

# **EFITMENT**

## **Magnetic Rowing Machine with Aluminum Slide Rail User Manual**

MODEL NO.:

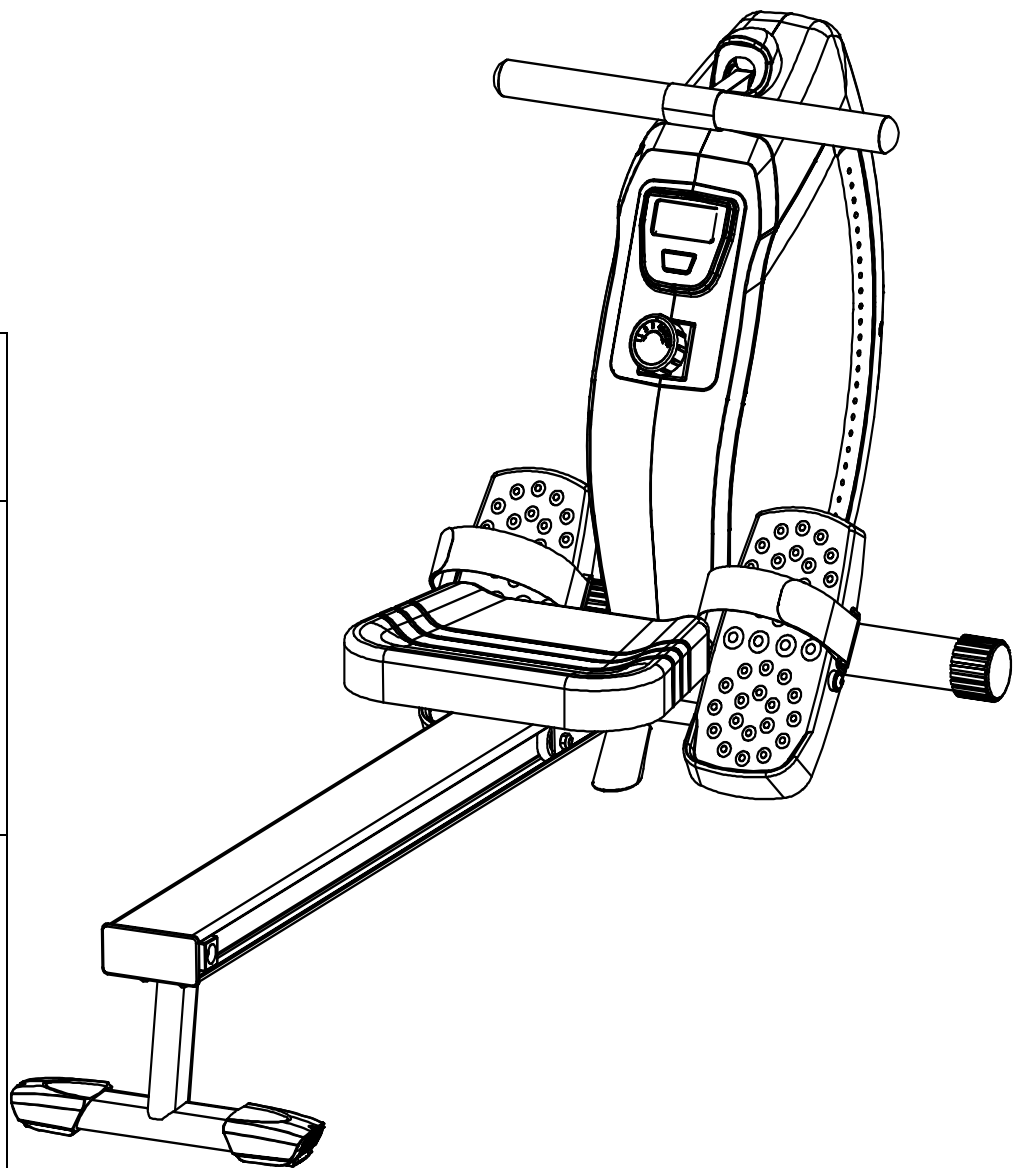
**RW026**

**IMPORTANT!**

Read all instructions carefully before using this product. Save this manual for future reference.

**EXERCISE  
EQUIPMENT  
QUESTIONS:**

Contact customer service at  
[service@zoovaa.com](mailto:service@zoovaa.com)



**USER MANUAL**

# IMPORTANT SAFETY INSTRUCTIONS

At Efitment your safety is our top priority and to make sure both you and the unit remain in perfect working order, we encourage you to read all the instructions before assembling and using your new Efitment machine. Do not skip, substitute or modify any steps or procedures herein, as doing so could result in personal injury and will void your warranty. **DANGER** – To reduce the risk of electric shock, always unplug this unit from its power source before cleaning or performing any maintenance tasks. **WARNING** – To reduce the risk of burns, fire, electric shock, or injury to persons, take the following precautions:

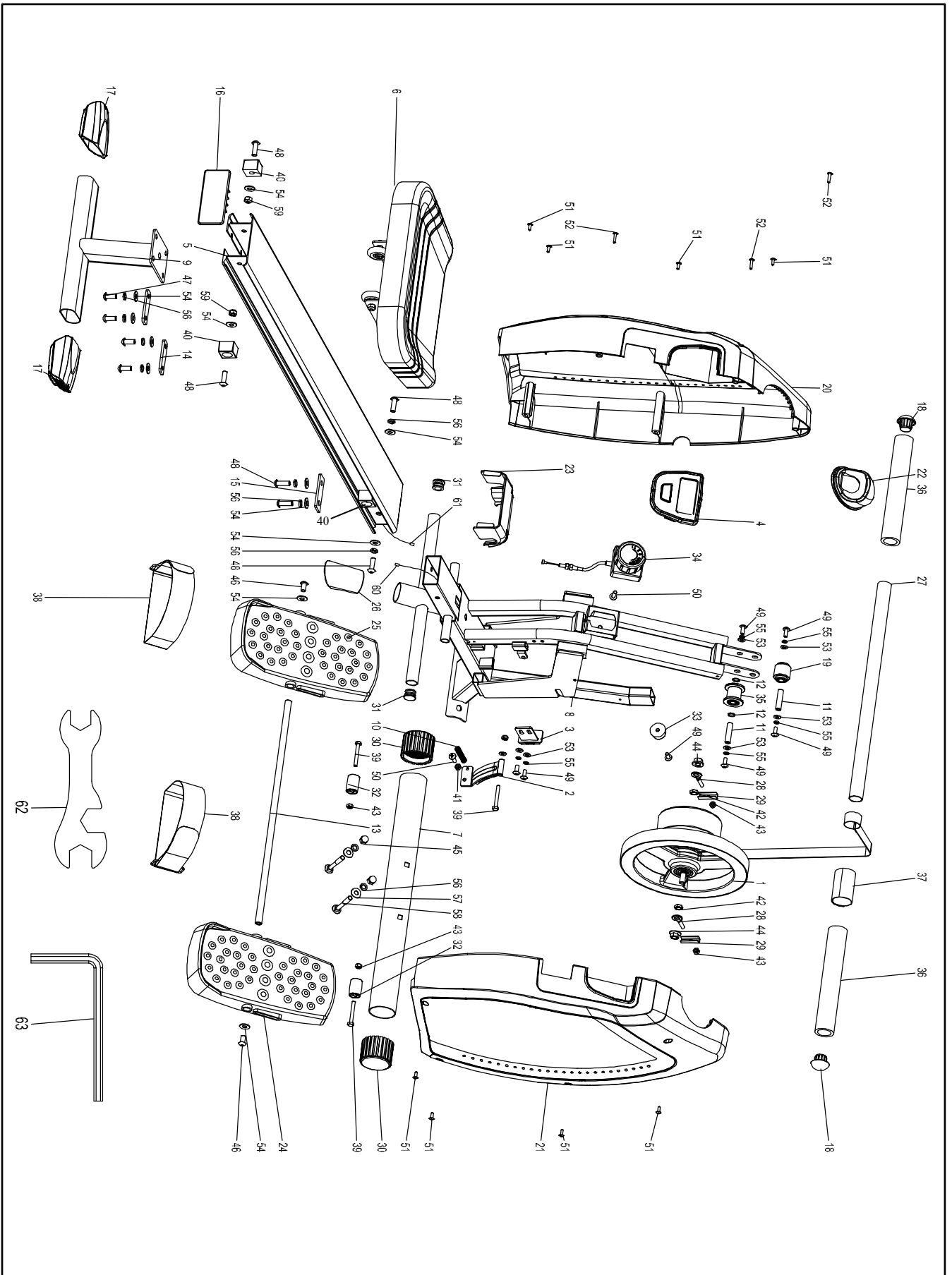
1. Before starting any exercise program you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking any medication that may affect 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 experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. This equipment is intended for adult use only. Keep children and pets away from the machine. DO NOT leave children unattended in the same room with the equipment.
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 of free space all around it.
5. Check if you have all the components and tools listed. Please note that some components are pre-assembled to help make the assembly process quick and easy.
6. Always use the equipment as intended. 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 immediately and do not use until the problem has been rectified.
7. Always wear appropriate workout clothing when exercising. Do not wear clothing that can get tangled in the equipment.
8. Keep hands and other objects away from all moving parts.
9. The maximum user's weight is 250 pounds.
10. Be careful when lifting and moving the equipment. Always use proper lifting technique and seek assistance if necessary.
11. Your equipment is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot, or damp areas as this may lead to corrosion and other related problems.
12. This equipment is designed and intended for indoor use only, not for commercial use.

## SAVE THESE INSTRUCTIONS



**WARNING:** This product can expose you to one or more chemicals known to the State of California to cause cancer and birth defects or reproduction harm. For more information go to [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov).

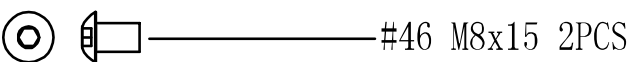
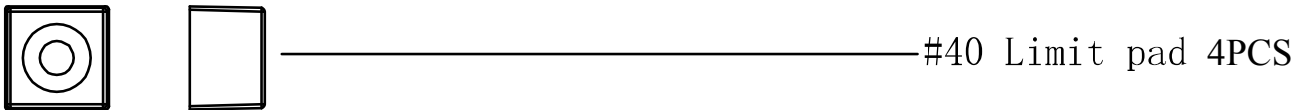
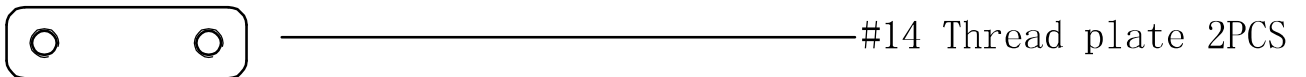
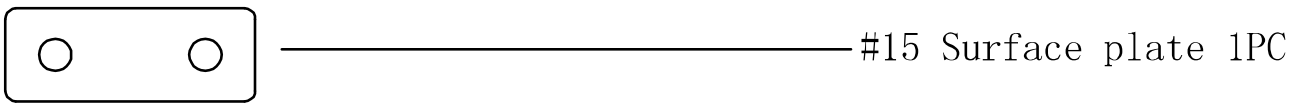
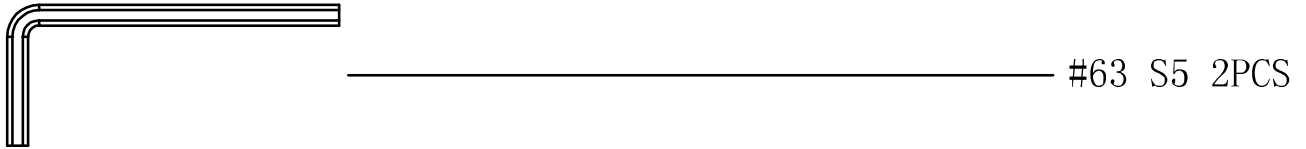
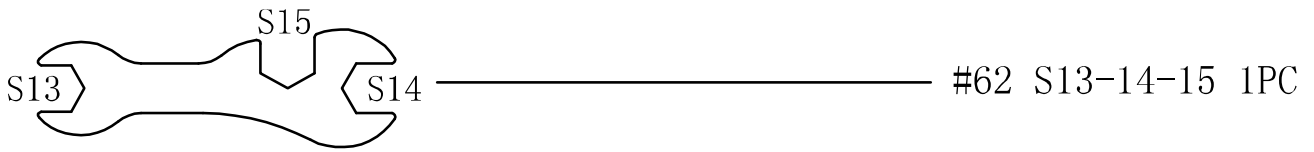
# EXPLODED DRAWING



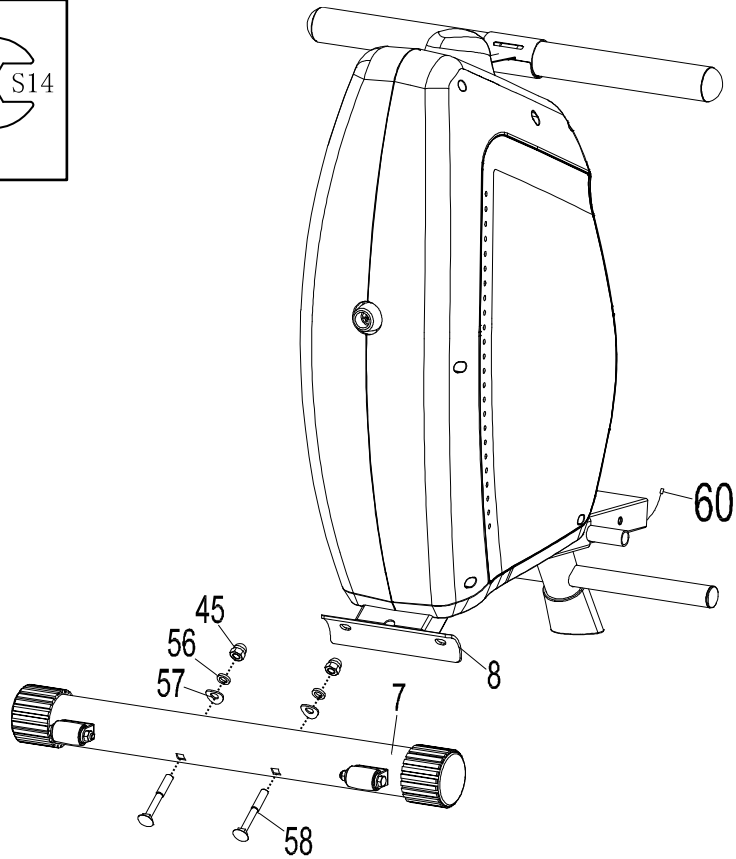
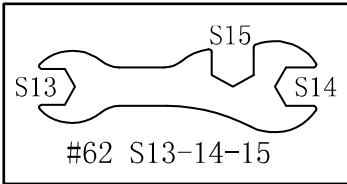
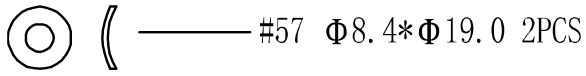
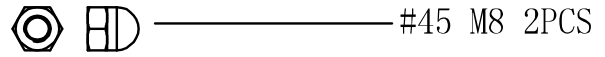
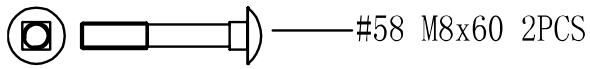
# PARTS LIST

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	Volute spring wheel	1	33	Rubber foot pad	1
2	Adjustable magnetic piece	1	34	Tension control knob	1
3	Fixed magnetic piece	1	35	Mesh belt pulley	1
4	Meter	1	36	Foam grip	2
5	Sliding rail	1	37	Velcro	1
6	Saddle	1	38	Pedal strap	2
7	Front stabilizer	1	39	Hexagon bolt M6x45	3
8	Main frame	1	40	Limit pad	4
9	Rear support	1	41	Hexagon nut M6	1
10	Compression spring	1	42	Hexagon nut M10	2
11	Axle for volute spring wheel	2	43	Nylon nut M6	5
12	Spacer $\Phi 14*\Phi 10.0*1T$	2	44	Hexagon nut M10	2
13	Pedal shaft core	1	45	Cap nut M8	2
14	Thread plate	2	46	Allen screw M8x15	2
15	Surface plate	1	47	Allen screw M8x20	4
16	End cap	1	48	Allen screw M8x25	4
17	End cap	2	49	Screw M6x15	7
18	Plug	2	50	Screw M6x20	2
19	Mesh belt pulley	1	51	Self tapping screw ST4.2x13.0	8
20	Left chain cover	1	52	Self tapping screw ST4.2x20.0	3
21	Right chain cover	1	53	Flat washer $\Phi 6.4*\Phi 13.0*T1.5$	7
22	Handlebar seat cover	1	54	Flat washer $\Phi 8.4*\Phi 19.0*T1.6$	10
23	Decoration cover	1	55	Spring washer $\Phi 6.1*\Phi 9.3*T1.6$	6
24	Right Pedal	1	56	Spring washer $\Phi 8.4*\Phi 13.5*T2.5$	10
25	Left Pedal	1	57	Arc washer $\Phi 8.4*19.0*T1.5*R20.0$	2
26	Foot pad	1	58	Bolt M8x60	2
27	Handlebar	1	59	Nylon nut M8	2
28	Screw	2	60	Meter trunk wire	1
29	U shape seat	2	61	Sensor wire	1
30	End cap	2	62	Spanner #13,#14,#15	1
31	Round plug	2	63	Allen wrench S5	2
32	Bushing	2			

# HARDWARE PACKAGE



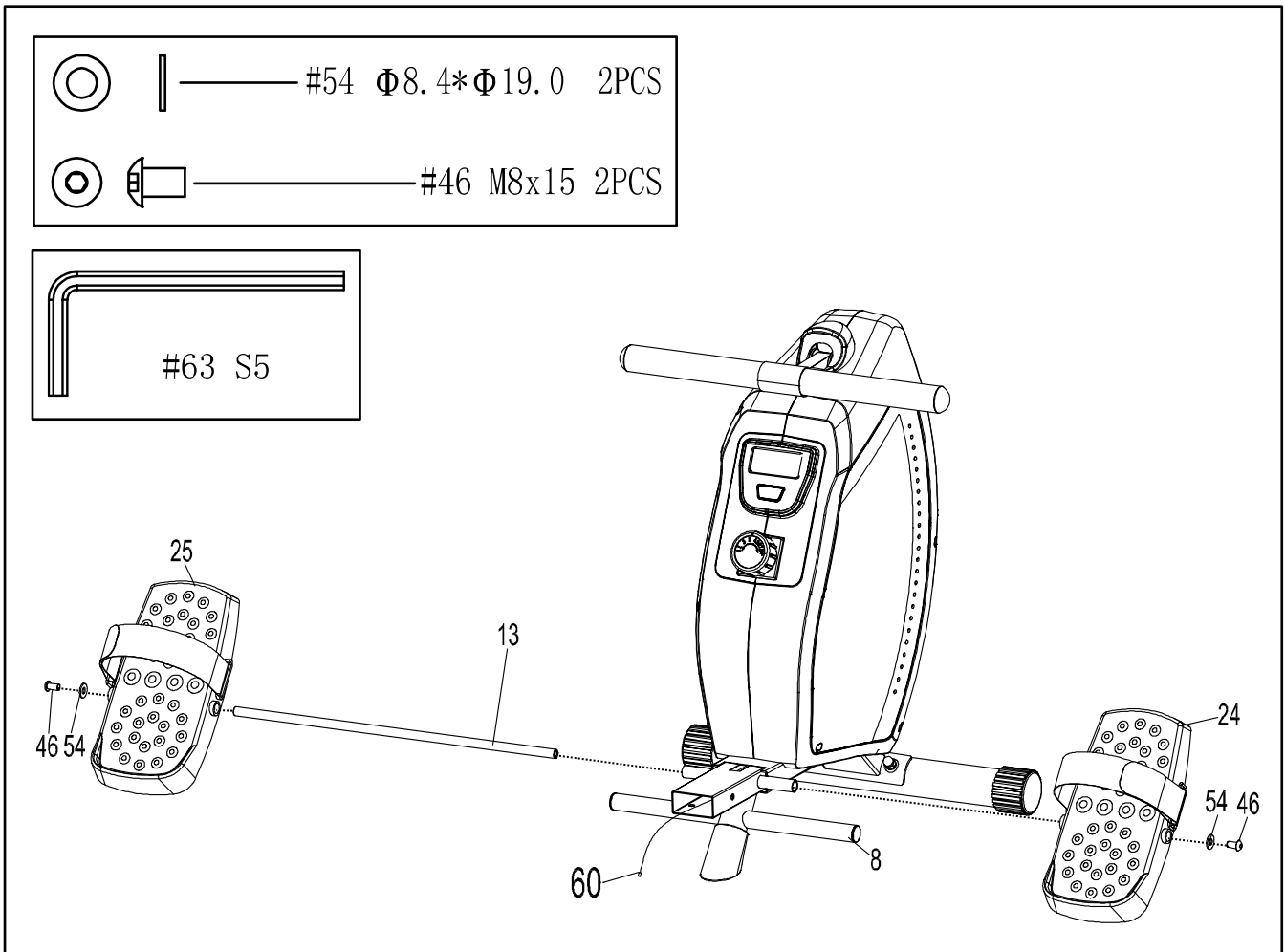
# ASSEMBLY INSTRUCTIONS



## STEP 1.

Attach the **Front Stabilizer (No. 7)** to the **Main Frame (No. 8)** using 2 **Bolts (No. 58)**, 2 **Arc Washers (No. 57)**, 2 **Spring Washers (No. 56)**, and 2 **Cap Nuts (No. 45)**. Tighten with **Spanner (No. 62)**.

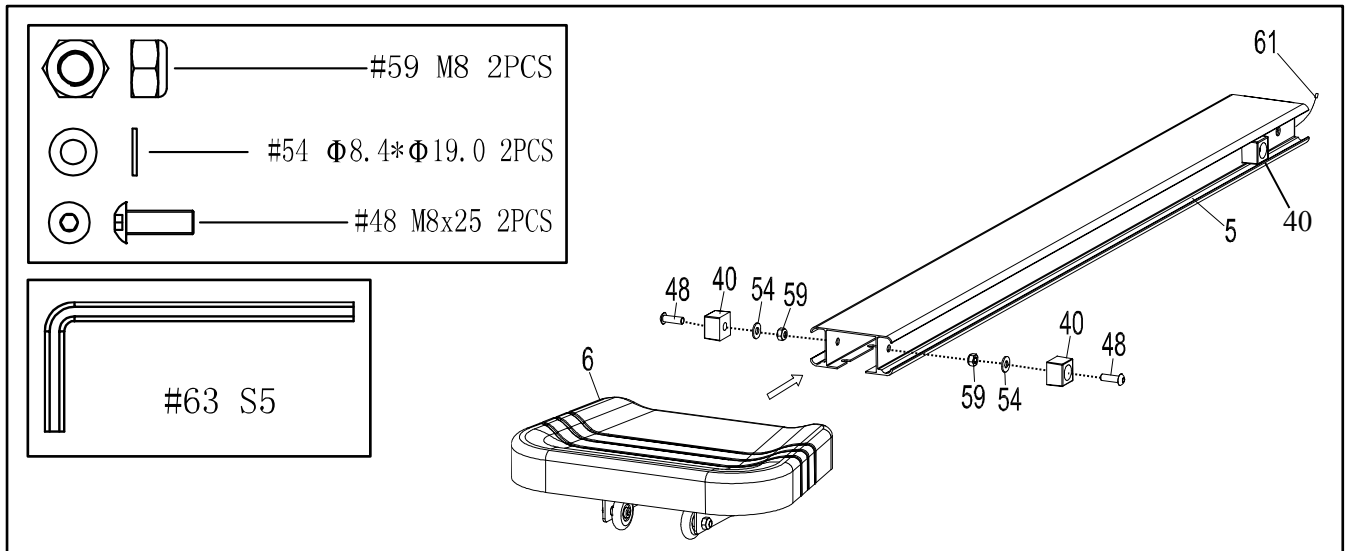
# ASSEMBLY INSTRUCTIONS



## STEP 2.

Insert the **Pedal Shaft Core (No. 13)** into the **Main Frame (No. 8)**, then attach the **L/R Pedal (No. 25 & 24)** to **Pedal Shaft Core (No. 13)** using **2 Allen Screws (No. 46)** and **2 Flat Washers (No. 54)**. Tighten with **Allen Wrench (No. 63)**.

# ASSEMBLY INSTRUCTIONS

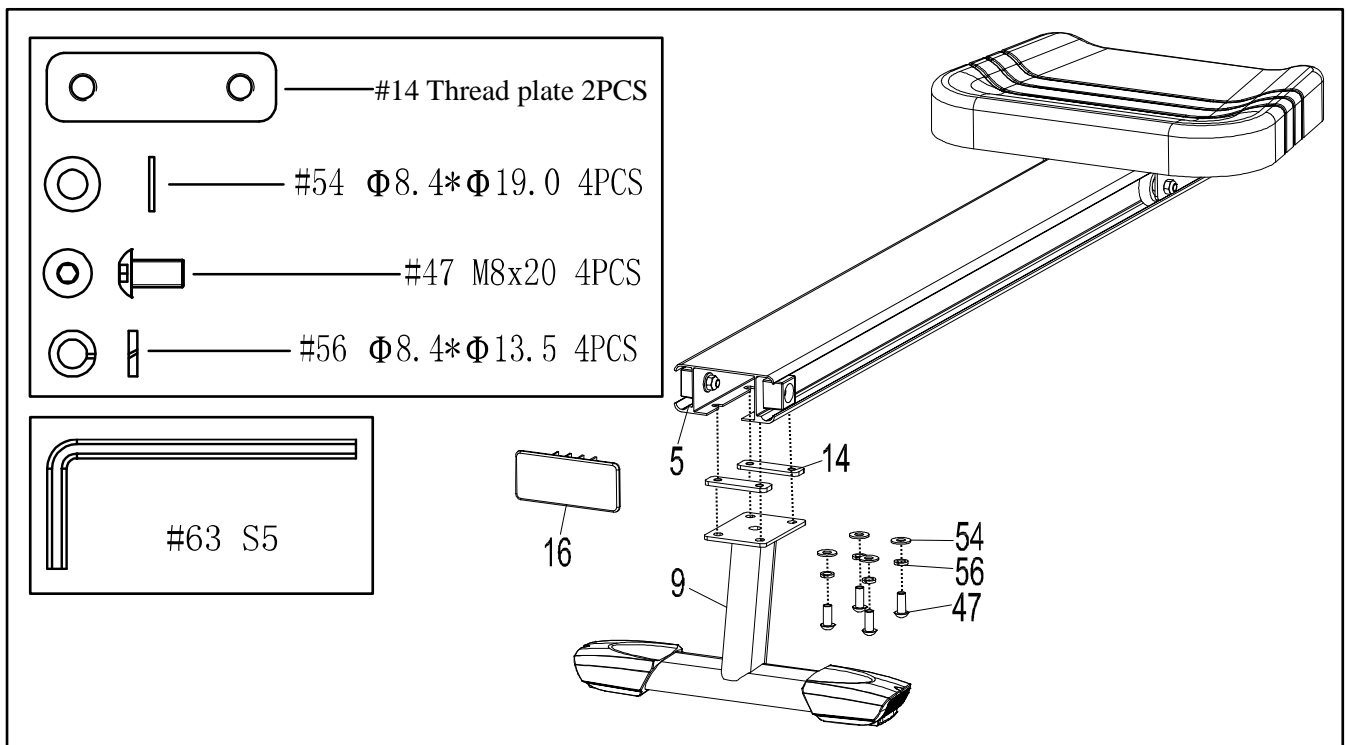


## STEP 3:

Insert the **Saddle (No. 6)** onto the **Sliding Rail (No. 5)**. Then attach the **4 Limit Mats (No. 40)** to the **Sliding Rail (No. 5)** using 2 **Allen screws (No. 48)**, 2 **Flat Washers (No. 54)** and 2 **Nylon Nuts (No. 59)**. Tighten with **Allen Wrench (No. 63)**.



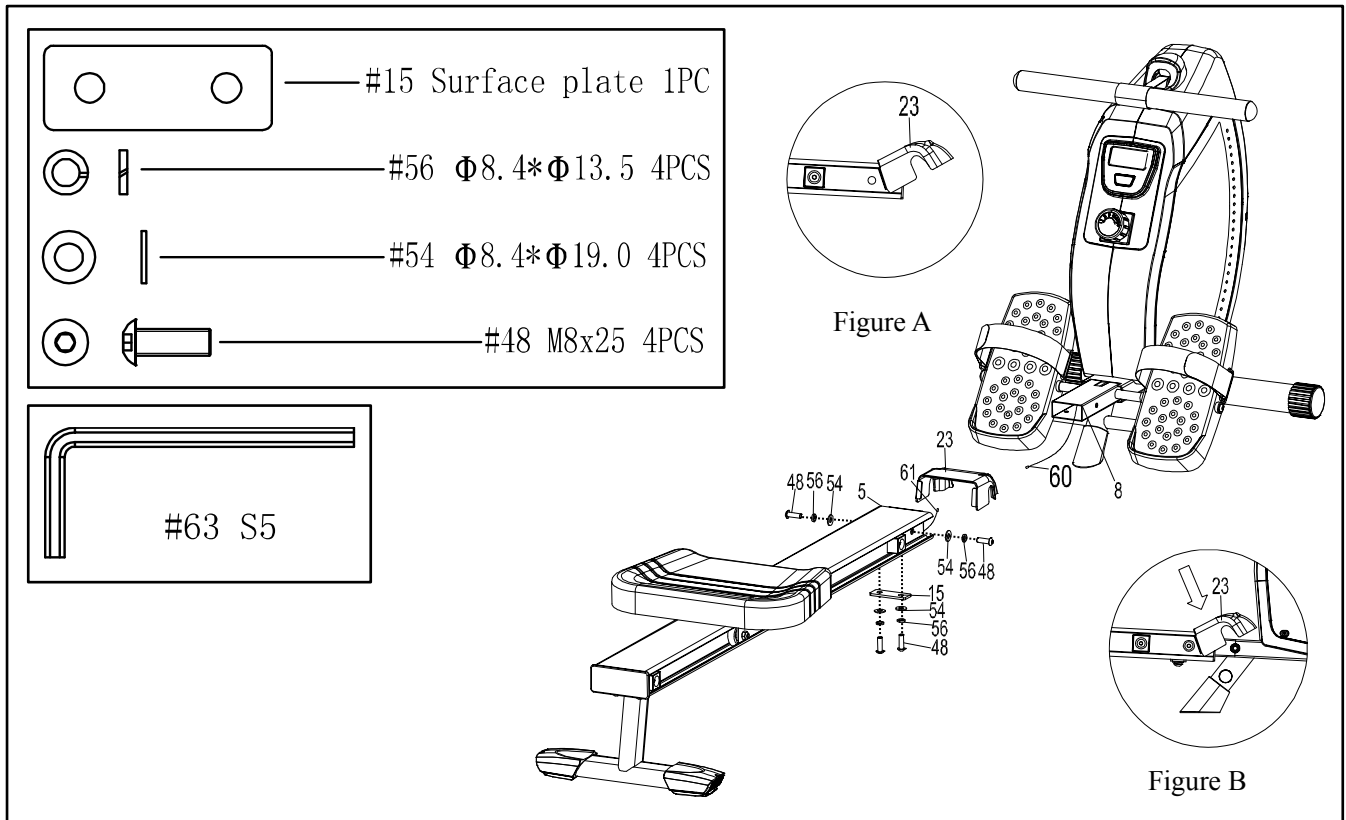
# ASSEMBLY INSTRUCTIONS



## STEP 4.

Attach the **Rear Support (No. 9)** to the **Sliding Rail (No. 5)** using 4 **Allen Screws (No. 47)**, 4 **Spring Washers (No. 56)**, 4 **Flat Washers (No. 54)** and 2 **Thread Plates (No. 14)**. Tighten with **Allen Wrench (No. 63)**. Then insert the **End Cap (No. 16)** onto the **Sliding Rail (No. 5)**.

# ASSEMBLY INSTRUCTIONS



## STEP 5.

Put the **Decoration Cover (No. 23)** on the **Sliding Rail (No. 5)** as shown in figure A.

Connect the **Sensor Wire (No. 61)** with the **Meter Trunk Wire (No. 60)**.

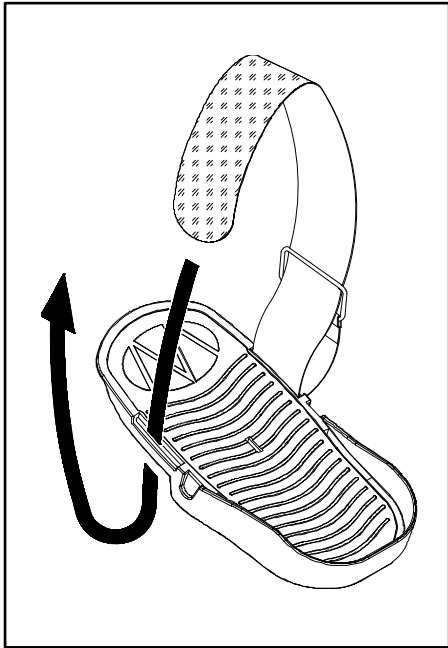
Attach the **Sliding Rail (No. 5)** to the **Main Frame (No. 8)** and secure using 2 **Allen Screws (No.48)**, 2 **Spring Washers (No. 56)** and 2 **Flat Washers (No. 54)**.

Attach the **Surface Plate (No. 15)** to the **Sliding Rail (No. 5)** using 2 **Allen Screws (No. 48)**, 2 **Spring Washers (No. 56)** and 2 **Flat Washers (No. 54)**. Tighten with **Allen Wrench (No. 63)**.

Lastly, press down **the Decoration Cover (No. 23)** as shown in the figure B.

# ADJUSTMENT GUIDE

## PEDAL ADJUSTMENT



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

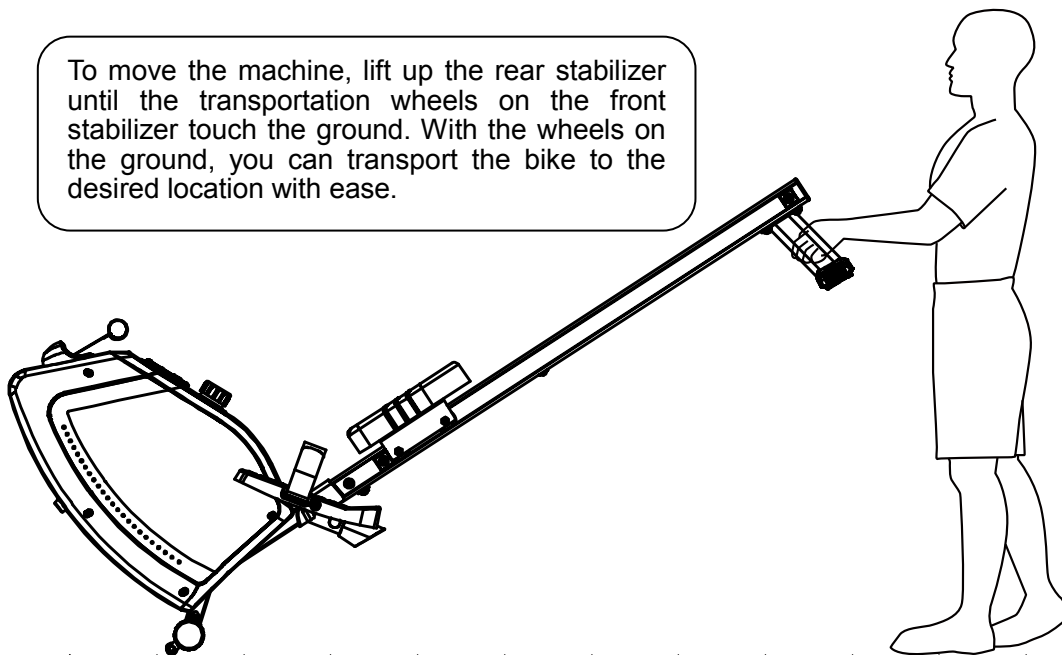
To adjust the pedal strap, remove the **Velcro** end of the strap from the mesh side by pulling it upward then to the left.

Once removed, you may increase the opening of the pedal strap by pulling the mesh end up and to the right.

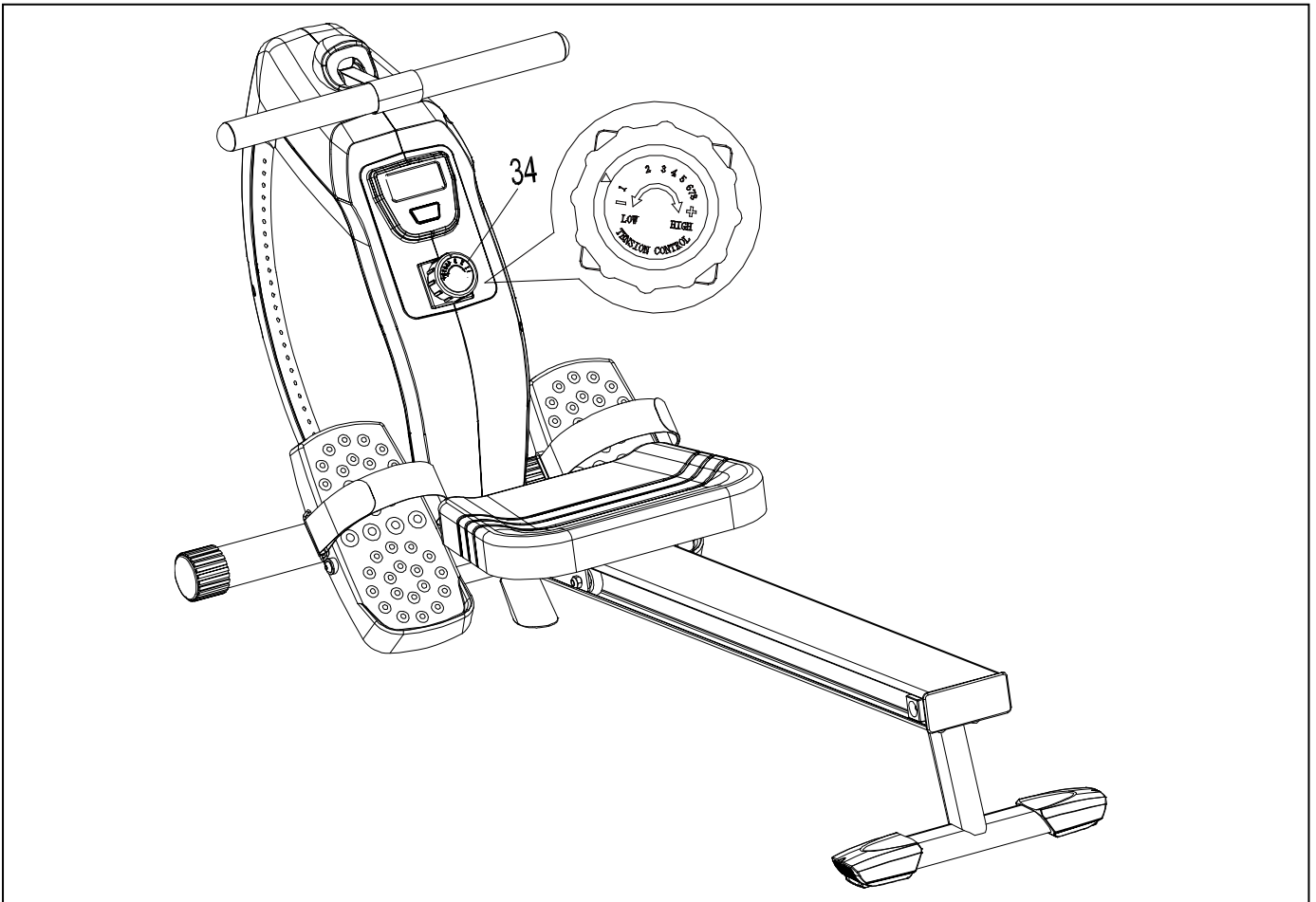
To tighten, pull the **Velcro** end of the pedal strap upward then to the right and down to secure it to the mesh side of the strap.

## MOVING THE MACHINE

To move the machine, lift up the rear stabilizer until the transportation wheels on the front stabilizer touch the ground. With the wheels on the ground, you can transport the bike to the desired location with ease.



# ADJUSTMENT GUIDE



## ADJUSTING THE RESISTANCE

Rotate the **Tension Control Knob (No. 36)** *clockwise* to increase the level of resistance. Rotate the **Tension Control Knob (No. 36)** *counter-clockwise* to decrease the level of resistance.

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

## CAUTION!

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

# METER INSTRUCTIONS

CNT (COUNT) -----0~9999  
TIME (TIME)-----0:00~99:59MIN  
RPM (**STROKES**/MINUTE) -----0~9999  
CAL (CALORIES)----- 0~9999 (0.0~999.9) KCAL  
DIST (DISTANCE) -----0.1-999.9 ML

## KEY FUNCTIONS

**MODE:** Press to select functions: time, calories, rpm, scan, count. Hold the button for **3** seconds to **reset all values**.

## OPERATION PROCEDURES

### AUTO ON/OFF

**When you start rowing or press the MODE key, the meter will turn on. After approximately 4 minutes of inactivity, the meter will shut off.**

### MODE

To select the LOCK MODE setting, press the MODE key when the pointer on the function you wish to select begins to blink. **Once locked, only the selected function will be displayed.**

### RESET

The computer can be reset by pressing and holding the MODE button for three seconds. **Removing the batteries will also reset the computer and reset all values back to zero.**

## FUNCTIONS

**SCAN:** **Repeatedly** displays functions in the following order shown: count, time, speed, calories, distance.

**CNT(COUNT):** **Counts number of strokes.**

**TIME :** The total **exercise** time will be shown.

**RPM (**STROKES**/MINUTE):** Display current speed during working time.

**CAL(CALORIES):** The calorie burned will be displayed.

**DIST (DISTANCE ML):** The distance of each workout will be displayed.

## BATTERY

- 1. Meter stops counting if no signal for 4 seconds.**
- 2. Meter shuts off if no signal for 4 minutes.**
- 3. 1 AAA-1.5V Battery as Power supply.**
- 4. If display is dim, replace the battery. Dispose of old battery according to your regional guidelines.**