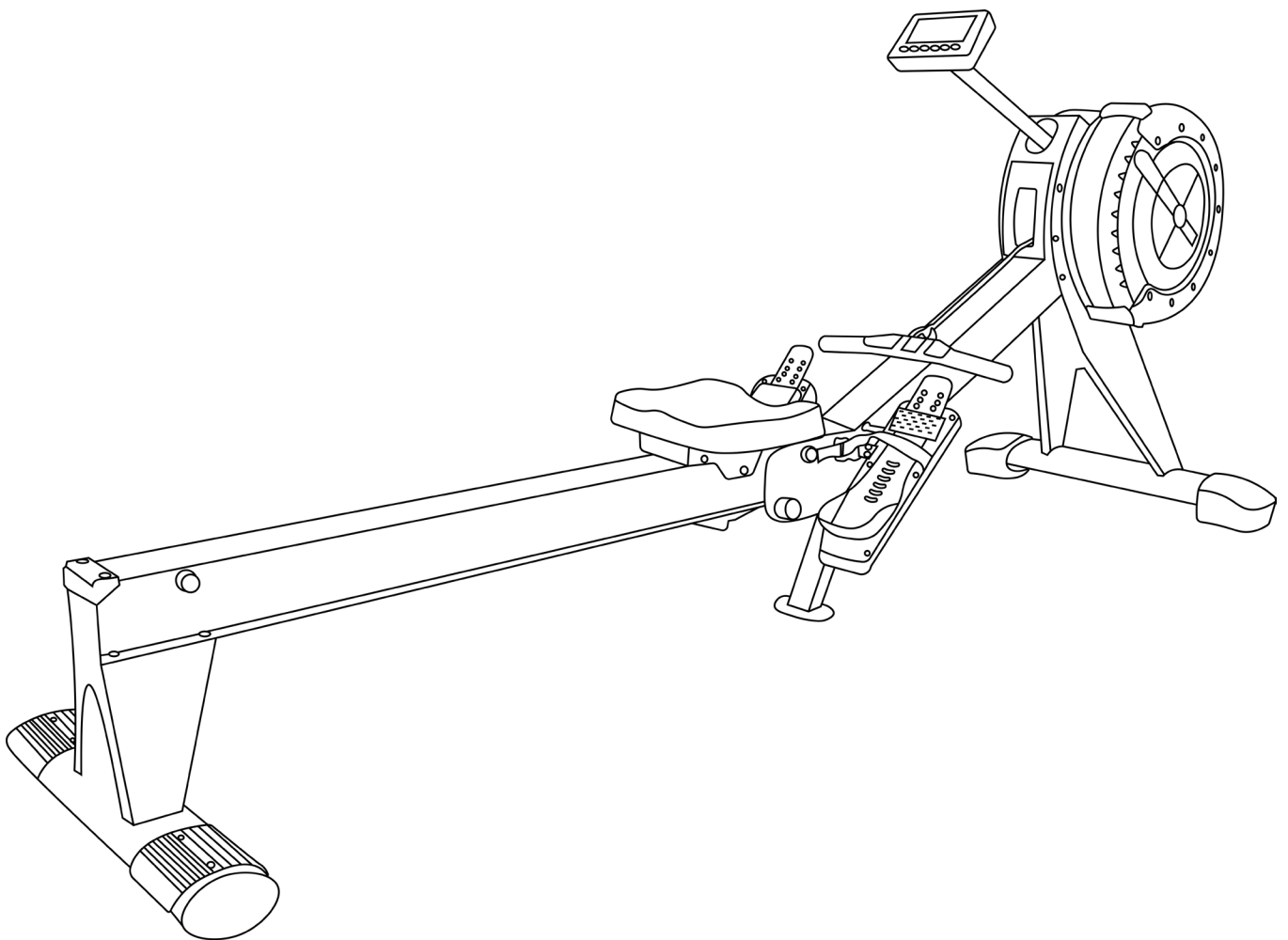


# **VENTUS PRO AIR ROWER**

## **INSTRUCTION MANUAL**

**Please read this book thoroughly before operating the rower**



Scan the QR code for a step-by-step video guide on how to assemble your rowing machine.

Scan the QR code to view our support center for more technical resolutions and FAQ's about your item.



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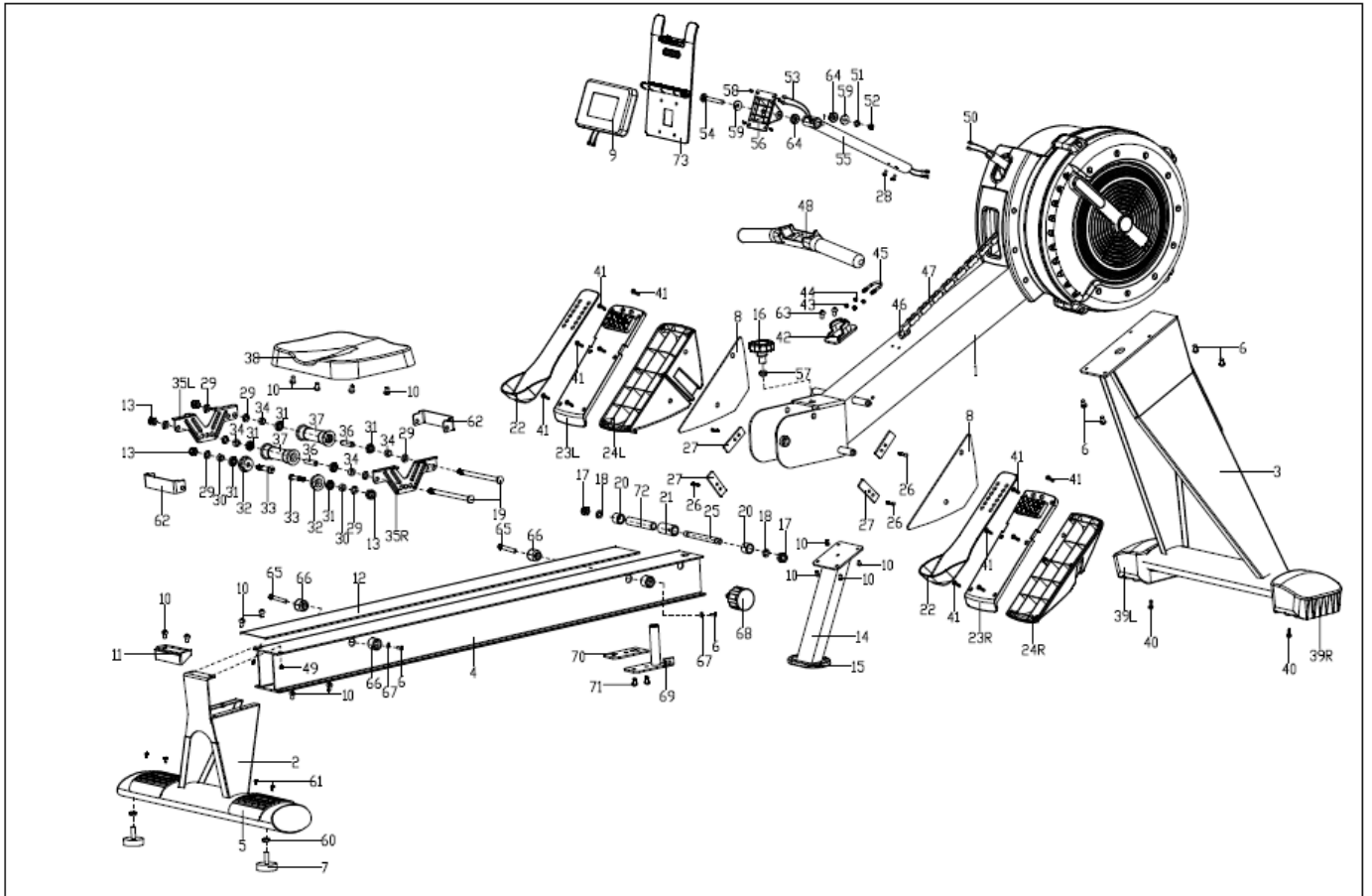
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# EXPLODED DIAGRAM



# PARTS LIST

NO.	Description	QTY	NO.	Description	QTY
1	Bracket tubing combination	1	41	Screw STM5*20	12
2	Tail braced combination	1	42	Fixed base	1
3	Front braced combination	1	43	Nylon nut M5	2
4	Rowing rail	1	44	Hexagon nut M5	2
5	Rear bottom tube pad	2	45	U-shaped bolt	1
6	Screw M6*15	6	46	Connecting pole	1
7	Adjustable Pad	2	47	Chain	1
8	Protect guard	2	48	Handle	1
9	Meter	1	49	Hex nut M6	2
10	Hexagon bolt M6*16	14	50	Sensor wire	2
11	Cushion	1	51	Flat washer D8*1.5	1
12	Stainless steel piece	1	52	Nylon nut M8	1
13	Nylon nut M10	4	53	Sensor extension wire	2
14	Support tube connection	1	54	Carriage bolt M8X74	1
15	Rubber pad	1	55	Meter supporting tube	1
16	Plum knob	1	56	Supporting bracket	1
17	Nylon nut M12	2	57	Flat washer $\Phi$ 16Xd32X3.5	1
18	Flat washer D13*D26*2	2	58	Screw	4
19	Hexagon screw M10*140	2	59	Washer	2
20	Railway bushing 2	2	60	Hex nut M10	2
21	Railway bushing	1	61	Screw M4X12	4
22	Foot pad	2	62	Seat cover	2
23L/R	Pedal pad	1pr	63	Inner hex bolt M6x8	2
24L/R	Pedal	1pr	64	Alloy sleeve	2
25	Revolving shaft	1	65	Limiting base axle	2
26	Hexagon bolt M6*20	4	66	Limiting base	4
27	Connection plate	4	67	Flat washer $\Phi$ 16*d6*1.2	2
28	Screw M5X10	2	68	Pop-pin knob	1
29	Flat washer $\Phi$ 20*d10.5*2	8	69	Connecting board	1
30	Bushing	2	70	Nut board	1
31	Bearing 6900	6	71	Inner hex bolt M8X16	2
32	Rail wheels 1	2	72	Axle sleeve	1
33	Inner hexagon screw M10*30	2	73	IPAD stand	
34	Conical bushing	4			
35L/R	Guiding rail board	1pr			
36	Bushing	2			
37	Rail wheels	2			
38	Slide seat	1			
39L/R	End cap	1pr			
40	Screw ST4.2*18	2			

# 1 Safety Instructions

Please pay attention to the following instructions before operating this rowing machine.

## **IMPORTANT SAFETY INFORMATION**

---

Thank you for choosing our product. To ensure your health and safety, please use this equipment as advised. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used in accordance to the manual. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program, you should consult a health professional to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. A health professional's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions, you should consult a health professional before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet (61 cm) of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately. Please contact JLL Fitness on 0800 6123 988 for advice on how to resolve the issue.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.

9. The maximum weight capacity of this unit is 150 kg.
10. To avoid bodily injury and/or damage to the product or property, ensure to follow safe procedures for lifting and moving the item.
11. Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.

## **USER SAFETY PRECAUTIONS**

---

### **PRIOR TO USE**

- Assemble the rower according to the instruction manual.
- Consult your doctor before beginning any exercise program.
- Read instructions.
- Read warning labels.
- Read emergency stop procedures.
- Maximum user weight is 150kg / 23.62 St
- Inspect unit. If damaged, DO NOT USE.
- Ensure every bolt and screw is securely tightened.

### **DURING USE**

- DO NOT use for stretching and DO NOT attach straps or other devices.
- DO NOT allow children aged 12 or younger to be on or near the machine.
- Stop exercising if you feel faint, dizzy, or encounter pain.
- Keep all clothing and accessories clear of moving parts.

## **EXERCISE SAFETY PRECAUTIONS**

---

- Use sports clothes and gym shoes.

## **FACILITY SAFETY PRECAUTIONS**

---

- DO NOT operate this machine in damp or wet locations.
- Use caution when getting on or off the rower.
- Check the rowing machine for worn or loose components before each use. DO NOT use until worn or damaged parts are replaced.
- Maintain regularly. Refer to *Preventive Maintenance* chapter.
- DO NOT use the rower if: (1) the machine is not working adequately or (2) the rower has been dropped or damaged.
- DO NOT use the rower outdoors.

- Read the instruction manual completely before using the rower.
- Ensure all users wear appropriate footwear on JLL® equipment.
- Set up and operate the rowing machine on a level surface. DO NOT operate in small restricted areas or on plush carpet.
- As far as possible provide the following clearances: 0.5 m at each side and 2 m at the back. Be sure your machine is clear of walls, equipment and other hard surfaces.
- DO NOT modify the unit in any way. Any modifications will void the warranty.
- All the data displayed by the monitor is for reference purposes only.

## WARNING STICKERS

---

Warning stickers indicate a potentially hazardous situation which, if not avoided, could result in death or serious injury. Carefully read the following caution and warning labels before using the unit.

### **WARNING**

DO NOT touch any moving parts during use.

Children and pets must be kept away from machine at all times.

Appropriate clothing **MUST** be worn whilst exercising.

Please consult a doctor or health professional before undertaking any exercise or health regime.



# 2 Assembly

## PREPARING SITE

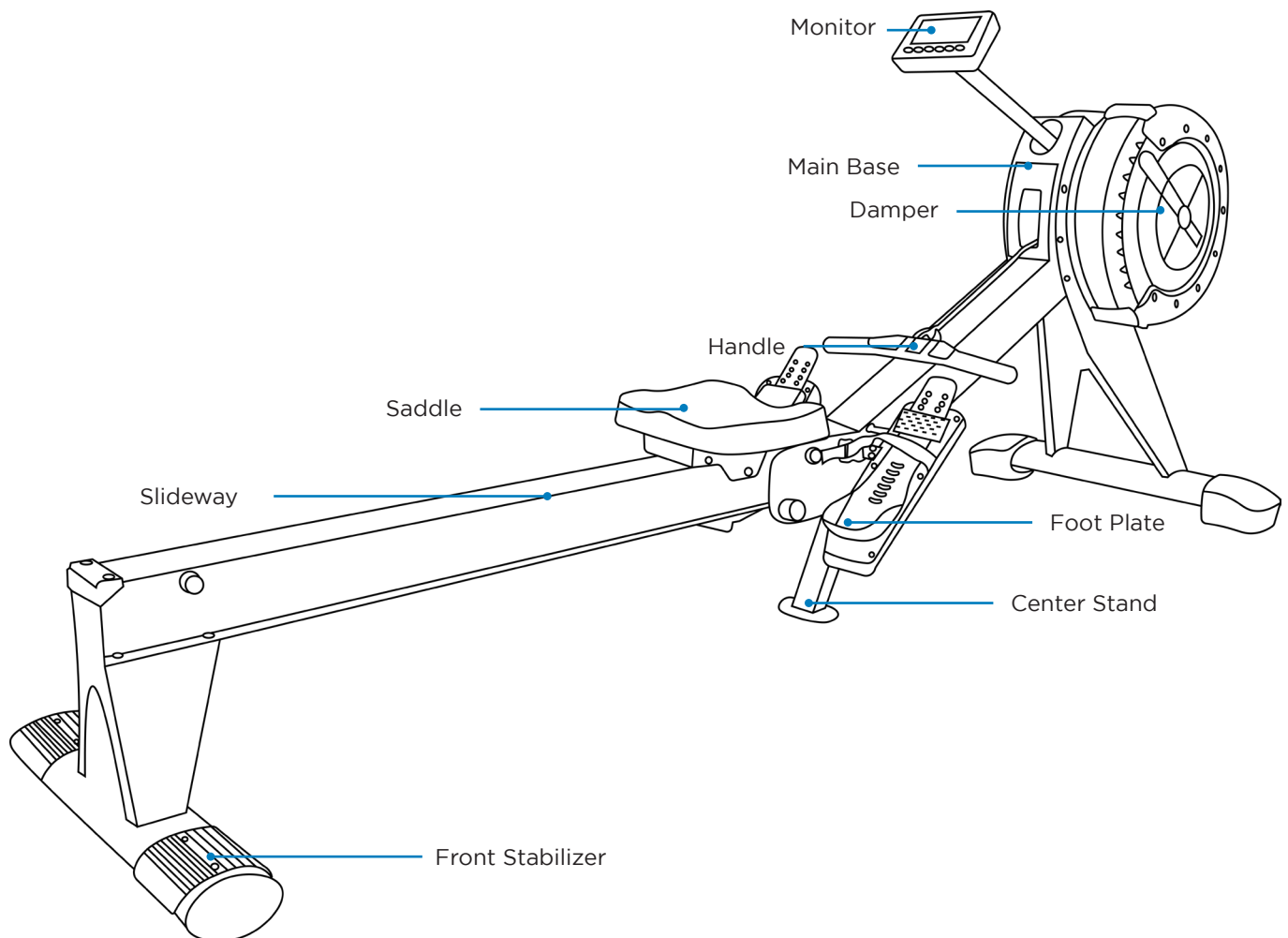
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To find the ideal location to set up this rowing machine, ensure that:

- Area is well illuminated and well ventilated.
- Surface is level.
- There is enough space to access the unit and emergency dismount. If it is possible, keep the following clearances: 0.5 m at each side and 2 m at the back.
- The rowing machine is placed in an environment with a relative humidity range of 30-50%. Please ensure the temperature is kept constant. Do not use in a moist or damp environment as this may impact on the integrity and performance of the machine.

## DIAGRAM

---

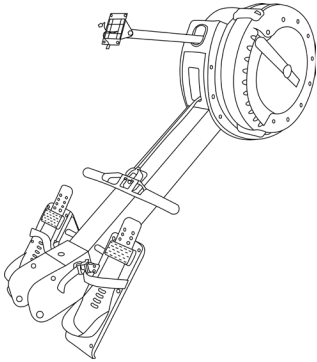


## CONTENT LISTING

---

See diagram (left) and content listing (below) for rower box contents. See *Customer Service* chapter for contact information if any parts are missing.

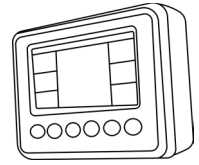
### BOX 1 CONTENTS



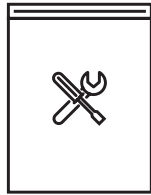
Rower Main Base



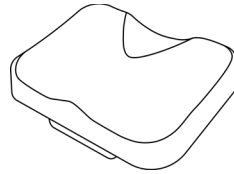
Slideway



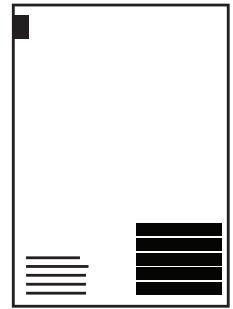
Monitor



Tools Pack<sup>2</sup>



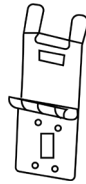
Saddle



Manual

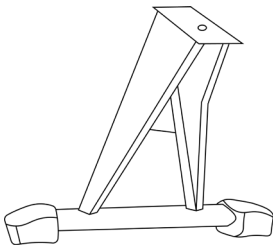


Monitor Stand

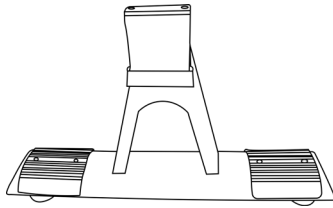


Ipad Stand

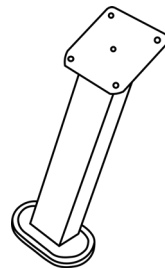
### BOX 2 CONTENTS



Rear Stabilizer



Front Stabilizer



Center Stand

### <sup>2</sup> TOOLS PACK



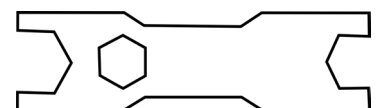
Multi-Tool  
x1



6mm Hex Allen Key  
x1



5mm Hex Allen Key  
x1



Spanner  
x2

## VENTUS PRO ASSEMBLY

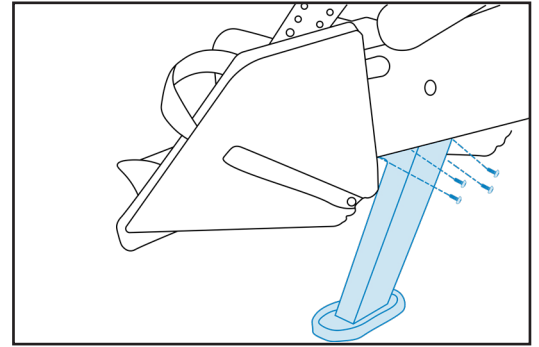
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The rower has been assembled and tested at the factory, so you shouldn't have any problems putting all the parts together. Components are designed to fit together, and only basic tools are required for the assembly process. Inside the box you will find a Tools Pack (Hex Allen Key, Spanner, Washers and Bolts). See previous page.

To assemble your JLL Ventus PRO please follow these easy steps:

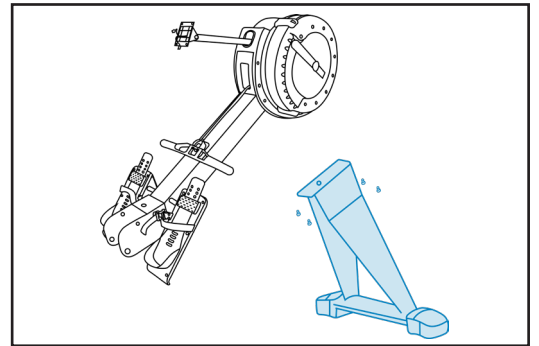
### STEP 1

Attach the center stand to the underside of the main base using four Allen head bolts found in the frame.



### STEP 2

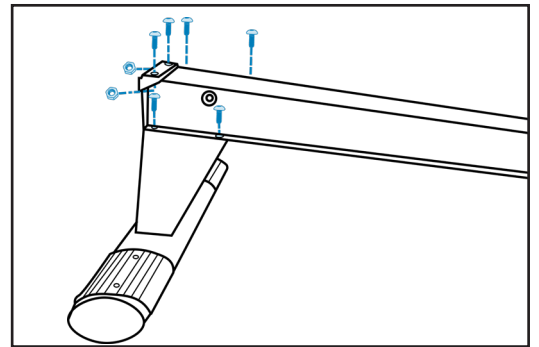
Attach the rear stabiliser to the base using four screws found in the frame.



### STEP 3

Attach the front stabiliser to the slideway using the six Allen head bolts found in the stabiliser. Two of these bolts will also be secured with a small hex nut.

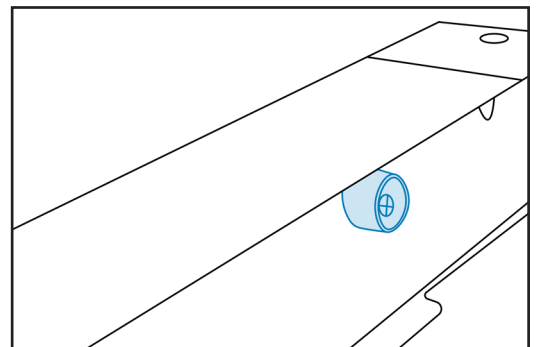
Make sure when attached the slideway the plastic cap on the stabiliser is lifted.



### STEP 4

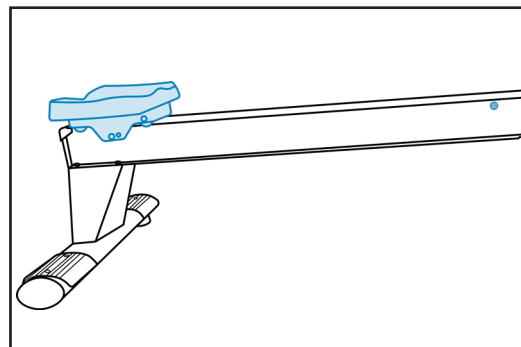
Next, remove the black plastic stopper from the opposite end of the slideway using both the large Allen key and multi-tool.

Remove the large flat knob and two silver hex nuts from either side.



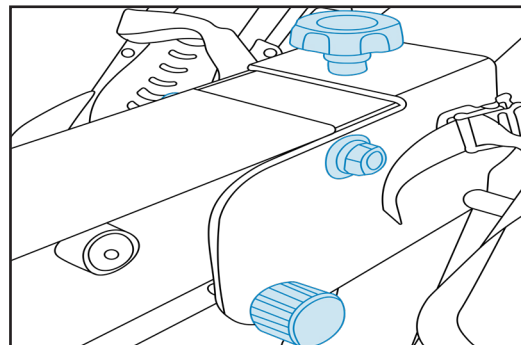
### STEP 5

Slide the saddle onto the slideway, the dip in the saddle will be towards the front stabiliser. Then, reattach the black stopper.



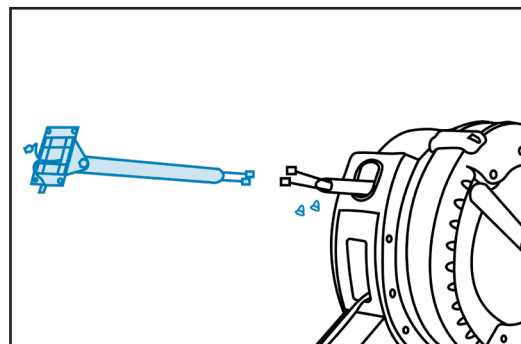
### STEP 6

Secure the slideway to the base using the silver hex bolt and nuts from before. Also secure using the flat knob on top. Make sure the smaller knob located on the side is removed beforehand and reattached after.



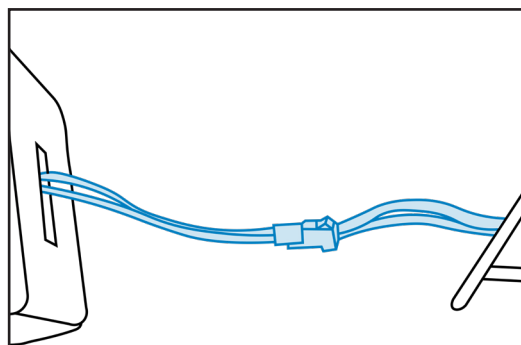
### STEP 7

Attach the monitor stand to the base using the two screws found in the frame.



### STEP 8

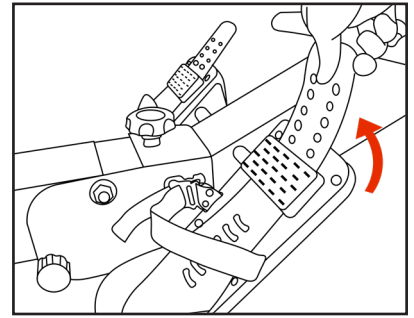
Next, feed the wires from the monitor through the ipad stand and connect to the wires from the base. Secure both the monitor and ipad stand to the bracket using four screws from the back of the monitor.



## ADJUSTING THE PEDALS

---

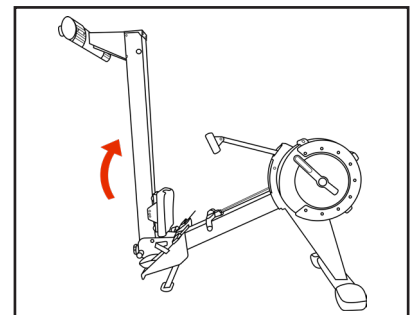
The length of footplate can be adjusted by pulling the plastic slip forward until it is released from the pegs. Slide the footplate up or down to the desired length and line up the holes and push it back into the pegs.



## FOLDING THE MACHINE

---

To fold the slideway into a vertical position, remove the large flat knob and pull the spring loaded knob. Push the slideway up until you hear a click from the knob holding it in place. Replace the large flat knob to the underside of the slideway.

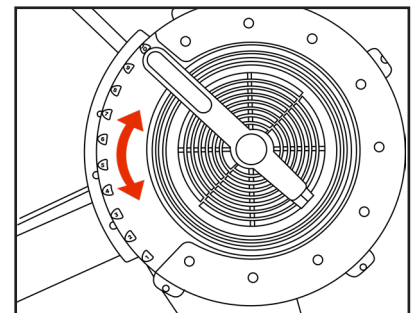


## ADJUSTING THE RESISTANCE

---

Move the handle of the damper on the right hand side of the machine. The handle slides up and down opening and closing the vents restricting the air flow into the machine.

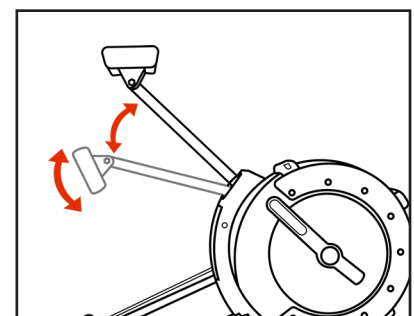
Level 1 is the lowest and level 10 is the highest.



## ADJUSTING THE MONITOR

---

Depending on the user's height the monitor can be moved to be read more easily. The monitor stand can be pushed up and down and the angle of the monitor itself can be changed.



## MONITOR CONFIGURATION



<b>1</b>	LCD display	<b>2</b>	Recovery Button
<b>3</b>	Reset Button	<b>4</b>	Start/Stop Button
<b>5</b>	Enter Button	<b>6</b>	Down Button
<b>7</b>	Up Button		

## MONITOR SPECIFICATIONS

Time.....	00:00 - 99:59 MIN:SEC
Time 500M.....	00:00 - 99:59 MIN:SEC
Stroke.....	0 - 9999
Calorie.....	0.0 - 999.9
Distance.....	0.0 - 999.9
Strokes Per Minute.....	0 - 9999
Total Strokes.....	0 - 9999
Pulse.....	0 - 240
Temperature.....	0°C
Calendar.....	.....year, month, day
Clock.....	00:00

## SPECIFICATIONS

---

<b>Display</b>	LCD Monitor: Time, Time 500M, Calorie, Distance, Strokes, Strokes Per Minute (SPM), Pulse, Total Strokes, Date, Clock, Calendar and Temperature
<b>Storage</b>	Built-in wheels.
<b>Resistance</b>	10 Levels of Air Resistance
<b>Battery</b>	2 x AA
<b>Saddle</b>	Foam seat with free movement up and down the slideway.
<b>Pedals</b>	Adjustable platform pedals
<b>Handlebars</b>	Ergonomic handles
<b>Colour</b>	Black and red
<b>Slideway Length</b>	94.5 cm
<b>Maximum User Weight</b>	150 kg, 23.62 St or 330 lb.
<b>Occupying Area</b>	244 cm (Length) x 78 cm (Width) x 90 cm (Height)
<b>Folded Area</b>	152 cm (Length) x 78 cm (Width) x 158 cm (Height)
<b>Packaging Dimensions</b>	Box 1: 146.5 cm x 56.5 cm x 66 cm Box 2: 83.5 cm x 70 cm x 36.5 cm
<b>Gross Weight</b>	Box 1: 43 kg Box 2: 17 kg
<b>Net Weight</b>	Box 1: 34 kg Box 2: 12.5 kg

# 3 Operation

## OPERATION PROCEDURES

---

Auto On/Off: The monitor will turn on when you start rowing or by pressing any button. The monitor will turn off after being inactive for 4 minutes.

When the monitor is powered on, the LCD display will show all the segments for 1 second.

Firstly, you will need to enter the Year (within the Strokes section), the Month (within the Calories section) and the Day (within the Pulse section). After you confirm this, the alarm will sound off.

Press the UP button to set the ON/OFF which is the sign of the alarm.

If the alarm symbol does not display press ENTER, when the alarm display is on you can set the time of the alarm (the same way in which you set the date).

Next press ENTER so that the sport symbol in the top left corner is showing, the MANUAL and RACE will blink ready to be selected. Press UP or DOWN to select either one and then press ENTER to confirm.

## MANUAL

---

Once entered into the manual mode, press UP to set the time, this will be flickering.

Once you have set your target time press ENTER to confirm it. DISTANCE - STROKES - CALORIES - PULSE - TIME can all be set to a specific target however, multiple functions cannot be set during one workout. (e.g. if a target time has been set then a target distance can't also be set)

Press the START/STOP key to begin, the STOP icon will disappear and you can press UP or DOWN to select functions. When the specific function has counted down to zero or you have pressed the START/STOP button the monitor will stop and display the average figure.

## RACE

---

Once you have entered into the RACE mode using the previous steps, the L1 will flash and the TIME 500M may display with 8:00. Use the UP or DOWN buttons to select L1-L15 and press ENTER to confirm. After, you can set the distance of the race (500m - 10000m), the distance section should be flashing. Press ENTER and the image of the race will display on the center segment. The figures of TIME 500M are;

L1 - 8:00	L4 - 6:30	L7 - 5:00	L10 - 3:30	L13 - 2:00
L2 - 7:30	L5 - 6:00	L8 - 4:30	L11 - 3:00	L14 - 1:30
L3 - 7:00	L6 - 5:30	L9 - 4:00	L12 - 2:30	L15 - 1:00



Press the START/STOP button and the STOP icon will disappear. The monitors race character and yourself will show in the center, the monitor will stop when you have reached the target distance of the race. PC WIN or USER WIN will be shown.

When the race has been completed, you can press START/STOP to repeat the race again.

## **RECOVERY**

---

After exercising for a period of time, if you are wearing a chest strap press RECOVERY. All functions will stop except for time, this will start counting down from 60 seconds. The screen will then display your heart rate recovery status with F1-F6, F1 being the best and F6 being the worst. Press the RECOVERY button again to return to the main display.

## **FUNCTIONS**

---

TIME: Counts the duration of your workout.

TIME 500M: Calculates your average 500 meter time. Shares the same segment as time.

STROKES: Counts the strokes completed during your workout.

CALORIE: Counts the estimated calories burnt while exercising.

STROKES PER MINUTE: Displays the average strokes per minute.

DISTANCE: Displays the distance covered in meters throughout your workout.

PULSE: Displays your current heart rate during your workout. The pulse measurement will only function with a chest belt system.

CALENDAR: The monitor will display year, month and day when the monitor is asleep.

TEMPERATURE: The monitor will display current room temperature when the monitor is asleep.

CLOCK: The monitor will display the current time when it is asleep.

## **TESTING THE ROWER OPERATION**

---

Use the following instructions to test the full resistance of the rower and to check the chain for proper operation.

1. Sit on the machine and place your feet on the footplates, gently complete a few strokes.
2. Check the monitor to make sure the digits are changing.
3. Turn the damper from 1 to 10 and check to feel a difference in the difficulty of resistance.
4. As you are performing each stroke make sure the chain is retracting fully into in the base and is not slack.
5. Also make sure there are no unusual noises coming from the machine and no wobble during your workout.

# 4 Maintenance

Maintenance must be performed on a regular basis. Performing maintenance actions can aid in providing safe and trouble-free operation of all JLL® equipment.

JLL® are not responsible for performing regular inspection and maintenance actions for your machine. JLL® representatives are available to answer any questions that you may have on +44 (0)800 6123 988.

## PREVENTIVE MAINTENANCE ACTIVITIES

---

Keeping the rowing machine in a clean state will help to prolong its life. Perform regular preventive maintenance to ensure normal operation of the unit. Keep a log of all maintenance actions to assist in staying current with all preventive maintenance activities. JLL® is not responsible for performing regular inspection or maintenance.

Read all instructions and warnings listed both in this chapter and in the *Safety* chapter. Contact JLL® Customer Service on +44 (0)800 6123 988 for any maintenance or service concerns.

Requirements:

- Water
- Dry cloth
- Vacuum

### **WARNING**

1. Only use water to clean and dust. Do not use any cleaning product because they may damage the rower.
2. Be careful not to spill or get excessive moisture between the edge of the display panel, as this might create an electrical hazard or cause failure of the electronics.
3. Direct spraying could cause damage to the electronics and may void the warranty.

Depending on where the rowing machine is placed, you may experience dry air, causing a common experience of static electricity. You can notice that by walking across a carpet and then touching a metal object. On your rower you may experience a shock due to the build-up of static electricity on your body and the discharge path of the rower. If you experience this type of situation, you may want to increase the humidity to a comfortable level through the use of a humidifier.

Check your machine regularly for rust. If rust starts to appear on the screws it means the item is not housed in the correct environment and will need to be moved to a more suitable room. Any rust will indicate there may be moisture in the air and as a result this could impact on the integrity and performance of your machine.

**⚠ WARNING**

1. Use only JLL® replacement parts.
2. Keep water and liquids away from electrical parts.
3. If you allow your machine to become rusty, this will affect your warranty.

## **ROWER CLEANING**

---

Keep the slideway free of dust and debris for smooth running and preventing injuries. Debris may cause damage to the rollers underneath the saddle.

After every workout use a neat, dry cloth for cleaning the machine and the handlebars to prevent the unit of corrosion. Wipe away any sweat that may have dripped. Avoid scratching the display by using a soft cloth.

Do not use abrasive or chemical cleaning agents.

### **3 EASY STEPS TO CLEAN YOUR ROWING MACHINE**

Recommendation (these are just a guideline):

- Use a clean cloth to wipe down the whole machine.
- Vacuum or sweep the floor underneath and around the rower to prevent any dust going into the machine. A treadmill mat can help to reduce dust.
- Use a vacuum cleaner or a soft damp cloth to clean machines entire cover area. When not using product for an extended period of time the product should be folded and stored in a suitable environment.

# 5 Additional Information

## CONTACT INFORMATION

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In case any issues arise, please do not hesitate to contact our Customer Service team on +44 (0)800 6123 988 or email us at **CONTACT@JLLFITNESS.CO.UK**

You can also visit our support centre at **SUPPORT.JLLFITNESS.CO.UK** for maintenance and assembly articles & videos.

## DISCLAIMER

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- You should consult your physician, doctor or other health care professional before starting or taking part in any of our workout guides. It is your responsibility to evaluate your own health before taking part or performing any physical activity you may see associated with JLL Fitness Ltd.
- Always seek professional advice before changing your diet or starting any exercise program.
- JLL Fitness Ltd is not liable for any injuries or damages that may occur when assembling or using this rowing machine.
- By reading this you assume full responsibility for any injuries or changes to your physical well-being. You waive all rights and release JLL Fitness Ltd of blame from any injuries or damages to property that may occur whilst following our advice.
- This manual offers specific instructions on how to assemble and maintain your rowing machine. Failure to follow these directions may result in your warranty being void.



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