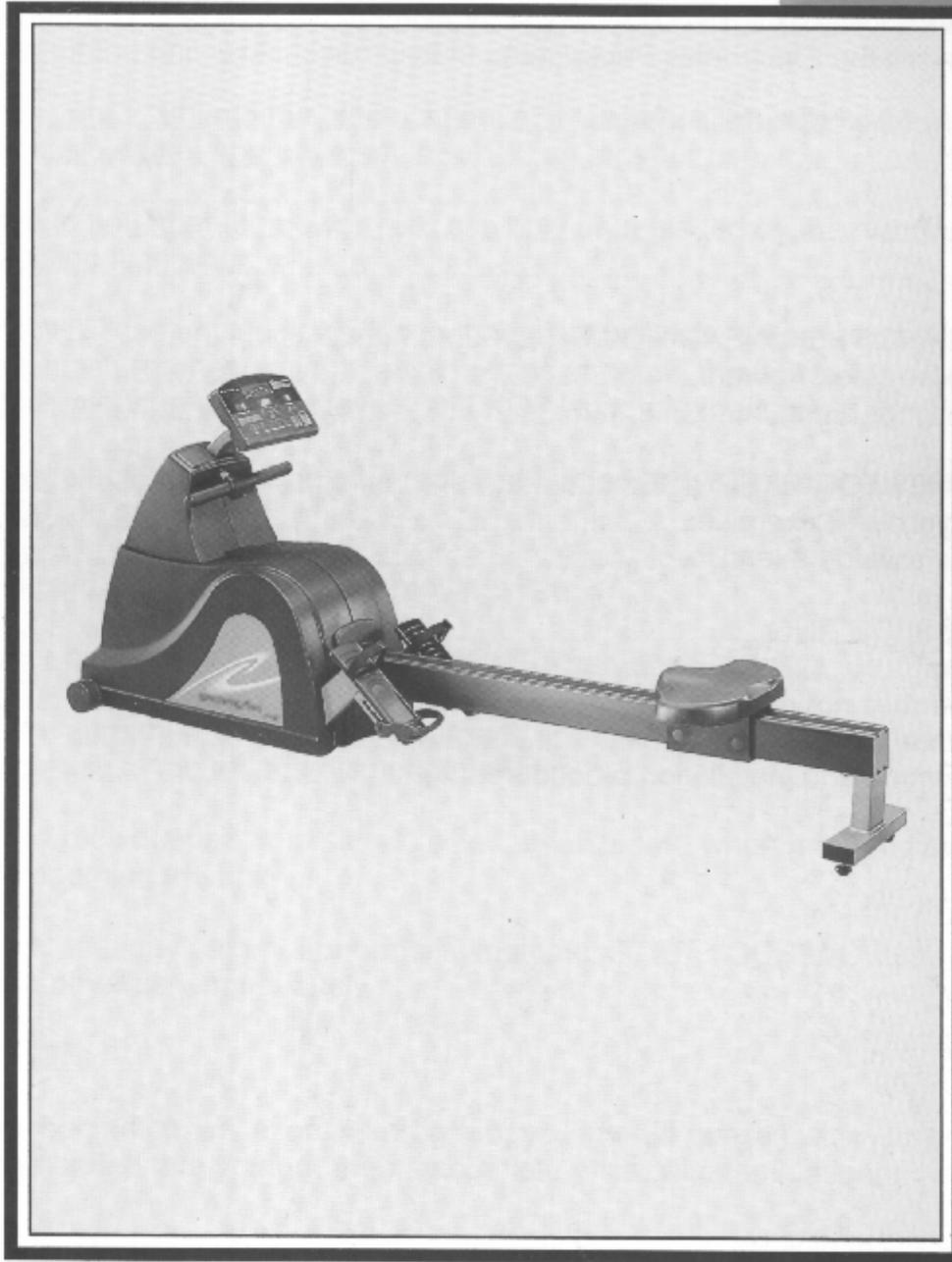


SPORTSART 2100



**OWNER'S MANUAL
ASSEMBLY INSTRUCTIONS**

SAFETY GUIDELINES:

Please read and follow these safety guidelines:

- Read this owner's manual and follow the instructions
- Assemble and operate the 2100 on a solid, level surface.
- Never allow children on or near the 2100 Linear rower.
- Check the 2100 Linear rower before every use. Make sure all parts are assembled, and all nuts and bolts are tightened. DO NOT use the 2100 Linear rower if the unit is disassembled in any way.
- Plug your 2100 into the electrical outlet. Make sure the plug of the 2100 is accessible after you have set the 2100 up for your use.
- Please note that the power cord can only be replaced by the manufacturer or a qualified technician.
- DO NOT use any accessories that aren't specifically recommended by the manufacturer these might cause injuries or cause the unit to fail. Work within your recommended exercise level – DO NOT work to exhaustion.
- Any defective parts should be replaced immediately. If anything is broken on your 2100, do not use it.
- Keep your hands away from moving parts.
- Wear proper workout clothing: do NOT wear loose clothing. Tie all long hair back.
- Make sure there is plenty of clearance around the 2100, making it easy to use and easy to mount and dismount the unit.
- Don't rock the unit from side to side, and use care when mounting and dismounting the unit.
- If you feel any pain or abnormal symptoms, STOP YOUR WORKOUT and consult your physician immediately.

CAUTION:

Before beginning any exercise program, you should consult with your doctor. It is recommended that you undergo a complete physical examination.

Below is a drawing of the 2100. Please familiarize yourself with the treadmill before reading the owner's manual.

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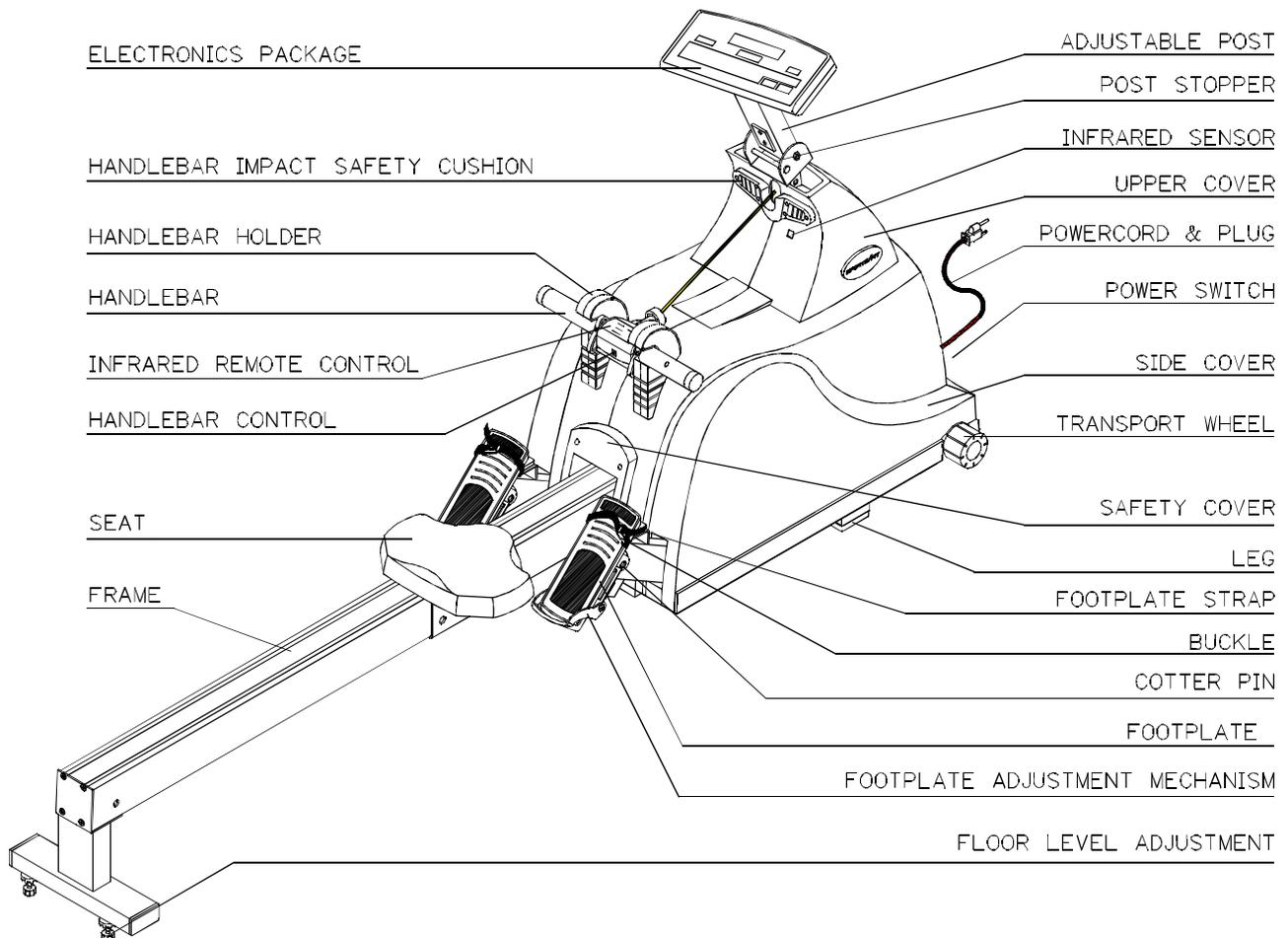
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SPORTS ART COMMERCIAL GRADE 2100 **LINEAR ROWER**

INTRODUCTION

Congratulations on purchasing one of the finest piece of commercial exercise equipment on the market today, the Sports Art 2100 Linear rower. Constructed of high quality materials and designed for years of troublefree usage. We hope the 2100 will be an integral part of your fitness regimen.

Before using your Sports Art 2100 Linear rower, we recommend that you familiarize yourself with this Owner's Manual. Whether you are a first time user or a seasoned "pro", understanding the correct usage of the equipment will enhance your ability to achieve your exercise goal safely and successfully.



ASSEMBLING YOUR LINEAR ROWER:

List of Parts

Before assembling your Linear rower, make sure that you have all following parts:

1. One Wooden block – Assembly use only
2. Two Footplates
3. One Safety Cover
4. Two Posts – Footplate
5. Four Cotter pins – Footplate
6. One Post – Electronics package
7. One Cotter pin – Electronics package
8. One screw driver
9. One screw driver Handle
10. One combination wrench
11. One fuse – 2A (100V/120V) or 2A (200V/240V)

Installation Requirements

Read this owner's manual and follow the instructions contained herein.

Caution: Two people are recommended to assemble the 2100. To avoid back strain, and to ensure safety to the unit and yourself, we suggest you avoid lifting the unit from its box. Instead, lay the box on its side, drop the sidewalls of the box and slide the 2100 from the box rather than lifting it.

IMPORTANT: The packing for this unit was designed to protect it during shipment. Please store the original packing in a safe place in case you need to ship the unit in the future.

Step by step instructions

When you remove the 2100 from the box, first check to make sure all of the parts are present. Then, read thoroughly the entire assembly instructions before you begin.

1. Place the wooden block underneath the machine to hold it in the correct position. Then, using the tools provided, remove the top two frame bolts and set aside for use in the next step. Do not remove the bottom two frame bolts (see Fig. 1).

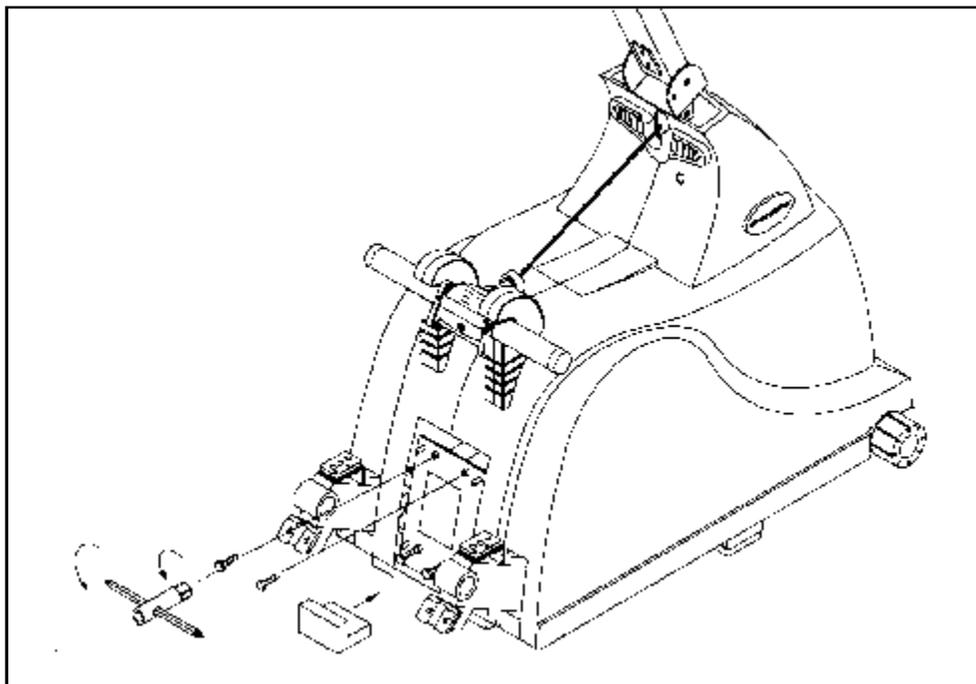


FIG.1

2. Slide the seat frame over the lower two frame bolts, then secure with the top two frame bolts. Tighten all four bolts (see Fig. 2).

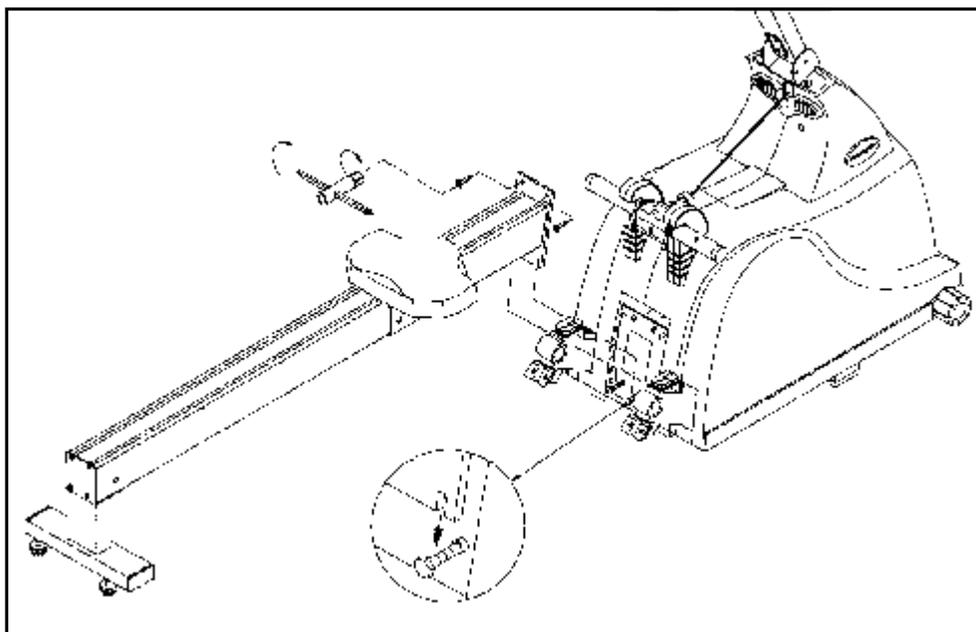


FIG.2

3. Remove the wooden block placed in position in step 1 (see Fig. 3).

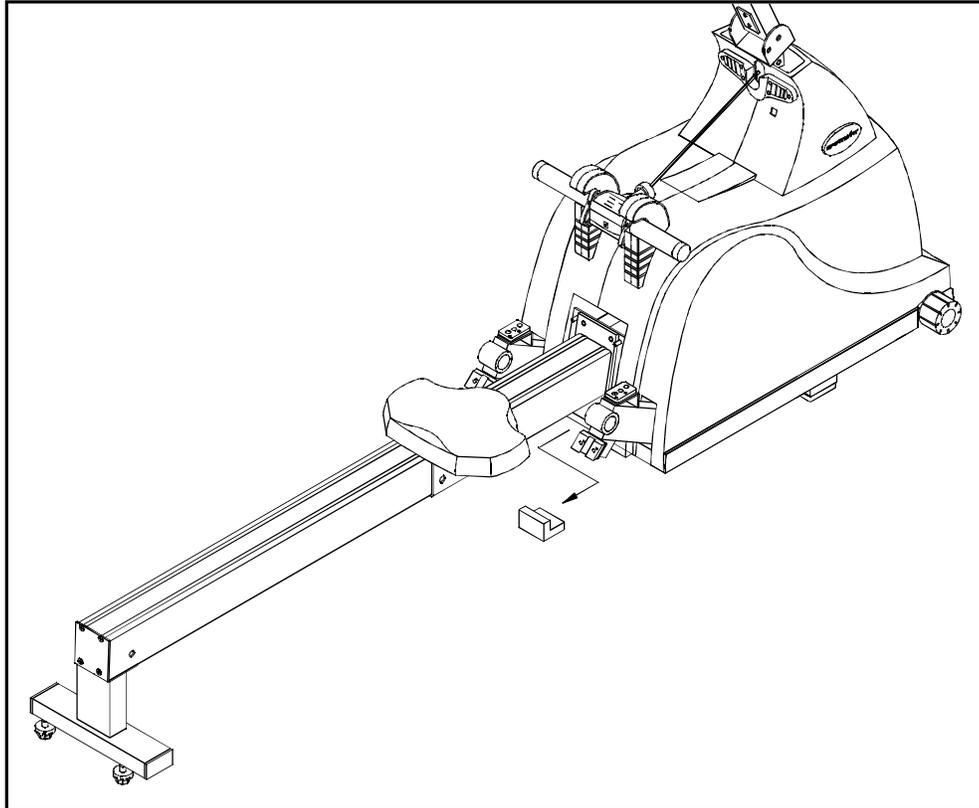


FIG.3

4. Place frame connection safety cover in position and secure with four screws (see Fig. 4).

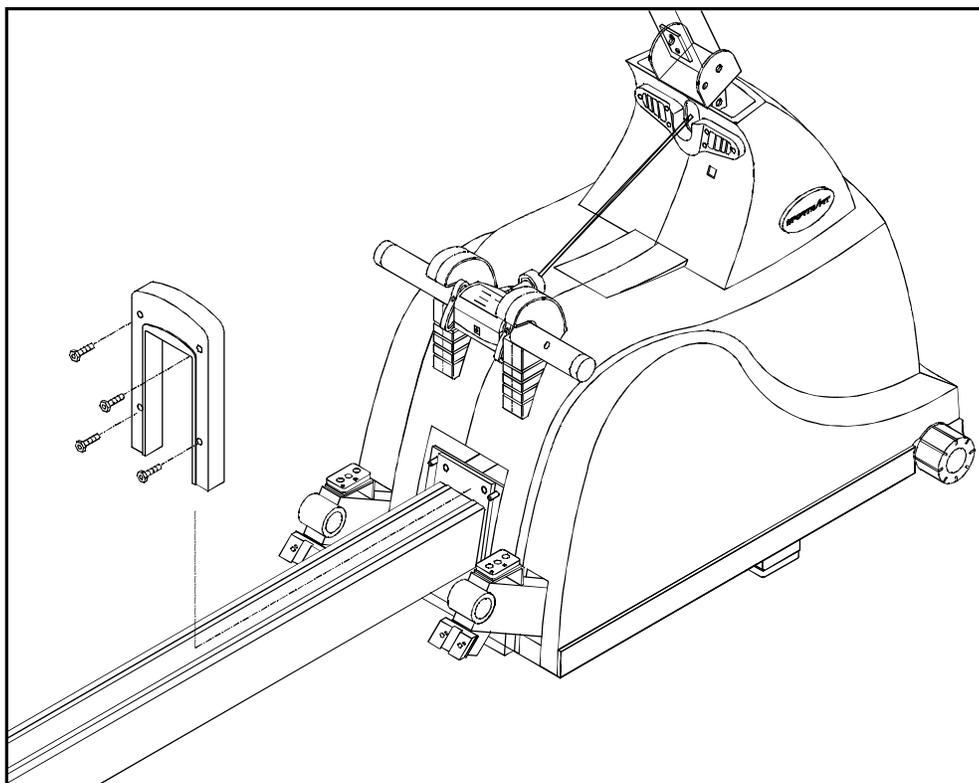


FIG.4

5. Place the right and left footplates into position and secure with the posts and cotter pins provided (see Fig. 5).

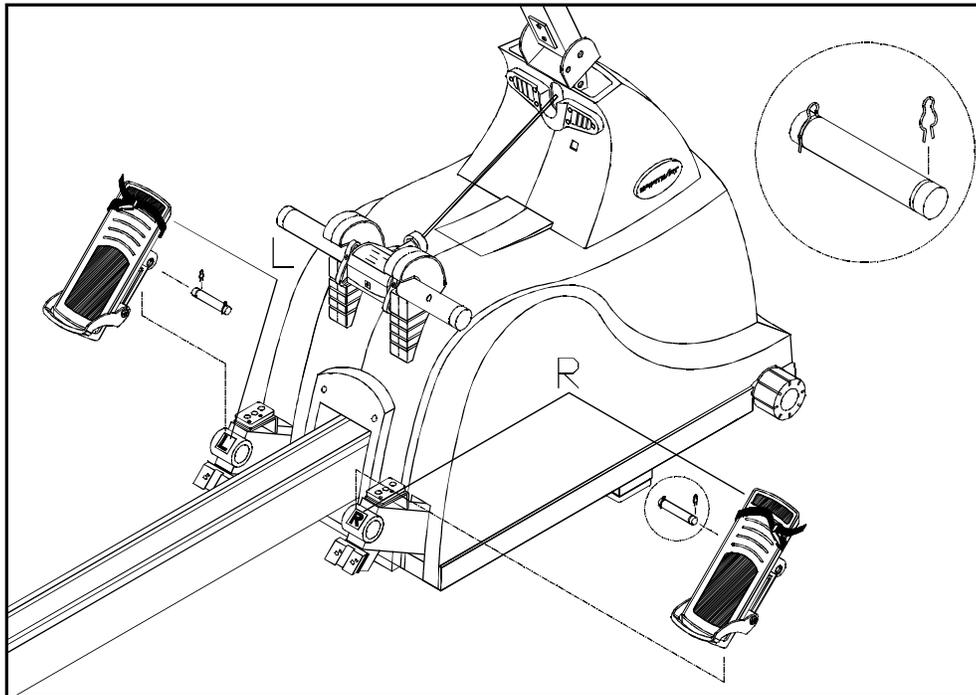


FIG.5

Note: Please check a "R" or "L" on the footplate indicates the correct side. Install the footplate marked "R" on the right side, "L" on the left side.

6. Secure the electronics package with the post and cotter pin provided (see Fig. 6).

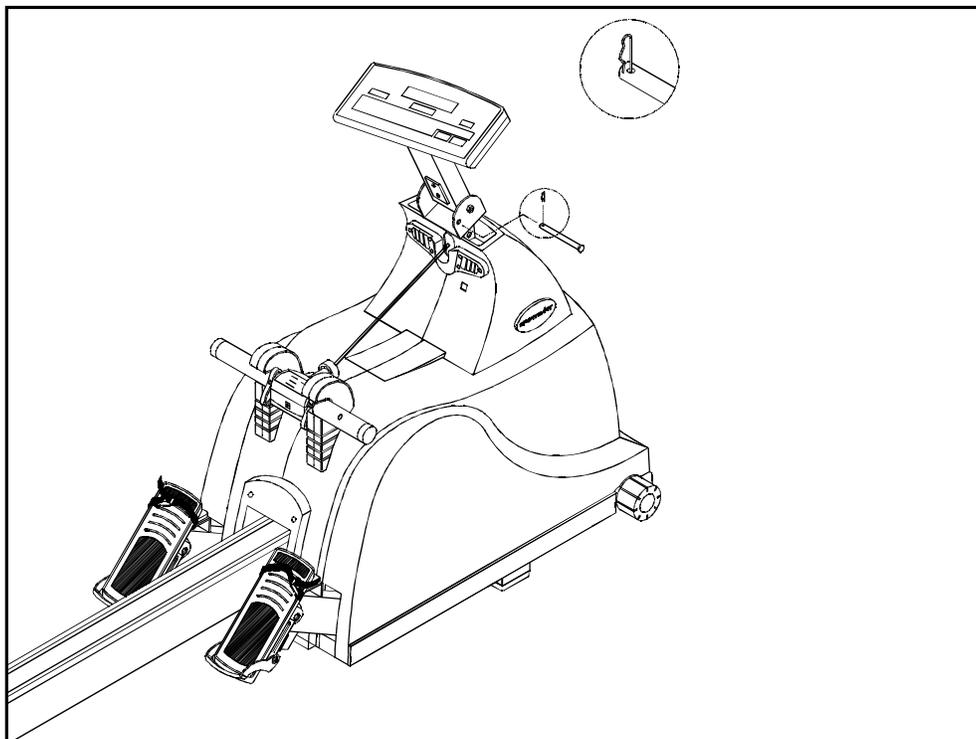


FIG.6

8. If the Linear rower is unsteady on your floor, turn the floor level adjustments on each end of the rear base. Raise or lower the floor level adjustments to steady your Linear rower (see Fig. 8).

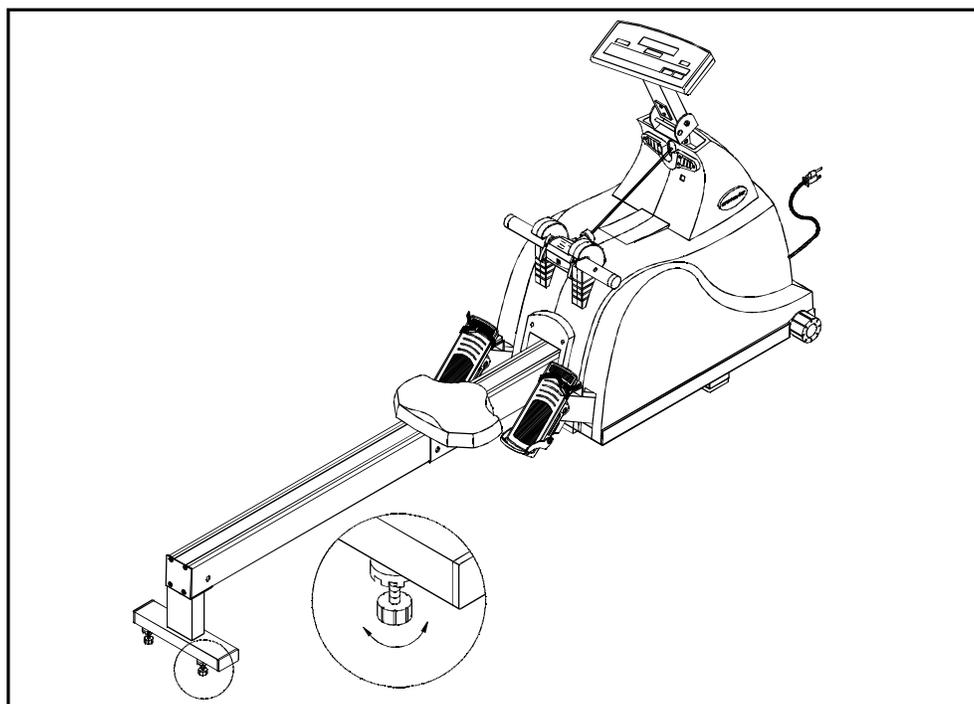


FIG.8

Your 2100 Linear rower is assembled and ready to use.

Adjustable footplate

To use the adjustable footplate, please follow the steps below:

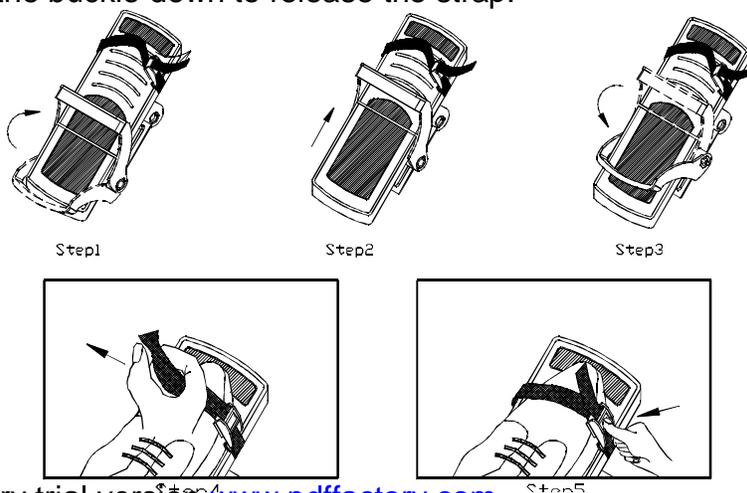
Step 1: Adjusting the Footplate adjustment mechanism forwards.

Step 2: Slide the mechanism into the correct position for your foot.

Step 3: Adjusting the Footplate adjustment mechanism backwards to lock it into position.

Step 4: Place your foot into the footplate and pull the strap tight.

Step 5: Press the buckle down to release the strap.



EXERCISING ON THE LINEAR ROWER 2100

Understanding the Electronics Package

As soon as you turn on the machine, you will automatically enter the MANUAL Mode, starting at "LEVEL 3." If this is the Mode you wish to use, you may begin.

PLEASE NOTE: There are 7 levels, with LEVEL 1 being the easiest workout, and LEVEL 7 being the hardest workout. Press the ▲ ▼ keys to choose the level.

Once you have made your choice, the electronics package will display the word "MAN'L," and you will be prompted to "PULL TO START."

MANUAL

1. When "MAN'L" appears in the display window, you can adjust the LEVEL you desire.
2. Press the LEVEL ▲▼ keys to choose the workout LEVEL. The display will prompt you to "PULL TO START."
3. If you stop in the middle of your workout, you will be prompted to PULL TO START. All input data (TIME, DISTANCE, CAL., etc.) will be retained.
4. You can use the MODE key  to switch between DISTANCE, TIME, CAL, STROKES, SCAN and PULSE. Use the + - keys to set the TIME, DISTANCE or STROKES you desire.

What each of these categories means

DISTANCE: Press the + - keys to set the distance. Each press of the key changes the distance in increments of 10 feet or meter. Press and hold the key will change the display by 100 feet or meter. When you have reached the distance you desire, press ENTER.

TIME: Use the + - keys to set the time of your workout. Each press of the key changes the time in increments of 1 minute. Press and hold the key will change the display by 5 minutes. When you have reached the time you desire, press ENTER.

During your workout, the electronics package will count down, and then beep for 10 seconds when the time is up. If you continue workout, the unit will start to count up.

CAL: This readout gives you the amount of calories burned, based on the distance during your workout.

STROKES: Press the + - keys to set the strokes in the MANUAL mode. Each press of the key changes the strokes in increments of 10 strokes. Press and hold the key will change the display by 100 strokes. When you have reached the strokes you desire press ENTER.

SCAN: Pressing the MODE key  to "SCAN" mode will result in the display alternating among Mode readouts every 4 seconds.

SET:

Press the MANUAL/SET key, and "MAN'L" will show in the display. Press the key once again, and "SET" will appear in the display. Press ENTER.

1. You can choose between METER/FEET while in the SET MODE.
2. The readout will display "SELECT METER OR FEET" Press + – keys to select either METER or FEET, then press ENTER to save your selection.

INTERVAL

A. INTERVAL 1:

1. Setting the REST workload:

Press the INTERVAL key and you will be in "INTV. 1," then press ENTER. The LED will display the message: "INPUT REST LEVEL & FEET (or METER), then press ENTER.

When REST appears in the main display, choose the ▲▼ level and + – distance by pressing the ▲▼ keys, then press ENTER.

2. Setting the WORK workload:

After the REST level and distance have been set, the LED will display the message: "INPUT WORK LEVEL & FEET (or METER), then press ENTER.

When WORK appears in the main display, choose the level and + – distance by pressing the ▲▼ keys, then press ENTER.

3. If you don't press the "ENTER", the display will remind you to press the "ENTER".
4. You can change the level or distance at any time during your workout.

B. INTERVAL 2 (Custom program):

Interval 2 allows you to design your own personalized workout program. There are eight programmable segments in Interval 2. Press the INTV key until you see INTV. 2 in the window, then press ENTER.

You will be prompted to "ENTER SEGMENT 1 LEVEL & FEET (or METER)". Then SEG 1 will appear on the display. Press the ▲ or ▼ key to select the LEVEL. Then, press the + – keys to select the distance, then press ENTER.

After you have set the SEG. 1, "ENTER SEGMENT 2 & LEVEL & FEET (or METER)" will appear in the window. For Segments 2-8, please refer to the instructions above. Once all segments are set, press ENTER, and your own personalized program under INTV 2, will be recorded. If you only want to set four segments, for example, leave segment 5's DISTANCE with a value of zero, and the 2100 will use only your desired four segments.

You can change the load level anytime during your workout.

PROGRAM

The 2100 Linear rower features a total of twelve (12) professionally designed workout programs. These programs control the level of your workout.

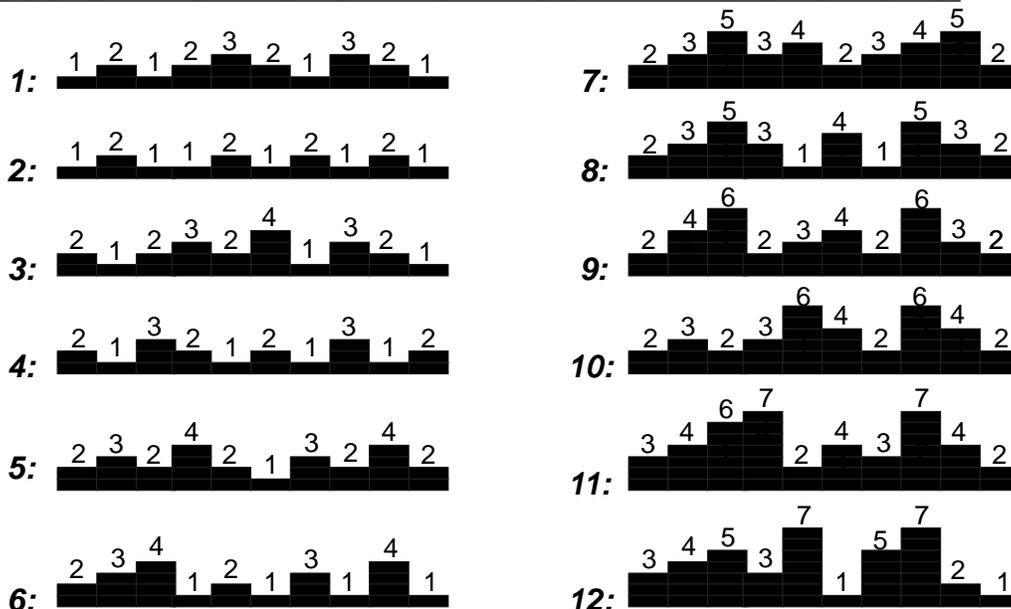
1. Press the PROGRAM key to scroll between the 12 Programs. When you have selected the program you want, press the "ENTER". You will be prompted to "INPUT TOTAL FEET (or METER)", press the + or - key to set the distance. Once you have set the distance, press ENTER. If you don't press ENTER, the display will prompt you to "PRESS ENTER."

1. The program profile will be displayed in the LED window, and the program will begin when you start pulling. If you do not begin pulling immediately, you will be prompted to "PULL TO START."

2. During these programs, the unit will automatically switch between levels, varying your workout.

3. When the DISTANCE is reached, a beep will sound for 10 seconds, after which the machine will begin to count up.

THE COURSE PROFILES FOR EACH PROGRAM ARE AS FOLLOWS:



Even though the programs feature preprogrammed levels, you can change the level anytime during your workout.

If you stop in the middle of your workout, you will be prompted to "PULL TO START." All input data (DISTANCE, TIME, , LEVEL, CAL., etc.) will be retained.

RESET

To change any of the data in MAN'L, SET, INTV., PROGRAM and MODE, simply press the RESET key, and the existing data will be cleared. Then you can re-enter the new data.

MAINTAINING THE LINEAR ROWER 2100

This LINEAR ROWER requires little maintenance. The linear rower 2100's smooth operation is dependent on keeping the unit as clean as possible.

Cleaning the Linear Rower

CAUTION: Turn off the unit and disconnect the AC cord before cleaning.

Regular cleaning is recommended to keep your Linear rower 2100 at peak performance. Before your workout, use a dry cloth to clean the surface of the electronics package. **NOTE: NEVER POUR LIQUIDS ON THE ELECTRONICS PACKAGE.** Should water, for some reason, get in the electronics package, immediately blow dry the electronics package.

To clean the plastic parts, use a mild detergent and make sure the unit is completely dry before operating.

It is recommended that you keep all liquids away from the unit during operation.

Spillage of liquids onto or into the machine will void the warranty.

Maintaining the chain

Periodically, as part of regular maintenance, the chain of your linear rower should be oiled to maintain premium performance.

Pull the chain to its maximum length, and rub the chain with an oil-soaked rag over it's entire length. (see Fig.9).

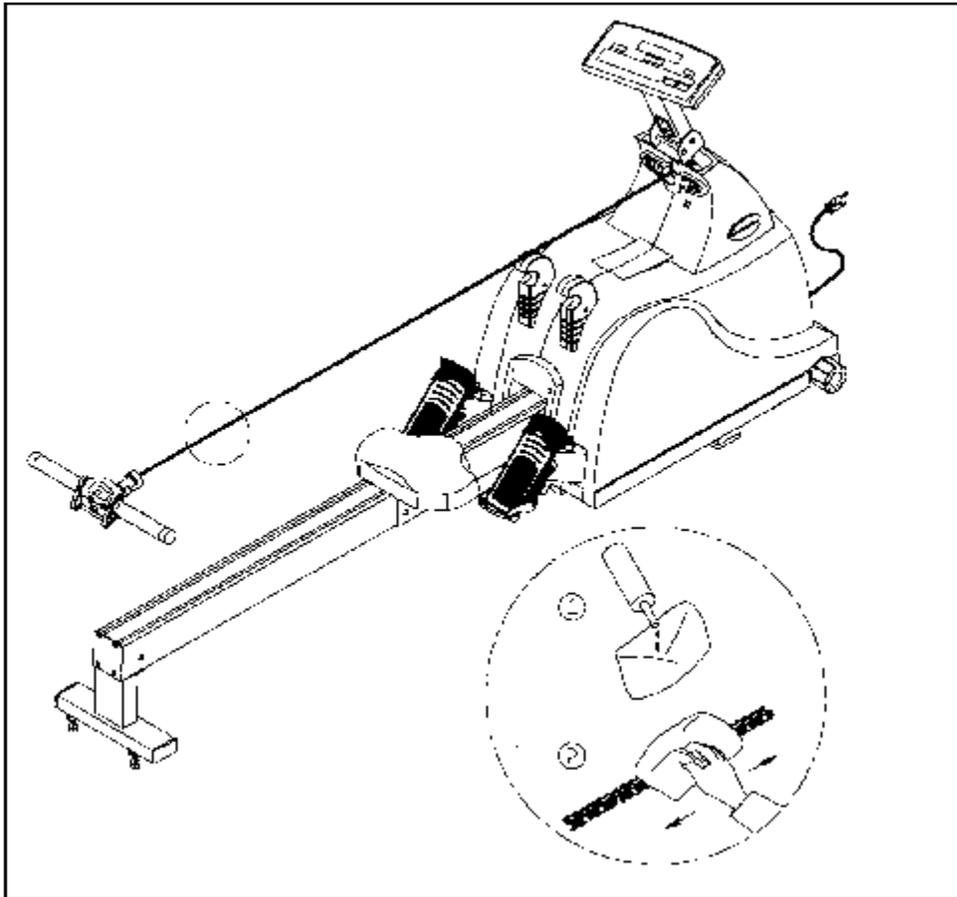


Fig.9

GUIDELINES FOR EXERCISE

How long should I exercise?

The duration of your exercise session is dependent on your fitness level. In general, it is recommended that you maintain your heart rate in the training zone for at least 10 minutes to realize an aerobic benefit. As your fitness level increases, you will be able to maintain your heart rate in the training zone for longer periods: usually between 20 and 30 minutes.

When first starting your workout, take the first several minutes to warm up, then slowly increase your workload to bring your heart rate into your specific training zone. At the end of your workout, gradually decrease your workload, then exercise lightly as a "cool down".

How often should I exercise?

Aerobic exercises, to achieve the greatest benefits, should be performed 3-5 times a week. It is important to allow sufficient time, at least 24 hours, for your body to recover after exercise.

TROUBLE SHOOTING

No Display

If nothing is displayed on the electronics package, please check the POWER switch located on the front of the rower. If it is not lit, then the fuse is damaged and must be replaced.

CAUTION: MAKE SURE THE UNIT PLUG IS REMOVED FROM OUTLET BEFORE REPLACING THE FUSE.

To remove: Find the 2A fuse (100-120V), 2A fuse (200-220V) holder on the front of the machine, push in the fuse holder with fuse and turn the fuse holder counterclockwise to remove the damaged fuse (see Fig. 10-1~10-2).

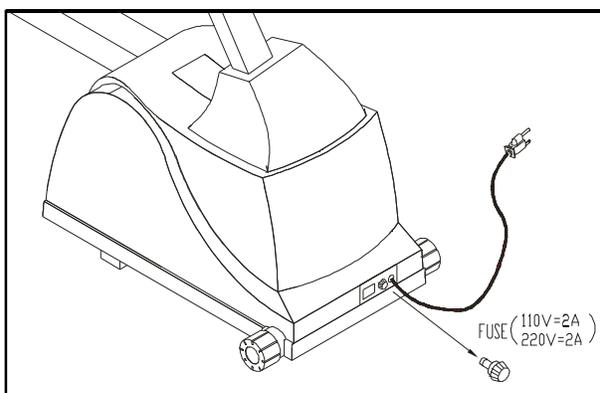


Fig.10-1

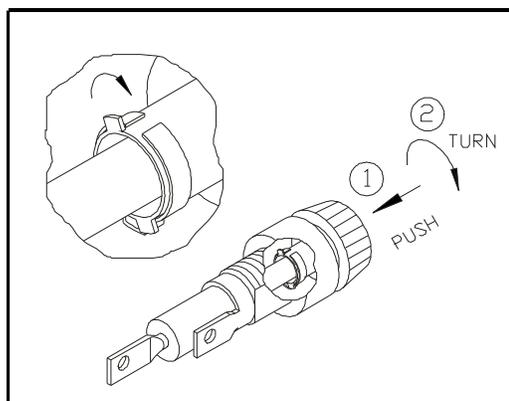


Fig.10-2

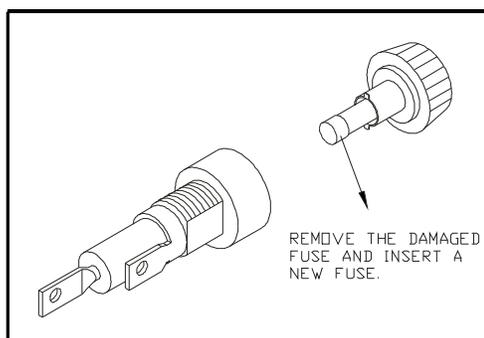


Fig.10-3

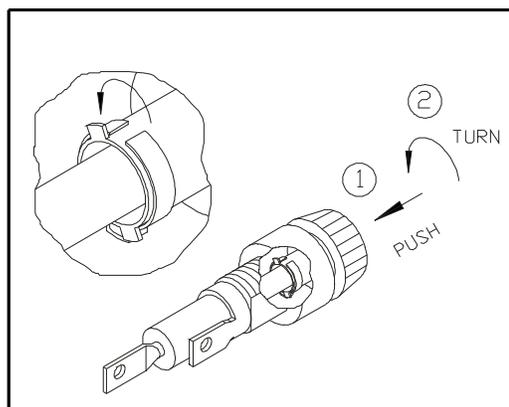


Fig.10-4

To install: Insert a new fuse into the holder, push the fuse holder with fuse in, then turn the fuse holder clockwise to secure (Fig. 9-3~9-4).

Plug the power cord into the wall socket again. If the unit's display still refuses to

If the load does not respond properly

If there is no load or the load does not respond properly when you set the LEVEL, please contact your dealer for further details.

No "Stroke/Minute" reading

If the display has no STROKE/MINUTE reading while you are pulling, please contact your dealer for more details.

Battery removal and installation procedure

If the remote control on the handlebar does not work well, please replace the batteries as shown below:

1. Unscrew the shockproof rubber screws and remove the battery compartment protective casing.
2. Unscrew the battery cover screw, and open the battery cover and remove the batteries.
3. Replace with two new batteries.

Replace the battery cover and secure with screw.

4. Replace the battery compartment protective casing and secure with three shockproof rubber screws.

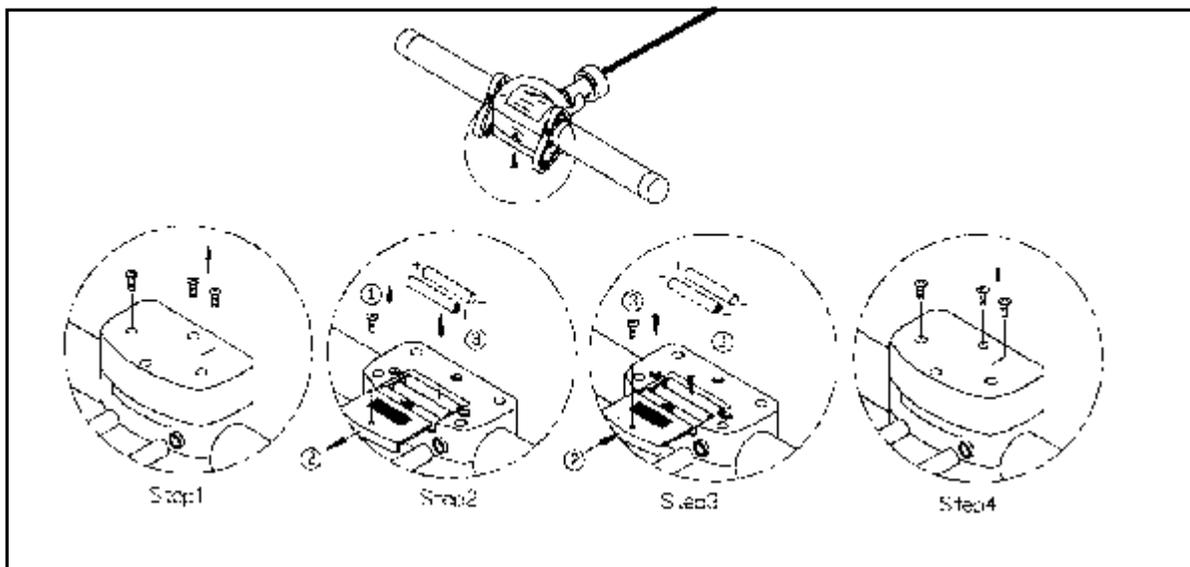
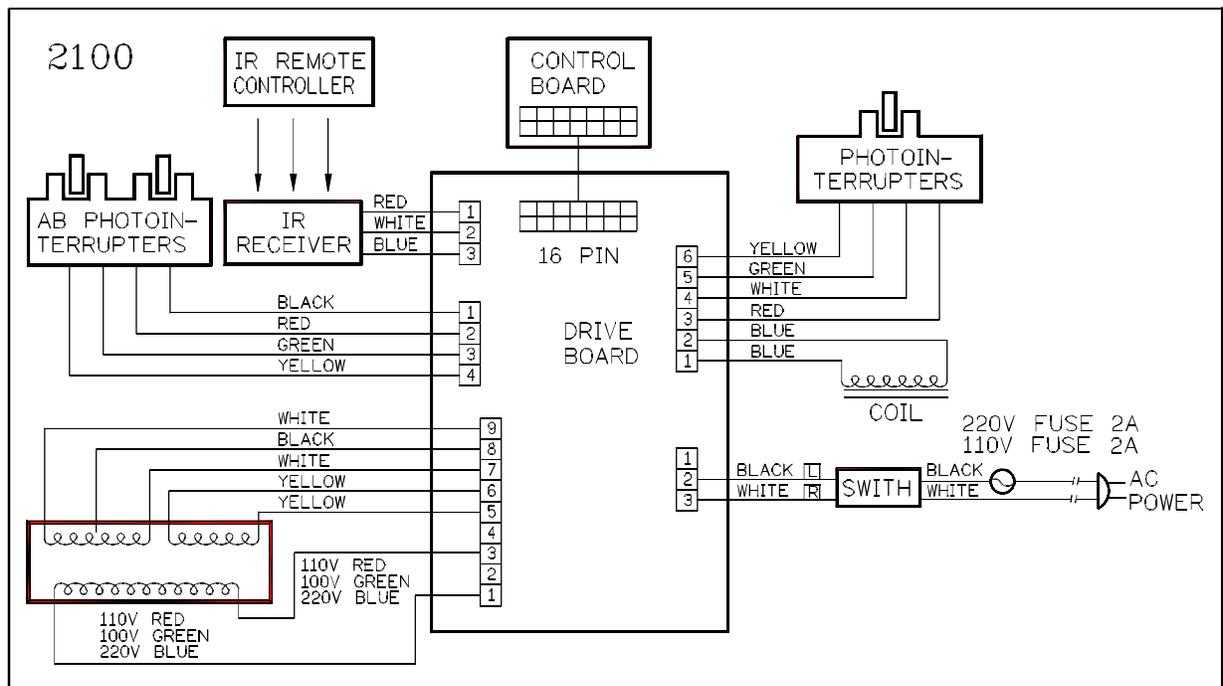


Fig.11

Wiring Schematic:



Your Authorized Distributor