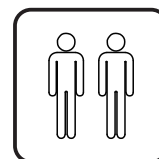


\* Maximum user weight is 100 kg.



**IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY**

# ASSEMBLY INSTRUCTION

## **READING CAREFULLY!**

### **Please keep this manual in a safe place for easy reference**

- 1.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 the tall users of the equipment are informed of all warnings and precautions.
- 2.Before starting any exercise program you should consult your doctor 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 doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
- 3.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, extreme shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your doctor before continuing with your exercise program only.
- 4.Keep children and pets away from the equipment. The equipment is designed for adult use only.
- 5.Use the equipment on a solid, flat level surface with a protective cover on your floor or carpet. To ensure safety, the equipment should have at least 0.5 meters of free space all around it.
- 6.Before using the equipment, check that the nuts and bolts are securely tightened.
- 7.The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
- 8.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 use, stop immediately. Do not use the equipment until the problem has been rectified."
- 9.An error may occur due to unstable power. DO NOT share a power socket with other high-powered items such as computers or air conditioning units.
- 10.Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
- 11.The equipment has passed relevant tests and certifications. Suitable for home use only. Braking ability is independent of speed.
- 12.The equipment is not suitable for therapeutic use.
- 13.Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or seek assistance necessary.
- 14.DO NOT attempt to service the treadmill yourself except for the maintenance tasks which are described in this manual. The treadmill does not contain any user-serviceable parts so disassembling it yourself will not only void your warranty and could result in serious injury

**Attention!**

- 1.If the computer would not be displaying data normally, please install the battery again.
- 2.The battery must be taken out from the computer for safe treatment once it was out of energy for trash.
- 3.This manual is also suitable for equipment without computer.

**MAINTAIN**

Neutral detergent can be used to dilute the water to wipe the cloth carefully wipe the oil, and then dry with a dry cloth.

Do not use alkaline solvents, solvents such as solvent,volatile oils and other solvents.

**MAINTENANCE / INSPECTION**

Avoid high temperature, moisture or direct sunlight, please place in a well-ventilated place.

When not in use please fold the admission, and placed in the children can not touch the Department.

If you do not use it for a while, be sure to check the precautions before using this product and use it for normal use.

When you accidentally wet the product, use a dry cloth to avoid skidding.

In case of malfunction, abnormality or any operational problem, please contact us at the company.

**PRODUCT RECYCLING**

Due to the different national recycling regulations, please refer to the relevant regulations.

Before exercise, it is better Warm muscles stretch more easily, so the first of 5 ~ 10 minutes to warm up. Then in accordance with the following methods to stop and do stretching exercises - do five times, each leg every time 10 seconds or more time to do it again after the end of the exercise.

### 1.Down Stretch

Bend your knees slightly and body slowly, let your back and shoulders relax, and try to touch your toes. Keep it for 10~15 seconds, repeat 3 times.

### 2.Hamstring Stretch

Sitting on a clean cushion, then bend your left foot. Place your left foot against the inner thigh of your right foot. Try to touch your toes. Keep it for 10~15 seconds, repeat each foot 3 times.

### 3.Calf and Foot Stretching

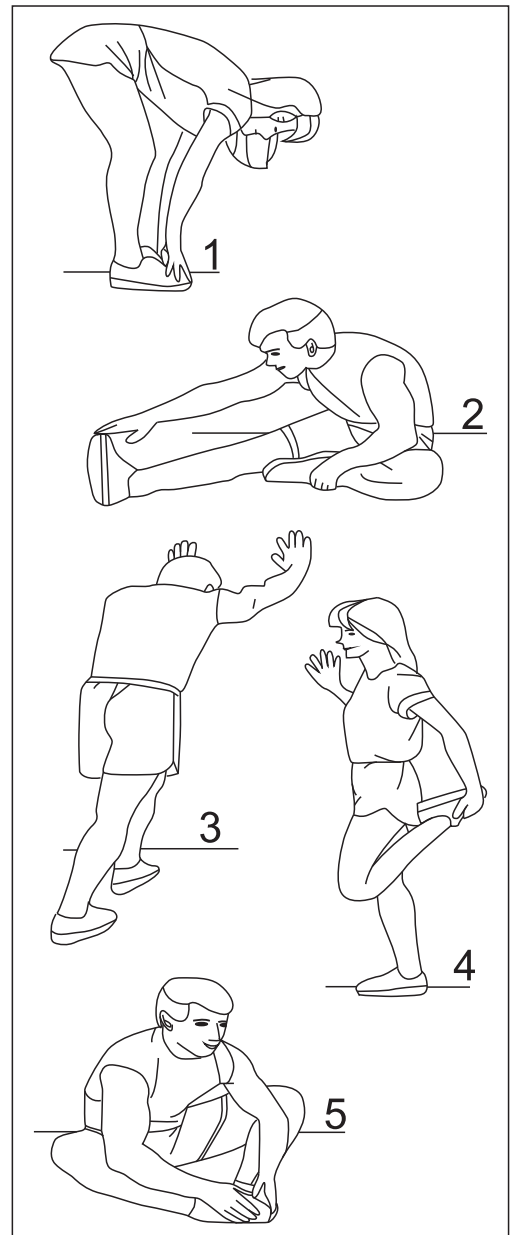
Stand and place both hands on a wall or a tree, one foot behind. Keep the behind foot stand and it is heel on the floor, then tilt to the wall or tree. Keep it for 10~15 seconds, repeat each foot 3 times.

### 4. Quadriceps Stretch

Place your right hands against a wall or a desk to aid your balance. Then grasp your ankle with your left hand and pull your foot toward your buttocks. Keep it for 10~15 seconds, repeat each foot 3 times.

### 5.Groin Stretch

Sit with your knees flexed and soles of feet together. Hold your ankles and bend at your hips. Keep it for 10~15 seconds, repeat 3 times.



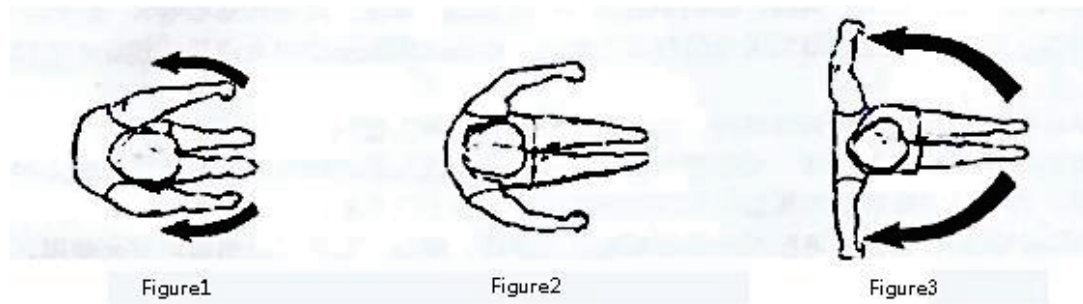


## Operation discription

The rower is a kind of exercise equipment, which can effectively exercise the back, waist, arms, shoulders, buttocks and legs' main muscle tissue, and also strengthen the function of the heart and strengthen the circulation of blood.

Basic rowing method:

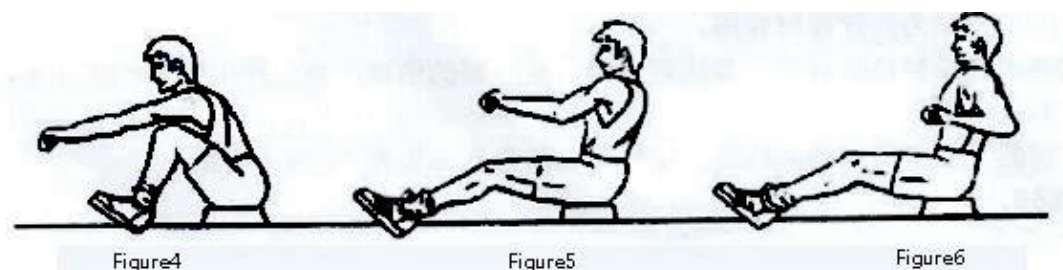
1. Sit on the cushion, fasten the feet on the footboard with the belt on the pedal, then hold the handlebars on both sides of the hand pipe with both hands
2. Push forward from the starting position until the arms are straight, two knees bent as shown in Figure 1.
3. The body is backward, the back is straight while the legs are straight, as shown in Figure 2.
4. When all parts of the body are shown in Figure 2, the two arms should be recovered as shown in Figure 3, then repeat the above actions.



Optional rowing method:

One hand rowing

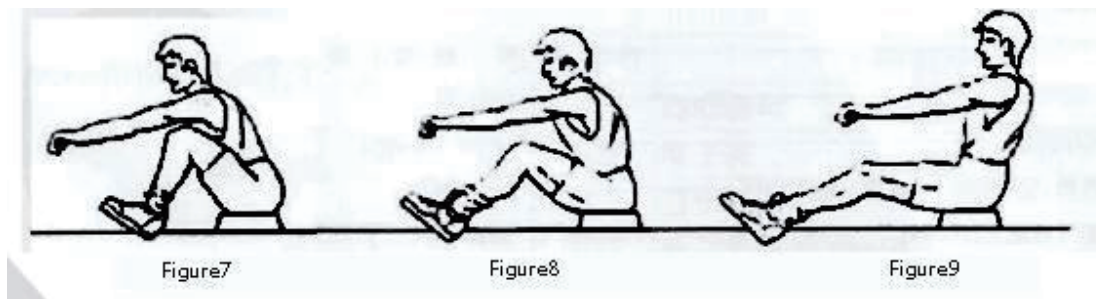
This rowing method can strengthen the muscles of the arms, shoulders, back and abdomen. Sit well as shown in Figure 4, straighten your feet, hold your hand and straighten it forward. When you are ready, hold your left hand and move to the upper right, then move to your chest, and then go back to the beginning and repractice.



Legs rowing

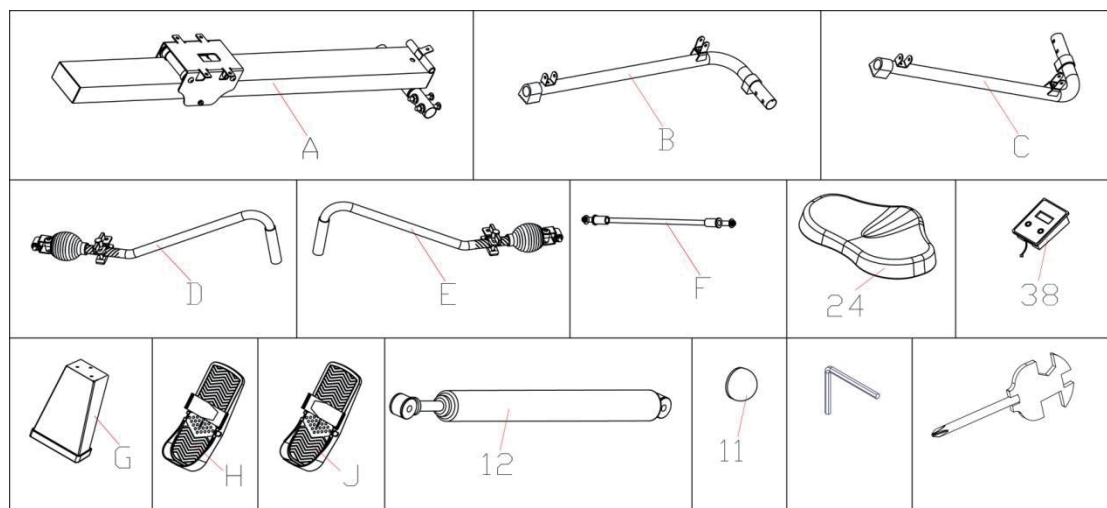
Exercise with this method can strengthen the muscles of the legs and back. First, the back is upright, the arms are straight, so that the legs are bent until you can hold the hand. As shown in Figure 7, keep the back and legs straight and move back with the strength of the legs, until the legs, back and arms are

straight. The end of the movement and the repetition of the above action.



## Part Lists

Below is the drawings of parts for the machine. When you open the carton, you will find the below parts in the carton.

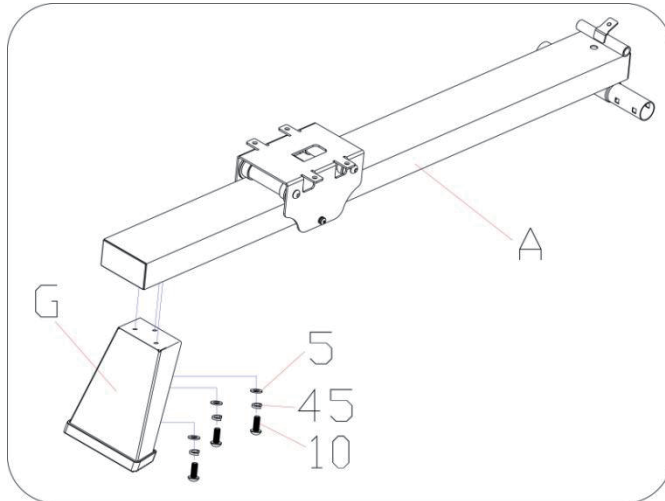


NO	DES	Nos.	NO	DES	Nos.
A	Main Frame	1pc	24	Seat cushion	1pc
B	Left Base	1pc	38	Computer	1pc
C	Right Base	1pc	G	Rear Stabilizer	1pc
D	Left swing arm	1pc	H	Left Pedal	1pc
E	Right swing arm	1pc	J	Right Pedal	1pc
F	Axle for pedal	1pc	12	Cylinder	2pcs
11	Nut cap	4pcs		5# Allen Wrench	1pc
	Wrench with screw driver	1pc			

## Assembly Instructions

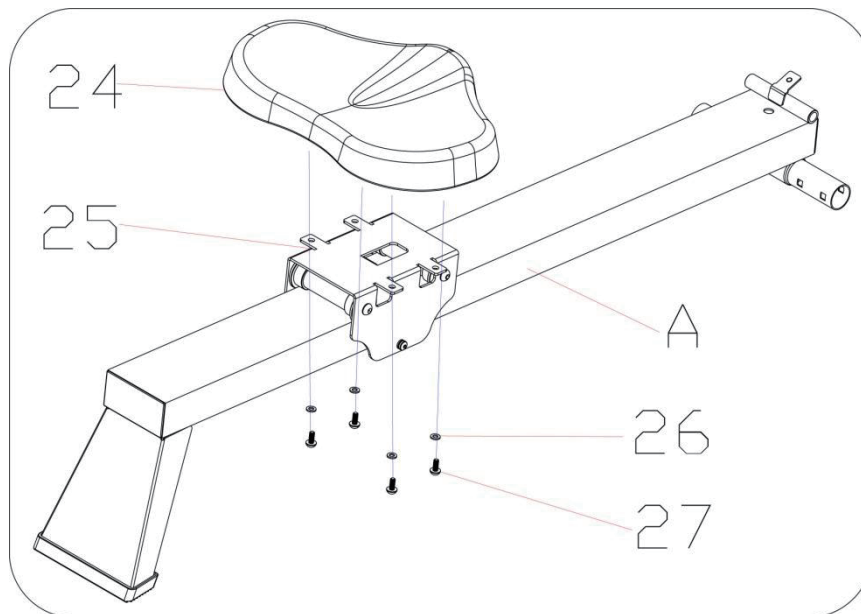
### Step 1:

Mount the Rear Stabilizer G on the Main Frame A by using Allen bolt (10), Standard spring washer(45) and Flat washer(5).



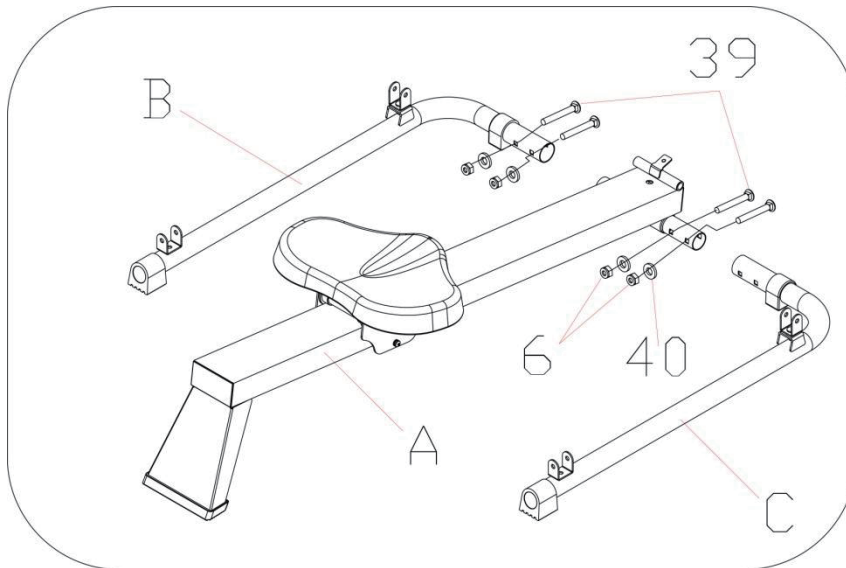
### Step 2:

Use Allen bolt (27), Flat washer(26) to fix the Seat Cushion(24) to Slide base (25) and lock them.



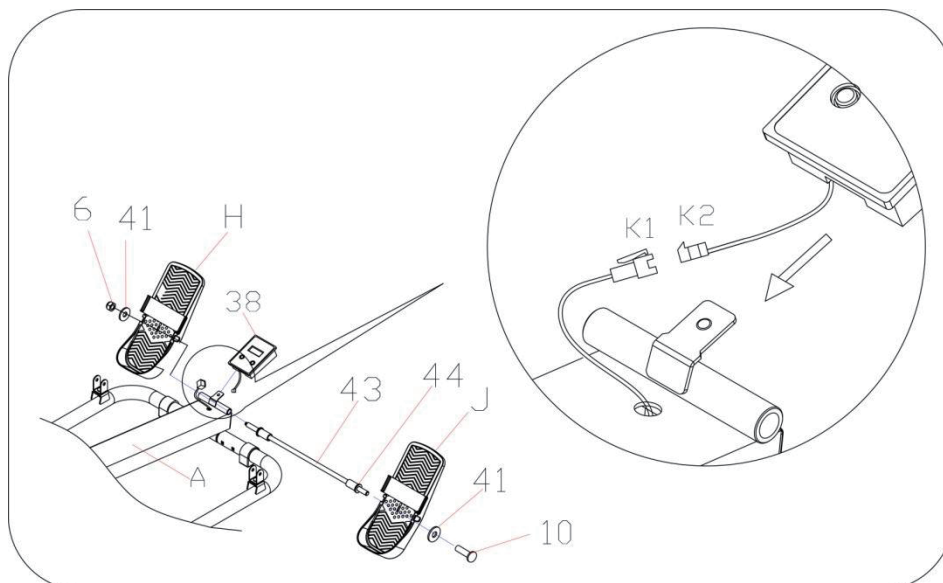
### Step 3:

Insert the Left base B and Right base C in the front bottom pipe of the Sliding rail A , then lock them with Carriage bolt (39), Arc Washer(40) and Nylon nut (6).



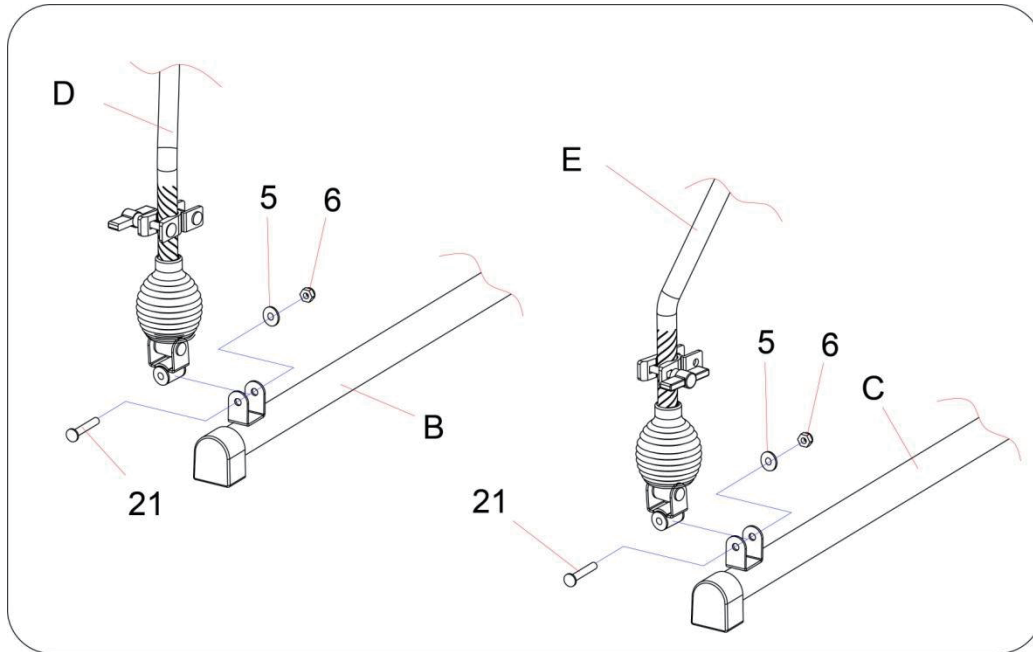
### Step 4:

Insert the Axle of pedal(43), Pedal casing(44) into the Sliding rail (1), then mount the Pedal H and J in the Axle of pedal(43), using Nylon nut(6), Allen bolt (10) and Flat washer(41) to lock them. Insert the Computer(38) into the Main Frame A along the arrow direction. Connecting the K1 and K2(Pay attention to the direction)



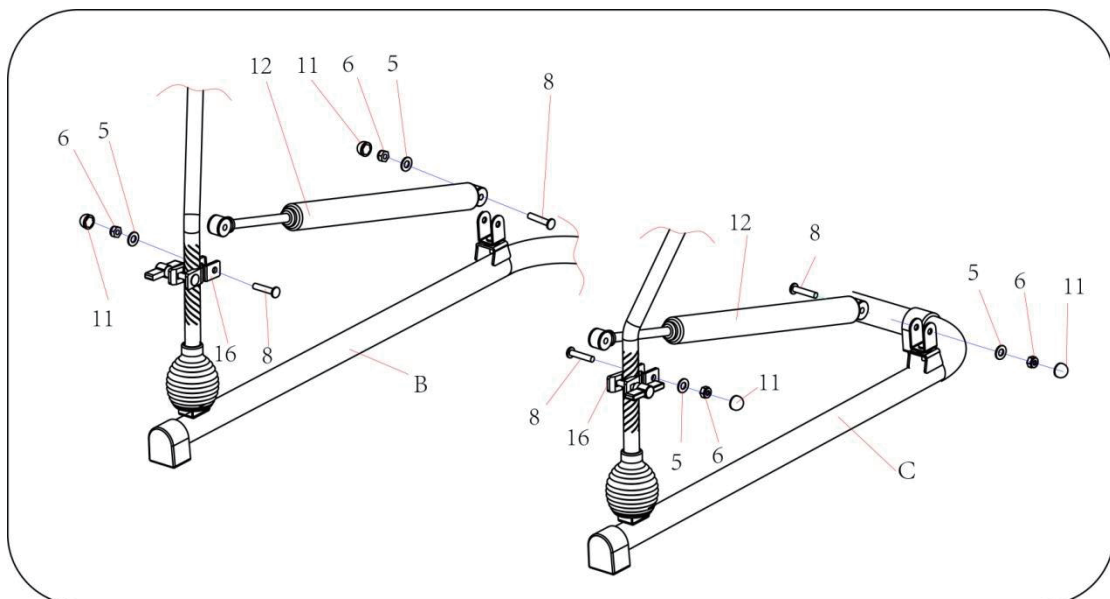
### Step 5:

Using Allen bolt (21), Flat washer(5) and Nylon nut(6) to lock the Left swing arm D on the Left base B, and lock the Right swing arm E on the Right base C.



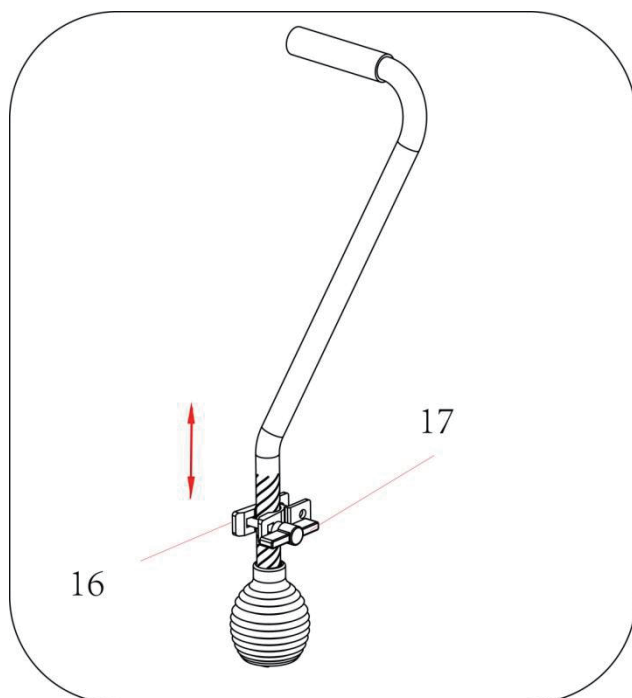
### Step 6:

Using Allen bolt (8), Flat washer (5) and Nylon nut(6) to lock the left Cylinder to the Left base B and aluminum clamp (16), and lock the right Cylinder to Right base C and aluminum clamp (16). Then cover the nut cap(11).



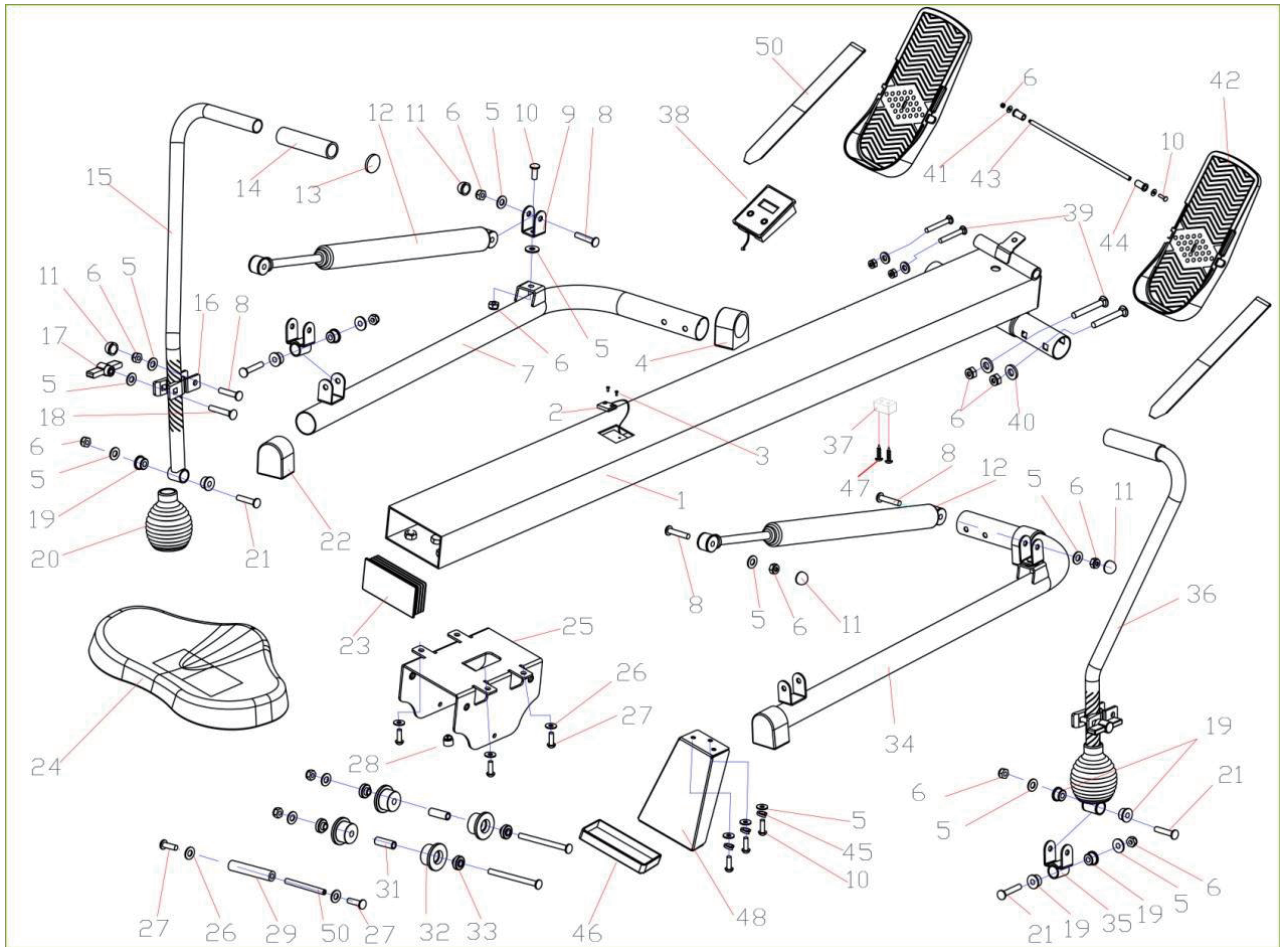
**Step 7:**

Loosen the knob (17); move up and down the aluminum clamp (16), adjust them to the the suitable places and fasten the knob (17) to adjust the tension of swing arms.(Note: the height adjustment of the left and right swing arms should be consistent.)





## Exploded Parts Diagram:



## PART LIST

No.	Name & Specification	QTY	No.	Name & Specification	QTY
1	Sliding rail	1	27	Allen bolt M6×15	6
2	sensor	1	28	Round magnet	1
3	Cross groove screw ST3*10	2	29	Limit pulley	1
4	Front foot cover	2	30	Allen bolt M8x100	2
5	Flat washer D8	15	31	Pulley spacer	2
6	Nylon nut M8	17	32	Pulley	4
7	Left base	1	33	Bearing 608	4
8	Allen bolt M8x40	4	34	Right Base	1
9	Cylinder connection seat	2	35	U base for swing arm	2
10	Allen bolt M8×20	6	36	Right swing arm	1
11	Nut cap S13	4	37	Cushion	2
12	Cylinder	2	38	Computer	1
13	Round inner plug	2	39	Carriage bolt M8x50	4
14	Foam for handle bar	2	40	Arc Washer D8	4
15	Left swing arm	1	41	Flat washer D8*22*2	2
16	Aluminum Clamp	2	42	Pedal	2
17	Knob	2	43	Axle of pedal	1
18	Carriage bolt M8x45	2	44	Pedal casing	2
19	Alloy set	8	45	Standard spring washer	3
20	Lamp cover	2	46	Rear foot cushion	1
21	Allen bolt M8x50	4	47	Screw ST4.2*25	4
22	Rear foot cover	2	48	Rear supporting board	1
23	Square inner plug	2	49	Limit axis	1
24	Seat cushion	1	50	Ribbon	2
25	Slide base	1			
26	Flat washer D6	6			