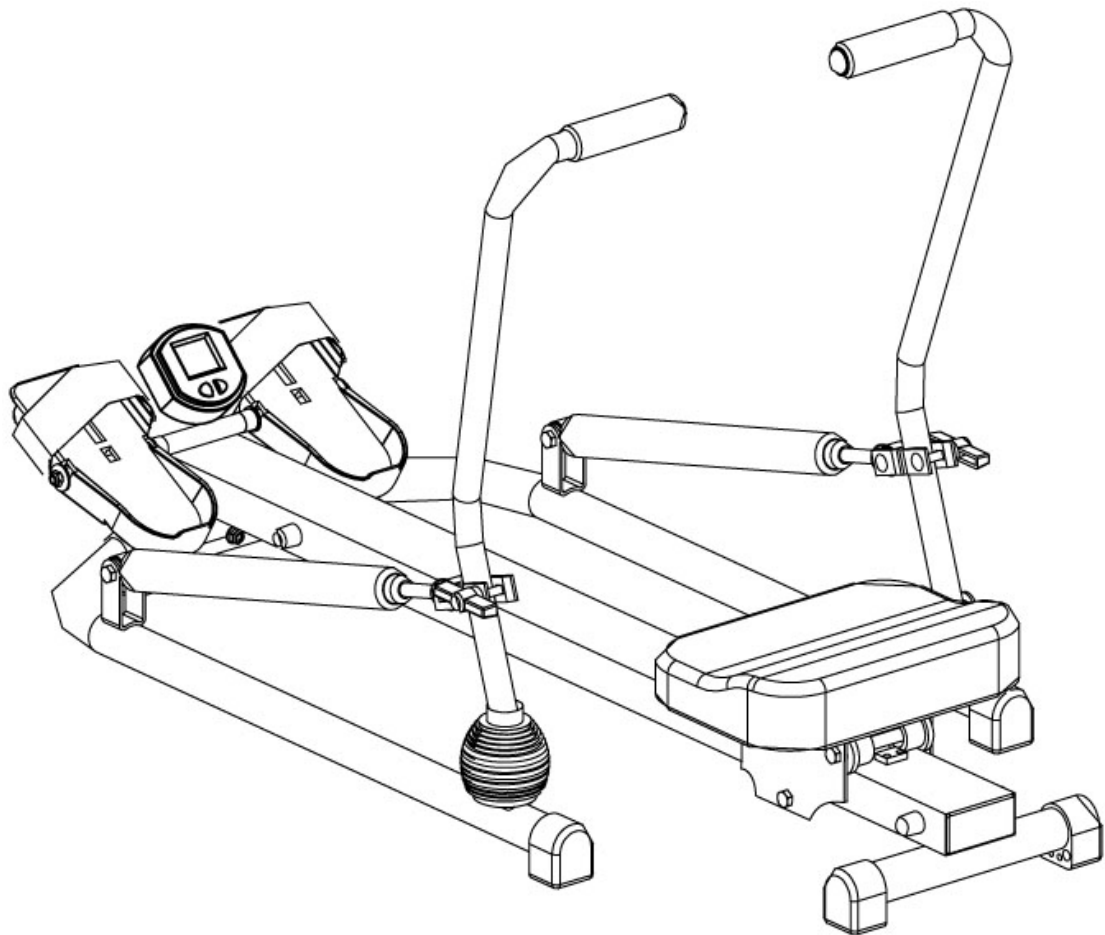
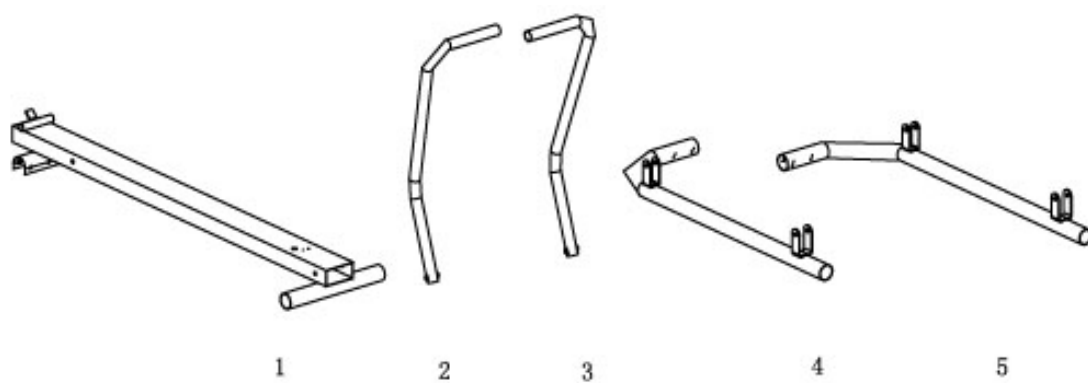
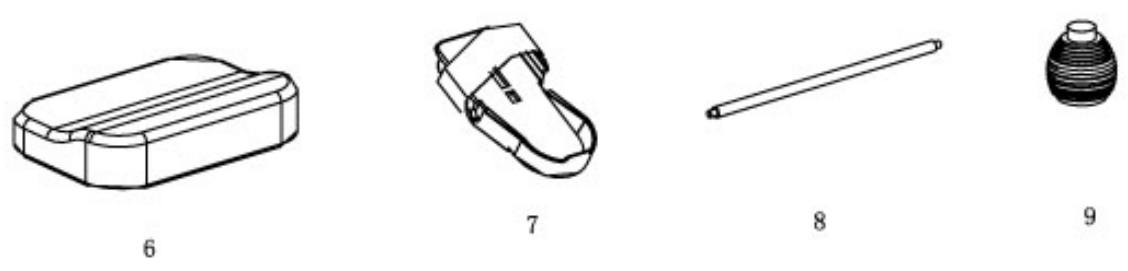


USER'S MANUAL

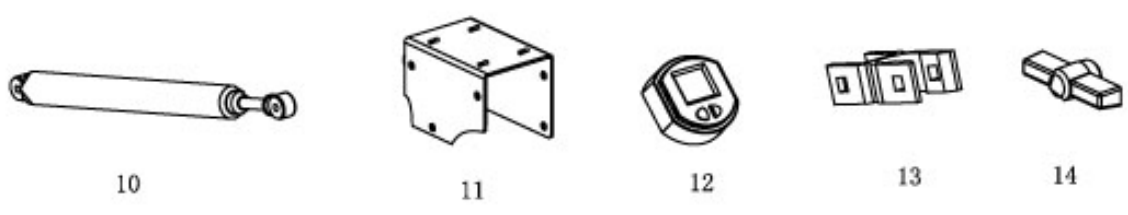




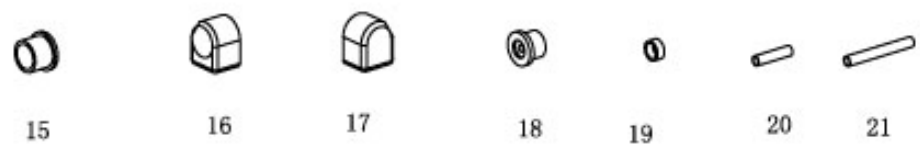
1 2 3 4 5



6 7 8 9



10 11 12 13 14



15 16 17 18 19 20 21



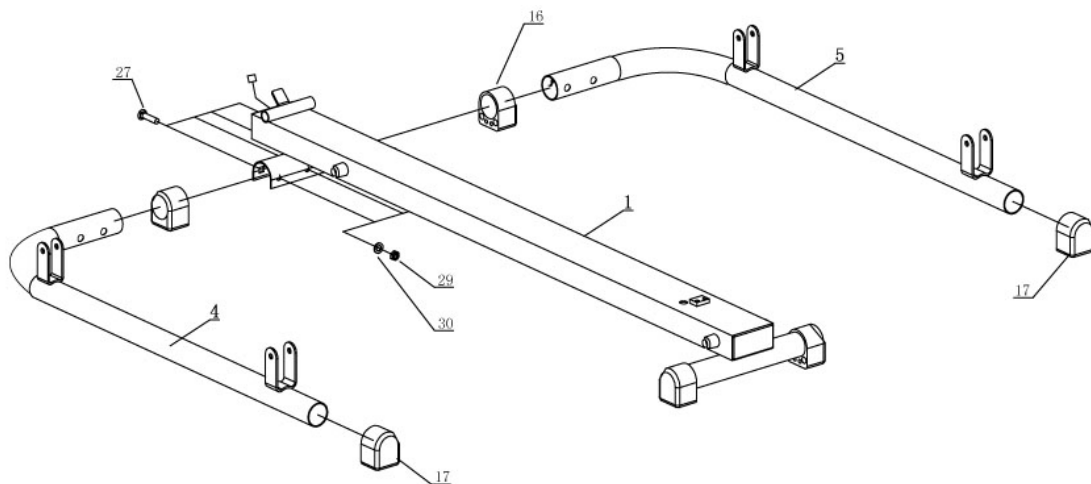
22 23 24 25 26 27



28 29 30 31 32

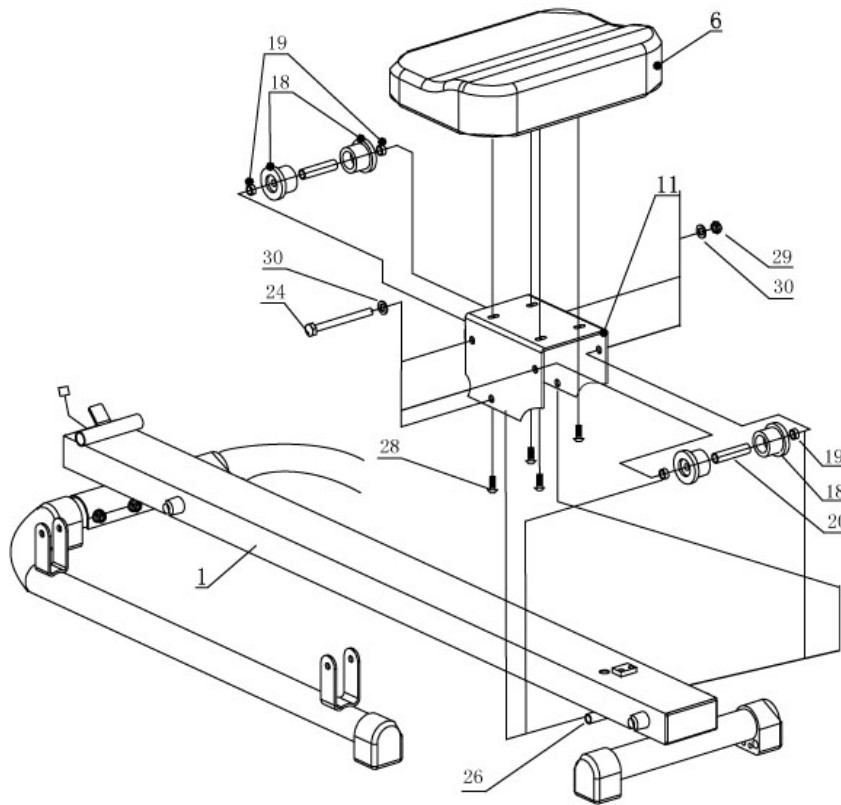
1	Main frame	1
2	Rowing tube (L)	1
3	Rowing tube (R)	1
4	Stabilizer tube (L)	1
5	Stabilizer tube (L)	1
6	Seat	2
7	Pedal	2
8	Pedal pole	1
9	Lantern cover	2
10	Cylinder	2
11	Seat support plate	1
12	Meter	1

13	Al constrict	2
14	Knob	2
15	Plastic cover	2
16	U spport (1)	2
17	U spport (2)	4
18	Roller set	4
19	Bush	4
20	Liner ring(long)	2
21	Axis cover	2
22	M8X40mm Bolt	2
23	M8X50mm Bolt	2
24	M8X115mm Bolt	4
25	M8X40mm Screw	2
26	M8X45mm Screw	2
27	M8X55mm Screw	2
28	M6X16mm Screw	4
29	M8 locknut	12
30	M8 washer	16
31	Big washer	2
32	Inductor	1

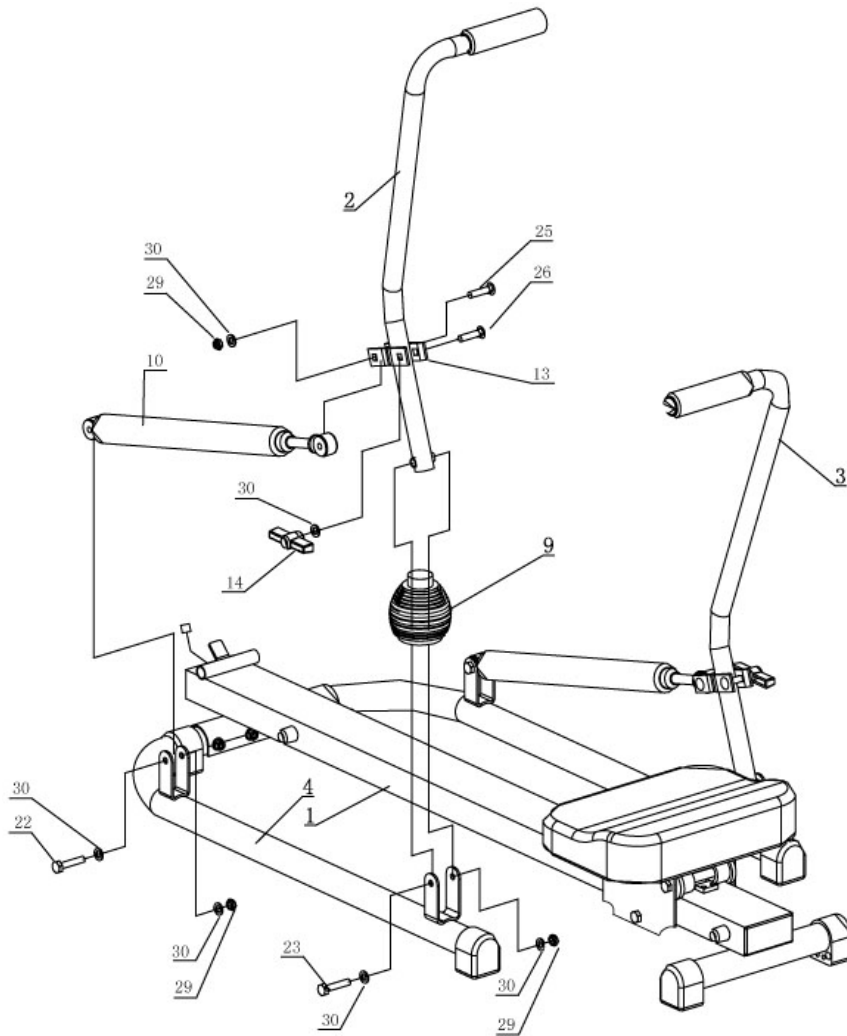


1. Unpack the carton and place all the parts on the floor.
2. Through the U support (I) (16), connect the stabilizer tube (L) (4) to main frame (1). With M8X55 screw(27)、 M8 washer(29) and M8 washer(30). The stabilizer tube(R) (5) just as the same.
3. Prepare the next step. Fit the U support (II) (17) to Stabilizer tube (L) (4) and

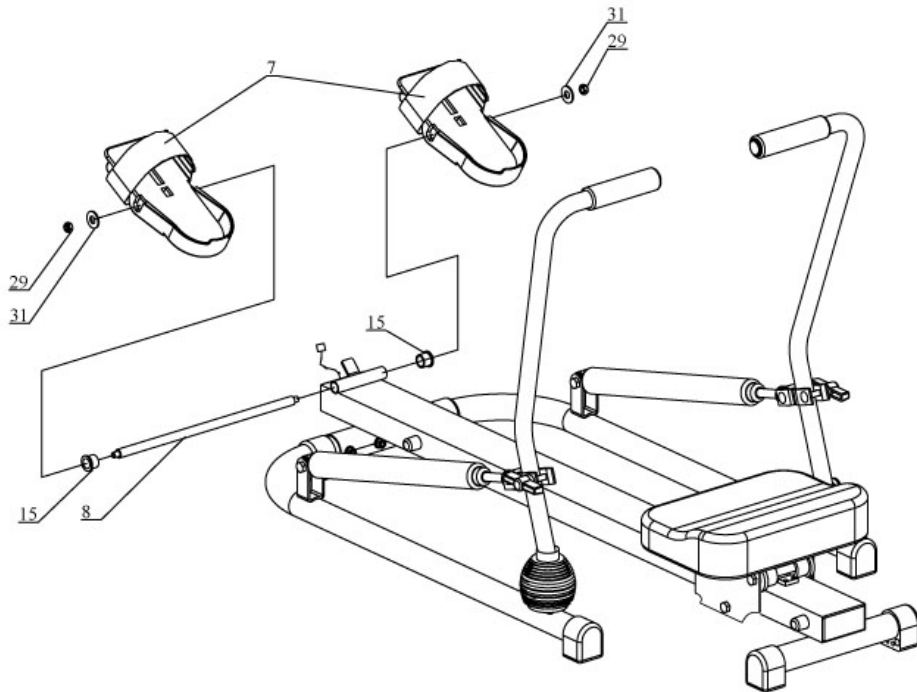
Stabilizer tube(R) (5).



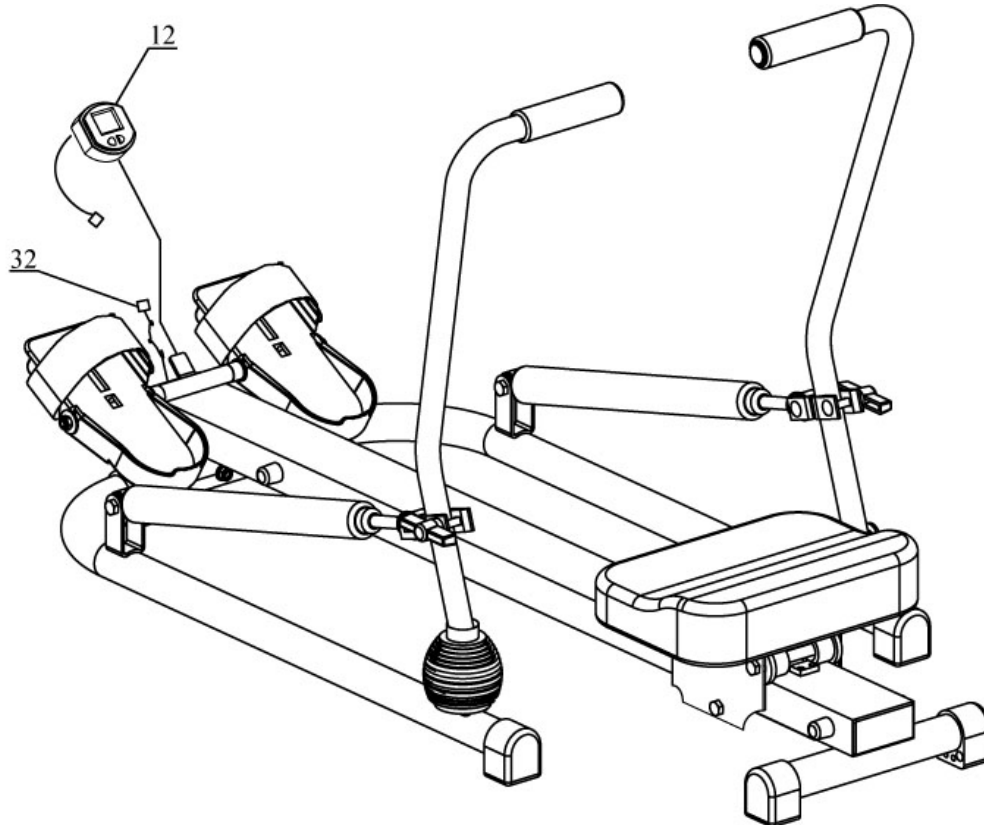
4. Attach the seat (6) to seat support (11), use M6X16 screw (28).
5. Assembly seat support(11) onto the main frame(1) with M8X115bolt (24)、 M8 washer(30)、 bush(19)、 roller set(18)、 liner ring(long)(20) and M8 locknut(21).



6. At constrict(13) through the rowing tube(L)(2), to adjust the height, use M8X45mm screw(26)、 M8 washer(30) and knob(14) to fixed. Attach the rowing tube (L) (2) to stabilizer tube (L) (4). The other end of rowing tube(L)(2) through the lantern cover(9), and use M8X50 bolt(23) 、 M8 locknut(29) and M8 washer(30).
7. Assembly cylinder(10) onto the stabilizer tube(L)(4) with M8X40 bolt(22) 、 M8 locknut(29) and M8 washer(30).Assembly the other end of cylinder(10) onto the AL CONSTRICT(15) with M8X40 screw(25)、M8X45 screw(26)、M8 locknut(29) and M8 washer(30). The knob (14) to adjust the tension.



8. Assembly the pedal (7) onto main frame (1). to through the Pedal pole(8) to the main frame(1), and fit the pedal(7)with plastic cover(15)、 big washer(31) and M8 locknut(29).



9. Connect the meter (12) and the end of inductor (32), and insert the meter.
10. Now, you can use the rowing machine.

EXERCISE COMPUTER

SPECIFICATIONS:

TIME.....	0:00-9959MIN
COUNT.....	0-9999TIME
REPS/MIN.....	0-9999TIME/MIN
CALORIE.....	0-9999KCAL

KEY FUNCTION:

MODE: This key lets you select and lock onto a particular function you want.

Reset: This value to zero by pressing the RESET key.

OPERATION PROCEDURES:

1. AUTO ON/OFF:

- The system turns on when any key is depressed or its sensor receives an input from the speed sensor.
- The system turns off automatically when the speed sensor has no signal input or no key is pressed for approximately 4 minutes.

2. RESET:

The unit can be reset by changing battery or pressing the MODE key for 3 seconds.

3. FUNCTION:

● COUNT

Display the count in the first rank of LCD screen.

● SELECT

Operate the MODE key to select functions in the second rank of LCD screen for following sequence: TIME-CALORIE-REPS/MIN-SCAN

4. BATTERY:

This monitor uses one "AA" or AG 13 battery. You can replace the battery through the back of the unit.