



**Cardio Kids 680e Elementary  
Rower  
OWNER'S MANUAL**

## Exercising with the ROWER

### The advantages of rowing

As mentioned above, rowing is an excellent way to increase the efficiency of the cardiovascular system. It also improves the ability to absorb oxygen. Another important advantage of rowing lies in the strengthening of all of the body's important muscle groups, whereby the strengthening of the back and shoulder muscles is especially beneficial.

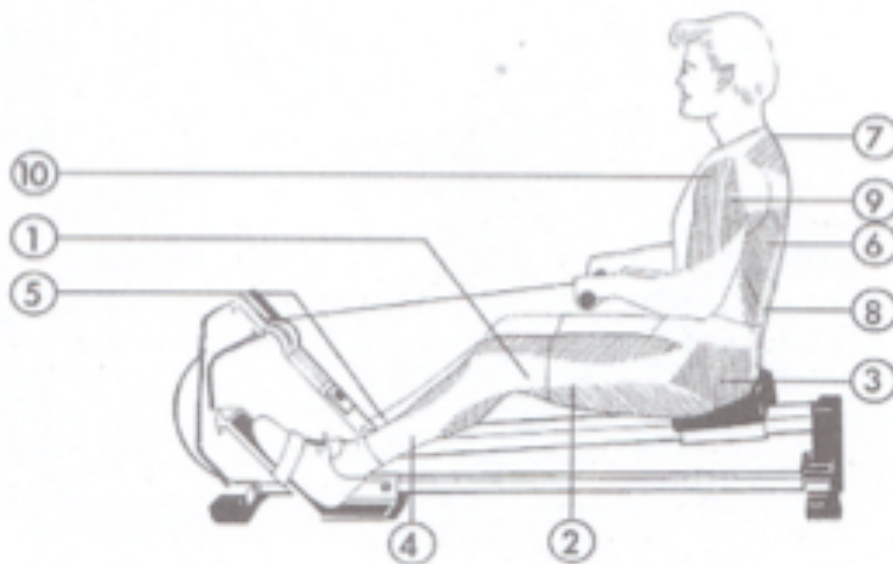
### Muscles used during rowing

The movements in the rowing exercise call on all of the body's muscle groups. Although some are concentrated upon more than others. These groups are shown in the lower illustration. In the legs, rowing exercises the extensors (1), the flexors (2) and the shin and calf muscles (5, 4). The movement of the hips also calls on the seat (gluteus) muscles (3).

In the torso region, rowing calls primarily upon the latissimus (6) and the erectors (8), but also on the trapezius (7), the deltoid (9) and the arm extensor muscles (10).

### Exercise Intensity

The effort intensity when rowing can be determined by checking the pulse. The intensity of the rowing exercises can be varied by alternating the number of strokes per minute, or by altering the resistance of the tension device. The intensity increases both when the stroke rate is increased, and when the resistance in the tension device is increased.



## FUNCTION BUTTON

Mode PRESS TO SELECT EACH FUNCTION DISPLAY ON THE MONITOR.

Reset PRESS TO RESET EACH FUNCTION DATA INDIVIDUALLY WHILE PRESETTING.

Set Up PRESS TO MAKE UPWARD ADJUSTMENT OF TIME, CALORIES, ETC.

Set Down PRESS TO MAKE DOWNWARD ADJUSTMENTS OF TIME, CALORIES, ETC.

## SCAN

Automatically scans through each function in sequence every 6 seconds. The display loop is scan-time-count-total count- calories-scan-

## TIME

Count up: accumulate total workout time from 0:00 to 99:59.

Count down: if you have a preset target time, the computer will count from preset time down to 0:00 when the training starts.

## COUNT

Count up: To accumulate workout numbers during exercise.

Count down: If you have preset target workout numbers, the computer will count from the preset numbers down to zero when you start training.

## TOTAL COUNT

To accumulate the total workout numbers of different training sessions.

You can reset this data only by changing batteries.

## CALORIES



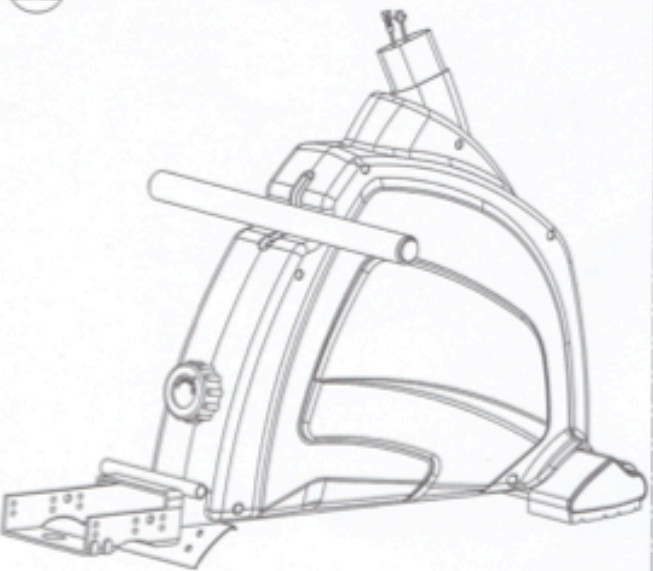







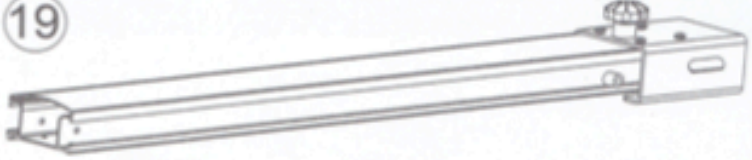


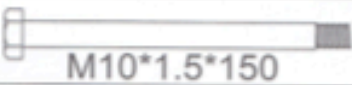


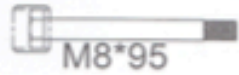











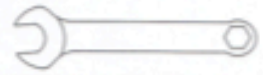


Count up: to accumulate calorie consumption from zero to maximum 9999 CAL during training.

Count down: If you have preset target calories data, the computer will count from preset data down to zero when you start training.

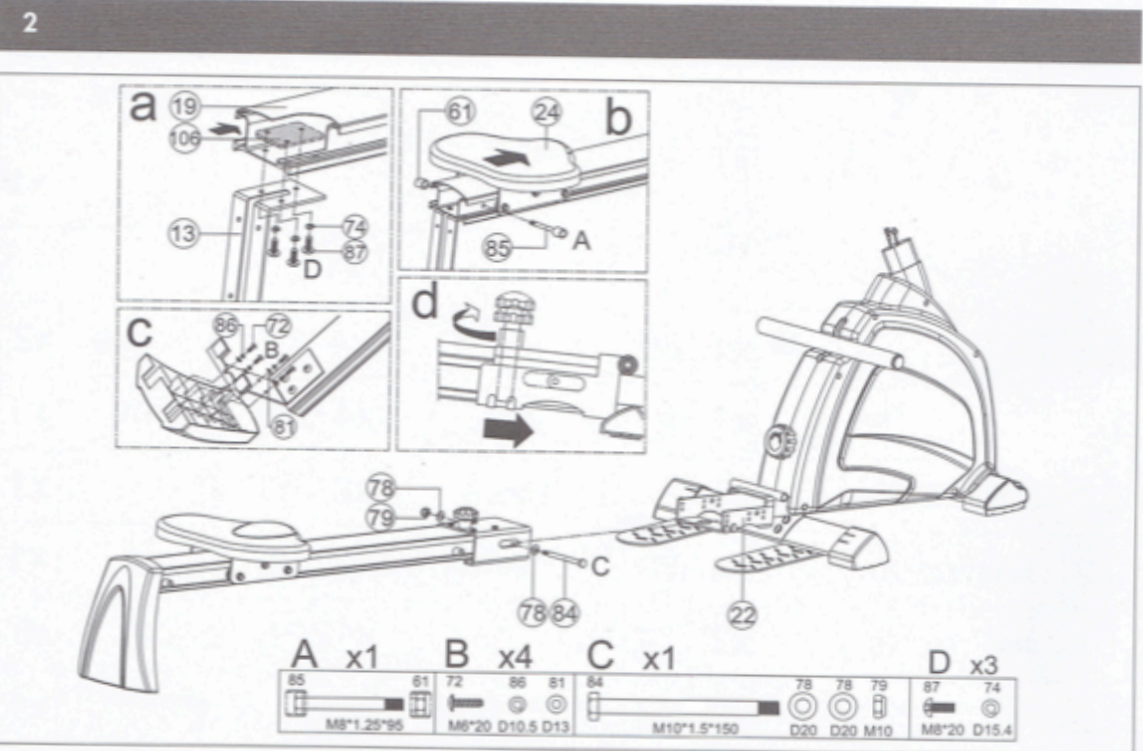
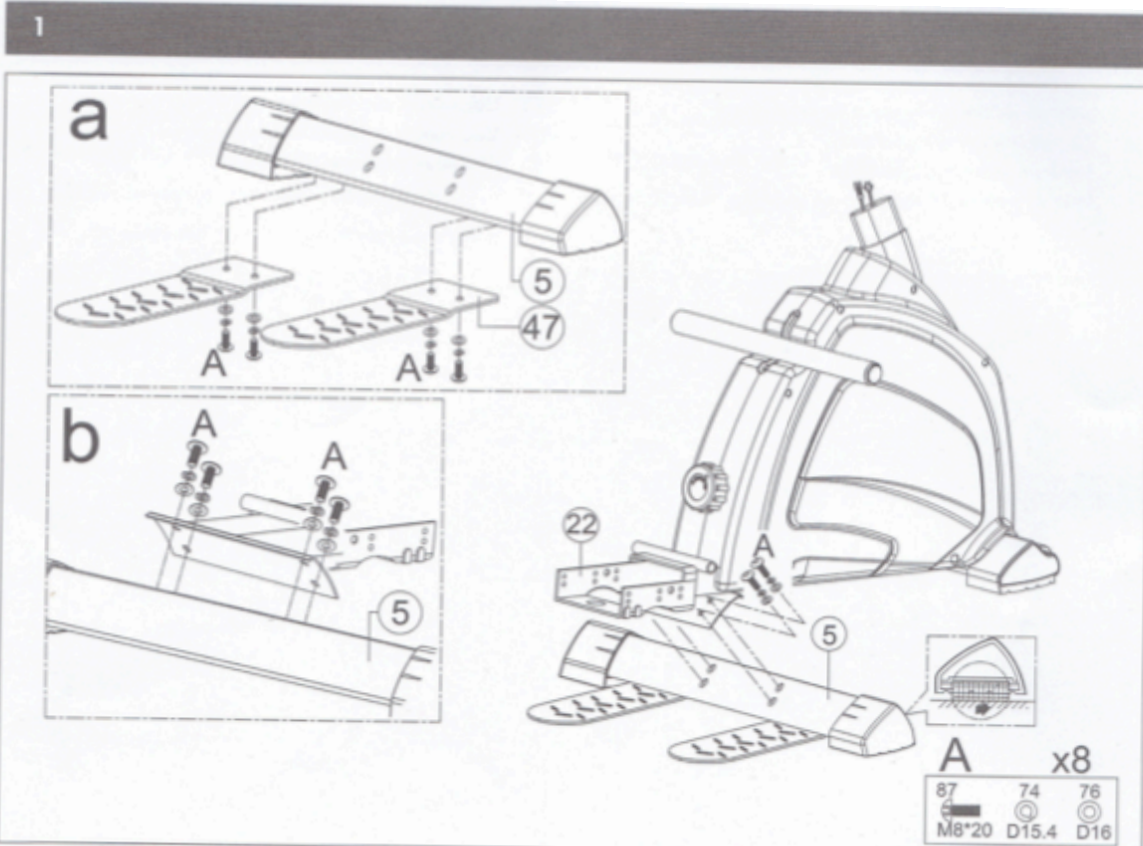
Note: If the pulse is measured during training, the heart symbol in the segment display will blink and the pulse rate will be displayed as heartbeats per minute.

1. When you stop training and without any button operation for 4 minutes, the monitor will shut off automatically.
2. The computer will start beeping to remind you as soon as any preset function data has been achieved during training. The function will be counting up from zero as soon as the target is achieved.
3. Press the MODE button and hold on for four seconds to have all function data reset to zero, but exclude total count function.
4. Battery Specification: 1.5V AA(2 pieces).

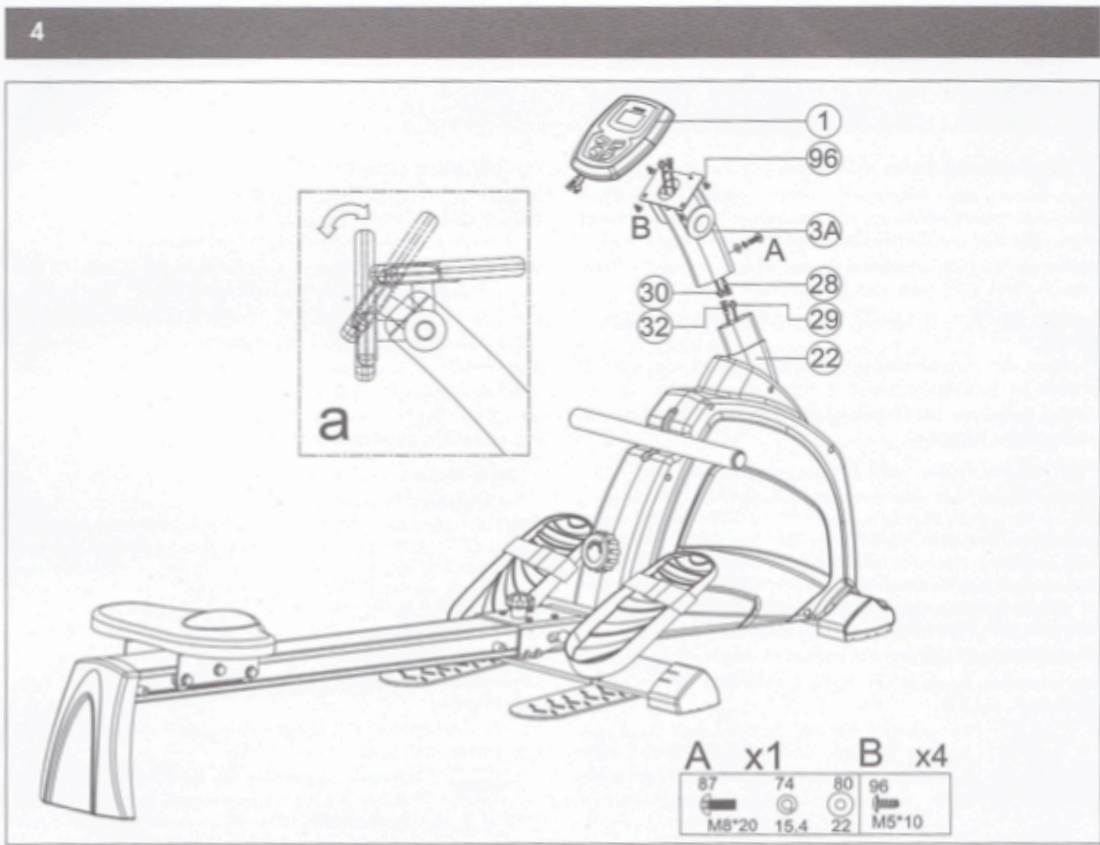
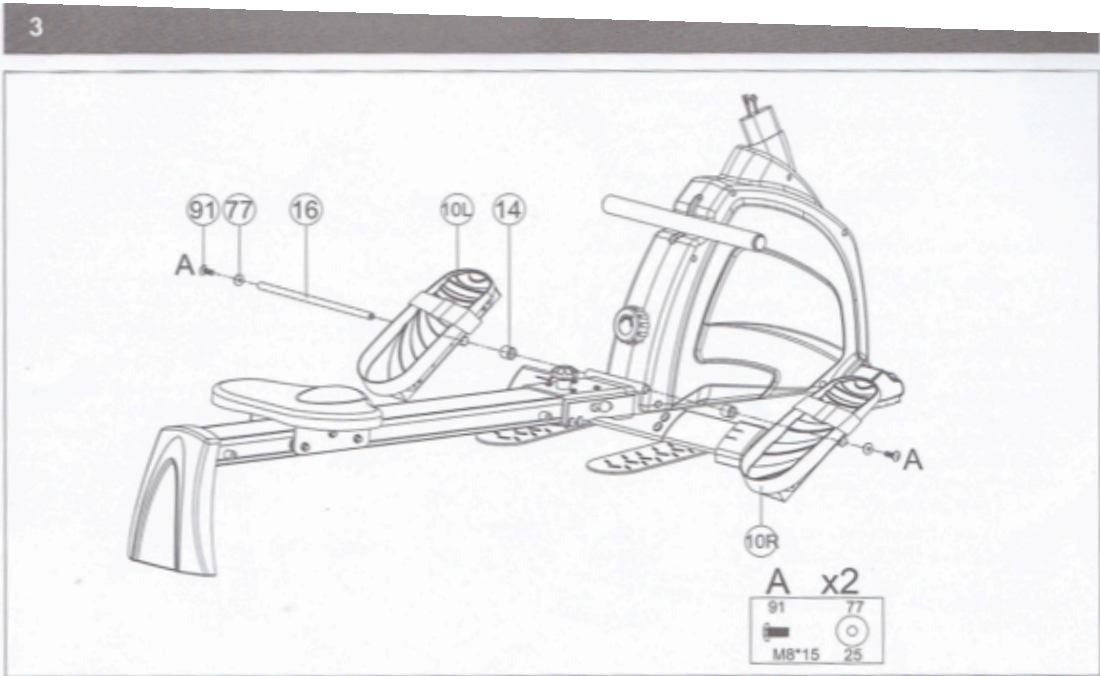
# ASSEMBLY

 1	x1	 5	x1	 22	x1
 10L&10R	x1	 12	x1		
 16	x1	 3A	x1		
 92	x1				
 25	x1	 13	x1	 19	x1
 47	x2			 106	x1
 84	x1	 86	x4	 77	x2
 85	x1	 81	x4	 79	x1
 87	x12	 14	x2	 61	x1
 72	x4	 78	x2	 80	x1
 91	x2	 74	x12	 76	x8
 82	x2	 83	x1		x1

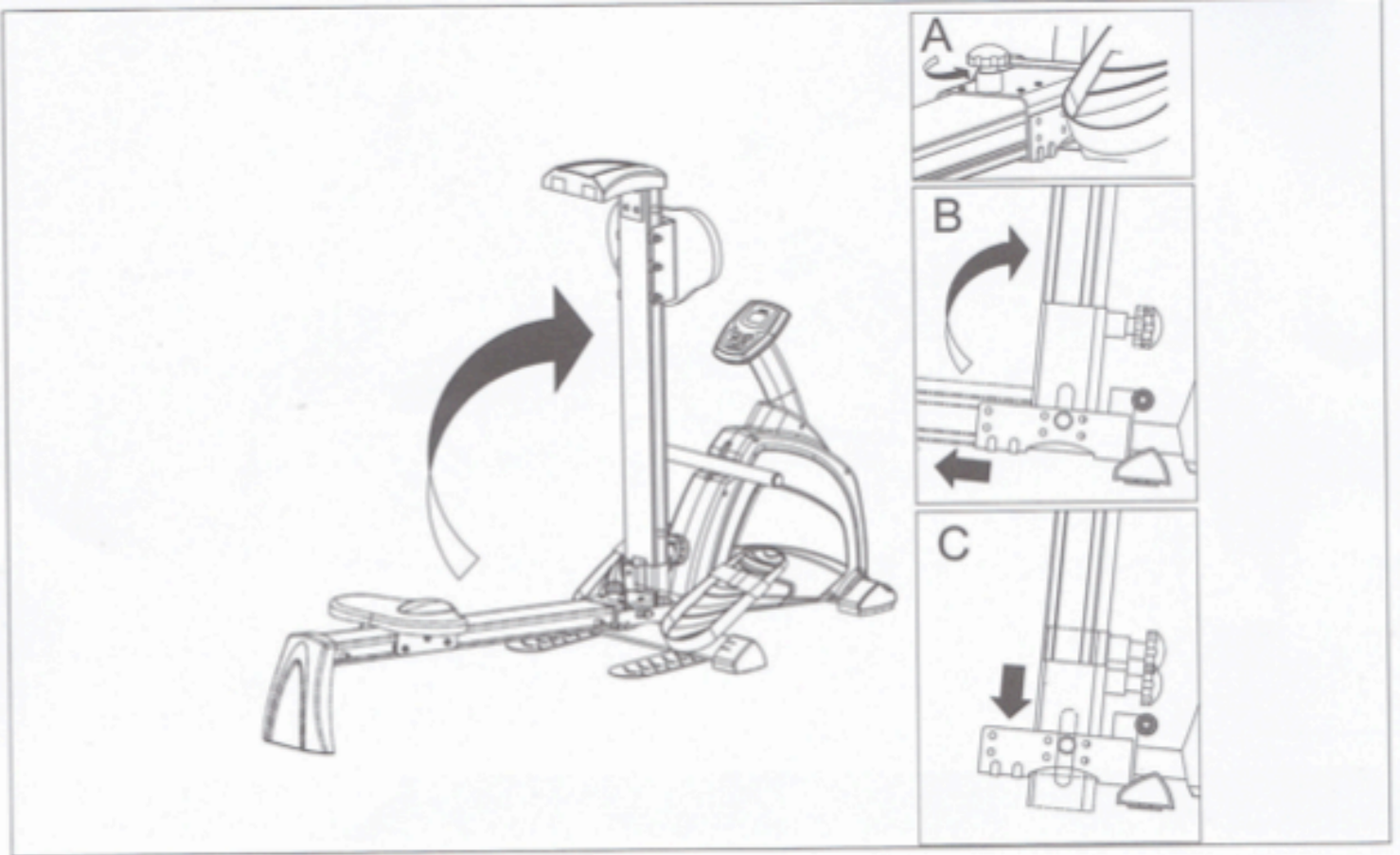
# ASSEMBLY



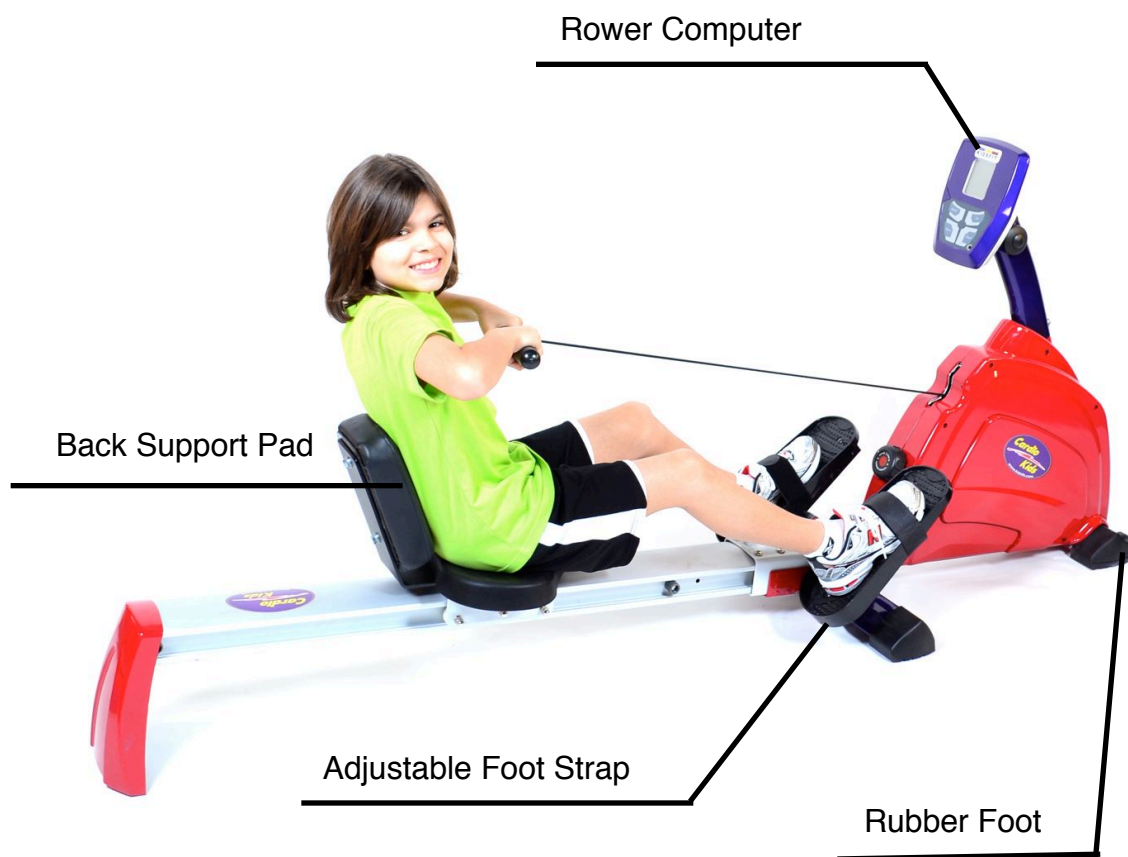
# ASSEMBLY



# FOLDING



# PARTS LIST





## USER INSTRUCTIONS

A.



1. Before beginning exercise on the rower make sure both feet are secure within the foot pedals as seen in Picture A.

## USER INSTRUCTIONS

B.



2. Firmly grasp the handlebar with both hands as seen in Picture B.

3. Make sure back is positioned against the support pad.

## USER INSTRUCTIONS

C.



4. Slowly push back by extending your legs, while you firmly grip the handlebar and pull it towards your chest.
5. Repeat this motion for the entire duration of your workout, while remembering to maintain good back posture.
6. Be sure to pull firmly on the arm cable as you simultaneously extend your legs.

## USER INSTRUCTIONS

D.



7. Instructors: Please be sure that each student comes to a complete stop before getting off of the machine, as seen in Picture D.

8. Have the child gently place the arm cable back in it's starting position, and slowly step out of the foot straps.