

NOTE:  
Please read all instructions  
carefully before using this  
product

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Model  
AMZ-986RW-BT

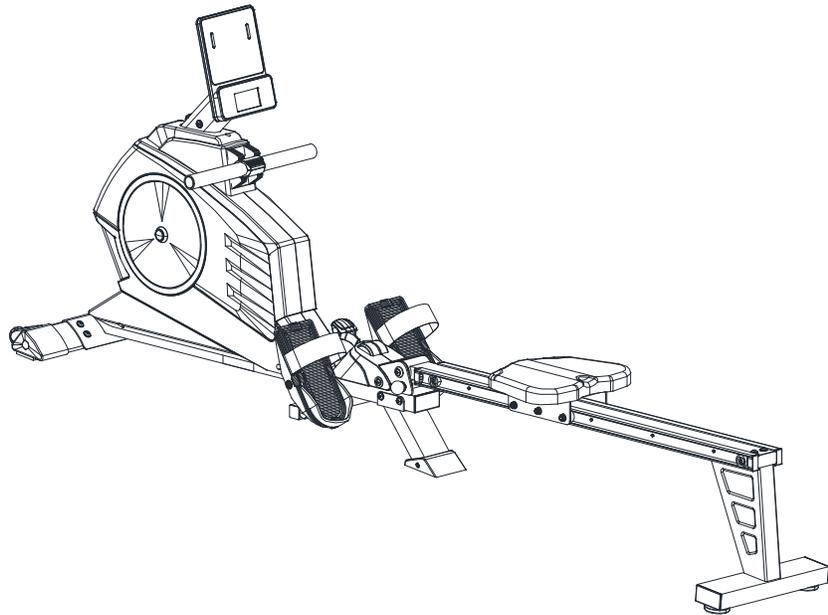
Retain This  
Manual for  
Reference

200110

ASSEMBLY &  
OWNER'S  
MANUAL

**CIRCUIT  
FITNESS**

## Magnetic-Resistance Deluxe Rowing Machine AMZ-986RW-BT



**IMPEX<sup>®</sup> INC.**

2801 S. Towne Ave, Pomona, CA 91766  
Tel: (800) 999-8899 Fax: (626) 961-9966

[www.marcypro.com](http://www.marcypro.com)

[support@impex-fitness.com](mailto:support@impex-fitness.com)

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## BEFORE YOU BEGIN

Thank you for selecting the CIRCUIT FITNESS Magnetic-Resistance Deluxe Rowing Machine AMZ-986RW-BT by IMPEX® INC. For your safety and benefit, read this manual carefully before using the bike. As a manufacturer, we are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee you complete satisfaction through direct assistance from our factory. To avoid unnecessary delays, *please call our TOLL-FREE customer service number*. Our Customer Service Agents will provide immediate assistance to you.

**Toll-Free Customer Service Number**

**1-800-999-8899**

**Mon. - Fri. 9 a.m. - 5 p.m. PST**

[www.marcypro.com](http://www.marcypro.com)

[support@impex-fitness.com](mailto:support@impex-fitness.com)

## IMPORTANT SAFETY NOTICE

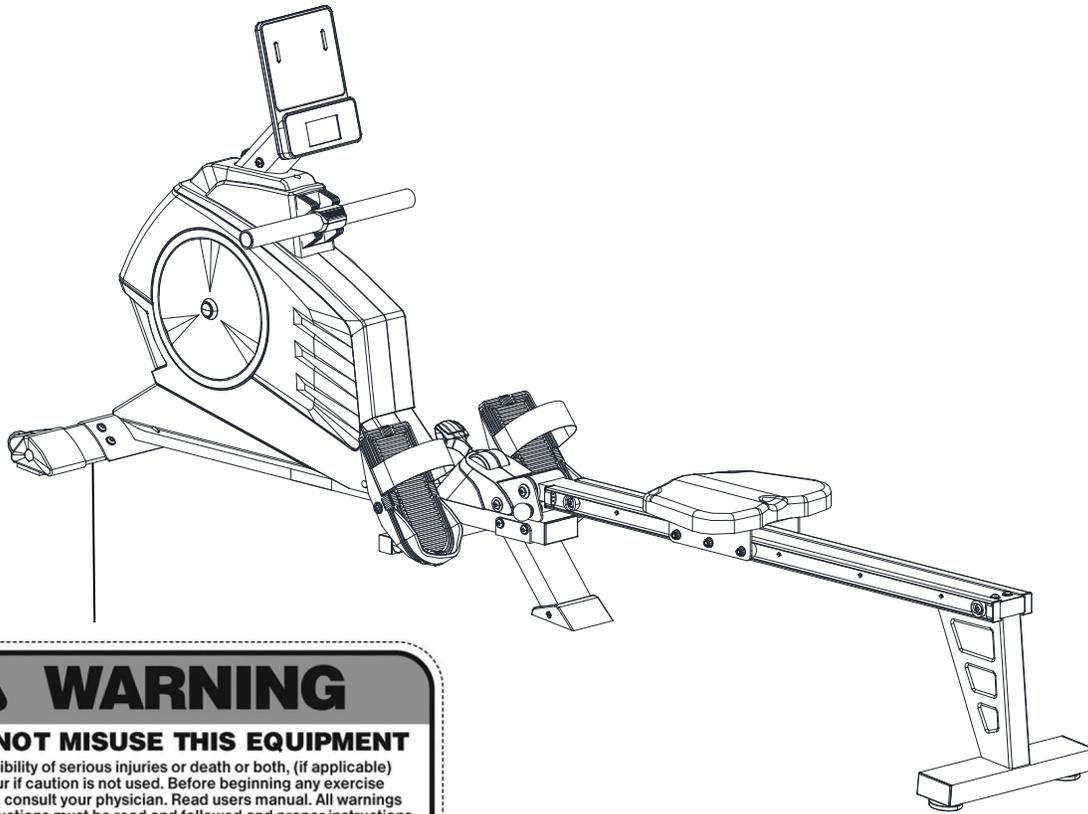
### **PRECAUTIONS**

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. Read all warnings posted on the exercise bike.
13. Inspect the exercise bike for worn or loose component prior to use. Tighten/replace any loose or wore components prior to use.
14. Care should be taken in mounting or dismounting the exercise bike.
15. **This exercise bike is for consumer and home use only.**

**WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT. SAVE THESE INSTRUCTIONS.**

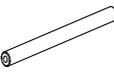
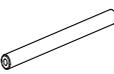
## WARNING LABEL PLACEMENT

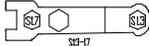
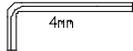
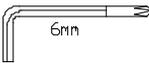


The Warning Labels shown here has been placed on the Front Stabilizer. If the labels are missing or illegible, please call customer service at 1-800-999-8899 for replacement. Apply the labels in location shown.

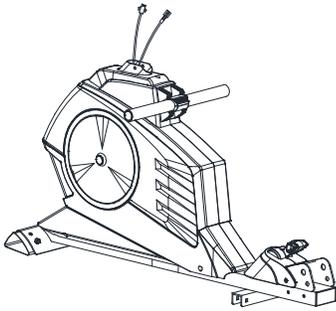
## HARDWARE PACK

NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.

NO.	Description	QTY	Drawings
3	Flat washer	11	
11	Allen Bolt	12	
14	End cap for slide rail L/R	1/1	
16	Collar	2	
17	Allen Bolt M8x 3/4"	4	
24	Allen Bolt M8x1 5/8"	2	
27	Stopper	2	
32	Allen Bolt M6x1 1/2"	4	
33	Flat washer	4	
34	Axle for pedal	2	
35	Acorn nut M8	2	
36	Carriage bolt M8*1 3/4	2	
10	Curve washer	5	
67	Lock Washer	2	
68	Flat washer	2	
69	Axle for slide rail	1	
8	Knob	1	

	Allen Wrench	1	
	Allen Key 4MM	2	
	Allen Key 6MM	2	

## COMPONENTS FOR ASSEMBLY



NO:5



NO:51



NO:26



NO:23



NO:31L/R



NO:15



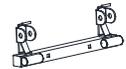
NO:28



NO:2



NO:9



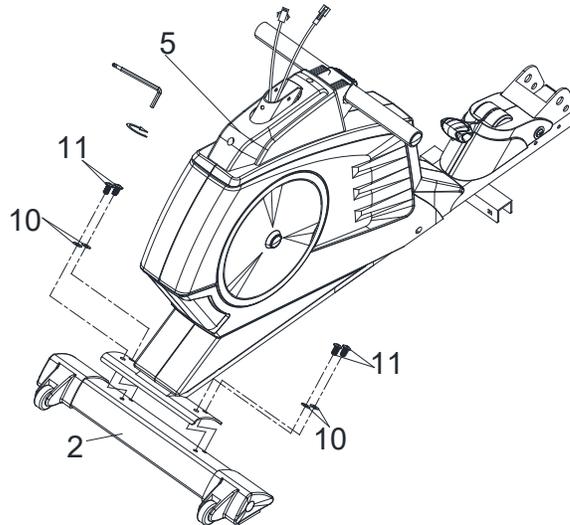
NO:37

## ASSEMBLY INSTRUCTION

- **Tools Required for Assembling the Machine: One Crossing Wrench and Allen Wrench, provided by manufacturer.**
- **NOTE: It is strongly recommended that two or more people assemble this machine to avoid possible injury.**

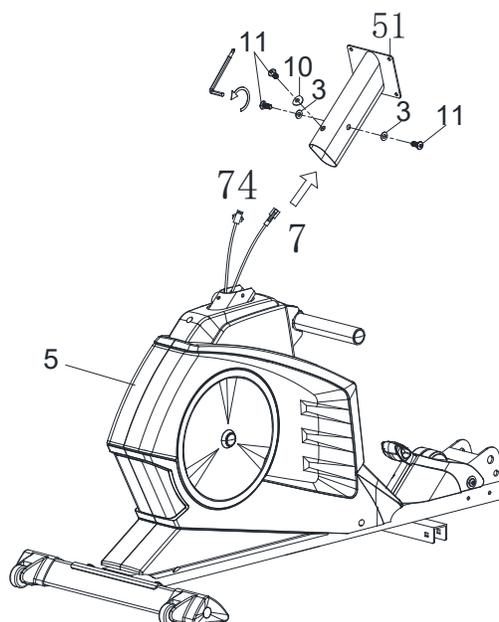
### STEP 1

Attach the front stabilizer (2) to the main frame (5). Secure using four allen bolts (11), Four curve washers (10).



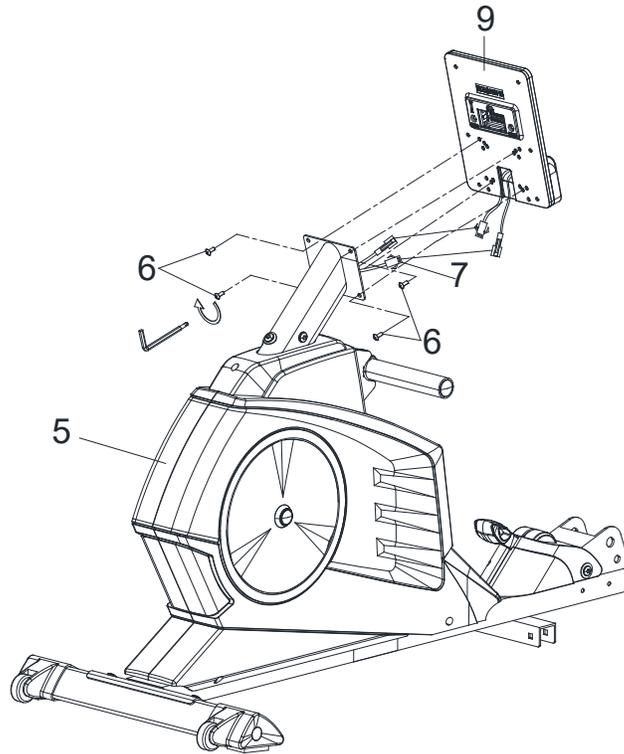
### STEP 2

Insert sensor wire (7) and computer wire (74) into and pull out through the top of the front post (51). Attach front post (51) to Main frame (5) and secure with one set of allen bolts (11) & curved washers (10) and from the sides with two sets of allen bolts (11) and flat washers (3).



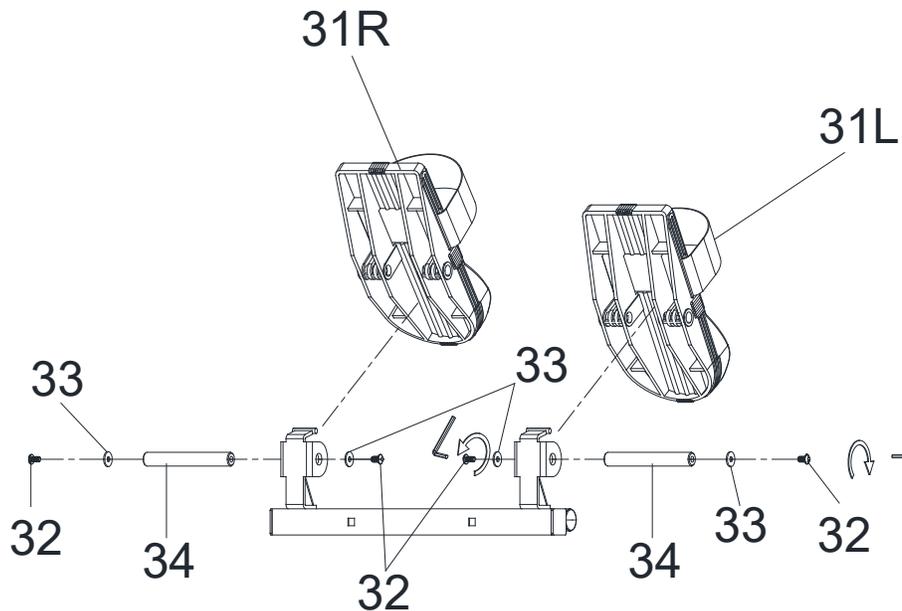
### STEP 3

Connect sensor wire (7) and computer wire (74) to the computer (9). Secure with four screws (6) on the front post.



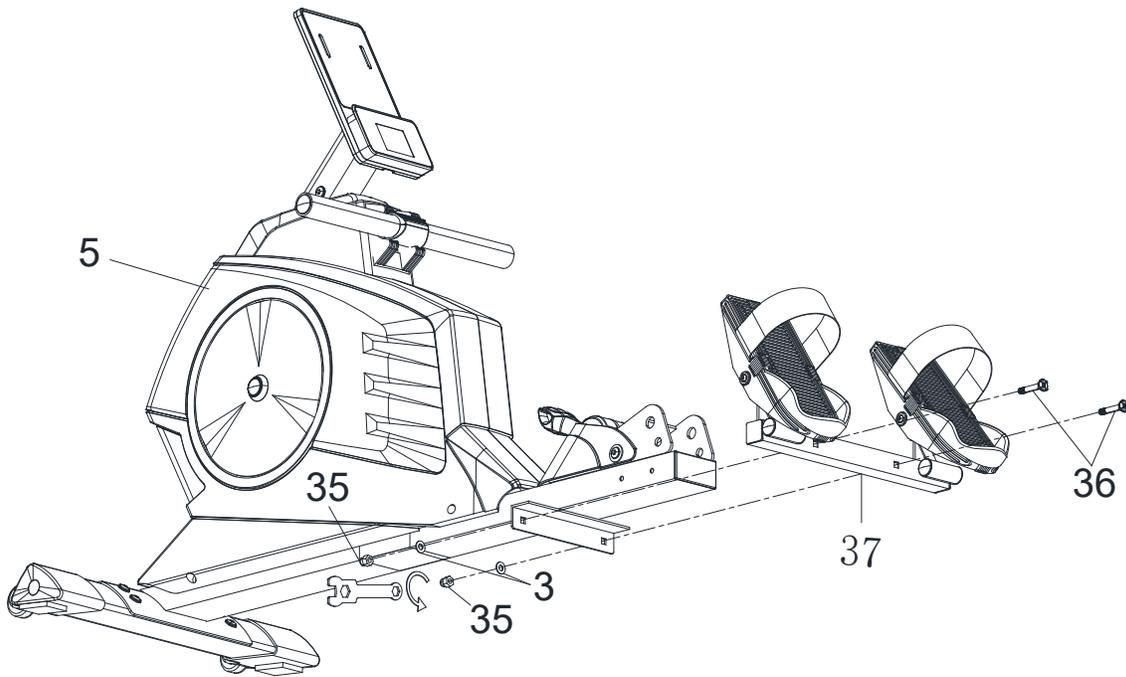
### STEP 4

Attach the left pedal (31L) to the left bracket of the pedal support tube (37), secure using one axle for pedal (34), two allen bolts (32) and two flat washers (33). Repeat the same procedure for right pedal (31R).



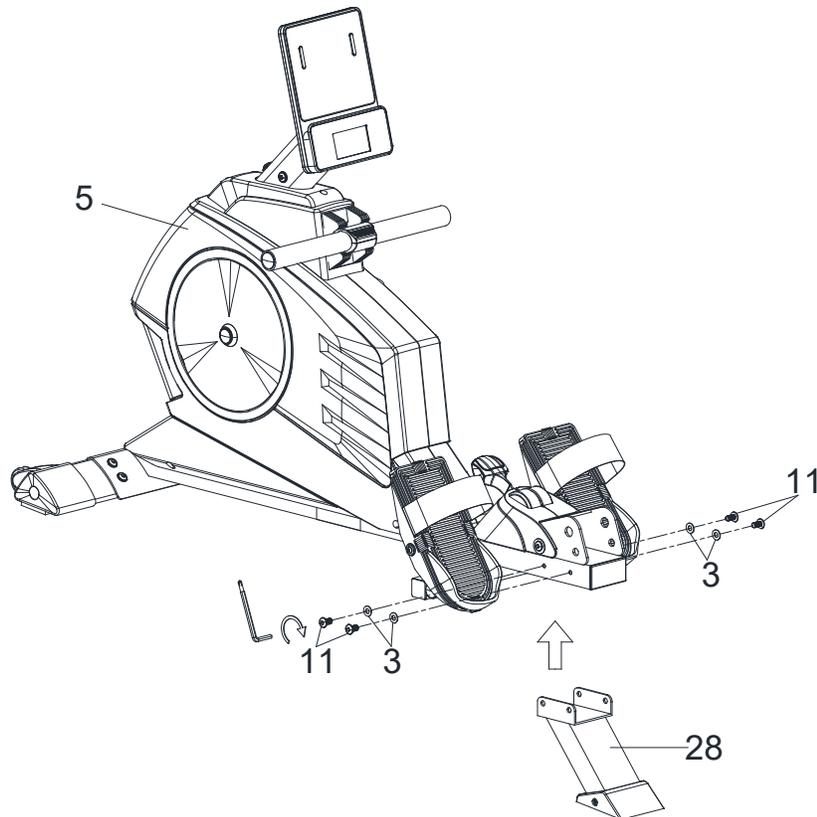
### STEP 5

Attach the pedal support tube (37) to bottom of the main frame (5). Secure using two carriage bolts (36), two flat washers (3) and two acorn nuts (35).



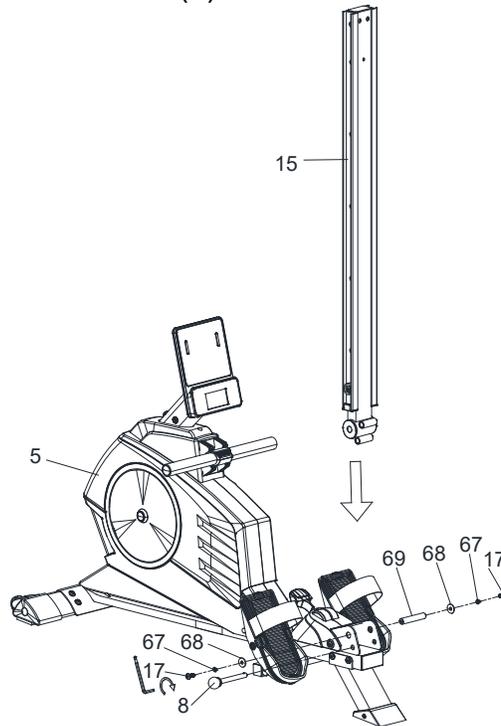
### STEP 6

Attach middle stabilizer (28) to main frame (5), secure with 4 sets of allen bolts (11) and flat washers (3).



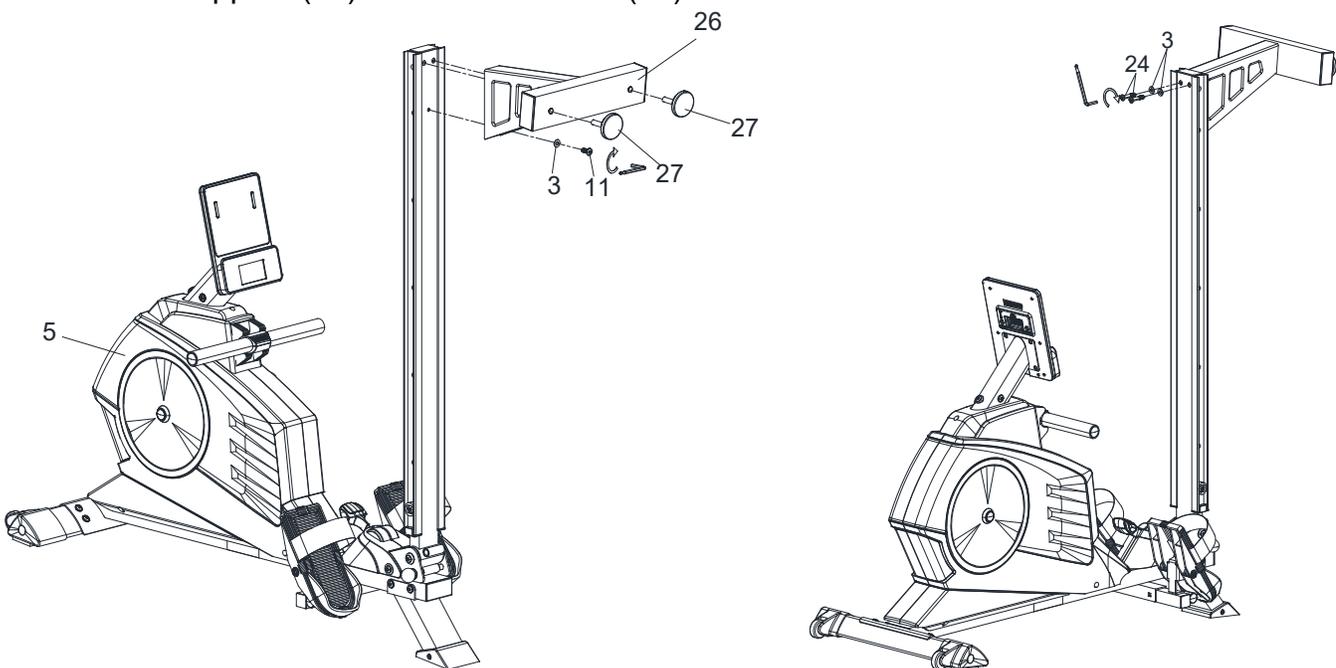
## STEP 7

Attach the slide rail (15) to the main frame (5). Secure using one axle for slide rail (69), two Allen bolts (17), two spring washers (67), and two flat washers (68).  
Fold the slide rail (15) Then insert the knob (8).



## STEP 8

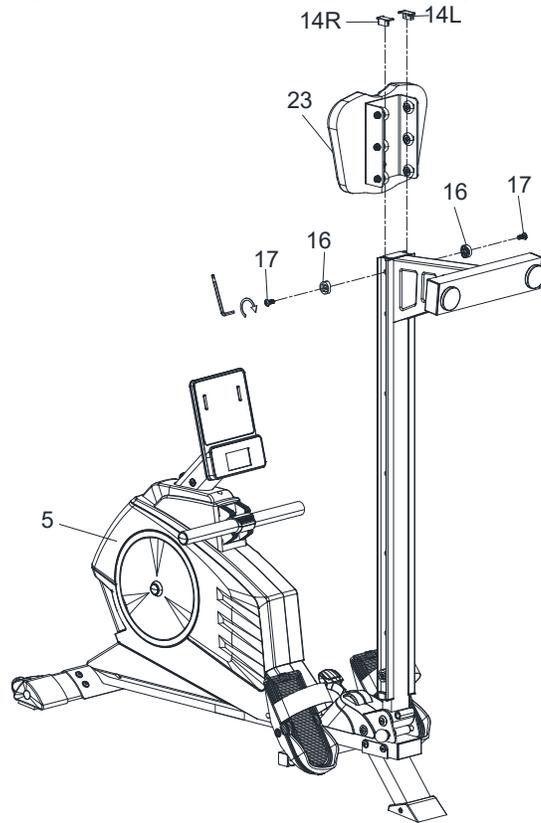
Attach the rear stabilizer (26) to the back of the slide rail (15). Secure one allen bolt (11) and one flat washer (3) on the front of the rear stabilizer, then secure two allen bolts (24) and two flat washers (3) on the rear of the stabilizer.  
Thread two stoppers (27) into rear stabilizer (26).



### STEP 9

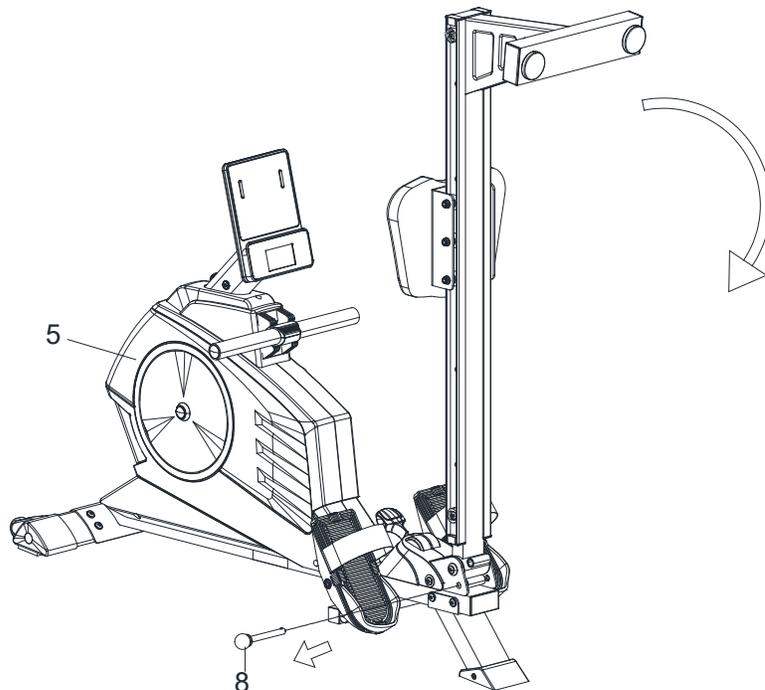
Slide the seat (23) into the slide rail (15). Attach two collars (16) to the back of the slide rail (15) and securing with two allen bolts (17).

Attach the end caps (14L & 14R) to the end of the slide rail (15).



### STEP 10

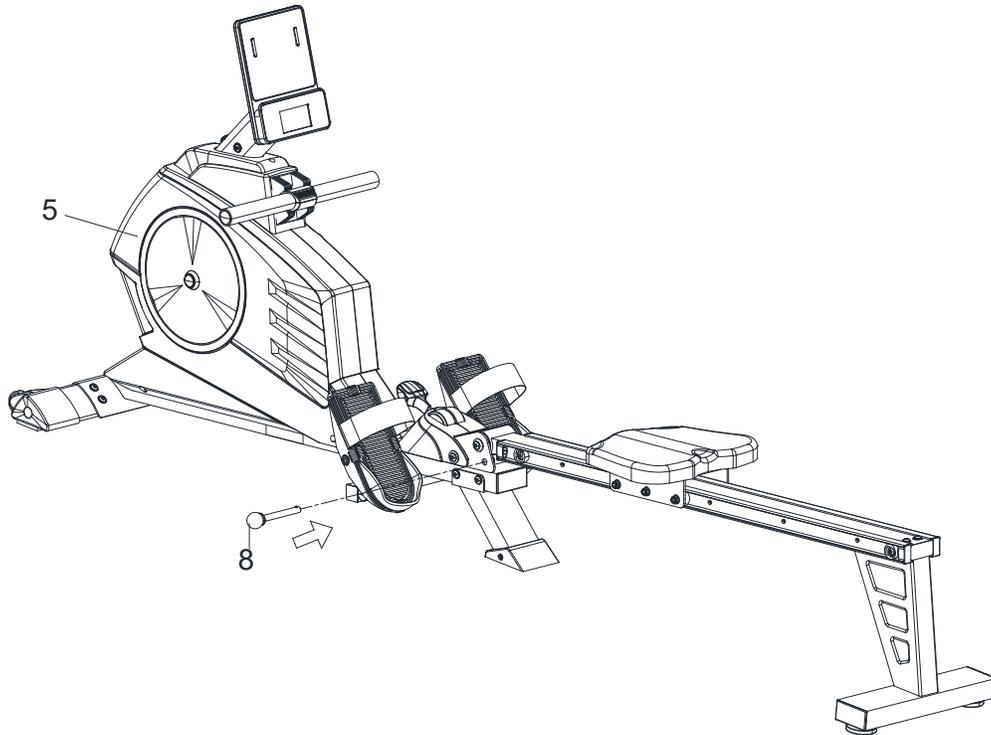
Pull out the locking pin (8) from the main frame and unfold the slide rail (15) slowly.



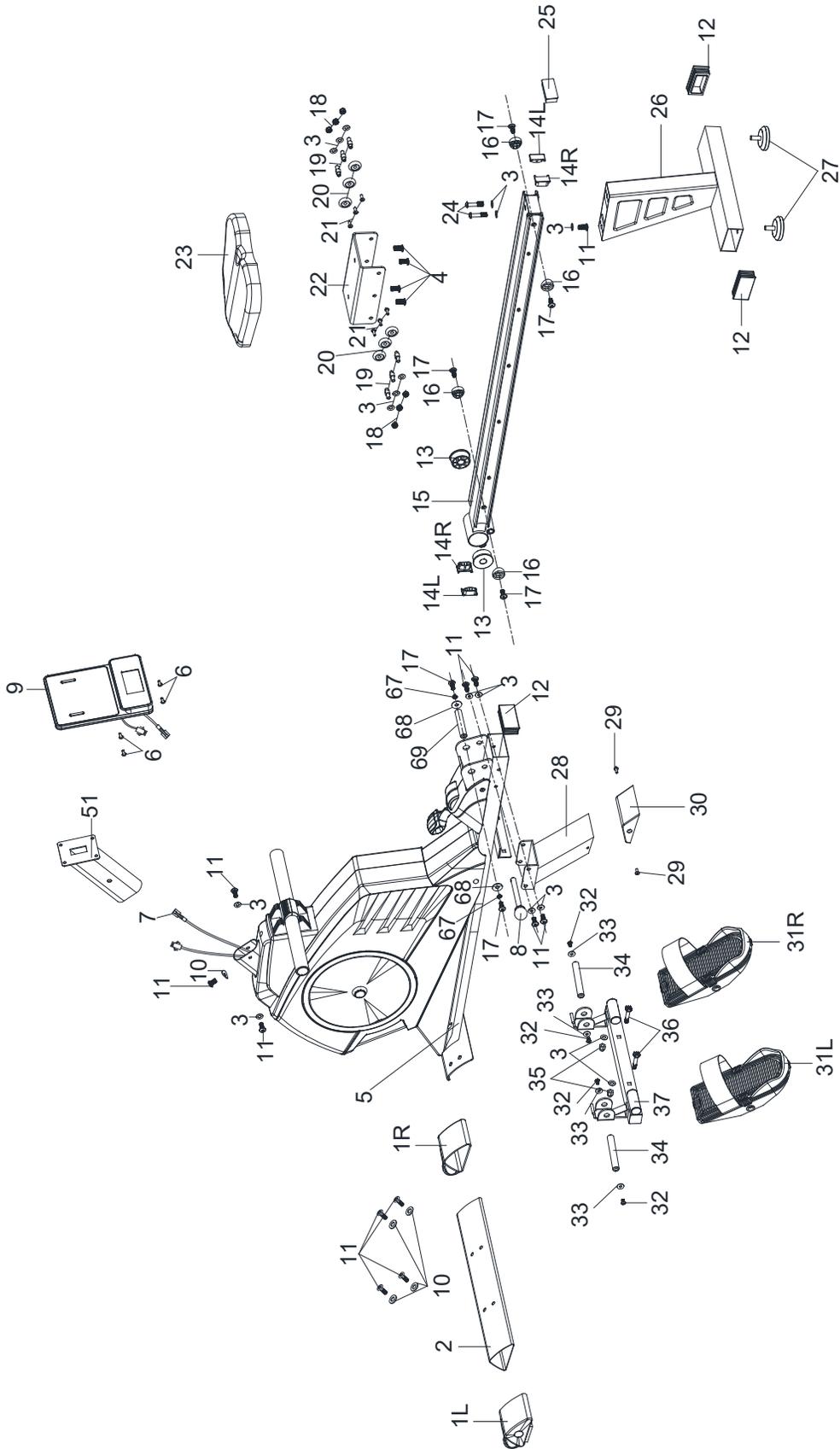
## STEP 11

Set rear stabilizer to the floor and insert locking pin (8) to lock the frame into place.

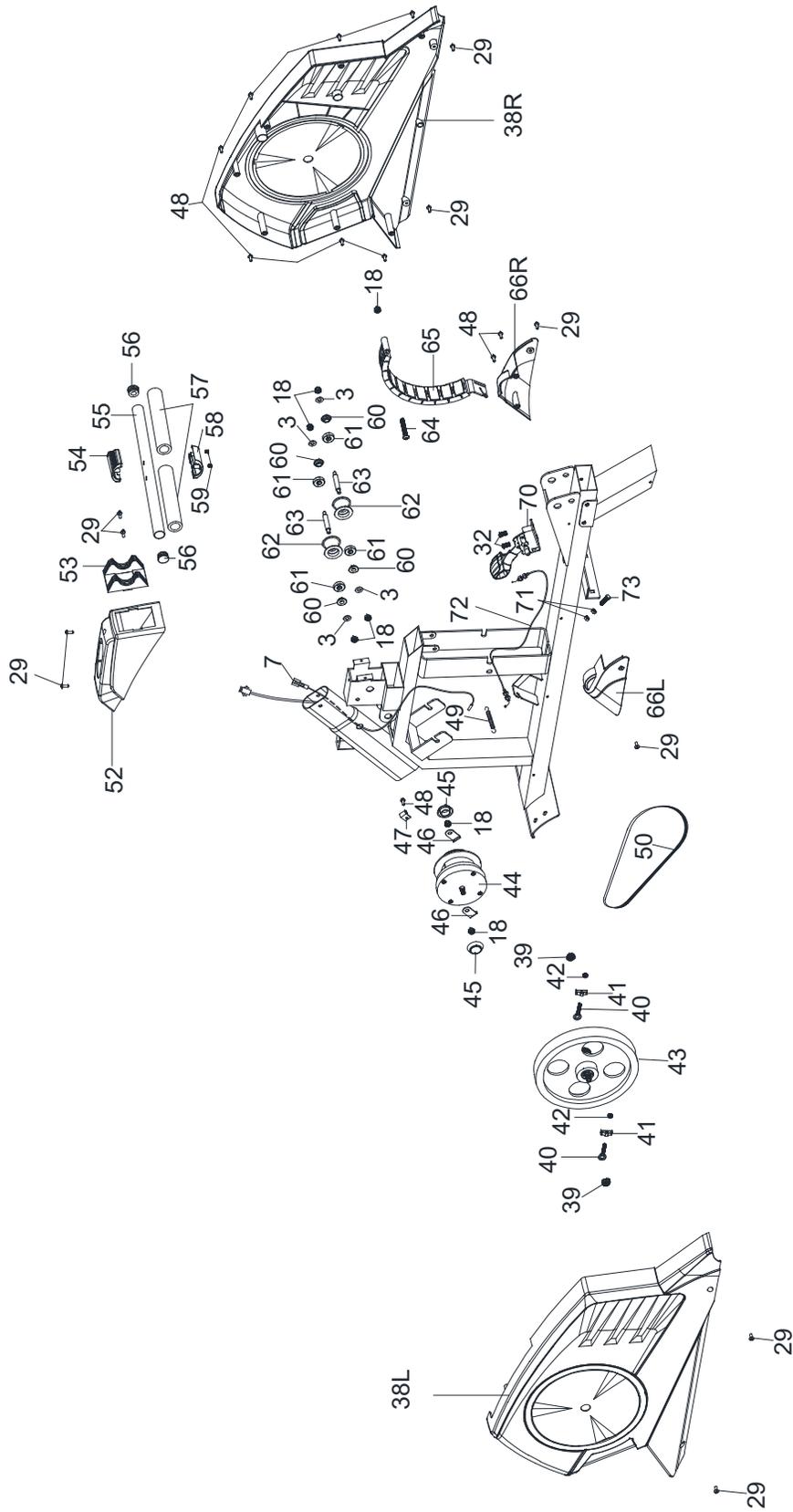
Note: if there is resistance when inserting the locking pin, slightly lift the middle stabilizer, and it will make inserting the pin easier.



# EXPLODED DIAGRAM



# EXPLODED DIAGRAM



## AMZ-986RW PARTS LIST

NO.	Description	Qty
1L/R	End cap for front stabilizer L/R	1/1
2	Front stabilizer	1
3	Flat washer $\Phi 8 \times \Phi 11/16$	21
4	Allen bolt M6x $\frac{3}{4}$ "	4
5	Main frame	1
6	Screw M5x $\frac{1}{2}$ "	4
7	Sensor wire	1
8	Locking Pin	1
9	Computer	1
10	Curve washer $\Phi 8 \times \Phi \frac{3}{4}$	5
11	Allen Bolt M8x $\frac{5}{8}$ "	12
12	End cap	2
13	Sleeve	2
14L/R	End cap for slide rail L/R	2/2
15	Slide rail	1
16	Collar	4
17	Allen Bolt M8x $\frac{3}{4}$ "	6
18	Nylon nut M8	13
19	Axle for Wheel	6
20	Wheel	6
21	Screw M5*9/16	6
22	Seat support plate	1
23	Seat	1
24	Allen bolt M8x1 9/16	2
25	End cap for slide rail	1
26	Rear stabilizer	1
27	Stopper	2
28	Middle stabilizer	1
29	Self-tapping screw ST5*15	12
30	End cap for middle stabilizer	1
31	Pedal L/R	1/1
32	Allen bolt M6x $\frac{1}{2}$ "	6
33	Flat Washer $\Phi 6 \times \Phi 17$	4
34	Axle for Pedal	2
35	Scorn nut M8	2
36	Carriage bolt M8x1 $\frac{3}{4}$ "	2

37	Pedal support tube	1
38L/R	Chain cover L/R	1/1
39	Flange nut	2
40	Screw for clip	2
41	Clip	2
42	Aircraft nut	2
43	Flywheel	1
44	Rope pulley w/rope	1
45	End cap for rope pulley	2
46	Bracket for spring clutch	2
47	Sensor bracket	1
48	Self-tapping screw ST15*9/16	10
49	Spring	1
50	Belt	1
51	Front post	1
52	Decorative cover	1
53	Fix rubber pad	1
54	Upper cover for handlebar	1
55	Handlebar	1
56	End cap for handlebar	2
57	Foam grip for handlebar	2
58	Lower cover for handlebar	1
59	Self-tapping screw 5*9/16	2
60	Powder bushing	4
61	Bearing	4
62	Wheel	2
63	Axle for wheel	2
64	Allen bolt M8x2 3/16"	1
65	Magnetic assembly	1
66L/R	Decorative cover L/R	1/1
67	Lock washer $\Phi 8$	2
68	Flat Washer $\Phi 8 \times \Phi 1$	2
69	Axle for slide rail	1
70	8-level tension gear	1
71	Hex nut M6	2
72	Tension wire	1
73	Hex bolt M6x1"	1
74	Computer wire	1

## CARE, MAINTENANCE AND STORAGE

1. Inspect and tighten all parts each time you use the machine. Replace any worn parts immediately.
2. This machine can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.
3. Store the rower IN-DOOR. Excess moisture and water would cause rust on the frame.
4. The rower shall be placed at least 24 inches away from the wall or/and any other object such as furniture to provide safe access to and passage around the machine.
5. To avoid possible injury, the help of two or more people are needed when moving the machine around.
6. Disposal Instructions – The equipment can be safely disassembled and disposed without unreasonable hazards. Call your local recycle agency regarding details of recycling.
7. **The maximum user weight is 300 lbs.**
8. **Assembled Dimension (L x W x H): 91"x20.5"x31.5"**
9. **Folded Dimension (L x W x H): 49"x20.5"x51"**

## OPERATING NOTES

### TRANSPORT

The Rower has a pair of roller wheels on Front Stabilizer End Cap.

To move, fold up the Rower; carefully hold and tilt the Rower, and then roll.

## COMPUTER



### FUNCTIONAL BUTTONS:

**MODE** - Push down for selecting functions.

**SET** - To Set the consumer movement of time, count, distance, calories.

**RESET** -For resetting consumer movement of time, count, distance, calories.

### FUNCTION AND OPERATIONS:

**1.SCAN:** Press “MODE” button until “SCAN” appears, monitor will rotate through all the 6 functions: Time, count, distance, RPM, calorie. Each display will be held for 6 seconds.

**2.TIME:** (1) Count the total time from exercise start to end.  
(2) Press “MODE” button until “TIME” appears, press “SET” button to set exercise time. Automatically count down from targeting value during exercise.

**3.COUNT:** (1) Count the count from exercise start to end.  
(2) Press “MODE” button until “COUNT” appears. Press “SET” button to set exercise count. Automatically count down from targeting value during exercise.

**4.DISTANCE:** (1) Count the distance from exercise start to end.  
(2) Press “MODE” button until “DIST” appears. Press “SET” button to set exercise distance. Automatically count down from targeting value during exercise.

**5.COUNT/MIN(RPM)** : Automatically accumulates the workout counts per minute.

**6.CALORIES:** (1) Count the total calories from exercise start to end.  
(2) Press “MODE” button unit “CAL” appears. Press “SET” button to set exercise calories. Automatically count down from targeting value during exercise.

**7. PULSE:** The pulse function will only work if it is connected to a chest strap system (not included)

### NOTE:

1. If the display is faint or shows no figures, please replace the batteries.
2. The monitor will automatically shut off if there is no signal received after 4 minutes .

### REPLACE BATTERY:

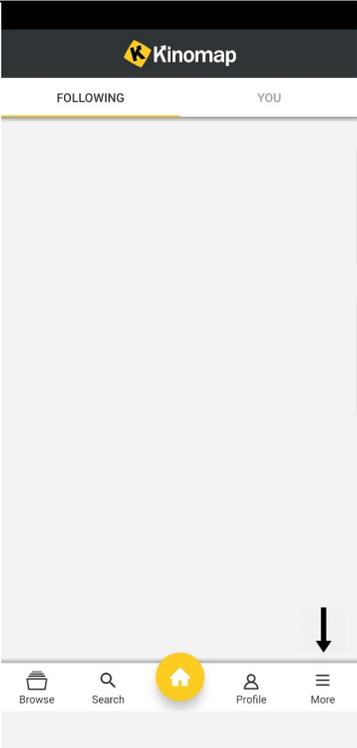
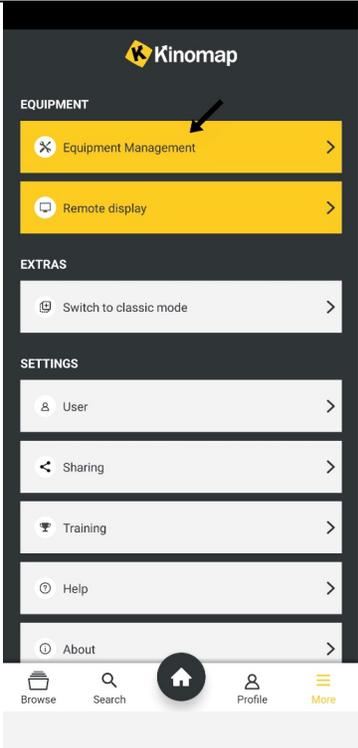
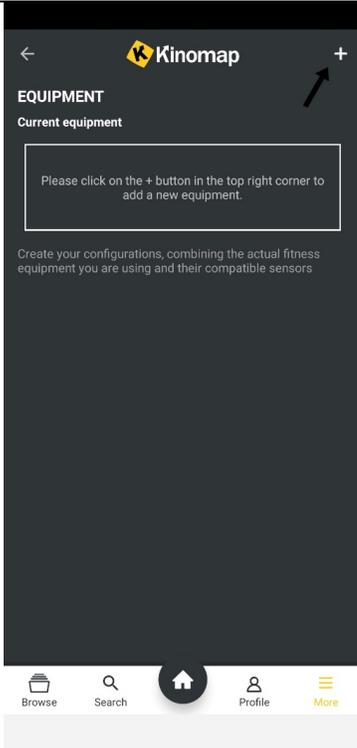
1. Always purchase the correct size and grade of battery most suitable for the intended use.
2. Replace all batteries of a set at the same time.
3. Clean the battery contacts and also those of the device prior to battery installation.
4. Ensure the batteries are installed correctly with regard to polarity (+ and -).
5. Remove batteries from equipment when not in use for extended periods of time.
6. Remove used batteries promptly.
7. The Computer requires two 1.5V (AAA) batteries. Batteries are not included in packaging.
8. If the display is not clear or only partial segments appeared, remove the batteries and wait for 15 seconds before re-install them.
9. The battery life is approx. 3 months under normal usage.
10. **When the batteries are removed, all the functional values will reset to zero.**

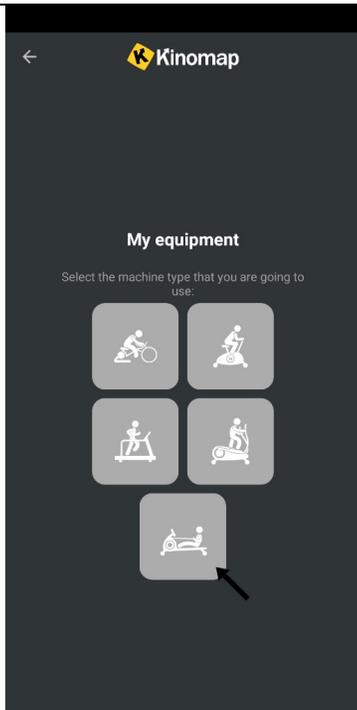
### Note:

**Please note all values on this computer are approximate and they are for comparison purpose only. Do not use these values for any medical or rehabilitation purpose.**

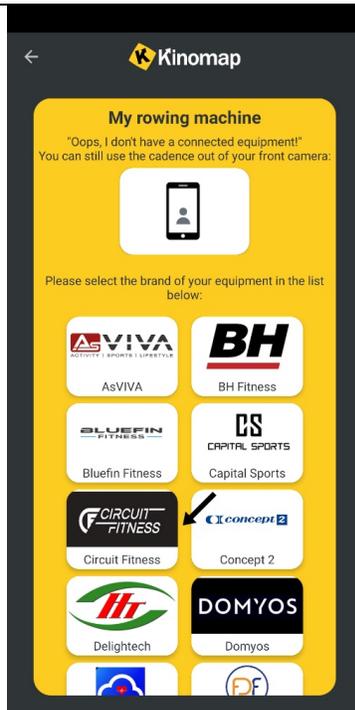
## PAIRING WITH KINOMAP Kinomap

1. Install and start the Kinomap App. (App can be found in Apple's App Store and Android's Play Store.)
2. Register and log into Kinomap if you have not already done so.
3. Turn on your Bluetooth on your phone. (See your phone instructions on how to turn on your Bluetooth.)
4. Ensure that the computer is powered on. (Pull the rowing handle to power on the computer.)

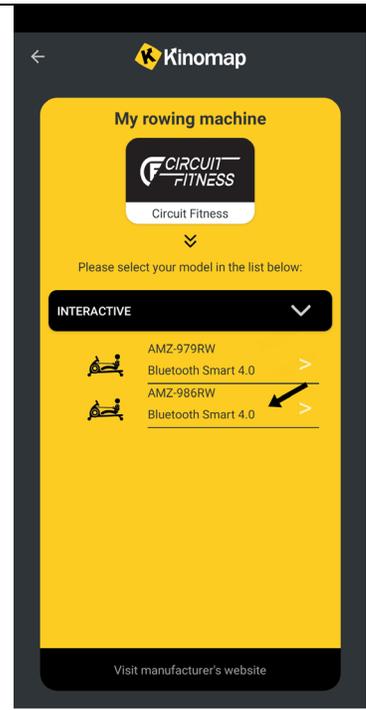
 <p>5. Select "More" to enter setup.</p>	 <p>6. Click on "Equipment Management"</p>	 <p>7. Click on the "+" to add rower.</p>
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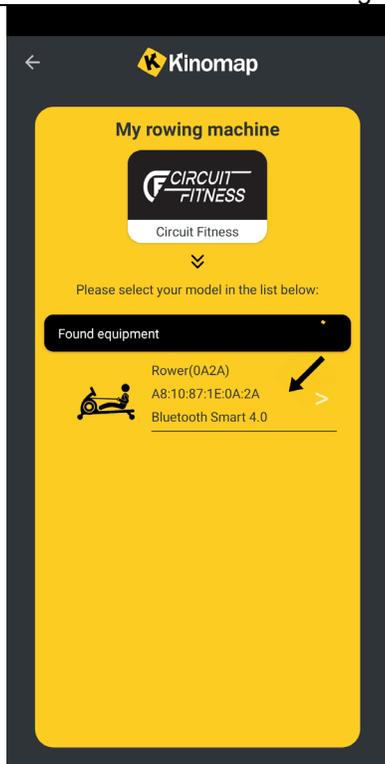
8. Select the "rower" icon to begin.



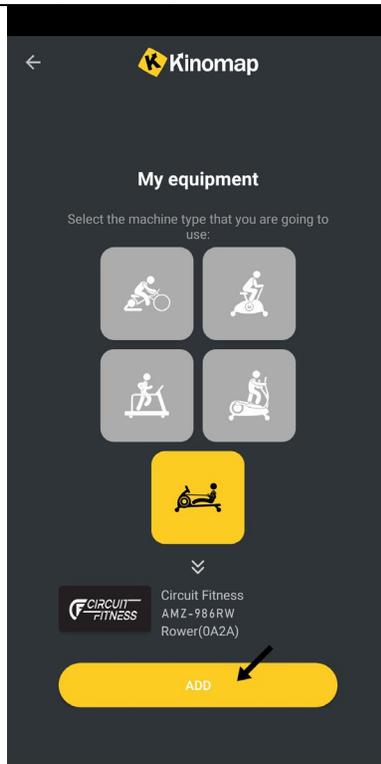
9. Select Circuit Fitness.



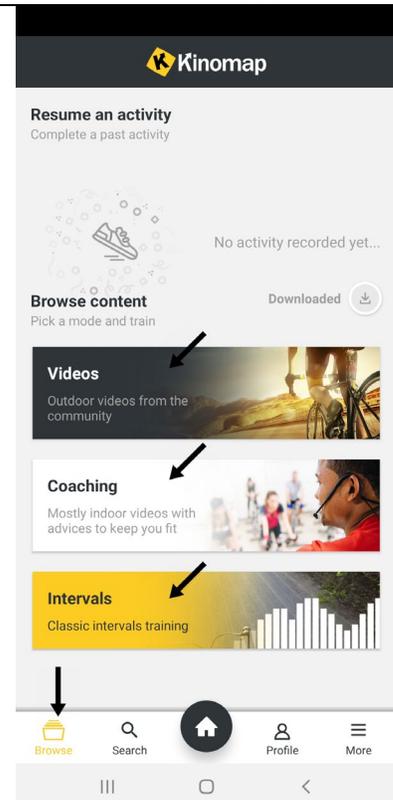
10. Select the AMZ-986RW rower.



11. Select the "rower" to pair.



12. Click "Add" to complete pairing.



13. Click on "Browse" and select a category (Videos, Coaching, Intervals) to begin your workout journey.

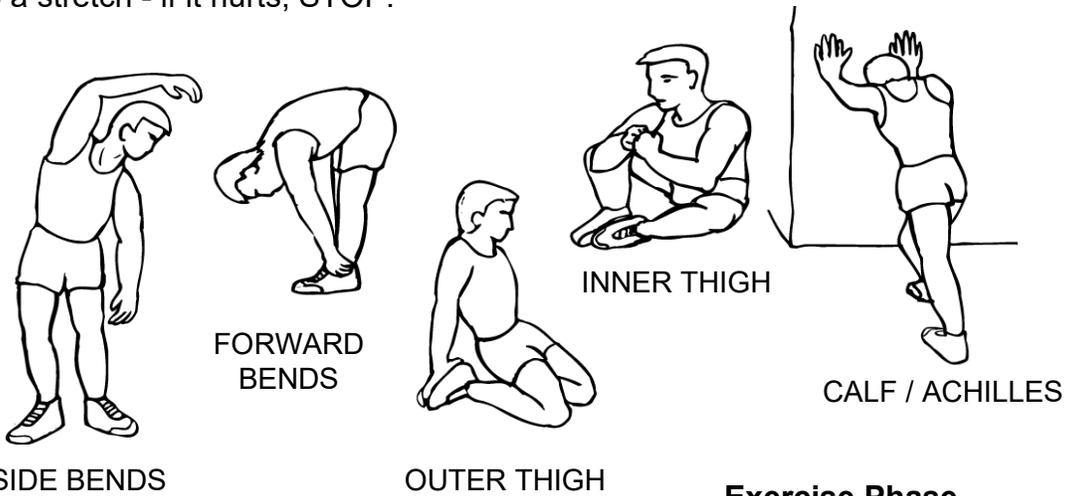
14. For More information on how to use KINOMAP, please visit [www.kinomap.com](http://www.kinomap.com).

## EXERCISE GUIDELINES

Using your **MAGNETIC ROWER** will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie controlled diet help you lose weight.

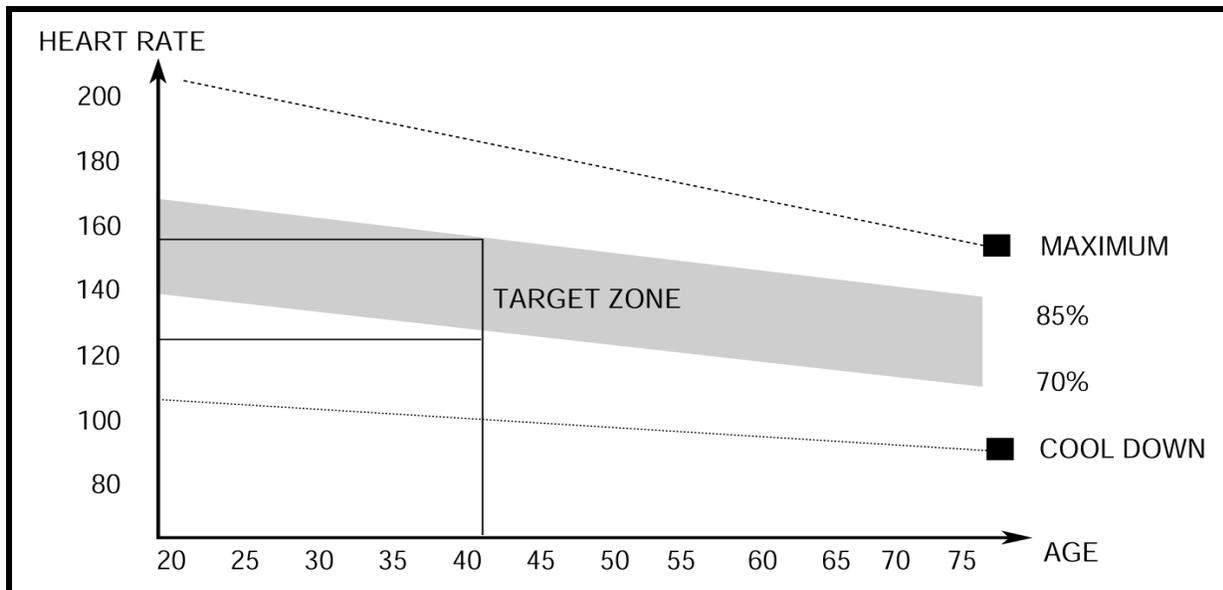
### 1. The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.



### 2. The

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work to your targeted heart rate but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heartbeat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes

### 3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

## MUSCLE TONING

To tone muscle while on your **MAGNETIC ROWER** you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

## WEIGHT LOSS

**The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.**

# IMPEX<sup>®</sup> INC.

## LIMITED WARRANTY

IMPEX Inc. ("IMPEX<sup>®</sup>") warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of two years on the Frame from the date of purchase. This warranty extends only to the original purchaser. IMPEX's obligation under this Warranty is limited to replacing or repairing, at IMPEX's option.

All returns must be pre-authorized by IMPEX. Pre-authorization may be obtained by calling IMPEX Customer Service Department at 1-800-999-8899. All freights for products return to IMPEX must be prepaid by the customer. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an IMPEX authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by IMPEX.

IMPEX is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or other damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyments or use, costs of removal, installation or other consequential damages or whatsoever natures. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal right. You may also have other rights which vary from state to state. Register on-line [www.marcypro.com](http://www.marcypro.com)

**IMPEX<sup>®</sup> INC.**  
**2801 S. Towne Ave.**  
**Pomona, CA 91766**

### **ORDERING REPLACEMENT PARTS**

Replacement parts can be ordered by calling our Customer Service Department toll-free at **1-800-999-8899** during our regular business hours: Monday through Friday, 9 am until 5 pm Pacific standard time.

**[support@impex-fitness.com](mailto:support@impex-fitness.com)**

When ordering replacement part, always give the following information.

1. Model
2. Description of Parts
3. Part Number
4. Date of Purchase