

- Do not train directly under strong incidence of light, e.g. neon light, halogen light, spot light, sunlight.
- Completely avoid any vibrations and wobbling of the ear sensor including cable. Always fasten the cable with the clip at your clothes or - even better - at a headband.

#### With cardio pulse set

Please refer to the appropriate instructions.

#### Failures in the pulse display

Should there once be any problems with pulse detection, please once again check the above mentioned points.

Check the battery voltage.

#### Failures in the training computer

Record the kilometres covered. In case of a strange behaviour of the training computer remove the batteries, check the battery voltage and insert the batteries again. **The stored total value of kilometres covered will get lost during an exchange of batteries.**

## 10.0 Exercising with the rowing machine

### For Your Safety:

- Before beginning your program of exercise, consult your doctor to ensure that you are fit enough to use the equipment. Base your program of exercise on the advice given by your doctor. Incorrect or excessive exercise may damage your health.

The rowing machine provides all of the advantages of "real life" rowing without the trouble or expense of "taking to the water". The particular boom design of the rowing machine permits a circular rowing movement coming very close to real rowing on water. Rowing is a sport that improves not only the performance of the cardio-vascular system, but also improves stamina and endurance. The following points should be observed before commencing a course of training:

### Important

Before commencing a course of training, have your family doctor check that you are fit enough to exercise with the rowing machine. The result of the medical check-up should be used as a basis for planning the exercise programme. **The following directions are only to be recommended to healthy persons.**

### The advantages of rowing

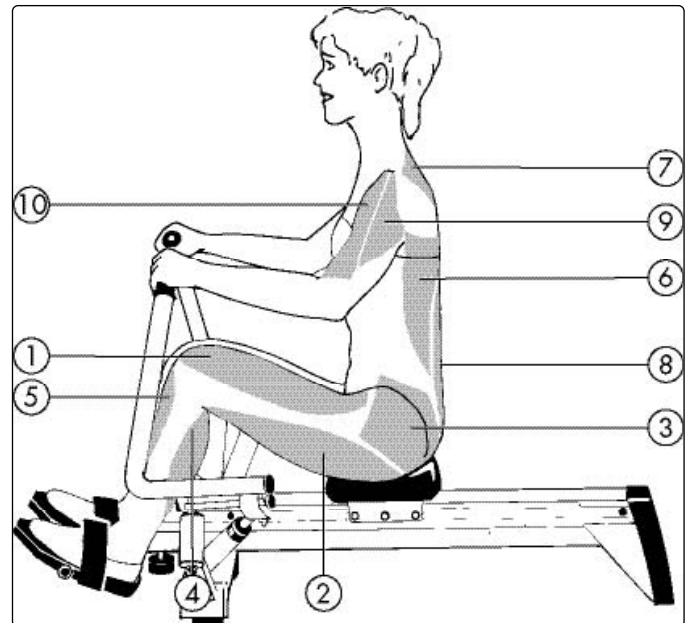
As mentioned above, rowing is an excellent way to increase the efficiency of the cardio-vascular system. It also improves the ability to absorb oxygen. In addition, rowing is also suitable for "burning off" fat by calling up the fat reserves (in the form of fatty acids) to be transformed into energy.

Another important advantage of rowing lies in the strengthening of all of the body's important muscle groups, whereby the strengthening of the back and shoulder muscles can be considered especially beneficial from the orthopaedic point of view. The strengthening of the back muscles can help prevent such orthopaedic problems as are encountered all too often nowadays. Exercising with the rowing machine is therefore a comprehensive way to exercise. It improves endurance and strength while at the same time not putting the joints under stress.

### Which muscles are called on

The movements in the rowing exercise call on all of the body's muscle groups. Although some are concentrated upon more than

others. These groups are shown in the lower illustration.



As can be seen in the illustration, rowing activates the upper and lower body to the same extent. In the legs, rowing exercises the extensors (1), the flexors (2) and the shin and calf muscles (5, 4). The movement of the hips also calls on the seat (gluteus) muscles (3).

In the torso region, rowing calls primarily upon the latissimus (6) and the erectors (8), but also on the trapezius (7), the deltoid (9) and the arm extensor muscles (10).

### Planning and controlling your rowing

The basis for planning your course of exercise should be your actual state of fitness. Your family doctor can put you through an endurance test to determine your physical performance. The results of the test should be used to plan your exercise programme. If you do not go through an endurance test, you should avoid excessive exercising stresses at all costs. The following principle should be followed in your planning; endurance training can be controlled as much by the extent of effort as by the level of effort and the intensity.

### Exercise intensity

The effort intensity when rowing can be determined by checking the pulse. The maximum pulse rate per minute is equivalent to a pulse of 200 minus age. This rate should, however, never be exceeded during exercise. The optimum rate is given by the rule of thumb of:

$$180 \text{ minus age}$$

This means that a 50-year-old person should arrange his/her endurance exercising around a pulse at 130. Such a calculation is considered very favourable by numerous experts. The intensity of the rowing exercises can be varied on the one hand by altering the number of strokes per minute, and on the other by altering the resistance of the "oars". You can adjust 12 steps of rowing resistance at the adjusting rings of the oil pressure damping cylinders. As a beginner, on principle select a low intensity, i.e. the stroke frequency should be below 20 strokes per minute and the damping cylinders' resistance should be adjusted at the lowest step.

Beginners should therefore avoid exercising at high stroke rates or at high resistance levels. The optimum stroke rate and level of resistance should be determined using the recommended pulse rate,

which should be checked three times during each session. Before starting, check the resting pulse, about 10 minutes into the session check the effort pulse (which should be in the region of the recommended level), and after finishing exercising, check the recovery pulse.

These three values can be entered into the record sheet. Regular exercising will soon show a reduction in both the rest and the effort pulse rates. This can be taken as a sign for the positive effects of the endurance training. The heart is beating more slowly and more time is available for the heart to take in blood and for the blood to circulate through the heart's own muscles.

## Extent of exercise

By extent of exercise, we refer to the length of the exercise sessions and their frequency per week. Experts consider the following extent of exercise to be especially effective:

| Sessions per week         | Length of session |
|---------------------------|-------------------|
| Daily                     | 10 minutes        |
| two or three times a week | 20-30 minutes     |
| once or twice a week      | 30-60 minutes     |

Exercise sessions of 20-30minutes/30-60 minutes are not suitable for the beginner. The beginner should increase his/her extent of exercising only gradually, with the first blocks being kept relatively short. Block exercising can be looked upon as a good variation at the beginning.

A typical beginner's programme for the first 4 weeks could be something like the following:

| Frequency           | Length of exercise blocks  |
|---------------------|--|
| <b>1st-2nd week</b> |  |
| three times a week  | 3 minutes training<br>1 minute break for gymnastics<br>3 minutes training<br>1 minute break for gymnastics<br>3 minutes training |
| <b>3rd-4th week</b> |  |
| four times a week   | 5 minutes training<br>1 minute break for gymnastics<br>5 minutes training  |

Following these 4 weeks of beginner's exercising, the blocks can be extended to 10 minutes of continuous rowing without a break. If 3 weekly sessions of 20-30 minutes are preferred (at later stages), a free day should be planned between each two days with exercise.

## Accompanying gymnastic exercises

Gymnastic exercises are an ideal complement to rowing. Always do warming-up exercises before starting rowing. Activate the circulation with a few minutes of easy rowing (10-15 strokes per minute). Stretching exercises should then be carried out before the real rowing exercise is started.

Easy rowing should also be done at the end of the session, with further stretching exercises during the cooling-down period.



### D 1. Phase Zum Ablauf der Ruderbewegung

Abstand der Trittflächen auf die Beinlänge einstellen. In der Ausgangsposition wird der Sitz in die vordere Position gebracht, indem man Hüft- und Kniegelenke beugt. Die Rudergriffe sind in vorderer, tiefer Position und werden von oben gegriffen. Der Oberkörper ist leicht vorgeneigt. Die Arme sind leicht gebeugt.

### GB 1st phase Rowing

Adjust the distance of foot plates to your leg's length. In starting position put the seat into its front position by bending hip and knee joints. The rowing grips are in front, low position and are grasped from above. Your upper body is slightly bent forward. Your arms are slightly

### F 1re phase Pratique des mouvements d'aviron

Ajustez la distance des marchepieds à la longueur de vos jambes. Dans la position de départ, le siège doit être mis en position antérieure en fléchissant les articulations de la hanche et des genoux. Les poignées des rames se trouvent en bas, dans la position antérieure et vous devez les prendre par le haut. Le haut du corps est légèrement plié en avant. Les bras sont légèrement pliés également.

### NL Fase 1 Roeibeweging

Afstand van de voetplank op de beenlengte instellen. In de uitgangspositie wordt de zetel in de voorste positie gebracht, doordat men het heup- en kniegewricht buigt. De roeipaangrepen zijn in de voorste, diepere positie en worden van boven gegrepen. Het bovenlichaam is een beetje naar voren gebuigd. De armen zijn licht gebuigd.

### E 1a fase El movimiento de remo

Ajustar la distancia de la superficie reposapiés al largo de las piernas. En la posición inicial, el asiento se coloca en la primera posición doblando las articulaciones de las caderas y de las rodillas. Las empuñaduras para remar se encuentran en la primera y más baja posición y se agarran por arriba. El tronco está ligeramente inclinado. Los brazos están ligeramente doblados.

### I 1fase Dinamica di remata

Adattate la distanza delle pedane alla lunghezza delle vostre gambe. Nella posizione iniziale mettete il sedile in posizione anteriore piegando le articolazioni dell'anca e dei ginocchi. Le impugnature si trovano in basso nella posizione anteriore e devono essere prese dall'alto. Il torso è leggermente chinato in avanti. Le braccia sono leggermente piegate.

### PL faza 1 przebieg ruchów

Ustawić odstęp podnóżków do długości nóg. W pozycji wyjściowej siedzenie ustawiane jest całkowicie z przodu, zginając nogi w biodrach i w kolanach. Uchwyty wiosła znajdują się w przedniej, niskiej pozycji, i są chwytywane od góry. Górna część ciała jest lekko pochylona do przodu, ramiona są lekko zgięte.



### D 2. Phase

Mit der Streckung der Beine beginnen. Rudergriffe weiterhin mit leicht gebeugten Armen halten und in Richtung Knie anheben. Auf einen geraden Rücken achten.

### GB 2nd phase

Start stretching your legs. Keep on holding the rowing grips with slightly bent arms and lift them in direction of your knees. Keep your back straight.

### F 1e phase

Commencez avec l'extension des jambes. Continuez à tenir les poignées des rames avec les bras légèrement penchés et soulevez-les vers le genou. Veillez à ce que le dos soit en position droite.

### NL Fase 2

Met het strekken van de benen beginnen. Roeigrepen nog steeds met licht gebuigde armen houden en in knierichting opheffen. Op een rechte rug letten.

### E 2a fase

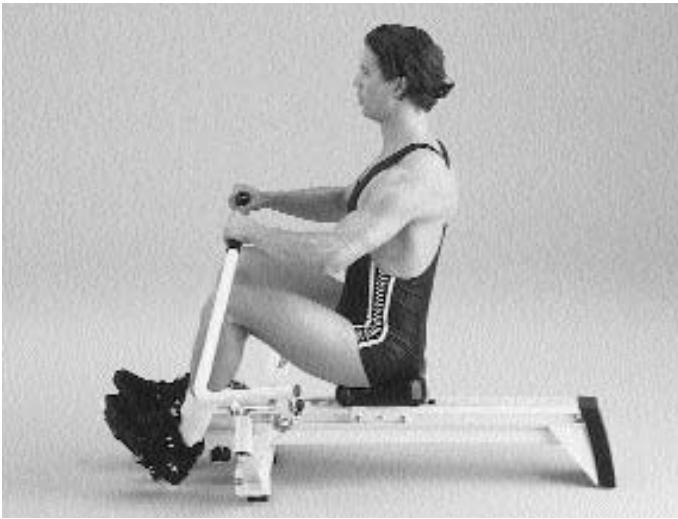
Comenzar estirando las piernas. Seguir agarrado a las empuñaduras de remar manteniendo los brazos ligeramente doblados y elevarlos en dirección a la rodilla. Mantener la espalda recta.

### I 2 fase

Cominciate con l'estensione delle gambe. Continuate a tenere le impugnature dei remi con le braccia leggermente piegate e sollevatele verso i ginocchi. Fate attenzione alla posizione diritta della schiena.

### PL faza 2

Rozpocząć od wyprostowania nóg. Nadal trzymać uchwyty wiosła przy lekko zgiętych ramionach i podnieść w kierunku kolan. Zwracać uwagę na proste plecy.



### D 3. Phase

Streckbewegung der Beine beibehalten. Mit dem Armzug (Beugen der Arme) beginnen, wenn sich die Griffe oberhalb der Knie befinden. Die Kniegelenke haben zueinander den gleichen Abstand wie die Fußspitzen. Rückenspannung hält den Oberkörper aufrecht.

### GB 3rd phase

Keep your legs stretched. Start the arm stroke (bending your arms), if the grips are above your knees. Your knee joints are at the same distance to each other as the points of your feet. Back strain will keep your upper body straight.

### F 3e phase

Gardez le mouvement d'extension des jambes. Commencez à tirer les rames (en pliant les bras), aussitôt que les poignées se trouvent au-dessus des genoux. Les articulations des genoux doivent avoir l'une par rapport à l'autre la même distance que les pointes des pieds. La tension du dos maintient la position droite du haut du corps.

### NL Fase 3

Strekbeweging van de benen bijhouden. Met de armen (buigen van de armen) beginnen, als de grepen zich boven de knieën bevinden. De kniegewrichten hebben tot elkaar dezelfde afstand als de punten van de voeten. Rugspanning houdt het bovenlichaam rechtop.

### E 3a fase

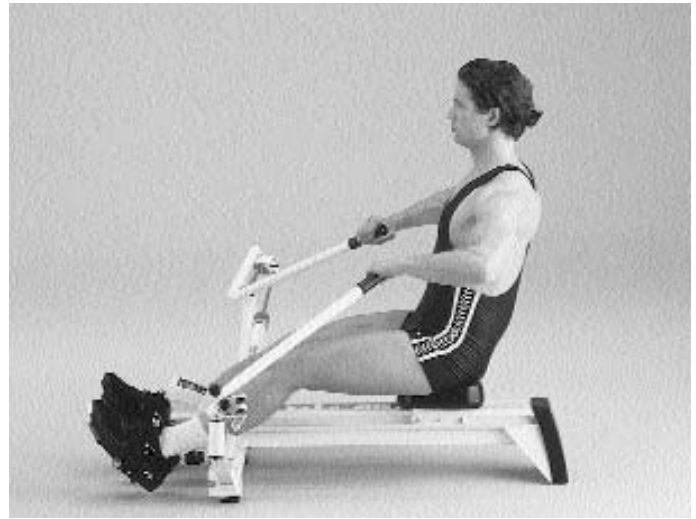
Mantener el movimiento de estirado de las piernas. Comenzar con la tracción del brazo (doblar los brazos) cuando las empuñaduras se encuentran sobre las rodillas. Las articulaciones de las rodillas tienen entre sí la misma distancia que las puntas de los pies. La tensión de la espalda mantiene el tronco erguido.

### I 3 fase

Mantenete il movimento d'estensione delle gambe. Cominciate a tirare i remi (piegando le braccia), non appena le impugnature si trovano al di sopra dei ginocchi. Le articolazioni dei ginocchi devono avere la stessa distanza fra di loro che le punte dei piedi. La tensione della schiena mantiene il torso diritto.

### PL faza 3

Kontynuować ruch prostowania nóg. Rozpocząć ciągnięcie ramionami (zginanie ramion), gdy uchwyt znajdują się ponad kolanami. Kolana mają między sobą ten sam odstęp, jak czubki stóp. Napięcie pleców trzyma górną część ciała w wyprostowanej pozycji.



### D 4. Phase

Beine nahezu strecken und die Griffe unterhalb der Brust Richtung Körper ziehen. Den Oberkörper leicht zurückneigen. Die Beine auch zum Ende der Bewegungsphase leicht gebeugt lassen.

### GB 4th phase

Nearly stretch your legs and pull the grips below your chest towards your body. Slightly bend your upper body backward. Keep your legs slightly bent even at the end of the movement.

### F 4e phase

Tendez les jambes presque complètement et tirez les poignées au-dessous de la poitrine vers le corps. Penchez légèrement le haut du corps vers l'arrière. Veillez à ce que les jambes soient encore légèrement pliées à la fin de cette phase du mouvement.

### NL Fase 4

Benen bijna strekken en de grepen onder de borst in lichaamsrichting trekken. Het bovenlichaam een beetje terugbuigen. De benen ook op het einde van de bewegingsfase een beetje gebuigd houden.

### E 4a fase

Estirar las piernas casi totalmente y tirar de las empuñaduras por debajo del pecho en dirección al cuerpo. Volver a retroceder el tronco ligeramente. Además, mantener las piernas ligeramente dobladas al final de la fase del movimiento.

### I 4 fase

Stendete le gambe quasi completamente e tirate le impugnature sotto il petto verso il corpo. Piegate il torso leggermente indietro. Fate attenzione al fatto che le gambe devono ancora essere leggermente piegate al termine di questa fase del movimento.

### PL faza 4

Prawie do końca wyprostować nogi i pociągnąć uchwyt poniżej piersi w kierunku ciała. Lekko odchylić górną część ciała do tyłu. Nawet przy końcu fazy ruchu pozostawić nogi lekko zgięte.



#### D 5. Phase

Rudergriffe senken und in tiefer Position über den Oberschenkeln nach vorne führen. Streckbewegung der Arme. Durch Beugung der Hüften Oberkörper vorwärts bewegen.

#### GB 5th phase

Lower the rowing grips and bring them forward in deep position above your thighs. Stretch your arms. Move your upper body forward by bending your hips.

#### F 5e phase

Baissez les poignées des rames et placez-les en avant dans la position basse au-dessus des cuisses. Mouvement d'extension des bras. Penchez le haut du corps vers l'avant en pliant les hanches.

#### NL Fase 5

Roeigrepen neerlaten en in diepere positie over de dijbenen naar voren brengen. Strekbeweging van de armen. Door het buigen van de heup het bovenlichaam naar voren bewegen.

#### E 5a fase

Descender las empuñaduras de remar a la posición más baja y conducir las por los muslos hacia adelante. Movimiento de estirado de los brazos. Mover el tronco hacia adelante doblando la cadera.

#### I 5 fase

Abbassate le impugnature dei remi e mettetele in avanti nella posizione bassa sopra le coscine. (Movimento d'estensione delle braccia). Chinare il torso in avanti piegando le anche.

#### PL faza 5

Opuścić uchwyt wiosła i w niskiej pozycji poprowadzić je do przodu ponad udami. Ruch prostujący ramion. Przez zgięcie bioder poruszyć górną część ciała do przodu.



#### D 6. Phase

Sobald sich in der Vorwärtsbewegung die Rudergriffe etwa in Höhe der Knie befinden, Beine anziehen und bis in die Ausgangsposition vorrollen. Fließender Übergang in die neue Zugphase.

#### GB 6th phase

As soon as the rowing grips are on a level with your knees in forward movement, draw up your legs and roll forward into starting position. Flowing transition into a new pulling phase.

#### F 6e phase

Aussitôt que les poignées des rames se trouvent approximativement à la hauteur des genoux pendant le mouvement vers l'avant, ramenez les jambes et roulez en avant jusqu'à la position de départ. Transition courante à la prochaine phase de traction.

#### NL Fase 6

Zodra de roeigrepen, die zich in de voorwaartsbeweging bevinden, op kniehoogte zijn, benen optrekken en tot in de uitgangspositie voorrollen. Vliëgend overgang in de nieuwe slagfase.

#### E 6a fase

Atraer las piernas y empujarlas hasta la posición inicial en cuanto las empuñaduras de remar se encuentren - por el movimiento de avance - aproximadamente a la altura de las rodillas. Cambio fluido a la nueva fase de tracción.

#### I 6 fase

Non appena le impugnature dei remi sono press'a poco all'altezza dei ginocchi durante il movimento in avanti attirate le gambe e scivolte in avanti fino alla posizione iniziale. Passaggio scorrevole alla prossima fase di tirata.

#### PL faza 6

Z chwilą, gdy przy ruchu do przodu uchwyt wiosła znajdują się mniej więcej na wysokości kolan, należy ściągnąć nogi, aż powrócą Państwo do pozycji wyjściowej. Płynne przejście do nowej fazy ciągnięcia.

Ⓓ Leistungstabelle / Ⓔ Performance table / Ⓕ Tableau de performances / Ⓗ Prestatietabel / Ⓖ Tabla de rendimiento / Ⓡ Tabella delle prestazioni / Ⓛ Tabela wyników

| Ⓓ Datum | Ruhepuls          | P 1 Belastungspuls    | P 2 Erholungspuls        | Belastungsstufe     | Zeit (min.)   | Entfernung (km) | Energieverbrauch   | Fitnessnote      |
|---------|-------------------|-----------------------|--------------------------|---------------------|---------------|-----------------|--------------------|------------------|
| Ⓔ Date  | Restpulse         | Stress pulse          | Recovery pulse           | Slope               | Time (min)    | Distance (km)   | Energy-consumption | Fitness Mark     |
| Ⓕ Date  | Pouls au repos    | Pouls en charge       | Pouls de récupération    | Angle d'inclination | Temps (min.)  | Distance (km)   | Dépense d'énergie  | Note             |
| Ⓗ Datum | Rustpuls          | Belastingpuls         | Ontspanningspuls         | Hellingshoek        | Tijd (min.)   | Afstand (km)    | Calorieenverbruik  | Waard. cijfer    |
| Ⓖ Fecha | Pulso en reposo   | Pulso bajo esfuerzo   | Pulso de recuperación    | Escalón de carga    | Tiempo (min.) | Distancia (km)  | Consumo de energía | Nota             |
| Ⓡ Data  | Polso riposo      | Polso affaticamento   | Polso ripresa            | Fase dicarico       | Tempo (min.)  | Percorso (km)   | Consumo energetico | Voto             |
| Ⓛ Data  | tętno spoczynkowe | tętno przy obciążeniu | tętno w fazie odpoczynku | stopień obciążenia  | Czas (min.)   | odległość (km)  | Zużycie energii    | Ocena sprawności |
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| (D) Datum  | Ruhepuls          | P 1<br>Belastungspuls | P 2<br>Erholungspuls     | Belastungs-<br>stufe | Zeit<br>(min.) | Entfernung<br>(km) | Energie-<br>verbrauch | Fitnessnote      |
|------------|-------------------|-----------------------|--------------------------|----------------------|----------------|--------------------|-----------------------|------------------|
| (GB) Date  | Restpulse         | Stress pulse          | Recovery pulse           | Slope                | Time (min)     | Distance (km)      | Energy-consumption    | Fitness Mark     |
| (F) Date   | Pouls au repos    | Pouls en charge       | Pouls de récupération    | Angle d'inclination  | Temps (min.)   | Distance (km)      | Dépense d'énergie     | Note             |
| (NL) Datum | Rustpuls          | Belastingspuls        | Ontspanningspuls         | Hellingshoek         | Tijd (min.)    | Afstand (km)       | Calorieenverbruik     | Waard. cijfer    |
| (E) Fecha  | Pulso en reposo   | Pulso bajo esfuerzo   | Pulso de recuperación    | Escalón de carga     | Tiempo (min.)  | Distancia (km)     | Consumo de energía    | Nota             |
| (I) Data   | Polso riposo      | Polso affaticamento   | Polso ripresa            | Fase dicarico        | Tempo (min.)   | Percorso (km)      | Consumo energetico    | Voto             |
| (PL) Data  | tętno spoczynkowe | tętno przy obciążeniu | tętno w fazie odpoczynku | stopień obciążenia   | Czas (min.)    | odległość (km)     | Zużycie energii       | Ocena sprawności |
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