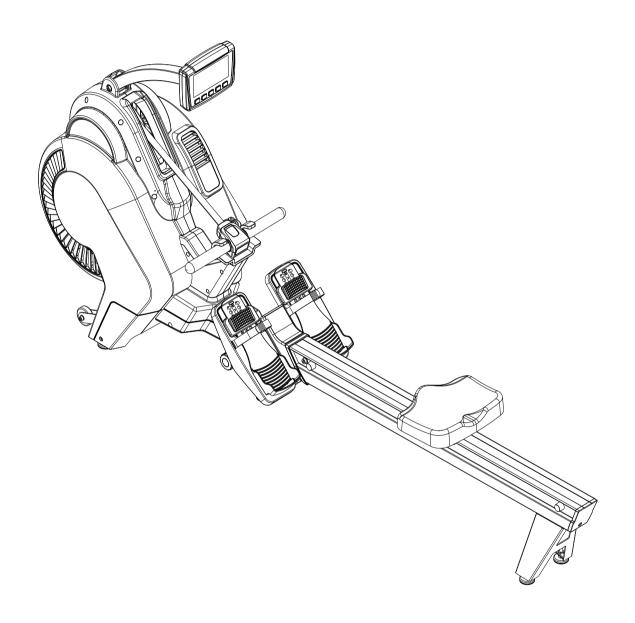


# *8570 Windmill Air Magnetic Rower*



IMPORTANT: Read all instructions carefully before using this product. Retain owner's manual for future reference. For customer service, please contact: <a href="mailto:support@sunnyhealthfitness.com">support@sunnyhealthfitness.com</a>

## 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 (60cm) 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.
- 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. Do not use without shoes, or with loose shoes.
- 8. Do not place fingers or objects into moving parts of the exercise equipment.
- 9. The maximum weight capacity of this unit is 330 pounds (150kgs).
- 10. The equipment is not suitable for therapeutic use.
- 11. Please take proper precautions when lifting and moving the equipment. Always use proper lifting technique and seek assistance if necessary.
- 12. For all adjustable parts be aware of the maximum position to which they can be adjusted.
- 13. Be aware of non-fixed or moving parts while mounting or dismounting the bike.
- 14. We take no responsibility for personal injury or damage sustained by or through the use of this exercise bike.

## WARM UP & COOL DOWN

The warming up is an important part of your workout. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching out your muscles. Cool down at the end of your workout, repeat these exercises to reduce soreness in tired muscles. We suggest the following warm-up and cool-down exercises:

#### **HEAD ROLLS**



Rotate your head to the right for one count, feeling the stretch up the left side of your neck, then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.

#### **SHOULDER LIFTS**



Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

#### SIDE STRETCHES



Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.

#### **QUADRICEPS STRETCH**



With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.

#### **INNER THIGH STRETCH**



Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.

#### **TOE TOUCHES**



Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

#### HAMSTRING STRETCHES



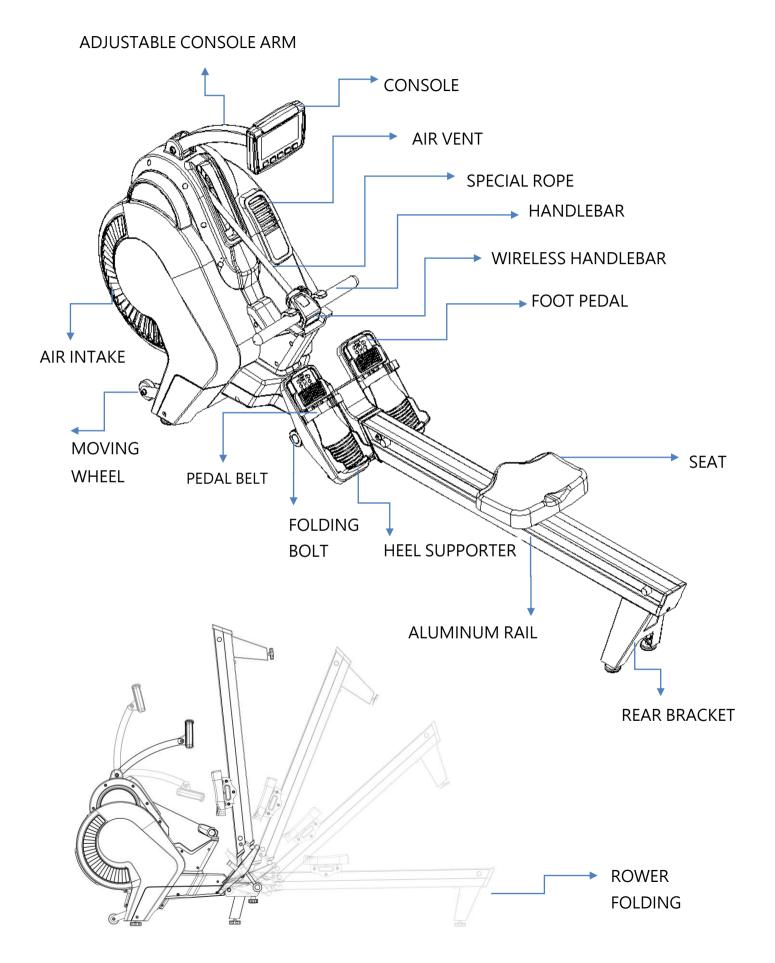
Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.

#### **CALF/ACHILLES STRETCH**

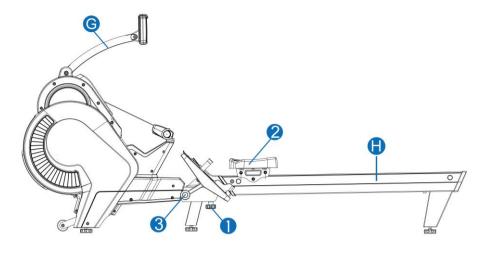


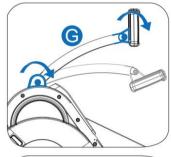
Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.

## **OVERVIEW**



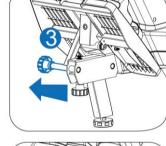
## **FOLDING INSTRUCTIONS**

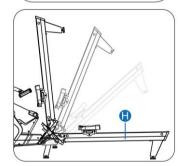


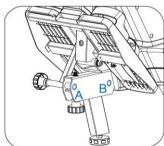


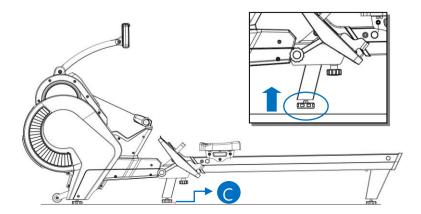












#### • STEP 1

Press down console and adjustable arm (G), and loosen the knob (1)

#### STEP 2

Move the seat to the front rail.

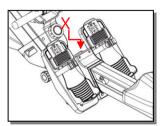
#### STEP 3

Pull the bolt (3), and lift up rail (H)

 When you use the machine, please pull the bolt (3), put down rail (H), and then lock the knob (1).

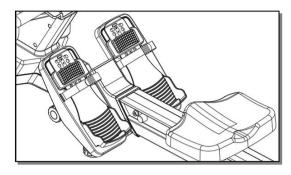
#### **CAUTION!**

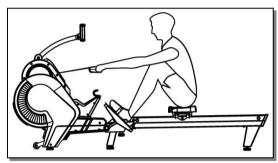
 Before & after your exercise, please make sure the knob locks completely at the A or B position.
 (When lay down the rail flatly, pull X point up, and then the knob will be well-locked)

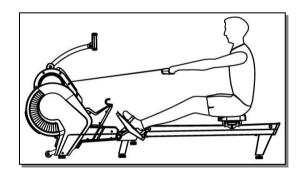


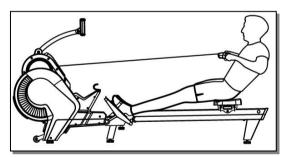
 When you use the machine, please lay rail (H) flat first. Then, adjust the feet (C) up for 3mm in order to prevent the machine from shaking during exercise.

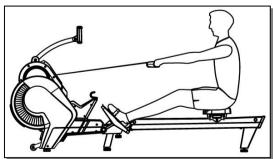
## USING THE ROWING MACHINE











#### READY YOUR BODY

Sit down on the rowing seat and place your feet under the adjustable straps. Pull the straps tight to secure your feet to the pedals. Adjust the pedals if needed. Lean your body slightly forward with your back straight and extend your arms to grab the handle.

#### STEP 1

Use your legs to push your body back. Keep your arms straight and grip the handle firmly.

#### • STEP 2

Begin to pull on the handle bar while bending your elbows. As you pull with your arms, lean back slightly.

#### • STEP 3

Pull the bar to the area between your navel and lower chest. Keep your elbows close to your body.

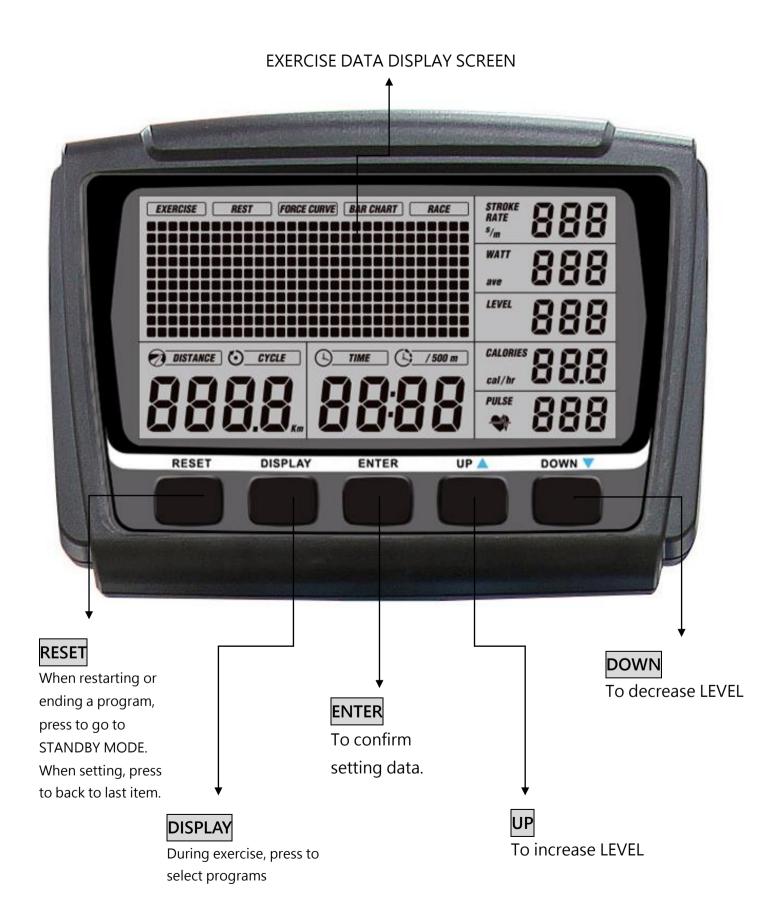
#### RECOVER

To return to the starting position, extend your arms first. Lean forward slightly while maintaining an upright posture and tight core. Bend your knees to slide the rowing seat back into the starting position.

#### CAUTION!

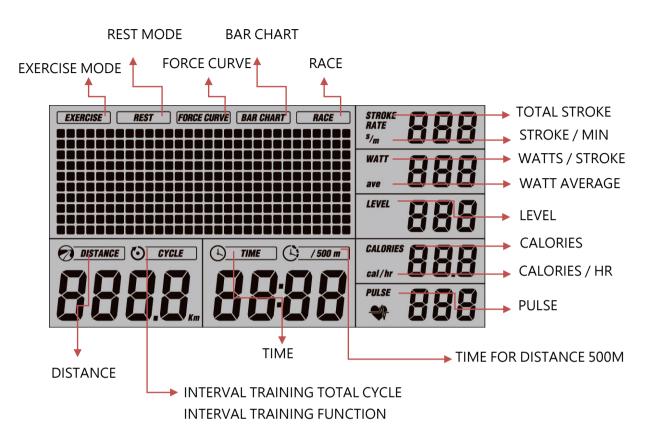
- 1. When returning to the starting position, make sure to extend your arms first before bending your knees.
- 2. Practice is encouraged since it might take some time until your rowing form feels smooth.
- 3. During exercise, you should feel your hamstrings, gluteus, dorsal, and biceps muscles being used.
- 4. When using rowing, please make sure the rope is straight and not twisted.

## **CONSOLE OVERVIEW**



## **CONSOLE OPERATING INSTRUCTIONS**

#### CONSOLE DISPLAY SCREEN FUNCTION



#### CONSOLE OPERATING MANUAL

#### >Introduction

The console will display on the screen: EXERCISE (exercise mode), REST (rest mode), FORCE CURVE, BAR CHART (intensity watts), RACE, STROKE RATE (total stroke), WATT(watt/stroke), AVE (watt average), LEVEL (resistance), CALORIES, CAL/HR, PULSE, DISTANCE, CYCLE (interval training function & total cycle), and TIME, / 500m(time for distance 500m).

- 1. When the console is off, press any button or exercise to start the console. Console will make a long beep sound and enter into STANDBY MODE.
- 2. In STANDBY MODE, if the machine detects the speed signal (2 strokes), you will be able to select a program.

#### **≻**Functions

- 1. STANDBY MODE
- You may use UP or DOWN to select modes.
- In STANDBY MODE, the console will turn on when it detects speed signal and go into exercise display. Then, you can set your LEVEL.

#### 2. DISPLAY SCREEN

■ After 10 seconds of no activity, console backlight will turn off. Press any button or start exercise to turn it on.

#### 3. TURN OFF

■ After 2 minutes of no activity, console will turn off automatically.

#### 4. EXERCISE MODE

- At STANDBY MODE, rowing the handle will go in EXERCISE MODE, and the resistance level is "1".
- Press **DISPLAY** to select exercise pictures.

#### 5. PAUSE

■ During exercise, if machine detects no speed for 5 seconds, the screen will stop counting and go into PAUSE MODE. If you resume exercise within 2 minutes, the exercise data will continue the counting. If after 2 minutes without any input, then it will go into STANDBY MODE

#### 6. END EXERCISE

■ During exercise, when you reach your target setting, console will make 3 beep sounds and end the mode. The screen will show each exercise average data for 30 seconds and go back to STANDBY MODE.



#### > EXERCISE STATE DISPLAY

#### 1. TIME

- Display Range : 00:00 ~ 99 : 59 ( min. : sec. )
- Turn on at STANDBY MODE, TIME will count up from "00 : 00."
- Preset of GOAL TIME is "10:00", and countdown. Setting range 00:00 ~ 99:00, 1 min. / adjustment.

- GOAL DIST., GOAL CAL., INTERVAL TRAINING all will count up from "00:00."
- Preset race mode is 2 min. 15 sec., 100m /27sec. / adjustment. Time & distance will be counted by the proportion.

#### 2. /500M

- The time for rowing distance 500m
- In EXERCISE MODE, it will show the data for per 6 second automatically.

#### 3. DISTANCE

- Display Range: 0 9999 KM, overflow will re-count.
- Setting range of GOAL DIST. is 0 ~ 9900m, preset is 500m, 100m/adjustment.
- Preset in race mode is 500m, time is 215, 100m/27 sec. / adjustment. Time and distance will be counted by proportion.

#### 4. CYCLE

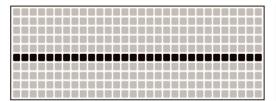
- Interval training total cycle, display range: 0 9999, overflow will re-count.
- This function is applicable to TABATA-1 \ TABATA-2 \ TABATA-3.
- TABATA-1 \ TABATA-2 use preset setting, **nonadjustable**.
- Preset of TABATA-3 is 8~99cycle, 1 cycle / adjustment.

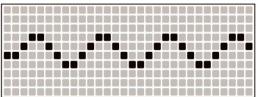
#### 5. CALORIES

- Display Range: 0 ~ 999 cal., overflow will re-count.
- Setting range of GOAL CAL. is 10~990 cal., preset is 100 cal., 10 cal. / adjustment.
- CAL / HR means consuming calories per hour.
- At EXERCISE MODE, it will show the data per 6 seconds automatically.

#### 6. SPEED

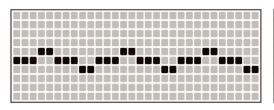
■ Speed shows as water wave. "Stop": 0 km/hr, "Slow": 1~10 km/hr, "Middle": 10~20 km/hr, "High": 20up km/hr, as shown below:

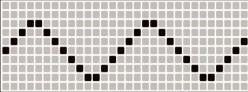




Stop wave for waiting

Middle speed rowing





Slow speed rowing

High speed rowing

#### 7. LEVEL

- Minimum resistance is LEVEL 1.
- Maximum resistance is LEVEL 10.

#### 8. PULSE

- Machine can detect your pulse anytime. Display Range: 40~ 220.
- If machine detects no signal, the screen will show 「P」
- After detecting pulse signal, the heart pattern on screen will flicker, and show the data. If no signal, the screen will not display anything.

#### 9. WATT

- Display Range: 0 ~ 999
- The screen will show as bar chart. The higher intensity, the more dots will appear.
- WATT/AVG means average consumption of watts.
- In EXERCISE MODE, it will show the data for per 6 second automatically.

### 10. STROKE RATE (s/m)

■ Data for stroke per min.

#### 11. TOTAL STROKE

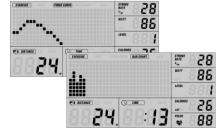
- At INTERVAL EXERCISE MODE, it will show total strokes.
- At END EXERCISE, it will show total stroke.
- At EXERCISE MODE, it will show the data for per 6 second automatically.

#### 12. FORCE CURVE

■ The bigger the force, the more the display will be curved

#### 13. BAR CHART

- The higher intensity, the more dots will show.
- Each column is one stroke. After 30 strokes, it will start count at next column on the left.



#### 14. RACE

■ When using race mode, the pattern of on the top will present the machine, and pattern on the bottom will be yourself.



#### 15. BEEP SOUND

- When you press buttons, there will be a beep sound to confirm order.
- When you reach your target setting, it will be with 3 beep sounds and end the mode.

#### > BUTTON



## 1. ENTER

■ Press this button into data setting.



## 2. UP & DOWN

- At STANDBY MODE, press it to select EXERCISE MODE setting
- When setting data, it can increase/decrease setting data.
- Holding for 2 sec. can be continuous key function.
- During exercise, it can increase/decrease resistance level.



## 3. DISPLAY

During exercise, press to check each exercise data.



## 4. RESET

- At the end of program, press to go into STANDBY MODE.
- During the setting, press it back to last item
- Hold for 3 sec., console will be back to turn-on state.



- 5. △ / ▼ Wireless handlebar controller
  - In STANDBY MODE, press it to select EXERCISE MODE setting.
  - When setting data, press to increase/decrease setting data.
  - Holding for 2 sec. can be continuous key function.

- During exercise, it can increase/decrease resistance level.
- When the LED light up, please replace the battery.

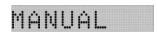
#### > PROGRAM

#### 1. QUICK START

■ In STANDBY MODE, you may row 2 strokes, and machine will start your exercise. Resistance level will start from "1," and other exercise data will start counting as well.

#### 2. MANUAL

■ Selecting MANUAL MODE, screen will show 「MANUAL」

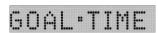


■ Press ENTER into LEVEL setting, screen will show 「1」
Press UP or DOWN to select LEVEL, and press ENTER
to go next setting or start your exercise.



#### 3. GOAL TIME

■ Selecting GOAL TIME, screen will show 「GOAL•TIME」

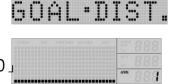


■ Press ENTER to go into TIME setting, preset is 「10:00」
Press UP or DOWN to select TIME, and press ENTER
to next setting or start your exercise.



#### 4. GOAL DIST.

■ Selecting GOAL DIST., screen will show 「GOAL•DIST. 」



SAA

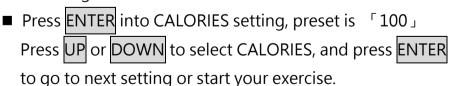
■ Press ENTER to go into DISTANCE setting, preset is

Press UP or DOWN to select DISTANCE, and press

ENTER to go to next setting or start your exercise.

#### 5. GOAL CAL.

■ Selecting GOAL CAL. screen will show 「GOAL•CAL. 」

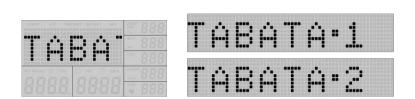




#### 6. TABATA INTERVAL TRAINING

- TABATA (20/10) is high intensity interval training. Exercise 20 sec. & Rest 10 sec. & Repeat 8 cycle, total time will be 4 min.
- TABATA (10/20) is low intensity interval training. Exercise 10 sec. & Rest 20 sec. &

■ Selecting TABATA-1(20/10), TABATA-2(10/20), screen will show 「TABATA•1」
「TABATA•2」





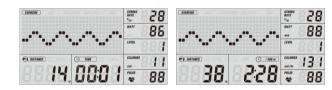
- TABATA-3(10/10): You may create your own interval training. Selecting TABATA-3(10/10), screen will show 「TABATA• 3」
- a. Press ENTER into EXERCISE TIME setting, screen 「EXERCISE」 will flicker.

  Preset is 「10」. Press UP or DOWN to select TIME, and press ENTER to next.
- b. Press ENTER into REST TIME setting, screen 「REST」 will flicker. Preset is 「10」.
  Press UP or DOWN to select TIME, and press ENTER to next.
- c. Press ENTER into CYCLE setting, screen 「CYCLE」 will flicker. Preset is 「8」.

  Press UP or DOWN to select TIME, and press ENTER to next, or start your exercise.

#### 7. RUNNING

■ Turn-on console to go into EXERCISE MODE.



- Press DISPLAY to change exercise data display.
- a. Exercise data displays: different modes (EXERCISE \ FORCE CURVE \ BAR CHART) have with different wave charts. As below:







**EXERCISE** 

**FORCE CURVE** 

BAR CHART

- During exercise, Press UP or DOWN to select resistance level.
- During exercise, if machine detects no speed for 5 seconds, exercise data will stop counting. If it detects the speed within 120 seconds, the exercise data will continue

counting. If after 120 seconds with no input, then it will go into STANDBY MODE.

- Hold RESET for 3 sec. to end the mode. The console will go back to the on state.
- During exercise, Press UP or DOWN to select a resistance level.
- After finishing the mode, you will hear 3 beeping sounds.

#### 8. RACE

- You can race with the machine. The preset is 2min.15sec./ 500m You can make your own settings as well, 100m/27 sec. for each adjustment. Time & distance will be count by the proportion.
- RACE Soo 215

- Screen will show 「RACE」
- Press ENTER into DISTANCE setting, preset is 「500」,
  At "/500M" display screen, preset is 「2:15」.
  (Machine Standard: distance 500m for time 2min. 15sec.)
- Press UP or DOWN to select DISTANCE, and press ENTER to go to the next setting or start your exercise directly.
- If your time is less than machine, screen will show 「WIN」.

  If more, screen will show 「LOSE」.
- During exercise, if the machine detects no speed for 5 seconds, the exercise data will stop counting. If it detects the speed within 120 seconds, the exercise data will continue the counting. If there is not input for 120 seconds, then the machine will enter STANDBY MODE.

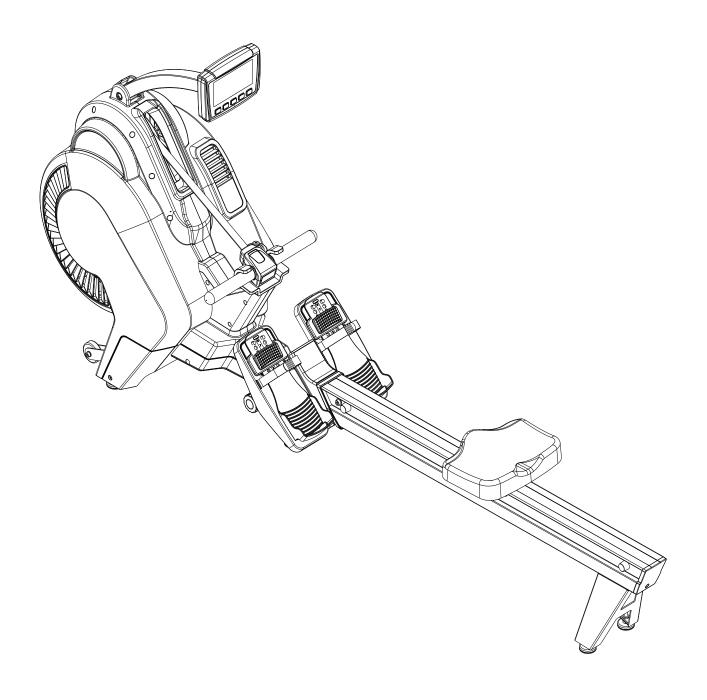


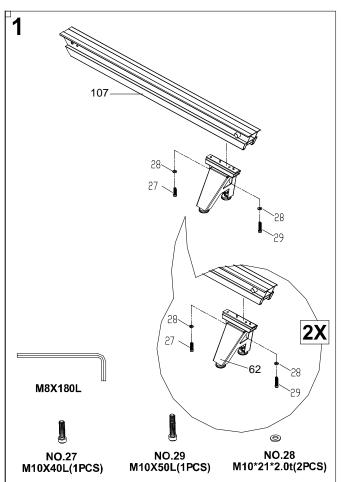
#### ■ ERROR MESSAGE

<sup>F</sup>E-1 <sub>J</sub> might mean memory IC error is not working.

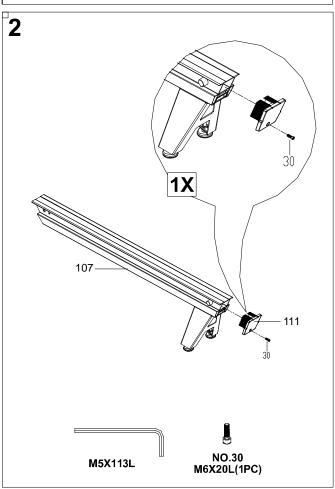
<sup>r</sup> E-2 <sub>J</sub> might mean rope guide roller issue.

# ASSEMBLY INSTRUCTIONS

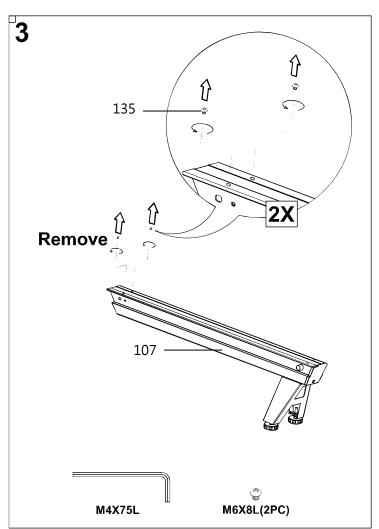




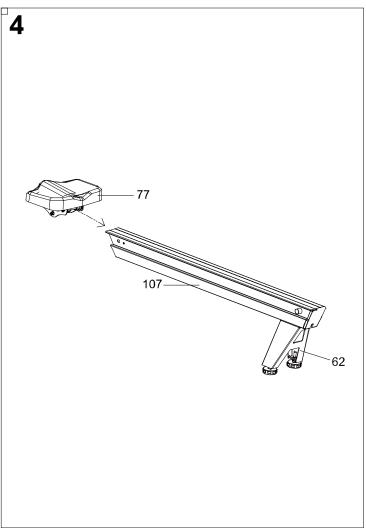
Step 1: Attach Rail Stabilizer (No. 62) to Aluminum Rail (No. 107) using 1 Screw (No. 27), 1Screw (No. 29), and 2 Washers (No. 28). Tighten and secure with Allen Wrench.



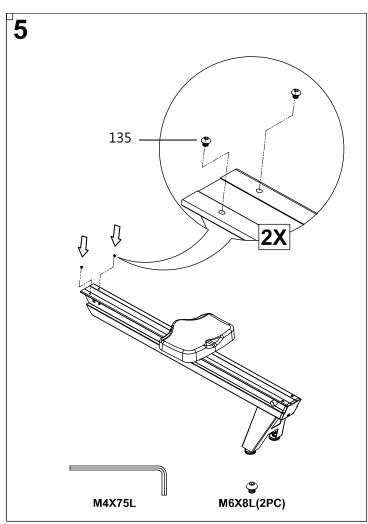
Step 2: Attach Rear Cover (No. 111) to Aluminum Rail (No. 107) using 1 Screw (No. 30). Tighten with Allen Wrench.



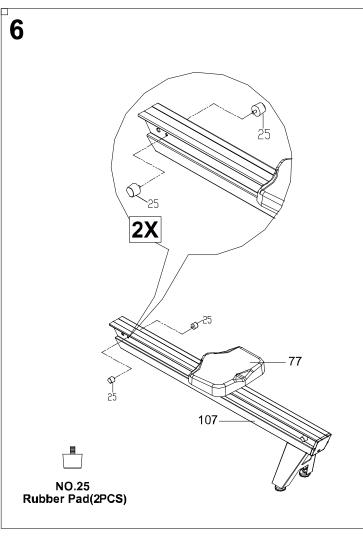
Step 3: Using Allen Wrench to remove 2 screws (No. 135), which are pre-assembled on the Aluminum Rail (No. 107).



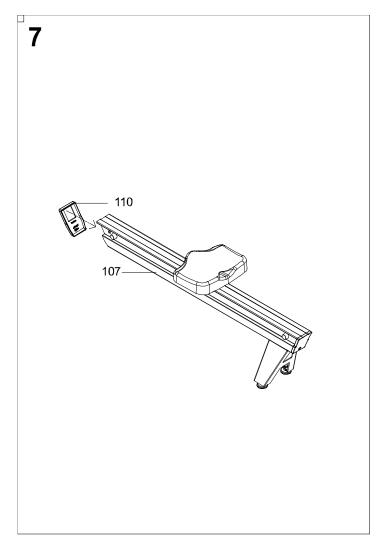
Step 4: Attach Seat (No. 77) to Aluminum Rail (No. 107).



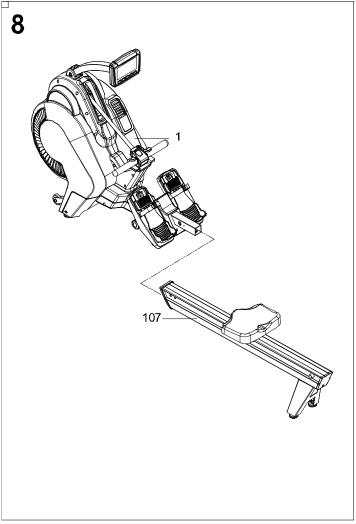
Step 5: Tighten 2 screws (No. 135) with Allen Wrench.



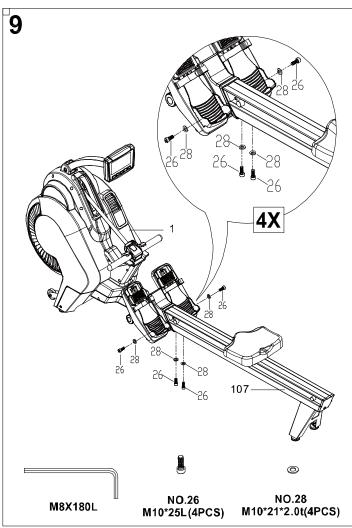
Step 6: Attach 2 Rubber Pads (No. 25) to the Aluminum Rail (No. 107).



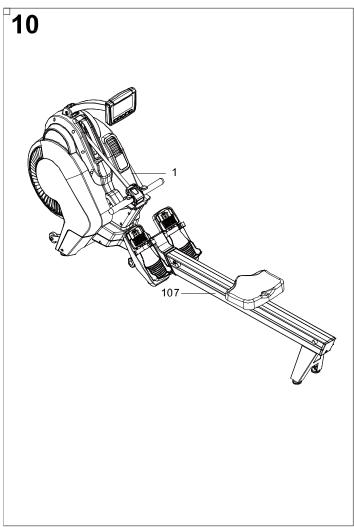
Step 7: Attach Rail Front Cover (No.110) to Aluminum Rail (No. 107)



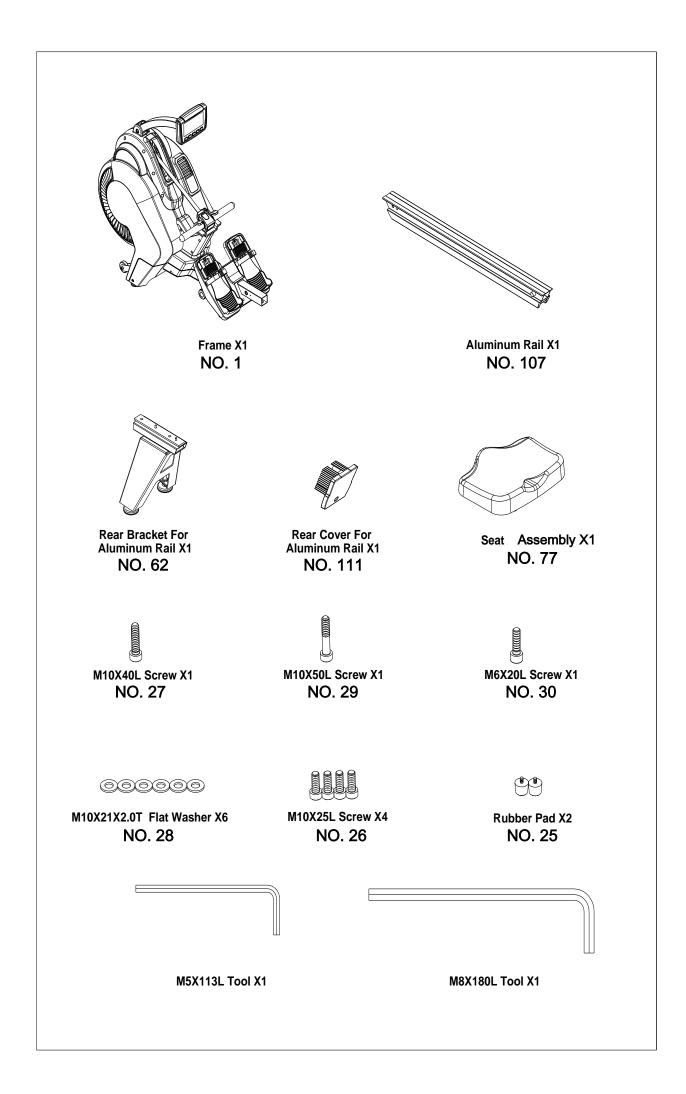
Step 8: Connect Main Frame (No. 1) to Aluminum Rail (No. 107).



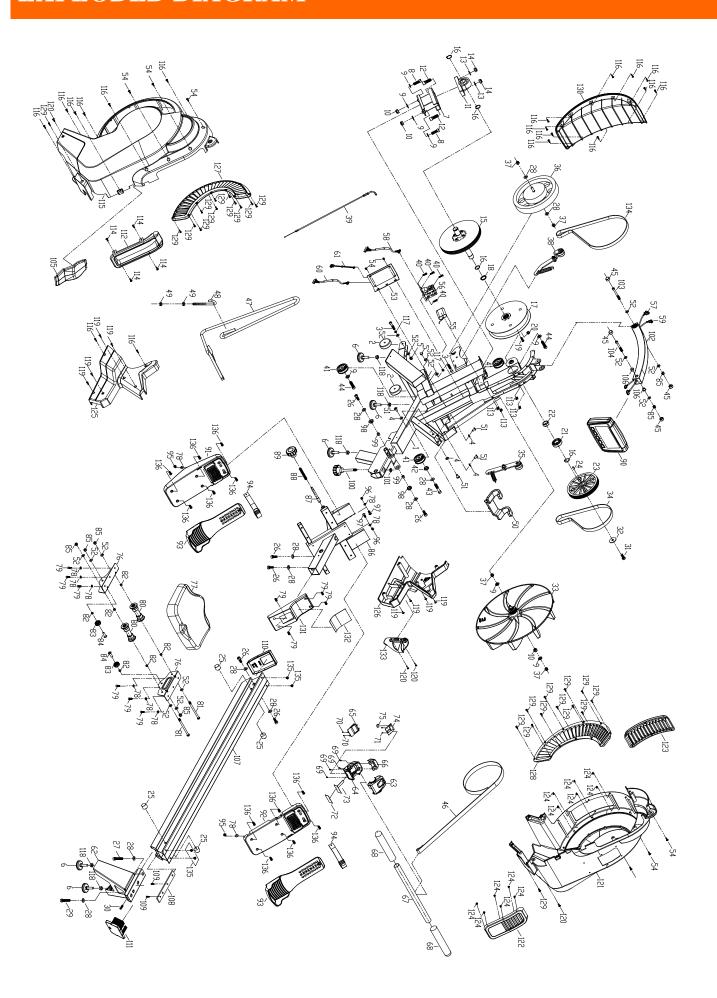
Step 9: Secure the Main Frame (No. 1) to Aluminum Rail (No. 107) by attaching 4 Screws (No. 26) and 4 Washers (No. 28) to each side and the bottom of the Aluminum Rail (No. 107) using Allen Wrench.



Step 10: Make sure the Main Frame (No. 1) is securely attached to the Aluminum Rail (No. 107).



# **EXPLODED DIAGRAM**



# **PARTS LIST**

NO.	Item	Qty	NO.	Item	Qty
1	FRAME	1	69	SCREW M3*10L	4
2	MOVING WHEEL	2	70	SCREW M2*4	2
3	SCREW M8*45L	2	71	SCREW M3*8L	2
4	WASHER M8*16*2.0	4	72	HANDLEBAR LEVEL CONTROLLER PLATE	1
5	CAP NUT M8	2	73	HANDLEBAR LEVEL CONTROLLER FILM	1
6	ADJUSTABLE FOOT M10	5	74	HANDLEBAR CONTROLLER BOARD	1
7	BEARING HOUSING	1	75	BUTTON BATTERY	1
8	SCREW M10*35L	2	76	SEAT FIXED PLATE	2
9	WASHER M10*21*2.0t	8	77	SEAT	1
10	NYLOCK NUT M10	3	78	WASHER M6*16*1.5	10
11	BALL BEARING	1	79	SCREW M6*16L	10
12	SCREW M12*35L	2	80	UPPER PULLEY SET	2
13	WASHER M12*24*2.5t	2	81	SCREW M8*122	2
14	NYLOCK NUT M12*1.75	2	82	DOWN PULLEY SPACER RING	6
15	BELT WHEEL SET Ø 235	1	83	DOWN PULLEY	2
16	C25 CLIP	4	84	SCREW M8*25L	2
17	ROPE WHEEL SET	1	85	NYLOCK NUT M8	6
18	SPACER RING	1	86	RAIL BRACKET SET	1
19	SCREW M6*25L	1	87	BOLT	1
20	NYLOCK NUT M6	1	88	SPRING	1
21	BEARING	1	89	KNOB M8	1
22	ROPE SPACER RING	1	90	CONSOLE	1
23	BELT WHEEL Ø 176	1	91	LEFT PEDAL BRACKET	1
24	KEY 6*6*18	1	92	RIGHT PEDAL BRACKET	1
25	RUBBER PAD M8	4	93	HEEL SUPPORTER	2
26	SCREW M10*25L	6	94	PEDAL BELT	2
27	SCREW M10*40L	1	95	SCREW M5*12L	2
28	WASHER M10*21*2.0t	11	96	NYLOCK NUT M6	2
29	SCREW M10*50L	1	97	SCREW M6*20L	2
30	SCREW M6*20L	1	98	RING	2
31	SCREW M10*16L	1	99	SPACER RING	2
32	WASHER M10*38*3.0t	1	100	KNOB M10*90	1
33	PLASTIC WHEEL SET	1	101	NUT M10*1.5*6t	1
34	BELT	1	102	CONSOLE ARM	1
35	WHEEL IDLER SET	1	103	SCREW M8*70L	1
36	GENERATOR	1	104	SCREW M8*65L	1
37	WH NUT M10*1.5X14X8	4	105	CHAIN COVER SHOCK PROTESTATION	1
38	GENERATOR IDLER SET	1	106	PLASTIC PLUG	2
39	STEEL ROPE	1	107	ALUMINIUM RAIL SET	1
40	SCREW M5*12L	4	108	RAIL PLATE T=5.0	1
41	PULLEY SET	3	109	SCREW M8*16L	2

## **PARTS LIST**

NO.	Item	Qty	NO.	Item	Qty
42	PULLEY SPACER RING	1	110	RAIL FRONT COVER	1
43	SCREW M10*50L	1	111	RAIL REAR COVER	1
44	SCREW M10*40L	2	112	ROPE GATE FRAME	1
45	NUT 13MM	4	113	NUT M5	4
46	SPECIAL ROPE	1	114	SCREW M5*10L	4
47	ELASTIC ROPE	1	115	LEFT MAIN CASE	1
48	ELASTIC ROPE HOOK	1	116	SCREW M4*20L	19
49	NUT M10*1.5*8t	2	117	WASHER M8	2
50	HANDLEBAR FIXED SEAT	1	118	NUT M10*1.5*8t	5
51	SCREW M8*15L	4	119	SCREW #8*19L	8
52	WASHER M8*16*2.0	14	120	SCREW M5*16L	4
53	CONTROLLER (DOWN)	1	121	RIGHT MAIN CASE	1
54	SCREW M4*12L	8	122	AIR VENT COVER	1
55	LITHIUM BATTERY	1	123	AIR INTAKE COVER	1
56	MOTOR ROPE GUIDE ROLLER	1	124	SCREW M4*10L	12
57	MOTOR ROPE GUIDE ROLLER- MIDDLE	1	125	LEFT CASE	1
58	MOTOR ROPE GUIDE ROLLER- DOWN	1	126	RIGHT CASE	1
59	CONTROLLER WIRE –MIDDLE	1	127	AIR INTAKE COVER - LEFT	1
60	CONTROLLER WIRE – DOWN	1	128	AIR INTAKE COVER - RIGHT	1
61	BATTERY WIRE	1	129	SCREW M4*16L	22
62	REAR STABILIZER	1	130	FRONT MAIN CASE	1
63	HANDLEBAR COVER - UP	1	131	RAIL BRACKET MIDDLE COVER	1
64	HANDLEBAR COVER - DOWN	1	132	STICKER	1
65	HANDLEBAR BATTERY COVER	1	133	BOTTLE HOLDER	1
66	HANDLEBAR ANTI-COLLISION COVER	1	134	BELT	1
67	ALUMINUM PIPE	1	135	SCREW M6*8L	4
68	HANDLEBAR COVER	2	136	SCREW M6*16L	12

# Ordering Replacement Parts (U.S. and Canadian Customers only) Please provide the following information in order for us to accurately identify the part(s) needed: ✓ The model number (found on cover of manual) ✓ The product name (found on cover of manual) ✓ The part number found on the "EXPLODED DIAGRAM" and "PARTS LIST"