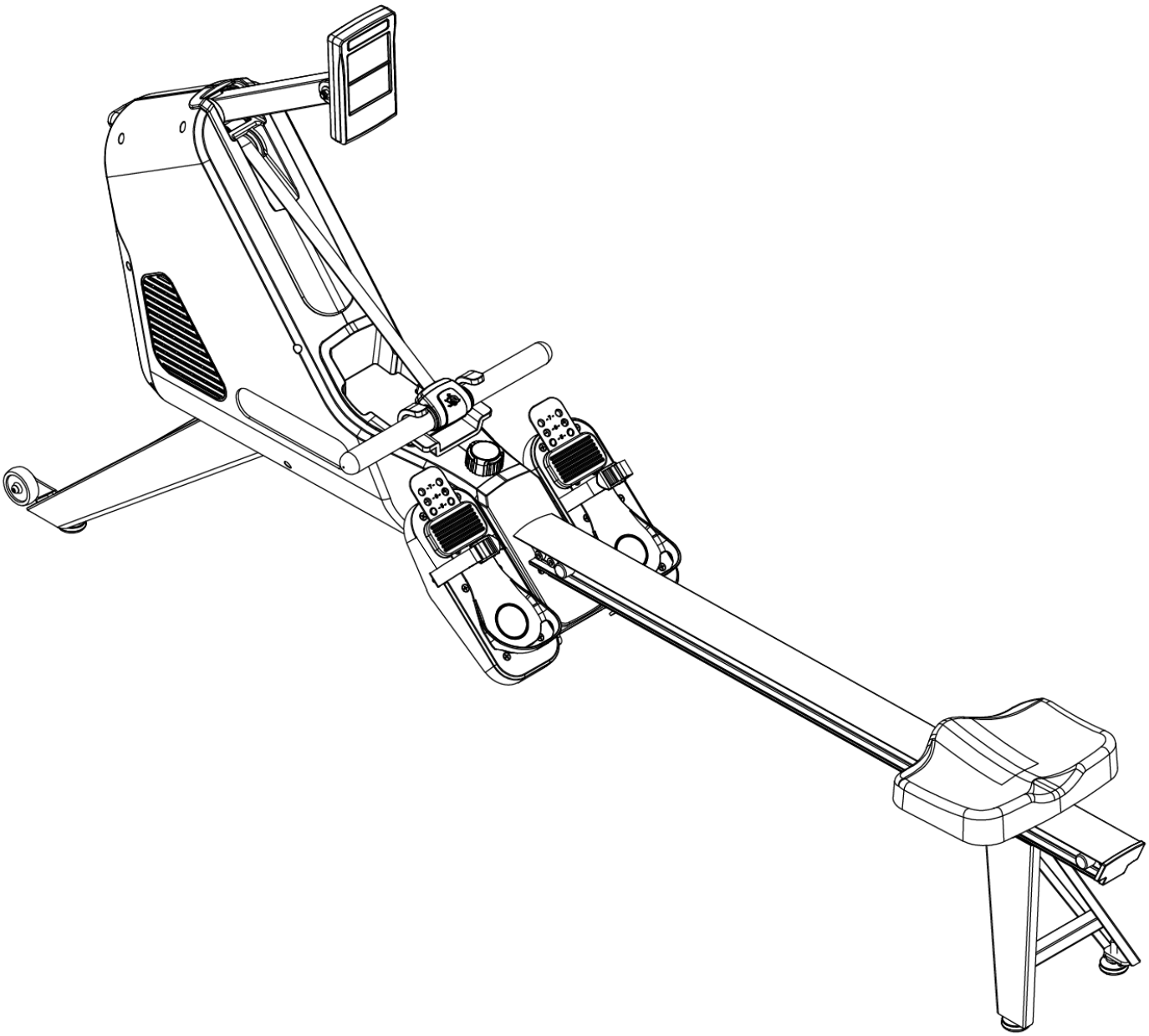
CROSSLIFTOR

R903T Rower



VERSION 2023.11.01

SAFETY FIRST

READY TO USE ROWING MACHINE?

Before using R903T AIR ROWER machine, please read through the manual carefully. R903T AIR ROWER is able to support you an effective workout due to an ergonomic design. The console is very user friendly. Rowing machine can help your bodybuilding, muscle, enhancing cardiovascular function and endurance to reach your personal target.

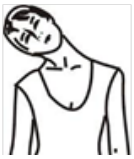
*** **TO AVOID ANY INJURY, PLEASE PAY ATTENTION WHEN YOU USE THE MACHINE.**

1. Read all instructions in this manual before use and keep this user' s manual for further reference.
2. It is owner' s responsibility to ensure that all users of the machine are adequately informed about all safety precautions before use. Use the machine only as described in this manual.
3. Put the machine on flat ground indoor and avoid the humidity and dust. Put a pad under machine to prevent scratching the floor.
4. Check parts regularly and change any damaged parts immediately.
5. This machine is suitable for user who are thirteen-year-old and above. Please keep pets away from the machine.
6. Wear suitable outfit and to prevent hooking on the machine.
7. If you feel painful or dizziness while exercising, stop immediately and cool down.
8. The function pulse measuring is not categorized as a medical device. Various factors like user' s movement, will affect the reading' s accuracy of the heart rate. The pulse measuring is intended only as an exercise aid in determining heart rate trends in general.
9. Please check the rail. If there is something on machine rail, it might cause the damage.
10. The maximum user weight for this machine is 150kgs.

WARM UP & COOL DOWN

The warming up is an important part of your workout. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching out your muscles. Cool down at the end of your workout, repeat these exercises to reduce soreness in tired muscles. We suggest the following warm-up and cool-down exercises:

HEAD ROLLS



Rotate your head to the right for one count, feeling the stretch up the left side of your neck, then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.

SHOULDER LIFTS



Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

SIDE STRETCHES



Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.

QUADRICEPS STRETCH



With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.

INNER THIGH STRETCH



Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.

TOE TOUCHES



Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

HAMSTRING STRETCHES



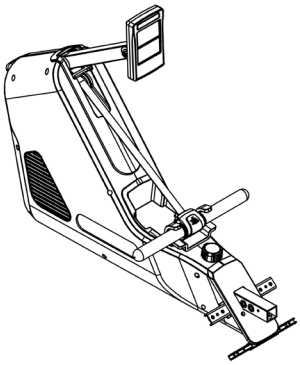
Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.

CALF/ACHILLES STRETCH

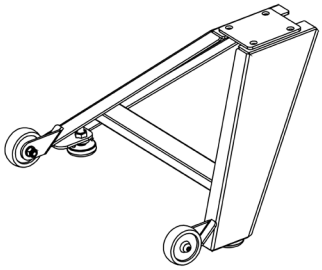


Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.

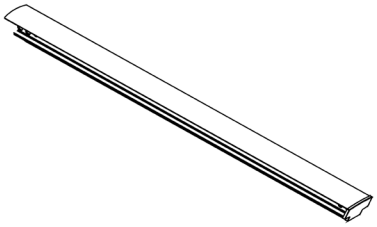
PARTS AND ASSEMBLY INSTRUCTIONS



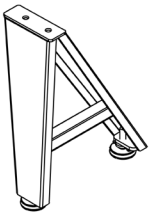
Frame X1



Front Stabilizer X1



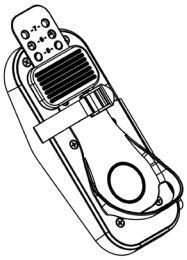
Aluminum Rail Set X1



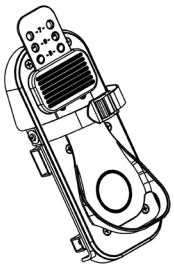
Rear Stabilizer X1



Seat Assembly X1

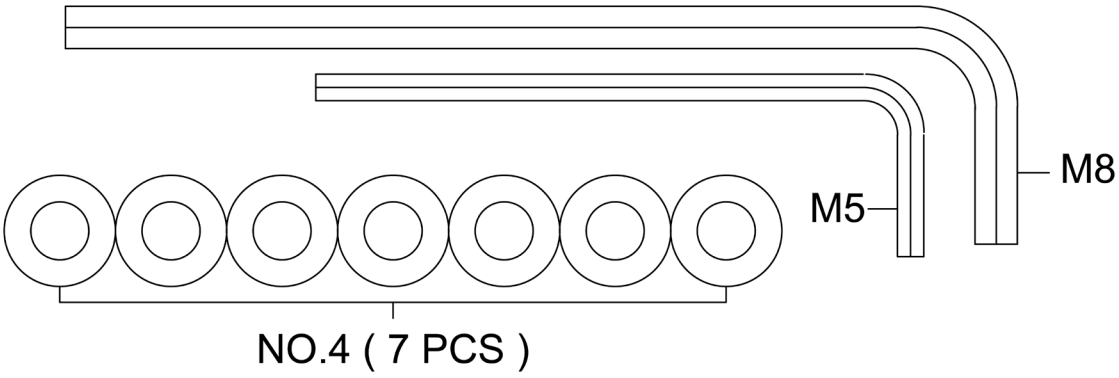


Left Pedal Set **X1**

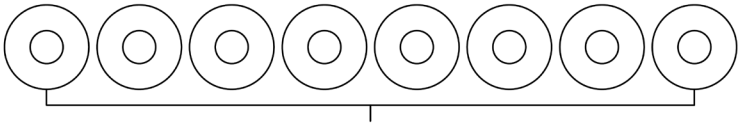


Right Pedal Set **X1**

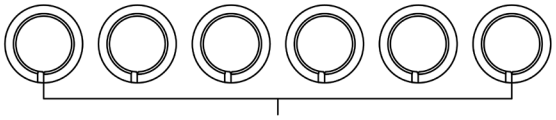
SCREW PACK



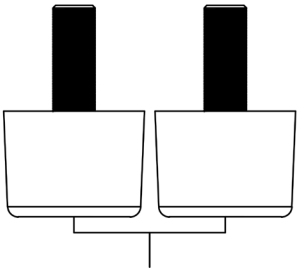
NO.4 (7 PCS)



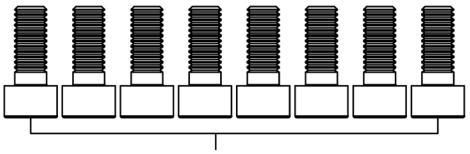
NO.62 (8 PCS)



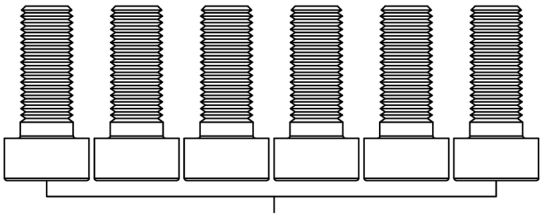
NO.53 (6 PCS)



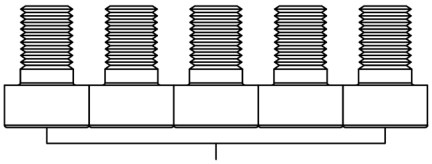
NO.56 (2 PCS)



NO.61 (8 PCS)



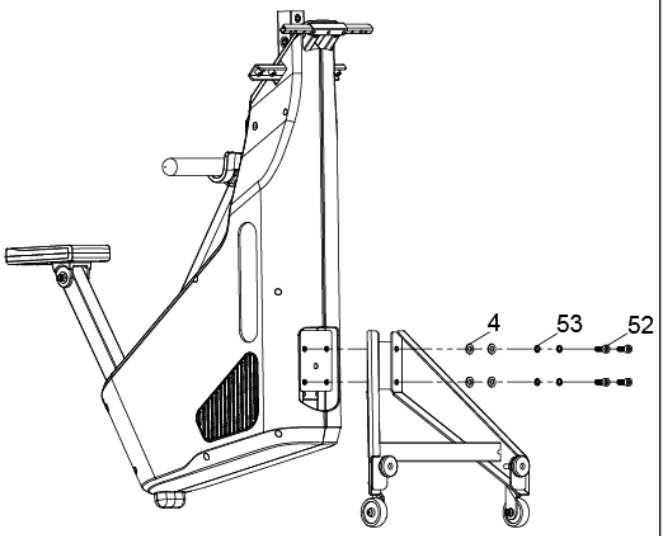
NO.52 (6 PCS)



NO.58 (5 PCS)

PARTS AND ASSEMBLY INSTRUCTIONS

1



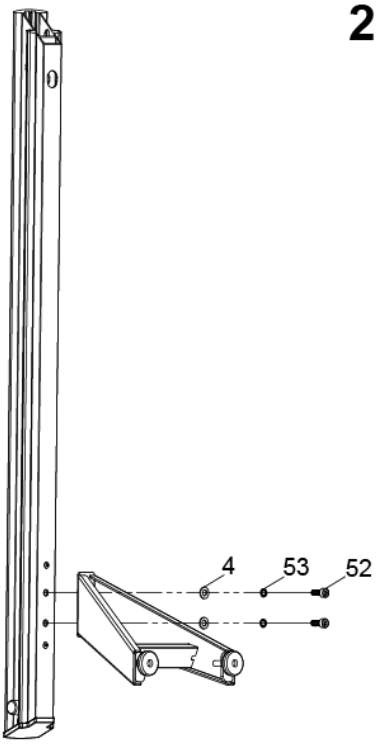
M10X25L Screw
NO.52 X 4

Washer M10
NO.4 X4

M8X180L Tool
X1

Spring Washer M10
NO.53X4

2



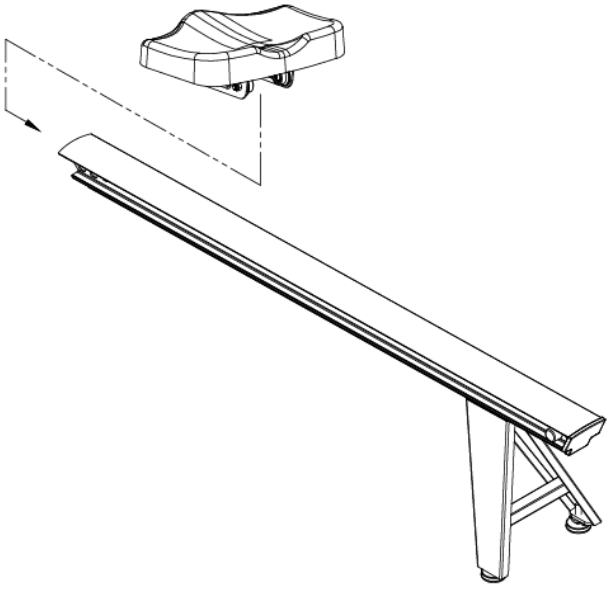
M10X25L Screw
NO.52 X 2

Washer M10
NO.4 X2

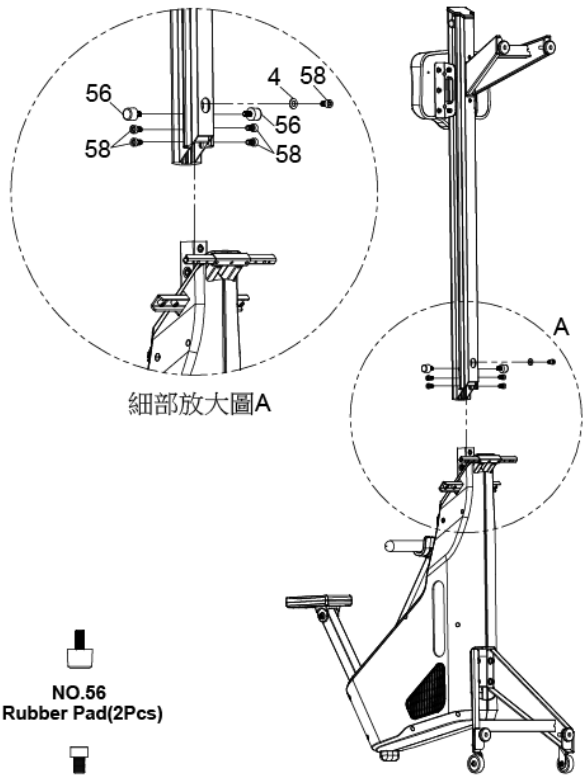
Spring Washer M10
NO.53X2

M8X180L Tool
X1

3



4



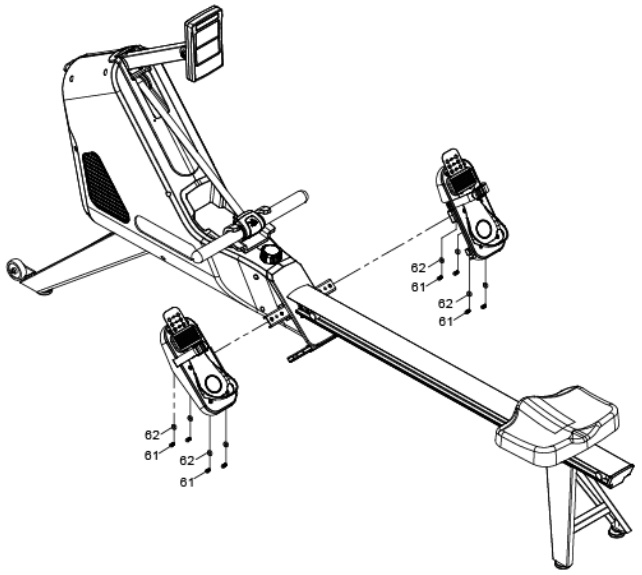
NO.56
Rubber Pad(2Pcs)

M10X15L Screw
NO.58 X 5

Washer M10
NO.4 X1

M8X180L Tool
X1

5

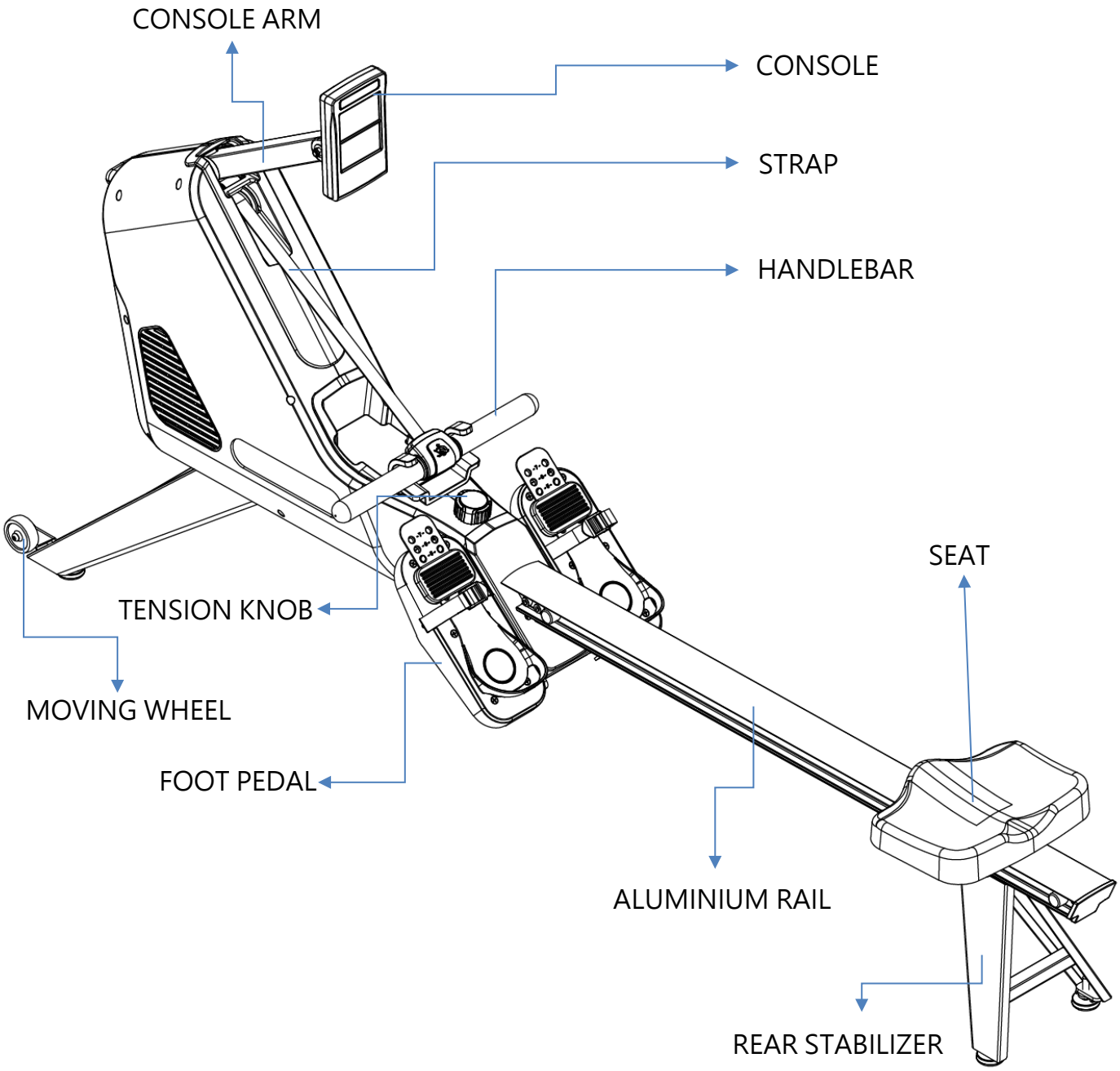


M6X15L Screw
NO.61 X 8

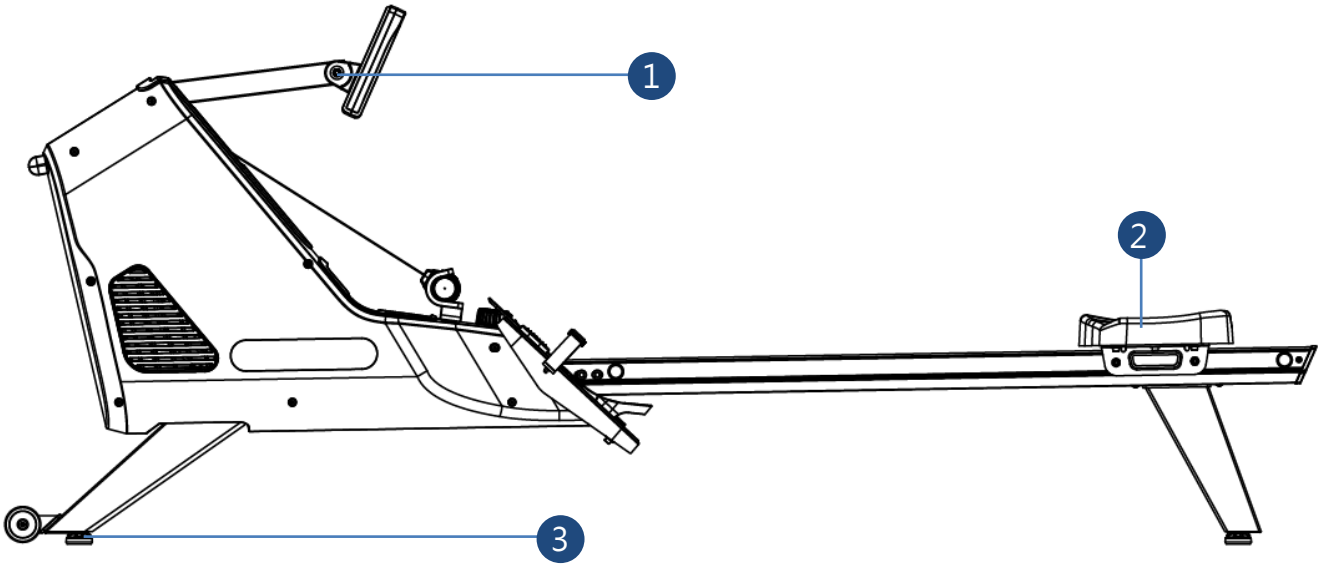
Washer M6
NO.4 X8

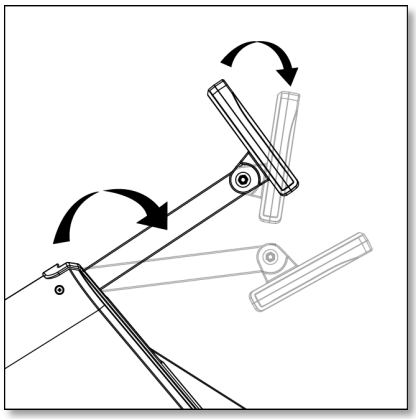
M5X115L Tool
X1

POWER ROWER OVERVIEW

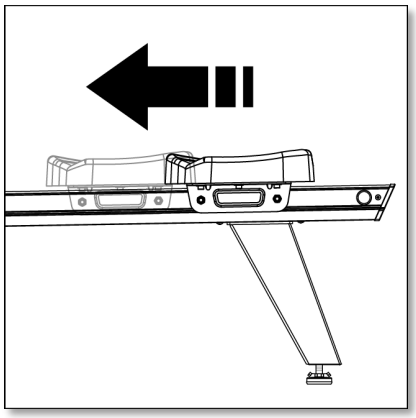


ROWER FUNCTION DESCRIPTION

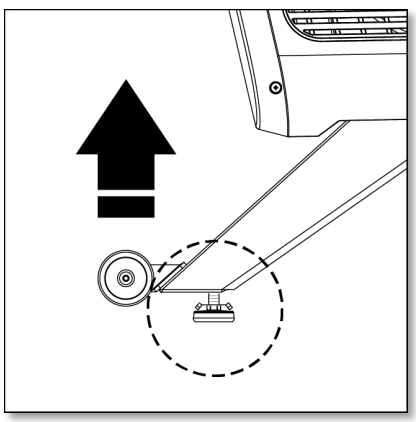




- STEP 1 ： Adjust the console arm and console angle to fit your view angle.

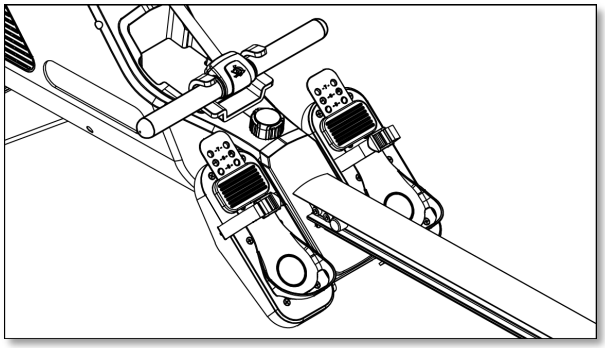


- STEP 2 : Move the seat to the front end of the rail.



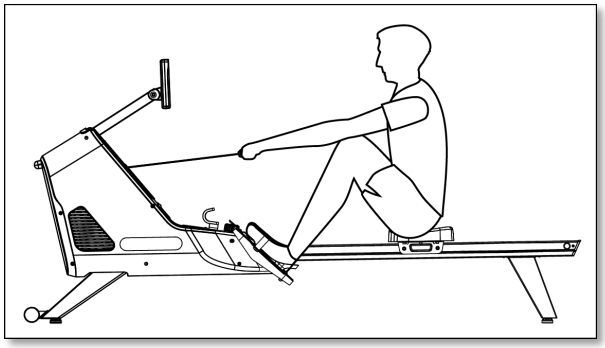
- STEP 3 : Adjust the stopper height when the rower is not balance. Always keep the rower balance to avoid any noise during the exercise.

GETTING YOUR WORKOUT

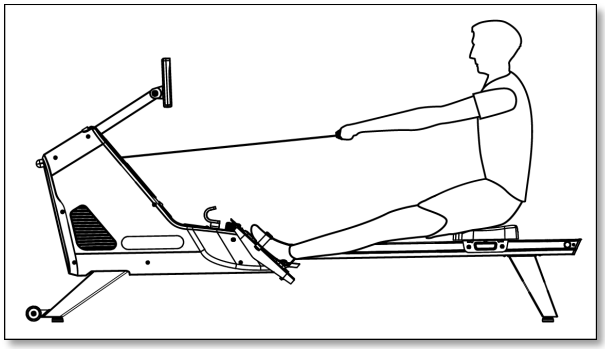


- READY YOUR BODY: Set your foot on pedals completely. Adjust pedals belt. Curve knees. Lean your upper body slightly forward with back straight. Extend arms straight to grab the handle. Suit your body comfortable.

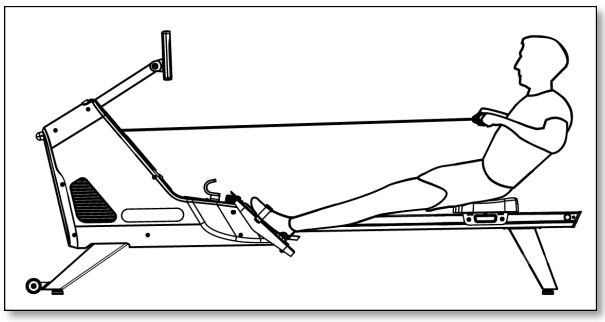
CAUTION! Do not lean your body too close.



- STEP 1 : Use your legs to push your body back until straight your legs. Keep straight your arms & grab handle completely.

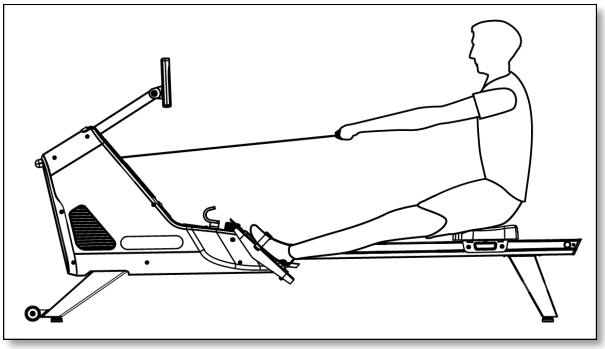


- STEP 2 : After straighten legs, then curve your arms until reach a slight backward lean. Keep holding the handle.



- STEP 3 : Then use your dorsal and biceps muscles to pull the handle to your chest.

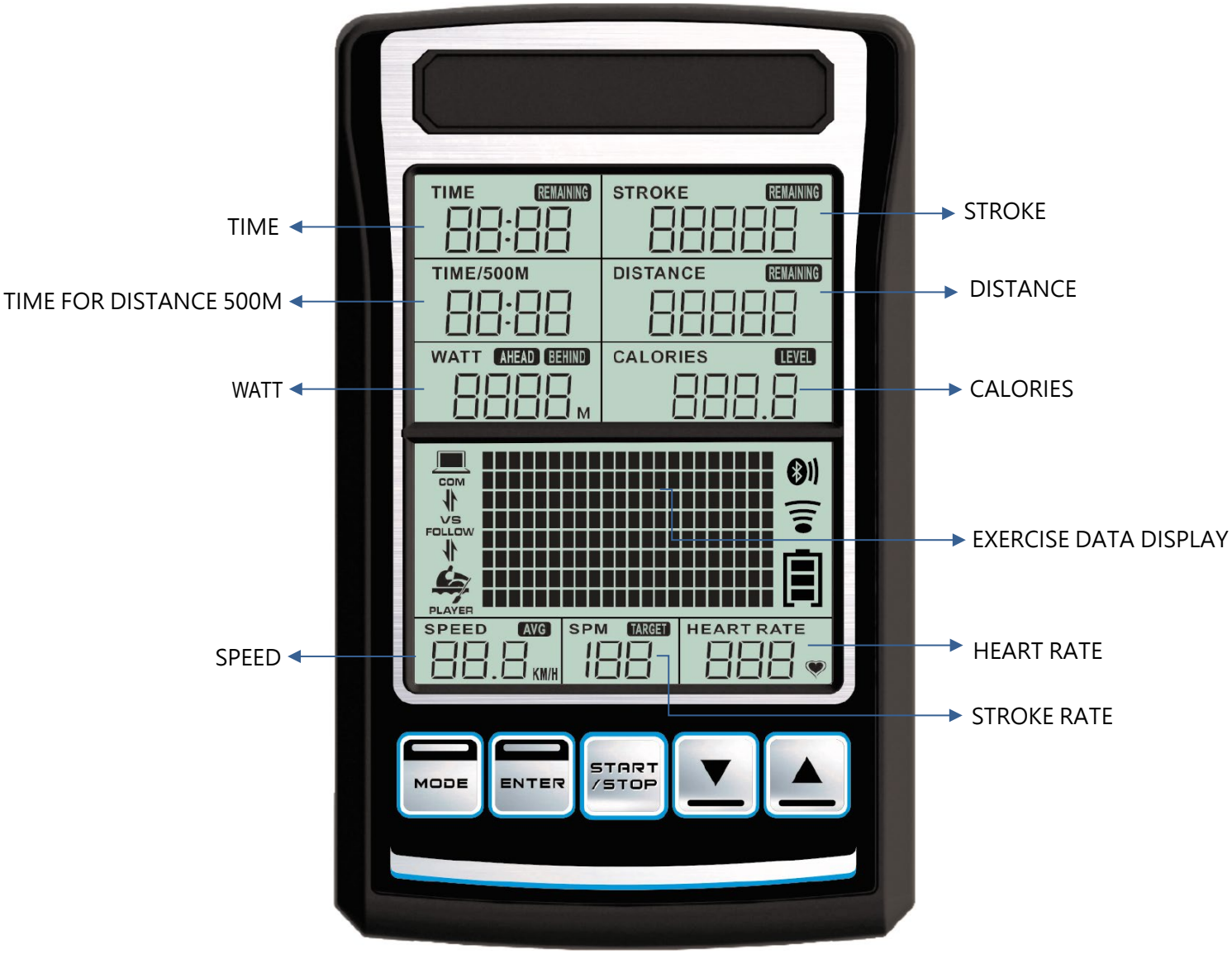
- RECOVER : Extend your arms toward the flywheel. Slide your body forward back to initial position.
  Rowing back 1 : lean your body forward until your arms ahead your knees.
  Rowing back 2 : bend your knees back



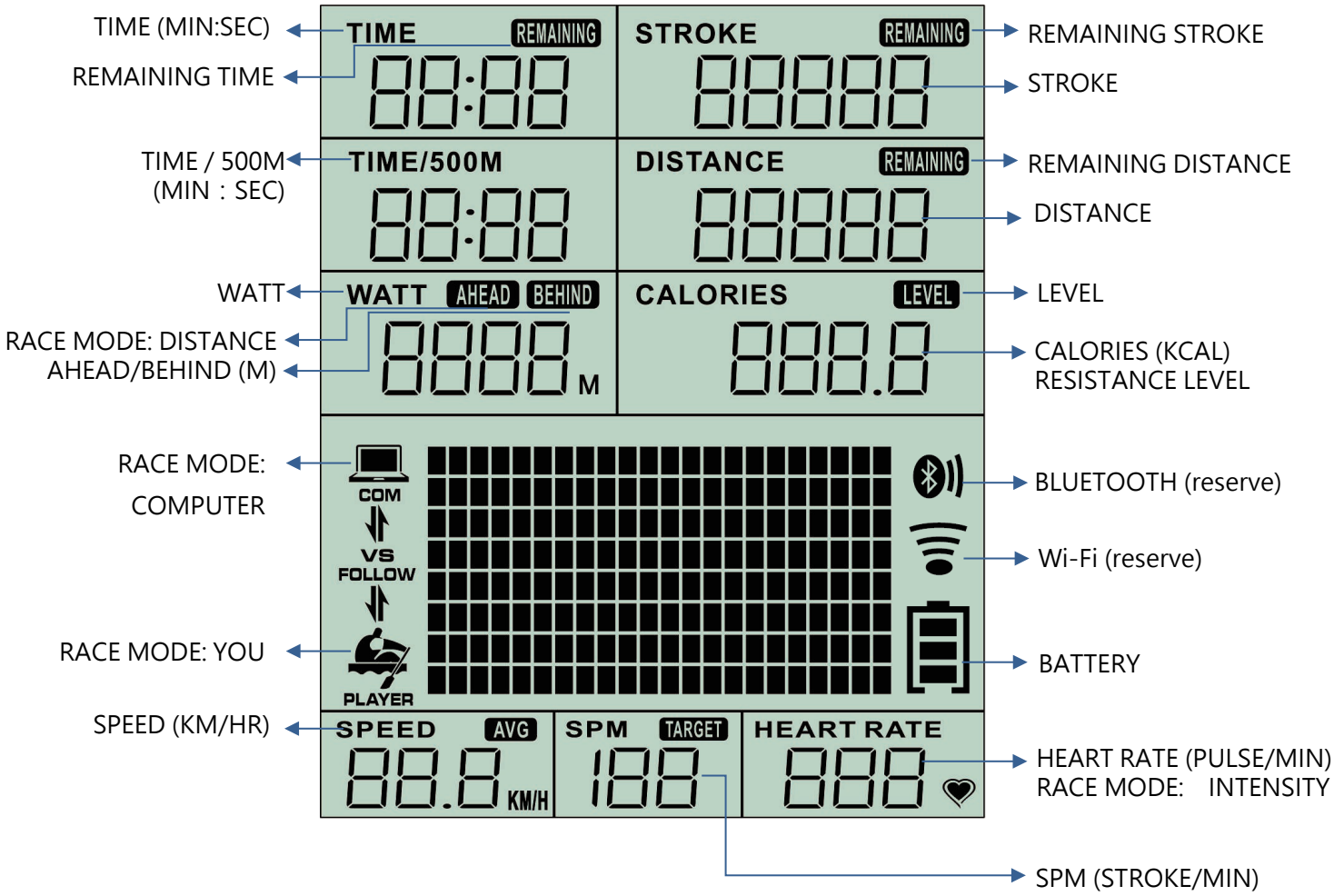
CAUTION !

1. Please make sure moving your upper body before bending your knees. If you do them at the same time, the handle might knock your knees.
2. You may need to practice for a while to reach a smooth and continuous cycle.
3. During exercise, you shall feel your hamstrings, gluteus, dorsal and biceps muscles are using.

CONSOLE OVERVIEW



CONSOLE OVERVIEW



CONSOLE OPERATING

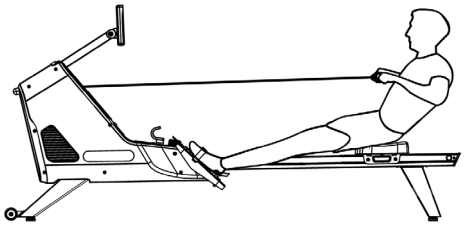
POWER

Use 2 batteries AA-size (UM-3) for console power supply.

TURN ON CONSOLE



Please press any console button to turn on console.



Or, start your exercise to turn on console.



Then, the machine will be into「Manual Mode.」

SLEEP STATE

It will go into SLEEP MODE (power-saving) automatically if no input or exercise sensed within 2 minutes.

3 BUILT-IN EXERCISE MODES

Press MODE. You may select preset modes for your exercise. Also, you may adjust the setting at each mode. Three console built-in modes:



Manual Mode



Training Mode



Race Mode

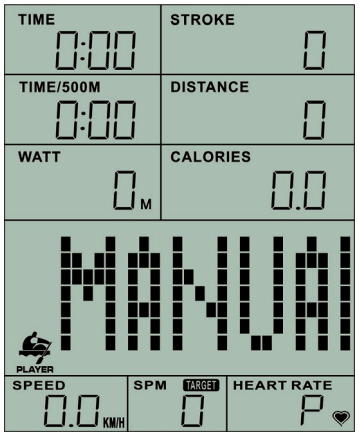
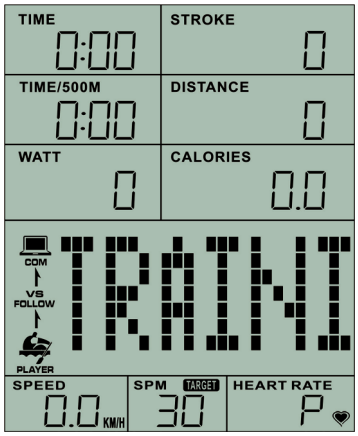
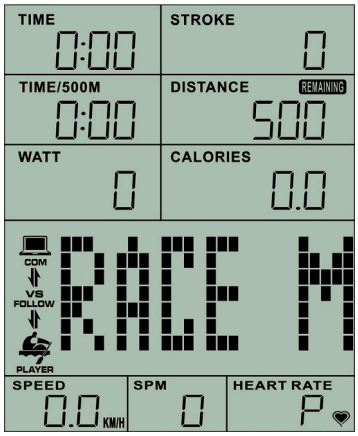
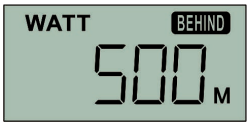
BUILT-IN HEART-RATE RECEIVER

AIR ROWER machine is with built-in wireless heart-rate receiver. Always check your HR.

CONSOLE OPERATING

EXERCISE MODE

There are 3 exercise modes for the user training. Here comes the introduction;

MODE & ICON	EXERCISE	ADJUSTABLE SETTING (range ; per ADJ ; preset)
 MANUAL MODE	After start your exercise, console will start to detect your data. Data display shows STROKE-SPEED chart, according to speed of your stroke.	STROKE (0~99999 ; ±10 ; 0) TIME (0:00~99:59 ; ±1:00 ; 0:00) DISTANCE (100~99900 ; ±100 ; 500M) NOTE：You may select one of them for your exercise.
 TRAINING MODE	You may follow the display guide to stroke. The purpose of this mode is to train your rowing stability. Upper display will show the computer rowing guide. Lower will show your exercise. You can check if your exercise to meet training target.	SPM (20~80 ; ±1 ; 30 SPM) STROKE (0~99999 ; ±10 ; 0) TIME (0:00~99:59 ; ±1:00 ; 0:00)
 RACE MODE	Race with computer. Upper display shows computer gamer’ s distance, and the lower shows your distance. Right side of screen will be the end. Winner is the first to the finish line. After Competition, WATT display will show the distance if you are ahead / behind. 	DISTANCE (100~99900 ; ±100 ; 500M) Competition (L1~L5 ; ±1 ; L3) [L1 is low speed; L5 is the high speed.]

● FUNCTIONS

EXERCISE MODE

You may press MODE to select modes.



Console will show as：
「 MANUAL MODE 」→「 TRAINING MODE」→「RACE MODE」→「MANUAL MODE」→ …



Hold START/STOP for 3 sec, console will clean all exercise data and back to MANUAL MODE.

Pause

●If no movement or RPM is sensed within 5 seconds, Data display will be ready into Pause mode by counting down. Within another 120 seconds, Data display will continuously move on if any movement or RPM is sensed., or if no movement or RPM continuously is sensed, the console will automatically go into Manual Mode.

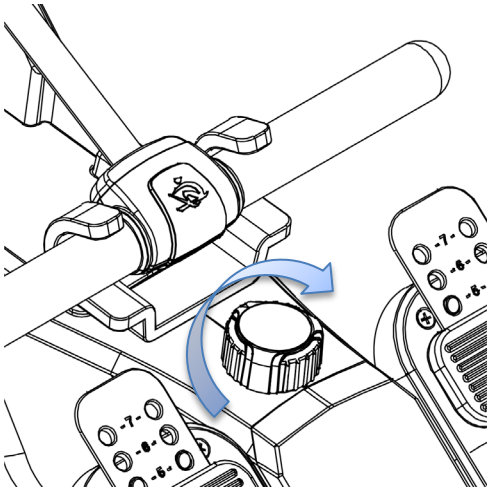
RESISTANCE LEVEL SETTING

Before exercise，please adjust the resistance knob to desire level, the LEVEL of console will change at the same time, as following picture.

If adjust resistance knob when during exercising, the CALORIES will become LEVEL, and show current resistance level for 3 secs. Then, the display segment will return to the CALORIES

(LEVEL: 1-12)





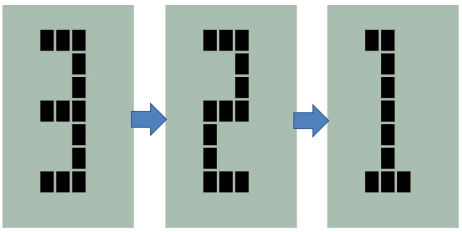
TRAINING TARGET SETTING （IF NEED）

After selecting training program, press ENTER to program target setting. The setting you select will flicker.

You may press UP or DOWN to adjust your setting. Then, press ENTER to confirm.

NOTE: All adjustment is for one time. After console re-starting or selecting other mode, all data will be back to preset.

START / PAUSE / RESUME / END PROGRAM



After selecting mode and confirm target setting, please press START/STOP. Console will count down 「3→2→1」 and start your program (console will be at START STATE). You may control the program as below:

During the program, press START/STOP to pause program (console will be at PAUSE STATE). Console will stop counting, and show 「PAUSE」.

NOTE：

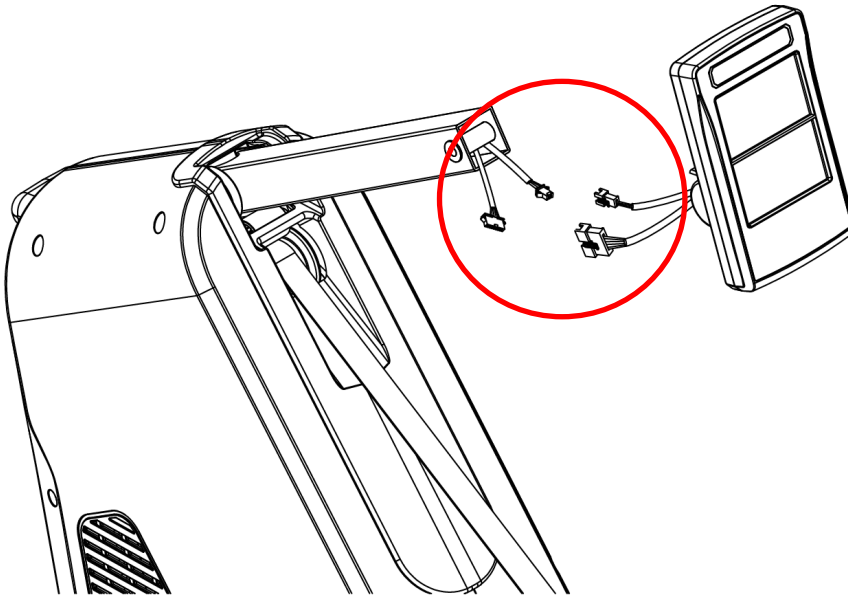
1. At MANUAL MODE, at PAUSE STATE, 「SPEED」will show your last stroke SPEED & AVG SPEED.
2. At TRAINING MODE, at PAUSE STATE,「SPM」will show TARGET SPM & AVG SPML;「SPEED」will show your last stroke SPEED & AVG SPEED, The "CALORIES" display window will alternate automatically between calories and resistance levels.
3. At RACE MODE, at PAUSE STATE, 「WATT」will show WATT & your AHEAD / BEHIND DISTANCE; 「SPEED」 will show your last stroke SPEED & AVG SPEED. 「HEART RATE」will show HEARD RATE & Competition INTENSITY.

After finishing program, console will stop counting with a beep sound.

Console will be STOP STATE.

Display screen will show all your exercise data until console into SLEEP STATE.

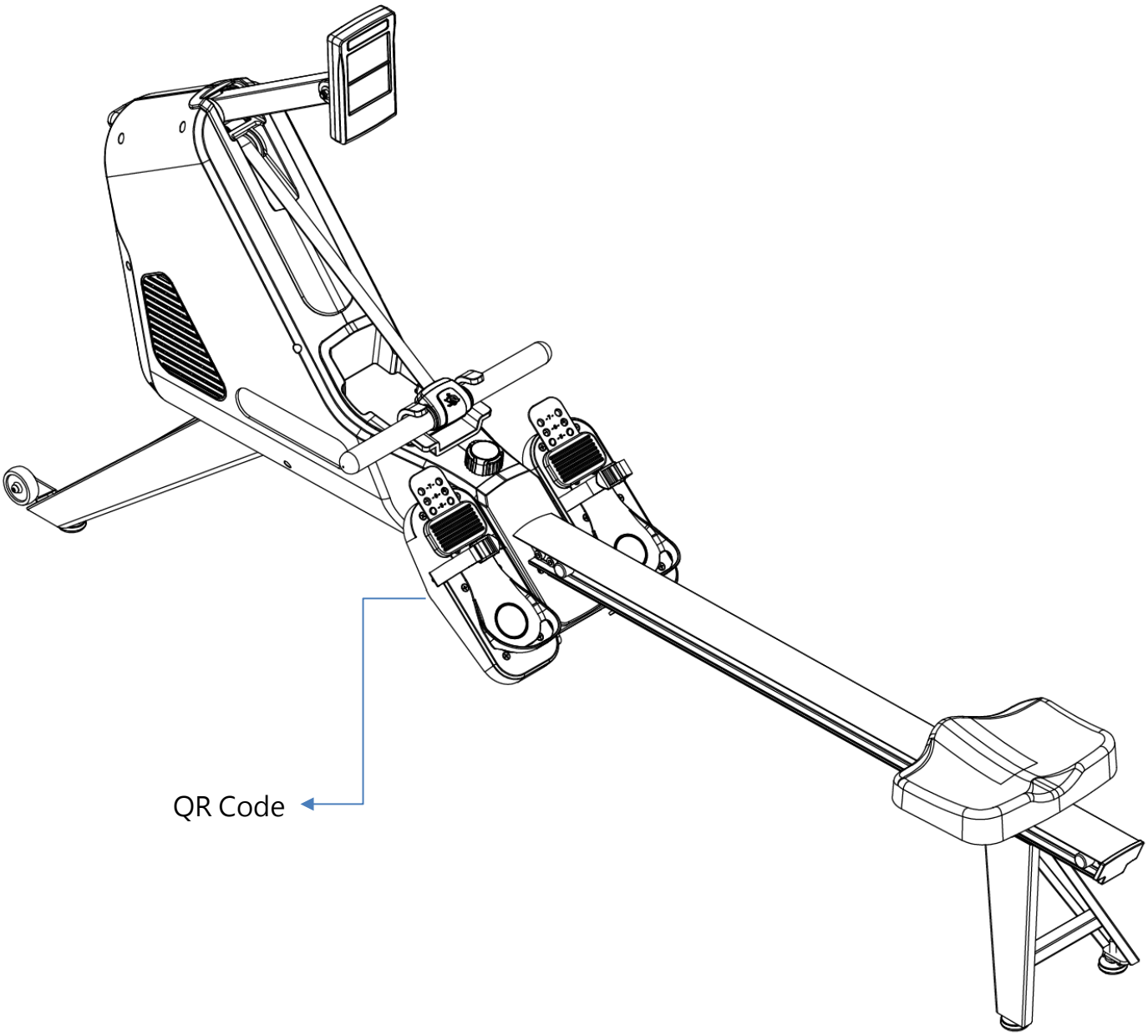
TROUBLE SHOOTING

ISSUE	CAUSE	INSPECTION & ELIMINATING
No Power On (can' t turn on)	Battery Power NOT enough	Replace two new batteries AA-size (UM-3), and make sure positive (+) & negative (-) pole at the right position.
Display Off	Battery Power NOT enough	Replace two new batteries AA-size (UM-3), and make sure positive (+) & negative (-) pole at the right position.
Data does not change (during the exercise)	Console is showing 「PAUSE」 or 「STOP」	When the screen is showing 「PAUSE」 or 「STOP」, console is at pause or stop state. You may press START to start, and TIME display screen will continue counting. Console will continue to work.
	Speed sensor NOT connected completely	When the screen is showing「TIME」, console is at start state. And, SPEED & SPM display data will show "0." This means console detect no exercise. Please check and connect the console wire completely. 
Sudden no picture	Console NO input for long time (into SLEEP MODE)	Console is with power-saving function. It will be into SLEEP MODE automatically, if 4 minute no input or exercise. You may press any button or pull the handlebar more than 30cm to wake up console.

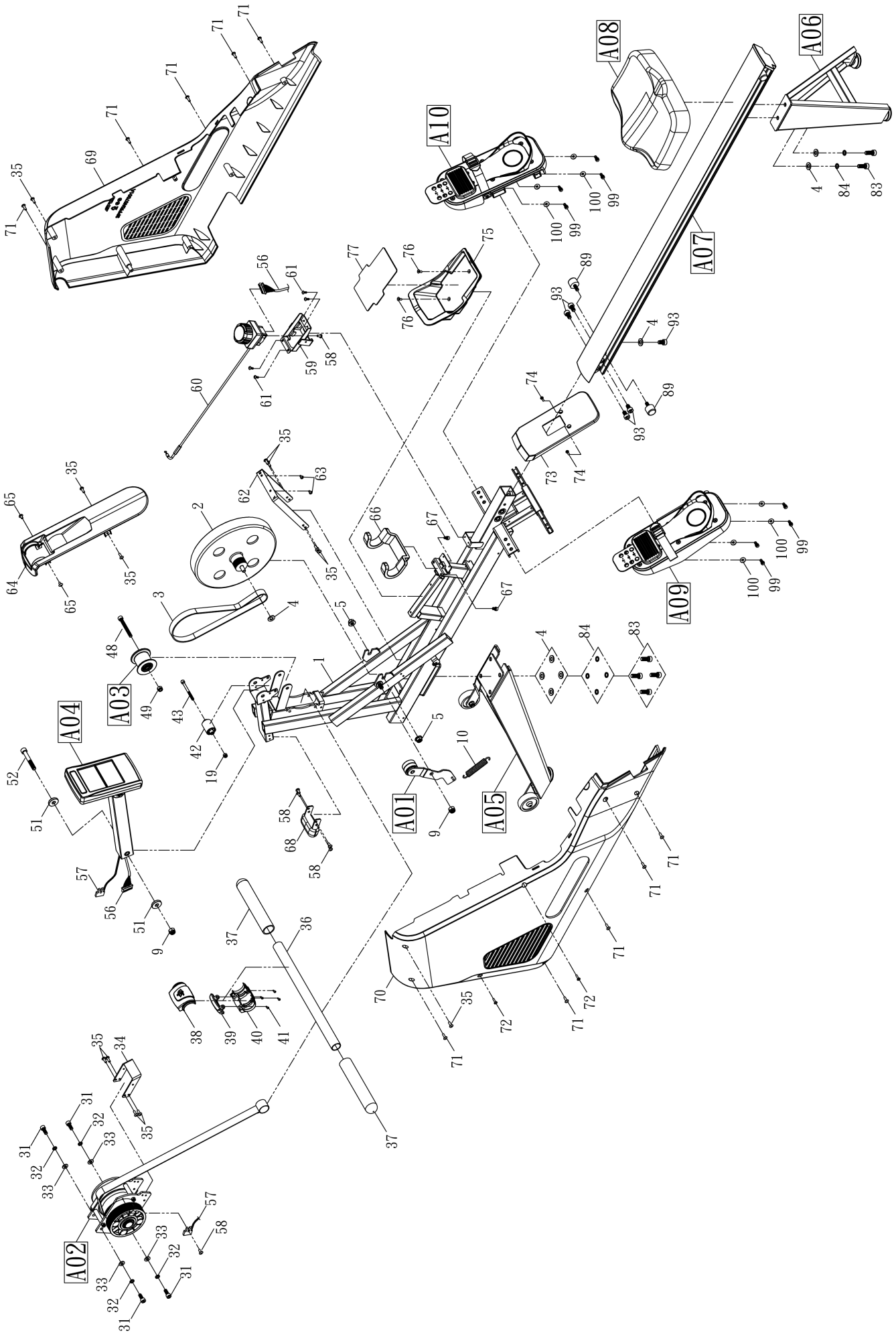
QR Code

File a quality case : Scan QR code

QR code position : Under pedal bracket



EXPLODED VIEW



PARTS LIST

PART NO.	Name	Q'ty	PART NO.	Name	Q'ty
1	FRAME	1	59	Tension Mounting	1
2	Flywheel	1	60	Tension	1
3	Belt	1	61	Screw M6*15L	8
4	Washer M10*Ø21*T2.0	8	62	Flat Washer M6*Ø16*T1.5	8
5	Locknut 3/8*26	2	63	Self typing Screw M4*10L	2
A01	Idol set	1	64	Main Cover	1
9	Nylon Locknut M10*P1.5	2	65	Screw M5*10L	2
10	Spring L	1	66	Handlebar Hook	1
A02	Spool Set	1	67	Screw M6*10L	2
19	Nylon Nut M6	1	68	Base Set	1
34	Main Chain Cover	1	69	Right Main Cover	1
35	Screw M5*15L	12	70	Left Main Cover	1
36	Aluminum Bar Ø28.6*2.3T*420	1	71	Screw M5*16L	10
37	Handlebar Ø28.6*T3*185L	2	72	Screw M4*16L	2
38	Handlebar Upper Case	1	73	Rear Cover	1
39	Handlebar Stopper	1	74	Screw M4*15L	2
40	Handlebar Lower Case	1	75	Holder	1
41	Screw M3*10L	4	76	Screw M5*12L	2
42	Front Roller Press	1	77	Rubber Pad 170*123.2	1
43	Screw M6*70L	1	A05	Front Stabilizer	1
A03	Webbing Roller Set	1	A06	Rear Stabilizer	1
A04	Console Set	1	A07	Aluminum Rail	1
48	Screw M8*70L	1	A08	Seat	1
49	Nylon Nut M8	1	A09	Foot Rest Left	1
51	Washer	2	A10	Foot Rest Right	1
52	Screw M10*25L	6	83	Screw M10*70L	1
53	Spring Washer M10	6	93	Screw M5*12L	6
56	M8 Rubber	2	99	Screw M4*12L	4
58	Screw M10*15L	5	100	Lower Main Cover Mounting	1