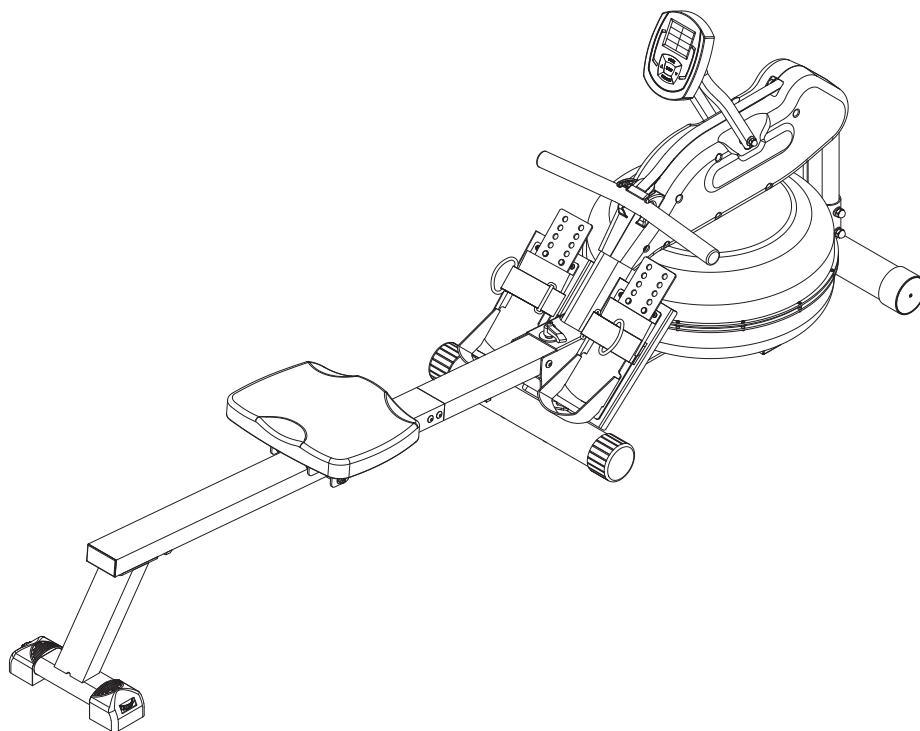




**STAMINA®**  
**WAVE**  
Water Rowing Machine 1450

# Owner's Manual



Product May Vary Slightly From Pictured.

**CAUTION:**

Weight on this product should not exceed 250 lbs.

**▲ WARNING**

Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment. If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can also occur if all instructions are not followed. Keep others and pets away from equipment when in use. Always make sure all bolts and nuts are securely tightened prior to each use. Follow all safety instructions in this manual.

When calling for parts or service, please specify the following number:

**Model#: 35-1450**

This Product is Distributed Exclusively by



2040 N. Alliance, Springfield, MO 65803

Customer Care

1 (800) 375-7520

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

**STAMINA PRODUCTS**  
MADE IN CHINA

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2016, 09

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## SAFETY INSTRUCTIONS

- ⚠ WARNING** This product contains a chemical known to the State of California to cause cancer and birth defects or other reproductive harm.
- ⚠ CAUTION** Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any health problem. This product is for home use only. Do not use in institutional or commercial applications. Failure to follow all warnings and instructions could result in bodily injury and property damage.
- ⚠ WARNING** To reduce the risk of serious injury, read the following Safety Instructions before using the Wave Water Rowing Machine 1450.

1. Save these instructions and ensure that other exercisers read this manual prior to using the **Wave Water Rowing Machine 1450** for the first time.
2. Read all warnings and cautions posted on the **Wave Water Rowing Machine 1450**.
3. The **Wave Water Rowing Machine 1450** should only be used after a thorough review of the Owner's Manual. Make sure that it is properly assembled and tightened before use.
4. We recommend that two people be available for assembly of this product.
5. Keep children away from the **Wave Water Rowing Machine 1450**. Do not allow children to use or play on the **Wave Water Rowing Machine 1450**. Keep children and pets away from the **Wave Water Rowing Machine 1450** when it is in use.
6. It is recommended that you place this exercise equipment on an equipment mat.
7. Set up and operate the **Wave Water Rowing Machine 1450** on a solid level surface. Do not position the **Wave Water Rowing Machine 1450** on loose rugs or uneven surfaces.
8. Make sure that adequate space is available for access to and around the **Wave Water Rowing Machine 1450**.
9. Before using, inspect the **Wave Water Rowing Machine 1450** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
10. Before using, always check the RAIL(3) to be sure it is securely tighten with the FIXING LEVER(46) and LARGER WASHER(9).
11. Consult a physician prior to commencing an exercise program and follow his/her recommendations in developing your fitness program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician.
12. Follow your physician's recommendations in developing your own personal fitness program.
13. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
14. Do not wear loose or dangling clothing while using the **Wave Water Rowing Machine 1450**.
15. Never exercise in bare feet or socks; always wear proper footwear such as running, walking, or cross training shoes that fit well, provide foot support, and feature non-skid rubber soles.
16. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **Wave Water Rowing Machine 1450**, loss of balance may result in a fall and serious bodily injury.
17. The **Wave Water Rowing Machine 1450** should not be used by persons weighing over 250 pounds.
18. The **Wave Water Rowing Machine 1450** should be used by only one person at a time.
19. The **Wave Water Rowing Machine 1450** is for consumer use only. It is not for use in public or semipublic facilities.



NEED HELP?  
CONTACT US FIRST  
**1 (800) 375-7520**  
[customer.care@staminaproducts.com](mailto:customer.care@staminaproducts.com)

Hi! From all of us here at Stamina Products, thank you for your purchase. We know that you have big fitness goals in mind and we are here to help you along. Call us, email us, or send us a message on Facebook. Be sure to contact us if you have any questions on your new product. We look forward to hearing from you!

With your body in mind,  
***Stamina Customer Care***

To enact your warranty and to help us better serve you,  
please **go online** and register your new product.

**[register.staminaproducts.com](http://register.staminaproducts.com)**

It is quick and easy to register online, but if you're a little old school or just need a reason to raise that little flag on your mailbox, fill out the info on the last page of this manual and mail it in.



**ONLINE**

[customer.care@staminaproducts.com](mailto:customer.care@staminaproducts.com)  
[www.staminaproducts.com](http://www.staminaproducts.com)



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ATTN: Customer Care  
P.O. Box 1071  
Springfield, MO 65801-1071

 [facebook.com/StaminaProducts](https://facebook.com/StaminaProducts)  
[facebook.com/AeroPilates](https://facebook.com/AeroPilates)

**CUSTOMER CARE HOURS:**  
Monday-Thursday, 7:30 AM-5:00 PM, Central Time  
Friday, 8:00 AM-3:00 PM, Central Time

## BEFORE YOU BEGIN

Thank you for choosing the **Wave Water Rowing Machine 1450**. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest.

It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The **Wave Water Rowing Machine 1450** provides a convenient and simple method to begin your journey of getting your body in shape and achieving a happier and healthier lifestyle.

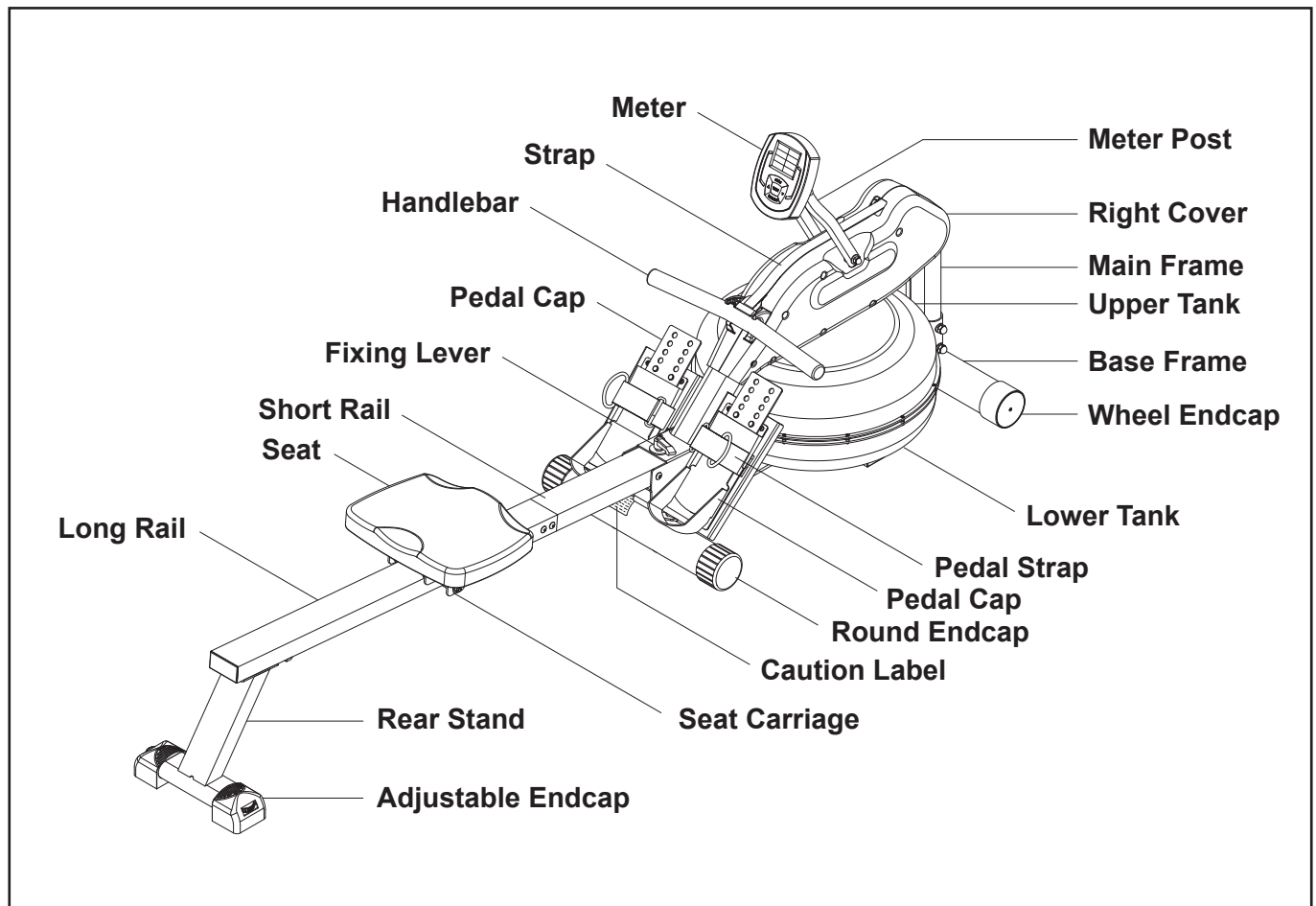
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Read this manual carefully before using the **Wave Water Rowing Machine 1450**.

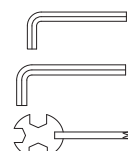
Although Stamina constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your **Wave Water Rowing Machine 1450**, please do not return the product. Contact us **FIRST!**

If a part is missing or defective, please go to [staminaproducts.com](http://staminaproducts.com) under the Customer Care section and order the part needed, or call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Care Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

Be sure to have the name and model number of the product available when you contact us.



THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY:



Allen Wrench (5mm)

Allen Wrench (6mm)

Combination Wrench

## EQUIPMENT WARNING, CAUTION & NOTICE LABELS

This chart is provided to help identify the warning, caution, and notice labels on the **Wave Water Rowing Machine 1450**. Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

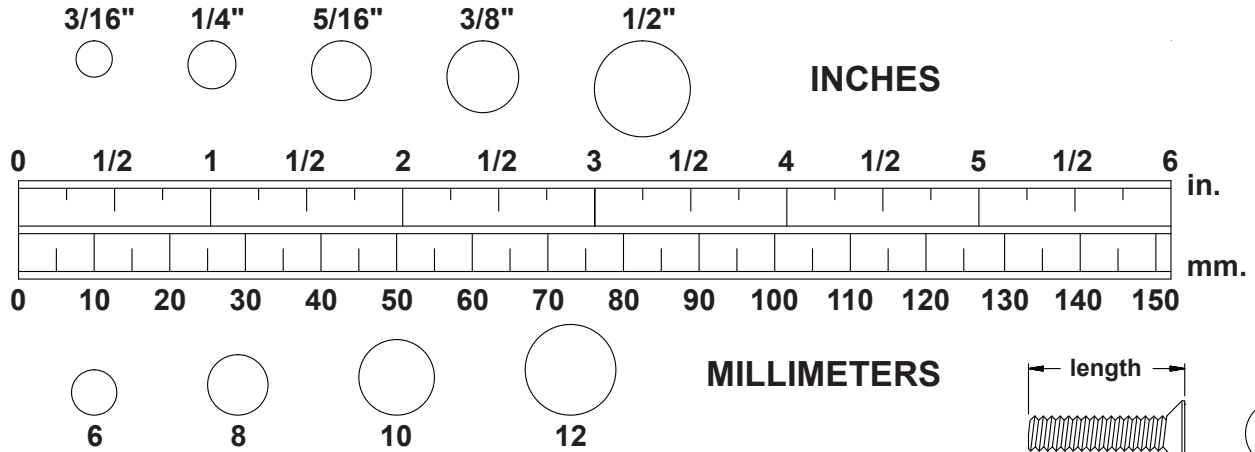
Label is larger than actual size

### **C1** CAUTION LABEL(94)

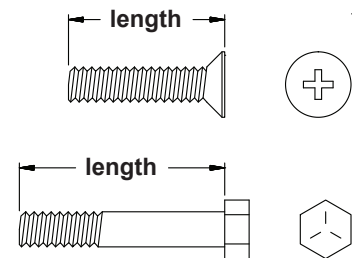


# HARDWARE IDENTIFICATION CHART

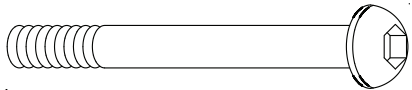
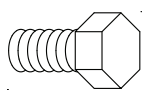
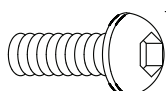
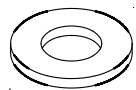
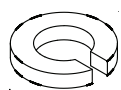
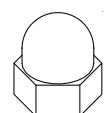
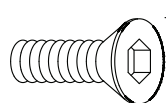
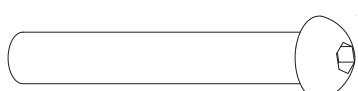
This chart is provided to help identify the hardware used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



**NOTICE:** The length of all bolts and screws, except those with flat heads, is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.



After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.

	Part Number and Description	Qty
	<b>64 Bolt, Button Head (M8 x 1.25 x 130mm)</b>	<b>1</b>
	<b>69 Bolt, Hex Head (M8 x 1.25 x 15mm)</b>	<b>4</b>
	<b>71 Bolt, Button Head (M6 x 1 x 15mm)</b>	<b>1</b>
	<b>76 Bolt, Button Head (M8 x 1.25 x 15mm)</b>	<b>4</b>
	<b>9 Larger Washer (ø10.5mm x ø40mm x 3mm thick)</b>	<b>1</b>
	<b>78 Washer (M8)</b>	<b>5</b>
	<b>81 Lock Washer (M8)</b>	<b>1</b>
	<b>83 Acorn Nut (M8 x 1.25)</b>	<b>1</b>
	<b>90 Bolt, Flat Socket Head (M8 x 1.25 x 15mm)</b>	<b>4</b>
	<b>98 Barrel Nut (M8 x 1.25 x 88mm)</b>	<b>1</b>

## ASSEMBLY INSTRUCTIONS

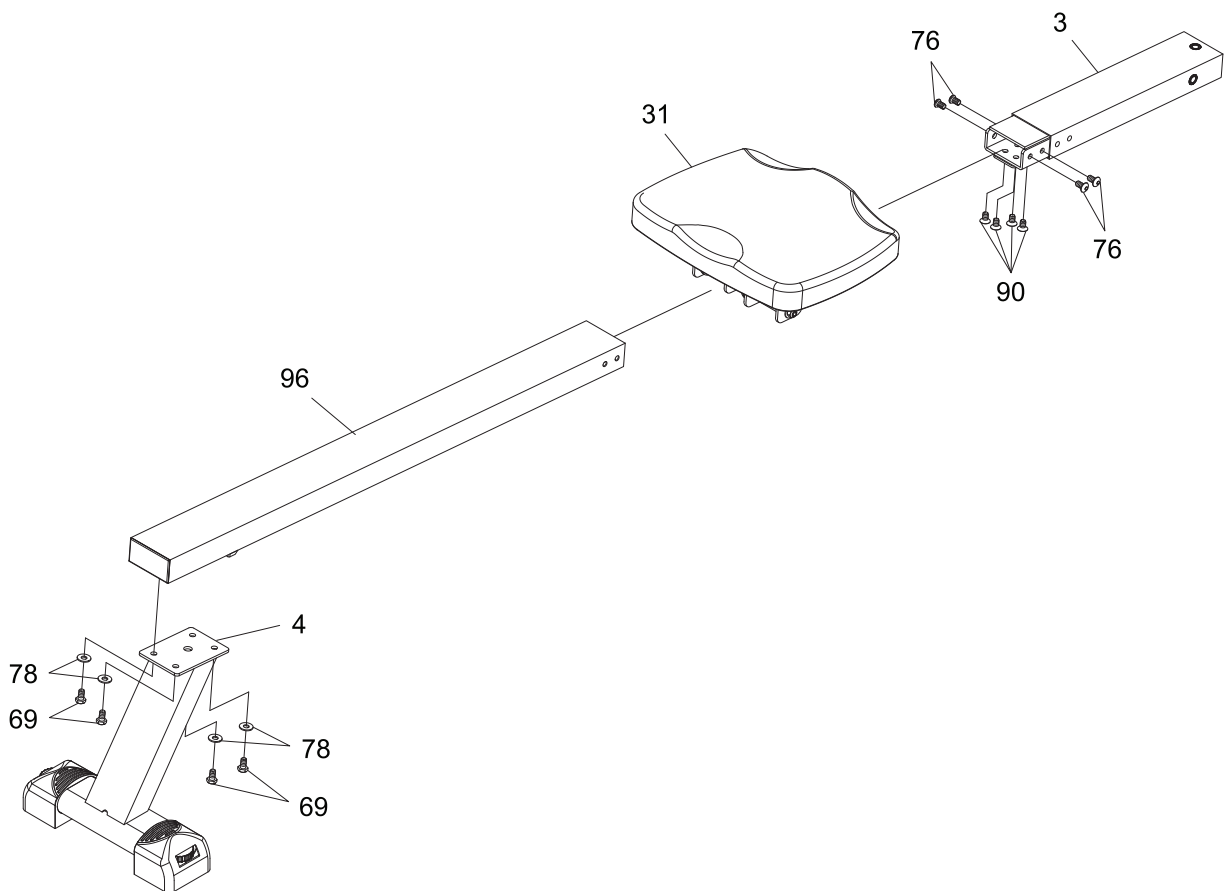
Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing a part, please go to [staminaproducts.com](http://staminaproducts.com) under the Customer Care section and order the part needed, e-mail us at [customer.care@staminaproducts.com](mailto:customer.care@staminaproducts.com), or call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Care Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

### STEP 1

Attach the **REAR STAND(4)** to the **LONG RAIL(96)** with **HEX HEAD BOLTS(M8x1.25x15mm)(69)** and **WASHERS(M8)(78)**.

### STEP 2

Slide the **SEAT(31)** onto the **LONG RAIL(96)**. Insert the **SHORT RAIL(3)** into the **LONG RAIL(96)**, then secure with **BUTTON HEAD BOLTS(M8x1.25x15mm)(76)** and **FLAT SOCKET HEAD BOLTS(M8x1.25x15mm)(90)**.





## ASSEMBLY INSTRUCTIONS

### STEP 3

Attach the **SHORT RAIL(3)** to the **MAIN FRAME(2)** with **BUTTON HEAD BOLT(M6x1x15mm)(71)** and **BARREL NUT(M8x1.25x88mm)(98)**. Lock the **RAIL(3)** in unfold position with the **FIXING LEVER(46)** and **LARGER WASHER(ø10.5mmxø40mmx3mm thick)(9)**.

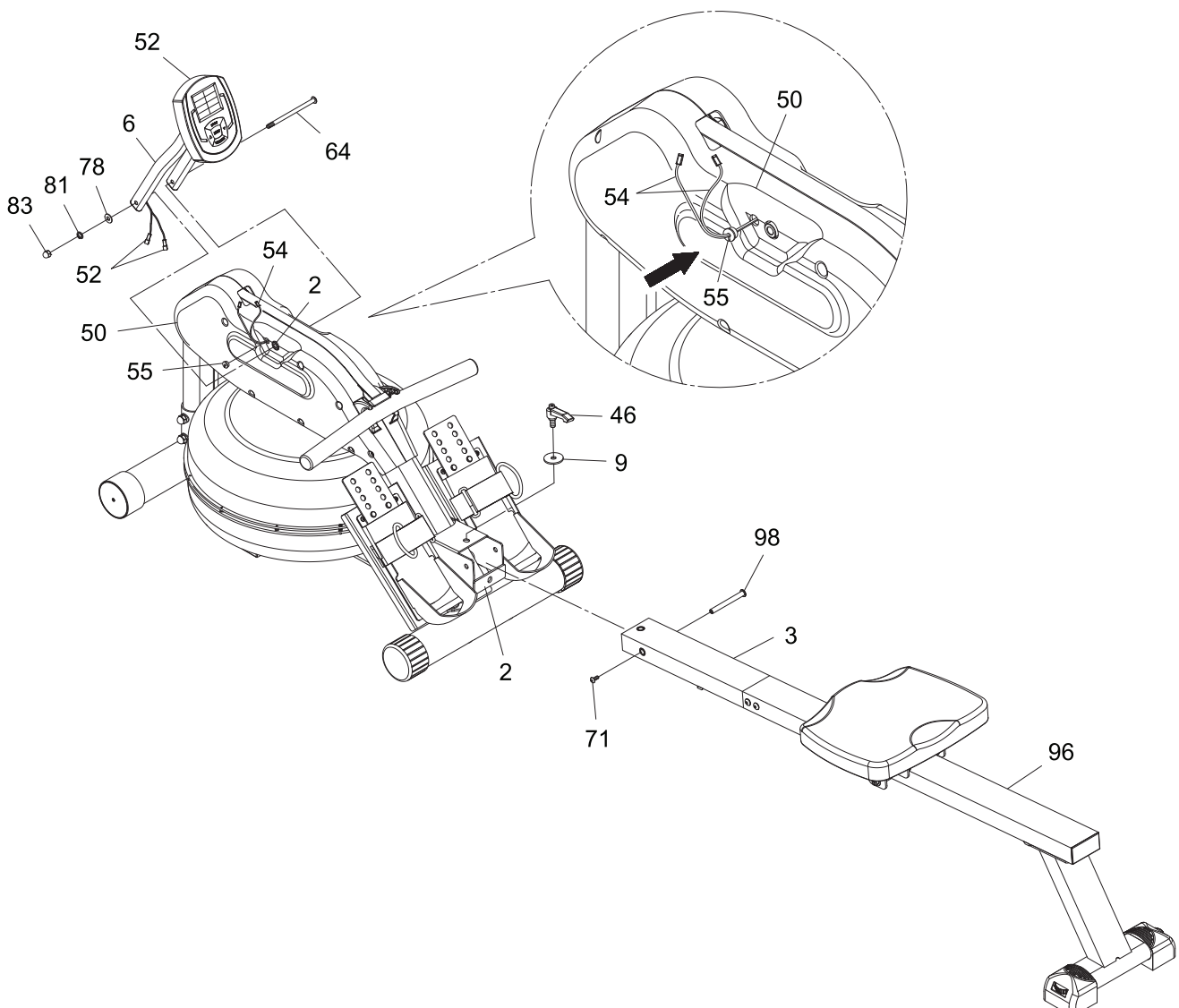
**NOTE:** After tightening the **FIXING LEVER(46)** the rear stabilizer of the **BASE FRAME(1)** might be raised off the floor slightly, this is normal, it will rest on the floor once you are seated.

### STEP 4

Install two AA batteries into the **METER(52)**, the batteries are not included. See page 13 for detailed battery installation instructions. Attach the **METER POST(6)** to the **MAIN FRAME(2)** with **BUTTON HEAD BOLT(M8x1.25x130mm)(64)**, **WASHER(M8)(78)**, **LOCK WASHER(M8)(81)**, and **ACORN NUT(M8x1.25)(83)**.

### STEP 5

Refer to the detail view. Clip the **GROMMET(55)** onto both **SENSOR WIRES(54)**, then press the **GROMMET(55)** into the **LEFT COVER(50)**. Connect the **SENSOR WIRES(54)** to the **CONNECTION WIRES** of the **METER(52)**. Push the excess wires back into the **LEFT COVER(50)**.





## OPERATIONAL INSTRUCTIONS

### HEART RATE TRANSMITTER

The **Wave Water Rowing Machine 1450** can measure how hard you are exercising by monitoring your heart rate with the **HEART RATE TRANSMITTER(102)**. Your heart rate reading gives you a snapshot of how hard your heart is working at that point in your workout by measuring the number of heart beats per minute.

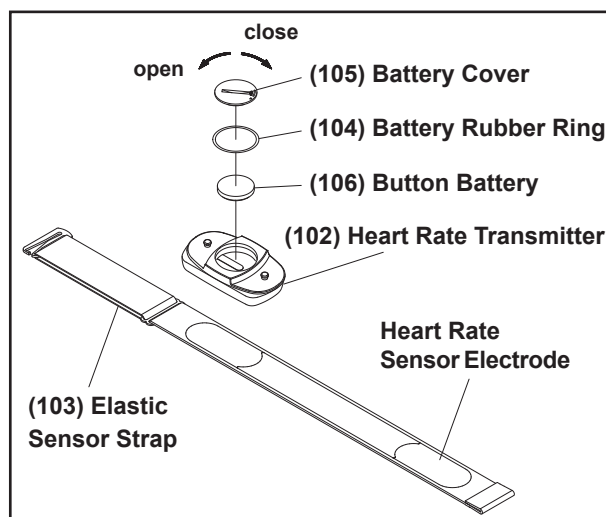
The **HEART RATE TRANSMITTER(102)** worn around your chest sends your heart rate information to a receiver inside the **METER(52)** so your heart rate is tracked while you exercise. This is the most reliable way to measure your heart rate to make sure you are exercising within your target heart rate zone so you get the most out of your workout time.

### Using the Heart Rate Transmitter Chest Strap

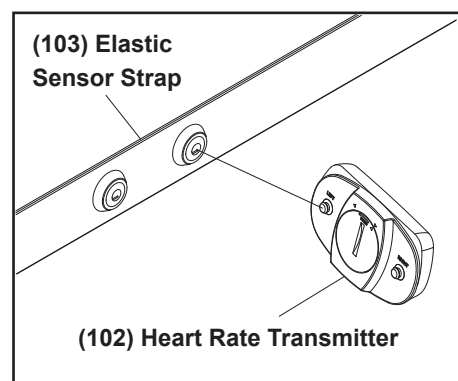
The **HEART RATE TRANSMITTER(102)** worn around the chest is powered by a **BUTTON BATTERY (CR2032)(106)** located in the back of the **HEART RATE TRANSMITTER(102)**. Two electrodes on **ELASTIC SENSOR STRAP(103)** monitor your heartbeat, and the adjustable **ELASTIC SENSOR STRAP(103)** holds the transmitter in place. The receiver built into the **Wave Water Rowing Machine 1450** picks up your heart rate from the **HEART RATE TRANSMITTER(102)** and displays it on the monitor during your workout.

To assemble the **HEART RATE TRANSMITTER(102)**, insert the **BUTTON BATTERY (CR2032)(106)** as shown in the illustration. Place the **BATTERY RUBBER RING(104)** on the edge of the opening and place the **BATTERY COVER(105)** over the **BUTTON BATTERY (CR2032)(106)**. Using a coin or similar object, press down on the **BATTERY COVER(105)** and turn to securely close the cover.

- NOTE:**
1. Make sure to close the **BATTERY COVER (105)** very tightly as illustrated to prevent sweat and moisture from damaging the battery.
  2. The **HEART RATE TRANSMITTER(102)** is latex free and its material is appropriate for human contact.

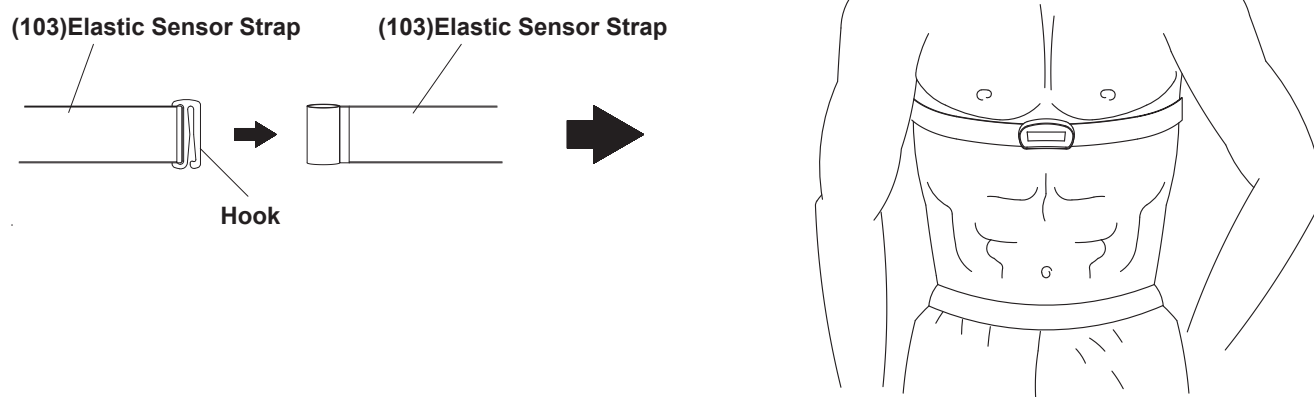


Refer to the illustration. Press the **HEART RATE TRANSMITTER(102)** onto the buttons on the **ELASTIC SENSOR STRAP(103)**.



## OPERATIONAL INSTRUCTIONS

To wear the **HEART RATE TRANSMITTER(102)** around the chest, hook the hook end of the **ELASTIC SENSOR STRAP(103)** to the other end of the **ELASTIC SENSOR STRAP(103)**. Adjust the **ELASTIC SENSOR STRAP(103)** to fit your chest snugly as shown in the illustration below. Apply water or conductive gel to moisten the heart rate sensor electrodes. These heart rate sensor electrodes must be wet and in contact with your chest skin to properly detect your heart rate.



**NOTE:** If your heart rate is inconsistent or not tracking on your workout monitor, do the following:

- The **HEART RATE TRANSMITTER(102)** will connect to the monitor while using the unit and within close proximity of the unit. If you are too far from the unit the connection will be lost.
- Moisten the heart rate sensor electrodes on the back of the **ELASTIC SENSOR STRAP(103)** and make sure they are in contact with the skin. Your skin may be dry when you begin your workout and the moisture is necessary to ensure contact. As you sweat, contact will improve.
- Tighten the elastic strap so it remains in place as you exercise. Movement of the heart rate sensor electrodes will result in inaccurate or erratic signal and readings.
- Clean the heart rate sensor electrodes as dirt can interfere with transmission. Use a mild soap and water and dry with a soft towel.

### Transmitter Care and Maintenance

- Wash regularly with mild soap and water solution and dry with a soft towel being careful not to scratch the heart rate sensor electrodes.
- Store in a cool, dry place. Make sure the heart rate sensor electrodes aren't stored with any wet material and never store a wet transmitter in non-breathable material like a plastic bag or sports bag.
- Do not stretch the heart rate sensor electrodes.

**NOTE:** The frequency of the receiver built into the **Wave Water Rowing Machine 1450** is 5 kHz. All compatible heart rate transmitters from other companies will work with the **Wave Water Rowing Machine 1450**.

## OPERATIONAL INSTRUCTIONS

### USING THE FITNESS METER

**POWER ON:** Handlebar movement or press any button.

**POWER OFF:** Automatically shuts off after 4 minutes of inactivity.

### FUNCTION BUTTONS :

**MODE :** Press and release to select each function for preset target values for TIME, COUNT, DISTANCE, CALORIES, and PULSE.

**RESET :** In the setting mode, press the button to reset the setting values to zero for TIME, COUNT, DISTANCE, and CALORIES. And reset the setting value of PULSE to 90.  
Press the button and hold it down for two seconds to reset all functions to zero.

**▲ (UP):** Press to increase the values of the setting mode.

**▼ (DOWN):** Press to decrease the values of the setting mode.

**RECOVERY:** Press to activate the pulse recovery function after training. You must wear the **HEART RATE TRANSMITTER(102)** around your chest to measure your heart rate.



### FUNCTIONS:

**TIME:** Displays the time from 1 sec. up to 99:59 minutes. Counts down from preset value.

**COUNT:** Displays the total number of rows you have taken from zero to 9999.

**DISTANCE:** Displays distance from zero to 99.9 Kilometers. Counts down from preset value.

**CALORIES:** Displays the calorie burned from zero to 9999 Kcal. Counts down from preset value.  
The calorie readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit.

**STROKES/MIN:** Displays the rowing speed from zero to 999 strokes per minute.

**PULSE:** Displays the heart rate, from 40 to 240 beats per minute.

To use this function, you must wear the **HEART RATE TRANSMITTER(102)** around your chest so the receiver which is built into the rower registers your heart rate from the **HEART RATE TRANSMITTER(102)** for displaying. Each heart rate signal will be accompanied with one "♥" symbol flash. If you do not wear the **HEART RATE TRANSMITTER(102)** around your chest correctly, a "P" mark will be displayed.

You can use **UP**, **DOWN**, and **RESET** buttons to input your target pulse value. When you are exercising, the meter will remind you with an audible alarm when you reach or exceed your target pulse value. Slow your exercise intensity gradually to stay within your target pulse zone.



### TRAVEL DISTANCE INDICATOR:

Indicates the travel distance on the rower during exercise.

## OPERATIONAL INSTRUCTIONS

### PRESET VALUES OPERATION:

You can pull on the **HANDLEBAR(8)** to power on the meter and workout with the meter directly. Or, you can preset the function values for counting down. Stop rowing for four seconds, then press the **MODE** button to enter setting mode. The meter will go through the input items as follows and allow you to set the function values. Use **UP**, **DOWN**, and **RESET** buttons to input the values, and press **MODE** button to confirm. Or, just press the **MODE** button to skip the setting and move on to the next function. After all the desired settings are chosen, begin pulling on the **HANDLEBAR(8)** to start the workout.

Time (1:00 to 99:00) → Count (10 to 9990) → Distance (0.1 to 99.9 Km) → Calories (1.0 to 9999 Kcal) → Pulse (90 to 220 bpm)

### NOTE:

1. You may preset values for several functions. The preset function values will start to count down. When you complete one of the preset functions, the meter will remind you with an audible alarm for three seconds. Then the value of this completed function will start to count up, while the other preset functions will continue to count down.
2. The Meter will shut off automatically after 4 minutes of inactivity. All function values will be kept. Press the **RESET** button and hold it down for two seconds to reset all functions to zero.

## OPERATIONAL INSTRUCTIONS

### PULSE RECOVERY FUNCTION

**NOTE:** To use this program, you must wear the **HEART RATE TRANSMITTER(102)** around your chest.

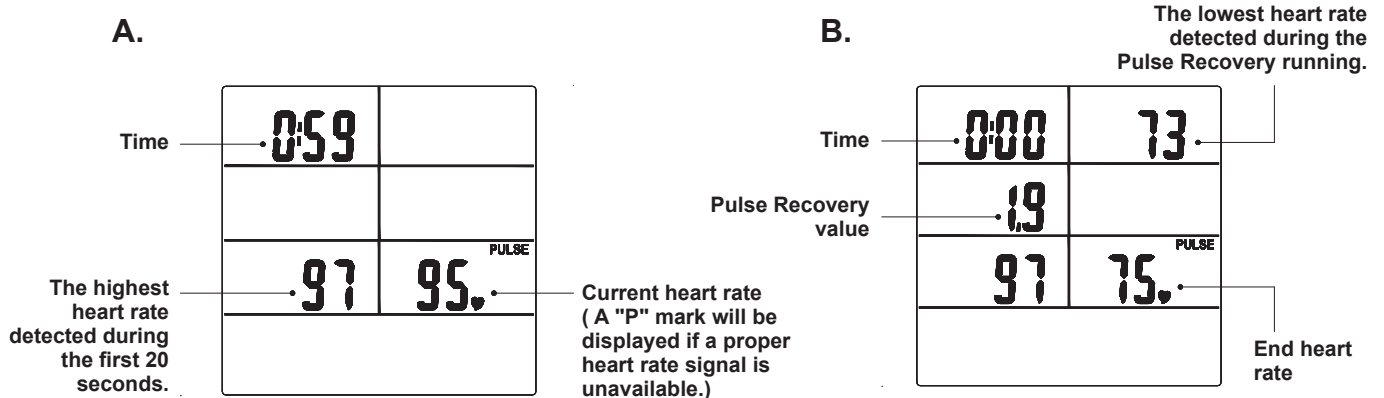
The **PULSE RECOVERY** function measures how quickly you return to a resting heart rate after exercising. You can use this function to measure improvement as you get into shape. The meter will monitor your heart rate for 60 seconds and calculate a Pulse Recovery value from 1 to 6.

<b>1.0 = Excellent</b>	<b>2.0 = Good</b>	<b>3.0 = Fair</b>
<b>4.0 = Below Average</b>	<b>5.0 = Not Good</b>	<b>6.0 = Poor</b>

The readout should only be used as a comparison between workouts. It can be used right after any aerobic exercise. Stop exercising before starting this function.

To start the pulse recovery function, your heart rate will be displayed approximately five (5) seconds after the heart symbol is displayed. Then press the **RECOVERY** button. During the pulse recovery function, only **PULSE** and **TIME** are working and the display will be as shown in illustration A. **TIME** will count down from 0:60 and the heart symbol will be blinking. When the **TIME** reaches 0, the meter will remind you with an audible alarm for three seconds and show your pulse recovery condition from **1.0** to **6.0**. See illustration B. Press any button to exit the pulse recovery function and skip to Activity Mode.

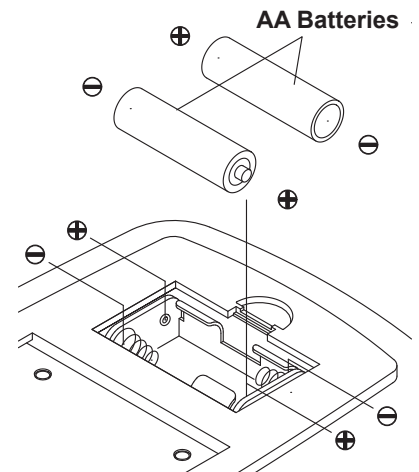
- NOTE:**
1. You can press the **RECOVERY** button at any time to run pulse recovery program, even during your workout.
  2. Once the pulse recovery function starts, the **TIME** will count down from 60 seconds to zero. You can press the **RESET** button to quit the pulse recovery function. If no heart rate signal is available, a "P" mark will display in **PULSE** window. And an "E" mark will display in pulse recovery value window when the **TIME** reaches 0.



### HOW TO INSTALL AND REPLACE BATTERIES:

1. Use your finger or a simple tool to pry the cover from the back of the **METER(52)**.
2. The **METER(52)** operates with two AA batteries, the batteries are not included. Refer to the illustration to install or replace the batteries.

- NOTE:**
1. Do not mix a new battery with an old battery.
  2. Use the same type of battery. Do not mix an alkaline battery with another type of battery.
  3. Rechargeable batteries are not recommended.
  4. **Ultimate disposal of battery should be handled according to all state and federal laws and regulations.**
  5. **Do not dispose of batteries in fire.**



## OPERATIONAL INSTRUCTIONS

### HOW TO FILL AND EMPTY THE TANK

1. Remove the **FILL PLUG(24)** from the **UPPER TANK(17)**.
2. To fill with water, refer to illustration A. Place the **FUNNEL(101)** into the tank. Use a water cup, or the **SYPHON PUMP(100)** and a bucket to fill the tank. Use Water Level Gauge on the side of tank to measure volume of water in tank to the desired level.
3. To empty tank, refer to illustration B. Place a bucket next to the rower. Use the **SYPHON PUMP(100)** to pump out the water from the tank into the bucket.
4. Once completed, insert the **FILL PLUG(24)** into the **UPPER TANK(17)**. Please wipe excess water from the frames after filling.

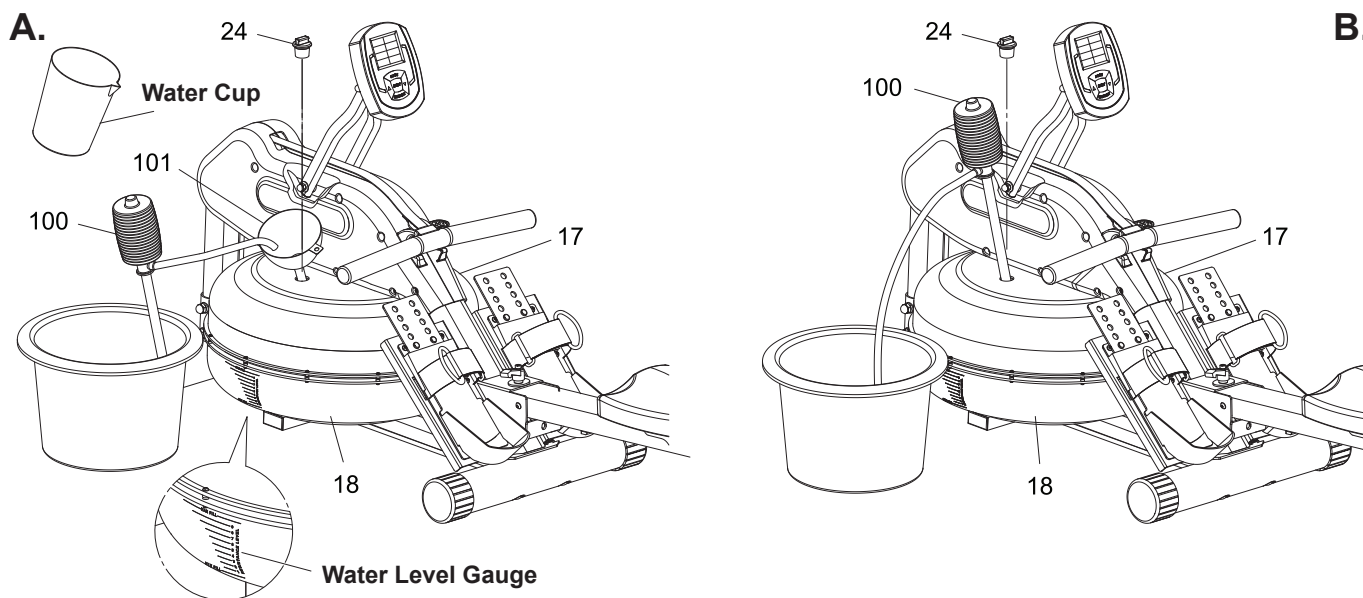
**NOTE:** 1. Fill the tank only with municipal water, do not use well water. If municipal water is unavailable, use distilled water and add a water purification tablet. **NEVER USE POOL CHLORINE OR CHLORINE BLEACH.** Refer to the Maintenance section for more advice on water treatment.

2. The water in the tank is not for human or animal consumption. Please safely dispose of the water after removal from the tank.

### WATER LEVEL

Refer to the detail view of illustration A. The Water Level Gauge is positioned on the side of the tank. The maximum level to fill the tank is Level 10. **DO NOT** fill above the Maximum Level - this could void the warranty. The standard calibration level is Level 9.

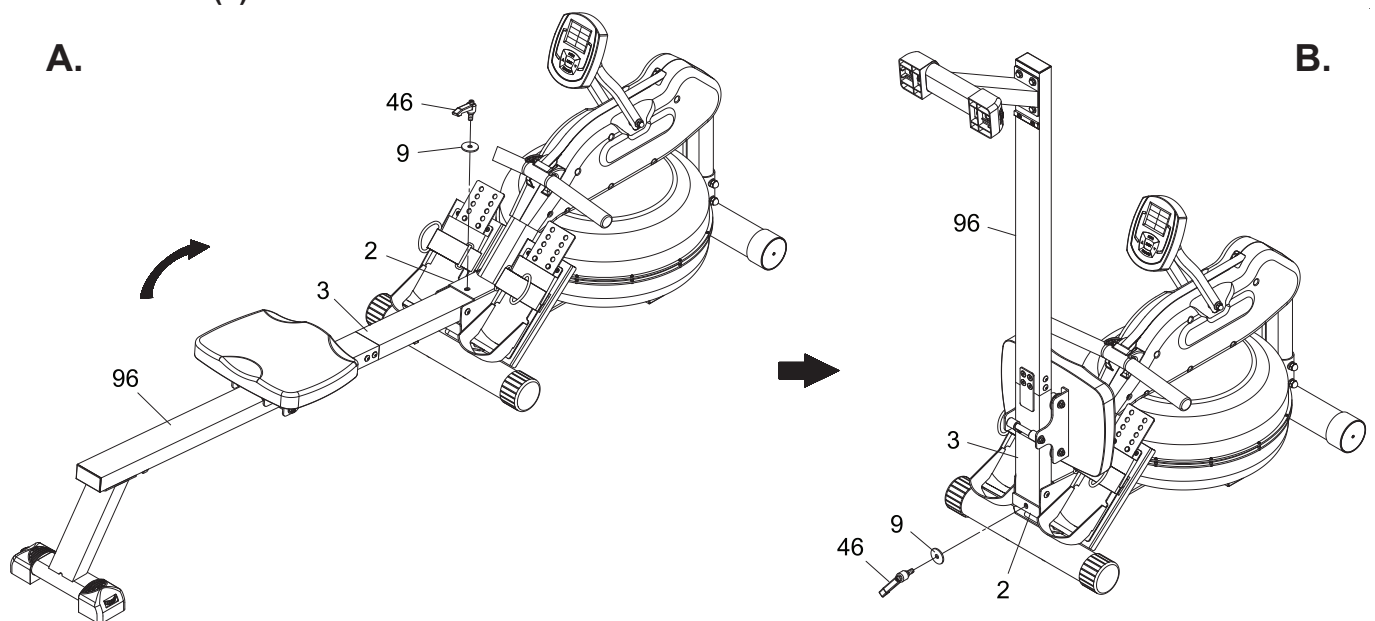
The amount of resistance is dictated by the amount of water in the tank. For example Level 3 of water offer light resistance, Level 9 offers the heaviest resistance.





## STORAGE

1. To store the **Wave Water Rowing Machine 1450**, simply keep it in a clean dry place.
2. To avoid damage to the electronics, remove the batteries before storing the **Wave Water Rowing Machine 1450** for one year or more.
3. Move the **Wave Water Rowing Machine 1450** with the moving wheels on the front of the **BASE FRAME(1)**. Grasp the **REAR STAND(4)** to move the **Wave Water Rowing Machine 1450**. Do not use the **SEAT(31)** to move the **Wave Water Rowing Machine 1450**. The **SEAT(31)** will move and the **SEAT CARRIAGE(5)** may pinch your hand or fingers.
4. Remove water from tank if storing the rower for more than a month without use.
5. Follow the following process to fold the **Wave Water Rowing Machine 1450** as illustrated for easy storage.
  - a. Remove the **FIXING LEVER(46)** and **LARGER WASHER(9)** from the **MAIN FRAME(2)**.
  - b. Fold the **RAILS(3, 96)** and lock in the folded position with the **FIXING LEVER(46)** and **LARGER WASHER(9)**.



## MAINTENANCE

The safety and integrity designed into the **Wave Water Rowing Machine 1450** can only be maintained when the **Wave Water Rowing Machine 1450** is regularly examined for damage and wear. Special attention should be given to the following:

1. Sit on the **SEAT(31)** and pull on the **HANDLEBAR(8)** to verify that the Water System provides resistance and the seat travel is smooth and stable.
2. Periodic maintenance is required to maintain proper condition of the water in the tank. The water must be refreshed periodically by adding a water purification tablet, such as sodium dichlor (56% chlorine) every 4-6 months. **NEVER USE POOL CHLORINE (TRICHLOR 90% CHLORINE) OR CHLORINE BLEACH.** Use of these products will void the warranty and damage the product.
3. Clean the tank periodically. **Do NOT** use methylated spirits, chlorates, bleach or ammonia based fluids. The use of improper cleaning products will void the warranty and damage the product.
4. Clean the roller tracks on the **RAILS(3, 96)** with an absorbent cloth.
5. Verify that the **CAUTION LABEL(94)** is in place and easy to read. Call Stamina Products immediately at 1-800-375-7520 for a replacement **CAUTION LABEL(94)** if it is missing or damaged.
6. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
7. Worn or damaged components shall be replaced immediately or the **Wave Water Rowing Machine 1450** removed from service until repair is made.
8. Only Stamina Products supplied components shall be used to maintain/repair the **Wave Water Rowing Machine 1450**.
9. Keep your **Wave Water Rowing Machine 1450** clean by wiping it off with an absorbent cloth after use.



## CONDITIONING GUIDELINES

How you begin your exercise program depends on your physical condition. If you have been inactive for several years or are severely overweight, start slowly and increase your workout time gradually. Increase your workout intensity gradually by monitoring your heart rate while you exercise.

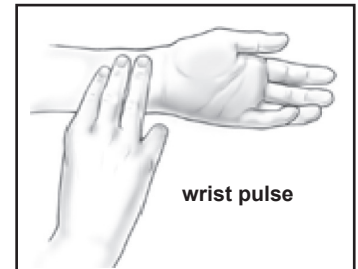
Remember to follow these essentials:

- Have your doctor review your training and diet programs.
- Begin your training program slowly with realistic goals that have been set by you and your physician.
- Warm up before you exercise and cool down after you work out.
- Take your pulse periodically during your workout and strive to stay within a range of 60% (lower intensity) to 90% (higher intensity) of your maximum heart rate zone. Start at the lower intensity, and build up to higher intensity as you become more aerobically fit.
- If you feel dizzy or lightheaded you should slow down or stop exercising.

Initially you may only be able to exercise within your target zone for a few minutes; however, your aerobic capacity will improve over the next six to eight weeks. It is important to pace yourself while you exercise so you don't tire too quickly.

To determine if you are working out at the correct intensity, use a heart rate monitor or use the table below. For effective aerobic exercise, your heart rate should be maintained at a level between 60% and 90% of your maximum heart rate. If just starting an exercise program, work out at the low end of your target heart rate zone. As your aerobic capacity improves, gradually increase the intensity of your workout by increasing your heart rate.

Measure your heart rate periodically during your workout by stopping the exercise but continuing to move your legs or walk around. Place two or three fingers on your wrist and take a six second heartbeat count. Multiply the results by ten to find your heart rate. For example, if your six second heartbeat count is 14, your heart rate is 140 beats per minute. A six second count is used because your heart rate will drop rapidly when you stop exercising. Adjust the intensity of your exercise until your heart rate is at the proper level.



Target Heart Rate Zone Estimated by Age\*

Age	Target Heart Rate Zone (55%-90% of Maximum Heart Rate)	Average Maximum Heart Rate 100%
20 years	110-180 beats per minute	200 beats per minute
25 years	107-175 beats per minute	195 beats per minute
30 years	105-171 beats per minute	190 beats per minute
35 years	102-166 beats per minute	185 beats per minute
40 years	99-162 beats per minute	180 beats per minute
45 years	97-157 beats per minute	175 beats per minute
50 years	94-153 beats per minute	170 beats per minute
55 years	91-148 beats per minute	165 beats per minute
60 years	88-144 beats per minute	160 beats per minute
65 years	85-139 beats per minute	155 beats per minute
70 years	83-135 beats per minute	150 beats per minute

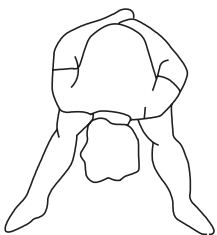
\* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used:  $220 - \text{Age} = \text{predicted maximum heart rate}$

## WARM-UP and COOL-DOWN

**Warm-Up** The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place

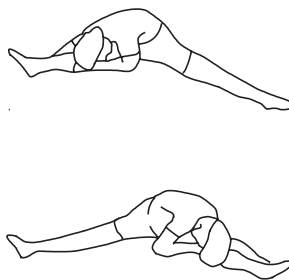
**Stretching** Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.

### Suggested Stretching Exercises



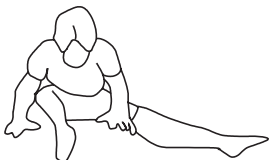
#### Lower Body Stretch

Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs. **DO NOT BOUNCE!** When the pull on the back of the legs lessens, gradually try a lower position.



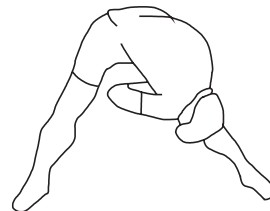
#### Floor Stretch

While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds. **DO NOT BOUNCE!** Do this stretch 10 times. Repeat the stretch with the left leg.



#### Bent Torso Pulls

While sitting on the floor, have legs apart, one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent, and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.



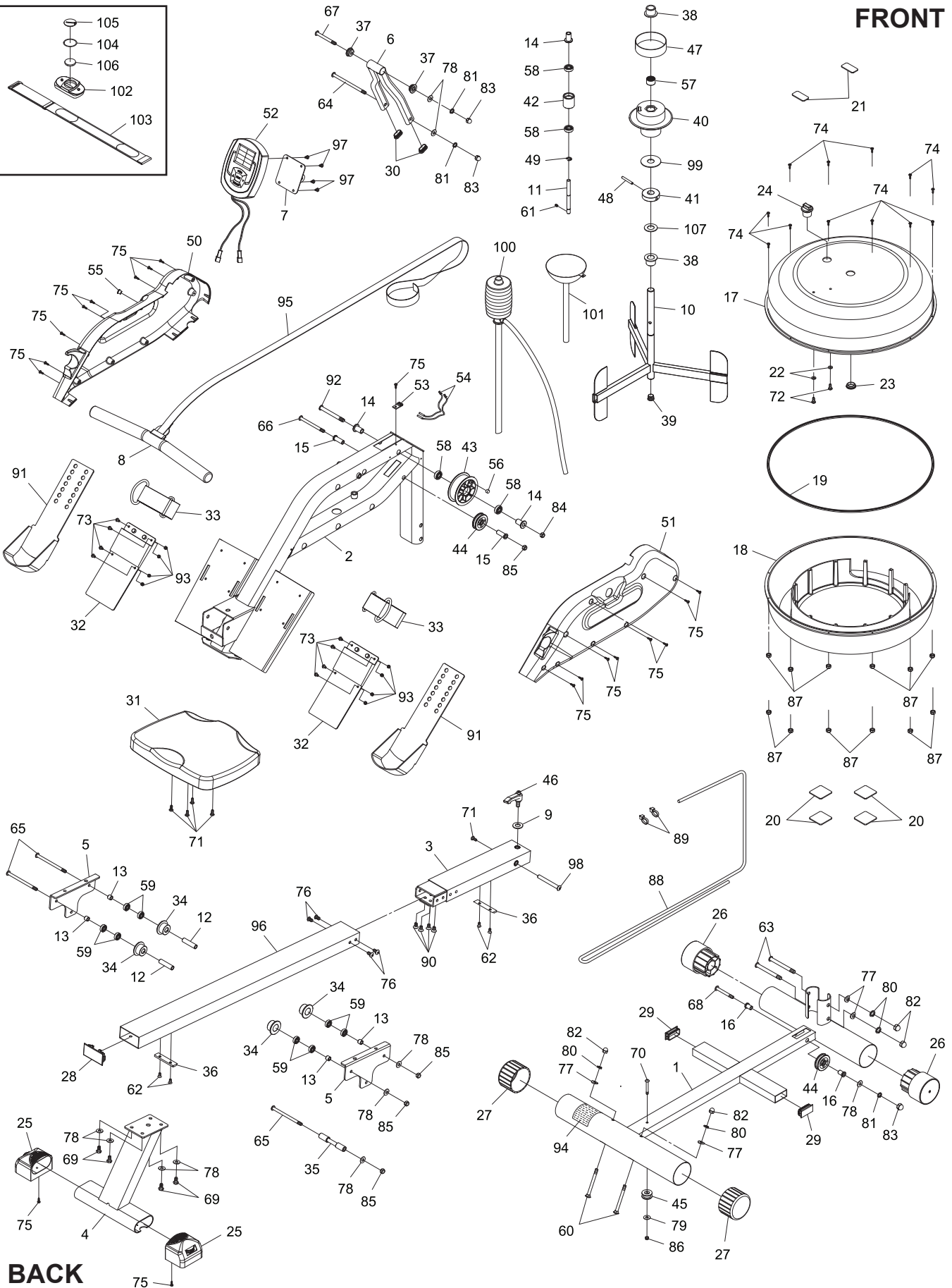
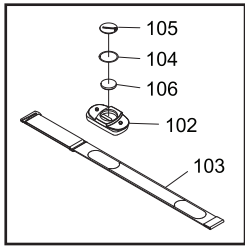
#### Bent Over Leg Stretch

Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, **gently** pull the upper body towards the right leg. Let the head hang down. **DO NOT BOUNCE!** Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times slowly.

**Remember to always check with your physician before starting any exercise program.**

**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 and allows blood to return to the heart. Your cool-down should include the stretches listed above and should be completed after each strength training session.

# PRODUCT PARTS DRAWING



**FRONT**

**BACK**

## PARTS LIST

PART#	PART NAME	QTY
1	Base Frame	1
2	Main Frame	1
3	Short Rail	1
4	Rear Stand	1
5	Seat Carriage	2
6	Meter Post	1
7	Support Plate	1
8	Handlebar	1
9	Larger Washer (ø10.5mm x ø40mm x 3mm thick)	1
10	Impeller	1
11	Impeller Shaft	1
12	Long Spacer	2
13	Short Spacer	4
14	Strap Pulley Bushing	3
15	Bungee Cord Pulley Bushing	2
16	Small Bungee Cord Pulley Bushing	2
17	Upper Tank	1
18	Lower Tank	1
19	Rubber Ring Seal	1
20	Lower Pad	4
21	Upper Pad	2
22	Plastic Washer	2
23	Impeller Shaft Seal	1
24	Fill Plug	1
25	Adjustable Endcap (oval 40mm x 80mm)	2
26	Wheel Endcap (ø76mm)	2
27	Round Endcap (ø76mm)	2
28	Rail Plug	1
29	Rectangular Plug (25mm x 50mm)	2
30	Oval Plug (15mm x 30mm)	2
31	Seat	1
32	Pedal Support	2
33	Pedal Strap	2
34	Roller	4
35	Sleeve	1
36	Stopper	2
37	Meter Bushing	2
38	Strap/Bungee Pulley Bushing	2
39	Round Plug (ø20mm)	1
40	Strap/Bungee Pulley	1
41	Shaft Retainer	1
42	Idle Roller	1
43	Strap Pulley	1
44	Bungee Pulley	2
45	Small Bungee Pulley	1
46	Fixing Lever	1
47	Hook Pad	1
48	Spring Pin (ø6 x 60mm)	1
49	E Ring (ø10mm)	1
50	Left Cover	1
51	Right Cover	1
52	Meter	1
53	Sensor Holder	1
54	Sensor Wire	2
55	Grommet	1
56	Magnet	1

## PARTS LIST

PART#	PART NAME	QTY
57	One-way Bearing (FCB-20)	1
58	Bearing (6000zz)	4
59	Bearing (608zz)	8
60	Carriage Bolt (M8 x 1.25 x 90mm)	2
61	Set Screw (M5 x 0.8 x 8mm)	1
62	Bolt, Flat Head (M6 x 1 x 10mm)	4
63	Bolt, Round Head (M10 x 1.5 x 100mm)	2
64	Bolt, Button Head (M8 x 1.25 x 130mm)	1
65	Bolt, Button Head (M8 x 1.25 x 120mm)	3
66	Bolt, Button Head (M8 x 1.25 x 95mm)	1
67	Bolt, Round Head (M8 x 1.25 x 90mm)	1
68	Bolt, Button Head (M8 x 1.25 x 68mm)	1
69	Bolt, Hex Head (M8 x 1.25 x 15mm)	4
70	Bolt, Button Head (M6 x 1 x 48mm)	1
71	Bolt, Round Head (M6 x 1 x 15mm)	5
72	Stainless Bolt, Button Head (M6 x 1 x 15mm)	2
73	Bolt, Round Head (M5 x 0.8 x 12mm)	8
74	Stainless Screw, Round Head (M3 x 0.5 x 22mm)	12
75	Screw, Round Head (M4 x 15mm)	19
76	Bolt, Button Head (M8 x 1.25 x 15mm)	4
77	Arc Washer (M10)	4
78	Washer (M8)	10
79	Washer (M6)	1
80	Lock Washer (M10)	4
81	Lock Washer (M8)	3
82	Acorn Nut (M10 x 1.5)	4
83	Acorn Nut (M8 x 1.25)	3
84	Nylock Nut (M10 x 1.5)	1
85	Nylock Nut (M8 x 1.25)	4
86	Nylock Nut (M6 x 1)	1
87	Stainless Nylock Nut (M3 x 0.5)	12
88	Bungee Cord	1
89	Nylon Strap	2
90	Bolt, Flat Socket Head (M8 x 1.25 x 15mm)	4
91	Pedal Cap	2
92	Bolt, Button Head (M10 x 1.5 x 95mm)	1
93	Nylock Nut (M5 x 0.8)	8
94	Caution Label	1
95	Strap	1
96	Long Rail	1
97	Screw, Round Head (M5 x 0.8 x 10mm)	4
98	Barrel Nut (M8 x 1.25 x 88mm)	1
99	Plastic Washer (ø20.5 x ø60 x 2mm thick)	1
100	Syphon Pump	1
101	Funnel	1
102	Heart Rate Transmitter	1
103	Elastic Sensor Strap	1
104	Battery Rubber Ring	1
105	Battery Cover	1
106	Button Battery (CR2032)	1
107	Plastic Washer (ø20.5 x ø39 x 2mm thick)	1
108	Allen Wrench (5mm)	1
109	Allen Wrench (6mm)	1
110	Combination Wrench	1
111	Manual	1

## LIMITED WARRANTY

MODEL 35-1450

### WARRANTY

Stamina Products, Inc. warrants that this product will be free from defects in materials and workmanship under normal use, service, proper assembly and proper operation for a period of 90 days on the parts and three years on the frame from the date of the original purchase from an authorized retailer. **THIS WARRANTY SHALL NOT APPLY TO ANY PRODUCT WHICH HAS BEEN SUBJECT TO COMMERCIAL USE, ABUSE, MISUSE, ALTERATION OF ANY TYPE OR CAUSE OR TO ANY DEFECT OR DAMAGE CAUSED BY IMPROPER ASSEMBLY, REPAIR, REPLACEMENT, SUBSTITUTION OR USE WITH PARTS OTHER THAN PARTS PROVIDED BY STAMINA PRODUCTS, INC.** Commercial use includes use of the product in athletic clubs, health clubs, spas, gymnasiums, exercise facilities, and other public or semipublic facilities whether or not the product's use is in furtherance of a profit making enterprise, and all other use which is not for personal, family, or household purposes.

To implement this limited warranty, send a written notice stating your name, date, and place of purchase and a brief description of the defect along with your receipt to **Stamina Products, Inc. P.O. Box 1071, Springfield Missouri, USA, 65801-1071**, or email us at **customer.care@staminaproducts.com**, or call us at **1-800-375-7520**. If the defect is covered under this limited warranty, you will be requested to return the product or part to us for free repair or replacement at our option. **NO ACTION FOR BREACH OF THIS LIMITED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER THE DATE THE ALLEGED BREACH WAS OR SHOULD HAVE BEEN DISCOVERED. NO ACTION FOR BREACH OF ANY IMPLIED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER DELIVERY OF THE PRODUCT TO THE PURCHASER.** This limited warranty is not transferable. **IF ANY PART OF THE PRODUCT IS NOT IN COMPLIANCE WITH THIS LIMITED WARRANTY OR ANY IMPLIED WARRANTY, THE REMEDY OF REPAIR OR REPLACEMENT IS THE EXCLUSIVE REMEDY AVAILABLE TO YOU.** In the event that the purchaser makes any claim under this limited warranty or any implied warranty, the Warrantor reserves the right to require the product to be returned for inspection, at the purchaser's expense, to the Warrantor's premises in Springfield, Missouri. Return of the enclosed warranty registration card is not required for warranty coverage, but is merely a way of establishing the date and place of purchase.

Stamina Products, Inc. **SHALL NOT BE LIABLE FOR THE LOSS OF USE OF ANY PRODUCT, LOSS OF TIME, INCONVENIENCE, COMMERCIAL LOSS OR ANY OTHER INDIRECT, CONSEQUENTIAL, SPECIAL OR INCIDENTAL DAMAGES DUE TO BREACH OF THE ABOVE WARRANTY OR ANY IMPLIED WARRANTY.**

This limited warranty is the only written or express warranty given by Stamina Products, Inc. This warranty gives you specific legal rights, and you may also have other legal rights which vary from state to state. **ANY OTHER RIGHT WHICH YOU MAY HAVE, INCLUDING ANY IMPLIED WARRANTY OR MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, IS LIMITED IN DURATION TO THE DURATION OF THIS WARRANTY.**

The laws in some jurisdictions restrict the rights of manufacturers and distributors of consumer goods to disclaim or limit implied warranties and consequential and incidental damages with respect thereto. If any such law is found to be applicable, the foregoing disclaimers and limitations of and on implied warranties and consequential and incidental damages with respect thereto shall be disregarded and shall be deemed not to have been made to the extent necessary to comply with such legal restriction.

## **NOTES**



## TO CONTACT CUSTOMER CARE

For your convenience, Stamina's customer care representatives can be reached by email at [customer.care@staminaproducts.com](mailto:customer.care@staminaproducts.com) or by phone at 1-800-375-7520 (in the U.S.). Our customer care representatives are available Monday through Thursday from 7:30 a.m. until 5:00 p.m., and Friday 8:00 a.m. until 3 p.m. Central Time.



**ONLINE  
CUSTOMER CARE**  
customer.care@staminaproducts.com  
www.staminaproducts.com



**TELEPHONE  
CUSTOMER CARE**  
Tel: 1 (800) 375-7520



**FAX  
CUSTOMER CARE**  
Fax: (417) 889-8064



**MAIL**  
**STAMINA PRODUCTS, INC.**  
ATTN: Customer Care  
P.O. Box 1071 Springfield, MO. 65801-1071

Would you like to receive email information or special offers from Stamina Products? Register at [contact.staminaproducts.com](http://contact.staminaproducts.com)

## TO REGISTER YOUR PRODUCT

To enact your warranty, please register your product by going to [register.staminaproducts.com](http://register.staminaproducts.com). Please have your product model number (printed on the cover of this owner's manual) and the serial number (printed on the black and white sticker on your product) ready.

If you don't have internet access, you can call customer care at 1-800-375-7520, or fill out and mail the product registration form below to Stamina Products, Inc.; P.O. Box 1071; Springfield, MO 65801-1071.

<b>PRODUCT REGISTRATION FORM</b>	<b>Stamina Products, Inc.</b> P.O. Box 1071 Springfield, MO 65801-1071
Model Number: .....	Serial Number: .....
Product Name: .....	
Place Purchased: .....	
Date of Purchase: .....	Purchase Price: .....
First Name: .....	Last Name: .....
City: ..... State: .....	Zip Code: .....
Email Address: .....	Phone #: (     ) .....
Would you like to receive email information or special offers from Stamina Products?* <input type="checkbox"/> Yes <input type="checkbox"/> No *If yes, be sure your email address is included above.	



Detach and Mail or Fax the Form Above



## TO ORDER PARTS

If there are missing or damaged parts, you can go to [parts.staminaproducts.com](http://parts.staminaproducts.com) and order those parts. If you have questions, please contact customer care. Do not return the product. To order parts by mail, fill out the sheet below and fax it to 417-889-8064. The part will be mailed to your address.



Detach and Mail or Fax the Form Below



<b>PARTS ORDER FORM</b>	<b>Stamina Products, Inc.</b> P.O. Box 1071 Springfield, MO 65801-1071
Mr./Ms: .....	
Address: ..... Apt. #: .....	
City: ..... State: ..... Zip Code: .....	
<b>IMPORTANT : We must have your phone number to process the order!</b>	
Phone #: (     ) ..... Work Phone #: (     ) .....	
Date of Purchase: .....	
Model #: .....	
Purchased From: .....	

**IMPORTANT : Before filling out the form below make sure you have the correct information.  
Refer to the parts list to make sure you're ordering the right parts!**

PART #	DESCRIPTION	QUANTITY
EXAMPLE: 1	Rear Unit Assembly	1