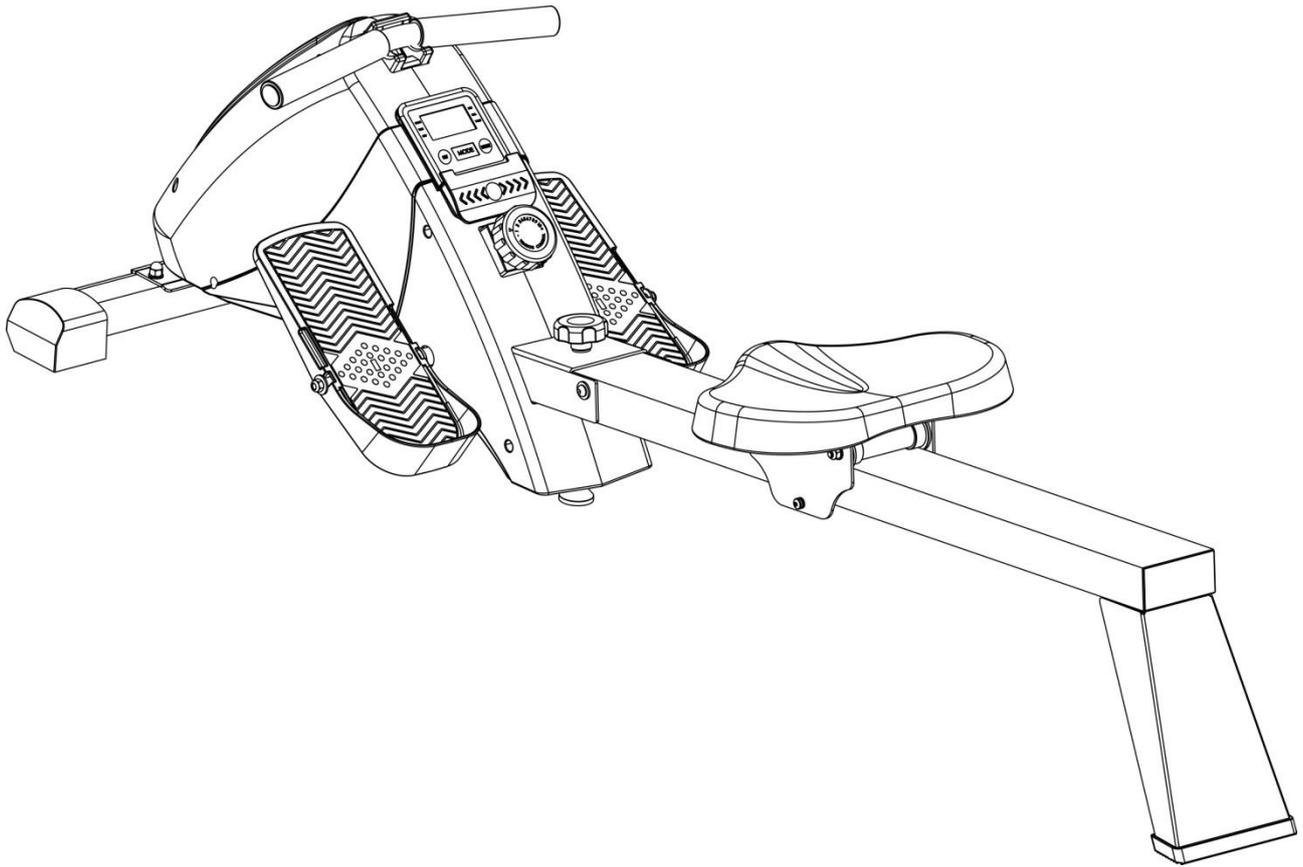# User's Manual For Rowing Machine

| ⚠	Please read all instruction carefully before using this product and keep the manual for the future's reference.

Important Safety Information

☐ It is important to read this entire manual before assembling and using the rower. Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed ofall warnings and precautions.

☐ Before using the rowing machine, please consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.

☐ Be aware of your body's signals when using this machine. Incorrect or excessive exercise can damage your health.Pls stop exercising if you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light headed, dizziness or nausea. If you do experience any of these symptoms consult your doctor before continuing with your exercise program.

☐ Keep children and pets away from the equipment. The equipment is designed for adults only.

☐ Use the rower on a solid, flat level surface and consider using an exercise mat under the machine to protect your floor or carpet. For safety, the equipment should have at least 18inches(0.5 meter) away from this equipment.

☐ Before using the rower, make sure all nuts and bolts are securely tightened. The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.

☐ **Warning**: the equipment must be installed on a stable base and a level floor. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noise coming from the equipment during use, stop immediately. Do not use the equipment until the problem has been solved.

☐ Wear suitable athletic clothing when using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement.

☐ This machine is for domestic, home use only. Maximum weight of user=120kg/265 lbs. Braking is speed independent.

□ The equipment is not suitable for therapeutic use.

□ Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or use assistance. Regular checking of the integrity of guards and safety devices.

Spare Part Lists

Below is the drawings of spare parts for the complete machine.When you open the carton, you will find the below Parts in the carton.

|				
A1	A2	A3	A4	A5
A6	A7	A8	71	72
70				
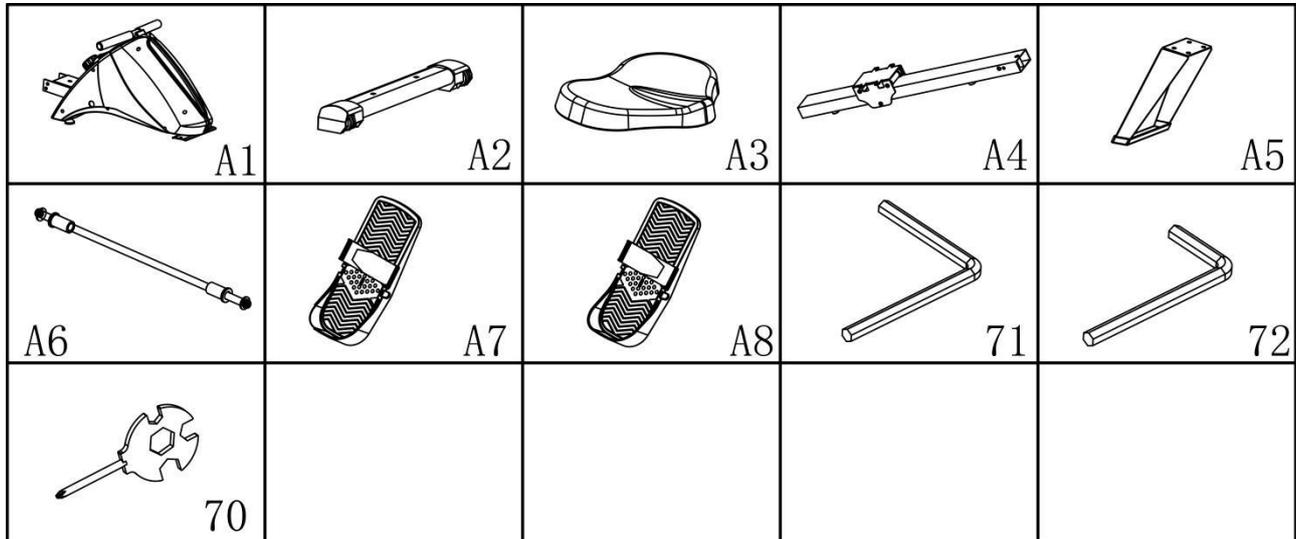
Part List

NO	DES.	Specification	Nos.	NO	DES.	Specification	Nos.
A1	Main Frame		1	A7	Pedal(L)		1
A2	Front Stabilizer		1	A8	Pedal(R)		1
A3	Seat		1	70	Wrench with screw driver	S10/13/14/17	2
A4	Seat Bracket		1	71	Allen Wrench	5#	1
A5	Rear Stabilizer		1	72	Allen Wrench	6#	1
A6	Pedal Axle		1				

Fixing tools: 5# Allen wrench 1pc,6# Allen wrench 1pc,wrench with screw driver S=10,13,14,17 2pcs

Assembly Instruction

STEP 1: Using 5# Allen Wrench(71), Bolt(57), Spring Washer(58) and Washer(60) to Connect rear supporting board(A5) to seat bracket(A4) and lock deeply.

Using 5#Allen Wrench(71), screw(62), washer(63), connect seat pulley spacer(A3) to cushion board(4) and lock deeply.
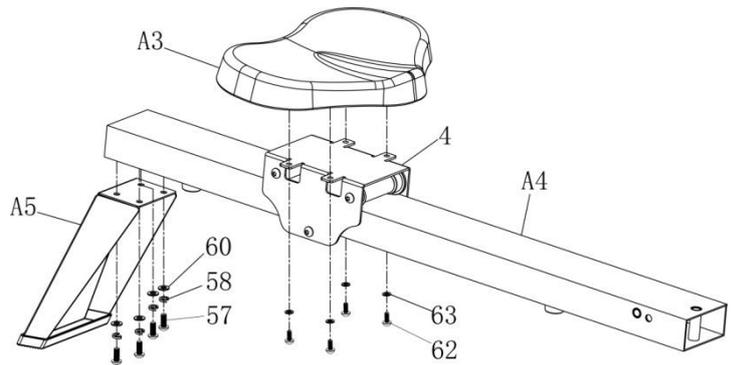
STEP 2: Attach the Front Stabilizer(A2) to the underside of the Main Frame(A1) using Wrench with screw driver(70), Bolt(66), Washer(60) and Nut(65).
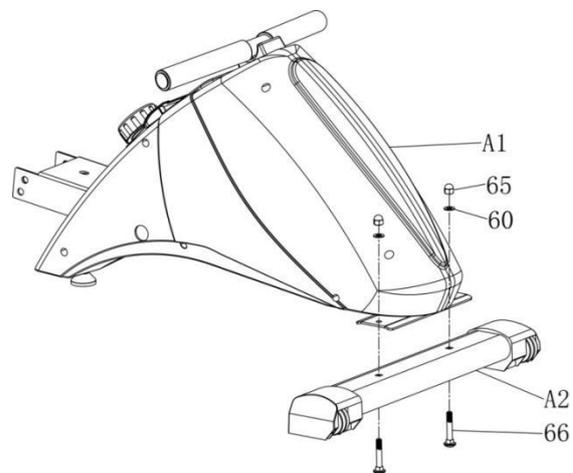
STEP 3: Using 6# Allen Wrench(72), 5# Allen Wrench(71)，Insert the Seat Bracket（A4） to Main Frame（A1）and tighten them with Screw（51）, Washer(55）and Screw（62）. Then insert the Plum Knob（25） and Washer（55）into the Main Frame(A1) tightly.
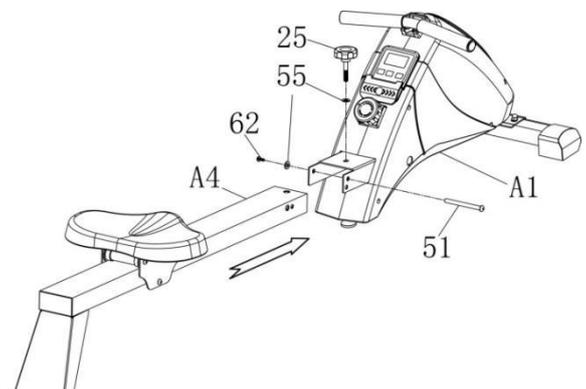
STEP 4: Using Wrench with screw driver(70), Insert the Pedal Axle(24) and Plastic Bushing(13) into the Main Frame(A1) and then insert Pedal(L)(A7 ） and Pedal(R)（A8）to the Pedal Axle(24) and screw them with Nut（64） and Washer （54）tightly.
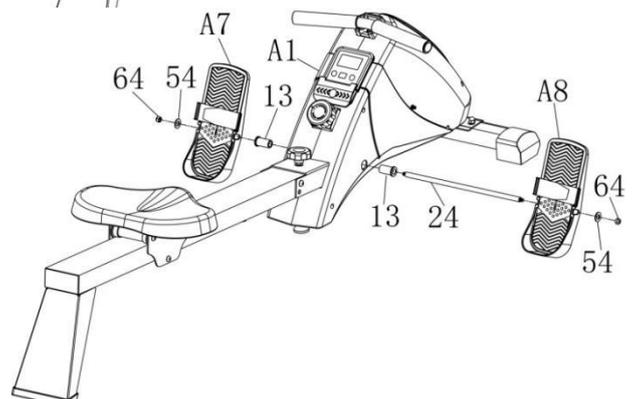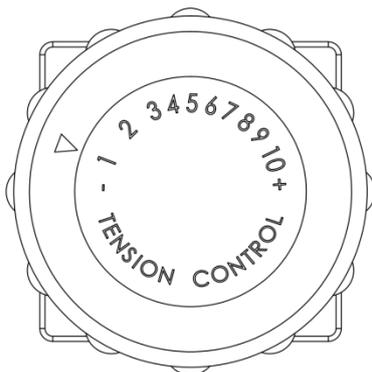
Folding for Storage

1，Pull the rail tube set(A4) in towards the main housing unit and replace the plum knob(25) and Washer(55) to keep the rower in a folded position.
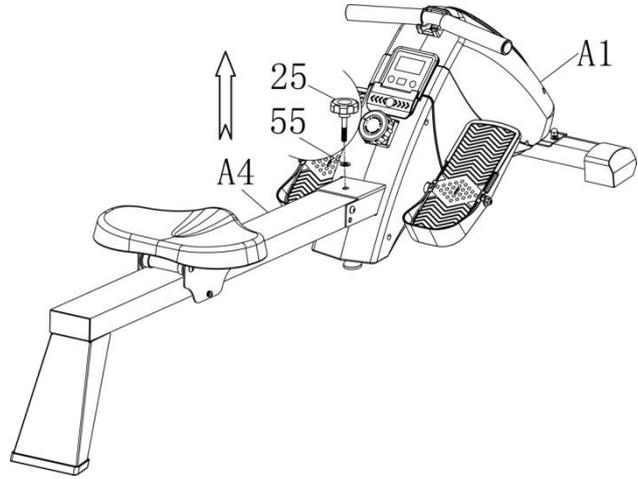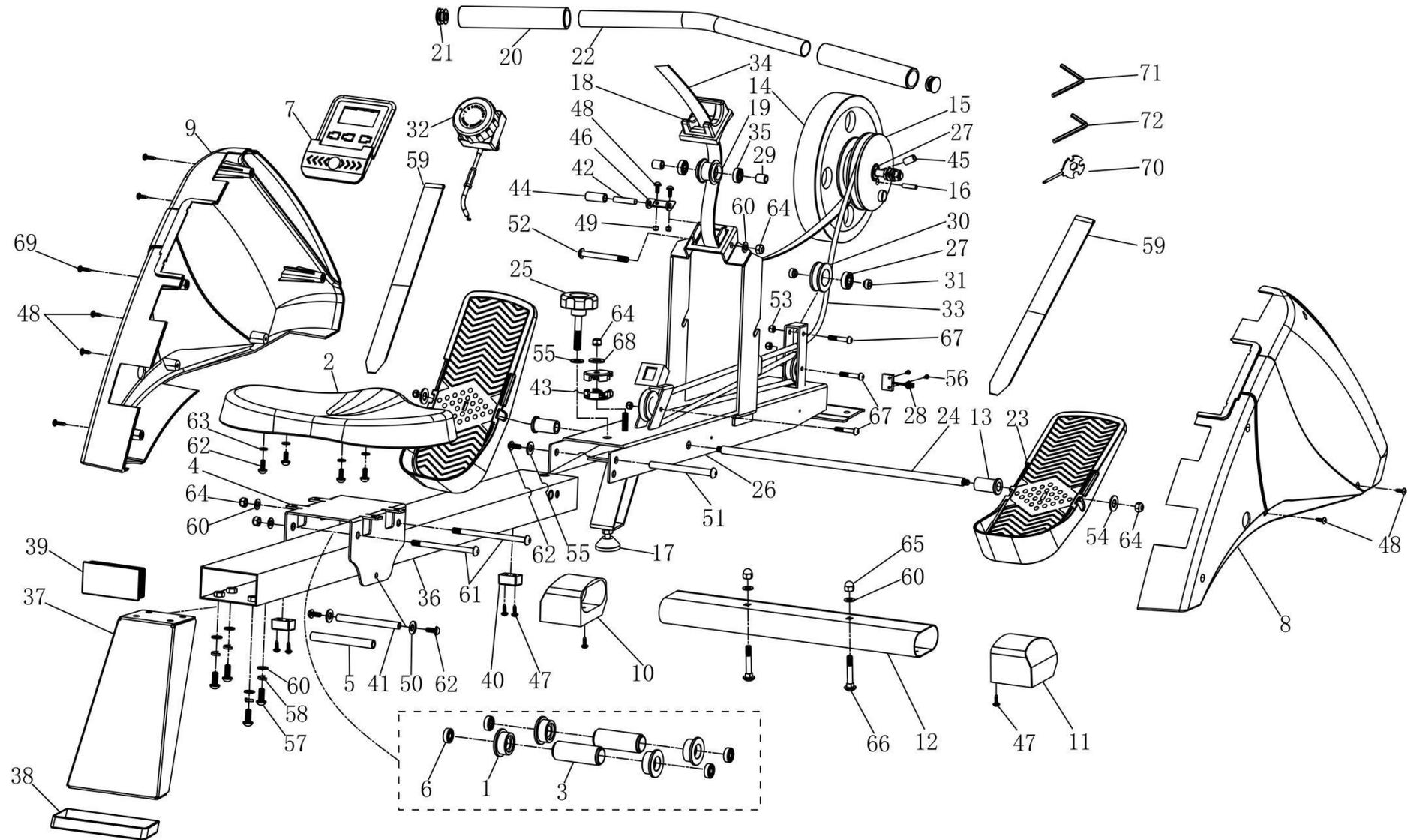

2，Unscrew the plum knob(25) from the Main frame(A4) and remove the Washer(55).
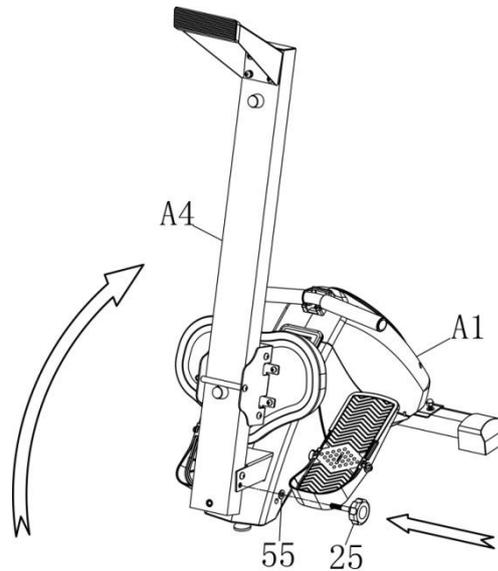
Ten level tension control:The user can adjust the damping to take exercise freely.This item has ten level tension control(1~10) and damping(1 is minimum,10 is maximum)

Exploded Parts Diagram:

PART LIST

NO	DES.	Specification	Nos.	NO	DES.	Specification	Nos.
1	Seat pulley		4	38	Rear cushion		1
2	Seat		1	39	50X100 square nese		1
3	Seat pulley spacer		2	40	Limit cushion		2
4	Seat bracket		1	41	Cushion Limit holder		1
5	Long limit tube		1	42	Limit holder		1
6	Deep groove ball bearing		4	43	Line clip		2
7	Computer		1	44	Limit casing		1
8	Chain cover(right)		1	45	Magnetic Control wheel limit casing		1
9	Chain cover(left)		1	46	Rotating wheel seat		1
10	Front end cap(left)		1	47	Cross bolt	ST4.2*25	4
11	Front end cap(right)		1	48	Cross bolt	M5*12	6
12	Front Stabilizer		1	49	Lock nut	M5	2
13	Plastic Bushing		2	50	Spring washer	6	2
14	Magnetic control wheel		1	51	Screw	φ10*110*M6	1
15	Ribbon wheel set		1	52	Bolt	M8*80	1
16	Ribbon axis		1	53	Nut	M6	3
17	Adjustable foot pad		1	54	Washer	8*22*2	2
18	Handgrip pad		1	55	Washer	10*20*2	2
19	Ribbon pulley		1	56	Screw	ST3*10	2
20	Handle grip		2	57	Bolt	M8*20	4
21	Tube plug		2	58	Spring Washer	8	4
22	Shaking tube		1	59	Pedal Velcro		2
23	Pedal		2	60	Washer	8*16*1.5	9
24	Axle for pedal		1	61	Screw	M8*130	2
25	Plum knob		1	62	Screw	M6*15	5
26	Main frame set		1	63	Washer	6*12*1.5	4
27	Deep groove ball bearing		4	64	Nut	M8	6
28	Square sensor		1	65	Nut	M8	2
29	Pulley limit tube		2	66	Bolt	M8*55/□8*8	2
30	Elastic string pulley		3	67	Bolt	M6*35	3
31	Pulley spacer		6	68	Washer	Φ10*φ28*2.0	1
32	Ten level tension control		1	69	Screw	ST4.2*19	4
33	Elastic string		1	70	Wrench with screw driver	S10/13/14/17	2
34	Ribbon		1	71	Allen Wrench	5#	1
35	Deep groove ball bearing		2	72	Allen Wrench	6#	1
36	Rail tube set		1				
37	Rear supporting board		1				

COMPUTER BATTERY INSTALL

Hold the electronic A and B two points ,push up the computer. Pull out the computer when the buckle is removed from the main frame.
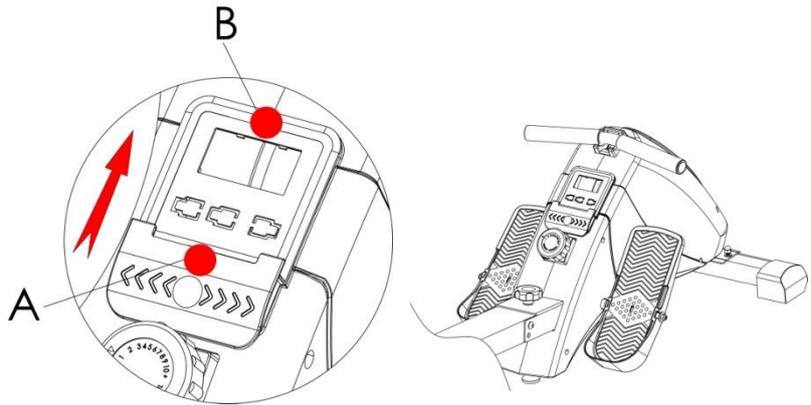
After unpacking the computer, note the signal line head. Install the battery and check if the signal cable plug is on the right plug direction before install the computer back.see the picture
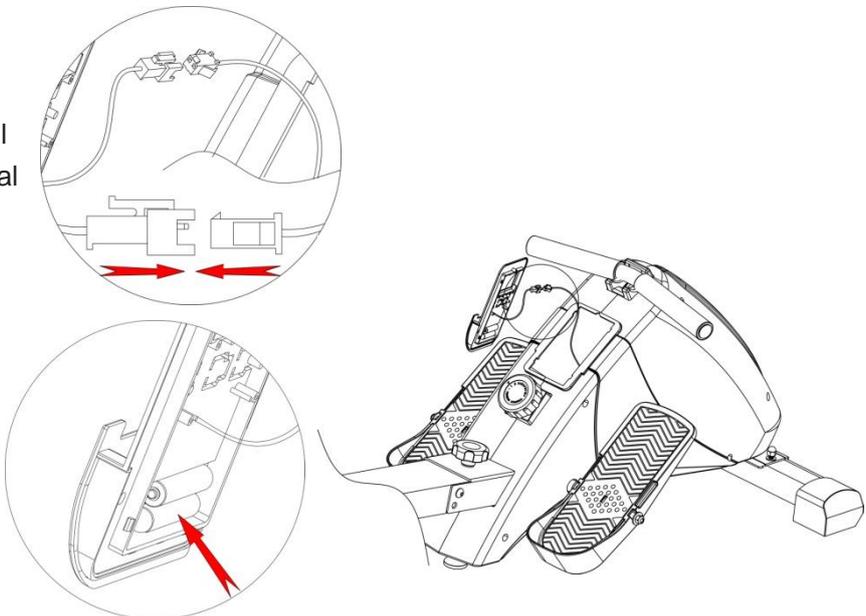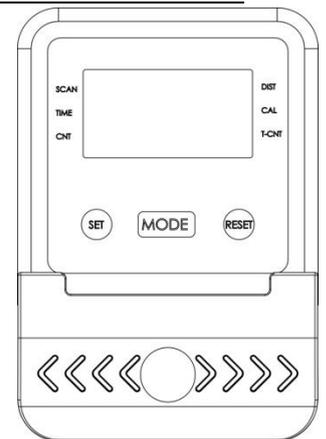
Open the computer and Install the battery .See the right picture.

When reload the computer ,install the computer's four buckles into the four grooves at the main frame, Gently push forward to the right position then pull the computer. It is done
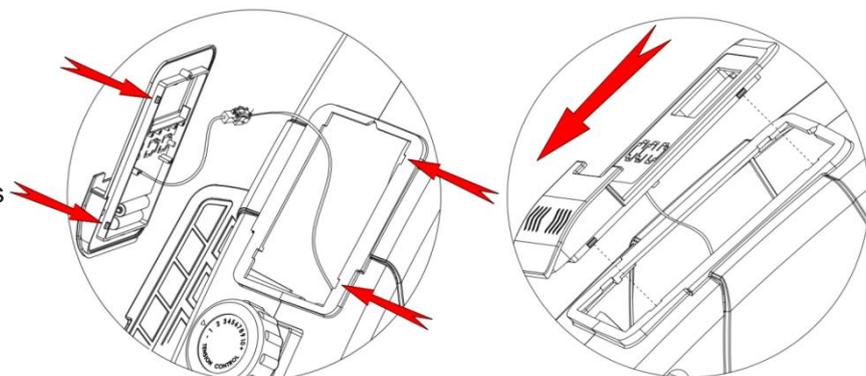
Exercise   Computer

FUNCTIONAL BUTTONS:

MODE - Push down for selecting functions. If the long time holds down MODE button
down for resetting time、count and calories.

SET   - To set the values of time、count   and calories   when not in scan mode.

RESET - Push down for resetting time、count and calories .

FUNCTION AND OPERATIONS:

1. SCAN: Press "MODE" button   until "SCAN" appears, monitor   will rotate through all the 5 functions
:Time、Count、T.Count、RPM、calorie ,Each display will be hold   4 seconds.

2. TIME: (1)Count the total time from exercise start to end.
(2)Press "MODE" button until "TIME" appears ,press "SET" button to set exercise time.
When the "SET" is zero,   the computer will stop 1 seconds after the start of the time

3. COUNT: (1)Accumulate the steps while exercising.
(2)Press "MODE" button until "Count" appears, Press "SET" button to set exercise Count.
When the "SET" is zero, the computer will stop about 1 seconds after the start of the time.

4. T.COUNT: Display the steps you have exercised

5.DIST: The current status of the traveled distance is displayed.

6.CALORIES: (1)Count the total calories from exercise start to end.
(2)Press "MODE" button until "CAL" appears, Press "SET" button to set exercise calories.
When the "SET" is zero,   the computer   will stop about 1 seconds after the start of the time.

NOTE：

1.   If the display is faint or shows no figures ,please replace the batteries.

2.   The monitor will automatically shut off if there is no signal received after 4 minutes .

3.   The monitor will be auto-powered on when starting to exercise push button w/signal in.

4.   The monitor will automatically start calculating when you start to exercise and
will stop calculating when you stop exercising for 4 seconds .

SPECIFICATIONS:

FUNCTION	AUTO SCAN	Every 4 seconds
	TIME	00:00'~99:59'
	COUNT	0-9999
	T.COUNT	0-9999
	CALORIES	0.0~999.9kCAL
	DIST	0-9999
BATTERY TYPE		2pcs of SIZE –AAA or UM –4
OPERATING TEMPERATURE		0°C ~ +40°C
STORAGE TEMPERATURE		-10°C ~ +60°C