



Assembly and Usage Manual

Assembly steps also shown in the included video



Congratulations

Congratulations on the purchase of your new BODYROW™. The BODYROW™ is unlike any other fitness machine available today. The unique design and features of the BODYROW™ allow you to target and focus on firming and toning specific areas of your body, while simultaneously receiving an outstanding cardiovascular workout. The BODYROW™ is designed to give you the benefits of the traditional rowing motion while isolating on either the upper body, lower body, or total body. In addition, with the ability to utilize from one to four resistance bands, you can start at a fitness level that is right for you and then add resistance as your workout level increases.

Please take a few minutes to read through this assembly and usage manual. You will find assembly instructions, usage tips and a variety of exercises in addition to customer service and warranty information.

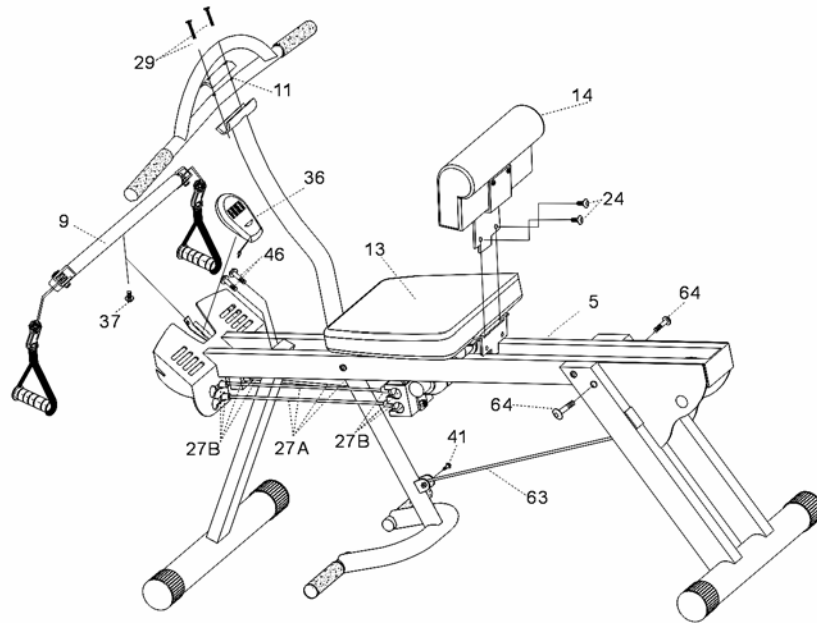
Again, congratulations and have fun while getting in the best shape of your life!

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BODYROW™ Diagram



Refer to diagram to identify the components of the BODYROW™

PART NO.	DESCRIPTION
5	Base Frame
9	Lat Bar Frame
11	Handlebar Bracket
13	Seat Cushion
14	Backrest Cushion
64	Socket Head Screw
41	Socket Head Screw
24	Socket Head Screw
37	Socket Head Screw
29	Handlebar Screw
63	Cable
36	Computer
27A	Bungee Cord
27B	Bungee Cord Grip
46	Socket Head Screw

Safety

WARNING!

FAILURE TO READ AND FOLLOW THE SAFETY INSTRUCTIONS IN THIS MANUAL MAY RESULT IN SERIOUS INJURY FROM FALLING, OVEREXERTION, STRAINED MUSCLES, OR PINCHED FINGERS.

1. If at any time you feel faint, light headed or dizzy, stop exercising immediately. If you experience undue stress, pressure or pain at any time, you should discontinue exercising. See your doctor before continuing to workout.
2. Please keep all children and pets away from the machine during use, as well as when the machine is unattended.
3. Keep the unit clean and dry at all times.
4. Wear proper clothing. Wear workout gear that allows free movement such as jogging and warm up suits, shorts, T-shirts and other clothing that fit correctly.
5. Follow your doctor's recommendations in developing your own personal fitness program.
6. Know your limits and train within them. Always use common sense when exercising.
7. Care should be taken at all times when getting on and off this or any exercise equipment. Falling on or off the product could result in injury.
8. Keep fingers, loose clothing, and hair away from moving parts.
9. This product is designed for home use only. It is not intended for commercial or institutional use. Use only as instructed. Do not stand on the product.
10. Before each use check to ensure all bolts, wheels and pulleys are securely tightened. If parts show signs of wear do not use the equipment until repaired.
11. The BODYROW™ is not recommended for users weighing more than 300 pounds. To prevent serious injury or damage to the equipment, do not exceed this maximum user weight limit.

Assembly

Note: Please review the BODYROW™ assembly and workout video. During the first 5 minutes of the tape you will be guided through the assembly process. Correct assembly will ensure proper function and stability of the final assembled product.



1. Remove all parts from box and place in a clean area on the floor.



2. Grasp and lift the rear of the BODYROW™ (5) up and pull rear leg (1) down and back into the rear leg stop. Insert bolt (M8*42) on each side and tighten all 4 bolts with the Allen wrench provided (2 bolts are pre-assembled from the factory).



3. Lift front of BODYROW™ (5) and insert front leg (3) into leg bracket. DO NOT place leg on top of bracket. The leg is placed into the bracket between the rails. Once inserted, the leg will rest in place until bolts are inserted. (Note: reinforcement plate welded to top of leg is placed rearward and faces down). Insert 2 bolts (M8*38). Tighten with the Allen wrench.

Assembly Cont.



- Place seat bottom cushion (13) on roller plate secure with 4 screws (M6*15) from under side of roller plate. (Tip: you may find it easier to lay the BODYROW™ on its side while assembling the seat).



- Slide back rest (14) into seat back rest bracket. (Note: ensure back rest slides between bracket; do not place on outside of bracket). Insert 2 bolts (M8*15) and tighten. (Tip: sliding seat to back of BODYROW™ will make it easier to tighten bolts).



- Attach cable (63) to cable bracket located at the bottom of lower sway tube (10B) with (M8*25) carriage bolt.

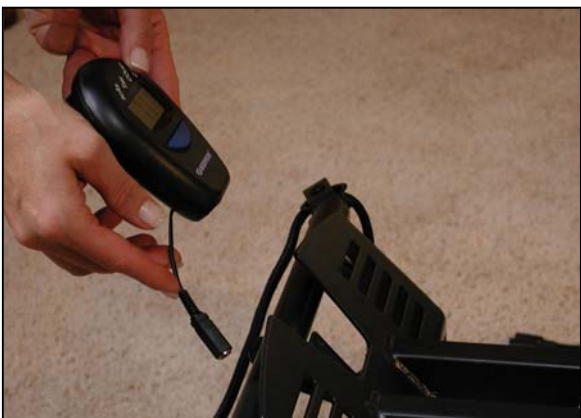
Assembly Cont.



- Attach handlebar (12) to top of sway tube (10B) with handlebar bracket (11) and 2 bolts (M6*38) tighten securely. (Tip: Insert both bolts through bracket and handlebar before setting handle bar on sway tube bracket).



- Attach front pulley bar (9) to BODYROW™. Brackets slide into edge on upper footrest. Slide bolt (M8*15) into center of bar and tighten. Clip on D-ring handles to end of bungee cords. Note: Pulley bar will not line up if placed in backwards. Refer to photo for proper placement position.



- Slide electronic monitor (36) into bracket on front of BODYROW™. Connect wires together extending from the electronic monitor and front of BODYROW™.

Assembly Cont.

10. Attach resistance bands to seat carriage and front of BODYROW™. The bands insert into the large hole and slide over the smaller opening and lock in place.



Resistance Bands

The BODYROW™ comes with four resistance bands. Increasing the number of bands increases the resistance and difficulty of the exercise. Start with one to two bands and add bands as your strength and endurance increases. (Note: it may require more than one band to return the seat for users who weigh in excess of 175 lbs.).

Portability

The BODYROW™ is easily moved. Grasp from back of machine, lift and roll on front leg rollers.





Electronic Monitor

Function mark:

Scan = A

Time = T

Count = CO

Calories = CA

FUNCTIONS AND OPERATIONS:

Mode or function

Action

Auto on/off & auto
Start/stop

As long as the machine is in motion, the monitor is engaged. If there is no moving within 4 minutes, monitor will turn off automatically.

Scan

Press the button until the arrow points to "A", the monitor will rotate through all the functions. Each display will be held for 6 seconds.

Time

Press the button until the arrow points to "T" to count the elapsed time.

Count

Press the button until the arrow points to "CO" to display the current count.

Calories

Press the button until the arrow points to "CA" to display the calorie consumption. (Note: This function is an estimate only of calories burned. Actual calories burned is a function of actual workload, time and individual metabolism).

How to remove battery:

1. Pull off the battery cover and place 1 AAA battery into battery housing on back of monitor.
2. Insure battery is correctly positioned and battery springs are in proper contact with battery.
3. Replace battery cover and make sure it is tightly closed.
4. Battery life is approximately 1 year under normal usage.
5. If the display is non readable or only partial segments appear, remove batteries and wait 15 seconds before reinstalling a new battery.
6. Removing the battery will erase the current display.

Exercises

WARNING!

KEEP FINGERS, HAIR, LOOSE CLOTHING AND CHILDREN AWAY FROM PULLIES AND MOVING PARTS TO AVOID SERIOUS INJURY.

Note: Refer also to the BODYROW™ assembly and workout video for demonstrations of the various exercises and techniques.

Many different exercises can be performed on the BODYROW™. Each exercise focuses on separate muscle groups and body parts. The 4 basic exercise positions will be illustrated on the following pages. Hand position variations also redirect the focus of each exercise. If you are using the BODYROW™ for a cardiovascular workout, get creative, do what feels good for you.

Warm Up

To warm up on the BODYROW™, use 1 – 2 resistance bands for three to five minutes at a slow steady pace. The “Total Body Row” (see exercise section) is a good exercise to warm up with.

Hand Positions



Various hand positions isolate different muscle groups. The over hand grip focuses on the tricep muscles (upper back of arm).



Under hand grip focuses on the bicep muscles (upper front of arm).



Use of the isolator bar focuses on the chest, shoulders and lats while it tones and define the arms.

Total Body Row



This exercise is performed by placing your hands on the handlebar and feet on the lower foot pegs. Pulling back on the handlebar and pushing your feet against the foot pegs creates the rowing action. Use a balanced effort of your legs and arms. This exercise is ideal for your total body. With lower resistance settings it provides a great cardio workout.

Targets: Arms, chest, shoulders, lats, core abdominal area, thighs, hips, buttocks, quads and calves.

Recommendation: Two to five minutes with 2 – 3 bands.

Upper Body Row



The upper Body Row focuses on your upper body. Place your hands on the handlebar and pull back toward your chest while your feet are placed on the upper footrest, in a resting position. Do not exert force with your legs. All the focus should be in your upper body. Variation in hand positions redirects the focus of this exercise.

Targets: Arms, chest, shoulders, lats, core abdominal area.

Recommendation: Two to five minutes with 2 - 3 bands.

Lower Body Row



Grasp sides of backrest and place your feet on upper footrest. Push back against the backrest with your legs. Extend fully and relax back to starting point. Calf muscles can also be exercised by placing toes on the footrest, and with legs fully extended; rock your ankle back and forth to create a calf press.

Targets: Hips, thighs, lower abs, buttocks, quads and calves.

Recommendation: Two to five minutes with 3 – 4 bands.

Traditional Body Row



This exercise is performed by placing your feet on the upper footrest and grasping the bungee cords located at the front of the BODYROW™. Push back with your legs as you pull the bungee cords toward your chest. As you approach full leg extension (do not extend fully and lock your knees), row your arms into your chest and out to the side as you begin to let the bungee cords pull you back to the starting position (see workout video for demonstration). Repeat this motion until you get into a synchronized rhythm with your upper and lower body. This exercise resembles traditional rowing which provides an outstanding total body workout. You will also receive an outstanding cardiovascular workout at the same time.

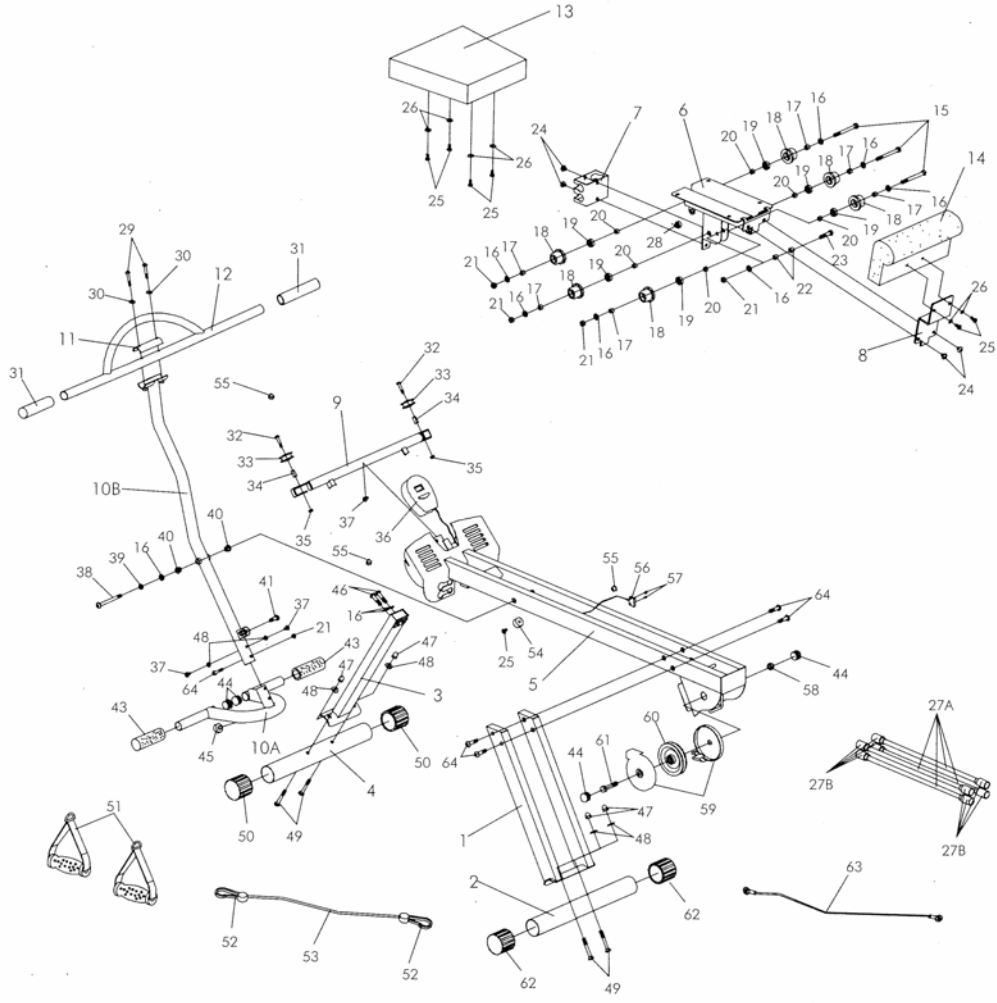
Targets: Arms, chest, shoulders, lats, core abdominal area, thighs, hips buttocks, quads and calves.

Recommendation: Three to five minutes with 2 – 3 bands.

Cool Down

Go back to the Total Body Row position for one to two minutes, using 1 – 2 resistance bands. Exercise at a slower pace letting your heart rate drop and your muscles cool down.

Exploded Diagram



Parts List

NO.	NAME	Q`TY	NO.	NAME	Q`TY
1	REAR LEG	1	31	HANDLEBAR GRIP	2
2	REAR FOOT	1	32	SOCKET HEAD SCREW M6*30,S5	2
3	FRONT LEG	1	33	PULLEY	2
4	FRONT FOOT W/LEVELLING CAP	1	34	BUSHING	2
5	BASE FRAME	1	35	NYLON NUT M6	2
6	PULLEY FRAME	1	36	COMPUTER	1
7	BRACKET	1	37	SOCKET HEAD SCREW M8*15,S6	3
8	BRCKREST BRACKET	1	38	SOCKET HEAD SCREW M8*90,S6	1
9	LAT BAR FRAME	1	39	SPRING WASHER Ø8	1
10A	SWAY TUBE FOOT	1	40	BUNGEE CORD GRIP	2
10B	SWAY TUBE	1	41	SOCKET HEAD SCREW M8*25,S6	1
11	HANDLEBAR BRACKET	1	43	FOOT GRIP	2
12	HANDLEBAR	1	44	ROUND PLUG	4
13	SEAT CUSHION	1	45	CAP	1
14	BACKREST CUSHION	1	46	SOCKET HEAD SCREW M8*38,S6	2
15	HEX HEAD BOLT M8*85	3	47	NUT M8,S14	4
16	WASHER Ø8*1.5*Ø17	8	48	WASHER Ø8.2*2*Ø19,R28	6
17	BUSHING	6	49	HEX HEAD BOLT M8*70	4
18	ROLLER	6	51	HANDLE	2
19	BEARING	6	52	BUNGEE CORD W/2 PLASTIC HOOK	1
20	BUSHING	6	54	FLAT PEDAL	1
21	NYLON NUT M8,S14	4	55	CAP	2
22	BUSHING	2	56	SENSOR	1
23	SOCKET HEAD SCREW M8*40,S6	1	57	HEADREST SCREW M3*6	2
24	SOCKET HEAD SCREW M8*10,S6	4	58	NYLON NUT M10,S16	1
25	PHILLIPS HEAD SCREW M6*15	7	59	PULLEY COVER	2
26	WASHER Ø6.2*1.5*Ø16	6	60	PULLEY	1
27	BUNGEE CORD W/CORD GRIP	4	61	HEX HEAD BOLT M10*50	1
28	MAGNET	1	62	ROUND CAP	2
29	SOCKET HEAD SCREW M6*38,S5	2	63	CABLE	1
30	WASHER Ø6,R15	4	64	SOCKET HEAD SCREW M8*42,S6	5

BODYROW™



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