

EU Declaration of Conformity

In accordance with EU Directives and Regulations
FUJIAN YESOUL HEALTH TECHNOLOGY CO., LTD.

Add: Unit 1A-3, Qianhai International Industrial Park, No. 920 Binhu South Road, Quanzhou Taiwanese Investment Zone, Fujian Province, China

as the manufacturer, hereby declares under our sole responsibility that
product(s): YESOUL ROWING MACHINE

Model name: YS-RR1PLUS

is in conformity with the essential requirements of the Radio Equipment Directive 2014/53/EU:

Radio ETSI EN 300 328 V2.2.2

EMC ETSI EN 301 489-1 V2.2.3

Article 3.1(b) ETSI EN 301 489-17 V3.3.1

Safety EN60335-1-2012+AC-2014+A11:2014+A13-2017
+A1:2019+A14:2019+A2:2019+A15:2021+A16:2023
EN 62233:2008

Health

Article 3.1(a) EN 50663:2017*EN 62479:2010

is in conformity with the essential requirements of the EMC Directive 2014/30/EU

EMC

EMCD Clause 1(a) EN IEC 55014 - 1:2021

EN IEC 61000 - 3 - 2:2019+A2:2024

EN 61000 - 3 - 3:2013+A2:2021+AC:2022 - 01

EMCD Clause 1(b) EN IEC 55014 - 2:2021

is in conformity with the essential requirements of the GPSD, General product Safety
Directly, 2001/95/EC

EN ISO 20957-1:2024 Stationary training equipment Part 1: General safety requirements and test methods

EN ISO 20957-10:2017 Stationary training equipment - Part 10: Exercise bicycles with afixed wheel or
without freewheel - Additional specific safety requirements and testmethods

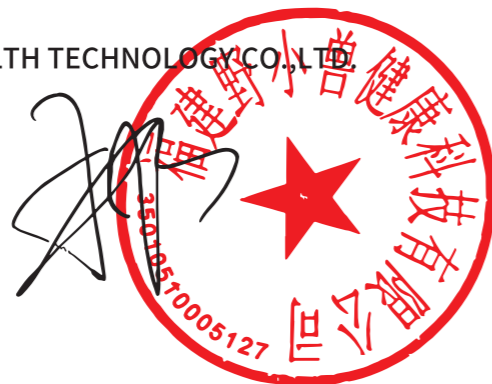
Signed on behalf of FUJIAN YESOUL HEALTH TECHNOLOGY CO., LTD.

(Signature of authorized person)

Name: Wenbin Hong

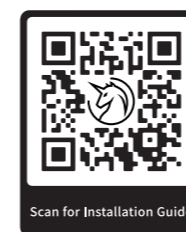
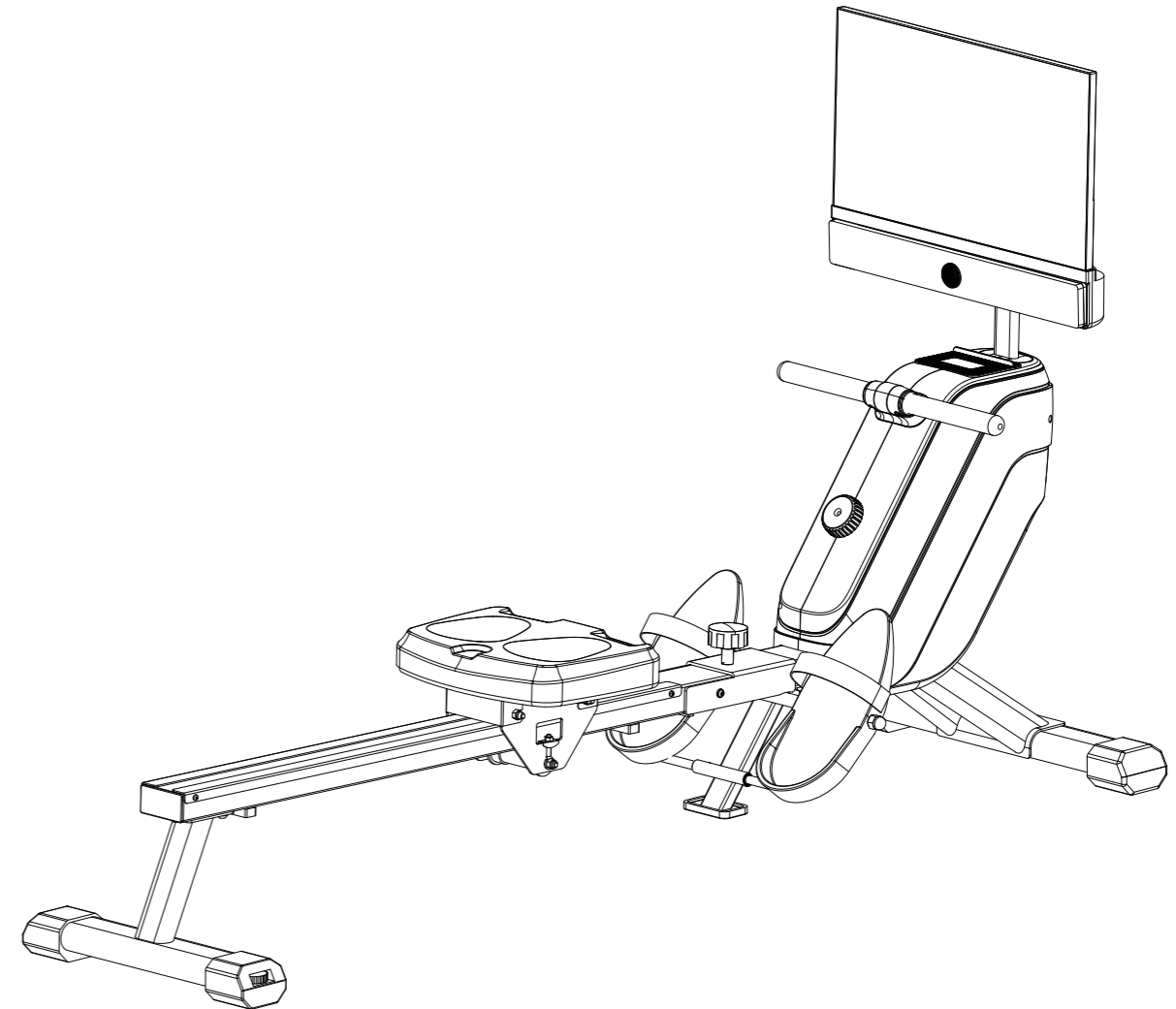
Title: Director of Key Account Operations

Date: 2025-09-28



R1 PLUS
ROWING MACHINE

Before using this product,
carefully read and properly
keep this manual.



Scan the QR code to get the
installation guide video to watch
Product model: YS-RR1PLUS
Item NO.: R1PLUS

EN

YESOUL ROWING MACHINE
R1 PLUS Product Manual

Product Specifications

Screen size	21.5 inches (1920*1080 pixels)
Supported software version	iOS 12.0 or above, Android 5.1 or above (inclusive)
Resistance system	Magnetron resistance system
Power supply input	24V = 2A
Wireless connection method	Bluetooth® wireless technology
Bluetooth	Rowing Machine: V5.0, Speaker: V5.3
Applicable Height	140 ~ 195cm
Rated maximum load	120kg
Net weight	27kg
Gross weight	31kg
Overall dimensions	(Length) 1746mm × (Width) 550mm × (Height) 1035mm

Routine Maintenance

1. Keep the rowing machine on an arid, ventilated and flat floor. Cover the machine to keep the body clean if inactive for a long period.
2. Wipe off sweat on the machine body with dry cleaning cloth after exercise. Do not use a wet cleaning cloth to avoid rusting.
3. Regularly check the screws of various body parts for loosening or falling out, and tighten or replace them without delay if anything.
4. Regularly check the resistance knob for looseness or dislodgement and reasonable resistance valves so that the resistance value can be calibrated in time.
5. Regularly check if the seat cushion is loose. Tighten it promptly if necessary. Use a cotton cloth to wipe the seat cushion and keep it dry.
6. Regularly inspect the power cord for any cracks or damage, and replace it promptly if needed.
7. Regularly check the screw of the pedal, if loosens, tighten it promptly.

Monitor Specifications

Panel type	VA
Curvature	Flat screen
Proportion	16:9
Size	21.5 inches
Backlight type	Side entry LED
Display size (H*V)	476mm*268mm
Resolution	1920*1080
Refresh rate	75Hz (Max.);60Hz (Typ.)
Brightness	200cd/m ² (Typ.);150cd/m ² (Min.)
Default color temperature	6500K
Contrast	3000:1(Typ.)
Color number	16.7M
Color gamut	72% (Typ.);65% (Min.) NTSC
Viewing angle (horizontal/vertical)	178°
Responding speed	7ms
Interface version (HDMI/DP)	HDMI/Audio Out/DC IN+2USB+serial port
Speaker specifications	None
Input voltage	DC input: 24V
Indicator mode (power on, standby)	Green when starting up, breathing green when standby
Storage temperature	-20°C ~+55°C
Operating temperature	5°C ~ +40°C
Operating humidity	20% ~ 80%
Storage humidity	20% ~ 80%
Control method	5 physical buttons

Important Safety Instructions

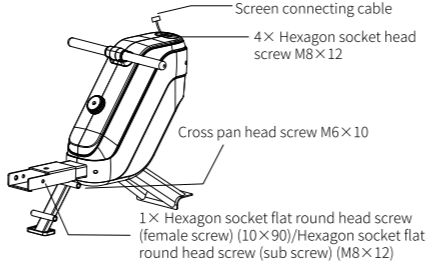
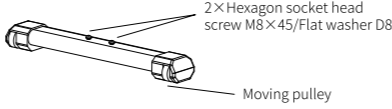

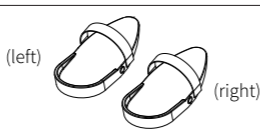
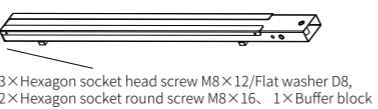
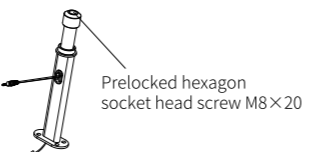
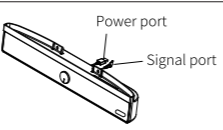
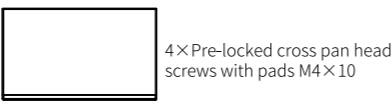




Please read them carefully. Improper use may result in body injury or death!

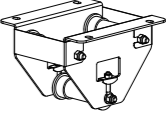
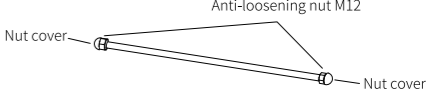
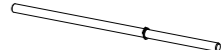
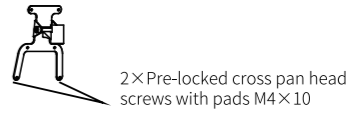




01. This product is for household use (Class H) and not medical fitness equipment.
02. This product must not be used for medical rehabilitation.
03. Keep children and pets away from this product. This product is for those over 16 years old only.
04. Do not place the equipment in damp or wet environments.
05. Do not use this product while barefoot or wearing inappropriate footwear.
06. Please wear cloth suitable for exercise when using our product, do not wear baggy cloth to prevent stuck.
07. Use this product on a flat and clean ground.
08. Lift the slidings in the back and front can move the product freely or be placed in a suitable position.
09. To avoid hurting your back and guarantee your safety, please use the proper way or ask for help when lifting or moving this product.
10. Do not use this product when malfunction happens.
11. Please check whether the rowing machine is loose or damaged before each use.
12. Never stretch any object or body part into the openings of the rowing machine.
13. When using the screen holder, ensure the device on the holder is centered to prevent it from falling off.
14. Never refit this machine or use non-original accessories without permission. The casing must be opened by professionals, to avoid damage.
15. For the product's emergency disengagement, passage, and simplicity of use, the product should have at least 0.6 meters of free space all around.
16. Incorrect or excessive training may cause injury.
17. Use this product according to the instructions . Warm up fully before exercise.
18. Keep the body hydrated as needed during exercise.
19. Without the preliminary determination of baseline fitness level and medical certificate signed by a doctor, never be engaged in high-intensity sports. Before attempting any intense sprints, be careful with the body state and posture, and adjust a comfortable speed.
20. If you experience any discomfort while using the equipment, stop immediately and consult a doctor.
21. Those pregnant or with high blood pressure, heart disease, lumbar spondylosis or disabled must not use this product without the permission of doctors.
22. The weight of the user must not exceed the maximum load.
23. Carry out preventive maintenance regularly.
24. Please use the equipped power adapter. Replacement of the power adapter without consultation may cause serious consequences.

Installation Guide - List of Parts

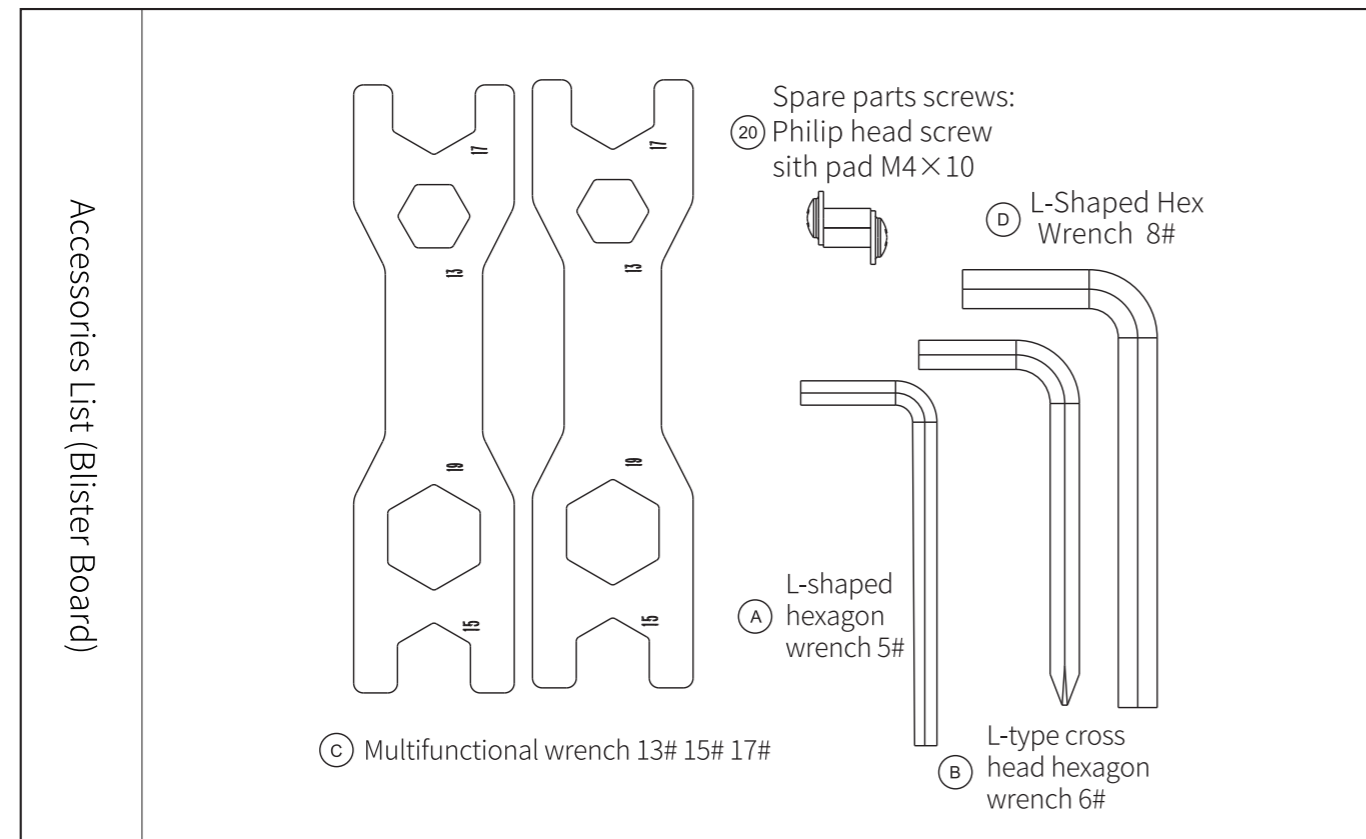
STEP1: Check of parts

Parts List (Components List)	NO.	Name	Quantity	Picture
	①	Main frame	1	
	②	Front foot tube	1	
	③	Rear foot tube	1	
	④	Pedal set left/right	2	
	⑤	Slide rails	1	
	⑥	Monitor holder	1	
	⑦	Speaker	1	
	⑧	Display screen	1	
	⑨	24V \rightleftharpoons 2A Power adapter	1	
⑩	Seated cushion	1		

Installation Guide - List of Parts

Parts List (Components List)	NO.	Name	Quantity	Picture
	⑪	Seat cushion sliding assembly	1	
	⑫	Pedal rotating bar pole	1	
	⑬	Pedal limit lever	1	
	⑭	Monitor fixing parts	1	
	⑮	Instructions	1	
	⑯	Plum blossom knob	1	
	⑰	Ball head elastic pin	1	
	⑱	Screen mirroring adapter (Android)	1	

Installation Guide - List of Parts



*Some fixing screws are pre-locked on the corresponding parts at the factory.

Please remove them before installing the corresponding parts during assembly.
Spare parts are subject to actual conditions.

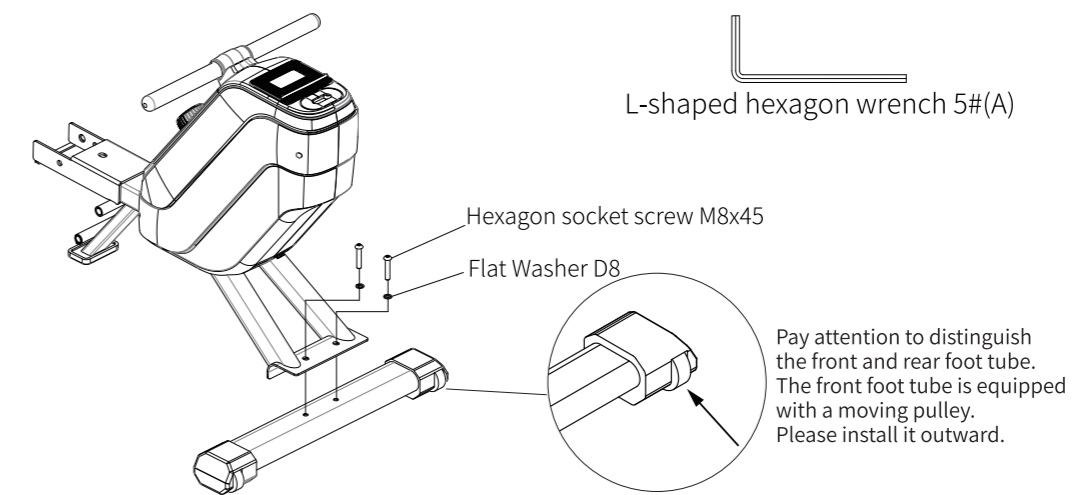


*Bolt fastening method: tighten clockwise, loosen counterclockwise.

Installation Guide

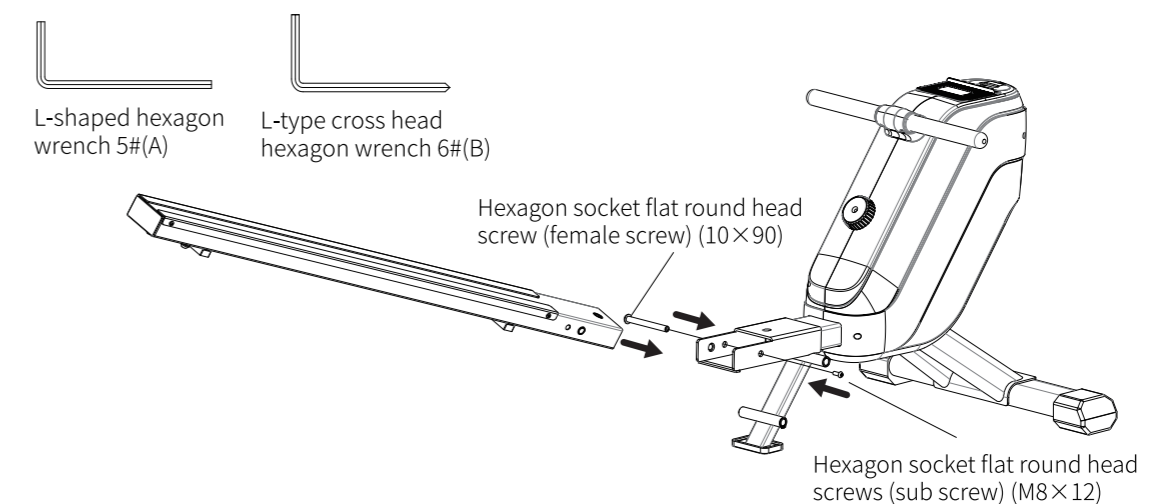
STEP 2: Install the front foot tube

1. Use L-shaped hexagonal wrench 5# (A) to remove the 2 hexagon socket head screws (M8×45) and flat washers D8 pre-locked on the front foot tube ②;
2. Align the holes of the front foot tube ② with the holes at the bottom of the main frame ①, screw the removed hexagonal round head screws (M8×45) and flat washers D8 in sequence by hand, and then tighten them with L-shaped hexagonal wrench 5# (A).



STEP 3: Install the rail assembly

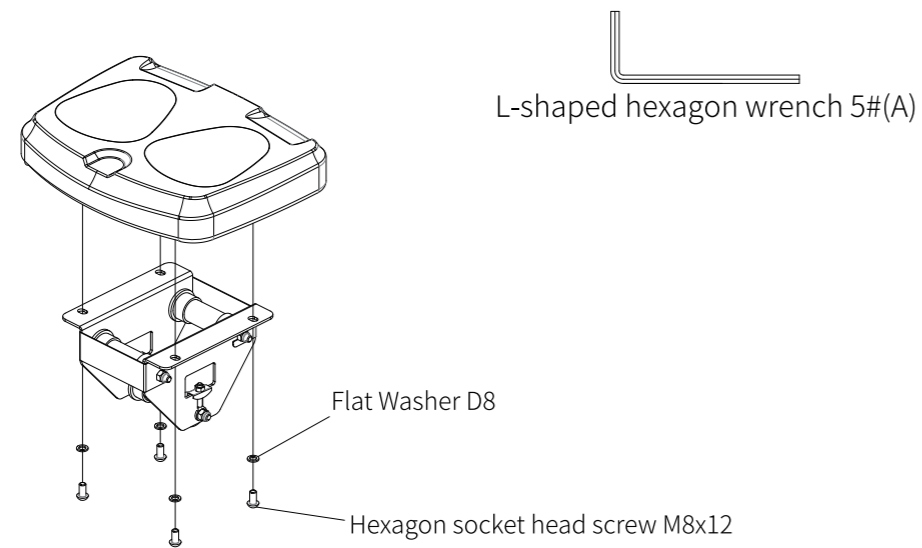
1. Use L-shaped hexagonal wrench 5# (A) and L-type cross head hexagon wrench 6#(B) to remove the hexagon socket flat round head screws (female screw) (10×90) and the hexagon socket flat round head screws (sub screw) (M8×12) pre-locked on the main frame ①;
2. Install the slide rail ⑤ into the main frame ① in the direction of the arrow, and finally use L-shaped hexagonal wrench 5# (A) and L-type cross head hexagon wrench 6#(B) to tighten the hexagon socket flat round head screws (female screw) (10×90) and the hexagon socket flat round head screws (sub screw) (M8×12).



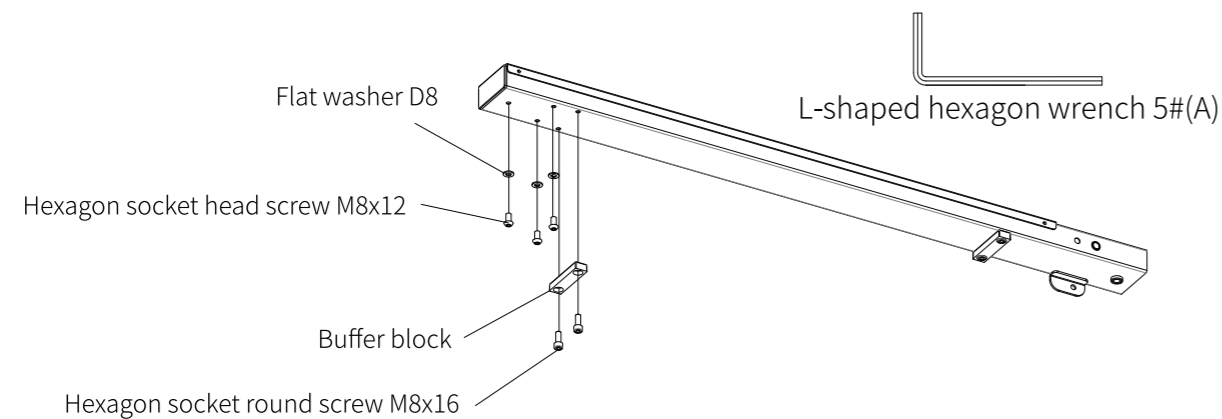
Installation Guide

STEP 4: Install the seat cushion sliding assembly

1. Use L-shaped hexagon wrench 5# (A) to remove the 4 hexagon socket head screws (M8×12) and flat washers D8 pre-locked on the seated cushion ⑩;
2. Align the seat cushion ⑩ and the seat cushion sliding assembly ⑪ with the holes, and use L-shaped hexagon wrench 5# (A) to tighten the 4 hexagon socket head screws (M8×12) and flat washers D8;

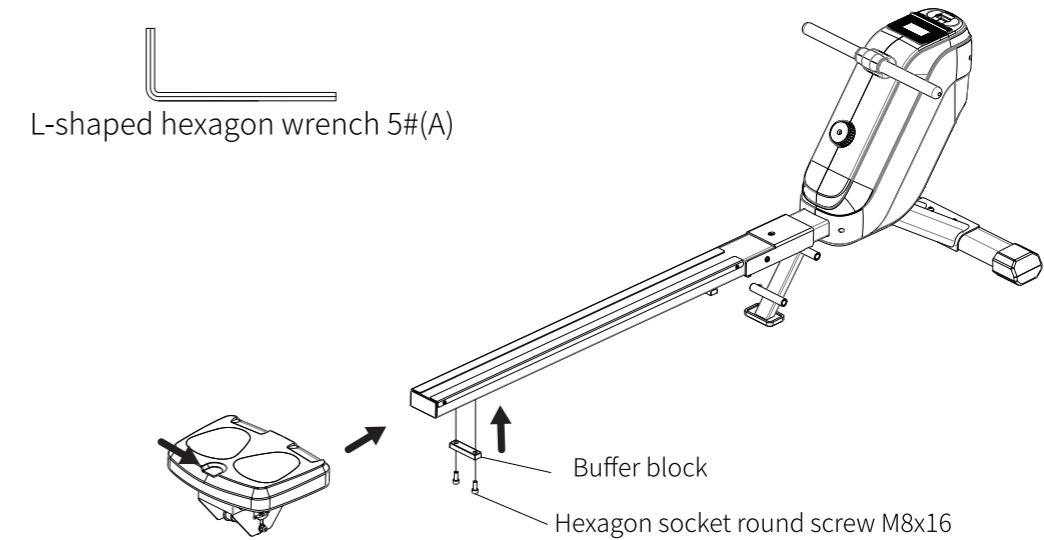


3. Use L-shaped hexagon wrench 5# (A) to remove the hexagon socket head screw (M8×12), flat washer D8, hexagon socket round screw (M8×16) and buffer block pre-locked on the slide rails ⑤;



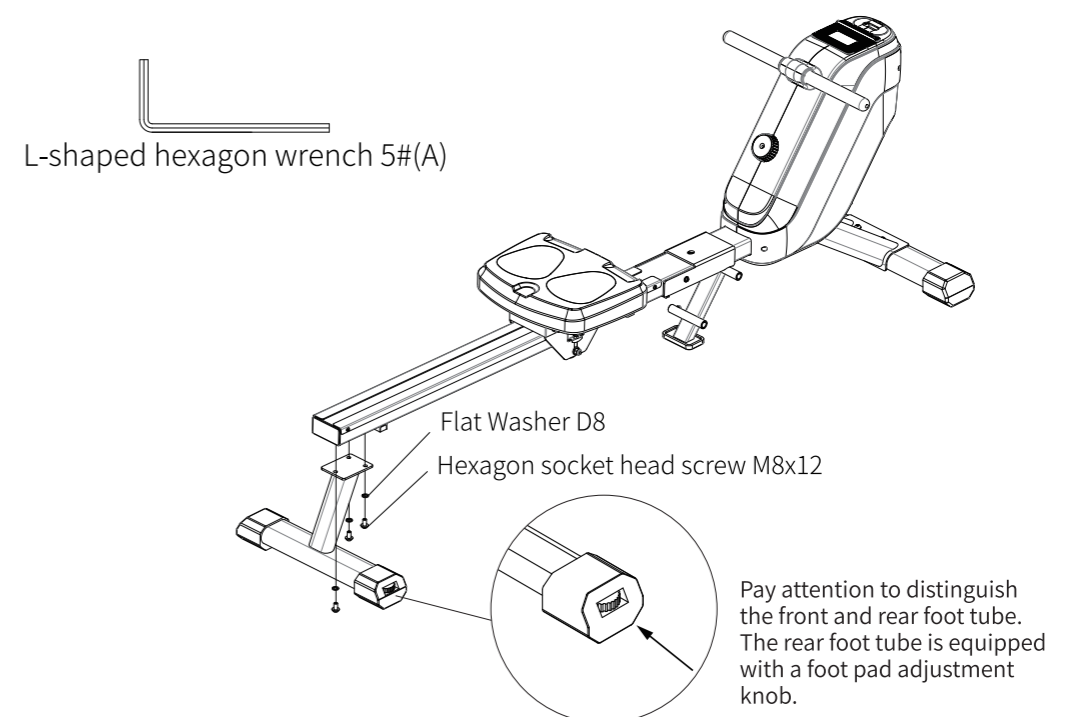
Installation Guide

4. Install the seat cushion sliding assembly ⑪ into the slide rail ⑤ in the direction of the arrow, (**Note: install according to the direction shown on the sticker**) and then use the L-shaped hexagon wrench 5# (A) to tighten the hexagon socket round screw (M8×16) and the buffer block.



STEP 5: Install the rear foot tube

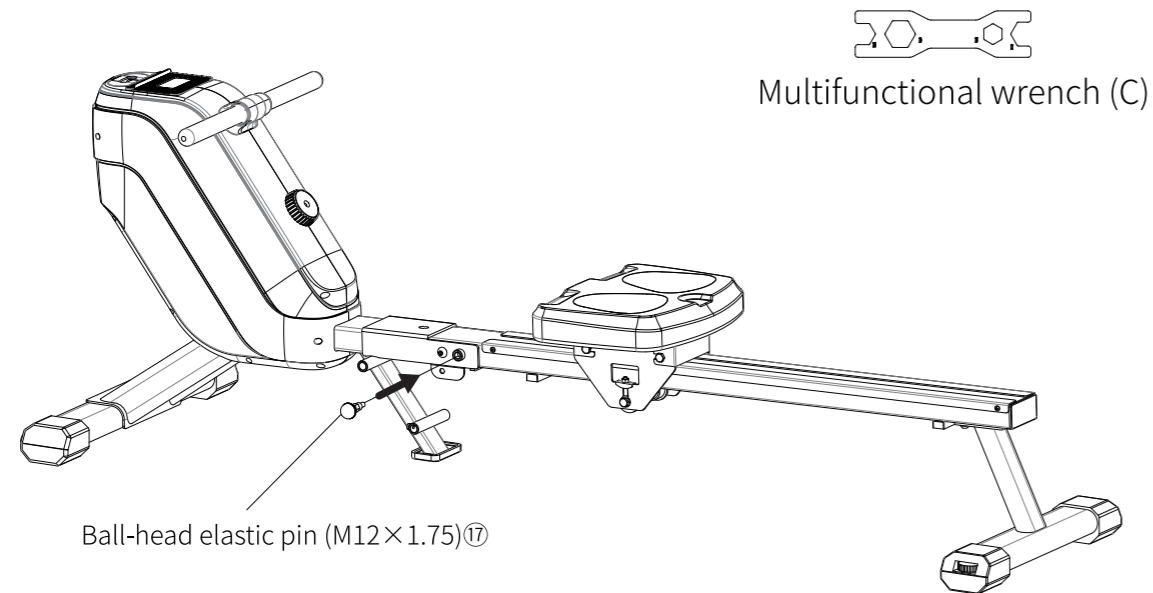
1. Align the rear foot tube ③ with the hole of the slide rail ⑤, and tighten the 3 hexagon socket head screws (M8×12) and flat washers D8 with an L-shaped hexagon wrench #5 (A).



Installation Guide

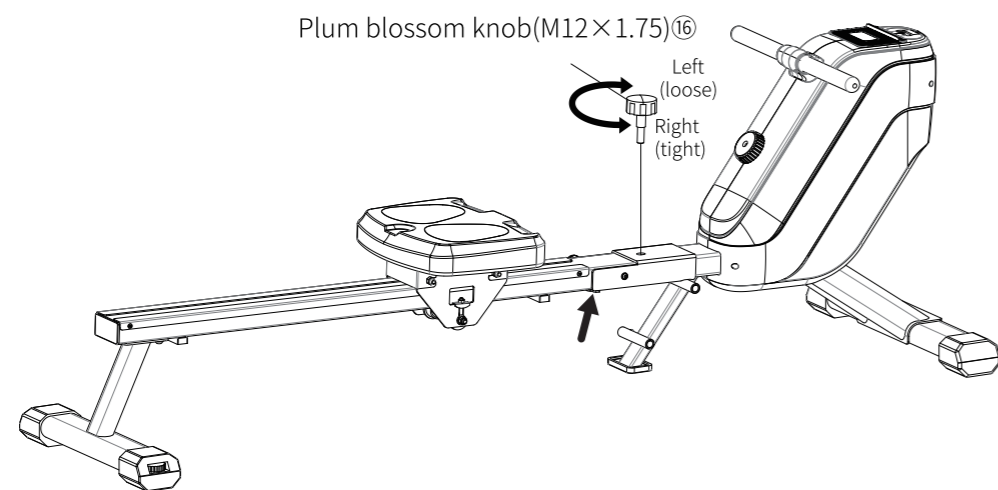
STEP 6: Install the ball head elastic pin

1. Screw the ball-head elastic pin (M12×1.75) ⑰ into the round hole on the slide rail, following the direction of the arrow. If it gets stuck, shake it up and down to help the pin's head enter the hole. Then, tighten it with a multi-function wrench (C).



STEP 7: Install the plum blossom knob

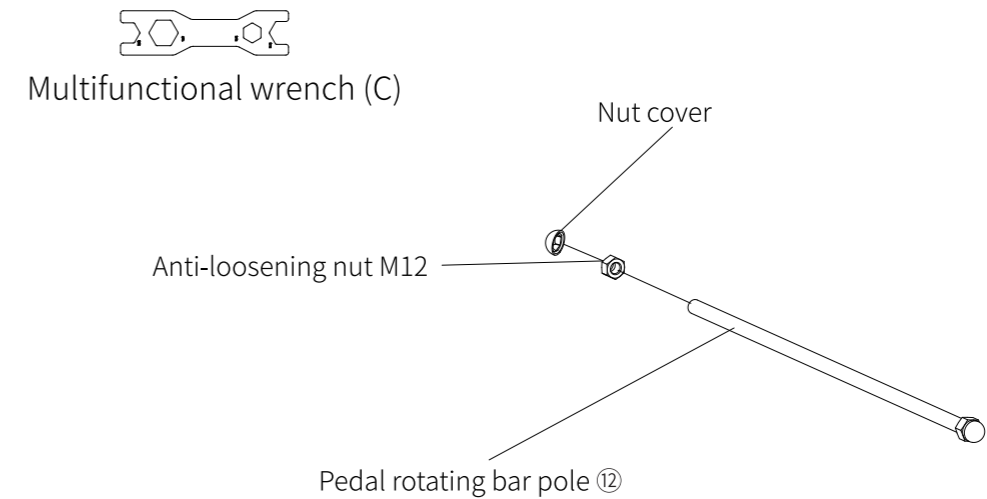
1. First, hold the arrow with your left hand and screw the plum blossom knob (M12×1.75) ⑰ into the hole with your right hand. (Note: When you fold and use it again, you must repeat this installation step)



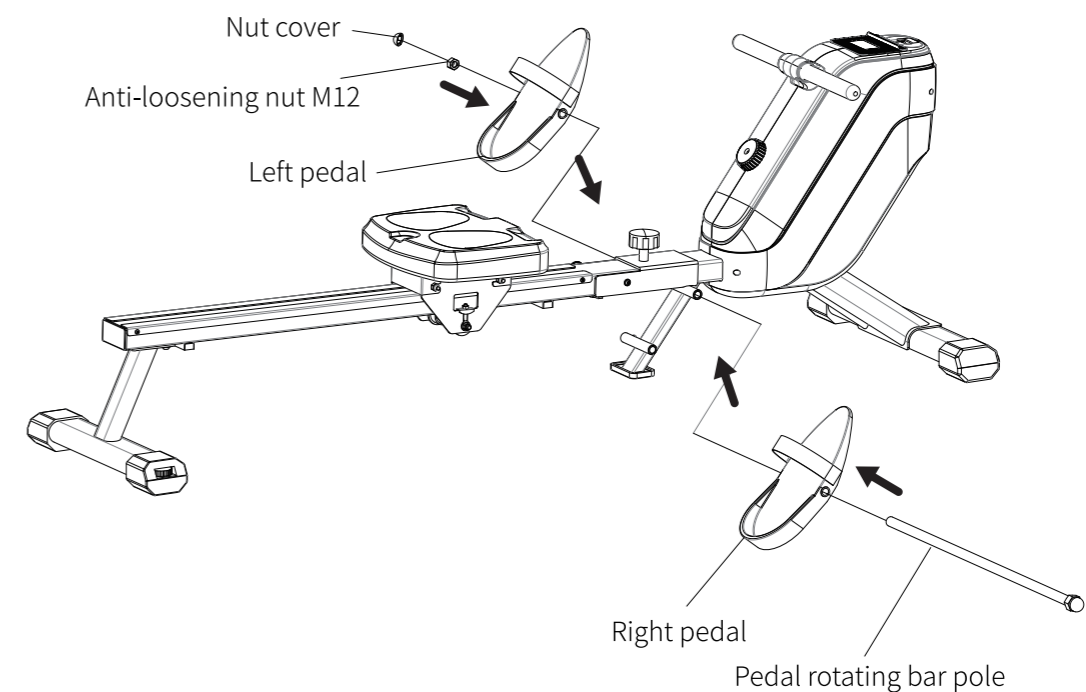
Installation Guide

STEP 8: Install the pedals

1. First, remove the nut covers from one ends, use 2 multi-function wrenches (C) to remove the anti-loosening nut M12 that are pre-locked on the pedal rotating bar pole ⑱. Only one side needs to be unscrewed.



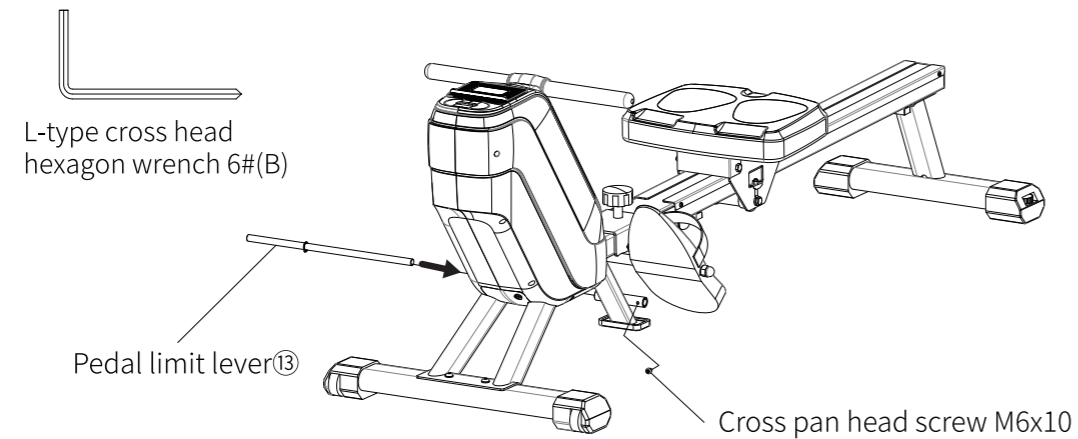
2. Insert the pedal rotating pole ⑱ into the hole of the right pedal assembly, and then into the hole of the main frame ①. Insert the left pedal into the hole of the pedal rotating pole ⑱, use 2 multi-function wrenches (C) to tighten the anti-loosening nut M12 at both ends. Finally, insert the nut cover into the nut cover.



Installation Guide

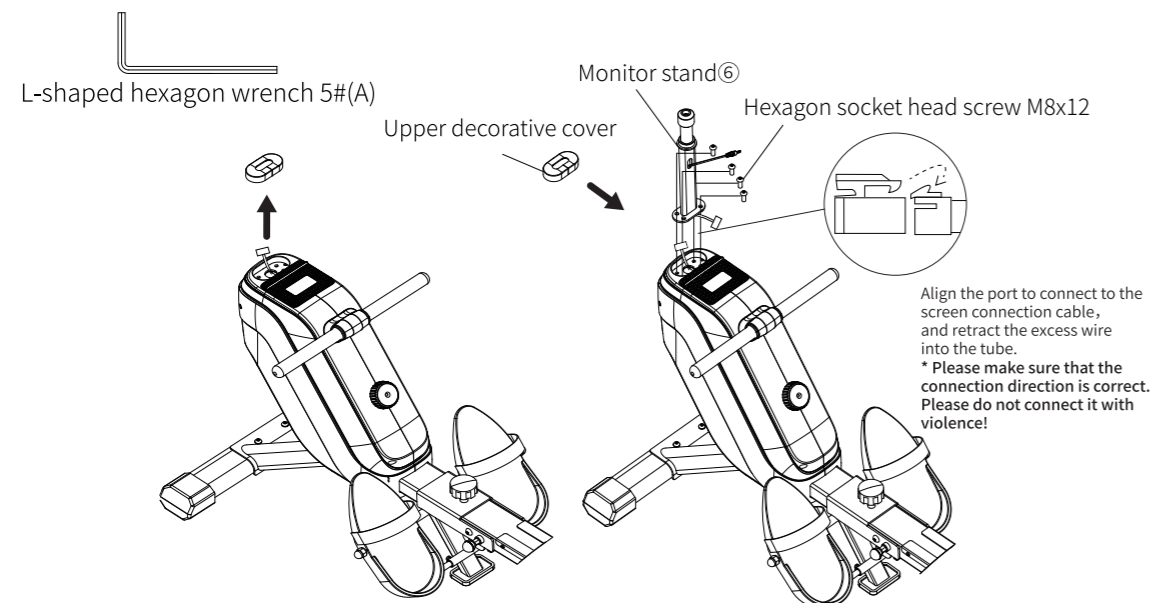
STEP 9: Install the pedal limit rod

1. Use an L-type cross head hexagon wrench 6#(B) to remove the cross pan head screw (M6×10) pre-locked on the main frame ①, insert the pedal limit lever⑬ into the main frame ① in the direction of the arrow, push the retaining ring into place, and then use an L-type cross head hexagon wrench 6#(B) to tighten the cross pan head screw (M6×10).



STEP 10: Install the monitor stand

1. First remove the upper decorative cover, use L-shaped hexagon wrench 5# (A) to remove the 4 hexagon socket head screws (M8×12) pre-locked on the main frame ①, Connect the wires and insert them into the sheet metal holes. Align the monitor holder⑥ with the holes on the main frame ① and use the L-shaped hexagon wrench 5# (A) to tighten the 4 hexagon socket head screws (M8×12). Finally, slightly open the notch of the upper decorative cover and snap it into place.

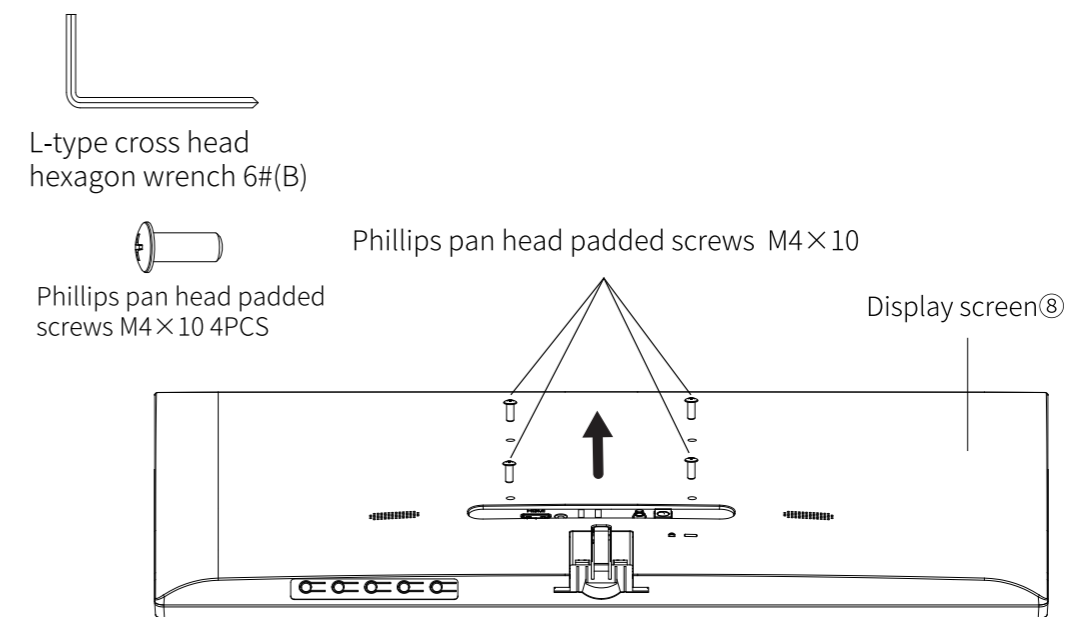


Installation Guide

STEP 11: Installing screen and speakers

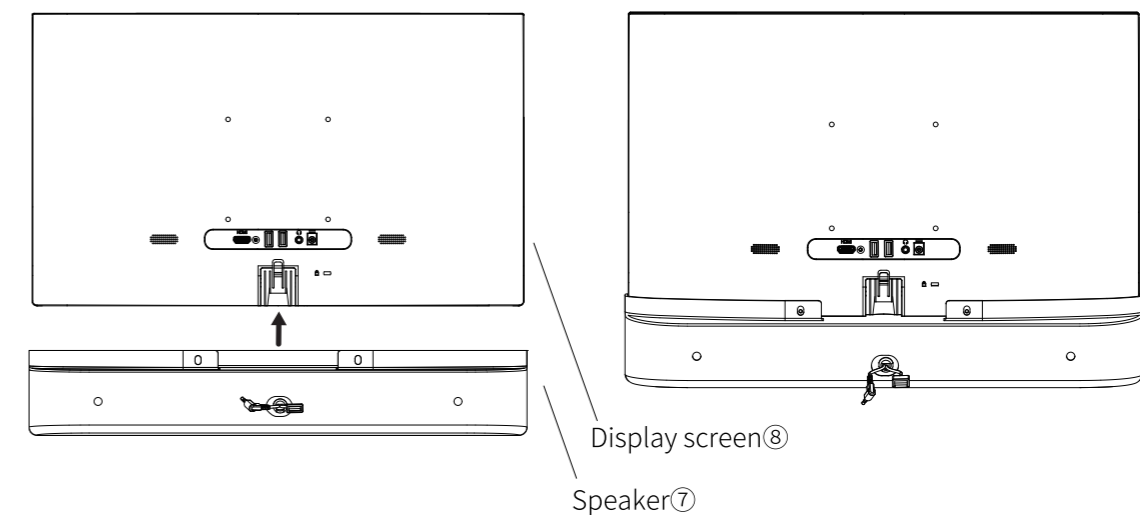
1. Use the L-type cross head hexagon wrench 6#(B) to remove the phillips pan head padded screws (M4×10) pre-installed on the display screen ⑧, as shown below;

(Note: Please put the screen on the desk flatly. Do not collide with the screen with hard objects to avoid screen damage!)



2. After taking out the speaker⑦ and placing it parallel to the display screen⑧, place the display screen⑧ in the groove of the speaker⑦, as shown in the picture;

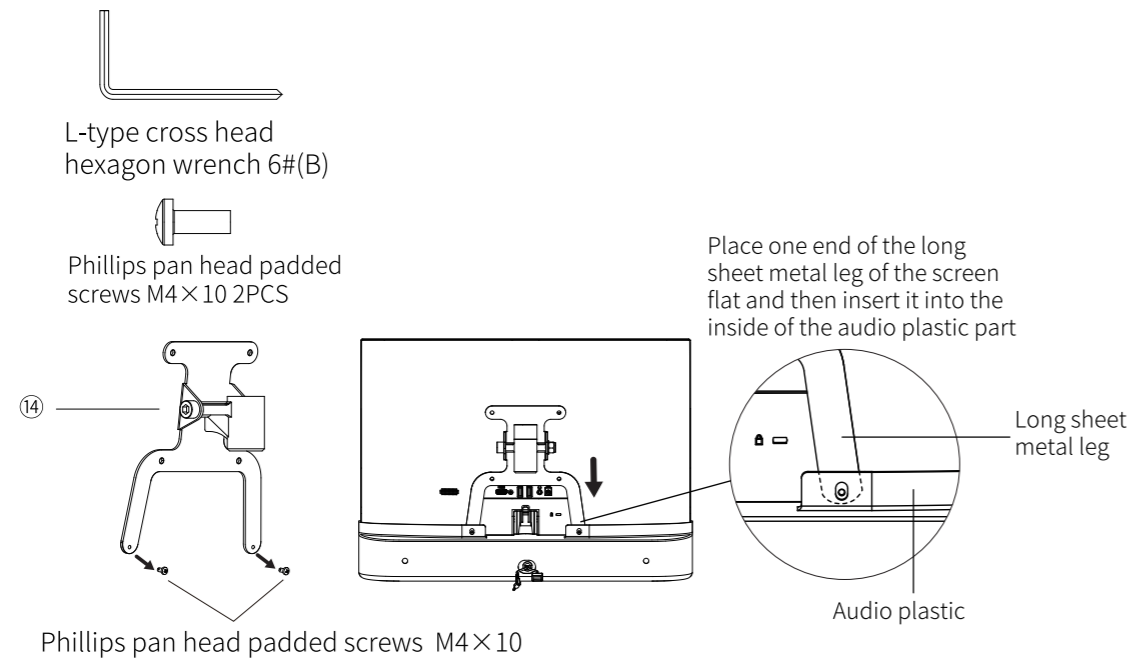
(Note: The speaker is equipped with a casing. When taking it out, ensure that the front side of the carton is facing up to prevent damage.)



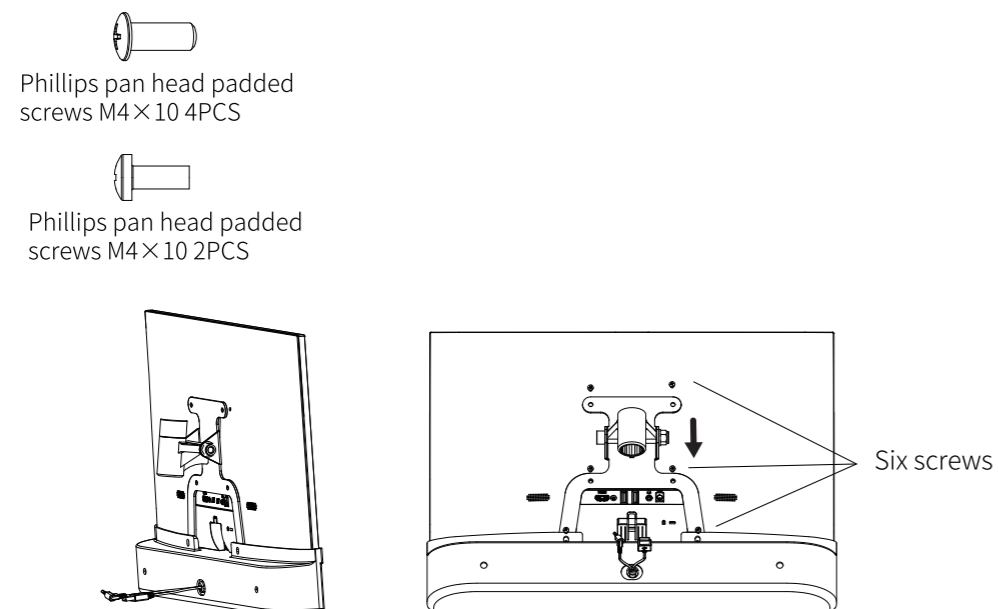
Installation Guide

3. Take out the monitor fixing part ⑭ and use L-type cross head hexagon wrench 6#(B) to remove the phillips pan head padded screws (M4×10) pre-locked on the monitor fixing part ⑭. Place the monitor fixing part ⑭ on the back shell of the screen.

(Note: Place one end of the long sheet metal leg of the screen flat and then insert it into the inside of the audio plastic part.)

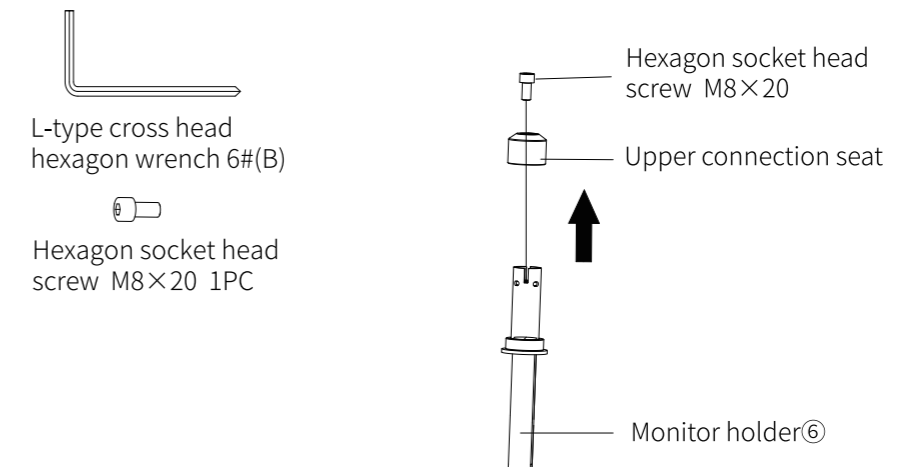


4. Align the holes on the monitor fixing parts ⑭ to the holes on the speaker ⑦ and display screen ⑧, pre-lock the six removed screws in sequence, adjust the parallelism between the monitor fixing parts ⑭ and the display screen ⑧, and then tighten all the screws clockwise;

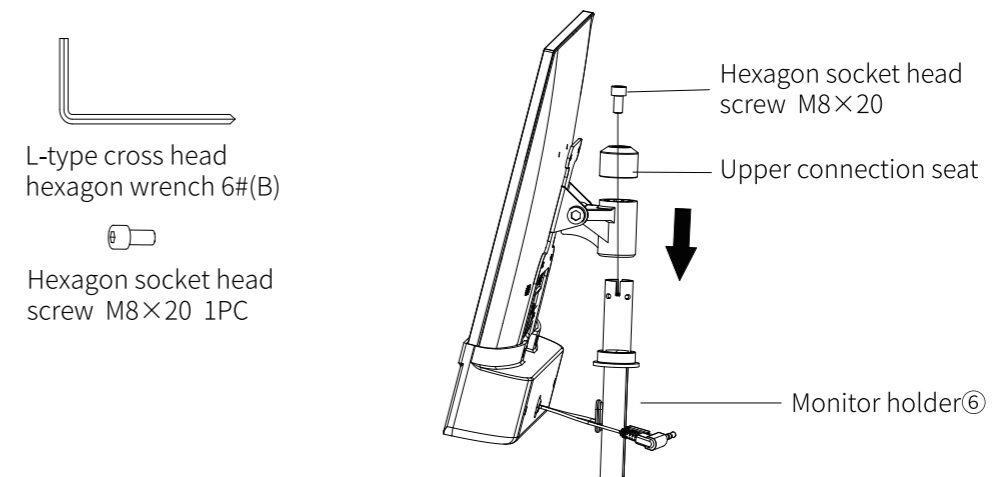


Installation Guide

5. Loosen the hexagonal socket head screw (M8×20) pre-installed on the monitor holder ⑥ with an L-type cross head hexagon wrench 6#(B), and then remove the upper connecting seat.



6. Insert the screen and speaker components assembled in the previous step into the monitor holder ⑥, then put in the upper connecting seat and hexagonal socket head screw (M8×20) in sequence, and use an L-type cross head hexagon wrench 6#(B) lock until secure.



Installation Guide

STEP 12: Installation of connection cable

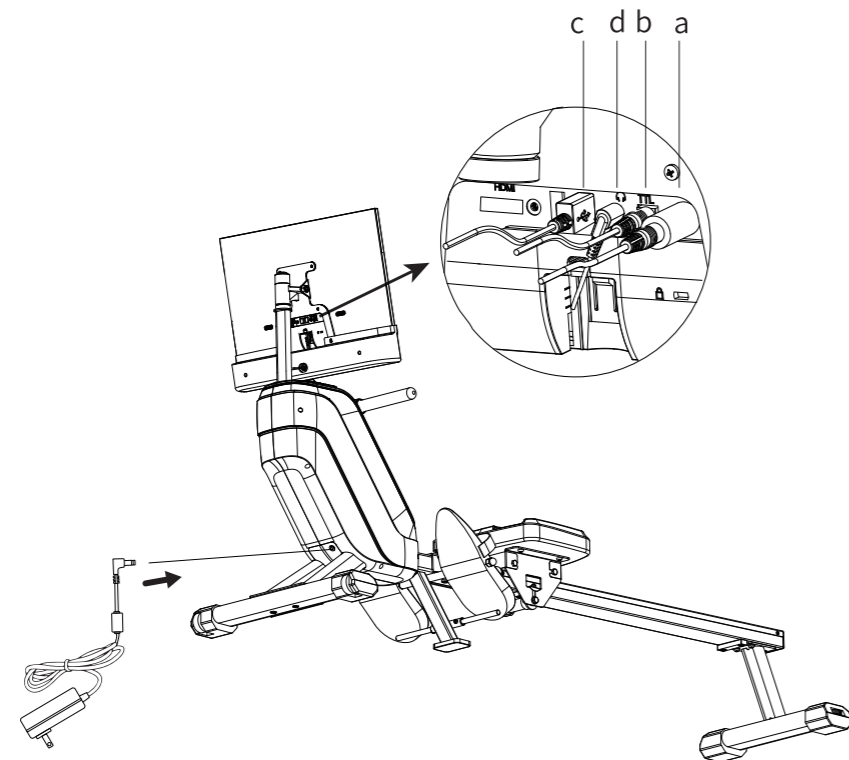
1. Insert the monitor power port (a), signal port (b), speaker power port (c), and signal port (d) into the corresponding sockets at the bottom-rear of the monitor. Ensure full insertion with no looseness.

(Note: Match ports to sockets by color. Insert it all the way to the bottom, and ensure it is firmly connected.)

2. Select the appropriate HDMI interface of the projection cable the HDMI jack under the monitor;
(Note the difference between IOS and Android, for Android, the power interface needs to be inserted into the socket, secure the excess wire with Velcro)

3. Connect the power adapter ⑨ to the power jack at the rear under the frame ①. The indicator light is always on.

(Please use the standard power adapter, replacing the power adapter without authorization may cause serious consequences)



⚠ Safety Tips:

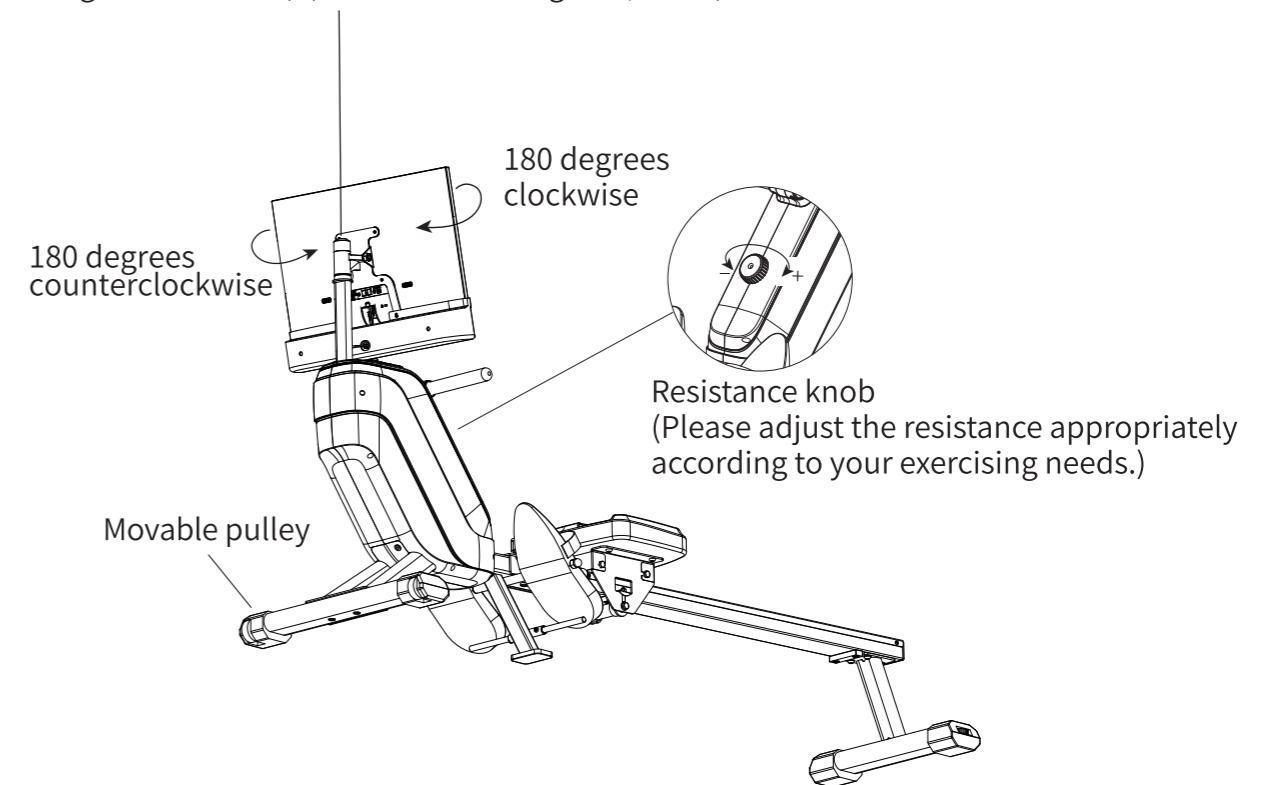
- Do not plug or unplug the monitor's interface without cutting off the power supply.
- Please unplug the power when not in use.
- Do not use this device during thunderstorms. Disconnect the power immediately!
- Please use the provided adapter plug in accordance with the standards and regulations of your region.

Installation Guide (for reference only, subject to the actual product)

⚠ Safety Tips:

Please check whether the screws in various parts of the machine are tightened before use.

The screen supports 360 degrees of rotation, allowing it to rotate 180 degrees clockwise or counterclockwise. (Here, the L-type cross head hexagon wrench 6#(B) can be used to tighten/loose).



Statement:

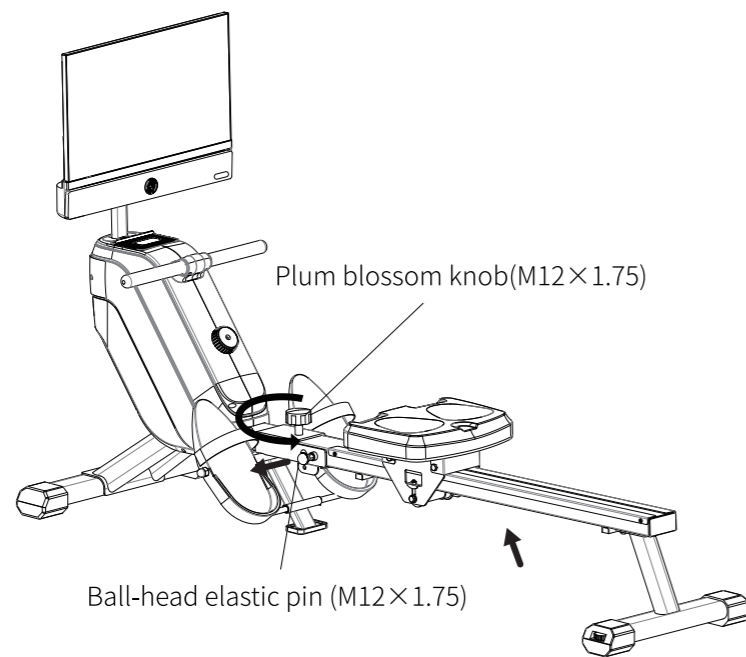
This manual contains the functional introduction and operating instructions as much as possible when printed. However, due to ongoing improvements in hardware, software, and design, there may be differences between this manual and the product you purchased.

In the event of any discrepancies in appearance, interface, or color, please refer to the actual product.

How to store

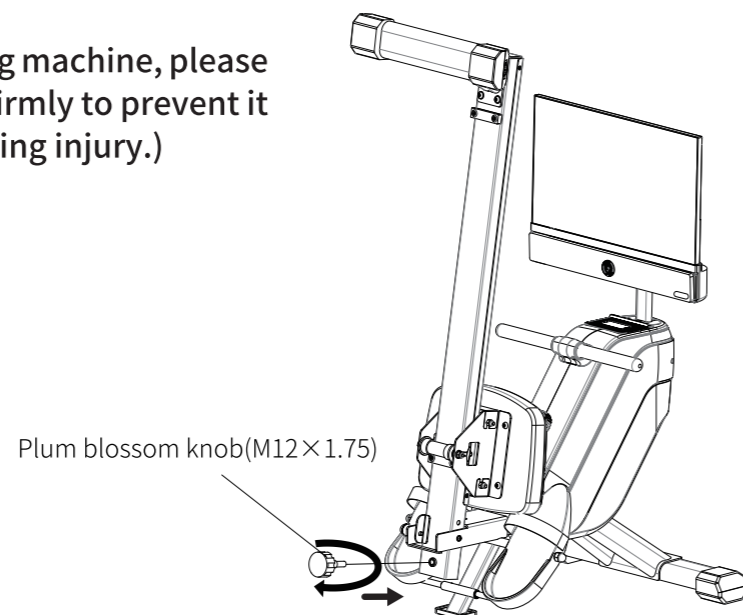
1. Turn the plum blossom knob (M12×1.75)⑯ counterclockwise, pull up the ball-head elastic pin (M12×1.75)⑰ with your left hand and hold it, lift the slide rail assembly⑤ with your right hand, then release the ball-head elastic pin (M12×1.75)⑰, lift the slide rail assembly⑤ with your right hand, and hear a "tap" sound, indicating that it is in place;

(Note: When folding and storing, please hold the seat well to prevent it from slipping suddenly; please place it out of reach of children, and the tail of the fuselage can stand against the wall.)



2. After folding, turn the removed plum blossom knob (M12×1.75) ⑯ clockwise to prevent it from being lost.

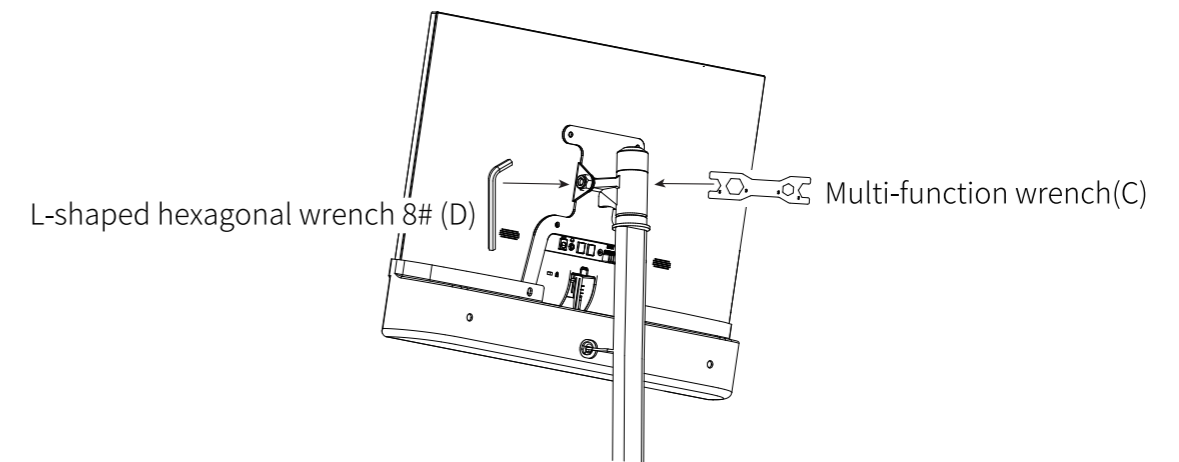
(Note: When unfolding the rowing machine, please hold the handle of the slide rail firmly to prevent it from slipping suddenly and causing injury.)



Precautions

Check screen

After installation, check whether the screen falls when turned upside down. If this happens, use the L-shaped hexagonal wrench 8# (D) and the multi-function wrench (C) to tighten it as shown in the figure. (If it is loose during use or the joint needs to be adjusted, follow these steps to make the necessary adjustments.)

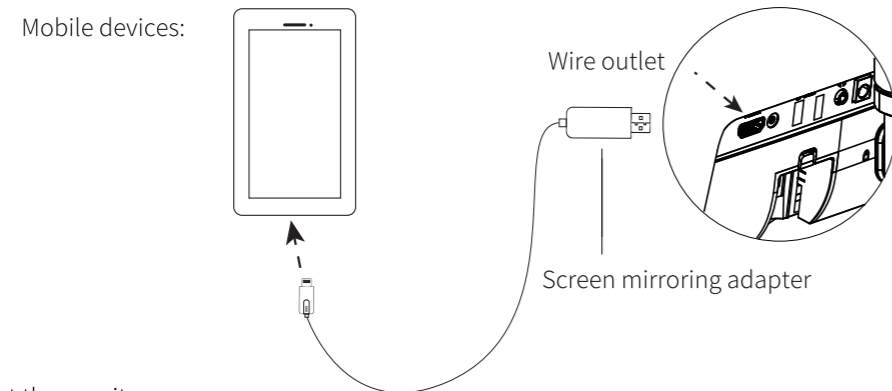


How to adjust the screen

Screen Adjustment

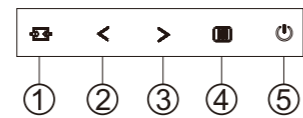
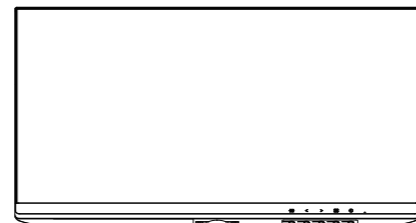
If you need to adjust the monitor screen, please use an L-type cross head hexagon wrench 6#(B) to remove the cross-head padded screws on the speaker housing, place it up and down, remove the speaker, and then follow the button operation instructions (as shown in the figure), make adjustments before reinstalling the speaker.(Please ensure the screen mirroring device is connected before adjusting the screen; otherwise, the OSD menu cannot be accessed.)

(1)Connect to the screen mirroring device

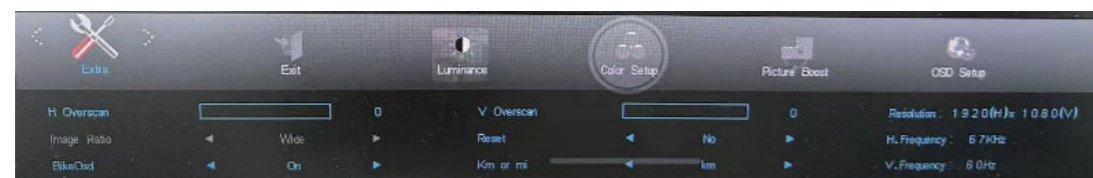


(2)Adjust the monitor screen

1. Version view/Exit
2. Reduce
3. Increase
4. Menu/Selection
5. Power switch



Km or mi Switch

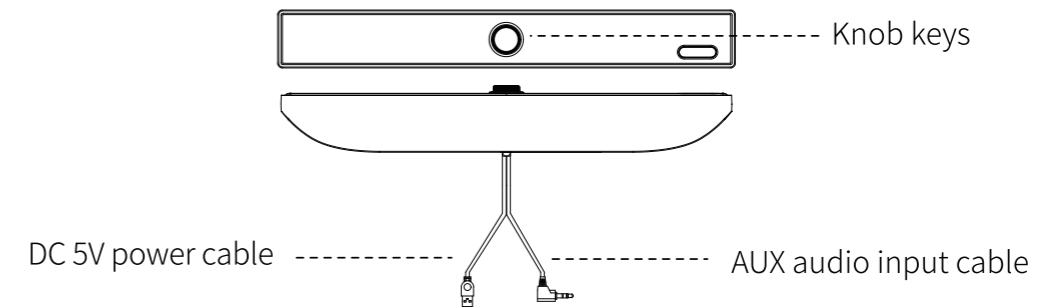


Km or mi

1. Make sure the monitor is powered on and in screen mirroring mode;
2. Press the "Menu" button to enter the OSD menu;
3. Press the "Reduce/Increase" buttons to select the desired option (the unit switch option is under "Extra"), then press the "Selection" button to enter;
4. Press the "Reduce/Increase" buttons to find "Km or mi", then press the "Selection" button to enter adjustment mode;
5. Press the "Reduce/Increase" buttons to choose the desired unit, then press the "Selection" button to save the setting;
6. Press the "Exit" button to exit the OSD menu and return the speaker unit to its original position.

How to adjust the speakers

Audio function operation



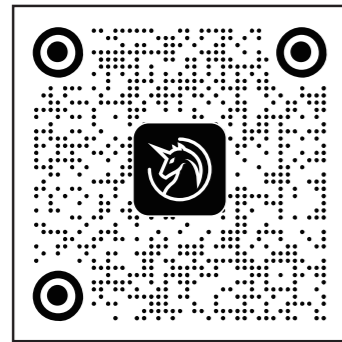
	Project	Pre-Condition	Operation steps	Effect	Tone	LED
On/Off	Power On	/	Short press the Rotary switch	Power On	Power-on beep (hello)	Red LED always on
	Power Off	/	Press and hold the knob button for 3 seconds	Power off	Shutdown tone (Shutdown sound effect)	Red LED goes out
Sleep state	Power On	/	The speaker has no AUX signal or Bluetooth signal input for more than 10 mins	The speaker goes to sleep	/	Red LED goes out
Wake-up function	Sleep state	Sleep state	When clicking the knob button (clicking does not switch modes), inputting audio signals, adjusting the volume and connecting Bluetooth can wake up	Enter pre-wake state	/	Red LED always on
Control function	Volume up	/	Turn the switch Clockwise	The volume increases gradually as your rotation	Volume up to maximum with a tone (beep)	Red LED always on
	Volume down	/	Turn the switch anticlockwise	The volume decreases gradually as your rotation	/	Red LED always on
	Mode Switch	Power on	Short press the Rotary switch	Switch AUX mode and Bluetooth mode	Switch to Bluetooth mode with beep (Bluetooth pairing on)	1. AUX mode: red light always on 2. Bluetooth mode: red light flashes quickly
Pairing function	Bluetooth pairing	Power on	Click the knob button to switch the mode to Bluetooth mode	1. Pairing search status, red light flashes quickly 2. If pairing times out in 10mins, it will enter sleep state	Shutdown tone (Shutdown sound)	Red LED flash quickly
	Switch to Pairing mode (the bluetooth can be found by other devise)	Power on	Open the bluetooth and Search on the devise	Bluetooth device searches for "Speaker" and connects, successful pairing announces a tone	The tone of successful connection (Paired (dong))	Red LED always on
	Disconnected	Connected	Close your devise bluetooth function	1. Announcement tone (Pairing) 2. Speaker enter the pairing mode	Disconnect tone (Pairing)	Red LED flash quickly
			Cancel the pairing by the devise			
			Disconnect the bluetooth connection by Devise			
	Reconnected-back to BT range	Disconnected	1. Connected with devise, the bluetooth disconnected after move the devise out of the BT range 2. It reconnected successful if back in BT range within 10mins	1. After over-distance disconnection, the speaker enters the pairing state and the red light flashe quickly 2. After 10 mins, no device is connected and the speaker enters sleep state	Disconnect tone (Pairing)	Red LED flash quickly
	Reconnected	Bluetooth mode (paired with devise before)	Switch to bluetooth mode, spkeaker try to reconnect with the last devise	Reconnected successful with devise	The tone of successful connection (Paired)	Red LED always on
				If unable to reconnect within 10mins, enter sleep state	The tone of successful connection (Paired)	Red LED always on
Factory Reset (In Bluetooth mode)	Power On	In Bluetooth mode, triple-click the speaker knob button	1. Restore to the default boot state (enter AUX mode) 2. Clear Bluetooth connection records and clear front and rear speakers Pairing record, volume restored to default volume (maximum volume 50%) 3. Enter AUX state	Recovery success tone (hello)	Red LED always on	

Note: When your phone is connected to the speaker via Bluetooth and connected to wired screen projection, please switch the speaker to AUX mode.

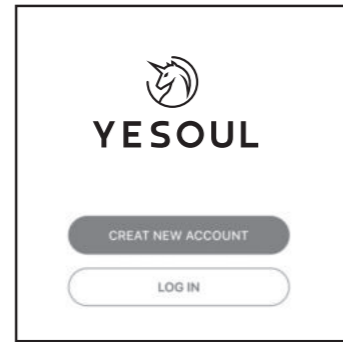
APP usage instructions

APP installation registration

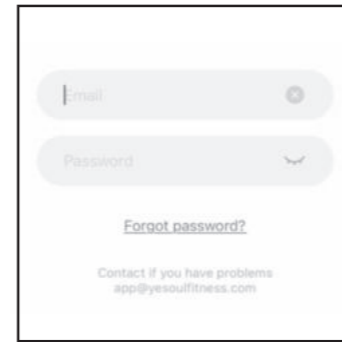
· You can scan the QR code below to download the APP and register an APP account.



1. Scan the QR code and download the APP



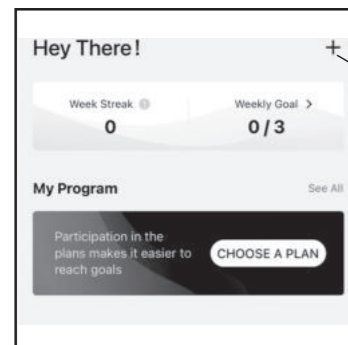
2. Enter the APP login page



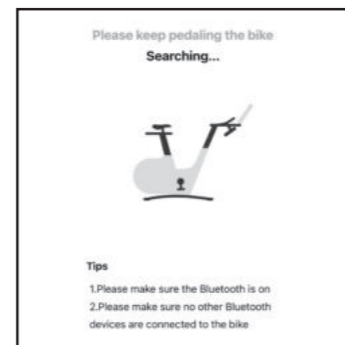
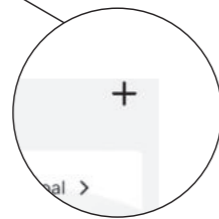
3. Register an APP account

Connect devices

· When using for the first time, click the 「+」 in the upper right corner of the 「Home」 or enter the course and connect the device according to the interface prompts.



4. Enter the APP homepage



5. Search for devices

- For subsequent use, just step on the device and open the sports mode or course in the APP and tap the (/) button to connect automatically.
- The device does not support connecting multiple cell phones at the same time. Please confirm that no other users are connected to the device at this time before use.
- After shutting down, Bluetooth will be automatically disconnected.
- In addition to connecting with YESOUL FITNESS APP, Bluetooth can also be connected with Kinomap software.
- The display will automatically go into sleep mode 10 minutes after the exercise ends.

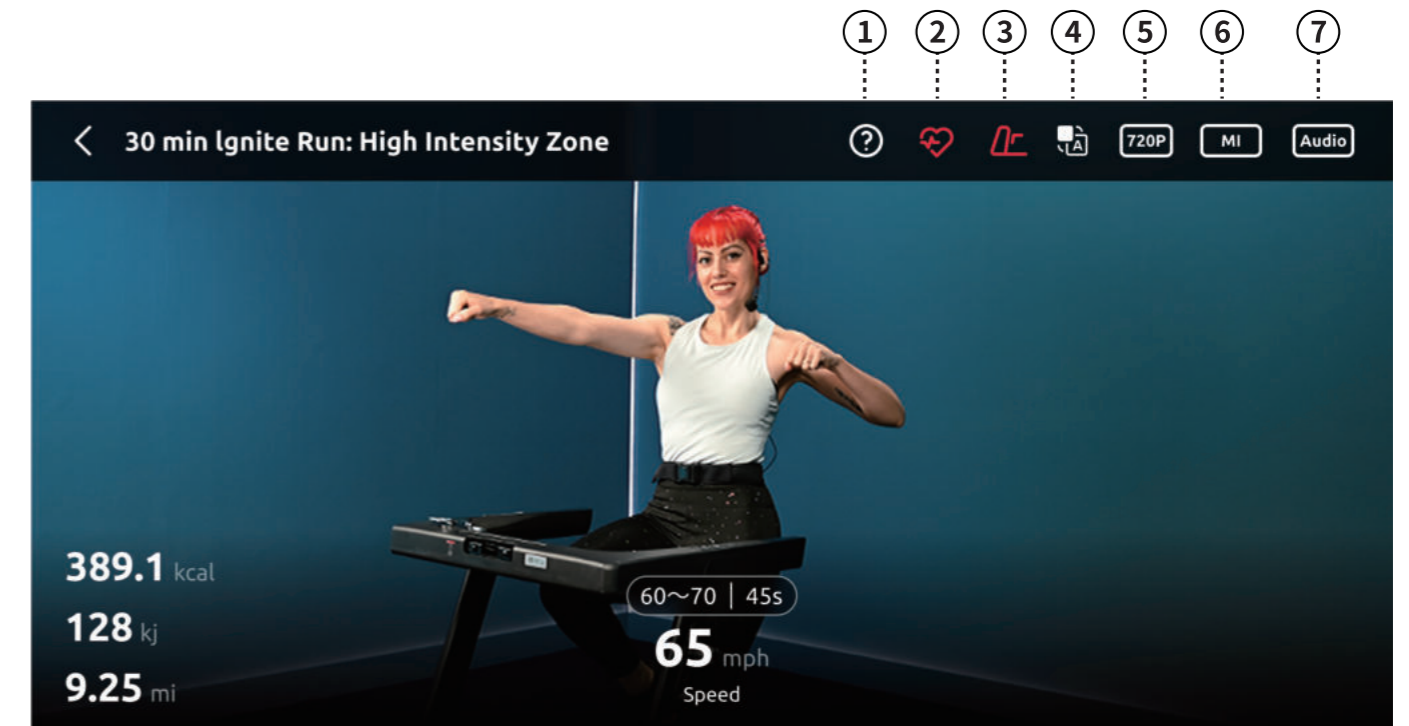


Purchase APP membership

Open the APP and find 「Homepage」 - 「Settings」 - 「Member Rights」, and follow the interface prompts to complete the membership purchase.

APP usage instructions

APP course icon descriptions



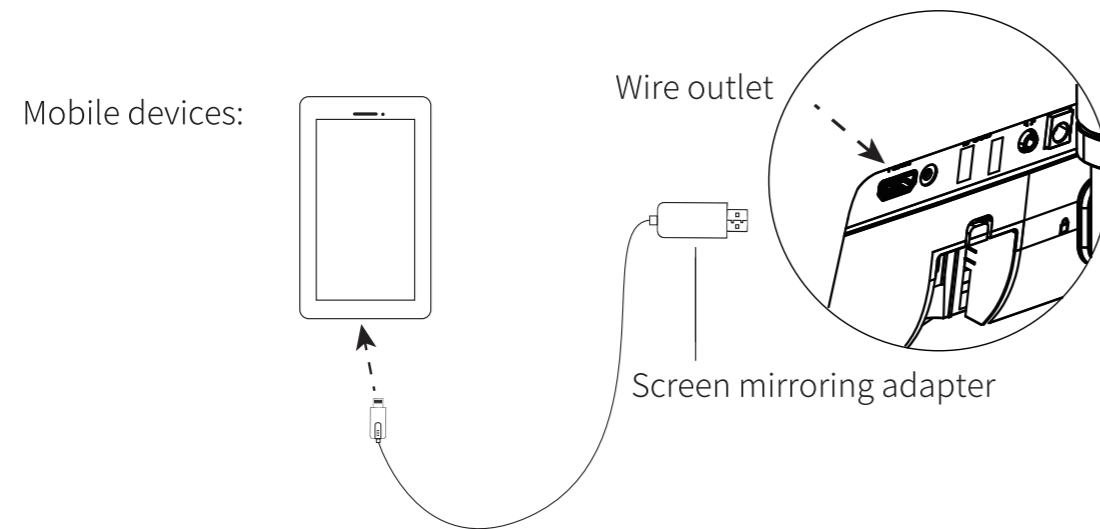
- | | |
|---|---|
| 1 Step-by-step Exercise Guide | 5 Adjust Video Quality On Screen |
| 2 Connect & Monitor Heart Rate | 6 Switch Imperial/Metric Display |
| 3 (/) Sync Data with Gym Equipment | 7 Adjust Voice & Music Volume |
| 4 Translate Audio & Subtitles | |

- The "Sync Data with Gym Equipment" icon may vary depending on the type of device supported by each course. Please follow the on-screen instructions to connect the appropriate device.
- Due to variations in terminal device configurations, certain features may not function properly. Please select a compatible device based on your actual situation.
- The illustrations and data above may differ slightly from the actual product. Due to continuous software updates and manufacturing tolerances, please refer to the actual usage for accuracy.

About wired projection screen

Installation instructions for wired screen projection:

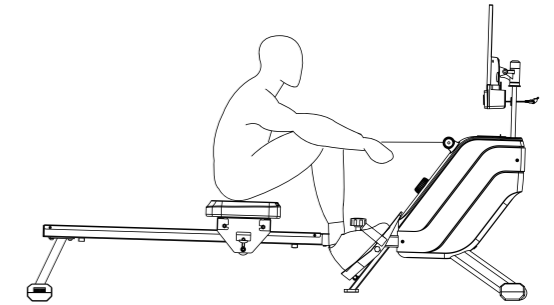
1. Download the Yesoul Fitness app and register.
2. Connect your device within the app.
3. Connect your phone with a screen casting cable.
(Phone must support DisplayPort).



Correct usage

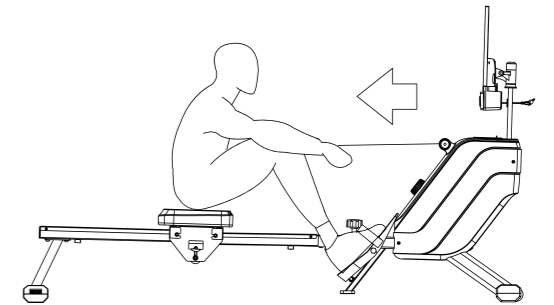
1. Preparation stage

Relax the shoulders, straighten the arms and back, and bend the knees until the calves are perpendicular to the slide rail.



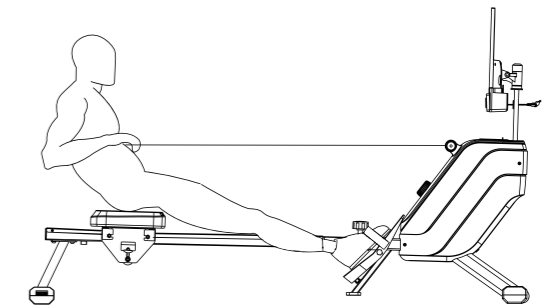
2. Start stage

Push the pedals with the soles, with the arms straightened.



3. Operation stage

Pull the handle to under the ribs and fully straighten the legs.



4. Repetition stage

When the body leans completely forward and the arms are relaxed and straightened, slowly bend the knees again and repeat the previous steps.

Wrong usage

Error 1: Rowing with the forces of arms only

Correct action analysis: 60% of the rowing force comes from the legs, utilizing the explosive power of the feet. Of the remaining 40%, 20% comes from the lower body, and only 20% comes from the arms.

Error 2: Simultaneous forces of both legs and arms and hip

Correct action analysis: In fact, rowing consists of three steps: both legs - hip - both arms. Apply forces first via the legs, and then slowly move the hip back. When the shoulders exceed the pelvis, pull the handle via both hands, keep the body a little backward, and straighten your legs slightly, until both ends are close to the chest. Return to the starting point and repeat the aforesaid steps.

Error 3: Curved back

This is particularly likely to occur to those who are prone to hunchback while standing. Correct action analysis: Keep the back straight, engage the abdominal muscles, and relax the shoulders to maintain a neutral spine position.

Error 4: Excessive stretching

For extreme stretching, the operator may keep the hip too close to heels, thus making the calves not perpendicular to the ground and the head and shoulders exceeding toes. Correct action analysis: Keep the calves perpendicular to the ground, straighten and relax both arms, and make the body a little forward.

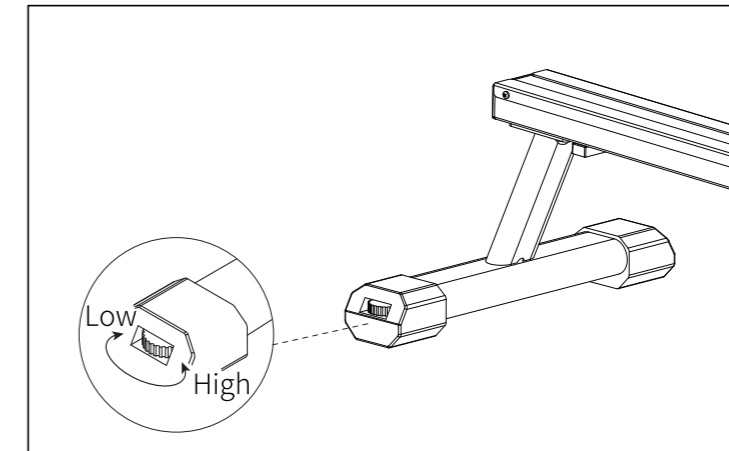
Common faults and troubleshooting

Common Fault	Solution
Obstruction of slide rail	Clean dust or foreign matters on the surface of the slide rail or the pulley in contact with the slide rail under the seat.
Abnormal noise during use	Check whether the screws of the body are loose.

How to adjust rowing machine

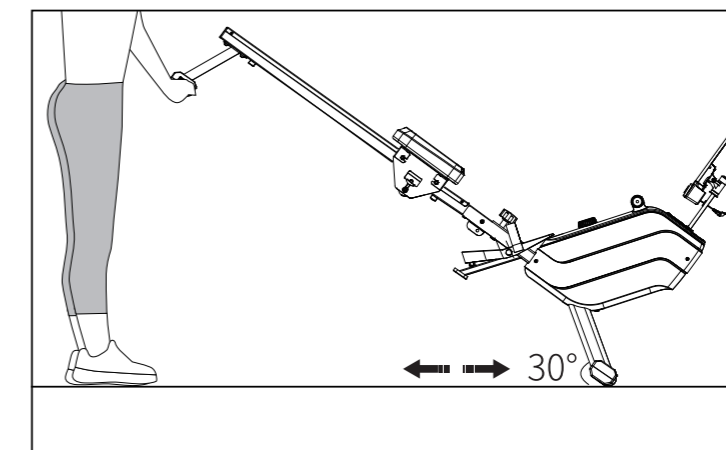
Body level adjustment

There are two adjustable foot pads at the bottom of the rear foot tube. Rotate the foot pads to adjust the height the device is balanced and does not wobble.



Position adjustment

Lift the rear foot tube and use the moving pulley of the front foot tube to move the product freely or place it in a suitable position.



Warm up

Before exercising, it is best to do stretching exercises. Warm muscles stretch more easily, so warm up for 5 to 10 minutes first. Then stop and stretch as follows - 5 times for 10 seconds or more on each leg, then do it again at the end of the exercise.

1. Stretching by touching toes

Stand with your knees slightly bent and your hips moving slowly forward. Touch your toes as far as possible, while relaxing your back and shoulders. Keep this posture for 15s and then relax. Repeat the exercise three times.

Stretched parts: Ligaments, internal parts of knees, and back. (See Figure 1)

2. Ligament stretching exercise

Sit with one leg stretched forward. Put the other sole close to your body and on the inner side of the thigh of the stretched leg. Touch your toes as far as possible. Keep this posture for 15s and then relax. Exercise both legs three times, respectively.

Stretched parts: Ligaments, back and groin. (See Figure 2)

3. Calf/heel stretching exercise

Stand with one hand against the wall for balance and the other hand reaching back to grab your foot. Pull your heel as close to your buttocks as possible. Keep this posture for 15 seconds and then relax. Repeat the exercise three times for each leg.

Stretched parts: Quadriceps and hip muscles. (See Figure 3)

4. Quadriceps femoris stretching exercise

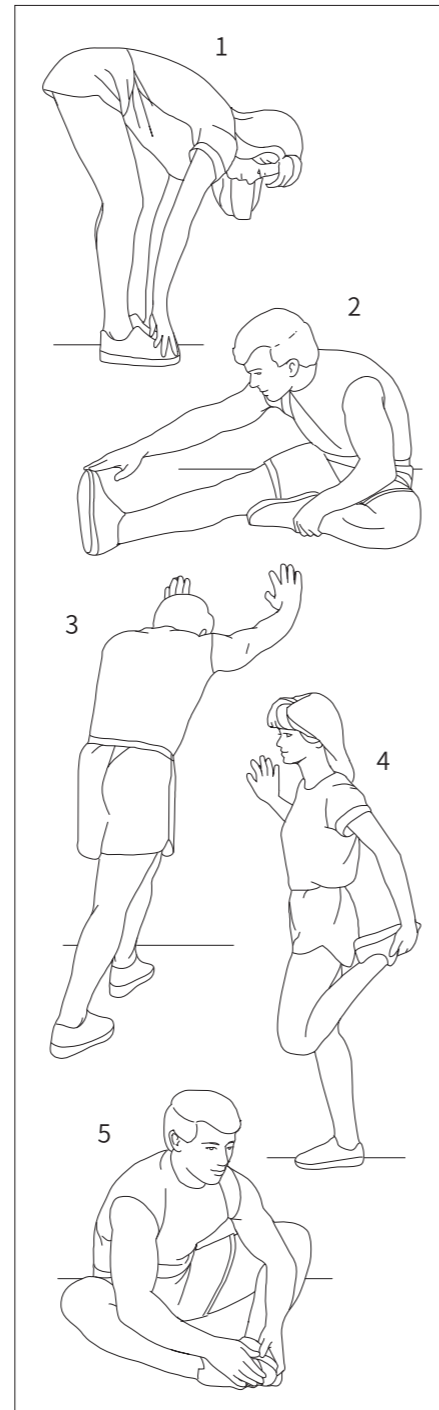
Stand with one hand against the wall for balance and the other hand reaching back to grab your foot. Pull your heel as close to your buttocks as possible. Keep this posture for 15 seconds and then relax. Repeat the exercise three times for each leg.

Stretched parts: Quadriceps and hip muscles. (See Figure 4)

5. Inner thigh stretching exercise

Sit with the soles of your feet together and your knees turned out. Make your feet as close as possible to the groin. Keep this posture for 15s and then relax. Repeat the exercise three times.

Stretched parts: Quadriceps and hip muscles. (See Figure 5)



Note: This product is a full-body training equipment, please follow the above steps to perform warm-up exercises.

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.

This device 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 device 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 device does cause harmful interference to radio or television reception, which can be determined by turning the device 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 device and receiver.
- Connect the device 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.

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.



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