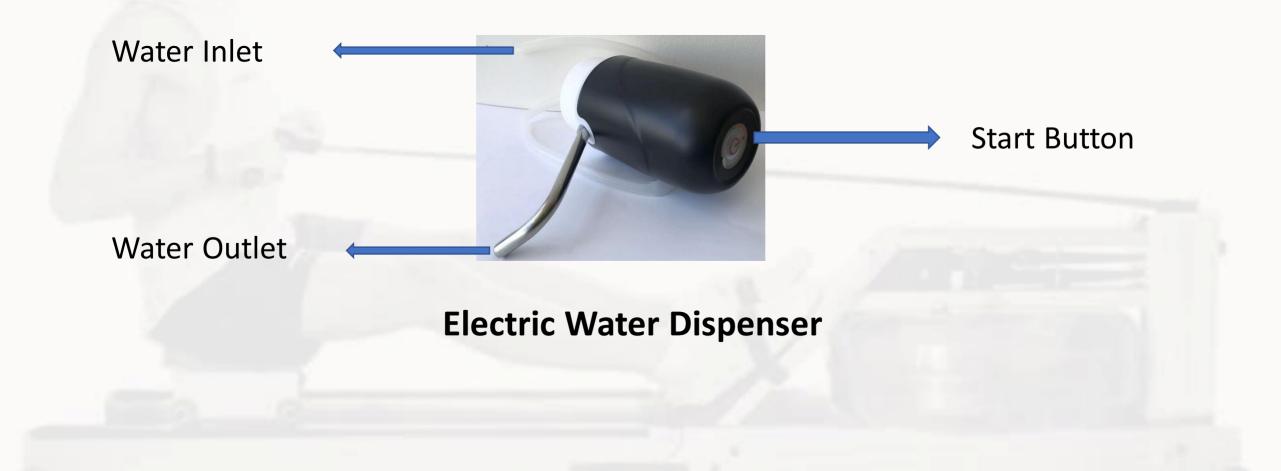
# Manual for Water Wooden Rowing Machine



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### **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 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

