

CITYROW  MACHINE
by **WaterRower**

OWNER'S MANUAL

ATTENTION: This product contains lithium-ion batteries; read, understand and follow all Product Safety, Care and Assembly Instructions in this Manual before using this product.

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Congratulations on becoming the owner of a CITYROW GO Machine by WaterRower!

This revolutionary piece of rowing equipment was developed by WaterRower in partnership with CITYROW to combine stylish, ergo-dynamic design with a Bluetooth-enabled monitor that pairs seamlessly with the CITYROW GO app.

Your CITYROW GO Machine has been carefully handcrafted to give you years of use. Please follow the assembly and maintenance information provided to ensure optimal performance.

Once your machine is assembled, please download and log into the CITYROW GO app to begin rowing.

Get started at go.cityrow.com!

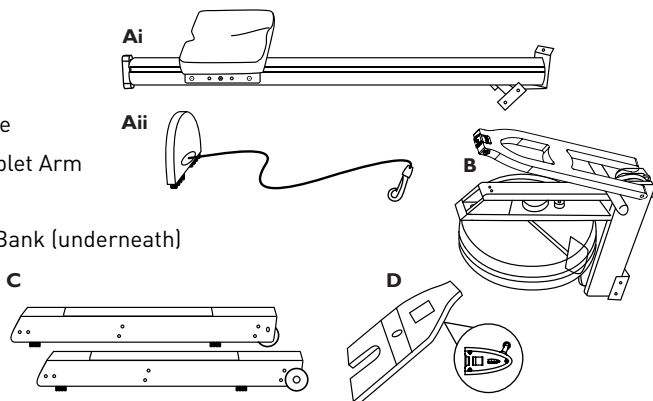
Assembling your CITYROW GO Machine takes approximately 30-45 minutes. The rower comes partially assembled in two boxes; the only tool you need is a 5mm Allen key that is included in the bits tray.

PLEASE READ INSTRUCTIONS FULLY BEFORE STARTING ASSEMBLY

COMPONENTS

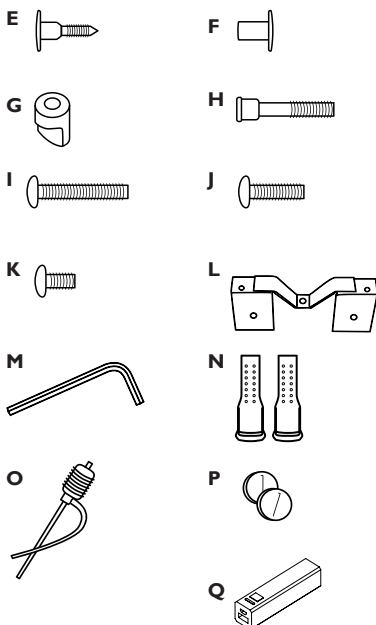
Main Parts

- A Mono Rail Assembly
 - i. Mono rail with seat
 - ii. Rear Leg with bungee
- B Tank Assembly with Tablet Arm
- C Sub Rails × 2
- D Footboard with Power Bank (underneath)



Other Parts

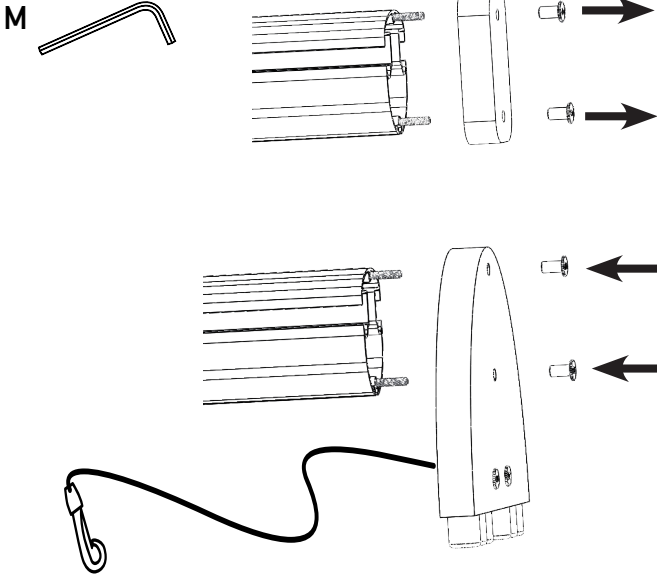
- E JCB (WRB-B711) × 8
- F JCN (WRP-B700) × 8
- G Handle Rest (WRP-P430) × 2
- H Handle Rest Bolt (WRP-P455) × 2
- I Clamp Bar Bolt (WRP-P1140) × 1
- J Rail Sub Bracket Bolt (WRP-S201) × 1
- K** Back of Footboard Bolt (WRP-B720) × 4
- L Rail Sub Bracket (WRP-R1500) × 1
- M 5mm Allen Key (WRP-B740) × 2
- N Footpads (WRP-P1700) × 2
- O Syphon Pump (WRP-B405) × 1
- P Purification Tablets (WRP-B960) × 2
- Q CITYROW Power Pack (WRPC-750) × 1



**K Bolts are located on the back of footboard [see step 4]

STEP 1

Using the Allen key (M) provided, remove block from monorail (Ai) and attach rear leg (Aii).

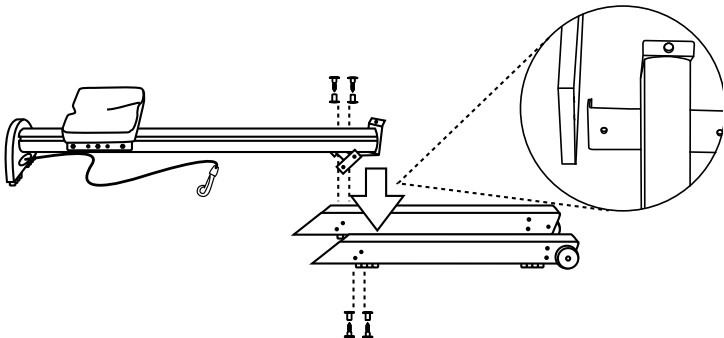
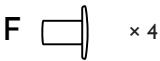
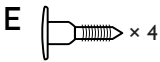


STEP 2

Lay the sub rails on the floor with ends parallel. Dolly wheels on the outside.

Attach the end of the mono rail (A) to the angled ends of the sub rails (C) with the Allen key (M) and 4 pairs of the JCN nuts (F) and JCB bolts (E) .

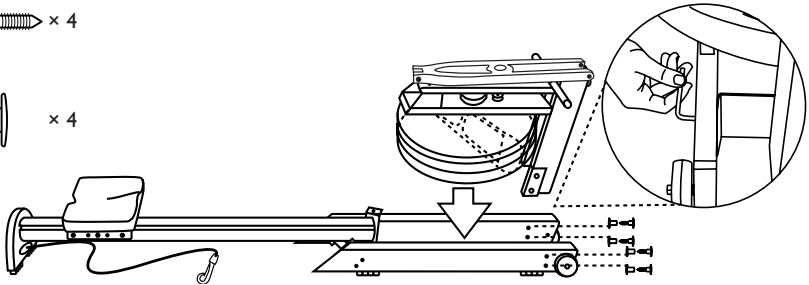
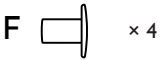
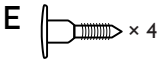
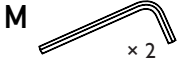
Do not tighten all the way.



STEP 3

Place the tank assembly (B) on the sub rails (C) in the direction shown in the picture below.

Using the Allen key (M) and 4 pairs JCN nuts (F) and JCB bolts (E), attach the forward riser bracket to the rails. You may need to apply slight pressure to align bracket and rail holes. May have to loosen top four front forward riser bolts. Do not tighten all the way.



STEP 4

First remove the back of Footboard Bolts (K) from behind the footboard. These bolts are used in steps 7 and 9.

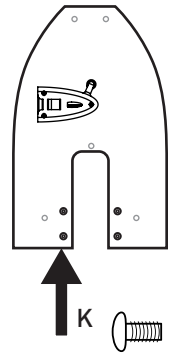
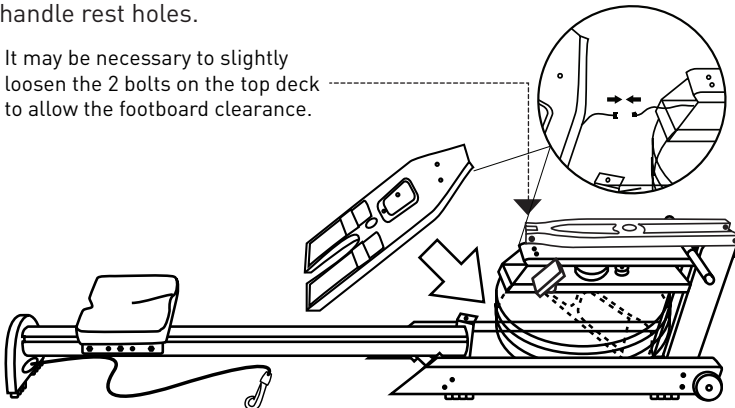
Place the footboard on the rails, then attach the sensor cable to the monitor cable protruding from the back of the footboard.

The sensor cable may be taped to the back of the footboard. If so, remove the tape.

Feed the cable gently through the brackets so it does not get trapped between the footboard and tank assembly.

Align gold rivnuts on the tank assembly with the footboard's handle rest holes.

It may be necessary to slightly loosen the 2 bolts on the top deck to allow the footboard clearance.



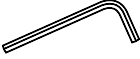
STEP 5

Using the 5mm Allen key (M), screw the handle rests and bolts (G & H) through the top of the footboard into the rivnuts mentioned in the previous step.

Do not over tighten these bolts.

Note: If you loosened the Top Deck Bolts in step 4 to align the footboard, first tighten them before tightening the handle bolts.

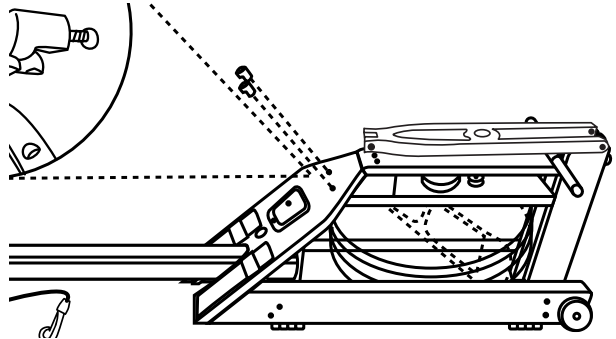
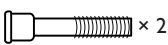
M



G



H

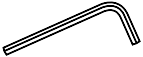


STEP 6

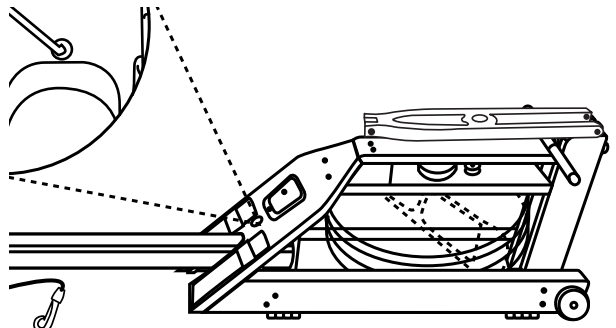
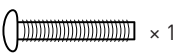
Tighten the footboard to the mono rail by screwing in the clamp bar bolt (I).

You may need to lift the rail. Do not tighten all the way.

M



I

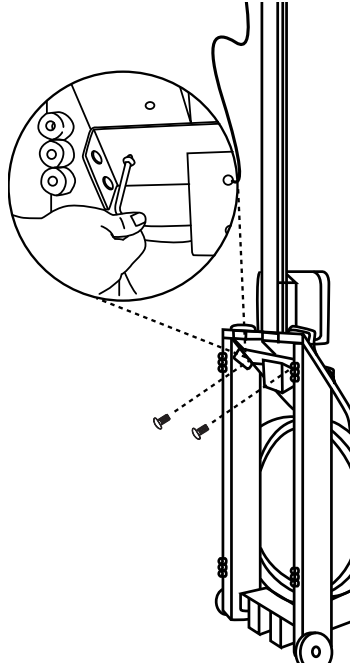
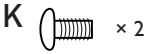


STEP 7

Stand the machine up. Insert 2 of the Back of Footboard Bolts (which were removed in step 4) into the footboard bracket and tighten.

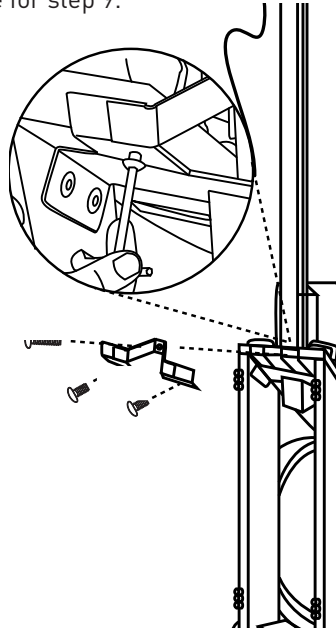
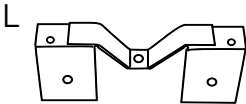
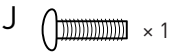
Having kept all the bolts loose will allow easier alignment of the bolts and rivnut holes in the footboard.

Do not tighten all the way.



STEP 8

Insert the sub bracket bolt (J) through the “U” in the rail sub bracket (L) into the rail, to hold the bracket in place for step 9.



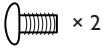
STEP 9

Screw in the rail sub bracket (L) underneath the footboard using the 2 remaining back of footboard bolts (K).

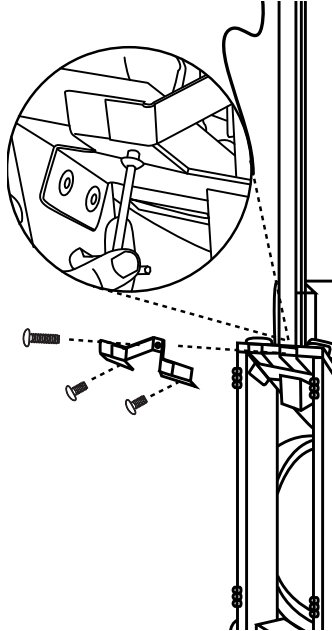
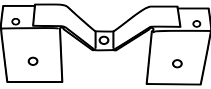
M



K



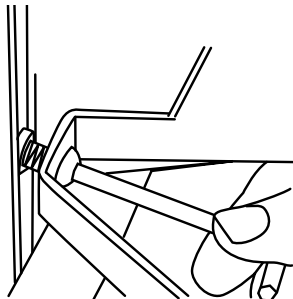
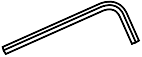
L



STEP 10

Tighten the rail sub bracket bolt (J) [Step 8] firmly in place.

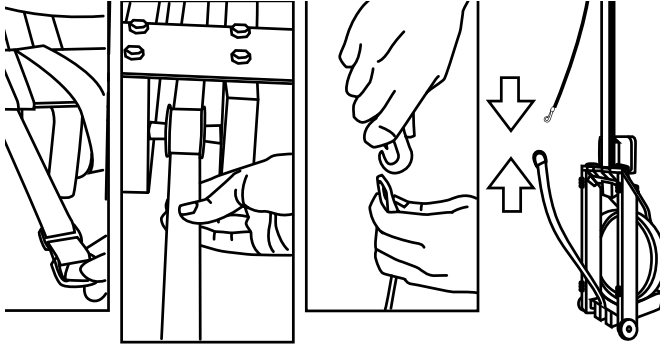
M



STEP 11

Unwrap the recoil belt from the forward riser bracket, making sure the belt runs below and around the pulley.

Attach the D ring on the recoil belt to the bungee hook.



STEP 12

Go back and tighten all the bolts in steps 2, 3, 6 and 7.

Should you experience any problem with aligning the components, loosen all bolts, align and retighten.

If you have any questions or comments regarding the assembly process, please contact our team at cityrow@waterrower.com or 1.800.852.2210.

WATER RESISTANCE

The CITYROW GO Machine is unique in using the effect of water-drag to provide an exercise which is entirely self-paced. Because drag is linked to speed, a crew rowing down the river chooses its intensity of exercise simply by altering the pace at which they row. The faster the boat travels, the greater the drag and the harder the crew must work. Our design removes the need for external adjustments to change resistance; if a more challenging workout is desired, simply row faster and with more power; the rower will respond accordingly.

WATER LEVEL

The amount of water in the tank simulates the weight of the boat and crew as it glides down the river. Changing the Water Level does not change the resistance, it simply changes the mass which the user is attempting to move. Increasing the Water Level simulates a heavier boat and crew mass; similarly reducing the Water Level simulates a lighter boat and crew mass. The intensity is altered simply by moving the water mass faster or slower.

We advise all users to fill our tank to the calibration mark, Level 17. Through decades of testing with competitive rowing athletes, they have confirmed this level to be the most authentic feel to the sport of on-water rowing. A level gauge is positioned on the bottom of the tank (noted on page 11). Overfilling the tank could impact the warranty coverage; do not fill above the maximum level.

WATER SOURCE

Fill the tank with municipal or distilled water. Municipal water contains additives which will deter the initial growth of algae. Distilled water removes many of the natural minerals and microbes, improving the initial water purity. Due to its high mineral levels refrain from using well water.

WATER PURIFICATION TABLETS

The water must be refreshed periodically by adding a Water Purification Tablet, provided in your owners kit. The purification tablet degrades by exposure to light: this may vary from 3 months in direct sunlight to 2+ years in an artificially lit setting. On average, we advise adding 1 purification tablet every 6 months.

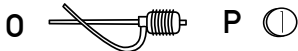
If water discoloration occurs prematurely, add one tablet immediately. If the water does not clear, we recommend emptying the tank, flushing it out with clean water, refilling and adding a purification tablet.

The use of alternative cleaning products in the tank, beyond those provided by WaterRower, is prohibited. Adding such products may void your warranty.

For additional tablets please go to waterrower.com/puritabs

PREPARING TO FILL YOUR TANK

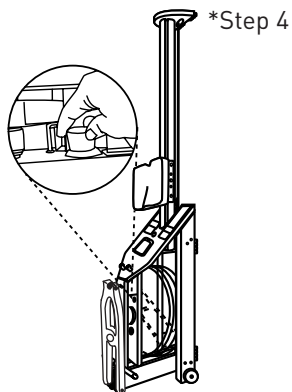
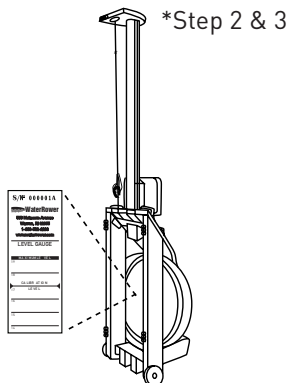
1) Before filling your tank, locate your syphon pump (O) and purification tablets (P).



2) Locate your level gauge sticker. The Level Gauge is positioned underneath the tank, between the two wooden sub rails.

3) Find calibration level 17 on the sticker, it is marked with text and inward facing arrows.

4) Remove tank stopper; the stopper is located between top and bottom decks, above the tank.



ADDING WATER TO YOUR TANK

1) To pump water, turn the knob clockwise to close the syphon valve.

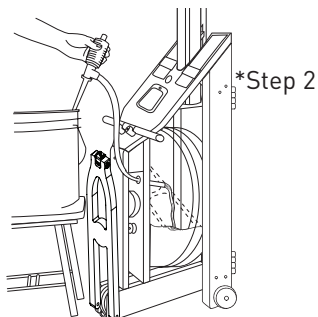
2) Position water source above the tank stopper hole.

3) Squeeze pump 4-5 times to initiate water syphon flow. Fill tank to level 17.

4) Upon completion, turn knob counter-clockwise to allow air into the pump to complete the syphon process; remove syphon.

5) Add 1 purification tablet.

6) Replace tank stopper.



Note: Should you decide to fill beyond the recommended calibration mark of 17, please note the maximum level to fill the tank is 19; DO NOT fill above this level. Should you overfill, use your water syphon to remove excess water from your tank. Usage of your rower above level 19 may void your warranty.

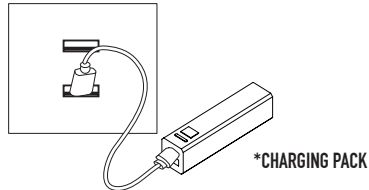
NO OUTLET. NO PROBLEM

Your CITYROW GO Machine is designed to be used anywhere in your home without the restriction of needing a nearby power source. With that in mind, we've design the monitor to be powered using a removable Charging Pack that can be easily charged via USB.

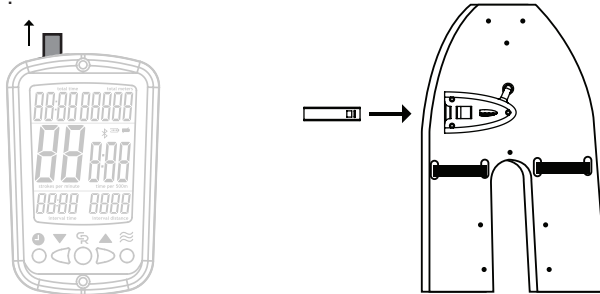
Note: Before beginning, please review our battery safety information on page 18.

POWERING YOUR CHARGING PACK

Begin by plugging in your Charging Pack to a USB power source. Your Charging Pack light will flash red while it is charging and will turn solid red when it is fully charged.

**CHARGING YOUR MONITOR**

Once charging is complete, remove tab located above the monitor by pulling upwards; this will initiate your monitor battery. Insert your Charging Pack into the Power Bank located behind your footboard. When installing note location of "THIS SIDE UP".



Note: Your monitor is designed to be charged with the provided custom Charging Pack, only. The use of unauthorized charging options to power your monitor is prohibited.

TURNING ON YOUR MONITOR

Once the Charging Pack is installed your monitor is ready to use. It will take approximately 2-3 hours to fully charge your monitor battery using the Charging Pack. Once charged, you can remove your Charging Pack and re-power at your leisure. One complete charge will provide 30-40 hours of monitor use before needing to power up, again.

DISPLAY

The CITYROW GO Monitor has been designed to balance function with user friendliness.

The monitor display consists of three windows.

- A** TOTAL PERFORMANCE WINDOW is at the top. This shows your total time and total distance in meters.
- B** CURRENT PERFORMANCE WINDOW is the middle section. This shows your current stroke rate (in strokes per minute) and split time per 500 meters.
- C** INTERVAL WORKOUT WINDOW is the bottom section. This one allows you to set intervals using time or distance.
- D** CONNECTIVITY AND POWER WINDOW is in the top right of the Current Performance Window. This shows levels of the monitor battery, the Charging Pack and wireless connections.

The internal battery charge is shown in the left-most battery icon; the battery level is displayed in 25% increments. The right icon will only appear when the charging pack is not inserted, or it is completely empty. If the internal battery is very low and there is no charging pack detected, both icons will flash.

When Bluetooth is enabled, the official Bluetooth icon will be lit up.

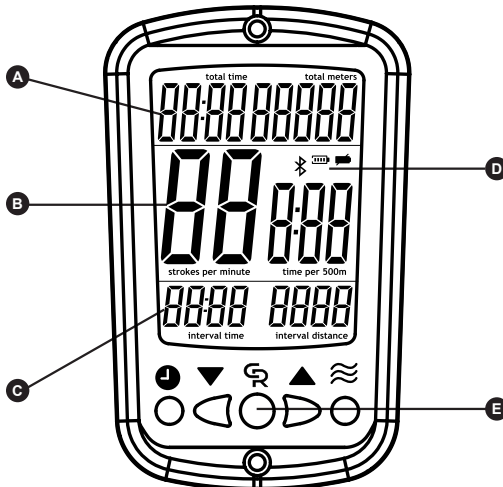
STARTING OUT/BASIC INFORMATION

Press the (Ⓡ) button (located at **E**) to turn on the monitor.

The 3 windows will all read zero and will begin keeping track of data once you begin rowing.

To reset monitor information, press and hold the Ⓡ button.

The monitor will shut off after 10 minutes of not being used. You can manually shut off your monitor by holding down the Ⓡ button for 8 seconds or longer.



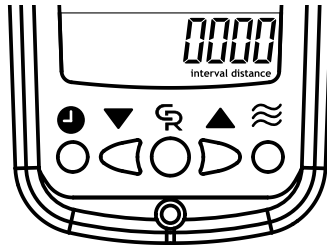
SETTING UP THE INTERVAL WORKOUT WINDOW

≈ DISTANCE INTERVALS

To set a distance interval, press the Distance (≈) button. This defaults to a distance of 50 meters. Use the up and down arrows to select your distance. You can press and hold these buttons to scroll quickly through distances.

To confirm the distance, either press the ≈ button, the ↻ button, or simply wait 5 seconds.

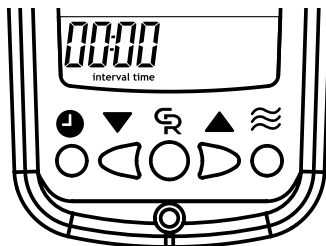
Once you start rowing, the distance will count down. The monitor will beep when the interval is finished. Press ↻ to restart the interval with the previous distance.



⌚ TIME INTERVALS

Setting a time interval works in the same manner as the distance interval function. Press the Time (⌚) button. This defaults to a time of :30 seconds. Use the up and down arrows to choose your time. To confirm the time either press the ⌚ button, press the ↻ button or simply wait 5 seconds.

Once you start rowing the time will decrease and will beep once finished. Press ↻ to restart the interval with the previous time.

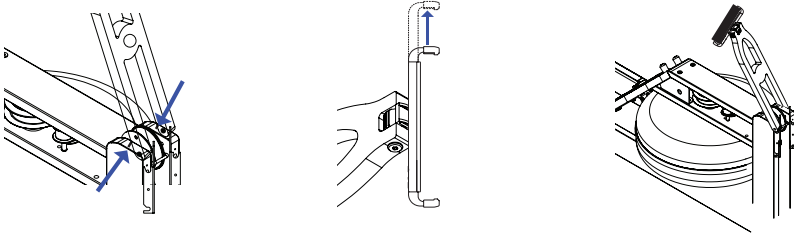


by **WaterRower**

USING YOUR TABLET ARM

Your tablet arm is designed to hold your smart device throughout your CITYROW GO workout.

1. Pull Tablet/Phone Arm up to release kickstands for use.
2. Lift top of Tablet/Phone Mount and insert smart device into the mount.
3. You are now ready to row. Set up your phone or tablet and enjoy your interactive rowing experience.




Post-workout: When finished: (1) Remove smart device, (2) lift Tablet/Phone Arm and (3) push kickstands in to return to stored position before moving WaterRower.

Do not attempt to move or store WaterRower with Tablet/Phone Arm in usage position or with smart device attached.

CONNECTIVITY

Your CITYROW GO Monitor is equipped with Bluetooth connection capability. This allows data to be streamed to the CITYROW GO app, which is shown live during workouts and is saved to be viewed later. Bluetooth should be enabled when you first get your machine - the Bluetooth icon (📶) will be lit up.

If the 📶 is not lit up, it can be enabled by holding the down arrow when the monitor is off and pressing the  button to turn the monitor on. The 📶 should be on when the monitor lights up.

Bluetooth can be disabled by performing the same sequence. When monitor lights up, the 📶 should be off.

GET STARTED

To do your first workout, please download and log into the CITYROW GO app. This will guide you through pairing your machine so that you can get the full experience!

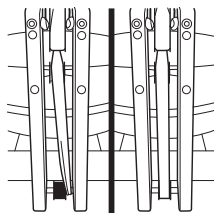
You can find more information on the machine and app at go.cityrow.com

PREVENTATIVE MAINTENANCE

To ensure peak performance of your CITYROW GO Machine for many years to come, we advise following the preventative maintenance schedule, provided below.

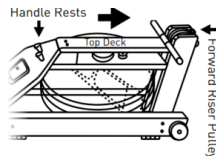
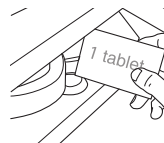
2-4 WEEKS:

- Check the alignment of the recoil and handle belts. If a belt is off its pulley, the recoil of the handle will be sluggish and not feel smooth; this can also lead to fraying of the belt. To realign reduce tension by placing handle at front of machine, then realign belt on pulley.
- Inspect the bolts along the tank assembly and rail assembly to ensure they are all secure in the frame of the rower. If necessary, use a 5mm allen key to tighten any bolts that have come loose.



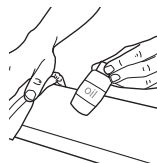
3-6 MONTHS :

- Add 1 purification tablet to the water. Be sure to replace tank stopper after inserting tablet.
- *See page 10 for more info and to obtain more tablets.
- Clean the inside groove of the monorail where the wheels run. To do this, run a damp cloth with your finger up and down the inside of the groove.
- Check the recoil tension; ensure the handle returns smoothly to the front of the machine when rowing, should handle return be less than desired please contact cityrow@waterrower.com for troubleshooting and/or replacement.



6-12 MONTHS:

- As with any furniture, wood needs to be oiled to keep its luster and shine. With changes in temperature and humidity, the wood can dry out. We recommend using Danish Oil to maintain the wood.
- Review the stitching and wear on all straps. If you notice excessive wear please contact us at cityrow@waterrower.com to review support options.



CLEANING YOUR MACHINE

To maintain the appearance and integrity of your rower, it is necessary to keep the machine clean. Please note the following cleaning procedures for specific elements of your rower.

ELECTRONICS/BELTS - It is particularly important to ensure that there is no dust build up in the sensor, clutch and belt mechanism between the top deck and bottom deck. Dust can be removed by using a vacuum cleaner or electronic duster (e.g. compressed air.) For your monitor, wipe the screen and housing with a soft cloth; dampen cloth slightly, if necessary.

RAIL - The surface and groove in the monorail must be kept clean to prevent dust fouling the seat wheels; these items can be cleaned by wiping with a damp cloth.

TANK - The surface of the tank can be cleaned by wiping with a damp, soft cloth; if necessary, make a solution of water and all-natural dish soap* and apply to cloth. Remove the soap solution by using a water-only damp cloth to finish the tank surface cleaning.

*Do not add soap to inside of tank.

WOOD - The CITYROW GO Machine's wooden frame is finished with Danish Oil, and can be cleaned by wiping down with a damp cloth. To maintain a rich finish, you may reapply a coat of Danish Oil every 6-12 months.

Note: Do not use methylated spirits, chlorates, bleach or ammonia based fluids when cleaning any part of your rower. The use of improper cleaning products may void your warranty.

CUSTOMER SUPPORT


Your CITYROW GO Machine is designed to be enjoyed for years of rowing workouts. Should you encounter an issue or have any questions regarding your machine, please do not hesitate to contact our friendly and knowledgeable customer service team by email at cityrow@waterrower.com or if you prefer to chat, please call us at **800.852.2210**.

USER SAFETY

We recommend consulting a physician before beginning an exercise program. Please read all instructions before using the rower.

IN-USE SAFETY

Please keep hands away from moving parts when the rowing machine is in use. Failing to do so can lead to injury. For further information on safety tips, please refer to waterrower.com/safety

 **CAUTION:** Please note the caution sticker located on the side of your machine, do not remove caution sticker.



SAFELY STORE YOUR WATERROWER

Your CITYROW GO Machine is designed to be stored upright. To store, simply lift the rear leg end, pull your rower towards you and use the momentum to stand it in an upright position. Before storing, please ensure the seat is in the forward position (close to the footboard), your tablet arm is in the stored position and the handle is placed in the handle holder.

Your CITYROW GO Machine is designed for indoor use and storage, only. Please avoid usage and storage in extreme temperatures and moisture; doing so may void your warranty.

CHARGING PACK SAFETY

Your rower makes use of lithium-ion batteries in powering, both, the CITYROW GO Monitor and Charging Pack. Although lithium-ion batteries are quite popular in everyday consumer products, such as computers and phones, it remains important to take proper safety precautions when charging and using our provided batteries.

Before starting, please review the user instructions found within your Charging Pack. Should you misplace this booklet or require additional battery information, please contact our team at cityrow@waterrower.com

MONITOR & BATTERY SAFETY

Your monitor battery has been designed to stay enclosed within your footboard and monitor housing throughout the life of your CITYROW GO Machine. Unscrewing the monitor from the footboard, to expose the battery, without consent from our service team is strictly prohibited.

Please note the following user safety information regarding your monitor and monitory battery.

- Avoid exposure to moisture and humidity
- Refrain from usage or storage in extreme temperatures
- Do not remove monitor from footboard without authorization
- Use ONLY the provided Charging Pack to power your monitor; using alternative charging systems may cause permanent damage to your monitor

Should you experience any of the following issues with your monitor or monitor battery functionality, (1) please discontinue use, (2) turn off monitor, (3) remove the Charging Pack, (4) store the rower and (5) contact our customer service team at cityrow@waterrower.com to review support options.

- Monitor does not turn on, even when fully powered Charging Pack is inserted
- Monitor does not recognize charge with fully powered Charging Pack inserted
- Monitor emits a metallic odor
- Monitor screen becomes damaged in any way
- Monitor becomes hot to the touch
- Monitor or Power Bank shows signs of liquid discharge

Note: In the event you are advised to dispose of the Charging Pack or CITYROW GO Monitor Battery, please follow your local guidelines and regulations for lithium-ion battery disposal.

What this Limited 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 *upgradable to THREE (3) YEARS on all components and FIVE (5) YEARS on the structural frame by registering the Product within the first year of purchase.

*Note: As you have purchased a CITYROW GO Machine, we have already registered you for the 3 year component, 5 year frame upgraded warranty.

WaterRower warrants against defects in material or workmanship for touchscreen electronics, electronics accessories and rechargeable batteries 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 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 to WaterRower's factory or its nominated service center, prepaying all postage or other shipping charges. The Product or component must be returned to your nearest WaterRower office or nominated service center (<https://www.waterrower.com/us/contact-us>). The customer must first notify WaterRower of his/her intent to return the Product or component and receive a confirmation from WaterRower before the Product is returned.

Claimant's Responsibilities: A claimant must ensure that the defective Product or component are properly packed to protect it from damage during shipping. WaterRower will not be responsible for any damage that occurs to the Product or component during shipment.

What WaterRower Will Do: WaterRower, will review, repair or replace the Product or component at WaterRower's discretion. WaterRower will then return the repaired or replaced Product or component 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 return of the repaired Product or component.

This Limited Warranty Will be Void When: 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 the WaterRower Assembly Manual, (d) use of a purification product in the water tank other than that which has been approved by WaterRower, (e) use of improper cleaning materials, as described in the preventative maintenance steps in the WaterRower Owner's Manual, (f) use and/or storage of 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 the WaterRower Owner's Manual.

Restriction on the 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.

Restriction on 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 **waterrower.com/warranty**

CITYROW  MACHINE
by **WaterRower**

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