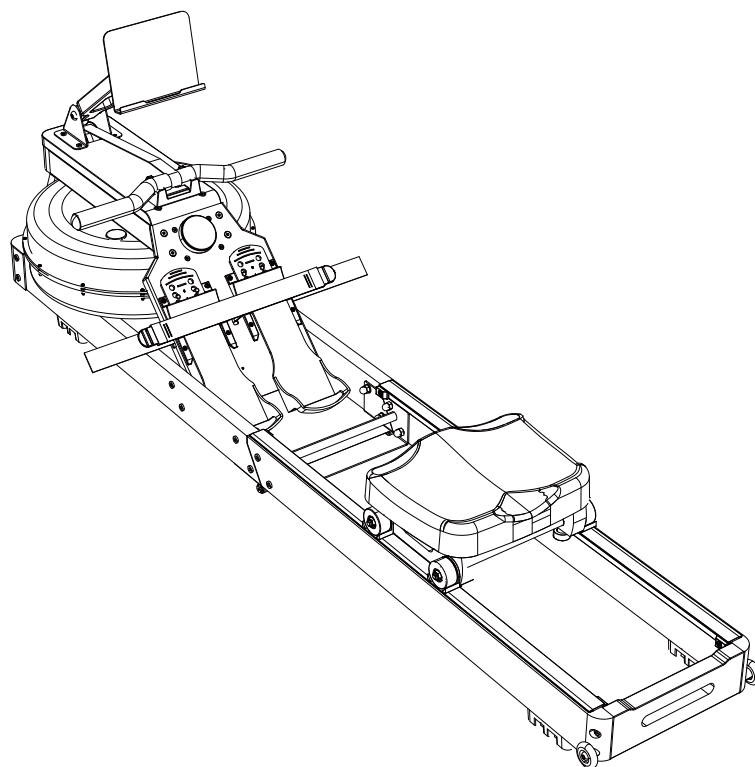


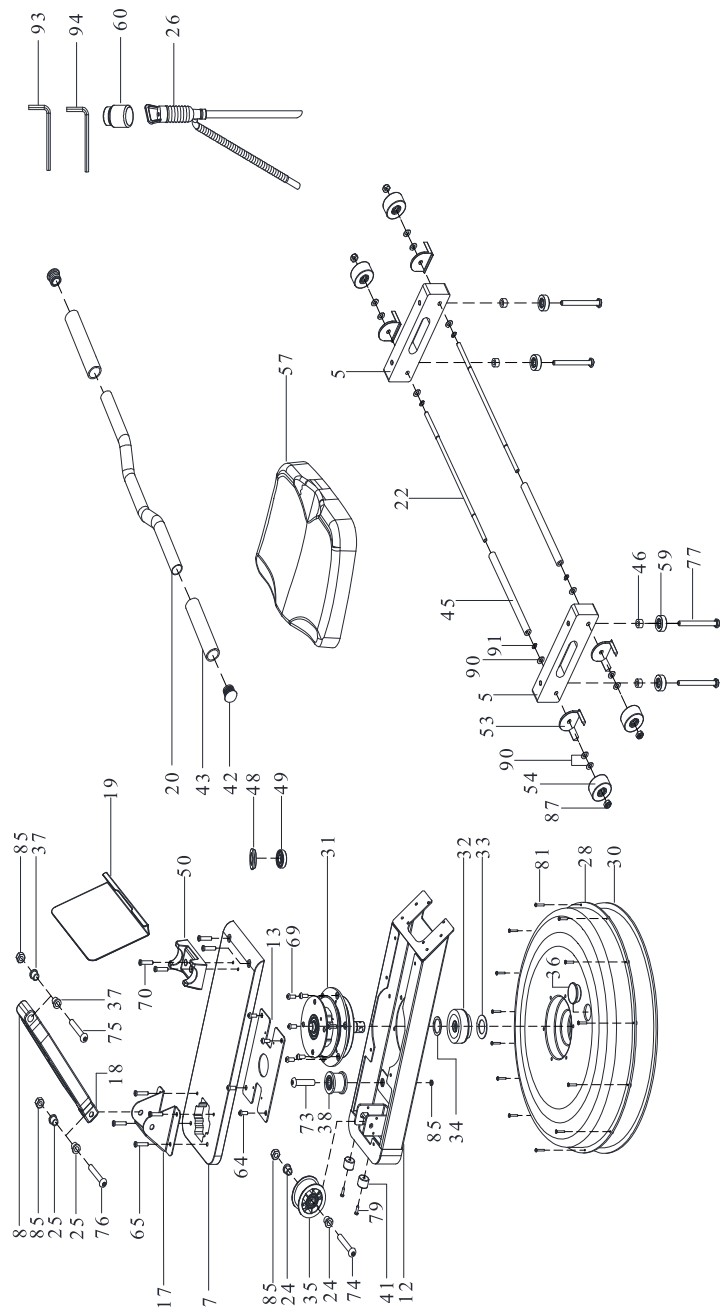


User Manual



PASYOU-PW60

ROWING MACHINE



NO.	NAME	NAME	NOM	SPEC.	QTY.
1	Front Rail	Vorderer Schienen	Rail avant	868*80*27	2
2	Rear Left Rail	Hinterer linker Schienen	Rail gauche arrière	926*80*27	1
3	Rear Right Rail	Hinterer rechter Schienen	Rail droit arrière	926*80*27	1
4	Rail Connecting Plate	Schienenverbindungsplatte	Plateau de connexion de rail	231.7*60*27	1
5	Seat Cushion Fixing Plate	Sitzpolster-Festplatte	Plate de fixation de coussin de siège	260*55*27	2
6	Front Baffle	Vordere Platte	Baffle avant	420*152*20	1
7	Top Connecting Plate	Oben Verbindungsplatte	Plateau de connexion supérieur	420*152*20	1
8	Electronic Display Bracket	Elektronische Anzeige-Halterung	Support de cadran électronique	319*80*27	1
9	Front Left Connecting Assembly	Vordere linker Verbindungs-Gesamtheit	Assemblage de connexion gauche avant	-	1
10	Front Right Connecting Assembly	Vordere rechter Verbindungs-Gesamtheit	Assemblage de connexion droit avant	-	1
11	Rear Connection Plate Assembly	Hinteres Verbindungsblech-Gehäuse	Assemblage du plateau de connexion arrière	-	1
12	Water Tank Fixing Seat Assembly	Wassertank-Festsitz-Gehäuse	Ensemble de siège de fixation du réservoir d'eau	-	1
13	Fixing Plate	Festplatte	Plate de fixation	-	1
14	L-shaped Connecting Plate	L-förmige Verbindungsplatte	Plateau de connexion en forme de L	-	1
15	Front Arc Plate Assembly	Vordere Bogenplatten-Gehäuse	Assemblage de plaque en arc avant	-	1
16	Pedal Assembly	Pedal-Gehäuse	Assemblage de pédale	-	1
17	Electronic Display Connector	Elektronische Anzeige-Stecker	Connecteur de cadran électronique	-	1
18	Electronic Display Reinforcement Pipe	Verstärkungsrohr für Elektronische Anzeige	Tuyau de renforcement du cadran électronique	30*30*20*51.5	1
19	iPad and Mobile Phone Holder Assembly	iPad- und Handy-Halterungs-Gehäuse	Assemblage de support pour iPad et téléphone mobile	-	1
20	Handle	Griff	Poignée	ø25*1.5*425	1
21	Long Transfer Shaft	Langer Drehwelle	Axe de transmission long	ø10*305	1
22	Seat Cushion Roller Shaft	Sitzpolster-Rollenwelle	Axe de roue de coussin de siège	ø8*320	2
23	Fixing Pin	Festnagel	Goupille de fixation	ø10*40	1
24	Beveled Powder-Coated Bushing	Gewinkelte pulverbeschichtete Welle	Bougie en poudre avec surface inclinée	ø16*ø10.1*3	2
25	Steel Bushing	Stahl-Welle	Bougie en acier	ø14*ø12*11.5	2
26	Water Pump	Wasserpumpe	Pompe à eau	-	1
27	Water Tank Lower Cover	Unterer Deckel des Wassertanks	Couvercle inférieur du réservoir d'eau	ø445*69.5	1
28	Water Tank Upper Cover	Oberer Deckel des Wassertanks	Couvercle supérieur du réservoir d'eau	ø445*69.5	1
29	One-Piece Blade	Einteiliger Schaufel	Pale monobloc	386*108*80	1
30	Water Tank Seal Ring	Dichtung des Wassertanks	Joint de réservoir d'eau	ø430*7	1
31	Rotary Assembly	Drehbarer Satz	Assemblage tournant	-	1
32	Sealing Ring Fixing Seat Assembly	Dichtring-Festsitz-Gehäuse	Ensemble de fixation d'anneau de joint	-	1
33	Rubber Gasket	Gummifeder	Joint en caoutchouc	ø42*ø25*62	1
34	Rubber Sealing Pad	Gummige Dichtung	Pad de joint en caoutchouc	ø60*ø45*62	1
35	Plastic Large Pulley Assembly	Plastik Großes Riemensatz	Assemblage de grand poulie en plastique	-	1
36	Water Tank Plug	Wassertank-Verschluss	Bouchon de réservoir d'eau	ø31.3*10.4	1
37	Plastic Bushing	Plastik-Bügel	Bougie en plastique	ø18*ø10.2*13	8
38	Small Woven Belt Pulley Assembly	Kleines Gewebegetriebensatz	Assemblage de petite poulie à courroie tressée	-	1
39	Pedal Baseboard	Pedal Grundplatte	Plaque de base de pédale	132*106*18	2
40	Adjustable Pedal	Einstellbares Pedal	Pédale réglable	343*106*56	2
41	Column Foot Pad	Säulenfußpolster	Support de Pied de Poteau	ø20*15	2
42	Semi-Spherical Plug	Halbkugelschraube	Bouchon Semi-Sphérique	25*1.5	2
43	Handlebar Grip Cover	Lenkergriff-Umschlag	Couvre-Poignées de Barre d'Appui	ø30*ø23*212	2
44	PVC Sleeve	PVC-Hülse	Tuyau en PVC	ø15*ø8.2*4.5	4
45	PVC Sleeve	PVC-Hülse	Tuyau en PVC	ø15*ø8.2*195	2
46	PVC Sleeve	PVC-Hülse	Tuyau en PVC	ø15*ø8.2*10	4
47	PVC Sleeve	PVC-Hülse	Tuyau en PVC	ø15*ø8.2*16	2

NO.	NAME	NAME	NOM	SPEC.	QTY.
48	Main Shaft Rubber Bushing	Hauptwelle Gummibügel	Bougie en caoutchouc de l'arbre principal	ø40 x 30"10	1
49	Bearing	Lager	Roulement	16003	1
50	Handlebar Fixing Seat	Griffenker-Festsitz	Siège de fixation de poignée	96"54"40	1
51	Seat Cushion Block	Sitzpolster-Block	Bloc de coussin de siège	25"15"10	4
52	Small Roller	Kleiner Rollen	Petit rouleau		4
53	Roller Positioning Seat	Rollen-Positionssitz	Siège de positionnement de rouleau	46"43,5"32,4	4
54	Seat Cushion Roller Assembly	Sitzpolster-Rollergruppe	Assemblage de rouleaux de coussin de siège		4
55	Foot Pad	Fußpolster	Support de pied	100"25"25	4
56	Edge Strip	Kante Strip	Bâton de bord	30"17,5"895	2
57	Seat Cushion	Sitzpolster	Coussin de siège	320"260"52	1
58	Ankle Strap	Fersen-Bindegurt	Sangle d'entraînement du cheville		1
59	Seat Cushion Roller	Sitzpolster-Roller	Rouleau de coussin de siège		4
60	Water Purification Tablet	Wasseraufbereitungstabelle	Comprimé de purification d'eau		1
61	Electronic Display	Elektronische Anzeige	Afficheur électronique		1
62	Battery Box	Batteriefach	Boîte à batteries		1
63	Hex Head Cap Screw (same as Hex Flange Head Screw)	Sechskant-Flachkopfschraube	Vis à tête plate hexagonale	M6×15×S4	4
64	Hex Head Cap Screw	Sechskant-Flachkopfschraube	Vis à tête plate hexagonale	M6×10×S4	6
65	Hex Head Cap Screw	Sechskant-Flachkopfschraube	Vis à tête plate hexagonale	M6"30"×S4	6
66	Hex Head Cap Screw	Sechskant-Flachkopfschraube	Vis à tête plate hexagonale	M8×32×S5	6
67	Hex Head Cap Screw	Sechskant-Flachkopfschraube	Vis à tête plate hexagonale	M8×40×15×S5	18
68	Hex Head Cylinder Head Screw	Sechskant-Zylinderkopfschraube	Vis à tête cylindrique hexagonale	M6"16 S5	4
69	Hex Head Cap Screw	Sechskant-Flachkopfschraube	Vis à tête plate hexagonale	M6×15×S5	8
70	Hex Head Cap Screw	Sechskant-Flachkopfschraube	Vis à tête plate hexagonale	M6"20"×S5	2
71	Hex Head Cap Screw	Sechskant-Flachkopfschraube	Vis à tête plate hexagonale	M8×65×20×S5	1
72	Hex Head Cap Screw	Sechskant-Flachkopfschraube	Vis à tête plate hexagonale	M6"30"×S5	2
73	Hex Head Cap Screw	Sechskant-Flachkopfschraube	Vis à tête plate hexagonale	M10×50×15×S6	1
74	Hex Head Cap Screw	Sechskant-Flachkopfschraube	Vis à tête plate hexagonale	M10×55×S6	1
75	Hex Head Cap Screw	Sechskant-Flachkopfschraube	Vis à tête plate hexagonale	M10×60×15×S6	1
76	Hex Head Cap Screw	Sechskant-Flachkopfschraube	Vis à tête plate hexagonale	M10×65×15×S6	1
77	Hex Bolt	Sechskant-Schraube	Boulon à tête hexagonale	M8×90×20×S14	4
78	Hex Socket Countersunk Head Screw	Sechskant-Senkschraube	Vis à tête enfoncée hexagonale	M6"8" S4	4
79	Cross Recessed Pan Head Self-Tapping Screw	Kreuz-Einripp-Flachkop-Selbstschraube	Vis autoperçante à tête poinçonnée	ST4,2x16xØ7	14
80	Cross Recessed Pan Head Screw	Kreuz-Einripp-Flachkop-Schraube	Vis à tête poinçonnée creusée	M4xØxØ7	8
81	Cross Recessed Pan Head Screw with Washer	Kreuz-Einripp-Flachkop-Schraube mit Unterlegscheibe	Vis à tête poinçonnée creusée avec rondelle	M3x17xØ6	12
82	Cross Recessed Countersunk Head Screw	Kreuz-Einripp-Senkschraube	Vis à tête enfoncée creusée	M4x25xØ7	4
83	Cross Recessed Semi-Round Head Screw	Kreuz-Einripp-Halbrundkop-Schraube	Vis à tête demi-ronde creusée	M3x4xØ5	2
84	Hex Nut	Sechskant-Mutter	Ecrou hexagonal	M4	4
85	Nylon Nut	Nylon-Mutter	Ecrou en nylon	M10x1,25xH12xS17	4
86	Nylon Nut	Nylon-Mutter	Ecrou en nylon	M6×H6×S10	2
87	Nylon Nut	Nylon-Mutter	Ecrou en nylon	M8xH7,5xS13	18
88	Nylon Nut	Nylon-Mutter	Ecrou en nylon	M3×H3,8xS6	12
89	Cap Nut	Deckel-Mutter	Couvre-nut	M8×H16×S13	8
90	Flat Washers	Flach-Unterschleifringe	Ecoups plates	d8×Ø16×1,5	24
91	Split Pin	Aufsplittler-Scheibe	Cle à molette	D7×0,9	4
92	Flat Washers	Flach-Unterschleifringe	Ecoups plates	d6×Ø16×1	5
93	Hex Key Wrench S5	Sechskant-Schraubenschlüssel S5	Cle à molette S5	30"80"5 S5	1
94	Hex Key Wrench S4	Sechskant-Schraubenschlüssel S4	Cle à molette S4	25"60"4 S4	1

NO.	Nome	Nome	SPEC.	QTY.
1	Binario anteriore	Carri delantero	868*80*27	2
2	Binario sinistro posteriore	Carri izquierdo trasero	926*80*27	1
3	Binario destro posteriore	Carri derecho trasero	926*80*27	1
4	Plastrella di connessione del binario	Placa de conexión de carril	231.7*60*27	1
5	Plastrella di fissaggio del cuscino del sedile	Placa de fijación del cojin del asiento	260*55*27	2
6	Paraurti anteriore	Bafile frontal	420*152*20	1
7	Plastrella di connessione superiore	Placa de conexión superior	420*152*20	1
8	Supporto del display elettronico	Soporte del mostrador electrónico	319*80*27	1
9	Assemblaggio di connessione sinistro anteriore	Ensamble de conexión izquierdo frontal	-	1
10	Assemblaggio di connessione destro anteriore	Ensamble de conexión derecho frontal	-	1
11	Assemblaggio del pannello di collegamento posteriore	Ensamble de placa de conexión posterior	-	1
12	Assemblaggio del sedile di fissaggio del serbatoio d'acqua	Ensamble del asiento de fijación del tanque de agua	-	1
13	Plastrella di fissaggio	Placa de fijación	-	1
14	Plastrella di connessione a L	Placa de conexión en L	-	1
15	Assemblaggio della lastra curva anteriore	Ensamble de placa arco frontal	-	1
16	Assemblaggio di pedali	Ensamble de pedales	-	1
17	Connettore del display elettronico	Conector del mostrador electrónico	-	1
18	Tubo di rinforzo del display elettronico	Tubo refuerzo del mostrador electrónico	30*30*20*61.5	1
19	Assemblaggio di porta iPad e cellulare	Ensamble del soporte móvil de iPad y teléfono	-	1
20	Manico	Mango	Q25*1.5*425	1
21	Asse di trasmissione lungo	Eje de transmisión largo	Q10*305	1
22	Asse del rullo del cuscino del sedile	Eje de rodillo del cojin del asiento	Q8*320	2
23	Spingo di fissaggio	Perno de fijación	Q10*40	1
24	Cuscinetto a powder con becco	Bush de polvo con inclinación	Q16*Q10.1*3	2
25	Cuscinetto in acciaio	Bush de acero	Q14*Q12*11.5	2
26	Pompa dell'acqua	Bomba de agua	-	1
27	Coperchio inferiore del serbatoio	Tapa inferior del tanque de agua	Q445*69.5	1
28	Coperchio superiore del serbatoio	Tapa superior del tanque de agua	Q445*69.5	1
29	Pala monoblocca	Paleta monobloco	366*108*80	1
30	Anello di sigillatura del serbatoio	Anillo sellante del tanque de agua	Q430*7	1
31	Assemblaggio rotante	Ensamble rotativo	-	1
32	Assemblaggio sedile del circolo di sigillatura	Ensamble asiento del anillo de sello	-	1
33	Gomito in gomma	Juego de empaque en caucho	Q42*Q25*62	1
34	Pannello di sigillatura in gomma	Placa de sellado en caucho	Q60*Q45*62	1
35	Assemblaggio grande pulley in plastica	Ensamble de polea grande de plástico	-	1
36	Tappo del serbatoio d'acqua	Tapón del tanque de agua	Q31.3*10.4	1
37	Cuscinetto in plastica	Bushing de plástico	Q18*Q10.2*13	8
38	Assemblaggio piccola pulley a nido	Ensamble de polea pequeña de cinta tejida	-	1
39	Pannello base della pedaliera	Tablero base de pedal	132*106*18	2
40	Pedale regolabile	Pedal ajustable	343*106*56	2
41	Piede di colonna	Pie de Columna	Q20*15	2
42	Tappo a Sfera Semi-Sferica	Tapón Semi-Esférico	25*1.5	2
43	Copertura per Manicli	Forro para Manillar	Q30*Q23*212	2
44	Guaina in PVC	Tubo de PVC	Q15*Q8.2*4.5	4
45	Guaina in PVC	Tubo de PVC	Q15*Q8.2*195	2
46	Guaina in PVC	Tubo de PVC	Q15*Q8.2*10	4
47	Guaina in PVC	Tubo de PVC	Q15*Q8.2*16	2

NO.	Nome	Nombre	SPEC.	QTY.
48	Cuscinetto in gomma dell'albero principale	Soporte de goma del eje principal	ø40*ø30*10	1
49	Cuscinetto	Rodamiento	16003	1
50	Sedile di fissaggio del manico	Asiento de fijación del mango	96*54*40	1
51	Blocco del cuscino del sedile	Bloque de cojin del asiento	25*15*10	4
52	Piccolo rullo	Pequeño rodillo	46*43,5*32,4	4
53	Sedile di posizionamento del rullo	Asiento de posicionamiento del rodillo		4
54	Assemblaggio del rullo del cuscino del sedile	Ensamble de rodillos del cojin del asiento		4
55	Piede di sostegno	Pie de soporte	100*25*25	4
56	Striscia laterale	Lista de borde	30*17,5*895	2
57	Cuscino del sedile	Cojin del asiento	320*260*52	1
58	Cintura per le caviglie	Cinta de tobillo		1
59	Rullo del cuscino del sedile	Rodillo del cojin del asiento		4
60	Compresso di purificazione dell'acqua	Comprímido de purificación de agua		1
61	Display elettronico	Mostrador electrónico		1
62	Scatola delle batterie	Caja de batería		1
63	Bullone a testata piatta a sei facce	Tornillo de cabeza plana hexagonal	M6*15*S4	4
64	Bullone a testata piatta a sei facce	Tornillo de cabeza plana hexagonal	M6*10*S4	6
65	Bullone a testata piatta a sei facce	Tornillo de cabeza plana hexagonal	M6*30*S4	6
66	Bullone a testata piatta a sei facce	Tornillo de cabeza plana hexagonal	M8*32*S5	6
67	Bullone a testata piatta a sei facce	Tornillo de cabeza plana hexagonal	M8*40*15*S5	18
68	Bullone a testata cilindrica a sei facce	Tornillo de cabeza cilíndrica hexagonal	M6*16 S5	4
69	Bullone a testata cilindrica a sei facce	Tornillo de cabeza plana hexagonal	M6*15*S5	8
70	Bullone a testata cilindrica a sei facce	Tornillo de cabeza plana hexagonal	M6*20*S5	2
71	Bullone a testata cilindrica a sei facce	Tornillo de cabeza plana hexagonal	M6*30*S5	1
72	Bullone a testata cilindrica a sei facce	Tornillo de cabeza plana hexagonal	M8*65*20*S5	2
73	Bullone a testata cilindrica a sei facce	Tornillo de cabeza plana hexagonal	M10*50*15*S6	1
74	Bullone a testata cilindrica a sei facce	Tornillo de cabeza plana hexagonal	M10*55*S6	1
75	Bullone a testata cilindrica a sei facce	Tornillo de cabeza plana hexagonal	M10*60*15*S6	1
76	Bullone a testata cilindrica a sei facce	Tornillo de cabeza plana hexagonal	M10*65*15*S6	1
77	Bullone a testata a sei facce	Perno de cabeza hexagonal	M8*90*20*S14	4
78	Bullone a testata cava a sei facce	Tornillo de cabeza hundida hexagonal	M6*8*S4	4
79	Auto perforante a testata a pincele e cavo	Tornillo de autoperfor con cabeza redonda y ranurada	S14,2x16xØ7	14
80	Bullone a testata a pincele e cavo	Tornillo de cabeza redonda y ranurada	M4x6xØ7	8
81	Bullone a testata a pincele e cavo con velleita	Tornillo de cabeza redonda y ranurada con arandela	M3x17xØ6	12
82	Bullone a testata cava e cavo	Tornillo de cabeza hundida y ranurada	M4x25xØ7	4
83	Bullone a testata semicircolare e cavo	Tornillo de cabeza semironda y ranurada	M3x4xØ5	2
84	Nuto a sei facce	Tuerca hexagonal	M4	4
85	Nuto in nylon	Tuerca de nylon	M10x1,25xH12xS17	4
86	Nuto in nylon	Tuerca de nylon	M6xH6xS10	2
87	Nuto in nylon	Tuerca de nylon	M8xH7,5xS13	18
88	Nuto in nylon	Tuerca de nylon	M3xH3,8xS6	12
89	Coperchio a Nut	Tuerca de tapado	M8xH16xS13	8
90	Vite a piatto	Soportes planos	d8xØ16x1,5	24
91	Moletta	Tornillo de retención	D7xØ0,9	4
92	Vite a piatto	Soportes planos	d6xØ16x1	5
93	Chiave a stella S5	Llave hexagonal S5	30*80*5 S5	1
94	Chiave a stella S4	Llave hexagonal S4	25*60*4 S4	1

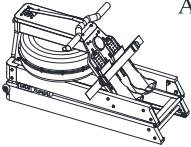
IMPORTANT PRECAUTIONS

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.

PACKAGING LIST

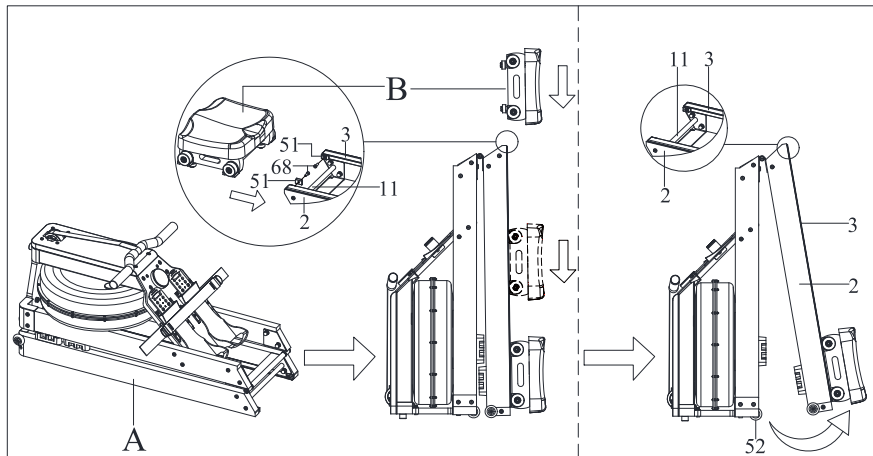
Part List						
NO.	Name	Qty.		NO.	Name	Qty.
A	Rowing Machine Body	1PC		B	Seat	1PC
C	Monitor Set	1PC		D	User Manual	1PC
E	Water Purification Tablets	1PC		F	Battery	2PCS
26	Water Pump	1PC		50	Handle Seat	1PC
93	Hex Key Wrench S5	1PC		94	Hex Key Wrench S4	1PC

 A	 B	 C	 D
 E	 F	 26	 50
 93	 94		

INSTALLATION INSTRUCTION

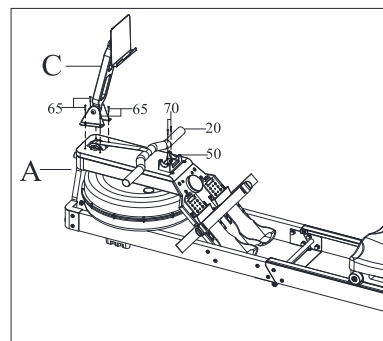
STEP 1

- 1.Remove the product from the cardboard box and stand it upright. Use a hex wrench (93) to remove the hex head cylinder screws (68) from the seat pad block (51). Slide the seat pad assembly (B) into the guide rail, hold the seat pad assembly (B) and slowly slide it to the end as shown in the diagram. Then, reinstall the removed screws and cushion pads.
- 2.With one hand, firmly grasp the tube of the rear connection plate assembly (11), and with the other hand, support on the guide rail (2) or (3). Gently push outward to prevent hand pinching. If necessary, you can gently press the roller (52) with your foot to facilitate the expansion of the product, while also being careful to prevent foot pinching.



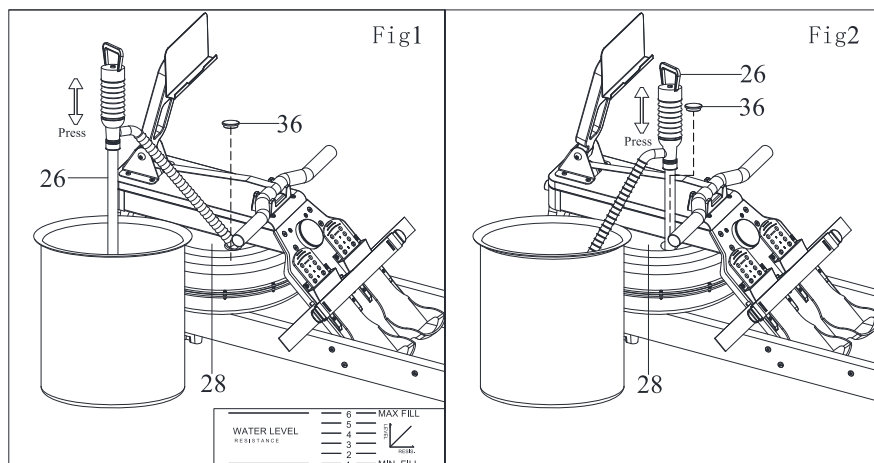
STEP 2

- 1.Use hex wrenches (94) and (93) to remove the pre-locked hex flat head screws (65) and hex socket countersunk head screws (70) respectively; then secure the electronic display bracket assembly (C) with hex wrench (94) and hex flat head screws (65) in the position indicated in the diagram on (A); secure the handle seat (50) with hex wrench (93) and hex socket countersunk head screws (70) in the position indicated in the diagram on (A).
- 2.Place the handle (20) on the handle seat (50). The installation is complete.



STEP 3

- 1.Remove the water tank plug (36) from the water tank cover (28).
- 2.Fill the water tank as indicated in diagram 1: Insert the water pump (26) into the water tank, then use the water pump (26) to transfer water from a bucket into the water tank. Use the water level marker on the side of the water tank to measure the amount of water in the tank. For pumping water as indicated in diagram 2: Place a bucket next to the machine, then use the water pump (26) to pump water from the water tank into the bucket.
- 3.Insert the water tank plug (36) into the water tank cover (28), and dry the machine and the surrounding area with a dry cloth. Diagram 2 is a schematic for pumping water. Refer to Figure 2 when you need to change the water in the water tank.

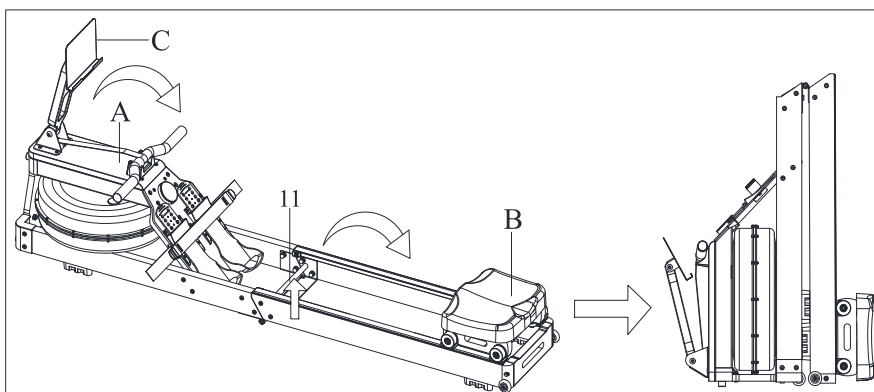


WATER TANK MAINTENANCE NOTES

- 1.Dependent 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 replace it with the spare plug provided in the package. You can also contact us to obtain a new plug.

PRODUCT FOLDING

1. When folding the product, first move the seat pad assembly (B) to the position indicated in the diagram. (To prevent the seat pad assembly from falling rapidly during the folding of the product, which could damage it.)
2. Turn the electronic display bracket assembly (C) in the direction of the arrow to make it snug against the machine (A).
3. Hold the round tube on the rear connection plate assembly (11) firmly with your hand and slowly lift it up following the direction of the arrow.

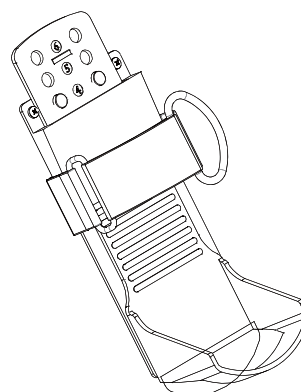


PEDAL ADJUSTMENT

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.



MONITOR INSTRUCTION

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 time 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

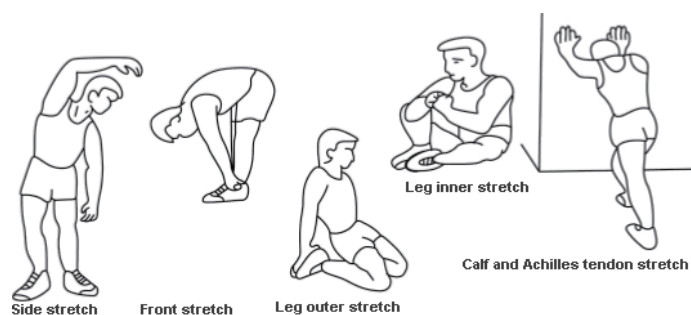
After powering on, the electronic display will enter Scan Mode. In Scan Mode, the screen automatically cycles through the data being displayed. Rotating the knob can exit Scan Mode and manually select the value to be displayed.

TRAINING INSTRUCTIONS

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

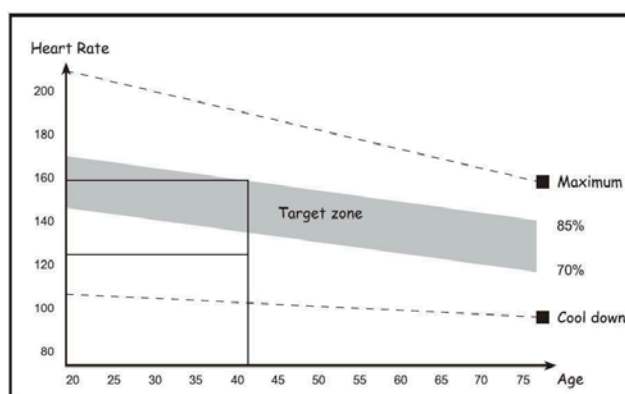
Warm-up can help reduce the risk of cramps or muscle damage. Stretching exercise is recommended as shown below. Each stretch should be about 30 seconds. Please proceed stretching according to your body condition.—If you feel painful, please stop.



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

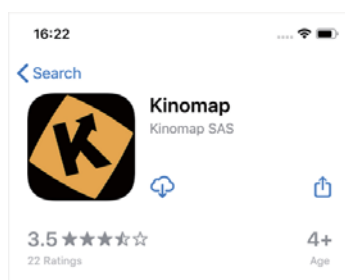
A certain training intensity is required. It means pressure on your leg's muscle. Please try your best to exercise within the intensity that your body can handle. Keep your heart rate in the target zone and do stretch after training.

5. LOSE WEIGHT

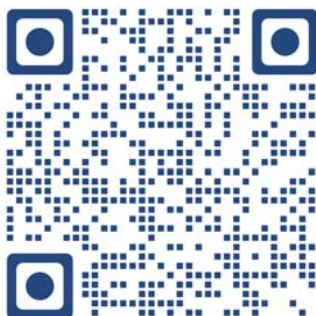
The important factors are your exercise frequency and intensity. Work harder, burn more calories. We want to improve our health by training. The difference is the training goal.

APP

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



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



WARNING

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.

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

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.

NOTE: This device and its antenna(s) must not be co-located or operation in conjunction with any other antenna or transmitter

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

IC WARNING:

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 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 émetteurs/récepteurs exemptés de licence qui sont conformes aux flux RSS exemptés de licence d'innovation sciences et développement économique Canada. Le fonctionnement est soumis aux deux conditions suivantes:

- 1) ce dispositif ne peut pas causer l'interférence et
- 2) ce dispositif doit accepter toute interférence, y compris les interférences qui peuvent causer un fonctionnement indésirable du dispositif.

Exposition au rayonnement: cet équipement est conforme au rayonnement du Canada

Les limites d'exposition établies pour un environnement non contrôlé; Maintenir la conformité aux lignes directrices sur l'exposition aux RF d'ic.

Cet appareil et sa ou ses antennes ne doivent pas être situés au même endroit ou fonctionner conjointement avec une autre antenne ou un autre émetteur.



Ningbo Shuntai Health Technology Co., Ltd.

Scan the Instagram QR Code to reach us online

Email: support@pasyoufit.com