

YESOUL ROWING MACHINE Product Manual

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Product Specifications

Screen size	21.5 inches (1920*1080 pixels)	
Supported software version	iOS 12.0 or above, Android 5.1 or above (inclusive)	
Resistance system	Magnetron resistance system	
Power supply input	24V = 2A	
Wireless connection method	WiFi2.4Ghz/BT/BLE	
Bluetooth	Rowing Machine: V4.2, Speaker: V5.3(Optional)	
Applicable Height	140 ~ 195cm	
Rated maximum load	120kg	
Net weight	27kg	
Gross weight	31kg	
Overall dimensions	(Length) 1746mm × (Width) 550mm × (Height) 1035mm	

Routine Maintenance

- 2. Wipe off sweat on the machine body with dry cleaning cloth after exercise. Do not use
- 3. Regularly check the screws of various body parts for loosening or falling out, and tighten or replace ther without delay if anything.

 4. Regularly check the resistance knob for looseness or dislodgement and rea
- valles so that the resistance value can be calibrated in time. 5. Regularly check if the seat cushion is loose. Tighten it promptly if necessary. Use a cotton cloth to wipe
- seat cushion and keep it dry. 6. Regularly inspect the power cord for any cracks or damage, and replace it promptly if needed.
- 7. Regularly check the screw of the pedal, if loosens, tighten it promptly.

Installation Guide - List of Parts

	NO.	Name	Quantity	Picture
Accessor	A	L-shaped hexagon wrench 5#	1	
Accessories List (Tools List)	В	L-type cross head hexagon wrench 6#	1	
Tools L	С	Multifunctional wrench	2	20 <u>-6</u> 2
ist)	D	L-shaped hexagon wrench 8#	1	

Some fixing screws are pre-locked on the corresponding parts at the factory. Please remove them before installing the corresponding parts during assembly. Spare parts are subject to actual conditions.

Installation Guide

Monitor Specifications

Backlight type

Refresh rate

Indicator mode (power on, stand

STEP 2: Install the front foot tube

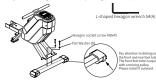
476mm*268mn

Max:60HZ *USB+Type-c+TTL+Audio out+DC-IN

0°C-40°C

0-90%RH 0-90%RH

Five-way joystick buttons



STEP 3: Install the rail assembly

STEP 3: Install the rail assembly

1. Use 1-shaped heapen weresh \$4 (k) and 1-type cross head heapen wresh 64 (f)

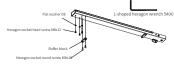
1. Use 1-shaped heapen weresh \$4 (k) and 1-type cross head heapen wresh 64 (f)

1. Use 1-shaped heapen were high Mexical production of the main frame 0;

2. Install the side and (5) into the main frame (5) in the direction of the arrow man of finally use 1-shaped heapen weresh (5) and 1-type cross head heapen weresh (6) into the strong the shapen socked in the outer final use 1-type 1-typ



3. Use L-shaped hexagon wrench 5# (A) to remove the hexagon socket head screw (M8 \times 12), flat washer D8, hexagon socket round screw (M8 \times 12) and buffer block pre-locked on the slide rails @2.



Important Safety Instructions

- Last any your develop.

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 This product is not inconsisted of class II and not needed out the consistence.

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 7 to the his product on a fist and class ground.

 17 to the his product on a fist and class ground.

 18 the fielding is not be also and from can move the product freely or be placed in a suitable
- position. 9. To avoid hurting your back and guarantee your safety, please use the proper way or ask for help
- 9. To available turning over the Act and gasanathes you stately, please use the proper way of when lifting or moving this product.
 10. Do not use this product when mailtain changes the control of the proper way of the
- falling off.

 14. Never refit this machine or use non-original accessories without permission. The casing must 18. Never terit this machine or use non-original accessories swithout permission. The casing must be opened by professions, to avoid draining, be opened by professions, to avoid draining.

 15. For the product it emergency distinguishment, passage, and simplicity of use, the product should have all castle. On these of three space all atound.

 16. Incorrect or excessive training may clause injury.

 17. Use this product according to the instructions (Namu pully before exercise.

 18. Keep be lookly bythated as reserved during exercise.

 19. Without the prefixed systematical forms because for the lower and medical certificate signed and the production of th

- by a doctor, never be engaged in high-intensity sports. Before attempting any intense sprints, be careful with the body state and posture, and adjust a comfortable speed.
- 20. If you experience any discomfort while using the equipment, stop immediately an

Li Use L-shaped hexagon wrench 5 if (A) to remove the 4 hexagon socket head screws (M8×12) and flat washers 18 pre-locked on the seated cachino 18; A light be seat cushion 3 and the seat cushion 3 in the seat cushion siding assembly 0 with the holes, and use L-shaped hexagon wrench 5 if (A) to tighten the 4 hexagon socket head screws (M8×12) and flat washers 10.

STEP 4: Install the seat cushion sliding assembly

Installation Guide

Installation Guide

Installation Guide - List of Parts

Picture

Da

STEP1: Check of parts

(2)

(3)

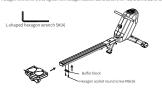
Front foot tube

Rear foot tube

edal set left/rig

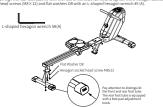
Display scree

24V==2A power adapte



STEP 5: Install the rear foot tube

Align the rear foot tube ③ with the hole of the slide rail ⑤, and tighten the 3 hexagon socket head screws (M8×12) and flat washers D8 with an L-shaped hexagon wrench #5 (A).



Installation Guide

STEP 6: Install the ball head elastic pin

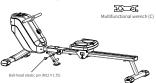
C to C data cable

C to Lightning data cable

Instructions

Installation Guide - List of Parts

Screw the ball-head elastic pin $(M12\times1.75)$ m into the round hole on the slide rail, following the direction of the arrow. If it gets stuck, shake it up and down to help the pin's head enter the hole. Then, tighten it with a multi-function wrench (C).



STEP 7: Install the plum blossom knob

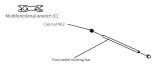
1.First, hold the arrow with your left hand and screw the plum blossom knob (M12×1.75) (® into the hole with your right hand. (Note: When you fold and use it again, you must repeat this installation step)



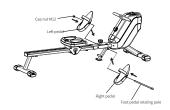
Installation Guide

STEP 8: Install the pedals

STEP 8: Install the pedals
Use 2 multi-function wrenches (C) to remove the M12 cap nut pre-locked on the pedal rotating bar pole®. Only one side needs to be unscrewed.(Although both sides can be unscrewed if necessary)



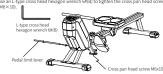
2.Insert the foot pedal rotating pole $\mathfrak D$ into the hole of the right pedal assembly, and then into the hole of the main frame $\mathfrak D$. Insert the left pedal into the hole of the pedal rotating pole $\mathfrak D$ -finally, use 2 multi-function venenches (C) to tighten the 2 M12 cap nuts.



Installation Guide

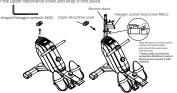
STEP 9: Install the pedal limit rod

It is an it type cross head heagon wrench 6#(B) to remove the cross pan head screw (M6 × 10) pre-locked on the main frame (D), insert the pedal limit lever® into the main frame (D) into the direction of the arrow, push the retaining ring into place, and then use an it—type cross head heagon wrench 6#(B) to tighten the cross pan head screw (M6 × 10).



STEP 10: Install the monitor stand

I first amove the upper decoration way use 1 shaped heagon wennt 5s (A) to 1. First amove the upper decoration (MEX.2) pin cloud on the mini frame 0, and the shaped heagon wench 5s (A) to 1. Connect the wires and insert them into the sheet media lock, align the more 0, connect the wires and insert them into the sheet made lock, align the more 0, tighten the mini frame 0 and use the 1-shaped heagon wench 5s (A) to tighten the heagon socket head screws (MEX.12), Finally, slightly open the notch of the upper decorative over and range in time place.

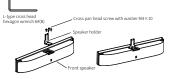


Installation Guide

STEP 11: Installing screen and speakers

1.Take out the monitor fixing piece (a) (The side with the sticker is facing up), and use the L-type cross head hexagon wrench (#) (8) to lock the 4 cross pan head screw with washer(MAX 10) (a) until they are tight (*) Please placethe screen flat on the desk and avoid contact with hard objects to prevent damage to the screen);





Installation Guide

3. Align the speaker assembly with the slot of the screen assembly and insert the



4. Loosen the hexagon socket head screw(M8×16) pre-installed on the monitor holder (9) with an t-type cross head hexagon wrench 6#[8]), and then remove the upper connecting and speaker components assembled in the previous step into the monitor holder 5Mext place the upper connecting sear and secure it with the hexagon socket round screw (M8×16). Use a t-type cross head hexagon when the (9) to lighten the screws until they are secure.





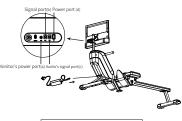
Installation Guide

STEP 12: Installation of connection cable

 We recommend first insert the signal port (c) and power port (d) of the speaker into the jack at the bottom of the back of the monitor, then plug the power port (a) and signal port (b) of the monitor into the jack at the bottom of the back of the monitor. Be sure toplug them in tightly (Matching the colors and specifications of the sockets. Ensure that the power cord is properly inserted and securely fastened); ct the appropriate full-featured C to C data cable (which supports DisplayPor gnal output)and insert it into the Type C jack under the monitor **(Secure any**

(DP) signal output and insert time the type-cipick under the monitor (secure are excess wire with velicro);

3.Connect the power adapter ® to the power jack at the rear under the frame ①. Make sure the indicator light is on continuously, (Use only the standard power adapter, using an unauthorized adapter may lead to serious consequences)



Note: Do not plug or unplug the monitor's interface without cutting off the power supply Please unplug the power when not in use.

Installation Guide (for reference only, subject to the actual product)

Safety tips:
Please check whether the screws in various parts of the machine are tightened before use.

The screen supports 360 degrees of rotation, allowing it to rotate 180 degrees clockwise or counterclockwise. (Here, the Ltype cross head hexagon wrench 6N(B) can be used to tighten/loose).



This manual contains the functional introduction and operating instructions as much as possible when printed. owever, due to ongoing improvements in hardware, software, and design, there may be differences between this manual and the product you purchased. In the event of any discrepancies in appearance, interface, or color,

please refer to the actual product.

How to store

1. Turn the plum blossom knob (M12 \times 1.75)% counterclockwise, pull up the ball-head elastic pin (M12 \times 1.75)% with your left hand and hold it, lift the slide rail assembly% your right hand, then release the ball-head elastic pin (M12 \times 1.75)%, lift the slide rail assembly® with your right hand, and hear a "tap" sound, indicating that it is in place;
Note: When folding and storing, please hold the seat well to prevent it from slipping
suddenly: please place it out of reach of children, and the tail of the fuselage can stand



Note: When unfolding the rowing machine, please hold the handle of the slide rail firmly to prevent it from slipping suddenly and causing injury.



Precautions

After installation, check whether the screen falls when turned upside down. If this happens, use the L-shaped hexagonal wrench 8# (D)and the multi-function wrench (C) to tighten it as shown in the figure. (If it is loose during use or the joint needs to be adjusted, follow these steps to make the necessary adjustments.)



How to adjust the screen

Screen Adjustment:

1. Press and hold the "OK" key for 6 seconds to power off the phone.

and for 1.2 seconds to power in on.

2. When the monitor is powered on and a signal is detected, press the "ON" key press the "ON" key within 1 second to open the main menu.

3. List the "Directional" key to avaigat the main menu and select the desired Item for adjustment. After selecting the item, press the "ON" key to adjust. It. Press the "ON" key gain and severable properties the "ON" key gain to see changes and return to the previous properties. The confirming the adjustment, more the products on the left to exit the current option.

Operations to close the data window during screen projection:

3. Use the remote to scroll down and select settings, then scroll right to enter the 3. Use the remote to scroin down ariz sents: settings, users solven right to setting menu.

4 Scroil down using the remote to select "BilkeOsd," and then scroil right to enter the "BiseCods" setting interface.

5. Choose "Off" and press the "Confirm" key to select this option.

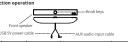
6. Scroil left three times continuously using the remote to exit the main menu.



(Five-way joystick buttons)

How to adjust the speakers (Optional)

Audio function operation



	Project	Pre-Condition	Operation steps	Effect	Tope	TED
-	_	riesonation			Drawe ea board	End (CD
On/Off	Power On	1	Short press the Rotary switch	Power On	(helo)	always on
	Power Off	1	Press and hold the knob button for 3 seconds	Pawer off	Shutdown tone (Shutdown sound effect)	Red LED goes out
Sleep state	Power On	1	The speaker has no AUX signal or Bluetooth signal input for more than 10 mins	The speaker goes to skeep	,	Red LED goes out
Wake-up function	Sleep mode	Sleep state	lithen clicking the knob- button (clicking will not switch modes), inputting audio signals. adjusting the volume and connecting Bluetooth can wake up	Enter pre-wake state	7	Red LED always on
Control Fuction	Valumeup	1	Turn the switch Clockwise	The volume increases gradually as your rotation	Valume up to maximum with a tone (begg)	Red LED always on
	Yolume down	1	Turn the switch articlockwise	The volume decreases gradually as your rotation	7	Red LED always on
	NodeSwitch	Power on	Short peeus the Rotary switch	Switch AUX mode and Bluetooth mode	Instal on Bluetonk mode with beep Diseased pointing or	All modered light inappor I filetoith todo ed light fachis-pickly
Pairing Sunction	Bluetooth pairing	Power on	Click the knob button to switch the mode to Bluetooth mode	Pairing search status, red light flashes quickly If pairing times out in Lómins, it will enter sleep state	Shutdown toes (Shutdown sound)	Red LED flash quickly
	Switch to Paring mode the blustooth can be found by other devise)	Power on	Open the bluetooth and Search on the devise	Bluetooth device searches for "Speaker" and connects, successful pairing announces a tone	The tone of successful cannection Friend (dane)	Red LED always bri
	Disconnected	Connected	Close your devise bluetooth function Cancel the pairing by the devise	Announcement tone (Pairing) Speaker enter the pairing mode	Disconnect tone Painting	Red LED Stath-quickly
			Disconnect the bluetooth connection by Devise			
	Reconnected- back to IST range		Connected with derise, the ballcoeff disconnected after more the device out of the BT range R recommended successful if back in BT range within 20mins	After over-distance-disconnection, the speaker enters the parking state and the red light flashe quickly After III minsups device is connected and the speaker enters sleep state.	Disconnect tone Paining	Red LED flash quid-by
				Reconnected successful with devise	The source succeedul cannection (Paint)	Red LED always on
	Reconnected	Bluetooth mode (paired with devise before)	Switch to bluetooth mode, apleaser try to reconnect with the last devise	Funable to reconnect within 10 mins, enter sleep state	The townoll succeed.ul cannection [Pained]	Red LED aheays on
	Factory Reset (in Bluetooth mode)	Power On	In Bluetooth mode, triple-click the button on one of the front and rear speakers	Bestore to the default boot state (enter ALX reade) Clear Blastoch connection records and clear front and rear speakers. Pairing record, volume restored to default, volume (mair mum volume 50%) Serber ALI state	Recovery success tone (helio)	Red LED always on

APP usage instructions

APP installation registration









Scan the QR code and 2. Enter the APP login page 3. Register an APP account download the APP.

Connect devices





· For subsequent use, just pull the device and open the sports mode or course of the APP to

-For subsequent use, just pull the device and open the sports mode or course of the APF automatically common .

Please resume that the Bluedooth of you prohen (table its tume boile) enable phones.

Please confirm that no other uses are connected to the device at this time before use.

After shating down Bluedooth will be automatically disconnected.

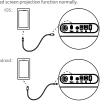
In addition to connected on the TSOUL TITMESS APP, Bluetooth can also be connected with Kinnap and software.



About wired projection screen

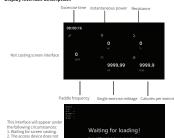
Installation instructions for wired screen projection: 1. Take out the data cable, Note: There are two data cables for Android and iOS included in the package.

Note: There are two data cables tor Android and OS included in the package Please use the appropriate one according to your phone model; 2. Connect the Type-C interface of the data cable to the screen 2. Connect the Type-C interface of the data cable to the screen Note: Android Please of the Connect the Type-C interface of the data cable to the phone. Note: Android phones need to support DisplayPort (DP) signal output in ord to be the wired screen projection function industry.



About display interface

Display interface description:





Correct usage

1.Preparation stage

hten the arms and back, and bend the knees until the calves



2.Start stage



3.Operation stage



4.Repetition stage

*.nepetition stage
When the body leans completely forward and the arms are relaxed and straightened, slowly bend the knees again and repeat the previous steps.

Wrong usage Error 1: Rowing with the forces of arms only

Correct action analysis: 60% of the rowing force comes from the legs, utilizing the explosive power of the feet. Of the remaining 40%, 20% comes from the lower body, and only 20%

Error 2: Simultaneous forces of both legs and arms and hip

Correct action analysis: In fact, rowing consists of three steps: both legs - hip - both arms. Correct action analysis: in last, rowing consists or interesteps: both regs.—inp-both affins. Apply forces first via the legs, and then slowly move the lip back. When the shoulders exceed the pelvis, pull the handle via both hands, keep the body a little backward, and straighten your legs slightly, until both ends are close to the chest. Return to the starting point and repeat the aloresaid steps.

Error 3: Curved back

This is particularly likely to occur to those who are prone to hunchback while standing. Correct action analysis: Keep the back straight, engage the abdominal muscles, and relax the shoulders to maintain a neutral spine position.

Error 4: Excessive stretching

For extreme stretching, the operator may keep the hip too close to heels, thus making the For extreme stretching, the operator may keep the hip too close to neets, thus making the calves not perpendicular to the ground and the head and shoulders exceeding toes. Correct action analysis: Keep the calves perpendicular to the ground, straighten and relax both arms, and make the body a little forward.

Common faults and troubleshooting

Common Fault	Solution
Obstruction of slide rail	Clean dust or foreign matters on the surface of the slide rail or the pulley in contact with the slide rail under the seat.
Abnormal noise during use	Check whether the screws of the body are loose.

How to adjust rowing machine

Body level adjustment

There are two adjustable foot pads at the bottom of the rear foot tube. Rotate the foot pads to adjust the height the device is balanced and does not wobble.



Position adjustment



Before exercising, it is best to do stretching exercise: Warm muscles stretch more easily, so warm up for 5 to 10 minutes first. Then stop and stretch as fo

1.Stretching by touching toes

2.Ligament stretching exercise

Hold your hands against the wall, arms straight, body down, one foot in front, one foot behind, hold for 15 seconds . (See Figure





FCC Statement

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference, and
- (2) This device must accept any interference received, including interference that may cause undesired operation.

FCC Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 20cm between the radiator& your body. This transmitter must not be located or operating in conjunction with any other antenna or transmitter.

ISED RSS Warning

This device complies with Innovation, Science and Economic Development Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions:

- (1) this device may not cause interference, and
- (2) this device must accept any interference, including interference that may cause undesired operation of the device.
- Le pr é sent appareil est conforme aux CNR d'ISED applicables aux appareils radio exempts de licence. L'exploitation est autoris é e aux deux conditions suivantes:
- 1) l'appareil ne doit pas produire de brouillage, et
- (2) l'utilisateur de l'appareil doit accepter tout brouillage radio é lectrique subi, m ê me si le brouillage est susceptible d'en compromettre le fonctionnement.

ISED RF Exposure Statement

This equipment complies with ISED radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 20cm between the radiator your body. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Le rayonnement de la classe b repecte ISED fixaient un environnement non contrôl é s.Installation et mise en œuvre de ce mat é riel devrait avec é changeur distance minimale entre 20 cm ton corps.Lanceurs ou ne peuvent pas coexister cette antenne ou capteurs avec d' autres.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- -Reorient or relocate the receiving antenna.
- -Increase the separation between the equipment and receiver.
- —Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- —Consult the dealer or an experienced radio/TV technician for help.