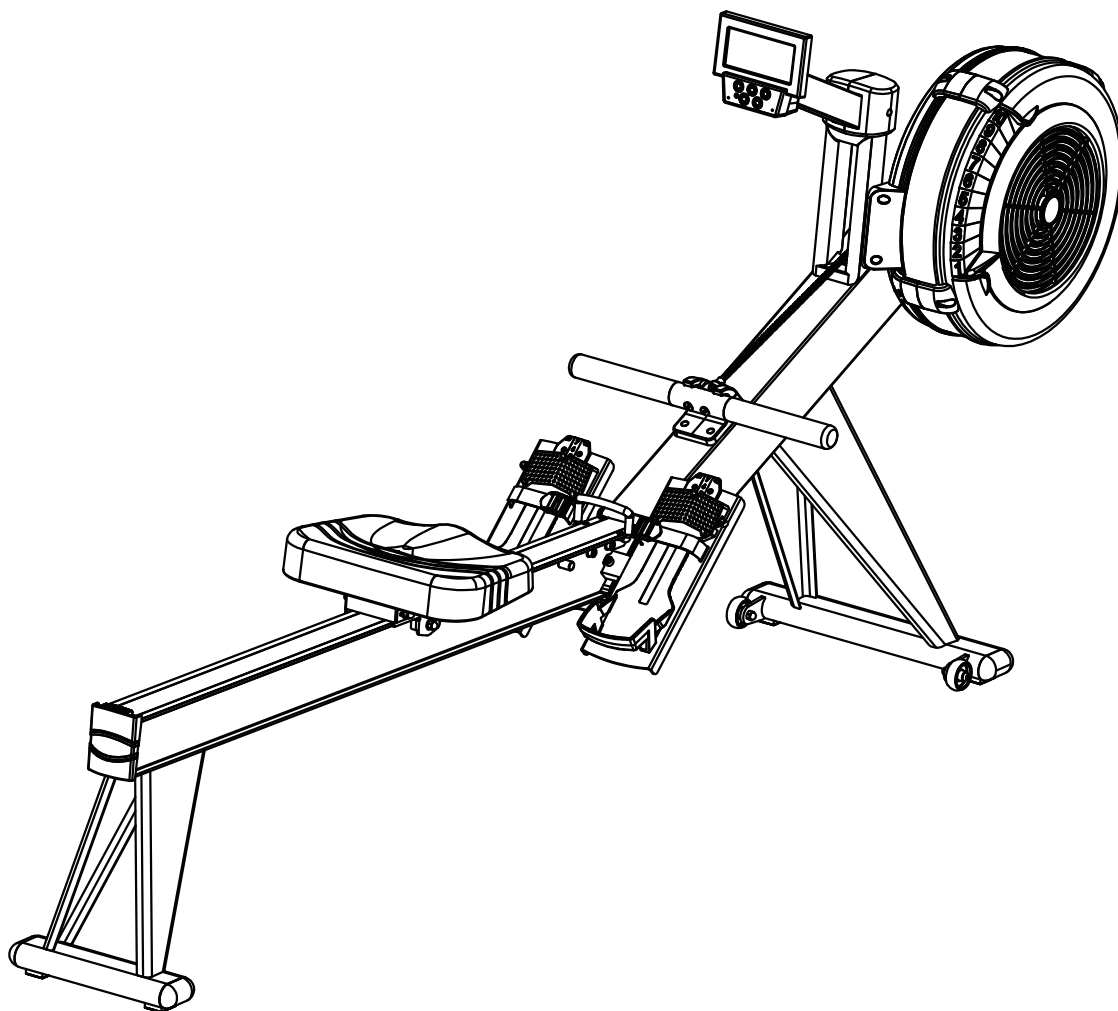


# **XEBEX**

F I T N E S S

## **AIR ROWER AR-2**



## **ASSEMBLY INSTRUCTIONS / OWNER'S MANUAL**

**IMPORTANT:** READ ALL ASSEMBLY INSTRUCTIONS AND SAFETY PRECAUTIONS BEFORE USING THIS PRODUCT. REFERENCE ALL SAFETY GUIDELINES AND WARNING LABELS. RETAIN PRODUCT LITERATURE FOR FUTURE REFERENCE.

**SAFETY:** PROPERLY WARM UP AND STRETCH BEFORE EXERCISING. IF YOU FEEL PAIN OR DIZZINESS AT ANY TIME WHILE EXERCISING, STOP IMMEDIATELY AND CONSULT YOUR PHYSICIAN.

## ASSEMBLY PREPARATION

- ⇒ To ensure ease of product assembly, please take time to verify the size and quantities of all required assembly hardware. Use the itemized parts listing and hardware chart for reference.
- ⇒ The product assembly process has been documented in easy to follow steps. Please read all assembly instructions carefully. Take time to review the manual and familiarize yourself with the entire assembly process before proceeding.  
  
Assembly Tip: It is always helpful to pre-stage the items needed for each assembly step.
- ⇒ Perform product assembly in a 4-ft. x 10-ft. flat area. Note: After assembly is completed, allow a minimal 2-3 feet of space on each side of rower for user access and dismounting.
- ⇒ Do not dispose of any packaging materials until assembly of the product is completed.
- ⇒ Assembly tools are included, but you may also use standard household tools to complete assembly of this product.

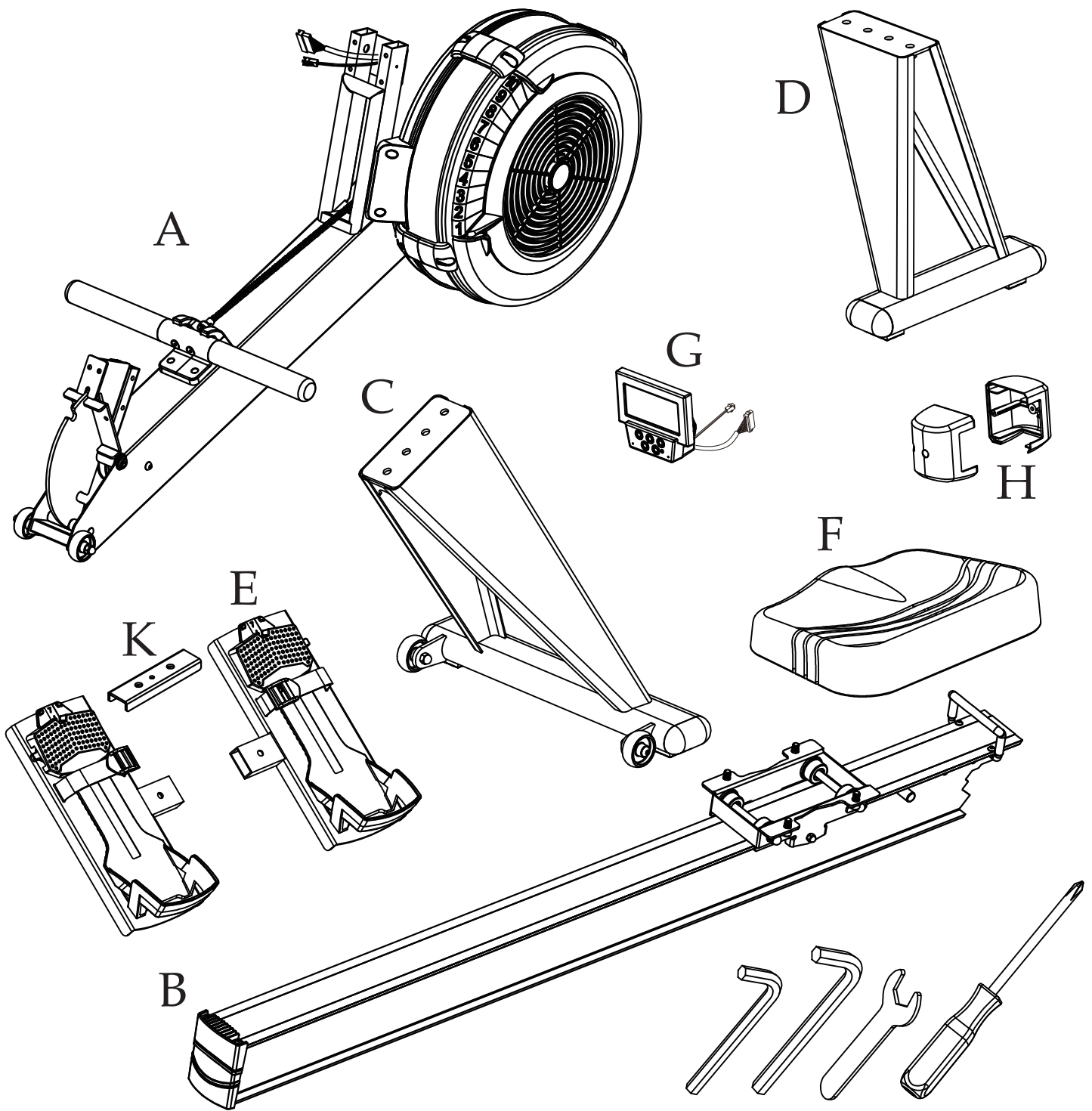
## IMPORTANT PRECAUTIONS




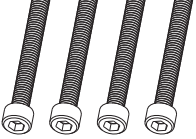

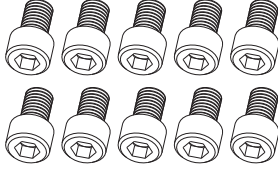
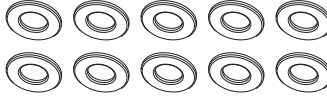
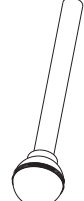


**WARNING:** To reduce the risk of injury, please read the following precautions before assembling or using your new product.

1. It is the responsibility of the owner to ensure that all users of this equipment are adequately informed of stated precautions.
2. Read all instructions and enclosed literature carefully. Understand the assembly and operation before using the equipment.
3. Use equipment on a flat level surface. Use adjustment levelers on the bottom of equipment to help stabilize unit.
4. It's recommended to place an exercise mat beneath the equipment for added protection of floors or carpets.
5. Keep children and pets away from equipment at all times.
6. Inspect product on a frequent basis. Tighten loose assemblies or hardware as needed. Replace worn or damaged parts.
7. This equipment is intended for indoor use only. Use in non-recommended environment can lead to serious injury and will void all related warranties and liabilities.
8. Recommended user weight should not exceed 350 pounds.
9. Keep equipment clean and properly maintained.
10. Observe and adhere to all warning labels posted on equipment.
11. Properly warm up and stretch before starting any strength training or cardio exercise routine.
12. If you feel pain or dizziness at any time while exercising, stop immediately and consult your physician.

**SAFETY WARNING:** Before starting an exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. It's important to read all instructions carefully. We assume no responsibility for personal injury or consequential damages sustained by or through the use of this equipment. Additional terms and conditions are listed in the back of this manual or enclosed owner's manual.

Colors and specifications subject to change without notice.



- J**
- |  |   |  |  |
|--|---|--|--|
| (J0) M8 Nylon Nut<br>       | (J1) Bolt M10x16mm<br> | (J2) Washer M10x1.5t<br> | (J3) Bolt M6x50mm<br>     |
| (J4) Screw<br>M4x12.7mm<br> | (J6) Bolt M8x16mm<br>  | (J7) Washer M8x1.5t<br>  | (J8) Pull pin<br>         |
| (J5) Bolt M8x25mm<br>       |   |  | (J9) Screw<br>M4x10mm<br> |

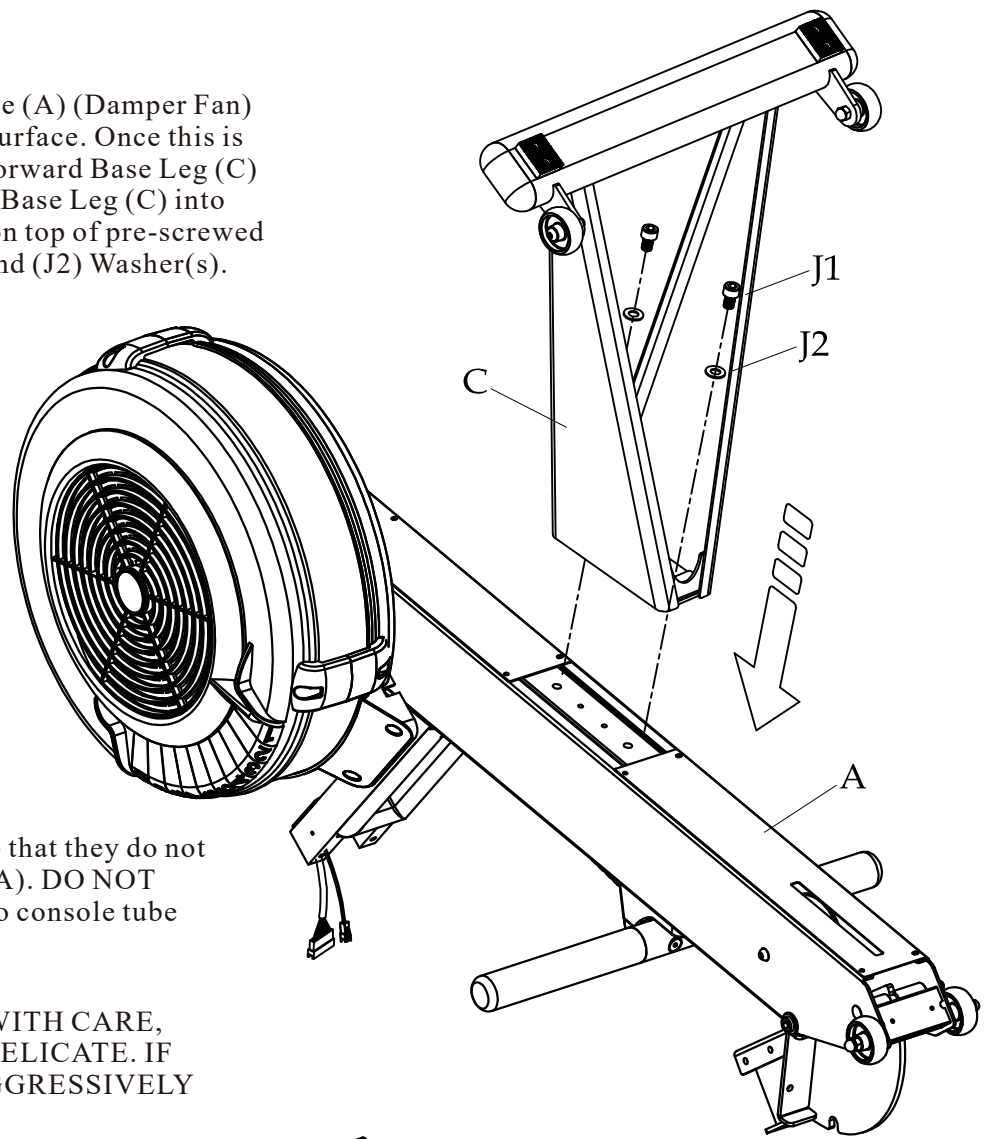
NOTE: Before assembly please lay out ALL pieces accordingly to ensure you are not missing any items.

PLEASE BE CAUTIOUS as some components may be sharp and can cause harm if not handled correctly. Always use safety measurements when assembling any piece of equipment or machinery.



# Step 1

For best results place Forward Base (A) (Damper Fan) upside down on a soft and secure surface. Once this is done, the pre-screwed holes for Forward Base Leg (C) will be visible. To bolt in Forward Base Leg (C) into Forward Base (A), place directly on top of pre-screwed holes. Secure with 2 (J1) Bolt(s) and (J2) Washer(s).

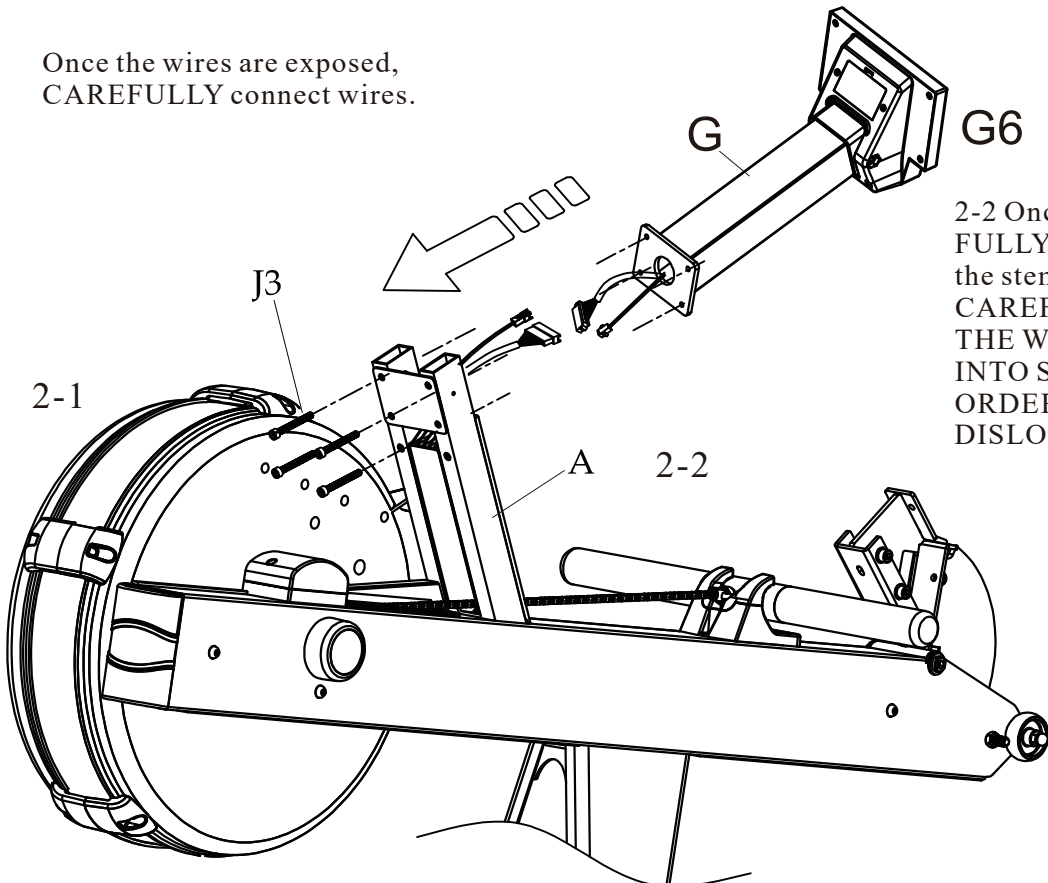


# Step 2

2-1 Please LIGHTLY pull wires so that they do not recede into the stem of Base Leg (A). DO NOT CUT WIRES; wires will connect to console tube when installing console.

**CAUTION:** PLEASE HANDLE WITH CARE, AS ELECTRICAL WIRES ARE DELICATE. IF WIRES ARE HANDLED TOO AGGRESSIVELY THEY WILL DISLOCATE.

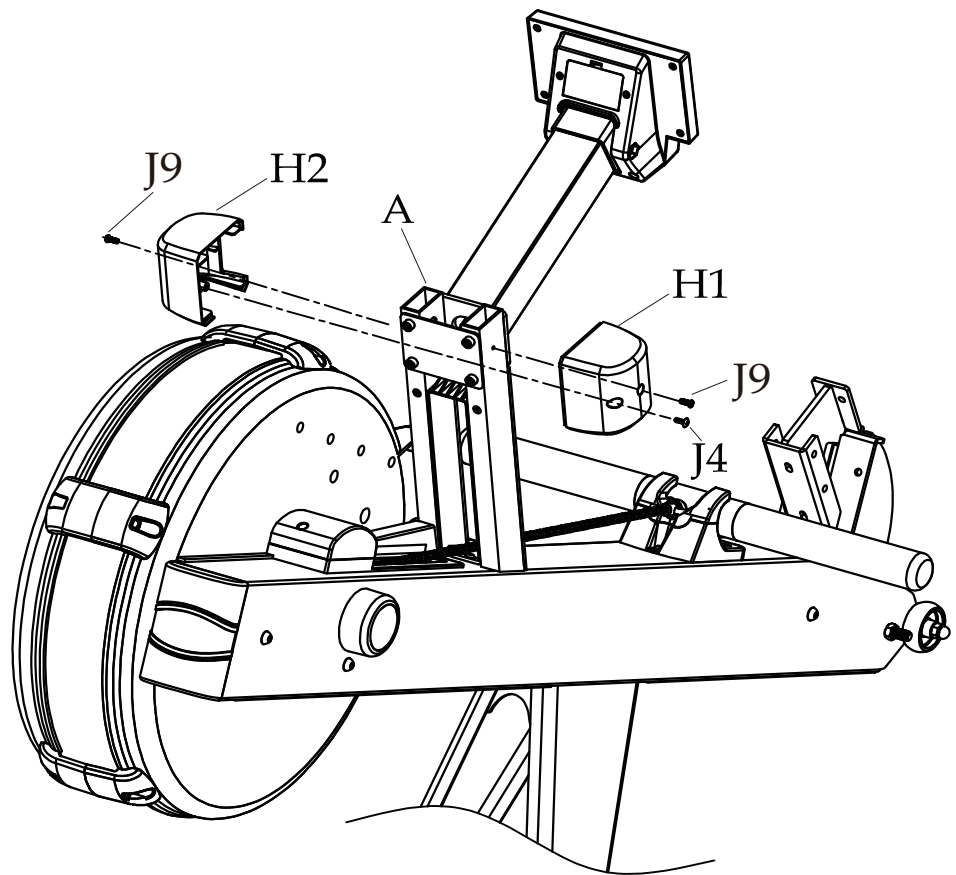
Once the wires are exposed, CAREFULLY connect wires.



2-2 Once wires are connected CAREFULLY secure Console Tube (G) to the stem of Base Leg (A). PLEASE BE CAREFUL OF EXPOSED WIRE ENDS. THE WIRES SHOULD RECEDE BACK INTO STEM ONCE CONNECTED IN ORDER TO PREVENT DAMAGE OR DISLOCATION.

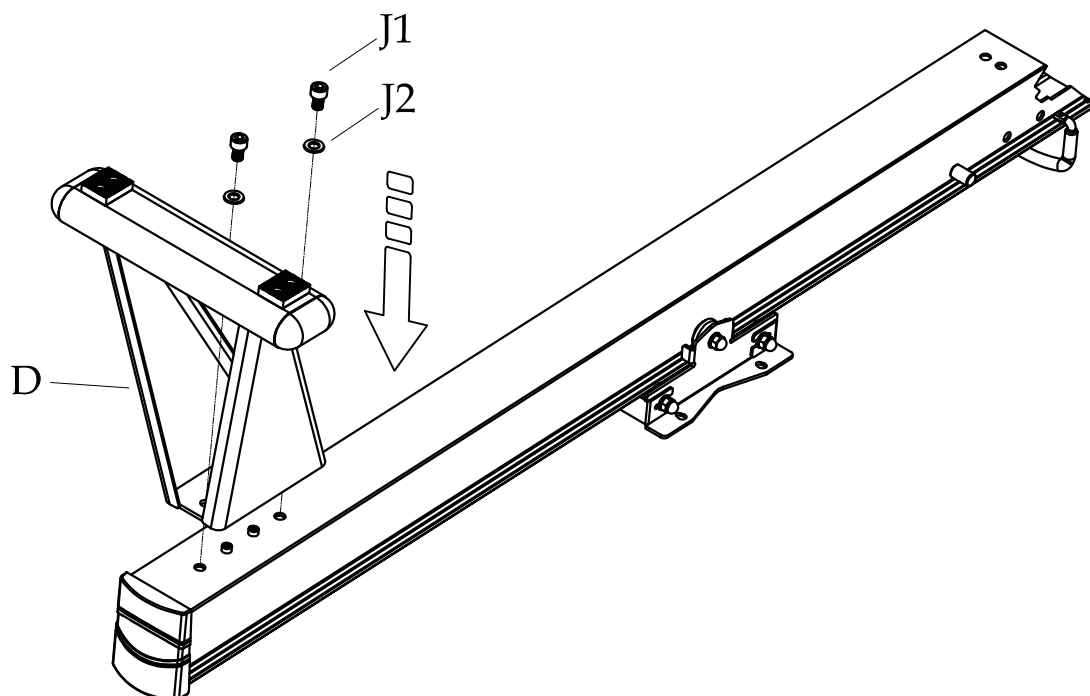
### Step 3

To finish securing Console (G) onto Forward Base (A) please attach Place Holder (H). Place Holder (H) will break up into 2 components (H1) and (H2). These components will rejoin together once attached onto forward Base (A). Once rejoined please secure with 2 screws (J9) and 1 screw(J4).

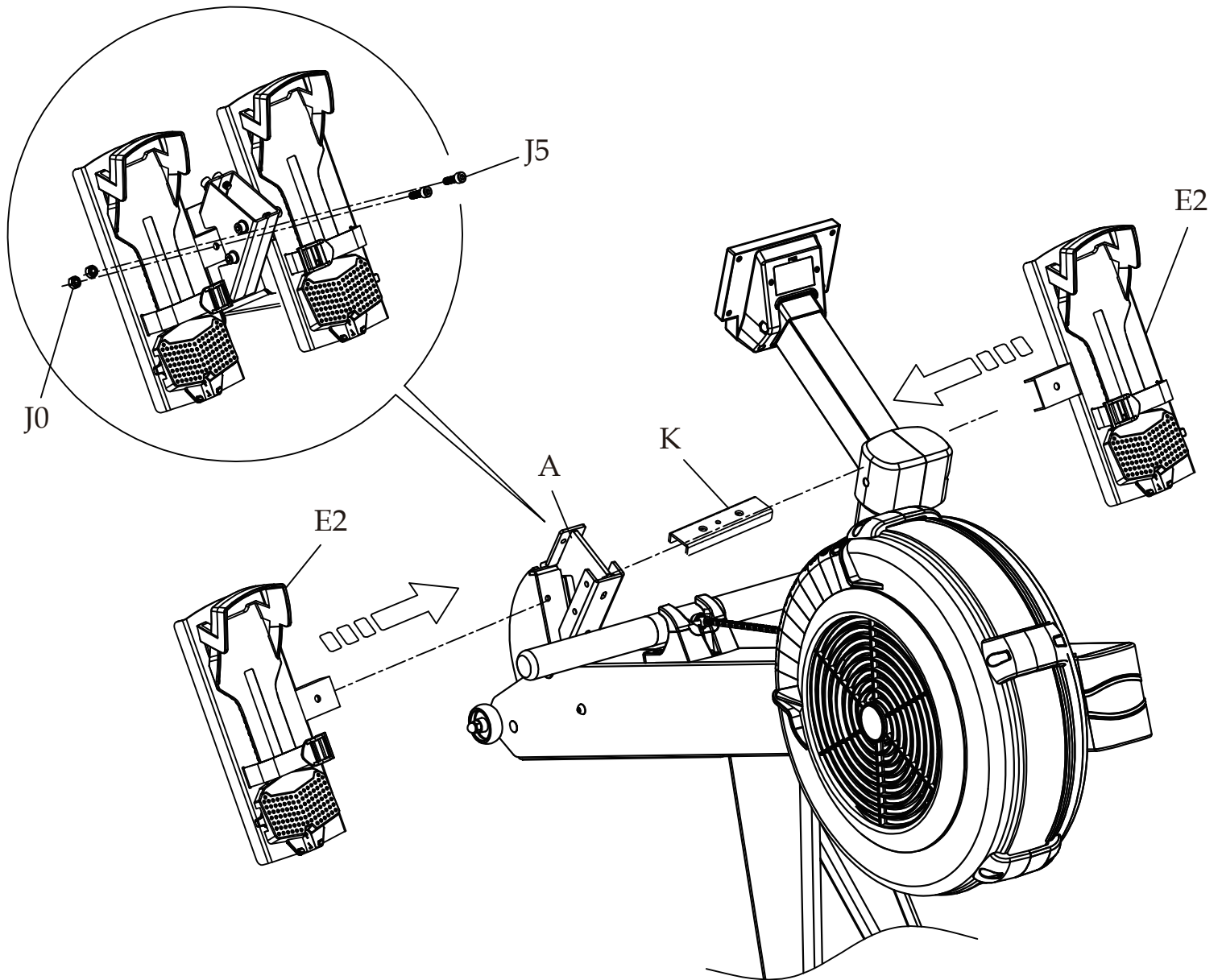


### Step 4

To install Rear Base Leg (D), face Base Railing (B) face down so that the receiving device for the seat cushion is on the floor. Place Rear Base Leg (D) above the pre-screwed holes of the Base Rail (B). Once placed secure with 2 (J1) Bolt(s) and (J2) washer(s).



## Step 5



To install foot pedals (E1) and (E2) into (A) Forward Base join the together by Steel Bracket (K). Steel Bracket (K) should slide into place of Foot Pedal (E1). Once placed secure with 2 (J5) bolts and 2 (J0) nuts.

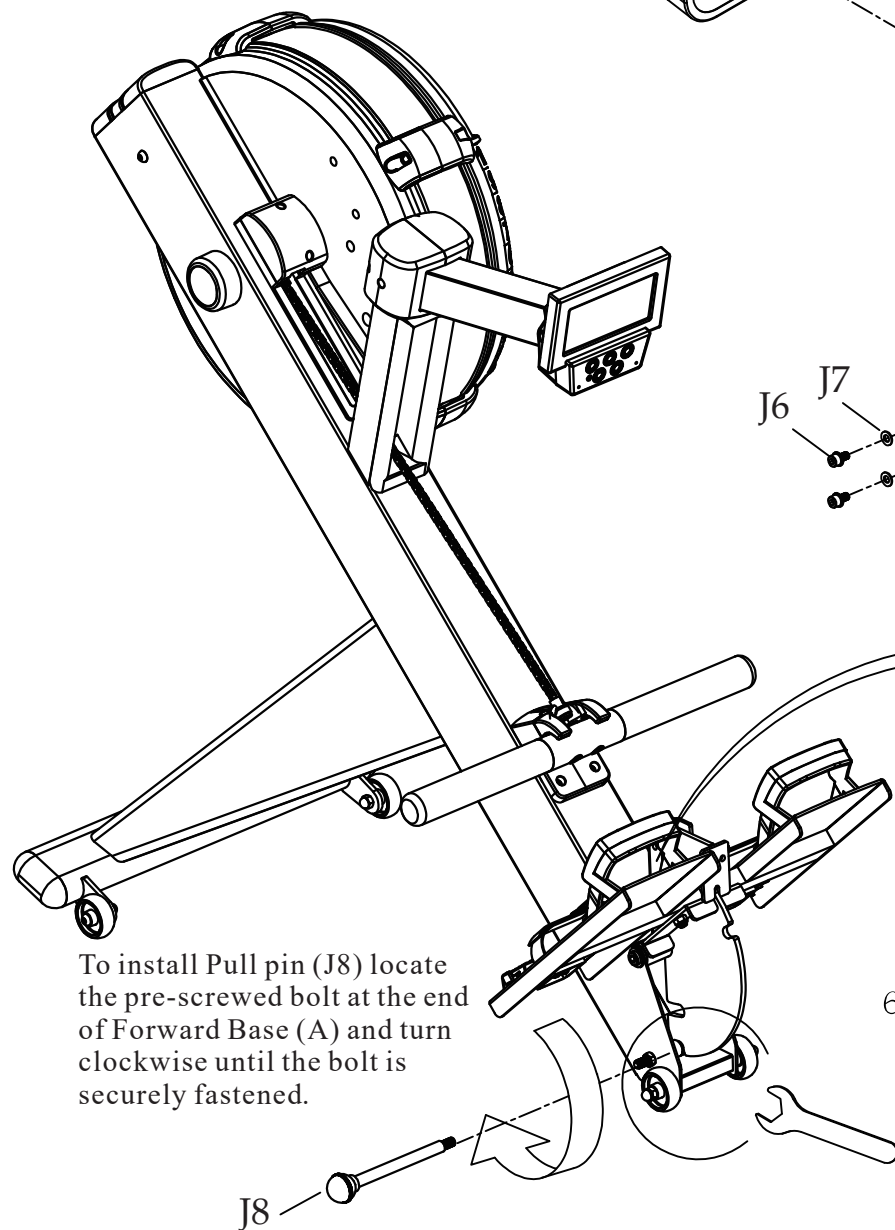
**NOTE:** You must install foot pedals before moving forward with the assembly process. Should Step 5 be skipped the Pre-screwed holes on the base railing would cover up the pre screwed holes on the Forward Base leg where the foot pedals are to be installed.

## Step 6

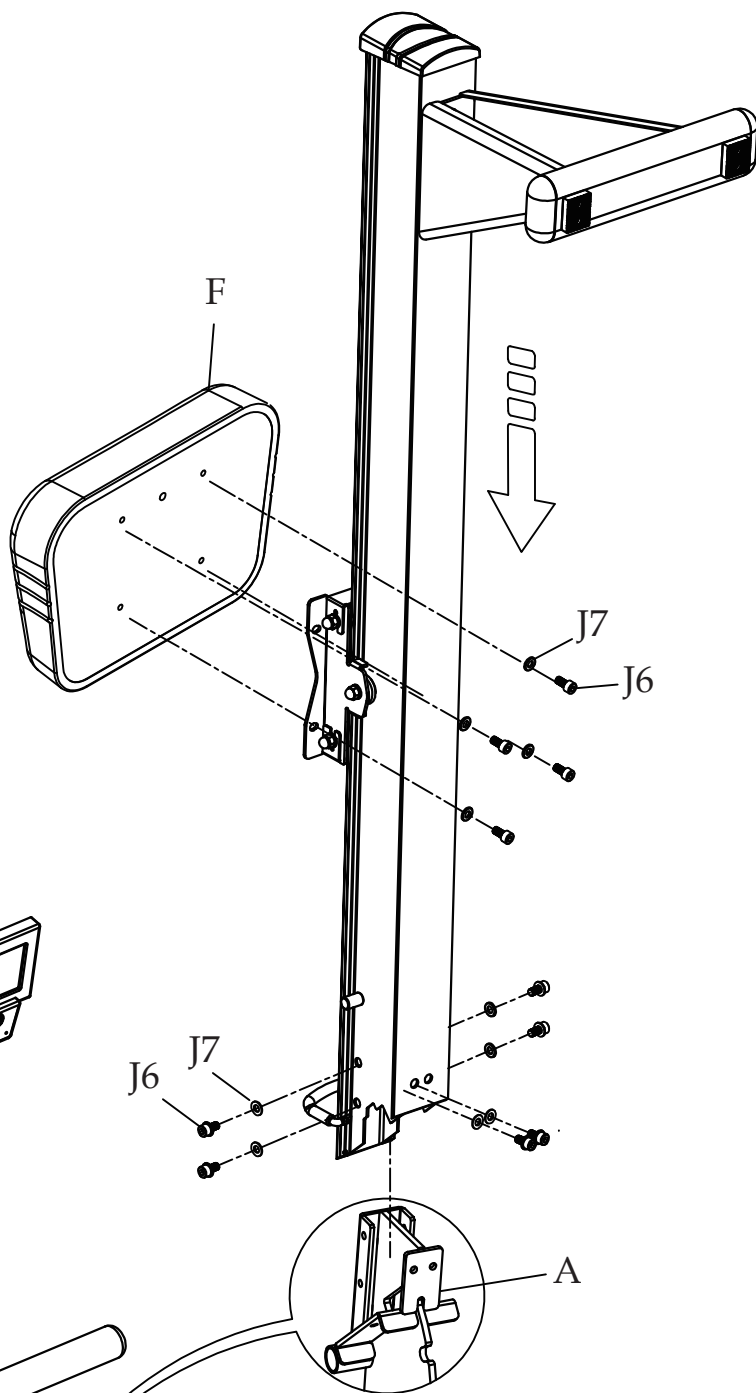
6-1

To install Seating place Seat Cushion (F) above the pre-screwed holes of Base Railing (B)  
The high angled rear end of Seat Cushion (F) should face the back end of Base Railing (B).  
Secure with 4 Bolts (J6) and 4 washers (J7).

6-2



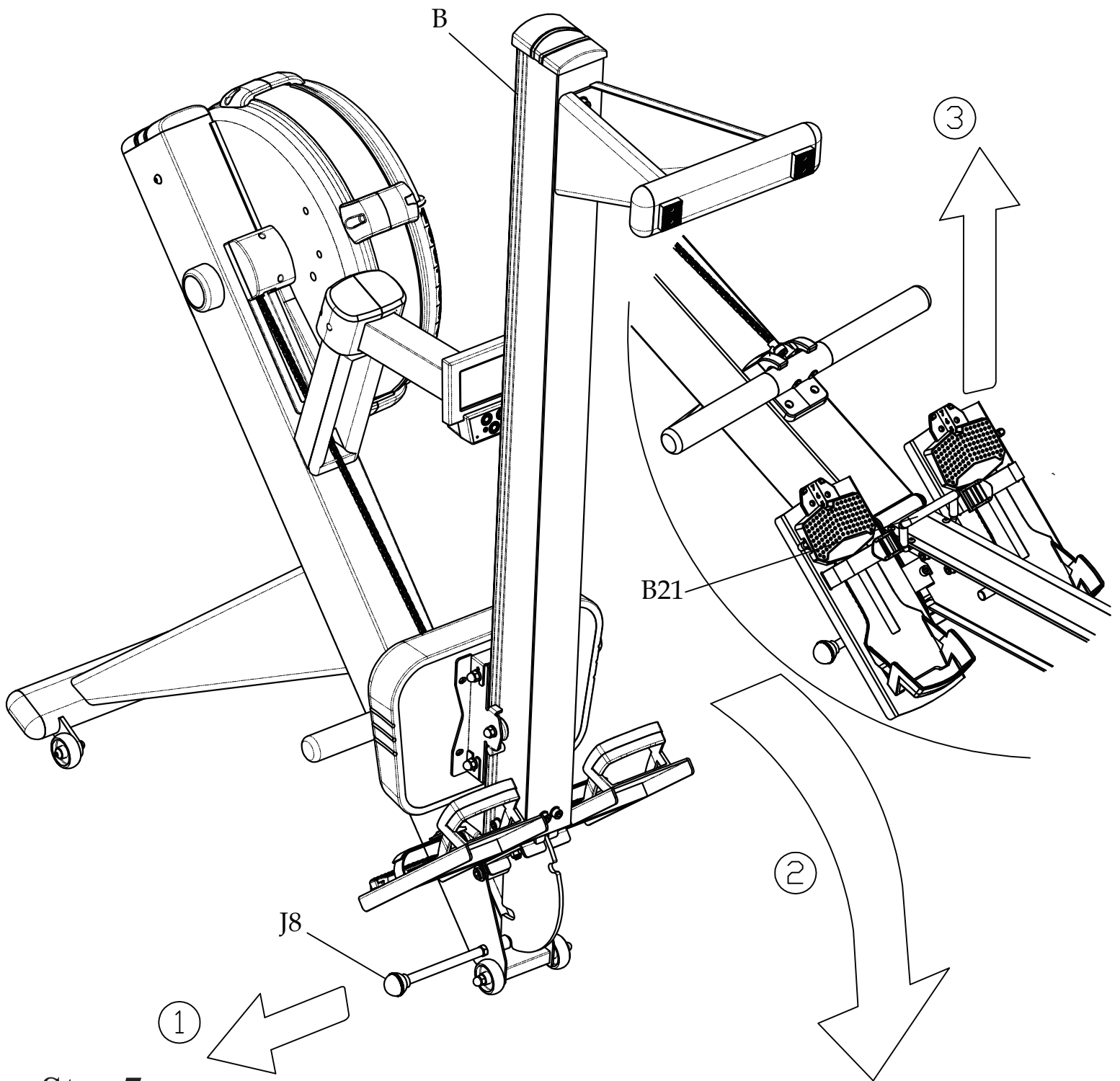
To install Pull pin (J8) locate the pre-screwed bolt at the end of Forward Base (A) and turn clockwise until the bolt is securely fastened.



Align Forward Base (A) with Base Railing (B) until the pre-screwed holes are aligned with one another. Secure Forward Base (A) to Base Railing (B) with 4 Bolts (J6) and 4 Washers (J7).

6-3

**NOTE:** Please be sure to tighten and secure ALL BOLTS AND WASHERS IN THEIR PLACE TO ENSURE A SOLID AND SECURE foundation to the rower.

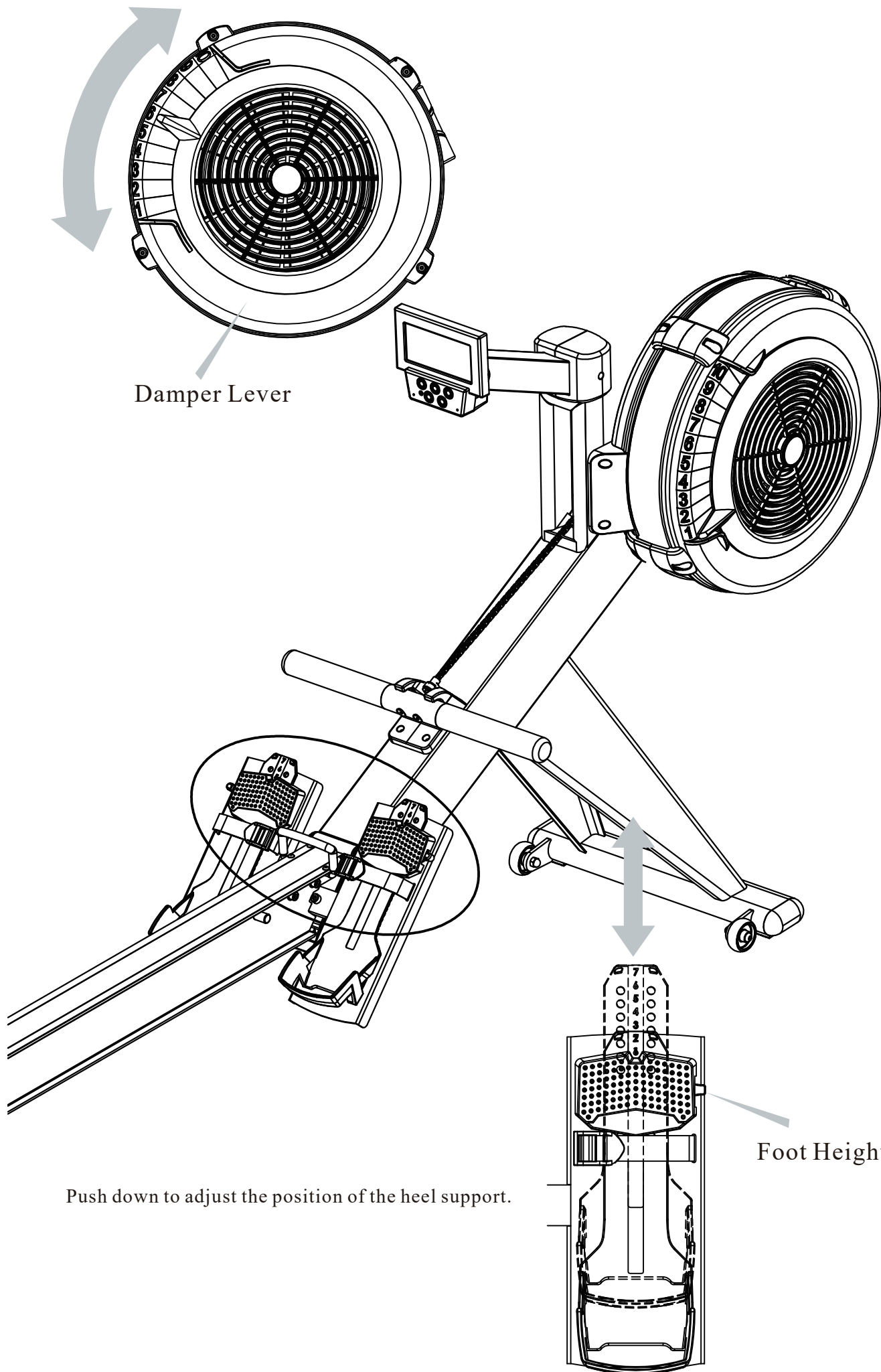


## Step 7

### Rower Storage

To fold the Xebex Rower, simply pull the PULL PIN (J8) located between Forward Base (A) and Base Railing (B). This will cause Forward Base (A) to drop down and will allow you to raise Base Railing (B) so that Forward Base Leg (C) will be facing outward. When you are ready to unfold the Xebex Rower again, simply pull on PULL PIN (J8) while holding onto Base Railing (B). This will cause Base Railing (B) to drop.

**NOTE:** Please use a firm grip on ALL MOVING PARTS when folding the Xebex Rower. The weight of the rower will cause Forward Base (A) to drop aggressively when folding and will cause Base Railing (B) to drop aggressively when unfolding.

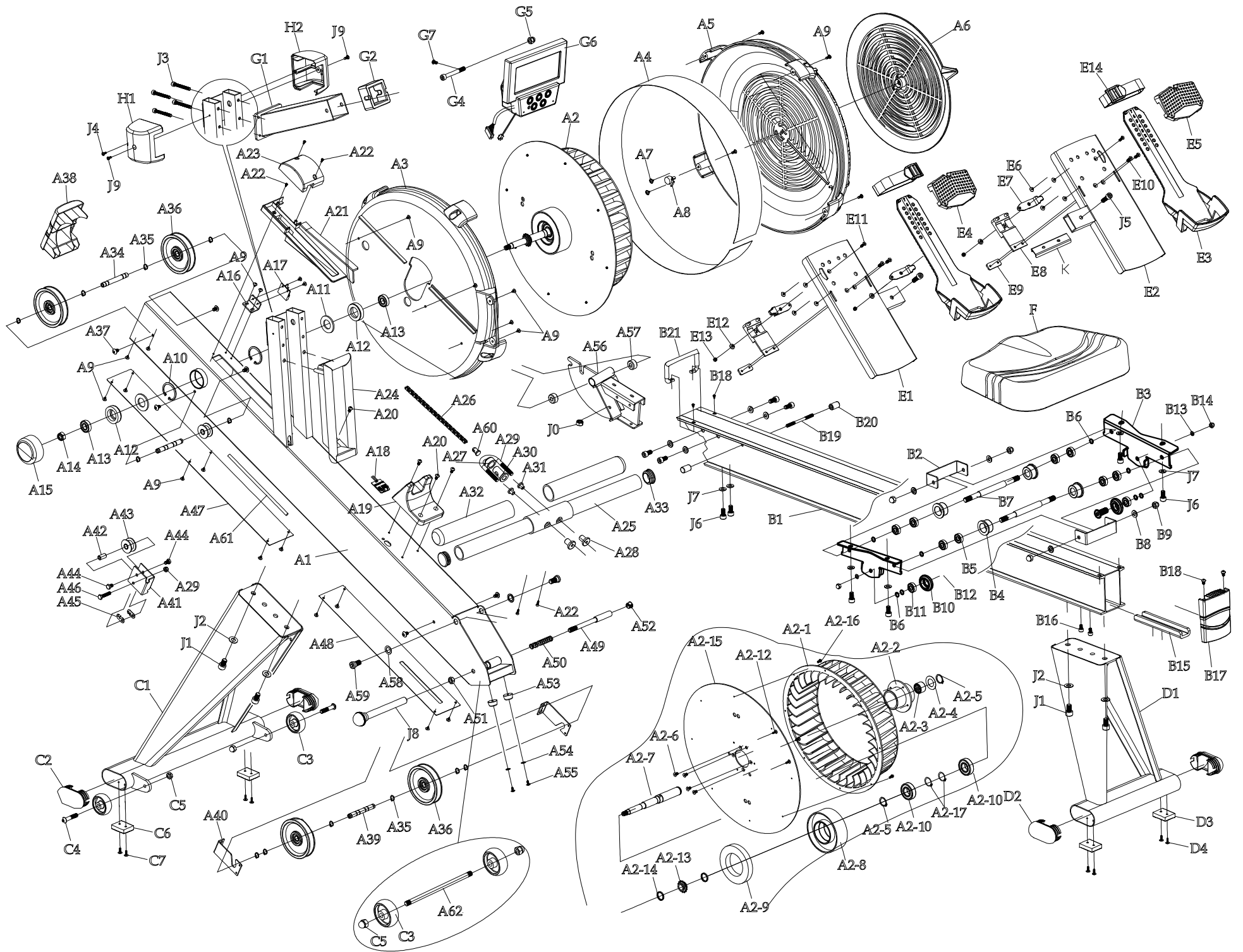


Damper Lever

Foot Height Adjuster

Push down to adjust the position of the heel support.





NO.	NAME	SPECIFICATION	Q'TY	NO.	NAME	SPECIFICATION	Q'TY
A1	Main Frame Assembly		1	A21	Sensor Base Cover	ABS	1
A2	Flywheel Fan Assembly		1	A22	Tapping Screw	M4*12mm	5
A2-1	Fan		1	A23	Sensor Cover	ABS	1
A2-2	Tube		1	A24	Outer Chain Cover	ABS	1
A2-3	One-Way Bearing	FC 2016	1	A25	Handle-bar	Φ31.8	1
A2-4	Iron Washer		1	A26	1/4" Chain		1
A2-5	S-type Buckle	S20	2	A27	Chain Connecting Spacer	SC-2473	1
A2-6	Cap Head Socket Screw	M5*10mm	4	A28	Evan Head Socket Screw	M8*20mm	2
A2-7	Axial of Flywheel	Φ20*197mm	1	A29	Chain Hook		1
A2-8	Magnet Covering		1	A30	Chain Connector		1
A2-9	Ring Magnet	Φ100*Φ60*15T	1	A31	T-type Nut		2
A2-10	Bearing	BR-6004ZZDKFL	2	A32	Hand Grip		2
A2-11	<del>Interval Ring</del>	Old Design	1	A33	End Cap		2
A2-12	Tapping Screw	M4*12mm	3	A34	Axial of Pulley(Front)	Φ10*79.8mm	1
A2-13	1/4" Chain Gear		1	A35	C-Type Buckle		10
A2-14	PU Washer		2	A36	Pulley		4
A2-15	Fan stable Bracket	Φ430*2.5T	1	A37	Philip Head Socket Screw	M5*10mm	4
A2-16	Tapping Screw	M4*10mm	8	A38	Main Frame Front Cap	ABS	1
A2-17	R-type Buckle	R42	2	A39	Axial of Pulley(Back)	Φ10*79.8mm	2
A3	Chain Cover(Left)	ABS	1	A40	Elastic Rope Bracket		2
A4	Mesh		1	A41	Chain Bracket		1
A5	Chain Cover(Right)	ABS	1	A42	Pulley Socket		1
A6	Adjust Disc	ABS	1	A43	Chain Pulley		2
A7	Tapping Screw	M4*8mm	2	A44	Hexagon Head Screw	M6*10mm	2
A8	Variable Resistor		1	A45	Trim Panel		2
A9	Tapping Screw	M4*12mm	21	A46	Hexagon Head Screw	M6*30mm	1
A10	C-Type Buckle	R40	2	A47	Main Frame Bottom Board(Front)		1
A11	Washer	Φ22*Φ44.2*3T	2	A48	Main Frame Bottom Board(Back)		1
A12-1	Rubber Cover	6001	1	A49	Axial of Pin	Φ12.7*76mm	1
A12-2	Rubber Cover	6903	1	A50	Spring		1
A13-1	Bearing	BR-6001ZZDKFL	1	A51	Nut		1
A13-2	Bearing	BR-6903ZZDKFL	1	A52	Plug Block		1
A14	Nylon Insert Lock Nut	M10	1	A53	Foot Pad		1
A15	Ring Cover	ABS	1	A54	Washer	M4*Φ10*1T	2
A16	Sensor Bracket		1	A55	Tapping Screw	M4*10mm	2
A17	Sensor		1	A56	Swivel Axial		1
A18	Heart Rate Receiver		1	A57	Swivel Axial Socket	Φ21.5*12mm	2
A19	Handle Holder	ABS	1	A58	Washer	1/2"*2.0T*Φ23	2
A20	Philip Head Socket Screw	M5*10mm	4	A59	Cap Head Socket Screw	M10*16mm	2



NO.	NAME	SPECIFICATION	Q'TY	NO.	NAME	SPECIFICATION	Q'TY
A60	Chain Connecting Axial		1	E1	Left Pedal Rest		1
A61	Elastic Rope		1	E2	Right Pedal Rest		1
A62	Axial of Moving Wheel	Φ8X156mm	1	E3	Adjust Pedal Pad	TPE	2
				E4	Left Pedal Rest Cover		1
B1	Aluminum Rail		1	E5	Right Pedal Rest Cover		1
B2	Seat Carriage Roller Cover		2	E6	Tapping Screw	M4*8mm	8
B3	Seat Carriage Cover		2	E7	Set Piece		2
B4	Seat Carriage Wheel		4	E8	Set Base		2
B5	Bearing	PR-608ZZ(BMC)	8	E9	Foot Snap		2
B6	Spacer	Φ8*Φ12*2mm	8	E10	Flat Head Phillips Screw	M5*15mm	4
B7	Seat Carriage Axial	Φ10*121mm	2	E11	Flat Head Phillips Screw	M4*15mm	2
B8	Washer	M8*2.0T*Φ16	4	E12	Spacer		2
B9	Lower Acorn Nut	M8	4	E13	Nylon Insert Lock Nut	M4	2
B10	Seat Carriage Roller		2	E14	Foot Strap		2
B11	Bearing	PR-608ZZ(BMC)	2				
B12	Even Head Socket Screw	M8*20mm	2	F	Seat		1
B13	Washer	M8*Φ16*2T	2				
B14	Lower Acorn Nut	M8	2	G1	Console Tube		1
B15	Rail Upper Plate		1	G2	Console Bracket		1
B16	Cap Head Socket Screw	M6*10mm	2	<del>G3</del>	<del>Console Back Cover</del>	Old design	1
B17	Rail End Cap	ABS	1	G4	Cap Head Socket Screw	M8*85mm	1
B18	Phillip Head Socket Screw	M5*10mm	4	G5	Nylon Acorn Nut	M8	1
B19	Double Head Screw	Φ5.25*85mm	1	G6	Console		1
B20	Seat Carriage Stopper	TPR	2	G7	Ball Head Screw	M5*10mm	4
B21	Rail Handle		1				
				H1	Left Console Tube Cover	ABS	1
C1	Front Stabilizer		1	H2	Right Console Tube Cover	ABS	1
C2	Flat Oval End Cap	40*80	2	J0	Nylon Insert Lock Nut	M8	2
C3	Moving Wheel	Φ50	4	J1	Cap Head Socket Screw	M10*16mm	4
C4	Phillip Head Socket Screw	M8*40mm	2	J2	Washer	M10*1.5T*Φ20	4
C5	Lower Acorn Nut	M8	4	J3	Cap Head Socket Screw	M6*50mm	4
C6	Foot Pad	40*32mm	2	J4	Tapping Screw	M4*12mm	3
C7	Tapping Screw	M4*12mm	2	J5	Cap Head Socket Screw	M8*35mm	2
				J6	Cap Head Socket Screw	M8*16mm	10
D1	Rear Stabilizer		1	J7	Washer	M8*Φ16*1.5T	10
D2	Flat Oval End Cap	40*80	2	J8	Pull Pin		1
D3	Foot Pad	40*32mm	2	J9	Ball Head Screw	M4*10mm	2
D4	Tapping Screw	M4*12mm	2	K	Pedal Stable Bracket		1