






Water rowing machine installation instructions



User Manual

				
Catch Comfortably forward with straight back and arms.	Drive Push with the legs while arms remain straight.	Finish Pull through with arms and legs rocking slightly back on your pelvis.	Recovery Upper body tips forward over your pelvis and move forward.	Catch Catch and begin again.

Product introduction

The water resistance rowing machine simulates the real boating method and has obvious effects on the muscles of the legs, waist, upper limbs and back.

Working principle

The water resistance rowing machine is an aerobic power device that improves the overall ability of the body. Its movement is similar to that of a kayak. During exercise, it can develop more than 80% of the muscles by using the resistance of the water and the change of the flywheel speed in a short time. Can make the whole body muscles get proper exercise.

The correct use of the rowing machine:

1. Hold the handle gently with your fingers and keep your wrists straight.
2. The arm is fully extended to the chest and the shoulders are relaxed.
3. Bend forward and bend your knees until you cover your ankles.
4. Apply force from the soles of the feet, then the legs, let the back slowly back, and keep your shoulders relaxed.
5. Pull the elbows back flat while separating to the sides until the ribs.
6. Start the next rowing action and stretch your arms again.

The rowing machine is a long-term stable contact action. It is not so easy to maintain strength and correct posture in all exercises. Start with 4-6 groups with moderate resistance, each group of 10 minutes of practice, and rest for 2-3 minutes. Not until the heart rate has been reduced, you can also increase the intensity at any time.

Product installation

carry out

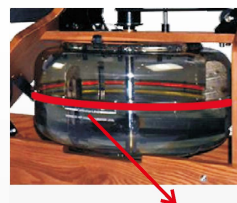


【add water】

Use special tools when adding water or changing water. It is recommended to use pure water. Generally recommend 7-17 liters, be careful not to exceed the maximum water level, please change the water regularly.



The bucket should be higher than the main body. When pumping, the bucket should be equal or lower than the main body.



Highest water line

Common problem	Approach
Meter no display	Check if the battery is enough or replace the battery
The sliderails are not smooth	Clean the surface of the rail or the dust or foreign matter that contacts the rail wheel under the seat and the rail
Abnormal noise during use	Add lubricant in the correct position

Instrument usage guide

■ Instrument function

RESET

Press MODE to switch the TIME/DIS/CAL option, the selected digits will start flashing, and press RESET to start clearing.

MODE

Switch the TIME/DIS/CAL option and the flashing will be the selected item.



SET

Press MODE to switch the TIME/DIS/CAL option, press the SET button to set the value of the current flashing item. After starting, the data will start counting down. When the set value is reached, the meter will emit a tone.

—

■ Display function

SPEED: Measured as instantaneous speed, showing the moment of action

TIME: Measure the time from the start of the exercise to the end of the exercise

DISTANCE: Measure the distance drawn from the start of the exercise to the end of the exercise

CALORIES: Test the heat consumed from the start of the exercise to the end of the exercise

TOTAL: Total distance of the test motion