

---

## Thank you

Thanks for purchasing this product. The product will help you exercise your muscles in the correct way and to improve your fitness – and all this in a familiar environment.

## Precautions

WARNING: This elliptical rowing machine has been designed and constructed to provide maximum safety. Nevertheless, certain precautions should be taken when using exercise equipment. Read the whole manual before assembling and using the rowing machine. The following safety precautions should also be observed:

- ◆ It is the responsibility of the owner to ensure that all users of the rowing machine are adequately informed of all precautions. Use the rowing machine only as described in this manual
- ◆ Keep children and pets away from this equipment at all times. DO NOT leave them unsupervised in the room that this bicycle is kept.
- ◆ Inspect and assemble all parts regularly. Tighten all parts.
- ◆ Place the rowing machine on a level surface, with at least 1.0 m of clearance on each side of rowing machine. To protect the floor or carpet from damage, place a mat under the rowing machine.
- ◆ Keep the rowing machine indoors, away from moisture and dust. Keep the using environment well ventilated. DO NOT use it in the airless place.
- ◆ Don't put any sharp things around the rowing machine.
- ◆ Wear appropriate clothes while exercising; do not wear loose clothes to avoid stumbling on the rowing machine. Always wear athletic shoes for foot protection while exercising.
- ◆ Do not use this product if weights over 150kg. Please choose our other series of rowing machines.
- ◆ Do not put your hands on the moving parts, to prevent injuries.
- ◆ Keep your pedaling speed in a controlled way.
- ◆ If you find your rowing machine works abnormally, please stop using it.
- ◆ No more than one person should operate the rowing machine at one time.
- ◆ If you feel uncomfortable while exercising, stop exercising immediately and ask for a doctor.
- ◆ This product cannot be used as a medical device.

---

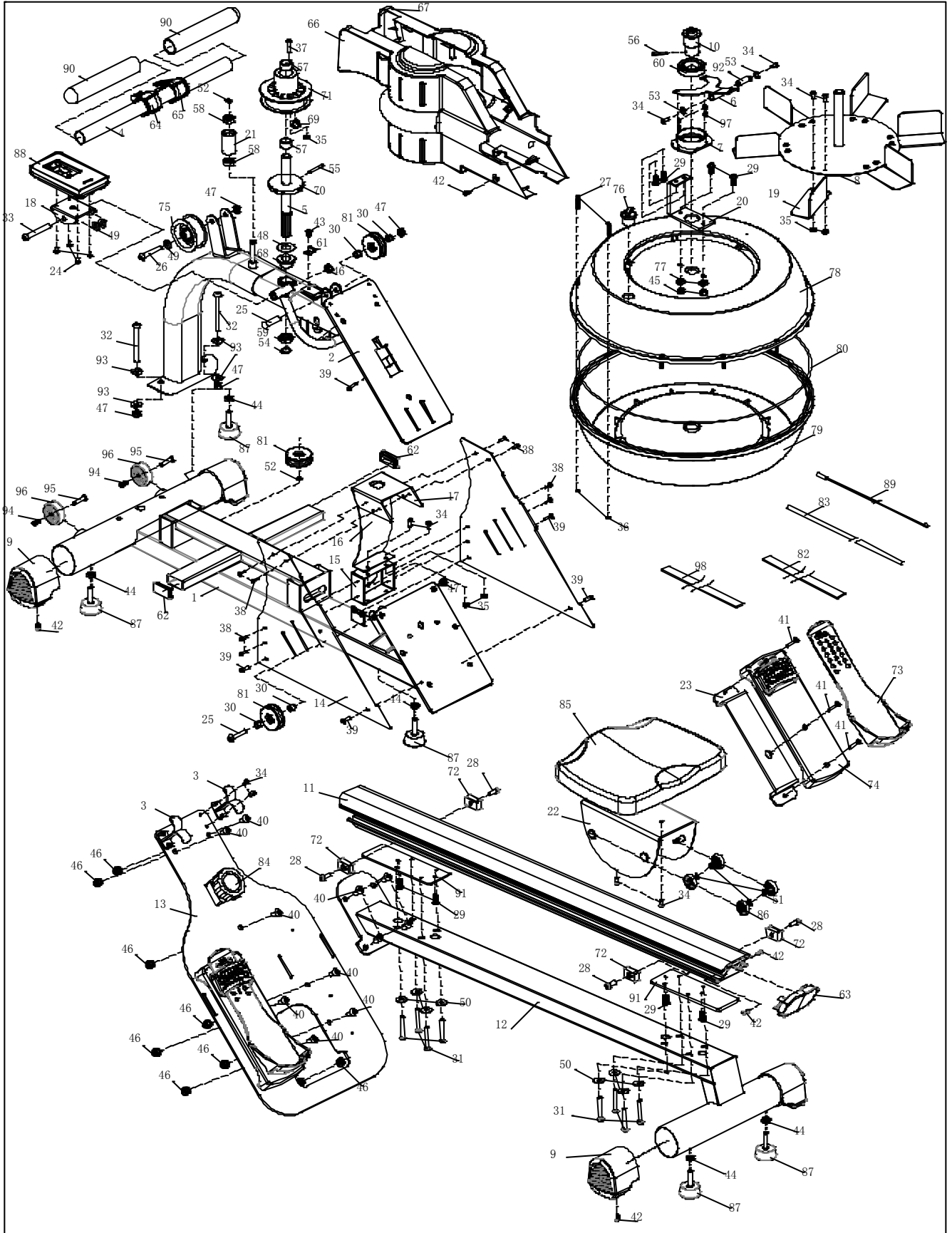
## Safety notice

Please consult a doctor before using this rowing machine if you are remedial or have below symptoms.

1. Waist pain now and leg, waist, neck hurt before, legs, waist, neck and hand numbly.
  2. Have anamorphic arthritis, rheumatic and gout.
  3. Have osteoporosis and other abnormality.
  4. Have circulatory sickness (heart disease, blood obstacle, hypertension).
  5. Have breath obstacle.
  6. Using the manpower pulse adjusted machine or implanted medical mechine.
  7. Have sarcomata.
  8. Have thrombus, severe lipoma or other skin infection symptoms.
  9. Have diabetes or perceptual disturbance caused by diabetes.
  10. Have skin trauma.
  11. Hyperpyrexia caused by sickness(38 °C or over 38 °C).
  12. Abnormal back bone or back bone bend.
  13. Pregnancy or catamenia.
  14. Feel physical abnormality, need convalesce.
  15. Body condition is not very well.
  16. The aim is to healing.
  17. Except the upper symptoms, feel other physical abnormalities.
- May cause accidents or the poor body condition.

**Before beginning any exercise program, please consult your physician. This is especially important for persons who are over 35, never exercising before, pregnant or having diseases. To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your rowing machine before using your rowing machine.**

# Exploded View



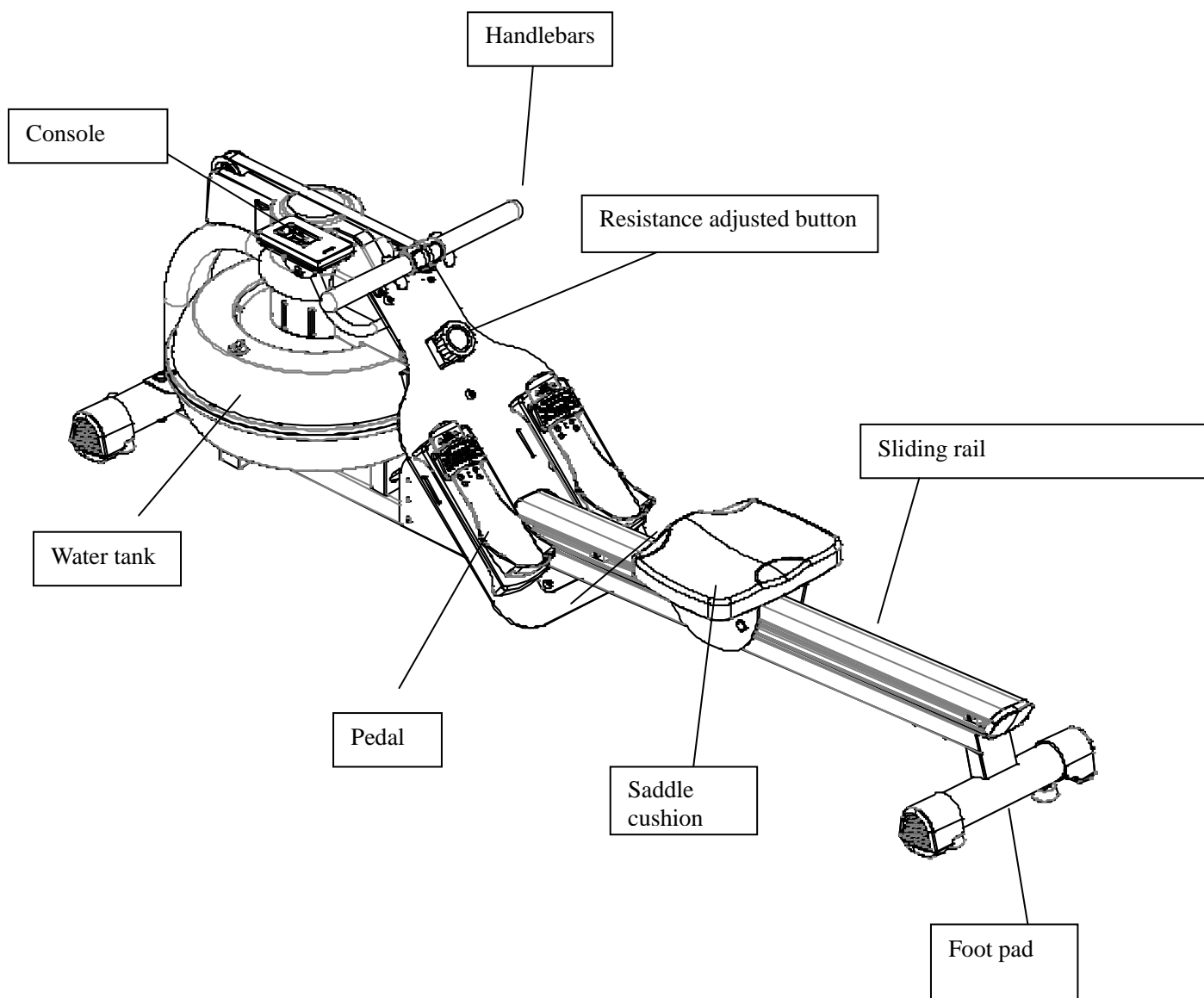
## Parts list

NO.	NAME	QTY	NO.	NAME	QTY	NO.	NAME	QTY
1	main frame	1	35	Hex self-locking nut M6	15	69	Elastic rope fixed cover	1
2	Console connecting frame	1	36	Hex self-locking nut M3	12	70	Sensor turntable	1
3	Handle bar fixed frame	2	37	Allen C.K.S. half thread bolt M6x30x10	1	71	Unidirectional shaft cover group	1
4	Handle bar group	1	38	Philips C.K.S. full thread bolt M4x16	8	72	Plug	4
5	Upper adjusted blade fixed group	1	39	Philips C.K.S. full thread bolt M5x20	5	73	Pedal	2
6	Resistance adjusted group	1	40	Allen pan head full thread bolt M10x20	11	74	Pedal fixed frame	2
7	Adjusted blade fixed group	1	41	Philips countersunk head full thread bolt M6x40	6	75	Webbing guide pulley set	1
8	Blade group	1	42	Philips C.K.S.self-tapping screw ST4x16	7	76	Water tank plug	1
9	tube plug	4	43	Philips hex washer head self-tapping screw ST4x12	1	77	Water tank fixed sealing ring	2
10	Bottom Adjusted blade fixed group	1	44	Hex nut M10	5	78	Upper water tank	1
11	Sliding rail	1	45	Hex locking nut M8	2	79	Bottom water tank	1
12	Sliding rail fixed group	1	46	High cap nut M10	10	80	Water tank fixed sealing ring	1
13	Single sliding rail connecting sheet	1	47	Hex locking nut M10	5	81	Big pulley set	3
14	Decoration iron sheet one	2	48	Flat washer $\Phi 40 \times \Phi 21 \times t 1.0$	1	82	Webbings	1
15	Decoration iron sheet four	1	49	Flat washer $\Phi 10.5 \times \Phi 21 \times t 1.5$	3	83	Spring robe	1
16	Decoration iron sheet three	1	50	Flat washer $\Phi 8.2 \times \Phi 25 \times t 2.0$	8	84	adjusted knob	1
17	Decoration iron sheet two	1	51	Spring washer $\Phi 8$	4	85	Saddle	1
18	Console fixed plate	1	52	Spring washer for bearing $\Phi 10$	2	86	PU roller group	4
19	Blade	6	53	Spring washer for bearings $\Phi 12$	2	87	Foot pad	5
20	Water tank fixed piece	1	54	Spring washer for bearings $\Phi 20$	1	88	Console set	1
21	Braiding tape guide pulley	1	55	Elastic Cylindrical heavy groove 5x45	1	89	Sensor wire	1
22	saddle fixed group	1	56	Elastic Cylindrical heavy groove 5x30	1	90	Form grip	2
23	Pedal fixed plate	2	57	Unidirectional needle roller bearing HF2016Z	2	91	Aluminium sliding rail locking sheet	2
24	Philips C.K.S. full thread bolt M5x10	4	58	Deep groove ball bearing 6000Z	2	92	Adjusted whirl Axis	1
25	Allen C.K.S. half thread bolt M10x45x20	2	59	Deep groove ball bearing 61804-Z	1	93	Arc-shaped spacer	4
26	Allen C.K.S. half thread bolt M10x60x20	1	60	Angular contact ball bearing 7007AC	1	94	Allen C.K.S. full thread bolt M6x15	2
27	Allen cylinder head full thread bolt M3x30	12	61	Magnetic sensor fixer	1	95	Allen C.K.S. hollow thread bolt $\Phi 8 \times 33 \times M 6 \times 15$	2
28	Allen cylinder head full thread bolt M8x20	4	62	Square tube cover	2	96	wheel group $\Phi 55 \times 25.8$	2
29	Allen pan head full thread bolt M8x20	8	63	Aluminium sliding rail rear cover	1	97	Steel rope	2
30	Bush tube	4	64	Handle cover left	1	98	Pedal webbings	2
31	Allen pan head half thread	8	65	Handle cover right	1	99	Console outgoing wire	1

---

	bolt M8x55x20							
32	Allen C.K.S. half thread bolt M10x95x20	2	66	Left outside cover	1			
33	Allen pan head half thread bolt M10x75x15	1	67	Right outside cover	1			
34	Allen pan head full thread bolt M6x15	22	68	Copper base bearing	1			

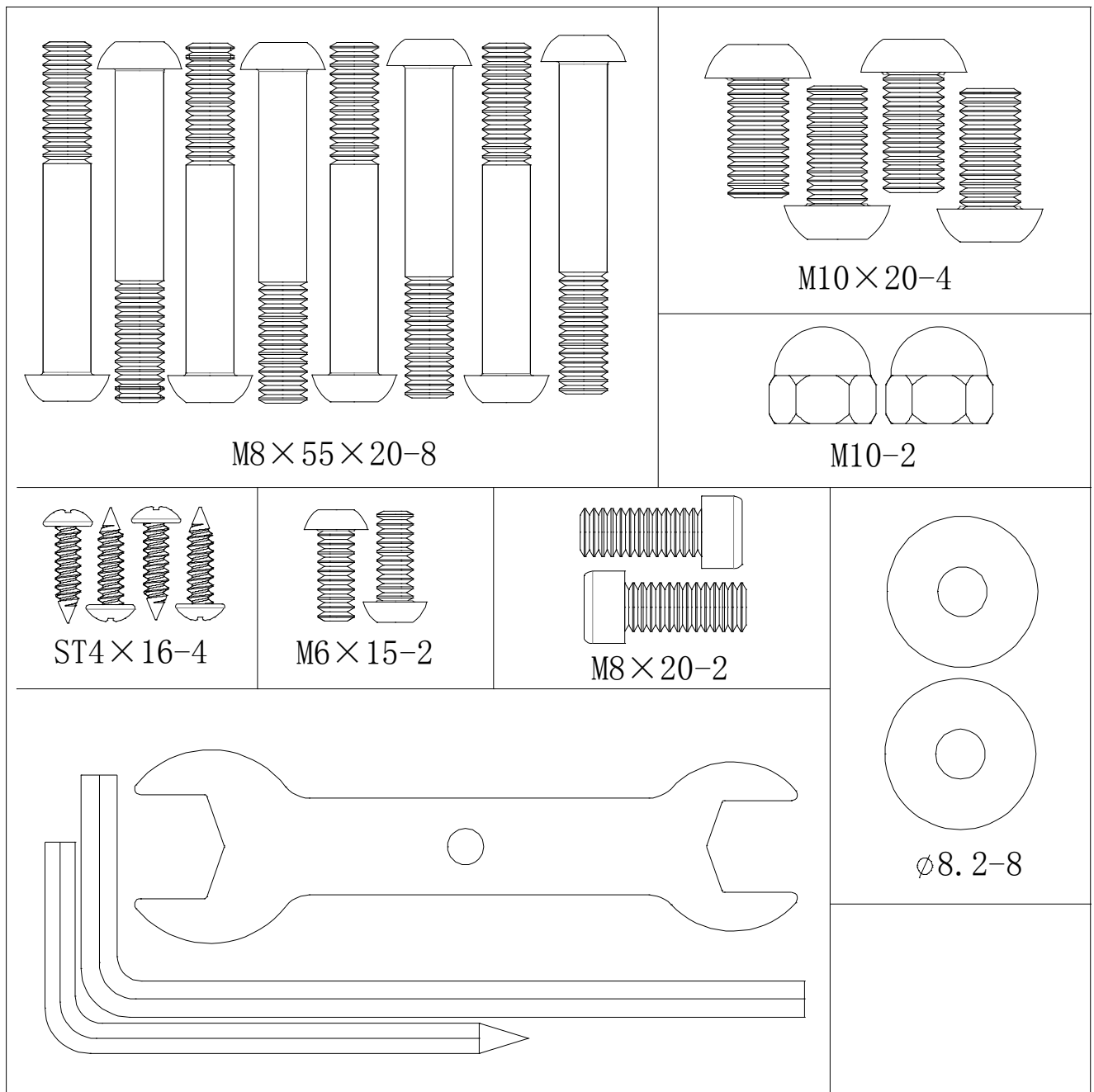
## Production instruction



## Technical information

TYPE	Rowing machine
DIMENSION	Unfold: 2267*560*645mm
MAX LOADING	158KG
RESISTANCE FRAGMENT	1-10

\*WE RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE.



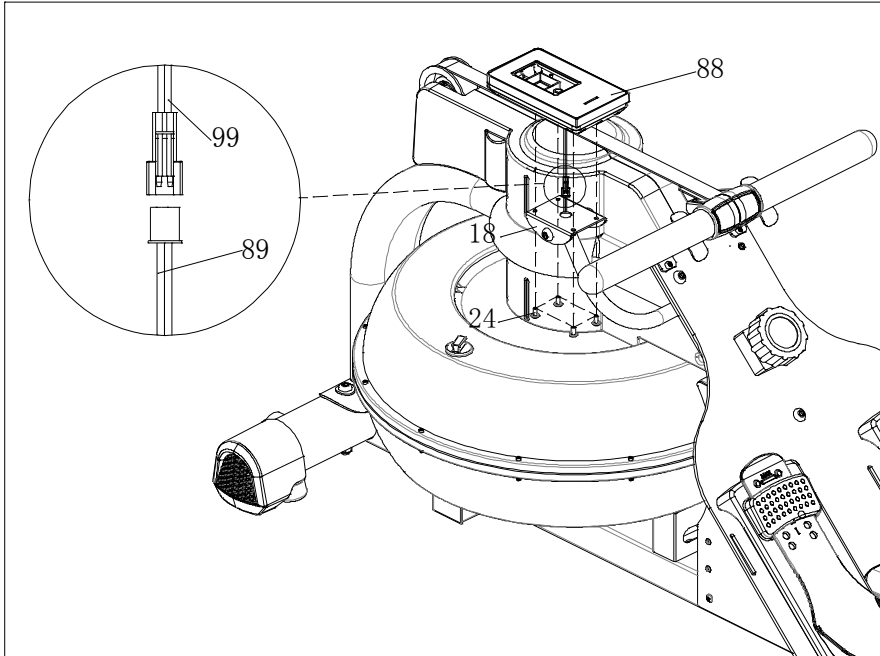
### Screw bag lists

NO	NAME	SPEC.	QTY	NO	NAME	SPEC.	QTY
28	Allen cylinder head full thread bolt	M8x20	2	46	High cap nut	M10	2
31	Allen pan head half thread bolt	M8x55x20	8	50	Flat washer	$\Phi 8.2 \times \Phi 25 \times t2.0$	8
34	Allen pan head full thread bolt	M6x15	2		L-shape spanner	5x35x85S	1
40	Allen pan head full thread bolt	M10x20	4		L-shape spanner	6x40x120	1
42	Phillips C.K.S.self-tapping screw	ST4x16	4		Open wrench	t4.0x32x110	1

# ASSEMBLY INSTRUCTIONS

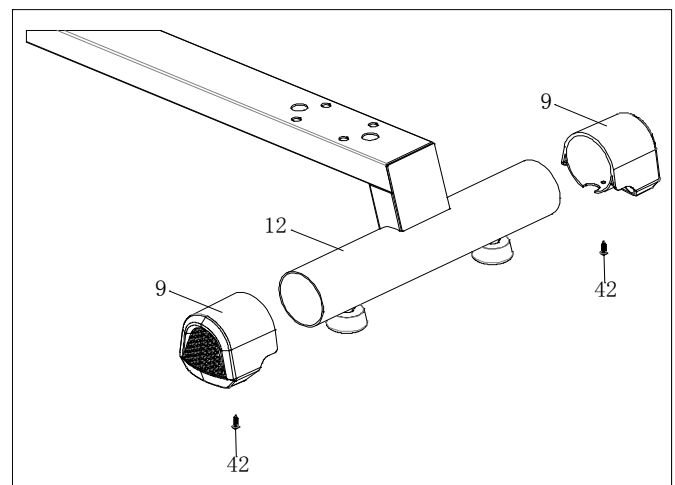
## Step 1:

1. Connect the console outgoing line (99) and sensor wire(89).
2. Install the console (88) to the console fixed plate(18), and lock tight with the four Philips C.K.S. full thread bolts (24) .



## Step 2:

Install two tube plugs (9) on the aluminum Sliding rail fixed group (12), and lock tight with two Philips C.K.S.self-tapping screw(42).

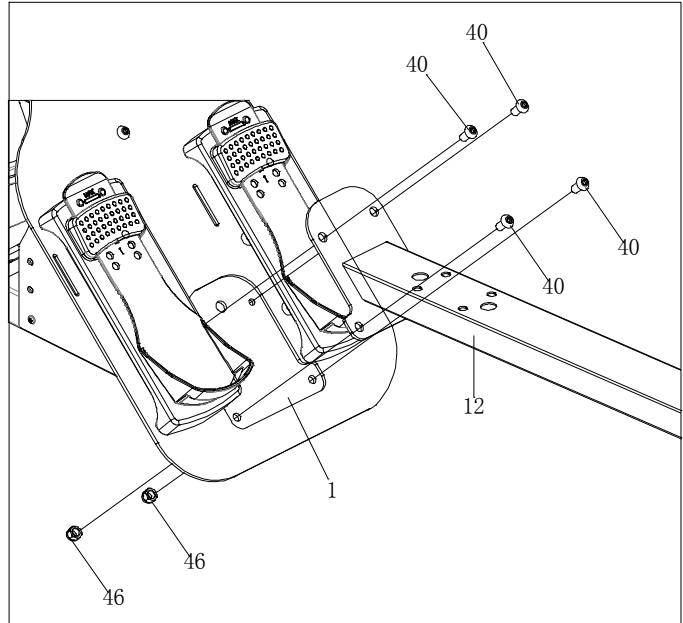




### Step 3:

Install the sliding fixed group (12) on the main frame(1), and lock tight with four Allen pan head full thread bolts (40) and two high cap nuts(46). Lock two of four Allen pan head full thread bolts(40) and two high cap nuts(46) on the bottom.

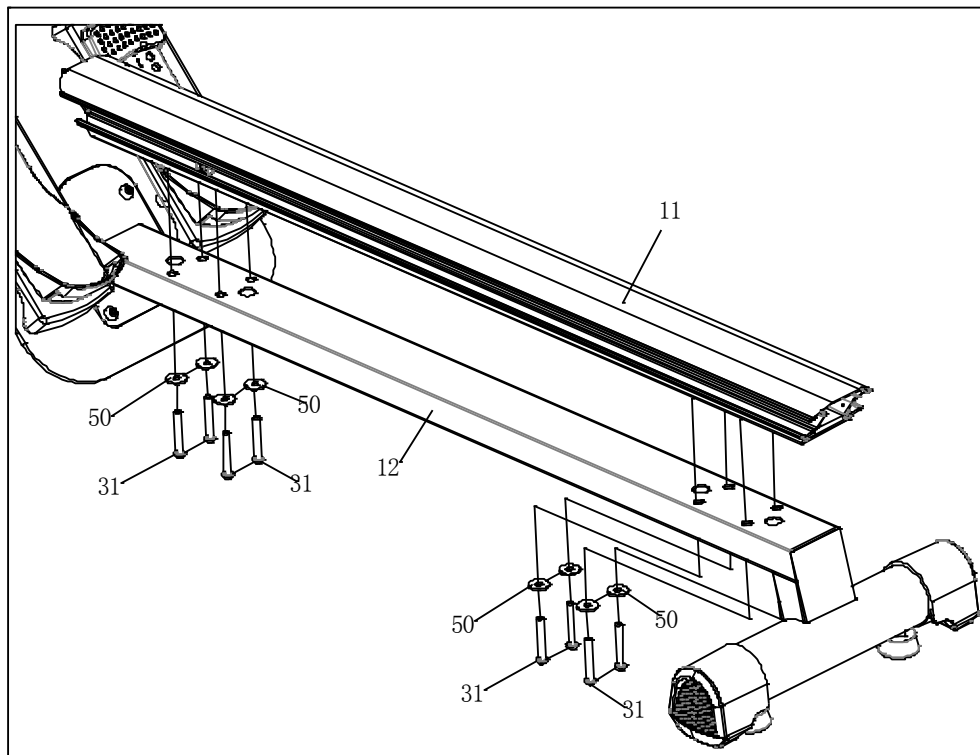
Attention: When install the screws, first put all the screws into the tapped holes and then lock tight.



### Step 4:

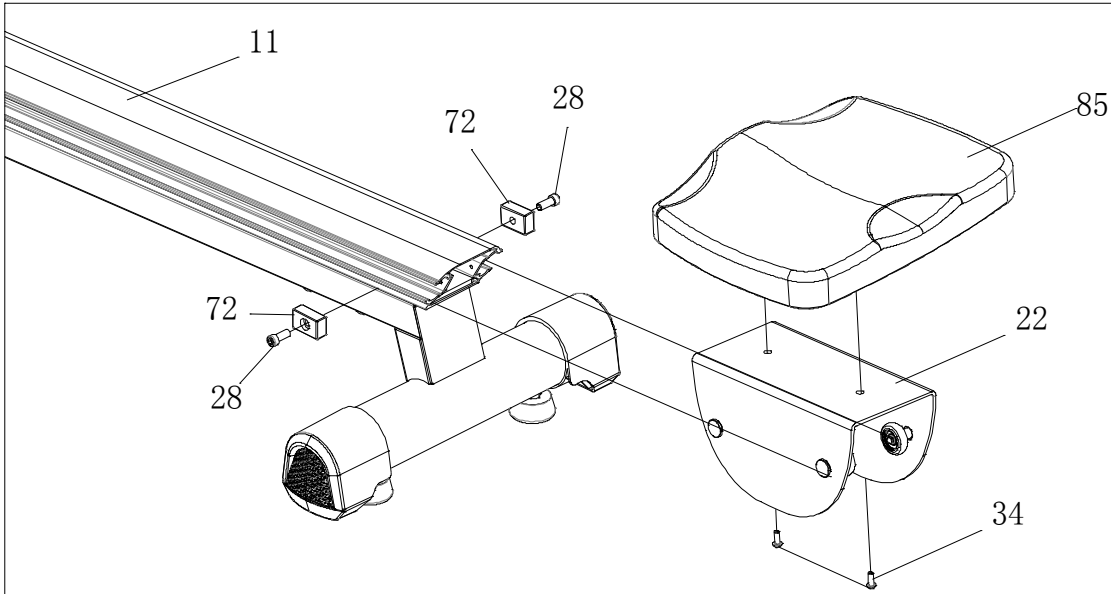
1. Install the sliding rail(11) on the sliding rail fixed group(12) and lock tight with eight Allen pan head half thread bolts(31) and eight flat washers(50).

Attention: When install the screws, first put all the screws into the tapped holes and then lock tight.



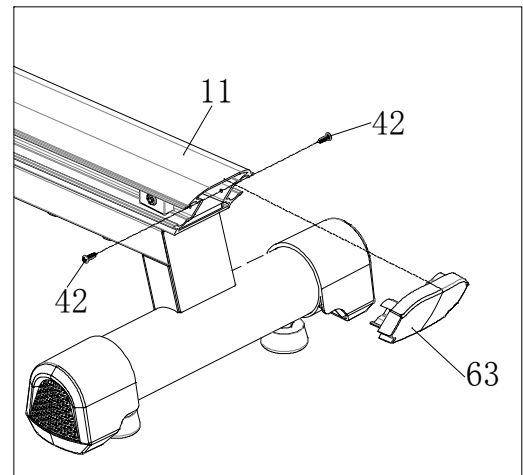
## Step 5:

1. Install saddle(85) on the saddle fixed group(22), and lock with two Allen pan head full thread bolts(34).
2. Install the assy of the last step on the sliding rail(11).
3. Lock two plugs(72) on the sliding rail(11) with two Allen cylinder head full thread bolts(28) .



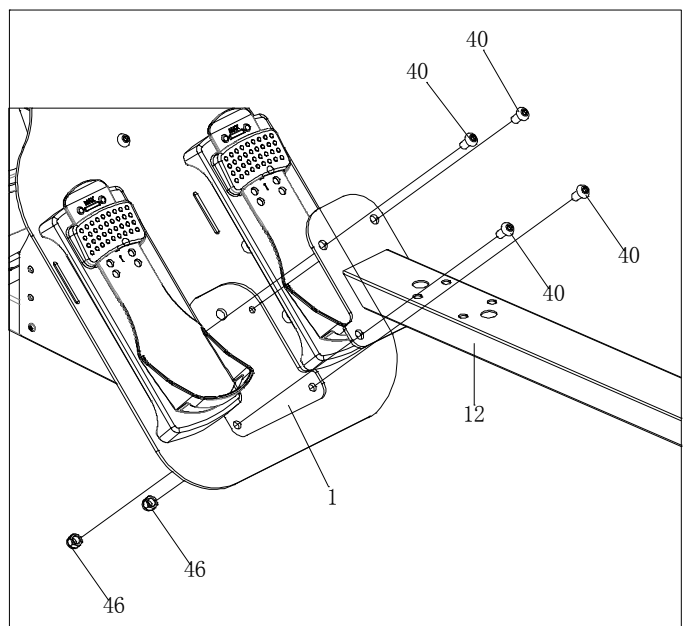
## Step 6:

1. Install Aluminum rail rear cover(63) on the sliding rail(11), and lock tight with two Philips C.K.S.self-tapping screws(42) .



## Assembly parts lists

NO	NAME	SPEC.	QTY	NO	NAME	SPEC.	QTY
88	Console		1	63	Aluminum sliding rail rear cover		1
89	Sensor wire		1	28	Allen cylinder head full thread bolt M8x20	M8x20	2
9	To the floor tube plug		2	31	Allen pan head half thread bolt	M8x55x20	8
12	Aluminum Sliding rail fixed group		1	34	Allen pan head full thread bolt	M6x15	2
11	Aluminum sliding rail		1	40	Allen pan head full thread bolt	M10x20	4
22	saddle fixed group		1	42	Philips C.K.S.self-tapping screw	ST4x16	4
85	Saddle		1	46	High cap nut	M10	2
72	Plug		2	50	Flat washer	Φ8.2×Φ25×t2.0	8



## 5. General fitness tips

### Warm up

Always warm up for 5-10 minutes before exercising.

### Breathing

Do not hold your breath during exercising, usually when you are ready to restore action, inhale through your nose, and use your mouth to exhale through your mouth, and breathe in harmony with the movement. If breathing is too rapid, stop exercising immediately.

### Frequency

The time interval of exercising the same muscle parts should be 48 hours.

### Load

Please do the exercise according to personal physical condition and increase the load depending on the principle. The muscle soreness is normal phenomenon and will eliminate as long as keep exercising

### Relax

Please keep doing 5mins restoring action every time after exercise, especially the stretching of the feet muscle, to avoid the muscle is too hard.

### Diet

To protect the Digestive system, do exercise at least 1 hour after meal, eat at least half an hour after exercising and do not drink a lot during exercising to avoid harming on heart and kidney.

## Stretching exercises

Please do some stretching exercises no matter what speed you would walk. Please do 5-10 mins warm-up because warm muscle is easier to stretch. Next, please do some stretching exercises as follow—five times for each action and each leg takes 10s or more, and do the same after exercising.

### 1. Downward stretch

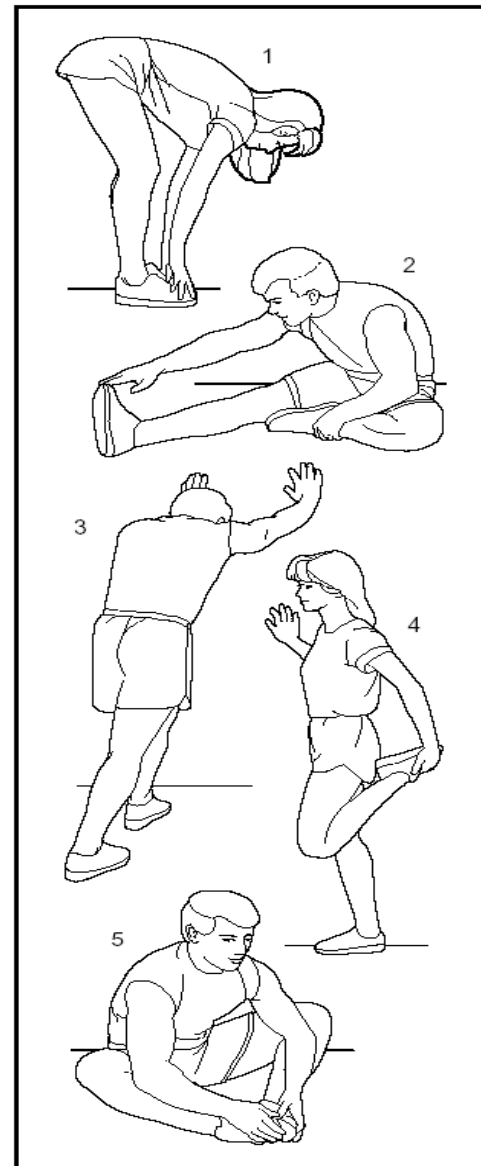
Bend your knee slightly and bend your body forwards slowly and try to touch the toes with your hands for 10-15s in order to relax the back and shoulders, and then relax. Please do the same for three times.(as drawing 1)

### 2.Hamstring stretch

Sit on a clean mat and straighten one leg. Then bend your another leg and make your sole close to the the straightening leg. And try to touch your toes with your hand. Hold for about 10-15 seconds, and then relax. Repeat the above for 3 times each leg. (as drawing 2)

### 3. The calves and heel tendons stretch

Stand with your right leg and put your hands on a wall or a tree. Keep your right leg straight and the heel attaches the land and try to tilt forward to the wall or the tree. Maintain



---

this position for 10-20 seconds and then relax. Both legs do the same for three times(as drawing 3).

#### 4. Quadriceps stretch

Hold balance by putting the left hand on the wall or a desk then stretch the right hand backward to touch you right foot and lift up to the buttock. Try to pull your right heel closer to your buttock until the muscle of your front thigh feel tight. Maintain this position for 10-15 seconds if possible and repeat this exercise 3 times for each leg.(as drawing 4)

#### 5. Sartorius muscle (the inner thigh muscles)stretch

Sit on the floor and place your feet in such a way that your knees are facing outwards. Pull your feet as close as possible to your groin. Now press your knees carefully downwards. Maintain this position for 10-15 seconds if possible repeat this exercise 3 times.(as drawing 5)

## Instruction for console

1、LCD display as below



## 2、Main menu

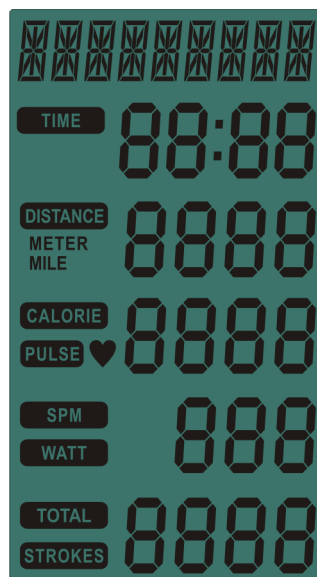
Item	profile	range	setting	memory	RZ	Brief description
1	TIME	0:00~99:59 (minute: second)	±1min	Yes	Yes	1. Without setting, count up circularly 2. With setting, count down until zero then have four beep sound 3. No input signal in 4 minutes and enter into IDLE mode display.
2	DIST(distance)	0~9999	0~9990 ±10K ±10M	Yes	Yes	1. With any setting, count up circularly 2. With setting, count down until zero then have four beep sound. 3. No input signal in 4 minutes and enter into IDLE mode display.
3	CAL calorie	0~9999cal	0~9990 (±10)	Yes	Yes	1. If no setting, count up circularly 2. If setting, count down until zero then have four beep sound. 3. No input signal in 4 minutes and enter into IDLE mode display. 4. Display with PULSE alternately every 5 seconds.
4	SPM(speed)	0~999	No	No	Yes	In START: a. Display the value after sensor signal input in 3 seconds. b. No sensor signal 4.6 seconds later the value goes zero. c. Display with WATT alternately every 5 seconds.
5	STROKES	0~9999	0~9990 (±10)	Yes	Yes	ROWING STROKES and TOTAL STROKES display alternately every 5 seconds.
6	TOTAL STROKES	0~9999	No	Yes	No	TOTAL STROKES and STROKES display alternately every 5 seconds
7	WATT	0~999	No	No	No	a. Input sensor signal 3 seconds later and display the value. No sensor signal 4.6 seconds later the value goes zero. b. Display with SPM alternately every 5 seconds
8	PULSE (Heartbeat:only available with a wireless receiver)	P-30~230 BPM	0-30~230 (±1)BPM	Yes	Yes	a. Input PULSE signal, the initial value of time is 7.5 seconds(calculate from the first pulse). b. No PULSE signal input 6 seconds later the value goes zero. c. The calculation mode please refer to reference 1. d. When higher than setting, the values of PULSE window flicker "PULSE OVER ALARM" every second with the beep-beep sound. e. Display with CAL alternately every 5 seconds.
9	Manual Program					When detect the RPM signal but do not enter into any mode, then enter QUICK START.
10	INTERVAL 20-10					1. Interval mode 2. Exercise for 20 seconds, then have a rest for 10 seconds.
11	INTERVAL 10-20					1. Interval mode 2. Exercise for 10 seconds, then have a rest for 20 seconds.
12	INTERVAL CUSTOM					1. Interval mode 2. User sets the time of exercising and relaxing
13	TARGET TIME					User sets the target TIME
14	TARGET DISTANCE					User sets the target DISTANCE
15	TARGET CALORIES					User sets the target CALORIES

16	TARGET STROKES					User sets the target STROKES
17	TARGET PULSE					User sets the target pulse (This function is optional and only available with a wireless receiver)

### 3. Power on/off:

(1)Power on:

The LCD will display for 2 seconds (drawing 1) with a beep sound for 2 seconds, then enter into IDLE mode.



Drawing 1

(2)power off:

- ①Without signal input in 4 minutes, IC enter into SLEEP mode.
- ②Have the signal input or click the keys, the console will wake up.

### 4.Operation

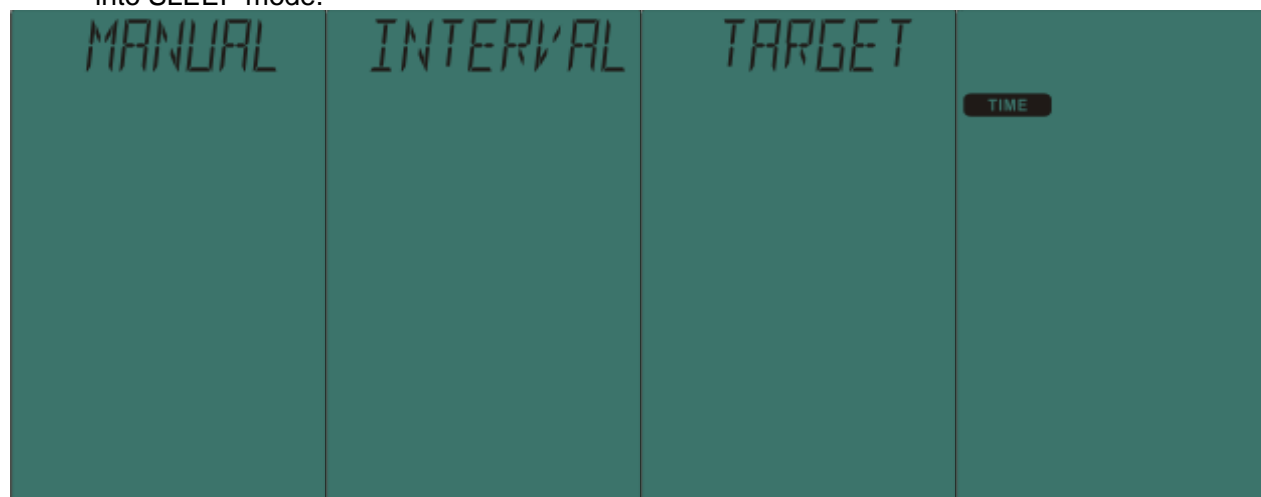
1. Power on:

When the console is on (or press MODE/RESET for 3 seconds), the BUZZER have a beep sound for 2 seconds, and the LCD window display all value for 2 seconds and then enter into IDLE mode.

2. IDLE mode:

A. When the power is on, console enters into IDLE mode: MANUAL(all display 8), MANUAL(all display 8), INTERVAL(all display 8), TARGET(all display 8), **TIME** **DISTANCE** **CALORIE** **SPM** **STROKES** **TOTAL STROKES** **WATT** **PULSE** display in order for 1 mins by SCAN(drawing 2~12).

B. In IDLE mode, without any click, RPM signal and PULSE input for four 4 minutes, the console enter into SLEEP mode.



Drawing 2

Drawing 3

Drawing 4

Drawing 5

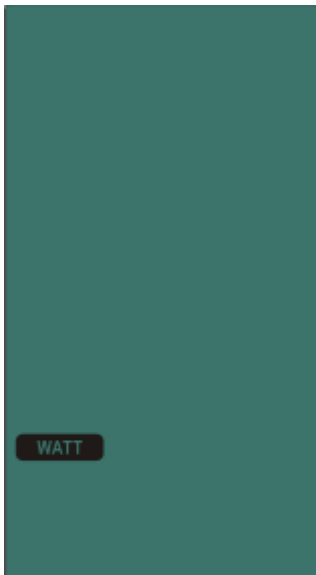


Drawing 6

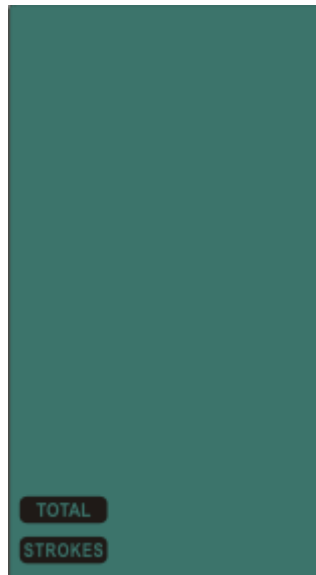
Drawing 7

Drawing 8

Drawing 9



Drawing 10



Drawing 11



Drawing 12

## 5、 Key functions:

### 1. SET KEY

A. Press once to increase once, long press for rapid increase setting.

B. TIME range:0:00~99:00 (INTERVAL: Every time the adjustment rises 0:01, TIME: Every time the adjustment rises 1:00)

C. CAL range :0~9990 (every time the adjustment rises 10)

D. DIST range :0~9990 (every time the adjustment rises 10)

E. STROKES range :0~9990 (every time the adjustment rises 10)

F. PULSE range :30~230 (the default is 100, every time the adjustment rises 1:00)

G. Press MODE KEY for 2 seconds in IDLE mode to switch between metric and imperial

### 2. MODE KEY



- 
- A. In manual mode, press once to confirm.
  - B. In setting mode, press once to confirm.
  - C. In running mode, press once to pause.
  - D. Each press with beep sound.
  - E. Press SETKEY for 2 seconds in IDLE mode to switch between metric and imperial.

### 3. RESET KEY

- A. In function setting mode, press once back to preceding function.
- B. In setting mode, press once to eliminate current setting value.
- C. In pause mode, press once back to IDLE mode.
- D. Each press with beep sound.
- E. Press 3 seconds to TOTAL RESET, and console will eliminate current workout value except TOTAL STROKES.  
※TOTAL STROKES value will cancel automatically when the power off.

## 6. Formulas & parameters

1. SPM: pulling frequency per minute (time of one pulling)
2.  $\text{TIME}/500(\text{min}:\text{sec})=500\text{M}/(\text{SPM}*\text{DIST})$ .unit is minute
3. WATT、CALORIES、DISTANCE calculations as CONCEPT II
4. Induction method as below:

F. Double SENSOR mode:

Two RPM input: power on, the sensor which first receive RPM is A and the other is B. Induction calculation way: ABBA is one time.

G. Signal SENSOR mode:

Use the magnetic speed to judge the induction times. Method of SENSOR induction:

slow-quick-slow is one time.

## Usage instruction



- 1、 Put the foot on the pedals and stay still. After holding on the handle bar and relaxing the shoulders and arms, try to straighten your arm and bend your knees to proper angle as like the legs are perpendicular to the sliding rail.
- 2、 Lean back while straight legs and pull the handlebars under the ribs.
- 3、 Straighten the arms,bend the knees and slide forward.
- 4、 Return to the beginning.

## Operation instruction

Pour water into and off

Steps of pouring into:

- 1、 Take off the plug of water tank' s left side.
- 2、 Place a water bucket next to the rowing machine,then put the the hard tube of siphon into the bucket and the hose into the water tank. Please close the valve on the top of the siphon when pouring water into the tank.
- 3、 Press the siphon to pour 17L water into the tank(DO NOT exceed the water line);
- 4、 When pouring to the proper level, please open the valve on the top of the siphon to let extra water flow out.
- 5、 Please make sure the plug is stuffed after pouring water.
- 6、 Siphon using technique: place the bucket higher than water tank then the water automatically flows into water tank. (Place a cloth under the water tank when pouring water in case wet the floor.)

Steps of pouring off :

- 1、 Take off the plug of water tank' s left side.
- 2、 Put the hard tube of siphon into the water tank and the hose into bucket.
- 3、 Start to pour off the water(as the method of pouring in).

Adjust the rowing machine:

Please adjust the food pad on the floor when the machine is not steady.

