

SKILLROW



PRODUCT MANUAL

The User Manual was written in the Manufacturer's original language and then translated into the language of the country of use. It is an integral part of the product kit.

Technogym reserves the right to modify its products and documentation at any time and without notice.

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Important safety instructions

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

It is essential to fully understand every warning. If you need clarification on any warning, please contact TECHNOGYM (<https://technogym.com/support>).

Do not allow children to have access to the product. Parents and/or anyone else watching after the children must take responsibility and prevent circumstances and behaviours, for which the product was not designed, from arising. The product is not suitable to be used as a toy.

This product is not intended to be used by children under 13 years of age and by disabled individuals. Watchful supervision is required when used by individuals between 13 and 17 years of age.

The product is to be used only for the purposes described in this manual. Only perform the exercises specifically designed for this product, according to the instructions and conditions in this manual. Any other use is considered inappropriate and therefore dangerous.

Before starting a training programme, always consult a doctor or a qualified health professional about the use of the product to find out if you must observe restrictions.

If you feel unwell (dizziness, chest pain, etc.) at any point during the exercise, stop immediately and seek medical advice.

Before starting an exercise, make sure your position on the product is correct, paying attention to any components that may obstruct use.

Plan the workout according to your physical characteristics and state of health, beginning with less demanding workloads.

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

Wear suitable clothes and shoes during training; do not wear garments that block perspiration. Tie long hair back. Do not wear necklaces, bracelets, rings, scarves or similar accessories. Keep clothes or towels away from moving parts.

When using the product, other people must remain at a safe distance. See the section regarding the place of usage.

Do not use the product when pets are present.

Check the product before each use. Do not use the product if it is not assembled or working correctly, it is damaged, and/or it is showing signs of wear. In these circumstances, contact the Technogym Technical Support Service.

Install and use the product only on a solid and flat surface.

Do not put anything on the frame or display.

Do not store the product in a vertical position.

Do not use any accessories other than those specified by the manufacturer.

Keep your hands away from moving parts.

Never drop or insert any object into any opening.

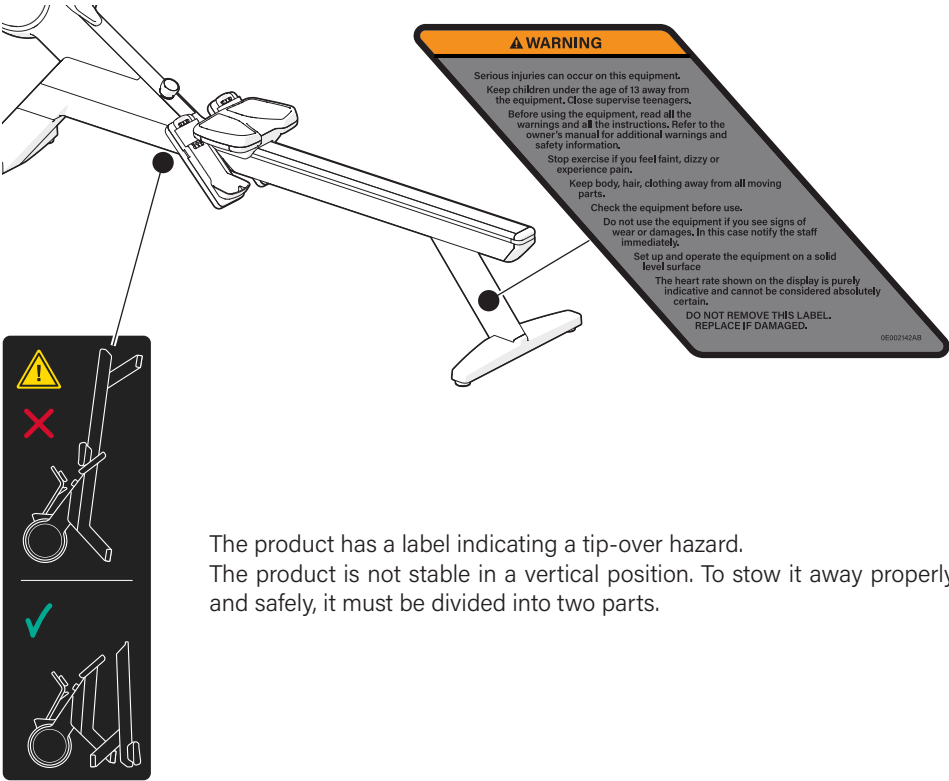
Technogym is not responsible for any harm due to any failures or damage caused by unauthorised maintenance, misuse, negligence, improper assembly or installation, debris resulting from any construction activities in the area where the product is used, rust or corrosion as a result of the product's location, alterations, or modifications without Technogym's written authorisation or caused by failure on your part to use, operate and maintain the product as set out in this User Manual.

SAVE THESE INSTRUCTIONS

Warning labels

The labels attached to the product indicate a potentially hazardous situation. Ignoring them could lead to serious injuries or death.

If a label is worn, damaged or not clearly legible, contact the Technogym Technical Support for replacement.

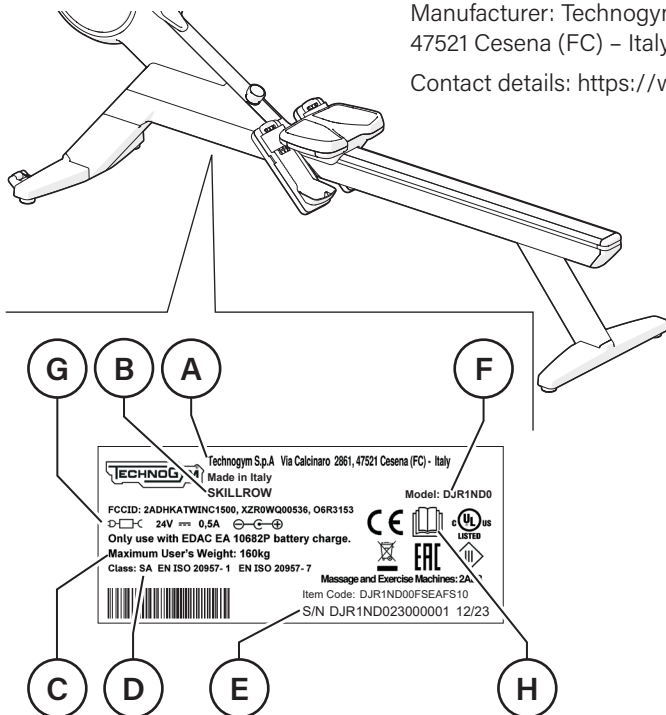


The product has a label indicating a tip-over hazard.
 The product is not stable in a vertical position. To stow it away properly and safely, it must be divided into two parts.

Manufacturer and product identification

Manufacturer: Technogym S.p.A. - via Calcinaro 2861,
47521 Cesena (FC) - Italy

Contact details: <https://www.technogym.com>



- A - Manufacturer's name and address
- B - Description of product
- C - Maximum weight of user
- D - Product class
- E - Serial number and date of manufacture
- F - Product model
- G - Power supply specifications
- H - Refer to the Manual

In accordance with the ISO 20957-1 standard, SKILLROW is a class S device intended for indoor use in professional environments.

The values stated in the illustration are purely indicative; refer to the label attached to the product for the correct information.

Product description

Display (A).

Rowing handle (B).

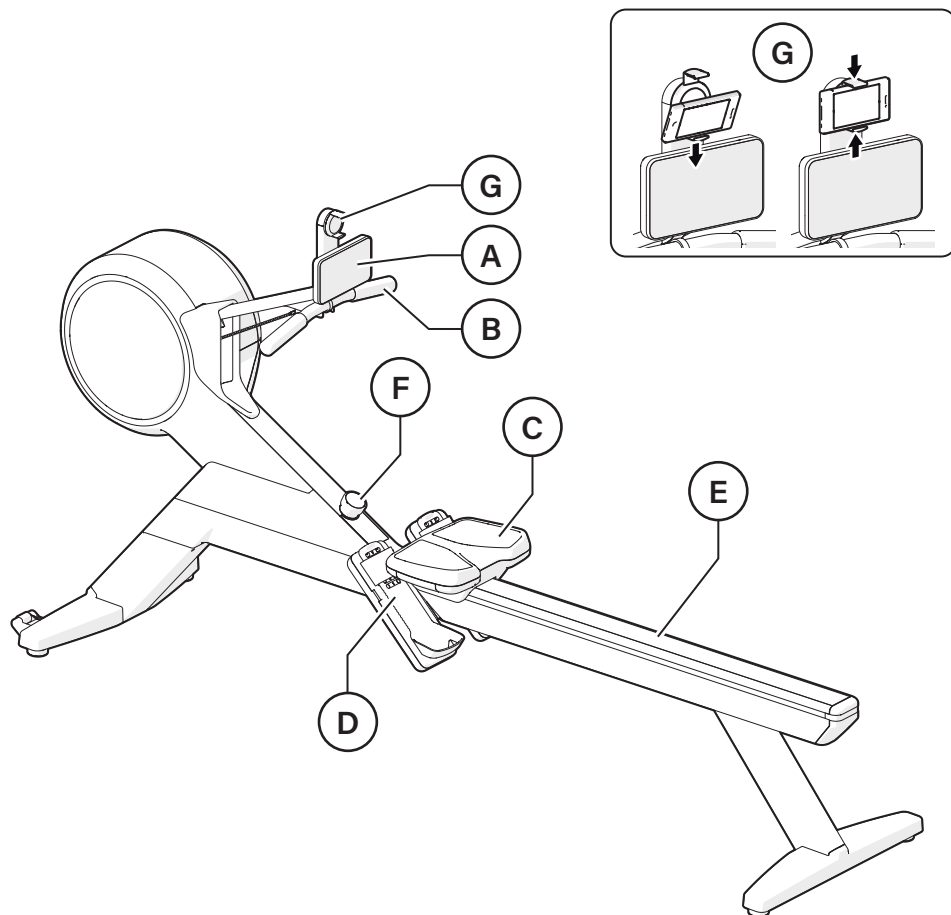
Sliding seat (C).

Foot stretcher (D).

Glide rail (E).

Resistance mode adjuster (F).

Phone dock (G).



Place of usage

The product must be installed and used in an area where access is controlled and supervised. The possessor is responsible for ensuring access control.

The product must be installed on a stable, flat floor. Do not install on soft or floating floors.

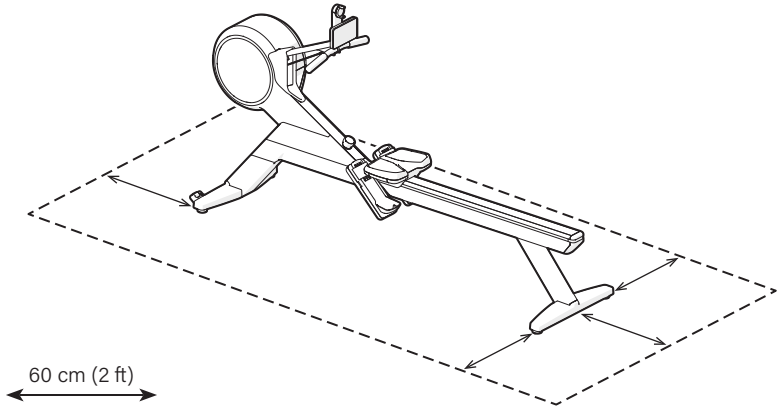
The product must be used in a well-lit space.

Do not expose the product to direct sunlight.

Do not use the product outdoors; do not leave the product outside, exposed to the weather elements; do not clean with jets of water.

Do not place the product in locations prone to humidity and moisture, such as swimming pools, whirlpool tubs and saunas.

A free area must be maintained to ensure safe use (see drawing). There should be no people or objects within this area. Other people must be outside the safe area when the product is being used.

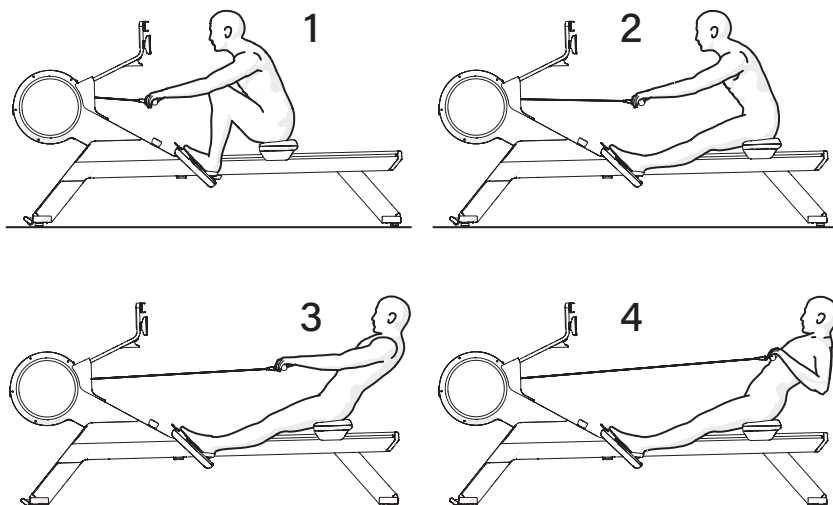
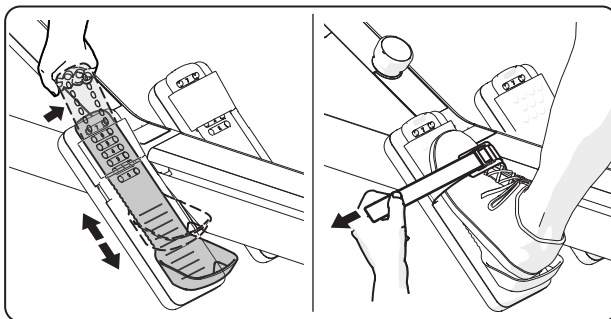


Using the product

SKILLROW must only be used for the purpose for which it was designed and made, i.e. as a rowing ergometer to simulate boat rowing motion. Any other use is considered inappropriate and therefore dangerous.

Rules before starting

Sit down on the sliding seat. Place your feet on the foot stretchers, adjust the heel rests and strap your feet securely.



Starting position

Bend your knees to bring the buttocks close to the heels. Shins must be as close to vertical as possible.

Lean your torso forward and grab the pull handle with both hands. Your arms should be extended and the back straight.

Exercise

Push-off from the foot stretchers and extend your legs.

When the legs are fully extended, use your core muscles and hamstrings to lean your torso back about 30 degrees.

When your legs are extended and your torso is leaning back, bend the arms and pull the handle to your chest, with the elbows back.

Do not use your whole body all at once. The exercise is a progression that starts with the legs, moves on to the torso and ends with the movement of the arms.

To return to the starting position, extend your arms, bring back your torso to the leaning forward position and bend the knees.

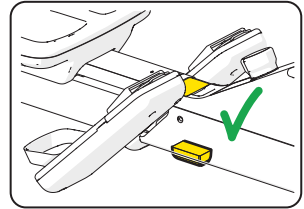
Keep the spine straight throughout the movement.

Keep the knees in line with the ankles, not wider or narrower.



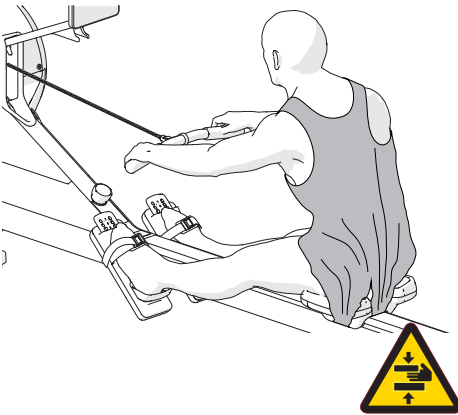
Warnings

Before use, make sure the release lever is not up and that the two parts of the product are latched together.

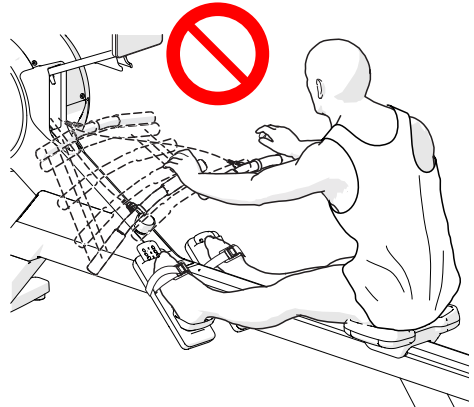


Use by two people at the same time is forbidden.

The user is responsible for ensuring the product does not interfere with any other mobile product during use.



The sliding seat presents an entrapment and crush hazard so please be careful during movement.

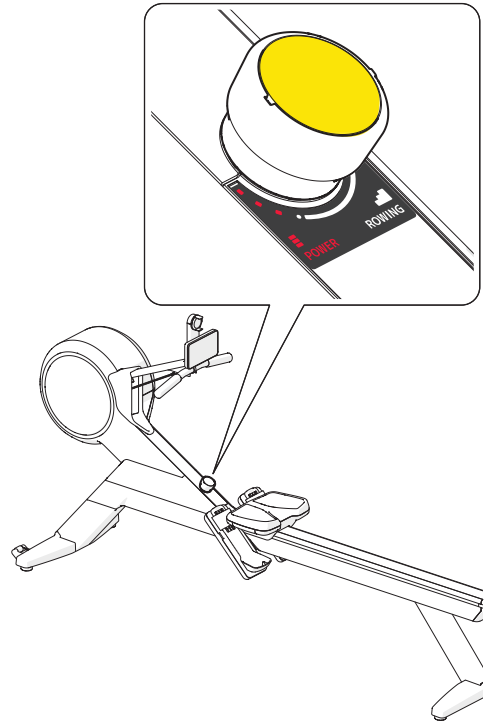


Maintain the hold on the pull handle until the end of travel is reached; never let go during the exercise.

Mode selector - How it works

The product allows two training modes:

- ROWING training
- POWER training



In POWER mode, the selector introduces an additional magnetic load. This allows strength and overload rowing exercises to be performed.

In ROWING mode, turning the knob will adjust the amount of air intake. This affects the perceived resistance and not the intensity of the rowing stroke.

The exercise itself determines the intensity: the more you pull, the greater the perceived resistance.

By turning the selector to the ROWING area, the perceived resistance of the rowing stroke changes.

Different factors can affect your effort, such as temperature, altitude, and the dust build-up in the flywheel and guards. For this reason, the perceived effort may differ depending on the time of day as well as between one SKILLROW and another set at the same rowing level.

In order to compare a single person's training results or the training results between different individuals, the DRAG FACTOR must be taken into consideration. The DRAG FACTOR is a measure of the "boat's" agility.

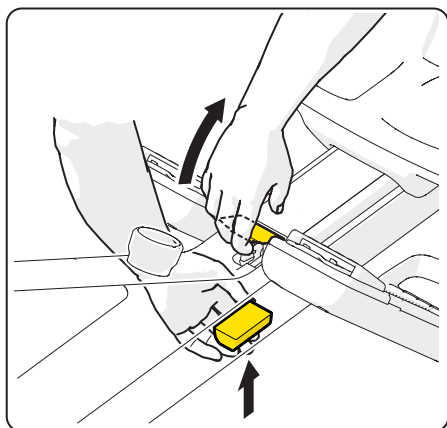
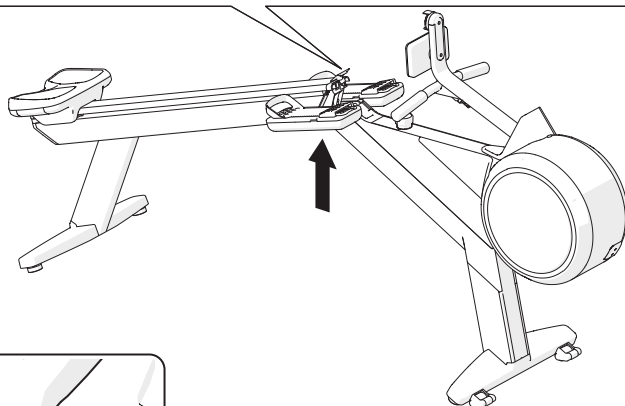
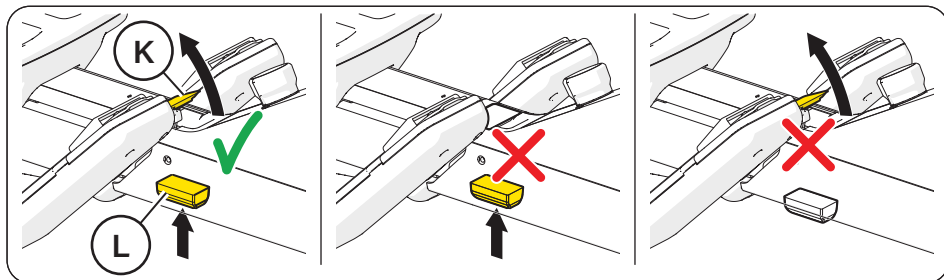
To display the drag factor, see the chapter covering the interface.

Opening and folding the product

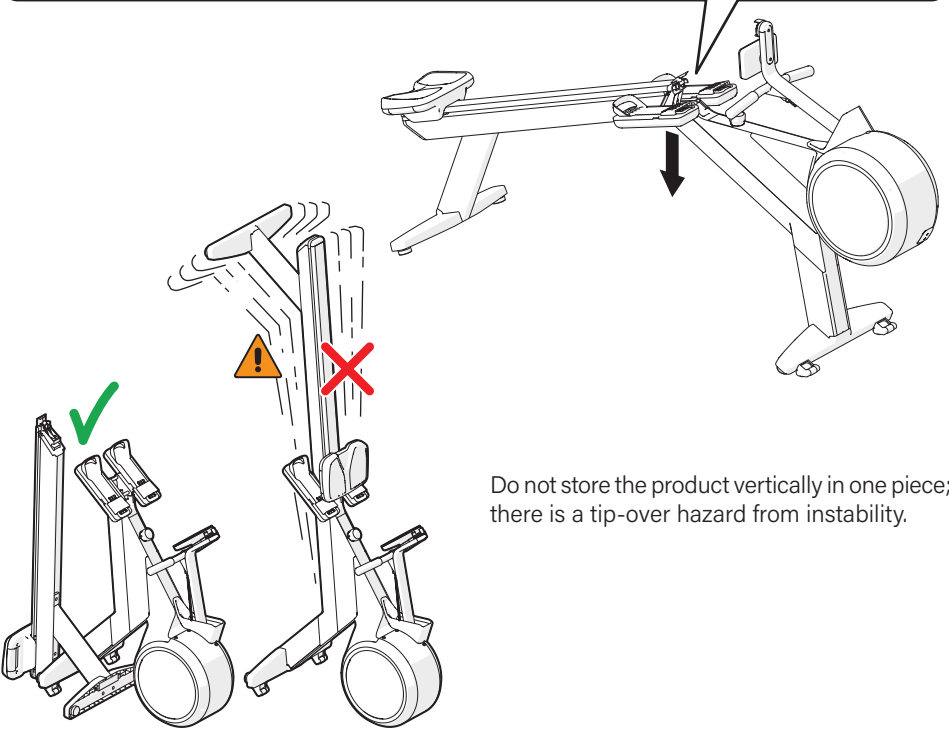
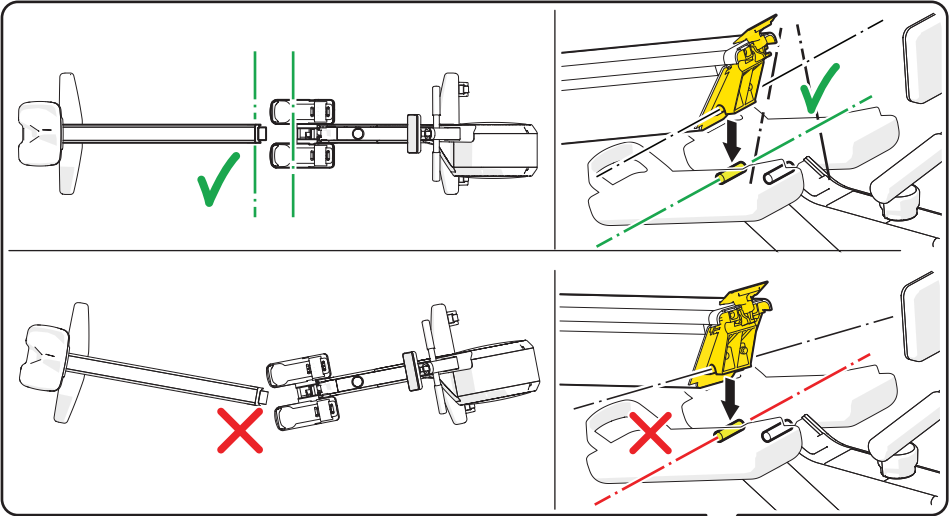
Divide the product into two parts to stow it away after use.

Pull lever (K) and press element (L) simultaneously. This will release the glide rail.

The two parts can fall once they have been released; hold both parts and be careful.



To re-assemble the product, bring the two parts together; they will latch automatically.
The two parts must be perfectly aligned before they can latch.



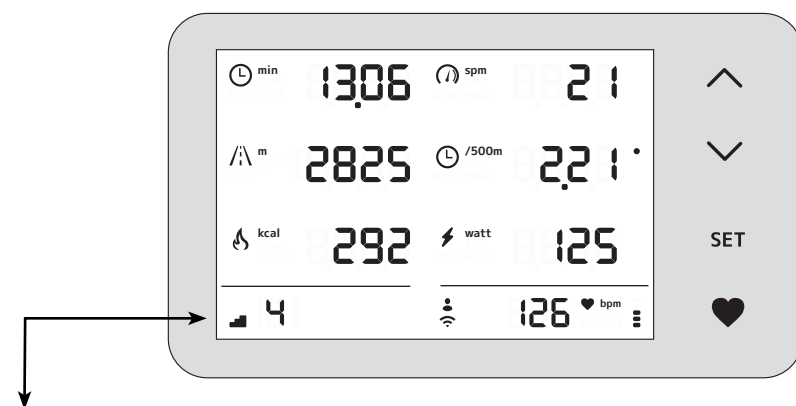
Do not store the product vertically in one piece;
there is a tip-over hazard from instability.

Interface

To turn on the display, start the movement and continue for a few seconds. If the movement continues for more than 3 seconds, an exercise will be started.

To turn off the display, interrupt movement: the pull handle must be kept still for at least 30 seconds.

If the display does not turn on or it turns off immediately during the exercise, this means either the speed or intensity is too low. Increase the speed or intensity of the movement.



This symbol indicates the current training mode: standard or power.

The numerical value indicates the resistance levels (standard mode), from 1 to 10.

The notches to the right of the numerical value indicate the magnetic resistance (power mode), from 1 to 3.



This symbol indicates you are logged in.

You can log in if the Wi-Fi connection is active.

To log in, you can use the TGS key, the Technogym App or the Mywellness App.

When you are logged in, results will be saved in the personal profile at the end of the exercise.



This symbol indicates an active Wi-Fi connection.

If the connection is active, you can log in.

To set the Wi-Fi connection, use the Technogym App.



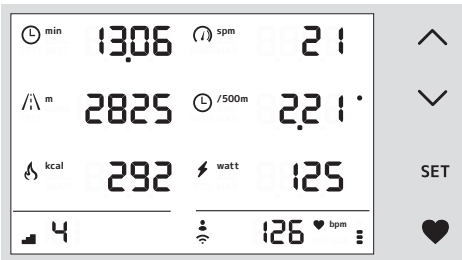
The heart symbol indicates that a heart rate monitor is in use.

The numerical value next to the heart indicates your heart rate per minute (bpm).

Data displayed while exercising

While exercising, the first column on the display will show the following instant values.

- Time elapsed from the start of the exercise, in minutes and seconds.
- Distance covered, in metres.
- Calories burned.



In the second column, the values are spread across three pages. To go from one page to another, use the two scroll keys on the right.



spm Speed, in "strokes per minute" (spm).
Instant value.

/500m Time to 500-metre distance, in minutes and seconds.
Instant value.

watt Power, in watts.
Instant value.

**spm
AVG** Speed, in "strokes per minute" (spm).
Average value from the start of the exercise.

**/500m
AVG** Time to 500-metre distance, in minutes and seconds.
Average value from the start of the exercise.

**watt
AVG** Power, in watts.
Average value from the start of the exercise.

The values in the third page change depending on the training mode.

- When in ROWING training mode, the drag factor is displayed, providing a measure of actual exertion.
- When in POWER training mode, the number of repetitions and instant power are displayed.

Data displayed at the end of the exercise

At the end of the exercise, the first column will display the following totals.

- Time elapsed from the start of the exercise, in minutes and seconds.
- Distance covered, in metres.
- Calories burned.

The second column will display the following values.

- Speed, in "strokes per minute" (spm).
- Time to a 500-metre distance, in minutes and seconds.
- Power, in watts.

The results in the second column are spread out across three pages. Each page will display for 5 seconds and then the display will turn off.

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

For exercises in POWER mode, the total number of repetitions and MOVE consumption will also be displayed.

Starting the exercise (exercise types)

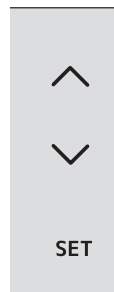
If the pull handle is operated for at least 3 seconds without pressing any button, an exercise without time limit will start automatically. If you stop movement of the pull handle for at least 3 seconds, the exercise will be placed in standby; after 35 seconds of standby, the exercise will be interrupted and the results displayed.

Press the SET key to set other types of exercise.

After pressing SET, use the two scroll keys on the right to scroll through the exercises and tests available.

The following exercises and tests will be displayed (in the order shown).

- Exercise with a set time, in minutes.
- Exercise with a set distance, in metres.
- Exercise with a set calorie consumption.
- Distance-based interval exercise: you set a distance for the effort phase and a time for the recovery phase.
- Time-based interval exercise: you set a time for the effort and recovery phases.
- Test: cover a 2000-metre distance.
- 30-second test.



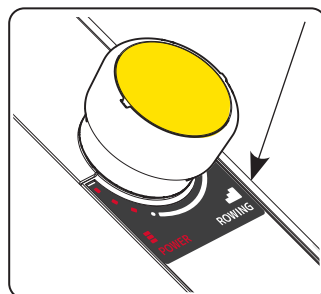
To select an exercise or test, press the SET key when the exercise shows on the display.

After selecting the exercise, set the values (time, distance, calories) using the scroll keys. Press the SET key to confirm the value and start the exercise.

To cancel the exercise, hold the SET key down for at least 5 seconds.

There is no need to set a value for the tests.

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



Heart rate measurement

The display has a receiver that receives the heart rate frequency signal from the heart rate monitor.

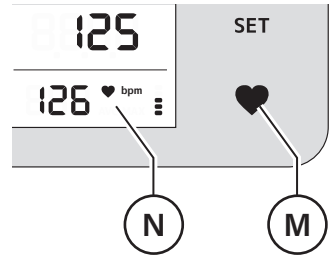
Bluetooth Smart and ANT+ transmission technologies are supported.

To show the heart rate measurement on the display, the heart rate monitor must be paired to the product.

The pairing procedure has to be repeated at each exercise.

To pair the heart rate monitor, press the heart symbol (M). Stay as close as possible to the receiver for 10 seconds to aid the connection process.

The heart icon (N) on the display will flash during pairing. Once paired successfully, the icon will remain lit and the instant heart rate value will be displayed.



Your heart rate will be shown in beats per minute.

If you are logged in and your threshold heart rate (HRmax) was recorded in your profile, the 5 notches will light up.

- 1 notch indicates the measured heart rate is between 10% and 30% of your HRmax.
- 2 notches indicate the measured heart rate is between 30% and 50% of your HRmax.
- 3 notches indicate the measured heart rate is between 50% and 70% of your HRmax.
- 4 notches indicate the measured heart rate is between 70% and 90% of your HRmax.
- 5 notches indicate the measured heart rate is higher than 90% of your HRmax.

If a threshold value was not recorded in the user profile, the user's age will be the reference for the calculation.



Warnings

Do not use the heart rate monitor if you have a cardiac support device such as a pacemaker or similar.

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).

When shown on the display, the heart rate is only an approximate measure and must not be taken as an unquestionable fact. It is not to be used for medical cardiac diagnoses of any kind.

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

If you have trouble connecting your personal heart rate monitor to the product:

- make sure the heart rate monitor is fully charged;
- make sure the heart rate monitor is not already connected to other devices.

Technical specifications

Product dimensions	2435 x 1280 x 629 mm (96 x 50 x 25 in.)
Weight of the product	61 kg (134 lbs)
Maximum user weight	160 kg (353 lbs)
Battery type	sealed lead
Battery capacity	12 V 24h
Maximum charge current	200mA
Time to full charge	10 hours
Protection rating	IP 20
Operating temperature	from +5°C to +35°C (+41°F to +95°F)

Recharging the battery

This is a self-powered product.

The product comes with a battery inside that charges while exercising.

The display turns on when you start an exercise.

When you finish the exercise, the display will flash for a few seconds and then show the results. If the display turns off without showing the results, the battery might be drained.

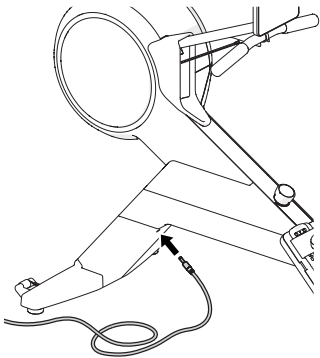
The battery might drain completely: i) if the product remains unused for an extended period of time; or ii) if a type of exercise that is unable to sufficiently charge the battery is performed on the product for a long time.

To charge the battery, exercise 5 minutes or more at minimum 20 spm.

If you want to use an external power supply, only use an EA10682P power adapter from Edac Power Electronics CO LTD, which is type-approved for this application.

The adapter is NOT supplied with the product but can be purchased directly from Technogym S.p.A.

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



Moving the product

The product has fixed wheels. To move it, lift it up slightly, as shown in the illustration, and push it forwards or backwards.

Lift and move the product only as shown. Do not lift or move the product by any other part.

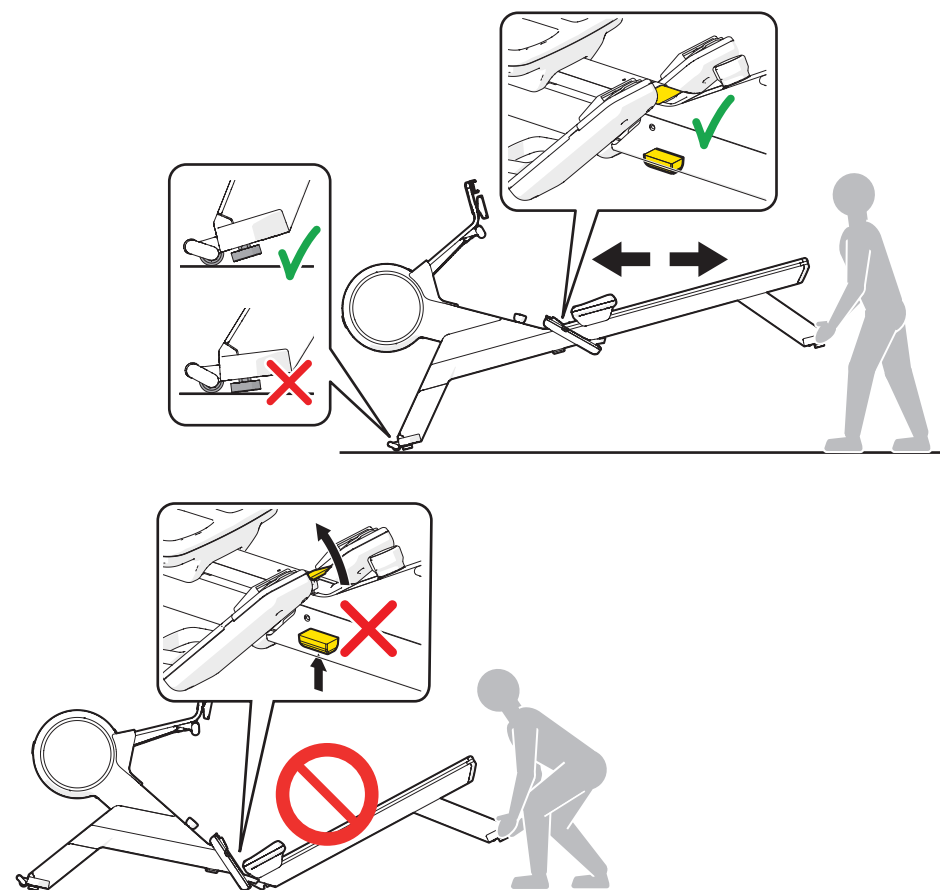
After moving the product, always check it is level to ensure correct operation.

Move the product very carefully because it may become unstable and tip over.



Warning

Before moving the product, make sure the release lever is not up and that the two parts of the product are latched together.

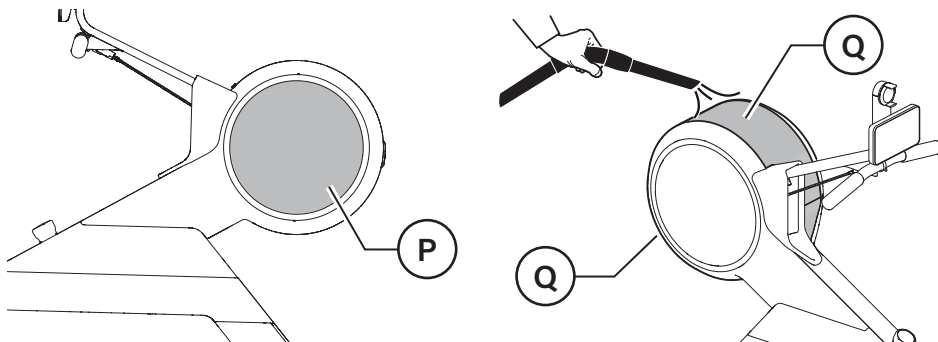


Maintenance

The product should always be kept clean, in compliance with common health and hygiene standards.

Use a damp cloth and mild soap for cleaning. Dry thoroughly after cleaning.

Use a vacuum cleaner to clean the guards at the air intake (P) and outlet (Q).



Move the product to clean the area underneath with a vacuum cleaner.

Do not use chemical products or solvents; do not use abrasive products.

Contact the Technogym Technical Support Service for information about any maintenance operations not described in this manual.



Warnings

Keep the product in good working condition.

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

Do not use the product if there are defective or worn parts. Contact the Technogym Technical Support Service immediately for the replacement of any defective, worn or damaged parts.

During any type of handling, maintenance or cleaning operation, always keep a watch on all the areas of the product that could trap parts of the body.

Do NOT modify the product.

Do not remove the labels attached to the product.

Do not attempt any maintenance work on the product other than the operations described in this manual.

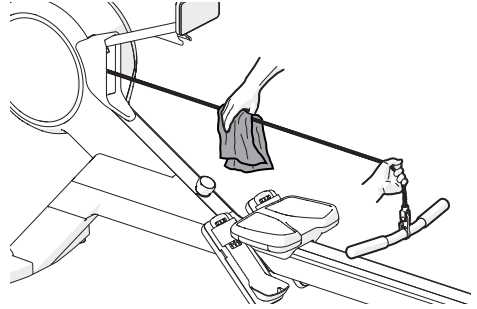
Maintenance operations not described in this manual, installation and calibrations must be carried out by qualified Technogym staff or persons authorised by Technogym.

Maintenance activities are not allowed while the product is in use.

Any work on the product by persons unauthorised by Technogym will invalidate the warranty.

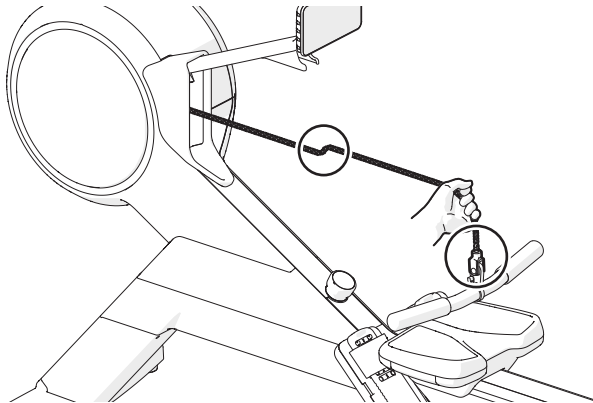
Oil the chain once a month:

- use a soft cloth and 20w lubricant (we recommend Klüber Summit Hysyn FG 32);
- apply the oil along the entire length of the chain;
- wipe away any excess oil;
- repeat application, if necessary;
- do not use chemical products or solvents.



Do the following checks once a month:

- Ensure there are no stiff links in the chain. If the links do not loosen after lubrication, contact the technical support service.
- Check the connection between the chain and the pull handle and replace any worn components.
- If the pull handle does not fully return to the end of travel, contact the technical support service to adjust the length of the elastic.



Easily solved problems

Problem	Cause	Remedy
The display turns off immediately or does not turn on at all when exercising.	The battery is drained.	Charge the battery.
The pull handle does not fully return to the end of travel.	The elastic is loose.	Contact Technogym Technical Support.
Not braking as it should.	Dusty outlet guard or flywheel.	Clean the air intake and outlet guards.

Technical Support Service

The contact details for the manufacturer's Technical Support Service are provided below.

<https://www.technogym.com/support>

Storage and disposal

If a long period of non-use is expected, it is advisable to store the product in a clean and dry place under a dust cover, at a room temperature between -10°C (14°F) and 70°C (158°F) and humidity between 20% and 90%.

Inspect the product and ensure it is not a potential source of danger.

Do not allow children to have access to the product.

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 by firms specialised in urban and environmental hygiene in the manner prescribed by the urban waste collection regulations in force.

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 Union may take used electrical and electronic equipment to authorised collection centres.

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 the battery

The product contains a lead battery. To remove the battery safely, follow the instructions below. The battery is made of non-recyclable materials; do not abandon it in the environment. The battery must be disposed of in compliance with local regulations. Contact a municipal and environmental hygiene services company.

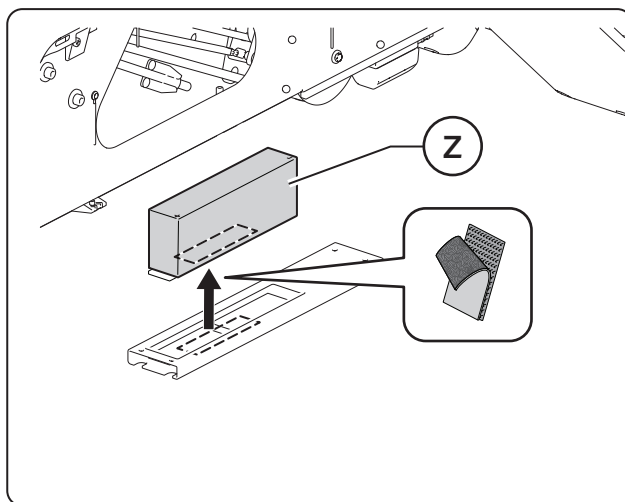
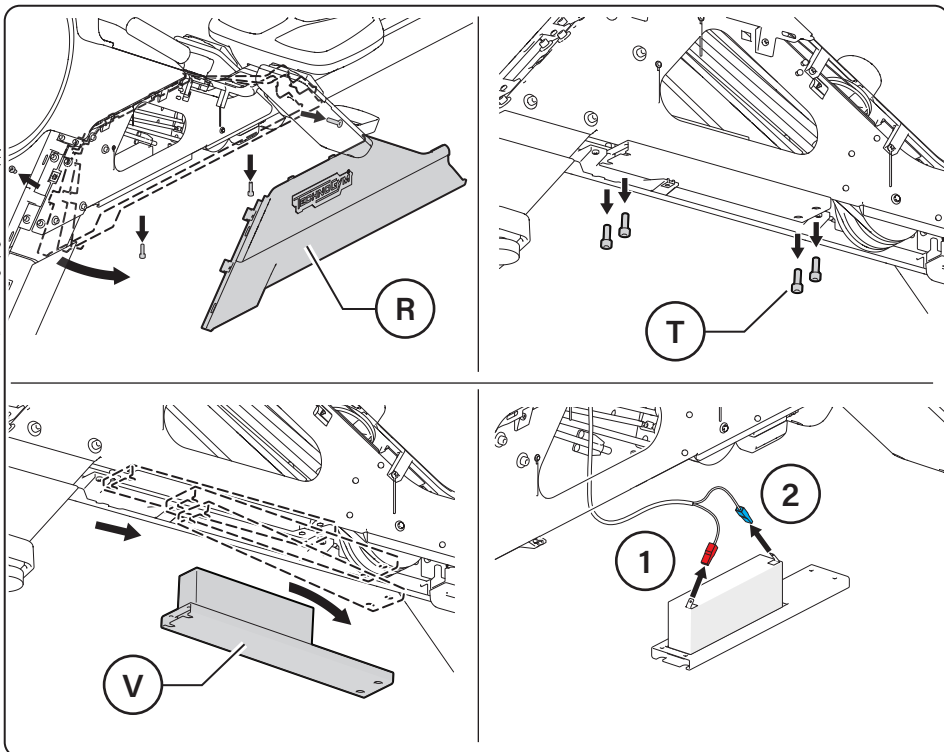
Unscrew the 4 screws and remove the cover (R).

Unscrew the 4 screws (T).

Remove the element (V).

Disconnect the wire on the red pole first (1), and then the wire on the black pole (2).

Remove the battery (Z).



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