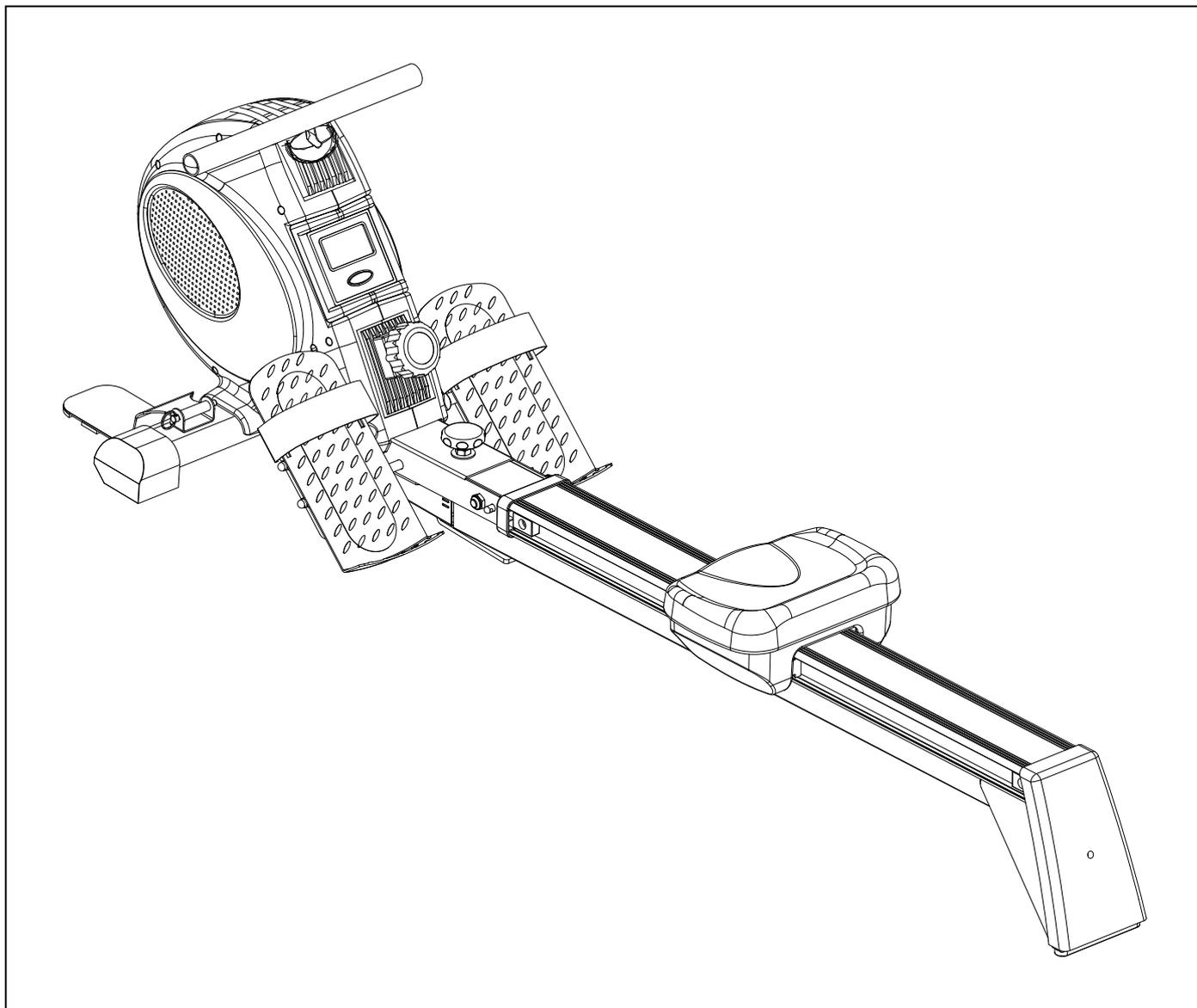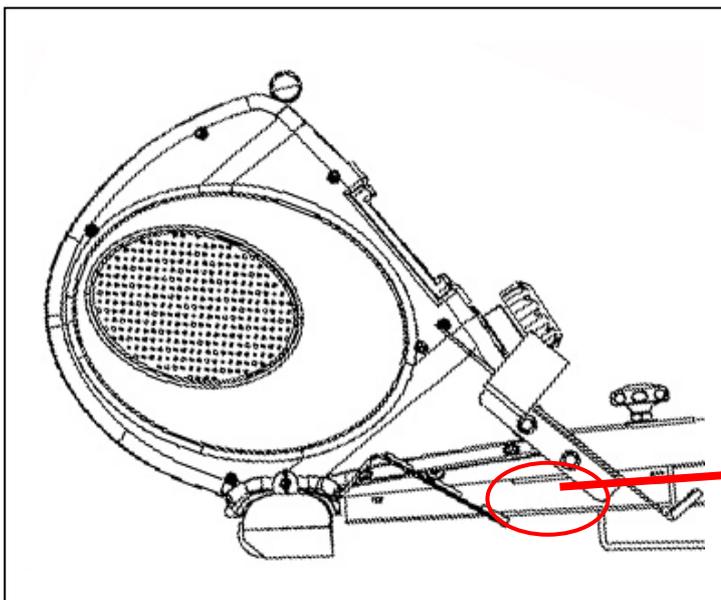# Benefit ER200 II Manual

94102

ROWER MACHINE
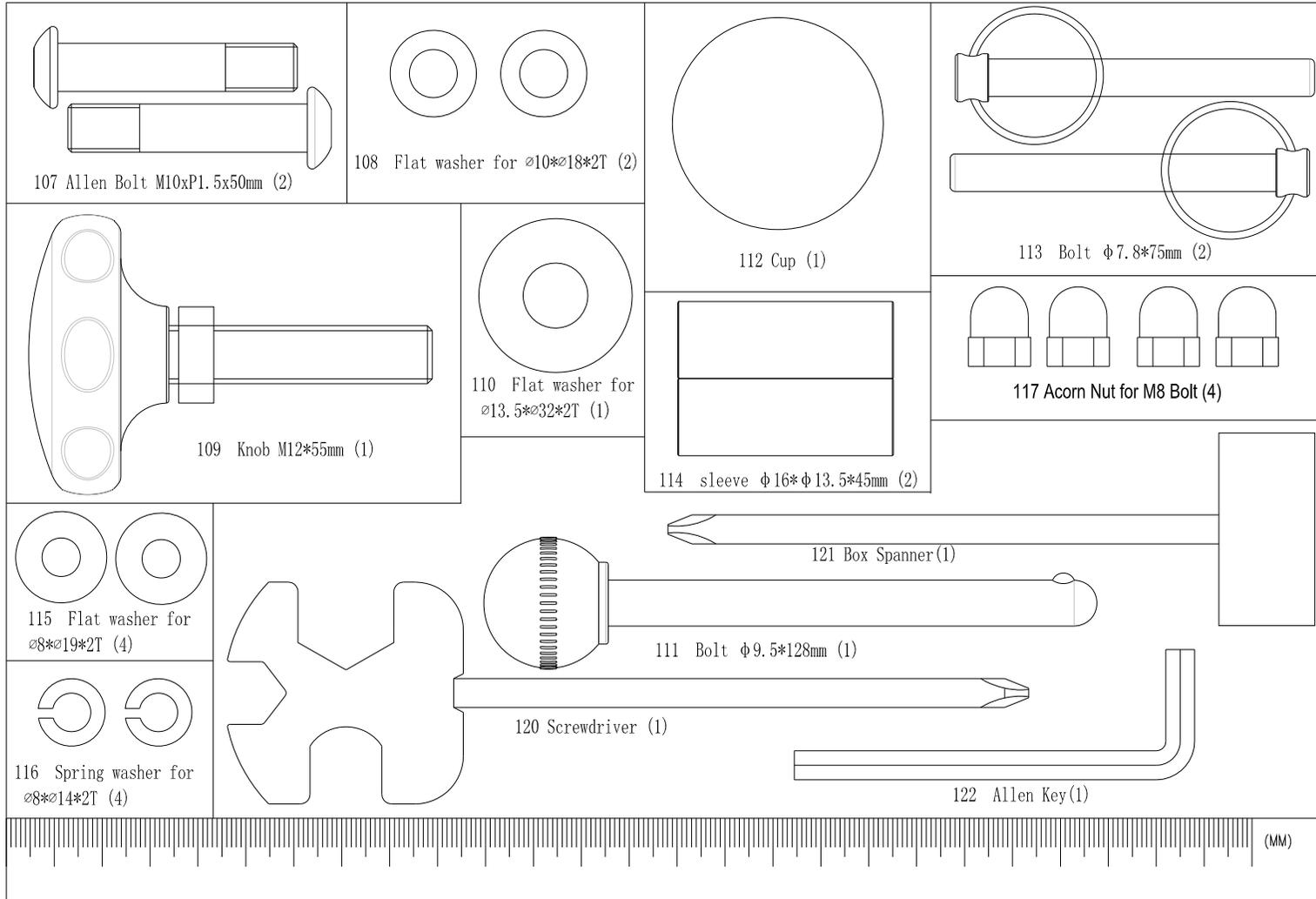
Important: Please locate your serial number and record in the box below for service support purposes.

Serial number here:

ER200

107 Allen Bolt M10xP1.5x50mm (2)

108 Flat washer for ⌀10*⌀18*2T (2)

112 Cup (1)

113 Bolt φ7.8*75mm (2)

109 Knob M12*55mm (1)

110 Flat washer for ⌀13.5*⌀32*2T (1)

117 Acorn Nut for M8 Bolt (4)

114 sleeve φ16*φ13.5*45mm (2)

115 Flat washer for ⌀8*⌀19*2T (4)

116 Spring washer for ⌀8*⌀14*2T (4)

121 Box Spanner(1)

111 Bolt φ9.5*128mm (1)

120 Screwdriver (1)

122 Allen Key(1)

(MM)

Assembly Diagram

EXPLODED DIAGRAM
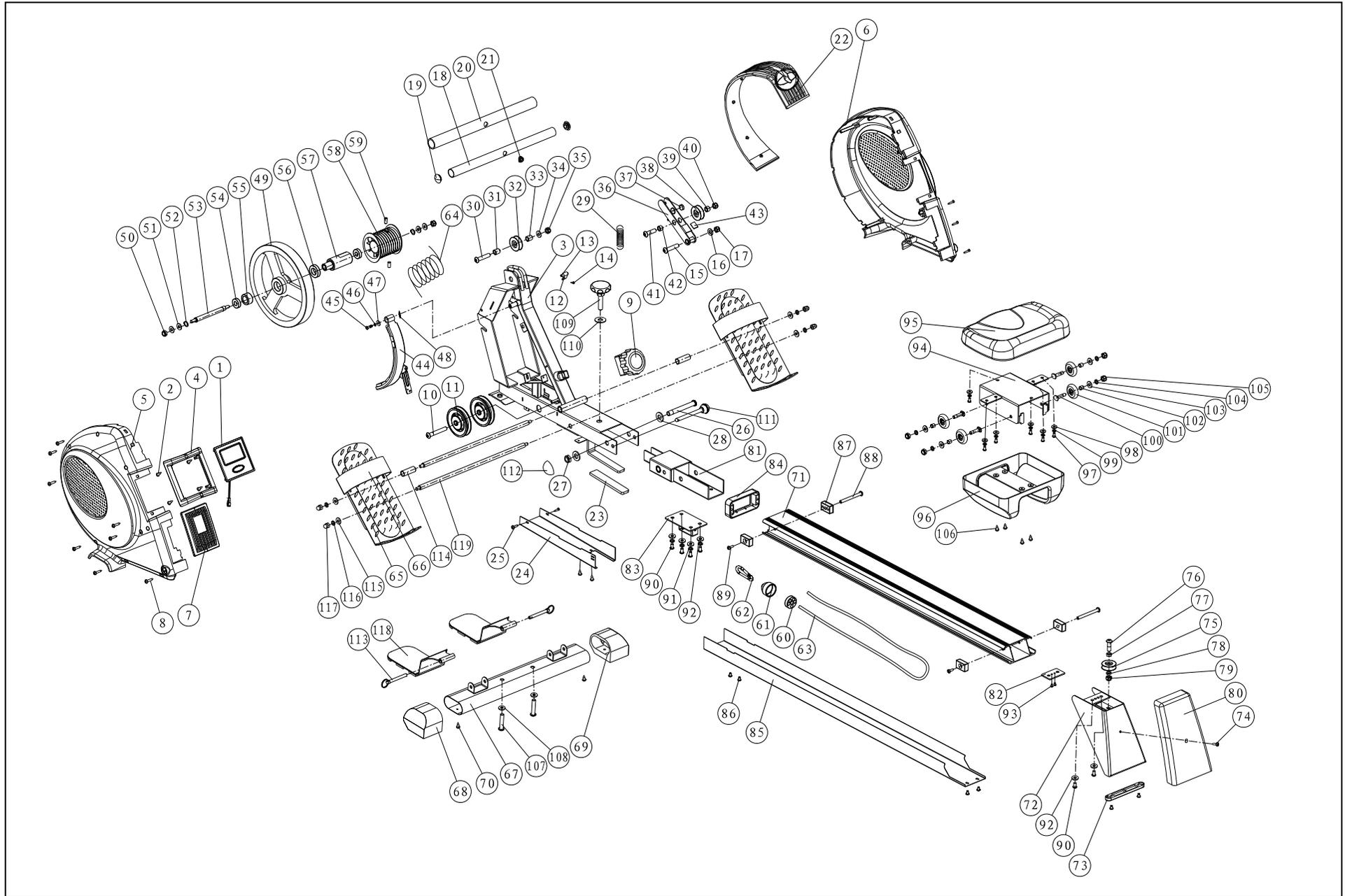
Parts List

No.	Description	Q'ty	
1	Computer	1	SET
2	M2.5 screw	4	PCS
3	Main body	1	PCS
4	Computer mounting	1	PCS
5	Left-hand housing	1	PCS
6	Right-hand housing	1	PCS
7	Housing cover front	1	PCS
8	M4 screw	11	PCS
9	Resistance controller	1	PCS
10	M10 screw	1	PCS
11	Roller	2	PCS
12	Sensor mounting	1	PCS
13	Sensor	1	PCS
14	M4 screw	1	PCS
15	M10 screw	1	PCS
16	washer	1	PCS
17	M10 nut	1	PCS
18	Tension arm	1	PCS
19	End cap for tension arm	2	PCS
20	Cladding for tension arm	1	PCS
21	Bracket for tension arm	1	PCS
22	Housing cladding for centre section	1	PCS
23	Stationary foot cladding	1	PCS
24	Cover for housing bottom	1	PCS
25	M4 screw	4	PCS
26	Bolt for slide runner	1	PCS
27	Nut M8	1	PCS
28	Washer	2	PCS
29	Spring	1	PCS
30	M10 screw	1	PCS
31	Guide bush	1	PCS
32	Roller 42 mm	1	PCS
33	Guide bush	1	PCS
34	Washer	2	PCS
35	M10 nut	1	PCS
36	Magnet mounting	1	SET
37	Magnet	1	PCS
38	Roller	1	PCS
39	Guide bush	1	PCS
40	M10 nut	1	PCS
41	M10 screw	1	PCS
42	Guide bush	1	PCS
43	Foam	1	PCS
44	Magnet system	1	SET
45	M6 screw	1	PCS
46	Spring washer	1	PCS
47	Washer	1	PCS
48	Wave washer	1	PCS
49	Flywheel	1	PCS

50	M8 nut	2	PCS
51	Washer	4	PCS
52	C-type	2	PCS
53	Flywheel axle	1	PCS
54	6001RS bearing	2	PCS
55	Bearing	1	PCS
56	6904 bearing	1	PCS
57	Mounting for cord guide	1	PCS
58	Cord guide	1	PCS
59	M8 screw	2	PCS
60	Mounting for return cord	1	PCS
61	Cladding	1	PCS
62	Heel	1	PCS
63	Return cord	1	PCS
64	Tension cord	1	PCS
65	Pedal (R,L)	2	PCS
66	Safety strap for pedal	2	PCS
67	Front stationary foot	1	SET
68	End cap for front foot (left)	1	PCS
69	End cap for front foot (right)	1	PCS
70	Screw	2	PCS
71	Aluminum slide runner	1	PCS
72	Rear foot	1	PCS
73	Base plate for rear foot	1	PCS
74	M5 screw	3	PCS
75	Roller 42 mm	1	PCS
76	M10 bolt	1	PCS
77	Guide bush	1	PCS
78	Guide bush	1	PCS
79	M10 nut	1	PCS
80	End cover	1	PCS
81	Connector	1	PCS
82	Fixing plate for rear foot	1	PCS
83	Joint plate	1	PCS
84	End cap, roll bar	1	PCS
85	Cladding for slide runner	1	PCS
86	Bolt	4	PCS
87	Stopper	4	PCS
88	Stopper axle	2	PCS
89	Bolt M6*10	2	PCS
90	Bolt M8*20	6	PCS
91	Spring washer	4	PCS
92	Washer	6	PCS
93	Screw	2	PCS
94	Seat mounting	1	PCS
95	Seat	1	PCS
96	Cladding for seat	1	PCS
97	Screw	6	PCS
98	Washer	6	PCS
99	Spring washer	6	PCS
100	M8 bolt	4	PCS
101	Roller	4	PCS
102	Guide bush	4	PCS

103	Washer	4	PCS
104	Spring washer	4	PCS
105	M8 nut	4	PCS
106	Screw	4	PCS
107	Bolt	2	PCS
108	Washer	2	PCS
109	Lock knob	1	PCS
110	Washer	1	PCS
111	Locking pin	1	PCS
112	Nut cover	1	PCS
113	Pin for front grips	2	PCS
114	Spacer sleeve for pedal	2	PCS
115	Washer	4	PCS
116	Lock washer M8	4	PCS
117	Nut M8	4	PCS
118	Front grips	2	PCS
119	Pedal crank	2	PCS

Step 1 Assembly of the front foot

1. Take the front foot (67) with the integrated transport rollers and attach to the main body (3) using two screws (107) and two washers (108).

Ensure that the transport rollers are facing towards the floor. The two elastic end caps for the stationary foot ensure automatic compensation of any slight unevenness in the floor.

This assembly step requires the assistance of a second person to hold the machine steady.
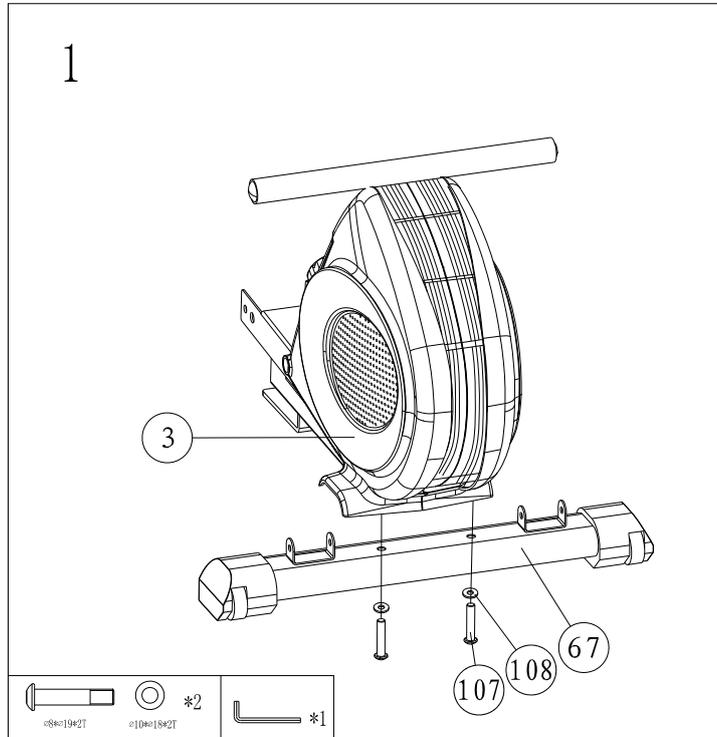

Step 2 Assembly of the metal tread surfaces

1. Mount the tread surfaces (118) to the front foot (67) using the two locking pins (113).
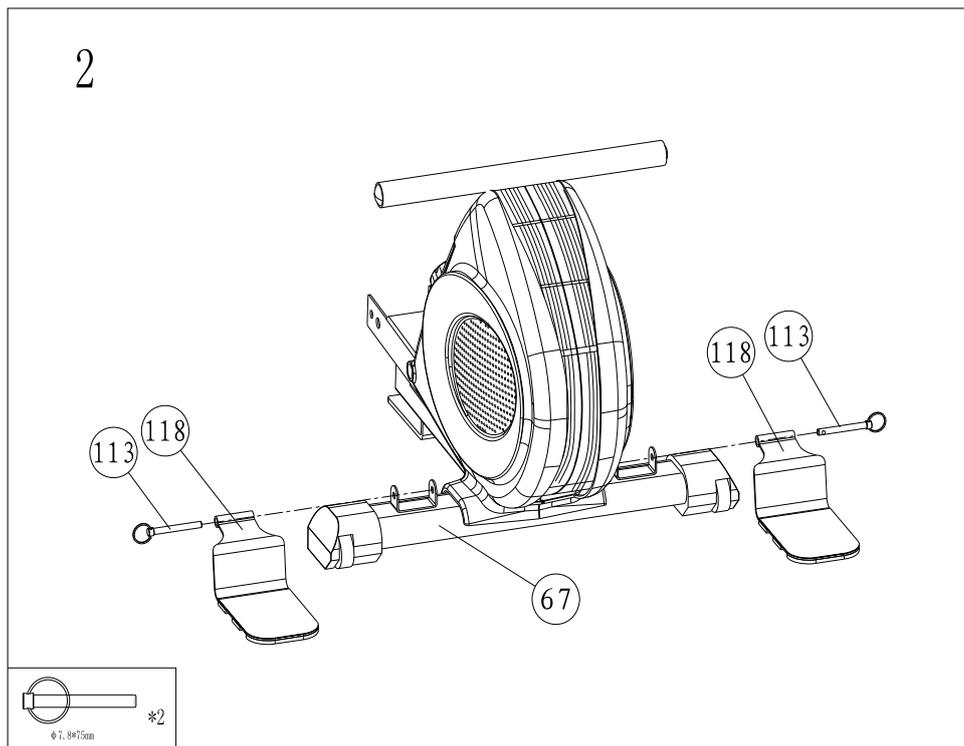
Step 3 Assembly of the aluminum slide runner

1. Prepare the parts of main body (3), aluminum slide runner (71), rear foot (72), locking pin(111) and nut cover(112).

2. First unscrew the bolts under the aluminum slide runner (71).

3. Assemble the rear foot (72), to the aluminum slide runner (71) with the bolts as shown.

4. Double check the bolts and rear feet are securely installed.

5. Prepare to assemble the aluminum slide runner to the main body.

6. Unscrew the bolt (26), nut (27) and washers (28) for the slide runner.

7. Insert the aluminum slide runner to the main body.

8. Insert the aluminum slide runner (71) and align the conjunction of the hole and fix it with the set of bolt and washer you've just taken.

**Make sure the bolts for the aluminum slide runner (71) are securely assembled.**
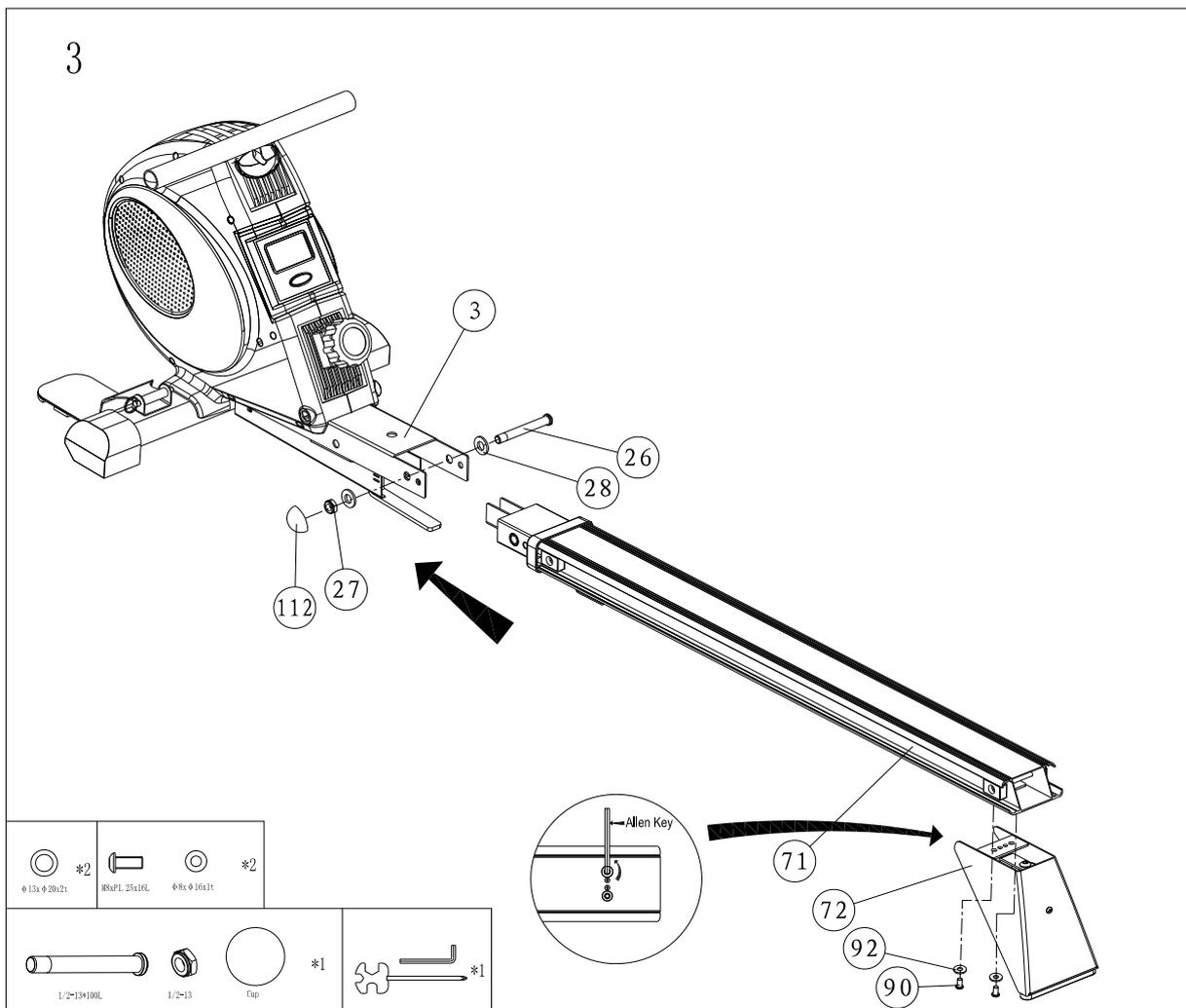
Step 4 Assembly of the return cord

1. Fold up the aluminum slide runner.

2. Insert the locking pin (111) to secure the aluminum slide runner.

3. Loop the return cord (63) around the roller located in the rear foot.

4. Pull the return cord (63) and hook the carabineer to the hole on the aluminum roll bar as shown.

4. Ensure the return cord is parallel.

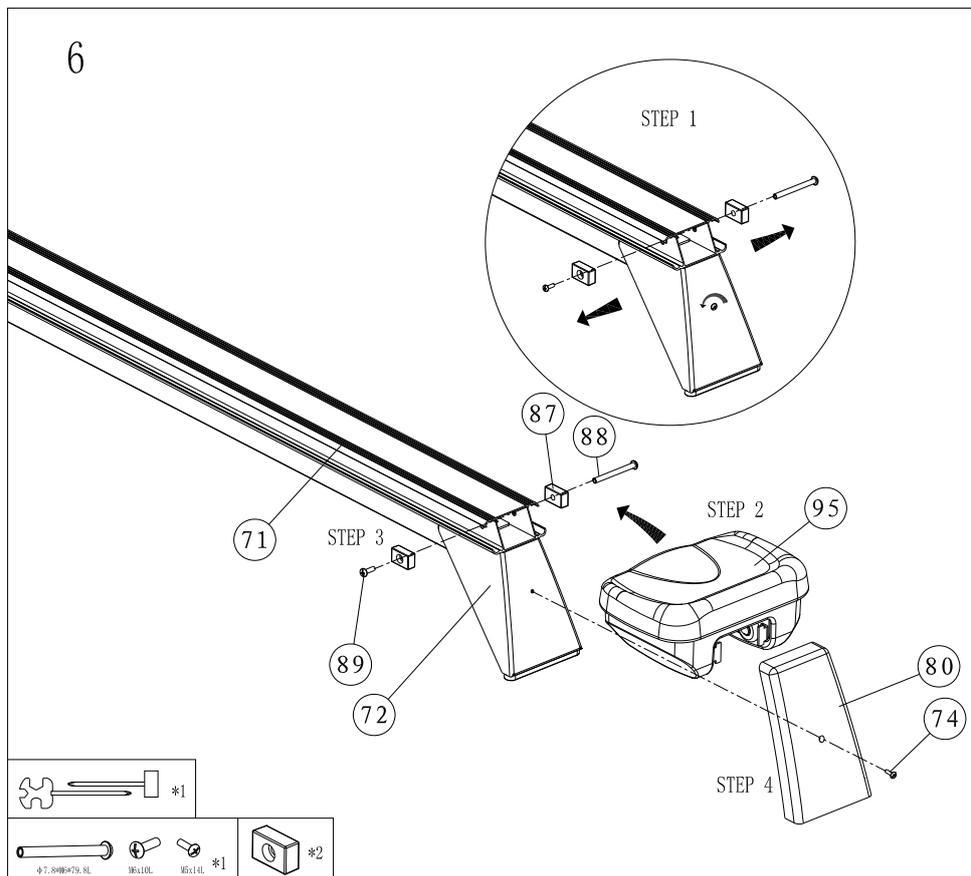5. Unscrew the bolt on the aluminum bar at the rear foot and at the bottom.
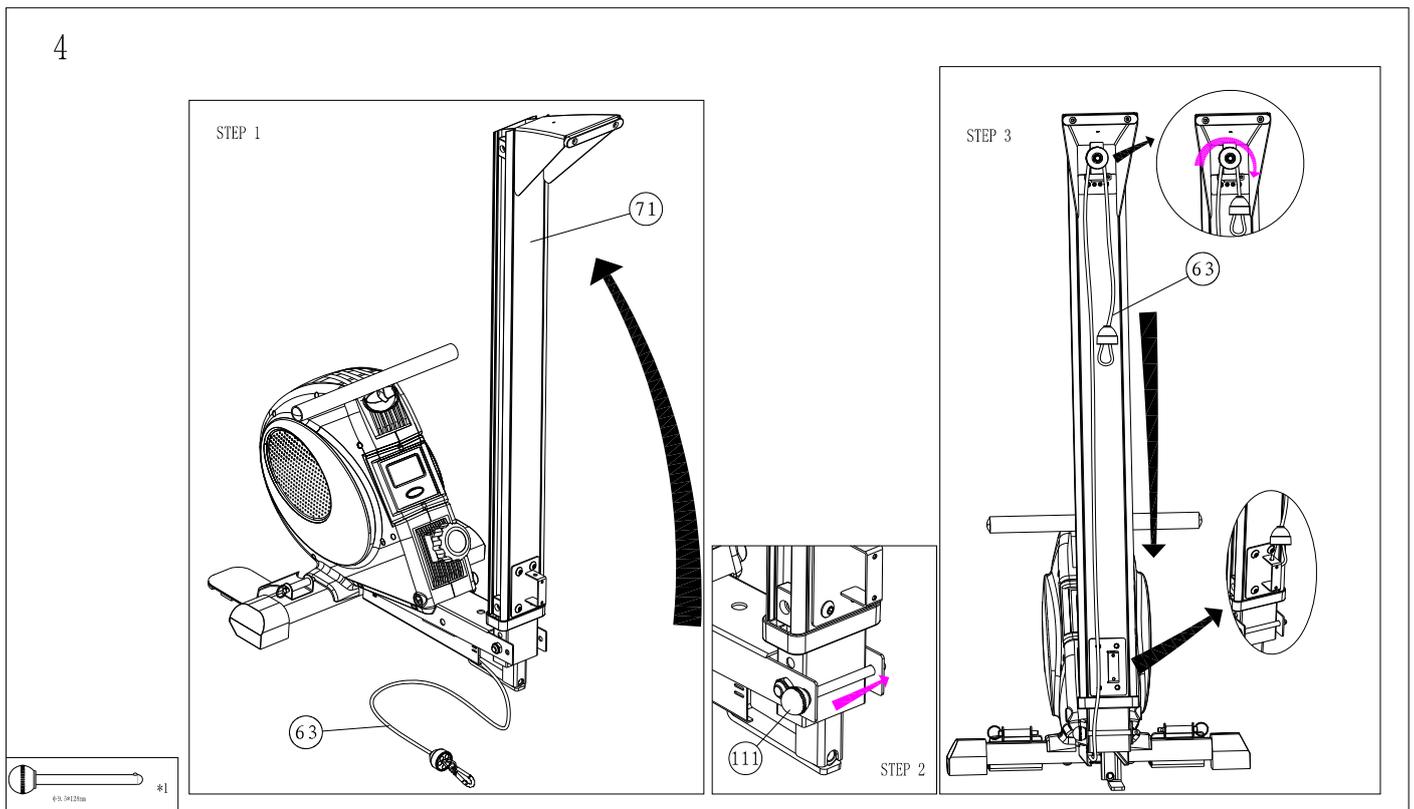
Step 5 Assembly of the cladding for slide runner

1. Take out the locking pin (111) from the main body.
2. Cover the cladding for slide runner (85) to the aluminum slide runner.
3. Secure the cladding for slide runner (85) with 4 bolts accordingly.
4. Fold down the aluminum slide runner.
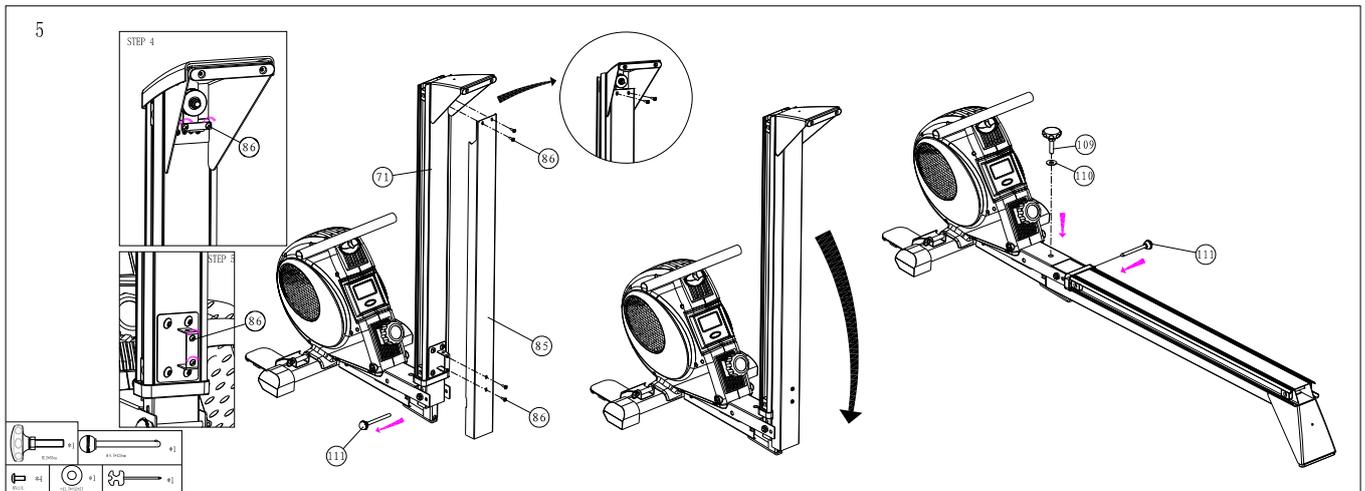
Step 6 Assembly of the seat and slide runner

1. Unscrew the stoppers on both sides of the aluminum slide runner.
2. Insert the seat (95) to the slide runner, ensure the direction of the seat is facing the main body.
3. Reinstall both stoppers to the slide runner.
4. Unscrew the bolt at the rear foot, attach the end cover (80) to the rear foot and screw the Bolt to secure the end cover(80).
5. Insert the locking pin (111).
6. Cover the nut head of the bolt for slide runner (26) using the nut cover (112).
7.. Insert the lock knob(109) with the washer (110) to the hole on the main body as shown.

Step 7 Assembly of the foot pedals

1. Prepare the following parts for the pedals assembly step:
    -Nut (117) x 4cps
    -Lock washer (116) x 4pcs
    -Washer (115) x 4pcs
    -Right pedal (65) x 1pcs
    -Spacer sleeve for pedal (114) x 2pcs
    -Top pedal crank (119) x 1pcs
    -Left pedal (65) x 1pc
    -Bottom pedal crank (119) x 1pcs
    -Safety strap for pedal (66) x 2pcs

2. Push the top pedal crank (119) and the bottom pedal crank(119) through the appropriate openings in the main body as shown.

3. Insert the spacer sleeve for pedal (114) to both ends of the top pedal crank (119).
4. Insert right pedal (65) and left pedal (65), and secure by nut (117), lock washer (116) and washer (115) accordingly to top and bottom crank.
5. Thread the safety straps (66) to both right and left pedal.
6. Check both straps and the pedal construction stability.

Adjust the safety straps (66) so that they do not cause pressure when rowing but so that a firm grip on the pedals (65) can be maintained.

Step 8 - Installing the batteries

Figure A: Push the catch attached to the bottom of the computer slightly upwards and remove the computer from the holder.

Figure B: Insert 2 x AA 1.5V batteries into the back of the computer.

→ Reattach the computer by first inserting the top part into the holder and then the bottom part of the computer until you hear the catch click into position (Figure A).

Remove the batteries from the battery compartment if they are empty or if the equipment is not to be used for a long period of time.

Batteries are hazardous waste and must be disposed of properly.

Workout information

WARNNIG!

If you have not exercised for a long time or suffer from heart, circulatory or orthopedic problems, always consult you doctor before using new exercise equipment

Advise your doctor what equipment you plan to use, the type of exercises and the likely frequency of exercise to be undertaken.

Maintenance!

➡ Regularly check all equipment parts and mark sure all screws and connections on the seat are tight.

➡ To avoid any irritating noises, please grease all mobile parts (e.g. bearing bush) from time to time with a drop of oil.

Correct Rowing Technique

Step 1

    ※Bring the seat to the front position. For this, bend the hip and knee joints.

    ※Grasp the rowing handle with both hands form above.

    ※Make sure you are sitting upright/straight.

    ※Persons suffering from knee complaints should not bend their knees to an angle less than 90°.

    ※Slowly start to stretch your legs.

    ※Pull the rowing handle in your direction. Make sure you are sitting upright/straight.

    ※Draw your legs up again and roll the seat back into the starting position.
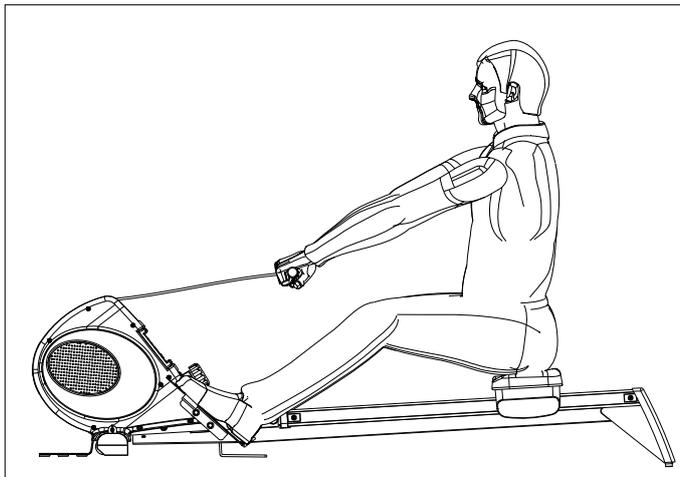
Additional Workout Options

Using the rowing handle, it is also possible to exercise you biceps (exercise 1), your shoulders and back muscles (exercise 2) :

Exercise 1

※ Position both of your legs on the tread surfaces which are attached to the front foot.

※ Grasp the rowing handle with both hands from above.

※ Pull the rowing handle in your direction by bending your arms in a slightly bowed position.

※ Make sure that your legs are slightly bent.
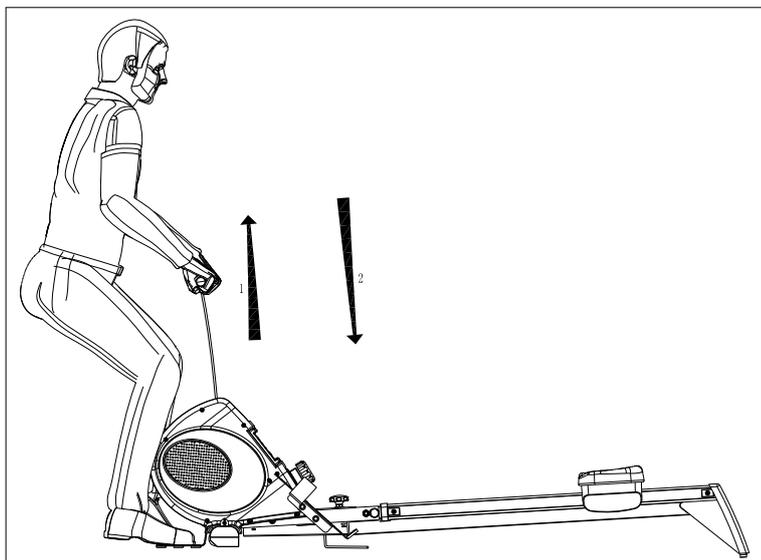
Exercise 2

※ Position both of your legs on the tread surfaces which are attached to the front foot.

※ Grasp the rowing handle with both hands from below and pull it in your direction until you are sitting in an upright position and both arms are bent at right angles.

※ Now pull the rowing handle upward by bending your arms.

※ Make sure your back remains upright and straight at all times.
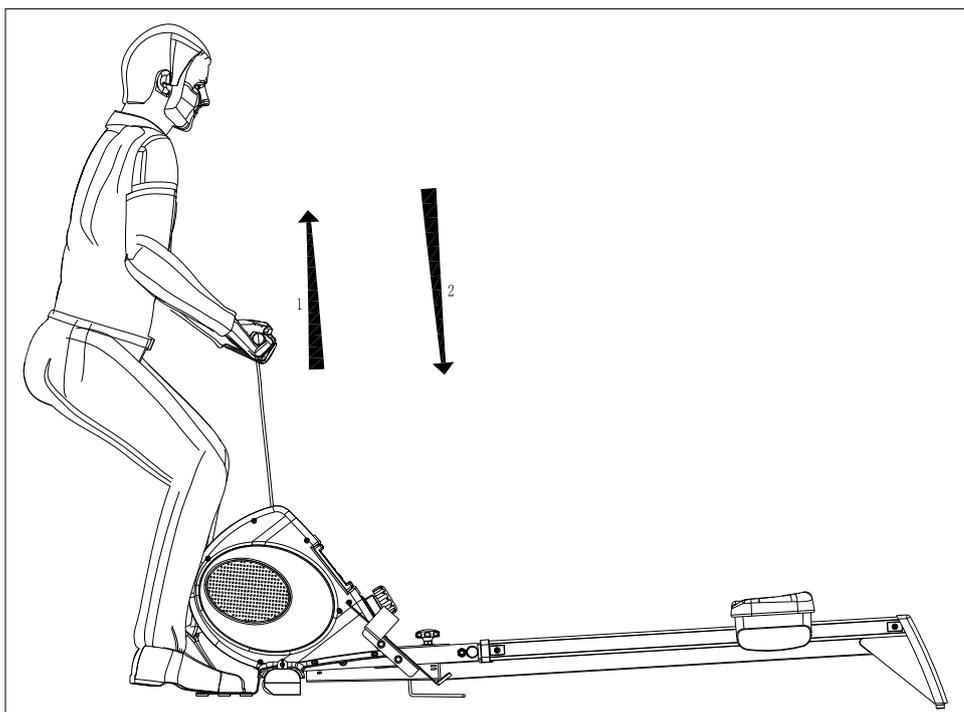
Moving the rowing machine:

Take the rear foot of the rowing machine and tilt the machine forward until it can be pushed easily.

* **Remove the metal treads prior to moving the machine using the transport rollers.**
* **Never move the machine over steps or other obstacles on your own.**
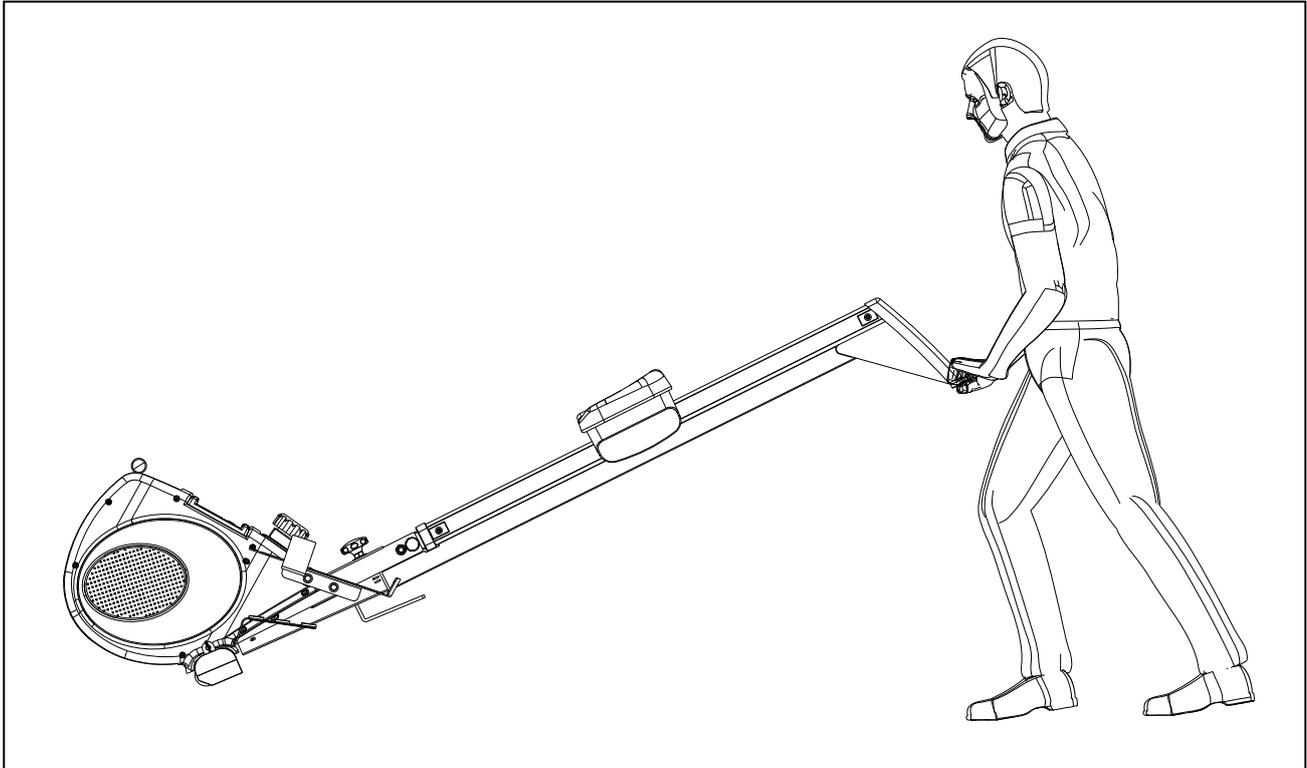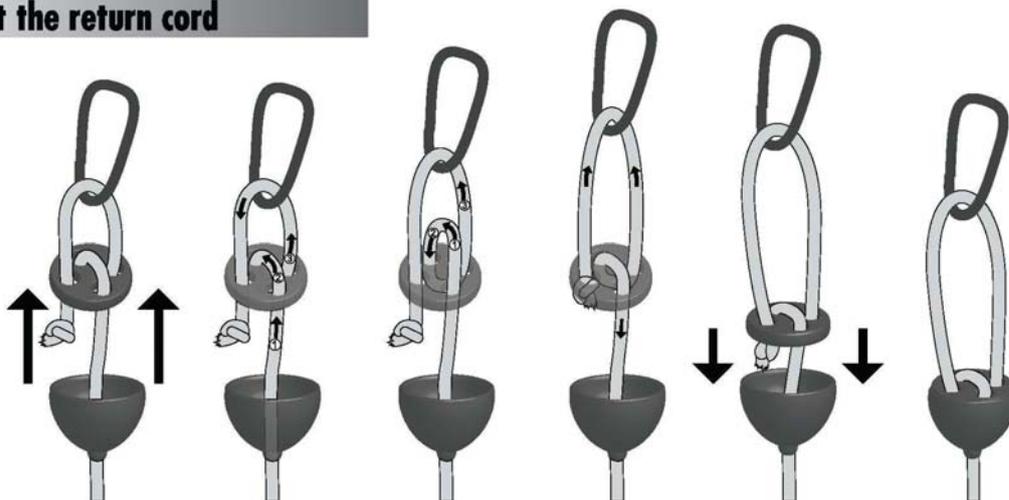
Folding the rowing machine:

1. At first loosen the lock knob (109)
2. Remove the locking pin (111).
3. Fold the slide runner (71) upward and secure the locking pin (111).

When unfolding the machine, proceed in the reverse assembly sequence and always make sure that you rowing machine in stored safely.
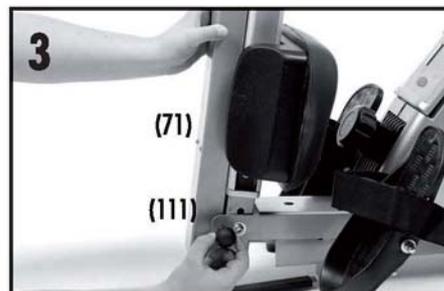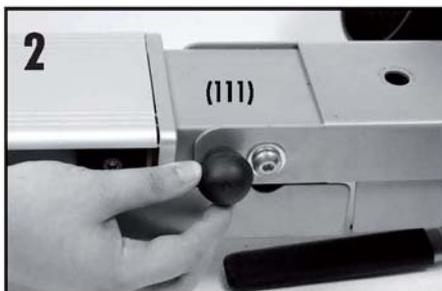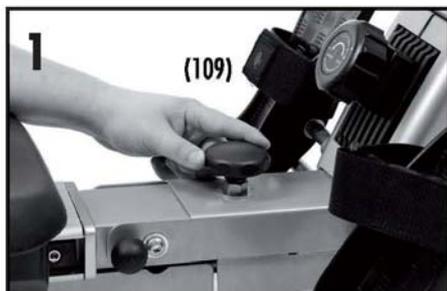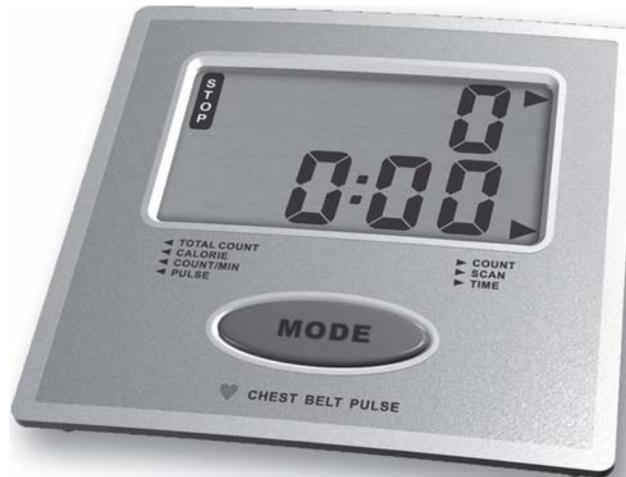

Adjust the return card

To adjust the tension of the return cord, simply adjust the length of the loop as per the above instruction. The larger loop you have fixed, the more tension you can get.

Instruction Manual of ST3663-64

!!! For simple exercise, it is not always necessary to select a function or other values. You can simply start rowing.
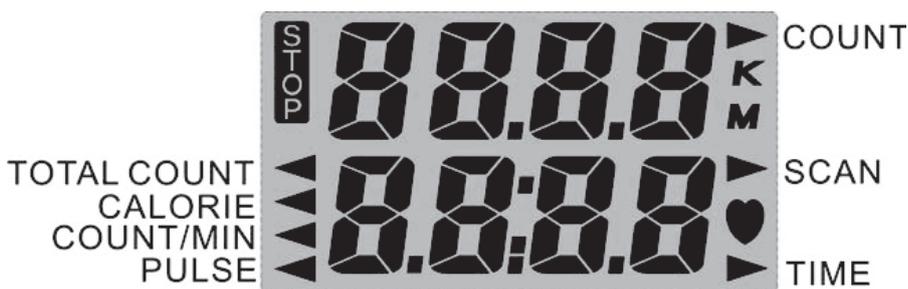

As soon as user install batteries, computer will power on and LCD full display all segments with an acoustic sound then enter into the SCAN function mode after one second. Press the MODE key to select function.

When there is rowing signal transmitted to the computer without pressing any key, computer will starts to work, all function TIME/STROKES/CALORIES/TOTAL STROKES/PULSE will start to count up automatically.

If no pressing button and rowing movement for 4 minutes, the computer will switch to Idle mode and LCD will power-off. Press the MODE button or start rowing can wake up the computer.

【DISPLAY & BUTTON FUNCTIONS】

Training Values	Display Range
TIME	00:00 ~99:59 min.
STROKES	0~9990
TOTAL STROKES	0~9999
CALORIES	0.0~999.9Cal
PULSE	0-40~240 bpm
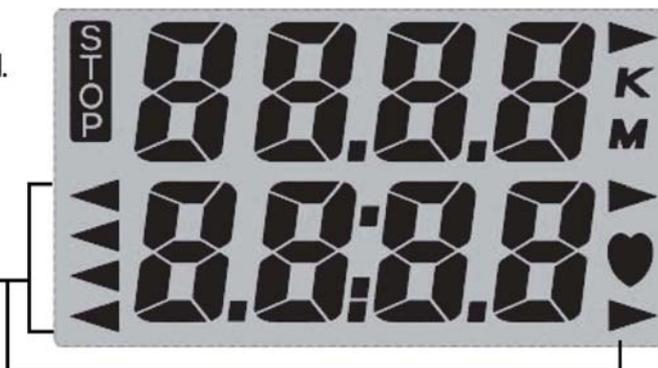
BUTTON	FUNCTION
MODE	-Select function -Clear all values and reboot computer if hold on for 3 seconds

Training Data

The computer calculates and displays all values automatically according to user training status.

Operation Instruction

Press MODE button to select function to display, the following function will be display in sequence:

SCAN→TIME→ STROKES→ CALORIES→TOTAL STROKES→ PULSE→SCAN.

*__SCAN__ - In SCAN mode, press MODE key to choose other functions display.
        Automatically scan through each mode in sequence every 6 seconds.

* __TIME__ – When you start exercising, computer will count up rowing TIME automatically.
        No exercising for 4 minutes, STOP icon will shows up.

* __STROKES__ – When you start exercising, computer will count up your strokes automatically.
        No exercising for 4 minutes, STOP icon will shows up.

* __CALORES__ –   When you start exercising, computer will accumulate calorie consumption
           automatically.

* __TOTAL STROKES__ – When you start exercising, computer will accumulate your Total strokes
           automatically.

* __PULSE__   -   The computer will display your Heart rate while exercising. When you start
         exercising, you have to wear the chest belt to transmit HR to computer. After 6-7
         seconds, the PULSE figure will display. If you wear the belt improperly, the Pulse
         figure will become unstable. W/O pulse signal input for 6 seconds, computer will
         displays "P".

Take Note:

 * When stop training for 4 minutes, the main screen will be off.
 * STOP SIGNAL-STOP signal will light up when SCAN function is under executing.
 * When the display of LCD is weak, it means the batteries need to be changed.
 * If there is no signal when you exercise, please check if the cable is well connected.
 * If the computer displays abnormally, please re-install the batteries and try again.