



ORIGIN OR1 ROWING MACHINE OWNER'S MANUAL



INTRODUCTION

Congratulations!

Welcome to the world of the Origin OR1 Rowing Machine. The Origin OR1 Rowing Machine is one of the finest and most comprehensive rowing machines available. We know as we have been designing rowing machines for over a decade.

By choosing Origin OR1 Rowing Machine, you have made a decision that will improve the health, fitness and well being for you and your family. Being fit and healthy will improve your energy levels and your quality of life.

Cardiovascular training is vital for all ages and the Origin OR1 Rowing Machine provides a more effective workout, producing better results and will encourage you to reach your fitness goals and maintain the body you have always wanted.

All you need to do is to spend 15 to 30 minutes three times a week to start seeing the benefits of a regular exercise program on the Origin OR1 Rowing Machine.

We want you to enjoy the full benefits of your exercise program and so we recommend that you read this manual thoroughly and by doing so you will:

- **Save valuable exercise time in the long run.**
- **Exercise safely and more effectively.**
- **Learn proper techniques.**
- **Be able to better define your fitness goals.**

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IMPORTANT INFORMATION - PLEASE READ

Failure to read and follow the safety instructions below may result in serious injury.

Medical / Safety

Read this Owner's Manual safety instructions thoroughly to familiarize yourself with the Origin OR1 Rowing Machine before using it.

Before beginning any exercise program, consult your physician. He or she can help evaluate your present fitness level and determine the exercise program that is the most appropriate for your age and physical condition.

If you experience any pain or tightness in your chest, irregular heartbeat, shortness of breath, faintness, or unusual discomfort upon exercising, stop and consult a physician.

Adult supervision is required at all times when children are on or near the Origin OR1 Rowing Machine. Unsupervised children should keep away from the equipment at all times.

Keep fingers, limbs, loose clothing and hair away from moving parts.

Before each workout on your Origin OR1 Rowing Machine we advise that a Precautionary Safety Check is wise. All equipment should be Safety Checked for wear and damage. If you find any damage or defective components STOP using the Origin OR1 Rowing Machine IMMEDIATELY. Replace defective components immediately and/or keep the equipment out of use until repaired. For repair help - see General Information on this page.

Care should be taken when getting ON or OFF your Origin OR1 Rowing Machine. Please follow the instructions on page 4.

Wear comfortable, lightweight and well-ventilated clothing to help sweat evaporate. Make sure your shoes fit you properly and provide external and lateral stability support to prevent ankle and knee injuries. Wear cross-training, walking or running shoes.

It's very important not to become dehydrated. Your body loses water during exercise, it is very important to keep hydrated during exercise.

Don't forget to warm-up and cool-down. Limbering up "cold" muscles and cooling down after exercise are important injury-prevention measures.

Use only the accessory attachments recommended by the manufacturer. DO NOT attempt to modify or alter your Origin OR1 Rowing Machine as injury may result.

Care and Maintenance

Your Origin OR1 Rowing Machine is made of the highest quality materials, it is still important that you take care of your Origin OR1 Rowing Machine on a regular basis.

Your Origin OR1 Rowing Machine is for indoor use only and should NOT be used or stored in damp areas. Wipe all perspiration from your Origin OR1 Rowing Machine after each use.

For safety, inspect your Origin OR1 Rowing Machine on a regular basis. When used in a light commercial environment safety check and clean every day. When used in a domestic environment safety check and clean before use.

Components most Susceptible to Wear

SEAT ROLLERS - ALUMINUM BEAM [part#001,118]

These parts are easily damaged by dust and dirt and should be cleaned regularly. The SEAT ROLLERS [118] are hidden so all you can do is clean the ALUMINUM BEAM [001]. Using a damp cloth wipe the top of the ALUMINUM BEAM [001]. Pay special attention to the outside edges. Check and remove any black spots.

DRIVE STRAP [part#709]

The DRIVE STRAP [709] is made of high quality nylon webbing which is extremely strong making it almost impossible to break. Even so it is important to check the DRIVE STRAP [709] for wear. Check for nicks or cuts and fraying that may weaken the integrity. Also check that the stitching at the handle bar end is intact. If any of these symptoms are found discontinue use immediately and contact your dealer for a replacement DRIVE STRAP [709].

All FASTENERS [Nuts, Bolts, and Screws]

A lot of these parts are assembled by the consumer and should be checked regularly. Make sure that all Nuts, Bolts and Screws are tight and firm.

General Information

The Origin OR1 Rowing Machine is designed for light commercial use ONLY and should not be used in a full commercial, therapeutic or medical environment.

The official maximum load is 150kg.

The Origin OR1 Rowing Machine has been tested and certified according to EN ISO20957-1 and EN 957-7, Class S.A. Braking system is speed-dependent.

In the unlikely event that your Origin OR1 Rowing Machine needs servicing, repairs or something is missing or broken then contact your dealer as soon as possible. They should be able to help you immediately with any and all problems you have.

It is important to keep your purchase receipt!

You may be asked to produce it too authenticate your Warranty.

The Warranty terms are provided by your dealer.

DO NOT attempt to modify or alter your Origin OR1 Rowing Machine as it will be considered tampering and will invalidate your warranty.

Please continue to read the Owner's Manual and all safety instructions thoroughly to familiarize yourself with the Origin OR1 Rowing Machine before using it.

DESIGNERS NOTE: The return spring on the Origin OR1 Rowing Machine has been designed with the lightest possible force. There is more than sufficient spring tension to recoil the DRIVE STRAP ASSEMBLY [709] regardless of the return speed of the handle to the start position.

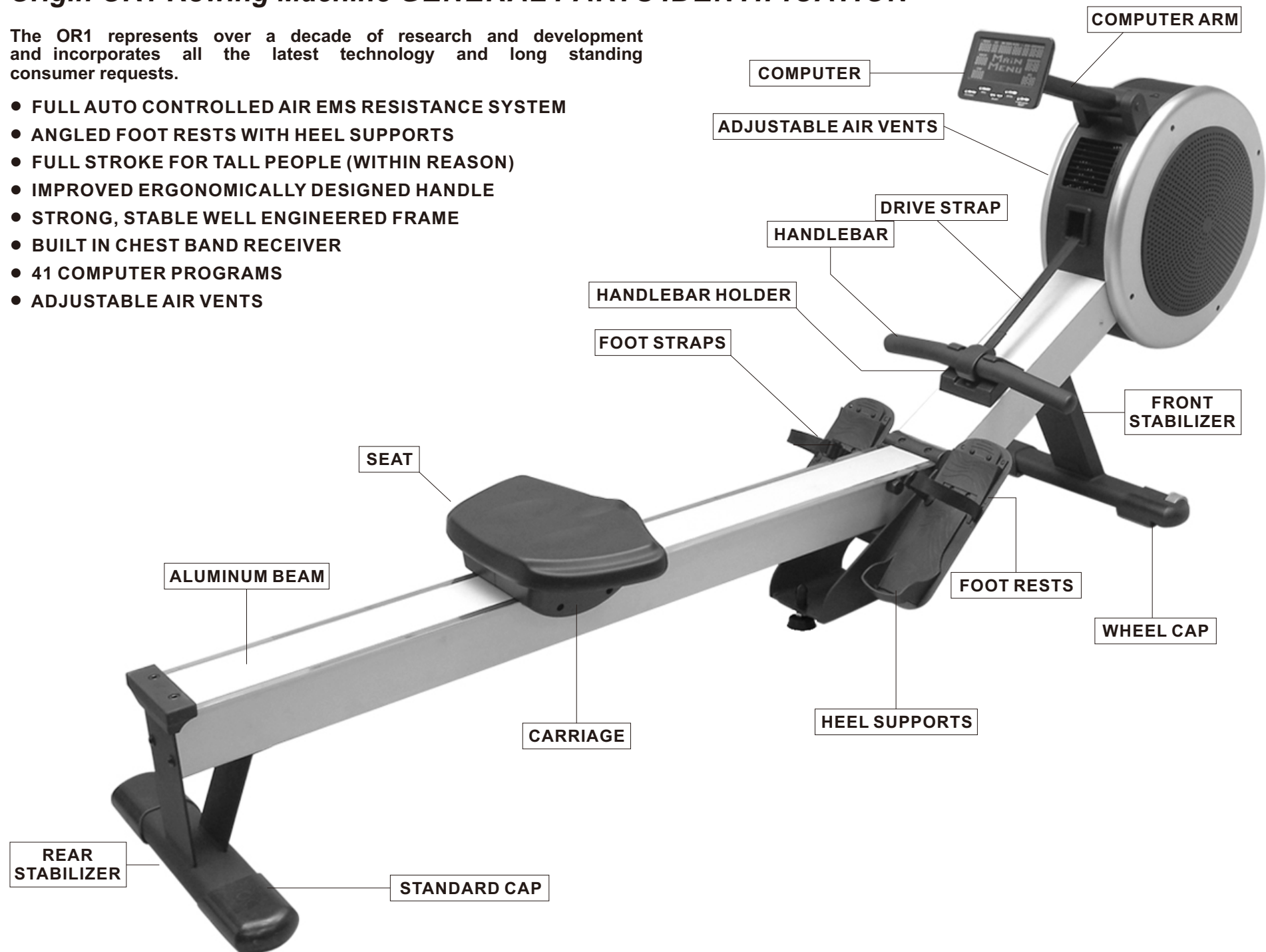
The reason for the light return spring is to give the user an improved level of exercise by increasing the benefit to the hamstring group of muscles at the rear of the thigh. This muscle group is called upon when the user moves the seat forward.

We have faithfully duplicated the "normal" rowing action one would get when rowing on water where the oar is not pulled forward.

Origin OR1 Rowing Machine GENERAL PARTS IDENTIFICATION

The OR1 represents over a decade of research and development and incorporates all the latest technology and long standing consumer requests.

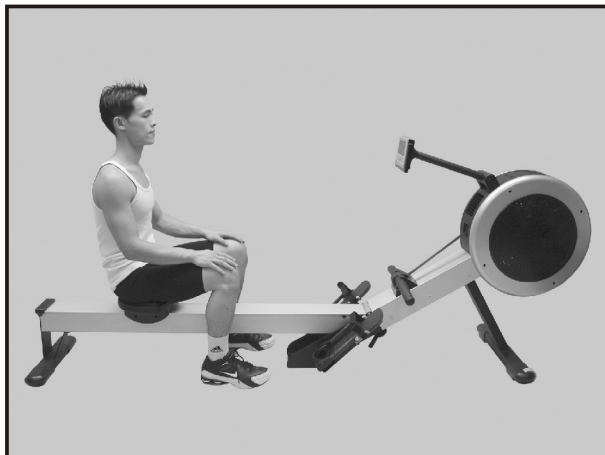
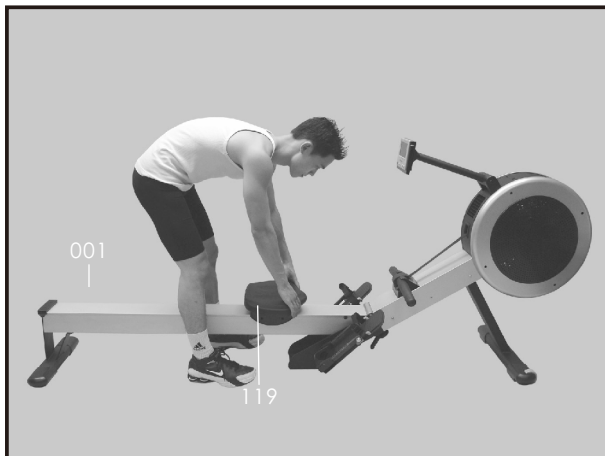
- FULL AUTO CONTROLLED AIR EMS RESISTANCE SYSTEM
- ANGLED FOOT RESTS WITH HEEL SUPPORTS
- FULL STROKE FOR TALL PEOPLE (WITHIN REASON)
- IMPROVED ERGONOMICALLY DESIGNED HANDLE
- STRONG, STABLE WELL ENGINEERED FRAME
- BUILT IN CHEST BAND RECEIVER
- 41 COMPUTER PROGRAMS
- ADJUSTABLE AIR VENTS



SETTING UP YOUR Origin OR1 Rowing Machine

Getting on Safely

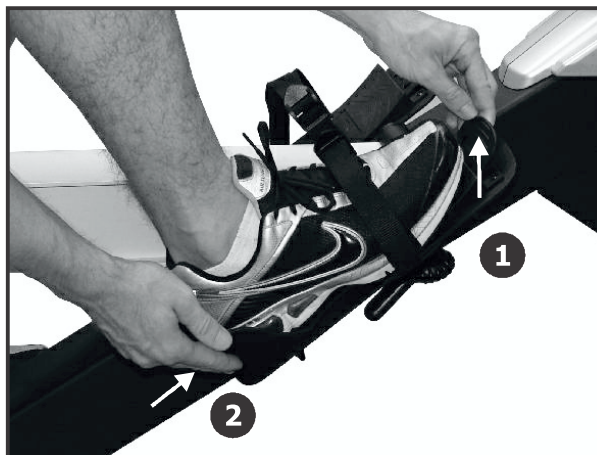
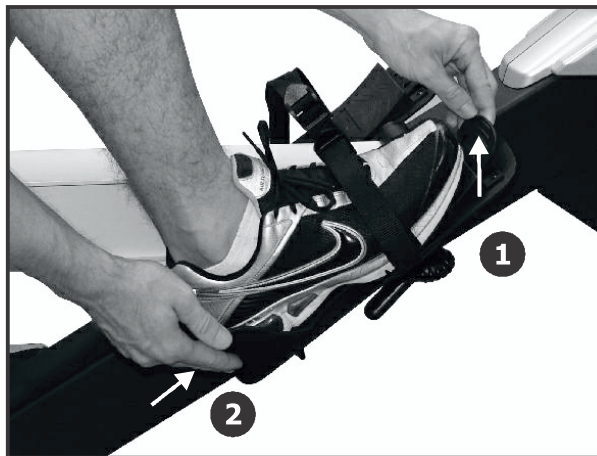
Getting on safely is a simple procedure. Just be careful that the SEAT [119] is directly underneath you before sitting down.



- 1) Straddle the ALUMINUM BEAM [001].
- 2) Correctly position the SEAT [119] beneath you.
- 3) Sit down taking care that the SEAT [119] has not moved.

Heel Rest Adjustment

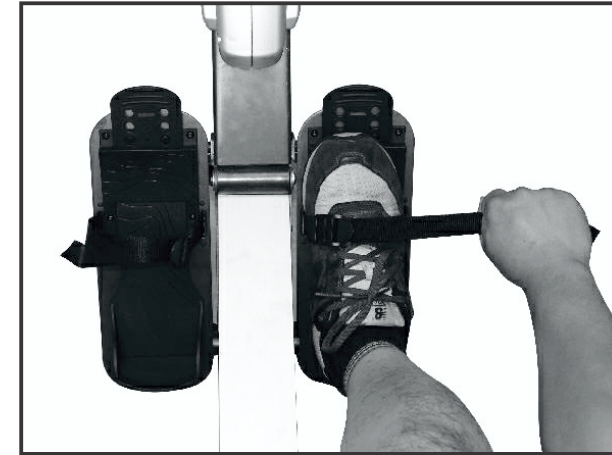
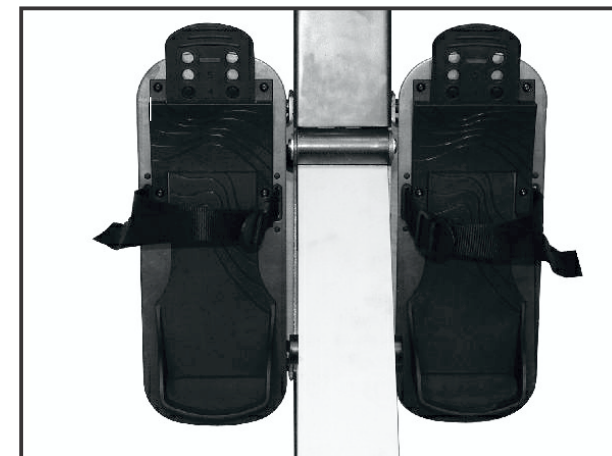
Slide your feet underneath the FOOT STRAP [710].



- There are five HEEL REST settings clearly numbered.
1. Pull the top HEEL REST out of slot.
 2. Adjust the HEEL REST to your desired position.

Foot Strap Adjustment

The OR1 is equipped with an easy to use, quick adjust FOOT STRAP [710].



The correct position for the FOOT STRAP [710] is across the top of the foot just below the toes. Approximately across the toe pivot joints. You may have to adjust the HEEL REST as shown to the left.

1. To ensure the FOOT STRAP [710] is tight, pull the FOOT STRAP [710] tight as shown in the above diagram.

SETTING UP YOUR Origin OR1 Rowing Machine

Computer Angle Adjustment

The COMPUTER [714] and COMPUTER ARM [015] are designed to rotate and pivot giving you full adjustment to almost any height and angle.

NOTE: For safety reasons, whilst exercising avoid the DRIVE STRAP [709] touching the COMPUTER [714].



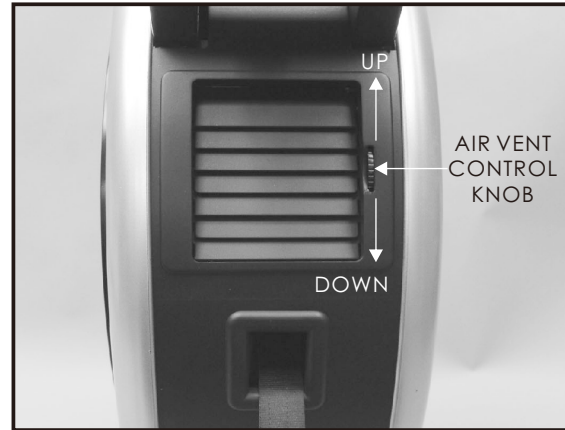
- 1) Hold the COMPUTER [714] with both hands as shown in the diagram above. Rotate and pivot the COMPUTER [714] to the desired height and angle.

NB For safety reasons, avoid the DRIVE STRAP [709] touching the COMPUTER [714]. Straddle the ALUMINUM BEAM [001].

Air Vent Adjustment

The Origin OR1 Rowing Machine flywheel fan generates an air flow that can be directed with the adjustable air vents.

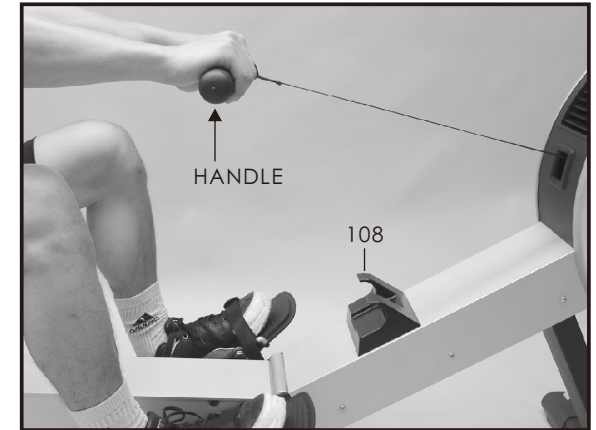
Rotate the AIR VENT CONTROL KNOB to adjust the air flow direction. To stop all air flow, rotate fully down.



- 1) Rotate the AIR VENT CONTROL KNOB to adjust the air flow direction.
- 2) To stop all air flow. Rotate the AIR VENT CONTROL KNOB fully down.

Handle Bar Holder

When you have finished your workout remember to store the HANDLE BAR into the HANDLE BAR HOLDER [108].



- 1) When you have finished your workout place the HANDLE BAR into the HANDLE BAR HOLDER [108] as shown in the diagrams above.

SETTING UP YOUR Origin OR1 Rowing Machine

Foot Strap Release



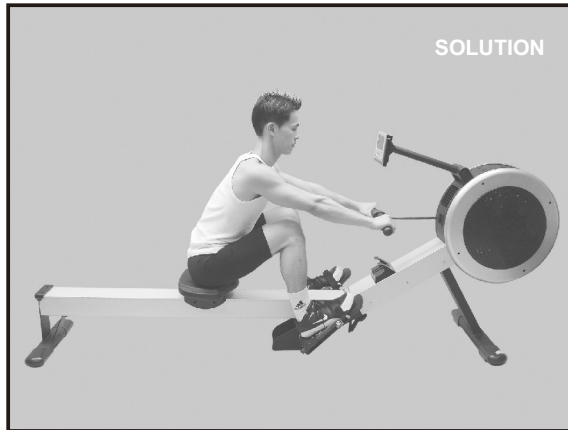
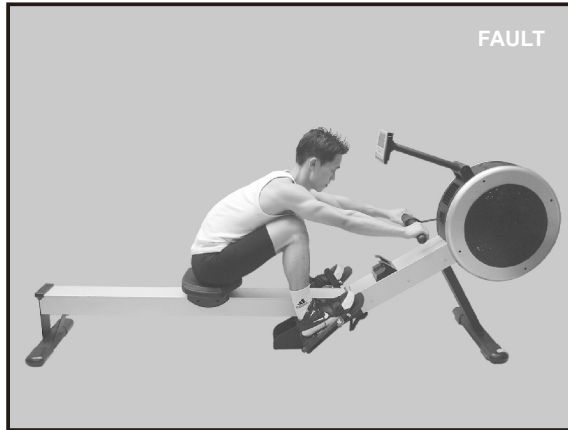
1. Using your thumb and forefinger on the FOOT STRAP BUCKLE (Fig. 1) move your thumb inward as shown to release the FOOT STRAP as shown in Fig. 2.
2. While holding the bucket inward, lift your foot upward off the heel catch and pull back slightly to loosen the FOOT STRAP.

CORRECT ROWING GUIDE

Over Reaching

FAULT

The body stretches too far forward. The shins may be past vertical. The head and shoulders tend to drop towards the feet. The body is in a weak position for the stroke.



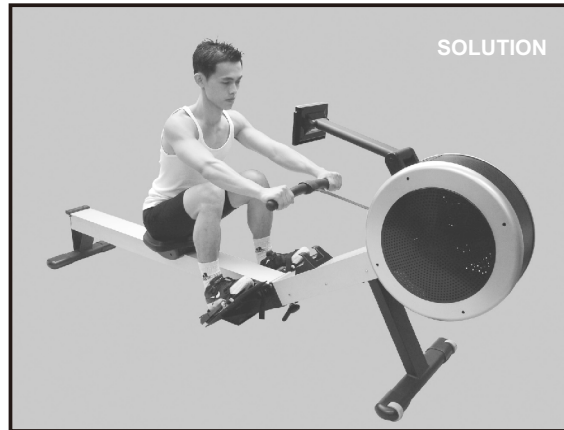
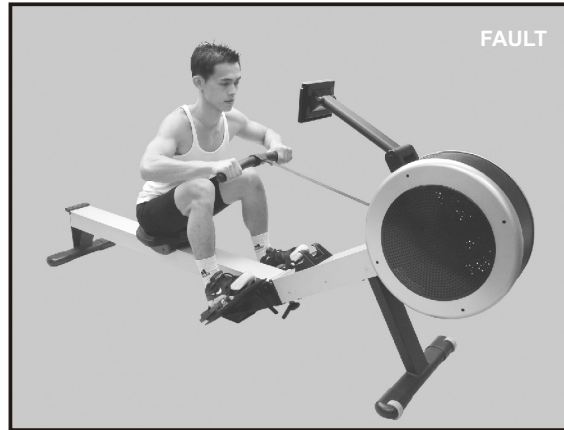
SOLUTION

The shins are vertical. The body is pressed up to the legs. The arms are fully extended and relaxed, body tilted slightly forward. This position should feel comfortable.

Rowing with Arms Bent

FAULT

The user starts the stroke by pulling with the arms rather than pushing with the legs.



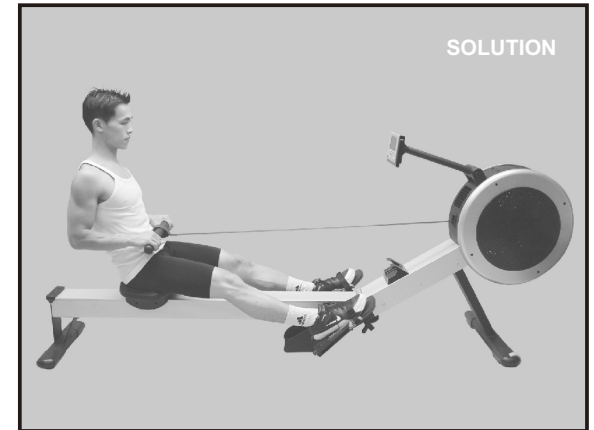
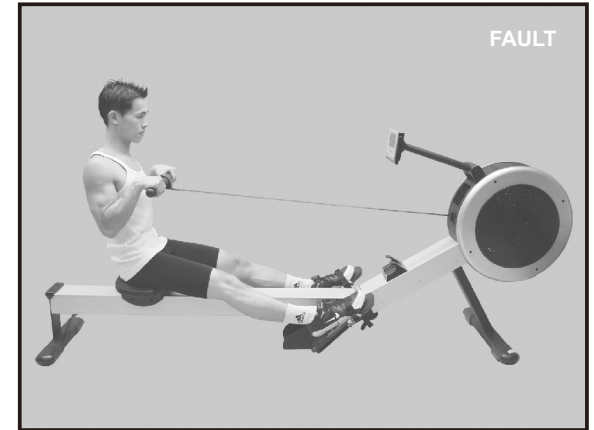
SOLUTION

The user starts the stroke by pushing the legs and bracing the back with the arms fully extended and relaxed.

Bent Wrists

FAULT

The user bends their wrists at any time through the stroke.



SOLUTION

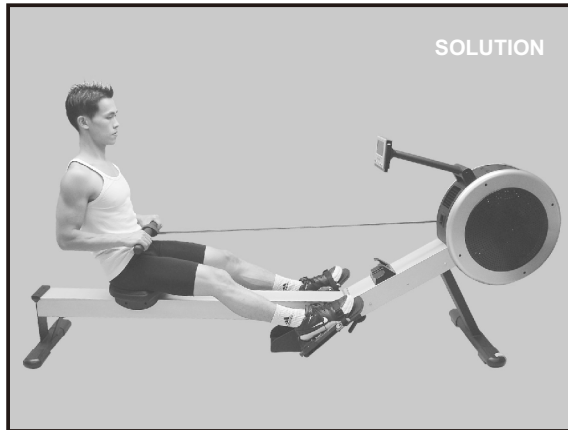
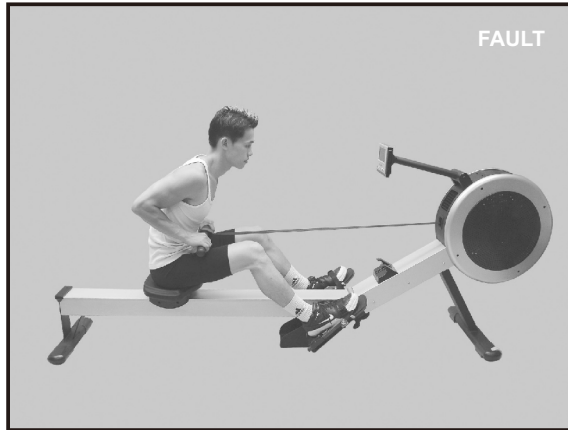
Always row with flat wrists through the entire stroke.

CORRECT ROWING GUIDE

Pulling the Body to the Handle

FAULT

At the finish, the user, instead of pulling the handle to the body, pulls themselves forward to the handle.



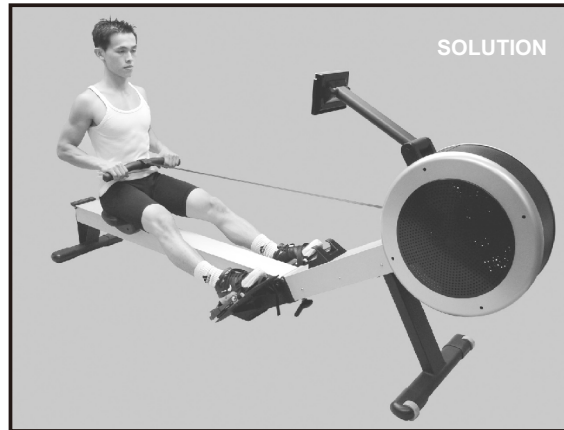
SOLUTION

At the finish the user leans back slightly, holds the legs down and draws the handle to the body using the upper body as a firm platform.

Flying Elbows

FAULT

The user's elbows are sticking out from the body at the finish and the handle is at chest level.



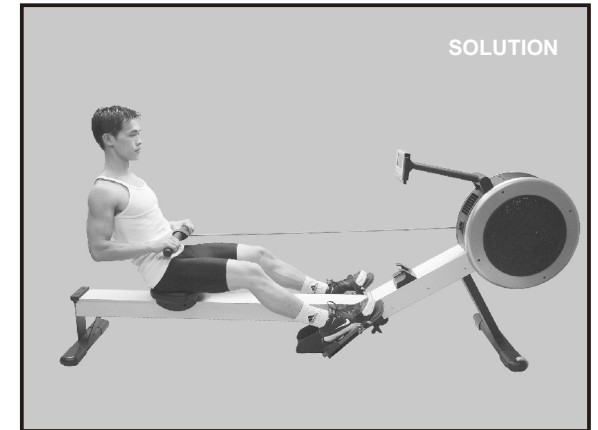
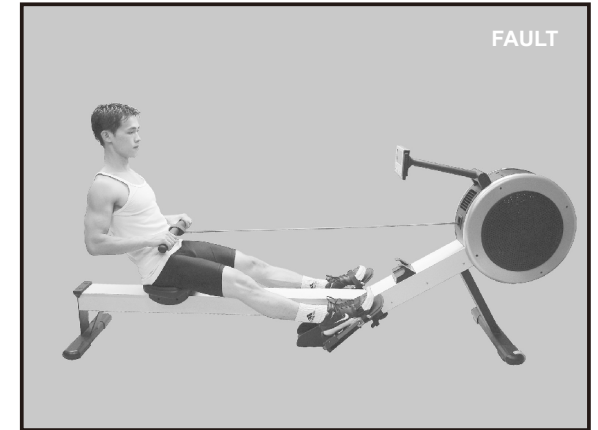
SOLUTION

Draw the handle to the body. The wrists are flat and the elbows pass close to the body. Elbows extend behind the body as the handle is drawn to the waist.

Locking the Knees

FAULT

At the end of the stroke the user locks the knees making the legs straight.

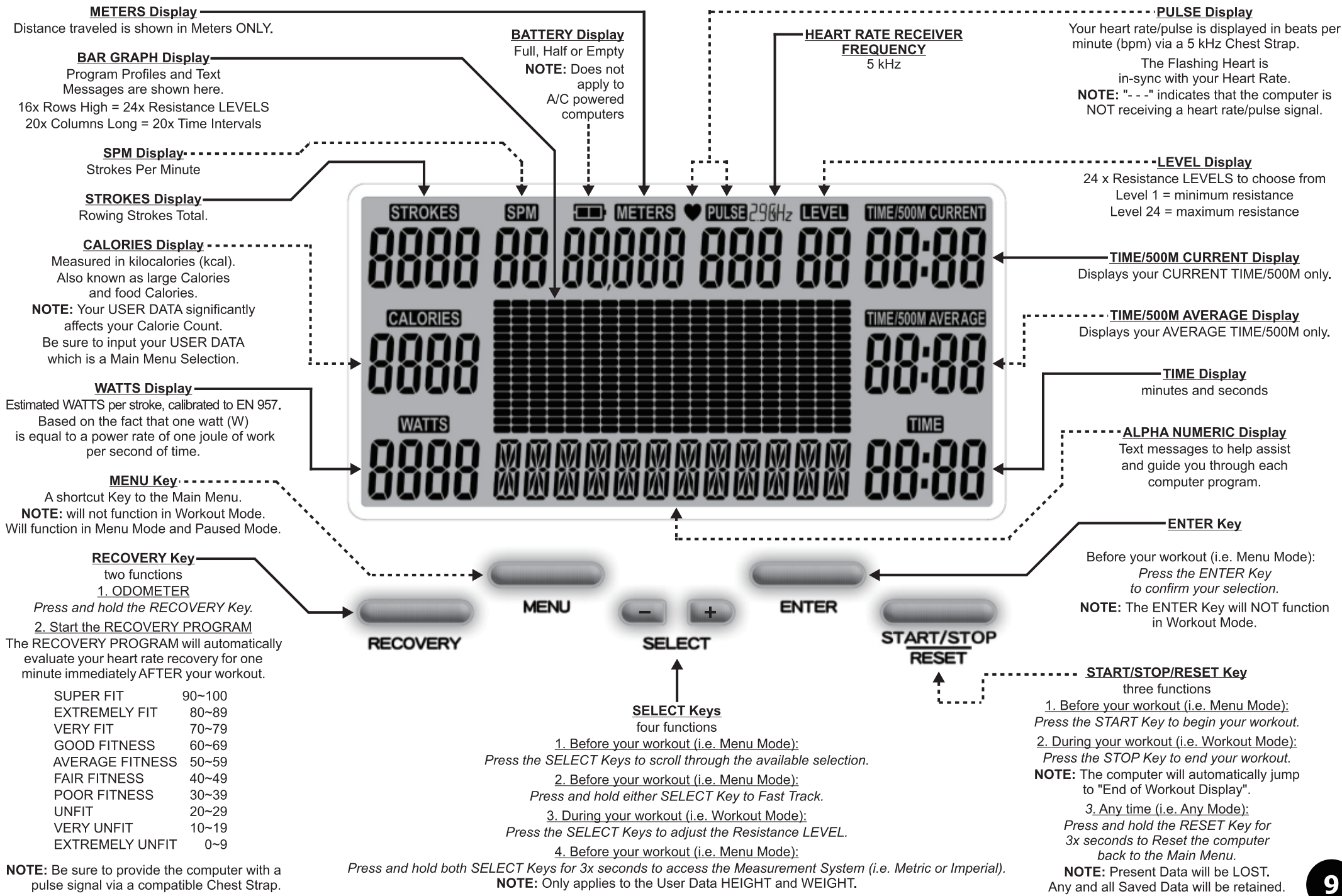


SOLUTION

Always keep the legs slightly bent in the fully extended position. Do not lock the knees.

COMPUTER INSTRUCTIONS

Function Identification



METERS Display

Distance traveled is shown in Meters ONLY.

BAR GRAPH Display

Program Profiles and Text Messages are shown here.

16x Rows High = 24x Resistance LEVELS
20x Columns Long = 20x Time Intervals

SPM Display

Strokes Per Minute

STROKES Display

Rowing Strokes Total.

CALORIES Display

Measured in kilocalories (kcal). Also known as large Calories and food Calories.

NOTE: Your USER DATA significantly affects your Calorie Count. Be sure to input your USER DATA which is a Main Menu Selection.

WATTS Display

Estimated WATTS per stroke, calibrated to EN 957. Based on the fact that one watt (W) is equal to a power rate of one joule of work per second of time.

MENU Key

A shortcut Key to the Main Menu.

NOTE: will not function in Workout Mode. Will function in Menu Mode and Paused Mode.

RECOVERY Key

two functions

1. ODOMETER

Press and hold the RECOVERY Key.

2. Start the RECOVERY PROGRAM

The RECOVERY PROGRAM will automatically evaluate your heart rate recovery for one minute immediately AFTER your workout.

SUPER FIT	90~100
EXTREMELY FIT	80~89
VERY FIT	70~79
GOOD FITNESS	60~69
AVERAGE FITNESS	50~59
FAIR FITNESS	40~49
POOR FITNESS	30~39
UNFIT	20~29
VERY UNFIT	10~19
EXTREMELY UNFIT	0~9

NOTE: Be sure to provide the computer with a pulse signal via a compatible Chest Strap.

BATTERY Display

Full, Half or Empty

NOTE: Does not apply to A/C powered computers

HEART RATE RECEIVER

FREQUENCY

5 kHz

PULSE Display

Your heart rate/pulse is displayed in beats per minute (bpm) via a 5 kHz Chest Strap.

The Flashing Heart is in-sync with your Heart Rate.

NOTE: "-" indicates that the computer is NOT receiving a heart rate/pulse signal.

LEVEL Display

24 x Resistance LEVELS to choose from
Level 1 = minimum resistance
Level 24 = maximum resistance

TIME/500M CURRENT Display

Displays your CURRENT TIME/500M only.

TIME/500M AVERAGE Display

Displays your AVERAGE TIME/500M only.

TIME Display

minutes and seconds

ALPHA NUMERIC Display

Text messages to help assist and guide you through each computer program.

ENTER Key

Before your workout (i.e. Menu Mode):
Press the ENTER Key to confirm your selection.

NOTE: The ENTER Key will NOT function in Workout Mode.

SELECT Keys

four functions

1. Before your workout (i.e. Menu Mode):
Press the SELECT Keys to scroll through the available selection.
2. Before your workout (i.e. Menu Mode):
Press and hold either SELECT Key to Fast Track.
3. During your workout (i.e. Workout Mode):
Press the SELECT Keys to adjust the Resistance LEVEL.
4. Before your workout (i.e. Menu Mode):
Press and hold both SELECT Keys for 3x seconds to access the Measurement System (i.e. Metric or Imperial).

NOTE: Only applies to the User Data HEIGHT and WEIGHT.

START/STOP/RESET Key

three functions

1. Before your workout (i.e. Menu Mode):
Press the START Key to begin your workout.
2. During your workout (i.e. Workout Mode):
Press the STOP Key to end your workout.
3. Any time (i.e. Any Mode):
Press and hold the RESET Key for 3x seconds to Reset the computer back to the Main Menu.

NOTE: The computer will automatically jump to "End of Workout Display".

NOTE: Present Data will be LOST. Any and all Saved Data will be retained.

COMPUTER INSTRUCTIONS

Power Functions

LOW BATTERY Display: The low battery display will flash when the batteries need recharge.

AUTO POWER ON: The computer will automatically turn on when the Origin OR1 Rowing Machine is in use, or when any key on the computer is pressed.

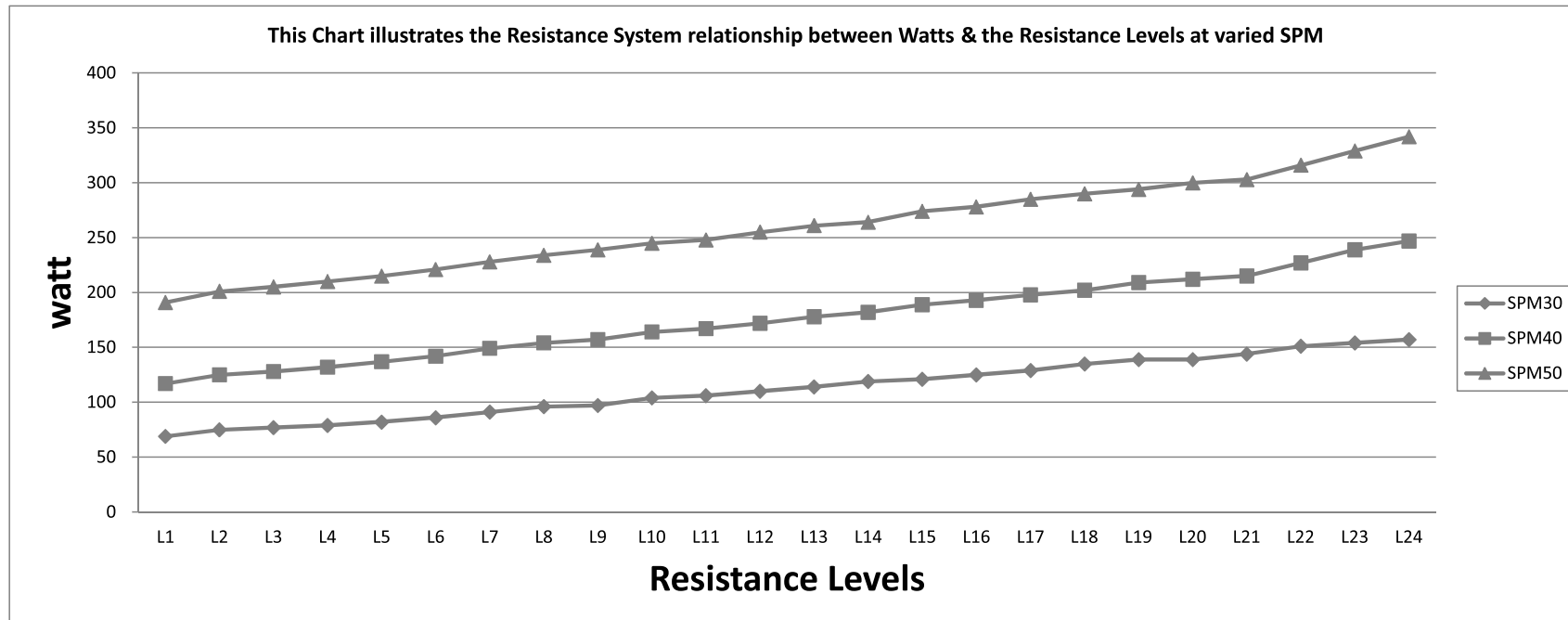
AUTO POWER OFF: The computer will automatically turn off when the Origin OR1 Rowing Machine is NOT in use. After 120seconds (2minutes) the computer will power off.

Chest Bands

The Origin OR1 Rowing Machine has a built in chest band receiver that uses the international standard 5 kHz bandwidth. Your heart rate will only register on the computer if you are wearing a compatible chest band. If you are unsure that your existing chest band is compatible then contact your dealer for verification.

UNDERSTANDING THE RESISTANCE SYSTEM

This Chart illustrates the Resistance System relationship between Watts & the Resistance Levels at varied SPM



Resistance Levels

The Resistance Levels are adjustable from Level 1 to 24 by SELECT on the computer.

Level 1 = Very Light Resistance

Level 24 = Heavy or Strong Resistance

Watt

A watt is an electrical term to explain how powerful an electric current is.

Your Origin OR1 Rowing Machine resistance system is electrical. The computer simulates watts calculated from the Resistance Level & SPM over Time.

The computer WATTS display will increase the faster you row.

SPM

SPM is an abbreviation for "Strokes Per Minute".

Pull 80 cm

It is important for the Watts Test below that you accurately pull a distance of 80cm per stroke. To achieve this we suggest that you request the help of a friend.

First ~ While correctly seated on the Origin OR1 Rowing Machine comfortably, find your start position. Your friend can now mark the position.

Next ~ Measure a distance of 80cm (i.e. 80cm or 800mm) and once again your friend can mark this end position.

Practice ~ With your friend help please practice your 80cm strokes at 30 SPM until you are confident that your speed and distance is accurate.

Watts Test

An example of how to use the chart to test the accuracy of your resistance system is as follows:

- 1) Set the computer Resistance Level at Level 9.
- 2) Row the Origin OR1 Rowing Machine at 30 SPM at a measured distance of 80cm per stroke.
- 3) Test Results = The WATTS display on the computer should now read $100 \pm 10\%$ (i.e. 90~110 watt).