

RP3 DYNAMIC

RP3 Model T Owner's Guide



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Usage Instructions

Row Static or Dynamic

The RP3 Model T can be used as both a dynamic and static rowing machine. As standard, the machine is unlocked and free to move on the bar for dynamic rowing. To use it as a static rower or to store the RP3T upright, the machine can be locked onto the front leg. To do this, push the machine all the way to the front of the bar (you need to slightly compress the rubber cone) and lift the latch on the lower leg to secure the machine in place.



Levelling the bar

The Model T features an air sprung rear leg which can be adjusted to set the bar level. To do this, move the seat roughly 30cm from the rear end of the bar and use either the foot pin on the rear leg foot (older models) or the button on the top of the leg to set the height. Depress the button and push down to lower the leg. There is a spirit level on the seat to assist with levelling the bar.



Adjusting Resistance

The level of resistance the user feels is adjusted by moving the slider on top of the machine between 10, for high resistance, and 0 for low resistance. The recommended starting resistance level is 4.

Connecting to a tablet display

To connect a tablet or smartphone to the machine and view your rowing parameters or set up a workout, firstly install and open the “RP3 Rowing” App on your android or iOS device (please note the iOS app is currently only offered in “lite” format) See the RP3 Rowing software guide for more information on the apps. Use either the cable provided or Bluetooth connection to connect the tablet to the RP3. If it does not automatically connect, take a stroke to wake the machine and select “devices” in the top left corner of the app and select “USB device” for cable connection (as pictured), or the corresponding reference code for the machine you want to connect to on Bluetooth. Heart rate monitors are also connected this way.

Please note that once connected via Bluetooth, a machine will always try to auto-connect to the tablet it was last connected to. Click on “devices” to connect to another machine. In rowing clubs, it is recommended that each tablet is assigned to a specific machine if you regularly connect via Bluetooth.

Using the built-in screen

The RP3 Model T features a built in screen, located at eye level, behind where the tablet sits or between the feet (on older versions). The screen displays either essential rowing information, including distance, time, split/500m, stroke rate, etc, or your power curve. To switch between the displays, simply rotate the black knob under the screen.

You can also set a timer or distance on the display by pressing the knob or double pressing and then rotating it to set the number required. The display is reset by pressing and holding the knob for 3 seconds.

Maintenance Instructions

The RP3 T is designed to be effectively maintenance free featuring a self-charging Bluetooth transmitter for wireless connection and twin bars to improve robustness. To keep your machine in perfect condition, the following are recommended:

Cleaning the bars

After using the machine, ensure the top and bottom of the main bar are cleaned. This prevents dirt building up inside the machine and will keep it running smoothly. Antibacterial spray and paper towel are ideal for this.

Lubricating the chain

The model T chain comes pre-lubricated out of the box but to keep it in good condition for a long period time, it requires relubricating every 3-6 months. A light 3-in-1 oil is recommended for this, applied with a cloth so the chain is not soaked. Bike chain products may also be used to remove grease and corrosion before lubrication.

If you have any concerns regarding the maintenance or suspect an issue with your machine, please contact RP3 Rowing UK for advice or to arrange a service.



Exclusive distributor for the UK and Ireland
Email: info@rp3rowing.co.uk
Phone: +44 (0)7756 136600
www.rp3rowing.co.uk