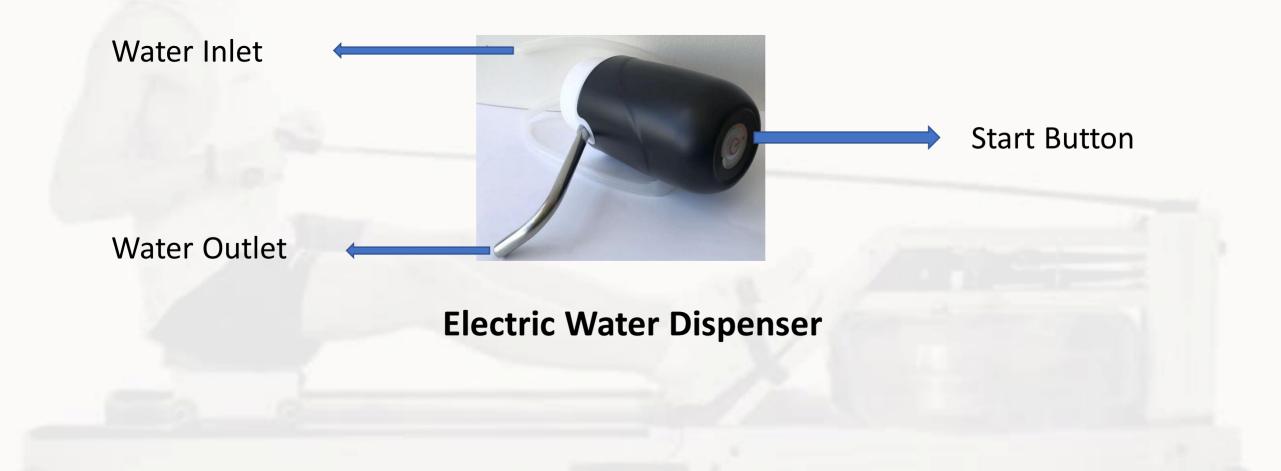
Manual for Water Wooden Rowing Machine



Manual for Water Wooden Rowing Machine

Standard Statistics

RPM – Resolutions per Minute

CAL – Calories Consumed

DIST – Rowing Distance

TIME – Time Consumed



Manual for Water Wooden Rowing Machine

Set up Target

Calory Target

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

Rowing Time Target

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

