

* Maximum user weight is 130 kg.

IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY

USING INSTRUCTION

READING CAREFULLY!**Please keep this manual in a safe place for easy reference**

1. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure the full users of the equipment are informed of all warnings and precautions.
2. Before starting any exercise program you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, 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.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your doctor before continuing with your exercise program only.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. Use the equipment on a solid, flat level surface with a protective cover on your floor or carpet. To ensure safety, the equipment should have at least 0.5 meters of free space all around it.
6. Before using the equipment, check that the nuts and bolts are securely tightened.
7. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
8. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during use, stop immediately. Do not use the equipment until the problem has been rectified."
9. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
10. The equipment has passed relevant tests and certifications. Suitable for home use only. Braking ability is independent of speed.
11. The equipment is not suitable for therapeutic use.
12. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or seek assistance necessary.
13. DO NOT attempt to service the treadmill yourself except for the maintenance tasks which are described in this manual. The treadmill does not contain any user-serviceable parts so disassembling it yourself will not only void your warranty and could result in serious injury

Attention!

- 1.If the computer would not be displaying data normally, please install the battery again.
- 2.The battery must be taken out from the computer for safe treatment once it was out of energy for trash.
- 3.This manual is also suitable for equipment without computer.

MAINTAIN

Neutral detergent can be used to dilute the water to wipe the cloth carefully wipe the oil, and then dry with a dry cloth.

Do not use alkaline solvents, solvents such as solvent,volatile oils and other solvents.

MAINTENANCE / INSPECTION

Avoid high temperature, moisture or direct sunlight, please place in a well-ventilated place.

When not in use please fold the admission, and placed in the children can not touch the Department.

If you do not use it for a while, be sure to check the precautions before using this product and use it for normal use.

When you accidentally wet the product, use a dry cloth to avoid skidding.

In case of malfunction, abnormality or any operational problem, please contact us at the company.

PRODUCT RECYCLING

Due to the different national recycling regulations, please refer to the relevant regulations.

Before exercise, it is better Warm muscles stretch more easily, so the first of 5 ~ 10 minutes to warm up. Then in accordance with the following methods to stop and do stretching exercises - do five times, each leg every time 10 seconds or more time to do it again after the end of the exercise.

1. Down Stretch

Bend your knees slightly and body slowly, let your back and shoulders relax, and try to touch your toes. Keep it for 10~15 seconds, repeat 3 times.

2. Hamstring Stretch

Sitting on a clean cushion, then bend your left foot. Place your left foot against the inner thigh of your right foot. Try to touch your toes. Keep it for 10~15 seconds, repeat each foot 3 times.

3. Calf and Foot Stretching

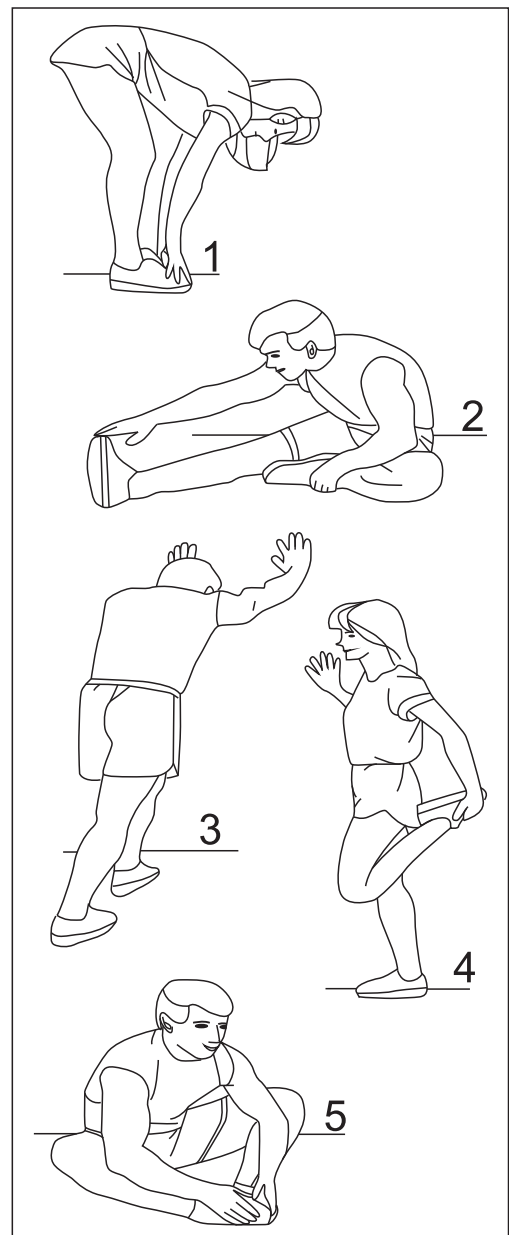
Stand and place both hands on a wall or a tree, one foot behind. Keep the behind foot stand and it is heel on the floor, then tilt to the wall or tree. Keep it for 10~15 seconds, repeat each foot 3 times.

4. Quadriceps Stretch

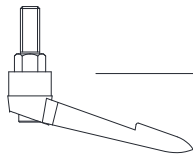
Place your right hands against a wall or a desk to aid your balance. Then grasp your ankle with your left hand and pull your foot toward your buttocks. Keep it for 10~15 seconds, repeat each foot 3 times.

5. Groin Stretch

Sit with your knees flexed and soles of feet together. Hold your ankles and bend at your hips. Keep it for 10~15 seconds, repeat 3 times.



HARDWARE PACKAGE



4

M10*20

2PCS



5

M5*15 1PC



9

ϕ 20*18*M6

2PCS



11

ϕ 6*20*M5

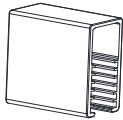
2PCS



12

ϕ 20*18*M6

2PCS



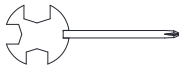
13

2PCS



14

S4 1PC



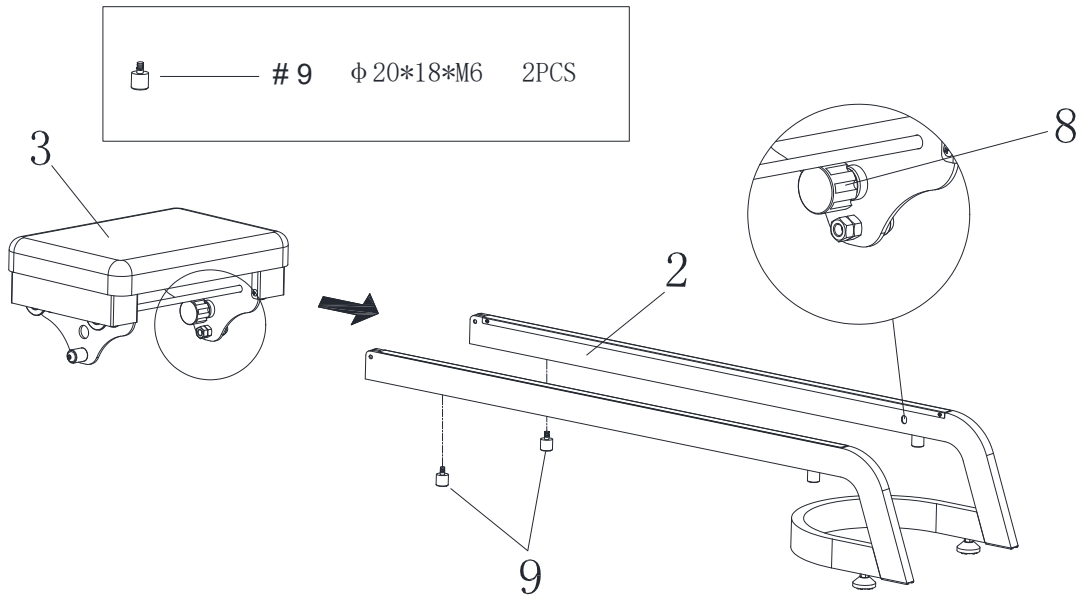
#15

S13-15 1PC

ASSEMBLY INSTRUCTIONS

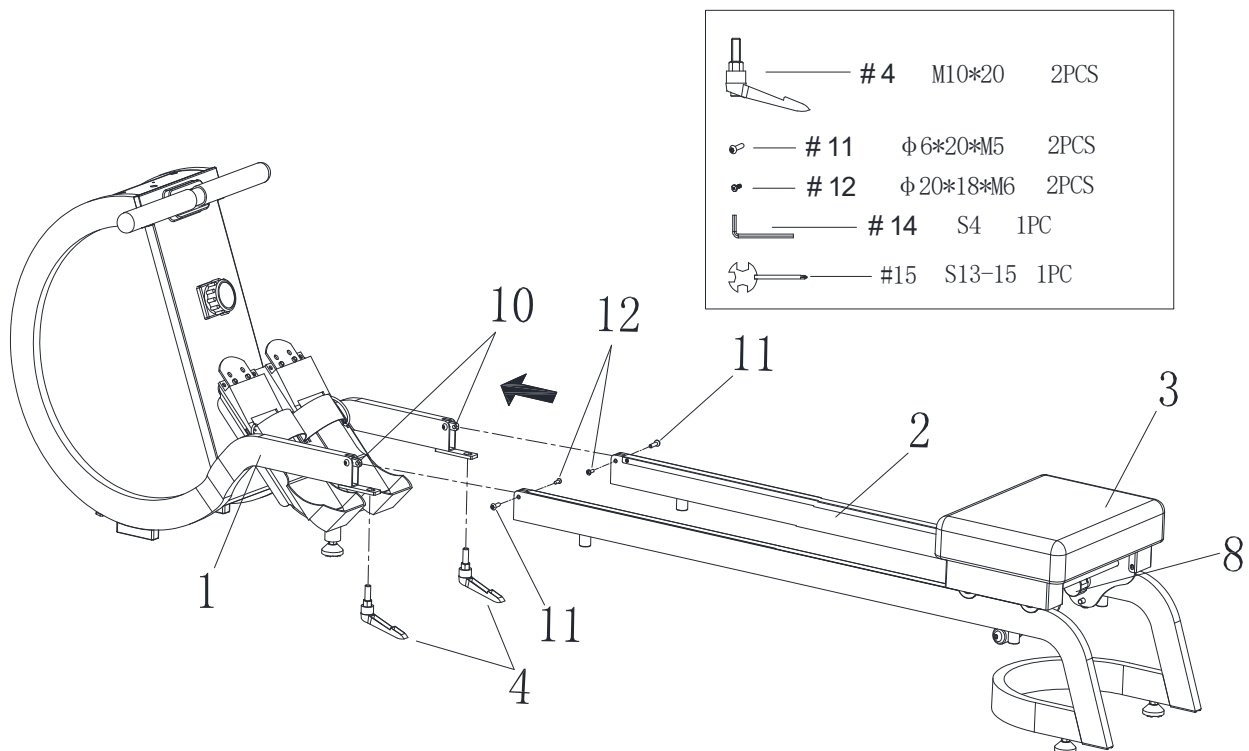
Step 1:

As shown on the left, note that the position of the elastic knob (# 8) is on the right, put the cushion assembly (# 3) into the slide rail assembly (# 2), and move the cushion assembly (# 3) to the slide rail assembly (# 2) At the tail notch, turn the elastic knob (# 8) to fix it to the slide rail assembly (# 2), and tighten the 2 buffer cushions (# 9) on the slide rail assembly (# 2).



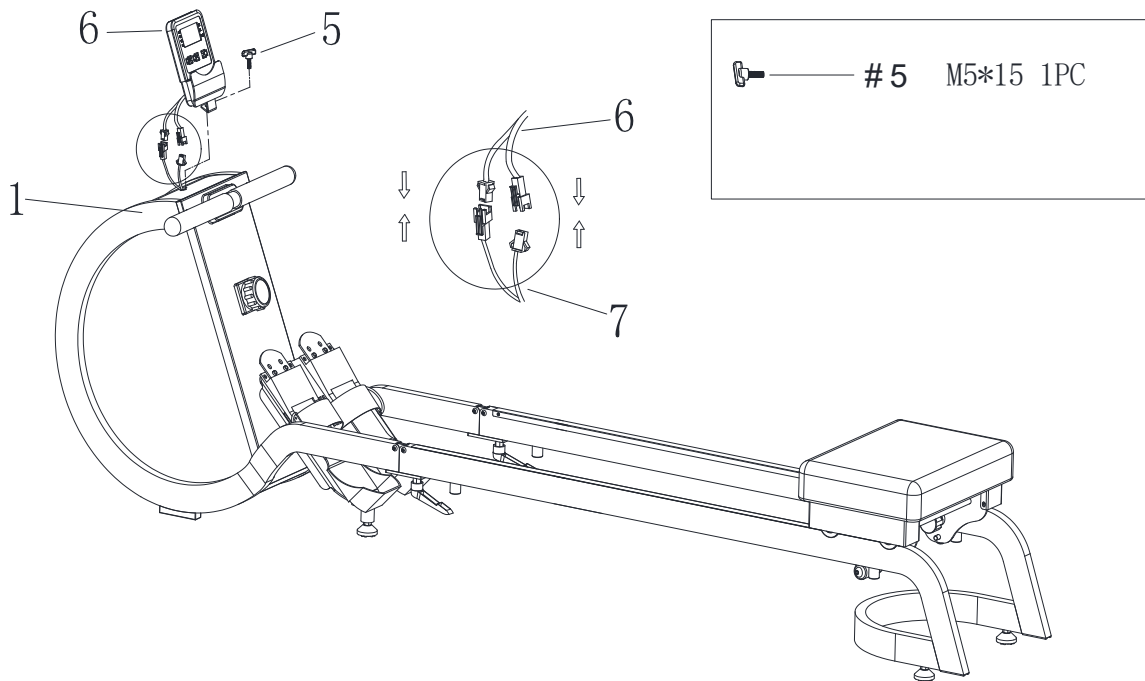
Step 2:

As shown on the left, align the slide rail assembly (# 2) with the main frame assembly (# 1), and then use 2 hexagon socket bolts (# 11), 2 cross screws (# 12) 2 movable blocks (# 10) to connected and locked; then use two L-shaped knobs M10 *20 (# 4) to tighten the main frame assembly (# 1) and the slide rail assembly (# 2).



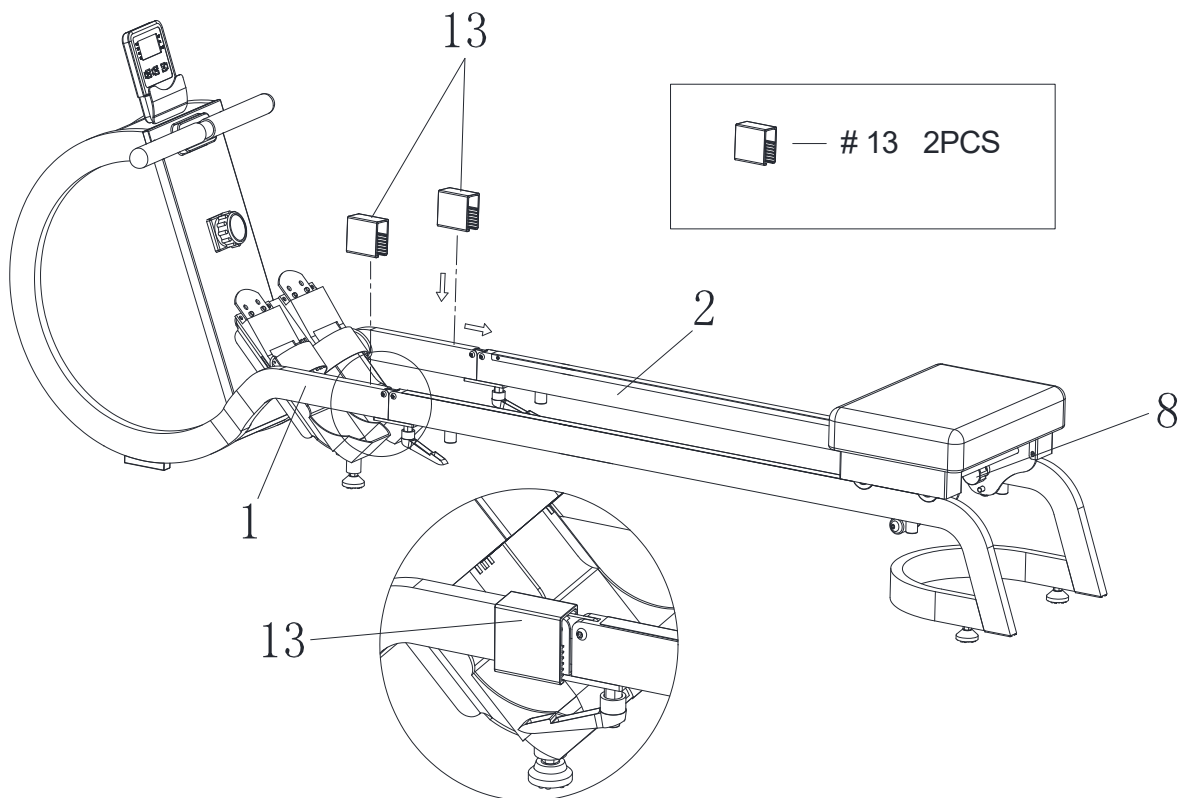
Step 3:

Connect the two wire terminals as shown in fig (# 7), place the spreadsheet assembly (# 6) on the main frame assembly (# 1), and lock them with a I-shaped knob M5 * 15 (# 5).



Step 4:

As shown on the left, buckle the two connection covers (# 13) onto the main frame assembly (# 1) from top to bottom, and then push it slightly to the direction of the slide rail assembly (# 2); # 8) Rotate counter clockwise and pull up the knob to disengage the cushion assembly (# 3) from the slide rail assembly (# 2). So the cushion assembly (# 3) can slide smoothly forward and backward.



Assembly is finished!

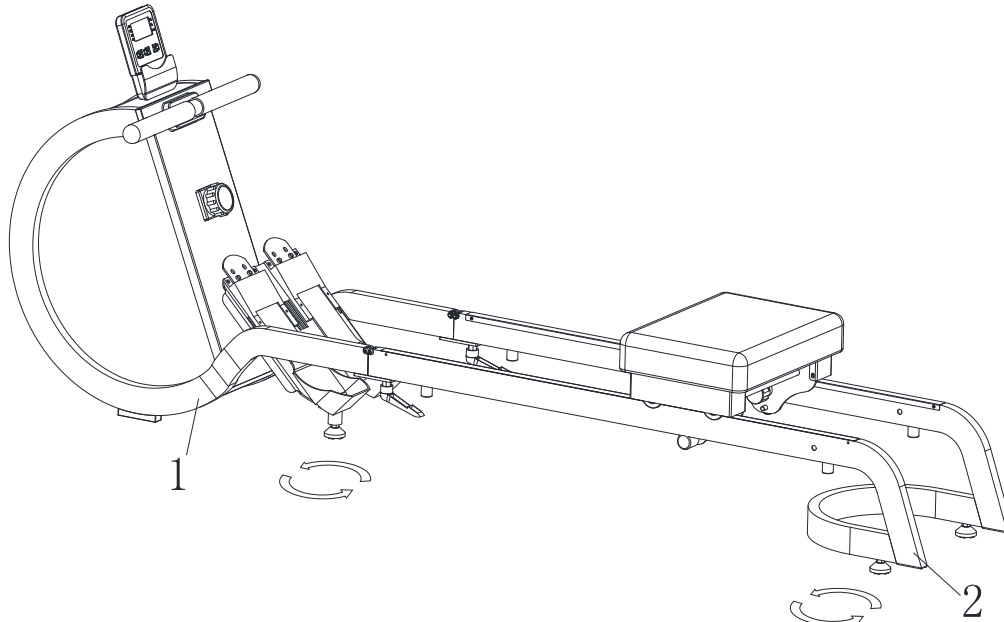
ADJUSTING GUIDE

ADJUSTING THE BALANCE

Adjust the Adjustable Foot Lever on the Rear Stabilizer of the rower if the rower is unbalanced during use.

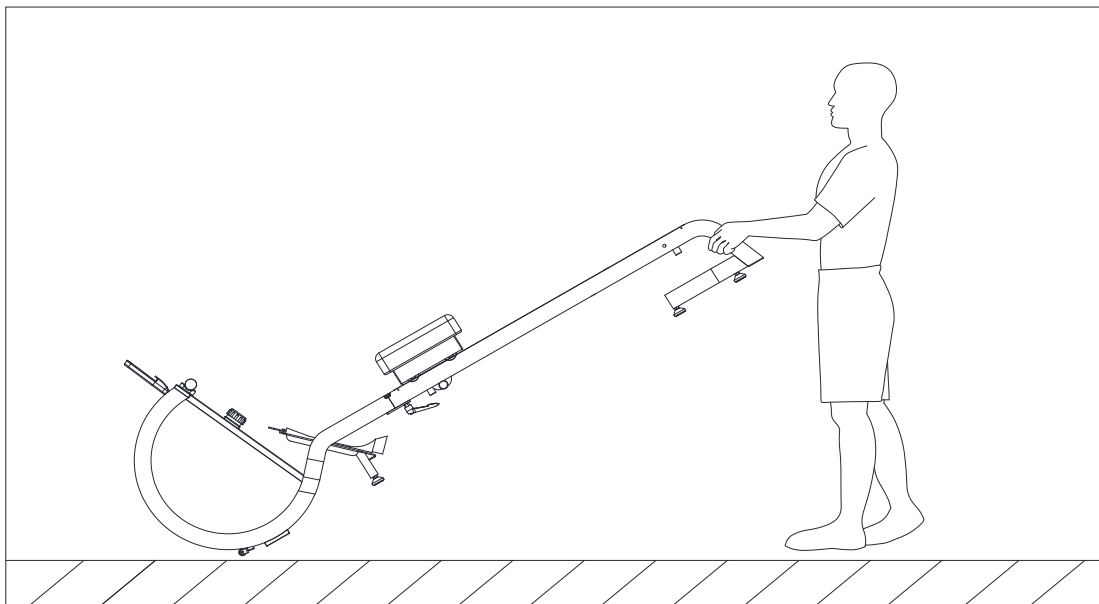
WARNING!

It may crush or cut the body when moving parts such as cushions. Please do not touch the slide rail when using the machine.



Moving the machine

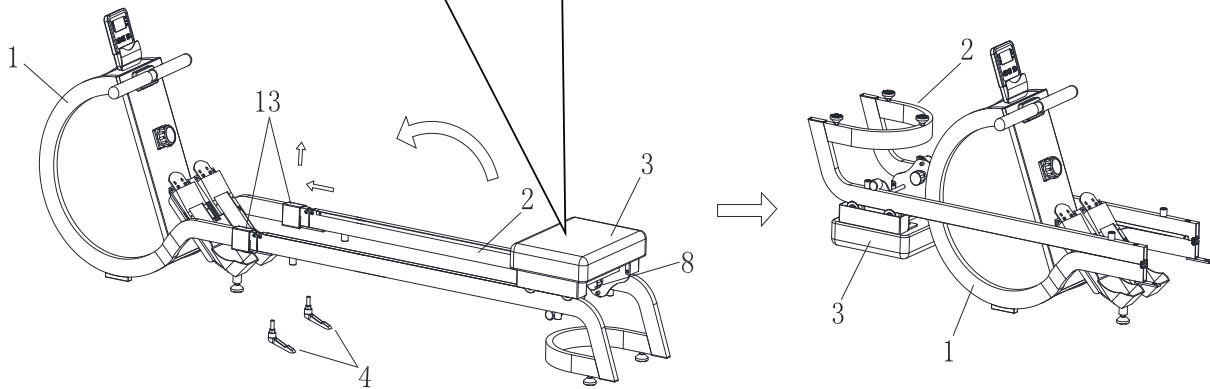
To move the machine, lift the back end of the rail until the moving wheel on the bottom of the front end of the main Frame touches the ground, then move the machine to the desired place.



STORAGE

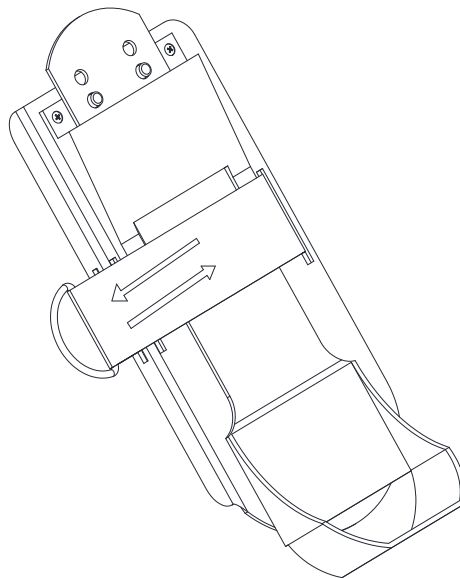
Warning!When folding the machine table, please pay attention to fix the cushion assembly (# 3) on the slide assembly (# 2) with the elastic knob (# 8), then loosen and remove the two L-shaped knobs (# 4), and then Remove the 2(# 13), and finally fold the machine. connecting covers

When not in use, you can fold up the machine to save space, and there is an adjustable foot pad support at the bottom of the machine.



Foot pedal adjustment

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



EXERCISE COMPUTER

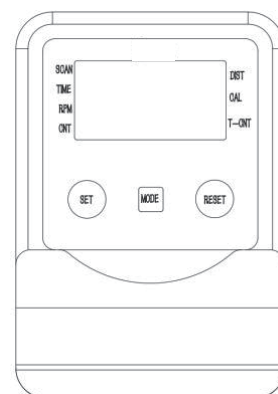
Our computerized display console on the Rowing Machine allows the user to tailor a personalized workout by monitoring their progress. During a workout, the display console will alternately and repeatedly display your Time, Count, Calories Burned, Total Count, Distance, and Scan (all of the above). With our easy-to-use console, the user can efficiently track their fitness goals from one workout to the next.

FUNCTION KEY:

MODE: To select your specification mode and/or turn on display console. Press the MODE key and hold it 3 seconds, all the values except Total Count would be reset to zero.

SET: To set a value of Time, Count, or Calories (when not in Scan mode).

RESET: Press to reset Time, Count, or Calories. Press the RESET key and hold it 3 seconds, all the values except Total Count would be reset to zero.



FUNCTIONS AND OPERATIONS:

SCAN: Press the MODE button until SCAN appears. The display will rotate through the six functions in the following order: TIME, DISTANCE, CALORIES, COUNT, TOTAL COUNT, and RPM. Each display will be held for 6 seconds.

TIME: Counts the total time elapsed during your current workout.

CNT (COUNT): Counts the number of rowing strokes from your current workout.

T-CNT (TOTAL COUNT): Counts the total amount of strokes from the first use.

CAL (CALORIES): Counts the total calories burned from current workout.

DIST (DISTANCE): Counts the total distance during your current workout.

RPM (CN/M): Display the steps per minute while exercising.

AUTO ON/OFF & AUTO START/STOP:

The power will turn off automatically once there's no signal for 4 minutes. The computer will reactivate once the rower is put into motion or when a computer key is pressed.

SPECIFICATIONS:

<i>FUNCTIONS</i>	SCAN	Every 6 seconds
	DIST	0.00~9999 ML(Miles)
	TIME	0:00~99:59(Minute:Second)
	COUNT	0~9999 Count
	RPM (CN/M)	0~999 TIMES/MIN
	CALORIES	0.0~999.9 Kcal
	TOTAL COUNT	0~9999 Count
BATTERY TYPE		Two AA
OPERATING TEMPERATURE		0°C ~40°C
STORAGE TEMPERATURE		-10°C ~ 60°C