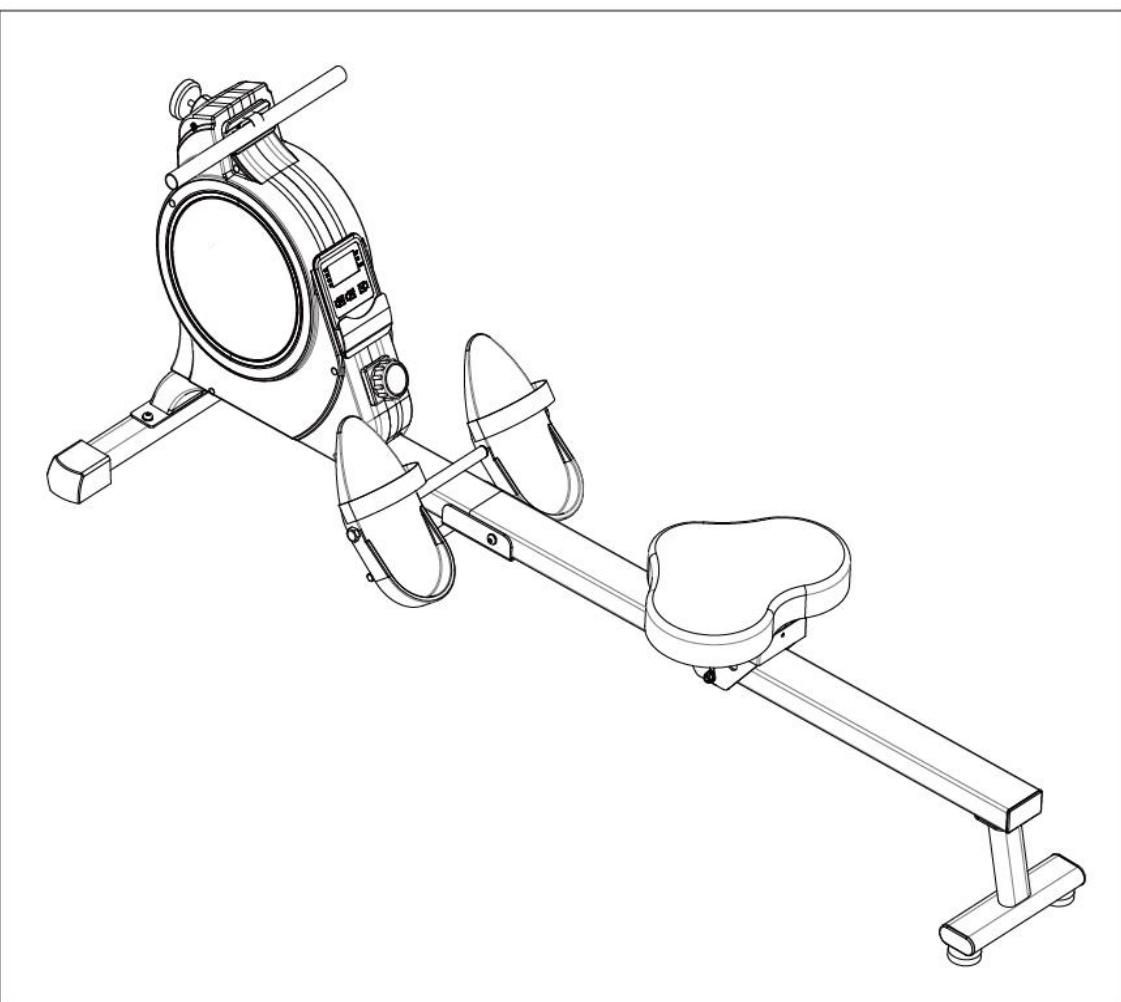


# MAGNETIC ROWING MACHINE

## HC108A

### USER MANUAL



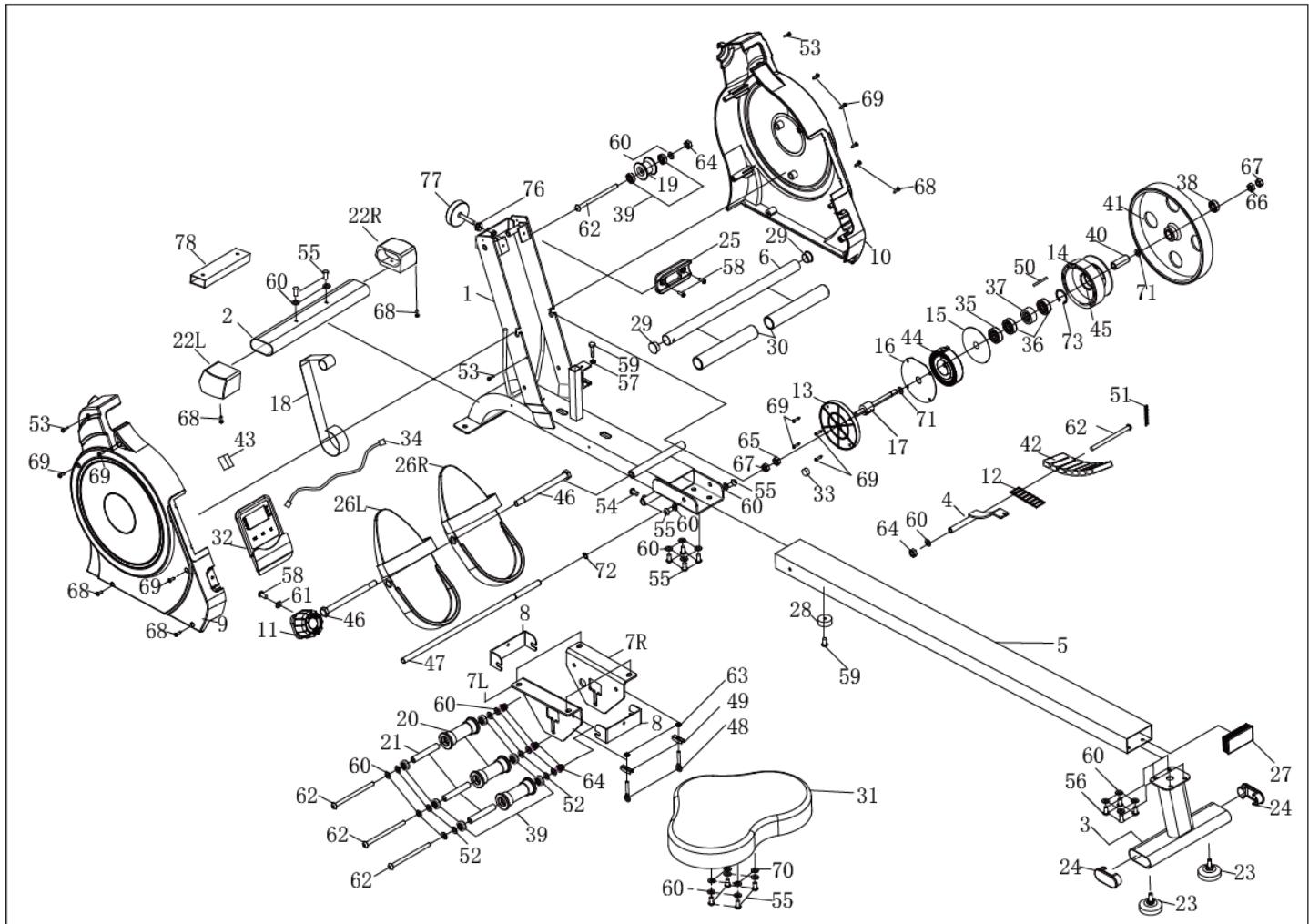
**IMPORTANT!** Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us.

## **IMPORTANT SAFETY INFORMATION**

We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. 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.

1. Before starting any exercise program, you should consult your physician 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 physician's advice is essential if you are taking medication that affects your heart rate, blood pressure, or cholesterol level.
2. 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, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. 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 2 feet (60 CM) of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. 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 exercise, discontinue use of the equipment immediately and do not use until the problem has been rectified.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.
9. The maximum weight capacity of this unit is 285 pounds (130 KG).
10. The equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/or damage to the product or property, proper lifting and moving are required.
12. Your product is intended for use in cool and dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.
13. This equipment is designed for indoor and home use only; it is not intended for commercial use

## EXPLODED DIAGRAM



## HARDWARE PACKAGE

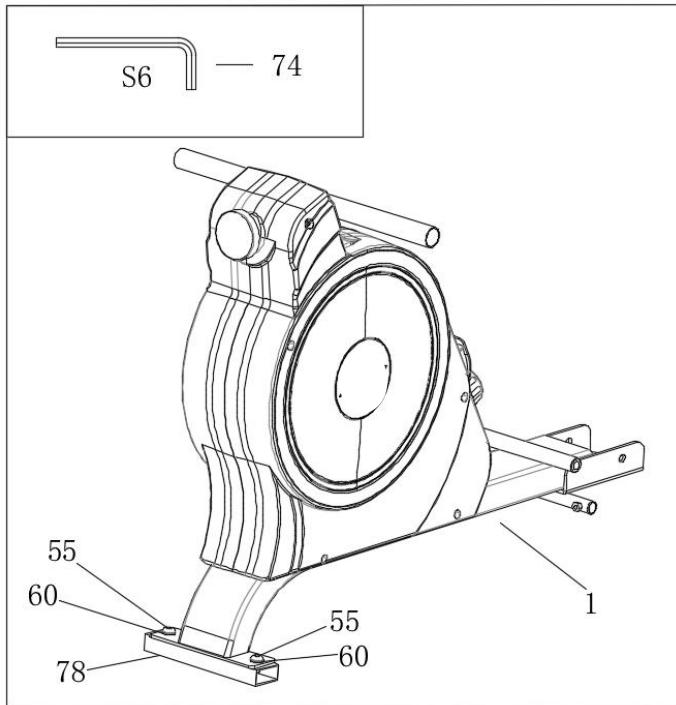
- #60 d8\*ø16\*1.5 10PCS
- #55 M8\*15\*S6 6PCS
- #46 M12\*160\*S19 2PCS
- #54 M6\*10 1PC
- #56 M8\*15\*S6 4PCS
- #74 S6 1PC
- #75 S13-14-15-17-19 1PC

# PARTS LIST

No.	Description	Spec.	QTY	No.	Description	Spec.	QTY
1	Main Frame		1	34	Sensor Wire	L370	1
2	Front Stabilizer		1	35	Bearing	$\Phi 35 * \Phi 10 * 11$	1
3	Rear Support		1	36	Bearing	$\Phi 30 * \Phi 17 * 7$	2
4	Magnet Frame		1	37	Bearing	$35 * 17 * 16$	1
5	Sliding Rail		1	38	Bearing	$\Phi 26 * \Phi 10 * 8$	1
6	Handlebar		1	39	Bearing	$\Phi 22 * \Phi 8 * 7$	8
7L/R	Seat Supporting L/R		2	40	Bearing Steel	$\Phi 17 * 46$	1
8	U Shape Bracket		2	41	Inertial Wheel	$\Phi 240 * 25$ 2.5kg	1
9	Chain Cover L		1	42	Magnet	$25 * 10 * 5$ 2800	7
10	Chain Cover R		1	43	Inductor Seat		1
11	Tension Control Knob	L=210	1	44	Volute Spring	t0.5*22*5080	1
12	Plastic Lattice Magnet	27*7	1	45	Axle Sleeve	$\Phi 42 * 44.5$	1
13	Volute Spring Cover	118.5*11.8	1	46	Bolt	M12*160*S19	2
14	Mesh Belt Wheel	$\Phi 35 * 110$	1	47	Fixing Axle for Pedal	$\Phi 12 * 440$	1
15	Outer PC Board	$\Phi 89 * \Phi 16.5 * 0.5$	1	48	Adjusting Screw	M6 L45	2
16	PC Board	$\Phi 111 * \Phi 16 * 0.5$	1	49	U Shape Baffle	30*10*1.5 2	2
17	Axle for Mesh Belt Wheel	$\Phi 22 * 133$	1	50	Fixing Axle for Mesh Belt	$\Phi 5 * 43$	1
18	Mesh Belt	t1.5*22*2150	1	51	Spring	$\Phi 0.8 * \Phi 8 * 60$ 65MN	1
19	Mesh Belt Pulley	POM $\Phi 42 * \Phi 22 * 32$	1	52	Spacer	D8* $\Phi 15 * 4$	6
20	Wheel	$\Phi 40 * 92$ POM	3	53	Screw	M5*8	3
21	Casing Pipe for Idler Wheel	$\Phi 13 * \Phi 8 * 78$ ABS	3	54	Screw	M6*10	1
22L/R	End Cap	30*60	2	55	Screw	M8*15*S6	12
23	Foot Leveler	M8	2	56	Screw	M8*15*S6	4
24	End Cap	70*30	2	57	Nut	M6	1
25	Handlebar Seat	104*50*18 PVC	1	58	Screw	M5*15	3
26L/R	Pedal L/R	320*140*55	2	59	Screw	M6*20	2
27	End Cap	40*80*1.5	1	60	Washer	d8* $\Phi 16 * 1.5$	24
28	Rubber Buffer	$\Phi 25.2 * \Phi 22 * 15$	1	61	Washer	$\Phi 20 * \Phi 5 * 1.0$	1
29	End Cap	$\Phi 25 * 1.5$ PVC	2	62	Bolt	M8*125*15 *S14 A	5
30	Foam Grip	180	2	63	Nut	M6*H6*S10	2
31	Seat		1	64	Nut	M8*H7.5*S13	5
32	Computer		1	65	Nut	M10*1.0 H5	1
33	Magnet	$\Phi 11 * 3$	1	66	Nut	M10*1.0 H3	1

No.	Description	Spec.	QTY	No.	Description	Spec.	QTY
67	Nut	M10*1*H8*S14	2	73	C-clip	d36	1
68	Screw	ST4.2*20*Φ8	6	74	Allen Wrench	S6	1
69	Screw	ST4.2*16*Φ8	10	75	Spanner	S13-14-15-17-19	1
70	Spring Washer	Φ8	4	76	Nut	M8	1
71	Wave Washer	d10*Φ15*0.3	2	77	Foot Leveler	M8*35 PVC	1
72	C-clip	d12	1	78	Shipping Tube		1

# **ASSEMBLY INSTRUCTIONS**

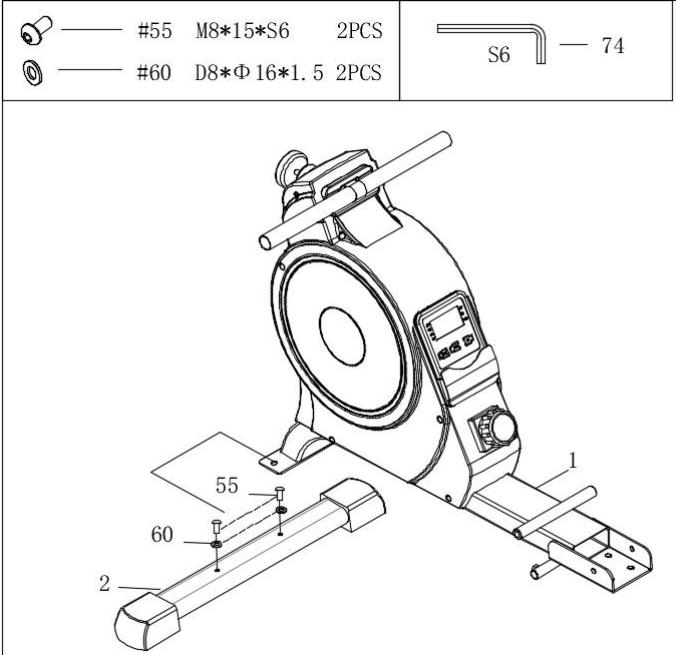


## **STEP 1:**

Remove 2 **Screws (No. 55)** from **Main Frame (No. 1)** with **Allen Wrench (No. 74)**, then remove 2 **Washers (No. 60)** and **Shipping Tube (No. 78)**.

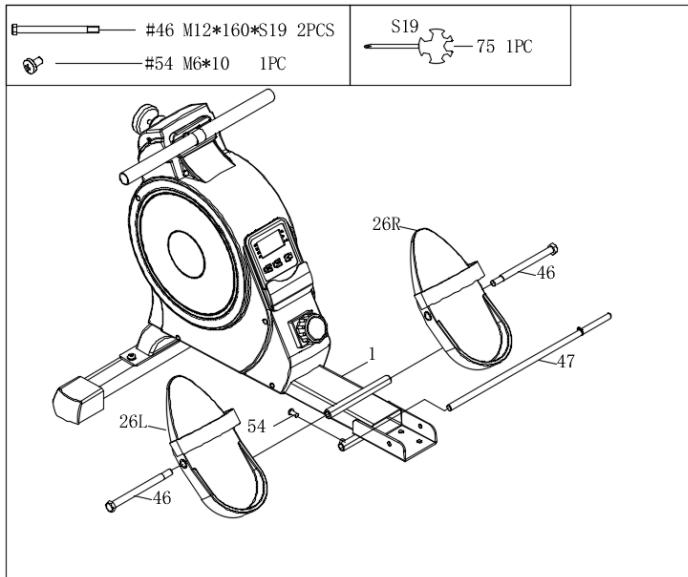
**NOTE:** Don't discard 2 **Screws (No. 55)** and 2 **Washers (No. 60)**, because in Step 2, you need to use them again.

You may discard **Shipping Tube (No. 78)** or save it in case you would like to repack the item in the future.



## **STEP 2:**

Attach **Front Stabilizer (No. 2)** to **Main Frame (No. 1)** using 2 **Screws (No. 55)** and 2 **Washers (No. 60)**. Tighten and secure with **Allen Wrench (No. 74)**.

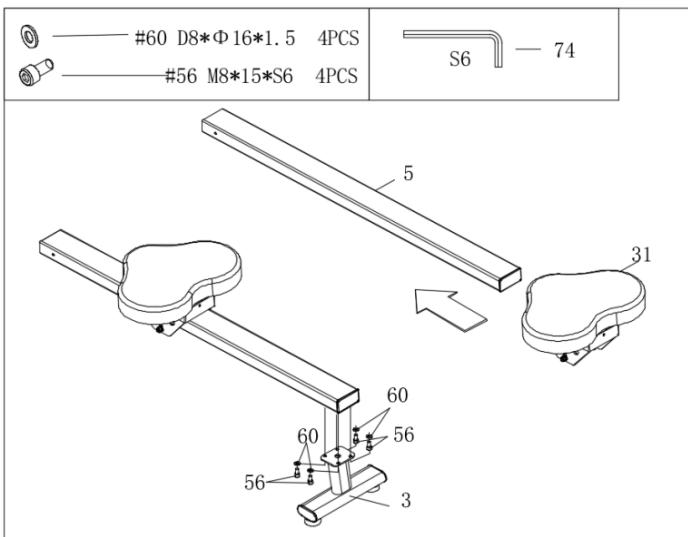


### STEP 3:

Attach **Fixing Axe for Pedal (No. 47)** into the bottom hole of **Main Frame (No. 1)** using 1 **Screw (No. 54)**. Secure and tighten with **Spanner (No. 75)**.

Attach 2 **Bolts (No. 46)** into the upper hole of **Main Frame (No. 1)** through **Pedals (No. 26L/R)**. Secure and tighten with **Spanner (No. 75)**.

**NOTE:** The **Fixing Axe for Pedal (No. 47)** should be attached into the middle position of **Main Frame (No. 1)**.

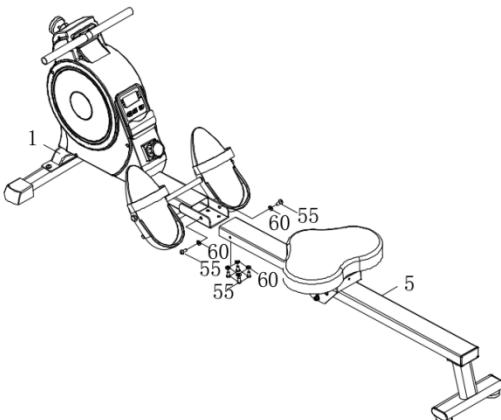


### STEP 4:

Insert the **Seat (No. 31)** into the **Sliding Rail (No. 5)**.

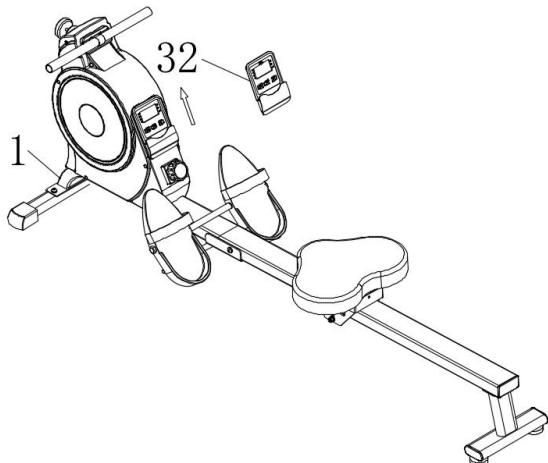
Attach the **Sliding Rail (No. 5)** onto the **Rear Support (No. 3)** using 4 **Screws (No. 56)** and 4 **Washers (No. 60)**. Tighten and secure with **Allen Wrench (No. 74)**.

	#55 M8*15*S6 6PCS
	#60 D8*Φ16*1.5 6PCS
S6	74



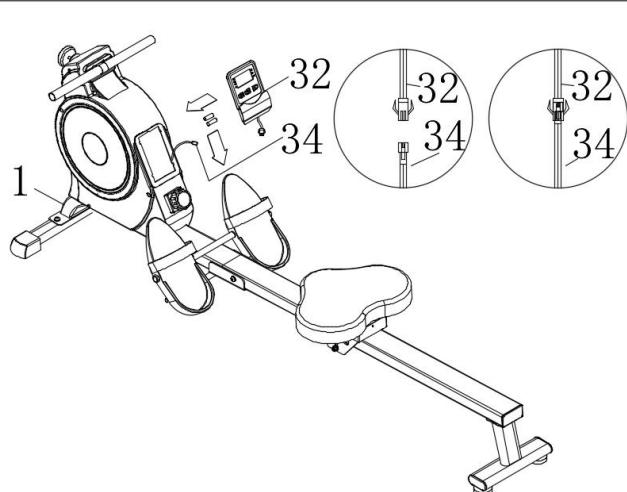
## STEP 5:

Attach the **Sliding Rail (No. 5)** to **Main Frame (No. 1)** using 6 **Screws (No. 55)** and 6 **Washers (No. 60)**. Tighten and secure with **Allen Wrench (No. 74)**.



## STEP 6:

Take out 2 AAA batteries from the plastic bag with the manual. Push **Computer (No. 32)** upward, then remove **Computer (No. 32)** from **Main Frame (No. 1)**. Disconnect **Sensor Wire (No. 34)** and the wire of **Computer (No. 32)**. Install the 2 AAA batteries into the back of **Computer (No. 32)**.



## STEP 7:

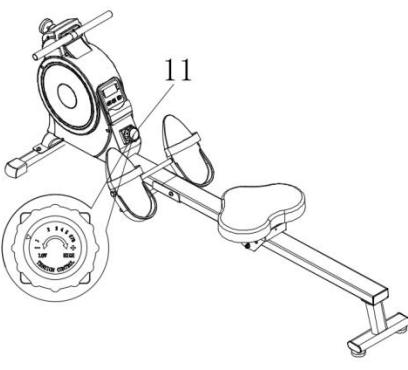
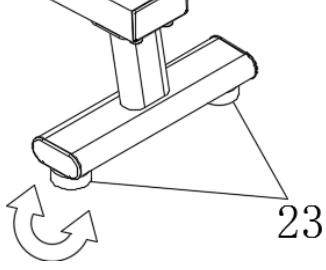
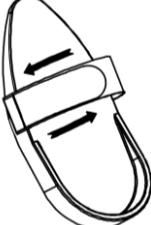
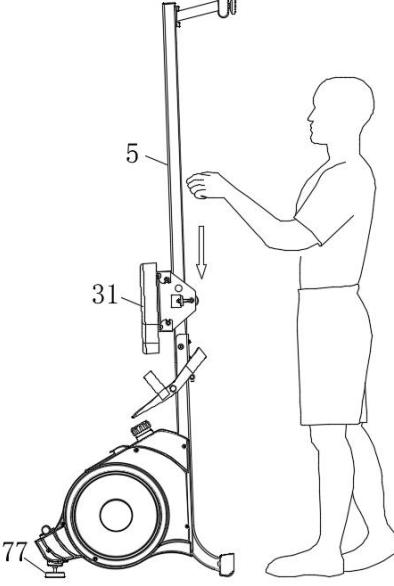
**NOTE:** The two upper buckles of **Computer (No. 32)** should be aligned to the two upper slots of computer seat of **Main Frame (No. 1)**.

Connect **Sensor Wire (No. 34)** with the wire of **Computer (No. 32)**. Place **Computer (No. 32)** back onto the **Main Frame (No. 1)**, then push the **Computer (No. 32)** downwards to fit into position.

*The assembly is complete!*

# ADJUSTMENTS GUIDE

**CAUTION!** Moving parts, such as the seat, can crush and cut. Keep hands clear of the sliding rail during use!

	<h3>ADJUSTING THE RESISTANCE</h3> <p>Rotate the <b>Tension Control Knob (No. 11)</b> <i>clockwise</i> to increase the level of resistance. Rotate the <b>Tension Control Knob (No. 11)</b> <i>counter-clockwise</i> to decrease the level of resistance.</p> <p>Tension levels are set at Level 1 being the lowest and Level 8 being the highest.</p>
	<h3>ADJUSTING THE BALANCE</h3> <p>If you notice that the rower is unbalanced during use, you should adjust the foot levelers located beneath the rear support. Rotate <b>Foot Levelers (No. 23)</b> <i>clockwise</i> until it sits level with the surface that the rower is on. When you have finished adjusting the foot leveler, re-tighten the <b>Foot Levelers (No. 23)</b> by rotating it <i>counter-clockwise</i>. If required, repeat this process to adjust the remaining feet.</p>
	<h3>PEDAL STRAP ADJUSTMENT</h3> <p>The pedal strap is adjustable and can be personalized to fit the user's foot size.</p>
	<h3>PLACING THE ROWER</h3> <p>When not in use, you can save space by placing the rower upright on the floor with <b>Foot Leveler (No. 77)</b></p> <p><b>SAFETY NOTE:</b> The <b>Seat (No. 31)</b> will glide down when placing <b>Sliding Rail (No. 5)</b> in an upright position.</p>

 	<h3>REPLACING THE BATTERIES</h3> <p>Two AAA batteries are included in <b>Computer (No. 32)</b>. To replace the batteries, remove <b>Computer (No. 32)</b> from <b>Main Frame (No. 1)</b>, and disconnect the <b>Sensor Wire (No. 34)</b> and the wire of <b>Computer (No. 32)</b>. Replace both batteries. Do not mix battery types and do not mix old and new batteries.</p> <p>After the replacement, connect <b>Sensor Wire (No. 34)</b> to the wire of <b>Computer (No. 32)</b> and put <b>Computer (No. 32)</b> back onto the <b>Main Frame (No. 1)</b>. Dispose or recycle batteries according to your state and local rules.</p>
	<h3>MOVING THE ROWER</h3> <p>To move the rower, lift the rear support until the transportation wheels on the front stabilizer touch the ground. Once the wheels are on the ground, you can transport the rower to the desired location with ease</p>

# EXERCISE COMPUTER

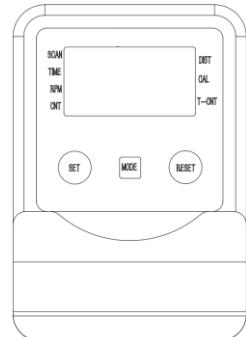
Our computerized display console on the Magnetic Rowing Machine allows the user to tailor a personalized workout by monitoring their progress. During a workout, the display console will alternately and repeatedly display your Time, Count, Calories Burned, Total Count, Distance, and Scan (all of the above). With our easy-to-use console, the user can efficiently track their fitness goals from one workout to the next.

## **FUNCTION KEY:**

**MODE:** To select your specification mode and/or turn on display console. Press the MODE key and hold it 3 seconds, all the values except Total Count would be reset to zero.

**SET:** To set a value of Time, Count, or Calories (when not in Scan mode).

**RESET:** Press to reset Time, Count, or Calories. Press the RESET key and hold it 3 seconds, all the values except Total Count would be reset to zero.



## **FUNCTIONS AND OPERATIONS:**

**SCAN:** Press the MODE button until SCAN appears. The display will rotate through the six functions in the following order: TIME, DISTANCE, CALORIES, COUNT, TOTAL COUNT, and RPM. Each display will be held for 6 seconds.

**TIME:** Counts the total time elapsed during your current workout.

**CNT (COUNT):** Counts the number of rowing strokes from your current workout.

**T-CNT (TOTAL COUNT):** Counts the total amount of strokes from the first use.

**CAL (CALORIES):** Counts the total calories burned from current workout.

**DIST (DISTANCE):** Counts the total distance during your current workout.

**RPM (CN/M):** Display the steps per minute while exercising.

## **AUTO ON/OFF & AUTO START/STOP:**

The power will turn off automatically once there's no signal for 4 minutes. The computer will reactivate once the rower is put into motion or when a computer key is pressed.

## **SPECIFICATIONS:**

FUNCTIONS	SCAN	Every 6 seconds
	DIST	0.00~9999 ML(Miles)
	TIME	0:00~99:59(Minute:Second)
	COUNT	0~9999 Count
	RPM (CN/M)	0~999 TIMES/MIN
	CALORIES	0.0~999.9 Kcal
	TOTAL COUNT	0~9999 Count
BATTERY TYPE		(2)Two AAA or UM-4
OPERATING TEMPERATURE		0°C ~40°C
STORAGE TEMPERATURE		-10°C ~ 60°C

# FITSHOW INSTRUCTION



## **Menu**

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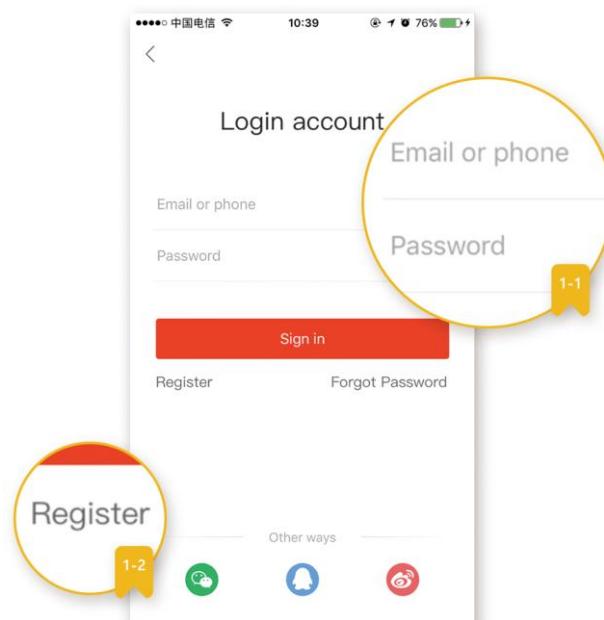
# App Installation



Scan QR code

Scan the QR barcode to directly locate FitShow in the App Store on your device. Note: In order to scan the QR Code, you must first download the QR READER App on your device. Available in both Apple Store & Google Play Store.

## 1. Create a username and password



1-1. For first-time users, you must first register a user name and password to save your personal record. If you are registered, please enter your username and password.

1-2. Please use registered mail or mobile phone number, and then enter your account number and password registered sports show.

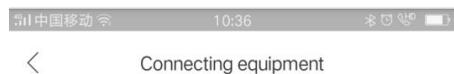
## 1. How to connect device

### 2.1、Search equipment



2-1. Open sports show APP please open your Bluetooth device. Click on the home page of the blue button search device for fitness equipment search.

### 2.2、Connecting equipment

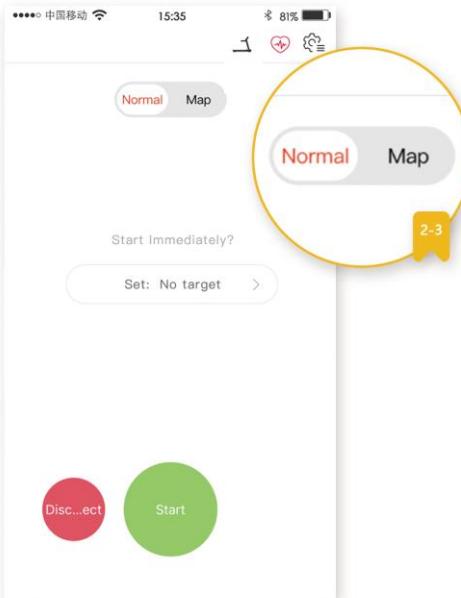


HC108A



- 2-2. Bluetooth scanning is completed, sports show will automatically search your mobile phone near the sports equipment can be connected.

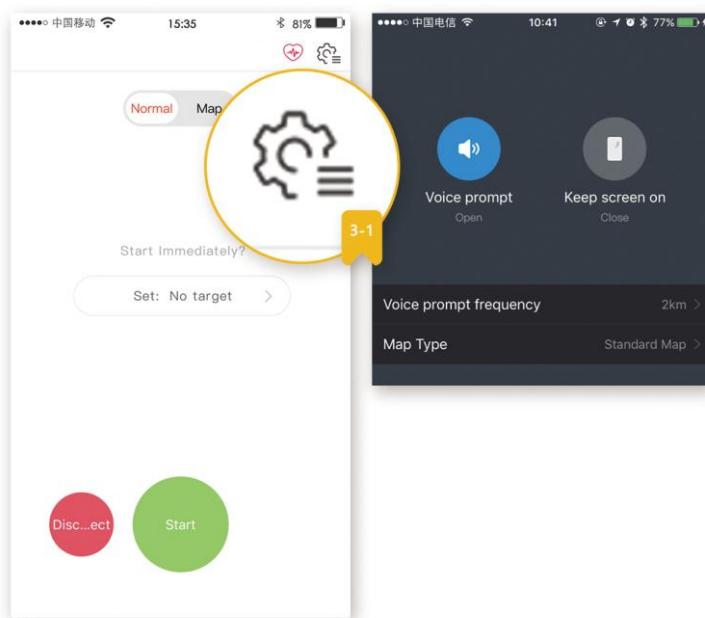
### 2.3、Connect successfully



- 2-3. After a successful connection, can be selected according to the mode of exercise you need to.

## 2. Operational Instructions

### 3.1 Motion setting



- 3-1. Change is set in motion in the home or about the movement of the interface on the upper right corner of the "Settings" button, set.

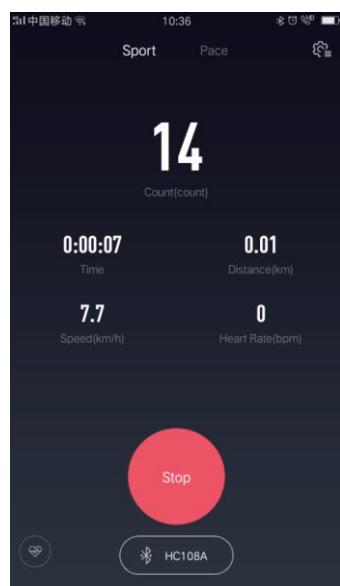
- The settings include "voice prompt", 'screen light', 'voice type', 'reminder frequency'.

### 3.2、Select mode



- 3-2. After connecting the device, the application will display two modes, you can choose any mode according to your needs, and then click the "start" button for movement.

### 3.3、Start exercis



- When you start the exercise, the mileage in your exercise, when used, withcount, speed, consumption, heart rate and other data will be displayed on your phone; you can click on the corresponding data, other data switching.

- If you are moving the map mode, click on the lower right corner of the motion map button, you can switch to the map mode interface, view your trajectory.
- Finish your movement when you press the stop button, the motion show will save the record in your record in the history of the movement.

#### FCC Warning

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.

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

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.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.