

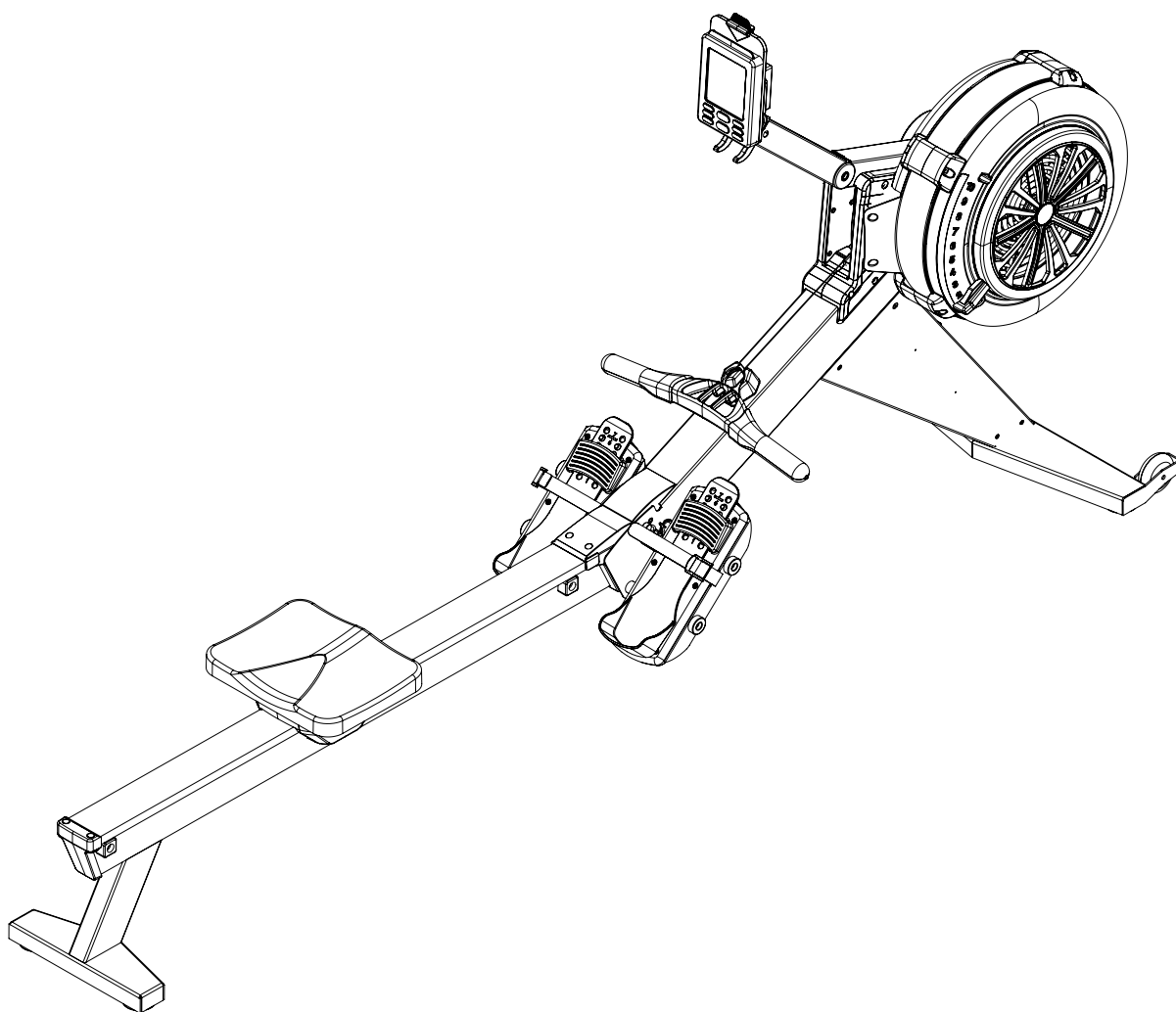


SKU: AAA.1

USER MANUAL

PERFORM SERIES ROWER

IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY



Record Serial Number Here

MADE IN CHINA
80737-EN-V2026-05-26

WELCOME

Welcome to Centr and thanks for your purchase. We're happy to have you. Please inspect your product and contact us right away if anything is missing or damaged.

Your equipment also comes with access to Centr's digital membership, unlocking tools that will fuel your active lifestyle and well-being. The Centr wellness system aligns your movement, meals and mind with expert-led programs and advice made to work together to deliver you the best results and lifelong healthy habits. Get moving with limitless ways to fuel your routine and reach your goals!

NEED HELP? WE'RE HERE FOR YOU.

US CUSTOMERS

If you have questions or issues with your equipment, please contact our US Customer Service team. Support is provided in English and Spanish.



EMAIL

support@centr.com



PHONE

877-738-1729 (US Only)

+1 714-738-1729 (Global)

Mon-Fri 8am-5pm PT - UTC-7h/8



GLOBAL CUSTOMERS

(OUTSIDE OF US)

If you have any questions or issues with your equipment, please contact the store where your purchase was made.



VISIT OUR WEBSITE FOR HELP

help.centr.com

Support is provided in English and Spanish

PRODUCT WARRANTY

Scan the QR code to register your product and view full warranty details.



AUSTRALIA

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

Our goods and services come with guarantees that cannot be excluded under the Australian Consumer Law. For major failures with the service, you are entitled:

- to cancel your service contract with us;
- to a refund for the unused portion, or to compensation for its reduced value.

You are also entitled to choose a refund or replacement for major failures with goods. If a failure with the goods or a service does not amount to a major failure, you are entitled to have the failure rectified in a reasonable time. If this is not done you are entitled to a refund for the goods and to cancel the contract for the service and obtain a refund of any unused portion. You are also entitled to be compensated for any other reasonably foreseeable loss or damage from a failure in the goods or service.

TABLE OF CONTENTS

PRODUCT WARRANTY.....	3
IMPORTANT SAFETY INSTRUCTIONS.....	6
WARNING AND SERIAL NUMBER LABELS.....	9
FEATURE OVERVIEW.....	11
SPACE REQUIREMENTS.....	13
DRAG ADJUSTMENT, PEDAL STRAP ADJUSTMENT.....	15
HARDWARE PACK.....	16
ASSEMBLY.....	18
CONSOLE OPERATION.....	25
MAINTENANCE AND CARE.....	29

IMPORTANT SAFETY INSTRUCTIONS

SAVE THESE INSTRUCTIONS

This Rower Is Built For Optimum Safety. However, Certain Precautions Apply Whenever You Operate A Piece Of Exercise Equipment. Be Sure To Read The Entire Manual Before You Assemble Or Operate Your Machine. Please Note The Following Safety Precautions:

WARNING

Before Using This Rower, All Users Must Read, Understand, And Carefully Follow All Warnings, Instructions, And Procedures On The Rower And In This User Manual.

DANGER

To Reduce The Risk Of Injury From Moving Parts, Always Unplug This Treadmill From The Electrical Outlet Immediately After Using And Before Cleaning Or Attempting Any Maintenance Activity.

WARNING

To Reduce The Risk Of Burns, Fire, Electric Shock, Or Injury To Persons:

1. Consult Your Physician Before Beginning Any Exercise Program.
2. Do Not Operate The Rower While Being Covered With A Blanket, Plastic Or Anything That Insulates Or Stops Airflow. Excessive Heating Can Occur And Cause Injury To Persons.
3. Always Keep Children And Pets Away From The Rower. Do Not Leave Children Unattended In The Same Room With The Rower.
4. Only One Person At A Time Should Use The Rower.
5. Use The Rower Only For Its Intended Use As Described In This Manual. Do Not Use Attachments Not Recommended By Centr.
6. Never Operate The Rower If It Is Not Working Properly, If It Has Been Dropped Or Damaged, Or Partially Immersed In Water. Contact Centr Customer Service.
7. Keep Air Openings Free Of Lint, Hair Or Any Obstructing Material.
8. Never Insert Objects Into Any Openings In This Rower. If An Object Has Been Dropped In The Rower Try To Carefully Retrieve It. If The Item Cannot Be Reached, Contact Centr Customer Service.
9. Do Not Use This Rower Outdoors, Near Water, While Wet, Or In Areas Of High Humidity.
10. Do Not Use This Rower In Areas Where Aerosol Spray Products Are Being Used Or Where Oxygen Is Being Administered. Such Substances Create The Danger Of Combustion And Explosion.
11. If The User Experiences Dizziness, Nausea, Chest Pain, Or Any Other Abnormal Symptoms, Stop The Workout At Once. Consult A Physician Immediately.
12. Do Not Exceed Maximum User Weight Of 298 Lbs (135 Kg).
13. Inspect The Rower For Incorrect, Worn, Or Loose Components And Then Correct, Replace, Or Tighten Prior To Use.
14. Always Wear Appropriate Workout Clothing When Exercising. Do Not Wear Robes Or Other Loose Clothing That Could Become Caught In The Rower. Running Or Training Shoes Are Also Required When Using The Rower.
15. Care Should Be Used When Mounting Or Dismounting The Rower.
16. Keep Hands Away From All Moving Parts.
17. Keep The Top Side Of The Moving Surface Clean And Dry.
18. Disabled Persons Should Not Use The Machine Without A Qualified Person Or Physician In Attendance.
19. Before Using The Machine To Exercise, Always Do Stretching Exercises To Properly Warm Up.
20. Position the Rower on a solid level surface, and do not block any openings or vents in the floor.
21. Do Not Place Any Sharp Objects Around The Machine.

IMPORTANT SAFETY INSTRUCTIONS

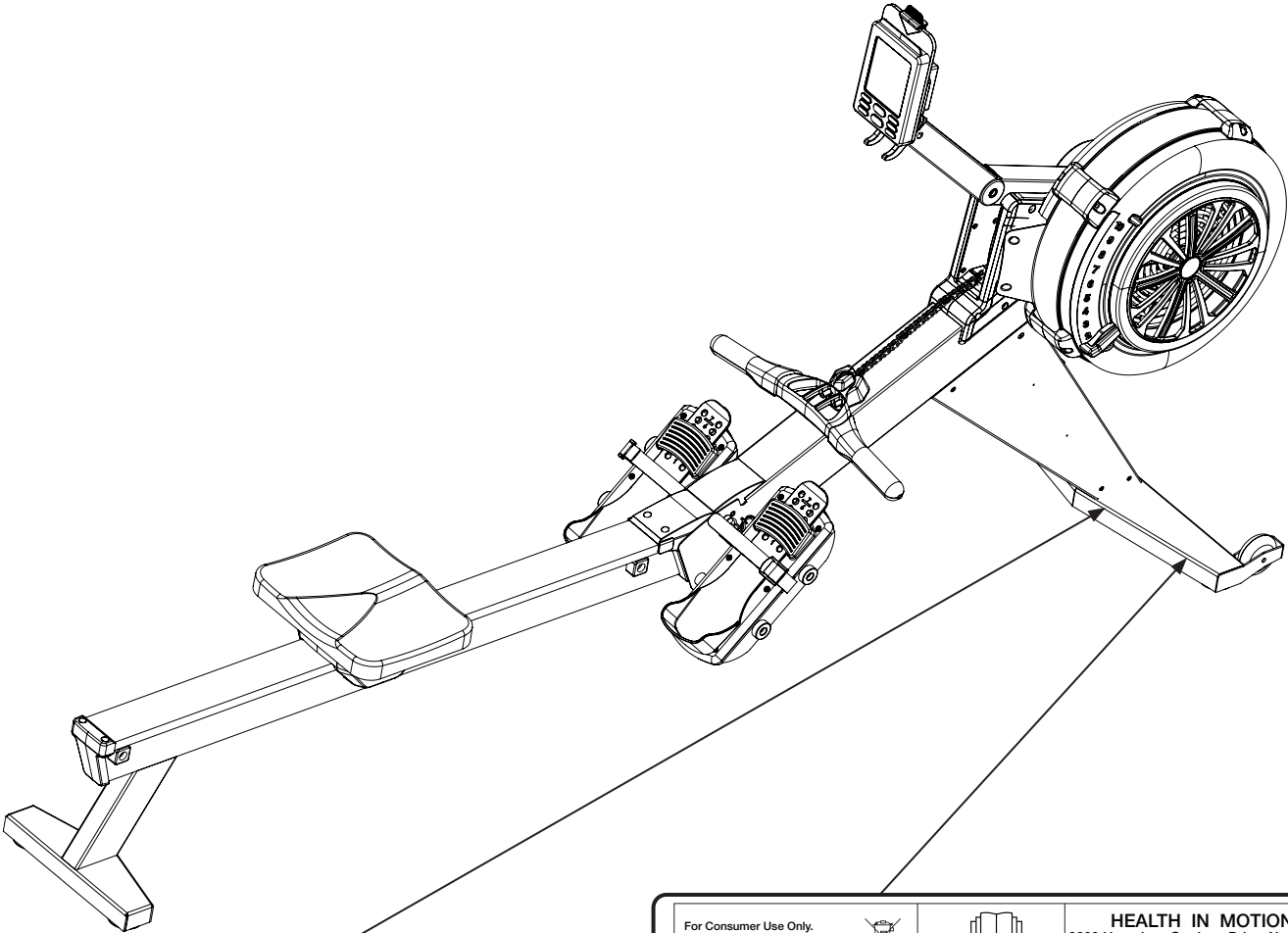
WARNING

Before Beginning Any Exercise Program, Consult Your Physician. This Is Especially Important For Individuals Over The Age Of 35 Or Persons With Pre-Existing Health Problems. Read All Instructions Before Using Any Fitness Equipment. Centr, Llc. Does Not Assume Any Responsibility For Personal Injury Or Property Damage Sustained By Or Through The Use Of This Product.

FLOOR PROTECTION NOTICE

To help prevent damage to your flooring, it is strongly recommended to place the Rower on a non-slip, protective floor mat. Prolonged contact between the Rower base and certain floor types (e.g., hardwood, vinyl, tile, or carpet) may result in scuffs, pressure marks, or surface wear, especially during transport or use. A floor mat can also help reduce noise, vibration, and movement during workouts.

WARNING AND SERIAL NUMBER LABELS



WARNING

▶ READ AND FOLLOW THE USER MANUAL AND FOLLOW ALL WARINGS BEFORE THE ASSEMBLY.
FAILURE TO FOLLOW ALL WARINGS AND INSTRUCTIONS COULD RESULT IN INJURY OR DAMAGE.

▶ KEEP CHILDREN UNDER 14-YEAR-OLD AND PETS AWAY FROM EQUIPMENT.

▶ FOR CONSUMER USE ONLY.

▶ REPLACE THIS CAUTION LABEL IF DAMAGED, ILLEGIBLE, OR REMOVED.

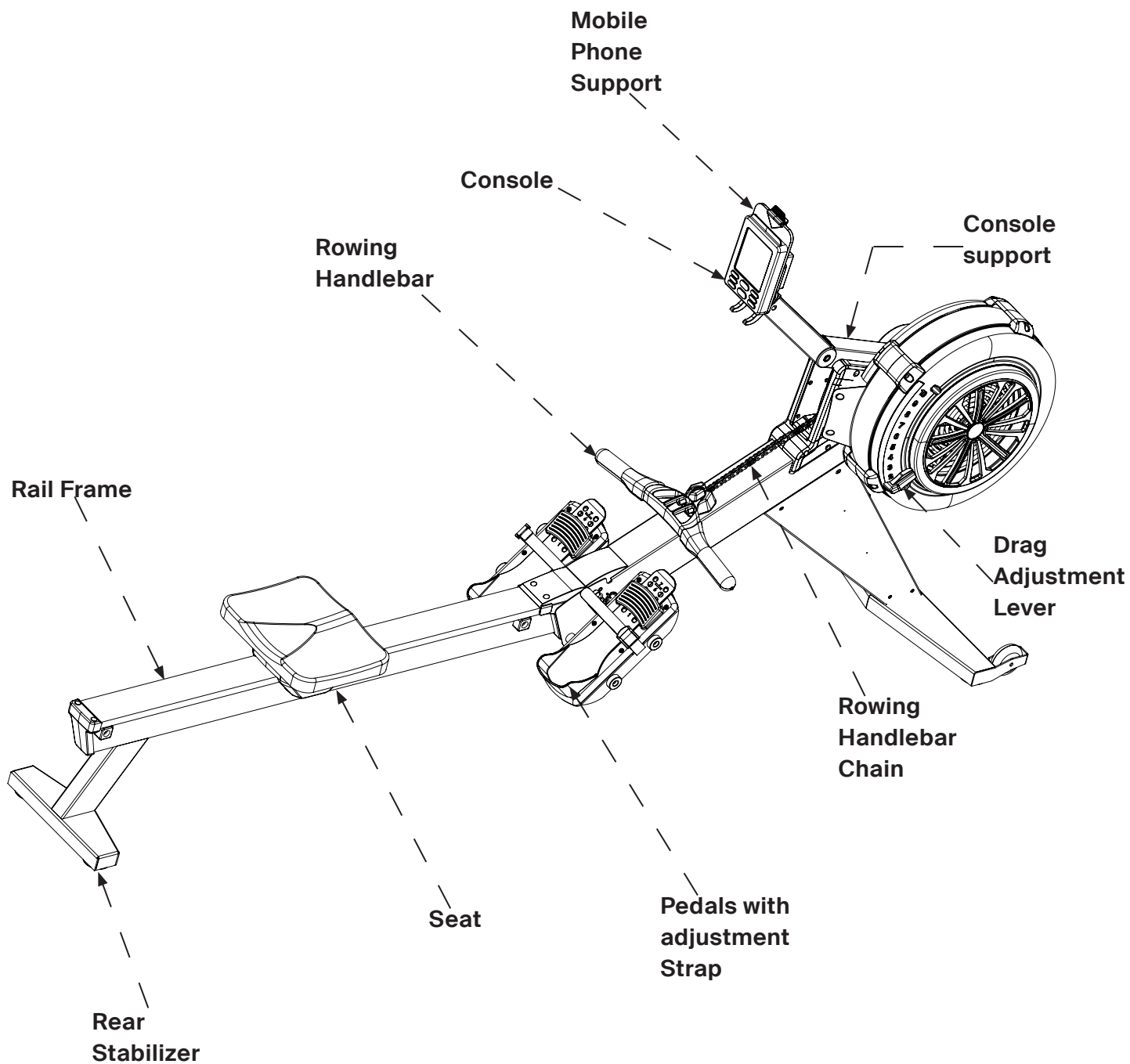
▶ MAXIMUM USER WEIGHT IS 298 LBS (135 KG)

▶ CONSULT A PHYSICIAN BEFORE STARTING EXERCISE.

80821-EN-V2026-05-26

For Consumer Use Only. Pour usage grand public uniquement. Solo para uso del consumidor.	HEALTH IN MOTION LLC 3300 Horseless Carriage Drive, Norco, CA 92860 +1 714-738-1729	
	Model / Modèle / Modelo AAA.1	Load / Charger / Carga 44.1KG
NO MEDICAL TREATMENT PURPOSE! Made in China. AUCUN BUT DE TRAITEMENT MÉDICAL ! Fabriqué en Chine. ¡SIN PROPÓSITO DE TRATAMIENTO MÉDICO! Hecho en China.	Class / Classe / Clase HB	
SERIAL NO. NO DE SÉRIE N.º DE SÉRIE AAA.1-XXX-X-XX-XX-XXXXXX		80738-V2026-02-24

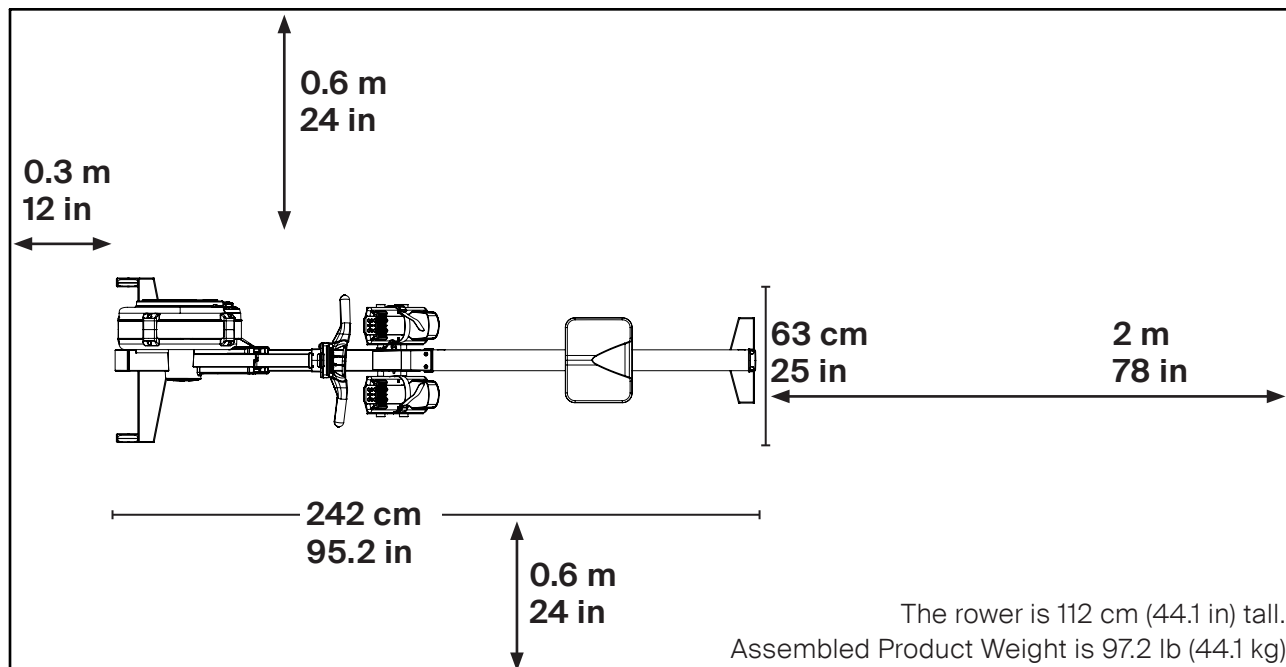
FEATURE OVERVIEW



SPACE REQUIREMENTS

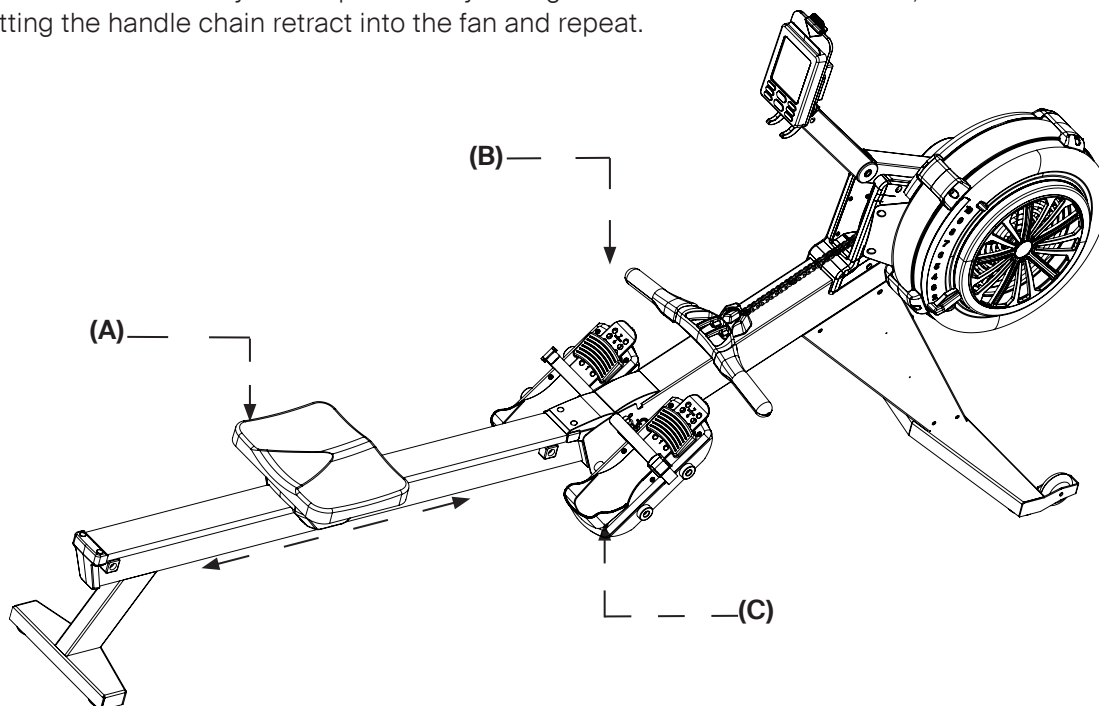
This rower requires a minimum amount of floor space to safely operate. Keep a minimum open area of 2 m (78 in) behind the rower, and 0.6m (24 in) on both sides.

Total Surface Area of the rower is cm²



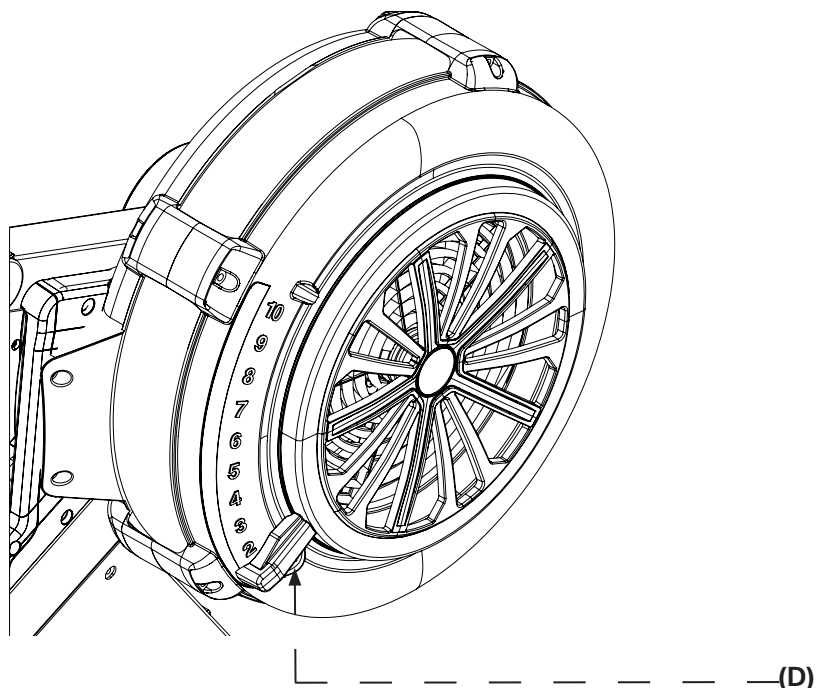
HOW TO USE

Step into seat **A** and grasp handle **B**. Next, insert your feet into pedals **C** and adjust the strap. With the legs bent, pull the handle towards you and push with your legs to move back with the seat, return to the initial position letting the handle chain retract into the fan and repeat.



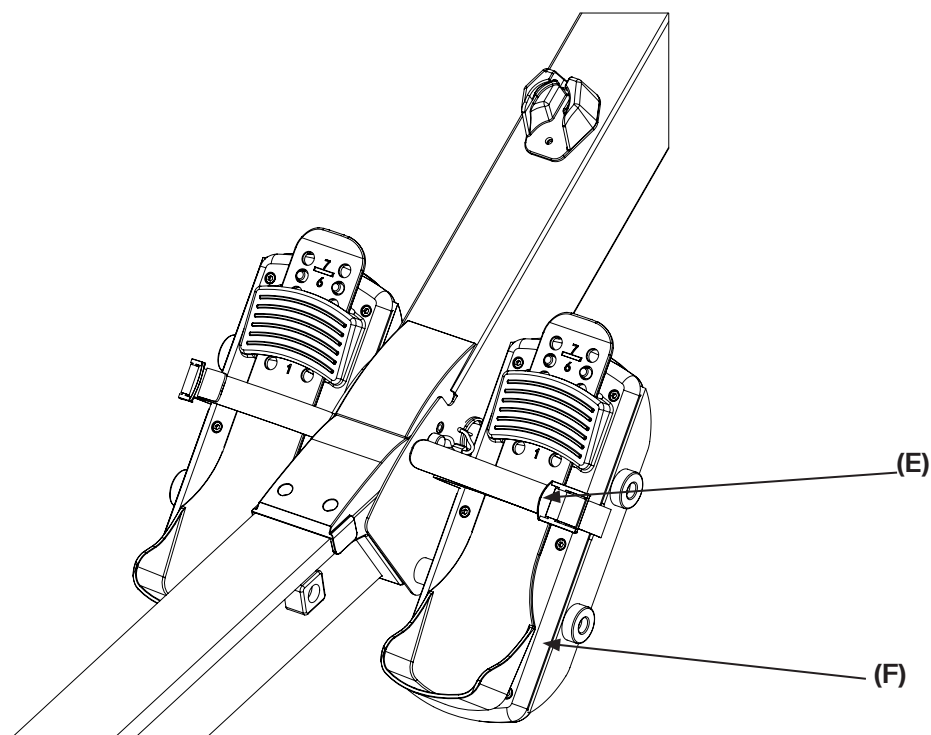
LOAD/DRAW ADJUSTMENT

Move the adjustment lever **D** so that it points to the numbers on the fan cover to adjust the load. The load **setting ranges from 1 to 10**. **Setting 1 provides the lowest resistance** while **setting 10 provides maximum resistance**.

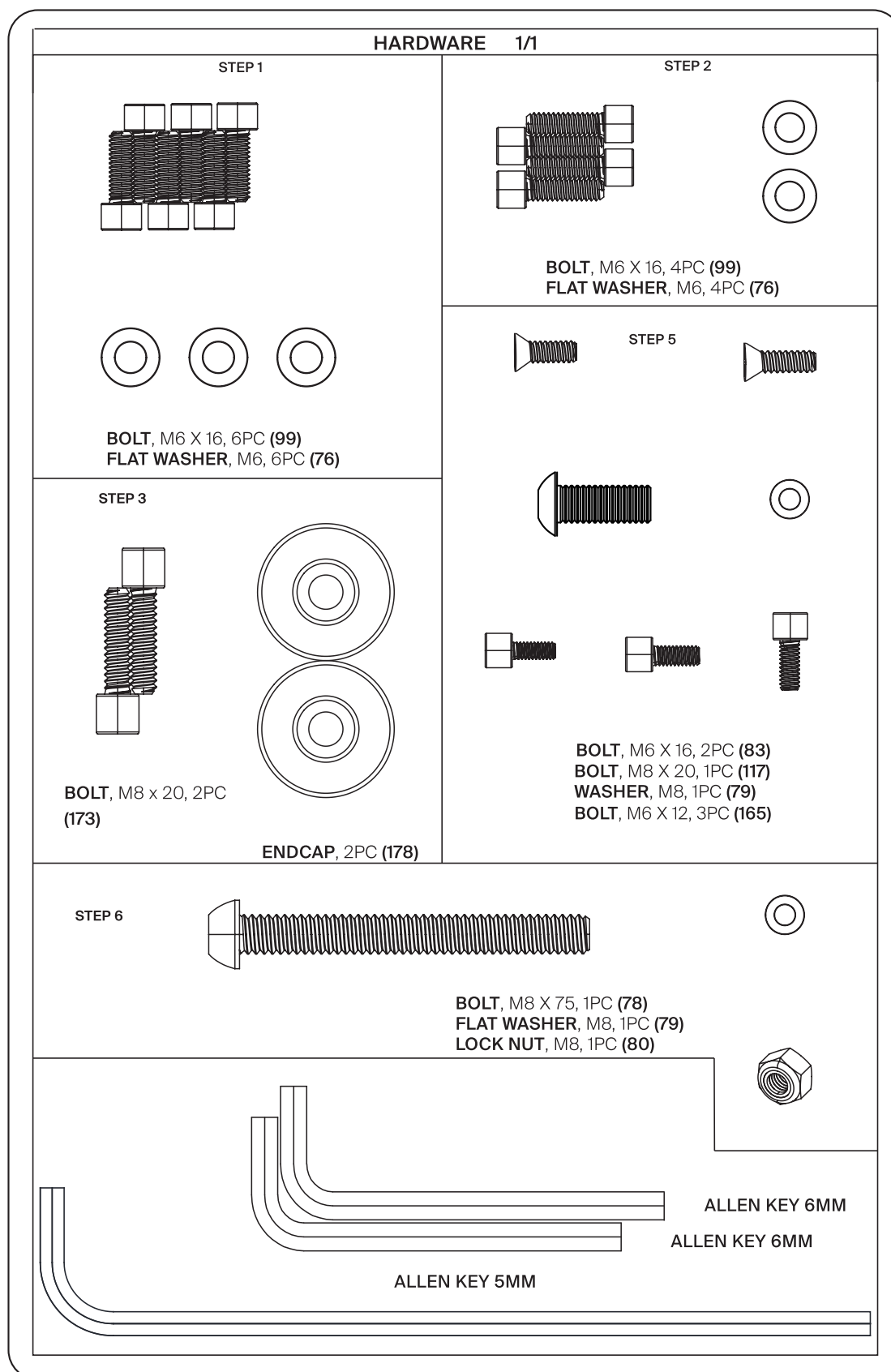


PEDAL STRAP ADJUSTMENT

To adjust the position of pedal pull it out of the two bulges **E** in the pedal support plate **F**, and then lower or raise the pedal to the desired position by pressing the adjustment holes on the two bulges. Refer to the numbers on the pedal to make sure they are adjusted to the same position on both sides.



HARDWARE PACK (NOT TO SCALE)



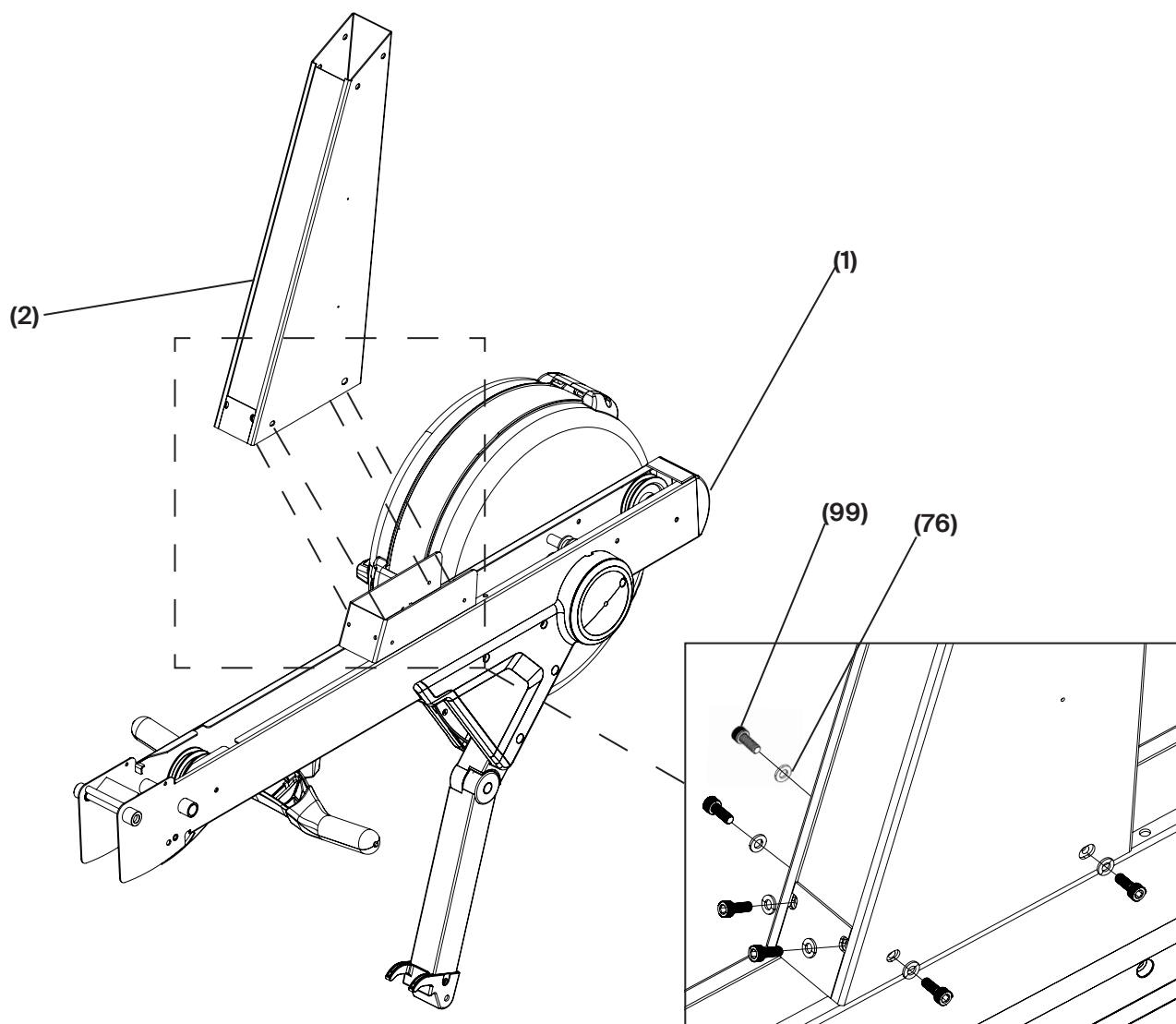
ASSEMBLY

WARNING

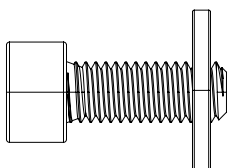
IT IS RECOMMENDED TO HAVE AT LEAST 2 PEOPLE FOR UNBOXING AND ASSEMBLING THIS MACHINE.

Note: Avoid putting it sideways to avoid cracking of the fan cover or the Drag Lever.

STEP 1: Connect the **Main Front Leg (2)** to the **Main Body Frame (1)** using **Hardware (99, 76)**.



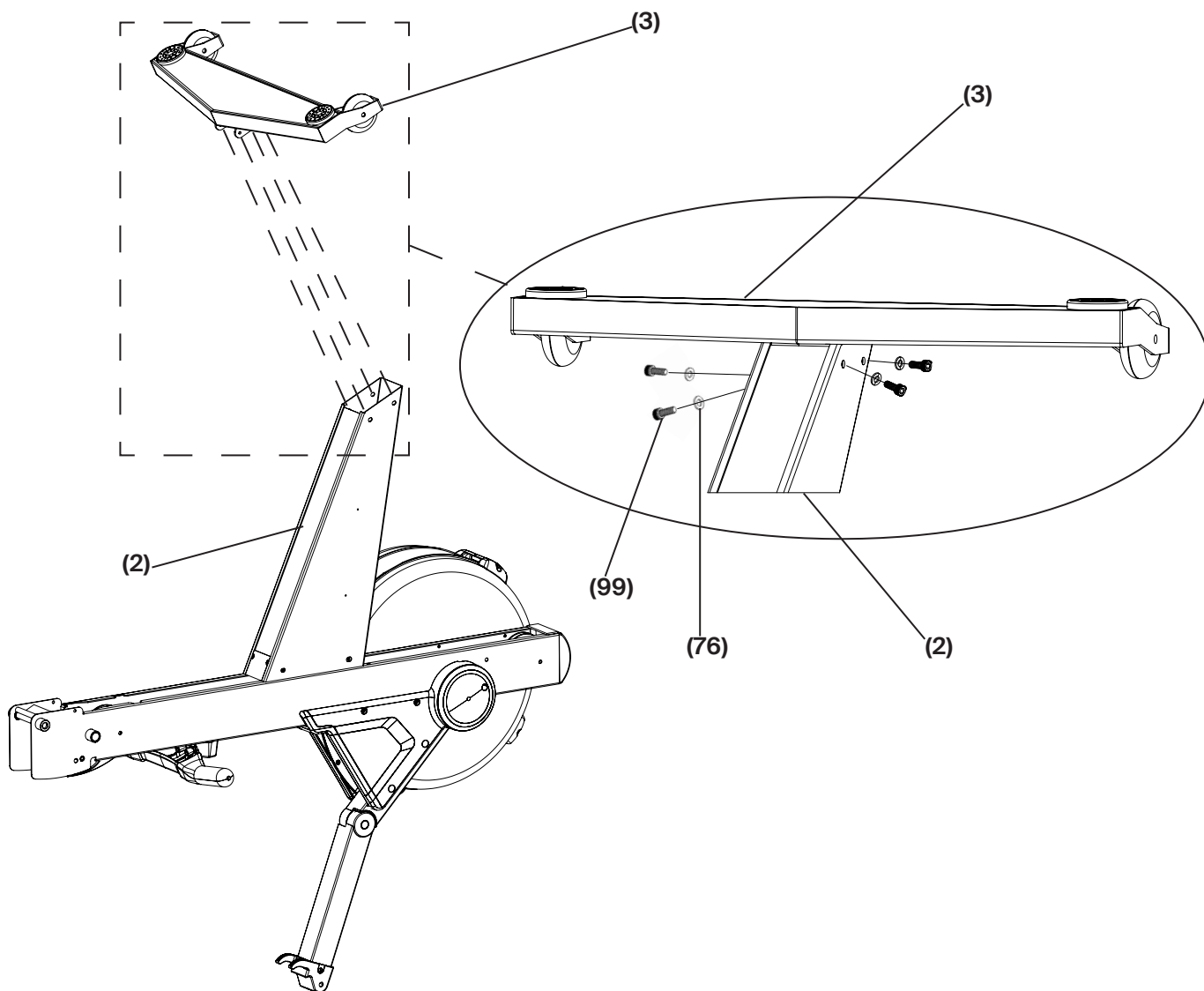
HARDWARE REQUIRED



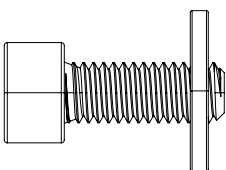
BOLT, M6 X 16, 6PC (99)

FLAT WASHER, M6, 6PC (76)

STEP 2: Connect the **Front Stabilizer (3)** to the **Main Front Leg (2)** using **Hardware (99, 76)**.



HARDWARE REQUIRED

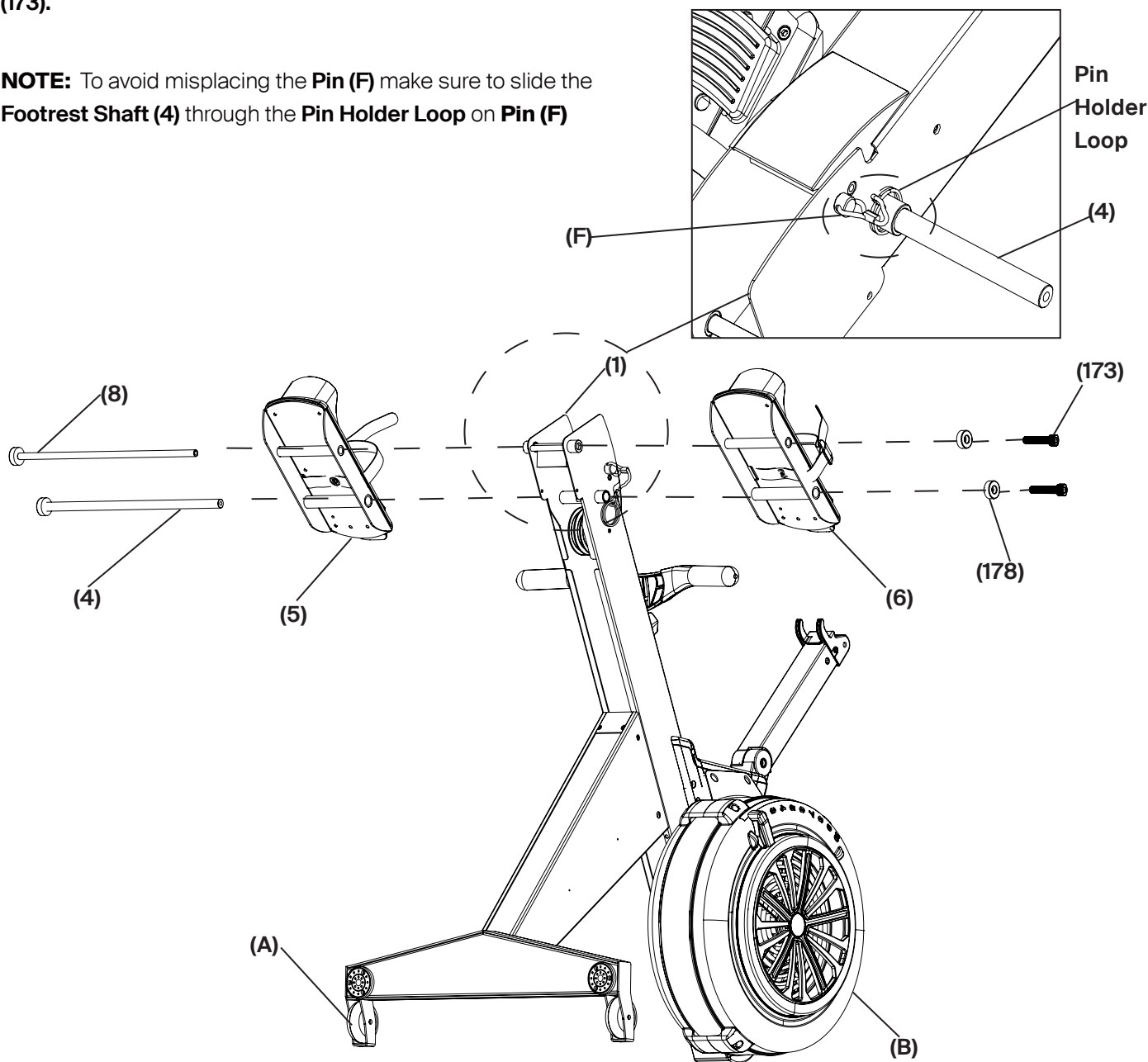


BOLT, M6 X 16, 4PC (99)

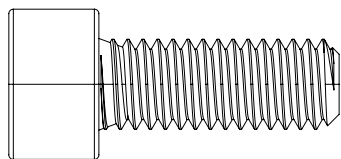
FLAT WASHER, M6, 4PC (76)

Step 3: Tilt the semi-assembled rower and carefully place it on the **Transport Wheels (A)** and the **Fan Guard (B)**. Insert the **Footrest Shaft (8)** and the **Footrest Shaft (4)** through the **Left Footrest (5)** and the **Main Body Frame (1)**. Now insert the **Right Footrest (6)** through **Shafts (4, 8)**. Secure using **Endcaps (178)** and **Hardware (173)**.

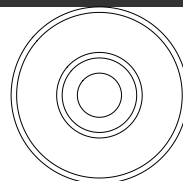
NOTE: To avoid misplacing the **Pin (F)** make sure to slide the **Footrest Shaft (4)** through the **Pin Holder Loop** on **Pin (F)**



HARDWARE REQUIRED

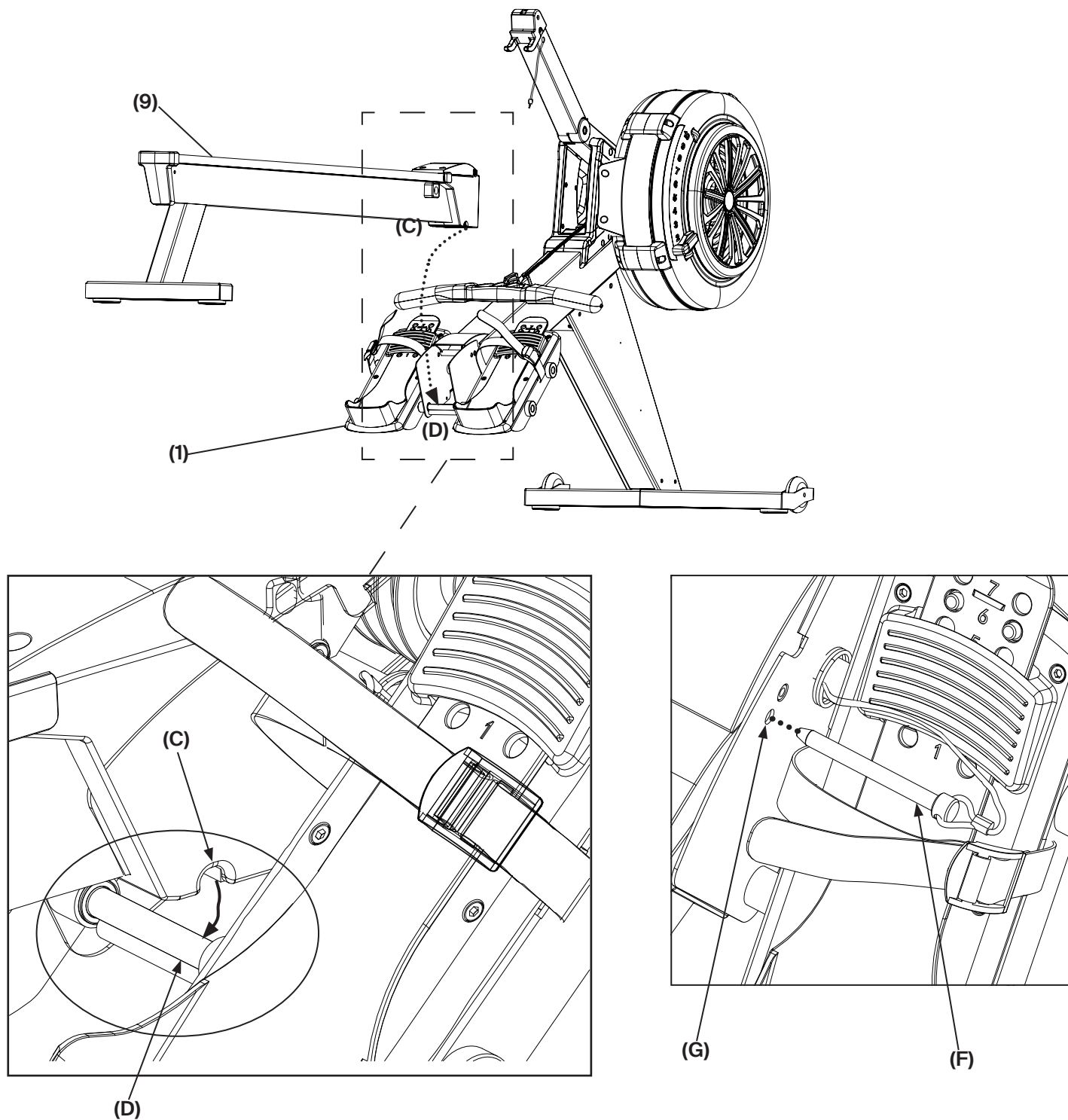


BOLT, M8 x 20, 2PC (173)

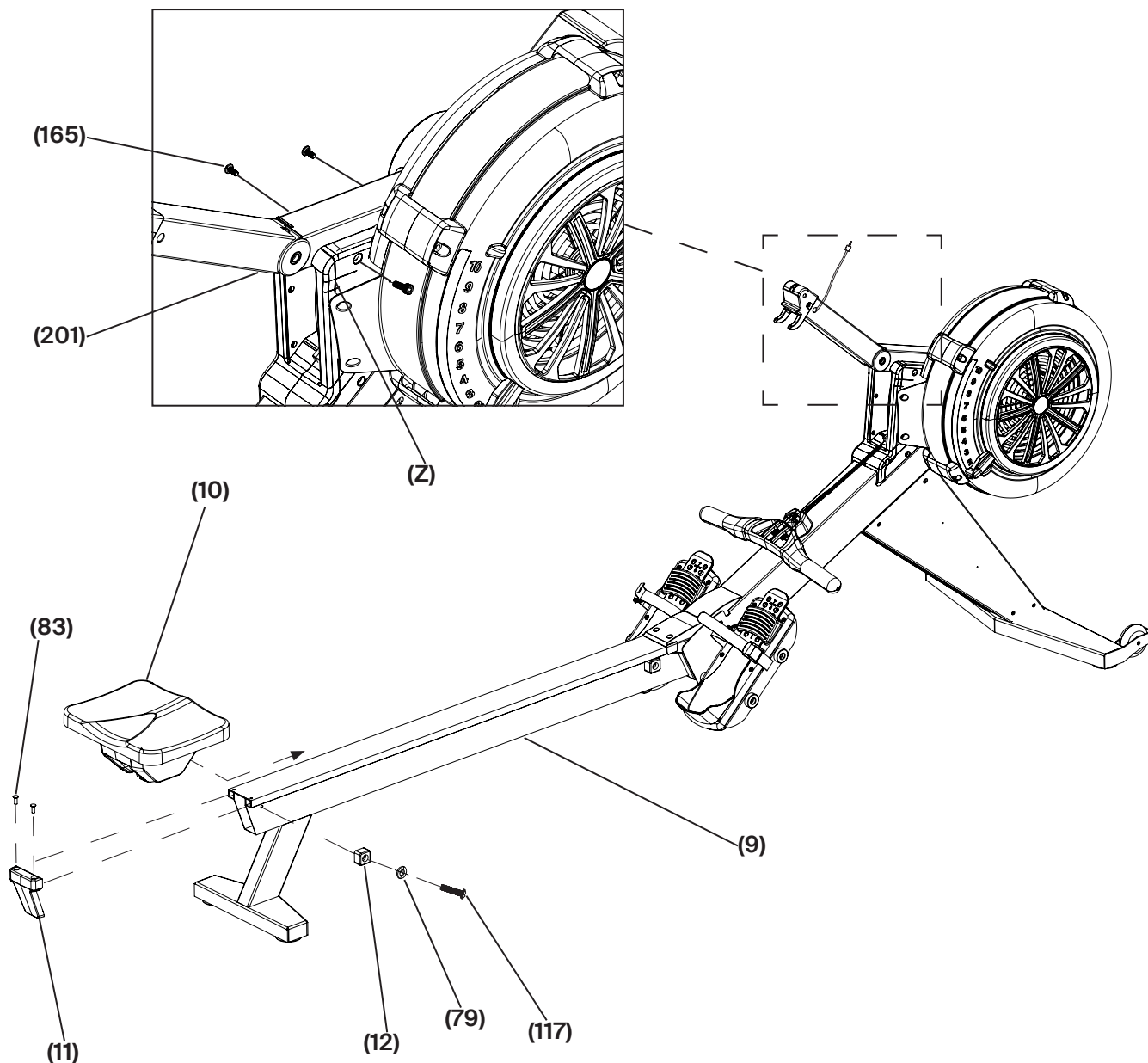


ENDCAP, 2PC (178)

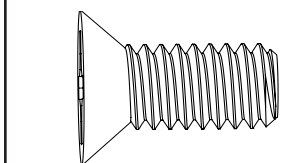
Step 4: First remove the **Pin (F)** from **Hole (G)**. Now insert the **Track Frame (9)** into the **Main Frame (1)** by tilting the frames toward each other, aligning the **Track Frame Cutout (C)** with the **Pedal Shaft (D)** on the **Main Frame (1)**, and guiding the cutout onto the shaft. Now insert the **Pin (F)** through the **Hole (G)** to fix the assembly.



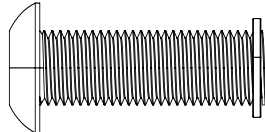
Step 5: Fix the **Console Arm (201)** to **Support (Z)** using **Hardware (165)**. Now, slide the **Seat (10)** into the **Track Frame (9)**, then screw the **Track Frame End Cap (11)** using **Hardware (83)**. Now tighten the **Seat Stopper (12)** on the **Track Frame (9)** using **Hardware (117, 79)**



HARDWARE REQUIRED

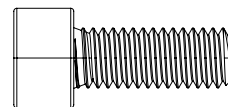


BOLT, M6 X 16, 2PC (83)



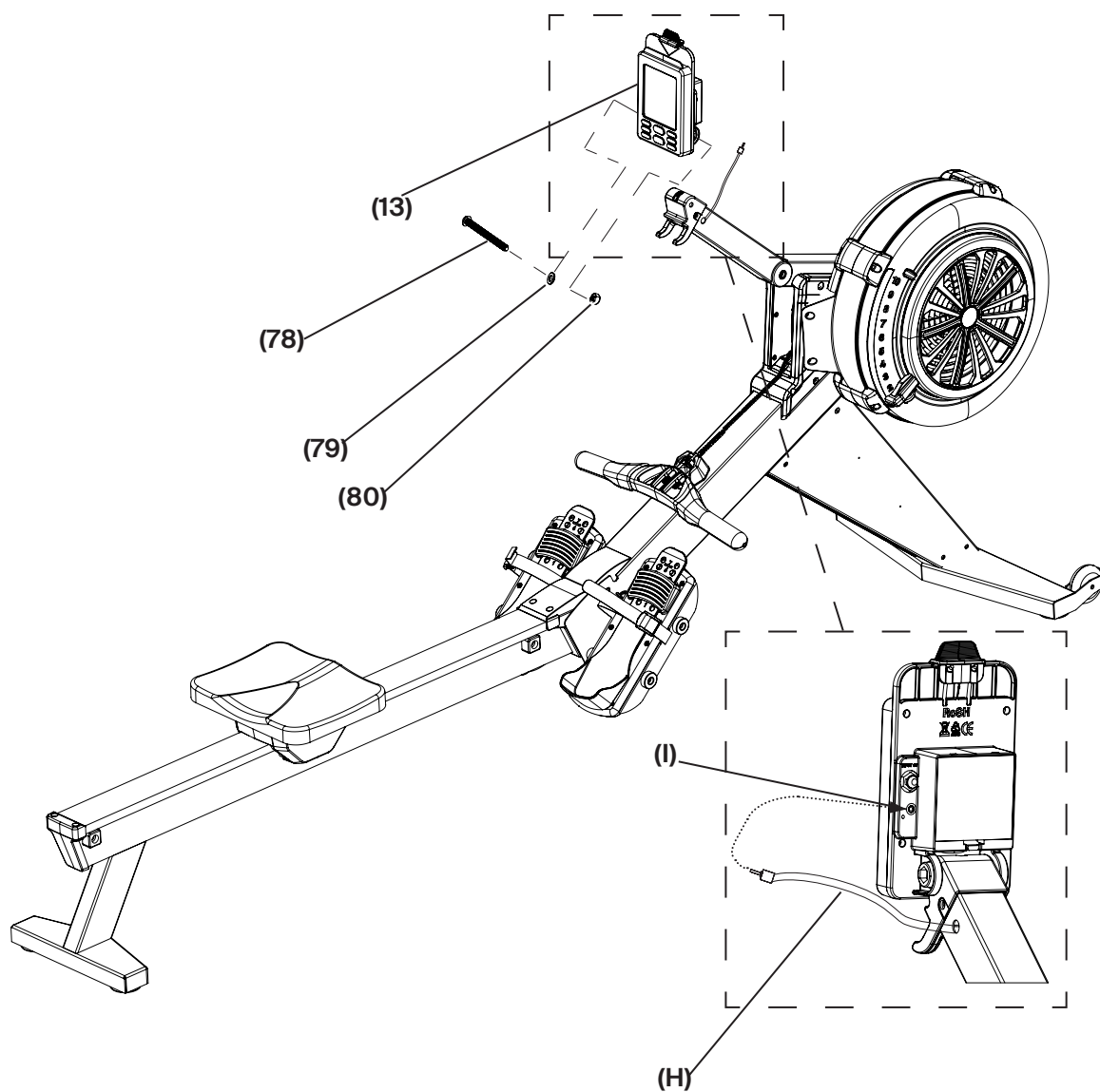
BOLT, M8 X 20, 1PC (117)

WASHER, M8, 1PC (79)

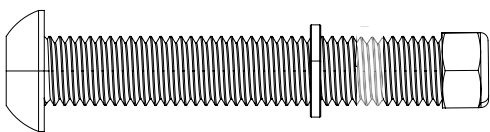


BOLT, M6 X 12, 3PC (165)

Step 6: Attach the **Console (13)** to the **Bracket Holder (14)** using **Hardware (78, 79, 80)**. Next, insert the **Sensor wire (H)** in the **Cavity (I)**.



HARDWARE REQUIRED



BOLT, M8 X 75, 1PC (78)

FLAT WASHER, M8, 1PC (79)

LOCK NUT, M8, 1PC (80)

BEFORE YOU BEGIN

This Rower is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment.

WARNING

Before using this Rower, all users must read, understand, and carefully follow all warnings, instructions, and procedures on the Rower and in this user manual. The user is required to perform a complete visual inspection, and test of the features and functions of the assembled Rower prior to use.

CAUTION

1. To avoid injury, use extreme caution when hopping onto or off of the Rower.
2. Set your desired resistance using the Drag Adjustment Lever. The speed will increase when there is less resistance and vice versa.
3. While on the Rower, move with caution as distractions may cause you to lose balance, which may result in serious injury.

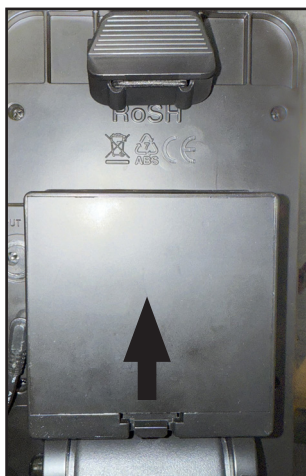
DISPLAY CONSOLE OPERATION

CONSOLE KEYPAD OVERVIEW

NOTE: The console control keys are precisely set and require very little finger pressure to use. To avoid damaging these keys, do not use excessive pressure when operating these controls. For best performance of the touch buttons, regularly clean the console surface.

CONSOLE BATTERY INSTALLATION AND REPLACEMENT

BATTERY INSTALLATION: When the product is used for the first time, the display console needs to follow the following steps to install the battery:



STEP 1:

Lift the Battery cover from the notch to remove it.



STEP 2:

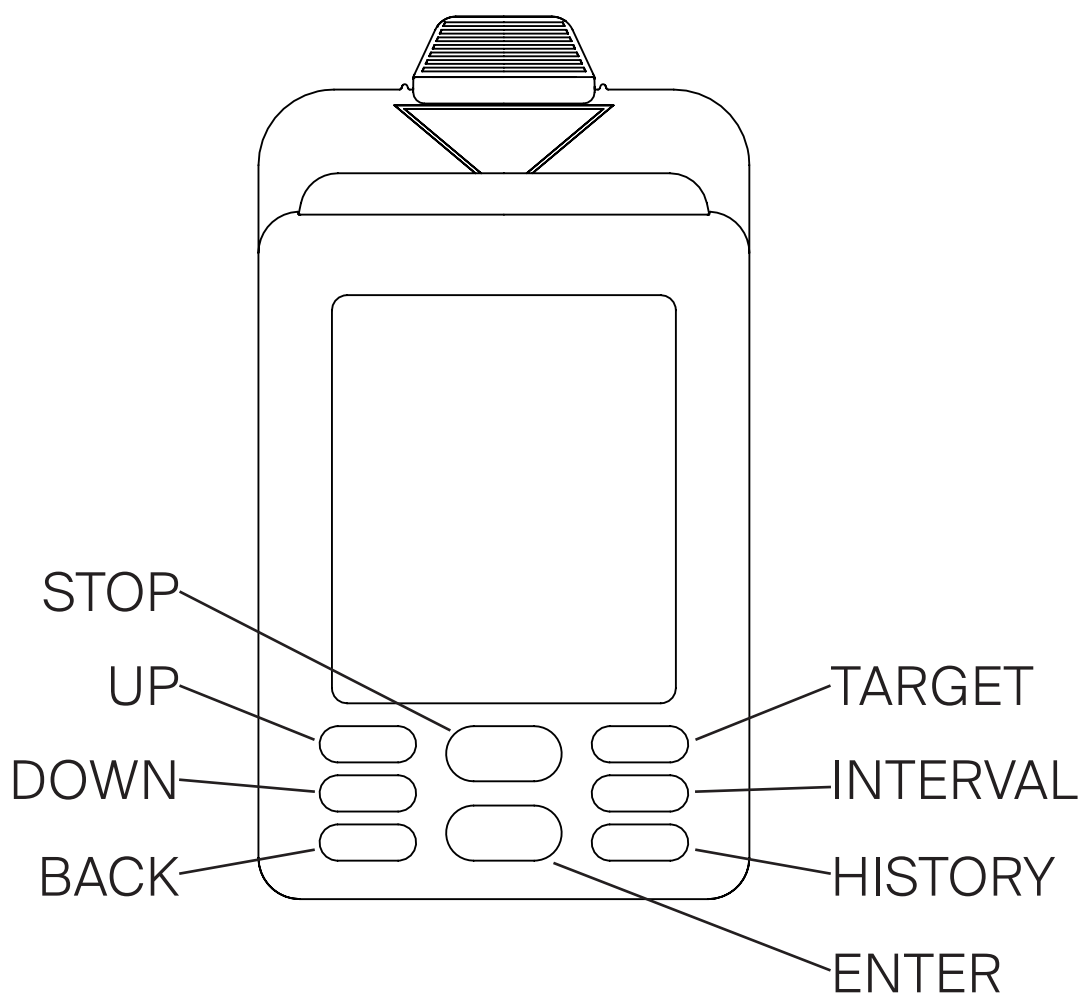
Install 2 number of D cell batteries according to the positive and the negative electrode mark.



STEP 3:

Attach the battery cover back into the battery box, push it in the direction of the arrow.

CONSOLE OPERATION



QUICK START

1. Without pressing any buttons, simply begin exercising to turn on the console.
2. To **pause** the workout, press the “STOP” button once. To resume the workout, simply resume the exercise.
3. To **stop** the workout and show the workout summary, press the “STOP” button when the workout is **paused**. For example, during an exercise, press “STOP” once to **pause** the workout and press “STOP” again to **stop** the workout.
4. To return the console to **idle** mode, press the “STOP” button when the workout is **stopped**. Doing so will save the workout to the console memory. The console memory can save 99 workouts.

TARGET WORKOUT

Set a target to achieve. Once the target is achieved, the workout will end automatically and the console will save the workout to console memory.

1. With the console in idle mode, press “TARGET”. If the console is off, press “STOP” once to enter idle mode.
2. After pressing “TARGET”, the console will show distance by default. Press “TARGET” again to cycle through the other available modes of calories and time.
 - a. Selecting the distance or calories modes will set up the exercise to continue after the required distance has been traversed or the required calories have been expended.
 - b. Selecting the time mode will set up the exercise to continue until the timer runs down to zero. The timer will automatically pause when the exercise is paused and automatically resume when the exercise is resumed.

INTERVAL WORKOUT

Set intervals to achieve multiple targets with rest in-between. Once all intervals have been completed, the workout will end automatically and the console will save the workout to console memory.

1. With the console in idle mode, press “INTERVAL”. If the console is off, press “STOP” once to enter idle mode.
2. After pressing “INTERVAL”, the console will show distance by default. Press “INTERVAL” again to cycle through the other available modes of calories and time.
3. Use the “UP” or “DOWN” buttons to set the interval target and press “ENTER” to confirm.
4. Use the “UP” or “DOWN” buttons to set the number of intervals and press “ENTER” to confirm. Each interval is a target workout to achieve the previously set interval target. For example, setting an interval target of 500 meters and an interval number of 3 means you will need to complete 3 sets of 500 meters.
5. Use the “UP” or “DOWN” buttons to set the rest time. This is the amount of time allotted to resting between intervals.

VIEWING THE CONSOLE MEMORY

Review saved workouts and splits within workouts.

1. With the console in **idle** mode, press “HISTORY”. If the console is off, press “STOP” once to enter **idle** mode.
2. After pressing “HISTORY”, the console will show console memory #1 by default. The console saves the most recent workout to the lowest memory #; each new saved workout will be saved to memory #1 and older workouts will be pushed to a higher memory #. For example, completing a workout will save that workout to memory #1; completing a subsequent workout will save that subsequent workout to memory #1 and the previous workout - which was previously saved to memory #1 - will be pushed to memory #2.
3. Use the “UP” and “DOWN” buttons to select a memory # to view.
4. When viewing a memory, press the “HISTORY” button to cycle between workout information.
5. When viewing a memory, press the “UP” and “DOWN” buttons to cycle between splits. The console can save a maximum of 99 splits within one workout.
 - a. Splits will not be activated during a QUICKSTART workout. Splits will only be activated during a TARGET or INTERVAL workout.
 - b. During a **distance** workout, splits will count every:
 - i. 100m up to 500m;
 - ii. 500m from 500m up to 10,000m;
 - iii. 1,000m from 10,000m up to 20,000m;
 - iv. 2,000m from 20,000m to 50,000m.
 - c. During a **calories** workout, splits will count every:
 - i. 10cal up to 100cal;
 - ii. 20cal from 100cal up to 500cal;
 - iii. 50cal from 500cal up to 1,000cal;
 - iv. 100cal from 1,000cal up to 2,000cal;
 - v. 150cal from 2,000cal up to 3,000cal;

VIEWING THE CONSOLE MEMORY (continued)

- vi. 10min from 100min up to 200min;
- vii. 15min from 200min up to 5hrs;

MAINTENANCE AND CARE

WARNING

The safe operation of the machine can only be maintained when the equipment is regularly examined for damage and wear. It is the sole responsibility of the user/owner to ensure that regular maintenance and inspections for damage and wear are performed. Special attention should be given to components which are most susceptible to wear. Worn or damaged components should be replaced immediately, or the equipment removed from use until the repair is made. Inspect all bolts, nuts and any other securing devices to be sure that they are fully tightened and that the machine is properly assembled and in a safe condition. All warnings and instructions must be read and followed prior to use.

General cleaning will help prolong the life and performance of the treadmill.

- Keep the Rower clean and maintained by dusting the components on a regular basis.
- Clean the platforms and the visible portion to prevent debris from accumulating. Debris will degrade the performance and prematurely wear out components of the machine.
- Regularly inspect the product for loose hardware.
- The moving parts should turn freely and quietly. Abnormal moving parts will affect the safety of the equipment.
- It is recommended to place the rower on a qualified mat that is slightly larger than the rower base. This will help protect your product from accumulating dust, debris and carpet fibers which can affect the performance and longevity of your rower.

CENTR