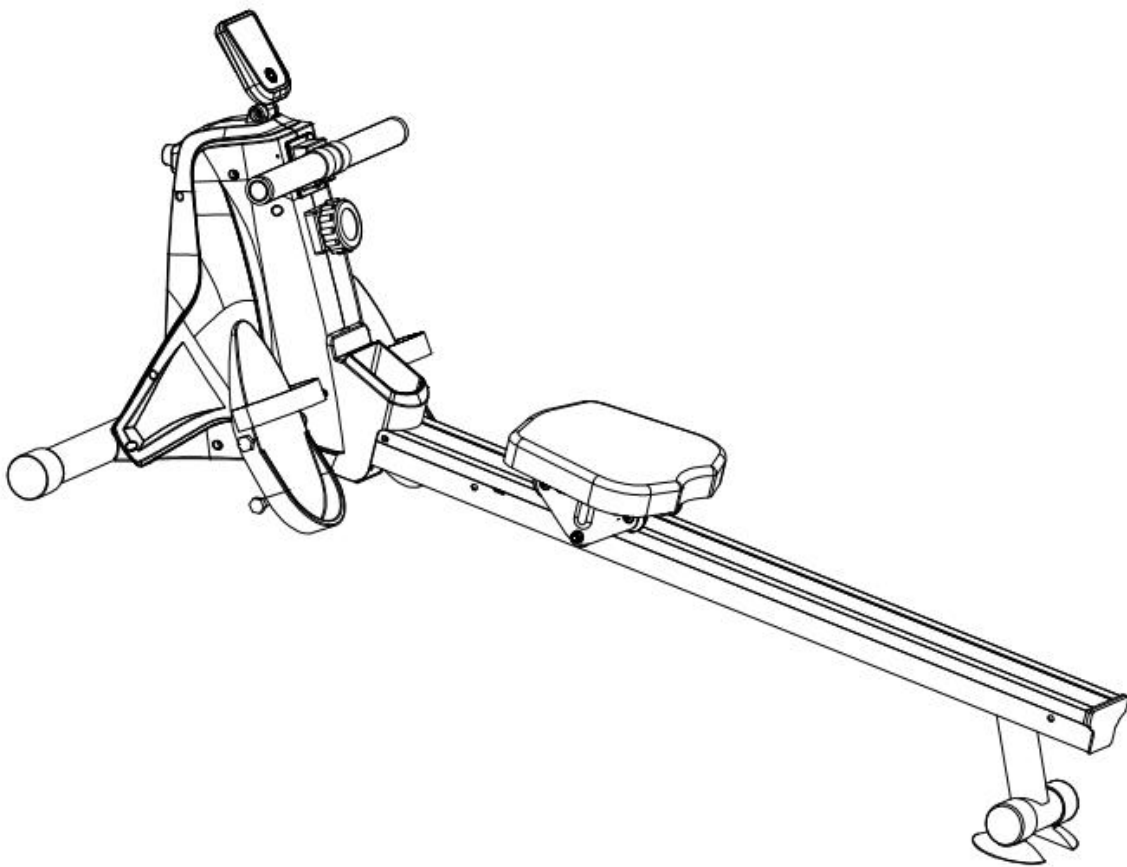


User Manual

YOSUDA ROWING MACHINE RM002



Please read this manual carefully before installing and using this machine. If necessary, we may update the product without notice, so if the instruction manual is not consistent with the product, the actual product shall prevail.

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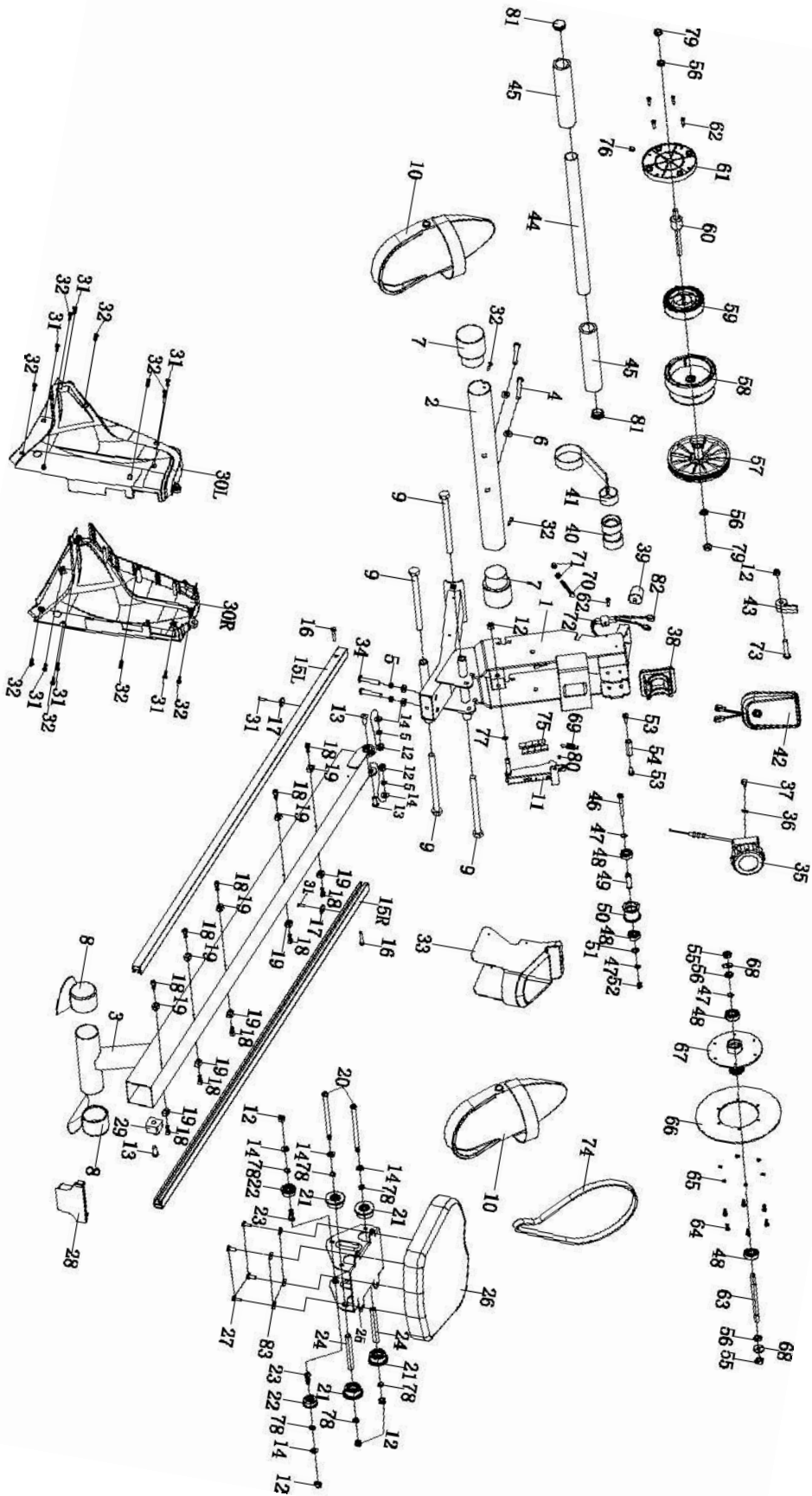
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Important Safety Information

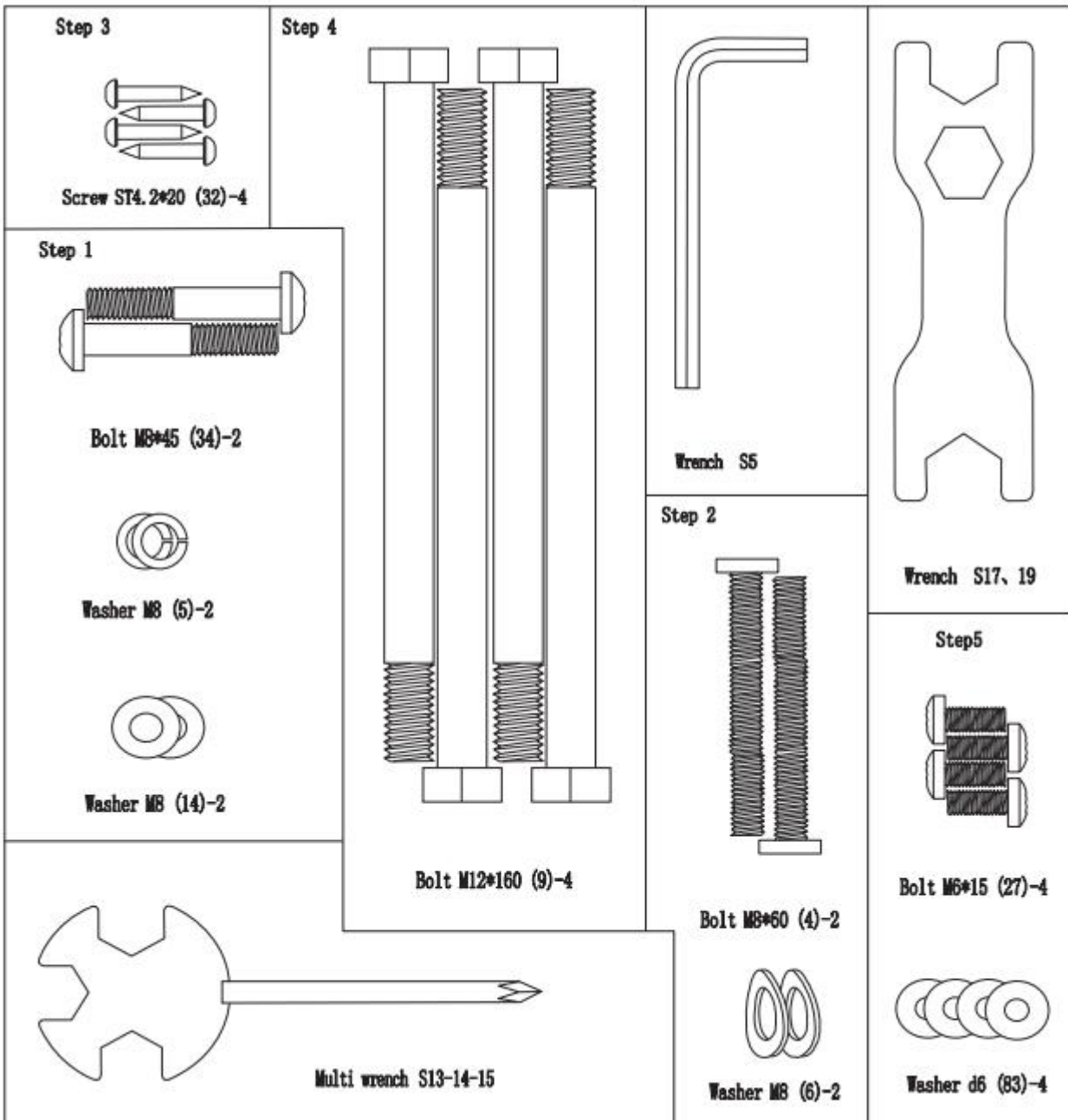
- 1、 Please note the following safety precautions before exercising:
- 2、 Read all instructions before assembly & operation;
- 3、 Check all screws, nuts & other connections before using the bike;
- 4、 Do not expose the equipment to damp places, which will cause failure;
- 5、 When assembling, it is best to place parts on a mat (rubber or wood) to avoid soiling;
- 6、 Before exercise, make sure that no other items are placed within 2 meters around the equipment;
- 7、 Clean only with a damp cloth, do not use solvent cleaners and also note after each exercise should be wiped off the sweat on the equipment;
- 8、 Incorrect or excessive exercise can damage your health. It is recommended to consult a doctor before exercising. He will give you a maximum amount of training (including pulse, watts, duration, etc.) so that you can Exercise and get accurate information. Note : This equipment is not suitable for therapeutic use;
- 9、 only when the machine is in normal conditions to exercise, maintenance can only use the original accessories provide by the factory;
- 10、 This machine can only be used by one person at a time;
- 11、 Always wear sport clothes and sports shoes when exercising, especially the sports shoes must fit.
- 12、 If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.
- 13、 Children and disabled persons can only use when they are under guardianship;
- 14、 The design of this car can adjust the size of the resistance to adjust the motion intensity, and can be adjusted back and forth between light and heavy to select your suitable resistance.
- 15、 The maximum weight capacity of this unit is 300 lbs.
- 16、 This equipment is designed for indoor use only!

Attention: Make sure all screws and nuts are tightened before Exercise

Exploded Drawing



Hardware Package



Parts List

No.	Description	Qty	No.	Description	Qty
1	Main Frame	1	40	Mesh belt located Sleeve	1
2	Front Stabilizer	1	41	Mesh belt	1
3	Slide Rail	1	42	Monitor	1
4	Inner Hexagon Flat Bolt M8*60	2	43	Monitor Support	1
5	Spring Washer M8	4	44	Handlebar	1
6	Arced Washer M8	2	45	Handlebar Foam	2
7	Front Stabilizer End Cap	2	46	Hexagon Bolt M6*55	1
8	Rear Stabilizer End Cap	2	47	Spring Washer of Axle D10	3
9	Hexagon Bolt M12*160	4	48	Bearing 6000Z	4
10	Pedal	2	49	Mesh belt Wheel Axle Washer	1
11	Magnetic Board	1	50	Mesh belt Wheel	1
12	Nylon Nut M8	8	51	Waved Washer D10	1
13	Inner Hexagon Pan Bolt M8*20	3	52	Nylon Nut M6	1
14	Flat Washer M8Φ16*Φ8.5*1.5	8	53	Inner Hexagon Pan Bolt M6*10	2
15L	Aluminum Rail (L)	1	54	Mesh belt Axle	1
15R	Aluminum Rail (R)	1	55	Hexagon Nut M10*1*H8	2
16	Hexagon Pole M5*30	2	56	Hexagon Nut M10*1*H5	4
17	Slide trail located Washer	2	57	Belt Disk	1
18	Inner Hexagon Cylinder Head Bolt M5*15	10	58	Mesh belt Disk	1
19	Front located Washer	10	59	Spring	1
20	Inner Hexagon Pan Bolt M8*130	2	60	Mesh belt Disk Axle	1
21	Wheel of Seat Cushion	4	61	Mesh belt Disk Cover	1
22	Located Wheel	2	62	Crossed Pan Screw 4.2*12	5
23	Inner Hexagon Pan Bolt M8*25	2	63	Flywheel Axle	1
24	Long Spacer	2	64	Crossed Pan Screw M5*10	6
25	Seat Cushion Support	1	65	Spring Washer D5	6
26	Seat Cushion	1	66	Aluminum Sheet	1
27	Inner Hexagon Pan Bolt M6*15	4	67	Aluminum Board Located Holder	1
28	Slide trail Back Cover	1	68	Flat Washer Φ14*Φ10.5*1.0	2
29	Square Located Spacer	1	69	Pressed Spring	1
30L	Chain Cover (L)	1	70	Hexagon Bolt M6*50	1
30R	Chain Cover (R)	1	71	Hexagon Nut M6	2
31	Crossed Pan Self-tapping Self-drilling Screw ST4.2*20	8	72	Sensor Support	1
32	Crossed Pan Self-tapping Screw ST4.2*20	11	73	Inner Hexagon Pan Bolt M8*35	1
33	Front Cover	1	74	Belt	1
34	Inner Hexagon Pan Bolt M8*45	2	75	Square Magnetic	8
35	Resistance Controller	1	76	Round Magnetic	1

36	Flat Washer $\Phi 18*\Phi 5*1.5$	1	77	Waved Washer D8	1
37	Crossed Pan Screw M5*20	1	78	Short Spacer	6
38	Handlebar Support	1	79	Flange Nut M10*1	2
39	Crash Cushion	1	80	Anti-proof Plug	1
81	Round Inner Plug	2	A	Multi Wrench S13-14-15	1
82	Sensor Wire	2	B	Allen Wrench S17、19	1
83	Flat Washer $\Phi 6.2*\Phi 16*1.5$	4	C	Allen Wrench S5*30*80	1

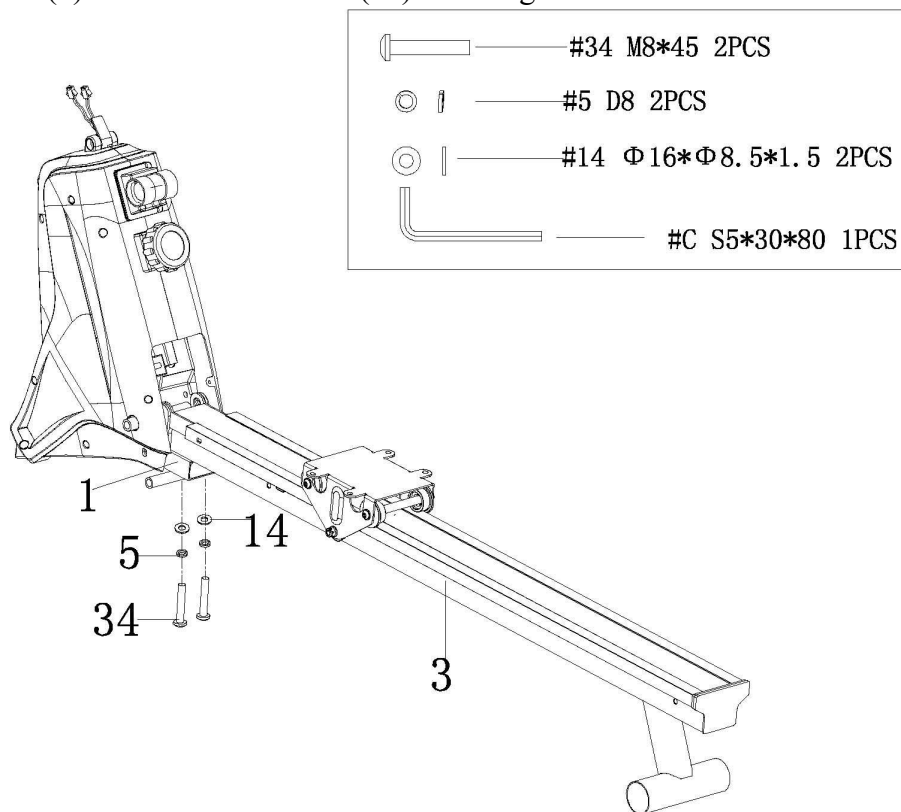
Assembly Instructions

1. Preparatory Work:

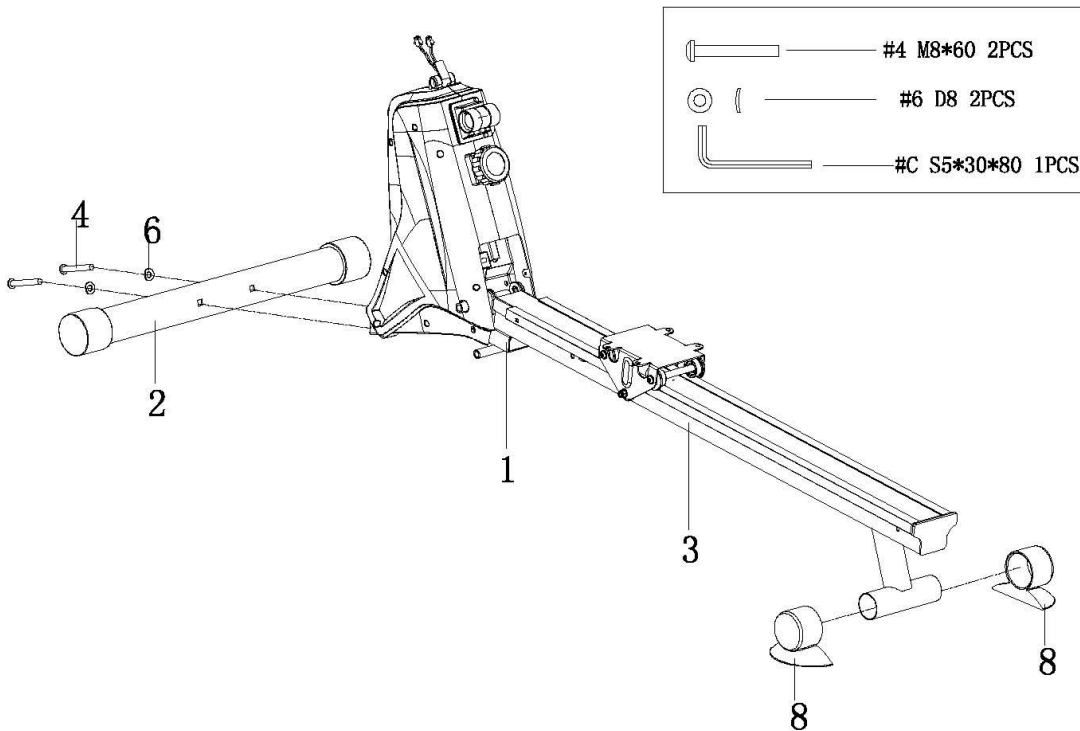
- A. Make sure there is enough space before installation;
- B. Use the provided tools or the special self-contained tools to install;
- C. Confirm all of the components are all-ready before installation. (refer to previous product exploded view which indicates the name and the location of the components).

2. Assembly Instructions:

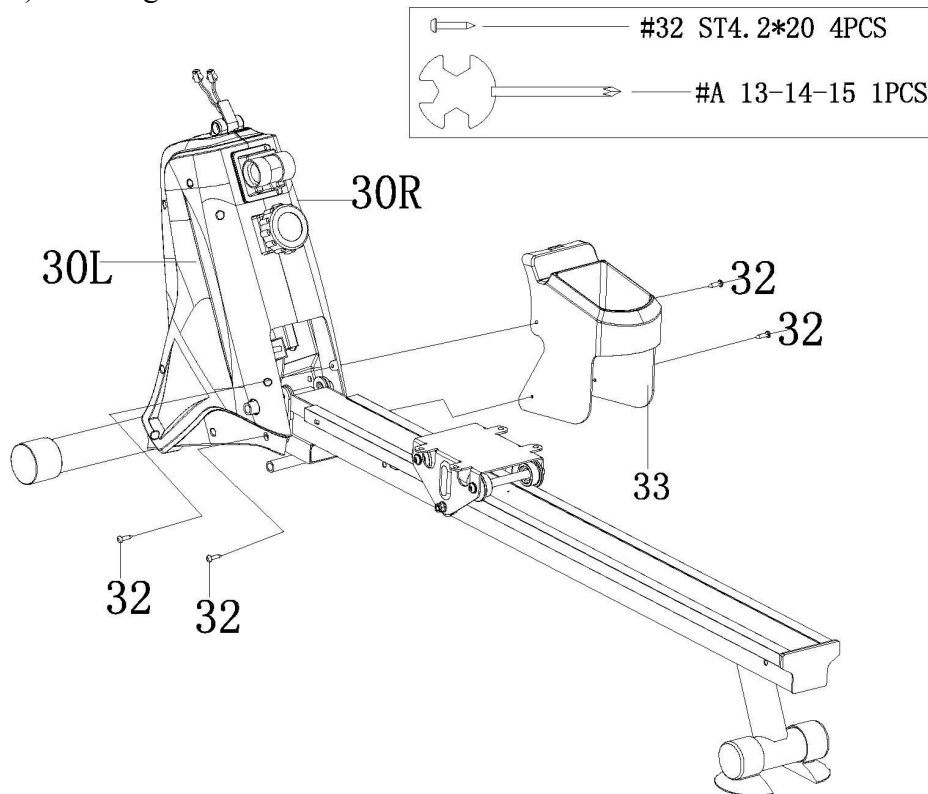
Step 1: Lock the Slide Rail (3) into Main Frame (3) with Inner Hexagon Pan Bolt M8*45 (34) and Spring Washer M8 (5) and Flat Washer M8 (14). Then tighten the bolts with Allen wrench #C.



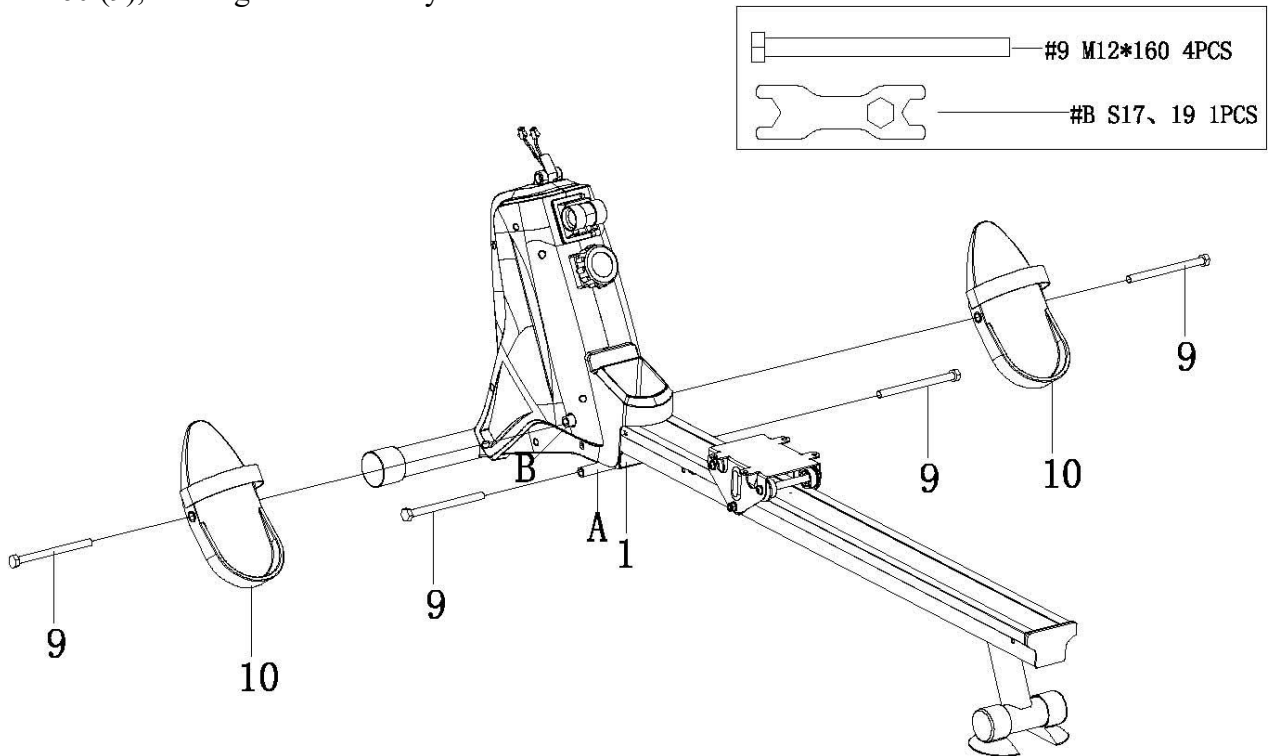
Step 2: Attach the Front Stabilizer(2) into Main Frame (1) with Inner Hexagon Flat Bolt M8*60 (4) and Arced Washer M8 (6), then install the Rear Stabilizer End Cap (8) to Rear Stabilizer on the Slide Trail (3). Then tighten the bolts with Allen wrench #C.



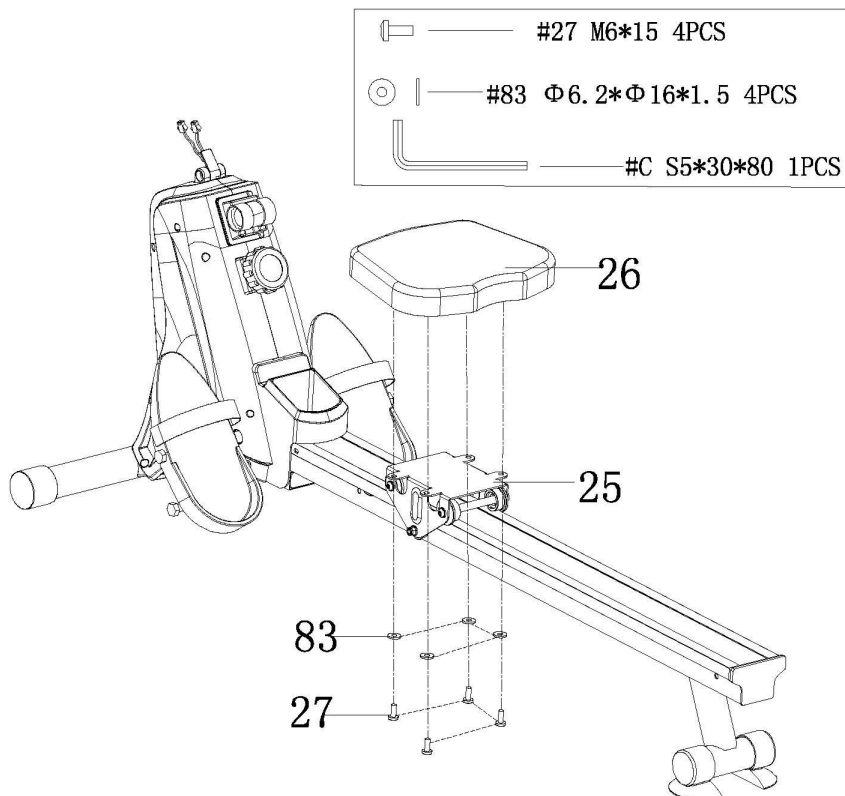
Step 3: Lock Front Cover (33) into Chain Cover (30L/R) with Crossed Pan Self-tapping Screw ST4.2*20 (32). Then tighten the screws with Multi wrench #A.



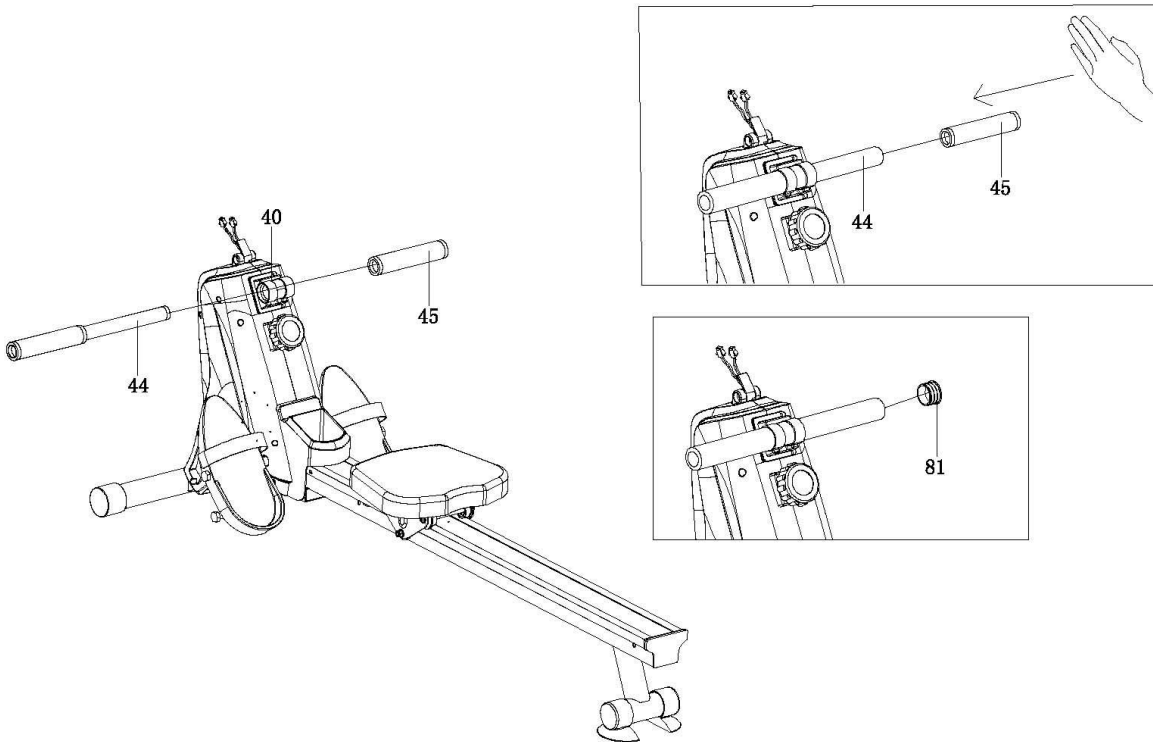
Step 4: Attach two Hexagon Bolt M12*160 (9) to the main frame (1), tighten the bolts with an Allen wrench #B. Attach pedals (10L/R) to the main frame with the left two Hexagon Bolt M12*160 (9), then tighten them. Pay attention to the direction.



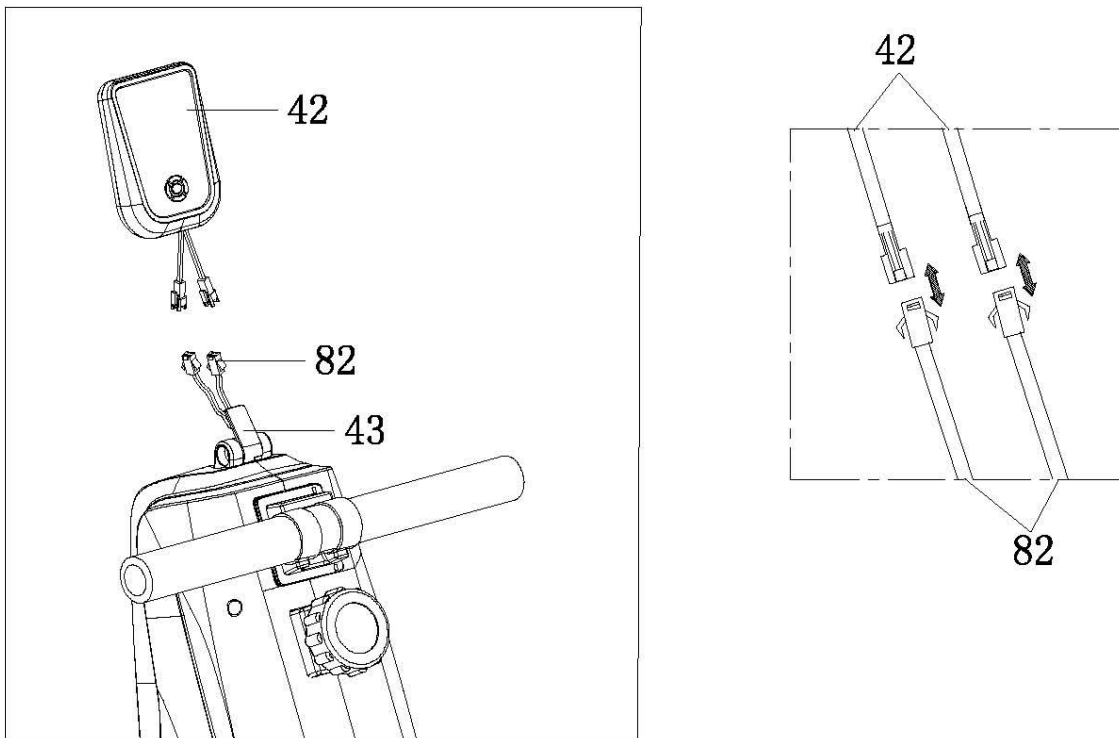
Step 5: Install the Seat Cushion (26) into Seat Cushion Support (25) with Inner Hexagon Pan Bolt (27) and Flat Washer (83). Then tighten them with an Allen wrench#C.



Step 6 : Pass the Handlebar (44) through the Mesh belt located Sleeve (40). Then install the Handlebar Foam (45) on the right side. Insert the Plug (81).



Step 7 : Connect the Sensor Wire (82) of the Monitor (42), then attach the Monitor (42) into the Monitor Support (43).



The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.

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 right 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

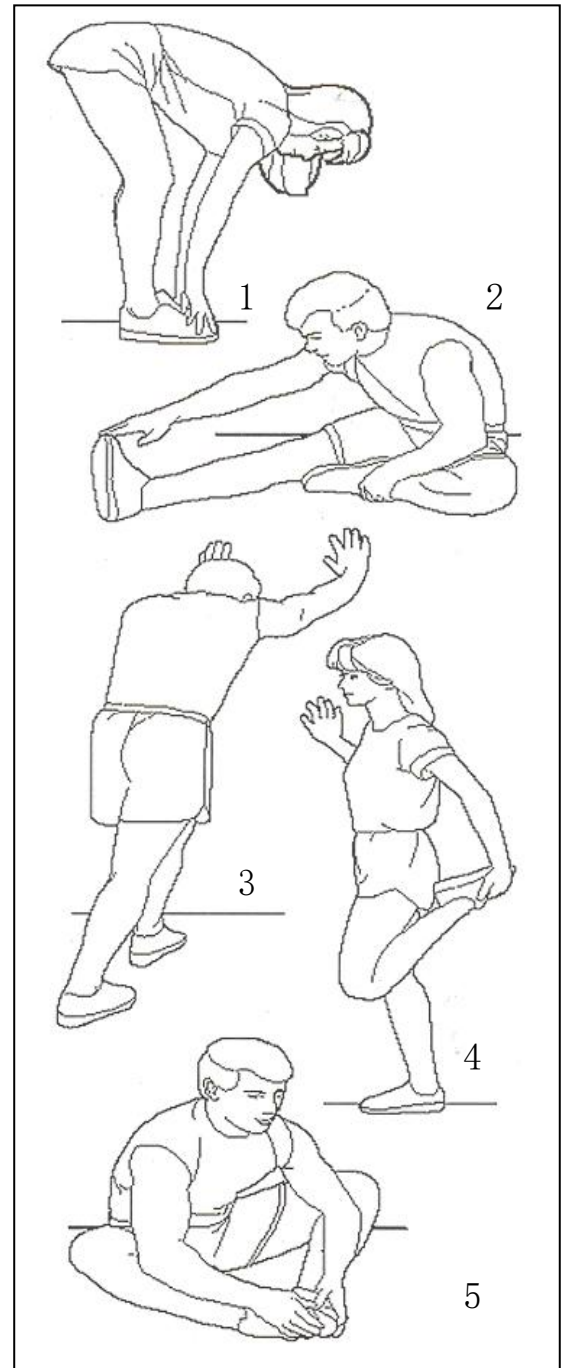
Stand and place both hands on a wall or a tree, one foot behind. Keep the behind foot stand and its heel on the floor, then tilt to the wall or tree. Keep it for 10 ~15 seconds, repeat each foot 3 times.

4. Quadriceps Stretch

Place your left 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.

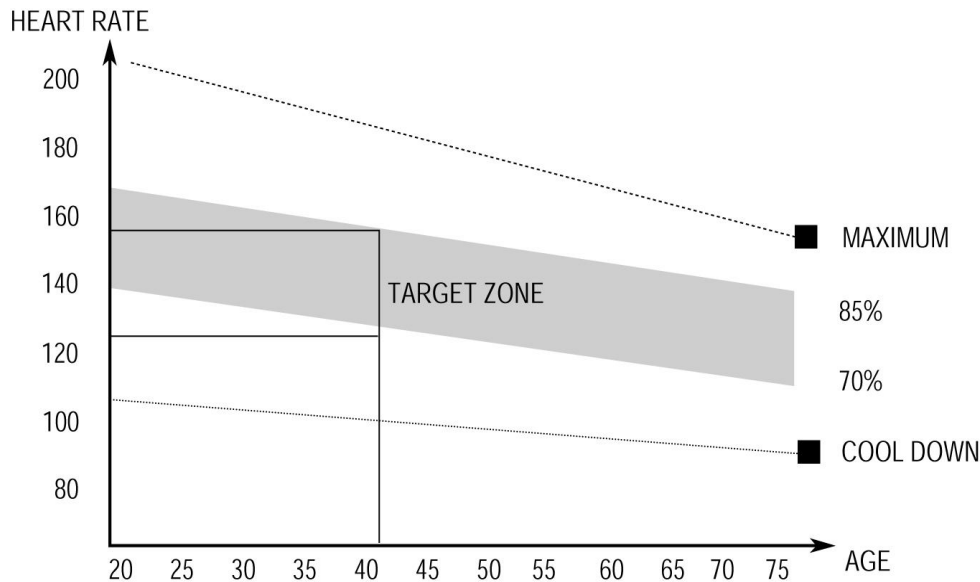
5. Groin Stretch

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.



Exercise Stage

This stage should last for a minimum of 12 minutes though most people start at about 15~20 minutes. After repeat it easily for several times,you can increase training strength.After exercising for a period of time,your heart beat will be close to the best position in the graph as below (Shaded part).Note: This exercising is for your whole life,it can not complete in one night,so you should keep it .



Recovery Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. Then repeat the exercise phase,please be careful not to force or jerk your muscles.

When using elliptical fitness exercises, please don't increase training intensity arbitrarily. It may make your leg muscles sprain, which means you can't continue exercising for a long time.

Equipment Tip

Adjusting the Tension Control can change the resistance of the equipment,the high resistance the harder to step. Users can use this device to find a suitable speed.

Exercise Monitor

SPECIFICATIONS:

TIME-----	00:00—99:59 MIN:SEC
COUNT-----	0—999 TIMES
CALORIES-----	0.0—999.9 KCAL
STRIDES/MIN(RPM)-----	0—999 TIMES/MIN
TOT.CNT-----	0—9999 TIMES
DIST-----	0.00—99.99 MILE/H

KEY FUNCTION:

1, MODE/SELECT: To select the function you want. Hold the key for 4seconds to have all function values reset(total reset).

2, RESET/CLEAR (if have) : To let the value reset.

3, COUNTDOWN FUNCTION: After press down "MODE", then press "SET" to set the exact data you want. After set the exact data, press "MODE" for one time to change to another function, Press twice in a row to exit the countdown setting.

4, OPERATION PROCEDURES:

AUTO ON/OFF: The monitor will be automatically shut off if there is no signal coming in for 4 minutes. The monitor will be auto-powered when start exercise or press the key.

5, FUNTION:

<1>. TIME Displays the time of the current movement.

<2>. COUNT Displays the current number of movements.

<3>. CALORIES Displays the calories expended during the current exercise.

<4>. STRIDES/MIN Display the steps per minute while exercising.

<5>. TOTAL CNT Display the steps you have exercised.

<6>. DIST Displays the current distance traveled.

6, BATTERY: If there is a possibility to see an improper display on the monitor, please replace the batteries to have a good result. This monitor uses two "AAA" batteries. you can replace the batteries at the same time.