

# Tough Series Rower

User Manual



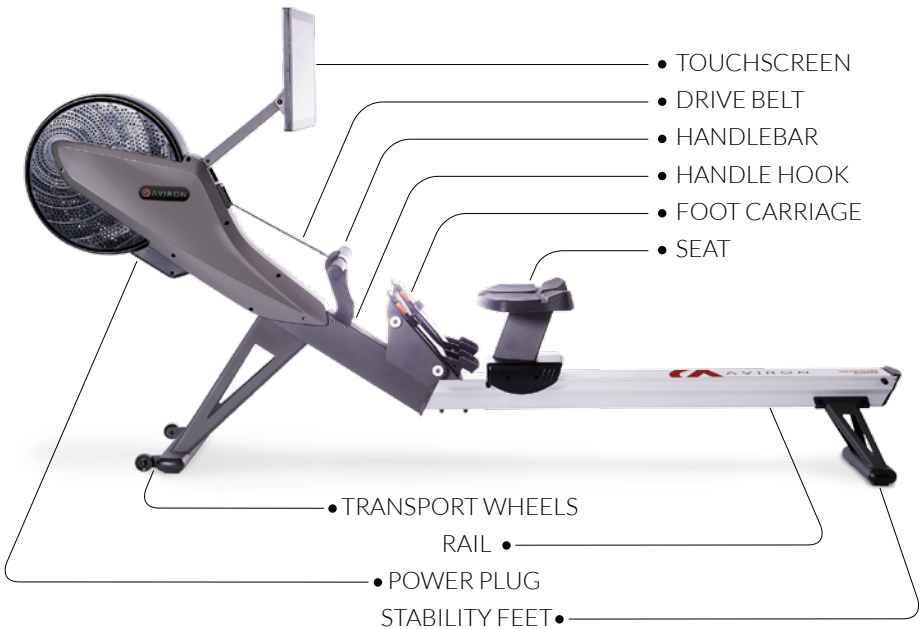
# WELCOME

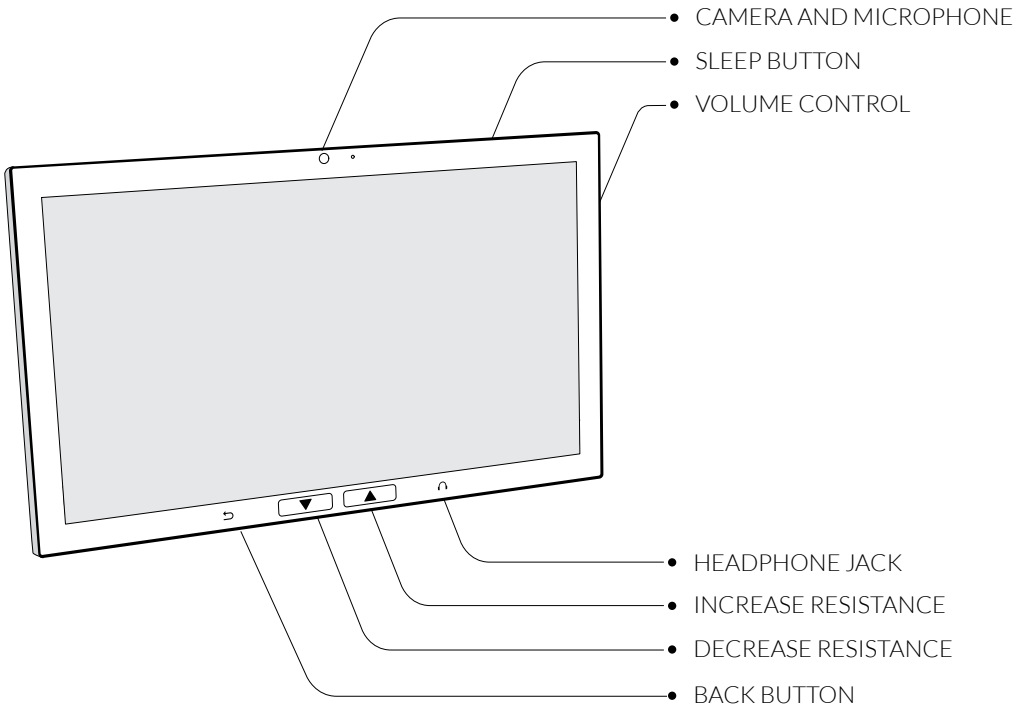
to AVIRON INTERACTIVE

Connected. Competitive. Exhilarating.

This guide will help you safely setup the equipment and get you started.  
You can find additional help and tutorials in the Aviron application help menu  
or our website [www.avironactive.com](http://www.avironactive.com)

🎯 We are excited to get you started!





ETHERNET PORT LOCATED AT REAR

**CAUTION: Any changes or modifications to this equipment could void the equipment warranty. Any service other than cleaning or user maintenance must be performed by an authorized service representative. There are no user-serviceable parts.**

# WORKOUT SCREEN

## 1. LEADERBOARD

Your position highlighted in red in relation to other players

## 2. PLAYERS

See other players and their position

## 3. WATTS

Watts per stroke

## 4. TOTAL OUTPUT (KJ)

## 5. STROKE RATE

Strokes per minute

## 6. CALORIES BURNED

## 7. SPLIT TIME

Projected minutes to travel 500 meters

## 8. RESISTANCE LEVEL

## 9. TIME REMAINING/ELAPSED

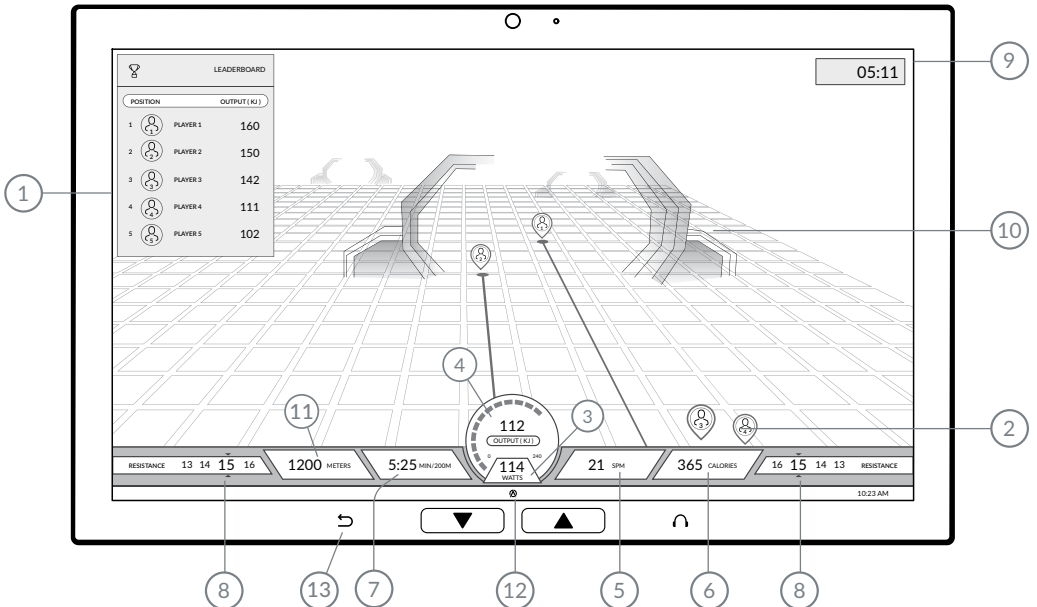
## 10. CHECKPOINT

## 11. METERS TRAVELED

## 12. EXIT

## 13. BACK

Go back to the previous menu



# SPECIFICATIONS

## ROWER

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### FRAME

**High strength aluminum**

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### RESISTANCE

**16 level dual air & magnetic system**

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### BELT

**Industrial poly-v belt**

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### SEAT

**Ergonomic seat with extra rear support**

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### DIMENSIONS

**249.5 x 53 x 111 cm**

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### WEIGHT

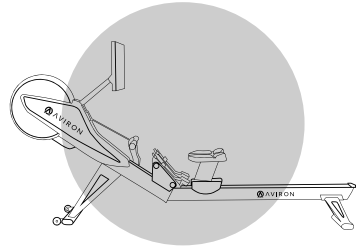
**125LBS / 56.5KG**

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### MAX USER WEIGHT

**507LBS / 230KG**

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# SPECIFICATIONS

## Model:ATS4 TOUCHSCREEN

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SCREEN  
21.5" 1080P touchscreen

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PROCESSORS  
ARM 2.0Ghz dual core & 1.5Ghz quad core

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GRAPHICS  
ARM Mali-T864 GPU

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MEMORY  
4GB RAM

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STORAGE  
32GB eMMC flash

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OS  
Android 7.0

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WIFI  
2T2R 802.11 a/b/g/n/ac      Modulation:DBPSK,BPSK,DQPSK,QPSK,16QAM,64QAM  
Data Rate:1-11Mbps,6-54Mbps,up to 144.4Mbps

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ETHERNET  
10/100Mbps

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BLUETOOTH  
5.0      Modulation:GFSK, Pi/4 QDPSK, 8DPSK  
Data Rate:1Mbps, 2Mbps, 3Mbps

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CAMERA  
2 megapixel front-facing

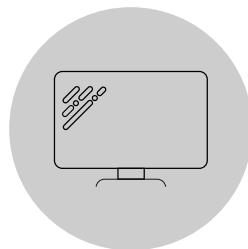
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SPEAKERS  
2x2 watt stereo

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Operating temperature:-30°C to 85°C

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## ⦿ Safety Instructions

Read all instructions before assembling and using the equipment. These instructions are for your safety and to protect the equipment.

Periodically consult your physician before using the equipment. If at any time you feel faint, dizzy or are experiencing pain, stop and consult your physician immediately. It is recommended that you consult a fitness professional on the correct use of this equipment.

The equipment is not recommended for children under the age of 10 years.

## ⦿ FCC Radiation Exposure Statement

The transmitter must not be collocated or operation in conjunction with any other antenna or transmitter. This equipment complies with the FCC RF radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20cm between the radiator and any part of the body.

## ⦿ Location

Assemble and operate the equipment on a solid, level surface. A clear space of at least 100cm (39in) should be maintained on all sides. Do not use this equipment outdoors, near swimming pools, or in areas of high humidity.

## ⦿ Weight Capacity

The maximum recommended weight capacity for the equipment is 507lbs (230kg).

## ⦿ Electrical Shock

To reduce the risk of burns, fire, electric shock, or injury, it is imperative to connect the equipment to a properly grounded electrical outlet. Always disconnect the equipment from the electrical outlet immediately before cleaning or attempting any maintenance activity.

## ⦿ Inspection

Inspect your equipment prior to exercising to ensure that all nuts and bolts are fully tightened. Do not use the equipment if it is unsafe.



## ☉ Warm-up

Stretch for 5 to 10 minutes prior to exercising.  
Warm-up for 5 to 10 minutes prior to exercising.

The warm-up should gently prepare the body for exercises by gradually increasing the heart rate and circulation; this will loosen the joints and increase blood flow to the muscles. Stretching the muscles prepares them for physical activity and prevents injuries.

Remove all jewelry, including rings, chains and pins before exercising. Always wear suitable clothing and footwear while exercising. Do not wear loose fitting clothing that could become caught in the moving parts of your equipment.  
Tie back long hair.

## ☉ Assembly

For safety, and to save time and effort, read these instructions completely before beginning assembly.

Do not plug the power supply to the outlet before the equipment is fully assembled. Input power supply specification depends on local electricity supply, and a proper transformer may be needed.

**DC transformer spec.: Input: 100-240V ~1.5A (50-60Hz)  
Output: 19V 3.42A**

### Tools required for assembly



Screw driver



Wrench



4mm



6mm

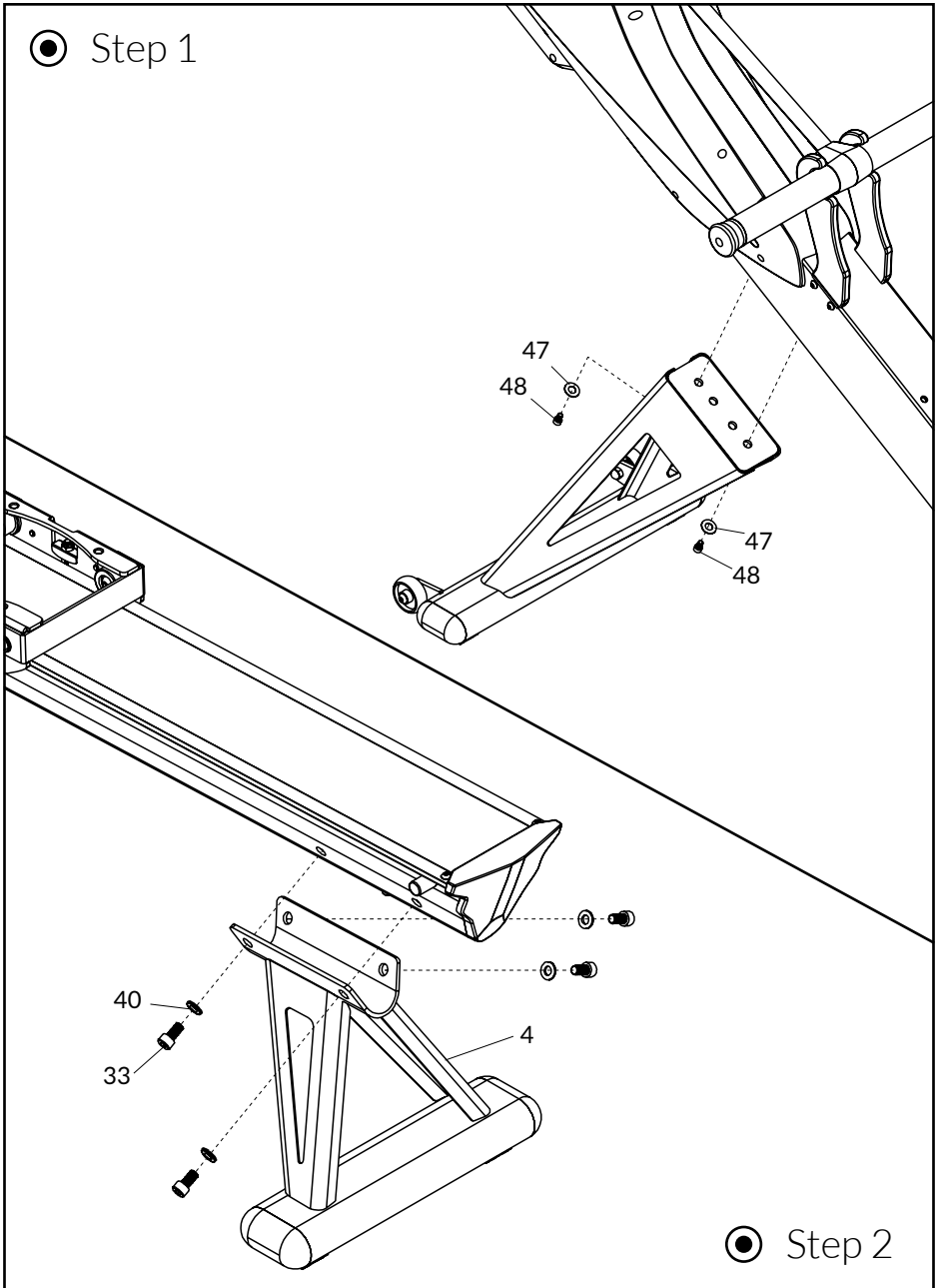


8mm

Allen wrench

# ASSEMBLY INSTRUCTIONS

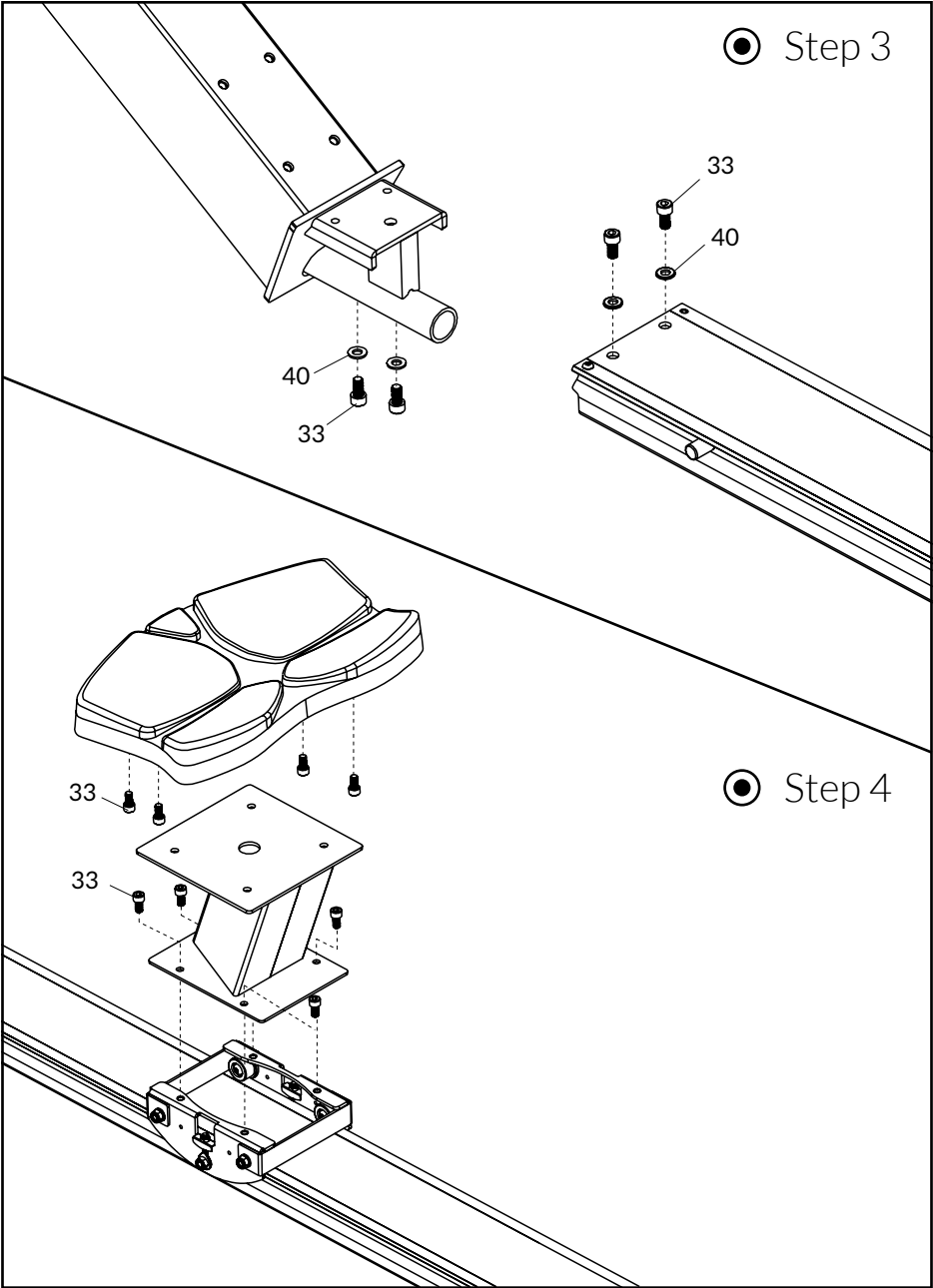
● Step 1



● Step 2

# ASSEMBLY INSTRUCTIONS

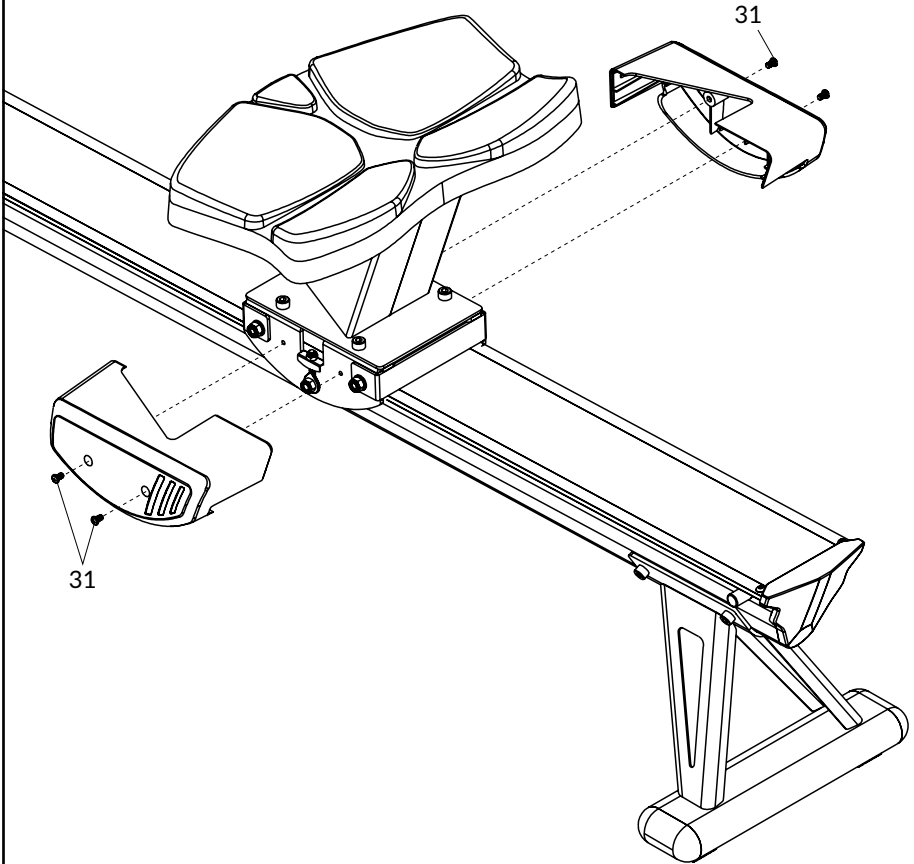
● Step 3



● Step 4

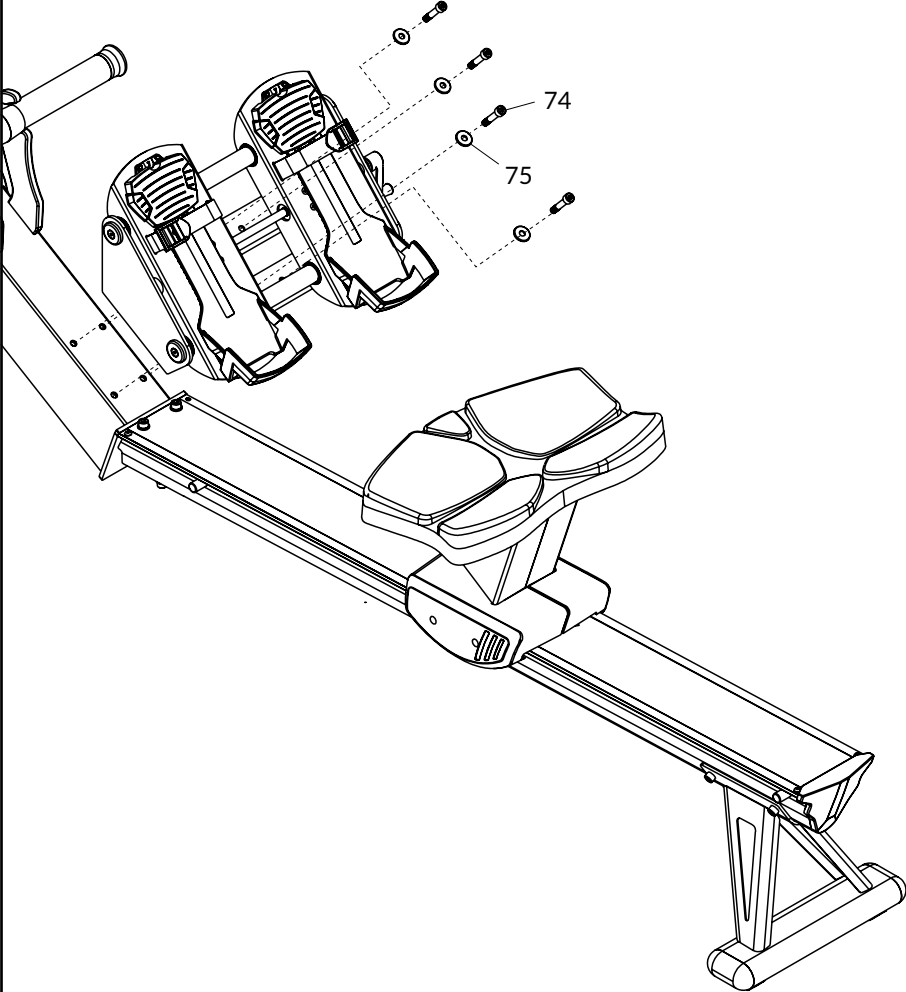
# ASSEMBLY INSTRUCTIONS

## ● Step 5



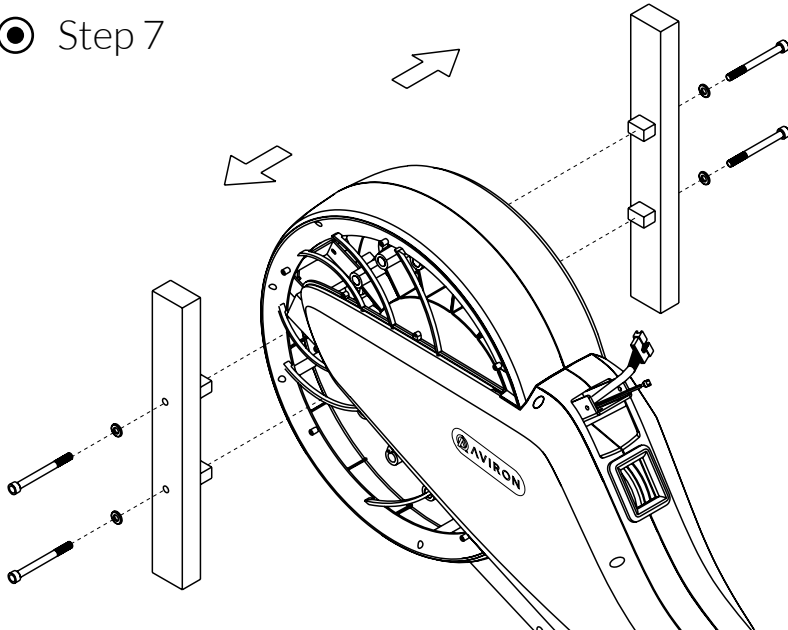
# ASSEMBLY INSTRUCTIONS

● Step 6

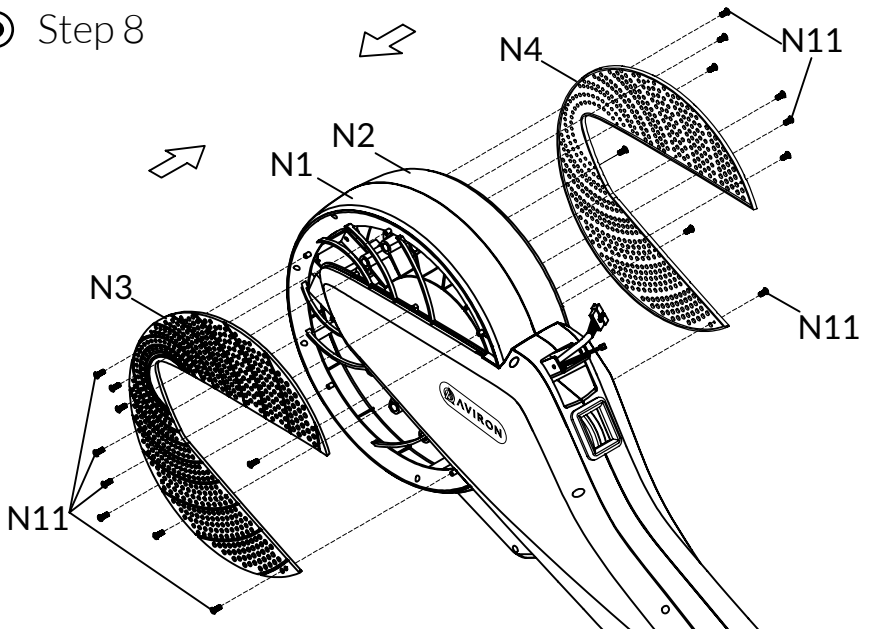


# ASSEMBLY INSTRUCTIONS

● Step 7

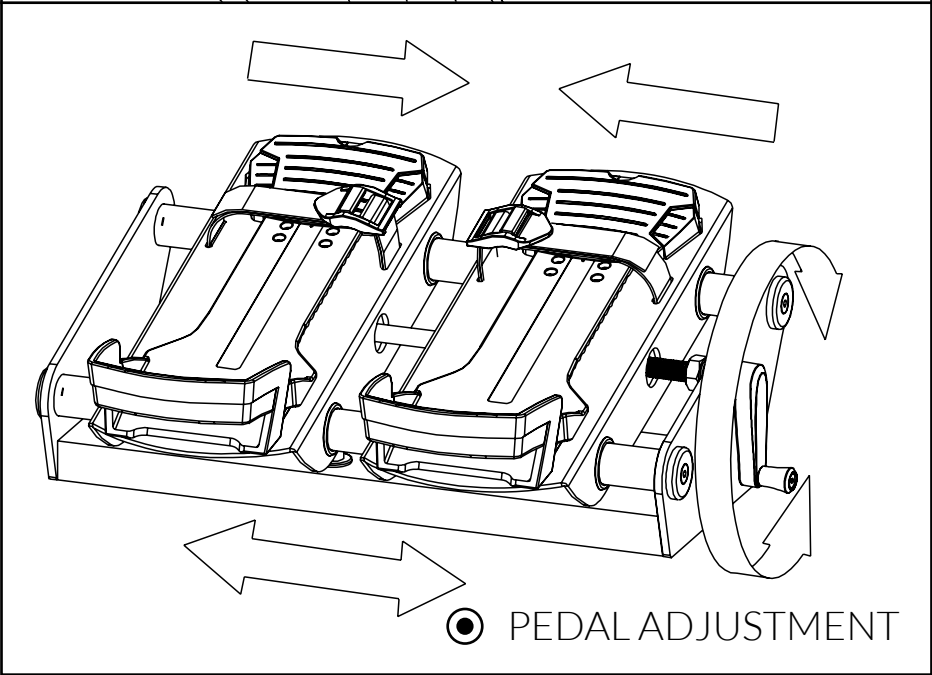
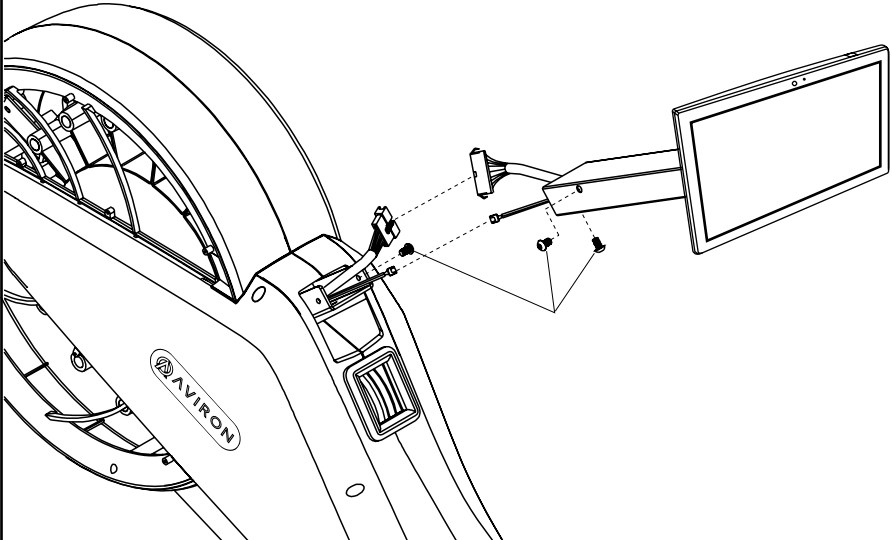


● Step 8



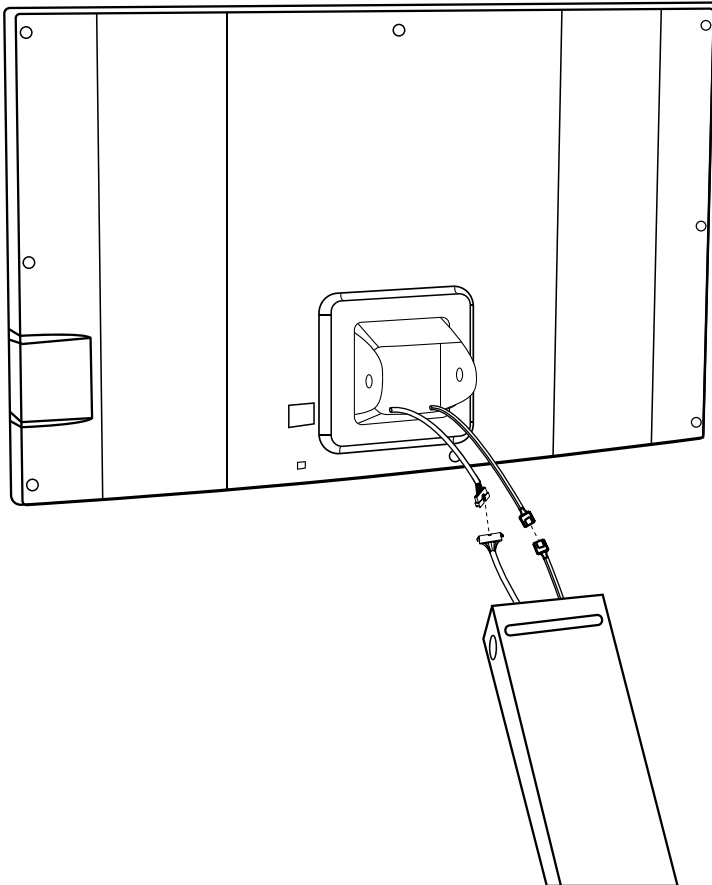
# ASSEMBLY INSTRUCTIONS

● Step 9



# ASSEMBLY INSTRUCTIONS

## ● Step 10

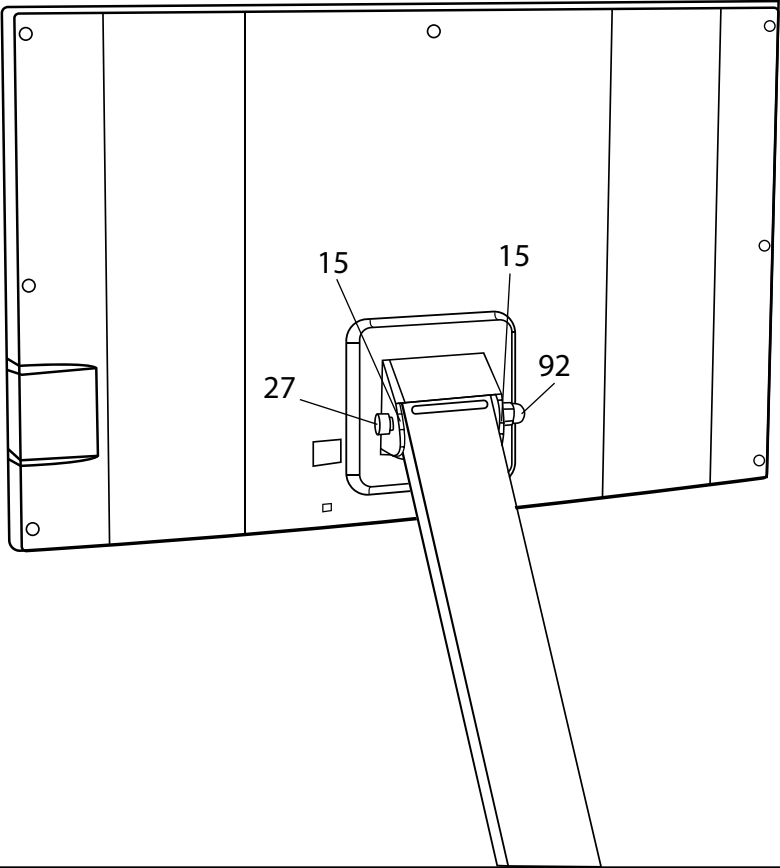




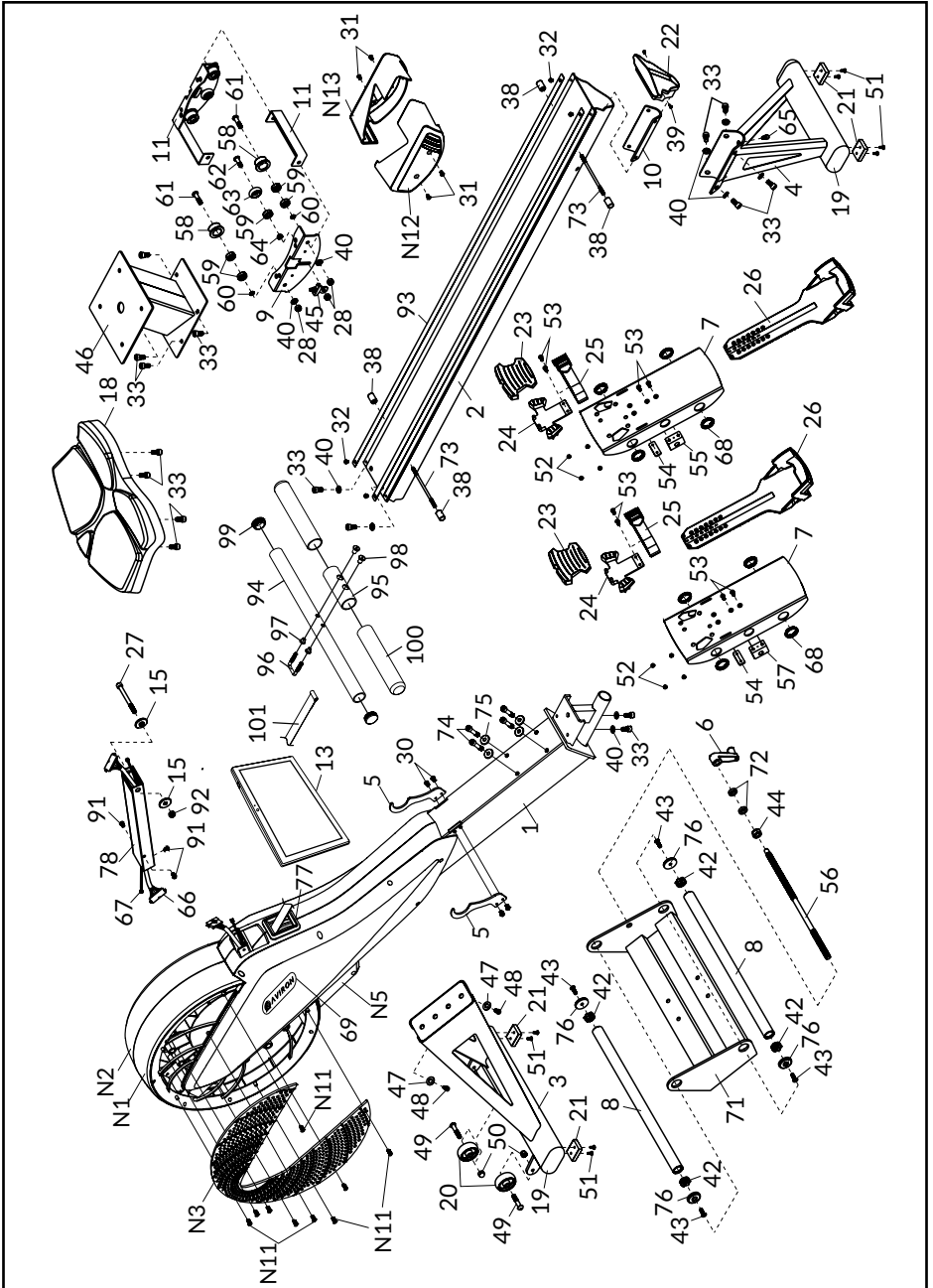
# ASSEMBLY INSTRUCTIONS

## ● Step 11

**ATTENTION:**  
Washers go in between the bracket arm and the bracket, not on the outside of the bracket.



# ASSEMBLY INSTRUCTIONS



# PART LIST

NO.	DESCRIPTION	QTY
1	MAIN FRAME	1
2	CENTRAL BEAM	1
3	FRONT STABILIZER	1
4	REAR STABILIZER	1
5	HAND GRIP HOLDER	2
6	HANDLE	1
7	PEDAL BASE	2
8	PEDAL SUPPORT TUBE	2
9	SLIDING SUPPORT SIDE PLATE	2
10	REAR STABILIZER HOLDING BRACKET	1
11	SLIDING SUPPORT BAFFLE PLATE	2
15	TOUCHSCREEN WASHER	2
18	SADDLE	1
19	FOOT CAP	4
20	TRANSPORTATION WHEEL	2
21	FOOT PAD	4
22	END CAP FOR CENTRAL BEAM	1
23	PEDAL (A)	2
24	PEDAL ADJUSTMENT BOTTOM	2
25	PEDAL STRAP	2
26	PEDAL (B)	2
27	SOCKET HEAD BOLT M8 X 85MM	1
28	NYLON NUT M8	6
30	ROUND HEAD SCREW M6 X 10MM	4
31	ROUND HEAD SCREW M5 X 12MM	4
32	ROUND HEAD SCREW M5 X 6MM	4
33	SOCKET HEAD BOLT M8 X 16MM	16
38	STOPPER	4
39	ROUND HEAD SELF-TAPPING SCREW M3 X 6MM	2
40	WASHER $\Phi 8 \times \Phi 16 \times 2.0T$	12
42	LOCK NUT	4
43	PAN HEAD SCREW M6 X 20MM	4
44	NYLON NUT M12	1
45	ADJUSTMENT BOLT	2
46	SADDLE BASE	1
47	WASHER $\Phi 10 \times \Phi 23 \times 2.0T$	2
48	SOCKET HEAD BOLT M10 X 16MM	2
49	ROUND HEAD BOLT M8 X 40MM	2
50	CAP NUT M8	2
51	ROUND HEAD SCREW 5/32" X 1/2"	8
52	ROUND HEAD SELF-TAPPING SCREW M4 X 8MM	8
53	PAN HEAD SCREW M5 X 15MM	8

# PART LIST

NO.	DESCRIPTION	QTY
54	PEDAL ADJUSTMENT BOTTOM HOLDER	2
55	PEDAL NUT (R)	1
56	PEDAL BOLT	1
57	PEDAL NUT (L)	1
58	ROLLER (A)	4
59	BEARING 608ZZ	10
60	POWDER METAL SPACER (12 X 8 X 2MM)	4
61	ROUND HEAD BOLT M8 X 25MM	4
62	PAN HEAD BOLT M8 X 25MM	2
63	ROLLER (B)	2
64	POWDER METAL SPACER (12 X 8 X 5MM)	2
65	SOCKET HEAD SCREW M6 X 10MM	1
66	WIRE UPPER	1
68	PEDAL SLEEVE	8
69	LOGO L	1
70	LOGO R	1
71	PEDAL BASE	1
72	WASHER $\Phi$ 12 X $\Phi$ 20 X 5T	2
73	STOPPER BOLT	2
74	SOCKET HEAD BOLT M8 X 40MM	4
75	WASHER $\Phi$ 8 X $\Phi$ 23 X 2T	4
76	WASHER $\Phi$ 6 X $\Phi$ 32 X 6T	4
77	STRAP PROTECTED PAD	1
78	CONSOLE TUBE	1
91	ROUND HEAD SCREW M6 X 10MM	3
92	NYLON NUT M8	1
93	PROTECTIVE PLATE OF CENTRAL BEAM	2
94	HANDLE BAR PIPE	1
95	HANDLE BAR CENTER	1
96	U BOLT M6	1
97	T-NUT M6	2
98	HEX SOCKET NUT M6	2
99	HANDLE BAR END CAP	2
100	FORM GRIP	2
101	NYLON WEBBING	1
N1	CHAIN COVER-MAIN L	1
N2	CHAIN COVER-MAIN R	1
N3	CHAIN COVER-MESH L	1
N4	CHAIN COVER-MESH R	1
N5	CHAIN COVER-BOTTOM L	1
N6	CHAIN COVER-BOTTOM R	1
N11	SCREW 1/8" X 1/2"	18
N12	SADDLE BASE COVER (L)	1
N13	SADDLE BASE COVER (R)	1

# CONNECTING TO A NETWORK

After assembling the rower, to connect to a network using an ethernet cable, simply plug in the ethernet cable into the ethernet port located at the rear of the touchscreen. To connect to a network using Wi-Fi, follow the instructions below:

- 1. Connect the rower to the power cable via the power plug located underneath the plastic of the flywheel. The touchscreen will power on automatically.**



# CONNECTING TO A NETWORK

2. After the touchscreen finishes loading, select the user icon located at the top left of the screen.



3. Select "AVIRON LOGIN".



4. Enter "admin" as the Email address (case sensitive).

5. Enter the machine ID as the password (case sensitive).  
The machine ID is located in 3 places:

- a. By selecting the gear icon located at the bottom left of the screen.



Then by selecting "ACCOUNT INFORMATION"



- b. On a sticker found on the touchscreen.
  - c. On a sticker found on the touchscreen box.
6. Select "LOG IN"
  7. Select the gear icon located at the bottom left of the screen.

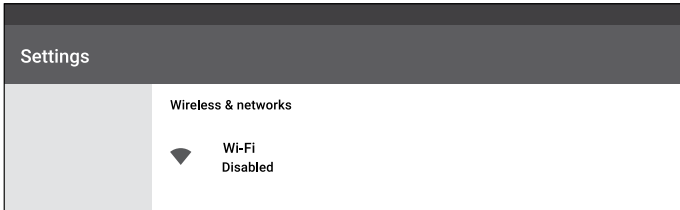


# CONNECTING TO A NETWORK

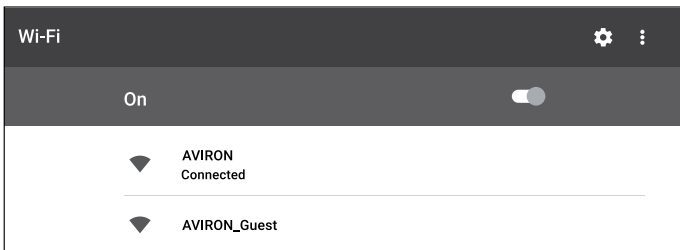
## 8. Select "SYSTEM SETTINGS"



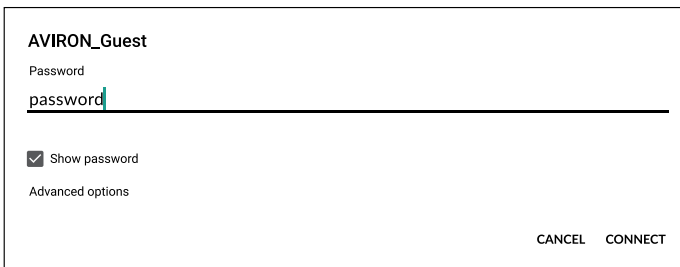
## 9. Select "Wi-Fi"



## 10. Enable Wi-Fi by switching the icon to the ON position.



## 11. Select your preferred Wi-Fi network and enter in the password.



# ACCESSING ADMIN SETTINGS

Admin settings are only available with commercial subscriptions.  
To access admin settings, follow the instructions below:

1. Select the user icon located at the top left of the screen.



2. Select "AVIRON LOGIN"



3. Enter "admin" as the Email address (case sensitive).

4. Enter the machine ID as the password (case sensitive).

5. Select "LOG IN"

6. Select the gear icon located at the bottom left of the screen.



7. Select "ADMIN SETTINGS"





## ● General Maintenance

After each workout or day of working out:

1. Turn off the equipment and wipe it down with a damp cloth.
2. Wipe down the beam with a damp cloth.

Every six months:

1. Inspect the poly-v drive belt for any damage. Trim any fraying at the edges of the belt with a sharp knife or scissors. The belt does not need to be replaced as minor fraying is normal.
2. Check to ensure all frame screws are tight and secured.
3. Turn off and unplug the equipment. Remove the shroud and vacuum any dust that may be trapped. Use a can of compressed air and blow out dust from hard to reach areas. Be careful not to damage any of the components.

## ● Aviron Terms and Conditions

### General Policies

Aviron Interactive Inc. ("Aviron") aims to satisfy you (the "customer") completely. Plans and specifications are interpreted as required, but Aviron takes no responsibility that the information provided is suitable for the intended purpose. Aviron has a policy of equipment improvement and reserves the right to accept or refuse any order. All information supplied by Aviron is believed to be accurate, but Aviron is not liable for errors or misinterpretations.

### Exclusion of Incidental, Consequential and Certain Other Damages

To the maximum extent permitted by applicable law, in no event shall Aviron or its suppliers nor anyone else involved in the production or delivery of this equipment be liable for any indirect, special, consequential, punitive or incidental damages whatsoever (including, but not limited to, damages for loss of profits or loss of data or confidential or other information, for business interruption, loss of business information, and the like) arising out of or related to this agreement or the use or inability to use such equipment, the provision of or failure to provide support or other services, information, software and related content through the Aviron equipment or otherwise arising out of the use of the Aviron equipment, or otherwise under or in connection with any provision of this license, even in the event of the fault, tort (including negligence), misrepresentation, strict liability, breach of contract or breach of warranty of Aviron or any supplier, and even if Aviron has been advised of the possibility of such damages. In no event shall Aviron's liability hereunder, if any, exceed the purchase price paid by the customer for the Aviron equipment.

## ⦿ Limited Warranty

Aviron warrants that the equipment will perform substantially as specified by Aviron for the period below parts and labor.

Series	TOUGH SERIES
Frame	10 Years
Touchscreen	2 Years
Limited Parts	2 Years

Warranty is applicable to factory and certified dealer repairs only. All equipment and parts in need of servicing must be repaired by a certified dealer or be shipped back to Aviron at the customer's expense to comply with the Aviron Limited Warranty. Aviron is not obligated to provide the customer with a substitute during the warranty period or at any time. The equipment is automatically registered after activating it on the Aviron network. Aviron will not be responsible for dismantling, reassembly or reinstallation charges.

To obtain service you must:

- Contact our support department if you are having trouble with your equipment. Aviron equipment or parts may not be returned without written permission from Aviron.
- Arrange for delivery of your Aviron equipment or parts to Aviron's premises.
- All shipments must be shipped prepaid, insured and properly packaged, preferably in the original packaging and accompanied by a letter outlining the defect.

## ⦿ Terms and Conditions

1. The warranty applies to the Aviron equipment only while it remains in the possession of the original customer or company who has registered the equipment.
2. The warranty applies to the Aviron equipment only while the serial number is clearly identifiable and has not been altered.
3. The warranty does not cover damage, failure, operational noise or irregular performance caused by electrical wiring not in compliance with electrical codes, user manual specifications, accident, misuse, abuse, improper installation, improper service, alignment or calibration or unapproved modification, failure to perform general maintenance.

4. This warranty does not cover general wear on parts such as belts, seat coverings and wheels.

5. This warranty does not cover general wear on consumables and cosmetic items, including but not limited to the following: foot rails, grips, stickers, and labels.

6. If the customer believes that the equipment is defective in material or workmanship, then written notice with an explanation of the claim shall be given promptly by customer to Aviron but all claims for warranty service must be made within the warranty period. No repair or replacement of any equipment or part thereof shall extend the warranty period as to the entire equipment. The specific warranty on the repaired part only shall be in effect for a period of ninety (90) days following the repair or replacement of that part or the remaining period of the equipment parts warranty, whichever is greater.

7. The customer's exclusive remedy and Aviron's sole obligation is to supply (or pay for) all labor necessary to repair any equipment found to be defective within the warranty period and to supply, at no extra charge, new or rebuilt replacements for defective parts. If repair or replacement fails to remedy the defect, then, and only in such event, shall Aviron refund to the customer the purchase price for such equipment. The customer's failure to make a claim as provided in paragraph 1 above or continued use of the equipment shall constitute an unqualified acceptance of such equipment and a waiver by the customer of all.

8. The customer's dated bill of sale must be retained as evidence of the date of purchase and to establish warranty eligibility.

## **Contact Information**

### **Aviron Interactive**

<https://www.avironactive.com/>  
265 Bartley Drive , Unit 2, North York,  
ON. Canada, M4A 2N7

**Phone:** 877-955-4222

**General Email:** [info@avironactive.com](mailto:info@avironactive.com)

**Support Email:** [support@avironactive.com](mailto:support@avironactive.com)

## FCC Warning Statement

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- - Reorient or relocate the receiving antenna.
- - Increase the separation between the equipment and receiver.
- - Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- - Consult the dealer or an experienced radio/TV technician for help.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

## RF Exposure Statement

To maintain compliance with FCC's RF Exposure guidelines, This equipment should be installed and operated with minimum distance of 20cm the radiator your body. This device and its antenna(s) must not be co-located or operation in conjunction with any other antenna or transmitter.

## ISED Canada Statement:

The device for the band 5150-5250 MHz is only for indoor usage to reduce potential for harmful interference to co-channel mobile satellite systems.

This device contains licence-exempt transmitter(s)/receiver(s)/ that comply with Innovation Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

- 1) this device may not cause interference and
- 2) this device must accept any interference, including interference that may cause undesired operation of the device.

Radiation Exposure: This equipment complies with Canada radiation exposure limits set forth for an uncontrolled environment; To maintain compliance with IC's RF Exposure guidelines, This equipment should be installed and operated with minimum distance of 20cm the radiator your body. This device and its antenna(s) must not be co-located or operation in conjunction with any other antenna or transmitter.

## D é clarification de l'ISED Canada :

Cet appareil contient des tasmittre (s) / r é cepteur (s) sans licence / conformes à l'innovationRSS exemptes de licence de Sciences et D é veloppement é conomique Canada. L'op é ration est sous r é serve des deux conditions suivantes :

- 1) cet appareil ne peut pas causer d'interf é rences et
- 2) cet dispositif doit accepter toute interf é rence, y compris peut provoquer le fonctionnement ind é sirable de l'appareil.

Exposition aux rayonnements : Cet é quipement est conforme aux radiations du Canada limites d'exposition pour un environnement incontr 1 é non é d'exposition RF Pour maintenir le respect des guides d'exposition RF d'IC, cquipement doit ê tre.install é et actionn é avec une distance minimale de 20cm le radiateur de votre corps. Cet appareil et ses antennes ne doivent pas ê tre co-localis é ou en op é ration en conjonction avec toute autre antenne ou é metteur.

Note:5G band (W52) indoor use only.