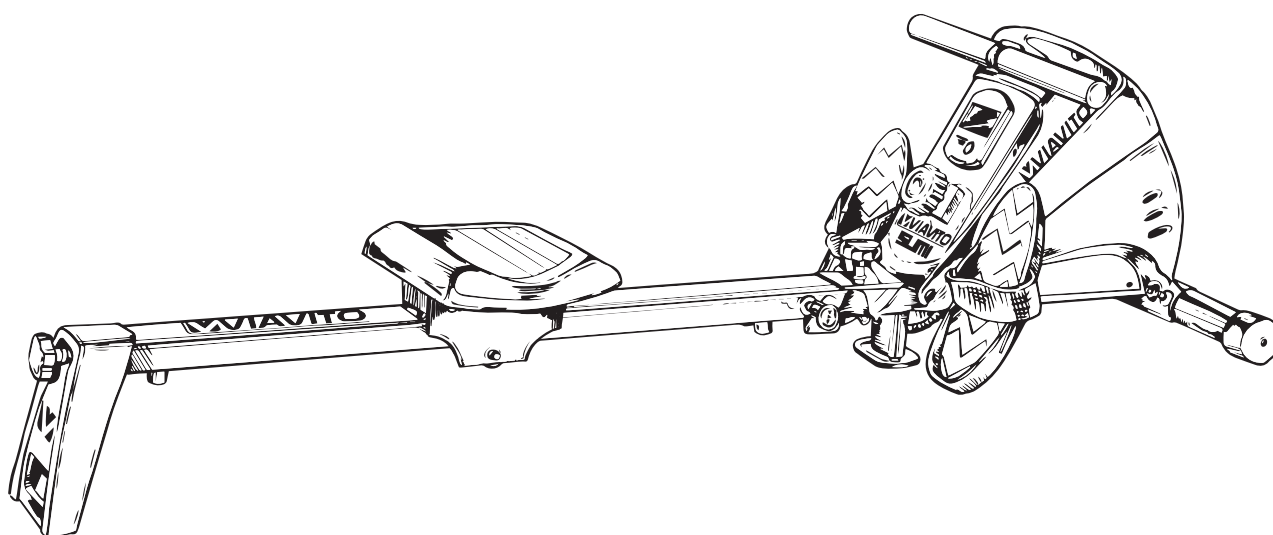


VIAVITO[®]

Owner's Manual.



SUMI

Rowing Machine

www.viavito.com

Manual version 1.2



Congratulations
on purchasing your
very own **SUMI**
Rowing Machine.

You have chosen a high-quality, safe and innovative piece of exercise equipment as your training partner and we are certain it will keep you motivated on the way to achieving your personal fitness goals.

Please take the time to read this owner’s manual as it will help you to get the most out of your new rowing machine.

For more information, or if you require any assistance please email us at **support@viavito.com**

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Safety Information.

- Please read all the instructions carefully before using this product.
- Retain this manual for future reference.
- The specifications of this product may vary slightly from the illustrations and are subject to change without notice.

IMPORTANT SAFETY NOTICE: note the following precautions before using the product.

- 01** Assemble the machine exactly as per the descriptions in the instruction manual, using only the supplied tools to assemble it.
- 02** Check all the screws, nuts and other connections before using the machine for the first time and ensure that it has been built correctly and is safe to be used.
- 03** This machine is for indoor, home use only. Position the machine on a clear, dry and level surface. DO NOT position it near water or outdoors.
- 04** Place a suitable base (e.g. rubber mat, wooden board etc.) beneath the machine in the assembly area to protect it from dirt.
- 05** Make sure there is sufficient free space around the rowing machine when you set it up.
- 06** Before beginning training, remove all objects within a 2-metre radius of the machine.
- 07** Use the machine only for its intended purpose as described in the manual.
- 08** This machine may only be used by one person at a time.
- 09** Always wear appropriate workout clothing when exercising. Aerobic shoes are required when using this machine.
- 10** Before exercising on this machine, always warm up and do the stretching exercises listed in this manual first.
- 11** When altering any adjustable parts, make sure they are adjusted properly within the maximum position for each part.
- 12** DO NOT use aggressive cleaning products such as detergents to clean the machine. Remove drops of sweat from the machine immediately after finishing training.
- 13** Your health can be affected by incorrect or excessive training. Consult a doctor before beginning a training program. This machine is not suitable for therapeutic or medical purpose.
- 14** WARNING! Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you experience dizziness, nausea, chest pain, or any other abnormal symptoms STOP EXERCISING IMMEDIATELY AND CONSULT A PHYSICIAN WITHOUT DELAY.
- 15** Disabled persons should not use this machine without a qualified person or physician in attendance.

- 16** Children should be kept away from the machine at all times.
- 17** The maximum user weight is 120kg (265lbs). The product weighs 26kg (57lbs). Safety standards: EN/ISO 20957 - Class HC.
- 18** WARNING: the safety level of the machine can be maintained only if it is examined regularly for damage and wear, e.g. the pull strap, seat roller wheels, foot pedals and straps, connection points.
- 19** Examine the machine carefully before you use it, especially the components most susceptible to wear, e.g. pull strap, seat roller wheels, foot pedals and straps, and connection points.
- 20** Stop using the machine immediately if there are any defective components and keep it out of use until you replace the components or it is repaired by a qualified engineer.
- 21** Use only original spare parts for any necessary repairs.
- 22** WARNING! Inappropriate use of this machine such as while under the influence of drugs or alcohol, not in line with instructions or excessive usage, may result in serious injury or death.

WARNING: Before beginning using this machine or doing any exercise program, consult your doctor. This is especially important for people over the age of 35 or those with pre-existing health problems. Read all instructions before using the rowing machine.

VIAVITO ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.

RECYCLING INFORMATION



Used electrical and electronic equipment (WEEE) should not be mixed with general household waste. For proper treatment, recovery and recycling, please take this product to designated collection points where it will be accepted free of charge. Alternatively, in some countries you may be able to return your products to your local retailer upon purchase of an equivalent new product. Disposing of this product correctly will help save valuable resources and prevent any potential negative effects on human health and the environment, which could otherwise arise from inappropriate waste handling. Please contact your local authority for further details of your nearest designated collection point. Penalties may be applicable for incorrect disposal of this waste, in accordance with your national legislation.



SAFETY STANDARDS



This equipment meets the requirements of European safety directives such as: the Electromagnetic Compatibility (EMC) Directive and the Low Voltage Directive (LVD).



Machine Assembly.

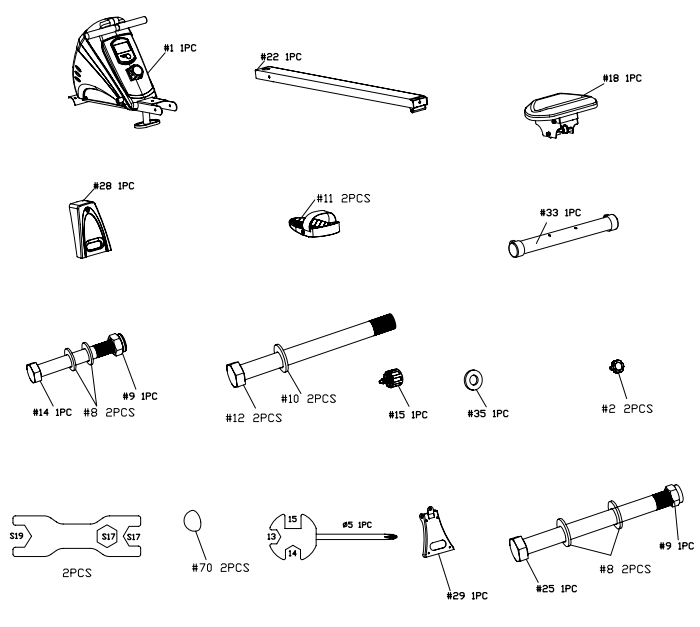
Contents Checklist

NOTE:

Most of the listed assembly hardware has been packaged separately, but some hardware items have been pre-installed. In these instances, simply remove and reinstall the hardware as required. Please refer to the individual assembly steps and make a note of all pre-installed hardware.

PREPARATION:

Before assembling the rowing machine, make sure that you have enough space around it, and check whether all the parts needed are present. To assemble, use only the supplied tools. It is strongly recommended that this machine be assembled by two people to avoid possible injury.



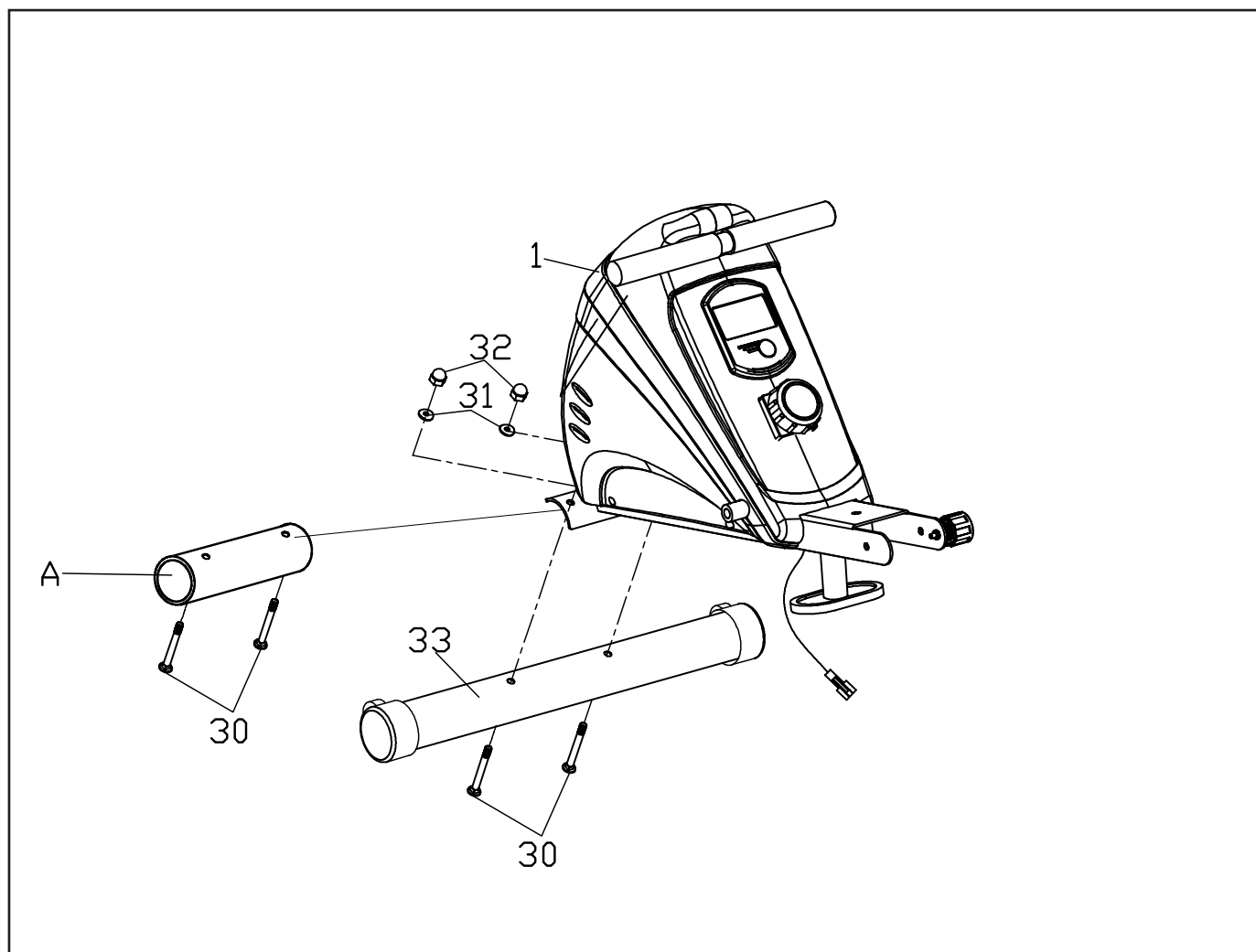
PART NO.	DESCRIPTION	QTY
12	Bolt M2X155	2
14	Bolt M10X100	1
25	Bolt M10X95	1
2	Knob M10X25	1
10	Washer D13	2
8	Washer D10X2	4
35	Washer D10X2.5	1
9	Nut M10	2
70	Cap S17	2
15	Knob M16X1.5	1
	Wrench (S17, S19)	2
	Wrench (13, 14, 15, Φ5)	1

Assembly Instructions

Attention: Please follow these assembly instructions step by step to assemble this rowing machine.

Step One.

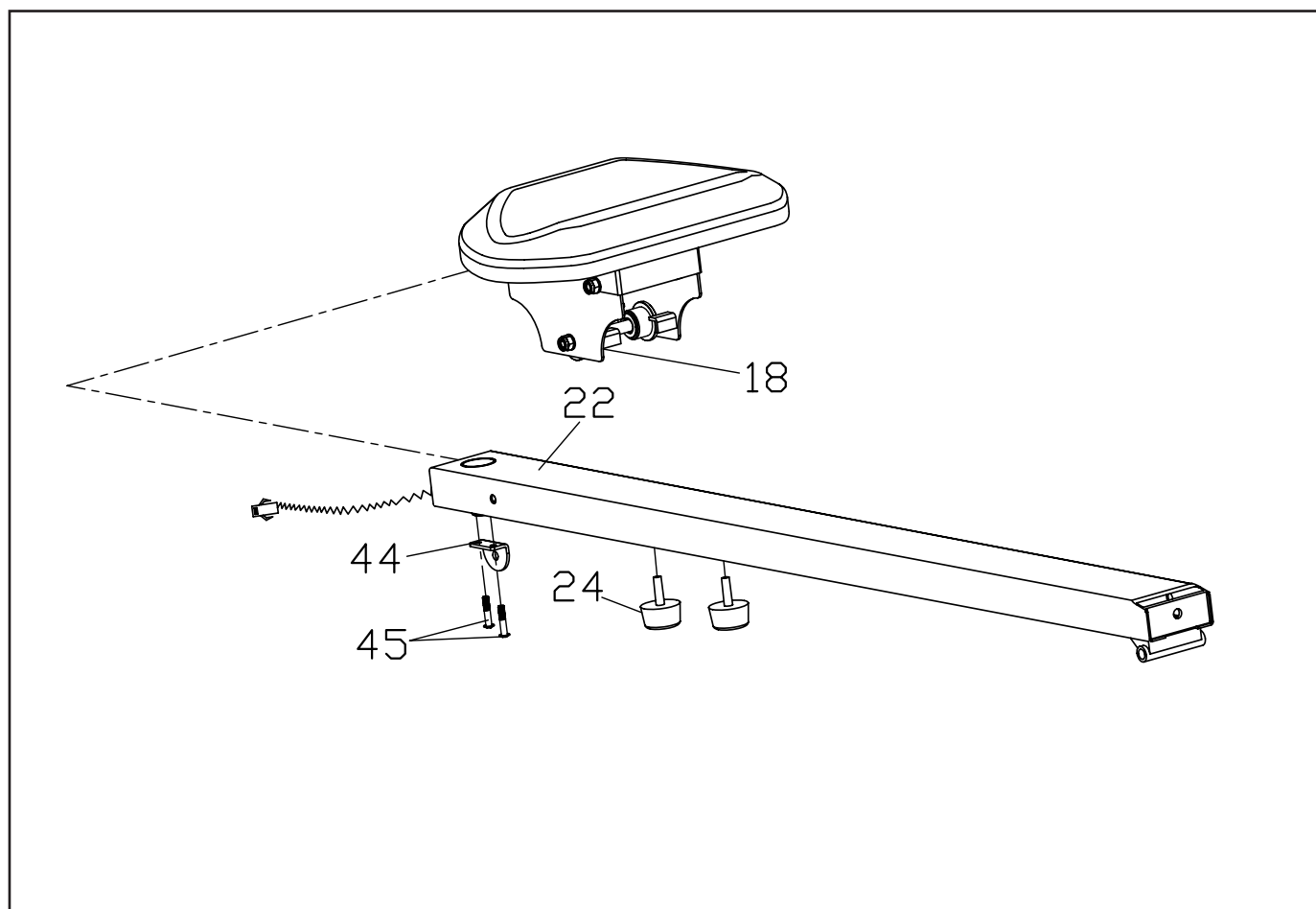
- 01** Remove the cardboard tube from the main frame (1) and attach and tighten the front stabiliser (33) in its place using the carriage bolts (30), the curved washers (31), and the cap nuts (32).



Step Two.

01 Take off the cushion stops (24), the screws (45) and the plate (44), then insert the seat (18) onto the rail (22), and screw the cushion stops (24) back onto the rail (22).

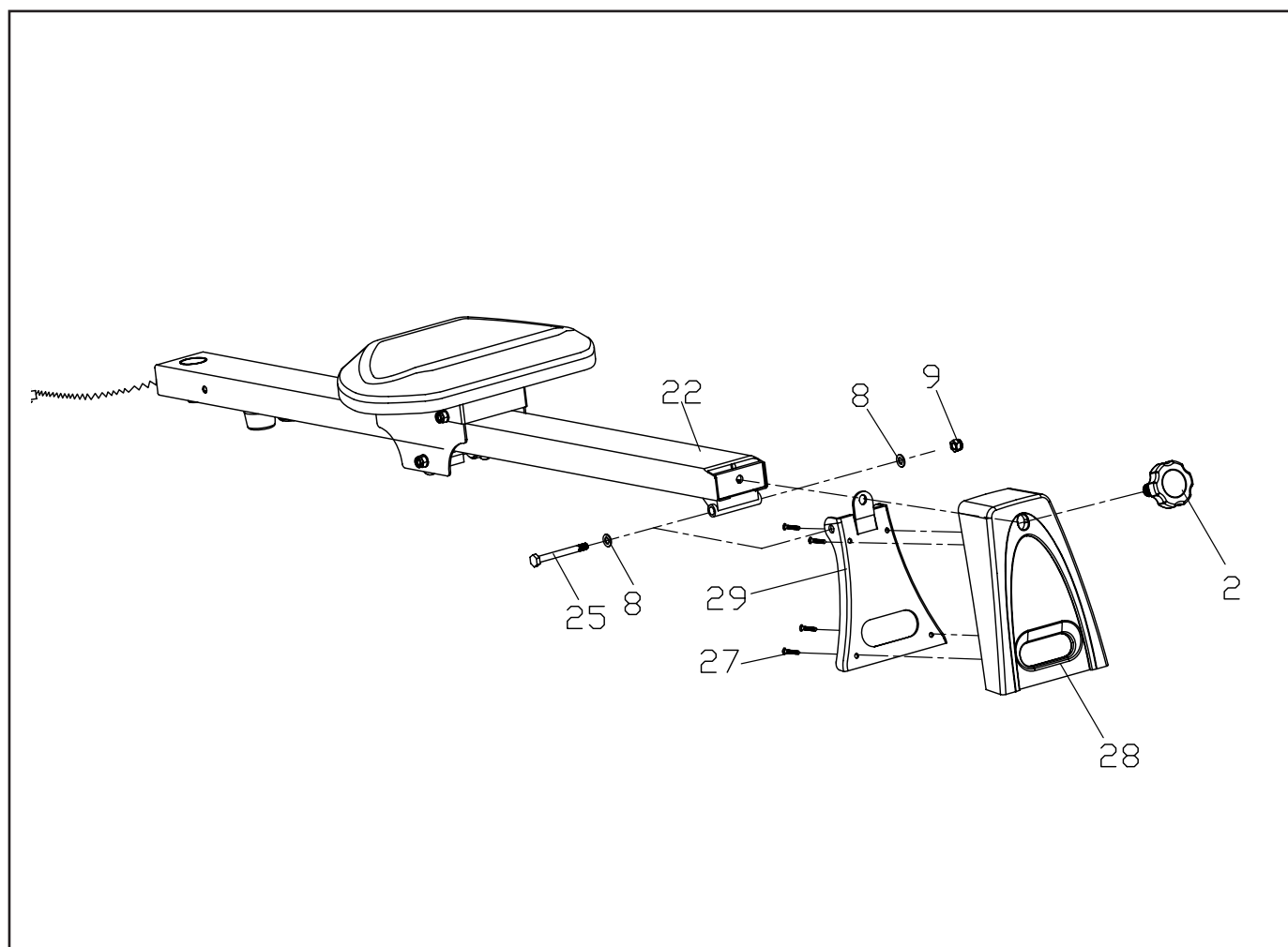
02 Tighten the plate (44) to the rail (22) using the screws (45).



Step Three.

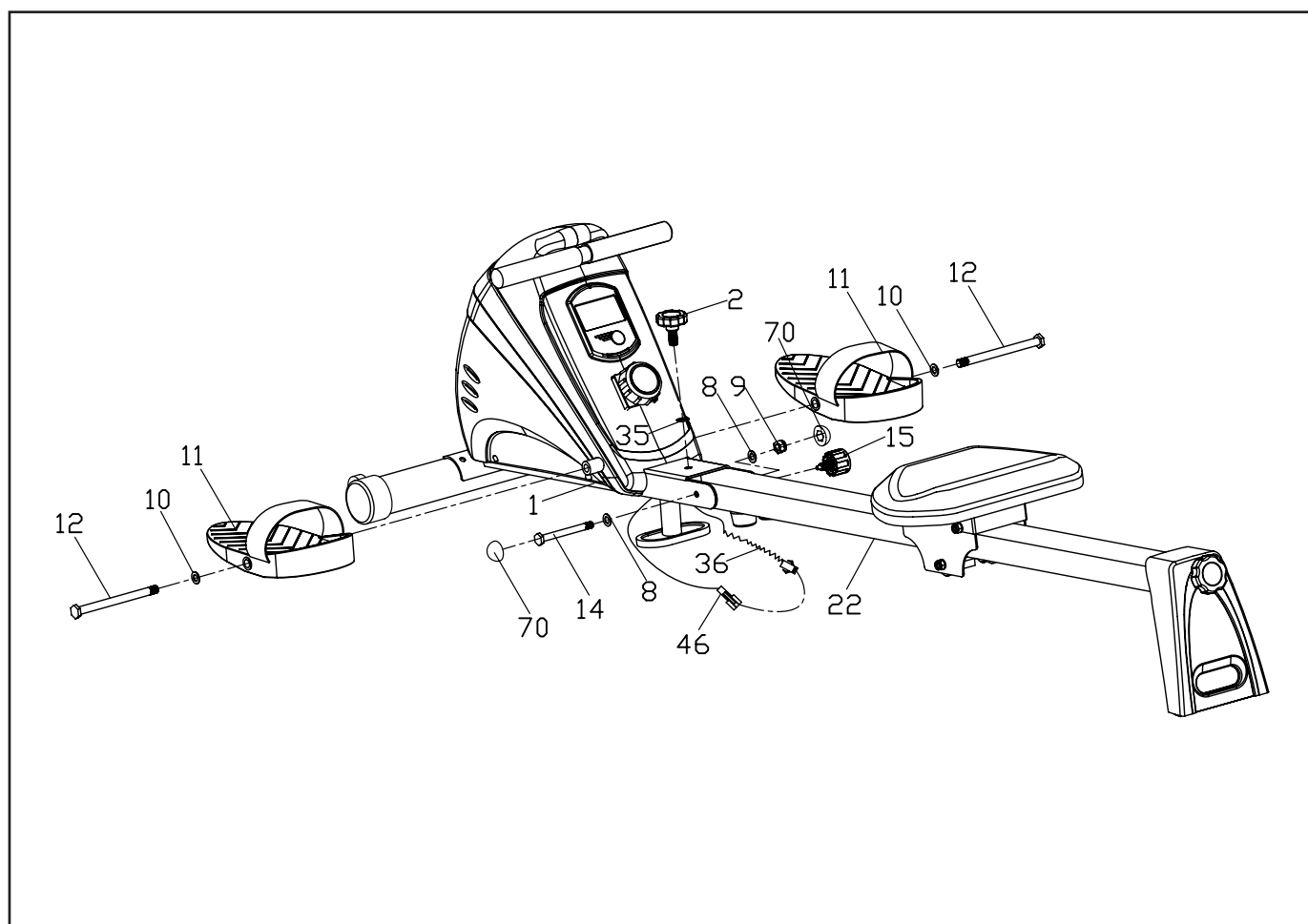
01 Attach the stand (29) to the rail (22) using the hexagon bolt (25), the knob (2), the flat washer (8), and the nylon nut (9).

02 Remove the screws (27) from the protective guard (28) and then attach the protective guard (28) to the stand rail (29) using these screws (27).



Step Four.

- 01** Connect the connection wire (46) to the sensor wire (36).
- 02** Tighten the rail (22) to the main frame (1) using the knob (2) and the flat washer (35).
- 03** Fix the hexagon bolt (14) in place using the flat washer (8), the nylon nut (9) and the plastic cap (70). Then screw in the knob (15) at the side and the knob (2) at the rear.
- 04** Attach the pedals (11) to the main frame (1) using the bolt (12) and the flat washer (10).



Body Positioning

The rowing machine is ergonomically designed to help encourage a good posture while exercising. Position your body correctly to achieve better results, train safely and avoid injury.

Sit down on the seat, bend your knees, and maintain a good posture keeping your back straight, your core engaged, head held high and balls of your feet firmly in the straps. Make sure your feet don't slide around on the footplates. Remember to hold the handle using an overhand grip (with your palms facing down). To get into the correct starting position, bend your knees so that the seat is as close to the main frame as possible and pull the handle to extend the cord toward you keeping your arms straight out in front of you. To avoid strain in the neck and shoulders, your hands should be positioned at or below chest height with a firm, full grip.

Folding & Storage

The SUMI rowing machine is foldable. Take extra care when folding or unfolding the machine.

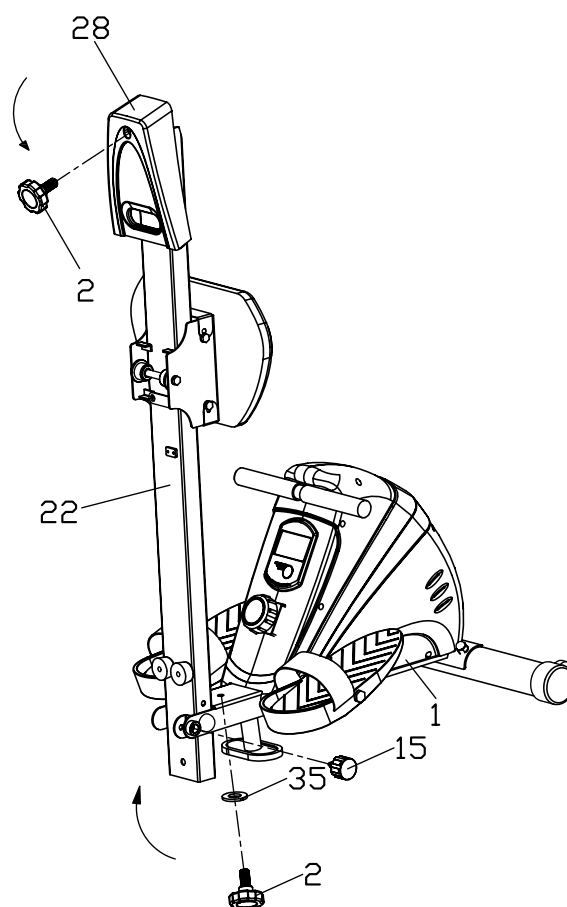
The machine can be folded when not in use. First, take off the knob (2) and the flat washer (35) that attach the rail (22) to the main frame (1). Loosen the other knob (15), then carefully lift the rail upwards. Insert the knob and the flat washer into the back of the rail.

Take off the other knob (2), found at the back end of the rail, and fold

the protective guard (28) against the rail, reinserting this knob to fix it in place.

Keep the rowing machine in a clean dry place indoors.

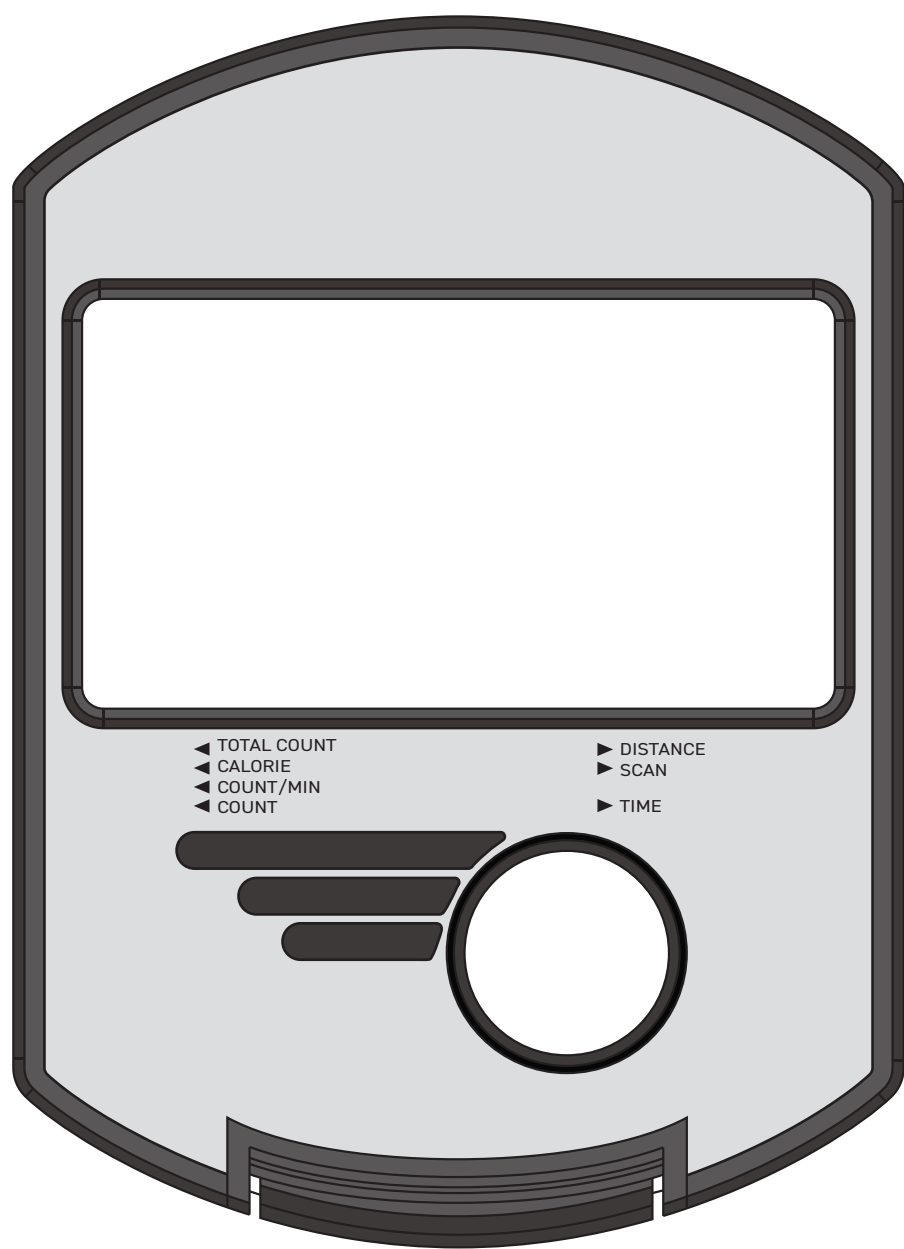
Grasp the frame to move the rowing machine. Do not use the seat to move it as the seat will move and may cause injuries.





Console Instructions.

Console diagram





Display Functions

TOTAL COUNT	Shows the total number of rowing strokes from when the battery was installed, with a display range of 0-9999
CALORIES	Shows the number of calories burnt during your workout with a display range of 0.0-999.9KCAL
COUNT/MIN	Shows your current number of rowing strokes per minute, or the frequency per minute, with a display range of 0-1200
COUNT	Shows the number of rowing strokes during your current workout, with a display range of 0-9999
DISTANCE	Shows the total distance of your current workout, with a display range of 0.00-99.99 KM
TIME	Shows the total workout time, with a display range of 00:00-99:59

All data displayed is approximate guidance and cannot be used in any medical application.
Heart rate displayed is an approximate read-out and may not be used as guidance in any cardiovascular-related medical or paramedical program.

Button Functions

The button on the console is the MODE button. Press it to select functions. Press and hold it for 2 seconds to reset all values, except total count.



Operation

1. Auto ON/OFF

The console will turn on when the MODE button is pressed or when you start rowing.

The console will automatically turn off approximately 4 minutes after no buttons are pressed or you stop rowing.

2. Reset

The units can be reset either by changing the batteries in the console or by pressing and holding the MODE key for 2 seconds.

3. Scan/Lock

During your workout, the console can be locked to display a single unit of feedback or scan through all the metrics. Hold the MODE button to switch between SCAN and LOCK.

Changing The Resistance

Resistance is increased or decreased by turning the resistance knob clockwise and anti-clockwise respectively.

To begin your workout simply start rowing.

Conditioning Guidelines.

The following guidelines will help you to plan your exercise program and exercise safely. Remember that proper nutrition and adequate rest are essential for successful results.

WARNING: Before beginning to use this rowing machine or starting any other exercise program consult your doctor. This is especially important for pregnant women and new mothers, all people over the age of 35, and those with medical problems such as heart disease, high or low blood pressure, injuries, joint problems, obesity and asthma.

Why Exercise?

Exercise has been proven essential for good health and general wellbeing. Regular exercise will:

- Relieve tension and stress
- Provide enjoyment and fun
- Stimulate the mind
- Help maintain stable weight
- Control appetite
- Boost self-image
- Improve muscle tone and strength
- Improve flexibility
- Lower blood pressure
- Relieve insomnia



Target Heart Rate

To train effectively you should aim to work in the heart rate zone appropriate to your age as stipulated below. Please note this is a guide and your heart rate at rest and during training is determined by your fitness level and other lifestyle factors as well as your age. If you reach the recommended beats per minute below and feel you're over-exerting yourself stop, rest and when you feel recovered return to exercise at a lower intensity.

AGE	TRAINING ZONE - MIN - MAX (BPM)
20	133 - 167
25	132 - 166
30	130 - 164
35	129 - 162
40	127 - 161
45	125 - 159
50	124 - 156
55	122 - 155
60	121 - 153
65	119 - 151
70	118 - 150
75	117 - 147
80	115 - 146
85	114 - 144

Beginner's Guide to Exercise

If you're beginning an exercise program for the first time or starting a new exercise program, you must check with your doctor that you are fit to do so particularly if:

- You have been diagnosed with heart problems, high blood pressure or other medical conditions
- You have not exercised for over a year
- If you are over 35 and do not currently exercise
- You are pregnant or are a new mother
- You have diabetes
- You have chest pain, or experience dizziness or fainting spells
- You are recovering from an injury or illness

Workout Tips

- Always perform a warm-up and stretching exercises before your workout and a cool-down and stretching exercises at the end
- Start slowly and build up your time, speed and resistance gradually; doing too much too soon can lead to injuries
- If you are sore or tired, give yourself a few extra days to recover.



How To Begin

- Start with two or three 15-minute sessions per week with a rest day between workouts
- Warm up for 5 to 10 minutes with gentle movements incorporating the whole body such as walking while swinging your arms in a circle and then stretch the muscles you'll use during your workout
- Increase the pace and resistance to slightly harder than comfortable and exercise for as long as you can. You may only be able to exercise for a few minutes at a time, but that will change quickly when you exercise regularly
- End each workout with a 5-minute cool-down with the resistance set to a low level. You should then stretch the muscles you've just worked to develop flexibility, reduce muscle soreness and prevent injury
- Increase your workout time by a few minutes each week until you can work continuously for 30 minutes per session
- Don't worry about distance or pace for the first few weeks, focus on endurance and conditioning.

How Hard Should You Work?

When exercising, you should try to stay within your target heart rate (THR) zone.

The table on page 15 will tell you the THR for your age.

Always be aware of how you feel when you exercise. If you feel dizzy or light-headed, stop immediately and rest.

Tips For Stretching

- Begin with small mobility exercises of all the joints e.g. simply rotate the ankles, bend the knees and roll your hips. Gradually make the movements larger and faster. This will allow the body's natural lubrication (synovial fluid) to protect the surface of your bones at these joints
- Always warm up the body before stretching, as this increases blood flow around the body, creating warmth which makes the muscles more supple
- Start with your legs, and steadily work up the body
- Each stretch should be held for at least 10 seconds (working up to 20 to 30 seconds) and usually repeated about 2 or 3 times
- Do not stretch until it hurts. If there's any pain, ease off
- Don't bounce. Stretching should be gradual and relaxed
- Don't hold your breath during a stretch
- Stretch after exercising to prevent muscles from tightening up
- Stretch at least three times a week to maintain flexibility.

Warm-Up and Cool-Down

A successful cardio-vascular exercise program consists of a full-body warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

WARM-UP

The purpose of warming up is to prepare your body for exercise and to minimise injuries. Warm up for five minutes before strength training or exercising aerobically. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running on the spot. Try to incorporate moves that take the joints through their full range of motion.

STRETCHING

Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretching develops flexibility and reduces muscles soreness.

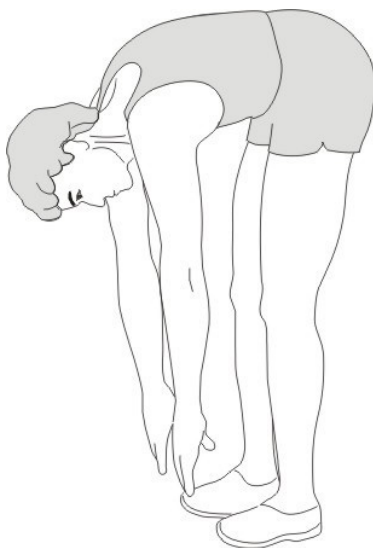
Stretches should be held for 15 to 30 seconds.

DO NOT BOUNCE OR OVER-STRETCH

Take your time on each stretch. Gradually take each stretch a little deeper on every out breath to your personal maximum.



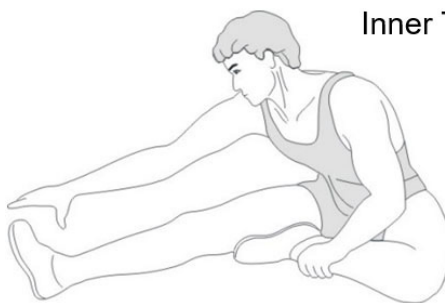
Side Stretch



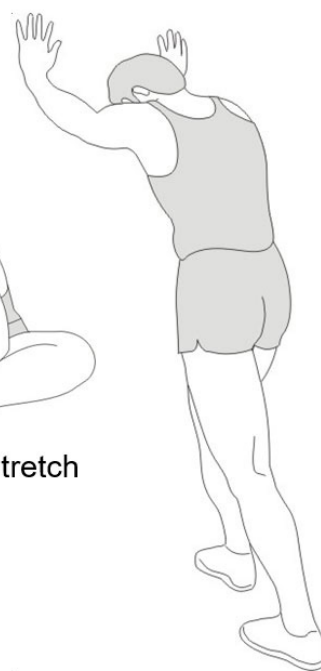
Toe Touch



Inner Thigh Stretch



Hamstring Stretch



Calf-Achilles Stretch

COOL-DOWN

The purpose of cooling down is to return the body to its normal or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate, allows blood to return to the heart and helps prevent muscle soreness caused by the build-up of lactic acid in the muscles.



Customer Support.

Contact Information

Should you require any assistance regarding this product please gather the following information and then contact us using the details below:

- Serial No. - This can be found on a label on the product itself
- Original purchase date
- Place of purchase
- Information about the place and conditions of use
- Precise description of the issue or defect.

IMPORTANT!! - Please retain your sales receipt. Viavito Customer Care may request proof of purchase to validate eligibility for warranty service. Warranty cover starts from the date shown on the proof of purchase.

The best way to contact us is via the website: **www.viavito.com**

Viavito Ltd

94 Cleveland Street

London

W1T 6NW

Email: **support@viavito.com**

VIAVITO®					
				Class HC	 120kg
www.viavito.com		SUMI Rowing Machine			
Viavito Ltd	EN/ISO 20957		SN :		
94 Cleveland Street, London, W1T 6NW					



<https://www.facebook.com/MyViavito>



<https://instagram.com/Viavito>



<https://twitter.com/MyViavito>

Manufacturer's Warranty

Viavito Ltd warrants this product to be free of defects of material and workmanship, under normal use and conditions, for a period of 24 months from the date of the original purchase.

Warranty extensions may apply to this product subject to registering this product with Viavito. To qualify for this, please complete the warranty registration form on the Viavito website at

www.viavito.com Full details of warranty extensions and the Viavito Manufacturer's Warranty are available online at **www.viavito.com**

Terms.

This warranty extends only to the original purchaser and is not transferable.

The warranty does not cover:

- 01** Normal wear and tear
- 02** Any changes to upgrade this product from its normal state or use other than as described in the user manual
- 03** Damage resulting from:
 - a) Transport
 - b) Abuse, misuse, failure to follow instructions or improper or abnormal use

- c) Non-home use - including commercial, professional, or rental purposes
- d) Repairs not provided by Viavito Ltd
- e) Accidents, lightning, water, fire, or any other causes beyond the control of Viavito
- f) Improper location including, but not limited to, humid, dusty, or outdoor environments.

Viavito is not responsible or liable for direct, indirect, or consequential losses arising out of or in connection with the use of this product or damages with respect to any loss of property, revenue, profits, enjoyment or use, nor for any costs of removal or installation of this product.

This warranty covers products purchased as new inside the United Kingdom.

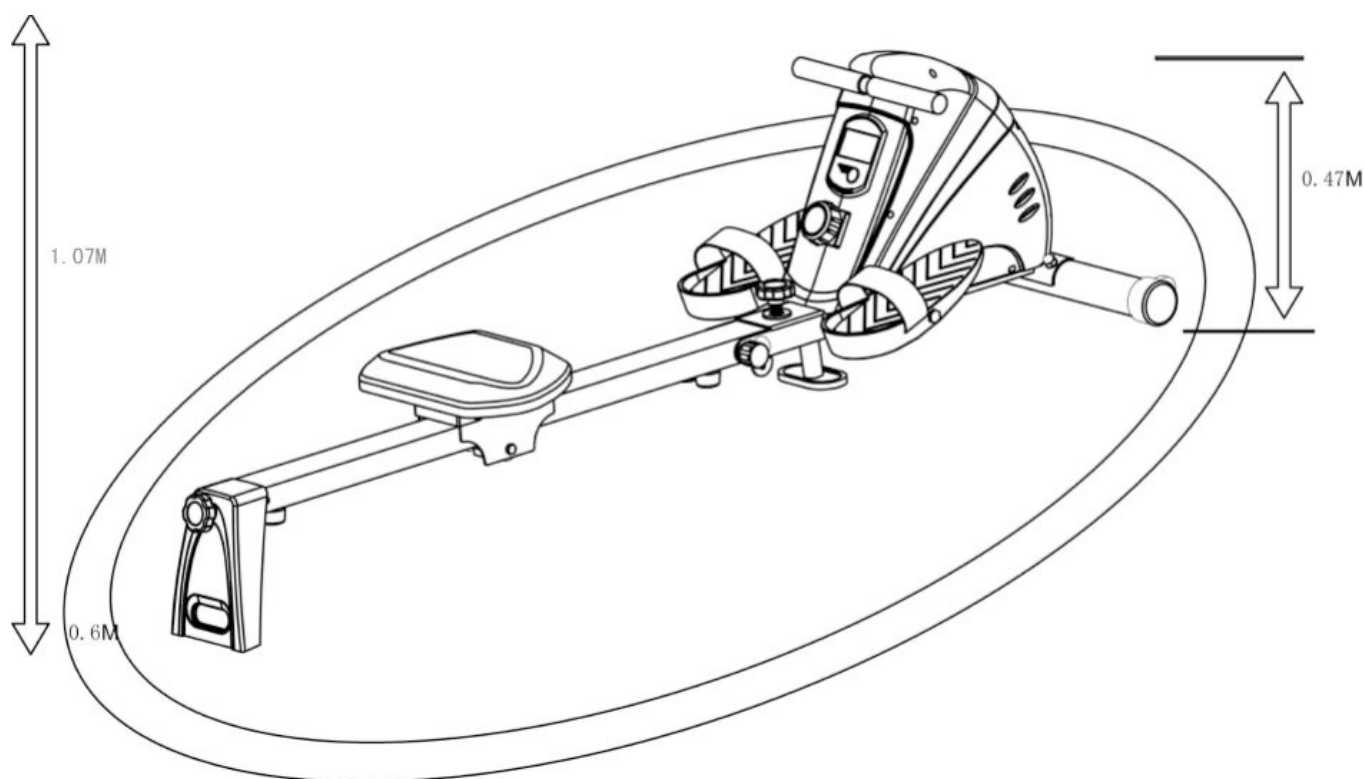
In the event of the machine requiring a repair, this may need to be performed at a Viavito authorised repair centre.

This warranty is in addition does not in any way affect your statutory rights.

Technical Information.

Space Required

The machine has the following footprint: Length=178cm (70"), Width=53cm (21"). A minimum free space of 1.07m above the rower and 0.6m on each side is required to use it.



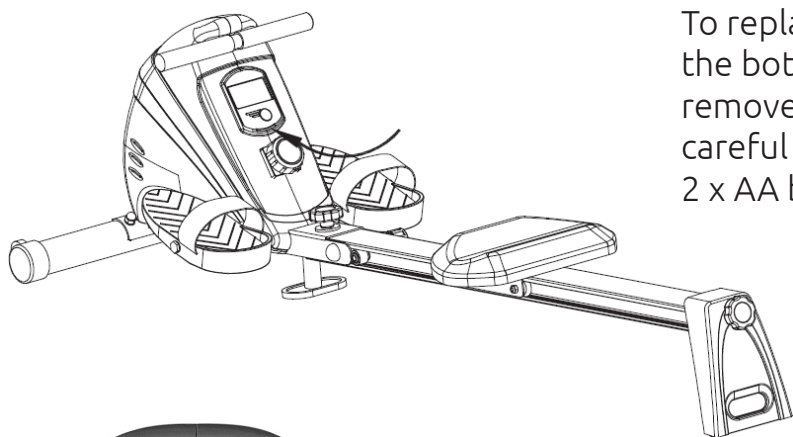
Specifications

BATTERY TYPE	The console uses 2 x AA or UM-3 batteries
OPERATING TEMPERATURE	0°C~+40°C (32°F~104°F)
STORAGE TEMPERATURE	10°C~+60°C (14°F~168°F)

Maintenance

- 1: Remove the battery before storing the machine for a long time.
- 2: Clean the seat with an absorbent cloth.
- 3: Always make sure all nuts and bolts are properly tightened.
- 4: Regular maintenance is required.
- 5: Replace any worn or damaged parts immediately using only original spare parts.

Replacing The Batteries



To replace the batteries, push the clip at the bottom of the console as shown and remove the console from its hole, being careful with any wires. The console uses 2 x AA batteries.



Parts List

No.	DESCRIPTION	QTY
1	Main Frame	1
2	Knob M10*25	2
3	End Cap	2
4	Foam Grip	2
5	Handlebar	1
6	Computer	1
7	Tension Control	1
8	Flat Washer D10×2.0×φ20	5
9	Nylon Nut M10	2
10	Flat Washer D13×2.0×φ26	2
11	Pedal	2
12	Bolt M12×155×16	2
13	Seat	1
14	Hexagon Bolt M10*100	1
15	Knob M16×1.5	1
16	Nylon Nut M8	3
17	Flat Washer D8×1.5×φ16	5
18	Seat Rest	1
19	Hexagon Bolt M8*110	3
20	Sleeve 1	2
21	Wheel	2
22	Rail	1
23	Tension Belt	1
24	Cushion Stop	4
25	Hexagon Bolt M10*95	1
26	Screw M6*15	4
27	Screw ST4.2*8	4
28	Protective guard	1

No.	DESCRIPTION	QTY
29	Stand Rail	1
30	Carriage Bolt M8*73	2
31	Curved Washer D8×2×Φ25×R30.5	2
32	Cap Nut M8	2
33	Front Stabiliser	1
34	End Cap	2
35	Flat Washer D10×2.5	1
36	Sensor Wire	1
37	Screw ST3X10	2
38	Rubber Pad	1
39	Magnet	1
40	Steel Bushing	2
41	Bearing	8
42	PU Wheel	4
43	Sleeve 2	2
44	Plate	1
45	Screw M6*20	2
46	Connection wire	1
47	Sensor	1
48	Rotary Plate	1
49	Bearing 6000	4
50	Plug	1
51	Bushing	1
52	Flywheel	1
53	Magnet board	1
54	Screw ST4.2X18	4
55	Hexagon Bolt M6*15	4
56	Curved Washer D6	4
57	Flat Washer D6×1.0×φ12	4
58	Pulley	2

No.	DESCRIPTION	QTY
59	Screw ST4.2X18	8
60L/R	L/R Chain Cover	1 each
61	Bolt M10*1.0	2
62	Hexagon Bolt M10*1.0	1
63	Handlebar Shaft	1
64	Spring	1
65	Axle	1
66	Washers D17	1
67	Washers D12	1
68	Screw ST3.5*18	3
69	End Cap	1
70	Plastic Cap S17	2
71	Rubber Pad	1
72	Overlay	1
73	Washers D10	4
74	Sleeve 3	2
75	Hexagon bolt M8×10	2
76	Bearing 6001z	1
77	Board	2

Exploded Diagram

