






## SAFETY

We recommend consulting a physician before starting out with an exercise program.

Please read all instructions before using the VR1.

### WARNING:

-  Please keep hands away from moving parts when rowing machine is in use.
-  Keep all observers, especially children and pets, away from moving seat wheels, straps and pulleys.
-  Place the handle back into the handle rest after use. Do not let go of the handle while rowing.
-  When the VR1 is in its upright storage position, take care it is not bumped as this may cause it to fall over. Take extra caution with children.
-  Do not pull on the handle when the VR1 is upright. This can cause the VR1 to fall over.

## BASIC MAINTENANCE

1. Periodically ensure all bolts are tight.
2. Add 1 purification tablet every 6 months. To request extra purification tablets, visit [www.puredesignfitness.com](http://www.puredesignfitness.com).
3. Keep rail and seat wheels clean by using a damp cloth. Avoid using any chemicals.
4. If, during the recoil phase, the handle does not return towards the front of the machine smoothly, you can add more tension tying an additional knot further up on the recoil rope (the thinner of the two cords along the bottom of the VR1). To do this: stand the rower up, disconnect the cords, tie the knot on the recoil rope (closest to the side that attaches to the pulley), and reattach the cords.
5. The monitor runs on two AA batteries. To replace monitor batteries, remove monitor face by unscrewing the two screws on the top and bottom of the computer.
6. Do not let go of handle while rowing as it could damage monitor screen.

For more information or to contact us, please visit:

[www.puredesignfitness.com](http://www.puredesignfitness.com)

## MAINTENANCE - CLEANING

The VR1 does not require heavy maintenance. We suggest you take care of it as you would with any other piece of furniture in your home. Regularly clean the VR1 with a soft cloth dampened with water or eco-friendly cleaner.

## MAINTENANCE - WATER AND TANK

We advise using municipal tap water to fill the tank, as it contains additives that keep it free of bacteria and algae.

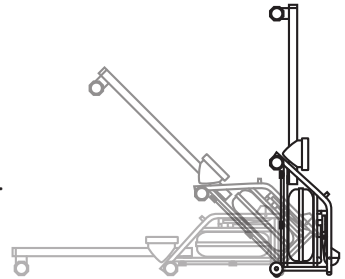
If you have well water or mineral rich water, we suggest using distilled water and putting in one purification tablet every 3 to 6 months. If the tank is in direct sunlight, then add one tablet every 3 months.

If the water in the tank discolors, add one purification tablet. If the water does not clear, we recommend emptying the tank, flushing it out with clean water, refilling, and adding in the tablet.

- Never use other types of chlorine or bleach in the tank as it can damage the polycarbonate beyond repair and may cause rusting.
- Replacement tablets are available through [www.puredesignfitness.com](http://www.puredesignfitness.com).

## STORAGE

The VR1 has been designed for compact storage when not in use. To stand the VR1 up, slide the seat towards the footboard, lift the rear leg and roll the machine towards you, using the momentum to stand it upright. When stored, the VR1 is stable and only takes up the space of a chair.



### Dimensions:

22.25" / 75CM wide, 82.5" / 210CM long, 18.625" / 47CM tall.