



YOUR TRAINING COMMUNITY

KETTFIT



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MANUAL



 MADE IN GERMANY

COACH **S**



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CONGRATULATIONS

Welcome to the first rowing machine that really understands you. With the KETTLER COACH S you have purchased one of the most modern training systems, which combines training expertise with ground-breaking ease of use. It's so simple that you actually don't really need these operating instructions for your workout.

SAFETY GUIDELINES

Please adhere to the following for your own safety:

The exercise equipment must be set up on a firm, level surface.

Before being used for the first time and then after approx. 6 days of operation the connections should be checked to ensure they are secure.

When using the equipment, always follow these instructions to avoid injury through incorrect or excessive usage.

The installation of the equipment in humid environments for long periods of time is not recommended, due to the build-up of rust which could result from this.

Check regularly that the equipment is functioning properly and that it is in good condition.

The user is responsible for carrying out correct and regular safety checks on the equipment.

Defective or damaged parts must be replaced immediately.

Only use parts that are manufactured and supplied by KETTLER.

We recommend a KETTLER floor mat to prevent scratches to files/laminate.

For your safety:

Before beginning any exercise programme, check with your doctor if your health will allow you to exercise using this machine. The doctor's findings should be the basis for your exercise programme. Overexertion or the wrong kind of exercise can lead to health problems.

THE NEW COACH S COCKPIT

Ingeniously simple! Thanks to the new glass display with innovative touch-screen, the control of the COACH S is totally intuitive and ingeniously simple.



Display explanation

INFORMATION | DISPLAYS

125

Combination display for performance per stroke [WATTS] / the average performance of all strokes [WATTS] / the number of strokes / heart rate and rowing frequency [SPM]

122

Combination display for training time [TIME] (display in minutes) [500M]+0 and distance [DIST]

Eco mode (standby mode after 10 minutes)



Standby mode



Training mode



Training interruption / Select units











End training session [3 seconds]



Training without smartphone control



CONTROL UNIT | KEY FUNCTIONS

-  Heart rate display selected [active = lights up]
[not available = not visible]
-  Performance/average performance selected during training [active = lights up + flashes]
Selected before training [active = lights up]
FIX selected [constant performance]
Brake control selected before training [active = lights up + pulses]
-  Stroke frequency display selected [active = lights up]
Stroke counter selected [active = lights up]
-  Time selected before training [active = lights up + pulses]
Time display selected [active = lights up]
500 m selected - time [active = lights up]
Ø 500 m selected - time [active = lights up]
-  Distance in KM / M selected [active = lights up]
-  Reduces selected targets in small steps
-  Increases selected targets in small steps
-  Dial control for increasing or reducing targets in small steps




STARTING UP THE EQUIPMENT



STANDBY MODE



PUSH  → ACTIVE DISPLAY
Training standby with step 1-“L1”. You can now begin training or enter targets beforehand [training default settings].

SETTING TARGETS

STEPS

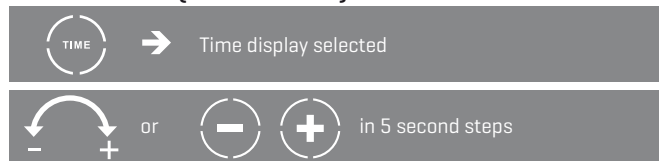


CONSTANT BRAKING CURRENT



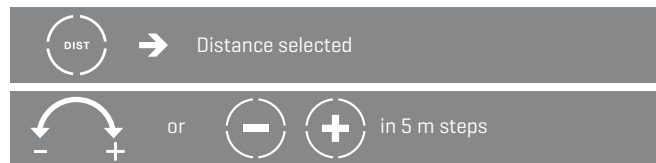
„FIX“ unit lights up. Constant braking current during training.

TRAINING TIME [COUNT DOWN]





Note: When training without time default settings, the time display runs in count up mode! The training time can be adjusted in 5 second steps. Steps can be set upwards to a maximum of 90 minutes.

DISTANCE



NOTE: Only the training time or distance can be pre-set at any one time.

TRAINING HEART RATE [can only be displayed, not set]

Pulse signal  [Chest strap] →  lights up



TRAINING

START / CONTINUE



ADJUST PERFORMANCE / STEP



STOP / INTERRUPTION

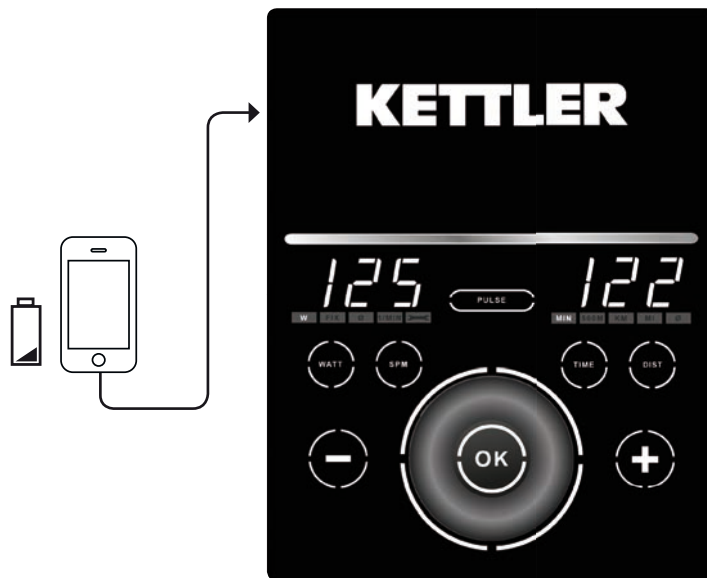


TIME STOPS

END



USB TYPE A CHARGING SOCKET



5V output voltage / 2400 mA max.

PRINCIPLES FOR EFFECTIVE TRAINING

Use the advantages of rowing training without having to launch your own boat. Rowing training improves both your cardiovascular system and strength. Your oxygen intake capacity also improves. Furthermore, you can achieve a reduction in fat as more fatty acids are used for the energy supply through endurance training. From an orthopaedic perspective your back and shoulder muscles are strengthened.

CORRECT VALUES FOR ENDURANCE TRAINING

Maximum heart rate: Maximum effort is understood to mean achieving the individual maximum heart rate. The maximum achievable heart frequency is dependent on age.

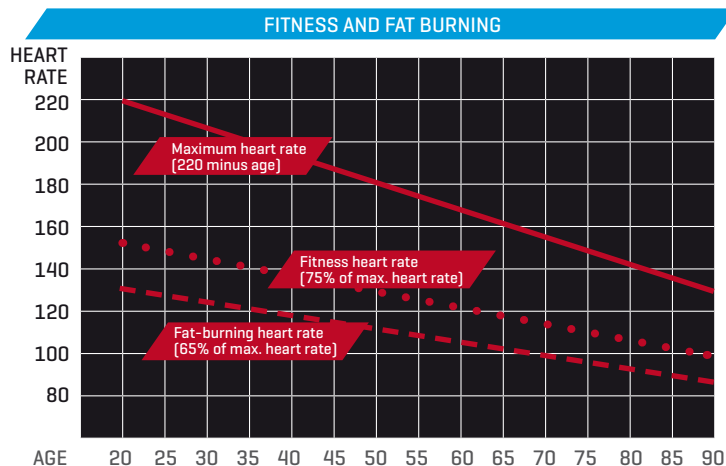
The following rule of thumb applies here: the maximum heart rate per minute corresponds to 220 heartbeats minus age.

FOR EXAMPLE: at 50 years old $> 220 - 50 = 170$ bpm.

EXERCISE INTENSITY

Aerobic heart rate: the optimum exercise intensity is when 65-75% [see diagram] of the individual heart / circulation power is reached. This value changes according to age.

HEART RATE DIAGRAM



AMOUNT OF EXERCISE

The training units should be kept relatively short for beginners at the start. Interval training therefore often proves to be the most beneficial option. This is usually set for 4 weeks.

1st - 2nd week:

3 x weekly always 3 x 3 minutes of rowing with 1 minute breaks between training.

3rd - 4th week:

4 x weekly always 2 x 5 minutes of rowing with a minute break between training.

From the 5th week:

10 minutes training every day without any breaks up to one 20-30 minute training session with 3 units per week.

Advanced:

One training session of 20-30 minutes/30-60 minutes 1-2 x a week is recommended as being positive for your fitness.

WARM-UP

At the start of every training session you should warm up for 3-5 minutes with slowly increasing intensity [10-15 strokes/min] to get your circulation and muscles moving.

COOL-DOWN

The cool down is just as important. After every training session you should row against low resistance for another 2-3 minutes.