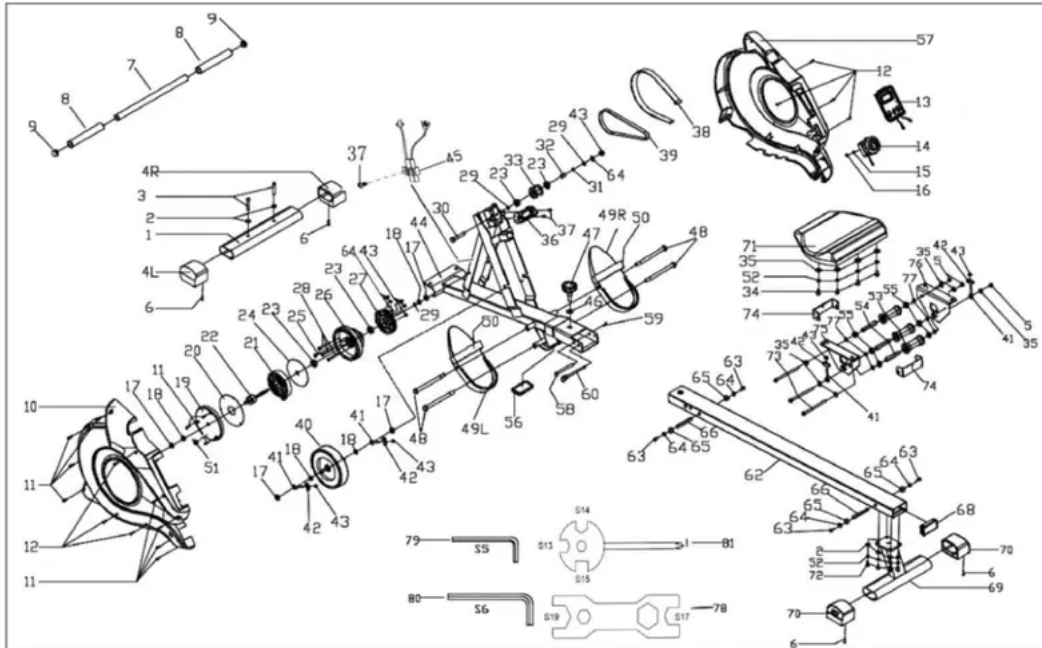





















USER MANUAL MAGNETIC ROWING MACHINE

EXPLODED DIAGRAM



HARDWARE PACKAGE

	#2 d8*Φ16*1.5 6PCS		#63M6*16*Φ12 1PC
	#3 M8*55*20*S6 2PCS		#64 d6*Φ12*1 1PC
	#46 d12*Φ24*2 1PC		#65 Φ33*Φ8*13 1PC
	#47 M12 1PC		#66 Φ12*80*M6 1PC
	#48 M12*Φ12.5*160*S19 4PCS		#72 M8*20*S6 4PCS
	#52 d8 4PCS		#78
	#58 Φ10*95*M6*25 1PC		S5 — #79
	#59M6*16*S5 1PC		S6 — #80
	#60 Φ8*100*105 1PC		S14 — #81
			S15 — #81

Ordering Replacement Parts (U.S. and Canadian Customers only)

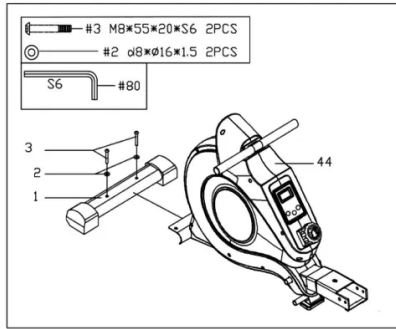
Please provide the following information in order for us to accurately identify the part(s) needed:

- The model number (found on cover of manual)
- The product name (found on cover of manual)
- The part number found on the “EXPLODED DIAGRAM” and “PARTS LIST” (found near the front of the manual)

Please contact us at support@sunnyhealthfitness website or 1- 877 - 90SUNNY (877-907-8669).

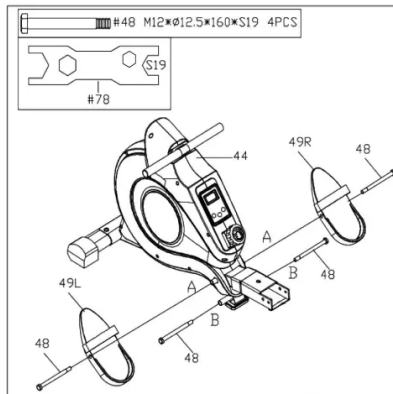
ASSEMBLY INSTRUCTIONS





STEP 1:

Attach Front Stabilizer (No. 1) to Main Frame (No. 44) using 2 Screws (No. 3) and 2 Washers (No. 2). Tighten and secure with Allen Wrench (No. 80)

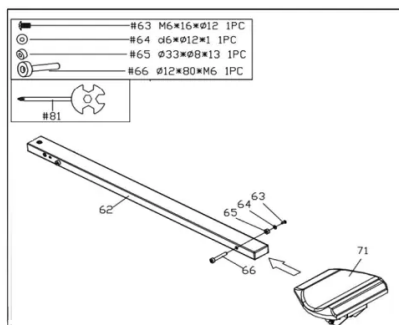


STEP 2:

Attach the 2 Bolts (No. 48) into the bottom hole in position B of Main Frame (No. 44), with Spanner (No. 78).

Insert the 2 Bolts (No. 48) into the upper hole in position A of the Main Frame (No. 44) through the 2 Pedals (No. 49L/R). Tighten with Spanner (No. 78).

NOTE: The 2 Pedals (No. 49L/R) should rest on Bolts (No. 48) that are in position B.

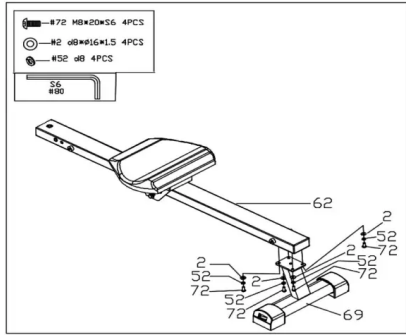


STEP 3:

Insert the Seat (No. 71) onto Sliding Rail (No.62).

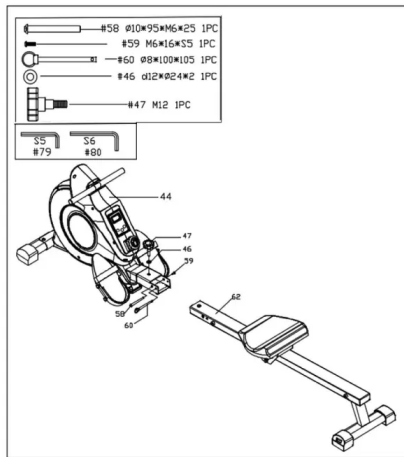
Insert the Limit Axle (No. 66) into the hole on the back of the Sliding Rail (No. 62).

Attach the Limit Mat (No. 65) onto the Limit Axle (No. 66) using 1 Screw (No. 63) and 1 Washer (No. 64), then tighten with Spanner (No. 81).



STEP 4:

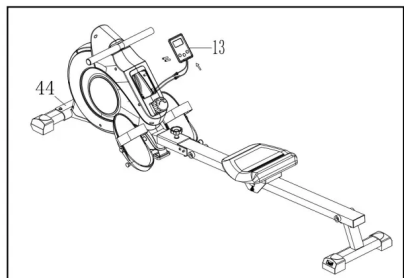
Attach Sliding Rail (No. 62) onto Rear Support (No. 69) using 4 Screws (No. 72), 4 Spring Washers (No. 52), and 4 Washers (No. 2). Tighten and secure with Allen Wrench (No. 80).



STEP 5:

Attach the Sliding Rail (No. 62) to Main Frame (No. 44) using 1 Bolt (No. 58) and 1 Screw (No. 59). Tighten and secure with Allen Wrench (No. 79) and Allen Wrench (No. 80).

Next, secure Sliding Rail (No. 62) to the Main Frame (No. 44) using 1 Knob (No. 47) and 1 Washer (No. 46), then insert Pull Pin (No. 60).



STEP 6:

Take out 2 AAA batteries from the plastic bag with the manual. Press the buckle on the bottom of Computer (No. 13) upward, then remove Computer (No. 13) from Main Frame (No. 44).

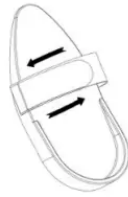
Install the 2 AAA batteries into the back of Computer (No. 13). And press the buckle on the bottom of Computer (No. 13), then put Computer (No. 13) back onto the Main Frame (No. 44). Push the Computer (No. 13) downwards to fit in position.

The assembly is complete!



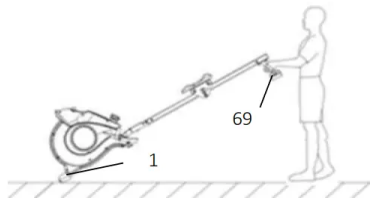
ADJUSTMENTS & USAGE GUIDE

CAUTION! Moving parts, such as the seat, can cut and crush. Keep hands clear of the sliding rail during use!



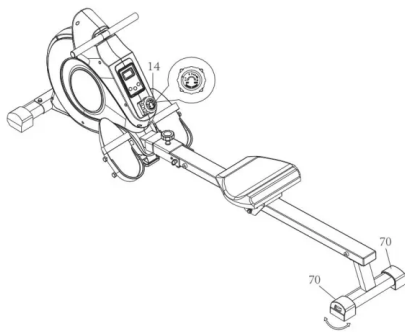
PEDAL STRAP ADJUSTMENT

The Pedal Strap is adjustable and can be personalized to fit the user's foot size.



MOVING THE ROWER

To move the rower, lift up the Rear Support (No. 69) until the transportation wheels on the Front Stabilizer (No. 1) touch the ground. With the transportation wheels on the ground, you can transport the rower to the desired location with ease.

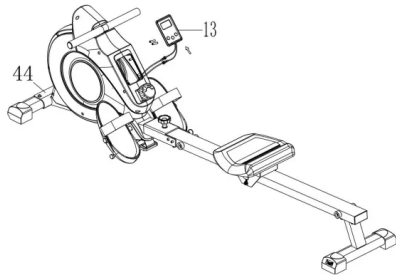


ADJUSTING THE BALANCE AND RESISTANCE

Adjust the End Caps (No. 70) on the rear support of the rower if the rower is unbalanced during use.

Rotate the Tension Control Knob (No. 14) clockwise to increase the level of resistance. Rotate the Tension Control Knob (No. 14) counter-clockwise to decrease the level of resistance.

Tension levels are set at Level 1 being the lowest and Level 8 being the highest.

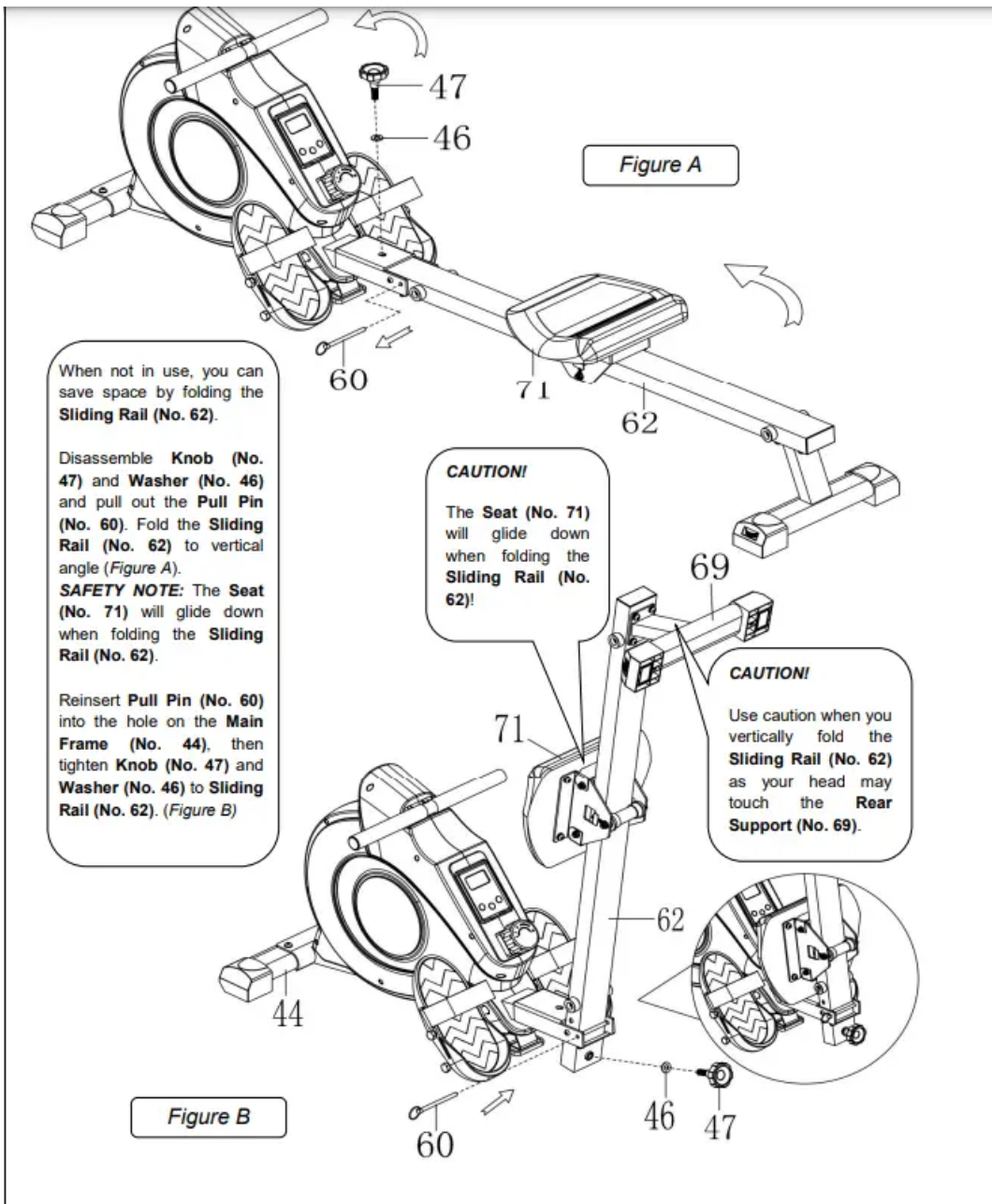


REPLACE THE BATTERIES

Two AAA batteries are included in Computer (No. 13). To replace the batteries, remove Computer (No. 13) from Main Frame (No. 44), and then replace both batteries. Do not mix battery types and do not mix old and new batteries.

After the replacement, put Computer (No. 13) back onto the Main Frame (No. 44). Dispose batteries according to your state and local rules.

STORAGE GUIDE



EXERCISE COMPUTER

FUNCTION KEYS:

MODE: To select your specification mode and/or turn on computer.

SET: To set a value of Time, Count, or Calories (when not in Scan mode).

RESET: Press to reset Time, Count, or Calories. Press and hold for about 3 seconds to reset all values, except Total Count.



FUNCTIONS AND OPERATIONS:

AUTO ON/OFF: The power will turn off automatically once there is no signal for 4 minutes. The computer will reactivate once the machine is put into motion or when a computer button is pressed.

SCAN: Press MODE button until SCAN appears. The computer will rotate through the four functions in the following order: TIME, COUNT, TOTAL COUNT, and CALORIES. Each function will be held for 6 seconds.

TIME: Counts the total time elapsed during your current workout.

COUNT (CNT): Counts the number of rowing strokes from your current workout.

TOTAL COUNT (TOTAL CNT): Counts the total amount of strokes from the first use.

CALORIES (CAL): Counts the total calories burned from current workout.

COUNTDOWN:

You can set the value of Time, Count or Calories to countdown.

1. Press MODE to select a function. Make sure you are not in SCAN mode.
2. Press SET to select a value you want. You can press RESET to clear the value.
3. When the display stops flashing, start rowing and the machine will start to countdown.

BATTERY: This computer uses two AAA batteries. If the display appears incorrectly or becomes difficult to read, please install new batteries. Always change both batteries at the same time. Do not mix battery types and do not mix old and new batteries. Dispose batteries according to your state and regional guidelines.

SPECIFICATIONS

<i>FUNCTIONS</i>	SCAN	Every 6 seconds
	TIME	0:00~99:59 (Minute: Second)
	COUNT	0~9999 Count
	CALORIES	0.0~9999 Kcal
	TOTAL COUNT	0~9999 Count
BATTERY TYPE		(2) Two AAA or UM-4
OPERATING TEMPERATURE		0°C ~ 40°C
STORAGE TEMPERATURE		-10°C ~ 60°C

IMPORTANT SAFETY INFORMATION

We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure, or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet (60 CM) of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately and do not use until the problem has been rectified.

7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.
9. The maximum weight capacity of this unit is 250 pounds (110KG).
10. This equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/or damage to the product or property, proper lifting and moving are required.
12. Your product is intended for use in cool and dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.
13. This equipment is designed for indoor and home use only; it is not intended for commercial use.

Warning

This content is compiled from multiple sources and is provided for reference purposes only. It may not be complete or fully applicable to all situations. If you are unable to resolve your issue, please contact the product manufacturer or an authorized service provider for official support.