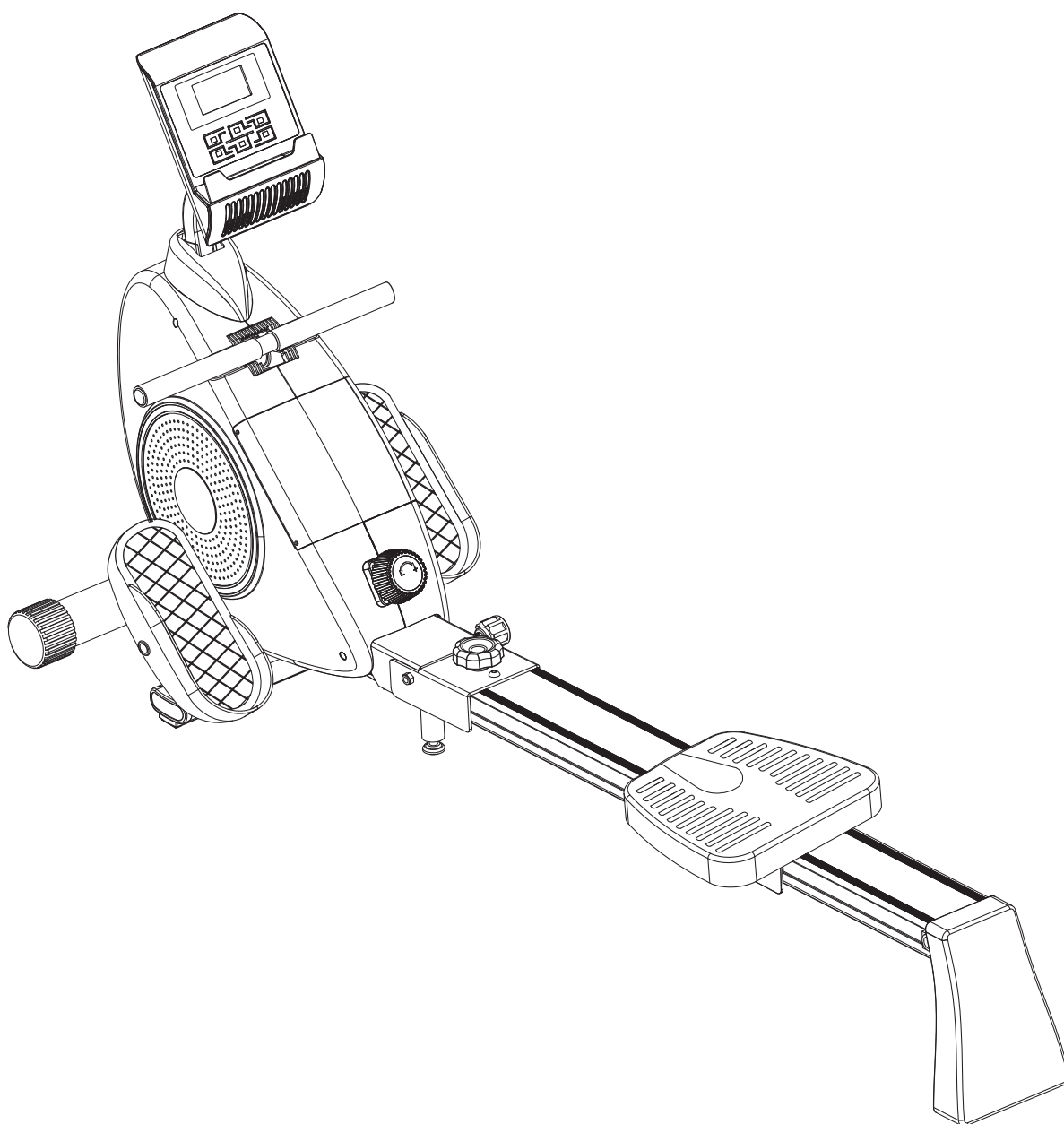




*Row 600i Rowing Machine*

## User manual



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## WARNING:

***Before beginning any exercise program consult your physician. This is especially important for people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment. Do not operate this exercise equipment without properly fitted guards, as the moving parts can present a risk of serious injury if exposed.***

## ATTENTION

- It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
- Before starting any exercise program, you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
- Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
- Keep children and pets away from the equipment. The equipment is designed for adult use only.
- Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 0.5 metres of free space all around it.
- Before using the equipment, check that the nuts and bolts are securely tightened.
- The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
- Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during use, stop immediately. Do not use the equipment until the problem has been rectified.

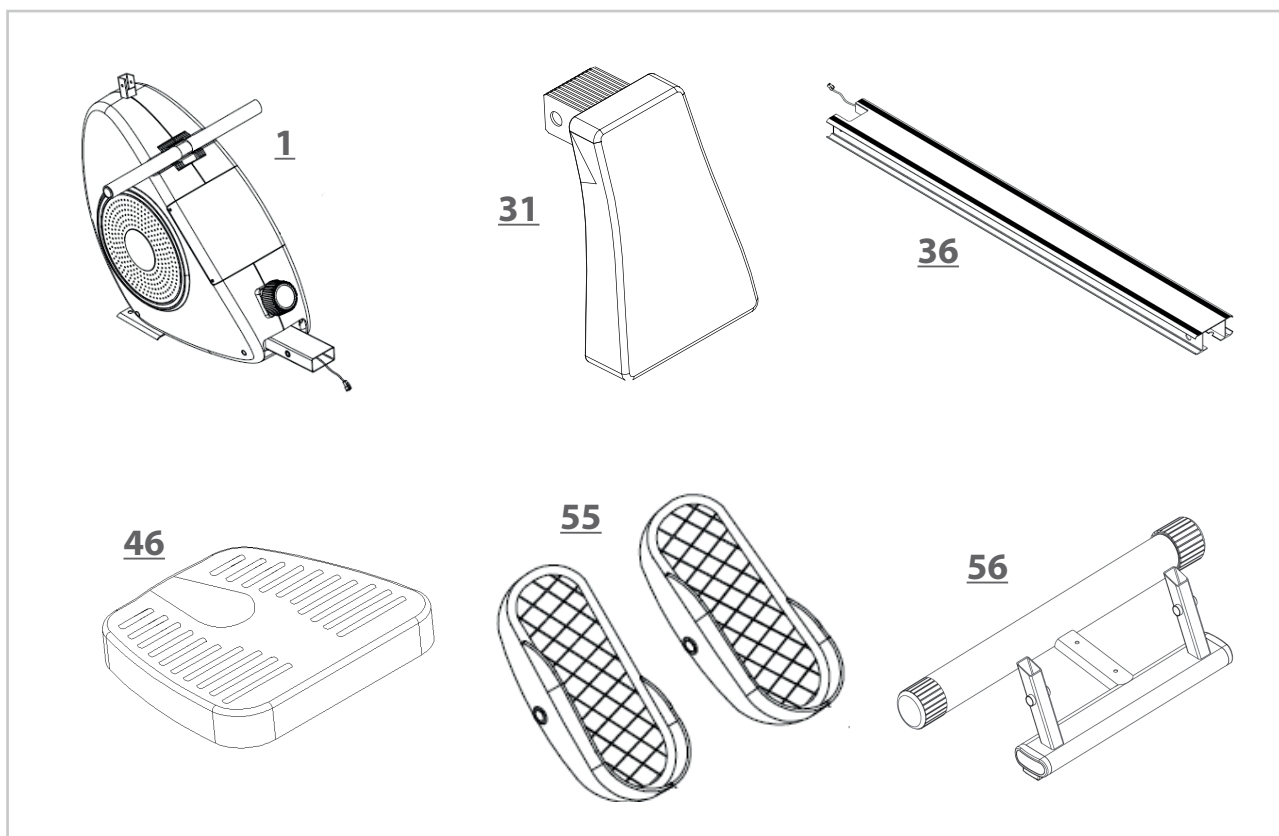
- Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
- The max user weight is 130 KGS. Braking ability is independent of speed.
- The equipment is not suitable for therapeutic use.
- Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or seek assistance if necessary.
- Please keep the space at least 1 to 2 meter at the end of base frame to escape any accidents!
- Place the device on a clean and flat surface. Do not place the equipment on a thick carpet.
- The device is for indoor use and not for outdoor use to prevent damage. Keep the storage location dry, clean and flat. It is forbidden to use the device for purposes other than training.

**Warranty claim is excluded if the cause of the defect is the result of:**

- Maintenance assembly and repair work not carried out by an official dealer.
- In the event of improper use, neglect and / or poor maintenance.
- Failure to maintain the fitness equipment in accordance with the manufacturer's instructions (see the enclosed manual).

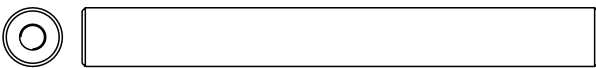

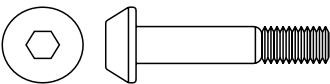
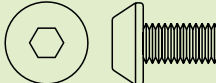
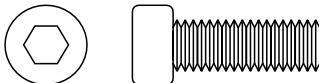

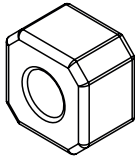
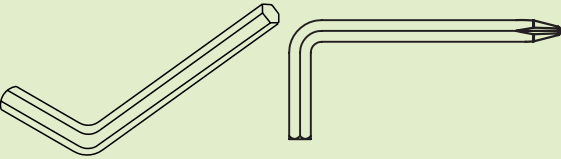
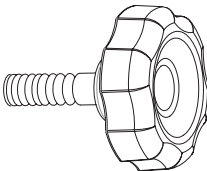
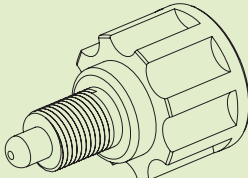
## TOOLKIT

When you open the carton, and you will find the below parts in the carton:

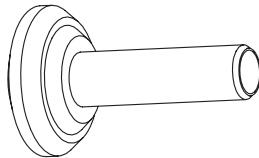
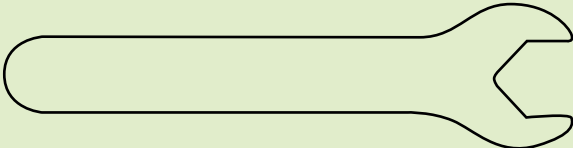
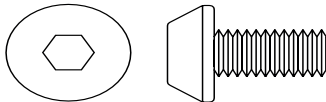

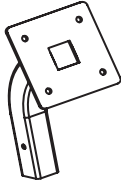
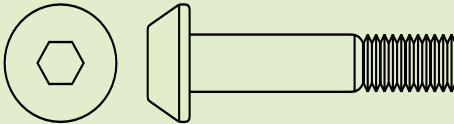
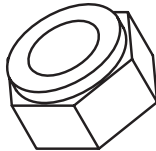
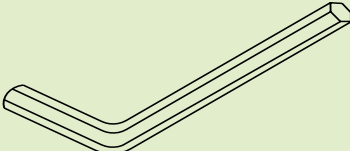


NUMBER	DESCRIPTION	QTY
1	Main Frame	1
31	Rear Plastic Stabilizer	1
36	Main Rail	1
46	Saddle	1
55	Pedal	2
56	Front Stabilizer	1

## TOOLKIT

NUMBER	DESCRIPTION	SHAPE	QTY
<b>D</b>	Axe Ø 13*126		2
<b>G</b>	Axe Ø 13*66		1
<b>A</b>	Bolt M8*38		2
<b>C</b>	Bolt M8*15		4
<b>F</b>	Bolt M8*25		2
<b>B</b>	Washer ID8.2		4
<b>E</b>	Cushion 23*23*19		4
<b>H</b>	Allen key 6S		2
<b>I</b>	Plum Bolt Knob M8*35		2
<b>J</b>	Plum Bolt Knob M8*20		2

## TOOLKIT

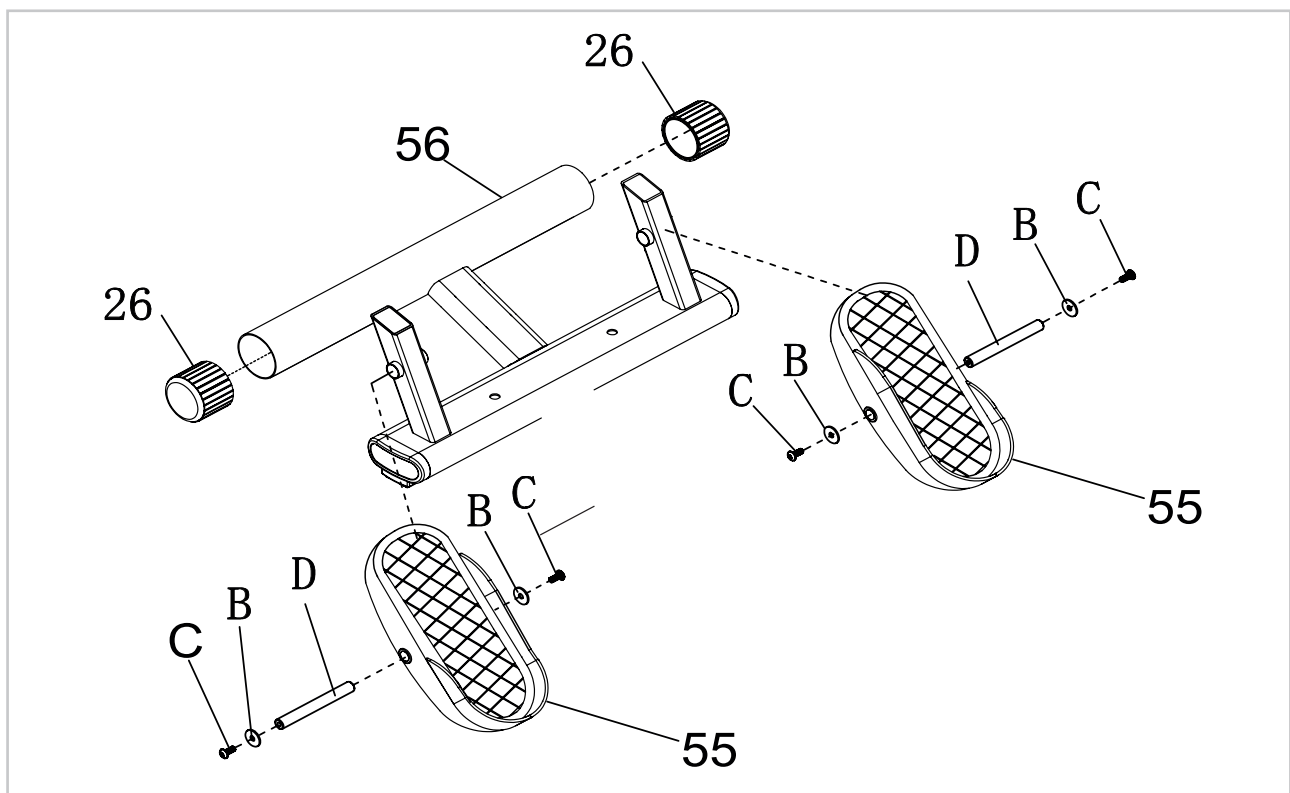
NUMBER	DESCRIPTION	SHAPE	QTY
<b>K</b>	Connecting plate 140*33*4		1
<b>N</b>	Open spanner		1
<b>M</b>	Bolt M6*10		2
<b>14</b>	Decorative covers		1
<b>16 + 17</b>	Console support		1
<b>O</b>	Bolt M8*130		1
<b>P</b>	Nylon locknut		2
<b>W</b>	Allen key 5S		1

**Missing parts:** If you think you are missing certain parts in your package, carefully check the styrofoam and the rowing machine. Some parts (bolts, screws, etc.) are already attached to / in the rowing machine.

**Error message:** Ensure that all cables are carefully attached. The aluminum legs are very sensitive and must remain straight. Do you receive an error message after mounting your rowing machine? Then you have to straighten these aluminum legs again, this may cause the error message to disappear.

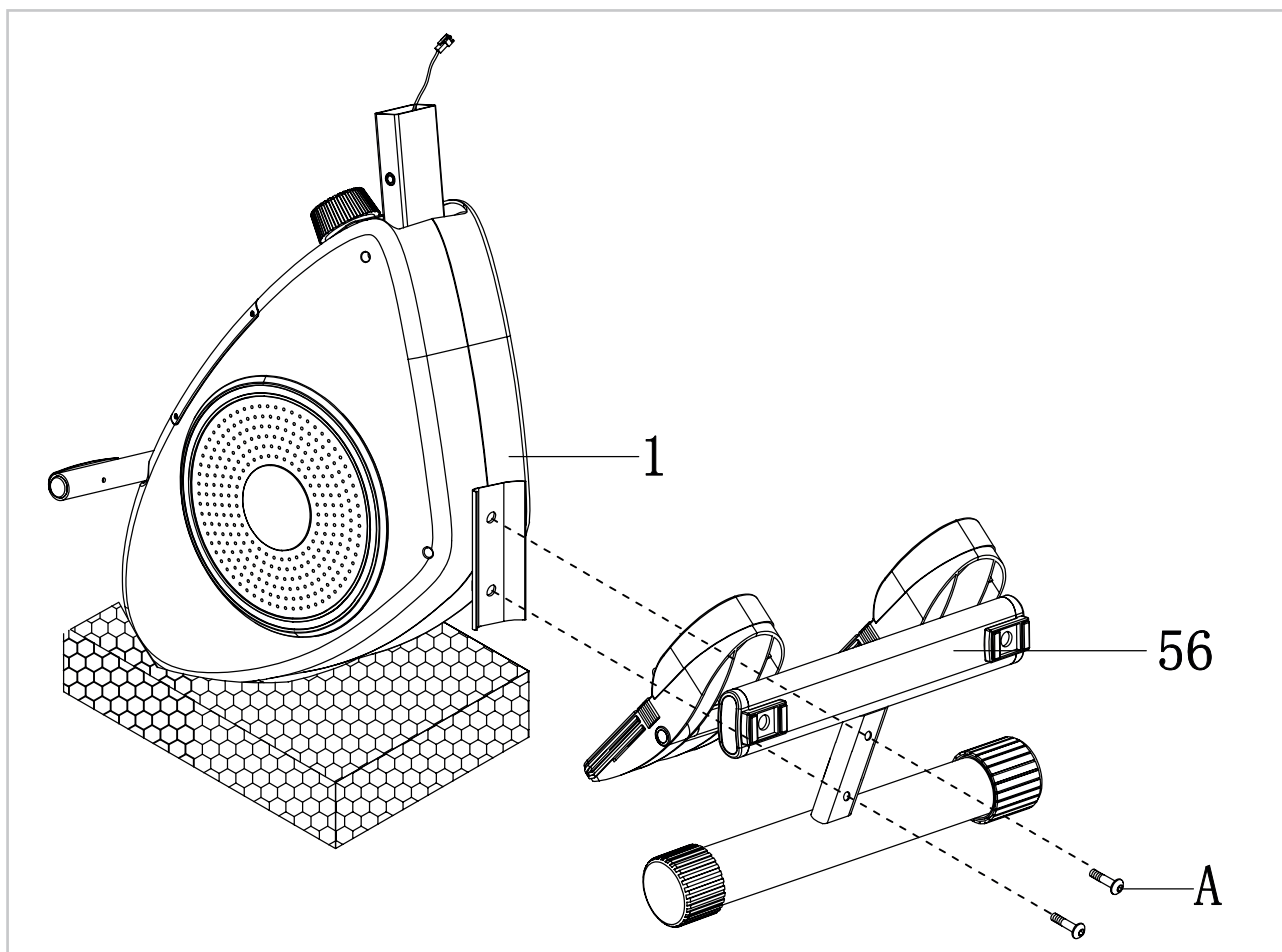
**Socket screws:** The rowing machine contains socket screws, make sure that the allen key is firmly in the bolt before you apply force to the key. In this way you prevent the head of the socket head screw from being rotated.

## STEP 1



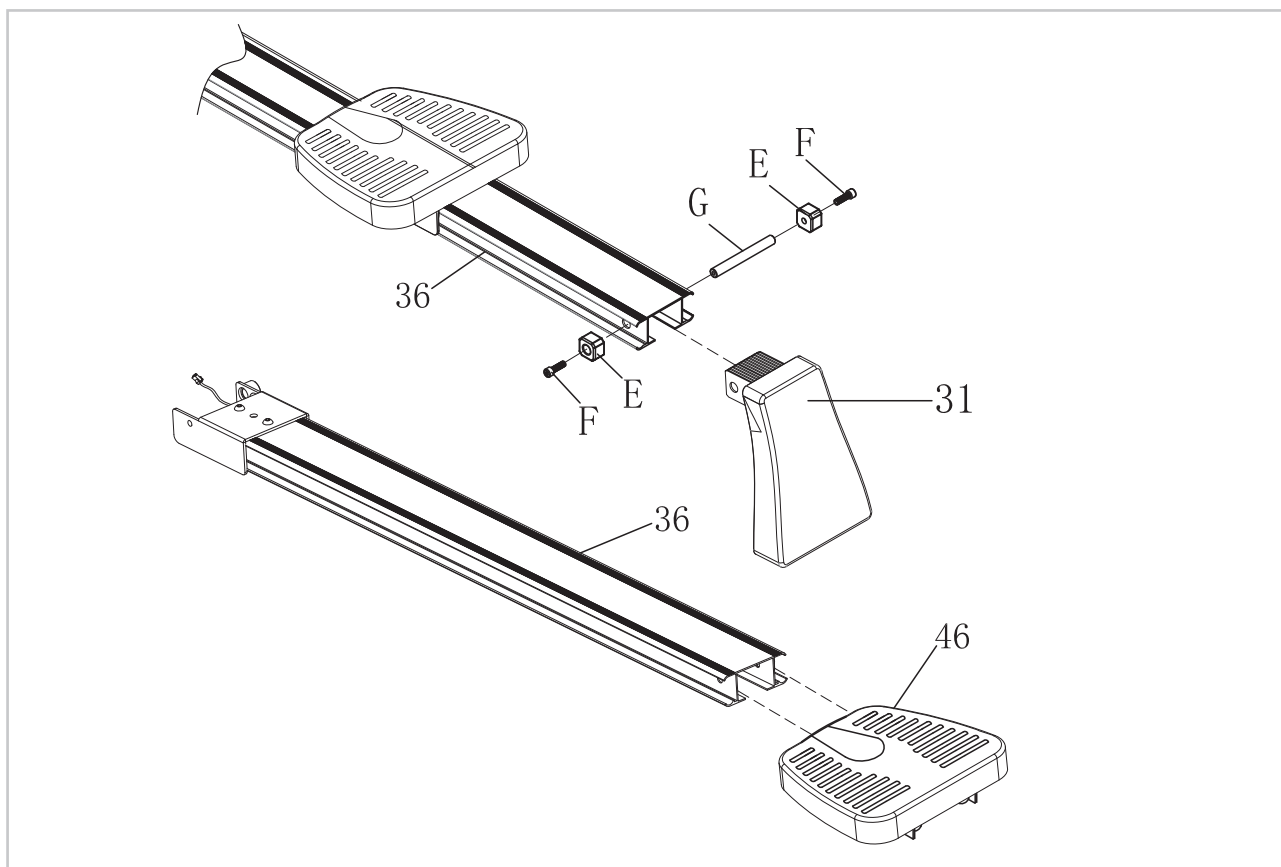


## STEP 2

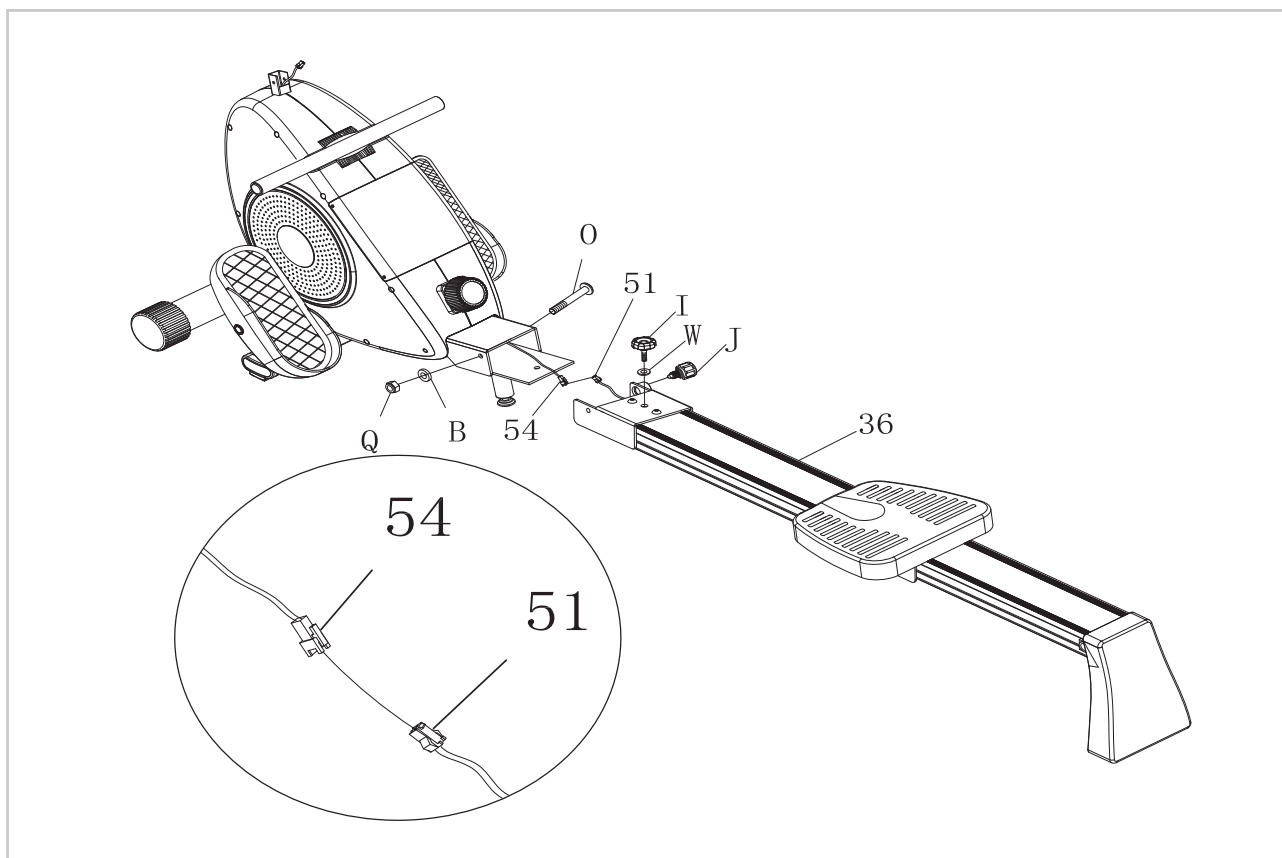


- Upright the main frame onto the style foam to prevent from scratch on the plastic cover while mounting the front stabiliser to the main frame.

## STEP 3



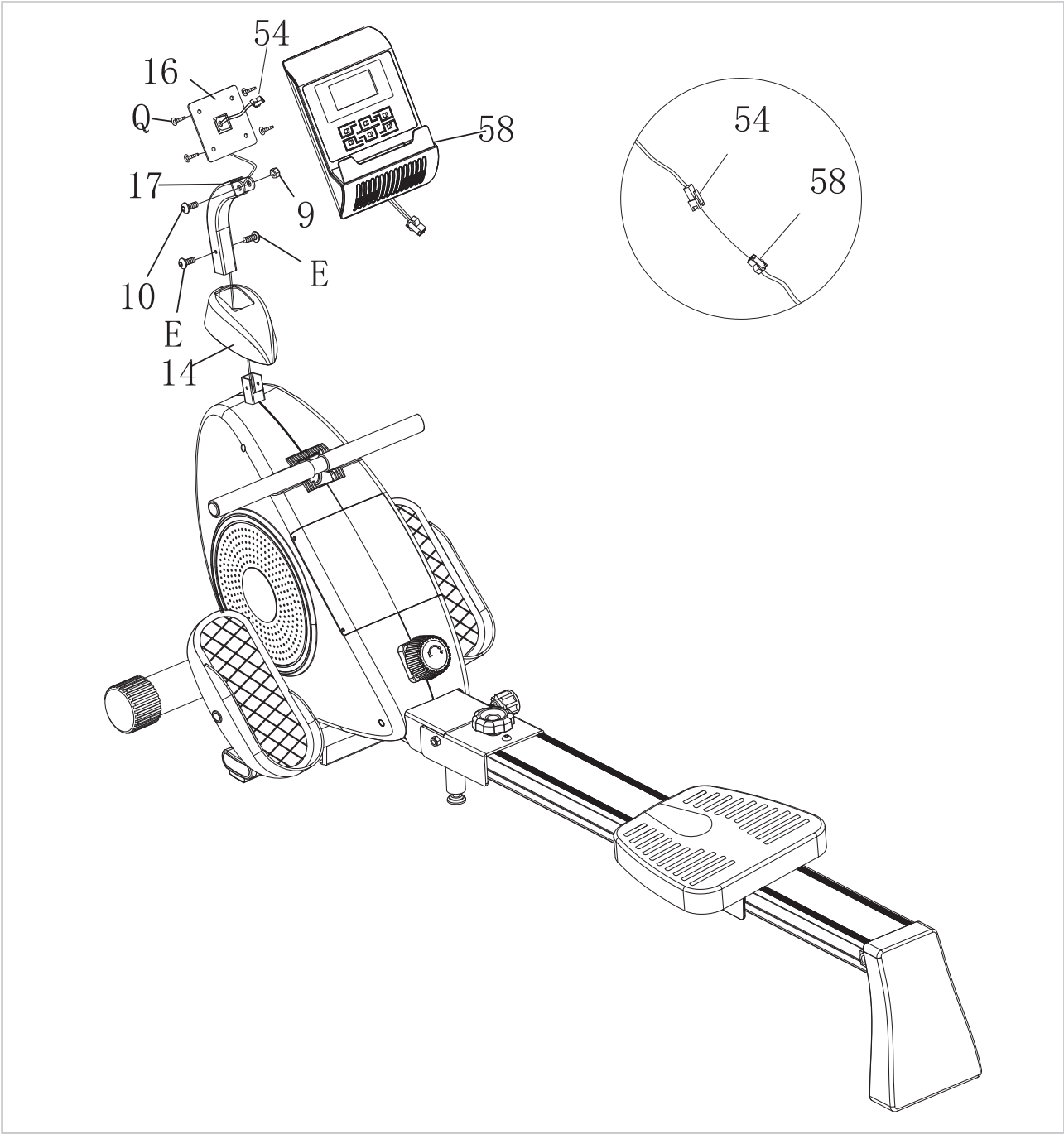
## STEP 4



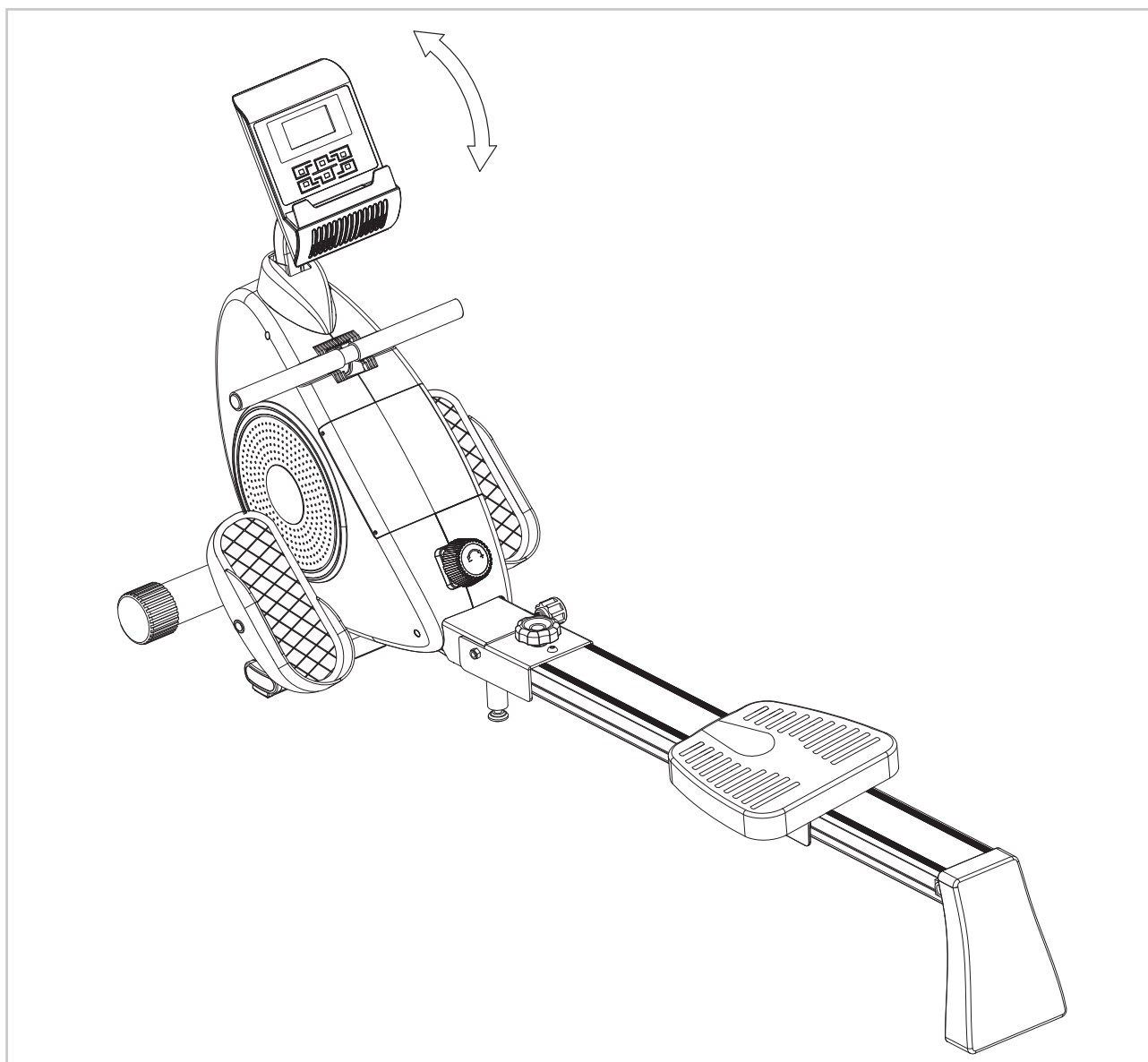
**NOTE:** *This step is best carried out by 2 people.*

- Carry on the Main Rail (36) moving to the Main Frame (1). Linked the sensor wire taps (51) and (54) firstly.
- Lighten the knob (I) and knob (J) with the washer (B), bolt (O) and the Nylon locknut (Q) orderly.

## STEP 5



## STEP 6



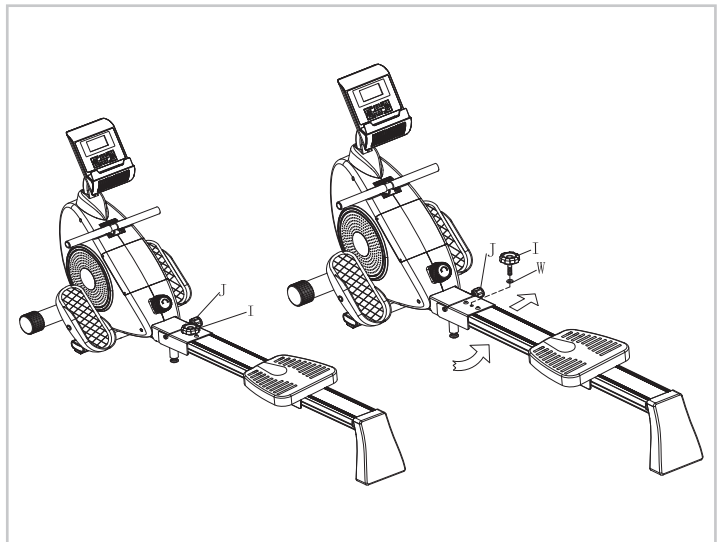
- The rowing machine is fully installed and can be used.

***The console (display) is adjustable in angle. You can train in the right position at all times and have a good view of the display.***

**NOTE:** Store your machine in a dry area away from children and high traffic areas as shown in the illustration. Be sure it is secure and cannot fall onto small animals or children.

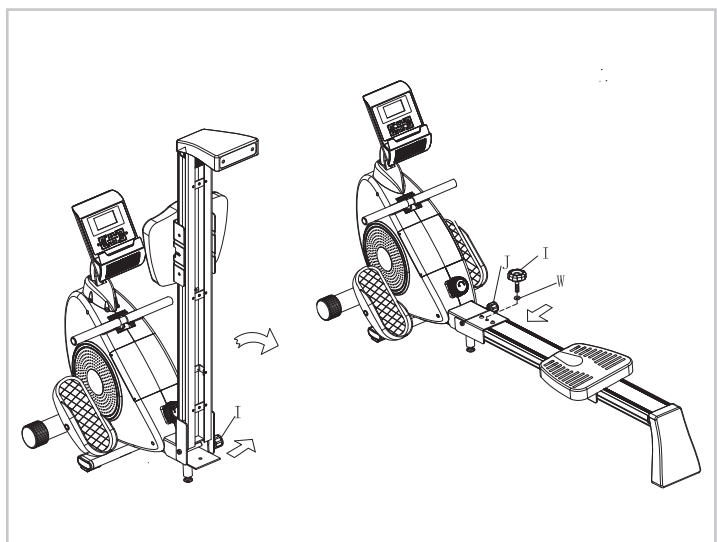
## FOLDING

Unscrew the Knob (I) firstly, then pull out the Knob (J) when it is enough loosen by releasing. And at the same time, pull the slipped Rail to the Main frame as the direction of scarrow. It is ok when a click sound was heard.



## UNFOLDING

Pull the Knob(J) as the direction of arrow, at the same time, unfold the Rail to the ground. Then screw the Knob (I) with the washer (W) and tighten the Knob (J) at last.



***Safe and effective use can only be achieved if the device will be assembled and maintained well. It is your responsibility to ensure that the equipment is regularly maintained. Parts that are already used and / or damaged must be replaced before continuing using. The rower machine may only be used indoors and stored away, prolonged exposure to weathering and changes in temperature / humidity can have a serious impact on the electrical components and moving parts of the rowing machine.***

## DAILY MAINTENANCE

- Clean and remove sweat after each use Do not use aggressive cleaning agents and ensure that the device remains free of moisture.
- Check that the rail and the wheels under the seat are free from dust and dirt.

## SEMI-ANNUAL MAINTENANCE

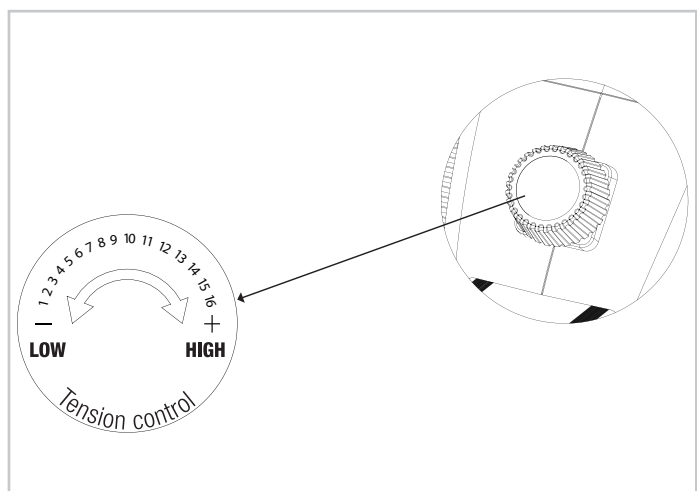
- Inspect all bolts and nuts in connection with moving parts of the device, tighten as required.
- Check the mobility of moving parts and components of the use equipment, silicone spray if necessary.

## TENSION KNOB

### TENSION KNOB ADJUSTMENT

You could adjust the tension for varied resistance as shown in the illustration.

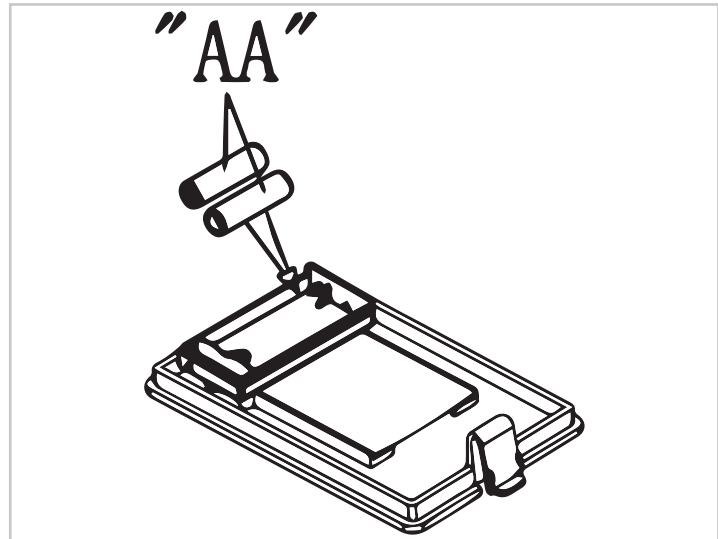
**NOTE:** You should begin your “Exercise Period” at the resistance level and speed to suit your needs. Remember to start out slow and easy, and work your way up to the fitness level you desire.



## BATTERY

### AA BATTERY

The monitor uses on "AA" battery. You can replace the battery through the back of the unit.



## ADVICE FOR HANDLING BATTERIES

1. Remove the batteries when they are exhausted or if you do not use the product for an extended period of time in order to avoid hazards through leaking batteries.
2. Do not recharge batteries nor disassemble or throw them into fire. Danger of explosion!
3. Pay attention to the polarity (+) and (-). Always replace all the batteries; do not mix old and new batteries, or different battery types.
4. Use preferably alkaline batteries, as they have a longer operation time than usual zinc-carbon batteries.
5. A change of batteries is necessary when the display becomes weaker or completely faded.

## CHANGING THE BATTERIES

1. If you see an improper display on the monitor, please replace the batteries to have a good result.
2. Please use 2pcs of 1.5v AA batteries as a power supply. (See step 5).



### PROBLEM SOLUTIONS

**Display does not work**

If the display no longer works, you can replace the batteries. These are at the back of the display.

**Display shows no values**

If the display does not show any values, you can try to check the sensor cables and the cables in the back of the display. If this still does not work, you can move the sensor slightly.

**Rowing machine beeps**

Check that all bolts and nuts are tightened securely. Spray silicone spray if necessary. Also check the wheels under the seat.

## CONSOLE



BUTTON	FUNCTION
RESET	By holding down the reset button for 3 seconds you can clear the settings. With this button you can reset the value to zero.
MODE	Press the MODE button to select a desired function.
SET	Set the values for: "TIME" , "DISTANCE" and "CALORIES".

## FUNCTION

BUTTON	EXPLANATION
<b>SCAN</b>	The following functions are displayed in the SCAN position: TIME, COUNT, TOTAL COUNT, CALORIE, COUNT / MIN.
<b>TIME</b>	Counts rowing time from the beginning of the exercise to the end.
<b>CALORIES</b>	Counts total calories from the beginning to the end of rowing.
<b>RPM</b>	Counts the number of rowing strokes per minute.
<b>COUNT</b>	Counts the rowing strokes from start to finish.
<b>DISTANCE</b>	The distance traveled during the exercise is displayed.
<b>PULSE (PUL)</b>	Heart rate during your exercise 40 ~ 240 BPM.

## DOWNLOAD THE FITNESS DATA APP

### STEP 1

Download the Fitness Data app in the App Store or Google Play Store.



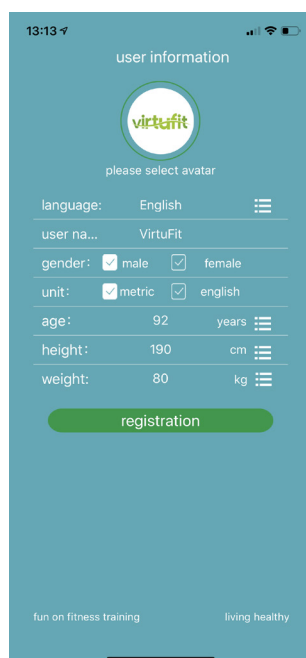
APP STORE



GOOGLE PLAY STORE

### STEP 2

Open the app and enter your details.



STEP 2

### STEP 3

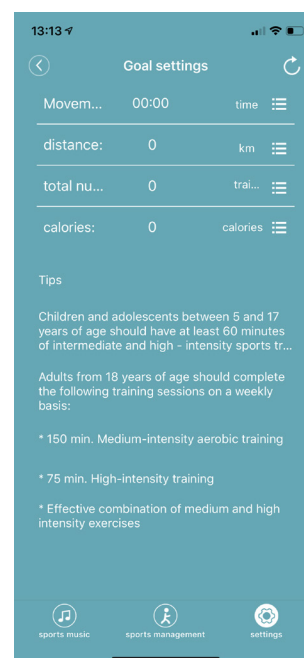
Connect the rowing machine with the app via Bluetooth. Click "connect device" and select the device from the list. Make sure the console is on.



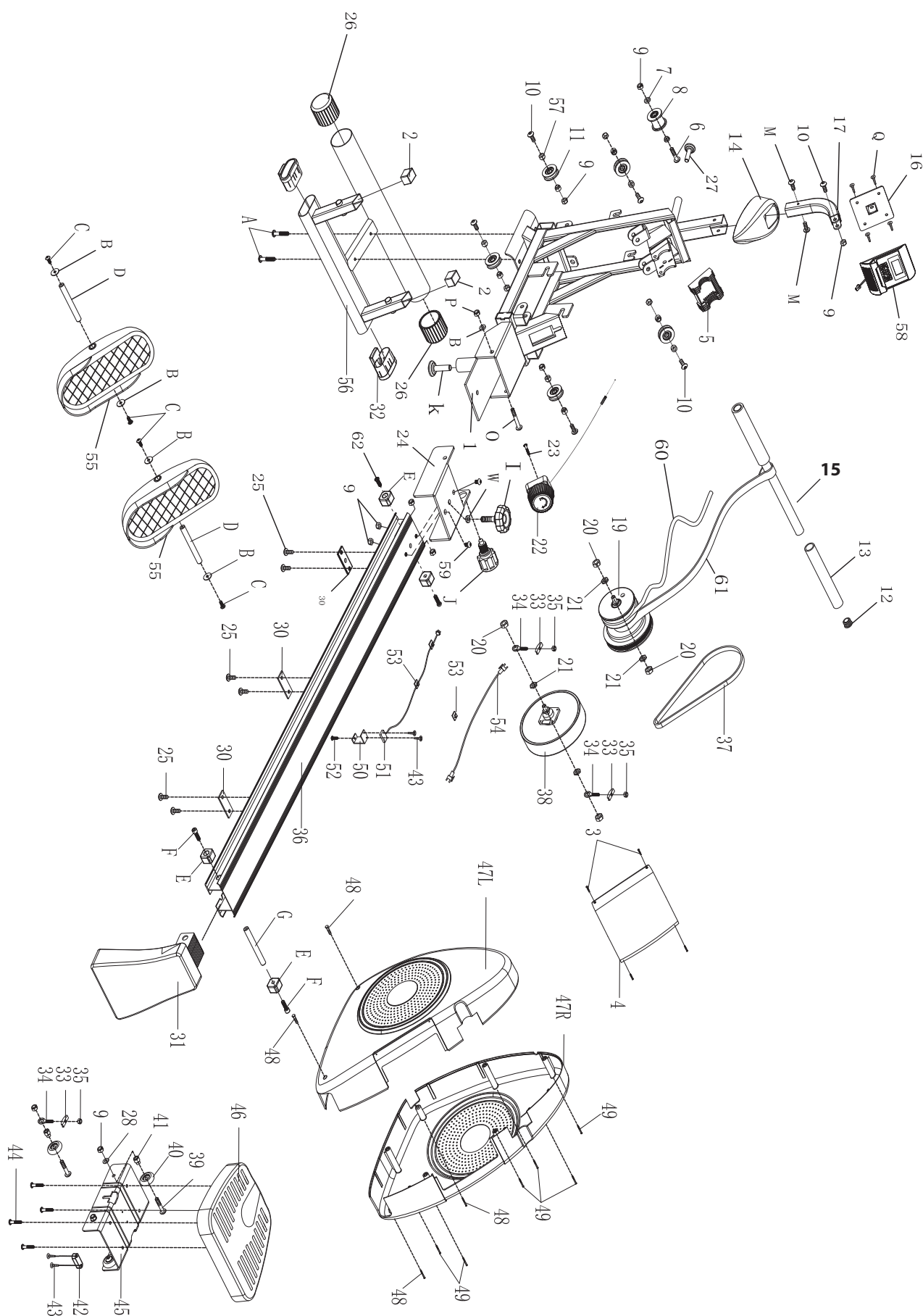
STEP 3

### STEP 4

Start training.



STEP 4



# PARTS LIST



#	DESCRIPTION	QTY
A	Bolt M8*38	2
B	Washer	4
C	Bolt M8*15	4
D	Axle	2
E	Rubber Cushion	4
F	Bolt M8*25	2
G	Axle	1
H	Wrench S6	2
I	Knob M8*35	2
J	Pull pin knob M8*20	2
K	Connecting plate 140*33*4	1
L	Allen key 4S	1
M	Bolt M6*10	2
N	Open spanner	1
O	Bolt M8*130	1
P	Nylon locknut	2
Q	Nut M8	4
W	Wrench 5S	1
1	Main Frame	1
2	End cap	1
3	ScREW	2
4	Plastic cover	1
5	Plastic pad	12
6	Bolt M8*55	5
7	Sleeve	5
8	Plastic wheel	2
9	Nut M8	2
10	Bolt M8*35	1
11	Pulley	1
12	End cap	1
13	Grip	1

#	DESCRIPTION	QTY
14	Decorative covers	1
15	Rowing handle bar	4
16	Square plate	4
17	Square plate support	1
19	Magnetic flywheel	4
20	Nut	4
21	Nut	1
22	Tension Knob and cable	1
23	Screw M5*15	1
24	Hollow bushing	1
25	Bolt M6*15	6
26	End cap	2
27	Knob	1
30	Enforcement plate	3
31	Rear Plastic Stabilizer	1
32	End cap	3
33	U-shaped piece	4
34	Bolt M6*20	4
35	Nut M6	4
36	Main Rail	1
37	Belt	1
38	Magnetic flywheel	1
39	Bolt M8*30	6
40	Wheel	6
41	Sleeve	6
42	Magnet	1
43	Screw M3*10	2
44	Bolt M6*12	4
45	Saddle Support frame	1
46	Saddle	1
47R	Right plastic Cover (right)	1

#	DESCRIPTION	QTY
47L	Left plastic Cover (left)	1
48	Screw M4*20	4
49	Screw M4*12	5
50	Sensor fasten plate	1
51	Sensor	1
52	Srew M5*10	1
53	Steain relief bushing	3
54	Sensor wire of computer	1
55	Pedal	2
56	Front stabilizer	1
57	Sleeve	10
58	Computer	1
59	Nut M8	1
60	Tension Rope	1
61	Strip	1
62	Bolt	2

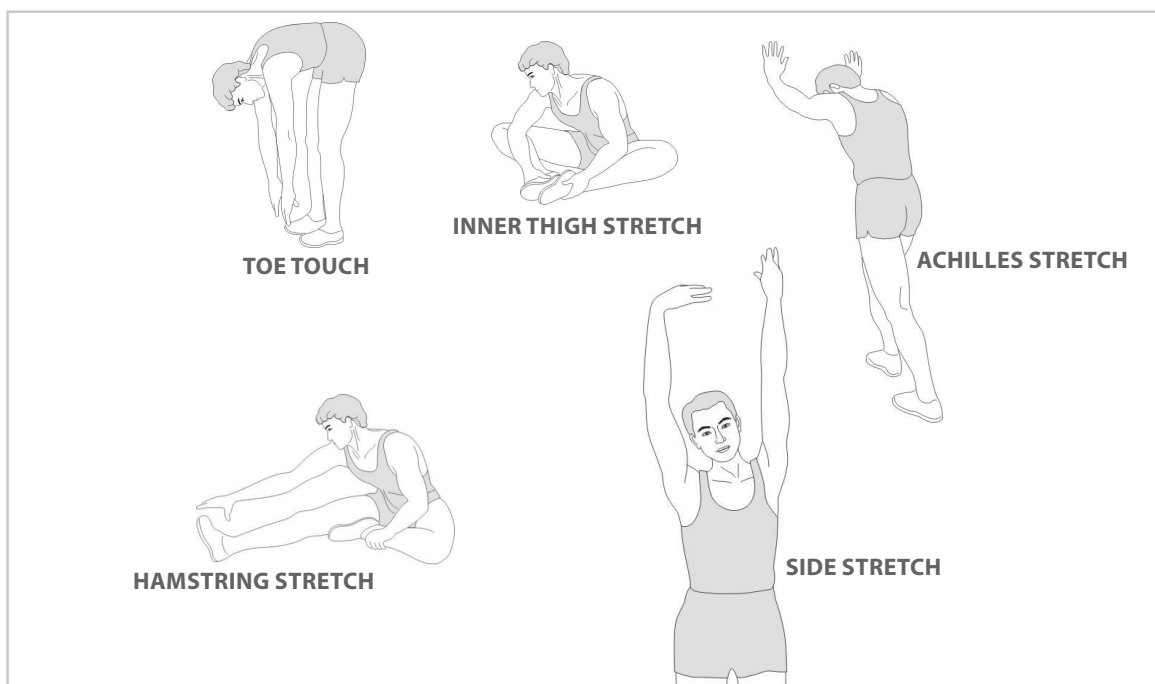
***A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.***

## WARMING UP

The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

## STRETCHEN

Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds.



## COOLING DOWN

The purpose of cooling down is to return the body to its normal or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.





*For questions or missing parts please contact your dealer.*