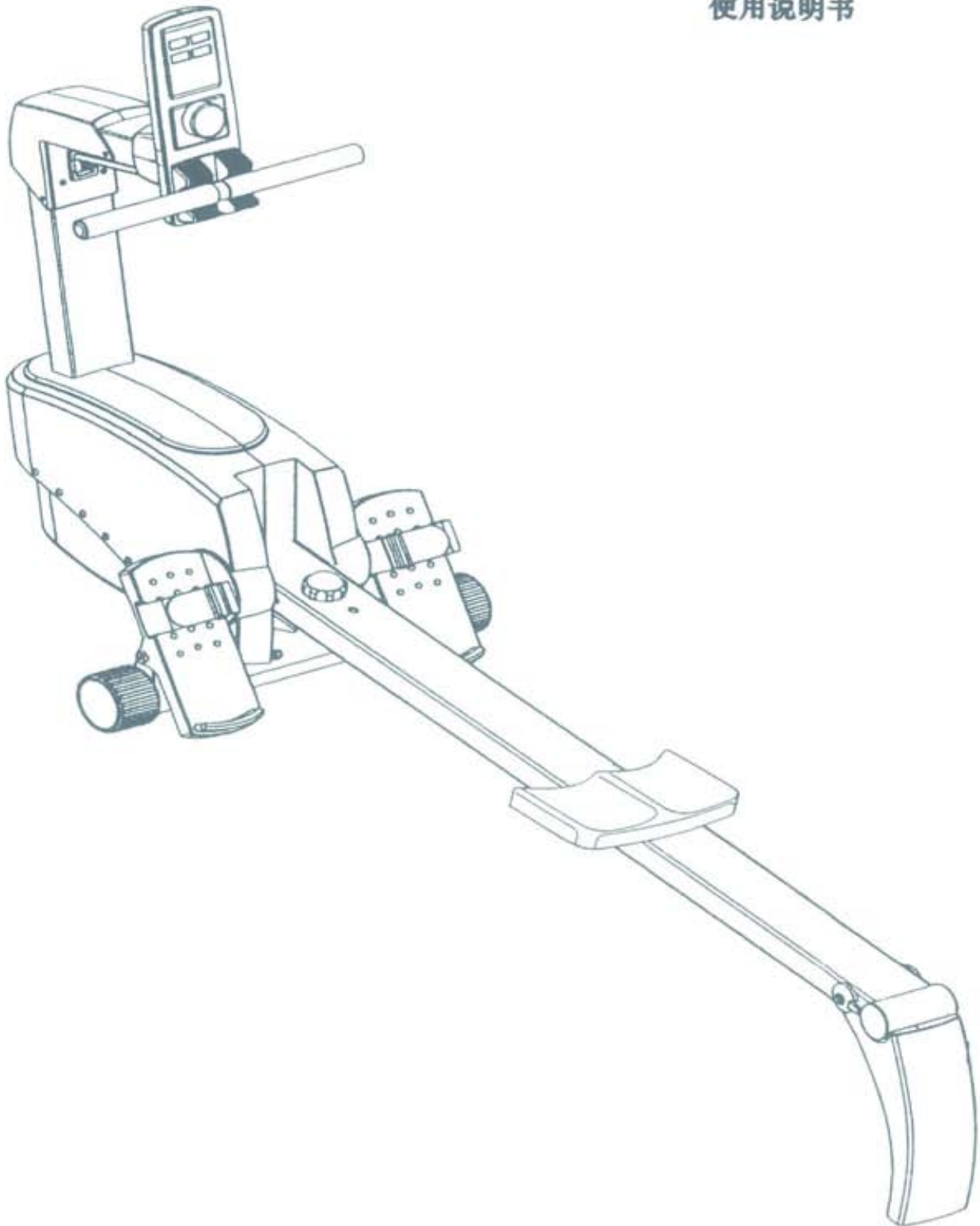


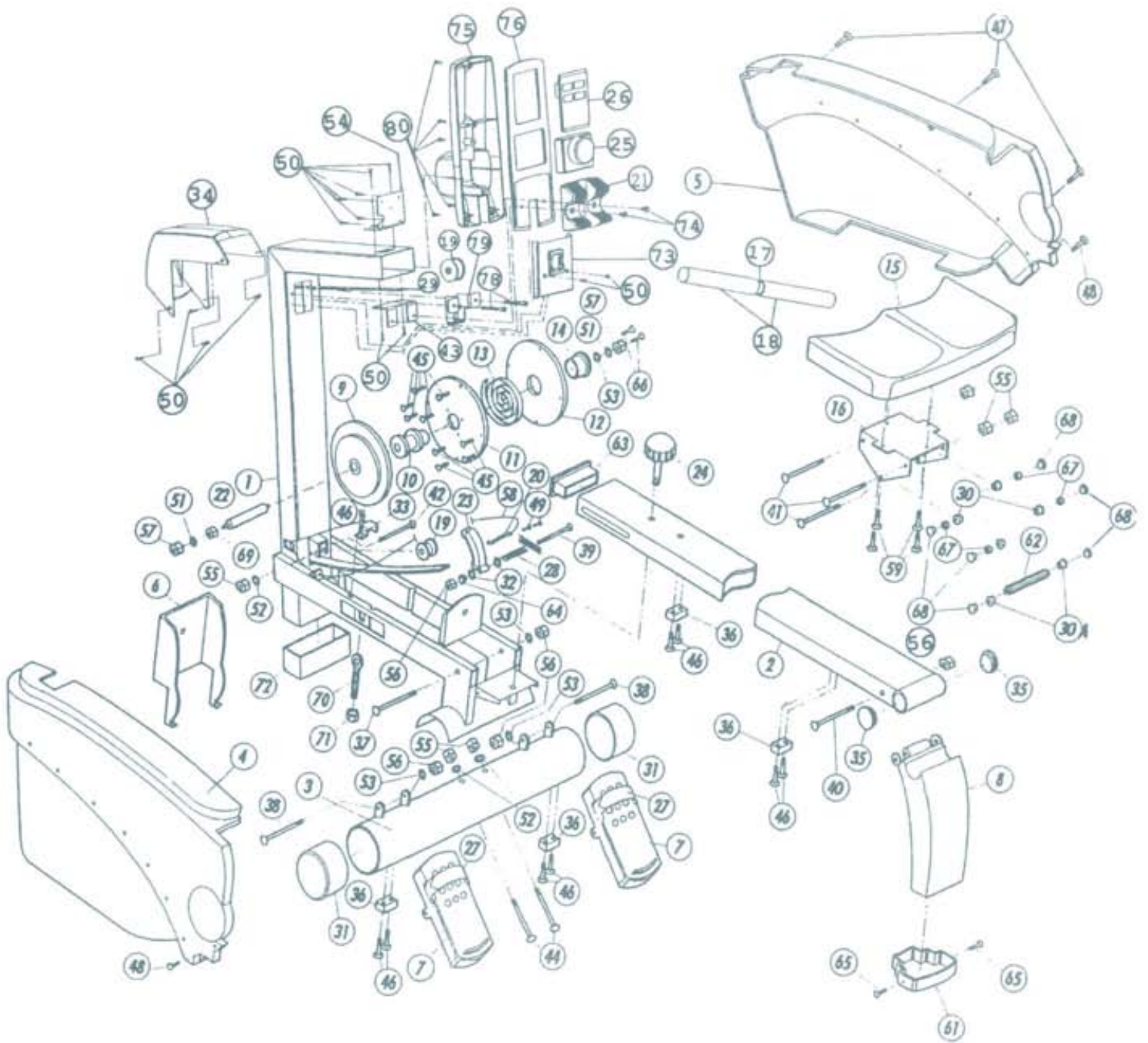
# AV 3000

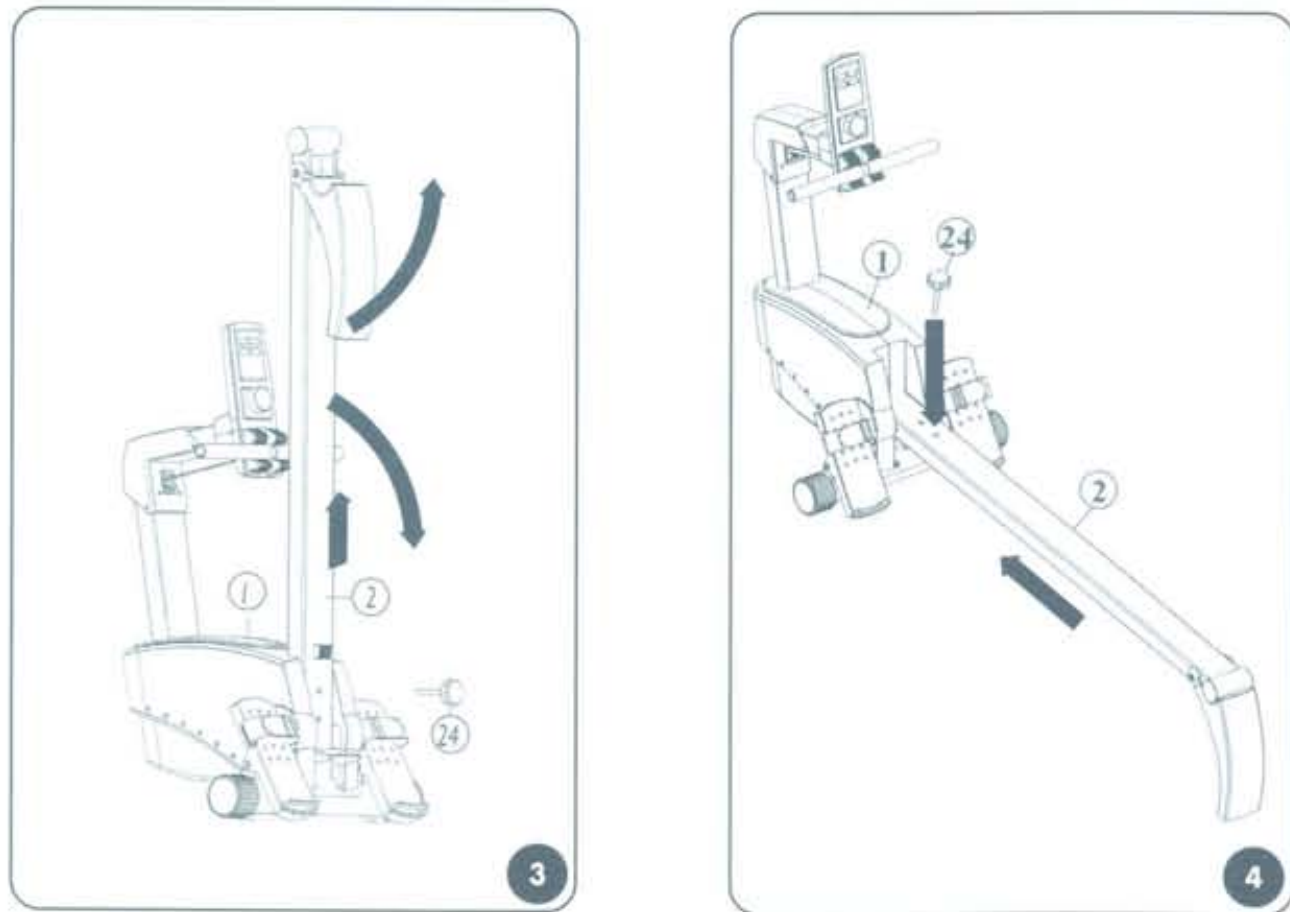
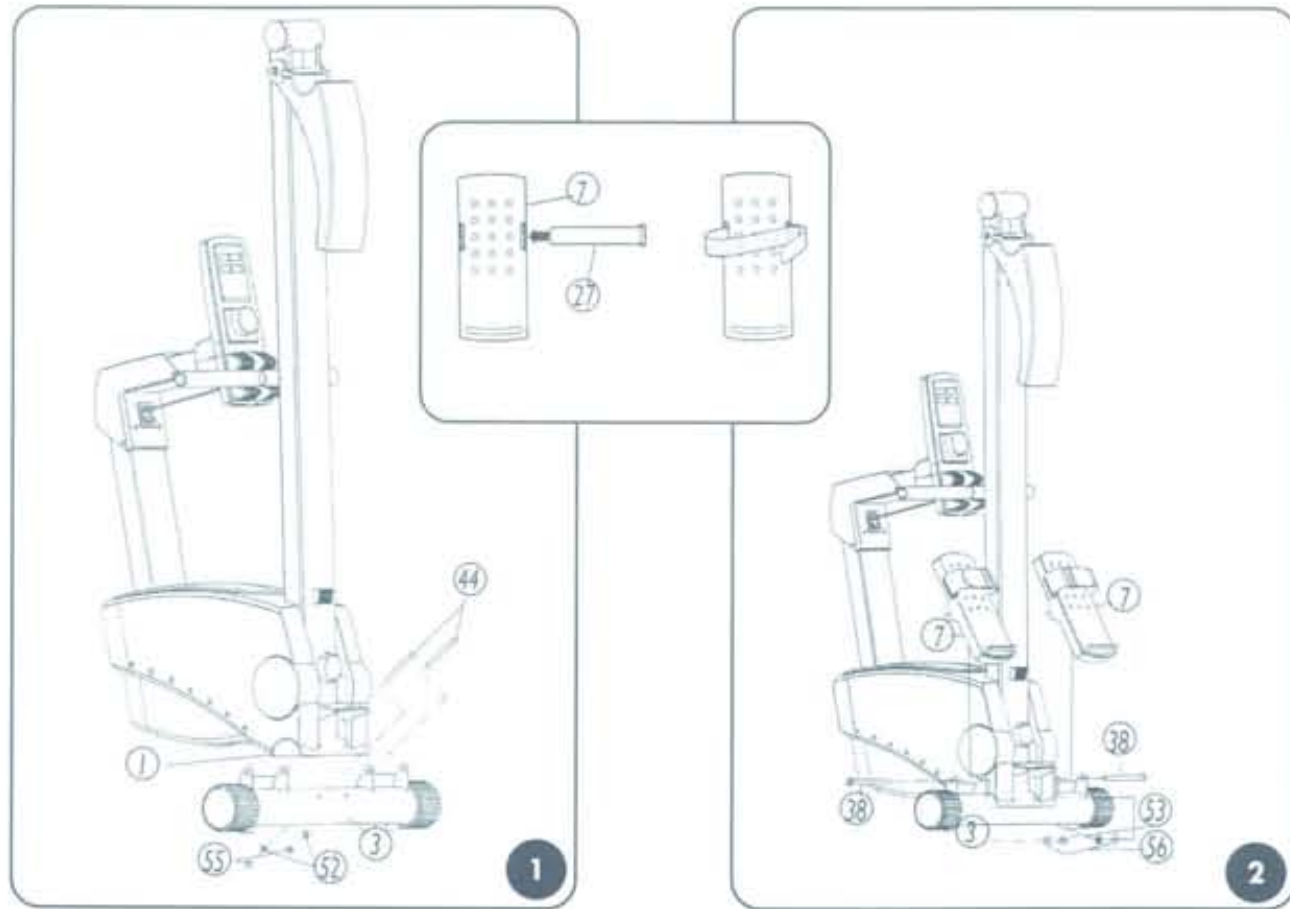
**NOTICE D'UTILISATION**  
**OPERATING INSTRUCTIONS**  
**MODO DE EMPLEO**  
**GEBRAUCHSANWEISUNG**

**ISTRUZIONI PER L'USO**  
**GEBRUIKSHANDLEIDING**  
**MANUAL DE UTILIZAÇÃO**  
**INSTRUKCJA UŻYTKOWANIA**

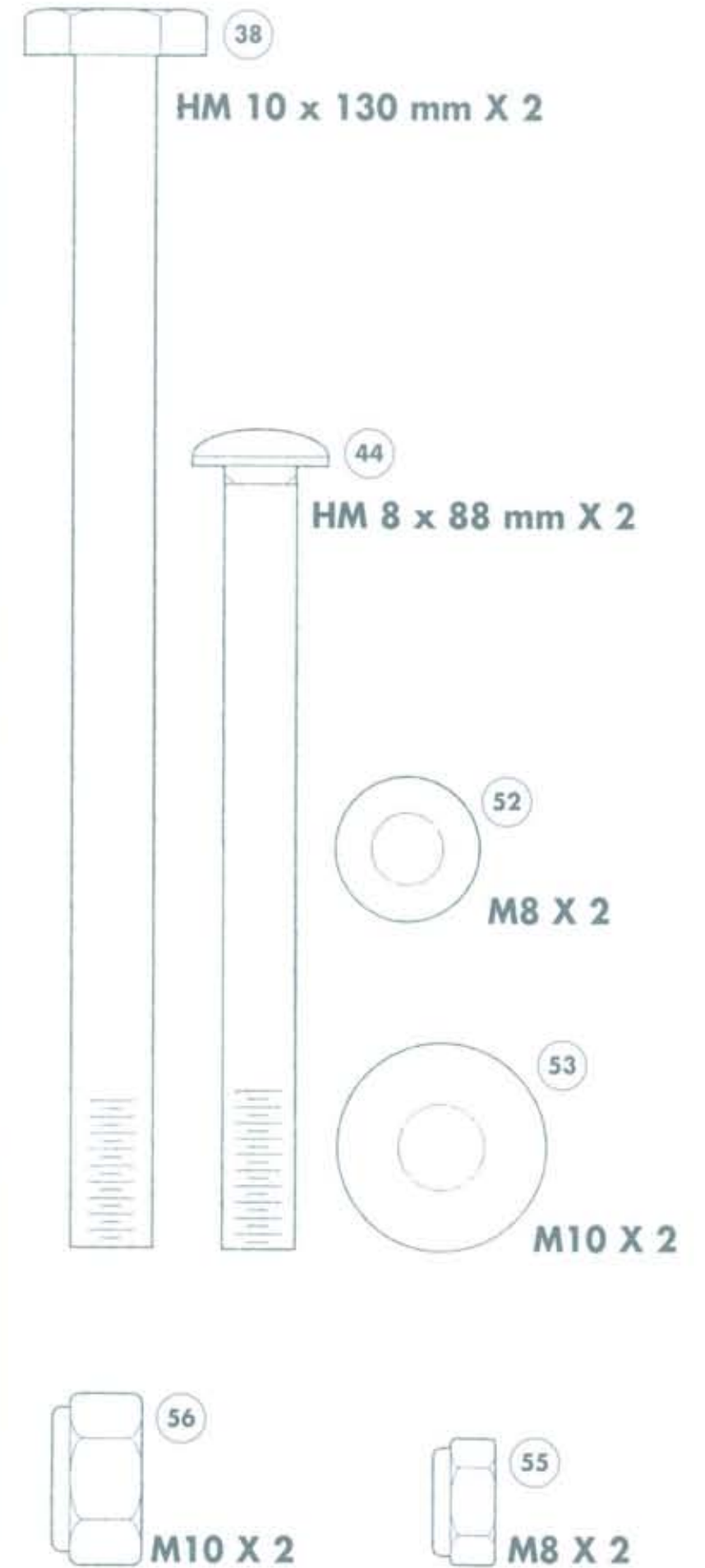
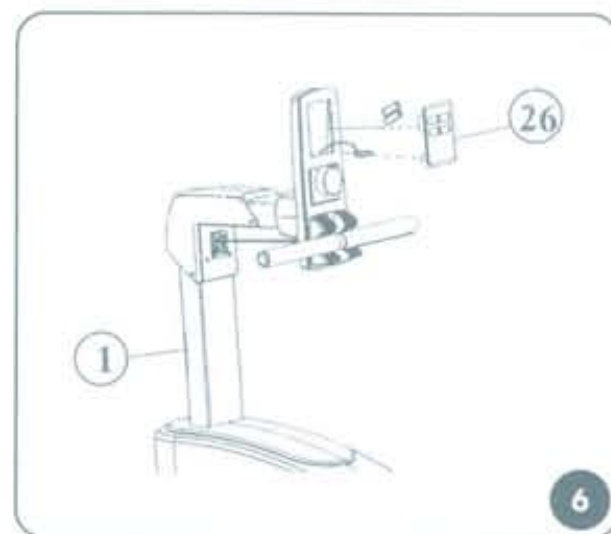
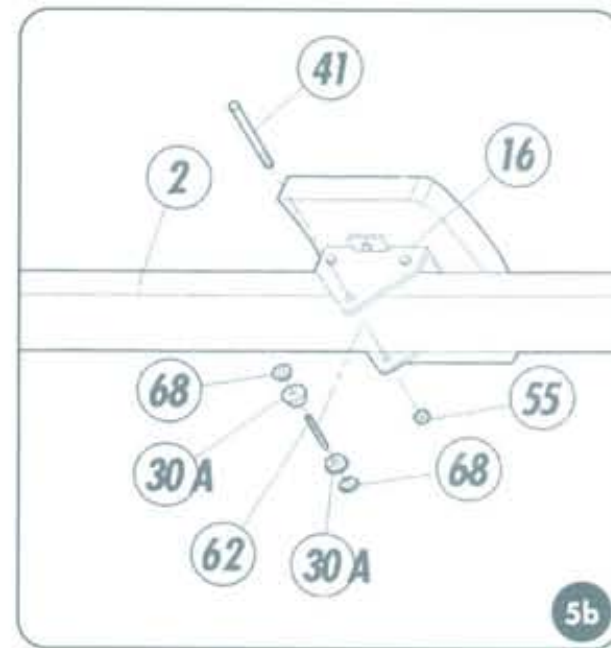
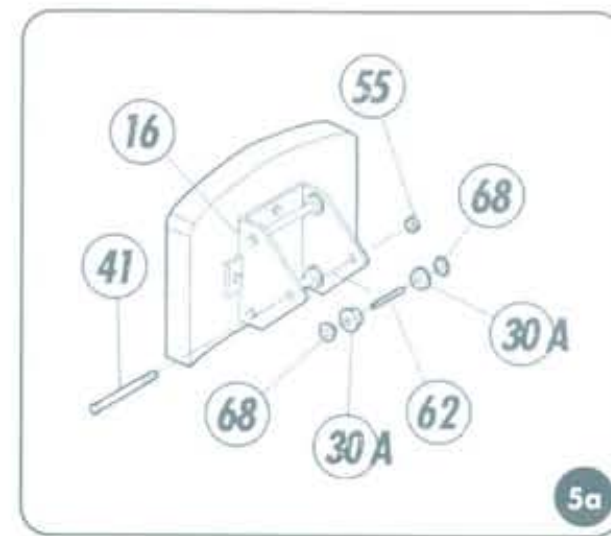
使用说明书







4



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## PRESENTATION

AV3000 is a centre pull rowing machine for home use. The rowing machine is the most complete cardio-training appliance. Besides the cardio-vascular and respiratory benefits of the exercise, the rowing machine solicits about 80% of your muscular mass.

## SECURITY

- Please read the safety precautions on the product and in this instruction manual before utilisation.
- Keep this user manual handy.
- An adult should do the assembly of this appliance.
- Install your rowing machine in a sufficiently large room for use in complete security.
- Install the AV3000 on a solid base with correct floor grading.
- Carefully read the recommendations and exercises before starting your training.
- Do not let children under 12 or household pets play near the appliance while you are training.
- Do not let children under 12 use this appliance.
- This appliance complies with standard EN-957 class H related to home use.
- Maximum user load: 110 kg.
- Before starting any physical activity, one should see a doctor in order to make sure that there is no counter-indication.
- For your health, observe the movements and positions described in the user's guide.
- Do not lean backwards at the end of the movement; do not arch your back.
- Wear appropriate clothes and shoes.
- Stop training immediately if you feel uneasy or a pain.
- Never overshoot the setting devices.
- Not suitable for therapeutic purposes.

## MAINTENANCE

The rowing machine only needs minimum maintenance :

- Clean it with a sponge impregnated with soapy water and dry with a dry cloth.
- Regularly check all the fastenings and make sure that no fastening device protrudes.
- Regularly check the state of the appliance to detect any damage or wear (notably of the strap and of other safety components).
- Immediately replace any defective part and do not use the appliance before it has been repaired.

## RESISTANCE SETTINGS

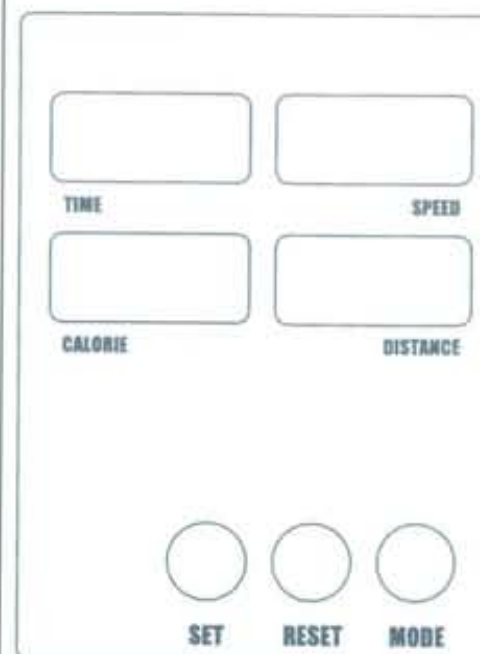
You can adjust the tension during the session whichever way you wish by turning the tension selector on the electronic meter.

## PARTS OF THE BODY THAT WORK

By the cardio-training principle (aerobics exercise), you improve your endurance (maximum capacity of oxygen absorption) and your physical fitness and you burn calories (weight control and loss in association with a diet)

The rowing machine allows toning up muscles of the thigh, the back and the arms. One also notes the participation of abdominal and shoulder muscles during exercises.

## METER



**MODE :**  
**SET :**  
**RESET :**

### FUNCTIONS :

press to select the functions.  
press to select your exercising time, the distance covered and the calories lost.  
press to reset to zero the exercising time, the distance and the calories lost.

### DISPLAY :

**TIME :**

**Count :** displays the total length of exercising up to 00:99:59 min.  
**Countdown :** counts down the length of exercising from the selected value down to zero.

**SPEED :**

instantaneously displays the speed in 0,1 km/h.

**DISTANCE :**

**Count :** displays the distance covered up to 99,99 km.  
**Countdown :** counts down the distance from the selected value down to zero in stages of 0,1 km.

**CALORIES :**

**Count :** displays the calories lost during the exercises up to the maximum value of 999 Calories.  
**Countdown :** displays calories from the selected value down to zero by stage of 1 calorie.

### Caution :

this is an estimate and should not be understood as a medical guarantee.

## BATTERIES

Use 2 1.5 V AA type batteries. Deposit used batteries in a collecting point.

## PRECAUTIONS

- Do not expose to sunlight.
- Do not put in contact with water.

**We advise you to see your doctor or your dietician to adapt your diet and your energy supplies to your physical condition and to the sports activities that you plan to practice.**

## BATTERY REPLACEMENT

- o Think of installing the 1,5 volts LR6 (AA) batteries in the compartment in the back of the meter.
- o Make sure the batteries are correctly put in place and observe the polarities.
- o However, if the display does not appear or partially, remove the batteries, wait 15 seconds and put it back in place.
- o The values displayed are systematically reset to zero if you remove the batteries.
- o If you do not use the meter for a long period, remove the batteries so as to avoid oxidation of the contacts prejudicial to the efficient operation of your appliance.
- o To protect the environment, deposit your used batteries in a collecting point foreseen to that effect.

**UTILISATION**

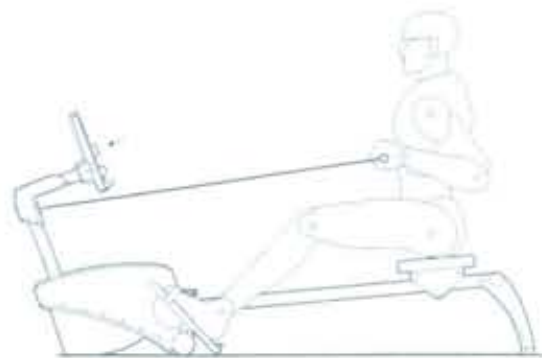
The correct movement for using the rowing machine begins with the starting position knees folded in seated position.

Extend your arms in front to hold the rowing handle in front of you.



With a flexible movement push on the legs and pull on the arms to make a movement toward the rear

To avoid injuries avoid completely extending your knees and avoid coming back to the starting position too quickly.



Come back to starting position and repeat.

If you are a beginner, start training for several days with a feeble resistance, without forcing, and if necessary taking the time to rest. Progressively increase the number or the length of training sessions.

**Keeping fit / warming up: Progressive effort starting with 10 minutes.**

To maintain one's fitness or for re-education, you can do training every day for ten minutes. This type of exercise will keep muscles and articulations fit or it can be done for warming up in view of physical activity. To increase the toning up of legs, select a more important resistance and increase the training time. Of course, you can vary the resistance throughout your training session.

**Aerobic training for physical fitness: Moderate effort during a long time length (35mn to 1 hour).**

If you want to lose weight, this type of exercise, together with a diet, is the only means of increasing the quantity of energy consumed by the organism. To do so, there is no use forcing beyond one's limits. Only the regularity of training allows obtaining the best results. Select a relatively feeble resistance and do the exercise at your rhythm but for at least 30 minutes. This exercise should make a bit of sweat appear on the skin but should in no case make you get out of breath. It is the length of the exercise, on a slow rhythm that will make your organism draw its energy in your reserves of fat on the condition of rowing for over thirty minutes, at least three times a week.

Aerobic training for endurance: Sustained effort for 20 to 40 minutes.

This type of training aims at a significant reinforcement of the cardiac muscle and the improvement of breathing. The resistance is increased so as to increase breathing pendant the exercise. The effort is more sustained than for fitness exercising. As the training progresses, you will be able to stand the effort longer, on a better rhythm or with greater resistance. You can do training at least three times a week for this type of training.

Training on a more forceful rhythm (anaerobic and red zone exercising) is reserved for athletes and requires an adapted preparation.

After each training session, devote a few minutes to rowing while lessening the speed and the resistance in order to calm down and progressively bring the organism to rest.

**WARRANTY**

The AV3000 is guaranteed 2 years and 1 year for wear parts and labour. This guarantee applies for normal use by an individual at home.

**C A R D I O - T R A I N I N G**

**CARDIO-TRAINING EXERCISE**

Cardio-training exercise is a form of aerobics (conditioning the body in the presence of oxygen) and allows you to improve your cardio-vascular capacity. To be more precise, you will improve the tonicity of the heart and your blood vessels. Cardio-training exercise carries the oxygen breathed in from the air to your muscles. It is the heart that pumps this oxygen through the body and, in particular, to the muscles being exercised.

**CONTROLLING YOUR HEARTBEAT**

It is vital to measure your pulse periodically in order to control your degree of exercising. If you do not have an electronic measuring device, follow this procedure :  
To take your pulse, position two fingers : on the neck, or below the ear, or at the inside wrist beside the thumb.  
Do not press too hard : excessive pressure reduces the blood flow

and can slow down the heartbeat. After counting the pulsations for 30 seconds, multiply by 2 to obtain the number of pulsations per minute.

Example : 75 pulsations counted in 30 seconds corresponds to a heart beat of 150 pulsations per minute.

**PHASES OF A PHYSICAL ACTIVITY**

**A Warm-up phase : progressive effort.**

Warming up is a preparatory phase before any activity. It puts the person INTO OPTIMUM CONDITIONS for carrying out his or her favorite sport. It is a METHOD OF PREVENTING ACCIDENTS TO TENDONS AND MUSCLES. There are two aspects : WAKING UP THE MUSCULAR SYSTEM, GENERAL WARMING UP.

- 1) The muscular system is prepared in a SPECIAL STRETCHING SESSION which PREPARES FOR EACH ACTIVITY : each group of muscles is used, joints are used.
- 2) Global warming up gradually brings the cardiovascular and respiratory system into action, improves irrigation of the muscles and prepares for making efforts. It must be sufficiently long : 10 min for a leisure sport activity, 20 min for a competition sport activity. Note that warming up must be longer : after 55 years old, in the morning.

**B Training**

TRAINING is the main phase of your physical activity. You can improve your physical condition by REGULAR training.  
• Anaerobic exercise to develop endurance  
• Aerobic exercise to develop cardio-pulmonary resistance.

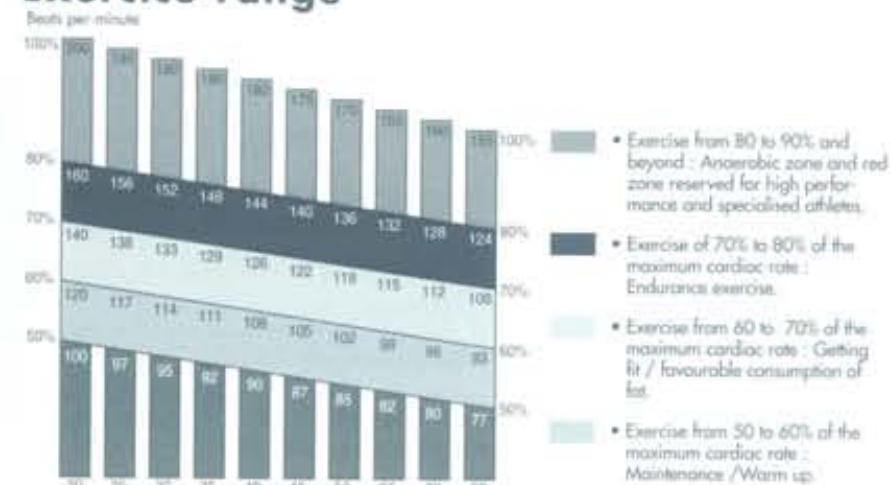
**C Slowing down**

This is the continuation of an activity at low intensity, the gradual "return to rest" phase. SLOWING DOWN brings the cardiovascular and respiratory system, the blood flow and muscles back to "normal" (eliminating the counter effects of an exercise, such as lactic acids, the accumulation of which is one of the major causes of muscular pains such as cramps and stiff muscles).

**D Stretching**

STRETCHING must follow the slowing down phase while joints are still warm in order to reduce risks of injury. Stretching after an activity : minimizes MUSCULAR STIFFNESS due to an accumulation of LACTIC ACIDS, "stimulates" BLOOD CIRCULATION.

**Exercise range**



**WARNING, TECHNICAL INSET WARNING TO USERS**

You must work towards getting fit in a controlled manner.

Do not hesitate to consult a doctor before any physical activity, especially if : you have not practised any sports activities in recent years, you are more than 35 years old, you are not sure about your health, you are following medical treatment.

**CONSULT A DOCTOR BEFORE PRACTISING ANY SPORT.**