

DynaSpace

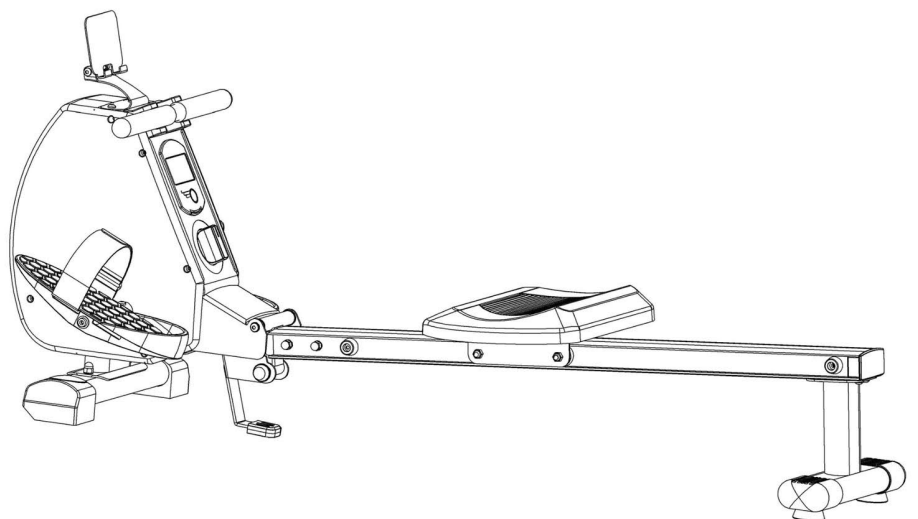


Magnetic Rowing Machine

Read all precautions and instructions in this manual before using this equipment.

Keep this manual for future reference.

Note: The product photo is for reference only and may differ slightly from the actual product.



Model: SGC2332

IMPORTANT SAFETY INFORMATION

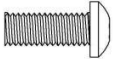


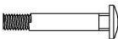


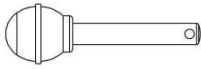




We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. 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 264 pounds (120 KG).
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.

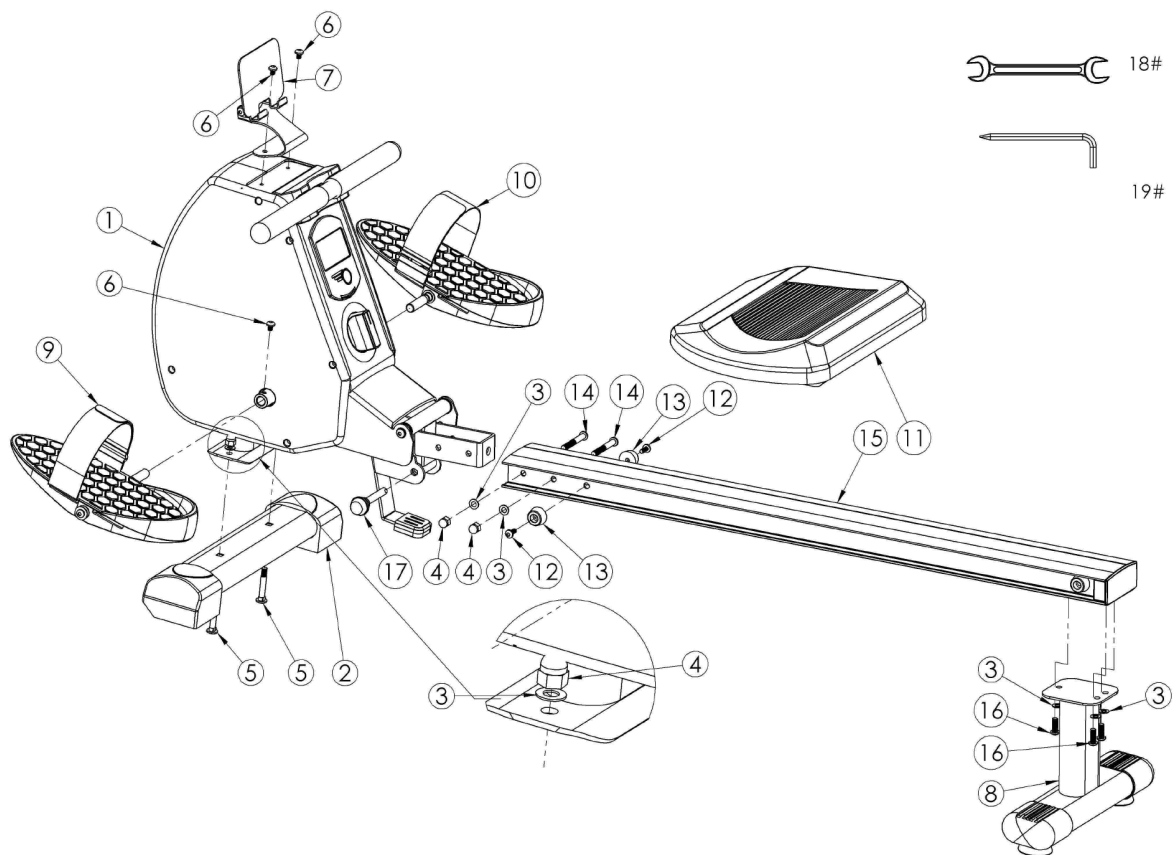
Exercise Instruction

A successful exercise program consists of a warm-up, aerobic exercise and a cool down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workout to four or five times per week. Warming up is an important part of your workout and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems.

Assembly Instruction

 M8*20 3PCS	 M6*15 2PCS	 M6*15 4PCS	 M8*50 2PCS	 M8*60 2PCS
 Ø8 7PCS	 1PCS	 M8 4PCS	 2PCS	 5mm 1PCS
 13-15mm 1PCS				

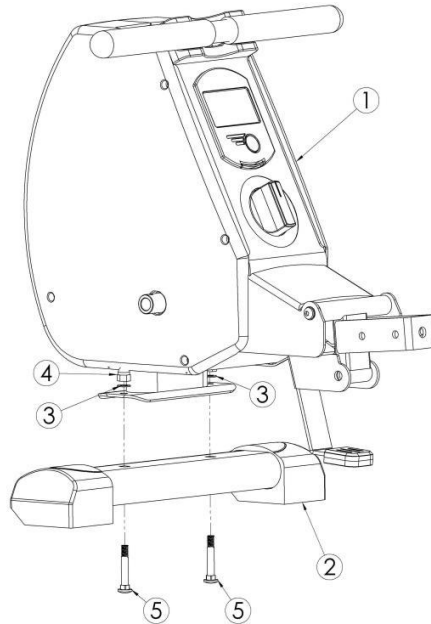
Product Explode Drawing



Parts & Hardware list

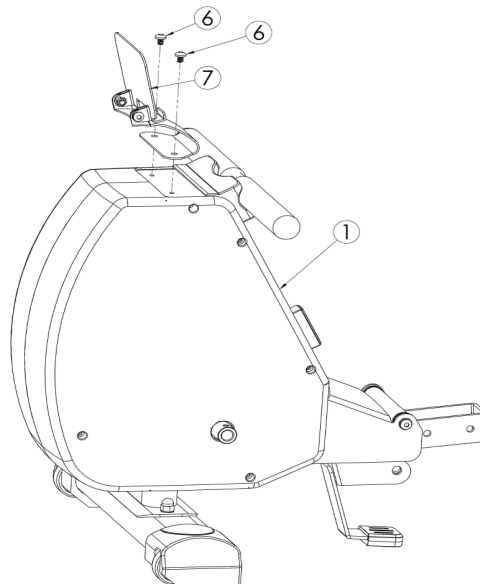
NO	Description	Specification	Q'ty	NO	Description	Specification	Q'ty
1	Main frame		1	14	Socket head cap screw	M8*60	2
2	Front stabilizer		1	15	Aluminum rail		1
3	Flat washer	Φ8	7	16	Socket head cap screw	M8*20	3
4	Cover nut	M8	4	17	Lock pin		1
5	Carriage Bolts	M8*50	2	18	Open spanner	13-15	1
6	Socket head cap screw	M6*8	4	19	Inner hexagon spanner		1
7	Mobile phone holder		1				
8	Rear stabilizer		1				
9	Left pedal		1				
10	Right pedal		1				
11	Saddle		1				
12	Socket head cap screw	M6*15	2				
13	Plastic pad		2				

STEP 1:



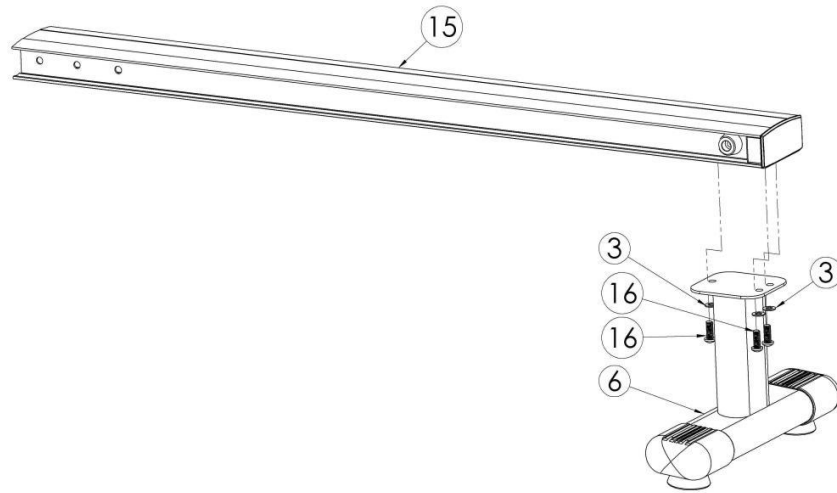
Connect the main frame (No. 1) and front foot tube (No. 2) together and fix them with round head square neck bolt (No. 5), flat washer (No. 3) and cover nut (No. 4).

STEP 2:



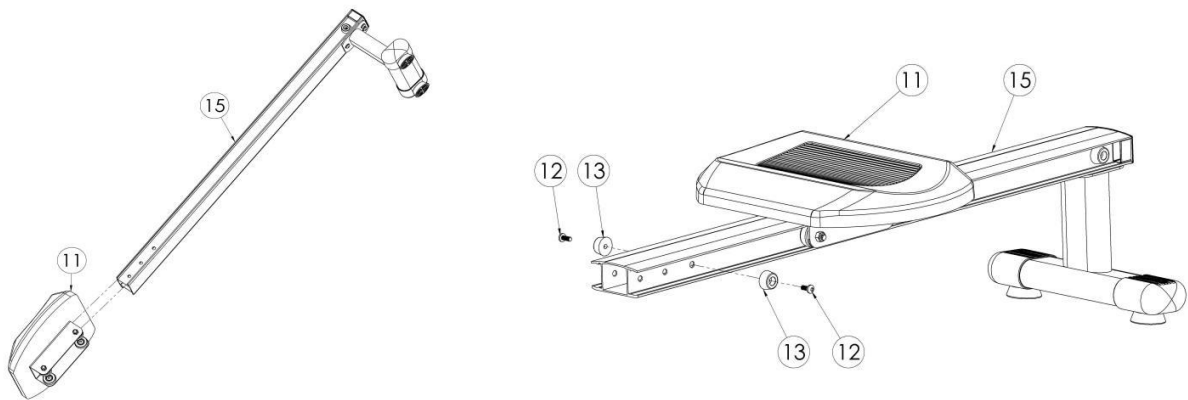
Install the mobile phone bracket (No. 7) on the main frame (No. 1) with the hexagon screw (No. 6) ,Fix with inner hexagon spanner (No. 19).

STEP 3:



Connect the rear stabilizer (No. 8) to the aluminum rail (No. 15), and fix it with socket head cap screw (No. 16), flat washer (No. 3) and inner hexagon spanner (No. 19).

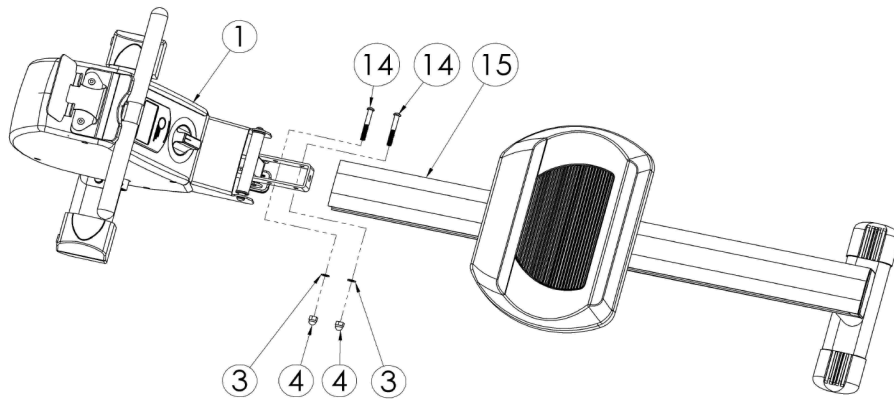
STEP 4:



1, Install saddle (No. 11) on aluminum rail (No. 15).

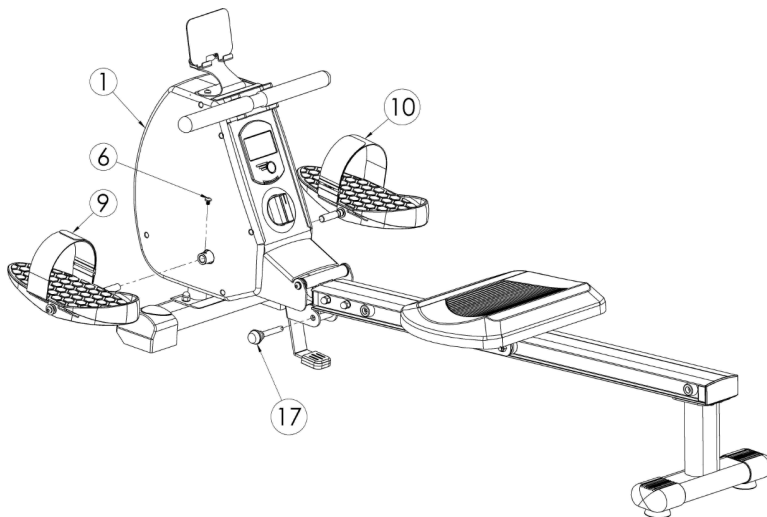
2 , Install plastic pad (No. 13) on aluminum rail (No. 15) Fix with Socket head cap screw (No. 12) and inner hexagon spanner (No. 19)

STEP 5:



Install aluminum rail (No. 15) on main frame (No. 1) Connect with socket head cap screw (No. 14), flat washer(No. 3) and cover nut (No. 4), and fix with open spanner (No. 18) and inner hexagon spanner (No. 19).

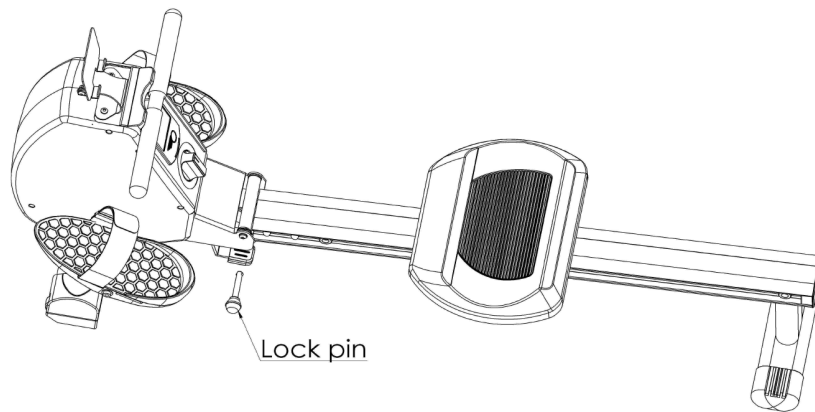
STEP 6:



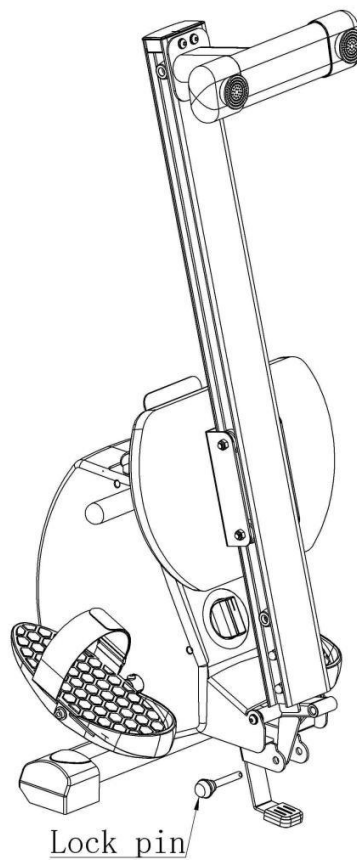
- 1, Install lock pin (No. 17) on main frame (No. 1)
- 2, Install the left pedal (No. 9) and the right pedal (No. 10) on the main frame (No. 1), Fix with socket head cap screw (No. 6) and inner hexagon spanner (No. 19).

Folding method

Step 1. pull out the lock pin from its position.



Step2. Lift the sliding rail slowly to make it standing vertically, then insert the lock pin back to the hole. the equipment is folded successfully now.



Use Instruction

1. There is a adjust knob under the screen, it is used to adjust the resistance of rowing from the lowest grade 1 to the highest grade.
2. Please keep a safety distance of 0.6m around exercise area of the equipment during exercising.

EXERCISE COMPUTER



SPECIFICATIONS:

TIME.....	00:00-99.59
SPEED.....	0:0-99.9 ML/H
DISTANCE.....	0:00-99.99 ML
ODOMETER*(IFHAVE).....	0-9999 ML
PULSE*(IFHAVE).....	40-240BPM
CALORIES.....	0.0-999.9KCAL
KEYFUNCTIONS:	

MODE:This key lets you to select and lock on to a particular function you want.

OPERATION PROCEDURES:

1.AUTO ON/OFF

◆The system turns on when any key is pressed or when it receives an signal input from the speed sensor

◆The system turns offautomatically when the sensor has no signal input or no key are pressed for Approximately 4 minutes.

2.RESET:

The unit can be reset by either changing battery or pressing the mode key for 3 seconds.

3.MODE

To choose SCAN or LOCK if you do not want the scan moed,press the MODE key when the pointer on the function you want which begins blinking.

4.FUNCTIONS:

TIME	Press the MODE key until thepointeradvance toTIME.The total working time will be shown.
SPEED	Press the MODE key until the pointer advance to SPEED.The total working time will be shown.
DISTANCE	Press the MODE key until the pointer advances to DISTANCE.The distance or each workout will be displayed.
ODOMETER(IF HAVE)	Press the MODE key until the pointer advancesto ODOM ETER The total accumulated distance will be shown
PULSE (IF HAVE)	Press the MODE key until the pointer advance to PULSE.User's current heart rate will be displayed in beats per minute.Place the palms of your hands on both oftheContact pads(or put ear-clip to ear),and wait for30seeonds for the most accurate reading
CALORIES	Press the MODE key until the pointer advance to CALORIES.The calories burned will be displayed
SCAN	Automatic display of the following functions in the order shown:TIME-SPEED-DISTANCE-RULSE(ifhave)-CALORIES(repeat)

BATTERY

This monitor uses 2 pcs AA batteries (not included)

If improper display on the screen of monitor, please reinstall the batteries to have a better result.

All the records will be removed if changing batteries.

To change batteries, press the key under the bottom of the LED box to open the cover (see image 1), then press the key at the back to open the battery box (see image 2). You can change the batteries now.

