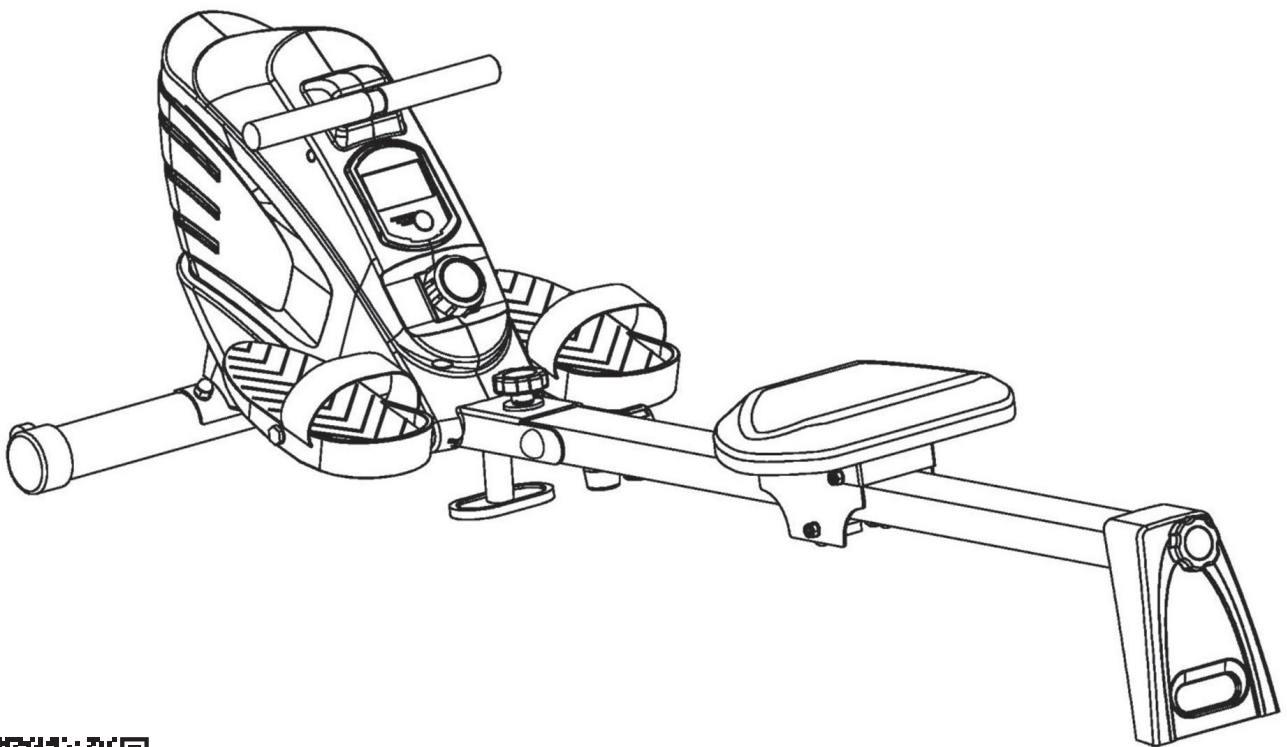


R200 ROWING MACHINE

INSTRUCTION MANUAL

Please read this book thoroughly before operating the rower



Scan the QR code for a digital version of this manual.



Scan the QR code for a step-by-step video guide on how to assemble your rowing machine.



Scan the QR code to view our support center for more technical resolutions and FAQ's about your item.

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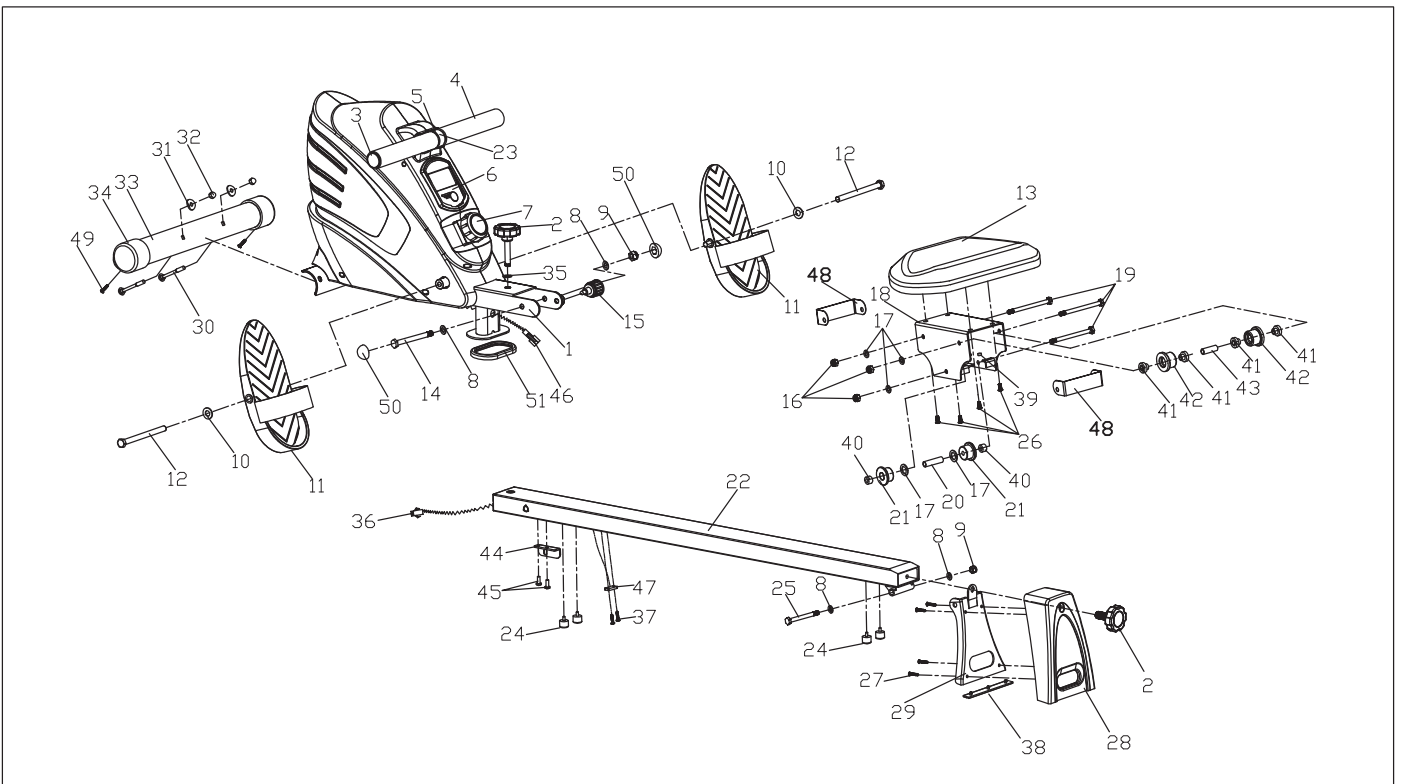
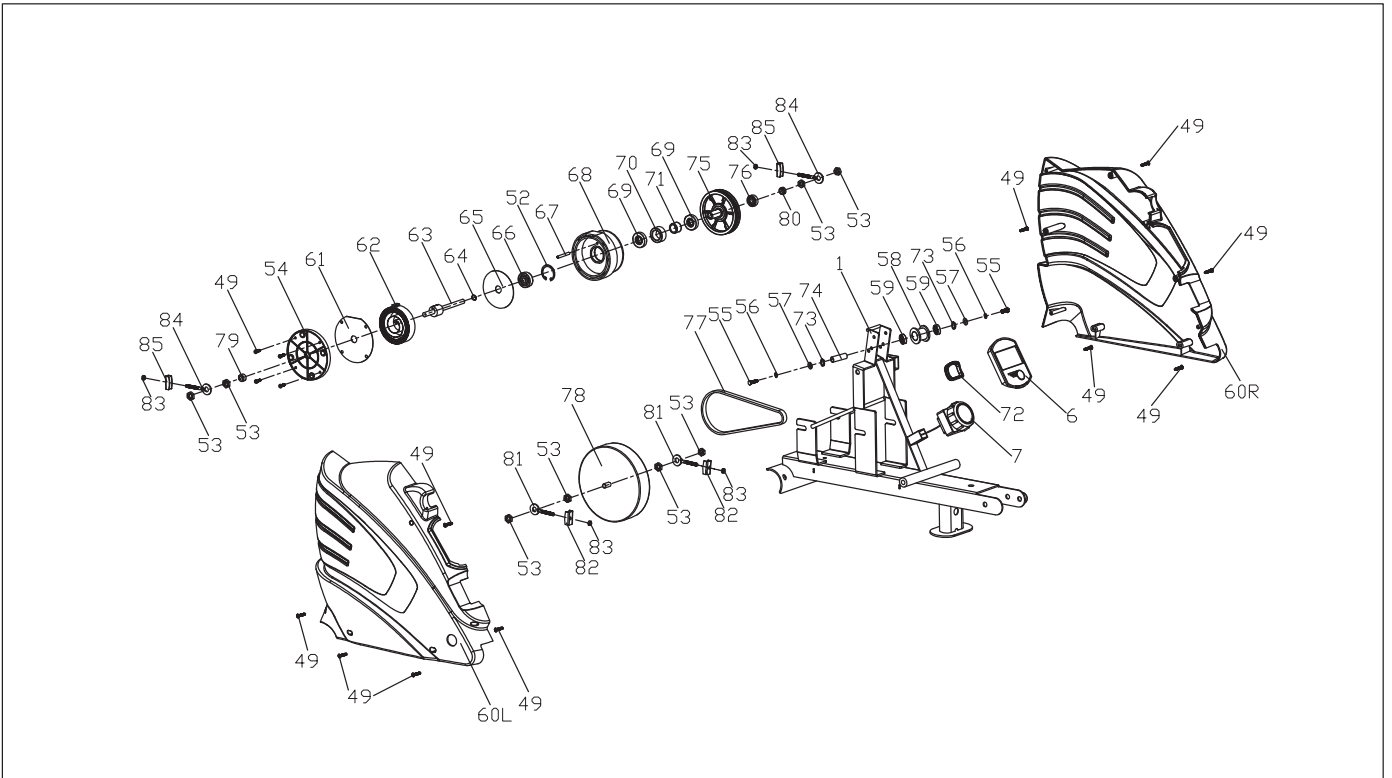
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EXPLODED DIAGRAM



PARTS LIST

NO.	Description	QTY	NO.	Description	QTY
1	Main frame	1	44	Plate	1
2	Knob M10×25	2	45	Screw M6×20	2
3	End cap	2	46	Connection wire	1
4	Foam grip	2	47	Sensor	
5	Handlebar	1	48	Slide plate	2
6	Computer	1	49	Screw ST4.2X18	17
7	Tension control	1	50	Plastic cap S17	2
8	Flat washer D10×2.0×φ20	4	51	Rubber pad	1
9	Nylon nut M10	2	52	Stop collar D35	1
10	Flat washer D13×2.0×φ26	2	53	Hexagon bolt M10×1.0	8
11	Pedal	2	54	Wheel outer cover	1
12	Bolt M12×155×16	2	55	Hexagon bolt M6×15	2
13	Saddle	1	56	Arc washer D6	2
14	Hexagon bolt M10×100	1	57	Flat washer D6×1.0×φ12	2
15	Knob M16×1.5	1	58	Pulley	1
16	Nylon nut M8	3	59	Bearing 6000	2
17	Flat washer D8×1.5×φ16	5	60L/R	Chain cover	1 each
18	Slide rest	1	61	Wheel outer cover PC board Φ111*0.5	1
19	Hexagon bolt M8×110	3	62	Spring 0.5*22*5080	1
20	Sleeve 2	1	63	Wheel axle	1
21	Wheel	2	64	Arch washer D10×Φ15*0.3	1
22	Slide way	1	65	Wheel PC board Φ89*0.5	1
23	Tension belt	1	66	Bearing 6300	1
24	Cushion	4	67	Locating pinΦ5*43	1
25	Hexagon bolt M10×95	1	68	Wheel	1
26	Screw M6×15	4	69	Bearing 16003	2
27	Screw ST4.2×8	4	70	One-way bearing sleeve	1
28	Protect guard	1	71	One-way needle bearing	1
29	Stand rail	1	72	Over lay	1
30	Carriage bolt M8×73	2	73	Washers D10	2
31	Arc washer D8×2×Φ25×R30.5	2	74	Wheel axle	1
32	Cap nut M8	2	75	Belt pulleyΦ104*21.75	1
33	Front bottom tube	1	76	Bearing6000-2RS	1
34	End cap	2	77	Belt	1
35	Flat washer	1	78	Flywheel	1
36	Sensor	1	79	Cone spacerΦ16*Φ10.5*9	1
37	Screw ST3X10	2	80	Cone spacerΦ16*Φ10.5*6	1
38	Rubber pad	1	81	Bolt M6*58	2
39	Magnet	1	82	U-shape gasket	2
40	Steel bushing	2	83	Hex bolt M6	4
41	Bearing	8	84	Bolt M6*50	2
42	PU wheel	4	85	U-shape gasket1*10*30	2
43	Sleeve 1	2			

1 Safety Instructions

Please pay attention to the following instructions before operating this rowing machine.

IMPORTANT SAFETY INFORMATION

Thank you for choosing our product. To ensure your health and safety, please use this equipment as advised. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used in accordance to the manual. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program, you should consult a health professional to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. A health professional's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions, you should consult a health professional before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet (61 cm) of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately. Please contact JLL Fitness on 0800 6123 988 for advice on how to resolve the issue.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.

9. The maximum weight capacity of this unit is 100 kg.
10. To avoid bodily injury and/or damage to the product or property, ensure to follow safe procedures for lifting and moving the item.
11. Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.
12. This equipment is designed for indoor home use only, it is not intended for commercial use.

USER SAFETY PRECAUTIONS

PRIOR TO USE

- Assemble the rower according to the instruction manual.
- Consult your doctor before beginning any exercise program.
- Read instructions.
- Read warning labels.
- Read emergency stop procedures.
- Maximum user weight is 100kg/ 15.7 St.
- Inspect unit. If damaged, DO NOT USE.
- Ensure every bolt and screw is securely tightened.

DURING USE

- DO NOT use for stretching and DO NOT attach straps or other devices.
- DO NOT allow children aged 12 or younger to be on or near the machine.
- Stop exercising if you feel faint, dizzy, or encounter pain.
- Keep all clothing and accessories clear of moving parts.

EXERCISE SAFETY PRECAUTIONS

- Use sports clothes and gym shoes.
- This model should only be used at home, DO NOT use for commercial purposes.

FACILITY SAFETY PRECAUTIONS

- DO NOT operate this machine in damp or wet locations.
 - Use caution when getting on or off the rower.
 - Check the rowing machine for worn or loose components before each use. DO NOT use until worn or damaged parts are replaced.
 - Maintain regularly. Refer to *Preventive Maintenance* chapter.
 - DO NOT use the rower if: (1) the machine is not working adequately or (2) the rower has been dropped or damaged.
 - DO NOT use the rower outdoors.
-

- Read the instruction manual completely before using the rower.
- Ensure all users wear appropriate footwear on JLL® equipment.
- Set up and operate the rowing machine on a level surface. DO NOT operate in small restricted areas or on plush carpet.
- As far as possible provide the following clearances: 0.5 m at each side and 2 m at the back. Be sure your machine is clear of walls, equipment and other hard surfaces.
- DO NOT modify the unit in any way. Any modifications will void the warranty.
- All the data displayed by the monitor is for reference purposes only.

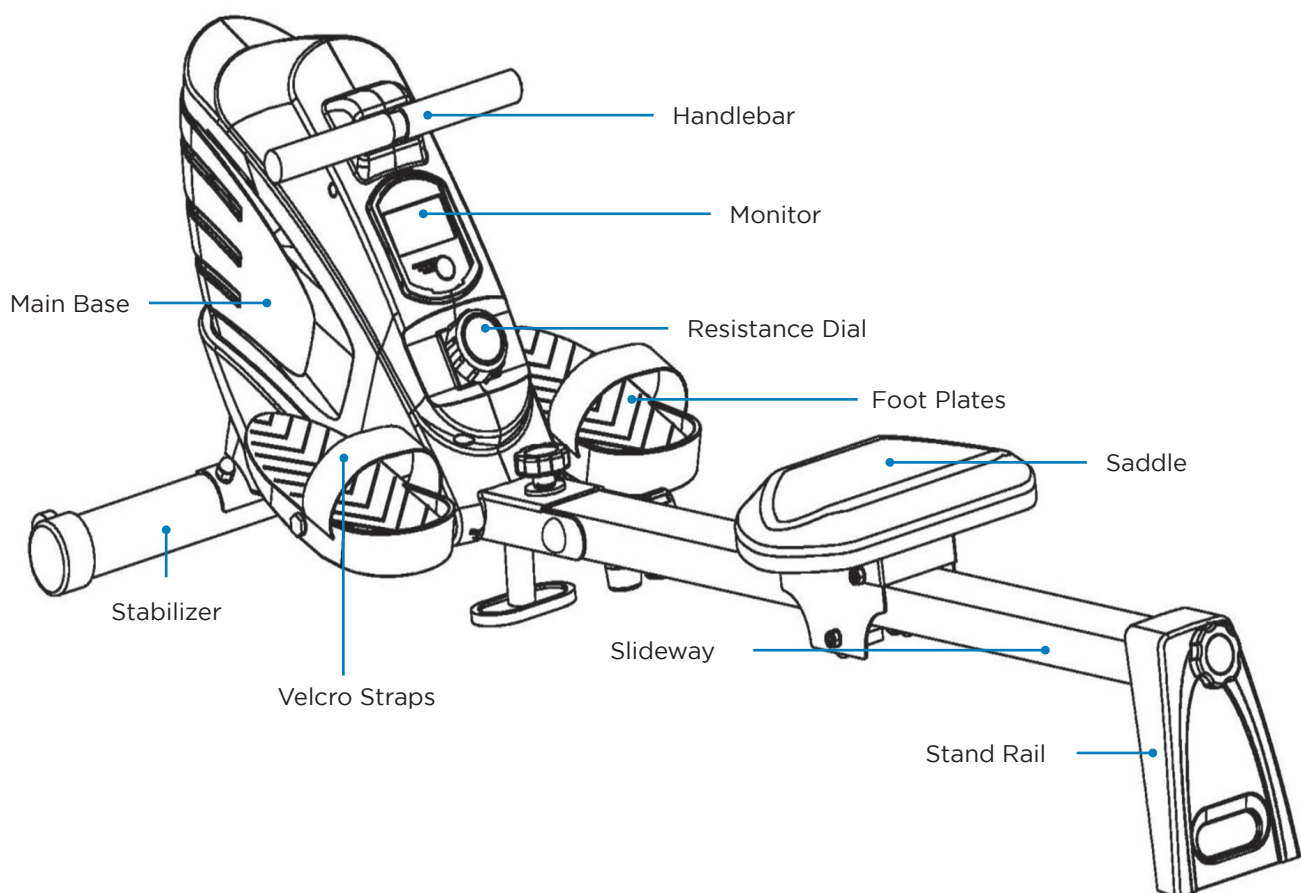
2 Assembly

PREPARING SITE

To find the ideal location to set up this rowing machine, ensure that:

- Area is well illuminated and well ventilated.
- Surface is level.
- There is enough space to access the unit and emergency dismount. If it is possible, keep the following clearances: 0.5 m at each side and 2 m at the back.
- The rowing machine is placed in an environment with a relative humidity range of 30-50%. Please ensure the temperature is kept constant. Do not use in a moist or damp environment as this may impact on the integrity and performance of the machine.

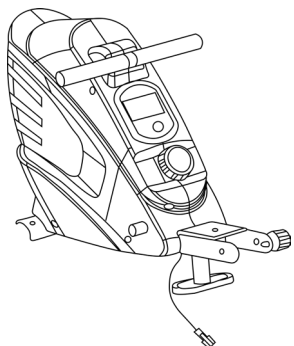
DIAGRAM



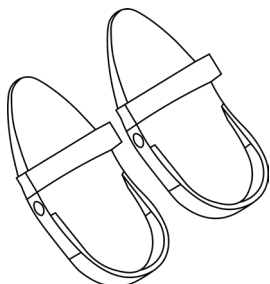
CONTENT LISTING

See diagram (left) and content listing (below) for rower box contents. See *Customer Service* chapter for contact information if any parts are missing.

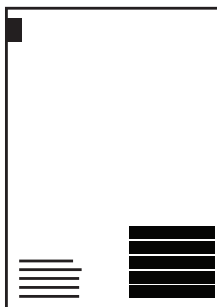
BOX CONTENTS



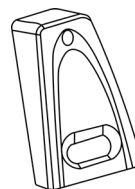
Rower Main Base



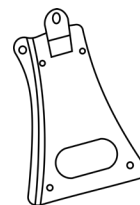
Foot Plates x2



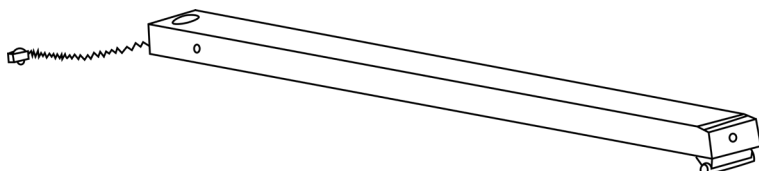
Manual



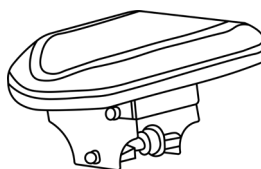
Protective Guard



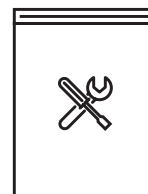
Stand Rail



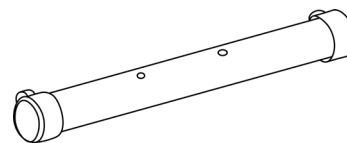
Slideway



Saddle



Tools Pack²

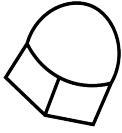


Stabilizer

TOOLS PACK



M8 Carriage
Bolts
x2



M8 Cap
Nuts
x2



D8 Arc
Washers
x2



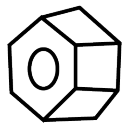
Flat
Washer
x1



D10 Flat
Washers
x4



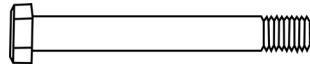
D13 Flat
Washers
x4



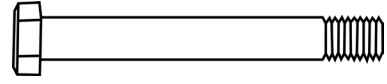
M10 Nylon
Nuts
x2



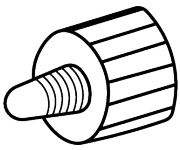
Slideway Plate
x1



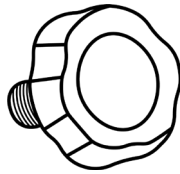
M10 Hexagon Bolt
x2



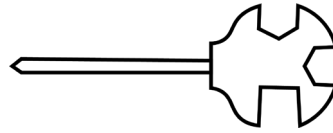
M12 Hexagon Bolt
x2



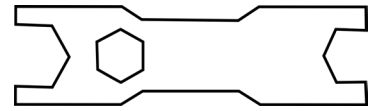
M16 Knob
x1



M10 Knobs
x2



Multi-Tool
x1

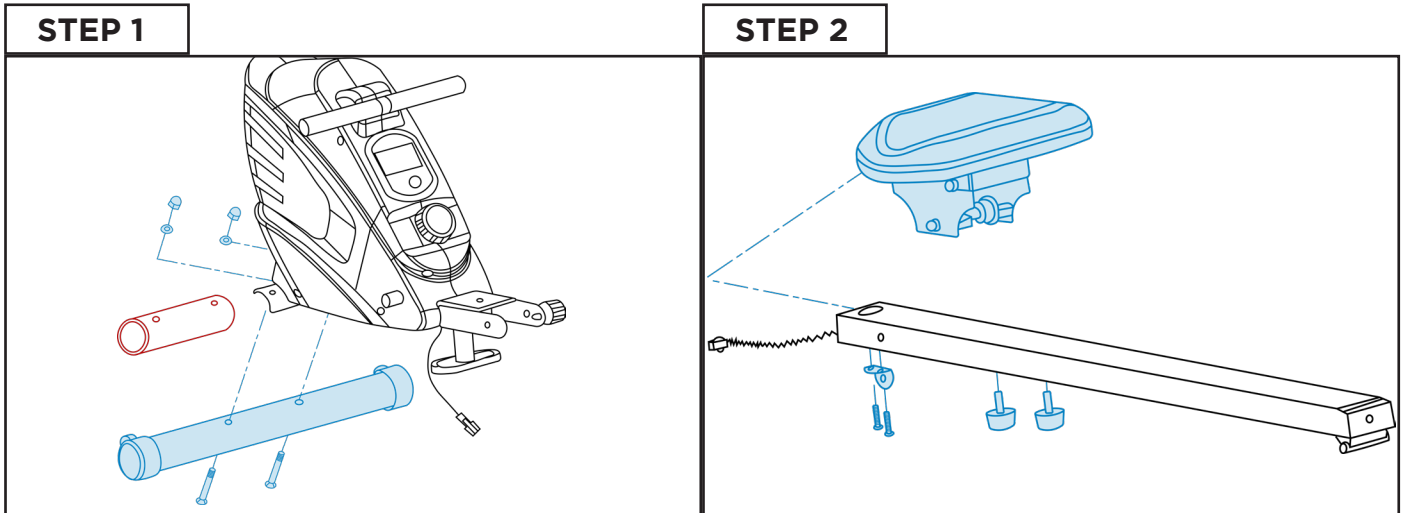


Spanner
x1

R200 ASSEMBLY

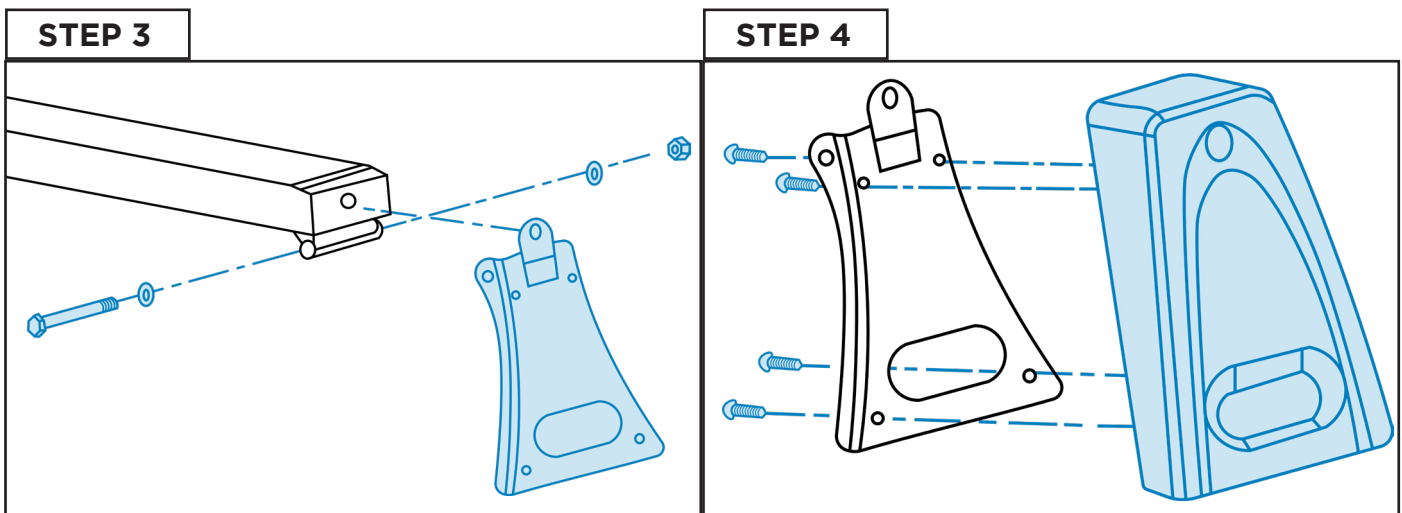
The rower has been assembled and tested at the factory, so you shouldn't have any problems putting all the parts together. Components are designed to fit together, and only basic tools are required for the assembly process. Inside the box you will find a Tools Pack (Hex Allen Key, Spanner, Washers and Bolts). See previous page.

To assemble your JLL R200 please follow these easy steps:



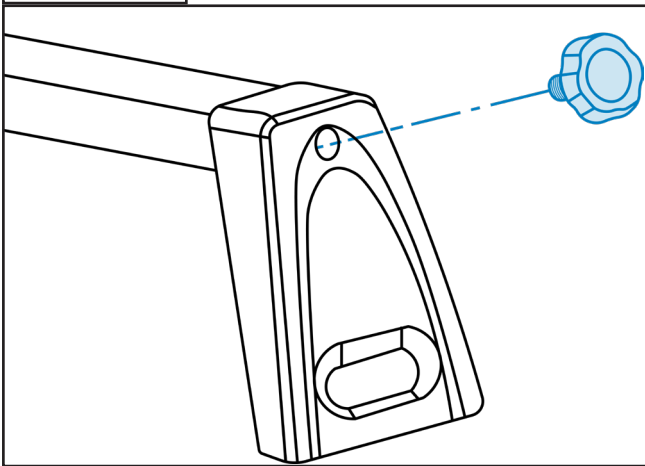
Remove the cardboard tube from the rear of the base and reattach the stabilizer using the two M8 carriage bolts, D8 arc washers and M8 cap nuts.

Remove the two cushions and two M6 screws from the slideway. Slide the saddle onto the slideway and reattach the cushions and plate from your tools pack using the two screws.

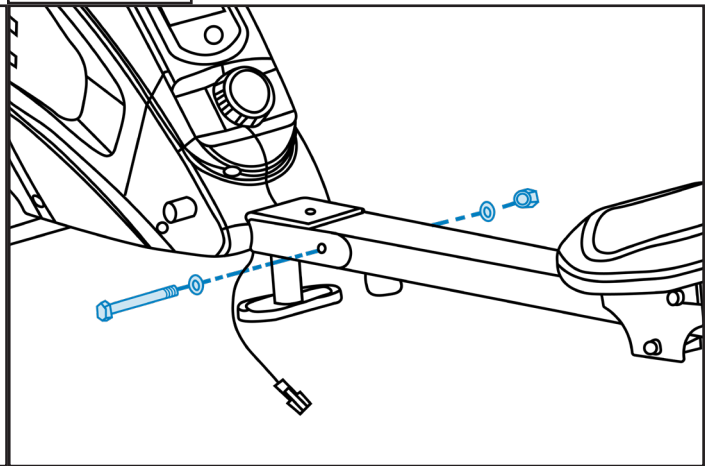


Attach the stand rail to the front of the slideway using an M10 hexagon bolt, two D10 flat washers and M10 nylon nut.

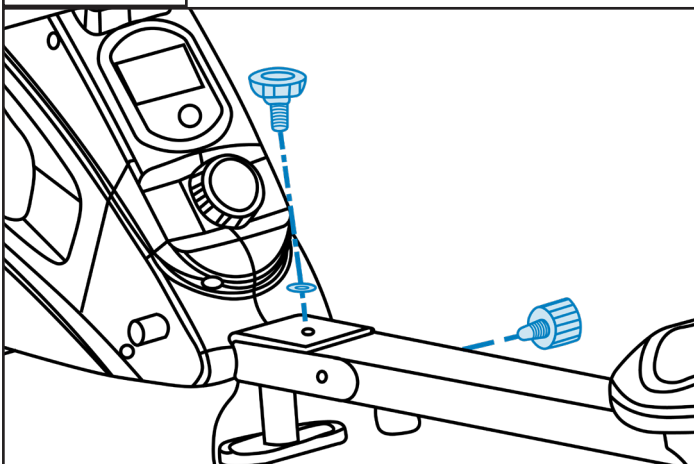
Place the protective guard over the stand rail and secure it in place using the four screws. The screws will come attached in the back of the protective guard.

STEP 5

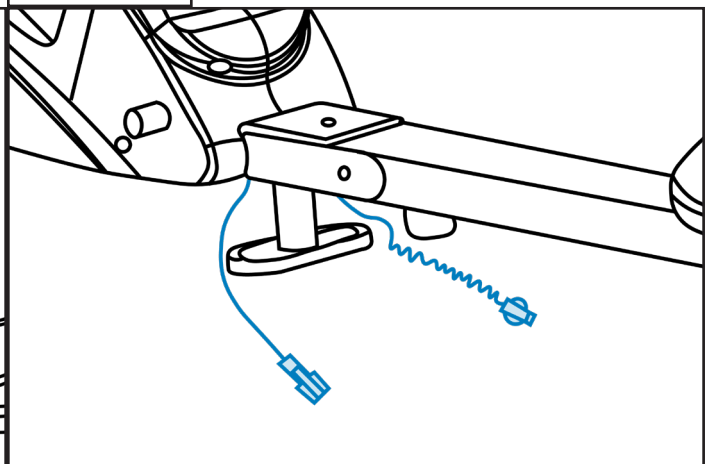
Add an M10 knob to the front of the slideway.

STEP 6

Attach the slideway to the main base using another M10 hexagon bolt, two D10 flat washers and an M10 nylon nut.

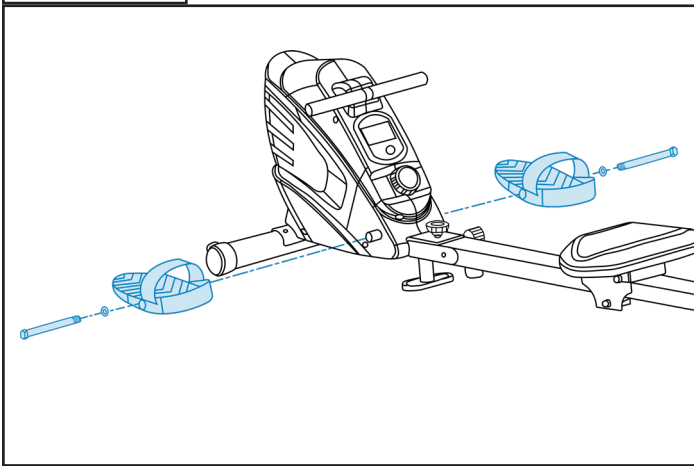
STEP 7

Secure the slideway using an M10 knob, flat washer and an M16 knob.

STEP 8

Clip the sensor wires together. Make sure the pins are aligned.

STEP 9

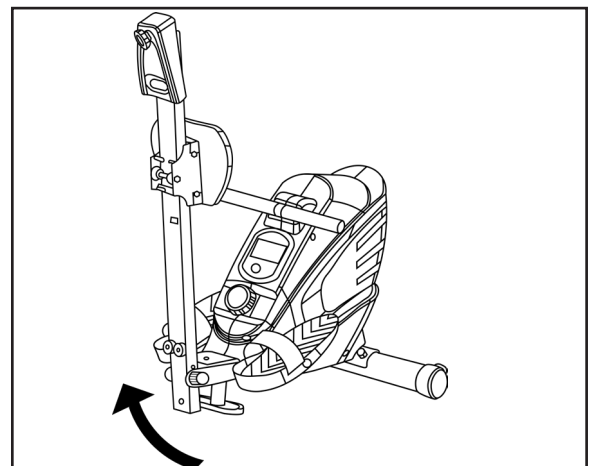


Feed two M12 bolts through each pedal with two D13 flat washers to attach the footplates to the main base.

FOLDING & UNFOLDING THE ROWING MACHINE

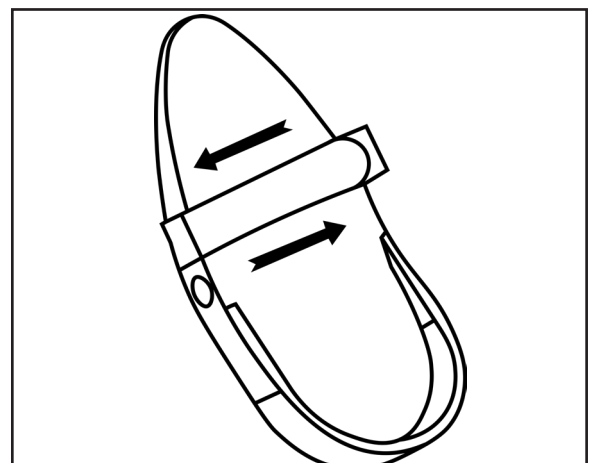
When not in use, you can save space by folding the slideway. Remove the M10 knob, flat washer and M16 knob to fold the slideway to an upright position. Please take care with the connection under the join of the slideway.

Return the M16 knob to its slot and attach the M10 knob and flat washer.



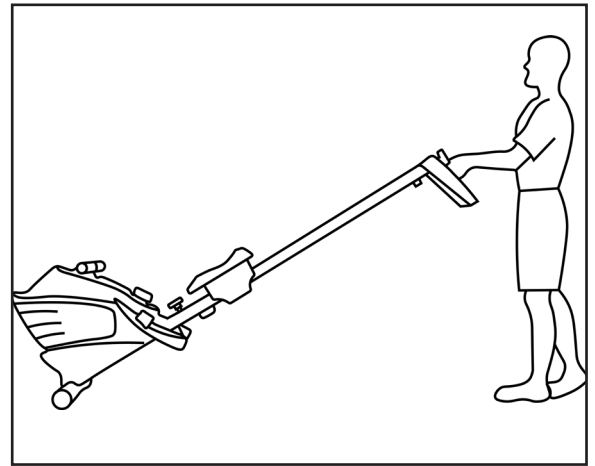
ADJUSTING THE PEDALS

The pedal strap length can be adjusted to fit the user's foot size. To tighten, pull the velcro end of the pedal strap upward then to the right and down to secure it to the mesh side of the strap.



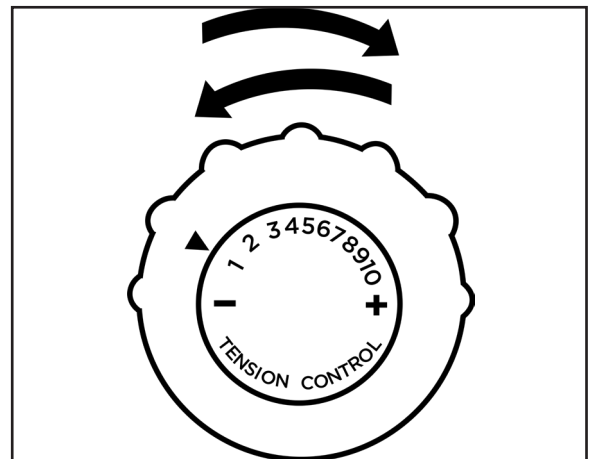
MOVING THE MACHINE

To move the machine, lift the end of the slideway until the transport wheels touch the floor. Then move the rower to wherever you would like.



ADJUSTING THE RESISTANCE

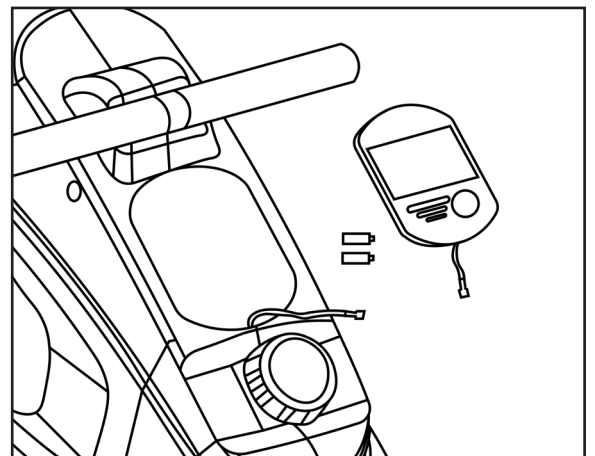
Rotate the tension control knob clockwise to increase the level of resistance. Rotate the tension control knob counter-clockwise to decrease the level of resistance. Level 1 is the lowest and level 10 is the highest.



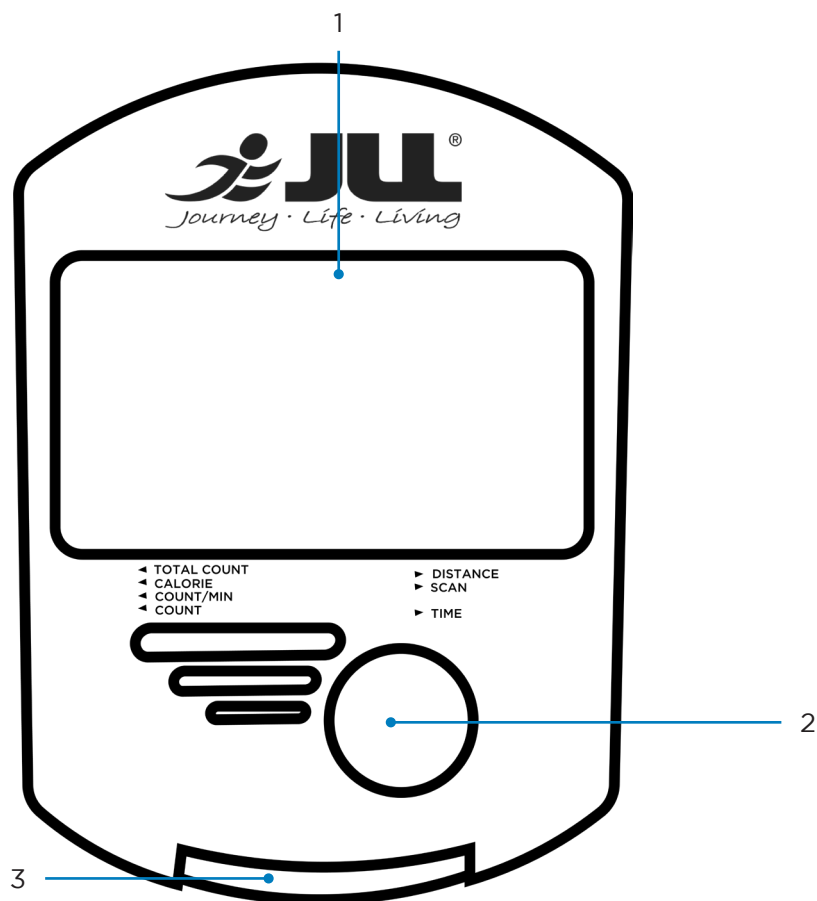
REPLACING THE BATTERIES

Two "AA" batteries are included in the monitor. To replace the battery, remove the monitor from the main base by lifting the clip underneath. This will pop out the monitor and allow you to change the battery.

NOTE: The sensor wire can be disconnected to give you better access to the monitor. Remember to reconnect after replacing the battery.



MONITOR CONFIGURATION



1	LCD display	3	Monitor clip
2	Button		

MONITOR SPECIFICATIONS

Time.....	00:00 - 99:59 MIN:SEC
Count.....	0 - 9999 STROKES
Total Count.....	0 - 9999 STROKES
Calorie.....	0 - 9999 KCAL
Count/Min.....	0 - 9999 STROKES/MIN
Distance.....	0 - 9999 KM

SPECIFICATIONS

Display	LCD Monitor: Total Count, Calorie, Count/Min, Count, Distance, Scan, Time
Storage	Foldable and built-in wheels.
Flywheel	Advanced belt driving system for excellent training results
Resistance	10 Levels of magnetic resistance
Battery	2 x AA
Saddle	Foam filled seat with free movement up and down the slideway.
Pedals	Wide platform pedals
Handlebars	Foam padded handles
Colour	Black and silver
Slideway Length	115.5 cm
Maximum User Weight	100kg, 15.7 St or 220 lb.
Occupying Area	180 cm (Length) x 52 cm (Width) x 49 cm (Height)
Folded Area	71 cm (Length) x 52 cm (Width) x 127 cm (Height)
Packaging Dimensions	124 cm (Length) x 22.5 cm (Width) x 58 cm (Height)
Gross Weight	26.2kg
Net Weight	23kg

3 Operation

OPERATION PROCEDURES

Mode: To select the function you want to display, press the single button on the monitor until the small arrow indicates to your desired function.

To reset your monitor, press and hold the button for 4 seconds to set all the values back to zero.

Auto On/Off: The monitor will turn on when you start rowing or by pressing the button. The monitor will turn off after being inactive for 4 minutes.

FUNCTIONS

DISTANCE: The distance covered in kilometers during your workout.

TIME: Counts the duration of your workout.

COUNT: Counts the strokes completed during your workout.

TOTAL COUNT: Counts the total number of strokes the machine has done since first being used.

CALORIE: Counts the estimated calories burnt while exercising.

COUNT/MIN: Displays the average strokes per minute.

SCAN: Scans through each function repeatedly.

TESTING THE ROWER OPERATION

Use the following instructions to test the full resistance of the rower and to check the chord for proper operation.

1. Sit on the machine and place your feet on the footplates, gently complete a few strokes.
2. Check the monitor to make sure the digits are changing.
3. Turn the tension control knob from 1 to 10 and check to feel a difference in the difficulty of resistance.
4. As you are performing each stroke make sure the chord is retracting fully into in the base and is not slack.
5. Also make sure there are no unusual noises coming from the machine and no wobble during your workout.

4 Maintenance

Maintenance must be performed on a regular basis. Performing maintenance actions can aid in providing safe and trouble-free operation of all JLL® equipment.

JLL® are not responsible for performing regular inspection and maintenance actions for your machine. JLL® representatives are available to answer any questions that you may have on +44 (0)800 6123 988.

PREVENTIVE MAINTENANCE ACTIVITIES

Keeping the rowing machine in a clean state will help to prolong its life. Perform regular preventive maintenance to ensure normal operation of the unit. Keep a log of all maintenance actions to assist in staying current with all preventive maintenance activities. JLL® is not responsible for performing regular inspection or maintenance.

Read all instructions and warnings listed both in this chapter and in the *Safety* chapter. Contact JLL® Customer Service on +44 (0)800 6123 988 for any maintenance or service concerns.

Requirements:

- Water
- Dry cloth
- Vacuum

WARNING

1. Only use water to clean and dust. Do not use any cleaning product because they may damage the rower.
2. Be careful not to spill or get excessive moisture between the edge of the display panel, as this might create an electrical hazard or cause failure of the electronics.
3. Direct spraying could cause damage to the electronics and may void the warranty.

Depending on where the rowing machine is placed, you may experience dry air, causing a common experience of static electricity. You can notice that by walking across a carpet and then touching a metal object. On your rower you may experience a shock due to the build-up of static electricity on your body and the discharge path of the rower. If you experience this type of situation, you may want to increase the humidity to a comfortable level through the use of a humidifier.

Check your machine regularly for rust. If rust starts to appear on the screws it means the item is not housed in the correct environment and will need to be moved to a more suitable room. Any rust will indicate there may be moisture in the air and as a result this could impact on the integrity and performance of your machine.

⚠ WARNING

1. Use only JLL® replacement parts.
2. Keep water and liquids away from electrical parts.
3. If you allow your machine to become rusty, this will affect your warranty.

ROWER CLEANING

Keep the slideway free of dust and debris for smooth running and preventing injuries. Debris may cause damage to the rollers underneath the saddle.

After every workout use a neat, dry cloth for cleaning the machine and the handlebars to prevent the unit of corrosion. Wipe away any sweat that may have dripped. Avoid scratching the display by using a soft cloth.

Do not use abrasive or chemical cleaning agents.

3 EASY STEPS TO CLEAN YOUR ROWING MACHINE

Recommendation (these are just a guideline):

- Use a clean cloth to wipe down the whole machine.
- Vacuum or sweep the floor underneath and around the rower to prevent any dust going into the machine. A treadmill mat can help to reduce dust.
- Use a vacuum cleaner or a soft damp cloth to clean machines entire cover area. When not using product for an extended period of time the product should be folded and stored in a suitable environment.

5 Additional Information

CONTACT INFORMATION

In case any issues arise, please do not hesitate to contact our Customer Service team on +44 (0)800 6123 988 or email us at **CONTACT@JLLFITNESS.CO.UK**

You can also visit our support centre at **SUPPORT.JLLFITNESS.CO.UK** for maintenance and assembly articles & videos.

DISCLAIMER

- You should consult your physician, doctor or other health care professional before starting or taking part in any of our workout guides. It is your responsibility to evaluate your own health before taking part or performing any physical activity you may see associated with JLL Fitness Ltd.
- Always seek professional advice before changing your diet or starting any exercise program.
- JLL Fitness Ltd is not liable for any injuries or damages that may occur when assembling or using this rowing machine.
- By reading this you assume full responsibility for any injuries or changes to your physical well-being. You waive all rights and release JLL Fitness Ltd of blame from any injuries or damages to property that may occur whilst following our advice.
- This manual offers specific instructions on how to assemble and maintain your rowing machine. Failure to follow these directions may result in your warranty being void.

WWW.JLLFITNESS.COM

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