

VERVE®

Commercial Rower

USER MANUAL

VO2-ROW-001



RESISTANCE

Air — 10 Levels

CONSOLE

LCD + Bluetooth

FOOTPRINT

241 × 61cm

Need help? Contact support@vervefitness.com or visit vervefitness.com/support
vervefitness.com

Safety.

Read this safety information before assembling or using your VERVE Commercial Rower. Keep this manual for future reference — the maintenance schedule that keeps the rower safe long-term is on page 10.

CAUTION: Risk of Injury or Property Damage

1. Medical Consultation: Consult your physician before starting any strenuous exercise program, including rowing.

2. Worn Parts: Stop using the rower if the chain, sprockets, chain/swivel connector, handle U-bolt or shock cord show wear. Replace with genuine VERVE parts immediately — other parts may cause injury or poor performance.

3. Stable Surface: Use the rower on a stable, level surface only. Do not bolt or permanently fix it to the floor — this can damage the frame.

4. Keep Clear: Keep children, pets, fingers and clothing away from the seat rollers and monorail at all times.

5. Rowing Technique: Pull straight back with both hands — never row with one hand. Never twist the chain or pull it from side to side.

6. Handle Care: Place the handle against the chain guide or in the handle hooks before letting go. Do not let it fly back into the chain guide.

7. Framelock: Always put the framelock in the locked position when the flywheel and monorail sections are joined, and before moving the rower. Failure to do so may result in injury if the unit is lifted or moved.

8. Storage: Do not stand the rower up on end — it may tip over.

9. Maintenance: Follow the maintenance schedule in this manual. A worn or damaged rower is a safety risk — replace defective components before use, or keep the machine out of use until repaired.

Features & Components.

The VERVE Commercial Rower is an institutional-grade air rowing machine built for daily use — approved for use at CrossFit Expo games and rated for users up to 150kg.



NO.	COMPONENT	DESCRIPTION
1	Performance Monitor	Backlit LCD display with Bluetooth heart-rate and Kinomap app connectivity
2	Monitor Mounting Arm	Holds the monitor at eye line; joint nuts can be adjusted for arm tension
3	Air-Resistance Flywheel	Fully-enclosed, chain-driven nylon fan wheel with a 10-level damper
4	Handle & Chain Guide	Soft rubber grip handle; hooks onto the chain guide when not in use
5	Footplates & Straps	Pivoting footboards with adjustable straps either side of the flywheel unit
6	Seat Monorail	Extruded aluminium I-beam rail with a stainless steel seat track
7	Padded Sliding Seat	Rolls on sealed bearings along the monorail
8	Front Leg & Transport Wheels	Folds flat against the flywheel unit; wheels let one person tip and roll the rower
9	Rear Stabiliser Foot	Anchors the seat end of the monorail to the floor

PRODUCT INCLUDES

Monorail assembly — seat rail, seat and rear stabiliser foot (pre-assembled)

Flywheel unit — fan flywheel and front leg with transport wheels (pre-assembled)

Performance monitor and mounting arm

Hardware pack — 8× M6×20 bolts, 8× spring washers, 8× flat washers, and a 4mm Allen wrench

Monitor batteries are **not included** — see Setup, page 6.

Setup.

Your rower ships as two pre-built sections — the monorail (with seat and rear foot) and the flywheel unit (with front leg) — joined by two short bolted joints and a fold-lock hinge. Unpack both sections in a clear space before starting.

Positioning.

SPECIFICATION	DETAILS
Machine Dimensions	241cm × 61cm (8ft × 2ft)
Training Area	122cm × 275cm (4ft × 9ft)
Recommended Free Area	183cm × 336cm (6ft × 11ft)
Product Weight	28kg (62lb)
Weight Capacity	150kg (330lb) rated; tested to 135kg (300lb) per EN 20957-7

Tools required.

- **4mm Allen wrench** — included in the hardware pack; the only tool needed

ASSEMBLY TIPS

Finger-tighten all bolts first, then fully tighten once each joint is complete.
 Insert each bolt in this order: bolt, spring washer, flat washer.
 Set the rower up on flat, level ground — never bolt it permanently to the floor.

Hardware inventory.

Step 1 — Attach the rear stabiliser foot.

☐	M6×20	Hex bolt	x4	Joins the rear stabiliser foot to the monorail
☐	—	Spring washer	x4	One per bolt, against the bolt head
☐	—	Flat washer	x4	One per bolt, against the frame

Step 2 — Attach the front leg.

☐	M6×20	Hex bolt	x4	Joins the front leg to the flywheel unit
☐	—	Spring washer	x4	One per bolt, against the bolt head
☐	—	Flat washer	x4	One per bolt, against the frame

STEP 1 OF 3

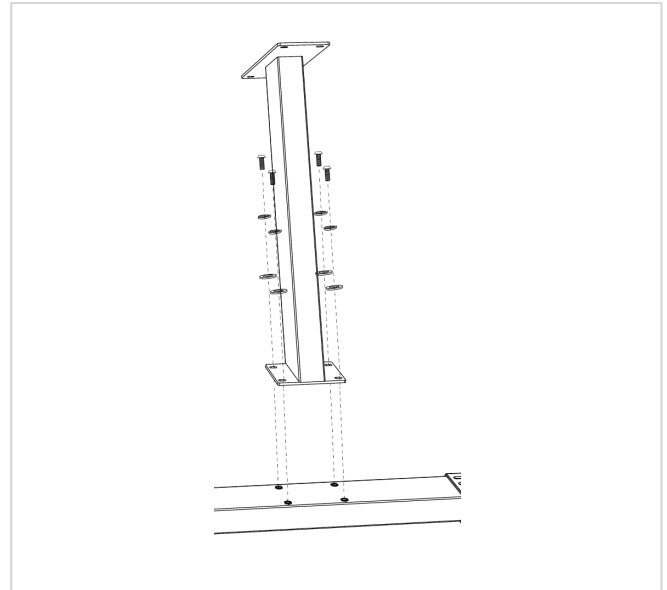
Attach the rear stabiliser foot.

Hardware: 4× M6×20 bolts, 4× spring washers, 4× flat washers

Lay the **monorail** (the long rail with the seat already fitted) on the floor, seat facing up.

Line up the **rear stabiliser foot** under the seat end of the rail and insert an **M6×20 bolt** through each of the four holes, fitting a **spring washer** then a **flat washer** on each.

Tip: leave all four finger-tight until the foot sits flush, then tighten fully with the 4mm wrench.



STEP 2 OF 3

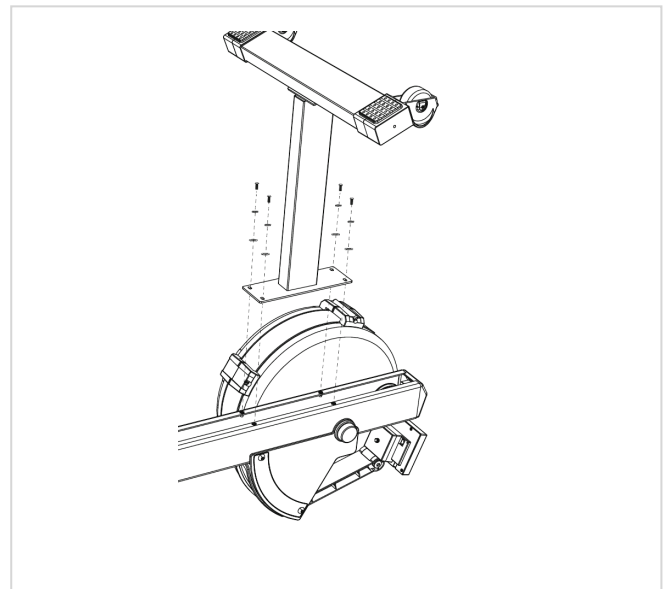
Attach the front leg.

Hardware: 4× M6×20 bolts, 4× spring washers, 4× flat washers

Take the **flywheel unit** (the fan housing with the monitor arm) and bring the **front leg** up against its mounting plate.

Insert an **M6×20 bolt** through each of the four holes, with a **spring washer** then **flat washer** on each.

Tip: the leg carries the transport wheels — check it folds flat against the flywheel housing before fully tightening.



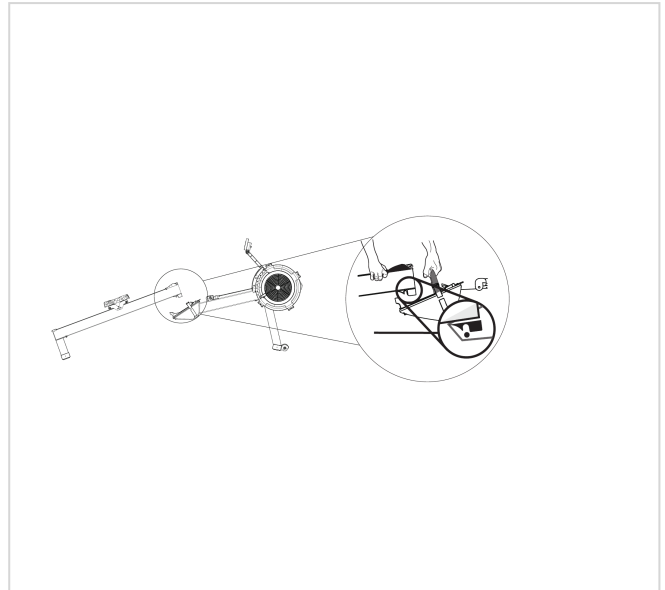
STEP 3 OF 3

Join the sections and engage the framelock.

Hardware: none — the framelock is a mechanical latch

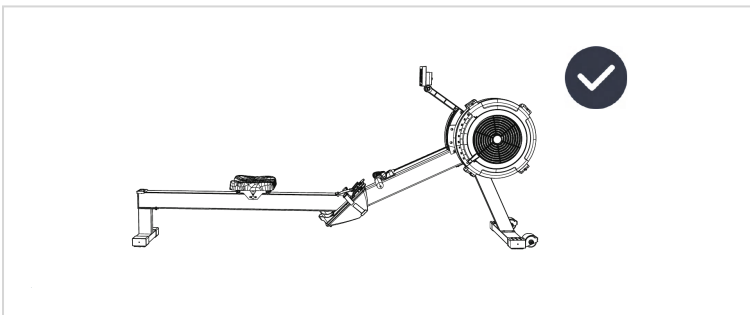
Slide the monorail's connector into the flywheel unit's connector until they seat together.

Flip the **framelock** lever (shown magnified) to the **locked** position. Always confirm it is locked before lifting or moving the rower — see Safety, item 7.



ASSEMBLY COMPLETE

That's it — your rower is built. Check every bolt is fully tightened and the framelock is engaged before your first row.



Fitting the monitor batteries.

Open the battery door on the back of the performance monitor and fit **two 1.5V alkaline D-Cell (LR20) batteries** — not included.

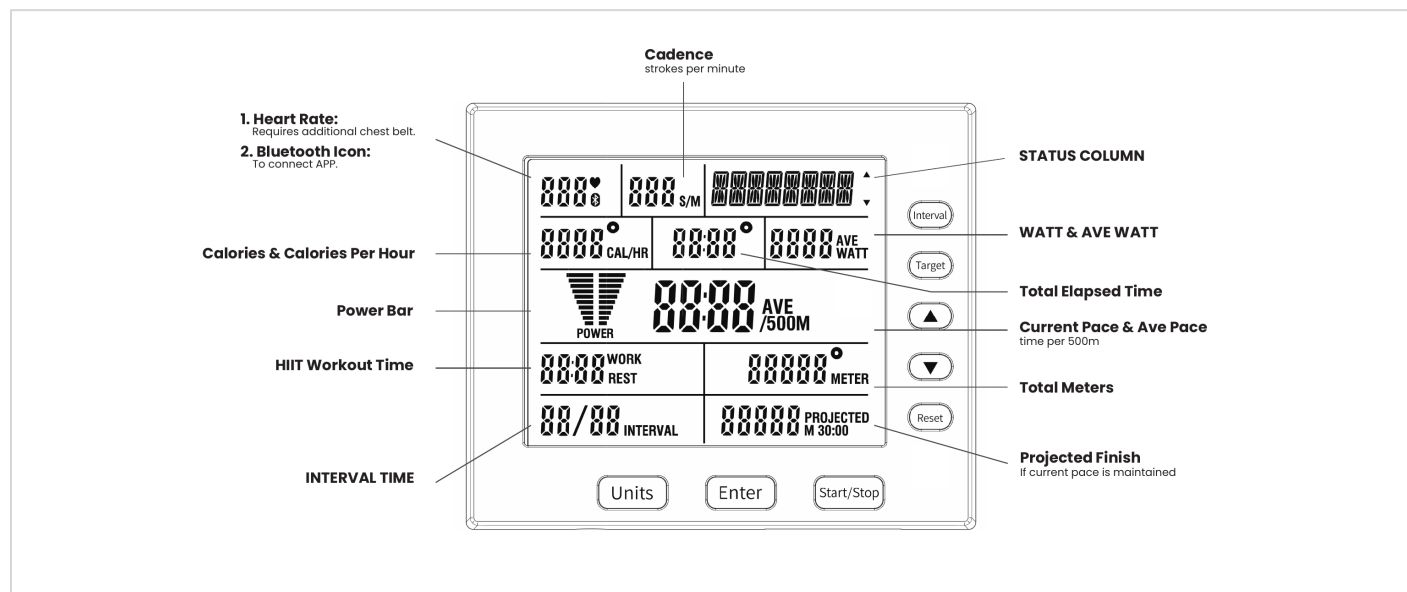
BATTERY SAFETY

Do not use lithium or 3.6V batteries — risk of fire or explosion.

Remove the batteries if the rower will be unused for four months or more.

Operating Instructions — The Console.

The performance monitor gives reliable, comparable data every workout. Every button, display field and program below is shown on the diagram.



UNITS	Press to change units between Meters, Pace, Watts and Calories. Press and hold for 3 seconds to pair Bluetooth with the Kinomap app.
ENTER	Confirms a setting or enters the current option.
START/STOP	Confirms the start or stop of the current function on the monitor.
INTERVAL	Opens the HIIT interval programs — see page 8.
TARGET	Opens the target programs — see page 8.
UP ARROW	Increases screen brightness; moves the cursor up or increases a parameter value.
DOWN ARROW	Decreases screen brightness; moves the cursor down or decreases a parameter value.
RESET	Press and hold for 3 seconds to reset the current program and status of the monitor.

Programs & Resistance.

HIIT interval programs.

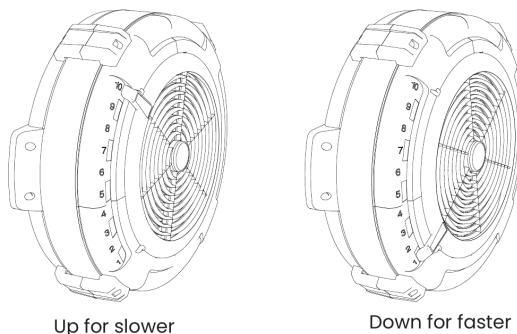
- **20/10** — work 20 seconds, rest 10 seconds, 8 intervals total
- **10/20** — work 10 seconds, rest 20 seconds, 8 intervals total
- **Custom** — set your own work time, rest time and number of intervals

Target programs.

- **Target Calories** — set a calorie goal; the monitor alerts you on arrival
- **Target Time** — set a time goal; the monitor alerts you on arrival
- **Target Distance** — set a distance goal; the monitor alerts you on arrival

Adjusting resistance.

Air resistance is set by the **damper lever** on the side of the flywheel housing, numbered 1–10. This changes how the rowing feels, not the resistance directly — it works like bicycle gearing. We recommend a damper setting of **3–5** for the best aerobic workout; higher settings feel like a bigger, slower boat and increase injury risk if used before you are comfortable with technique.



CONNECTIVITY

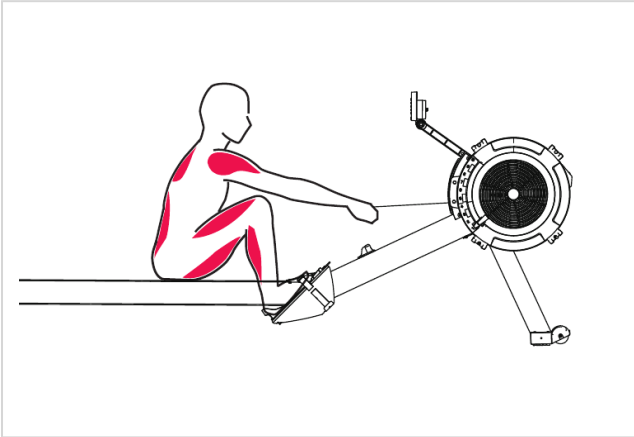
The monitor has Bluetooth wireless connectivity. Wear a compatible heart rate chest strap correctly and the monitor connects automatically — no pairing needed.

The monitor also connects to the **Kinomap** app (press and hold Units for 3 seconds until the Bluetooth symbol appears top-left).

This rower is also listed as compatible with the **VERVE Training App** for logging stats and results — see vervefitness.com for the current app pairing steps.

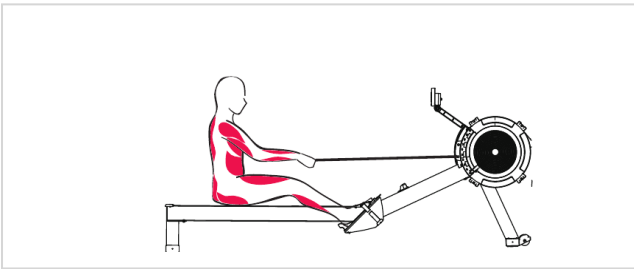
Proper Rowing Technique.

The rowing stroke has two parts: the drive (work) and the recovery (rest). Blend the four positions below into one smooth continuum.



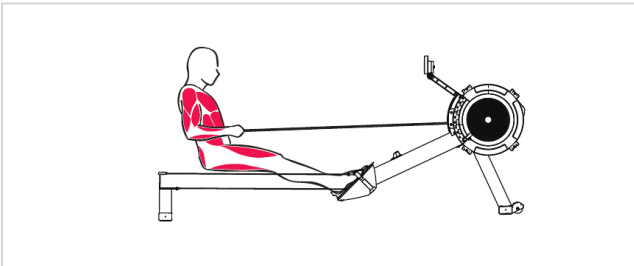
1. The Catch

- Arms straight, head neutral, shoulders level and not hunched
- Upper body leaning forward from the hips, shoulders in front of hips
- Shins vertical, or as close as comfortable — not beyond perpendicular



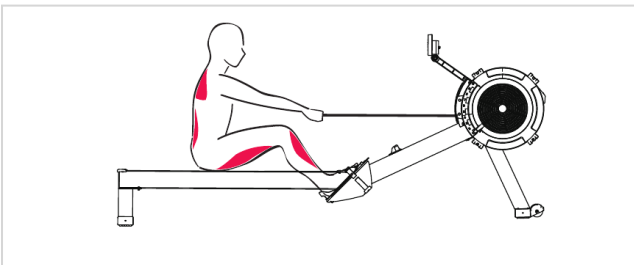
2. The Drive

- Press with the legs first, then swing the back through vertical before adding the arm pull
- Hands move in a straight line to and from the flywheel
- Shoulders stay low and relaxed



3. The Finish

- Upper body leaning back slightly, supported by the core
- Legs extended, handle held lightly below the ribs
- Wrists flat and relaxed



4. The Recovery

- Extend the arms fully before leaning forward from the hips
- Once hands clear the knees, let the knees bend and slide forward
- Return to the Catch with shoulders relaxed, shins vertical

Care & Maintenance.

FREQUENCY	WHAT TO DO
Daily	Wipe the stainless monorail top with a cloth or non-abrasive pad and a household all-purpose cleaner. No bleach, mineral acids or coarse abrasives.
Every 50 hours (weekly, commercial use)	Lubricate the chain with a teaspoon of purified mineral oil, 3-IN-ONE® oil or 20W motor oil on a paper towel; wipe off excess. Never use WD-40® or solvent cleaners on the chain.
Every 250 hours (monthly, commercial use)	Inspect the chain for stiff links; check the chain-handle U-bolt connection for wear; tighten the shock cord if the handle doesn't return fully; check all screws including assembly bolts; adjust the monitor arm joint nuts; vacuum dust from inside the flywheel.
Monitor cleaning	Wipe with a cloth lightly dampened with water only. Do not spray with cleaner or store outdoors.

IMPORTANT

A worn or damaged rower is only as safe as its last inspection. Replace defective components immediately, or keep the machine out of use until it is repaired.

BATTERY CARE

The monitor runs on two 1.5V alkaline D-Cell (LR20) batteries — never lithium or 3.6V batteries. Remove the batteries if the rower will be unused for four months or more.

Troubleshooting & FAQ.

The display stays blank.

Check the batteries — fit two new 1.5V alkaline D-Cell (LR20) batteries. Never use lithium or 3.6V batteries.

The handle doesn't return fully to the chain guide.

Tighten the shock cord — check this every 250 hours of use as part of routine maintenance.

The chain feels stiff or noisy.

Lubricate it as described in Care & Maintenance, page 10. If lubrication doesn't help, the chain should be replaced.

How do I pair a heart rate chest strap?

Wear a compatible Bluetooth chest strap correctly — the monitor connects automatically, no button press required.

How do I connect the Kinomap app?

Press and hold the Units button for 3 seconds until the Bluetooth symbol appears in the top-left corner of the display.

Can I fold the rower for storage?

Yes — always set the framelock to the locked position before lifting or moving the rower. Never stand it up on end.

NEED HELP?

Missing parts, damaged components or assembly questions — we'll sort it fast.

Contact support@vervefitness.com or visit vervefitness.com/support