

EFITMENT

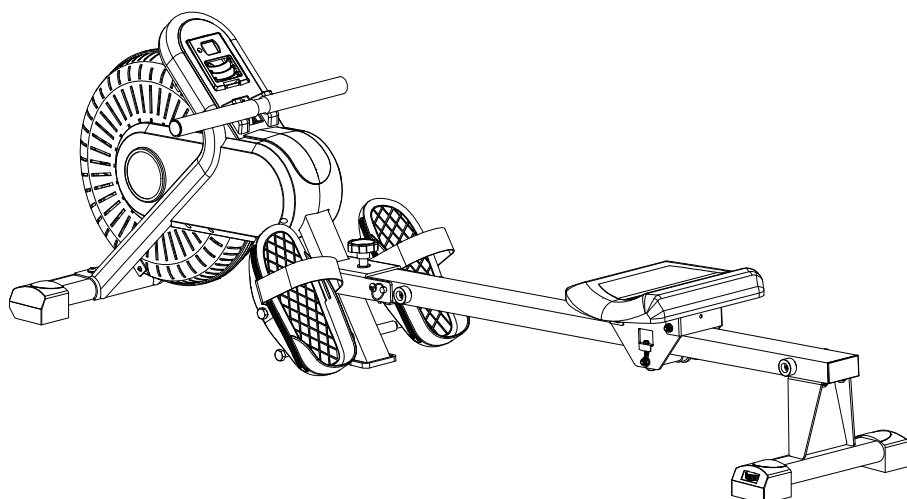
EFITMENT AERO ROWING MACHINE

MODEL NO.:

RW036

IMPORTANT! Read all instructions carefully before using this product. Save this manual for future reference.

EXERCISE EQUIPMENT QUESTIONS:
Contact customer service at service@zoovaa.com



USER MANUAL

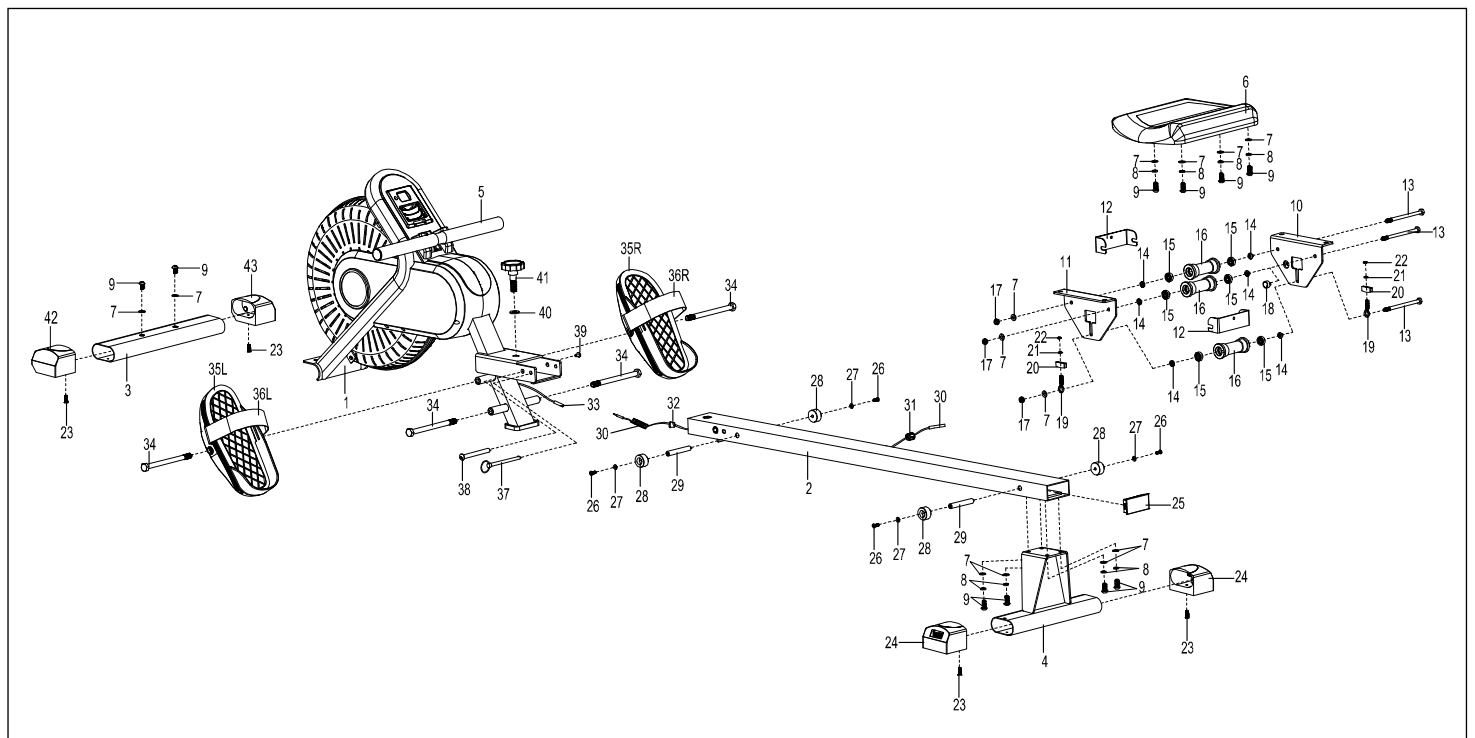
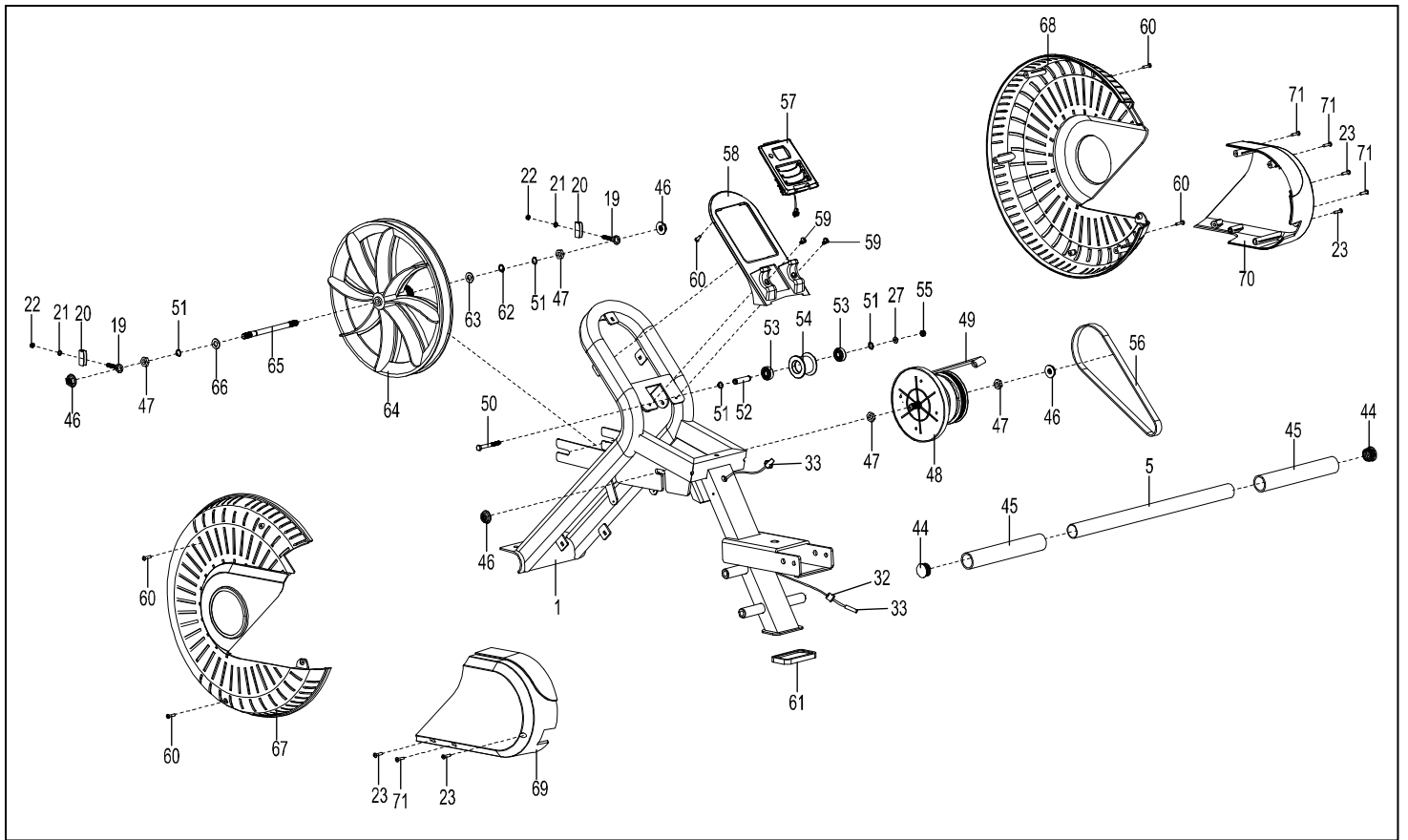
IMPORTANT SAFETY INSTRUCTIONS

At Efitment your safety is our top priority and to make sure both you and the unit remain in perfect working order, we encourage you to read all the instructions before assembling and using your new Efitment machine. Do not skip, substitute or modify any steps or procedures herein, as doing so could result in personal injury and will void your warranty.

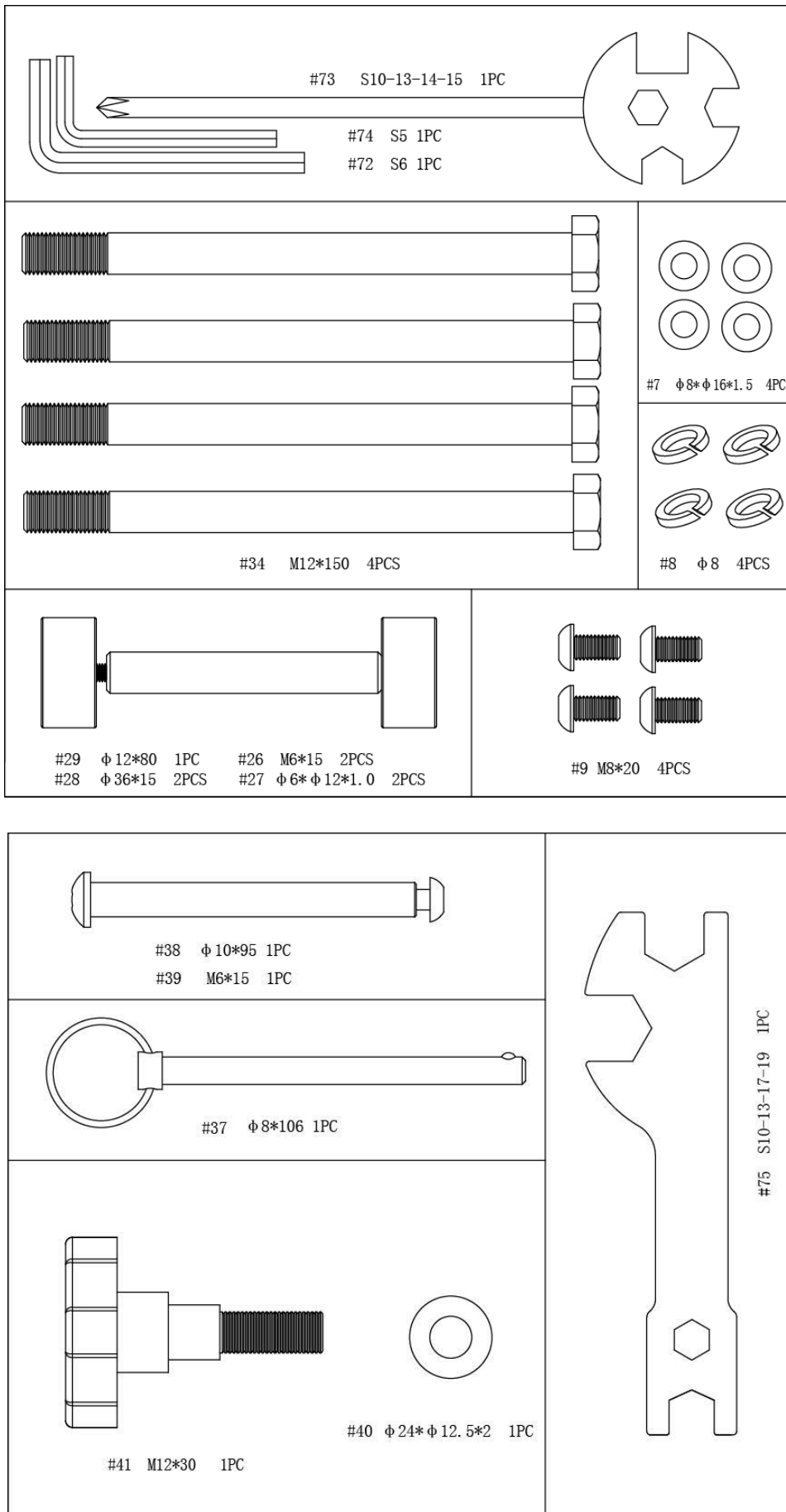
1. Before starting any exercise program you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking any medication that 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 experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. This equipment is intended for adult use only. Keep children and pets away from the machine. DO NOT leave children unattended in the same room with the equipment.
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. Check if you have all the components and tools listed. Please note that some components are pre-assembled to help make the assembly process quick and easy.
6. Always use the equipment as intended. 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 immediately and do not use until the problem has been rectified.
7. Always wear appropriate workout clothing when exercising. Do not wear clothing that can get tangled in the equipment.
8. Keep hands and other objects away from all moving parts.
9. The maximum user's weight is 245 lbs /110kgs.
10. Be careful when lifting and moving the equipment. Always use proper lifting technique and seek assistance if necessary.
11. Your equipment 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 and intended for indoor use only, not for commercial use.

SAVE THESE INSTRUCTIONS

EXPLODED DRAWING



HARDWARE PACKAGE



PARTS LIST

No.	Description	Qty.
1	Main Frame	1
2	Sliding Rail	1
3	Front Stabilizer	1
4	Rear Stabilizer	1
5	Handlebar $\Phi 28 \times 1.5$	1
6	Seat	1
7	Washer $\Phi 8 \times \Phi 16 \times 1.5$	13
8	Spring Washer $\Phi 8$	8
9	Bolt M8*20	10
10	Right Seat Supporting Board	1
11	Left Seat Supporting Board	1
12	Seat Junction Bracket	2
13	Bolt M12*160	3
14	Spacer $\Phi 15 \times \Phi 8 \times 4$	6
15	Bearing 608	6
16	Idler Wheel $\Phi 39 \times 92$	3
17	Nut M8	3
18	Round Magnet $\Phi 18 \times 4$	1
19	Adjusting Bolt M6*36	4
20	U Bracket $31 \times 30 \times 1.0$	4
21	Spring Washer $\Phi 6$	4
22	Nut M6	4
23	Screw ST4.2*20	8
24	End Cap	2
25	End cap	1
26	Bolt M6*15	4
27	Washer $\Phi 6 \times \Phi 12 \times 1.0$	5
28	Limit Pad $\Phi 32 \times 15$	4
29	Limit Shaft $\Phi 12 \times 80$	2
30	Sensor Wire (L=900)	1
31	Plug $\Phi 19 \times \Phi 16.5 \times \Phi 6$	1
32	Plug $\Phi 12.1$	2
33	Extension Wire (L=750mm)	1
34	Bolt M12*155	4
35L/R	Pedal	2
36L/R	Pedal Strap	2
37	Pull Pin $\Phi 8 \times 106$	1
38	Bolt $\Phi 10 \times 95$	1

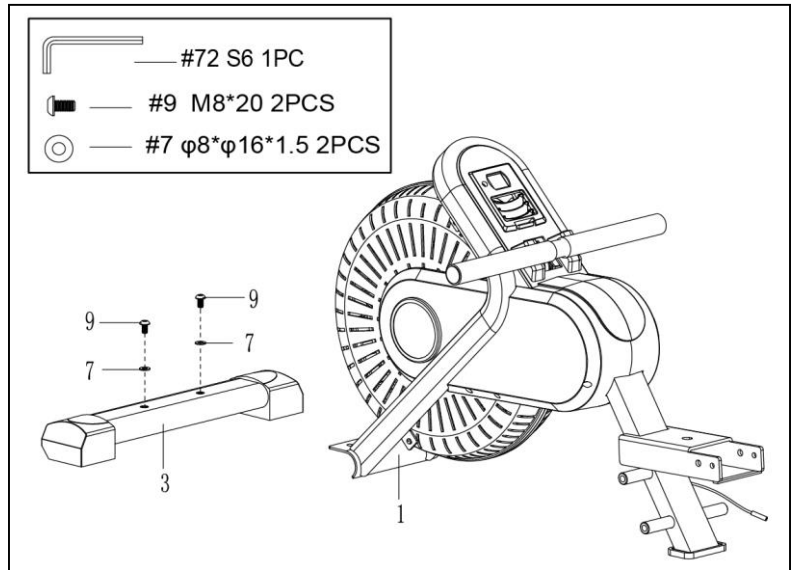
No.	Description	Qty.
39	Bolt M6*15	1
40	Washer $\Phi 24 \times \Phi 12.5 \times 2$	1
41	Adjustable Knob M12*30	1
42	Left End Cap	1
43	Right End Cap	1
44	End cap $\Phi 28 \times 15$	2
45	Handrail Foam Grip $\Phi 27 \times \Phi 33 \times 210$	2
46	Nut M10*1.0*9	4
47	Nut M10*1*B5	4
48	Belt Wheel	1
49	Mesh Belt $22 \times 2140 \times 1.5$	1
50	Bolt M6*55	1
51	Shaft Ring	4
52	Slide Shaft $\Phi 10 \times 1.0$	1
53	Bearing 6000	2
54	Pulley	1
55	Nut M6	1
56	Belt	1
57	Computer	1
58	Computer Cover	1
59	Screw M5*10	2
60	Screw ST4.2*15	5
61	End Cap	1
62	Wave Spring Washer $\Phi 15 \times \Phi 10.2 \times 0.3$	1
63	Washer $\Phi 10 \times \Phi 18 \times 1.5$	1
64	Fan Wheel	1
65	Inertial Axle M10*1*150	1
66	Washer $\Phi 10 \times \Phi 20 \times 2.0$	1
67	Left Belt Cover	1
68	Right Belt Cover	1
69	Left Decorative Cover	1
70	Right Decorative Cover	1
71	Screw ST4.2*25	4
72	Wrench S6	1
73	Spanner S10, 13, 14, 15	1
74	Wrench S5	1
75	Spanner S10, 13, 17, 19	1

ASSEMBLY INSTRUCTIONS

STEP 1:

Remove 2 **Bolts (No.9)**, and 2 **Washers (No.7)** from the **Front Stabilizer (No.3)**.

Attach the **Front Stabilizer (No.3)** to the **Main Frame (No.1)** using 2 **Bolts (No.9)**, and 2 **Washers (No.7)** that were removed. Tighten and secure with **Wrench (No.72)**.

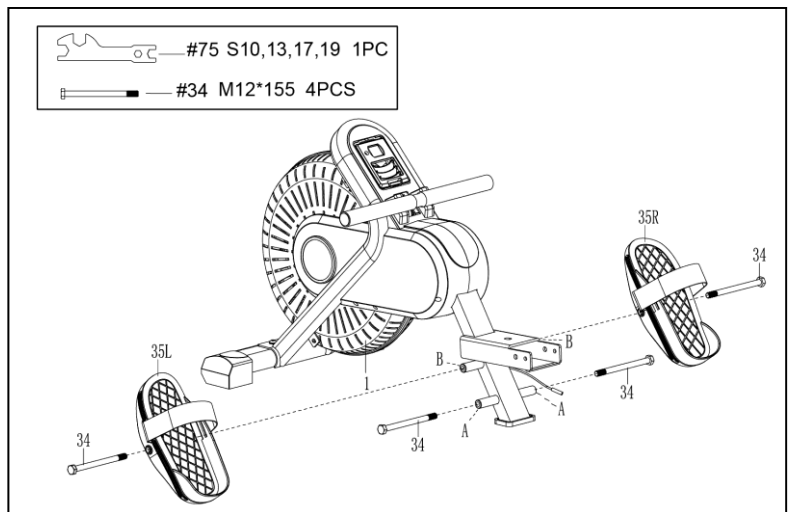


STEP 2:

Insert the 2 **Bolts (No.34)** into the bottom hole (A) of **Main Frame (No.1)**. Tighten with a **Spanner (No.75)**.

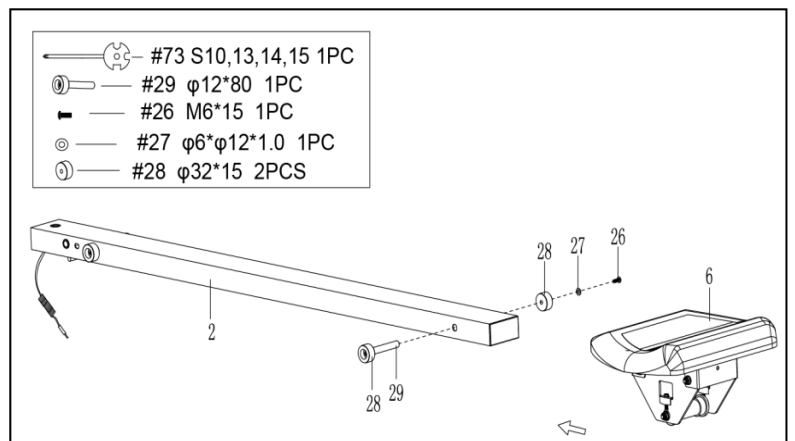
Insert 2 **Bolts (No.34)** through the **Pedals (No.35L/R)** into the upper hole (B) of the **Main Frame (No.1)**, and tighten with a **Spanner (No.75)**.

NOTE: The **Pedals (No.35L/R)** should rest on the bottom **Bolts (No.34)**.



STEP 3:

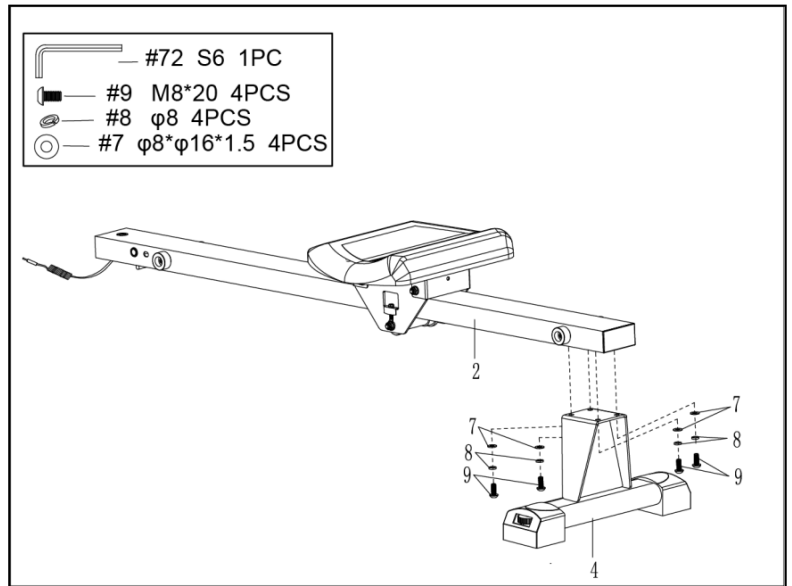
Attach the **Seat (No.6)** to the **Sliding Rail (No.2)** using 2 **Limit Pads (No.28)**, **Limit Shaft (No.29)**, **Bolt (No.26)**, and **Washer (No.27)**. Tighten and secure with a **Spanner (No.73)**.



STEP 4:

Attach the **Rear Stabilizer (No.4)** to the **Sliding Rail (No.2)** using 4 **Bolts (No.9)**, 4 **Spring Washers (No.8)** and 4 **Washers (No.7)**. Tighten and secure with a **Wrench (No.72)**.

Note: There is an arrow label marked in **Rear Stabilizer (No.4)**, please attach it in the arrow's direction.

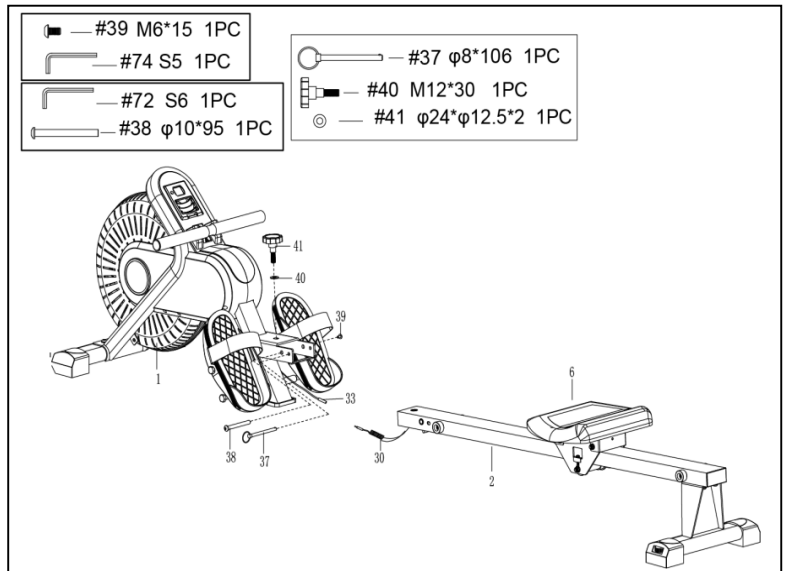


STEP 5:

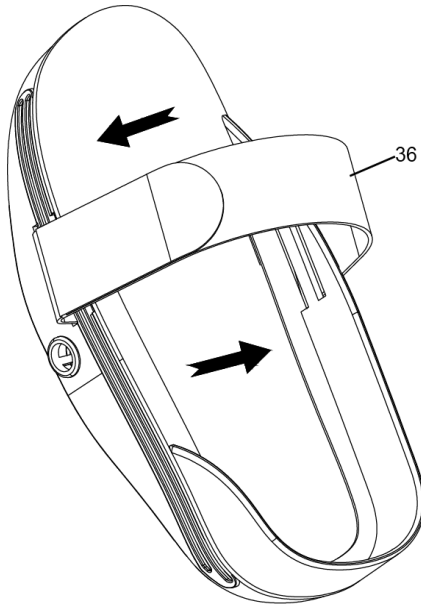
Connect **Extension Wire (No.33)** with the **Sensor Wire (No.30)**.

Fix the **Sliding Rail (No.2)** to the **Main Frame (No.1)**. First, insert **Bolt (No.38)** and **Bolt (No.39)** into the side hole of the **Main Frame (No.1)**. Tighten with a **Wrench (No.72)** and **Wrench (No.74)**. Then screw **Adjustable Knob (No.41)** with **Washer (No.40)** to tighten the **Sliding Rail (No.2)**. Next insert the **Pull Pin (No.37)**.

The assembly is complete!



ADJUSTMENT THE PEDAL



The **Pedal Strap (No.36)** is adjustable and can be personalized to fit the user's foot size.

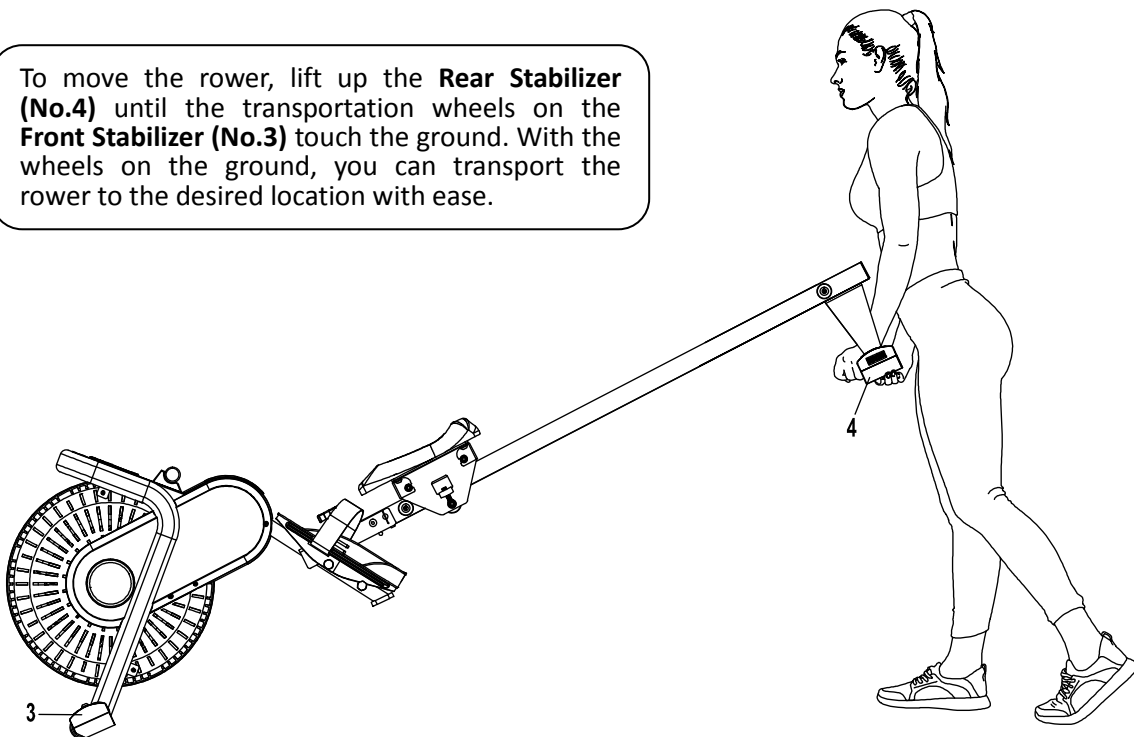
To adjust the **Pedal Strap (No.36)**, remove the Velcro end of the strap from the mesh side by pulling it upward then to the left.

Once removed, you may increase the opening of the **Pedal Strap (No.36)** by pulling the mesh end up and to the right.

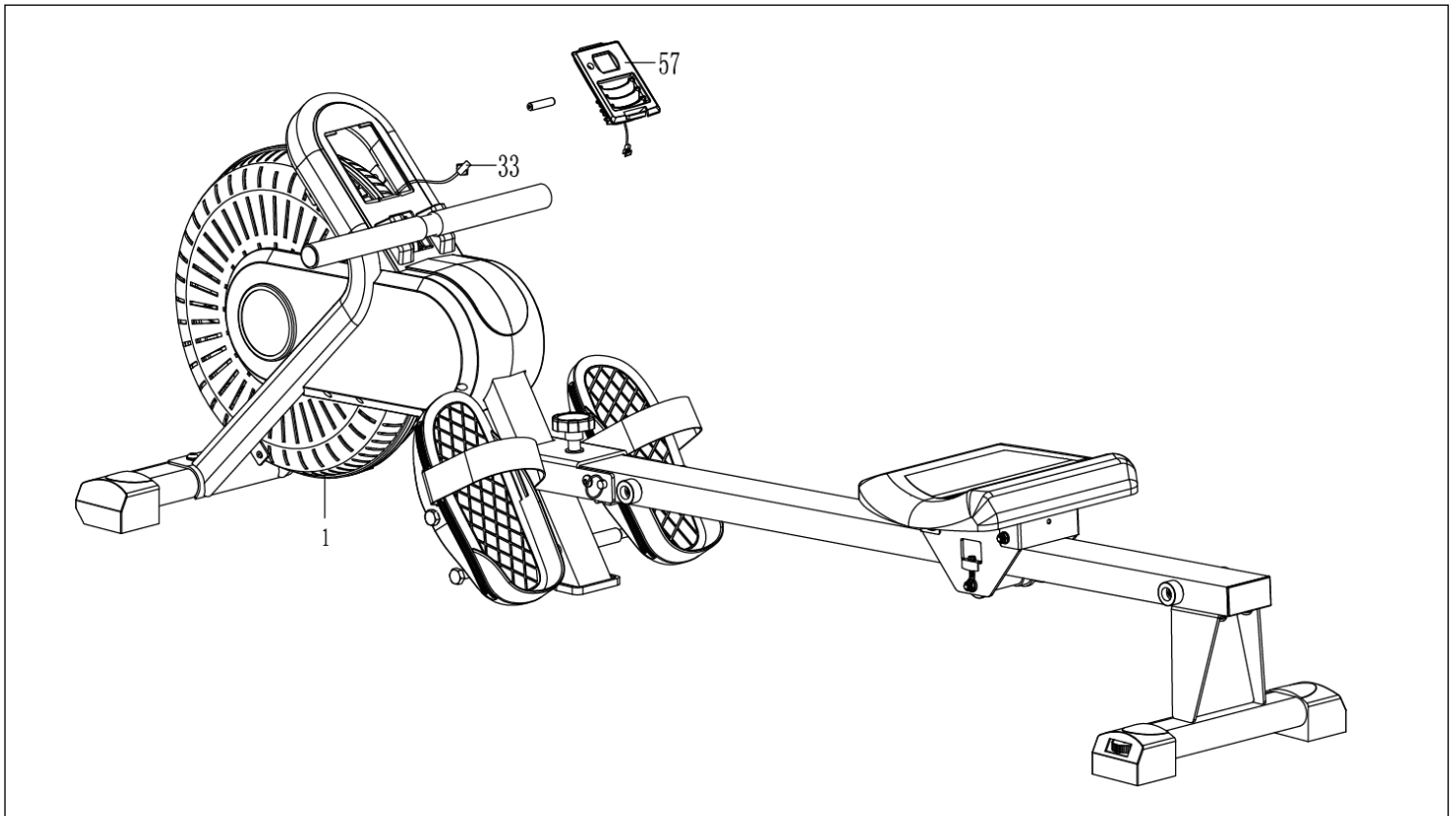
To tighten, pull the Velcro end of the **Pedal Strap (No.36)** upward then to the right and down to secure it to the mesh side of the strap.

MOVING THE BIKE

To move the rower, lift up the **Rear Stabilizer (No.4)** until the transportation wheels on the **Front Stabilizer (No.3)** touch the ground. With the wheels on the ground, you can transport the rower to the desired location with ease.



CHANGING THE BATTERY

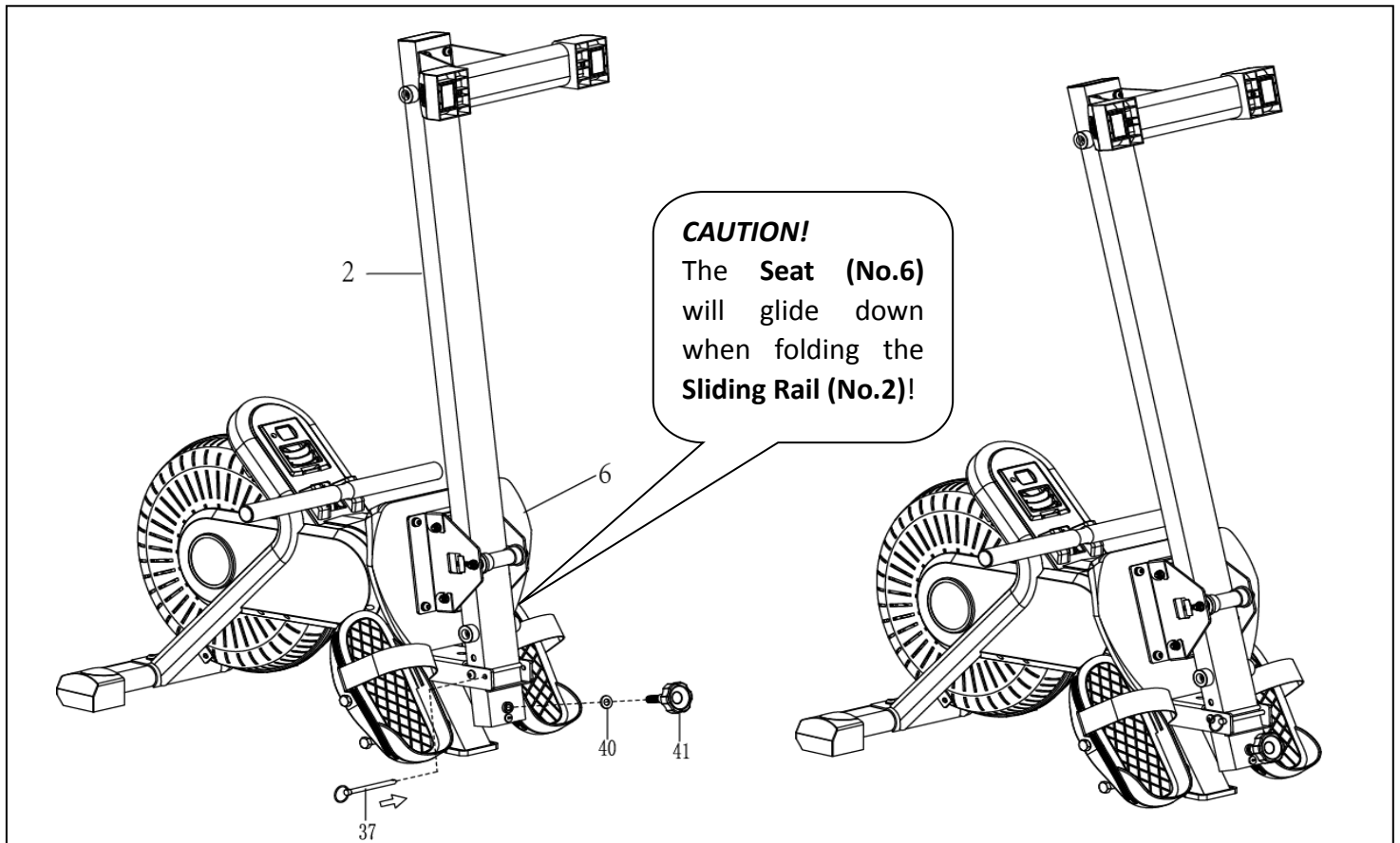
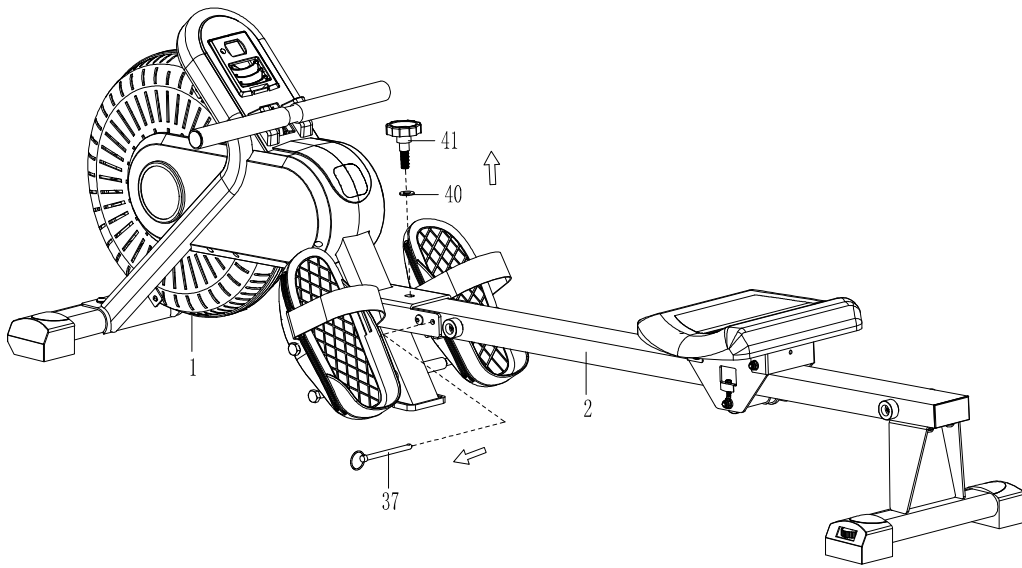


One AAA battery is included in the **Computer (No.57)**.

To replace the battery, remove the **Computer (No.57)** from the **Main Frame (No.1)**, and disconnect the **Extension Sensor Wire (No.33)** and the wire of **Computer (No.57)**. Replace the battery. Do not mix battery types and do not mix old and new batteries.

After the replacement, connect **Extension Sensor Wire (No.33)** with the wire of the **Computer (No.57)**. Then put the **Computer (No.57)** back into the **Main Frame (No.1)**. Dispose battery according to your state and regional guidelines.

FOLDING THE MACHINE



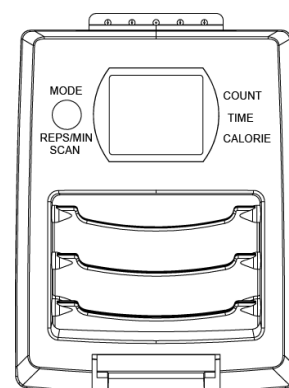
When not in use, you can save space by folding the **Sliding Rail (No.2)**.

Remove the **Adjustable Knob (No.41)** and **Washer (No.40)** from **Sliding Rail (No.2)**. Pull out the **Pull Pin (No.37)**. Lift slightly the **Sliding Rail (No.2)** where it joins the **Main Frame (No.1)**, and fold the **Sliding Rail (No.2)** to vertical angle. Then insert the **Pull Pin (No.37)** back to **Sliding Rail (No.2)**, and fix the **Adjustable Knob (No.41)** and **Washer (No.40)**.

COMPUTER INSTRUCTION

SPECIFICATIONS:

TIME-----00:00—99:59 MIN:SEC
COUNT-----0—9999 TIMES
CALORIE-----0—999.9 KCAL
REPS/MIN-----0—999 TIMES/MIN



KEY FUNCTION:

MODE/SELECT:

Press to select the function. Press and hold for 4 seconds to reset all function.

OPERATION PROCEDURES:

AUTO ON/OFF:

The monitor will turn off if there is no signal for 4 minutes. The monitor will turn on when start exercise or press the key.

FUNTION:

TIME: Counts the rowing time from exercise start to end.

COUNT: Counts the rowing strokes from start to end.

CALORIES: Counts the total calories from rowing start to end.

REPS/MIN: Displays current rowing strokes per minute.

SCAN: When in SCAN, the meter will rotate through the following functions: time, count, calorie, and count/min.

REPLACE THE BATTERY:

There is a possibility to see an improper display on the monitor. Replace the battery to have a good result. The computer uses one "AAA" battery, you can replace the battery at the same time. Dispose of old battery according to your regional guidelines.