

MANUAL

Model

S1club

Initial owner

On behalf of BIOROWER ROWING MACHINES we would like to congratulate you on becoming part of a new generation of rowers.

Enclosed you will find important guidelines regarding set-up, usage and maintenance.

BIOROWER offers a 24month warranty for private customers. Positive handling of warranty issues requires proper use of your BIOROWER ROWING MACHINE according to this manual and common sense practice.

General notes

Please make sure you have read und fully understood all details of this manual BEFORE you start to set-up or use your rowing machine for the first time. If you are not sure what to do, always ask BEFORE you act. This rowing machine must always be rowed with both hands, one hand on each oar. Failing comply with this precaution can result in damage to the free wheel clutches within the transmission unit.

You reach us by e-mail: info@biorower.com

or at the contact specified on our website which is www.biorower.com → contact.

This BIOROWER rowing device is an indoor rowing machine. It must not get in contact with water.

Always dry off sweat immediately after training.



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SET-UP

Make sure you set up your BIOROWER in a safe and stable place. The surface of the floor must be capable of carrying the weight of the rowing machine of 90kg + the weight of the rowing athletes.

Consider the fact that the combined weight will constantly be in motion during rowing training.

This requires additional stability of the floor.

CAUTION! Never do the set-up of your BIOROWER ROWING MACHINE alone. Always do the set-up of your rowing machine in a team of at least two, preferably three adults. The weight of some of the components reaches up to 50kg. Especially people who suffer from problems with their joints or their back should not participate in the set-up work of sports equipment such as the BIOROWER. Always wear closed shoes with anti-slip soles. If there should be anything unclear with set-up and use of your BIOROWER, please contact your certified BIOROWER dealer or contact the BIOROWER head quarter.



TOOLS NEEDED



These are the tools needed for the set-up:

2 Fork Keys # 17mm

1 Fork Key # 13mm

1 Allen Key # 2,5mm

1 Allen Key # 3,2mm

1 Allen Key # 4mm

1 Allen Key # 5mm

PREPARATION / NEEDED SPACE / SUITABLE AREA OF USE

It is necessary to use a **stable, flat, durable, omnidirectionally levelled and slip-proof surfaced** ground of at least **200cm x 200cm**. The total weight of a BIOROWER S1 singlescull is around **90kg**, depending on the version and equipment. The weight of the athletes and the fact that the masses are constantly moving back and forth during rowing must be added to machines'weight when checking the necessary surface stability.



CAUTION! Using a BIOROWER on uneven surface may result in damage of the machine due to excessive wear of some of the internal components.



WARNING! Always use and keep your BIOROWER in areas with constant temperature between **+10° Celsius and +35° Celsius** to prevent the bearings losing grip and possible cause injury during rowing due to sudden loss of resistance.

PREPARING THE MAIN CORPUS

The main corpus consists of a main body, and an extension frame.



Put the main frame upright, as you see in the image above. Insert the extension frame into the main frame. Once inserted, tighten the two allen bolts with a allen key size 4mm.



When both (!) bolts have been tightened, place the Biorower on its feet for the rest of the assembly.

MOUNTING THE DRAWBARS

Screw on draw bar on each side into the draw bar mounting unit, and carefully tighten the securing nut with a 13 fork wrench.



MOUNTING THE RIGGERS

Important! The right side rigger and the left side rigger differ from each other, and must be mounted on the correct side.

The right side rigger is easily recognizable by its visually differing appearance from the left side rigger.



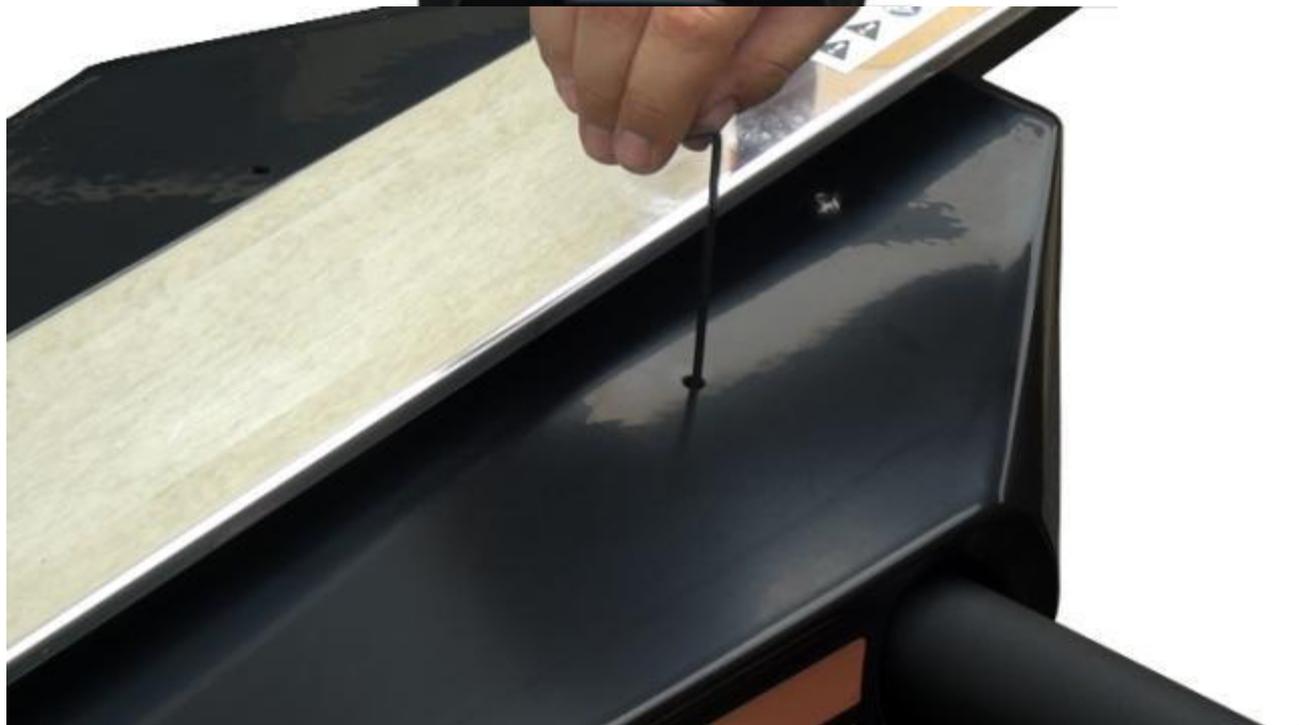
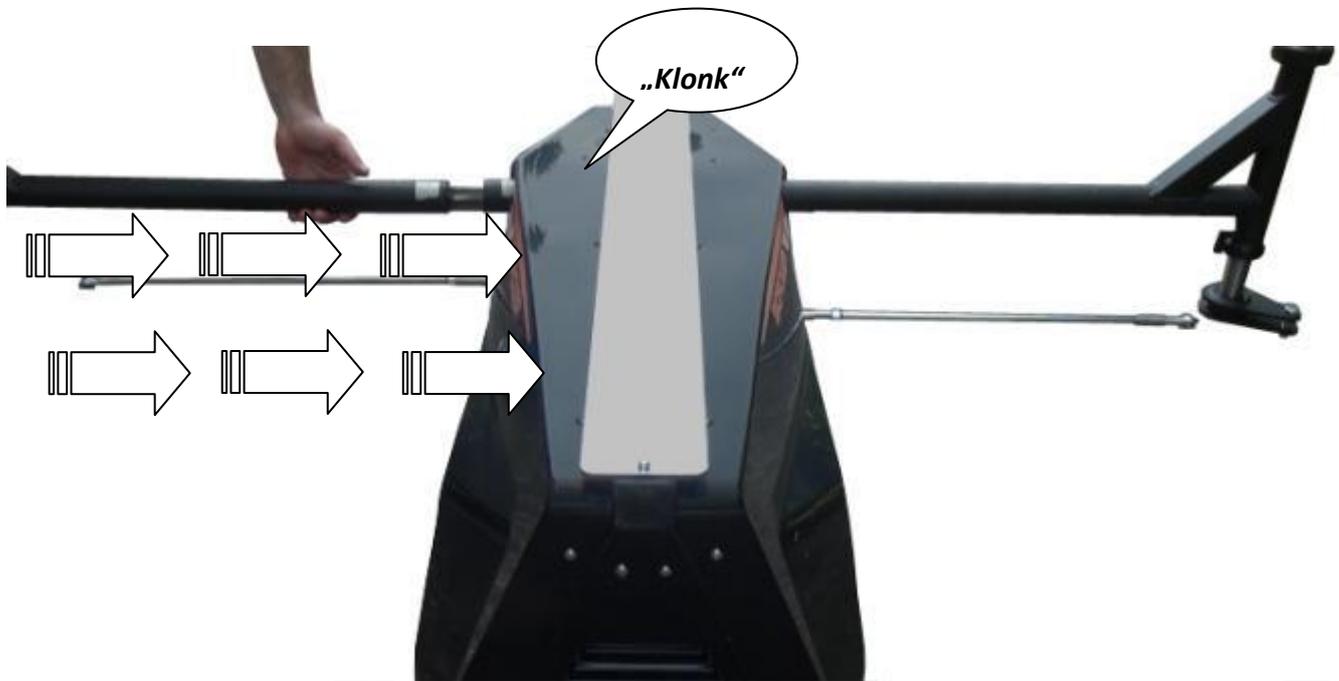
Insert each rigger until you feel and hear a solid metal-to-metal noise.

The rigger will go in unless it is held in a vertically and horizontally straight position.

! Troubleshooting: If you cannot insert the rigger all the way, please make sure that the allen screws are not screwed-in too far, as these will otherwise block the riggers.

Once the riggers have been properly inserted, tighten the allen nut on each side with a 2,5 allen key.

! If this is not tight, there will be significant play/lack of resistance at the catch, and the rigger will suffer from excessive wear.



CONNECTING DRAWBARS AND RIGGERS



Insert the draw bar between the two black fork elements of the rigger-draw-bar-mount. Make sure that the washer is placed below the draw bar eye screw. Then insert the bolt from top to bottom and tighten it properly.

! If this is not tight, there will be significant play/lack of resistance at the catch, and the rigger will suffer from excessive wear.



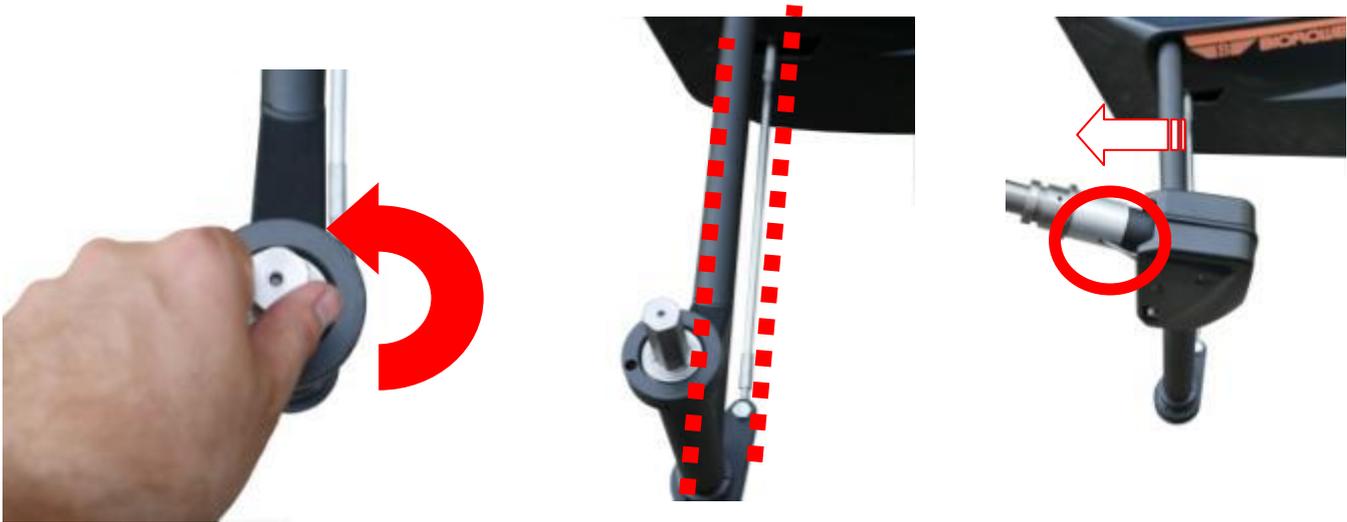
WARNING! Never reach underneath the cover and never touch the transmission unit. High risk of serious injury!

OARLOCK

Place the oarlock on top of the inboard spline hub and fix it with the allen socket screw.



The oarlocks are calibrated to their designated side (left or right).
When the oarlock is facing towards the catch position (towards the front of the machine), the wire must be facing outwards.



Turn the spline hub (mounting unit for the oarlock on the rigger) so that it is in the catch position (forward position).

This is easily recognizable due to the fact that there is no resistance from the transmission when going forward, and also by the parallel position of the draw bar versus rigger.





Then place the oarlock so that its main axle faces towards the front of the machine and secure it by tightening the allen screw with a 4 allen key. Do not tighten the allen socket screw too hard, as it will tighten itself even more during the rowing. We recommend occasional re-tightening, if needed.



Once the oarlock has been properly secured, put the handle bars over the oarlock's main axle, and secure the screws as displayed below.

FOOT STRETCHERS

Place the foot stretchers on the intended main opening (round hole on the front frame). Make sure the quick clamping lever is loose and its bolt should be visible 3-4 mm. Flat washer and check nut are now inside the mainframe, the foot stretcher is now directly placed on the mainframe. When adjusting foot stretchers, always make sure to leave 3cm of space (1,5 inches) between the opening hole in the mainframe and the main bolt of the foot stretcher plate. Now push the quick clamping lever with medium force all the way down until it touches the mainframe. If it should be

too tight or too loose, it can be adjusted with the adjusting ring.



WARNING!



Serious injury can occur! Not fixing / securing the footstretchers tight may result in injury. During rowing do not touch the footstretchers or the mainframe, and let nobody from outside touch the rowing machine while it is in use!



If the foot stretchers cannot be made to hold tight enough on the extension frame, remove the foot stretchers and adjust the nut on the back side.

SEAT



To mount the seat, please remove the indicated screw and place the seat on the main rail, so that the four little bearings run below the main rail, and the two main rollers run on top of the blank metal surface of the main rail.

Make sure to put the indicated screw back in place and to tighten in properly.

SWITCHING ON THE SENSORS AND CHARGING



Switch on the sensors on both sides by pushing the small black button next to the charging socket. When the sensors are active, a green led light flashes. If it flashes orange or red, the batteries need to be recharged with a standard micro USB charger. The battery level is also indicated through the Biorower App.

SAFETY GUIDELINES

This rowing machine may only be used by adults who have been instructed by an educated rowing coach and who are familiar with performing the sport of rowing as well as with the machine. Never touch any rotating or moving parts of a BIOROWER except the oar handles while rowing. Reaching anything underneath the cover, the sliding frame, the corpus wheels or any other moving parts of the machine may result in serious injury.



CAUTION! Always check for correct position and stable fixing of the footstretchers. If they should be loose, it may result in injury. While rowing, no one may touch the footstretchers or the main frame.

MAINTAINANCE AND CARE

After mounting, frequently check all outside screws, nuts and bolts for proper connection and stable fixing.

We recommend careful re-tightening of the oarlocks' allen socket screw after the first 5 practice session and later every 25 sessions.

CLEANING AND GREASING

It is necessary to clean the following blank surfaced parts of your BIOROWER rowing machine with a dry towel and to re-grease it with original “BIOROWER Schmierfett” or any light industrial grease.

THE CAUTION COLLECTION – THIS IS WHERE YOU HAVE TO BE EXTRA CAREFUL



Generally: While you are rowing, you must only touch the oar handles.

Do not touch any other part of the rowing machine whilst you are rowing. Let nobody else touch the rowing machine while you are rowing – high risk of injury!



Never touch the rowing machine when someone is using it. Keep pets and children under the age of 16 away.

WARNING! Risk of injury! Repair on this rowing machine may only be performed by acknowledged BIOROWER staff or certified dealers with special permission. Otherwise guarantee will be revoked.



WARNING! Always keep in mind that your BIOROWER may only be used healthy adults who have been properly instructed in the sport of rowing or use the BIOROWER in presence of an instructed coach. Always consult a doctor before you do sports. Just like the use of rowing boats using the BIOROWER brings potential risks of injury. User of BIOROWER ROWING MACHINES are hereby informed that they use their machine at their own risk and responsibility. BIOROWER is not accountable for injuries or consequential injuries or damages.

If you are uncertain about use, maintainance, mounting, set-up or care, always ask your certified BIOROWER dealer or the BIOROWER headquarter BEFORE you act.



Consult your physician before you work out, to make sure that the rowing training is beneficial for your health.

QUICK GUIDE TO PROPER ROWING







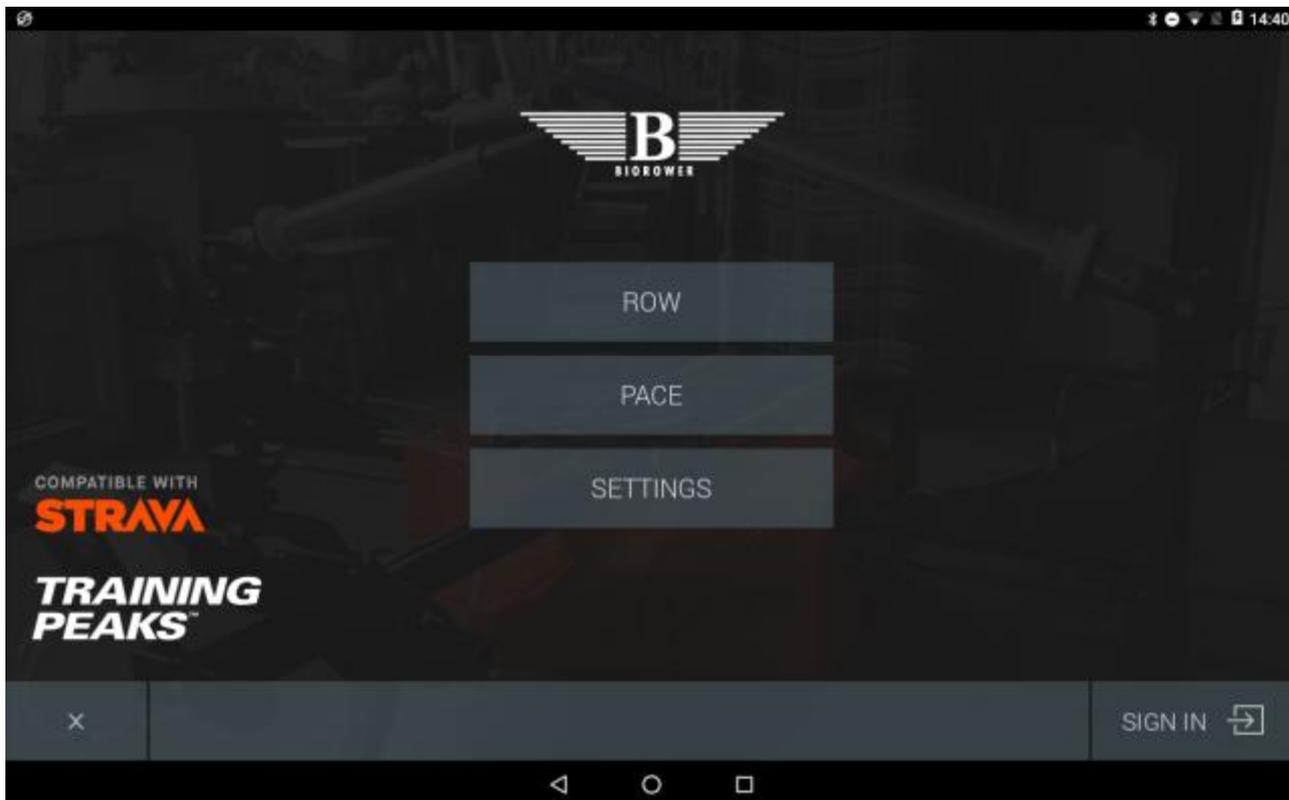
Put your left above your right hand, and slightly in front of your right hand during rowing.

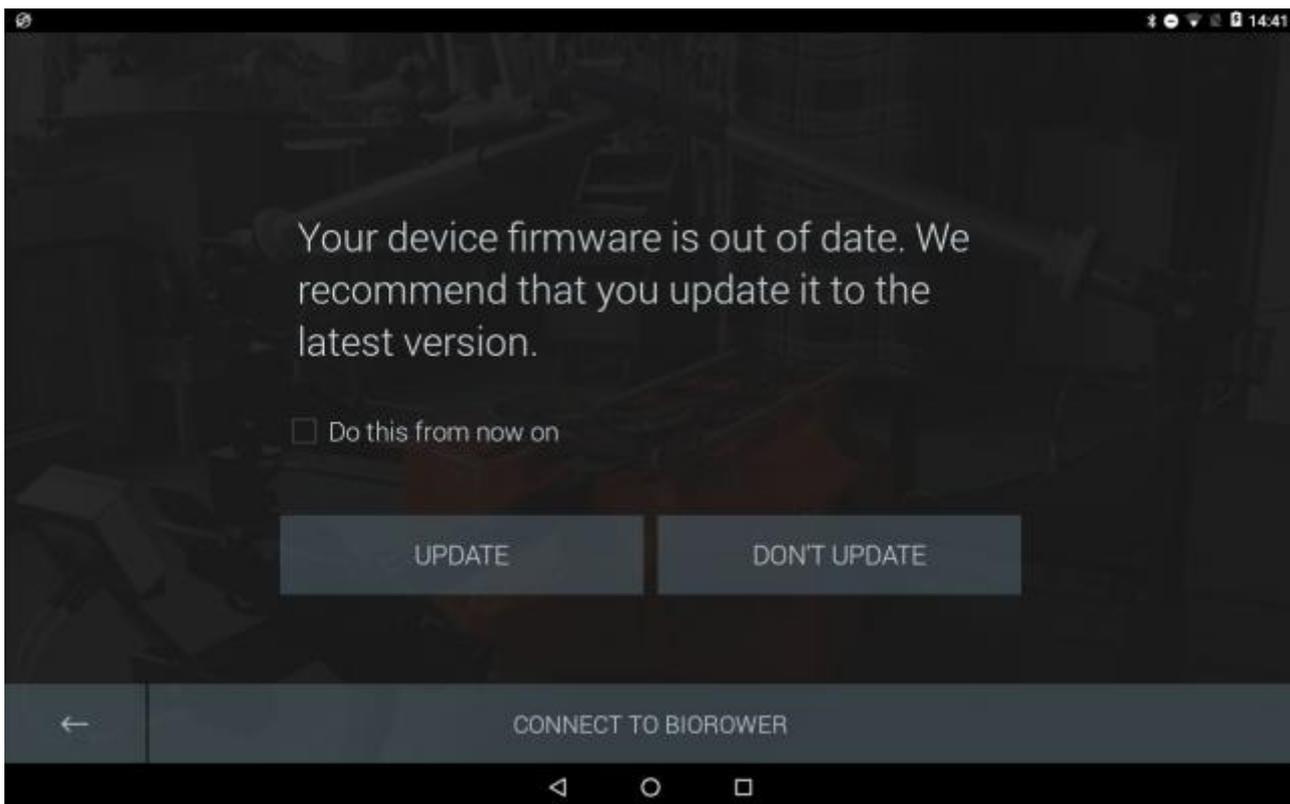
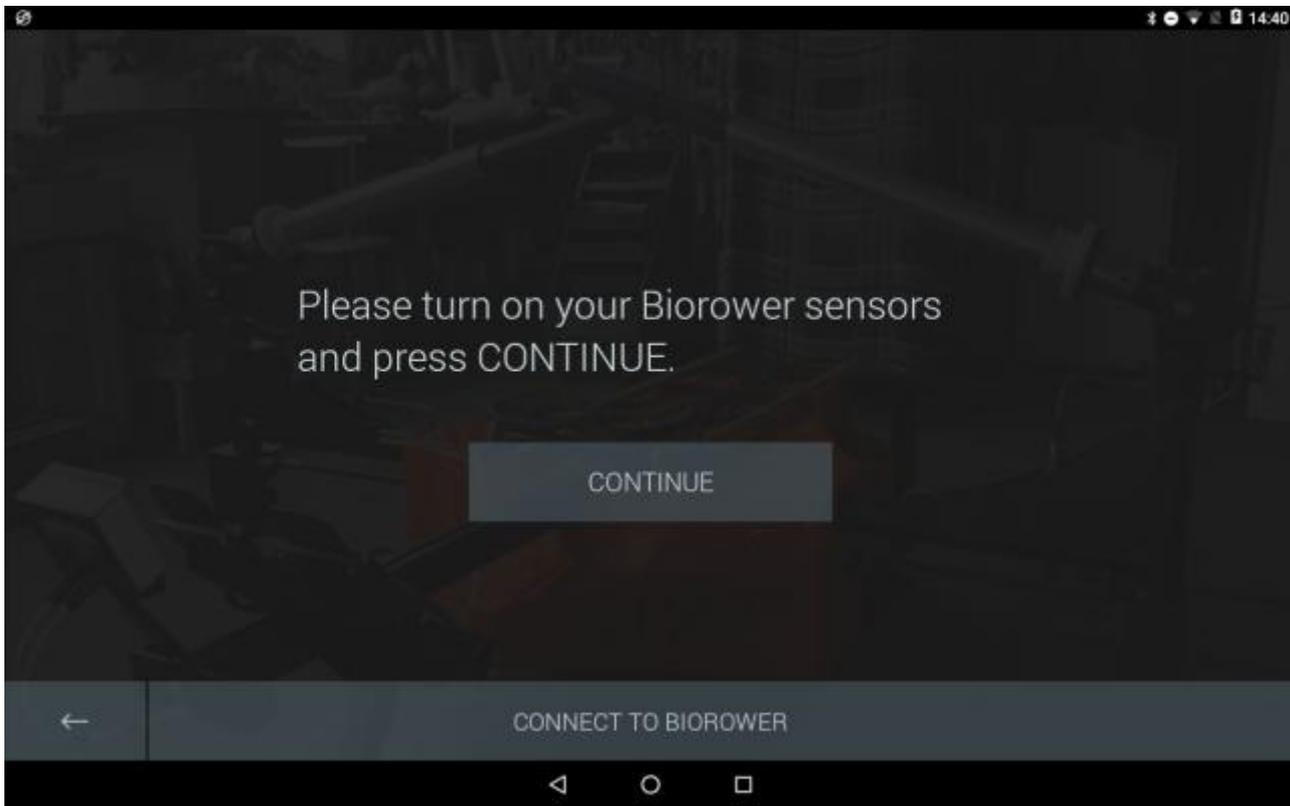


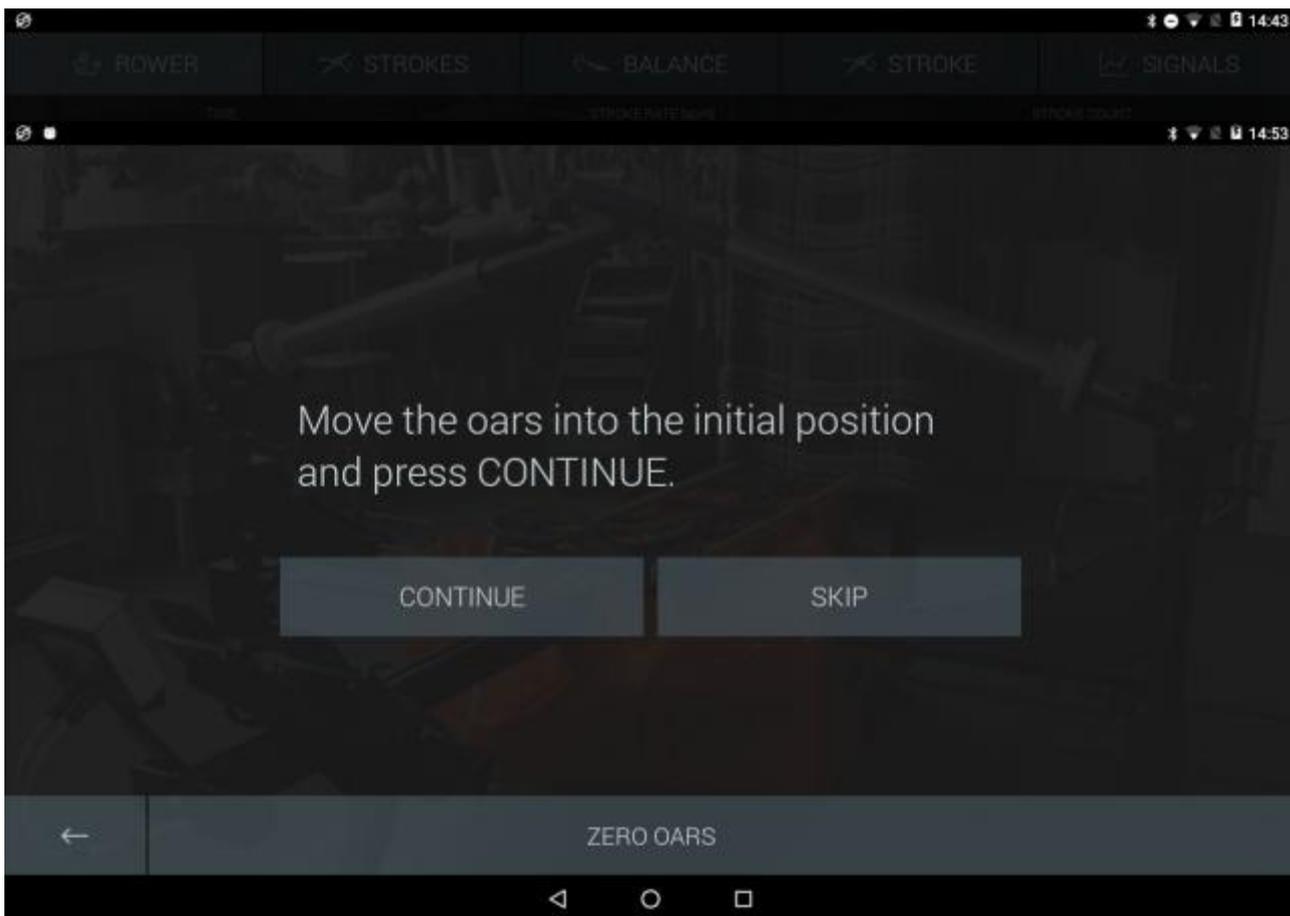
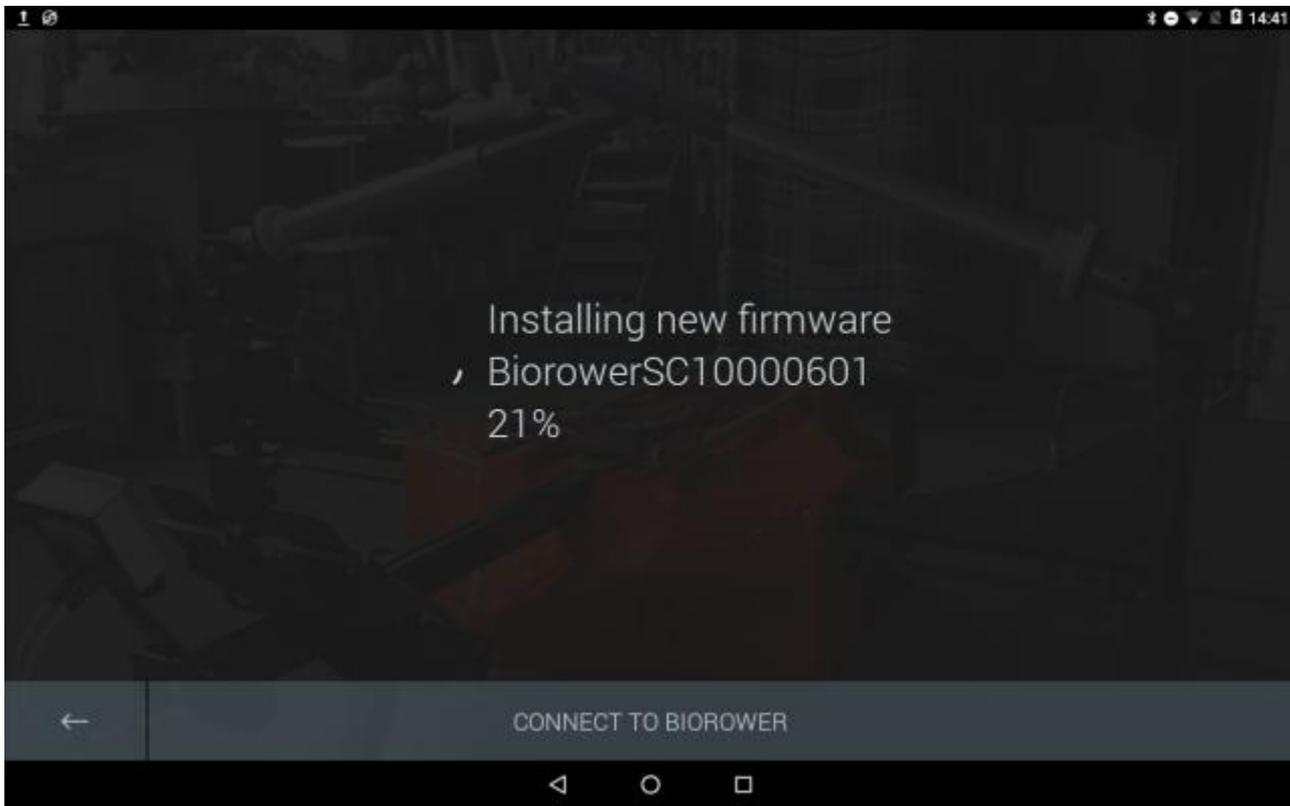


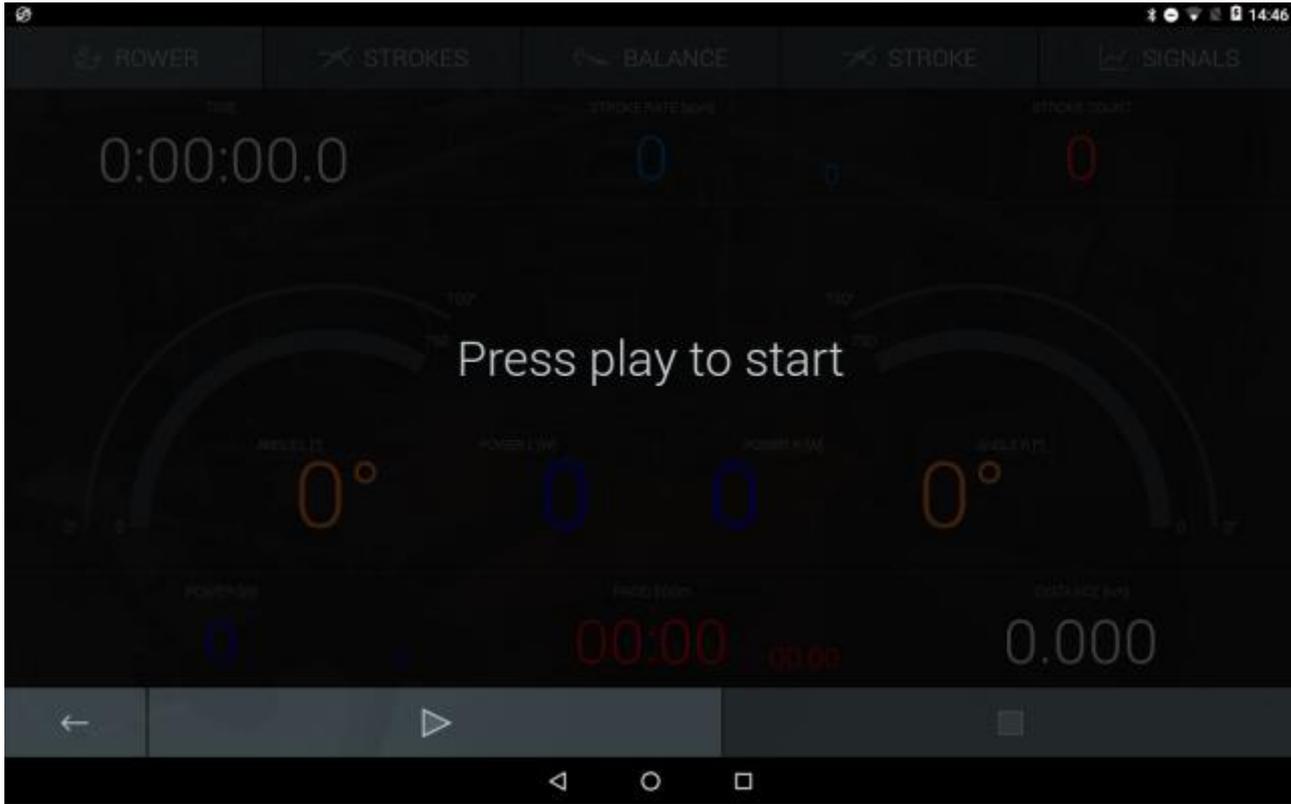
USING THE APP AND COMPLETING YOUR FIRST WORKOUT

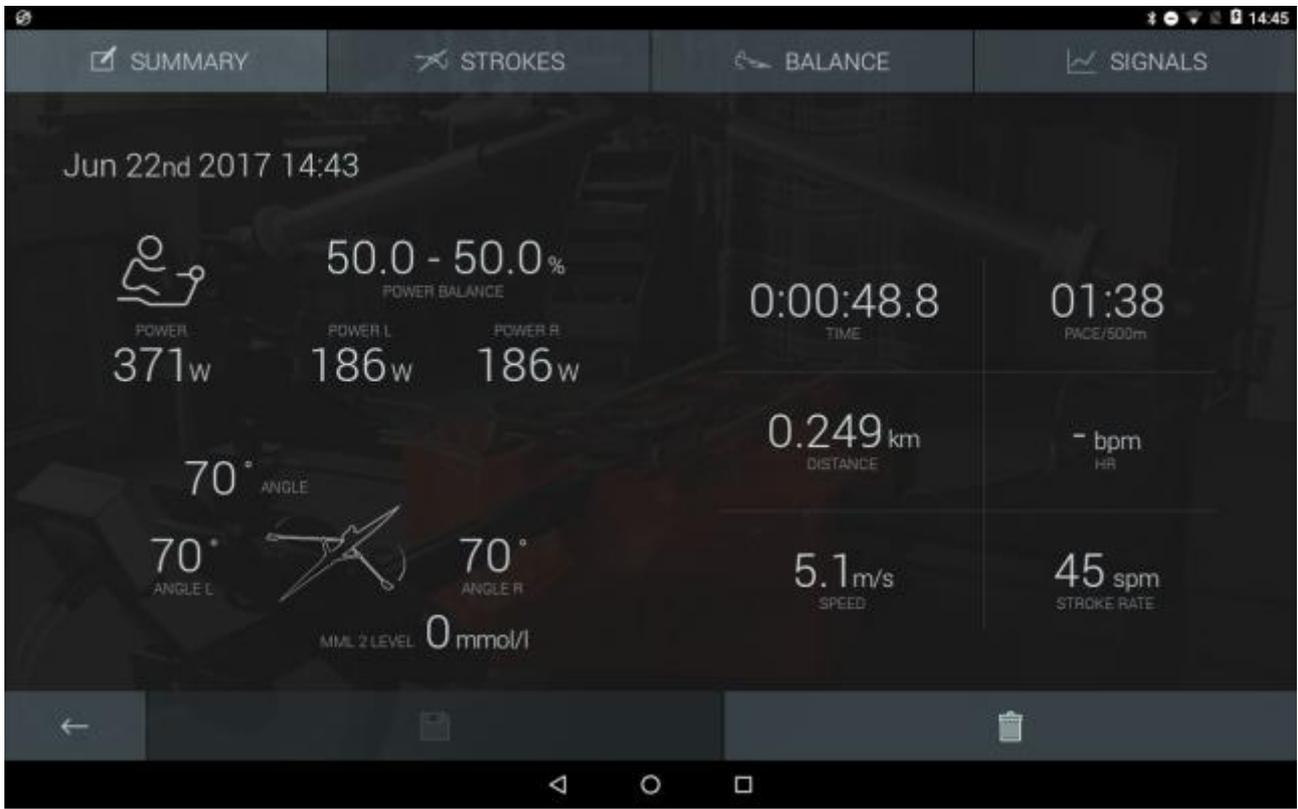
1. Press *ROW* in the main menu.
2. Switch on the Biorower sensors by pressing their ON/OFF buttons – a blinking LED indicates the sensor is ON. Press *CONTINUE*.
3. If your Biorower sensors firmware is dated, the next step is to update it – press *UPDATE*.
4. Zero the oars: move the oars into a position perpendicular to the Biorower and press *CONTINUE*.
5. Prepare yourself for rowing and press play to start.
6. Press stop to finish your workout.



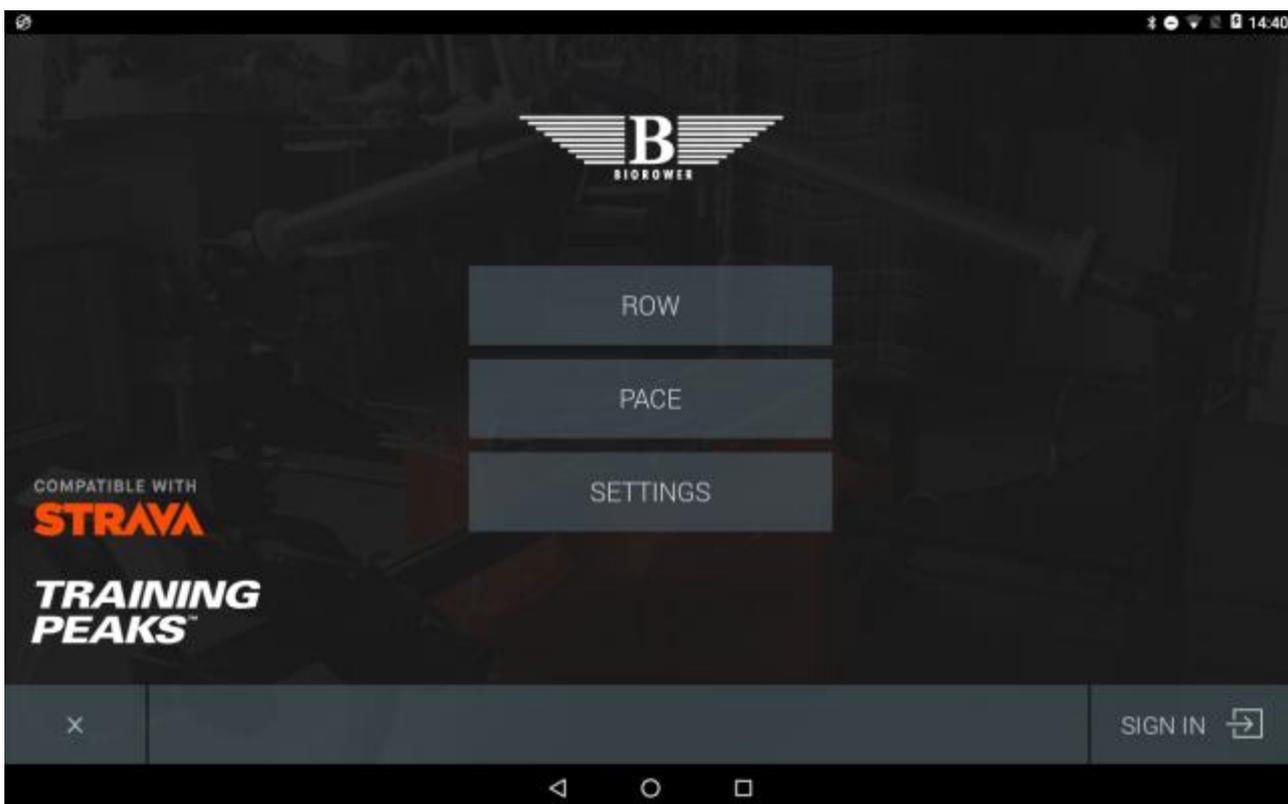


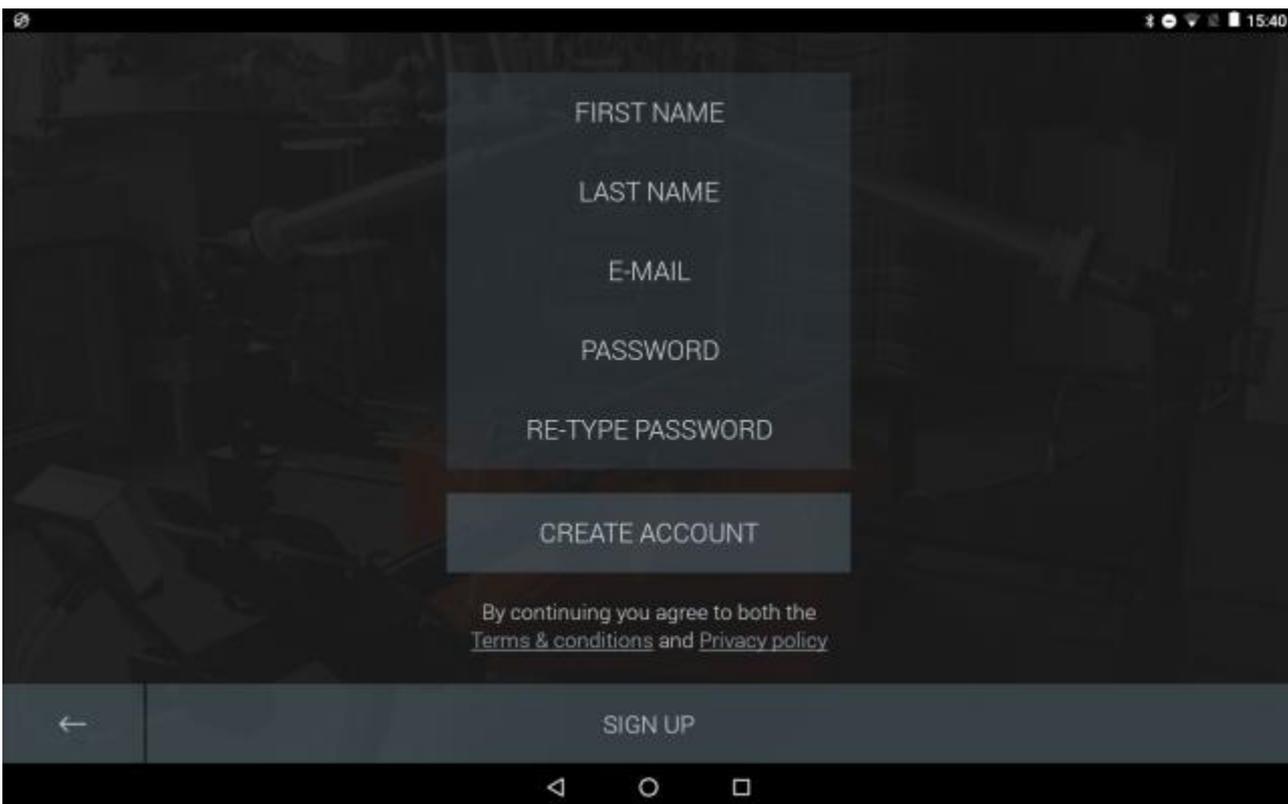
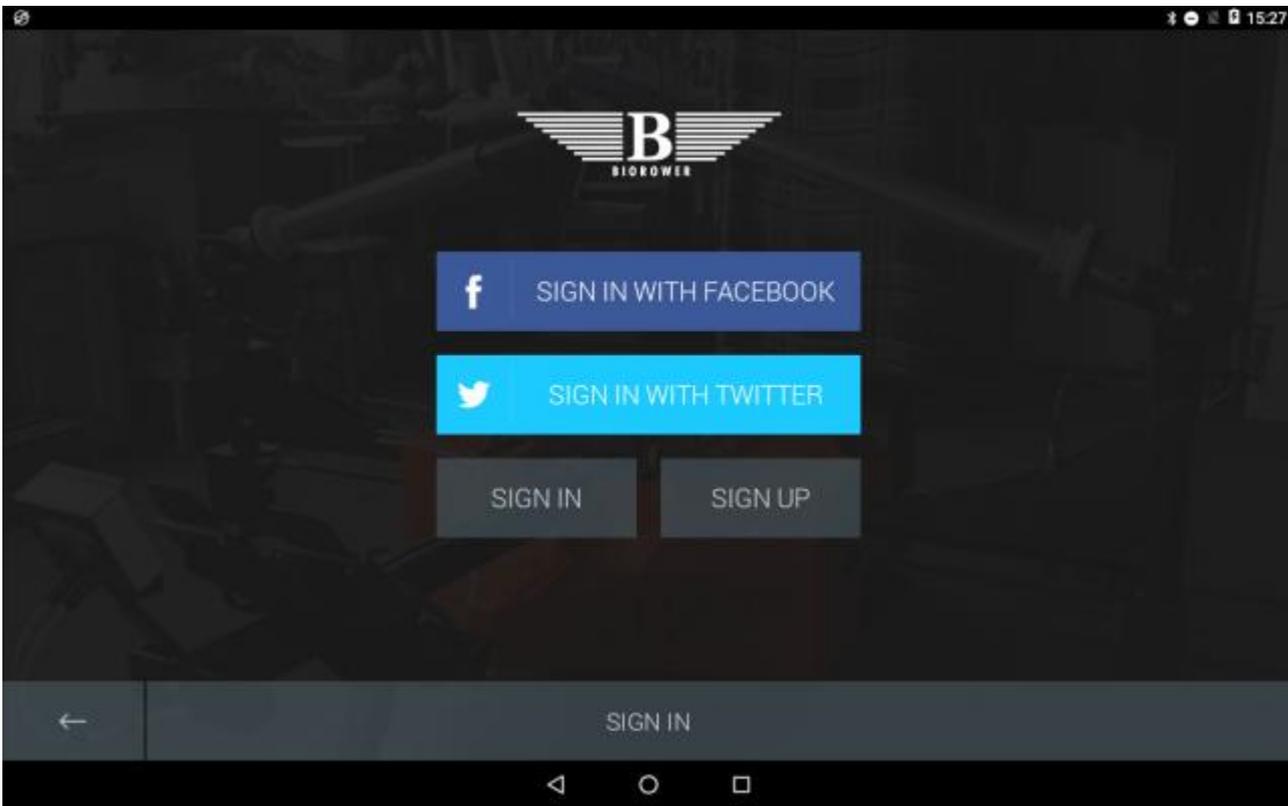


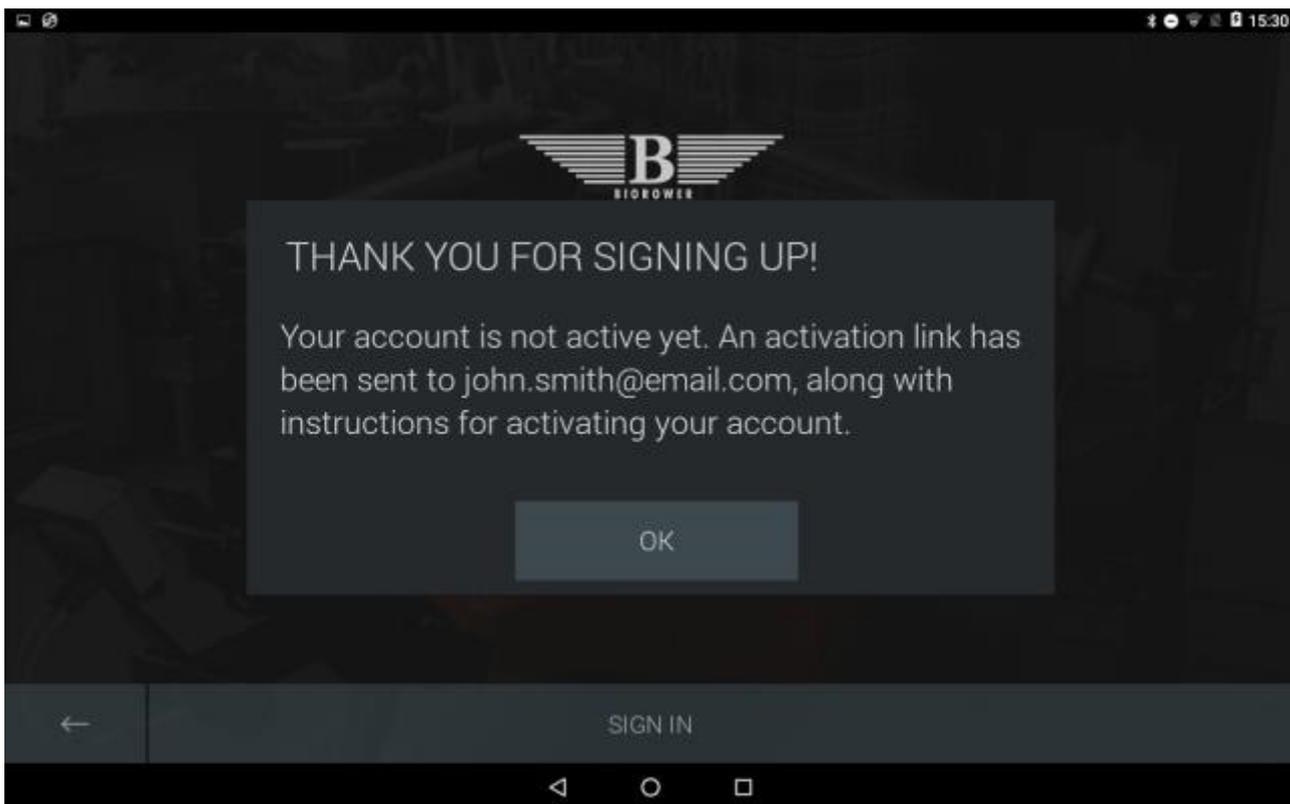
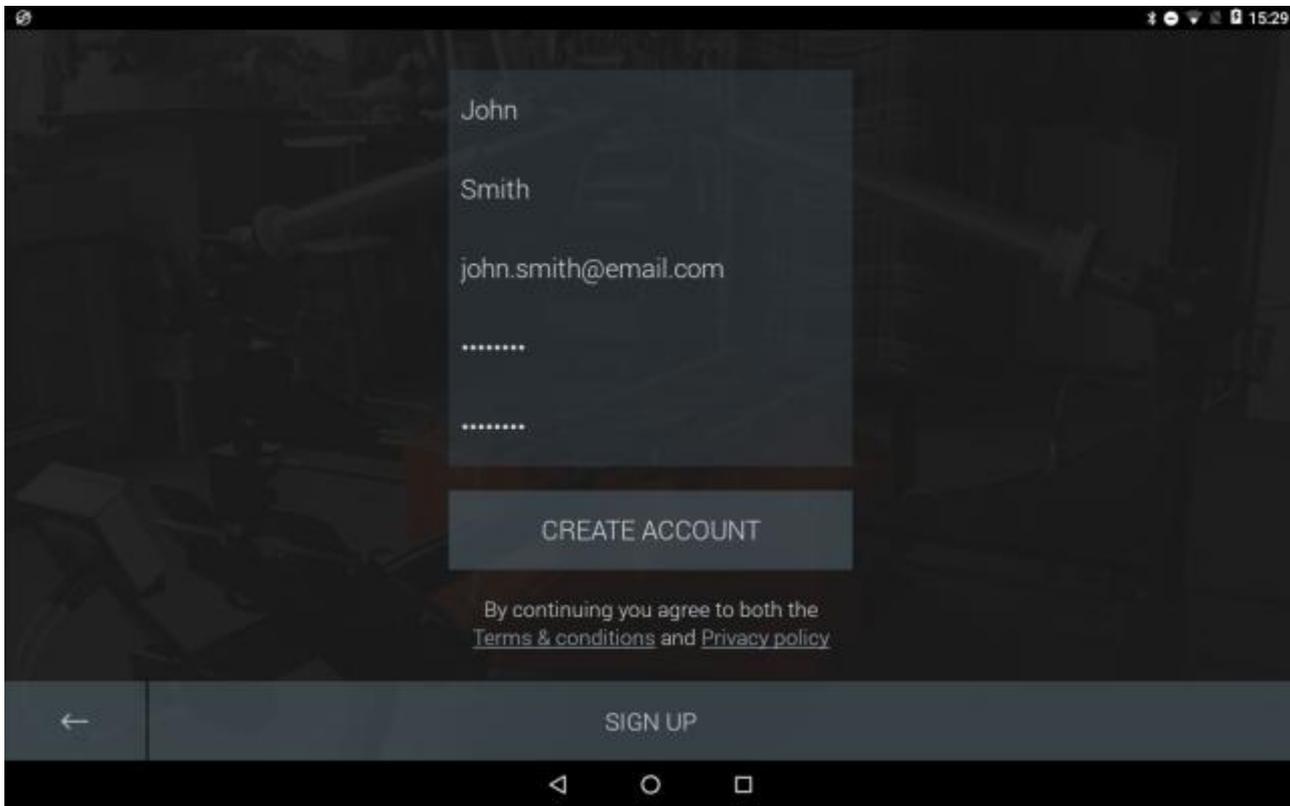


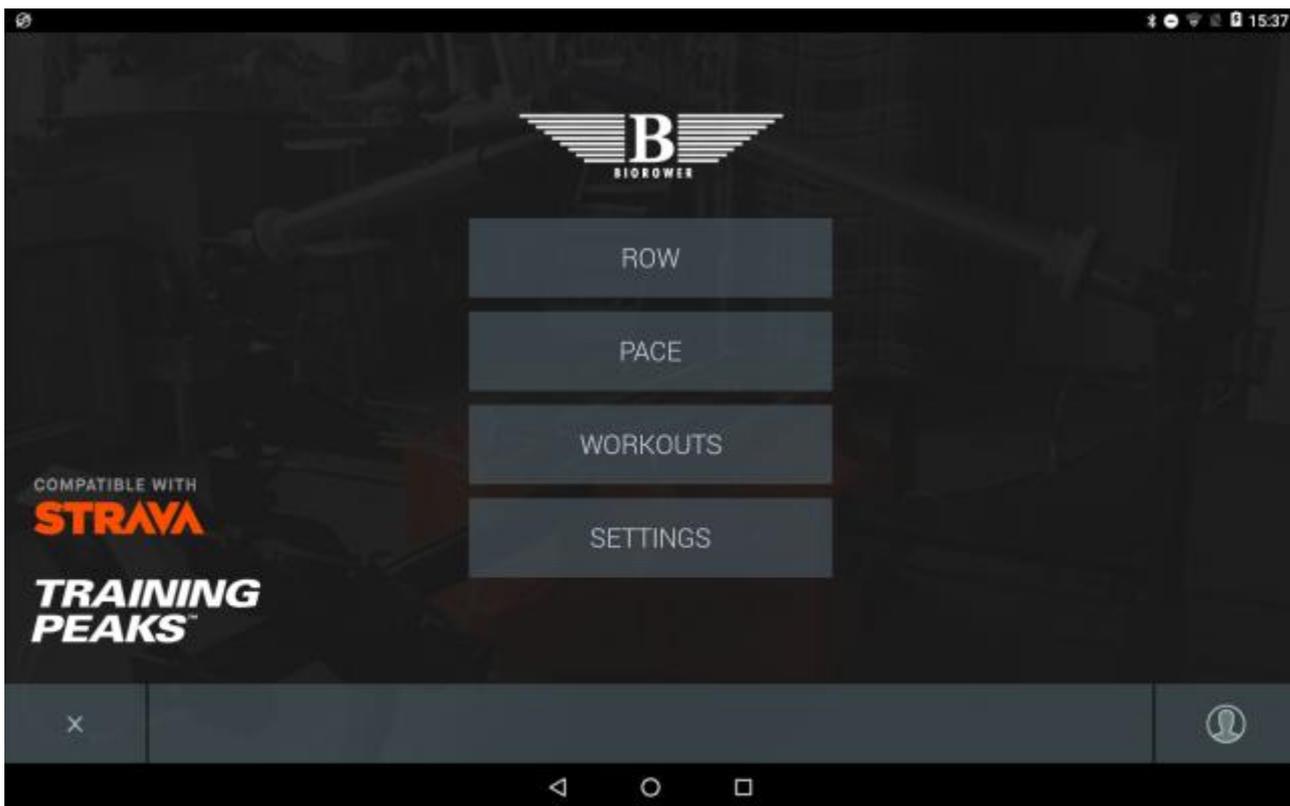
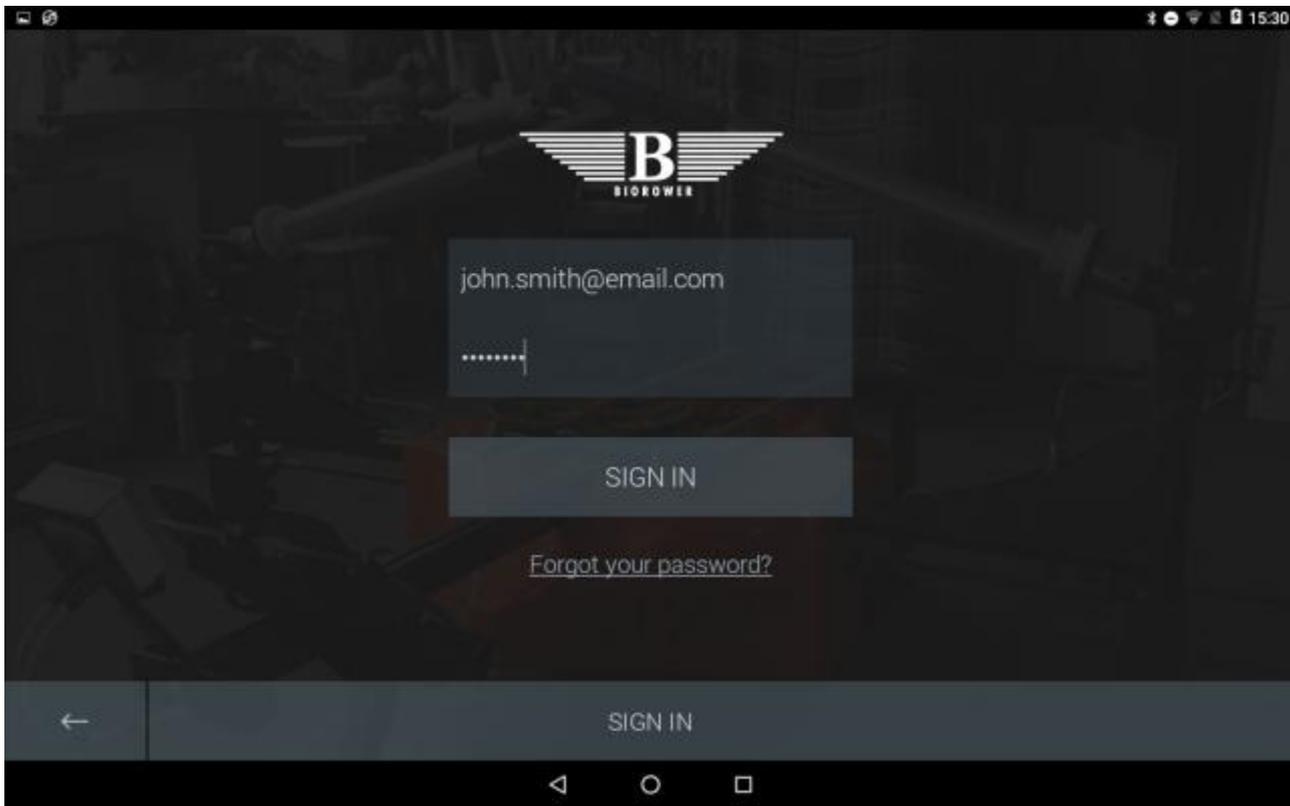


1. Press *SIGN IN* on the main menu screen.
2. Press *SIGN UP* on the next screen.
3. Review the *Terms & conditions* and the *Privacy policy*.
4. Enter your basic account information – name, email and password, and press *CREATE ACCOUNT*.
5. Activate your account: Using the email address you've stated, Biorower will send you an account activation message. Access your email and follow the instruction in the account activation message.
6. Sign in.
7. Press the user icon on the bottom right of the main menu screen to access actions related to your account: account details, user picture, sign out, et cetera.



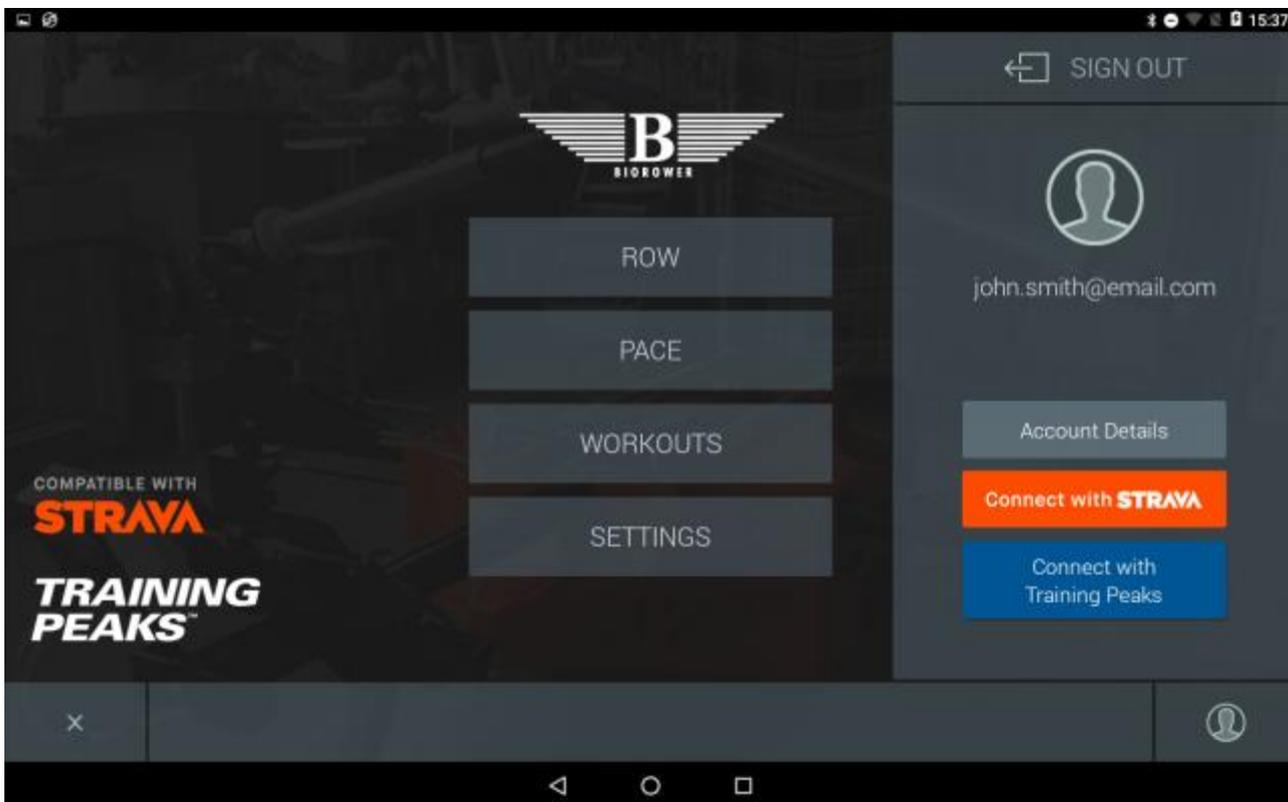


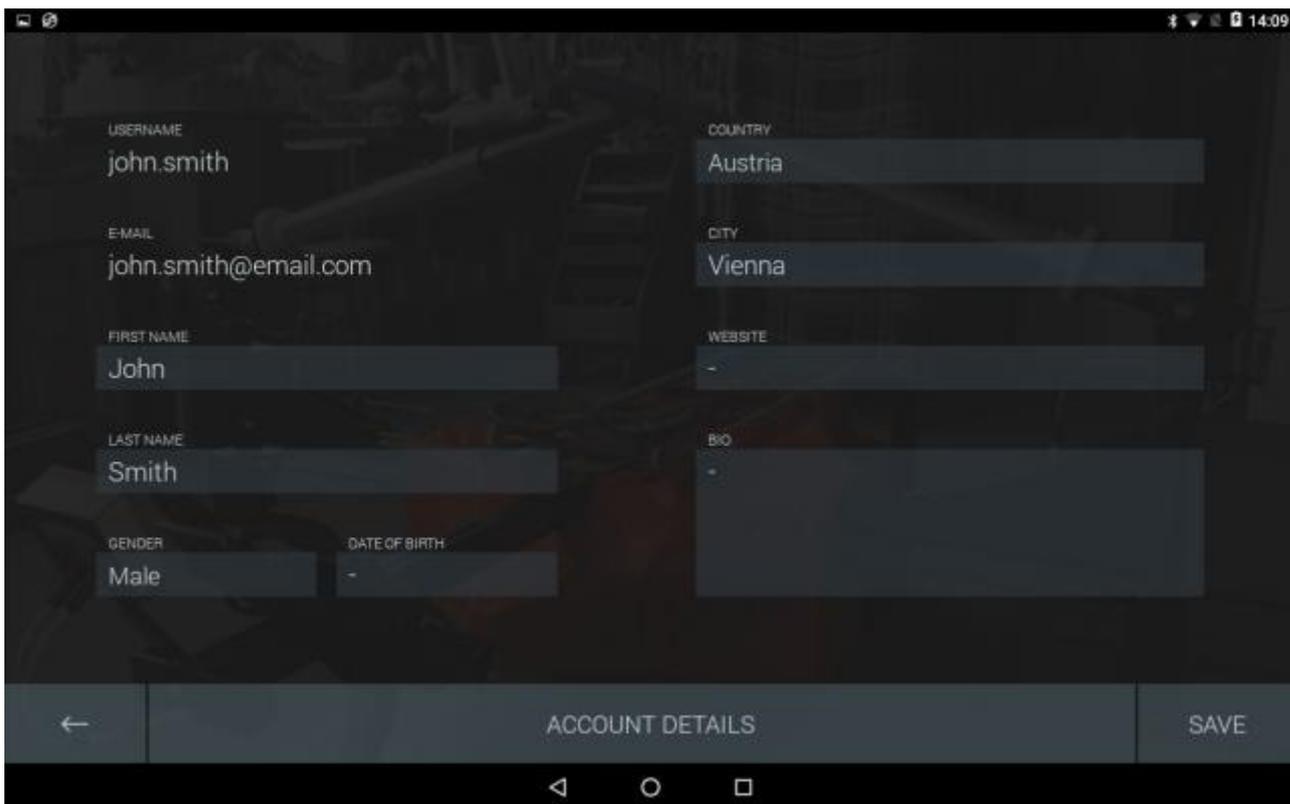
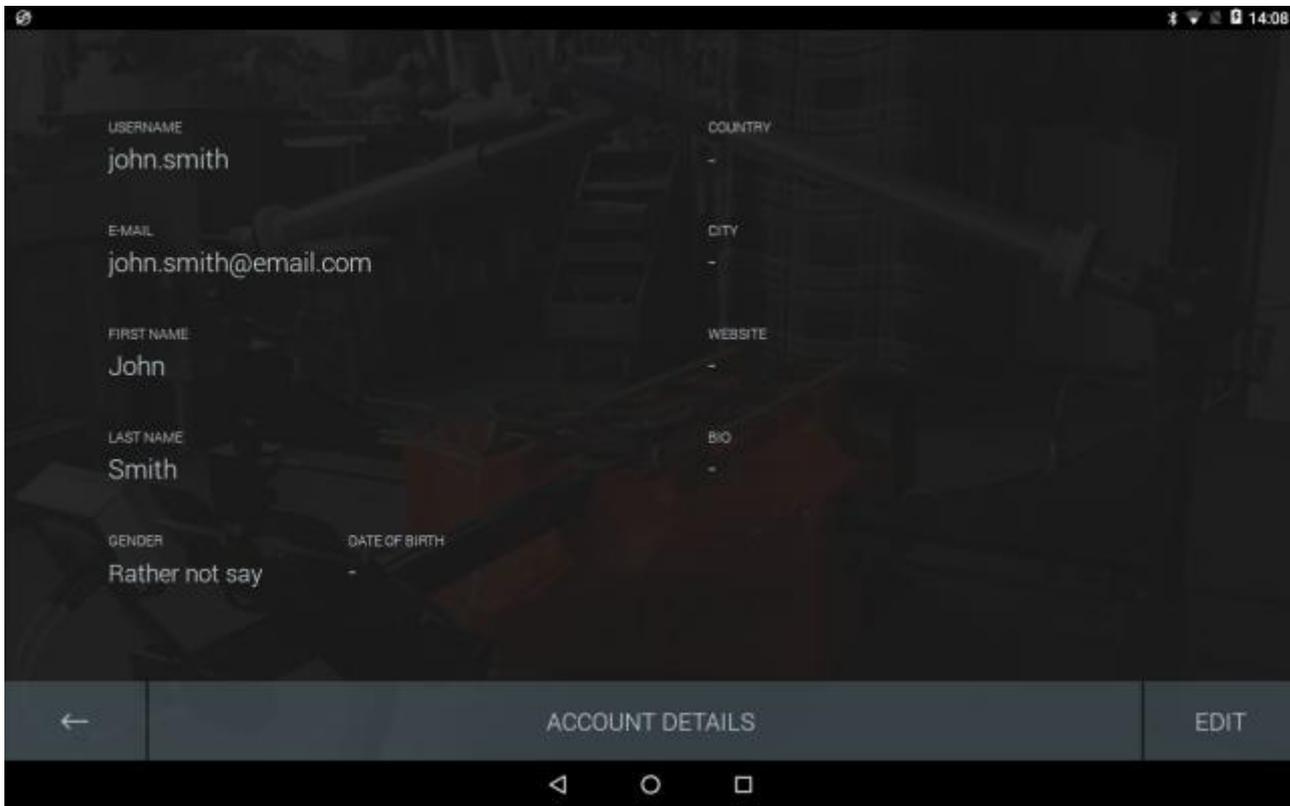




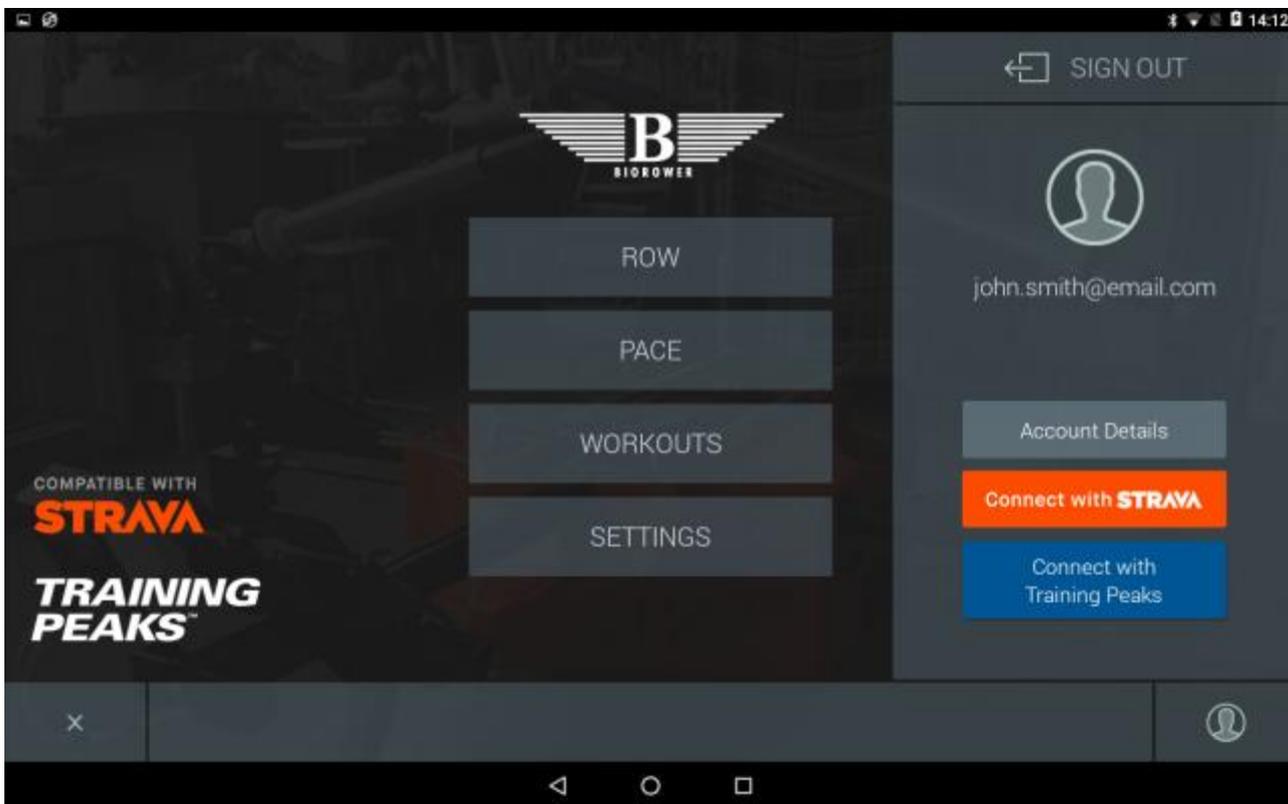


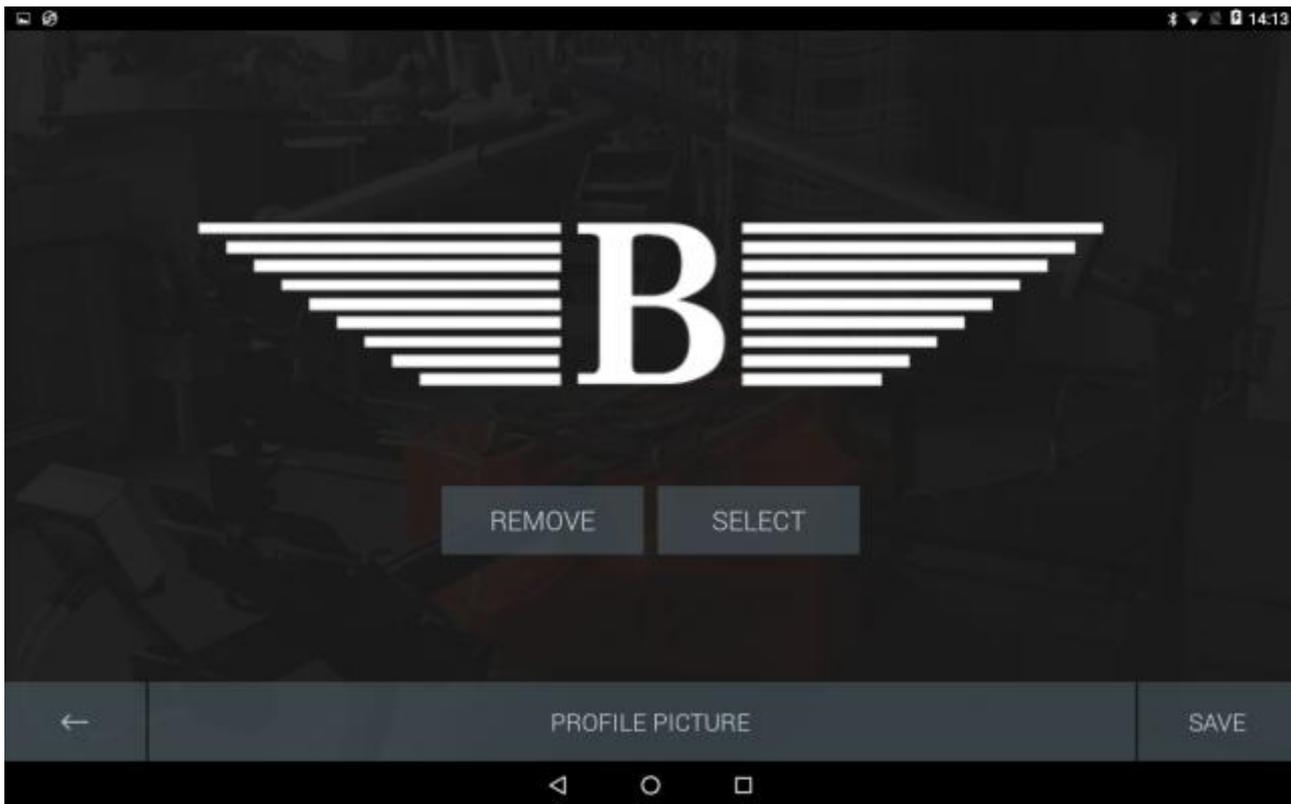
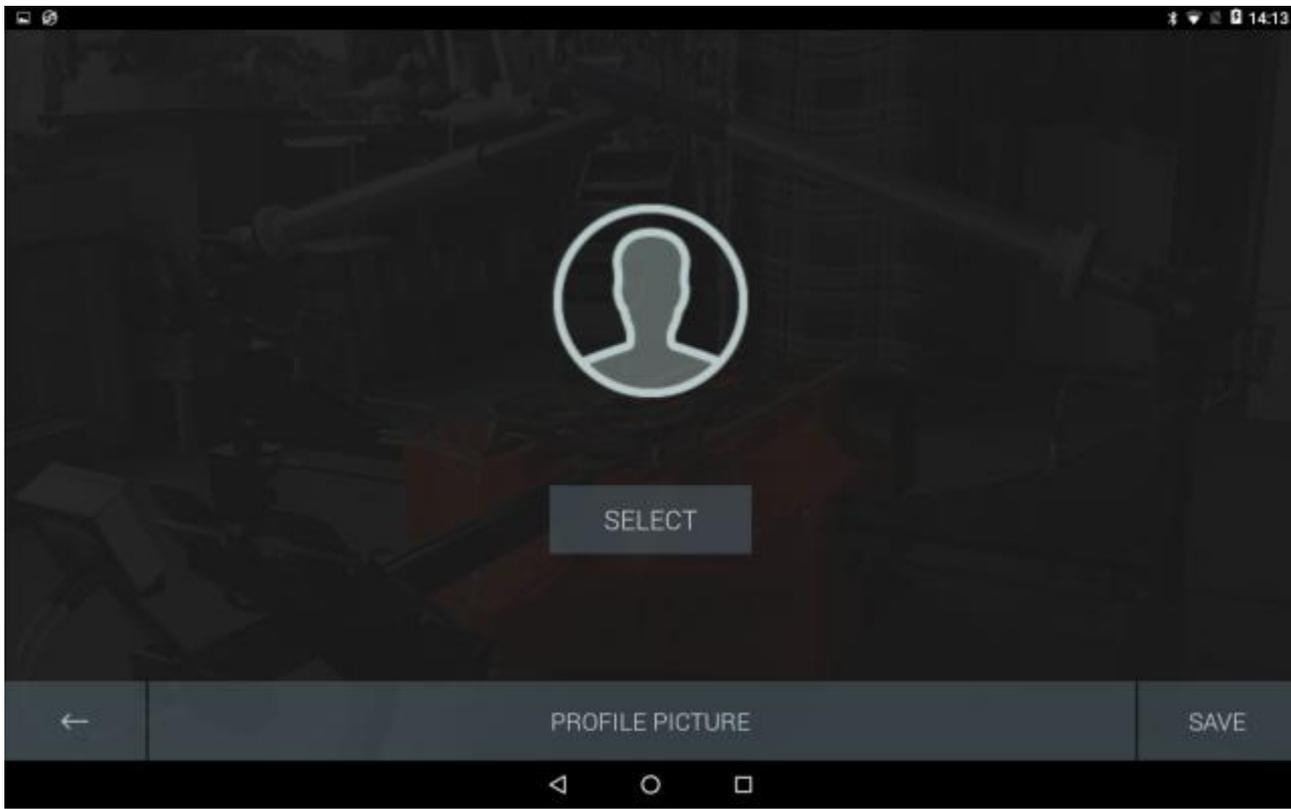
1. Sign in if necessary.
2. Press the user icon on the bottom right of the main menu screen.
3. Press *Account Details*.
4. Press *EDIT* on the account details screen.
5. Edit your account info.
6. Press *SAVE* to commit the changes you've made, press *Back* to discard them.





1. Sign in if necessary.
2. Press the user icon on the bottom right of the main menu screen.
3. Press your current user picture above your email address.
4. Press *SELECT* on the profile picture screen.
5. Select your user picture.
6. Press *SAVE* to commit.

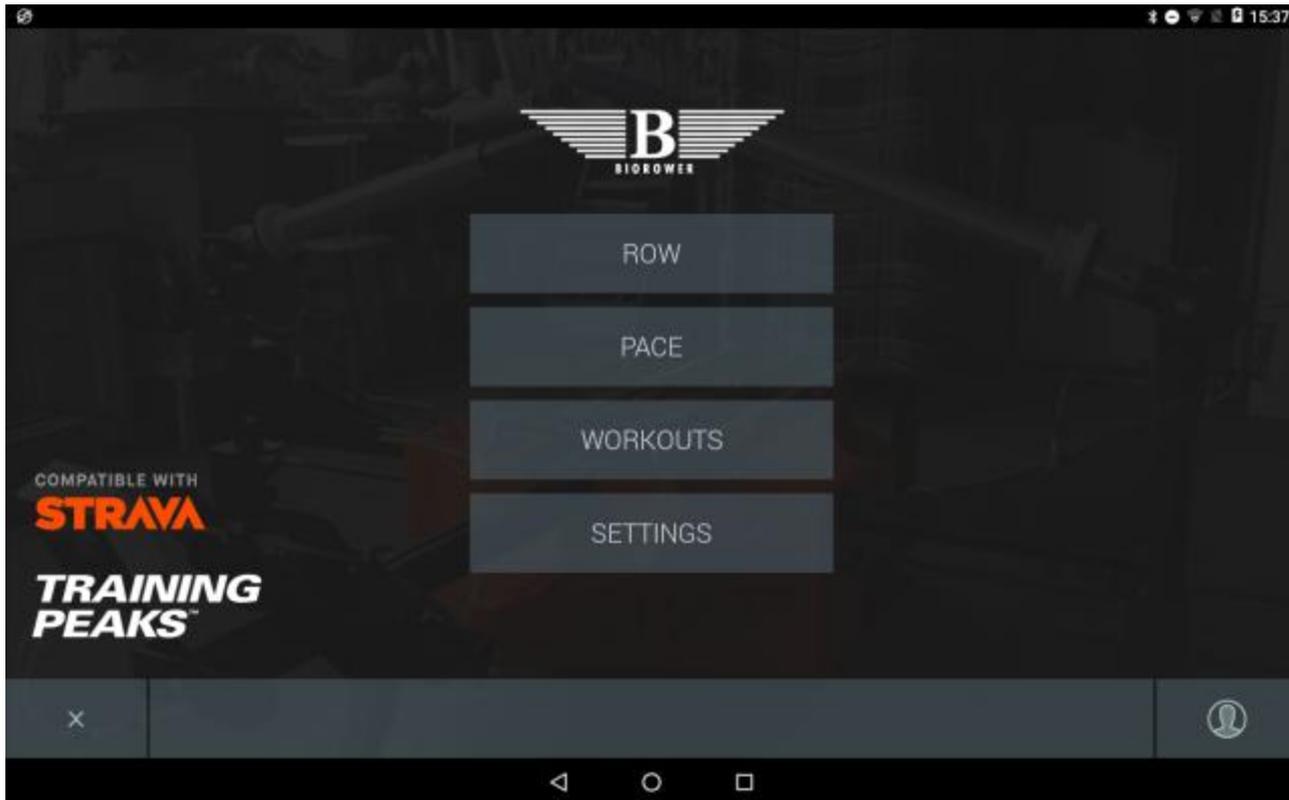






Press *WORKOUTS* in the main menu to view reports. You need to be signed in to access workouts.

The values and charts in the reports section are based on the data from your saved workouts. Not saving or deleting a workout will exclude the workout data from reports.



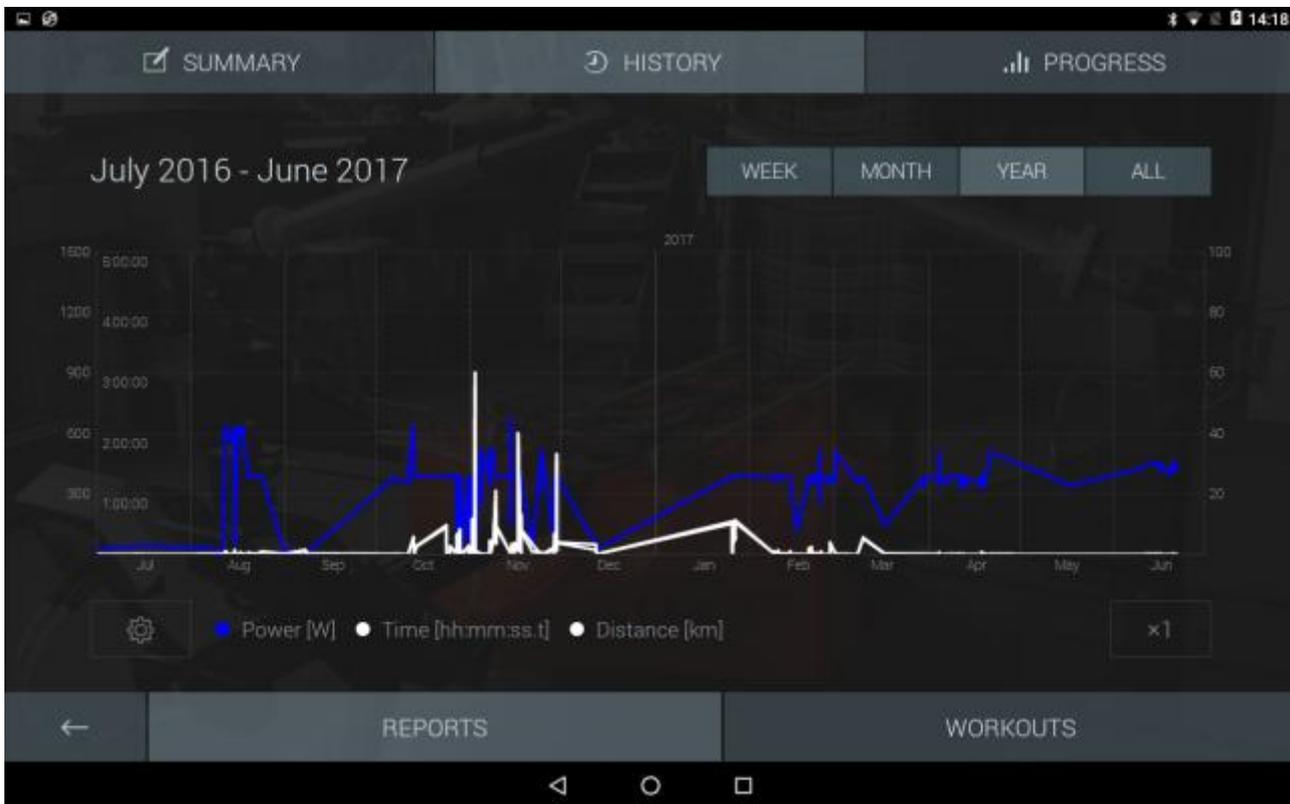
5.1 SUMMARY

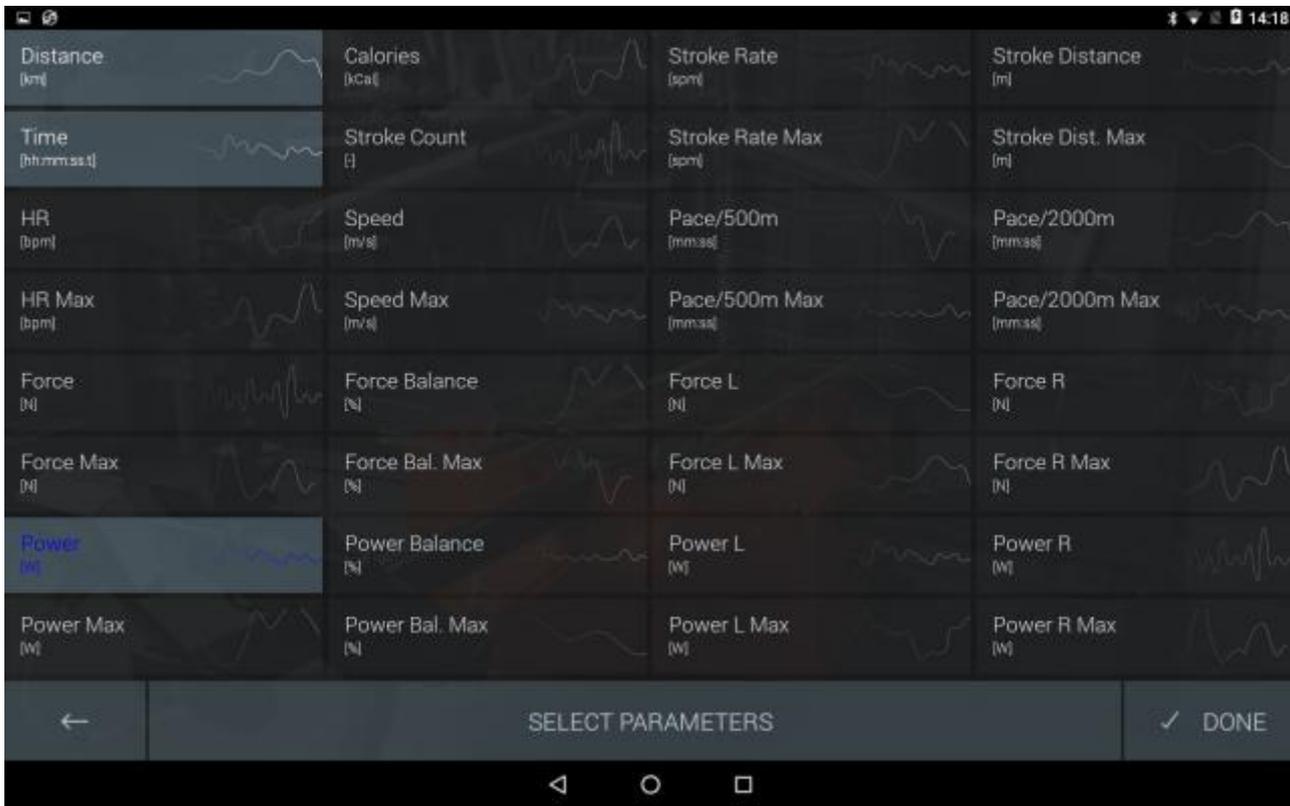
Shows the aggregate and average values of parameters measured during your workouts. The parameters displayed here aggregate/average your entire workout history.



5.2 HISTORY

Displays a chart of up to three parameters. The parameters shown on this chart are aggregated/averaged over individual workouts – a single point constituting a line represents a single workout.





5.3 PROGRESS

Displays a chart of up to three parameters. The parameters shown on this chart are aggregated/averaged over weeks or months – a single point constituting a line represents a week or a month of working out.





To view a previously saved workout, press *WORKOUTS* in the main menu, then select *WORKOUTS* on the bottom right of the screen.

LIST

#	DATE	TIME	DURATION [hh:mm:ss]	DISTANCE [km]	POWER [W]	HR [bpm]
1.	June 21, 2017	18:08:18	0:00:08.9	0.049	451	-
2.	June 21, 2017	14:16:54	0:00:02.9	0.016	423	-
3.	June 21, 2017	14:16:37	0:00:04.4	0.024	452	-
4.	June 21, 2017	14:16:22	0:00:04.4	0.024	435	-
5.	June 21, 2017	14:16:12	0:00:02.9	0.016	424	-
6.	June 21, 2017	13:57:00	0:00:05.9	0.032	447	-
7.	June 21, 2017	13:56:47	0:00:05.9	0.032	447	-
8.	June 21, 2017	13:56:33	0:00:04.4	0.024	435	-
9.	June 21, 2017	13:56:23	0:00:04.4	0.024	434	-

Selecting a workout from the list will display detailed information about that workout.

LIST

#	DATE	TIME	DURATION [hh:mm:ss]	DISTANCE [km]	POWER [W]	HR [bpm]	
1.	June 21, 2017	18:08:18	0:00:08.9	0.049	451	-	⋮
2.	June 21, 2017	14:16:54	0:00:02.9	0.016	423	-	⋮
3.	June 21, 2017	14:16:37	0:00:04.4	0.024	452	-	⋮
4.	June 21, 2017	14:16:22	0:00:04.4	0.024	435	-	⋮
5.	June 21, 2017	14:16:12	0:00:02.9	0.016	424	-	⋮
6.	June 21, 2017	13:57:00	0:00:05.9	0.032	447	-	⋮
7.	June 21, 2017	13:56:47	0:00:05.9	0.032	447	-	⋮
8.	June 21, 2017	13:56:33	0:00:04.4	0.024	435	-	⋮
9.	June 21, 2017	13:56:23	0:00:04.4	0.024	434	-	⋮

← REPORTS WORKOUTS

SUMMARY STROKES BALANCE SIGNALS

Jun 21st 2017 18:08
Simulated

42.6 - 57.4 %
POWER BALANCE

POWER: **451 W**

POWER L: **193 W**

POWER R: **260 W**

0:00:08.9
TIME

0.049 km
DISTANCE

5.4 m/s
SPEED

01:32
PACE/500m

- bpm
HR

40 spm
STROKE RATE

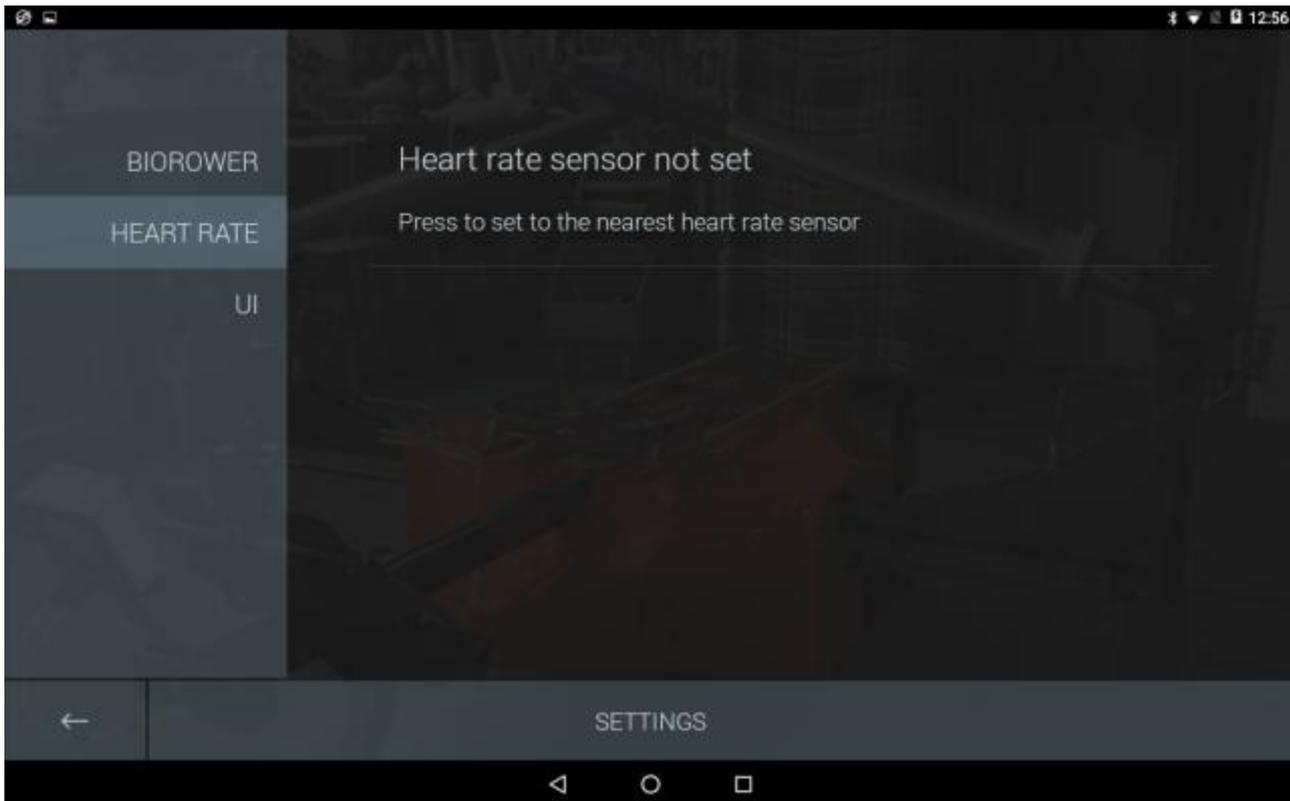
72° ANGLE

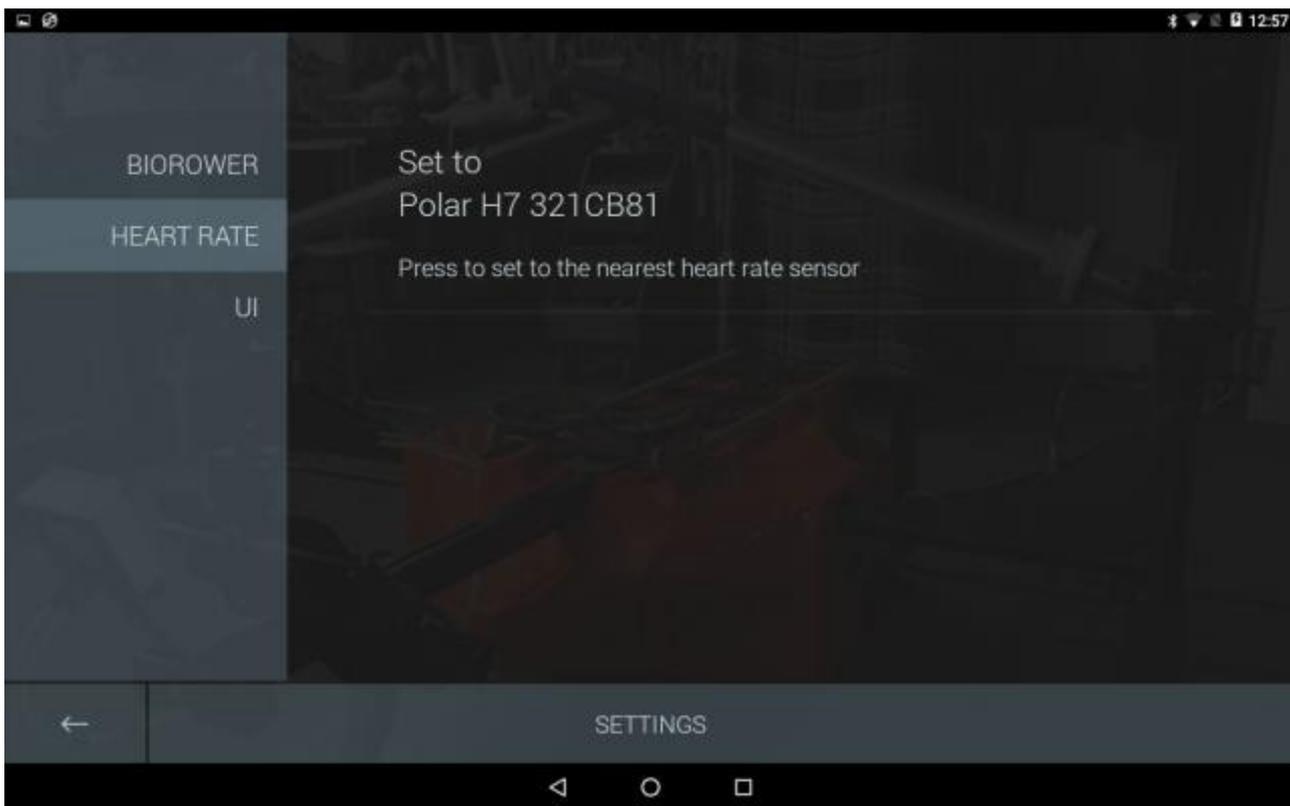
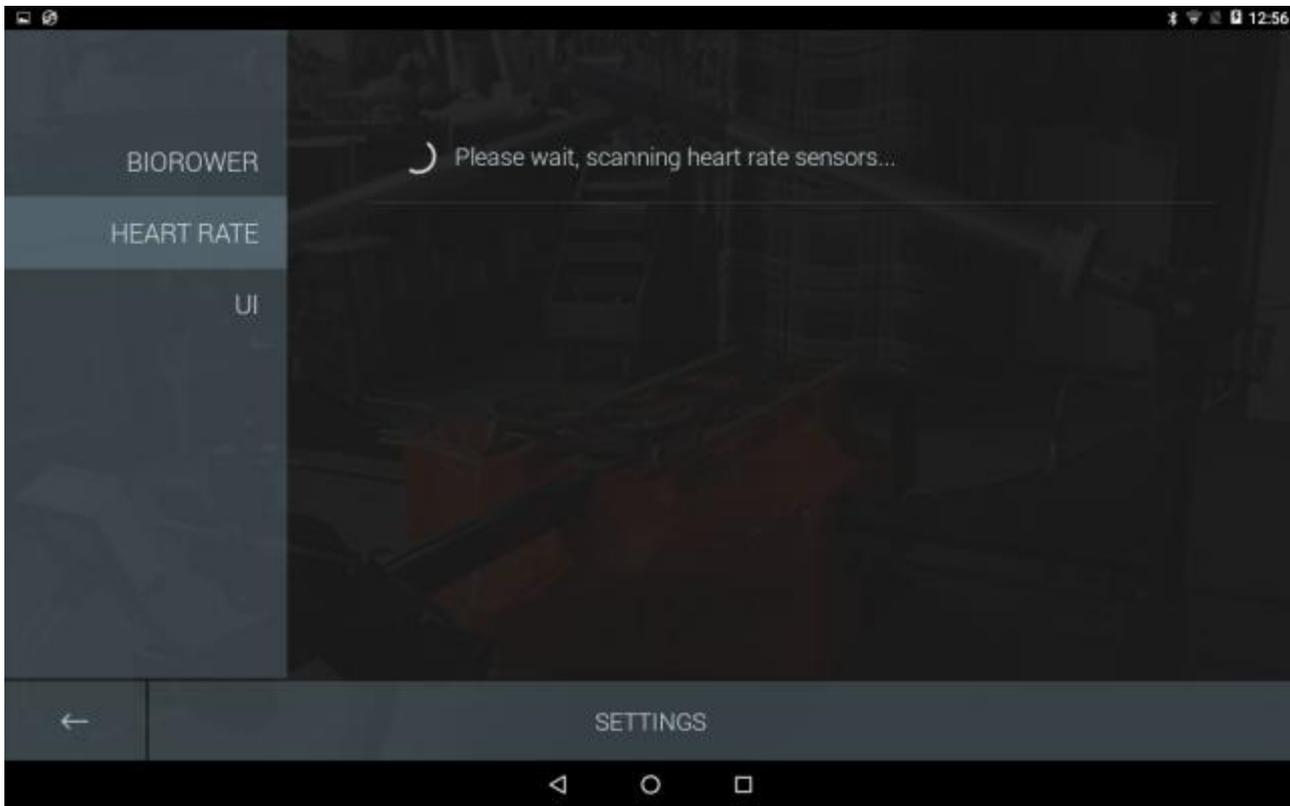
80° ANGLE L **65°** ANGLE R

MML 2 LEVEL **0 mmol/l**

← 🗑️ ⬆️ ⏪ ⏩ ➡️

1. Press *SETTINGS* in the main menu.
2. Select the *HEART RATE* category.
3. Make sure your heart rate sensor is on.
4. Press on *Heart rate sensor not set* to start scanning for Bluetooth heart rate sensors.
5. After a few seconds, the Bluetooth name of the nearest heart rate sensors will be displayed.



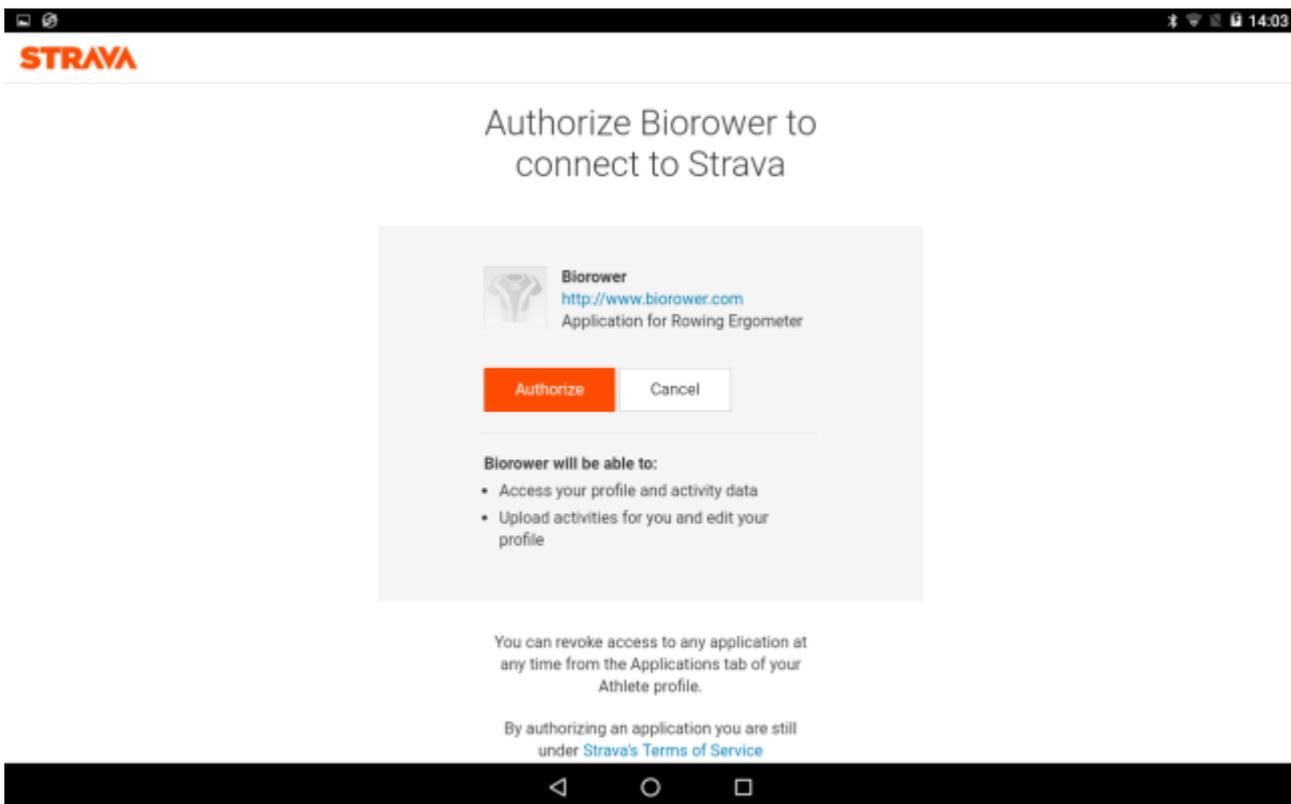
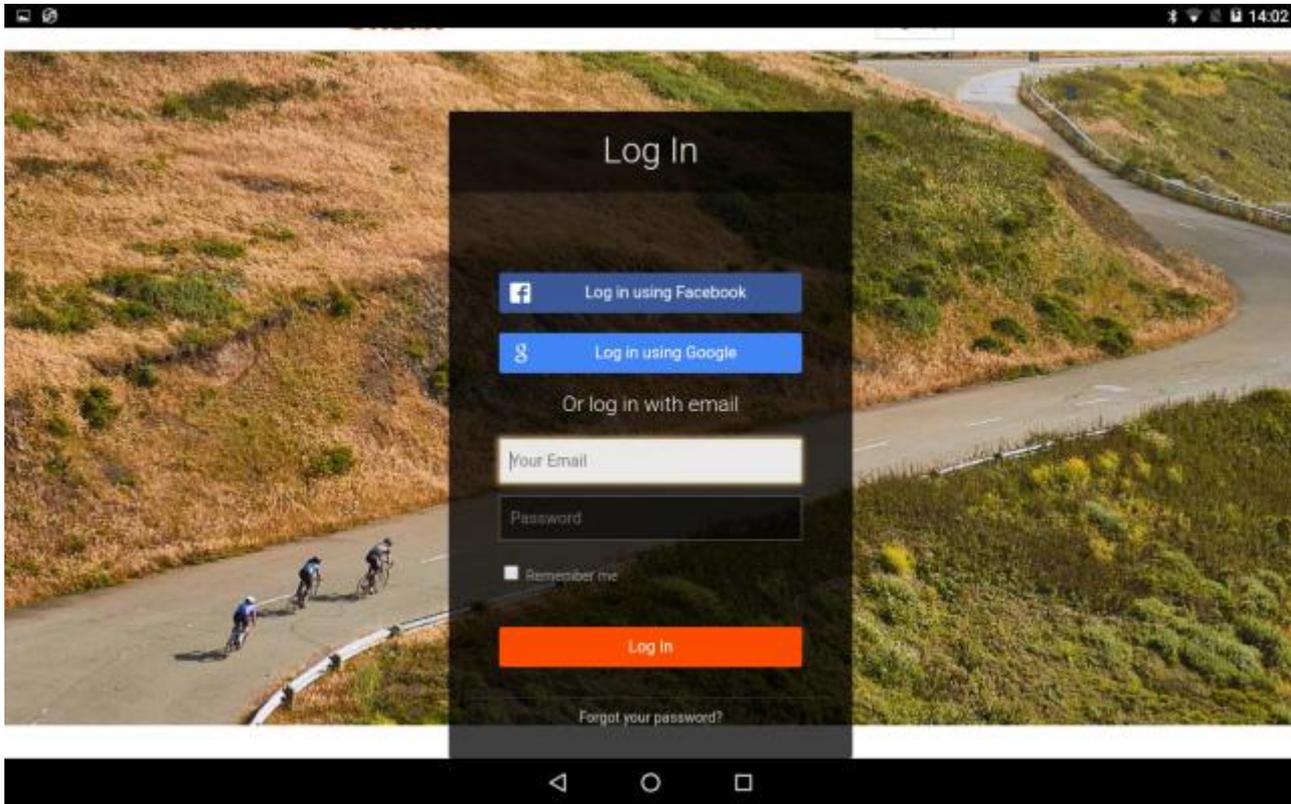


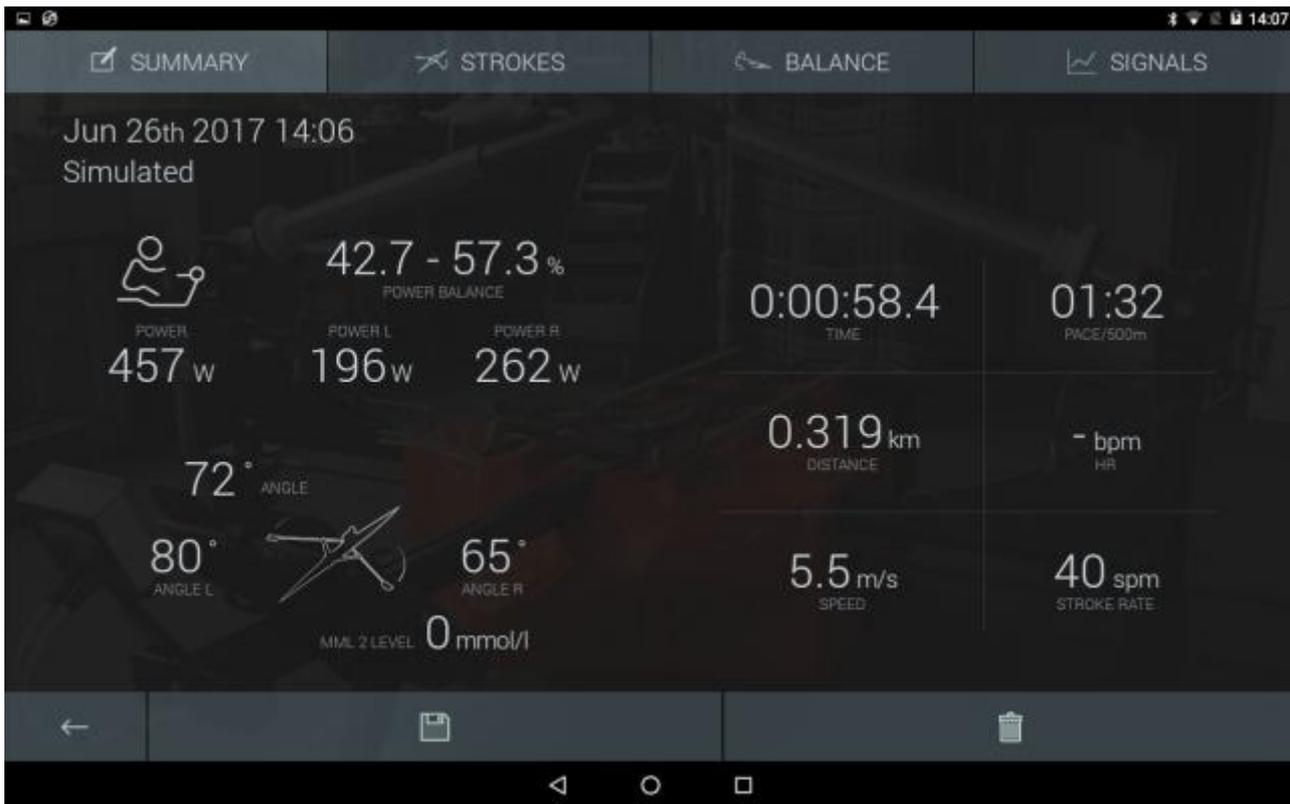
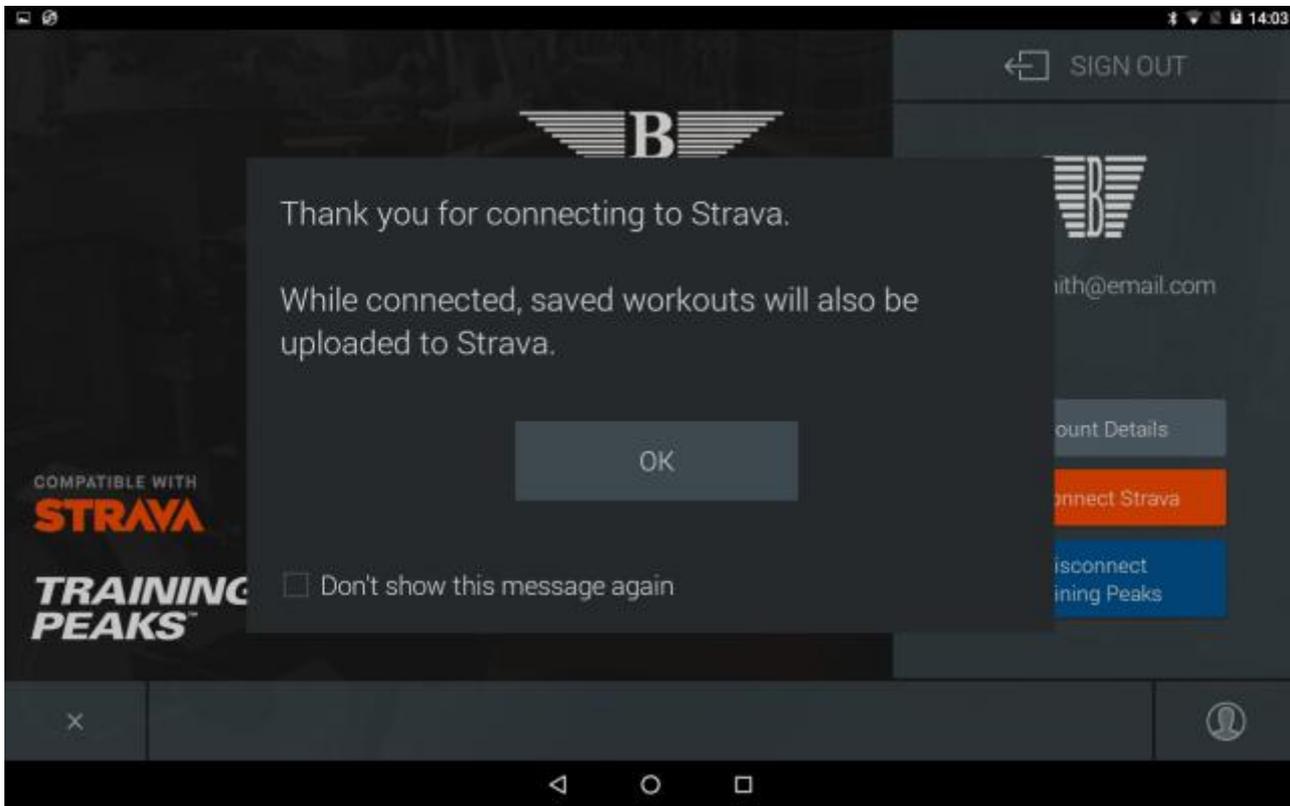


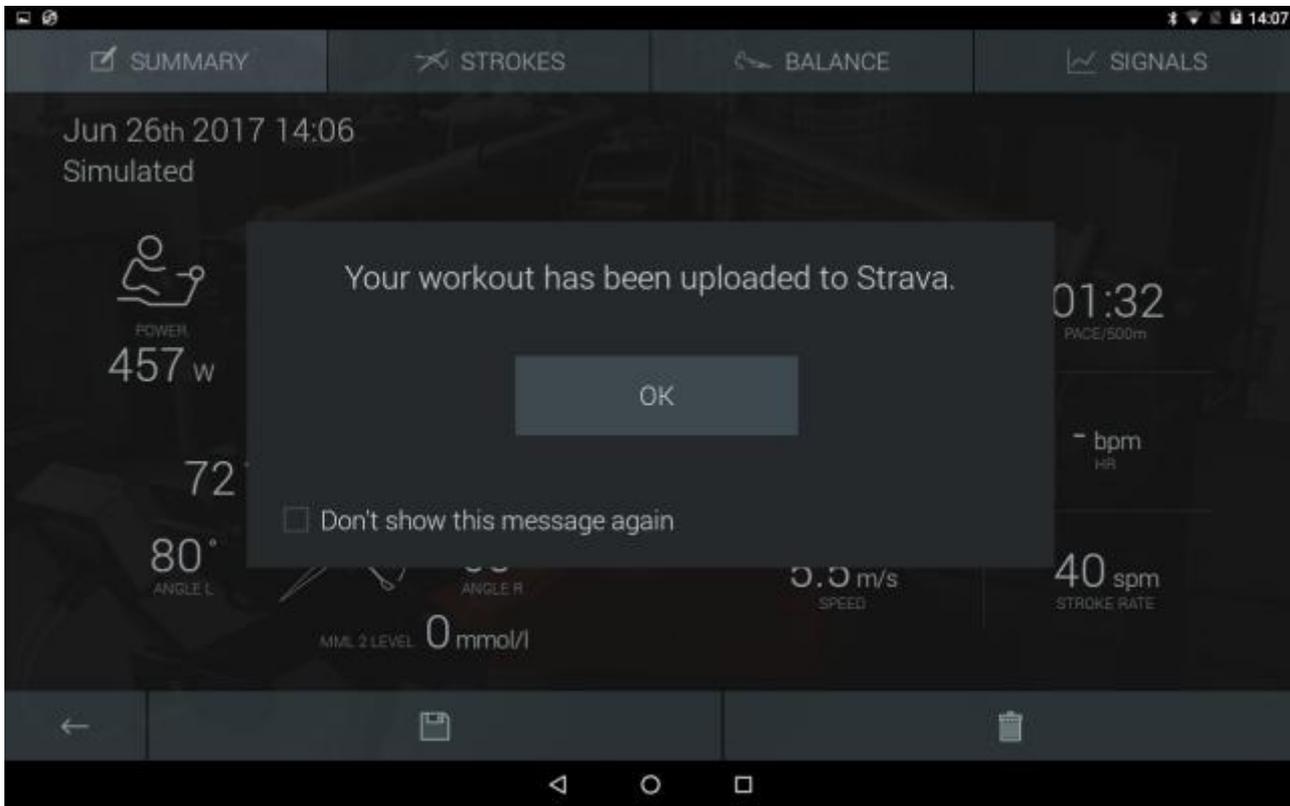
1. Sign in if necessary.
2. Press the user icon on the bottom right of the main menu screen.
3. Press *Connect with STRAVA*.
4. Sign in to Strava.
5. Authorize Biorower to connect to Strava.
6. While connected, saved workouts will also be uploaded to Strava.

Note: Alternatively, you can upload workouts to Strava from *WORKOUTS*.









LIST

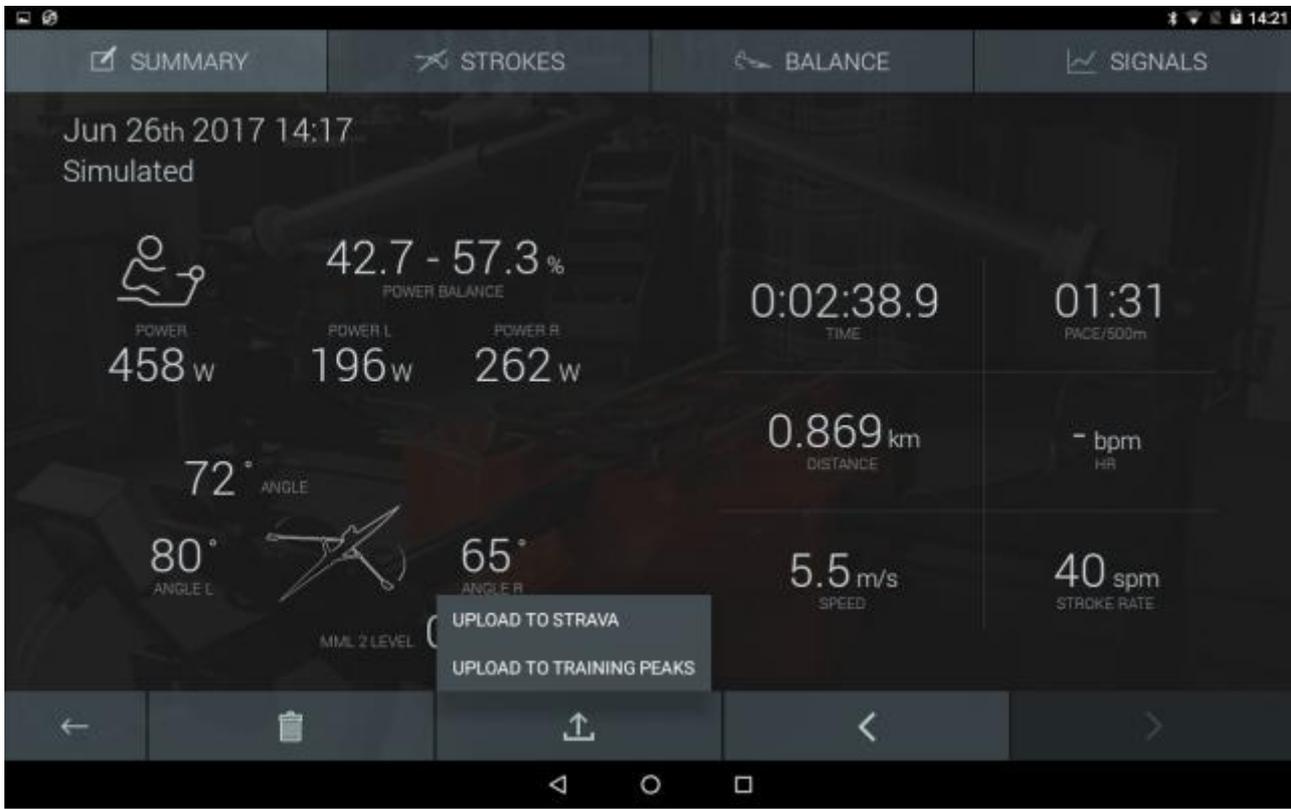
#	DATE	TIME	DURATION [hh:mm:ss]	DISTANCE [km]	POWER [W]	HR [bpm]	
1.	June 26, 2017	14:17:51	0:02:38.9	0.869	458	-	⋮
2.	June 26, 2017	14:16:34	0:01:08.9	0.377	458	-	⋮
3.	June 26, 2017	14:11:45	0:01:08.9	0.377	458	-	⋮
4.	June 26, 2017	14:07:56	0:03:39.0	1.197	458	-	⋮
5.	June 26, 2017	14:06:08	0:00:58.4	0.319	457	-	⋮

DELETED

UPLOADED TO STRAVA

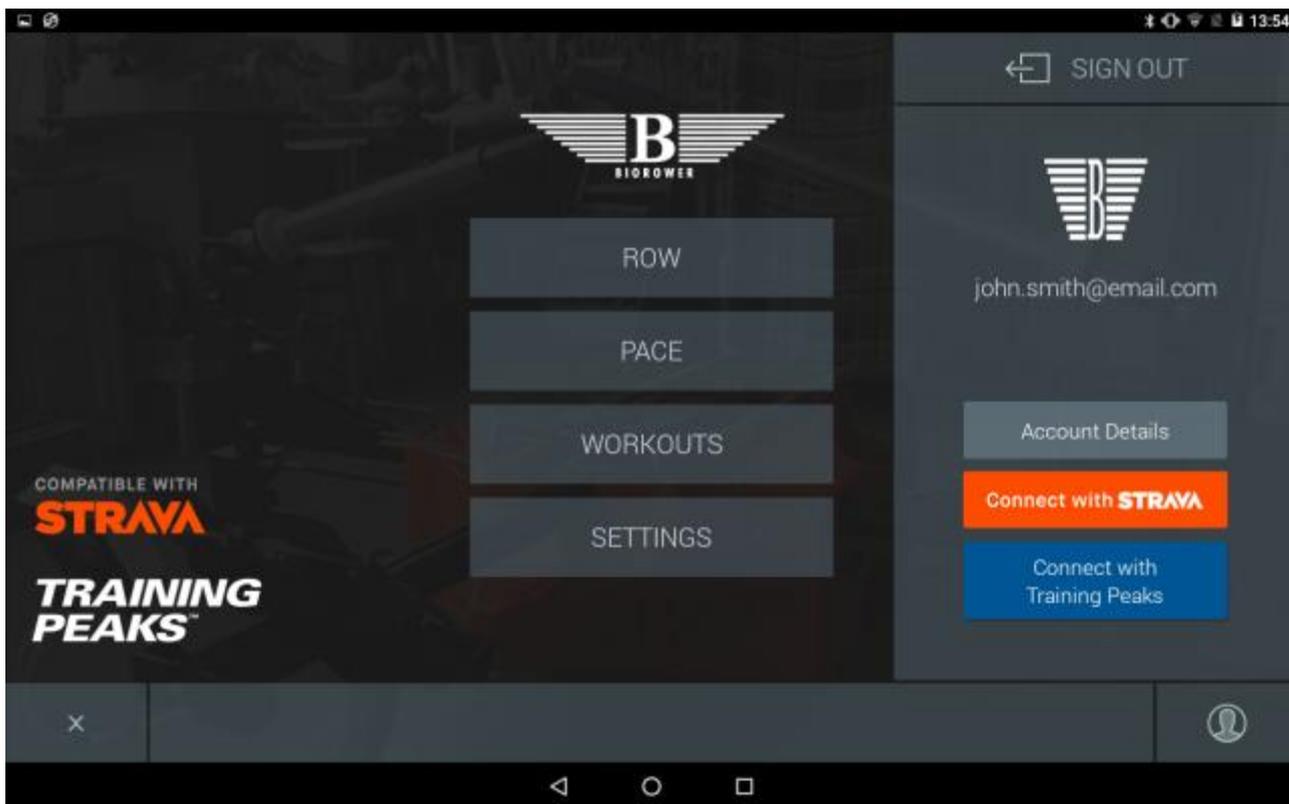
UPLOADED TO TRAINING PEAKS

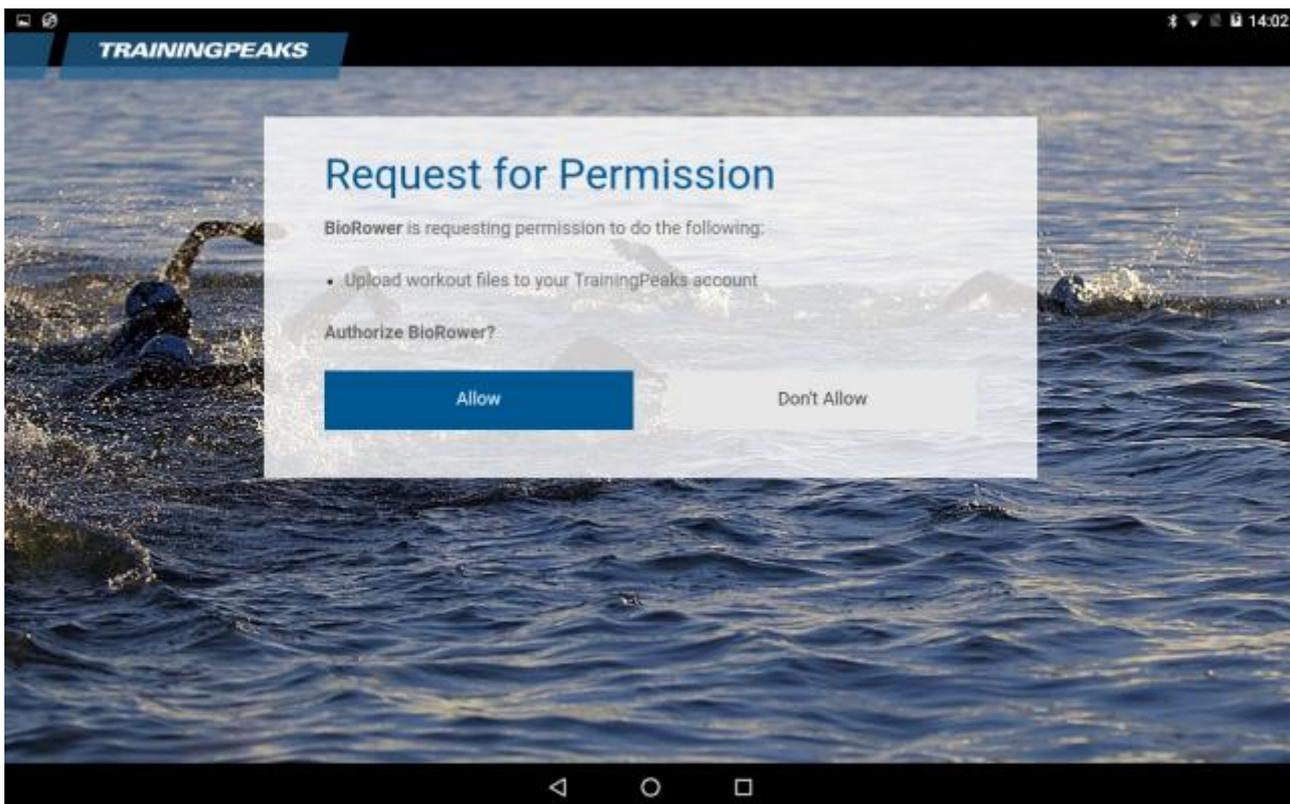
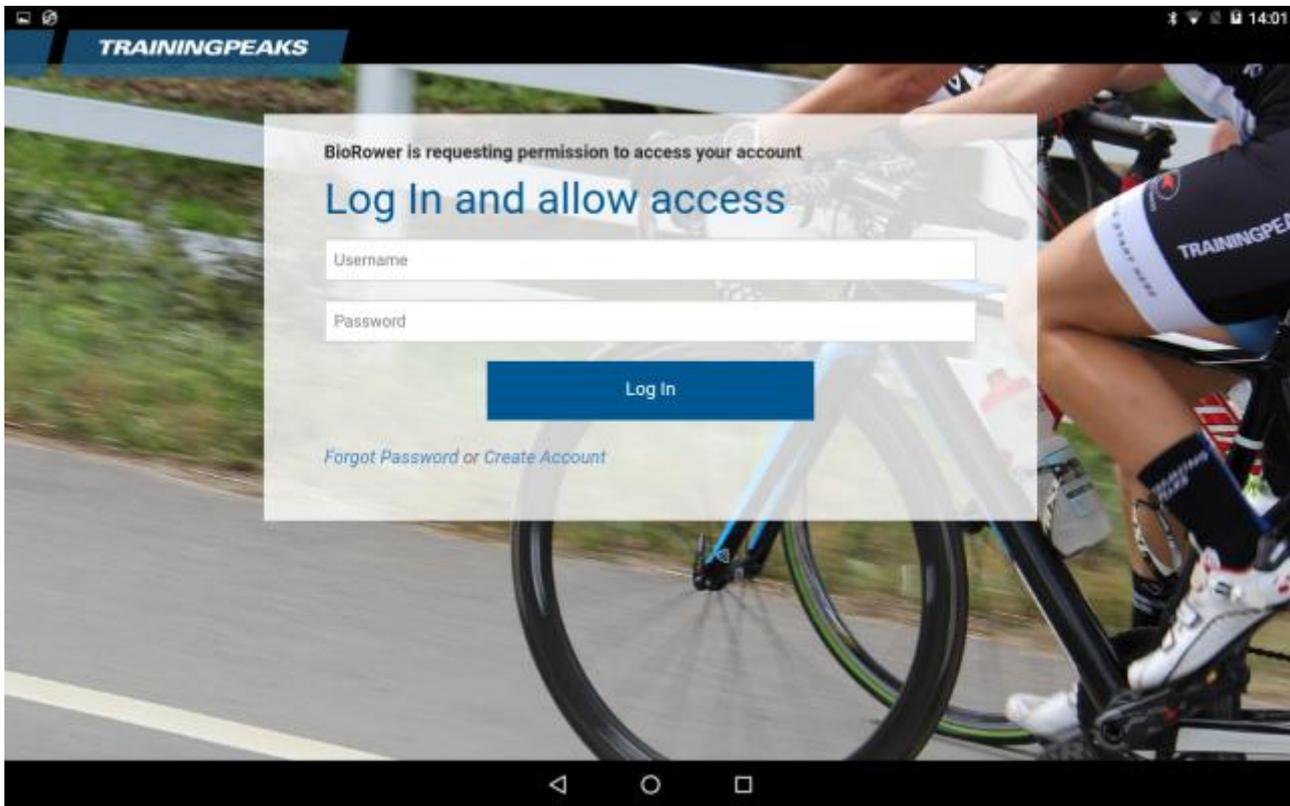
REPORTS WORKOUTS

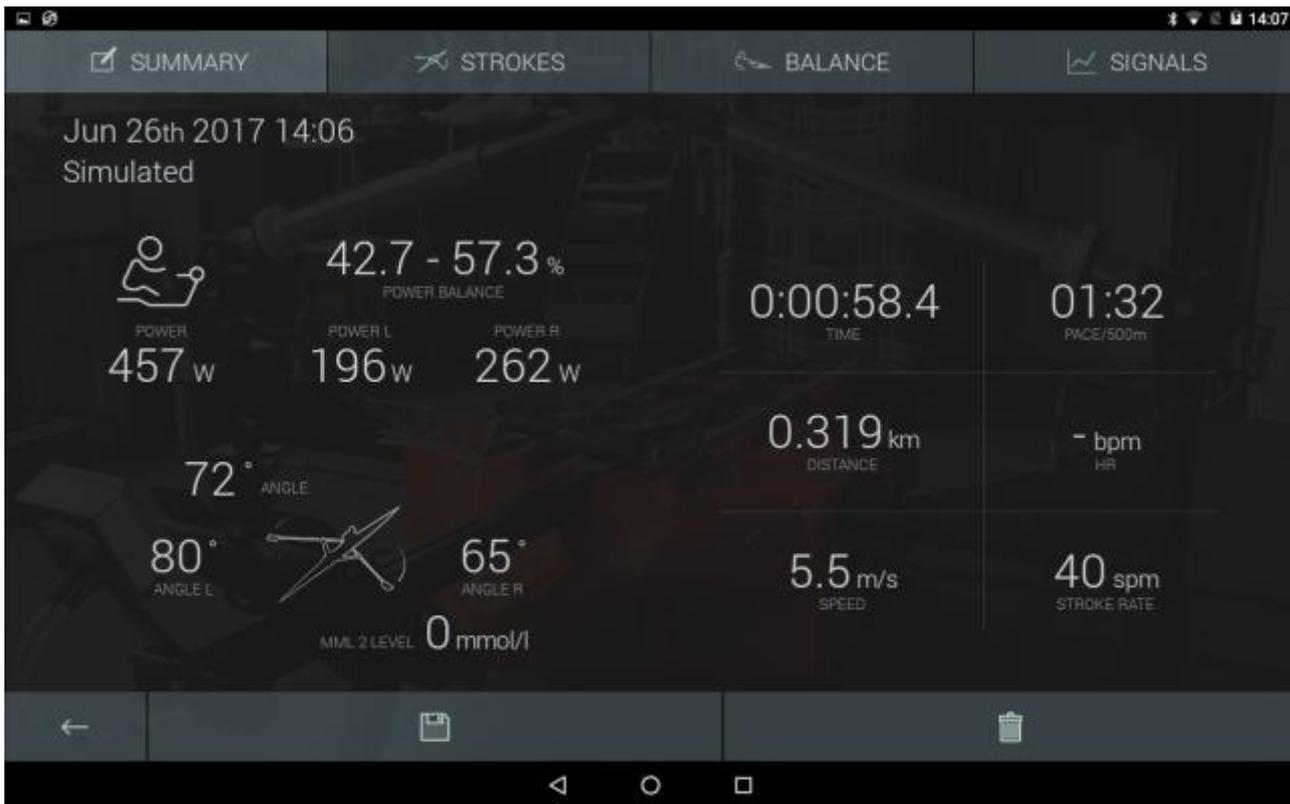
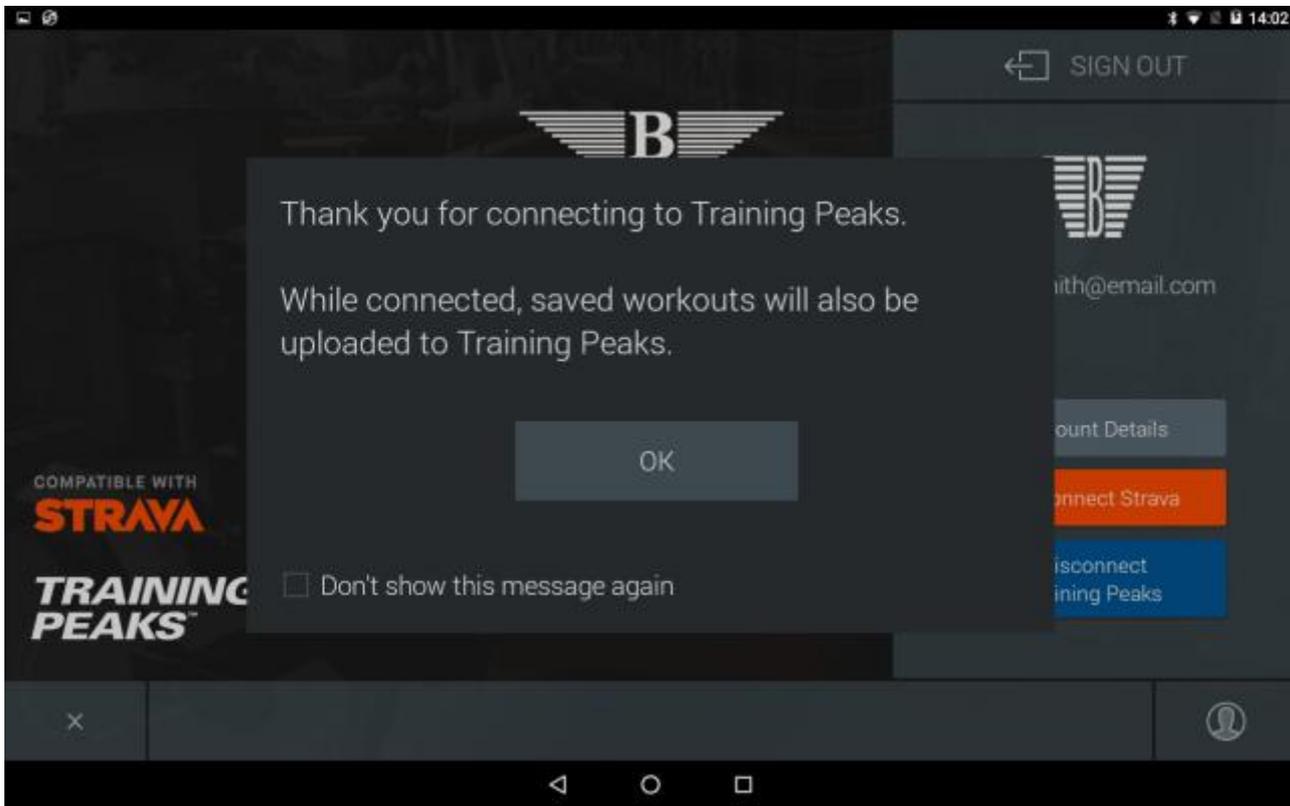


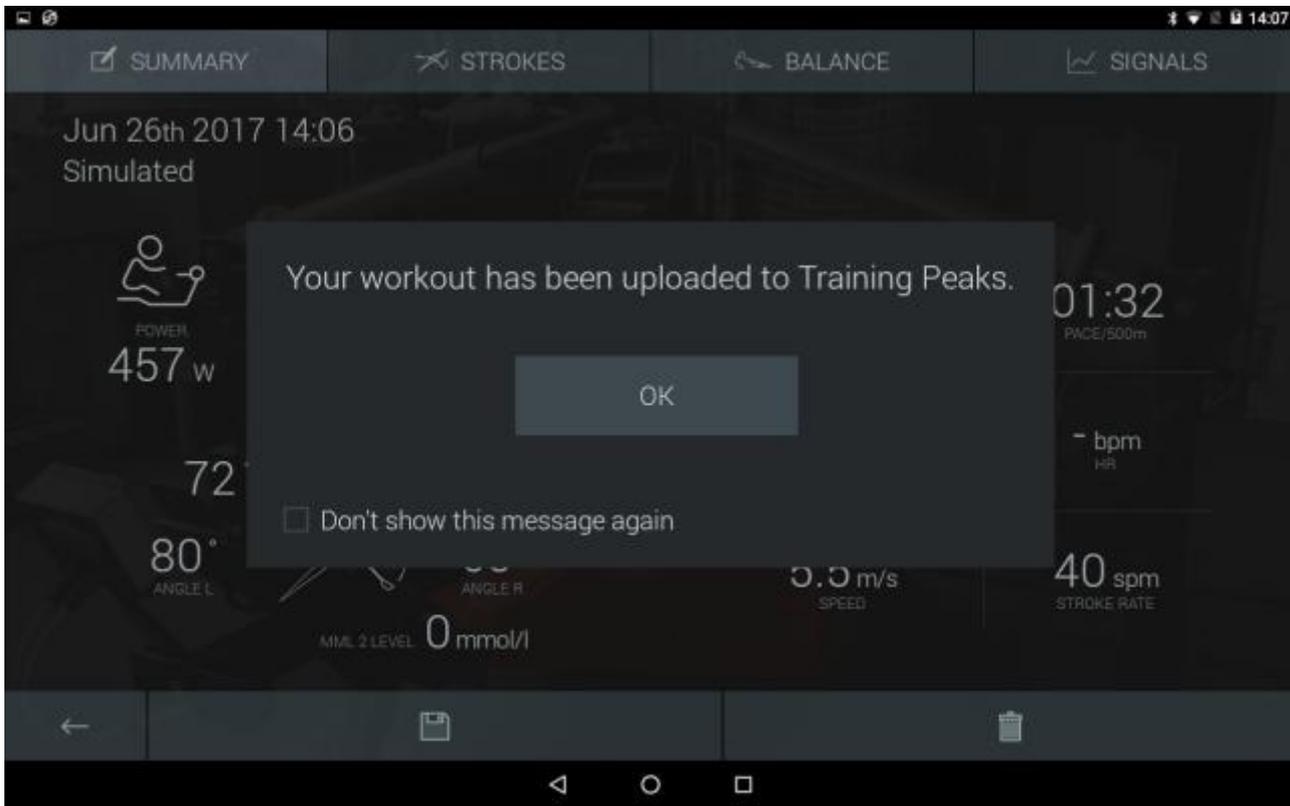
1. Sign in if necessary.
2. Press the user icon on the bottom right of the main menu screen.
3. Press *Connect with Training Peaks*.
4. Sign in to Training Peaks.
5. Allow Biorower to upload workouts to your Training Peaks account.
6. While connected, saved workouts will also be uploaded to Training Peaks.

Note: Alternatively, you can upload workouts to Training Peaks from *WORKOUTS*.









LIST

#	DATE	TIME	DURATION [hh:mm:ss]	DISTANCE [km]	POWER [W]	HR [bpm]	
1.	June 26, 2017	14:17:51	0:02:38.9	0.869	458	-	⋮
2.	June 26, 2017	14:16:34	0:01:08.9	0.377	458	-	DELETE
3.	June 26, 2017	14:11:45	0:01:08.9	0.377	458	-	UPLOAD TO STRAVA
4.	June 26, 2017	14:07:56	0:03:39.0	1.197	458	-	UPLOAD TO TRAINING PEAKS
5.	June 26, 2017	14:06:08	0:00:58.4	0.319	457	-	⋮

REPORTS WORKOUTS



Contact BIOROWER:

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