

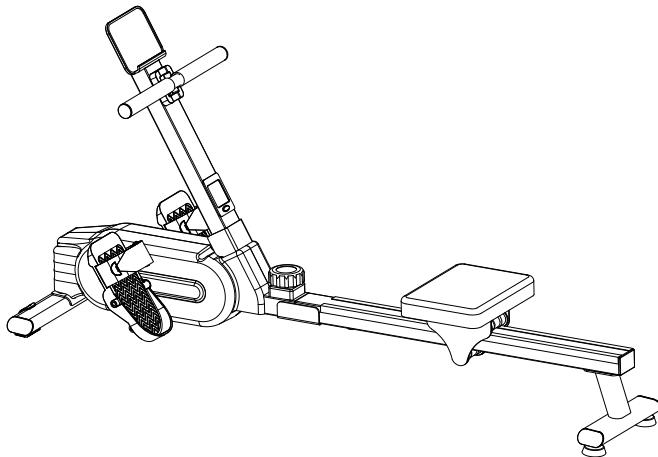


Rowing Machine



QM-2530

User Manual



IMPORTANT!

Please keep this owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us. **PLEASE DO NOT RETURN THIS PRODUCT BEFORE CONTACTING US.**

support@eyesun.net or +008617510497005

MAGNETIC ROWING MACHINE

⚠️WARNING

1.Improper exercise techniques or excessive use may negatively impact your health. Our company is not responsible for any injuries caused by sudden medical conditions or misuse of this equipment.

2.To minimize the risk of injury, always adhere to fundamental safety precautions when using this fitness equipment, including the following guidelines.

DISCLAIMERS

All information, illustrations, and specifications in this manual were in effect at the time of publishing. The illustrations used in this manual are intended as representative reference views only. We reserve the right to make any specification or design changes without notice.

ALL RIGHTS RESERVED

All rights reserved. No part of this manual may be reproduced in any form without written permission from EYESUN Equipment.

⚠️DANGER



Read this manual before use or maintenance. Failure to follow instructions and safety precautions may result in serious injury or death.

UPDATES

The latest User Manual for your EYESUN products can be found under our support tab at EYESUN.net/pages/manuals. Or scan the following QR code with your smartphone camera to be directed to the link.



PRODUCT REGISTRATION

For trouble-free warranty coverage, it is important to register your EYESUN product.

You can register by:

- Registering your product online at:EYESUN.net/pages/warranty.

For Your Records

Date of Purchase: _____

Model Number: _____

Serial Number: _____

Place of Purchase: _____

- Sending the following product information to: EYESUN Warranty Registration.

- **IMPORTANT:** Keep your purchase receipt for trouble-free warranty coverage.

⚠️ WARNING

Before beginning any exercise program, consult your physician to determine if you have any existing injuries or medical conditions that may pose a risk to your health and safety or prevent you from using this equipment. If you are currently undergoing medical treatment for heart rate regulation, blood pressure, or cholesterol levels, your doctor's advice is especially important.

NOTICE

Thank you for choosing EYESUN!

PLEASE READ BEFORE RETURNING THIS PRODUCT FOR ANY REASON.

Keep this manual for future reference.

If you have a question or experience a problem with your EYESUN purchase, call us at 0086-175-1049-7005 to speak with EYESUN.

NOTICE

1. This workout equipment is not intended for use by individuals (including children) with reduced physical, sensory, or mental abilities, or those lacking experience and knowledge, unless they have been given supervision or instruction on its use by a responsible person.

2. Pay close attention to your body' signals.

Caution: Improper or excessive exercise may be detrimental to your health. If you experience pain, chest tightness, irregular heartbeat, shortness of breath, dizziness, fainting, or any discomfort, stop exercising immediately and consult your physician before continuing your workout regimen.

HAVE QUESTIONS?

Email us at support@EYESUN.net

Or call +008617510497005



Warm-Up

Do stretches before exercising. Warm muscles are easier to stretch, so start with a 5-10 minute warm-up, then perform the stretches shown below:

5 times, holding each stretch for 10 seconds or more per leg. Repeat after your workout.

1. Stretch Down

Bend your knees slightly and slowly bend your body forward. Relax your back and shoulders, and try to touch your toes with your hands. Hold for 10-15 seconds, then relax. Repeat 3 times (see Figure 1).



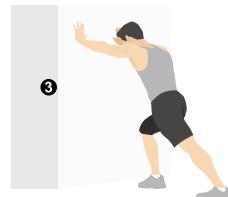
2. Seated Hamstring Stretch

Sit with one leg straight. Bring the other leg in so that it is close to the inside of the straightened leg. Try to touch your toes with your hands. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 2).



3. Calf and Achilles Tendon Stretch

Stand with both hands against a wall or a tree, and place one foot behind the other. Keep the back leg straight with your heel on the ground, and lean toward the wall or tree. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 3).



4. Quadriceps Stretch

Reach back with your right hand, grab your right foot, and slowly pull it toward your hips until you feel a stretch in the front of your thigh. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 4).



5. Sartorius (Inner Thigh Muscle) Stretch

Sit with your feet facing each other and your knees pointed outward. Grab your feet with both hands and gently pull them toward your groin. Hold for 10-15 seconds, then relax. Repeat 3 times (see Figure 5).



⚠ Safety Instructions

Please keep this manual safe for future reference.

It is important to thoroughly read the entire manual before assembling and using the equipment. Only correct assembly, maintenance, and use of the equipment will ensure safe and effective training. All users must be familiar with the warnings and precautions outlined in the manual.

Before using the equipment, users should consult a doctor about their physical condition to prevent safety accidents during training. If users are undergoing treatment for conditions like heart problems, high blood pressure, or elevated cholesterol, they must consult a doctor before starting the workout.

Always monitor your physical condition during training. Incorrect training techniques may affect your health. If you experience any of the following symptoms (including headache, chest tightness, irregular heartbeat, shortness of breath, dizziness, lightheadedness, or nausea), stop training immediately and seek medical attention. You must get a doctor's clearance before continuing the workout.

Keep children and pets away from the equipment. This equipment is for adult use only.

Set up the equipment on a firm, level surface. If necessary, place a protective layer on the floor or carpet to prevent damage. Ensure that there is at least 0.5 meters of space between the equipment and surrounding obstacles. A safety area of 78.7*39.4 inches should be clear behind the equipment.

Before using the equipment, check all bolts and nuts that need to be tightened to ensure they are secure and safe to use.

Regular maintenance and repairs of parts that are prone to wear, damage, or breakage are essential for safe use of the equipment.

Always use the equipment as directed in the manual. If any defective parts are found during assembly or inspection, or if unusual sounds are heard during use, stop operation immediately and ensure the issues are resolved before continuing.

Pay attention to your attire while using the equipment. Wear simple, form-fitting clothing and avoid loose clothing that could get caught in the equipment, potentially causing injury or entrapment.

This equipment is not intended for medical use.

When lifting or moving the equipment, be cautious and follow the correct procedures. If necessary, seek assistance from others.

When stored upright, place the equipment against a wall or stable surface, and keep it out of reach of children to prevent accidents.

Do not allow two or more people to use the equipment simultaneously.

This rowing machine is not a speed-dependent training device.

This product is a home-use indoor fitness machine (HC level) with a maximum weight capacity of 330lbs. The recommended maximum height for users is 74.8 inches.

Safety and Maintenance Instructions

Maintenance and Care:

The ropes, pulleys, and connection points are wear-prone parts and should be checked regularly. If significant wear is found, they should be replaced promptly to ensure safe and proper use.

Replace any damaged parts of the rowing machine immediately.

Precautions

Pre-Use Inspection and Considerations:

Sliding Rail: Before sitting on the rowing machine, check the seat wheels and the sliding rail for dirt or debris. Small objects can obstruct the seat wheels and damage the rail surface. Always check for debris on the rail before use and clean it regularly.

Fasteners: Check the frame bolts periodically to ensure they are tightened. Perform checks at the end of the first month of use and then every 12 months thereafter.

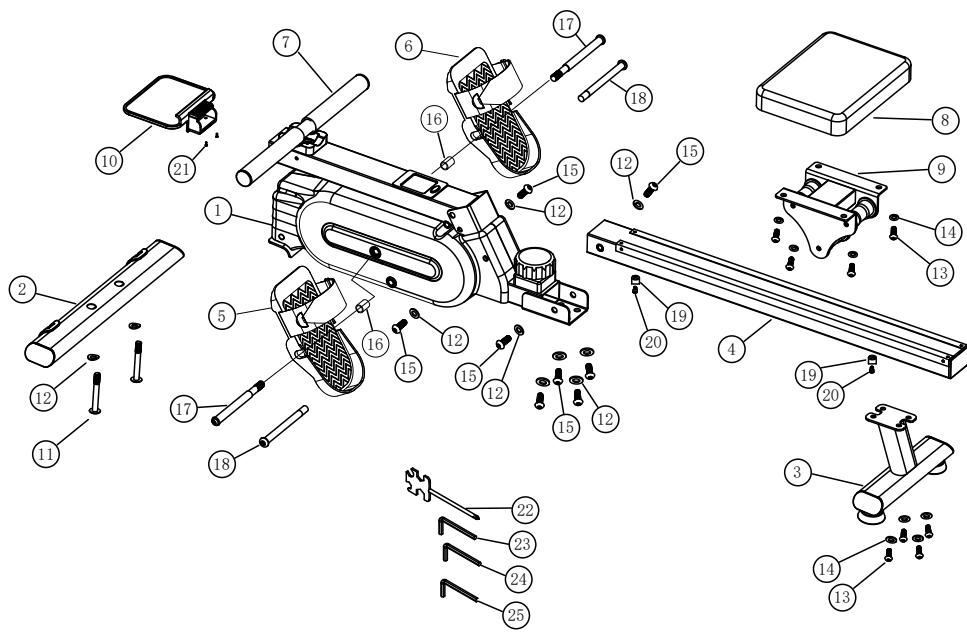
Storage: When storing the rowing machine upright, ensure it is placed in an appropriate location.

Flooring: Use your rowing machine on a flat surface to prevent shaking and premature wear.

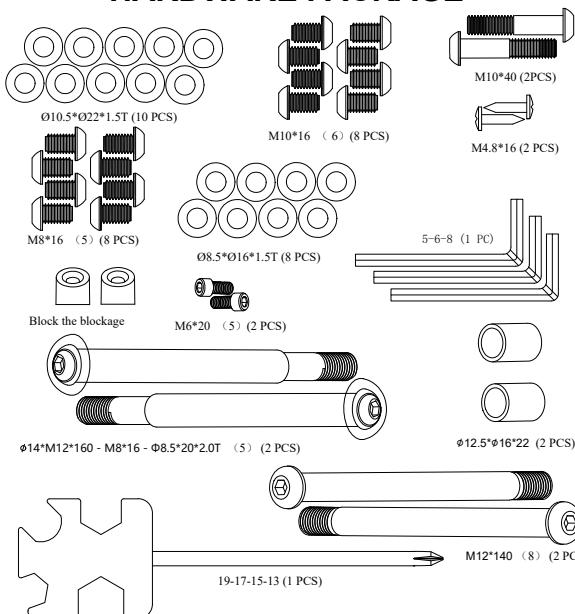
Warnings:

Consult your doctor before starting any exercise, especially if you are over 35 or have any health issues. It is crucial to read the entire manual before using any equipment.

NO.	Part Name	Specification	Qty
1	Main frame assembly		1
2	Front leg assembly		1
3	Rear leg assembly		1
4	Slide rail assembly		1
5	Left pedal assembly		1
6	Right pedal assembly		1
7	Stand handle assembly		1
8	Seat cushion		1
9	Seat cushion support		1
10	Mobile phone holder		1
11	Hexagon socket screw	M10*40	2
12	Flat washer	Φ10.5*22*1.5T	10
13	Hexagon socket screw	M8*16	8
14	Flat washer	Φ8.5*16*1.5T	8
15	Hexagon socket screw with semicircular head	M10*16	8
16	Pedal spacer	Φ12.5*Φ16*22	2
17	Pedal fixing shaft	Φ12*M12*160	2
18	Hexagon socket screw with semicircular head	M12*140	4
19	Slide rail limiter		2
20	Cylindrical head hexagon socket screw	M6*20	2
21	Self-tapping screw	ST4.8*16	2
22	Open-end cross wrench	19*17*15*13	1
23	Hexagon socket wrench	8mm	1
24	Hexagon socket wrench	6mm	1
25	Hexagon socket wrench	5mm	1



HARDWARE PACKAGE



Step 1:**Installation Steps**

Stand the upright handlebar assembly upright in the direction of the arrow. Use two No.12 flat washers and two No.15 half-round head hex screws. Tighten them clockwise using the No.24 hex wrench. as shown in Figure 1.

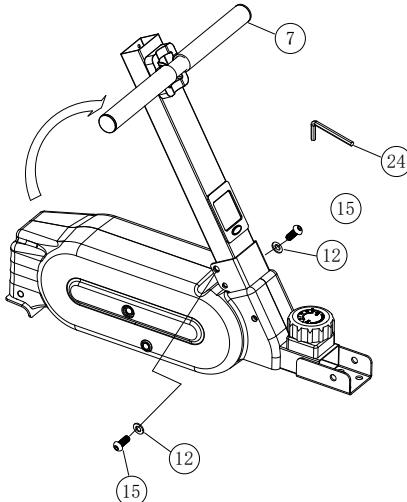


Figure 1

Step 2:

Use two No.11 half-round head hex screws and two No.12 flat washers to connect the No.01 main frame assembly with No.02. Tighten them clockwise using the No.24 hex wrench. as shown in Figure 2.

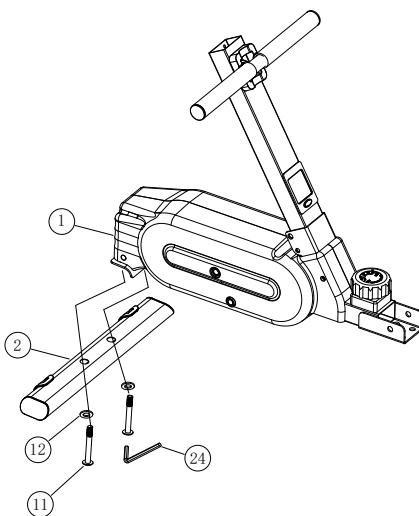


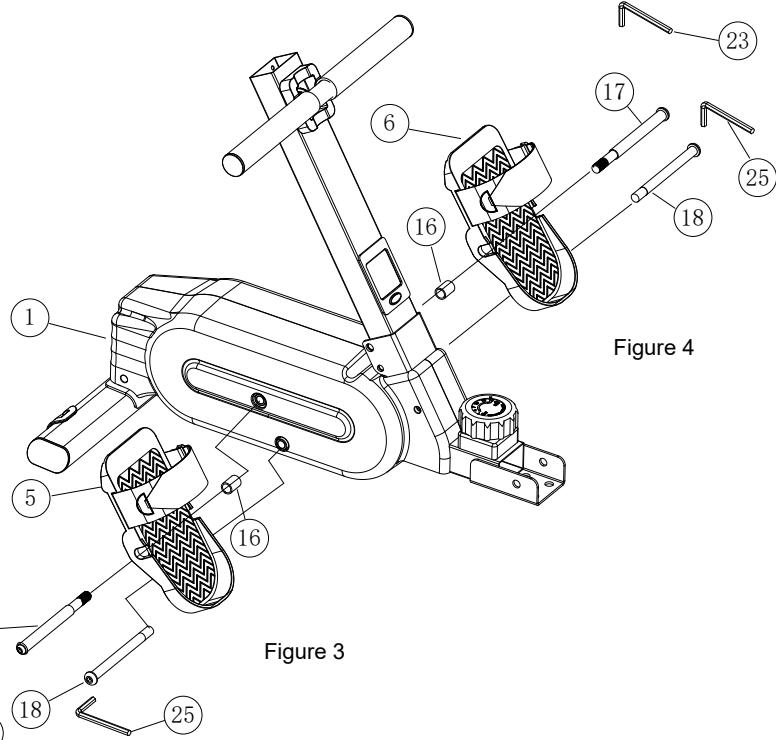
Figure 2

Step 3:

Insert the No.17 pedal fixing axle through the No.5 left pedal assembly, then through the No.16 pedal spacer tube. Use the No.25 hex wrench to screw it clockwise into the No.1 main frame assembly. Insert the No.18 half-round head hex screw into the bottom of the No.5 pedal and screw it clockwise into the No.1 main frame assembly. Tighten it using the No.23 hex wrench. as shown in Figure 3.

Step 4:

Insert the No.17 pedal fixing axle through the No.6 right pedal assembly, then through the No.16 pedal spacer tube. Use the No.25 hex wrench to screw it clockwise into the No.1 main frame assembly. Insert the No.18 half-round head hex screw into the bottom of the No.6 pedal and screw it clockwise into the No.1 main frame assembly. Tighten it using the No.23 hex wrench. as shown in Figure 4.



Step 5:

Use four NO. 3 semi-circular head Allen screws and NO.14 flat washers. Insert them through the seat support (NO.9) and align with the four holes on the seat (NO.8). Tighten them clockwise using the size 25 Allen wrench, as shown in Figure 5.

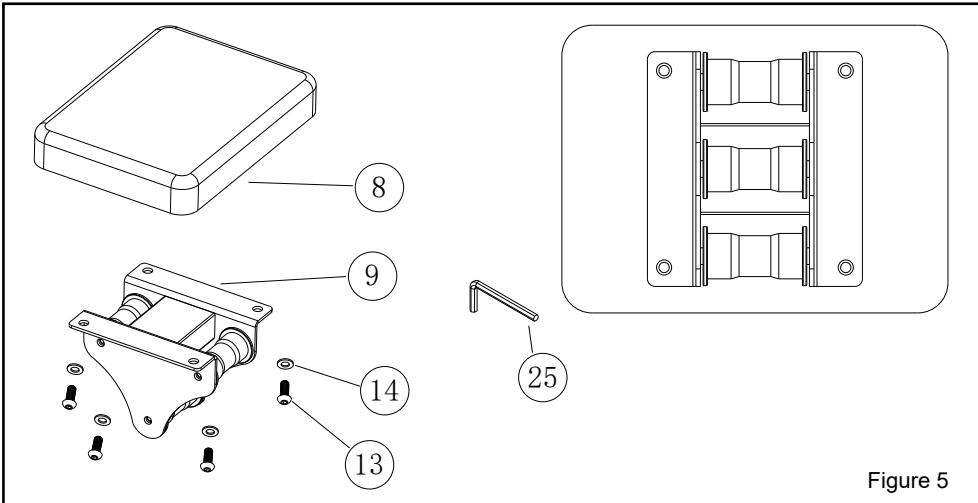


Figure 5

Step 6:

Use four NO.13 semi-circular head Allen screws and NO.14 flat washers. Insert them through the rear foot tube assembly (NO.3) and align with the four holes on the sliding rail assembly (NO.4). Tighten them clockwise using the NO.25 Allen wrench, as shown in Figure 6.

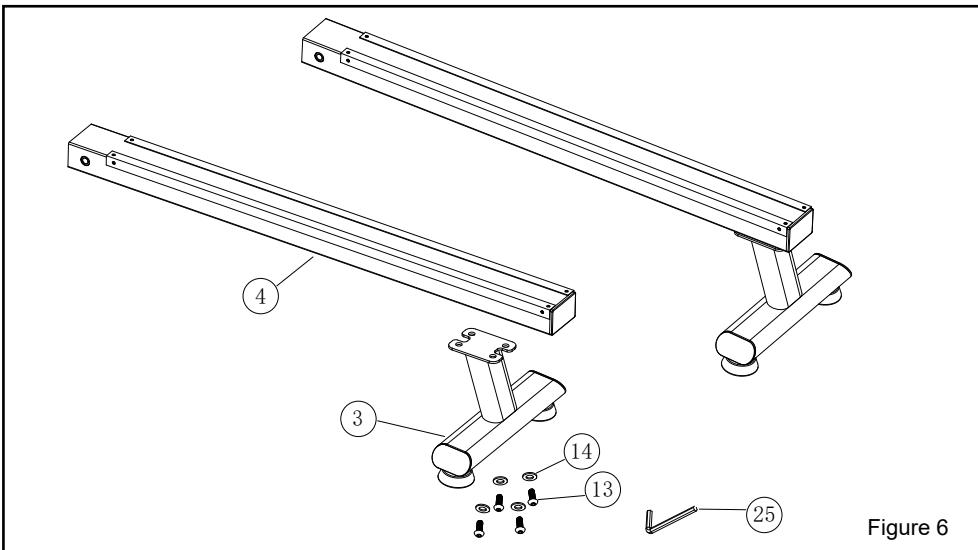


Figure 6

Step 7:

Insert the assembled seat unit into the sliding rail assembly (NO.4) in the direction of the arrow, as shown in Figure 7.

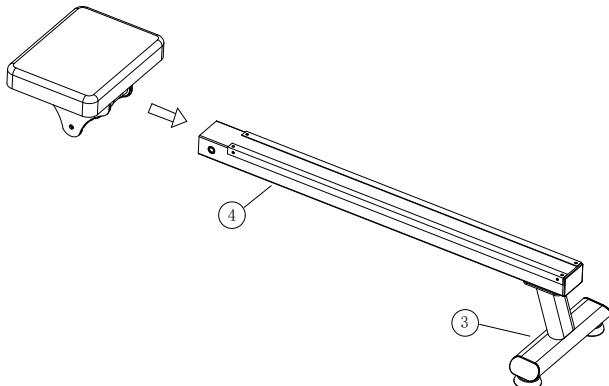


Figure 7

Step 8:

Use two NO.20 Allen cylindrical head screws to pass through the limit washers (NO.19). Use the NO.25 Allen wrench to tighten them clockwise at the bottom of the sliding rail assembly (NO.4), as shown in Figure 8.

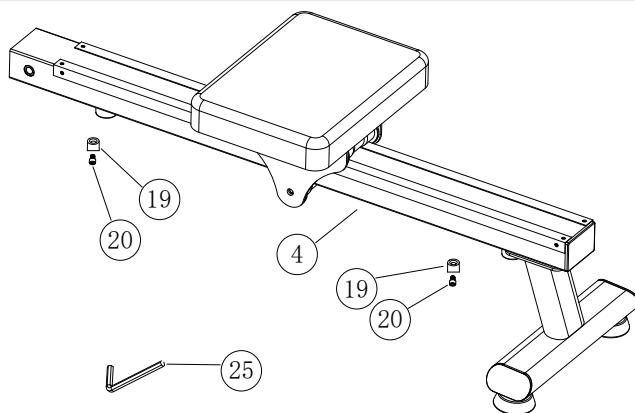


Figure 8

Step 9:

Connect the main frame assembly (NO.1) to the sliding rail assembly (NO.4). Pass the semi-rounded hexagon screws (NO.15) through the flat washers (NO.12) and tighten clockwise using the hexagon wrench (NO.24). as shown in Figure 9.

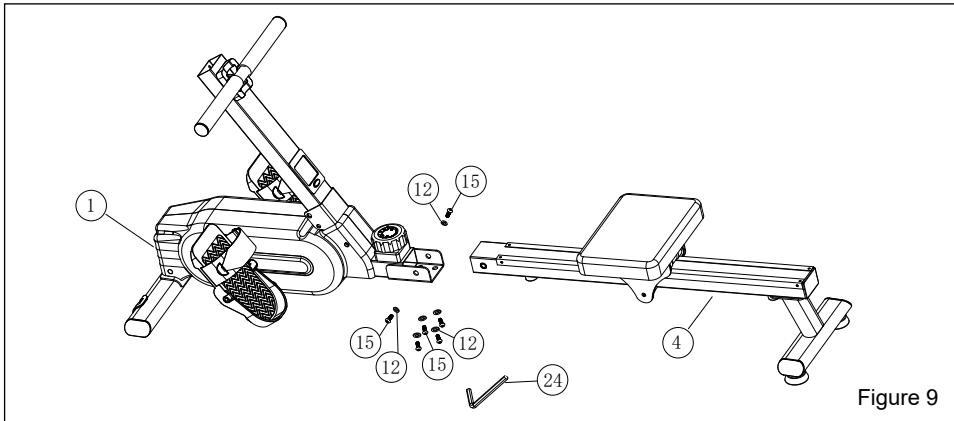


Figure 9

Step 10:

Insert the phone holder (NO.10) into the upright handlebar assembly (NO.7). Use screws (NO.21) and tighten clockwise with a crosshead wrench (NO.22). as shown in Figure 10.

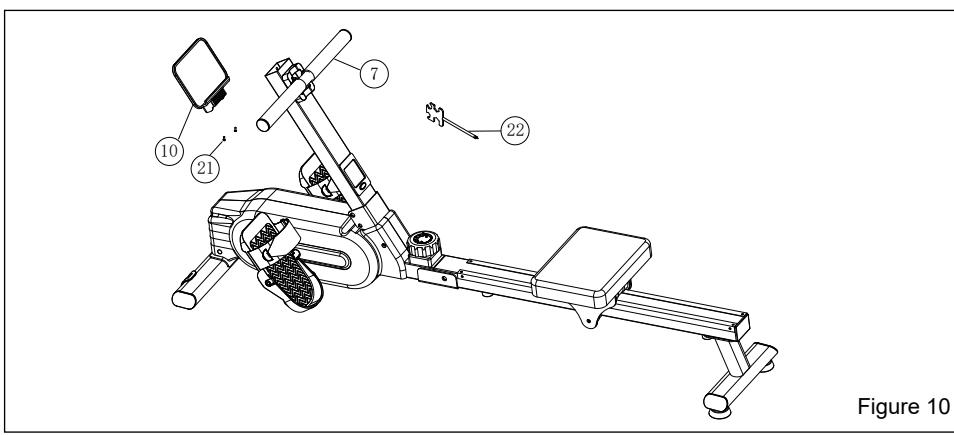


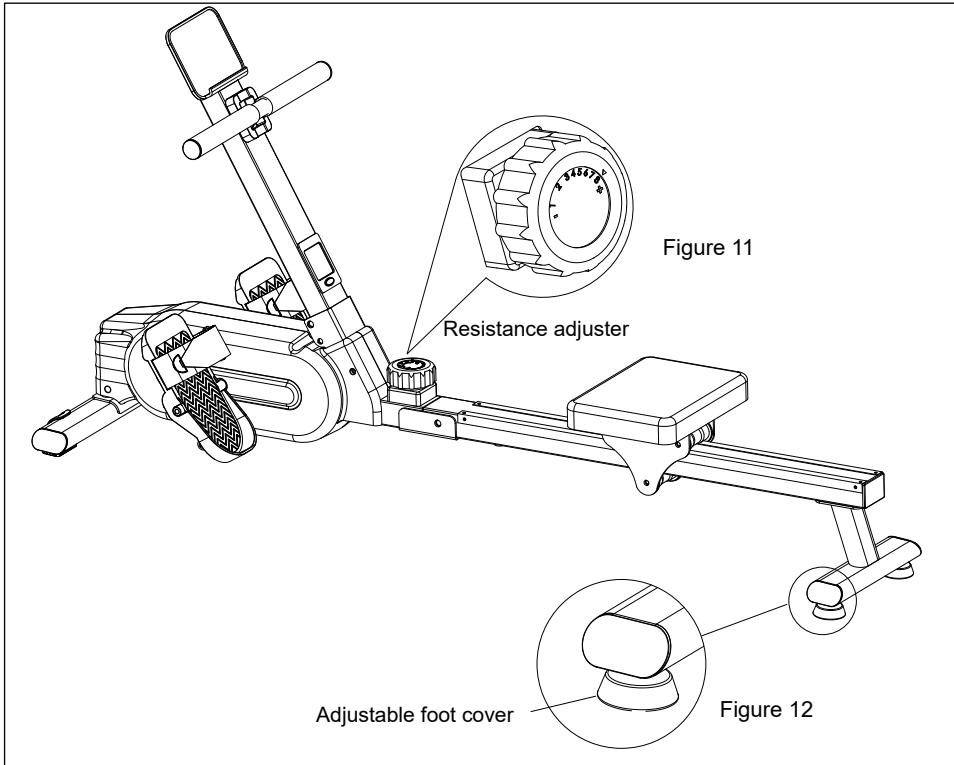
Figure 10

Step 11:

The resistance level can be adjusted by rotating the resistance knob to the left or right, as shown in Figure 11.

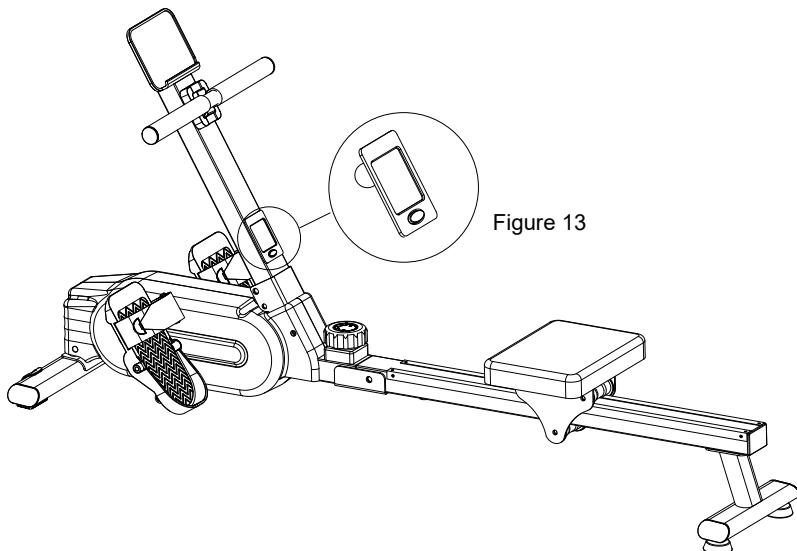
Step 12:

If the unit is unstable, you can adjust the multi-angle adjustable foot caps, as shown in Figure 12.



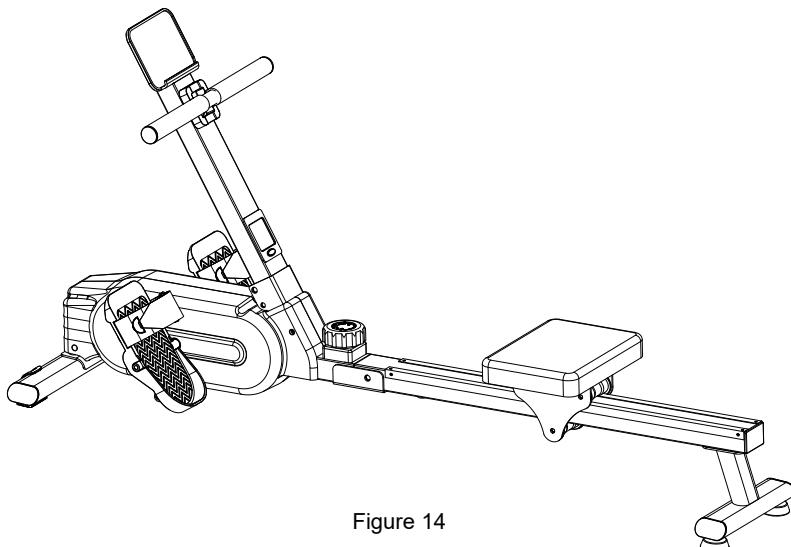
Step 13:

To replace the battery in the electronic display, remove the display as shown in Figure 13.



Step 14:

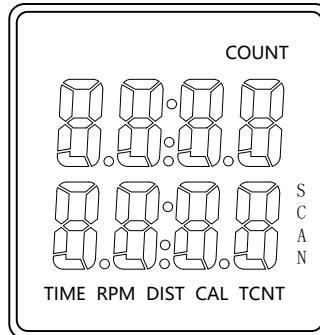
After assembling all parts, check all screws and knobs to ensure they are tightened before use, as shown in Figure 14.



DISPLAY FUNCTION

I. SPECIFICATIONS:

TIME	0:00-99:59
COUNT(MIN)	0-9999
COUNT(CNT)	0-9999
TOTAL COUNT	0-9999
CALORIES(CAL)	0.0-999.9KCAL



II. Button Functions

◆ MODE Button (Mode)

This button is used to select different functions. Pressing it will cycle through and display the various functions.

◆ RESET Button (Clear Button)

When the relevant function is selected, this button will reset the data for that function to zero.

III. How to Use

Power On/Off

Press any button or input a signal from the exercise equipment to start the display. If the device is inactive for 4 minutes, it will automatically turn off.

1. Reset: In any state, press and hold the select button for 3 seconds to reset all function data to zero, except for the total count.

2. Mode: When the function on the display is flashing, the device enters auto-scan mode. Press the select button again to lock the display on a specific function.

3. Functions and Settings:

◆ Time

Press the select button until "TIME" is displayed on the screen, which shows the current exercise time.

◆ Speed

Press the selection key to the "RPM" function, and the number displayed on the instrument is the instant movement number.

◆ Distance

Press the select button until "DIST" is displayed, which shows the current exercise distance.

◆ Total Count

Press the select button until "TCNT" is displayed, which shows the total count of your exercises. When the power is turned back on, the data will be reset to zero.

◆ Calories Burned

Press the select button until "CAL" is displayed, which shows the calories burned during exercise.

◆ Scan

When the arrows on the display flash, the device will automatically scan through the following order: Count, Time, Calories, Total Count, and RPM.

IV. Warnings

1. Do not let water or sweat drip onto the display screen, as this can cause scratches or damage to the glass, rendering it unusable.

2. If the display is faint or not showing anything, please replace the batteries. When replacing the batteries, be sure to follow the correct polarity.

3. This device uses AA, AG13, or AAA batteries. To replace the batteries, open the cover on the back and install new ones.

NOTES / NOTAS



 support@eyesun.net

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.

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.

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

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