

SKILLROW™

USER MANUAL



TECHNOGYM®

The Wellness Company

CONTENTS

Important safety instructions	3
Personal safety	4
Identification of the manufacturer and equipment	5
Description of the product	6
Using the product.....	7
Description of the display	13
Using the chest band.....	17
Place of use	20
Technical data.....	21
Safety stickers	22
Moving the equipment	23
Routine maintenance.....	24
Adjusting the elastic	26
Cleaning the fan	27
Recharging the battery.....	28
Troubleshooting.....	29
Technical Service	30
Storing the product	31
Disposing of the product.....	31
Disposing of the battery	32

IMPORTANT SAFETY INSTRUCTIONS

You should always consult with a qualified and licensed medical professional or healthcare practitioner before starting any nutritional, diet, stretching or exercise program. You are advised to investigate and inform yourself about any health related actions and choices you make.

Please read all instructions before using the product. These instructions were written to ensure your safety and to protect the product.

Do not allow unsupervised children close to the product.

Close supervision by qualified personnel is necessary when the product is used by, on or near children, invalids or disabled persons.

Use the product only for its intended use as described in the user manual. Only perform the exercises for which the equipment has been designed, following the instructions given in the manual. Any other use is to be considered improper and therefore dangerous.

Do not use attachments not recommended by Technogym.

Keep hands and feet away from moving parts.

Never drop or insert any object into any opening.

SAVE THESE INSTRUCTIONS

PERSONAL SAFETY

Use of the product is subject to a medical examination in relation to the intended type of exercise, and compliance with the conditions of use laid down by Technogym.

Persons suffering from certain physical conditions may only use the product under the strict supervision of a specialist doctor.

Before starting an exercise, make sure your position on the product is correct, and be careful with any components that might constitute an obstruction.

Choose suitable exercises for your physical characteristics and state of health, starting out with light loads.

Do not overexert yourself or work to exhaustion. Incorrect or excessive exercise may cause serious physical harm or even death. If you feel any pain or abnormal symptoms, stop the exercise immediately and consult your physician.

Wear proper exercise clothing and shoes during a workout: no garments that impede perspiration and no loose clothing. Tie long hair back. Keep garments or towels away from moving parts.

During use people must remain at a safe distance.

Do not use the product in the presence of small children or pets.

The person in charge of the gym must explain to the users about proper and improper use of the equipment.

Completely assemble the product before using it. Check the product before each use. Do not continue to use the product if it is not working properly.

Assemble and operate the product on a solid, level surface.

Keep the product in good working condition. If there are signs of wear, contact the Technogym Technical Support service.

Do not attempt to service the product yourself other than following the maintenance instructions found in the user manual.

The installation, maintenance and setting must be done by qualified Technogym staff or persons authorised by Technogym.

Do not put the product in a vertical position.

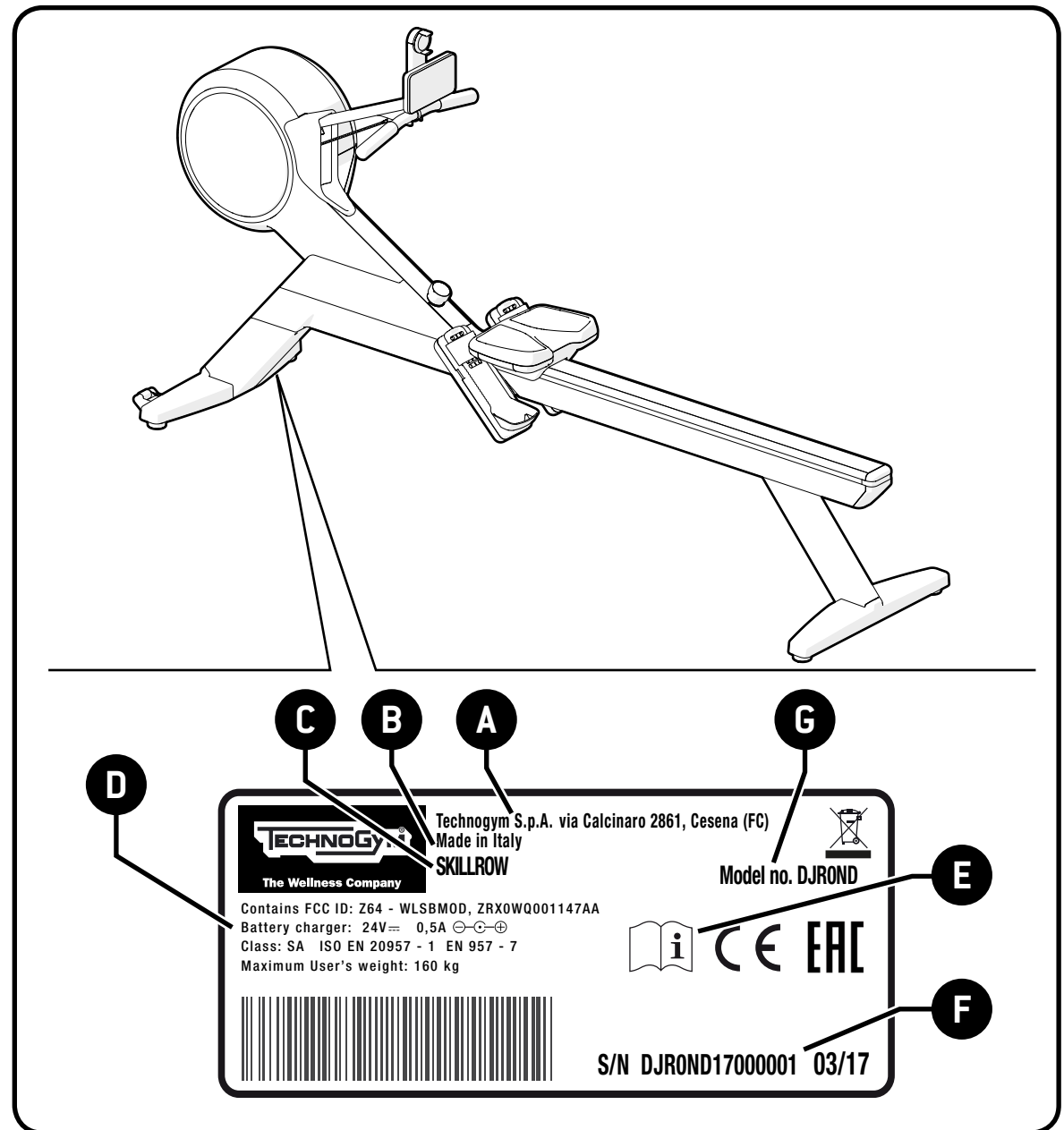
Do not set anything on the casing or its display.

Technogym is not responsible for any damages due to any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the product's environment, rust or corrosion as a result of the product's location, alterations or modifications without Technogym's written authorization or for failure on your part to use, operate and maintain the products as set out in this User Manual.

IDENTIFICATION OF THE MANUFACTURER AND EQUIPMENT

- A** - Manufacturer's name and address
- B** - Place of manufacture
- C** - Product description
- D** - Electrical characteristics
- E** - Tells you to consult the user manual
- F** - Serial number and date of manufacture
- G** - Product model

The SKILLROW is a commercial device, designed for use in residential and professional environments. It is classified as a class SA device according to standard ISO EN 20957-1.



DESCRIPTION OF THE PRODUCT

Sliding seat (A).

Grip (B).

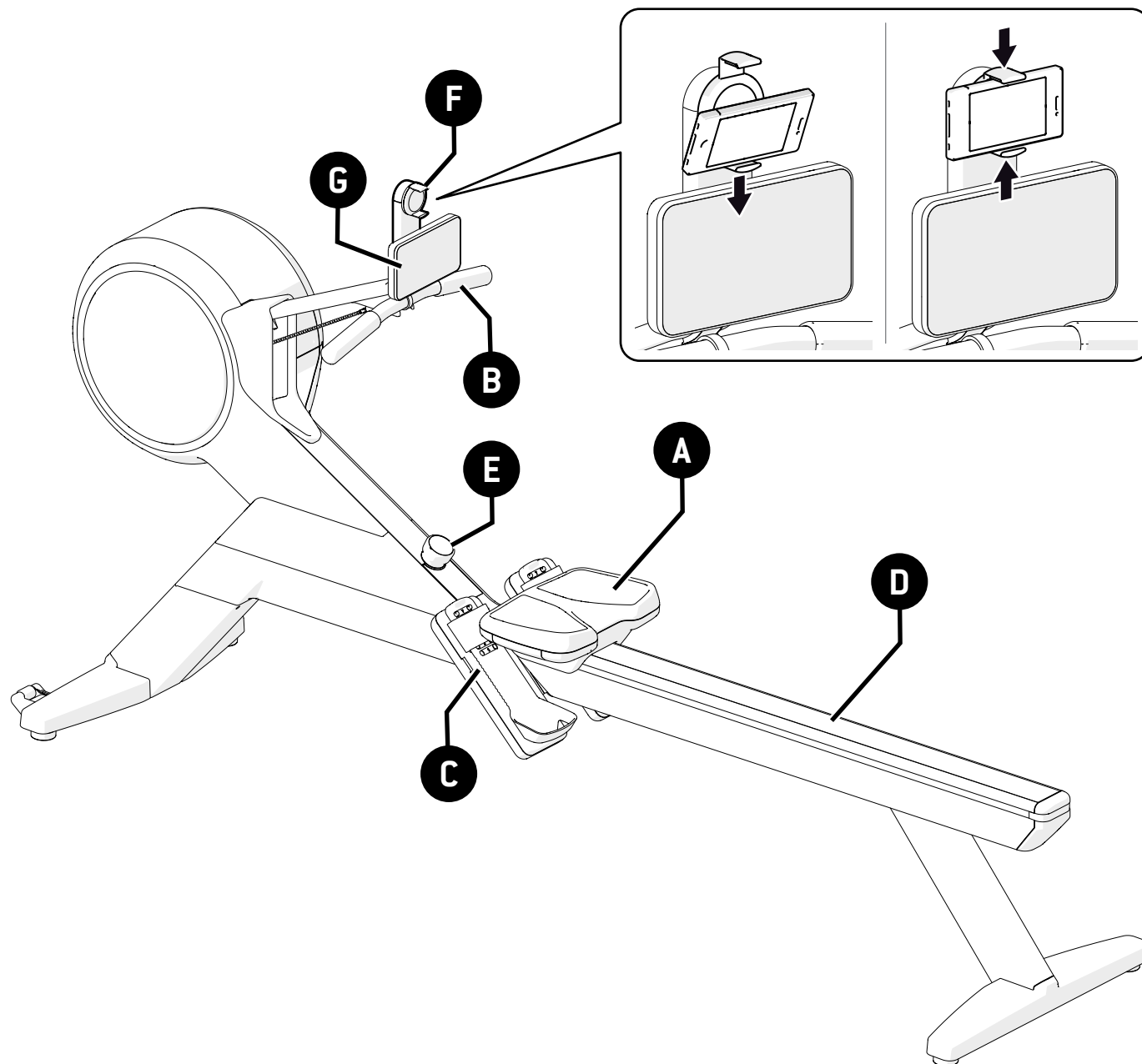
Pushing platforms (C).

Sliding base (D).

Mode regulator (E).

Phone holder (F).

Display (G).

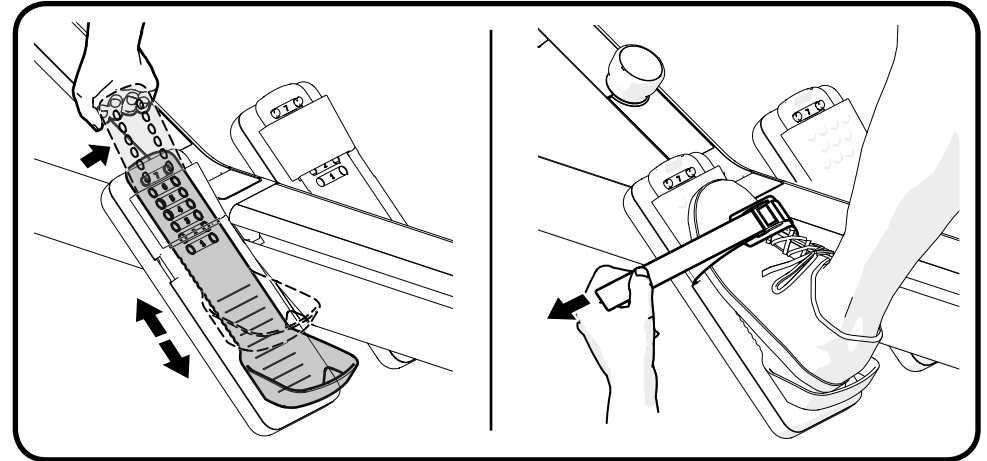


USING THE PRODUCT

Starting adjustments

Sit on the sliding seat.

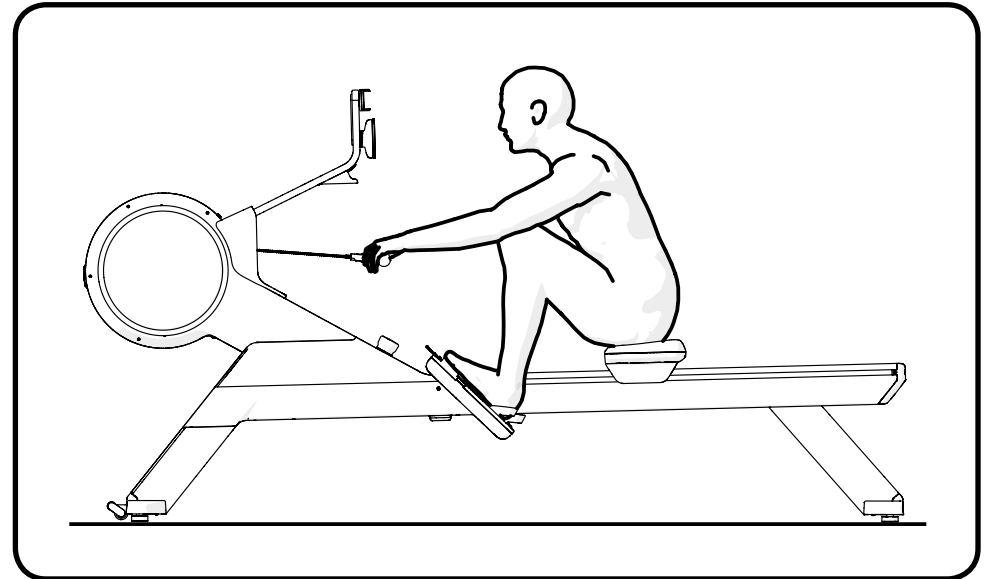
Put your feet on the pushing platforms, adjust the heel pad and block your feet with the belts.



Starting position

Bend your knees to bring your glutei closer to your heels. Your lower leg must be as vertical as possible.

Bend your chest forwards and grasp the grip with both hands. Your arms are extended and your back straight.



USING THE PRODUCT

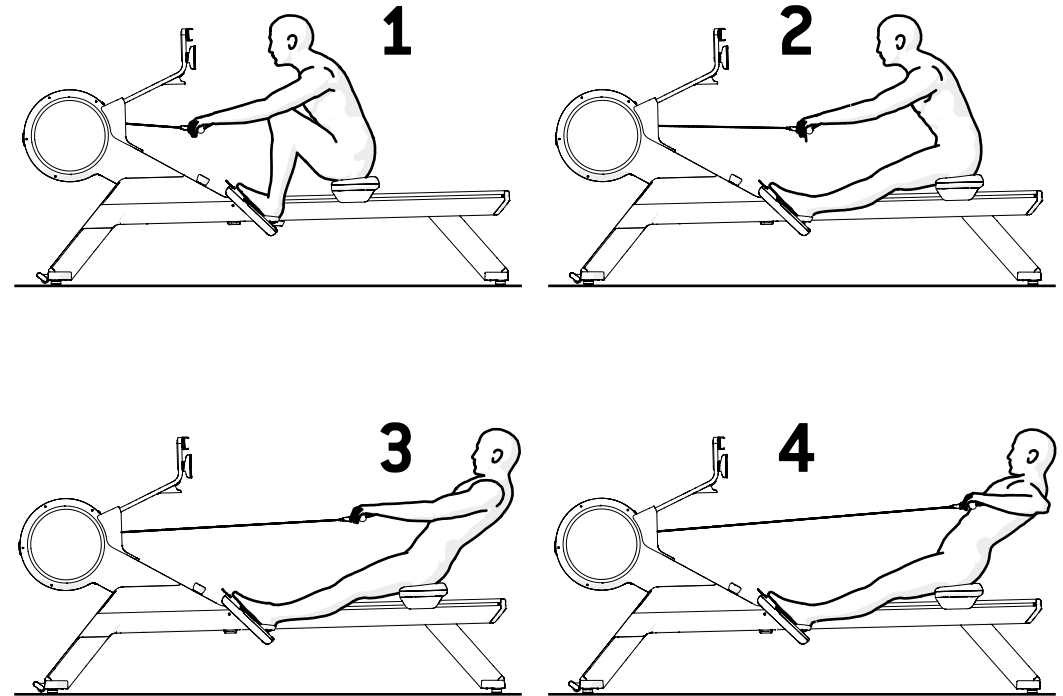
Rowing

Push with your feet on the platforms and extend your legs.

When your legs are completely extended, use your abdominal corset muscles and your thigh biceps to move your chest backwards with an approximate inclination of 30°.

When your legs are extended and your chest inclined, bend your arms and bring the grip towards your chest, with your elbows at the back.

Do not use your entire body at once during the exercise; perform the exercise progressively starting from your legs, passing to your torso and then end with the arm movement.



Rest time

Extend your arms, move your chest forward and bend your knees to return to the starting position.

Warnings

Keep your backbone straight during the entire movement.

Keep your knees aligned with your ankles, not wider and not narrower.

USING THE PRODUCT

Mode regulator operation

Two workouts can be performed on the product:

- a ROWING workout
- a POWER workout

In POWER mode, the regulator introduces a supplementary magnetic load. This makes it possible to perform rowing exercises with an overload and strength exercises.

In ROWING mode: turn the knob to adjust the quantity of intake air; this has an impact on the sensation of the rowing, not on the intensity.

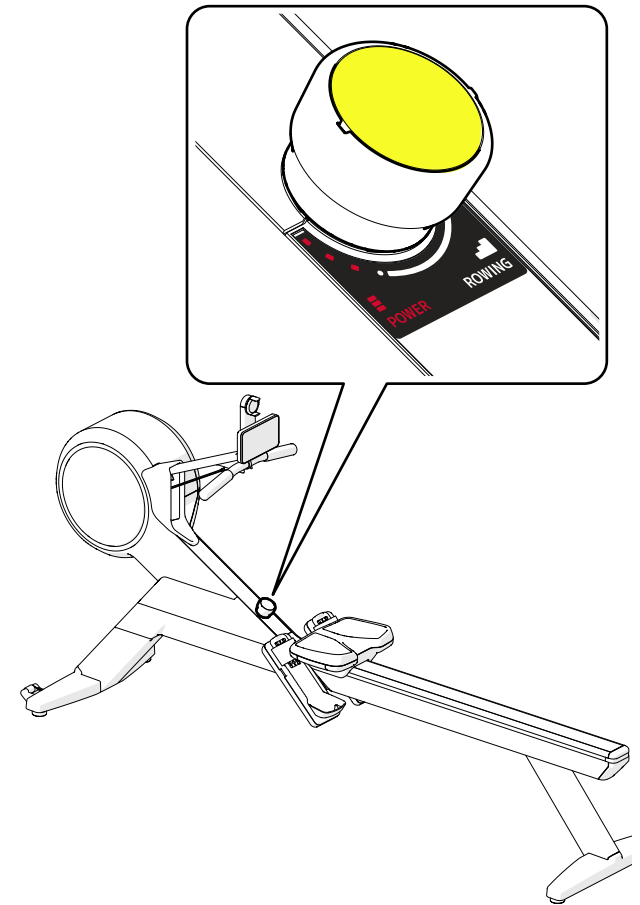
The intensity of the effort depends on the exercise itself: if you pull stronger, you perceive more resistance.

Turning the regulator in the ROWING zone changes the rowing sensation.

The effort exerted depends on various factors: temperature, altitude, dust accumulated inside the fan and on the grilles. For this reason, even if the same rowing level is set, you may perceive different sensations of effort when using different SKILLROW devices at different moments of the day.

In order to compare the results of different workouts by the same person, or compare the workouts of different people, the aspect to take into consideration is the DRAG FACTOR, which is a measurement of the agility of the "boat".

To view the drag factor, refer to the chapter dedicated to the display.



USING THE PRODUCT



WARNINGS

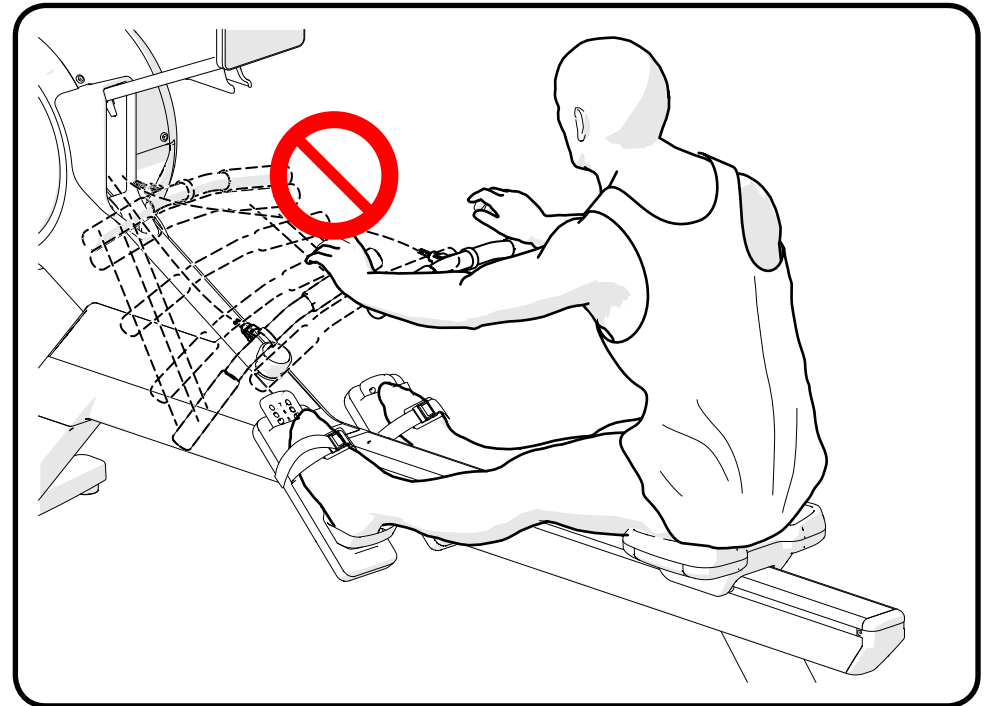
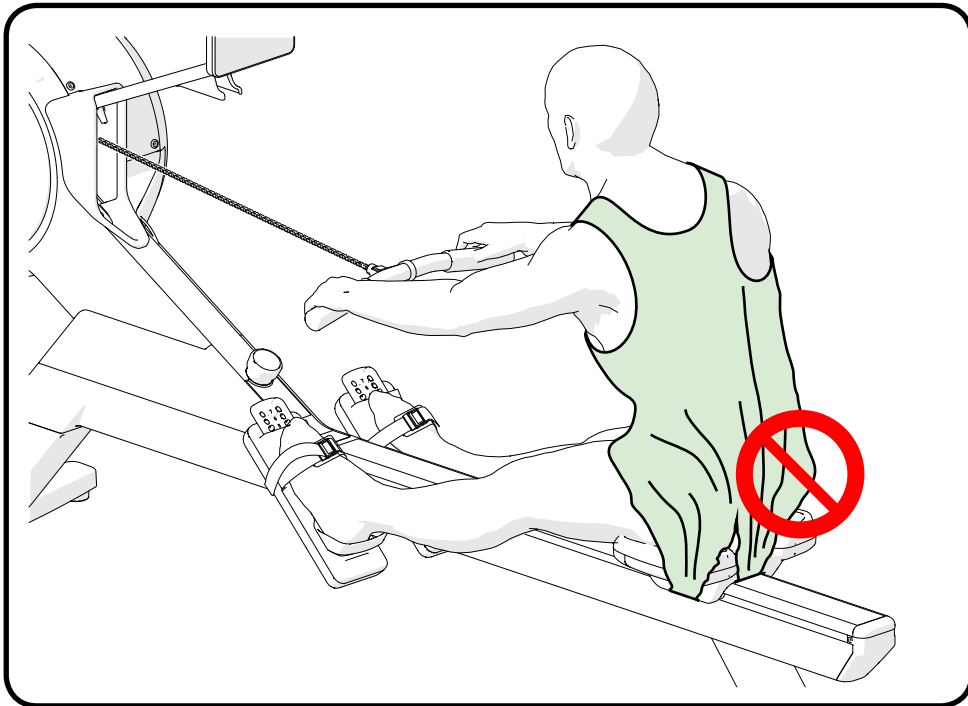
Any distractions in the area around the equipment may cause you to lose your balance.

It is the user's responsibility to ensure that the product being used does not interfere with any other mobile goods during use.

Use of the equipment by two people at the same time is prohibited.

The SKILLROW device is only intended for the use for which it was designed and built, which is as a rowing machine, for simulating the rowing action of a boat. Any other use of the equipment is to be considered improper and therefore dangerous.

Pay attention to the movement of the sliding seat: risk of entrapment and crushing.
Always accompany the grip to the end stop and do not release it during the exercise.



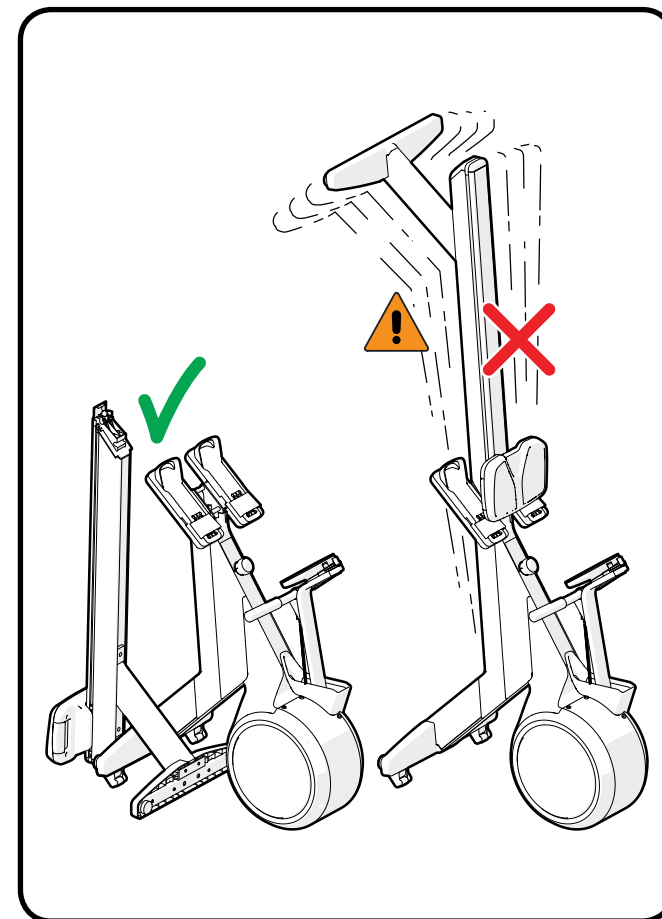
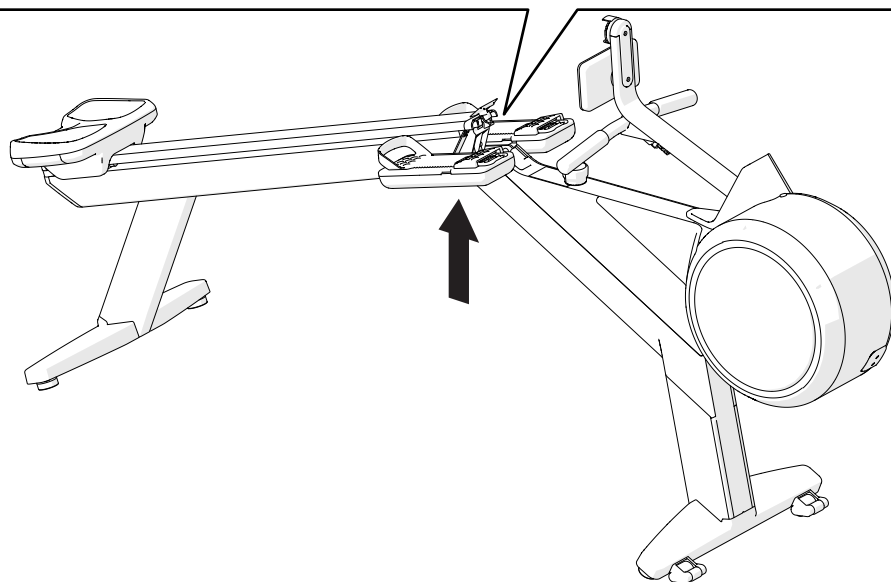
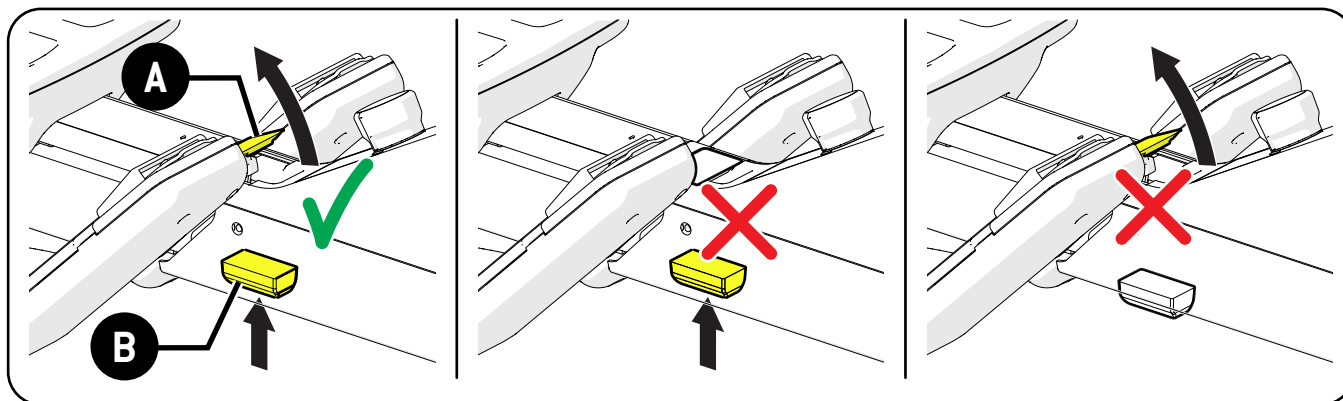
USING THE PRODUCT

Divide the product into two parts to store it after use.

Pull the lever **(A)** and press the element **(B)** at the same time. This releases the sliding base.

Once the two parts are released, they are free to fall: hold them both and pay attention.

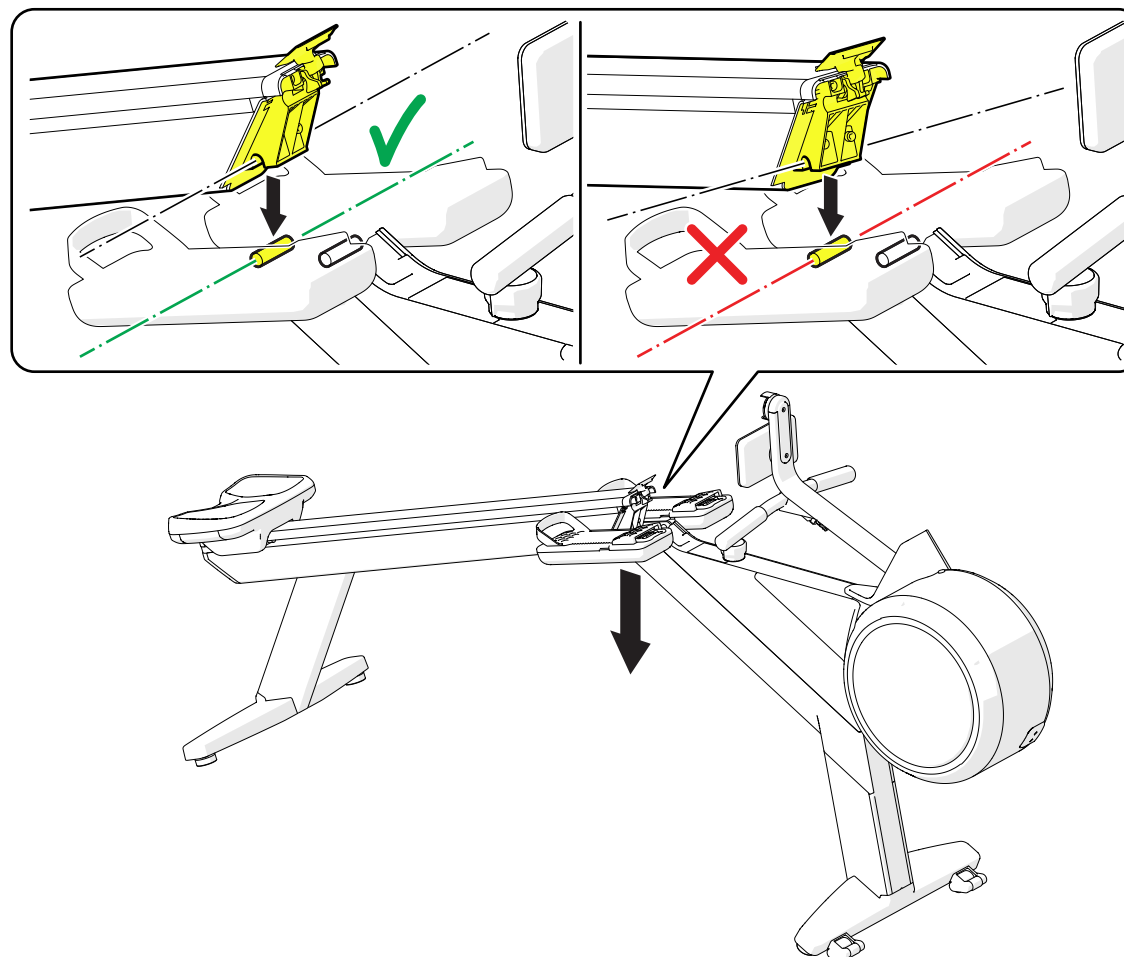
Do not position the entire product in a vertical position: risk of instability and tipping over.



USING THE PRODUCT

To refit the product, join the two parts together; the coupling elements will engage automatically.

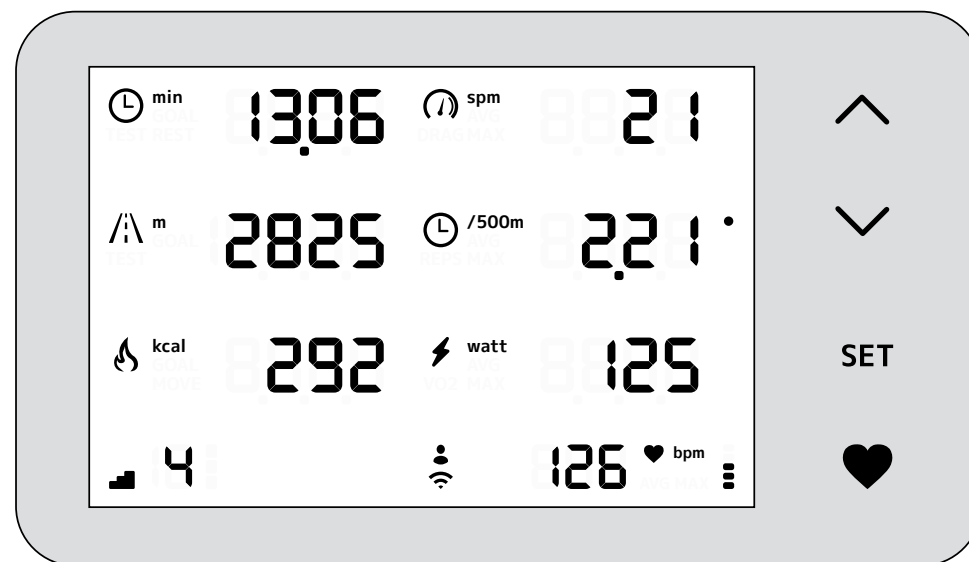
For the coupling, make sure that the two parts are perfectly aligned.



DESCRIPTION OF THE DISPLAY

Walk for a few seconds to turn on the display. If the movement of the rotating belt continues for more than 10 seconds, an exercise will begin.

To switch off the display, stop walking: the rotating belt must remain stopped for more than 10 seconds.



This symbol indicates that the Wi-Fi connection is active.
If the connection is active, a log-in can be performed.



This symbol indicates that the log-in failed.
It is possible to log-in if the Wi-Fi connection is active.
The log-in can be performed using the TGS key or the mywellness app using NFC, QR-Code, Bluetooth smart.
If the log-in fails, at the end of the exercise the results are saved in the personal board.



The heart symbol indicates that the chest band was paired with the heart rate monitor.
The numerical value next to the heart indicates the beats per minute (bpm).



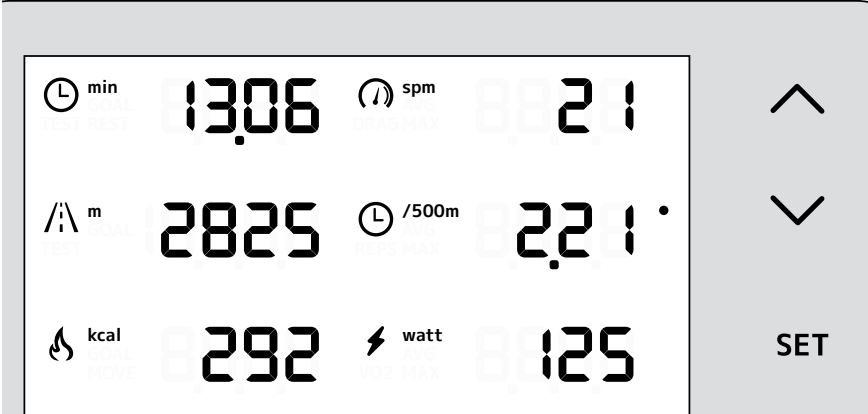
This symbol indicates the current workout mode, ROWING or POWER.
The numerical value indicates the resistance effort levels (ROWING), from 1 to 10.
The marks to the right of the numerical value indicate the magnetic resistance (POWER), from 1 to 3.

DESCRIPTION OF THE DISPLAY


Data displayed during the exercise

During the exercise, the following instantaneous values are displayed in the first column of the display.


- Time elapsed since the beginning of the exercise, expressed in minutes and seconds.
- Distance covered, expressed in metres.
- Calories burned.




In the second column, the values are divided on 3 pages; to scroll the pages, use the scroll keys on the right.

 **spm**

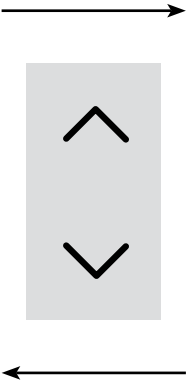
Speed, expressed in "strokes per minute" [spm].
Instantaneous value.


 **/500m**

Time expected for covering a distance of 500 metres, expressed in minutes and seconds.
Instantaneous value.


 **watt**

Power, expressed in watts.
Instantaneous value.




 **spm
AVG**

Speed, expressed in "strokes per minute" [spm].
Average value from the beginning of the exercise.

 **/500m
AVG**

Time expected for covering a distance of 500 metres, expressed in minutes and seconds.
Average value from the beginning of the exercise.

 **watt
AVG**

Power, expressed in watts.
Average value from the beginning of the exercise.

DESCRIPTION OF THE DISPLAY

On the third page, the values change depending on the workout mode.

- For ROWING workouts, the drag factor, which measures the effective effort made, is displayed.
- For POWER workouts, the number of repetitions and the instantaneous power are indicated.

Data displayed at the end of the exercise

At the end of the exercise, the following total values are displayed in the first column of the display.

- Time elapsed since the beginning of the exercise, expressed in minutes and seconds.
- Distance covered, expressed in metres.
- Calories burned.

The following values are displayed in the second column of the display.

- Speed, expressed in "strokes per minute" (spm).
- Time expected for covering a distance of 500 metres, expressed in minutes and seconds.
- Power, expressed in watts.

The results of the second column are divided on 3 pages. Each page remains displayed for 5 seconds; then the display turns off.

- Page 1: values measured at the beginning of the exercise.
- Page 2: average values for the entire exercise.
- Page 3: maximum values reached during the exercise.

In the case of exercises carried out in POWER mode, also the total number of repetitions and the MOVE consumption are indicated.

DESCRIPTION OF THE DISPLAY

How to start an exercise (exercise types)

If you row for at least 3 seconds, without pressing any key, an exercise will start without duration limits. If you stop rowing for at least 3 seconds, the exercise will be paused; after a 1 minute pause, the exercise ends.

Press the SET key to set other exercise types.

After pressing SET, use the two scroll keys to the right to scroll the different types of exercises.

The following exercises and tests are indicated in the following order.

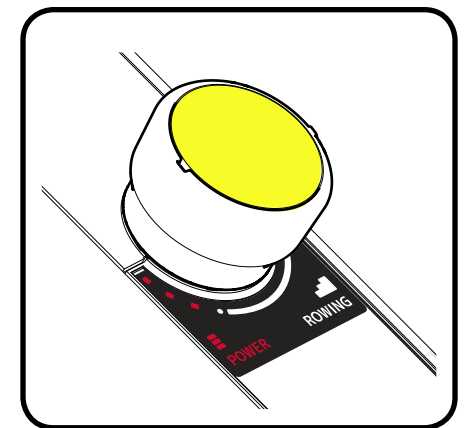
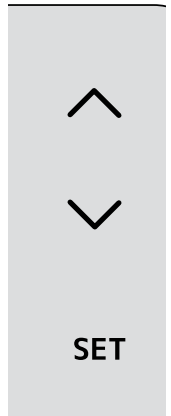
- Exercise with a prefixed duration, in minutes.
- Exercise with a prefixed distance, in metres.
- Exercise with prefixed calorie consumption.
- Interval exercise based on distance: the distance for the effort stage and the duration of the rest phase are set.
- Interval exercise based on duration: the duration for the effort stage and for the rest phase are set.
- Test that lasts 30 seconds.
- Test that foresees running a distance of 2000 metres.

To select an exercise or a test, press the SET key when the exercise is shown on the display.

After selecting the exercise, use the two scroll keys to set the values [duration, distance, calories]. Press the SET key to confirm the value and start the exercise.

No values need to be entered for the tests.

The tests are performed in ROWING mode; if the POWER mode is active, the test will not start.



USING THE CHEST BAND

There is a receiver in the display that receives the heart rate signals from the telemetric chest band. The Bluetooth Smart and ANT+ transmission technologies are supported.

In order to have the heart rate value shown on the display, the chest band must be paired with the product. The pairing must be repeated each exercise.

To pair the chest band, press the heart shaped symbol on the right.

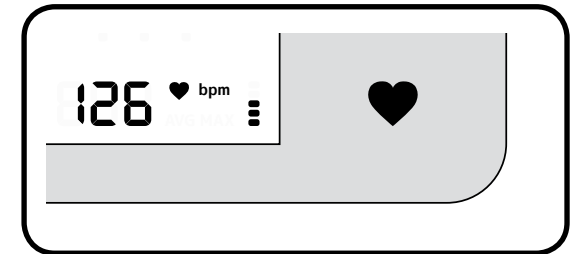
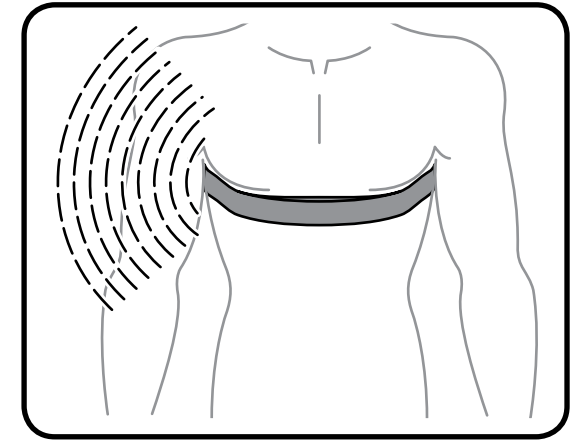
To make the connection easier, move as close as possible to the receiver for 10 seconds.

The heart icon on the display will flash during the pairing operation; once the pairing is successful, the icon remains on and the instantaneous heart rate is displayed.

The heart rate is expressed in beats per minute.

If log in was completed and the heart rate threshold was recorded in the profile, the 3 reference marks will turn on.

- 1 mark indicates that the heart rate value detected is between 0% and 33% of the threshold value.
- 2 marks indicate that the heart rate value detected is between 34% and 66% of the threshold value.
- 3 marks indicate that the heart rate value detected is above 67% of the threshold value.



USING THE CHEST BAND

The table shows the optimum heart rate levels in relation to age and the goal to be achieved.

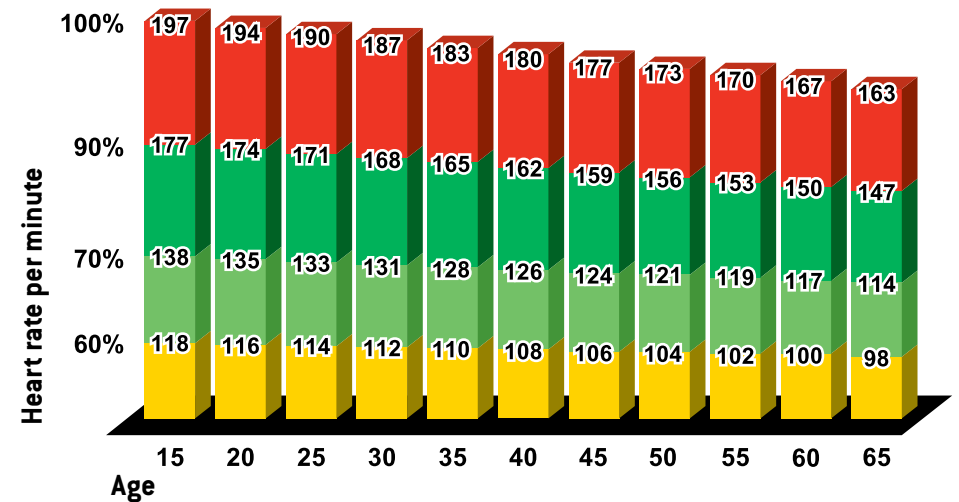
Theoretical maximum heart rate (100%) is calculated on the basis of age using the formula: $HR_{max} = 207 - 0.7 \times \text{age}$ (R. L. Gelish et al, Med Sci Sports Exerc., 2007 May, 39 (5): 281).





To read the graph, simply find your age on the horizontal axis and scan up the vertical until you reach the 60%, 70% and 90% values.

Aerobic exercise performed at a heart rate between 60% and 70% mainly burns fat as an energy source.

When doing aerobic exercise at a heart rate of 70% to 90% the cardiocirculatory component prevails.

For example, if someone aged 30 wants to burn off fat, they should keep their heart rate between 112 (60%) and 131 (70%) during exercise; if they want to improve cardio-respiratory capacity, they should keep their heart rate between 131 (70%) and 168 (90%).



-  Predominant use of sugars.
Training for competitive athletes (subject to medical assessment).
-  Combination of sugars and fats burned.
Significant improvement of aerobic efficiency.
-  Predominant use of fats, and increase in the use of sugars.
Moderate improvement of aerobic efficiency.
-  Predominant use of fats, and minimal use of sugars.
Limited improvement of aerobic efficiency.



WARNINGS

During a workout it is very important that your heart rate never goes above 90% of your maximum rate (unless you are an athlete engaged in competitive sport).

The sole function of the heart rate monitor is to display the heart rate during exercise and cannot be used for medical cardiac diagnoses of any kind. The heart rate shown on the display is purely indicative and cannot be considered absolutely certain.

You are advised not to use a chest band with heart rate monitor if you have a cardiac support device such as a pacemaker or similar.

To avoid interference, the products must be kept at least 170 cm from each other.

Heart rate readings may not be accurate near sources of electromagnetic radiation (TVs, mobile phones etc.).

Should you have any doubts about the accuracy of the readings, contact the Technical Support Service.

In the event of difficulties connecting the chest band:

- Check that the battery is not flat.
- Check that the chest band is not already connected to other devices.

PLACE OF USE

To ensure that exercising with the equipment is easy, safe and effective, the place where it is used should comply with certain specific requirements; in particular, before choosing where to install the unit we recommend that you check that the following conditions are available:

- the temperature is between +10°C and +25°C;
- enough air is circulating to keep humidity during exercise to between 20% and 90%;
- the lighting is good enough to make the area a safe and relaxing place to exercise in;
- ample range of free space measuring at least 60 cm all around each piece of equipment;
- the floor is flat, stable and vibration-free, and strong enough to bear the weight of the equipment plus user.

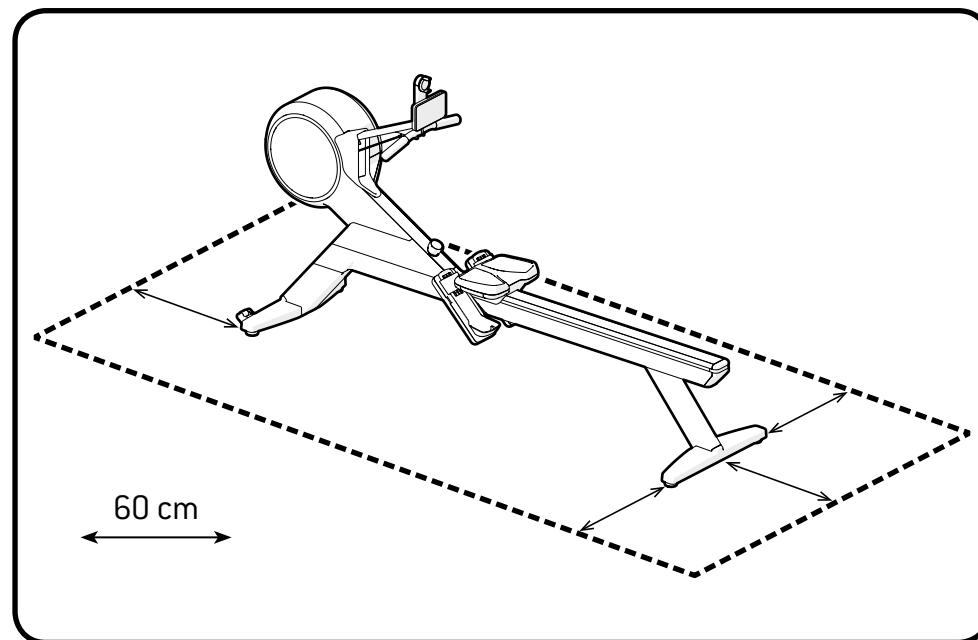
The place of installation must comply with all binding regulations.

Do not expose the product to direct sunlight.

Do not use outdoors. Do not leave the product outdoors, exposed to the elements (rain, sun, wind, etc.). Do not expose the product to water jets.

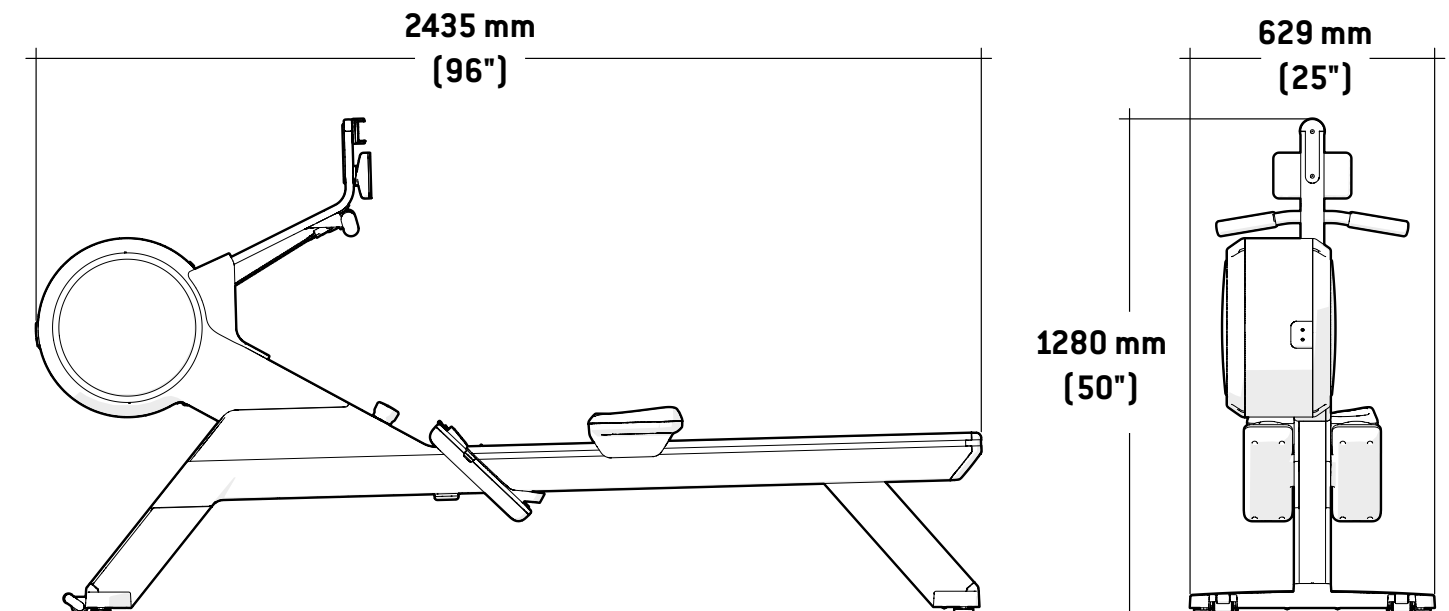
Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

Do not position the product in humid areas, such as near pools, hydromassage tubs, saunas.

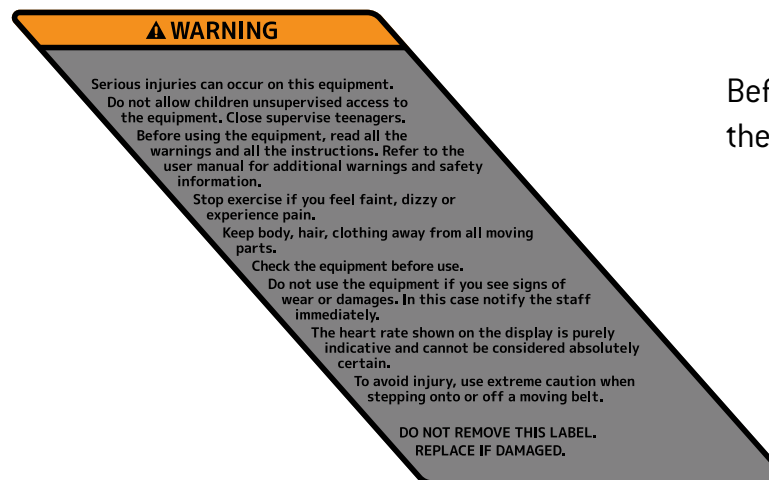
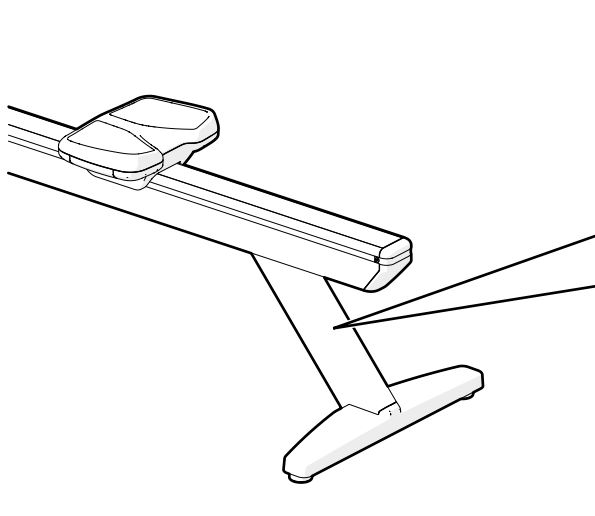


TECHNICAL DATA

Type of battery	sealed lead
Battery capacity	12V 2Ah
Maximum recharge current	200 mA
Complete recharge duration	10 hours
Weight of the unit	61 kg
Maximum user weight	160 kg
Noise	Less than 70 dB (A)
Protection rating	IP 20
Operating temperature	from +5°C to +40°C (from +41°F to +104°F)



SAFETY STICKERS



Before using the product, read all the warnings on the label.



An adhesive indicating the risk of tipping over is applied on the product.
The product is not stable in a vertical position. To store it safely and correctly, it must be divided into two parts.

MOVING THE EQUIPMENT

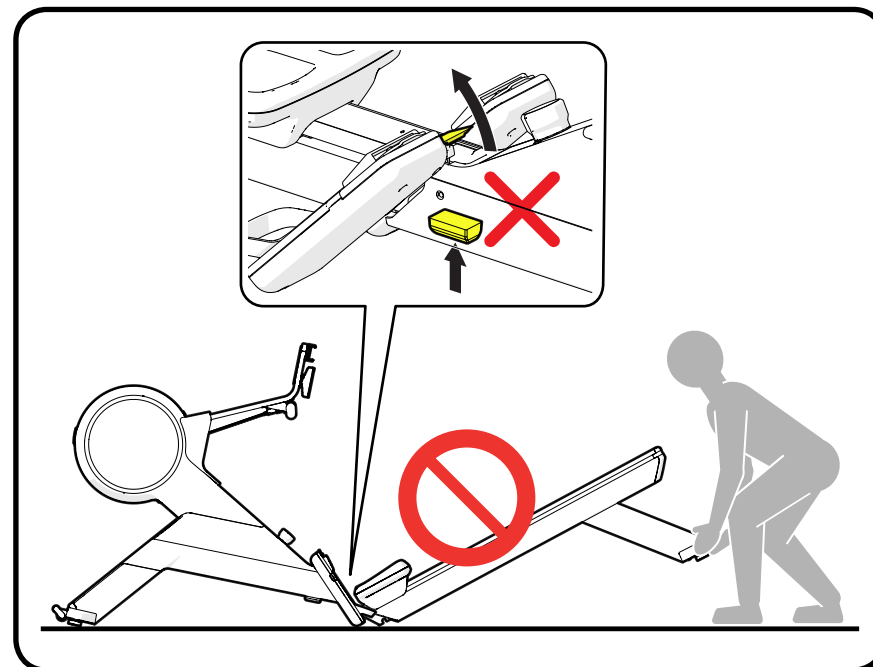
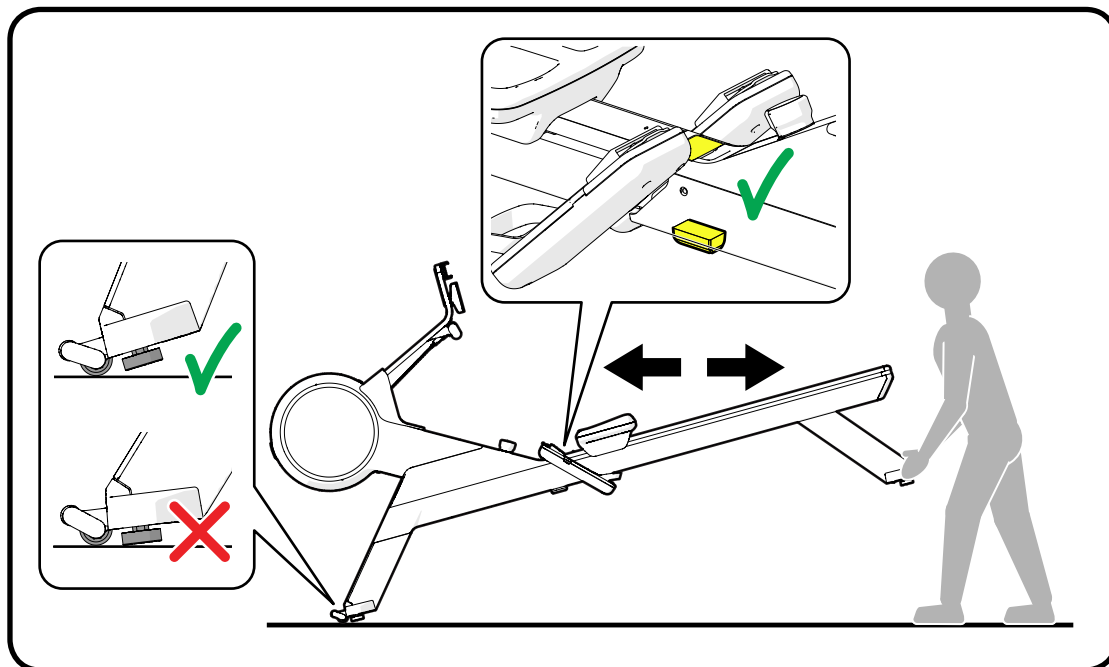
The equipment has two fixed front wheels. To move the equipment, lift it up slightly, as shown in the illustration, and push it forwards and backwards. If wheels cannot be used on the floor, move the equipment with normal lifting and transport methods.



WARNINGS

Move the equipment with great care to prevent it from tipping over.

Before moving the product, check that the release lever is not lifted and that the two parts of the product are well connected.



ROUTINE MAINTENANCE

As the equipment is used in a sports centre by more than one person, it should always be kept clean and free of dust, in accordance with normal hygiene and sanitary rules.

Clean the sliding base with a soft cloth every day.

Use a moist, not wet, cloth to clean the display.

Clean the equipment completely every week:

- clean the external parts with a damp sponge;
- move the equipment to one side so that you can vacuum clean underneath it.

Do not use chemicals or solvents.

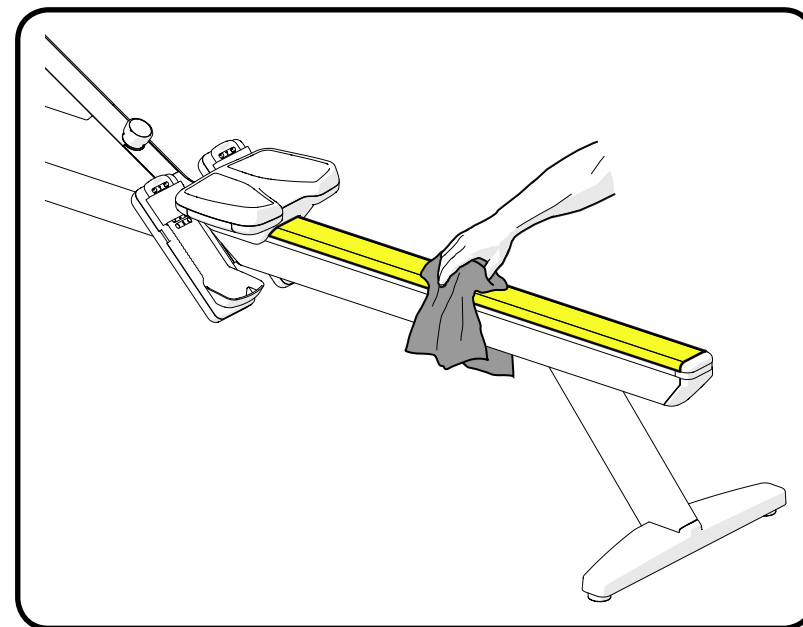


WARNINGS

Be careful not to rub too hard on the drawings and instructions shown on the labels.

The safety of the equipment is assured only on the condition that it is carefully inspected every two weeks for any signs of damage and/or wear

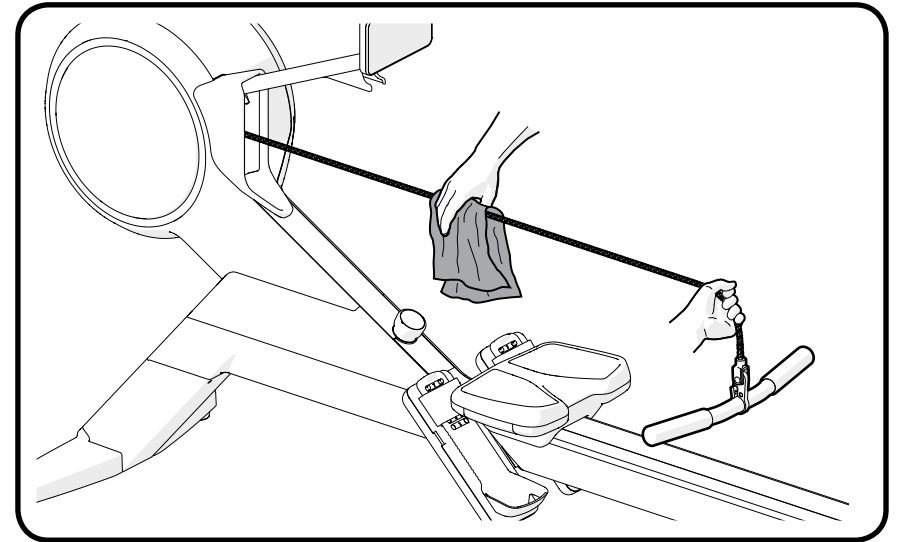
For maintenance actions not described in this manual, call in the Technogym Technical Service.



ROUTINE MAINTENANCE

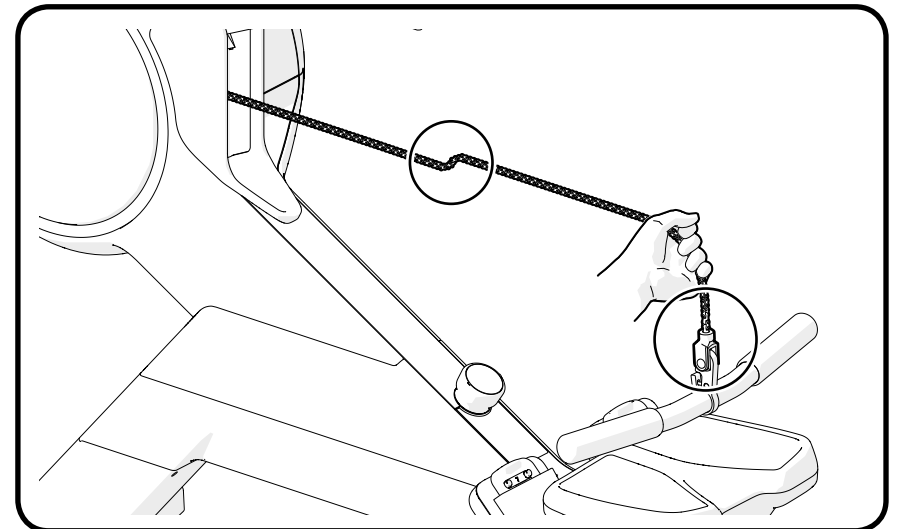
Lubricate the chain every week:

- use a soft cloth and a 20w type of lubricant (Klüber Summit Hysyn FG 32 is recommended);
- apply the oil along the entire chain;
- clean any excess oil;
- repeat the application if necessary;
- do not use chemicals or solvents.



Perform the following checks once a month.

- Make sure there are no rigid links in the chain. If the links are not sufficiently flexible after lubrication, replace the chain.
- Check the connection between the chain and the grip, and replace any worn components.
- If the grip does not return completely to the end of stroke, adjust the length of the elastic.



ADJUSTING THE ELASTIC

If the bar does not return completely to the end of stroke, adjust the length of the elastic.

Remove the protection (A).

Unscrew the 5 screws (B) to remove the protection (C).

Make a knot at one end of the elastic and cut off the excess.

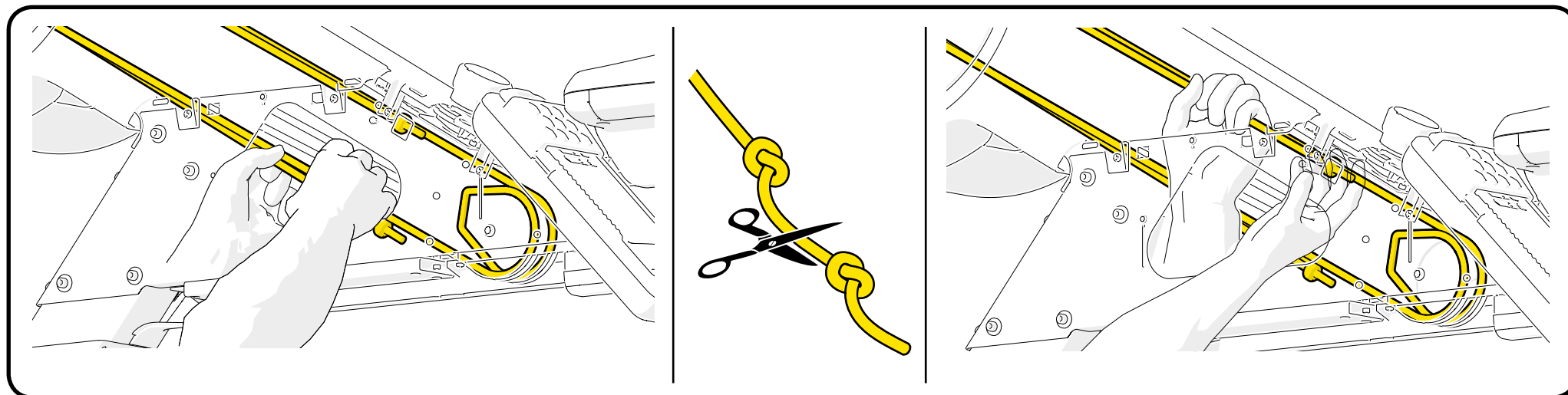
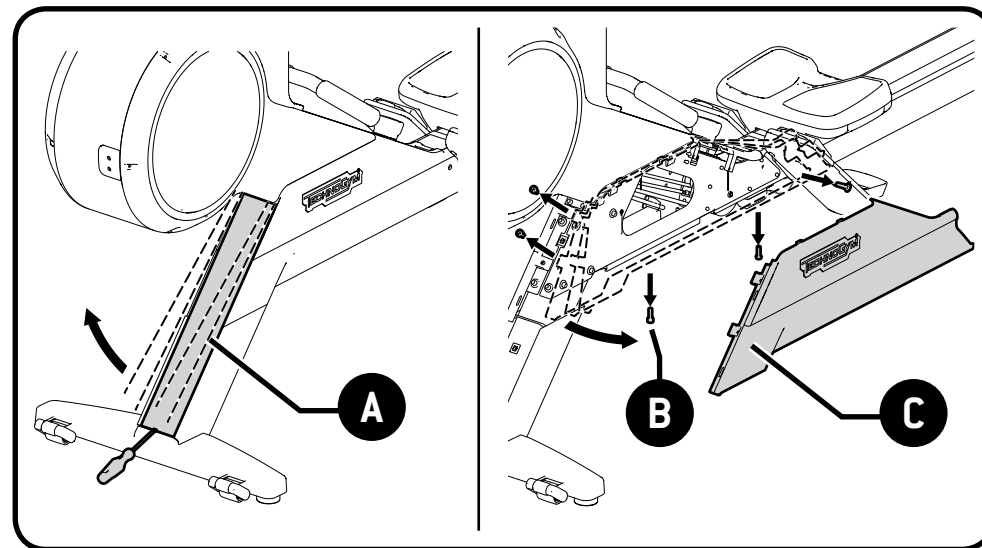
Reposition the end of the elastic in the slot.

Make a knot at the other end of the elastic and cut off the excess.

Reposition the end of the elastic in the slot.

Refit all the protections.

The elastic must be shortened to the same length on both ends.



CLEANING THE FAN

If braking is not efficient, clean the fan.

Unscrew the screw **(A)**; hold the grille **(B)** with one hand.

Unscrew the screws **(C)** to remove the grille **(B)**.

Remove the protection **(D)**.

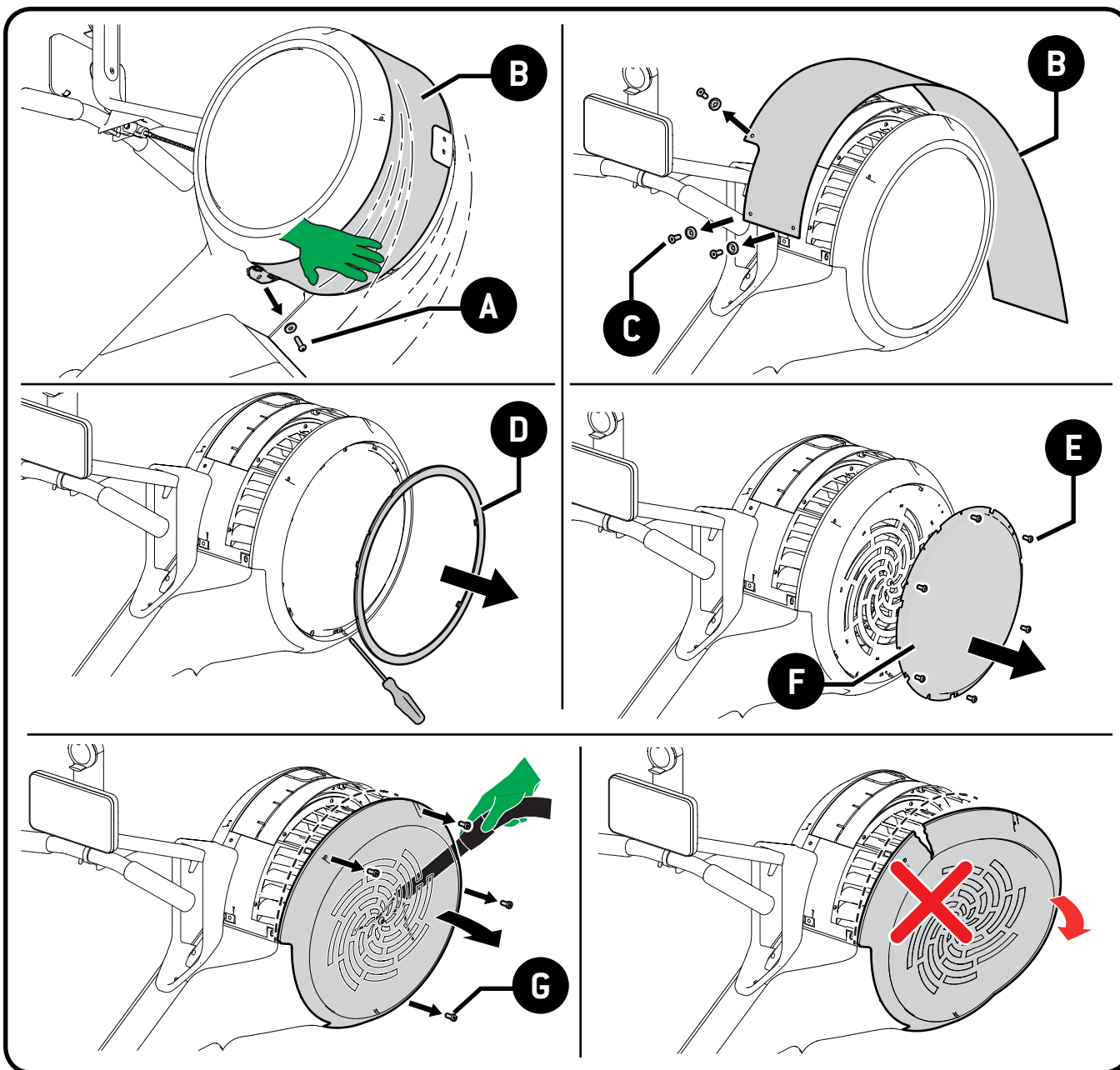
Unscrew the screws **(E)** to remove the grille **(F)**.

Use a vacuum cleaner to clean the grilles **(B)** and **(F)**.

Unscrew the screws **(G)** and clean the fan with a vacuum cleaner.

Refit all the grilles.


Perform all the operations in reverse, following the indicated order. To refit the grille **(B)** it is important to first tighten the screws **(C)**, and only at the end the screw **(A)**.



RECHARGING THE BATTERY

The product is battery powered. To keep the product turned on, the grip must be actuated. If the display turns off immediately when the movement is interrupted and does not turn back on, the battery must be recharged.

Use the following type of power supply to recharge the battery:

24 Vdc 0,5A jack 5,5x2,1 .

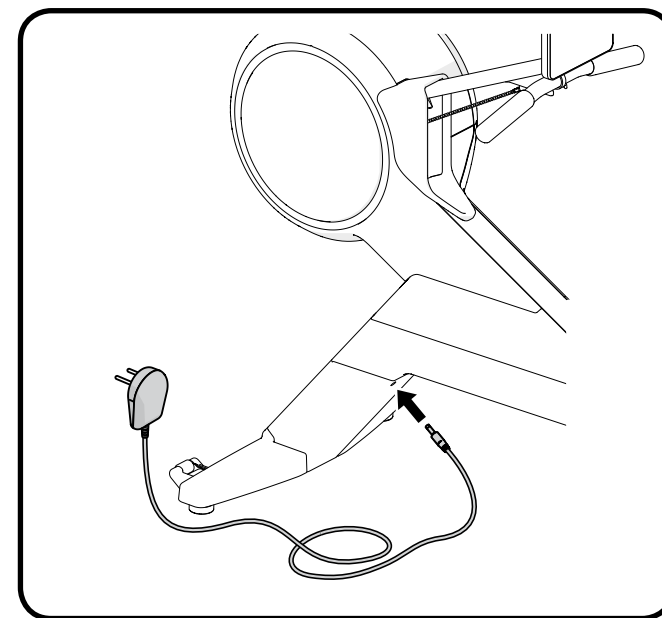


WARNING

Only use devices that comply with current regulations.

After 3 strong rows, the display must remain on for 1 minute. If it turns off after a few seconds, recharge the battery.

If the display turns off after a few seconds even after the battery was charged, contact the Technical Support Service.



TROUBLESHOOTING

Below is a list of problems that may arise during normal use of the equipment. If the described remedies do not solve the problem, contact the Technical Support Service.

Problem	Cause	Remedy
Problems in monitoring heart rate with the chest band	Worn heart rate monitor chest band.	Change the chest band.
	Chest band transmitter not making proper skin contact.	Dampen the inside of the chest band with water.
	Damaged transmitter.	Change the chest band.
When rowing, the display turns off immediately or does not turn on.	The battery is flat.	Recharge the battery.
If the grip does not return completely to the end of stroke	The elastic is loose.	Adjust the length of the elastic as described above.
Braking is not efficient	Presence of dust in the fan.	Clean the fan as described above.

TECHNICAL SERVICE

The Technogym Technical Support Service provides:

- Telephone consultations
- Description of support services covered by warranty and those requiring payment
- On-site servicing
- Delivery of original replacement parts

**Technical Support Service
Technogym s.p.a**

**Via Calcinaro 2861, 47521 Cesena, Italy
tel: +39 0547 56047
www.technogym.com/Support**

When you contact the Technogym Technical Support Service you must give the following information:

- Product model
- Purchase date
- Serial number
- A precise description of the problem



WARNING

Any operations carried out on the equipment by persons not authorized by Technogym will invalidate the warranty.

Technogym supplies the electrical and wiring diagrams to companies with technical support.

STORING THE PRODUCT

If a long period of non-use is expected, you are advised to store the equipment in the following way:

- In a clean dry place, with a dust cover.
- At a room temperature between -10°C and +70°C and relative humidity between 20% and 90%.

For better storage, use the **original packing materials**.

DISPOSING OF THE PRODUCT

It is always advisable to check that the product does not create any type of hazard, and therefore it should not be left for children to play with. For this reason, when it is not used for long periods it must be turned off by disconnecting the power cable.

The product must not be disposed of in the environment, in public areas, or private areas used for public purposes.

The product is made from recyclable materials such as steel, aluminium and plastic, which must be disposed of in the manner prescribed by the urban refuse collection regulations in force, by firms specialised in urban and environmental hygiene.

Waste deriving from electrical and electronic equipment must not be disposed of as urban waste. A specific disposal system involving suitable processing, recovery and recycling in compliance with the regulations in force, is provided for this kind of waste.

Illegal dumping or improper use of electrical and electronic equipment waste may cause serious damage to the environment and have repercussions on people's health.

Under the provisions put into effect by the European Union Member States, private citizens resident within the European Community may take used electrical and electronic equipment to authorised collection centres.

If the product is used for commercial purposes, contact your reseller or the Technogym Customer Service, in the various Countries, to arrange for collection and disposal of waste from electrical and electronic equipment.

For disposal of electrical and electronic equipment in Countries outside the European Union, contact your local authorities.

Average life of the product: 10 years.

DISPOSING OF THE BATTERY

The product contains a lead-based battery. To safely remove the battery, follow the instructions below.

Do not dump the battery in the environment, because it is made from non-recyclable materials. The battery must be disposed of in compliance with the local regulations. Contact firms specialised in urban and environmental hygiene.

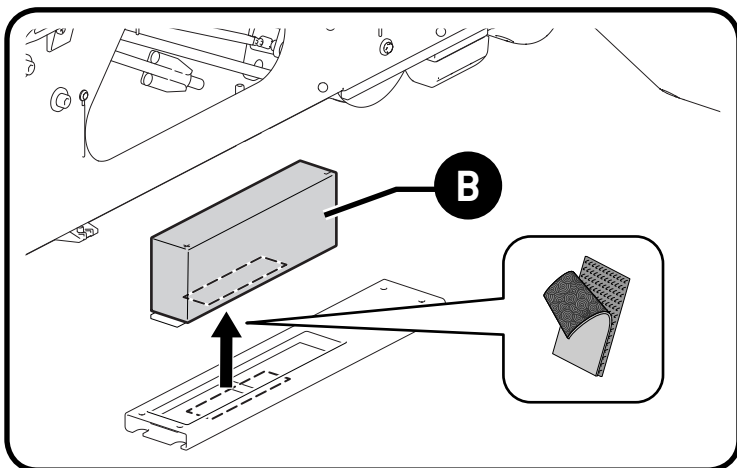
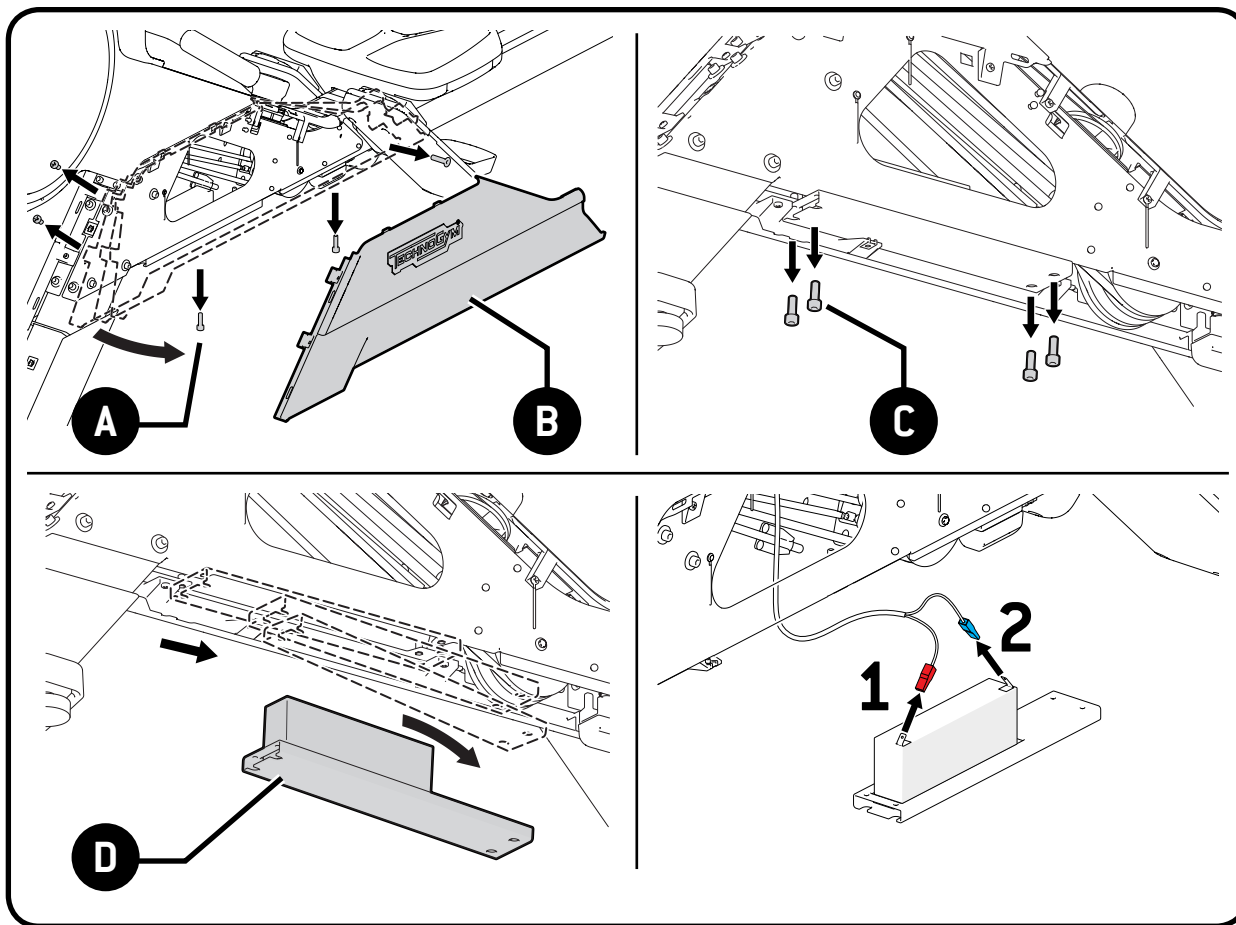
Loosen the screws **(A)** and remove the cover **(B)**.

Unscrew the screws **(C)**.

Remove the element **(D)**.

First disconnect the cable on the red pole **(1)**, and then the cable on the black pole **(2)**.

Remove the battery **(E)**.



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