

# OPERATING MANUAL

AUGLETICS Eight Style  
AUGLETICS Eight



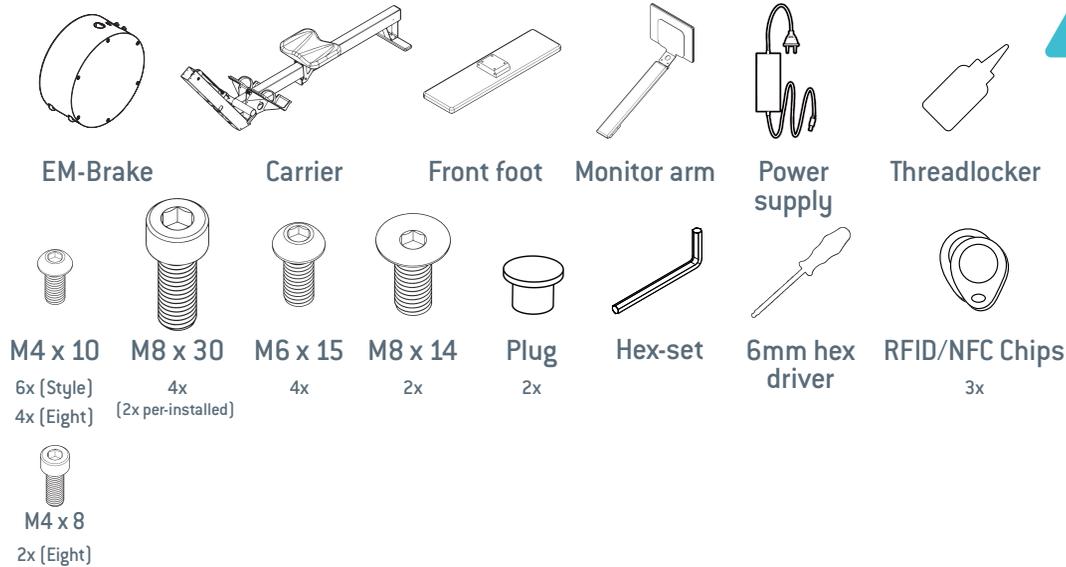


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### Package contents

Your rowing machine consists of:



### Video instructions

Assembly is even easier when following our set up video. Simply scan the QR code below or enter the following URL into your browser:



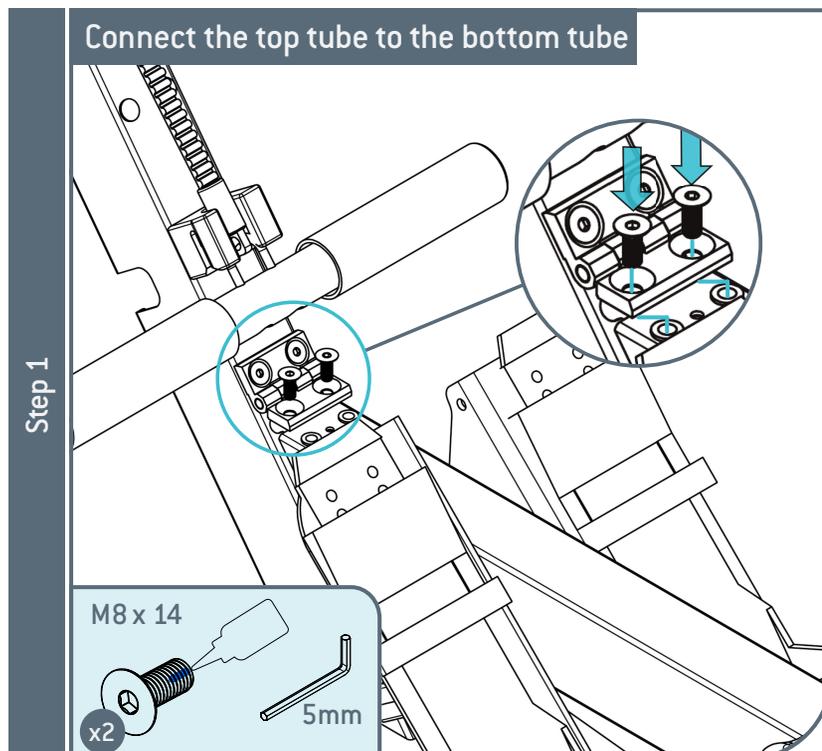
[augletics.de/aufbau](https://augletics.de/aufbau)

**Note:** When assembling, make sure that you do not damage your floor or other objects with the corners and edges of the device. Therefore, please always place an underlying surface under the device when assembling it.

Always use only a small strip/drop of threadlocker. This holds the screw securely, and also allows you to remove it should you ever have to.



### Work steps



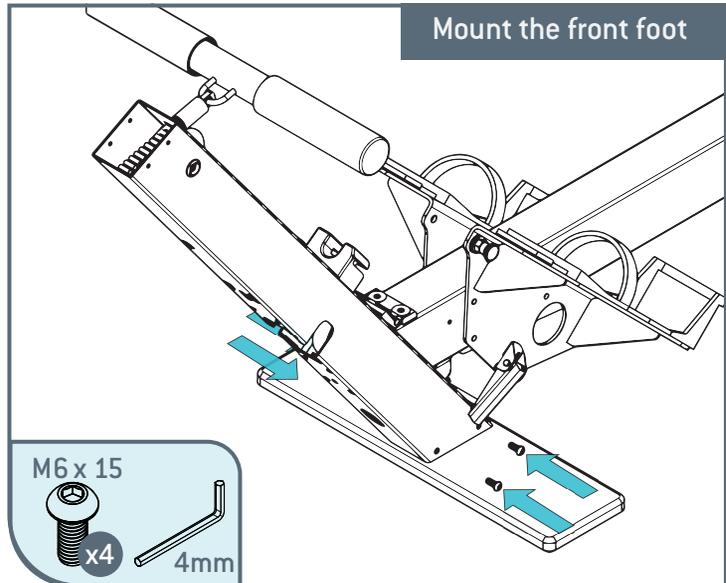
Assemble to carrier with the shown screws using a drop of threadlocker.

### Caution

The belt is under tension!  
Be careful to avoid scratching the carrier or your floor.



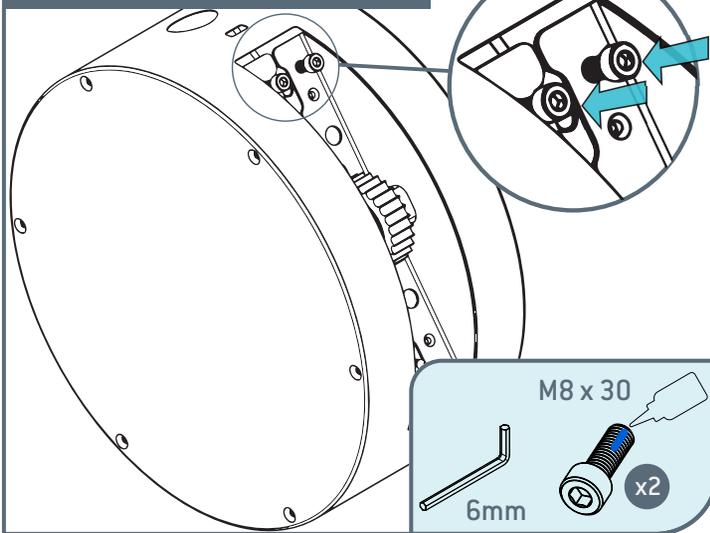
Place the bottom of the top tube onto the front foot and secure the foot with the shown screws. Threadlock is optional in this case.



Step 2

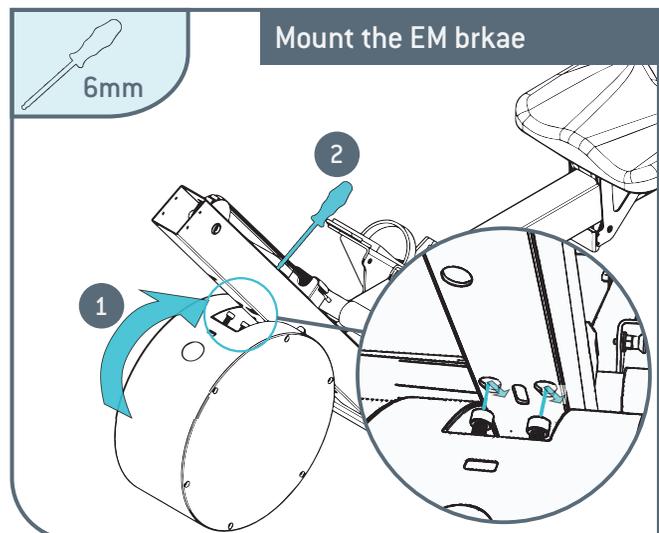
### Prepare the EM brake

Step 3



Use threadlock and screw two M8 bolts approximately 10mm into the matching holes to the upper side of the EM brake (close to the USB plug). If there already are two screws attached, make sure they stick out at least 10mm before continuing.

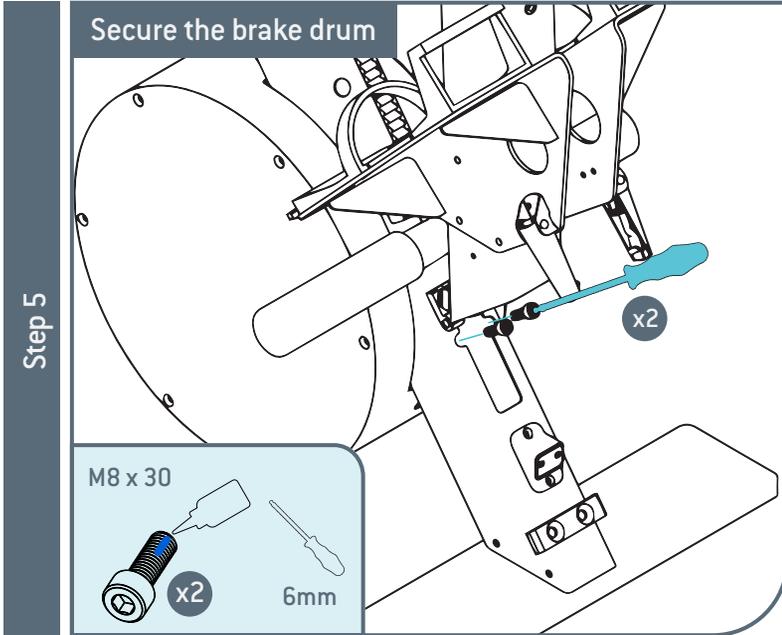
Place the brake drum at a slight angle and apply light pressure to push the two screw heads into the recesses in the top tube of the carrier (1). After the heads slid down you can tighten the two screws with the long hex key provided (2)



Step 4

### Note

After this step, check if the handle can be moved in both directions without jamming jerking. If the movement is not smooth, please take off the brake drum after loosening the two bolts (~ 5 turns) and repeat this step to ensure proper alignment.



**Note**

Be careful that the screws do not fall down the top tube!

If this happens, you can unscrew the foot again (see step 2) or simply use the enclosed replacement screw.

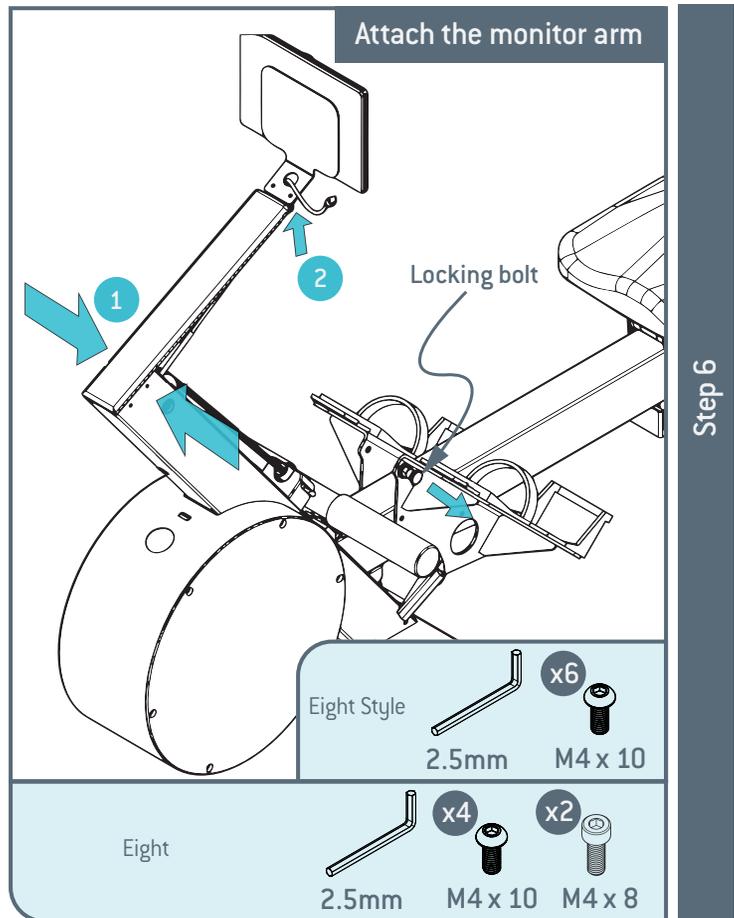
Fold up the bottom tube (make sure the tension locks are not engaged) until it snaps into place and insert the two remaining screws first by hand and then using the long hex key. Use threadlocker in this case as well.

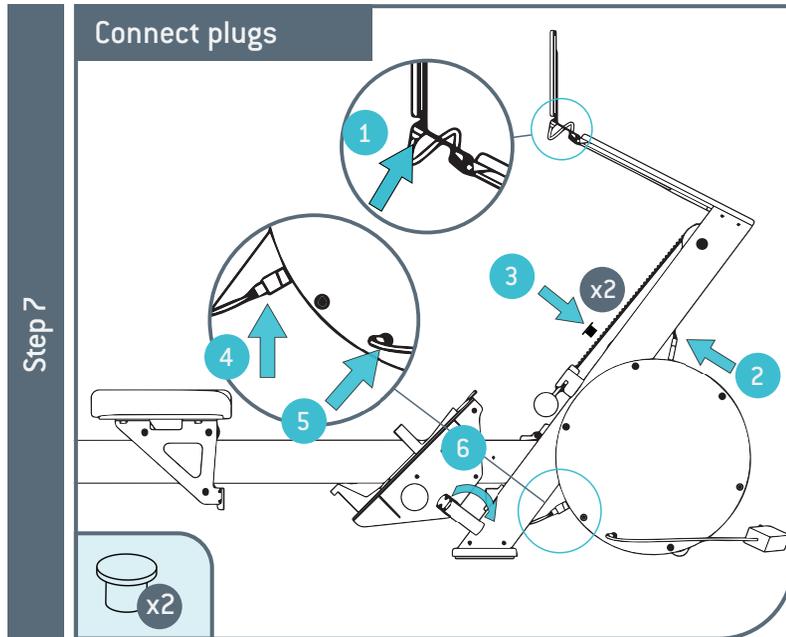
**Caution**

Please make sure that the USB cable is guided through the notch in the top tube and not squeezed in.

Fold down the bottom tube again, pulling the locking bolt first. Then you can insert the monitor arm from the top and tighten in evenly with four screws (M4 x 10) [1].

Finally, tighten the monitor with the two remaining screws. [2]



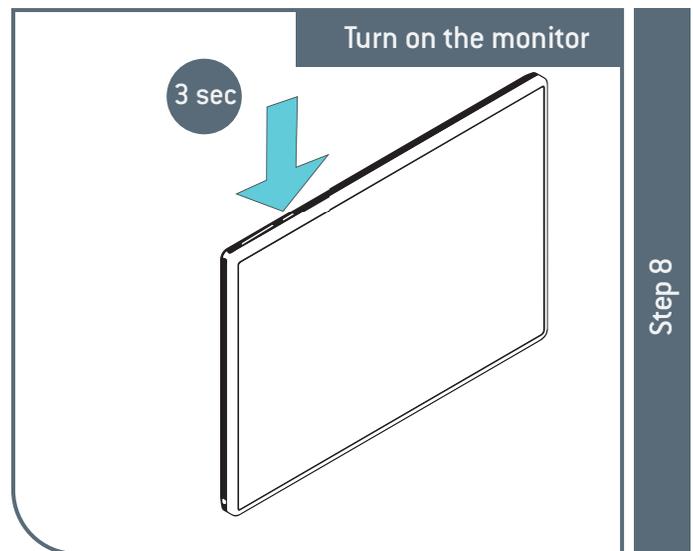


Connect the micro USB cable to the monitor (1) and to the EM brake (2). Insert the two plastic plugs (3) into the holes used to tighten the screws, plug in the cable from the seat sensor (4) and connect your rowing machine to the power supply with the power plug (5). Finally, close the two tension locks (6).

**Caution**

Pay attention to the correct orientation of the seat sensor plug and tighten it with the rotary lock.

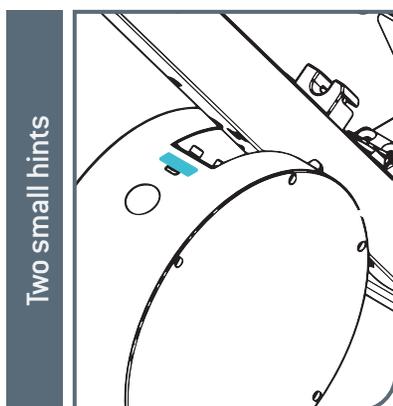
Turn on the monitor by pressing the single button on the upper edge (for about 3 seconds).  
The monitor is delivered with a transparent protective film. You can optionally remove this.



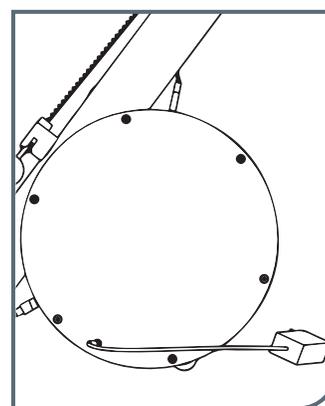
**Note**

The monitor has a built-in battery for standby mode. If the battery is completely discharged, you may have to charge it for about five minutes before you can turn on the monitor.

**Finished!**



If you are asked to enter a code during startup, you will find it on the top side of the EM brake.



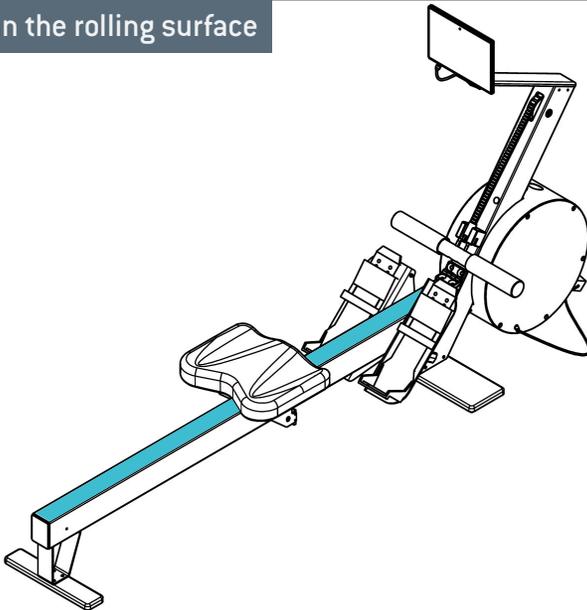
You can unplug the device after training, but you do not have to. If the screen shows a red battery symbol (or does not start at all), please leave it connected to the power supply for five minutes before turning it on.

### Care instruction

Your AUGLETICS Eight does not need much attention, but there are a few things you should keep in mind:

Care instruction 1

#### Clean the rolling surface



#### Note

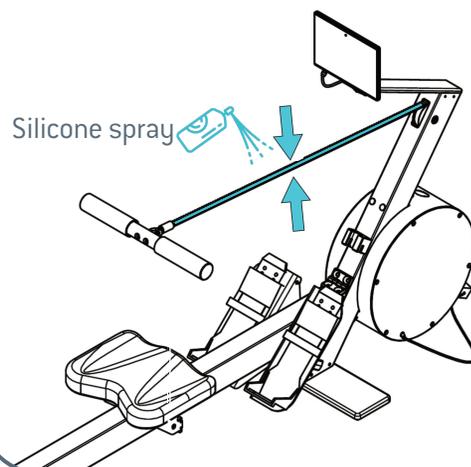
Over time, two black stripes might develop on the rolling surface. This minimal abrasion is normal and does not cause any problems.

Clean the rolling surface of the carrier regularly with a damp cloth (for example with soapy water or glass cleaner). You should at least remove any small black spots that appear on the rolling surface in order to maintain the even rolling action.

If your rowing machine makes a cracking or squeaking noise during the pulling motion, some silicone spray (not oil!) from the hardware store will help.

Apply the spray from both sides over the entire length of the belt and spread it with a cloth. Follow this up with a few strokes to also lubricate the internal components contacting the belt.

#### Lubricate the belt



Care instruction 2

Please check your rowing machine regularly for damage and wear. This is the only way to ensure a safe rowing experience. If you notice a defect, please do not use the device until it has been repaired.

#### Note for owners of an Eight Style

The wood of your rowing machine also needs some care. The wood of your device is already oiled when it arrives. To make sure it looks as good as it does now even after years of usage, we recommend that you regularly oil it with an oil-wax mixture from the hardware store for example.



## Quick Guide: Set up your personal profile



To save your workouts, view your training history and make your Augletics rowing machine even more enjoyable for the whole family, we recommend that you create a personal user profile as early as possible. All you need to do is...

... set up a WiFi connection ...

[See "Settings" -> "Connection Settings" -> "WiFi Setup", page 20]

... And create a profile via the user icon on the home screen.

[See "Personal user profile", page 24]

Your AUGLETICS team wishes you all the best for your training!

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AUGLETICS GmbH

Made in Germany

## Instruction Manual AUGLETICS Eight rowing machine



Thank you for choosing a fitness device from AUGLETICS GmbH.

Please read these instructions carefully before using your device for the first time. These operating instructions are primarily intended to help you guarantee safety. In addition, the manual describes the proper installation and use, so that the optimal performance of your device is ensured. We recommend that you keep these operating instructions in order to refer to them whenever necessary.

Please only operate your AUGLETICS rowing machine in accordance with the instructions in this manual.

## Main Functions



The rowing machines of the AUGLETICS GmbH brand enable highly effective strength, power, endurance and stamina training.

Purchased parts and software developments are chosen with the highest quality only, to ensure the proper functioning of our devices.

## Trademark Information



This equipment incorporates patent protected technologies for the analysis of training parameters.

Product names mentioned in this document may be trademarks and/or registered trademarks of their respective owners.



## Safety Instructions

For safety reasons, please never open the covers of your device! The device cannot and should not be serviced by customers. Repairs should only be carried out by trained personnel.

## Warnings (Guidelines)



This product complies with CE directives for shielded cables and connectors for connection to other equipment. To avoid electromagnetic interference with other equipment, please use only the supplied cables and connectors or power supply replacement parts purchased directly from the manufacturer.

This device has been tested in an independent laboratory and complies with the "Radio Equipment Directive" issued under Directive 2014/53/EU of the European Parliament and of the Council of 16 April 2014, provided that the device is properly installed and used for its intended operation.

The CE mark affixed to the device confirms compliance with the EU Declaration of Conformity. As the manufacturer, AUGLETICS GmbH undertakes to check modifications to the radio technical equipment and to store the results for a period of at least 10 years. If you have any questions regarding EU conformity, please contact us directly:

AUGLETICS GmbH  
Am Möllenberg 18  
15713 Königs Wusterhausen  
Germany  
[info@augletics.de](mailto:info@augletics.de)

## Declaration of Conformity (simplified)



AUGLETICS GmbH hereby declares that the radio equipment type "AUGLETICS EIGHT", "AUGLETICS EIGHT Style" is in compliance with Directive 2014/53/EU. The full text of the EU Declaration of Conformity is available on the following website:

[www.augletics.de/conformity](http://www.augletics.de/conformity)



### Magnetic field warning



The sports equipment is equipped with an eddy current brake made of neodymium permanent magnets. Magnets can affect or damage your electronic devices. For this reason, it is recommended that you DO NOT store any electronics directly next to the circular drive unit.



Magnets can affect the function of pacemakers and implanted defibrillators. The magnets are located opposite the power connection, so affected persons should avoid this area.



The magnets and electrical components used comply with the European RoHS Directive 2002/95/EC - RoHS Restriction of Hazardous Substances in electrical and electronic equipment.

### Power Connection



Before (!) connecting the device to the power supply, please check that all other connections have been made correctly. The correct type of connections is shown in the chapter "Installation instructions"->"Plug connection". Make sure that the power cable is not kinked, crushed or otherwise damaged. Also avoid loose power sockets.

### Risk of Suffocation and Serious Injury from Accessories and Packaging materials



Keep accessories and packaging away from infants, young children and animals. Do not insert accessories and/or parts of the device into body orifices such as the mouth, ears or eyes.

### Moveable Parts



During operation, transport and use of the folding function, make sure that the moveable parts (seat, bottom tube and handle) are only used within the scope of the possibilities described in this operating manual.

Improper use of the moveable parts may result in injury to persons or damage to the device.

To avoid injury, hold the handle with both hands during use. After use, you should place the handle in the handle holder provided.

Transportation is described in this manual under "Operation" -> "Transport".

Instructions for using the folding function can be found under "Operation"->"Folding function".

### Transport



If you want to lift or carry the device, please only hold on to the parts of the device that are designed for this load. These are listed in the chapter "Operation"->"Transport".

Improper use of the moveable parts can result in injury to persons or damage to the device.

### Risk of fire and/or burns from a damaged or leaking battery



Do not use or charge the device if the battery is damaged or leaking. Avoid skin contact with the device if there is battery leakage. Wear acid-proof protective gloves if contact with the device cannot be avoided in this case.

In case of skin contact with the battery substrate, wash your hands thoroughly immediately. In case of eye contact, rinse your eyes with plenty of water and consult a doctor immediately.

Caution: Please ensure that minors do not use, transport or fold in/out the device without supervision.



## Installation and Storage



During setup and when folding your device up, please ensure that there is sufficient space available or that the device is free-standing.

Instructions for using the folding function can be found in the chapter "Operation"->"Folding function".

Caution: Do not place the device against walls, shelves or other objects. It is possible that the device could injure people and pets and/or damage itself if it tips over.

## Setup location and environmental influences



Please use a level and solid surface for the installation site. The device is equipped with anti-slip mats (Regupol) under the feet. However, it can happen that the device slips a few centimetres during intensive training. Therefore, please ensure that there is a sufficiently large free area around your exercise area (at least 60 cm).

The device is designed for indoor use only. There is no protection against the effects of weather, such as rain, moisture or lightning.

Likewise, storage outside closed rooms or in rooms with excessively high humidity is not recommended. This may result in a risk of fire or electric shock as well as damage to the electronics, which may cause the device to fail.

Please do not operate the device in environments where condensation occurs due to excessive humidity.

In general, any moisture should be kept away from the device.

If you wish to clean your device, please refer to "Safety Instructions"->"Cleaning".

Caution: The device should not be exposed to an ambient temperature below 0°C and above 40°C at any time!

## Cleaning



Always disconnect the device from the power supply before cleaning. This applies especially if you want to use water, glass cleaner or other conductive liquids.

### Cleaning mechanical components:

Use a lint-free cloth and water or glass cleaner to remove dust or other dirt from the surfaces of the device.

### Cleaning electronic components:

You can clean the outer visible surfaces of the electronic components with a lint-free cloth.

CAUTION: Please make sure that you do not moisten any electronic components.

CAUTION: Please make sure that all (!) components are completely dry before you plug the power plug back in.



## Housing



Avoid getting liquids and foreign objects into your unit, as these can impair its function. Sharp-edged or pointed objects in particular can damage the interior. Metal objects can touch or damage dangerous high voltage components.

## Spare parts



For safety reasons, please use only original spare parts that you have obtained from your dealer or the manufacturer. Specifically, the use of non-approved power supply units can lead to fire and explosion hazards.

## Assembly



When assembling the device, make sure that your floor or other objects are not damaged by the corners and edges of the device. We recommend that you place something underneath your device whenever you are assembling or disassembling components.



### Technical data



- Model designation: These operating instructions refer to the models:
  - AUGLETICS EIGHT
  - AUGLETICS EIGHT STYLE
- General information
  - Weight:
    - AUGLETICS EIGHT: 45 kg
    - AUGLETICS EIGHT STYLE: 45 kg
    - Max. permissible body weight: 195 kg
  - Dimensions when unfolded
    - AUGLETICS EIGHT
      - height: 100 cm; seat height: 30 cm; width: 50 cm; length: 191 cm
    - AUGLETICS EIGHT STYLE
      - height: 100 cm; seat height: 30 cm; width: 50 cm; length: 191 cm
  - Floor space of the rowing machine:
    - 45 cm x 200 cm
  - Operating temperature: room temperature
- Power supply: total power consumption 70W
- Power supply 110-240V AC  
~ 50/60 Hz
- Type of Connection 2,5 mm DC socket 24 V (positive inside)
- The device corresponds to device class HB according to DIN EN 20957 and belongs to the speed-non-dependend training devices

### Manufacturer's warranty (European warranty card)



From the moment you receive products from AUGLETICS GmbH, you are entitled to a statutory warranty of three years. If, contrary to expectations, your AUGLETICS product shows a defect within the warranty period, please contact our support team.

### Disclaimer



This warranty does not extend to parts that fail due to improper use and in deviation from the information provided in this manual.

### Open Source Announcement



Some software components of this product contain source code covered by the GNU General Public License (GPL), the GNU Lesser General Public License (LGPL). Some icons included in this manual and in the software of this product have been provided by Freepic at [www.flaticon.com](http://www.flaticon.com).

### Disposal



**WEEE** This product must not be disposed of with household waste at the end of its working life. Please dispose of this product separately from other types of waste and recycle it responsibly so that material resources can be reused sustainably. This will help the environment and also save your health from possible damage caused by uncontrolled waste disposal.

Private users: For details of collection points and possible environmentally friendly recycling methods, please contact the retailer from whom you purchased this product or your local authorities.

Commercial users: Please contact your supplier and read the terms and conditions of the purchase contract. Again, do not dispose of the product with other commercial waste.

If you have any questions regarding the disposal of your device, you can contact the following email address:  
[support@augletics.de](mailto:support@augletics.de)

AUGLETICS GmbH  
Am Möllenberg 18  
15713 Königs Wusterhausen

Court Register: Amtsgericht Cottbus  
Register Number: HRB 14040 CB  
VAT ID Number: DE300138254

Phone: +49 30 55579963  
E-Mail: [info@augletics.de](mailto:info@augletics.de)





## About the device



### Parts that can be replaced by the customer

If parts of your rowing machine should break due to circumstances that exclude a warranty claim, you can purchase some parts in our webshop to replace them yourself:

1. Aluminium/oak replacement handle (AUG E 01/ AUG E 02)
2. Foot straps (AUG E 03)
3. Monitor (AUG E 04)
4. Seat (AUG E 05)
5. Seat sensor (AUG E 06)
6. USB replacement cable (AUG E 07)
7. Power supply (AUG E 08)

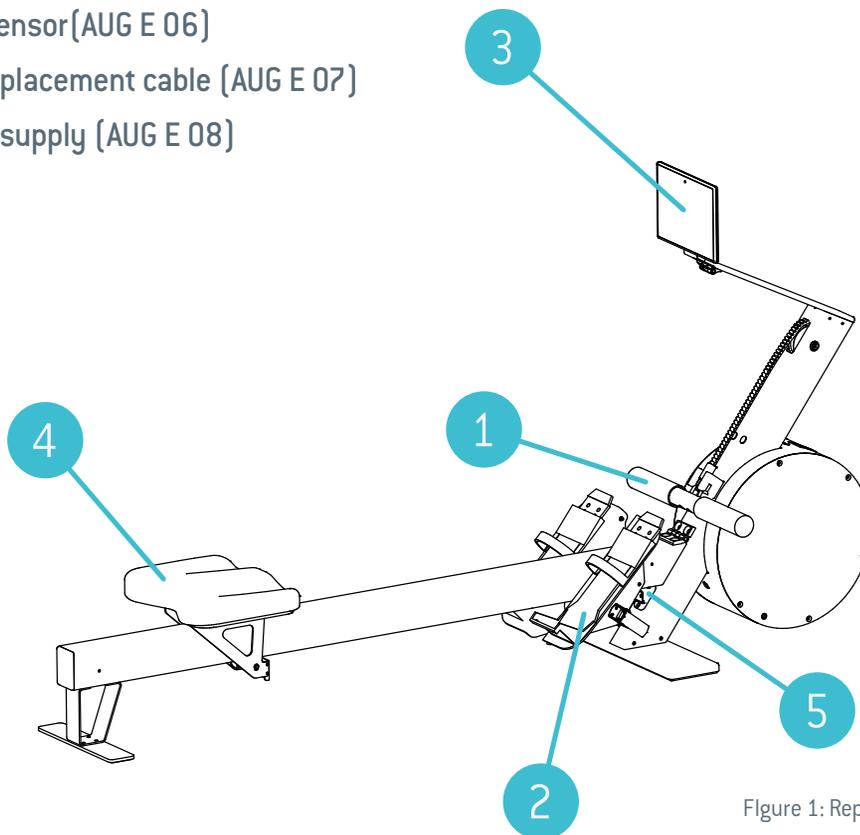


Figure 1: Replacement parts



#### Note

Parts such as the handle, the seat and the transport wheels are parts subject to wear and tear, and therefore are covered by a limited warranty.



## Operation



### Commissioning

#### Switching on the device

- Please do not switch on your device until you have read this manual carefully - especially the safety instructions - and made sure that the safety instructions have been completely followed.
- Make sure that all plugs are plugged into the appropriate sockets. These connectors are listed in the assembly instructions.
- To switch on the device, press and hold the on/off switch (see figure 3) for about 3 seconds. The software then starts automatically. This start-up process may take a little over a minute the first time it is switched on

#### Standby Mode

- Your AUGLETICS Eight rower will automatically switch to standby mode (the display will go completely dark) after a certain amount of time. The length of time until it switches to energy-saving standby mode is adjustable. You can find out how to make this setting in the chapter "Settings" -> "Display" in this manual.
- Alternatively, you can briefly press the on/off switch (Fig. 3) of the monitor to enter or exit standby mode.

#### Switching off the device

- To switch off your rower completely, press the on/off switch for about 5 seconds. A window will appear in which you can select "Shutdown" (or "Herunterfahren"). After you have confirmed this in the next window, your rowing machine will shut down.

#### Adjusting the footrests

- To modify the position of your feet on the footrest, lift the upper part of the inner tab and slide it over the studs until the tabs engage.
- Make sure that both foot tabs are in the same locking position.



### Transport

Please unplug the rower from the power supply before transporting it. To avoid cable breakage, make sure that you do not roll or pull the device over the cables.

The rower can be transported in the following two ways:

#### Rolling

The rower has castors attached to the underside of the EM brake unit. To roll the device, the power plug must first be disconnected. Make sure that the seat is pushed up to the footrest. It is then possible to lift and roll the device at the end of the carrier.

Caution: The rower may only be rolled when it is completely unfolded and the quick release is fixed to the footboard. How to unfold the device correctly is described in this manual under the following point:

"Operation" -> "Folding function" -> "Unfolding"

#### Correct carrying

To protect your health, the rower should be lifted by at least two people. To carry the rower, it must be unfolded and fixed to the footrest with the quick-release levers. Please make sure that the moving parts (especially the seat) are fixed and that no damage can occur to persons (danger of crushing) or to the device.

To avoid damage to the rower, only lift it in the following positions:

- Rear foot
- Bottom tube
- Top tube

Under no circumstances should the device be lifted by the monitor itself! Make sure that the moving parts are fixed and that no damage can occur to persons or to the device itself.





## Folding function

You can fold up your rowing machine when you are not using it. Since the carrier can be folded vertically, it takes up less space in this state.

### Folding

The first step is to fold the display all the way down (step 1). Then you can loosen the quick-release clamps on the sides of the stand (step 2).



### Warning

In its folded state, the device should be stored in a locked space, to prevent harm in case of the device tipping over.

Optionally, you can now roll the seat up to the stop to make it easier to lift.

With one hand, lift the support tube until it is at an angle of about 45 degrees. The other hand lifts/holds the roll seat to a height above the monitor arm. Then you can fold the support tube up to the monitor arm. The successful folding up is indicated by the locking sound of the locking bolt (step 3). Finally, place the roll seat on the monitor arm (step 4).

### Unfolding

Lift the roll seat up a little with one hand. With the other hand pull the locking bolt (step 5). Please make sure that you also have a grip on the carrier tube using the rolling seat so that it does not fall on you or to the ground. Now carefully place the runway girder on the ground.

Then hook the quick-release clamps onto the sides of the folding tube. This fixes the ergometer in place. Finally you can fold up the display. Make sure that all connectors are properly plugged in.



## Ergo ID

If the software needs to reconnect to your ergometer, you may be asked to enter a four-digit code. This four-digit code can be found on the type plate attached to the top of the brake drum.

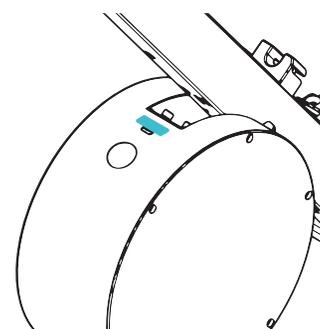


Figure 2:  
Ergo ID

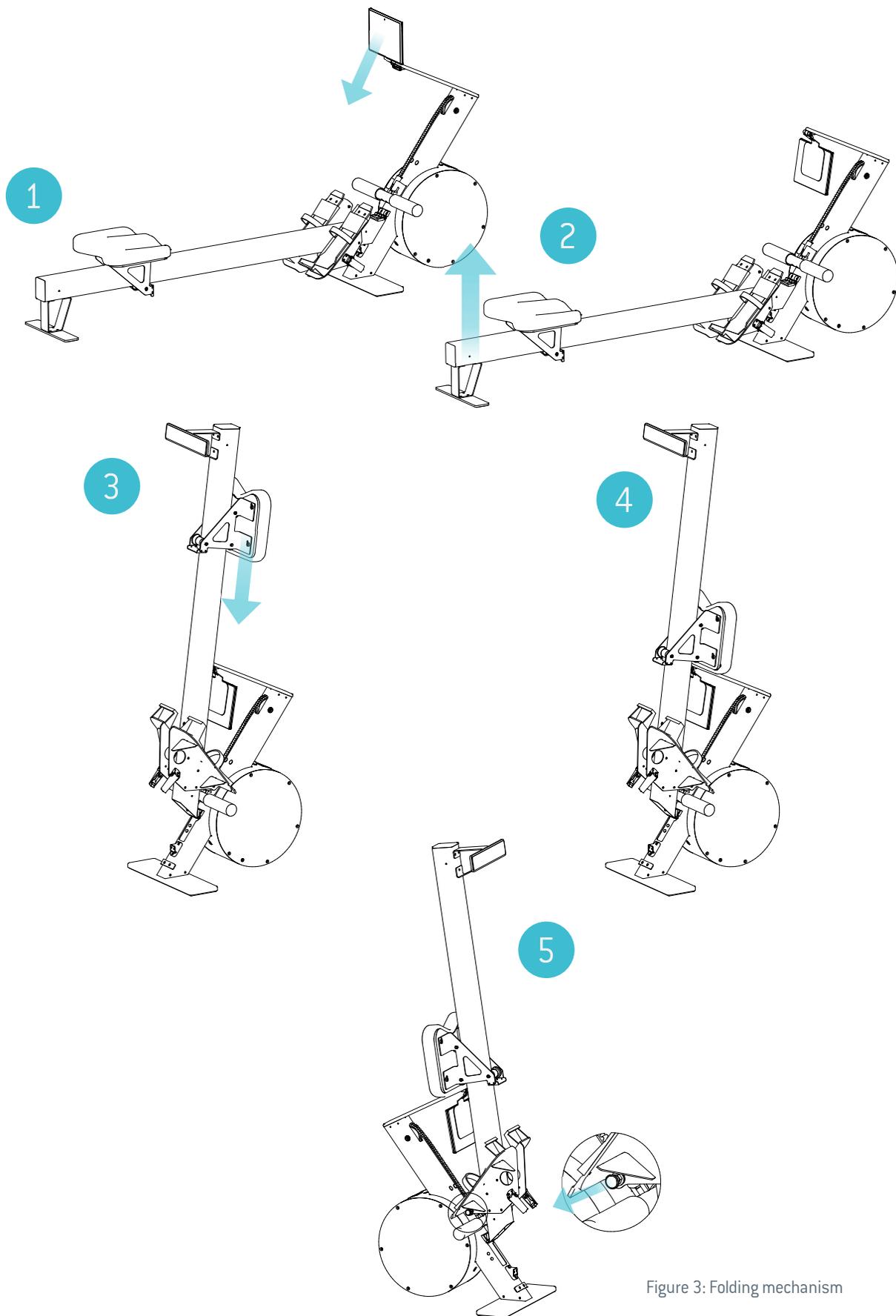


Figure 3: Folding mechanism

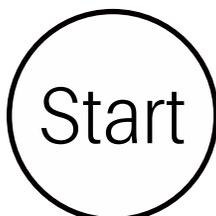


## Menu navigation



### Start menu

#### Start



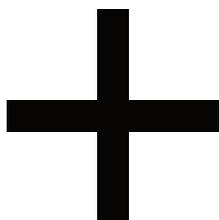
You can start a free workout by tapping the round symbol. The training starts with the first stroke. Alternatively, you can start a free workout directly from the start menu with one stroke.

#### Workouts



Clicking on "Workouts" leads you to a menu where you can choose from a selection of predefined workouts or create a new workout (Figure 4). You can then define this as a set workout. By simply tapping on it, your device adjusts to the selected workout.

#### New Training



By clicking on "New Training" you change to a menu in which you can set up a new workout. You can choose from the following options:

- time
- distance
- interval

#### Warmup



This function always automatically sets the time to 8:00 minutes. This allows you to quickly perform a healthy warm-up before any further training. As soon as you start the training, the time starts counting down.

#### Archive



You can access the archive by tapping on the "Workouts" symbol in the settings. There you can have your last completed training units listed with the corresponding parameters. By tapping on individual workouts you can view more details. (Figure 5).

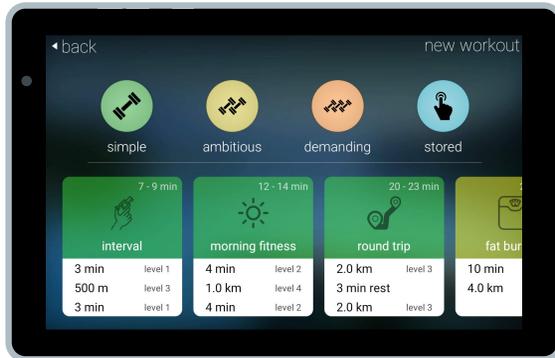


Figure 4: Workout view

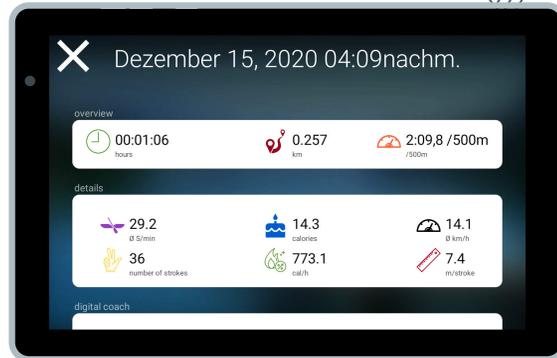


Figure 5: Archive view



Figure 6: Start menu

## Views during training



During training there are four different views. You can easily switch between all views at any time by "swiping" the centre of the screen to the left or right.

1. force
2. digital coach
3. details
4. pulse

The setting "Activate maps" is only activated when an internet connection is active. If the activation is successful, the map can be modified under "Settings" -> "Features" -> "City Maps". A new extension view appears:

5. Map

In each view, the basic data of your performance is displayed in the upper quarter.

The areas with small round dots in the lower right corner can be changed by simply tapping on them. The top centre field cannot be changed and will always show the current time. The right field of your basic data always shows the current stroke rate.

To end your training, you must tap the "back" button in the upper left corner and confirm the end of the training.



## Force



Figure 7 shows an exemplar force curve in a diagram [force in Newton]. The actual force curve is shown as a white line running from left to right. In order to be able to observe a comparison from stroke to stroke, the last two force curves are also shown. These become more transparent with each stroke.



Figure 7: force curve

## Trainer (digital coach)



In figure 8 you can see our "digital coach", which supports you during the training. At the beginning of a training session you can see a stretched pentagon. With each rowing stroke, the sensor data is evaluated and the pentagon will change dynamically. The number in the middle takes into account your performance in all five categories with a value between 0 and 100. The switch "easy | hard" determines the severity of the technique evaluation.

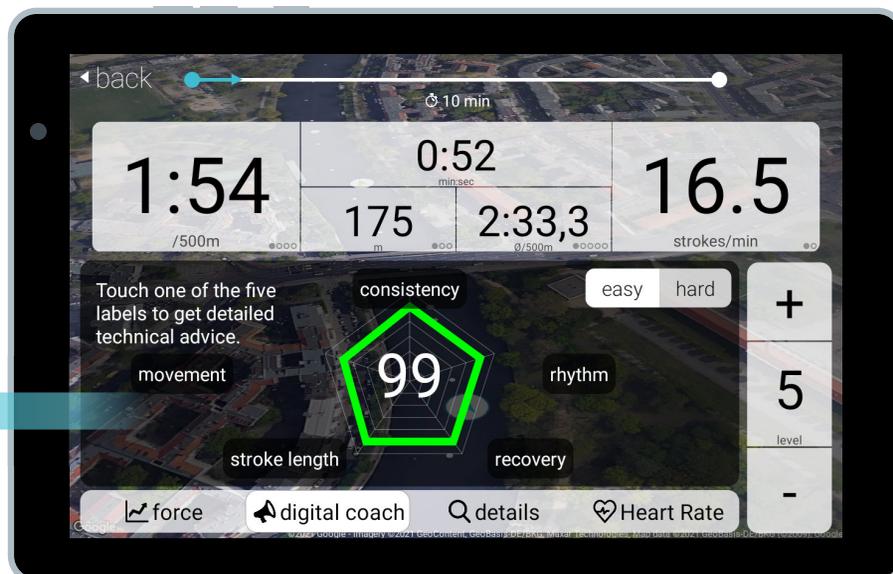


Figure 8: digital coach

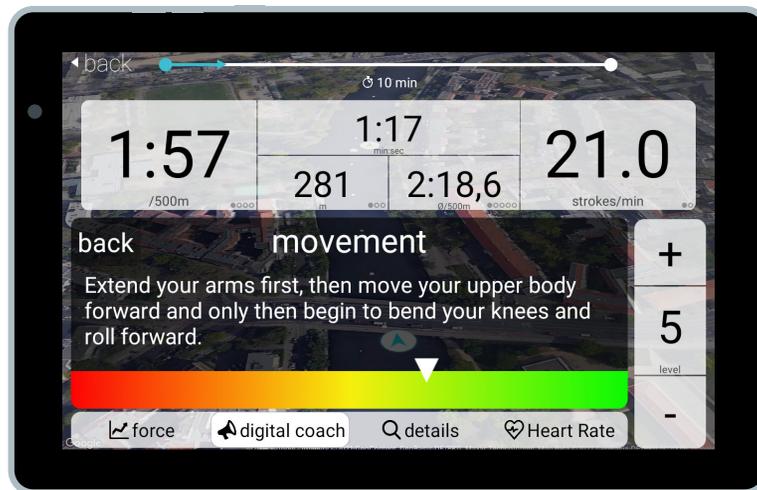


Figure 9: digital coach - detailed view

The following rowing characteristics will be evaluated:

- 1. Rhythm**  
The device records two times: the drive time and the recovery time. In the drive time, the time needed to move the handle from front to back is measured. Similarly, the time needed to move the handle from back to front is measured in the recovery time. With an ideal ratio of the two times of 1:2, cardio training can be done with a healthy rhythm for the cardiovascular system.
- 2. Recovery**  
In order to achieve a uniform rolling movement in the recovery phase, the movement of the seat is evaluated with a laser. It is not decisive whether rolling is fast or slow. It is healthier, and especially less strain for the knee joints, to achieve a uniform rolling motion without acceleration peaks.
- 3. Stroke length**  
In this characteristic the absolute movement of the handle is evaluated by the digital coach. The further the handle is moved, the more the muscles are stressed. It is often easier for taller athletes to achieve better values than for less tall athletes.
- 4. Movement**  
The optimal sequence of movements is described in the chapter "Rowing correctly" on page 25. Adherence to this sequence of movements is important and is expressly recommended by us to prevent injuries.
- 5. Consistency**  
Consistency is the process of averaging the sensor data from the other features and comparing it with the past eight rowing strokes.

With a simple touch on one of the text fields (rhythm, recovery, stroke length, motion sequence, consistency) you get further information about your rowing technique including a graphical evaluation of the last stroke. Click on "back" to return to the main view.



## Details



Additional information is displayed in the detailed view. You get results for each stroke in the following areas:

- Stroke length in m
- Drive duration in s
- Recovery duration in s
- Rhythm
- Slide length in m
- Power in W
- Max. force of the last stroke in N
- Number of strokes in this workout



Figure detailed view

## Pulse



In this view, a vertical bar is displayed in white for each stroke. If you are wearing a heart rate belt and it is connected to the device, your heart rate can be visualised for each stroke. You can then see your pulse as a red line. How to connect your heart rate belt to the device is described under "Settings" -> "Heart rate".



Figure 11: Pulse display



## Map



The map view is available if your rowing machine has the latest software. The use of this function only works with an active internet connection, as the map material displayed is loaded online.

How to download and install the current and free software update for your rowing machine is described in this manual under "Settings"-> "Software updates".

After the software update, you can find the icon with the text field "Activate maps" under "Settings". Tap it once so that the round icon has a green border.

If you now start a workout, you will automatically find yourself in the map view. A city name appears in the upper left corner. You can change the city and the view (classic view or satellite view) by tapping the city name.

You can access the map view at any time by tapping the active tab again or swiping to the far left.

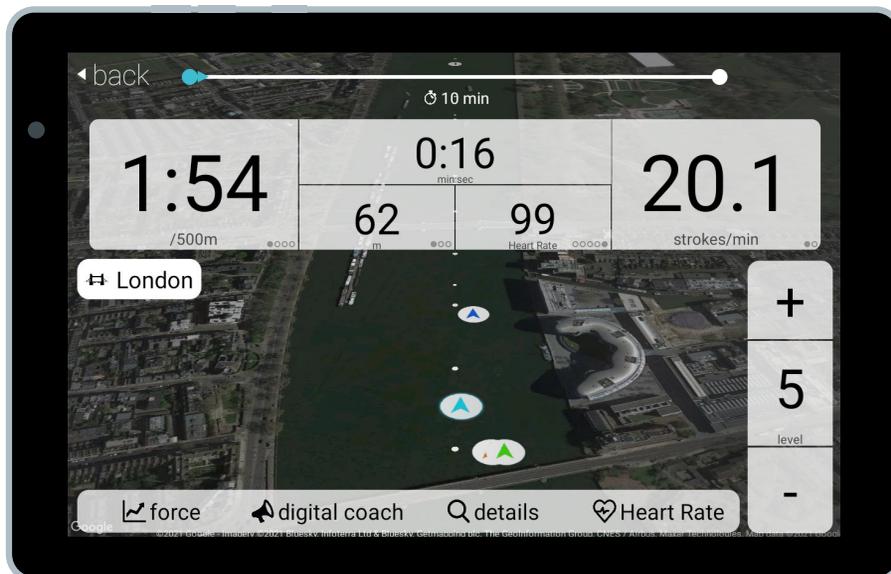
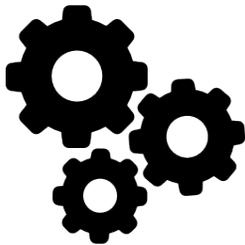


Figure 12: Map view

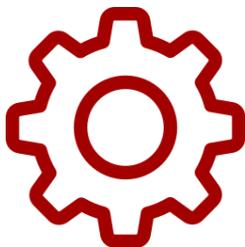


## Settings



In the settings you can adjust your rowing machine to your personal needs. Here you can access the following areas. Take your time to discover all the functions and features of your AUGLETICS rowing machine.

### General information



Language, Resistance Reset, Recalibration, Software Restart, Time & Date, Display, Password, About AUGLETICS GmbH

### Language options



Under "Language options" you can set the language. The language whose country flag is outlined in green is always set. The following languages are currently available:

- English
- German
- French
- Dutch

### Show language button



By simply tapping on it, you can set a check mark so that a new button for language selection appears on the start screen. [Option for gyms]

\* Settings are only available when an active WiFi connection is available

\*\* Settings are only available when an active WiFi connection is available and a user is logged in



### Reset resistance



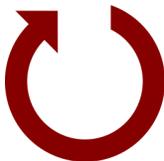
If you feel that your resistance is too strong, too weak or not changing, tap this Symbol. You will be prompted to perform a few strokes to calibrate the resistance.

### Recalibrate automatically



If you tick this box, the device will automatically recalibrate itself after a prolonged period of use. The next time you work out, you will be prompted to perform a few rowing strokes.

### Restart software now



If your rowing machine does not function properly, you can restart it yourself at any time under "Software restart."

### Automatic reset



The following four options are available to you for the automatic restart:

App is restarted every night ("Restart every night").

App is only restarted in the event of a malfunction ("Always, if necessary")

App is only restarted during the day in the event of a malfunction - Recommended setting ("When necessary (only during day)")

App does not restart by itself ("No automatic restart")

### Automatic energy-saving mode



If you tick this box, your screen automatically goes into energy-saving mode as soon as you pull the power plug.

### Time & date



Here you can modify your time zone, time and date. (First time zone -> time -> arrow at the bottom left).



## Display



You can modify the following under “Display”:

- Brightness
- Automatic locking of the screen (1 min, 10 min, 2 h, 4 h)
- Automatic activation of the display when the seat is moved

## Audio



To be able to change the volume for using the Internet browser, you have to move the slider to the desired position by swiping.

## Background



You can change your home screen background. You can select one of 12 backgrounds by tapping on it.

## Change admin password



When selecting "Change Admin password" you can set your password or assign a new one. You must then repeat this once. Please take a good note of your password, because resetting it is possible, but very time-consuming.

## Info



Here you will find the following:

- Information on the AUGLETICS GmbH
- Company address
- Contact information
- Picture copyrights
- Total distance rowed
- Total time rowed

Furthermore, you will find the "support option" here. You need this if you want to talk to a technician.

\* Settings are only available when an active WiFi connection is available

\*\* Settings are only available when an active WiFi connection is available and a user is logged in



## Connection settings



WiFi, heart rate monitor, internet browser, android authorisations, AUGLETICS Heart Rate Monitor

### WiFi Setup

Tap on "Set up WiFi" to connect the device to the Internet or to change the access point used.



Please make sure that there is an available WiFi network to which you can connect your device. To do this, you will need your access data. To use WiFi, you must agree to the data protection agreement.

### Launch Internet browser



Tap the symbol "Browser configuration" to open a new browser window. An active internet connection is also required for this

### Connect Bluetooth HRM

Tap on "Connect Bluetooth Pulse Belt" to connect your pulse belt to your ergometer. The device will start an automatic scan and display available devices in your vicinity. As soon as your pulse belt is listed, you can connect it to the device by tapping on it.



If your pulse belt is not found, please make sure that it is sufficiently charged. Alternatively, it may help to restart the device.

Furthermore, the exact requirements for the pulse belt are listed in the lower area of the screen so that a connection can be established.

You may need extra Android permissions to use your pulse belt. To do so, tap the button below

### Reconnect Heart Rate Monitor



If this box is ticked, your rowing machine will try to connect to the HRM used in your last workout. Depending on your location, this feature might be inactive.



## Personal account



Auto Login, RFID tag pairing

### Add to quick login \*\*



To add the profile you are currently logged in with to the "simplified login", you have to activate this setting.

### Change Username \*\*



This setting allows you to change the username of the profile currently logged in on your device.

### Stay logged in \*\*



To stay logged in automatically with your personal profile, you can tick this box.

### RFID/NFC registration \*\*



By tapping the Symbol you can connect the enclosed RFID/NFC chips with your personal profile.

You will find more detailed instructions in the chapter "Personal user profile".

\* Settings are only available when an active WiFi connection is available

\*\* Settings are only available when an active WiFi connection is available and a user is logged in



## Features



City maps, units of measurement, additional features

### City maps



Here you can activate the maps by tapping on them. In training mode, a cityscape will appear as a background. You can then row virtually in this landscape.

### enable workout messages



If you activate this box by tapping on it, you will receive motivational messages during your workout.

### Default units



With a click on this button you can set the default display values that appear at the start of the workout. You can also modify the available settings at any time during operation.

### Post workout reminder



We recommend that you check this box. This will remind you to log in after the workout if you forgot to do so before the workout. The time window for this is 3 minutes.

### Experimental features



If you would like to activate further features, please activate them under "Experimental Features".

If you would like to become a beta user and test new features before they are released, please send us an email to [info@augletics.de](mailto:info@augletics.de).

We at AUGLETICS GmbH welcome constructive feedback to make your rowing experience at home even better.



### Simplified login



With this setting, up to 5 members of your household can row with their own profiles without having to log in again. If you tick this box, the profile pictures of all registered users will appear when you press the login button in the top left corner of the start menu.

### Software update \*



### Software update

To install an update, select the item "Software updates" and select "Download" if an update is available. When the new software has been downloaded, tap on "Install now" and then on "Install" at the bottom right. After successful installation, tap on "Open" again in the bottom right-hand corner.



After an update, it is recommended to shut down the display completely, disconnect the power for 5 seconds and then restart the display. After most updates, the firmware is also installed on the EM brake. This happens automatically after the software update and is indicated by a green screen and the text "Firmware is being installed".

Please check regularly that your software is up to date. Updates introduce new features and fix existing bugs to improve your user experience.

To do this, tap on "Check for updates". A cross symbol will now appear in the centre. Tap on it to start the search.

### What's new



To see a list of all the added features/changes that came with the last update you install, tap on this icon.

\* Settings are only available when an active WiFi connection is available

\*\* Settings are only available when an active WiFi connection is available and a user is logged in



## Personal account

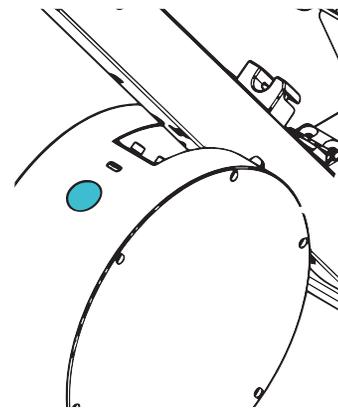


To keep an eye on your training data, you can create a free personal account.

To do this, tap on the symbol with the person in the top left corner of the start menu and select "Create new account" in the top right corner. Now tap on the round symbol "Email" and log in with your email address.

You can also pair one of the enclosed RFID chips with your user profile. To do this, simply select the "RFID registration" button under "Settings" -> "Personal account" while you are logged in and follow the instructions on the display.

To login with a registered RFID chip, you need to hold your chip over the reader on the top of the brake drum before, during or shortly after your training session and wave it back and forth a little until a pop up shows a successful login.





## Proper rowing



In order to get the most out of your rowing machine and to prevent injuries, a correct execution of the rowing stroke is very important. The following is a rough explanation of the movement sequence - your digital coach will take care of the rest during the rowing session.

### The Catch



Let's start the stroke with the Catch position. Your arms and shoulders are stretched out in front, your legs are bent and your upper body leans slightly forward. Make sure your lower legs are approximately perpendicular to the floor. Your wrists should also be straight and in line with your arms.

### The Drive



Now push yourself off the footboard with both legs and make sure that you carry the force with your upper body. When your legs are extended, lean your upper body back slightly and pull the handle towards it. This movement should be as fluid as possible and takes about one second in normal workouts.

### The Finish



If you have done everything correctly, you are now in the Finish position. Your legs are fully extended and your upper body is tilted back 5-10°. Your abdominal muscles are tense. Your arms are close to your body and your shoulders are pulled back. Make sure you are sitting up straight and your upper body is not hunched.

### The Recovery

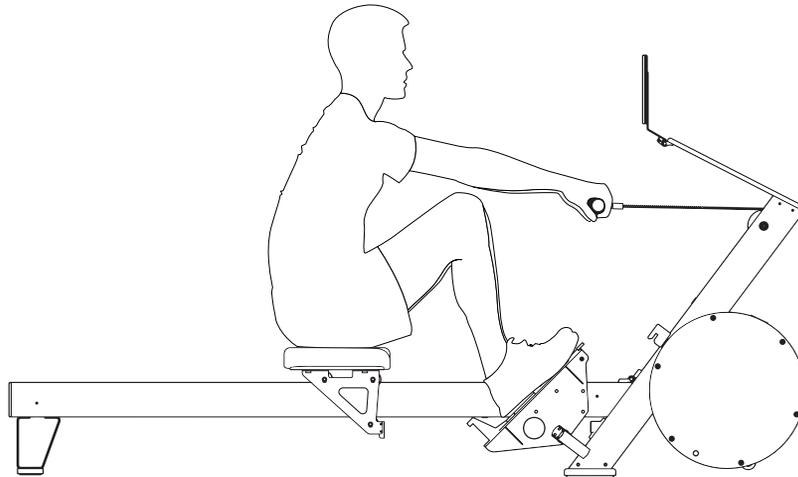


To return from this position to the extended position, you must move forward again in the opposite direction to the drive. First extend your arms until they are fully stretched. Then bend your upper body slightly forward and finally pull yourself forward with the tips of your feet until you reach the initial position. In contrast to the pull-through, you should take your time with the recovery. The recovery during normal workouts should take about two seconds.

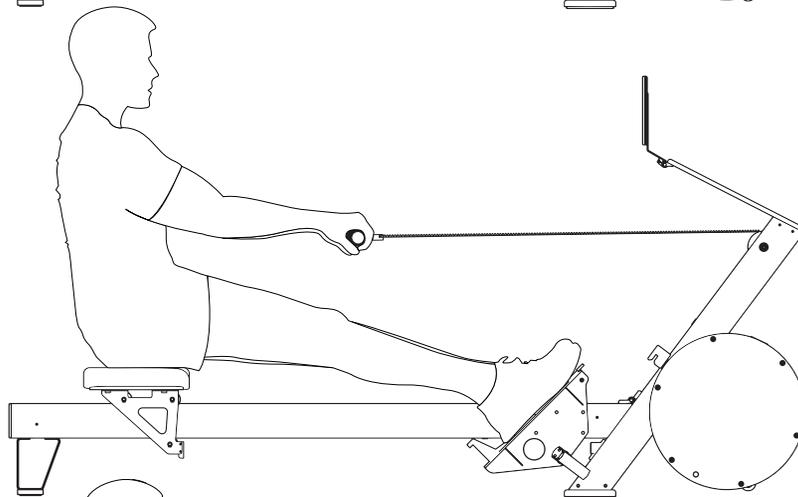
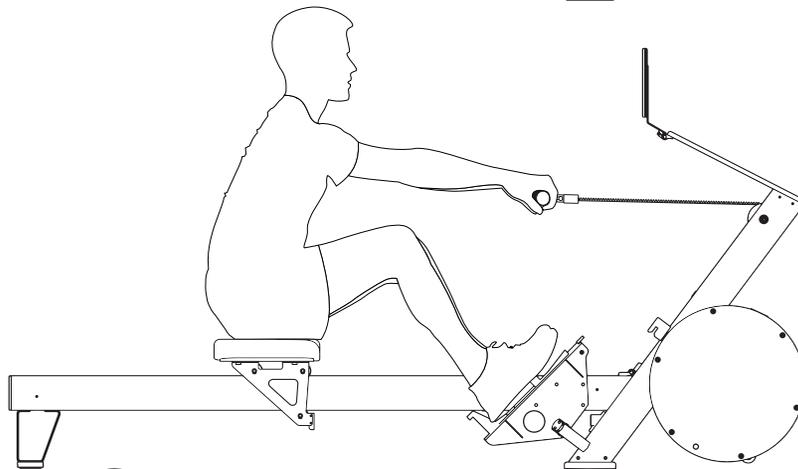
If you want a pro to teach you the proper rowing techniques, you can let Olympic gold medallist Karl Schulze show you how to do it right on your AUGLETICS Eight.  
[augletics.de/properrowing](https://augletics.de/properrowing)



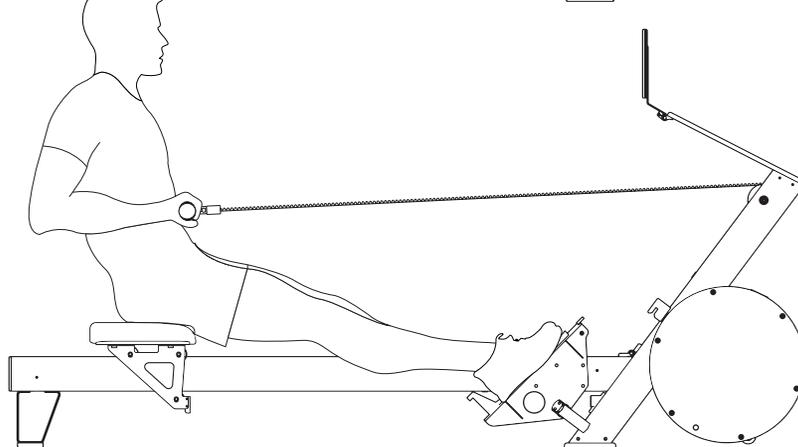
Catch



Drive



Finish





## FAQ (frequently asked questions)



### Display and settings

Display remains black or shows only a battery symbol.

Connect the device to the power supply and check the plug. Then wait 5 minutes until the device is charged properly. Then start normally (press the on / off button for 5 seconds).

The display boots, but only shows chinese characters.

You accidentally got into the display manufacturer's debug menu. Press the on / off button for 30 seconds until the display is black. Then switch on normally.

The display has frozen and no longer responds at all.

First disconnect the power plug for 5 seconds and then reconnect it.  
If this does not help, please restart the display by holding down the on/off button for 2 seconds and selecting "Switch off" or "Restart" and then confirming. If this is not possible, you can also switch off the display directly by pressing the on/off button for a longer period of time and then switching it on again.

The set resistance does not match the felt resistance when rowing.

From the Start menu, go to Settings (bottom right button) and go to "General" -> "Reset Resistance". Row a few strokes (approx. 5) until the unit is successfully calibrated. If the problem persists, please contact customer service.

The digital coach suddenly shows much worse values.

You may have come to the "difficult" setting for the digital coach. See also "Views in operation" -> "digital coach".

If the problem persists, carefully clean the glass on the seat sensor with a cloth and some glass cleaner.

The display sometimes turns on for no reason.

The display is switched on by the perceived movement of the roll seat. The sensor may provide incorrect values due to light irradiation, etc. If this happens to you, simply deactivate this function under "Settings" -> "General" -> "Display". To do this, remove the tick from "Display when moving the roller seat".

If this still happens, please go to "General" -> "Automatic restart" in the settings and select "No automatic restart"..

I am asked for an admin password but do not know it.

You can lock the unit, e.g. to prevent users in the gym from changing settings. However, if you forget your password, please send an email to support@augletics.de and include your four-digit Ergo ID (see installation instructions, page 4).



## FAQ (frequently asked questions)



### Hardware

The belt makes a cracking sound when pulled.

Please apply some silicone spray to the belt as described in the care instructions on page VI.

When the belt is moved back, it rubs extremely / makes loud noises.

The EM brake may not be mounted correctly. Fold up the carrier and loosen the two lower screws by approx. 5 turns each. Fold the carrier down and also loosen the two top screws for mounting the carrier by approx. 5 turns. Now tighten the two top screws completely and check whether the belt has become quieter. Then tighten the bottom screws again.

The display is very loose and wobbles a lot.

The hinge resistance can be increased from below with a Phillips screwdriver.

After a few workouts, two black lines form on the rolling surface of the carrier.

This is completely normal for rowing machines. Please clean the rolling track regularly with a cloth and glass cleaner. You can find more information on this under "Care instructions".

The brake drum seems to be loose although all screws are tightened.

It is possible that the tension locks on the stretching boards are not completely tight. To tighten them, simply loosen both fasteners (as when folding up) and turn the hooks into the threads until both tension locks are slightly pre-tensioned when closed.



### Heart rate monitor

My Heart rate monitor is not being displayed.

Are you using a compatible hrm with Bluetooth 4.0 / LE technology (see also "Connecting the heart rate monitor")? You can also try to dampen the contact patches of your heart rate monitor. Also make sure to wear the hrm when trying to connect to it.



### WiFi

The online functions (updates, login, city maps) do not work.

Please recheck the internet connection. To do this, go to "Connections" -> "WiFi" in the settings and check whether your network says "connected". Also go to "Connections" -> "Start the Internet Browser" in the settings and check whether the page is loading correctly.



### Login

I cannot log in with the chips (RFID/NFC).

Please check that you have completed all the steps (see quick guide page 1).

Please also check whether your device is connected to the Internet. See also "FAQ -> WiFi"



#### Contact/Technical Support

If you encounter any problems that you cannot solve with the help of the "FAQ" section, please contact our technical support by e-mail:  
[support@augletics.de](mailto:support@augletics.de)

You will usually receive an answer within 24 hours.

If you would like to speak to an AUGLETICS technician, please also let us know by e-mail. We need the following information:

- Your name
- Your telephone number (for the callback)
- the reason for the callback/your problem

If you have the "Ergo ID" of your AUGLETICS rowing machine ready, the free technical support can help you faster and better. You can find more information about this in the chapter "Ergo ID" in the assembly instructions.



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