Rowing Machine

**Before you start to assemble the machine, please be sure to read the below instructions first and follow each assembly step.

## Warning:

(1) Due to the weight of the machine it is recommend that 2 people carry out the assembly process.

(2) As the machine is heavy the poly-foam is there to help support the machine until assembly steps are completed. Please do not throw away until the machine is assembled.

(3) When you open the box you will see the machine lying as shown below. Keep part of the carton down under the machine so you can use it as a mat to protect the floor area until the assembly process is complete.

POLYFOAM(3)
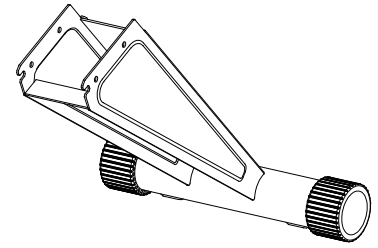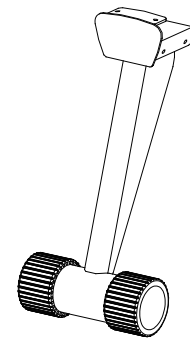
POLYFOAM(4)

POLYFOAM(2)
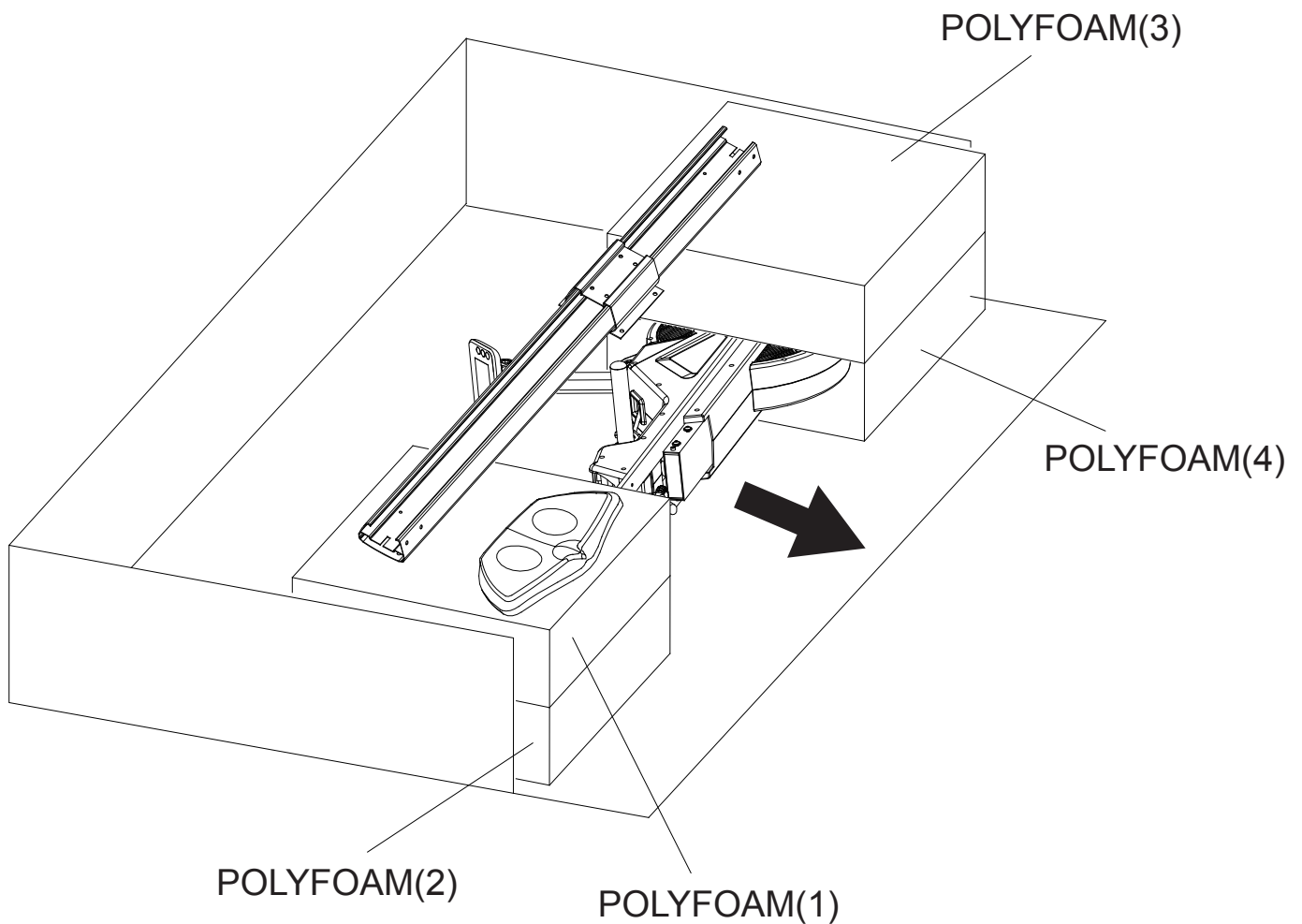
POLYFOAM(1)

PARTS LIST

A Main frame
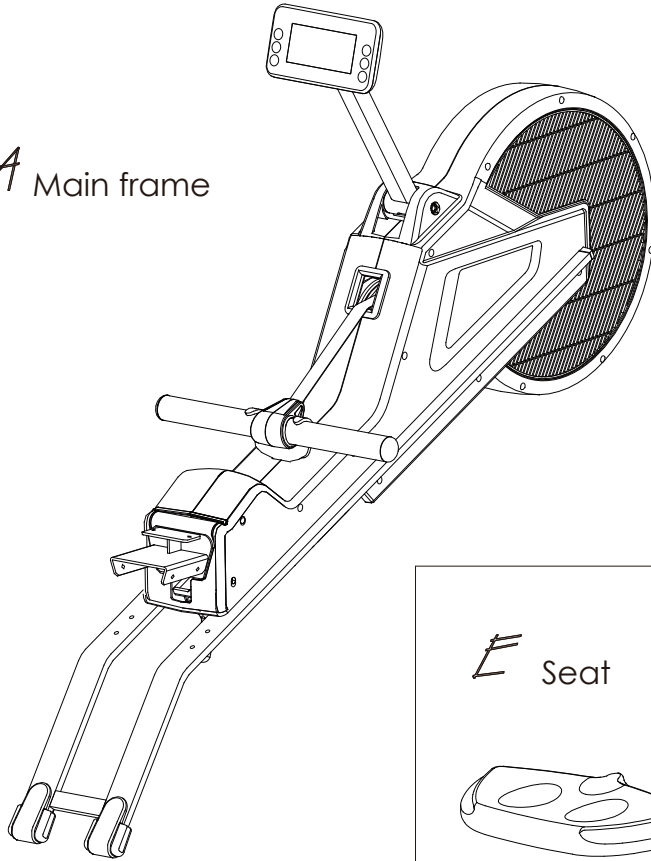
B Front stabilizer

C Rear stabilizer

E Seat

K Adaptor
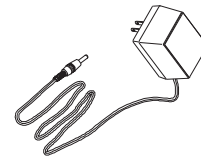
L Chest strap

D Slide track
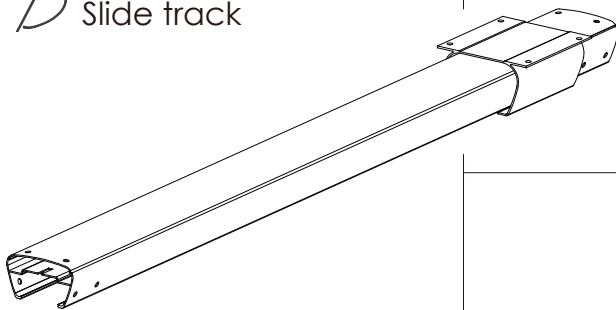
G Pedal
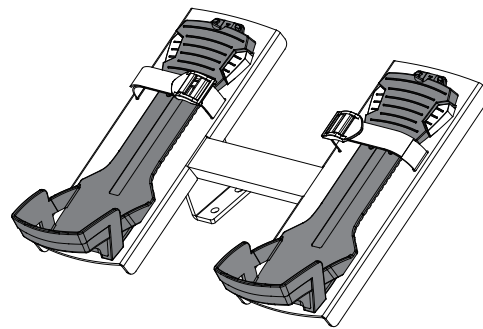
J (J1) Screw M8*16 x 24PCS
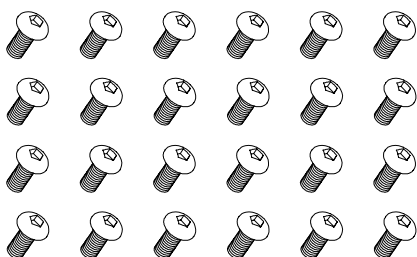
(J2) Washer M8 x 4PCS
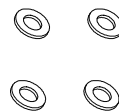
Tool: 5 M/M
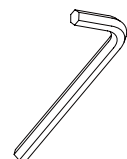
FIGURE 1
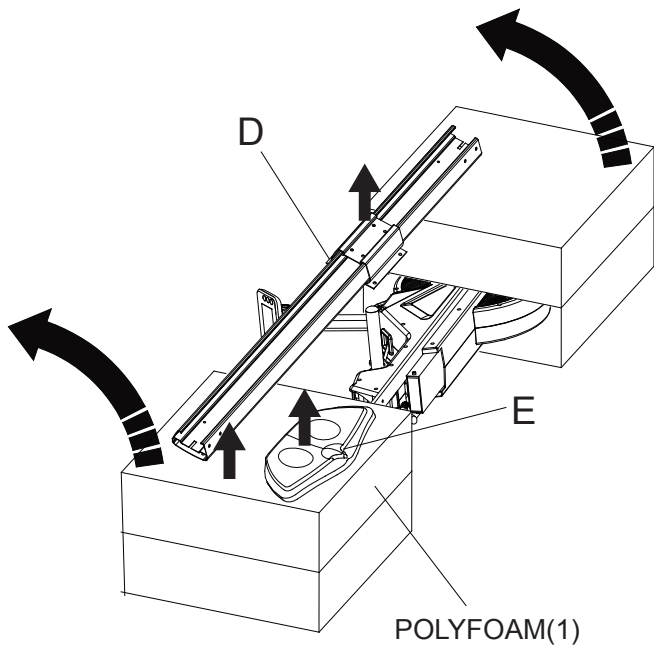
HOW TO REMOVE THE POLY-FOAM

Open the box to see the rower as shown in figure 1. Take out all the components except the machine, and then remove the poly-foam and remaining components from inside. Please put the components aside for later use.

Put the poly-foam back to it's original position, then turn the whole unit 90 degrees (as shown).

D

E

POLYFOAM(1)

FIGURE 2

HOW TO ASSEMBLE THE FRONT STABILIZER

Fit the front stabilizer (B) on to the main frame and tighten it with screws (J1) and washers (J2). After fitting the front stabilizer, by 2 people turn the machine in to the direction as shown of figure 3 .

B

A

POLYFOAM(1)

J2

J1

USE TOOL

POLYFOAM(2)

-3-

FIGURE 3

FIGURE 3
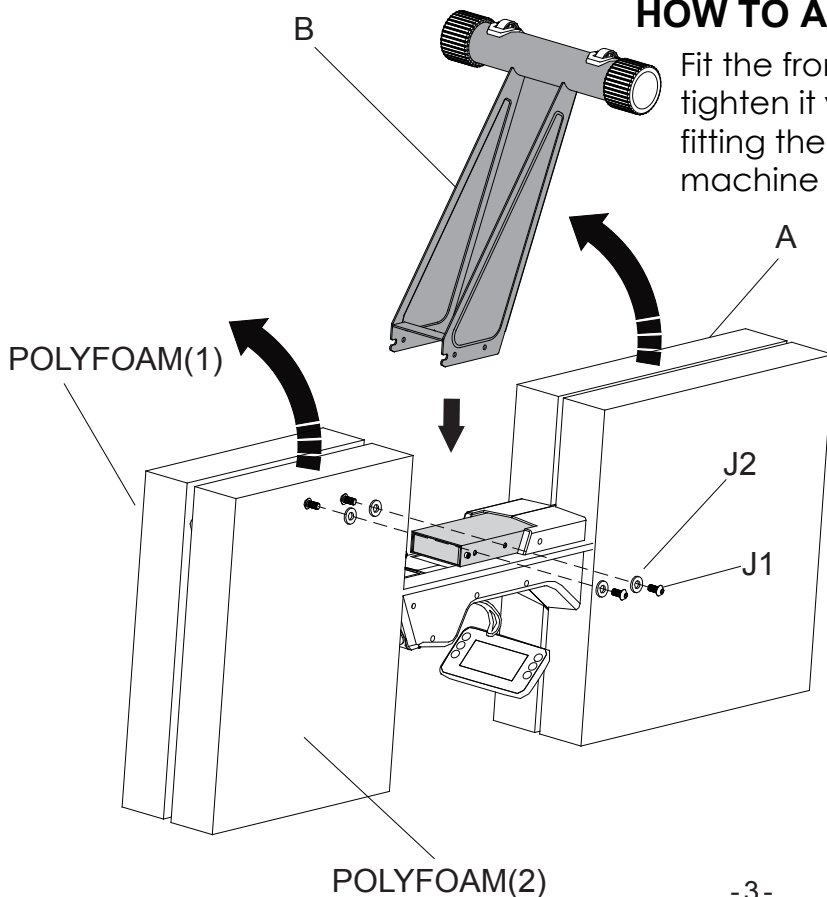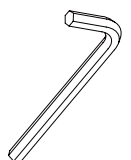
HOW TO ASSEMBLE THE SADDLE AND THE SLIDE TRACK

After turning the main frame (A), remove the poly-foam (3&4).
Step 1. Fit the seat (E) on to the slide track (D) by four screws (J1)
Step 2. Fit the slide track (D) to the main frame (A) by six screws (J1).

** Please note - before using the pull rope for exercise it is necessary to take off the strap holder first.

POLYFOAM(4)   POLYFOAM(3)

STRAP HOLDER

J1

A

A

E

D

J1

USE TOOL
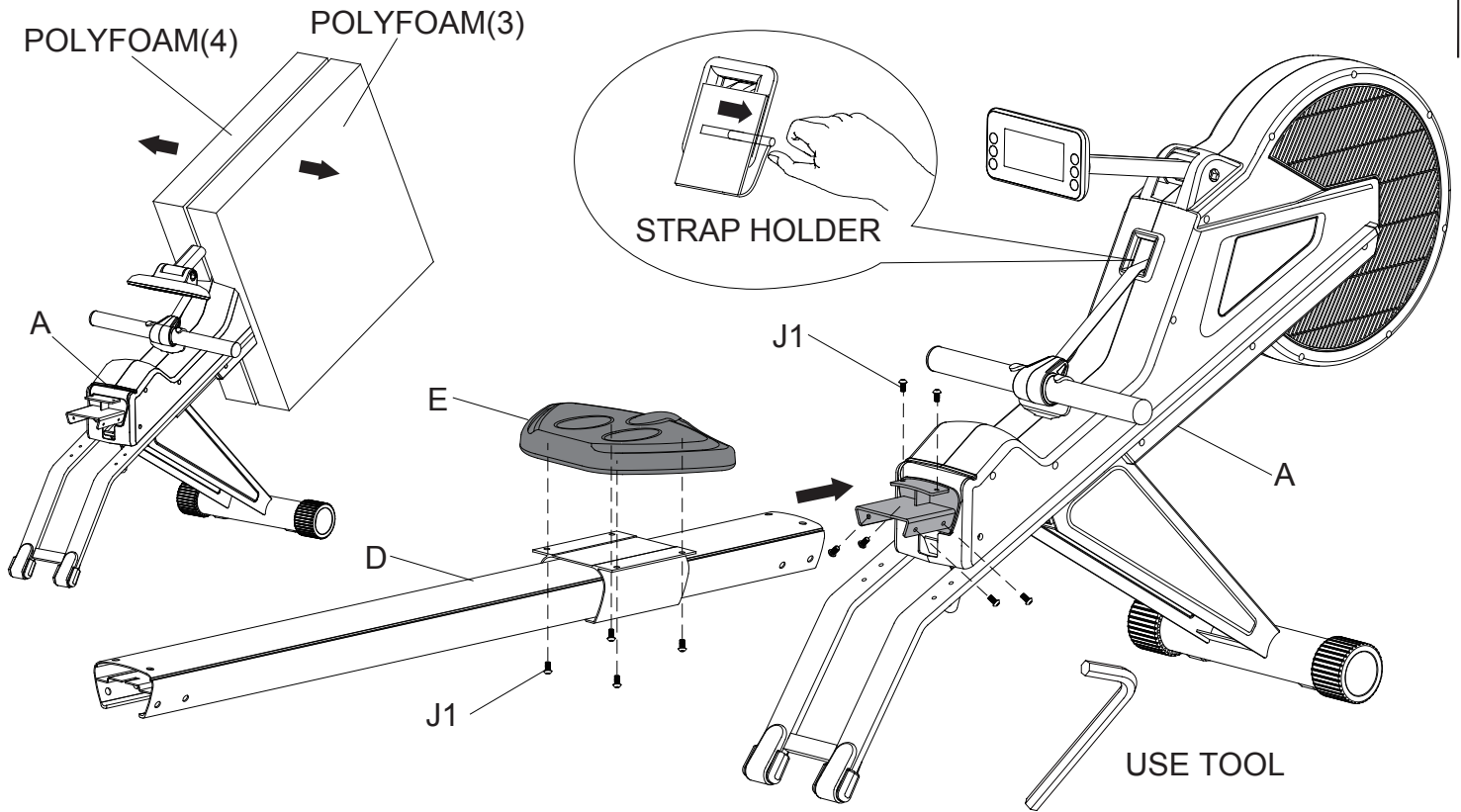
FIGURE 4

FIGURE 4___ **HOW TO ASSEMBLE THE REAR STABILIZER**

Pull up the rear side of the slide track (D) slightly and fit the
rear stabilizer (C) on. Using six screws (J1),
attach the rear stabilizer (C)
to the slide track (D).

J1

D

A

C

USE TOOL

–4–
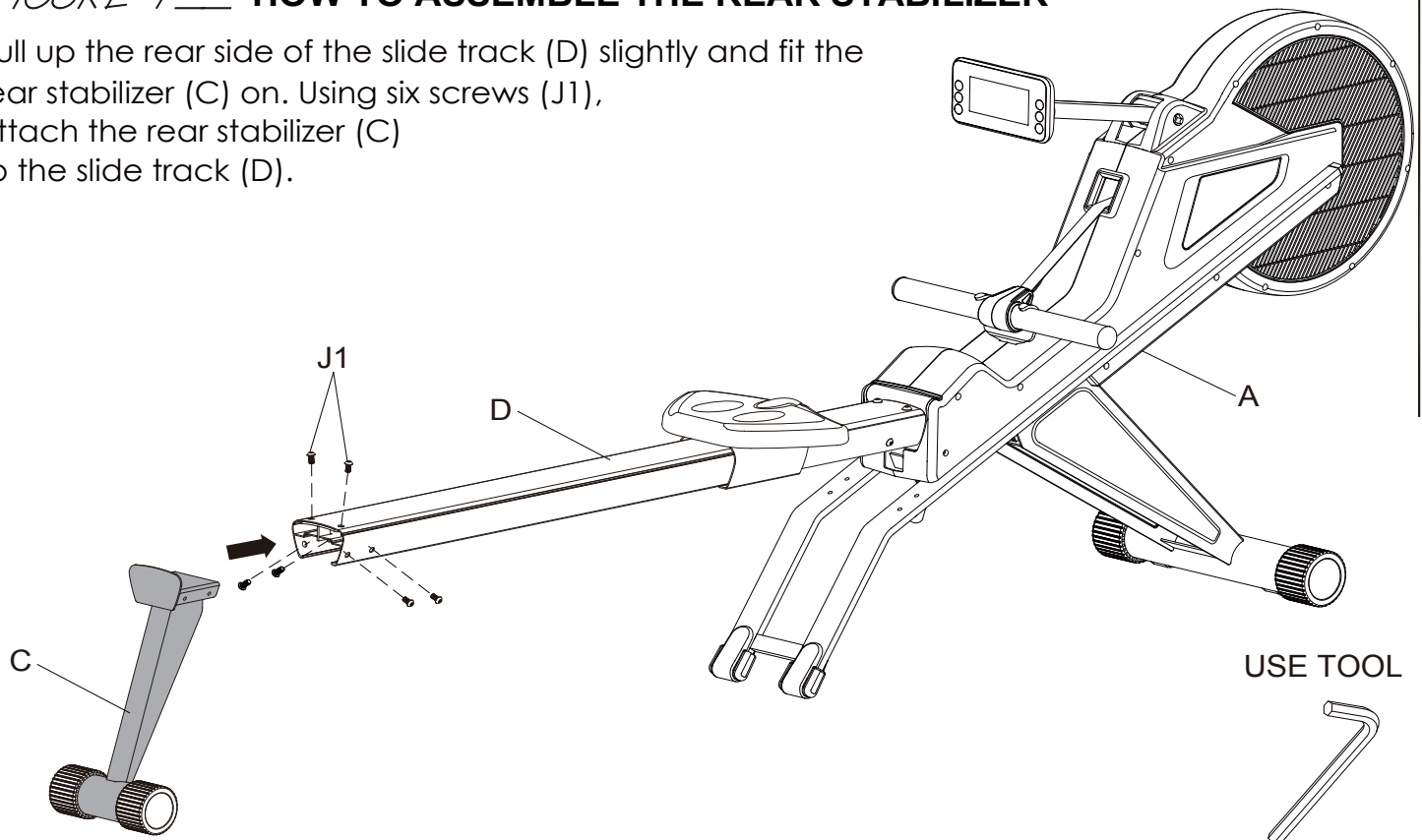
FIGURE 5

FIGURE 5 __ **HOW TO ASSEMBLE THE PEDAL**

Step 1. Loosen the knob (A4) then pull it down. Fold up the slide track
(D) as shown below until the knob touches the track.
    Be careful for the seat may slide down and pinch your hand.
Step 2. Fit the pedal (G) on to the main frame (A) by four screws (J1).
Step 3. Pull the knob (A4) down then fold down the slide track to the
        ground. Tighten knob (A4).

USE TOOL

D

J1

G

A

⚠ **CAUTION**
BE AWARE
OF CLIPPING

A4
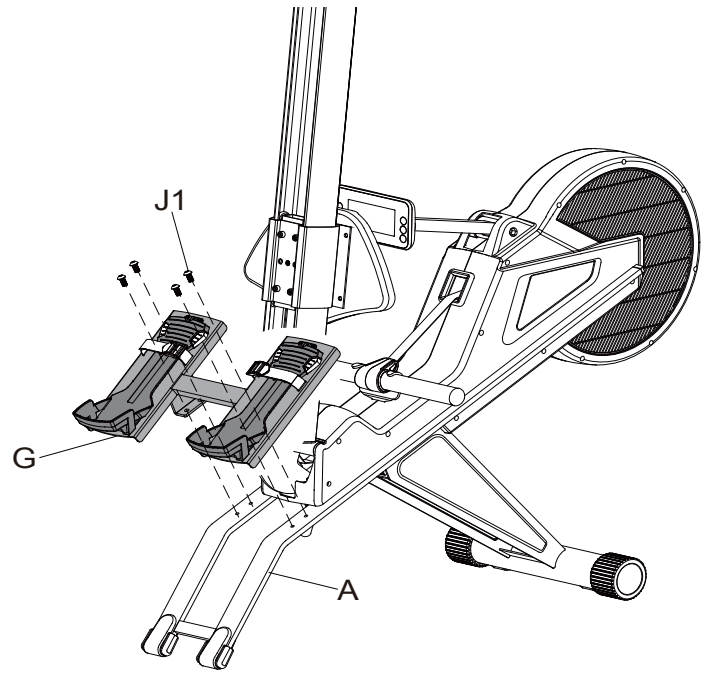
FIGURE 6

FIGURE 6 __ **HOW TO ADJUST THE PEDAL**

If you would like to adjust the pedal, please push the two orange buttons at the same
time. Fit the pedal (G2) up or down to the correct position for you, then you can unhitch the
bottons to lock the pedal.
There are 7 positions you can choose. Repeat for the left pedal (G1).
Tighten the pedal straps when you are in motion.

A

pedal strap

G

G2

orange
buttons

G1
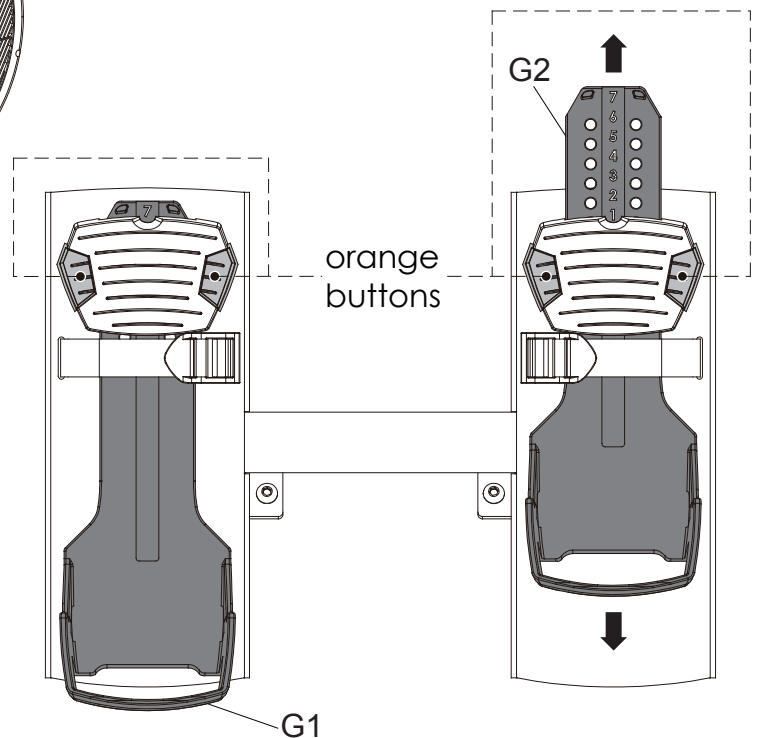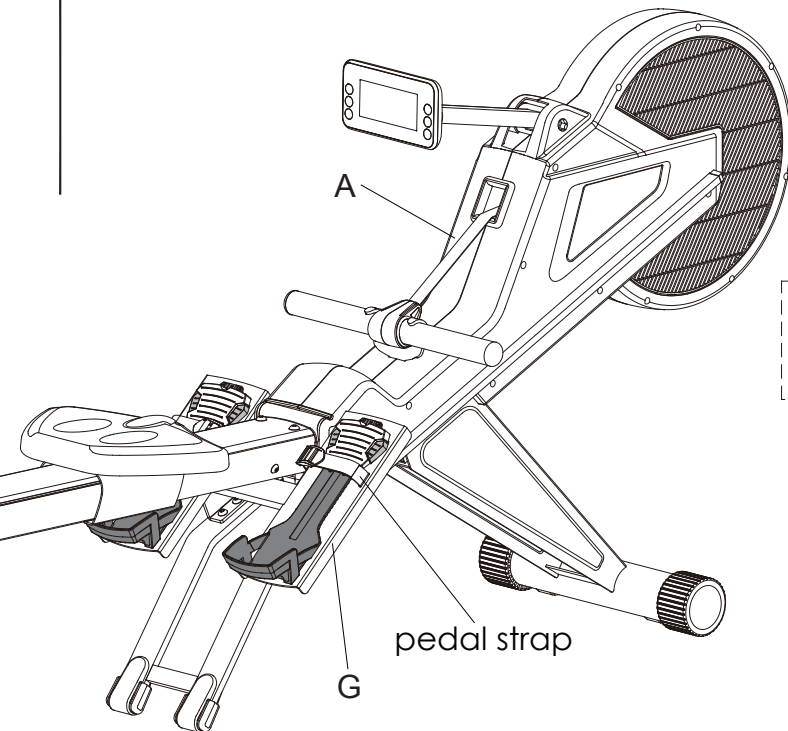
FIGURE 7 __ **HOW TO USE THE ADAPTOR**

The power socket is located at the front of the machine
as picture shown in Figure 8.
The mains adapter is required to operate the computer console.
Plug adaptor into the machine and then into the
electrical outlet.
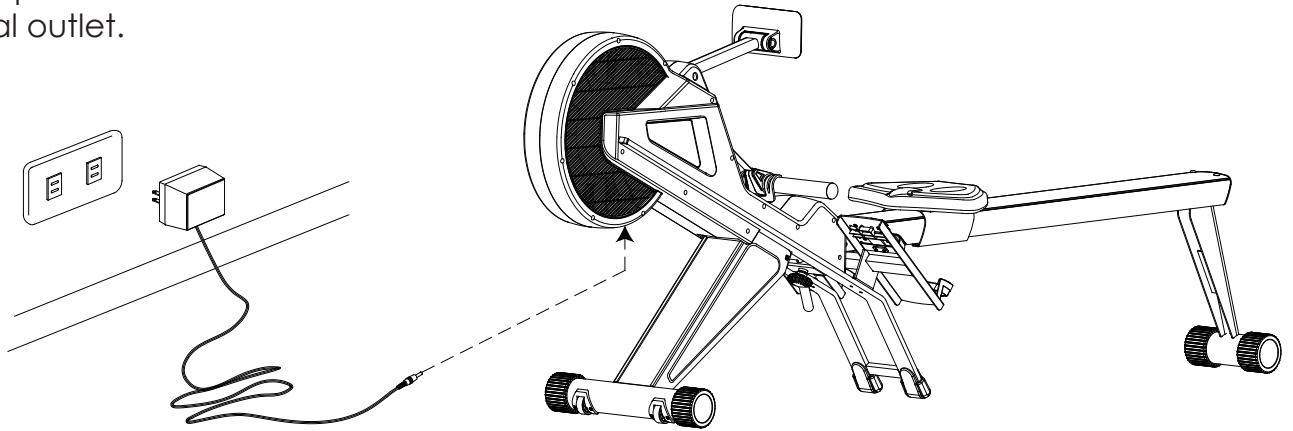
FIGURE 8

FIGURE 8 __

HOW TO FOLD THE MACHINE

We recommend that 2 people fold the machine
away. This will prevent any possible injury. Loosen the
knob (A4) then pull it down. Fold up the slide tracking
as shown then tighten the knob. Please hold the slide
tracking until the knob is tightly secured.

A4

D
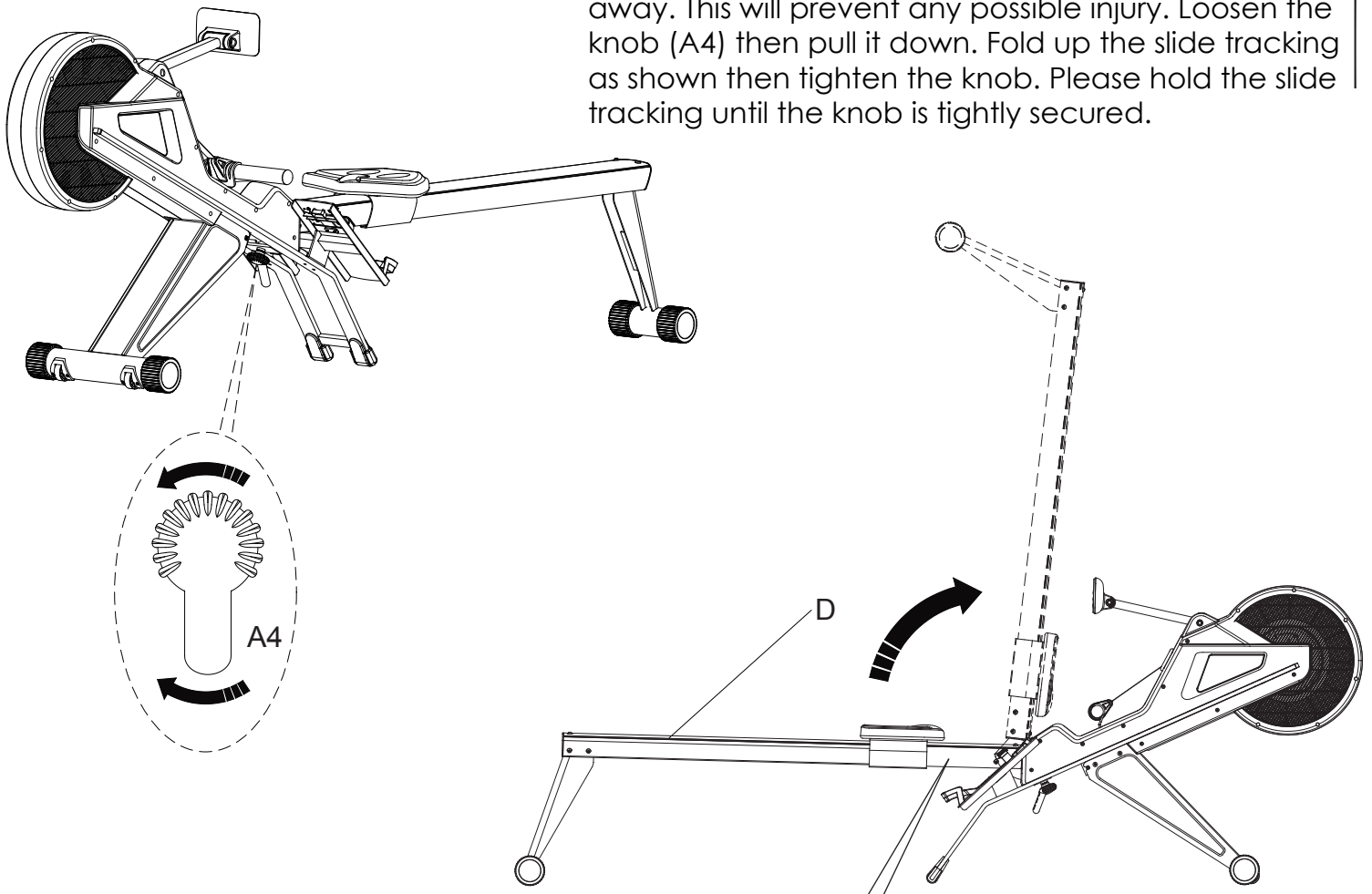
⚠ **CAUTION**

**BE AWARE
OF CLIPPING**

FIGURE 9

FIGURE 9 ___ **HOW TO MOVE THE MACHINE**

The front stabilizer has built-in transport wheels.
Stand at the rear of the machine and lift it up by the bar on the main frame, use the other hand to hlod the slide track (D) to control the direction.
Once the weight of the machine is transferred to the transport wheels, you can easily move the machine to a new location.

HOLD HERE

TRANSPORTATION
WHEEL
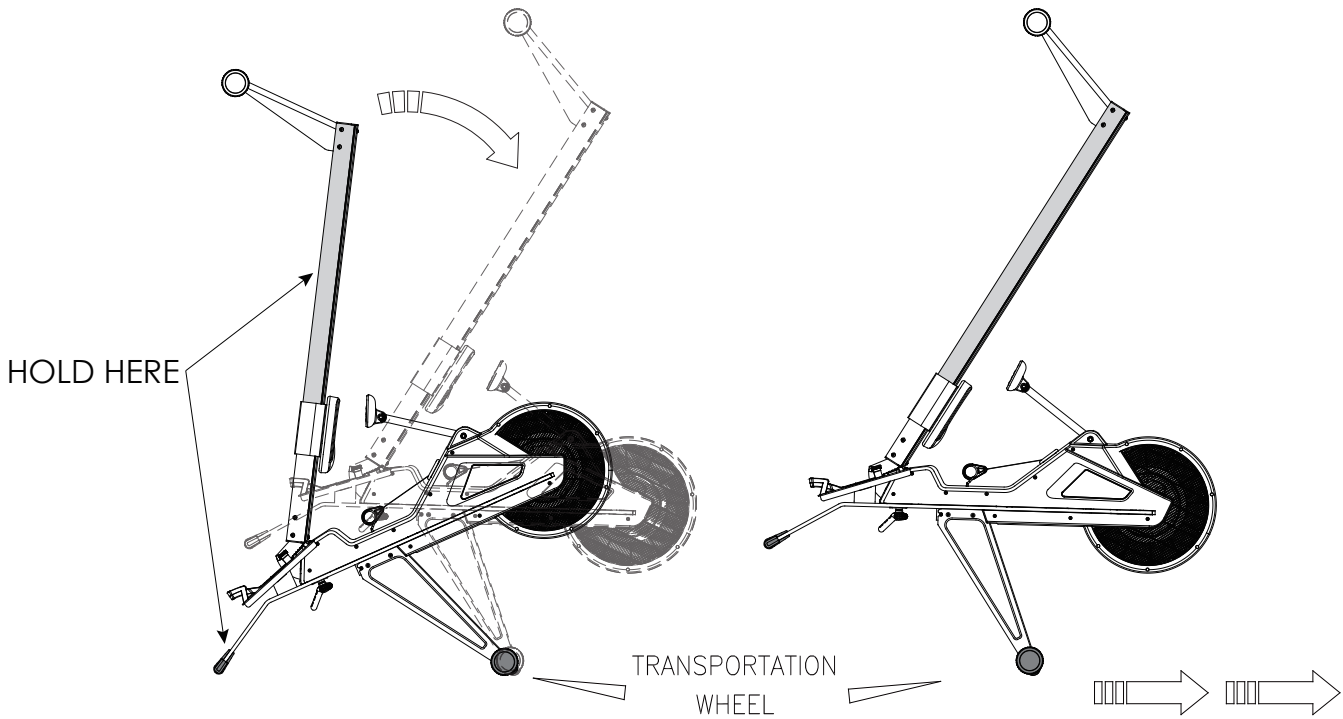
FIGURE 10

FIGURE 10 ___ **HOW TO ADJUST THE POSITION FOR CONSOLE & CONSOLE HOUSING**

The console angle is adjustable as shown.
After finding the peoper position, please use the 8mm tool to fix the setting.

H

A11

TOOL
8m/m
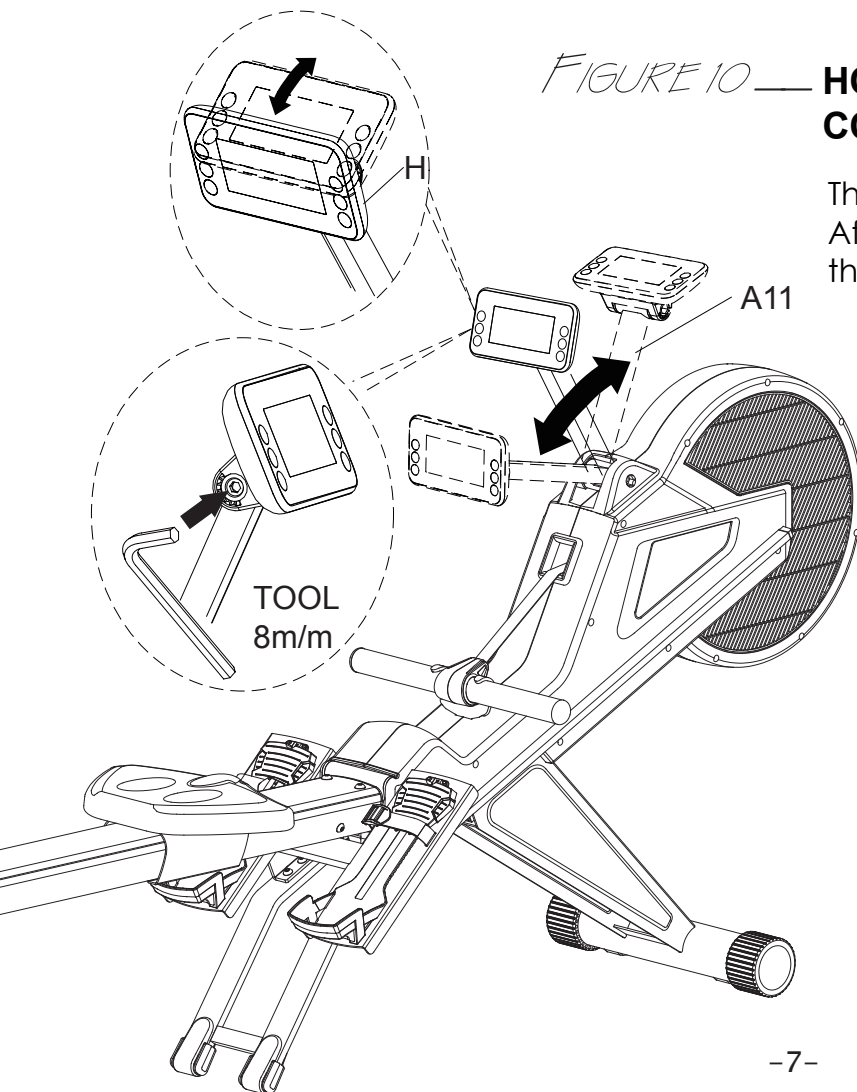
Notice about Adjustment of Slide Track (D) and Sliding Track (E1)

There are 3 screws (E9*1pc and E3*2pcs) shows under the sliding track (E1). Loosen the middle screw (E9) first and then adjust the other 2 screws (E3) to be loose or tight depending on personal preference. Lastly, tighten the middle screw (E9) to lock the setting.

TOOL

E1

E3

E9 E3

E

D

**
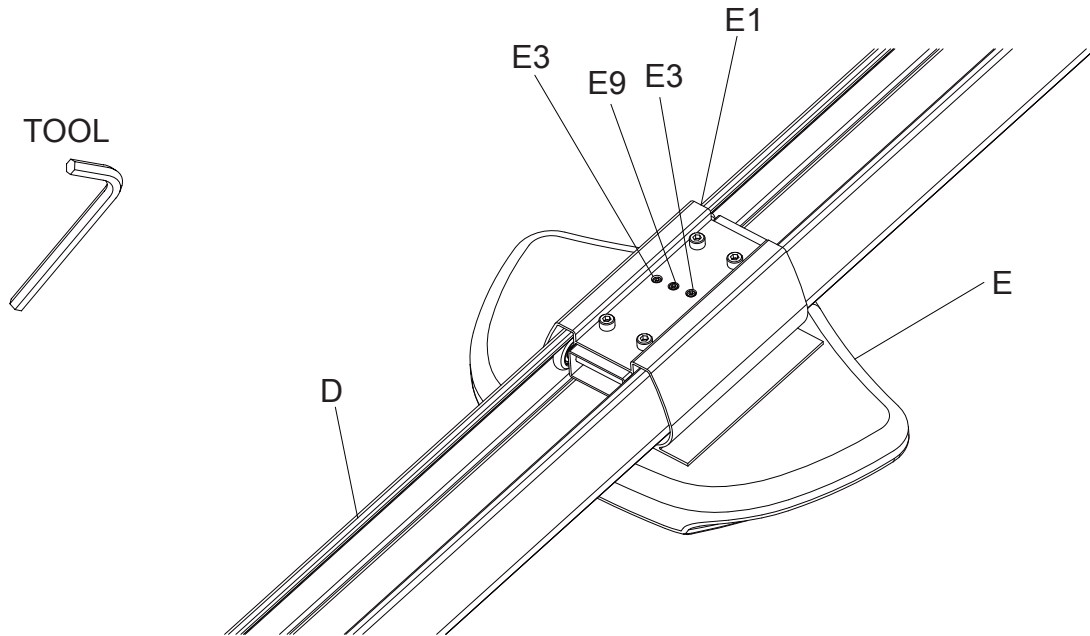
P/N	DESCRIPTION	Q"TY	P/N	DESCRIPTION	Q"TY
A	MAIN FRAME	1	A53	FIX PLATE OF FRONT STABILIZER	1
A1	SWIVEL AXIS	1	A54	AXLE §12*39	12
A2	TRANSPORTATION WHEEL	2	A55	SCREW M6*12	4
A3	BUSH	2	A56	BLOCK PLATE OF SLIDE TRAIL	2
A4	KNOB	1	A57	PLATE 20*60*4T	2
A5	FEET END CAP	2	A58	BUMPER	4
A6	SCREW M8*16	2	A59	NUT M6	2
A7	SCREW M6*10	2	A60	BRACKET	2
A8	SCREW 5/32"*1/2"	8	A61	SCREW M6*40	2
A9	SCREW M6*90	1	A62	RUBBER STINGER	2
A10	NUT M6	1	A63	SCREW 3/16"*1 1/4"	1
A11	CONSOLE TUBE	1	B	FRONT STABLILZER	1
A12	SCREW 3/8"*3 3/4"*	2	B1	END CAP	2
A13	BUSH §38*3/8	4	C	REAR STABILIZER	1
A14	NUT 3/8	2	C1	END CAP	2
A15	PLASTIC PULLEY	1	D	UPPER SLIDE TRACK 1500MM	1
A16	NUT 3/8*26(UNF)	2	E	SADDLE LS-E29	1
A17	NUT 3/8*26(UNF)	2	E1	SLIDING TRACK 180MM	1
A18	BELT 350J6	1	E2	SCREW M8*40	4
A19	PULLEY	1	E3	SCREW M6*25	2
A20	TENSION BELT	1	E4	PULLEY SEAT	1
A21	MAGNETIC §6*5T	6	E5	WHEEL	4
A22	NUT 3/16"	1	E6	AXLE	1
A23	SPRING BOX	1	E7	WASHER §5*§13*1.5T	6
A24	WASHER	2	E8	SCREW M5*10	6
A25	C CLIP S20	1	E9	SCREW M6*20	1
A26	PULLEY SEAT PLATE	2	G	PEDAL SUPPORTING TUBE	1
A27	SCREW M5*10	3	G1	PEDAL (L)	1
A28	SCREW M5*6	4	G2	PEDAL (R)(=G1)	1
A29	BEARING 6201ZZ	2	G3	PEDAL STRAP	2
A30	WASHER M6	2	G4	PLASTIC BUTTON	2
A31	SCREW M6*12	2	G5	IRON SUPPORTING BOARD	2
A32	BELT WHEEL §126	1	G6	SCREW M5*15	4
A33	ONE WAY BEARING(FC2016)	1	G7	PLASTIC PAD	2
A34	BEARING(HK2012)	2	G8	SCREW M4*8	8
A35	AXLE	1			
A36	TENSION CABLE 600MM	1	H	CONSOLE	1
A37	HANDLE	1	H1	SENSOR WIRE	1
A38	SPONGE HDR §30*3T*215MM	2	H2	MOTOR	1
A39	END CAP §1 1/4"	2	H3	DC WIRE	1
A40	COVER OF TENSION BELT (R)	1	H4	SENSOR WIRE	1
A41	COVER OF TENSION BELT (L)	1	J1	SCREW M8*16	24
A42	CHAIN COVER(R)	1	J2	WASHER §8	4
A43	SCREW 3/16"*1/2"	6	K	ADAPTOR	1
A44	SCREW 3/16"*5/8"	11	L	CHEST STRAP	1
A45	CHAIN COVER(L)	1	L1	SCREW M8*10	1
A46	FRAME OF TENSION BELT	1	L2	WASHER M8	1
A47	SCREW M5*12	2	L3	WHEEL	2
A48	SCREW M8*16	4	L4	SCREW	4
A49	SCREW 1/8"*1/2"	4			
A50	COVER OF SPRING BOX	1			
A51	HANDLE FIXED SEAT	1			
A52	SCREW M5*45	2			

| PROGRAMS(P1-P12) RACE PC & USER | FUNCTION CONTROL MODE | USER DATA |

Labels around the display:

- PROGRAMS(P1-P12) RACE PC & USER
- TIME / TIME 500M
- DISTANCE
- RESET KEY
- START/STOP KEY
- RECOVERY — Fitness test by measuring your recovery rate
- FUNCTION CONTROL MODE
- SPM
- BIG DISPLAY OF FUNCTION VALUE — TIME 500M/ STROKE/ TTL STROKE DST / WATT /CAL / SPM/ PLS
- USER DATA
- STROKE / TOTAL STROKE
- WATT / CALORIES
- UP KEY : Function value increase
- DOWN KEY : Function value decrease
- H.R.C. (Target Heart Rate)
- ENTER — Function select or Confirm function value

FUNCTION

SCAN : Alternates between WATTS/CALORIES and TIME/500M and STROKES/TOTAL STROKES 6 seconds per display.
SPM : 0~15~999
SPEED : 0.0~99.9 km/h
TIME : 0:00~99:00 min
DISTANCE : 0.00~99.50 km
CALORIES : 0~990.
HEART SYMBOL : ON / OFF flashes, BPM
MANUAL : 1~16 levels
PROGRAM : P1~P12
WATT : 0~999 watts
WATTS CONSTANT : 10~350
USER : U0 ~ U4
H.R.C : 55% , 75% , 90% , IND (TARGET)
PULSE : P~30~240, max value is available.
STROKES : 0 ~ 9999
TOTAL STROKES : 0 ~ 9999
TIME/500M : 0:00 ~ 99:59
USER DATA : U0 ~U4 (U1 ~ U4 memorized user data)
◆ GENDER / SEX : GIRL / BOY SYMBOL select
◆ AGE : 10-25-99
◆ HEIGHT : 100-160-200 (CM) / 40-60-80 (INCH)
◆ WEIGHT : 20-50-150 (KG) / 40-100-350 (LB)

OPERATION DESCRIPTION

1. Plug in the power adaptor (6V 1A), and it should power on:
   The LCD screen will fully display for 2 seconds.

2. BUILT-IN Heart Rate Receiver with chest Belt
   The computer with built-in Heart Rate receiver , the user can put on chest belt and the machine will pick up the signal of the Heart Rate beat.; To properly learn how to put chest belt on, please refer the Chest Belt user manual.

3. Powering on (or hold RESET key for 2 seconds) full display. Press START/STOP key entering MANUAL control mode directly and start exercising.

4. USER will display in dot matrix to choose (U0-U4), you can **Press UP increase / Down decrease keys** — to choose USER number and input USER data (GENDER / AGE / HEIGHT / WEIGHT) then press ENTER for confirmation. Press ENTER key for confirmation of everything, it will step to upper key functions, all blink and wait for USER, **Press UP increase / Down decrease keys** to choose, it will jump back to UX(0-4) choices). ※ USER: U0 ~U4 (U1 ~ U4 memorized user data; U0- No memory of data and workout value)

5. ENTER "CONTROL MODE"- MANUAL / PROGRAMS / WATT/ USERS / H.R.C./ RACE
   5.1 Manual
   LOAD1 and display in dot matrix after pressing ENTER key for confirmation, now Press UP increase / - Down decrease keys for adjusting LOAD value and ENTER key for confirmation, **Press UP increase / Down decrease keys** again for setting, Press START and begin to exercise after you finish setting all functions (I.e. TIME、DISTANCE、CALORIES、PULSE、STROKE).

MANUAL mode
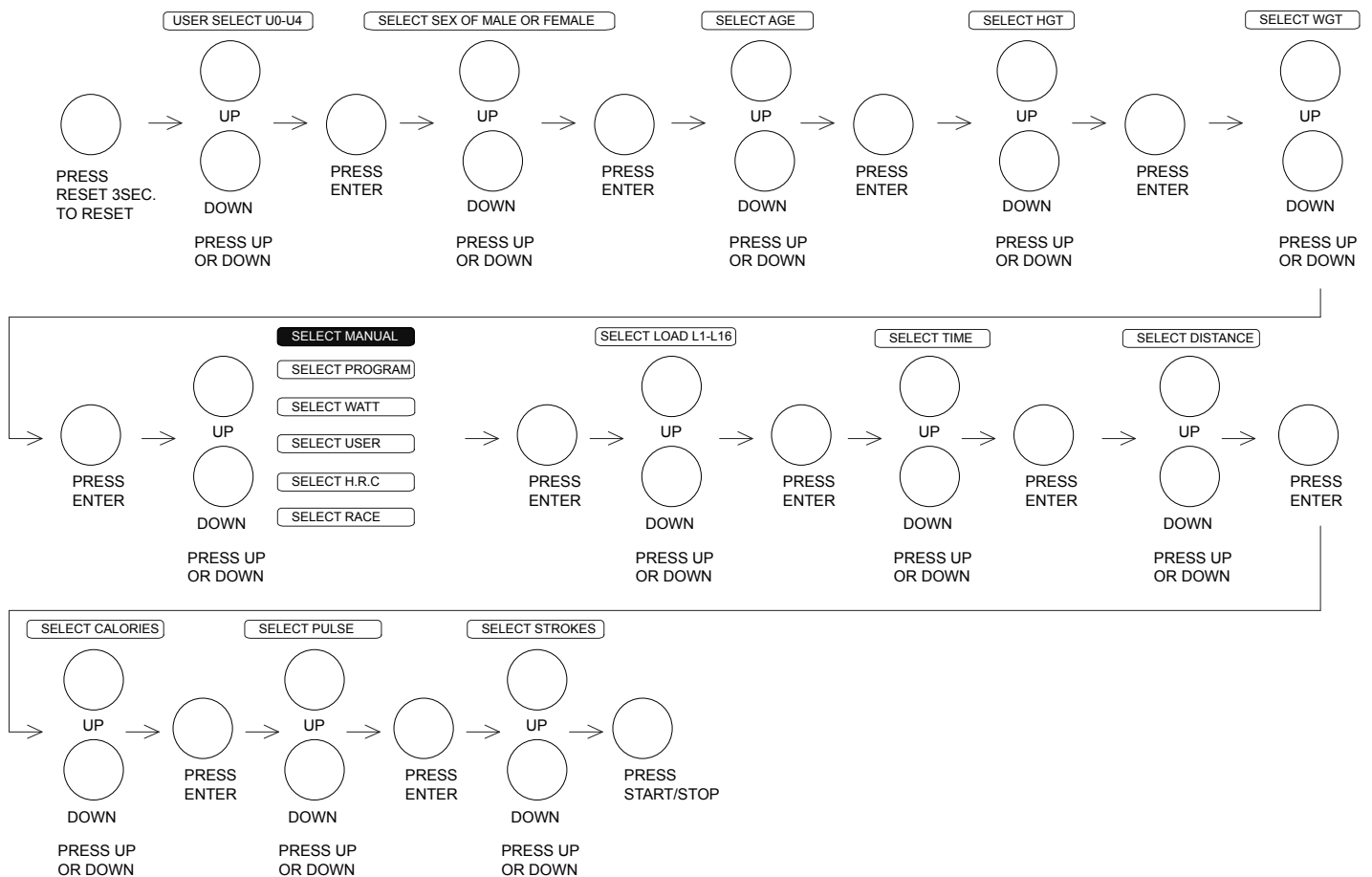
5.2 PROGRAM
   Choose Program P1-P12 in dot matrix then press ENTER to select. After choosing ideal program Press UP increase / Down decrease keys to adjust LOAD value, begin to exercise after setting all functions.
   (I.e. TIME、DISTANCE、CALORIES、PULSE、STROKE).

PROGRAM mode

USER SELECT U0-U4 | SELECT SEX OF MALE OR FEMALE | SELECT AGE | SELECT HGT | SELECT WGT

PRESS RESET 3SEC. TO RESET → UP / DOWN (PRESS UP OR DOWN) → PRESS ENTER → UP / DOWN (PRESS UP OR DOWN) → PRESS ENTER → UP / DOWN (PRESS UP OR DOWN) → PRESS ENTER → UP / DOWN (PRESS UP OR DOWN) → PRESS ENTER → UP / DOWN (PRESS UP OR DOWN)

SELECT MANUAL
SELECT PROGRAM
SELECT WATT
SELECT USER
SELECT H.R.C
SELECT RACE

SELECT LOAD

SELECT P1=> L1-L12 | SELECT P7=> L1-L10
SELECT P2=> L1-L10 | SELECT P8=> L1-L8
SELECT P3=> L1-L10 | SELECT P9=> L1-L10
SELECT P4=> L1-L8 | SELECT P10=> L1-L8
SELECT P5=> L1-L8 | SELECT P11=> L1-L10
SELECT P6=> L1-L10 | SELECT P12=> L1-L7

PRESS ENTER → UP / DOWN (PRESS UP OR DOWN) → PRESS ENTER → UP / DOWN (PRESS UP OR DOWN) → PRESS ENTER → UP / DOWN (PRESS UP OR DOWN) → PRESS ENTER

SELECT TIME | SELECT DISTANCE | SELECT CALORIES | SELECT PULSE | SELECT STROKES

UP / DOWN (PRESS UP OR DOWN) → PRESS ENTER → UP / DOWN (PRESS UP OR DOWN) → PRESS ENTER → UP / DOWN (PRESS UP OR DOWN) → PRESS ENTER → UP / DOWN (PRESS UP OR DOWN) → PRESS ENTER → UP / DOWN (PRESS UP OR DOWN) → PRESS START/STOP

P1 P2 P3 P4 P5 P6
P7 P8 P9 P10 P11 P12

5.3   WATTS CONSTANT User can default WATTS value at his/her desire to watts between 10~350 watts by using the UP/ DOWN keys. To set WATTS constant value , press START/STOP key. Use WATTS control mode to train yourself in different WATTS constant.

WATT mode

USER SELECT U0-U4 / SELECT SEX OF MALE OR FEMALE / SELECT AGE / SELECT HGT / SELECT WGT

PRESS RESET 3SEC. TO RESET → UP/DOWN (PRESS UP OR DOWN) → PRESS ENTER → UP/DOWN (PRESS UP OR DOWN) → PRESS ENTER → UP/DOWN (PRESS UP OR DOWN) → PRESS ENTER → UP/DOWN (PRESS UP OR DOWN) → PRESS ENTER → UP/DOWN (PRESS UP OR DOWN)

SELECT MANUAL / SELECT PROGRAM / **SELECT WATT** / SELECT USER / SELECT H.R.C / SELECT RACE

SELECT WATT / SELECT TIME / SELECT DISTANCE

PRESS ENTER → UP/DOWN (PRESS UP OR DOWN) → PRESS ENTER → UP/DOWN (PRESS UP OR DOWN) → PRESS ENTER → UP/DOWN (PRESS UP OR DOWN) → PRESS ENTER → UP/DOWN (PRESS UP OR DOWN) → PRESS ENTER

SELECT CALORIES / SELECT PULSE / SELECT STROKES

UP/DOWN (PRESS UP OR DOWN) → PRESS ENTER → UP/DOWN (PRESS UP OR DOWN) → PRESS ENTER → UP/DOWN (PRESS UP OR DOWN) → PRESS START/STOP

5.4 USER

Create USER own Program profile through U1~U4 by setting the resistance level (1~16 levels) for each individual segment. Then the Program will be automatically saved for future use. U0 ENTER can be set the same as U1~U4 but this Program cannot be saved.

USER mode

USER SELECT U0-U4 / SELECT SEX OF MALE OR FEMALE / SELECT AGE / SELECT HGT / SELECT WGT

PRESS RESET 3SEC. TO RESET → UP/DOWN (PRESS UP OR DOWN) → PRESS ENTER → UP/DOWN (PRESS UP OR DOWN) → PRESS ENTER → UP/DOWN (PRESS UP OR DOWN) → PRESS ENTER → UP/DOWN (PRESS UP OR DOWN) → PRESS ENTER → UP/DOWN (PRESS UP OR DOWN)

SELECT MANUAL / SELECT PROGRAM / SELECT WATT / **SELECT USER** / SELECT H.R.C / SELECT RACE

SELECT LOAD L1-L16 / SELECT TIME

PRESS ENTER → UP/DOWN (PRESS UP OR DOWN) → PRESS ENTER → UP/DOWN (PRESS UP OR DOWN) → PRESS ENTER → PRESS START/STOP (START) → PRESS START/STOP (STOP) → PRESS ENTER → UP/DOWN (PRESS UP OR DOWN)

REPEATING THESE OPEARTION TILL COMPLETING THE SETTING OF 16 RANGES

SELECT DISTANCE / SELECT CALORIES / SELECT PULSE / SELECT STROKES

PRESS ENTER → UP/DOWN (PRESS UP OR DOWN) → PRESS ENTER → UP/DOWN (PRESS UP OR DOWN) → PRESS ENTER → UP/DOWN (PRESS UP OR DOWN) → PRESS ENTER → UP/DOWN (PRESS UP OR DOWN) → PRESS START/STOP

-14-

5.5 H.R.C

HEART RATE CONTROL- Select your own target Heart Rate by choosing from one of the preset programs 55%, 75%，or 90%. Please ENTER your age into the User Data to ensure that your target heart rate is set correctly. The HEART RATE display will flash when you have reached your target heart rate according to the Program you have chosen.

    i. 55% -- DIET PROGRAM
    ii. 75% -- HEALTH PROGRAM
    iii. 90% -- SPORTS PROGRAM
    iv. TAG --USER SET TARGET HEART RATE

H.R.C mode
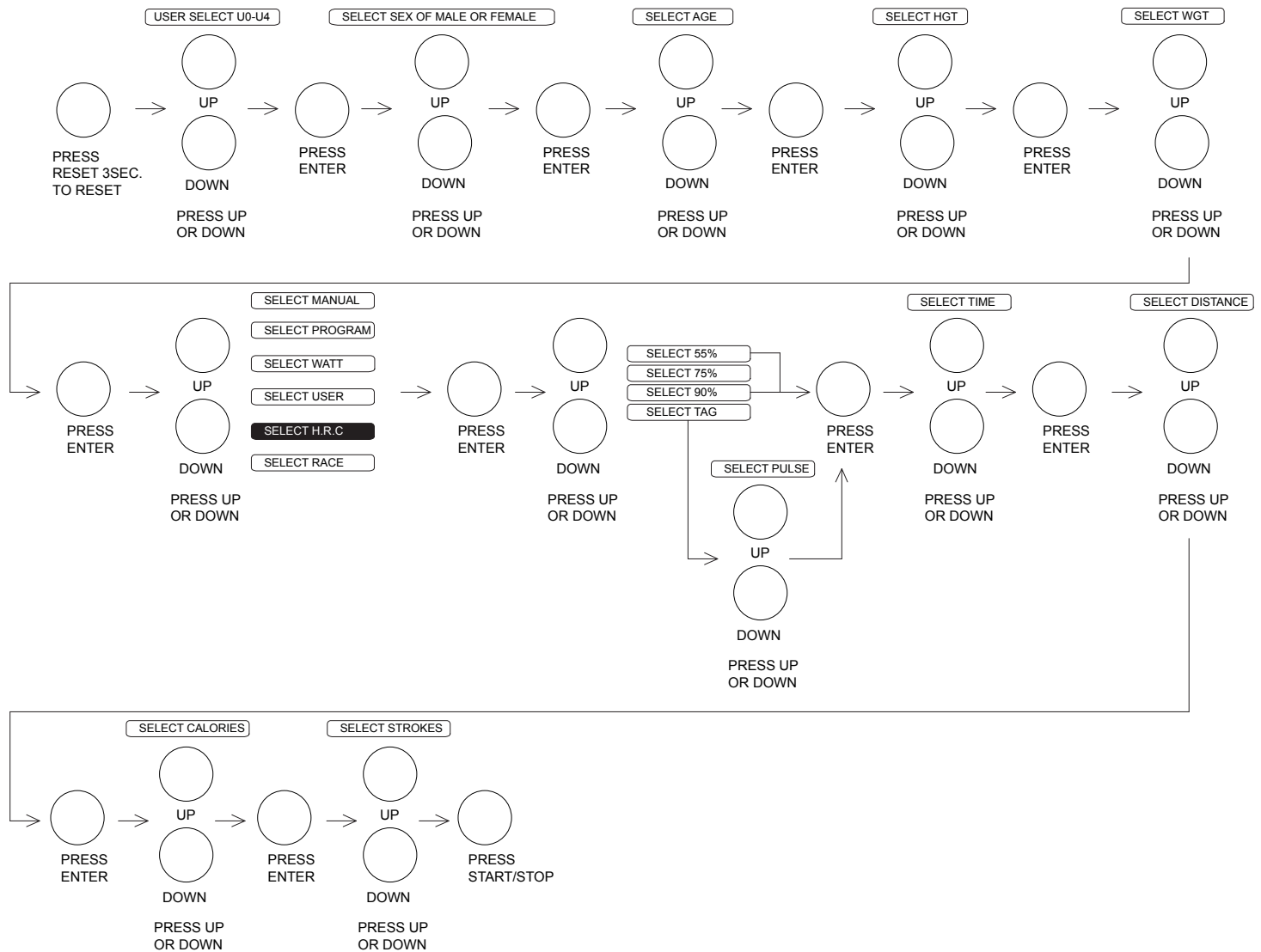
5.6 RECOVERY

When you have finished your workout, press RECOVERY. For RECOVERY to function correctly, it needs your Heart Rate input. TIME will count down from 1 minute and then your fitness level from F1 to F6 will be displayed.
NOTE: during RECOVERY, no other displays will operate.
F 1 ~ F6 = RECOVERY HEART RATE LEVEL

Score	Condition	Heart Rate (from test HR minus end HR)
F1	Excellent	Above 50
F2	Good	40 ~ 49
F3	Average	30 ~ 39
F4	Fair	20 ~ 29
F5	Poor	10 ~ 19
F6	Very Poor	Under 10

5.7 RACE

Press UP increase / Down decrease keys to adjust SPM and DISTANCE of PC. PRESS START to begin the RACE , USER & PC symbol will blink to show who wins (USER 1~16 LOAD is adjustable in race) End of race distance, the result is WIN, or LOSE.

RACE mode
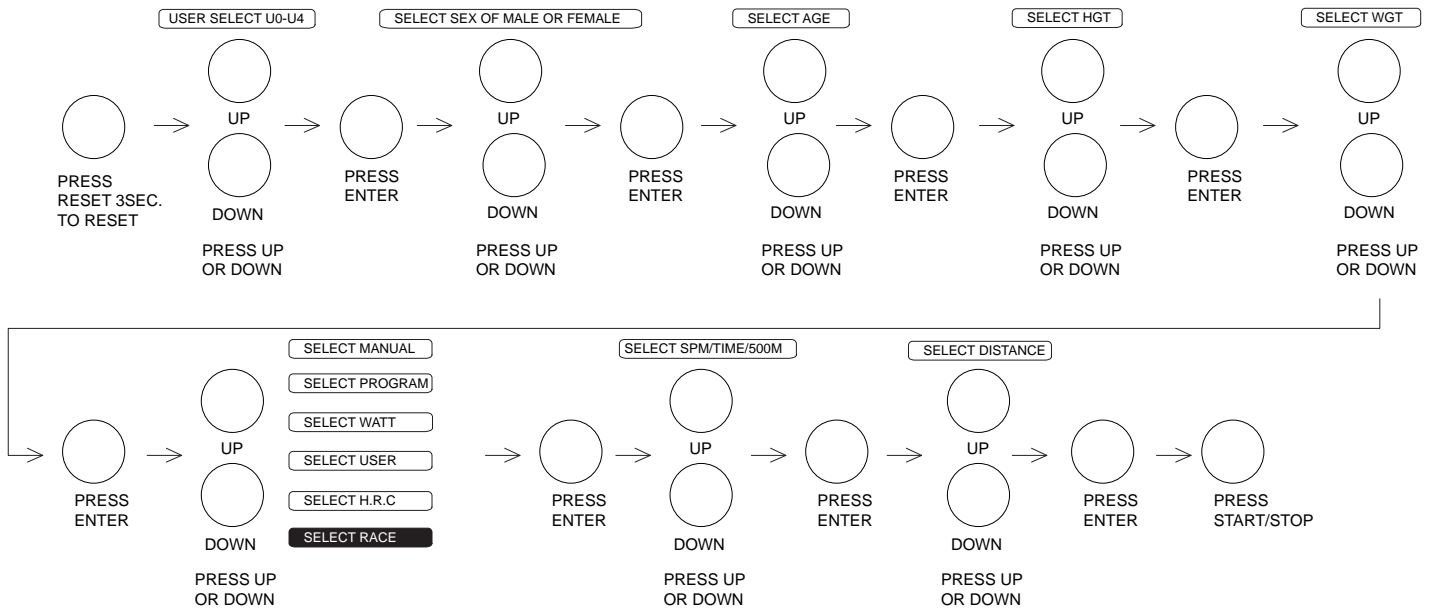
5.8 TIME/500M

Computer/console will automatically calculate the time it takes the user to row 500 meters.

This is called TIME/500M function value.

5.9 AVERAGE: A + Display

Press STOP KEY to stop workout, the monitor will show A + (AVERAGE -FUNCTION VALUE), Including

TIME/500 M ; SPM ; HEART RATE.

KEY FUNCTIONS

1. ENTER KEY   : Function select and confirmation key.
2. UP / DOWN KEY   : Increase and decrease or select option.
3. RESET KEY   : reset all displays to default values.
4. START/STOP KEY   : start/stop key
5. RECOVERY KEY   : Fitness test by measuring your recovery rate.
6. ENTER+RESET   : Under STOP situation, if press ENTER+RESET together then the units KM / ML can be switched

TIPS

1. Option: Plug in AC Adaptor (**6 VOLT, 1A**).
2. Keep moisture away from computer.

PROGRESSION

Fitness™

120 Robin Cres,
Saskatoon, SK
S7L 6M7
1-886-978-1999