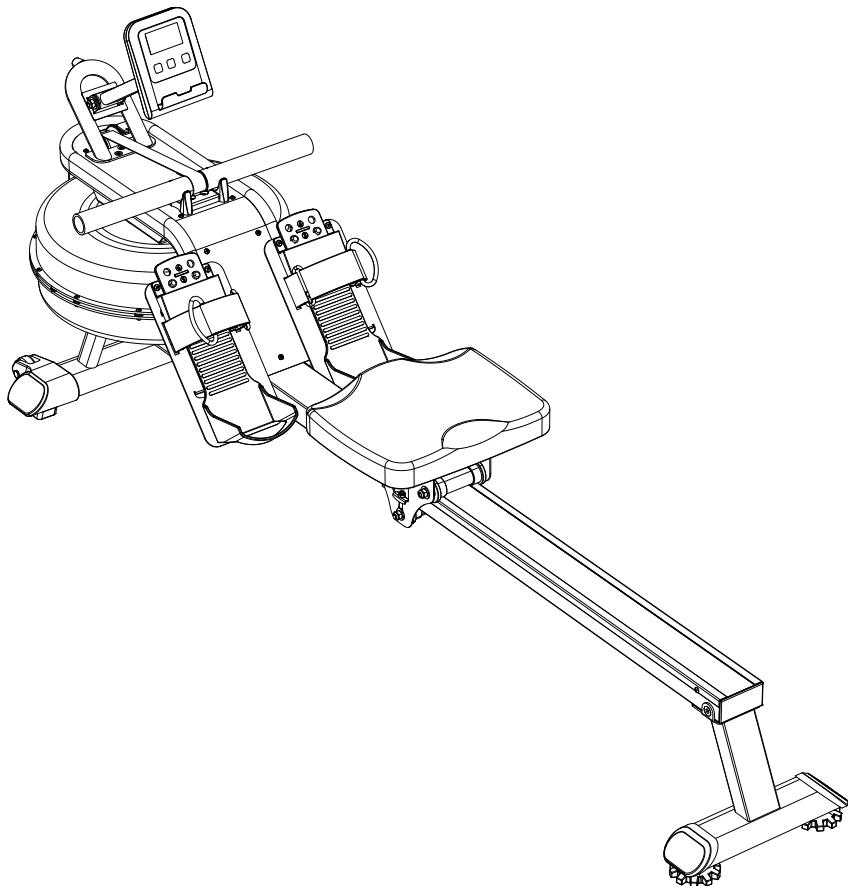




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## User Manual



**PASYOU-PW30**

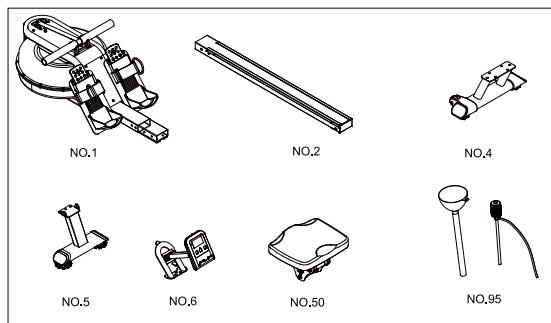
ROWING MACHINE

## IMPORTANT PRECAUTIONS

### PLEASE KEEP THIS MANUAL FOR FUTURE REFERENCE.

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.

**OPEN THE BOX, YOU CAN TAKE THE PARTS BELOW OUT OF IT.**



—	# 103	M8*15	10pcs
—	# 104	M8*15	6pcs
—	# 105	M6*10	3pcs
—	# 110	S5	1pcs

No.	Name	Qty.
1	Main Frame	1
2	Rail Set	1
4	Front Stabilizer	1
5	Rear Stabilizer	1
6	Monitor Set	1
50	Seat Set	1
95	Funnel & Pump	1+1

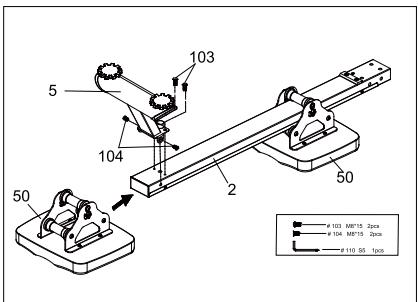
## ASSEMBLY INSTRUCTION

### **⚠ REMINDER**

Due to the large size of the machine, it is recommended to assemble it together with two people.

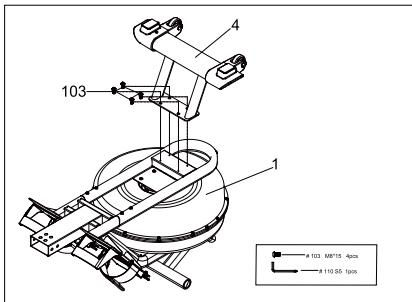
### STEP 1

1. First, insert the Seat Set (#50) into the Rail Set (#2) following the arrows as shown in the diagram.
2. Next, install the Rear Stabilizer (#5) onto the Rail Set (#2) as illustrated. Securely attach it by sequentially fixing 2PCS of Flat Hex Screw (#103) and 2PCS of Dish Hex Screw (#104), as shown in the diagram.



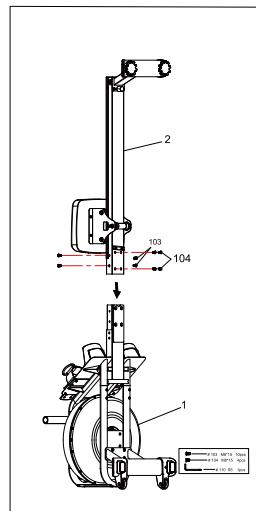
## STEP 2

Align the Front Stabilizer (#4) with the screw holes of the Main Frame (#1), and then sequentially install 4PCS of Flat Hex Screw (#103) to secure and tighten them in place.



## STEP 3

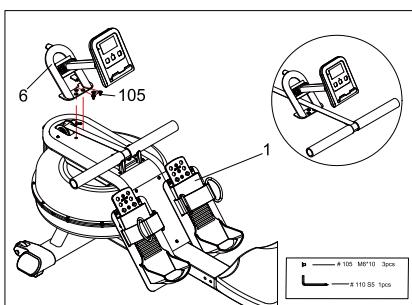
As shown in the diagram, stand the Main Frame (#1) upright and install the assembled Rail Set (#2) onto the Main Frame (#1). Align the holes, then sequentially install 4PCS of Dish Hex Screw (#104) and 4PCS of Flat Hex Screw (#103), and tighten them securely as shown in the diagram.



## STEP 4

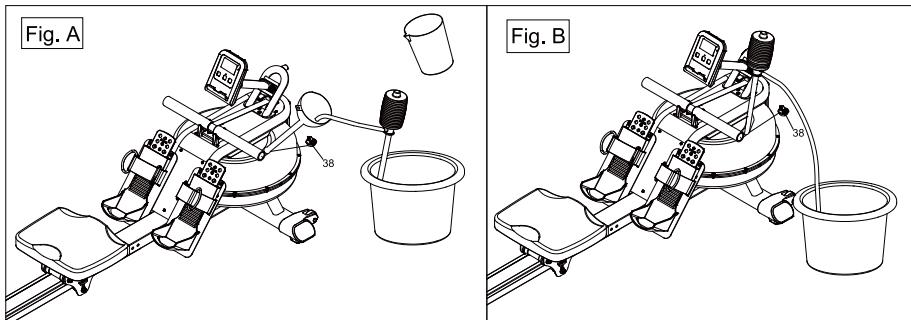
Align the Monitor Set (#6) with the screw holes of the Main Frame (#1), then install 3PCS of Cross Screw (#105) and tighten securely

Note: Before installing the screws, thread the handle through the middle of the monitor bracket.



# FILLING AND PUMPING WATER INSTRUCTION

1. Take off the plug from the tank.
2. Fill water as Fig. A shows. Put the funnel into the tank, then fill the tank with a cup or pump and bucket. Refer to the digital scale on the side of the water tank to measure the amount of water in the water tank.
3. Draw water as Fig. B shows. Put a bucket next to the machine, use the pump to draw water from the tank to the bucket.
4. Attach the plug on the tank, and clean the water on and around the machine.



## NOTE

Only non-distilled water should be poured into the water tank. Add a water purifying tablet (1 tablet included in the package). Do not use low-quality water purifying tablets or bleach, as this may damage the water tank and void the warranty.

Add a water purifying tablet every 6 months or as needed. If the water quality becomes very cloudy, replace the water in the tank.

The water drained from the tank is not suitable for reuse; please dispose of it properly.

## WATER LEVEL MARK

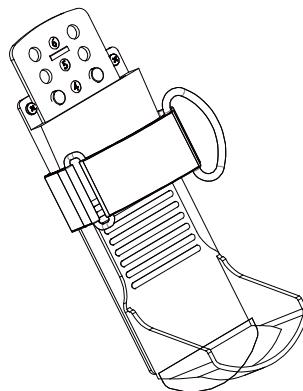
- Check Fig. A. The water level mark is located on the side of the tank. The maximum level is 6, Do Not add water over this level. If water is over the maximum level, it might cause damage which warranty doesn't cover.
- The resistance is decided by the amount of water. Level 1 is the lowest resistance and Level 6 is the highest resistance.

## PEDAL ADJUSTMENT

Pedal strap and pedal can be adjusted. They can be adjusted to fit different foot size of trainers.

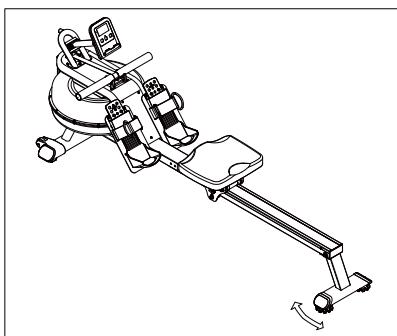
Pedal Adjustment: Pull the top of the Pedal and disengage from the Pedal Cage. Adjust the Pedal up and down to fit the foot size, insert it under the Pedal Cage and fix it.

Pedal Strap Adjustment: Rip off the strap buckle and adjust the strap to the proper size, then stick the strap on the hook surface to fix it.



## BALANCE ADJUSTMENT

If the machine is unstable after assembly, please adjust the Adjustable Foot Support on the back stabilizer to make it stable.



## WARNING

Moving the seat or some other components might crush or cut body. Do Not touch the rail on using the machine.

## STORAGE INSTRUCTION

When not using the machine, lift up the machine as Fig. A to save space. Lift up the back support tube to lift up the whole machine, the buffer pads on the main frame will support the machine against the floor.

### ⚠ WARNING

When lifting the machine up, be careful with the back support tube which might crush the head

Fig. B

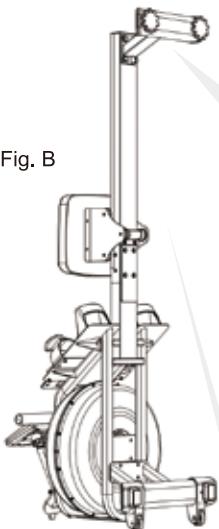
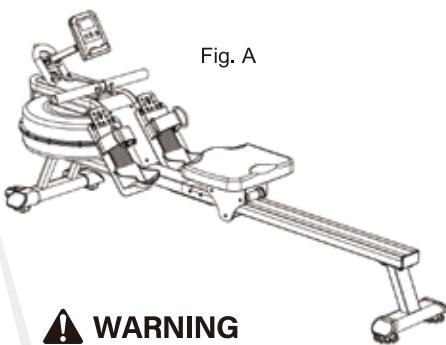


Fig. A

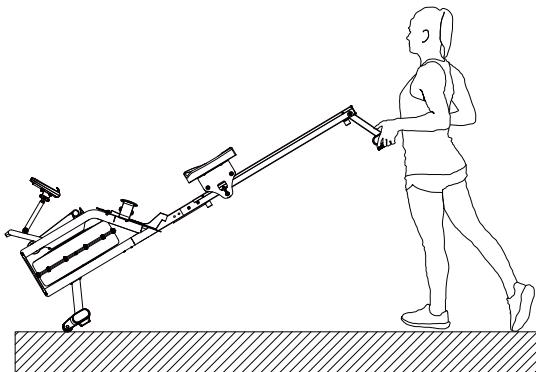


### ⚠ WARNING

The seat will slide down when the machine is lifted up.

## MOVEMENT INSTRUCTION

When moving the machine, lift up the back support tube set till the transportation wheels on the front support tube set touches the ground. With the transportation wheels the machine can be moved to the proper position easily.

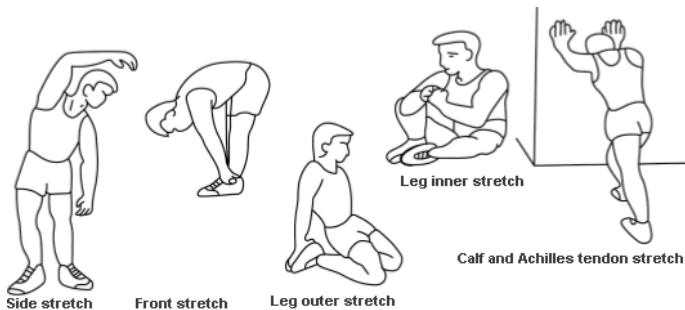


# TRAINING INSTRUCTIONS

Use this Rowing Machine will help build your shape and strengthen your body, also with a healthy diet it will help you lose weight.

## 1. WARM-UP STAGE

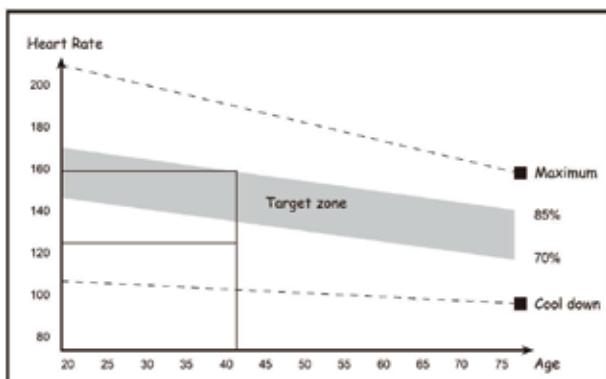
Warm-up can help reduce the risk of cramps or muscle damage. Stretching exercise is recommended as shown below. Each stretch should be about 30 seconds. Please proceed stretching according to your body condition.——If you feel painful, please stop.



## 2. EXERCISE STAGE

Effort is needed. Your body will be more flexible after regular exercising for a period. It's very important to exercise with your own steady and acceptable cadence. The intensity of the exercise should allow you to reach the target heart rate range. Refer to the left image, find your age group on the x-coordinate, and then up to find your target heart rate range.

The target heart rate is suggested to last for at least 12mins to reach the exercise goal. It's suggested to +/- exercise according to the condition of your body. It's suggested to increase the intensity step by step.



### **3. CALM DOWN STAGE**

After exercise, repeating the stretching like we do in warm-up stage. It can help relax your body. It's suggested to last for about 5mins. Please do the stretching according to the condition of your body. Do not force your muscle.

After the training intensity is adopted, it's suggested to train for at least 3 times a week.

### **4. IN SHAPE**

A certain training intensity is required. It means pressure on your leg's muscle. Please try your best to exercise within the intensity that your body can handle. Keep your heart rate in the target zone and do stretch after training.

### **5. LOSE WEIGHT**

The important factors are your exercise frequency and intensity. Work harder, burn more calories. We want to improve our health by training. The difference is the training goal.

## **MONITOR INSTRUCTION**

### **BUTTON FUNCTIONS**

MODE	Press down to select functions. Holds down MODE button for a long time to reset Time/ Distance/Calories and Count.
SET	Set Time, Distance, Calories and Count when not in scan mode.
RESET	Press down to reset Time, Distance, Calories and Count.

### **FUNCTIONS AND OPERATIONS**

#### **SCAN**

Press 'MODE' button until 'SCAN' appears, monitor will rotate through all the functions: TIME, DIST, CAL, COUNT, TCNT, Each function will be shown for 6 seconds.

#### **TIME**

- (1) Count the total time from start to end.
- (2) Press 'MODE' button until 'TIME' appears, press 'SET' button to set target training time. When target training time counts down to 0, the monitor will stop for 1 second and start counting up.

#### **DIST**

- (1) Count the distance from start to end.
- (2) Press 'MODE' button until 'DIST' appears. Press 'SET' button to set target training distance. When target distance counts down to 0, the monitor will start counting up.

## CAL

- (1) Count the total calories burnt from start to end.
- (2) Press 'MODE' button until 'CAL' appears. Press 'SET' button to target calories. When target calories count down to 0, the monitor will start counting up.

## COUNT

- (1) Accumulate the stroke while exercising.
- (2) Press 'MODE' button until 'COUNT' appears. Press 'SET' button to set target stroke. When target stroke counts down to 0, the monitor will start counting up.

## TCNT

Display the strokes you have exercised from the batteries assembled.

## NOTE

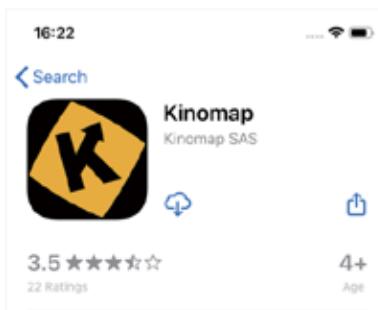
1. If the display is faint or shows no figures, please replace the batteries.
2. The monitor will automatically shut off if there is no signal received after 4 minutes .
3. The monitor will be auto-powered on when starting to exercise or pressing the button.
4. The monitor will automatically start calculating when you start to exercise and will stop calculating when you stop exercising for 4 seconds .

## SPECIFICATIONS

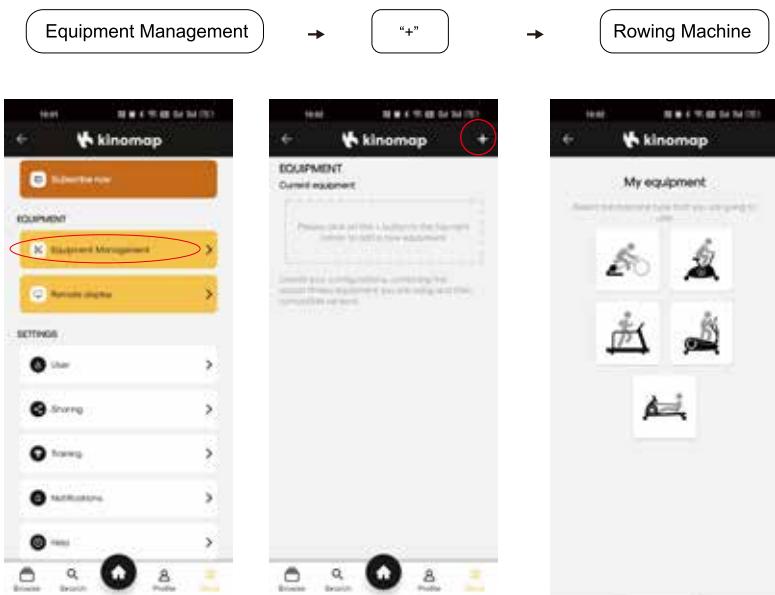
FUNCTION	SCAN	Every 6 seconds
	TIME	00:00'~99:59'
	DIST	0.00-99.99KM
	CALORIES	0.0~999.9KCAL
	COUNT	0-9999
	TCNT	0-9999
BATTERY TYPE		2pcs of SIZE -AAA or UM -4
OPERATING TEMPERATURE		0°C ~ +40°C
STORAGE TEMPERATURE		-10°C ~ +60°C

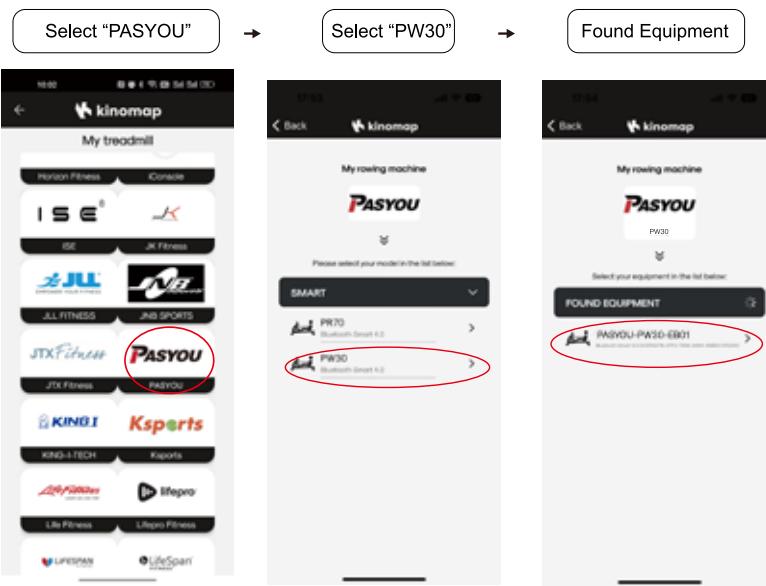
# APP OPERATION

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:





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.

## ISED CANADA STATEMENT:

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 du Canada:

Ce dispositif contient un (S) émetteur (S)/ récepteur (S) exempté (S) de licence qui respecte l'innovation,

Science et développement économique Canada a exempté le ou les RSS de licence. L'exploitation est soumise aux deux conditions suivantes:

- 1) cet appareil ne doit pas causer d'interférences et
- 2) ce dispositif doit accepter toute interférence, y compris toute interférence pouvant entraîner un fonctionnement indésirable du dispositif.

Exposition au rayonnement: cet équipement est conforme au rayonnement Canada

Les limites d'exposition fixées pour un environnement non contrôlé afin de maintenir la conformité avec les lignes directrices d'exposition aux RF d'IC. Ce dispositif et ses antennes ne doivent pas être co-localisés ni fonctionner en conjonction avec une autre antenne ou un autre émetteur.



**Ningbo Shuntai Health Technology Co., Ltd.**

Scan the Instagram QR Code to reach us online

Email: [support@pasyoufit.com](mailto:support@pasyoufit.com)

PASYOU\_SUPPORT