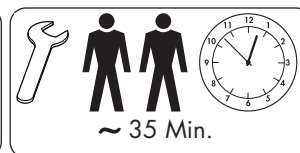
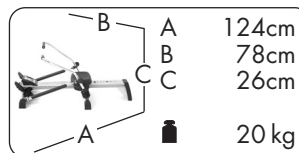


# KETTLER

HKS-SELECTION

## Montageanleitung für Rudergerät „FAVORIT“ Art.-Nr. 07978-900



- 2-3 (D)
- 4-5 (GB)
- 6-7 (F)
- 8-9 (NL)
- 10-11 (E)
- 12-13 (I)
- 14-15 (PL)
- 16-17 (CZ)
- 18-19 (P)
- 20-21 (DK)



Auf 100% Altpapier!

MADE IN GERMANY

Abb. ähnlich



## Handling the equipment

- Before using the equipment for exercise, check carefully to ensure that it has been correctly assembled.
- It is not recommended to use or store the apparatus in a damp room as this may cause it to rust. **Please ensure that no part of the machine comes in contact with liquids (drinks, perspiration etc.). This may cause corrosion.**
- The machine is designed for use by adults and children should not be allowed to play with it. Children at play behave unpredictably and dangerous situations may occur for which the manufacturer cannot be held liable. If, in spite of this, children are allowed to use the equipment, ensure that they are instructed in its proper use and supervised accordingly.
- This Rowing machine is an exercise machine that works dependent from stroke sequence (speed).
- A slight production of noise at the bearing of the centrifugal mass is due to the construction and has no negative effect upon operation. Possibly occurring noise during reverse pedalling result from engineering and are absolutely safe.
- The training device has a hydraulic brake system.
- To operate correctly, the pulse function requires a minimum voltage of 2,7 volts (only for computers working with batteries).
- Before beginning your first training session, familiarize yourself thoroughly with all the functions and settings of the unit.
- When training intensively shock absorbers may become very hot. Please avoid contact and do not touch the shock absorbers

after training.

### Care and maintenance

- Damaged components may endanger your safety or reduce the lifetime of the equipment. For this reason, worn or damaged parts should be replaced immediately and the equipment taken out of use until this has been done. Use only original KETTLER spare parts.
- To ensure that the safety level is kept to the highest possible standard, determined by its construction, this product should be serviced regularly (once a year) by specialist retailers.
- Use for your regular cleaning, maintenance and care our appliance maintenance set (Article no. 07921-000) specifically licensed for KETTLER Sports apparatus and available from the Sport specialized trade.
- **Please ensure that liquids or perspiration never enter the machine or the electronics.**
- **A few drops of viscous oil should be applied to the bearing sleeves of the hydraulic absorbers and the rowing levers. Care should be taken that the oil does not drip onto the floor!**
- **After a longer period of disuse, the hydraulic absorbers may not achieve their best performance at once. Before beginning exercising or after a period of disuse, it is recommended to activate the absorbers by several pumping movements.**

## List of spare parts page 30-32

When ordering spare parts, always state the full article number, spare-partnumber, the quantity required and the S/N of the product (see handling).

**Example order:** Art. no. 07978-900 / spare-part no. 70132682 / 2 pieces / S/N .....

Please keep original packaging of this article, so that it may be used for transport at a later date, if necessary.

Goods may **only** be returned after prior arrangement and in (internal) packaging, which is safe for transportation, in the original box if possible.

It is important to provide a detailed defect description / damage report!

**Important:** spare part prices do not include fastening material; if fastening material (bolts, nuts, washers etc.) is required, this should be clearly stated on the order by adding the words „**with fastening material**“.

### Waste Disposal

KETTLER products are recyclable. At the end of its useful life please dispose of this article correctly and safely (local refuse sites).

#### **GB** KETTLER GB Ltd.

Kettler House, Merse Road  
North Moons Moat  
Redditch, Worcestershire B98 9HL

+44 1527 591901

+44 1527 62423

Mail: sales@kettler.co.uk

[www.kettler.co.uk](http://www.kettler.co.uk)

#### **USA** KETTLER International Inc.

1355 London Bridge Road  
Virginia Beach, VA 23453

+1 888 253 8853

+1 888 222 9333

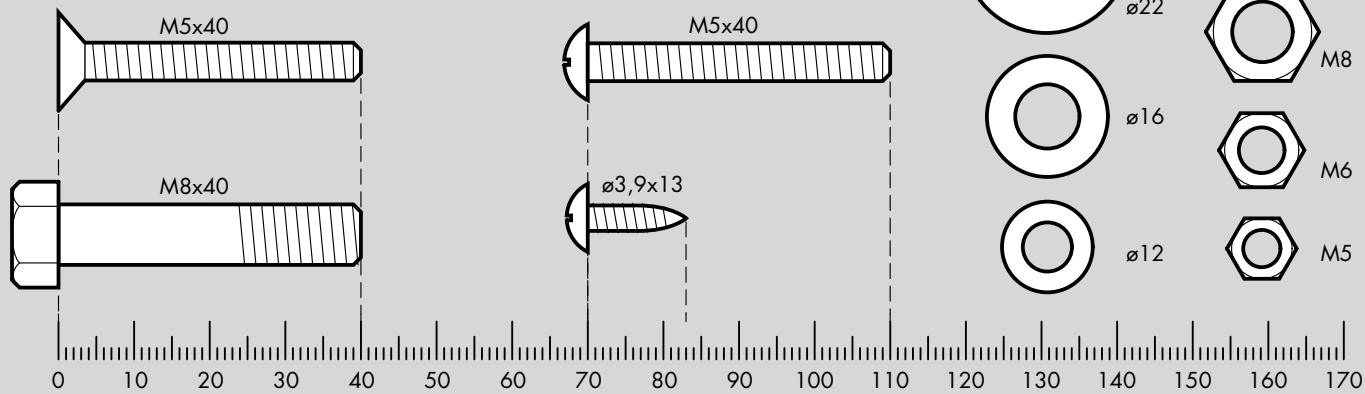
[www.kettlerusa.com](http://www.kettlerusa.com)

# Messhilfe für Verschraubungsmaterial

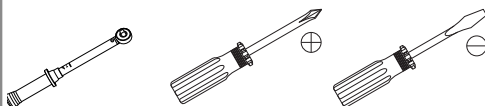
- GB - Measuring help for screw connections
- F - Gabarit pour système de serrage
- NL - Meethulp voor schroefmateriaal
- E - Ayuda para la medición del material de atornilladura
- I - Misura per materiale di avvitamento

- PL - Wzornik do połączeń śrubowych
- CZ - Měřicí pomůcka pro materiál k přišroubování
- P - Auxiliar de medição para materiais de aparafusamento
- DK - Hjælp til måling af skruer

**Beispiel**    **Exemples**    **Exemples**    **Voorbeeld**  
**Ejemplos**    **Esempio**    **Przykład**    **Příklad**  
**Exemplo**    **Eksempel**



- D - Benötigtes Werkzeug - Gehört nicht zum Lieferumfang.
- GB - Tools required - Not included.
- F - Outils nécessaires - Ne fait pas partie du domaine de livraison.
- NL - Benodigd gereedschap - Is niet bij de levering inbegrepen.
- E - Herramientas necesarias - No forma parte del volumen de entrega.
- I - Strumenti necessari - Non in dotazione alla fornitura.
- PL - Narzędzi - Nie należy do zakresu dostawy.
- CZ - Nářadí potřebné - Nepatří do rozsahu dodávky
- P - Ferramentas necessárias - Não está incluído nas peças fornecidas
- DK - Værktøjer kræves - Er ikke inkluderet i leveringsomfanget.



# Checkliste (Packungsinhalt)

- GB - Checklist (contents of packaging)

- E - Lista de control (contenido del paquete)

- CZ - Kontrolní seznam (obsah balení)

- F - Liste de vérification (contenu de l'emballage)

- I - Lista di controllo (contenuto del pacco)

- P - Lista de verificação (conteúdo da embalagem)

- NL - Checklijst (verpakkinginhoud)

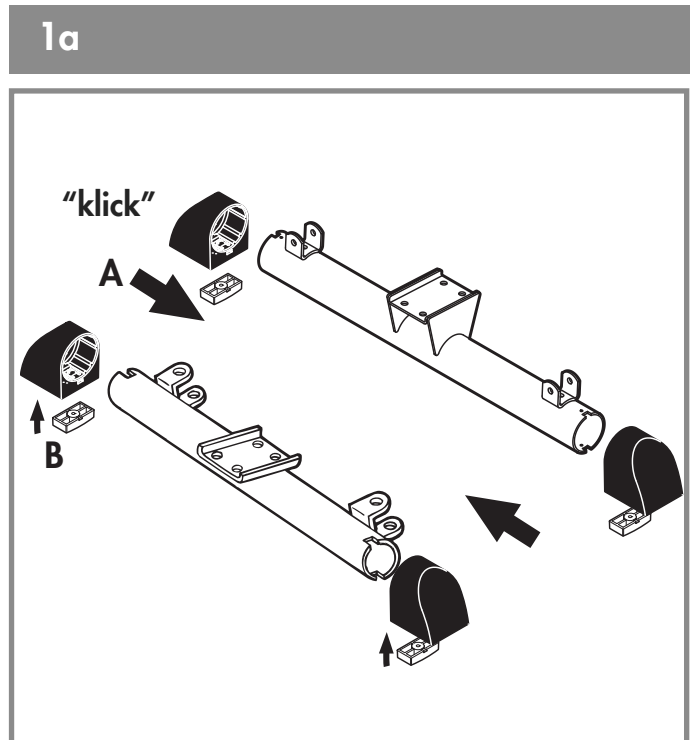
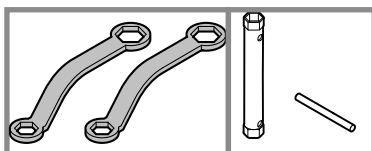
- PL - Lista kontrolna (zawartość opakowania)

- DK - Checkliste (pakkens indhold)

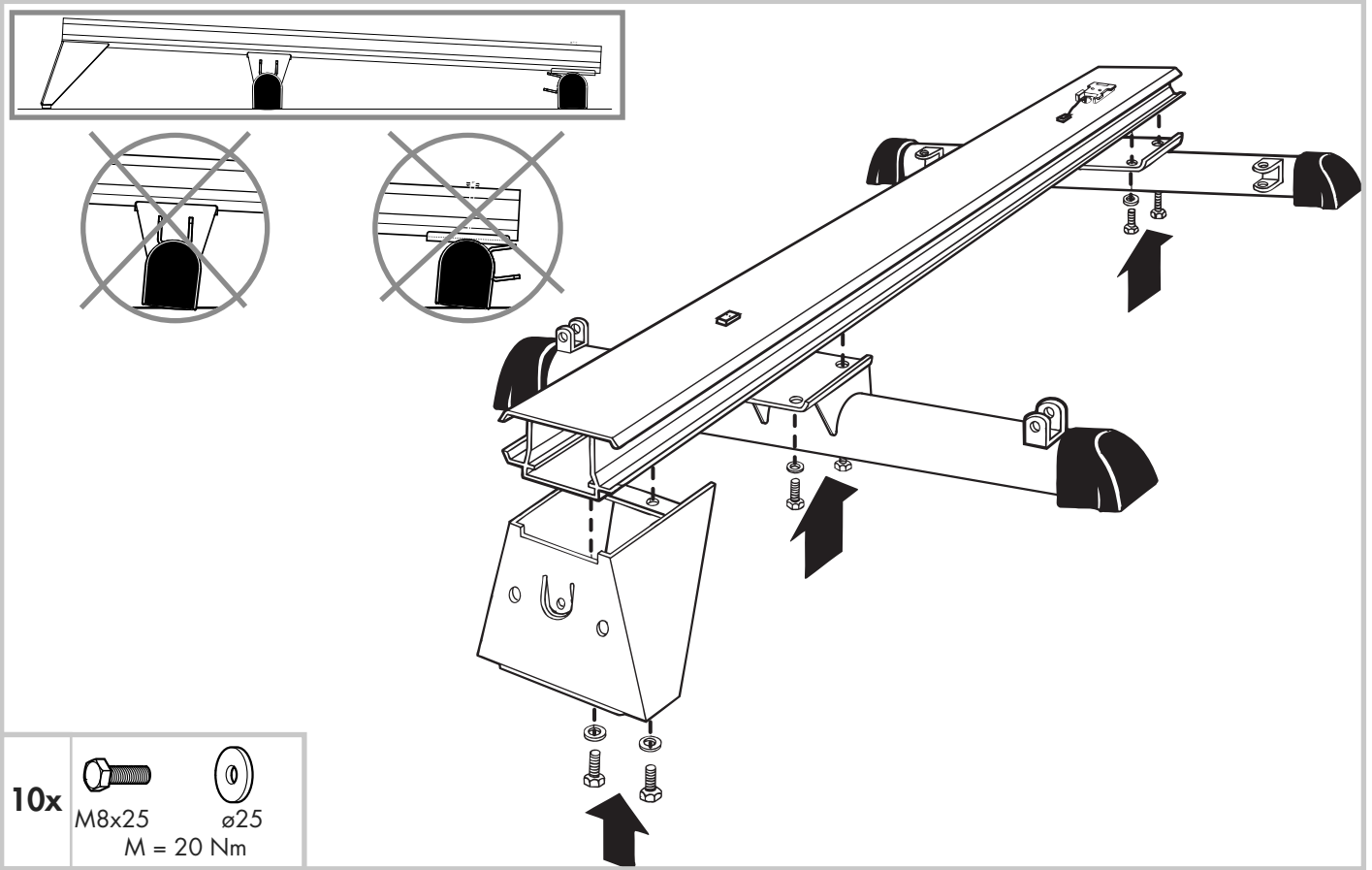
	1	✓
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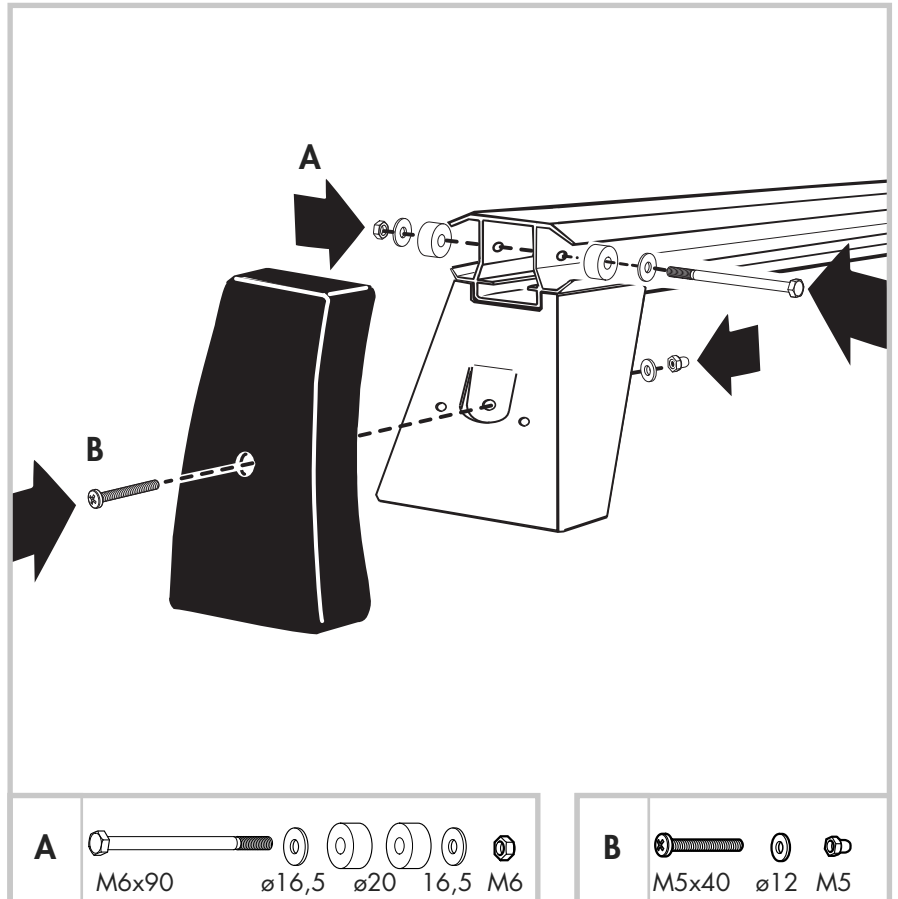
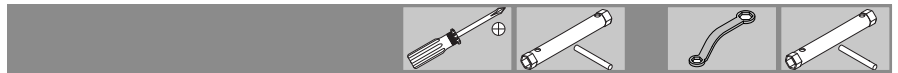
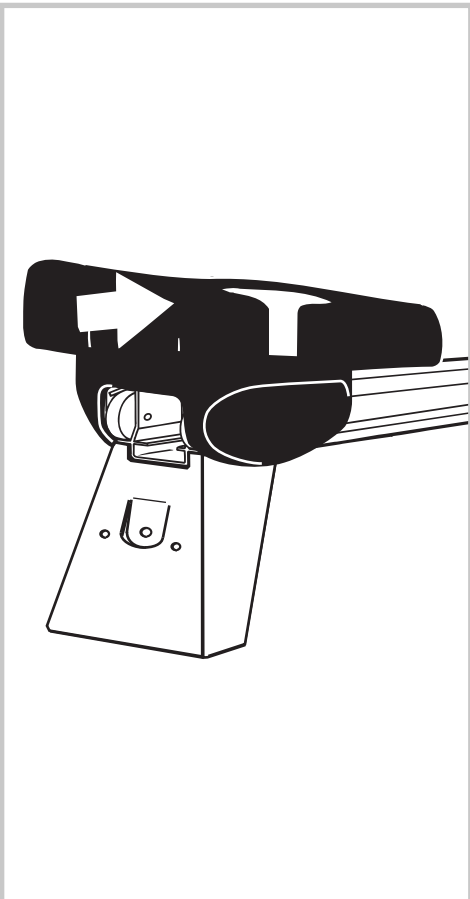


1b



- 10x
- |           |     |
|-----------|-----|
|           |     |
| M8x25     | ø25 |
| M = 20 Nm |     |

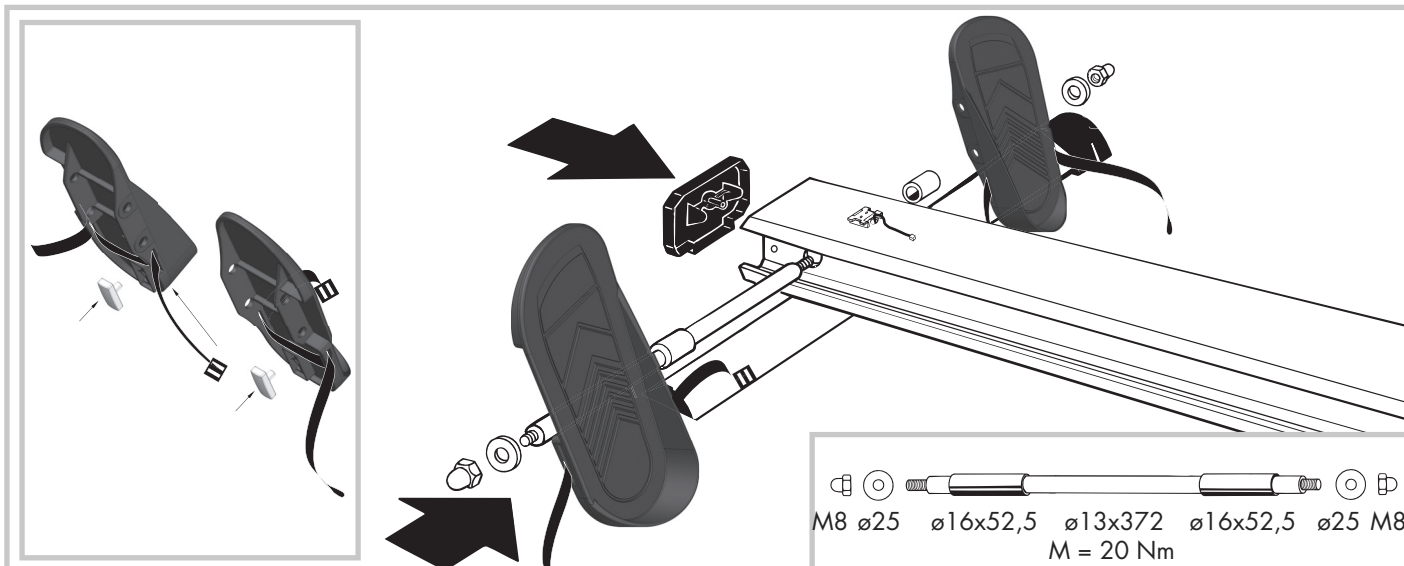
2



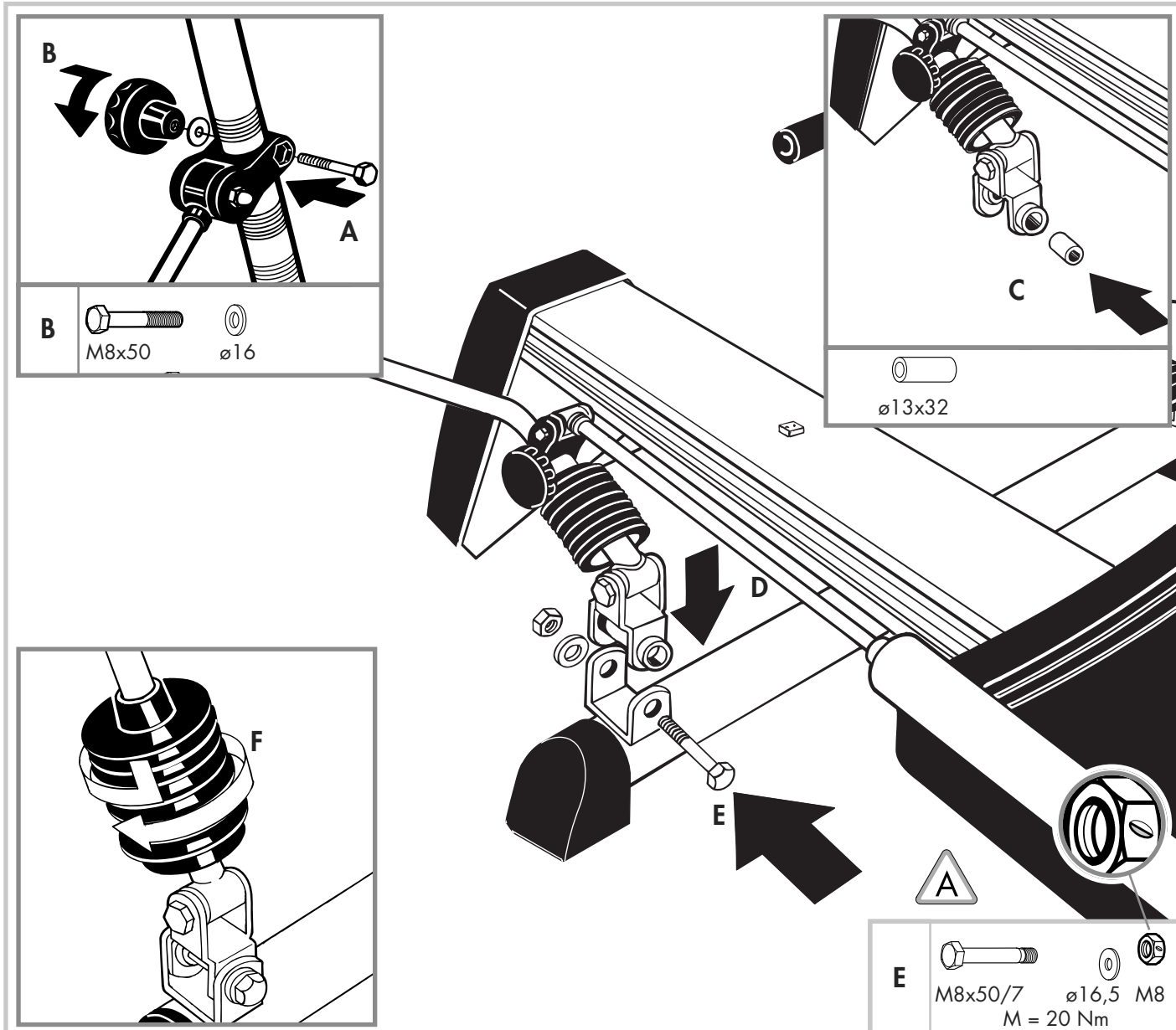
- A**
- |       |       |     |      |    |  |
|-------|-------|-----|------|----|--|
|       |       |     |      |    |  |
| M6x90 | ø16,5 | ø20 | 16,5 | M6 |  |

- B**
- |       |     |    |
|-------|-----|----|
|       |     |    |
| M5x40 | ø12 | M5 |

4



5

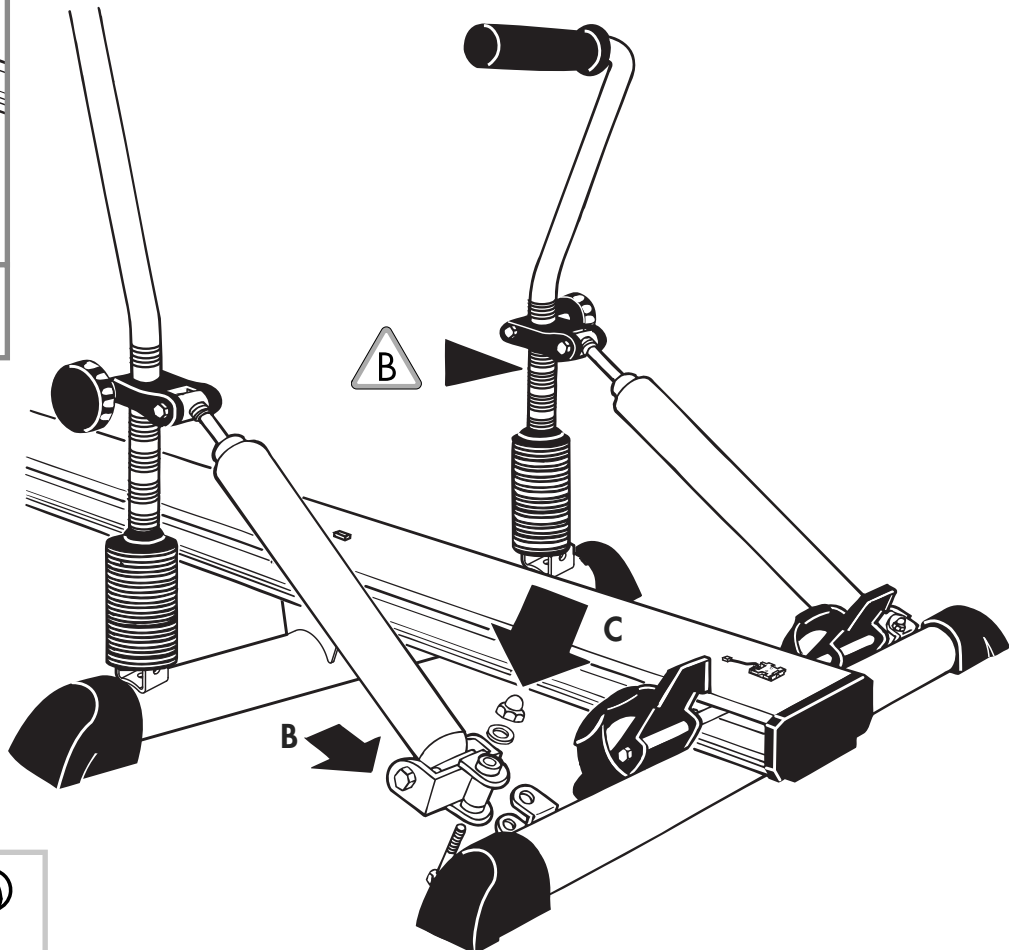
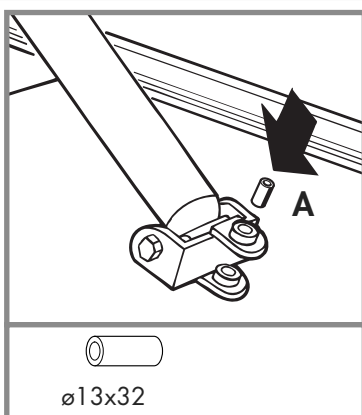




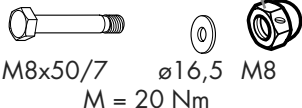
- D - Die Sechskantschrauben M8x50mm (kurzes Gewinde) einführen und mit Unterlegscheiben und goldfarbenen Sicherheitsmuttern fest verschrauben. (Die Schwergängigkeit der Sicherheitsmuttern ist kein Mangel, sondern dient der Sicherheit gegen unbeabsichtigtes Lösen).
- GB - Insert the hexagon bolts M8 x 50 mm (short thread) and secure them with washers and gold-coloured safety nuts. The safety nuts may seem stiff. This is not a defect, but is intended to secure them against unintentional loosening.
- F - introduire les vis à tête hexagonale et les serrer solidement avec les rondelles et les écrous de sécurité dorés. (Le fait que les écrous de sécurité soient durs à tourner ne constitue pas un vice, mais sert à empêcher un desserrage non intentionnel).
- NL - De zeskant Schroeven erin steken en met de onderleggrin gen en goudkleurige borgmoeren stevig vastschroeven. (Het stroeve indraaien van de borgmoeren is geen on volkomenheid, maar dient als veiligheid tegen per onge luk losgaan).
- E - Introducir los tornillos de cabeza hexagonal M8x50mm (rosca corta) y atornillarlos bien con las arandelas y las tuercas de seguridad de color dorado. (La dureza de las tuercas de seguridad no es ningún defecto sino que protegen contra un destornillamiento no intencionado).
- I - Inserite le viti a esagono cavo M8x50mm (filettatura corta) e av-

vitare in modo fisso con le rosette e i dadi auto-bloccanti color oro (La resistenza che oppongono durante l'avvitamento non è un difetto, ma li rende sicuri e fa sì che non si svitino accidentalmente).

- PL - Włożyć śruby z łbem sześciokątnym M8x50mm (krótki gwint), założyć podkładki i silnie skręcić z nakrętkami bezpieczeństwa koloru złotego. (Ciężko obracające się nakrętki bezpieczeństwa nie są wadą, lecz służą zabezpieczeniu przed niezamierzonym odkręceniem.)
- CZ - Zaveďte šestihránné šrouby M8x50mm (s krátkým závitem) a pomocí podložek zlatě zbarvených bezpečnostních matek pevně dotáhněte. (Těžký chod při dotahování bezpečnostních matek není žádná vada, nýbrž slouží jako bezpečnostní prvek proti neúmyslnému uvolnění).
- P - Insira os parafusos de cabeça sextavada M8x50mm (rosca curta) e aperte-os bem utilizando as anilhas e as porcas autobloccantes douradas. (A dificuldade de enroscamento das porcas autobloccantes não é um defeito mas sim uma segurança para que não se soltem involuntariamente).
- DK - Sæt sekskantbolten M8x50mm i (kort gevind) og spænd den med mellemlægsskiver og de gulfarvede sikkerhedsmøtrikker. (Det er ingen fejl, at sikkerhedsmøtrikkerne går trægt. Det har sikkerhedsmæssige årsager og skal forhindre, at de løsner sig af sig selv).



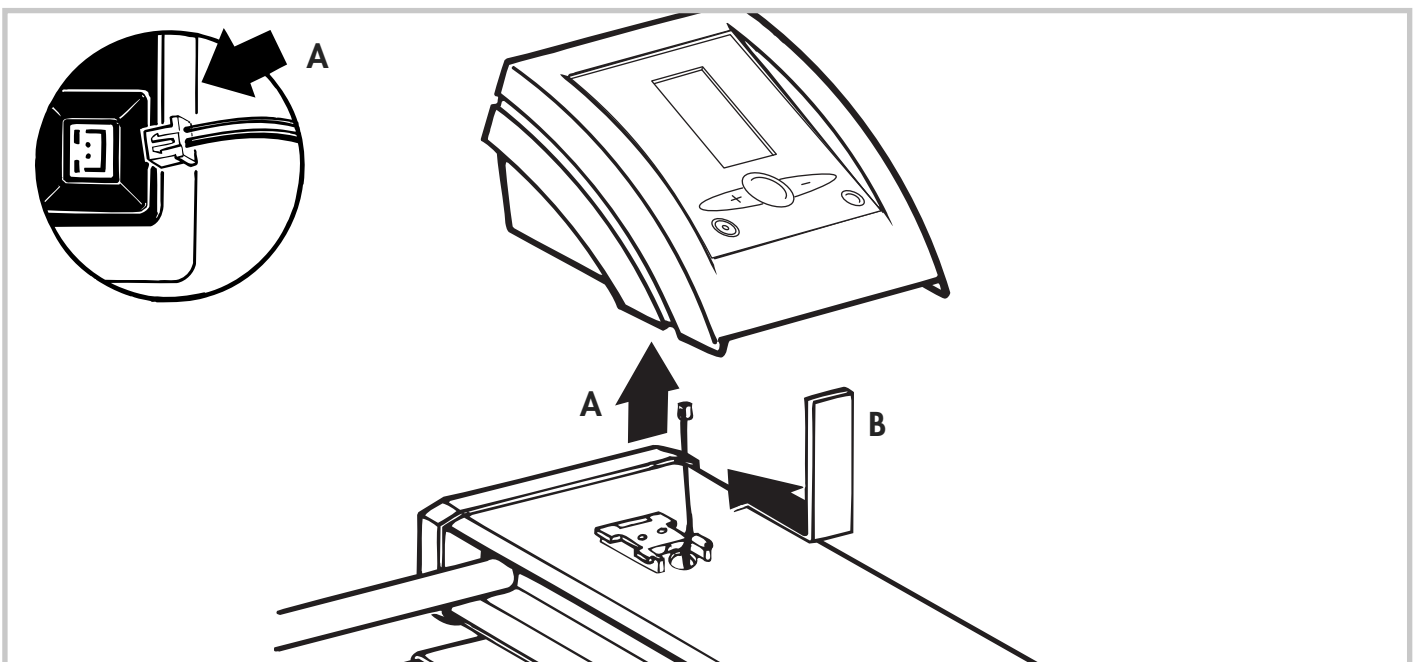
C



M8x50/7    ø16,5    M8  
M = 20 Nm

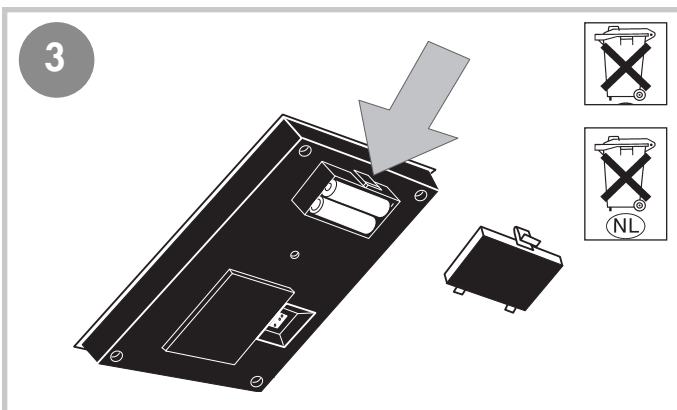
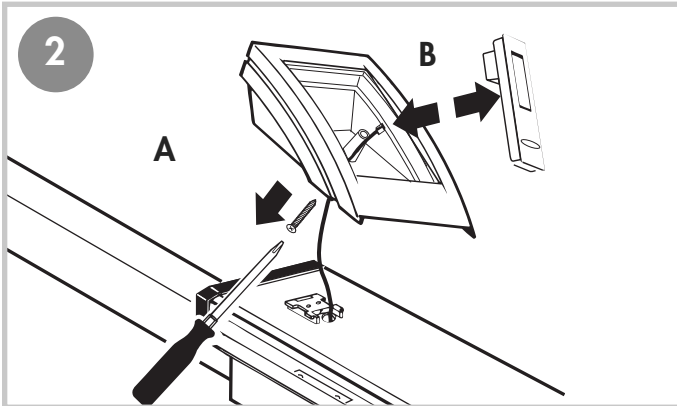
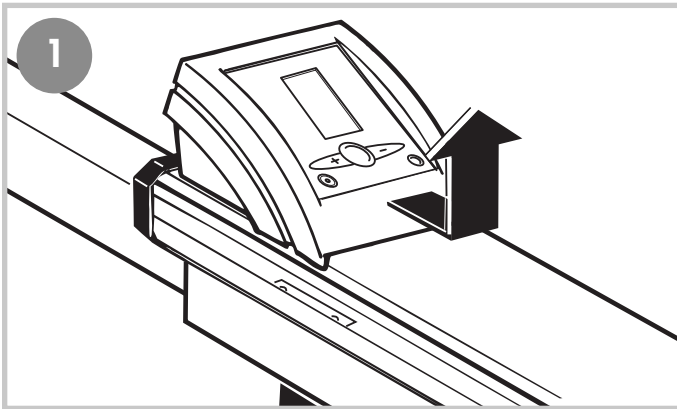
- D - Zur Veränderung der Ruderkraft lassen sich die Klemmstücke nach Lockern der Sterngriffmutter auf den Ruderarmen verschieben. Die Rändelmarken (siehe Dreieckspfeil) auf den Ruderarmen dienen dabei zur Einstellung gleicher Hebelverhältnisse. Vor Betätigung der Ruderarme unbedingt Sterngriffmutter festziehen. Geringe Ruderkraft bei Stellung der Klemmstücke auf der untersten Rändelmarke, Maximalkraft in oberster Stellung.
- GB - In order to alter the power setting (rowing resistance), the clamps can be loosened and moved up or down the rowing arms/"oars". The knurled markers (see triangular arrow) make it possible to set both clamps at the same level. Before using the rowing machine, make sure that the knurled knobs are absolutely tight. Clamps at lowest knurled marker=lowest power level Clamps at highest knurled marker=highest power level
- F - Pour modifier la dureté de l'effort changer le positionnement des colliers de serrage après avoir desserré les écrou à poignée sur les bras. Les marques à crans (cf. flèche triangulaire), qui au régöasse trouvent sur les bras du rameur, servent au réglage de la même dureté de l'effort. Avant d'actionner les bras du rameur, servent au réglage de la même dureté de l'effort. Avant d'actionner les bras du rameur, serrer les écrous à poignée. L'effort est le moins dur quand les colliers se trouvent sur les marques du dessous es il est maximal quand il se trouvent sur les marques du dessus.
- NL - Om de roeikracht te wijzigen kunnen de klemstukken na het losdraaien van de stergreepmoeren op de roeiarmen verschuiven. De getande markeringen (zie driehoekspijl) op de roeiarmen dienen daarbij voor het instellen van de zelfde hefboomverhoudingen. Voor gebruik van de roeiarmen moeten daarom beslist de stergreepmoeren wor den aangedraaid.
- E - Para una modificación de la fuerza del remo se pueden desplazar las pinzas sobre los remos después de que se hayan desatornillado las tuercas de estrella. Las marcas (véase flecha triangular) en los remos sirven para ajustar las relaciones de las palancas. En cada caso hay que fijar las tuercas de estrella antes de usar los remos. Si las pinzas se colocan en la marca más baja, la fuerza del remo será menor, si se colocan en la más alta, la fuerza será mayor.

- I - Per modificare la forza necessaria a remare, si possono spostare i pezzi di attacco sui remi, allentando le manopole a crociera. Le zigrinature (vedi freccia a triangolo) sui remi servono a regolare gli stessi rapporti di leva. Prima di azionare i remi dovete assolutamente stringere le manopole a crociera. Posizionando i pezzi di attacco sulla zigrinatura inferiore, servirà una forza di remata minima, la forza necessaria sarà massima posizionandoli sulla zigrinatura superiore.
- PL - W celu zmiany siły wiosłowania po poluzowaniu nakrętek gwiazdowych należy przesunąć elementy zaciskowe na wiosłach. Znaki na wiosłach (patrz trójkątna strzałka) służą do nastawienia jednakowej dźwigni. Przed wiosłowaniem należy koniecznie silnie dokręcić nakrętkę gwiazdową. Mała siła wiosłowania przy ustawieniu elementów zaciskowych przy najniższym znaku, siła maksymalna przy położeniu najwyższym.
- CZ - Pro změnu veslovací síly lze po uvolnění matek s rukojetí posunout upínáky na veslovacích ramenech. Záržy (viz trojúhelníková šipka) na ramenech vesel přitom slouží pro nastavení stejných zdvihových poměrů. Před použitím veslovacích ramen je bezpodmínečně nutné dotáhnout matky s rukojetí. Malá veslovací síla je dosažena při nastavení upínáků na nejspodnější zářez, maximální síly se dosáhne v nejvyšší poloze.
- P - Para alterar a intensidade de treino na máquina de remar, desloque as peças de aperto depois de soltar as porcas de punho estrelado nos braços da máquina. As marcas serrilhadas (ver seta triangular) nos braços da máquina de remar servem para igualar a relação existente entre os braços da alavanca. Aperte sempre a porca de punho estrelado antes de accionar os braços da máquina de remar. Para obter uma menor intensidade de treino na máquina de remar, coloque as peças de aperto na marca serrilhada inferior, para obter a intensidade máxima optar pela posição superior.
- DK - For at ændre modstanden kan man flytte klemstykkerne på roarmene efter at have løsnet stjernegrebsmøtrikkerne. De riflede markeringer (se trekantet pil) på roarmene gør det muligt at indstille begge arme på samme niveau. Spænd stjernegrebsmøtrikkerne godt fast, inden roarmene aktiveres. Klemstykkerne på nederste riflede markering = laveste romodstand, på øverste riflede markering = maksimal modstand.





## Batteriewechsel



Eine schwache oder erloschene Computeranzeige macht einen Batteriewechsel erforderlich. Der Computer ist mit zwei Batterien ausgestattet. Nehmen Sie den Batteriefachdeckel ab und ersetzen Sie die Batterien durch zwei neue vom Typ AA 1,5V:

- Nehmen Sie den Batteriefachdeckel ab und ersetzen Sie die Batterien durch zwei neue vom Typ AA 1,5V.
- Achten Sie beim Einsatz der Batterien auf die Kennzeichnung im Batteriefachboden.
- Sollte es nach dem Wiedereinschalten zu Fehlfunktionen kommen, klemmen Sie die Batterien noch einmal kurz ab und wieder an.

**Wichtig: Aufgebrauchte Batterien fallen nicht unter die Garantiebestimmungen.**

### Entsorgung von gebrauchten Batterien und Akkus.



Dieses Symbol weist darauf hin, dass Batterien und Akkus nicht mit dem normalen Hausmüll entsorgt werden dürfen.

Die Buchstaben Hg (Quecksilber) und Pb (Blei) unter der durchgestrichenen Mülltonne weisen zusätzlich darauf hin, dass in der Batterie/dem Akku ein Anteil von mehr als 0,0005% Quecksilber oder 0,004% Blei enthalten ist.

Falsches Entsorgen schädigt Umwelt und Gesundheit, Materialrecycling schont kostbare Rohstoffe.

Entfernen Sie bei der Stilllegung dieses Produktes alle Batterien/Akkus und geben Sie sie an einer Annahmestelle für das Recycling von Batterien oder elektrischen und elektronischen Geräten ab.

Informationen über entsprechende Annahmestellen erhalten Sie bei Ihrer örtlichen Kommunalbehörde, Entsorgungsbetrieb oder der Verkaufsstelle dieses Gerätes.

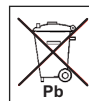
### – GB – Battery change

A weak or an extinguished computer display makes a battery change necessary. The computer is equipped with two batteries. Perform the battery change as described below:

- Remove the lid of the battery compartment and replace the batteries by two new batteries of type AA 1,5V.
- When inserting the batteries pay attention to the designation on the bottom of the battery compartment.
- Should there be any misoperation after switching on the computer again, shortly disconnect the batteries once again and reinsert them.

**Important: The guarantee does not cover worn-out batteries.**

### Disposal of used batteries and storage batteries



This symbol tells you that batteries and storage batteries must not be disposed of with the normal household waste.

The symbols Hg (mercury) and Pb (lead) underneath the crossed-out rubbish bin also tell you that the battery or storage battery contains more than 0.0005% mercury or more than 0.004% lead.

Improper disposal damages the environment and can damage people's health. Recycling of materials conserves precious raw materials. When disposing of the appliance, remove all batteries and storage batteries from the product and hand them over to the collection point for the recycling of batteries or electrical or electronic appliances. Information about the appropriate collection points can be obtained from your local authorities, your waste disposal team or in the outlet where this appliance was sold.

### – F – Changement de piles

Un affichage de l'ordinateur faible ou éteint impose un changement des piles. L'ordinateur est équipé de deux piles. Effectuez le changement comme suit:

- Enlevez le couvercle du logement des piles et remplacez-les par deux piles neuves du type AA 1,5V.
- Veillez au marquage au fond du logement lors de la mise en place des piles.
- En cas de dysfonctionnement après la remise en marche, enlevez brièvement les piles et remettez-les ensuite.

**Important: Les piles usées sont exclues des dispositions de garantie.**

### Elimination des piles et des accumulateurs usagés.



Ce symbole indique que les piles et les accumulateurs ne doivent pas être éliminés avec les déchets ménagers ordinaires.

Les lettres Hg (mercure) et Pb (plomb) situées sous la poubelle barrée indiquent en outre que la pile/l'accumulateur contient une part de plus de 0,0005 % de mercure ou de 0,004% de plomb.

Une mauvaise élimination nuit à l'environnement et à la santé ; le recyclage des matériaux épargne de précieuses matières premières. Enlevez toutes les piles/accumulateurs lorsque ce produit est mis hors service et remettez-les dans un dépôt afin de recycler les piles ou les appareils électriques et électroniques.

Vous trouverez des informations concernant les dépôts correspon-

## Ersatzteilbestellung

- GB - Spare parts order
- E - Pedido de recambios
- CZ - Objednání náhradních dílů

- F - Commande de pièces de rechange
- I - Ordine di pezzi di ricambio
- P - Encomenda de peças sobressalentes

- NL - Bestelling van reserveonderdelen
- PL - Zamówienie części zamiennych
- DK - Bestilling af reservedele

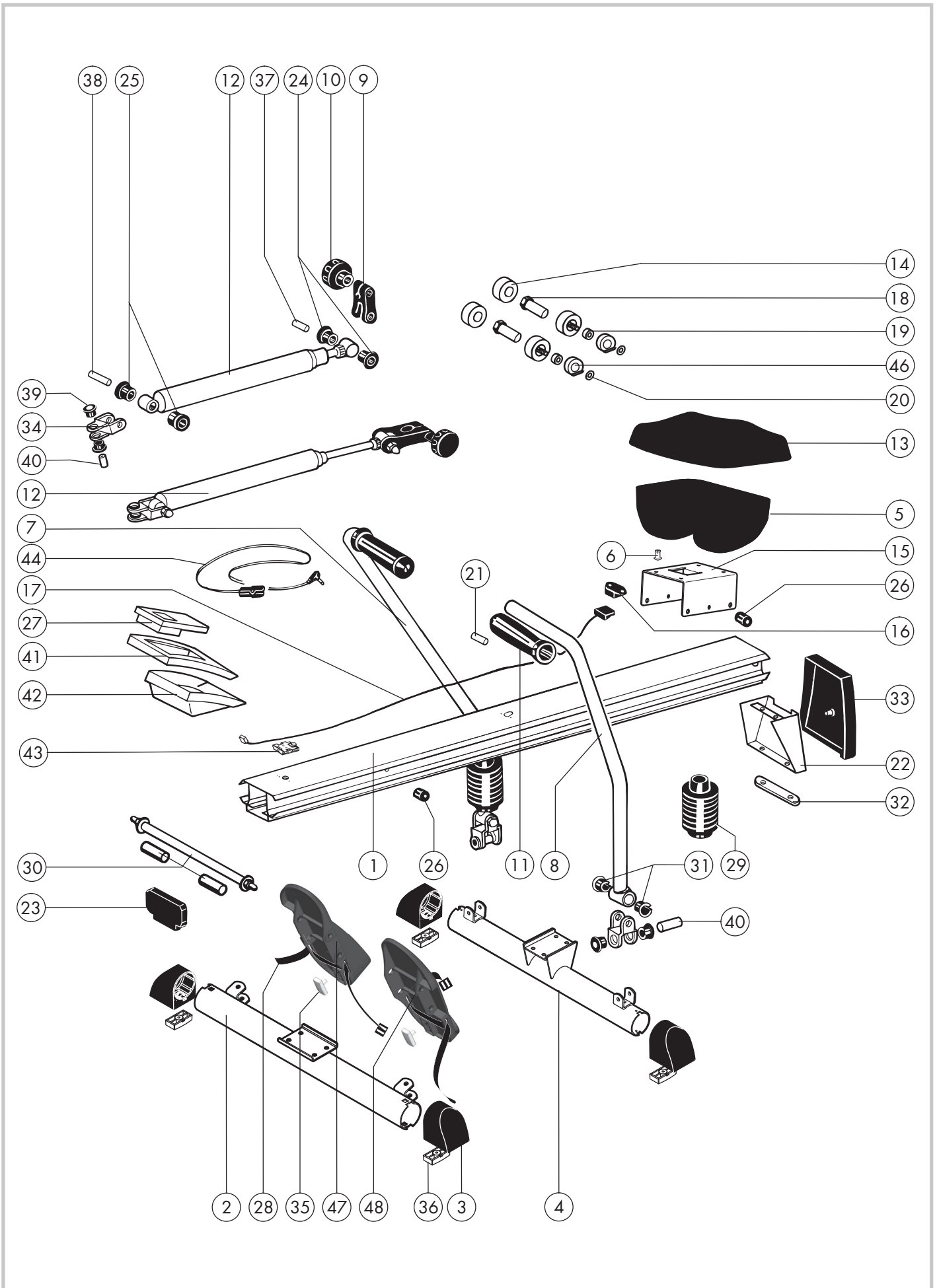


- D - Beispiel Typenschild - Seriennummer
- GB - Example Type label - Serial number
- F - Exemple Plaque signalétique - Numéro de série
- NL - Bij voorbeeld Typeplaatje - Seriennummer
- E - Ejemplo Placa identificativa - Número de serie
- I - Esempio Targhetta tecnica - Numero di serie
- PL - Przykłady Tabliczka identyfikacyjna - Numer serii
- CZ - Příklad typového štítku - sériové číslo
- P - Exemplo placa de características - número de série
- DK - Eksempel type label - serienummer

- D - Geben Sie bei Ersatzteilbestellungen bitte die vollständige Artikelnummer, die Ersatzteilnummer, die benötigte Stückzahl und die Seriennummer des Gerätes an.
- GB - When ordering spare parts, always state the full article number, spare-part number, the quantity required and the S/N of the product.
- F - En cas de commande de pièces de rechange, nous vous prions de mentionner la référence article, le numéro de pièce de rechange, la quantité demandée et le numéro de série de l'appareil.
- NL - Vermeld bij de onderdelenbestellingen a.u.b. het volledige artikelnummer, het onderdeelnummer, het benodigde aantal en het serienummer van het apparaat.
- E - Indicar con los pedidos de piezas de repuesto el número completo del artículo, el número de la pieza de repuesto, las unidades solicitadas y el número de serie del aparato.
- I - Per l'ordinazione di parti di ricambio indicate il completo numero di articolo, della parte di ricambio, il numero di unit necessario nonché il numero di serie dell'apparecchio.
- PL - Przy zamawianiu części zamiennych proszę podawać kompletny numer artykułu, numer części zamiennych i numer serii urządzenia.
- CZ - Při objednání náhradních dílů prosím udejte úplné číslo zboží, číslo náhradního dílu, potřebný počet kusů a sériové číslo přístroje.
- P - Ao encomendar peças sobressalentes, por favor indique o número completo do artigo, o número da peça sobressalente, o número de unidades necessárias e o número de série do aparelho.
- DK - Ved bestilling af reservedele skal du altid opgive det fuldstændige artikelnummer, nummeret på reservedelen, det ønskede antal og maskinens serienummer (se Håndtering).

# Ersatzteilbestellung

Rudergerät			07978-900
Pos.- Nr.	FAVORIT Bezeichnung	Stück	Bestell-Nr.
1	Tragbalken	1	91210381-40
2	Vorderrohr	1	94315230
3	Bodenschoner (4038)	4	70127561
4	Mittelrohr	1	94315233
5	Rollsitzunterverkleidung (3588)	1	70132176
6	Spreizniete 6 x 9.5	4	10418503
7	Ruderarm rechts	1	97100361
8	Ruderarm links	1	97100362
9	Klemmschelle ø25 mm	2	10122012
10	Sterngriffmutter M8 (62er Kopf)	2	10105009
11	KS-Griffe ø25 mm	2	10118006
12	Stossdämpfer (HA201) BITTE AUCH TYPENKENNZEICHNUNG ANGEBEN!	2	67000005
13	Rudersitz (8508/8067)	1	72591160
14	Laufrolle (3321) BITTE ALS KPL.-SATZ BESTELLEN	4	94313784
15	Fahrwagen	1	91210358-40
16	Impulsgeber (Magnet M 3101)	1	67000146
17	Geschwindigkeitsaufnahme (Kabel)	1	67000144
18	Bolzen M8x42 mm (4-6838)	4	11300087
19	Hülse ø16x1.5x12.5	4	97200579
20	Paßscheibe 12x18x1 DIN988	4	10500077
21	Distanzrohr ø9.8x1x25 (A72)	2	97200440
22	Standfuß	1	91210364-40
23	Abdeckung (1754)	1	70132171
24	Bundbuchse, kurz ø21.5 mm (obere Dämpferbefestigung)	4	10121009
25	Bundbuchse, lang ø21.5 mm (untere Dämpferbefestigung)	4	10121010
26	Distanzröllchen ø20x6.4x10	2	10108032
27	Computer ST2600-9	1	67000544
28	Klettband m. Öse Rudergerät	2	42108006
29	Faltenbalg (1698)	2	73402000
30	Achse ø13x372 mm (A1039)	1	97201633
31	Bundbuchse ø8x10x9.5	4	43002001
32	Bodenschoner für Standfuß (0738)	1	70132175
33	Abschlusskappe für Standfuß (2402)	1	70133156
34	Kreuzgelenkböckchen	4	97200342
35	Anschlagstopfen (5367)	2	70129549
36	Einsteckteil (2389)	4	70127565
37	Distanzrohr ø13x2.4x25mm (obere Dämpferbefestigung)	2	97200455
38	Distanzrohr ø13x2.4x39.5mm (untere Dämpferbefestigung)	2	97200456
39	Radnabenbuchse ø13.5 mm	8	10116017
40	Distanzrohr ø13x2.4x32mm	4	97200512
41	Cockpit-Oberteil (2398)	1	70132141
42	Cockpit-Unterteil (2399)	1	70132143
43	Halterung für Cockpit-Befestigung	1	67000289
44	Pulsaufnahme (Ohrclip)	1	67000450
46	Gleitbuchse (3476)	4	70132682
47	Fußstütze re. (5357)	1	70129534
48	Fußstütze li. (5358)	1	70129535
49	Schraubenbeutel o. Abb.	1	91280037

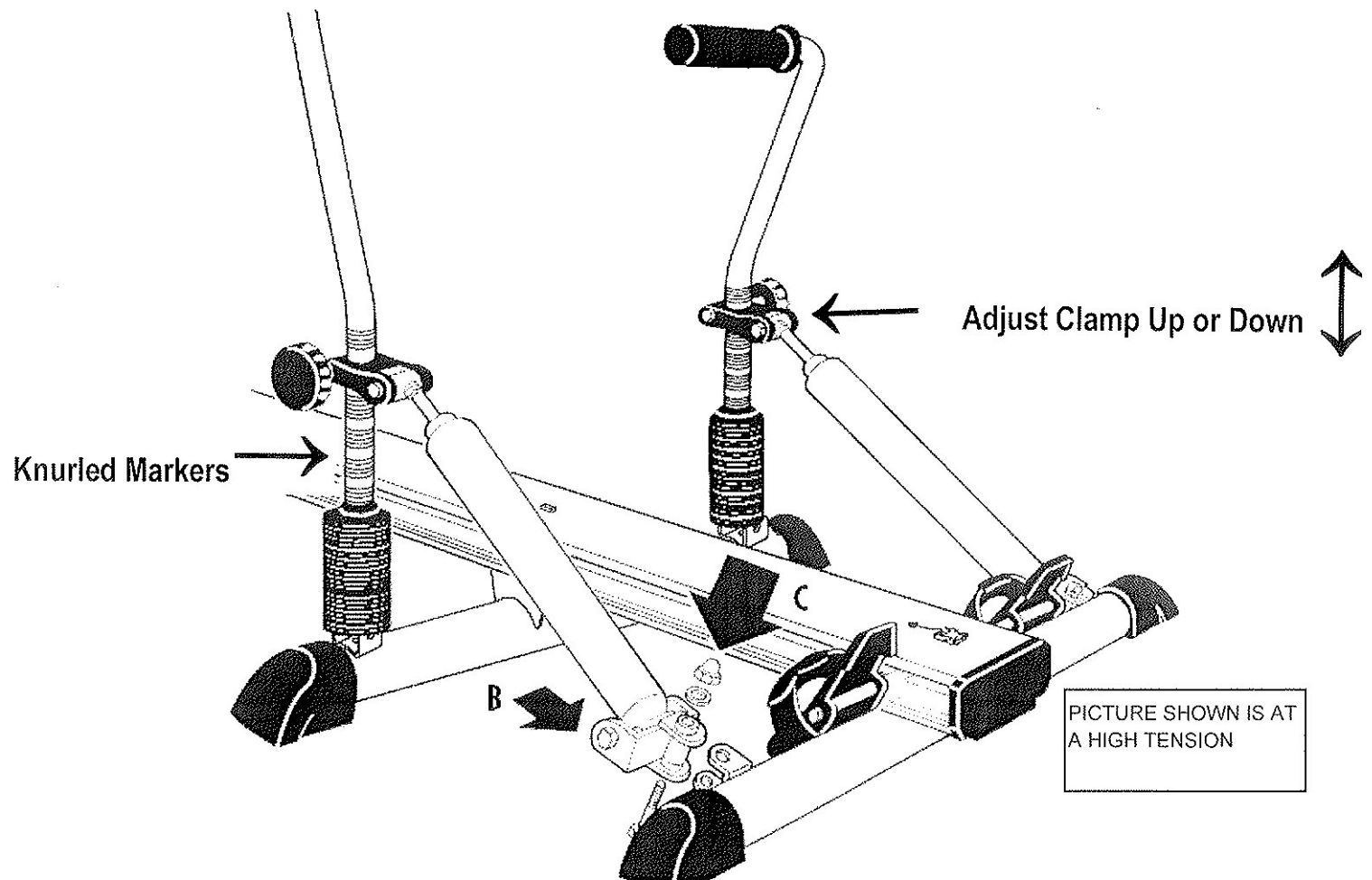


## 7978-900 Favorit Instruction for Setting Tension

In order to alter the resistance, the clamps can be loosened and moved up or down the rowing arms/oars. The knurled markers (see triangular arrow) make it possible to set both clamps at the same level. Before using the rowing machine, make sure that the knurled knobs are absolutely tight.

Clamps at the lowest knurled marker = lowest tension level

Clamps at the highest knurled marker = highest tension level



**Note:** Clamps should be positioned at the same marks on both sides

## **7978-900 Favorit - Further Steps to Setting Tension**

**\*\*\*The Favorit Rower resistance varies by the amount of leverage the user has which depends on the positioning of the clamps on the chrome rower arms. You will notice numerous little ridges called "knurl marks" on the lower half of the chrome rower arms. These knurl marks are in groups of ten with a wider gap between each set of ten ridges. There are a total of fifty knurl marks on each arm which help you to set both left and right side at the same position such that the amount of resistance is equal on both sides.\*\*\***

**\*\*\*When the clamp is positioned near the lower knurl marks (near the pivot point), the user has more leverage and thus the resistance is less and it is easier to row. When the clamp is moved to the higher knurl marks, the user has less leverage and it is harder to row.\*\*\***

### **Step 1**

Sometimes the accordion boot will slide up the rowing arm, therefore make sure the accordion boot is pushed all the way down so it is covering the pivoting joint. Picture "A" shows the boot incorrectly positioned, having slid up the rowing arm.



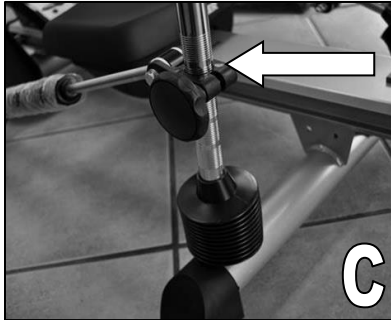
### **Step 2**

If the accordion boot needs to be adjusted, lift the rower arm up and then firmly press the accordion boot downward covering the pivot joint completely. Picture "B" shows the boot correctly positioned.



### Step 3

Resistance Adjustment Example - Picture "C" shows the clamp positioned  $\frac{3}{4}$  of the way up on the fifty knurl marks, 13 knurl marks above the clamp can be seen. There is a group of ten knurl marks, then a wider gap and then three more knurl marks above the clamp. The arrow shows the clamp positioned at level 37 of 50.



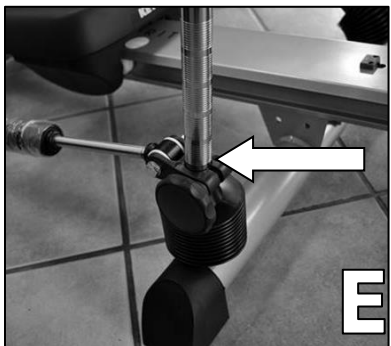
### Step 4

To adjust resistance, it is best & easiest to first pull the rower arm back to a 90° angle. Loosen the clamp, then slide the clamp to the desired resistance level and retighten, picture "D". Mirror this step for the other rower arm, making sure the knurl marks are set at the same resistance level.



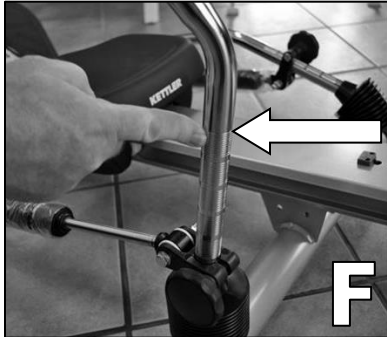
### Step 5

There are five sets of ten knurl marks each with a wider gap between then next set of ten. The arrow in picture "E" is pointing at the 1<sup>st</sup> knurl mark. The clamp is below all 50 knurl marks and thus at the lowest level of resistance. Note: At this position, the resistance level amount is less than 10lbs.



### **Step 6**

In picture “F” the arrow is pointing to the 50<sup>th</sup> knurl mark which is in the highest set of ten knurl marks. If the clamp is positioned in this set of knurls, then the resistance is very difficult.



It is recommended that you first try positioning the clamp the lower knurl marks, between 1 - 10, and then if you wish for more resistance, adjust to higher knurl marks.

Remember to first point the rower arm vertically before loosening the clamp for easiest repositioning. It is very difficult to reposition the clamp when the rower arm is lying down horizontally.



