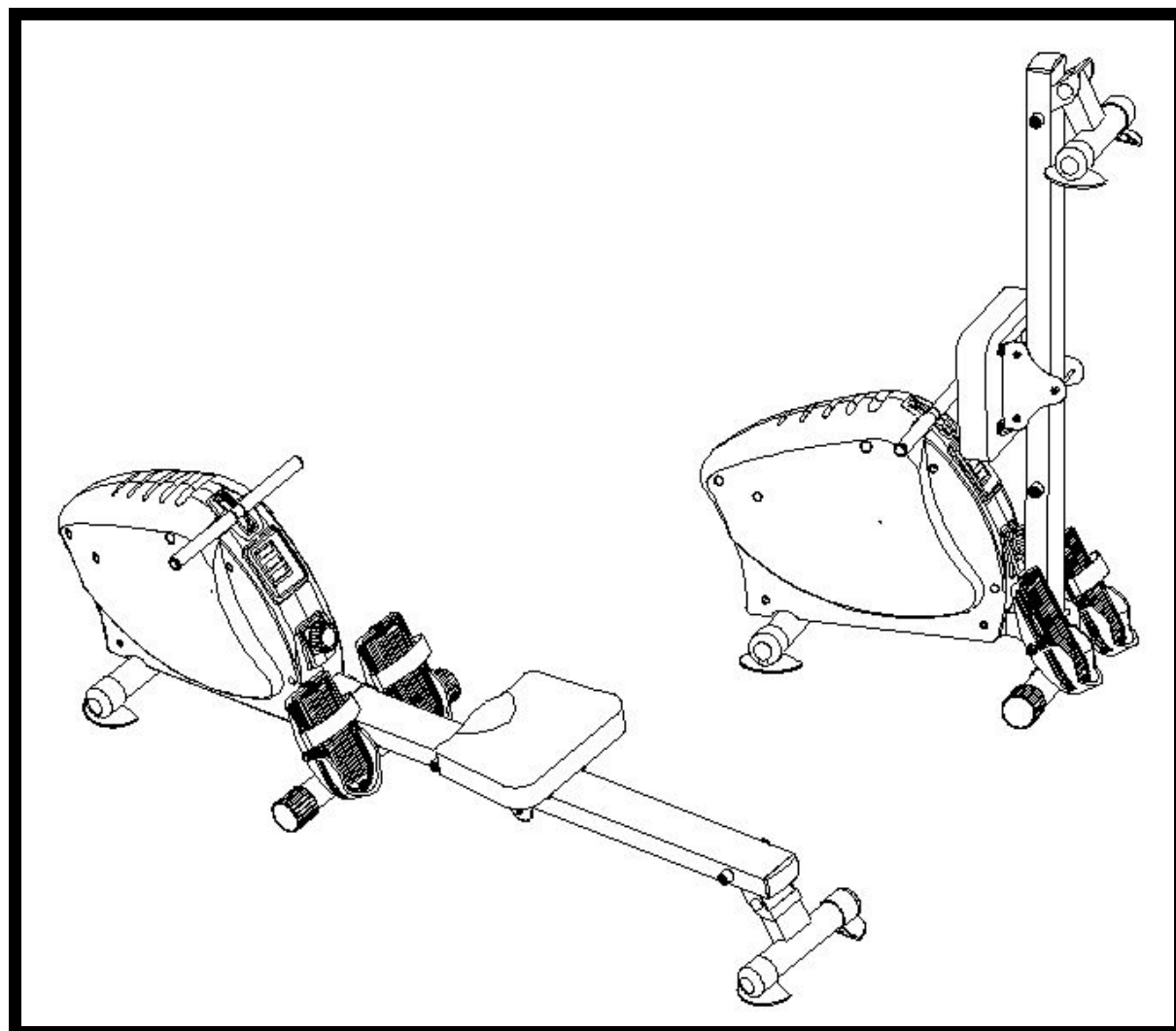




# ***MAGNETIC ROWING MACHINE***

**Model no. KR100**



## ***OWNER'S MANUAL***

## **Attention**

### **Warning:**

Before using the magnetic rowing machine, please advise personal doctor and have a physic examination if necessary. Regular and strict exercising habits must first gain doctor's permission, if there is any uncomfortable matters while using the magnetic rowing machine, please stop immediately and consult doctor again, it is very important to use the magnetic rowing machine correctly. Please read manual carefully before using the magnetic rowing machine.

While the magnetic rowing machine is in use or while taking a rest, it is necessary to keep children away from the magnetic rowing machine.

Please wear appropriate clothing while exercising, for example, sportswear and sports boots etc. Do not wear loose clothing in case it might get stuck in machine while exercising.

Make sure all screws on the magnetic rowing machine is tightened, term maintenance can protect the magnetic rowing machine to be in good condition.

### **Before Use:**

How to use the magnetic rowing machine to exercise depends on one's body condition. If you have not exercised for a long period of time or you are overweight, then you should start slowly, then slowly increase the amount of time you exercise every week.

At first, maybe you only need a couple of minutes to accomplish the target you have set for yourself, then, you will have to spend six to eight weeks to improve your physical condition. If you need to spend more than this amount of time, please do not feel depressed, the important thing is that exercise should be based on your own schedule and eventually attain the goal of exercising thirty minutes each time. The better your physical condition is, the tougher your goal setting exercising time should be. It is important to keep the following in mind:

- \* It is always important to consult a doctor before starting your exercising plan or beginning your training. Let the doctor examine an actual exercising schedule according to your training and diet plan.

- \* Follow your own and the doctors progress and keep on moving forward according to actual situations.

- \* Follow the exercising plan that has been set in coordination with other aerobic exercises, for example, walking, jogging, swimming, dancing, riding bicycles... etc.

- \* It is necessary to drink a lot of water while exercising, the large amount of water that has been lost during excessive exercise must be re-supplied afterwards in order to avoid dehydration.

Avoid drinking cold water; water at room temperature is best.

- \* Take pulse rates at all times. If there isn't an pulse meter, let the doctor instruct you to use a watch or use your neck to take your pulse, then according to your age, set your heartbeat goal for your own age.

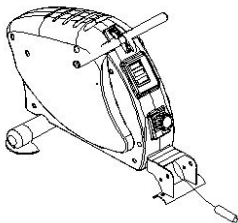


Surgeon doctor association thinks that the lack of exercise is a sign of danger in your health.

## **Spec**

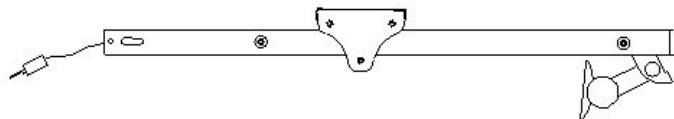
Frame Constructor	:	Heavy steel tube provides stable operation and duration
Braking system	:	Patented high-class precise inner magnetic system
Tension control	:	Five-level manual control differentiates lightness and heaviness
Transmission type	:	Anti-tension polyester band (string)
Flywheel	:	7.5KGS/OD250mm.Operating silently and smoothly
LCD display	:	Three windows, single key with six functions –strokes/min, counter, distance, speed, timer, calories
Handlebar	:	Comfortable hand grip
Seat slide	:	Large steel tube provides stable and smooth movement
Seat	:	Large and comfortable PU seat easy to move back and forth
Pedal	:	Large double pedal with safety strap
Storage	:	Fast folding design – easy for storage
Exercise direction	:	Two-way design provides a variety of sport types
Full assembly size	:	226 cm x 48 cm x 56 cm
Moving	:	The product is equipped with large wheel for easy moving

## **Components**



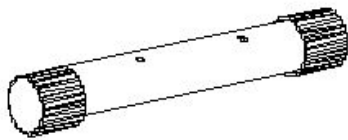
#1

Main frame x 1



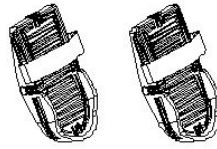
#2

Sliding rail x 1



#4

Middle base stand x 1



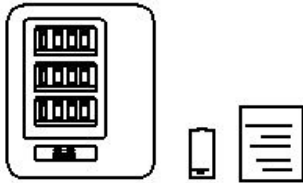
#7

Pedal x 2



#9

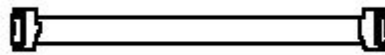
PU seat x 1



#19

Computer x 1

(Battery x 1 included, manual x 1)



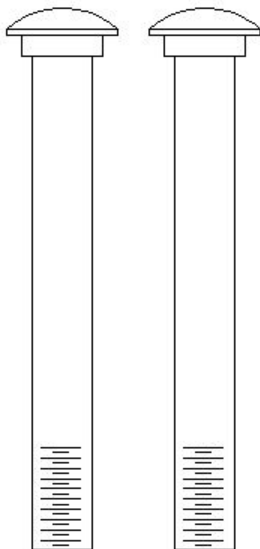
#34

axle set of pedal x 1



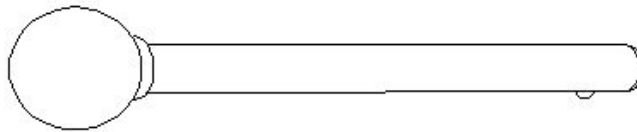
Instruction manual x 1

## Hard wares



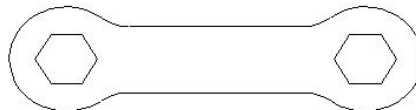
#33

Wagon bolt x 2

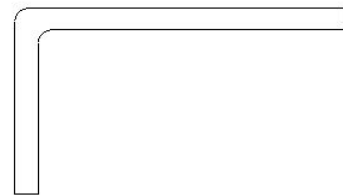


#32

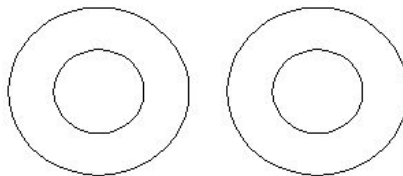
Lock pin x 1



Wrench x 1

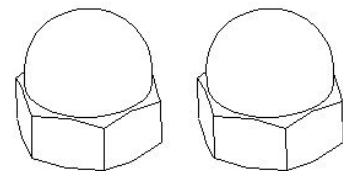


Allen key x 2



#49

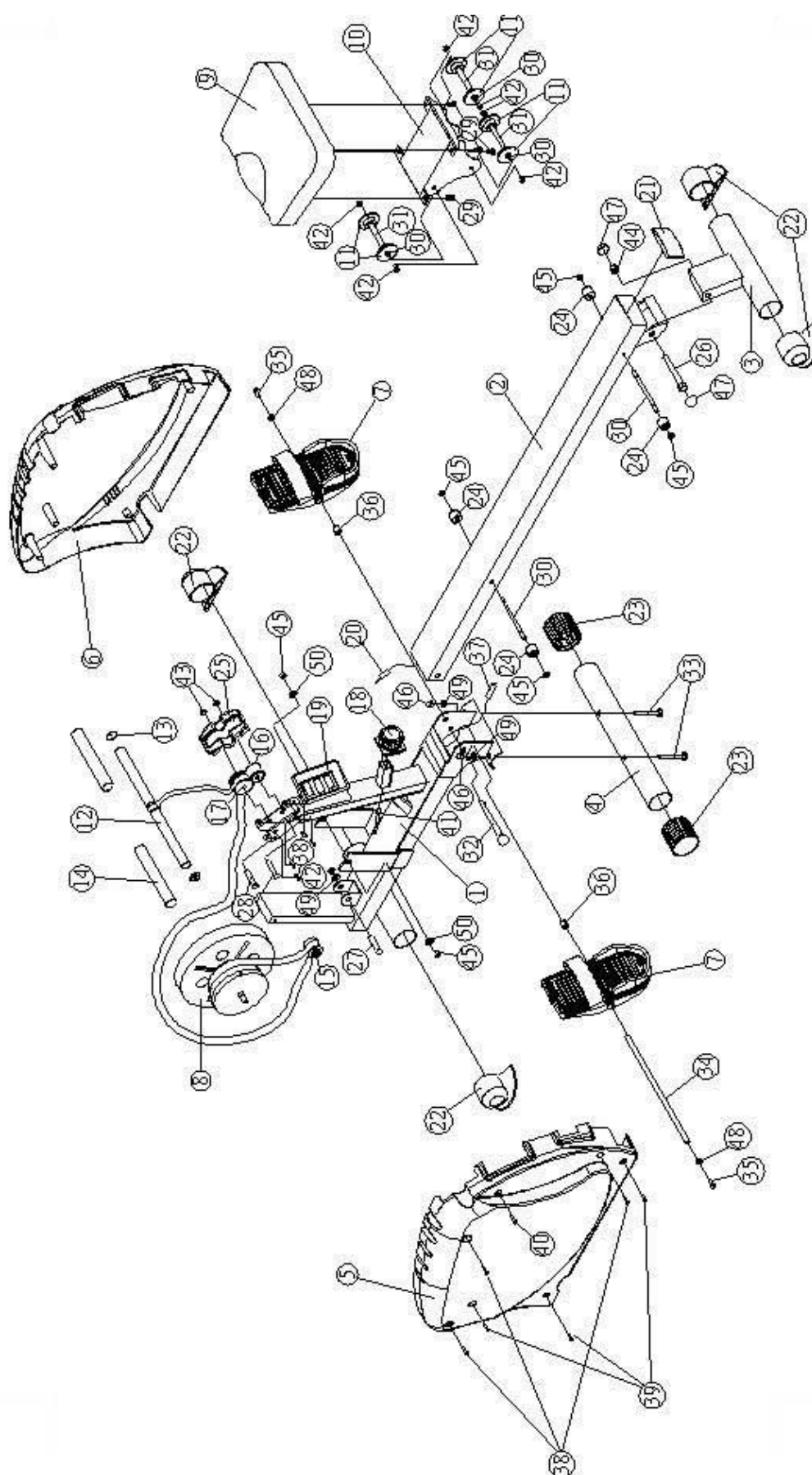
Washer x 2



#46

Nut x 2

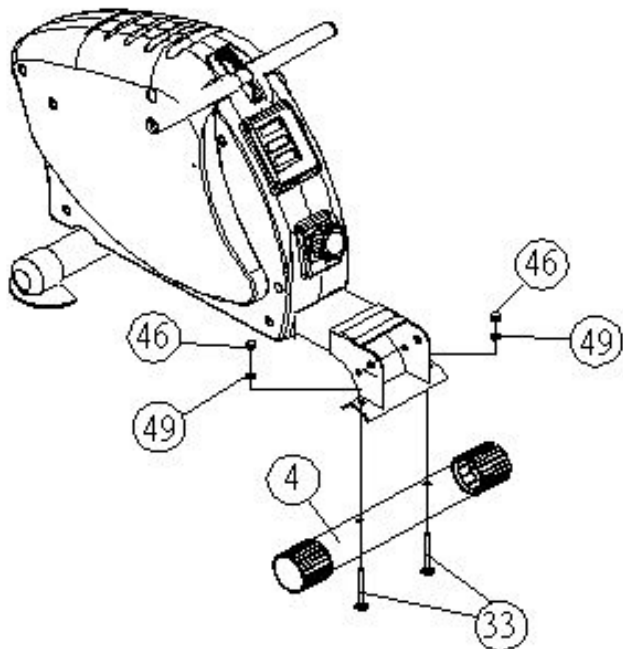
## Exploded drawing



## **Parts List**

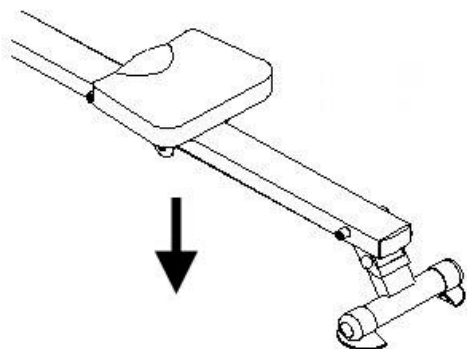
Part No.	Description	QTY	Part No.	Description	QTY
1	Main Frame	1	26	Screw for Rear Stand	1
2	Sliding Rail	1	27	Screw	1
3	Rear Support Stand	1	28	Screw	2
4	Middle Base Stand	1	29	Screw for seat	4
5	Left Chain Cover	1	30	Screw (two sides)	5
6	Right Chain Cover	1	31	Sleeve	3
7	Pedal	2	32	Lock	1
8	Magnetic System	1	33	Wagon Bolt	2
9	PU seat	1	34	Axle of Pedal	1
10	Seat Support	1	35	Screw	2
11	Sliding Wheel	6	36	Sleeve	2
12	Pull handles	1	37	Computer cable	1
13	Handle cap	2	38	Screw for cover	7
14	Foam grip	2	39	Screw for cover	3
15	Fix wheel	1	40	Screw for cover	1
16	Bottom Wheel	1	41	Screw for Tension Knob	1
17	Top Wheel	1	42	M8 Nylon Nut	7
18	Tension Knob	1	43	M10 Nylon Nut	2
19	Computer	1	44	M12 Nylon Nut	1
20	Sensor wire	1	45	M8 Nut	6
21	End Cap for Sliding Rail	1	46	Screw Nut	2
22	Rear Stand cap	4	47	Cap	2
23	Moving Wheel Cap	2	48	M8 washer (big)	3
24	Rubber stop	4	49	M8 washer (small)	2
25	Plastic cover for wheel set	1	50	M10 washer	4

## Assembly Instructions



### **Step 1**

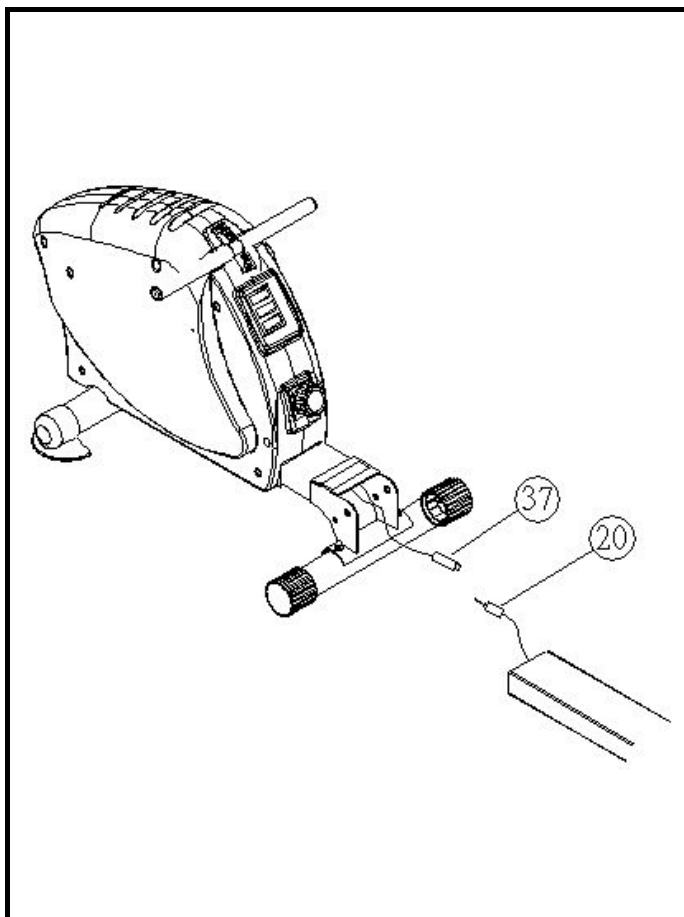
Assembly the middle base stand (#4), using the wagon screw (#33), washer (#49) and nut (#46) to put together.



### **Step 2**

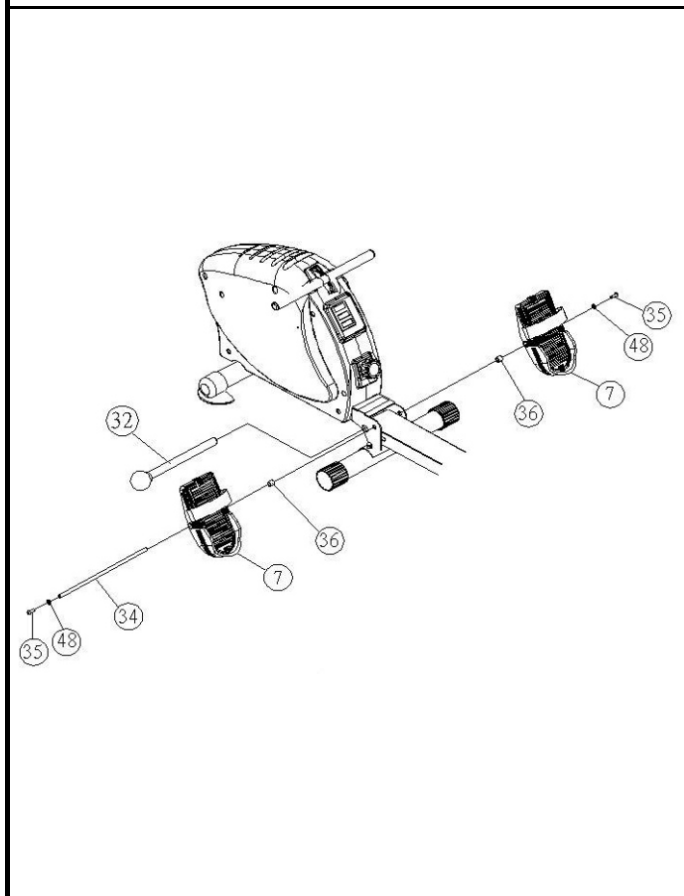
Assembly the seat cushion (#9), first put seat cushion on top of the wheels set (#10); use screw (#29) to put together.

**\*\*Please remember the magnet (which fixed on the wheel set (#10)) must toward to the Chain cover. \*\***



### Step 3

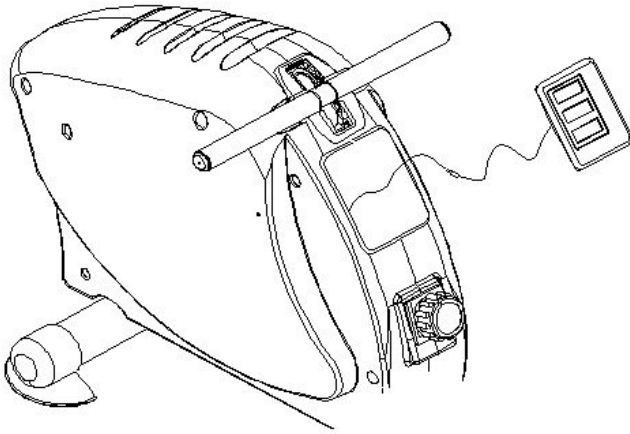
Connect the computer cable (#37) and sensor wire (#20) first.



### Step 4

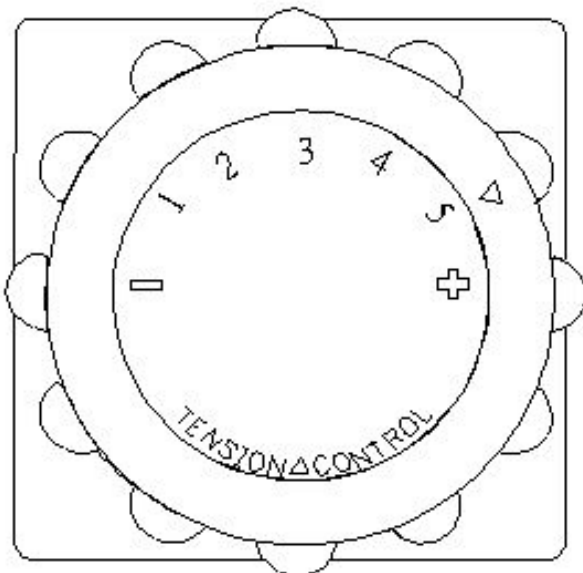
Assembly the pedal (#7), first put tube (#36) on the axle (#34) and put in the pedal hole on the axle and the other side too, then out tube (#36) on the other side, and put the other pedal (#7) on and put washer (#48), then lock the screw (#35). Follow the same instructions on the other side, put in lock pin (#32) last.





### **Step 5**

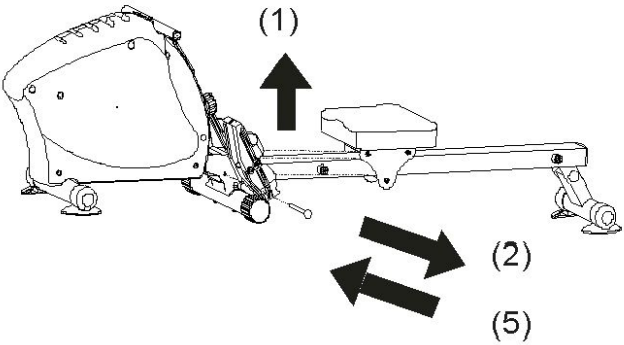
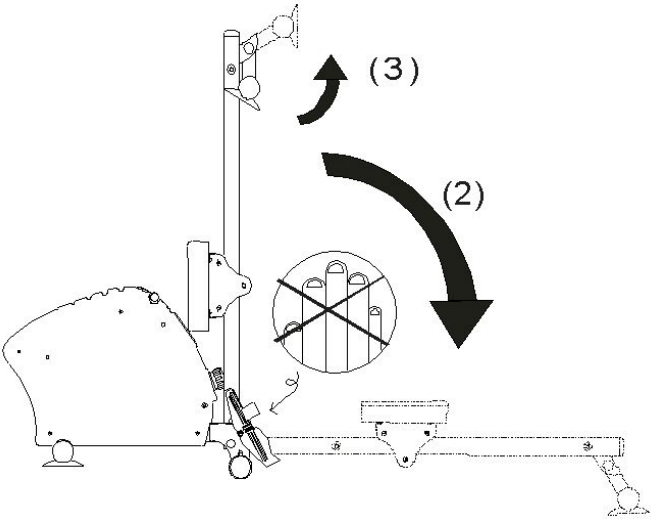
Before installing the computer, first connect one side of the computer sensor in the other side of rectangular hold, then push the computer gently into the rectangular hole, make sure all sides are securely put into the rectangular hole, now the installation of the computer is finished.



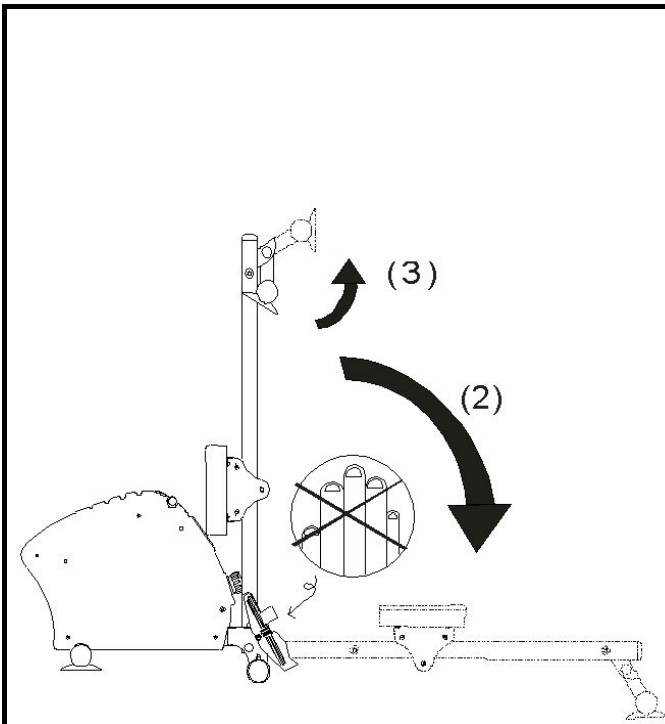
### **Step 6**

When operation the tension knob, the rotate button will appear numbers 1-5 and a increase and decrease symbol, turning left is decrease and right is increase, therefore the smaller the number the smaller the resistance is, the larger the number the larger the resistance is. The number of the triangle index can be adjusted according to personal needs.

## Folding Instructions

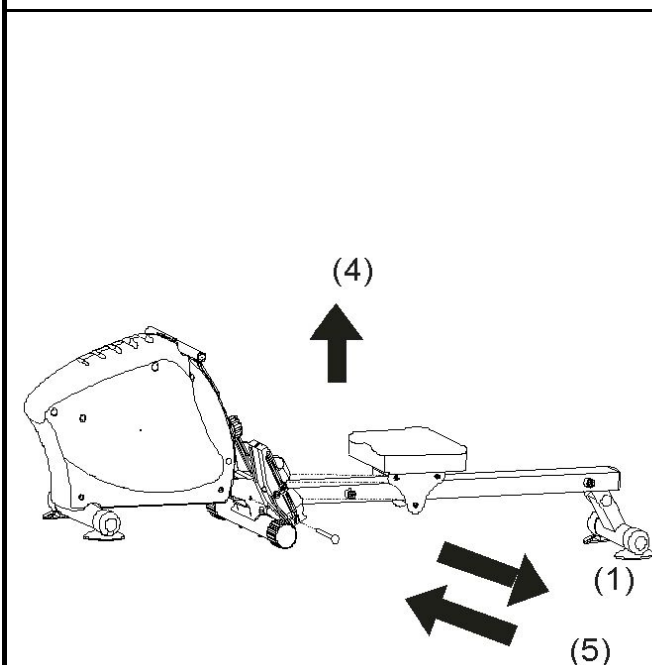
	<p>(1) First slowly pull up the sliding rail. (2) Then pull out the lock pin.</p>
	<p>(3) Before folding the sliding rail, first fold rear support stand towards inside. (4) Then put the sliding rail vertically against the main frame. (5) Lastly, put in the lock pin.</p> <p>*Please do not put fingers in the holes when folding in case of injury.</p>

## Unfolding Instructions



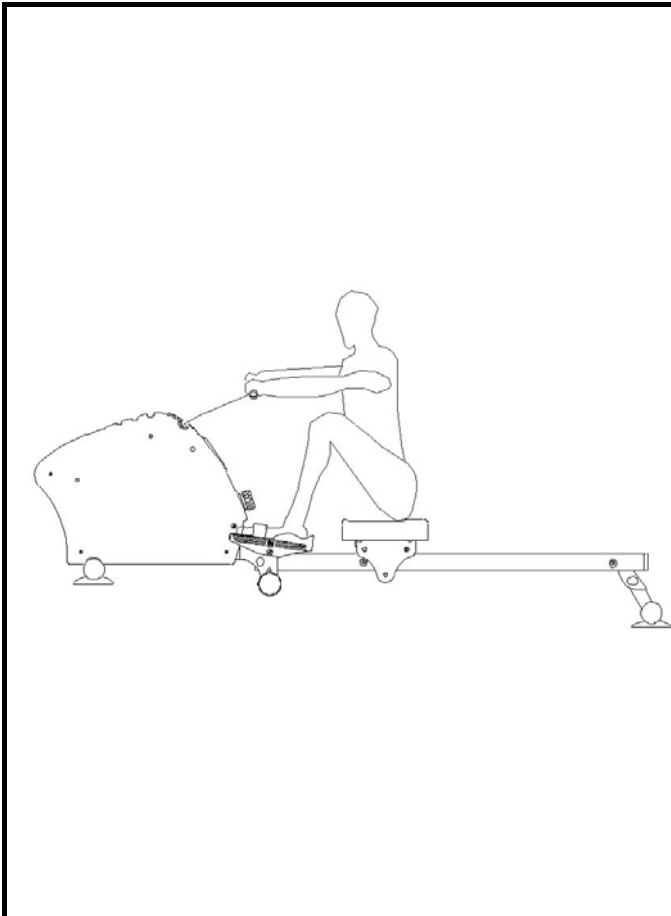
- (1) First take out the lock pin.
- (2) Then put down the sliding rail.
- (3) Fold rear support stand outwards.

\*Please do not put fingers in the holes when putting the sliding rail down

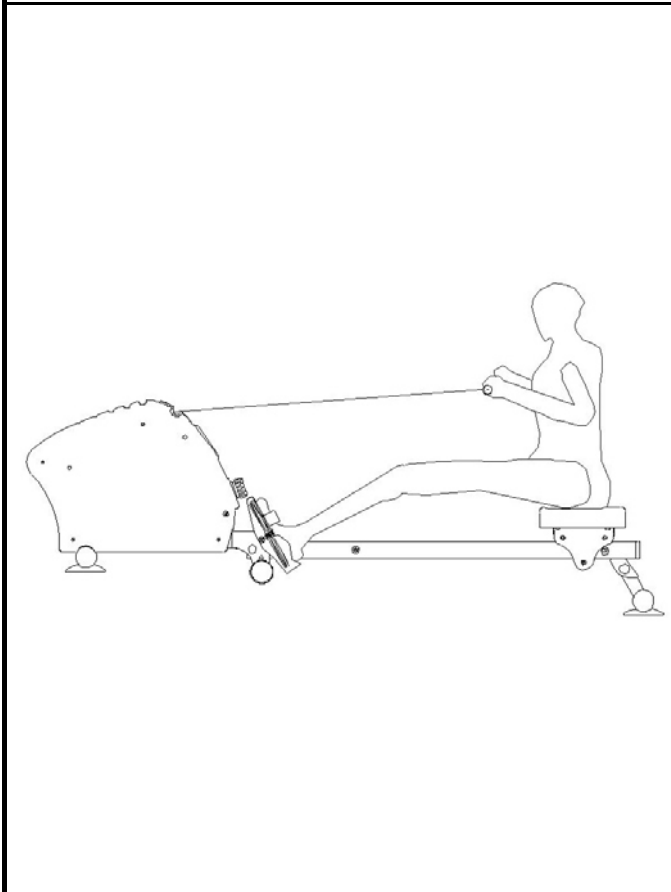


- (4) Slowly pull the sliding rail upwards.
- (5) Then put in the lock pin and the unfolding process is completed.

## **Body Position**



(1) The correct way to use the magnetic rowing machine is to first sit with both knees bended, body slightly lean backwards and stretch both arms to grab handles.

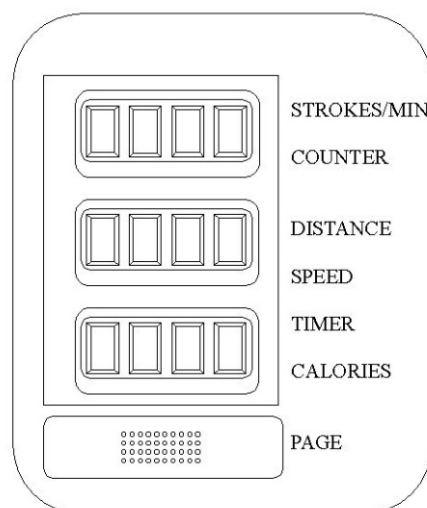


(2) Then move body back and use legs to push forward, use arms to pull towards breast. To avoid getting hurt, don't let both knees firmly attached and don't lean your back too backwards.

Go back to the starting position and continue this action.

# ***EXERCISE COMPUTER***

## ***BC-8311***



### **FUNCTIONS AND OPERATIONS:**

#### MODE OR FUNCTIONS

#### ACTION

Auto on/off & Auto Start/Stop

As long as the wheel is in motion, the computer is in action. If there is no moving within 256 seconds, computer will turn it off automatically.

STROKES/MIN

The strokes/min function will display on the first display.

DISTANCE

The distance function will display on the second display

TIMER

The elapsed time will display on the third display.

COUNTER

The counter will display total count since the last time the unit was reset.

SPEED

The speed function will display on the second display.

CALORIES

The Calories function will display on the third display.

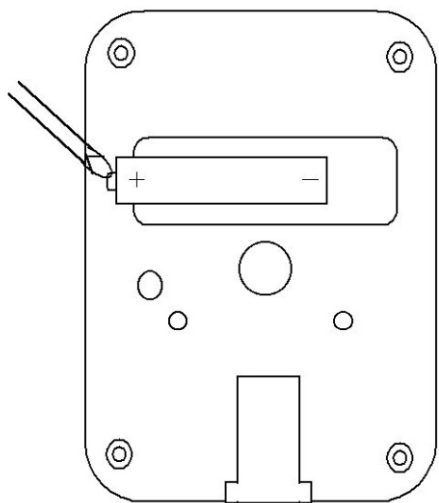
### **KEY FUNCTION:**

PAGE: 1. Press the Page button will change the functions from STROKES/MIN, DISTANCE, TIMER, COUNTER, SPEED and CALORIES.

2. Pressing the button for over 3 seconds, all functional values will rest to zero.

HOW TO REMOVE BATTERY:

- 1. Take off the dead battery by inserting and twisting a screw driver in the slot of battery housing on the back case (see illustration).
- 2. Replace 1pc Size-AA or UM-3 battery into the battery housing.
- 3. Battery must be correctly positioned and make sure the battery spring is properly contacted with battery.
- 4. Whenever remove the battery will erase all functional datas.
- 5. The battery life is approx. 1 year under normal usage.
- 6. If the display is illegible or only partial segment appeared, please take out the battery and wait for 15 seconds, then reinstall it.



SPECIFICATIONS:

	SPEED	<del>0.1-99.9</del> MPH
	DISTANCE	0.1-99.9 0.01-99.99 Km or Miles
FUNCTION	TIMER	00:00-99:59
	STROKES/MIN	5-199
	COUNTER	1-999
	CALORIES	0.1-999.9
DISPLAY	LIQUID CRYSTAL TYPE	
CONTROLLER	4BIT, 1CHIP MICROPROCESSOR	
SENSOR	MAGNETIC, NON-CONTACT	
POWER SOURCE	REQUIRES ONE PIECE OF 1.5V SIZE-AA OR UM-3.	
OPERATING TEMPERATURE	0°C - +40°C (32°F-104°F)	
STORAGE TEMPERATURE	-20°C - +50°C (-4°F-122°F)	



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