Manual for Water Wooden Rowing Machine

Water Inlet ←

Start Button →

Water Outlet ←

Electric Water Dispenser

Manual for Water Wooden 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