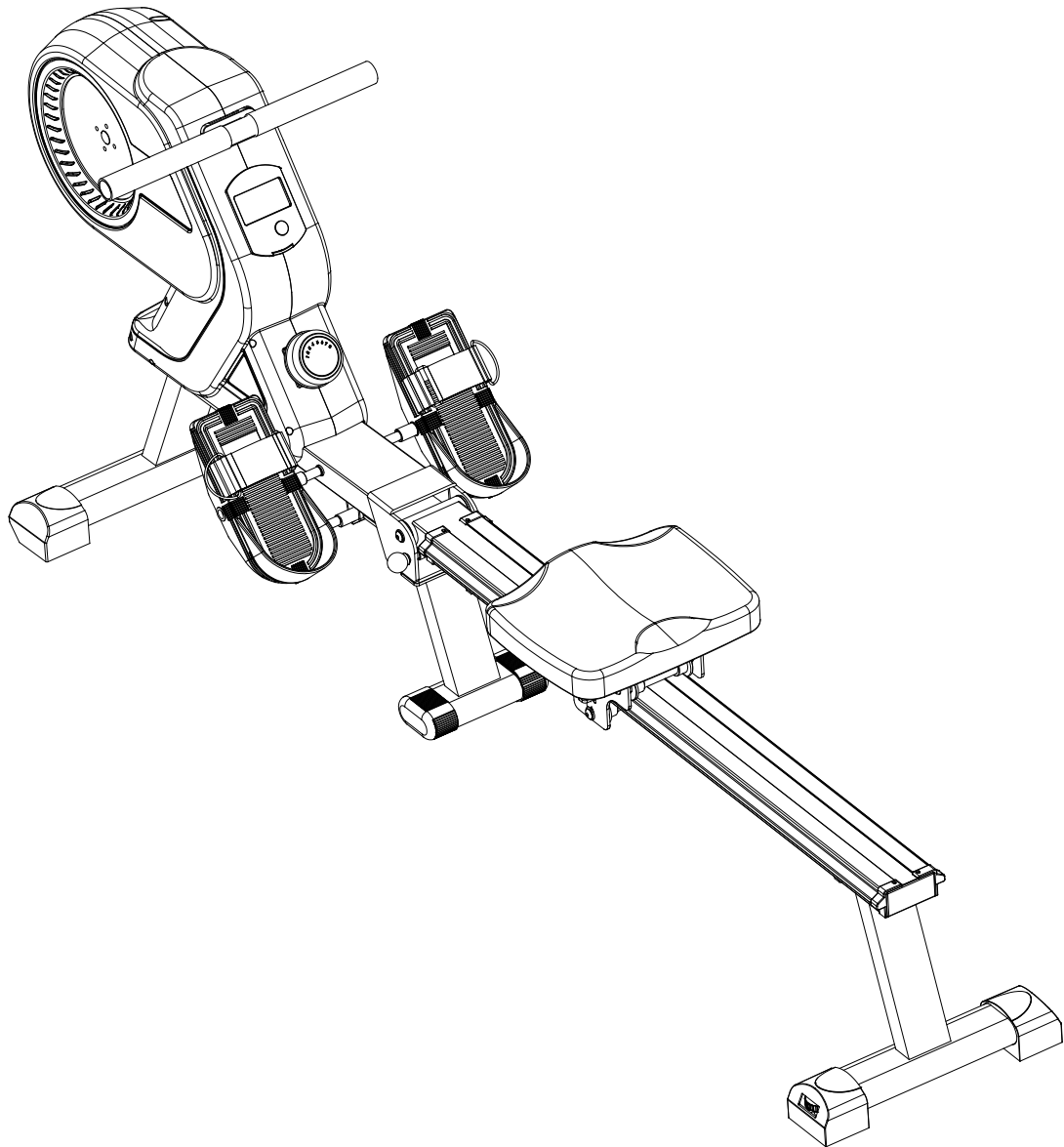
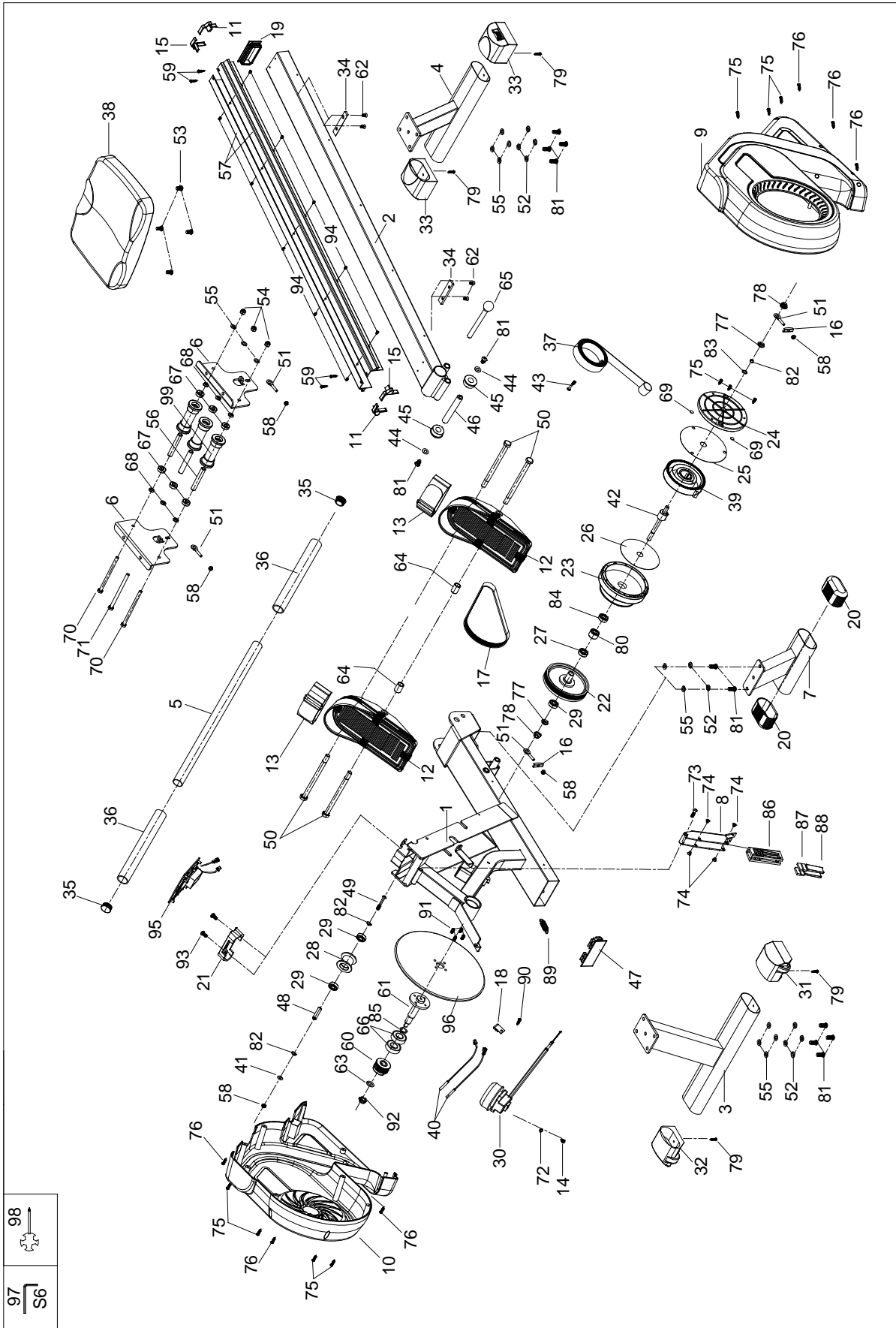


Rowing Machine

USER MANUAL



EXPLODED DRAWING

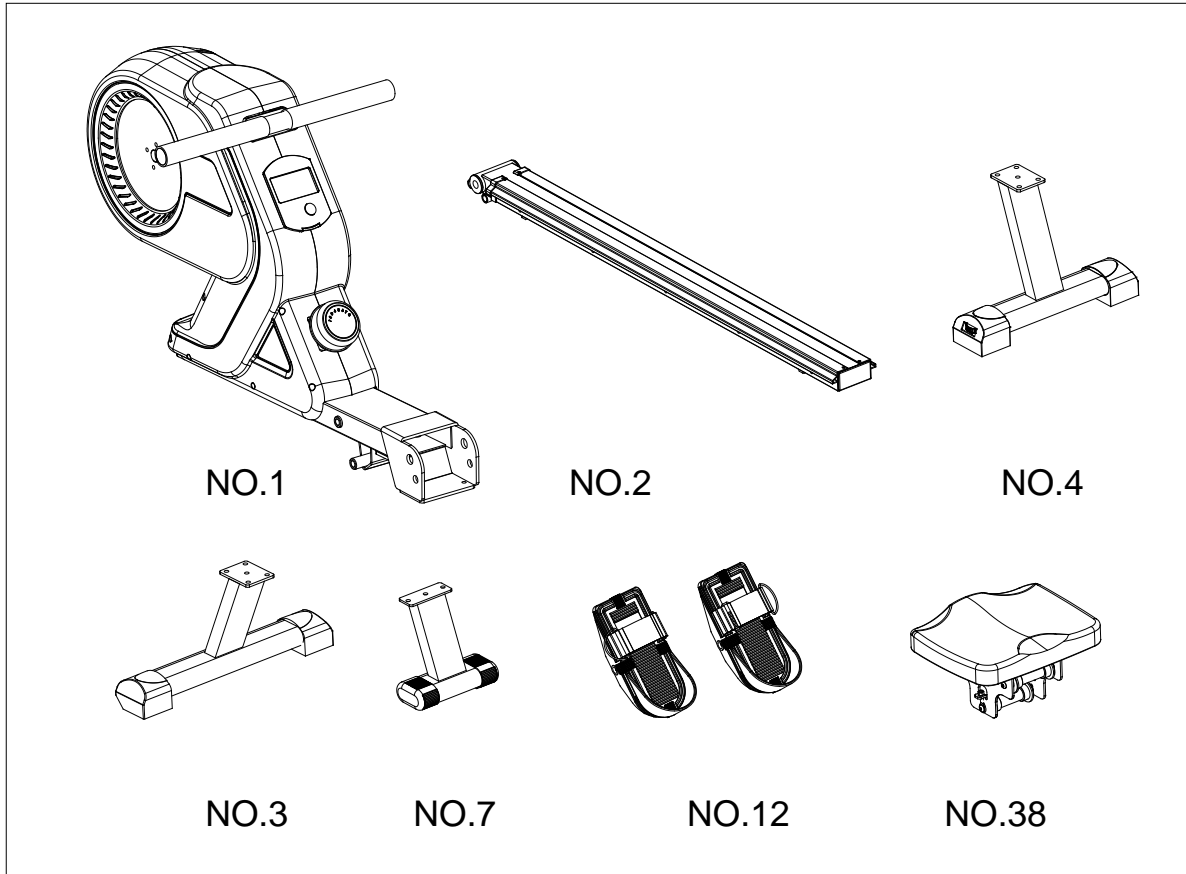


Part list

No.	Description	QTY	No.	Description	QTY
1	Main Frame	1	51	Adjusting Screw M6*40	4
2	Slide Rail	1	52	Spring Washer	10
3	Front Stabilizer	1	53	Allen Bolt M6*15	4
4	Rear Stabilizer	1	54	Nylon Nut M8	3
5	Handlebar	1	55	Flat Washer OD16×ID8.5×1.5	13
6	Seat Fixing Plate	2	56	Sleeve Φ12.7*1.4*78	3
7	Middle Support Tube	1	57	Side Rail	2
8	Magnet Bracket	1	58	Nylon Nut	5
9	Chain Cover L	1	59	Self-Tapping Screw	4
10	Chain Cover R	1	60	Small Belt Pulley	1
11	End Cap For Rail R	2	61	Axle	1
12	Pedal (L/R)	2	62	Cross-Head Screw	4
13	Pedal Strap	2	63	Spacer	1
14	Screw M5*15	1	64	Sleeve	2
15	End Cap For Rail L	2	65	Pin	1
16	U Type Bracket	2	66	Bearing 6004	2
17	Belt 6PJ330	1	67	Bearing 608ZZ	6
18	Sensor Bracket	1	68	Spacer Sleeve	6
19	Square End Cap	1	69	Sensor Magnet	2
20	End Cap For Middle Support Tube	2	70	Allen Bolt M8*140	2
21	Handlebar Stand	1	71	Allen Bolt M8*145	1
22	Belt Pulley	1	72	Flat Washer OD11×ID5.5×1.5	1
23	Mesh Belt Pulley	1	73	Allen Bolt	1
24	Volute Spring Cover	1	74	Self-Tapping Screw ST5.0*10	4
25	Soundproof Board A	1	75	Self-Tapping Screw ST4.0*19	10
26	Soundproof Board A	1	76	Self-Tapping Screw ST4.0*16	6
27	Bearing 6003	1	77	Hex Head Nut M10×1.0	2
28	Mesh Belt Pulley	1	78	Flange Nut M10×1.0	2
29	Bearing 6000ZZ	3	79	Self-Tapping Screw	4
30	Tension Control Knob	1	80	One Way Bearing	1
31	End Cap For Front Stabilizer L	1	81	Allen Bolt M8×20	12
32	End Cap For Front Stabilizer R	1	82	C-Clip Ø10	3
33	End Cap For Rear Support Tube	2	83	Wave Washer OD13.5*ID10.2*0.4	1
34	Limit Pad	2	84	Bearing 16003	1
35	End Cap For Handlebar	2	85	Wave Washer OD27.2*ID20.8*T0.4,	1

36	Handlebar Grip $\Phi 33 \times 3 \times 215$	2	86	Plastic Magnet Bracket	1
37	Mesh Belt	1	87	Magnet	4
38	Seat	1	88	Magnet	2
39	Volute Spring	1	89	Spring $\text{Ø}14 \times 1.5 \times 55$	1
40	Sensor Wire	1	90	Self-Tapping Screw St4.0*12	1
41	Flat Washer OD12xID6.5x1.5	1	91	Allen Bolt M6*12	4
42	Axle	1	92	Nylon Nut M10	1
43	Cross-Head Screw M5x35	1	93	Screw M5*12	2
44	Flat Washer	2	94	Screw M4*12	10
45	Bushing For Rail	2	95	Computer	1
46	Axle	1	96	Flywheel	1
47	Square Bushing	1	97	Allen Key S6	2
48	Seat Roller Bushing	1	98	Multi-Function Wrench	1
49	Hex Head Bolt M6*55	1	99	Seat Roller	3
50	Hex Head Bolt M12* $\Phi 12.5 \times 160$	4			

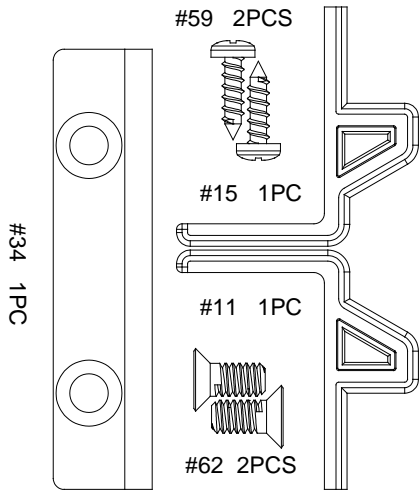
PRE-ASSEMBLY LIST



PART NO.	DESCRIPTION	QTY
1	Main Frame	1
2	Slide Rail	1
3	Front Stabilizer (with wheels)	1
4	Rear Stabilizer	1
7	Middle Support	1
12	Pedal	2
38	Seat	1

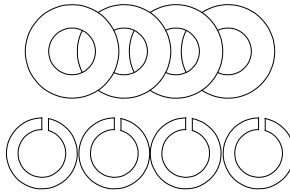
HARDWARE PACKAGE

STEP-1

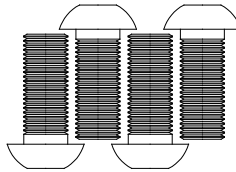


STEP-2

#55 OD16*ID8.5*1.5 4PCS

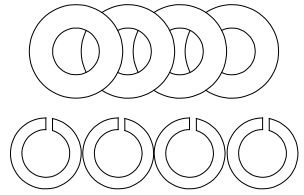


#52 ID8.5 4PCS
#81 M8*20 4PCS

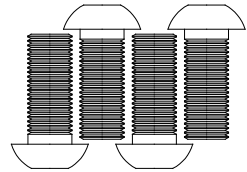


STEP-3

#55 OD16*ID8.5*1.5 4PCS

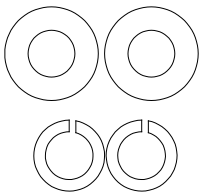


#52 ID8.5 4PCS
#81 M8*20 4PCS

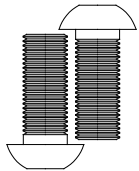


STEP-4

#55 OD16*ID8.5*1.5 2PCS



#52 ID8.5 2PCS
#81 M8*20 2PCS

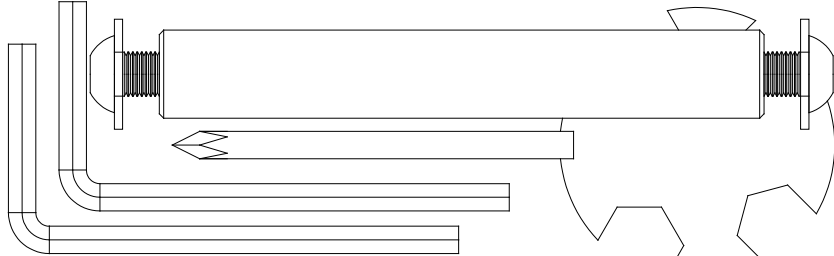


STEP-5

#46 Φ 16*110 1PC

#81 M8*20 2PCS

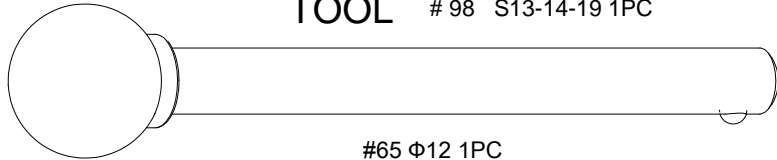
#44 OD20*ID8.5*1.5 2PCS



TOOL

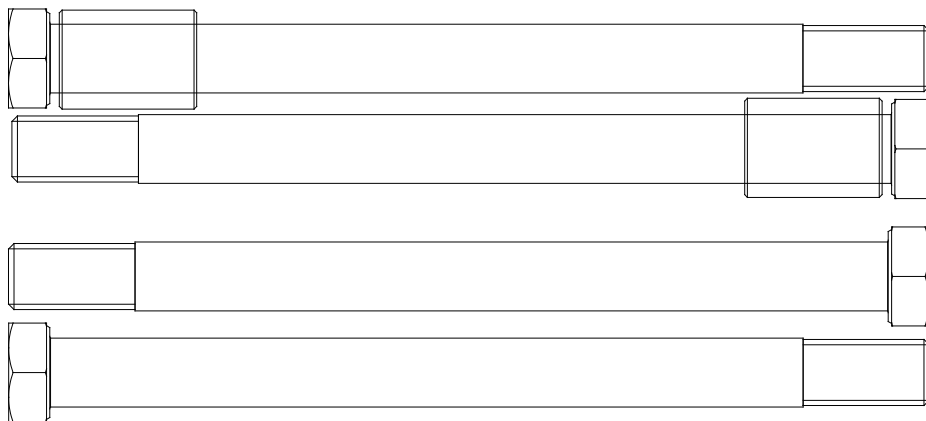
#97 S6 2PCS

#98 S13-14-19 1PC



#65 Φ 12 1PC

STEP-6



#50 M12*160 4pcs

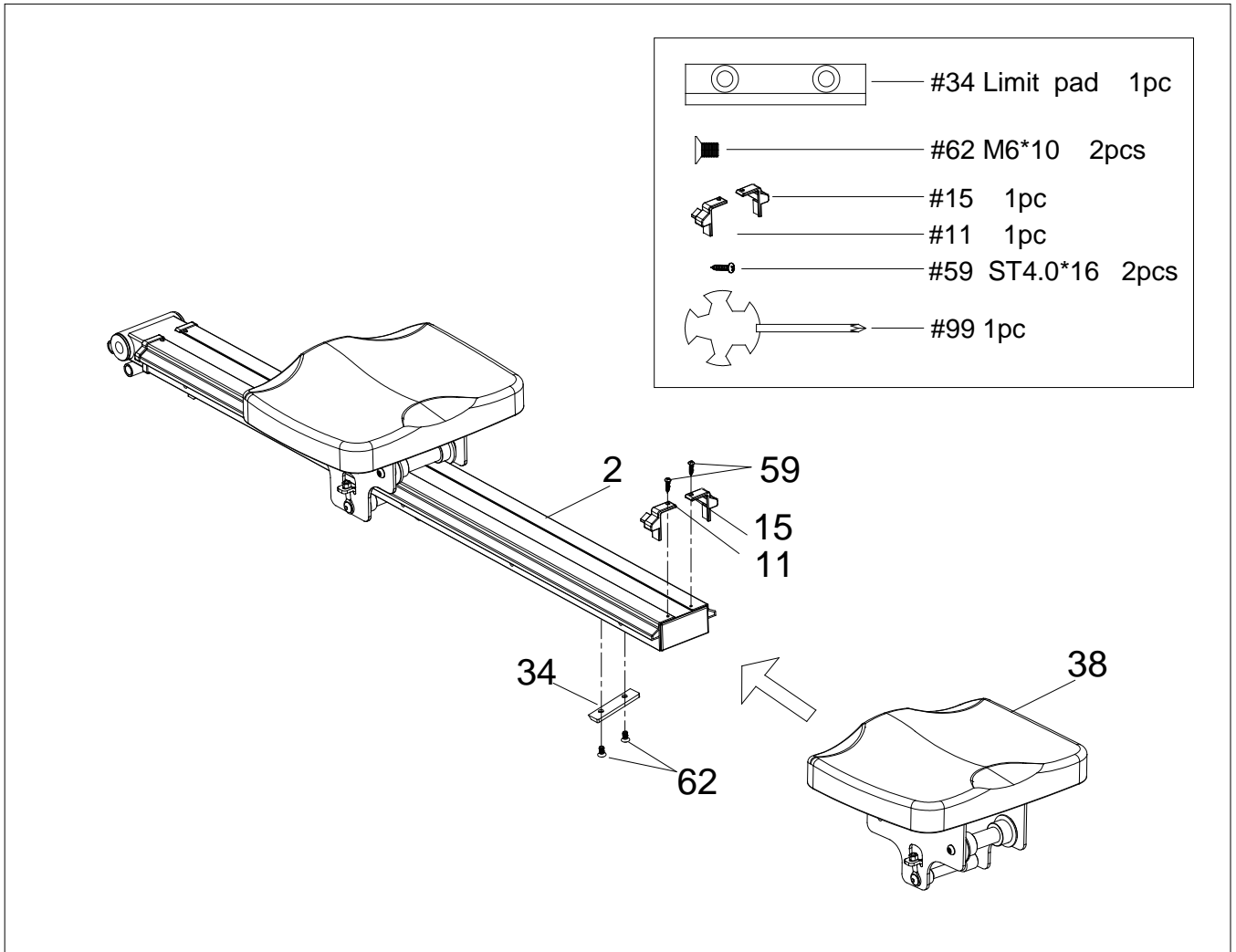
#64 Φ 18* Φ 13*26 2PCS

ASSEMBLY INSTRUCTIONS

NOTE: 2 persons are recommended to assemble the product.

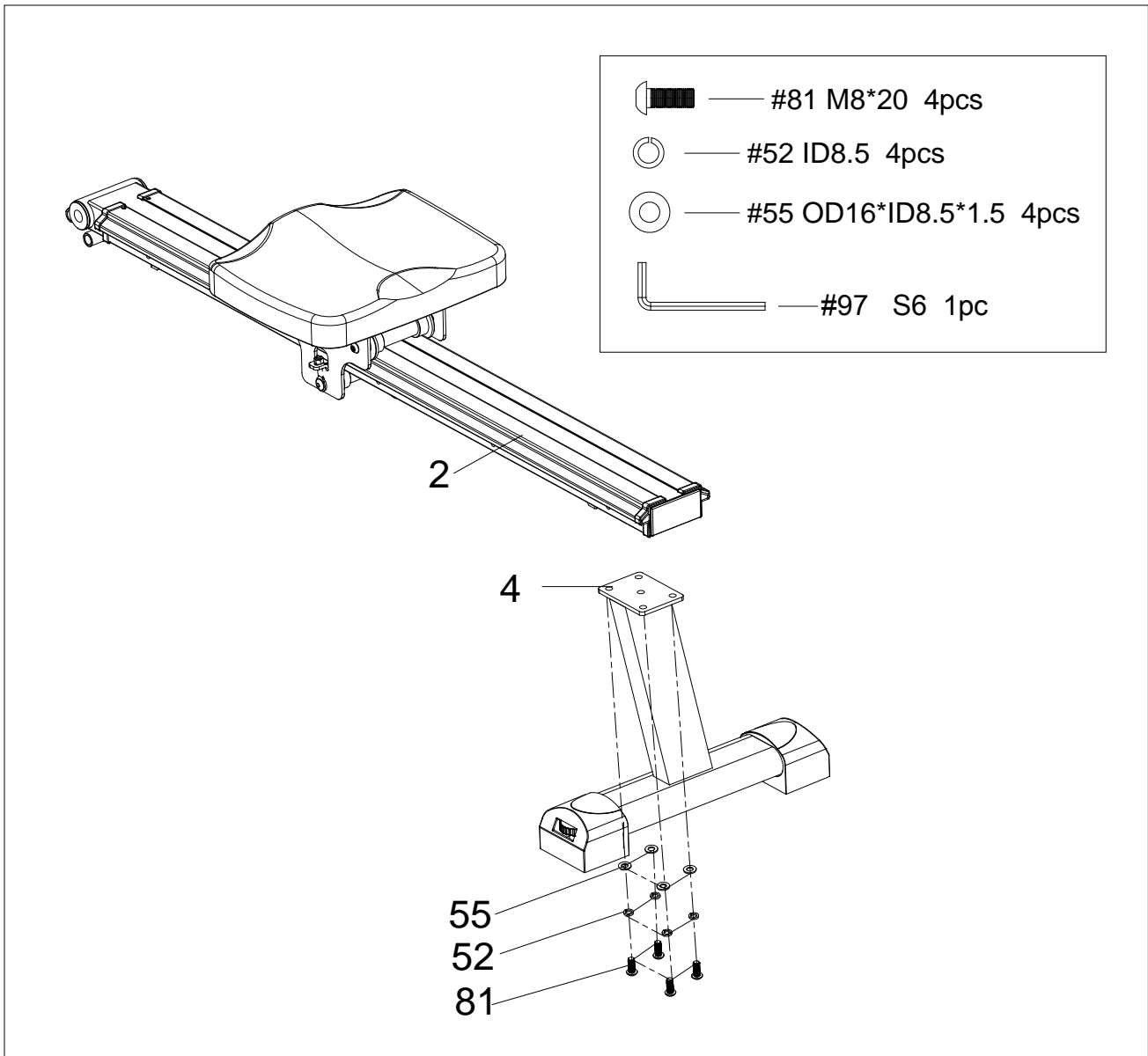
STEP 1:

- Slide the seat (#38) into the rail (2). Attach Limit Pad (#34) to the Slide Rail (#2) and secure with two screws (#62).
- Attach the Aluminum Plate Cover L&R (#11, #15) to the Slide Rail (#2), and tighten with 2 Screws (#59).



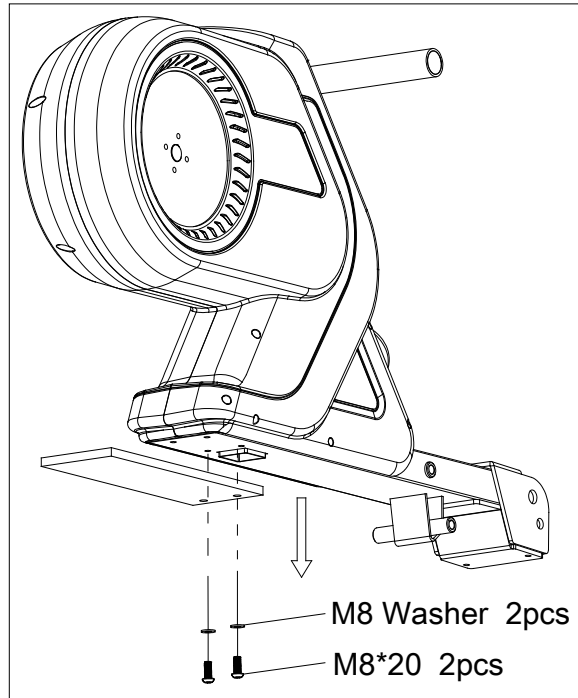
STEP 2:

- Attach the Rear Stabilizer (#4) to the Slide Rail (#2), tighten with 4 Washers (#55), 4 Spring Washers (#52) and 4 screws (#81) by using Allen Key S6 (#97).



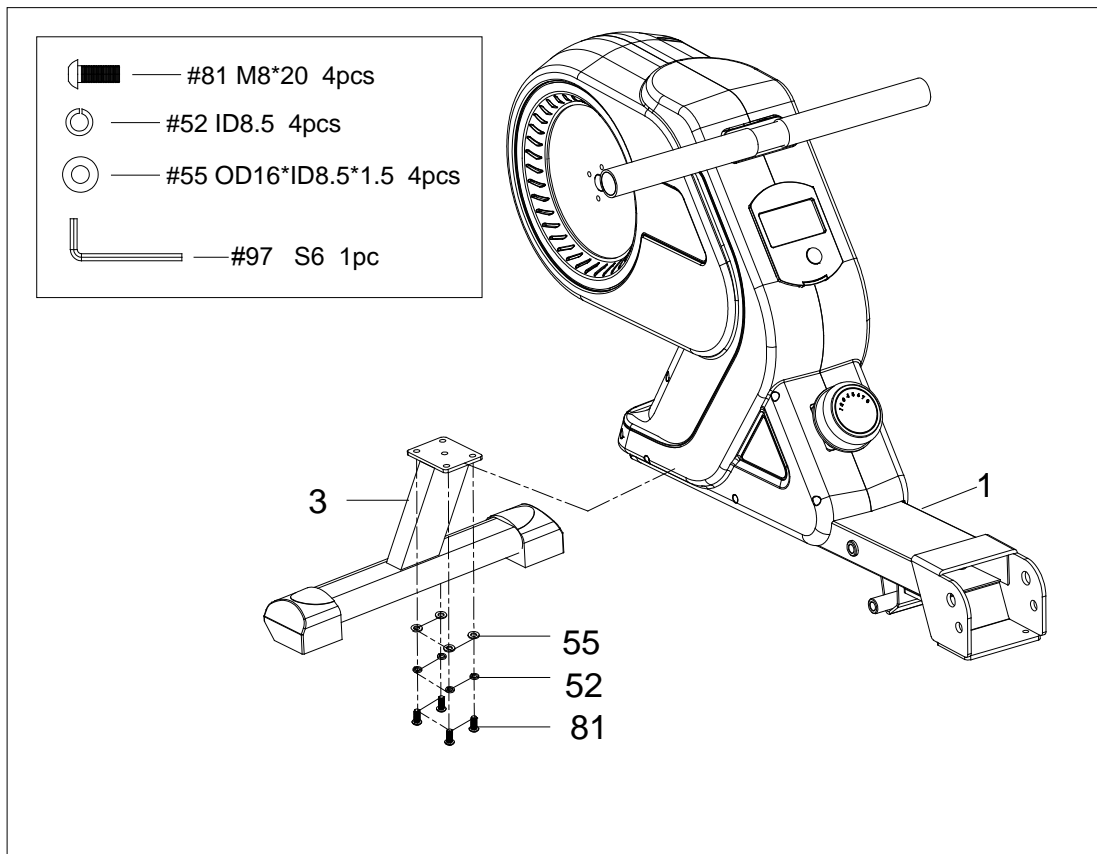
STEP 3: Packaging Removal

1. A piece of plywood that attached to the Main Frame (1) is used for stabilizing during shipping.
2. Use Allen Wrench (97) to remove the 2 Bolts and 2 Washers.
3. The plywood, 2 bolts, and 2 washers are not needed in assembly, please discard them after removal.



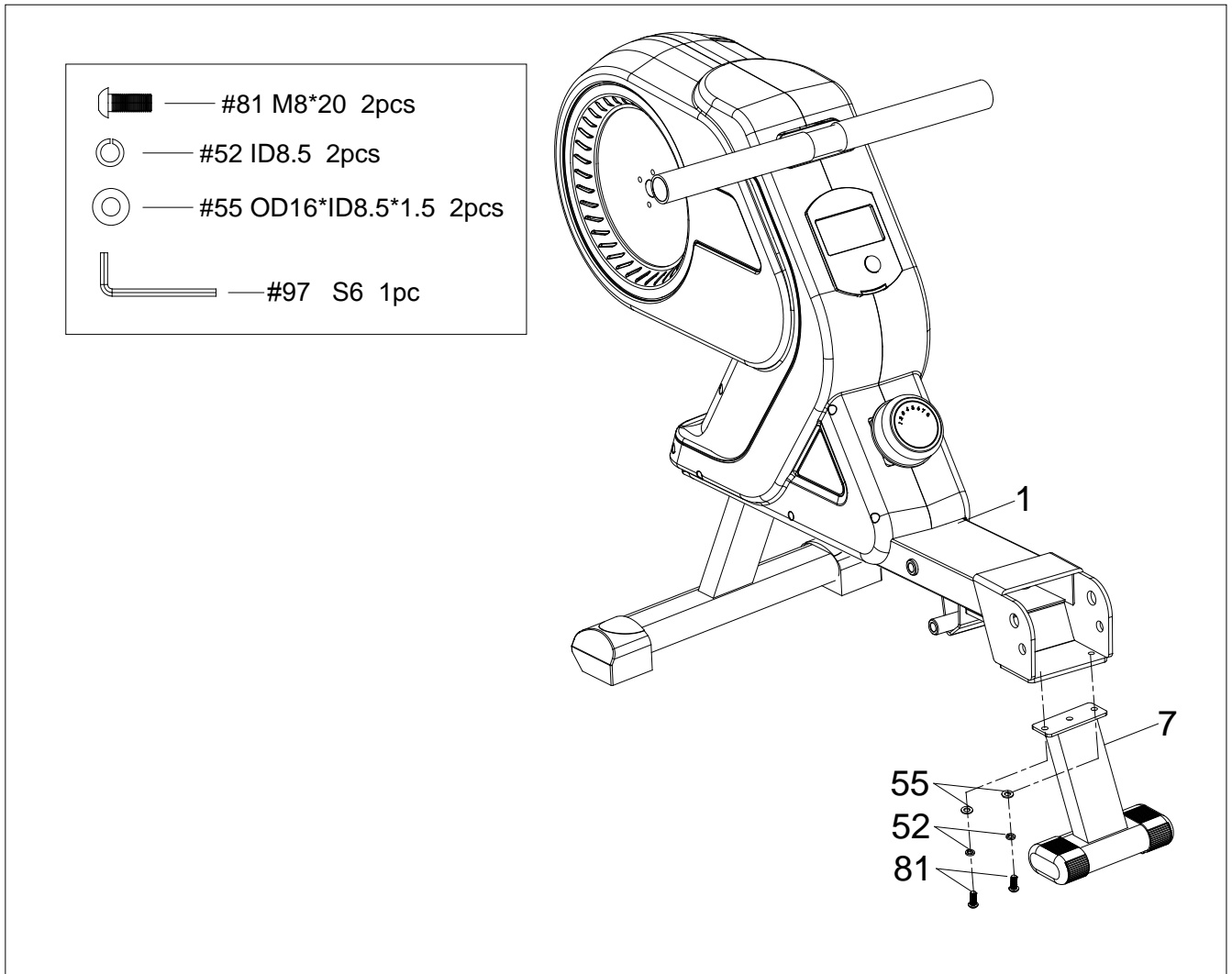
STEP 4:

- Attach the Front Stabilizer (#3) to the Main frame (#1), tighten with 4 Washers (#55), 4 Spring Washers (#52) and 4 screws (#81).



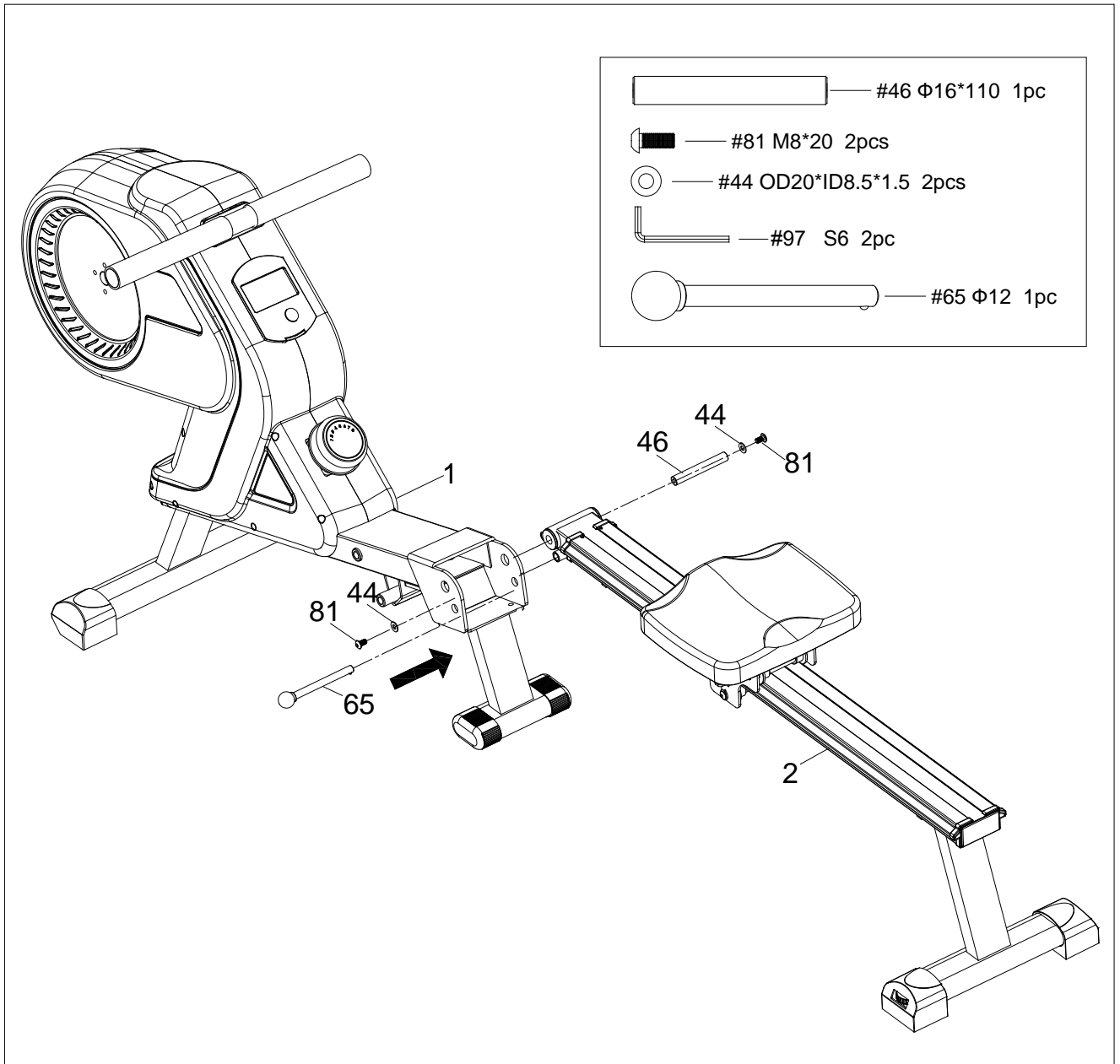
STEP5:

- Attach the Middle support (#7) to the Main frame (#1), tighten with 2 Washers (#55), 2 Spring Washers (#52) and 2 screws (#81) by using Allen Key S6 (#97).



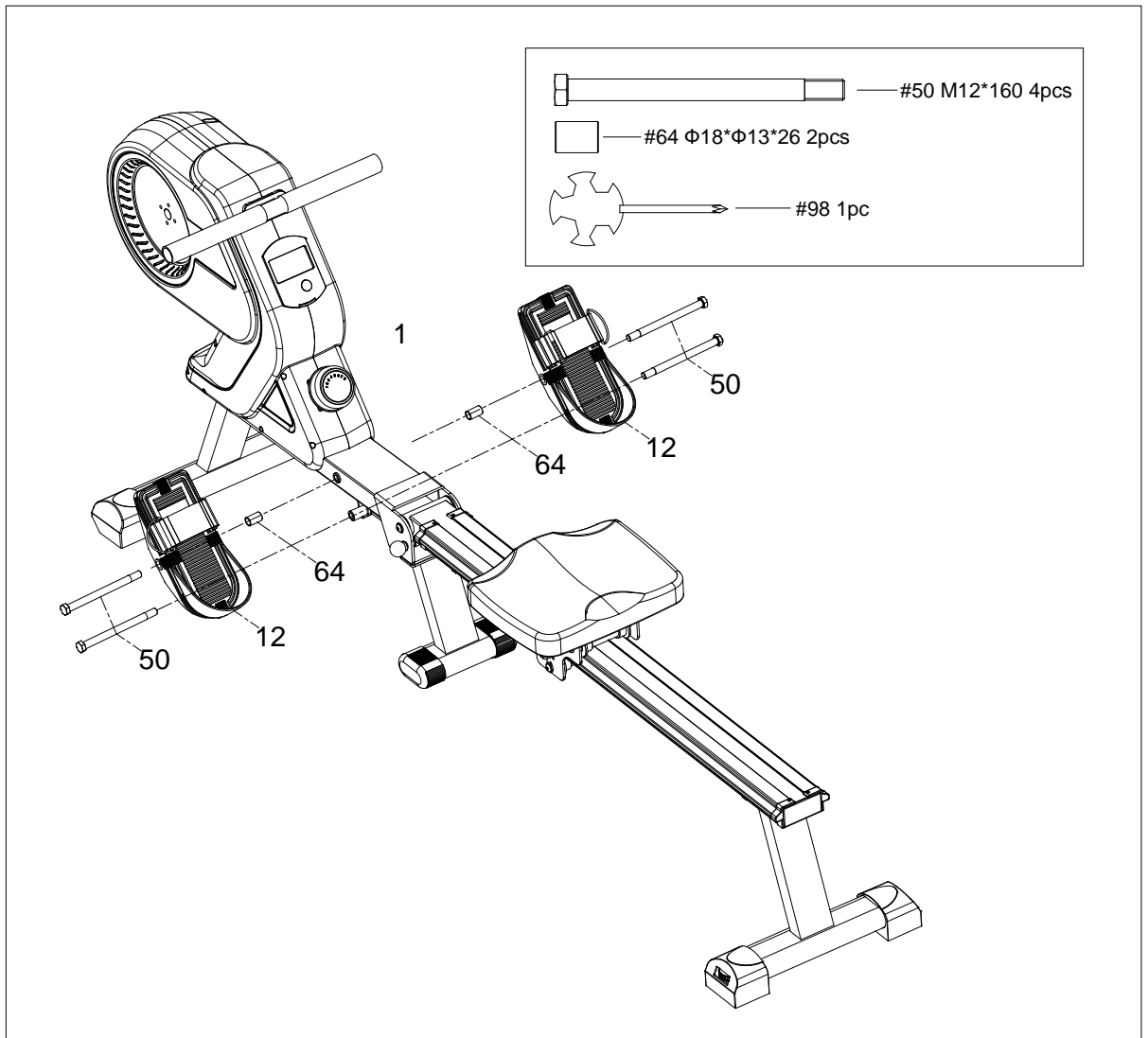
STEP 6:

- Attach the Slide Rail (#2) to the Main frame (#1), insert axis (#46), tighten with 2 washers (#44) and 2 screws (#81).
- Use Ball head pin (#65) to insert the Main frame (#1) and Slide Rail (#2).
- Lift the frame center to help line up locking pin holes. Remove the rower locks if you need to fold the rower.



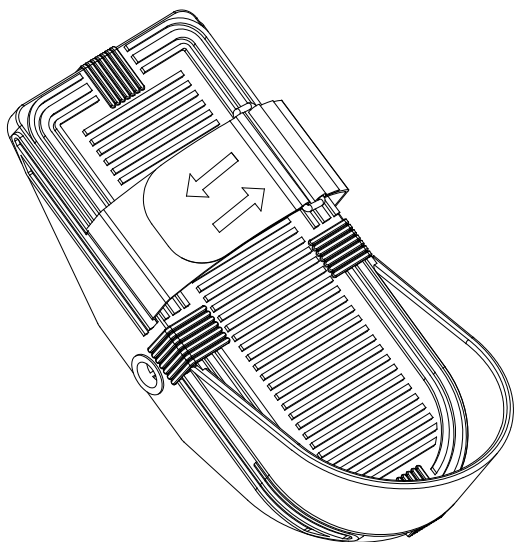
STEP 7:

- Insert the Screw (#50) into the Pedal (#12) with a Spacer Sleeve (#64), then lock this part into the Main frame (#1), insert the second Screw (#50) directly on the Main frame (#1) through the bottom of the pedal.
- Repeat the same steps to assemble the other pedal.



ADJUSTMENT GUIDE

❖ PEDAL ADJUSTMENT

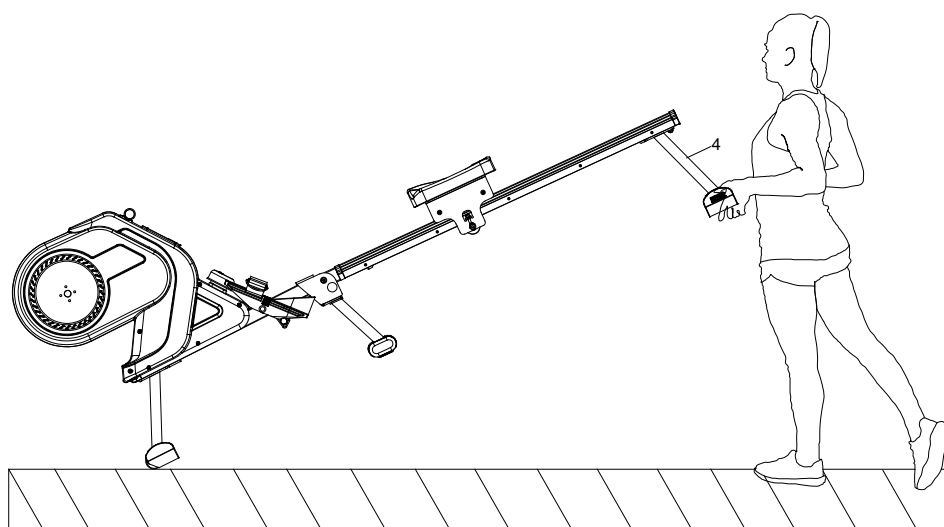


The pedal strap is adjustable and can be personalized to fit the user's foot size.

Catch the ring-pull: pulling it upward then to the right. Then adjust the size.

Finally, to tighten the pedal strap, down to secure it.

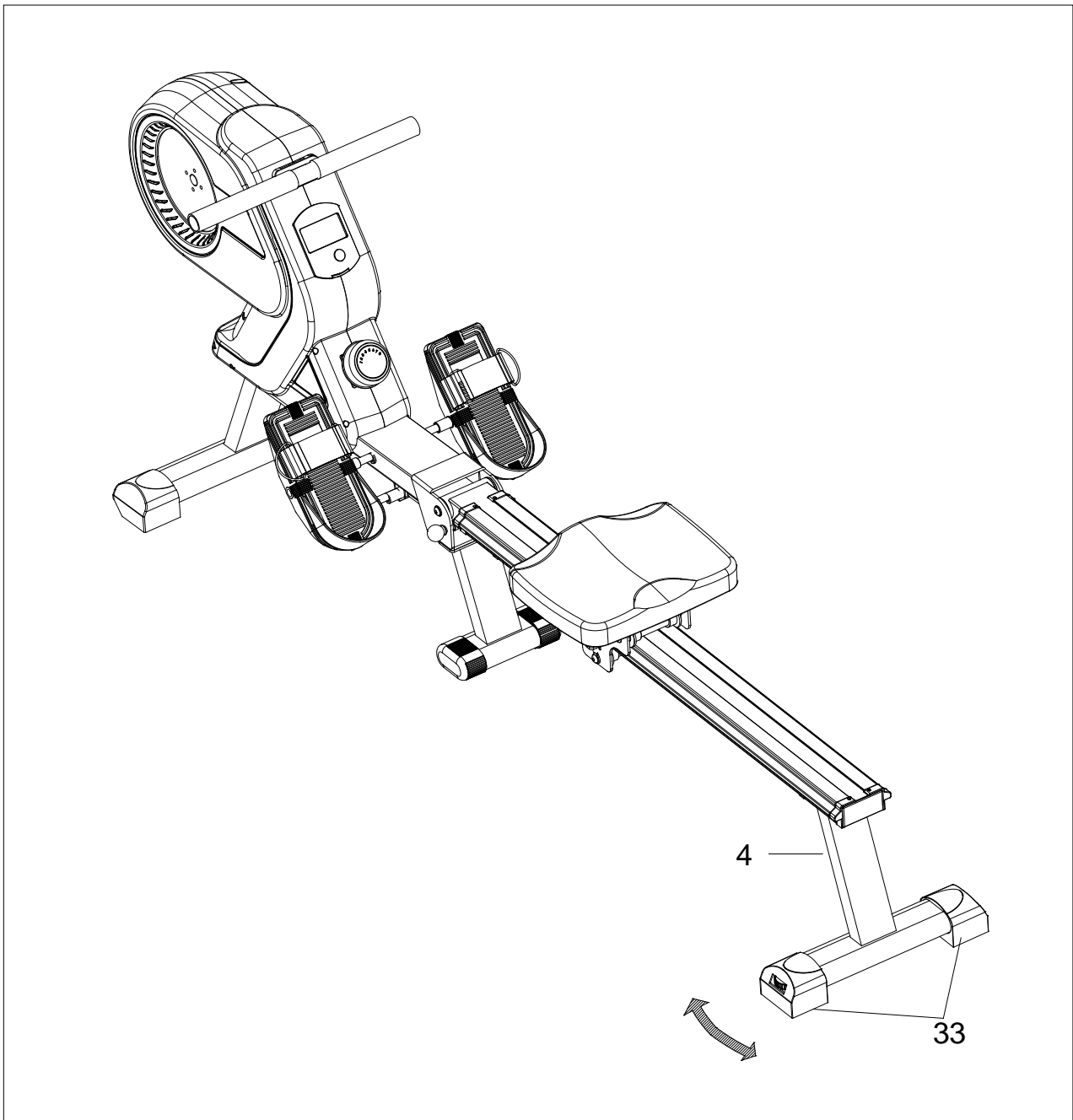
❖ MOVING THE MACHINE



To move the machine, lift up the rear stabilizer until the transportation wheels on the front stand touch the ground. You can move the rower to anywhere you want now.

❖ ADJUSTING THE BALANCE

Adjust the Rear Stabilizer of the machine if the machine is unbalanced during use.



FOLDING THE MACHINE

Figure A

When not in use, the rower can be folded to save space. Find the Ball Head Pin (#65) on the Slide Rail (#2) and remove it. Then take the Slide Rail (#2) and move it to a vertical position.

CAUTION!

Move with caution when you vertically fold the **Sliding Rail (#2)**. Watch the **Rear Stabilizer** in case it may hit your head while moving.

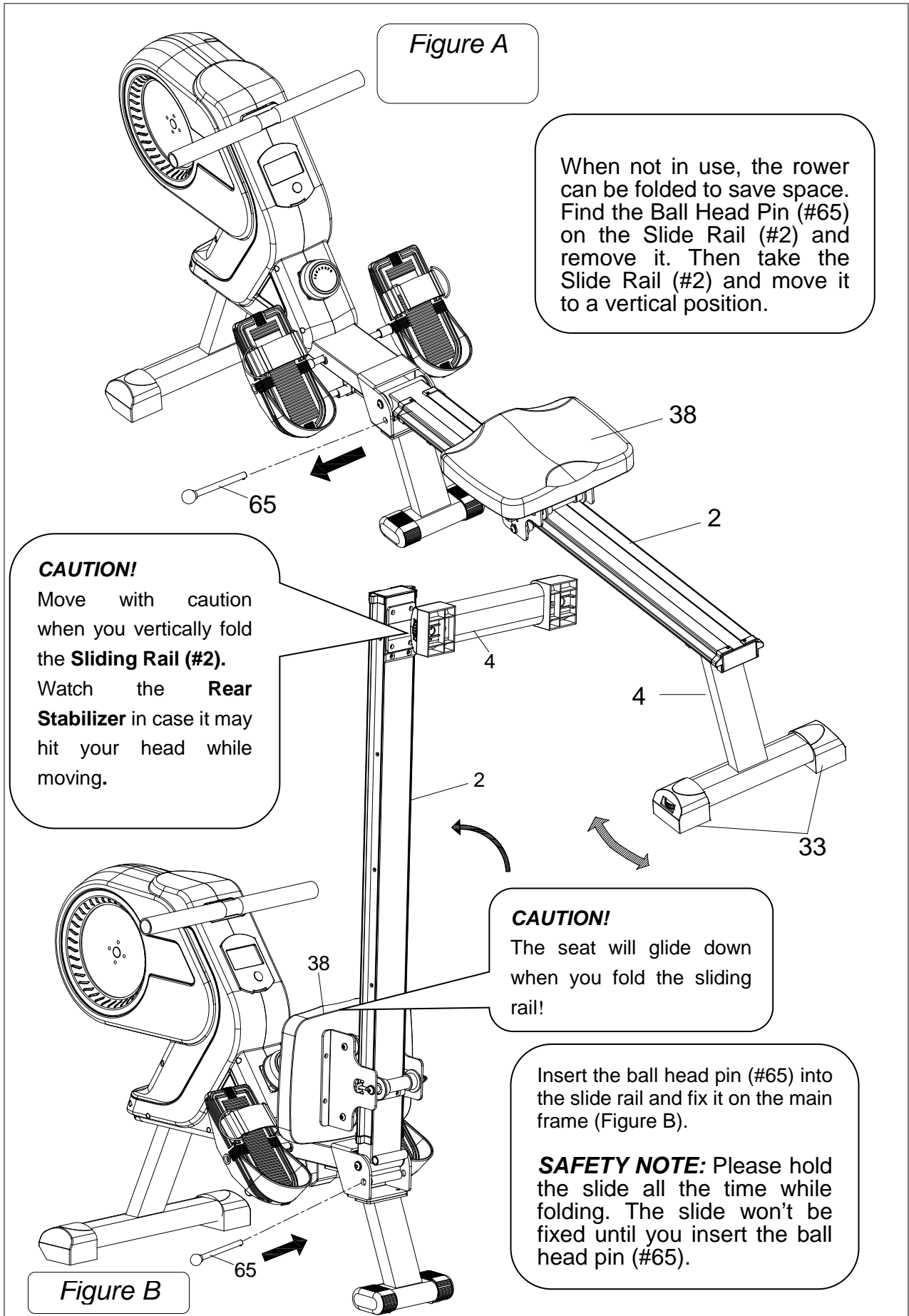
CAUTION!

The seat will glide down when you fold the sliding rail!

Insert the ball head pin (#65) into the slide rail and fix it on the main frame (Figure B).

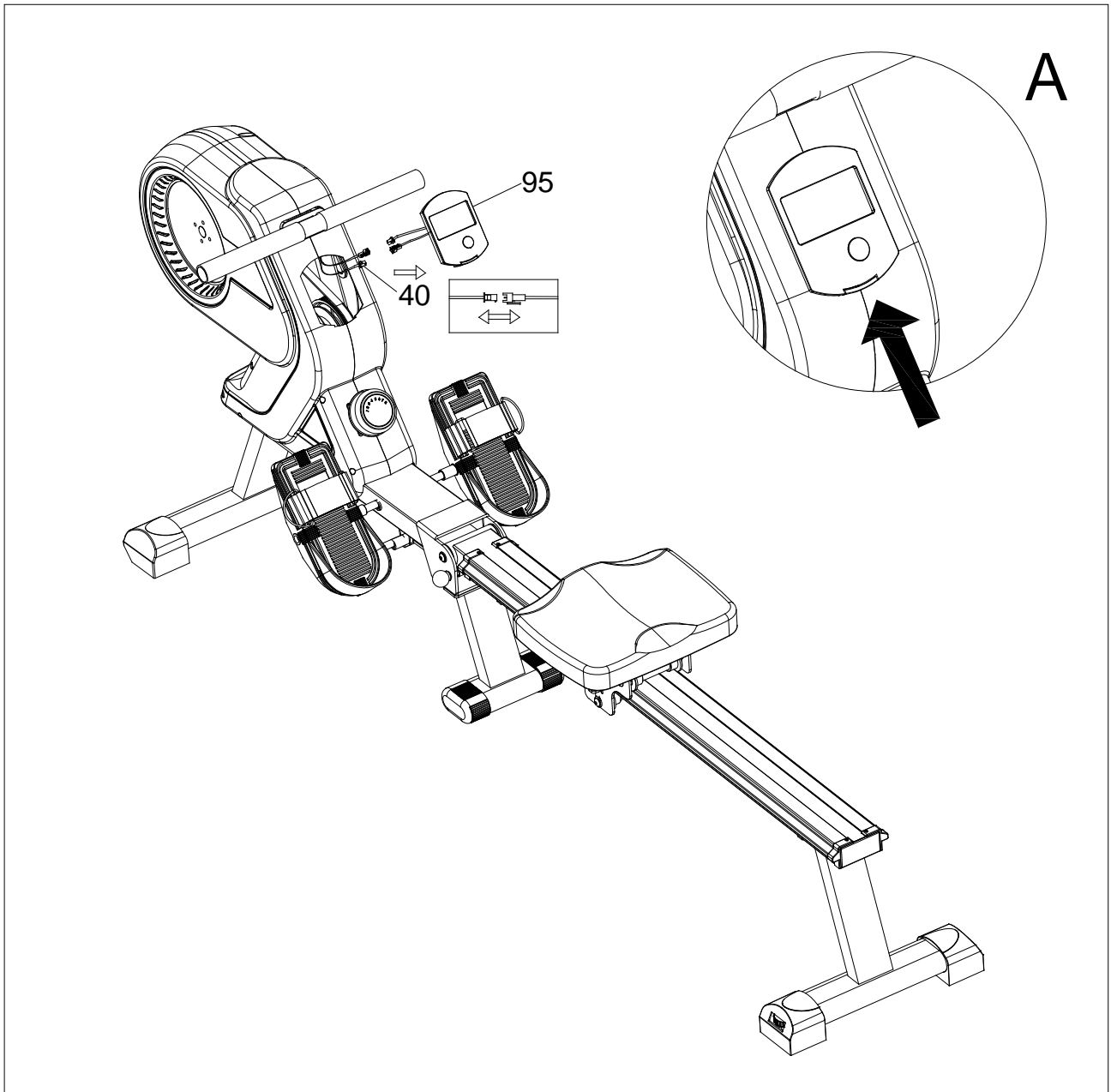
SAFETY NOTE: Please hold the slide all the time while folding. The slide won't be fixed until you insert the ball head pin (#65).

Figure B

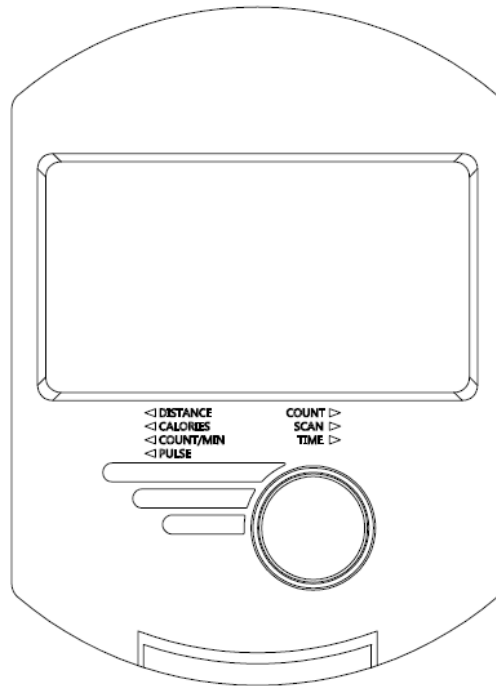


Remove the Computer

1. Console (#95) can be removed from the Main Frame (#1) to help add or remove batteries.
2. Pop the Console (#95) out via the hinge (shown above) and be careful not to damage the connection wires. Unclip the wires and the Console (#95) can be moved around freely. Insert the 2 AA batteries to activate the Console (#95).



COMPUTER INSTRUCTIONS



FUNCTIONAL BUTTON:

MODE/RESET – Press down to select functions.

– Press down for 2 seconds to reset time, count, distance and calories

FUNCTIONS AND OPERATIONS:

1. **SCAN:** Displays time, count, distance, calories, RPM and pulse in a repeating cycle.
2. **TIME :** Automatically accumulates workout time when exercising.
3. **COUNT:** Automatically accumulates the number of strokes when exercising.
4. **DISTANCE:** Count the distance you have rowed from start to the end.
5. **CALORIES:** Automatically accumulates calories burnt when exercising.
6. **COUNT/MIN (RPM):** Automatically accumulates the workout counts per minute.
7. **PULSE RATE:** Press MODE button until “▼” appears at PULSE position.

Before measuring your pulse rate, you can wear a 5.3KHz chest belt (not included) for testing your heart rate. After 6~7 seconds, your pulse rate per minute (BPM) will be showing on the display.

Remark: The pulse number may be higher than the actual pulse rate during the first 2~3 seconds due to contact jamming. It will go back to a normal level gradually. The measurement value can only be used for reference, it will not be considered as the basis of any medical treatments.

NOTE:

1. If the display is faint or shows no figures, please replace batteries.
2. The monitor will automatically shut off if no exercise signal is received after 4 minutes.
3. The monitor will be auto powered on when you start to exercise.
4. The monitor will automatically start calculating when you begin your exercise and will stop calculating after examining no movements for 4 seconds.

SPECIFICATIONS:

FUNCTION	SCAN	Every 6 seconds
	TIME	0:00~99:59
	COUNT	0~9999 TIMES
	DISTANCE	0~9999 METRE
	CALORIES	0~9999 CAL
	RPM	0~999 TIMES/MIN
	PULSE	40~220 BPM
BATTERY TYPE	2pcs of SIZE –AA or UM –3	
OPERATING TEMPERATURE	0°C ~ +40°C	
STORAGE TEMPERATURE	-10°C ~ +60°C	