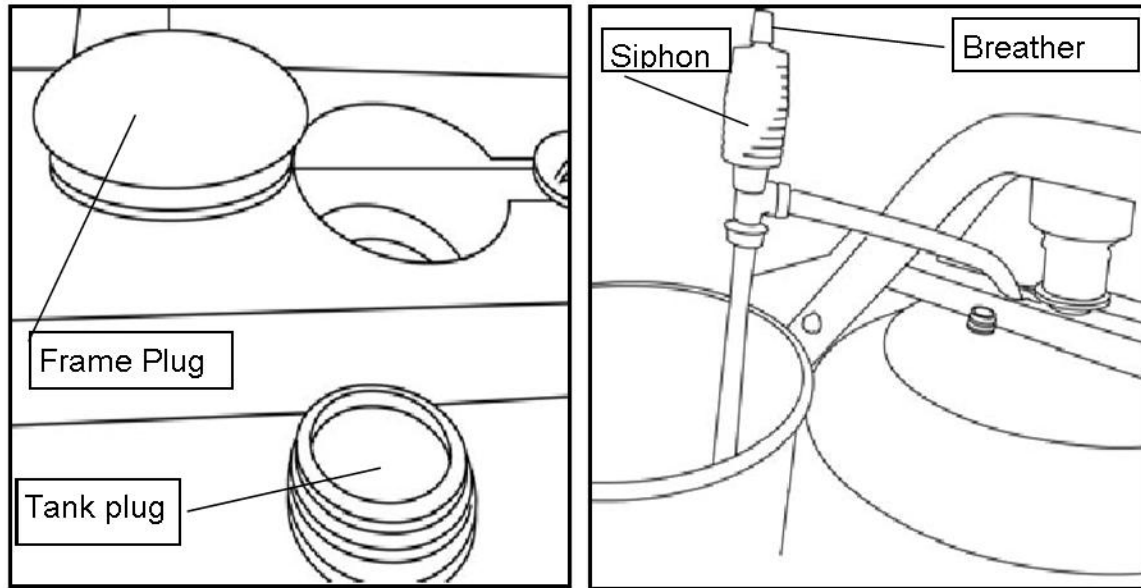


1. Install seat(3) on seat rail (2) with indentation facing rearward.
2. Position rubber bump stop (22) with bevel edge facing seat.
3. Mount and secure with bolts (25) and (26).
4. Position mounting bracket (21) inside seat rail (2).
5. Hold rear seat rail leg (20) in position beneath seat rail (2).
6. Secure rear seat rail leg to mounting bracket using bolts (24) and washers(26).
7. Insert rubber end cap (23).
8. Insert seat rail (2) inside main frame (1) as shown.
9. Insert horizontal frame bolt (4) through the main frame (1) and seat rail. Secure using 2x (5)(6) and dome nut. Do not tighten.
10. Using the vertical seat rail bolt (11) through the plastic cap, insert through the seat rail and bottom of main frame. Secure using washer(8) and nylock nut.
11. Tighten horizontal frame bolt.

**Note:** The vertical seat rail bolt needs to be adjusted correctly for optimum performance. Once assembly is complete, tighten the vertical seat rail bolt until, when lying unweighted, the middle leg of the mainframe is approx 5mm off the ground.

An improperly tightened seat rail bolt will cause the rower lift slightly during a hard workout.

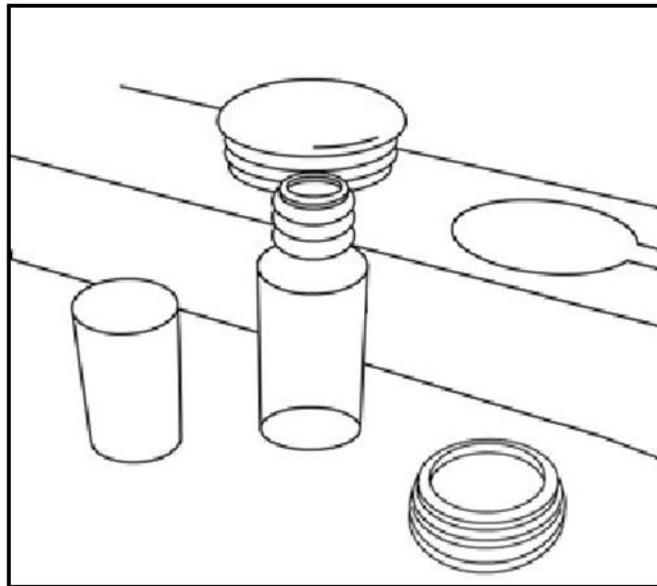
# Tank filling and water treatment



## Tank filling and water treatment procedures.

Note: 17 liters of water is required for maximum filling.

1. Remove tank cover plug and rubber fill plug from the top of the tank.
2. Place a large bucket of water next to the Pacific rower and position siphon with the rigid hose in the bucket and the flexible hose into the tank as shown. Note: Make sure small breather valve on the top of the siphon is closed before filling.
3. Begin filling tank by squeezing siphon. Use Level Gauge decal on side of tank to measure volume of water in tank. Note: The amount of resistance is dictated by the amount of water in the tank; for example, 9 liters of water equals light resistance, 17 liters of water constitutes heaviest resistance. Important: Do not overfill tank!
4. After filling tank to the desired water level, open the valve on the top of the siphon to allow excess water to escape.
5. Ensure that tank plug and frame plug are replaced once filling and water treatment procedures are complete.

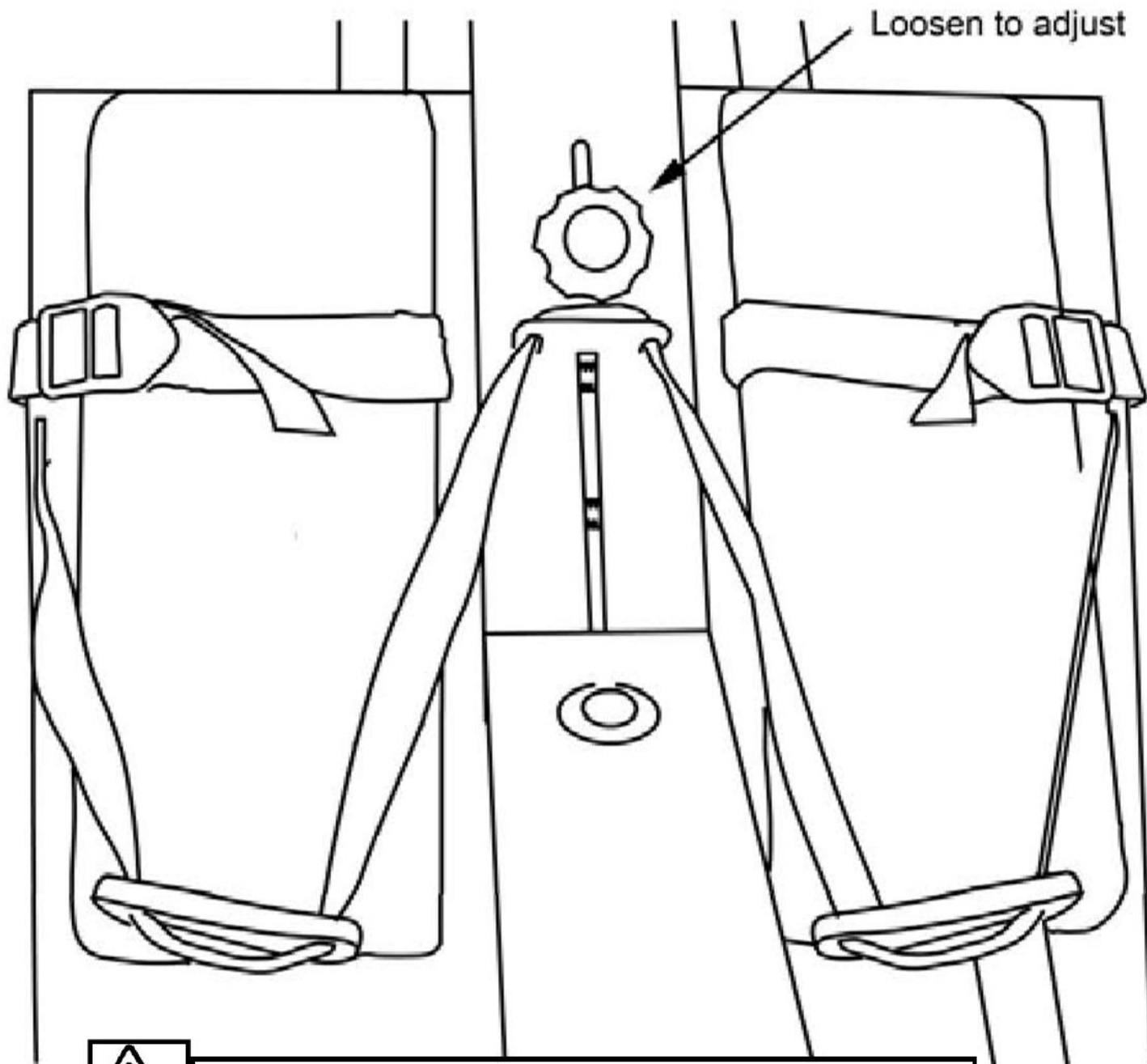


## Water Treatment Procedures:

*Add Chlorine tablet.  
Add very small amount of blue dye and check for desired hue. **Important!** Do not add blue dye for at least 72 hours following Chlorine treatment. The blue dye adds visual appeal as well as cutting down the amount of light reaching the tank water, thus extending the amount of time between water treatments.*

**Tips on Siphon use:** Putting the fill bucket higher than the tank will allow the siphon to "self-pump" when adding water to the tank.

# Operational instructions



## Operational Instructions:

### 1. Heel Sling Adjustment:

The Pacific Rower has a unique and easy to use Heel Support Adjuster (Pat. Pend.). Simply loosen the footplate knob and slide the Adjuster up or down to required position. This should place the ball of your foot directly under the horizontal Foot Straps. Tighten knob and secure Foot Straps. The Heel Support allows the user to row without shoes if desired.

### 2. Resistance:

The level of resistance is determined by the amount of water in the tank. Any amount between 9 and 17 liters is acceptable, with more water providing greater resistance. **Important:** Do not fill past the 17 liter mark on the Level Gauge! Refer to Tank Filling and Water Treatment Procedures for details.



Always row with your feet secured in the foot straps.

## How to row.

Begin the stroke comfortably forward and push strongly back with your legs while keeping your arms and back straight.

Begin to pull your arms back as they pass over your knees and continue the stroke through to completion rocking slightly back over your pelvis.

Return to the starting position and repeat.

## How often?



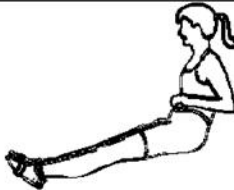


Begin with 5 minute training sessions once a day and aim for around 2:30 to 2:45 for 500m time and around 18-25SPM.

Progress a few minutes more each day until you are comfortable with 30-45 minutes training time 3 or 4 times a week.

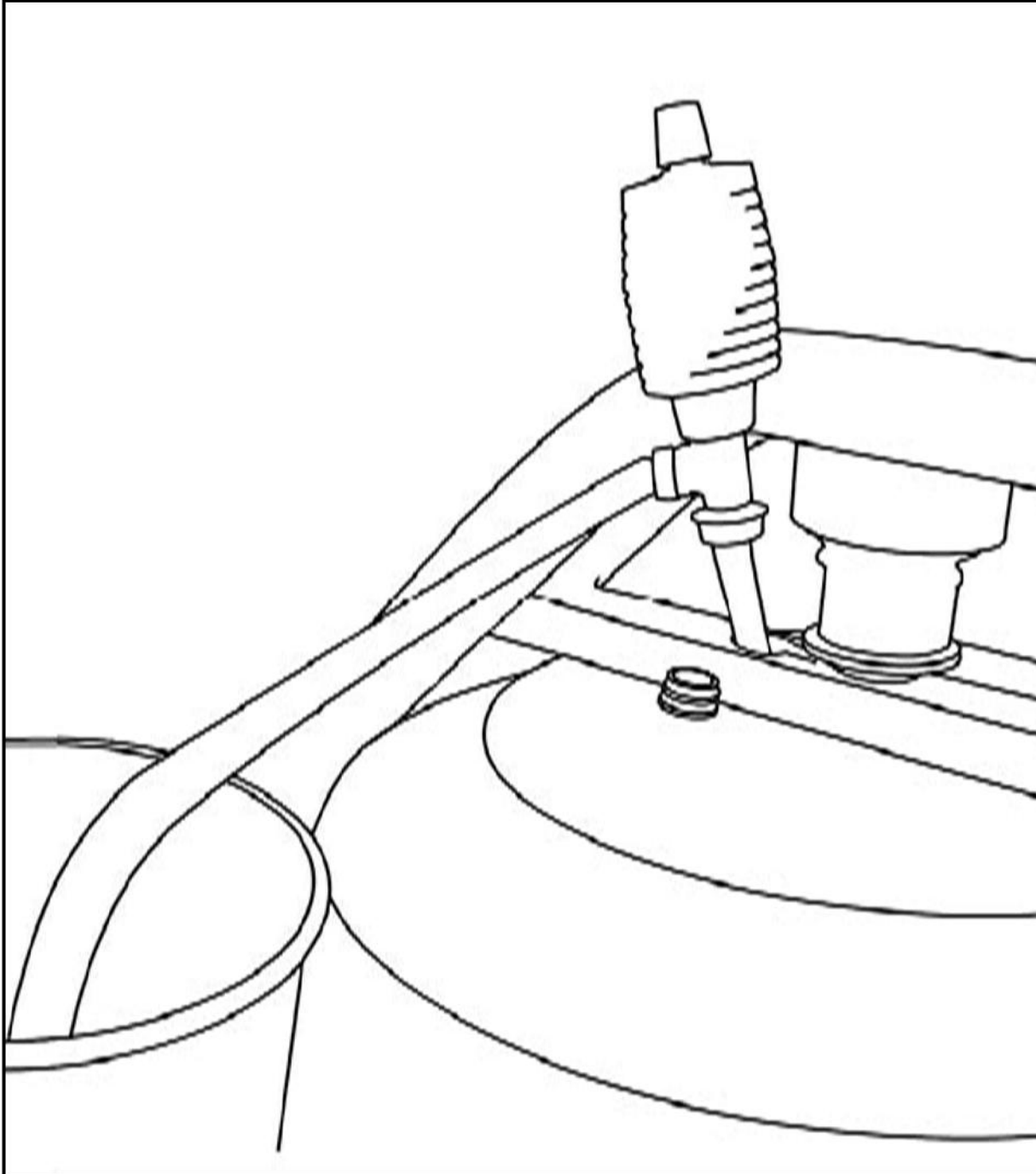
This is sufficient to provide aerobic endurance benefits, muscle toning and sufficient calorie burning to form part of a weight loss program.



Always consult a doctor before beginning an exercise program. Stop immediately if you feel faint or dizzy.

				
<b>Catch</b>	<b>Drive</b>	<b>Finish</b>	<b>Recovery</b>	<b>Catch</b>
Comfortably forward with straight back and arms.	Push with the legs while arms remain straight.	Pull through with arms and legs rocking slightly back on your pelvis.	Upper body tips forward over your pelvis and move forward.	Catch and begin again.

## Removing water from the Pacific Rower for transport or to replace water.



### Removing Tank Water:

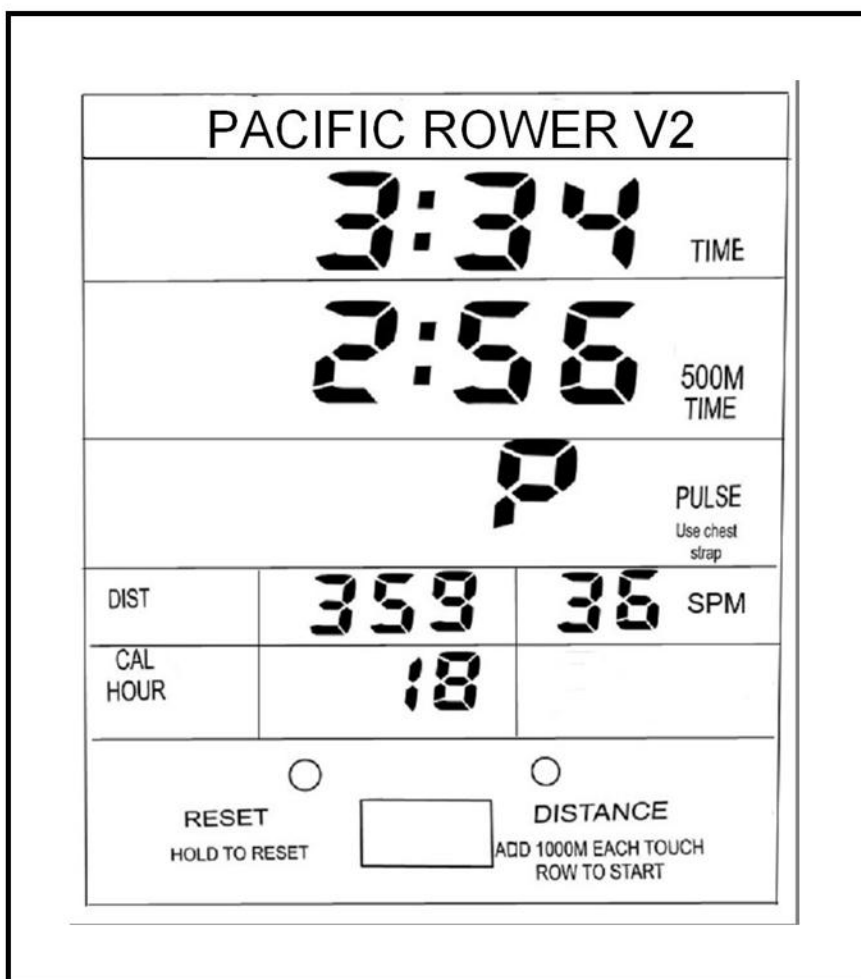
1. Remove frame plug and tank plug.
2. Insert rigid end of siphon into the tank, and flexible hose into a large bucket. **Note:** If the siphon hose hits the impeller blades, you can rotate the blades slightly by pulling on the rower handle to allow the siphon to reach the bottom of the tank.
3. Drain tank and then refill following directions for Tank filling.

**Note:** The valve on top of the siphon must be closed to allow proper drainage.

**Note:** Water treatment will preclude the need to change tank water if the treatment schedule is maintained. Additional chlorine is required only when discoloration appears in the water.

**Note:** Exposure to sunlight affects the water. Moving the rower away from direct sunlight and adding the blue dye will extend time between water treatments.

# The Pacific Rower Computer:



**Note: Computer will reset and begin to count up after 10 seconds of inactivity**

## Computer Instructions

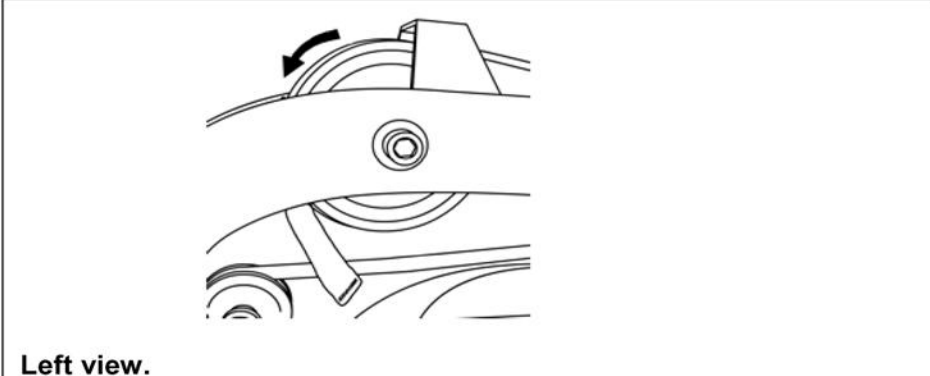
- TIME:** Auto start elapsed time.
- 500M TIME:** Time to row 500 meters, updated at the completion of each stroke.
- PULSE:** Requires optional receiver and chest strap.
- SPM:** Strokes per minute updated each stroke.
- CAL HOUR:** Updated each stroke.
- PROGRAMMING:** Computer will auto start.

## Options (Hold button down for one second first to reset computer)

1. Add 1000m distance each button push to accumulate required distance then begin rowing.
2. Interval training.  
  
Row distance as above.  
Stop rowing. Computer will wait 10 seconds then begin a count up to a maximum of 6 minutes to allow you to time your rest interval.

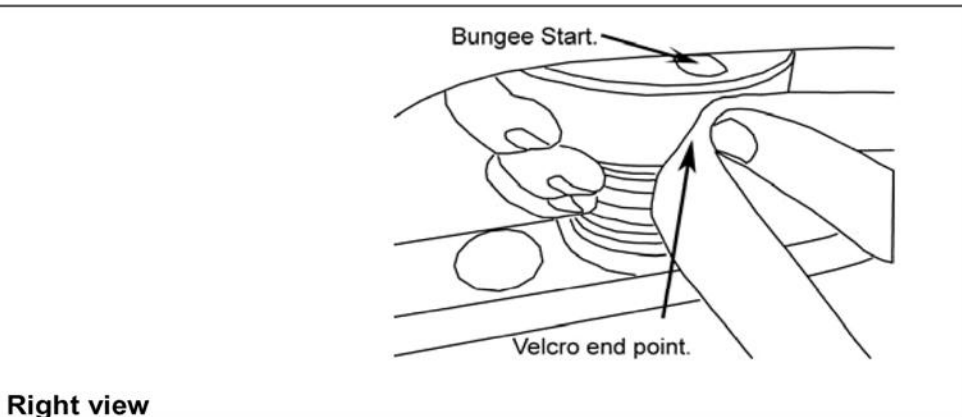
# Reattaching/Changing the rower belt:

**To Remove belt** Simply pull back on the rower belt until it detaches from the belt/bungee pulley. Remove via belt pulley and upper frame bracket.

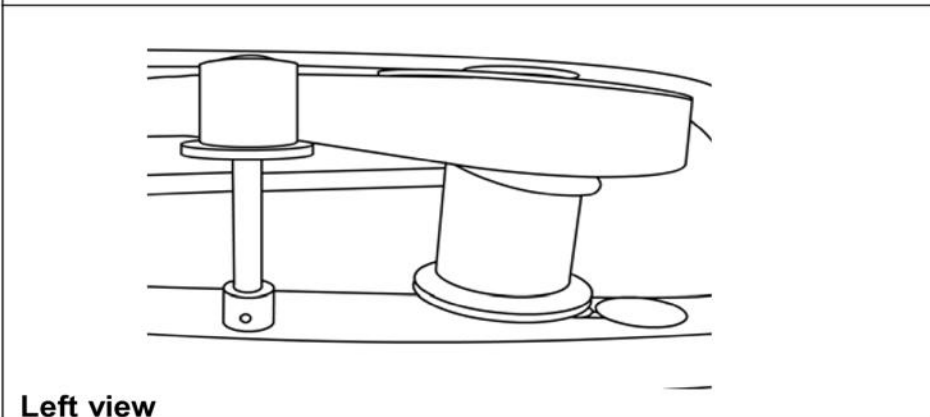


1. Feed the belt through the upper bracket and around the belt pulley with the Velcro facing upward as pictured in the first illustration.

**Left view.**  
2. Using the bungee hole as a starting point, turn the belt/bungee pulley six complete clockwise revolutions. Hold the belt/bungee pulley in this position. **Caution:** Hold tightly.  
3. Attach belt as shown again using the bungee hole as a starting reference. Attached properly, the velcro section of the rower belt will make one complete loop around the belt bungee pulley.



**Right view**  
4. Slowly release belt/bungee pulley, making sure the belt is wrapping evenly. After one or two wraps, the belt will position itself.  
**Note:** Check proper bungee tension/rower belt position by moving the rower handle all the way forward to the mainframe upper belt pulley bracket. If the bungee is loose or belt wraps come off of the belt/bungee pulley, remove the belt and follow reattachment steps above. Also, make sure the belt is properly positioned around the cotton reel as illustrated.



**Left view**

## Removing the bungee/shock cord:

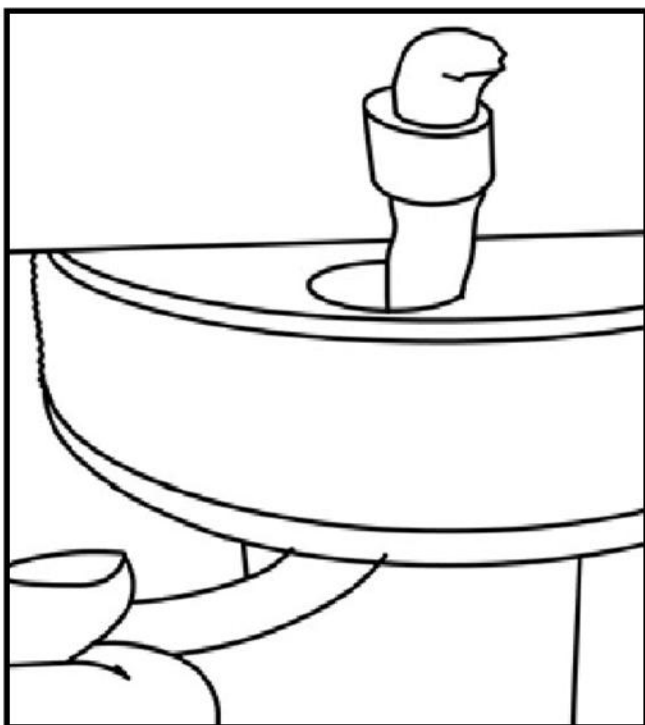
1. Lay the rower on its side to allow better access to bottom of rower frame
2. With scissors, cut the tie wrap holding the bungee in place.



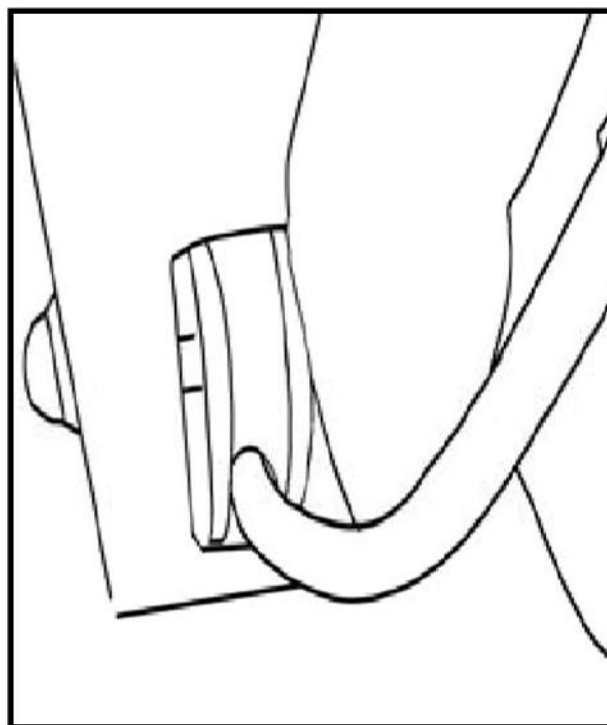
**CAUTION** The bungee is under slight tension, hold one end while cutting

3. Pull the bungee through the two frame pulleys and out the top of the belt/bungee pulley as shown.

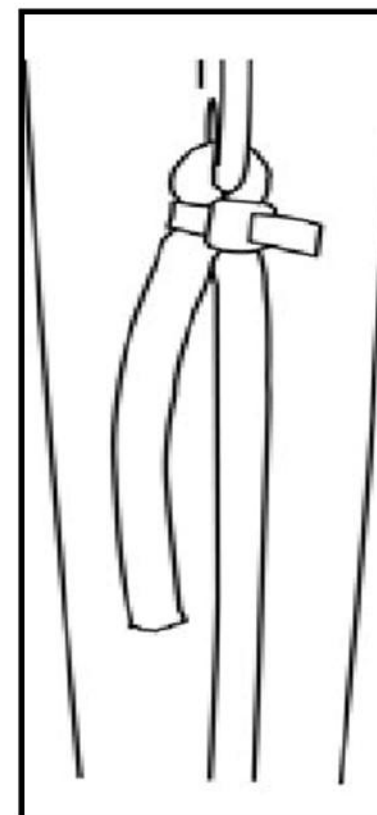
## Replacing the bungee/shock cord:



1. Feed bungee cord through top of belt/bungee pulley.



2. Bungee cord is then fed through upper and lower bungee pulleys.



3. Use tie provided or simply knot end of bungee cord. Note” The amount of bungee tension is easily adjustable.

## Troubleshooting:

<b>Fault</b>	<b>Probable Cause</b>	<b>Solution</b>
Water changes color or becomes cloudy.	Rower is in direct sunlight or has not had water treatment.	Change rower location to reduce direct exposure to sunlight. Add water treatment and blue dye or change tank water as directed in the water treatment section of this manual.
Rower belt slipping off belt/ bungee pulley.	Bungee not under enough tension.	Tighten bungee cord following the instructions in "Replacing the bungee/shock cord" section of this manual.
Front of rower lifts slightly during vigorous rowing.	M10X180mm main seat rail bolt is slightly too loose.	Tighten bolt 1/2 turn and row again. Tighten as needed until problem stops. Note: Over tightening this bolt can damage the seat rail. Only tighten bolt in small increments until fault is corrected.
The Pacific Rower computer does not illuminate after battery installation.	Batteries installed incorrectly or need replacing.	Reinstall batteries in correct position and try again. If the LCD screen fails to illuminate, try rotating the batteries slightly in the computer. If this fails, contact your local service center.
Pacific Rower Computer screen illuminates, but does not register when rowing.	Loose or failed connection.	Check that the computer lead is connected properly. If it is connected then contact your local service center.



Part #	Description	QTY	Part #	Description	QTY	Part #	Description	QTY
10041	Nut Nylock M10	1	60139	Tank Internal Screw S/Steel M6x15	2	60614	Nut Nylock M6	4
10052	Grub Screw M4x6	1	60140	Computer Mount Plastic Bushing	2	60615	Bungee Cord 8mm	1
10082	Washer M10	5	60141	Computer	1	60616	Frame Spacer Internal	1
10097	Nut Dome Head M10	7	60142	Bolt M10x60	1	60617	Crimped End	1
10139	Spring Washer M10	8	60143	Sensor	1	60701	Seat with Left and Right Brackets	1
10170	Washer M4	4	60144	Rower Handle End Inserts 28.6mm	3	60702	Seat Wheel	6
60100	Upper Main Frame	1	60145	Frame Plug 38.1mm	1	60703	Seat Frame Left	1
60108	Bungee Pulley Spacer	4	60147	Washer O Ring 9.5x6.5x1.5mm	2	60704	Seat Frame Right	1
60109	Bungee Pulley	2	60148	Computer Heart Rate Lead	1	60705	Seat Wheel Short Spacer	6
60110	Belt Pulley Spacer	2	60150	Main Shaft Nylon Bushing - Upper	1	60706	Seat Wheel Long Spacer	3
60111	Belt Pulley 100mm (inc. 2x60112 Bearing)	1	60200	Lower Frame	1	60707	Bolt M8x120	3
60112	Belt pulley bearing 6000ZZ	4	60209	End Cap 75mm Round	4	60708	Washer M8x22	8
60113	Main Shaft Oil Bushing - Lower	1	60210	Transport Wheel Fastener	4	60709	Nut Nylock M8	3
60114	Magnet Ring (inc. 6x60124 Magnet)	1	60211	Transport Wheel 76.2	2	60710	Washer M6x11	4
60115	Flywheel Shaft spacer	1	60212	End Cap 25x50mm	2	60711	Screw M6x20	4
60116	Tank Lower	1	60300	Impeller	1	60801	Seat Rail with Decal	1
60117	Tank Upper	1	60304	Flywheel Upper Shaft	1	60802	Rear Leg Internal Mounting Plate	1
60118	Tank Large Ring Seal	1	60400	Rear Leg	1	60803	Rubber Bump Stop - Seat Rail	2
60119	Idle wheel inc. 2x60112 Bearing	1	60500	Rower Handle Complete	1	60804	Seat Rail End Cap 75x75	2
60120	Roll Pin 6mm	1	60501	Handle Bar	1	60805	Rear Leg Adjustable Height End Caps	2
60121	Bolt M10x90	1	60504	Handle/Belt Rubber Cover	1	60806	Bolt M10x180	1
60123	Idle Shaft Upper Frame Mount 10mm	1	60505	Inner Rowing Handle Foam	1	60807	Bolt M6x10	4
60124	Rare Earth Magnet 5mmx4mm	6	60506	Rowing Handle Rubber Grip	2	60808	Screw M8x15	2
60125	Idler Pulley Shaft	1	60508	Velcro Strip for Belt	1	60809	Plastic Dome Cap 10mm	1
60126	C Clip 10mm	2	60601	Heel Adjuster Knob External Plate	1	60812	Rail Decal	2
60128	Bolt M8x65	2	60604	Heel Adjuster Knob Internal Plate	1	60900	Bungee/ Belt Pulley complete	1
60129	Nut Dome Head M8	2	60605	Rubber Heel Support Pad	2	60903	Velcro Strip	1
60130	Frame Rubber Bumper	2	60606	Plastic Spacer M4	4	61001	Tank Bonding Strip 3M-VHB	5
60131	Tank Outer Rubber Protection Ring	1	60607	Foot Plate Pad	2	61002	Heel Adjuster Decal	2
60132	Screw M3x20	24	60608	Heel Strap complete (Inc. 2x60605)	1	61003	Main Frame Side Decal	2
60133	Nut Nylock M3	24	60609	Heel Adjuster Knob M6	1	61004	Main Frame Upper Warning Decal	1
60135	Bolt M10x95	5	60610	Screw M6x15	4	61006	Tank Level Decal	1
60136	INA 20mm One Way Bearing	1	60611	Foot Strap (inc. 60012 Buckle)	2	61007	Main Frame Lower Warning Decal	1
60137	Tank/Mainframe Impeller Shaft Spacer	1	60612	Buckle	2	62001	Rubber Pulley Cover	1
60138	Impeller End Cap	1	60613	Washer M6x16	4	63144	Tank Plug Inner	1

**PACIFIC ROWER**  
**INTERNATIONAL WARRANTY**  
**WAVE FITNESS LIMITED**

WAVE FITNESS warrants that the Pacific **Rower (model WR-P)**, purchased from an authorized agent, is free from defects in materials and workmanship. WAVE FITNESS or its agents will, at their discretion, repair or replace parts that become defective within the warranty period.

**Metal Frame – 5 Year Limited Warranty**

WAVE FITNESS will repair or replace the metal Main Frame of the Rower should it fail due to any defect in materials or workmanship within 5 years of the original purchase. Warranty does not apply to frame coating.

**Polycarbonate Tank & Seals – 2 Year Limited Warranty**

WAVE FITNESS will repair or replace the polycarbonate tank or seals should they fail due to any defect in materials or workmanship within 2 years of the original purchase.

**Mechanical Components (of a non-wearing nature) – 2 Year Limited Warranty**

WAVE FITNESS will repair or replace any mechanical component should it fail due to any defect in materials or workmanship within 2 years of the original purchase.

**Specific Inclusions**

Aluminum Seat Rail

Stainless Steel Paddle Assembly

**All Other Components (of a wearing nature) – 1 Year Limited Warranty**

WAVE FITNESS will repair or replace any component should it fail due to any defect in materials or workmanship within 1 year of the original purchase.

**Specific Inclusions**

Bungee recoil cord

Hand grips & foot straps

Polyester rowing belt

Seat

Seat rollers & bearings

All rubber components

Computer & speed sensor (excluding replaceable batteries)

All pulleys, bushings & bearings

**General Exclusions**

Damage to the finish of any part of the machine

Damage due to neglect, abuse or incorrect use of the machine

Any charges for freight or customs clearance associated with the return or dispatch of parts

Any damage to or loss of goods during transport of any kind

Any labour cost associated with a warranty claim

**General Conditions**

The serial number of the machine must be correctly registered with WAVE FITNESS Limited or one of its appointed distributors

WAVE FITNESS Limited reserve the right to examine any part where replacement is claimed under warranty

Warranty period applies only to the original purchaser from the date of purchase and is not transferable

The product must be returned to your place of purchase in original packaging with transportation, insurance and associated charges paid for by you and risk of loss or damage assumed by you

WAVE FITNESS makes no other warranties except as stated here and expressly disclaims all warranties not stated in this warranty. Neither WAVE FITNESS nor its associates shall be responsible for incidental or consequential damages

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