



ROWING MACHINE PRO



ASSEMBLY AND COMPONENTS

Before assembling, make sure that all components and screws are present



ASSEMBLY

FASE 1: Open the MAIN BODY (7)



Stretch the MAIN BODY (7) by flexing the central bar.



Insert the FIXING PIN (6) into the hole (if it doesn't fit well, the frame will position itself correctly once you sit on the saddle).



At this point, the MAIN BODY (7) is relaxed.

FASE 2: Assembling the REAR SUPPORT (8)



Assemble the REAR SUPPORT (8) with the back of the MAIN BODY (7).



Align the holes in the REAR SUPPORT (8) at the desired height and secure with the KNOB (9).



It is possible to adjust the height of the tool on 3 LEVELS by unscrewing the KNOB (9), lifting the MAIN BODY (7) and screwing the KNOB (9) back on firmly.

FASE 3: REAR HANDLEBAR assembly (3)



Place the REAR HANDLEBAR (3) at the rear of the MAIN BODY (7).



Fix the REAR HANDLEBAR (3) with the KNOB (5).



Insert the FIXING PIN (6) into the bottom hole.

FASE 4: Fitting the FRONT HANDLES (1)

Assemble the FRONT HANDLES (1) (left and right) to the MAIN BODY bar (7) using the SCREWS AND BOLTS (4). Make sure the curved part of the handles is facing you during the exercise.



Fit the FRONT HANDLES (1) so that the curved part of the handle is facing you.



Attach the FRONT HANDLES (1) as shown in the image above.



Secure the SCREWS with the BOLTS using the SET supplied.

FASE 5: DISPLAY mounting (2)



Insert the battery (AA) into the back of the DISPLAY(2).



Fix the DISPLAY (2) to the support positioned between the FRONT HANDLES.



The DISPLAY (2) is equipped with an internal sensor that monitors your exercises.

FASE 6: Balance your tool



If you train in a non-flat place, use the difference in inclination of the NON-SLIP RUBBER CAPS of the FRONT and REAR SUPPORTS to balance the tool.



HOW TO USE THE PRODUCT

DISPLAY

If the DISPLAY screen (2) becomes blurry and does not turn on, replace the battery (AA).

STOP

When you stop the workout, the STOP indicator appears. The DISPLAY stops monitoring and turns off after a while. If you resume your workout or press a button, the DISPLAY turns back on and the STOP indicator disappears.



- **VALUE TOP RIGHT (fixed)**
 - Number of repetitions of the exercise being performed.
- **VALUE AT THE BOTTOM RIGHT (can be changed by pressing the SELECT button):**
 - Training time
 - Calories burned during exercise
 - Counts per minute, how many maximum repetitions per minute
 - Displays previous values in rotation with an interval of 5 seconds, sequentially shows TIME>CALORIES>COUNTS PER MINUTE.

The corresponding values are indicated by the symbol ◀

SELECT button

When the button is pressed,
TIME > CALORIES >
COUNTS PER MINUTE >
ROTATING VALUES are displayed

RESET button

When the button is pressed,
all values are reset.

EXERCISE INTENSITY CONTROL

By turning the KNOB located on the hydraulic cylinder left and right, the intensity of the exercise can be adjusted from 1 to 12 levels.



HOW TO USE THE PRODUCT

HOW TO GRIP THE HANDLES



UPPER GRIP

The length of the movement is maximum.

Effect of the exercise: distribution of the exercise OVER THE WHOLE BODY



SIDE GRIP

The training of arms, back and shoulders is intensified.

Effect of the exercise: INTENSIVE in the UPPER BODY



LOWER GRIP

Movement length is shortened for fast, aerobic movements.

Effect of the exercise: INTENSIVE in the LOWER BODY

EXERCISES



ROWING EXERCISE

Sit on the saddle, place both feet on the FOOTRESTS, bend your knees and push the FRONT HANDLE forward, then straighten your legs and pull the HANDLE towards your chest.



ABDOMINAL EXERCISE

Grasp the REAR HANDLEBAR with your hands and place your knees on the saddle, then bring your knees towards your chest and perform an abdominal contraction.



DIPS/TRICEPS EXERCISE

Grab the REAR HANDLEBAR with your hands, position your feet not too far from the tool and bend your arms until they form a 90° angle (if you can't stop first), extend your arms completely.



ROWING MACHINE PRO

WARNINGS:

- Do not put your fingers on the moving parts of the tool
- Do not place it near furniture or fragile objects while in use
- Not suitable for children
- Once folded and stored, secure the product with the safety screws and close to a supporting wall to prevent it from falling
- Do not store in a humid place and avoid direct sunlight
- Maximum weight for using the product is 100 kg



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