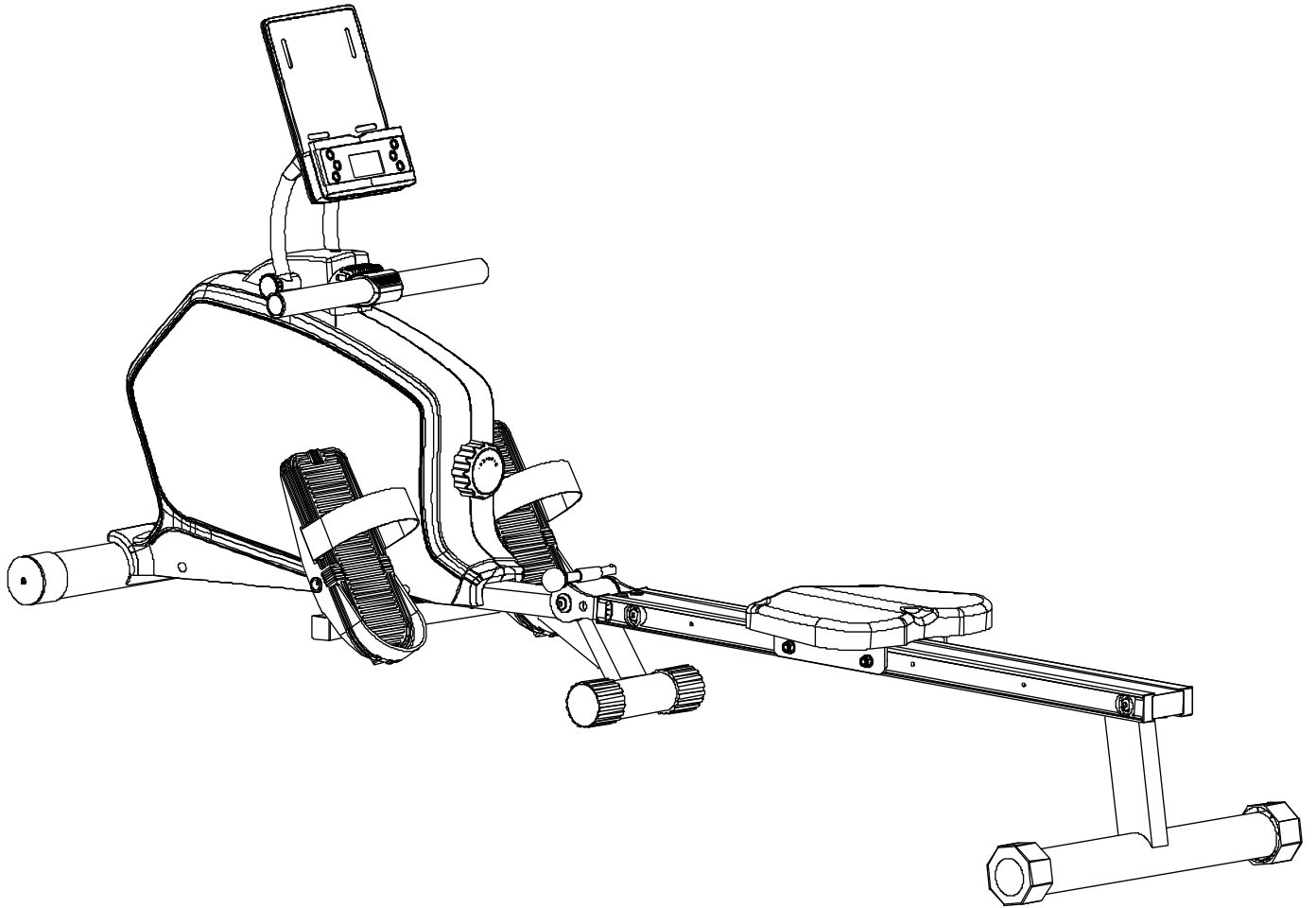


# MAGNETIC ROWER

## USER MANUAL



# TABLE OF CONTENTS

|                     |     |                         |       |
|---------------------|-----|-------------------------|-------|
| SAFETY PRECAUTIONS  | 2   | PRE-ASSEMBLY CHECK LIST | 8     |
| PARTS LIST          | 3-4 | ASSEMBLY INSTRUCTION    | 9-11  |
| EXPLODED DIAGRAM    | 5-6 | CONSOLE INSTRUCTIONS    | 12-13 |
| HARDWARE PARTS LIST | 7   | EXERCISE INSTRUCTIONS   | 14-15 |

## IMPORTANT SAFETY PRECAUTIONS

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. The max. user capacity is 110 KGS.

**WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT.**

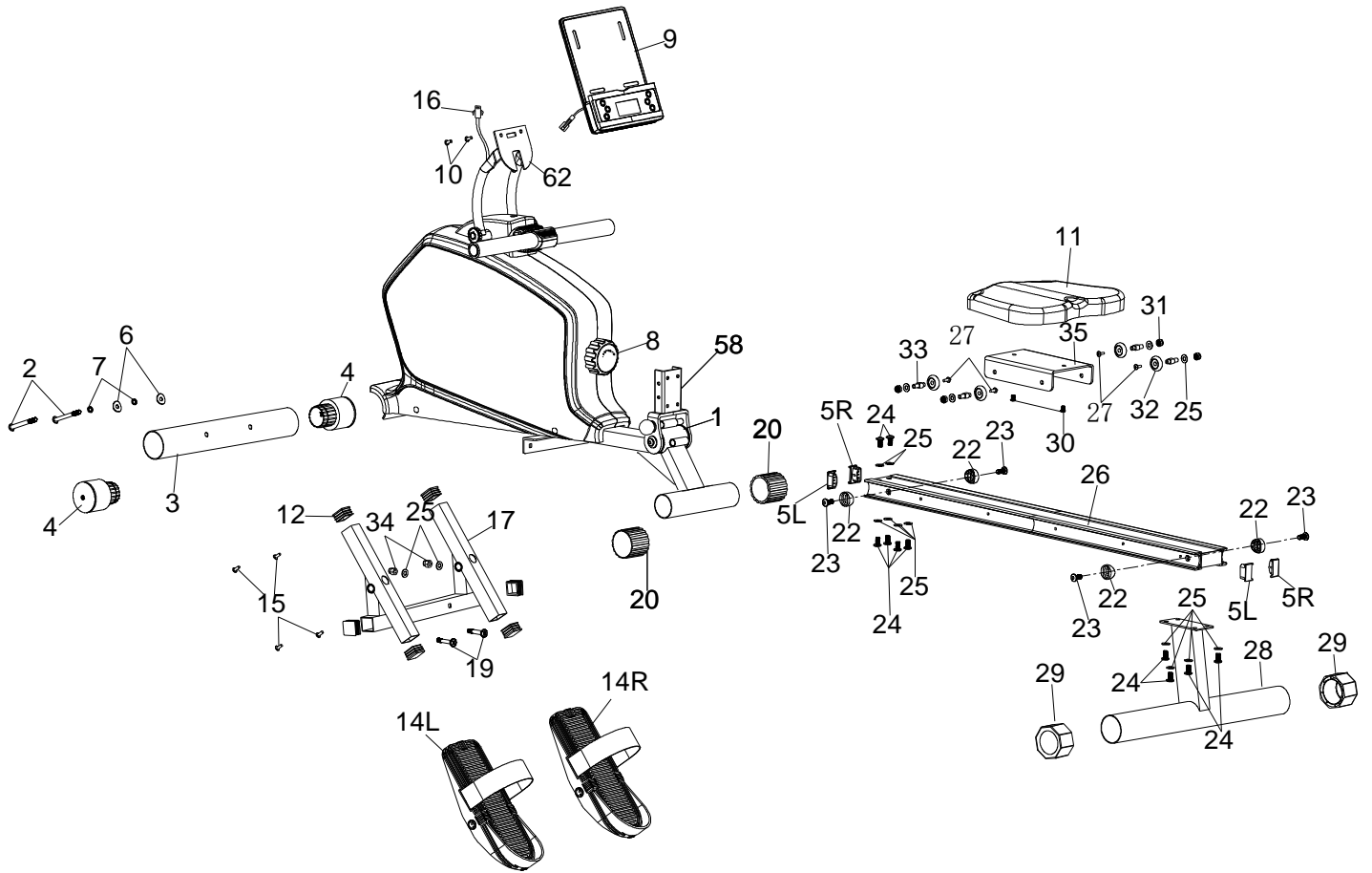
**SAVE THESE INSTRUCTIONS.**

## PARTS LIST

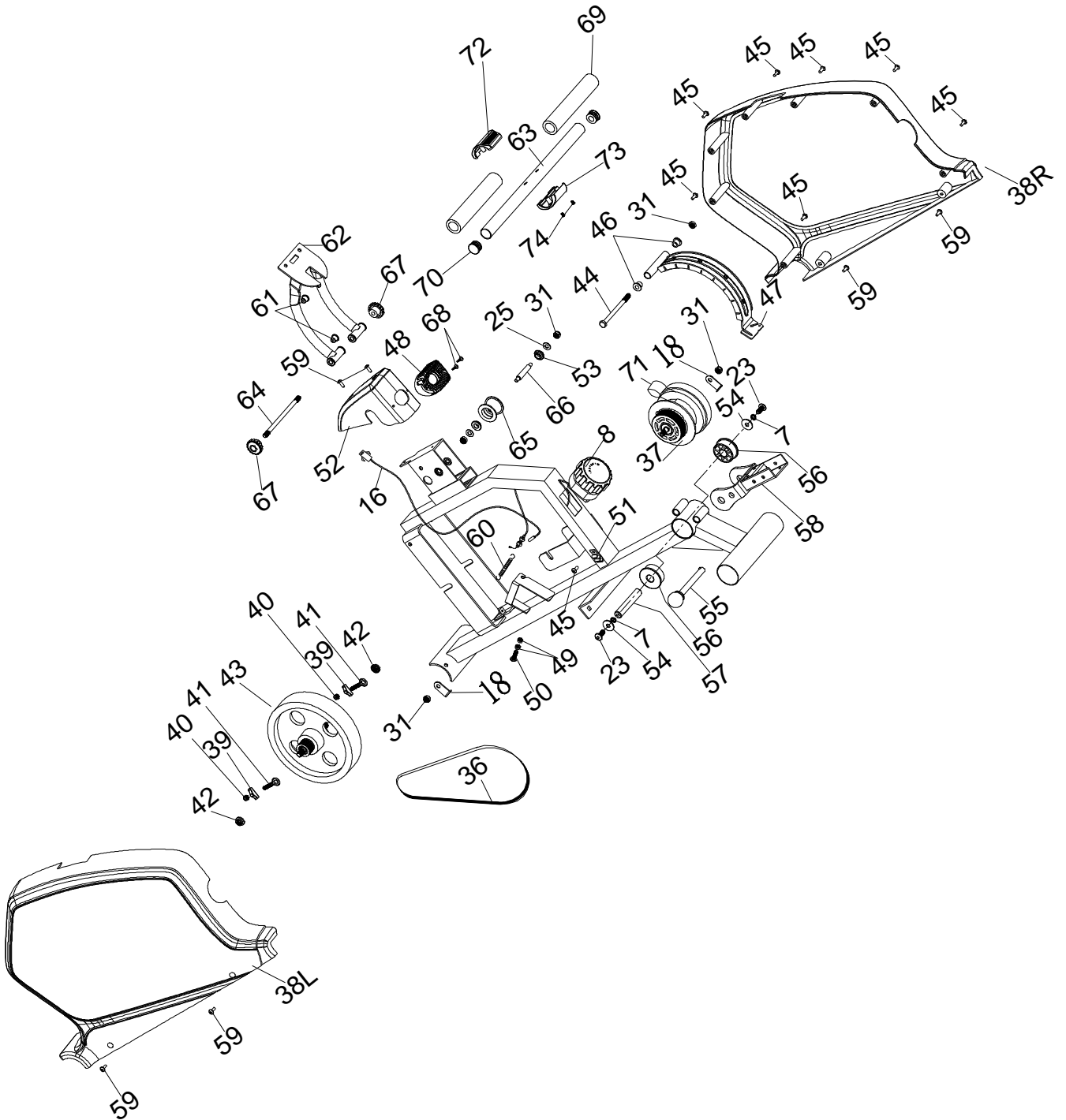
| NO. | DESCRIPTION                                      | Q'TY | NO. | DESCRIPTION                    | Q'TY |
|-----|--|------|-----|--------------------------------|------|
| 1   | Main Frame                                       | 1    | 36  | Belt                           | 1    |
| 2   | Allen bolt M8*75                                 | 2    | 37  | Pulley w/rope                  | 1    |
| 3   | Front Stabilizer                                 | 1    | 38  | Chain Cover L/R                | 1/1  |
| 4   | End Cap for Front Stabilizer                     | 2    | 39  | Adjust Assembly                | 2    |
| 5   | End cap for Slide Rail (L/R)                     | 2/2  | 40  | Nylon nut M6                   | 2    |
| 6   | Curved Washer $\Phi 8 \times \Phi 20 \times 1.5$ | 2    | 41  | Adjust bolt                    | 2    |
| 7   | Spring washer $\Phi 8$                           | 4    | 42  | France Nut                     | 2    |
| 8   | Tension Control Knob w/cable                     | 1    | 43  | Flywheel                       | 1    |
| 9   | Computer   | 1    | 44  | Hex Bolt M8*105                | 1    |
| 10  | Phillips Screw M5*10                             | 4    | 45  | Self Tapping Screw ST5*15      | 8    |
| 11  | Seat   | 1    | 46  | Small Bushing                  | 2    |
| 12  | Square End cap 30*30                             | 6    | 47  | Magnetic Assembly              | 1    |
| 13  | Self-tapping screw ST4                           | 2    | 48  | Collar                         | 1    |
| 14  | Pedal L/R  | 1/1  | 49  | Hex head nut                   | 2    |
| 15  | Self-tapping screw ST5*20                        | 4    | 50  | Hex Bolt M6*25                 | 1    |
| 16  | Computer Sensor Wire                             | 1    | 51  | Sensor bracket                 | 1    |
| 17  | Pedal Support Tube                               | 1    | 52  | Computer Support Tube Cover    | 1    |
| 18  | Limited blocker                                  | 2    | 53  | Spacer                         | 2    |
| 19  | Carriage Bolt M8*45                              | 2    | 54  | Washer $\Phi 8 \times \Phi 25$ | 2    |
| 20  | End Cap  | 2    | 55  | Lock knob                      | 1    |
| 22  | Collar   | 4    | 56  | Bushing                        | 2    |
| 23  | Allen Bolt M8*20                                 | 6    | 57  | Axle For Slide Rail            | 1    |
| 24  | Allen Bolt M8*16                                 | 10   | 58  | U Type Connect Tube            | 1    |
| 25  | Washer $\Phi 8 \times \Phi 17$                   | 18   | 59  | Self-Tapping Screw ST5*15      | 6    |
| 26  | Slide Rail                                       | 1    | 60  | Spring                         | 1    |
| 27  | Screw M5*15                                      | 4    | 61  | Grommet                        | 2    |
| 28  | Rear Stabilizer                                  | 1    | 62  | Computer Support Tube          | 1    |
| 29  | End Cap for Rear Stabilizer                      | 2    | 63  | Handlebar                      | 1    |
| 30  | Allen Bolt M6*20                                 | 2    | 64  | Axle for Computer Support Tube | 1    |
| 31  | Nylon Nut M8                                     | 9    | 65  | Idler Pulley                   | 1    |
| 32  | Wheel  | 4    | 66  | Axle for Idler                 | 1    |
| 33  | Axel of wheel                                    | 4    | 67  | Adjust knob                    | 2    |
| 34  | Domed Nut M8                                     | 2    | 68  | Self tapping screw ST4*16      | 2    |
| 35  | U type bracket                                   | 1    | 69  | Foam grip for handle bar       | 2    |

| NO. | DESCRIPTION               | Q'TY |
|-----|---------------------------|------|
| 70  | End cap $\Phi$ 25.4       | 2    |
| 71  | Rope                      | 1    |
| 72  | Upper cover for handlebar | 1    |
| 73  | Lower cover for handlebar | 1    |

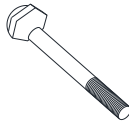
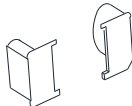








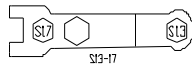
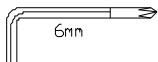
# EXPLODED DIAGRAM



# EXPLODED DIAGRAM

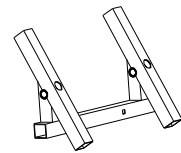
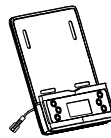
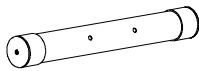
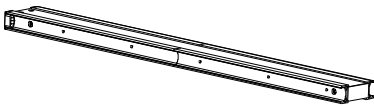
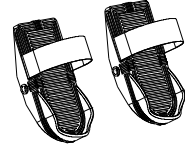
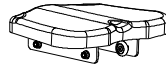
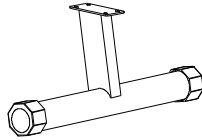
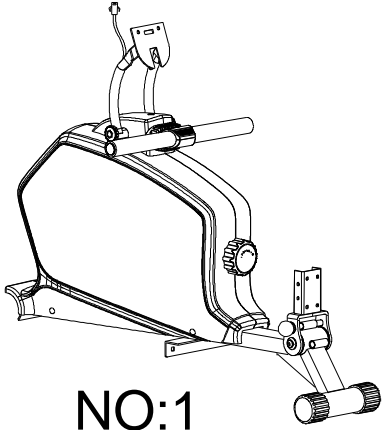


## HARDWARE PARTS LIST

| No. | Description                            | Drawing  | Q'ty |
|-----|--|--|------|
| 2   | Allen bolt M8*75                       |    | 2    |
| 5   | End cap for Slide Rail (L/R)           |    | 1/1  |
| 6   | Curved Washer $\Phi 8 * \Phi 20 * 1.5$ |    | 2    |
| 7   | Spring washer $\Phi 8$                 |    | 2    |
| 19  | Carriage Bolt M8*45                    |    | 2    |
| 22  | Collar                                 |  | 4    |
| 23  | Allen Bolt M8*20                       |  | 4    |
| 24  | Allen Bolt M8*16                       |  | 10   |
| 25  | Washer $\Phi 8 * \Phi 17$              |  | 12   |
| 34  | Domed Nut M8                           |  | 2    |
|     | Wrench                                 |  | 1    |
|     | Allen key L6                           |  | 1    |

**Above described parts are all the parts you need to assemble this machine. Before you start to assemble, please check the hardware packing to make sure they are included.**

## PRE-ASSEMBLY CHECK LIST



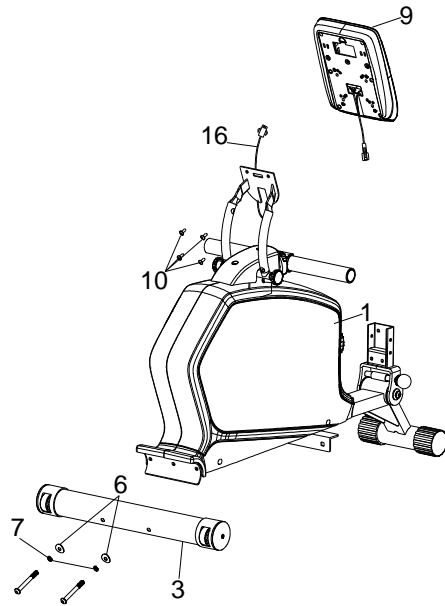
| PART NO. | DESCRIPTION        | Q'TY |
|----------|--------------------|------|
| 1        | Main frame         | 1    |
| 3        | Front Stabilizer   | 1    |
| 9        | Computer           | 1    |
| 11       | Seat               | 1    |
| 14L/R    | Pedal L/R          | 1/1  |
| 17       | Pedal Support Tube | 1    |
| 26       | Slide Rail         | 1    |
| 28       | Rear Stabilizer    | 1    |
|          | User Manual        | 1    |
|          | Hardware bag       | 1    |



# ASSEMBLY INSTRUCTION

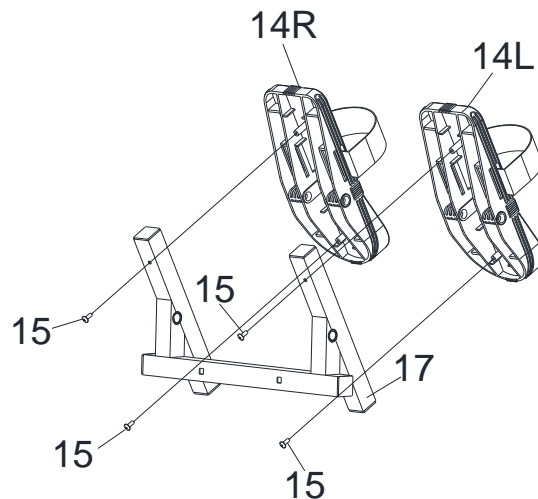
## STEP 1

- (a) Attach the Front Stabilizer (3) to the Main Frame (1).
- (b) Secure it with 2 Allen bolts (2), 2 Spring washer (7), and 2 Curved Washer (6).
- (c) Remove two Phillips Screw (10) from the Computer (9). Connect the computer wire to the Computer Sensor Wire (16) from Main Frame.



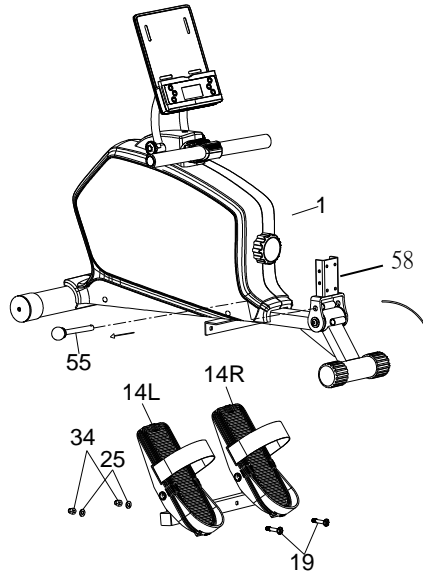
## STEP 2

- (a) Remove 4 Self-tapping screws (15) from the bottom of Pedal L/R (14L/R)
- (b) Attach Pedal L/R (14L/R) to Pedal Support Tube (17), secure using 4 Self-tapping screws (15).



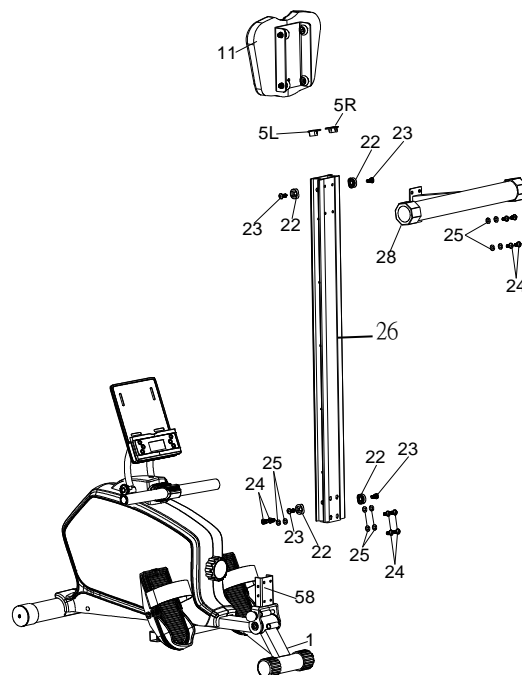
### STEP 3

- (a) Attach Pedal tube to the bracket under middle of main frame (1), secure using 2 sets of Carriage Bolt (19), Washer (25), and Domed Nut (34).
- (b) Pull out the Lock knob (55) from pivot from U Type Connect Tube (58). Flip up the Bracket and insert the Lock Pin knob to the pivot to lock the Bracket in vertical position.



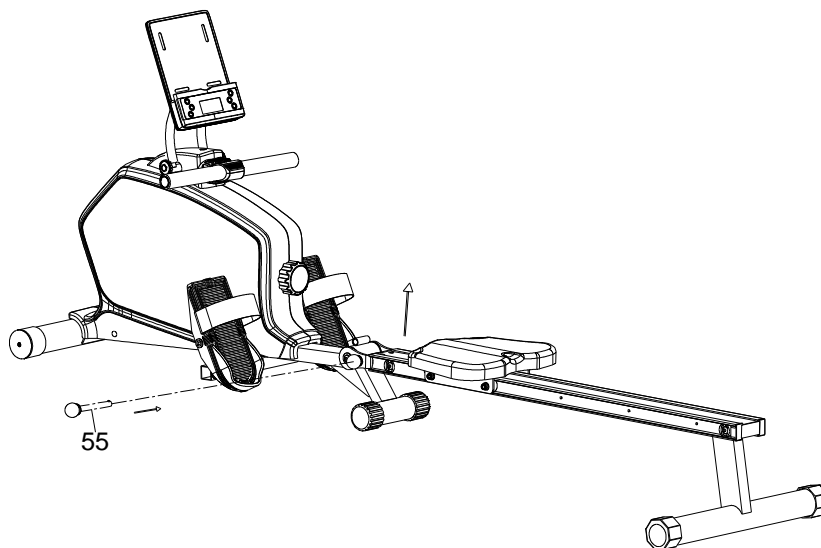
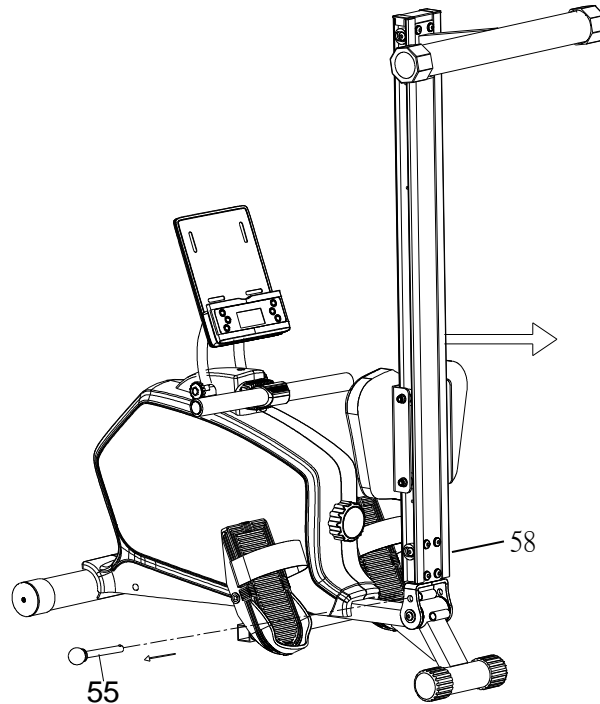
### STEP 4

- (a) Attach one end of Rowing Rail (26) to the U Type Connect Tube (58).
- (b) Secure them with 4 Allen Bolt (24) and 4 Washer (25) on the bottom, and 2 Allen Bolt (24) and 2 Washer (25) on the top.
- (c) Attach 2 Collar (22) to each side of the track on this end of Rowing Rail (26). Secure each Collar (22) with 2 Allen Bolt (23).
- (d) Slide the Seat (11) onto the Rowing Rail track (26).
- (e) Repeat C to install the other 2 Collar (22) to the other end of Rowing Rail (26). Plug left and right Rowing Rail End Cap to this end.
- (f) Attach the Rear Stabilizer (28) to Rowing Rail (26). Secure it with 4 Allen Bolt (24) and 4 Washer (25).



## STEP 5

- (a) Pull out Lock knob (55) from the U type bracket (58), and slowly put down the sliding rail on the ground.
- (b) Insert Lock knob (55) to fix the horizontal position. If it's hard to insert Lock knob, can slightly pull up the rower which makes the holes align.



**CHECK ALL BOLTS AND NUTS ARE TIGHTENED  
BEFORE USING THE MACHINE**

# CONSOLE INSTRUCTIONS



## FUNCTIONAL BUTTONS:

**MODE** - Push down for selecting functions.

**SET** - To Set the consumer movement of time、count、distance and calories.

**RESET** -For resetting consumer movement of time、count、distance and calories.

## FUNCTION AND OPERATIONS:

**1.SCAN:** Press “MODE” button until “SCAN” appears, monitor will rotate through all the 6 functions: Time、count、distance、calorie、odometer and RPM. Each display will be hold 6 seconds.

**2.TIME:** (1) Count the total time from exercise start to end.  
(2) Press “MODE” button until “TIME” appears, press “SET” button to set exercise time. When the “set” is zero, the computer will alarm 5 seconds.

**3.COUNT:** (1) Count the count from exercise start to end.  
(2) Press “MODE” button until “CNT” appears, press “SET” button to set exercise count. When the “set” is zero, the computer will alarm 5 seconds.

**4.DISTANCE:** (1) Count the distance from exercise start to end.  
(2) Press “MODE” button until “DIST” appears. Press “SET” button to set exercise distance. When the “set” is zero, the computer will alarm 5 seconds.

**5.CALORIES:** (1) Count the total calories from exercise start to end.  
(2) Press “MODE” button unit “CAL” appears. Press “SET” button to set exercise calories. When the “set” is zero, the computer will alarm 5 seconds.

**6.COUNT/MIN(RPM):** Automatically accumulates the workout counts per minute.

## NOTE:

1. If the display is faint or shows no figures, please replace the batteries.
2. The monitor will automatically shut off if there is no signal received after 4 minutes.

## SPECIFICATIONS:

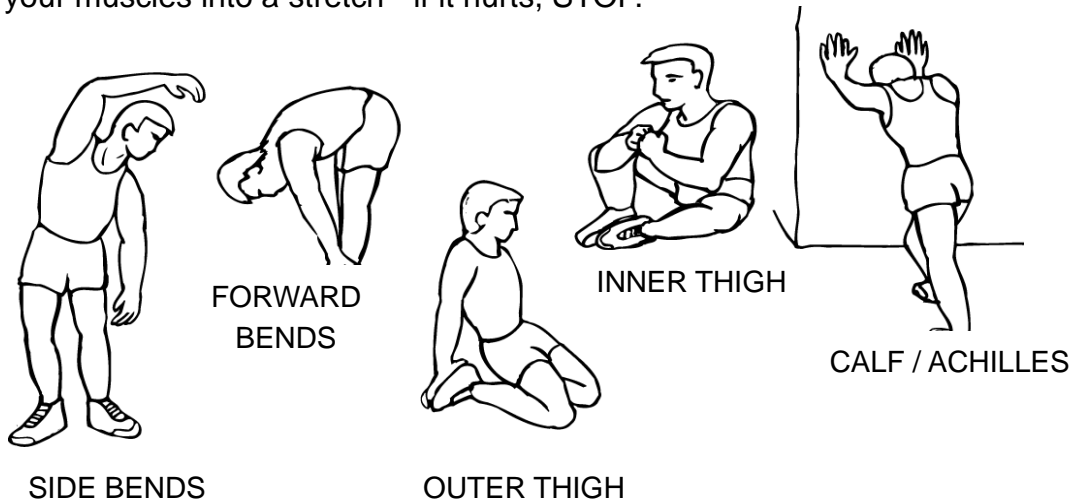
|                       |               |                           |
|-----------------------|---------------|---------------------------|
| FUNCTION              | AUTO SCAN     | Every 6 seconds           |
|                       | TIME          | 0:00~99:59                |
|                       | COUNT         | 0~9999TIMES               |
|                       | TRIP DISTANCE | 0000~9999 M (Meter)       |
|                       | CALORIES      | 0.0~999.9 CAL             |
|                       | RPM           | 0~999 TIMES/MIN           |
| BATTERY TYPE          |               | 2pcs of SIZE –AA or UM –3 |
| OPERATING TEMPERATURE |               | 0°C ~ +40°C               |
| STORAGE TEMPERATURE   |               | -10°C ~ +60°C             |

# EXERCISE INSTRUCTIONS

Using your **MAGNETIC UPRIGHT** will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with a calorie-controlled diet help you lose weight.

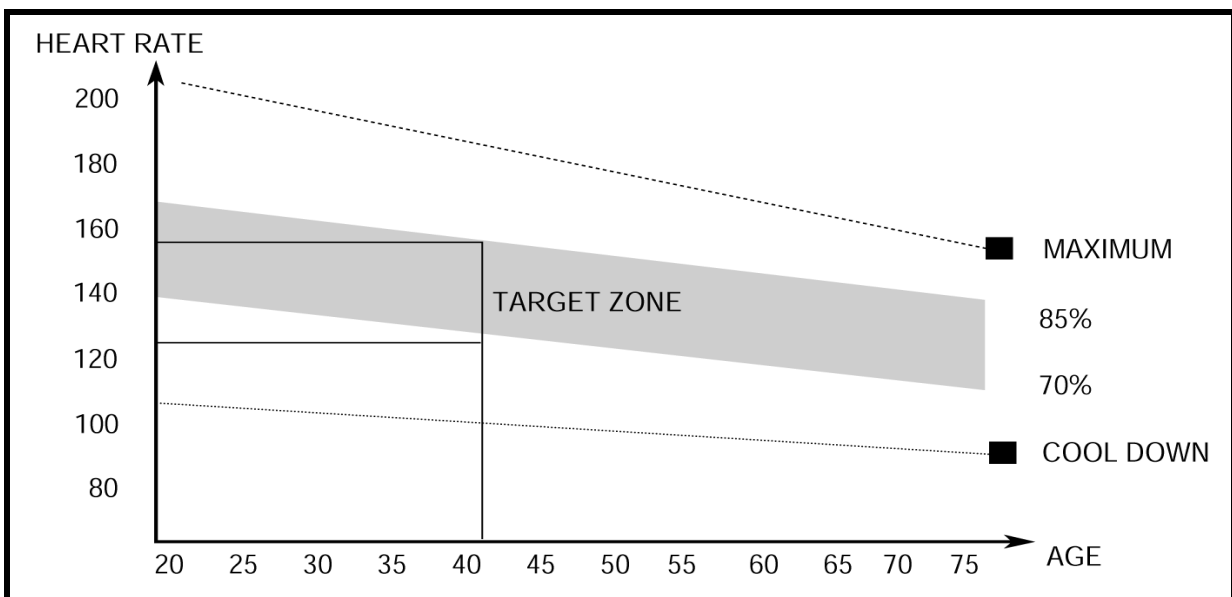
## 1. The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.



## 2. The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work to your but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes

### **3. The Cool Down Phase**

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible, space your workouts evenly throughout the week.

### **MUSCLE TONING**

To tone muscle while on your **MAGNETIC UPRIGHT** you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

### **WEIGHT LOSS**

**The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.**