WATERROWER

AMERICAN MADE SINCE 1988

METALLIC PRO ROWER



SCAN ME

Owner's Manual

Assembly + Setup Instructions

Pro Touchscreen Instructions

Troubleshooting Guide

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PLEASE MAKE NOTE OF YOUR WATERROWER'S SERIAL NUMBER

This number can be found on the underside of your rower's footboard. You will need this number when contacting WATERROWER for customer support.



WATERROWER

METALLIC PRO ROWER



OWNER'S MANUAL

Congratulations on becoming a WaterRower owner! Rowing is universally recognized as the perfect aerobic exercise – smooth, low impact, rhythmic, and whole-body – unrivalled for its physiological benefits and aesthetic pleasures.

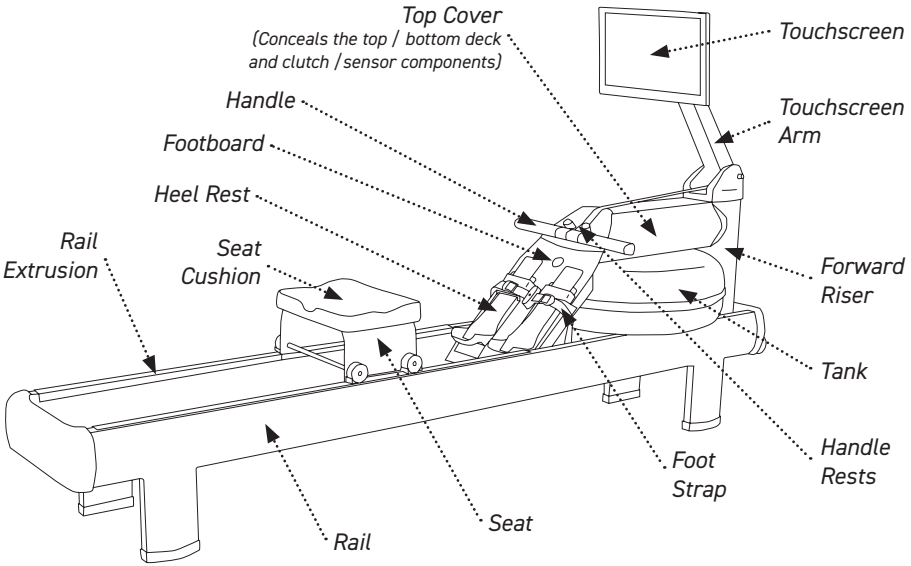
While most rowing machines imitate the action of rowing, they do so mechanically, and therefore lack the natural dynamics experienced when a boat and crew glide down a river. At WATERROWER, we have focused on replicating the physical dynamics of rowing, with the knowledge that this will achieve all of its physiological benefits, as well as much of the aesthetic pleasure.

To maximize enjoyment from using your WaterRower we recommend that you follow our suggestions on rowing technique and training programs. We hope that some of the discussion points in this manual will improve your knowledge about exercise in general, so that you are better able to reach your fitness goals.

Your WaterRower has been carefully handcrafted to give you years of trouble-free use. We recommend that you closely follow the assembly details provided, particularly by assembling the machine in the correct sequence and adhering to the suggested maintenance schedule.

We hope you enjoy using your WaterRower for many years to come!

ABOUT YOUR ROWER



Max User Weight
330 lb (150kg)

ISO 20957 Usage Class: S (Studio)
For professional and / or commercial use

INDOOR USE AND STORAGE ONLY

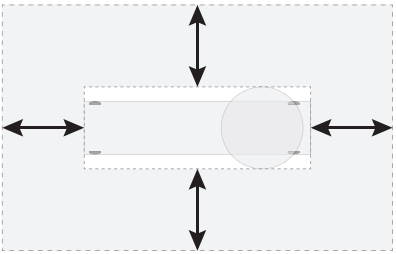
Your WaterRower is designed for indoor use only on a stable, level floor. Exposure to extreme temperatures or moisture ***may void your warranty***.

STANDING THE ROWER ON END

Standing the rower on end temporarily may be needed when performing some assembly and repair tasks — follow the steps detailed on page 25. When doing so, ensure the rower is on a stable, level floor. Working with a partner is recommended. ***Do not leave the rower standing on end unattended.***

SAFETY CLEARANCE

A minimum clearance of **0.6 m (23.6")** around your rower is required for safe access and dismounting. In multi-rower studio environments, adjacent rowers may share this clearance.



DIMENSIONS + SPECIFICATIONS

- Dimensions (in use - arm raised): 87.5" L x 22.25" W x 53" H
- Dimensions (stored - arm stowed): 87.5" L x 22.25" W x 33" H
- Assembled weight (with water): 116 lb

FILLING AND MAINTAINING THE WATER TANK

Proper tank water maintenance ensures the best rowing experience.

- Fill the tank to level 17 (calibration level), as indicated by the water level gauge sticker on the side of the tank.
- Use only clean tap or distilled water — do **not** use well water.
- Add **1 purification tablet every 3 months**, or sooner if water becomes cloudy.
- Each rower includes 2 purification tablets. For additional tablets, contact support@waterrower.com and include your rower's serial number (located on the underside of the footboard).

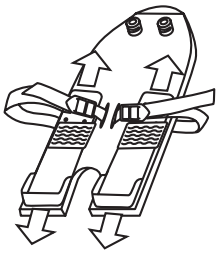
"BREAKING IN" YOUR WATERROWER

During the first weeks of use, your WaterRower will adjust to use and the temperature / humidity of the environment. During this period we advise GENTLY tightening all the connecting bolts with the supplied 5mm ratchet. **NEVER use power drivers or drills to tighten hardware on your rower — only use hand tools. Do NOT overtighten.**

POSITIONING THE HEEL RESTS

The heel rests are adjustable for maximum comfort. Adjust the heel rests so that the foot straps cross at the ball of the foot, allowing the heel to lift during each stroke as the user comes forward.

The heel rests can be easily adjusted to accommodate different users – simply lift the top lip of each heel rest to unhook it, then slide up or down to reposition on another hole.



RAISING + LOWERING THE TOUCHSCREEN

To raise or lower the touchscreen and its arm, please follow the steps detailed on pages 24 and 25.

USING YOUR ROWER

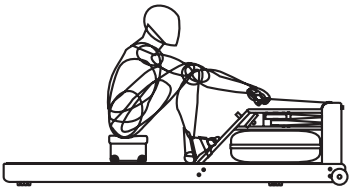
PROPER ROWING TECHNIQUE

Rowing on a WaterRower engages 84% of your muscle mass — from your fingertips on the handle to the balls of your feet on the footboard, all the muscles in between contribute to the Rowing Action.

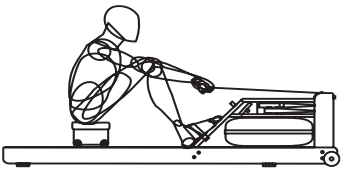
The Rowing Action consists of two phases: a fast drive and a slower recovery. Combining these into a steady rhythm creates a smooth, flowing, and unhurried motion. The diagrams below illustrate three basic movements of the Rowing Action.

Take your first few sessions to focus on proper positions, phases, and rhythm. With regular practice, the technique will become second nature, and you'll soon enjoy the full physiological benefits of rowing.

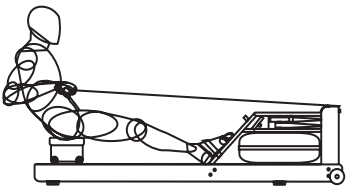
For more guidance, visit www.HowToRow.com.



Catch Position
Sitting tall, arms straight reaching forward, shoulders relaxed, head up, eyes looking forward, legs compressed, and shins vertical.



Drive Phase
Drive backward with the legs, arms hang off the handle and only begin to bend once handle is above the knees, torso is strong with good posture and body angle opens up slowly as you drive the legs.



Release Position
Legs straight, handle drawn to chest, sitting back just past the vertical, torso firm, shoulders relaxed, head up, and eyes looking forward.

SAFETY

We recommend consulting a physician before starting an exercise program. Please read all instructions before using your WaterRower.



CAUTION: *Keep hands away from moving parts while rowing to prevent injury.*

USING YOUR ROWER WITH A HEART RATE MONITOR

WARNING: *Heart rate monitoring systems may be inaccurate. Overexercising may result in serious injury or death. If you feel faint, stop exercising immediately.*

YOUR WATERROWER'S OPERATING PRINCIPLE

The WaterRower is unique in using the effect of drag to provide an entirely self-paced workout. Because drag is linked to speed, a crew rowing down a river chooses its intensity of exercise simply by altering the pace at which they row. As the boat travels faster, the crew must work harder to overcome the increased drag forces – similar to the way a competitive swimmer must work harder to go faster.

By replicating these dynamics, the WaterRower does not require adjustment to increase resistance. If a more intensive workout is required, simply increse your stroke rate, power per stroke, or both; the WaterRower will respond accordingly.

TRAINING RECOMMENDATIONS

To maximize your training benefits and prevent problems or injuries, we suggest:

- Consulting your doctor before starting an exercise program
- Using a heart rate monitor to measure your intensity
- Always warming up and cooling down
- Always stretching, especially at the end of your workout
- Keeping a record of your workouts
- Staying well-hydrated
- Gradually increasing the intensity, duration, and / or frequency of your workouts over time
- Including recovery time in your training program
- Adding variety to your workouts

AEROBIC TRAINING

Aerobic training is a proven method for improving cardiovascular fitness. It is typically performed at a moderate intensity similar to a steady jog that avoids muscle soreness (about 70–80% of maximum heart rate).

Consistent training enhances how efficiently the heart, lungs, and blood vessels deliver oxygen, improving endurance. Within this range, lactic acid remains low and manageable, allowing you to sustain the effort until fuel stores run low.

As you approach the top of this zone, you reach the aerobic threshold. Pushing harder forces the body into anaerobic work, leading to rapidly rising lactic acid, heavy breathing, and premature muscle fatigue.

ANAEROBIC TRAINING

Anaerobic training involves short, intense bursts of effort at 80–100% of maximum heart rate, typically performed through interval workouts. High-intensity sessions raise your anaerobic threshold, training your body to tolerate and buffer lactic acid more effectively.

Because anaerobic work relies on rapid energy production, lactic acid builds up quickly (sometimes within a minute), forcing a drop in intensity or a complete stop. This sharply limits how long you can sustain peak power output. While these intervals build mental toughness, overemphasizing prolonged anaerobic efforts can stall aerobic development, accelerate systemic fatigue, compromise movement technique, and increase injury risk.

WEIGHT MAINTENANCE

For weight maintenance, total energy intake must match expenditure. Exercising at low to moderate intensities (around 60–70% of maximum heart rate, similar to a brisk walk) is highly effective for this goal, allowing you to maintain a conversation comfortably.

At lower intensities, the body relies more heavily on fat for fuel. As you approach maximum aerobic output, the percentage of energy coming from fat drops significantly as carbohydrates take over. Extending the duration of these lower-intensity sessions naturally increases total fat utilization. However, overall weight management ultimately depends on your total daily caloric balance, regardless of the fuel source burned during a workout.

PREVENTATIVE MAINTENANCE

Preventative maintenance keeps your WaterRower in optimal condition. Contact support@waterrower.com for technical support, if needed.

CLEANING YOUR WATERROWER

- **Clutch and Belt:** Clear dust with a cloth, vacuum, or compressed air.
- **Rails and Frame:** Clean metal surfaces by wiping with a damp cloth.
- **Tank:** Clean ONLY with mild soap or 70% isopropyl alcohol.



CAUTION: *NEVER use bleach, ammonia, chlorates, or methylated spirits to clean any part of your rower — especially the tank. Improper cleaning products may damage components and* ***will void your warranty.***

WEEKLY

- **Belts, Straps, and Bungee:** Verify recoil belt routing / alignment. Check bungee, handle strap, and foot straps for fraying.
- **Handle and Seat:** Inspect handle, grips, and seat cushion for damage.
- **Recoil Belt:** Check for proper tension by holding the handle above its rests, then letting go — the handle should "snap" quickly to the front of the machine.
- **Rails and Wheels:** Check seat wheels and black plastic rail extrusions for cracks or chips.
- **Tank:** Inspect tank for water cloudiness / discoloration or leaks.
- **Electronics:** Check power supply and touchscreen connections for damage or looseness.

MONTHLY

- **Sensor / Clutch area cleaning:** Remove tank cover and use compressed air to clear dust from the sensor disk and clutch mechanism.
- **Sensor disk alignment:** Verify sensor disk sits 2–3mm below the top deck.
- **Hardware:** Hand-tighten all bolts. Do not overtighten. ***Do not use power tools***.

QUARTERLY

- **Water care:** Add one purification tablet to the tank every 3 months.

ASSEMBLING YOUR ROWER

OVERVIEW

Assembling your WaterRower takes about 30-45 minutes. A 5mm hex-bit ratchet is provided with your rower for use during assembly. A flat-blade screwdriver is also recommended. Your WaterRower comes partially assembled.

NEVER use power drivers or drills to tighten hardware when assembling your rower — only use hand tools. Do NOT overtighten.

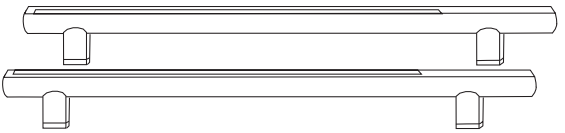
Viewing the assembly video is highly recommended.
Scan the QR code or visit:
www.waterrowerservice.com/metallic-series-assembling-your-rower.

MAIN PARTS

A. Rail Set *(pair - left / right)*
B. Rear End Pad Assembly *(with bungee)*
C. Seat Assembly
D. Footboard Assembly
E. Tank Assembly
F. Top Cover

ANCILLARY PARTS

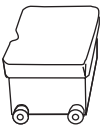
G. 10 x Button Head Cap Screw *(WRP-B505; 2 in bits tray, 8 pre-installed in end pads)*
H. 10 x Washer *(WRP-B500 2 in bits tray, 8 pre-installed in end pads)*
I. 2 x Handle Rest *(WRP-P430)*
J. 2 x Handle Rest Bolt *(WRP-P455)*
K. 1 x 5mm Ratchet *(WRP-B475)*
L. 2 x Heel Rest *(WRP-B700)*
M. 1 x Syphon Pump *(WRP-B405)*
N. 2 x Purification Tablet *(WRP-B960)*
O. 1 x Water Blue Solution *(630)*
P. 1 x Power Supply *(WRP-775)*



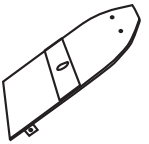
A



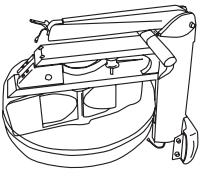
B



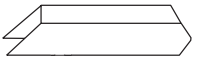
C



D



E



F



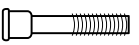
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H



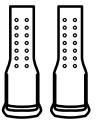
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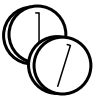
K



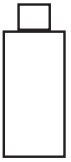
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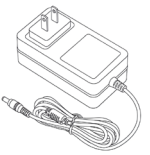
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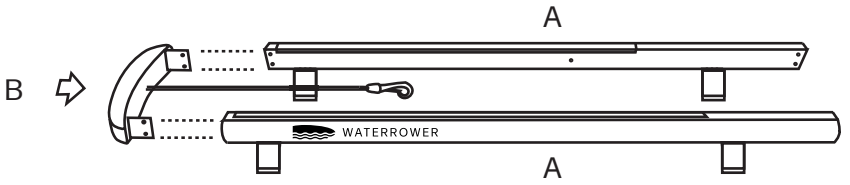
ASSEMBLY PROCESS

STEP 1

Remove the rails (A) from their boxes, noting the label on the boxes specifying the ***left*** and ***right*** rails. Stand the rails on their feet with the *curved rail surface and logo* facing outward.

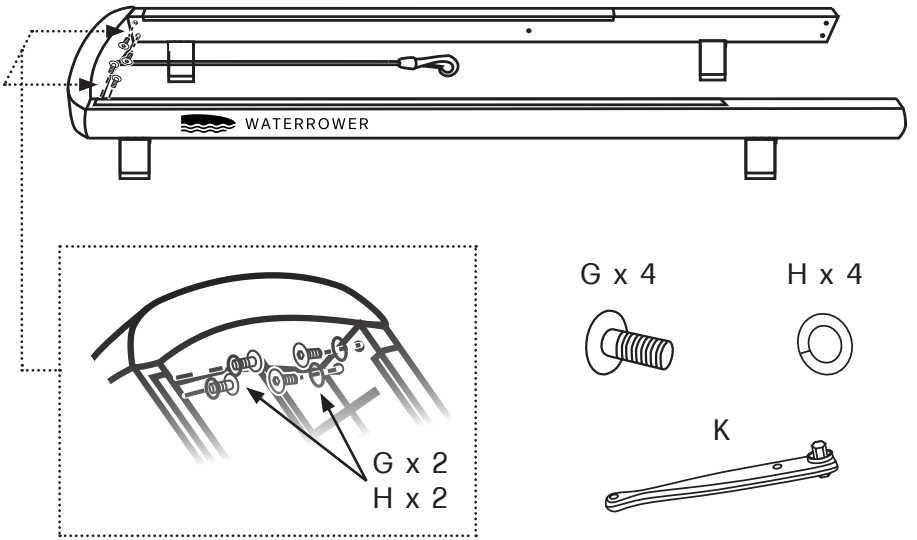
Remove the rear end pad assembly (B) from the tank box. Remove the 4 pre-installed 4 button head cap screws (G) and 4 washers (H) from the rear end pad and set them aside Carefully align the brackets of the rear end pad assembly with the interior (tubular) section of the rails, ensuring that the *WaterRower* logo is oriented so it is legible.

NOTE: The rear end pad is installed on the end of each rail that is closest to the black plastic extrusions the seat rolls upon.



STEP 2

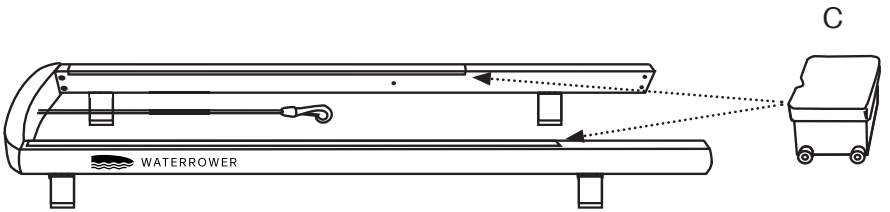
Using the provided ratchet (K), secure the rear end pad assembly to the rails the 4 button head cap screws (G) and 4 washers (H) removed in Step 1.



STEP 3

Remove the seat assembly (C) from the tank box and place it on / between the rails. The indented portion of the seat cushion must face towards the rear end pad as shown. The larger, vertical wheels (load wheels) sit on the plastic extrusions on top of each rail. The smaller, horizontal wheels below the seat (guide wheels) sit between the rails, underneath the lips of the black plastic extrusions. Once the seat is installed, slide it to the back of the rails.

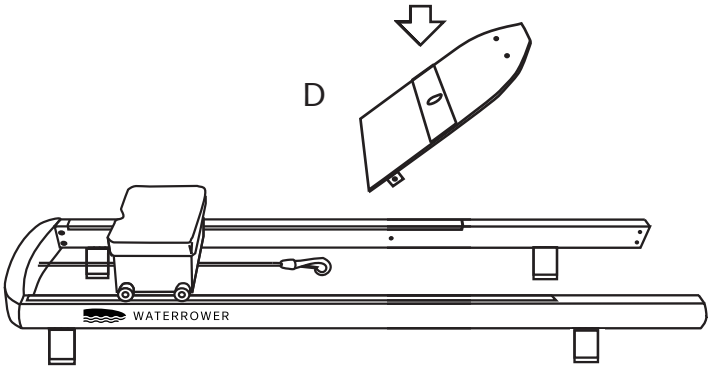
NOTE: It may be necessary to spread the rails slightly to allow the guide wheels to fit between the rails and under the lips of the extrusions.



STEP 4

Remove the footboard (D) from the tank box. With the black plastic components and WaterRower logo facing upward, carefully slide the footboard between the rails, aligning the holes in the side of the footboard with the nuts embedded on the interior surfaces of the rails.

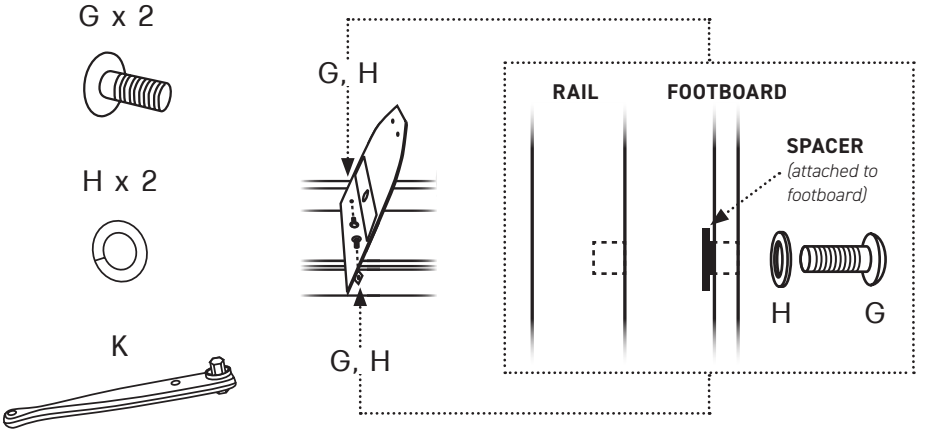
NOTE: Sitting on the seat while performing this step is helpful.



STEP 5

Using the provided ratchet (K), secure the footboard to the rails using 2 button head cap screws (G) and 2 washers (H).

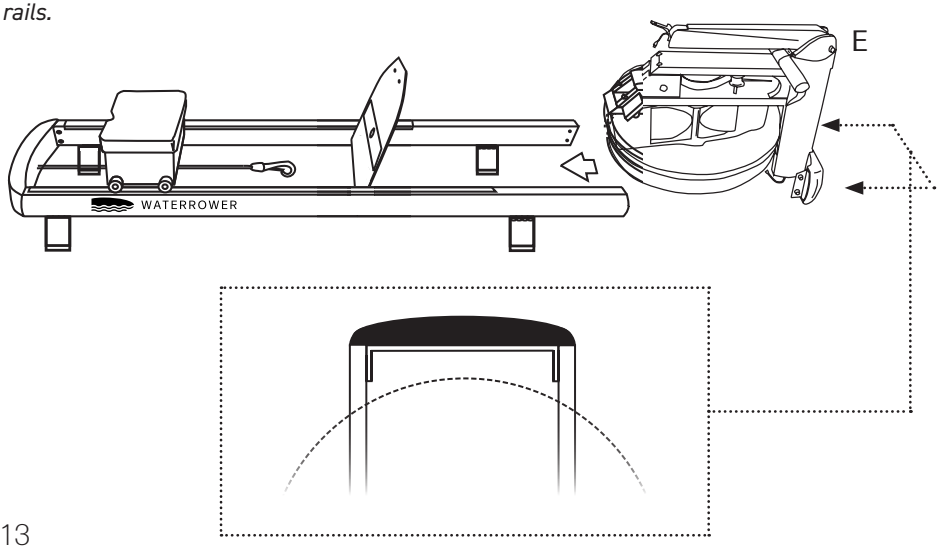
NOTE: Sitting on the seat while performing this step is helpful. There is a spacer attached to both sides of the footboard. The spacers must be positioned between the rails and footboard on both sides for proper assembly.



STEP 6

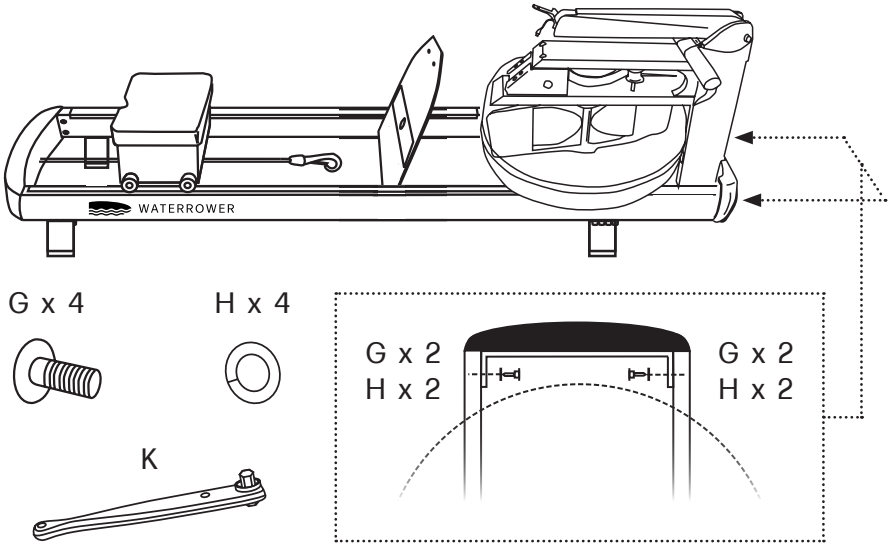
Remove the tank assembly (E) from the tank box. Remove the 4 pre-installed 4 button head cap screws (G) and 4 washers (H) from the front end pad and set them aside. Carefully place the tank assembly between the rails.

NOTE: The metal brackets protruding from the front end pad (on tank assembly) fit inside the tubular section of the rails in the same way that the rear end pad assembly fits into the rails.



STEP 7

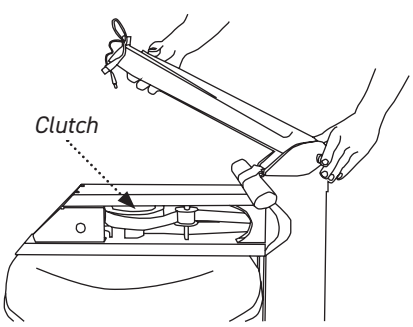
Using the provided ratchet (K), secure the front end pad of the tank assembly to the rails using the 4 screws (G) and 4 washers (H) removed in Step 6.

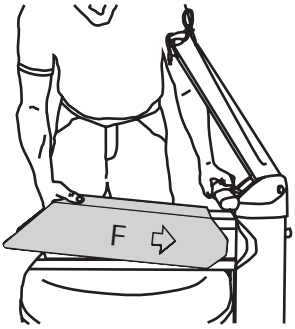


Pro Tip: *Depending on your preference, you may choose to fill the tank with water at this point. See pages 17-19 for methodology.*

STEP 8

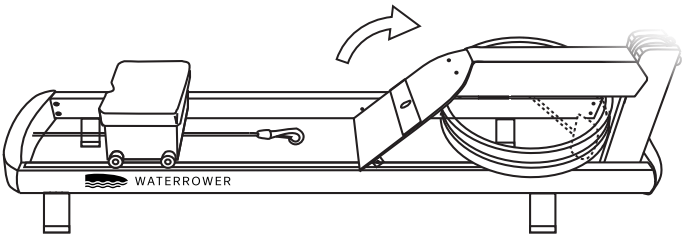
Raise the arm by briefly pressing and releasing the button on the forward riser cap, then lifting the arm upward until it locks in place. Remove the top cover (F) from the tank box. Starting just in front of the tank assembly's clutch, position the tank cover at an angle. Slide the cover simultaneously ***downward*** and ***horizontally forward*** (towards the front of the rower) so that it covers the clutch mechanism area. Gently fit the front edge of the cover into the molded plastic shims.





STEP 9

Gently rotate the footboard forward until it rests against the slanted brackets of the tank assembly. The holes in the top of the footboard (for the handle rests) should align with the threaded inserts of the slanted brackets.

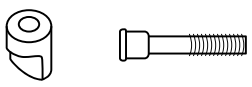


STEP 10

Using the provided ratchet (K) and 2 handle rest bolts (J), install both handle rests (I). Ensure that the flat surface of the handle rests is parallel to the ground.

NOTE: This step also secures the footboard to the black slanted brackets of the tank assembly. When installing the handle rest bolts, take care not to overtighten them or install them using a power tool – permanent damage to the brackets may result.

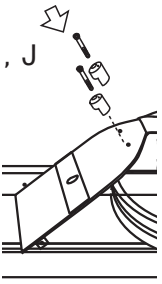
I x 2 J x 2

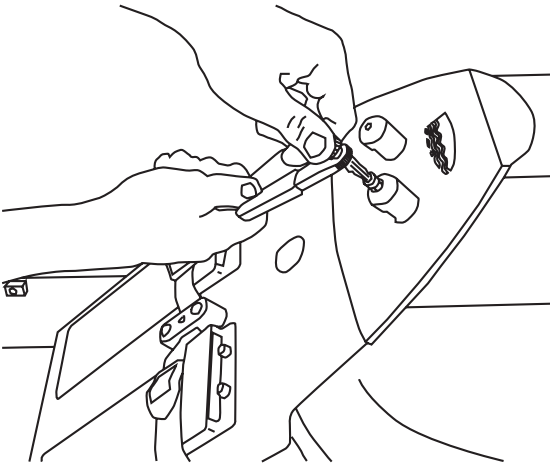


K



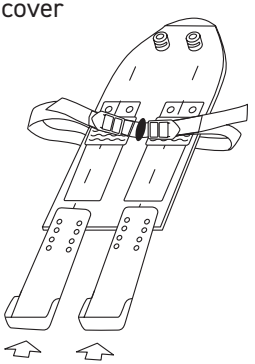
I, J





STEP 11

Remove both heel rests (L) from the tank box. With the heel cups facing upward, slide each heel rest through the cavity of its cover plate.



Use a flat-head screwdriver to lift the heel rest up and over the adjustment pins.

If heel rest position adjustment is required, simply lift the top lip of the heel rest up to unhook it and reposition to another hole.



FLAT-HEAD SCREWDRIVER

L x 2

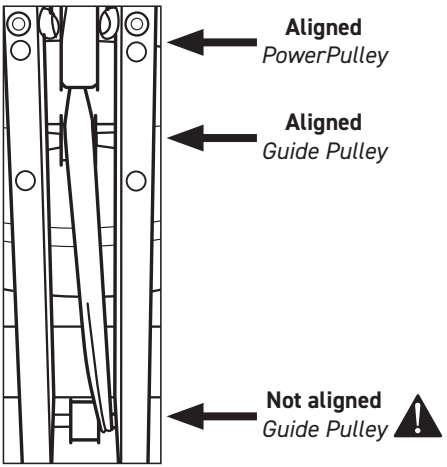
STEP 12

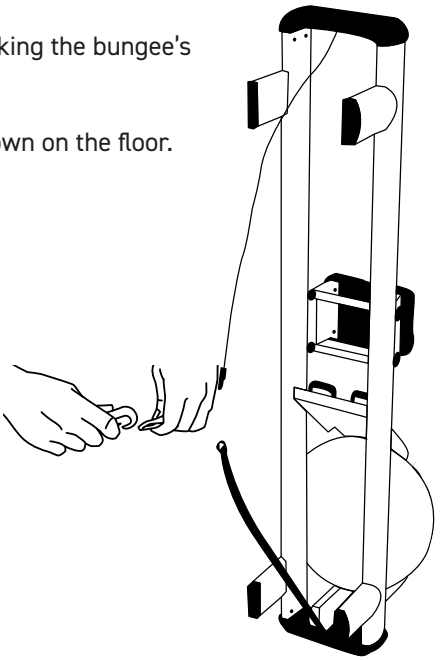
With the rower on a stable, level floor, stand the rower on end (work with a partner with possible; see page 25 for methodology). ***Do not leave the rower standing on end unattended.***

Unravel the recoil belt from the front end pad of the tank assembly. Feed the recoil belt over both guide pulleys in the forward riser, ensuring they are aligned as shown in the diagram below.

Connect the bungee to the recoil belt by linking the bungee's hook with the recoil belt's D-ring.

When done, carefully lay the rower back down on the floor.





INSTALLING THE PRO TOUCHSCREEN

PARTS

Q. 1/8" Allen Key *(WRP-B736)*

R. Bolt *(WRP-TA306 — already installed in the VESA mount on the rear of the touchscreen)*

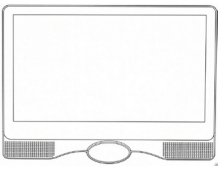
S. Pro Touchscreen *(WRP-780)*



Q



R



S

INSTALLATION PROCESS

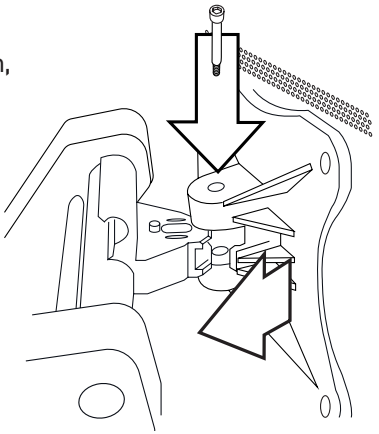
STEP 1

Carefully unpack all components in the touchscreen's box.

With the rower laying flat, raise the touchscreen arm and lock it in place (see page 14, Step 8).

Slide the touchscreen (S) onto the end of the arm, ensuring it is oriented with the speakers at the bottom.

Using the 1/8" Allen key (Q) and bolt (R), secure the touchscreen to the arm.



Q



R

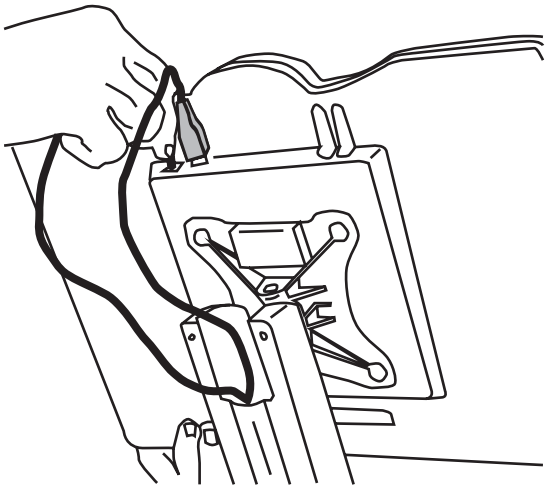


S



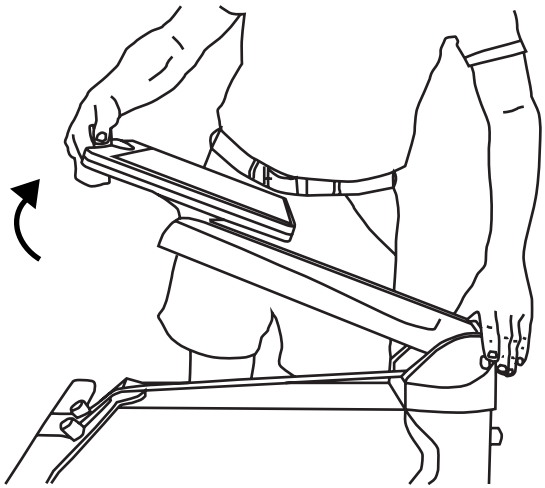
STEP 2

Connect the power and USB cables installed in the arm to their ports on the back of the touchscreen.



STEP 3

Gently rotate the touchscreen backward so it is parallel with the arm. Then, while pressing on the button in the forward riser cap and supporting the arm, lower the arm to lock it in its stowed position parallel with the top deck cover.



STEP 4

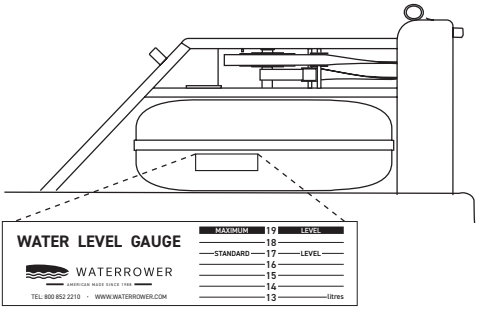
Carefully remove the protective film on the face of the touchscreen before use.

FILLING AND EMPTYING THE TANK

WATER LEVEL

The Water Level Gauge is positioned on the side of the tank. Filling the tank to ***standard calibration level (17)*** is advised.

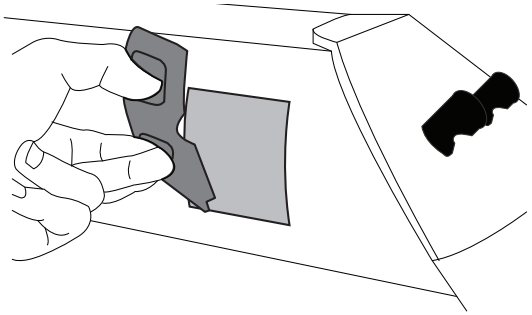
The maximum fill point for the tank is Level 19. DO NOT fill above the maximum level — this could void the warranty.



FILLING THE TANK

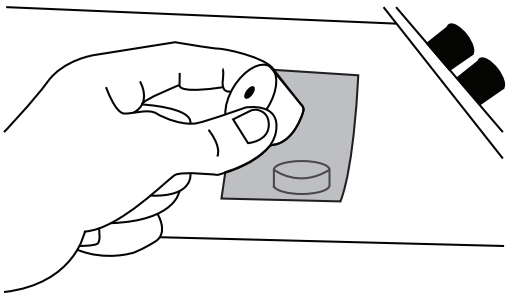
STEP 1

Remove the rubber access door from the top cover.



STEP 2

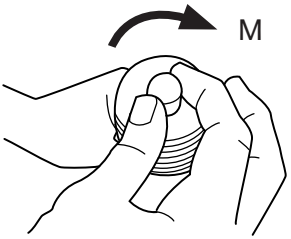
Remove the tank stopper.



STEP 3

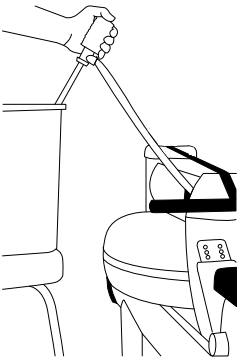
Locate the syphon pump (M) in the tank box. Turn the valve of the pump ***clockwise*** to close the syphon's valve.

NOTE: You may use a hose to fill the tank instead of the syphon pump, if you prefer.



STEP 4

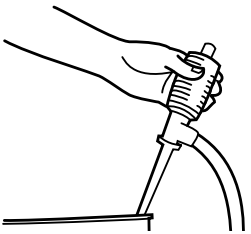
Place a bucket of municipal tap or distilled water at a height that is ***higher than the tank assembly, such as on a chair***. Insert the syphon's take-up tube into the bucket of water and the syphon's hose into the tank of the rower.



STEP 5

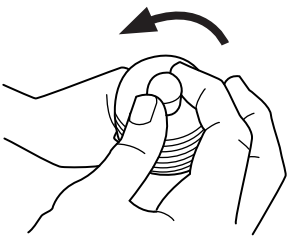
Squeeze the pump 4-5 times, until water begins flowing from the bucket into the tank.

NOTE: Do NOT overfill the tank. Anything beyond Level 19 (the maximum level indicated on the tank water level gauge) may risk leaking and void your warranty.



STEP 6

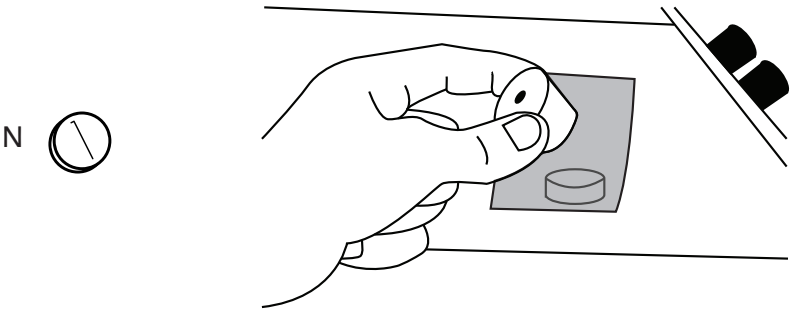
To stop the flow of water, turn the valve of the pump ***counter-clockwise*** to open the syphon's valve.



STEP 7

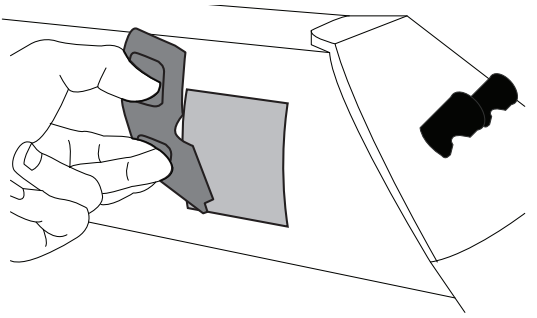
Insert 1 purification tablet (N) into the tank. Then, reinstall the tank stopper.

NOTE: It may be necessary to moisten the tank stopper to assist with installation.



STEP 8

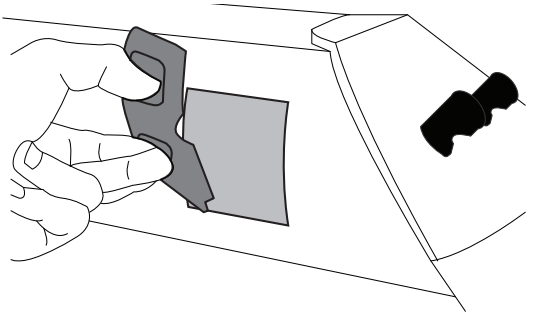
Reinstall the rubber access door from the top cover.



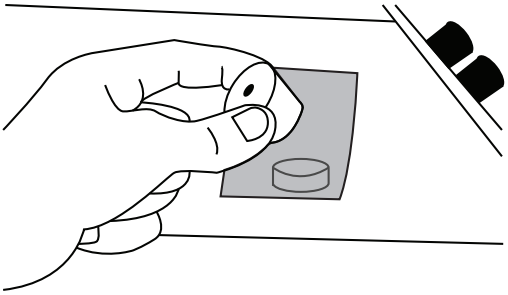
EMPTYING THE TANK

STEP 1

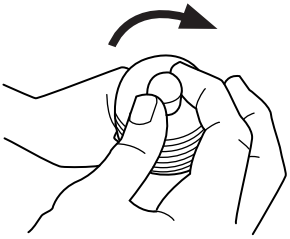
Remove the rubber access door from the top cover.



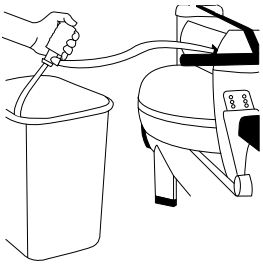
STEP 2
Remove the tank stopper.



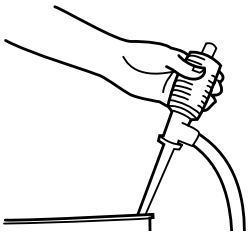
STEP 3
Turn the valve of the pump ***clockwise*** to close the syphon's valve.



STEP 4
Place a bucket ***on the floor***. Insert the syphon's take-up tube into the tank of the rower and the syphon's hose into the bucket.

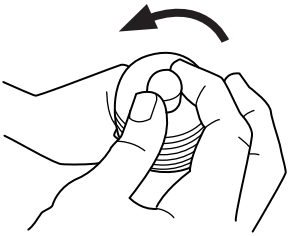


STEP 5
Squeeze the pump 4-5 times, until water begins flowing from the tank into the bucket.



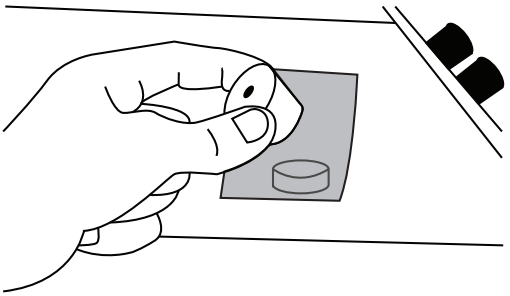
STEP 6

To stop the flow of water, turn the valve of the pump ***counter-clockwise*** to open the syphon's valve.



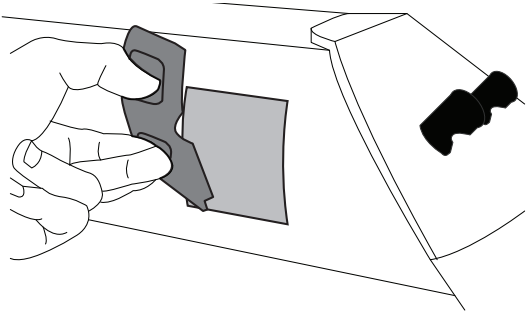
STEP 7

Reinstall the tank stopper.



STEP 8

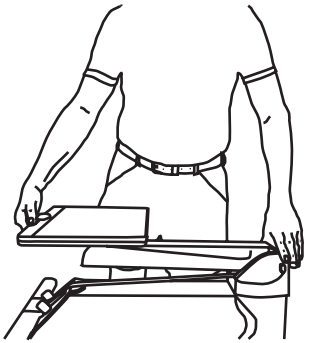
Reinstall the rubber access door from the top cover.

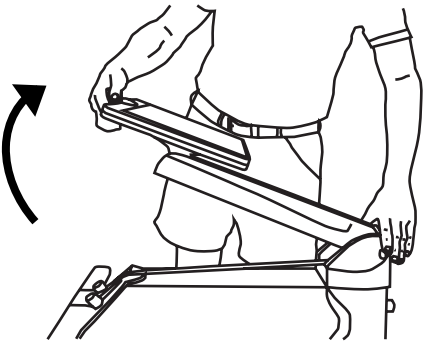


SETTING UP YOUR ROWER

STEP A

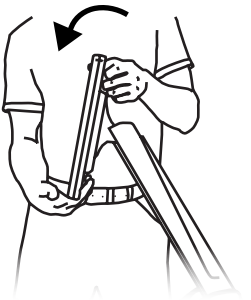
Raise the arm to operating position. While supporting the arm assembly with one hand, press on the button in the forward riser cap to release the locking mechanism. Begin to raise the arm and stop pressing on the button in the forward riser cap. Continue raising the arm until it locks in place.





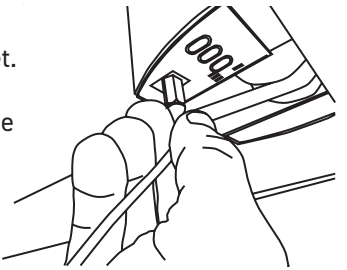
STEP B

Rotate the touchscreen to operating position.
Gently rotate the touchscreen forward (toward the rear of your rower) until it clicks in place. Ensure both the arm's power and USB cords are plugged into the touchscreen (see Step 2 on page 18).



STEP C

Plug in the power supply.
Plug the power supply (P) into a standard wall outlet. Then, plug the cylindrical end of power supply's cable into the power jack located in the bottom of the rower's forward riser.



P

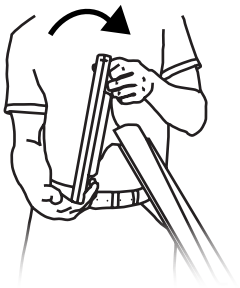


STANDING YOUR ROWER ON END

For some assembly and service tasks, it is necessary to temporarily stand the rower on end to access components under the rower. Working with a partner is recommended. ***NEVER leave the rower standing on end unattended.*** Follow the steps below.

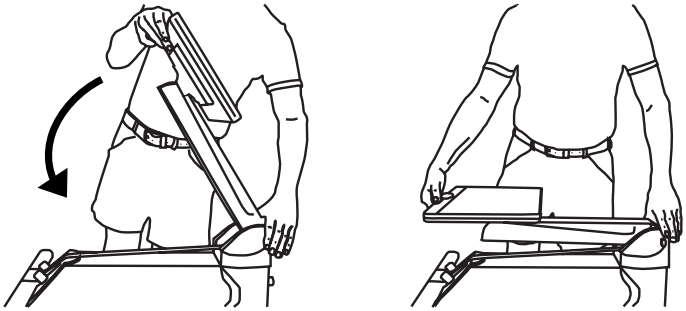
STEP A

Rotate the touchscreen to storage position.
Gently rotate the touchscreen backward so it is parallel with the arm.



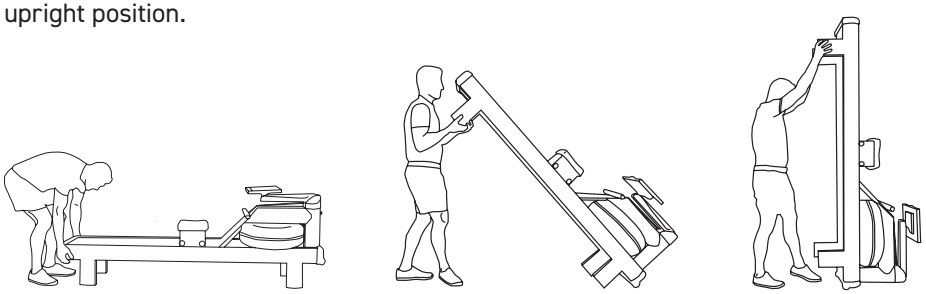
STEP B

Lower the arm to storage position. While supporting the arm assembly with one hand, press on the button in the forward riser cap to release the locking mechanism. Begin to lower the arm and stop pressing on the button in the forward riser cap. Continue lowering the arm until it is parallel with the top deck cover and locks in place.



STEP C

Stand the rower up. Disconnect the power supply from the forward riser. Roll the seat fully forward toward the footboard. Lift the rower by its rear end pad or rear legs and pull the rower toward you, using the rower's momentum to stand it in an upright position.



USING THE PRO TOUCHSCREEN

POWERING ON / OFF

To use your touchscreen, ensure that:

- The power supply is plugged into a standard wall outlet that is turned on.
- The power supply's cable is fully inserted into the power jack located in the bottom of the rower's forward riser.

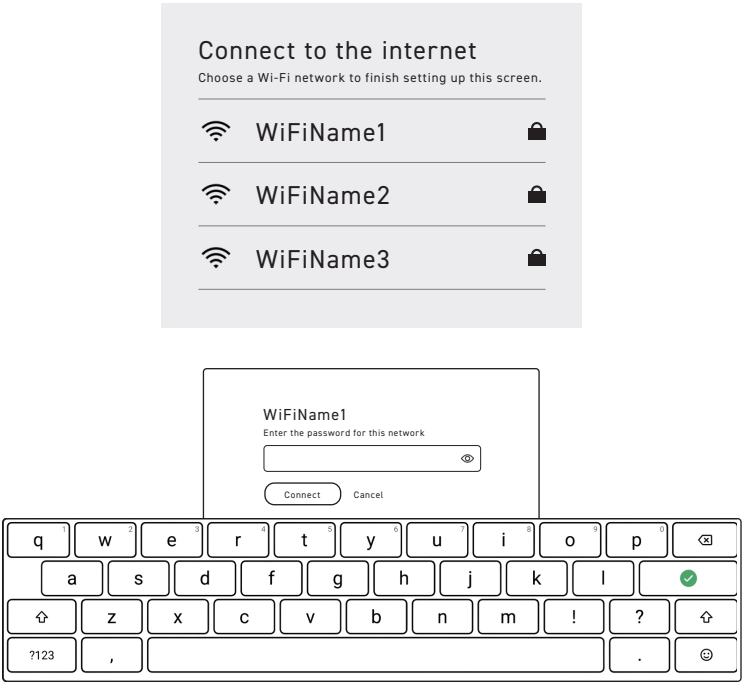
As soon as your touchscreen detects power, it turns ON.

To turn the touchscreen OFF, simply unplug the power supply or disconnect the power cable installed in the arm from its port in the back of the touchscreen.

CONNECTING TO WI-FI

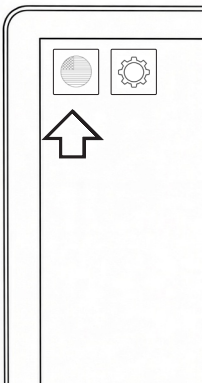
After initially powering on and going through its startup sequence, your touchscreen will search for a Wi-Fi connection if one has not been previously established.

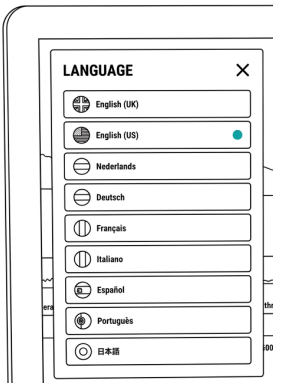
Tap the Wi-F i you want to connect to, then enter the Wi-Fi network password when prompted.



LANGUAGE SELECTION

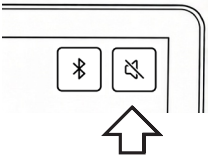
Your touchscreen is set to display in English (US) by default. To select a different language, tap the "Flag" icon at the top left corner of the touchscreen, then choose your preferred language from the list by tapping on it. The list of languages will close once a selection is made.

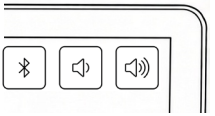




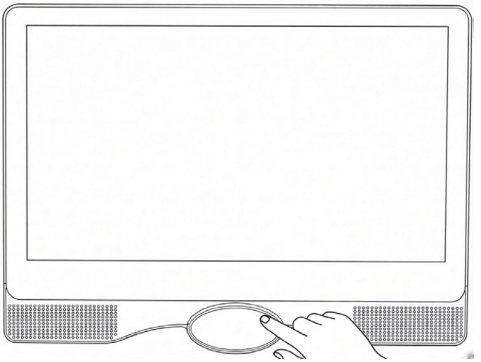
VOLUME ADJUSTMENT

Your touchscreen's volume is muted by default. To unmute, tap the "Mute" icon at the top right of your screen. Once unmuted, icons for turning the volume up or down will display.



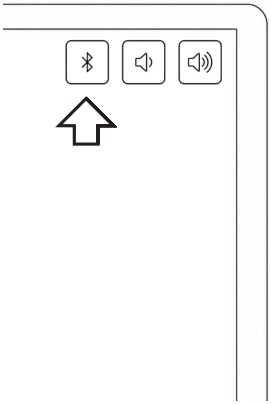


Volume may also be adjusted by pressing either side of the oval button at the bottom center of the touchscreen. Pressing the left side lowers the volume; pressing the right side raises it. When adjusting the volume, the current volume level is indicated on the right hand side of the touchscreen.

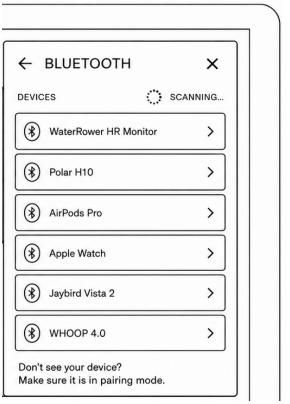


BLUETOOTH ACCESSORIES

To pair a Bluetooth accessory such as a Heart Rate Monitor to your touchscreen, first ensure your device is powered on and in pairing mode, then tap the "Bluetooth" icon at the top right corner of the touchscreen. Select your device from the list by tapping on it, then follow the prompts to pair.

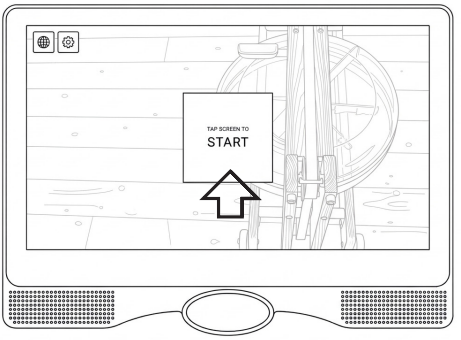


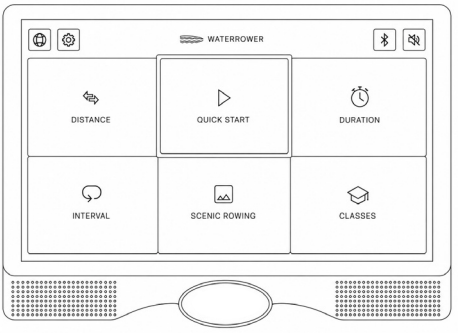




BEGINNING YOUR WORKOUT

To begin your workout tap the "Start" button to wake up the touchscreen, then tap a workout program to select it. Follow the workout program's prompts and begin.





PERFORMANCE MONITORING WITH THE PRO TOUCHSCREEN

Your Metallic Pro rower is equipped with the PowerPulley for monitoring rowing performance and output with laboratory-grade precision.

Using the free WATERROWER Connect app on your rower's touchscreen, you can monitor your force curve in real time to optimize rowing technique, save workouts to track your progress, race against others, and more.

Regular app releases will keep your rower up to date for years to come. For more information, visit www.waterrower.io.

NOTES

TROUBLESHOOTING (MECHANICAL)

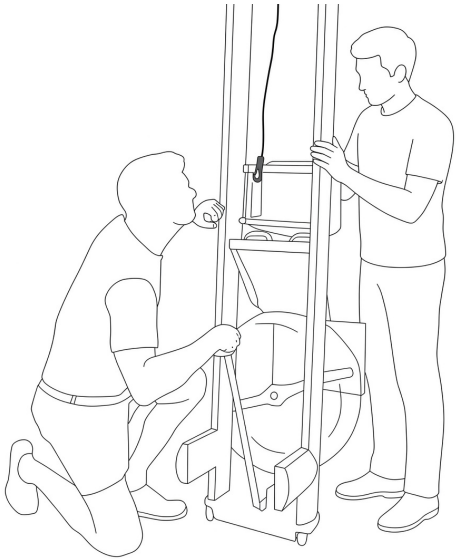
INSUFFICIENT RECOIL / HANDLE BELT LOOSENESS

If any of the following conditions are present, either the bungee is worn and must be replaced or the recoil belt requires adjustment:

- the handle belt does not pull back with sufficient force during the recovery phase of the stroke
- the handle belt feels loose
- the handle belt tends to slip off the pulleys
- the bungee's black sheathing is not smooth or appears frayed (fuzzy)
- the bungee's white inner elastic cords are visible

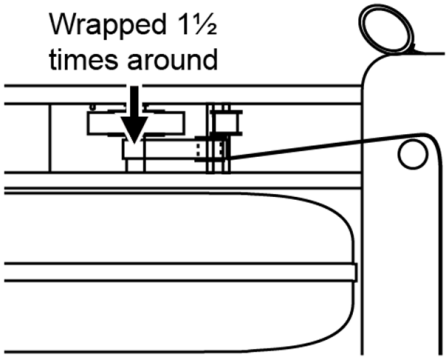
To diagnose the problem further, stow the handle at the handle rests, stand the rower up on end (work with a partner if possible), and follow the assessment procedure below:

1. Determine the condition of the bungee. Inspect the bungee for the wear conditions indicated above.
   - If either condition is present, the bungee must be replaced.
   - If the bungee appears to be in good condition, unclip it from the recoil belt and let the bungee hang freely as shown below:

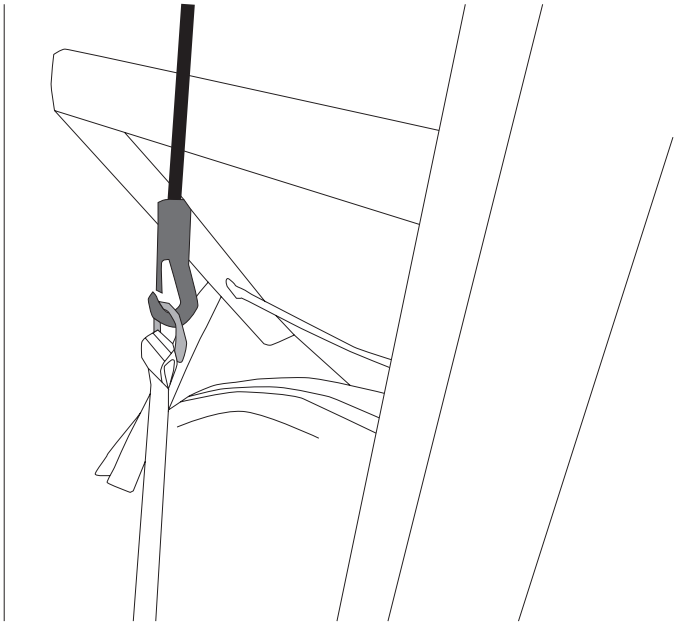


When unloaded, the bungee's clip should hang ***slightly below the top of the seat*** as shown above. If the bungee hangs too low its internal elastics are excessively worn and the bungee must be replaced. If not, proceed to Step 2.

2. If the bungee appears to be in good condition, proceed with adjusting the recoil belt:
   - With the tank cover removed, verify that the recoil belt is wound 1½ times around the bottom of the clutch housing:



   - With the rower stood on end, adjust the recoil belt length with its buckle so that, when clipped together, the recoil belt and bungee meet between the bottom of the footboard and top of the tank as shown below:



NOTE: Do not shorten the overall length of the recoil belt too much – doing so will cause the buckle of the recoil belt to hit the lower guide pulley of the forward riser (when rowing, at the end of the drive phase).

PADDLE RUBS INSIDE OF TANK WHILE ROWING

If the machine begins to make a thumping sound or does not turn smoothly when rowing (sometimes accompanied by the paddle appearing to momentarily slow or stop repeatedly as it turns), the paddle is rubbing against the inside of the tank while rotating.

Possible causes are:

- tank misalignment
- bottom deck separation from the tank
- oilite bearing / collar wear

Tank misalignment

Occasionally, the tank can become misaligned, usually as a result of the machine being bumped or being used while the tie rods, top deck bolts, and / or handle rest bolts are loose. To realign the tank, follow the steps below:

1. Slightly loosen the following: 4 tie rods, 2 top deck bolts, 2 handle rest bolts, 2 bolts that secure the footboard to the rails, and 4 bolts that secure the front end pad to the rails.
2. Row with moderate force for a few minutes, listening for a change as the paddle stops rubbing the tank.
3. Once the rubbing sound stops, re-tighten the loosened hardware in this order:

   i. 4 tie rods

   ii. 2 bolts that secure the footboard to the rails

   iii. 2 handle rest bolts (do NOT overtighten)

   iv. 2 top deck bolts (do not overtighten)

   v. 4 bolts that secure the front end pad to the rails

   NOTE: NEVER use power drivers or drills to tighten hardware — only use hand tools. Do NOT overtighten.

If the paddle still rubs after following the procedure above, the next step is to determine where the paddle is rubbing:

1. Pull the handle slowly and observe where the paddle rubs on the interior surface of the tank.
2. Loosen the same hardware again and move the top deck in the direction of the location of the rubbing while holding tank still; this will help re-center the paddle in the tank.
3. Gently row a few strokes to see if the problem persists.
   - If it does not persist, tighten the hardware in the sequence above.

- If it does persist, confirm where the paddle is rubbing and repeat the top deck movement procedure again. It may take a few times to find the center and alleviate the problem.

If the paddle continues to rub after multiple attempts, contact WATERROWER for further guidance at support@waterrower.com. Tank assembly replacement may be needed in some cases, possibly due to failed oilite bearings or the bottom deck separating from the tank.

ROWER WOBBLES DURING USE

If the rower begins to move or wobble during use, the cause is generally a broken paddle. A broken paddle will cause the tank to be out of balance, causing noticeable sideways motion of the entire rower.

To diagnose this, visually inspect both sides of the paddle for any cracks, tears, or bending. If any damage to the paddle is observed, tank replacement is necessary. Contact WATERROWER for further guidance at support@waterrower.com.

FASTENERS HAVE LOOSENED

Hardware can loosen over time and with use. Use the provided 5mm ratchet and 1/8" Allen key to tighten hardware as needed. If these items continue to loosen, use a small amount of medium strength threadlocking compound (such as Loctite®) to fasten more securely.

NOTE: NEVER use power drivers or drills to tighten hardware — only use hand tools. Do NOT overtighten.

TROUBLESHOOTING (PRO TOUCHSCREEN)

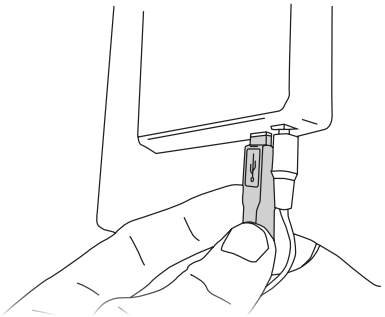
TOUCHSCREEN DISPLAYS ERRATIC / INCORRECT / INCOMPLETE DATA OR NO DATA AT ALL

If the touchscreen is on but the data displayed is erratic, incorrect, or incomplete (or no data is displayed at all) there is a problem with rowing data transmission from the sensor in the top deck to the touchscreen. Possible causes are:

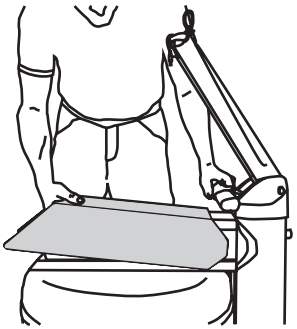
- unplugged USB data cable
- sensor disk requires adjustment
- dirt on the sensor / sensor disk
- loose wiring
- wobbling paddle shaft
- faulty sensor

The following troubleshooting steps should be performed while the power supply is plugged into a wall outlet that is powered ON,:

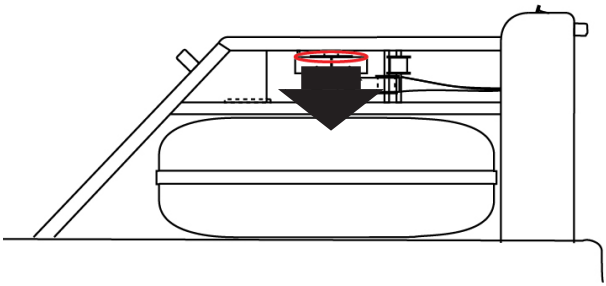
1. Verify that the USB data cable protruding from the touchscreen arm is fully seated in its port in the back of the touchscreen.



2. Try to adjust the sensor disk. Occasionally, the sensor disk can fall out of alignment during usage/movement.
   a. Remove the tank cover. A video of this procedure can be found here: https://waterrowerservice.com/knowledge-base/metallic-series-tank-replacing-the-tank-cover/.



b. Adjust the sensor disk by sliding it downward until it bottoms out.



c. Clean the sensor disk and sensor using a can of compressed air (commonly available at office supplies stores). Direct the air via its nozzle between the sensor disk and the top deck. Spray air all the way around the underside of the sensor disk to clean all dirt and dust from between the sensor and sensor disk.

d. Re-test the rower and verify if data is displaying correctly.

- If displaying correctly, reassemble the rower.
- If not displaying correctly, try moving the sensor disk slightly upward, then re-test. If data still does not display correctly, proceed to step 3.

3. Inspect the paddle shaft for wobbling, which can cause the sensor disk to slide up and down repeatedly.

   a. If the sensor disk has been adjusted before and subsequently needs to be readjusted, this can indicate a worn sensor disk or worn oilite bearings.

   b. To confirm whether the oilite bearings are worn, while the tank cover is still off attempt to move the clutch sideways manually. Any significant side-to-side motion is indicative of excessive oilite bearing wear, requiring replacement of either the bearings or the entire tank assembly. Contact WATERROWER for guidance on how to proceed at support@waterrower.com.

   c. If the paddle shaft is not wobbling, the sensor is the root cause of the problem — proceed to step 4.

4. If the troubleshooting steps above do not correct the problem, the sensor in the rower's top deck has failed and either the top deck or tank assembly requires replacement. Contact WATERROWER for guidance on how to proceed at support@waterrower.com.

TOUCHSCREEN HAS DEAD PIXELS OR BLUE SCREEN

If the touchscreen's LCD has dead pixels or suddenly displays a blue screen, the touchscreen has experienced an internal hardware failure and the touchscreen must be replaced. Contact WATERROWER for further guidance at support@waterrower.com.

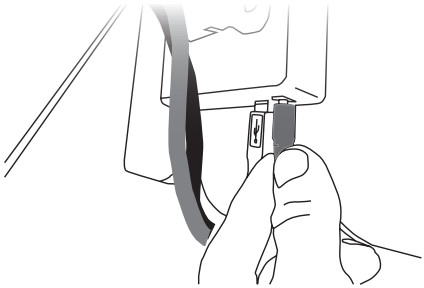
TOUCHSCREEN GOES BLACK DURING USE

If the touchscreen's LCD goes black when in use, possible causes are:

- a software error (most likely)
- a power failure
- touchscreen component failure

The following troubleshooting steps should be performed while the power supply is plugged into a wall outlet that is powered ON:

1. Locate the power cable protruding from the touchscreen arm that is plugged into the back of the touchscreen.
2. Disconnect the power cable from the back of the touchscreen, wait 5 seconds, and plug back into the touchscreen.



3. Wait for the touchscreen to go through its boot-up sequence.

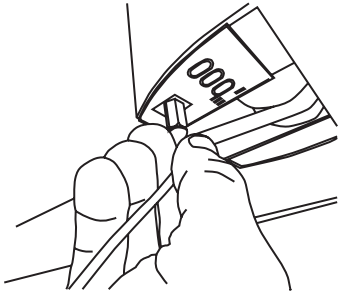
If the touchscreen does not boot up or the issue persists, the touchscreen should be replaced — contact WATERROWER for further guidance at support@waterrower.com.

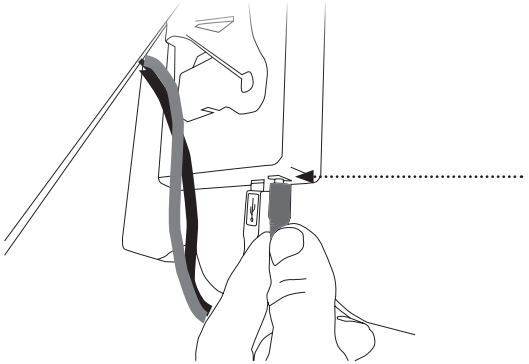
TOUCHSCREEN FLICKERS

If the touchscreen flickers (indicating an intermittent power problem), the likely cause is a problem with power delivery to the touchscreen itself. Possible causes could be:

- incompletely plugged-in power supply (most likely cause)
- incompletely plugged-in power cable at back of touchscreen

With the power supply plugged into a wall outlet that is powered ON, verify that the power supply's power cable is fully seated in the forward riser power jack.





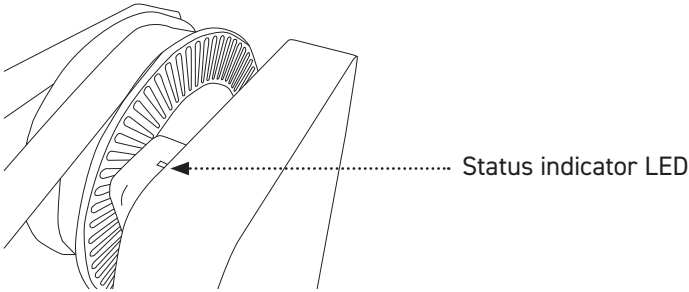
Note – if the touchscreen is receiving power from the power supply, you will see a slight green glow near the power cable port on the back of the touchscreen.

If the screen continues to flicker after fully-seating the plug in the forward riser power jack, the power supply should be replaced — contact WATERROWER for further guidance at support@waterrower.com.

TROUBLESHOOTING (POWERPULLEY)

STATUS INDICATOR LED

Your rower's PowerPulley has a plastic housing with an status indicator LED in the location shown below:



The status indicator LED illuminates in various colors:

COLOR	STATUS
Purple (single pulse)	Powering on
Blue (gentle pulse)	Pairing mode - waiting for bluetooth connection
Blue (slow flash)	Pairing mode - establishing bluetooth connection (pairing)
Green (solid)	Bluetooth connection established (paired)
Green (gentle pulse)	Bluetooth connection ongoing (LED power save after 1 minute paired)
Red (slow flash)	Bluetooth unpairing (will return to Blue gentle pulse)
Red (fast flash)	Insufficient power
Yellow (flashing)	Over-the-air update while in progress (ends with purple LED before reset)

TROUBLESHOOTING

CONDITION	ACTION
LED does not light up	Ensure power supply is plugged into forward riser power jack; ensure power supply is plugged into a wall outlet that is powered ON
Pro Touchscreen does not indicate metrics	Issue with optical sensor / sensor disc. Check that: — the PowerPulley's reflective disc is not damaged — there is no play in the distance between the pulley itself and its housing — there are no obstructions between the pulley and its housing
Pro Touchscreen does not display force curve or full scale	Possible causes: — loose screws / bolts on load cell — wires inside have become loose or damaged Contact WATERROWER for warranty claim or replacement options at support@waterrower.com.
PowerPulley does not turn on	Internal magnet has come loose. Contact WATERROWER for warranty claim or replacement options at support@waterrower.com.

NOTES

LIMITED WARRANTY

WHAT THIS WARRANTY COVERS

In-Home and Commercial Use – WaterRower (US) Inc. ("WATERROWER") will replace or repair at its factory or nominated service facility any WaterRower Rowing Machine ("the Product") found to be defective in material or workmanship for a period of ONE (1) YEAR from the date of initial shipment of the Product by WATERROWER. This Limited Warranty is upgradeable to THREE (3) YEARS on all components (excluding touchscreen electronics and electronics accessories) and FIVE (5) YEARS on the structural frame by registering the Product within the first year of purchase.

WATERROWER warrants against defects in material or workmanship for touchscreen electronics and electronics accessories received from WATERROWER or any of its authorized dealers for a period of ONE (1) YEAR after the date of shipment.

WATERROWER warrants against any replacement WaterRower spare part received from WATERROWER or any of its authorized dealers for a period of NINETY (90) DAYS after the date of shipment.

This Limited Warranty applies to the initial purchasers of the Product or spare part(s) ONLY and is not transferable to any other party.

HOW CAN A CUSTOMER OBTAIN WARRANTY SERVICE?

A customer making a warranty claim is responsible to return the defective Product or component(s) to WATERROWER's factory or its nominated service center, prepaying all postage or other shipping charges — contact WATERROWER at support@waterrower.com to coordinate the return of the Product or component. The customer must first notify WATERROWER of their intent to return the Product or component(s) and receive a confirmation from WaterRower before the Product or component(s) are returned.

CLAIMANT'S RESPONSIBILITIES

A claimant must ensure that the defective Product or component(s) are properly packed to protect the item(s) from damage during shipping. WATERROWER will not be responsible for any damage that occurs to the Product or component(s) during shipment.

WHAT WATERROWER WILL DO

WATERROWER will review, repair, or replace the Product or component(s) at WATERROWER's discretion. WATERROWER will then return the repaired or replaced Product or component(s) to the claimant at WATERROWER's expense. WATERROWER will ground / economy ship all replacement warranty Products or components to claimant. Charges will apply for any alternative shipping methods requested by claimant. Product shipped outside of its initial purchase country may be subject to additional shipping costs. Where the product warranty has been deemed void, the costs of repair and any associated shipping costs shall be borne by the claimant. WATERROWER will contact the claimant prior to returning the repaired Product or component(s).

WHEN THIS LIMITED WARRANTY WILL BE VOID

This Limited Warranty will be void if the claim has resulted from: (a) improper assembly of the Product; (b) usage of the Product beyond its design; (c) overfilling of the Product's water tank, as explained in this Owner's Manual; (d) use of a purification product in the water tank that is not WATERROWER-approved; (e) use of improper cleaning materials, as described in the preventative maintenance steps in this Owner's Manual; (f) use and / or storage of the Product in inclement weather, including (but not limited to) extreme temperatures and moisture; (g) accident, abuse, misuse, misapplication, or as a result of any modification other than that authorized by WATERROWER; and (h) improper preventative maintenance steps as described in this Owner's Manual.

RESTRICTIONS – DURATION OF IMPLIED WARRANTIES

The term of any implied warranty, including (but not limited to) any implied warranty of merchantability or fitness for a particular purpose that may arise under your country, province, or state law is limited to the term of the express Limited Warranty in the first paragraph, above. Some states (countries and provinces) do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

RESTRICTIONS – OTHER DAMAGES

WATERROWER shall not be liable for any direct, consequential, incidental, indirect, or special damages under this Limited Warranty (or any implied warranty) that may arise under your country, province, or state law. Some states (countries and provinces) do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

Any dispute arising from the terms of this Limited Warranty must be resolved in a court within the state of Rhode Island, USA.

Additional information on parts, assembly, preventative maintenance, and manuals (as referred to within this Limited Warranty) can be found at www.waterrowerservice.com.



560 Metacom Avenue
Warren, RI 02885 USA
+1 401 247 7742

If you have any questions or comments about the assembly or use of your rower, please contact support@waterrower.com or visit www.waterrowerservice.com.

Contains Transmitter Modules:
FCC ID: SQG-SONAIF573, IC: 3147A-SONAIF573 FCC ID: XRH-NPE105, IC: 11922A-NPE105

This device complies with Part 15 of the FCC Rules and Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

WRM7406 Rev A