

DynaSpace

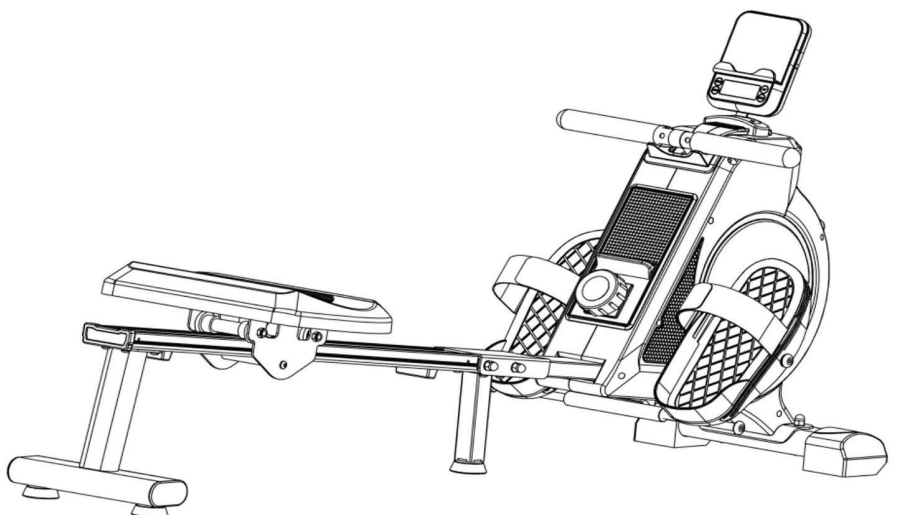


Magnetic Rowing Machine

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: SGC2333

IMPORTANT SAFETY INFORMATION


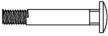




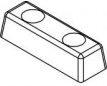





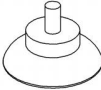
We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly.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

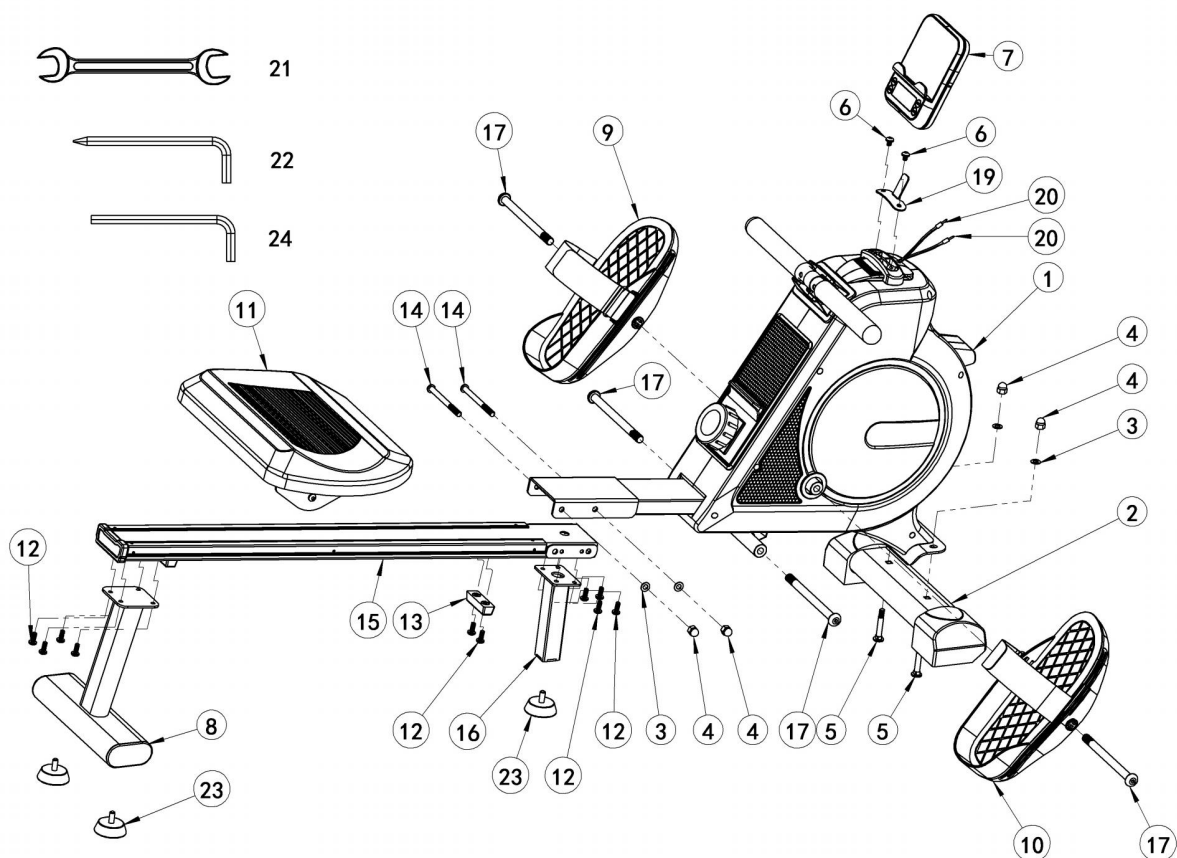
Exercise Instruction

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

 ⑫ M6*15 10PCS	 ⑤ M8*50 2PCS	 ④ M8 4PCS	 ③ $\phi 8$ 4PCS	 ⑥ M6*10 2PCS
 ⑰ M12*155 4PCS	 ⑬ 1PCS	 ⑳ 6mm 1PCS	 ⑱ 1PCS	 ⑭ M8*95 2PCS
 ㉒ 6mm 1PCS	 ㉑ 13-15mm 1PCS	 ㉓ M8 3PCS		

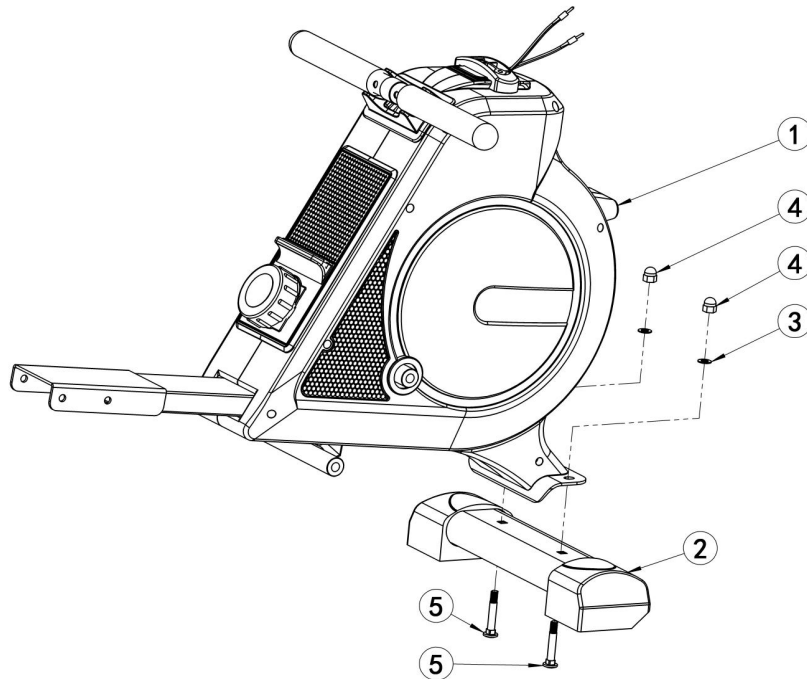
Product Explode Drawing



Parts & Hardware list

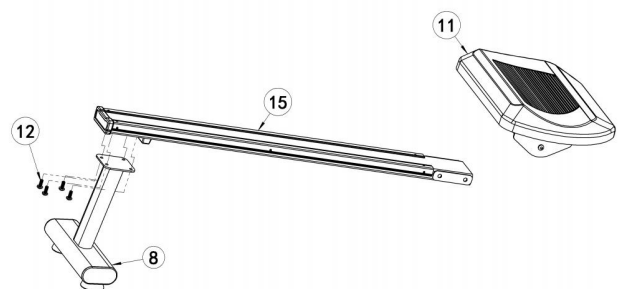
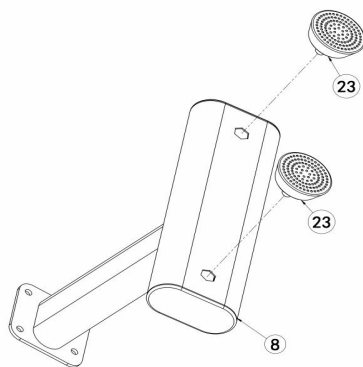
NO	Description	Specification	Q'ty	NO	Description	Specification	Q'ty
1	Main frame		1	14	Socket cap screw	M8*95	2
2	Front stabilizer		1	15	Guide rail		1
3	Flat washer	Φ8	5	16	stabilizer		1
4	Cover nut	M8	4	17	Socket cap screw	M12*155	4
5	Carriage Bolts	M8*50	2	19	Electronic meter connector		1
6	Socket cap screw	M6*10	2	20	Monitor cable		1
7	Monitor		1	21	Open spanner	13-15	1
8	Rear stabilizer		1	22	Inner hexagon spanner	6MM	1
9	Left pedal		1	23	foot pad	M8	3
10	Right pedal		1	24	Inner hexagon spanne	5MM	1
11	Saddle		1				
12	Socket cap screw	M6*15	10				
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:

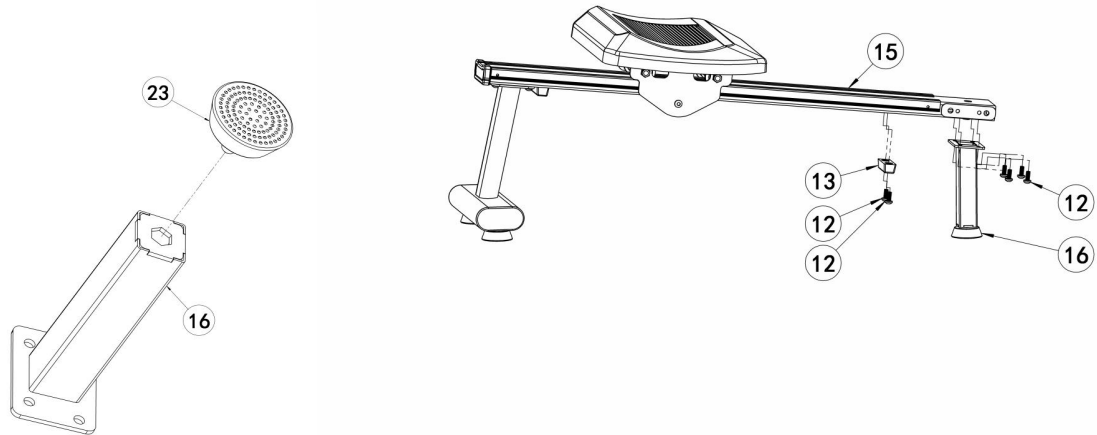


1• Install the foot pad (23) onto the Rear stabilizer (8).

2, Install the rear stabilizer (8) onto the guide rail (15) and secure it with hex screws (12).

3, Install Saddle(11) on the Guide rail(15).

STEP 3:

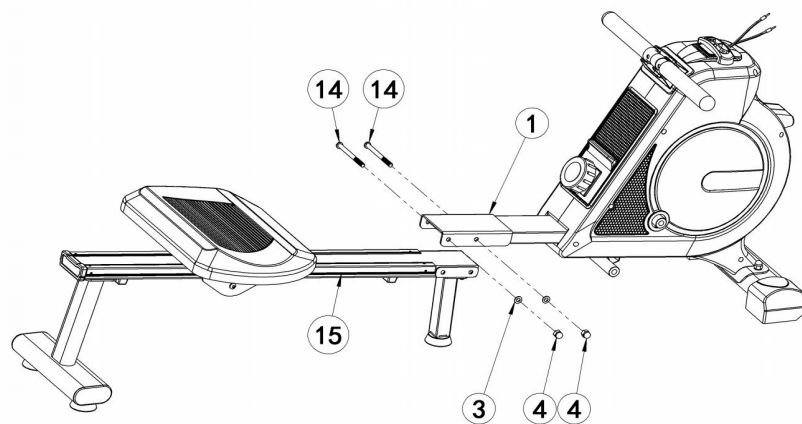


1• Install the foot pad (23) onto the stabilizer (16).

2 , Install the Plastic pad (13) onto the Guide rail (15) using the Socket head cap screw (12).

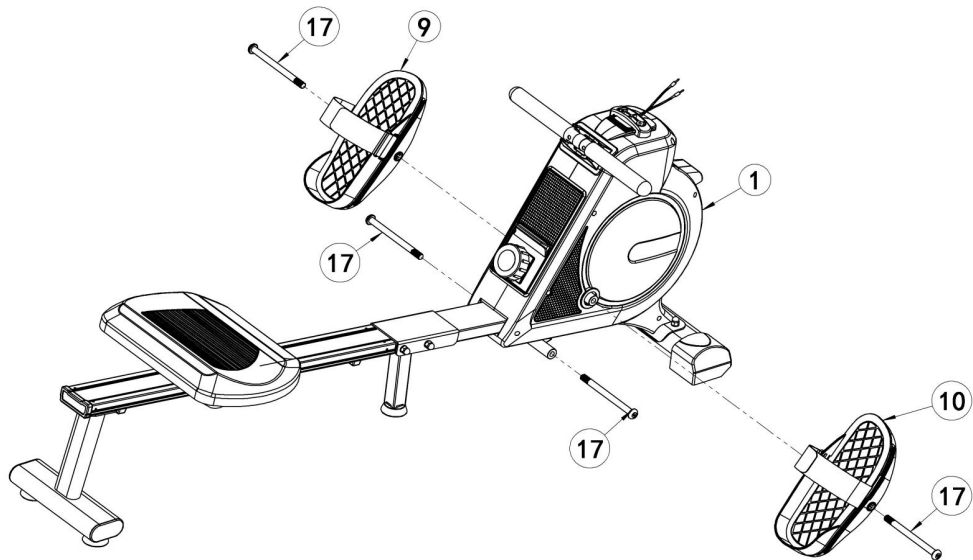
3 , Install the stabilizer(16) onto the Guide rail (15) using the Socket head cap screw (12).

STEP 4:



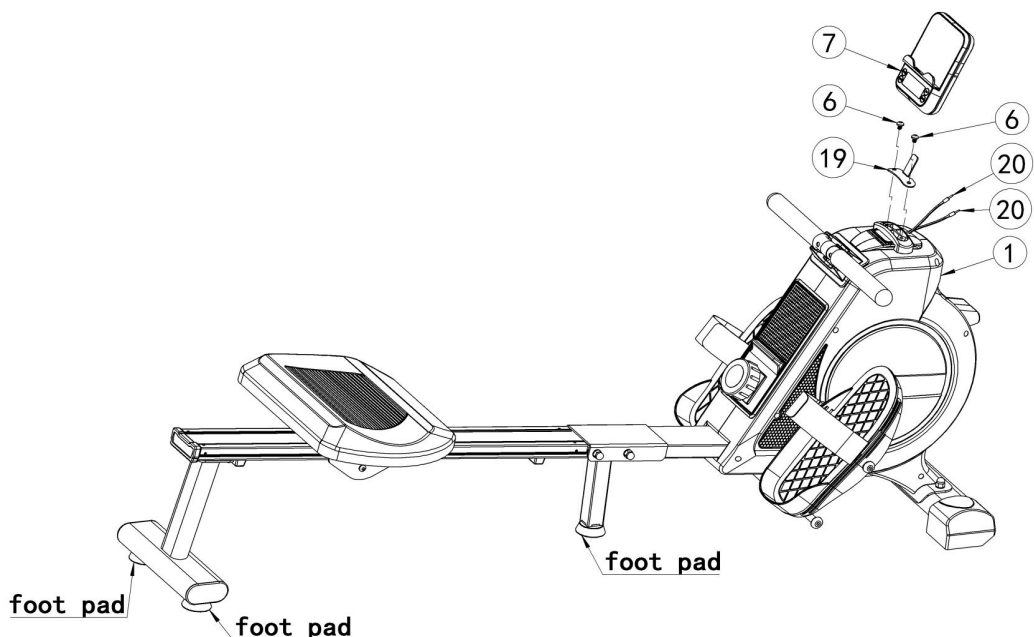
1, Install the guide rail (15) onto the main frame (1) using hex socket head screws (14), flat washers (3), and cover nuts (4).

STEP 5:



- 1• Install the hexagonal socket screw (17) onto the Main frame (1).
- 2• Install the left pedal (9) and the right pedal (10) on the main frame (1), Fix with socket head cap screw (17) .

STEP 6:

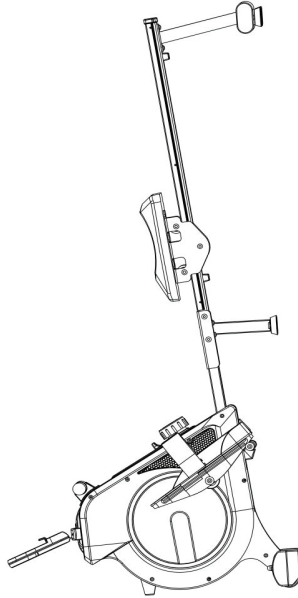


- 1, Install the Electronic meter connector (19) onto the Main frame (1) and secure it with hex socket screws (6).
- 2, Install Monitor (7) onto the electrical meter connector (19). Insert Monitor cable (20) into Monitor (7).

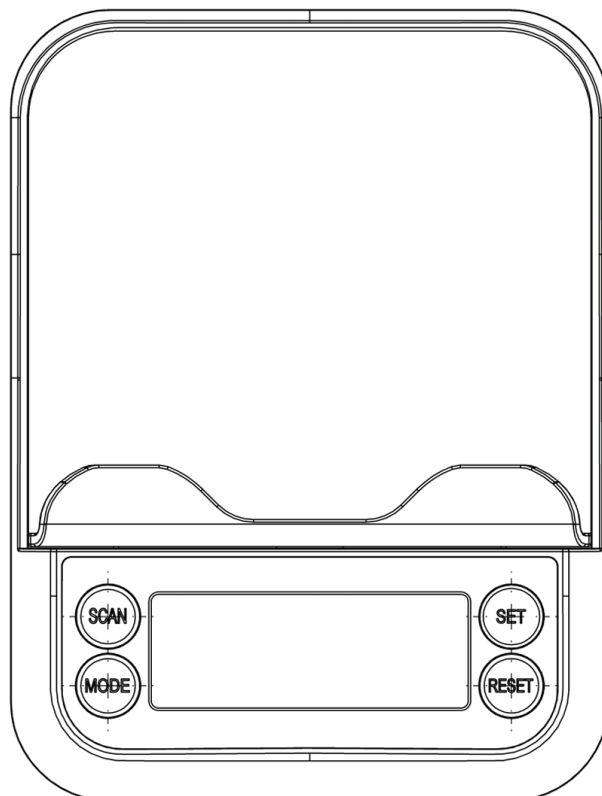
Rotate the FOOT PAD to adjust the machine and ground stability

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.
3. The machine can be placed upright to reduce space occupation. As shown in the figure below.



EXERCISE COMPUTER



Exercise Computer

FUNCTIONAL BUTTONS:

MODE - Push down for selecting functions. If the long time holds down MODE button down for resetting time• count and calories.

SET - To set the values of time• count and calories when not in scan mode.

RESET - Push down for resetting time• count and calories .

FUNCTION AND OPERATIONS:

1. SCAN: Press“ MODE” button until“ SCAN” appears,monitor will rotate through all the 6 functions :Time• Cal• Count• T.Cnt• RPM• ,Each display will be hold 4 seconds.
2. TIME: (1)Count the total time from exercise start to end.
(2)Press“ MODE” button until“ TIME” appears,press“ SET” button to set exercise time.
When the“ SET” is zero, the computer will stop 1 seconds after the start of the time
3. CNT: (1)Accumulate the steps while exercising.
(2)Press“ MODE” button until“ Count” appears,Press“ SET” button to set exercise Count.
When the“ SET” is zero, the computer will stop about 1 seconds after the start of the time.
4. TCNT: Display the steps you have exercised
5. RPM: Display the steps per minute while exercising.
- 6.CAL: (1)Count the total calories from exercise start to end.
(2)Press“ MODE” button until“ CAL” appears,Press“ SET” button to set exercise calories.
When the“ SET” is zero, the computer will stop about 1 seconds after the start of the time.

NOTE•

1. If the display is faint or shows no figures ,please replace the batteries.
2. The monitor will automatically shut off if there is no signal received after 4 minutes .
3. The monitor will be auto-powered on when starting to exercise push button w/signal in.
4. The monitor will automatically start calculating when you start to exercise and will stop calculating when you stop exercising for 4 seconds .

SPECIFICATIONS:

FUNCTION

AUTO SCAN• •Every 4 seconds

TIME• • 00:00'~99:59'

COUNT• • 0-9999

T.COUNT• • 0-9999

CALORIES• • 0.0~999.9kCAL

RPM• • 0-9999

BATTERY TYPE• • 2pcs of SIZE – AAA or UM – 4

OPERATING TEMPERATURE• • 0°C ~ +40°C

STORAGE TEMPERATURE• • -10°C ~ +60°C