# Manual for Water Digital Rowing Machine

Water Inlet

Water Outlet

Start Button

**Electric Water Dispenser**

# Manual for Water Digital Rowing Machine

## Standard Statistics

RPM – Resolutions per Minute

CAL – Calories Consumed

DIST – Rowing Distance

TIME – Time Consumed

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## Set up Target

### Calory Target

Step 1: Press ENTER and UP
Step 2: When CAL number flashes, press UP or DOWN to
set your target for calories to be consumed

### Rowing Distance Target

Step 1: Press ENTER and UP
Step 2: When CAL number flashes, press ENTER
Step 3: When DIST number flashes, press UP or DOWN to
set your target for rowing distance

### Rowing Time Target

Step 1: Press ENTER and UP
Step 2: When CAL number flashes, press ENTER for twice
Step 3: When TIME number flashes, press UP or DOWN to
set your target for rowing time