



Rowing machine user manual

Model Number: **RW211**

The model number is helpful when you place an order enquiry.

(Please keep these instructions in a safe place)

Customer service

EU Email:

Wenoker_Customers@outlook.com

Monday-Friday

From 8:00 am to 6:30 pm

(excluding public holidays)

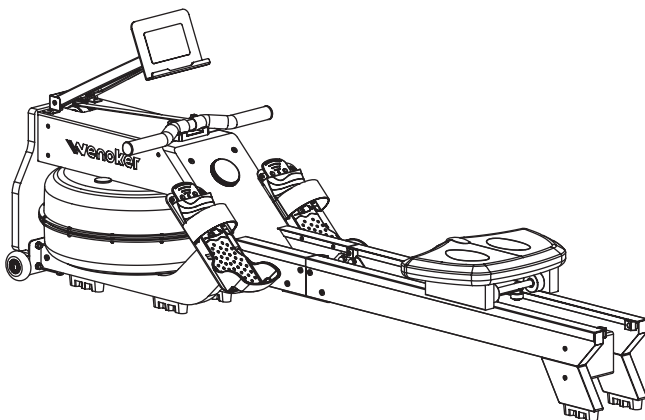
Activate guarantee

Please contact us at the e-mail address to register your product and activate the warranty.

WARNING

Before starting an exercise programme, consult your doctor.

This is especially important for people over 40 or those with existing health problems. Read all instructions before using fitness equipment.



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wenoker

Set your fitness goals

Table of Contents

Safety Instructions	2
Important Safety Notice	3
Specifications	4
Parts List	5
Assembly	7
Monitor Instruction	9
Product Movement	10
Exercise Instructions	11
Kinomap	12
Kinomap Connection Operation	13
Detailed Explanation Of Product Parts	14
Detailed List Of Product Parts	15
Contact us	17

Safety Instructions



This symbol stands for "Conformité Européene", which means "conformity with EU directives". With the CE mark, the manufacturer confirms that this product conforms to the relevant European directives and regulations.



Simplified EU Declaration of Conformity

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E-mai: onevat12332@outlook.com

Manufacturer: Xiamen Derby Healthechnogy Co.,Ltd.

Address: No.133, Tongji North Road, Tong'an District, Xiamen, China

NOTES ON DISPOSAL



Packaging materials are raw materials and can be reused. Separate the packaging into different types and dispose of it properly in the interests of the environment. You can also obtain more information from your local authority.



Used devices do not belong in household waste!

Dispose of used devices properly! Doing so helps fulfill our responsibility to protect the environment. your localadministration can provide **information on collection points and opening hours.**



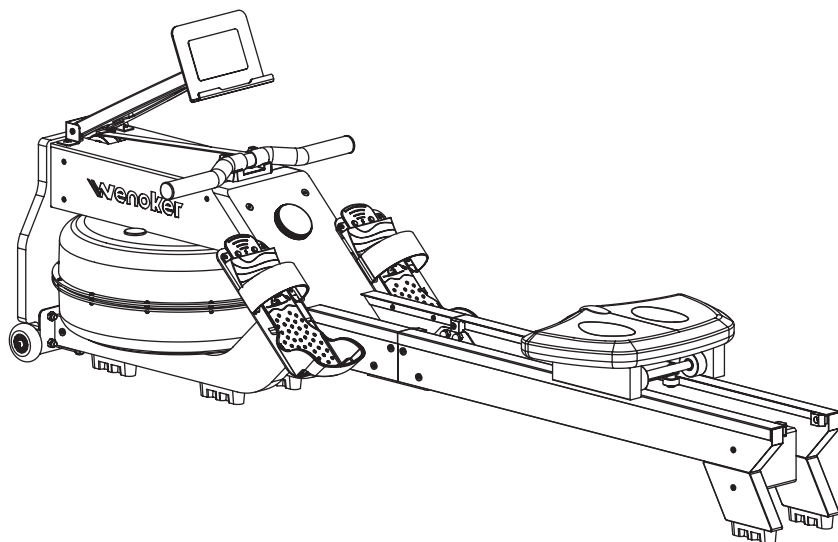
Batteries do not belong in household waste!

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.

Important Safety Notice

1. Assemble the Rower exactly as described in this manual. Do not modify it.
2. Check all the screws, nuts and other connections before each use for any signs of damage or looseness. Do not use the trainer if it is impaired in any way.
3. Ensure that the trainer is in a safe and secure indoors location on a level floor away from moisture and water.
4. Place a suitable base (e.g. mat) beneath the trainer during assembly to limit dust and dirt entering the components. Only use the supplied tools or suitable tools of your own for assembly.
5. Before beginning training remove all objects within a radius of 2 meters.
6. Wipe all sweat from the trainer with a soft absorbent cloth after training. Avoid aggressive solvents or harsh brushes when cleaning.
7. Your health can be affected by incorrect or excessive training. Consult a doctor before beginning a health program. Your doctor can define settings (heart rate, duration etc.) to which you may train yourself. This trainer is not for therapeutic purposes. It is for private home use.
8. Use only original spare parts for any necessary repairs.
9. This trainer should be used by only one person at a time.
10. Never use when under the influence of drugs, alcohol or medication that causes disorientation.
11. Wear training clothes and shoes that are suitable for fitness training. Your training shoes should be enclosed and tight fitting.
12. Do not put hands, fingers, feet, toes or any objects on or near this equipment when in use.
13. If you have a feeling of chest pain, shortness of breath, dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor immediately.
14. Disabled or handicapped persons should only use the trainer after gaining doctor's approval and in the presence of an adult who can give aid and advice.
15. This trainer is not designed for use by children. Keep pets away from trainer during use.
16. This trainer has been certified by EN957 Class HC. The maximum user's weight is 160kg/352.74lbs.

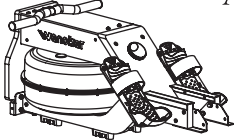
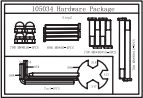
Specifications



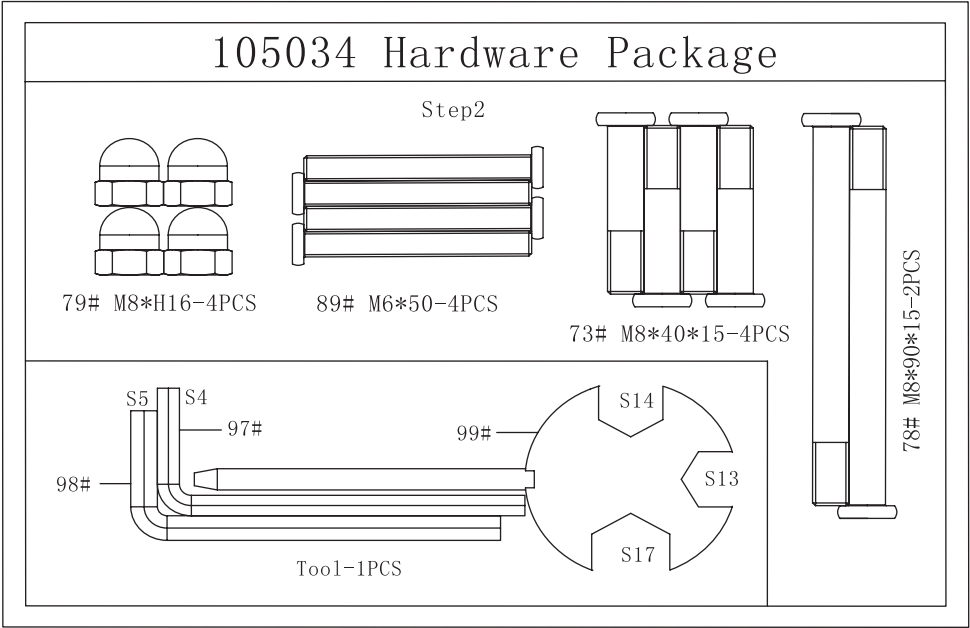
Model	RW211
Name	Wenoker Rowing machine
Power	AA Batterie x 2 (not included)
Max. load	352.74 lbs(160 kg)
Product Dimensions	1799*670*446mm
Net weight	59.52bs(27 kg)

Parts List

No	description	quantity	No	description	quantity
A	Main Frame	1 PC	B	Phone Holder Assembly	1 PC
C	Left Rear Rail Assembly	1 PC	D	Right Rear Rail Assembly	1 PC
E	Seat Assembly	1 PC	F	PU Roller Assembly	2 PC
G	User Manual	1 PC	H	Hardware Package	1 PC
53	Handlebar Holder	1 PC	95	Rail Connecting Board	1 PC
96	Water Pump	1 PC			

Accessory Tools:

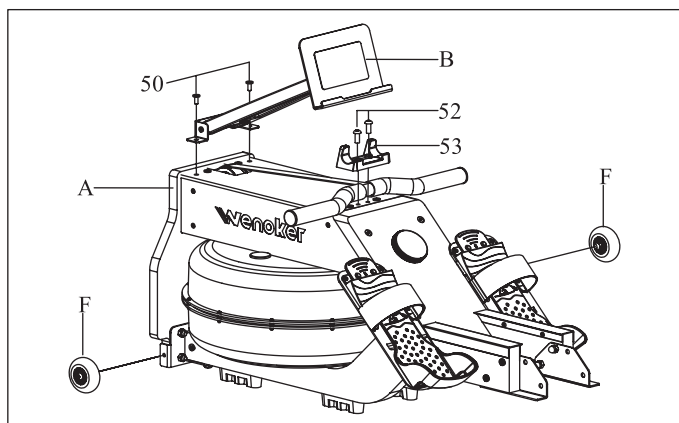


Assembly

STEP 1

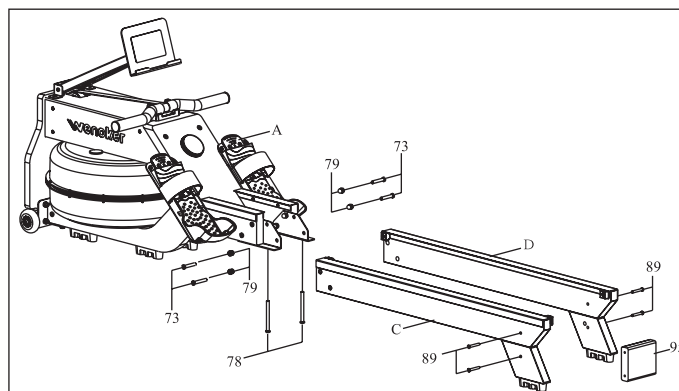
Take out the various components from the carton and lay the main Main Frame (A):

- 1) Unscrew the Hexagon Grub Screws (50) pre-installed on the Main Frame (A) with the Allen Key S4. And then assemble the Phone Holder Assembly (B) to the corresponding position on the Main Frame (A). Finally, tighten the Hexagon Grub Screws (50).
- 2) Unscrew the Hexagon Head Screws (52) pre-installed on the Main Frame (A) with the Allen Key S4. And then assemble the Handlebar Holder (53) to the corresponding position on the Main Frame(A). Finally, tighten the Hexagon Head screws (52).
- 3) Screw the PU Roller Assembly (F) with the Allen Key S5 on the Main Frame (A).



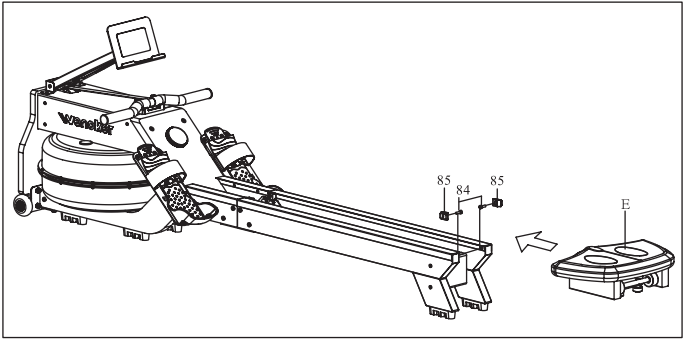
STEP 2

- 1) Install the Left Rear Rail Assembly (C) and the Right Rear Rail Assembly (D) to the corresponding positions on the Main Frame (A). And then pre-lock them to the Main Frame (A) with the Hexagon Grub Screws (73), the Hexagon Nuts (79), and the Hexagon Grub Screws (78).
- 2) Pre-lock the Rail Connecting Board (95) to the Main Frame (A) with the Hexagon Grub Screws (89).
- 3) Finally, tighten all of parts.



STEP 3

Unscrew the Hexagon Cheese Head Screws (84) and Seat Stopper (85) from the rear rail with the Allen Key S5. Slide the Seat Assembly (E) along the center of the rear rail. And reinstall the Seat Stopper and tighten the Hexagon Cheese Head Screws (84).



STEP 4

- 1) Unplug the Water Tank plug (30) from the water tank.
- 2) Fill the water tank as shown in Figure 1: Insert the Water Pump (96) into the water tank. Then fill the water tank with the Water Pump (96) and a bucket. Measure the amount of water by referring to the digital markings on the side of the tank.
- 3) Pump water as shown in Figure 2: Place a bucket next to the rowing machine and pump water from the water tank into the bucket with the Water Pump (96) .Plug the Water Tank Plug (30) into the water tank. Wipe off any water droplets on and around the machine with a dry cloth.

