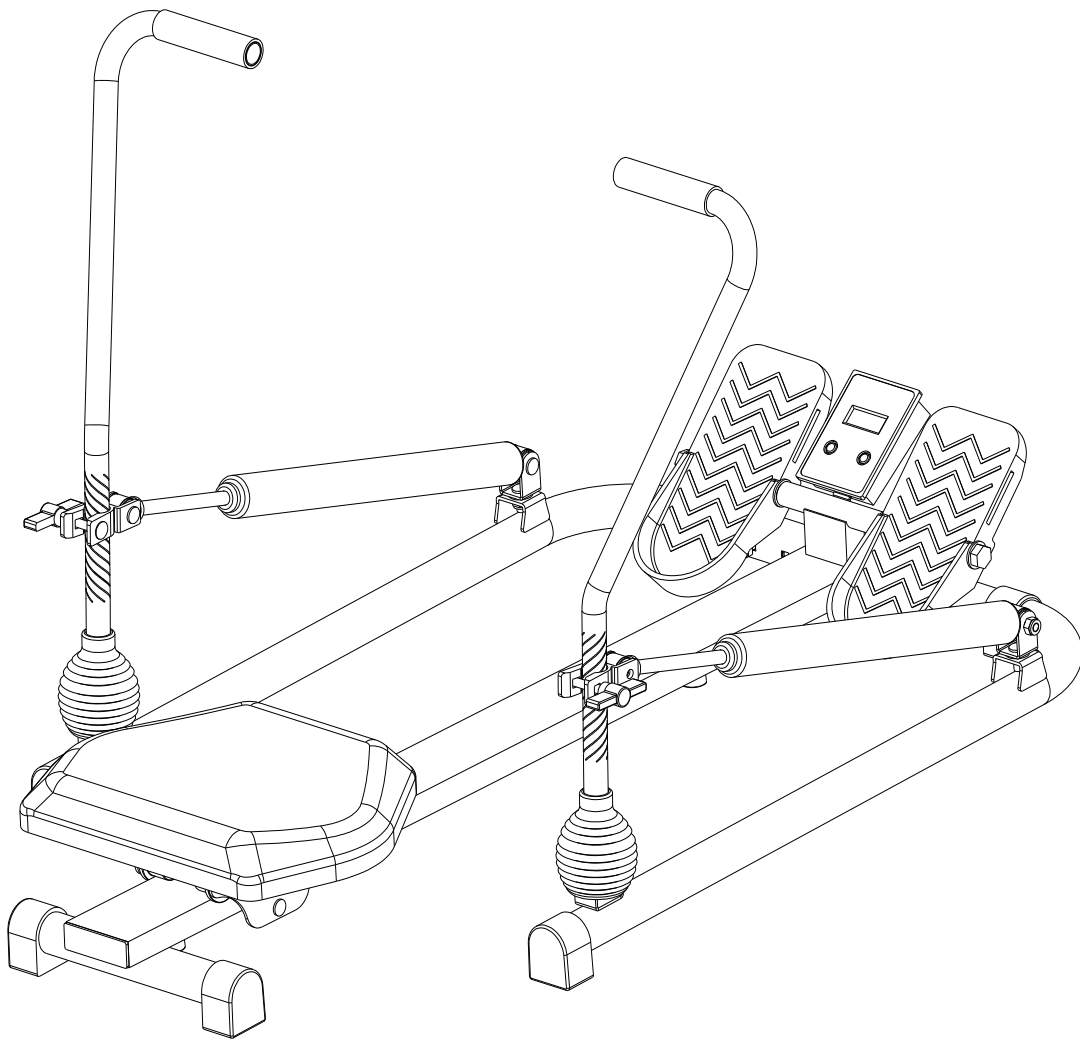


ROWING MACHINE



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

Safety Instructions

Please do keep this manual for your future reference use!

Safety Tips:

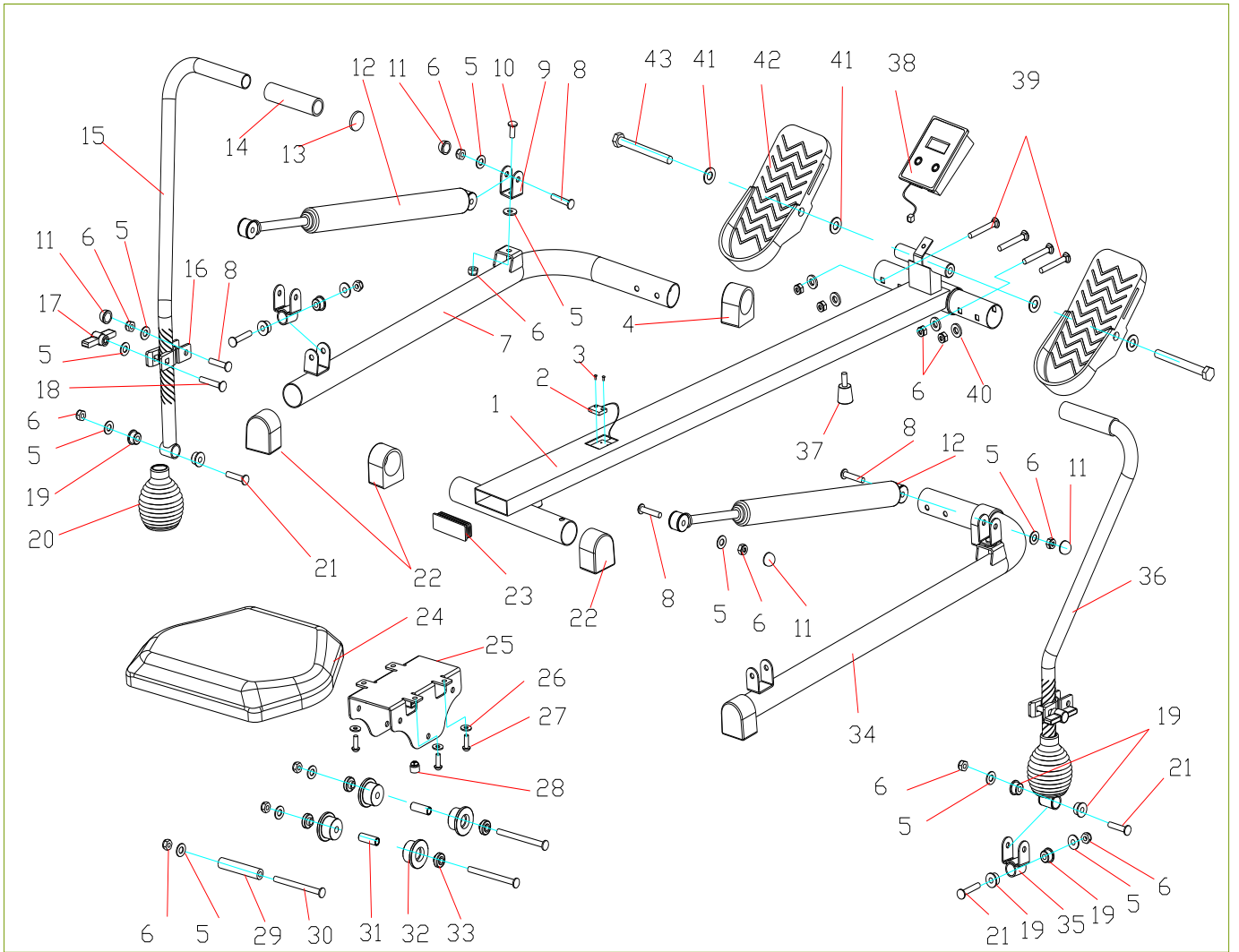
Although as many as security measures have been considered during the design and manufacture, but it still remains some safety rules need to obey in the operation process, please do read the owner's manual carefully before using, especially the following safety tips :

1. Always keep children and pets away from equipment. Do not leave children stay with the equipment without adult's supervision.
2. This equipment allows ONLY ONE person to use.
3. Be aware of your body's signals. Incorrect or excessive exercise can be dangerous to your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light headed, dizzy or nauseous. If you experience any of these conditions you should consult your doctor immediately.
4. This equipment should be placed in a neat and flat plane, do not use it near the water or in outdoor.
5. Do not put your hand near any of the movable parts to protect the hand and fingers from injury.
6. Always wear suitable clothing while exercising, exercising shoes or health care shoes are also suggested.
7. Please do not place any objects with sharp parts around the equipment.
8. No any disables should use this equipment without the company of trainer or supervisor.
9. Please warm-up your body before using this equipment.
10. Always check your equipment thoroughly for worn, damaged parts and dysfunction before using. If any defects are found, do not use this product.
11. Please keep your exercise record anytime.

WARNING!

Consult your doctor before beginning any exercise program, especially for people aged more than 35 years old or have a history of health problems. Our company takes no any responsibilities for any injury caused by problems of users themselves.

EXPLODED VIEW



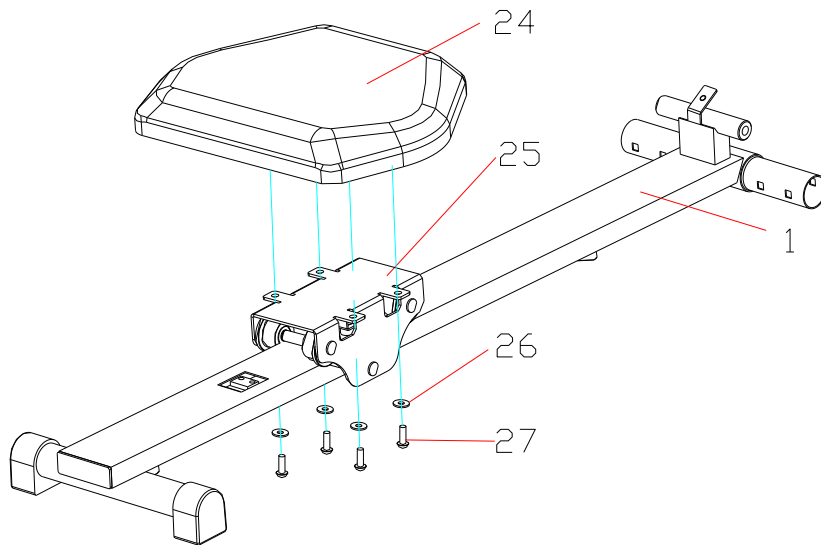
PARTS LIST

No.	Name & Specification	QTY	No.	Name & Specification	QTY
1	Slide rail	1	23	Square inner plug	1
2	Sensor	1	24	Seat cushion	1
3	Philips screw	2	25	Slide base	1
4	Front foot cover	2	26	Flat washer D6	4
5	Flat washer D8	15	27	Allen bolt M6x15	4
6	Nylon nut M8	17	28	Round magnet	1
7	Left base	1	29	Limit pulley	1
8	Allen bolt M8x40	4	30	Allen bolt M8x100	3
9	Cylinder connecting seat	2	31	Pulley spacer	2
10	Allen bolt M8x20	2	32	Pulley	4
11	Ball hat S13	4	33	Bearing	4
12	Cylinder	2	34	Right Base	1
13	Round inner plug	2	35	U base for swing arm	2
14	Foam for handle bar	2	36	Right swing arm	1
15	Left swing arm	1	37	Cushion	2
16	Aluminum Clamp	2	38	Computer	1
17	Knob	2	39	Carriage bolt M8x50	4
18	Carriage bolt M8x45	2	40	Arch washer D8	4
19	Alloy set	8	41	Flat washer D12	4
20	Lamp cover	2	42	Pedal	2
21	Allen bolt M8x50	4	43	Hex bolt M12x130	2
22	Rear foot cover	4			

Assembly Instructions

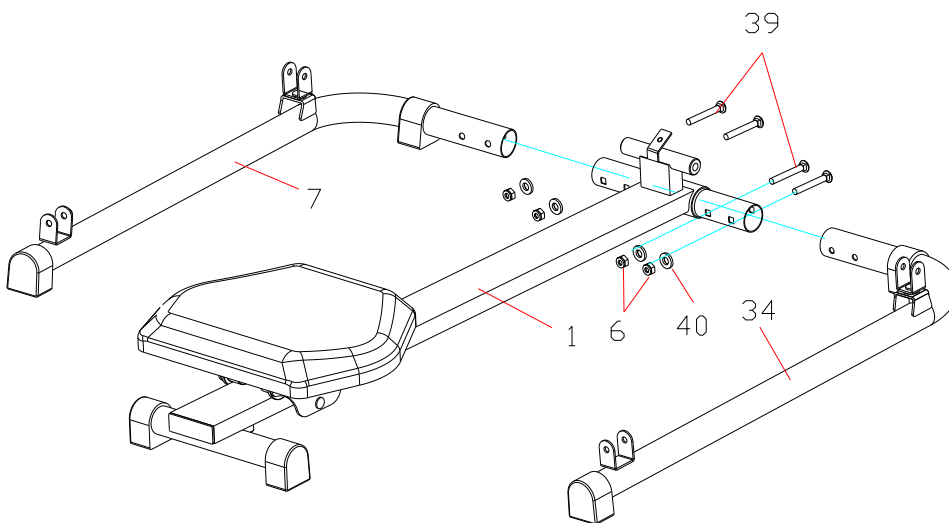
Step 1

Fasten seat cushion (24) onto the slide base (25) with Allen bolt (27) and flat washer (26).



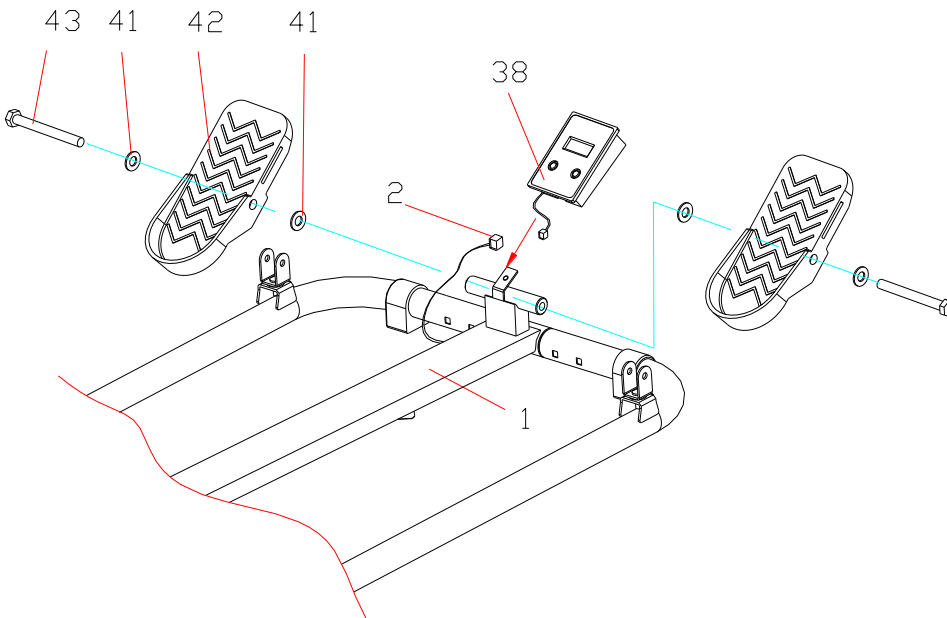
Step 2

Set the left base (7) and right base (34) into slide rail (1) respectively; fasten them with carriage bolt (39), arch washer (40) and nylon nut (6).



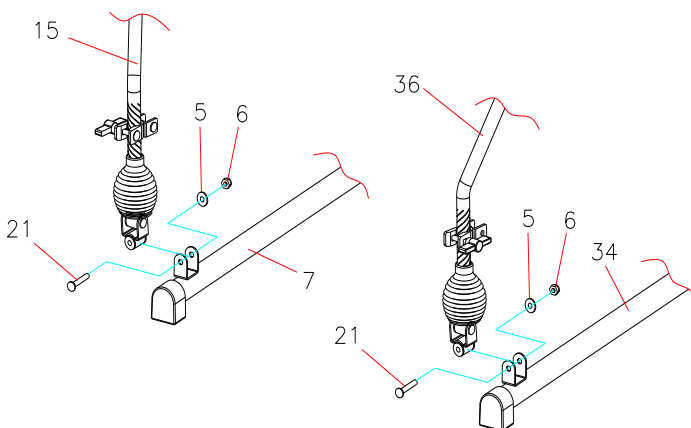
Step 3

Fasten pedal (42) onto slide rail (1) with hex bolt (43) and flat washer (41); connect the computer (38) with sensor wire (2); Set the computer (38) into the computer frame of slide rail (1).



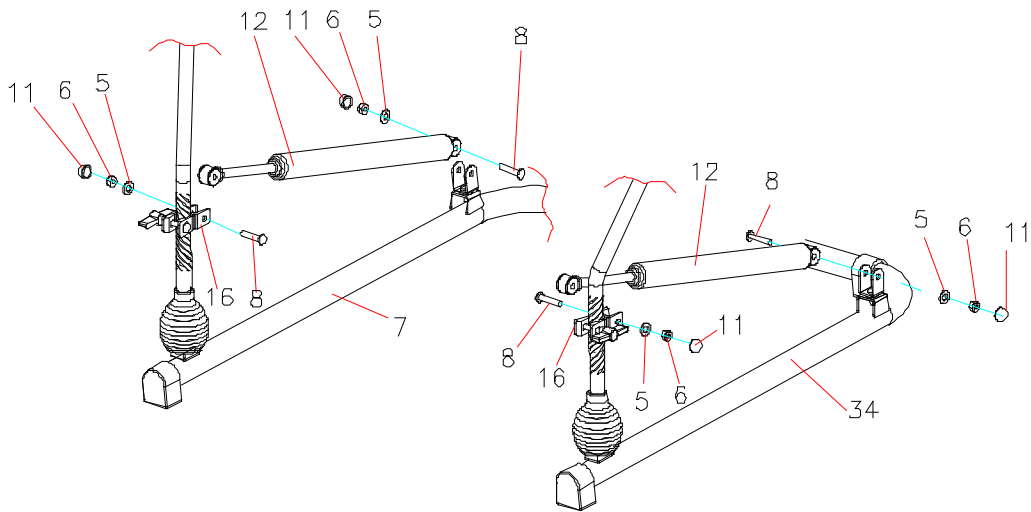
Step 4

Fasten the left swing arm (15) onto left base (7) with Allen bolt (21), flat washer (5) and nylon nut (6); fasten the right swing arm (36) onto right base (34) with Allen bolt (21), flat washer (5) and nylon nut (6).



Step 5

Fasten the cylinder (12) on left side onto the left base (7) and aluminum clamp (16) with Allen bolt (8), flat washer (5) and nylon nut (6); fasten the cylinder (12) on right side onto the right base (34) and aluminum clamp (16) with Allen bolt (8), flat washer (5) and nylon nut (6).



Step 6

Loosen the knob (17); move up and down the aluminum clamp (16), adjust them to the the suitable places and fasten the knob (17) to adjust the tension of swing arms.

