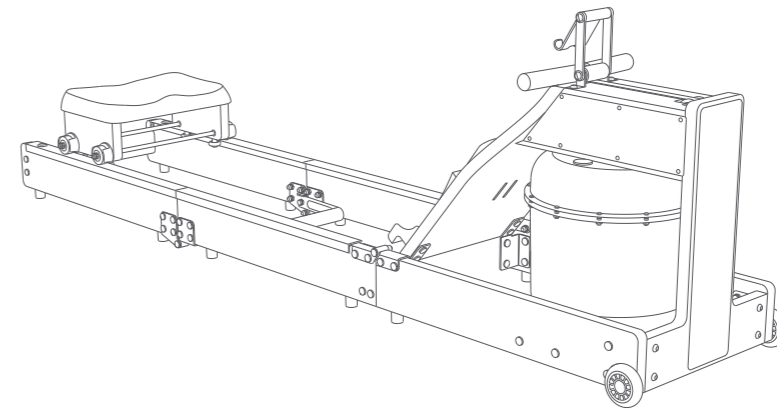




GR8.0 ROWER

USER MANUAL



Products marked with these symbols must be disposed of separately from your household waste, as they contain valuable materials which can be recycled. Proper disposal protects the environment and human health. Your local authority or retailer can provide more information.



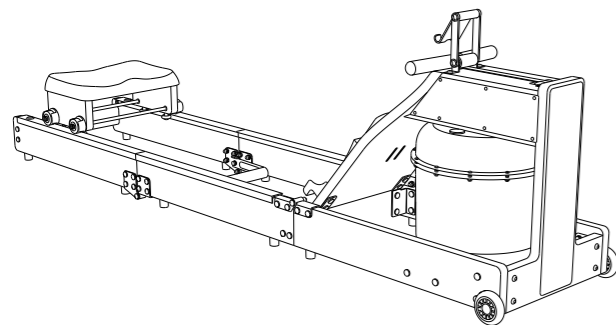
IMPORTANT

Read all instructions carefully before using this product. Retain this owner's manual for future reference. The specifications of this product may vary from this photo, subject to change without notice.



BEFORE YOU BEGIN

Thank you for choosing Gymstick training equipment. We take great pride in producing this high-quality product and hope it will make you feel better and enjoy life to the fullest. Please read this manual in its entirety before beginning to use this product.



Performance index	Detailed parameters
Applicable age	14-60 years old
Continuous tension	300 N
Maximum load	120 kg (260 lbs)
Net weight	29 kg (63 lbs)
Unfolding dimension	1940×500×560 mm 76.3×19.6×22.0 inch
Folding dimension	680×500×580 mm 26.7×19.6×22.8 inch
Class	HC



IMPORTANT

The specifications of this product may vary and are subject to change without further notice.

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WARNING

Read and follow all safety instructions carefully. Failure to follow safety instructions could result in serious injury.



WARNING

Before beginning this or any exercise program, consult your physician first. This is especially important for individuals over the age 35 or persons with pre-existing health problems.

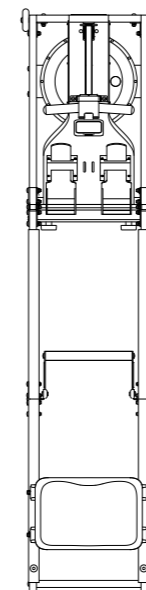
SAFETY INSTRUCTIONS

Safety instructions should always be followed, including the Safety precautions on pages 15-16. Read all instructions before using this equipment.

1. Keep children and pets away from the Rowing Machine at all times. Do not leave unattended children in the same room with the machine.
2. Handicapped or disabled persons should not use the Rowing Machine without the presence of a qualified health professional or physician.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, stop the workout at once. Consult Physician immediately.
4. Before beginning training, remove all within a radius of 2 meters from the machine. Do not place any sharp objects around the Rowing Machine.
5. Position the Rowing Machine on a clear, level surface away from water and moisture. Place mat under the unit to help keep the machine stable and to protect the floor.
6. Use the Rowing Machine only for its intended use as described in this manual. Do not use any other accessories not recommended by the manufacturer.
7. Assemble the machine exactly as the descriptions in the instruction manual.
8. Check all bolts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.
9. Hold a routine inspection of the equipment. Pay special attention to components which are the most susceptible to wear off, i.e. connecting points and wheels. The defective components should be replaced immediately. The safety level of this equipment can only be maintained by doing so. Please don't use the Rowing Machine until it is repaired well.
10. Never operate the Rowing Machine if it is not functioning properly.
11. This machine can be used for only one person's training at a time.
12. Do not use abrasive cleaning articles to clean the machine. Remove drops of sweat from the machine immediately after finishing training.
13. Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.
14. Before exercising, always do stretching first.
15. Maximum user weight 120 kgs.

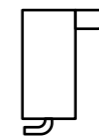
PRODUCT & ACCESSORIES

Before assembly, please ensure all parts are included in the package. In case any parts are missing, contact our customer service to resolve the issue.

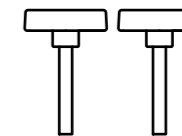


Rowing machine

Accessories



Water pump x1



Fixing knob x2



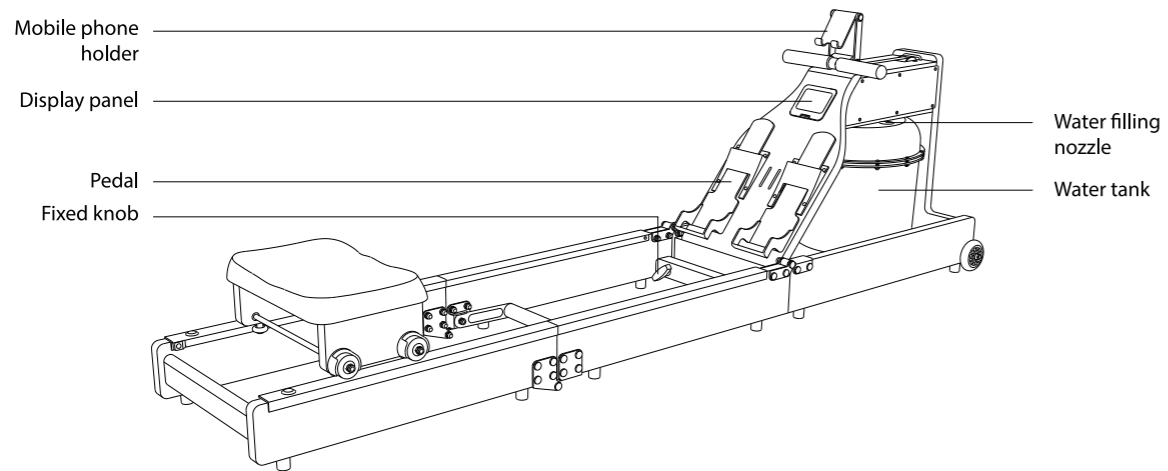
Agent blue x1



Manual x1

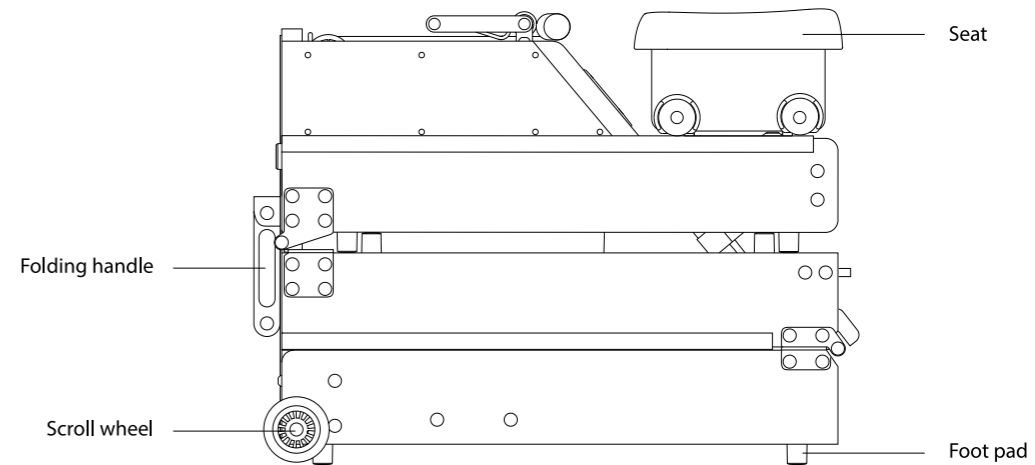
FUNCTIONAL DIAGRAM

1. Unfolding state



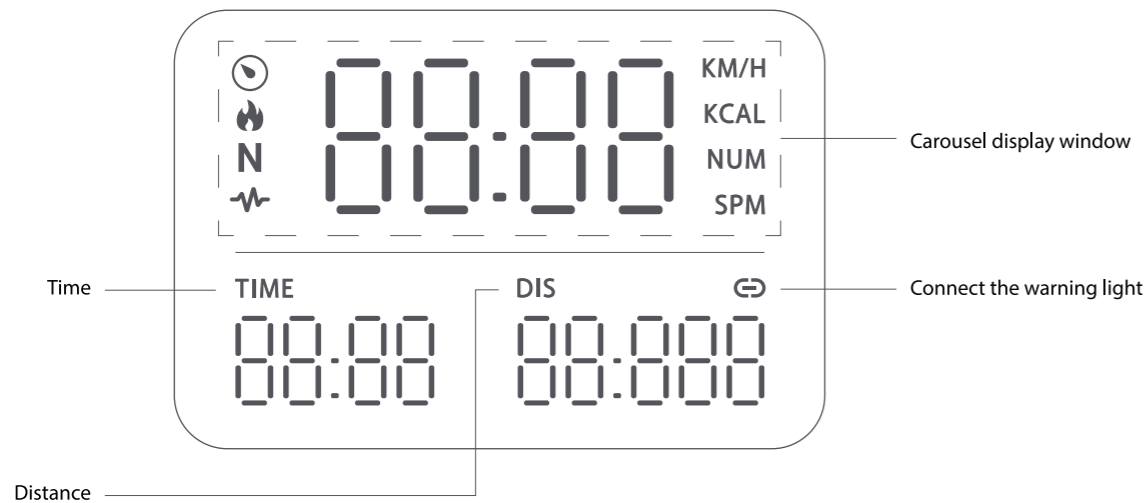
FUNCTIONAL DIAGRAM

2. Folding state



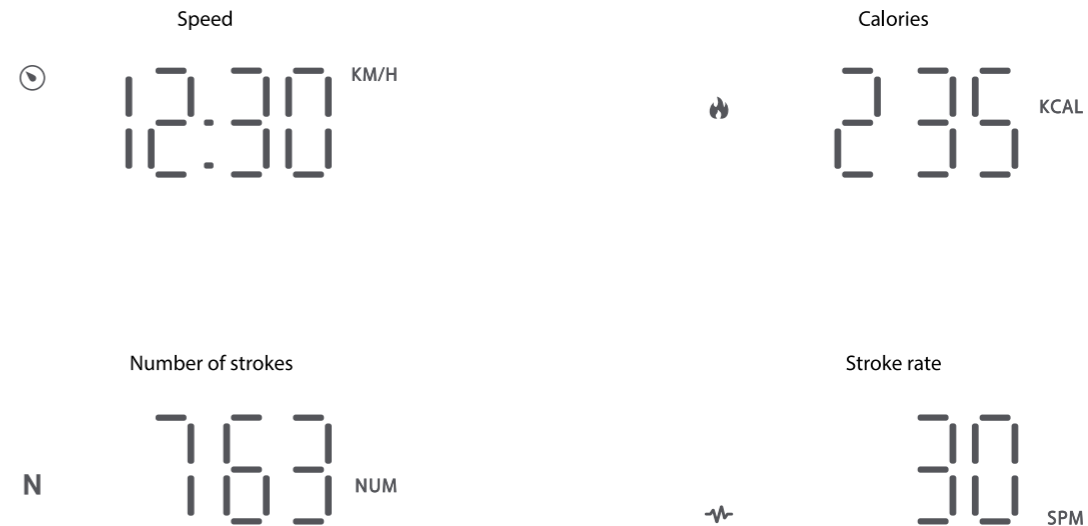
FUNCTIONAL DIAGRAM

3. Function introduction to display panel

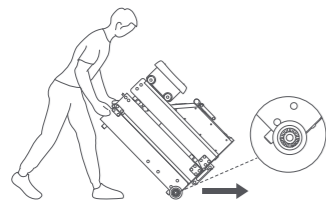


FUNCTIONAL DIAGRAM

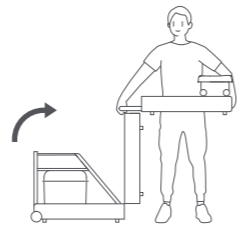
3. Function introduction to display panel



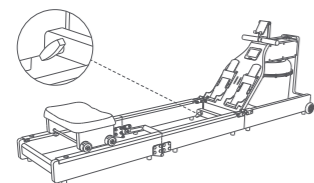
GUIDE FOR INITIAL USE



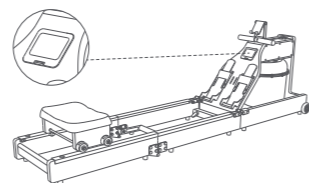
1. Before pushing and pulling, place the product on a flat floor instead of on a too soft mat or a thick carpet.



2. Pull the armrest at the head of the machine with one hand, and pull the wooden board under the seat with the other hand, and lift the folding rail upwards by force to unfold the rowing machine.

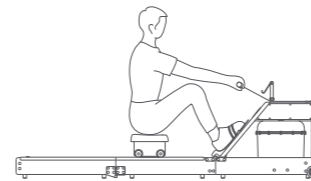


3. After unfolding, screw the fixing knobs into the corresponding fixing holes under the pedals on both sides, so as to secure the wooden boards at the front ends.

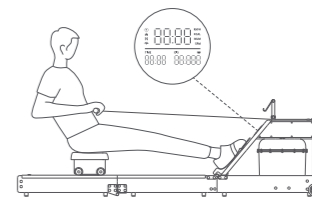


4. Remove the electronic meter above the pedal and load the battery compartment with batteries.

GUIDE FOR INITIAL USE



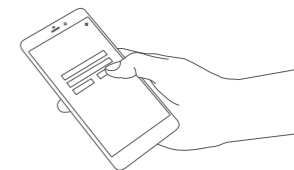
5. Sit on the seat, keep the feet on the pedals, adjust the size of pedals and secure the straps.



6. Pull the handle of rowing machine to light up the screen of display panel.



7. Scan the QR code above or search for "KS Fit" in the app store, and complete installation and registration.

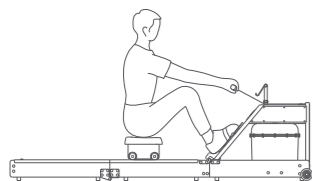


8. Open the APP, add and bind by following the instructions, and use the rowing machine freely or watch the lesson.

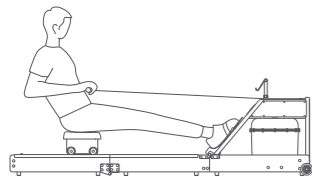
OPERATIONAL INSTRUCTIONS

Essentials of movement

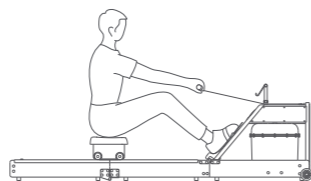
- Begin with a relaxed forward stroke, then stretch legs hard while keeping arms and back straight.
- Pull arms backwards beyond knees, until to the position of pelvis, and rotate over the pelvis to complete the stroke.
- Return to the original position and repeat the cycle.
- Refer to the video tutorial for more information on rowing and use.



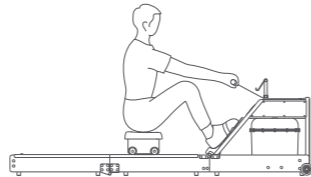
1. Entry: Relax shoulders, stretch and straighten arms, keep a straight back, and bend knees so that the calves are perpendicular to the rails.



3. Release: Pull the grip under the ribs with the legs fully straight.



2. Drive: Press the pedals with the soles of the feet, and straighten the arms simultaneously.



4. Recovery: Slowly bend the knees when the body is fully leaned forward and the arms relaxed straight, and then repeat the previous steps.

OPERATIONAL INSTRUCTIONS

Resistance adjustment

Load variation:

The water resistance of the rowing machine is related to speed, and the resistance increases as the pulling speed increases.

Adjusting the load:

The water resistance load on the rowing machine can be adjusted by changing the water volume of the water tank, and the load increases with the increase of the water volume.

Warm-up Exercises

Warm up for 5-10 minutes before exercising since warm muscles are easier to stretch and prevent sports injuries. It is recommended to do the stretching exercise as follows, and repeat it after the exercise.

1. Downward stretch: Bend knees slightly, lower the body forward slowly, relax the back and shoulders, touch the toes with hands as much as possible, hold for 10-15 seconds, and then relax (repeat 3 times).

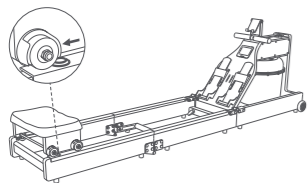
2. Hamstring stretch: Sitting on a clean seat cushion, straighten one leg, and retract the other inward so that the leg fits snugly against the inside of the straightened one. Try to touch the toes with hands, hold for 10-15 seconds, and then relax (repeat 3 times for each leg).

3. Calf and Achilles tendon stretch: Stand with both hands against the wall and one foot behind, keep the hind leg upright and the heel on the ground, lean towards the wall, hold for 10-15 seconds, then relax (repeat 3 times for each leg).

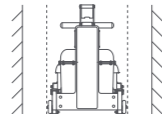
4. Quadriceps stretch: Maintain balance against a wall or table with left hand, stretch the right hand backward to grasp and pull the right heel slowly towards buttocks until feeling tension in the front thigh muscles, hold for 10-15 seconds, then relax (repeat 3 times for each leg).

5. Sartorius (muscle of inner thigh) stretch: Sit with the soles of feet facing each other and the knees facing out. Grab and pull the feet toward the groin with hands, hold for 10-15 seconds, then relax (repeat 3 times).

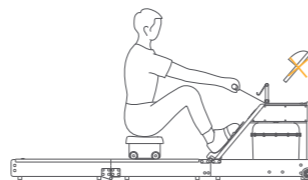
SAFETY PRECAUTIONS



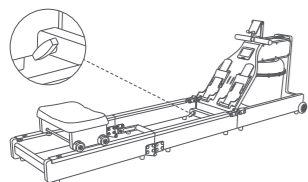
- ⚠ Make sure the rear wheel of the seat is located behind the protrusion at the end of the rail before stowage.



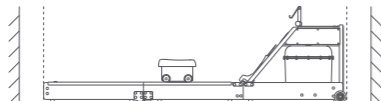
- ⚠ A space distance between the left and right sides of the rowing machine shall be kept more than 600mm.



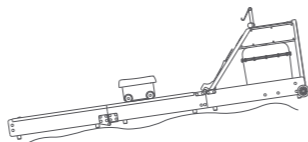
- ⚠ Exercise moderately with sports shoes and clothes according to own physical condition. In case of any discomfort during exercise, stop exercising immediately and consult a doctor, otherwise there could be a risk of injury.



- ⚠ During use, be sure to screw the fixing knob.

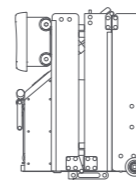


- ⚠ A space distance between the front and rear sides of the rowing machine shall be more than 600mm

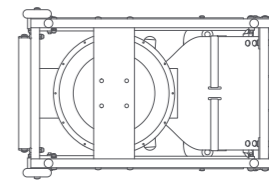


- ⊗ No use on the uneven ground is allowed.

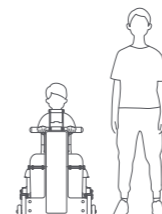
SAFETY PRECAUTIONS



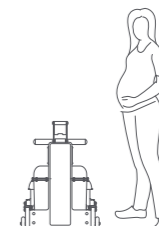
- ⊗ Upright folding is not allowed.



- ⊗ Sideways folding is not allowed.



- ⊗ Children should be supervised to ensure that they do not play with the rowing machine.



- ⚠ The elderly, children and pregnant women should use this product prudently.

CLEANING & STORAGE

General cleaning will help prolong the life and performance of your machine. Keep the unit clean and maintained by dusting the components on a regular basis.

The device can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on any parts. Please wipe your perspiration off the device.

Please keep the device out of direct sunlight. Store the device in a clean, warm and dry environment away from children.

TROUBLESHOOTING

In case any of the error codes listed below appears on the console display, contact authorized service.

Error code

E01: Display error

E02: Sensor A data overflow

E04: Sensor A data overflow

E08: Sensor B data overflow

E0100: Sensor B data disconnected

If nothing appears on the screen, check the batteries first. The battery compartment is located on the back of the appliance. Replace if necessary. Console operates with 2 x AA batteries.

IMPLIED WARRANTY

The importer of this product assures that this device is manufactured with high quality materials.

The prerequisite for the implied warranty is the proper setup in accordance with the operating instructions. Improper use and /or incorrect transportation can void the warranty.

The implied warranty valid for 1 year, beginning from the date of purchase. For eventual defects please contact the dealer of this product within the guarantee period. The warranty applies to the following parts (as far as included in the scope of delivery): frame, electronic devices, wheels, foot straps and pedal set.

The guarantee does not cover:

- Damage effected by outer force
- Intervention by unauthorized parties
- Incorrect handling of the product
- Non-compliance of the operating instructions
- Wear parts and expendable parts

Operating environment: The device is intended only for indoor home use.

Manufactured for:

Gymstick International Oy
Ratavartijankatu 11
15170 Lahti, FINLAND

DISCLAIMER:

The manufacturer and its associates and partners have no liability, obligation or responsibility to any persons or entity for any loss, damages or adverse consequence alleges to have happened directly or indirectly as a consequent of this product. For your own safety be sure that you read all the instructions in this manual before using this product!