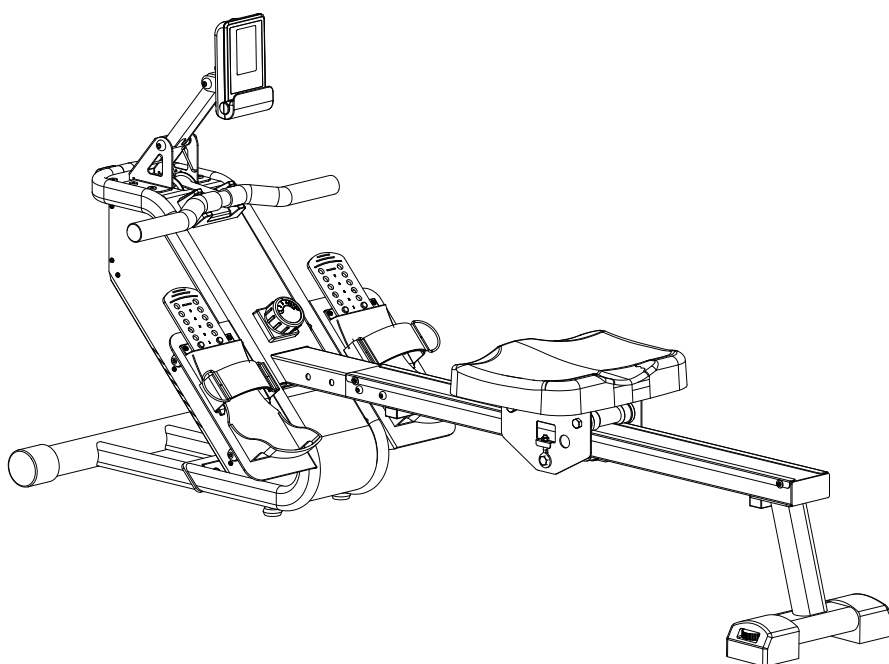




User Manuals

Rowing Machine - PW36

EN · DE · FR · IT · ES · NL



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@pasyoufit.com

EN

Hey!

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



Email:
support@pasyoufit.com

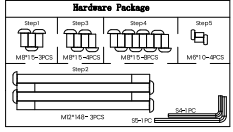


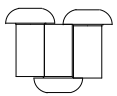
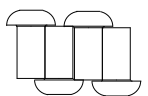
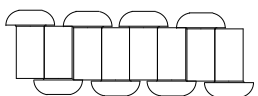
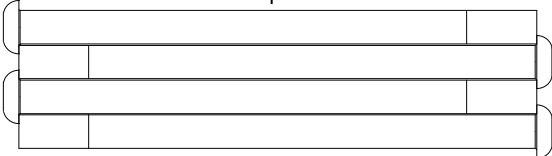
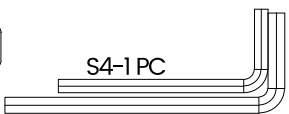
PLEASE KEEP THIS MANUAL FOR FUTURE REFERENCE.

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.

When you open the box, you can take out the following parts inside the box

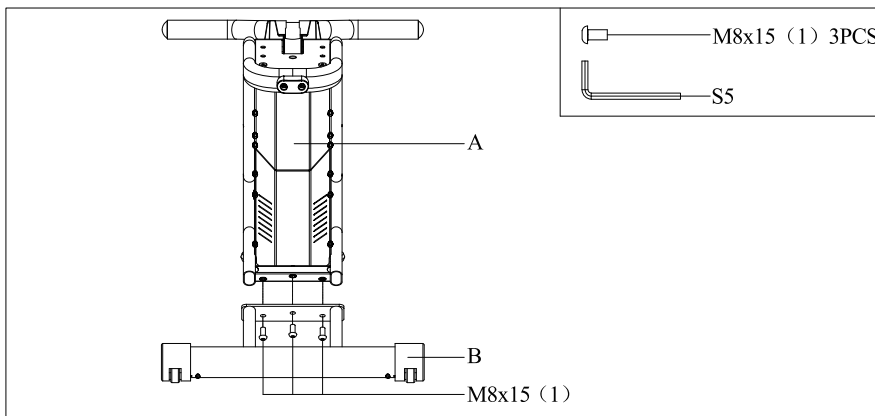
Installation parts list						
NO.	Name	Qty.		NO.	Name	Qty.
A	Main Frame	1PC		B	Front Foot Tube	1PC
C	Left Pedal	1PC		D	Right Pedal	1PC
E	Track	1PC		F	Rear Foot Tube	1PC
G	Seat	1PC		H	Monitor	1PC
I	Cushion	1PC		J	Instruction Manual	1PC
K	Buffer Pad	2PCS				

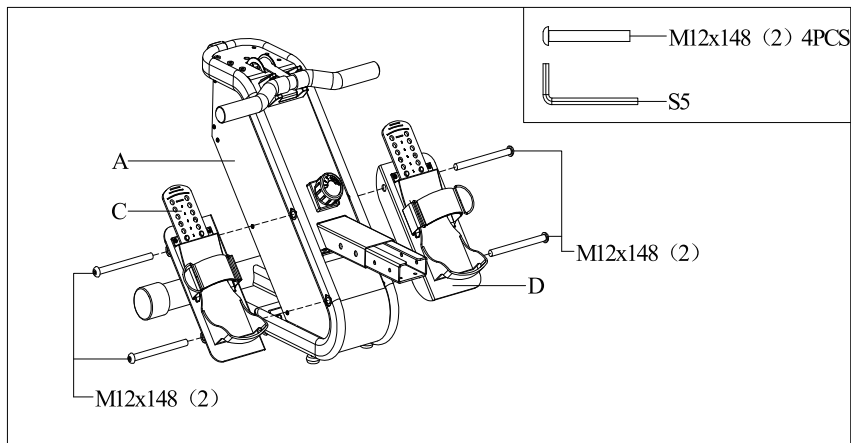
Hardware Package			
 M8*15-3PCS	 M8*15-4PCS	 M8*15-8PCS	 M6*10-4PCS
 M12*148-3PCS			
 S4-1 PC S5-1 PC			

STEP 1

1) Secure the front foot tube (B) to the main frame (A) with an Allen hex socket cap screw M8*15 (1);

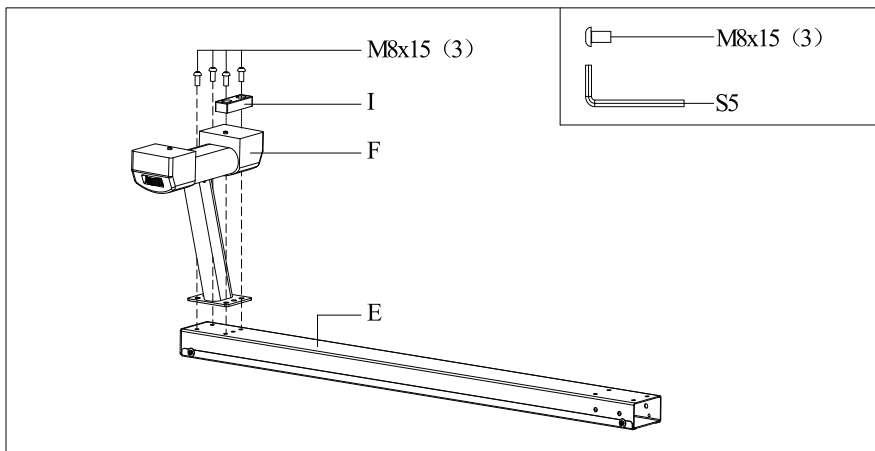
**STEP 2**

1) Use hex socket cap screws M12*148 (2) to mount the left pedal (C) and right pedal (D) onto the main frame (A), and tighten the screws;

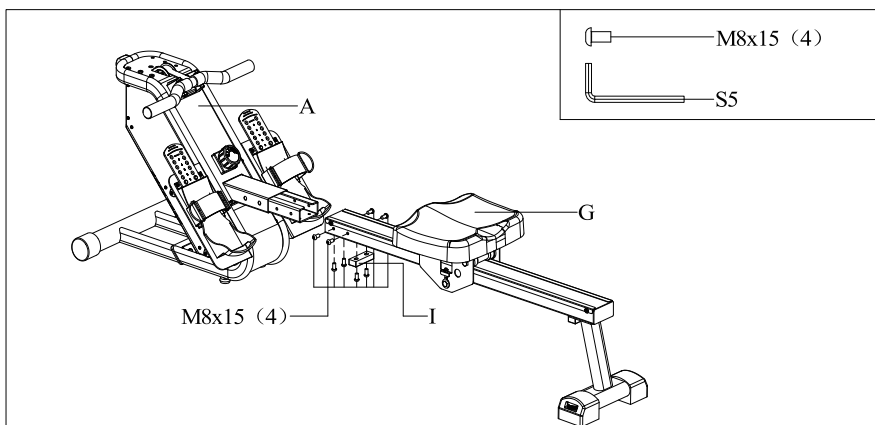


STEP 3

1) Secure the rear foot tube (F) to the track (E) with three M8*15 hex socket cap screws (3), and then fasten the Cushion (I) onto the track (E);

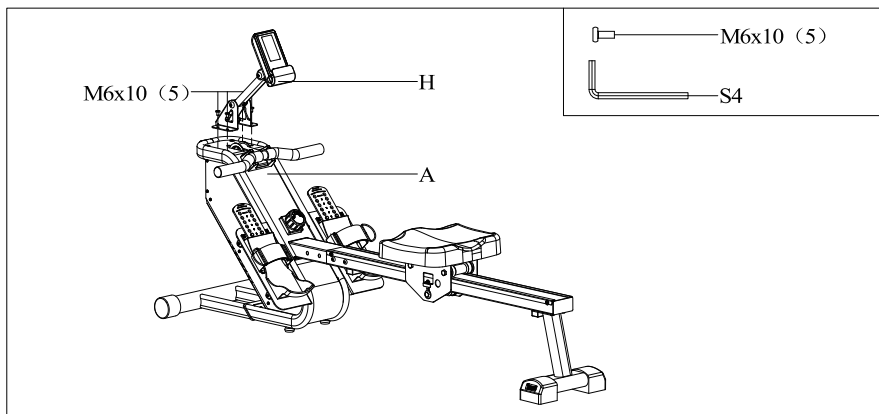
**STEP 4**

1) Mount the seat (G) onto the track (E);
2) Secure the track (E) to the main frame (A) with four M8*15 hex socket cap screws (4);

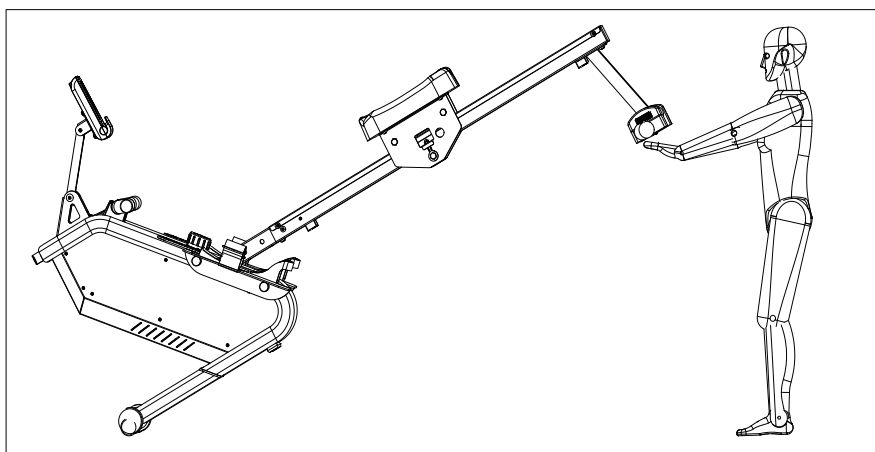
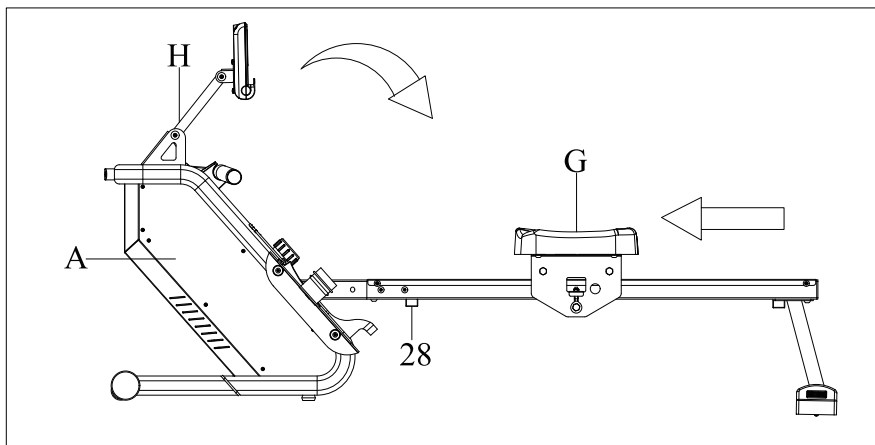


STEP 5

- 1) Attach the Monitor (H) to the main frame (A) using five M6*10 flat head hex screws (5) and tighten the screws;
- 2) Connect the sensor wire and the middle section wire to complete the installation;



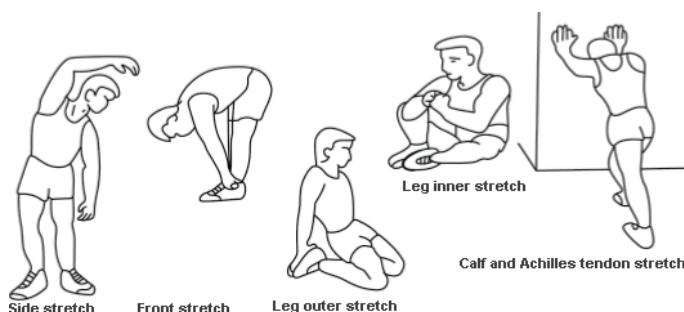
- 1) To move the product, rotate the Monitor (H) to fold it close to the main frame (A), then slide the seat (G) forward to the square buffer pad (28);
- 2) Lift the end of the guide rail to move the product to the desired location.



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

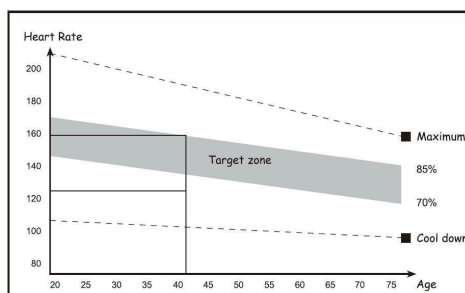
Warm-up can help reduce the risk of cramps or muscle damage. Stretching exercise is recommended as shown below. Each stretch should be about 30 seconds. Please proceed stretching according to your body condition. —If you feel painful, please stop.



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 $\pm$ 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.

BUTTONS

BUTTON	DETAIL
MODE	Press this button to toggle the display of TIME/ DIST/ CAL/STROKES/ PULSE/ TIME (500m) /ODO/ TOTAL STROKES/ SPM.
SET	Switch to select the "MODE" button to the corresponding flashing window. Press this button to increase the setting values of TIME, DIST, CAL, etc.
RESET	In setting status, press this button to reset the value in relevant flashing window for TIME, DIST and CAL. In display status, hold this button for 3 seconds to reset all value to zero.

FUNCTIONS

FUNCTION	DETAIL
TIME	Measure the cumulative time of the movement: measure the time from the start to the stop of the movement. Range: 0:00-99:59 minutes. Exercise time can be set in advance, when it approaches the preset time, the monitor will alarm a few seconds. The maximum preset time is 99 minutes.
DISTANCE (DIST)	Display the total distance from exercise start to the end. Range: 0.0 ~ 9999. Exercise distance can be set in advance, when it approaches the preset distance, the monitor will alarm a few seconds. The maximum preset distance is 9999 KM.
CALORIES (CAL)	Display the total calories consumed from exercise start to the end. Range: 0.0 ~ 9999 KCAL. The value of calories can be set in advance, when it approaches the preset calorie, the monitor will alarm a few seconds. The maximum preset calories is 9999 KCAL.
STROKES	Display instantaneous strokes. Range: 0~9999 strokes.
PULSE	Display the heart rate value (please prepare and wear the heartbeat chest strap before measuring the heart rate, the measurement value cannot be used as a medical basis).
TIME/500m	Display the time required for the user to exercise 500 meters. Range: 0:00 ~ 99:59 minutes.
TOTAL DISTANCE(ODO)	Display the total distance after installing the batteries.
TOTAL STROKES	Display the total strokes after installing the batteries.
SPM (strokes/ minute)	Display current repetition per minute(SPM) during exercise. It reflects the stroke frequency. Range: 0~1500 rate/minute.

 NOTE

1. Without any signals of exercise or operation for 4 minutes, the power will turn off automatically.
2. When start training or pressing, the monitor will restart and back to work.
3. If the monitor dims or no data displayed, please replace the battery.

OPERATION

Press MODE to choose the display window that needs to be present, and the value in relevant window will flash. Then press SET to increase the value to reach your desired time, distance or calories. Press and hold SET to rapidly increase the value. Press RESET to reset the value in the associated flashing window.

BATTERY REPLACE

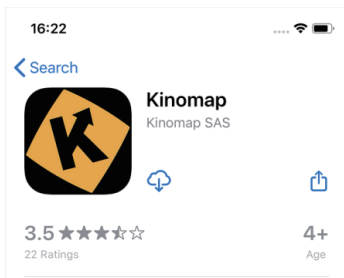
When the monitor becomes dim or illegible, remove the batteries and replace with SIZE 2* AAA UM4 R03.

Heart rate belt instructions

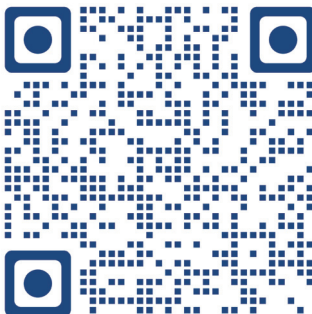
1. If you need to check heart rate while exercising, please wear the heart rate belt before start rowing.
2. Both the heart rate belt and the monitor have built-in Bluetooth.
3. Please wear the heart rate belt directly against the skin, turn on the monitor, and then start your rowing, the heart rate value will be transmitted to the monitor via Bluetooth.

APP

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



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





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.



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: Bright star consulting e.K.

Address: Humboldtstr.5, 31812 Bad Pyrmont Germany

E-Mail: utaundnico@hotmail.com

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.

RF Exposure Statement

To maintain compliance with FCC's RF Exposure guidelines, This equipment should be installed and operated with minimum distance of 20cm the radiator your body. This device and its antenna(s) must not be co-located or operation in conjunction with any other antenna or transmitter.

ISED CANADA STATEMENT:

This device contains licence-exempt transmitter(s)/receiver(s)/ that comply with Innovation Science and Economic Development Canada's licence-exempt RSS(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.

Radiation Exposure: This equipment complies with Canada radiation exposure limits set forth for an uncontrolled environment; To maintain compliance with IC's RF Exposure guidelines, This equipment should be installed and operated with minimum distance of 20cm the radiator your body. This device and its antenna(s) must not be co-located or operation in conjunction with any other antenna or transmitter.

Déclaration de l'ISED Canada :

Cet appareil contient des tasmitte (s) / récepteur (s) sans licence / conformes à l'innovationRSS exemptes de licence de Sciences et Développement économique Canada. L'opération est sous réserve des deux conditions suivantes :

- 1) cet appareil ne peut pas causer d'interférences et
- 2) cet dispositif doit accepter toute interférence, y compris peut provoquer le fonctionnement indésirable de l'appareil.

Exposition aux rayonnements : Cet équipement est conforme aux radiations du Canada limites d'exposition pour un environnement incontrôlé noncé d'exposition RF Pour maintenir le respect des guides d'exposition RF d'IC, cquipment doit être installé et actionné avec une distance minimale de 20cm le radiateur de votre corps. Cet appareil et ses antennes ne doivent pas être co-localisé ou en opération en conjonction avec toute autre antenne ou émetteur.