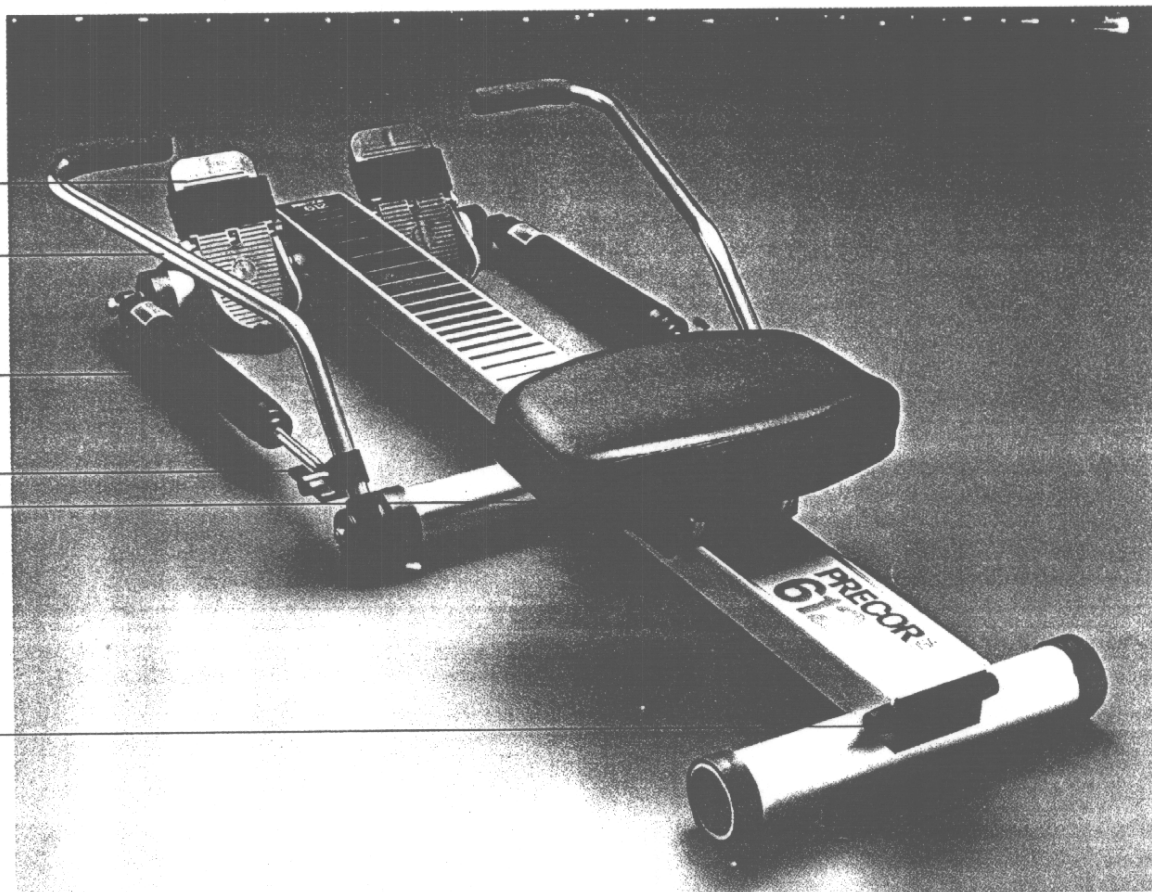


Rowing Machine

- Foot Pedal
- Rowing Arm
- Resistance Cylinder
- T-knob
- Seat (raised end to rear)
- Seat Stop



Congratulations! Your selection of a Precor 612 puts you in touch with the forerunner in precision exercise equipment. The innovative design and precision engineering of the 612 makes for a more enjoyable and rewarding workout. All Precor exercise products are manufactured with the finest quality material and workmanship to provide years of reliable service.

Rowing is an aerobic exercise that provides a whole body workout. It conditions the heart and lungs, while improving strength and tone in the arms, legs, back and stomach. Rowing is also among the best energy-burning exercises, playing a key role in a weight control program by burning calories both during and after the exercise session.

# PRECOR<sup>®</sup> USA

# 612

The 612 rower features a one-piece track, extruded from anodized aircraft aluminum, and stainless steel rowing arms. Because comfort enhances endurance, Precor built into the 612 many "energy-saving" features: foam-padded seat; rotating foot pedals with extra wide Velcro<sup>®</sup> straps; foam handgrips to keep sweaty hands from slipping; new generation ETA™ resistance cylinders for smooth, quiet workouts; and a microadjustment scale on each rower arm to easily increase or decrease workload.

The Precor 612 has unique features which sets it apart from other conventional rowers. Please study this guide thoroughly to obtain the maximum benefit and enjoyment from your Precor rower.

**CAUTION:** A complete physical examination by your personal physician is recommended before beginning any fitness program.

## ASSEMBLY

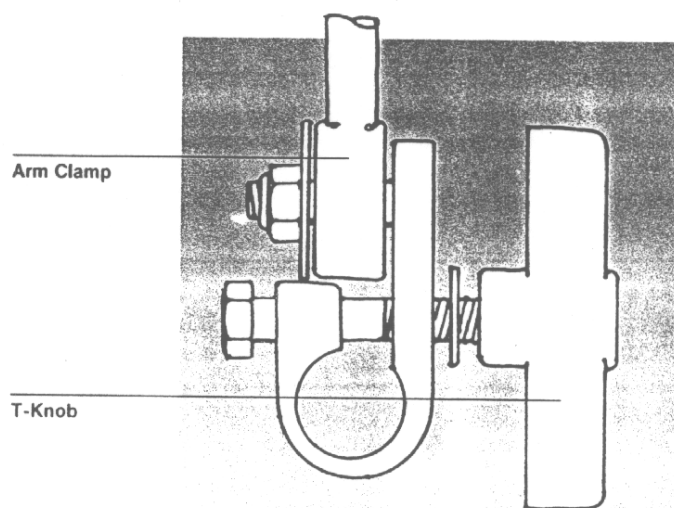
### Seat Installation:

1. Remove the rear plastic seat stops with a phillips screwdriver.
2. Remove the seat from its shipping bag and roll the seat carriage off the frame. The rollers are factory-installed to the frame and need no adjustment. Attach the seat through the predrilled holes at the bottom of the seat carriage using the screws provided and the phillips screwdriver.
3. Position the seat with the raised end to the rear. Carefully align the seat carriage rollers to the frame and gently slide the seat carriage onto the track. The seat carriage is correctly installed when four rollers sit on the top frame rails and two rollers are below. Roll the seat back and forth to test for proper installation.
4. Reposition the plastic seat stops.

### Rowing Arm Installation

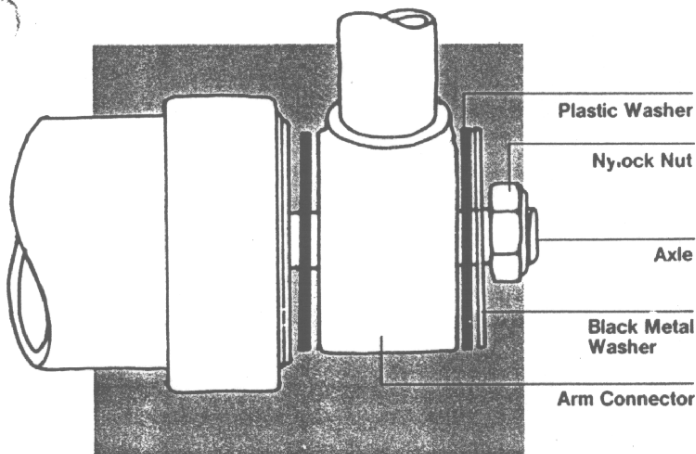
1. Remove plastic bands, cardboard, and tape. Loosen the T-knob. (See Diagram 2)

Diagram 2



2. Remove the nylock nut, black metal washer and one plastic washer from the axle on both sides of the 612. Leave the other plastic washer in place. (See Diagram 3)
3. Install rowing arms by rotating handle grips forward. Place arm connector onto the axles.
4. Replace plastic washer and black metal washer onto axle on both sides. Screw nylock nuts onto axle ends and tighten lightly to eliminate lateral movement. The plastic washer should press **lightly** against the rowing arm connector.
5. To adjust the resistance levels on the resistance cylinders, loosen the T-knob and place connector into the desired position. Use the marks on the rowing arms to ensure equal tension is on both arms. (See Diagram 3)

Diagram 3



### Rowing Technique

Position yourself on your Precor rowing machine as shown in "The Catch," with your feet securely strapped to the foot pedals. Be sure the resistance is set evenly and at the desired level.

For maximum benefit and to avoid injury, it is imperative the proper rowing technique be used. Study the following photos. Remember, the progression from one point to the next should be smooth and continuous. Grip so only the fingers are in contact with the handles from the Catch to the Finish positions. Use an open hand to push the handles forward from Finish to Catch to prevent blisters and undue hand and forearm fatigue.

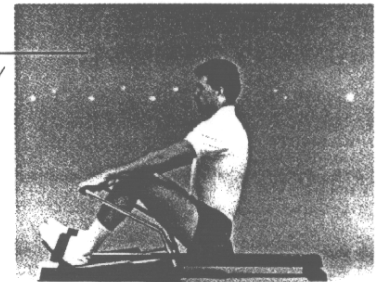
### Maximizing Your Workout

Your body's base caloric expenditure (the calories you burn to maintain your basic physiological functions) increases for 12 to 18 hours after an aerobic workout, burning more calories than normal during that period. In fact, it is the calories burned after the workout that play the more significant role in weight control. The more often you exercise, the more "extra" calories you'll burn. Most experts agree the combination of regular aerobic exercise and sensible eating habits is the only proven method of weight control.

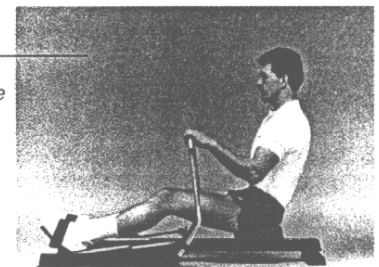
The Catch—Begin leg drive.



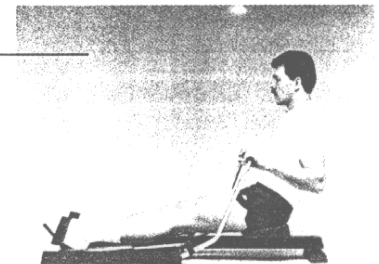
Drive No. 1—Upper body slowly takes over leg drive. The body naturally begins to "uncoil".



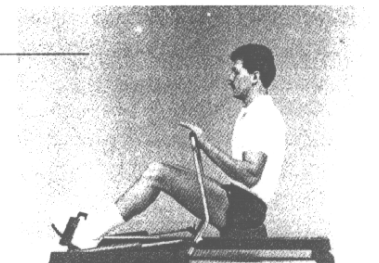
Drive No. 2—Body extends to a "layback" position. The arms move quickly and strongly to the body.



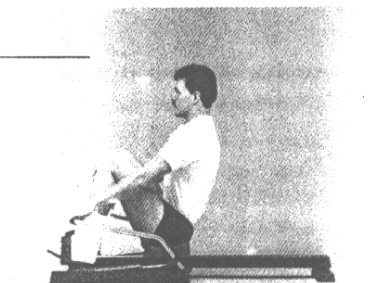
The Finish—Legs fully extended. Arms stop, hands just off the chest.



The Recovery—Return to the Catch position.



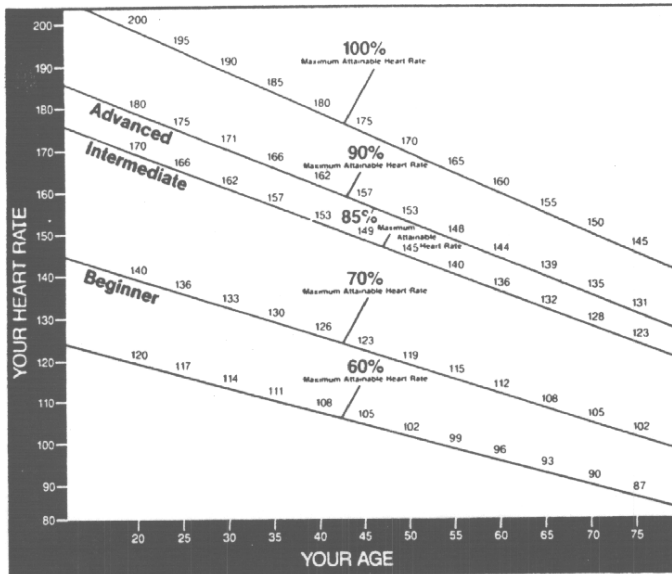
The Catch—Begin leg drive.



**Guidelines for an Aerobic Workout** (See Diagram 5)

The best aerobic exercises involve large muscle groups and are continuous, rhythmic, and repetitive (e.g., cycling, rowing, running). They should be performed hard enough, long enough, and often enough to achieve the desired benefits.

**Diagram 5**



**How Hard Should I Exercise?**

The intensity of an aerobic exercise, or how hard you are working, is measured by your heart rate. To achieve the benefits of aerobic exercise, it is necessary to raise your heart rate to certain minimum levels, called "Training Zones." It is possible to regulate work level (and heart rate) by adjusting the resistance on the rower's shock absorbers, and/or by changing your rate of strokes per minute. Beginners should start at 14-18 strokes per minute at the lowest resistance setting. Reduce the stroke rate if this proves too difficult. If the initial combination is too easy, increase the stroke

rate and/or increase the resistance level. A pulse meter is highly recommended for monitoring your work level. Refer to Diagram 5 to determine your training zone, based on your age and present condition. Avoid doing too much too soon. Setting the resistance too high and rowing too fast are common errors. As you become accustomed to the rowing machine and your fitness level improves, you can increase the resistance. Keep in mind even the most experienced rowers can find the higher resistance settings too difficult to endure for extended periods.

**How Long Should I Exercise?**

Allow several minutes to bring your heart into the training zone by gradually increasing the work level (warm-up). Once in the training zone, the exercise should be continuous for twenty to thirty minutes. Use several minutes of light exercise after the workout to bring your heart rate down near resting level (cool down). Beginners should start at a comfortable rate, working their way slowly up to twenty minutes. Individuals on a weight loss program benefit from exercising for a longer period of time.

**How Often Should I Exercise?**

Aerobic exercise should be done three to five times a week. Athletes and individuals on weight loss programs should exercise more frequently.

**Maintenance**

Clean the rower using a mild soap and water or general household cleaner. CAUTION: The use of abrasive cleaners or polishes will damage the surface finish.

**Warranty**

Please complete and mail the enclosed card and questionnaire to validate the warranty. The serial number on the 612 is located on the back side of the center horizontal support bar.

**Service**

Please contact your Precor dealer if your 612 requires service.

**Thank you for buying a Precor product.**

**PRECOR**<sup>®</sup> USA

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