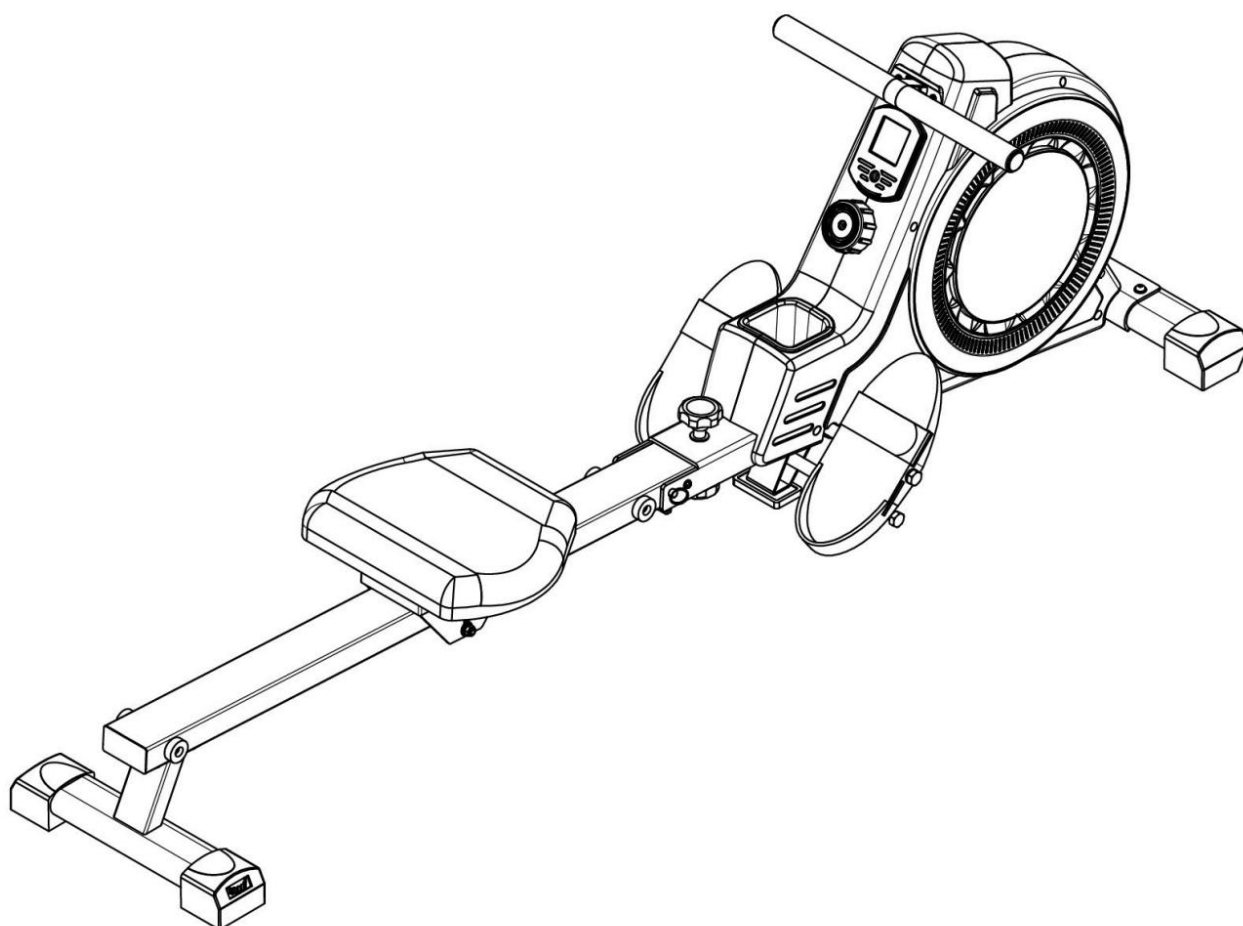




Easy Fit Rowing Machine

User manual



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WARNING

Before beginning any exercise program consult your physician. This is especially important for people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment. Do not operate this device without properly fitted guards, as the moving parts can present a risk of serious injury if exposed.

ATTENTION

- It is important to read this entire manual before assembling and using the device. Safe and effective use can only be achieved if the device is assembled, maintained and used properly. It is your responsibility to ensure that all users of the device are informed of all warnings and precautions.
- 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 device properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
- 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.
- Keep children and pets away from the device. The device is designed for adult use only.
- Use the device on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the device should have at least 0.5 metres of free space all around it.
- Before using the device, check that the nuts and bolts are securely tightened.
- The safety of the device can only be maintained if it is regularly examined for damage and/or wear and tear.

- Always use the device as indicated. If you find any defective components while assembling or checking the device, or if you hear any unusual noises coming from the device during use, stop immediately. Do not use the device until the problem has been rectified.
- Wear suitable clothing while using the device. Avoid wearing loose clothing that may get caught in the device or that may restrict or prevent movement.
- The max user weight is 130 KGS. Braking ability is independent of speed.
- The device is not suitable for therapeutic use.
- Care must be taken when lifting or moving the device so as not to injure your back. Always use proper lifting techniques and/or seek assistance if necessary.
- Please keep the space at least 1 to 2 meter at the end of base frame to escape any accidents!
- Place the device on a clean and flat surface. Do not place the device on a thick carpet.
- The device is for indoor use and not for outdoor use to prevent damage. Keep the storage location dry, clean and flat. It is forbidden to use the device for purposes other than training.
- Only use the machine in an environment with an ambient temperature between 10 °C and 35 °C. Only store the device at an ambient temperature between 5 °C and 45 °C.

Warranty claim is excluded if the cause of the defect is the result of:

- Maintenance assembly and repair work not carried out by an official dealer.
- In the event of improper use, neglect and / or poor maintenance.
- Failure to maintain the device in accordance with the manufacturer's instructions (see the enclosed manual).

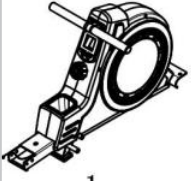
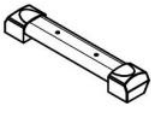
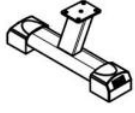
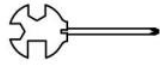
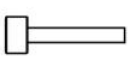
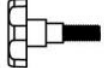
TOOLKIT

When you open the carton, and you will find the below parts in the carton.

	#19 S=5 1PC
	#21 S13/14/15 1PC
	#18 S17-19 1PC
	#64 $\varnothing 25 \times 18$ 1PC
	#63 M12 1PC
	#9 $\varnothing 12 \times 80$ 1PC
	#10 $\varnothing 8 \times 112$ 1PC
	#27 M12*160*20 4PCS
	#30 M10*95*25 1PC
	#29 M8*55*20 2PCS
	#32 M6*15 1PC
	#31 M8*20 4PCS
	#37 $\varnothing 12$ 1PC
	#39 $\varnothing 8$ 6PCS
	#38 $\varnothing 6$ 1PC
	#41 M8 6PCS

TOOLKIT

When you open the carton, and you will find the below parts in the carton.

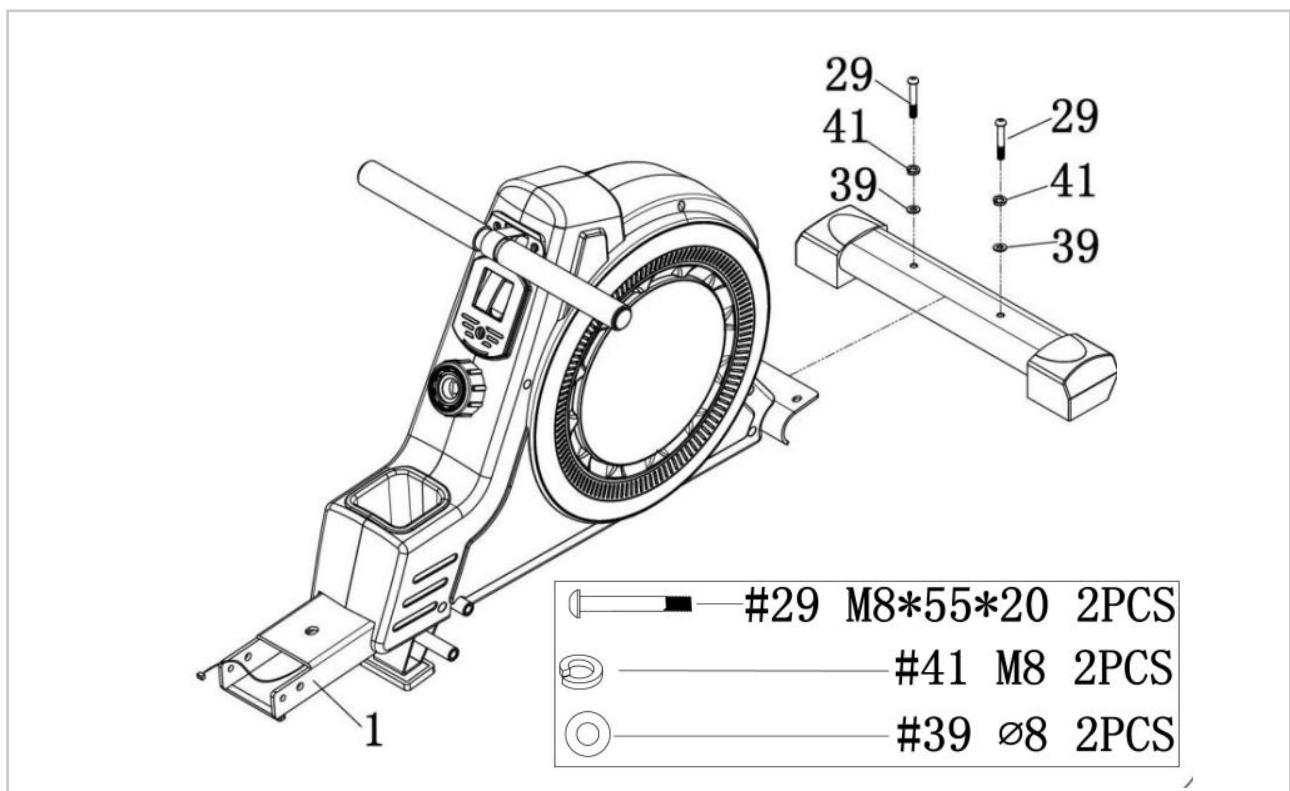
					
1	2	3	4	8	20
					
48	18	19	41	21	9
					
63	64	10	27	30	29
					
32	31	37	38	39	

Missing parts: If you think you are missing certain parts in your package, carefully check the styrofoam and the rowing machine. Some parts (bolts, screws, etc.) are already attached to / in the rowing machine.

Error message: Ensure that all cables are carefully attached. The aluminum legs are very sensitive and must remain straight. Do you receive an error message after mounting your rowing machine? Then you have to straighten these aluminum legs again, this may cause the error message to disappear.

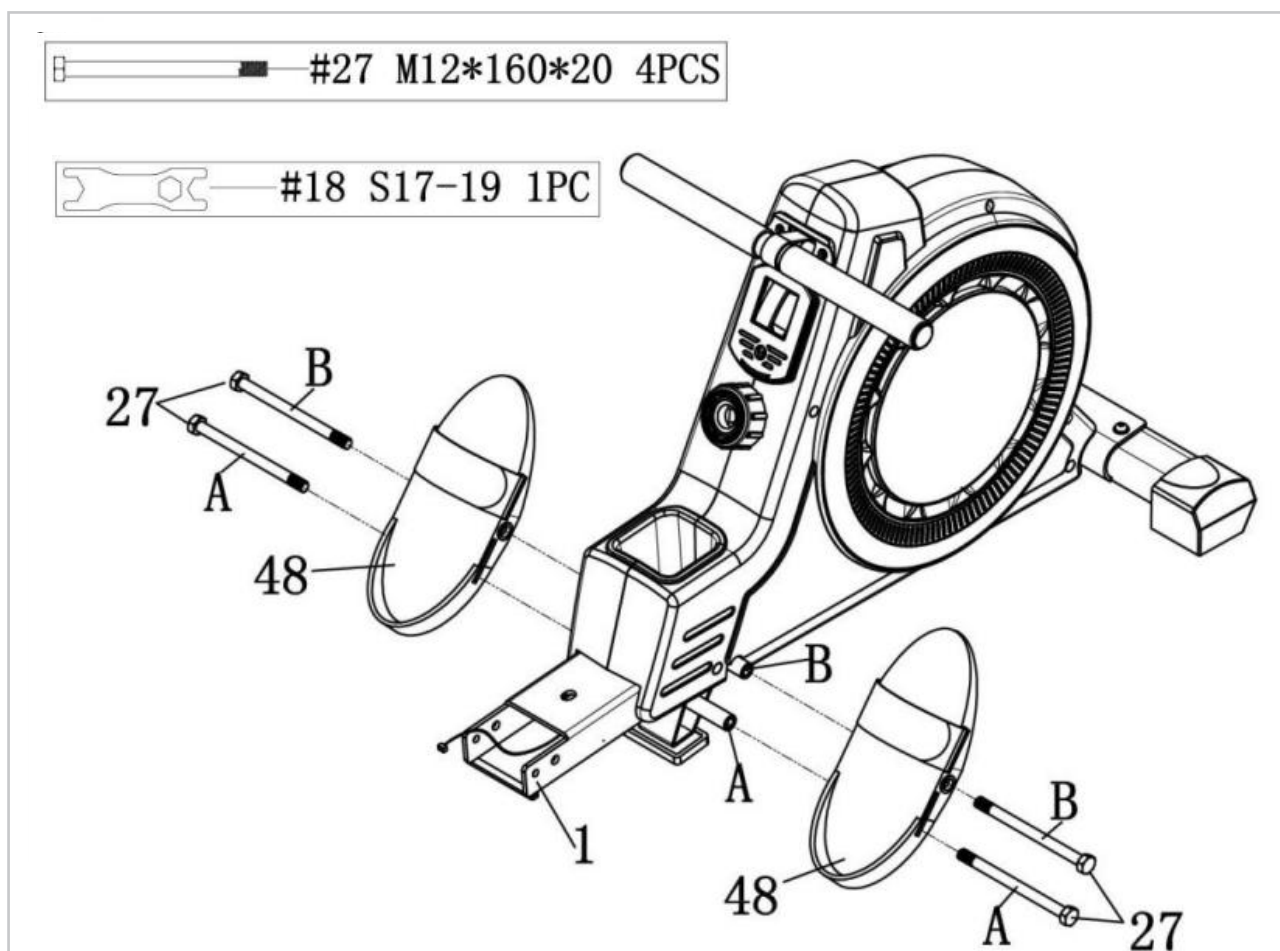
Socket screws: The rowing machine contains socket screws, make sure that the allen key is firmly in the bolt before you apply force to the key. In this way you prevent the head of the socket head screw from being rotated.

STEP 1



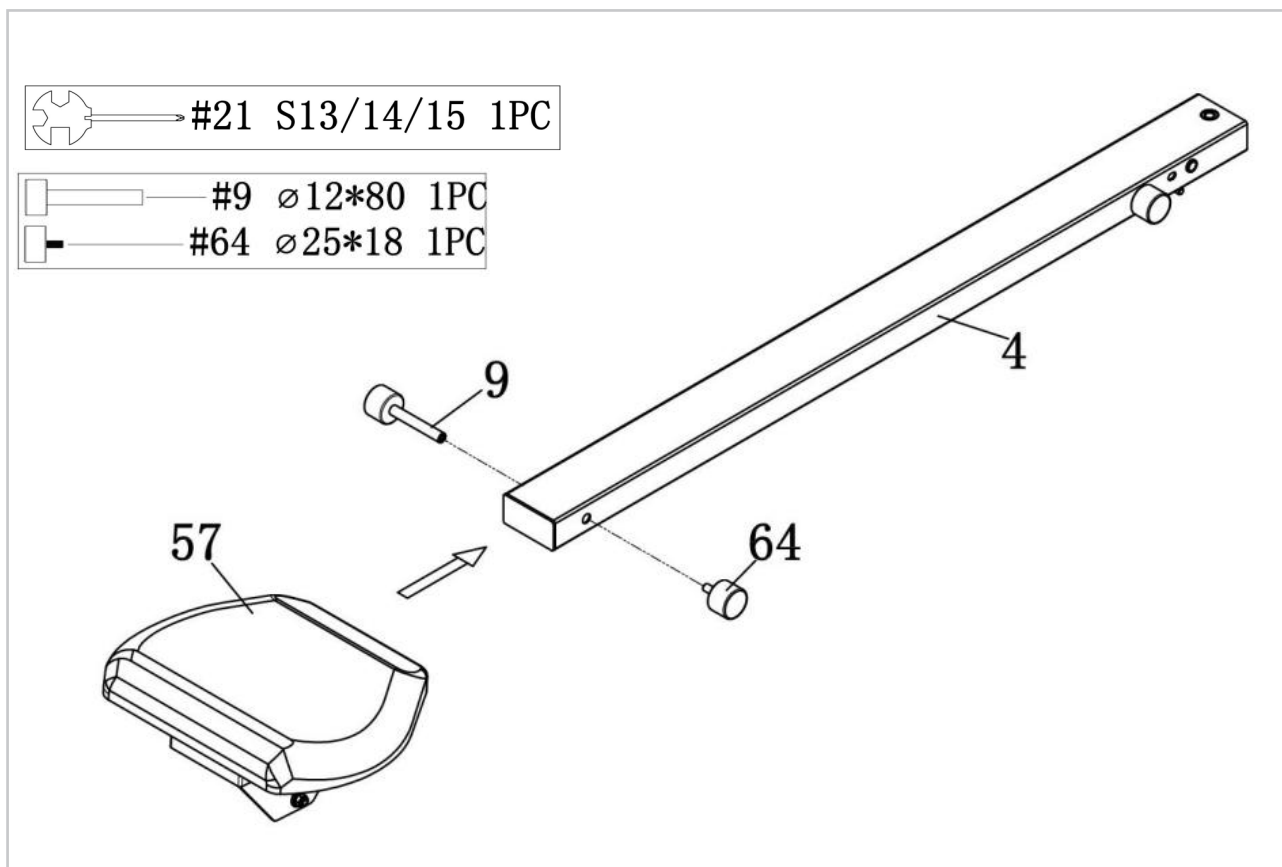
- Use the bolt(29), washer(39), spring washer(41) to secure the front stabilizer(2) to the mainframe(1).

STEP 2



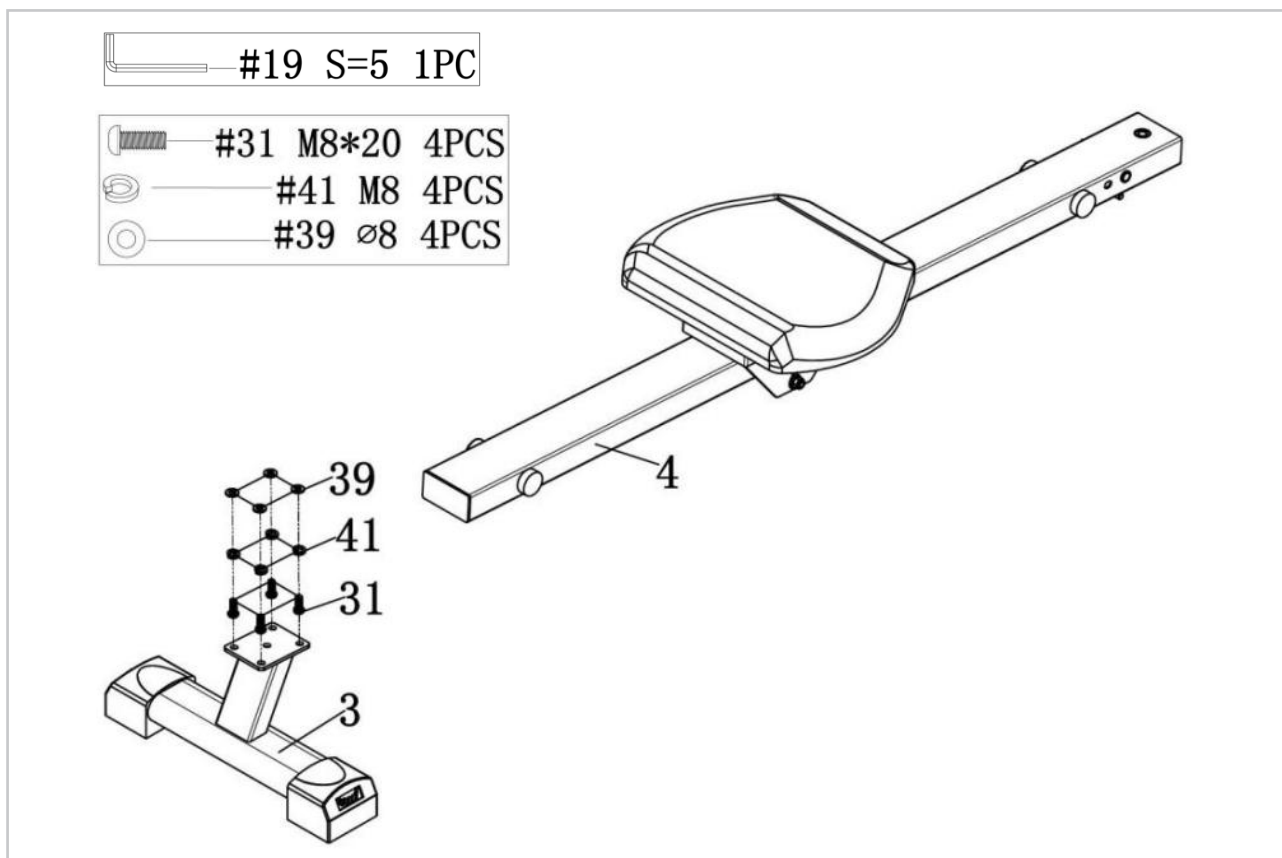
- Insert the bolt (27) into the hole marked A in the main frame (1), left same as right.
- Insert the bolt (27) into the hole marked B, through the hole of the pedal (48) in the upper main frame (1) hole, left side same as right side. The pedal must be placed on bolt marked as A.

STEP 3



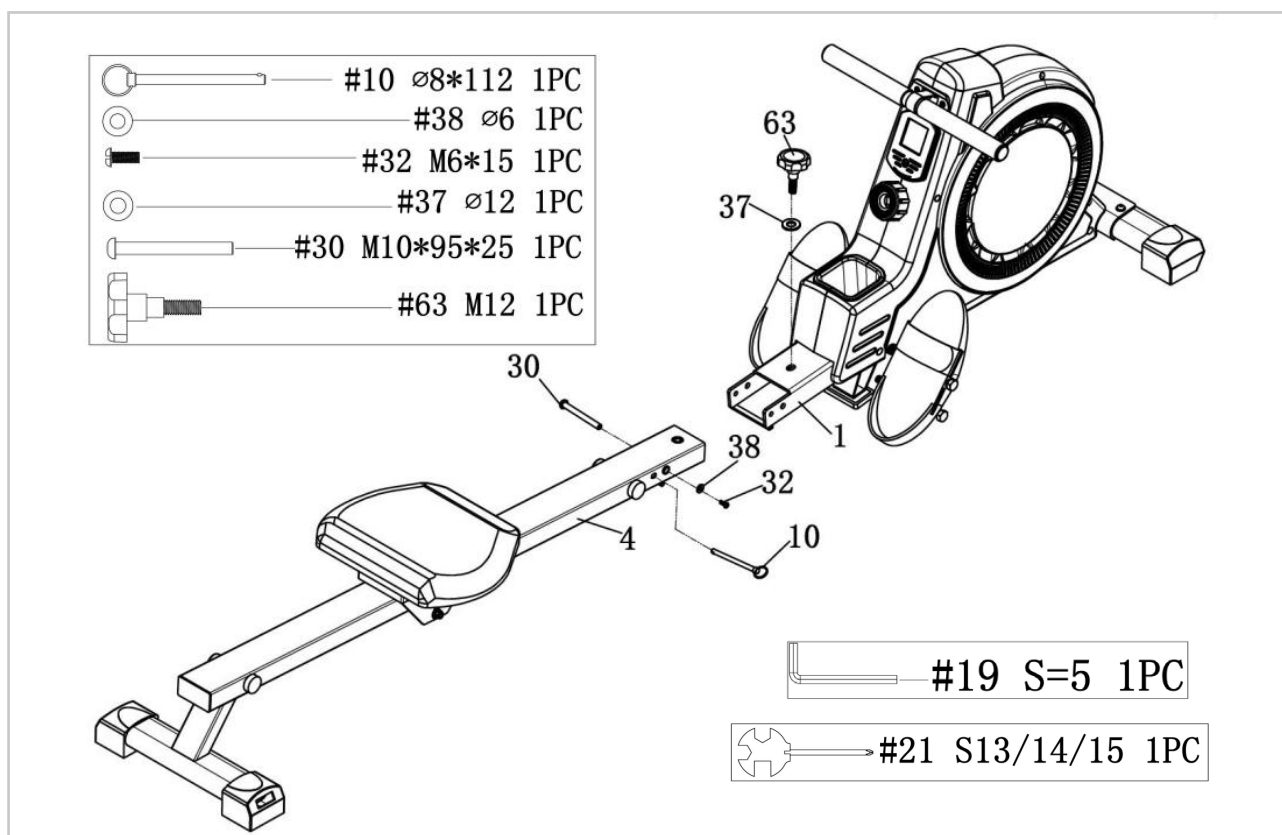
- Place the seat (57) in the rail (4).
- Insert the double-thread bolt (9) into the hole of the rail (4), and screw the base (64) securely to the rail (4) fixed.

STEP 4



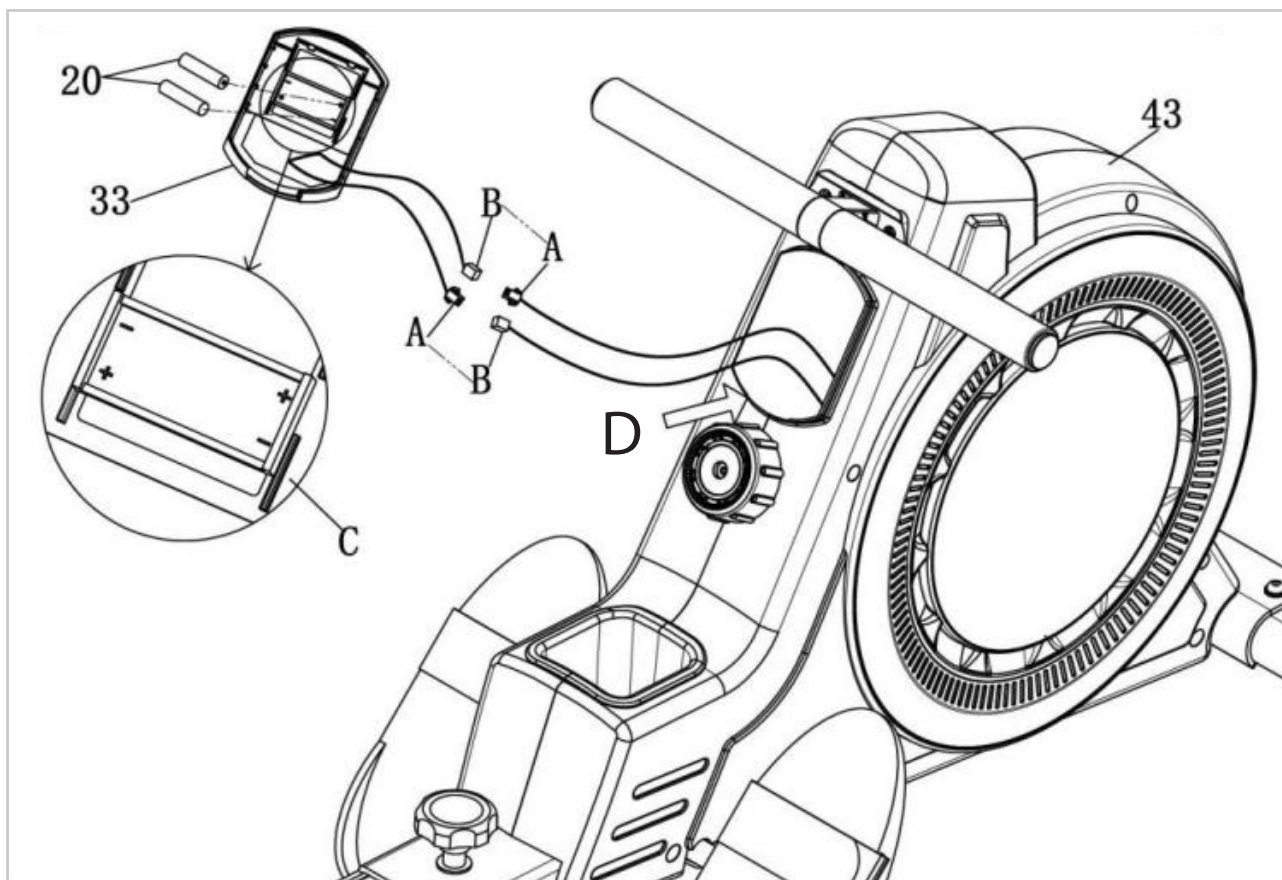
- Use bolt (31), spring washer (41) and flat washer (39) to secure the rear stabilizer (3) to the rail(4) to put.

STEP 5



- Attach the bolt (30) and the flat washer (38) and the bolt (32) to the rail (4), insert the suspension washer bolt (10) in and then attach knob (63) and flat washer (37) to main frame (1) and the sliding tube (4).

STEP 6

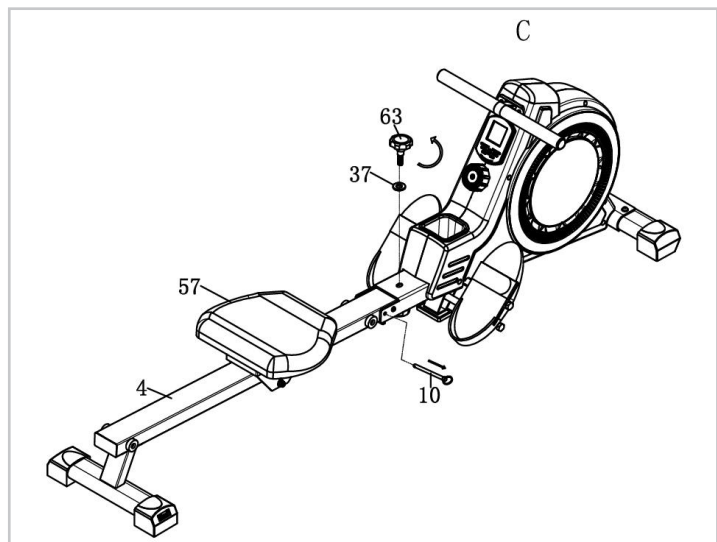


- Press the computer(33) into position (D), take the computer(33) out of the protective cover (43).
- After removing the computer(33), insert the battery(20).
- Connect the cable A/B from computer(33) to the cable B/A inside the protective cover(43).
- Place the computer back into the protective cover(43).

NOTE: Store your machine in a dry area away from children and high traffic areas as shown in the illustration. Be sure it is secure and cannot fall onto small animals or children.

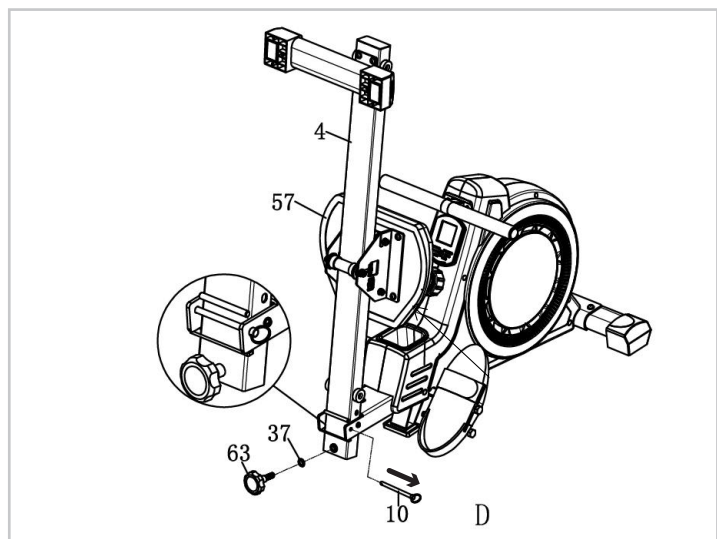
FOLDING

Unscrew the knob (63) and the flat washer (37), then remove the ring bolt (10), at the same time fold the rail (4) up towards the main frame until you hear a click sound (the seat cushion slides down when the sliding tube is folded up).



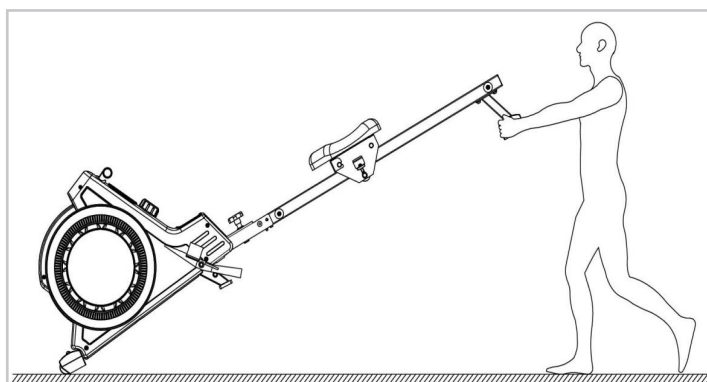
UNFOLDING

Pull the ring bolt (10) in the direction of the arrow as shown in the figure, at the same time unfold the rail (4) towards the ground. Then replace ring bolt (10) and tighten knob (63) with flat washer (37) tightening last.



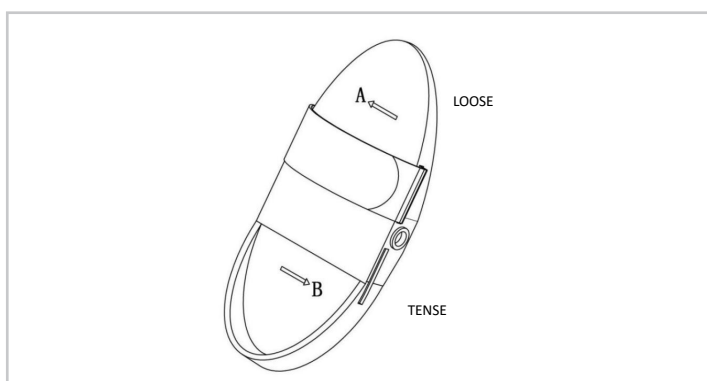
MOVING THE ROWING MACHINE

Om het toestel te verplaatsen, tilt u de achterste stabilisator op tot de transportwielen op het voorste stabilisator de grond raken. Met de wielen op de grond kunt u het toestel gemakkelijk overal naartoe verplaatsen.



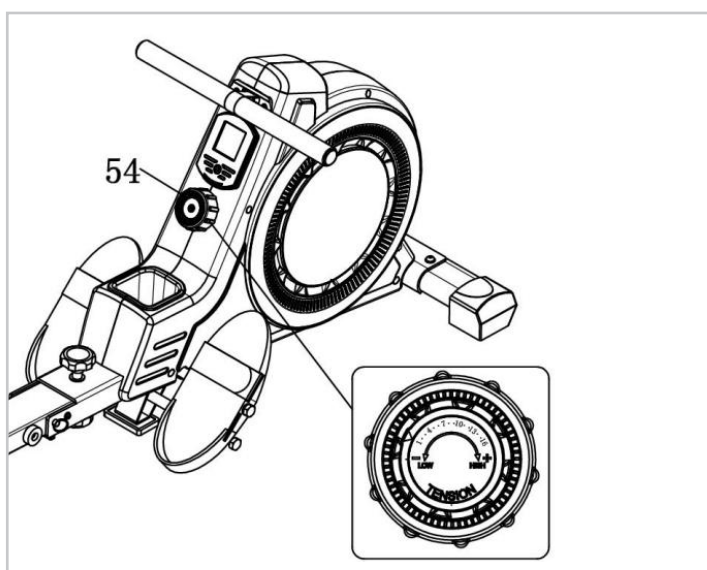
SET PEDALS

The pedal strap is adjustable according to the size of the feet. The specific tension force adjustment method (direction A) is shown in the figure.



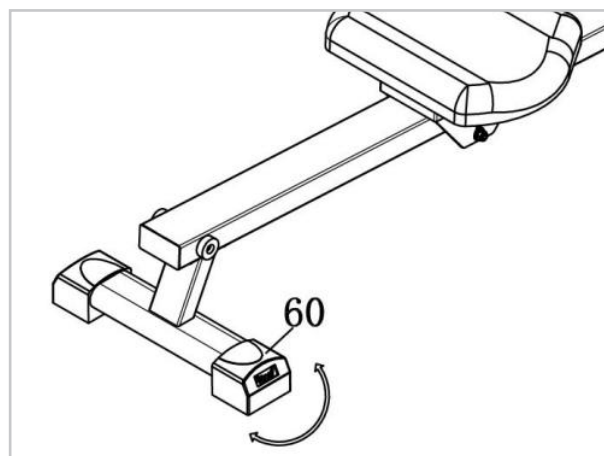
RESISTANCE

Turn the resistance control knob (54) clockwise to increase the resistance level. Turn the voltage regulator counterclockwise to decrease the resistance level.



LEVELING

Always make sure that the device is on a stable surface. If in doubt, you can always place a rubber mat under your device so that you get more grip on your floor. If you do need to adjust the device slightly, you can compensate for the uneven surface with a simple twist of the adjustable ends of the rear stabilizer of the frame.



Safe and effective use can only be achieved if the device will be assembled and maintained well. It is your responsibility to ensure that the equipment is regularly maintained. Parts that are already used and / or damaged must be replaced before continuing using. The rower machine may only be used indoors and stored away, prolonged exposure to weathering and changes in temperature / humidity can have a serious impact on the electrical components and moving parts of the rowing machine.

DAILY MAINTENANCE

- Clean and remove sweat after each use Do not use aggressive cleaning agents and ensure that the device remains free of moisture.
- Check that the rail and the wheels under the seat are free from dust and dirt.

SEMI-ANNUAL MAINTENANCE

- Inspect all bolts and nuts in connection with moving parts of the device, tighten as required.
- Check the mobility of moving parts and components of the use equipment, silicone spray if necessary.

CLEANING

WARNING

Before cleaning the machine, please make sure the power has been switched off.

Cleaning: General cleaning of the device will extend the life of the rowing machine. Hold clean the rowing machine by dusting regularly.

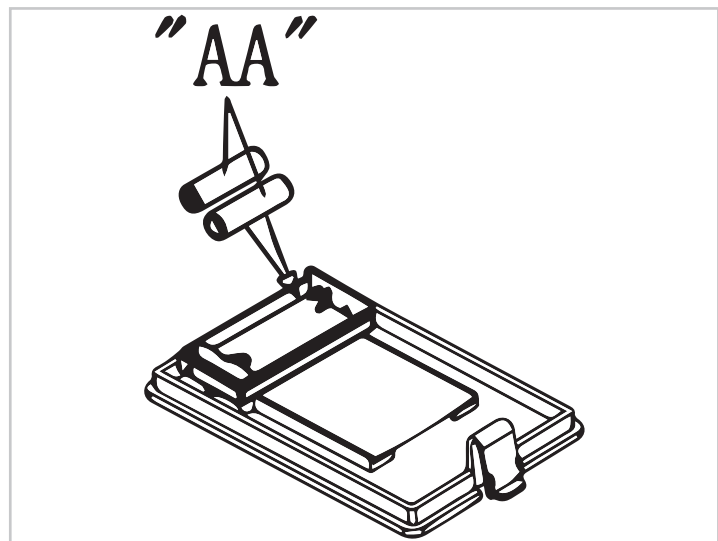
In addition, wear clean shoes to reduce the risk of contamination of the rowing machine. Remove the hood at least once a year to vacuum underneath.

BATTERY

AA BATTERY

The monitor uses on "AA" battery. You can replace the battery through the back of the unit.

The batteries must be installed correctly. If the screen is unreadable or only parts of the image work, follow the next step: Remove the batteries and wait 15 seconds, then reinsert the batteries correctly.



ADVICE FOR HANDLING BATTERIES

1. Remove the batteries when they are exhausted or if you do not use the product for an extended period of time in order to avoid hazards through leaking batteries.
2. Do not recharge batteries nor disassemble or throw them into fire. Danger of explosion!
3. Pay attention to the polarity (+) and (-). Always replace all the batteries; do not mix old and new batteries, or different battery types.
4. Use preferably alkaline batteries, as they have a longer operation time than usual zinc-carbon batteries.
5. A change of batteries is necessary when the display becomes weaker or completely faded.

CHANGING THE BATTERIES

1. If you see an improper display on the monitor, please replace the batteries to have a good result.
2. Please use 2pcs of 1.5v AA batteries as a power supply (see step 6).

Display does not work

If the display no longer works, you can replace the batteries. These are at the back of the display.

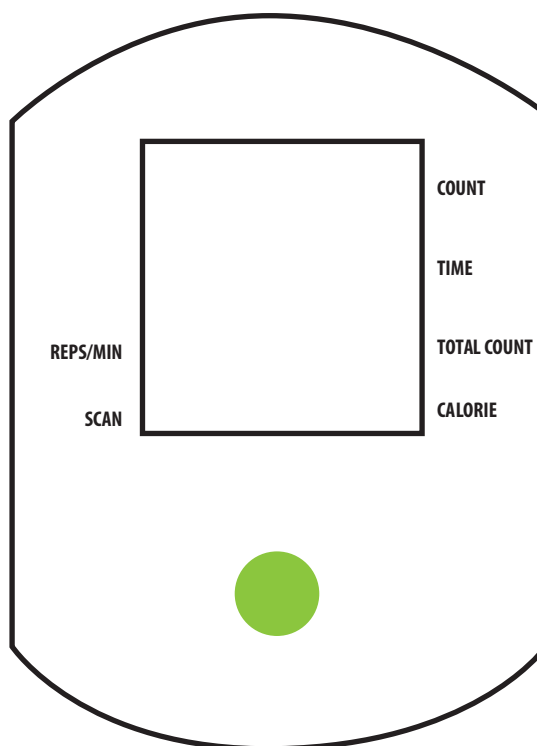
Display shows no values

If the display does not show any values, you can try to check the sensor cables and the cables in the back of the display. If this still does not work, you can move the sensor slightly.

Rowing machine beeps

Check that all bolts and nuts are tightened securely. Spray silicone spray if necessary. Also check the wheels under the seat.

CONSOLE



BUTTON

FUNCTION

**MODE/SET/
RESET**

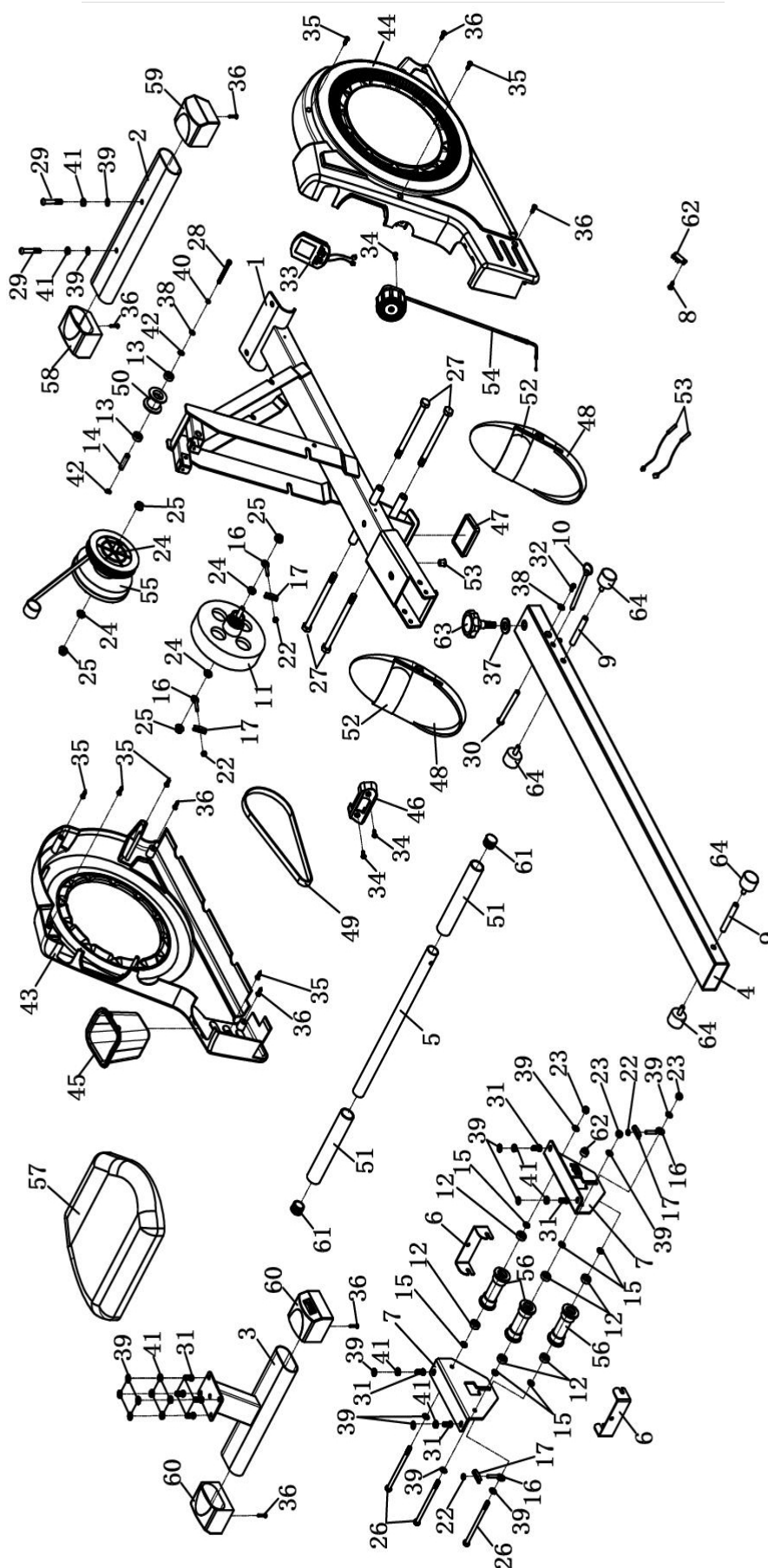
Press MODE button to select a desired function. Pressing the button for 3 sec. holding down you can clear the setting. Set the values.

Pressing the reset button for 3 sec. you can clear the setting. With this button you can also reset the values to 0.

FUNCTIONS

BUTTON	EXPLANATION
SCAN	In the SCAN position, the following functions are displayed: TIME, COUNT, TOTAL COUNT, CALORIE, REPS/MIN. Each scan interval is 6 seconds.
TIME	Counts the rowing time from the beginning of the exercise to the end.
COUNT	Counts the rowing strokes from start to finish.
CAL	Counts the total calories from the beginning to the end of the row.
TOTAL COUNT	Counts the total rowing strokes.
REPS/MIN	Counts the number of rowing strokes per minute.

NOTE! *If there is no movement for more than 4 minutes, the console will automatically shut down.*



#	DESCRIPTION	QTY
1	Main frame	1
2	Front foot tube frame	1
3	Rear foot tube frame	1
4	Slide tube frame	1
5	Tension tube	1
6	Seat cushion limiting plate	1
7	Seat cushion left mounting plate	2
8	Screw ST4.2*9.5	1
9	Double-thread screw $\Phi 12 \times 80$	1
10	Hanging ring bolt $\Phi 8 \times 112$	1
11	Magnetic wheel	1
12	Deep groove ball bearing 608-2RS	6
13	Deep groove ball bearing 6000-2RS	2
14	Pulley casing	1
15	Pulley spacer	6
16	Pull rod M6*51	4
17	Pull rod limiting plate	4
18	Open end wrench S17-19	1
19	Allen Wrench S=5	1
20	Dry battery	2
21	Wrench with screw driver S13/14/15	1
22	Screw M6	4
23	Screw M8	3
24	Screw M10*1.0	4
25	Screw M10*1.0	4
26	Bolt M8*125*25	3
27	Bolt M12*160*20	4
28	Bolt M6*60	1
29	Bolt M8*55	2
30	Bolt M10*95	1

#	DESCRIPTION	QTY
31	Bolt M8*20	8
32	Bolt M6*15	1
33	Computer	1
34	Bolt M5*15	3
35	Bolt ST4.2*30	6
36	Screw ST4.2*19	8
37	Flat washer $\Phi 12$	1
38	Flat washer $\Phi 6$	2
39	Flat washer $\Phi 8$	16
40	Spring Washer 6	1
41	Spring Washer 8	10
42	Type c buckle $\phi 9.3 \times 1.0$	2
43	Left protective cover	1
44	Right protective cover	1
45	Water bottle box	1
46	Armrest fixing pad	1
47	Cushion pad	1
48	Pedal	2
49	Belt PJ686/270J	1
50	Ribbon pulley $\Phi 45 \times 35$	1
51	Foam L=210mm	2
52	Foot pedal adjusting belt	2
53	Bottom wire 500mm	2
54	Fine adjustment (assembly)	1
55	Pullback device	1
56	Seat cushion tube wheel $\Phi 40 \times 92$	3
57	Seat cushion	1
58	Front left foot tube sleeve	1
59	Front right foot tube sleeve	1
60	Rear foot tube sleeve	2

#	DESCRIPTION	QTY
61	Circular tube plug	2
62	Induction rod clamp	1
63	Knob M12	1
64	Foot padΦ25*18	4

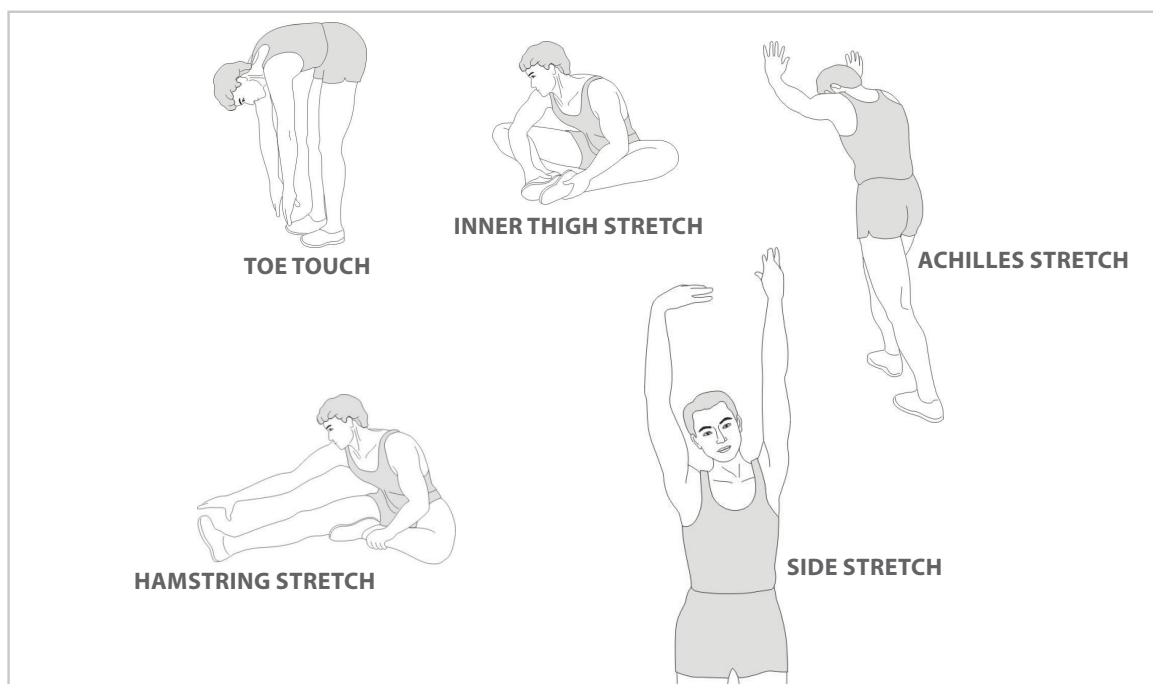
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

WARMING UP

The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

STRETCHEN

Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds.



COOLING DOWN

The purpose of cooling down is to return the body to its normal or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.



For questions or missing parts please contact your dealer.

