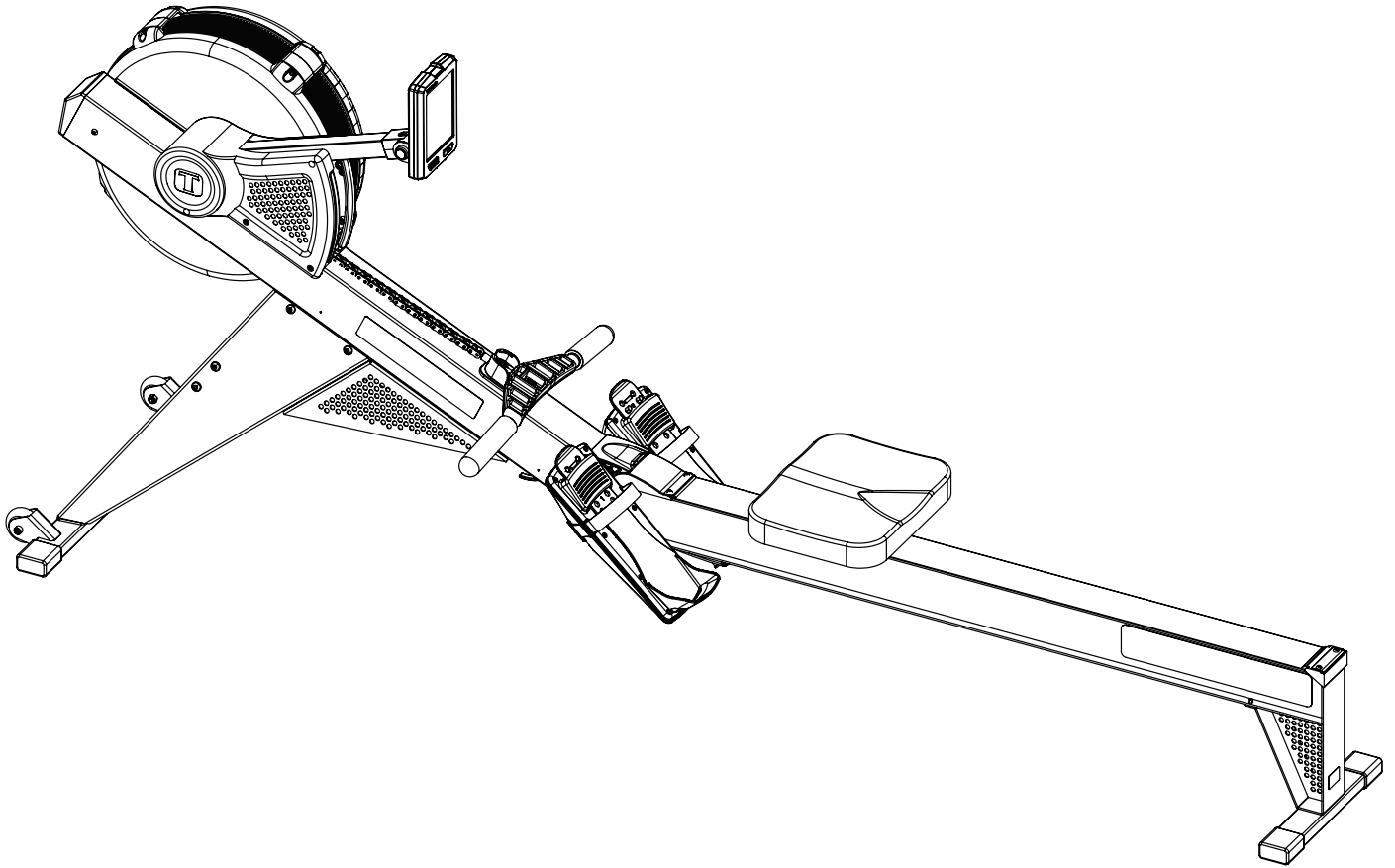


TORQUE^{USA}



Stealth Air Rower Assembly & User Instructions

Model No.: ROW-TSR-101-F07
Manual P/N: 6042601-Rev B



CE This product is compliant with the applicable CE requirements.

Stealth Air Rower Assembly & User Instructions

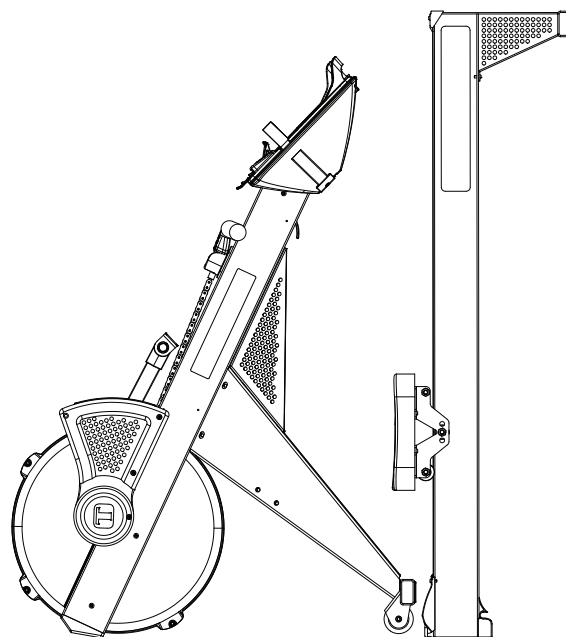
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IMPORTANT SAFETY INSTRUCTIONS

WARNING: The safety of this product can be maintained only if it is examined regularly for damage and wear.

- Consult your physician before beginning an exercise program using this equipment.
- Injuries may result from incorrect exercise form or excessive training. Carefully review the rowing technique information in this manual before using the rower.
- Use the Stealth Air Rower only on a level, stable surface.
- Keep children and pets away from the unit during assembly and use.
- Keep all loose clothing, hair and shoelaces away from moving parts.
- **DO NOT** attempt to use the Stealth Air Rower for any purposes other than that for which it was intended.
- **DO NOT** twist the chain or pull it to the side. Pull straight back using both hands. Improper pulling can result in injury or damage.
- **DO NOT** release the handle when the chain is fully extended. Slide forward on the seat to safely return the handle to its cradle before releasing it.
- Examine the Stealth Air Rower chain, bungee cords, handle, and seat before each use for loose parts or signs of wear. Do not use if found in this condition as use may result in injury to the user.
- **WARNING!** Heart rate monitoring systems may be inaccurate. Over-exercising may result in serious injury or death. If you feel faint, stop exercising immediately.
- **DO NOT** drop or put objects into any opening in any part of the unit.
- **DO NOT** try to change the design or functionality of this machine. Doing so could compromise the safety of this machine and will void the warranty.
- The unit is intended for indoor use only.
- **DO NOT** store the fully assembled unit in a vertical position. To store the unit vertically, remove the rail assembly and store the engine and rail assemblies side by side in an upright position, as shown here:



*Vertical Storage
Position*

FCC Warning

1. This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:
 - (1) This device may not cause harmful interference.
 - (2) This device must accept any interference received, including interference that may cause undesired operation.
2. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE:

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 20cm between the radiator & your body.

CE Warning

EU Declaration of Conformity

TORQUE FITNESS, LLC hereby declares that this device is in compliance with the essential requirements and other relevant provisions of Directive 2014/53/EU. This device can be operated in at least one Member State without infringing applicable requirements on the use of radio spectrum.

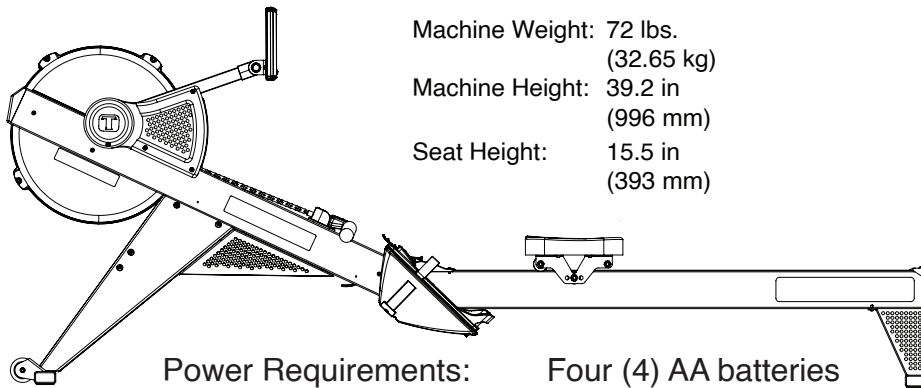
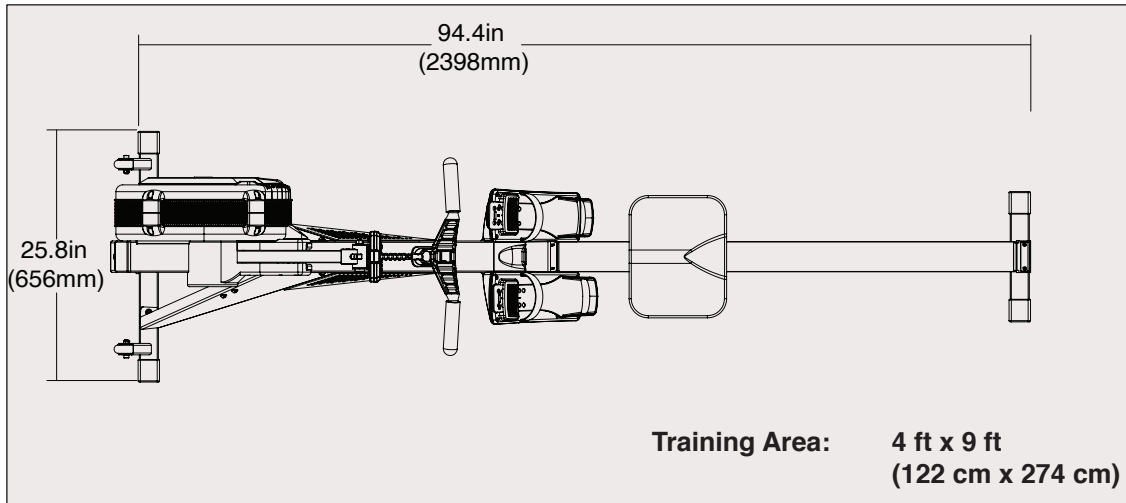
RF Exposure Information:

This equipment complies with EU radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance of 20 cm between the radiator and your body.

SAVE THESE INSTRUCTIONS

Stealth Air Rower Product Specifications

Free Area: 6 ft x 11 ft
(183 cm x 336 cm)



Complies with the following:
2001/95/EU General Product Safety Directive
2011/65/EU Restriction of Hazardous Substances Directive
2013/56/EC Battery Directive
2014/30/EU EMC Directive

TORQUE®
Model:
S/N:
CE UK CA FC
TORQUE FITNESS
11 2021 Fitness by Stealth™ 1011 Coast Road, NYS 55448

<p>WARNING</p> <p>Before starting any exercise program, consult your physician. Machine contains moving parts. To avoid injury, keep children and pets clear of the operator at all times. Keep hands and feet clear during use. Review and follow all warnings and instructions in the current manual prior to use. Replace this label if damaged, illegible, or missing.</p>	<p>WARNING</p> <p>Bevor Sie mit diesem Übungsprogramm beginnen, sollten Sie Ihren Arzt um Rat fragen. Maschine enthält bewegliche Teile. Um Verletzungen zu vermeiden halten Sie Ihre Kinder und Haustiere fern von der Maschine während der Benutzung. Lesen und befolgen Sie die Warnungen und Anweisungen in der Bedienungsanleitung vor Gebrauch. Ersetzen Sie dieses Label wenn es beschädigt ist, unlesbar oder entfernt wurde.</p>	<p>AVERTISSEMENT</p> <p>Avant d'entreprendre un programme d'exercices, veuillez consulter votre médecin. L'appareil possède des parties mobiles. Pour éviter un accident, les enfants et les animaux domestiques doivent toujours être tenus à l'écart de la machine d'exercice. Gardez à l'écart les mains et les pieds pendant l'utilisation. Avant de vous servir de votre appareil, lisez et suivez tout avertissement et toutes consignes dans le manuel d'utilisation. Remplacez ce label si celui-ci est endommagé, illisible, ou absent.</p>	<p>ADVERTÊNCIA!</p> <p>Antes de começar qualquer programa de exercícios, consulte um médico. O equipamento possui partes móveis. Para evitar um acidente, mantenha crianças e animais afastados do equipamento sempre. Mantenha mãos e pés afastados durante o uso. Leia e siga todos os avisos e instruções no manual de usuário antes da utilização. Substitua este rótulo caso ele esteja danificado, ilegível, ou ausente.</p>
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Stealth Air Rower Assembly Instructions

Assembly Preparation

Tools Required

- 4mm Allen (hex) wrench (provided)
- 5mm Allen (hex) wrench (provided)
- #2 Phillips screwdriver

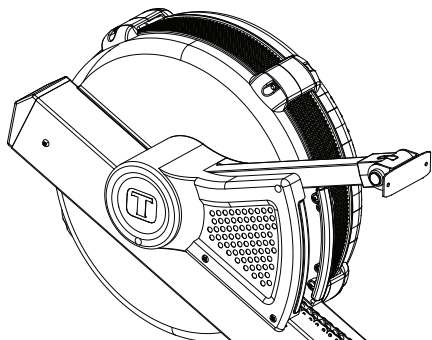
Hardware Included

- M6 x 12 Bolt Qty: 10
- M8 x 12 Bolt Qty: 10
- M8 Washer Qty: 10
- M5 x 10 Screw Qty: 2
- 5mm Allen (Hex) wrench

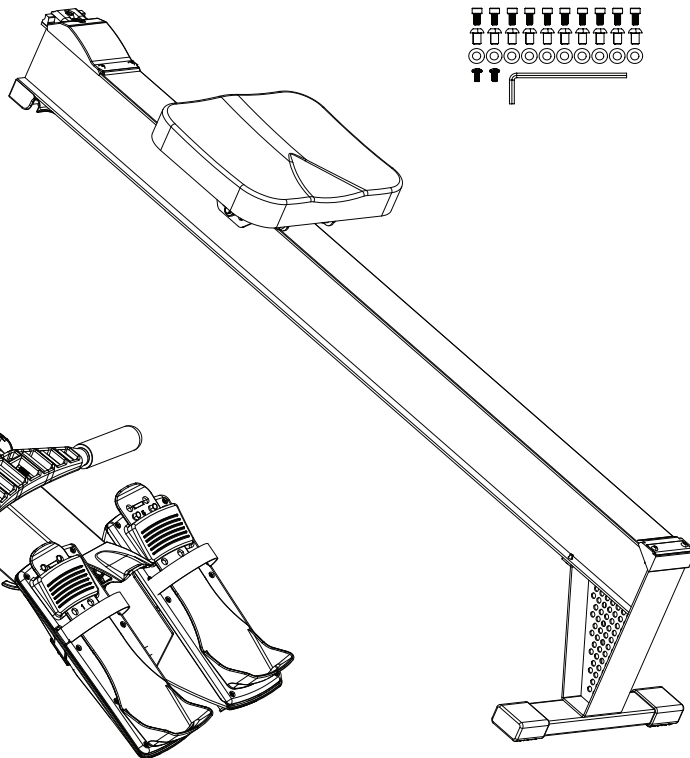
Prepare for Assembly

Unpack all contents, removing all packaging and protective bags. Verify all items shown below are included and undamaged.

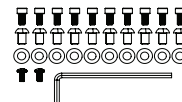
Rower Engine



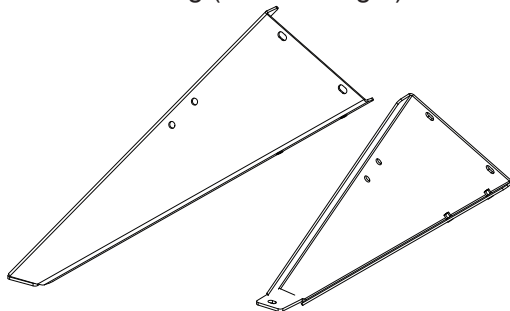
Rower Rail



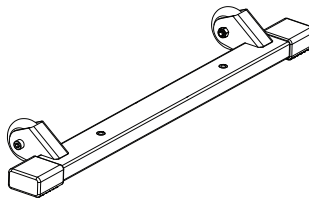
Hardware



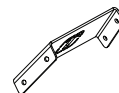
Rower Leg (Left and Right)



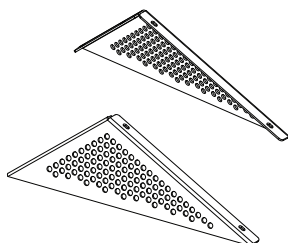
Stabilizer



Strut Plate



Rower Leg Brace (Left and Right)



Console



Instruction Manual

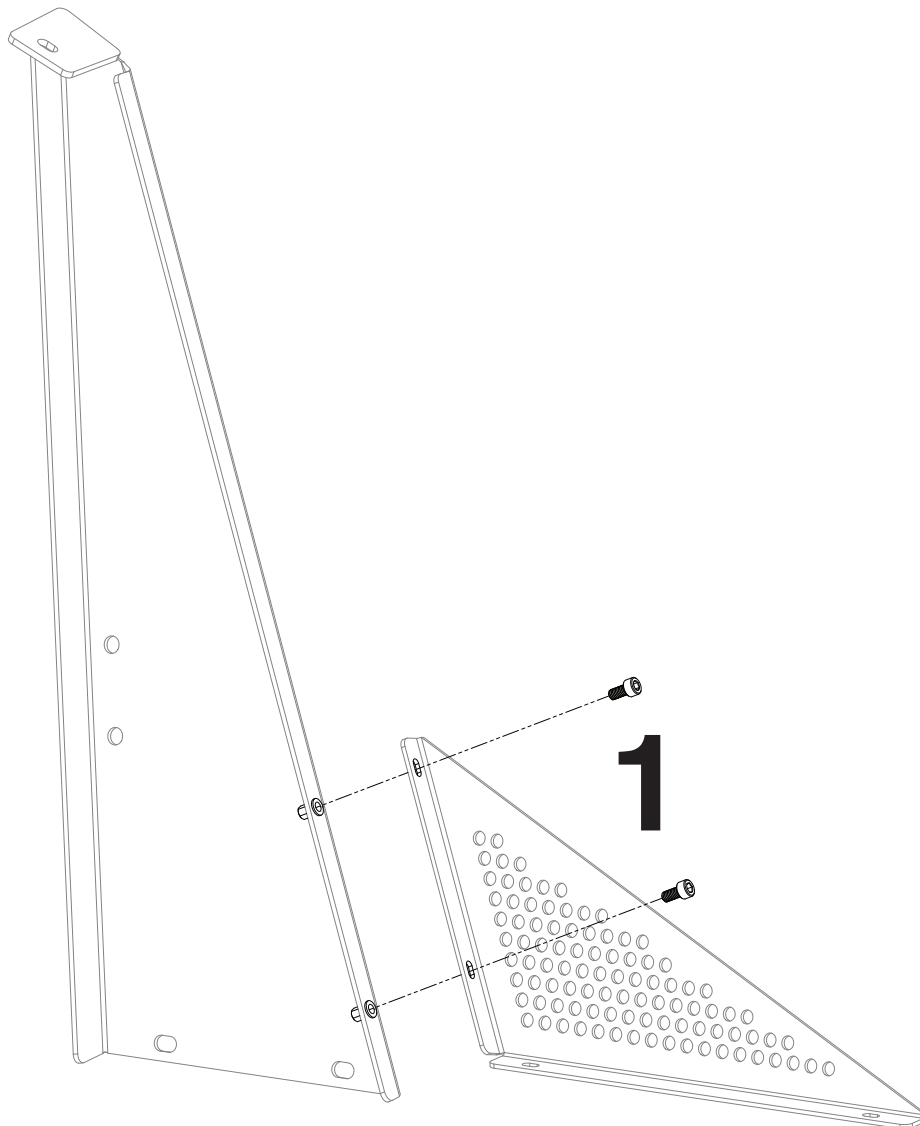


A. Assemble Legs and Braces

Note: Legs and leg braces are marked as “L” (left) or “R” (right).

1. Select rower leg and rower leg brace for one side of unit (both “L” or both “R”). Align holes on short side of brace with holes in leg, as shown.
2. Insert M6 socket head screws (quantity:2) through holes in leg and brace and into nut; finger tighten. The assembly should be loose.

Repeat steps 1 and 2 for second leg and brace.

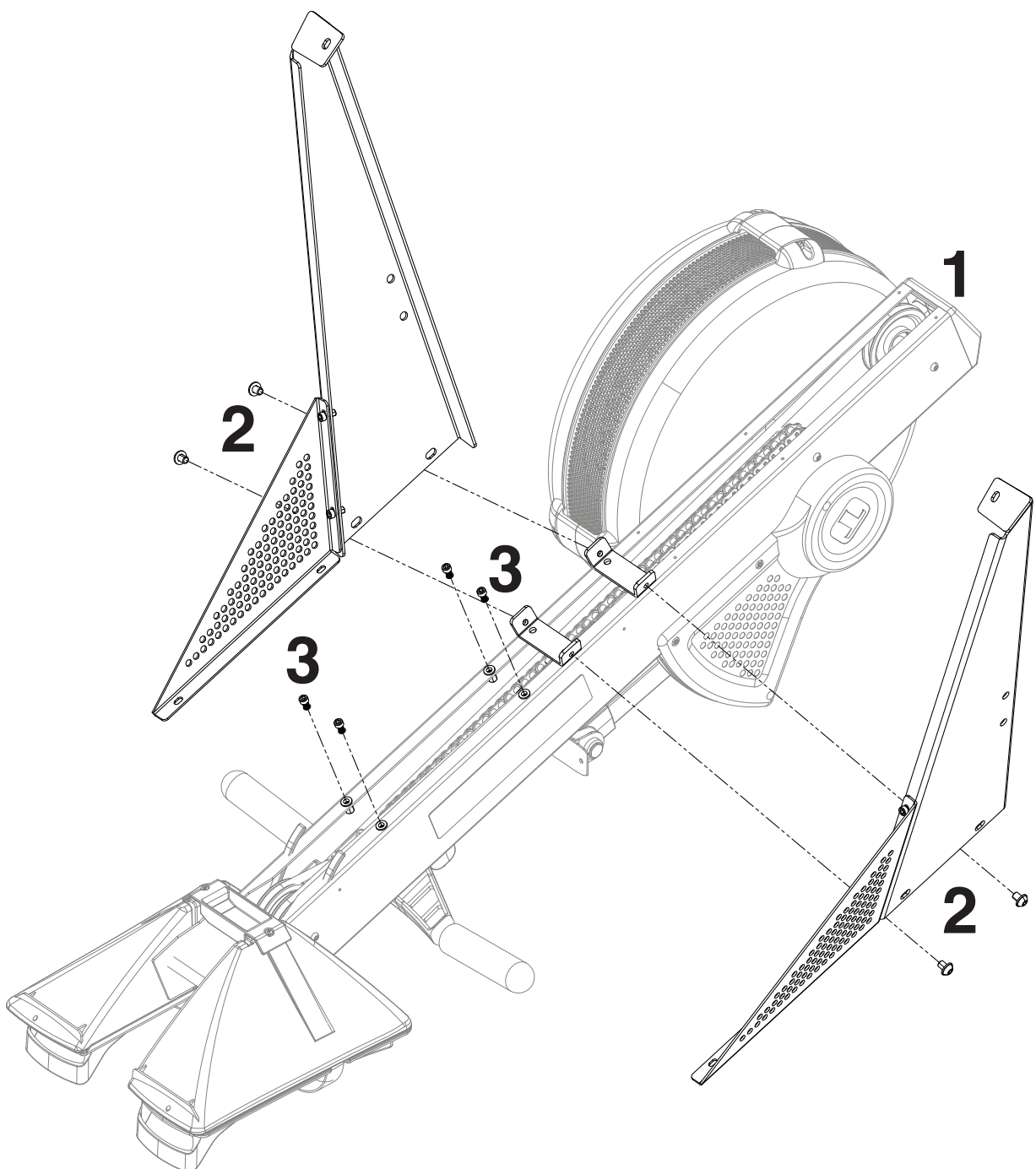


B. Attach Leg Assemblies

Note: Leave screws loose in these connections. You will need some flexibility in the joints as you fit the unit together.

1. Turn the engine assembly upside down, as shown.
2. Select one leg/brace assembly, and match it to the corresponding side of the engine assembly (R or L). Align the holes in the leg with the holes in the brackets on the engine assembly. Insert two (2) M8 button-head screws through the leg and into the bracket; finger-tighten.
3. Flex the brace as needed to align the holes in the strut with the holes in the rail of the engine assembly. Insert two (2) M6 socket-head screws through the brace and into the rail; finger-tighten.

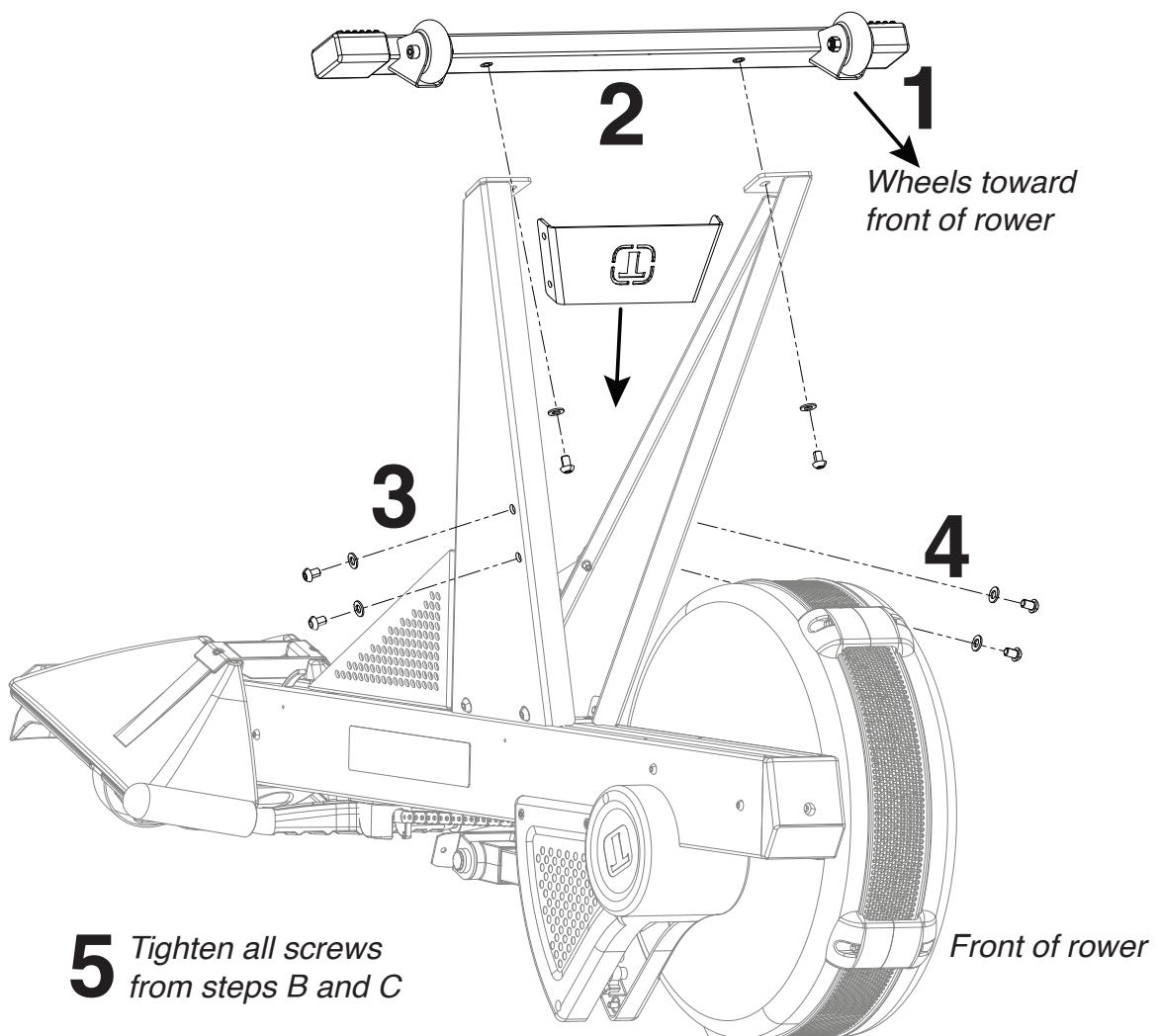
Repeat steps 1 - 3 for the other side.



C. Install Stabilizer and Strut Plate

Note: Leave screws loose in the connections. In steps 1 through 4. You will need some flexibility in the joints as you fit the unit together.

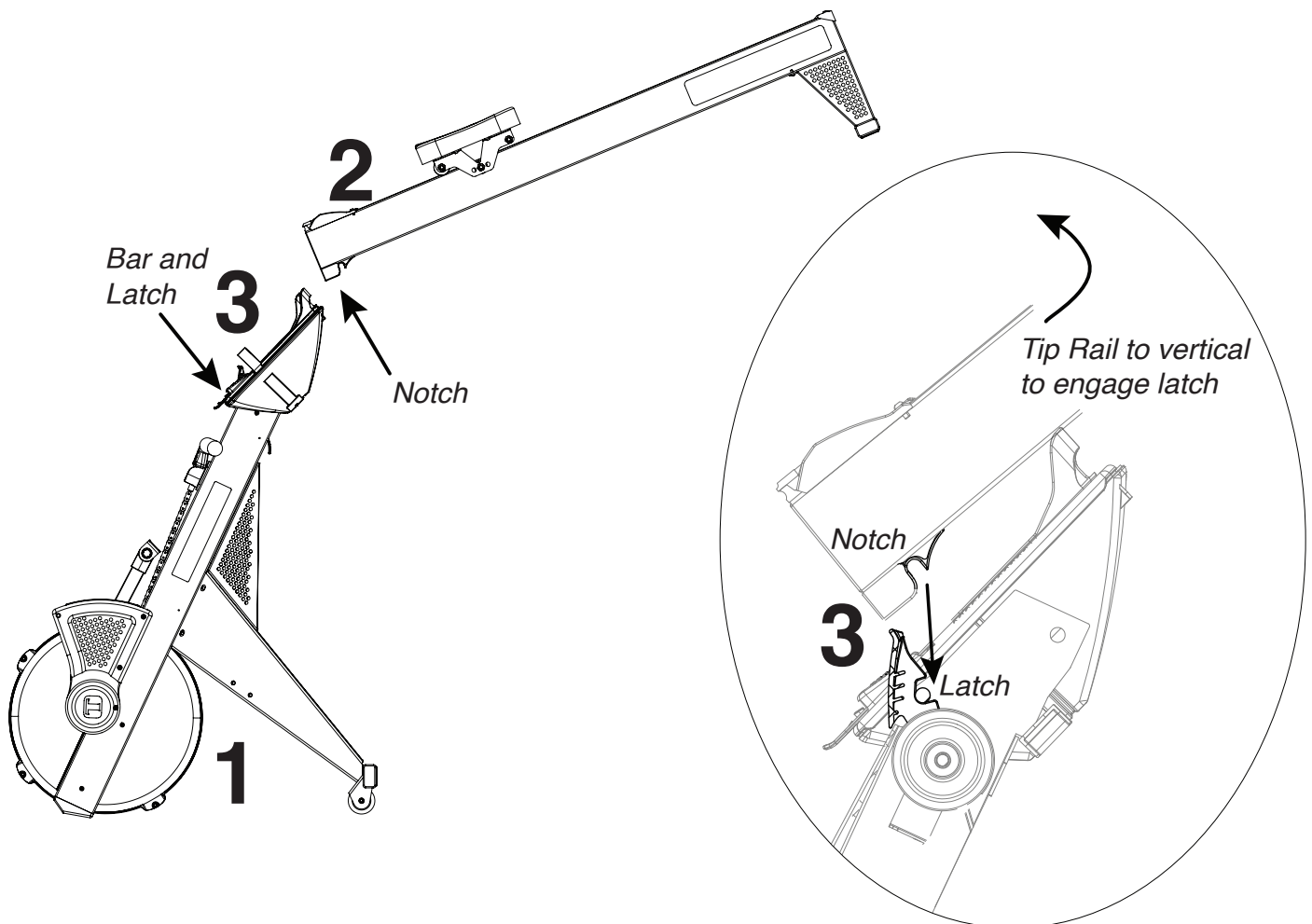
1. With the engine assembly still upside down, orient the stabilizer to the engine assembly with the wheels toward the front of the rower, as shown.
2. Align the holes in the stabilizer with the holes in the struts on the engine assembly. Insert two (2) M8 button-head screws through the stabilizer and into the struts; finger-tighten.
3. Align the holes in the strut plate with the holes on the inside of one strut, with the Torque logo facing the front of the rower and at the top of the Torque logo toward the floor, as shown. Insert two (2) button-head screws through the strut plate and into the strut; finger-tighten.
4. Align the holes on the other side of the strut with the holds in the other leg. Insert two (2) button-head screws through the strut plate and into the strut, adjusting the position of the plate as needed to allow the screws to be inserted. Finger-tighten both screws.
5. Use a 5mm Allen wrench to tighten all screws inserted in Steps B and C, in this order:
 - a. Legs to brackets - four (4) screws, two on each side
 - b. Stabilizer to struts - two (2) screws. At this point the assembly should feel solid and stable.
 - c. Strut plate to struts - four (4) screws, two in each strut.
 - d. Braces to legs - four (4) screws, two in each leg.
 - e. Braces to rail - four (4) screws and four nuts, two in each side of rail.



D. Attach Rail

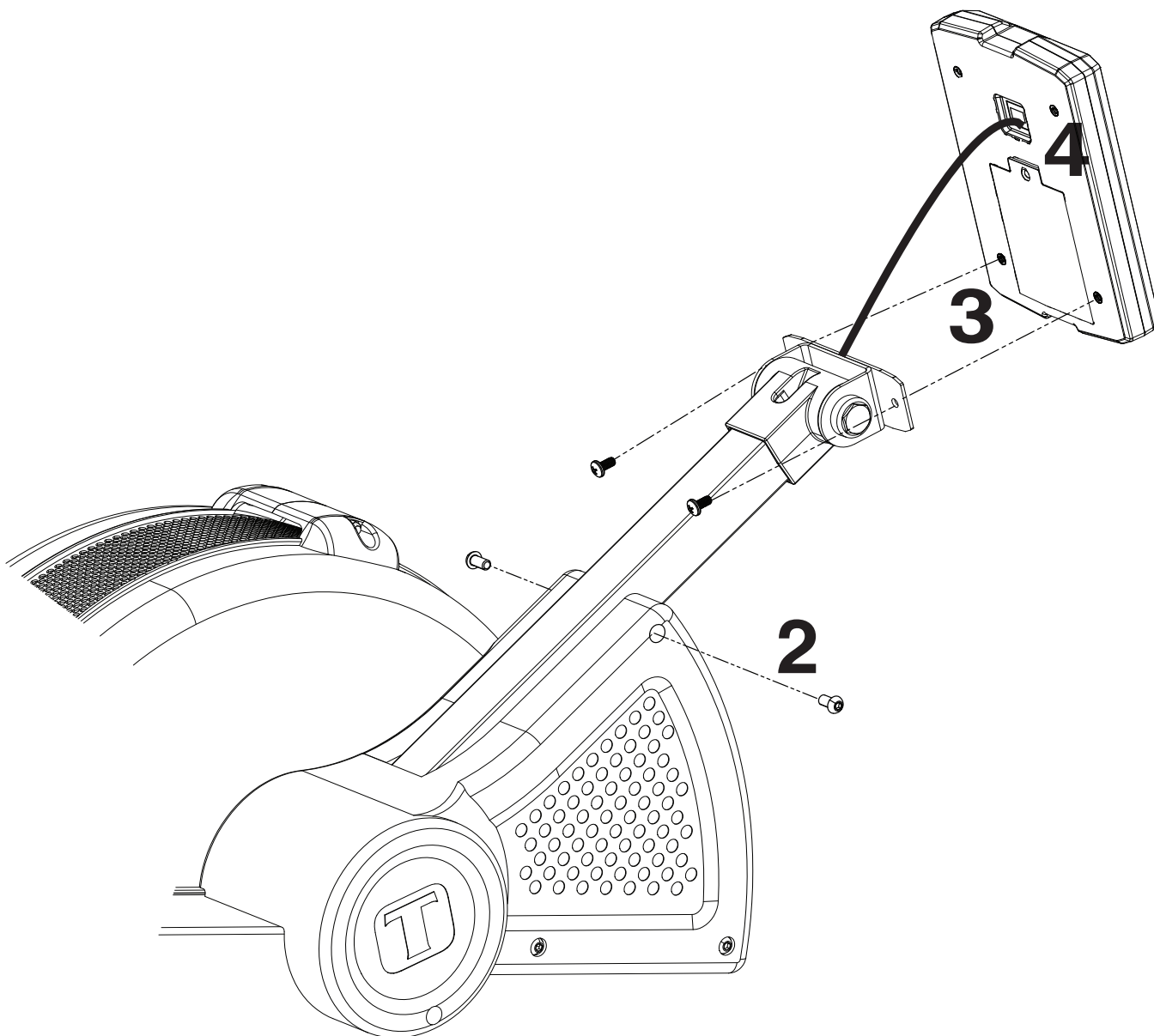
1. Tip the assembled unit up to stand on the stabilizer and fan, as shown.
2. Tip the rail up slightly, allowing the seat to slide forward and taking care to avoid pinching your fingers.
3. Align the notch in the rail assembly with the bar between the foot pedals on the engine assembly. Press the notch of the rail onto the bar and pivot the rail up toward vertical. The latch will open, then snap into place to secure the rail. The rail will be completely vertical, in line with the engine assembly.

Note: *This upright position is for assembly only and is not intended for vertical storage. To store the unit vertically, lift the latch and remove the rail and store the two pieces side-by-side, as shown in the Safety Instructions on page ii of this manual.*



E. Attach Console

1. Tip the assembled unit down to rest on the floor (not shown).
2. Lift the console mast. Align the holes in the side of the mast with the holes on the frame. Insert two (2) M6 socket-head screws and tighten with M5 Allen wrench.
3. Remove the console from the box. Remove the tab from the battery compartment on the back of the console. Align the holes in the mast bracket with the holes in the console back. Insert two (2) #2 Phillips screws and tighten with #2 Phillips screwdriver.
4. Connect the console cable from the mast to the connector on the console back, listening for a click to ensure a good connection.
5. Sit on the rower seat and pull the handle back as you slide back on the seat. The console will illuminate and begin to register workout data.



Stealth Air Rower User Instructions

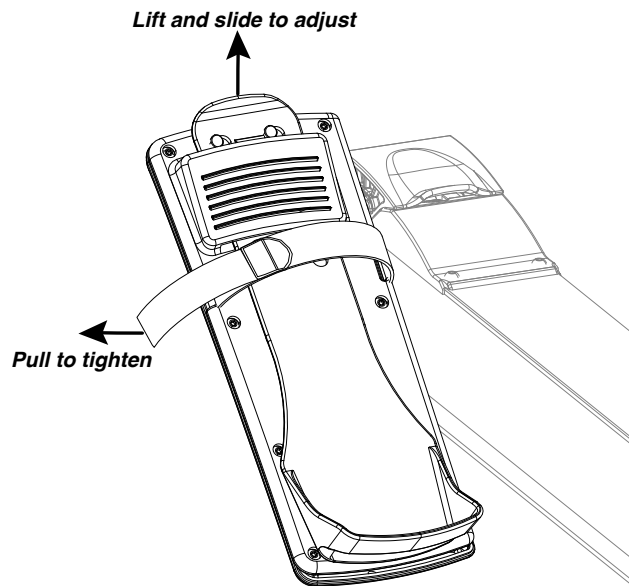
Adjusting the Footplates and Foot Straps

Sit on the rower seat and place your feet on the footplates, under the foot straps, with your heel resting in the heel cup. The foot straps should cross your feet at mid-foot. Tighten each foot strap by grasping the end of the strap and pulling toward the outside of the foot pedal.

To adjust the length of the footplate:

1. Take your feet out of the footplates. Grasp the top of a footplate, lifting it up slightly to remove the retaining pegs from the holes.
2. Slide the footplate up or down to the proper length and position the holes onto the retaining pegs.
3. Insert your foot and check that the strap falls at mid-foot.

Repeat these steps as needed until both footplates are set properly for your feet, then tighten the foot straps.



Adjusting the Damper

The Stealth Air Rower features 10 levels of adjustments to the flywheel, allowing you to find the perfect tension for your workout. Level 1 feels freer and lighter, level 10 feels heavier. To adjust the damper, stand at the side of the rower and move the lever on the side of the flywheel to the desired level. For most people, level 3-5 is optimal; it may take some trial-and-error to find the feel that is right for you.

Note: You may reach forward to adjust the resistance level while seated; however, do not adjust the level while the flywheel is moving, as this may cause damage to the rower.

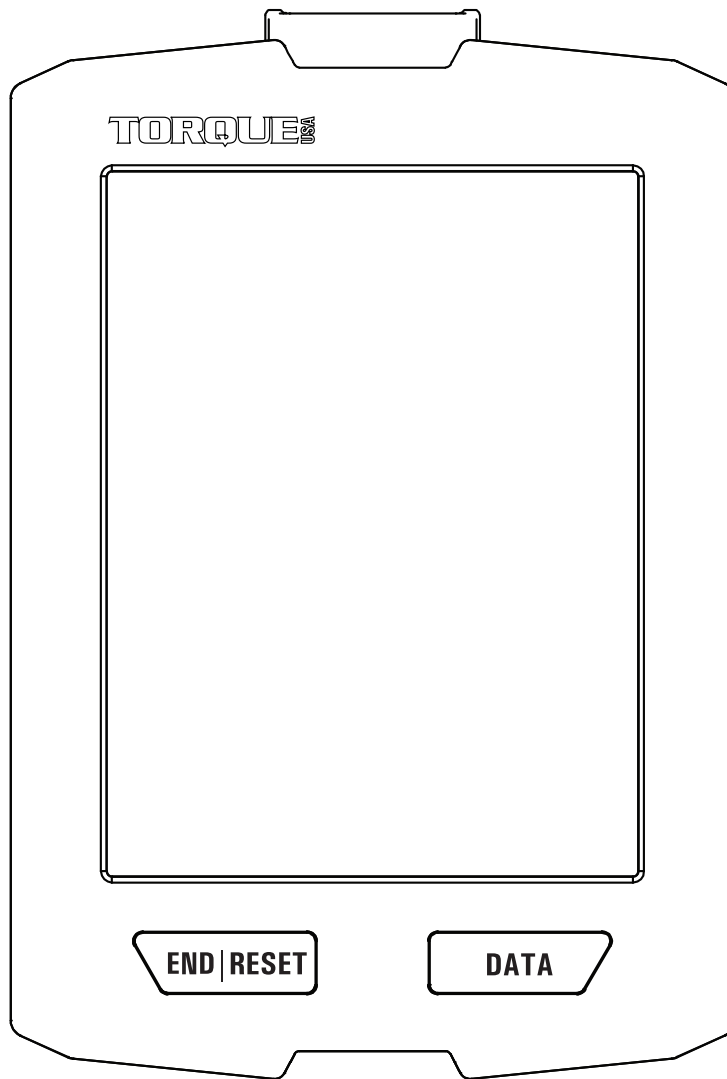
Rowing Technique

1. Sit on the rower seat with your feet secured on the footplates.
2. Grasp the rower handle with both hands. Your shins should be vertical and your torso leaning forward to approximately a “1 o’clock” position. Engage your abdominal muscles and push with your legs, straightening your knees, bending your elbows and pulling the handle to your chest as you slide on the seat to fully extend your knees and tilt your torso back to approximately an “11 o’clock” position.
3. To return to the starting position, extend your arms toward the front of the rower as you hinge forward from the hips. As your torso reaches approximately “1 o’clock”, bend your knees and slide on the seat forward to the starting position, allowing the machine to retract the chain.

Repeat this motion smoothly, without breaks between extension and return, developing a rhythm and keeping a steady cadence.



Console Buttons



The console features two (2) buttons to control the digital display:

END | RESET

Press this button to end a workout. Press the button briefly during a workout to see a workout summary. Press and hold the button to clear the console data.

DATA

Press this button to change the data displayed in the third section of the screen. The possible values are SPLIT/500m, AVG WATTS and CAL / HOUR.

Console Setup

Press DATA, then END | RESET and hold both buttons until the Beep setup screen appears. Press the END | RESET button to save selections and move through the screens.

Two console features may be adjusted in console settings:

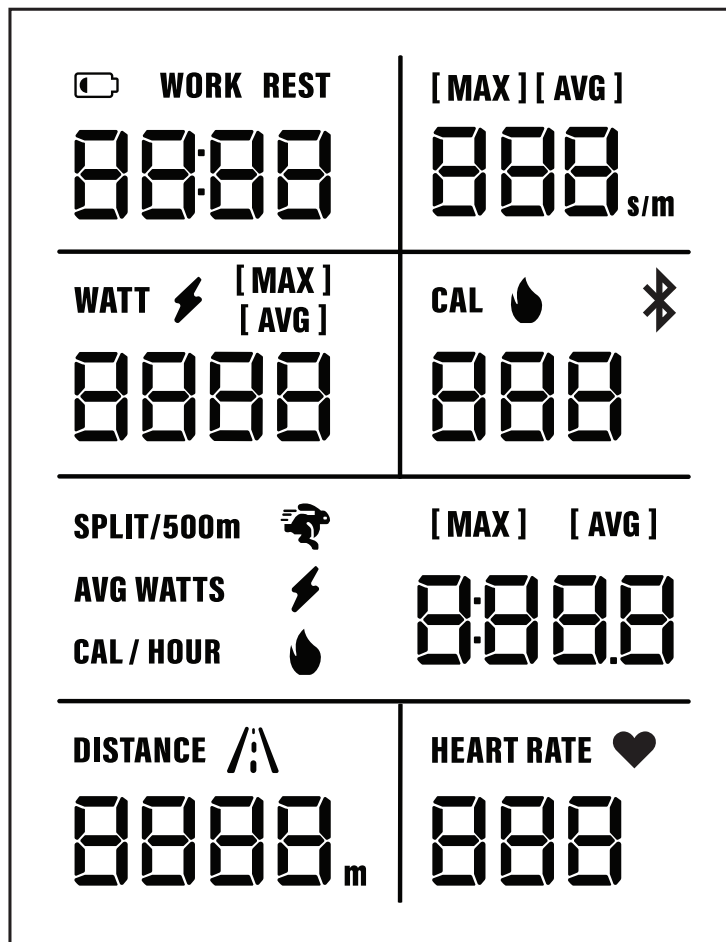
- BEEP** Press DATA to toggle the display sound On and Off. The factory preset value is On.
- LITE** Press DATA to toggle the display light through the back light brightness levels 0 (Off) through 5 (brightest). The factory preset value is 3. Note: A brighter back light setting will drain the console batteries more quickly.

Three additional screens provide machine and software status and diagnostic data. These screens would be referenced when working with a Torque Fitness service representative.

<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td colspan="2" style="font-size: small;">Total machine time (hours minutes)</td> </tr> <tr> <td style="font-size: large;">18</td> <td style="font-size: large;">28</td> </tr> <tr> <td colspan="2" style="border-top: 1px solid black;">3</td> </tr> <tr> <td colspan="2" style="font-size: small;">Total kilometers</td> </tr> <tr> <td colspan="2" style="font-size: large;">456</td> </tr> </table> <p>Machine Status</p>	Total machine time (hours minutes)		18	28	3		Total kilometers		456		<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td colspan="2" style="border-top: 1px solid black;">4</td> </tr> <tr> <td colspan="2" style="border-top: 1px solid black;">U 03</td> </tr> <tr> <td style="font-size: large;">SOFT</td> <td style="font-size: large;">UP</td> </tr> </table> <p>Software Status</p>	4		U 03		SOFT	UP	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="font-size: large;">00:26</td> <td style="font-size: large;">0_{s/m}</td> </tr> <tr> <td style="font-size: small;">WATT ⚡</td> <td style="font-size: large;">0</td> </tr> <tr> <td colspan="2" style="border-top: 1px solid black;">5</td> </tr> <tr> <td colspan="2" style="font-size: small;">🔌</td> </tr> <tr> <td colspan="2" style="border-top: 1px solid black;">0</td> </tr> </table> <p>Diagnostics</p>	00:26	0 _{s/m}	WATT ⚡	0	5		🔌		0	
Total machine time (hours minutes)																												
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Press the END | RESET to exit setup mode.

Display



The digital LCD includes the following data:

WORK	Displays the elapsed time of the active (work) portion of your workout, counting up (minutes:seconds). You are “working” when you are pulling the handles. The times resumes counting after a rest interval and accumulates until the workout has ended. The timer counts up to 99:99, then begins again at 00:00.
REST	Displays the elapsed time of the inactive (rest) portion of the your workout, counting up (minutes:seconds). You are “resting” when you have not pulled the handles for one second or more. The timer resets to zero each time you enter rest mode. Should the rest timer reach five minutes (5:00), the workout is ended and the display enters summary mode.
WATT	Displays the approximate watts currently being generated.
CAL	Displays the approximate number of calories burned during the workout (based on a user weight of 150 pounds), ranging from 0-999. The counter resumes after a rest interval and accumulates until the workout has ended.
DISTANCE	Displays the approximate length, in meters, from 1 to 9999. The counter resumes after a rest interval and accumulates until the workout has ended.
HEART RATE	Displays your current heart rate, in beats per minute. You must be wearing a compatible heart rate chest strap.

Press the DATA button to toggle between these values in the middle section of the screen:

SPLIT/500m	Displays your current pace, stated as a predicted 500 meter time (minutes:seconds).
AVG WATTS	Displays the average watts generated per stroke during the workout
CAL / HOUR	Displays the approximate total calories burned in one hour, at the current level of effort, from 0-9999.

At the end of a workout, press the END | RESET button. The display toggles for five minutes between two summary screens, including the following data:

WORK	Total workout time (including rest time)
[MAX] S/M	Total active time
[AVG] S/M	Maximum strokes per minute
[MAX] WATTS	Average strokes per minute
[AVG] WATTS	Maximum watts generated during the workout
CAL	Average watts generated per stroke during the workout
SPLIT/500m [MAX]	Total calories burned
SPLIT/500m [AVG]	Maximum 500 meter split time (your fastest pace)
DISTANCE	Average 500 meter split time (your average pace)
	Total Distance in meters

If the handles are pulled during summary screen display, the workout resumes.

Press and hold END | RESET to clear the workout and the summary.

Maintenance

The Stealth Air rower must be examined regularly for damage and wear. Damaged or worn components must be replaced immediately with Torque Fitness-approved service parts.

Follow this schedule to keep your unit in peak operating condition:

Frequently:

- Check for loose, broken or damaged parts. Ensure the chain is not slipping, twisted or loose.
- Check the chain and untwist as needed. To untwist the chain, turn the handle in the opposite direction of the visible twist.
- Clean the handles and rail with a damp cloth to remove perspiration and dirt.

Monthly:

- Wipe down all surfaces of the rower with a damp cloth to remove dust and dirt.
- Tip the unit up and clean the wheels under the seat with a damp cloth. The seat should slide smoothly on the rail with no hitches, catches, or bumps.
- Check the bungee cords on the underside of the rail for wear, including fraying or broken strands. Contact the Torque Fitness service team for advice if noticeable wear is found.

As Needed:

- Replace the console batteries:
 1. Use #1 Phillips screwdriver to remove the screw from the battery compartment cover on the back of the console.
 2. Remove depleted batteries and dispose of them properly. Insert four (4) fresh AA batteries, oriented as shown on the diagram in the battery compartment.
 3. Replace the battery compartment cover and use #1 Phillips screwdriver to secure with screw.

In high-use settings, additional detailed cleaning may be required to maintain optimal performance. Your Torque Fitness service team can provide additional direction.

For service and support, contact your dealer, or email service@torquefitness.com, or call 763-754-7533.

Limited Product Warranty

For warranty information, visit www.torquefitness.com/pages/warranty.

If you purchased your machine outside of the United States, consult your local distributor or dealer for warranty coverage.

TORQUE^{USA}

DON'T QUIT. EVER.™

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