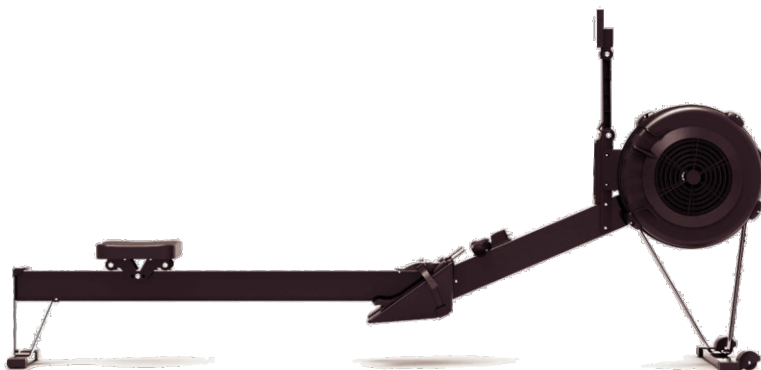
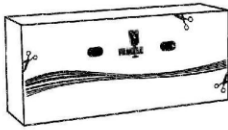


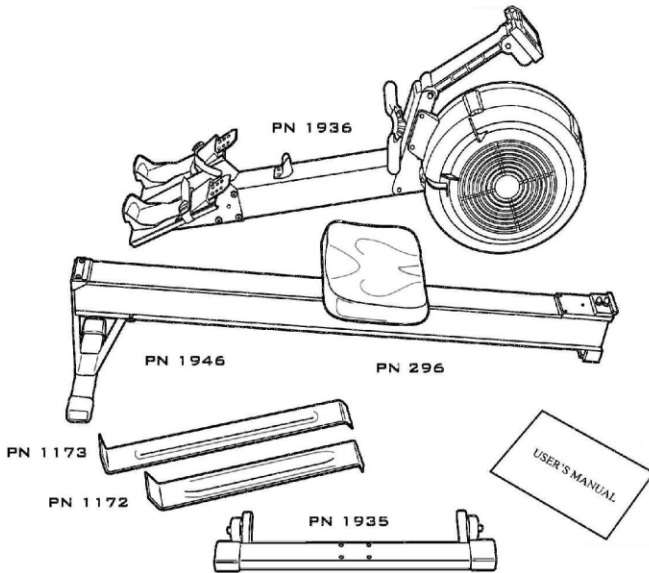
USER MANUAL



**Important – Please read these instructions fully before assembly or using
These instructions contain important information which will help you get the best from
your equipment and ensure safe and correct assembly, use and maintenance.**



You will find the following parts for your Indoor Rower in this shipping box. If any parts are missing, please contact us and we'll send replacement parts out to you immediately.



UNPACKING
YOUR
INDOOR
ROWER

ASSEMBLY

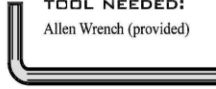
PARTS NEEDED:

4 screws

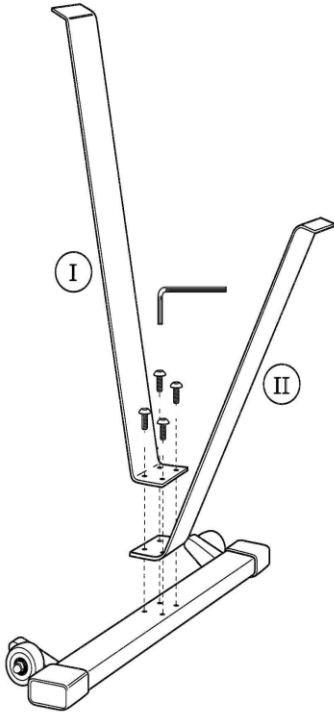
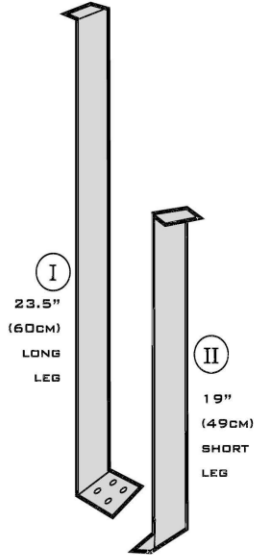


Please note: these bolts will be pre-screwed into the caster wheels bar.

TOOL NEEDED:
Allen Wrench (provided)



ASSEMBLING
THE
FRONTLEG



Note that the longer leg (I) attaches to same side as the wheels.

TOOL NEEDED:
Allen Wrench (provided)



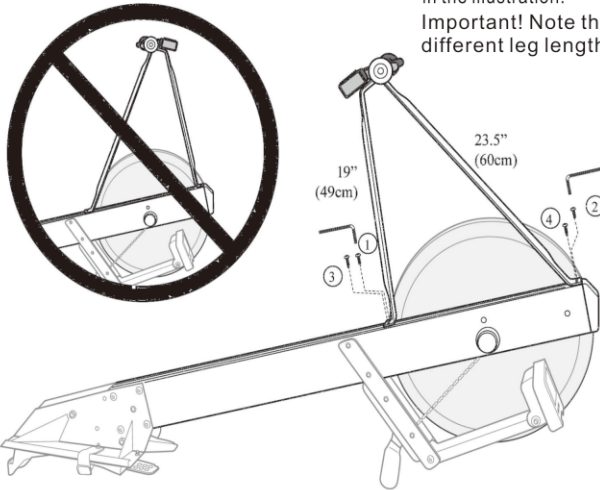
PARTS NEEDED:

4 screws

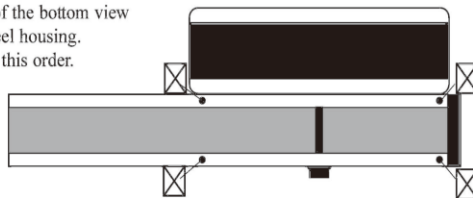


ATTACHING
THE
FRONT LEG

Attach the front leg as shown
in the illustration.
Important! Note the
different leg lengths.

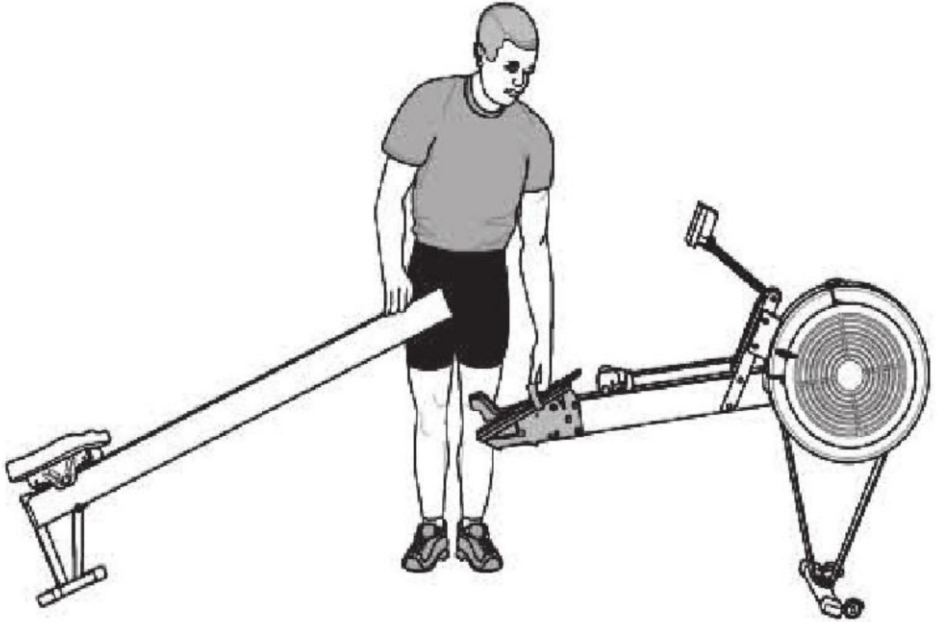


This is an illustration of the bottom view
of the front end/flywheel housing.
Insert socket screws in this order.



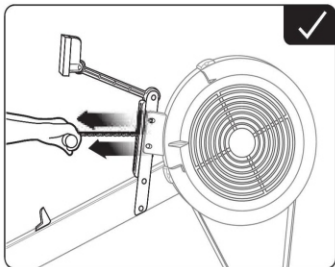
CONNECT THE FLYWHEEL AND MONORAIL TOGETHER

1. Place the flywheel and monorail sections of the indoor rower end to end.
2. Using the footstraps as a handle, lift the footboard end of the flywheel section until it rolls on the caster wheels.
3. Lift the end of the monorail to the same level and hook the two ends together where the two pieces connect.
4. Carefully release the connected pieces down until the ends lock in place.

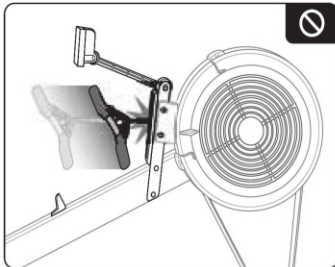


SAFETY

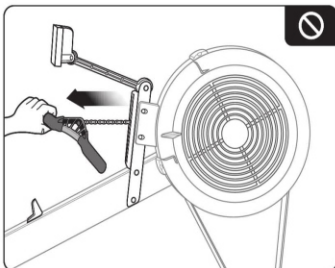
USE CAUTION



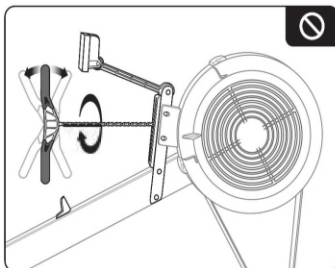
Pull straight back with both hands.



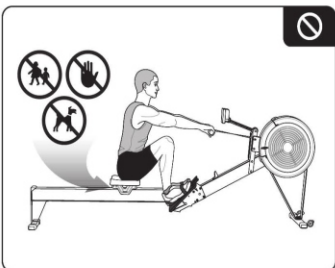
Do not let handle fly into chain guide.



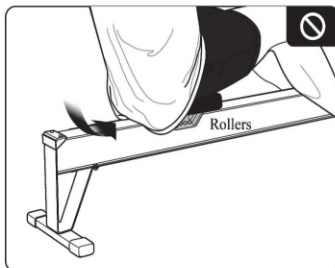
Do not row with one hand only.
Misuse of the chain can result in injury.



Never twist chain or pull from side to side.

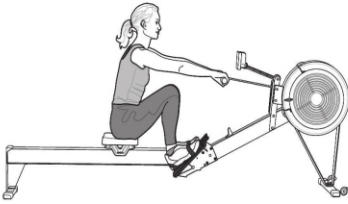


Keep children, pets and fingers away
from seat rollers. Seat rollers can
cause injury.



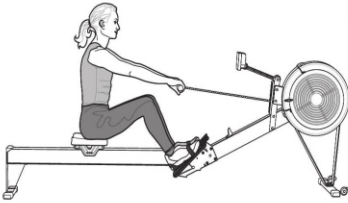
Keep clothing free of seat rollers.

PROPER ROWING TECHNIQUE



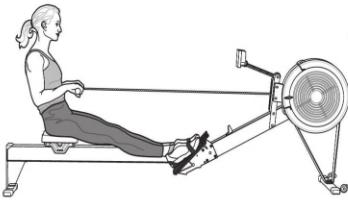
THE CATCH

- Extend your arms straight toward the flywheel.
- Keep wrists flat.
- Lean your upper body slightly forward with back straight but not stiff.
- Slide forward on the seat until your shins are vertical (or as close to this as your flexibility will allow).



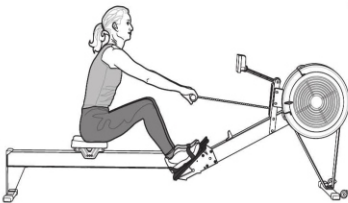
THE DRIVE

- Begin the drive by pressing down your legs.
- Keep your arms straight and hold your back firm to transfer your leg power up to the handle.
- Gradually swing back with your upper body, bending your arms and prying open your back until you reach a slight backward lean at the finish.



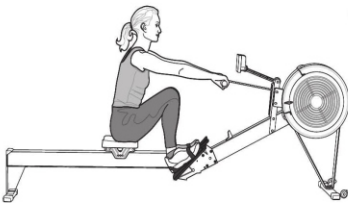
THE FINISH

- Pull the handle all the way into your abdomen.
- Straighten your legs.
- Lean your upper body back slightly.



THE RECOVERY

- Extend your arms toward the flywheel.
- Lean your upper body forward at the hips to follow the arms.
- Gradually bend legs to slide forward on the seat. Be sure your arms are extended before you bend your knees.



THE CATCH

- Draw your body forward until the shins are vertical.
- Upper body should be leaning forward at the hips.
- Arms should be fully extended.
- You are ready to take the next stroke.

Technique Tips

- Have someone watch you to help you match your body positions to those shown.
- These positions should be blended together to make a smooth and continuous stroke with no stopping at any point in the stroke.
- Aim for a stroke rate of between 24 and 30 strokes per minute as displayed on the Performance Monitor.
- Grip should be loose and comfortable; wrists should be level.

Performance Monitor Operation Instructions



Key definition

1. ON key: long press for 3 seconds to start the machine, and press to end the movement under operation motion;
2. Dis. /TIME key: toggle to select TIME/DISTANCE;
3. The UP button: set TIME/COUNT/short/CALORIES/PULSE target;
4. MOED key: motion mode switch;
5. START key: START movement;
6. SET key: SET the motion mode;

Data display range

TIME	Display range: 000:00 ~ 999:59; The setting range is 1:00 ~ 999:00 minutes
METER	Display range 0 ~ 99999; Set the range from 1 to 99999
DISTANCE	Display range 0 ~99.9; The setting range is 0.1 ~ 99.9km
CALORIES	Display range 0~9999; Set the range from 1.0 to 9999
RPM	Displays the current stroke frequency

Instructions

1. Install the battery. long press ON button for 3 seconds to START the machine, and press START button to START the movement;
2. When signal input is detected. the value of TIME/COUNT/DISTANCE/log window will be counted upward;
3. When the set value of TIME/COUNT/DISTANCE/DISTANCE is present. COUNT backward by the set target value;
4. When there is no movement or no RPM signal input is detected, it will enter into sleep after 4 minutes and the electronic meter will not be displayed.

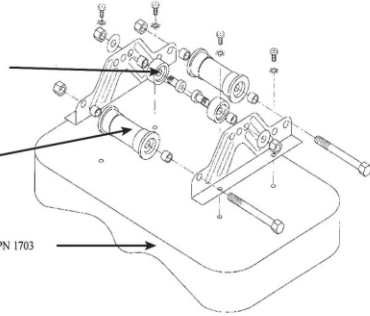
SCHEMATICS

Seat Carriage

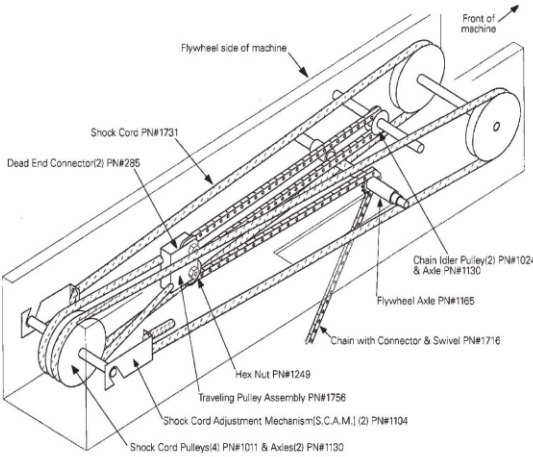
Seat Roller (bottom) PN 1725
 Seat Roller (bottom) hardware PN 1732
 Seat Roller (bottom) & hardware PN 1733

Seat Roller (top) PN 1724
 Seat Roller (top) hardware PN 1727
 Seat Roller (top) & hardware PN 1728

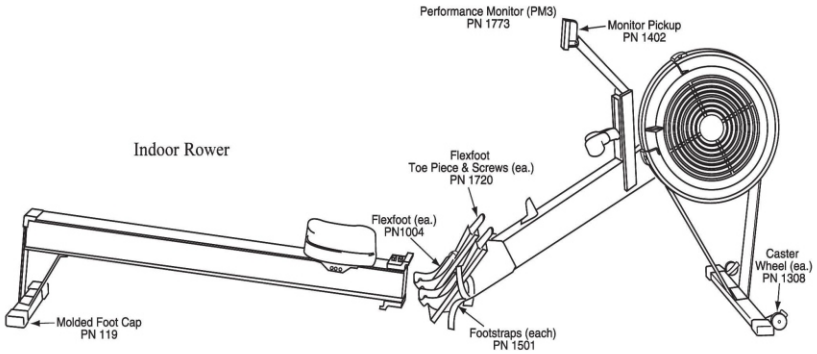
Seat Top with screws PN 1703



Return Mechanism



Indoor Rower



MONORAIL SECTION

FLYWHEEL SECTION