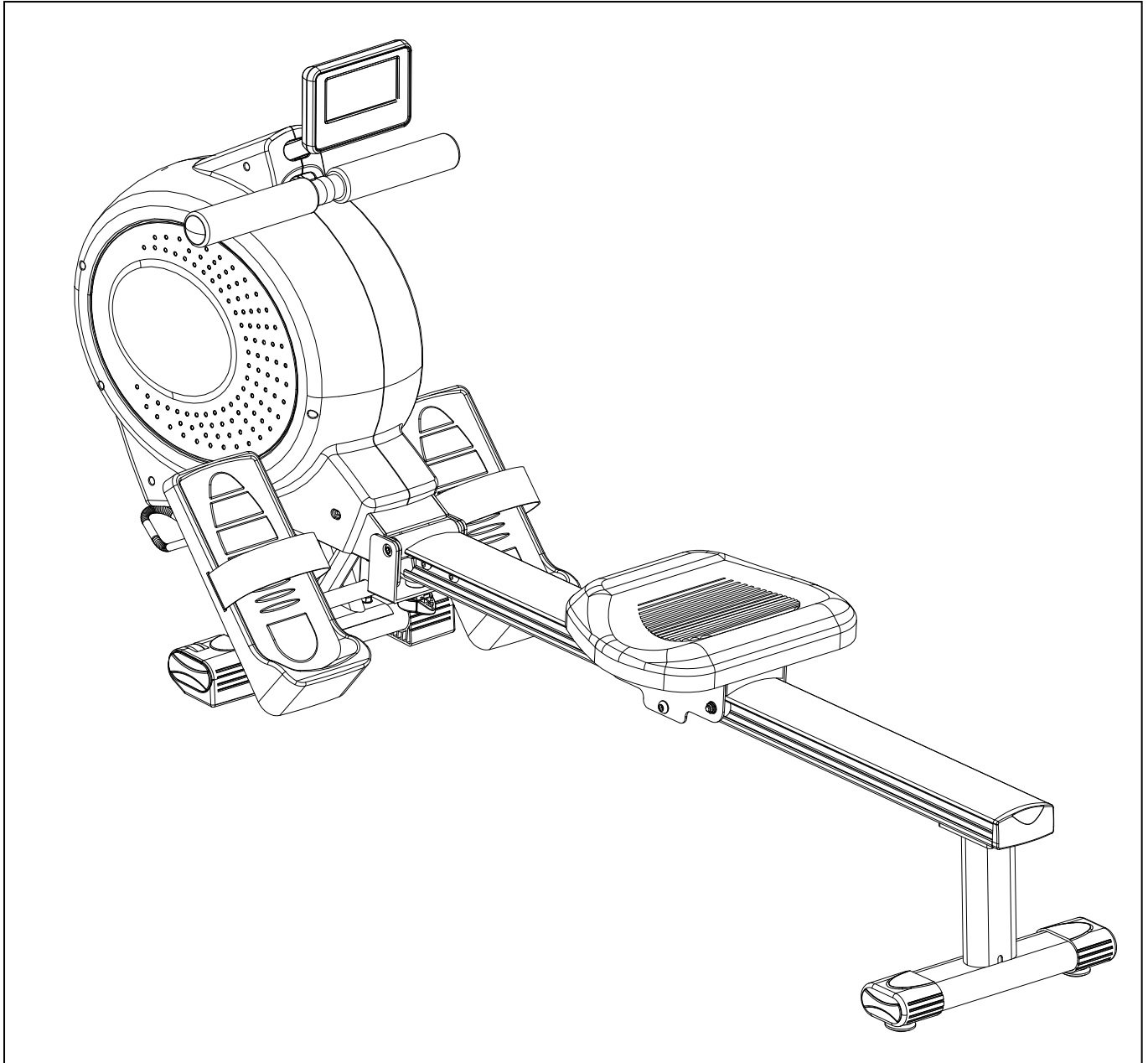
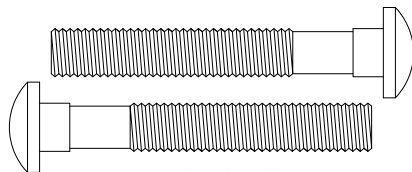


Casall R400 Manual

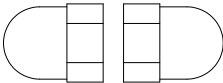
ROWER MACHINE



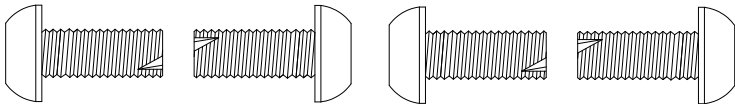
R400



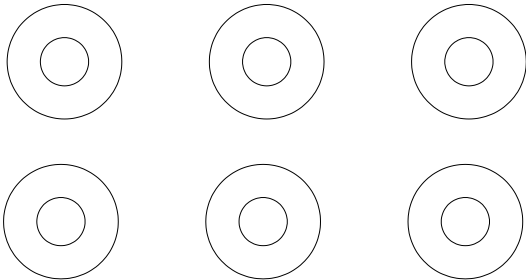
I-1 Carriage Bolt M8*P1.25*55MM (2)



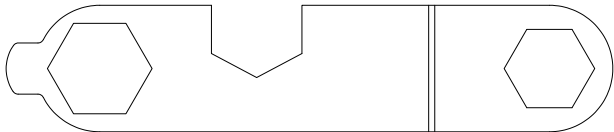
I-3 Acorn Nut for M8 Bolt (2)



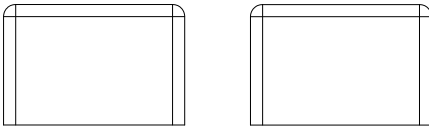
I-4 Allen Bolt M8xP1.25x20mm (4)



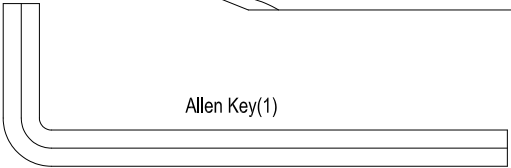
I-2 Flat washer for $\phi 8^* \phi 19^* 2T$ (6)



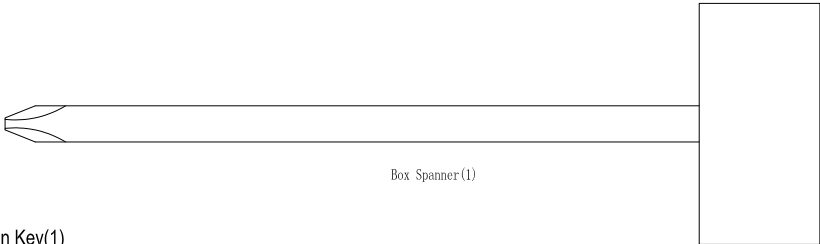
Wrench (1)



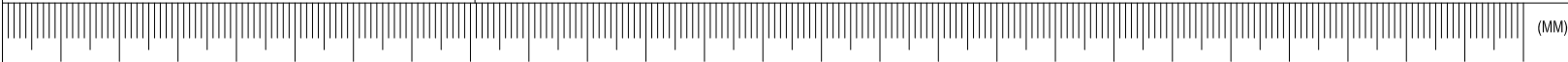
I-5 CAP(2)



Allen Key(1)

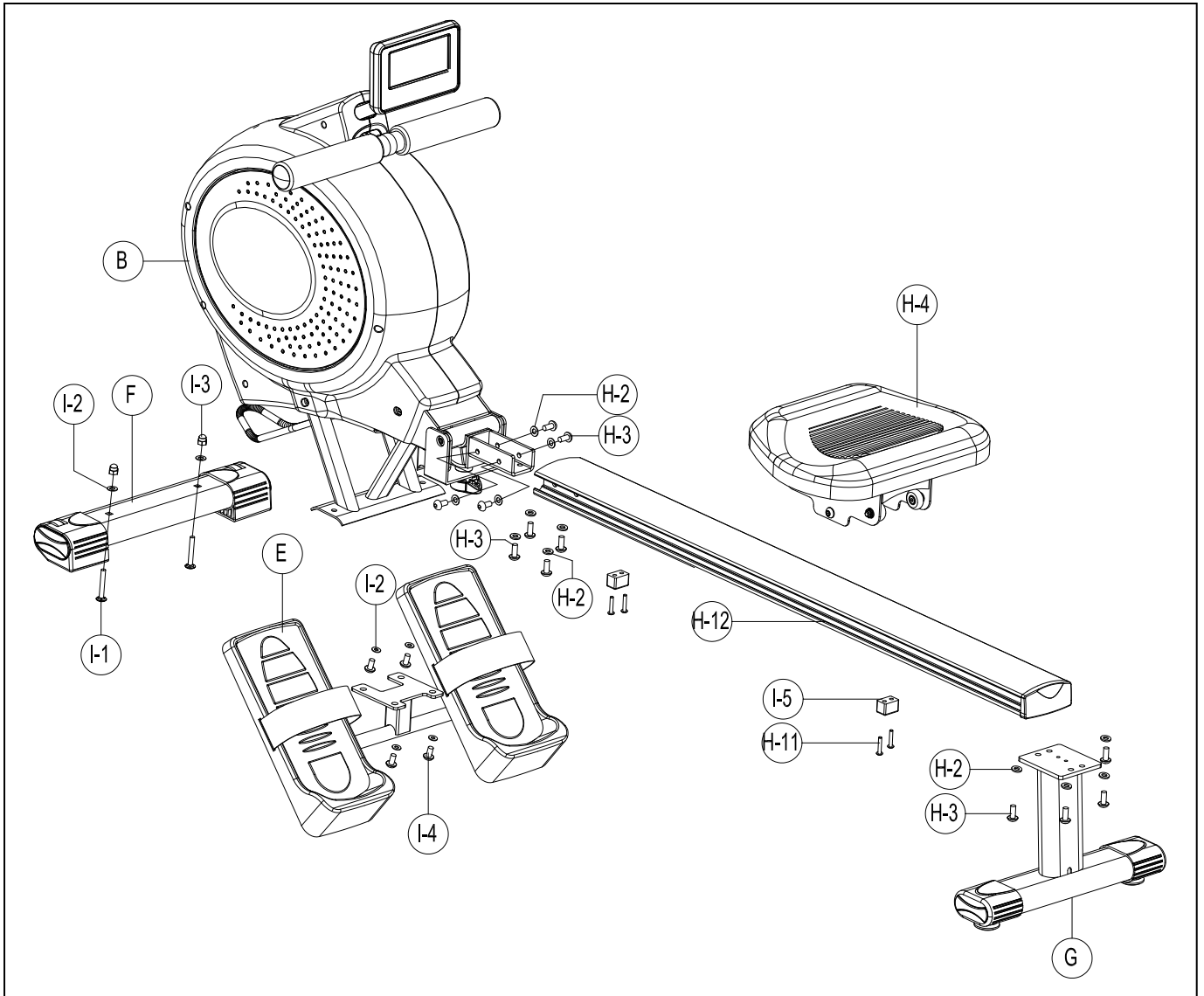


Box Spanner(1)

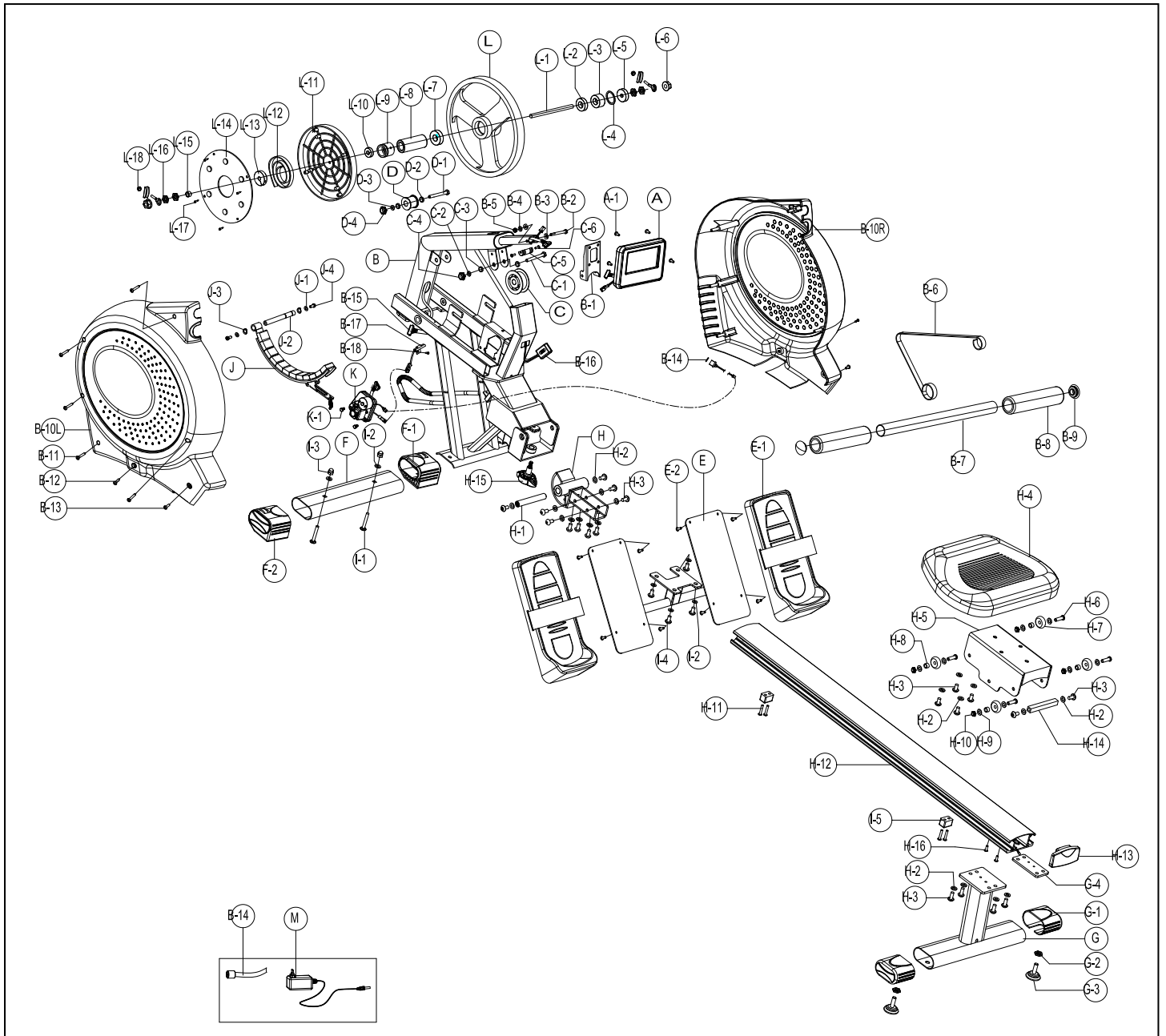


(MM)

Assembly Diagram



EXPLODED DIAGRAM



Parts List

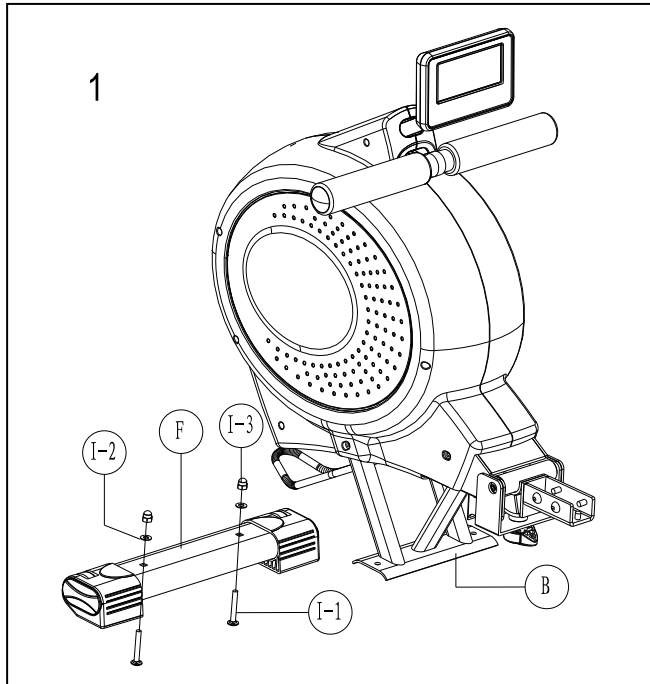
No.	Description	Quantity	
A	COMPUTER	1	SET
A-1	SCREW FOR FIXING COMPUTER	4	PCS
B	MAIN FRAME	1	SET
B-1	BRACKET FOR FIXING COMPUTER	1	PCS
B-2	SCREW M6xP1.0x57L	2	PCS
B-3	FIXING CAP	4	PCS
B-4	FLAT WASHER $\phi 6 \times \phi 16 \times 1t$	2	PCS
B-5	NYLON NUT M6	2	PCS
B-6	STRAP	1	PCS
B-7	HANDLABAR	1	SET
B-8	HANDLEBAR FOAM	2	PCS
B-9	CAP	2	PCS
B-10 R	LEFT COVER	1	PCS
B-10 L	RIGHT COVER	1	PCS
B-11	SCREW M4x40L	5	PCS
B-12	SCREW M5x16L	2	PCS
B-13	SCREW M5x16L	2	PCS
B-14	DC WIRE	1	SET
B-15	UPPER COMPUTER CABLE	1	PCS
B-16	WIRELESS RECEIVER FOR PULSE	1	PCS
B-17	SENSOR BOX	1	PCS
B-18	SCREW M4x10L	1	PCS
C	DRIVING PULLEY	1	SET
C-1	HEXAGON SCREW 3/8"x61mml	1	PCS
C-2	FLAT WASHER $\phi 10 \times \phi 18 \times 2t$	3	PCS
C-3	BUSHING $\phi 10 \times \phi 14 \times 6mmL$	2	PCS
C-4	NYLON NUT 3/8"x7t	1	PCS
C-5	STOPPER FOR STRAP	1	PCS
C-6	SCREW M4x10L	1	PCS
D	SMALL PULLEY	1	PCS
D-1	HEXAGON SCREW 3/8"x61mml	1	PCS
D-2	BUSHING $\phi 10 \times \phi 14 \times 3mmL$	2	PCS
D-3	FLAT WASHER $\phi 10 \times \phi 18 \times 1t$	3	PCS
D-4	NYLON NUT 3/8"x7t	1	PCS
E	PEDAL HOLDER	1	SET
E-1	PEDAL	1	SET
E-2	SCREW M5xP0.8x12L	8	PCS
F	FRONT STABILIZER	1	PCS
F-1	CAP FOR FRONT STABILIZER(RIGHT)	1	PCS
F-2	CAP FOR FRONT STABILIZER(LEFT)	1	PCS
G	REAR STABIILIZER	1	PCS
G-1	CAP FOR REAR STABILIZER	2	PCS
G-2	HEXAGON NUT 3/8"-16x3t	2	PCS
G-3	ADJUSTING CAP	2	PCS
G-4	METAL SHEET OF SLIDER	1	PCS

H	FIXED HOLDER	1	PCS
H-1	SPINDLE OF FIXED HOLDER	1	PCS
H-2	FLAT WASHER φ 8x φ 16x2t OF FIXED HOLDER	18	PCS
H-3	SCREW M8xP1.25x20L OF FIXED HOLDER	18	PCS
H-4	SEAT	1	PCS
H-5	ROLLING SLIDER	1	SET
H-6	HEXAGON SCREWS M6xP1.0x30L	4	PCS
H-7	PU WHEEL φ 30x12W	4	PCS
H-8	BUSHING φ 6.2* φ 9.2*7L	4	PCS
H-9	FLAT WASHER φ 6x φ 12x1t	8	PCS
H-10	NYLON NUT M6	4	PCS
H-11	SCREW M5x35L	4	PCS
H-12	SLIPPERY RAIL	1	PCS
H-13	REAR COVER FOR SLIDER	1	PCS
H-14	ROLLER AXLE	1	PCS
H-15	ADJUSTMENT KNOB	1	PCS
H-16	SCREW M5x16L	2	PCS
I-1	CARRIAGE SCREW M8xP1.25x55L	2	PCS
I-2	FLAT WASHER φ 8* φ 19*2T	6	PCS
I-3	CAP NUT M8	2	PCS
I-4	SCREW M8xP1.25x20L	4	PCS
I-5	STOPPER FOR SILDER	2	PCS
J~J-4	MAGNETIC SET	1	SET
K	GEAR BOX	1	SET
K-1	HEXAGON SCREW M6xP1.0x10L	2	PCS
L~L-5,L-7~L-18	FLYWHEEL SET	1	SET
L-6	NUT PATTERN 3/8"-26	2	PCS
M	AC ADAPTOR	1	PC

ASSEMBLY STEPS

Steps 1

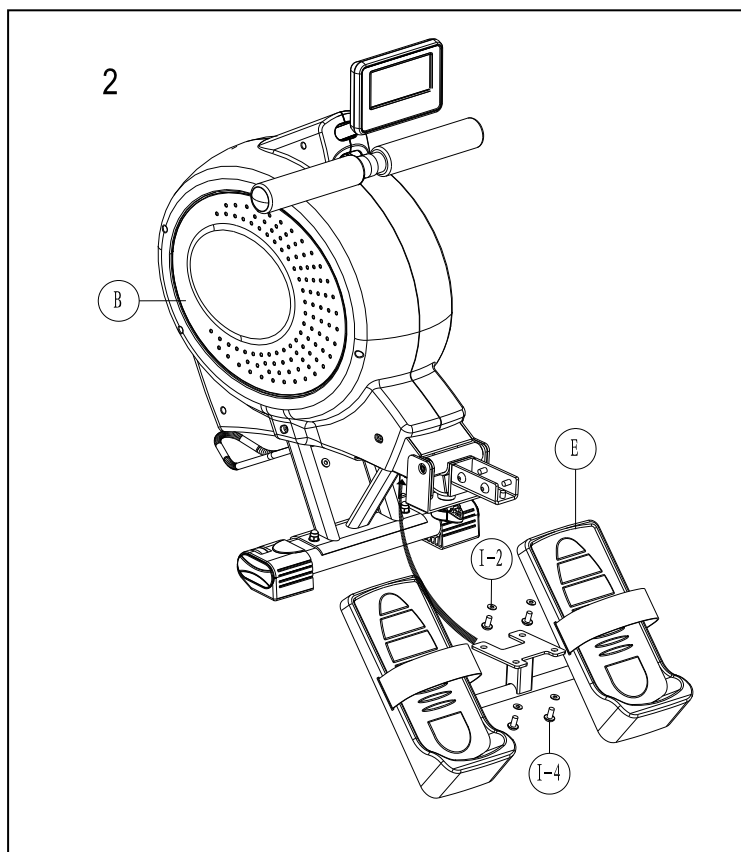
Fit the front stabilizer (F) to the main frame (B) and secure it with 2 of M8xP1.25x55L (I-1), 2 flat washers (I-2), and two nuts (I-3). Make sure they are securely tightened.



Steps 2

Fit paddle holder (E) to the main frame (B) and secure it with 4 M8xP1.25x20L screws (I-4) and 4 flat washers (I-2).

Remarks: Do not screw one set of the M8xP1.25x20L Screws and Flat washers too firm at one time. It is better to fix the four sets firmly at the same time because it helps you to change angles and to fix easily.

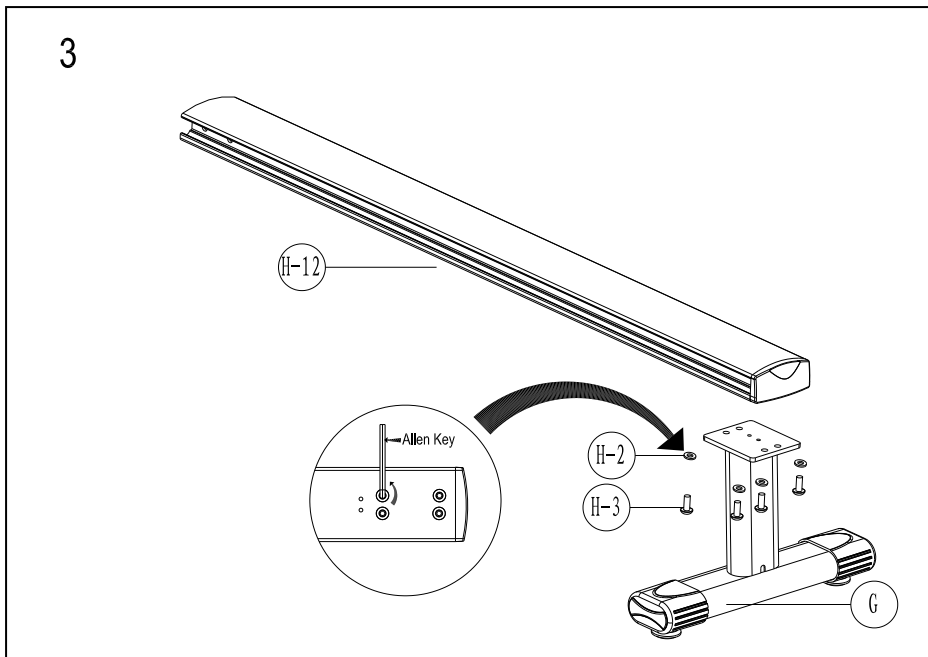


Steps 3

Please remove the M8xP1.25x20L Screws (H-3) and Flat Washers (H-2) on the rear stabilizer (G).

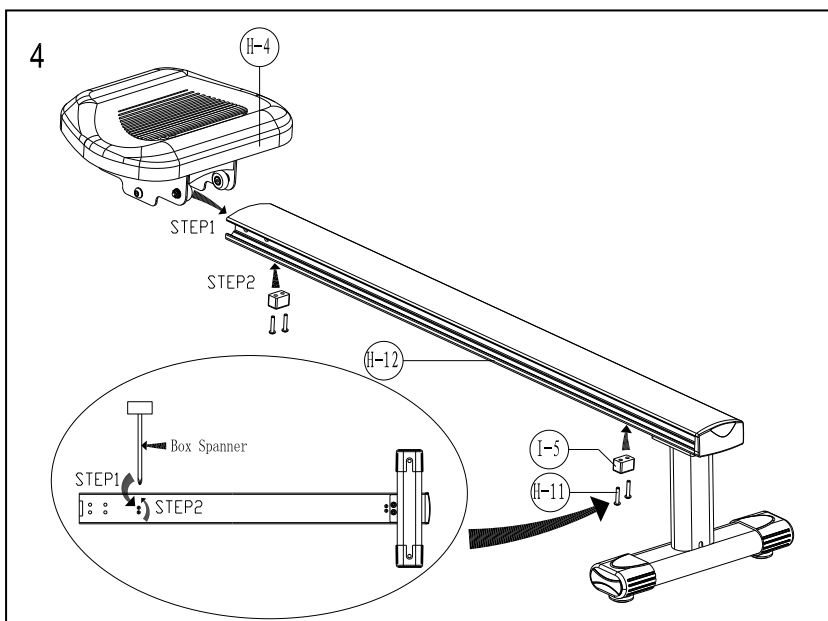
Then fit the rear stabilizer (G), and then attach the rear stabilizer (G) with slippery rail (H-12) by M8xP1.25x20L Screws (H-3) and Flat Washers (H-2).

Remarks: Do not screw one set of the M8xP1.25x20L Screws and Flat washers too firm at one time. It is better to fix the four sets firmly at the same time because it helps you to change angles and to fix easily.



Steps 4

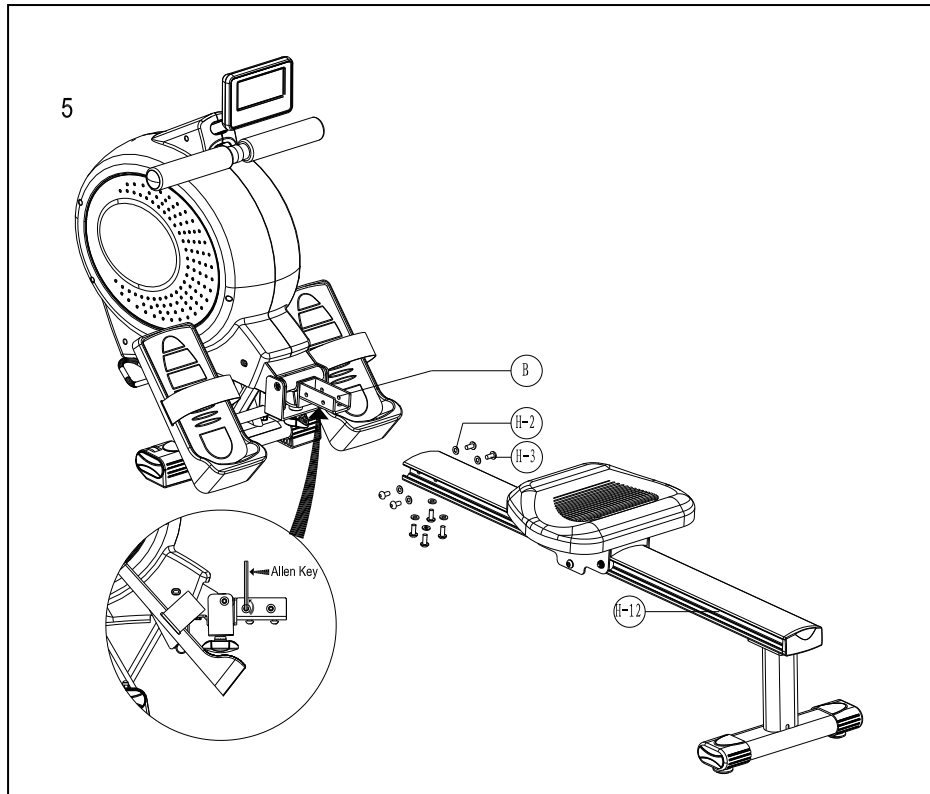
1. Please remove the M5x35L screws (H-11) on the slippery rail (H-12)
2. Pass the slippery rail (H-12) through the slide seat (H-4)
3. Use the M5x35L screws (H-11) to fix the stopper (I-5) on the slippery rail (H-12) .



Steps 5

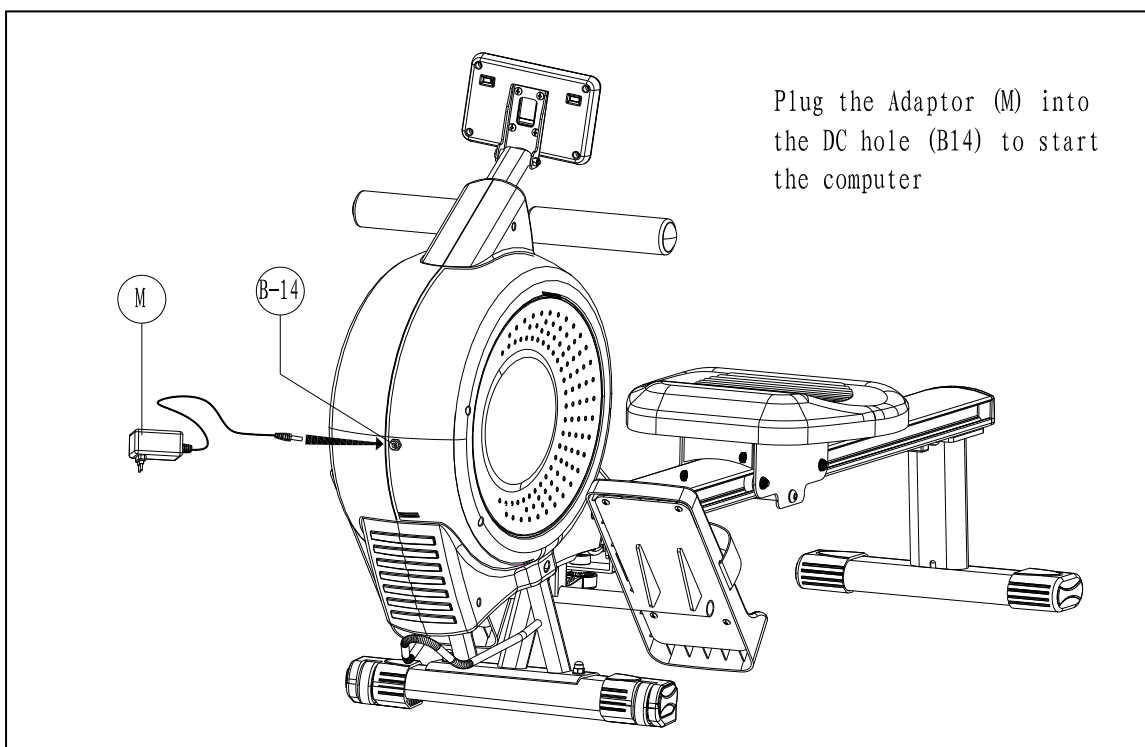
Please remove the M8xP1.25x20L Screws (H-3) and Flat Washers (H-2) on the frame (B) , then insert the slippery rail (H-12) to the Main Frame (B) and attach by M8xP1.25x20L Screws (H-3) and Flat Washers (H-2).

Remarks: Do not screw one set of the M8xP1.25x20L Screws and Flat washers too firm at one time. It is better to fix the eight sets firmly at the same time because it helps you to change angles and to fix easily.



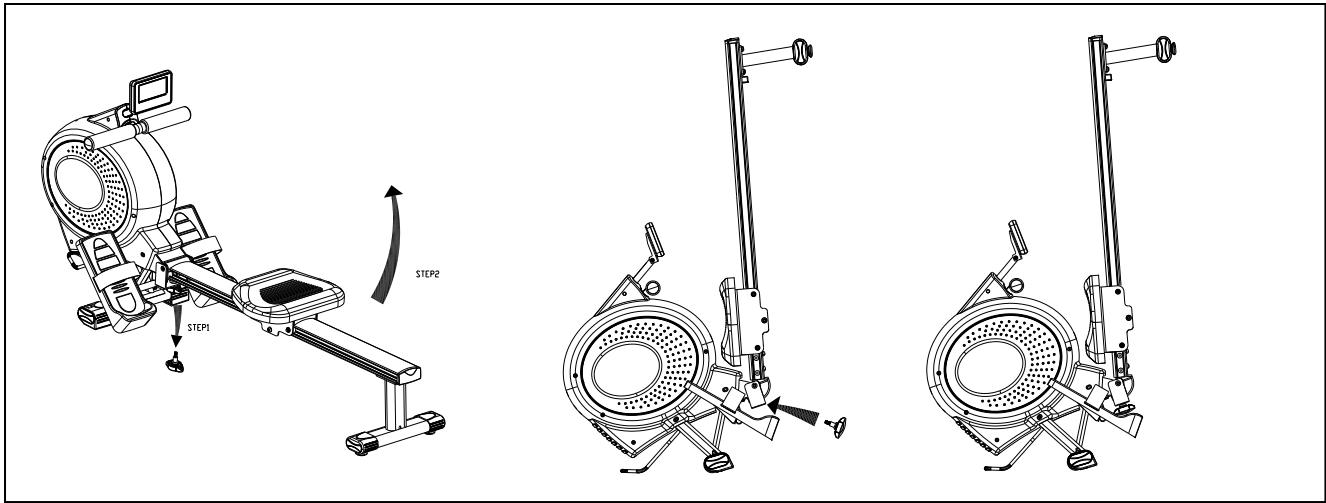
Steps 6

Plug the Adaptor (M) into the DC hole (B-14) to start the computer



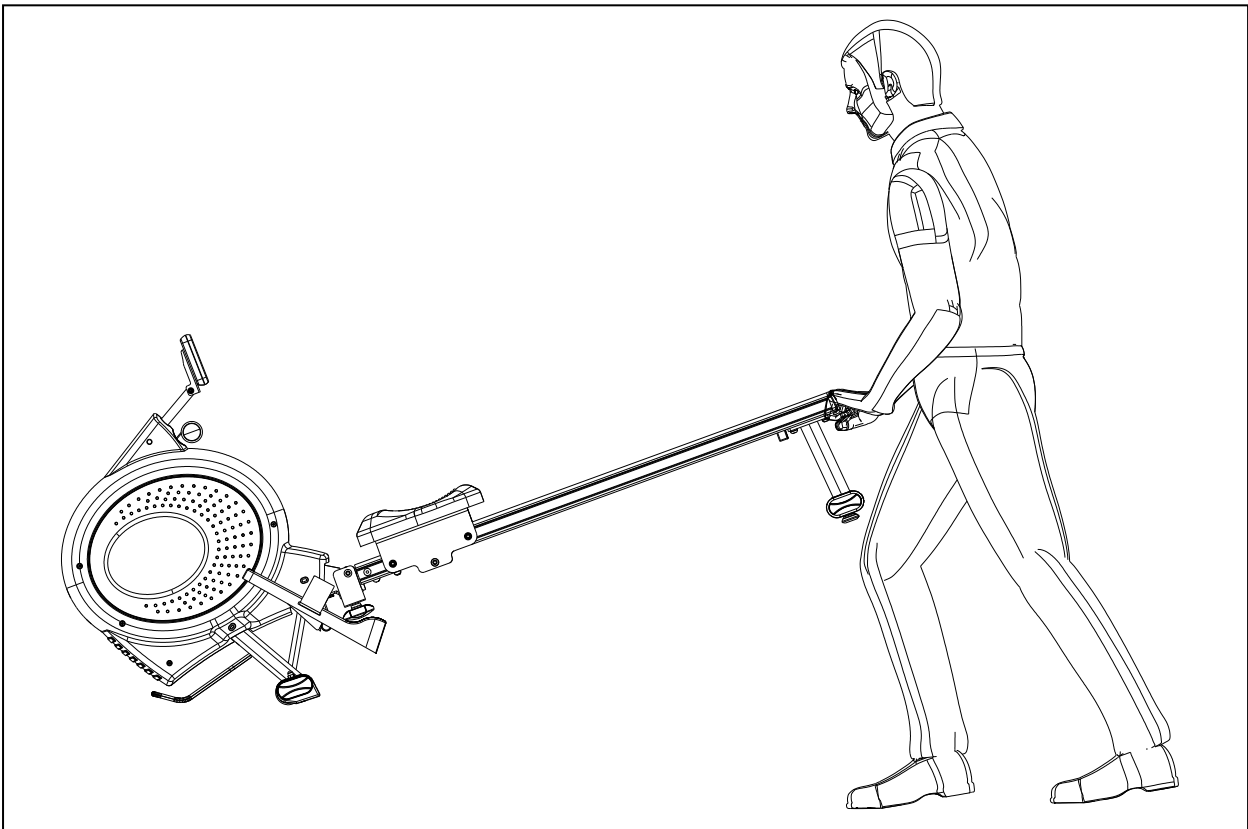
Folding instructions

1. Release the knob (H-20) and put out the rail (H-12), then pull the rail out.
2. Turn the rail 90 degree then insert the rail into the notch on the frame
3. Use the knob to lock the rail onto the frame.

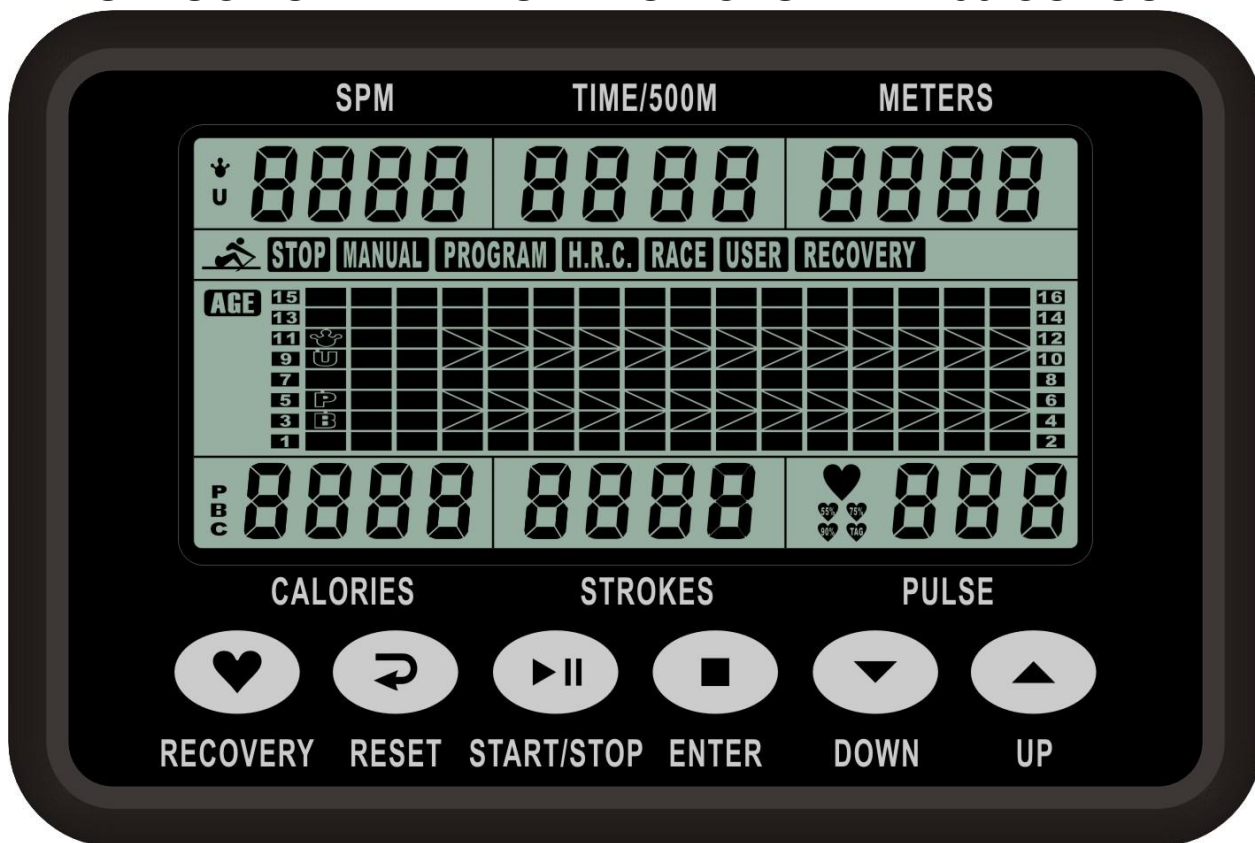


Moving instructions

Rise up the rear stabilizer and push the rower machine when you want to move it.



INSTRUCTIONAL MANUAL FOR CASALL R400 CONSOLE



[DISPLAY FUNCTION:]

ITEM	DESCRIPTION
SPM	<ul style="list-style-type: none"> Stroke per minute Display range 0~999
Time/500m	<ul style="list-style-type: none"> Workout time display during rowing. Display range 0:00~99:59 *Computer will display the time needed to row <u>500 meters</u> according to current speed every 6 seconds.
METERS	<ul style="list-style-type: none"> Rowing distance Display range 0~9999
CALORIES	<ul style="list-style-type: none"> Burned calories during rowing. Display range 0~9999 Cals
STROKES	<ul style="list-style-type: none"> Number of completed rowing strokes. Display range: 0~9999 Scan every 6 seconds with Total Strokes. *Stroke count will be lost if power is out (adaptor unplug).

[BUTTON FUNCTION:]

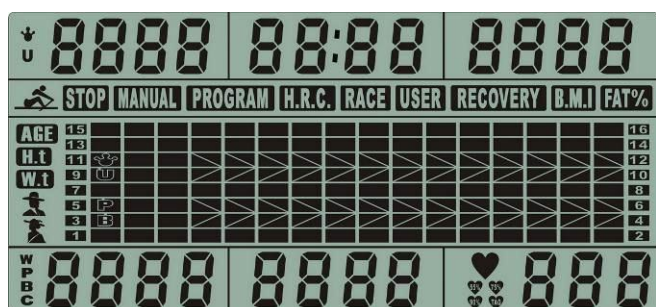
ITEM	DESCRIPTION
Up	<ul style="list-style-type: none"> Setting selection. Increase resistance level.
Down	<ul style="list-style-type: none"> Setting selection. Decrease resistance level.
ENTER	<ul style="list-style-type: none"> Confirm setting or selection.
Reset	<ul style="list-style-type: none"> Hold on pressing for 2 seconds, computer will reboot. Clear setting value. Return to main menu after finish a workout.
Start/ Stop	<ul style="list-style-type: none"> Start or Stop rowing training.
Recovery	<ul style="list-style-type: none"> Test heart rate recovery status.

[OPERATION]

POWER ON

Plug in power supply, computer will power on and display all segments on LCD for 2 seconds. Enter into clock and calendar setting mode.

After 4 minutes without rowing or pulse input, console will enter into power saving mode. And display

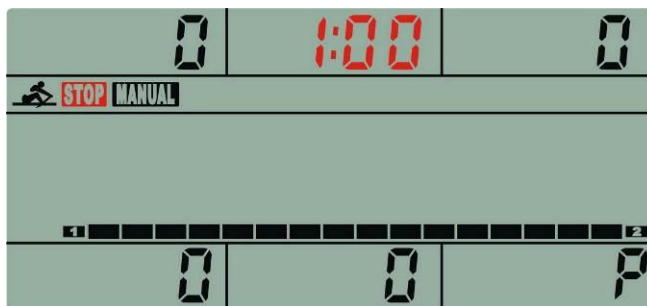
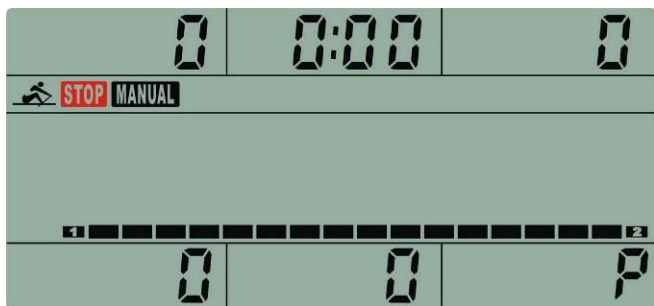


clock, calendar and room temp.

Manual Mode :

Adjust resistance during workout manually.

1. Press START key in main menu may start workout in manual mode.
2. Press UP or DOWN to select Manual mode and press ENTER to confirm.
3. Press UP or DOWN to set RESISTANCE LEVEL, TIME(or Meters), STROKES and CALORIES, and press ENTER to confirm. (User can ONLY choose between time and meter. Both cannot be set at the same time.)
4. Press START/STOP key to start workout. Press UP or DOWN to adjust resistance level.
5. When targeted workout value counts down to 0, the alarm from the console will sound and workout stops.
6. Press START/STOP key to pause workout. Press RESET to return to main menu.

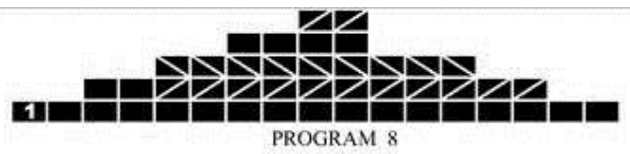


Program Mode :

Choose a preset workout program.

1. Press UP or DOWN to select Program mode and press ENTER to confirm.
2. Press UP or DOWN to select a specific preset workout program (P1~P12) and press ENTER to confirm.
3. Press UP or DOWN to set RESISTANCE LEVEL, TIME(or Meters), STROKES and CALORIES, and press ENTER to confirm. (User can ONLY choose between time and meter. Both cannot be set at the same time.)
4. Press START/STOP key to start workout. Press UP or DOWN to adjust resistance level
5. When targeted workout value counts down to 0, the alarm from the console will sound and workout stops.
6. Press START/STOP key to pause workout. Press RESET to return to main menu.





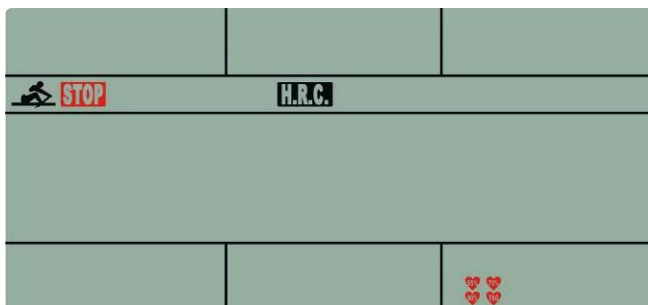
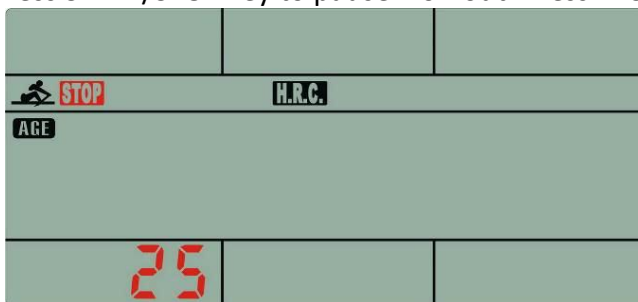
H.R.C.

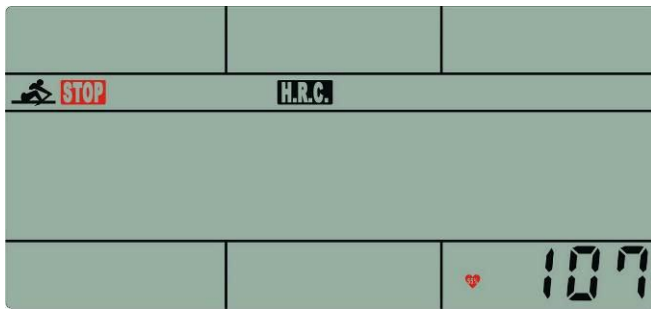
Mode :

Target a heart rate for the workout.



1. Press UP or DOWN to select H.R.C. mode and press ENTER to confirm.
2. Press UP or DOWN to set AGE, and press ENTER to confirm.
3. Press UP or Down to select 55%.75%.90% or TA (Target heart rate.). (default: 100).
*Formula: $(220 - \text{Age}) \times \text{___}\%$
*Example: Age 25 choosing 75%, you will target your heart rate to $(220 - 25) \times 75\% = 146/\text{min}$
4. Press UP or DOWN to set RESISTANCE LEVEL, TIME(or Meters), STROKES and CALORIES, and press ENTER to confirm. (User can ONLY choose between time and meter. Both cannot be set at the same time.)
5. Press START/STOP key to start workout.
6. When targeted workout value counts down to 0, the alarm from the console will sound and workout stops.
7. Press START/STOP key to pause workout. Press RESET to return to main menu.

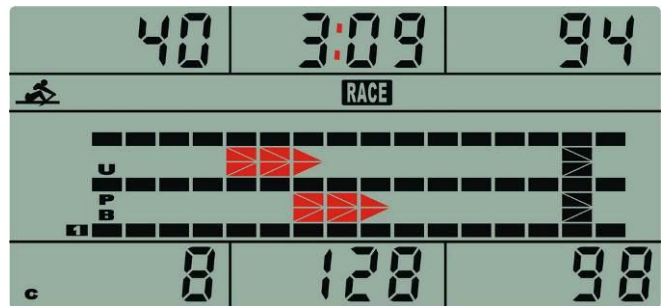
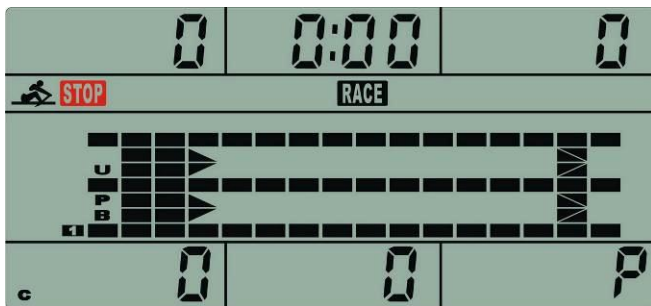
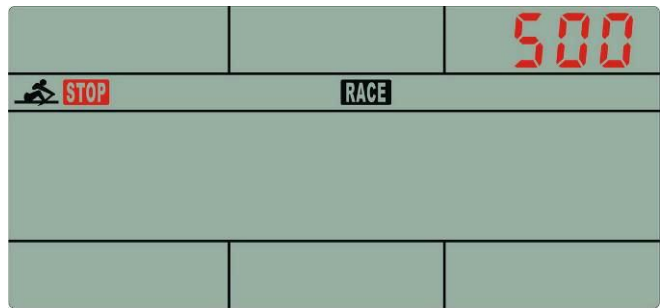




Race Mode :

Race against the computer.

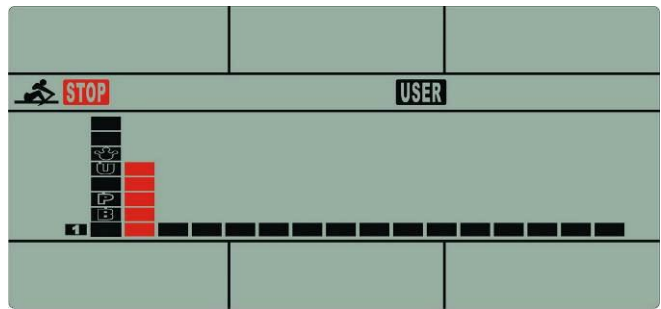
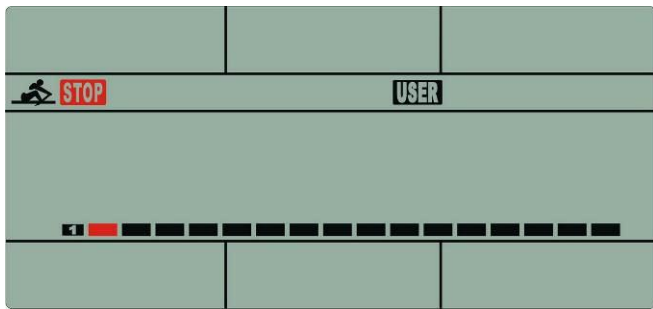
1. Press UP or DOWN to select Race mode and press ENTER to confirm.
2. Press UP or DOWN to preset Challenge level and press ENTER to confirm. (Total level =15, Default time= 0:30 TIME/500M, Default distance=500M)
3. Press START/STOP key to start workout. Press UP or DOWN to adjust resistance level.
4. When PC or User finishes the rowing distance, computer will stop and show PC win or User win.
5. Press START/STOP key to pause workout. Press RESET to return to main menu.



USER Mode :

Preset your own workout profile.

1. Press UP or DOWN to select USER mode and press ENTER to confirm.
2. Press UP or DOWN to set resistance level of each column, and press ENTER to set the next resistance column.
(Total resistance column = 16)
3. Hold on pressing MODE to finish or quit setting
4. Press UP or DOWN to set RESISTANCE LEVEL, TIME(or Meters), STROKES and CALORIES, and press ENTER to confirm. (User can ONLY choose between time and meter. Both cannot be set at the same time.)
5. Press START/STOP key to start workout. Press UP or DOWN to adjust resistance level.
6. When targeted workout value counts down to 0, the alarm from the console will sound and workout stops.
7. Press START/STOP key to pause workout. Press RESET to return to main menu.



Recovery Mode

Monitor heart rate recovery status.

1. When pulse value displays on the computer (wear chest strap), press RECOVERY button.
2. TIME shows "0:60" (seconds) and begin countdown.
3. Computer will show heart rate recovery levels from F1 to F6 after countdown.

*Please see the F level chart below to determine the recovery level.

1.0	OUTSTANDING
$1.0 < F < 2.0$	EXCELLENT
$2.0 < F < 2.9$	GOOD
$3.0 < F < 3.9$	FAIR
$4.0 < F < 5.9$	BELOW AVERAGE
6.0	POOR

Trouble shooting :

E-2 : Check if cables were well connected or damaged.

Attention! All preset data will be lost when unplug the power (adaptor) from the "machine".