

RP3 DYNAMIC

RP3 Model S Owner's Guide



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Usage Instructions

Locking and Unlocking the machine

To use the machine, unhook it from the main bar using the clip behind the footplate on the righthand side. Rotate the stopper a full 180 degrees to ensure it remains held away from the bar. To lock the machine simply rotate the pin away from this position. The machine must be locked in this way to stand it upright on its end.



Levelling the bar

If you cannot stay central on the machine during use and keep sliding and hitting either the front of the bar with the machine or the rear of the bar with the seat, adjust the angle of the bar using the knob over the rear leg. This raises or lowers the leg, adjusting the angle of the bar relative to the floor.



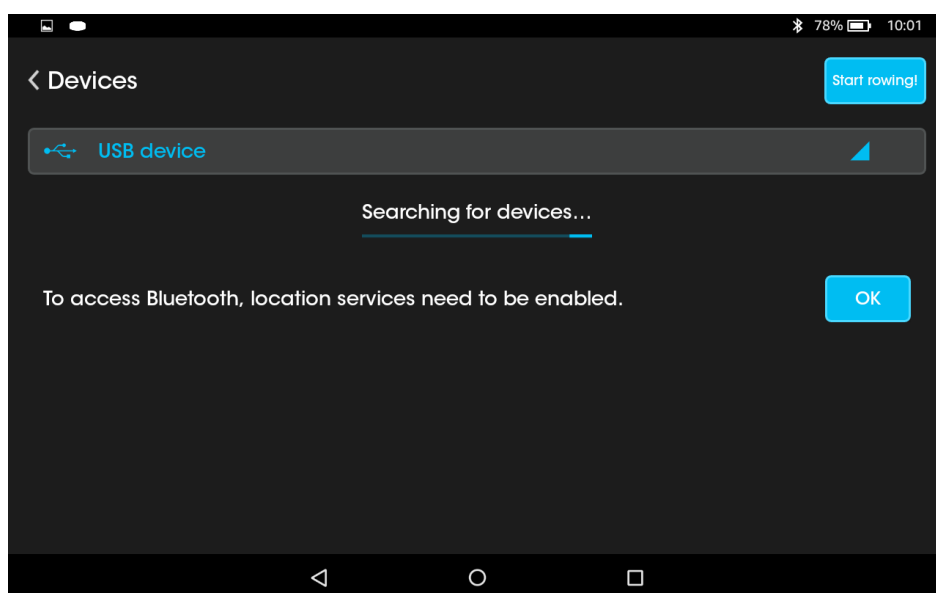
Adjusting resistance

The level of resistance the user feels on the handle during the stroke is adjusted by moving the slider on top of the flywheel cage between 10, for high resistance, and 0 for low resistance.

Connecting to a tablet/smartphone display

To connect a tablet or smartphone to the machine and view your rowing parameters or set up a workout, firstly install and open the “RP3 Rowing” App on your android or iOS device (please note the iOS app is currently only offered in “lite” format) See the RP3 Rowing software guide for more information on the apps. Use either the cable provided or Bluetooth connection for applicable machines (after 2018) to connect the tablet to the RP3. If it does not automatically connect, take a stroke to wake the machine and select “devices” in the top left corner of the app and select “USB device” for cable connection (as pictured), or the corresponding reference code for the machine you want to connect to on Bluetooth. Heartrate monitors are also connected this way.

Please note that once connected via Bluetooth, a machine will always try to auto-connect to the tablet it was last connected to. Click on “devices” to connect to another machine. In rowing clubs, it is recommended that each tablet is assigned to a specific machine if you regularly connect via Bluetooth.



Maintenance

This part of the guide details regular maintenance you should undertake to keep your machine in perfect working order. For any other issues or concerns, please contact RP3 Rowing UK for advice or to arrange a service.

Cleaning the machine

After using the machine, ensure the top and bottom of the main bar are cleaned. This prevents dirt building up inside the machine and will keep it running smoothly and protect the main bearings from damage and wear. Antibacterial spray and paper towel are ideal for this.

Lubricating the chain

The chain needs lubrication to keep it in good condition. The frequency of this depends on where the machine is stored. In damp conditions the chain should be lubricated monthly, particularly the section that is exposed when the machine is not being used. When the machine is stored in a dry environment, lubricating the chain every 6 months is sufficient. A light 3-in-1 oil applied with a cloth so the chain isn't soaked is recommended for this. Bike chain products may also be used to remove grease and corrosion before lubrication.

Charging the Bluetooth transmitter

If you have a Bluetooth compatible machine, the Bluetooth module is powered by a rechargeable power bank. This power bank will need recharging roughly once a month. It is recharged with a standard micro-USB charger and accessed by unscrewing the black thumbscrew on the back of the machine and lifting the panel (see below). The power bank can be unplugged from the machine to recharge it.

