

YESOUL ROWING MACHINE Product Manual

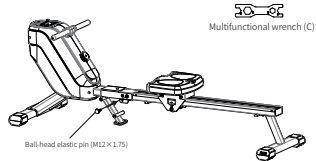
Installation Guide - List of Parts

NO.	Name	Quantity	Picture
①	Seat cushion sliding assembly	1	
②	Pedal rotating bar pole	1	
③	Pedal limit lever	1	
④	Monitor fixing parts	1	
⑤	Speaker Mount	1	
⑥	Plum blossom knob	1	
⑦	Ball head elastic pin	1	
⑧	C to C data cable	1	
⑨	C Lightning data cable	1	
⑩	Phillip head screw with pad M6 × 10	8	
⑪	Instructions	1	
⑫	Spare parts	1	

Installation Guide

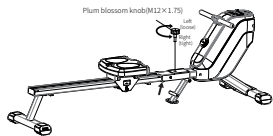
STEP 6: Install the ball head elastic pin

Screw the ball-head elastic pin (M12×1.75) ⑦ into the round hole on the slide rail, following the direction of the arrow. If it gets stuck, shake it up and down to help the pin's head enter the hole. Then, tighten it with a multi-function wrench (C).



STEP 7: Install the plum blossom knob

1. First, hold the arrow with your left hand and screw the plum blossom knob (M12×1.75) ⑥ into the hole with your right hand. (Note: When you fold and use it again, you must repeat this installation step)



Product Specifications

Screen size	21.5 inches (1920*1080 pixels)
Supported software version	iOS 12.0 or above, Android 5.1 or above (inclusive)
Resistance system	Magnetron resistance system
Power supply input	24V 2A
Wireless connection method	WiFi2.4GHz/Bluetooth
Bluetooth	Rowing Machine: V4.2, Speaker: V5.3(Optional)
Applicable Height	140 ~ 195cm
Refresh rate	120Hz
Rated maximum load	27kg
Net weight	31kg
Overall dimensions	Length 1746mm × Width 510mm × Height 1035mm

Routine Maintenance

- Keep the rowing machine on an arid, ventilated and flat floor. Cover the machine to keep the body clean if inactive for a long period.
- Wipe off sweat on the machine body with dry cleaning cloth after exercise. Do not use a wet cleaning cloth to avoid rusting.
- Regularly check the screws of various body parts for loosening or falling out, and tighten or replace them without delay if anything.
- Regularly check the resistance knob for looseness or dislodgement and reasonable resistance valves so that the resistance value can be calibrated in time.
- Regularly check if the seat cushion is loose. Tighten it promptly if necessary. Use a cotton cloth to wipe the seat cushion and keep it dry.
- Regularly inspect the power cord for any cracks or damage, and replace it promptly if needed.
- Regularly check the screw of the pedal, if it loosens, tighten it promptly.

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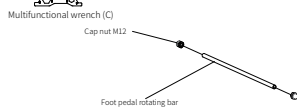
NO.	Name	Quantity	Picture
A	L-shaped hexagon wrench 5#(A)	1	
B	L-type cross head hexagon wrench 6#(B)	1	
C	Multifunctional wrench	2	
D	L-shaped hexagon wrench 5#(A)	1	

*Some fixing screws are pre-locked on the corresponding parts at the factory. Please remove them before installing the corresponding parts during assembly. Spare parts are subject to actual conditions.

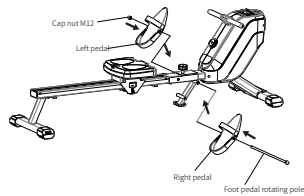
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STEP 8: Install the pedals

Use 2 multi-function wrenches (C) to remove the M12 cap nut pre-locked on the pedal rotating bar pole ②. Only one side needs to be unscrewed (Although both sides can be unscrewed if necessary)



2 Insert the foot pedal rotating pole ② into the hole of the right pedal assembly, and then into the hole of the main frame ①. Insert the left pedal into the hole of the pedal rotating pole ②. Finally, use 2 multi-function wrenches (C) to tighten the 2 M12 cap nuts.



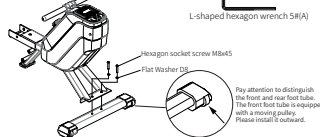
Monitor Specifications

Panel type	VA
Curvature	Flat screen
Aspect ratio	16:9
Size	21.5 inches
Backlight type	LED
Display size (H*V)	476mm*268mm
Resolution	1920*1080
Refresh rate	Max 60Hz
Port version	1*USB-Type-C(TTL-Audio out)-DC-IN
Indicator mode (power on, standby)	Blue light indicates power on, light turns off when power is off, and blinks every 5 seconds in standby mode.
Storage temperature	20°C~60°C
Operating temperature	0°C~40°C
Operating humidity	10~90%RH
Storage humidity	10~90%RH
Control method	Five-way joystick buttons

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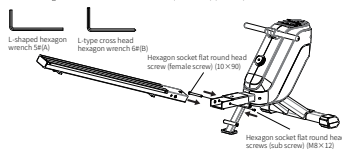
STEP 2: Install the front foot tube

- Use L-shaped hexagon wrench 5#(A) to remove the 2 hexagon socket head screws (M8×4.5) and flat washers D8 pre-locked on the front foot tube ②.
- Align the holes of the front foot tube ② with the holes at the bottom of the main frame ①, and use L-shaped hexagon wrench 5#(A) to tighten the 4 hexagon socket head screws (sub screw) (M8×1.2).



STEP 3: Install the rail assembly

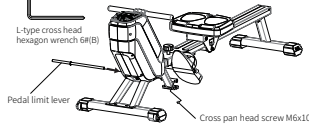
- Use L-shaped hexagon wrench 5#(A) and L-type cross head hexagon wrench 6#(B) to remove the hexagon socket flat round head screws (female screw) (10×90) and the hexagon socket flat round head screws (sub screw) (M8×1.2).



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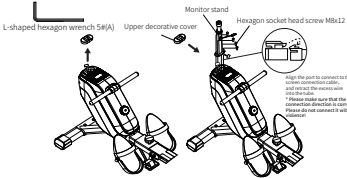
STEP 9: Install the pedal limit rod

- Use an L-type cross head hexagon wrench 6#(B) to remove the cross pan head screw (M6×10) pre-locked on the main frame ①, insert the pedal limit lever ③ into the main frame ① in the direction of the arrow, and then use an L-type cross head hexagon wrench 6#(B) to tighten the cross pan head screw (sub screw) (M6×1.2).



STEP 10: Install the monitor stand

- First remove the upper decorative cover, use L-shaped hexagon wrench 5#(A) to remove the 4 hexagon socket head screws (M8×12) pre-locked on the main frame ①. Connect the wires and insert them into the sheet metal holes. Align the monitor holder ⑤ with the holes on the main frame ① and use the L-shaped hexagon wrench 5#(A) to tighten the 4 hexagon socket head screws (M8×12). Finally, slightly open the notch of the upper decorative cover and snap it into place.



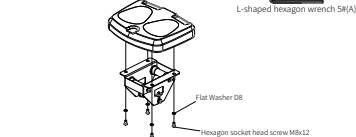
Important Safety Instructions

- Please read them carefully. Improper use may result in body injury or death!
- This product is for household use (Class II) and not medical fitness equipment.
 - This product must not be used for medical rehabilitation.
 - Keep children and pets away from this product. This product is for those over 16 years old only.
 - Do not place the equipment in damp or wet environments.
 - Do not use this product while barefoot or wearing inappropriate footwear.
 - Please wear a cloth suitable for exercise when using our product, do not wear baggy cloth to prevent stuck.
 - Use this product on a flat and clean ground.
 - Put the slidings in the back and front can move the product freely or be placed in a suitable position.
 - To avoid hurting your back and guarantee your safety, please use the proper way or ask for help when lifting or moving this product.
 - Do not use this product when malfunction happens.
 - Please check whether the rowing machine is loose or damaged before each use.
 - Never stretch any object or body part into the openings of the rowing machine.
 - When using the screen holder, ensure the device on the holder is centered to prevent it from falling off.
 - Never rent this machine or use non-original accessories without permission. The casing must be opened by professionals, to avoid damage.
 - For the product's emergency disengagement, passage, and simplicity of use, the product should have at least 6 meters of free space all around.
 - Inconcent or excessive training may cause injury.
 - Use this product according to the instructions. Warm-up fully before exercise.
 - Keep the body hydrated as needed during exercise.
 - Without the preliminary determination of baseline fitness level and medical certificate signed by a doctor, never be engaged in high-intensity sports. Before attempting any intense sports, be careful with the body state and posture, and adjust a comfortable speed.
 - If you experience any discomfort while using the equipment, stop immediately and consult a doctor.
 - Those pregnant or with high blood pressure, heart disease, lumbar spondylitis or disabled disabled must not use this product without the permission of doctors.
 - The weight of the user must not exceed the maximum load.
 - Carry out preventive maintenance regularly.
 - Please use the equipped power adapter. Replacement of the power adapter without consultation may cause serious consequences.

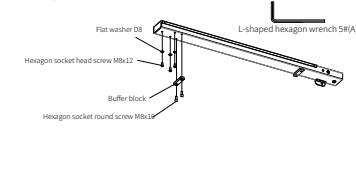
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STEP 4: Install the seat cushion sliding assembly

- Use L-shaped hexagon wrench 5#(A) to remove the 4 hexagon socket head screws (M8×12) and flat washers D8 pre-locked on the seated cushion ⑥, and then use the L-shaped hexagon wrench 5#(A) to tighten the 4 hexagon socket head screws (sub screw) (M8×1.2).



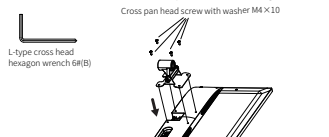
- Use L-shaped hexagon wrench 5#(A) to remove the hexagon socket head screw (M8×12), flat washer D8, hexagon socket round screw (M8×12) and buffer block pre-locked on the slide rails ③.



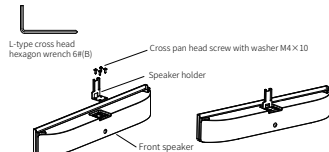
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STEP 11: Installing screen and speakers

- Take out the monitor fixing piece ④ (The side with the sticker is facing up), and use the L-type cross head hexagon wrench 6#(B) to lock the 4 cross pan head screw with washers (M4×10) ⑧ until they are tight. (Please place the screen flat on the desk and avoid contact with hard objects to prevent damage to the screen);



- Align the speaker holder ⑤ with the slot of the front speaker ⑦, use a L-type cross head hexagon wrench 6#(B) to tighten the remaining 4 cross pan head screws with washers (M4×10) ⑧ until they are secure.



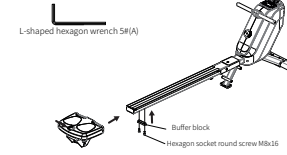
Installation Guide - List of Parts

STEP1: Check of parts

NO.	Name	Quantity	Picture
①	Main frame	1	
②	Front foot tube	1	
③	Rear foot tube	1	
④	Pedal set left/right	1	
⑤	Slide rails	1	
⑥	Monitor holder	1	
⑦	Front speaker	1	
⑧	Display screen	1	
⑨	24V=2A power adapter	1	
⑩	Seated cushion	1	

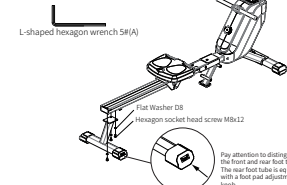
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- Install the seat cushion sliding assembly ⑥ into the slide rail ③ in the direction of the arrow, (Note: install according to the direction shown on the sticker) and then use the L-shaped hexagon wrench 5#(A) to tighten the hexagon socket round screw (M8×16) and the buffer block.



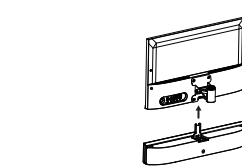
STEP 5: Install the rear foot tube

- Align the rear foot tube ③ with the hole of the slide rail ③, and tighten the 3 hexagon socket head screws (M8×12) and flat washers D8 with an L-shaped hexagon wrench 5#(A).

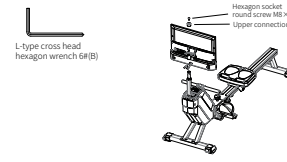


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- Align the speaker assembly with the slot of the screen assembly and insert the buckle connector;



- Loosen the hexagon socket head screw (M8×16) pre-installed on the monitor holder ⑥ with an L-type cross head hexagon wrench 6#(B), and then remove the upper connecting seat;
- Insert the screen and speaker components assembled in the previous step into the monitor holder ⑥. Next, place the upper connecting seat and secure it with the hexagon socket round screw (M8×16). Use a L-type cross head hexagon wrench 6#(B) to tighten the screws until they are secure.



FCC Statement

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference, and
- (2) This device must accept any interference received, including interference that may cause undesired operation.

FCC Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 20cm between the radiator & your body. This transmitter must not be located or operating in conjunction with any other antenna or transmitter.

ISED RSS Warning

This device complies with Innovation, Science and Economic Development Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions:

- (1) this device may not cause interference, and
- (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'ISED applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:

- (1) l'appareil ne doit pas produire de brouillage, et
- (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

ISED RF Exposure Statement

This equipment complies with ISED radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 20cm between the radiator & your body. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Le rayonnement de la classe B respecte ISED fixaient un environnement non contrôlé. Installation et mise en œuvre de ce matériel devrait avec être changeur distance minimale entre 20 cm ton corps. Lanceurs ou ne peuvent pas coexister cette antenne ou capteurs avec d'autres.

Note : This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.