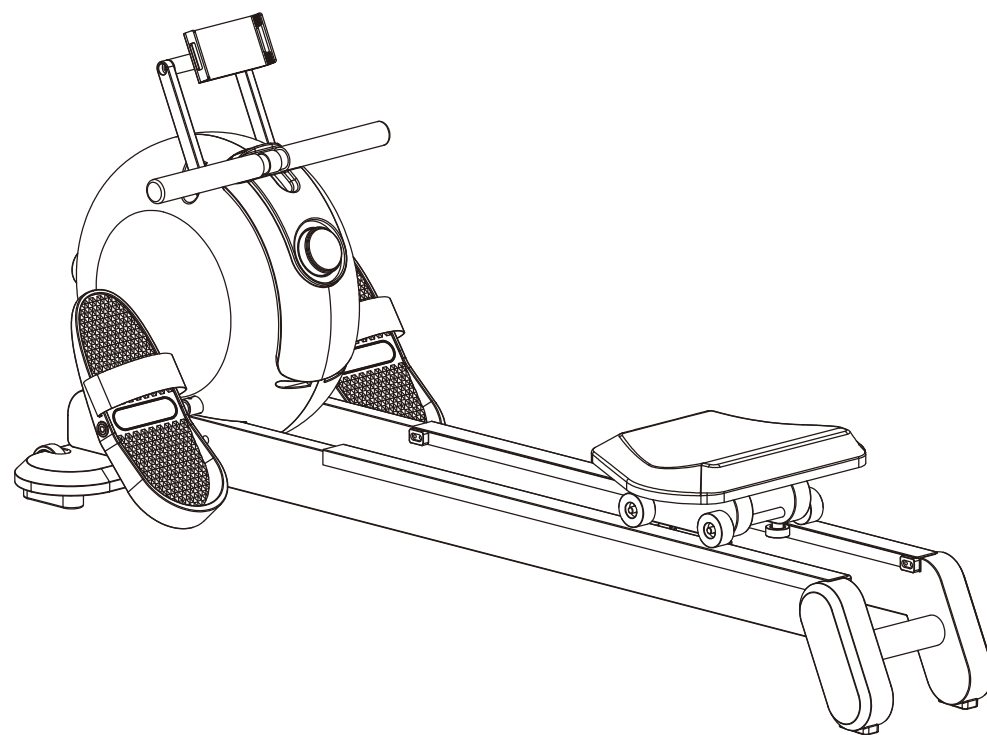


Magnetic rowing machine

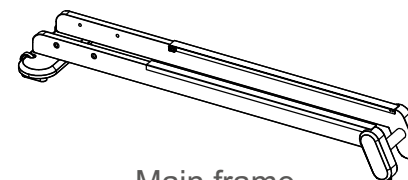


Instructions for safe use

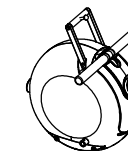
1. Before assembling and using the training equipment, it is very important to read all contents of the instruction manual carefully. Only the correct installation, maintenance and use of the training equipment can achieve a safe and effective training effect.
2. Before using the training equipment, the user should consult the doctor about his or her physical condition, so as to prevent health or safety accidents during the training process, so as to prevent the normal training. If the user is in the treatment stage due to the heart, blood pressure, cholesterol and other physical conditions, it is more necessary to consult the doctor before the training;
3. Reasonable warm-up and stretching exercises must be conducted before each training session;
4. Always pay attention to your physical condition during training. Improper training may affect your health if you have the following discomfort symptoms (including: Headache, chest tightness, irregular heartbeat, shortness of breath, dizziness, nausea, etc.), please stop training immediately, and must be examined and confirmed by the doctor in time, must get the doctor's permission to continue training;
5. Keep children and pets away from the training equipment, which is only for adults;
6. The training equipment should be placed on a hard and flat surface for use, and the floor or carpet should be covered with a protective layer to prevent damage to the ground, and ensure that the distance between the perimeter of the training equipment and the obstacles is not less than 0.5 meters;
7. Before using the training equipment, please check all bolts and nuts that need to be locked to ensure that they are locked and safe to use;
8. The safe use of the training equipment can only be ensured by regular repair and maintenance of the parts that are easily damaged, easily worn and easily broken;
9. Ensure that the equipment is used in accordance with the instructions in the manual. When defective parts are found in the process of assembly and maintenance or when different sounds are emitted during use, please stop the operation and use immediately and ensure that all problems are solved before proceeding;
10. When using the training equipment, please pay attention to wearing simple clothes and avoid wearing wide clothes, because the wide clothes may be stuck somewhere in the equipment, which will hinder the operation and may be trapped on the equipment;
11. The training equipment is only suitable for household use, with a maximum user weight of 120KG;
12. The training equipment is not suitable for use as medical equipment;
13. When lifting or moving the training equipment, pay attention to safety and, if necessary, use the correct method of operation, or with the assistance of others;
14. This product strictly follows the standard: GB17498.1-2008; GB17498.7-2008;
15. During movement, please keep any adjustment device that may cause movement interference of the user should not deviate from the designed state;
16. The device brake system is not speed dependent;
17. This product can only be used by one person at a time.
18. Please keep the instruction manual safe for future reference.

Packing list

The following figure shows the scattered diagram of the components installed on the whole machine. Open the packing case and take out the following parts.



Main frame



Host head



Seat cushion assembly



Mobile phone support frame



Pedal left/right



Rubber limit buckle



Power adapter



Screw
M10*45*4pcs



flat washers
φ 10 * 4PCS



Screw
M6*8*2pcs



Screw
ST4.2*16*4pcs

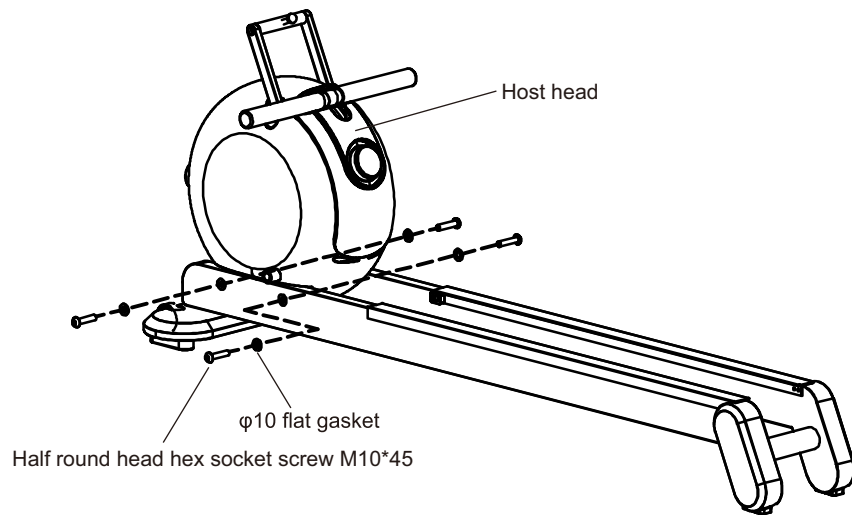


Instruction manual

Installation procedure

Step 1

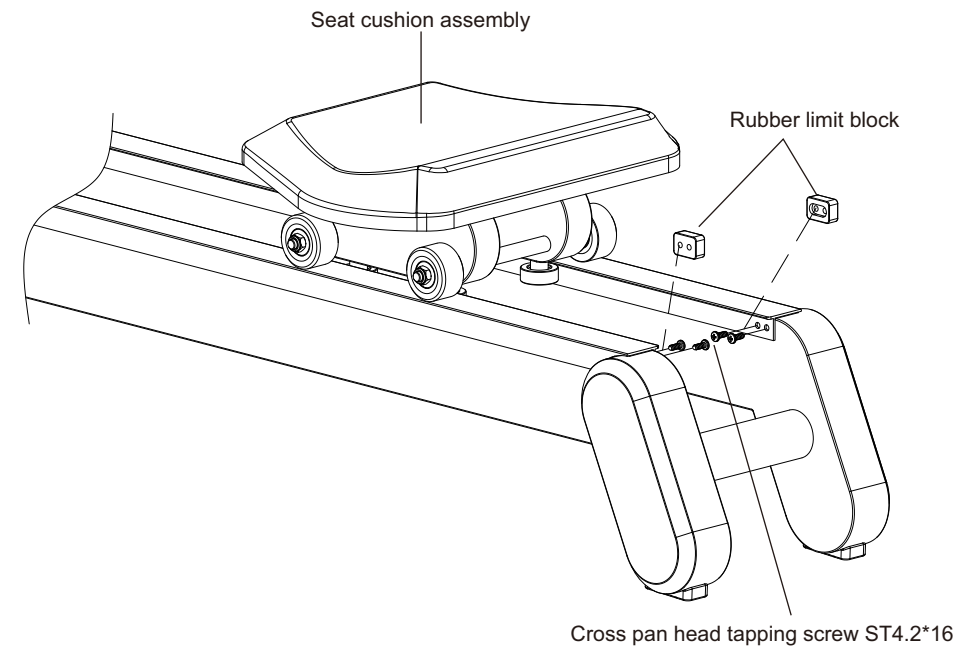
Place the host head in the corresponding position on the wooden frame and secure it with the corresponding screws.



Installation procedure

Step 2

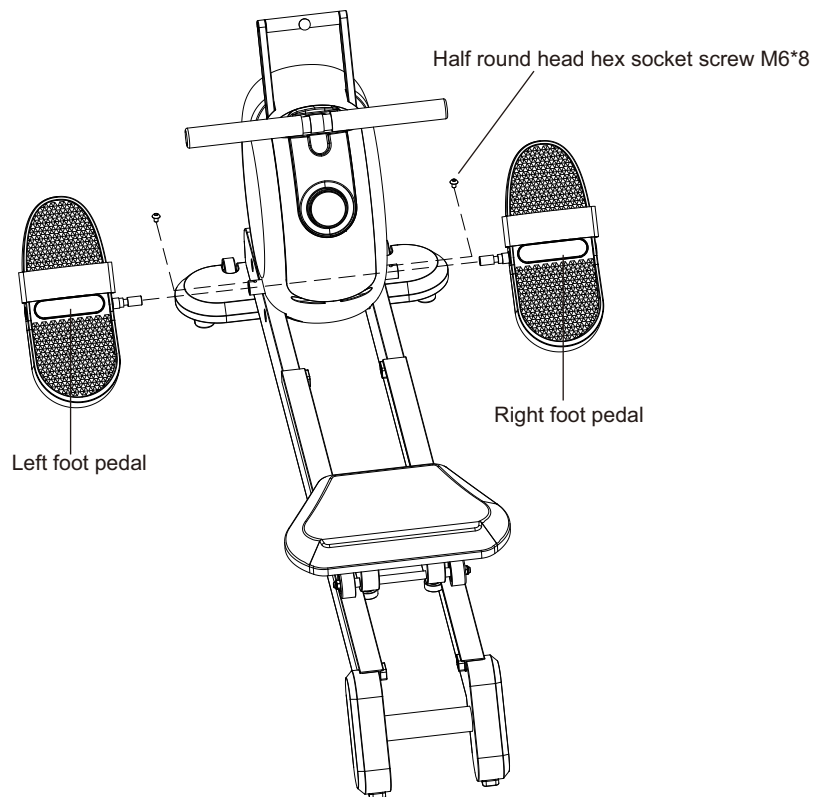
First slide the seat cushion assembly into the aluminum slide rail, and then use corresponding screws to fix the 2 rubber limit blocks on the rear end of the wooden frame.



Installation procedure

Step 3

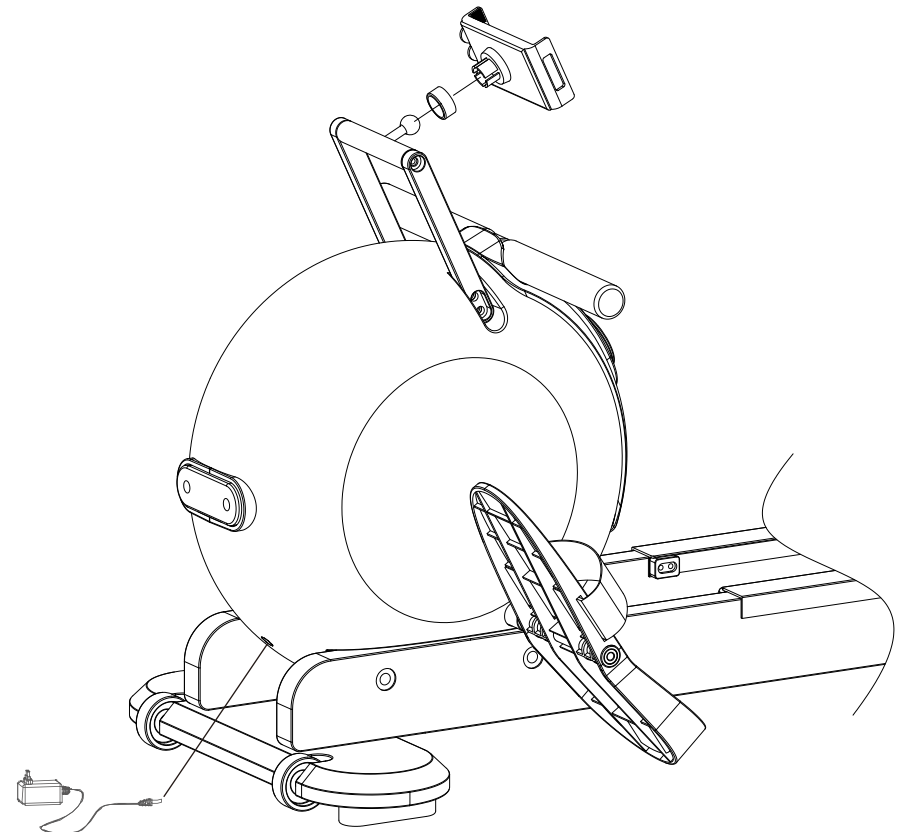
Fix the left and right pedal components onto the host head with corresponding screws



Installation procedure

Step 4

Insert the phone holder into the circular ball head and tighten the threaded plastic buckle to secure it. Then insert the power supply.



Electronic watch operation guide

1, Display full view



2. Function description

item		Display range	Set range	remarks
1	TIME	00:00~99:59	00:00~99:00	Exercise time
2	SPEED	1~99Km/H	no	SPEED
3	STROKES	0~9999	no	Cumulative number of rows
4	DISTANCE	0.00~99.99Km	0.0~99.0	Cumulative distance
5	CALORIES	0~9999	0~9990	Add up calories
6	LOAD	1~16 / 1~32	1~16 / 1~32	resistance
7	PULSE	P. 30~230	P→30~230	Heartbeat (optional)
8	SPM			Strokes per minute

Electronic watch operation guide

3. Brief description of operation

(1) After the power is installed, the BUZZER will beep for one second and enter standby mode after 2 seconds of full LCD display (figure). No matter where the resistance is located, LOAD=1 must be returned to wait for each setting (enter standby mode).

(2) Enter the standby MODE (figure), press Mode to switch to set the target, turn the knob UP/DOWN to adjust the target value.

(3) Quick Start: When no target value is set, the rowing machine car can be pulled to directly perform the movement.

(4) Adjust the target value: press the knob to enter the standby mode (figure).

i. Adjust the setting value (such as TIME, DISTANCE, CALORIES, PULSE, etc.) and press the knob to switch the setting value of TIME, DISTANCE, CALORIES, PULSE. When the knob is UP/DOWN, the setting value of each function can be adjusted.

Start to move behind the platform (each value is displayed in cycles every 3 seconds). During the movement, press MODE KEY to switch to lock the movement value. After switching to TIME, the cycle value will start automatically. (PULSE and SPM fixed cycle)

ii. At the beginning of the movement, adjust the resistance with the knob UP/DOWN, and display its value. If it is not adjusted in 3 seconds, the previous value will be displayed again.

iii. When stopping the trampling platform, the electronic watch is in suspension, the motion value keeps the cycle, and the MODE can still switch the target value.

iv. When the target value is reached, the electronic watch is suspended, jump back to the target setting value and wait. If the movement continues, the original target will continue to move.

Exercise advice



The rowing machine can exercise the muscles of the legs, waist, upper limbs, chest and back.

When using a rowing machine, the flexion and extension motion, the stroke with each stroke, makes most of the muscles in the body work, which is very beneficial to the muscles that do not normally participate in the exercise. When pulling the handle, the arm is exercised back and forth; The shoulders need to be involved in support and exercise when exerting force; The back supports the upper body and the lower body, and it needs to exert power when rowing.

When using a rowing machine, you need to push your legs hard to straighten out your legs, so you can work your leg muscles. When your legs are fully straight, lean back for best effect, but not so much that you can strain your back muscles

Whatever you do, it's best to stretch first. Warm up your muscles for 5 to 10 minutes because they stretch easily. Then stop and stretch as follows -- five reps for 10 seconds or more on each leg, and again at the end of the workout.

1. Stretch down

Bend your knees slightly and slowly bend forward, letting your back and shoulders relax and touching your toes with your hands. Hold for 10 to 15 seconds, then relax. Repeat 3 times (see Figure 1).

2. Stretch your hamstrings

Sit on a clean cushion and stretch one leg straight. Pull the other leg in so that it fits snugly against the inside of the extended leg. Try to touch your toes with your hands. Hold for 10 to 15 seconds, then relax. Repeat 3 times for each leg (see Figure 2).

3. Calf and root tendon stretches

Stand on a wall or tree with one foot behind. Keep your hind legs upright and your heels on the ground, leaning toward a wall or tree. Hold for 10 to 15 seconds, then relax. Repeat 3 times for each leg (see Figure 3).

4 Quadriceps stretch

Balance on a wall or table with your left hand, then reach back with your right hand, grab your right heel and slowly pull toward your hip until you feel tension in the front of your thigh. Hold for 10 to 15 seconds, then relax. Repeat 3 times for each leg (see Figure 4).

5. Sartorius (inner thigh muscles) stretch

Sit with your feet facing each other and your knees facing out. Grab your feet with both hands and pull toward your groin. Hold for 10 to 15 seconds, then relax. Repeat 3 times (see Figure 5).



Maintenance

! Maintenance and maintenance

Maintenance and maintenance of wearing parts

1. Slide rail/slide seat

Before each use, it is necessary to check whether there is debris on the slide rail and clean it regularly.

Check the seat pulley and the limit wheel and slide at the bottom of the seat regularly every month for damage and breakage.

Warning: If there is any damage, please contact the after-sales service to replace the original parts.

After replacement, it should be checked regularly and replaced in time according to the customer's usage frequency.

2. Webbing

Before each use, it is necessary to check whether the surface of the webbing is cracked.

Warning: In case of rupture, please stop using immediately, and contact after-sales treatment, until the repair is complete before use.

Scope of application: This product is only for indoor use, please keep away from high temperature and humid areas to avoid damage.

Product execution GB 17498.1-2008; GB 17498.7-2008 standard.

The maximum load-bearing capacity of this product is 120 kg.

About braking: this product is infinite speed change, one-way resistance, the greater the tension, the greater the resistance. rebound When the resistance is reduced. When the stretch is stopped, the rotational speed will gradually slow down to stop, and the resistance is 0.

! Instructions for safe placement of rowing machine

The rowing machine is placed in the flat place, it is recommended that the empty distance after the rowing body should be in the "50cm" or so, the rowing machine left and right empty distance should be in the "50cm" or so, the rowing machine in front of the empty distance should be in the "50cm" or so, do not put the rowing machine in the uneven place, wet or water place, outdoor and closed and unventilated place.

This product covers an area of 0.78 square meters (1490mm*530mm)

Net weight: 21KG Gross weight: 27KG

