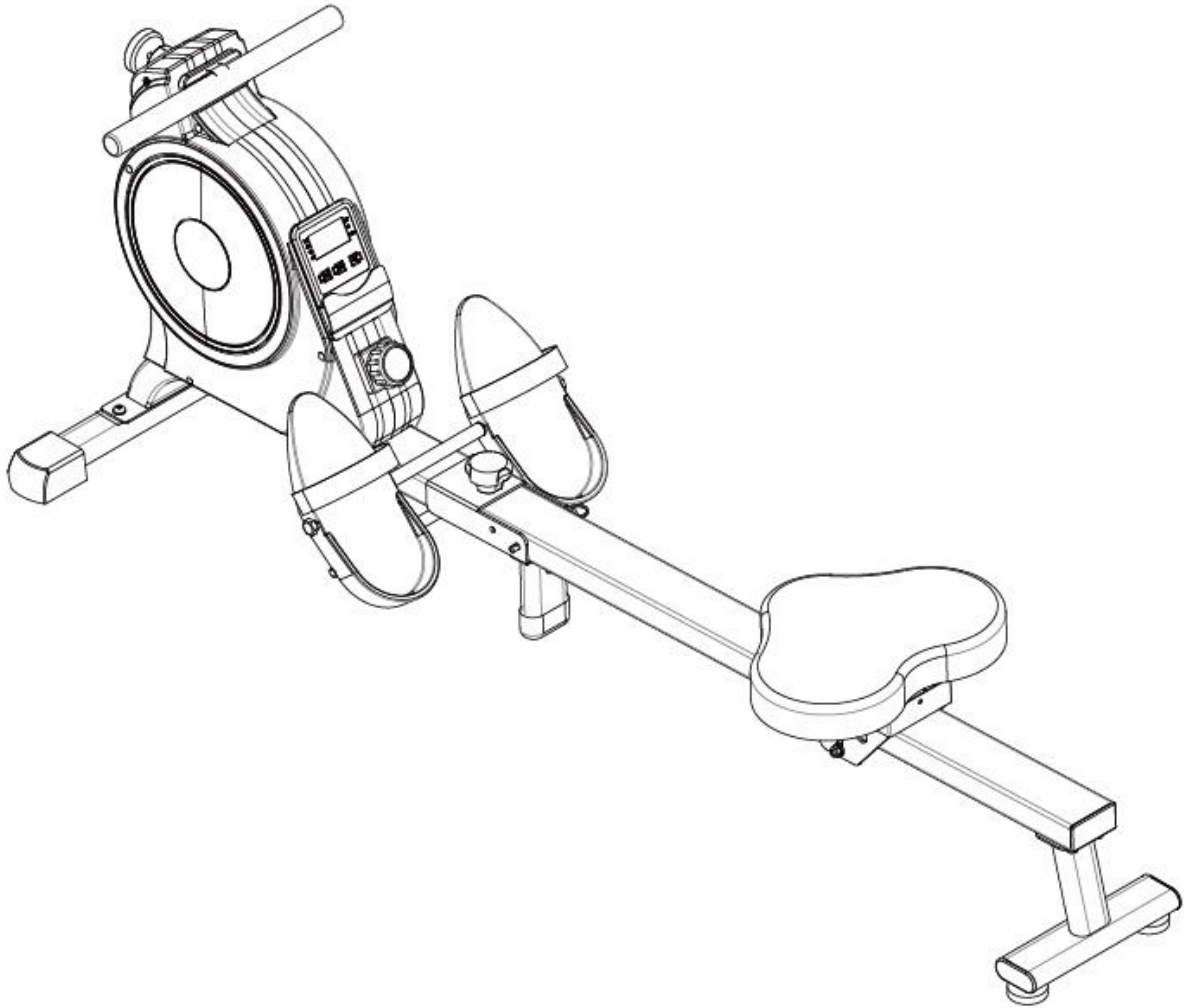


# MAGNETIC ROWING MACHINE

## USER MANUAL



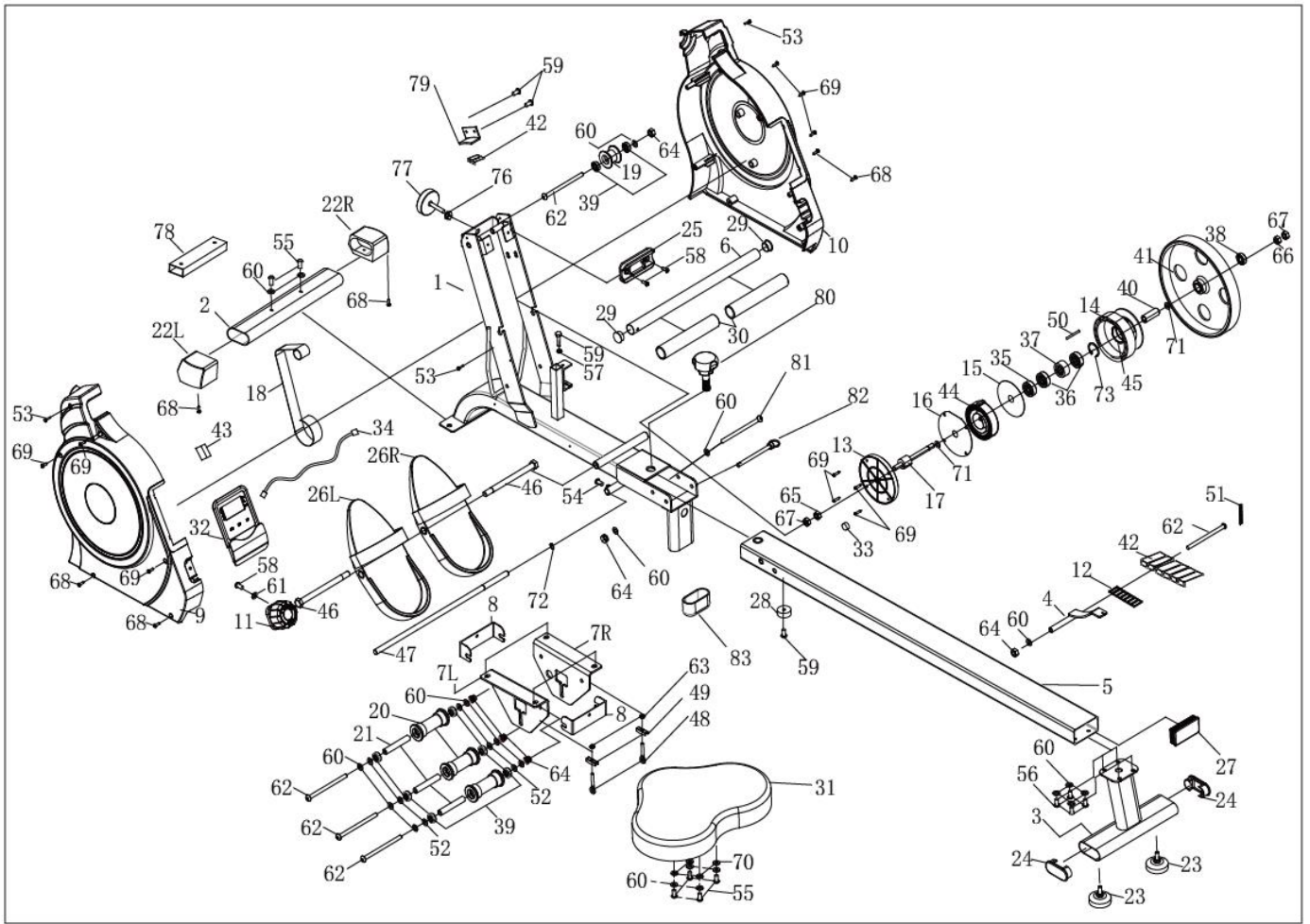
**IMPORTANT!** Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us.

# **IMPORTANT SAFETY INFORMATION**

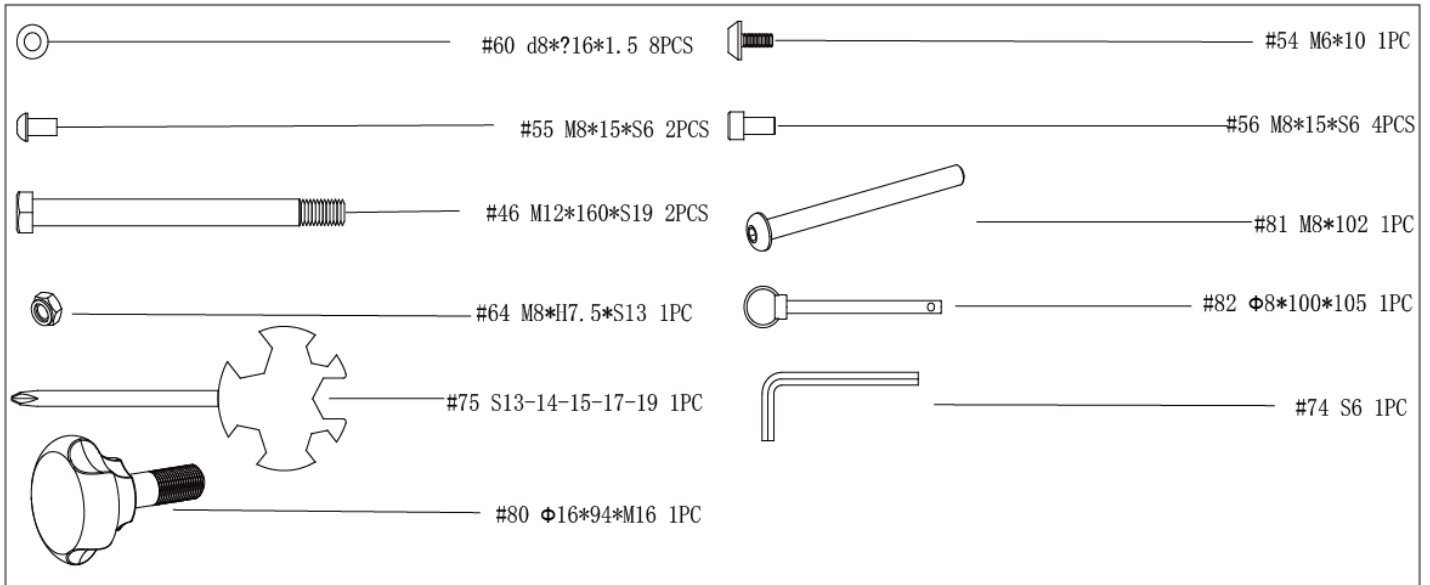
We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. 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 285 pounds (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 are required.
12. Your product is intended for use in cool and 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

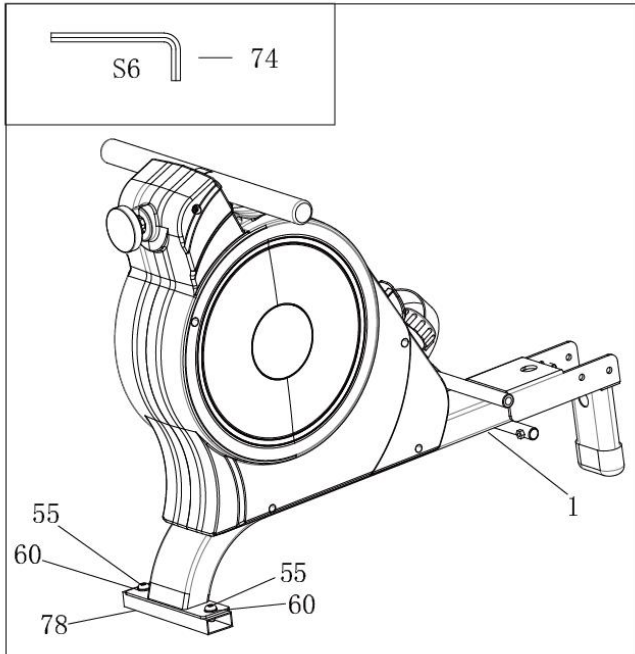


# PARTS LIST

No.	Description	Spec.	QTY	No.	Description	Spec.	QTY
1	Main Frame		1	34	Sensor Wire	L370	1
2	Front Stabilizer		1	35	Bearing	Φ35*Φ10*11	1
3	Rear Support		1	36	Bearing	Φ30*Φ17*7	2
4	Magnet Frame		1	37	Bearing	35*17*16	1
5	Sliding Rail		1	38	Bearing	Φ26*Φ10*8	1
6	Handlebar		1	39	Bearing	Φ22*Φ8*7	8
7L/R	Seat Supporting L/R		2	40	Bearing Steel	Φ17*46	1
8	U Shape Bracket		2	41	Inertial Wheel	Φ240*25 2.5kg	1
9	Chain Cover L		1	42	Magnet	25*10*5 2800	7
10	Chain Cover R		1	43	Inductor Seat		1
11	Tension Control Knob	L=210	1	44	Volute Spring	t0.5*22*5080	1
12	Plastic Lattice Magnet	27*7	1	45	Axle Sleeve	Φ42*44.5	1
13	Volute Spring Cover	118.5*11.8	1	46	Bolt	M12*160*S19	2
14	Mesh Belt Wheel	Φ35*110	1	47	Fixing Axle for Pedal	Φ12*440	1
15	Outer PC Board	Φ89*Φ16.5*0.5	1	48	Adjusting Screw	M6 L45	2
16	PC Board	Φ111*Φ16*0.5	1	49	U Shape Baffle	30*10*1.5 2	2
17	Axle for Mesh Belt Wheel	Φ22*133	1	50	Fixing Axle for Mesh Belt	Φ5*43	1
18	Mesh Belt	t1.5*22*2150	1	51	Spring	Φ0.8*Φ8*60 65MN	1
19	Mesh Belt Pulley	POM Φ42*Φ22*32	1	52	Spacer	D8*Φ15*4	6
20	Wheel	Φ40*92 POM	3	53	Screw	M5*8	3
21	Casing Pipe for Idler Wheel	Φ13*Φ8*78 ABS	3	54	Screw	M6*10	1
22L/R	End Cap	30*60	2	55	Screw	M8*15*S6	12
23	Foot Leveler	M8	2	56	Screw	M8*15*S6	4
24	End Cap	70*30	2	57	Nut	M6	1
25	Handlebar Seat	104*50*18 PVC	1	58	Screw	M5*15	3
26L/R	Pedal L/R	320*140*55	2	59	Screw	M6*20	2
27	End Cap	40*80*1.5	1	60	Washer	d8*Φ16 *1.5	24
28	Rubber Buffer	Φ25.2*Φ22*15	1	61	Washer	Φ20*Φ5*1.0	1
29	End Cap	Φ25*1.5 PVC	2	62	Bolt	M8*125*15 *S14 A	5
30	Foam Grip	180	2	63	Nut	M6*H6*S10	2
31	Seat		1	64	Nut	M8*H7.5*S13	5
32	Computer		1	65	Nut	M10*1.0 H5	1
33	Magnet	Φ11*3	1	66	Nut	M10*1.0 H3	1

No.	Description	Spec.	QTY	No.	Description	Spec.	QTY
67	Nut	M10*1*H8*S14	2	76	Nut	M8	1
68	Screw	ST4.2*20*Φ8	6	77	Foot Leveler	M8*35 PVC	1
69	Screw	ST4.2*16*Φ8	10	78	Shipping Tube		1
70	Spring Washer	Φ8	4	79	Connecting Board		1
71	Wave Washer	d10*Φ15*0.3	2	80	Knob	PP+Q235	1
72	C-clip	d12	1	81	Bolt	M8*102	1
73	C-clip	d36	1	82	Pull Pin	φ 8*100*105	1
74	Allen Wrench	S6	1	83	End cap		1
75	Spanner	S13-14-15-17-19	1				

# ASSEMBLY INSTRUCTIONS

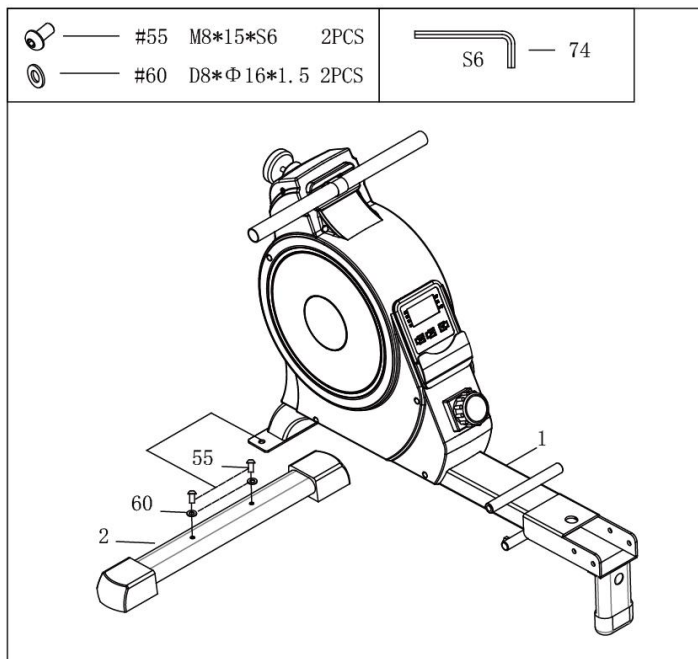


## STEP 1:

Remove 2 **Screws (No. 55)** from **Main Frame (No. 1)** with **Allen Wrench (No. 74)**, then remove 2 **Washers (No. 60)** and **Shipping Tube (No. 78)**.

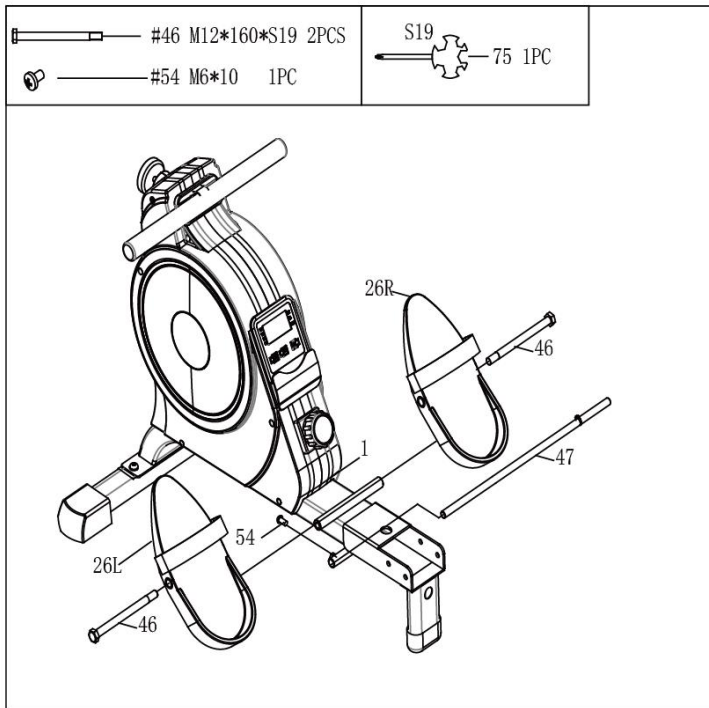
**NOTE:** Don't discard 2 **Screws (No. 55)** and 2 **Washers (No. 60)**, because in Step 2, you need to use them again.

You may discard **Shipping Tube (No. 78)** or save it in case you would like to repackage the item in the future.



## STEP 2:

Attach **Front Stabilizer (No. 2)** to **Main Frame (No. 1)** using 2 **Screws (No. 55)** and 2 **Washers (No. 60)**. Tighten and secure with **Allen Wrench (No. 74)**.

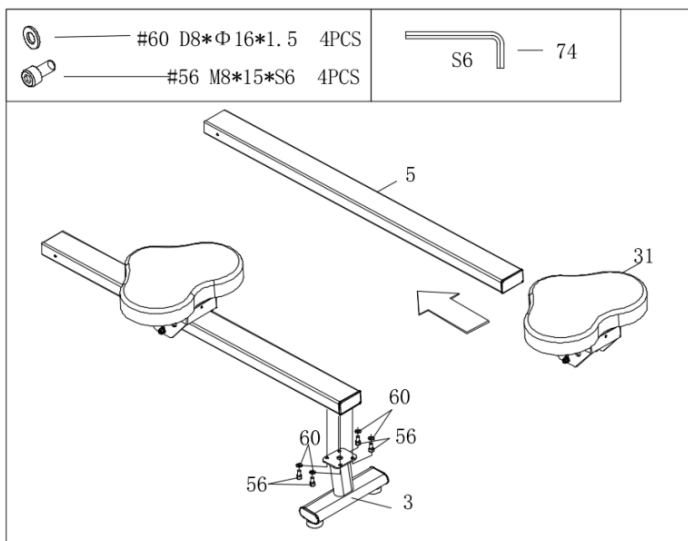


### STEP 3:

Attach **Fixing Axle for Pedal (No. 47)** into the bottom hole of **Main Frame (No. 1)** using 1 **Screw (No. 54)**. Secure and tighten with **Spanner (No. 75)**.

Attach 2 **Bolts (No. 46)** into the upper hole of **Main Frame (No. 1)** through **Pedals (No. 26L/R)**. Secure and tighten with **Spanner (No. 75)**.

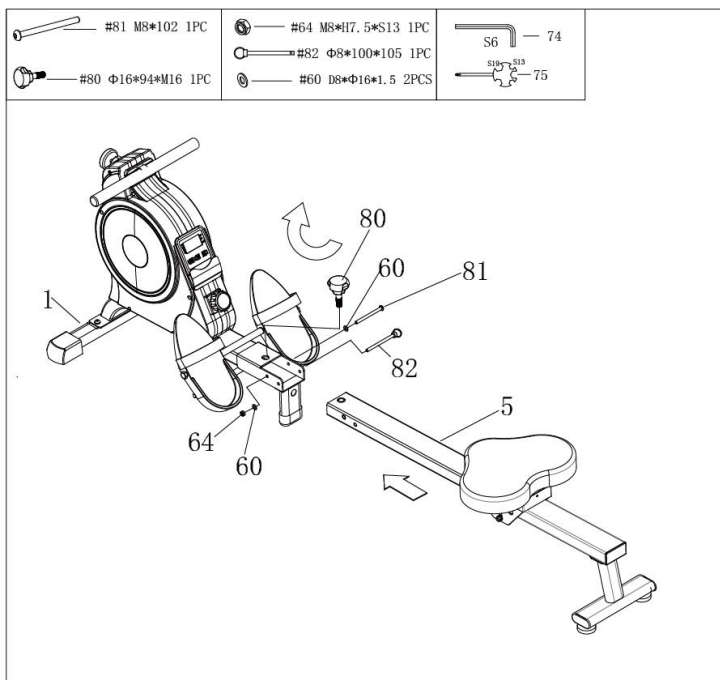
**NOTE:** The **Fixing Axle for Pedal (No. 47)** should be attached into the middle position of **Main Frame (No. 1)**.



### STEP 4:

Insert the **Seat (No. 31)** into the **Sliding Rail (No. 5)**.

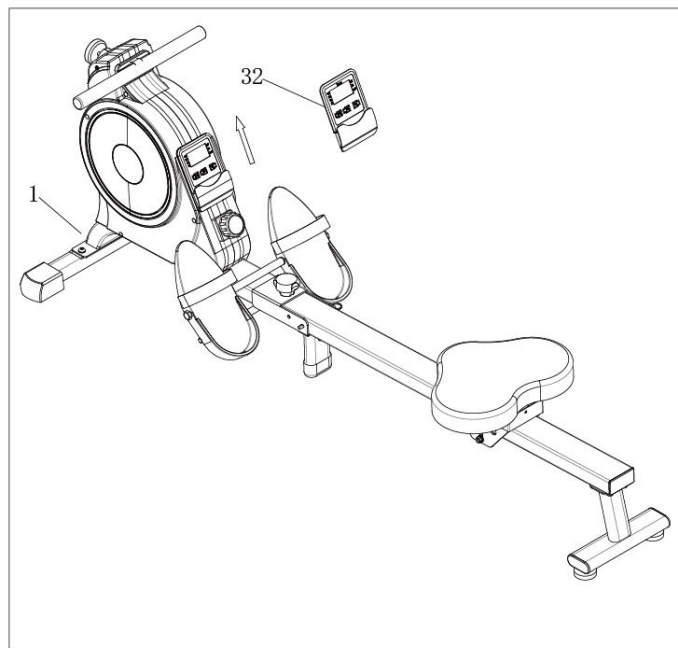
Attach the **Sliding Rail (No. 5)** onto the **Rear Support (No. 3)** using 4 **Screws (No. 56)** and 4 **Washers (No. 60)**. Tighten and secure with **Allen Wrench (No. 74)**.



### STEP 5:

Attach the **Sliding Rail (No. 5)** to **Main Frame (No. 1)** using **Bolt (No. 81)**, **2 Washers (No. 60)**, and **Nut (No. 64)**. Tighten and secure with **Spanner (No. 75)** and **Allen Wrench (No. 74)**.

Next, attach the top of the **Sliding Rail (No. 5)** to the **Main Frame (No. 1)**, insert the **Pull Pin (No. 82)**, then use **Knob (No. 80)** to tighten.

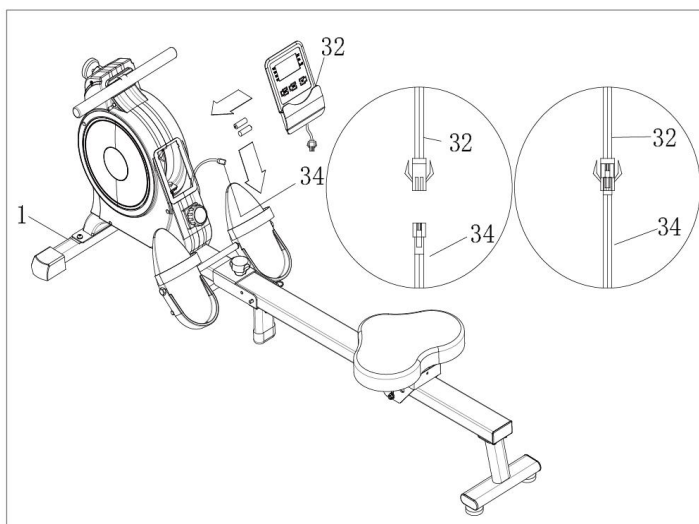


### STEP 6:

Take out 2 AAA batteries from the plastic bag with the manual. Push **Computer (No. 32)** upward, then remove **Computer (No. 32)** from **Main Frame (No. 1)**. Disconnect **Sensor Wire (No. 34)** and the wire of **Computer (No. 32)**. Install the 2 AAA batteries into the back of **Computer (No. 32)**.

### STEP 7:

**NOTE:** The two upper buckles of **Computer (No. 32)** should be aligned to the two upper slots of computer seat of **Main Frame (No. 1)**.



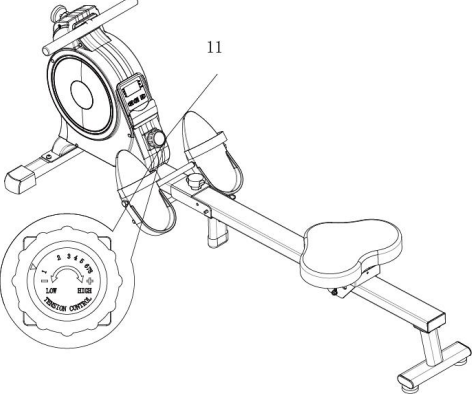
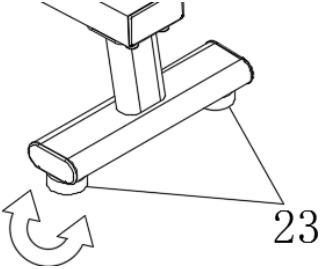
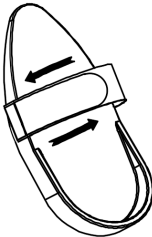
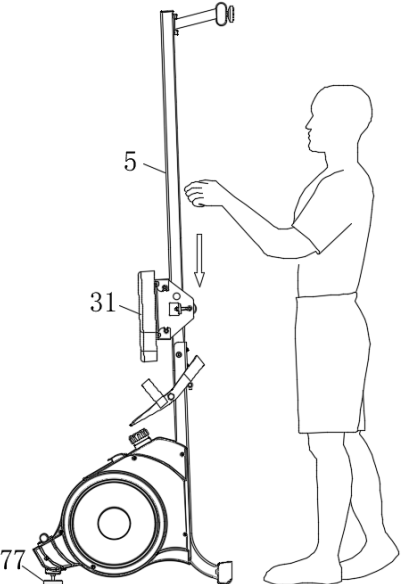
Connect **Sensor Wire (No. 34)** with the wire of **Computer (No. 32)**. Place **Computer (No. 32)** back onto the **Main Frame (No. 1)**, then push the **Computer (No. 32)** downwards to fit into position.

*The assembly is complete!*

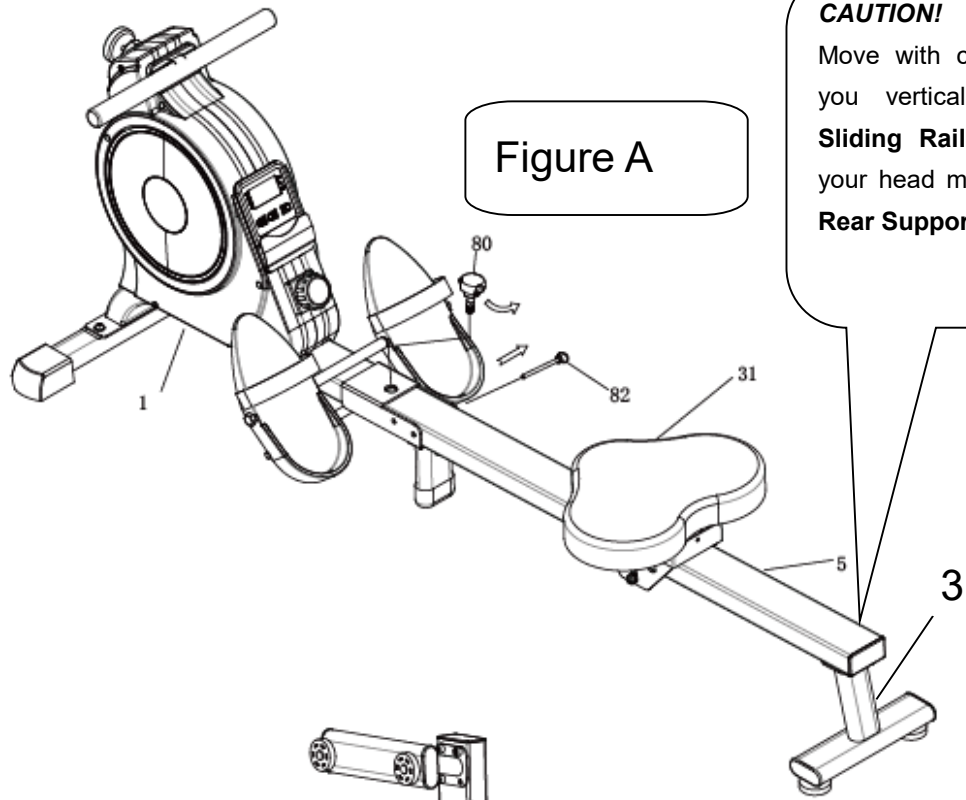


# ADJUSTMENTS GUIDE

**CAUTION!** Moving parts, such as the seat, can crush and cut. Keep hands clear of the sliding rail during use!

	<p><b>ADJUSTING THE RESISTANCE</b></p> <p>Rotate the <b>Tension Control Knob (No. 11)</b> <i>clockwise</i> to increase the level of resistance. Rotate the <b>Tension Control Knob (No. 11)</b> <i>counter-clockwise</i> to decrease the level of resistance.</p> <p>Tension levels are set at Level 1 being the lowest and Level 8 being the highest.</p>
	<p><b>ADJUSTING THE BALANCE</b></p> <p>If you notice that the rower is unbalanced during use, you should adjust the foot levelers located beneath the rear support. Rotate <b>Foot Levelers (No. 23)</b> <i>clockwise</i> until it sits level with the surface that the rower is on. When you have finished adjusting the foot leveler, re-tighten the <b>Foot Levelers (No. 23)</b> by rotating it <i>counter-clockwise</i>. If required, repeat this process to adjust the remaining feet.</p>
	<p><b>PEDAL STRAP ADJUSTMENT</b></p> <p>The pedal strap is adjustable and can be personalized to fit the user's foot size.</p>
	<p><b>PLACING THE ROWER</b></p> <p>When not in use, you can save space by placing the rower upright on the floor with <b>Foot Leveler (No. 77)</b></p> <p><b>SAFETY NOTE:</b> The <b>Seat (No. 31)</b> will glide down when placing <b>Sliding Rail (No. 5)</b> in an upright position.</p>

# FOLDING THE ROWER



## CAUTION!

Move with caution when you vertically fold the **Sliding Rail (No. 5)** as your head may touch the **Rear Support (No. 14)**.

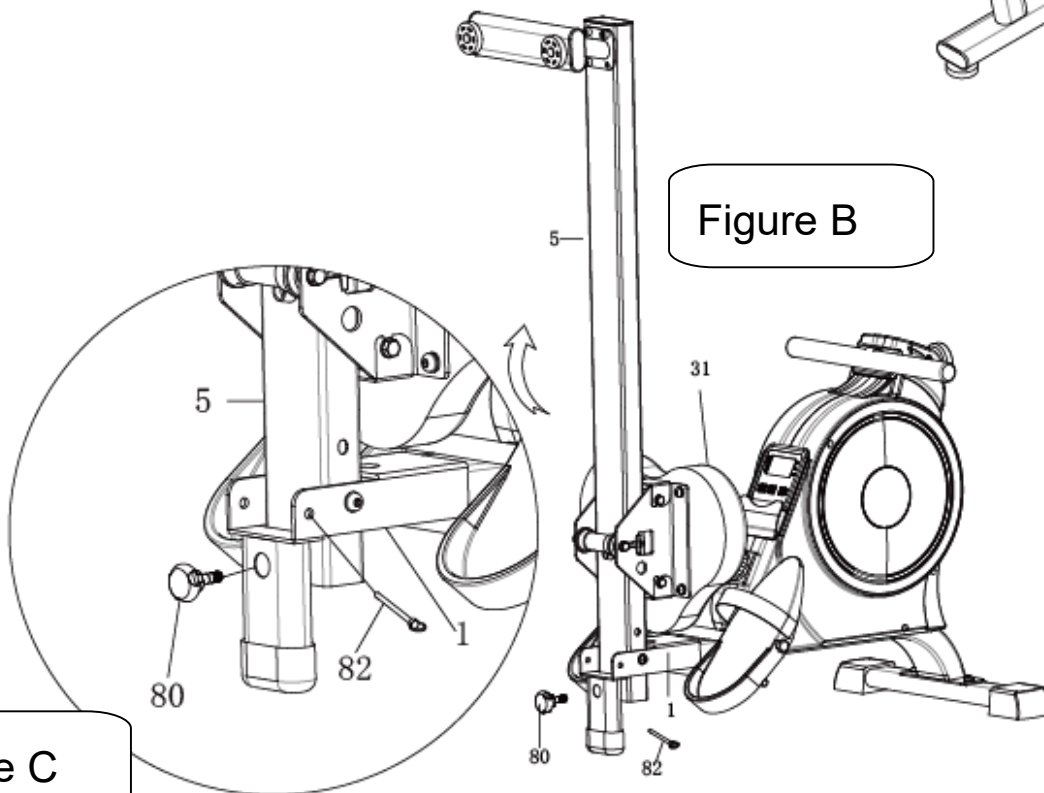


Figure B

Figure C

When not in use, you can save space by folding the **Sliding Rail (No. 5)**.

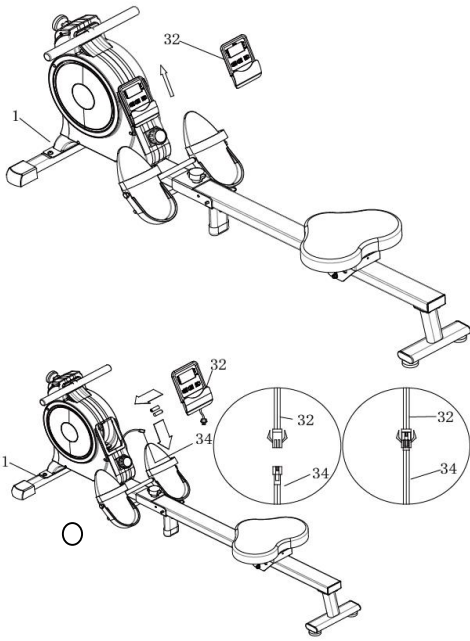
Pull out the **Pull Pin (No. 82)** and disassemble **Knob (No. 80)** (Figure A).

Fold the **Sliding Rail (No. 5)** to a vertical angle. (Figure B)

**SAFETY NOTE:** **Seat (No. 31)** will glide down when folding the **Sliding Rail (No. 5)**.

Reinsert **Pull Pin (No. 82)** into the hole on the **Main Frame (No. 5)**, then tighten **Knob (No. 80)** to **Sliding Rail (No. 5)**. (Figure C)

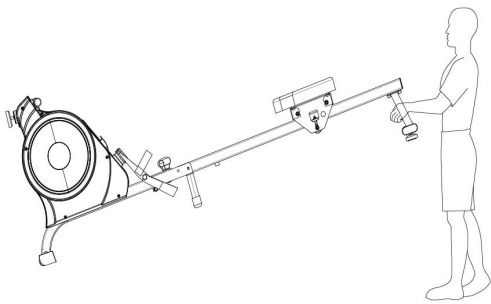
## REPLACING THE BATTERIES



Two AAA batteries are included in **Computer (No. 32)**. To replace the batteries, remove **Computer (No. 32)** from **Main Frame (No. 1)**, and disconnect the **Sensor Wire (No. 34)** and the wire of **Computer (No. 32)**. Replace both batteries. Do not mix battery types and do not mix old and new batteries.

After the replacement, connect **Sensor Wire (No. 34)** to the wire of **Computer (No. 32)** and put **Computer (No. 32)** back onto the **Main Frame (No. 1)**. Dispose or recycle batteries according to your state and local rules.

## MOVING THE ROWER



To move the rower, lift the rear support until the transportation wheels on the front stabilizer touch the ground. Once the wheels are on the ground, you can transport the rower to the desired location with ease.

# EXERCISE COMPUTER

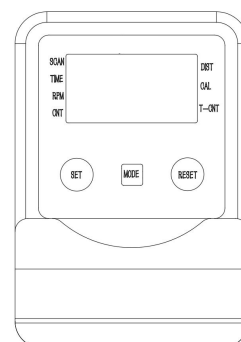
Our computerized display console on the Magnetic Rowing Machine allows the user to tailor a personalized workout by monitoring their progress. During a workout, the display console will alternately and repeatedly display your Time, Count, Calories Burned, Total Count, Distance, and Scan (all of the above). 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		(2)Two AAA or UM-4
OPERATING TEMPERATURE		0°C ~40°C
STORAGE TEMPERATURE		-10°C ~ 60°C