



CORE HEALTH & FITNESS

HIIT® ROWER

OWNER'S MANUAL



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WARNING!



Before using this product, it is essential to read the ENTIRE Owner's Manual and ALL installation instructions. The Owner's Manual describes equipment assembly and instructs members on how to use correctly and safely.

Read all warnings posted on the machine.



Health related injuries may result from incorrect or excessive use of exercise equipment. Core Health & Fitness strongly recommends you to encourage your members to discuss their health program or fitness regimen with a health care professional, especially if you or they have not exercised for several years, are over 35, or have known health conditions.

WARNING: to reduce the risk of serious injury to persons using this equipment, read and follow all of these warnings:

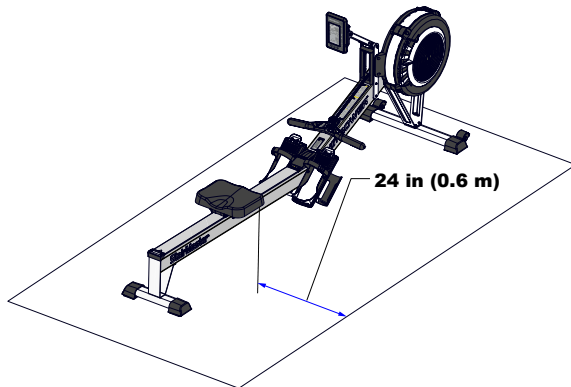


Fig. 1 Required Clearance

1. Assemble and operate the unit on a solid level surface. Position the machine with a minimum of 24 inches (0.6 meters) of clearance on one side to allow for ease of mounting and dismounting. Leave a minimum of 19.7 inches (0.5 meters) between two adjacent units. These dimensions are the recommended minimum distances.

The actual area for access and passage shall be the responsibility of the facility and should take into account this training envelope, Americans with Disabilities Act Accessibility Guidelines (ADAAG) requirements and any required local codes or regulations (www.access-board.gov/ada).

2. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. Use of this machine with a worn or weakened part, such as the chain, sprockets, chain/swivel connector, handle U-bolt or shock cord, may result in injury to the user. When in doubt about the condition of any part, STAIRMASTER strongly advises that it be replaced immediately. Use only genuine STAIRMASTER parts. Use of other parts may result in injury or poor performance of machine.
3. The safety and integrity of this machine can only be maintained when the equipment is regularly examined for damage and wear and repaired. It is the sole responsibility of the owner of this equipment to ensure that regular maintenance is performed. Worn or damaged parts must be replaced immediately or the equipment removed from service until the repair is made.
4. Do not exceed the maximum allowable weight limit of:
 - 350 lbs. (160 kg.)
5. This machine is not intended to be used by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless given instruction and under the personal supervision concerning use of the machine by a person responsible for their safety.
6. This equipment it is not suitable for therapeutic use.
7. Keep children away.

8. Seat rollers can cause injury. Keep children, pets, clothes, and fingers away from seat rollers.
9. Do not let handle fly into chain guide.
10. Pull straight back with both hands. Do not row with one hand only. Abuse of the chain can result in injury or damage to the equipment.
11. Never twist chain or pull from side to side.
12. Place handle against the chain guide or in handle hooks before letting go.
13. Ensure all adjustment and locking features are properly secured before using the equipment.
14. When adjusting the foot straps be sure the straps are tight and properly restraining your feet to avoid any injury.
15. Wear proper exercise clothing and athletic shoes during a workout. Avoid wearing loose clothing. Tie back long hair and keep towels away from the moving parts. Face forward at all times and never attempt to turn around while the machine is moving.
16. Do not over exert yourself during exercise. Stop exercising if you feel pain or tightness in your chest, become short of breath or feel faint. If you feel pain or experience any abnormal symptoms, stop exercising and consult your health care provider.
17. It is the purchaser's sole responsibility to properly instruct its end users and supervising personnel as to the proper operating procedures of all equipment.

SAVE THESE INSTRUCTIONS

This page shows the location of the warning labels and communication stickers placed on the equipment as part of the manufacturing process. It is critical that owners maintain the integrity and placement of these stickers. If you find any stickers missing or damaged the replacement numbers are shown on the support site and following pages. See Support and Service to order replacements. Note: Label images on following pages not to scale.

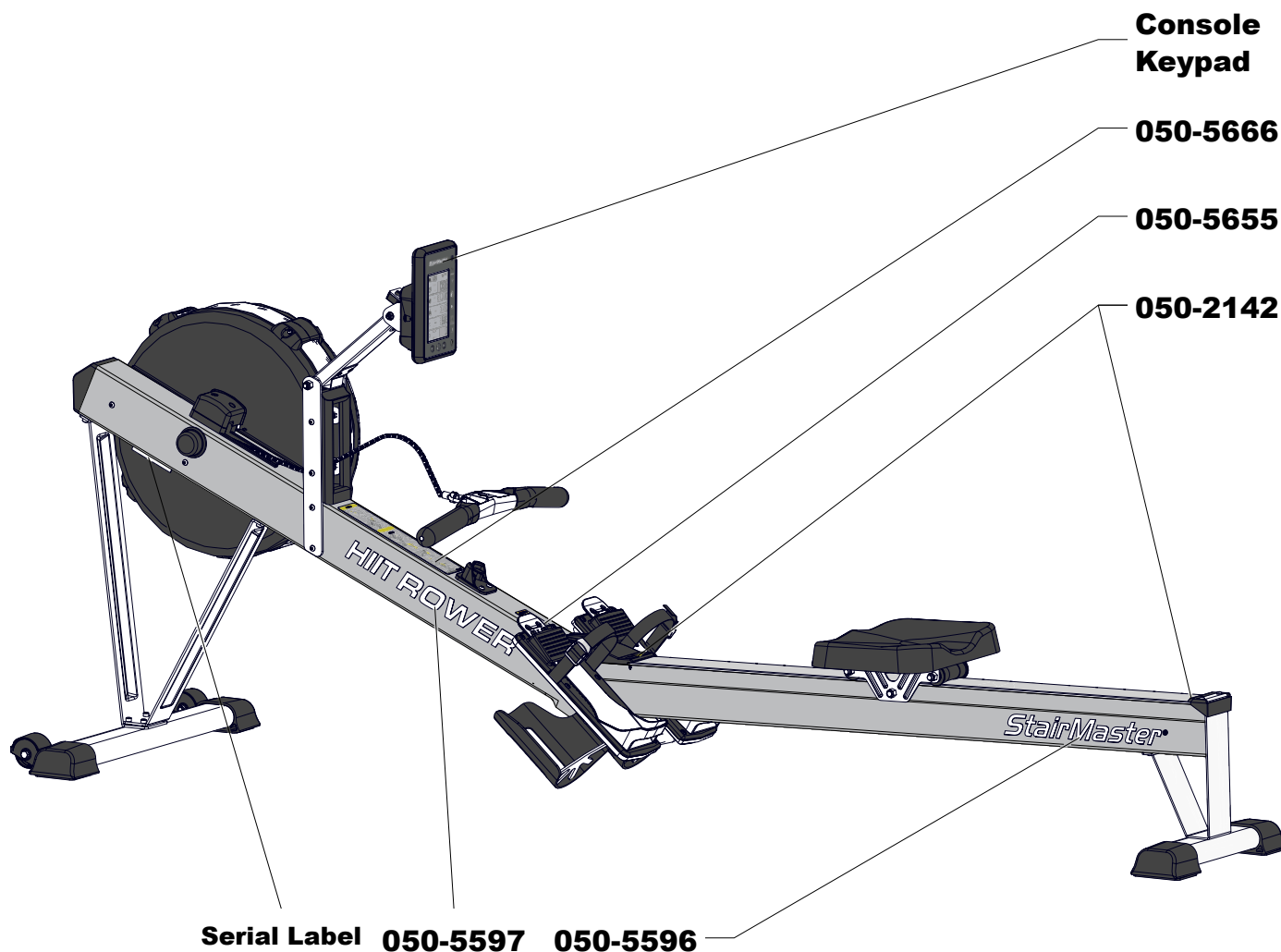


Fig. 2 Important Label Locations

MODEL SPECIFICATIONS

Model: 9-4690

HIIT Rower

Unit Weight ¹		Width		Length		Seat Height		Max User Weight	
82	lbs	26.5	in	96	in	14	in	350	lbs
37	kg	68	cm	244	cm	35	cm	160	kg

¹ Shipping Weight: 90 lbs (41 kg)

WARNING

Read the Owner's Manual and follow all proper instruction prior to use. IMPROPER USE OF THIS MACHINE CAN RESULT IN SERIOUS INJURY.

1. As with all exercise equipment or programs, consult a physician prior to use and stop if you feel faint, dizzy or exhausted.
2. This equipment should only be used in a supervised environment.
3. Keep children away from rower.
4. Inspect machine prior to use. Immediately report worn, loose or damaged parts to the and do not use the machine until proper repairs have been made.
5. Failure to properly install rower may result in damage to the center locking area and possible injury.
6. Keep body and clothing free and clear of all moving parts.
7. Always wear appropriate exercise clothing and closed toed athletic shoes when using this machine.
8. Always exercise in a controlled manner as seat momentum is not locked.
9. Maximum user capacity is 350 lbs (158.8 Kg).
10. Replace label if damaged, illegible or removed.

050-5655 Rev B

050-5655

LABEL, GENERAL WARNING, HIIT ROWER



050-5666

LABEL, COLLAPSE, HIIT ROWER

HIIT ROWER™

050-5597

DECAL, LOGO, HIIT ROWER, STAIRMASTER ROWER

StairMaster®

050-5596

DECAL, LOGO, STAIRMASTER, STAIRMASTER ROWER



Console Keypad

If damaged see Support and Service



050-2142

STICKER, CAUTION, PINCH

Required Tools:

- Metric Allen Key Set
- Metric Allen Socket Set
- Phillips Screwdriver
- Torque Wrench
- Metric Open-Ended Wrench Set

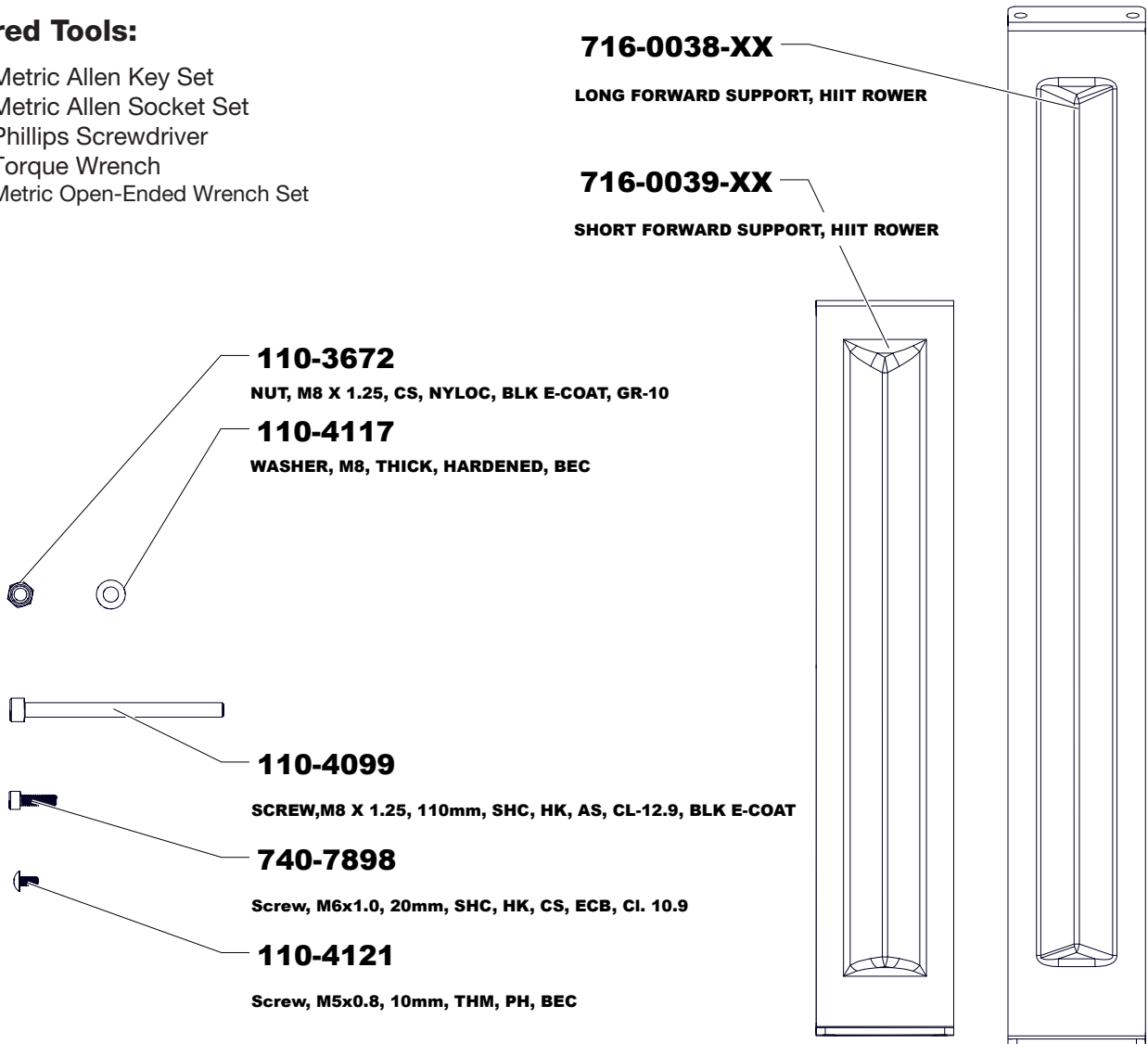


Fig. 3 Assembly Hardware



PACKAGING REMOVAL:

Unit is heavy and requires two people for assembly.

Carefully remove all packaging materials that wrap the equipment.

DO NOT USE A KNIFE OR BOX CUTTER AS YOU MAY DAMAGE THE EQUIPMENT.

At this time remove any sub-components from the pallet and set aside for later assembly. Once all packaging has been removed, lay all parts out in a clean open area to prepare for assembly. Should any component not be present or if you have any operational questions, please refer to **SUPPORT & SERVICE**

After assembly, a complete visual inspection, and test of the features and functions of the assembled unit must be made prior to use.

PROCEDURE

1. Place the shorter forward support (716-0039-XX) onto the front stabilizer (716-0082-XX) then place the longer forward support (716-0038-XX) on top of the shorter support.
2. Use a torque wrench with a 5mm allen socket to secure the longer and shorter forward supports to the front stabilizer using four (4) of M6 x 20mm socket head cap screw (740-7898).

Torque to 7 Ft-Lbs (9.49 Nm)

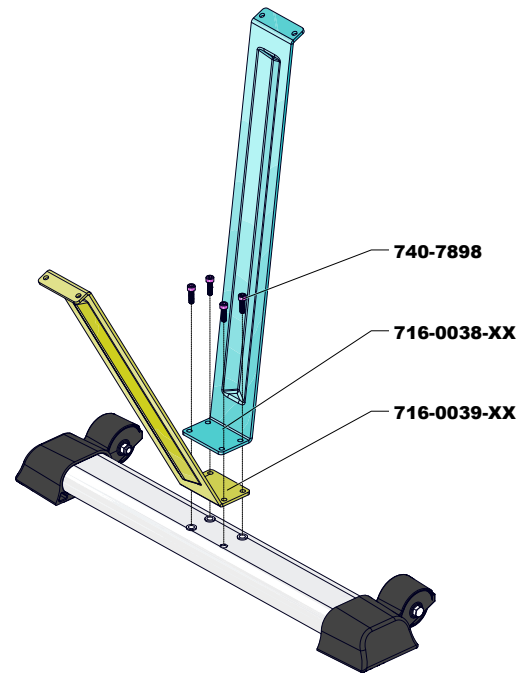


Fig. 4

3. Ensure that the transport wheels are facing the front the unit then use a torque wrench with a 5mm allen socket to secure the front support assembly built in Fig. 4 to the underside of the front half of the HIIT Rower using four (4) pieces of the M6 x 20mm socket head cap screw (740-7898).

Torque to 7 Ft-Lbs (9.49 Nm)

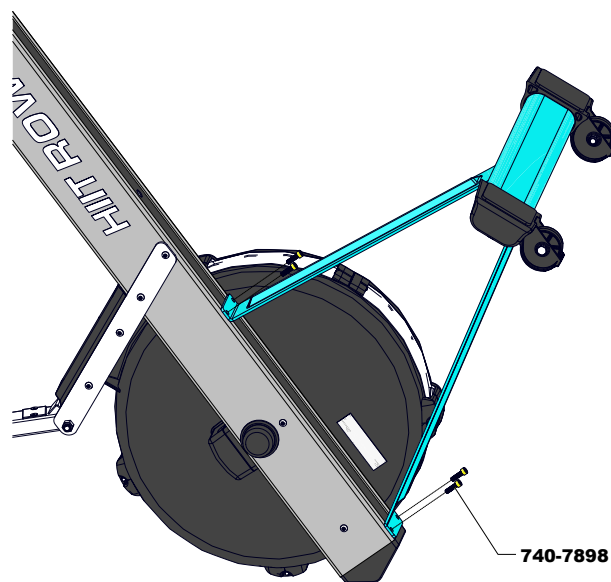


Fig. 5

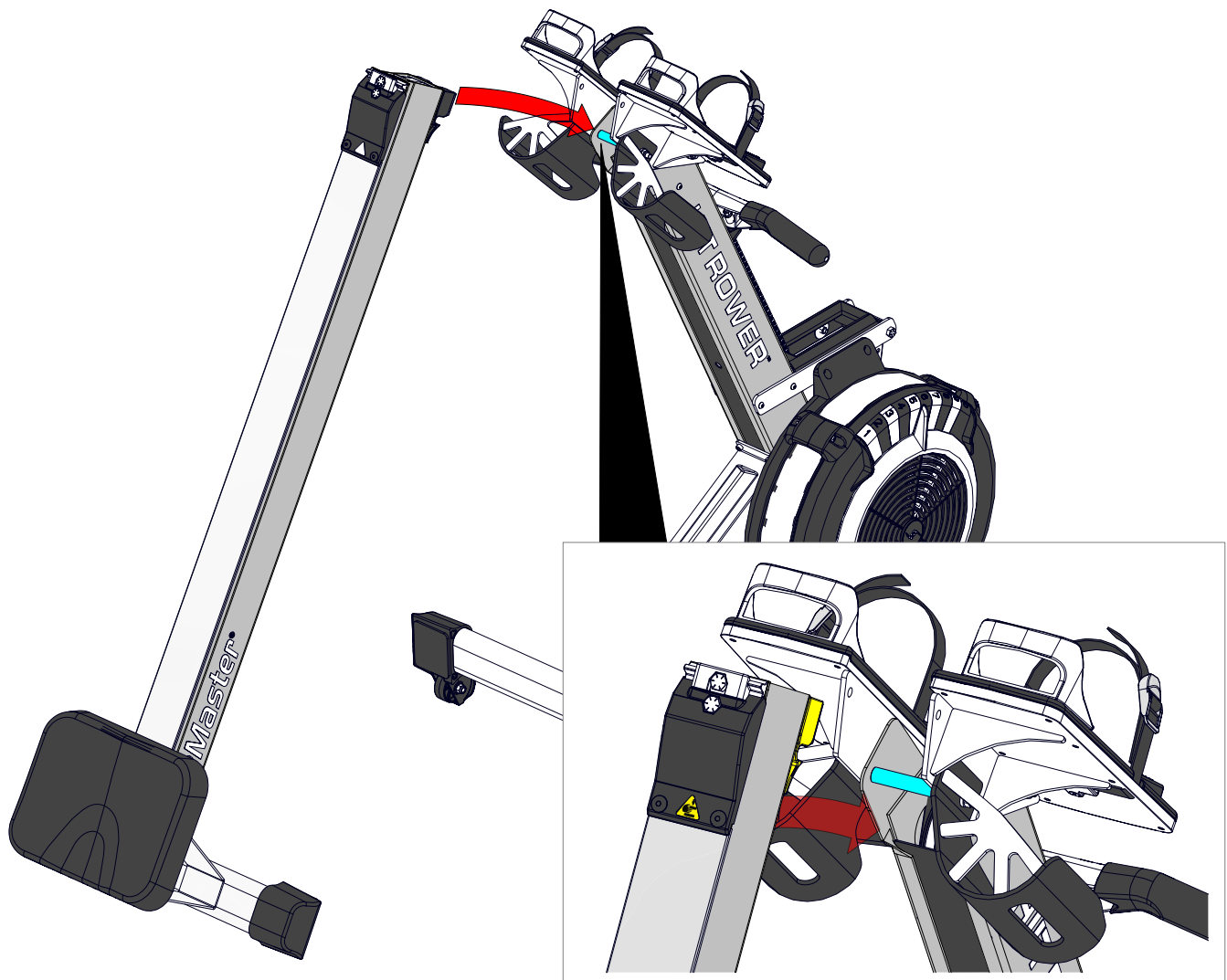


Fig. 6

4. Bring the front half and back half of the rower together with the connection points elevated upwards, then push the lower hinge receiver located on the back half onto the pin, ensuring that the pin is fully seated into the lower receiver.

⚠ CAUTION: Be careful as the seat on the back half of the rower can move freely during this step.

- Bring the ends of each side of the rower upward so that the lower receiver rotates downward on the pin until the center latch on the front half of the rower locks completely down over the upper receiver on the back half of the rower.

NOTE: DO NOT USE FORCE
When properly aligned, there should be no resistance.

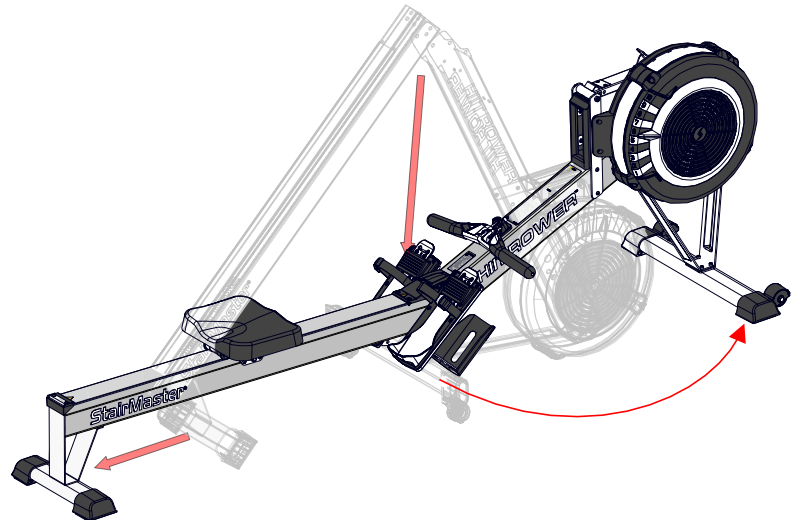


Fig. 7

- If there is resistance, the top lock is not properly closed. Lift slightly and try again.

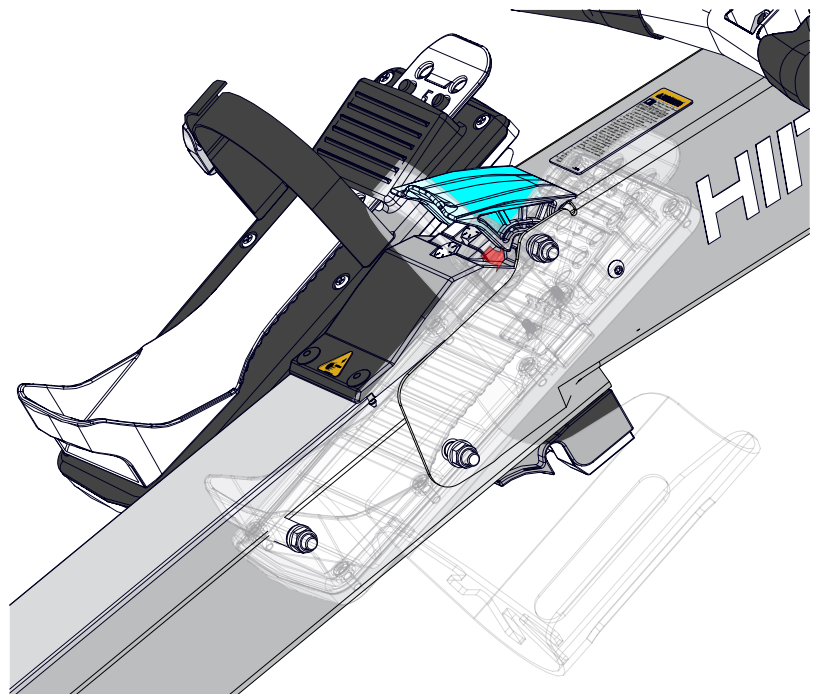


Fig. 8

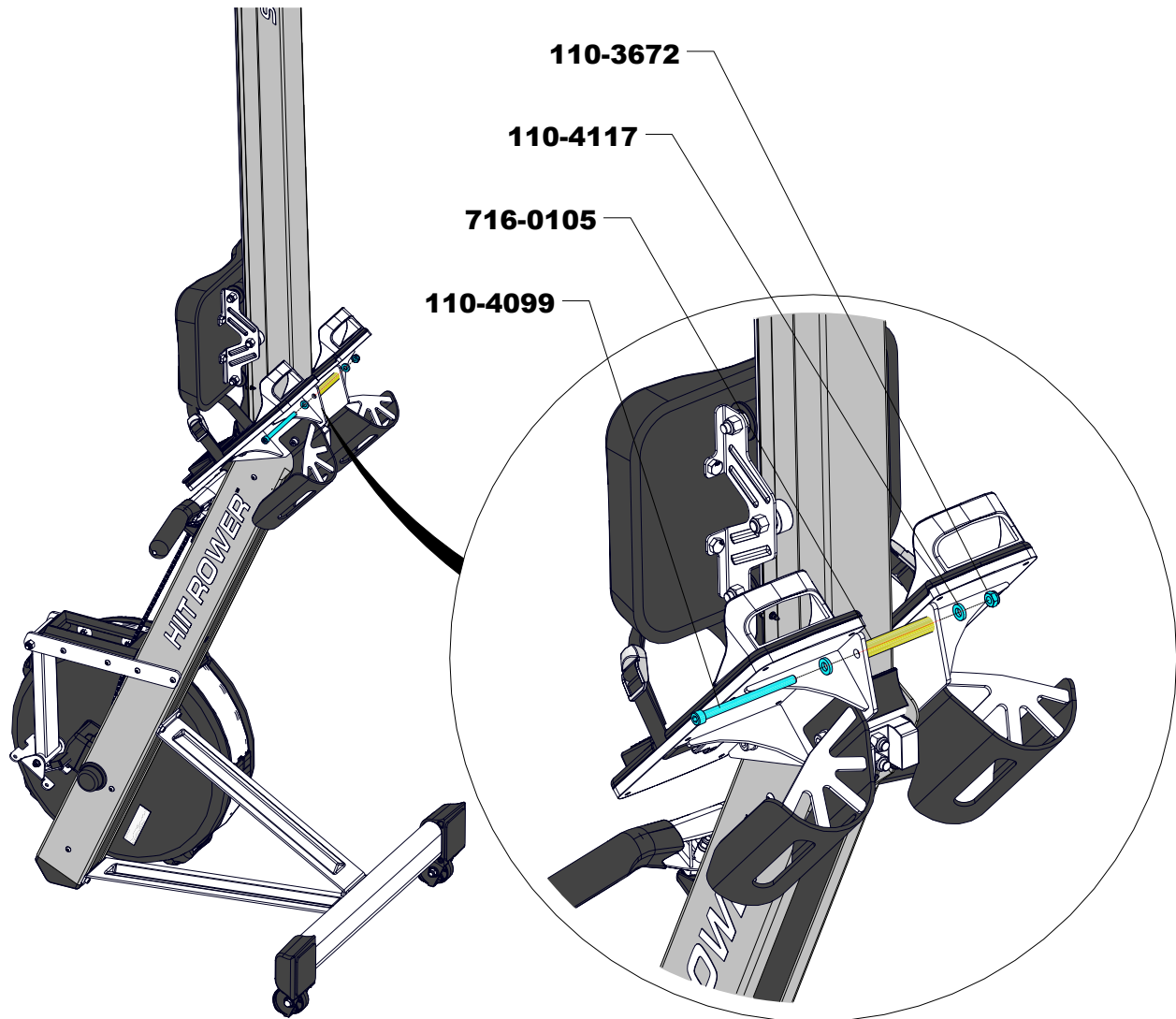


Fig. 9

- Carefully stand the rower upright so that it rests on the beam cap and front stabilizer, then install the pedal spacer (716-0105) between the foot rests. Secure it using one (1) piece each of the M8 x 110mm socket head cap screw (110-4099) and M8 nylock nut (110-3672), and two (2) pieces of the M8 thick washer (110-4117).

⚠ CAUTION: Be careful as the seat on the back half of the rower can move freely during this step.

8. Use a phillips screwdriver to remove the installed screw securing the battery tray inside the console then remove the battery tray.
9. Install the two included C-cell batteries into the battery tray **A** then reinstall the tray using the screw removed in the prior step.
10. Use a phillips screwdriver to secure the HIIT console to the display weldment using four (4) screws (110-4121) **B**.

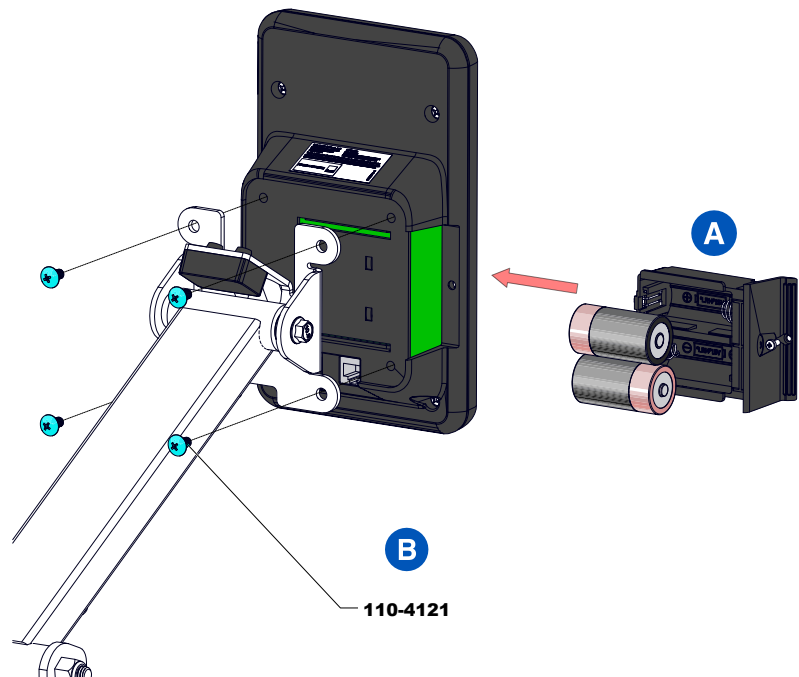


Fig. 10

11. Once the console is secure to the display weldment, plug the data cable into the back of the console.
12. Tap any button on the console to wake it.
13. Tap the , and buttons to enter **MAINTENANCE MODE**¹ within 15 seconds.
14. Tap the until the **SELECT MACHINE TYPE** screen displays, ensure that **P6 ROW** is displaying.
15. If **P6 ROW** not shown, tap the button until displayed.
16. Press the button to exit **MAINTENANCE MODE**
17. Assembly is complete.

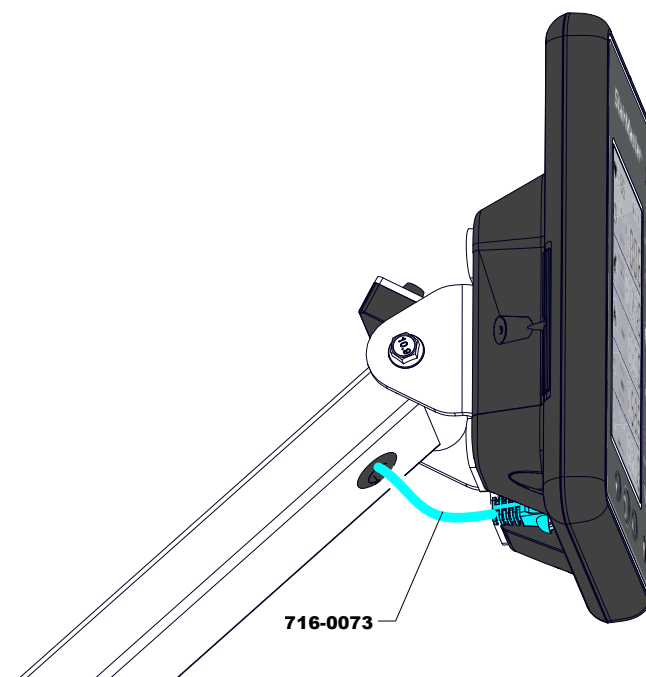


Fig. 11

1 See MAINTENANCE MODE on page 18 for complete details about the options available on the console.

Position yourself on the seat, adjust the ratcheting heel cup so the canvas strap is across the bridge of your foot on both the right and left side. Secure strap to ensure a stable hold during the rowing motion

Grasp the handle and pull towards your upper abdomen and the console will turn on. Select the appropriate workout from the menu of programs and begin to row as outlined below.

There are four phases to the rowing stroke:

1. In starting position or catch you should have your knees bent, sitting upright with your arms extended



Fig. 12

2. In the effort or power phase you are pressing forward with your legs while keeping the back upright and the arms extended pulling the handle into your upper abdomen. As your legs extend and your hands move past your knees you complete the motion by pulling with your arms.



Fig. 13

3. The finish phase of a stroke ends with the legs fully extended, the arms pulled into the upper abdomen, the back in a slight reclined position as shown



Fig. 14

4. The return or recovery phase begins with the arms moving away from the torso and the back moving into an upright position. As the arms extend past the knees, the knees then bend returning you to the starting or catch position for the next stroke



Fig. 15

ATTACHING THE MONORAIL

1. Grasp the front half of the rower by the foot strap and raise off the ground. Grasp back half of the rower and position over the top of the front half.

CAUTION: Seat moves freely

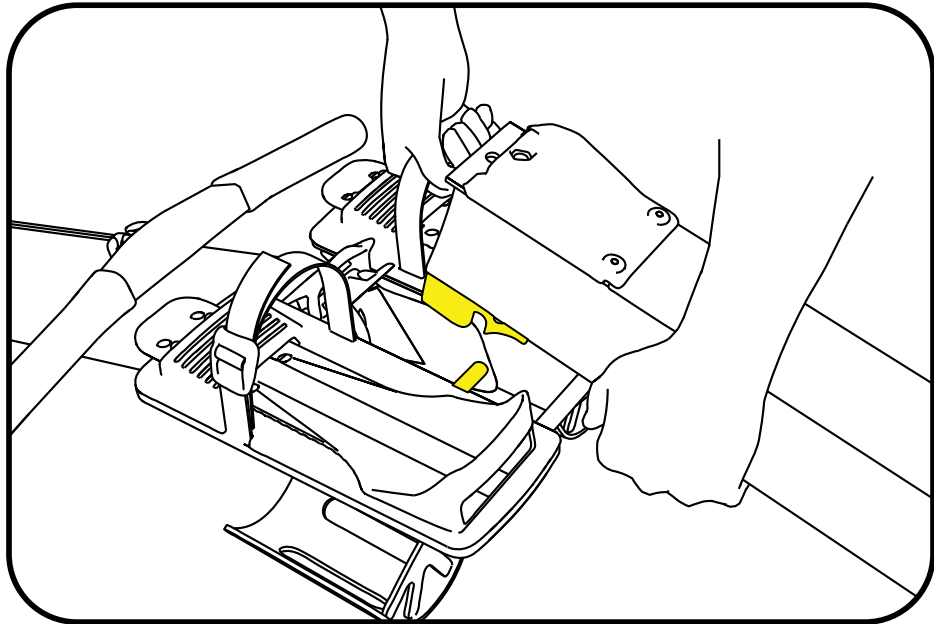


Fig. 16

2. Line up the middle pin from the rower front half with the groove under the front of the rower back half.

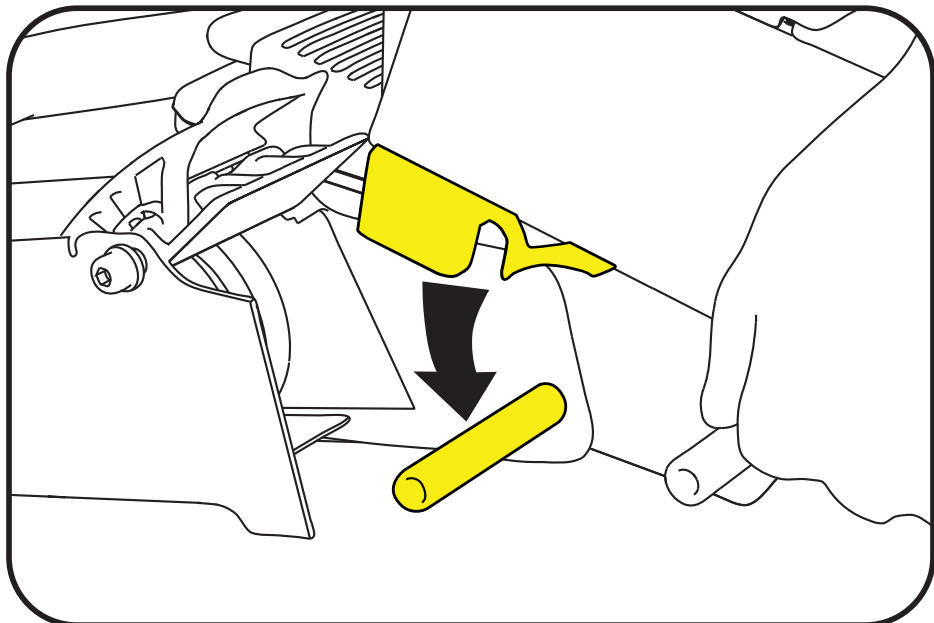


Fig. 17

3. Once pin is aligned, while still lifting front half of rower, push firmly on the front of the back half to seat the pin completely into the groove.

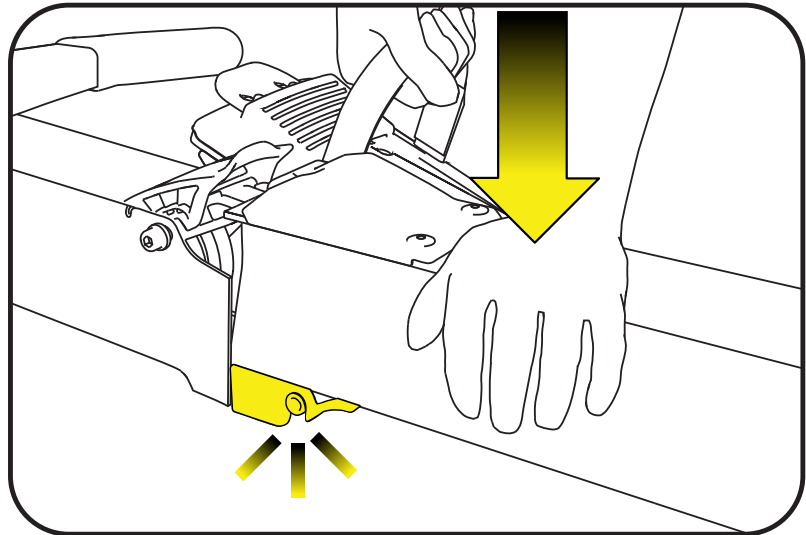


Fig. 18

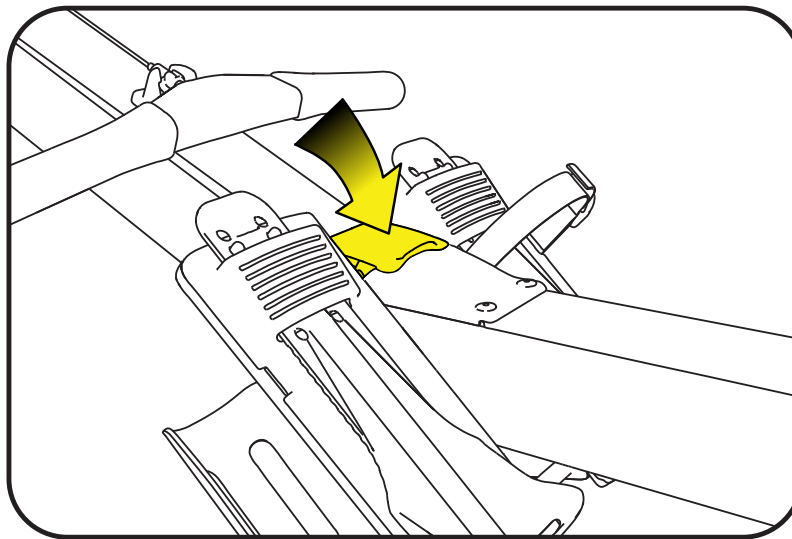


Fig. 19

4. Once the pin is completely seated you can let the front half down to rest and the lock should move smoothly over the connection and click into place.

⚠ CAUTION: If there is any resistance for the lock to close or the rower to drop to its final resting angle, lift the front half of the rower and try again.

DO NOT USE FORCE – when properly aligned, there should be no resistance.

DETACHING THE MONORAIL

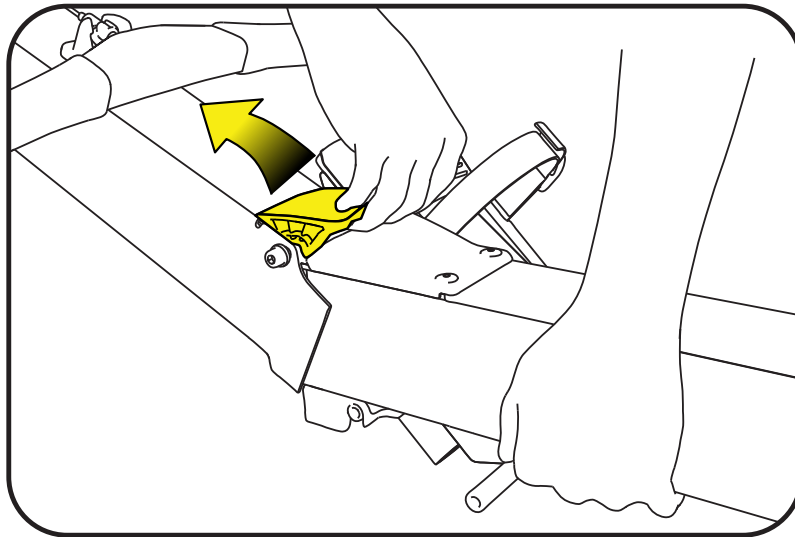


Fig. 20

1. Lift up on the center lock lever to unlock the back half of the HIIT Rower from the front half.



Fig. 21

Storing the HIIT Rower

The StairMaster HIIT Rower can be easily stored on end by disconnecting at the center point.

⚠ CAUTION: Do not store the rower fully assembled in the vertical position as it may tip

CONSOLE FEATURES



Fig. 22 HIIT Console

To turn on console, press any button or start to workout. Console will track activity. Console displays SUMMARY mode after TIMEOUT period selected in MAINTENANCE mode or after pressing the ENTER button (⏏).

Press the AVG/MAX (⊕) to see AVERAGE or MAX values displayed in speed and power windows.

Press the PACE UNITS (⊕) to change the units displayed in the power.

Press the (💡) to turn on the backlight. Hold the (💡) for 5 seconds to lock backlight on. Press again to turn off.

Press (🔗). Screen icon ✂ will flash.

When a compatible device is linked, the (📶) will illuminate if the device is ANT+ or ✂ will illuminate for a Bluetooth connection. (A) HR will be displayed on left. (B)

Battery indicator (🔋) will illuminate when battery is at or below 25%

CONSOLE PROGRAMS

To start a program:



TIME Program

Press to start.
Use the and buttons to select the desired time then press to set.
Press again to start program.



DISTANCE Program

Press to start.
Use the and buttons to select the desired distance then press to set.
Press again to start program.



CALORIE Program

Press to start.
Use the and buttons to select the desired calories then press to set.
Press again to start program.



INTERVAL TIME Program

Press to start.
Use the and buttons to select the desired work time then press to set.
Use the and buttons to select the desired rest time then press to set.
Use the and buttons to select the desired number of intervals then press to set.
Press again to start program.



INTERVAL CALORIE Program

Press then to start.
Use the and buttons to select the desired calories then press to set.
Use the and buttons to select the desired rest time then press to set.
Use the and buttons to select the desired number of intervals then press to set.
Press again to start program.

MAINTENANCE MODE

Maintenance Mode allows access to service and diagnostic information, as well as provides the ability to adjust certain program default parameters. To enter Maintenance Mode:

1. Within 15 seconds of waking the console, tap the ▲, ▼ and ⌂ buttons to enter Maintenance Mode.
2. While in MAINTENANCE MODE pressing the ▲ or ▼ button navigates between screens:

- **Screen 1:** Displays cumulative hours and distance, Software version
- **Screen 2:** TIMEOUT, default 30 seconds. Tap the ⌂ button to adjust.
- **Screen 3:** SUMMARY MODE Time, default 15 seconds. Tap the ⌂ button to adjust.
- **Screen 4:** Select Machine Type. Tap the ⌂ button to toggle through options:

P1 TREAD (HIITMILL)	P2 BIC1 (HIITBike & Airfit)
P3 ERGO (HIIT UBE)	P4 STEP
P5 BIC 2 (Airfit Gen 1)	P6 ROW (HIIT Rower)
P7-9 NONE	

- **Screen 5:** UNITS - Tap the ⌂ button to change units.
- **Screen 6:** ANT+ - Tap the 📶 button to turn ANT+ on or off.
- **Screen 7:** HIITMILL CALIBRATION

HIITMILL Only:

PRESS RESISTANCE LEVER TO THE FORWARD MOST POSITION
PRESS TIME BUTTON TO SET ANGLE TO ZERO

- **Screen 8:** SOFTWARE UPDATE

INSERT USB DRIVE LOADED WITH SOFTWARE INTO SLOT ON RIGHT SIDE OF CONSOLE
PRESS CALORIE BUTTON
WAIT FOR COUNT UP
REMOVE USB

3. Press the ⌂ button to exit MAINTENANCE MODE at any time.

TOOLS

Working on this product will require basic and/or sometimes specialty tools based on the type of service that will be performed at any time. To assist, we recommend having the tools listed available when performing maintenance.

Tool	
Metric Allen Key Set	Screwdriver Set, Phillips
Metric Open-Ended Wrench Set	Screwdriver Set, Flat
Large Adjustable Crescent Wrench	Torque Wrench
Metric Socket Set	USB Flash Drive

Table 1

Cleaning

Keeping your unit clean is an important component of preventative maintenance and the overall aesthetics of your product. While your clients will appreciate clean equipment free of sweat, dirt and other contaminants proper care and cleaning will extend the life of your product and reduce premature aging and wear. See the maintenance schedule for recommended frequency.

- For general cleaning: A solution of 10% mild soap with warm water applied with a soft damp cloth OR Formula 409 applied to a cloth then wiped onto the upholstery.
Note – do not use cleaners that contain solvents, alcohol or abrasives.
- For disinfecting: 1:10 Bleach/Water mix. After cleaning, rinse area with clean water, then dry with a clean, lint-free cloth. Failure to remove chemical residue will cause discoloration of the coated fabric surface to manifest earlier in the life cycle of the product
- Inclusion in this document does not imply “fit for use.” Customers should first determine if products are appropriate for use on their surfaces
- Should other cleaning methods or products be employed, carefully try them in an inconspicuous area to determine potential damage to the material. Never use harsh solvents or cleaners which are intended for industrial applications. To clean stained or soiled areas, a soft white cloth is recommended. Avoid use of paper towels.

⚠ CAUTION: Cleaning products may be harmful/irritating to your skin, eyes, etc. Use protective gloves and eye protection. Do not inhale or swallow any cleaning product. Protect surrounding area/clothing from exposure. Use in a well-ventilated area. Follow all product manufacturer’s warnings. CORE Health and Fitness cannot be held responsible for damage or injuries resulting from the use or misuse of cleaning products.

Inspection

Visual inspection of your units will insure a safe environment for your clients and alert you to any issues that may require maintenance prior to equipment failure. Proper, timely visual inspection is a critical component to the long term care of your product. Inspect the frame for any rust, bubbling, or paint chips during the daily cleaning. The salt in perspiration can damage the unpainted surfaces. Repair the damaged area with a touch-up paint kit purchased from Core Health & Fitness (See SUPPORT & SERVICE).

MAINTENANCE SCHEDULE

With durable, high performance components, this equipment is designed for heavy usage with minimal maintenance required. To keep it in top condition, perform regular daily, weekly and monthly preventive maintenance routines outlined below.

The safety and integrity of this machine can only be maintained when the equipment is regularly examined for damage and wear and repaired. It is the sole responsibility of the owner of this equipment to ensure that regular maintenance is performed. Worn or damaged parts must be replaced immediately or the equipment removed from service until the repair is made.

	Daily	Weekly	Monthly	Bi-Annually
Inspect				
Oil Chain ¹		X		
Inspect Chain			X	
Tighten Slack Cord if Needed ²			X	
Check Handle Connection			X	
Check Screws for Tightness			X	
Check Console Arm Joints, loosen or tighten as needed			X	
Cleaning				
Clean Seat	X			
Wipe Down all Surfaces	X			
Vacuum under Unit		X		
Clean and Vacuum inside Flywheel				X

1 Lubricate the chain with a teaspoon of purified mineral oil, 3-IN-ONE® oil, or 20W motor oil. Apply oil to a paper towel, and rub the paper towel along entire length of chain. Wipe off the excess. Repeat if needed. Do not clean the chain with any kind of cleaner or solvent, e.g. WD-40®.

2 See BUNGEE INSTALLATION on page 21 for complete instructions.

BUNGEE INSTALLATION

If the bungee becomes slack or needs replacement follow this procedure to install or reinstall the bungee cord

1. Insert 3 inches of one end of the bungee cord through the eye of the termination clip then push the bungee into the tapered slot below the eye. Pass the remaining length of the bungee through the open eyelet then back through the eye to lock the bungee in place as pictured in Fig. 23.



Fig. 23

TECH TIP: Remove the clip from the pulley axle to aid in attaching the bungee.

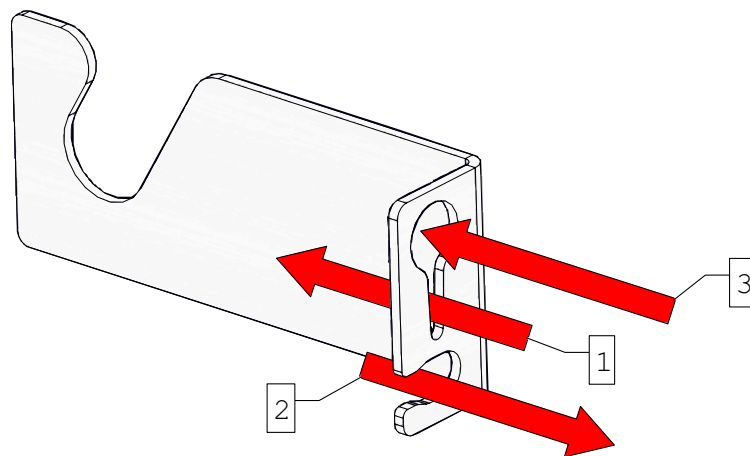


Fig. 24 Direction to pass the bungee

2. Once one end of the bungee is secured to the termination clip, pass it over then underneath the first pulley (P1) on the opposite side.

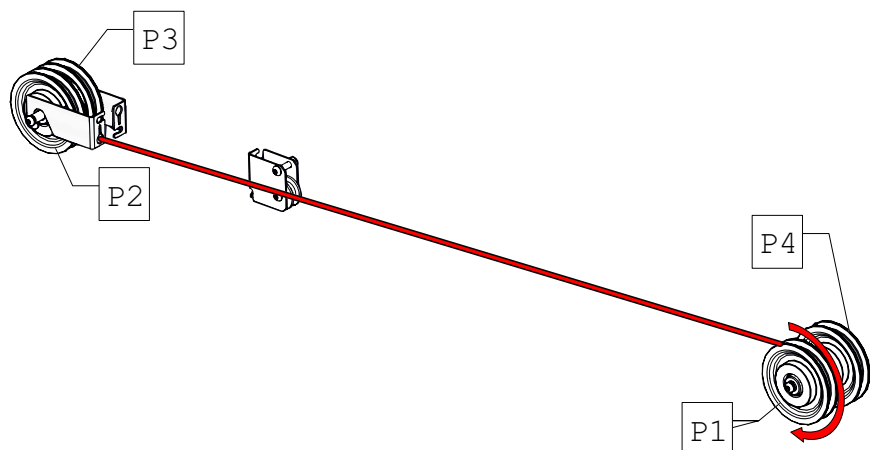


Fig. 25

3. Pass the bungee underneath and over the top of the 2nd pulley (P2) located next to the termination clip.

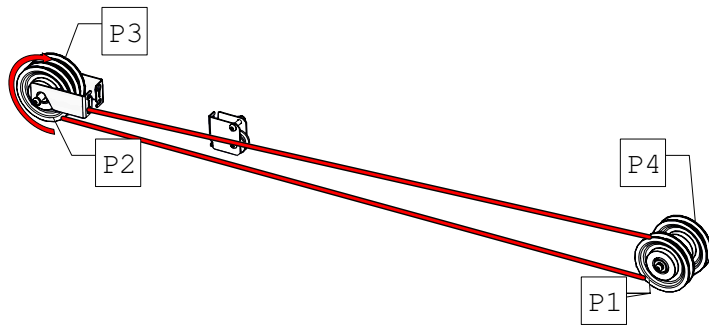


Fig. 26

4. Pass the bungee over the top then underneath the floating front pulley tensioner.

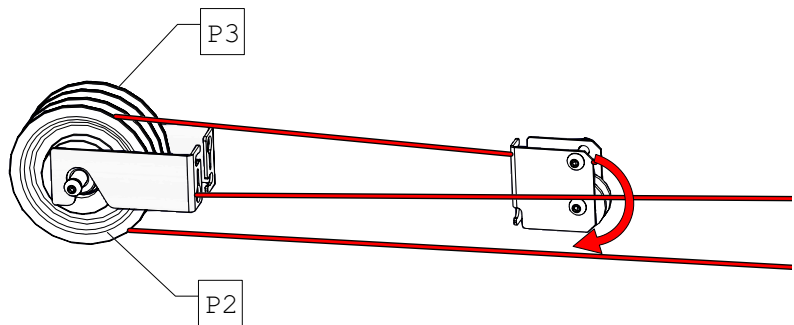


Fig. 27

5. Pass the pulley underneath then over the top of the 3rd pulley (P3).

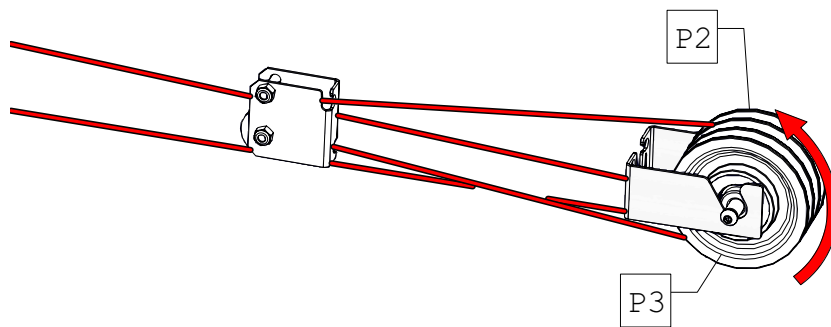


Fig. 28

6. Pass the bungee over the top then underneath the fourth pulley (P4).

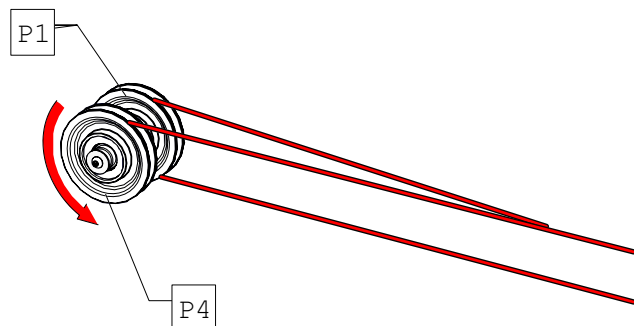


Fig. 29

7. Insert 3 inches of the remaining end of the bungee cord through the eye of the termination clip then push the bungee into the tapered slot below the eye. Pass the remaining length of the bungee through the open eyelet then back through the eye to lock the bungee in place as in Fig. 23.
8. **TECH TIP:** Remove the clip from the pulley axle to aid in attaching the bungee.

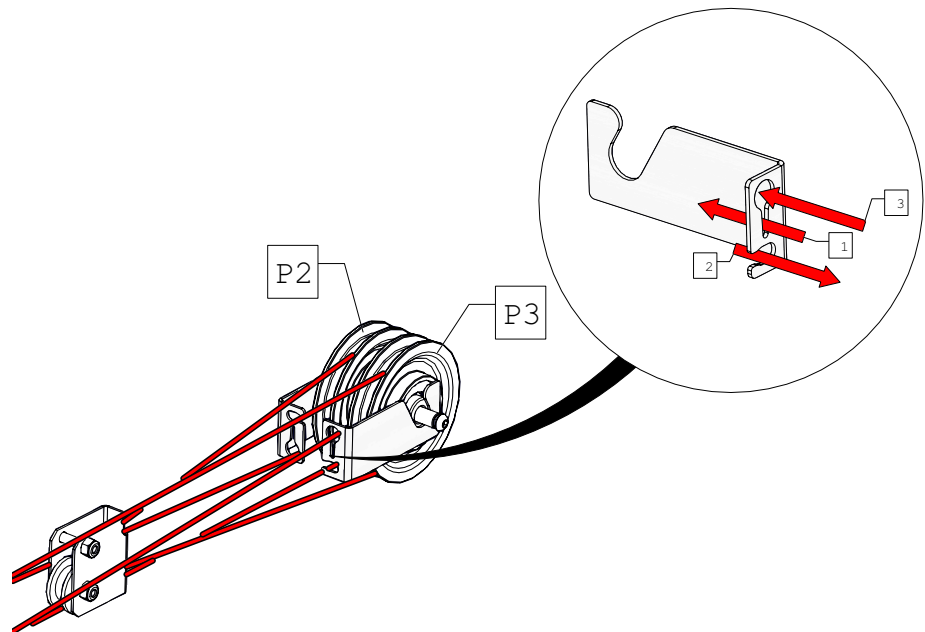


Fig. 30

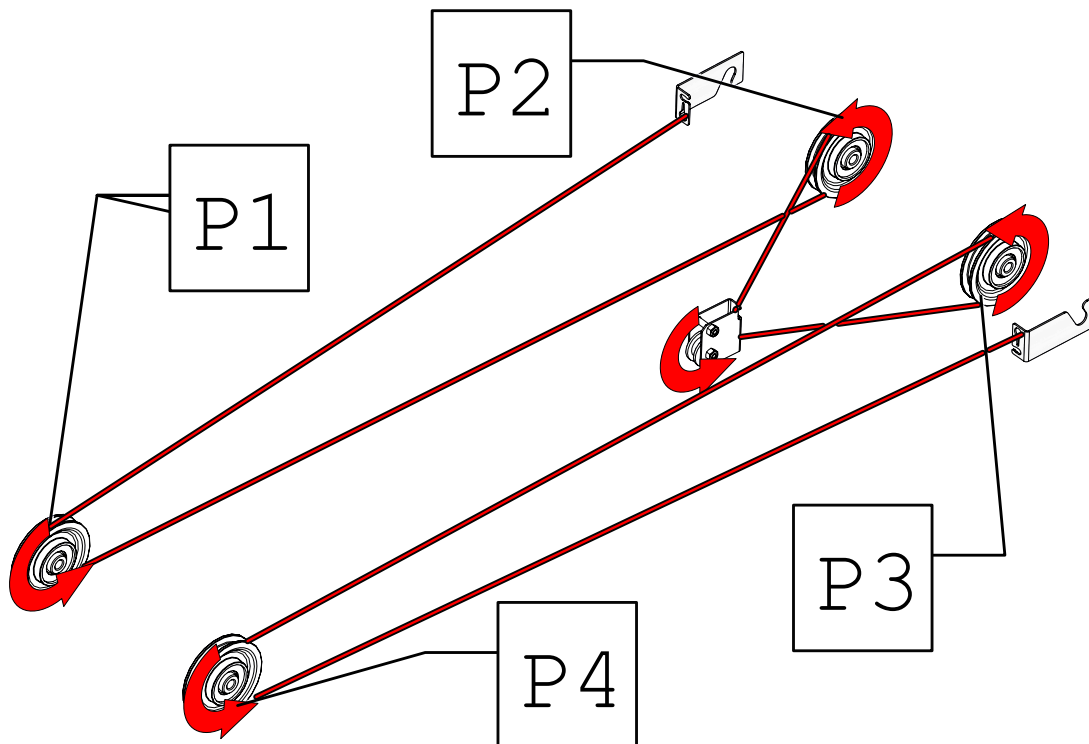


Fig. 31 Final Bungee Routing Path

CORE CONNECT

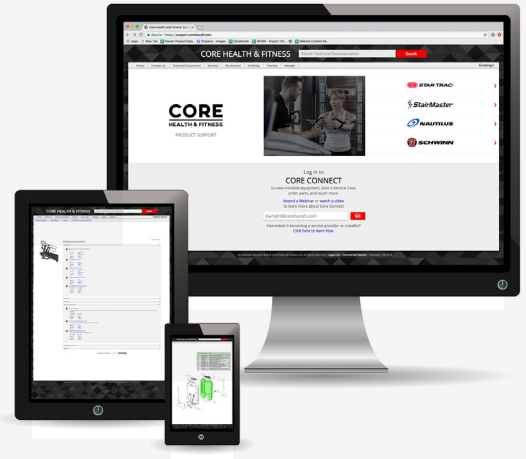
Core Connect is your portal to all things service! Whether you need to order parts or register your warranty, Core Connect is the most effective way to get what you need fast and keep your facility operating smoothly.

OFFERS 24-HOUR SELF SERVICE ACCESS TO:

- General Inquiries
- Warranty Registration
- Preventative Maintenance
- Service Requests
- Parts Orders
- Automated partner payment
- Product technical library
- Transparency on service performance
- 24-Hour Automated Assistant
- Live Chat



Core Connect is accessible through our app on mobile devices



To request access scan or visit:
CONNECT.COREHANDF.COM



To help us support you, please provide the following information when requesting assistance with your equipment:

- Facility Name & Address
- Product Serial Number
- Description of Issue

Our goal is to provide fast, reliable support to all your product support requests. We strive to answer all support requests under an average hold time of 3 minutes, all support emails within 1 business day and all field service requests within 48 hours.

PREVENTATIVE MAINTENANCE

Protect your product & assure it always runs like new with a Core Advantage Preventative Maintenance or Extended Warranty Package. Contact your service manager for more information: servicecontracts@corehandf.com

For Technical Support, Service, Parts Orders or any Customer Service needs, please contact us by phone, email, or through our 24 hour support site:

PHONE & EMAIL SUPPORT AVAILABLE: MONDAY - FRIDAY 6AM - 5PM PST
4400 NE 77th Avenue, Suite 250 Vancouver, WA 98662
Tel: (360) 326-4090 • (800) 503-1221 • support@corehandf.com

Warranty information: <https://corehandf.com/warranty>

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