

## TWO MODELS OF EXER-ROW

Standard Model



\* It occupies 3 feet x 5 feet space when the machine is in use and 3 feet and 1 foot space when not in use.

Professional Model



\* The oar arm moves in 360 degree which helps in exercising the chest muscles in addition to the workout on the EXER-ROW - Standard Model.

\* It occupies 3 feet x 5 feet space when the machine is in use and 1-3/4 feet and 1 foot space when not in use.



### GENERAL FEATURES

- \* Oar handle with cushioned rubber grip.
- \* Cushioned seat for extra rowing comfort.
- \* Wide foot straps for perfect grip of the feet.
- \* Concealed type Self-Adjusting **Hydro-pneumatic Cylinders**.
- \* Fixed foot rest to give complete movement to your ankle joints.
- \* Epoxy painted frame made out of thick gauge pipe for durability.
- \* Solid plastic (self-lubricating) bearings on slide to take heavy loads.
- \* Stainless steel slide, long enough for everyone to reach the proper start position and for tall people to complete the stroke.
- \* Wide resistance range and extra large adjustment knobs with one piece aluminum clamp to make adjustment quick and easy.
- \* The machine can be kept in alcove position when not in use.

### GENERAL SPECIFICATIONS

Length	135 cms	53.0 in.
Width	80 cms	31.5 in.
Height	29 cms	11.5 in.
Weight	22 kgs.	48.5 lbs.
Seat Movement	85 cms	33.5 in.
Oar Length	64 cms	25.0 in.

Resistance i.e. Force available at oar handle is equivalent to :  
 2 - 20 kgs. at a rowing speed of 15 strokes per minute.  
 4 - 40 kgs. at a rowing speed of 20 strokes per minute.  
 6 - 60 kgs. at a rowing speed of 25 strokes per minute.  
 Between minimum and maximum setting.

### START UP TIPS :

- The routine you choose has to be practical, consistent and regular. And while consistency is essential, it is important to actually enjoy your workouts. The more you enjoy it, there is better chance to ensure consistency.
- A minimum of three workouts a week are necessary to maintain fitness. A productive workout session could last 20-30 minutes depending on the intensity of the exercise.
- We recommend a warm up session before you start. Warm up includes flexing your body to push up your pulse-rate and help your metabolic system anticipate the exercises that follow.
- We also recommend a cool down at the end of your workout. Cooling helps your body to adjust in terms of circulation and allows the pulse rate to subside.
- It is extremely important to breathe in and breathe out in regulated cycles. Normally, you breathe out when you are making the most effort and breathe in when you ease up.
- It is advisable not to eat at least an hour before exercising.

### PRECAUTION TIPS :

- People with back problems should not bend their back while rowing. This can be achieved because we provide the seat to move on the slide.
- Do not hunch your back while exercising. Keep your head and shoulders squarely during the rowing movements.
- Practice co-ordination passively and slowly the movement between your leg-slide-oar.
- Patients suffering from chronic diseases should exercise under medical supervision only.
- Stop rowing if you develop a headache, tightness in the chest or any type of disorientation.

MADE IN INDIA



Manufactured by:

**FLUID-TECH**  
 FITNESS  
 REDEFINING FITNESS

1st Floor, Bombay Rubber Works Compound,  
 Kamani Oil Mill Lane, Off Saki Vihar Road,  
 Chandivali, Mumbai - 400 072, INDIA.  
 Telefax : 091-22-28478855.  
 Website : www.fluidtechfitness.com

# EXER-ROW Rowing Machine



*To achieve a healthy fit body has been most important.  
 And now, getting one, never more simple!*

**FLUID-TECH**  
 FITNESS  
 REDEFINING FITNESS

A Luthra Enterprise

## WORKING TOWARDS A FIT BODY

Regular exercise does a lot more that helps you to achieve long term fitness goals. It helps you relieve every stress, tension and refreshes the mind.

Here is an Exerciser which gives you all the goodness of AEROBICS. Have you jogged your way to fitness? But then you need athletic feet.

**JOGGING** - High - impact aerobic exercise.

**CYCLING** - Low - impact on the knee.

**ROWING** - No - impact on any joint of the body.

### Here's what an EXER-ROW - a complete body exerciser can do for you :

This is a static exercise in which you do not displace your body from one magnetic axis to another. You can exercise in the comforts of your home and still get all the highs of Rowing on a river. This is the only exercise which can be upgraded to your strength without any adjustments. i.e. By simply increasing the speed of Rowing.

- It can improve muscle tone, muscular strength, stamina and flexibility potential.
- Optimize the functioning of your cardio-vascular system.
- Help you maintain ideal body weight and minimize the risk of chronic diseases and illness.
- Improve self image, morale and fight depression.
- Increase levels of energy and job productivity.
- Increase the rate of recovery after physical exertion.
- Regulate and improve overall body functions.



#### HYDRO-PNEUMATIC CYLINDERS

Our hydro-pneumatic cylinders are designed to minimize the risk of back strain as compared to shock absorbers as in other rowers, i.e. 15% of the cylinder is pneumatic and 85% is hydraulic. Thus eliminating high load on the back at the start point.

## EXER-ROW - A TOTAL BODY CONDITIONER :

### 1. Cardio-vascular conditioning (Aerobic Fitness) :

When you exercise on the EXER-ROW, you get a Bio-rhythm i.e. Your heart, lungs and muscles co-ordinate evenly to fulfill the demand of oxygen and to remove the Carbon-dioxide at an even rate. The Bio-rhythm organizes and enhances the lactate accumulation and its removal from the blood. Aerobic heart rate is reached within five minutes of exercising on the EXER-ROW.

### 2. Increase of Basal Metabolic Rate (Body Composition) :

Apart from swimming, EXER-ROW, is the only exerciser which allows the blood stagnant in the abdomen to be pumped into the limbs of the body. Thus it increases the BMR, categorically mobilizes body fat to higher density areas and reduces fat from hips, thighs and back.

### 3. Muscle strength (Power) :

The EXER-ROW helps in increasing the overall capacity of a muscle cell to contract more fully, reducing the chances of any muscle cramp. This is achieved due to the larger range of the Machine to man rowing ratio.

### 4. Neuro - Muscular Endurance :

Every rowing action has an impulse from the afferent and the efferent nerves stimulating the corresponding muscles and giving a soothing effect on the Neuro Muscular Points continuously and enhancing total endurance.

### 5. Flexibility in joints :

Human joints have bones, tendons, cartilages, alveolar tissues and fluid to reduce friction. Rhythmic rowing action for a small period of time, helps to enhance the fluid movement of each and every joint of your body. An old rigidity of a joint can be evenly mobilized by extended use of the EXER-ROW Machine along with the hot fomentation.



## HOW TO EXERCISE ON THE EXER-ROW WHEN YOU'RE PLANNING A COMPLETE FITNESS PROGRAM

### Warm up and cool down. . . .

**First** start the exercise by doing the warm up on the EXER-ROW. To be able to sit on the EXER-ROW, pull the seat away from the oar arm and sit on the seat. Then strap your feet on the foot rest. Begin by sliding forward and backward for a period of one minute. Do this exercise before and after the main workout on the EXER-ROW.

**Now** pull the oar arm from the base very slowly and raise it till the rubberized, handle comes to your shoulder height and you are ready to go.

**Your exercise** routine is divided into individual sets and each set is divided into repetitions. One set consists of 5 minutes of rowing @ 20 repetitions per minute. The rate at which you do one complete movement of rowing is a repetition on the EXER-ROW. Rate of rowing per minute is 20 repetitions to achieve Aerobic Norms. A minimum of 2 sets with a rest period of 5 minutes is required to achieve minimum fitness level.

**To achieve COMPLETE AEROBIC FITNESS**, minimum of 4 sets without rest is the optimum, with a warm-up and cool-down for a minute each before and after the workout. For COMPLETE AEROBIC FITNESS, workout on the EXER-ROW has to be done 3 to 4 times in a week.

**CIRCUIT TRAINING** on EXER-ROW can be achieved by doing 2 sets of each exercise as shown in the workout chart below and should be done with a rest period of one minute in each exercise (recovery period). Minimum 8 types of workout should be done to cover different body parts.



### AFTER ACHIEVING MAXIMUM AEROBIC FITNESS LEVEL, WHAT THEN ?

EXER-ROW has an additional power upgrading system which is graded as I, II, III & IV on the root of the oars. So, once you have reached the 20 minute slot or optimum level, your body is geared up to receive a new set of exercise and this can be achieved by sliding the clamp situated on the root of the oar-arm upward to setting II of both the sides. And this starts a new resistance of Rowing routine. It does not stop here. EXER-ROW has 2 more settings to gear up, to help reach Olympic Fitness, i.e. Setting III and IV.



## WORKOUT ON THE EXER-ROW

<p><b>BASIC ROWING</b></p> <p>Fold your legs and slide the seat as close to the leg pedal as possible. Keep your hands straight without bending them at the elbow. Press on the pedal with your leg. The seat will automatically slide back and the legs will straighten up. The oar will be pulled by the body action and not by folding your arms. Come back to the front position by sliding the seat. Do it @ 15 - 20 reps/min. for 2 minutes.</p>	<p><b>BICEP CURL WITH SLIDE</b></p> <p>Fold your legs and slide the seat as close to the leg pedal as possible. Slide the seat to the front position on the slide, change the grip to thumb out position on the handle and slide back on the seat as shown above. Press on the pedal while you pull the oar arm towards your arm pit. Exercises your arms, back and legs. Do it @ 15-20 reps/min. for 2 minutes.</p>	<p><b>ABDOMINAL PRESS</b></p> <p>This exercise is also called the Womb-to-Tomb position. Your body is as in the starting position of Basic Rowing, but the hands are at the back of your neck &amp; your head resting on the knee. Then press on the pedal and push the seat edge and lean back to lie straight with your head resting on your hand. Do it @ 12 reps/min for 2-3 minutes. Repeat this exercise at the beginning and at the end of the workout.</p>	<p><b>ADVANCE ROWING</b></p> <p>This exercise is not advised for any person having back problems. This is a very advanced aerobic exercise. Helps to lose maximum calories and strengthen the back to the maximum level. Sit in the basic rowing position, go back by straightening your legs, the body is folded over the legs and pull the oar arm by straightening your back and not by folding the hands. No sliding action either. Do it @ 10 to 12 reps/min. For 2-3 minutes.</p>
<p><b>ALTERNATE ROWING WITHOUT SLIDING</b></p> <p>Slide the seat to the middle point on the slide i.e. Root of the oar arm. The legs are half bent, pull each oar - arm one at a time till your arm - pit by pulling in active and pushing in passive. Do it alternatively with both hands. Thus you workout your forearm, biceps and lats. Do it @ 10-12 reps/min. for 3 minutes.</p>	<p><b>UNDER HAND GRIP ALTERNATE ROWING</b></p> <p>Pull on each oar-arm one at a time till your arm-pit by pulling in active and pushing in passive without bending your body forward. The grip of the arm comes under hand with your thumb in outside position on the handle. This works on your biceps and pumps the rear deltoid also. A wonderful toner for your upper body and shoulder. Do it @ 8 to 10 reps/min for 2-3 minutes.</p>	<p><b>ABDOMINAL TONER</b></p> <p>In this exercise the leg position is same as of reverse bench press. Do not slide on the seat. Hold the oar arm close to your chest. Now press the oar arm in the front by changing your body position forward trying to touch the knee with your forehead. Do not press the oar arm by moving your hand. Feel the crunch in your abdomen while doing these sets. This is an excellent toner for the mid section of the body. Do it @ 15 to 20 reps/min for 5 minutes. This exercise is not advised for any person having back problems.</p>	<p><b>ALTERNATE PRESS</b></p> <p>Put your thumb inside the handle grip. Press each oar arm alternatively. This is an excellent toner for your back of the arms (i.e. Triceps) and sides of your abdomen. Do it @ 15 to 20 reps/min for 2 - 3 minutes.</p>
<p><b>LOWER CHEST PRESS</b></p> <p>Sit reverse on the seat with your back to the pedal. Watch position of the oar arm as above. The handle is held lower than other exercises. Press the oar arm together to exercise your chest. This is to exercise your lower group of chest muscles i.e. for hanging breast, loose chest muscles. This is an excellent toner for the front of the chest. Do it @ 15 to 20 reps/min. for 2-3 minutes.</p>	<p><b>REVERSE BENCH PRESS WITHOUT SLIDE</b></p> <p>Sit reverse on the seat with your back to the pedal. Hook your foot on the edge of the slide bar with your heels on the rubber studs of the frame. Hold the oar arm close to your chest and breathe in. In this exercise, the breathing is very important. Press on the oar arms and avoid bending your body forward during the press. Continue to breathe out during the press to give maximum benefit to your chest and triceps. Do it @ 15 to 20 reps/min for 2-3 minutes.</p>	<p><b>SHOULDER PRESS</b></p> <p>Sit in reverse seated position. Take your seat back by sliding. Here the shoulder and elbows are held higher as shown above. Rest your feet on the center bar as shown above. Now press the oar arm slowly to feel the pressure on the elbow. This is a very good exercise for your shoulder muscles. Do it @ 8-10 reps/min. for 2 minutes.</p>	<p><b>MUSCLE GROUPS WORKED OUT</b></p>

The above exercises are specifically designed for EXER-ROW. Kindly do not attempt these workout on any other rower.