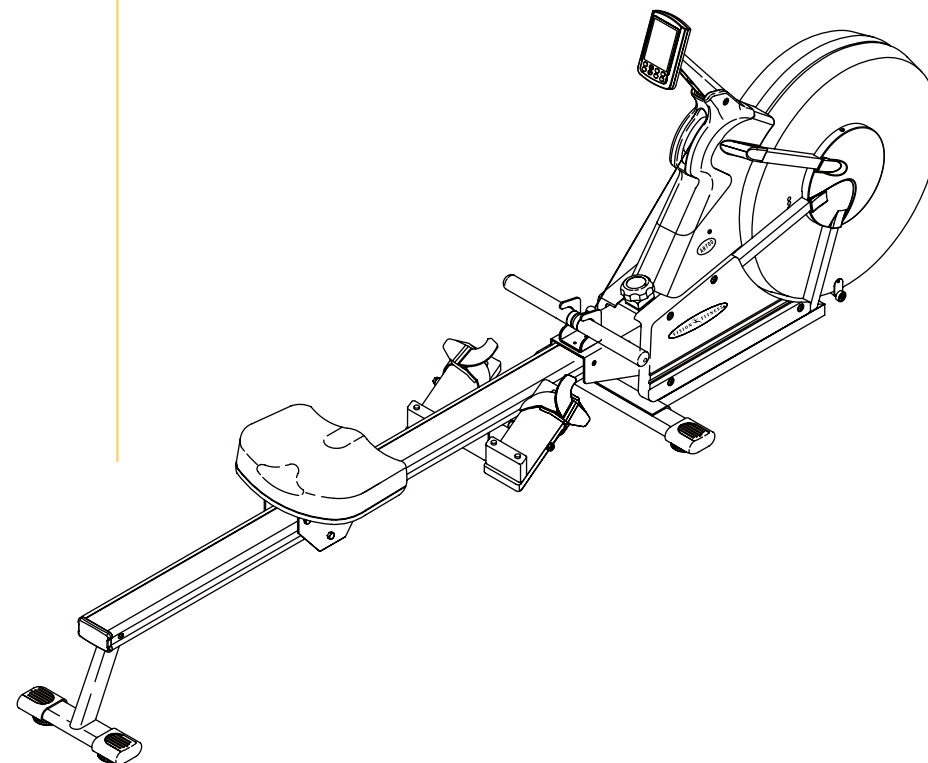


*it all
starts
with a
vision*



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Owner's Guide



AR700
AIR ROWER

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INSTRUCTIONS

**This Owner's Manual describes the functions of the following product:
Vision Air Rower – AR700**

Congratulations on choosing a VISION FITNESS air rower. You've taken an important step in developing and sustaining an exercise program!

It is recommended that all users of Vision Fitness exercise equipment should be informed of the following information prior to its use.

When using the Vision air rower, always follow basic precautions:

- To ensure your safety and to protect the unit, read all the instructions before assembling and using the air rower.
- To ensure the proper use and safety of the air rower, make sure that all users read this manual. Please make this manual a part of your facility's training program. Remind the users that before undertaking any fitness programme, they should obtain complete physical examinations from their physicians. If, at any time while exercising, the user experiences dizziness, pain, or shortness of breath, nausea or feels faint he or she must stop immediately.

SAVE THIS OWNER'S MANUAL FOR FUTURE REFERENCE.

IMPORTANT SAFETY INSTRUCTIONS

READ AND SAVE ALL INSTRUCTIONS before assembling or using Vision Air Rower. It is strongly recommended to take the following safety instructions.

- **CAUTION:** If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.
- Use the Air Rower for its intended purpose as described in this manual. Do not use attachments that have not been recommended by the manufacturer.
- Never drop or insert any object into any opening in the product. If an object should drop inside, carefully retrieve it while the unit is not in use. If the item cannot be reached, contact Vision Fitness or authorized dealers.
- Never operate the Air Rower if it is not working properly, or if it has been damaged or immersed in water. Return it to Vision Fitness or authorized dealers for examination and repair.
- Keep hands and feet clear at all times from moving parts to avoid injury.
- Do not reach into, or underneath the unit, and do not tip the unit on its side during operation.
- Do not use the Vision Air Rower outdoors, near swimming pools or in areas of high humidity.
- Do not operate where aerosol (spray) products are being used or when oxygen is being administered.
- Do not remove the fan cages. Service should only be done by an authorized service technician.
- Close supervision is necessary when used near children, invalids or disabled people.
- When the Air Rower is in use, young children and pets should be kept at least three meters / ten feet away.
- Assemble and operate the unit on a solid, level surface. Locate the unit at least one meter / three feet of clearance from any obstructions, including walls and furniture.
- Do not wear any clothing that might catch on any moving parts of this rower machine.
- Do not stand rower up on end as the rower may tip over.
- Place handlebar against the chain guide or in handlebar bracket before letting go.
- Do not let handlebar fly into chain guide.
- Perform proper maintenance as described in the Maintenance section of this manual.

SETUP THE AIR ROWER

GETTING STARTED

Read the Owners Manual before setting up the Vision Fitness Air Rower. Place the air rower where they will be used before starting the setup procedure.

MAKING A CHOICE OF SITE

The site should be well-lit and well-ventilated. Locate the Air Rower AR700 at structurally solid and flat surface a few feet from the wall or equipments. If the site has a heavy plush carpet, to protect the carpeting and machinery, you should place a rigid plastic base under the unit.

Please do not place the Air Rower in an area of high humidity, such as the vicinity of a steam room, indoor pool, or sauna. Exposure to intensive water vapour or chlorine could adversely affect the electronics, as well as other parts of the machine. To make exercise a desirable daily activity for you, the unit should be in an attractive setting.

BEFORE YOUR FIRST ROW

- 1) Consult your physician. Be sure that it is not dangerous for you to undertake a strenuous exercise program.
- 2) Improper technique such as extreme layback or jumping off the seat can result in injury.
- 3) Start each workout with several minutes of easy rowing for a warm-up.
- 4) Start your exercise program gradually. Row no more than 5 minutes the first day to let your body adjust to the new exercise.
- 5) Gradually increase your rowing time and intensity over the first two weeks. Do not row at full power until you are comfortable with the technique and have rowed for at least a week. Like any physical activity, if you increase the volume and intensity too rapidly, fail to warm up properly, or use poor technique, you will increase the risk of injury.
- 6) The best resistance setting for a great cardiovascular workout is in the range of 3-5. Rowing with the resistance setting too high can be detrimental to your training program because it may reduce your output and increase your risk of injury.
- 7) Aim for a stroke rate (spm) of between 24 and 30 spm (strokes per minute).

ASSEMBLY

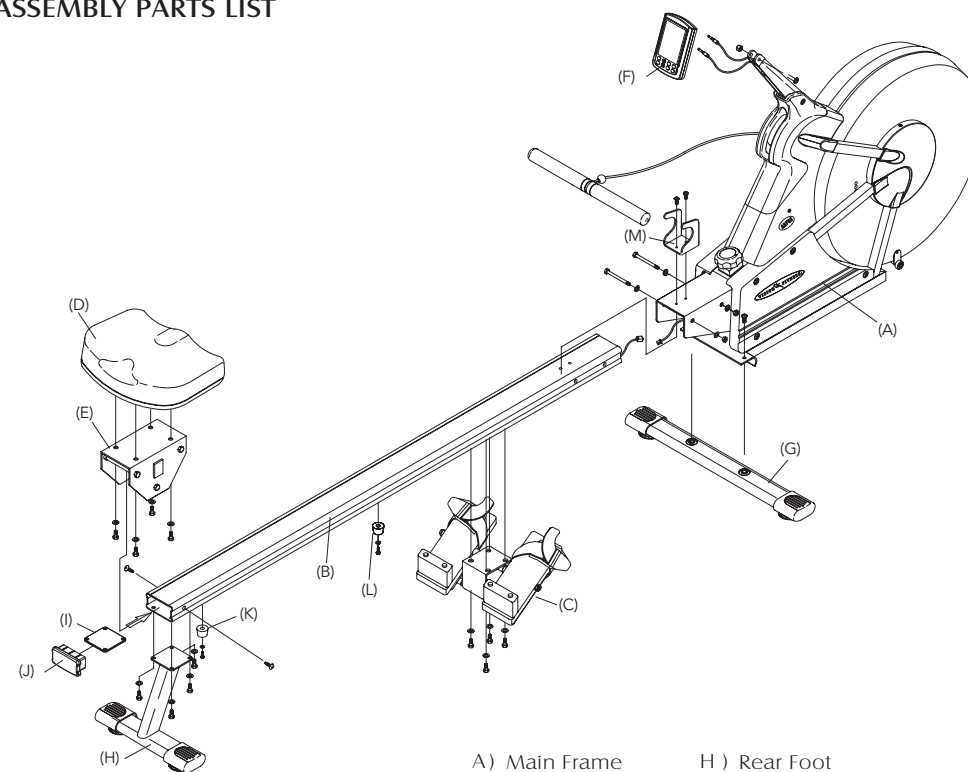
UNPACKING THE AIR ROWER

The Vision Air Rower is carefully inspected before it is packaged. Carefully unpack the unit and dispose of the box material.

CAUTION: The AR700 weights 41 kg (90 lbs). To avoid injury to the user and the unit, be sure to have proper assistance to move the unit.







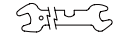
NOTE: *In case any of these parts are missing from the package, please contact Vision Fitness or your local authorized dealer.*

ASSEMBLY PARTS LIST



- | | |
|-------------------|-----------------------------|
| A) Main Frame | H) Rear Foot |
| B) Aluminum Rail | I) Rear Foot Position Plate |
| C) Pedal Assembly | J) Seat Rail End Cap |
| D) Seat | K) Seat Stop Bumper |
| E) Seat Bracket | L) Seat Stop Bumper |
| F) Console | M) Handlebar Bracket |
| G) Front Foot | |

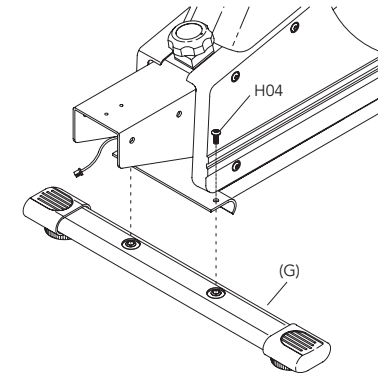
FASTENERS & ASSEMBLY TOOLS

PARTS NO.	DESCRIPTION	QUANTITY	SKETCH	COLOR OF BAG
B42	SOCKET BUTTON HEAD BOLT (M8 x 1.25P x 32L)	2		White
D09	SOCKET BUTTON HEAD SCREW (M6 x 1.0P x 15L)	4		Red
D10	SPRING WASHER (SW6 ϕ 6.1 x ϕ 12. 2 x 1.5t)	4		
F06	FLAT WASHER (ϕ 10.2 x ϕ 19 x 2.0t)	4		Yellow
F08	NUT (3/8"-16NNC)	2		
F18	HEX HEAD CAP BOLT (3/8"-16NNC 130L)	2		Blue
F07	CROSS HEAD SCREW (M5 x 0.8P x 15L)	2		
F19	FLAT WASHER (ϕ 5.2 x ϕ 10 x 1.2t)	2		Black
H04	SOCKET BUTTON HEAD SCREW (M8 x 1.25P x 19L)	10		
H05	SPRING WASHER (SW8 ϕ 8.2 x ϕ 15.4 x 2t)	8		Black
F20	CROSS HEAD SCREW (ϕ 4 x 10L)	2		
N08	SOCKET BUTTON HEAD BOLT (M8 x 1.25P x 40L)	1		Pink
N09	NUT (M8 x 1.25P)	1		
Z01	#5 L-TYPE (+ TYPE) WRENCH	1		
Z02	OPEN END WRENCH (#8 #13 #14 #15)	2		
F04	REAR FOOT POSITION PLATE	1		

ASSEMBLY STEPS

STEP 1

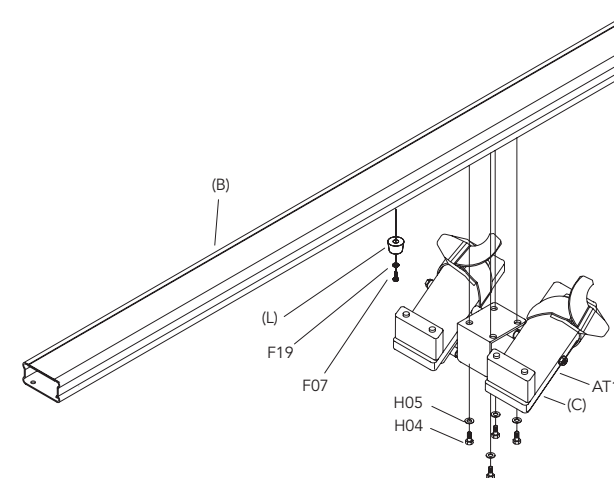
Secure the front foot (G) to the frame bracket using two screws (H04).



STEP 2

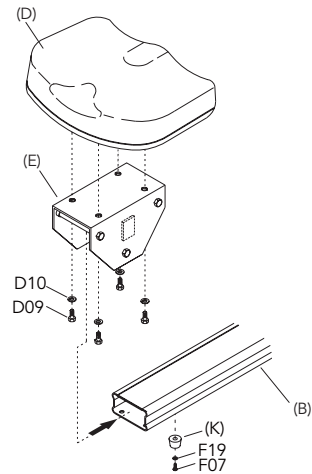
1) Attach the pedal assembly (C) to the aluminium rail (B) with four screws (H04) and spring washers (H05).

2) Attach the seat stop bumper (L) to the aluminium rail using one screw (F07) and flat washer (F19).



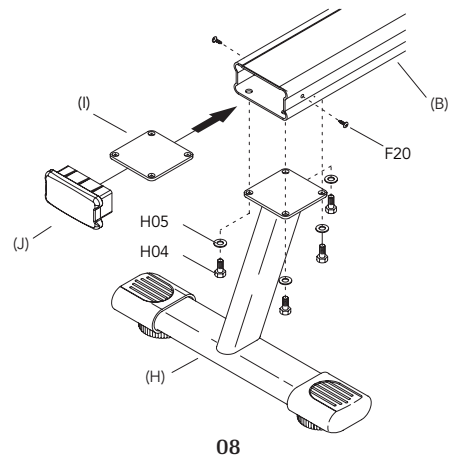
STEP 3

- 1) Mount the seat (D) to the seat bracket (E) with 4 screws (D09) and spring washers (D10).
- 2) Slide the seat assembly onto the aluminium rail (B).
- 3) Attach the seat stop bumper (K) to the aluminium rail using one screw (F07) and one flat washer (F19).



STEP 4

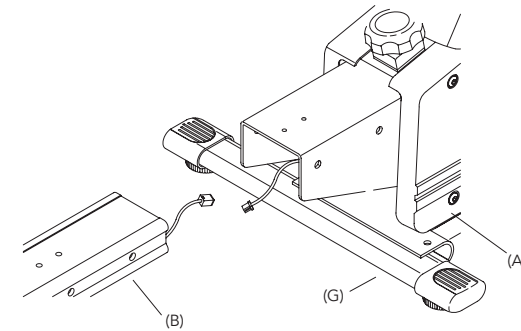
- 1) Place the rear foot position plate (I) inside the aluminium rail (B) close to the edge. Attach the rear foot (H) to the aluminium rail and align the four holes of the aluminium rail with the four holes of the rear foot. Thread the screws (H04) with spring washers (H05) through the rear foot into the rear foot position plate and tighten them.
- 2) Press the seat rail end cap (J) into the aluminium rail, and use two screws (F20) to fix the cap.



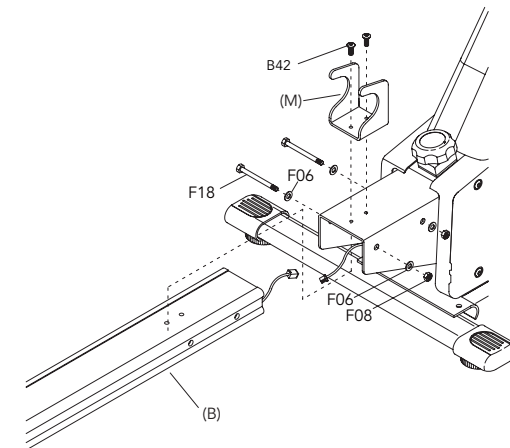
08

STEP 5

- 1) Connect the sensor cables from the main frame (A) and the aluminium rail (B).



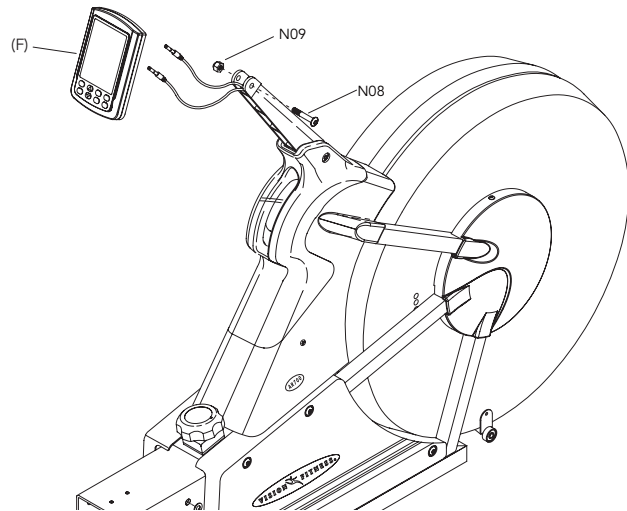
- 2) Place the aluminum rail into the rail bracket of the main frame, and tighten them by using two bolts (F18), four flat washers (F06) and two nuts (F08).
- 3) Mount the handlebar bracket (M) to the rail bracket by using two bolts (B42).



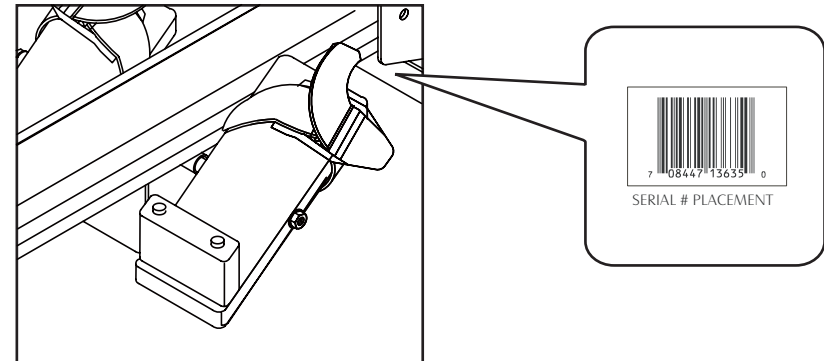
09

STEP 6

Plug the two console cables into the console (F). Secure the console to the console support by using the bolt (N08) and nylon nut (N09).



SERIAL NUMBER LOCATION



USING THE WORKOUTS

To turn the screen display on, press POWER button. When the display comes on, "00:00" will be flashing in the TIME window.

MANUAL PROGRAM

You can either choose Time or Distance as your target.

1. Choose Time and Start: Use the ▲▼ buttons to enter your workout time. Time of between 1 and 180 minutes can be selected. When the time you choose is showing in the TIME window, press START button. The timer will begin counting down to zero. When the workout time is completed, the console will beep 3 times and the screen will flash 3 times.
2. Choose Distance and Start: Press the SELECT button and *0* will be flashing in the METER window. Use the ▲▼ buttons to enter your workout distance. Distance of between 100 and 30000 meters can be selected. When the distance you choose is showing in the METER window, press START button. The console will begin counting down to zero. When the workout distance is completed, the console will beep 3 times and the screen will flash 3 times.

RACE PROGRAM

With Race Program, you compete with the computer pacer.

1. Press RACE button and "500" will be flashing in the METER window.
2. Use ▲▼ buttons to enter your race distance. Distance between 500 and 10000 meters can be selected. When the distance you choose is showing in the METER window, press SELECT button and "L09" will be flashing in the CAL. window.
3. Use ▲▼ buttons to enter your race speed (PACE / 500M). When the level you choose is showing in the window, press START button.
L01 - 08:00 L02 - 07:30 L03 - 07:00 L04 - 06:30
L05 - 06:00 L06 - 05:30 L07 - 05:00 L08 - 04:30
L09 - 04:00 L10 - 03:30 L11 - 03:00 L12 - 02:30
L13 - 02:00 L14 - 01:30 L15 - 01:00

TRAINING PROGRAM

SPM training. You can either choose Time or Distance as your training target.

Choose Time and Start

1. Press TRAINING button and "00:00" will be flashing in the Time window.
2. Use ▲▼ buttons to enter your training time. Time between 1 and 180 minutes can be selected.
3. Press SELECT and "14" will be flashing in SPM window.
4. Use ▲▼ buttons to enter your desired SPM. SPM of between 6 and 99 / minute can be selected.
When the SPM you choose is showing in the window, press START button.

Choose Distance and Start

1. Press TRAINING button to enter Training Mode.
2. Press SELECT button and "0" will be flashing in the METER window.
3. Use ▲▼ buttons to enter your training distance. Distance between 100 and 30000 meters can be selected.
4. Press SELECT and "14" will be flashing in SPM window.
5. Use ▲▼ buttons to enter your desired SPM. SPM between 6 and 99 / minute can be selected. When the SPM you choose is showing in the window, press START button.

MAINTENANCE

If you fail to maintain the bike as described below, it could affect or void the Vision limited warranty.

NOTE: Safety of the equipment can be maintained only if the equipment is examined regularly for damage or wear. Keep the equipment out of use until defective parts are repaired or replaced. Pay special attention to parts that are subject to wear, such as the rope.

DAILY INSPECTION

Look and listen for loose fasteners, unusual noises, and any other indications that the equipment may be in need of service. If you notice any of these, obtain service.

DAILY MAINTENANCE

Vision Fitness recommends the Air Rower be cleaned before and after each workout. The following daily maintenance tips will keep your unit operating at peak performance:

- 1) Use a damp, soft cloth with water or mild liquid detergent to clean all exposed surfaces.
DO NOT use ammonia, chlorine, or acid-based cleaners.
- 2) Keep the display console free of fingerprints and salt build-up caused by sweat.
- 3) Frequently vacuum the floor underneath the unit to prevent the accumulation of dust and dirt, which can affect the smooth operation of the unit.
- 4) Check for dust inside flywheel with flashlight.

PRODUCT SPECIFICATIONS

	AR700
CONSOLE	
Display Screen	Extra-large LCD display
Display Readout	Time, Distance, SPM (strokes per minute), Stroke, Watts, Heart Rate, Calories
Programs	Manual, Race, Training
Telemetric Receiver	Yes
TECHNICAL DATA	
Resistance Technology	Fan blade system
Resistance Levels	12
Drive System	Coil spring poly-V belt
Product Weight	41 kg / 90 lbs
Max User Weight	160 kg / 350 lbs
Power Requirement	Battery powered for LCD display
SPECIAL FEATURES	
Handlebar Design	Easy-to-grip handrail
Monorail	Aluminum

*Product specifications are subject to change without notice.