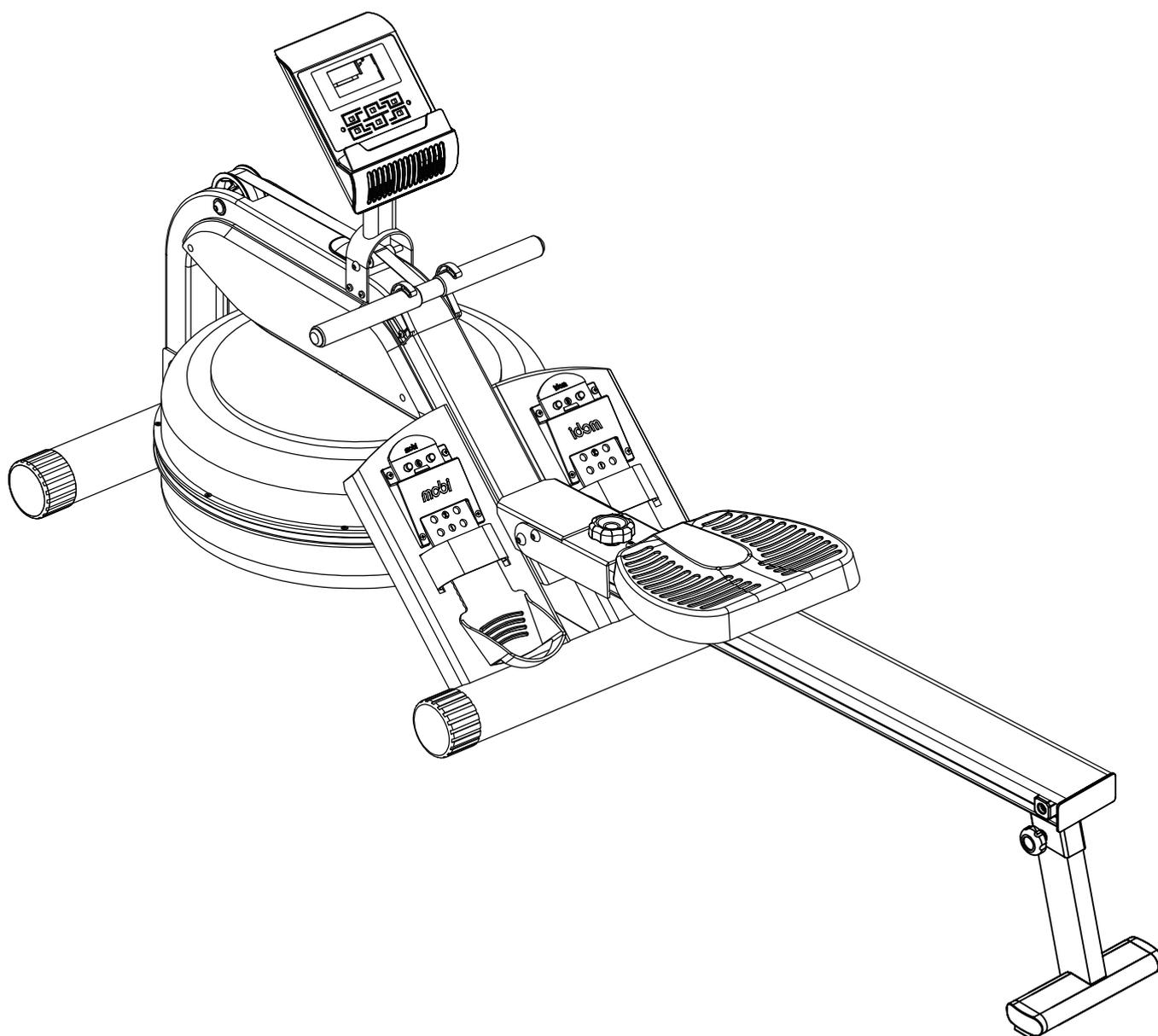


# ROWING MACHINE

Assembly & User Instructions - Please keep for future reference

LK-586



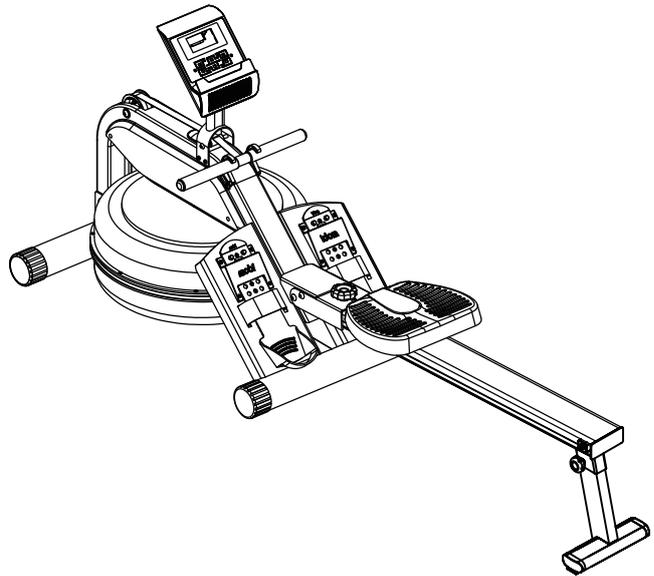
**Important – Please read these instructions fully before assembly or using**

These instructions contain important information which will help you get the best from your equipment and ensure safe and correct assembly, use and maintenance.

If you need help or have damaged or missing parts, call the **Customer contact number:**  
**+86-592-6293857 E-mail: [hangzhouliukai@vip.sina.com](mailto:hangzhouliukai@vip.sina.com)**

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# Safety Information

**Important – Please read fully before assembly or using**

To reduce the risk of serious injury, read the entire manual before you assemble or operate the Rowing Machine. In particular, note the following safety precautions:

## Assembly

- Check you have all the components and tools listed on pages 3, 4 and 5, bearing in mind that, for ease of assembly, some components are pre-assembled.
- Keep children and animals away from the work area, small parts could choke if swallowed.
- Make sure you have enough space to layout the parts before starting.
- Assemble the item as close to its final position (in the same room) as possible.
- Position the equipment on a clear, level surface.
- Dispose of all packaging carefully and responsibly.

## Using

- It is the responsibility of the owner to ensure that all users of this product are properly informed as to how to use this product safely.
- This product is intended for domestic use only. **Do not** use in any commercial, rental, or institutional setting.
- Before using the equipment, always warm up properly.
- If the user experiences dizziness, nausea, chest pain, or other abnormal symptoms **stop the workout and seek immediate medical attention.**
- Only one person at a time should use the equipment.
- Keep hands away from all moving parts.
- Always wear appropriate workout clothing when exercising. **Do not** wear loose or baggy clothing, since it may get caught in the equipment. Wear

athletic shoes to protect your feet while exercising.

- **Do not** place any sharp objects around the equipment.
- Disabled persons should not use the equipment without a qualified person or doctor in attendance.
- This product is suitable for user's weight of: **100kgs.**
- Keep unsupervised children away from the equipment.
- Keep 1 Meter free space for safe operation.
- Injuries to health may result from incorrect or excessive training the equipment shall be installed on a stable base and properly leveled.
- Braking system is adjustable.
- This product conforms to: (EN957-HC)  
- PARTS 1 and 7
- This exercise product has been designed and manufactured to comply with the latest (EN 957 -HC)  
British and European Safety Standards.

## Battery safety

- **Warning:** Incorrect installation of batteries may cause battery leakage and corrosion, resulting in damage to the computer.
- **Do not** mix old and new batteries, or batteries of different types.
- **Do not** dispose of batteries in a fire.
- **Do not** dispose of batteries with normal household waste, take to a local recycling centre.



**Warning:** Before beginning any exercise program, consult your Doctor. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

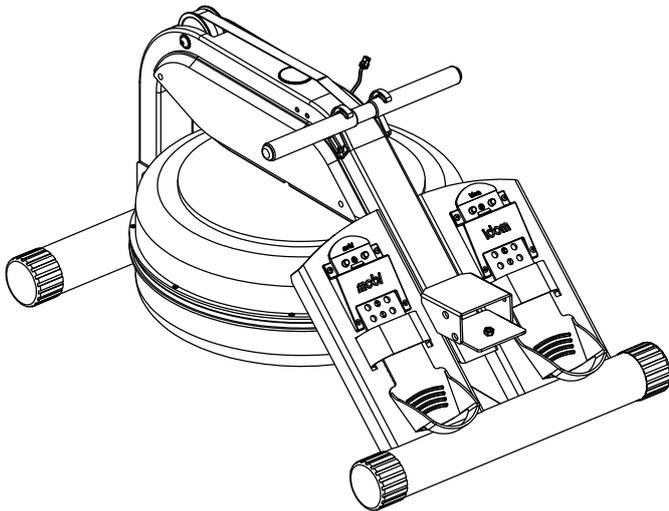
You **MUST** read all instructions before using any fitness equipment. Zhengxiang and its associates assume no responsibility for personal injury or property damage sustained by or through the use of this product. The fact the training equipment is not suitable for therapeutic purposes. Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately.

# Components - Fixings

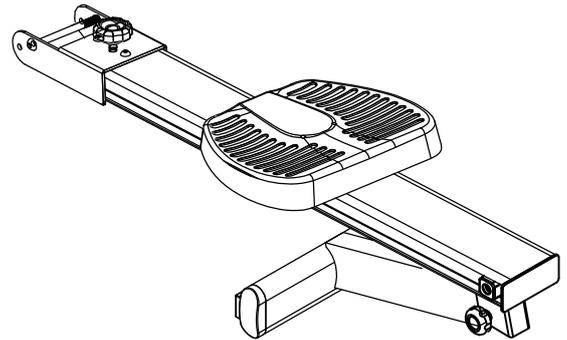
If you have damaged or missing components, call the **Customer Helpline: +86-592-6293857**

Please check you have all the parts listed below

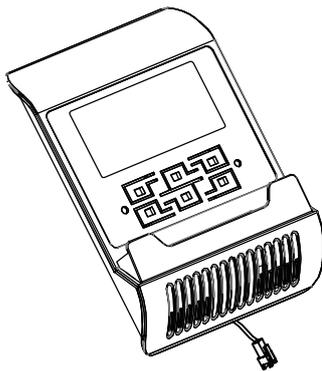
**Note:** Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting us regarding any missing components.



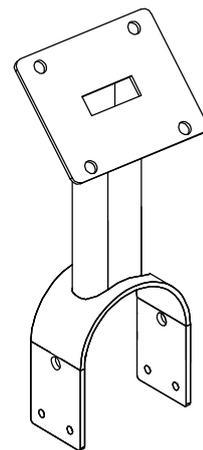
28. Main frame x 1



40. Main Rail x 1

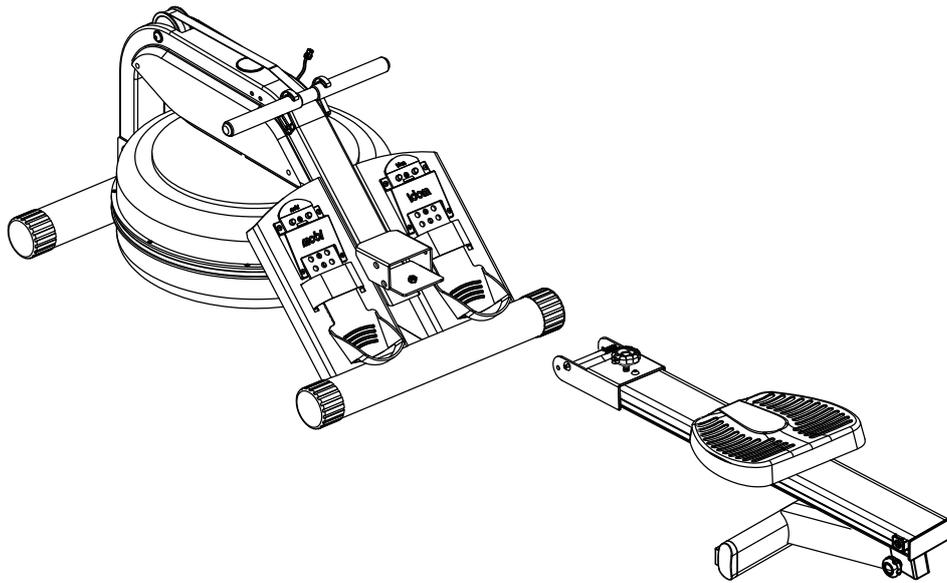


1. Computer x 1



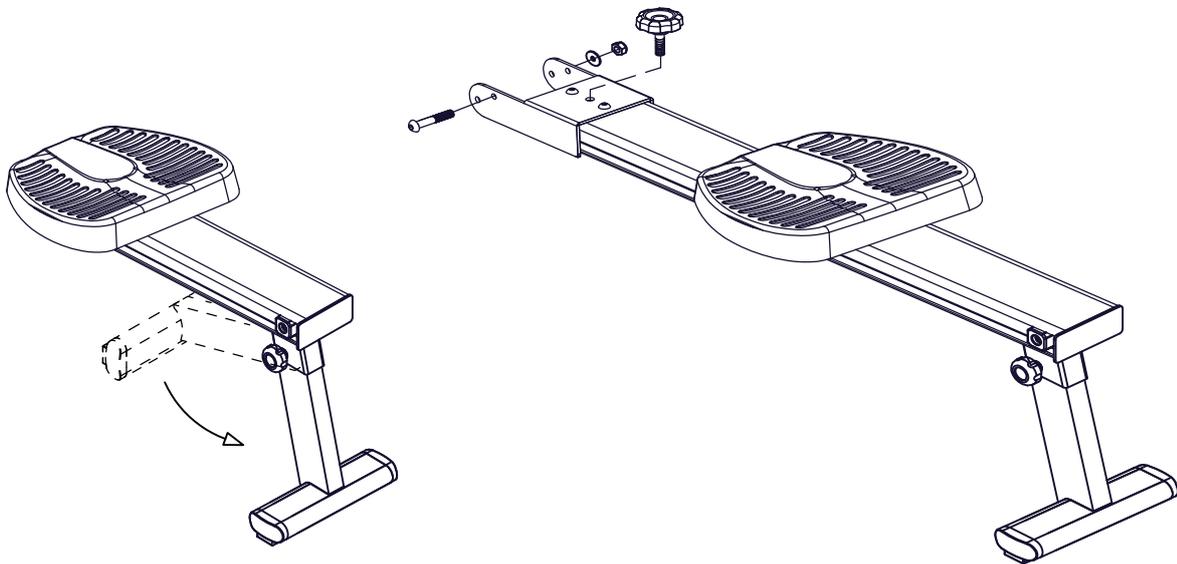
2. Front Stabilizer x 1

# Assembly Instructions



## Step 1

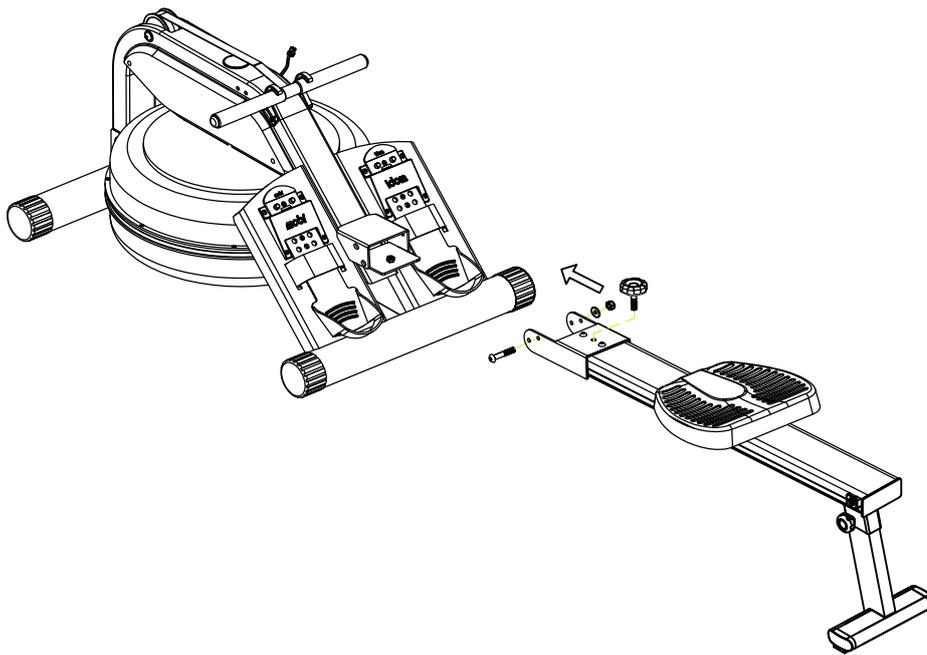
The Main Frame (28) and Main Rail (40) of your training equipment should look as above when removed from the carton.



## Step 2

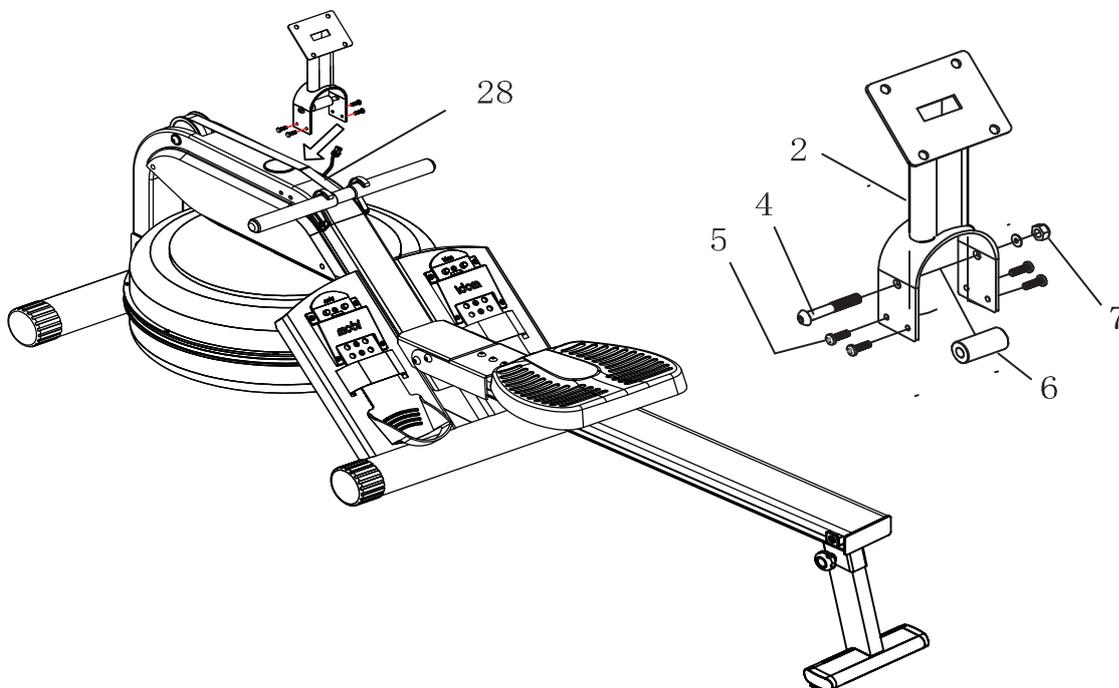
Release the knob (57) firstly, pull the stand rail (56-58) as the direction arrow to the maximum position. then tighten the knob (57) fully again. After that, release the knob (76) and the hexagon bolt (36) of the connection component (37) in the front of the Main Rail (40) for next step.

# Assembly Instructions



## Step 3

Connect the Main Rail (40) to the Main frame (28) from the side as the direction arrow. then tighten the Main Rail (40) with the hexagon bolt (36),Knob (76),nut and etc. at last.

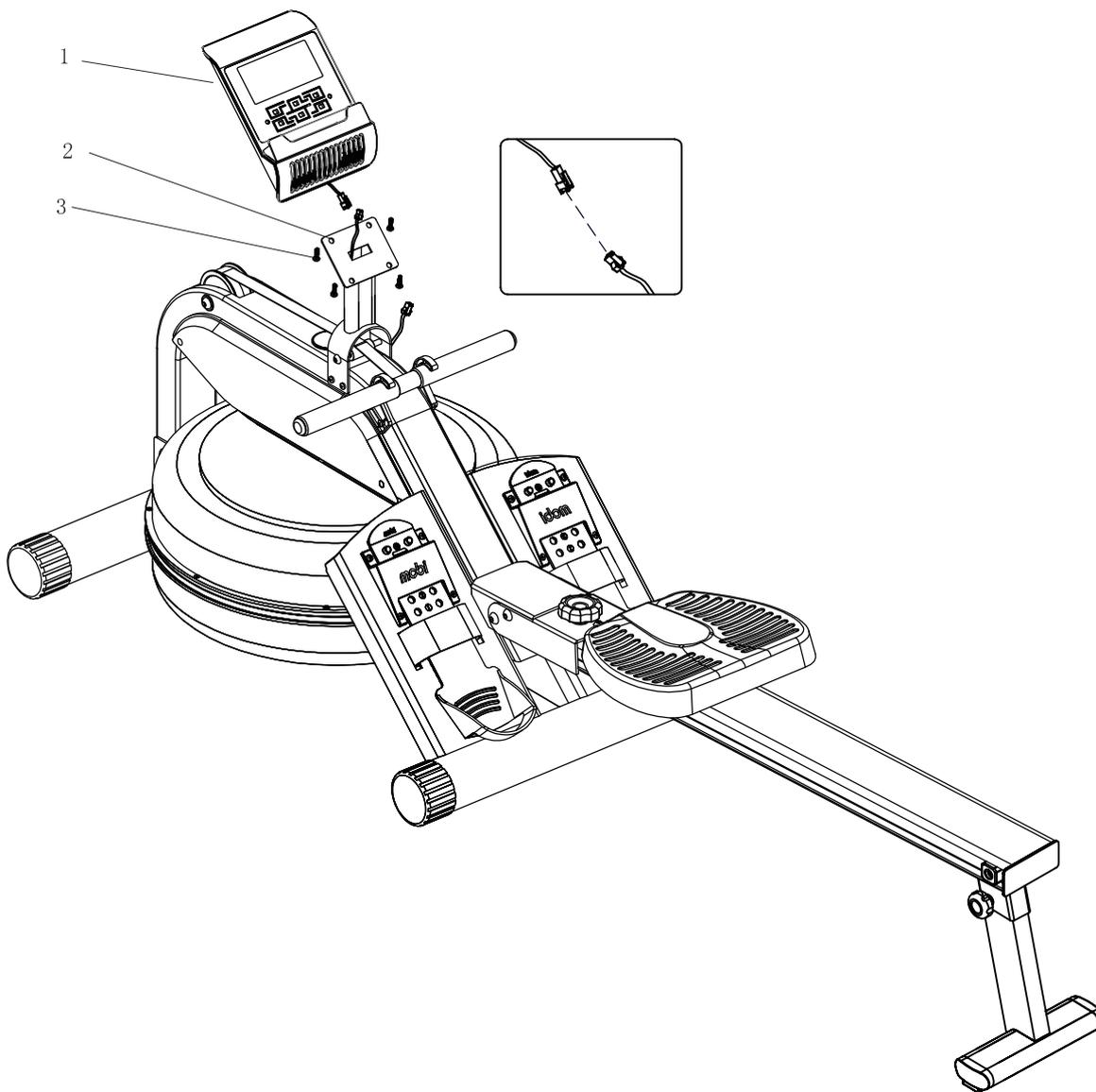


## Step 4

Connect the Connection component (2) to the Main frame(28) form the top as the direction arrow. then push the hexagon bolt (4) through the roller (6) and make the belt above the roller (6). Next to tighten the hexagon bolt (4) with flat washer and nut (7) and tighten the Connection component (2) to the Main frame with screws (5).

Note: To make the next step easier, it is recommend that wire should be keeping through the hole of the Connection component (2)

# Assembly Instructions



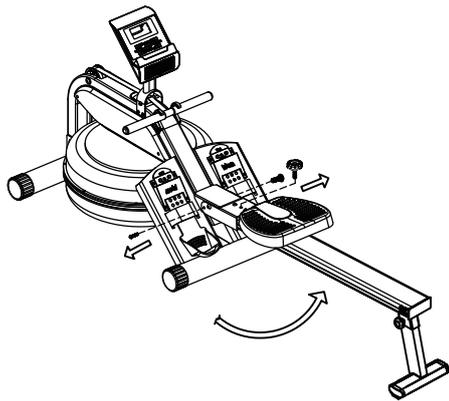
## Step 5

Contact the connection wire of the Computer (1) to the sensor wire of the Main frame (28) ensuring the connects are pushed fully home (You will hear/feel 2 clicks indicating that contact has been made). Then tighten the Computer (1) on the Connection Plate (2) with Screws (3).

Note: After all the steps above, please check all bolts and screws again ensuring all connection parts had been tightened already. Then Batteries (2 x "AA") could be put in the Battery box as the Computer Operation.

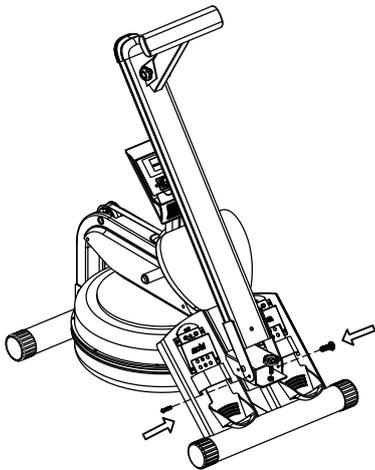
Warning: Please be careful carrying out the training equipment on a stable base and properly leveled. And keep any sharp objects away.

# Storage Way



## Step 1

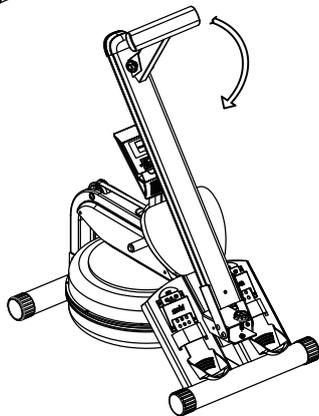
Slide the Seat forwards then unscrew and remove the Rowing Rail pivot Knob (76) and the hexagon bolt (36). Then folding up the The Main Rail (40) as the diagram show.



## Step 2

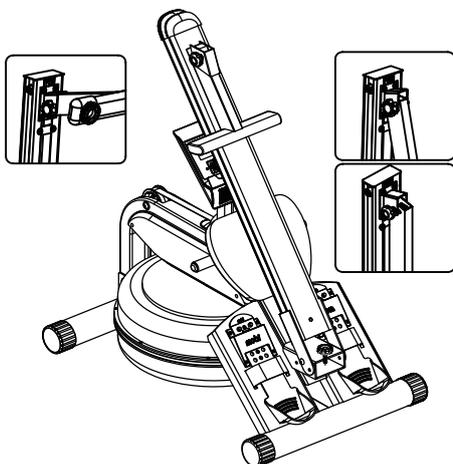
Carefully rotate the Main Rail (2) upover the top of the Main Frame (28). Lower gently so the Seat is positioned above the Main frame (28). Put the pivot knob (76) and then hexagon bolt (36) back the screw holes of Rowing Rail and tighten well.

Note: The Front of the Rower will tip forward to rest on the floor.



## Step 3

Unscrew the Rear Stabilizer Knob(57) and carefully lower the Stabilizer onto the Rowing Rail (40) as the diagram show.



## Step 4

Put the Rear Stabilizer Knob(57) back the position to ensure safe keeping.

# Tension Adjustment

The water rowing machine is based on the principles of ergonomics and rowing, through the design of water, to simulate the natural smoothness and fluency of the surface rowing boat. At the same time, through the unique design of the water wheel, the physical dynamic process during the movement of the watercraft is accurately reproduced, and a water resistance rowing machine that simulates the most realistic watersports is designed.

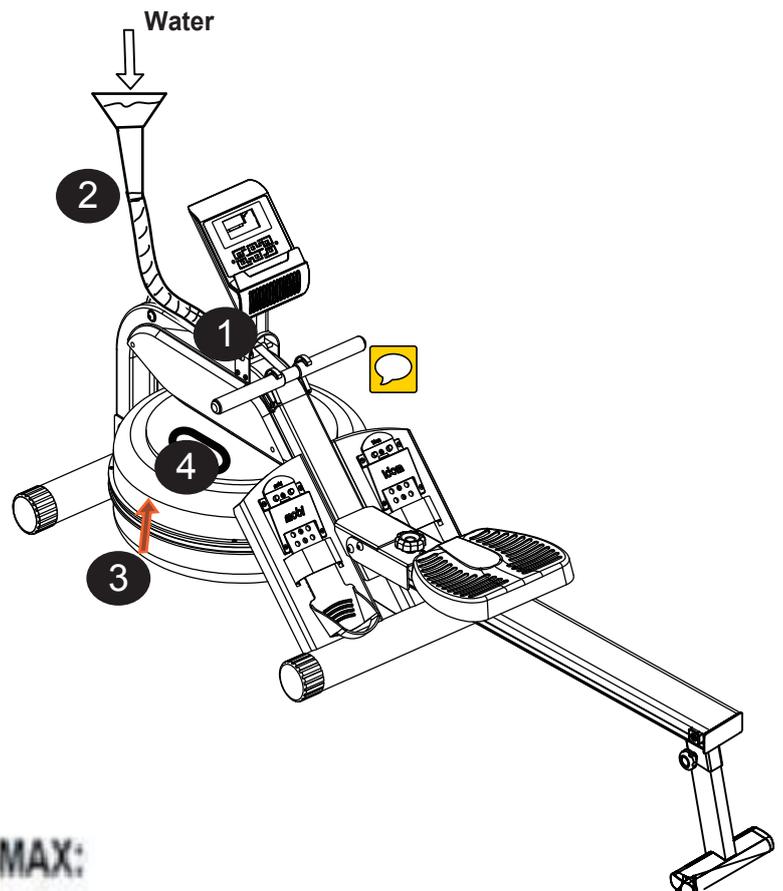
Based on the design of principle of impeller stroke, the resistance of the Rowing Machine can be adjusted by how much water is in the tank. So please follow the steps as below:

## Step 1:

Oper the plug of the tank (69-72) on the top of the Main frame (28).

## Step 2:

To make one end of a water pipe connect to the top of the tank as the diagram show. Another end of the water pipe with a hyponome.



## Step 3:

To adding water to the tank slowly, And the water in the tank will rising in the direction of the tick marks. The Water could be reached to any level between the lines of the MIN and the Max. Then the plug should be stuffed back at last.

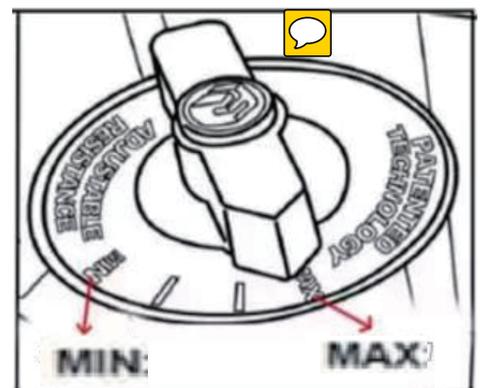
**Warning:**  
The water should not exceed the MAX line.



## Step 4:



After the above steps, the tension of the Rowing Machine could be adjusted between the Min tension and the Max tension by the Knob on the tank as the diagram show in right during in the training.

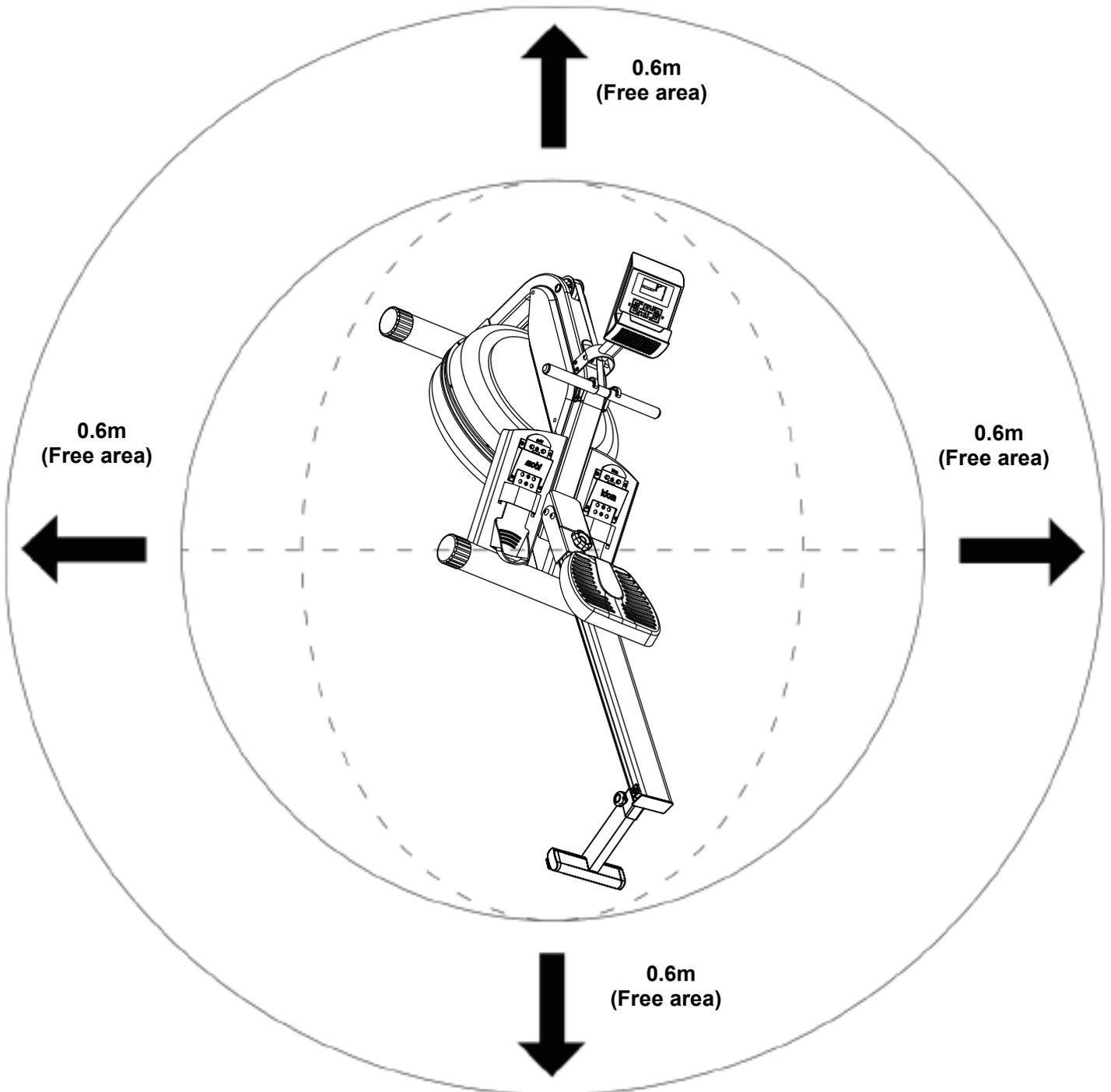


# Workout area

Free area and training area.

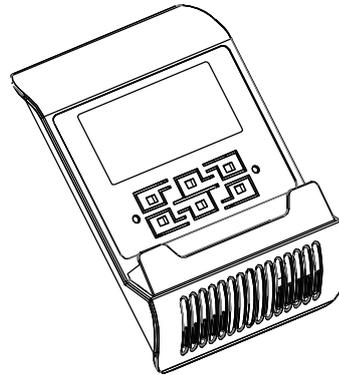
The free area should be no less than 0.6m greater than the training area in the directions from which the equipment is accessed. The free area must also include the area for emergency dismount.

Where equipment is positioned adjacent to each other the value of the free area may be shared.



# Computer Operation

## Functions and operations



### FUNCTIONS

**CALORIES** ~ (COMPUTED THEORETICAL CALORIE BURN)

**COUNTER** ~ (TOTAL STROKES)

**DISTANCE** ~ (EXERCISE DISTANCE [km])

**SPEED** ~ (ROWING SPEED [km/h])

**STROKES per MINUTE** ~ (COUNT UP STROKE RATE)

**TIMER** ~ (COUNT UP [minutes and seconds])

**NOTE ALL FIGURES ARE APPROXIMATE VALUES**

### FUNCTION SPECIFICATIONS

<b>CALORIES</b>	0.00 - 999.9 Kcal (THEORETICAL)
<b>COUNTER</b>	0 - 9999 (COUNT UP)
<b>DISTANCE</b>	km (COUNT UP)
<b>SPEED</b>	0.00 - 99.9 km/h
<b>STROKES per MINUTE</b>	0 - 999 (COUNT UP)
<b>TIMER</b>	0.00 - 99.59 MINUTES (COUNT UP)

### OPERATING SPECIFICATIONS

<b>POWER SOURCE</b>	2 x AA (1.5v) POWER CELLS
<b>STORAGE TEMPERATURE</b>	-10c - +60c
<b>NORMAL OPERATION TEMPERATURE</b>	0c - +50c

### USING YOUR EXERCISE MONITOR

To provide ease of use, there is only 1 button on your Exercise Monitor: - **PAGE**

Your Exercise Monitor has **2 PAGES** with **3 LCD Display Screens**.

Press the **PAGE** button to manually move through each of the Exercise Monitor's pages in turn. The functions are shown in the following order: -

**PAGE 1 – STROKES per MINUTE, DISTANCE and TIMER.**

**PAGE 2 – STROKE COUNTER, SPEED and CALORIES.**

Pressing and holding the **PAGE** button for more than 3 seconds when you are on either **PAGE** will enable you to set to zero any figures remaining from previous exercise sessions in each individual function.

#### GETTING STARTED

Either press the **PAGE** button or start to exercise and the Exercise Monitor will begin to register the various functions.

### BATTERY INSTALLATION

To fit the necessary **BATTERIES - (NOT SUPPLIED)** to your Exercise Monitor, simply place the correct size batteries between the exposed contacts in the battery compartment. Ensure that batteries are fitted with the '+' / '-' ends matching the outline on the sticker in the battery compartment or etched into the compartment. Failure to fit batteries correctly may result in damage to your Exercise Monitor, which is not covered by our guarantee. To fit replacement batteries as required, carefully remove the Exercise Monitor from its fitting, disconnect the Sensor Lead and follow the instructions above.

**PLEASE DISPOSE OF OLD BATTERIES CAREFULLY AND CONSIDERATELY**

# Exercising Information

## Before starting to exercise

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time on the equipment; a few minutes per workout.

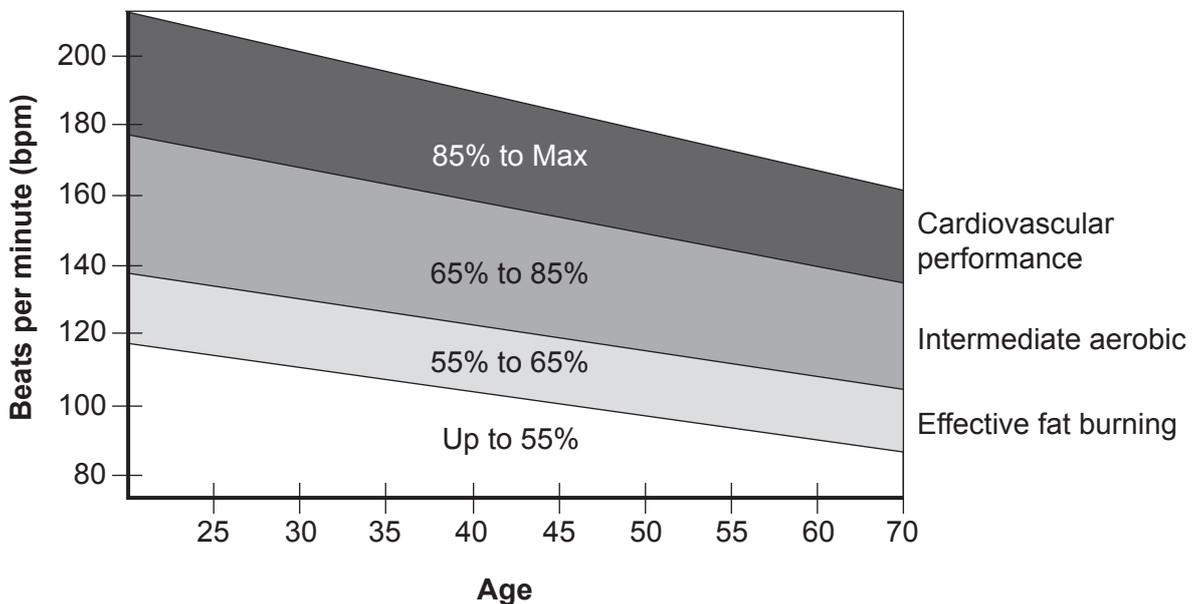
Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. The better your aerobic fitness, the harder you will have to work to stay in your target zone.

### **Please remember these essentials:**

- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Monitor your pulse frequently. Establish your target heart rate based on your age and condition.
- Set up your equipment on a flat even surface at least 3 feet from walls and furniture.

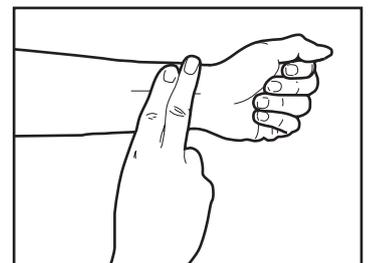
### **Exercise intensity**

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 65% and 85% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below.



During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

To measure your heart rate, stop exercising but continue moving your legs or walking around and place two fingers on your wrist. Take a six-second heartbeat count and multiply the results by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.



# Exercising Information

## Muscle chart

### Aerobic Exercise

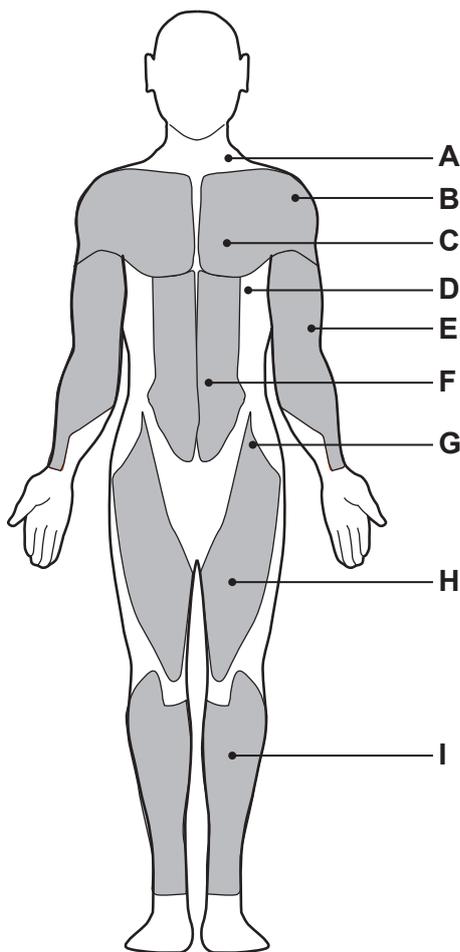
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles (arms, legs, or buttock, for example). Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

### Weight Training

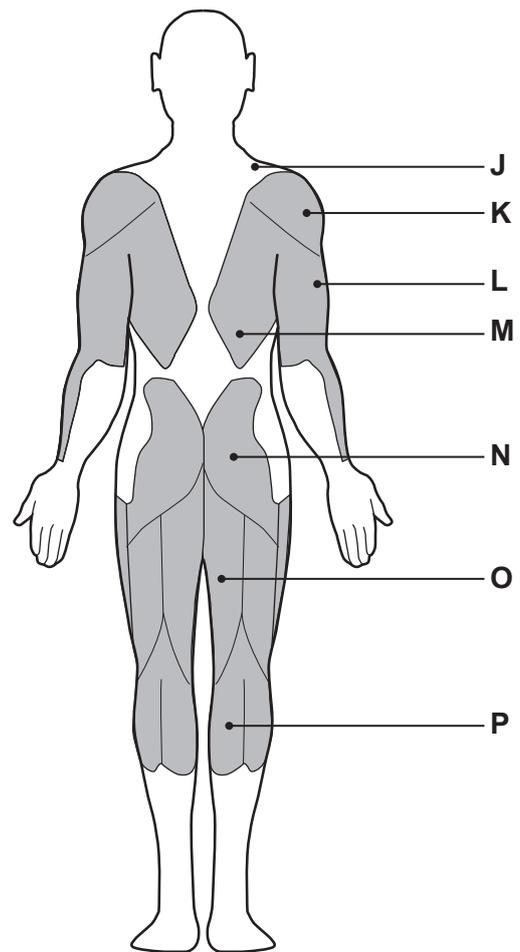
Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of the exercise routine process. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a lesser amount of reps. As always, consult your doctor before beginning any exercise program.

### Targeted Muscle Groups

The exercise routine that is performed on the Cycle Trainer will develop the upper and lower body muscle groups. These muscle groups are highlighted on the muscle chart below.



Front



Back

**A:** Trapezius  
**B:** Anterior  
**C:** Pectoralis Major  
**D:** Serratus Anterior  
**E:** Biceps

**F:** Abdominal  
**G:** Sartorius  
**H:** Quadriceps  
**I:** Tibialis

**J:** Trapezius  
**K:** Posterior  
**L:** Triceps  
**M:** Latissimus Dorsi

**N:** Gluteals  
**O:** Hamstrings  
**P:** Gastrocnemius

# Exercising Information

## Warming up and Cooling down exercises

### **Each workout should include the following three parts:**

1. A warm-up, consisting of 5 to 10 minutes of light exercise, such as jogging on the spot, star jumps and lunges. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.
2. Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (**Note:** During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)
3. A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

### **Exercise Frequency**

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

### **Suggested Stretches**

See the following basic stretching exercises. Move slowly as you stretch, never bounce.

#### **Toe touch stretch**

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible.

Hold for 15 counts, then relax.

Repeat 3 times.

**Stretches:** Hamstrings, back of knees and back.



#### **Hamstring stretch**

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible.

Hold for 15 counts, then relax.

Repeat 3 times for each leg.

**Stretches:** Hamstrings, lower back and groin.



# Exercising Information

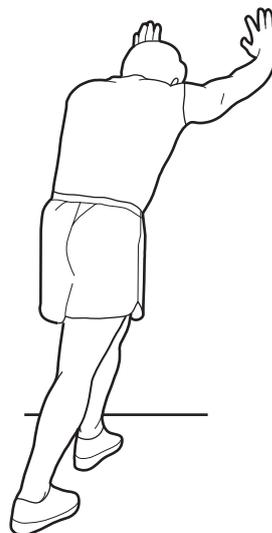
## Calf/achilles stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall.

Hold for 15 counts, then relax.

Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well.

**Stretches:** Calves, achilles tendons and ankles.



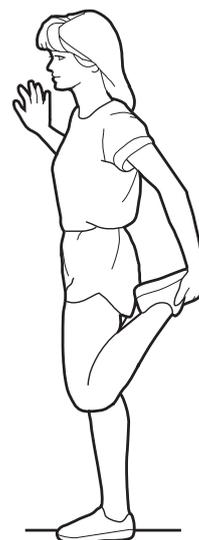
## Quadriceps stretch

With one hand against the wall for balance, reach back and grasp one foot with your other hand. Keeping your bent knee pointing directly downward towards the floor, gently pull your heel towards your buttock until you feel a gentle stretch in the target area.

Hold for 15 counts, then relax.

Repeat 3 times for each leg.

**Stretches:** Quadriceps and hip muscles.



## Inner thigh stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible.

Hold for 15 counts, then relax.

Repeat 3 times.

**Stretches:** Quadriceps and hip muscles.



# Care and Maintenance

## Technical Specification:

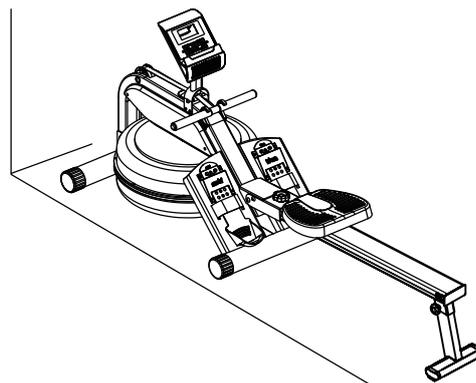
Class HC

Maximum User Weight: 100 kg

Dimensions: x x mm

Net Weight: kg

Please note that the specifications are subject to change without notice.



## Care and Maintenance:

1. Examine the equipment periodically in order to detect any damage or wear which may have been produced.

2. The safety level of the equipment can be maintained only if it is examined regularly for damage and wear, e.g. connection points.

3. Lubricate moving parts with light oil periodically to prevent premature wear.

4. Inspect and tighten all parts before using the equipment, replace any defective parts immediately, and **do not** use the equipment again until it is in

perfect working order.

5. Replace defective components immediately and/or keep the equipment out of use until repair.

6. Special attention to components most susceptible to wear.

7. The equipment can be cleaned using a damp cloth and mild non-abrasive detergent. **Do not** use solvents.

8. **Do not** attempt to repair this equipment yourself. Should you have any difficulty with assembly, operation or use

of your exercise product or if you think that you may have parts missing, contact the manufacturer, their approved service agent or the **Customer Helpline: +86-592-6293857**

### Guarantee:

For guarantee purposes, please retain your purchase receipt.

### Zhejiang Zhengxiang Keeping Eit Equipment Co., Ltd.

Add: No.35 Huji Road, Huicheling Village, Heping Town, Changxing, Zhejiang, China

Tel & Fax: +86-592-6293857

E-mail:

hangzhouliukai@vip.sina.com

## Information for Users on Disposal of old Equipment and Batteries (European Union only)

These symbols indicate that equipment with these symbols should not be disposed of as general household waste. If you want to dispose of the product or battery, please consider the collection systems or facilities for appropriate recycling.

**Notice:** The sign Pb below the symbol for batteries indicates that this battery contains lead.



Products



Battery

# Exercise Instructions

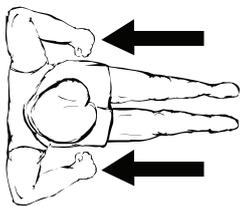
Using your ROWING MACHINE will provide you with several benefits.

- (1) It will improve your physical fitness, It strengthens the heart and improves circulation as well as exercising all the major muscle groups; the back, waist, arms, shoulders, hips and legs.
- (2) tone your muscles and, in conjunction with a calorie-controlled diet, help you lose weight.

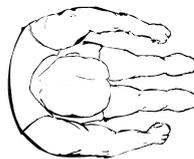
Rowing is an extremely effective form of exercise.

## The Basic Rowing Stroke

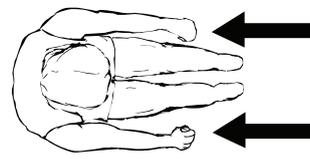
- 1) Sit on the saddle and fasten your feet to the pedals using the Velcro straps. Then take hold of the rowing bar.
- 2) Take up the starting position, leaning forward with your arms straight and knees bent as shown in (Fig 1).
- 3) Push yourself backwards, straightening your back and legs at the same time (Fig 2).
- 4) Continue this movement until you are leaning slightly backwards, during this stage you should bring your arms out of the side. (Fig 3). Then return to stage 2 and repeat. See attached.



(Fig.1)



(Fig.2)



(Fig.3)

## Training Time

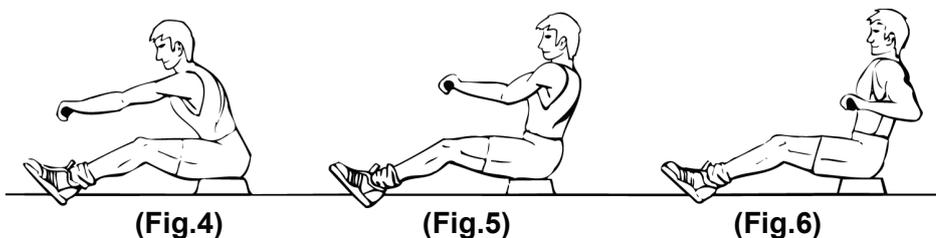
Rowing is a strenuous form of exercise, because of this it is best to start with a short, easy exercise programmed and build up to longer and harder workouts. Start rowing for about 5 minutes and as you progress, increase the length of your work out to match your improving level of fitness. You should eventually be capable of rowing for 15-20 minutes, but do not try to achieve this too quickly.

Try to train on alternate days, 3 times a week. This gives your body time to recover between workouts.

# Alternate Rowing Styles

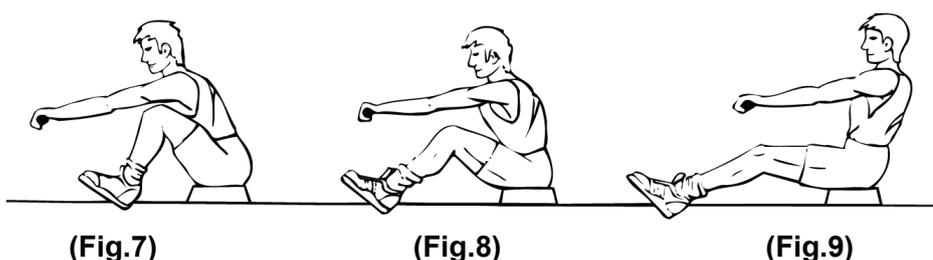
## Arms Only Rowing

This exercise will tone muscles in your arms, shoulders, back and stomach. Sit as shown in Fig 4 with your legs straight, lean forward and grasp the handles. In a gradual and controlled manner lean back to just past the up right position continuing to pull the handles towards your chest. Return to the starting position and repeat. See attached.

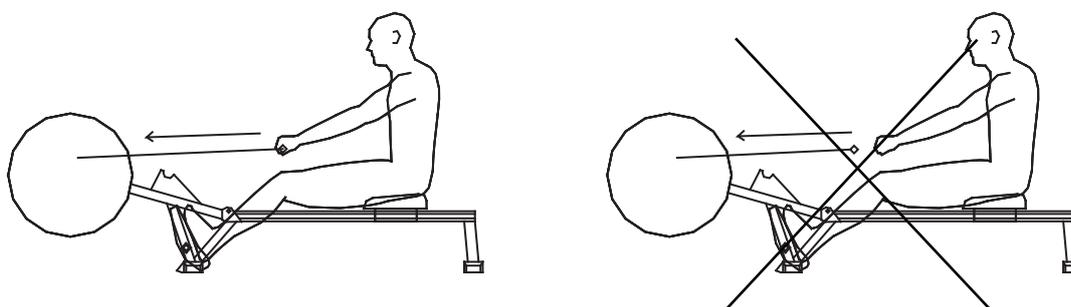


## Legs Only Rowing

This exercise will help tone muscles in your legs and back. With your back straight and arms out stretched, bend your legs until you are grasping the rowing arm handles in the starting position, Fig 7. Use your legs to push your body back whilst keeping your arms and back straight.



Caution: Hold the handlebar all the time during exercise, do not bounce the resistance rope automatically.

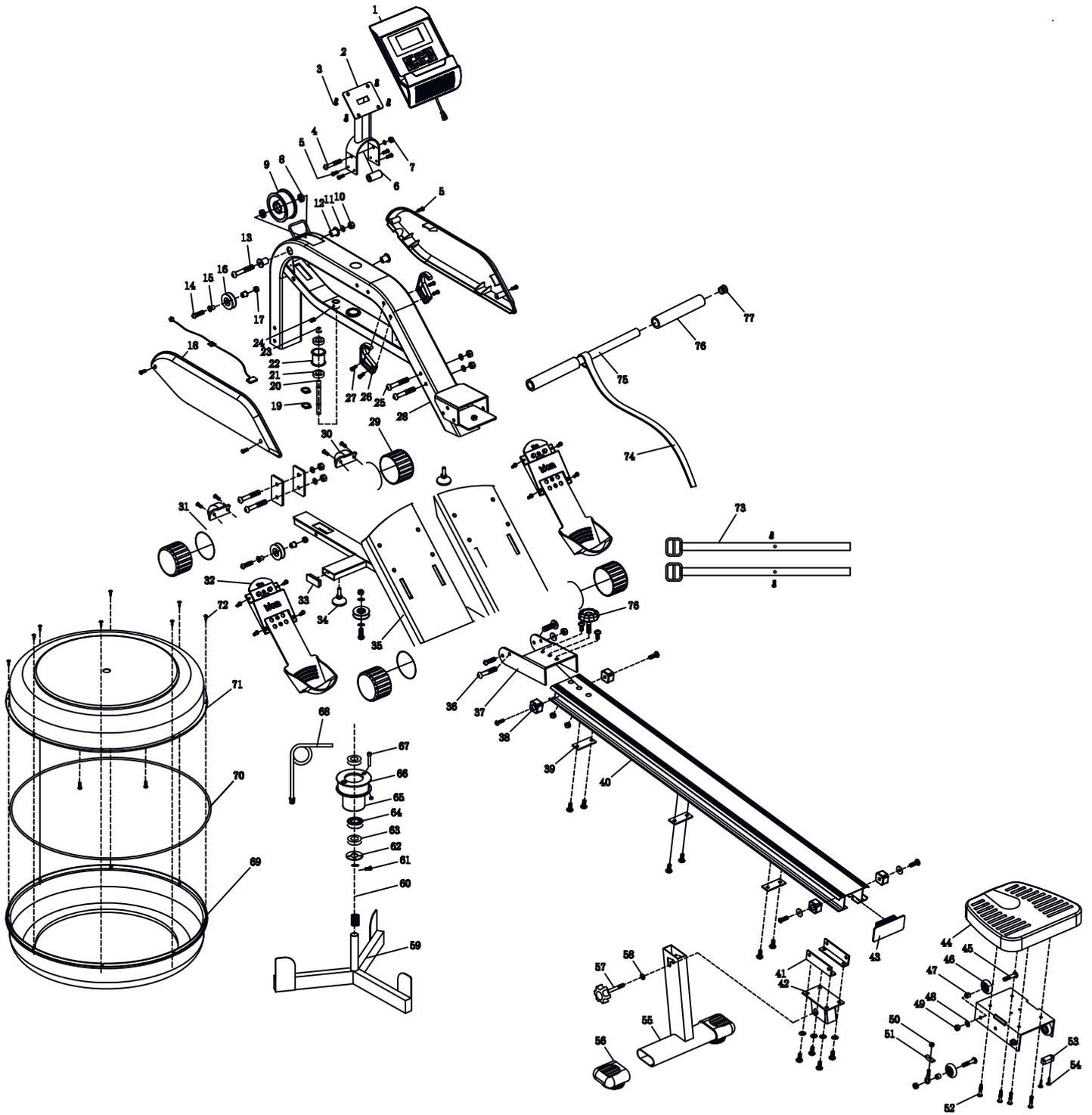


## Cooling-Down Phase

This stage is to let your cardio-vascular system and muscles wind down. This is a repeat of the warm-up phase. First, reduce your tempo and continue at this slower pace for approximately 5 minutes before you get off your Exercise Bike. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible to space your workouts evenly throughout the week.

# Exploded Parts Diagram



# Exploded Diagram Parts List

NO	DESCRIPTION	QTY	NO	DESCRIPTION	QTY
1	Computer	1	61	CROSS HEAD SCREW	2
2	Front Stabilizer	1	62	CROSS HEAD SCREW	1
3	Screw	1	63	ROUND HEAD SCREW	6
4	RER STABILIZER	1	64	SPECER	6
5	FRONT STABILIZER TRANSPORTATION WHEELS SET (R&L)	2	65	CROSS HEAD SCREW	2
6	REAR STABILIZER END CAP	2	66	DECORATION BOARD	1
7	KNOB	1	67	BRAKE PLATE	1
8	SEAT	1	68	STRIPE	1
9	SEAT CARRIAGE	1	69	CAP	1
10	HANDLEBAR HOLDER	1	70	BRACKET	1
11	STOPPER	3	71	CROSS HEAD SCREW	4
12	PIVOT BRACKET	1	72	CROSS HEAD SCREW	1
13	ALUM BEAM END CAP	1	73	SPACER	2
14	PIVOT KNOB	1	74	ALLEN HEAD BOLT	1
15	FOOT PEDAL	1	75	SPINDLE COVER	1
16	VELCRO STRAP (R&L)	1	76	ROUND HEAD SCREW	2
17	PIVOT SHAFT	1	77	BRACKET	1
18	SPACER	2			
19	MONITOR W/TWO EXTENSION SENSOR WIREA, B	1			
20	CROSS HEAD SCREW	2			
21	MIDDLE SECTION COUNT SENSOR WIRE	1			
22	SPEED UP SENSOR W/WIRE	1			
23	COUNT SENSOR W/WIRE	1			
24	HANDLEBAR	1			
25	FOAM GRIP	2			
26	PLUG	2			
27	TENSION	1			
28	Main Frame	2			
29	AIR FAN COVER INSERT	4			
30	FLYWHEEL	1			
31	CHAIN	1			
32	SLEEVE	1			
33	PROTECTION COVER	1			
34	DRIVE STRAP	1			
35	CLIP	1			
36	BUNGEE CORD	1			
37	SPRING HOOK	1			
38	C HOOK	1			
39	STRAP	1			
40	Rowing Rail	1			
41	CARRIAGE BOLT	2			
42	ALLEN HEAD BOLT	1			
43	ALLEN HEAD BOLT	1			
44	NUT	3			
45	ACORN NUT	2			
46	NYLON NUT	9			
47	NYLON NUT	2			
48	FLAT WASHER	6			
49	POWDER BUSH	2			
50	SPRING WASHER	2			
51	FLAT WASHER	2			
52	LOCK PIN	1			
53	NYLON NUT	4			
54	SPINDLE	1			
55	E CLIP	2			
56	FLAT WASHER	4			
57	SPACER	2			
58	AXLE WITH	1			
59	POWDER BUSH	2			
60	CHAIN PROTECTOR	1			