

RP3 ROWING

DYNAMIC INDOOR ROWER

General Usage Instructions for your RP3 Model S



1. 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. The correct position is shown below:



2. 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.
3. 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.

4. 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 which does not include access to setting workouts). Then, use either the cable provided or Bluetooth connection for applicable machines 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, or the corresponding reference code for the machine you want to connect to on Bluetooth. Heartrate monitors are also connected this way.
5. 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. Antibacterial spray and paper towel are ideal for this.
6. 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.

