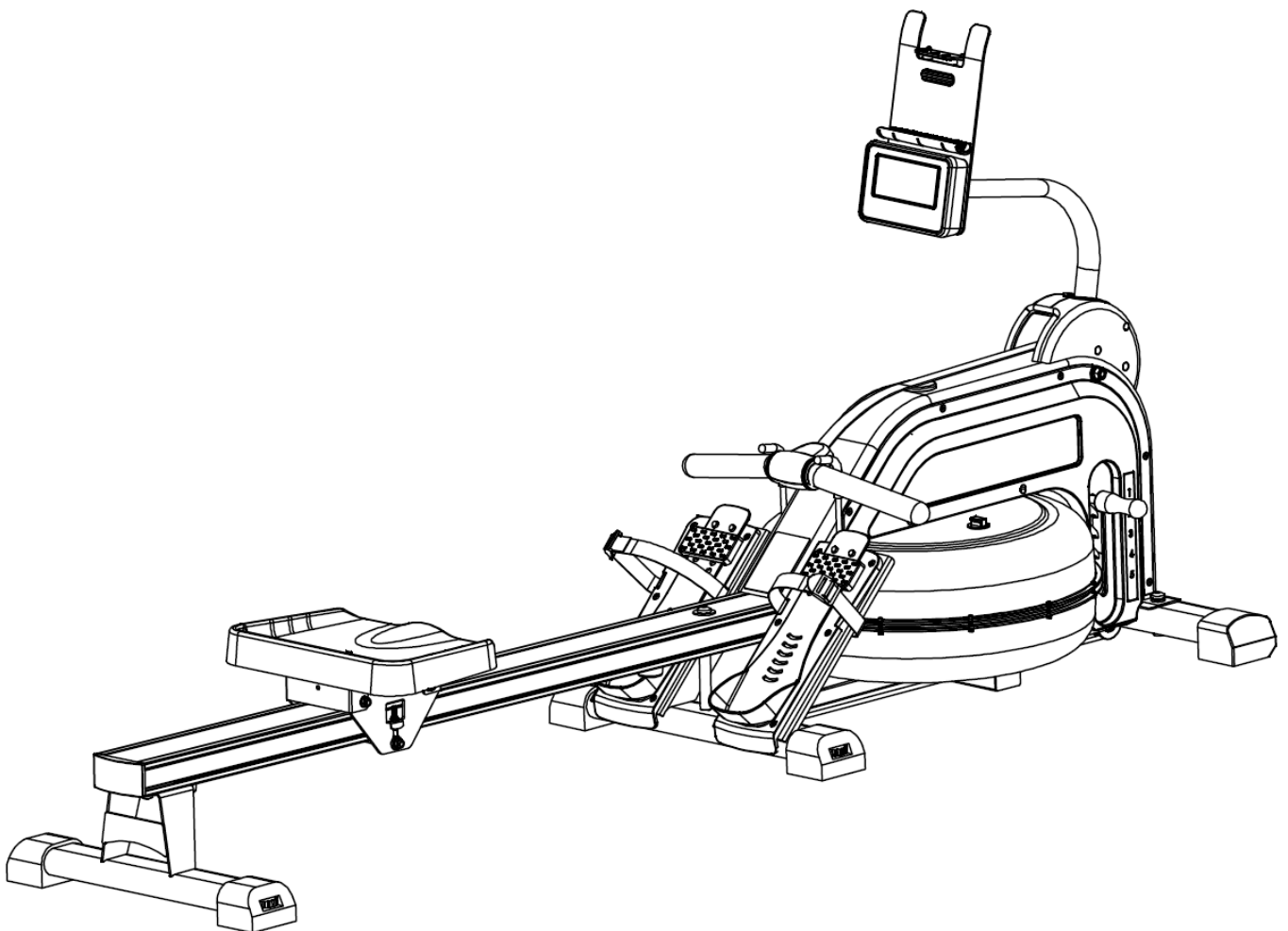


AQUA 1 HYDRO ROWER

INSTRUCTION MANUAL

Please read this book thoroughly before operating the rower



Scan the QR code for a step-by-step video guide on how to assemble your rowing machine.

Scan the QR code to view our support center for more technical resolutions and FAQ's about your item.



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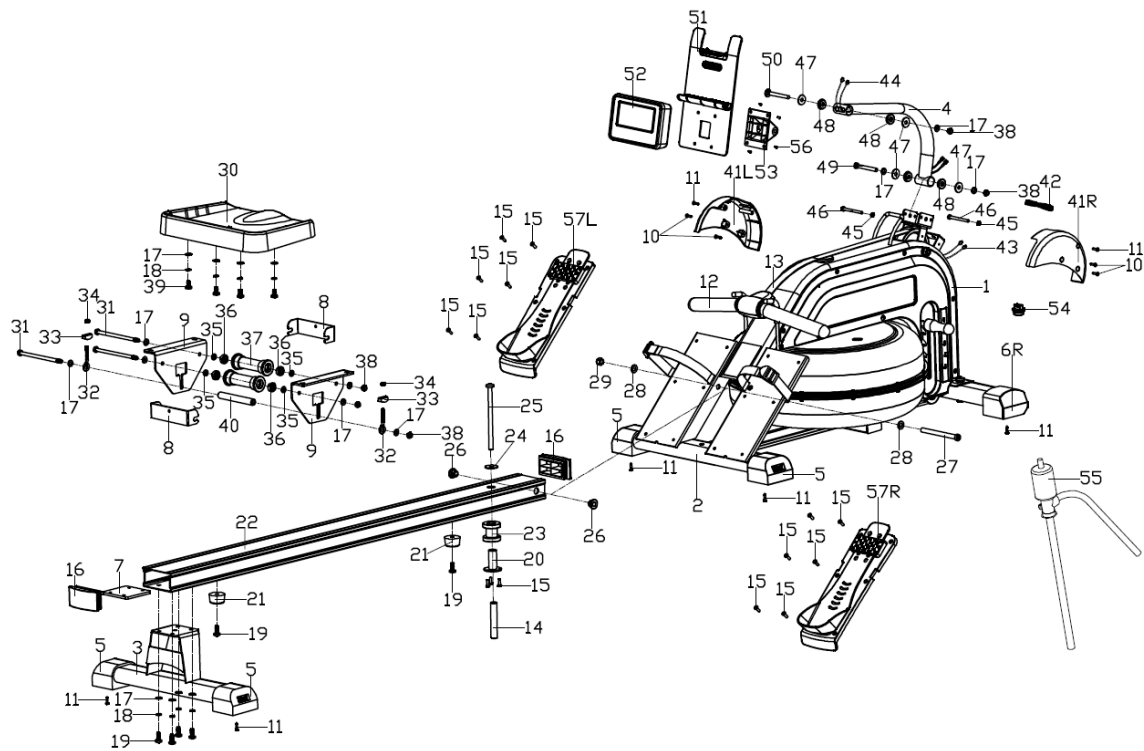
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Disclaimer

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EXPLODED DIAGRAM



PARTS LIST

NO.	Description	QTY	NO.	Description	QTY
1	Main frame combination	1	30	Saddle	1
2	Pedestal combination	1	31	Hexagon bolt M8x145	3
3	Rear stabilizer combination	1	32	Adjustable bolt	2
4	Swing tube combination	1	33	U-shape washer	2
5	Rear stabilizer end cap	4	34	Nylon nut M6	2
6L/R	Front end cap	Pr1	35	Rail wheels bushing	4
7	Board	1	36	Bearing	4
8	U baffle plate	2	37	Rail roller	2
9	Left support frame	2	38	Nylon nut M8	5
10	Cross head screw M5x10	4	39	Hexagon bolt M8x16	4
11	Cross pan head screw ST4.2x18	8	40	Bushing	1
12	Handlebar	1	41L/R	Wheels protective cover	Pr1
13	Braid	1	42	Seal ring	1
14	Bushing	1	43	Sensor wire	2
15	Cross head screw M5x15	15	44	Extension wire	2
16	Square tube end cap	2	45	Hexagon Nut M6	2
17	Flat washer D8 x1.5	17	46	Hexagon bolt M6x65	2
18	Spring washer D8	8	47	Cushion 1	4
19	Hexagon bolt M8x20	6	48	Alloy bushing	4
20	Registration mast	1	49	Hexagon bolt M8x70	1
21	Cushion	2	50	Square screw M8x74	1
22	Guide rail	1	51	Ipad shelf	1
23	Strengthen pillar	1	52	Display	1
24	Flat washer D10xD23x2	1	53	Fixed base	1
25	Hexagon bolt M10x165	1	54	Hole plug	1
26	Alloy bushing	2	55	Plastic pump	1
27	Hexagon socket cap screws M10x125	1	56	Cross head screw	4
28	Flat washer D10×2	2	57L/R	Paddle combination	Pr1
29	Nylon nut M10	1			



1 Safety Instructions

Please pay attention to the following instructions before operating this rowing machine.

IMPORTANT SAFETY INFORMATION

Thank you for choosing our product. To ensure your health and safety, please use this equipment as advised. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used in accordance to the manual. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program, you should consult a health professional to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. A health professional's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, light-headedness, dizziness or feelings of nausea. If you do experience any of these conditions, you should consult a health professional before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet (61 cm) of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately. Please contact JLL Fitness on 0800 6123 988 for advice on how to resolve the issue.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.



9. The maximum weight capacity of this unit is 150 kg.
10. To avoid bodily injury and/or damage to the product or property, ensure to follow safe procedures for lifting and moving the item.
11. Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.
12. This equipment is designed for indoor home use only, it is not intended for commercial use.

USER SAFETY PRECAUTIONS

PRIOR TO USE

- Assemble the rower according to the instruction manual.
- Consult your doctor before beginning any exercise program.
- Read instructions.
- Read warning labels.
- Read emergency stop procedures.
- Maximum user weight is 150 kg, 23.62 St or 330 lb.
- Inspect unit. If damaged, DO NOT USE.
- Ensure every bolt and screw is securely tightened.

DURING USE

- DO NOT use for stretching and DO NOT attach straps or other devices.
- DO NOT allow children aged 12 or younger to be on or near the machine.
- Stop exercising if you feel faint, dizzy, or encounter pain.
- Keep all clothing and accessories clear of moving parts.

EXERCISE SAFETY PRECAUTIONS

- Use sports clothes and gym shoes.
- This model should only be used at home, DO NOT use for commercial purposes.

FACILITY SAFETY PRECAUTIONS

- DO NOT operate this machine in damp or wet locations.
 - Use caution when getting on or off the rower.
 - Check the rowing machine for worn or loose components before each use. DO NOT use until worn or damaged parts are replaced.
 - Maintain regularly. Refer to *Preventive Maintenance* chapter.
 - DO NOT use the rower if: (1) the machine is not working adequately or (2) the rower has been dropped or damaged.
 - DO NOT use the rower outdoors.
-



- Read the instruction manual completely before using the rower.
- Ensure all users wear appropriate footwear on JLL® equipment.
- Set up and operate the rowing machine on a level surface. DO NOT operate in small restricted areas or on plush carpet.
- As far as possible provide the following clearances: 0.5 m at each side and 2 m at the back. Be sure your machine is clear of walls, equipment and other hard surfaces.
- DO NOT modify the unit in any way. Any modifications will void the warranty.
- All the data displayed by the monitor is for reference purposes only.

WARNING STICKERS

Warning stickers indicate a potentially hazardous situation which, if not avoided, could result in death or serious injury. Carefully read the following caution and warning labels before using the unit.

WARNING

DO NOT touch any moving parts during use.

Children and pets must be kept away from machine at all times.

Appropriate clothing **MUST** be worn whilst exercising.

Please consult a doctor or health professional before undertaking any exercise or health regime.



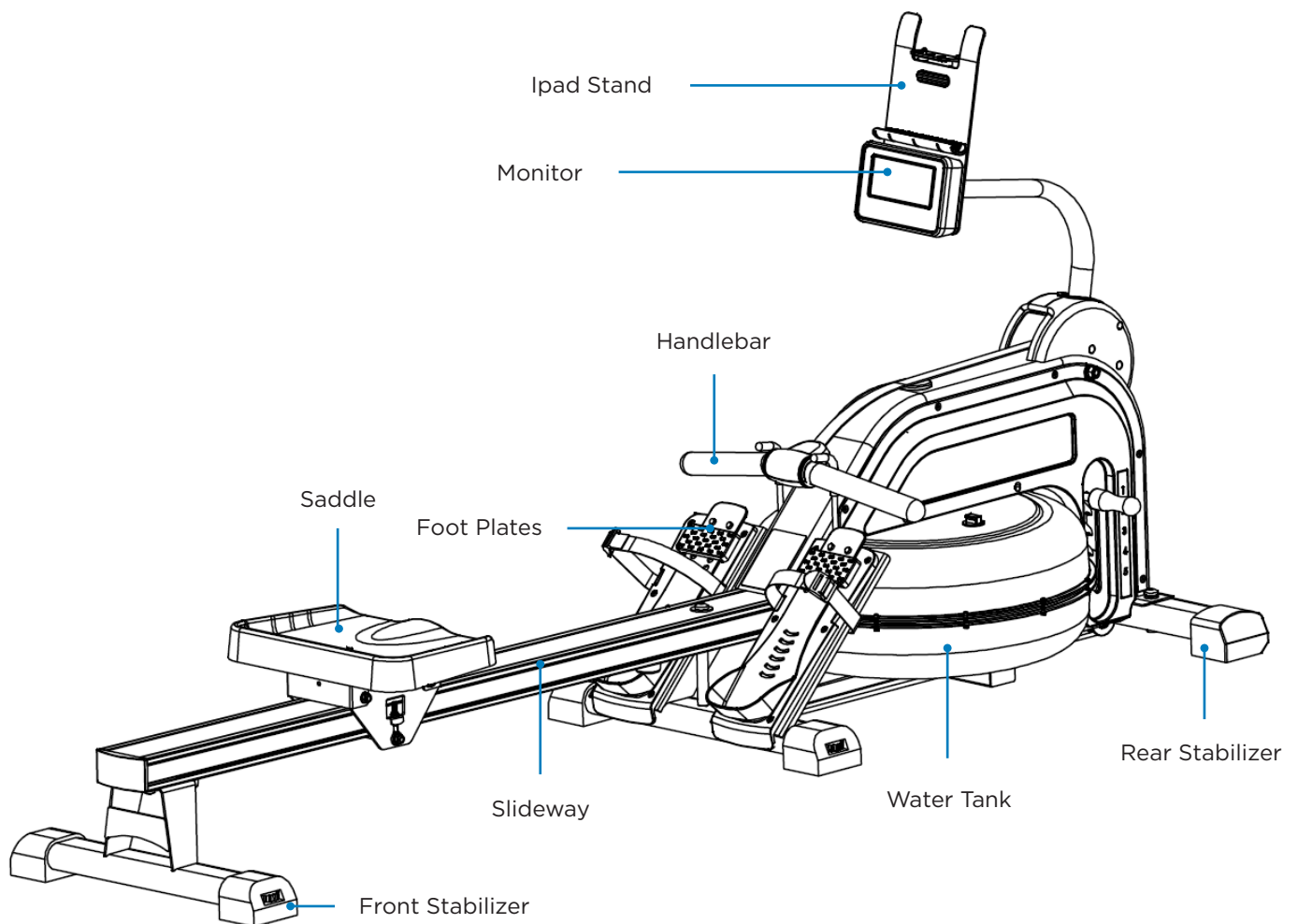
2 Assembly

PREPARING SITE

To find the ideal location to set up this rowing machine, ensure that:

- Area is well illuminated and well ventilated.
- Surface is level.
- There is enough space to access the unit and emergency dismount. If it is possible, keep the following clearances: 0.5 m at each side and 2 m at the back.
- The rowing machine is placed in an environment with a relative humidity range of 30-50%. Please ensure the temperature is kept constant. Do not use in a moist or damp environment as this may impact on the integrity and performance of the machine.

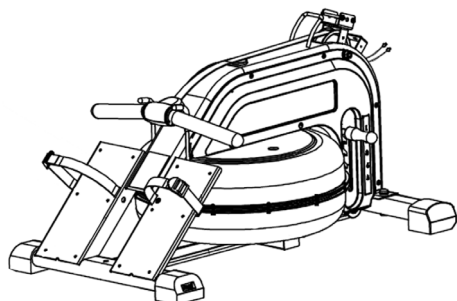
DIAGRAM



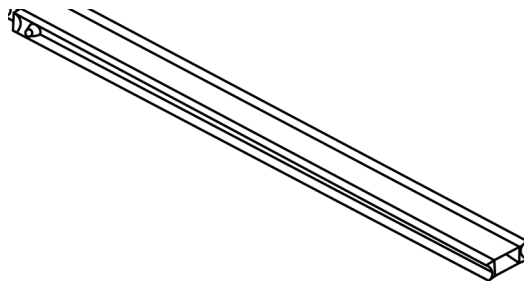
CONTENT LISTING

See diagram (left) and content listing (below) for rower box contents. See *Customer Service* chapter for contact information if any parts are missing.

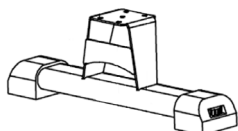
BOX CONTENTS



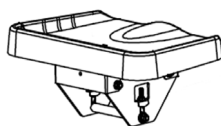
Rower Main Base



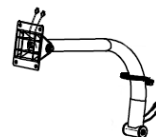
Slideway



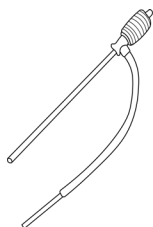
Rear Stabilizer



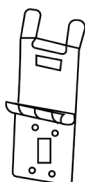
Saddle



Monitor Arm



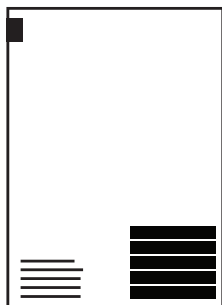
Pump



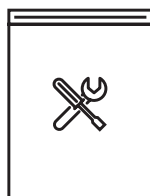
Ipad Stand



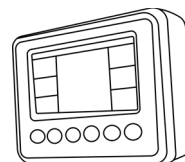
Protective Covers



Manual



Tools Pack²



Monitor



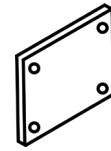
² TOOLS PACK



Cross Head Screw
M5X10
x4



Cross Head Screw
ST4.2X18
x2



Nut Plate
x1



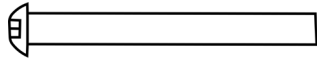
M8x20
Hexagon Bolt
x4



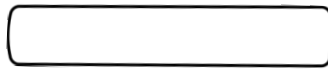
Spring Washer
x4



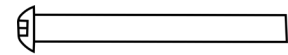
Flat
Washer
x4



M10x165 Hexagon Bolt
x1



Alloy Bushing
x1



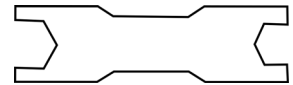
M10x125 Hexagon Socket
Cap Screw
x1



7mm Hex Allen Key
x1



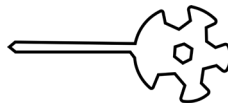
Water Purification
Tablets
x1



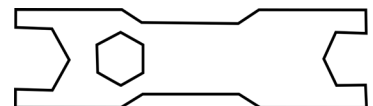
Small Hex Spanner
x2



9mm Hex Allen Key
x1



Multi-Tool
x1



Large Hex Spanner
x1



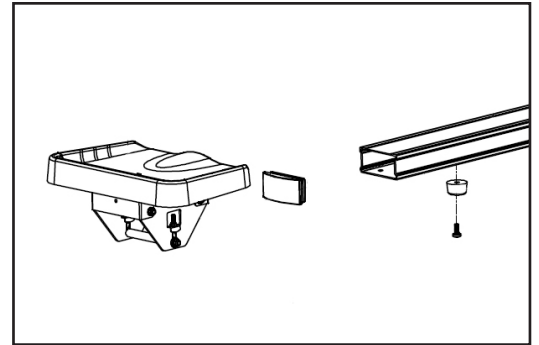
AQUA 1 ASSEMBLY

The rower has been assembled and tested at the factory, so you shouldn't have any problems putting all the parts together. Components are designed to fit together, and only basic tools are required for the assembly process. Inside the box you will find a Tools Pack (Hex Allen Key, Spanner, Washers and Bolts). See previous page.

To assemble your JLL Aqua 1 please follow these easy steps:

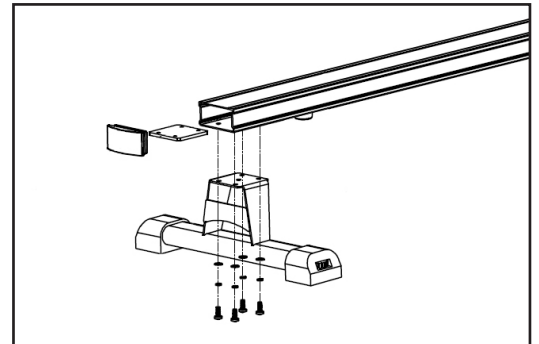
STEP 1

Remove the rubber cushion and end cap from the slideway, attach the saddle and secure the rubber cushion back on.



STEP 2

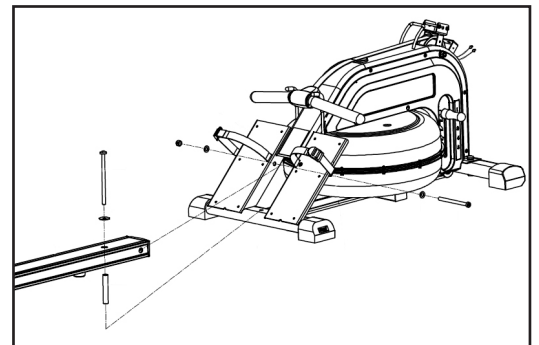
Place the nut plate into the slideway and align the holes, secure the stabiliser to the slideway using four bolts and washers. Then reattach the end cap.



STEP 3

Attach the slideway to the main base using a large hex bolt, flat washer and nylon nut. (Behind the foot plates)

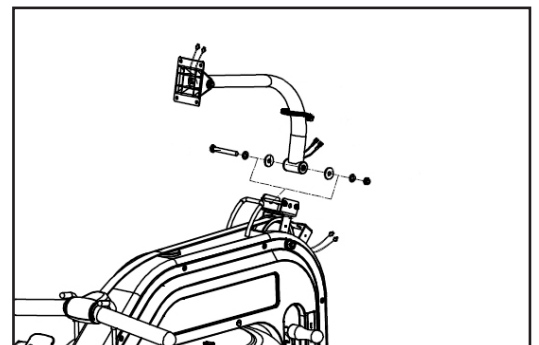
Then secure using a large Allen head bolt, flat washer and bushing through the top of the slideway.



STEP 4

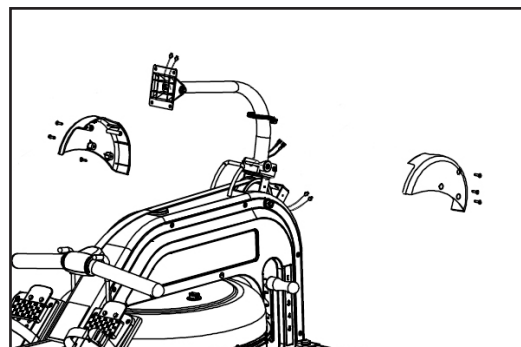
Secure the monitor arm to the main base using a hex bolt, flat washers and nylon nut.

Then connect the sensor wires from the base to the monitor arm.



STEP 5

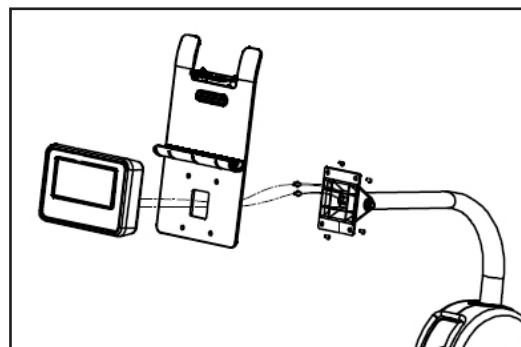
Next, add the protective covers around the arm making sure they fit into the seal ring. Use three screws on each side.



STEP 6

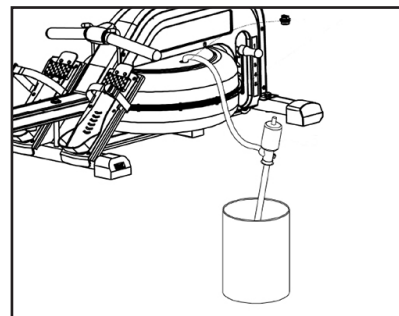
Lastly, remove the screws from the back of the monitor and feed the wires from the monitor through the Ipad stand and connect to the wires from the arm.

Then secure the monitor and stand to the arm using the screws previously removed.



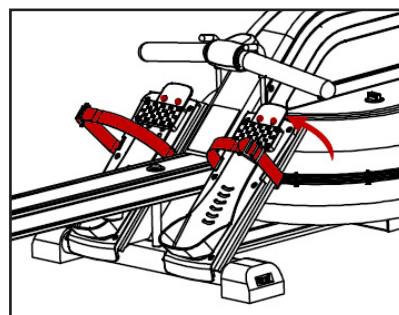
FILLING THE TANK

Pop out the hole plug on top of the tank.
insert the flexible end of the pump into the hole and
insert the rigid end into a container of water.
Squeeze the pump to filter water in and fill to the
level gauge.



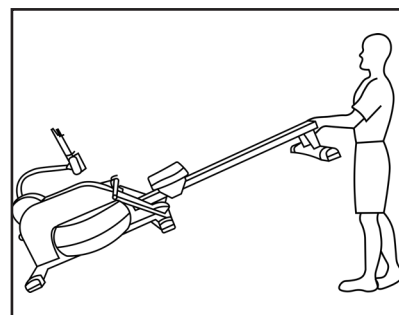
ADJUSTING THE PEDALS

The pedal foot length can be adjusted to fit the
users size. Lift the top lip until it pops out of the two
raised plugs then slide to your desired length.
To tighten, pull on the end of the pedal strap.



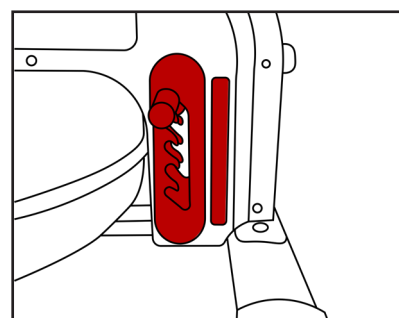
MOVING THE MACHINE

To move the machine, lift up from the stabilizer
until the transport wheels on the opposite stabilizer
touch the ground. With the wheels on the ground,
you can transport the rower to the desired location
with ease.



ADJUSTING THE RESISTANCE

To adjust the elastic resistance grab the handles on
both sides of the machine and either slot it up or
down into the hooks. Make sure to move both sides
at the same time.



MONITOR CONFIGURATION



1	LCD display	2	Recovery Button
3	Reset Button	4	Start/Stop Button
5	Enter Button	6	Down Button
7	Up Button		

MONITOR SPECIFICATIONS

Time.....	00:00 - 99:59 MIN:SEC
Time 500M.....	00:00 - 99:59 MIN:SEC
Stroke.....	0 - 9999
Calorie.....	0.0 - 999.9
Distance.....	0.0 - 999.9
Strokes Per Minute.....	0 - 9999
Total Strokes.....	0 - 9999
Pulse.....	0 - 240
Temperature.....	0°C
Calendar.....	year, month, day
Clock.....	00:00



SPECIFICATIONS

Display	LCD Monitor: Time, Time 500M, Calorie, Distance, Strokes, Strokes Per Minute (SPM), Pulse, Total Strokes, Date, Clock, Calendar and Temperature
Storage	Built-in wheels.
Resistance	Dual water and elastic resistance, 5 levels of elastic resistance.
Battery	2 x AA
Saddle	Foam filled seat with free movement up and down the slideway.
Pedals	Wide platform pedals with adjustable straps
Handlebars	Ergonomic handlebar
Colour	Black
Slideway Length	93cm
Maximum User Weight	150 kg, 23.62 St or 330 lb.
Occupying Area	211 cm (Length) x 55 cm (Width) x 100 cm (Height)
Packaging Dimensions	Box 1: 103.5 cm x 57 cm x 57 cm Box 2: 141.5 cm x 11.5 cm x 8 cm
Gross Weight	Box 1: 38kg Box 2: 3.6kg
Net Weight	Box 1: 32.4kg Box 2: 3.2kg



3 Operation

OPERATION PROCEDURES

Auto On/Off: The monitor will turn on when you start rowing or by pressing any button. The monitor will turn off after being inactive for 4 minutes.

When the monitor is powered on, the LCD display will show all the segments for 1 second.

Firstly, you will need to enter the Year (within the Strokes section), the Month (within the Calories section) and the Day (within the Pulse section). After you confirm this, the alarm will sound off.

Press the UP button to set the ON/OFF which is the sign of the alarm.

If the alarm symbol does not display press ENTER, when the alarm display is on you can set the time of the alarm (the same way in which you set the date).

Next press ENTER so that the sport symbol in the top left corner is showing, the MANUAL and RACE will blink ready to be selected. Press UP or DOWN to select either one and then press ENTER to confirm.

MANUAL

Once entered into the manual mode, press UP to set the time, this will be flickering.

Once you have set your target time press ENTER to confirm it. DISTANCE - STROKES - CALORIES - PULSE - TIME can all be set to a specific target however, multiple functions cannot be set during one workout. (e.g. if a target time has been set then a target distance can't also be set)

Press the START/STOP key to begin, the STOP icon will disappear and you can press UP or DOWN to select functions. When the specific function has counted down to zero or you have pressed the START/STOP button the monitor will stop and display the average figure.

RACE

Once you have entered into the RACE mode using the previous steps, the L1 will flash and the TIME 500M may display with 8:00. Use the UP or DOWN buttons to select L1-L15 and press ENTER to confirm. After, you can set the distance of the race (500m - 10000m), the distance section should be flashing. Press ENTER and the image of the race will display on the center segment. The figures of TIME 500M are;

L1 - 8:00	L4 - 6:30	L7 - 5:00	L10 - 3:30	L13 - 2:00
L2 - 7:30	L5 - 6:00	L8 - 4:30	L11 - 3:00	L14 - 1:30
L3 - 7:00	L6 - 5:30	L9 - 4:00	L12 - 2:30	L15 - 1:00



Press the START/STOP button and the STOP icon will disappear. The monitors race character and yourself will show in the center, the monitor will stop when you have reached the target distance of the race. PC WIN or USER WIN will be shown. When the race has been completed, you can press START/STOP to repeat the race again.

RECOVERY

After exercising for a period of time, if you are wearing a chest strap press RECOVERY. All functions will stop except for time, this will start counting down from 60 seconds. The screen will then display your heart rate recovery status with F1-F6, F1 being the best and F6 being the worst. Press the RECOVERY button again to return to the main display.

FUNCTIONS

TIME: Counts the duration of your workout.

TIME 500M: Calculates your average 500 meter time. Shares the same segment as time.

STROKES: Counts the strokes completed during your workout.

CALORIE: Counts the estimated calories burnt while exercising.

STROKES PER MINUTE: Displays the average strokes per minute.

DISTANCE: Displays the distance covered in meters throughout your workout.

PULSE: Displays your current heart rate during your workout. The pulse measurement will only function with a chest belt system.

CALENDAR: The monitor will display year, month and day when the monitor is asleep.

TEMPERATURE: The monitor will display current room temperature when the monitor is asleep.

CLOCK: The monitor will display the current time when it is asleep.

TESTING THE ROWER OPERATION

Use the following instructions to test the full resistance of the rower and to check the chain for proper operation.

1. Sit on the machine and place your feet on the foot plates, gently complete a few strokes.
2. Check the monitor to make sure the digits are changing.
3. Turn the damper from 1 to 10 and check to feel a difference in the difficulty of resistance.
4. As you are performing each stroke make sure the chain is retracting fully into the base and is not slack.
5. Also make sure there are no unusual noises coming from the machine and no wobble during your workout.



4 Maintenance

Maintenance must be performed on a regular basis. Performing maintenance actions can aid in providing safe and trouble-free operation of all JLL® equipment.

JLL® are not responsible for performing regular inspection and maintenance actions for your machine. JLL® representatives are available to answer any questions that you may have on +44 (0)800 6123 988.

PREVENTIVE MAINTENANCE ACTIVITIES

Keeping the rowing machine in a clean state will help to prolong its life. Perform regular preventive maintenance to ensure normal operation of the unit. Keep a log of all maintenance actions to assist in staying current with all preventive maintenance activities. JLL® is not responsible for performing regular inspection or maintenance.

Read all instructions and warnings listed both in this chapter and in the *Safety* chapter. Contact JLL® Customer Service on +44 (0)800 6123 988 for any maintenance or service concerns.

Requirements:

- Water
- Dry cloth
- Vacuum

WARNING

1. Only use water to clean and dust. Do not use any cleaning product because they may damage the rower.
2. Be careful not to spill or get excessive moisture between the edge of the display panel, as this might create an electrical hazard or cause failure of the electronics.
3. Direct spraying could cause damage to the electronics and may void the warranty.



Depending on where the rowing machine is placed, you may experience dry air, causing a common experience of static electricity. You can notice that by walking across a carpet and then touching a metal object. On your rower you may experience a shock due to the build-up of static electricity on your body and the discharge path of the rower. If you experience this type of situation, you may want to increase the humidity to a comfortable level through the use of a humidifier.

Check your machine regularly for rust. If rust starts to appear on the screws it means the item is not housed in the correct environment and will need to be moved to a more suitable room. Any rust will indicate there may be moisture in the air and as a result this could impact on the integrity and performance of your machine.

WARNING

1. Use only JLL® replacement parts.
2. Keep water and liquids away from electrical parts.
3. If you allow your machine to become rusty, this will affect your warranty.

WATER PURIFICATION

With your new machine you'll also receive a bottle of water purification tablets. Each time you refill the tank one of these must be added. Use the syphon pump provided to empty and refill the tank.

It is recommended to refill your tank with clean water every 6 month's or when the water has gone cloudy.

*Please wash your hands after handling the tablets and do not place them near your eyes or mouth.



ROWER CLEANING

Keep the slideway free of dust and debris for smooth running and preventing injuries. Debris may cause damage to the rollers underneath the saddle.

After every workout use a neat, dry cloth for cleaning the machine and the handlebars to prevent the unit of corrosion. Wipe away any sweat that may have dripped. Avoid scratching the display by using a soft cloth.

Do not use abrasive or chemical cleaning agents.

3 EASY STEPS TO CLEAN YOUR ROWING MACHINE

Recommendation (these are just a guideline):

- Use a clean cloth to wipe down the whole machine.
- Vacuum or sweep the floor underneath and around the rower to prevent any dust going into the machine. A treadmill mat can help to reduce dust.
- Use a vacuum cleaner or a soft damp cloth to clean machines entire cover area. When not using product for an extended period of time the product should be folded and stored in a suitable environment.



5 Additional Information

CONTACT INFORMATION

In case any issues arise, please do not hesitate to contact our Customer Service team on +44 (0)800 6123 988 or email us at **CONTACT@JLLFITNESS.CO.UK**

You can also visit our support centre at **SUPPORT.JLLFITNESS.CO.UK** for maintenance and assembly articles & videos.

DISCLAIMER

- You should consult your physician, doctor or other health care professional before starting or taking part in any of our workout guides. It is your responsibility to evaluate your own health before taking part or performing any physical activity you may see associated with JLL Fitness Ltd.
- Always seek professional advice before changing your diet or starting any exercise program.
- JLL Fitness Ltd is not liable for any injuries or damages that may occur when assembling or using this rowing machine.
- By reading this you assume full responsibility for any injuries or changes to your physical well-being. You waive all rights and release JLL Fitness Ltd of blame from any injuries or damages to property that may occur whilst following our advice.
- This manual offers specific instructions on how to assemble and maintain your rowing machine. Failure to follow these directions may result in your warranty being void.





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