

7978-900 Favorit - Further Steps to Setting Tension

The Favorit Rower resistance varies by the amount of leverage the user has which depends on the positioning of the clamps on the chrome rower arms. You will notice numerous little ridges called "knurl marks" on the lower half of the chrome rower arms. These knurl marks are in groups of ten with a wider gap between each set of ten ridges. There are a total of fifty knurl marks on each arm which help you to set both left and right side at the same position such that the amount of resistance is equal on both sides.

When the clamp is positioned near the lower knurl marks (near the pivot point), the user has more leverage and thus the resistance is less and it is easier to row. When the clamp is moved to the higher knurl marks, the user has less leverage and it is harder to row.

Step 1

Sometimes the accordion boot will slide up the rowing arm, therefore make sure the accordion boot is pushed all the way down so it is covering the pivoting joint. Picture "A" shows the boot incorrectly positioned, having slid up the rowing arm.



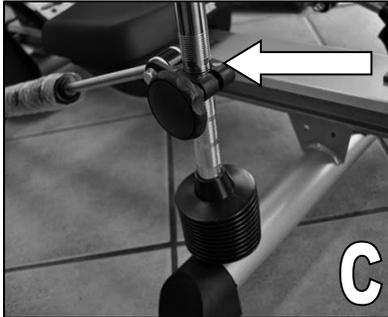
Step 2

If the accordion boot needs to be adjusted, lift the rower arm up and then firmly press the accordion boot downward covering the pivot joint completely. Picture "B" shows the boot correctly positioned.



Step 3

Resistance Adjustment Example - Picture "C" shows the clamp positioned $\frac{3}{4}$ of the way up on the fifty knurl marks, 13 knurl marks above the clamp can be seen. There is a group of ten knurl marks, then a wider gap and then three more knurl marks above the clamp. The arrow shows the clamp positioned at level 37 of 50.



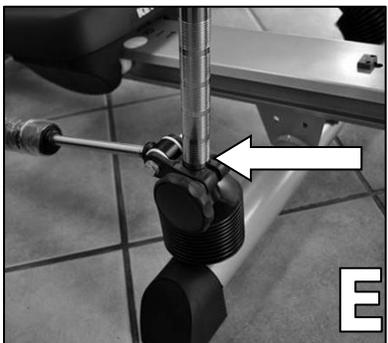
Step 4

To adjust resistance, it is best & easiest to first pull the rower arm back to a 90° angle. Loosen the clamp, then slide the clamp to the desired resistance level and retighten, picture "D". Mirror this step for the other rower arm, making sure the knurl marks are set at the same resistance level.



Step 5

There are five sets of ten knurl marks each with a wider gap between then next set of ten. The arrow in picture "E" is pointing at the 1st knurl mark. The clamp is below all 50 knurl marks and thus at the lowest level of resistance. Note: At this position, the resistance level amount is less than 10lbs.



Step 6

In picture "F" the arrow is pointing to the 50th knurl mark which is in the highest set of ten knurl marks. If the clamp is positioned in this set of knurls, then the resistance is very difficult.



It is recommended that you first try positioning the clamp the lower knurl marks, between 1 - 10, and then if you wish for more resistance, adjust to higher knurl marks.

Remember to first point the rower arm vertically before loosening the clamp for easiest repositioning. It is very difficult to reposition the clamp when the rower arm is lying down horizontally.