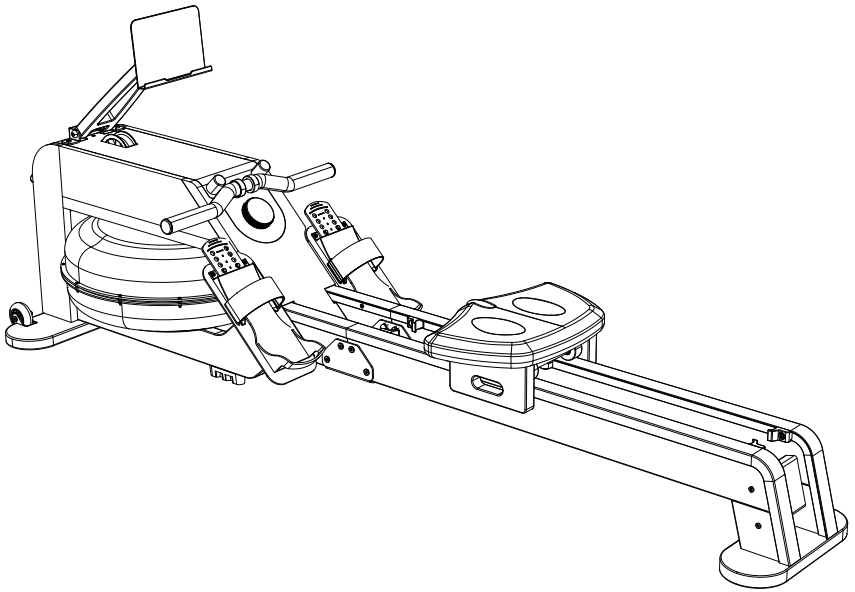
User Manuals

Rowing Machine - BW7



Customer Support and Assistance

Thank you for choosing our product. If you encounter any issues or require further assistance while assembling and using your product, please do not hesitate to email our customer service team. We are committed to providing you with prompt and professional support.

Customer Service Email: [support@botorrofitness.com]

EN

Hey!

Please read the User Manuals carefully before using the product.
For customer service, please contact:

Email:
support@botorrofitness.com

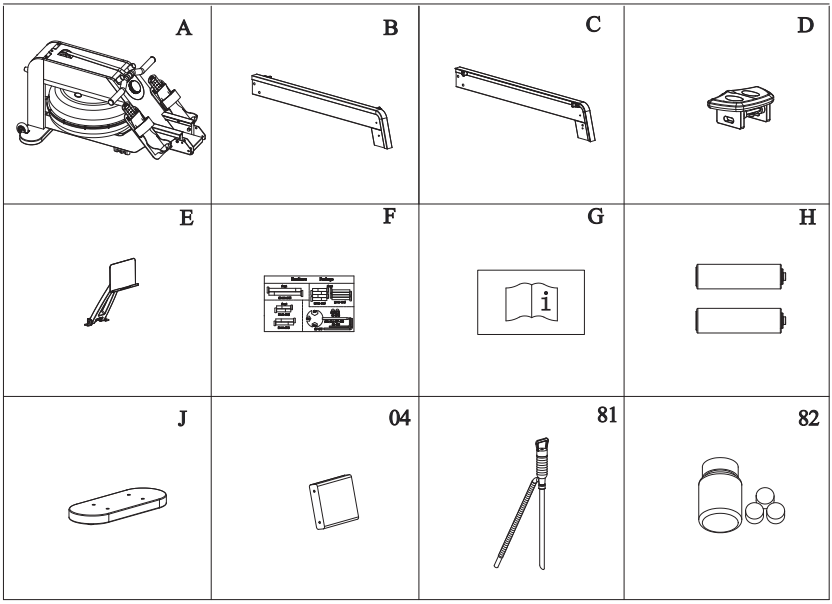
Important Precautions

PLEASE KEEP THIS MANUAL FOR FUTURE REFERENCE.

1. It is important to read this entire manual carefully before assembling and using the rower. It can be ensured to use this equipment safely and efficiently only if assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
2. Before starting any exercise program, please consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using this equipment. Your doctor's advice is essential if you are taking medicines about heart rate, blood pressure or cholesterol.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising at once if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light-headed, dizziness or nausea. If you have experienced any of these symptoms, please consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is only used for adults.
5. Put the rower on solid and flat ground when you use it, also, you can consider using an exercise mat under the machine to protect your floor or carpet. For safety, the equipment should have at least 0.5 meters of free space all around it.
6. Ensure that all nuts and bolts are tightened securely before using this equipment. Safe usage of the equipment can only be maintained if it is examined regularly for damage or wear.
7. Always use the equipment as indicated. Please stop using it immediately, if you find any defective components while assembling or checking the equipment, or hear any abnormal noise from the equipment during use it. Do not use the equipment until the problem has been rectified.
8. Wear suitable sport clothes when using the equipment. Avoid wearing loose clothes which may get caught in the equipment, or it may restrict the movement to continue normally.
9. This machine is only used for indoor.
10. The equipment is not applicable to therapeutic.
11. Must be careful when lifting and moving the equipment. Always use proper lifting technique, and seek assistance if necessary.
12. Check the integrity of guards and safety devices regularly.

Installation Instruction

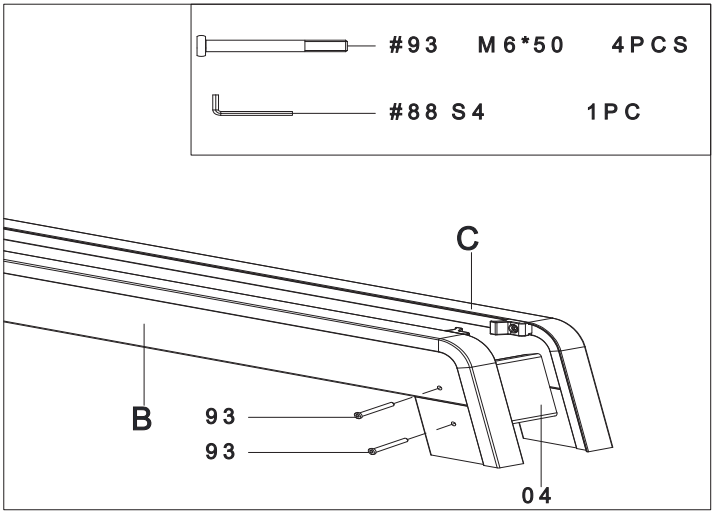
Parts List						
NO.	Name	Qty.		NO.	Name	Qty.
A	Main Frame	1PC		B	Left Slide Rail	1PC
C	Right Slide Rail	1PC		D	Seat	1PC
E	Flat Bracket	1PC		F	Screw Kit	1PC
G	User Manual	1PC		H	Battery	2PCS
J	Rear Support Plate	1PC		04	Rail Connection Board	1PC
81	Water Pump	1PC		82	Water Purification Tablet	1PC



STEP 1

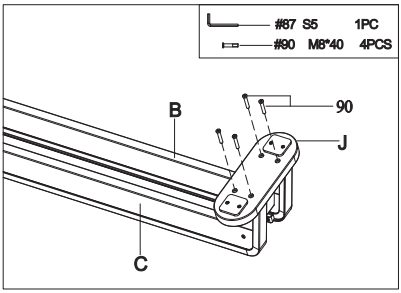
1. Take out the rowing machine main frame (A), left slide rail (B), right slide rail (C), seat (D), flat bracket (E), rear support board (J), rail connection board(04), and screw kit (F) from the cardboard box.

2. Follow the diagram; Use the four M6x50 screws (93) in the screw kit (F) to pass through the corresponding holes on the left/right slide rails (B/C) and rail connection board (04), and then use the S4 hex wrench (88) in the screw kit (F) to lock the left slide rail (B), right slide rail (C), and rail connection board (04).



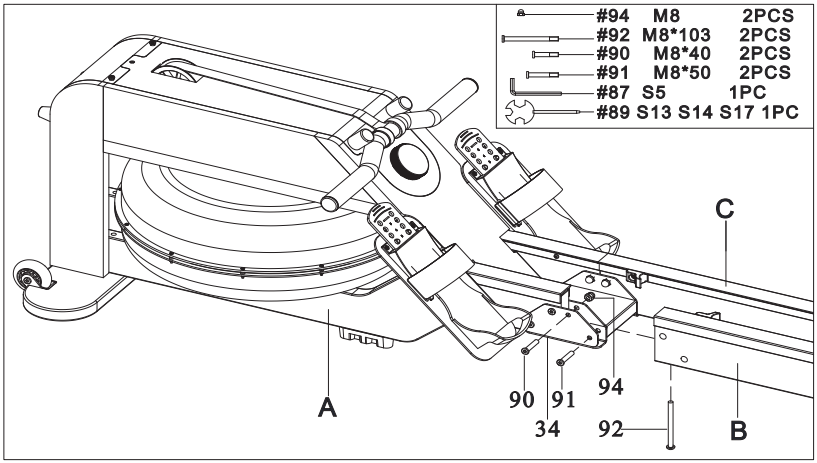
STEP 2

Flip the slide rail over as shown in the figure: use 4 M8 * 40 screws (90) from the screw kit (F) to pass through the rear support board (J), and then use an S5 hex wrench (87) and 4 M8 * 40 screws (90) to lock the rear support board (J) and the left and right slide rails (B/C).



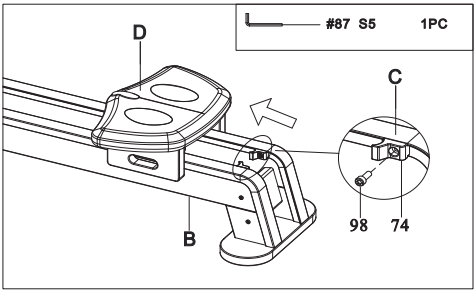
STEP 3

First, use the S5 hex wrench (87) and open-end wrench (89) to loosen the pre-installed screws on the rail connection board (34) (note that they should not be completely unscrewed), allowing the rail connection board (34) to be slightly loose for easier installation later. As shown in the diagram, first, insert the left and right slide rails (B/C) that were installed in the previous step into the rail connection board (34). Use the S5 hex wrench (87), open-end wrench (89), 2 M8*40 screws (90), and 2 M8 flange nuts (94) to secure the rail connection board (34) and left and right slide rails (B/C), but do not tighten them completely yet; use the S5 hex wrench (87) and 2 M8*50 screws (91) from the screw kit (F) to secure the rail connection board (34) and left and right slide rails (B/C), but do not tighten them completely yet; use the S5 hex wrench (87) and 2 M8*103 screws (92) to secure the rail connection board (34) and left and right slide rails (B/C). Finally, tighten all the screws.



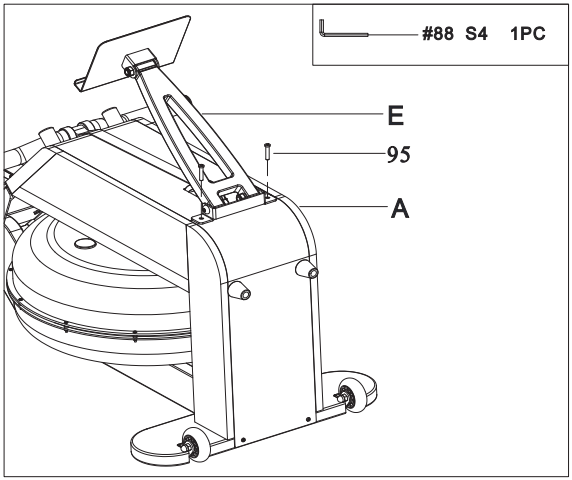
STEP 4

As shown in the figure, use an S5 hex wrench (87) to first remove the two seat blocks (74) and screws (98) pre installed on the rear of the left and right slide rails (B/C), then slide the seat (D) between the left and right slide rails (B/C), and then use an S5 hex wrench (87) to install and lock the two seat blocks (74) and screws (98) that have just been removed, paying attention to the direction of the seat blocks (74), refer to the diagram.



STEP 5

According to the diagram, use the S4 hex wrench (88) to remove the pre installed screws (95) on the main frame (A), and then use the S4 hex wrench (88) and the two screws (95) that have just been removed to lock the flat bracket (E) onto the main frame (A). The installation of the entire machine is completed.



ADDING WATER AND PUMPING:

Adding Water:

1. Remove the water tank plug (59) from the upper cover (50) of the water tank.

2. Inject water according to Figure 1; Insert the bent section of water pump (81) into the water tank, and then place the straight section of water pump (81) into the water bucket,

Repeatedly compress the water pump to inject water into the water tank. Measure the water level in the water tank by referring to the water level mark on the side of the tank.

Pumping:

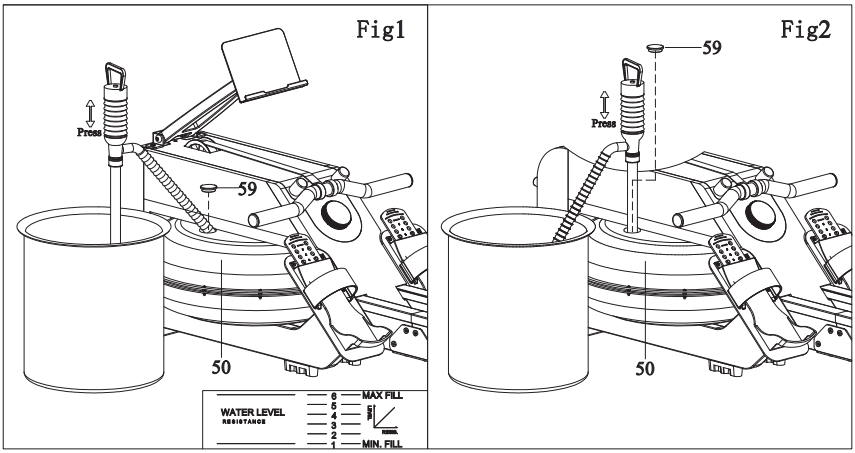
1. Pump water according to Figure 2; Place a water bucket next to the machine, insert the straight pipe of water pump (81) into the water tank, and then insert the bent pipe of water pump (81) into the water bucket. Repeatedly compress the water pump to extract the water from the water tank.

2. Insert the water tank plug (59) into the top cover (50) of the water tank, and dry the water on and around the machine with a dry cloth.

WATER LEVEL INDICATOR:

The resistance depends on the amount of water in the water tank. The water level 1. represents the lowest resistance, and the water level 6. represents the highest resistance.

The water level is marked on the side of the water tank, and the maximum amount of water added is level 6. It is not recommended to add more water than the maximum mark.



WATER TANK MAINTENANCE NOTES

1.Depending on the environment of the installation site and the frequency of use,the water should be changed regularly, but at the latest every 3 months or if there are signs of discolouration, bacteria or algae, etc. Water purification tablets (enclosed 3 tablets) are suitable for keeping the water clean. Add tablet to the tank after changing the water. One tablet is sufficient for the maximum filled water tank.

2.Never expose the tank to direct sunlight and empty it if it is not going to be used for a long time.

3.The water from the tank is not suitable for consumption.After emptying,please pour the water away.

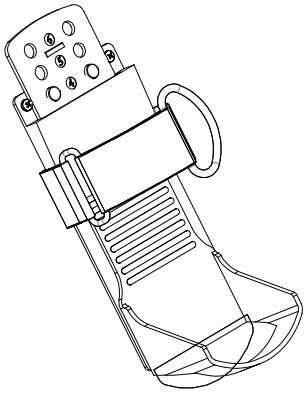
4.*Before each use, we recommend removing and reinstalling the water tank plug to check its seal. Doing so also allows excess gas inside the tank to be released. If the water tank plug shows significant shrinkage or leakage, please stop using it and contact us for a new plug.

PEDAL ADJUSTMENT

Pedal strap and pedal can be adjusted. They can be adjusted to fit different foot size of trainers.

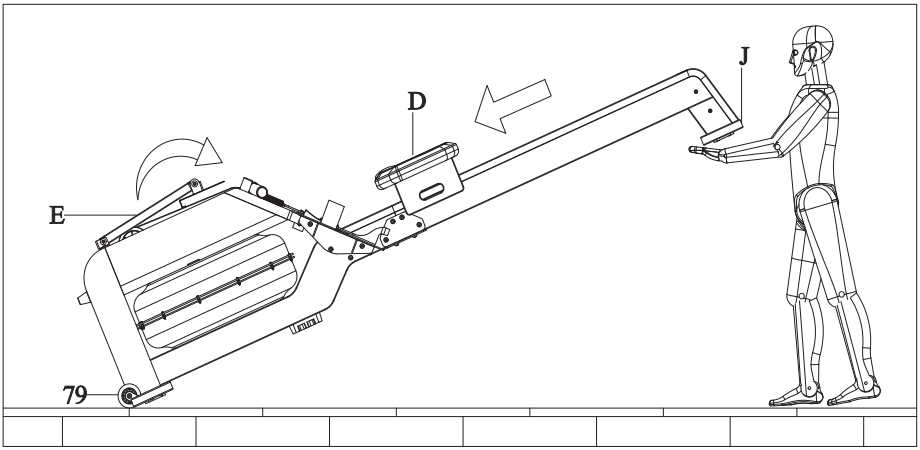
Pedal Adjustment: Pull the top of the Pedal and disengage from the Pedal Cage. Adjust the Pedal up and down to fit the foot size, insert it under the Pedal Cage and fix it.

Pedal Strap Adjustment: Rip off the strap buckle and adjust the strap to the proper size, then stick the strap on the hook surface to fix it.



PRODUCT FOLDING:

When storing the product, first move the seat (D) to the front end (to prevent the seat from quickly falling and damaging the product when folded); Fold the flat bracket (E) in the direction of the arrow, and then lift the rear support board (J) by hand until the roller (79) at the front end of the track touches the ground. Then, you can freely move the machine to the place you want to place it.



1. DISPLAY OF DATA

TIME:
Duration of exercise. Can be set for forward timing or countdown.

SPEED:
Current rowing speed.

DISTANCE:
Exercise distance. Can be set for forward accumulation or countdown.

CALORIE:
Calories burned during exercise. Can be set for forward accumulation or countdown.

WATT:
Current power output.

STROKES:
Number of rowing strokes.

TIME/500M:
The ime required to row 500M at the current speed.

RPM:
Number of strokes per minute.

2. OPERATING LOGIC

Short touch: Enter the target value setting state before starting exercise. Long touch: Reset all data to zero. Rotation: Increase or decrease the target value before starting. Or manually select the data to be displayed during exercise.

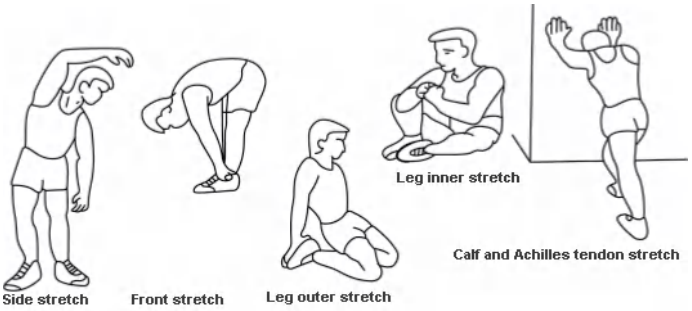
3. SCAN MODE

After powering on, the electronic display will enter Scan Mode. In Scan Mode, the screen automatically cycles through the data being displayed. Rotating the knob can exit Scan Mode and manually select the value to be displayed.

Use this Rowing Machine will help build your shape and strengthen your body, also with a healthy diet it will help you lose weight.

1. WARM-UP STAGE

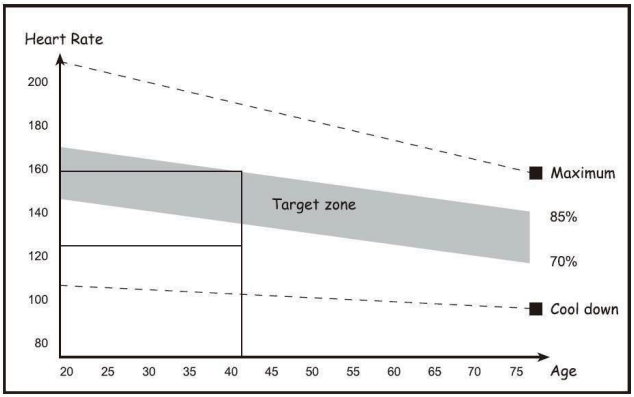
Warm-up can help reduce the risk of cramps or muscle damage. Stretching exercise is recommended as shown below. Each stretch should be about 30 seconds. Please proceed stretching according to your body condition.——If you feel painful, please stop.



2. EXERCISE STAGE

Effort is needed. Your body will be more flexible after regular exercising for a period. It's very important to exercise with your own steady and acceptable cadence. The intensity of the exercise should allow you to reach the target heart rate range. Refer to the left image, find your age group on the x-coordinate, and then up to find your target heart rate range.

The target heart rate is suggested to last for at least 12mins to reach the exercise goal. It's suggested to +/- exercise according to the condition of your body. It's suggested to increase the intensity step by step.



3. CALM DOWN STAGE

After exercise, repeating the stretching like we do in warm-up stage. It can help relax your body. It's suggested to last for about 5mins. Please do the stretching according to the condition of your body. Do not force your muscle.

After the training intensity is adopted, it's suggested to train for at least 3 times a week.

4. IN SHAPE

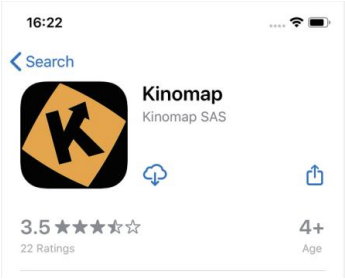
A certain training intensity is required. It means pressure on your leg's muscle. Please try your best to exercise within the intensity that your body can handle. Keep your heart rate in the target zone and do stretch after training.

5. LOSE WEIGHT

The important factors are your exercise frequency and intensity. Work harder, burn more calories. We want to improve our health by training. The difference is the training goal.

APP

(1) Search "KINOMAP" in the mobile app store to download the app.



(2) Please scan the QR code for Bluetooth connection instructions.

CE	This symbol stands for " Conformité Européene ", which means" Conformity with EU directives". With the CE-marking the manufacturer confirms that this product complies with applicable European directives and regulations.
UK CA	This symbol stands for "UK Conformity Assessed", which means" Conformity with British Standards11" . With the UKCA-marking the manufacturer confirms that this product complies with applicable British Standards.

Notes On Disposal

Packaging materials are raw materials and can be recycled. Separate the packaging materials correctly and dispose of them properly in the interest of the environment.
Your local administration can provide additional information.

The Spanish packaging law aims to ensure that the amount of packaging is reduced and as much packaging as possible is recycled.Your local administration can provide additional information.

Used devices do not belong in household waste!
Dispose of used devices properly! Doing so helps fulfill our responsibility to protect the environment.Your local administration can provide information on collection points and opening hours.

Batteries do not belong in household waste!
As the end user, you are legally required to return discharged batteries to a collection point. You can take your old batteries to the public collection points in your community, or you can take them to any place where batteries of that type are being sold.

EU REP

Name: Global One Solution Ltd

Address: 6 rue d'Armaillé 75017 Paris, France

E-Mail: Gos.business@hotmail.com

UK REP

Name: Global Star Uk Solution Ltd

Address: 7 Copperfeld Road Coventry, West Idlands, England United Kingdom Cv2 4ag

E-Mail: Gstaruk.service@hotmail.com

Note: This email is not the after-sales email.

FCC WARNING STATEMENT

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

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.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

ISED CANADA STATEMENT:

This device complies with Part 15 of FCC Rules and contains license-exempt transmitter(s) that comply with innovation, Science and Economic Development Canada's licence-exempt RSS Standar(s)]. Operation is subject to the following two conditions:
(1) This device may not cause interference; and (2) This device must accept any interference received, including interference that may cause undesired operation

The digital apparatus complies with Canadian CAN ICES 3 (B)/NMB 3(B).

This device meets the exemption from the routine evaluation limits in section 6 of RSS 102 and compliance with RSS 102 RF exposure, users can obtain Canadian information on RF exposure and compliance.

This equipment installed and operated with minimum distance 10cm between the radiator & your body.

French: Cet appareil est conforme à la partie 15 des règles de la FCC et contient un émetteur exempté de licence qui répond aux normes du CNR exempté de licence d ' innovation, sciences et développement économique Canada]. Les opérations sont soumises aux deux conditions suivantes: (1) L'appareil ne peut pas causer d' interférence; Et (2) L'appareil doit accepter toute interférence reçue, y compris celles qui peuvent entraîner un fonctionnement indésirable.

Cet appareil numérique est conforme à la norme canadienne can ICES 3 (b) / NMB 3 (b).

L'appareil est conforme à l'exemption des limites d'évaluation de routine de l'article 6 du CNR 102 et à l'exposition aux radiofréquences du CNR 102, où les utilisateurs peuvent obtenir des renseignements canadiens sur l' exposition aux radiofréquences et la conformité.

La distance minimale entre le radiateur et votre corps est de 10 cm lorsque l'appareil est installé et utilisé.