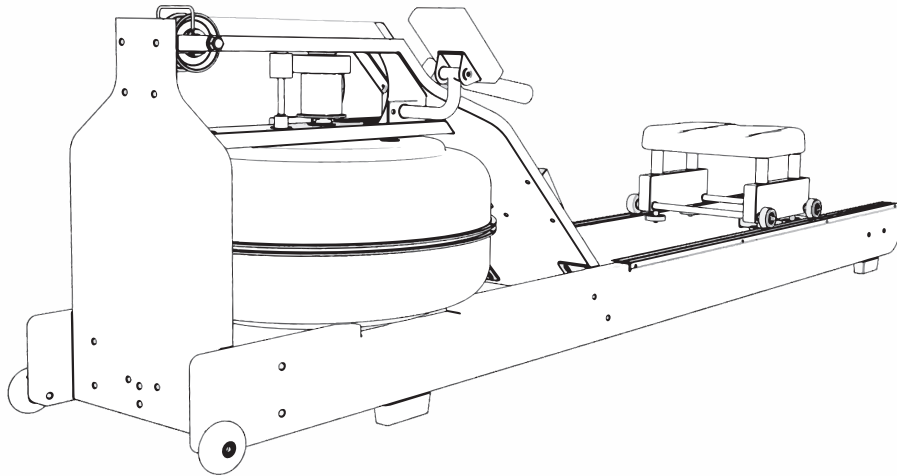

Water Rower User Manual



PLEASE DO NOT RETURN TO STORE



Please do not return this product to the retailer!!

We are able to assist you in ANY way.

If you find that you have any trouble with assembly or missing or damaged parts, please contact the seller

Before You Start

- ⚠ Please read all instructions carefully.
- ⚠ Retain instructions for future reference.
- ⚠ Separate and count all parts and hardware.
- ⚠ Read through each step carefully and follow the proper order.
- ⚠ We recommend that, where possible, all items are assembled near to the area in which they will be placed in use, to avoid moving the product unnecessarily once assembled.
- ⚠ Always place the product on a flat, steady and stable surface.
- ⚠ Keep all small parts and packaging materials for this product away from babies and children as they potentially pose a serious choking hazard.

SAFETY INSTRUCTIONS

1. Please install it in strict accordance with the instruction. After the assembly is complete, be sure to check that all the bolts, gaskets and other accessories are firm.
2. Before you do exercise, you should consult your doctor about what is the suitable frequency, time and strength for your age and conditions.
3. Once you feel sick, short of breath dizzy, headache, hurt, chest congestion and any other discomfort, please stop doing exercise right away.
4. Please keep children away from this product during your workout. This product is designed for adults specially. Do not let children use it.
5. Please be sure to maintain the safety system of its moving parts regularly. Please be sure to keep 5m space around the product.
6. Please be sure to check the safety of all the parts of this product before using it to do exercise.
7. Please use this product carefully. If you find out any unusual sound and other problems, please stop doing exercise right away.
8. Please do not wear loose clothes to avoid entangling the units of the product.
9. This product is only for indoor use.
10. Please be careful and avoid injury during moving it.

Warning: Please consult your doctor before any exercise, especially for the person who has had some healthy problems already. It is very important. Please read all the instructions before using any machines. Please keep it well for looking it up.

Warm-up

Warm-up is very important, which can make your body become warm, make your muscles extend, increase blood circulation, improve the heart rate and transport more oxygen to the muscles. After you finish doing exercise, you can repeat these actions to slow down your heart rate and reduce muscle soreness. The actions we suggested are as follows:

Thigh Stretch

Sit down on the ground and make the soles of two feet face each other. Keep your knees outward and try your best to make your two feet fold inward by using your hands and push your knees towards the ground gradually.



Calf Stretch

Push the wall or your partner by using your hands and stand with your feet shoulder-width apart, and one foot in front of the other one. The latter leg should be kept straight at the knees and the front leg should be bent. The body is at a 45-degree angle. Press your back heel hard on the ground.



Hip Flexor Stretch

Kneel on the ground on the left leg and the other one keeps the action called "mabu". Put your hands on your hips and push your hips forward. After you finish doing it change the other leg.



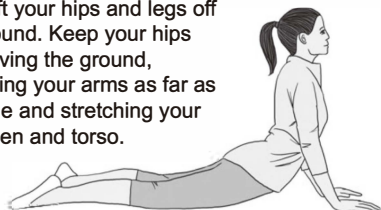
Back Stretch by Standing

Keep standing and make legs width slightly narrower than shoulder width. Put your chin on your chest and bend your upper.



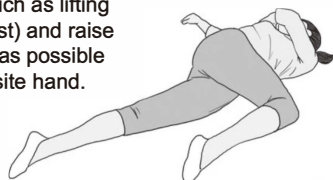
Abdomen Stretch

Lie with your face down on the floor and place your hands under your shoulders. Push your hands downward and do something like push-ups, but don't lift your hips and legs off the ground. Keep your hips not leaving the ground, stretching your arms as far as possible and stretching your abdomen and torso.



Back Stretching

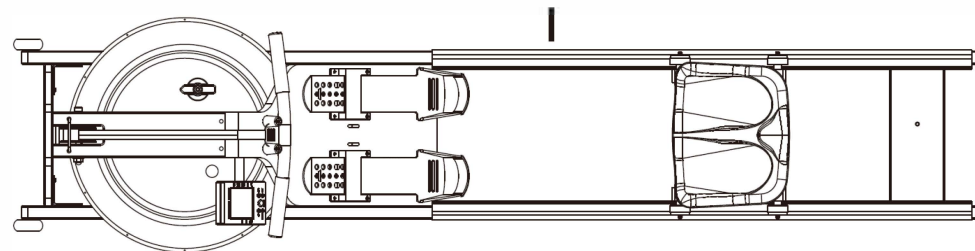
Lie down on the floor with your back facing the ground, your hands stretching out and the whole body placing like a cross. Lift one leg to one side of the body (such as lifting the right leg first) and raise the foot as far as possible from the opposite hand.



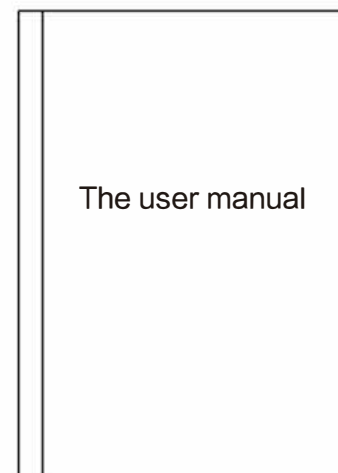
Packing List

The box contains the main body of the rowing machine, the water pump, the user manual.

- 1 the main body of the rowing machine

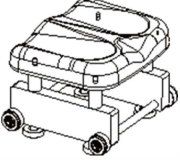

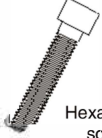

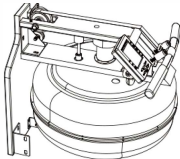










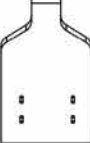




- 2 The user manual

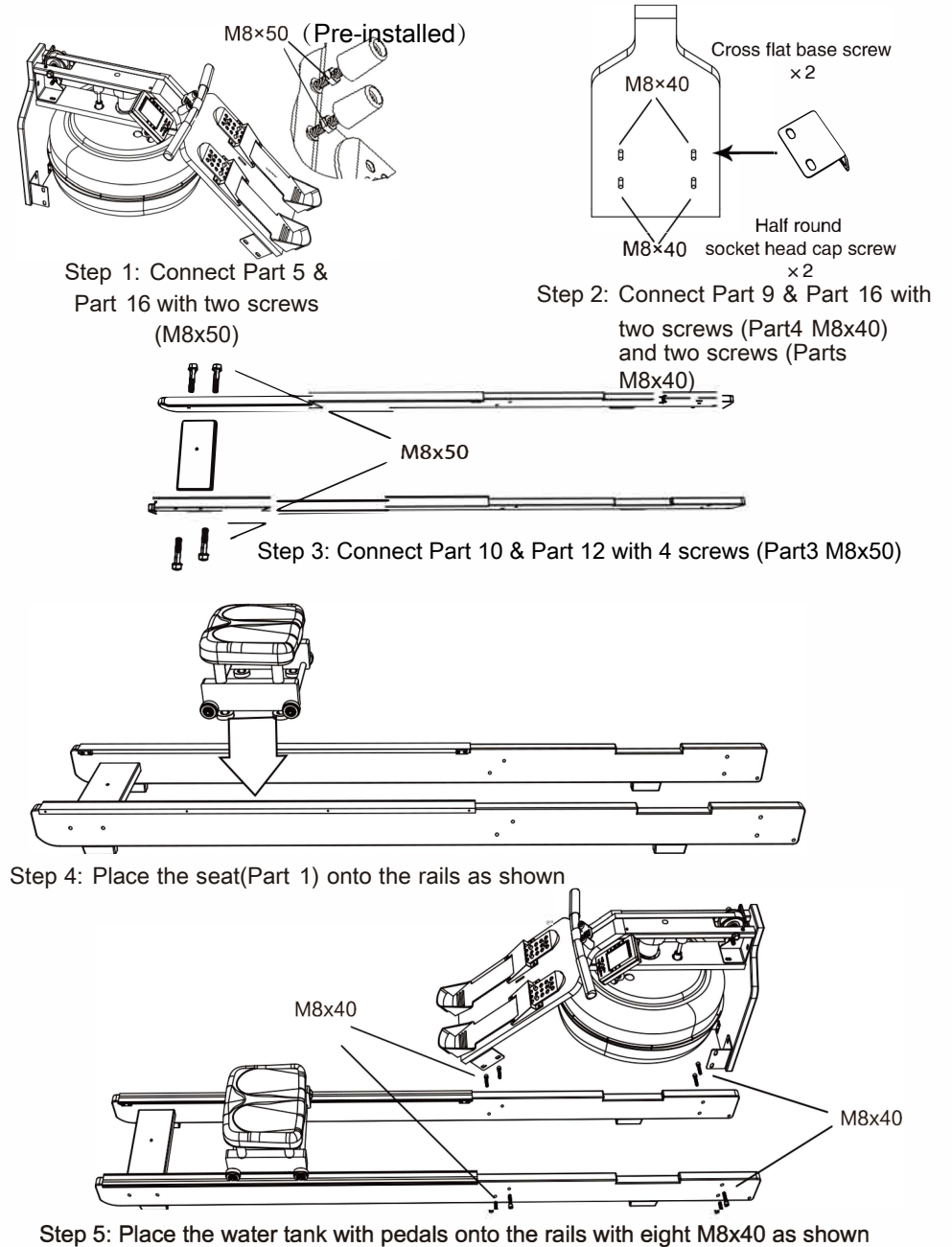


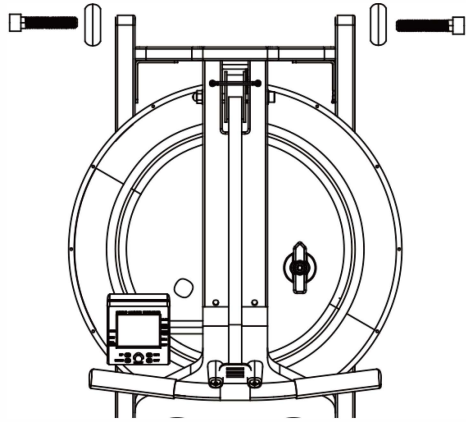
Water Rowing Machine Assembly Manual

PARTS LIST

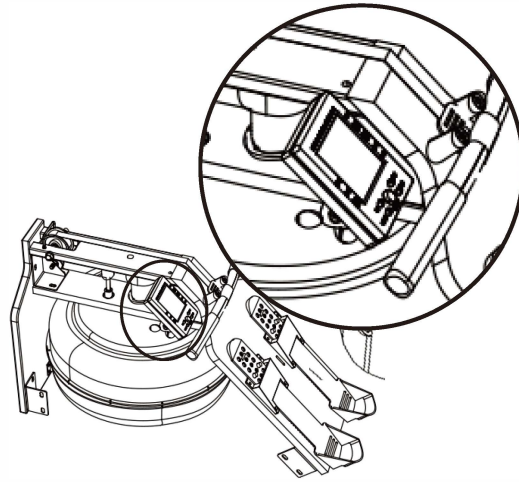
1 Seat  x 1	2 Handle  x 2	3 M8x50mm 1  Hexagonal screw x 4	4 M8x40 mm  Cross flat base screw x 2
5 Water Tank  x 1	6 Monitor  x 1	7 M8*65  x 2	8 M8x40mm  Half round socket head cap screw x 10
9 Connector  x 2	10 Rail  x 2		
11 Front Roller  x 2	12 Rail connection plate  x 1		
13 Wrench  x 1	14 Locknut  x 26	15 Washer  x 36	
16 Pedals Board  x 1	17 Liquid Blue Dye  x 1	18 Instructions  x 1	

INSTALLATION STEPS



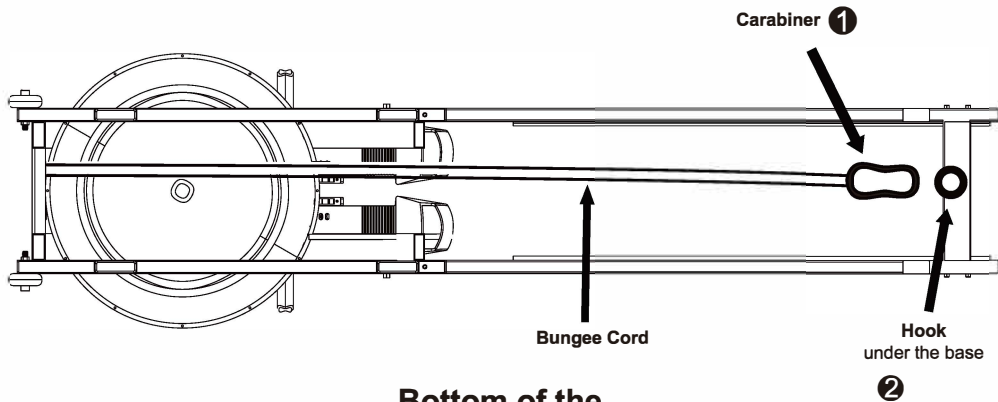


Step 6: Install 2 roller (Part 11) on the frontside of the rails with two M8x65 as shown.



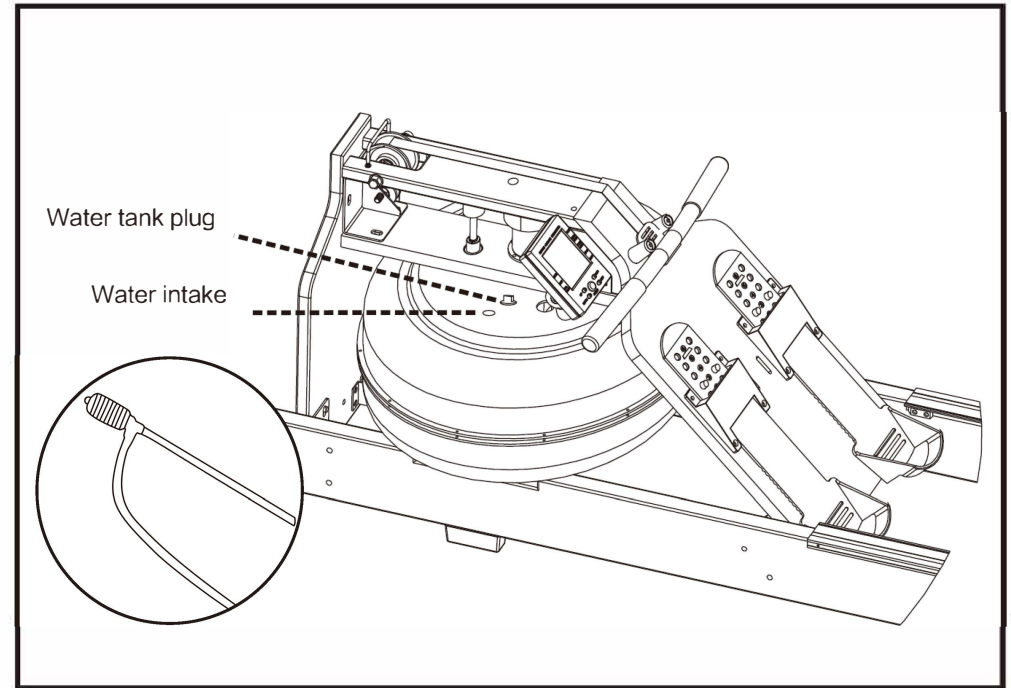
Step 7: Install the monitor (part 6)

Step 8: Please attach Carabiner ① to the hook ② under the base.



Bottom of the Rowing Machine

Water injection and water treatment



1. Water injection

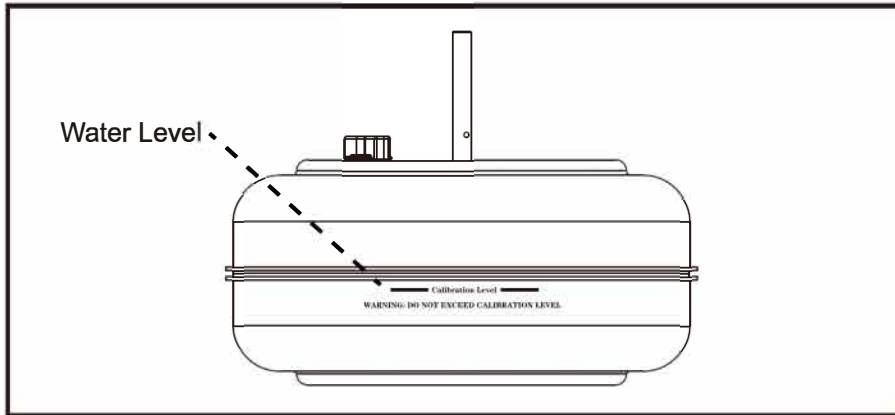
Step

- Remove the rubber plug from the top of the tank.
- Place a large bucket of water next to the rowing machine, insert the water outlet of the pump into the water tank and insert the bottom hose into the water bucket.
- Use the water pump to fill the water. Confirm the water injection amount through the water level mark of the water tank. Attention! Don't overfill!
- After the water injection reaches the desired water level, remove the water pump.
- Make sure the tank plug is re-plugged.

Notice: If the local water quality is too poor, it is recommended to use distilled water instead of tap water.

Water injection and water treatment

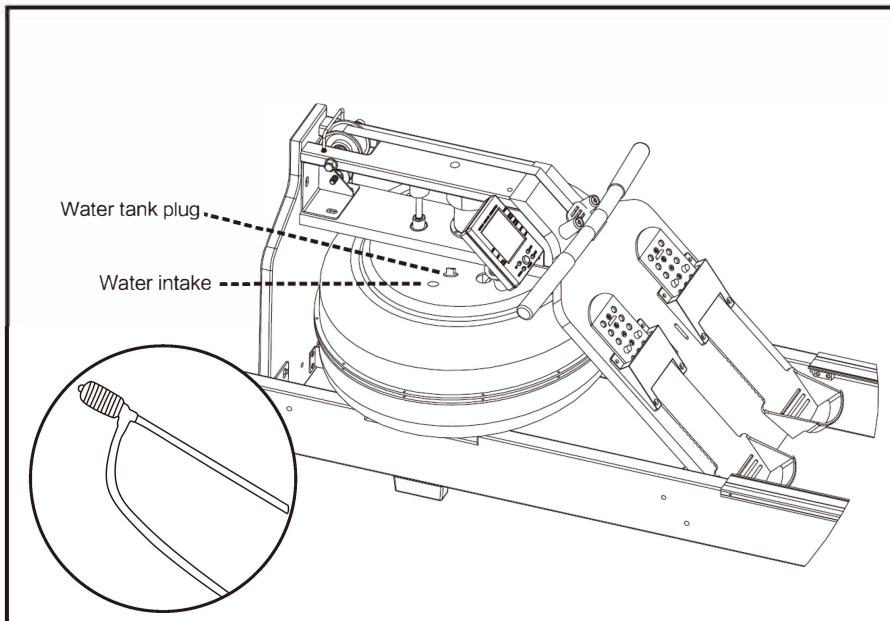
2. Regular water replacement



Notice that if there is any water discoloration or bacterial or algae reproduction, please replace the water in time.

Replace water

3. Replace the water



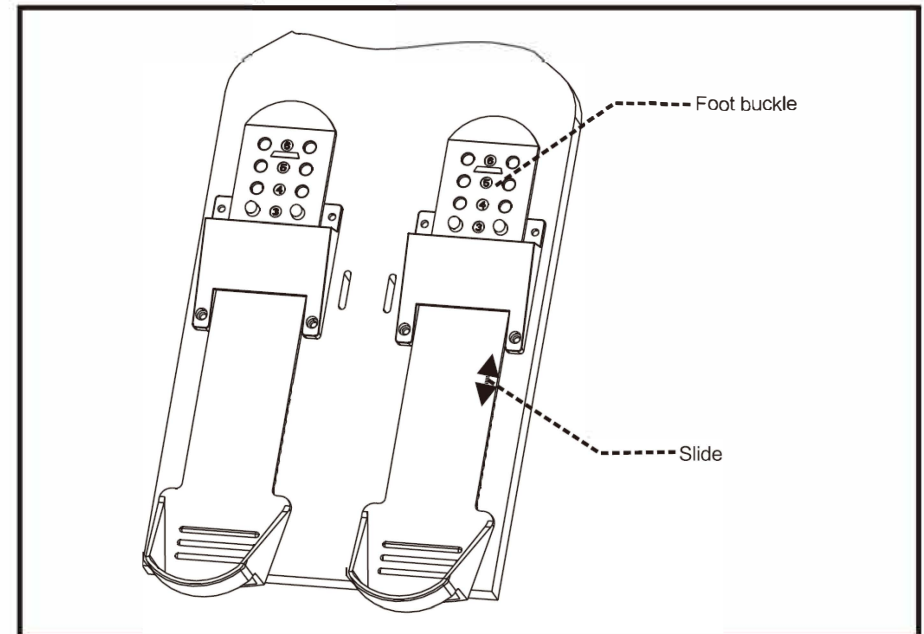
1. Remove the tank plug.
2. Insert the bottom hose of the water pump into the rowing water tank and insert the water outlet of the water pump into the bucket.
3. Use the water pump for drainage.

Attention:

If the water is disinfected, it is not necessary to change the water frequently.

Pedal

4. Foot adjustment



- a. The pedal can adapt to the different sizes of feet, it is very convenient to use.
- b. To adjust, lift the upper part of the active pedal and pull it up/down. You can select the appropriate length from numbers 1–6. Press down firmly to secure the foot to the rivet.
- c. Tie the straps and start exercising.
Warning: Before using the rowing machine to do exercise, make sure the foot is fixed on the pedal and the pedal slider is fixed on the buckle.

Precautions

Tests before use and precautions

1. Slide rail

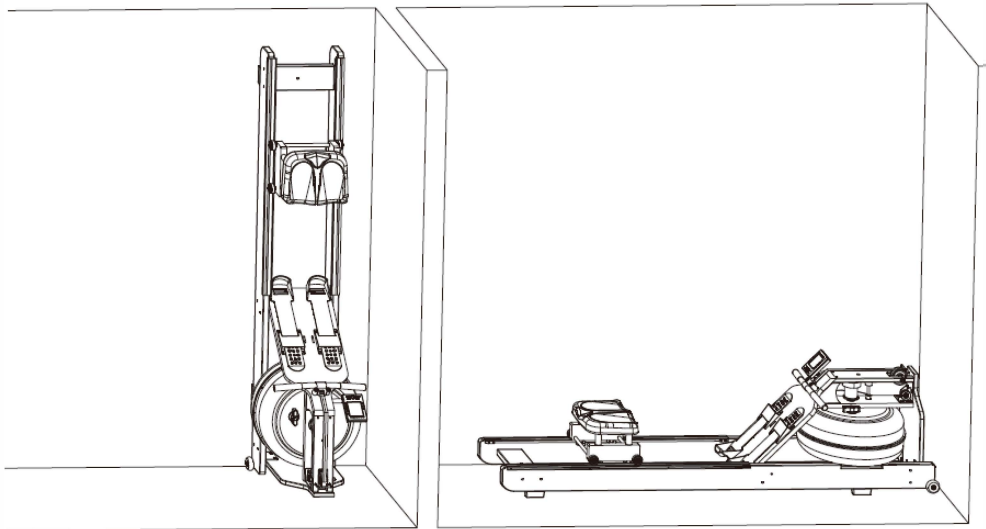
Check the seat wheels and rails for dirt and debris before sitting on the rowing machine. Small things will block the seat wheels and rails and damage their surface. Before use every time, you must check the rails for debris and clean them regularly.

2. Fastener

Frame bolts need to be checked for tightening regularly. Check them at the end of the first month after beginning using and every 12 months.

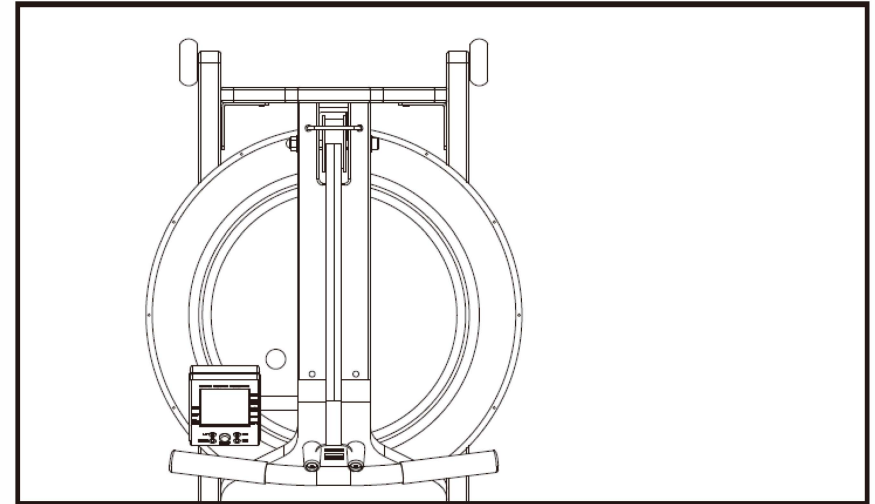
3. When storing the rowing machine vertically, please select an appropriate position.

4. Choose a piece of flat ground to use your rowing machine to avoid shaking and premature wear.



Adaptive resistance water tank

Adaptive resistance water tank can give you a true boating experience. The water is stored in the movable bin of the water tank. The resistance is determined according to the speed of the boating movement and the water capacity of the water tank and is adapted to the different resistance preferences of different people in the family environment.



Advanced exercise

Once you find a rhythm which is suitable for you, you can make some changes in the paddle frequency and the number of paddles to increase your amount of exercise further. Most rowers use intermittent training with low-intensity and short-time high-intensity combinations for exercise.

How to row

Action essentials

1. Start to relax and move forward, then keep your arms and back straight and force your legs.
2. The arm is pulled back, beyond the knee, until the position of the pelvis and the paddling action is completed by turning over the pelvis.
3. Return to the original position and repeat the action.
4. For more boating techniques, please refer to the online tutorial.

Training time

1. From the 5-minute training session every day, slide at 500 meters 2 minutes 30 to 2 minutes 45. Keep the water cycle uninterrupted between strokes.
2. Continue to increase training time every day until you can easily adapt to training time of 3-4 times a week, 30-45 minutes each time.
3. This will effectively increase your aerobic endurance, muscle tone, burn calories and lose weight.

Grasp the Paddle
Straight back and arms,
relax and slide forward



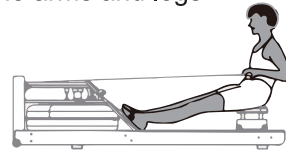
CATCH

Paddle
Drive your legs, keep your
back and arms straight



DRIVE

Finished
Continue to extend back to
the pelvic position through
the arms and legs



FINISH

Repeat
The upper body whirls
in the upper part of the
pelvis and moves
forward.



RECOVERY

Paddle
Grab the starter
and restart



CATCH

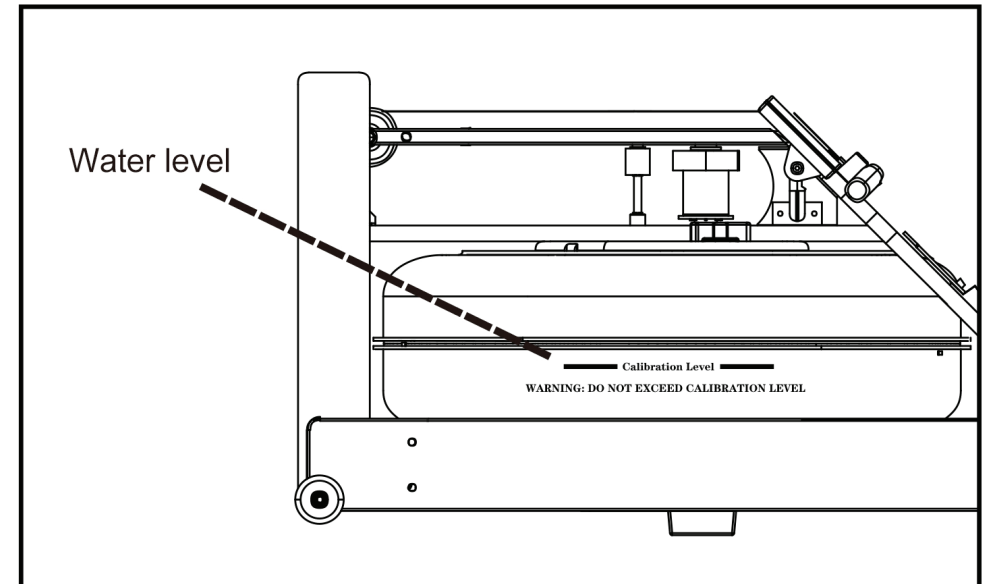
Warning:
Consult a doctor before
starting a training session
If you feel dizzy, please
stop training immediately.

Troubleshooting

Problem	Cause	Solution
Water discoloration or turbidity	The rowing machine is exposed to direct sunlight or without water treatment, and the local water quality is poor.	Change the placement of the rowing machine to reduce direct sunlight. Change water according to the instructions of this manual. Consider using distilled water for refilling.
The rowing machine pulls off the rubber wheel	The tension rope is not too tight and the recoil is not strong.	Handle it according to the reinstallation of the rowing machine and tighten the tension rope.
The battery panel is not illuminated after installation	The battery is incorrectly installed or needs to be replaced	Try again and reinstall the battery in the correct way. If it still doesn't work, please call the after-sales service.

Water Injection Special Notice

1. Prepare for at least 15L(4Gal) water;
2. Check the calibration level on the water tank and make sure
DO NOT EXCEED CALIBRATION LEVEL



Step:

1. Remove the upper plug on the water tank;
2. Prepare for a bucket of water, put the hard part of the siphon into the bucket and the soft part into the water tank.
reminder: a) the valve on the top of the siphon should be closed during water injection; b) high quality of water (e.g. distilled water) is recommended;
3. Squeeze the siphon and start water injection to a proper level (**DO NOT EXCEED CALIBRATION LEVEL**);
4. Remove the siphon from the tank;
5. Put the plug back into the hole on the upper side of the water tank;
tips: if you put the bucket in a higher position than the water tank, the water in the bucket can flow into the water tank naturally