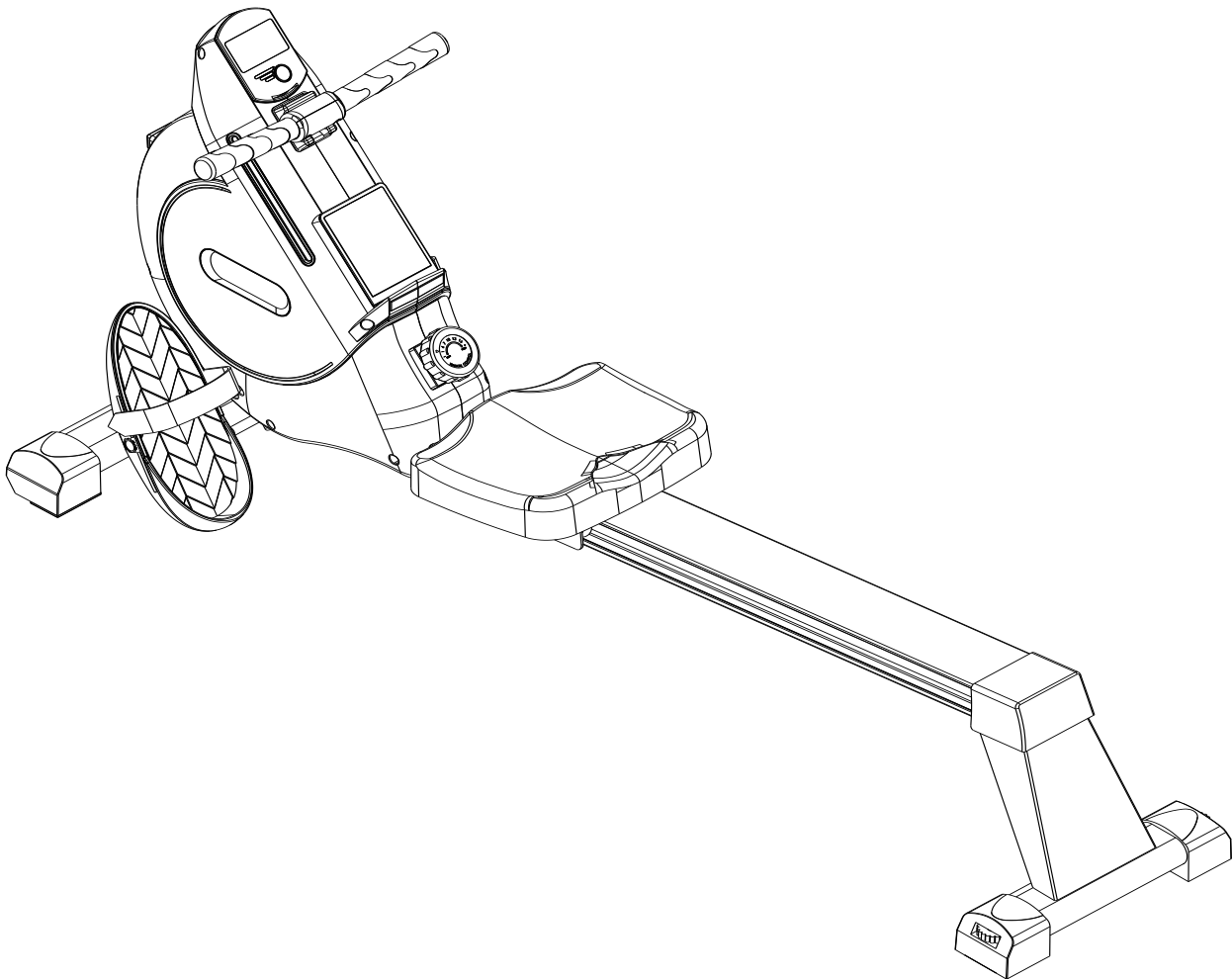




Rowing Machine

MODEL: RM-MGME-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

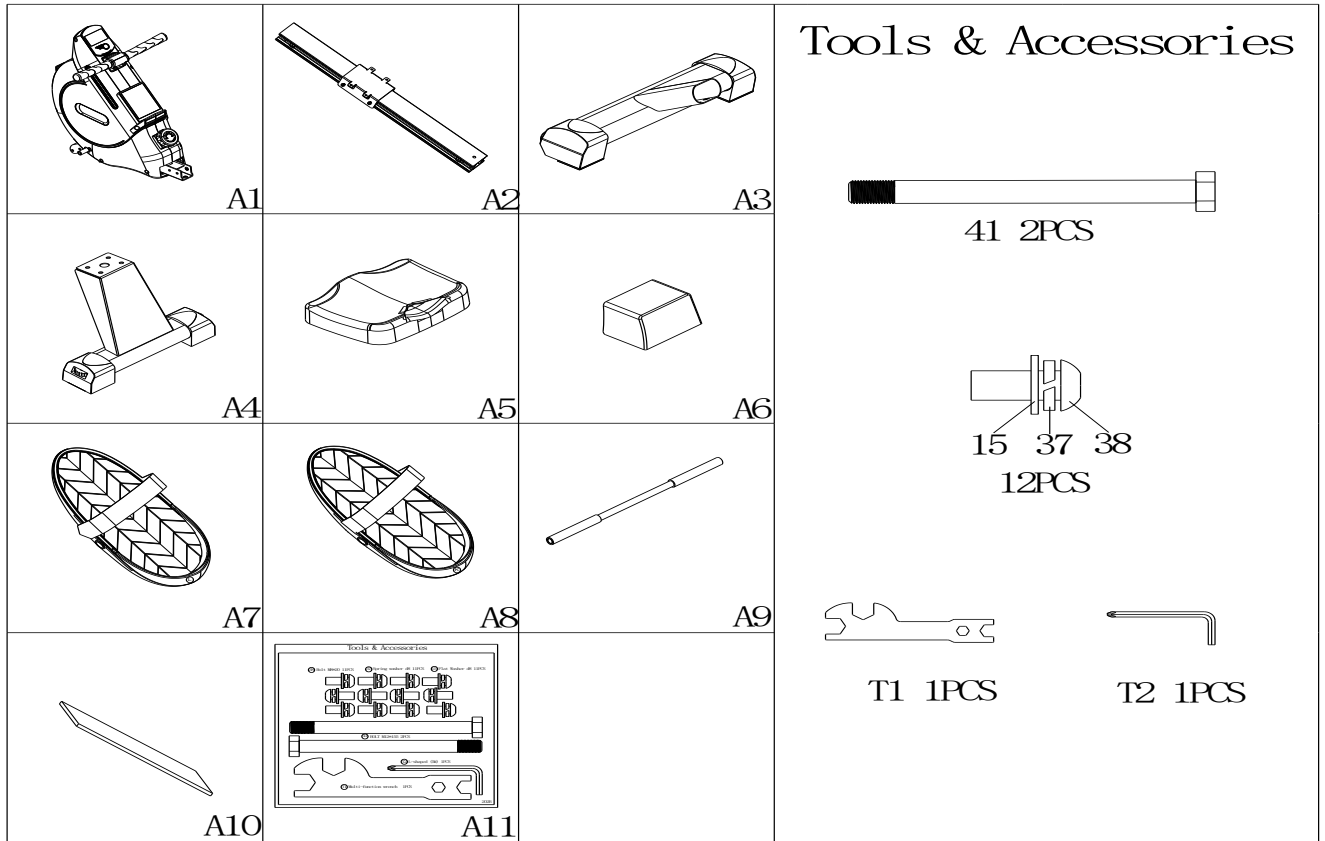
1. Ropes, pulleys and connection points are vulnerable parts, which should be checked frequently, and should be replaced in time when the wear is serious, and normal and safe use can only be ensured after replacement.
2. When the parts of the rowing machine are damaged, they should be replaced immediately.

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 List

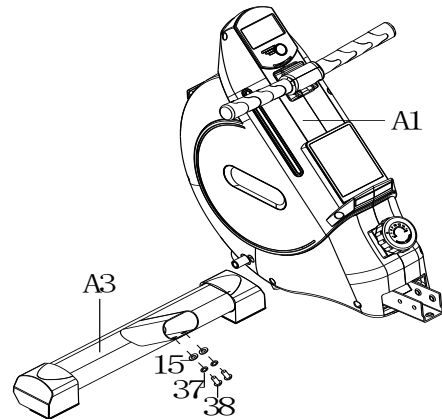
NO	DES.	Specification	Nos.	NO	DES.	Specification	Nos.
A1	Main Frame		1	A10	Manual		1
A2	Slide way		1	A11	Screw pack		1
A3	Front Stabilizer		1	15	Flat washer	d8*D16*1.5	12
A4	Rear Stabilizer		1	37	Spring washer	d8	12
A5	Seat		1	38	Bolt	M8*20	12
A6	Cover		1	41	Bolt	M12*155	2
A7	Left Pedal		1	T1	Multi-function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

Assembly Instruction

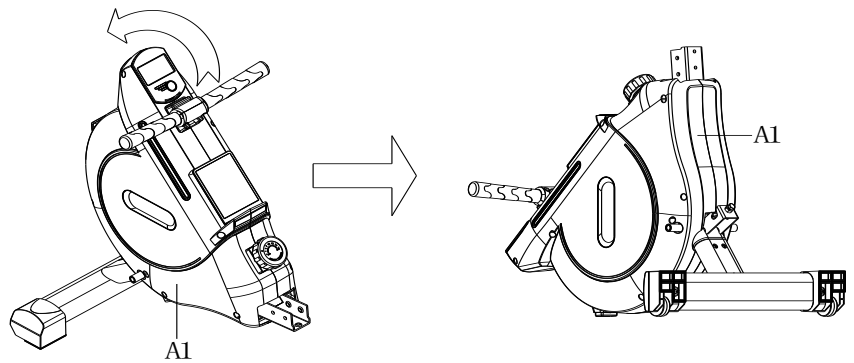
STEP 1:

Use an L-shaped wrench (T2) with bolts (38), standard spring washers (37), flat washers (15) to install the front stabilizer tube assembly (A3) on the main frame set (A1) is locked up and then locked.



STEP 2:

Turn the main frame set (A1) over.

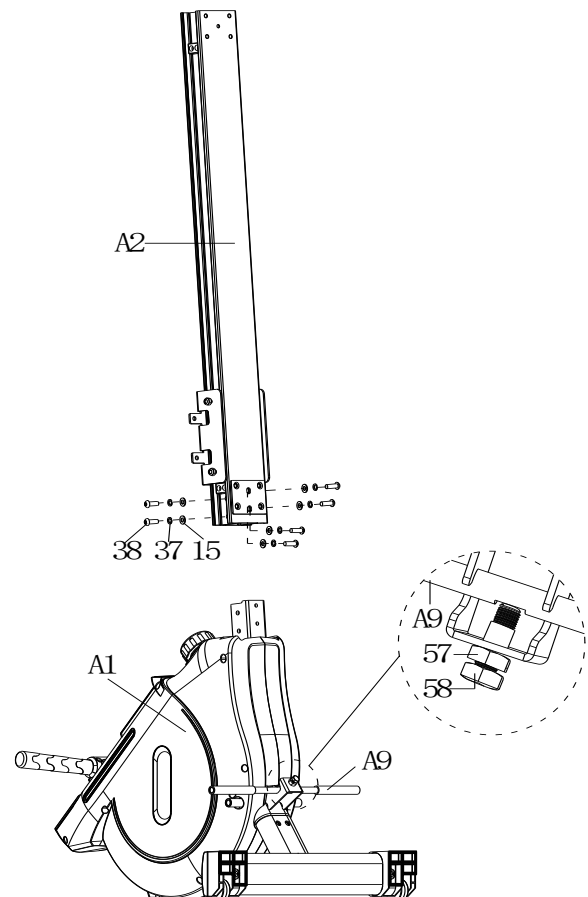


STEP 3:

Use an L-shaped wrench (T2) with bolts (38), flat washers (15) and standard spring washers (37), install the slideway (A2) on the main frame set (A1) and lock it tight.

Use the multi-function wrench (T1) with bolts (58) and hexagon thin 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)



STEP4:

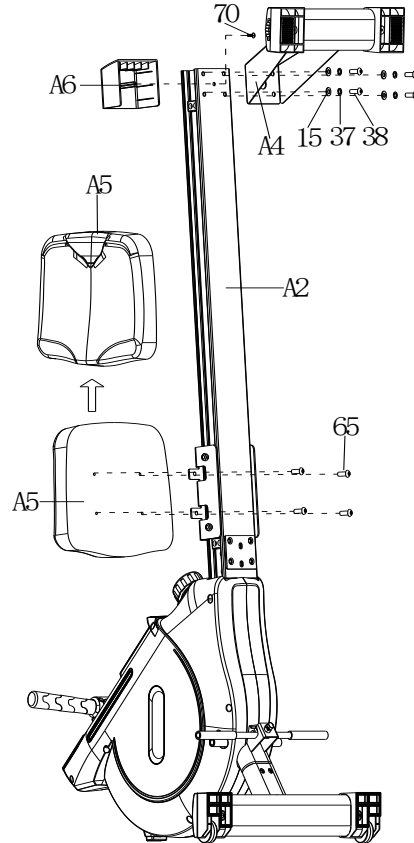
Use the L-shaped wrench (T2) 、 bolt (65),with seat (A5) install the slide way (A2) and lock it tight . (The seat cushion has a direction, please install it according to the direction shown in the figure.)

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

Use an L-shaped wrench (T2) with bolts (38), flat washers (15), and standard spring washers (37) to install the rear stabilizer (A4) on the slide way (A2) and lock it tight.

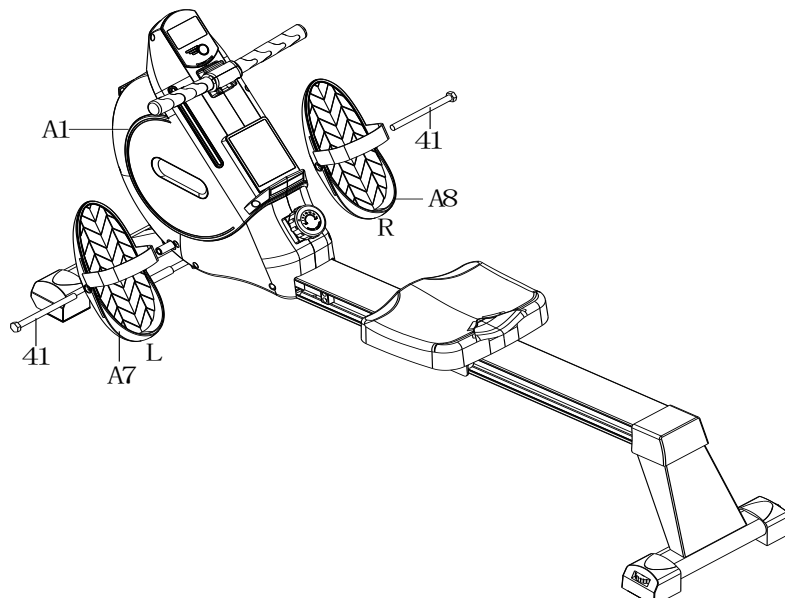
Use the L-shaped wrench (T2)with the screw (70) to install the cover (A6) on the slide way(A2) and lock it.

NOTE: The Phillips Pan Head Screw (70) is pre-installed on the Pipe Plug (A6).



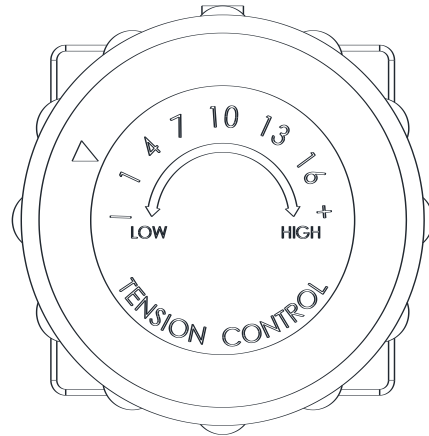
STEP5:

Use the multi-function wrench (T1) to install the left pedal (A7) and the right pedal (A8) on the main frame set (A1) with bolts (41) and then lock it.



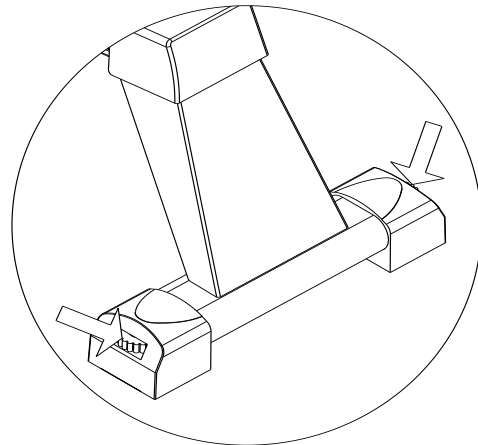
Tension control:

Users can adjust the damping to exercise according to their needs. This product provides 16 speed adjustment (1~16) and damping (1 minimum ~ 16 max).



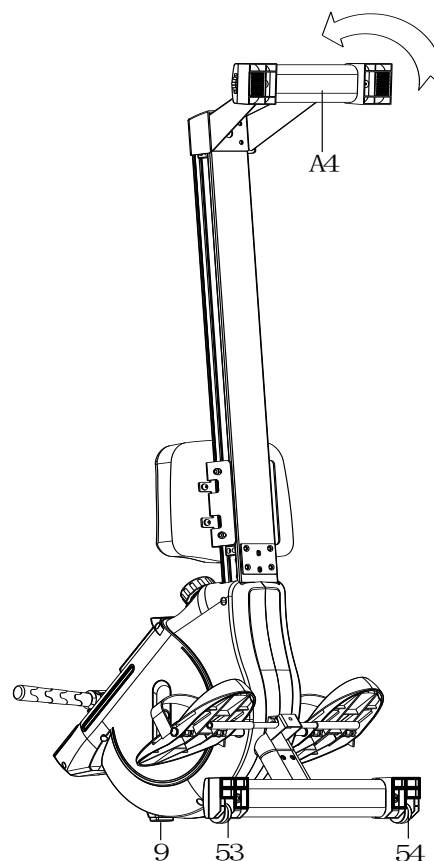
Balance Adjustment :

The user can adjust the gear on the rear stabilizer to make the machine stable without shaking.

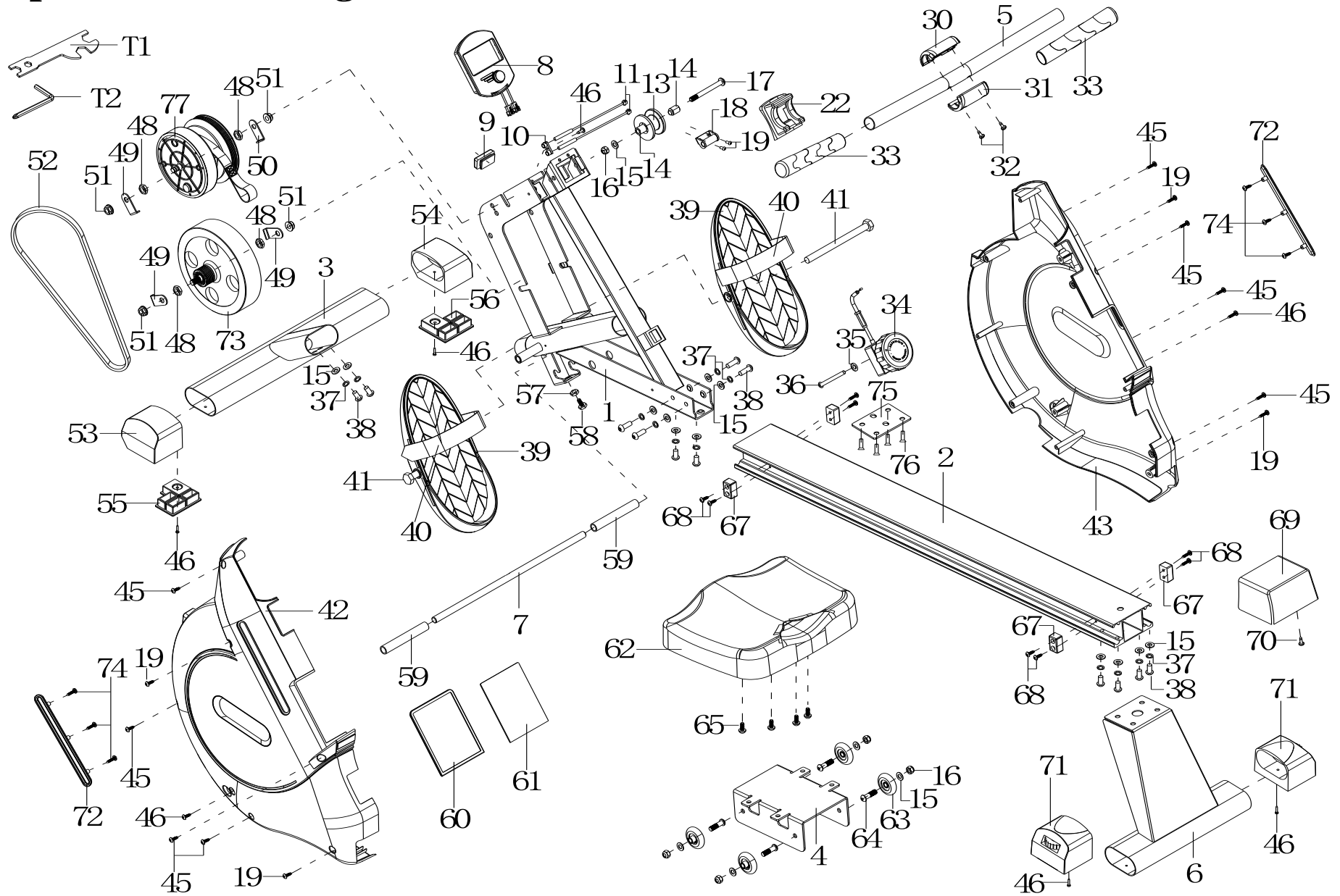


Folding Instruction:

Grasp the track tube set(A4)with both hands, and raise it in the direction of the arrow to make the left corner (53) right corner (54) and foot pad (9) touch the ground at the same time.



Exploded Parts Diagram:



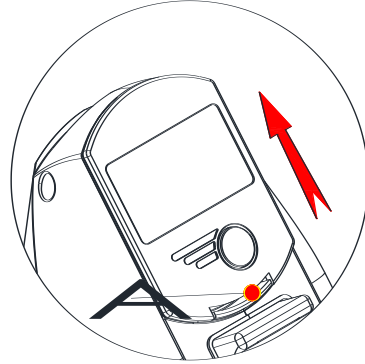
PART LIST

NO	DES	Specification	Nos.	NO	DES.	Specification	Nos.
1	Main Frame		1	45	Screw	ST4.2*20	8
2	Slideway supporter		1	46	Screw	ST4.2*19	7
3	Front Stabilizer		1	48	Nut	M10*1*5	4
4	Seat		1	49	Fixing plate		3
5	Handle tube		1	50	Fixing plate		1
6	Rear Stabilizer		1	51	Nut	M10*1	4
7	Pedal Axle		1	52	Belt		1
8	Computer		1	53	Front end cap(left)		1
9	foot pad		1	54	Front end cap(right)		1
10	Sensor Block		1	55	foot pad (left)		1
11	Sensor		2	56	foot pad (right)		1
13	Ribbon pulley		1	57	Nut	M8	1
14	Pulley limit tube		2	58	Bolt	M8*30	1
15	Flat washer	D8*D16*1.5	17	59	Outer Bushing		2
16	Locknut	M8	5	60	IIPAD bracket		1
17	Bolt	M8*80	1	61	Silicone pad		1
18	Rotating wheel seat		1	62	Seat cushion		1
19	Screw	M5*12	6	63	Seat pulley		4
22	Handle pad		1	64	Bolt	M8*32	4
30	Shaking tube up cover		1	65	Bolt	M6*15	4
31	Shaking tube down cover		1	67	Limit pad		4
32	Screw	ST4.2*25	2	68	Screw	ST4.2*25	8
33	Grip		2	69	Cover		1
34	Tension control		1	70	Screw	ST4.2*20	1
35	Flat washer	d5*D10*1.3	1	71	Rear cover		2
36	Screw	M5*60	1	72	Plastic decorative strip		2
37	Standard spring washer	8	12	73	Magnetic wheel set		1
38	Bolt	M8*20	12	74	Screw	ST3.0*10	6
39	pedal		2	75	Reinforcing plate		1
40	Pedal Velcro		2	76	Bolt	M8*12	4
41	Bolt	M12*155	2	77	Stacked spring set		1
42	Chain cover(left)		1	T1	Multi-function Wrench	S=10/13/17/19	1
43	Chain cover(right)		1	T2	L shaped wrench	S5	1

INSTALL THE BATTERIES

STEP1:

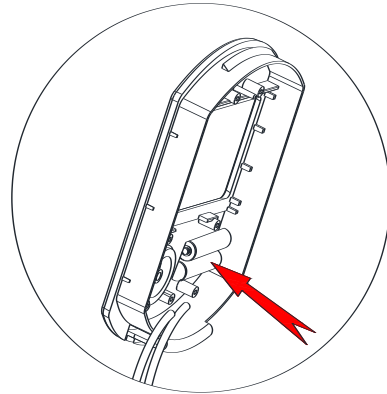
Push and hold the monitor A then push it up,pull the monitor A outwards and allow You to install the battery.



STEP2:

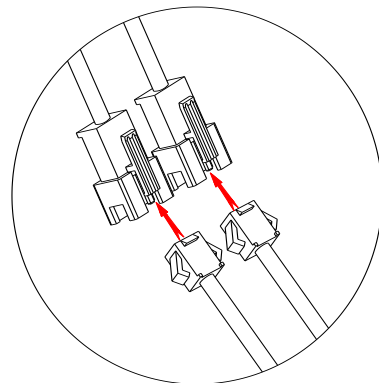
Find the battery and identify positive and Negative ends,insert the new battery. (seethedrawinginstep2).

Note: Our products do not include batteries.



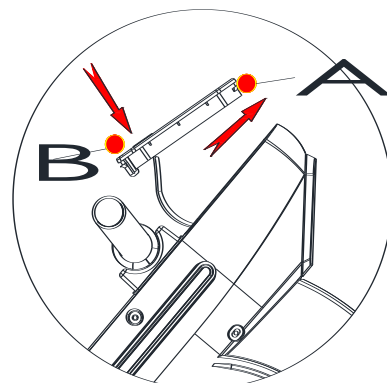
STEP3:

The connection lines between the computer and the machine can be connected randomly, but pay attention to the direction, as shown in the figure.



STEP4:

Push and hold the monitor A to install it on the main frame set (A1), push point B and lock tightly.(see the drawing in step 3).



Exercise Computer

KEY FUNCTION :

- 1.This key lets you to select and lock on to a particular function you want.
SCAN→TIME→DISTANCE→TOTAL COUNT→CALORIE→COUNT/MIN→COUNT→SCAN
- 2.Pressing and hold with 3 seconds to reset the value to zero(without TOTAL COUNT).

AUTO ON/OFF:

- 1.The system dormant state automatically when the sensor has no signal input or no key are pressed for approximately 4 minutes.
- 2.The system turns on when the MODE key is depressed or a signal input from the sensor, in the system dormant state mode.

FUNCTION:

- 1.TIME :** The total working time will be shown when starting exercise.
- 2.DISTANCE:** The current distances will be shown when starting exercise
- 3.TOTAL COUNT :** The count of each workout will be accumulative and shown when starting exercise.
- 4.CALORIE :** The calorie burned will be shown when starting exercise.
- 5.COUNT/MIN:**The RPM will be shown when starting exercise.
- 6.COUNT:** The current counts will be shown when starting exercise.
- 7.SCAN :** Shown automatically changes according to the next diagram every 6 seconds.
TIME→DISTANCE→TOTAL COUNT→CALORIE→COUNT/MIN→COUNT

SPECIFICATIONS:

FUNCTION	SCAN	6S
	TIME	0:00-99:59(M :S)
	DISTANCE	0.00~99.99KM(ML)
	COUNT	0~9999
	TOTAL COUNT	0~9999
	CAL	0~999.9Kcal
	RPM	0~9999(COUNT/MIN)
BATTERY	SIZE-AAA or UM-4*2	
Operating temperature	0~40°C (32°F -104°F)	
Storage temperature	-10~60°C ((14°F -168°F)	

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

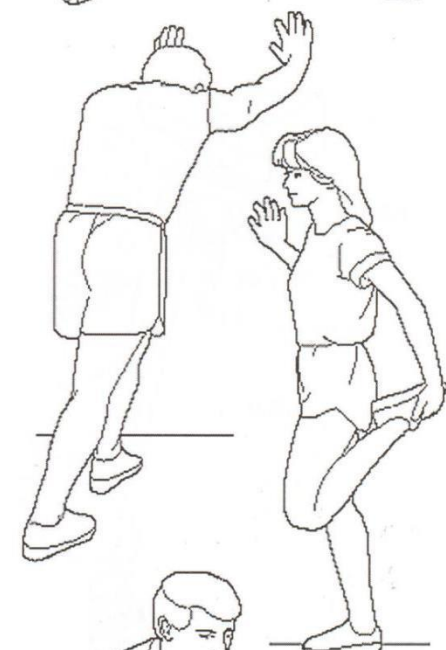
Sit on a clean seat cushion and straighten one leg. Tuck the other leg inward so that it is close to the inside of the straight leg. Try to touch your toes with your hands. Hold for 10-15 seconds, then relax.

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).