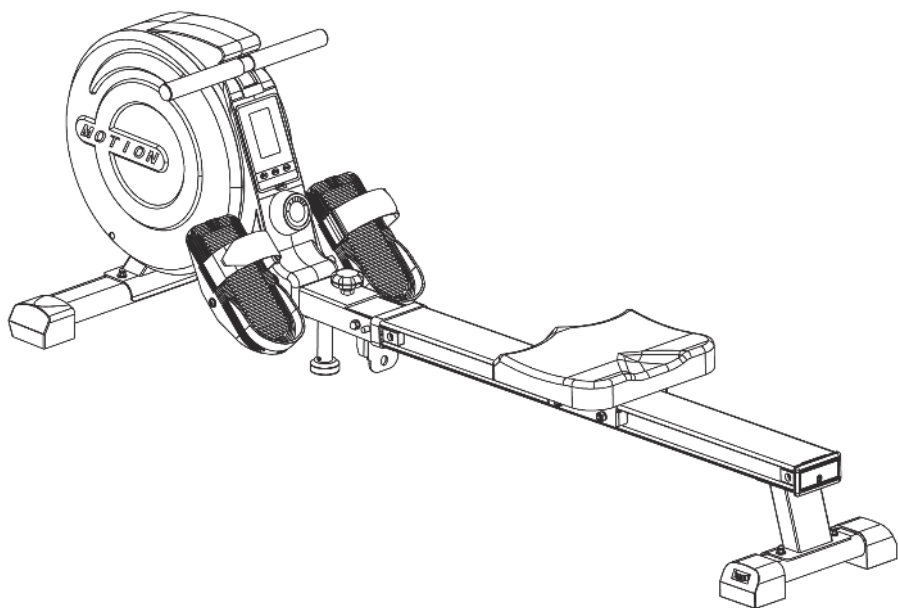




IN230600347V01\_UK

**A90-243**

## **ROWING MACHINE**



IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY

## **UESR'S MANUAL**

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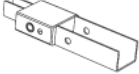

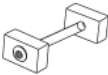




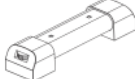





## CAUTION!

- ✓ The maximum load bearing is 264lbs. (120KG)
- ✓ If you feel unwell whilst using the machine, please stop immediately and seek medical advice from your doctor before next use.
- ✓ For your safety, you must keep a distance of at least 0.9 metres away from surroundings during exercise.
- ✓ Please place the machine on a flat, dry, and solid surface to avoid falling.
- ✓ Always check if all the screws and bolts are tightened.
- ✓ Keep children and pets away from the machine. It is designed for adult use only.
- ✓ It is better to wear proper sportswear during exercise. Do not wear the clothes that are too loose to avoid being caught in the machine.
- ✓ Before using, please ensure you carry out warm up exercises first. Adjust your breath and pace to slowly get into motion.
- ✓ Do not use the machine immediately after consuming food. Please wait at least 1 hour. **DO NOT USE THE MACHINE IF YOU HAVE CONSUMED ALCOHOL.**
- ✓ Wipe the machine clean with a soft damp cloth. Corrosive solvent cleaners are prohibited.


















**IMPORTANT:** Read all instruction carefully before using this product. Retain these instructions for future reference.

# PACKING LIST

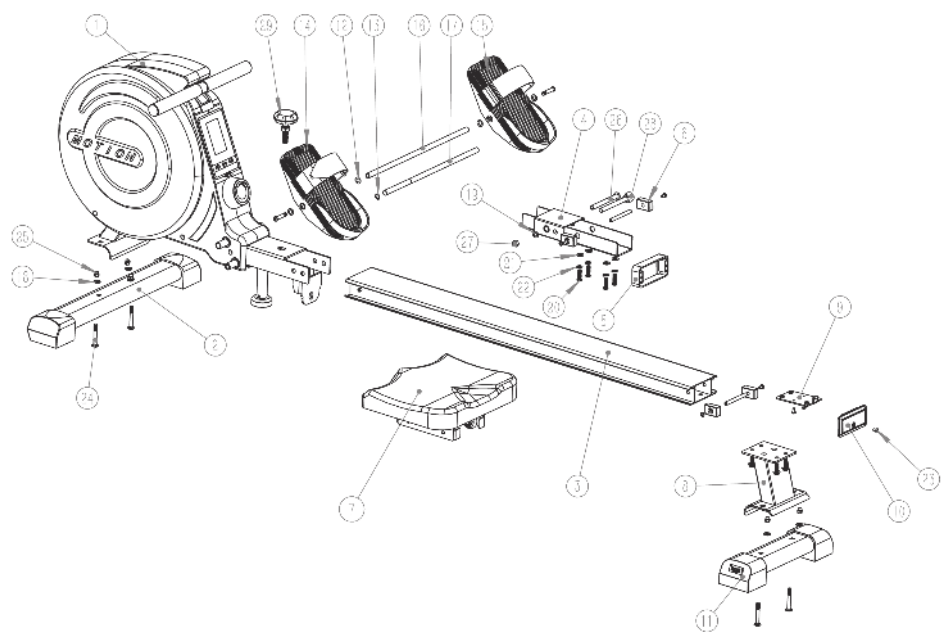
## ROWING MACHINE COMPONENTS

 1.	 2. Front foot pipe	 3. Rail	 4. Frame connection
 5. Front rail cover	 6. Lock bolt set x 2	 7. Seat	 8. Rear support
 9. Connecting sheet	 10. Rear rail cover	 11. Rear foot pipe	 12. M12 flat washer x 2
 13. M12 circlip	 14. Left pedal	 15. Right pedal	 16. Pedal pipe

## PARTS LISTS

 17. stop lever	 18. M10 flat washer x 4	 19. M10 split washer	 20. M8*16mm Allen bolt x 9	 21. M8 flat washer x 8	 22. M8 split washer x 8
 23. M5*16mm bolt	 24. M8 *55mm carriage bolt x 4	 25. M8 acorn nut x 4	 26. M10*100mm hex bolt	 27. M10 lock nut	 28. Detent pin
 29. Knob bolt	 30. M8*20mm hex bolt x 2	 31. Big M8 flat washer x 2	 32. Allen wrench x 2	 33. Open end wrench x 4 (13*15mm) (17*19mm)	

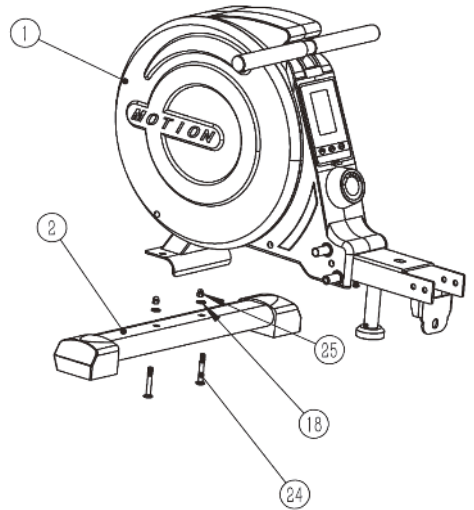
# EXPLODED VIEW



# ASSEMBLY INSTRUCTIONS

## Step 1: Assemble the front foot pipe

Attach the front foot stabiliser bar (No.2) to the frame (No.1). Attention: the wheels of the front bar should be facing outward. Screw two M8\*55mm carriage bolt(No.24). two M10 flat washers (No.18), two M8 acorn nut (No.25) using the big Allen wrench (No.32) to tighten.



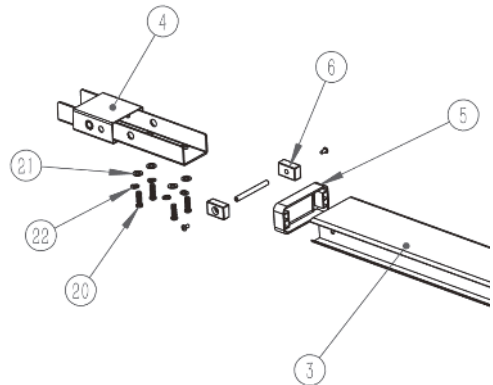
## Step 2: Assemble the front of the rail

Please the rail (No.3), frame connection (No.4), front rail cover (No.5), a lock bolt set (No.6), four M8\*16mm Allen bolts (No.20),- four flat washers (No.21), four M8 split washers (No.22), and the two Allen wrenches (No.32).

Cover the front rail cover to the front of the rail. Insert the frame connection into the rail.

Disassemble one side of the lock bolt set and insert into the horizontal hole of the rail and screw the rubber pad and the lock bolt back. Rotate the rubber pads upright to fix.

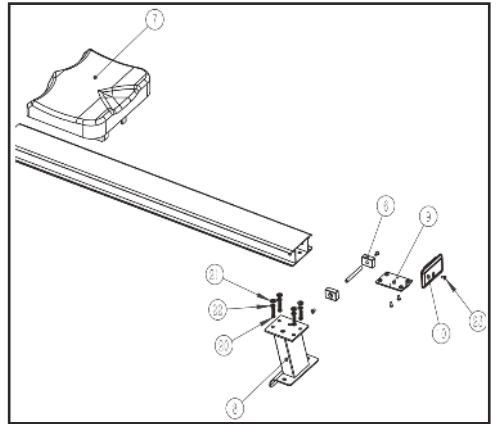
Screw four M8\*16mm Allen bolts, four flat washers, and four split washers under the rail (asillustrated in the diagram opposite).



### Step 3: Assemble the seat and rear of the rail

For the step, please prepare a lock bolt set (No.6), the seat (No.7), rear support(No.8), connecting sheet (No.9), rear rail cover (No.10), four M8\*16mm bolts (No.20), four split washers (No.21), four flat washers (No.22), M5\*16 bolt (No.23), and two Allen wrenches (No.32).

Install the seat to the rail. Attach the rear support under the rail. Inset the connecting sheet into the open of the rail.



Attention: the upturned piece should be outward. Screw two M8\*16mm bolts, two split washer, and two flat washers under the rail.

And then screw more two M8\*16mm bolts, two split washer, and two flat washers into the open of the rail to fix the connecting sheet.

Disassemble one side of the lock bolt set. Insert to the horizontal hole of the rail and screw the rubber pad and the lock bolt back. Rotate the rubber pads upright to fix.

Cover the rear rail cover and screw the M5\*16 bolt to fix.

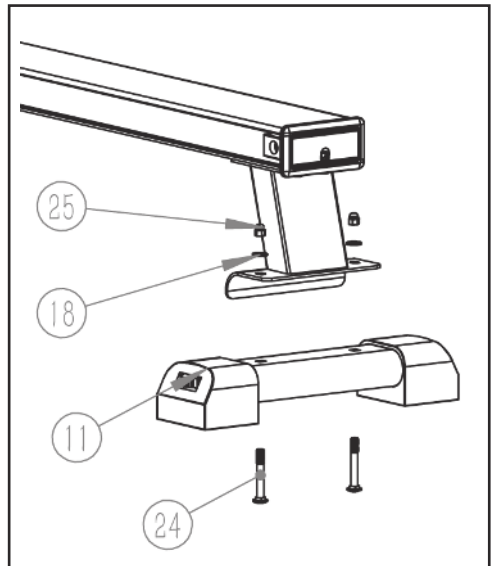
### Step 4: Assemble the rear foot pipe

Attach the rear foot pipe (No.11) to the rear support.

Screw two M10\*55mm carriage bolts (No.24), two M10 flat washer (18) and two M10 acornnuts (No.25) by using the open-end wrench (No.33).

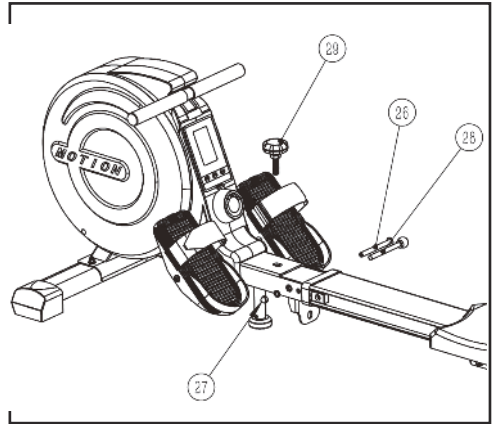
Before assembling ensure you will have enough space around the item.

Use the supplied parts and hardware for the assembly. Before assembling please check whether all the required parts have been supplied as per the exploded drawing on the opposite page.



## Step 5: Assembling the rail

Connect the rail and the frame.  
Screw the M10\*100mm hex bolt (No.26) and the M10 lock nut (No.27) to the hole near to the frame by using two open end wrenches (No.33).  
Insert the detent pin (No.28) to the hole near to the rail. Finally, screw the knob bolt (No.29) to fix.



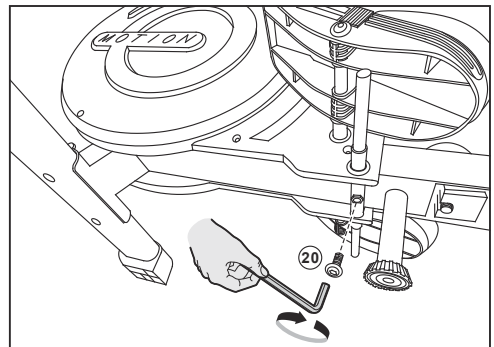
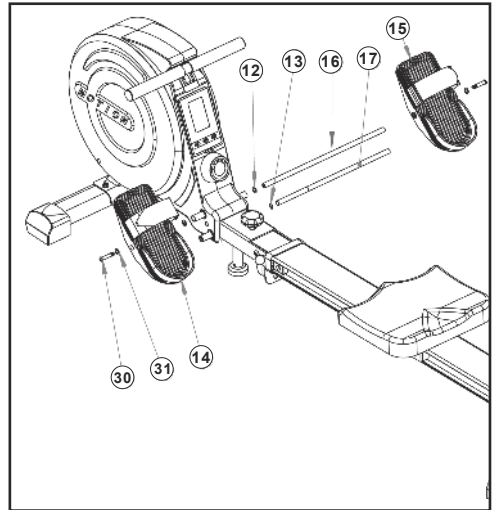
## Step 6: Assemble the pedals

This step to prepare two flat washer ( 12), a spring (13), two pedals (14) (15). Pedal pipe (16) stop lever (17), two M8 socket head bolts (30), and two M8 gasket (31), and two Pacific Ocean hexagonal wrench (32).

The two pedals tube inserted into the frame.

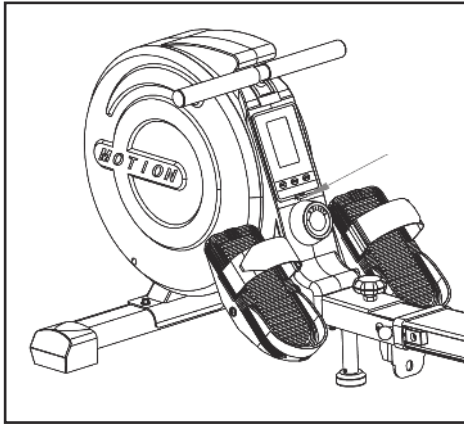
Connect the two flat gasket to pedal tube, will be installed spring stop lever, inserted into the frame casing, connect the two pedals to pedal on the pipe.  
Note: the pedal shield should be geared to the needs of frame.

With two flat pad and m8 \* 20 mm bolt pedals, finally using m8 bolts (20) lock locking pipe ( 17), complete the installation.

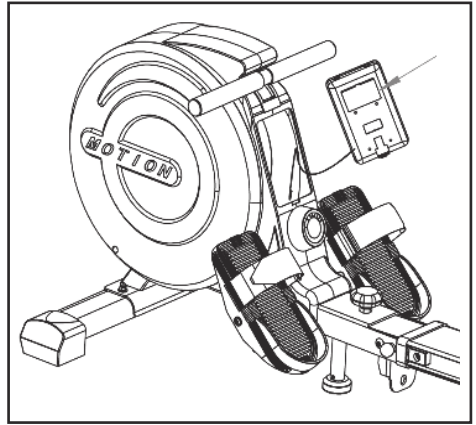




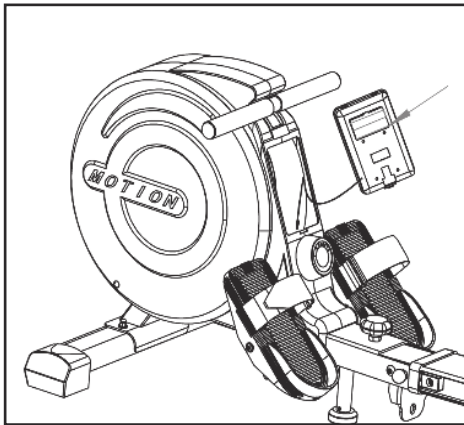
## BATTERY REPLACEMENT



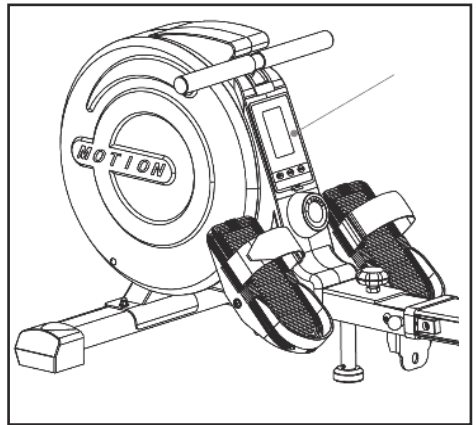
1. Press the button and then remove the monitor carefully.



2. Remove the battery cover.

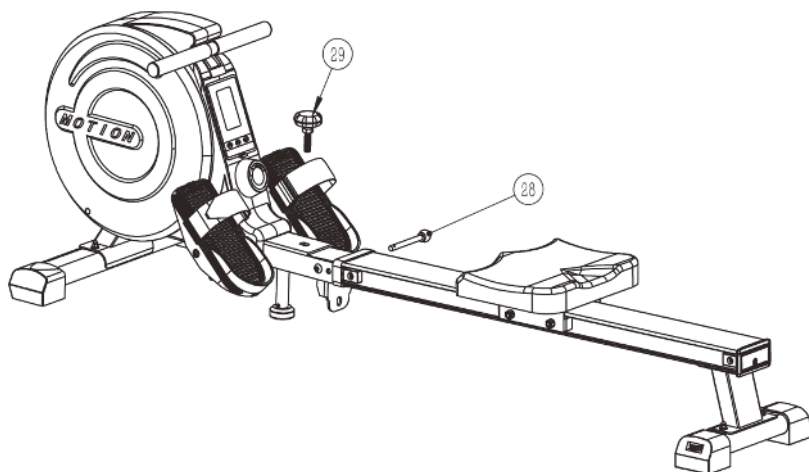


3. Replace with two AA batteries.



4. Place the cover back on and install the monitor carefully.

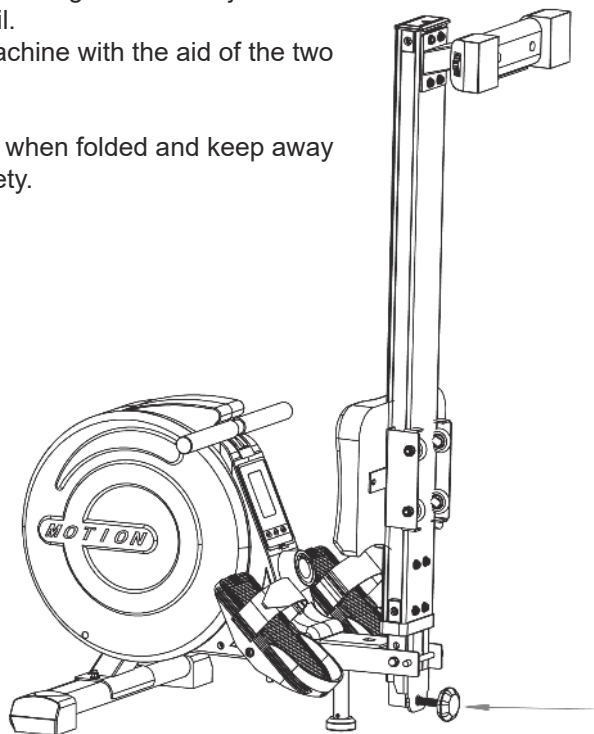
## FOLDING THE MACHINE



When folding and storing the rowing machine, first pull out the locking knob (No.29) and the quick latch (No. 28), then fold the aluminium rail upwards. Insert the locking knob at the junction of the fuselage and the aluminium rail.

After folding, you can move the machine with the aid of the two wheels on the front foot bar.

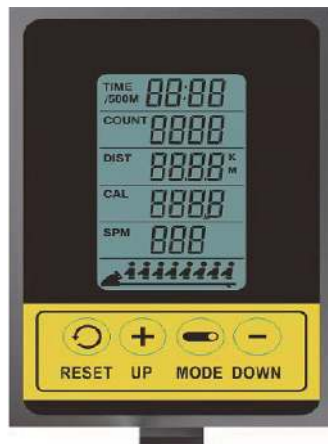
**Note:** Please store in a safe place when folded and keep away from children. Pay attention to safety.



## DETAILS OF DISPLAY MONITOR

### Parameters

TIME	00:00-99:00
COUNT	0~9999
DISTANCE	0.0~99.9 ML
CALORIES	0-9999 KCAL
STROKES	0-999 SPM



### Operation

#### Turn on/off

The monitor will automatically turn on when you start to exercise, and you can also turn on it manually by pressing those buttons.

The monitor will automatically turn off after 2 minutes when you stop exercise.

If there is no data showing, please check if the wire has connected, or change the batteries. (The battery model is AA)

#### SET

(This button is used to set the exercise goal as your need.)

Press the MODE to choose the mode you want to set.

Press the SET once to increase your goal data once.

Long pressing will quickly increase the data.

When you achieve your goal, the monitor will make a beep sound.

## MODE

(This button is used to choose below 5 modes as your needs.)

1. Time -----This mode displays the time you have rowed.
2. Time/500M----- At current speed, the time you need per 500 metres.
3. (The Time and Time/500M time are switched every 6 seconds.)
4. Count -----This mode displays the counts you have rowed.
5. Distance -----This mode displays the distance you have rowed.
6. Calories -----This mode displays the calories you have burned during your rowing.
7. Strokes -----At the current speed, count of slips/ min

Press the mode button to choose a mode. The corresponding mode flashes, and the setting mode is exited if not setting is selected after 15 seconds.

## RESET

(This button is used to clear the data as your need.)

When switching to the corresponding setting mode, press the RESET to clear the current value. Pressing the RESET briefly when not in the setting mode is invalid.

Press and hold the RESET for 4 seconds to clear all data, one second later into normal mode.

If you have any questions, please contact our customer care center.

Our contact details are below:



0044-800-240-4004



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