

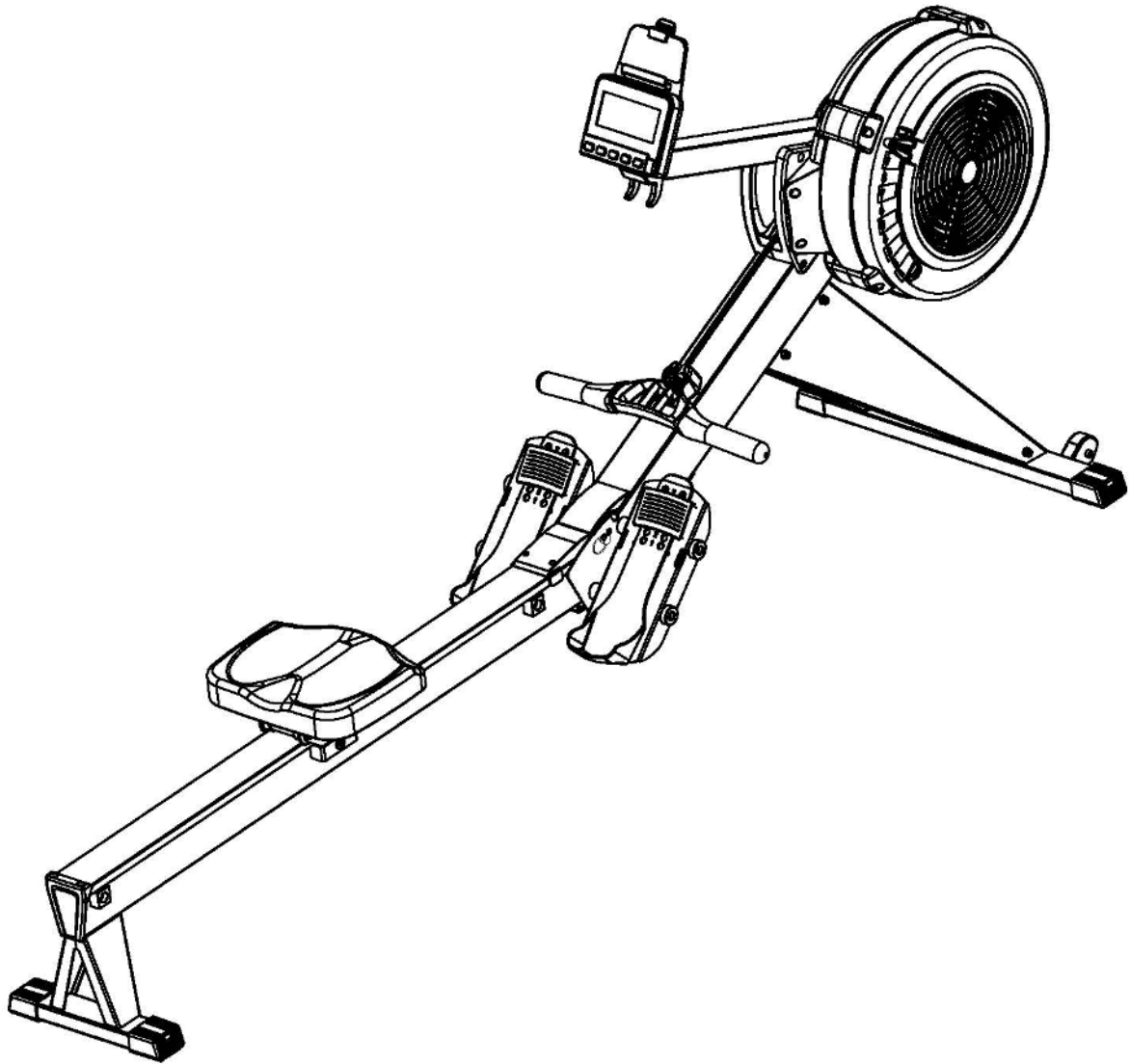


# TITANIUM STRENGTH

---

## AIR ROWING MACHINE

---



OWNERS MANUAL | TS-AR-P910

# TABLE OF CONTENTS

---

|                       |              |
|-----------------------|--------------|
| Safety Instructions   | <b>2-3</b>   |
| Exploded Drawing      | <b>4</b>     |
| Assembly Picture      | <b>5</b>     |
| Parts List            | <b>6</b>     |
| Stand Tools           | <b>7-10</b>  |
| Assembly Instructions | <b>11-16</b> |

# SAFETY INSTRUCTIONS

- 1** To reduce the risk of serious injury, read the following Safety Instructions before using the Titanium Strength Air Rowing Machine.
- 2** Save these instructions and ensure that other exercisers read this manual prior to using the Titanium Strength Air Rowing Machine for the first time.
- 3** Read all warnings and cautions posted on the Titanium Strength Air Rowing Machine.
- 4** Titanium Strength Air Rowing Machine should only be used after a thorough review of the Owner's Manual. Make sure that it is properly assembled and tightened before use.
- 5** We recommend that two people be available for assembly of this product.
- 6** Keep children away from the Titanium Strength Air Rowing Machine. Do not allow children to use or play on the Titanium Strength Air Rowing Machine. Keep children and pets away from the Titanium Strength Air Rowing Machine when it is in use.
- 7** It is recommended that you place this exercise equipment on an equipment mat.
- 8** Set up and operate the Titanium Strength Air Rowing Machine on a solid level surface. Do not position the Titanium Strength Air Rowing Machine on loose rugs or uneven surfaces.
- 9** Make sure that adequate space is available for access to and around the Titanium Strength Air Rowing Machine.
- 10** Before using, inspect the Titanium Strength Air Rowing Machine for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
- 11** Consult a physician prior to commencing an exercise program and follow his/her recommendations in developing your fitness program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician. Failure to follow all warnings and instructions could result in serious injury or death.
- 12** Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
- 13** Do not wear loose or dangling clothing while using the Titanium Strength Air Rowing Machine.
- 14** Never exercise in bare feet or socks; always wear proper footwear such as running, walking, or cross training shoes that fit well, provide foot support, and feature non-skid rubber soles.
- 15** Be careful to maintain your balance while using, mounting, dismounting, or assembling the Titanium Strength Air Rowing Machine, loss of balance may result in a fall and bodily injury.

# SAFETY PRODUCT INFORMATION

Maximum user weight for this product is 200kg | 440lbs

## BEFORE YOU START

We thank you for choosing the Titanium Strength Air Rowing Machine. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be assured if the equipment is assembled, maintained, and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

## EQUIPMENT WARNING, CAUTION & NOTICE LABELS

This chart is provided to help identify the warning, caution, and notice labels on the Titanium Strength Air Rowing Machine. Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

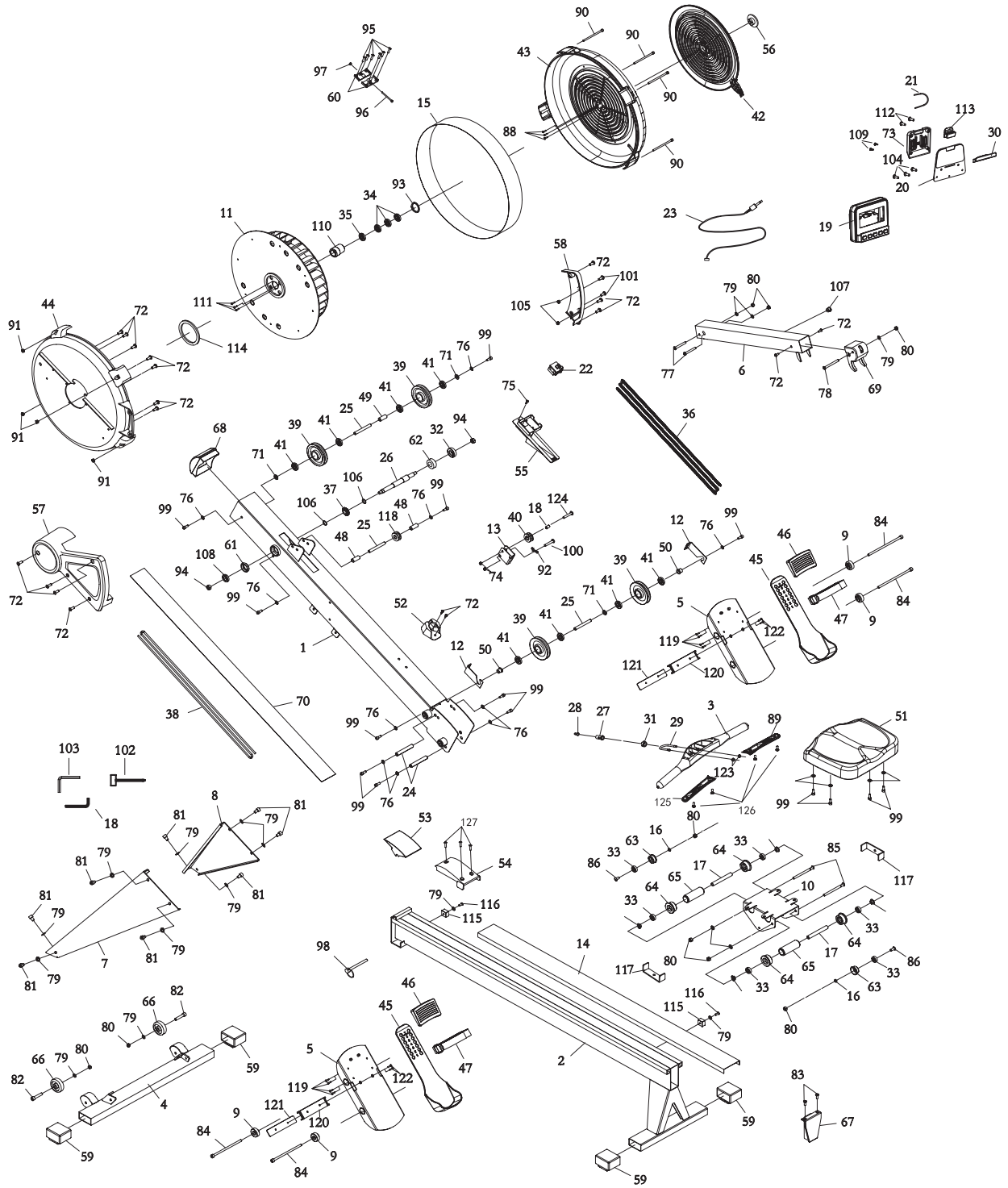
### **WARNING**

**IMPROPER USE OF THIS EQUIPMENT  
CAN RESULT IN SERIOUS INJURY.  
USE STATIONARY TRAINING EQUIPMENT  
IN A SUPERVISED ENVIRONMENT.  
YOU ASSUME A RISK OF INJURY WHEN  
USING THIS TYPE OF EQUIPMENT.**

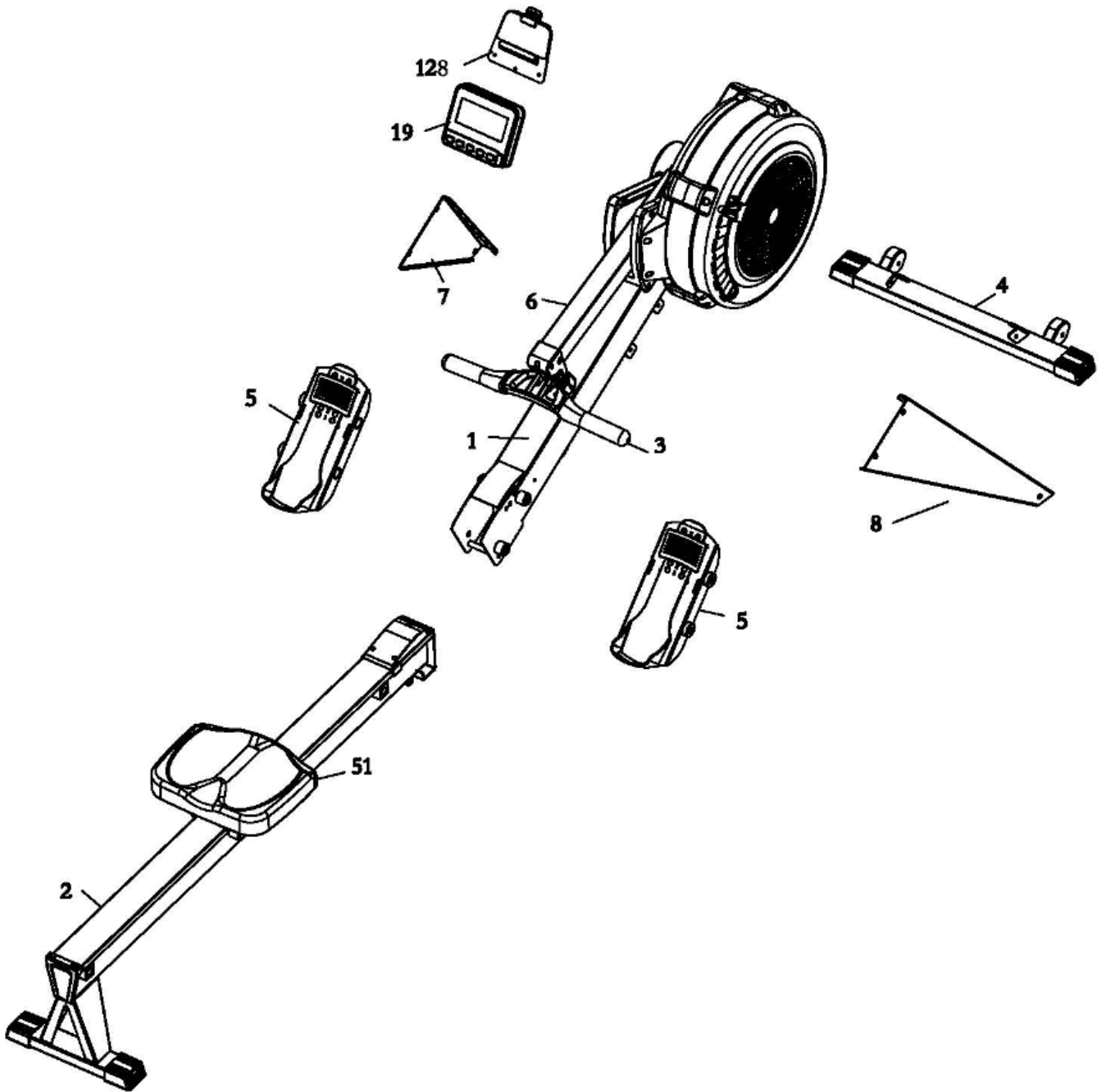
- Before beginning any fitness program, get a thorough physical examination.
- Keep children away from this equipment.
- Read the owner's manual or ask for help before use.
- If you feel pain, faintness, or dizziness, stop exercising immediately.
- Set up and operate the rowing machine on a solid level surface.
- Max user weight: 200kg / 440 lbs.
- Replace label if damaged or illegible.

\* Label is larger than actual size

# EXPLODED DRAWING

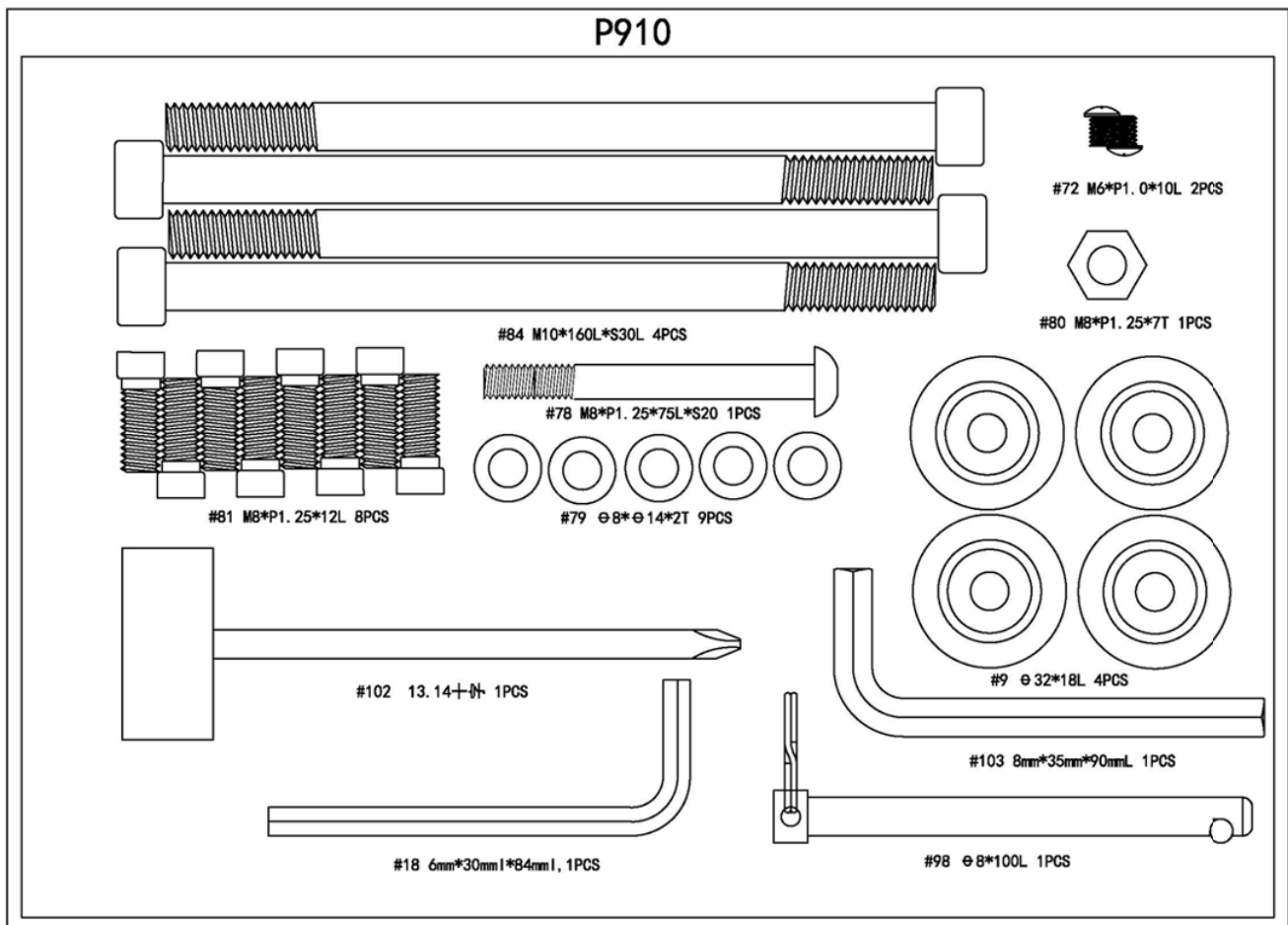


# ASSEMBLY PICTURE



# PARTS LIST

| PART NUMBER | DESCRIPTION                | QTY |
|-------------|----------------------------|-----|
| 1           | Main Frame                 | 1   |
| 2           | Rail Frame                 | 1   |
| 3           | Handle Bar                 | 1   |
| 4           | Front Stabilizer           | 1   |
| 5           | Pedal Set                  | 1   |
| 6           | Computer Post              | 1   |
| 7           | Left Support Leg           | 1   |
| 8           | Right Support Leg Computer | 1   |
| 19          | Computer                   | 1   |
| 128         | Smart Phone/Tablet Holder  | 1   |



# STAND TOOLS

| NO. | DESCRIPTION                  | MATERIAL        | SPEC   | QTY |
|-----|------------------------------|-----------------|--|-----|
| 1   | Main Frame                   |                 |  | 1   |
| 2   | Rail Frame                   |                 |  | 1   |
| 3   | Handle Bar                   |                 |  | 1   |
| 4   | Front Stabilizer             |                 |  | 1   |
| 5   | Pedal Set                    | Q235            |  | 2   |
| 6   | Computer Post                |                 |  | 1   |
| 7   | Left Support Leg             |                 |  | 1   |
| 8   | Right Support Leg            |                 |  | 1   |
| 9   | Pedal Stopper                |                 | $\phi 32*18L$ , A I Sandblasting Oxidation Treatment | 4   |
| 10  | Seat Carriage                | Q235            | 2.5T   | 1   |
| 11  | Flywheel Assembly            | ABS             |  | 1   |
| 12  | Elastic Rope Hook            |                 |  | 1   |
| 13  | Chain Holder                 |                 | 2T B Lack Spray Print                                | 1   |
| 14  | Stainless Steel Track        | Stainless Steel | 0.6T   | 1   |
| 15  | Stainless Steel Mesh         | Stainless Steel | 0.6T   | 1   |
| 16  | Seat Spacer                  | Q235            | $\phi 12*3L$   | 2   |
| 17  | Long Seat Spacer             | Q235            | $\phi 12*3L$   | 1   |
| 18  | Chain Roller Spacer          |                 | $\phi 20*16L$ Galvanize for a 24h Salt Spray         | 1   |
| 19  | Computer                     |                 | YT6917   | 1   |
| 20  | Computer Connector           |                 | 2.5T   | 1   |
| 21  | Elastic Rope                 |                 | $\phi 2*450L$  | 1   |
| 22  | Generator Set                |                 | 38*28.6*9.5, $\phi$ 0.26mm, 13 $\Omega$              | 1   |
| 23  | Sensor Wire                  |                 | 3p+I head 850L                                       | 1   |
| 24  | Rail Frame Connection Sleeve | Q235            | $\phi 12*8$ 80L, Internal Thread M6                  | 2   |
| 25  | Slide Pulley Support Sleeve  | Q235            | $\phi 10*7$ 6.5L, Internal Thread M6, Black          | 3   |
| 26  | Fan Axle                     | 40Cr            | $\phi 20*186L$                                       | 1   |
| 27  | Handlebar Step Sleeve        | Stainless Steel | $\phi 16*29L$  | 1   |
| 28  | Handlebar Connection Axle    | Stainless Steel | $\phi 9*15L$   | 1   |
| 29  | U Bolt                       | Stainless Steel | $\phi 5$   | 1   |
| 30  | E3201 Ipad Holder Top Cover  | ABS             |  | 1   |
| 31  | Outer Collar                 |                 | $\phi 19*10L$  | 1   |
| 32  | Bearing (60032rs)            |                 | 6003 2rs,(5- $\mu$ m)                                | 1   |

# STAND TOOLS

| NO. | DESCRIPTION                           | MATERIAL | SPEC                    | QTY2 |
|-----|---------------------------------------|----------|-------------------------|------|
| 33  | Bearing (6082z)                       |          | 608-2Z,(6-13) $\mu$ m   | 6    |
| 34  | Bearing(62012rs)                      |          | 6201-2RS,(6-12) $\mu$ m | 3    |
| 35  | One Way Bearing                       | HF2016   |                         | 1    |
| 36  | Chain                                 |          |                         | 1    |
| 37  | Sprocket                              | 40Cr     | $\phi$ 32*13L           | 1    |
| 38  | Elastic Band                          |          | $\phi$ 10*4200L         | 1    |
| 39  | Elastic Band Pulley                   | POM      |                         | 4    |
| 40  | Chain Roller                          | ABS      |                         | 1    |
| 41  | Bearing                               |          | 6000-2RS,(6-12) $\mu$ m | 1    |
| 42  | Fan Adjusting Panel                   | ABS      |                         | 1    |
| 43  | Top Cover Of Fan Cover                | ABS      |                         | 1    |
| 44  | Lower Cover Of Fan Cover              | ABS      |                         | 1    |
| 45  | Pedal Adjustment Flip                 | ABS      |                         | 2    |
| 46  | Pedal Adjustment Bracket Flip Stopper | ABS      |                         | 2    |
| 47  | Pedal Strap                           |          | 750L,black              | 2    |
| 48  | Roller Plastic Sleeve(Long)           | ABS      |                         | 2    |
| 49  | Roller Plastic Sleeve(Short)          | ABS      |                         | 1    |
| 50  | Sleeve                                | POM      |                         | 2    |
| 51  | Cushion                               |          |                         | 1    |
| 52  | Handlebar Holder                      | PP       |                         | 1    |
| 53  | Joint Cover A                         | ABS      |                         | 1    |
| 54  | Joint Cover B                         | ABS      |                         | 1    |
| 55  | Generator Base                        | PP       |                         | 1    |
| 56  | Fan Fixed Heart Rate                  | ABS      |                         | 1    |
| 57  | Left Cover                            | ABS      |                         | 1    |
| 58  | Right Cover                           | ABS      |                         | 1    |
| 59  | Endcap                                | ABS      |                         | 4    |
| 60  | Mesh Cover Fixing Seat                | PP       |                         | 2    |
| 61  | Bearing Pedestal                      | Rubber   | $\phi$ 35*10            | 1    |
| 62  | Bearing Pedestal                      | Rubber   | $\phi$ 42*13            | 1    |
| 63  | Slide Seat Limit Roller               | POM      |                         | 1    |
| 64  | Seat Roller                           | POM      |                         | 4    |

# STAND TOOLS

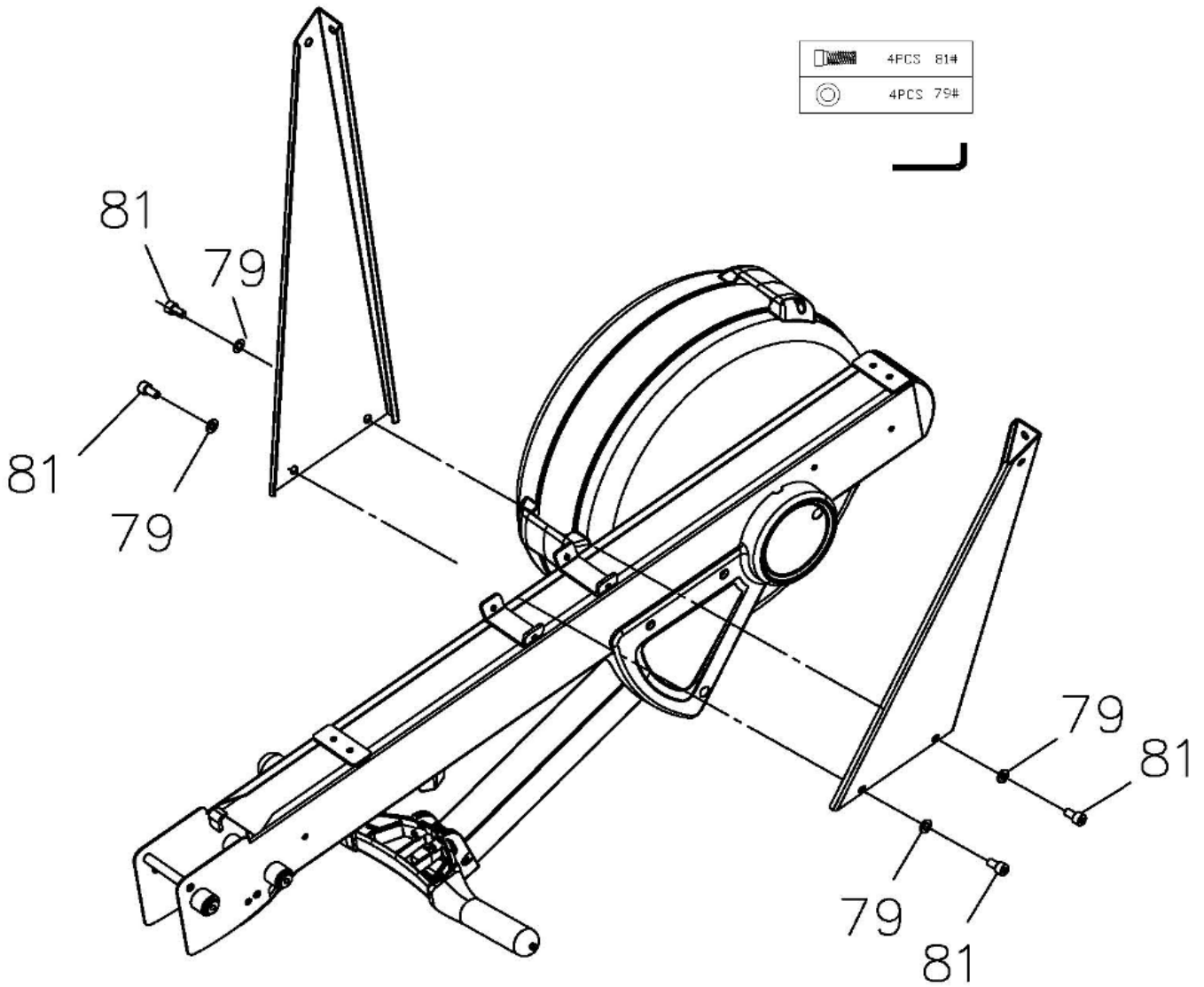
| NO. | DESCRIPTION                    | MATERIAL        | SPEC  | QTY |
|-----|--------------------------------|-----------------|---|-----|
| 65  | Roller Spacer                  | POM             |   | 2   |
| 66  | Moving Wheel                   | ABS+TPR         |   | 2   |
| 67  | Roller Rear Stopper            | PP              |   | 1   |
| 68  | Front Cover                    | PP              |   | 1   |
| 69  | Meter Holder                   | ABS             |   | 1   |
| 70  | Bottom Cover                   | PVC             |   | 1   |
| 71  | Plastic Washer                 | ABS             |   | 3   |
| 72  | Bolt,Round Head                |                 | M6*P1 .0*10L,head $\phi$ 9.5,black coating                | 15  |
| 73  | Lower Cover For Tablet Holder  | ABS             |   | 1   |
| 74  | Nylock Nut                     |                 | M4*P0.7, black coating                                    | 2   |
| 75  | Screw,Round Head               |                 | M4*P0.7*16L, black coating                                | 1   |
| 76  | Washer                         |                 | $\phi$ 6* $\phi$ 12*0.5T, black coating                   | 10  |
| 77  | Bolt,Socket Head               |                 | M8*65L*S20L,6 sides, black coating,8.8 class              | 2   |
| 78  | Bolt,Button Head               |                 | M8*P1 .25*75L*S20,6 sides, black coating,8.8 class        | 1   |
| 79  | Washer                         |                 | $\phi$ 8* $\phi$ 14*2T, black coating                     | 1   |
| 80  | Nylock Nut                     |                 | M8*P1 .25*7T, 13 sides, black coating                     | 3   |
| 81  | Bolt,Socket Head               |                 | M8*P1 .25*12L,full teeth,6 sides, black coating,8.8 class | 8   |
| 82  | Bolt,Socket Head               |                 | M8*P1 .25*40L *S15,6 sides, black coating,10.9 class      | 2   |
| 83  | Bolt,Flat Head                 |                 | M6*P1 .0*12L, black coating                               | 2   |
| 84  | Bolt,Socket Head               |                 | M10*160L *S30L,nickle coating                             | 4   |
| 85  | Bolt,Socket Head               |                 | M8*110L *S10L, black coating                              | 2   |
| 86  | Bolt,Button Head               |                 | M8*P1 .25*25L,full teeth,6 sides, black coating           | 2   |
| 87  | Slide Seat Roller Sleeve       |                 | $\phi$ 4*8L   | 2   |
| 88  | Screw,Round Head               |                 | ST 4.2*16L,head $\phi$ 7.8, black coating                 | 3   |
| 89  | Handlebar Cover Right          | ABS             |   | 1   |
| 90  | Screw,Socket Head              |                 | M5*90L *S22, black coating                                | 4   |
| 91  | Nut                            |                 | M5*P0.8*3.5T,8 pairs side,black coating                   | 4   |
| 92  | Chain Hook                     | Stainless Steel | $\phi$ 2  | 1   |
| 93  | Inner C Ring                   |                 | $\phi$ 34.4* $\phi$ 29.5*1.2T, black coating              | 1   |
| 94  | Nylock Nut                     |                 | M10*P1.5, black coating                                   | 2   |
| 95  | Screw ,Round Head Self-Tapping |                 | ST3.9*7L,B type, black coating                            | 6   |
| 96  | Screw ,Round Head              |                 | M4*45L(head $\phi$ 7)                                     | 1   |

# STAND TOOLS

| NO. | DESCRIPTION                           | MATERIAL        | SPEC  | QTY |
|-----|---------------------------------------|-----------------|---|-----|
| 97  | Nut                                   |                 | M4,black coating 8.8 class                    | 1   |
| 98  | Pull Pin                              |                 | φ8*1 00L,zinc coating                         | 1   |
| 99  | Bolt,Socket Head                      |                 | M6*P1.0*16L,5 sides,black coating,8.8 class   | 14  |
| 100 | Chain Hook Screw                      |                 | M4 zinc coating,24H salt fog                  | 1   |
| 101 | Cross Screw                           |                 | M6*P1.0*16L,black coating                     | 2   |
| 102 | Box wrench                            |                 | 13.14 cross, zinc coating                     | 1   |
| 103 | Hex wrench                            |                 | 8mm*35mm*90mmL, zinc coating                  | 1   |
| 104 | Cross Screw                           |                 | M5*P0.8*8L,black coating                      | 3   |
| 105 | Hex Nut                               |                 | M6*P1.0*4T,10 sides,black coating             | 2   |
| 106 | Spacer                                | Rubber          | φ21.5*3L                                      | 2   |
| 107 | Grommet Plug                          |                 | PVC70,black coating φ12,ribbed,test passed    | 1   |
| 108 | Bearing                               |                 | 6001-2RS,(3-8)μm                              | 1   |
| 109 | Screw ,Round Head Self-Tapping        |                 | ST3.5*12L,black coating                       | 2   |
| 110 | Fan Bearing Housing                   | Q235            | φ41 *53.SL,black                              | 1   |
| 111 | Hexagon Socket Cap Screw              |                 | M4*P0.7*8L,full teeth,3 sides,black coating   | 3   |
| 112 | Screw ,Round Head                     |                 | M5*P0.8*8L,black coating                      | 2   |
| 113 | YE2609 Holder Buckle                  | ABS             |   | 1   |
| 114 | Magnet Ring                           |                 | ferrite                                       | 1   |
| 115 | Slide Seat Limit Block                | TPE90,black     |   | 2   |
| 116 | Hexagon Socket Screw                  |                 | M8*P1.25*20L,full teeth,6 sides,black coating | 2   |
| 117 | Slide Rail Reinforcing Seat           |                 | 3T  | 2   |
| 118 | Chain Drive Wheel                     | POM             |   | 1   |
| 119 | Screw ,Round Head Self-Tapping        |                 | ST3.9*1 0L,black coating                      | 8   |
| 120 | Pedal Webbing Plate                   |                 | ABS,black                                     | 2   |
| 121 | Pedal Reinforcing Plate               |                 | 3T  | 2   |
| 122 | Cross Recessed Countersunk Head Screw |                 | M5*P0.8*12L,full teeth,black coating          | 4   |
| 123 | Nylock Nut                            | Stainless Steel | MS  | 2   |
| 124 | Chain Drive Set Screw                 |                 | M4 zinc coating, 24H salt fog                 | 1   |
| 125 | Handlebar Cover Left                  | ABS             |   | 1   |
| 126 | Cross Recessed Countersunk Head Screw |                 | ST2.9*12L, ammonium                           | 4   |
| 127 | Screw ,Round Head Self-Tapping        |                 | ST 4.2*16L,head φ7.8,black coating,steel      | 3   |

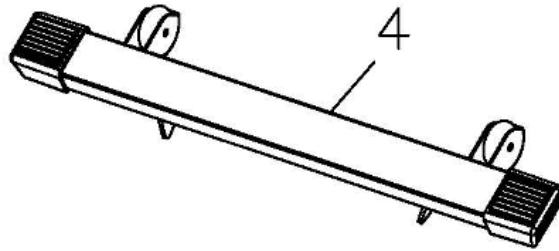
# ASSEMBLY INSTRUCTIONS



## STEP 1

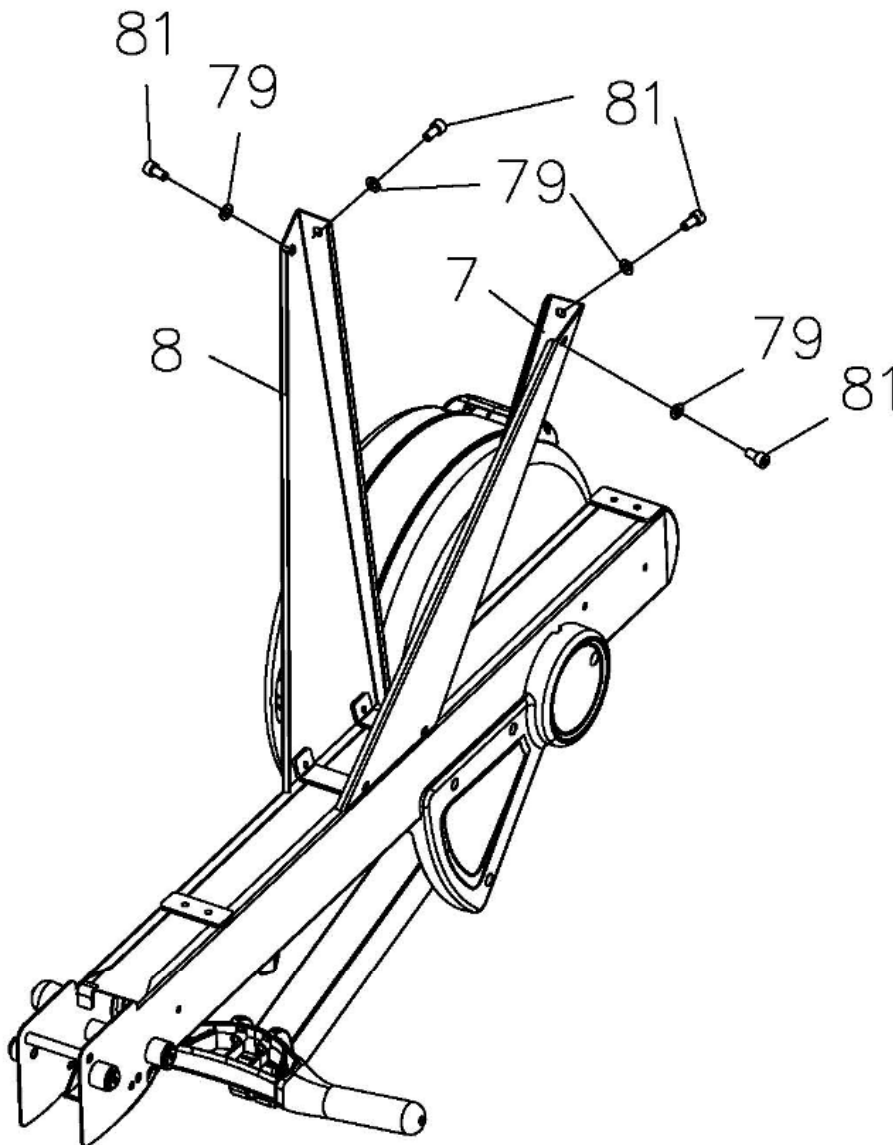


# ASSEMBLY INSTRUCTIONS

## STEP 2

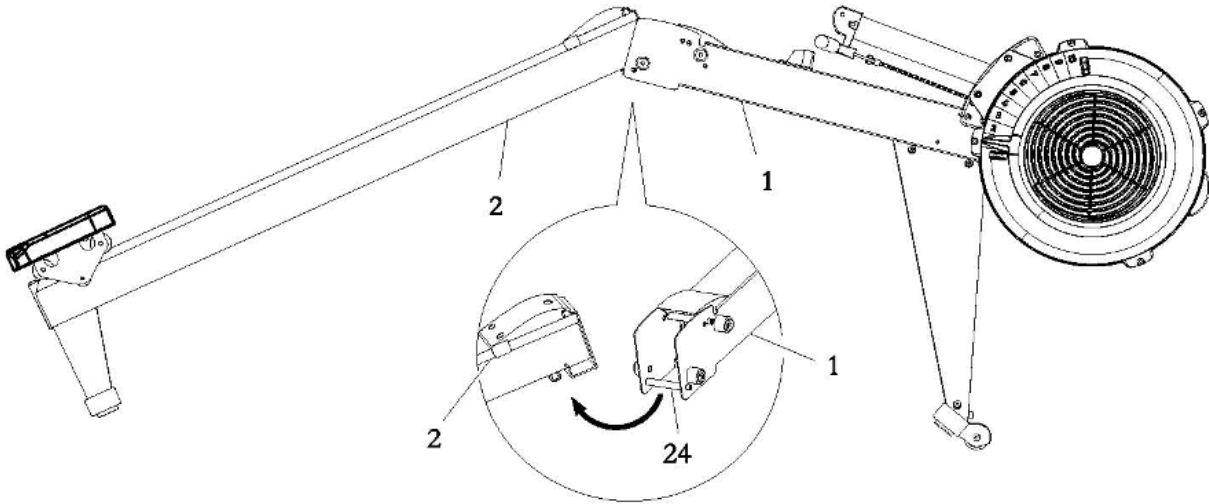


|   |          |
|---|----------|
|  | 4PCS 81# |
|  | 4PCS 79# |

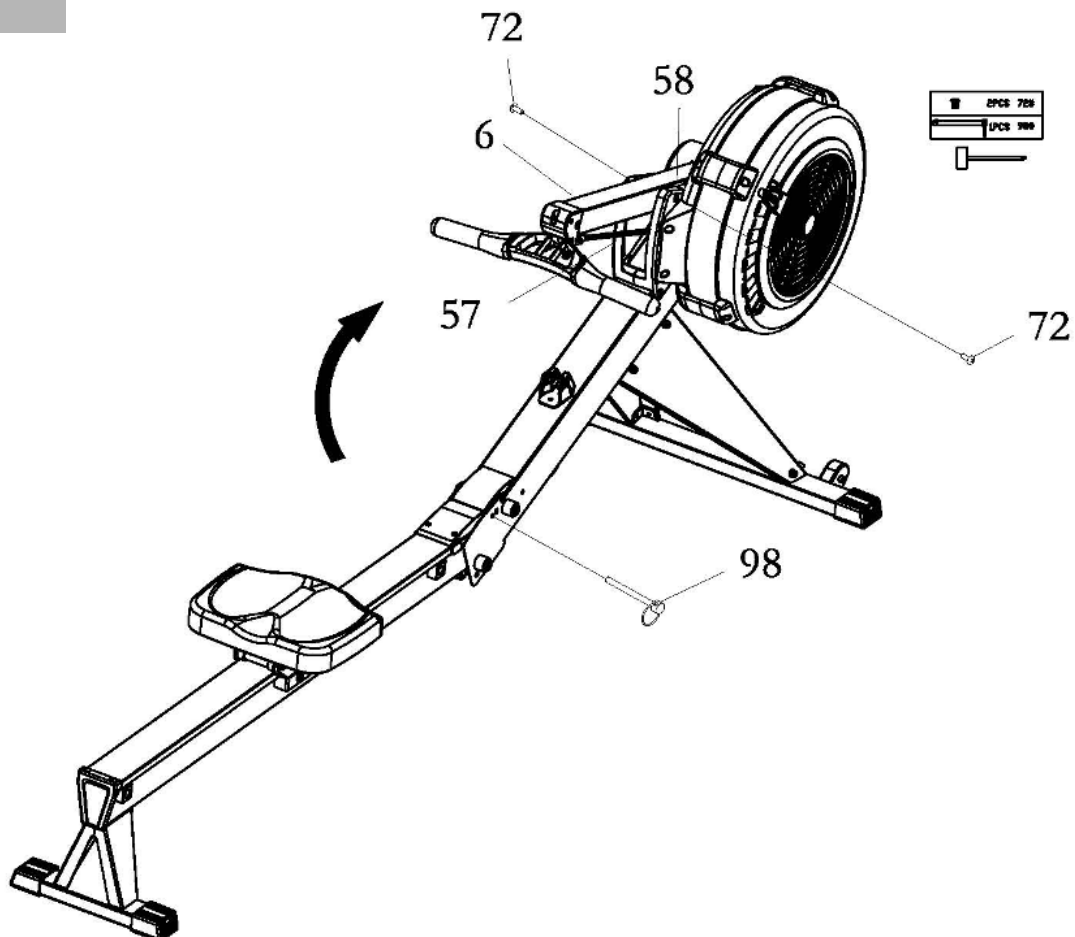


# ASSEMBLY INSTRUCTIONS

## STEP 3

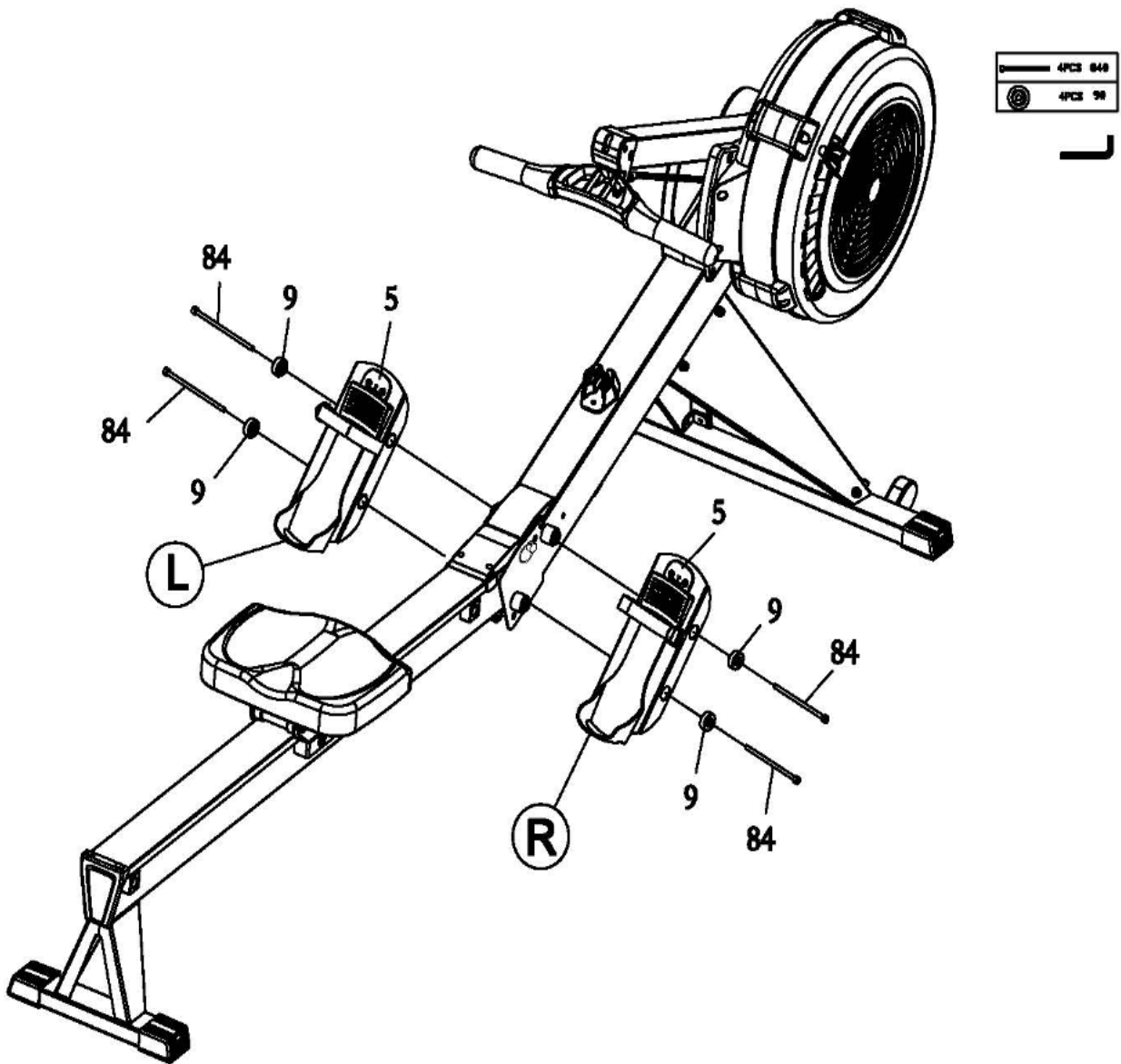


## STEP 4



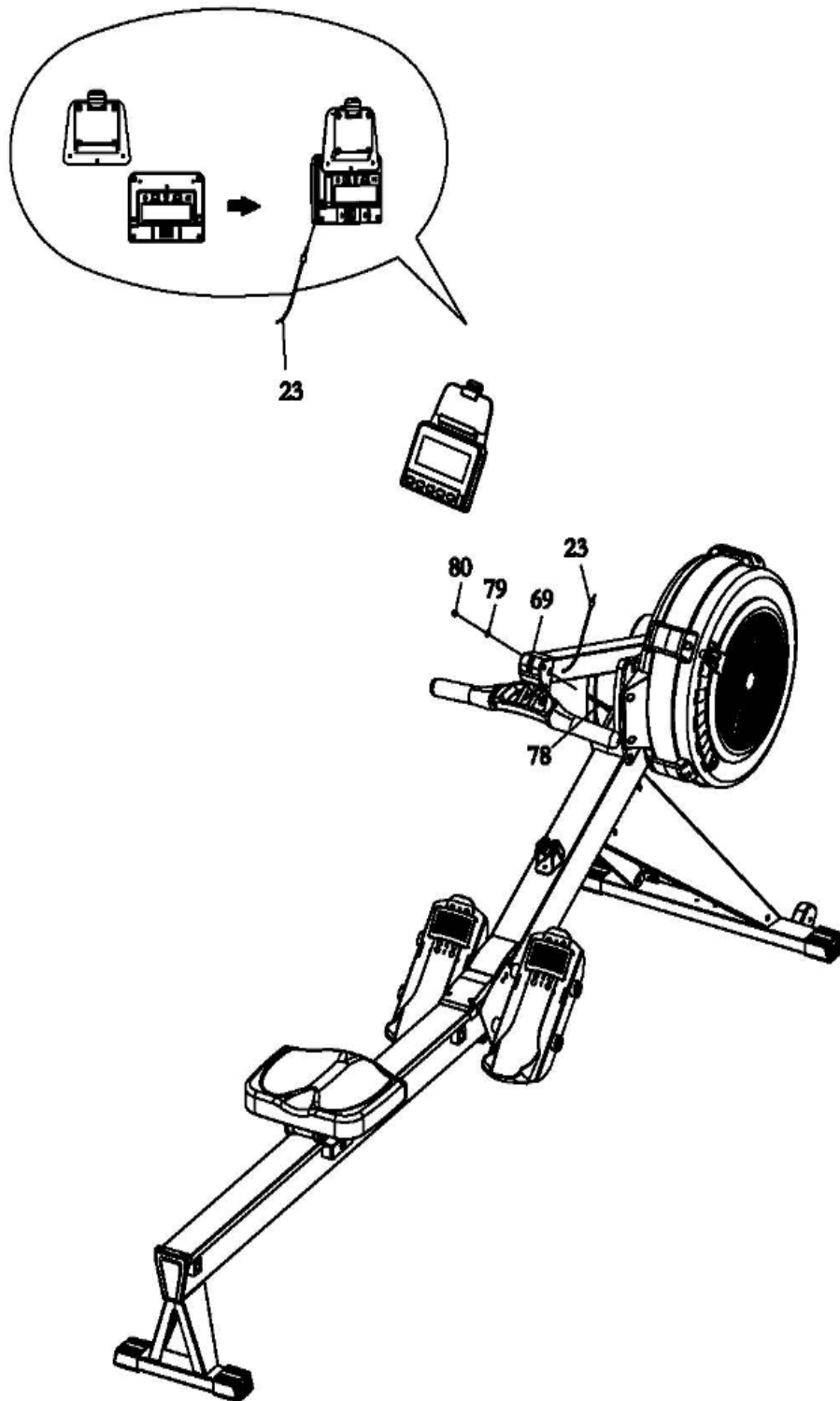
# ASSEMBLY INSTRUCTIONS

## STEP 5



# ASSEMBLY INSTRUCTIONS

## STEP 6



|   |          |
|---|----------|
|    | SPCS 784 |
|   | SPCS 806 |
|  | SPCS 799 |



# ASSEMBLY INSTRUCTIONS

## STEP 7

