

TOORX
FITNESS IN MOTION

INSTRUCTION



ROWERSEA70



Cod : GRLDTOORXRWXSEA70

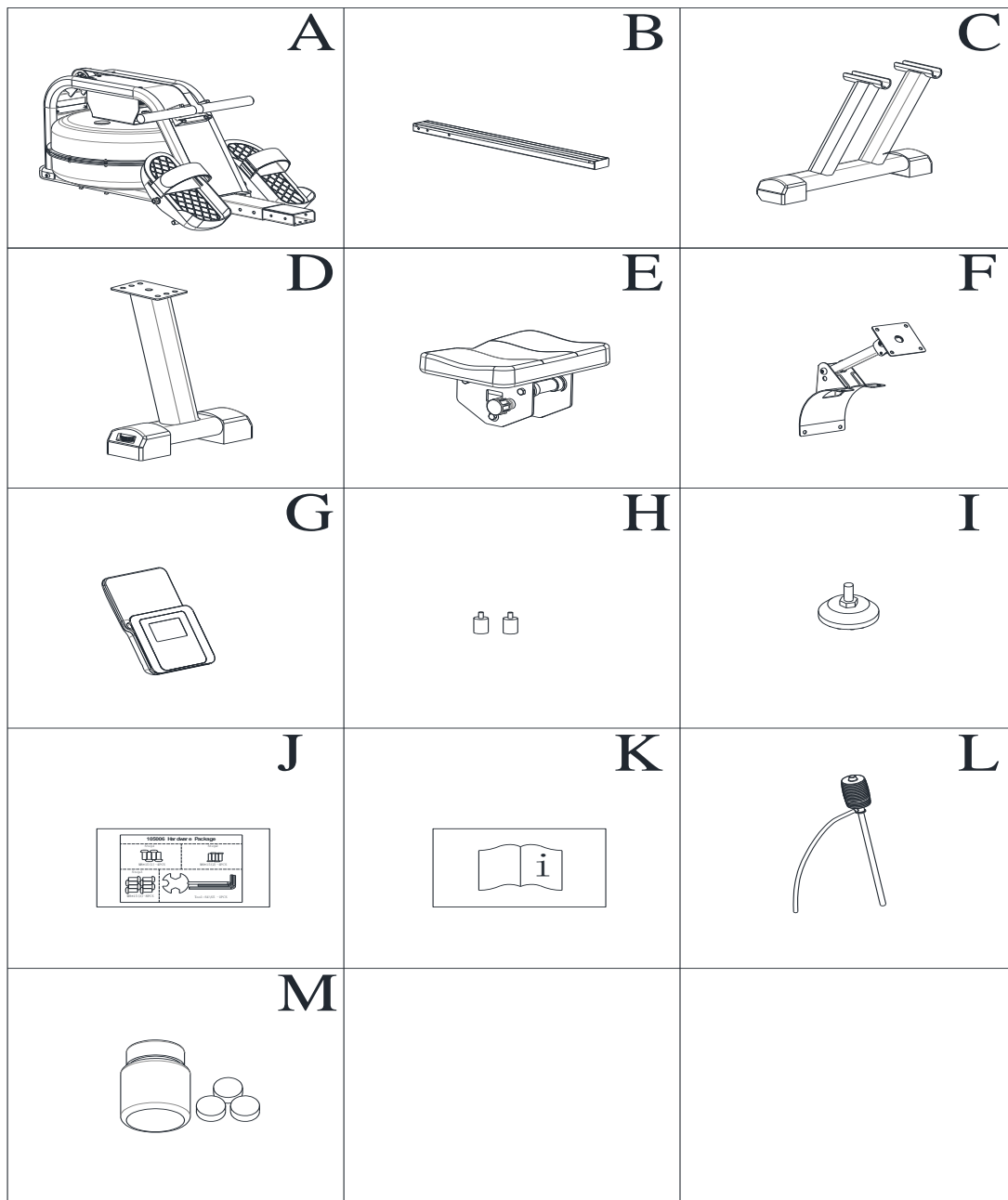
Rev : 00

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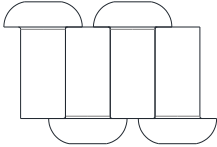
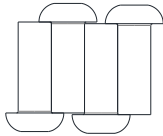
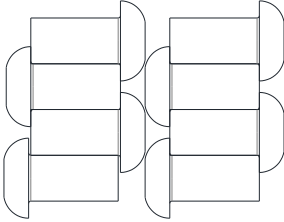
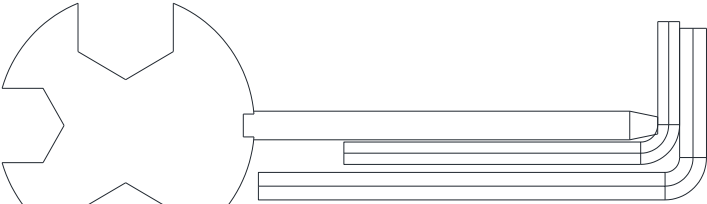


Open the packing box and you can take out the following parts in the box.

List of installation parts						
No.	Description	Quantity		No.	Description	Quantity
A	Main frame	1PC		B	Rail	1PC
C	Front stabilizer	1PC		D	Front stabilizer	1PC
E	Seat	1PC		F	Computer holder	1PC
G	Computer	1PC		H	Block for seat cushion	2PCS
I	Foot pad	1PC		J	Accessories tools	1PC
K	Manual	1PC		L	Water pump	1PC
M	Water purification tablet	1PC				



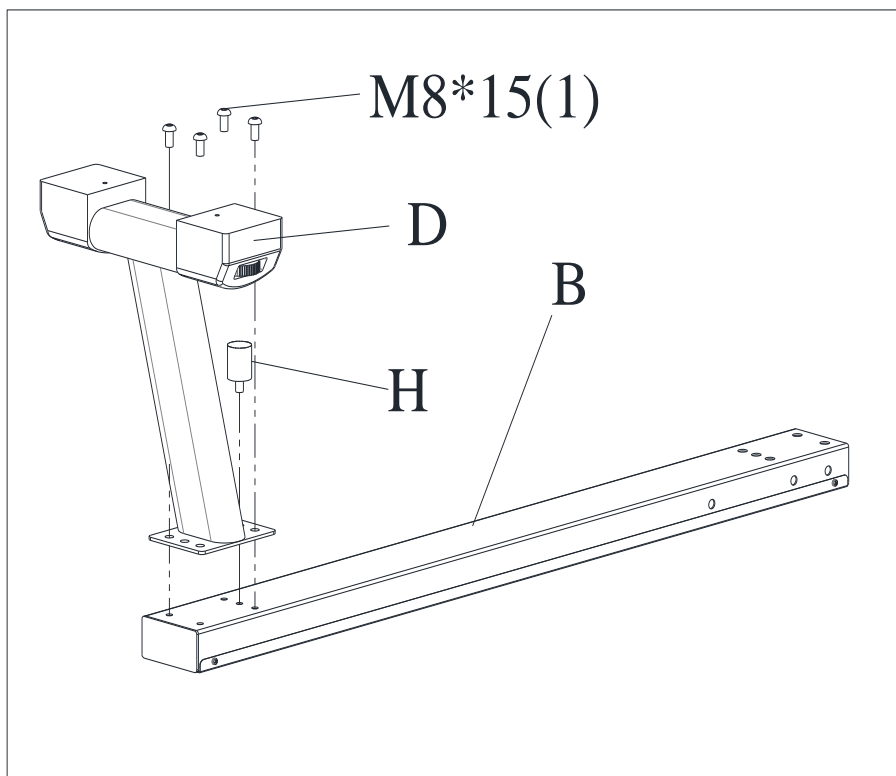
Accessories tools

Hardware Package	
<p>Step1</p>  <p>M8*15 (1) -4PCS</p>	<p>Step2</p>  <p>M6*15 (2) -4PCS</p>
<p>Step3</p>  <p>M8*15 (3) -8PCS</p>	 <p>Tool:S4\S5 -1PCS</p>

ASSEMBLY

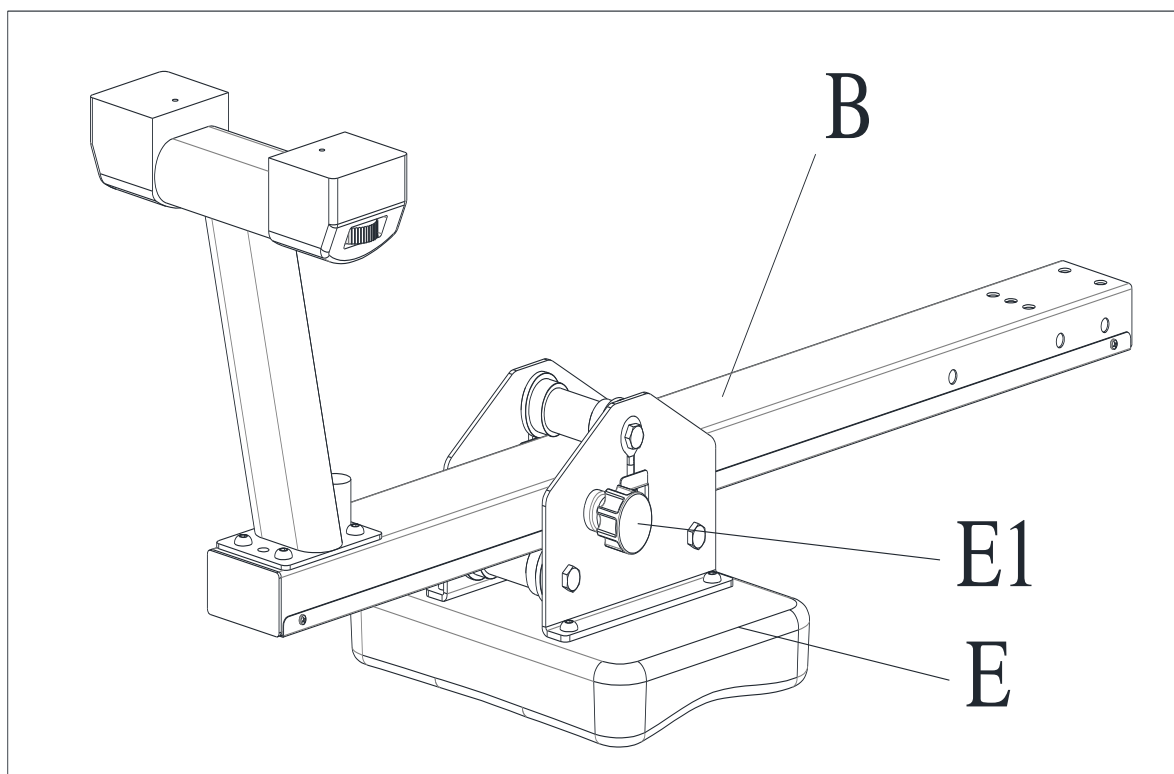
STEP 1

- 1) Lock the rear stabilizer(D) on the rail(B) with Allen screw M8*15(1).
- 2) Screw the cushion block(H) on the rail.



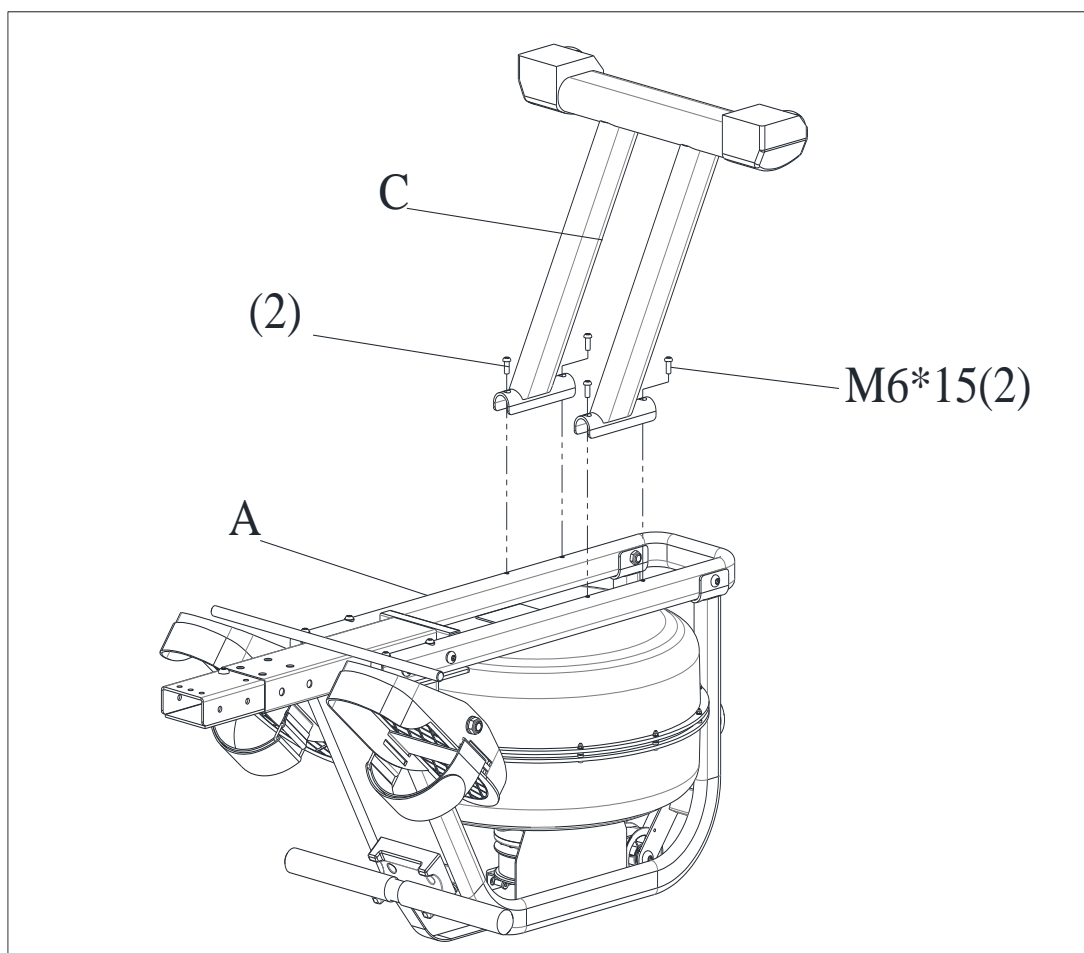
STEP 1B

1) Assembled the seat(E) to the rear of the rail(B). (Note: pull the elastic pull pin E1 on the seat cushion outward and rotate it to get stuck.)



STEP 2

1) Use screws M6*15(2) to fix the front stabilizer(C) on the main frame(A).



- 1) Use screws M8*15(3) to assemble the rail assembled in step 1B on the main frame(A).
- 2) Screw the cushion block(H) on the rail.

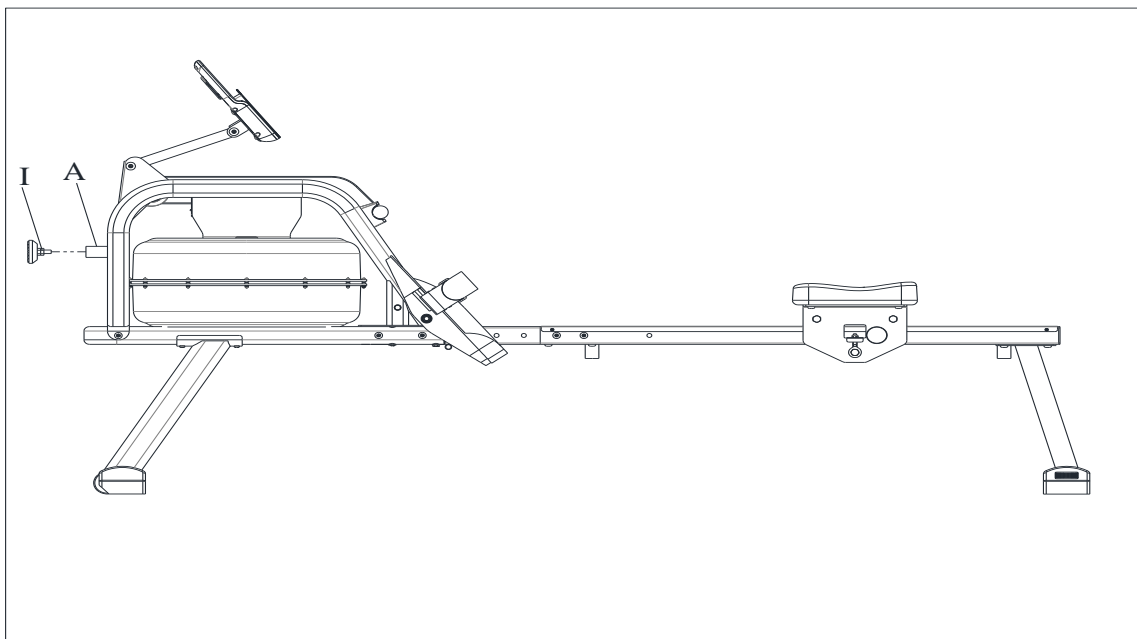
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- 1) Use a cross wrench to remove the screw(c) and flat screw(d) of computer(G), then connect the wiring(b-2) of computer holder(F) to the wiring(b-3) of outlet of computer(G), and use screw(c) and flat screw(d) to fix the computer holder(F). (Noted: avoid squeezing the wires)
- 2) Use an Allen wrench to remove the screws(a) from rower and fix the computer holder(F) on the main frame(A).
- 3) Connect the wiring(b-2) of outlet of computer holder(F) and the wiring(b-1) of outlet of main frame.

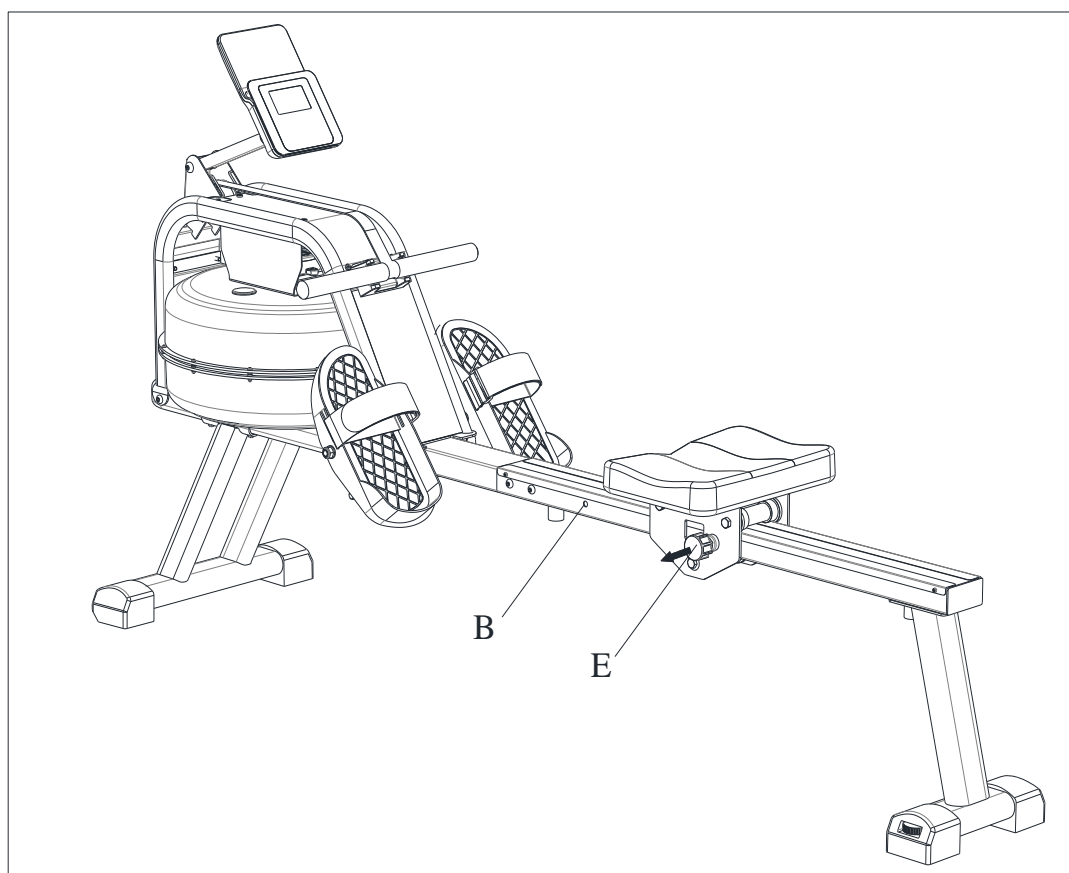
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- This diagram shows an exploded perspective view of a rowing machine, highlighting the assembly of the upper body and seat components. The main frame, including the footrests and the sliding rail, is shown in a light gray tone. The components being assembled are shown in a darker gray tone. Callouts A through G identify specific parts and assembly points:
- A**: Points to the main frame of the rowing machine, specifically the upper body support structure.
 - B**: Points to the seat assembly, which includes the seat cushion and the backrest.
 - C**: Points to the seat rail, the horizontal track on which the seat assembly slides.
 - D**: Points to the seat rail, showing the sliding mechanism.
 - E**: Points to the seat rail, showing the sliding mechanism.
 - F**: Points to the seat rail, showing the sliding mechanism.
 - G**: Points to the seat rail, showing the sliding mechanism.

STEP 5

1) Screw the foot pad(I) to the main frame(A).



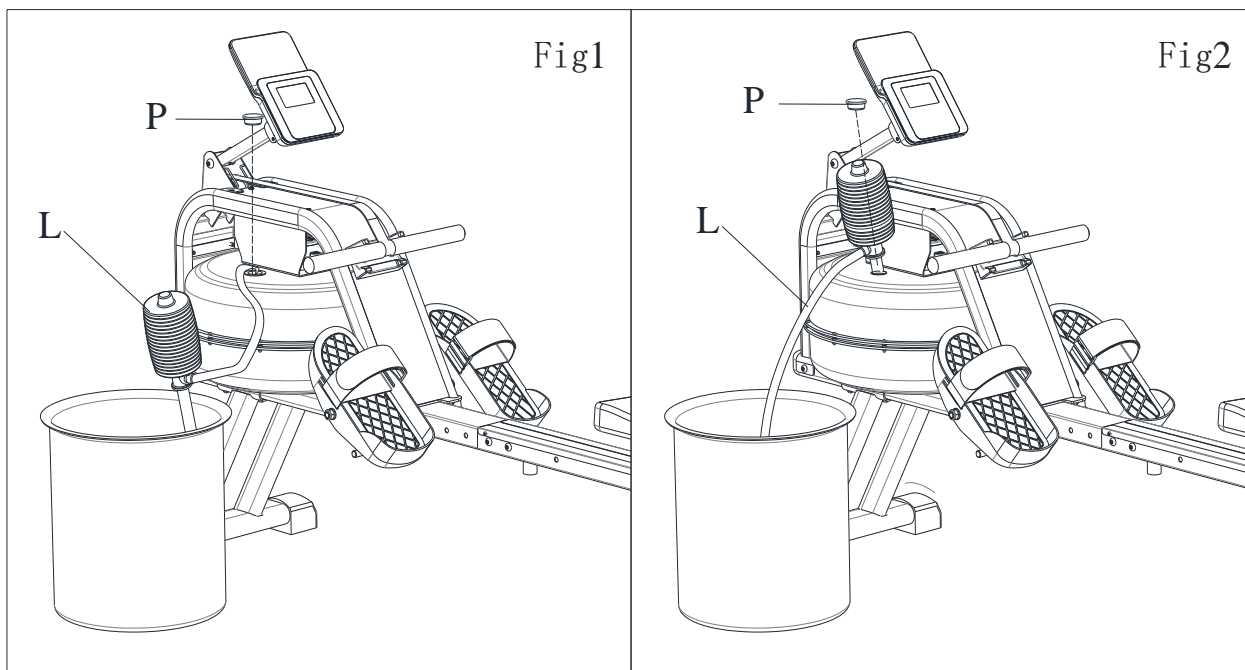
Make sure that all parts are properly tightened before you use the rower, then open the rear cover of computer(G) and install the battery.



1. Remove the tank plug(P) from the upper tank.

2. Water injection as shown in figure 1. Insert the water pump(L) into the tank, and then fill the water in the tank from bucket by using water pump(L). Refer to the digital mark on the side of the tank to measure the amount of water in the tank.

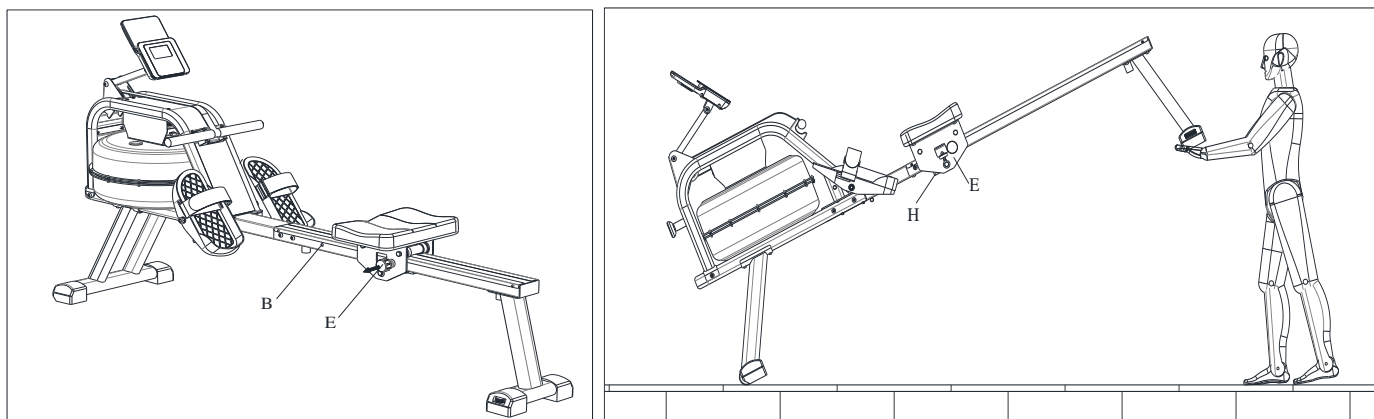
3. Pump water as shown in figure 2. Place a bucket next to machine, and use water pump(L) pumps water from the tank into the bucket. Then stuff the water tank plug(P) into the upper tank. Wipe dry the water droplets on and around the rower machine with a clean cloth, then pump water finished.



Product movement

1) Pull the elastic pull pin(E) out from the seat and slide into the track hole(B) to fix the seat while the rower is moving.

2) Lift the end of the guide rail and them move the rower to the desired location.



INSTRUCTION MANUAL OF COMPUTER

■ BUTTONS

SET - To set value of time, distance and calories when not in scan mode.

MODE - Press this button to changeover display or choose the window needs to be set.

RESET - Press to reset time, distance and calories.

--- Hold it for 3 seconds to reset time, distance and calories.

■ FUNCTIONS

1. SCAN

Press MODE button until “SCAN” appears, computer will rotate through all the 5 functions: Time, Count, Distance, Calories and Total count. Each display will be hold for 4 seconds.

2. COUNT

Display instantaneous count and the range is 0~9999 count.

3. TIME

Count the total time from exercise start to the end and the range is 0:00~99:59 minutes.

4. DISTANCE(DIST)

Count the total distance from exercise start to the end and the range is 0.00~999.9 miles.

5. CALORIE(CAL)

Count the total calories consumed from exercise start to the end and the range is 0.00~999.9 cal.

6. TOTAL COUNT(TCNT)

Count the total rowing strokes after installing the battery.

7. Stand still for 4 minutes(no press operation, no movement), the computer will automatically shut down and reset, and it will automatically display when you press the button or start exercise.

8. Setting: Press the MODE button to select the display window that needs to be set or cleared, the value on the corresponding window flashes, press the SET button to set the alarm time or alarm distance or alarm calories you need, and hold down the SET button, can be quickly set: press the RESET button to clear the corresponding window display value.

FUNCTION	Auto Scan	4 seconds
	Running Time(TMR)	0:00~99:59 (Minute:Second)
	Current Count(COUNT)	The max pick-up signal is 9999 count.
	Trip Distance(DST)	0~999.9 miles
	Calories(CAL)	0~9999 cal.
	Total Count(TCNT)	0~9999 count
Battery type		2pcs of size AAA or UM4 R03.
Operating Temperature		0°C ~+40°C(32°F~104°F)
Storage Temperature		-10°C ~+60°C(14°F~168°F)

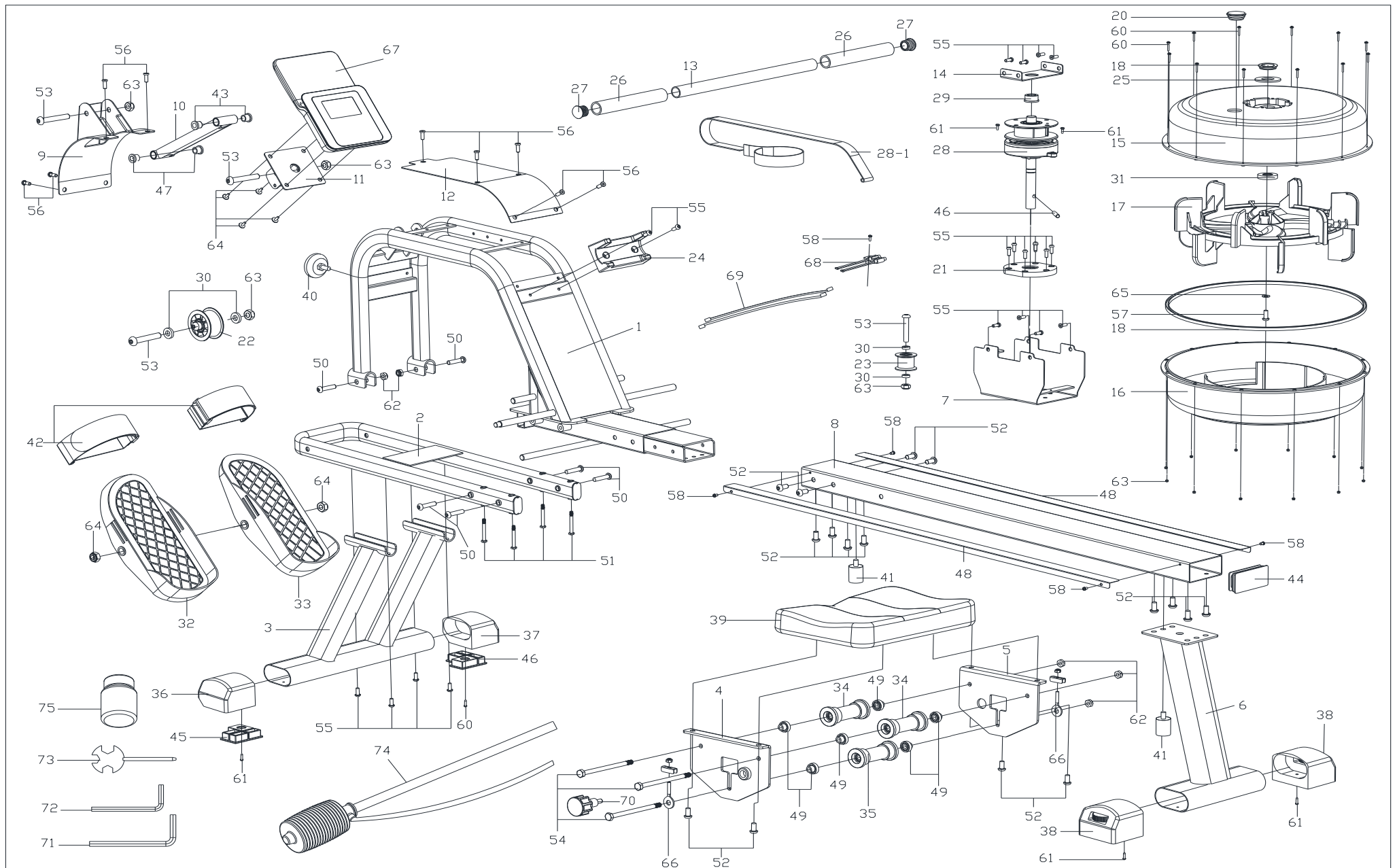
Note:

1. When the exercise is executed, there is no button press, no RPM signal, or heartbeat signal input after 4 minutes, the buzzer will sound for 0.5 seconds to enter the standby mode.
2. When the window display fades, the battery power is not enough, replace the battery.
3. When there is no signal input, please check whether the connection line is connected.

Spare parts list

No.	Description	Specification	QTY	No.	Description	Specification	QTY
1	Main frame	Assembly part	1	39	Seat	320*260*52	1
2	Under frame	Assembly part	1	40	Foot pad	φ52*43*M8	1
3	Front stabilizer	Assembly part	1	41	Cushion	φ25*32*M8	2
4	Support plate of seat (left)	Assembly part	1	42	Bandage	50*500	2
5	Support plate of seat (right)	Assembly part	1	43	Plastic shaft sleeve	φ18*φ10.2*13	2
6	Rear stabilizer	Assembly part	1	44	Plug	40*80	1
7	Fixing base of tank	Assembly part	1	45	Left foot pad	74*68.5*18	1
8	Rail	Assembly part	1	46	Right foot pad	74*68.5*18	1
9	Base of computer bracket	Assembly part	1	47	Shaft sleeve	φ18*φ14*φ10*10	2
10	Computer bracket adjustment	Assembly part	1	48	Edging	946*27*15*δ2.0	2
11	Computer holder	Assembly part	1	49	Bearing	608ZZ	6
12	Decorative cover	Assembly part	1	50	Screw	M8×35×15×S5	6
13	Handle tube	Assembly part	1	51	Screw	M6×50×10×S10	4
14	Upper fixing base	Assembly part	1	52	Screw	M8×15×S5	16
15	Upper cover of tank	φ440*100	1	53	Screw	M10×65×15×S6	4
16	Lower cover of tank	φ440*100	1	54	Screw	M8×125×20×S14	3
17	Blades	φ390*145	1	55	Screw	M6×15×S5	16
18	Seal ring of tank	φ430*7	1	56	Screw	M6×15×S5	9
19	Rubber washer	φ40*7	1	57	Screw	M8×20×S5	1
20	Tank plug	φ31.3*14.4	1	58	Screw	M4x6xΦ7	1
21	Plastic bearing block	110*98*12	1	59	Screw	M4x4xΦ7	4
22	Plastic pulley	φ68*φ54*32	1	60	Screw	M3x20xΦ6	12
23	Webbing pulley	φ51*φ38*32	1	61	Screw	ST4.2x16xΦ7	6
24	Fixing base of handle bar	96*54*40	1	62	Nut	M8xH7.5xS13	5
25	Plastic washer	φ52*φ20.5*3	1	63	Nut	M3xH3.8xS6	12
26	Handle grip	φ30*3*188	2	64	Nut	M10x1.25xH12xS17	6
27	Plug	φ25	2	65	Flat washer	d8×Φ16×1.5	1
28	Retractor	φ110*200	1	66	Chain adjusting component	M6*25	1
29	Upper bushing	φ20.5*3	1	67	Computer		1
30	PVC bushing	φ16*4.5	4	68	Line of induction		2
31	TC skeleton oil seal	φ20*φ40*8	1	69	Middle line of computer		2
32	Pedal (left)	305*125*85	1	70	Elastic pull pin	φ38*67*M16*1.5	1
33	Pedal (right)	305*125*85	1	71	Allen wrench S5	30*80*5 S5	1
34	Roll wheel of seat	φ42*91.4	2	72	Allen wrench S4	25*60*4 S4	1
35	Roll wheel of seat	φ42*91.4	1	73	Cross wrench	13 14 17	1
36	Front adjustable foot sleeve (left)	40*80	1	74	Water pump		1
37	Front adjustable foot sleeve (right)	40*80	1	75	Water purification tablet		1
38	Rear adjustable foot sleeve	40*80	2	76			

Explored view





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