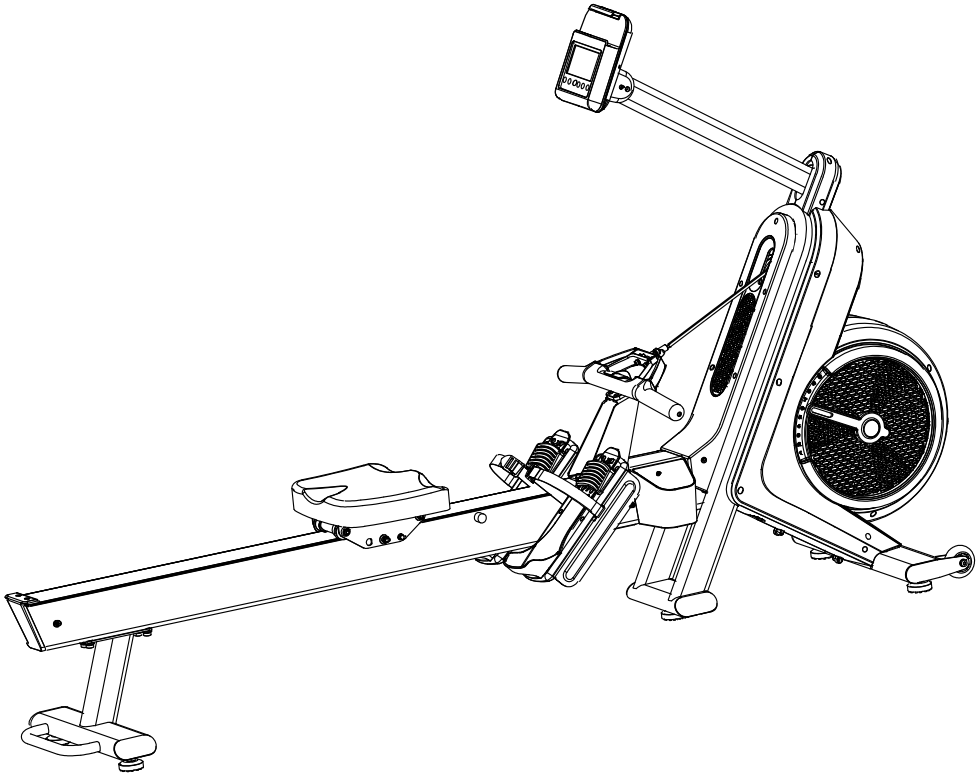
RX5

OWNER'S MANUAL



IMPORTANT!

Please read all instructions carefully before using this product.
Retain this manual for future reference.
The specifications of this product may vary slightly from the illustrations and are subject to change without notice.

IMPORTANT SAFETY NOTICE

Note the following precautions before assembling and operating the machine.

01-Read this Owner's Manual and follow the instruction carefully before using the Rowing Machine. Make sure that it is properly assembled and tightened before use.

02-We recommend having two people for assembling this machine.

03-To lubricate all moving parts annually is recommended.

04-Do not wear loose clothing to avoid entangling in any moving parts.

05-Set up and operate the rowing machine on a solid level surface.

06-Always wear shoes when using the machine.

07-Please keep children and pets away from the machine while it is in use. Do not allow children to play or use the machine. This machine is designed for adults, not children.

08-Please maintain your balance while using the machine.

09-Stop exercise immediately in case of nausea, shortness of breath, faint, headache, pain, tightness in your chest or any discomfort.

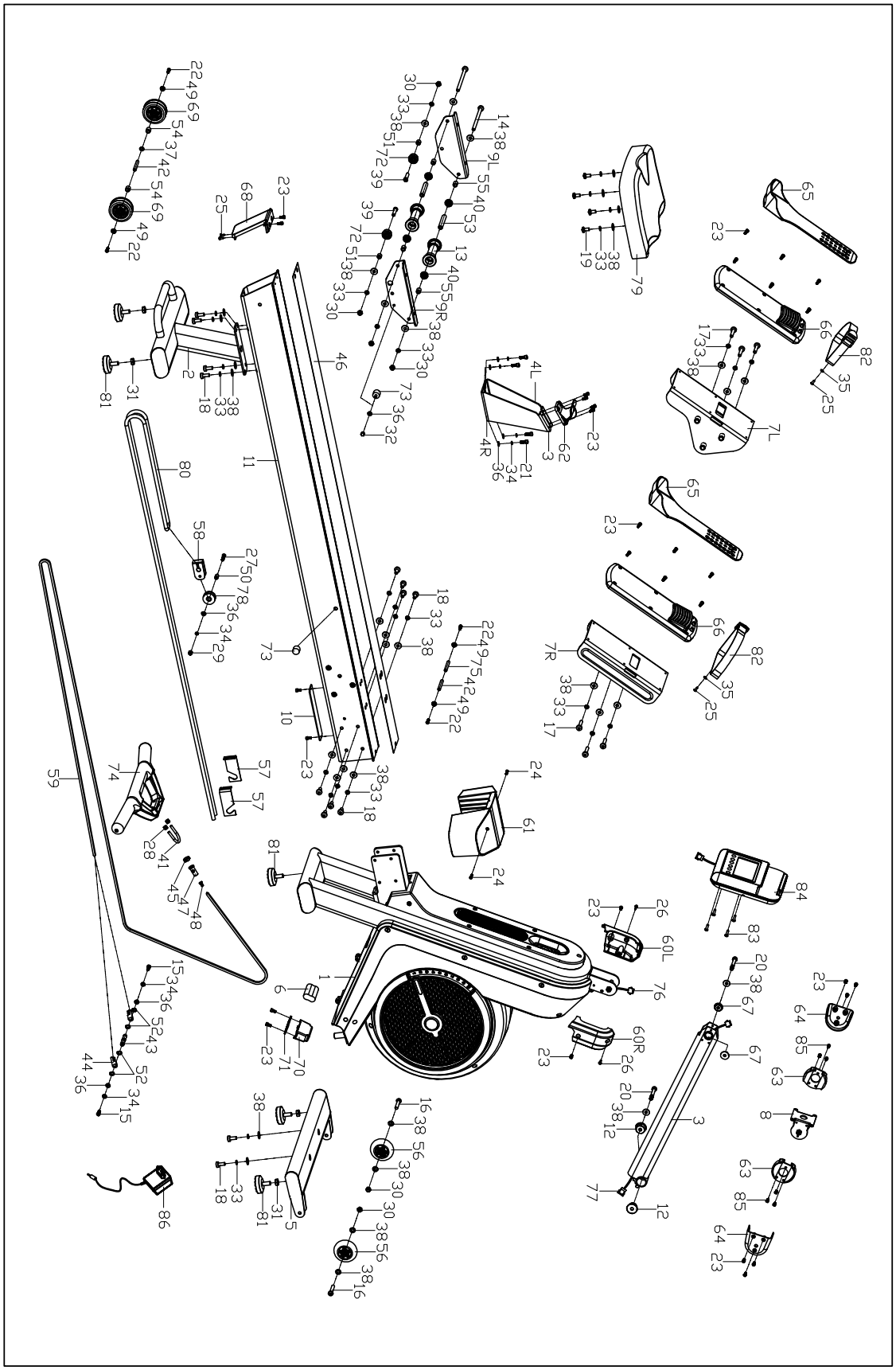
10-Do not place fingers or any other objects into the moving parts.

11-Prior to any exercise, consult with your physician first to establish the exercise frequency, time and intensity appropriate for your particular age and condition.

12-Do not grasp the seat to move the Rowing Machine. The seat will move and it may hurt your hand and fingers.

13-The rowing machine should be used by only one person at a time, and it is designed for consumer use only.

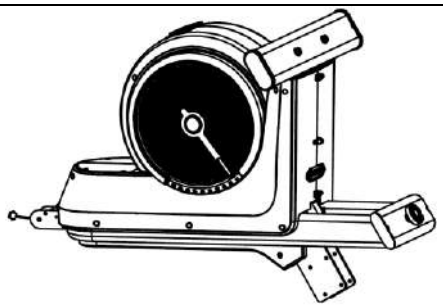
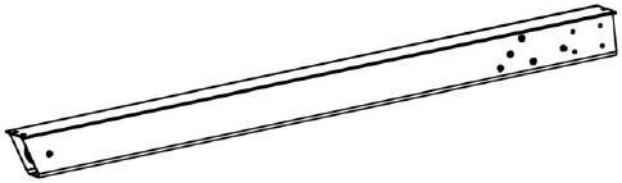
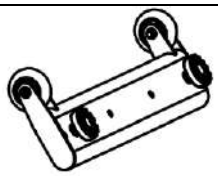
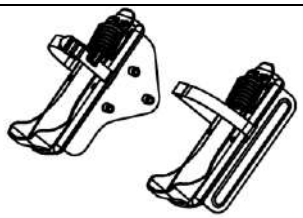
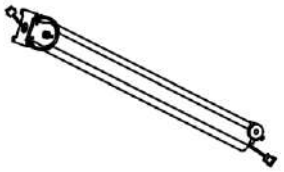
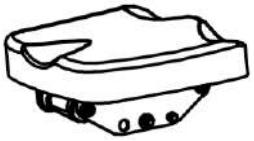
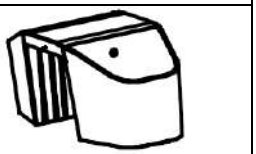
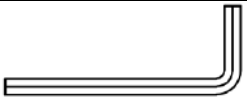
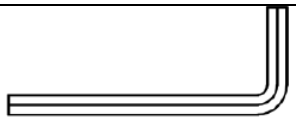
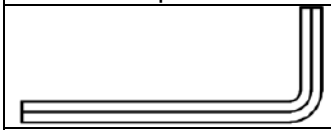
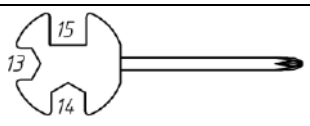
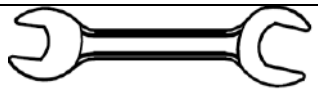
EXPLOADED DIAGRAM



PARTS LIST

NO.	Description	Spec.	QTY	NO.	Description	Spec.	QTY
1	Main Frame		1	45	Stop Ring		1
2	Rear Support Tube		1	46	Stainless Sheet		1
3	Console Support		1	47	Chain Buckle		1
4L/R	Fixed Plate		1PR.	48	Connecting Buckle		1
5	Front Stabilizer		1	49	Spacer	φ14*6.2	4
6	Battery		1	50	Copper Spacer	φ6.2*φ10*15.2	1
7L/R	Pedal Support		1PR.	51	Spacer	φ8.3*φ12*11.3	2
8	Console Bracket		1	52	Axle Spring Ring	D10	4
9L/R	Seat Support Board		1PR.	53	Spacer	φ8.3*φ12*73.2	2
10	Rail Plate		1	54	Spacer	φ8.5*φ12.7*13.6	3
11	Slide Rail		1	55	Spacer	φ8.3*φ12*15.3	4
12	Alloy Bushing		2	56	Transportation Wheel		2
13	Roller		2	57	Pulley Plate		2
14	Allen Bolt	M8*135	2	58	Roller Fixed Plate		1
15	Socket Head Cap Screw	M6*16	2	59	Chain		1
16	Socket Head Cap Screw	M8*45	2	60L/R	Console Support Cover		1PR.
17	Socket Head Cap Screw	M8*40	6	61	Bottle Holder		1
18	Socket Head Cap Screw	M8*20	14	62	Fixed Base		1
19	Socket Head Cap Screw	M8*16	4	63	Inner Bracket Cover		2
20	Socket Head Cap Screw	M8*60	2	64	Outer Bracket Cover		2
21	Socket Head Cap Screw	M6*20	4	65	Pedal Pad		2
22	Socket Head Cap Screw	M5*16	4	66	Pedal		2
23	Socket Head Cap Screw	M5*10	30	67	Axle Sleeve		2
24	Phillips Screw	M4*20	2	68	Rail Cover		1
25	Phillips Screw		4	69	Roller		2
26	Phillips Screw		2	70	Battery Case		1
27	Allen Bolt	M6*30	1	71	Battery Case Cover		1
28	Nylon Nut	M6*H8	2	72	Seat Wheel		2
29	Nylon Nut	M6*H6	1	73	Buffer Limit Seat		2
30	Nylon Nut	M8*H8	6	74	Handlebar		1
31	Hex Nut	M10	4	75	Silicon Spacer		1
32	Cap Nut	M6	1	76	Sensor		1
33	Spring Washer	D8	28	77	Sensor Extension Wire		1
34	Spring Washer	D6	7	78	Small Wheel		1
35	Flat Washer	D5*D10*1	2	79	Seat		1
36	Flat Washer	D6*D13*1.5	10	80	Rope		1
37	Flat Washer	D8*D13*1.5	1	81	Adjustable Pad		5
38	Flat Washer	D8*D20*1.5	30	82	Pedal Strap		2
39	Allen Screw	M8*35	2	83	Phillips Screw	M5	4
40	Bearing	608Z	4	84	Console		1
41	U-Shaped Bolt		1	85	Allen Screw	M5*12	6
42	Axle		2	86	Adaptor		1
43	Chain Axle		1				
44	Chain Hook		2				

Assembly Parts

			
#1 Main Frame 1PC		#11 Slide Rail 1PC	
			
#5 Front Stabilizer 1PC	#2 Rear Support Tube 1PC	#7L/R Pedal Support 1PR.	#3 Console Support 1PC
			
#68 Rail Cover 1PC	#79 Seat 1PC	#84 Console 1PC	#64 Outer Bracket Cover 2PCS
			
#4L/R Fixed Plate 1PR.	#74 Handlebar 1PC	#60 Console Support Cover 1PR.	#61 Bottle Holder 1PC
			
#86 Adaptor 1PC	Allen Wrench S4 1PC	Allen Wrench S5 1PC	
			
Allen Wrench S6 1PC	Spanner S13, S14, S15 1PC	Open End Wrench S8, S10 1PC	

ASSEMBLY INSTRUCTIONS

♦ Take time to review the manual and familiarize yourself with the entire assembly process before proceeding.

♦ Given the weight of the equipment, we recommend that two or more people be involved in assembly, and having assistance accordingly. This is especially convenient when assembling multiple parts or moving the equipment.

Assembly Tip: It is always helpful to pre-stage the items needed for each assembly step.

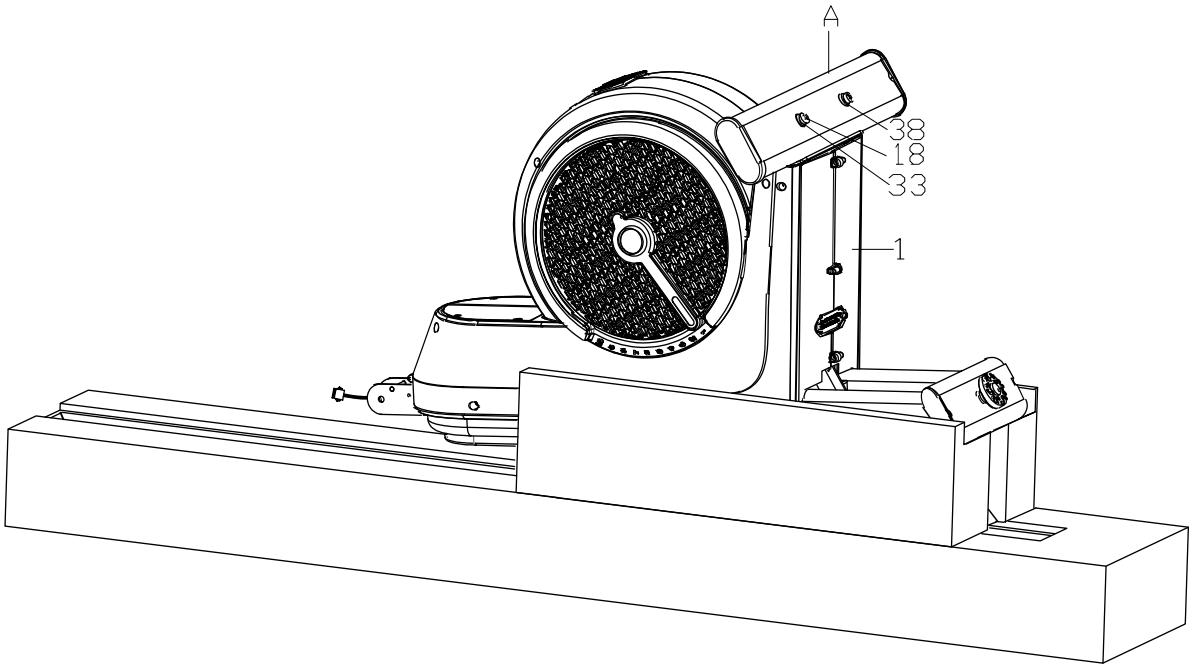
ASSEMBLY INSTRUCTIONS

STEP 1:

1. First, remove the other parts and styrofoams, leaving the parts as shown in below diagram.

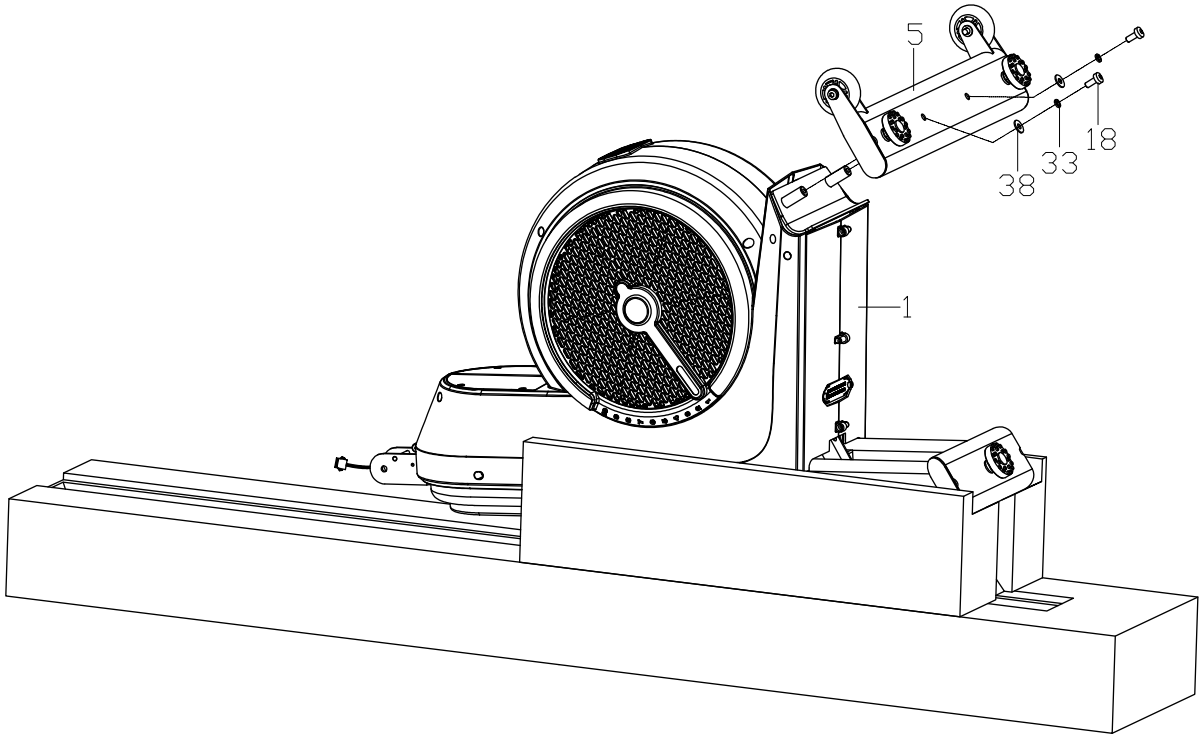
2. Remove the **Shipping Tube (A)**, **Socket Head Cap Screws (No. 18)**, **Spring Washers (No. 33)** and **Flat Washers (No. 38)** from the **Main Frame (No. 1)**.

NOTE: You can discard the **Shipping Tube (No. A)** or save it to repackage the item in the future.



STEP 2:

1. Attach the **Front Stabilizer (No. 5)** to the **Main Frame (No. 1)** with **Socket Head Cap Screws (No. 18)**, **Spring Washers (No. 33)** and **Flat Washers (No. 38)** that were just removed.



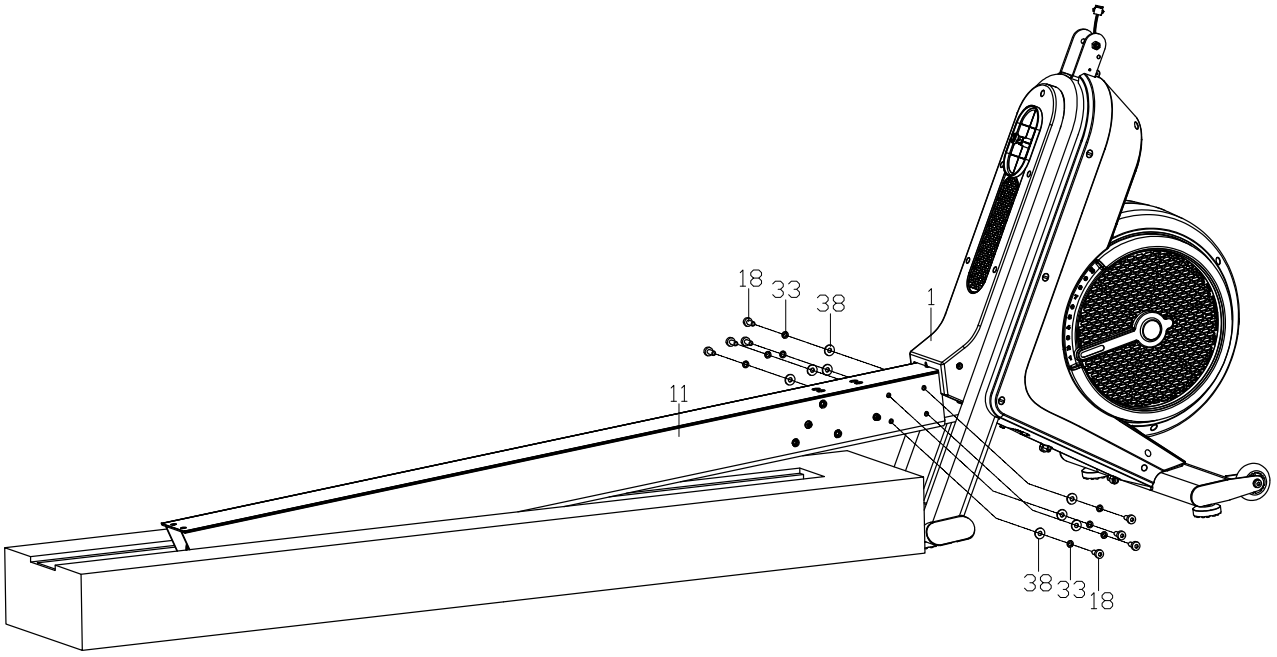
STEP 3:

1. With the asistance of a second person, rotate the **Main Frame (No. 1)** onto the floor

NOTE: When rotating the **Main Frame (No. 1)** downtowards the floor, please make sure to keep the **Slide Rail (No. 11)** in line with the **Main Frame (No. 1)** and ensure that the chain is not knotted or twisted.

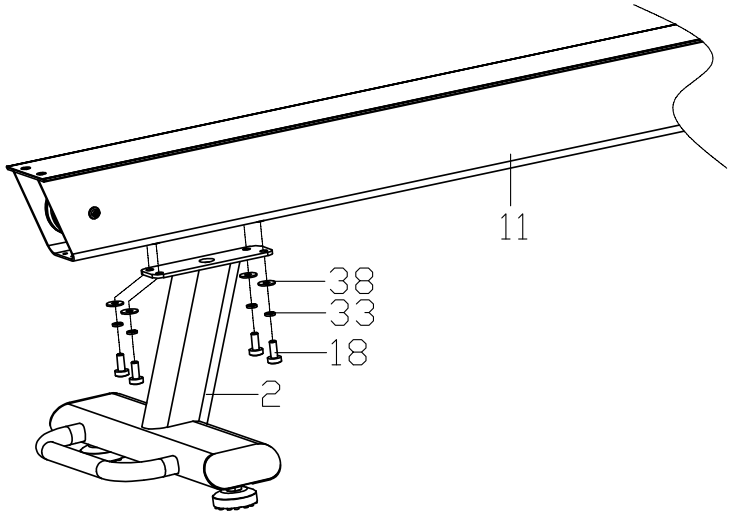
WARNING: Tension of the chain may pull up the guide rail towards the main frame, be careful not to pinch your hand;

2. Tighten the **Slide Rail (No. 11)** to the **Main Frame (No. 1)** with **Socket Head Cap Screws (No. 18)**, **Spring Washers (No. 33)** and **Flat Washers (No. 38)**.



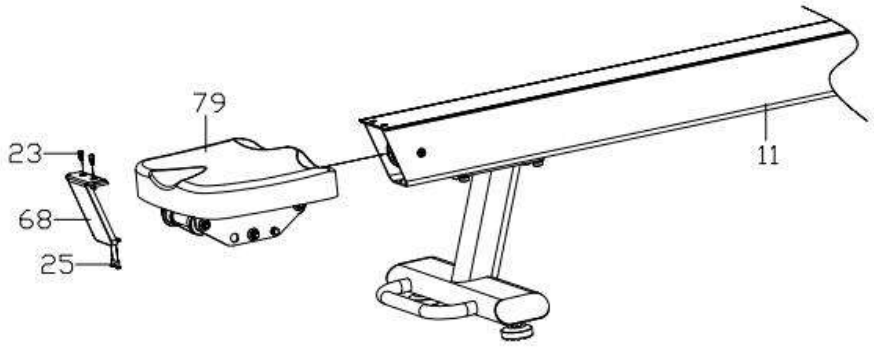
STEP 4:

Lock the **Rear Support Tube (No. 2)** to the **Slide Rail (No. 11)** with **Socket Head Cap Screws (No. 18)**, **Spring Washers (No. 33)** and **Flat Washers (No. 38)**.



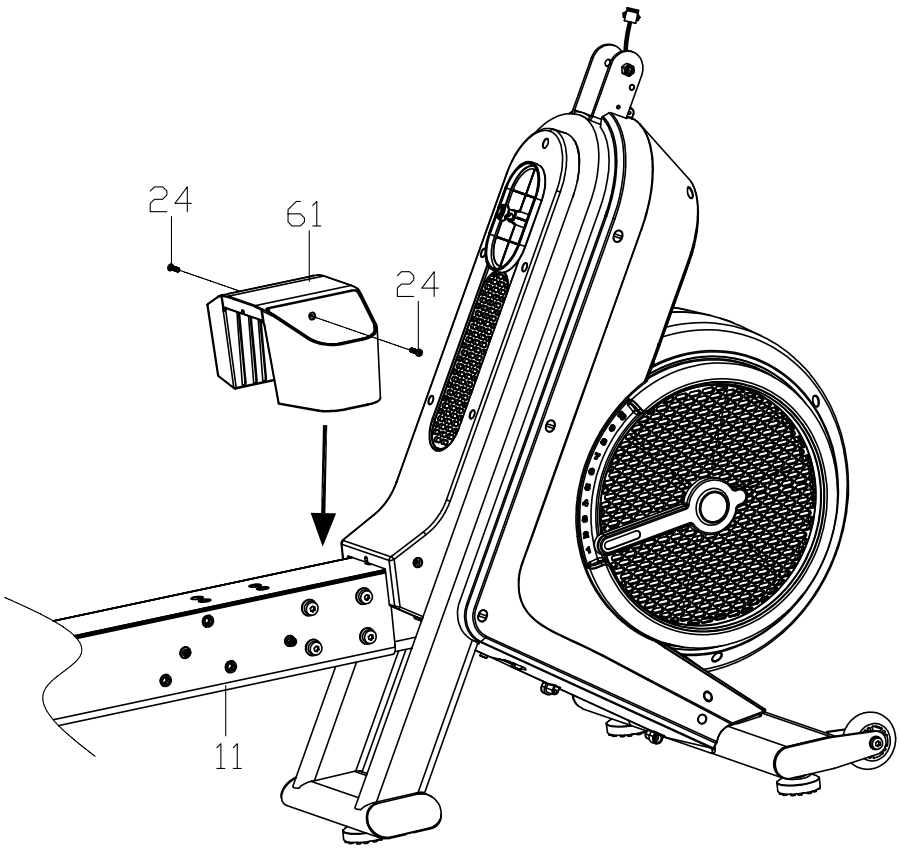
STEP 5:

Slide the **Seat (No. 79)** on to the **Slide Rail (No. 11)**. Then lock the **Rail Cover (No. 68)** to the **Slide Rail (No. 11)** with **Socket Head Cap Screws (No. 23)** and **Phillips Screws (No. 25)**.



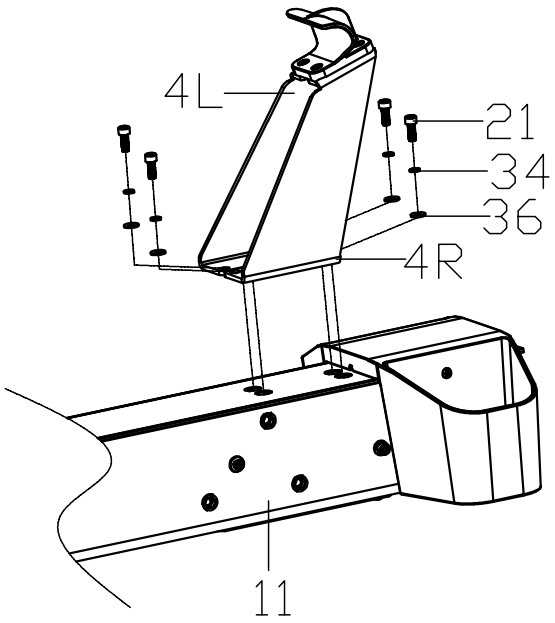
STEP 6:

Buckle the **Bottle Holder (No. 61)** downwards on the **Slide Rail (No. 11)**. Then lock with **Phillips Screws (No. 24)**.



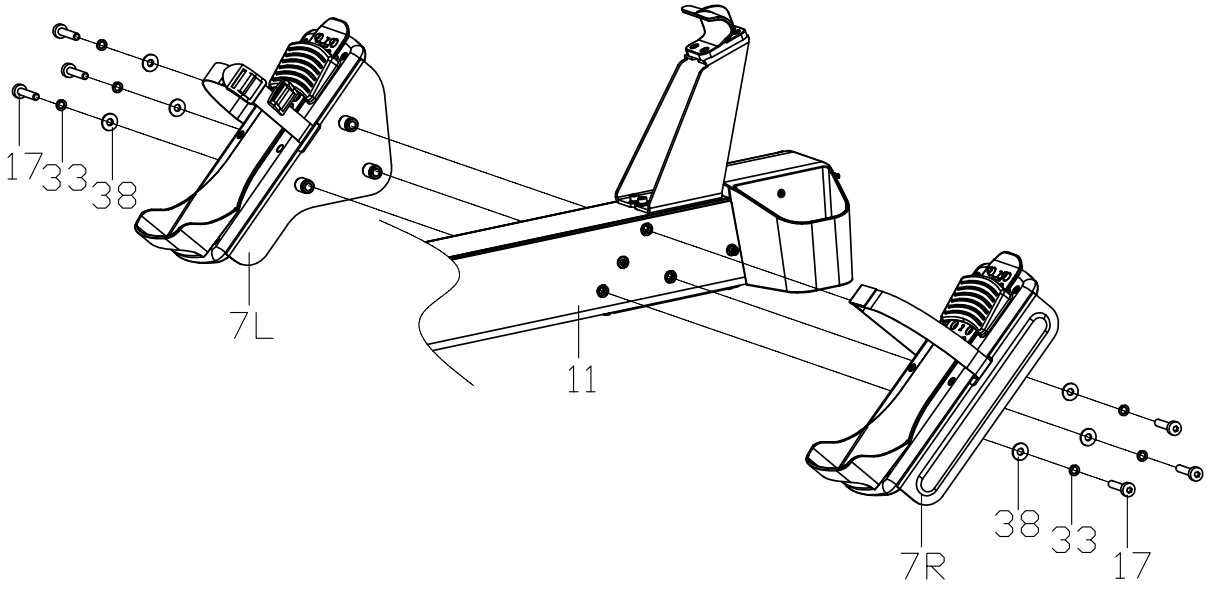
STEP 7:

Lock the **Fixed Plate (No. 4L/R)** on to the **Slide Rail (No. 11)** with **Socket Head Cap Screws (No. 21)**, **Spring Washers (No. 34)** and **Flat Washers (No. 36)**.



STEP 8:

Lock the **Pedal Support (No. 7L/R)** to the **Slide Rail (No. 11)** with **Socket Head Cap Screws (No. 17)**, **Spring Washers (No. 33)** and **Flat Washers (No. 38)**.



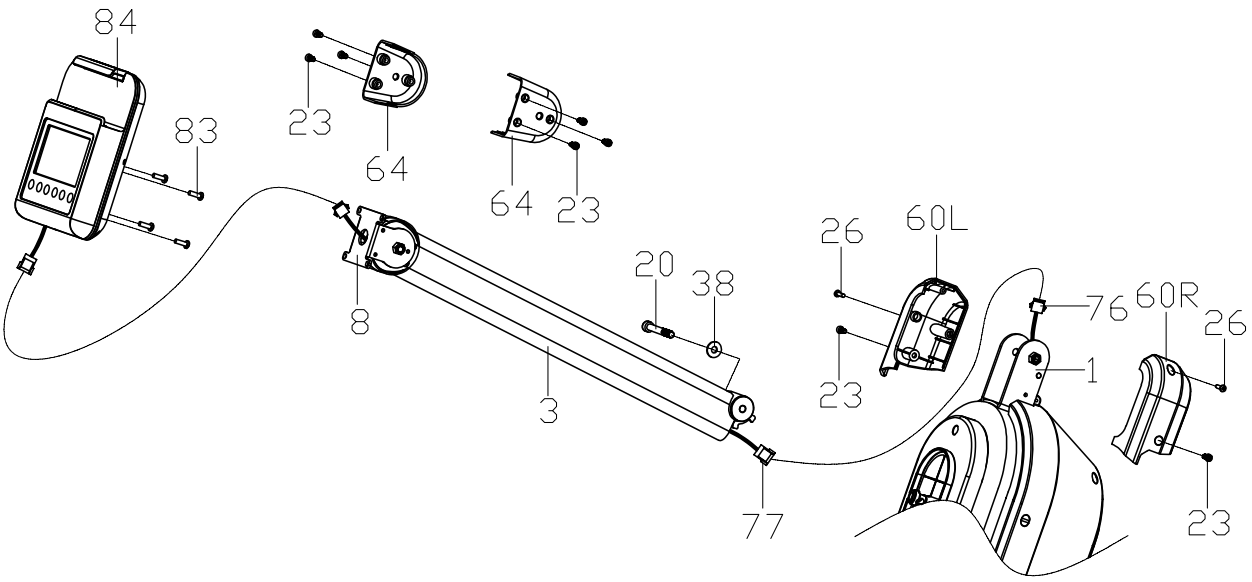
STEP 9:

1. Connect **Sensor Wire (No. 76)** with **Sensor Extension Wire (No. 77)**, then secure the **Console Support (No. 3)** to the **Main Frame (No. 1)** with **Socket Head Cap Screws (No. 20)** and **Flat Washers (No. 38)**.

2. Connect the other side of the **Sensor Extension Wire (No. 77)** with the wire coming out from the **Console (No. 84)**. Sort the wires into the groove on the back cover of the **Console (No. 84).** Then lock the **Console (No. 84)** to the **Console Bracket (No. 8)** with **Phillips Screws (No. 83)**.
NOTE: Do not cut or pinch any wires when attaching the **Console (No. 84)**.

3. Lock the **Outer Bracket Covers (No. 64)** to the **Console Bracket (No. 8)** with **Socket Head Cap Screws (No. 23)**.

4. Lock the **Console Support Covers (No. 60L/R)** to the **Main Frame (No. 1)** with **Socket Head Cap Screws (No. 23)** and **Phillips Screws (No. 26)**.



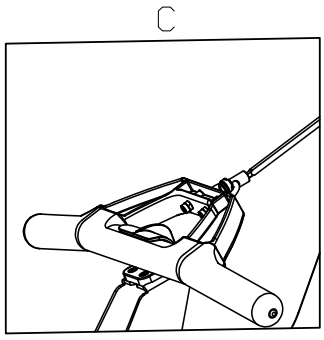
STEP 10:

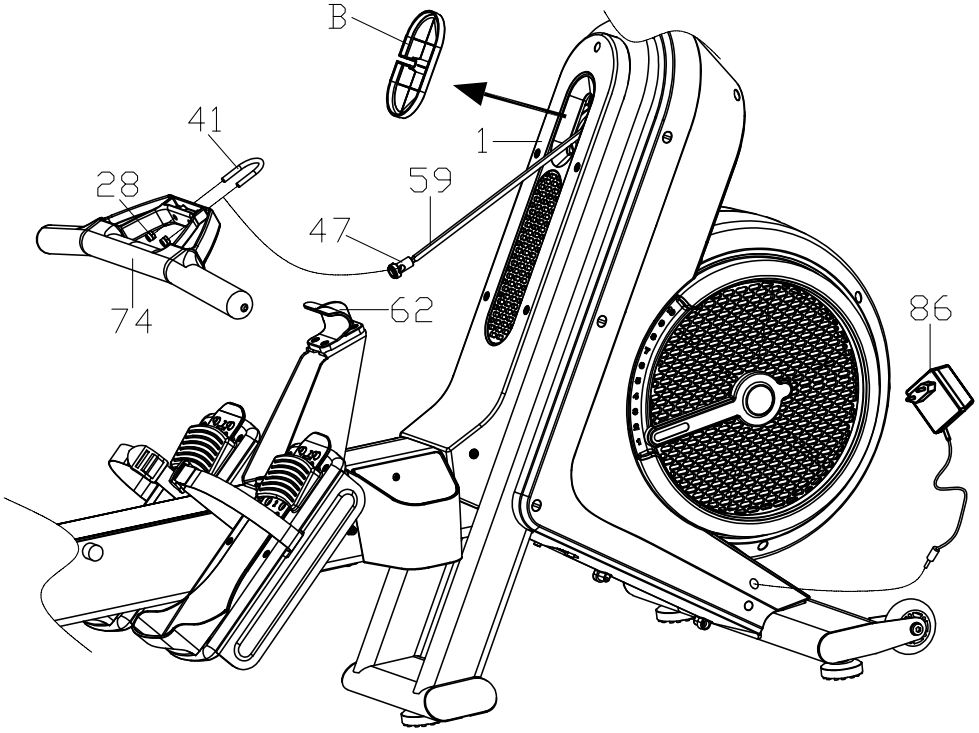
1. Buckle the **U-Shaped Bolt (No. 41)** on the **Chain Buckle (No. 47)**. Then insert the **U-Shaped Bolt (No. 41)** into the holes on the **Handlebar (No. 74)** and secure them together with **Nylon Nuts (No. 28)**.

2. Take off the **Plastic Plug (B)** from the **Main Frame (No. 1)**, then hang the **Handlebar (No. 74)** on the **Handlebar Base (No. 62)** , as show in diagram C.

When using the Adaptor:
Insert the jack from **Adaptor (No. 86)** to adaptor interface on the **Main Frame (No. 1),** then plug the **Adaptor (No. 86)** into an outlet.

The assembly is now complete!





WARM-UP and COOL-DOWN

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 workouts to four or five times per week.

WARM-UP

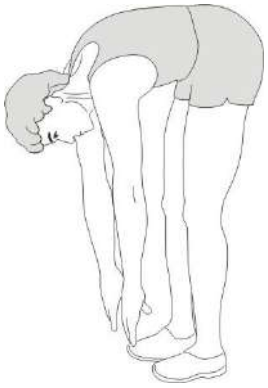
The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

STRETCHING

Stretching while your muscles are warm after a proper warm-up and again after your strength
or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. **DO NOT BOUNCE**.



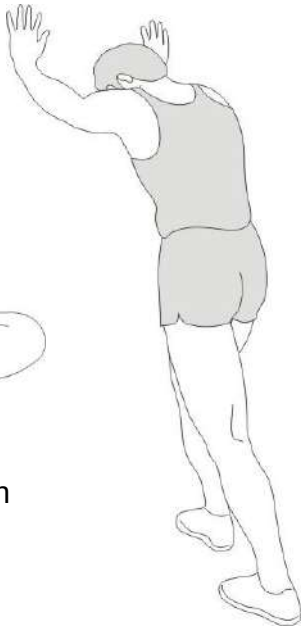
Side Stretch



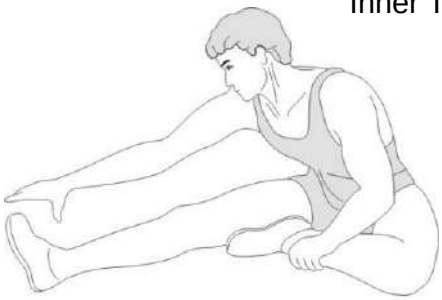
Toe Touch



Inner Thigh Stretch



Calf-Achilles Stretch



Hamstring Stretch

Remember always to check with your physician before starting any exercise program.

COOL-DOWN

The purpose of cooling down is to return the body to its normal or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.