

# **E*****FFIT*****MENT**

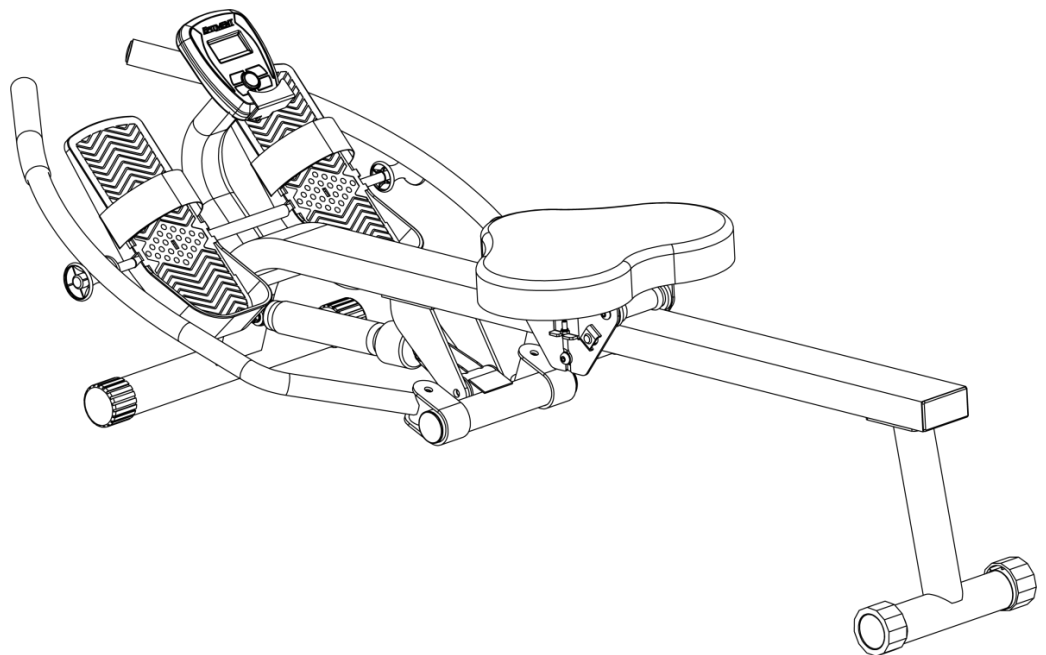
## **TOTAL MOTION ROWING MACHINE**

MODEL NO.:

**RW032**

**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](mailto:service@zoovaa.com)



**USER MANUAL**

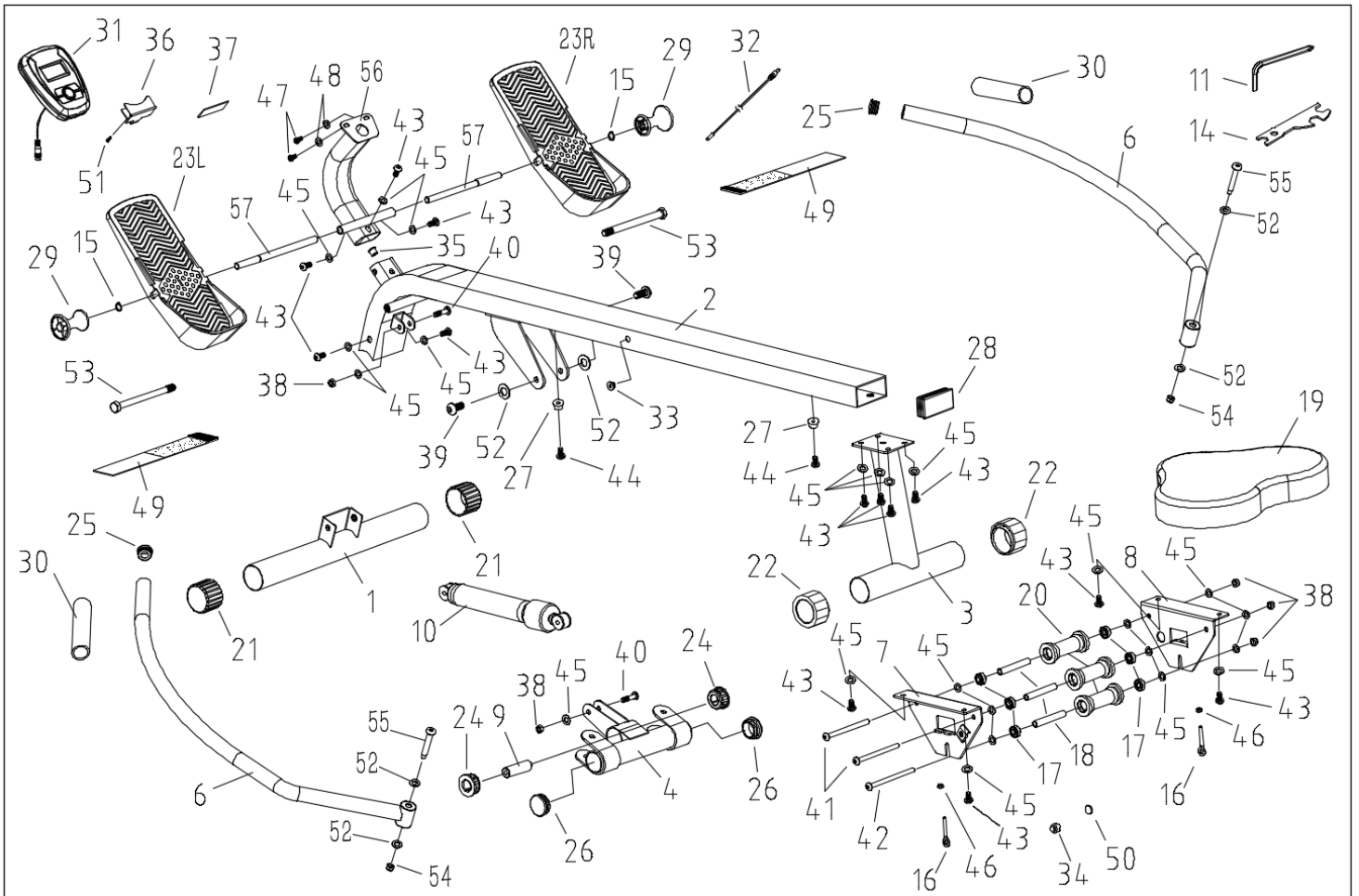
# IMPORTANT SAFETY INSTRUCTIONS

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.

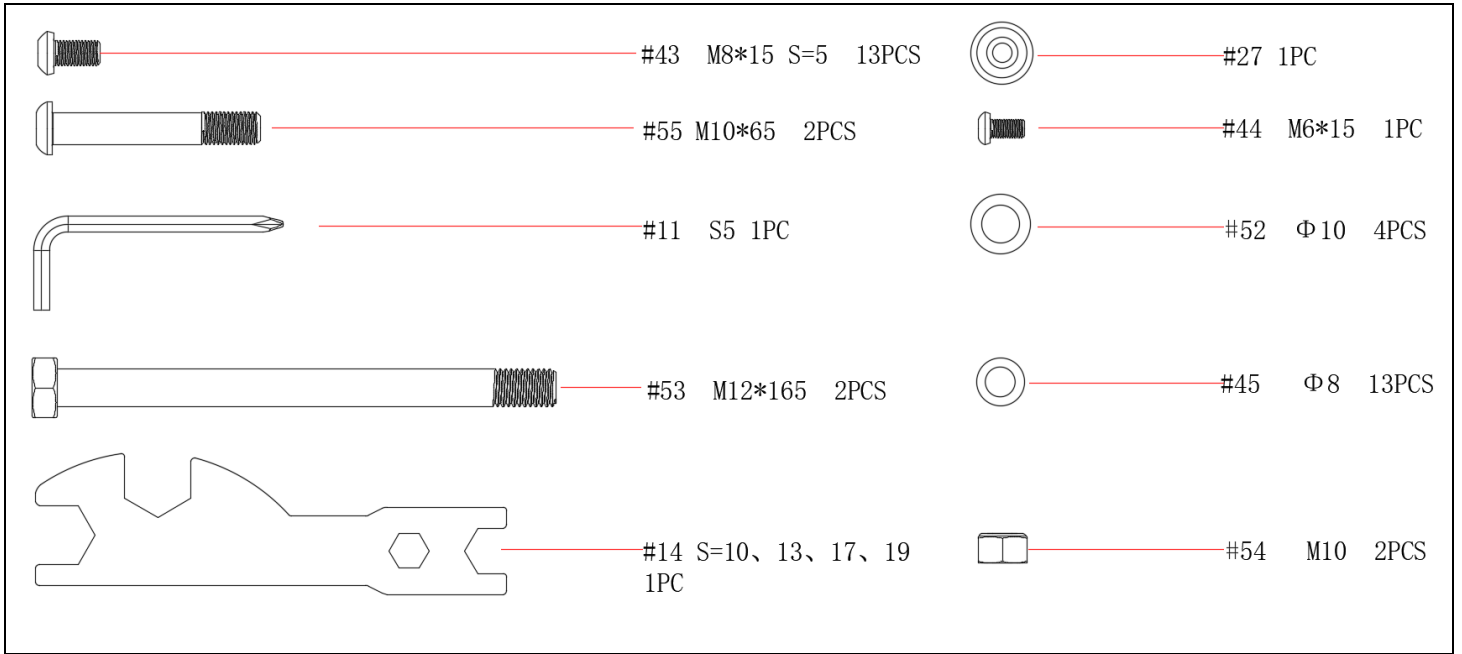
1. Before starting any exercise program you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking any medication that 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 350 lbs/155 kgs.
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

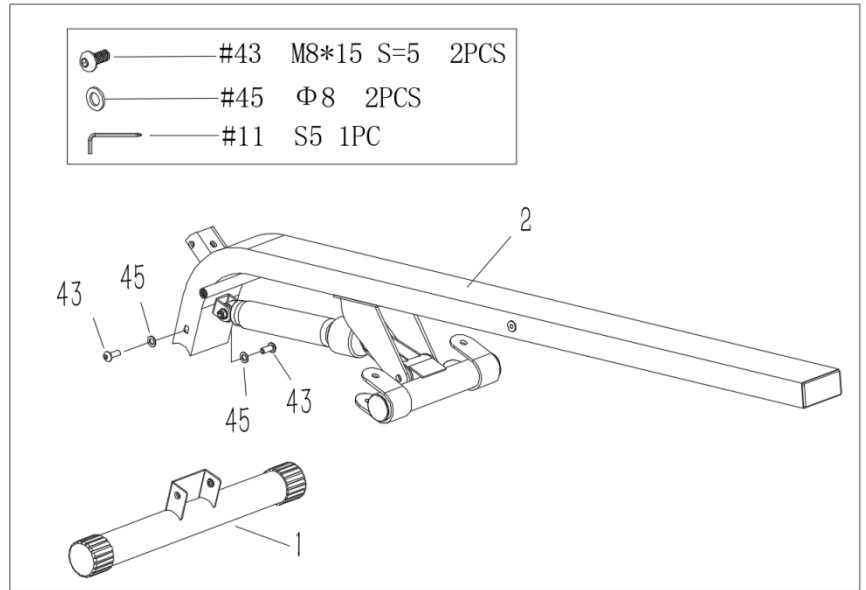
No.	Description	Qty.
1	Front Stabilizer	1
2	Main Frame	1
3	Rear Support	1
4	Rotating Armrest	1
5	Refer to No.56	
6	Handlebar	2
7	Left Seat Supporting Board	1
8	Right Seat Supporting Board	1
9	Inner Sleeve Shaft	1
10	Hydraulic Cylinder $\Phi 42 \times 300$	1
11	Allen Wrench S=5	1
12	Refer to No.55	
13	Refer to No.57	
14	Spanner S=10,13,17,19	1
15	Cir Clip $\Phi 12$	2
16	Adjusting Screw M6*45	2
17	Bearing 608Z	6
18	Spacer Tube $\Phi 12 \times \Phi 8.2 \times 78$	3
19	Seat	1
20	Wheel	3
21	Front End Cap $\Phi 50$	2
22	Rear Adjustable End Cap $\Phi 50$	2
23L/R	Pedal	2
24	Plastic Axle Sleeve $\Phi 42 \times \Phi 20 \times 19$	2
25	End Cap $\Phi 28 \times 2.0$	2
26	End Cap $\Phi 42 \times 2.0$	2
27	Limit Mat	2
28	End Cap	1
29	Armrest Limit Stopper	2

No.	Description	Qty.
30	Foam Grip L 200	2
31	Meter With E	1
32	Trunk Wire F with F	1
33	Sensor	1
34	Induction Magnet Seat	1
35	Induction Wire Clip	1
36	Tablet Bracket	1
37	EVA Pad	1
38	Nut M8	5
39	Screw M10*15 S=6	2
40	Screw M8*40 20 S=5	2
41	Bolt M8*115 20 S=5	2
42	Bolt M8*120 20 S=5	1
43	Screw M8*15 S=5	13
44	Screw M6*15	2
45	Washer $\Phi 8$	24
46	Nut M6	2
47	Screw M5*12	2
48	Washer $\Phi 5$	2
49	Pedal Strap	2
50	Induction Magnet $\Phi 15 \times 3$	1
51	Screw ST	1
52	Washer $\Phi 10$	6
53	Screw M12*165	2
54	Nut M10	2
55	Bolt M10*65	2
56	Meter Support	1
57	Foot Rest Bolt $\Phi 12 \times 250$	2

# ASSEMBLY INSTRUCTIONS

## STEP 1:

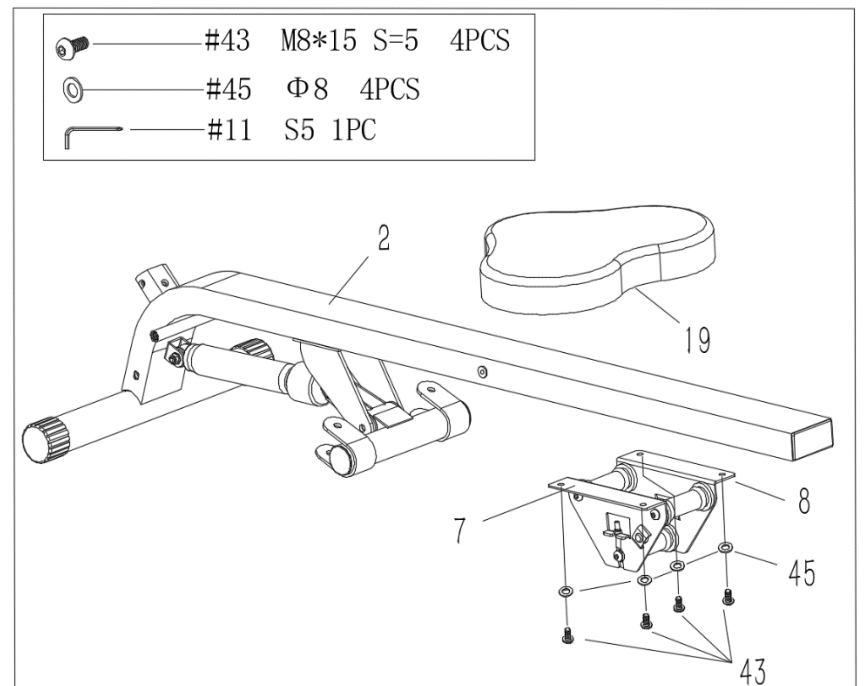
Attach the **Front Stabilizer (No.1)** to the **Main Frame (No.2)** using 2 **Screws (No.43)** and 2 **Washers (No.45)**. Tighten and secure with an **Allen Wrench (No.11)**.



## STEP 2:

Attach the **Seat (No.19)** to the **Seat Supporting Boards (No.7 & 8)** using 4 **Screws (No.43)** and 4 **Washers (No.45)**. Tighten and secure with an **Allen Wrench (No.11)**. Then Insert the **Seat (No.19)** into the **Main Frame (No.2)**.

**Note:** Please attach **Seat Supporting Boards (No. 7 & 8)** in the direction of the arrow labels to prevent installing incorrectly.

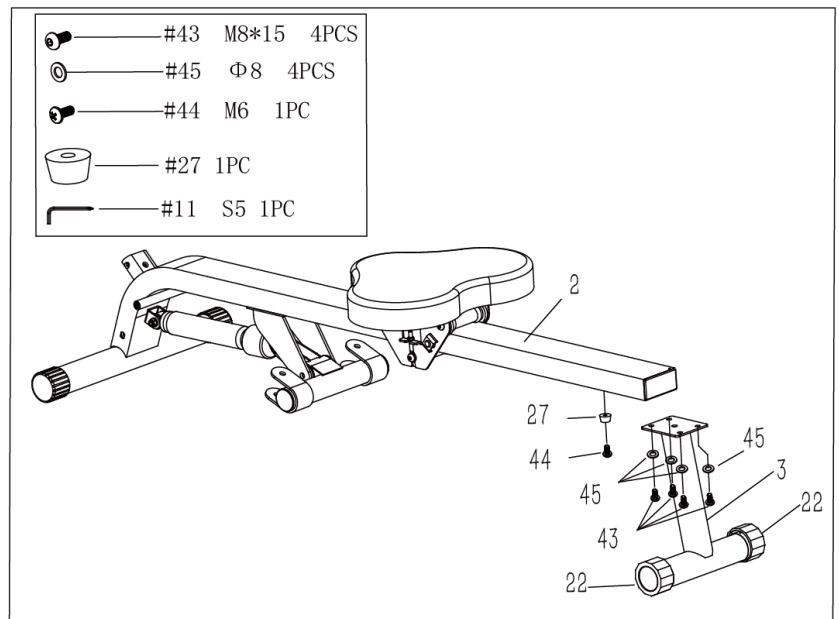


### STEP 3:

Attach the **Limit Mat (No.27)** under the **Main Frame (No.2)** using **Screw (No.44)**, then tighten with an **Allen Wrench (No.11)**.

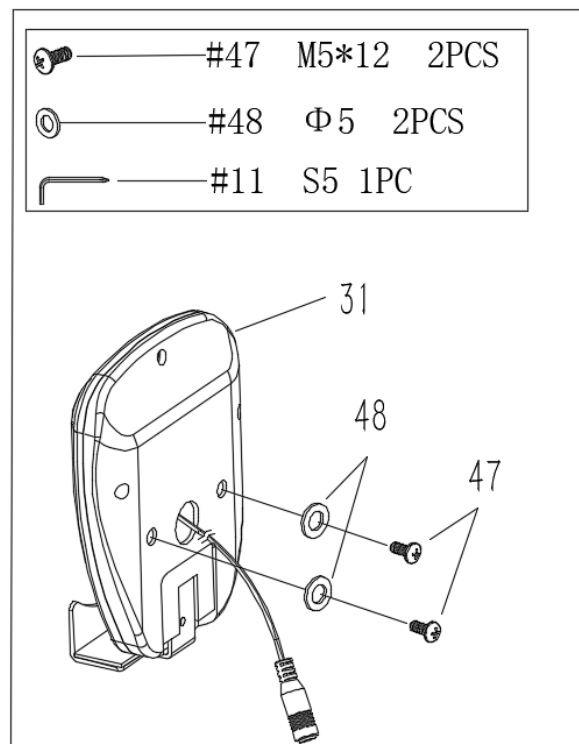
Attach the **Rear Support (No.3)** onto the **Main Frame (No.2)** using 4 **Screws (No.43)** and 4 **Washers (No.45)**. Tighten and secure with an **Allen Wrench (No.11)**.

**Note:** To prevent tipping, rocking and swaying on uneven surface, simply turn **Rear Adjustable End Cap (No.22)**.



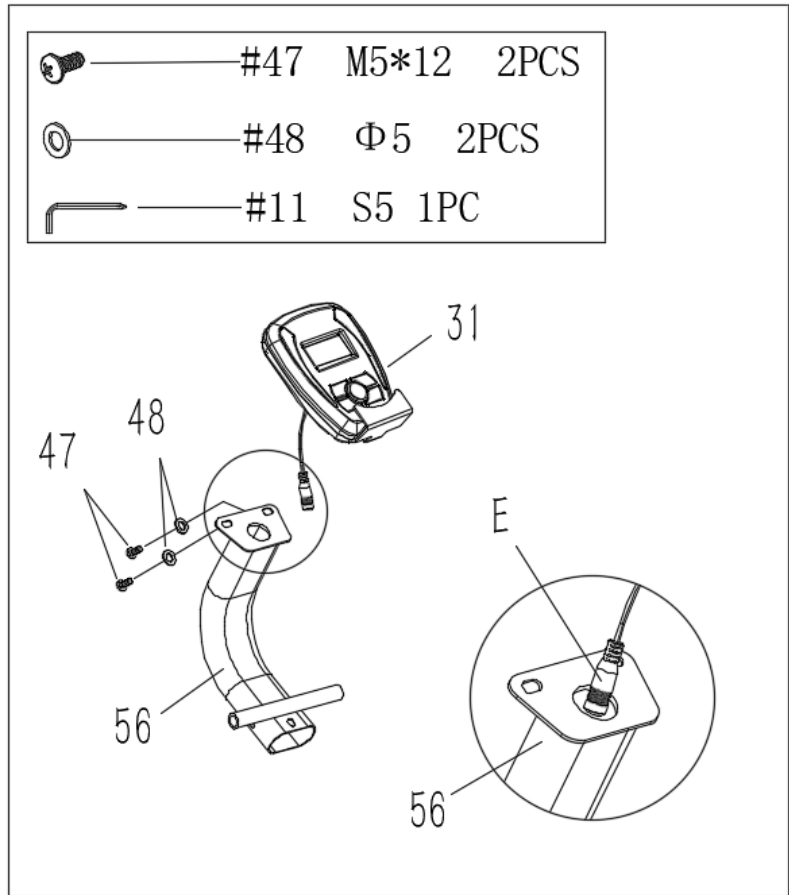
### STEP 4:

Remove the pre-assembled 2 **Screws (No.47)** and 2 **Washers (No.48)** from the **Meter (No.31)** with an **Allen Wrench (No.11)**.



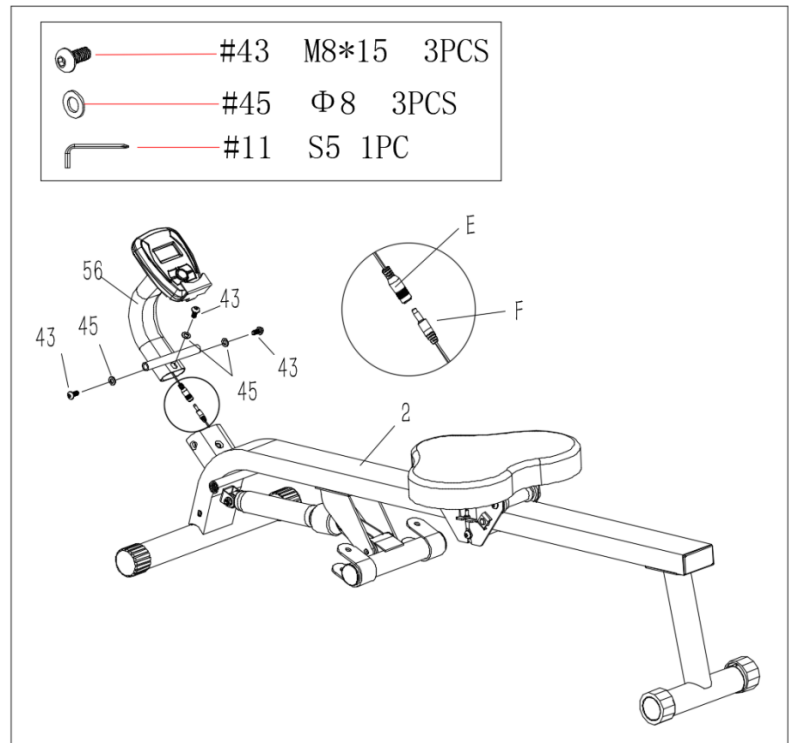
**STEP 5:**

Insert part E into the **Meter Support (No.56)**. Then attach the **Meter (No.31)** onto the **Meter Support (No.56)** using 2 **Screws (No.47)** and 2 **Washers (No.48)** that were removed, then tighten with an **Allen Wrench (No.11)**.



**STEP 6:**

Connect part E with part F. Attach the **Meter Support (No.56)** onto the **Main Frame (No.2)** using 3 **Screws (No.43)** and 3 **Washers (No.45)**. Tighten and secure with an **Allen Wrench (No.11)**.

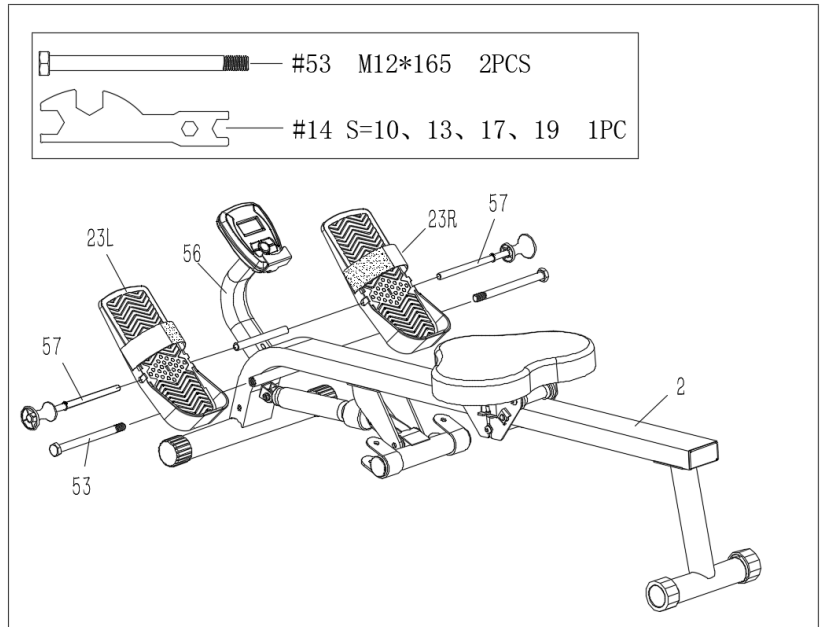




### STEP 7:

Affix 2 **Screws (No.53)** into the **Main Frame (No.2)** with a **Spanner (No. 14)**. Then insert the 2 **Foot Rest Bolts (No.57)** through the **Pedals (No.23)** and into the **Meter Support (No.56)**.

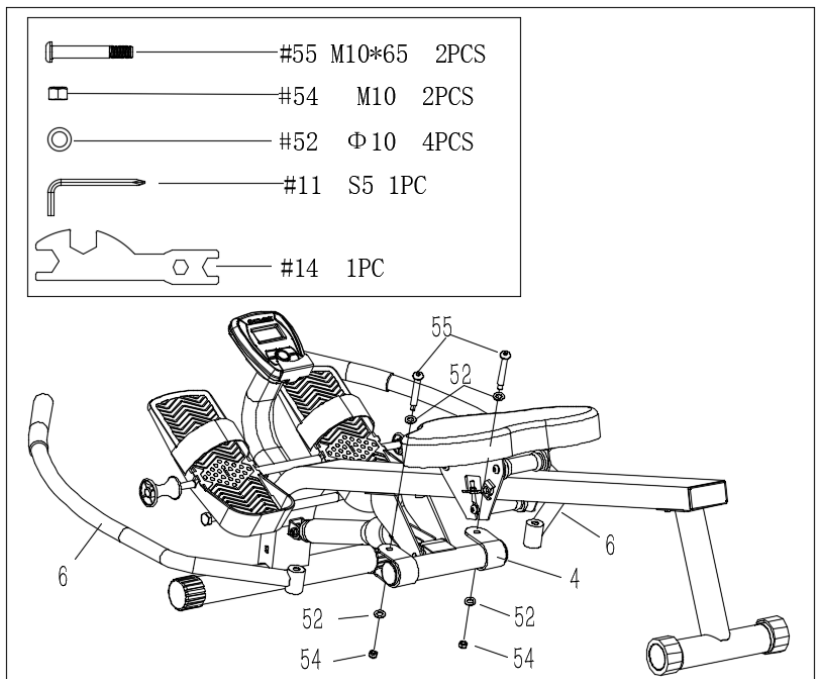
**NOTE:** The **Pedals (No.23)** should rest on the **Bolts (No.53)**.



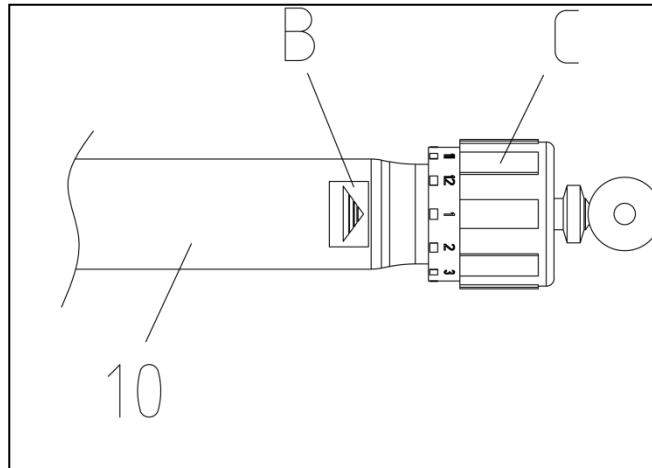
### STEP 8:

Attach the 2 **Handlebars (No.6)** into the **Rotating Armrest (No.4)** using 2 **Bolts (No.55)**, 4 **Washers (No.52)** and 2 **Nuts (No.54)**. Tighten and secure with an **Allen Wrench (No.11)** and a **Spanner (No.14)**.

The assembly is complete!



## ADJUSTING THE RESISTANCE



To adjust the tension level, turn the **Adjustment Knob (C)** on the **Hydraulic Cylinder (No.10)** to the desired level. The tension levels range from Level 1 to Level 12, with Level 1 being the lowest resistance. The number pointing to the **Adjustment Knob (C)** by the **Arrow (B)** is the resistance value of the current **Hydraulic Cylinder (No.10)**.

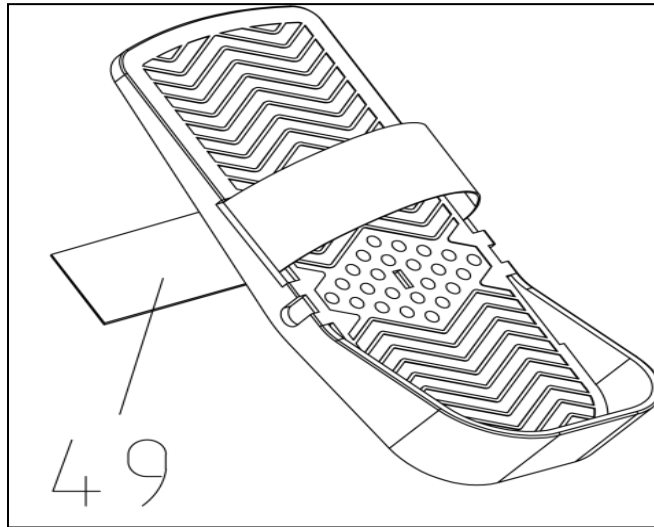
**NOTE:** Please do not adjust the resistance of the **Hydraulic Cylinder (No.10)** during operation to avoid injury and damage to the machine.

### **WARNING:**

The **Hydraulic Cylinder (No.10)** on this rower is designed to be used up to 20 minutes per exercise session. Allow at least 20 minutes in between sessions for the **Hydraulic Cylinder (No.10)** to properly cool down.

Caution: The **Hydraulic Cylinder (No.10)** can generate excessive heat after long period of use, making it unsafe to touch. Allow the **Hydraulic Cylinder (No.10)** to cool before moving the rower.

## ADJUSTING THE PEDAL



The **Pedal Strap (No.49)** is adjustable and can be personalized to fit the user's foot size.

To adjust the **Pedal Strap (No.49)**, 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.49)** by pulling the mesh end up and to the right.

To tighten, pull the velcro end of the **Pedal Strap (No.49)** upward then to the right and down to secure it to the mesh side of the strap.

# EXERCISE COMPUTER

## SPECIFICATIONS

TIME-----	0:00-99:59 MINUTES
COUNT (CNT)-----	0-9999 TIMES
CALORIES (CAL)-----	0-999.9 CAL
TOTAL COUNT (TC)-----	0-9999 TIMES
RPM (C/M)-----	0-9999 COUNT/MIN

## KEY FUNCTION

**MODE:** This key lets you to select and lock on to a particular function you want.

**CLEAR:** Pressing and hold the MODE key with 3 seconds to reset the value to zero. But total count can only be reset by changing battery.

## OPERATION PROCEDURES

### 1. AUTO ON / OFF:

- The system turns on when the MODE key is depressed or when the system sensed a signal input from the speed sensor.
- The system turns off automatically when the speed sensor has no signal input or no key are pressed for approximately 4 minutes.

### 2. FUNCTION:

- SCAN: Automatically scan through all the functions played on the bottom of the meter.
- TIME: The total working time will be shown when starting exercise.
- CAL (CALORIES): The Computer will display total calories burns when starting to exercise.
- RPM(C/M): Counts each strokes within a minute.
- COUNT: Counts the number of rowing strokes from your current workout.
- TC (TOTAL COUNT): Counts the total amount of strokes from the first use.
- SELECT

You can operate the MODE key to select and lock on function in second rank of LCD screen for following sequence:

TIME → COUNT → CALORIES → TOTAL COUNT → RPM → SCAN

### BATTERY:

This monitor uses 2pcs "AAA" batteries. You can replace the battery through the back of the unit. If there is a problem with the display, try changing the batteries first. Do not mix old and new battery. Do not mix battery types. Dispose old battery according to your regional guidelines.