

Model:YS-R1PLUS

IC:30451-YSR1PLUS

FCC ID: 2A3YB-YS-R1PLUS

Product Specifications

upported software version

sistance system

ower supply input

luetooth

Vet weight

Gross weight

**Routine Maintenance** 

if inactive for a long perior

without delay if anything. 4. Regularly check the resis

seat cushion and keep it dry.

NO.

Δ

В

C

D

Installation Guide

to avoid rusting.

1. Keep the rowing machine on an arid, ventilated and flat

valles so that the resistance value can be calibrated in time.

Installation Guide - List of Parts

Name

L-shaped hexago

L-type cross head hexagon wrench #

L-shaped hexago

Spare parts are subject to actual conditions.

2. Wipe off sweat on the machine body with dry cleaning cloth after ex

7. Regularly check the screw of the pedal, if loosens, tighten it promptly,

pplicable Heigh

iOS 12.0 or abov

Magnetron resis

Rowing Machine

140 ~ 195cm

3. Regularly check the screws of various body parts for loosening or falling out, and tighten or replace ther

5. Regularly check if the seat cushion is loose. Tighten it promptly if necessary. Use a cotton cloth to wipe

Juantit

\*Some fixing screws are pre-locked on the corresponding parts at the factory. Please remove them before installing the corresponding parts during assembly.

Picture

20-03

6. Regularly inspect the power cord for any cracks or damage, and replace it promptly if needed.

20kg

27kg

31kg

24V = 2A

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Installation Guide

STEP 2: Install the front foot tube

Use L-shaped hexagonal wrench 5# (A) to remo screws (M8×45) and flat washers D8 pre-locked 2 Align the holes of the front foot tube ② with the

3

uence by hand, and then tighten them with L-shaped hex

STEP 3: Install the rail assembly 1: Use 1-shaped heagen wrench 54 MJ and 1-type cross head heagen wrench 64(B) 1: Use 1-shaped heagen wrench star shaped and the star shaped by the stagen to be start failer that head arranse (b) and the direction of the arrow, 2: Install the slide rail (b) into the main frame (b) in the direction of the arrow, and finally use 1-based heagen vertex (b) 43 and 1-bg eccosing the shaped heagen vertex (b) filler 1: bightent the heagen societ filler to our based screen (b) filler (b) and 1-bg eccosing (b) 57.0 k) 1: bightent the heagen societ filler to our based screen (bightent the heagen societ filler to our based screen (b) also cell (b) 47.0 k).

	Monitor Specifications	
		1
0*1080 pixels)	Panel type	VA
e, Android 5.1 or above (inclusive)	Curvature	Flat screen
tance system	Aspect ratio	16:9
	Size	21.5 inches
LE	Backlight type	LED
:: V4.2, Speaker: V5.3(Optional)	Display size (H*V)	476mm*261
	Resolution	1920*1080
	Refresh rate	Max:60HZ
	Port version	1*USB+Typ
m × (Width) 550mm × (Height) 1035mm	Indicator mode (power on, standby)	Blue light in is off, and b
ni x (widen) sooniin x (Height) zosoniin	Storage temperature	-20°C-60°C
	Operating temperature	0°C-40°C
	Operating humidity	10-90%RH
floor. Cover the machine to keep the body clean		

ionitor Specifications		
anel type	VA	
Curvature	Flat screen	
lspect ratio	16.9	
Size	21.5 inches	
Backlight type	LED	
Display size (H*V)	476mm*268mm	
Resolution	1920*1080	
Refresh rate	Max:60HZ	
Port version	1*USB+Type-c+TTL+Audio out+DC-IN	
ndicator mode (power on, standby)	Blue light indicates power on, light turns off when power is off, and blinks every 0.5 seconds in standby mode.	
Storage temperature	-20°C-60°C	
Operating temperature	0°C-40°C	
Operating humidity	10-90%RH	
Storage humidity	10-90%RH	
Control method	Five-way joystick buttons	

ove the 2 hexagon socket head on the front foot tube ②; he holes at the bottom of the main fra ws (M8×45) and flat washers D8 in

L-shaped he

agon wrench 5#(A)

mportant Saf	ety Instructions
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ultation may cause serious o

Installation Guide

STEP 4: Install the seat cushion sliding assembly

The r-k instant the sets California storing assertions J. Use changed hexagon works for J to remove the Haxagon socket head screws (M8×12) and flat washers DB pre-locked on the seated caustion sile, a Alagent be set causion  $S^{(k)}_{in}$ . Alagent charged causion  $S^{(k)}_{in}$  causes are causion sile and the seated caustion sile and the scapen socket head screws (M8×12) and flat washers DS;

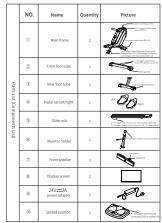
3. Use L-shaped hexagon wrench S# (A) to remove the hexagon socket head screw (M8  $\times$  12), flat washer D8, hexagon socket round screw (M8  $\times$  12) and buffer block pre-locked on the slide rails (B);

a

	Please read them carefully. Improper use may result in body iniury or death!
1 This	roduct is for household use (Class H) and not medical fitness equipment.
	roduct must not be used for medical rehabilitation.
	children and pets away from this product. This product is for those over 16 years old only.
	t place the equipment in damp or wet environments.
	t use this product while barefoot or wearing inappropriate footwear.
6.Please	wear cloth suitable for exercise when using our product, do not wear baggy cloth to
prevent	
7. Use th	is product on a flat and clean ground.
8.Lift the	slidings in the back and front can move the product freely or be placed in a suitable
position	
9. To av	old hurting your back and guarantee your safety, please use the proper way or ask for help
	ting or moving this product.
10. Do n	ot use this product when malfunction happens.
11. Plea	se check whether the rowing machine is loose or damaged before each use.
12. Neve	r stretch any object or body part into the openings of the rowing machine.
13. Whe	n using the screen holder, ensure the device on the holder is centered to prevent it from
falling o	H.
14. Neve	r refit this machine or use non-original accessories without permission. The casing must
	ed by professionals, to avoid damage.
	te product's emergency disengagement, passage, and simplicity of use, the product
should I	ave at least 0.6 meters of free space all around.
	rect or excessive training may cause injury.
	his product according to the instructions . Warm up fully before exercise.
	the body hydrated as needed during exercise.
	out the preliminary determination of baseline fitness level and medical certificate signed
	tor, never be engaged in high-intensity sports. Before attempting any intense sprints, be
	with the body state and posture, and adjust a comfortable speed.
	a experience any discomfort while using the equipment, stop immediately and consult a
doctor.	
	e pregnant or with high blood pressure, heart disease, lumbar spondylosis or disabled
	must not use this product without the permission of doctors.
	weight of the user must not exceed the maximum load.
	out preventive maintenance regularly.
24. Plea	se use the equipped power adapter. Replacement of the power adapter without

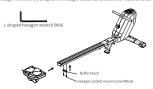
## Installation Guide - List of Parts

STEP1: Check of parts

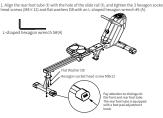


## Installation Guide

4.install the seat cushion sliding assembly  $\circledast$  into the slide rail  $\circledast$  in the direction of the arrow (Note: install according to the direction shown on the sticker) and then use the L-shaped hexagon whench Si (A) to lighten the hexagon socket runnol screw (MA × IG) and the buffer being the strength of the strength screw (MA × IG) and the buffer being the strength screw (MA × IG) and the buff



STEP 5: Install the rear foot tube

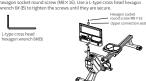


### Installation Guide

3. Align the speaker assembly with the slot of the screen assembly and insert the buckle connection



4. Loosen the hexagon socket head screw(M8×16) pre-installed on the monitor holds: (6) with an L-type cross head hexagon wrench 64(B), and then remove the upper connecting scat. So that the screen and space components assembled in the previous step into the monitor holds: (8) we place the upper connecting scat and scrue it with the hexagon socket round screen (M8×16). Use a L-type cross head hexagon wrench 64(B) to light the screen sum tilt by are scature.



YESOUL ROWING MACHINE Product Manual

# Installation Guide - List of Parts

	NO.	Name	Quantity	Picture
	0	Seat cushion sliding assembly	1	
	12	Pedal rotating bar pole	1	Accen nut M12
	(1)	Pedal limit lever	1	J
Parts L	(4)	Monitor fixing parts	1	27
Parts List (Components List)	(5)	Speaker Mount	1	
ponents	16	Plum blossom knob	1	A
s List)	10	Ball head elastic pin	1	and a
	(18)	C to C data cable	1	Q
	(9)	C to Lightning data cable	1	Ņ
	20	Phillip head screw with pad M4 $\times$ 10	8	¢
	2	Instructions	1	Well-sufficient
	2	Spare parts	1	Spare parts screws

Installation Guide

STEP 6: Install the ball head elastic pin Screw the ball-head elastic pin (M12×1.75) 0 into the round hole on the slide rail, following the direction of the arrow. If it gets stuck, shake it up and down to help the pin's head enter the hole. Then, tighten it with a multi-function wrench (C).



STEP 7: Install the plum blossom knob 1.First, hold the arrow with your left hand and screw the plum blossom knob  $(M12 \times 1.75)$  (§) into the hole with your right hand. (Note: When you fold and use it again, you must repeat this installation step)

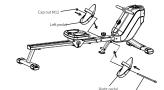


STEP 8: Install the pedals Use 2 multi-function wrenches (C) to remove the M12 cap nut pre-locked on the pedal rotating bar pole<sup>(B)</sup>. Only one side needs to be unscrewed.(Although both sides can be unscrewed if necessary)

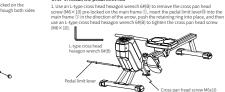
<u>20 e</u> Multifunctional wrench (C) Cap nut M1



2.Insert the foot pedal rotating pole B into the hole of the right pedal assembly, and then into the hole of the main frame O. Insert the left pedal into the hole of the pedal rotating pole B. Finally, use 2 nulti-function veneches (C) to tighten the 2 M2 cap nuts.



STEP 9: Install the pedal limit rod

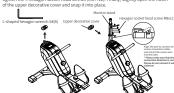


Installation Guide

STEP 10: Install the monitor stand

Sife? A constant the information stand 1 first move the upper decorative cover, unp 4 chapter hangpon wempd 5f (A) to Connect the wires and insert them into the sheet mental holes. Align the monitor holders with the holes on the main frame C and use the L-shaped hangpon wempd 5f (A) to tighten the A beagon socket head screev (M8 × 12), Finally, slightly open the notice of the upper decorative cover and angle it hit to place.

Cross pan head screw M6x10



Installation Guide

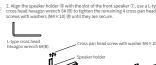
Take out the monitor fixing pice (If the side with the sticker is facing up), and use the L-type cross head hexagon whench 6# (B) to lock the 4 cross pan head screw with washer(MX 10) @ unit they are tight (P fease placethe screen flat on the desk and avoid contact with hard objects to prevent damage to the screen);

Buffer

Cross pan head screw with washer M4×10













L-shaped hexagon

I-shaped hexagon wrench 5#(A







## Installation Guide

## STEP 12: Installation of connection cable

Signal port(b) Power port (d)

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Monitor's r

 We recommend first insert the signal port (c) and power port (d) of the speaker into the jack at the bottom of the back of the monitor, then plug the power port (a) and signal port (b) of the monitor into the jack at the bottom of the back of the mor and again purchy of the minimum and the pack at the bottom of the back of the monitor. Be sure toplogram in tightly (Matching the colors and specifications of the sockets. Ensure that the power cord is properly inserted and securely fastened); 2. Select the appropriate full-fastened (C to C data cable (which supports DisplayPort (DP) signal output)and insert it into the Type C jack under the monitor(Secure any error surior with underso). (br) signal output and insert time the type C jack and/er the moments scare ar excess wire with velcro); 3.Connect the power adapter @ to the power jack at the rear under the frame (). Make sure the indicator light is on continuously (Use only the standard power adapter, using an unauthorized adapter may lead to serious consequences)

# (for reference only, subject to the actual product)

Installation Guide

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Safety tips: Please check whether the screws in various parts of the machine are tightened before use.

The screen supports 360 degrees of rotation, allowing it to rotate 180 degrees clockwise or counterclockwise. (Here, the Lype cross head hexagon wrench 6W(B) can be used to tighten/loose).



Statement: This manual contains the functional introduction and operating instructions as much as possible when printed. owever, due to ongoing improvements in hardware, software, and design, there may be differences between this manual and the product you purchased. In the event of any discrepancies in appearance, interface, or color, please refer to the actual product.

> E) YESOUL

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1. Scan the QR code and 2. Enter the APP login page 3. Register an APP account download the APP

vice according to

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199

For subsequent use, just pull the device and open the sports mode or course of the APP to

ising for the first time, click the  $\lceil + \rfloor$  in the uppe

ster an APP accou

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5.Search for devices

APP usage instructions

APP installation registration

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Connect devices

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4. Enter the APP homepage

How to adjust the speakers (Optional)

Note: Do not plug or unplug the monitor's interface without cutting off the power supply Please unplug the power when not in use.



Note: When your phone is connected to the sp please switch the speaker to AUX mode.

## Wrong usage

# Error 1: Rowing with the forces of arms only

Correct action analysis: 60% of the rowing force comes from the legs, utilizing the explosive power of the feet. Of the remaining 40%, 20% comes from the lower body, and only 20% comes from the arms

# Error 2: Simultaneous forces of both legs and arms and hip

Correct action analysis: In fact, rowing consists of three steps: both legs - hip - both arms. Currect action anayos: in rat, rowing consols of three steps: coin regs. - mp-both atms. Apply forces first via the legs, and then slowly move the hip back. When the shoulders exceed the pelvis, pull the handle via both hands, keep the body a little backward, and straighten your legs slightly, unlit both ends are close to the chest. Return to the starting point and repeat the aloresaid steps.

## Error 3: Curved back

This is particularly likely to occur to those who are prone to hunchback while standing. Correct action analysis: Keep the back straight, engage the abdominal muscles, and relax the shoulders to maintain a neutral spine position.

### Error 4: Excessive stretching

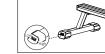
For extreme stretching, the operator may keep the hip too close to heels, thus making the For extreme stretching, the operator may keep the hip too close to neets, thus making the calves not perpendicular to the ground and the head and shoulders exceeding toes. Correct action analysis: Keep the calves perpendicular to the ground, straighten and relax both arms, and make the body a little forward.

### Common faults and troubleshooting

Common Fault	Solution		
Obstruction of slide rail	Clean dust or foreign matters on the surface of the slide rail or the pulley in contact with the slide rail under the seat.		
Abnormal noise during use	Check whether the screws of the body are loose.		

# How to adjust rowing machine

Body level adjustment There are two adjustable foot pads at the bottom of the rear foot tube. Rotate the foot pads to adjust the height the device is balanced and does not wobble.



Position adjustment Lift the rear foot tube and use the moving pulley of the front foot tube to move the product freely or place it in a suitable position.

# Precautions

### Check screen

After installation, check whether the screen falls when turned upside down. If this happens, use the L-shaped hexagonal wrench 8# (D)and the multi-function wrench (C) to tighten it as shown in the figure. (If it is loose during use or the joint needs to be adjusted, follow these steps to make the necessary adjustments.)



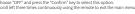
### How to adjust the screen

### Screen Adjustment: 1. Press and hold the "OK" key for 6 seconds to power off the phone.

1. Press and hold the "OK" key for seconds to power off the phone, and for 1.2 seconds to power it on. 2. When the provide to spower it on. 3. When the provide to spower it on the signal is detected, by second the signal second to spower it of the formation of the second current option.

### Operations to close the data window during screen projection:

1. Connect the screen projector and start projecting. 2. Press the "OK" key to access the main menu. Use the remote to scroll down and select settings, then scroll right to enter the 3. Use the remote to scrout down and setter settings, user source or settings menu.
4. Scroll down using the remote to select "BikeOsd," and then scroll right to enter the "BikeOsd" setting interface.
5. Choose "OFF" and press the "Confirm" key to select this option.
6. Scroll left three times confinuously using the remote to exit the main menu.





(Five-way joystick buttons)

About wired projection screen

How to store

against the wall.

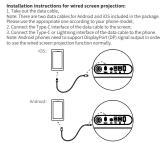
2. After folding, turn the removed plum bloss

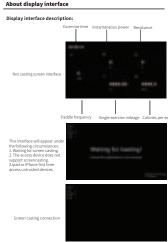
Turn the plum blossom knob (M12×1.75)<sup>(3)</sup> counterclockwise, pull up the ball-head elastic pin (M12×1.75)<sup>(3)</sup> with your left hand and hold it, lift the slide rail assembly<sup>(3)</sup> your right hand, then release the ball-head elastic pin (M12×1.75)<sup>(3)</sup>, lift the slide rail

0

assembly(3) with your right hand, and hear a "tap" sound, indicating that it is in place; Note: When folding and storing, please hold the seat well to prevent it from slipping suddenly: please place it out of reach of children, and the tail of the fuselance can stand

n knob(M12×1.7 Note: When unfolding the rowing machine, please hold the handle of the slide rail firmly to prevent it from slipping suddenly and causing injury.







Correct usage











4.Repetition stage When the body leans completely forward and the arms are relaxed and straightened, slowly bend the knees again and repeat the previous steps.







Warm up

FCC Statement

Any 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.

# 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 minimum distance 20cm between the radiator& your body. This transmitter must not be located or operating in conjunction with any other antenna or transmitter.

# ISED RSS Warning

This device complies with Innovation, Science and Economic Development Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions:

(1) this device may not cause interference, and

(2) this device must accept any interference, including interference that may cause undesired operation of the device.

- Le pr é sent appareil est conforme aux CNR d'ISED applicables aux appareils radio exempts de licence. L'exploitation est autoris é e aux deux conditions suivantes:
- (1) l'appareil ne doit pas produire de brouillage, et
- (2) l'utilisateur de l'appareil doit accepter tout brouillage radio é lectrique subi, m ê me si le brouillage est susceptible d'en compromettre le fonctionnement.

# ISED RF Exposure Statement

This equipment complies with ISED radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 20cm between the radiator& your body. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Le rayonnement de la classe b repecte ISED fixaient un environnement non contrôl é s.Installation et mise en œuvre de ce mat é riel devrait avec é changeur distance minimale entre 20 cm ton corps.Lanceurs ou ne peuvent pas coexister cette antenne ou capteurs avec d' autres.

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.