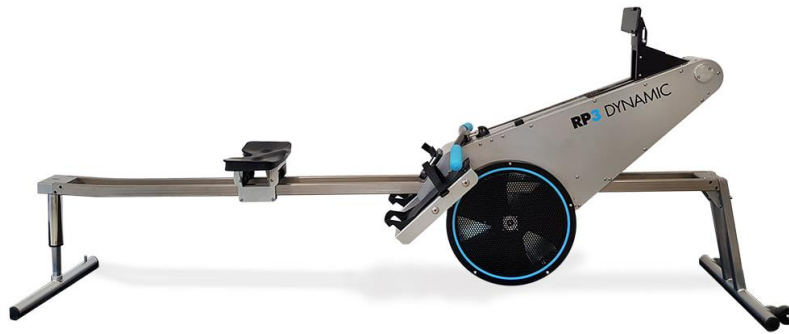


RP3 ROWING

DYNAMIC INDOOR ROWER

General Usage Instructions for your RP3 Model T



1. The RP3 Model T can be used as both a dynamic and static rowing machine. To use the machine as a dynamic rower, unlatch it from the bar using the stopper located at the very front end of the bar. To use it as a static rower or to store the RP3T upright, lock the machine back to the bar.
2. The Model T features an air sprung rear leg which serves two purposes. Firstly, it simulates what happens to a boat at the finish of the stroke, allowing the machine to dip slightly and also enabling adjustment of the angle of the bar. If you find 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, use the foot button on the left support on the rear leg to raise or lower the rear of the bar (similar to a desk chair) to make the angle level. This may require fine tuning for rowers of different bodyweight.
3. The level of resistance the user feels on the handle during the stroke is adjusted by moving the slider on top of the machine 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 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 (PICTURE!!!) and select “USB device” for cable connection, or the corresponding reference code for the machine you want to connect to on Bluetooth. Heart rate monitors are also connected this way. The RP3T also features a built-in lower screen which can be switched between showing a power curve or rowing parameters.

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.