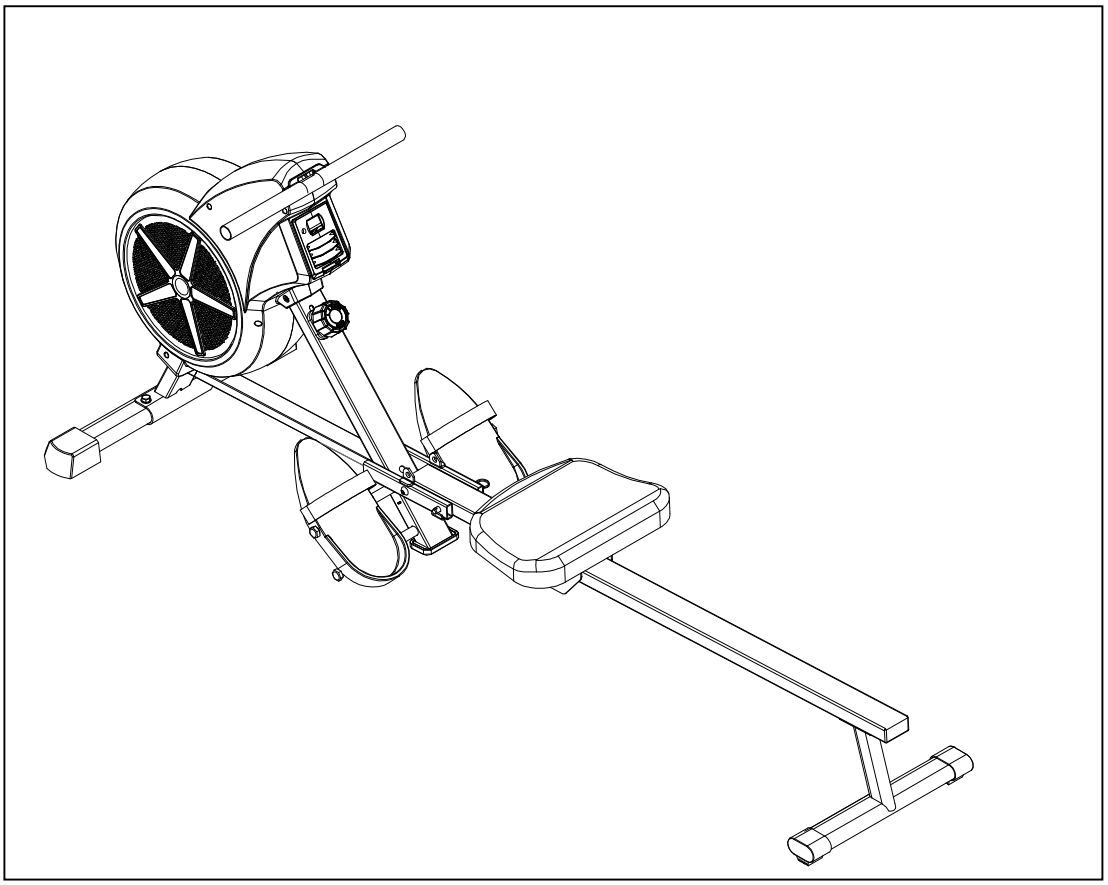
USER MANUAL



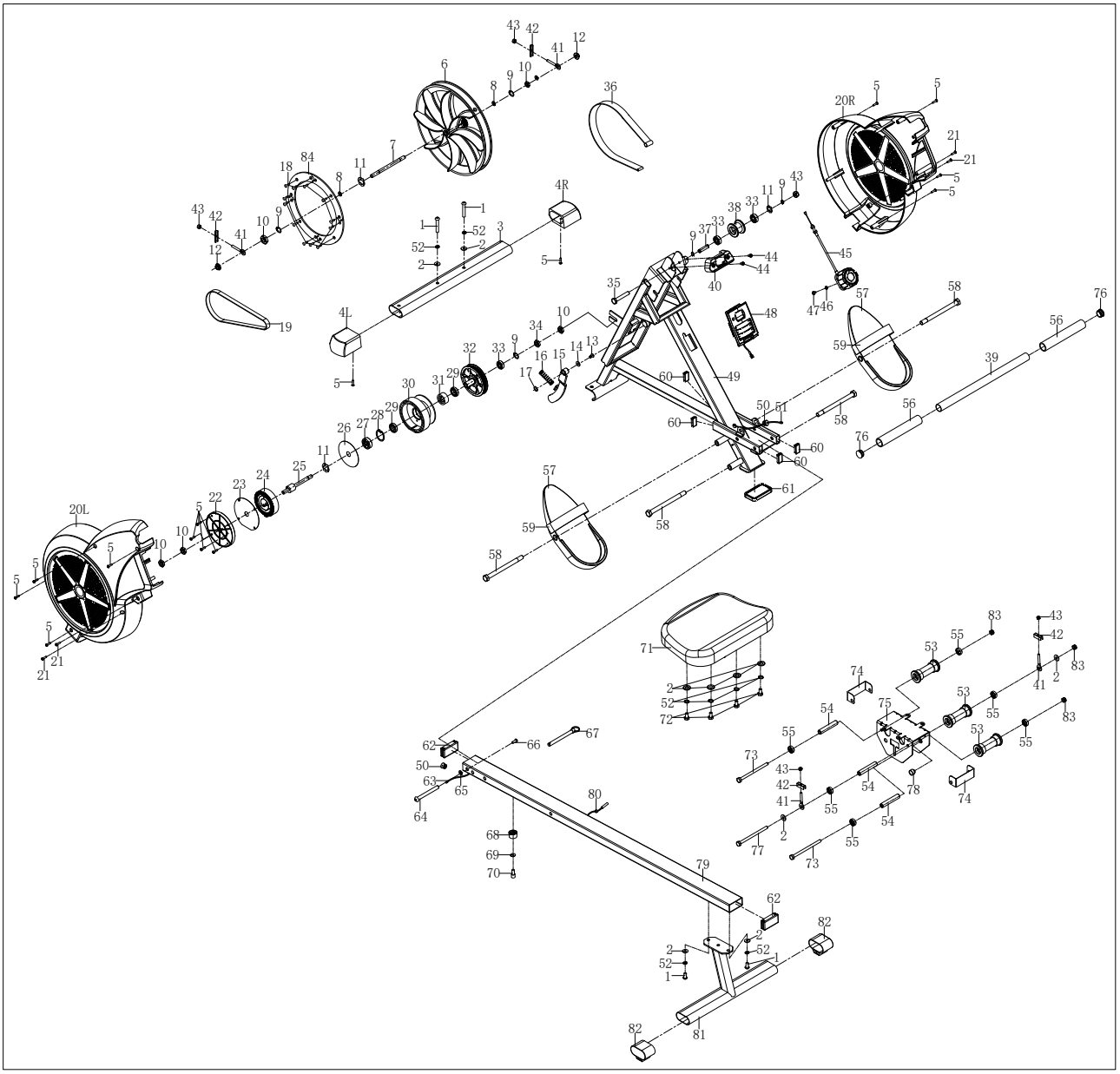
IMPORTANT! Please retain owner’s manual for maintenance and adjustment instructions.

IMPORTANT SAFETY INFORMATION

We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. 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 that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program, you should consult your physician 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 physician's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
2. 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, shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet (60 CM) of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. 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 exercise, discontinue use of the equipment immediately and do not use until the problem has been rectified.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.
9. The maximum weight capacity of this unit is 150 KG.
10. The equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/or damage to the product or property, proper lifting and moving is required.
12. Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.
13. This equipment is designed for indoor and home use only, it is not intended for commercial use!

EXPLODED DIAGRAM



HARDWARE PACKAGE

#1 M8*20*S6 4PCS

#2 d8*Φ16*1.5 4PCS

#52 d8 4PCS

#58 M12*Φ12.5*160*S19 4PCS

S6 #B

S5 #A

#65 d10*Φ20*2 1PC

#66 M6*16*S5 1PC

#67 Φ10*100*105 1PC

#64 Φ10*95*M6*25 1PC

S19

#C

PARTS LIST

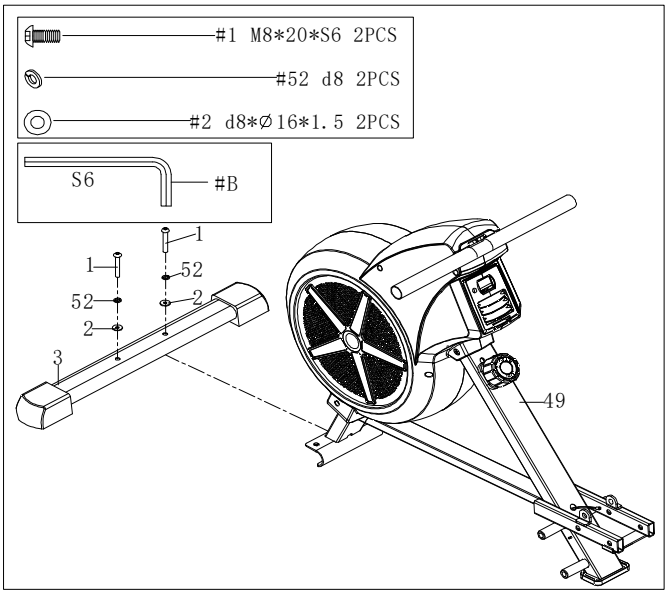
No.	Description	Spec.	Qty.
1	Screw	M8*20*S6	4
2	Washer	d8*Φ16*1.5	10
3	Front Stabilizer		1
4L/R	End Cap		2
5	Screw	ST4.2*19*Φ8	14
6	Fan Wheel		1
7	Inertial Axle	Φ10*150	1
8	Washer	d10*Φ20*2	2
9	C Clip	d10	5
10	Nut	M10*1*H5*S17	5
11	Wave Washer	d10*Φ15*0.3	3
12	Nut	M10*1*H8*S15	2
13	Screw	M6*10*S10	1
14	Washer	d6*Φ18*2	1
15	Magnet Plate		1
16	Spring	Φ1.2*Φ15*54*N10	1
17	Wave washer	d12*Φ15.5*0.3	1
18	Screw	ST4.2*13*Φ7	12
19	Belt	6PJ280	1
20L/R	Chain Cover		2
21	Screw	ST4.2*16*Φ8	4
22	Outer Cover for Mesh Belt Wheel	Φ118.5*11.8	1
23	Outer PC Board for Mesh Belt Wheel	Φ111*Φ16*0.5	1
24	Volute Spring	t0.5*22*5080	1
25	Axle for Mesh Belt Wheel		1
26	PC Board for Mesh Belt Wheel		1
27	Bearing	6300-2RS CXSH	1
28	C Clip	d35	1
29	Bearing	16003-2RS C&U	2
30	Mesh Belt Wheel	Φ112*67.5	1

No.	Description	Spec.	Qty.
31	Bearing	Φ35*d17*16	1
32	Belt Wheel		1
33	Bearing	6000-2RS CXSH	3
34	Nut	M10*1*H3*S14	1
35	Bolt	M6*55*15*S10 Grade 8.8	1
36	Mesh Belt	t1.5*22*2150	1
37	Fixing Axle for Mesh Belt	Φ10*40*Φ6.1	1
38	Mesh Belt Wheel		1
39	Handlebar	Φ28*1.5*440	1
40	Handlebar Seat	106*40*31	1
41	Adjusting Screw	M6*40*Φ10*2.5	4
42	Adjusting U Seat	30*10*1.5	4
43	Nut	M6*H6*S10	7
44	Screw	M5*10*Φ10	2
45	Tension Control Knob		1
46	Washer	d5*Φ20*1.5	1
47	Screw	M5*25*Φ8	1
48	Computer		1
49	Main Frame		1
50	Grommet	Φ12*11*Φ3	2
51	Trunk Wire 1		1
52	Spring Washer	d8	8
53	Idler Wheel	Φ36*69	3
54	Spacer	Φ8*Φ12*50	3
55	Bearing	608RS Φ8*Φ22*12	6
56	Foam Grip	Φ26*3*208	2
57	Pedal	320*140*55	2
58	Bolt	M12 *Φ12.5*160	4
59	Pedal Strap		2
60	End Cap	F30*15*15	4

No.	Description	Spec.	Qty.
61	Rubber Pad	84.5*49.5*9.7	1
62	End Cap	J60*30*15	2
63	Sensor Wire		1
64	Bolt	Φ10*95*M6*25	1
65	Washer	d10*Φ20*2	1
66	Screw	M6*16*S5	1
67	Pull Pin	Φ10*100*105	1
68	Limit Mat		1
69	Washer	d6*Φ12*1	1
70	Screw	M6*30*S5	1
71	Seat	360*250*50	1
72	Screw	M8*16*S6	4
73	Bolt	M8*90*15*S14	2
74	U Shape Baffle		2

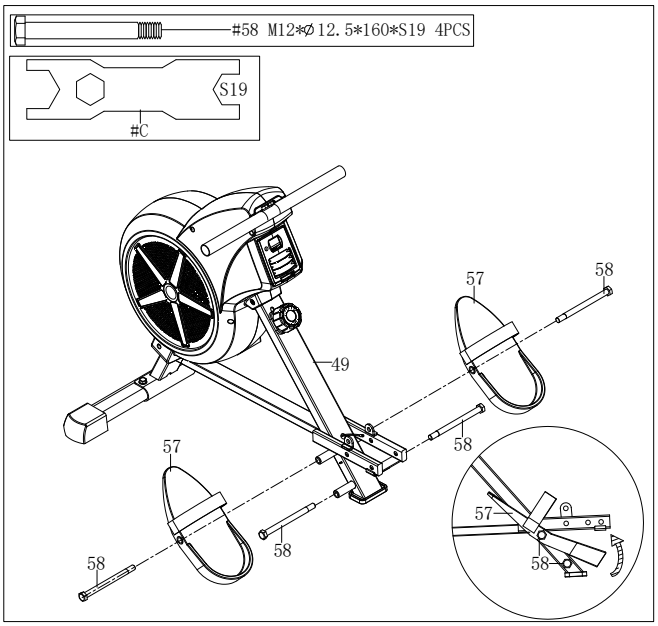
No.	Description	Spec.	Qty.
75	Seat Support		1
76	End Cap	Φ28*15	2
77	Bolt	M8*100*20*S13	1
78	Round Magnet	Φ15 *7	1
79	Sliding Rail		1
80	Grommet	Φ12	1
81	Rear Stabilizer		1
82	End Cap		2
83	Nut	M8*H7.5*S13	3
84	Aluminium Sheet		1
A	Allen Wrench	S5	1
B	Allen Wrench	S6	1
C	Spanner	S17-19	1

ASSEMBLY INSTRUCTIONS



STEP 1:

Attach **Front Stabilizer (No. 3)** to **Main Frame (No. 49)** using 2 **Screws (No. 1)**, 2 **Spring Washers (No. 52)** and 2 **Washers (No. 2)**. Tighten and secure with **Allen Wrench (No. B)**.

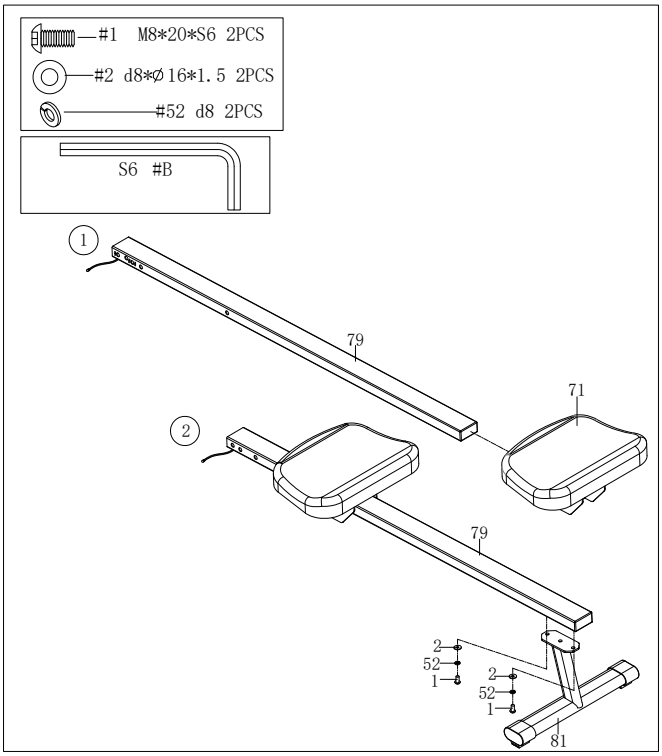


STEP 2:

Attach 2 **Bolts (No. 58)** into the bottom hole of **Main Frame (No. 49)** with **Spanner (No. C)**.

Insert 2 **Bolts (No. 58)** through **Pedals (No. 57)**, into the upper hole of **Main Frame (No.49)**, and tighten with **Spanner (No. C)**.

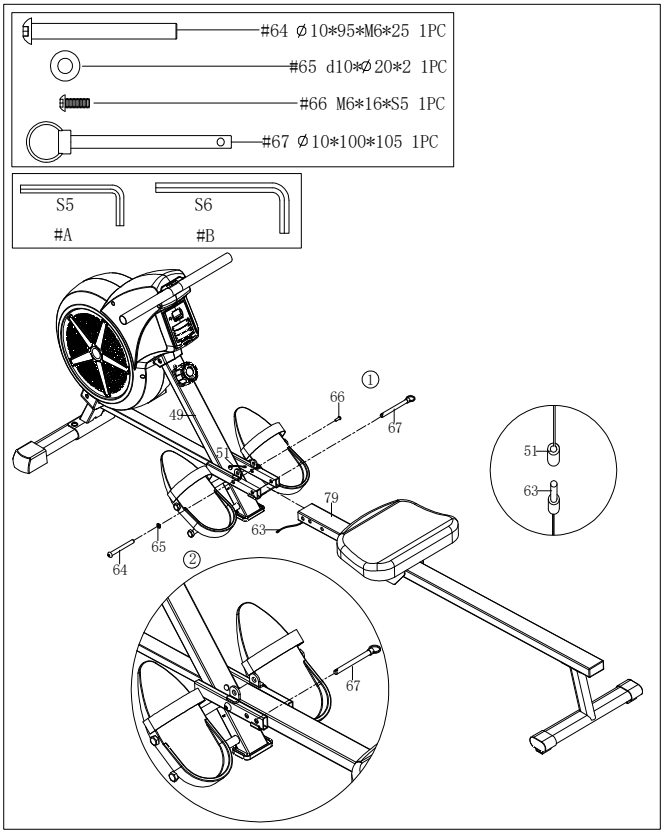
NOTE: The **Pedals (No. 57)** should rest on the bottom **Bolts (No. 58)**.



STEP 3:

Insert **Seat (No. 71)** onto **Sliding Rail (No. 79)**.

Attach **Rear Stabilizer (No. 81)** to **Sliding Rail (No. 79)** using 2 **Screws (No. 1)**, 2 **Spring Washers (No. 52)** and 2 **Washers (No. 2)**. Tighten and secure with **Allen Wrench (No. B)**.



STEP 4:

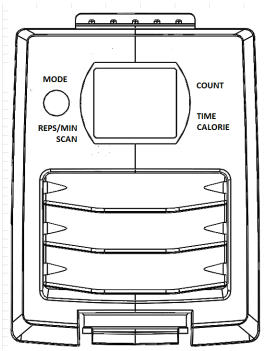
Attach **Sliding Rail (No. 79)** to **Main Frame (No. 49)** using **Bolt (No. 64)**, **Washer (No. 65)** and **Screw (No. 66)**. Tighten and secure with **Allen Wrench (No. A)** and **Allen Wrench (No. B)**.

Lift **Sliding Rail (No. 79)** where it connects to the **Main Frame (No. 49)** to align the holes. Then insert **Pull Pin (No. 67)**.

Connect **Trunk Wire 1 (No. 51)** with the **Sensor Wire (No.63)**.

The assembly is complete!

EXERCISE METER



SPECIFICATIONS:

TIME----------00:00 - 99:59 MIN:SEC
COUNT----------0 - 9999 STROKES
CALORIE----------0 - 9999 KCAL
REPS/MIN (STROKES/MIN) ----------0 - 9999 STROKES/MIN

KEY FUNCTION:

MODE: To select the function you want, hold the key for 4 seconds to reset all function values (total reset).

OPERATION PROCEDURES:

AUTO ON/OFF: The monitor will turn on when you start rowing or pressing MODE.
The monitor will turn off after being inactivate for 4 minutes.

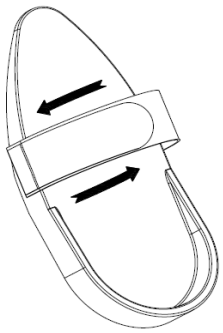
FUNCTION:

TIME: Counts the workout time while exercising.
COUNT: Counts the strokes while exercising.
CALORIE: Counts calories burned while exercising.
REPS/MIN: Displays the strokes per minute while exercising.
SCAN: Scans through each function between ①TIME②CALORIES③REPS/MIN (STROKES/MIN) repeatedly.

BATTERY

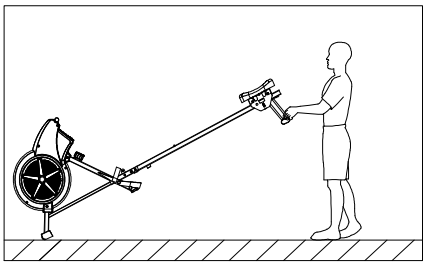
If there is a problem with the display, try replacing the battery. This monitor uses one “AAA” battery. Dispose the battery according to the guidelines of your state and local region.

ADJUSTMENT GUIDE



PEDAL ADJUSTMENT

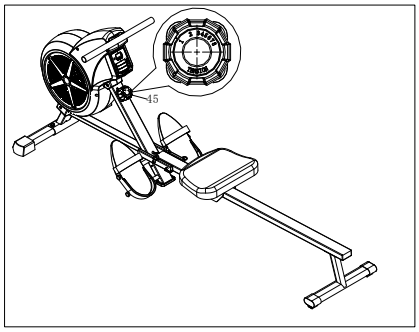
The pedal strap is adjustable and can be personalized to fit the user's foot size.



MOVING THE MACHINE

To move the machine, lift up the rear stabilizer until the transportation wheels on the front stabilizer touch the ground. With the wheels on the ground, you can transport the bike to the desired location with ease.

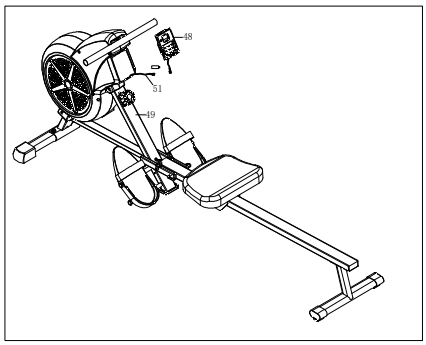
To tighten, pull the Velcro end of the pedal strap upward then to the right and down to secure it to the mesh side of the strap.



ADJUSTING THE RESISTANCE

Rotate **Tension Control Knob (No. 45)** *clockwise* to increase the level of resistance. Rotate the tension control *counter-clockwise* to decrease the level of resistance.

Level 1 is the lowest and Level 8 is the highest tension.



REPLACE THE BATTERY

Two AAA batteries are included in **Computer (No. 48)**.To replace the batteries, remove the computer from **Main Frame (No. 49)**, and disconnect the **Trunk Wire (No. 51)** and the link wire of computer, Replace both batteries. Do not mix battery types and do not mix old and new batteries.

After the replacement, connect **Trunk Wire (No. 51)** with the link wire of computer and put the computer back into **Main Frame (No. 49)**.

ADJUSTMENT GUIDE

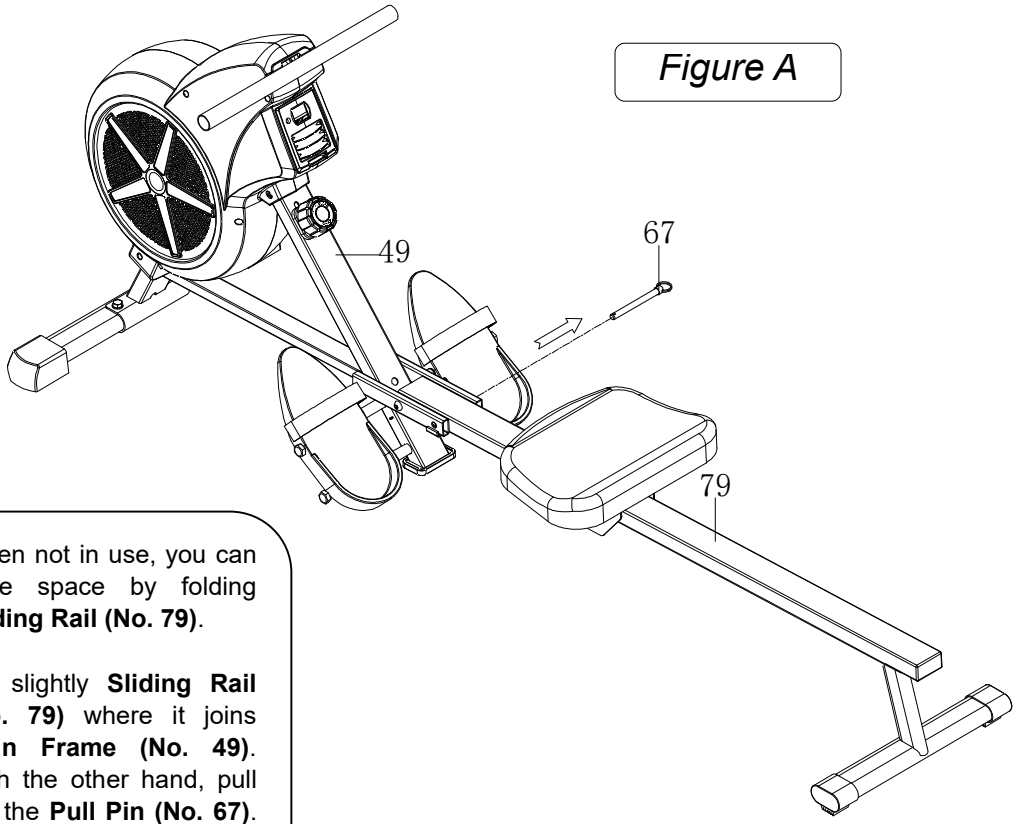


Figure A

When not in use, you can save space by folding **Sliding Rail (No. 79)**.

Lift slightly **Sliding Rail (No. 79)** where it joins **Main Frame (No. 49)**. With the other hand, pull out the **Pull Pin (No. 67)**. (*Figure A*)

Fold **Sliding Rail (No. 79)** to vertical angle. Insert **Pull Pin (No. 67)** into the fixing board and through **Sliding Rail (No. 79)** to secure **Sliding Rail (No. 79)**. (*Figure B)*

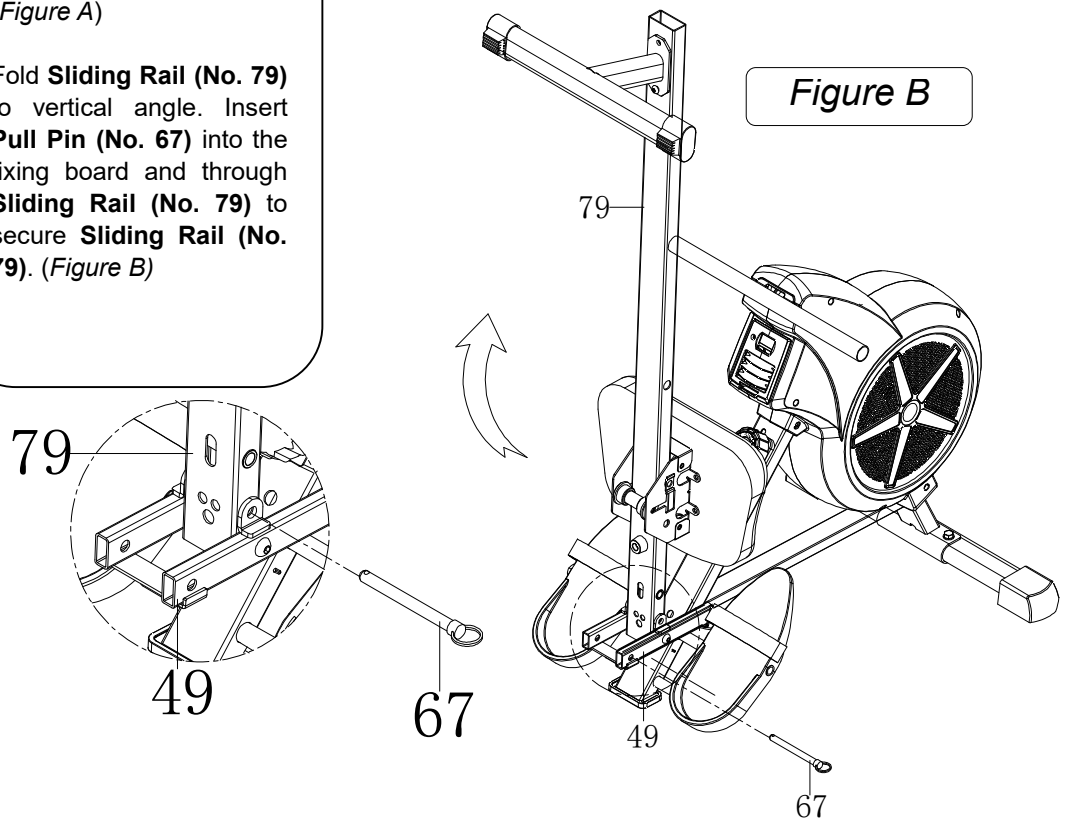


Figure B