

WWW.AVIRONACTIVE.COM

STRONG SERIES ROWERS

USER MANUAL

AVIRON ACTIVE

END BORING WORKOUTS

This guide will help you safely set up the Strong Series equipment and get you started. You can find additional help and tutorials on our website www.avironactive.com

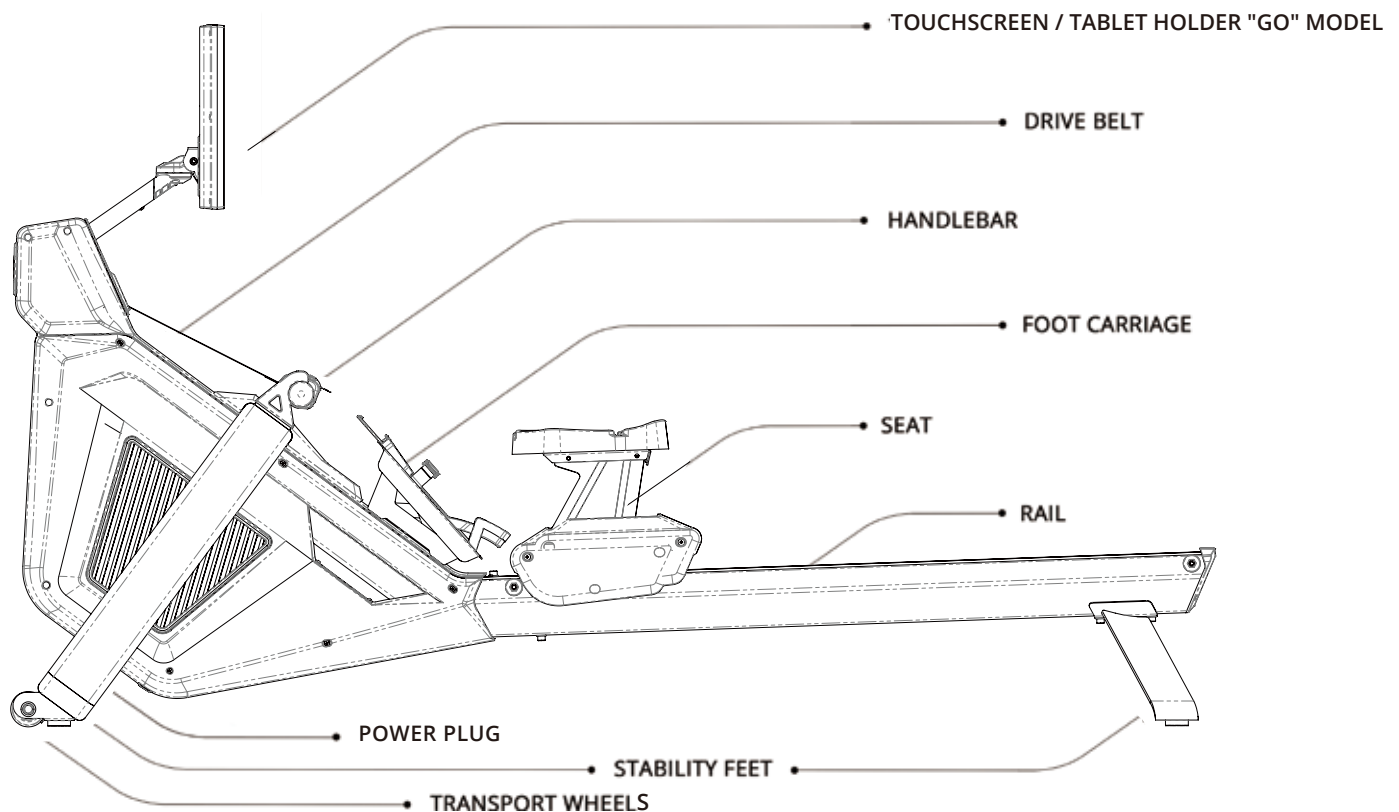
Please note that 2 variations of Strong Series are covered in this manual: Touchscreen and Tablet Holder ("GO" Model). Identify which product you have for proper installation instructions.

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SPECIFICATIONS

Rower



FRAME

High strength aluminum

RESISTANCE

16 level dual air & magnetic system

BELT

Industrial poly-v belt

SEAT

Ergonomic seat with extra rear support

DIMENSIONS

83.5 x 27 x 48.4IN / 212 x 69 x 123CM

WEIGHT

Rower/Touchscreen: 113.5LBS / 51.5KG

Rower/Tablet holder "GO" model: 104.7LBS / 47.5KG

MAX USER WEIGHT

507LBS / 230KG

Safety Instruction

Read all instructions before assembling and using the equipment. These instructions are for your safety and to protect the equipment.

Periodically consult your physician before using the equipment. If at any time you feel faint, dizzy or are experiencing pain, stop and consult your physician immediately. It is recommended that you consult a fitness professional on the correct use of this equipment.

The equipment is not recommended for children under the age of 10 years.

FCC Radiation Exposure Statement

The transmitter must not be collocated or operated in conjunction with any other antenna or transmitter. This equipment complies with the FCC RF radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20cm between the radiator and any part of the body.

Location

Assemble and operate the equipment on a solid, level surface. A clear space of at least 100cm (39in) should be maintained on all sides. Do not use this equipment outdoors, near swimming pools, or in areas of high humidity.

Weight Capacity

The maximum recommended weight capacity for the equipment is 507lbs (230kg).

Electrical Shock

To reduce the risk of burns, fire, electric shock, or injury, it is imperative to connect the equipment to a properly grounded electrical outlet. Always disconnect the equipment from the electrical outlet immediately before cleaning or attempting any maintenance activity.

Inspection

Inspect your equipment prior to exercising to ensure that all nuts and bolts are fully tightened. Do not use the equipment if it is unsafe.

Warm-up

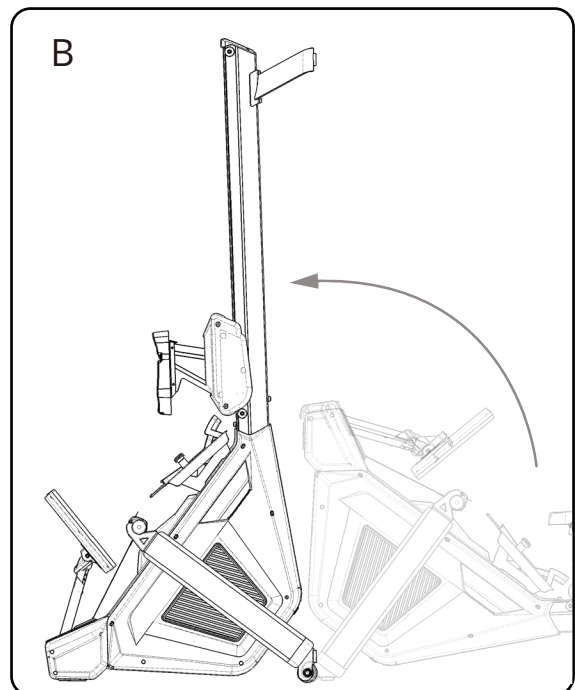
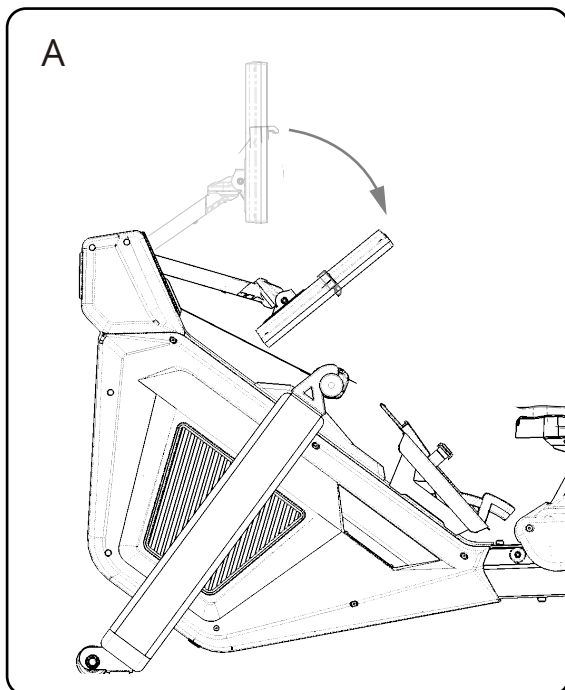
Warm-up for 5 to 10 minutes prior to exercising.

The warm-up should gently prepare the body for exercise by gradually increasing the heart rate and circulation; this will loosen the joints and increase blood flow to the muscles.

Remove all jewelry, including rings, chains and pins before exercising. Always wear suitable clothing and footwear while exercising. Do not wear loose fitting clothing that could become caught in the moving parts of your equipment. Tie back long hair.

Storage

- A) Lower the touchscreen / tablet holder by pushing down the arm.
- B) Lift the rower from the rear leg and slowly lower the main frame.



Before starting

For safety, and to save time and effort, read these instructions completely before beginning assembly.

Do not plug the power supply to the outlet before the equipment is fully assembled. Input power supply specification depends on local electricity supply and a proper transformer may be needed.

DC transformer spec.: Input: 100-240V ~1.5A (50-60Hz) Output: 12V 3A

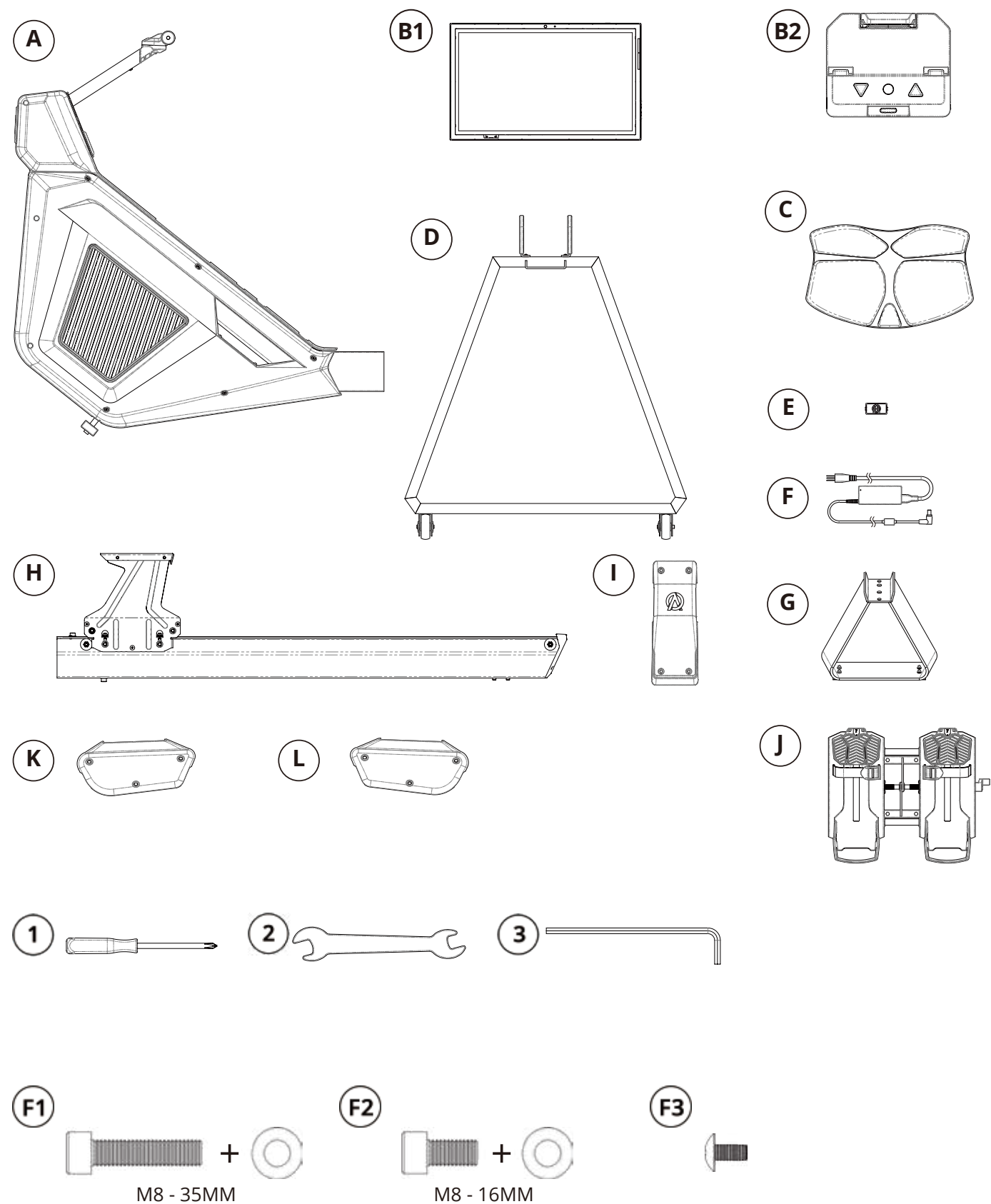
Parts & Tools

Based on the model of your machine, you will have either part B1 or B2, but not both.

PARTS	A	MAIN FRAME
	B1	TOUCHSCREEN
	B2	TABLET HOLDER "GO" MODEL
	C	SEAT
	D	FRONT LEG
	E	SMALL COVER
	F	POWER ADAPTER
	G	REAR LEG
	H	RAIL
	I	HANDLEBAR HOLDER COVER
	J	FOOT CARRIAGE
	K	SLIDER SIDE COVER(L)
	L	SLIDER SIDE COVER(R)
TOOLS	1	SCREWDRIVER
	2	WRENCH
	3	ALLEN KEY 6mm
FASTENERS	F1	SOCKET HEAD BOLT M8 x 35MM WASHER $\Phi 8 \times \Phi 16 \times 1.5T$
	F2	SOCKET HEAD BOLT M8 x 16MM WASHER $\Phi 8 \times \Phi 16 \times 1.5T$
	F3	ROUND HEAD BOLT M5 X 10MM

PARTS & TOOLS

Based on the model of your machine, you will have either part B1 or B2, but not both.

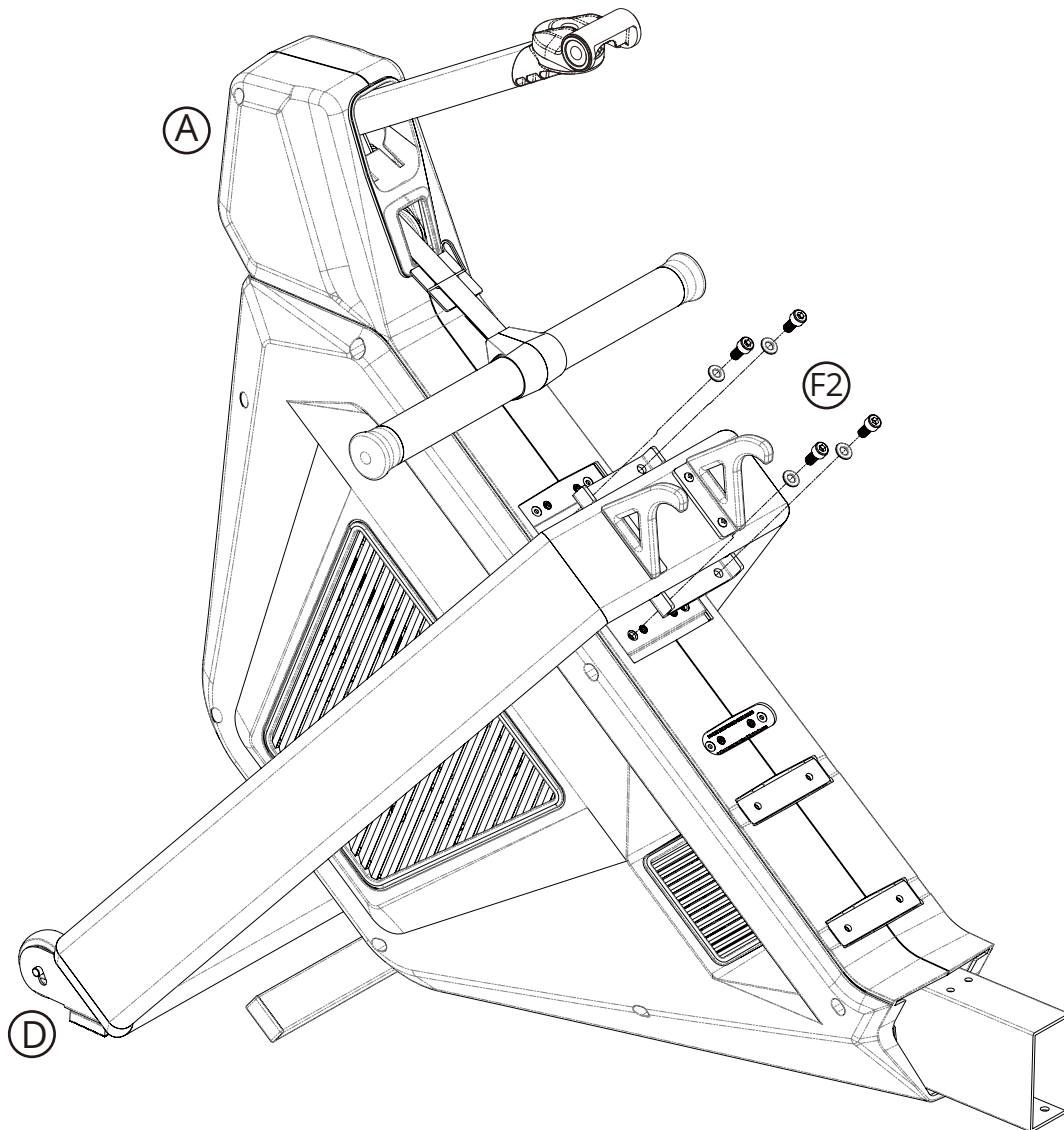


35MM _____

16MM _____

ASSEMBLY INSTRUCTIONS

Step 1



Parts:

(A) (D)

Tools:

(3)

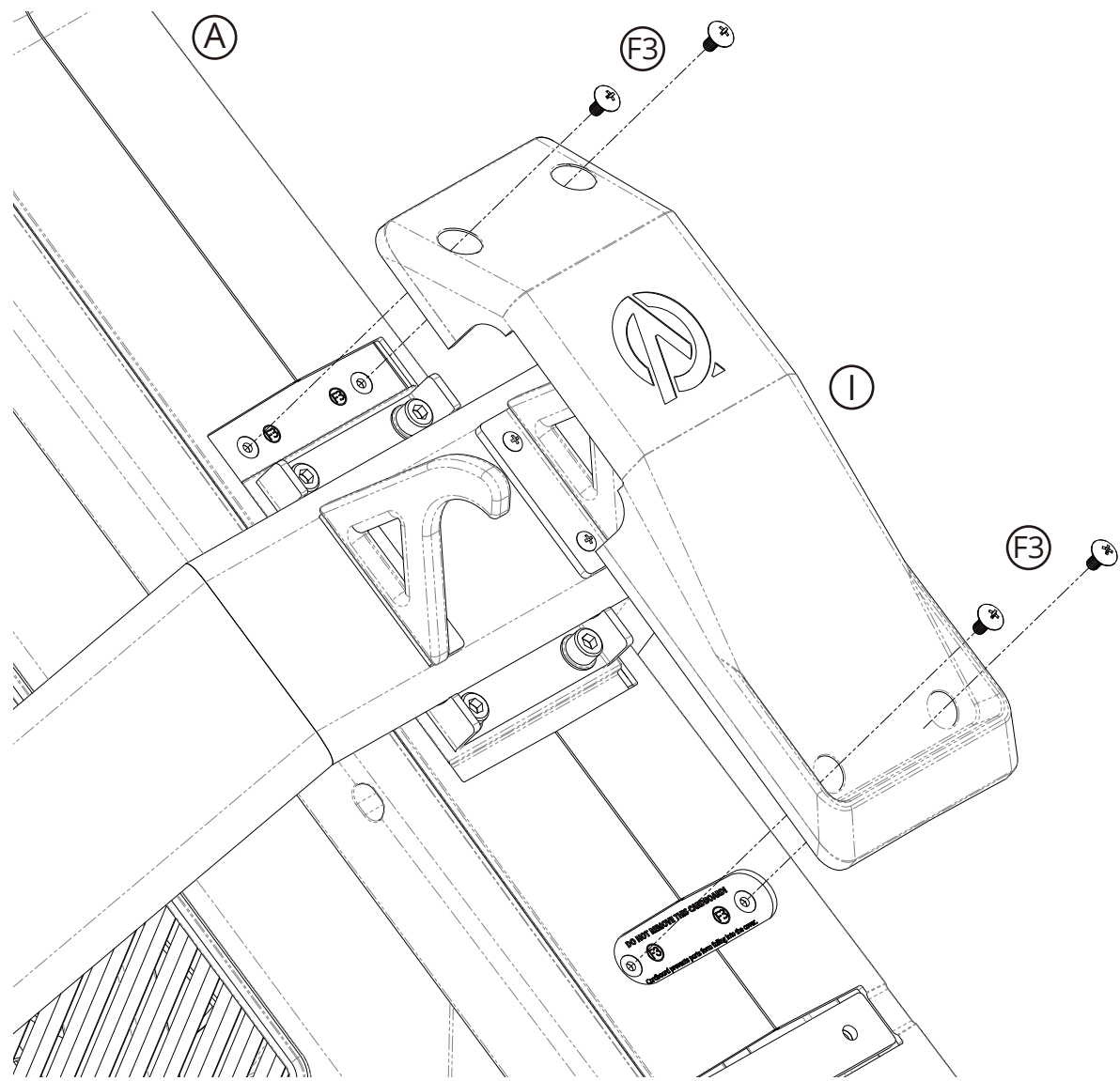
Fasteners:

(F2) x4

Place the Main Frame (A) on the ground like the image above. Then place the Front Leg (D) over the Main Frame.

ASSEMBLY INSTRUCTIONS

Step 2



Parts:

Ⓐ Ⓡ

Tools:

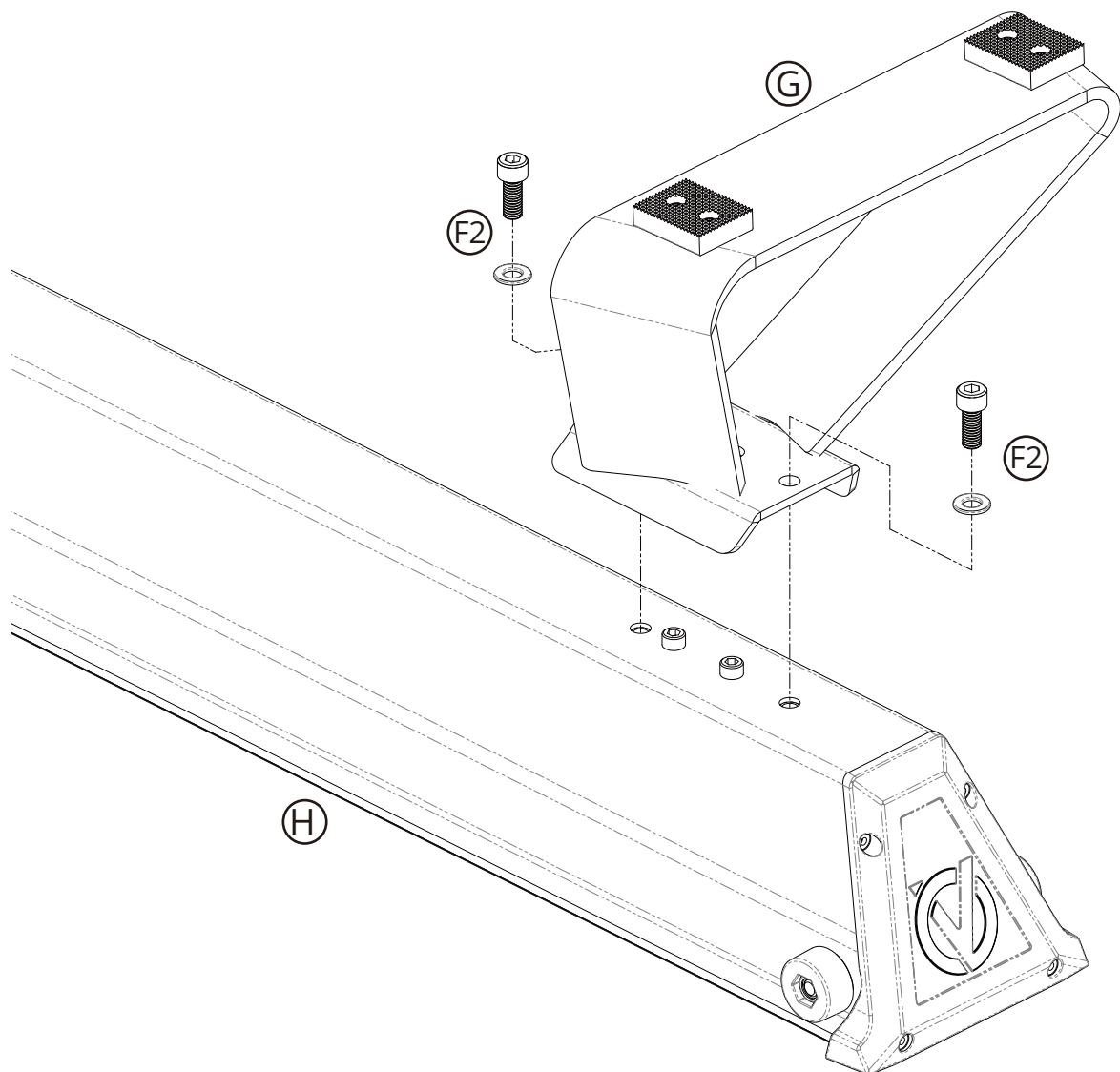
Ⓡ

Fasteners:

Ⓕ x4

ASSEMBLY INSTRUCTIONS

Step 3



Parts:

(G) (H)

Tools:

(3)

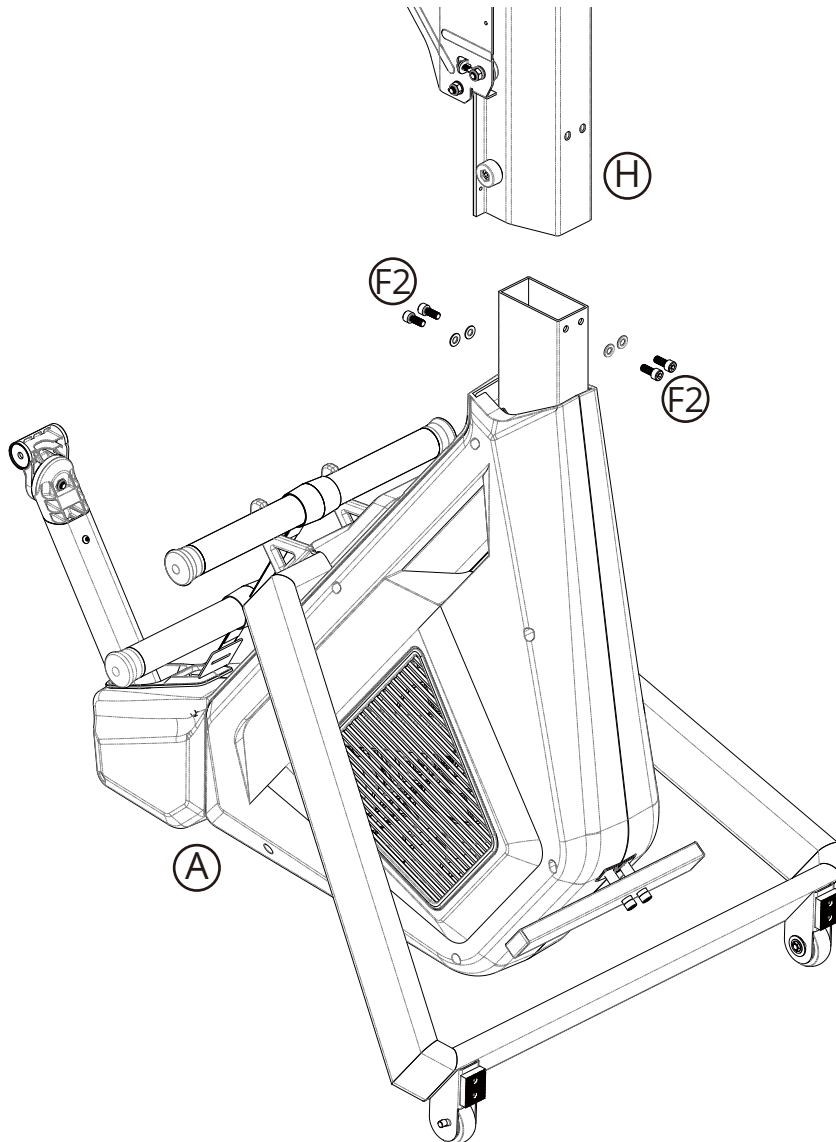
Fasteners:

(F2) x 2

Caution: The rail has sharp edges. Watch your fingers.

ASSEMBLY INSTRUCTIONS

Step 4



Parts:

(A) (H)

Tools:

(3)

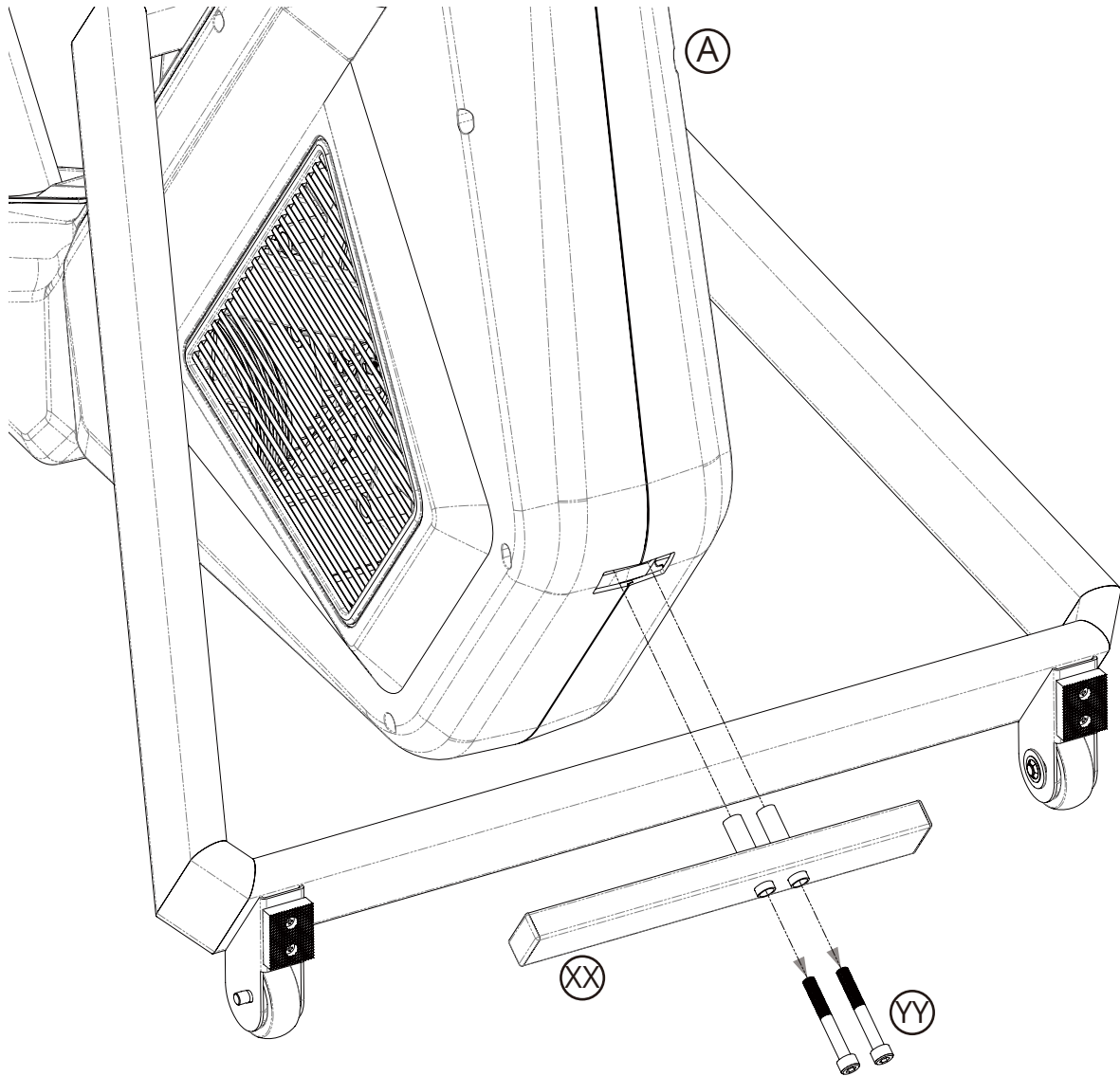
Fasteners:

(F2) x 4

Flip the main frame first so that the rail can be attached vertically.
Ensure the seat roller is lowered to the front of the rail before installation.

ASSEMBLY INSTRUCTIONS

Step 5



Parts:

(A)

Tools:

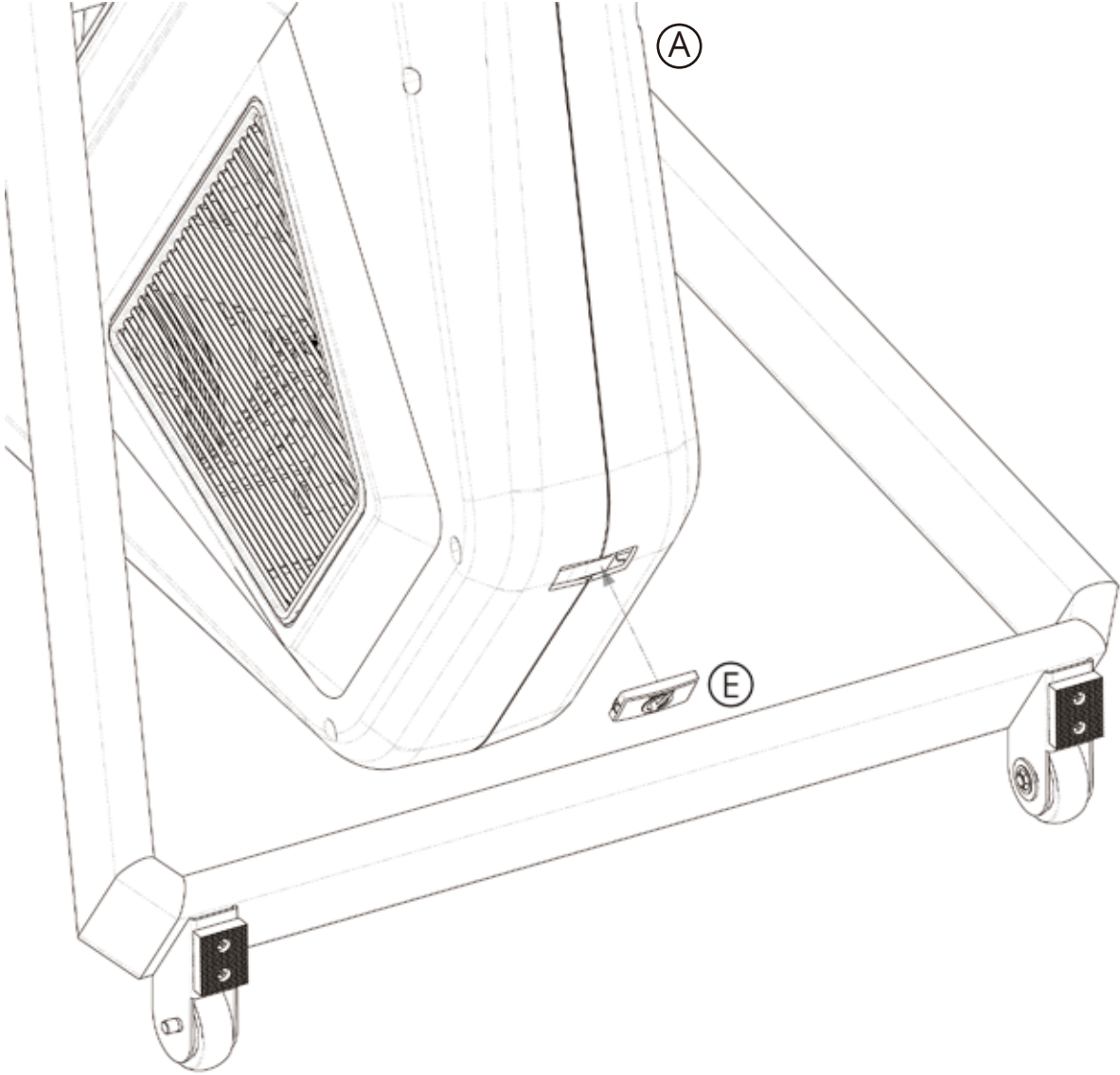
(3)

Fasteners:

Remove and discard (XX) and (YY). They are no longer needed.

ASSEMBLY INSTRUCTIONS

Step 6



Parts:

(A) (E)

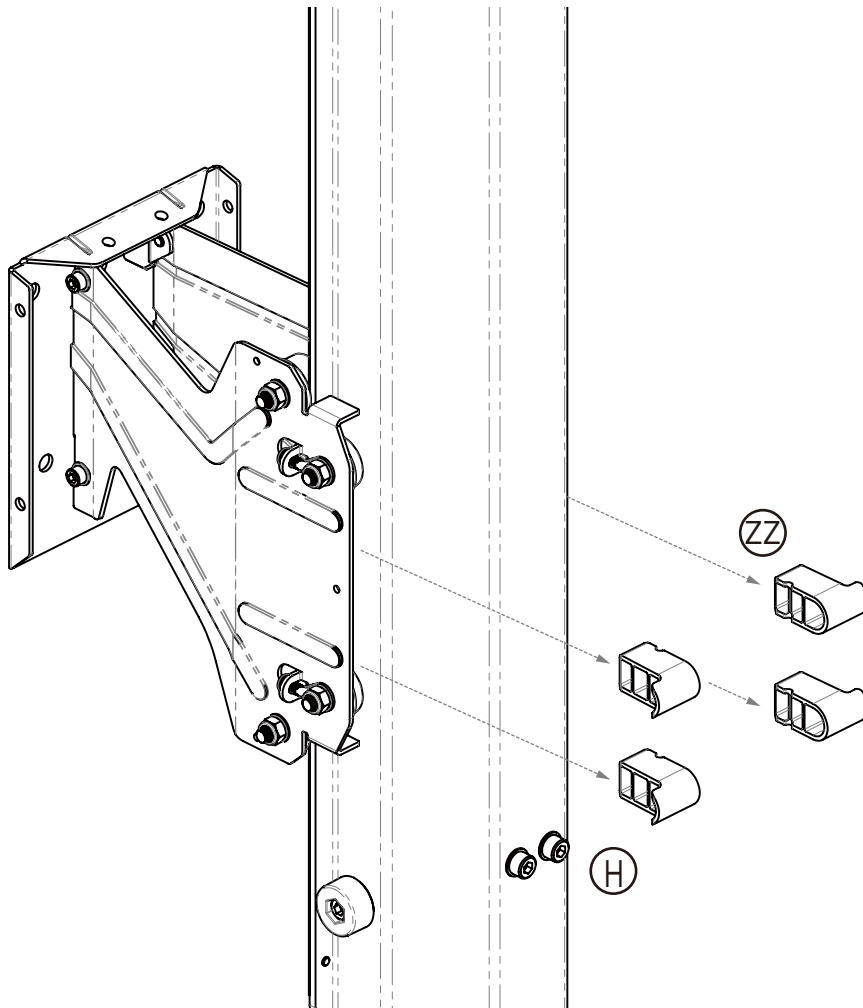
Tools:

(3)

Fasteners:

ASSEMBLY INSTRUCTIONS

Step 7



Parts:

Ⓜ

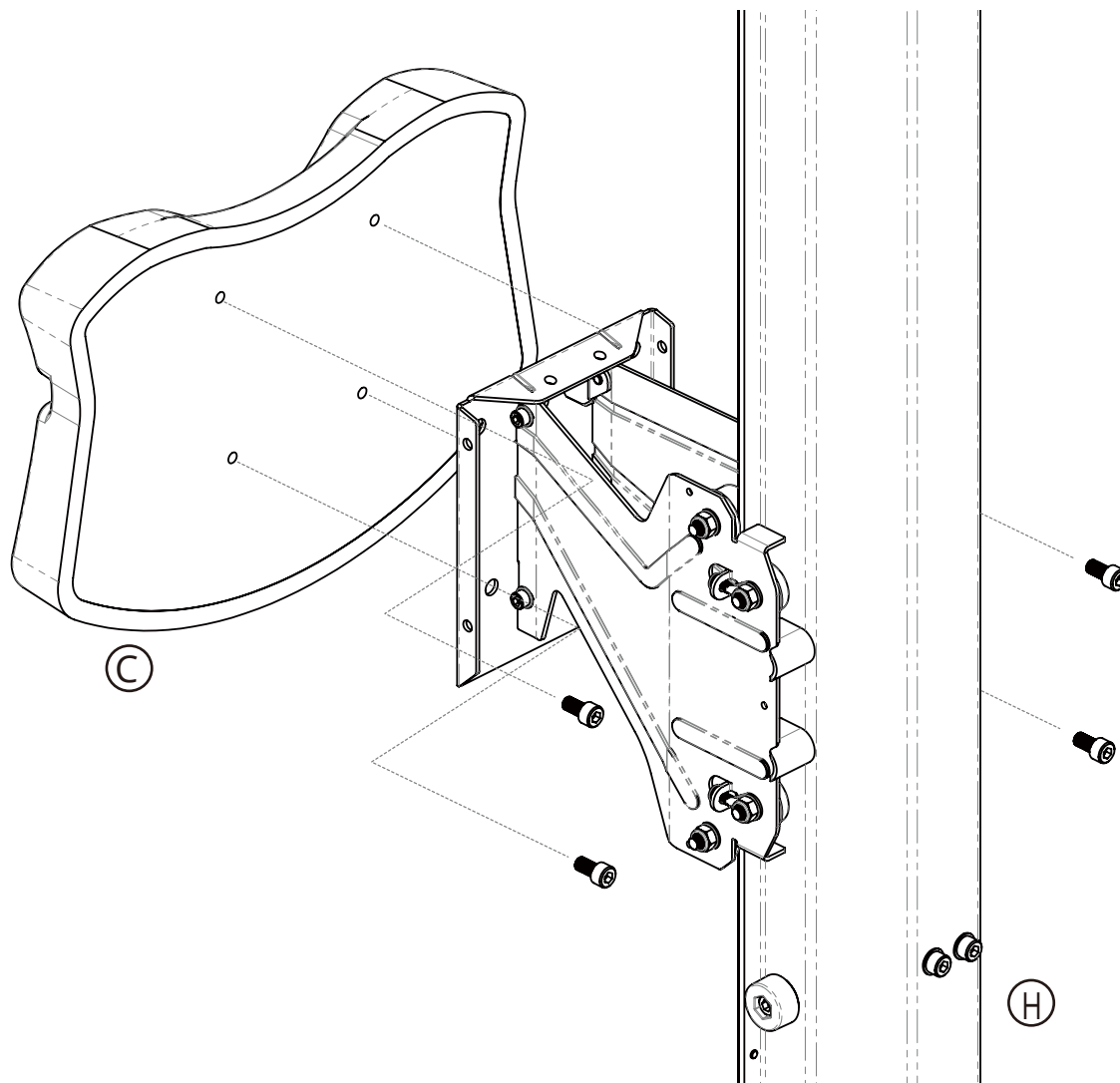
Tools:

Fasteners:

Remove and discard ⓧ. They are no longer needed.

ASSEMBLY INSTRUCTIONS

Step 8



Parts:

(C) (H)

Tools:

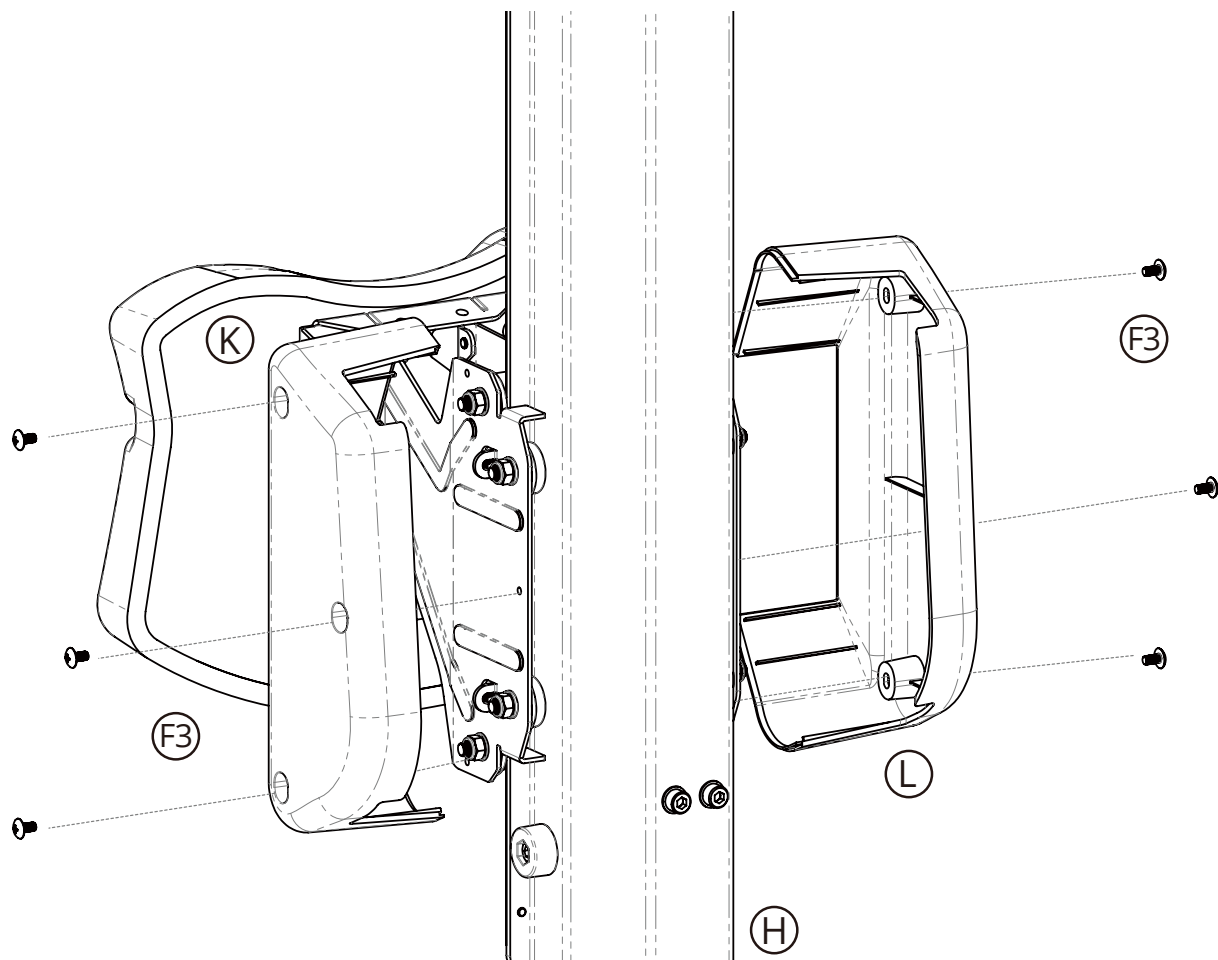
(3)

Fasteners

Pre-attached

ASSEMBLY INSTRUCTIONS

Step 9



Parts:

(H) (K) (L)

Tools:

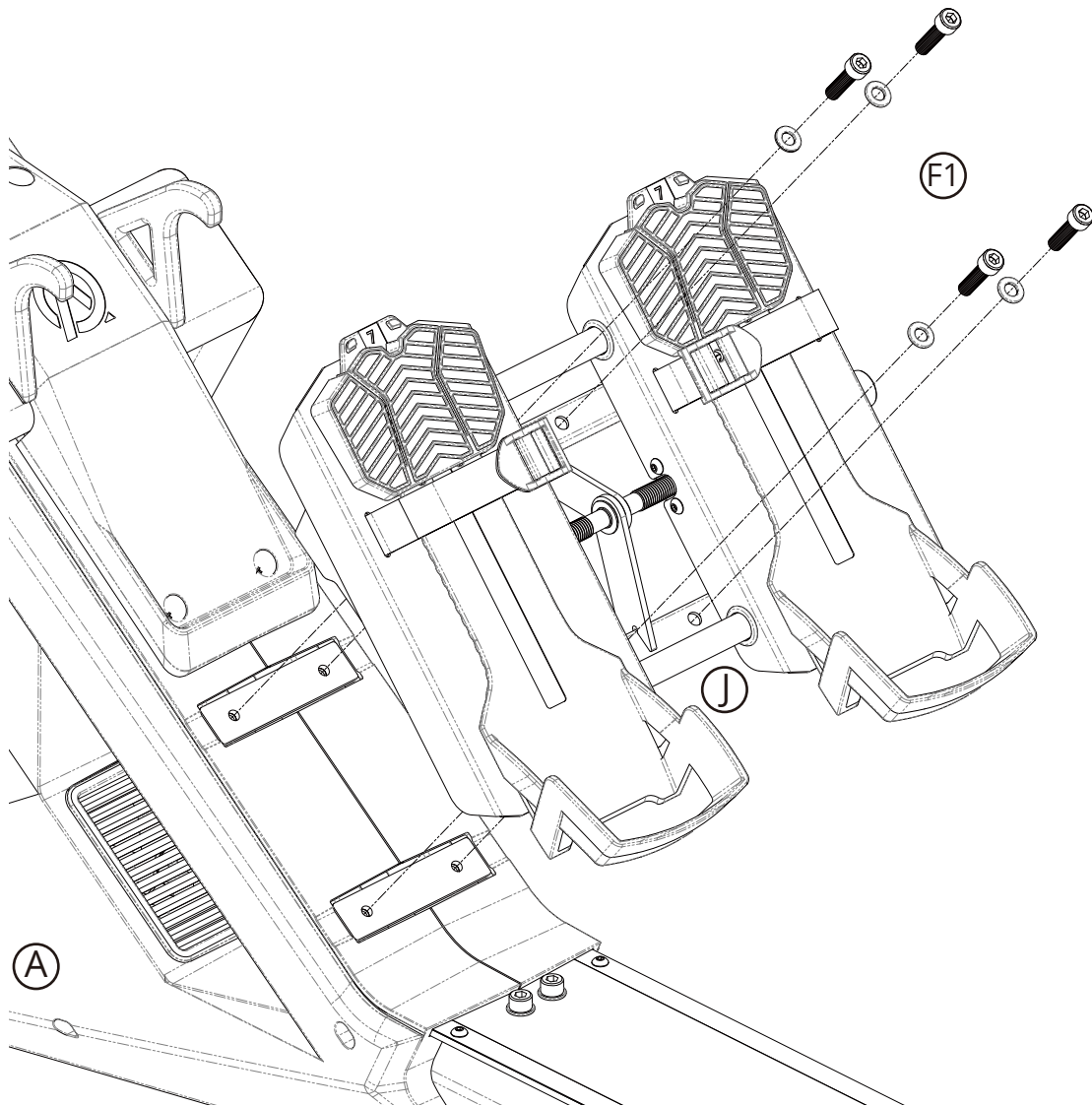
(1)

Fasteners

(F3) x 6

ASSEMBLY INSTRUCTIONS

Step 10



Parts:

(A) (J)

Tools:

(3)

Fasteners:

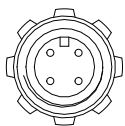
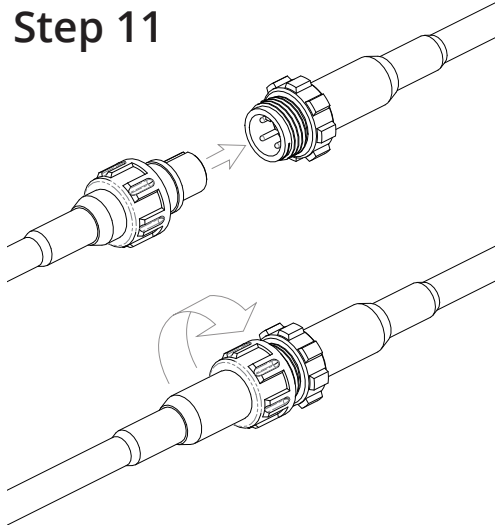
(F1)

Lower the rower before assembling the foot carriage. To adjust the width between your feet, turn the hand crank located on the right side.

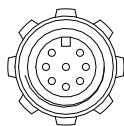
ASSEMBLY INSTRUCTIONS - B1

This is for the Touchscreen model. For the tablet holder "GO" model, turn to the next page.

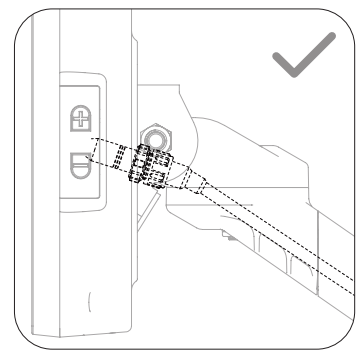
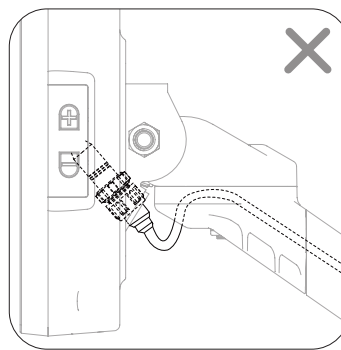
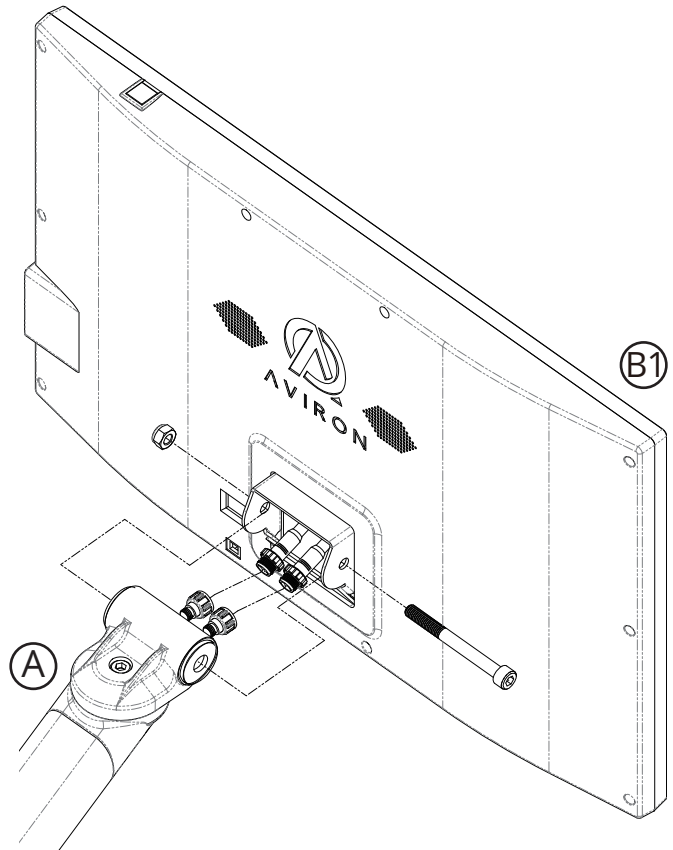
Step 11



4PINS



8PINS



Parts:

(A) (B1)

Tools:

(2) (3)

Fasteners:

Pre-attached

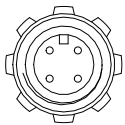
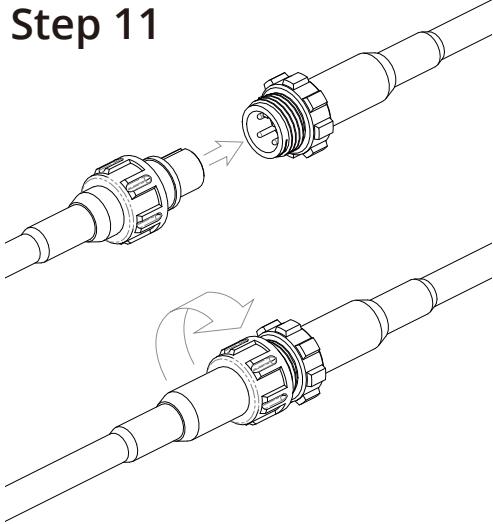
Washers go in between the rower arm and the bracket on the screen.
Secure the wires by attaching and twisting the connectors.

Only operate the screen when the arm is in the highest position.

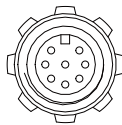
ASSEMBLY INSTRUCTIONS - B2

This is for the Tablet holder "GO" model.

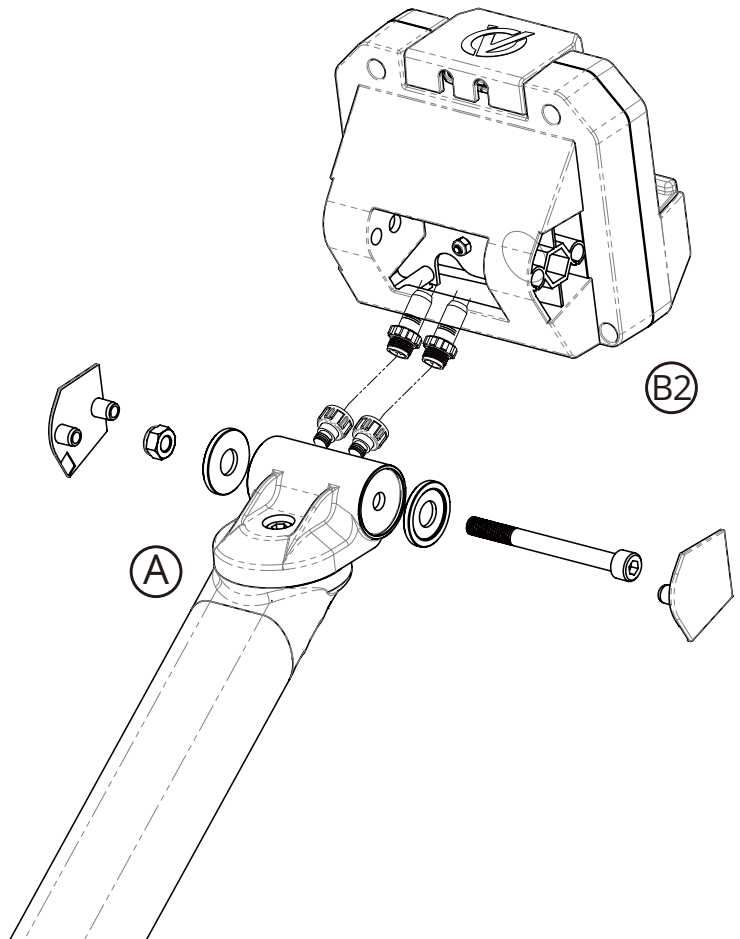
Step 11



4PINS



8PINS



Parts:

(A) (B2)

Tools:

(2) (3)

Fasteners:

Pre-attached

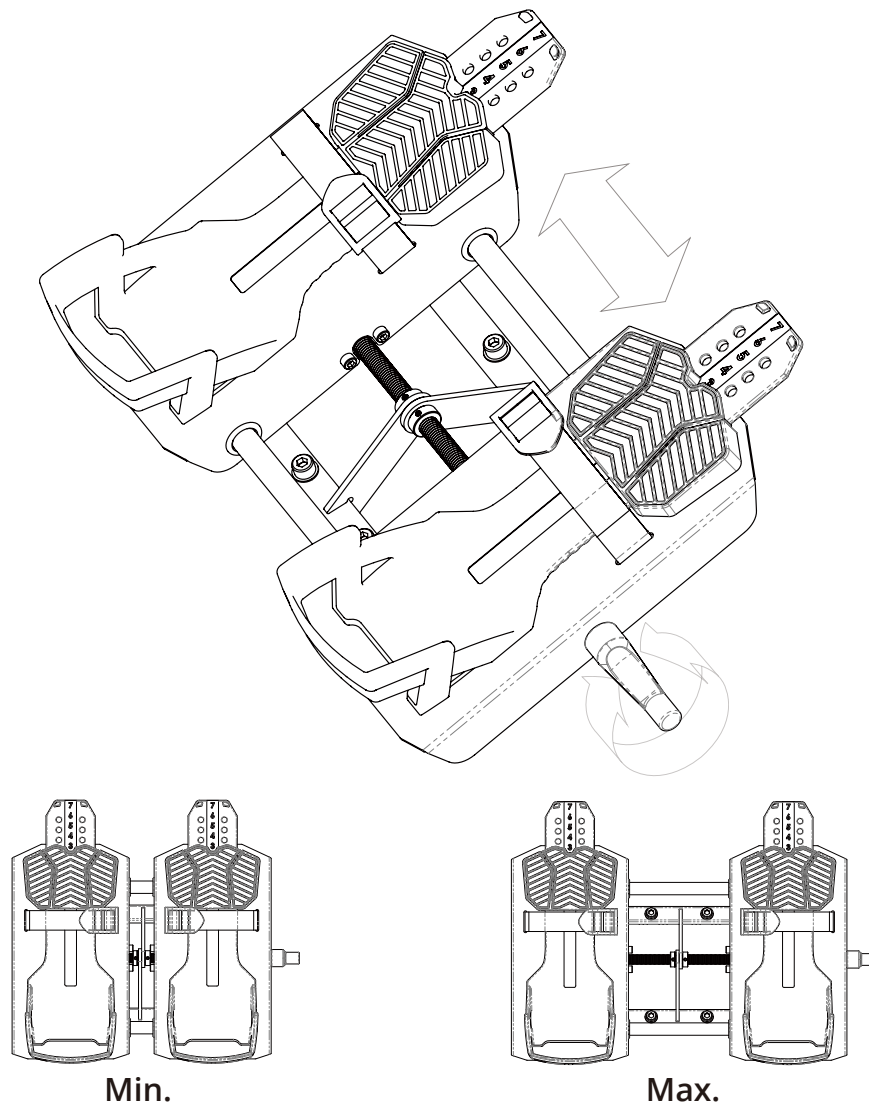
Washers go in between the rower arm and the tablet holder.

Secure the wires by attaching and twisting the connectors.

Only operate the tablet holder when the arm is in the highest position.

ASSEMBLY INSTRUCTIONS

Pedal adjustment



Parts:

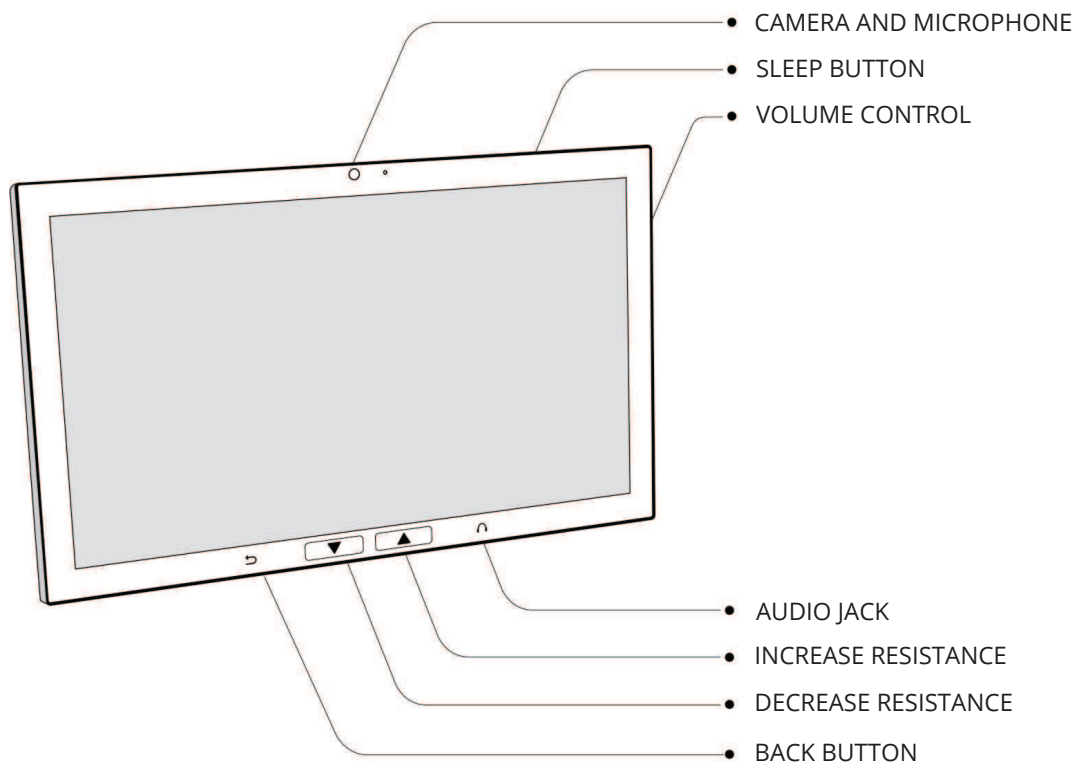


Tools:

Fasteners:

To adjust the distance between your feet, turn the crank on the right side of the foot carriage.

TOUCHSCREEN



ETHERNET PORT LOCATED AT REAR

SCREEN

21.5" 1080P touchscreen

PROCESSORS

ARM 2.0Ghz dual core & 1.5Ghz quad core

GRAPHICS

ARM Mali-T864 GPU

MEMORY

4GB RAM

STORAGE

32GB eMMC flash

OS

Android

WIFI

802.11 b/g/n/ac

ETHERNET

10/100Mbps

BLUETOOTH

5.1

CAMERA

2 megapixel front-facing

SPEAKERS

2x5 watt stereo

CERTIFICATIONS

FCC, CE & IC

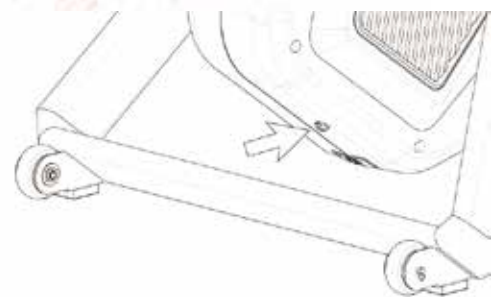
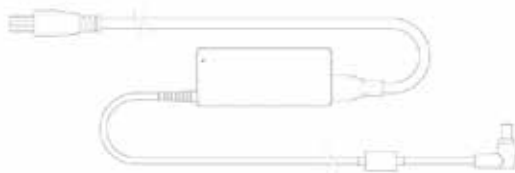
CONNECTING TO A NETWORK

Only applicable with the Touchscreen model.

After assembling the rower, to connect to a network using an ethernet cable, simply plug in the ethernet cable into the ethernet port located at the rear of the touchscreen. To connect to a network using Wi-Fi, follow the instructions below.

For commercial memberships, first follow the instructions for Accessing Admin And System Settings in order to log in as an admin to access system settings.

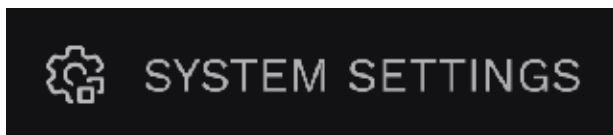
- 1. Connect the rower to the power cable via the power plug located underneath the plastic of the flywheel. The touchscreen will power on automatically.**



- 2. Select the gear icon located at the bottom left of the screen.**



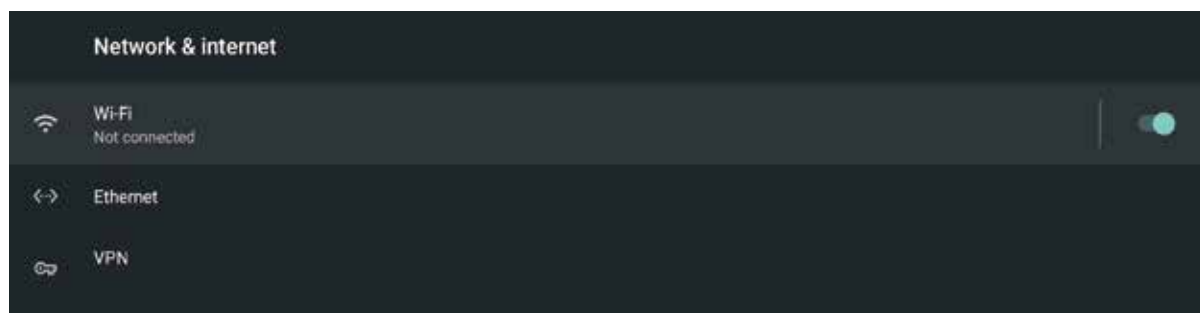
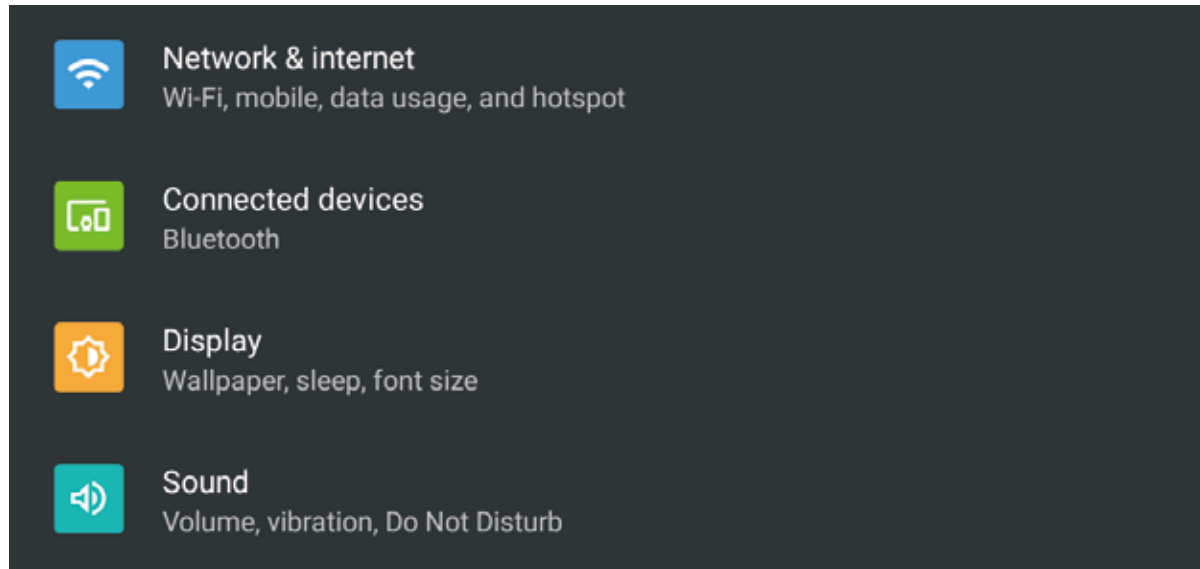
- 3. Select "SYSTEM SETTINGS"**



CONNECTING TO A NETWORK

Only applicable with the Touchscreen model.

4. Select “Wi-Fi”. You may need to select “Network & Internet” first.



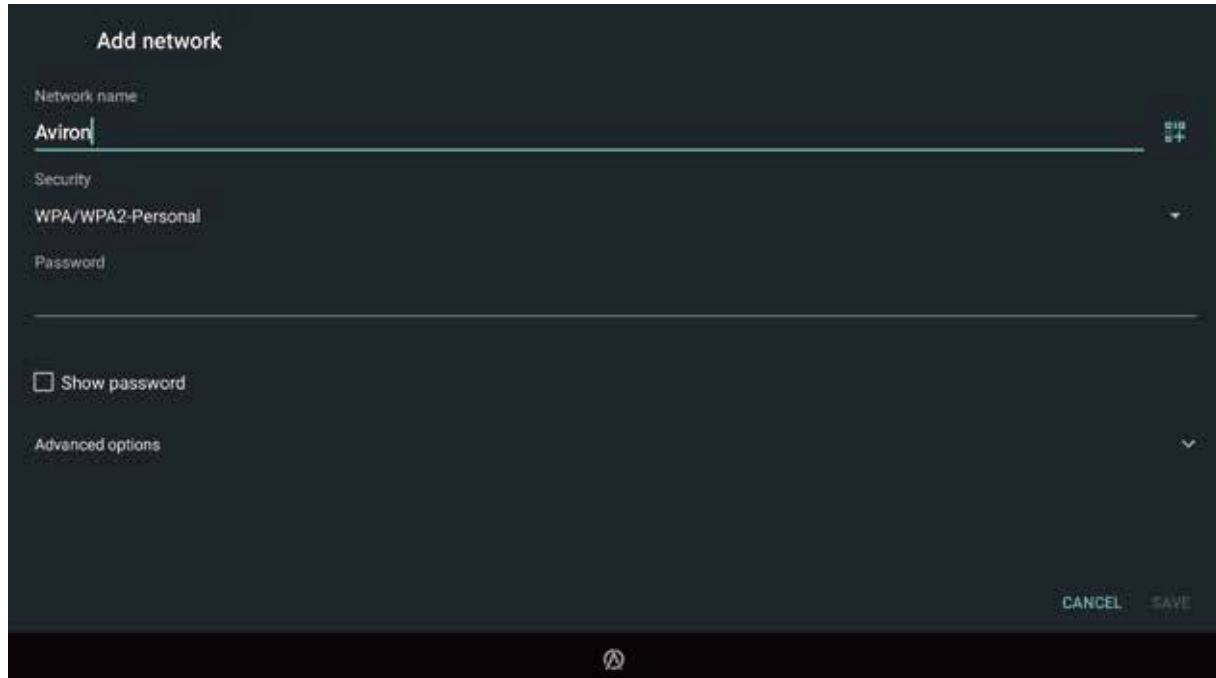
5. Enable Wi-Fi by switching the icon to the ON position.



CONNECTING TO A NETWORK

Only applicable with the Touchscreen model.

6. Select your preferred Wi-Fi network and enter in the password.



The screenshot shows the 'Add network' screen with the following fields and options:

- Network name: Airon
- Security: WPA/WPA2-Personal
- Password: (empty field)
- ☐ Show password
- Advanced options (dropdown menu)
- CANCEL and SAVE buttons at the bottom right.

Note: Connecting to a hidden network requires going into “Advanced options”. Afterward, scroll to the bottom, and under “Hidden network”, select “Yes”



The screenshot shows the 'Add network' screen with the following fields and options:

- ☐ Show password
- Advanced options (dropdown menu)
- Metered (dropdown menu)
- Detect automatically (dropdown menu)
- Proxy (dropdown menu)
- None (dropdown menu)
- IP settings (dropdown menu)
- DHCP (dropdown menu)
- Hidden network (dropdown menu)
- No (selected option)
- Yes (option)
- SAVE button at the bottom right.

ACCESSING ADMIN AND SYSTEM SETTINGS

Only applicable with the Touchscreen model AND Commercial Membership (for commercial use).

To access admin and system settings, follow the instructions below:

1. **Select the user icon located at the top left of the screen.**



2. **Select “SIGN IN”**



3. **Enter “admin” as the Email address.**

4. **Enter the machine ID as the password.**
The machine ID is located in 3 places:

- a. **Select the gear icon located at the bottom left of the screen.**



Then select “ACCOUNT INFORMATION”



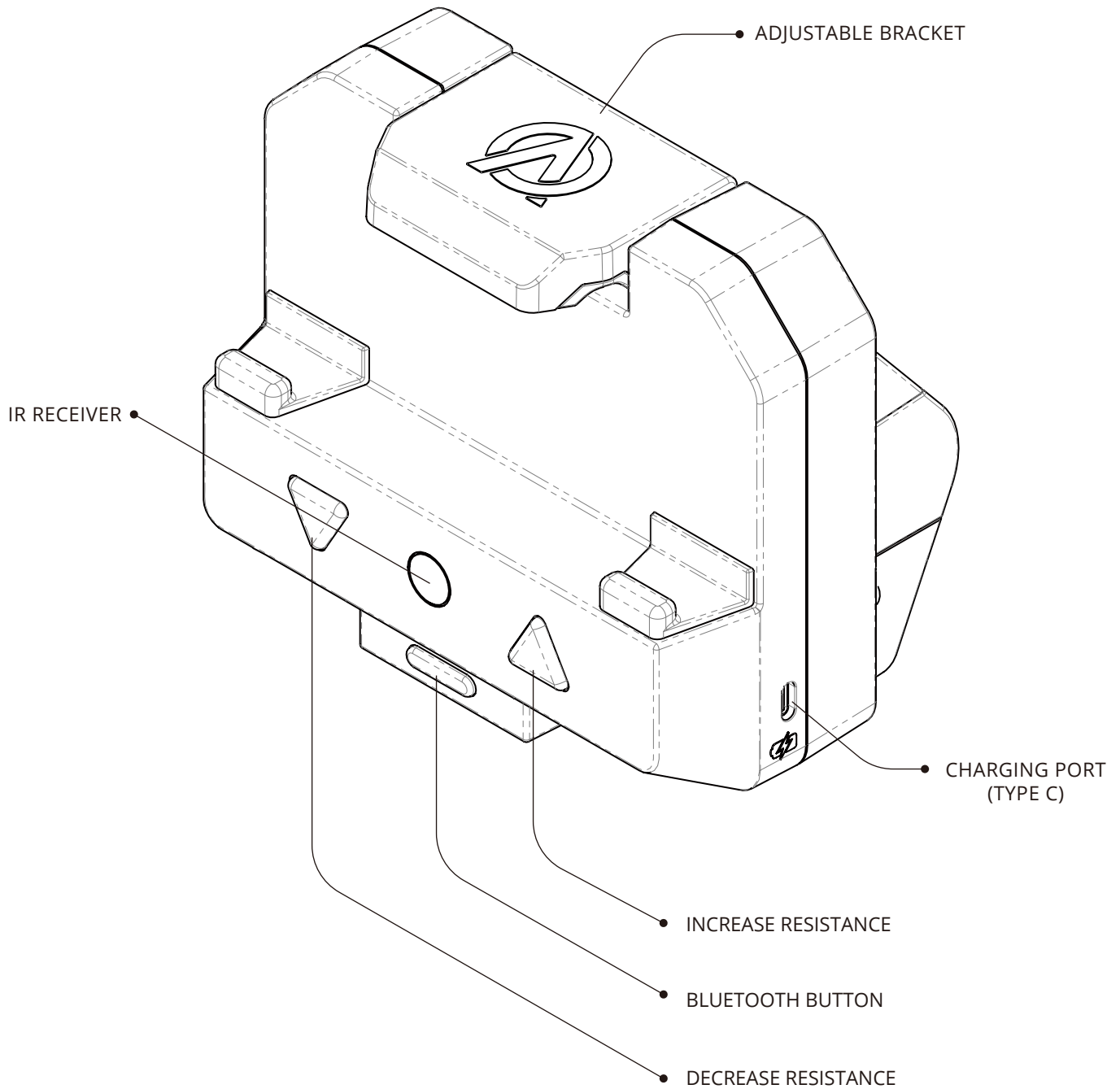
- b. On a sticker found on the touchscreen.
- c. On a sticker found on the touchscreen box.

5. **Select “SIGN IN”**

6. **Select the gear icon located at the bottom left of the screen.**



TABLET HOLDER "GO" MODEL



BLUETOOTH
5.0

CHARGING PORT
2.0A

CERTIFICATIONS
CE/FCC/IC

DOWNLOADING THE AVIRON APP

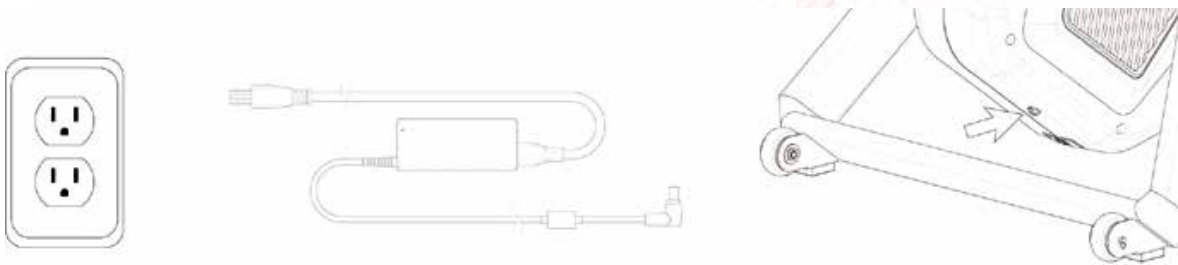
To download the Aviron app, please visit our website at www.avironactive.com/support/download or simply scan the QR code below. Follow the links on our website to get the app for your device.



BLUETOOTH PAIRING WITH A TABLET

Only applicable with the Tablet Holder "GO" model.

1. Ensure your tablet has the latest version of the Aviron app installed.
2. Confirm your tablet is connected to WiFi or the internet.
3. Ensure your tablet's Bluetooth is enabled.
4. Connect the rower to the power source using the cable and the power plug located underneath the plastic flywheels.



5. Press the Bluetooth button on the rower once to activate it. The Bluetooth indicator will flash, signifying the rower is in search and pairing mode.
6. From the Aviron app on your tablet, pair it with the rower. This option is available in the settings or the app will automatically prompt you to do so before accessing any workouts.
7. Successful pairing is indicated by the Bluetooth light ceasing to flash and remaining solid.
8. The rower will automatically shut off if left unused for 60 minutes when paired, 5 minutes in search and pairing mode, or by pressing the Bluetooth button on the rower once. Successful shutdown is indicated by the Bluetooth light turning off.
9. The next time you activate Bluetooth on your rower, it will automatically pair with your tablet within 30 seconds of starting the Aviron app.

SWITCHING AND PAIRING A DIFFERENT TABLET

Only applicable with the Tablet Holder "GO" model.

- 1. If the rower is already paired with a tablet and you wish to pair it with a different one, press the Bluetooth button on the rower twice: once to turn it off, and again to activate search and pairing mode.**
- 2. From the Aviron app on your tablet, pair it with the rower. This option is available in the settings or the app will automatically prompt you to do so before accessing any workouts.**

⦿ General Maintenance

After each workout or day of working out:

1. Turn off the equipment and wipe it down with a damp cloth.
2. Wipe down the rail with a damp cloth.

Every six months:

1. Inspect the nylon drive belt for any damage. Trim any fraying at the edges of the belt with a sharp knife or scissors. The belt does not need to be replaced as minor fraying is normal.
2. Check to ensure all frame screws are tight and secured.
3. Turn off and unplug the equipment. Remove the shroud and vacuum any dust that may be trapped. Use a can of compressed air and blow out dust from hard to reach areas. Be careful not to damage any of the components.

⦿ Aviron Terms and Conditions

General Policies

Aviron Interactive Inc. (“Aviron”) aims to satisfy you (the “customer”) completely. Plans and specifications are interpreted as required, but Aviron takes no responsibility that the information provided is suitable for the intended purpose. Aviron has a policy of equipment improvement and reserves the right to accept or refuse any order. All information supplied by Aviron is believed to be accurate, but Aviron is not liable for errors or misinterpretations.

Exclusion of Incidental, Consequential and Certain Other Damages

To the maximum extent permitted by applicable law, in no event shall Aviron or its suppliers nor anyone else involved in the production or delivery of this equipment be liable for any indirect, special, consequential, punitive or incidental damages whatsoever (including, but not limited to, damages for loss of profits or loss of data or confidential or other information, for business interruption, loss of business information, and the like) arising out of or related to this agreement or the use or inability to use such equipment, the provision of or failure to provide support or other services, information, software and related content through the Aviron equipment or otherwise arising out of the use of the Aviron equipment, or otherwise under or in connection with any provision of this license, even in the event of the fault, tort (including negligence), misrepresentation, strict liability, breach of contract or breach of warranty of Aviron or any supplier, and even if Aviron has been advised of the possibility of such damages. In no event shall Aviron’s liability hereunder, if any, exceed the purchase price paid by the customer for the Aviron equipment.

⦿ Limited Warranty

Warranty is applicable to factory and certified dealer repairs unless approved by Aviron. All equipment and parts in need of servicing must be repaired by a certified dealer or be shipped back to Aviron at the customer's expense to comply with the Aviron Limited Warranty unless approved by Aviron. Aviron is not obligated to provide the customer with a substitute during the warranty period or at any time. The equipment is automatically registered after activating it on the Aviron network. Aviron will not be responsible for dismantling, reassembly or reinstallation charges.

To obtain service you must:

- Contact our support department if you are having trouble with your equipment. Aviron equipment or parts may not be returned without written permission from Aviron.
- Arrange for delivery of your Aviron equipment or parts to Aviron's premises.
- All shipments must be shipped prepaid, insured and properly packaged, preferably in the original packaging and accompanied by a letter outlining the defect.

⦿ FCC Notice

This device complies with Part 15 of the FCC Rules. 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.

NOTE 1: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Re-orient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

NOTE 2: Any changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

IC Warning

This device contains license-exempt transmitter(s)/receiver(s)/ that comply with Innovation, Science, and Economic Development Canada's license-exempt RSS(s). Operation is subject to the following two conditions:

- This device may not cause interference and
- This device must accept any interference, including interference that may cause undesired operation of the device.

Radiation Exposure: This equipment complies with Canadian radiation exposure limits set forth for an uncontrolled environment; To maintain compliance with IC's RF Exposure guidelines, This device and its antenna(s) must not be co-located or operated in conjunction with any other antenna or transmitter.

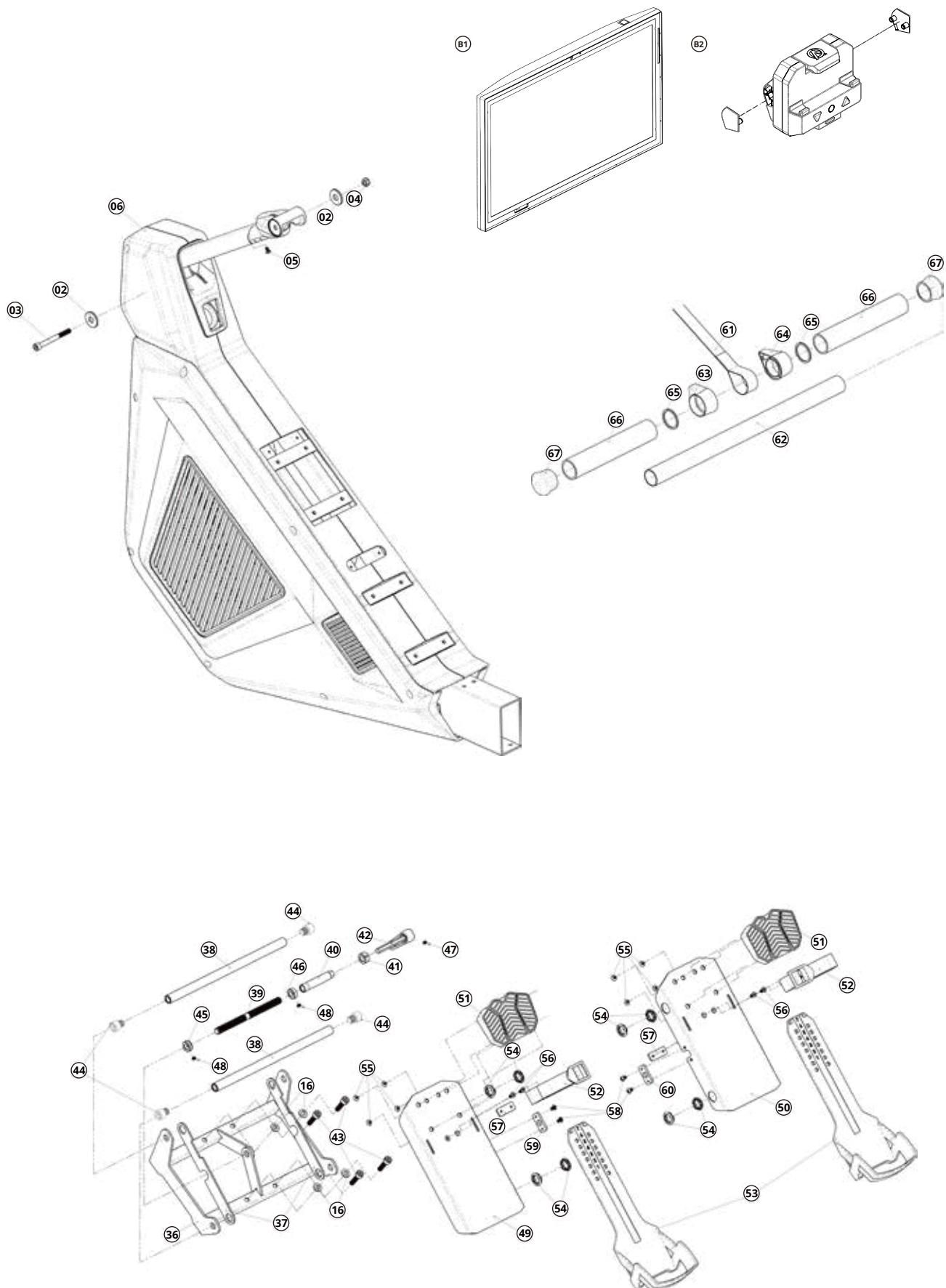
Déclaration de l'ISED Canada:

Cet appareil contient des émetteurs/récepteurs exempts de licence conformes aux RSS exempts de licence d'Innovation, Sciences et Développement économique Canada. L'opération est soumise aux deux conditions suivantes:

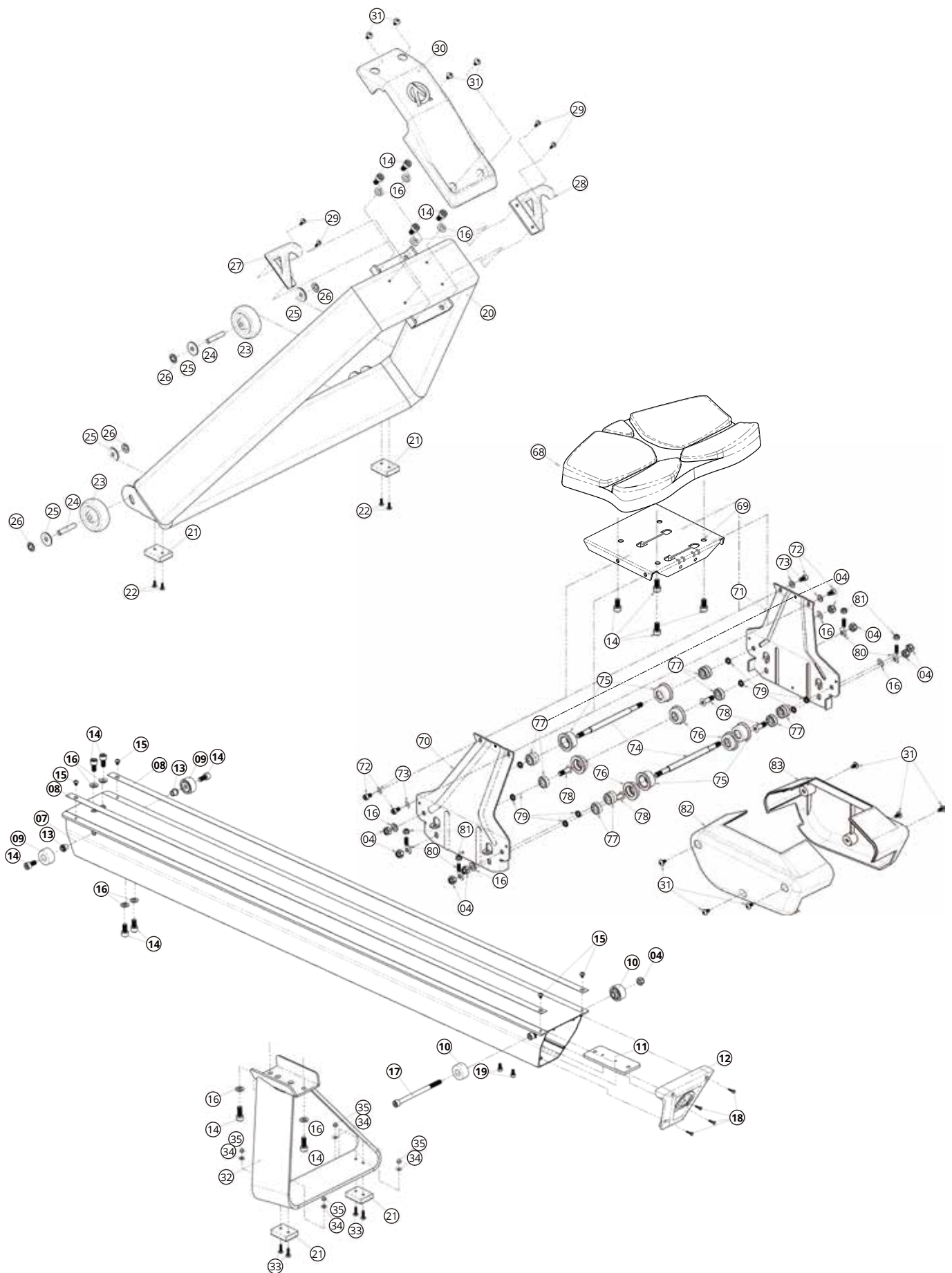
- Cet appareil ne doit pas causer d'interférences et
- Cet appareil doit accepter toute interférence, y compris les interférences pouvant provoquer un fonctionnement indésirable de l'appareil.

Exposition Aux Radiations: Cet équipement est conforme aux limites d'exposition aux radiations du Canada pour un environnement non contrôlé. Pour maintenir la conformité aux directives d'exposition RF d'IC, cet appareil et ses antennes ne doivent pas être co-localisés ou utilisés conjointement avec une autre antenne ou un autre émetteur.

EXPLODED DIAGRAM & PARTS LIST



EXPLODED DIAGRAM



PARTS LIST

SECTION	NO.	PART	QTY
TOUCHSCREEN	1	(B1)TOUCHSCREEN	1
	1	(B2)TABLET HOLDER "GO" VERSION	1
	2	TOUCHSCREEN / TABLET HOLDER WASHER	2
	3	SOCKET HEAD BOLT M8 X 85MM	1
	4	NYLON NUT M8	1
	5	ROUND HEAD BOLT M5 X 10MM	1
MAIN FRAME	6	MAIN FRAME	1
RAIL	7	RAIL	1
	8	PROTECTIVE PLATE OF RAIL	2
	9	STOPPER A	2
	10	STOPPER B	2
	11	REAR LEG MOUNTING PLATE	1
	12	END CAP FOR RAIL	1
	13	RIVET NUT M8	2
	14	SOCKET HEAD BOLT M8 X 16MM	6
	15	ROUND HEAD BOLT M5 X 6MM	4
	16	WASHER $\Phi 8 \times \Phi 16 \times 2.0T$	4
	17	SOCKET HEAD BOLT M8 X 120MM	1
	18	ROUND HEAD SELF-TAPPING SCREW M3 X 15MM	4
	4	NYLON NUT M8	1
	19	SOCKET HEAD BOLT M5 X 10MM	2
	20	FRONT LEG	1
FRONT LEG	21	STABILITY FOOT PAD	2
	22	ROUND HEAD SCREW 5/32" X 1/2"	2
	23	TRANSPORTATION WHEEL	2
	24	TRANSPORTATION WHEEL AXLE $\Phi 8$	2
	25	WASHER $\Phi 8 \times \Phi 26 \times 2.0T$	4
	26	PUSH NUT M8	4
	27	HAND GRIP HOLDER L	1
	28	HAND GRIP HOLDER R	1
	29	ROUND HEAD SELF-TAPPING SCREW M4 X 15MM	4
	14	SOCKET HEAD BOLT M8 X 16MM	4
	30	HAND GRIP HOLDER COVER	1
	31	ROUND HEAD BOLT M5 X 10MM	4
	16	WASHER $\Phi 8 \times \Phi 16 \times 2.0T$	4
	32	REAR LEG	1
	14	SOCKET HEAD BOLT M8 X 16MM	2
REAR LEG	16	WASHER $\Phi 8 \times \Phi 16 \times 2.0T$	2
	21	STABILITY FOOT PAD	2
	33	ROUND HEAD BOLT M4 X 15MM	4
	34	WASHER $\Phi 4 \times \Phi 10 \times 1.0T$	4
	35	CAP NUT M4	4
	36	FOOT CARRIAGE ADJUSTABLE BASE	1
FOOT CARRIAGE	37	FOOT CARRIAGE SUPPORT PLATE	2
	38	FOOT CARRIAGE SUPPORT TUBE	2
	39	FOOT CARRIAGE ADJUST BOLT	1
	40	ADJUST HANDLE MOUNTING ADAPTER	1
	41	ADJUST HANDLE MOUNTING LOCKER	1
	42	ADJUST HANDLE	1
	43	SOCKET HEAD BOLT M8 X 35MM	4
	16	WASHER $\Phi 8 \times \Phi 16 \times 2.0T$	4
	44	SOCKET HEAD BOLT M12 X 25MM	4
	45	RETAINING NUT (L) M12	1
	46	RETAINING NUT (R) M12	1
	47	SET SCREW M5 X 6MM	1
	48	SET SCREW M4 X 4MM	2

PARTS LIST

SECTION	NO.	PART	QTY
FOOT PEDALS	49	FOOT PEDAL MOUNT(L)	1
	50	FOOT PEDAL MOUNT(R)	1
	51	UPPER PEDAL	2
	52	PEDAL STRAP	2
	53	LOWER PEDAL	2
	54	PEDAL SLEEVE	8
	55	ROUND HEAD SELF-TAPPING SCREW M4 X 8 MM	8
	56	PAN HEAD SCREW M5 X 10 MM	4
	57	PEDAL STRPA MOUNTING PLATE	2
	58	SOCKET HEAD BOLT M5 X 10MM	4
	59	ADJUST BOLT MOUNTING PLATE(L)	1
	60	ADJUST BOLT MOUNTING PLATE(R)	1
HANDLEBAR	61	NYLON WEBBING	1
	62	HANDLE BAR TUBE	1
	63	WEBBING SLEEVE(L)	1
	64	WEBBING SLEEVE(R)	1
	65	PLASTIC WASHER $\phi 32.5 \times \phi 38.5 \times 2\text{MM}$	2
	66	FORM GRIP	2
	67	HANDLE BAR END CAP	2
SEAT	68	SEAT	1
	69	SEAT MOUNT	1
	70	ROLLER MOUNT(L)	1
	71	ROLLER MOUNT(R)	1
	14	SOCKET HEAD BOLT M8 X 16MM	4
	72	SOCKET HEAD BOLT M6 X 10MM	4
	73	WASHER $\phi 6 \times \phi 13 \times 1.0\text{T}$	4
ROLLER	74	ROLLER AXLE	2
	75	ROLLER(L)	4
	76	ROLLER(S)	4
	77	BEARING 608ZZ	12
	78	PAN HEAD SCREW M8 X 25MM	4
	79	POWER METAL SPACER(12 X 8 X 2MM)	8
	80	ADJUSTMENT BOLT M6	4
	81	NYLON NUT M6	4
	4	NYLON NUT M8	8
	16	WASHER $\phi 8 \times \phi 16 \times 2.0\text{T}$	4
	82	ROLLER COVER(L)	1
	83	ROLLER COVER(R)	1
	31	ROUND HEAD BOLT M5 X 10MM	6

THE ROWING MACHINE THAT ENDS BORING WORKOUTS



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