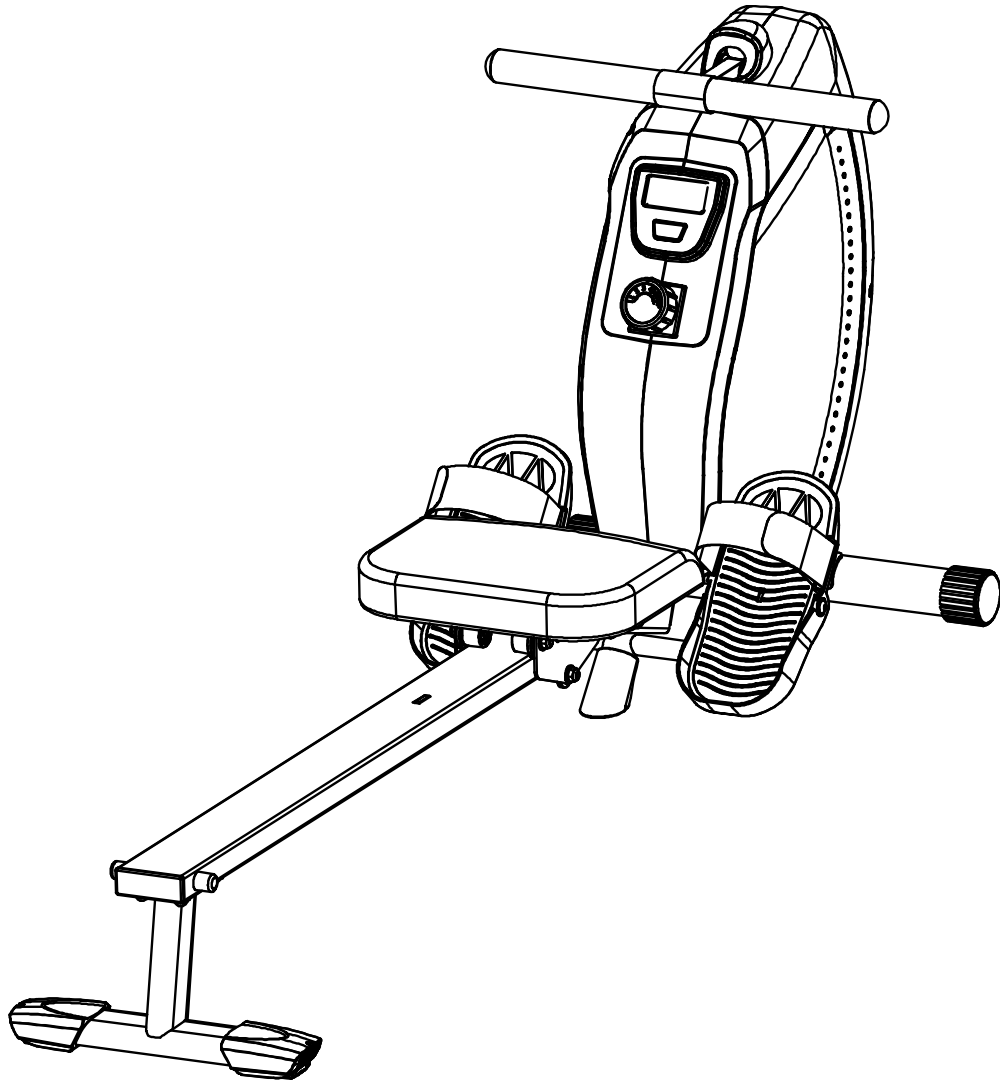


EFITMENT



RW025 Magnetic Rowing Machine with Steel Slide Rail User Manual

IMPORTANT: Read all instructions carefully before using this product. Retain owner's manual for future reference. For customer service, please contact: service@zoovaa.com

IMPORTANT SAFETY INFORMATION

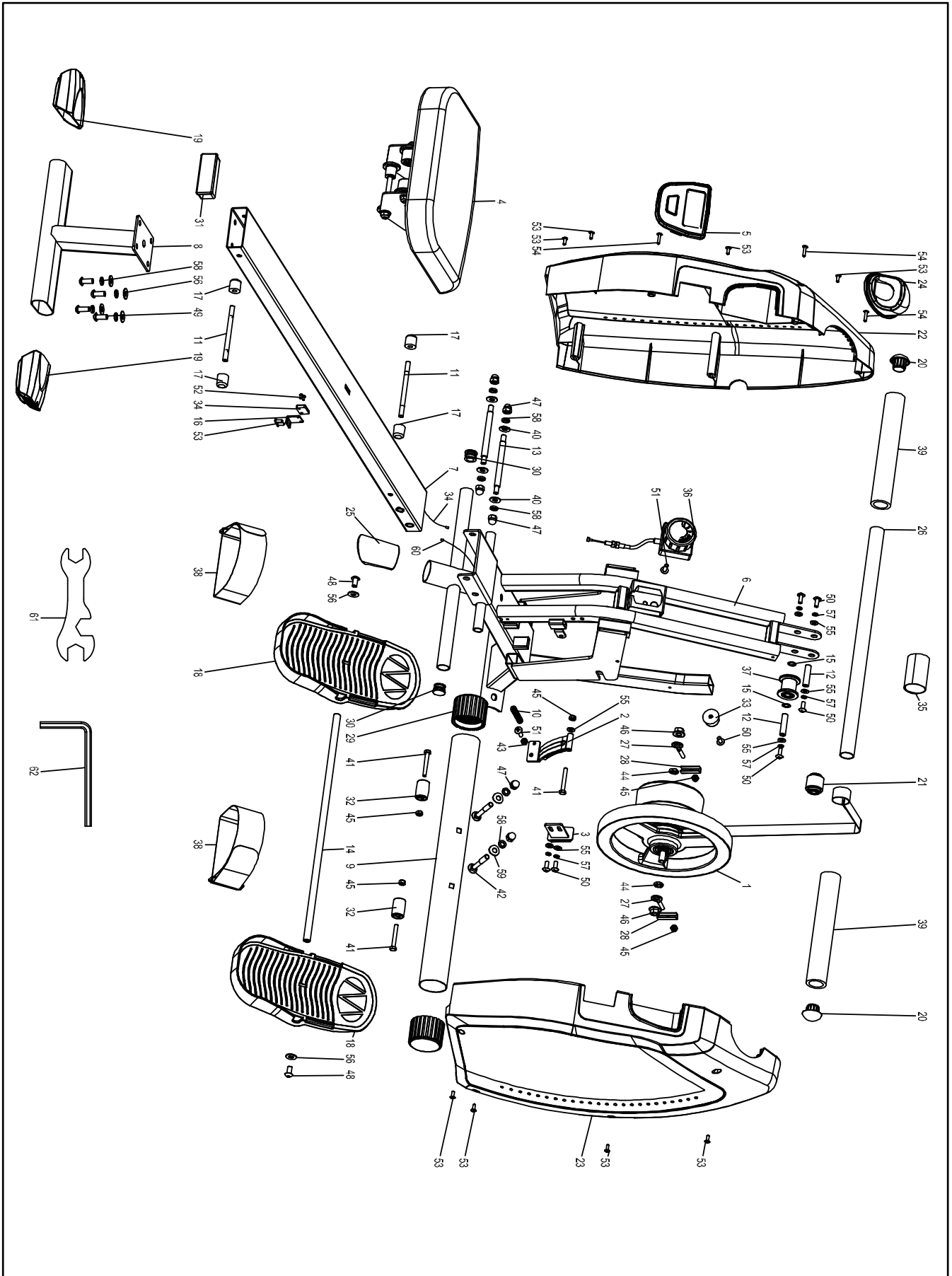
We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be assured if the equipment is assembled, maintained, and used properly. 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 your physician 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. Your physician's advice is essential if you are taking any medication that may affect 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, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician 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 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, stop using the equipment immediately and don't use the equipment until the problem has been rectified.
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 250 pounds.
10. This equipment is not suitable for therapeutic use.
11. Move with caution when lifting and moving the equipment. Always use proper lifting technique and seek assistance if necessary.
12. 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.
13. This equipment is designed for indoor use only! It is not intended for commercial use!



WARNING: This product can expose you to one or more chemicals known to the State of California to cause cancer and birth defects or reproductive harm. For more information go to www.P65Warnings.ca.gov.


EXPLODED DRAWING




PARTS LIST

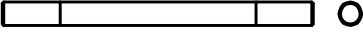
NO.	DESCRIPTIONS	QTY	NO.	DESCRIPTIONS	QTY
1	Coil spring flywheel	1	32	Bushing	2
2	Adjustable magnetic control	1	33	Rubber foot pad	1
3	Fixable magnetic control	1	34	Sensor wire	1
4	Seat	1	35	Velcro	1
5	Meter	1	36	Tension control knob	1
6	Main frame	1	37	Pulley	1
7	Sliding rail	1	38	Pedal strap	2
8	Rear stabilizer	1	39	Foam grip	2
9	Front stabilizer	1	40	Flat washer $\Phi 10.3 \times \Phi 20.0 \times T2.0$	4
10	Compression spring	1	41	Hexagon bolt M6x45	3
11	Screw	2	42	Bolt M8x60	2
12	Axle for sliding wheel	2	43	Hexagon nut M6	1
13	Connecting axle	2	44	Hexagon nut M10	2
14	Pedal shaft core	1	45	Nylon nut M6	5
15	Washer	2	46	Hexagon nut M10	2
16	Fixed piece for sensor wire	1	47	Cap nut M8	6
17	Limit pad	4	48	Allen screw M8x15	2
18	Pedal	2	49	Allen screw M8x20	4
19	End cap for rear stabilizer	2	50	Screw M6x15	7
20	End cap for handlebar	2	51	Screw M6x20	2
21	Block wheel for mesh belt	1	52	Self tapping screw ST2.9x6.5	2
22	Left chain cover	1	53	Self tapping screw ST4.2x13.0	10
23	Right chain cover	1	54	Self tapping screw ST4.2x20.0	3
24	Decoration cover	1	55	Flat washer $\Phi 6.4 \times \Phi 13.0 \times T1.5$	7
25	Foot pad	1	56	Flat washer $\Phi 8.4 \times \Phi 19.0 \times T1.6$	6
26	Handlebar	1	57	Spring washer $\Phi 6.1 \times \Phi 9.3 \times T1.6$	6
27	Screw	2	58	Spring washer $\Phi 8.4 \times \Phi 13.5 \times T2.5$	10
28	U shape seat	2	59	Arc washer $\Phi 8.4 \times \Phi 19.0 \times T1.5$	2
29	End cap for front stabilizer	2	60	Meter trunk wire	1
30	Round plug	2	61	Spanner #13,#14,#15	2
31	Square plug	1	62	Allen wrench S5	2

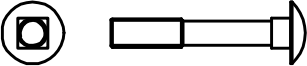
HARDWARE PACKAGE



#61 S13-14-15 2PCS


#62 S5 2PCS


#13 Connecting axle 2PCS


#11 Screw 1PC


#42 M8x60 2PCS


#49 M8x20 4PCS



#47 M8 6PCS


#56 $\Phi 8.4 * \Phi 19.0$ 6PCS




#59 $\Phi 8.4 * \Phi 19.0$ 2PCS


#48 M8x15 2PCS

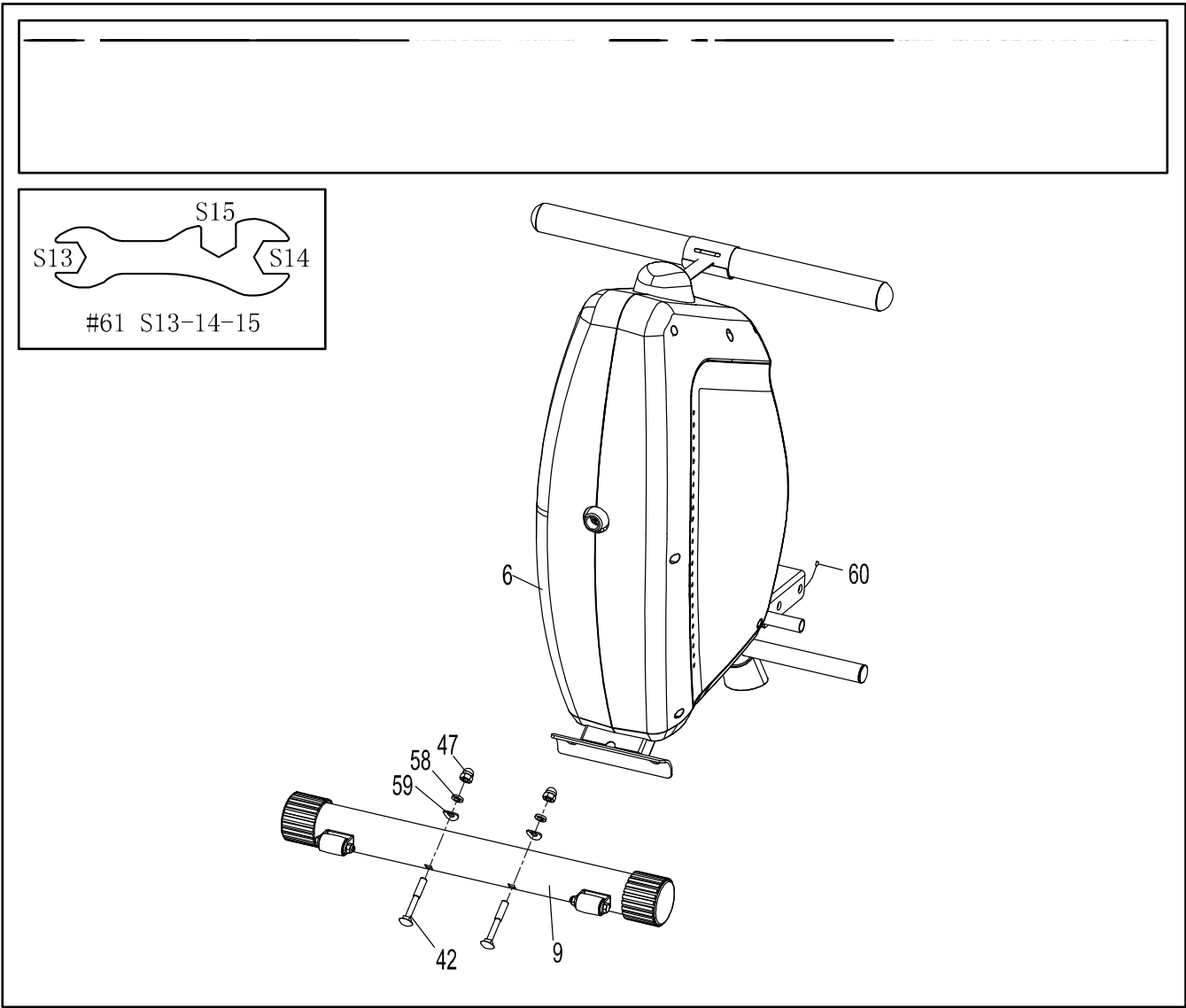


#58 $\Phi 8.4 * \Phi 13.5$ 10PCS


#17 Limit pad 2PCS



#40 $\Phi 10.3 * \Phi 20.0$ 4PCS

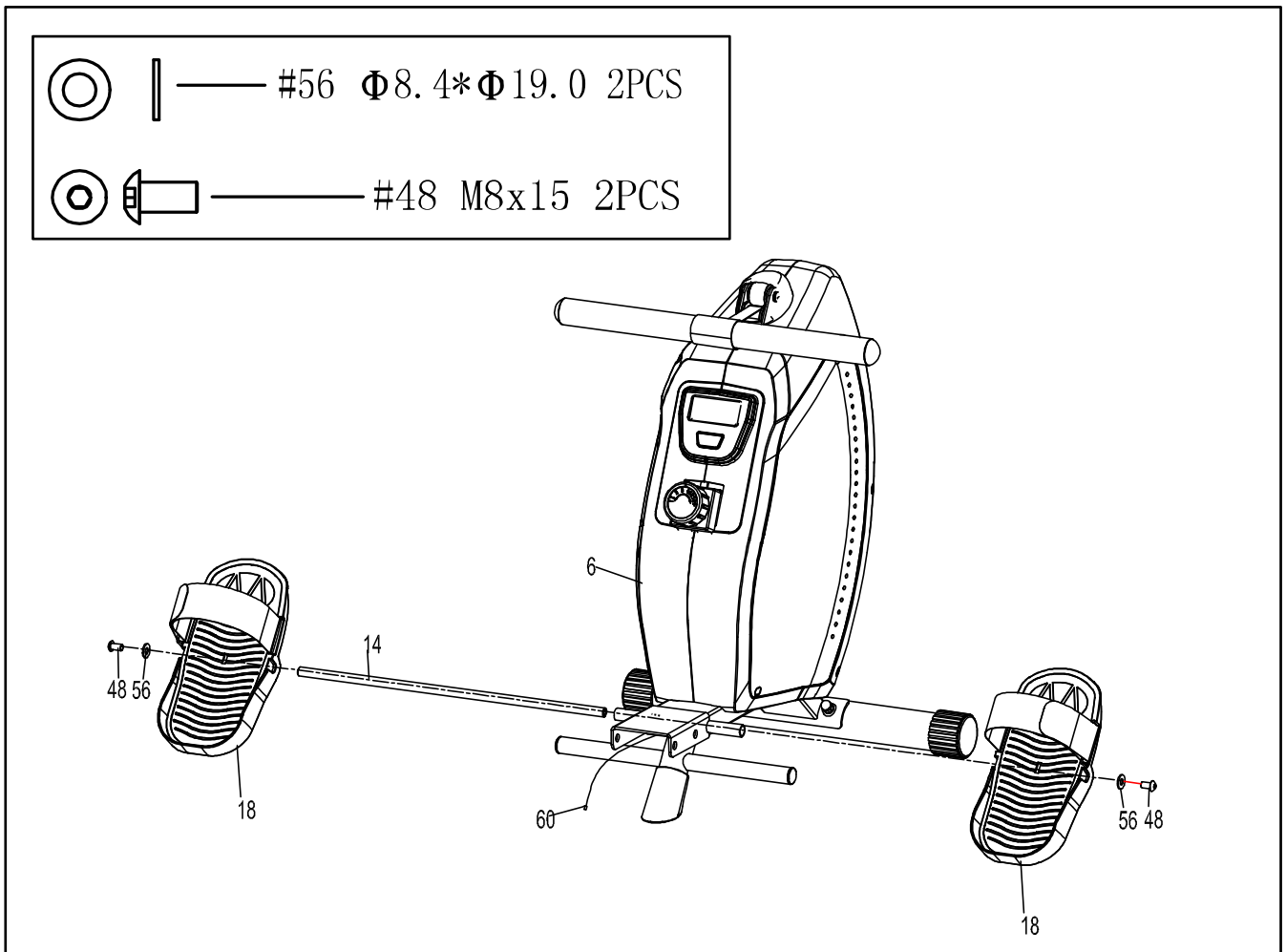
ASSEMBLY INSTRUCTIONS



STEP 1.

Attach the **Front Stabilizer (No.9)** into the **Main Frame (No.6)** using 2 **Screws (No.42)**, 2 **Arc Washers (No.59)**, 2 **Spring Washers (No.58)** and 2 **Cap Nuts (No.47)**. Tighten with **Spanner (No.61)**.

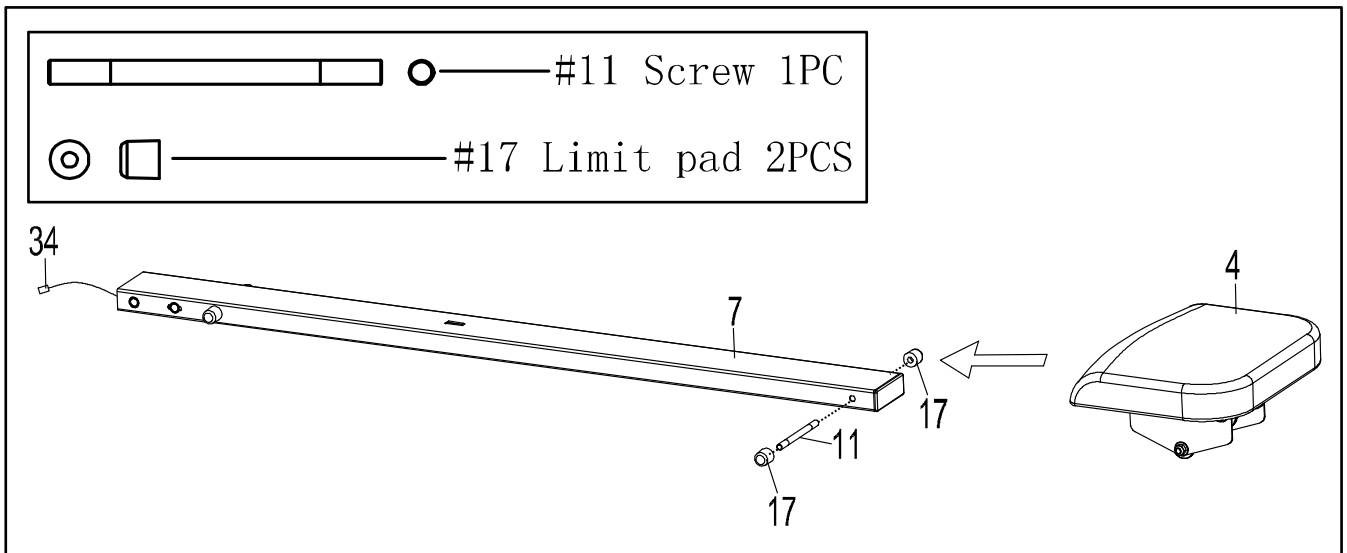
ASSEMBLY INSTRUCTIONS



STEP 2.

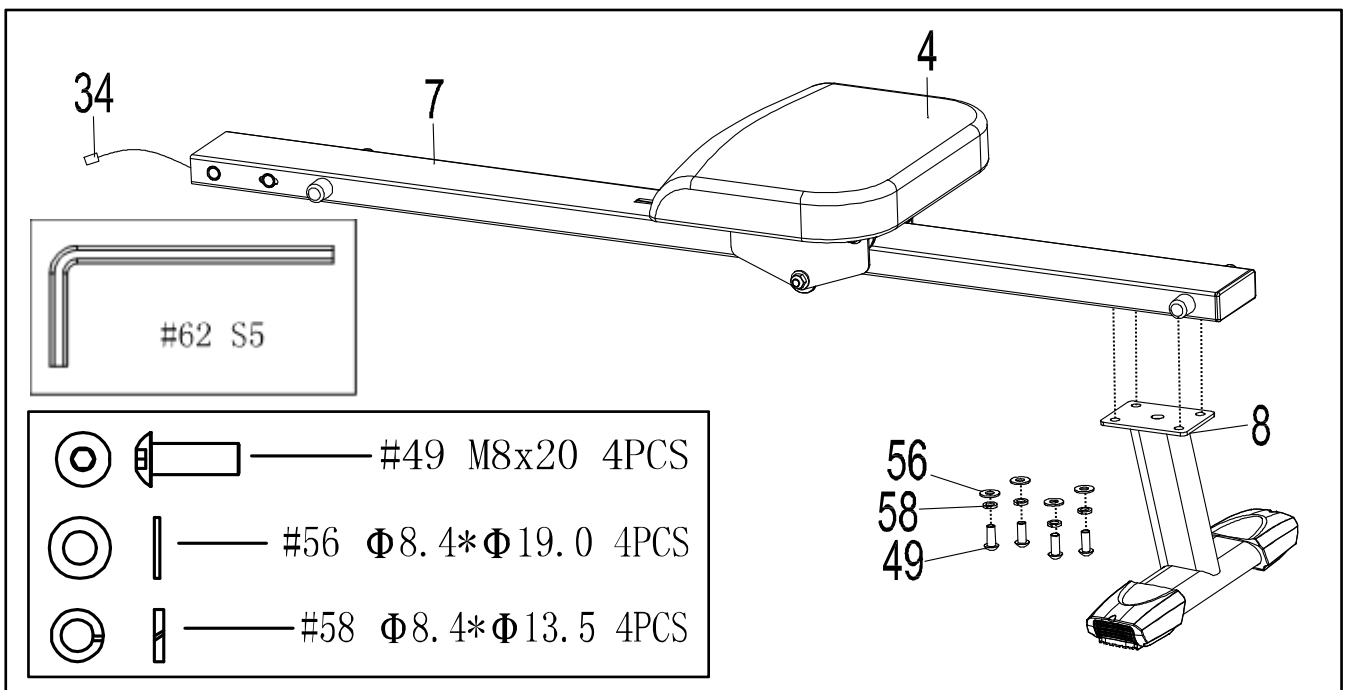
Insert the **Pedal Shaft Core (No.14)** into pedal support post the **Main Frame (No.6)**. Slide the **Pedals (No.18)** onto each end of the **Pedal Shaft Core (No.14)**. Secure using 2 **Flat Washers (No.56)** and 2 **Allen Screws (No.48)**. Tighten with **Allen Wrench (No.62)**.

ASSEMBLY INSTRUCTIONS



STEP 3.

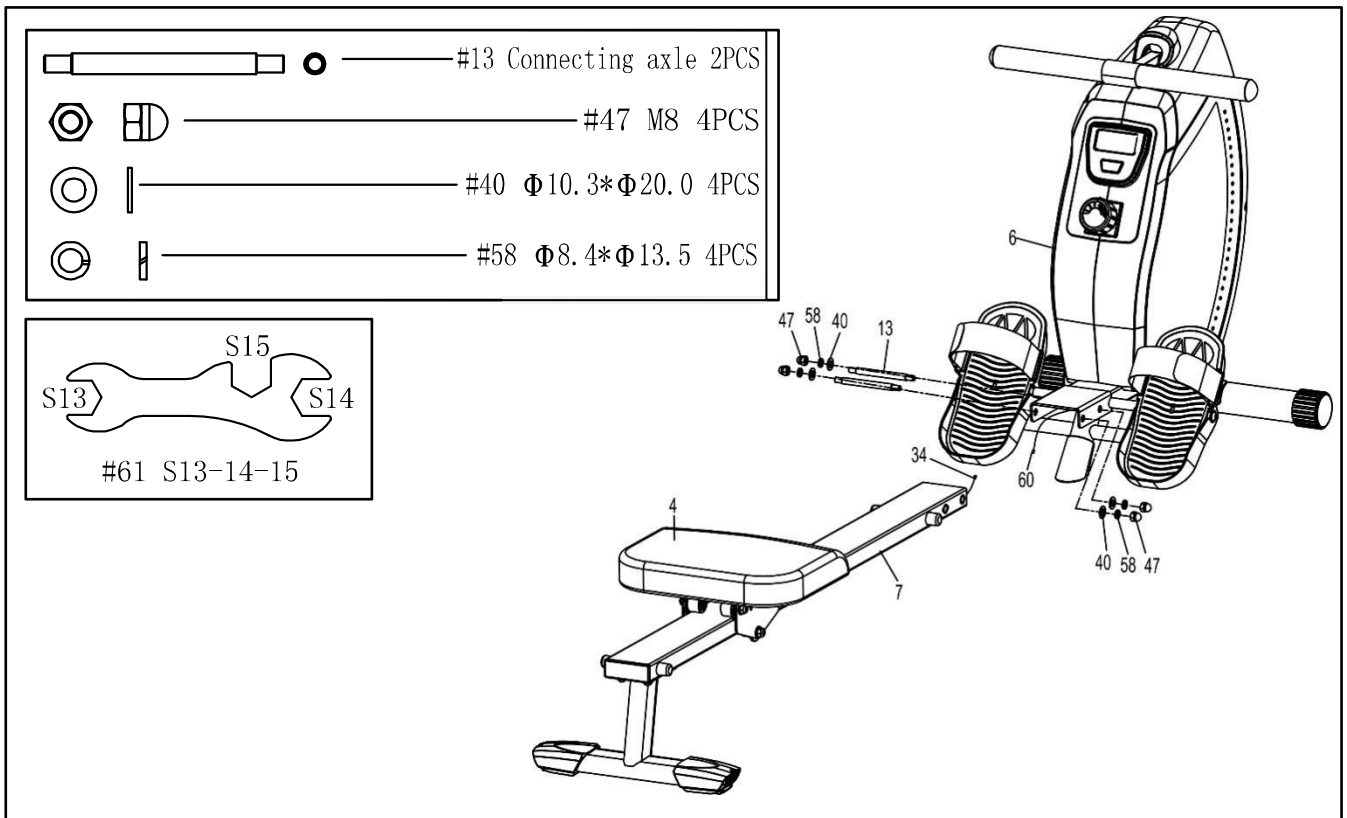
Insert the **Saddle (No.4)** onto the **Sliding Rail (No.7)** following the direction of arrow. Fix **Limit Pad (No.17)** and **Screw (No.11)** into the **Sliding Rail (No.7)**.



STEP 4:

Attach the **Rear Stabilizer (No.8)** to the **Sliding Rail (No.7)** using 4 **Flat Washers (No.56)**, 4 **Spring Washers (No.58)** and 4 **Allen Screws (No.49)**. Tighten with **Allen Wrench (No.62)**.

ASSEMBLY INSTRUCTIONS



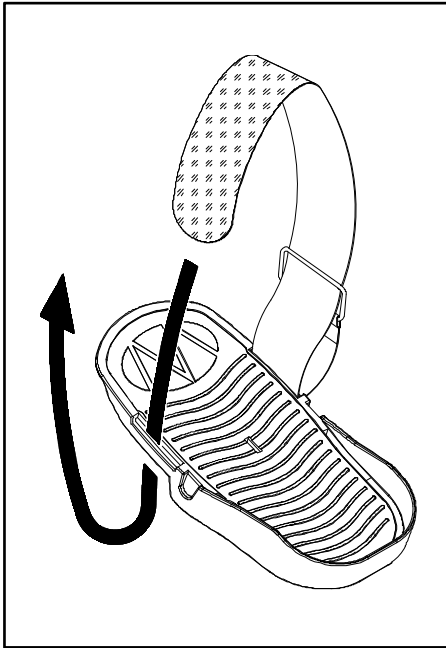
STEP 5.

Connect the **Computer Trunk Wire (No.60)** with the **Sensor Wire (No. 34)**.

Attach the **Sliding Rail (No.7)** to **Main frame (No.6)** using 2 **Connecting Axles (No.13)**, 4 **Flat Washers (No.40)**, **Spring Washers (No. 58)** and 4 **Cap Nuts (No.47)**.

ADJUSTMENT GUIDE

PEDAL ADJUSTMENT



The pedal strap is adjustable and can be personalized to fit the user's foot size.

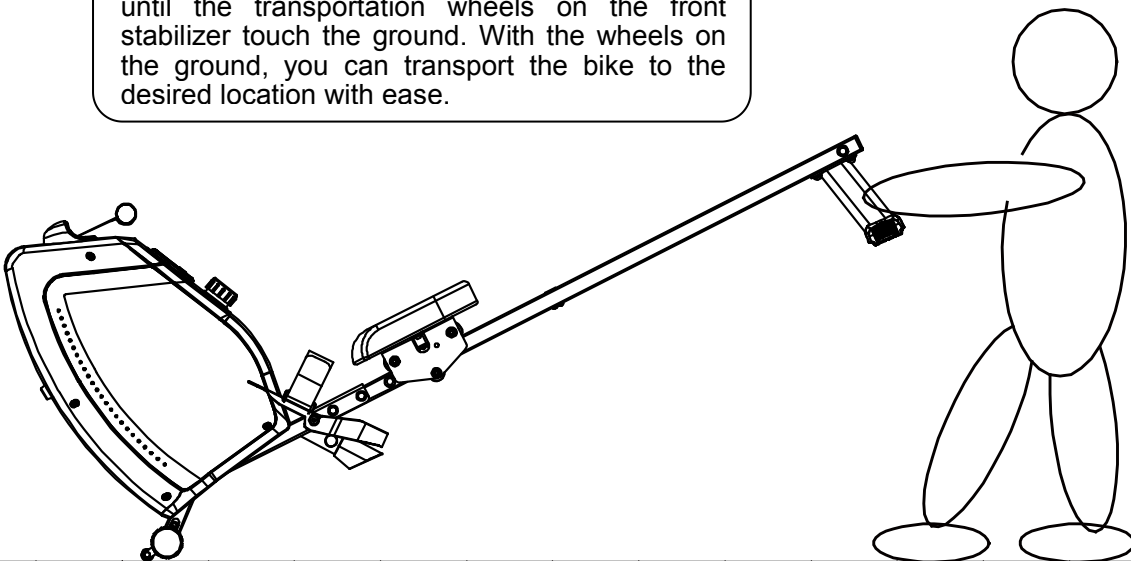
To adjust the pedal strap, remove the Velcro end of the strap from the mesh side by pulling it upward then to the left.

Once removed, you may increase the opening of the pedal strap by pulling the mesh end up and to the right.

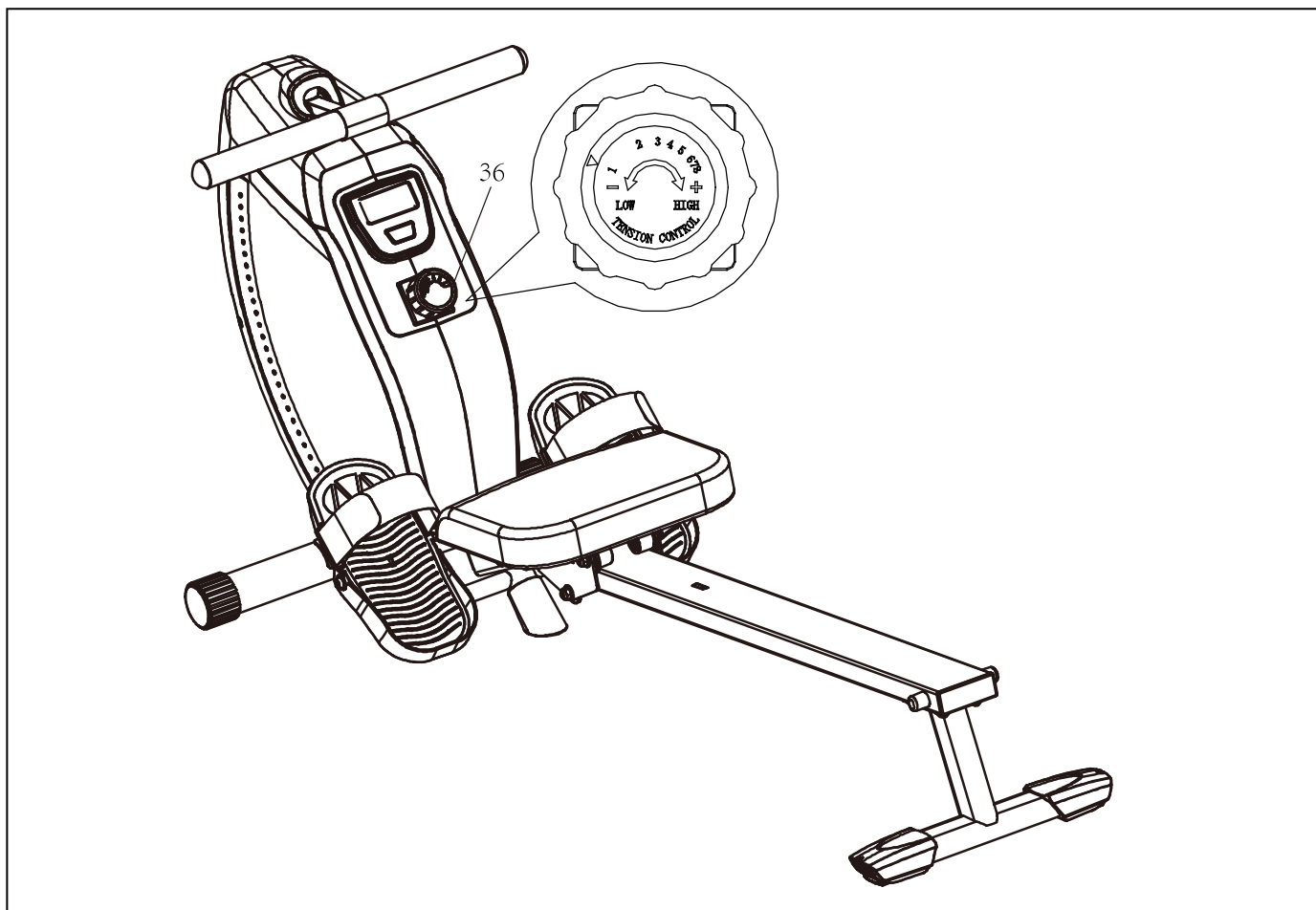
To tighten, pull the Velcro end of the pedal strap upward then to the right and down to secure it to the mesh side of the strap.

MOVING THE MACHINE

To move the machine, lift up the rear stabilizer until the transportation wheels on the front stabilizer touch the ground. With the wheels on the ground, you can transport the bike to the desired location with ease.



ADJUSTMENT GUIDE



ADJUSTING THE RESISTANCE

Rotate the **Tension Control Knob (No.36)** *clockwise* to increase the level of resistance. Rotate the **Tension Control Knob (No.36)** *counter-clockwise* to decrease the level of resistance.

Tension levels are set at Level 1 being the lowest and Level 8 being the highest.

CAUTION!

Moving parts, such as the seat, can crush and cut. Keep hands clear of the sliding rail during use!

METER INSTRUCTIONS

CNT (COUNT) -----0~9999
TIME (TIME)-----0:00~99:59MIN
RPM (STROKES/MINUTE) -----0~9999
CAL (CALORIES)----- 0~9999 (0.0~999.9) KCAL
DIST (DISTANCE) -----0.1-999.9 ML

KEY FUNCTIONS

MODE: Press to select functions: time, calories, rpm, scan, count. Hold the button for 3 seconds to reset all values.

OPERATION PROCEDURES

AUTO ON/OFF

When you start rowing or press the MODE key, the meter will turn on. After approximately 4 minutes of inactivity, the meter will shut off.

MODE

To select the LOCK MODE setting, press the MODE key when the pointer on the function you wish to select begins to blink. Once locked, only the selected function will be displayed.

RESET

The computer can be reset by pressing and holding the MODE button for three seconds. Removing the batteries will also reset the computer and reset all values back to zero.

FUNCTIONS

SCAN: Repeatedly displays functions in the following order shown: count, time, speed, calories, distance.

CNT(COUNT): Counts number of strokes.

TIME : The total exercise time will be shown.

RPM (STROKES/MINUTE): Display current speed during working time.

CAL(CALORIES): The calorie burned will be displayed.

DIST (DISTANCE ML): The distance of each workout will be displayed.

BATTERY

1. Meter stops counting if no signal for 4 seconds.
2. Meter shuts off if no signal for 4 minutes.
3. 1 AAA-1.5V Battery as Power supply.
4. If display is dim, replace the battery. Dispose of old battery according to your regional guidelines.