

! WARNING

- Do not allow children to touch or use this product.
- Please keep away from moving parts all the time. Constant moving parts may result in serious injuries.
- Do not use this device in a high temperature or high humidity environment.
- Refer to the owner's manual for additional warnings and safety information.

! WARNUNGEN

- Lassen Sie Kinder nicht dieses Produkt berühren oder verwenden.
- Halten Sie sich jederzeit von beweglichen Teilen fern. Ständig bewegliche Teile können zu schweren Verletzungen führen.
- Verwenden Sie dieses Gerät nicht in einer Umgebung mit hoher Temperatur oder hoher Luftfeuchtigkeit.
- Lesen Sie die Bedienungsanleitung für zusätzliche Warnhinweise und Sicherheitshinweise.

! ATTENTION

- Ne pas permettre aux enfants de toucher ou d'utiliser ce produit.
- Gardez-vous toujours éloigné des pièces en mouvement. Les pièces en mouvement constant peuvent entraîner des blessures graves.
- Ne pas utiliser cet appareil dans un environnement à haute température ou à haute humidité.
- Consultez le manuel du propriétaire pour des avertissements et des informations de sécurité supplémentaires.

! ATTENZIONE

- Non permettere ai bambini di toccare o utilizzare questo prodotto.
- Mantenere sempre le parti in movimento lontane da sé. Le parti in movimento costante possono causare gravi lesioni.
- Non utilizzare questo dispositivo in un ambiente ad alta temperatura o alta umidità.
- Consultare il manuale del proprietario per ulteriori avvertenze e informazioni sulla sicurezza.

! ADVERTENCIA

- No permita que los niños toquen o utilicen este producto.
- Por favor, manténgase alejado de las partes móviles en todo momento. Las partes móviles constantes pueden provocar lesiones graves.
- No utilice este dispositivo en un entorno de alta temperatura o alta humedad.
- Consulte el manual del propietario para obtener advertencias adicionales e información de seguridad.

! WAARSCHUWING

- Laat kinderen niet toe om dit product aan te raken of te gebruiken.
- Houd u altijd buiten de buurt van bewegende onderdelen. Voortdurende bewegende onderdelen kunnen ernstige verwondingen veroorzaken.
- Gebruik dit apparaat niet in een omgeving met hoge temperatuur of hoge luchtvochtigheid.
- Raadpleeg de handleiding van de eigenaar voor aanvullende waarschuwingen en veiligheidsinformatie.



We will strive to provide the best experience for our valued customers, if you have any questions or need further assistance, please contact our Customer support team:

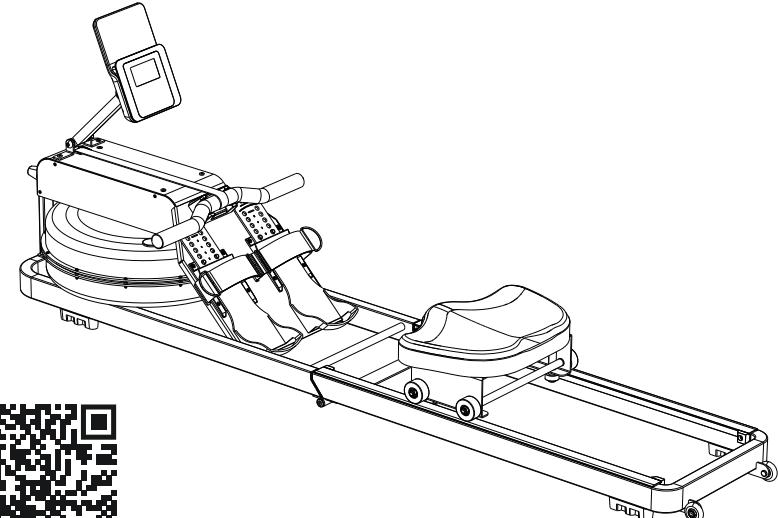
Email: supportfitness@163.com

Tel: 1-888-688-7771

USER MANUAL

Y-812

ROWING MACHINE



Please scan the QR code to view the latest version of the user manual

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IMPORTANT!

- PLEASE READ THIS MANUAL CAREFULLY BEFORE USING THIS MACHINE.
RETAIN THIS MANUAL FOR FUTURE REFERENCE.

If you have any inquiries or require further assistance during the assembly or using, please contact our customer support:

Method 1: Go to Order Page to contact seller via Amazon

Method 2: Reach us via Email:**supportfitness@163.com**

Method 3: Contact us by phone:**1-888-688-7771**

Warm Tips:

Our support team responds to emails within 24 hours, if you don't get the reply beyond 24 hours, the replies may be wrongly allocated by the email system, please kindly check the spam box or resend your email, so we can realize that you don't get the replies then try another way to contact you.

USER MANUAL

IMPORTANT SAFETY NOTICE:

1. Assemble the machine exactly as described in this manual. Do not modify it.
2. Check all the screws, nuts and other connections before each use for any signs of damage or looseness. Do not use the machine if it is impaired in any way.
3. Ensure that the machine is in a safe and secure indoor location on a level floor away from moisture and water.
4. Place a suitable base (e.g. mat) beneath the trainer during assembly to limit dust and dirt entering the components. Only use the supplied tools or suitable tools of your own for assembly.
5. Before beginning training, please remove all objects within a radius of 2 meters.
6. Wipe all sweat from the machine with a soft absorbent cloth after training. Avoid aggressive solvents or harsh brushes when cleaning.
7. Your health can be affected by incorrect or excessive training. Consult a doctor before beginning a health program. Your doctor can define settings (heart rate, duration etc.) to which you may train yourself. This machine is not for therapeutic purposes. It is for private home use.
8. Use only original spare parts for any necessary repairs.
9. This machine should be used by only one person at a time.
10. Never use the machine when under the influence of drugs, alcohol or medication that causes disorientation.
11. Wear training clothes and shoes that are suitable for fitness training. Your training shoes should be enclosed and tight fitting.
12. Do not put hands, fingers, feet, toes or any objects on or near this machine when someone using the machine.
13. If you have a feeling of chest pain, shortness of breath, dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor immediately.
14. Disabled or handicapped persons should only use machine after gaining your doctor's approval and in the presence of an adult who can give aid and advice.
15. This machine is not designed for use by children. And please keep pets away from the machine during use.



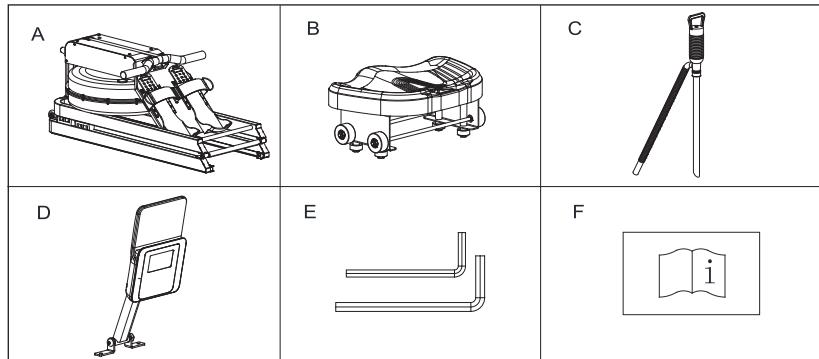
01 /

PRODUCT
ACCESSORIES

Packing List

Upon opening the package, you can find the following item parts inside the box:

Item	Name	Qty.	Item	Name	Qty.
A	Rowing Machine Frame	1	B	Seat	1
C	Water Pump	1	D	Monitor	1
E	Hexagonal Wrench S4/S5	1	F	Manual	1

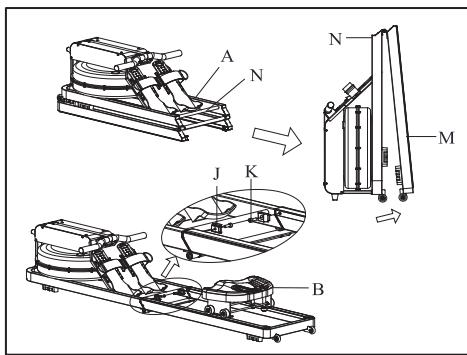


02 /

ASSEMBLY STEPS

STEP 1:

- Take the product out of the carton and stand it up. Lay the product flat on the ground, making sure to hold one hand on the round tube of the workpiece (N) and the other hand on the guide rail (M), slightly pushing it outwards to prevent pinching.
- Use the hexagonal wrench



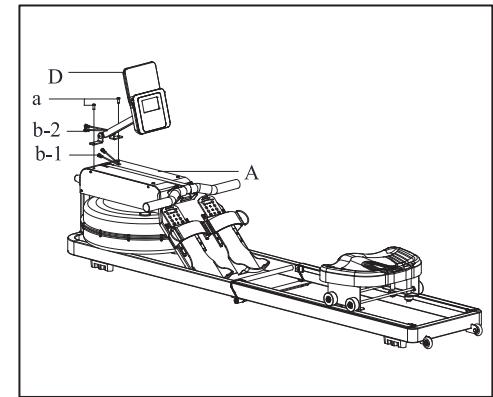
(E) to remove the hexagon socket head screw (K) and the seat pad block (J). Then slide the seat assembly (B) into the rail, and fix the hexagon socket head screw (K) and the seat pad block (J) onto the rail.

STEP 2:

- Use the hexagonal wrench (E) to remove the screw (a) from the rowing machine frame (A) and secure the monitor (D) to the rowing machine frame(A).

(Note: Avoid pinching the wires)

- Connect the wire (b-1) from the rowing machine frame (A) to the wire (b-2) of the monitor (D). Check whether the screws in the above steps are tightened; open the back cover of the monitorand install the battery.



03 /

EQUIPMENT USAGE GUIDE

Instructions for Using Pump

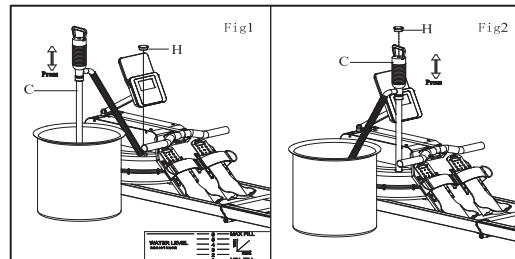
- Remove the water tank plug (H) from the top of the water tank.
- Fill the water tank according to the illustration in Figure 1. Insert the water pump (C) into the water tank, then use the water pump (C) and a water bucket to fill the tank. Refer to the numerical mark on the side of the tank to measure the water level.
- Pump out water according to Figure 2. Place a water bucket next to the machine and use the water pump (C) to pump water from the tank into the bucket. Insert the water tank plug (H) back into the top of the water tank, and use a dry cloth to wipe off any water droplets on the machine and its surroundings. Pumping is complete.

Notes:

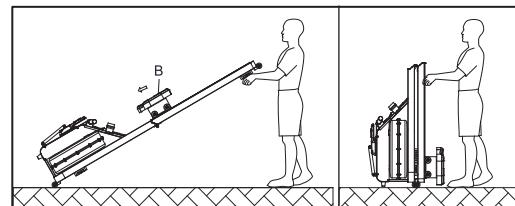
- Only tap water should be used to fill the water tank. Adding water purifying tablets (included in the package) is allowed, but do not use low-quality water purifying tablets or bleach, as they can damage the water tank and will not be covered by the warranty.
- Add water purifying tablets every 3 months or as needed. If the water quality is extremely turbid, replace the water in the tank.
- The water drained from the tank is not suitable for consumption. Please handle it as wastewater.
- If the machine is not used for a long time, pump out the water from the tank and stand the machine upright.

Water Level Mark:

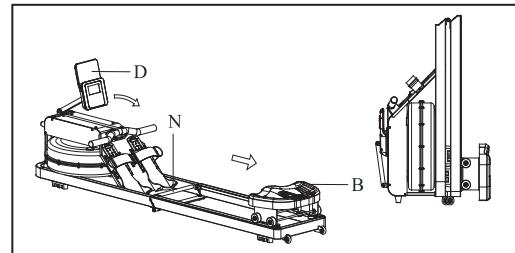
- The water level mark is located on the side of the water tank, and the maximum water level is indicated by level 6. Do not exceed this water level. Damages caused by exceeding the maximum water level are not covered by the warranty.
- The resistance depends on the water level inside the tank. Level 1 represents the lowest resistance, while level 6 represents the highest resistance.

**How to Move the Machine**

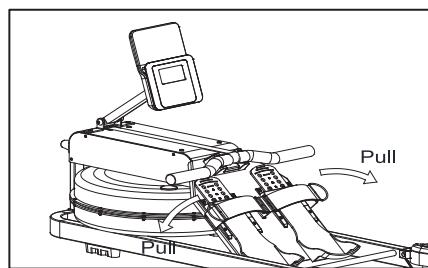
- Method 1: When moving the product, first move the seat(B) to the front end (to prevent the seat assembly from falling rapidly and damaging the product when folding); lift the rear track and move the product to the desired location;
- Method 2: Move the folded product to the desired location.

**How to Store the Machine**

- When folding the product, first fold the monitor, then move the seat(B) to the end (to prevent the seat assembly from falling rapidly and damaging the product); then hold the round tube of the workpiece (N) with your hand and pull it up slightly.

**How to Adjust Pedal Strap**

During use, sit on the seat cushion, place both feet on the adjustable pedal, adjust the pedal to the corresponding hole position based on the size of your feet, and then secure both feet with the foot strap. Pull the foot strap tight in the direction indicated in the diagram, then firmly stick it to both sides.

**04 /****INSTRUCTIONS FOR ELECTRONIC WATCH****■ BUTTONS**

- MODE** - Press this button to select the value that needs to be set or displayed on the screen.
- SET** - To set target value of time, distance and calories when not in scan mode.
- RESET** - Press it to reset time, distance and calories,
 - Hold it for 3 seconds for a full reset of time, distance and calories.

■ FUNCTIONS**• MODE**

Press MODE button until "SCAN" appears, the screen will rotate through all the 5 values: Time, Count, Distance, Calorie and Total count. Each value will be held for 6 seconds.

• COUNT

Counts the row strokes from the start to the end of exercising – range is between 0 ~9999.

• TIME

Counts the time from the start to the end of exercising. – range is 0 ~99:59 Minutes.

• DISTANCE (DIST)

Counts the total distance from the start to the end of exercising - range is 0.00 - 999.9 KM.

• CALORIES (CAL)

Counts the calories burned from the start to the end of exercising - range is 0.0 ~ 999.9 CAL.

• TOTAL COUNT (TCNT)

Counts the total rowing strokes after installing the battery.

• AUTO START/STOP

Without any signal of exercise or operation for 4 minutes, the power on the computer will turn off automatically.

When you start exercising or press a button, the monitor will turn on automatically.

• ALARM

The functions of time, distance and calorie can be set to countdown, once any of those values counts down to zero, the computer will alarm for 5 seconds.

Press MODE to select the function, then press SET to adjust the value that you would like to countdown from.

FUNCTION	Auto Scan	Every 5 seconds
	Running Time	00:00 ~ 99:59 (Minute: Second)
	Current Count	The max pick-up signal is 9999 Count
	Trip Distance	0.0 ~ 999.9 KM
	Calories	0 ~ 999.9 Cal
	Total Count	0 ~ 9999 Count

BATTERY REPLACE

When the display becomes dim or illegible, remove the battery and replace with SIZE AAA UM4 R03.

Battery Type	2 pcs of SIZE-AAA or UM4 R03.
Operating Temperature	0°C ~+40°C (32°F ~ 104°F)
Storage Temperature	-10°C ~ +60°C (14°F ~ 140°F)

APP

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



- Please scan the QR code for Bluetooth connection instructions.

**FCC WARNING STATEMENT**

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 equipment should be installed and operated with minimum distance 20cm between the radiator and your body.

NOTE: 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.

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

ISED CANADA STATEMENT

This device complies with Part 15 of FCC Rules and contains license-exempt transmitter(s) that comply with innovation, Science and Economic Development Canada's 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 received, including interference that may cause undesired operation.

The digital apparatus complies with Canadian CAN ICES 3 (B)/NMB 3(B).

This device meets the exemption from the routine evaluation limits in section 2.5 of RSS 102 and compliance with RSS 102 RF exposure, users can obtain Canadian information on RF exposure and compliance.

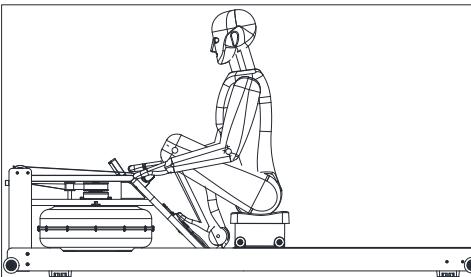
This equipment should be installed and operated with minimum distance 20cm between the radiator & your body.

Cet appareil est conforme à la partie 15 des règles de la FCC et contient un émetteur exempté de licence qui répond aux normes du CNR exempté de licence d'innovation, sciences et développement économique Canada]. Les opérations sont soumises aux deux conditions suivantes:

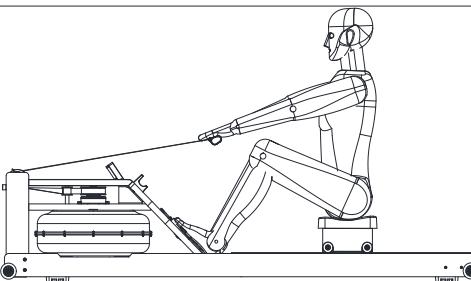
- (1) L'appareil ne peut pas causer d'interférence; Et
- (2) Cet appareil doit accepter toute interférence reçue, y compris celles qui peuvent entraîner un fonctionnement accidentel

Cet appareil numérique est conforme à la norme canadienne can ICES 3 (b) / NMB 3 (b). L'appareil est conforme à l'exemption des limites d'évaluation de routine de la section 2.5 du CNR 102 et est conforme au CNR 102 sur l'exposition aux RF, où les utilisateurs peuvent obtenir des renseignements canadiens sur l'exposition aux RF et la conformité.

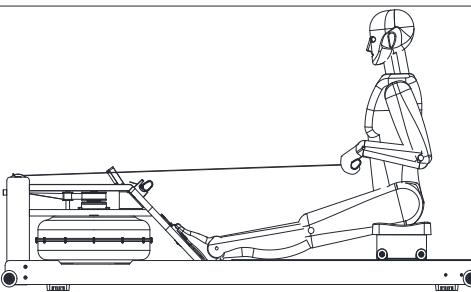
Lors de l'installation et de l'utilisation de cet appareil, la distance entre le radiateur et le corps doit être d'au moins 20 cm.

**TRAINING GUIDANCE****Ready Status**

Set your arms forward, release your shoulders. Raise up your head and keep your eyes forward. Holding your feet and legs under your body.

**Sliding Status**

Grab the lever, set your body at the correct gesture and angle, release your legs to push forward.

**Back to the position**

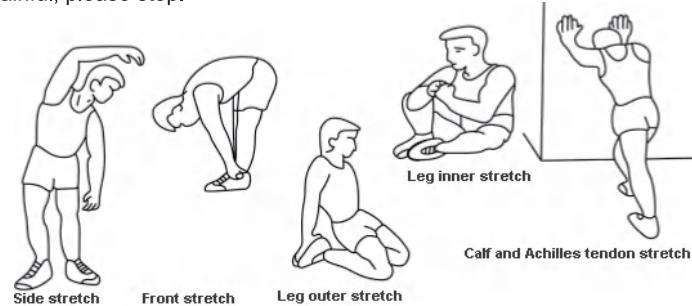
Push forward your legs, pull the lever to your chest and release your shoulders. Keep eyes looking forward. After regular exercise and get the right rowing method, it will be much easier than rowing a real boat. Soon you will find the advantages of using a rowing machine to exercise.

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

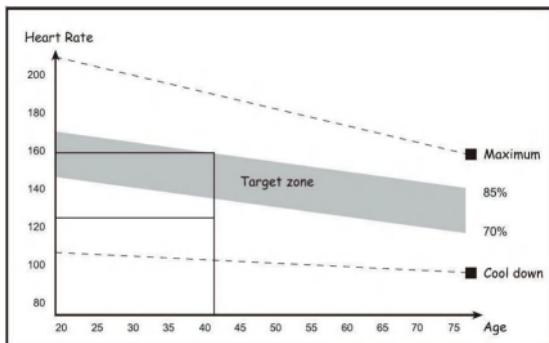
Warm-up can help reduce the risk of cramps or muscle damage. Stretching exercise is recommended as shown below. Each stretch should be about 30 seconds. Please proceed stretching according to your body condition.——If you feel painful, please stop.



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.

