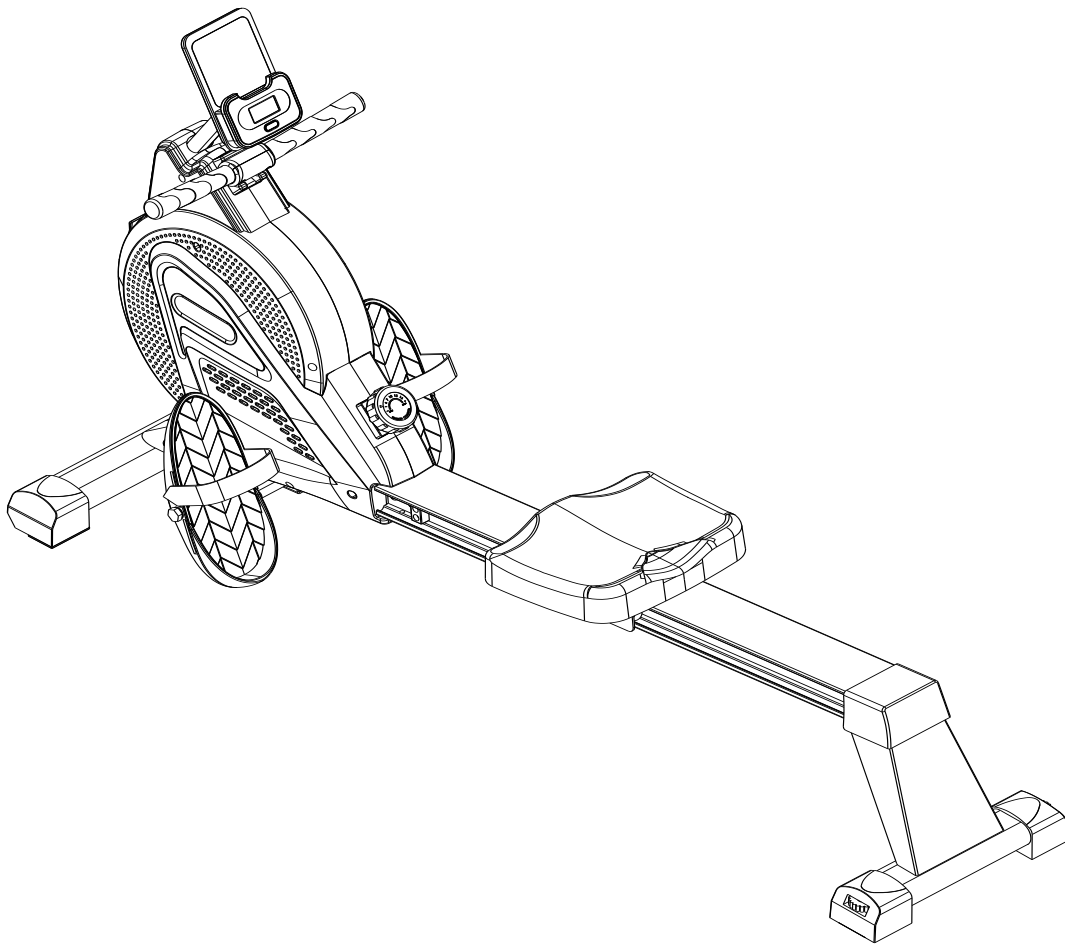




ROWING MACHINE

MODEL: RM-MGMS-BKWH



USER MANUAL

Please read this user manual carefully before assembling and using the product. Please retain this manual for future reference.

Important Safety Information

Please keep this instruction manual in a safe place for future reference.

1. Before assembling and using the training equipment, please read the instruction manual carefully. Only the correct installation, maintenance and use of the training equipment can achieve safe and effective training effects. It must be ensured that all users are familiar with all warnings and precautions of the training equipment.
2. Before using the training equipment, users should consult a doctor about their physical condition to prevent safety accidents during the training process, resulting in the inability to train normally. If the user is in the treatment stage due to physical conditions such as heart, blood pressure, and cholesterol exceeding the standard, be sure to consult a doctor before training.
3. Pay attention to your physical condition at all times during training. Improper training methods may affect your health. If you have the following symptoms (including: headache, chest tightness, irregular heartbeat, shortness of breath, dizziness, dizziness and nausea) etc.), please stop training immediately, and must be checked and confirmed by the doctor in time, and the training can only be continued after obtaining the permission of the doctor.
4. Children and pets must stay away from the training equipment, which is only for adults.
5. The training equipment should be placed on a hard and flat surface for use, and a protective layer should be placed on the floor or carpet to prevent damage to the ground, and the distance between the periphery of the training equipment and each obstacle should be no less than 0.5 meters.
6. Before using the training equipment, please check all bolts and nuts that need to be locked to ensure that they have been locked for safe use.
7. Only regular repair and maintenance of the parts that are easily damaged, easily worn and easily broken can ensure the safe use of the training equipment.
8. It must be ensured 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 abnormal noise is heard during use, please stop the operation and use immediately to ensure that all You can proceed after all problems are resolved.
9. When using the training equipment, please pay attention to what you wear, try to wear simple clothes, and avoid wearing loose clothes, because the loose clothes may be stuck somewhere on the equipment, which will hinder the operation and may be trapped in the equipment. on the equipment.
10. This training equipment is only suitable for home use, the maximum user weight is [150KG](#).
11. The training equipment is not suitable for use as medical equipment.
12. In the process of lifting or moving the training equipment, pay attention to safety, and use correct operation methods if necessary, or carry out with the assistance of others.
13. When placing it upright, be sure to place the training equipment in front of a wall or a fixed plane, and be sure to place it in a safe position away from children to prevent injury.
14. The rowing machine is suitable for HC.

Maintenance

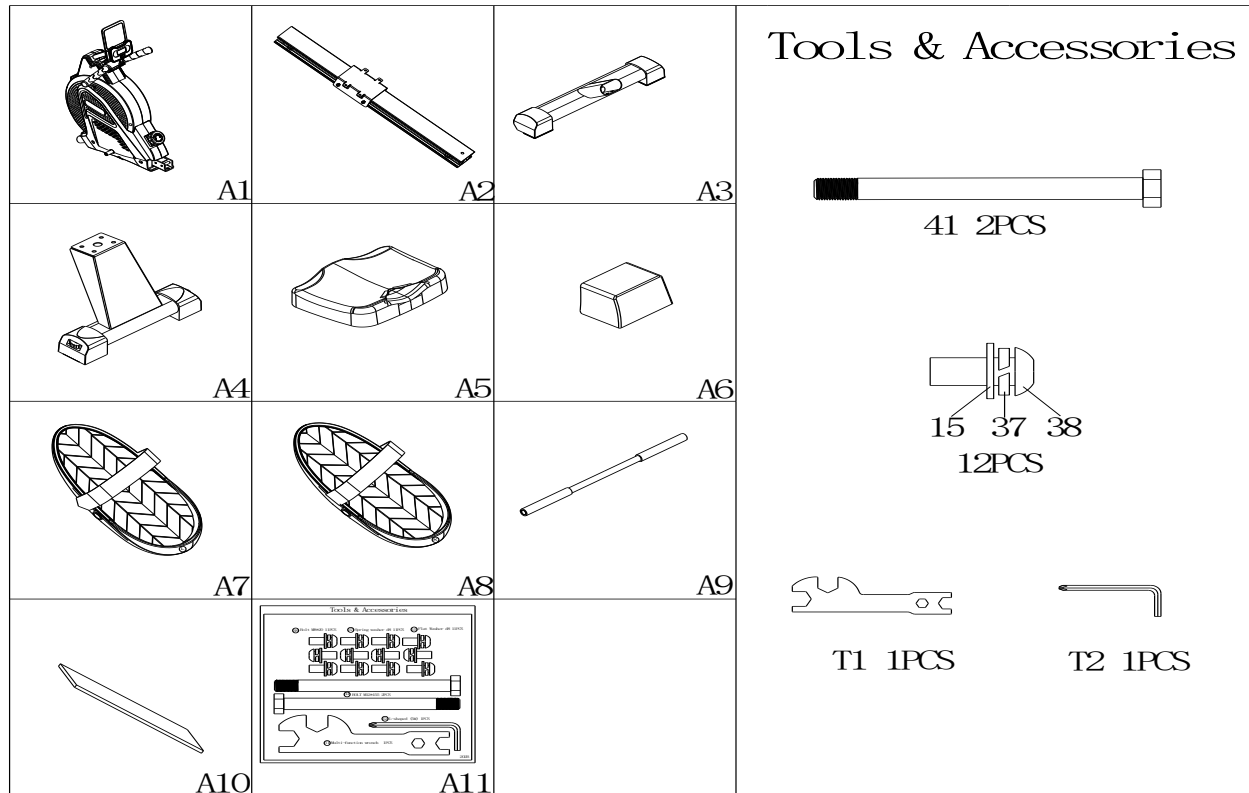
1. Ropes, pulleys and connection points are vulnerable parts, which should be checked frequently, and should be replaced in time when the wear is serious, and normal and safe use can only be ensured after replacement.
2. When the parts of the rowing machine are damaged, they should be replaced immediately.

Warn:

Please consult your physician before starting any exercise. This is especially important for individuals over the age of 35 or those with pre-existing health conditions. Please read all instructions before using any equipment.

Spare Part Lists

Below is the drawings of spare parts for the complete machine. When you open the carton, you will find the below parts in the carton.



Part Lists:

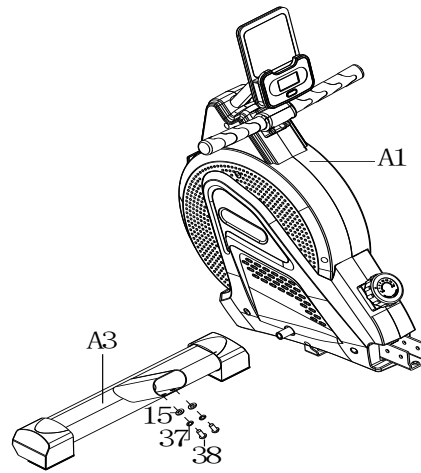
NO	DES.	Specification	Nos.	NO	DES.	Specification	Nos.
A1	Main Frame		1	A10	Manual		1
A2	Slide way		1	A11	Screw Pack		1
A3	Front Stabilizer		1	15	Flat washer	d8*D16*1.5	12
A4	Rear Stabilizer		1	37	Spring washer	d8	12
A5	Seat		1	38	Bolt	M8*20	12
A6	Cover		1	41	Bolt	M12*155	2
A7	Left Pedal		1	T1	Multi-function wrench	S=10/13/17/19	1
A8	Right Pedal		1	T2	L-shaped wrench	30*68/S5	1
A9	Pedal Axle		1				

Fixing tools: 5# Allen wrench 1pc Multi-function wrench S=10,13,17,19 1pc

Assembly Instruction

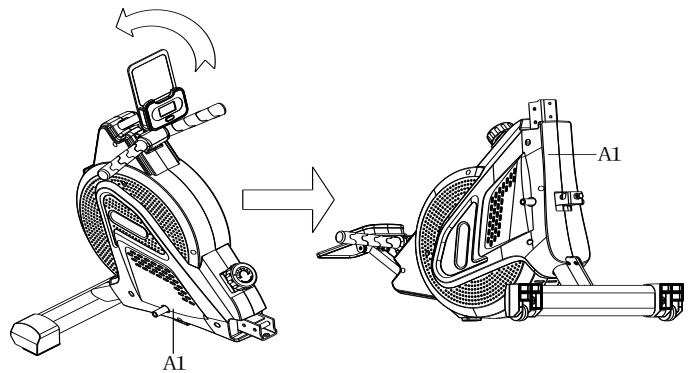
Step 1:

Use the Allen wrench (T2),Blot(38), spring washer(37),flat washer(15)to install the Front Stabilizer (A3) to the main frame set (A1)and lock it.

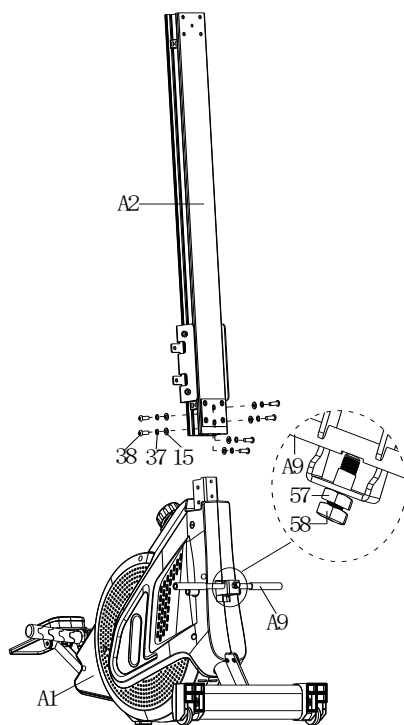


Step 2:

Turn the main frame set (A1) over.



Step 3:



1. Use the Allen wrench (T2) with bolts (38), spring washers (37) and flat washers (15) to install the track tube set (A2) on the main frame set (A1) and lock tightly.

2. Use the multi-function wrench (T1) with bolts (58) and nuts (57) to install the Pedal Axle (A9) on the main frame set (A1) and lock it.

NOTE: Hex Head Bolts (58), Hex Thin Nuts (57) are pre-installed on the Main Frame Set (A1).

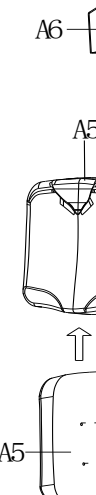
Assembly Instruction

Step 4:

1. Use the Allen wrench (T2) to install the seat cushion (A5) on the track tube set (A2) and lock it with the bolt (65). (The seat cushion has a direction, please install it according to the direction shown in the figure.)

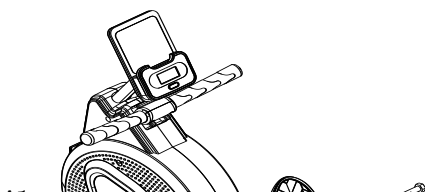
Note: Hexagon socket head cap bolts (65) are pre-installed on the seat cushion (A5).

2. Use the Allen wrench (T2) with bolts (38), spring washers (37), and flat washers (15) to install the Rear supporting board (A4) on the



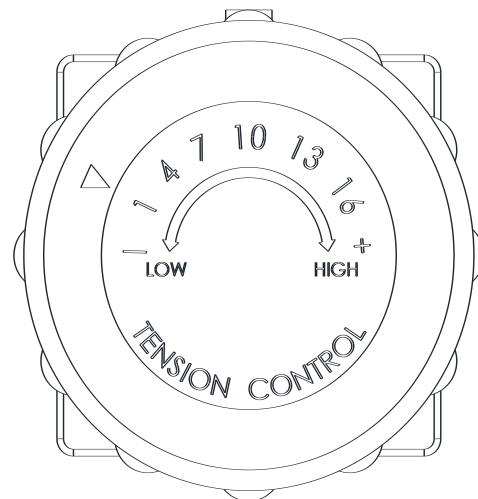
Use the multi-function wrench (T1) to install Left Pedal (A7) and Right Pedal(A8) on the main frame set (A1) and lock it with bolts (41).

Step 5:



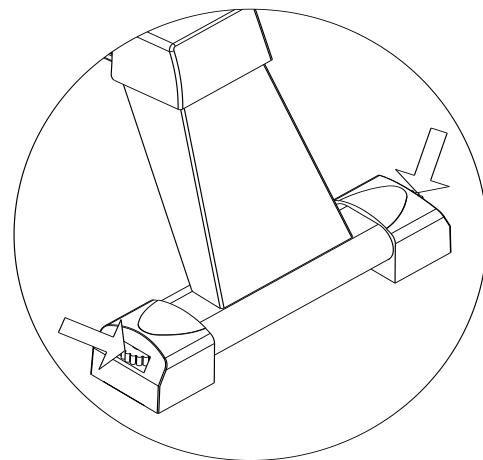
Sixteen-stage fine-tuning resistance adjustment:

Users can adjust the damping according to their needs for exercise. This product provides 16 levels of adjustment (1-16) and damping (1 minimum to 16 maximum).



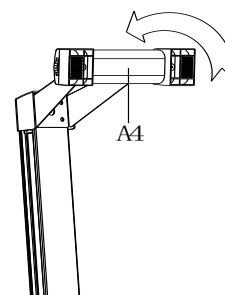
Rear foot guard adjustment:

The user can adjust the gear on the rear foot guard to the left and right to make the machine stable and not shake.

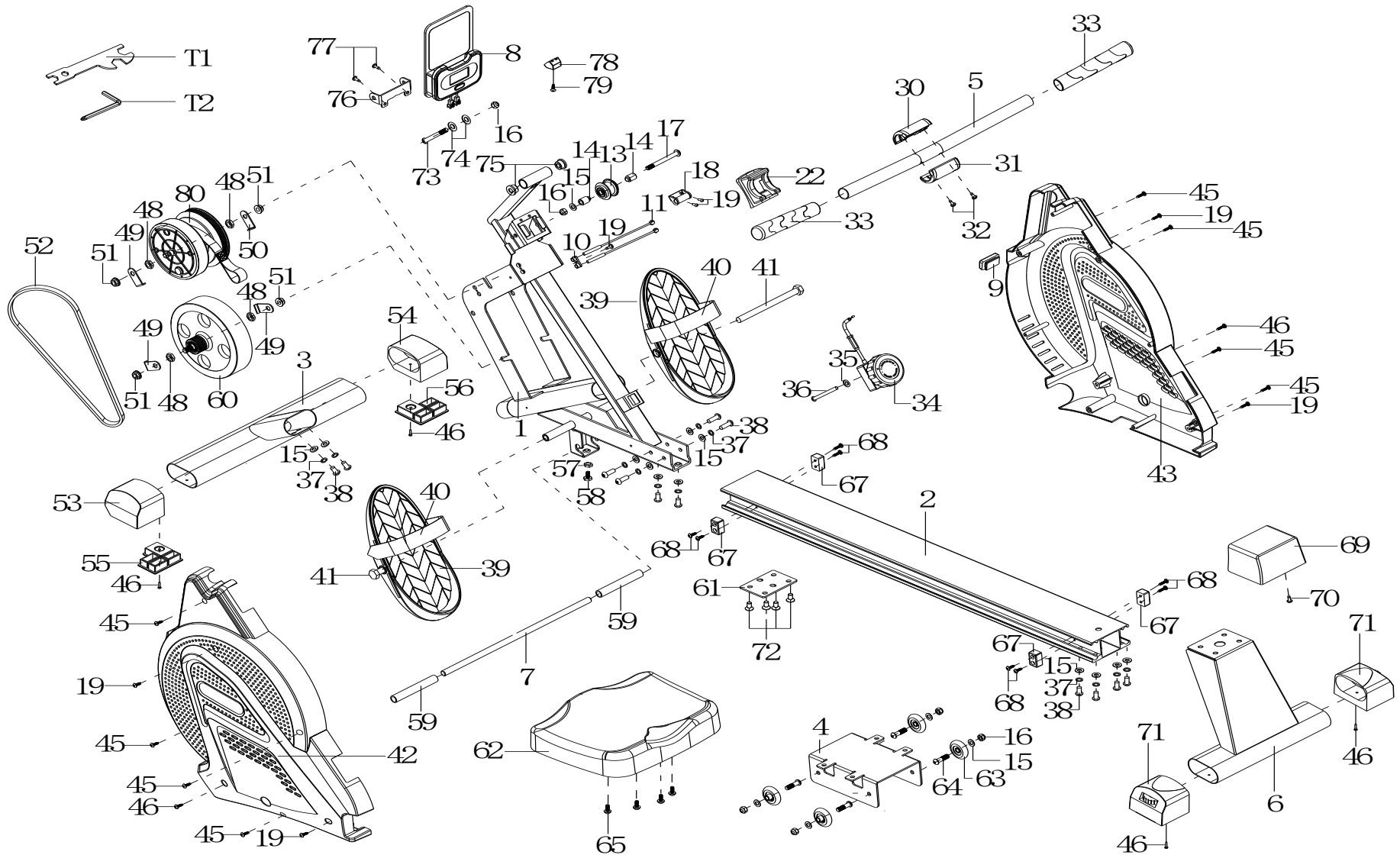


Machine folding:

Grasp the Rear supporting board (A4) with both hands, lift the machine in the direction of the arrow, and stand it up so that the left foot guard (53), right foot guard (54), and cushion foot pad (9) are on the ground at the same time.



Exploded Parts Diagram:

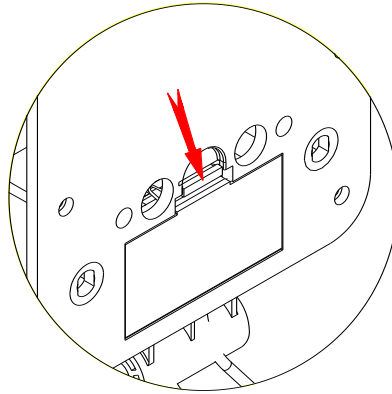


Part lists:

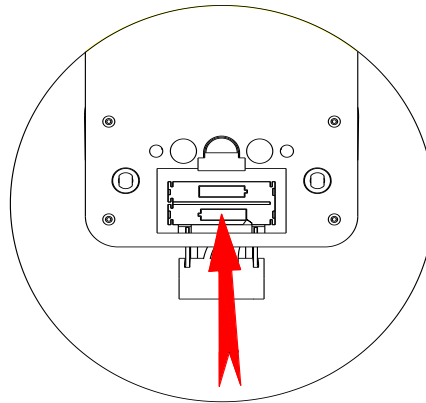
NO	DES.	Specification	Nos.	NO	DES.	Specification	Nos.
1	Main Frame Set		1	48	Nut	M10*1*5	4
2	Aluminum track		1	49	Fixed reinforcement board		3
3	Front Stabilizer		1	50	Flat hole fixed reinforcement plate		1
4	Seat plate		1	51	Nut	M10*1	4
5	Shaking tube		1	52	Belt		1
6	Rear Stabilizer		1	53	Left foot guard		1
7	Pedal Axle		1	54	Right foot guard		1
8	Exercise monitor		1	55	Left front foot pad		1
9	Cushion feet		1	56	Right front foot pad		1
10	Sensor base		1	57	Nut	M8	1
11	Pin sensor		2	58	Bolt	M8*30	1
13	Webbing pulley		1	59	Outer sleeve		2
14	Pulley limit tube		2	60	Magnetic wheel		1
15	Flat washer	D8*D16*1.5	17	61	Reinforcing plate		1
16	Lock nut	M8	6	62	Seat cushion		1
17	Bolt	M8*80	1	63	Cushion pulley		4
18	Rotating wheel seat set		1	64	Bolt	M8*32	4
19	Blot	M5*12	7	65	Bolt	M6*15	4
22	Handle pad		1	67	Limiting pad		4
30	Armrest cover		1	68	Screw	ST4.2*25	8
31	Under the armrest cover		1	69	Pipe plug		1
32	Screw	ST4.2*25	2	70	Screw	ST4.2*20	1
33	Grip		2	71	Rear foot guard		2
34	Fine-tuning		1	72	Screw	M8*15	4
35	Flat washer	d5*D10*1.3	1	73	Bolt	M8*90	1
36	Screw	M5*60	1	74	Plastic gasket	φ20*φ8.5*2.0	2
37	Spring washer	8	12	75	Rotating tube alloy sleeve		2
38	Bolt	M8*20	12	76	Monitor fixing plate		1
39	Pedal		2	77	Bolt	M5*10	2
40	Sticky buckle components		2	78	Exercise monitor limit block		1
41	Bolt	M12*155	2	79	Screws	ST4.2*19	1
42	Left protective cover		1	80	Stacked spring set		1
43	Right protective cover		1	T1	Multi-function wrench	S=10/13/17/19	1
45	Screw	ST4.2*20	8	T2	Allen wrench	S5	1
46	Screw	ST4.2*19	6				

Exercise monitor battery installation and replacement

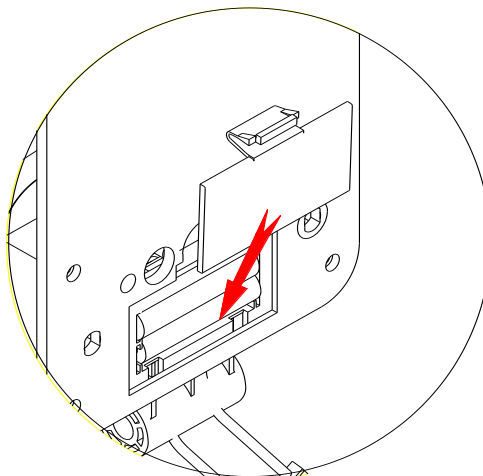
Locate the position in the picture on the right, press the battery cover buckle down in the direction of the arrow, and gently push it outward to remove the battery cover.



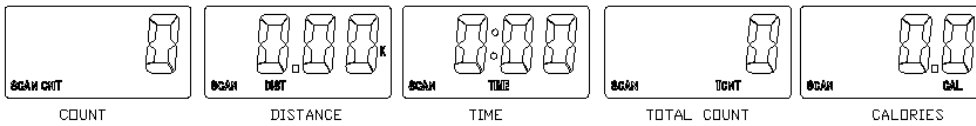
After removing the battery cover, install the battery. Pay attention to the figure on the right for the battery installation position. Please install the battery correctly according to the mark in the battery compartment.



Gently snap the battery cover into the exercise monitor in the direction shown on the right, and push it inward to complete the installation.



EXERCISE MONITOR INSTRUCTION MANUAL



■KDY FUNCTIONS:

- **MODE:** This key lets you to select and lock on to a particular function you want.
SCAN→COUNT→DISTANCE→TIME→TOTAL COUNT→ CALORIES→SCAN

- Pressing and hold the MODE key with 3 seconds to reset the value to zero(without TOTAL COUNT).

■SLEEP MODE:

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

■FUNCTIONS:

- **SCAN :** Display changes according to the next diagram every 6 seconds.
- **COUNT:** The current count will be displayed when starting exercise.
- **DISTANCE:** The current distance will be displayed when starting exercise.
- **TIME:** The total working times will be displayed when starting exercise.
- **TOTAL COUNT:** The total count which this function is refers to from battery capacity period runs.
- **CALORIES:** The calorie burned will be displayed when starting exercise.

■SPECIFICATIONS

FUNCTION	SCAN	6S
	TIME	-99M:59S
	COUNT	0~9999
	TOTAL COUNT	0~9999
	DISTANCE	0.00~99.99
	CALORIES	0~999.9Kcal
BATTYERY		SIZE-AAA or UM-4 *2
Operating temperature		0~40°C
Storage temperature		-10~60°C

Warm up

No matter how you exercise, it is best to do stretching exercises first. Warm muscles are easier to stretch, so take 5-10 minutes to warm up first. Then stop and do stretching exercises as follows-do 5 times, each leg for 10 seconds or more each time, and do it again after the exercise is over.

1. Stretch down

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

2. Hamstring stretch

Sit on a clean seat cushion and straighten one leg. Tuck the other leg inward so that it is close to the inside of the straight leg. Try to touch your toes with your hands. Hold for 10-15 seconds, then relax.

Repeat 3 times for each leg (see Figure 2).

3. Stretching of calf and foot tendons

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

4 Quadriceps stretch

Hold the wall or table with your left hand to grasp the balance, then stretch your right hand back, grab the right heel and slowly pull towards your buttocks, until you feel the muscles in front of your thighs tense. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 4).

5. The sartorius (the muscles of the inner thigh) stretch

Sit with the soles of your feet facing each other with your knees facing out. Grasp the feet with both hands and pull towards the groin. Hold for 10-15 seconds, then relax. Repeat it 3 times(see Figure 5).

