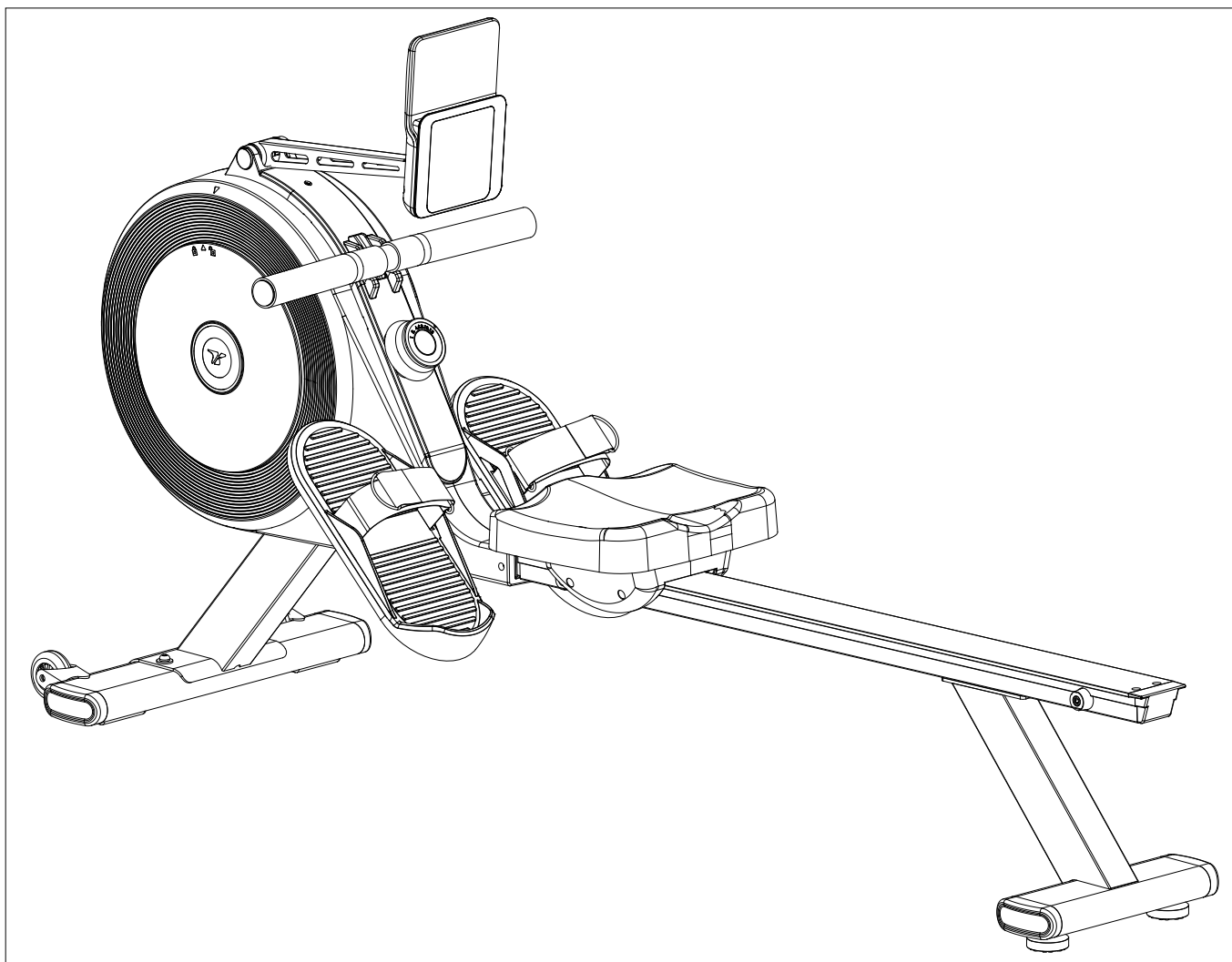

USER MANUAL



IMPORTANT!

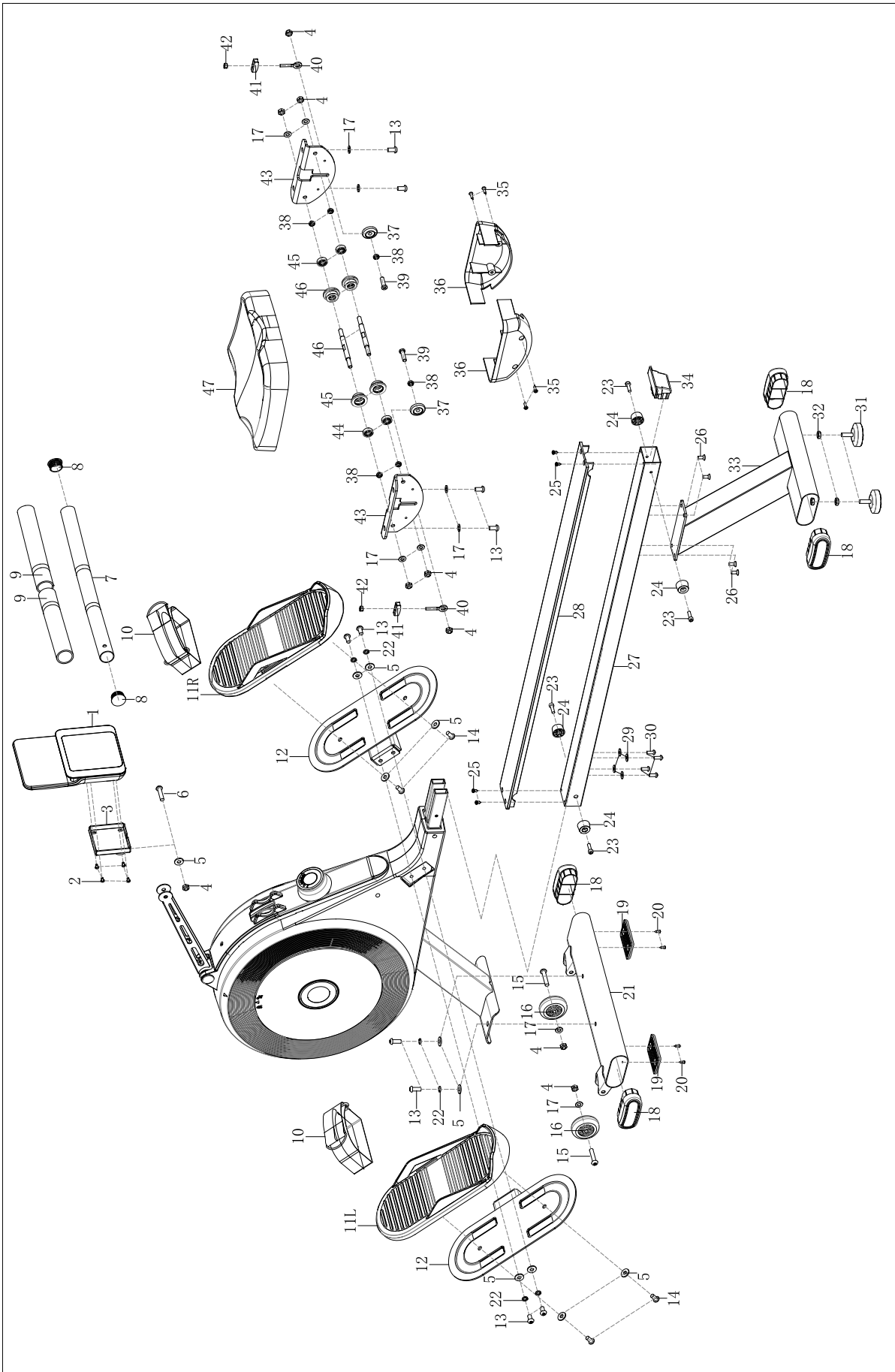
Please retain owner's manual for maintenance and adjustment instructions.

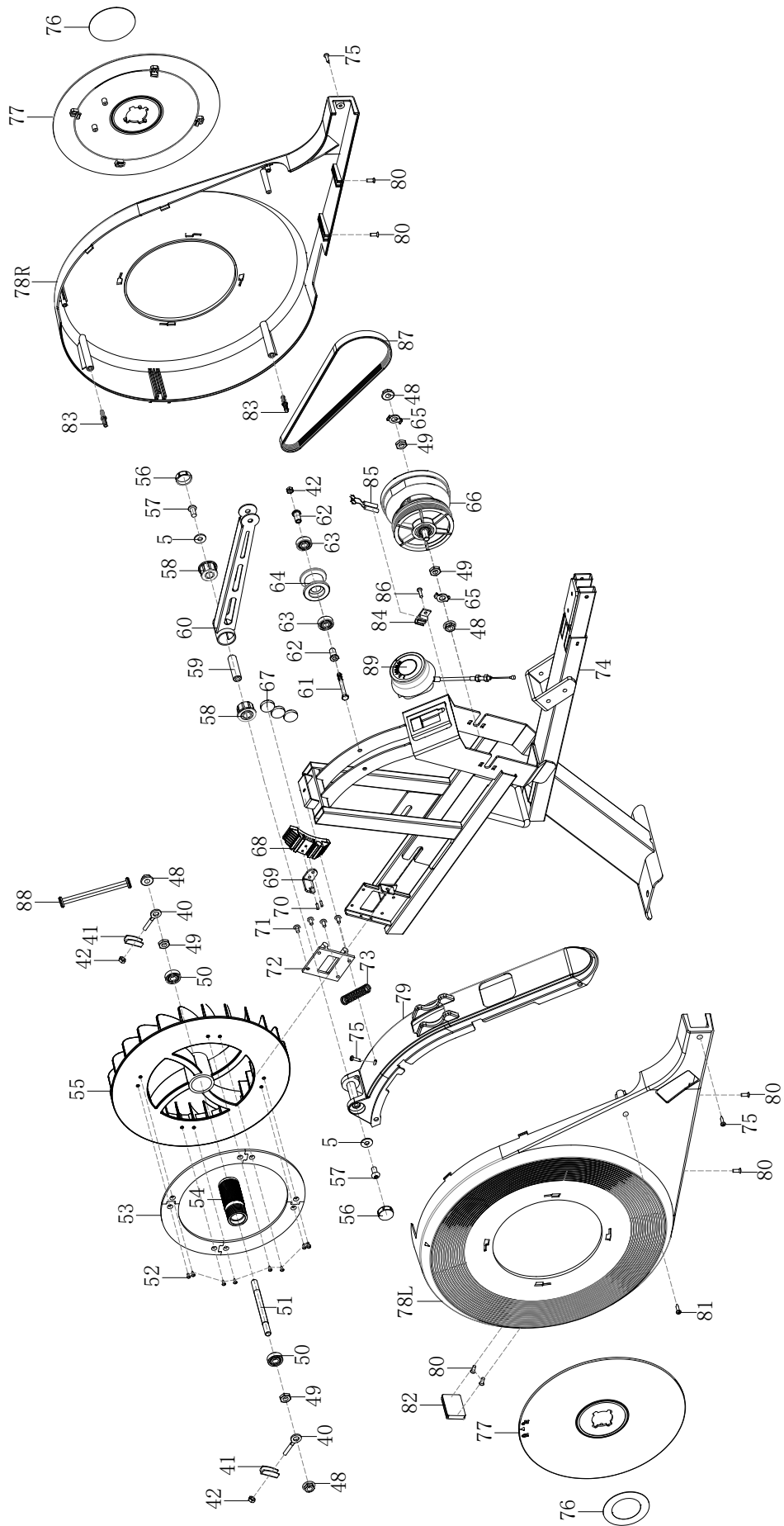
IMPORTANT SAFETY INFORMATION

We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. 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 (60 CM) of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately and do not use until the problem has been rectified.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.
9. The maximum weight capacity of this unit is 120KG.
10. The equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/or damage to the product or property, proper lifting and moving is required.
12. Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.
13. This equipment is designed for indoor and home use only, it is not intended for commercial use!

EXPLODED DIAGRAM



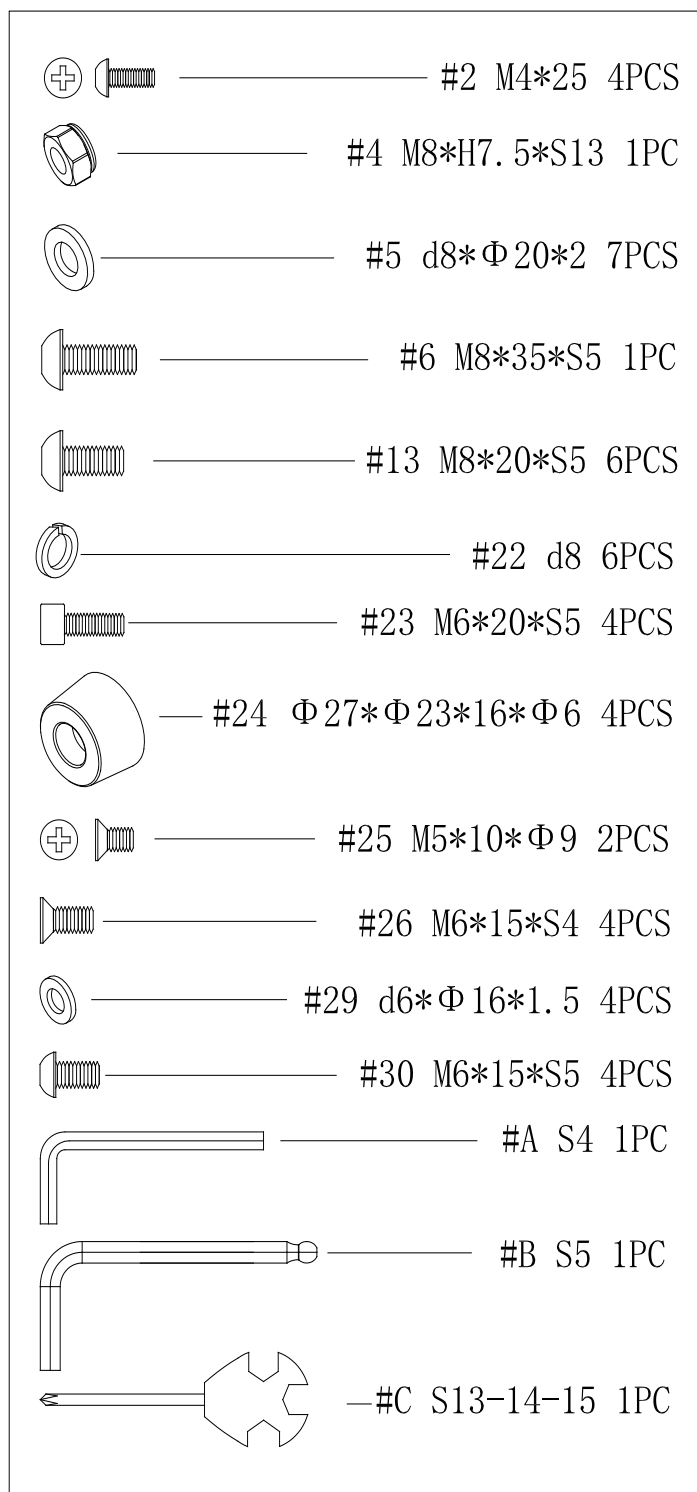


Parts List

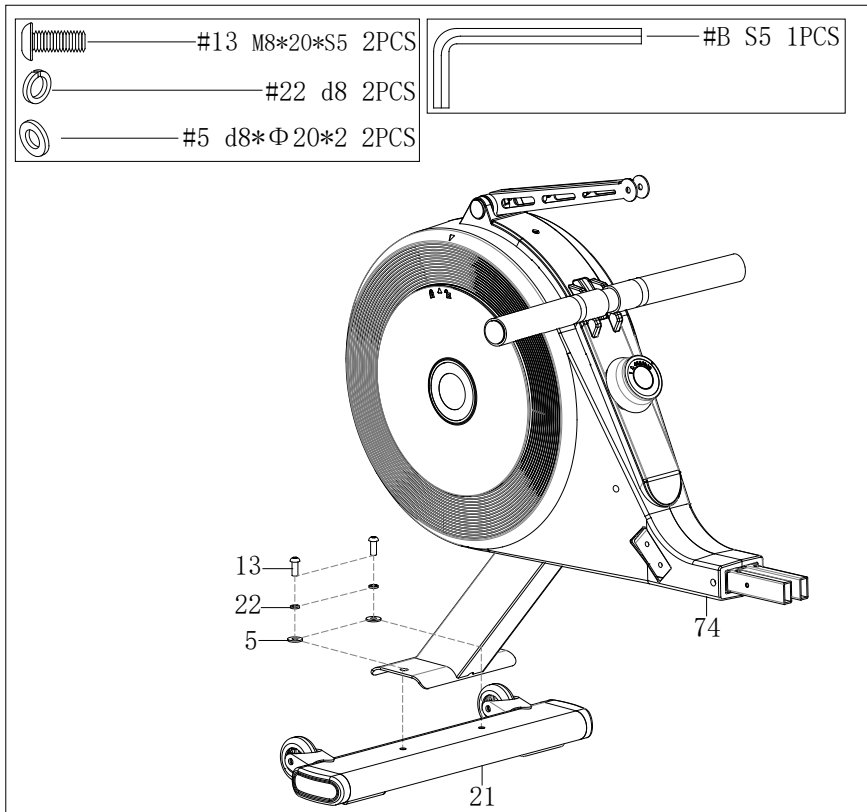
No.	Description	Qty	No.	Description	Qty
1	Computer	1	43	Seat plate	2
2	Bolt M4*25	4	44	Bearing 608ZZ	4
3	Computer holder	1	45	Roller Φ36*14	4
4	Nylon nut M8*H7.5*S13	9	46	Seat shaft Φ10*118	2
5	Washer d8*Φ20*2	13	47	Seat	1
6	Bolt M8*35*S5	1	48	Nut M10*1*H8*S15	4
7	Handlebar	1	49	Nut M10*1*H5*S17	4
8	Round end cap Φ28*15	2	50	Bearing 6000-2RS	2
9	Foam grip	2	51	Flywheel shaft φ10*130	1
10	Pedal strap	2	52	Screw ST4.2*13*Φ7	8
11 L/R	Pedal	1	53	Alum plate T4.0*165*30	4
12	Pedal plate	2	54	Fan bushing	1
13	Bolt M8*20*S5	10	55	Fan wheel	1
14	Bolt M8*12*S5	4	56	Cover	2
15	Bolt M8*42*15*S5	2	57	Bolt M8*16*S5	2
16	Transportation wheel	2	58	Bushing	2
17	Washer d8*Φ16*1.5	10	59	Shaft	1
18	End cap	4	60	Computer post	1
19	Non-slip mat	2	61	Bolt M6*55*15*S10	1
20	Screw ST4.0*19*Φ11	4	62	Spacer	2
21	Front stabilizer	1	63	Bearing 6000	2
22	Spring washer d8	6	64	Mesh belt Wheel	1
23	Bolt M6*20*S5	4	65	Fixed plate	2
24	Rubber pad	4	66	Mesh belt plate	1
25	Bolt M5*10*Φ9	4	67	Round magnet Φ24*5	3
26	Bolt M6*15*S4	4	68	Magnet plate	1
27	Sliding rail	1	69	Steel plate	1
28	Alum plate	1	70	Screw ST4.2*16*Φ10	2
29	Washer d6*Φ16*1.5	4	71	Bolt M5*10	4
30	Bolt M6*15*S5	4	72	Magnet plate	1
31	Adjustable pad	2	73	Spring	1
32	Nut M8*H5.5*S14	2	74	Main frame	1
33	Rear stabilizer	1	75	Screw ST4.2x16xΦ8	3
34	Rail cover	1	76	Sticker	2
35	Bolt M5*12*Φ10	4	77	Turntable	2
36	Seat cover	2	78 L/R	Chain cover	1
37	Roller Φ35*Φ8*11	2	79	Upper cover	1
38	Spacer Φ12.5*Φ8.2*4.5	6	80	Screw ST4.8*19*Φ8	6
39	Bolt M8*28*10*S5	2	81	Screw ST4.2*19*Φ8	1
40	Adjustable bolt M6*40	4	82	Support pad	1
41	Adjustable U seat	4	83	Connector	2
42	Nylon nut M6*H6*S10	5	84	Sensor holder	1

No.	Description	Qty	No.	Description	Qty
85	Sensor	1	89	Tension knob	1
86	Screw ST4.2*8*Φ8	1	A	Allen Wrench S4	1
87	Belt	1	B	Allen Wrench S5	1
88	Trunk wire	1	C	Spanner S13-14-15	1

Hardware

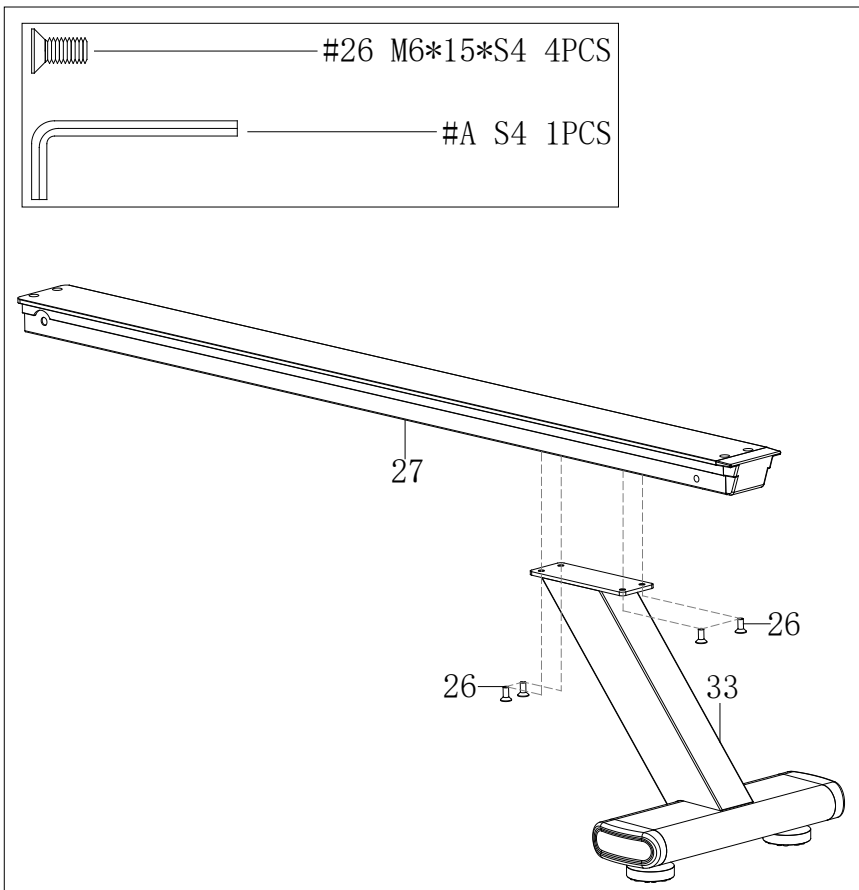


Assembly Step



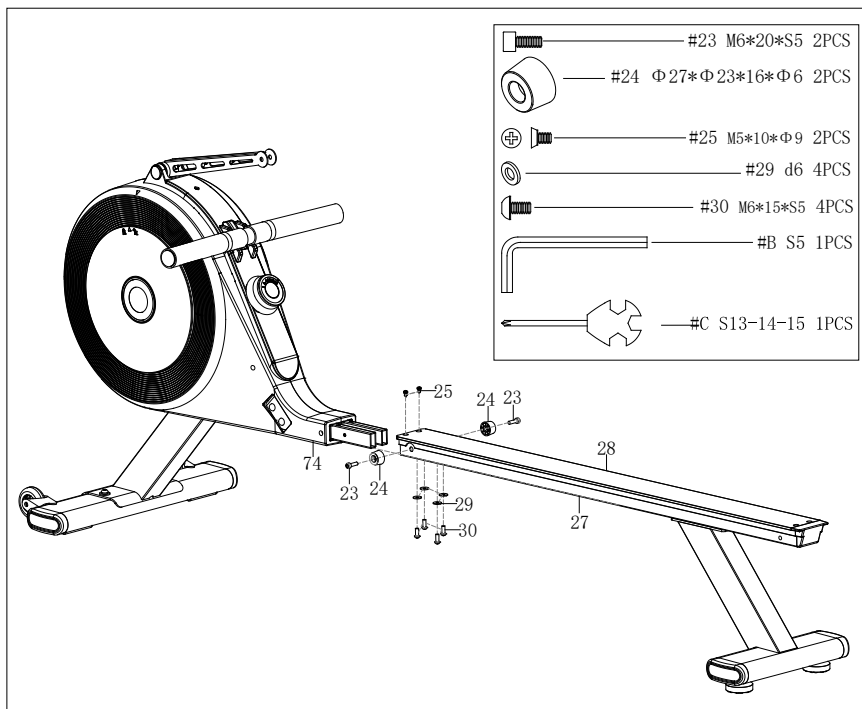
Step 1:

Attach front stabilizer(21) to main frame(74) using bolts(13), spring washers(22), and washers(5). Tighten and secure with allen wrench(B).



Step 2:

Attach rear stabilizer(33) to sliding rail(27) using bolts (26). Tighten and secure with allen wrench (A).

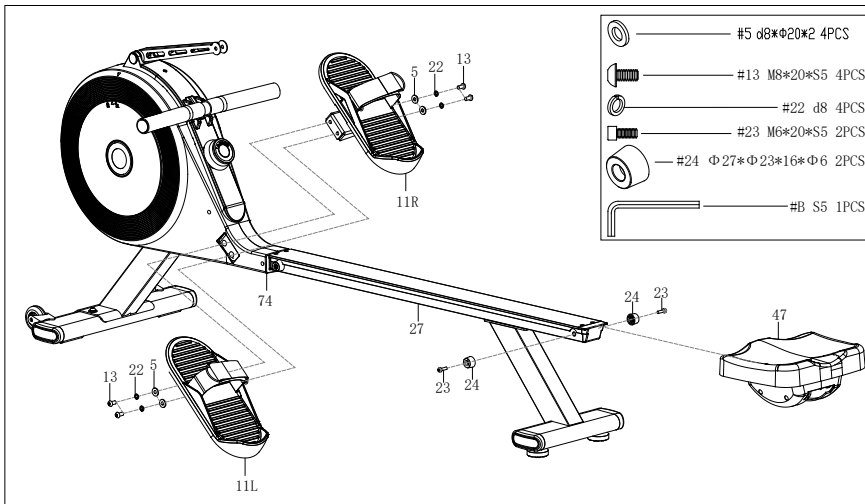


Step 3:

A. Attach sliding rail(27) to main frame(74) using bolts (30) and washers(29). Tighten and secure with allen wrench (B).

B. Secure alum plate(28) into sliding rail(27) using screws(25) with wrench(C).

C. Secure rubber pad(24) in sliding rail(27) using bolts(23) with allen wrench (B).



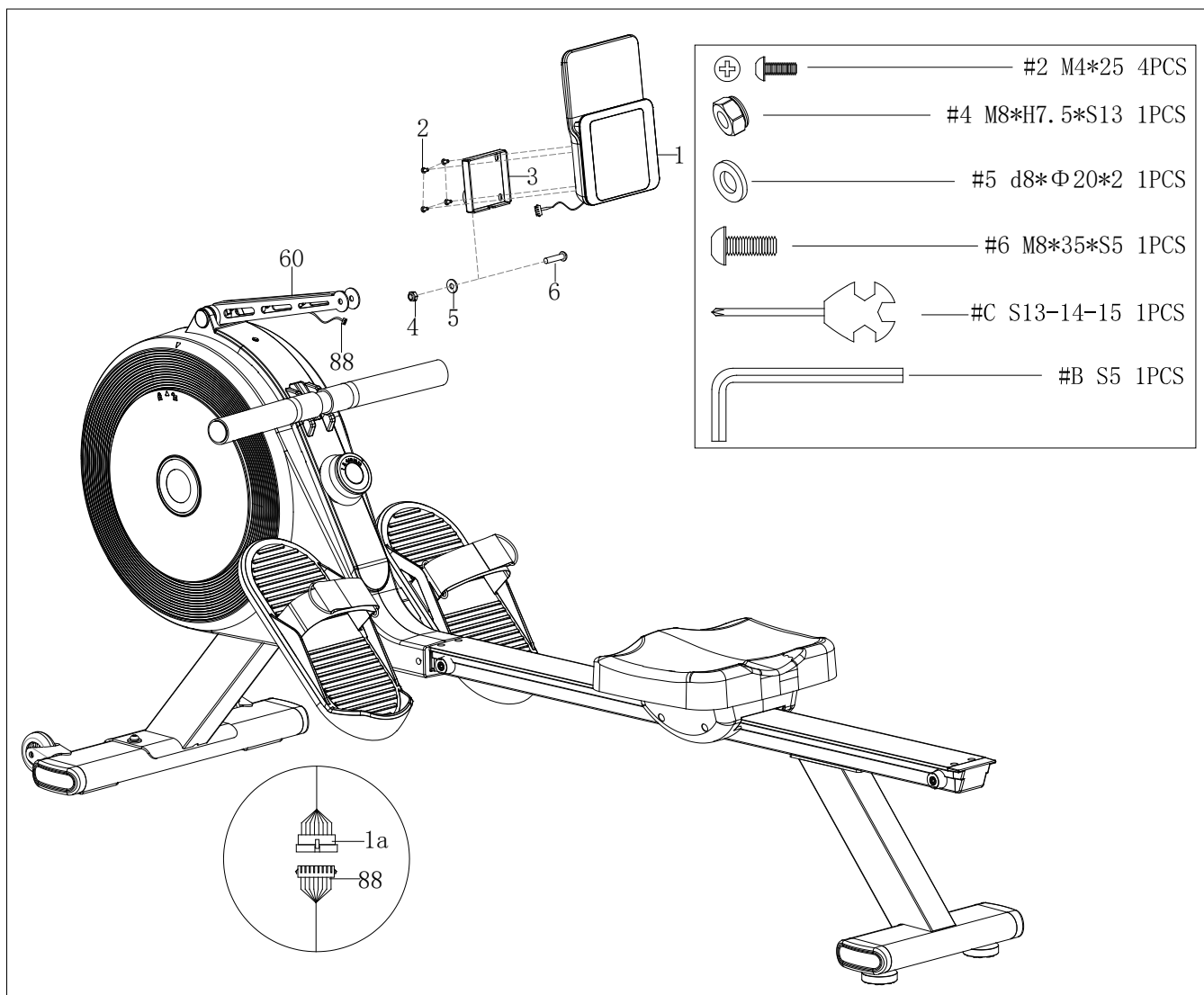
Step 4:

A. Insert seat(47) into sliding rail(27).

B. Secure rubber pad(24) in sliding rail(27) using bolts(23) with allen wrench (B).

C. Attach pedal(11L/R) into main frame(74) using bolts(13), spring washers(22) and washers(5). Tighten and secure with allen wrench (B).

Attention: Make sure to turn bolts(13) clockwise with allen wrench(B) as tightly as you can with your hand, to secure pedal(11L/R) with main frame(74) well.



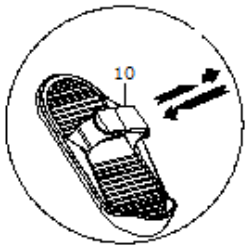
Step 5:

- Secure computer holder(3) with computer post(60) with bolt(6), nylon nut(4) and washer(5) by allen wrench (B) and wrench(C).
- Connect computer wire(1a) with trunk wire(88) well, then put wire back into the computer holder(3).
- Secure computer(1) in computer holder(3) with bolts(2) by wrench(C).

The assembly is complete!

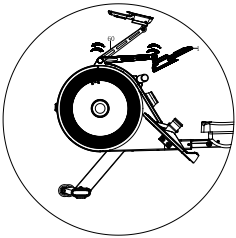
ADJUSTMENTS GUIDE

1.PEDAL ADJUSTMENT :



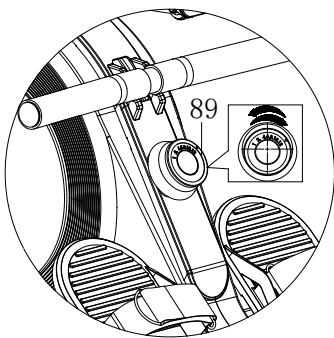
The pedal strap(10) is adjustable and can be personalized to fit the user's foot size.

2.COMPUTER ANGLE ADJUSTMENT



The rotation angle of iPad holder(1) and computer post(60) can be adjusted to obtain the best view of the computer LCD screen.

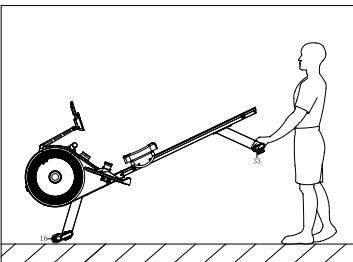
3.ADJUSTING THE RESISTANCE



Rotate the tension knob(89) clockwise to increase the level of resistance. Rotate the tension knob(89) counter-clockwise to decrease the level of resistance.

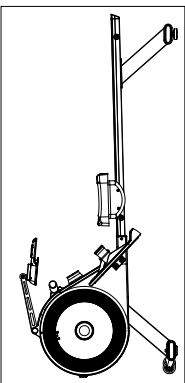
Tension levels are set at Level 1 being the lowest and Level 12 being the highest.

4.MOVING THE MACHINE



To move the machine, lift up the rear stabilizer(33) until the transportation wheels(16) touch the ground. With the wheels on the ground, you can transport the machine to the desired location with ease.

5.Storage



When not in use, you can stand up the machine to save the space .

CONSOLE INSTRUCTION MANUAL

■BUTTONS

1. MODE

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

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

RESET – Press to reset time, distance and calories.

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

■FUNCTIONS

1.SCAN

i:Press MODE button until “SCAN” appears , computer will rotate through all the 5 functions: Time, Count, Distance, Calorie and Total count. Each display will be hold for 6seconds.

2.COUNT

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

3.TIME

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

4.DISTANCE(DIST)

i. Count the total distance from exercise start to the end and the range is 0.00~ 999.9KM or Miles.

5. CALORIES(CAL)

i. Count the total calories consumed from exercise start to the end and the range is 0.0 ~ 999.9 CAL.

6.TOTAL COUNT (TCNT): Count the total rowing strokes after installing the battery.

7.AUTO START/STOP

- i. Without any signal of exercise or operation for 4minutes, the power will turn off automatically.
- ii. Once receive exercise or operation signal, the monitor will turn on automatically.

8. ALARM:

The functions of time, distance and calorie can be set countdown, any of above value goes to zero, the computer will alarm for 5 seconds.

Press MODE to select the function, then press SET to adjust the value.

9. PULSE:

If the computer took a wireless heart rate and pleased correct use the wireless shoot.

■BATTERY REPLACE

When the display becomes dim or illegible, remove the battery and replace with SIZE AAA UM4 R03.

FUNCTION	Auto Scan	Every 4seconds
	Running Time	00:00 ~ 99:59(Minute: Second)
	Current Count	The max pick-up signal is 9999Count
	Trip Distance	0.0 ~ 999.9 KM or Miles
	Calories	0 ~ 999.9 Cal
	Total Count	0 ~ 9999 Count
Battery Type		2 pcs of SIZE-AAA or UM4 R03.
Operating Temperature		0°C ~ +40°C(32°F~ 104°F)
Storage Temperature		-10°C ~ +60°C(14°F~ 140°F)