ASSEMBLY INSTRUCTIONS

Pedal adjustment


Min.   Max.

Parts: Tools: Fasteners:

(A) E   3
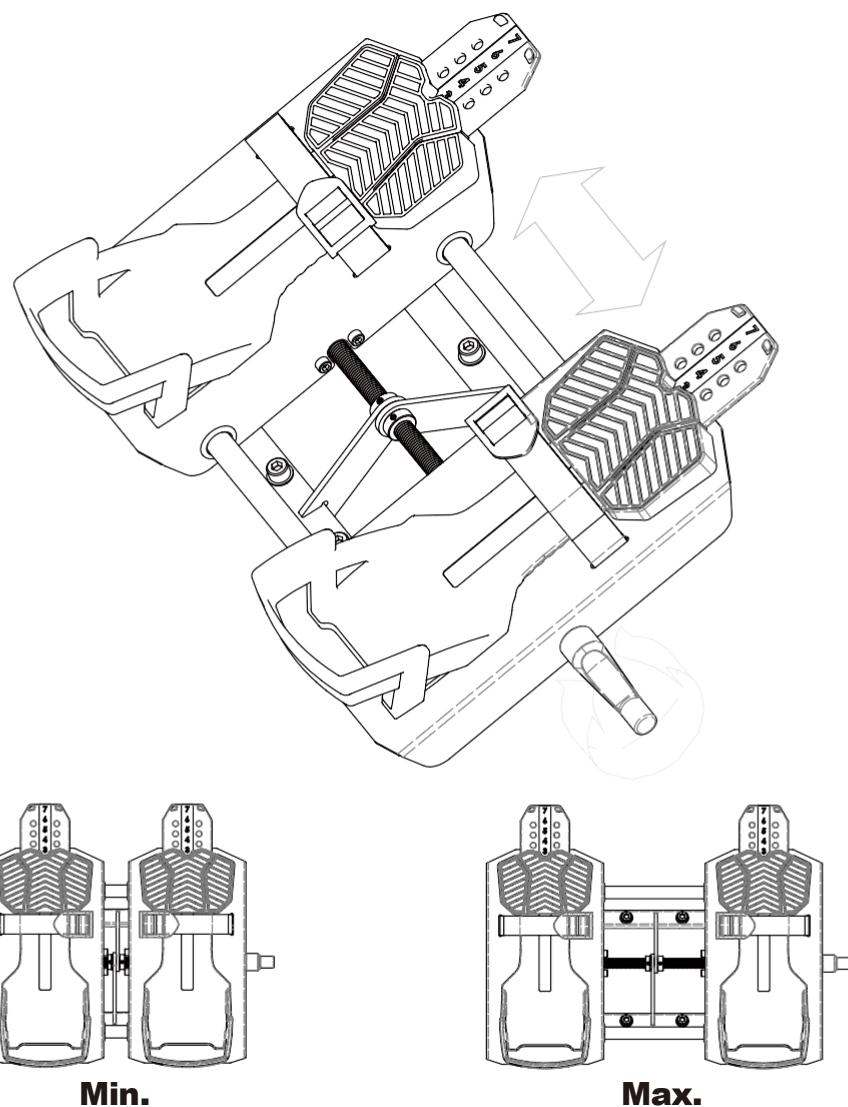
Remove the temporary frame protector frst, then insert the small
cover.
To adjust the distance between your feet, turn the crank on the right side of the
foot carriage.

TOUCHSCREEN

CAMERA AND MICROPHONE
SLEEP BUTTON
VOLUME CONTROL

AUDIO JACK
INCREASE RESISTANCE
DECREASE RESISTANCE
BACK BUTTON
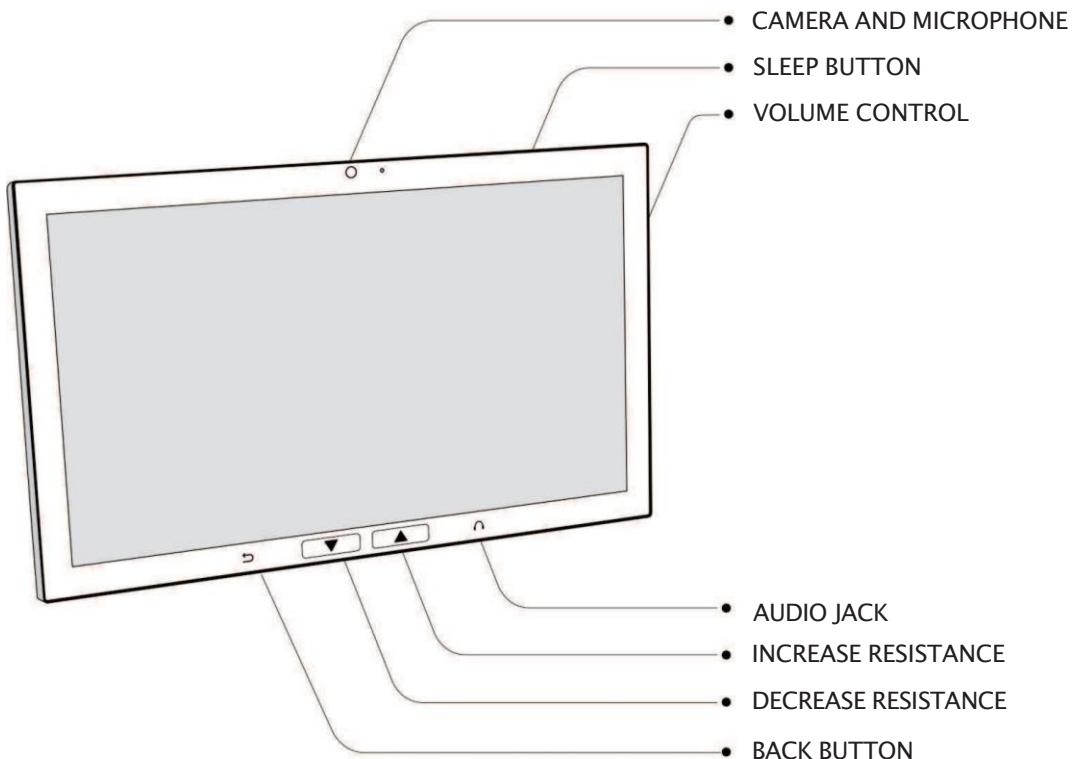
ETHERNET PORT LOCATED AT REAR

|	
SCREEN **21.5" 1080P touchscreen**	**WIFI** **802.11 b/g/n/ac**
PROCESSORS **ARM 2.0Ghz dual core & 1.5Ghz quad core**	**ETHERNET** **10/100Mbps**
GRAPHICS **ARM Mali-T864 GPU**	**BLUETOOTH** **5.1**
MEMORY **4GB RAM**	**CAMERA** **2 megapixel front-facing**
STORAGE **32GB eMMC flash**	**SPEAKERS** **2x5 watt stereo**
OS **Android**	**CERTIFICATIONS** **FCC, CE & IC**

CONNECTING TO A NETWORK

Only applicable with the Touchscreen model.

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.

For commercial memberships, first follow the instructions for Accessing Admin And System Settings in order to log in as an admin to access system settings.

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.**
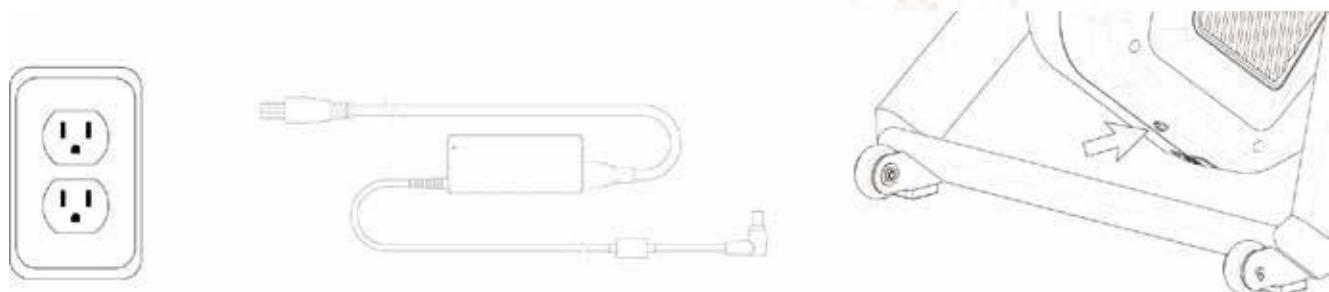
2. **Select the gear icon located at the bottom left of the screen.**

3. **Select "SYSTEM SETTINGS"**
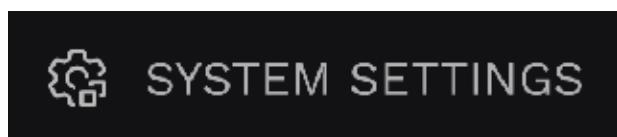
CONNECTING TO A NETWORK

Only applicable with the Touchscreen model.

4. Select "Wi-Fi". You may need to select "Network & Internet" first.
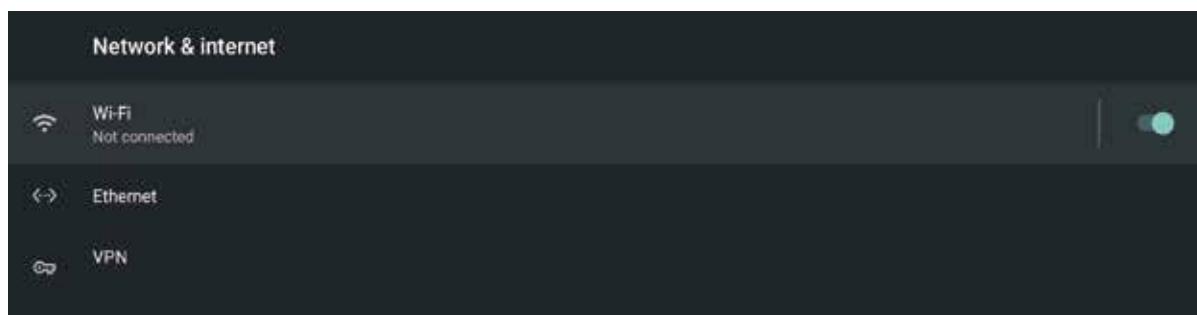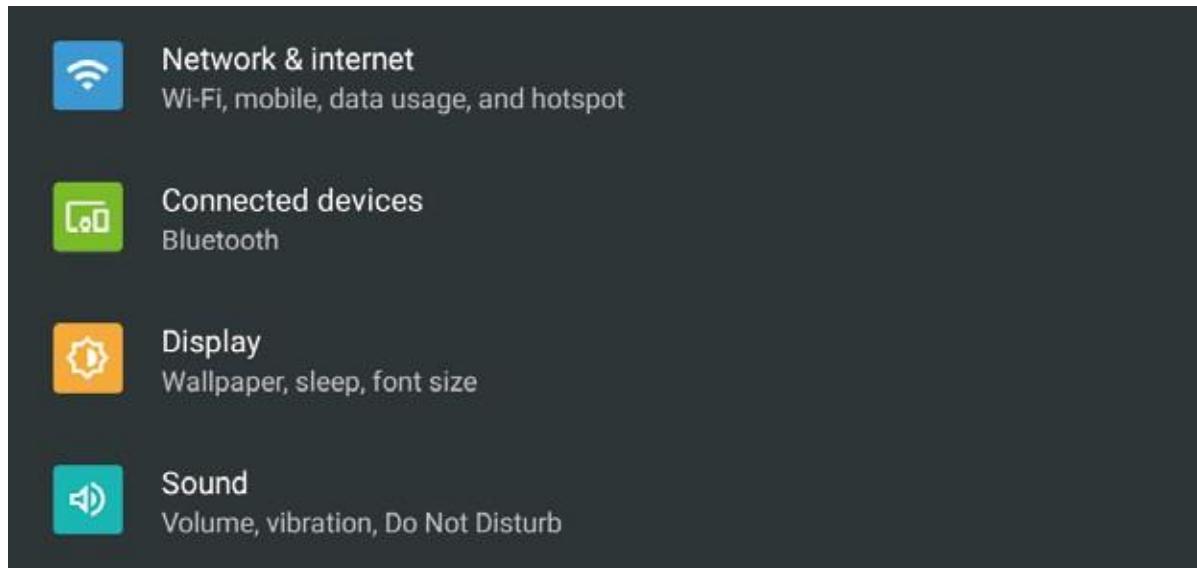

5. Enable Wi-Fi by switching the icon to the ON position.
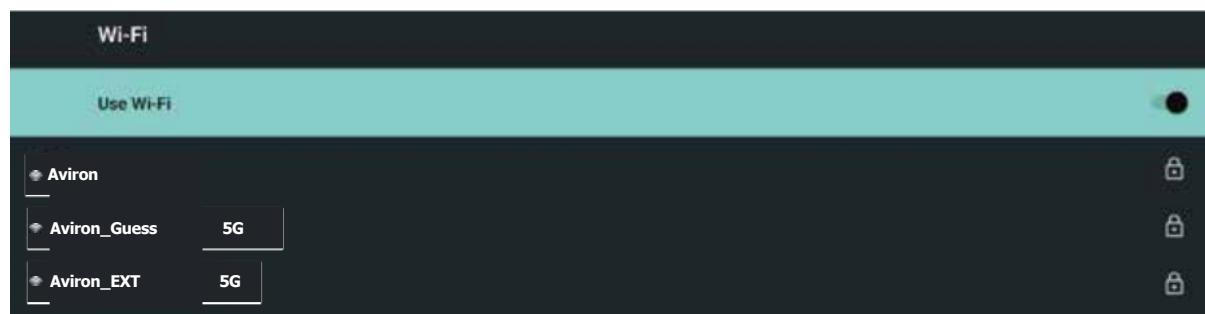
CONNECTING TO A NETWORK

Only applicable with the Touchscreen model.

6. Select your preferred Wi-Fi network and enter in the password.
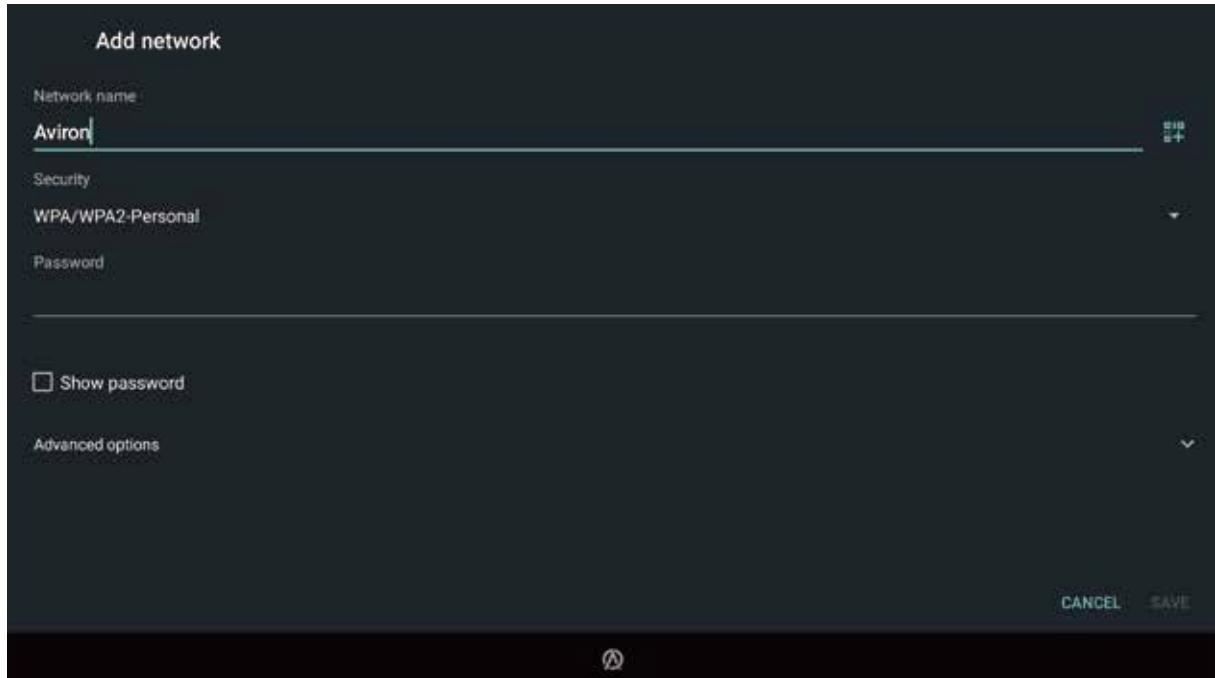
Note: Connecting to a hidden network requires going into "Advanced options". Afterward, scroll to the bottom, and under "Hidden network", select "Yes"
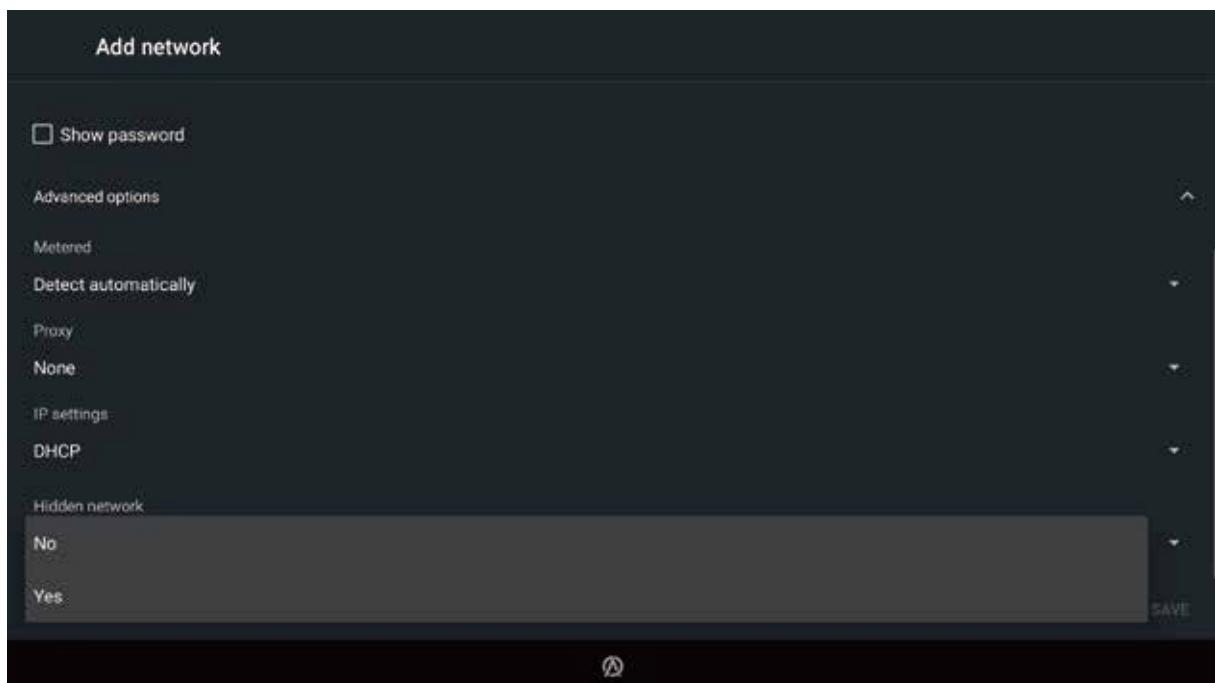
ACCESSING ADMIN AND SYSTEM SETTINGS

Only applicable with the Touchscreen model AND Commercial Membership (for commercial use).

To access admin and system settings, follow the instructions below:

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

2. **Select "SIGN IN"**

3. **Enter "admin" as the Email address.**

4. **Enter the machine ID as the password.**
   The machine ID is located in 3 places:

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

   Then select "ACCOUNT INFORMATION"

   b. On a sticker found on the touchscreen.

   c. On a sticker found on the touchscreen box.

5. **Select "SIGN IN"**

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

TABLET HOLDER "GO" MODEL

ADJUSTABLE BRACKET

IR RECEIVER

CHARGING PORT
(TYPE C)

INCREASE RESISTANCE

BLUETOOTH BUTTON

DECREASE RESISTANCE
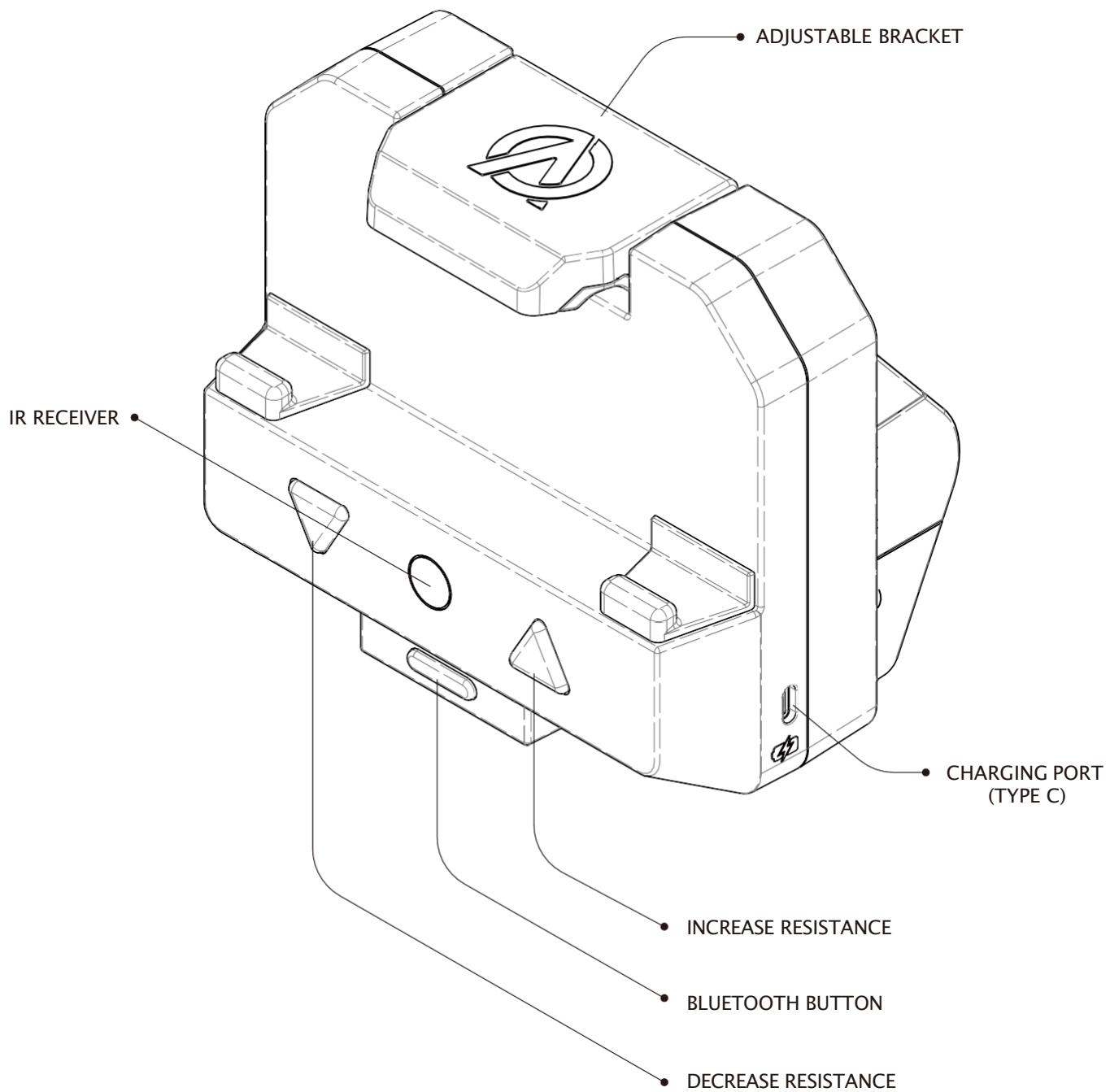
BLUETOOTH
5.0

CHARGING PORT
2.0A

CERTIFICATIONS
CE/FCC/IC

DOWNLOADING THE AVIRON APP

To download the Aviron app, please visit our website at
www.avironactive.com/support/download or simply scan the QR code below.
Follow the links on our website to get the app for your device.

BLUETOOTH PAIRING WITH A TABLET

Only applicable with the Tablet Holder "GO" model.

1. **Ensure your tablet has the latest version of the Aviron app installed.**

2. **Confirm your tablet is connected to WiFi or the internet.**

3. **Ensure your tablet's Bluetooth is enabled.**

4. **Connect the rower to the power source using the cable and the power plug located underneath the plastic flywheels.**
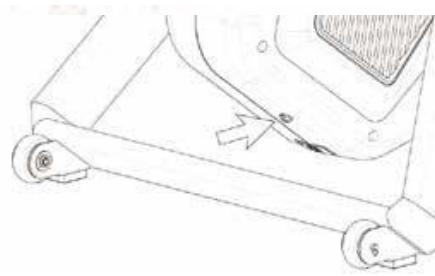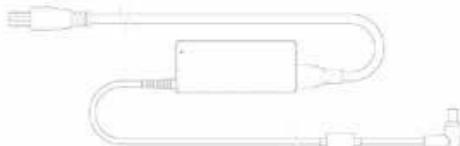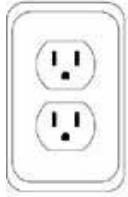
5. **Press the Bluetooth button on the rower once to activate it. The Bluetooth indicator will flash, signifying the rower is in search and pairing mode.**

6. **From the Aviron app on your tablet, pair it with the rower. This option is available in the settings or the app will automatically prompt you to do so before accessing any workouts.**

7. **Successful pairing is indicated by the Bluetooth light ceasing to flash and remaining solid.**

8. **The rower will automatically shut off if left unused for 60 minutes when paired, 5 minutes in search and pairing mode, or by pressing the Bluetooth button on the rower once. Successful shutdown is indicated by the Bluetooth light turning off.**

9. **The next time you activate Bluetooth on your rower, it will automatically pair with your tablet within 30 seconds of starting the Aviron app.**

SWITCHING AND PAIRING A DIFFERENT TABLET

Only applicable with the Tablet Holder "GO" model.

1. If the rower is already paired with a tablet and you wish to pair it with a different one, press the Bluetooth button on the rower twice: once to turn it off, and again to activate search and pairing mode.

2. From the Aviron app on your tablet, pair it with the rower. This option is available in the settings or the app will automatically prompt you to do so before accessing any workouts.

◉ 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 rail with a damp cloth.

Every six months:
1. Inspect the nylon 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

Warranty is applicable to factory and certified dealer repairs unless approved by Aviron. 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 unless approved by Aviron. 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.

◉ FCC Notice

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.

NOTE 1: 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:

- Re-orient 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.

NOTE 2: Any changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

◉ IC Notice

This device complies with Industry Canada licence-exempt RSS 247 standard. 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.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

◉ IC Radiation Exposure Statement:

This equipment complies with IC RSS-102 radiation exposure limit set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 0.5cm between the radiator and your body.

Cet équipement est conforme aux CNR-102 d'Industrie Canada. Cet équipement doit êtreinstallé et utilisé avec une distance minimale de 0.5 centimètres entre le radiateur et votrecorps. Cet émetteur ne doit pas être co-localisées ou opérant en conjonction avec autreantenne ou émetteur. Les antennes utilisées pour cet émetteur doivent être installés etfournir une distance de séparation d'au moins 0.5 centimètre de toute personne et doit pas être co-située ni fonctionner en conjonction avec une autre antenne ou émetteur.

EXPLODED DIAGRAM & PARTS LIST
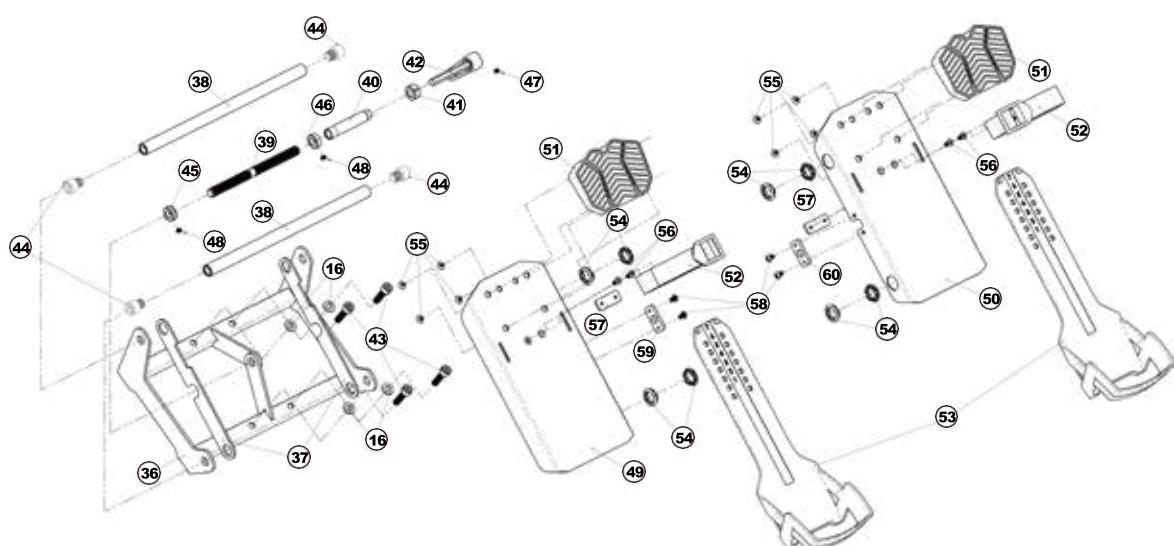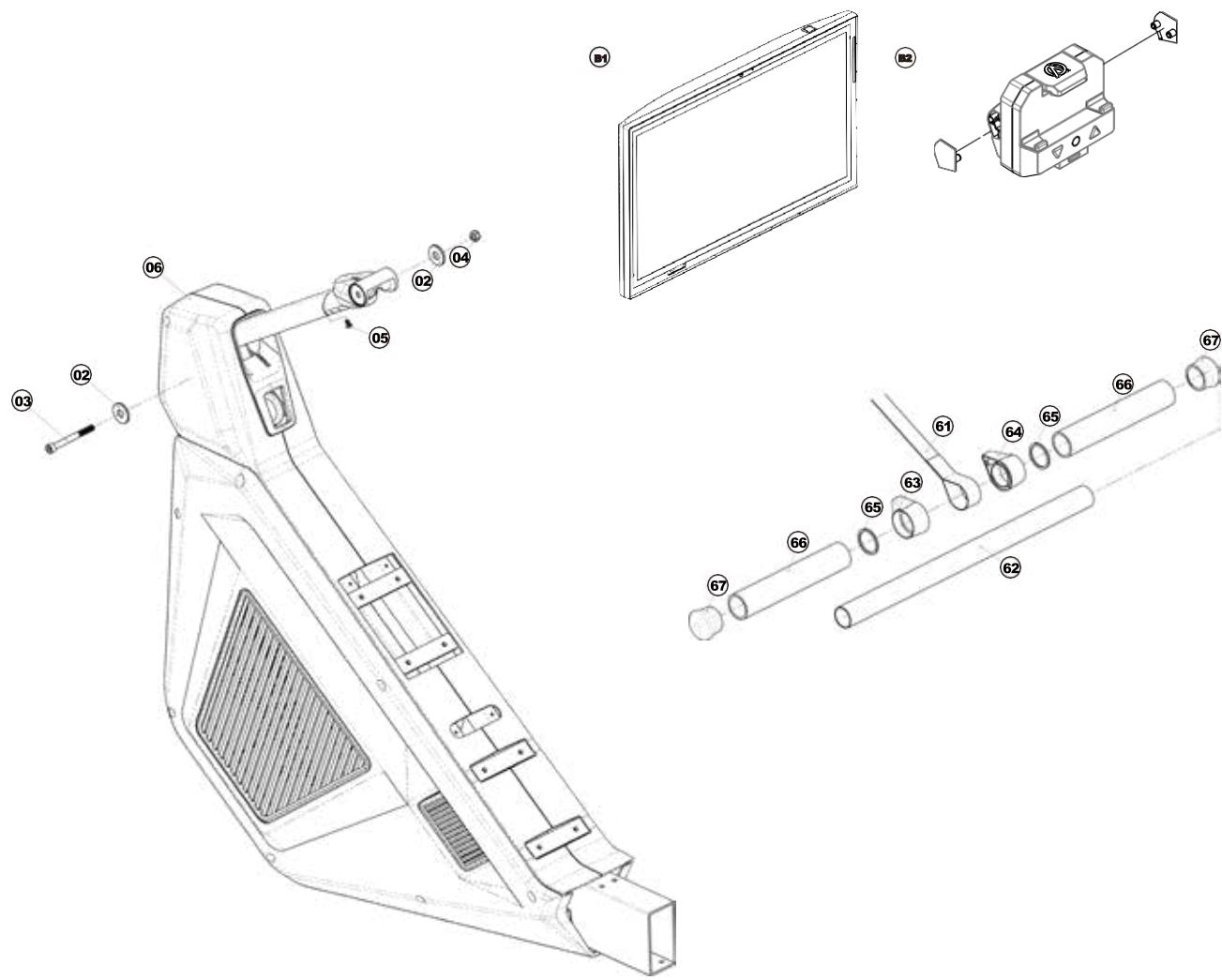
EXPLODED DIAGRAM
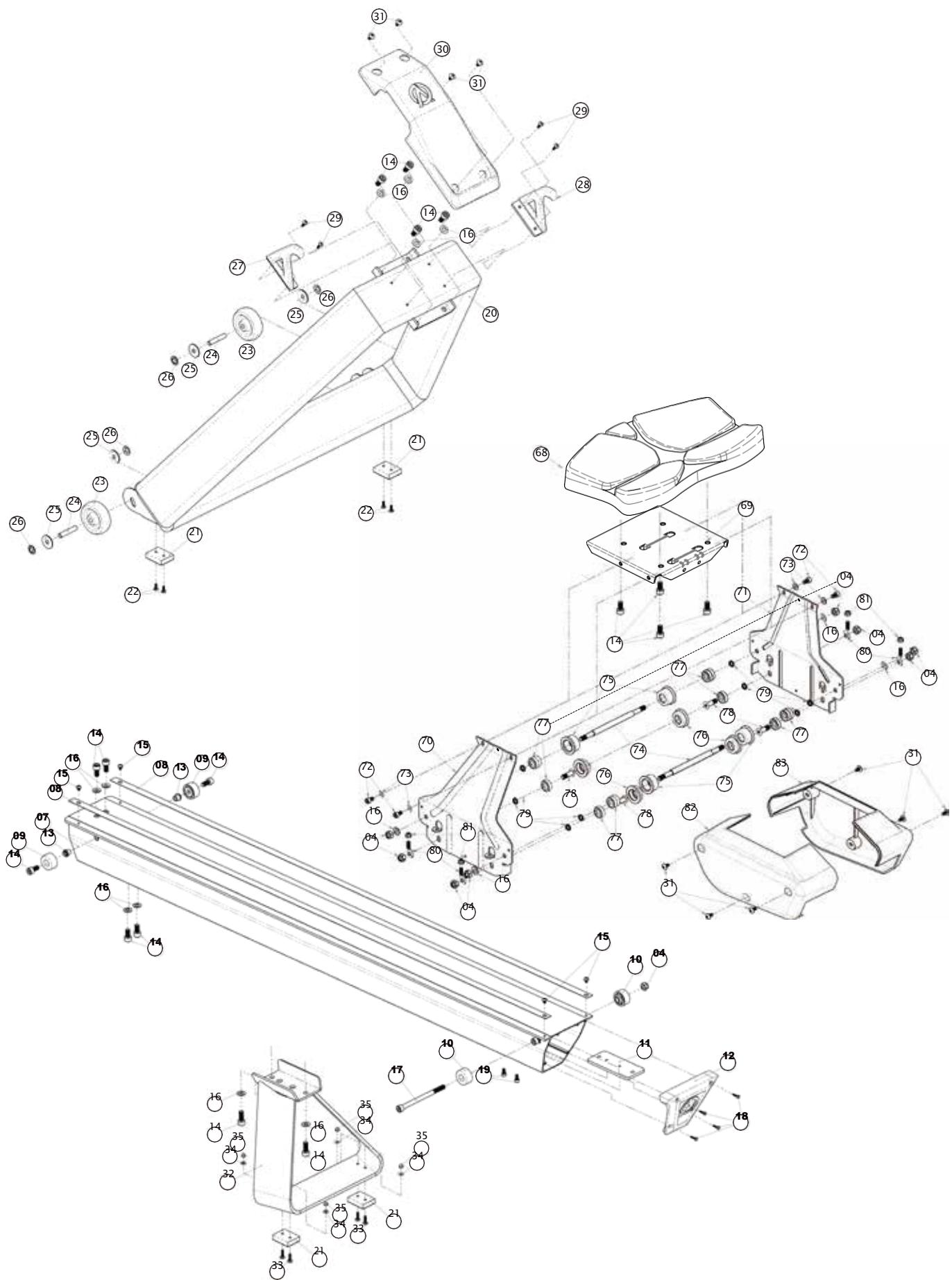
PARTS LIST

SECTION	NO.	PART	QTY
TOUCHSCREEN	1	(B1)TOUCHSCREEN	1
	1	(B2)TABLET HOLDER "GO" VERSION	1
	2	TOUCHSCREEN / TABLET HOLDER WASHER	2
	3	SOCKET HEAD BOLT M8 X 85MM	1
	4	NYLON NUT M8	1
	5	ROUND HEAD BOLT M5 X 10MM	1
MAIN FRAME	6	MAIN FRAME	1
RAIL	7	RAIL	1
	8	PROTECTIVE PLATE OF RAIL	2
	9	STOPPER A	2
	10	STOPPER B	2
	11	REAR LEG MOUNTING PLATE	1
	12	END CAP FOR RAIL	1
	13	RIVET NUT M8	2
	14	SOCKET HEAD BOLT M8 X 16MM	6
	15	ROUND HEAD BOLT M5 X 6MM	4
	16	WASHER Φ8 X Φ16 X 2.0T	4
	17	SOCKET HEAD BOLT M8 X 120MM	1
	18	ROUND HEAD SELF-TAPPING SCREW M3 X 15MM	4
	4	NYLON NUT M8	1
	19	SOCKET HEAD BOLT M5 X 10MM	2
FRONT LEG	20	FRONT LEG	1
	21	STABILITY FOOT PAD	2
	22	ROUND HEAD SCREW 5/32" X 1/2"	2
	23	TRANSPORTATION WHEEL	2
	24	TRANSPORTATION WHEEL AXLE Φ8	2
	25	WASHER Φ8 X Φ26 X 2.0T	4
	26	PUSH NUT M8	4
	27	HAND GRIP HOLDER L	1
	28	HAND GRIP HOLDER R	1
	29	ROUND HEAD SELF-TAPPING SCREW M4 X 15MM	4
	14	SOCKET HEAD BOLT M8 X 16MM	4
	30	HAND GRIP HOLDER COVER	1
	31	ROUND HEAD BOLT M5 X 10MM	4
	16	WASHER Φ8 X Φ16 X 2.0T	4
REAR LEG	32	REAR LEG	1
	14	SOCKET HEAD BOLT M8 X 16MM	2
	16	WASHER Φ8 X Φ16 X 2.0T	2
	21	STABILITY FOOT PAD	2
	33	ROUND HEAD BOLT M4 X 15MM	4
	34	WASHER Φ4 X Φ10 X 1.0T	4
	35	CAP NUT M4	4
FOOT CARRIAGE	36	FOOT CARRIAGE ADJUSTABLE BASE	1
	37	FOOT CARRIAGE SUPPORT PLATE	2
	38	FOOT CARRIAGE SUPPORT TUBE	2
	39	FOOT CARRIAGE ADJUST BOLT	1
	40	ADJUST HANDLE MOUNTING ADAPTER	1
	41	ADJUST HANDLE MOUNTING LOCKER	1
	42	ADJUST HANDLE	1
	43	SOCKET HEAD BOLT M8 X 35MM	4
	16	WASHER Φ8 X Φ16 X 2.0T	4
	44	SOCKET HEAD BOLT M12 X 25MM	4
	45	RETAINING NUT (L) M12	1
	46	RETAINING NUT (R) M12	1
	47	SET SCREW M5 X 6MM	Q1
	48	SET SCREW M4 X 4MM	2

PARTS LIST

SECTION	NO.	PART	QTY
FOOT PEDALS	49	FOOT PEDAL MOUNT(L)	1
	50	FOOT PEDAL MOUNT(R)	1
	51	UPPER PEDAL	2
	52	PEDAL STRAP	2
	53	LOWER PEDAL	2
	54	PEDAL SLEEVE	8
	55	ROUND HEAD SELF-TAPPING SCREW M4 X 8MM	8
	56	PAN HEAD SCREW M5 X 10MM	4
	57	PEDAL STRAP MOUNTING PLATE	2
	58	SOCKET HEAD BOLT M5 X 8MM	4
	59	ADJUST BOLT MOUNTING PLATE(L)	1
	60	ADJUST BOLT MOUNTING PLATE(R)	1
HANDLEBAR	61	NYLON WEBBING	1
	62	HANDLE BAR TUBE	1
	63	WEBBING SLEEVE(L)	1
	64	WEBBING SLEEVE(R)	1
	65	PLASTIC WASHER Φ32.5 X Φ38.5 X 2MM	2
	66	FORM GRIP	2
	67	HANDLE BAR END CAP	2
SEAT	68	SEAT	1
	69	SEAT MOUNT	1
	70	ROLLER MOUNT(L)	1
	71	ROLLER MOUNT(R)	1
	14	SOCKET HEAD BOLT M8 X 16MM	4
	72	SOCKET HEAD BOLT M6 X 10MM	4
	73	WASHER Φ6 X Φ13 X 1.0T	4
ROLLER	74	ROLLER AXLE	2
	75	ROLLER(L)	4
	76	ROLLER(S)	4
	77	BEARING 608ZZ	12
	78	PAN HEAD SCREW M8 X 25MM	4
	79	POWDER METAL SPACER (12 X 8 X 2MM)	8
	80	ADJUSTMENT BOLT M6	4
	81	NYLON NUT M6	4
	4	NYLON NUT M8	8
	16	WASHER Φ8 X Φ16 X 2.0T	4
	82	ROLLER COVER(L)	1
	83	ROLLER COVER(R)	1
	31	ROUND HEAD BOLT M5 X 10MM	6

THE ROWING MACHINE THAT ENDS BORING WORKOUTS

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