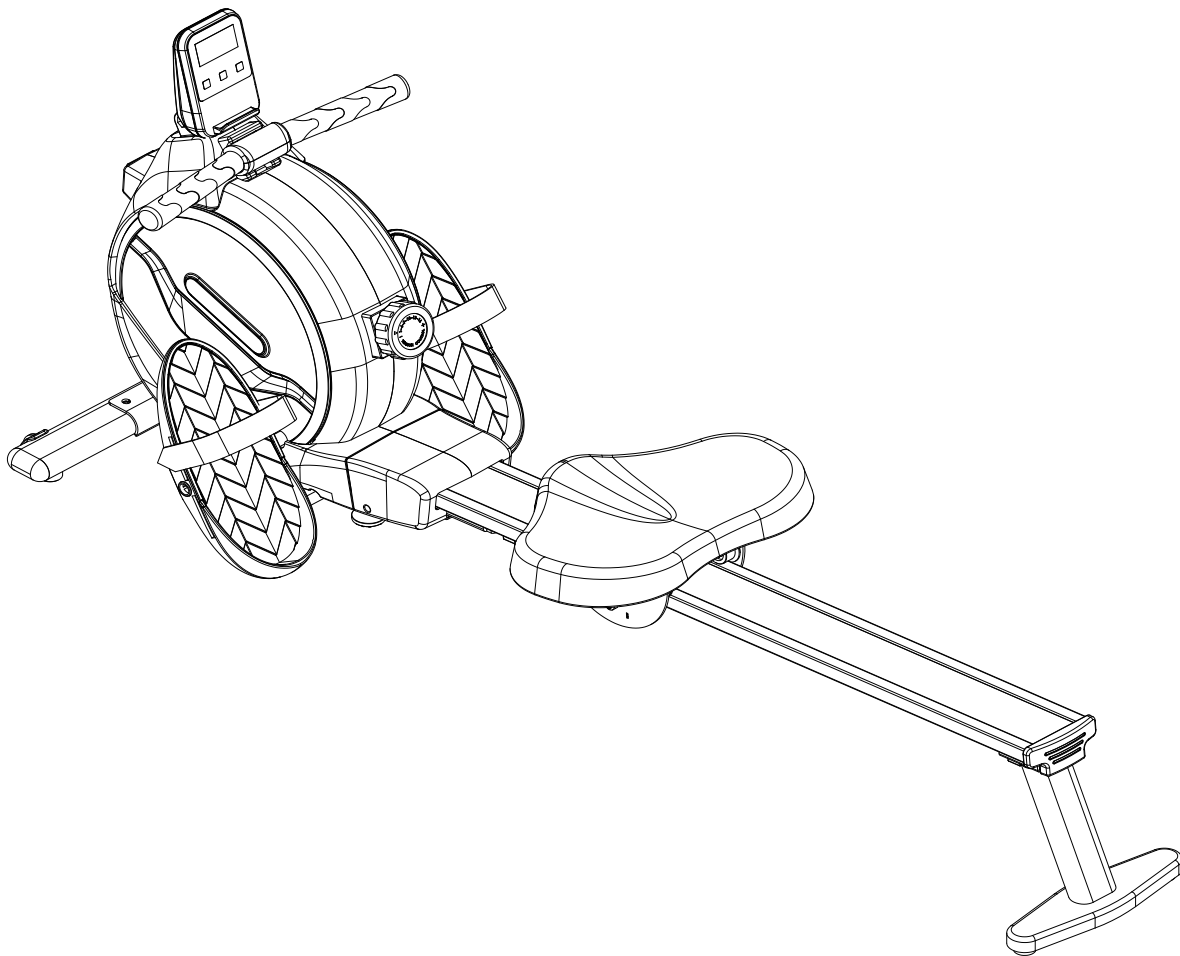




# ROWING MACHINE

MODEL: RM-MGMK-BKRD



**Read all instruction carefully before use this product.  
Retain this owner's manual for the future's reference.**

**CONTENTS**

---

**Important Safety Notice-----3**

**Parts List-----4**

**Assembly Instructions-----5**

**Exploded Diagram-----9**

**Exploded Parts Diagram-----10**

**Battery Installation and Replacement-----12**

**Computer Description-----13**

**Warm Up Instructions-----14**

## Important Safety Notice

---

### **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.

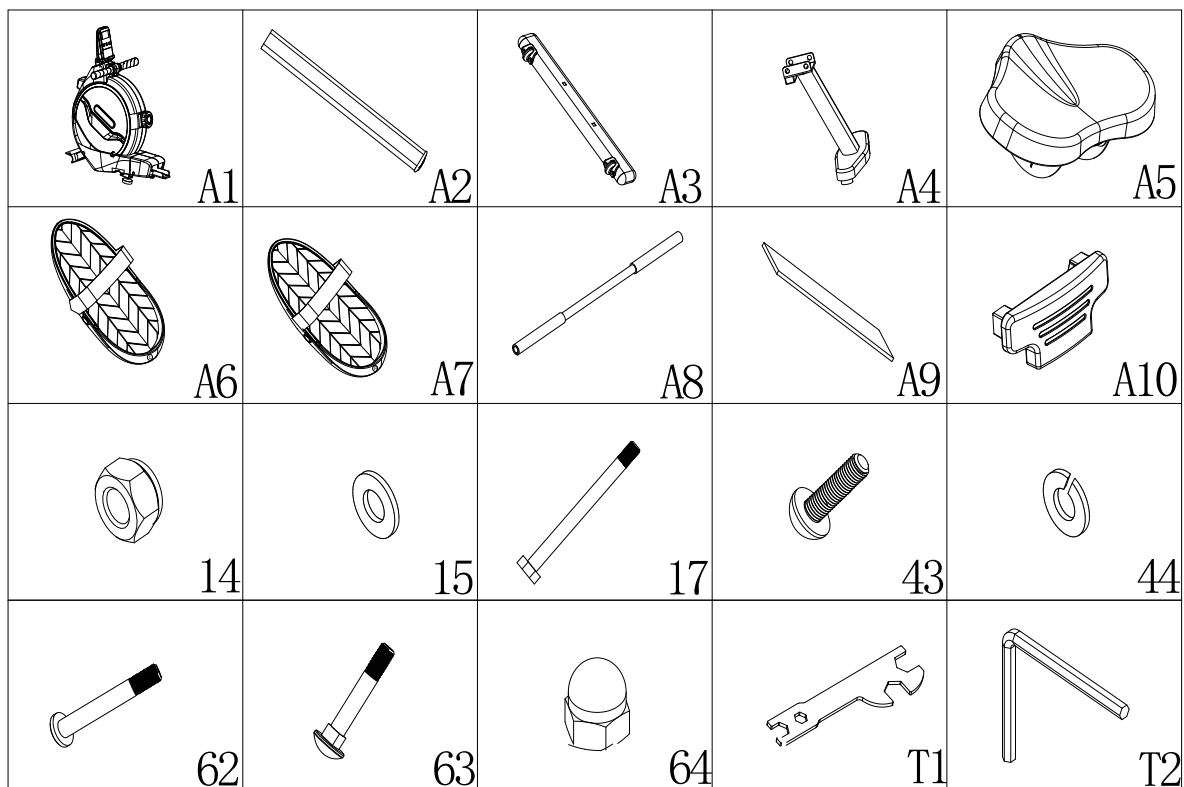
### **Maintenance**

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.

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.



### Parts list:

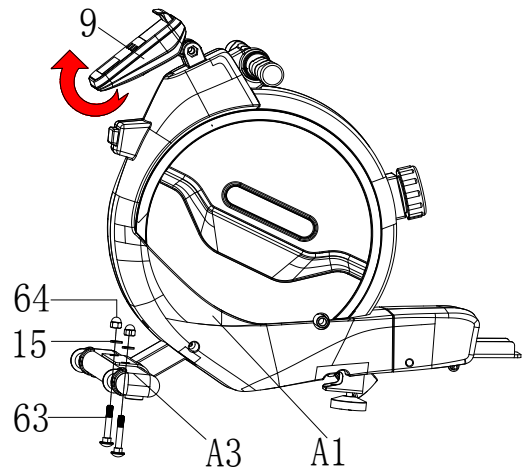
NO.	Description	Specification	Nos.	NO.	Description	Specification	Nos.
A1	Main Frame set		1	14	Locking nut	M8	2
A2	Slide rail set		1	15	Flat washer	d8*D16*1.5	8
A3	Front foot tube set		1	17	Hexagon head bolts	M12*155	2
A4	Rear foot tube set		1	43	Hexagon socket head bolts	M8*20	4
A5	Seat Cushion set		1	44	Standard spring washer	8	4
A6	Left pedal set		1	62	Hexagon socket head bolts	M8*70	2
A7	Right pedal set		1	63	Flat Round Head Square Neck Bolts	M8*45	2
A8	Pedal limit shaft group		1	64	Combined cap nut	M8	2
A9	Manual		1	T1	Multifunctional wrench	S=10/13/17/19	1
A10	Rear end cap		1	T2	5# Allen wrench	80*80/S5	1

**Fixing tools:** 5# Allen wrench 5mm 1pc, Multifunctional wrench S=10.13.17.19 1pc

### Step 1:

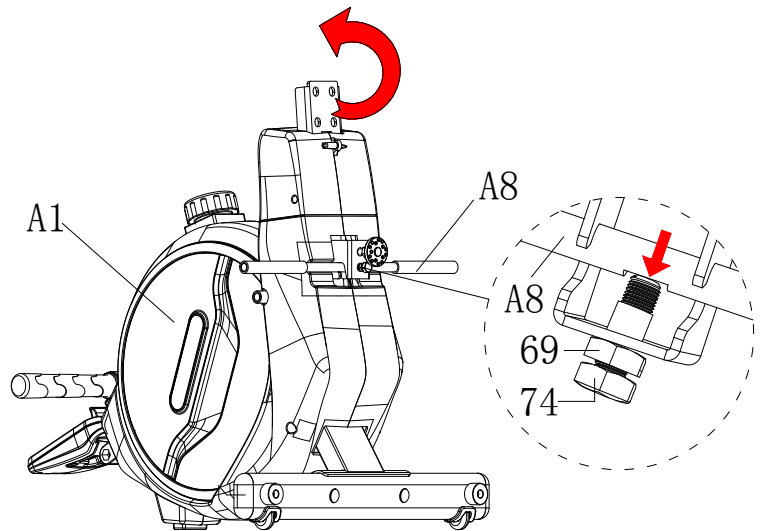
1. Use a multi-function wrench (T1), a flat round head square neck bolt (63), a flat washer (15), and a combined cap nut (64) to install the Front foot tube set (A3) on the main frame set (A1) and lock up.
2. Turn the computer (9) upside down to prevent the computer (9) from being damaged when the main frame is turned over.

**Note: Do not press down on the computer.**



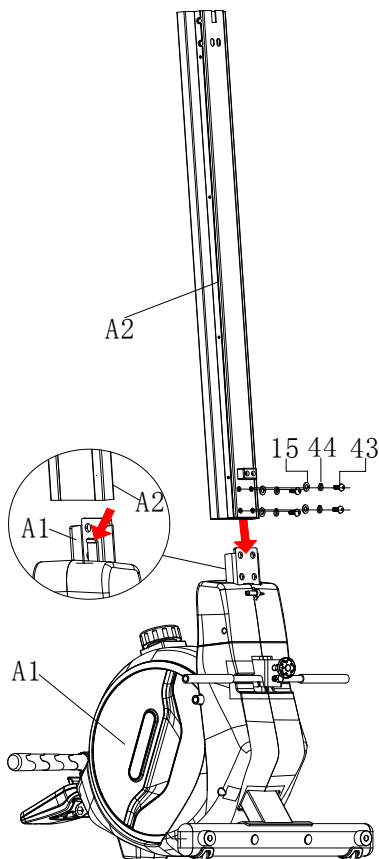
### Step 2:

1. Flip the main frame set (A1) to the position shown in the figure.
2. Align the notch plane of the limit pedal shaft (A8) with the hexagon head bolt (74).
3. Use a multi-function wrench (T1), hexagon head bolts (74), and hexagonal thin nuts (69) to install the pedal limit shaft set (A8) on the main frame set (A1) and then lock it tightly.



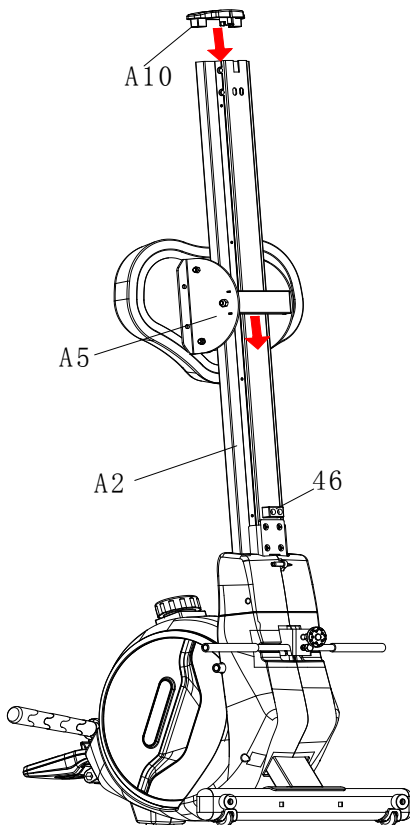
### Step 3:

1. Put the Slide rail set (A2) into the main frame set (A1), make sure that the Slide rail set (A2) is inserted into the slot and in place.
2. Install the Slide rail set (A2) on the main frame set (A1) using 5# Allen wrench (T2), Allen socket head bolts (43), spring washers (44), and flat washers (15), then lock it.



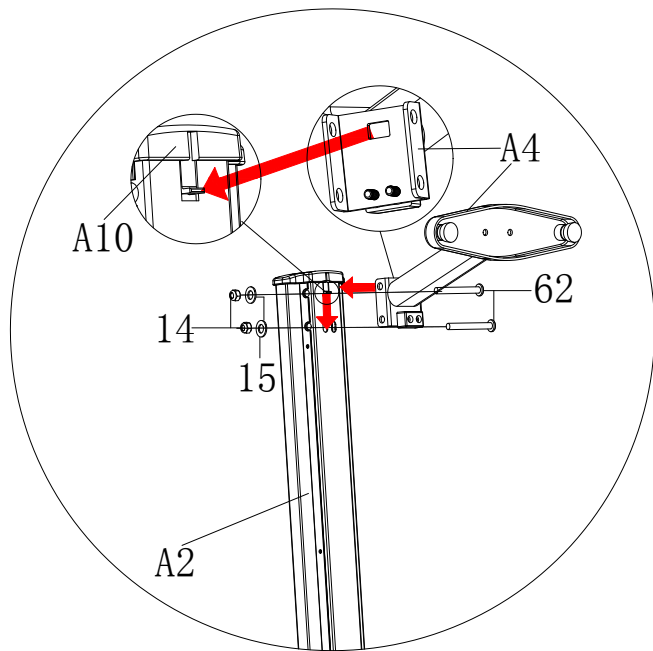
### Step 4:

1. Put the seat cushion set(A5) into the Slide rail set(A2) (pay attention to the direction of the seat cushion), and move it down until it hits the limit pad (46).
2. Put the rear end cap (A10) into the Slide rail set (A2) to make sure it is in place.



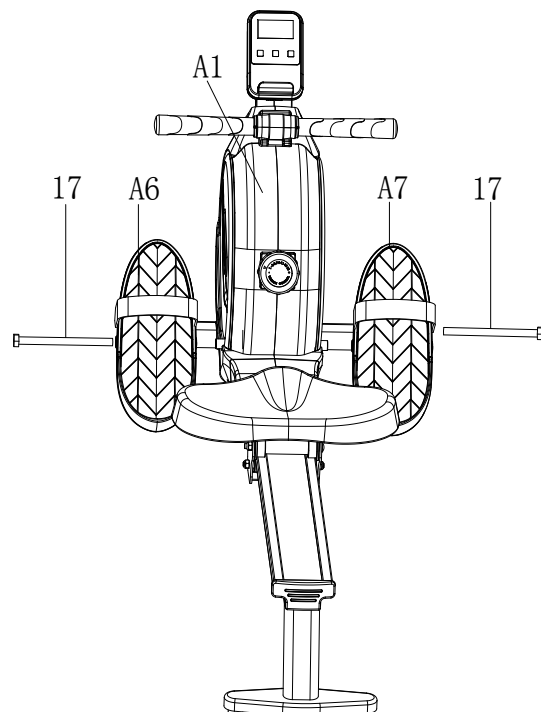
### Step 5:

1. As shown in the picture, align the hole of the rear foot tube set (A4) with the hook of the rear end cap (A10). After it is in place, move the rear foot tube set (A4) down to make sure it is in place.
2. Use a multi-function wrench (T1), a 5# Allen wrench (T2), a Hexagon socket head bolt (62), a flat washer (15), and a locking nut (14) to install the rear foot tube set (A4) on the Slide rail set (A2) and lock it..



### Step 6:

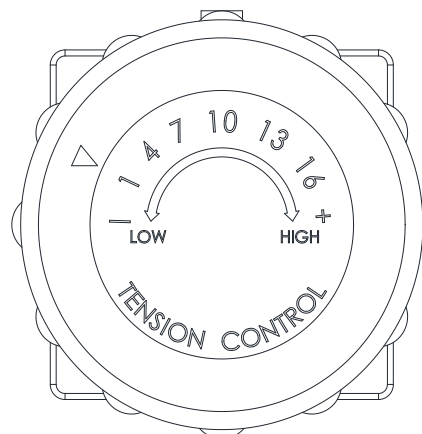
1. Lay the rowing machine flat.
2. Install the left pedal set (A6) and the right pedal set (A7) on the main frame set (A1) with the multi-function wrench (T1) and the hexagon head bolt (17) and then lock them tightly.



---

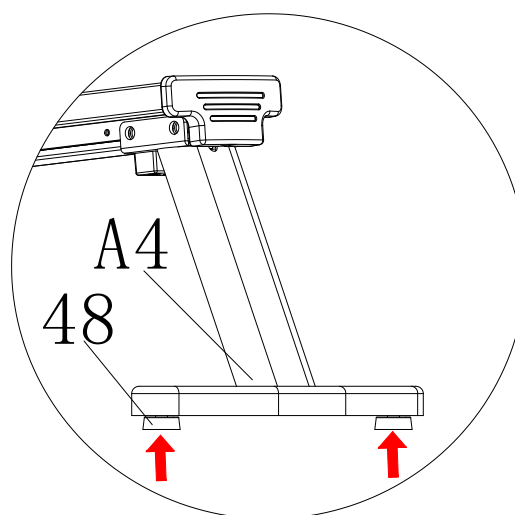
**Fifteen-segment resistance adjustment:**

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



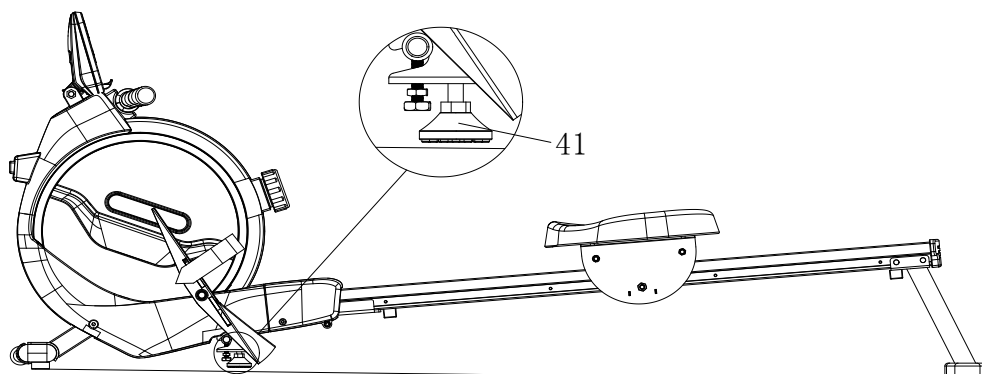
**Rear foot tube set foot pad adjustment:**

The user can adjust the adjustable small foot pads (48) on the rear foot tube set according to their own needs, so that the machine is stable and does not shake.



**Adjustable footrest adjustment:**

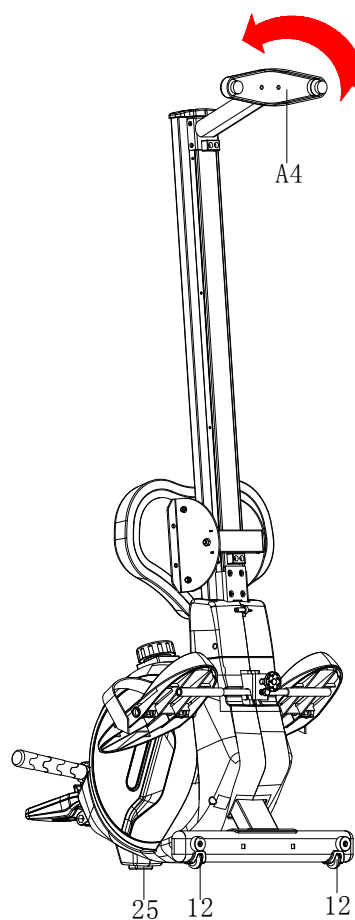
Place the machine flat on the ground, and adjust the adjustable foot pads (41) to 5-10mm from the ground.



---

**Machine folding:**

Hold the rear foot tube set (A4) with both hands, and lift the machine in the direction of the arrow, so that the transport wheel set (12) and the cushion pads (25) touch the ground at the same time.





[illegible]

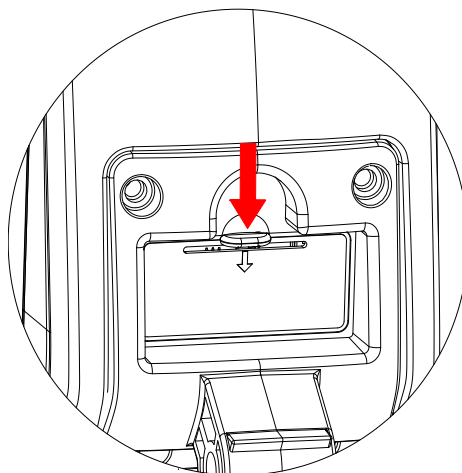
## Exploded Parts Diagram

NO.	DESCRIPTION	SPEC.	QTY	NO.	DESCRIPTION	SPEC.	QTY
1	Main Frame Set		1	40	Magnetic wheel set		1
2	Slide rail set		1	41	Adjustable feet		1
3	Front foot tube		1	42	Cross recessed countersunk head bolts	M5*10	1
4	Rear foot tube set		1	43	Hexagon socket head bolts	M8*20	4
5	Seat plate		2	44	spring washer	8	4
6	Handle tube		1	45	Cross recessed pan head self-tapping self-drilling screws	ST4.2*25	2
7	Aluminum rail		1	46	Limit pad		2
8	Seat		1	47	Rear end cap		1
9	Computer		1	48	Adjustable foot pads		2
10	Pipe plug		2	49	Outer bushing		2
11	Foot pad		2	50	Limit pedal shaft		1
12	transport wheel set		2	51	Limit pulley		2
13	Cross recessed countersunk head self-tapping self-drilling screws	ST4.2*15	4	52	short casing	φ12*φ8.2*7	2
14	Locking nut	M8	8	53	Hexagon socket head bolts	M8*28	2
15	Flat washer	d8*D16*1.5	9	54	Seat limit plate		1
16	Hexagon socket head bolts	M8*45	1	55	Cushion Pulley		4
17	Hexagon head bolts	M12*155	2	56	Hexagon socket head bolts	M8*130	2
18	Pedal		2	57	V-ribbed belt		1
19	Pedal Velcro		2	58	Long casing		2
20	Left cover		1	59	Hexagon socket head bolts	M6*15	4
21	Cross recessed pan head self-tapping self-drilling screws	ST4.2*19	14	60	Sensor holder		1
22	Cross recessed pan head tapping screws	ST4.2*20	9	61	Pin sensor		2
23	Decorative circle		2	62	Hexagon socket head bolts	M8*70	2
24	Cross recessed pan head bolts	M5*15	2	63	Flat Round Head Square Neck Bolts	M8*45	2
25	Cushion pad		1	64	Combined Cap Nut	M8	2
26	Hand Grip Holder		1	65	Cross recessed pan head screws	M5*60	1
27	Rotating Wheel Support		1	66	Flat washer	d5*D10*1.3	1
28	Pulley limit tube		2	67	Fifteen-segment fine-tuning		1
29	Bearing		2	68	Hexagon socket head bolts	M8*80	1
30	Webbing Pulley		1	69	Hexagon Thin Nuts	M8	4
31	Handle grip		2	70	Right cover		1
32	Handbar Cover (Upper)		1	71	Cross recessed pan head bolts	M5*12	2
33	Handbar Cover (Lower)		1	72	Locking nut	M5	2
34	Cross recessed countersunk head tapping screws	ST4.2*25	2	73	Flat washer	d5*D10*1.0	2
35	Stacked spring set		1	74	Hexagon head bolts	M8*25	1
36	Flange Nuts	M8	4	75	short casing2		4
37	Flat hole fixing reinforcement plate		1	T1	Multifunctional wrench	S=10/13/17/19	1
38	Hexagon Thin Nuts		4	T2	5# Allen wrench	S5	1
39	Fixed reinforcement plate		1				

---

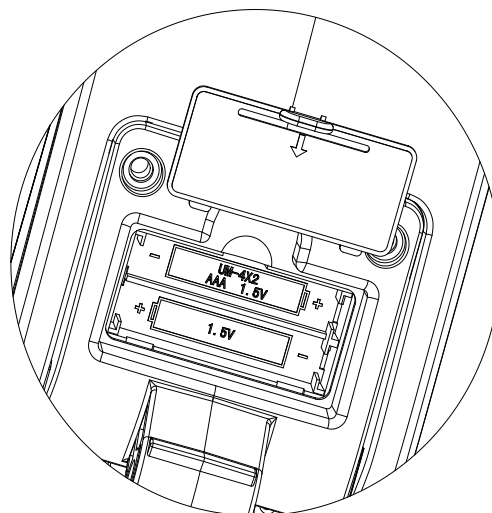
## Battery Installation and Replacement

1. On the back of the electronic watch, find the position shown on the right, press down the battery cover buckle in the direction of the arrow, and gently push it outward, the battery cover can be removed.

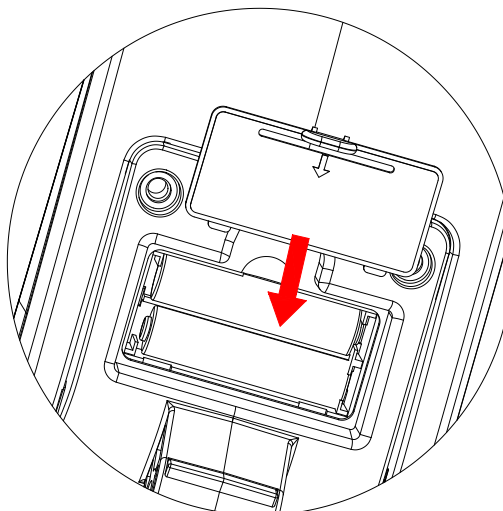


2. After removing the battery cover, install the battery.

Please refer to the picture on the right for the installation position of the battery. Please install the battery correctly according to the mark inside the battery compartment.



3. Gently snap the battery cover into the electronic watch in the direction shown on the right, and push it inwards into place. The installation is complete.



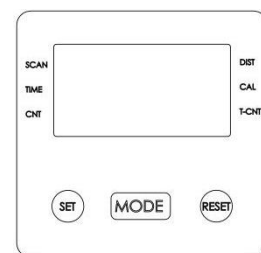
## Computer Description

### Key Function:

**Mode MODE** - Press to select function. Long press to reset time/counts/calories

**SET** - Set time/count/calorie when in non-scanning mode

**RESET** - Press this key to reset the set time/count and calories.



### Function operation description:

- 1. Automatically SCAN:** Press the "MODE" button until "SCAN" is displayed, the electronic watch will switch the display every 4 seconds in the following order:  
Time, COUNT, Total.COUNT, Speed RPM and Calorie.
- 2.TIME:**
  - (1) The time from the start of the exercise to the end of the exercise.
  - (2) Press the "MODE" button until the "TIME" is displayed, and press the "SET" button to set the target exercise time.  
When the set time counts down to 0, it will stop for about 1 second and start counting up.
- 3.COUNT:**
  - (1) **Display the current exercise times.**
  - (2) Press the "MODE" button until the number of distances is displayed, and press the "SET" button to set the target number of movements.  
When the set number of times counts down to 0, it will stop for about 1 second and start counting up.
- 4.Total COUNT:** The total number of exercises since the battery was installed.
- 5.DIST:** Measure the distance traveled from the start of the movement to the stop of the movement
- 6.CALORIES:**
  - (1) Calculate the calories burned from the beginning to the end of the exercise.
  - (2) Press the "MODE" button until the "CAL" is displayed, and press the "SET" button to set the target calorie consumption.  
When the set calorie countdown reaches 0, it will stop for about 1 second and start counting up.

### Remark:

1. If there is no display or the display is blurry, replace the battery.
2. The electronic watch will automatically shut down after 4 minutes of inactivity.
3. After restarting the exercise or pressing the key, the electronic watch will automatically turn on.
4. After the exercise starts, the electronic watch will automatically calculate the exercise data. After 4 seconds of stopping the exercise, the electronic watch will stop calculating the exercise data.

### Parameter Description:

Function	Automatically SCAN	Switch data every 4 seconds
	Time	00:00'~99:59'
	Count	0-9999
	Total count	0-9999
	Calories	0.0~999.9kcal
	Distance	0-9999
BATTERY		Size AAA*2 或 UM 4*2
Operating temperature		0°C ~ +40°C
Storage temperature		-10°C ~ +60°C

### Warm Up Instructions:

Before exercise, it is better to do stretching exercises. Warm muscles stretch more easily, so the first of 5 ~ 10 minutes to warm up. Then in accordance with the following methods to stop and do stretching exercises - do five times, each leg every time 10 seconds or more time to do it again after the end of the exercise.

1. Down the stretch: knees slightly curved, the body bent forward slowly, so that the back and shoulders relaxed, hands try to touch your toes. Maintain 10 to 15 seconds, then relax. Repeat three times to do (see Figure 1).

2. Hamstring stretch: sitting on the clean seat, put one leg straight. Inward close to the other leg to make it close to the inside leg straight. hand try to touch the toes. Maintain 10 to 15 seconds, then relax. Repeat for each leg do three times (see Figure 2).

3. Legs and feet tendon stretch: two on the Rotary wall or tree stand, one foot in the post. Keep legs straight and heel to tilt the direction of the wall or tree. Maintain 10 to 15 seconds, then relax. Repeat for each leg do three times (see Figure 3).

4. quadriceps stretch: the left hand wall or table to master balance, and then stretched his right hand back to seize the right foot to the buttocks with slowly pull until you feel the front thigh muscles tense. Maintain 10 to 15 seconds, then relax. Repeat for each leg to do three times (see Figure 4).

5. Sartorius muscle (inner thigh muscles) stretch: Foot In contrast, the knee outward to sit down. The hands grasp the feet to the groin pull. Maintain 10 to 15 seconds, then relax. Repeat three times(see Figure 5)

