

Home Rowing

PRODUCT INSTRUCTIONS



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Safety Instructions

To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your rower before using your rower. We assume no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the rower are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. The rower is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the rower by someone responsible for their safety.
4. Use the rower only as described in this manual.
5. The rower is intended for home use only. Do not use the rower in a commercial, rental, or institutional setting.
6. Keep the rower indoors, away from moisture and dust. Do not put the rower in a garage or covered patio, or near water.
7. 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 (61 cm) of free space all around it.
8. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
9. Keep children under age 13 and pets away from the rower at all times.
10. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the rower. Always wear athletic shoes for foot protection.
11. The rower should not be used by persons weighing more than 286 lbs. (130 kg).
12. Always keep your back straight while using the rower; do not arch your back.
13. Do not release the row bar while the bungee is extended.
14. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

Safety Instructions

Caution: The user is cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC Radiation Exposure Statement

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20cm between the radiator and your body.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Component Illustration

DIAGRAM



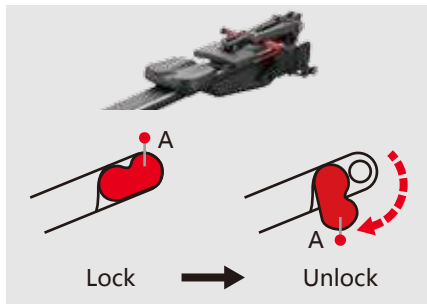
Component Illustration

CONSOLE DIAGRAM

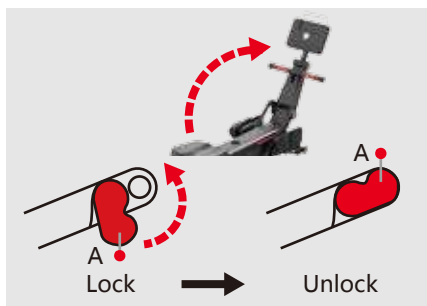


Unfolding

This machine is free of installation, fully folded in package. Take out the machine from the package and place it on a flat floor. This rower uses a gas-liquid piston system that will assist in unfolding process.

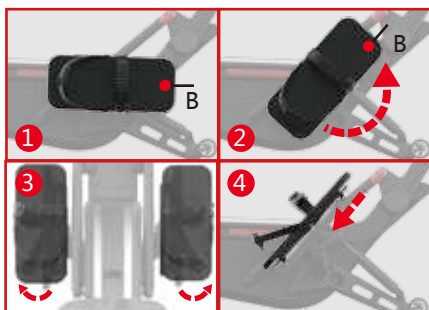


- 1 Locate the gas spring switch on the left and right sides of the center beam, turn the switch downwards to the UNLOCK position.



- 2 Hold on the console handle and lift it up until the display is fully unfolded.
- 3 Turn the gas spring switch upwards to the LOCK position after the console is unfolded.

Note : Please lock the gas spring switch in time to avoid shake against center beam and console when rowing.

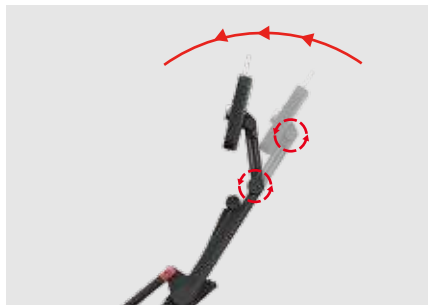


- 4 Unfolding pedals

① ② ③ ④

Lay the right pedal to flat and pull it down to the right position, apply the same procedure to the left pedal.

Unfolding

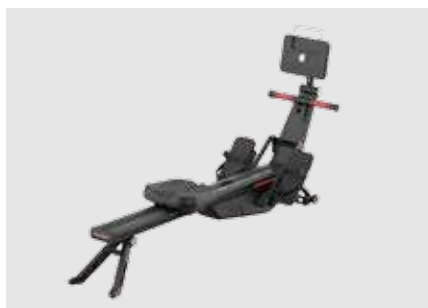


5 Adjust the console

① ②

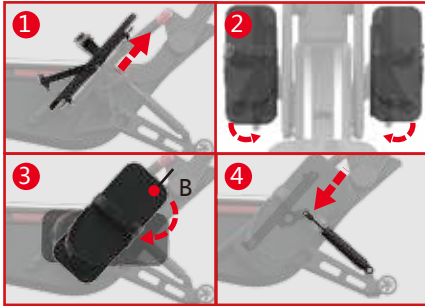
Hold on the console handle and adjust it to an appropriate angle.

Hold the console and adjust it to a desired viewing angle.



6 The unfolding is now completed, you can start exercise now!

Folding



1 Fold the pedal

① ②

Hold the right pedal and lift it up to the limit.

③

Turn the pedal round and lay it flat.

④

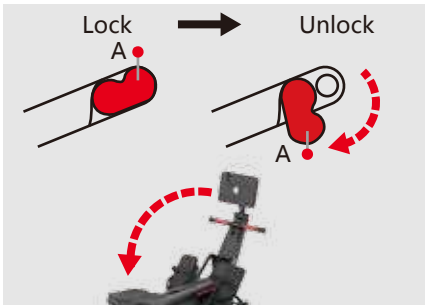
Press the gas spring to secure the pedal, Apply the same procedure to fold the left pedal.



2 Fold the console

① ②

Hold on the console and adjust it in parallel with the center beam.

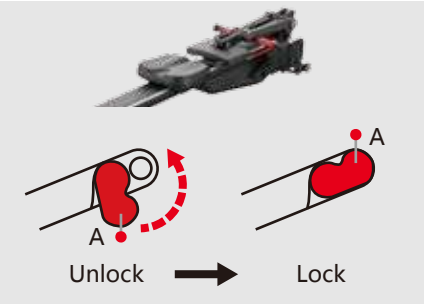


3 Locate the gas spring switch on the left and right sides of the center beam, turn the switch downwards to the UNLOCK

4 Hold on the display handle and lay it flat with the sliding rail.

Note : Always hold on the console handle firmly until the console is fully folded.

Folding



5 When the console is folded, remember to turn the switch upwards to the LOCK position.



Knob limit slot

This slot is used to protect the knob of the consoleas well as limit fixation during the folding.

Note: Make sure the console knob is placed in the knob groove when folding.

Moving

To move the machine, lift the rear stabilizer until the transportation wheels on the front stabilizer touch the ground. With the wheels on the ground, you can transport the rower to the desired location with ease.



ⓘ ATTENTION

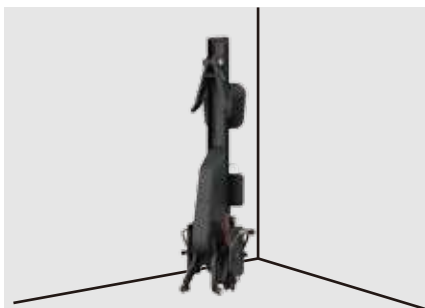
- Two people are required to lift the rower.
- Before moving the rower, make sure that the gas spring switch is well locked.

- 1 Stand behind the rower and lift the rear stabilizer until the rower will roll on the wheels.

⚠ To lift and move this rowing machine, the user must be able to safely lift a 35kg heavy object.



- 2 Use the transportation wheels on the front stabilizer to transport the rower to the desired location. Always hold the rear stabilizer during the entire movement.



3 Storage

This rower can be stored flat or upright when folded (please refer to the folding operations in the manual). For your safety, place the rower in a stable and flat position, close to the corner.

Specifications



Occupying Area
L1720 x W520 x H913mm

Folded Area
L1607 x W453 xH310mm

Packaging Dimensions
L1645*W385*H390mm

Storage
Foldable and built-in wheels

Net Weight
35KG

Gross Weight
40KG

Maximum User Weight
130KG

Display
LED Monitor

Generator Power
450W

Power Supply
Self-generation

Battery Capacity
2200mAh

Entertainment
Built in Bluetooth speaker

Frame Material
Aluminum Alloy

Console Configuration



TIME/500m

Displays the time needed per 500 meters

POWER

Displays the amount of work produced each pull during workout

CAL.

Displays the calories burned during training from 0.0 to 9999kcal

STROCKS

Displays the the total number of strokes during workout from 0 to 9999

DIST.

Displays the distance from 0 -999.99km

TIME

Displays the workout time from 00:00 to 99:59.

Battery Indicator

Display the current battery capacity

Charge Indicator

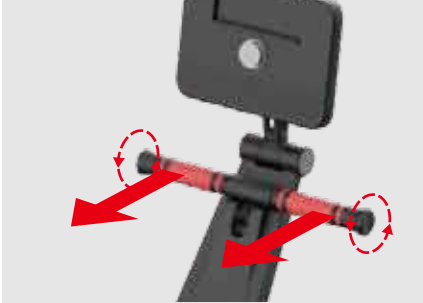
Display the current charge/ discharge status

Resistance Level Adjustment Knob

12 Levels of resistance

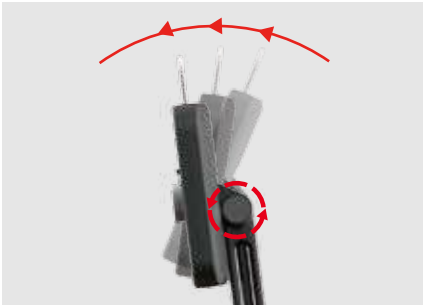
Increase resistance clockwise and decrease resistance counterclockwise

Parts Illustration



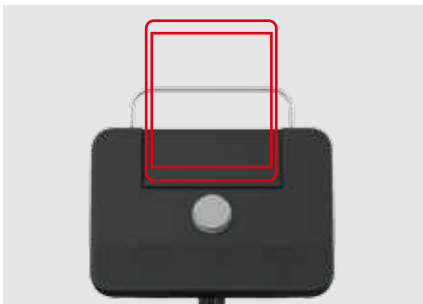
The Row bar

- The row bar is non-slip silicone soft grip designed.
- The built-in bearings at both ends of the row bar can rotate in both directions, which can adapt to the palm angle and improve the grip comfort.



The console

- The console can be adjusted to different angles. Hold the console with both hands and adjust it to a suitable viewing angle.



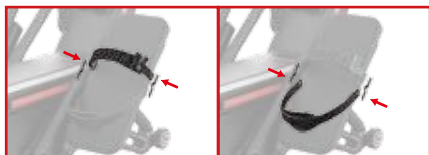
Phone /Pad holder

- Books and magazines can be placed in this area.
- Place pad or phone here for fun and entertainment.

Adjustment Guides

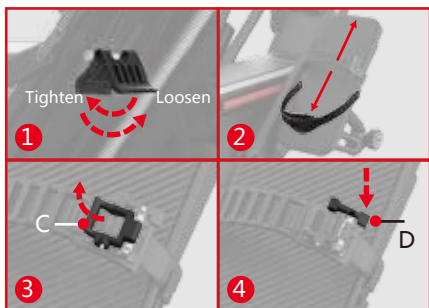
Pedal straps need to be installed for the first time usage. The pedal can be personalized to fit the user's heights and foot positions. To tighten, press the button of the pedal strap continuously; to remove,

open the lock buckle, hold and move it to left (right) to quickly release the straps. Through the supportive gas spring at the bottom of the foot pedal, the motion posture of the foot can be adaptively raised or lowered.



Pedal straps installation

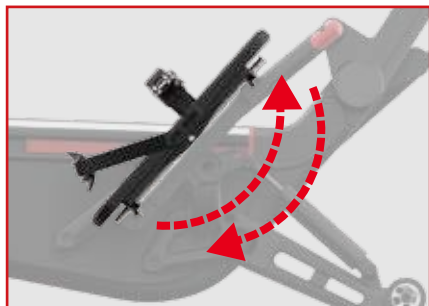
- 1 Use the screws provided along with the straps and them onto the right pedal.
- 2 Apply the same procedures to the left pedal.



Pedal adjustment

- 1 The switch on the back of the pedal is used to adjust the pedal height to fit the user's foot positions. Locate the switch and loosen it anticlockwise.
- 2 Hold on the switch or the pedal and lift it up or down to adjust the pedal to a desired height and then lock the switch either upwards or downwards.
- 4 Fasten adjustment key usage : Press this key(part D) step by step until the straps tighten securely around your feet.

- 3 Lock buckle (part C) usage: Right pedal: Open the lock buckle upwards, hold and move it to left to quickly release the strap; the left pedal operates in the opposite direction.



Flexible adaptive foot pedal

- The supportive gas spring at the bottom of the foot pedal enables it to automatically adapt to the foot's posture during the workout, so as to achieve a comfortable rowing experience.
- ⚠ Make sure your feet are tighten securely by the straps before exercise.

Operation

Getting Started

Place this rowing machine on a flat ground for maximum stability before the workout.

This rowing machine adopts a self-powered system and does not need to be plugged in. Start the workout anytime at anywhere!



Auto On : Click on the knob or pull the straps will wake up the system and the console will light up automatically.

Note : In case power exhausted in this rower, pull the straps for several times to wake up the power supply and store the power in time.

Auto Off : The LED console will go off and the power will be turned off automatically if there is no operation for more than 5 minutes.

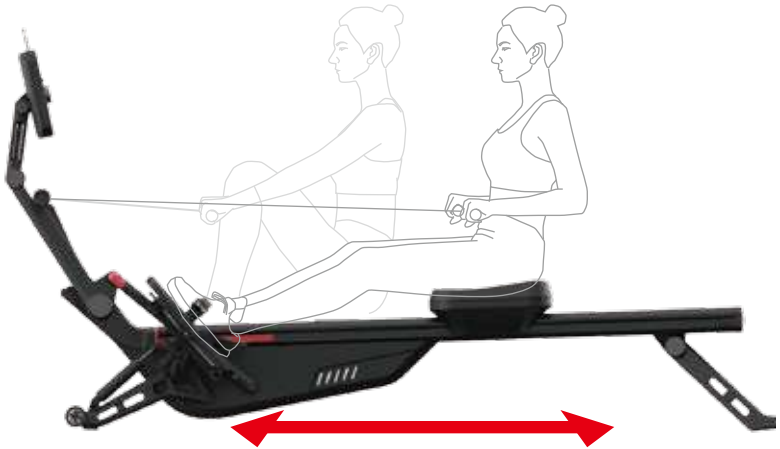


Knob functions

- Increase resistance level clockwise and decrease the level counterclockwise.
- Click on the knob will wake up the system and light up the console.

Operation

How to Row on The Rower



Sit on the seat, place and fasten your feet in the pedals. Then, hold the row bar with an overhand grip.

Correct rowing form consists of three phases:

1. The first phase is the CATCH.

Slide the seat forward until your knees are almost touching your chest. Pull the row bar until your hands are directly above your feet.

2. The second phase is the DRIVE.

Push backward with your legs. Lean back slightly at the hips (not at the waist), keeping your back straight. As you straighten your legs, pull the row bar toward your chest. Keep your elbows outward.

3. The third phase is the FINISH.

Your legs should be nearly straight. Continue to pull the row bar until your hands are even with your chest.

After the finish phase, extend your arms forward and pull the seat forward using your legs. Repeat this sequence, moving through all three phases with a smooth, fluid motion. Remember to breathe normally as you row; never hold your breath.

Bluetooth Speaker



Bluetooth Speaker

- This rower is equipped with a Bluetooth speaker that can access to your phone or pad. You can control the volume of the speaker through your phone. This machine supports both phones and pads with Bluetooth capability.

Pairing

- 1 Make sure the machine is turned on, if the system is turned off, click the knob in the console to activate the system;
- 2 Open Settings on your phone or pad. Select Bluetooth settings, make sure your phone's/pad's Bluetooth function is activated.
- 3 Choose "BT-Home Rowing" Bluetooth device name from the list available to pair.
- 4 Enter the pairing code 1234. Wait for machine to pair with your phone. When the Bluetooth connection is successful, you will hear a tone from the rower's Bluetooth speaker.

Use the Speaker

You can control song playback with a mobile phone or tablet via Bluetooth.

Troubleshooting

If the Bluetooth device cannot connect to the unit, there are three troubleshooting solutions:

- 1 Restart the machine and then refresh the pairing.
- 2 Delete the Bluetooth device and refresh the pairing. Click the rower's Bluetooth speaker and enter the pairing code again.
- 3 Check if another device has successfully connected to the Bluetooth speaker.

Maintenance

Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the rower is used. Replace any worn parts immediately.

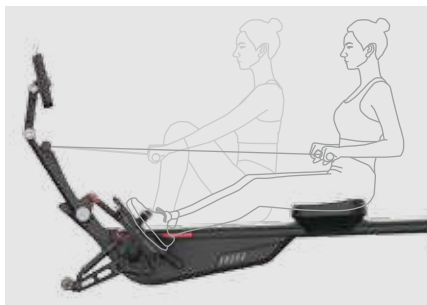


Inspection

Before each use, check the seat cushions and sliding rail for dirt or debris, check whether there are impurities on the track surface and clean it regularly. Any small object between the cushion roller and the track will damage the wheel or rail surface.

⚠ ATTENTION

- Always make sure all the nuts and bolts are properly tightened.



Clean

- Wipe seat and rail assembly clean with a cloth or non-abrasive scouring pad after use. Do not use mineral acids, bleach or coarse abrasives.
- For best results, clean the sliding rail, the seat and the seat rollers after every use. If this area is not cleaned regularly, the foot stretcher movement will feel bumpy and rough.

