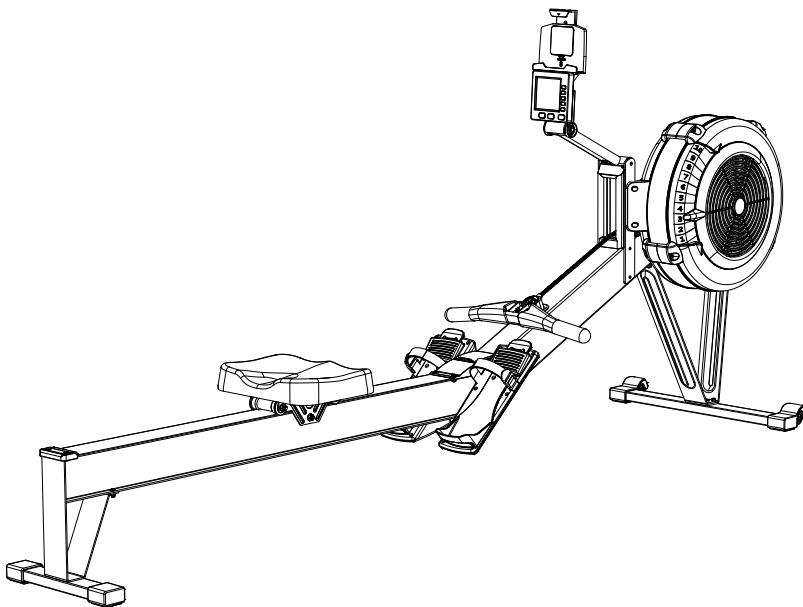




User Manual



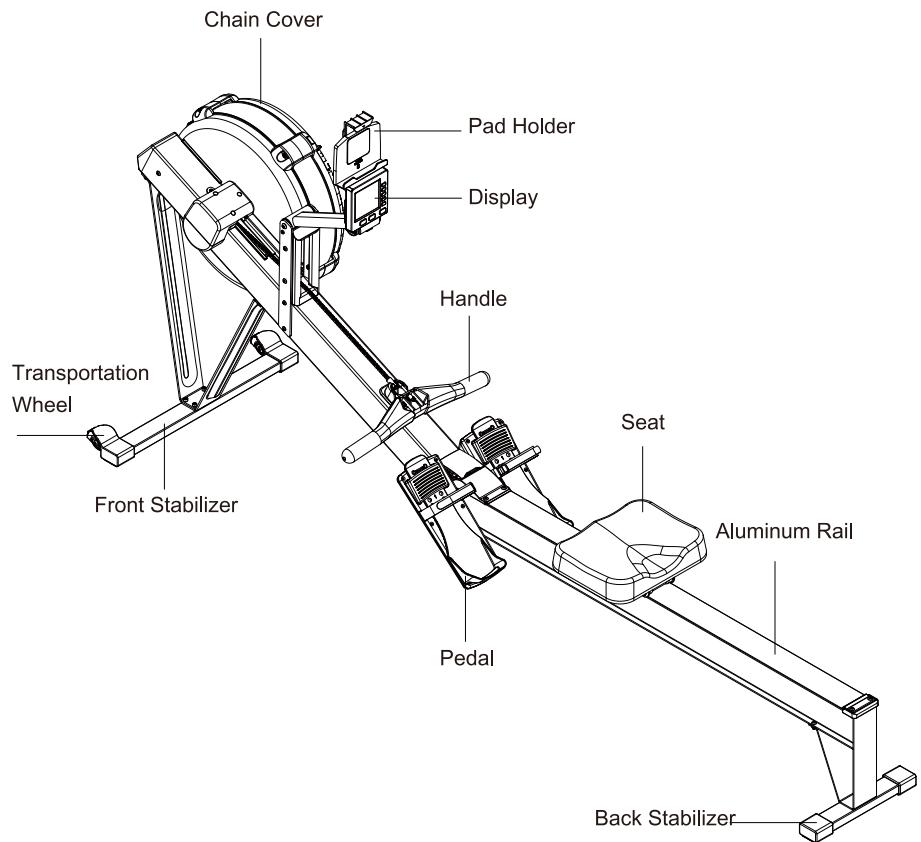
PASYOU-PR70
ROWING MACHINE

IMPORTANT SAFETY INFORMATION

SAVE THESE INSTRUCTIONS

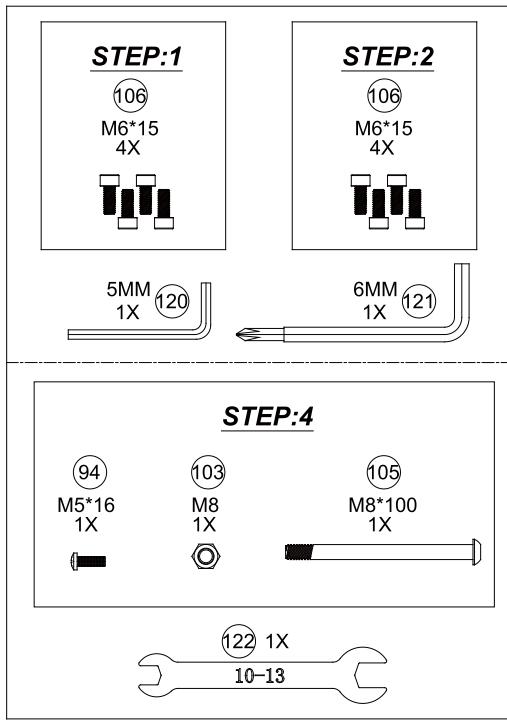
1. It is important to read this entire manual carefully before assembling and using the rower. It can be ensured to use this equipment safely and efficiently only if assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
2. Before starting any exercise program, please consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using this equipment. Your doctor's advice is essential if you are taking medicines about heart rate, blood pressure or cholesterol.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising at once if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light-headed, dizziness or nausea. If you have experienced any of these symptoms, please consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is only used for adults.
5. Put the rower on solid and flat ground when you use it, also, you can consider using an exercise mat under the machine to protect your floor or carpet. For safety, the equipment should have at least 0.5 meters of free space all around it.
6. Ensure that all nuts and bolts are tightened securely before using this equipment. Safe usage of the equipment can only be maintained if it is examined regularly for damage or wear.
7. Always use the equipment as indicated. Please stop using it immediately, if you find any defective components while assembling or checking the equipment, or hear any abnormal noise from the equipment during use it. Do not use the equipment until the problem has been rectified.
8. Wear suitable sport clothes when using the equipment. Avoid wearing loose clothes which may get caught in the equipment, or it may restrict the movement to continue normally.
9. This machine is only used for indoor.
10. The equipment is not applicable to therapeutic.
11. Must be careful when lifting and moving the equipment. Always use proper lifting technique, and seek assistance if necessary.
12. Check the integrity of guards and safety devices regularly.

PRODUCT BRIEF



TECHNICAL PARAMETERS

Model	Pr70
Dimension	2420×610×1130
Speed ration	1:1
Flywheel resistance	wind flywheel
Resistance level	10



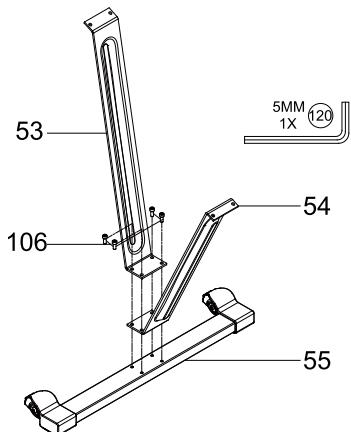
TOOL KIT LIST

No.	Name	Size	Qty.
94	Phillips half-round head screw	M5*16	1
103	Nylon nut	M8	1
105	Flat head hexagon socket screws	M8*100	1
106	Cylindrical head hexagon socket full tooth screw	M6*15	8
120	L wrench	5mm	1
121	L wrench	6mm(cross-head)	1
122	Open wrench	10-13	1

ASSEMBLY INSTRUCTION

STEP 1

Assemble Front Supporting Clip II (54) and Front Supporting Clip I (53) on Front Stabilizer (55) in order, use 4 Cylindrical Head Hexagon Socket Full Tooth Screws (106) to fix them.

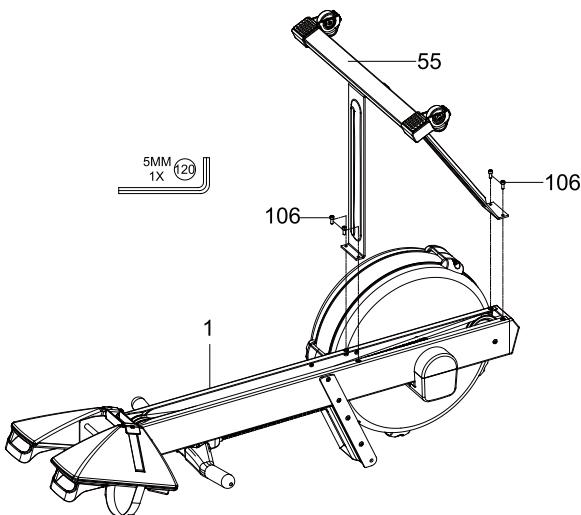


STEP 2

Reverse Frame (1), attach the assembled Front Stabilizer (55) in Step 1 on Main Frame (1), use 4 Cylindrical Head Hexagon Socket Full Tooth Screws (106) to fix them.

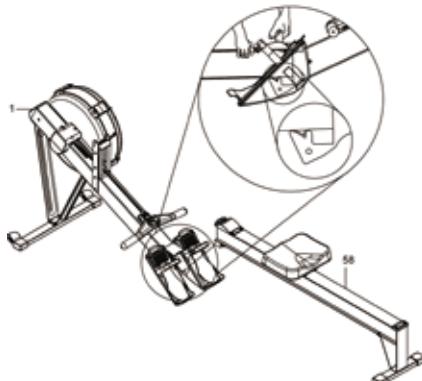
⚠ NOTE

Insert 4 Cylindrical Head Hexagon Socket Full Tooth Screws (106) into the holes of Main Frame (1) and use hands to tight it a little bit, then fix all of them.



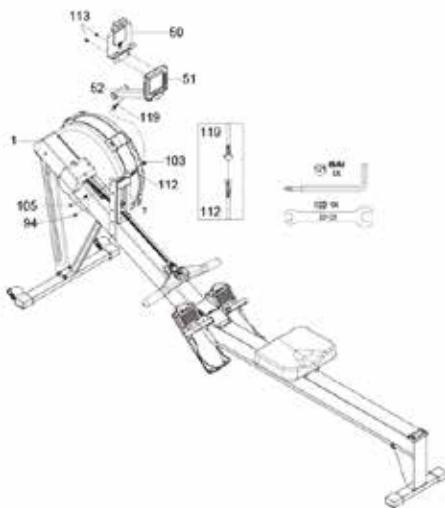
STEP 3

Set Main Frame (1) on the ground as the pic shows below, use left hand grab the strap pf left pedal to lift up the backside of Main Frame. Then attach the front side of Rail (58) with the backside of Main Frame (1). Lower Main Frame (1) slower and finish the assembly of Aluminum Rail.



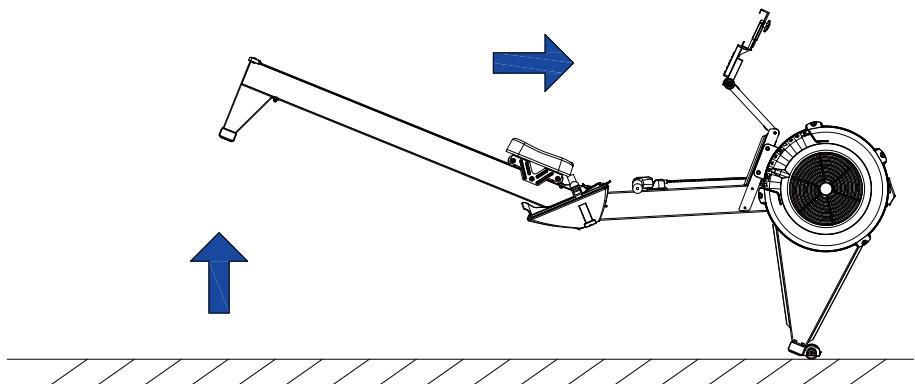
STEP 4

1. Attach Display Holder (52) on Main Frame (1), use 1 Flat Head Hexagon Socket Screw (105), 1 Nylon Nut (103) and 1 Phillips Half-round Head Screw (94) to fix them.
2. Assemble Pad Holder (50) on Display (51), use 2 Phillips Half-round Head Screws (113) to fix them.
3. Connect Downside Cable of Display Holder (112) with Upper Cable of Display Holder (119).



MOVEMENT INSTRUCTION

Grab the Back Stabilizer and lift up the rail, push forward slowly.



DISPLAY INSTRUCTION

1. BLUETOOTH FUNCTION

1.1 Working Frequency: This wireless transmitter is a Bluetooth 4.2 device. Its working frequency is 2.4GHZ.

1.2 Mobile phone system requirements:

1.2.1 The IOS mobile phone system must not be lower than version 7.1, must support Bluetooth 4.2, and model needs to be later than iPhone4S.

1.2.2 The Android system requires version 4.3 or above, and Bluetooth 4.2 is required.

1.3 In order to ensure the authenticity and effectiveness of the data records on the mobile phone, the wireless transmitter only records the user's data and sends it to the mobile APP when the display is connected to the mobile phone. Before starting the sports equipment, please connect the application to the Bluetooth display to ensure that the data recorded in the mobile application is true and valid.

1.4 When the display does not receive any signal for 2 minutes, it will enter the sleep mode. In the sleep mode, the mobile phone will not be able to search for the display. At this time, users need to use the machine or press the button to wake up the display, then mobile phone can connect to the display.

1.5 When the display is successfully connected to the APP, the display will turn off the screen, and all data will be displayed on the APP.

1.6 After connecting to the APP, if you need to use the display again, you need to exit the application and turn off the Bluetooth of the mobile phone.

2. DISPLAY MANAGEMENT

BUTTON FUNCTIONS

MODE: Press this button to select Time, Stroke, Distance, Calories and Pulse function.

ENTER: Press this button to switch between Time and Time/500m functions, Pulse and SPM functions, switch Distance and WATT functions, switch Strokes and Total Strokes functions.

UP / DOWN: Press this button to set the target value of Time, Strokes, Distance, Calories and Pulse.

RESET: Press the MODE button to switch to the function you want to reset, and then press the RESET button to reset the value of this function (Time, Strokes, Distance, Calories and Pulse value), long press the RESET button to restart the display, all the values of the display will be cleared (except for the Total Strokes, which will be reset to zero after reinstalling the battery).

RECOVERY: Press this button to test the user's heart rate recovery ability after exercise. After exercising for a period of time, you still need to wear a wireless heartbeat chest belt. When the display has a heart rate shown on the screen, press this button to start the heart rate recovery function. The display will enter a 60-second countdown. After the countdown ends, the user's heart rate will be displayed on the screen. The recovery state represented by the F value is as follows: (Press the RESET key to switch back to the main display screen.)

F1 : The heartbeat recovery function is very good

F2 : Good heartbeat recovery

F3 : Heartbeat recovery functioning normally

F4 : Normal heartbeat recovery

F5 : Poor heartbeat recovery

F6 : Very poor heartbeat recovery

DISPLAY FUNCTIONS

TIME	Display training time.
TIME/500M	Display the time required for the user to row 500 meters.
STROKES	Displays the strokes the user has exercised.
TOTAL STROKES	Displays the strokes accumulated by the user for multiple exercises, and the value will be reset to zero after reinstalling the battery.
DISTANCE	Displays the distance the user has rowed.
WATT	Displays the user's exercise power.
CALORIES	Displays the calorie value burned by the user's exercise.
SPM	Displays the number of motions per minute the user is exercising.
PULSE	Display the user's heart rate value (please wear a wireless heartbeat chest strap before measuring the heart rate, the measured value cannot be used as a medical basis).

TARGET VALUE SETTING INSTRUCTION

The display has five target training modes: Time, Strokes, Distance, calories and Pulse (set in non-exercise state).

1. TIME TARGET TRAINING MODE

first press the "Mode" button to switch to the "Time" function, then press the "UP/DOWN" button to set the target time (press and hold the UP/DOWN button to speed up the setting speed). When the desired time is reached, stop button. Then start using the machine and the display will start counting down. When the countdown reaches zero, the display emits a "dididi" sound to remind the user that the training goal has been completed. If you continue to train at this time, the display will automatically start counting from zero.

2. STROKES TARGET TRAINING MODE

first press the "Mode" button to switch to the "Strokes" function, then press the "UP/DOWN" button to set the target number of Strokes (press and hold the UP/DOWN button to speed up the setting speed). When the desired number of strokes is reached, the stop button. Then start using the machine and the display will start counting down. When the countdown reaches zero, the display emits a "dididi" sound to remind the user that the training goal has been completed. If you continue to train at this time, the display will automatically start counting from zero.

3. DISTANCE TARGET TRAINING MODE

first press the "Mode" button to switch to the "Distance" function, then press the "UP/DOWN" button to set the target distance (press and hold the UP/DOWN button to speed up the setting speed). When the desired distance is reached, stop the button. Then start using the machine and the display will start counting down.

When the countdown reaches zero, the display emits a "dididi" sound to remind the user that the training goal has been completed. If you continue to train at this time, the display will automatically start counting from zero.

4. CALORIE TARGET TRAINING MODE

first press the "Mode" button to switch to the "Calories" function, and then press the "UP/DOWN" button to set the target calories (press and hold the UP/DOWN button to speed up the setting speed). When desired calories are reached, stop button. Then start using the machine and the display will start counting down. When the countdown reaches zero, the display emits a "dididi" sound to remind the user that the training goal has been completed. If you continue to train at this time, the display will automatically start counting from zero.

5. PULSE TARGET TRAINING MODE

first press the "Mode" button to switch to the "Pulse" function, then press the "UP/DOWN" button to set the target heartbeat value (press and hold the UP/DOWN button to speed up the setting speed). When the desired pulse value is reached, stop the button and start using the machine. When the user's pulse is higher than the target pulse value, the display will emit a "dididi" sound to remind the user.

During the setting process, if you want to modify the target data, press the reset button to clear the current setting or long press the reset button to clear all target values, and then reset according to the above description.

NOTE

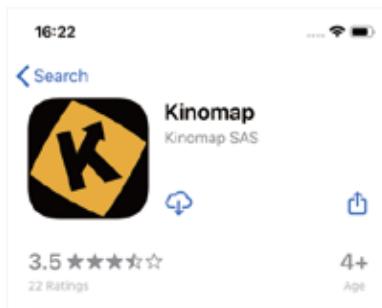
1. If the display is blurred or there is no data, please replace the battery.
2. If there is no signal input or button operation within 2 minutes, the display screen will automatically turn off and enter sleep mode.
3. Restart the exercise or press the button, and the display will restart to work.
4. When you start exercising, the display will automatically start counting, and when you stop exercising for 4 seconds, the display will stop counting.

DISPLAY PARAMETERS

FUNCTION	Time	0:00~99:59
	Time/500m	0:00~99:59
	Strokes	0~99999
	Total Strokes	0~99999
	Distance	0~9999M
	Watt	0~634 W
	Calories	0~9999 Kcal
	SPM	0~999 times/min
	Pulse	60~240 BPM
	Battery Model	2PC 1 (D Size) Batteries
Working Temperature		0°C ~ +40°C
Storage Temperature		-10°C ~ +60°C

APP OPERATION

- 1) Search "KINOMAP" in the mobile app store to download the app.

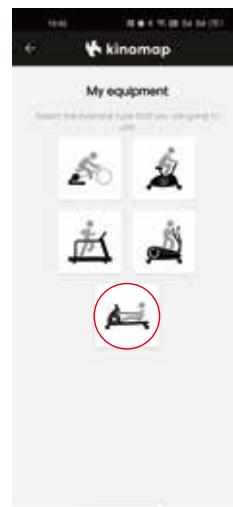
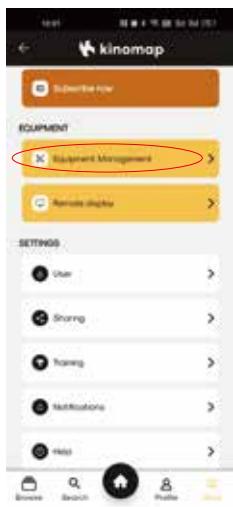


- 2) After the download is complete, open the APP and register your personal information, turn on the Bluetooth of your mobile phone, and make sure that the monitor is powered on and awake.
- 3) Add sports equipment, the specific operations are as follows:

Equipment Management

→ “+”

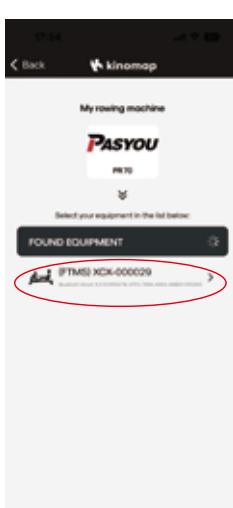
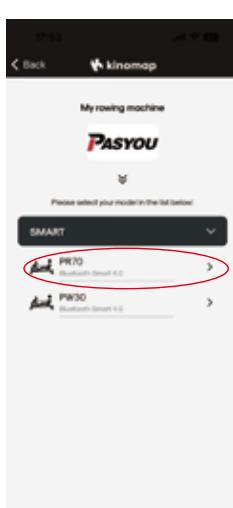
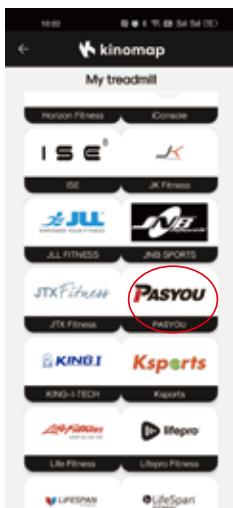
→ Rowing Machine



Select “PASYOU”

→ Select “PR70”

→ Found Equipment



4) After the equipment is connected, choose the scene you like and start your workout!

FCC WARNING STATEMENT

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

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.

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

IC WARNING

This device contains licence-exempt transmitter(s)/receiver(s)/ that comply with Innovation Science and Economic Development Canada's licence-exempt RSS(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.

Radiation Exposure: This equipment complies with Canada radiation exposure limits set forth for an uncontrolled environment; To maintain compliance with IC's RF Exposure guidelines, This device and its antenna(s) must not be co-located or operation in conjunction with any other antenna or transmitter.

Déclaration de l'ISED Canada :

Cet appareil contient des tasmittre (s) / récepteur (s) sans licence / conformes à l'innovationRSS exemptes de licence de Sciences et Développement économique Canada. L'opération est sous réserve des deux conditions suivantes :

- 1) cet appareil ne peut pas causer d'interférences et
- 2) cet dispositif doit accepter toute interférence, y compris peut provoquer le fonctionnement indésirable de l'appareil.

Exposition aux rayonnements : Cet équipement est conforme aux radiations du Canada limites d'exposition pour un environnement incontrôlé noncé d'exposition RF Pour maintenir le respect des guides d'exposition RF d'IC, Cet appareil et ses antennes ne doivent pas être co-localisé ou en opération en conjonction avec toute autre antenne ou émetteur.



Ningbo Shuntai Health Technology Co., Ltd.

Scan the Instagram QR Code to reach us online

Email: support@pasyoufit.com