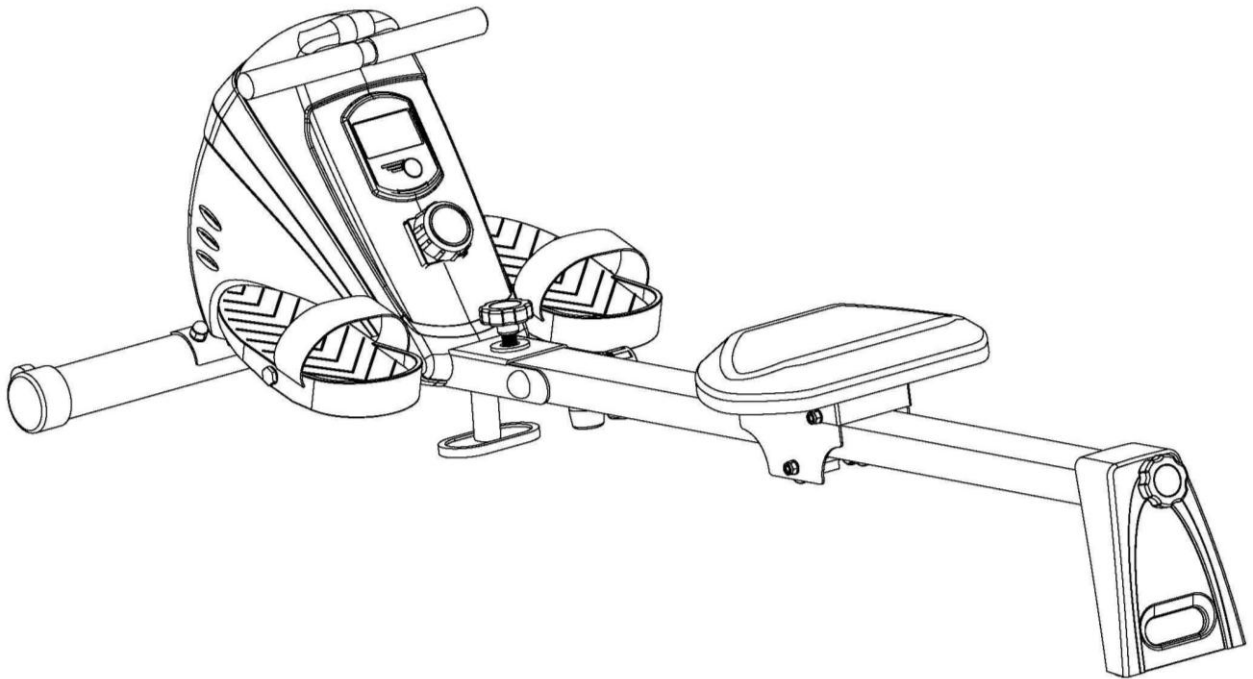


HPF Rowing Machine - RWM200

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.

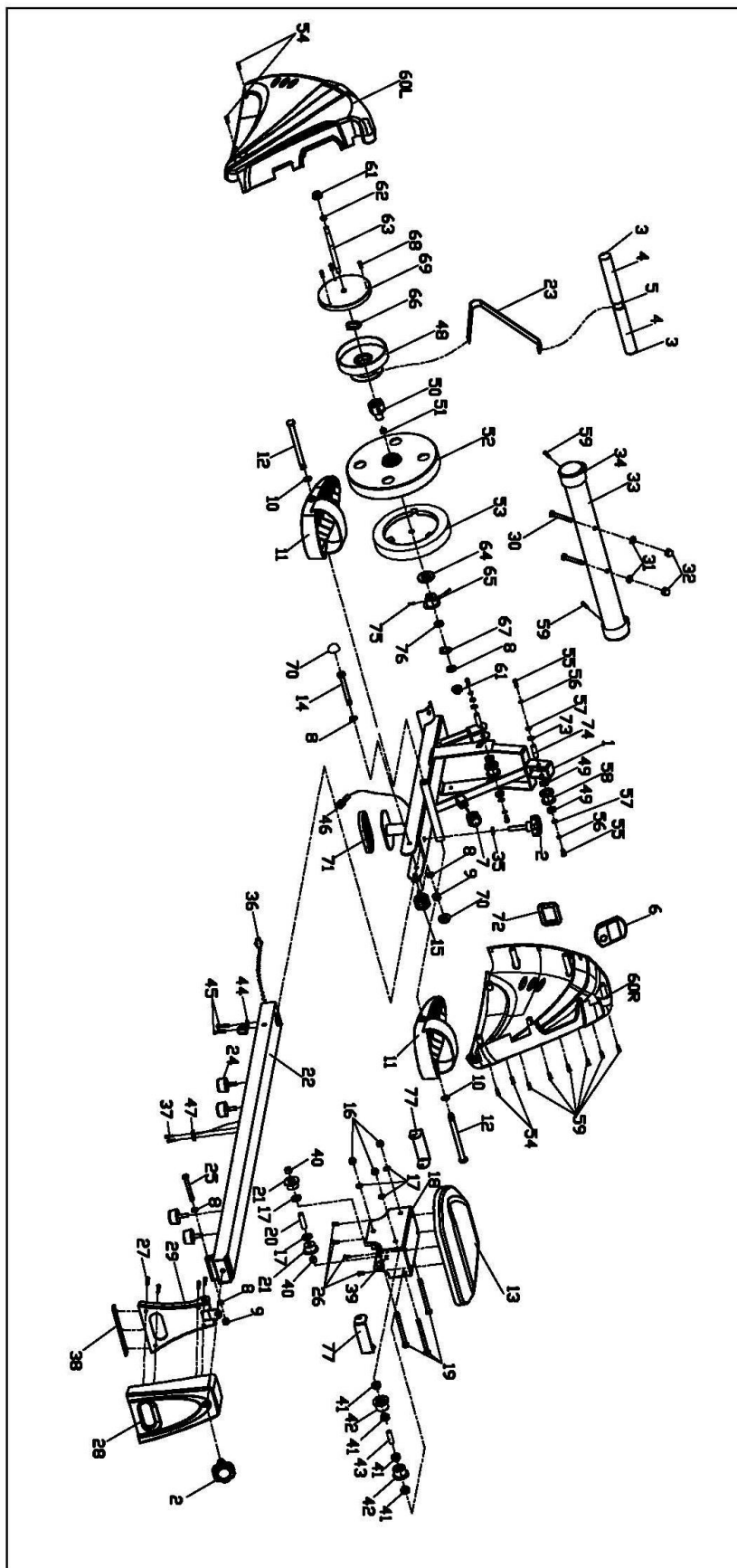
11-Prior to any exercise, consult with your physician first to establish the exercise frequency, time and intensity appropriate for your particular age and condition.

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.

14-Maximum user's weight is 100Kg/ 220LB.

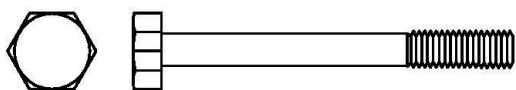
EXPLODED DIAGRAM



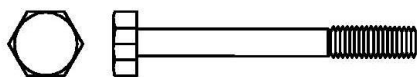
PARTS LIST

NO.	Description	QTY	NO.	Description	QTY
1	Mainframe	1	40	Steel bushing	2
2	Knob M10*25	2	41	Bearing	8
3	End cap	2	42	PU wheel	4
4	Foam grip	2	43	Sleeve 1	2
5	Handlebar	1	44	Plate	1
6	Computer	1	45	Screw M6*20	2
7	Tension control	1	46	Connection wire	1
8	Flat washer D10×2.0×φ20	5	47	Sensor	1
9	Nylon nut M10	2	48	Rotary plate	1
10	Flat washer D13×2.0×φ26	2	49	Bearing 6000	4
11	Pedal	2	50	Plug	1
12	Bolt M12×155×16	2	51	Bushing	1
13	Saddle	1	52	Flywheel	1
14	Hexagon bolt M10*100	1	53	Magnet board	1
15	Knob M16×1.5	1	54	Screw ST4.2X18	4
16	Nylon nut M8	3	55	Hexagon bolt M6*15	4
17	Flat washer D8×1.5×φ16	5	56	Arc washer D6	4
18	Slide rest	1	57	Flat washer D6×1.0×φ12	4
19	Hexagon bolt M8*110	3	58	Pulley	2
20	Sleeve 2	2	59	Screw ST4.2X18	8
21	Wheel	2	60L/R	L/R chain cover	1 each
22	Slide way	1	61	Bolt M10*1.0	2
23	Tension belt	1	62	Hexagon bolt M10*1.0	1
24	Cushion	4	63	Handlebar shaft	1
25	Hexagon bolt M10*95	1	64	Spring	1
26	Screw M6*15	4	65	Axle	1
27	Screw ST4.2*8	4	66	Washers D17	1
28	Protect guard	1	67	Washers D12	1
29	Stand rail	1	68	Screw ST3.5*18	3
30	Carriage bolt M8*73	2	69	End cap	1
31	Arc washer D8×2×Φ25×R30.5	2	70	Plastic cap S17	2
32	Cap nut M8	2	71	Rubber pad	1
33	Front bottom tube	1	72	Over lay	1
34	End cap	2	73	Washers D10	4
35	Flat washer	1	74	Axle for belt wheel	2
36	Sensor	1	75	Hexagon bolt M8×10	2
37	Screw ST3X10	2	76	Bearing 16003	1
38	Rubber pad	1	77	Board	2
39	Magnet	1			

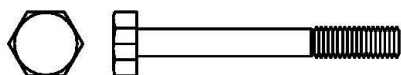
HARDWARE BAG PACKING LIST



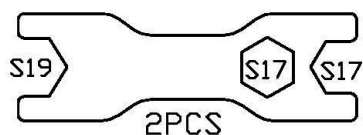
#12 M12X155 2PCS



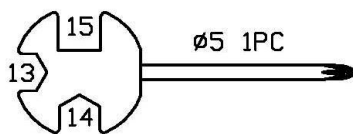
#14 M10X100 1PC



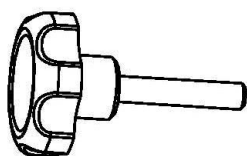
#25 M10X95 1PC



2PCS



Ø5 1PC



#2 M10X25 1PC



#10 D13 2PCS



#8 D10X2 4PCS



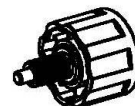
#35 D10X2.5 1PC



#9 M10 2PCS



#70 S17 2PCS



#15 M16X1.5 1PC

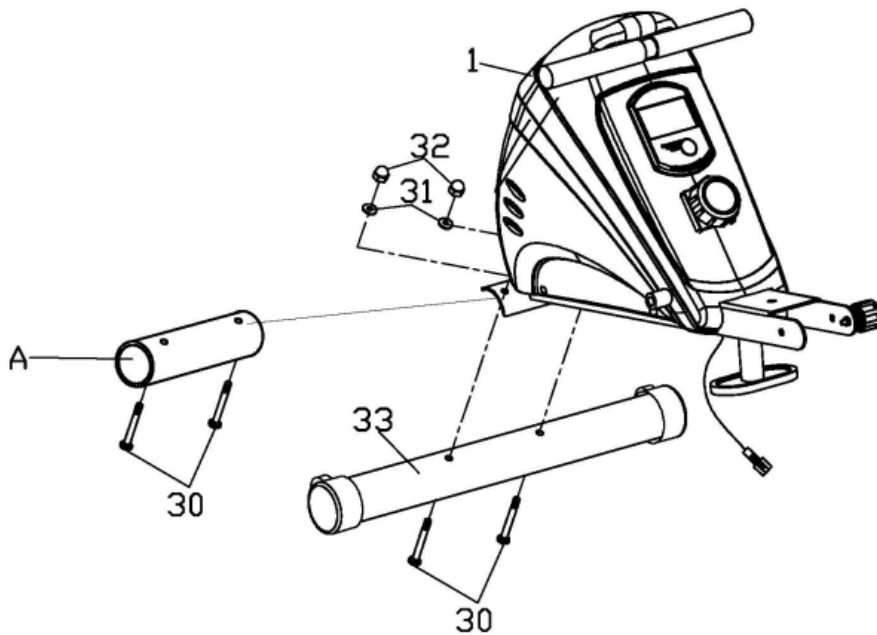
PART #	DESCRIPTION	QUANTITY
12	Bolt M2X155	2
14	Bolt M10X100	1
25	Bolt M10X95	1
2	Knob M10X25	1
10	Washer D13	2
8	Washer D10X2	4
35	Washer D10X2.5	1
9	Nut M10	2
70	Cap S17	2
15	Knob M16X1.5	1
	Wrench (S17, S19)	2
	Wrench (13, 14, 15, Ø5)	1

ASSEMBLY INSTRUCTIONS

STEP 1:

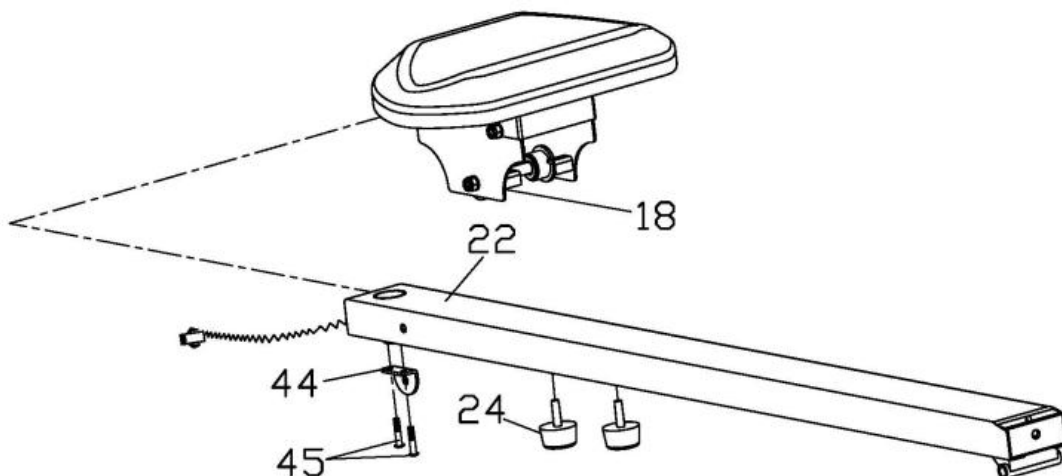
Firstly, disassemble the paper tube (A), carriage bolt (30), arc washer (31) and cap nut (32) from front bottom tube (33).

Tighten the front bottom tube (33) to the mainframe (1) with carriage bolt (30), arc washer (31), and cap nut (32).



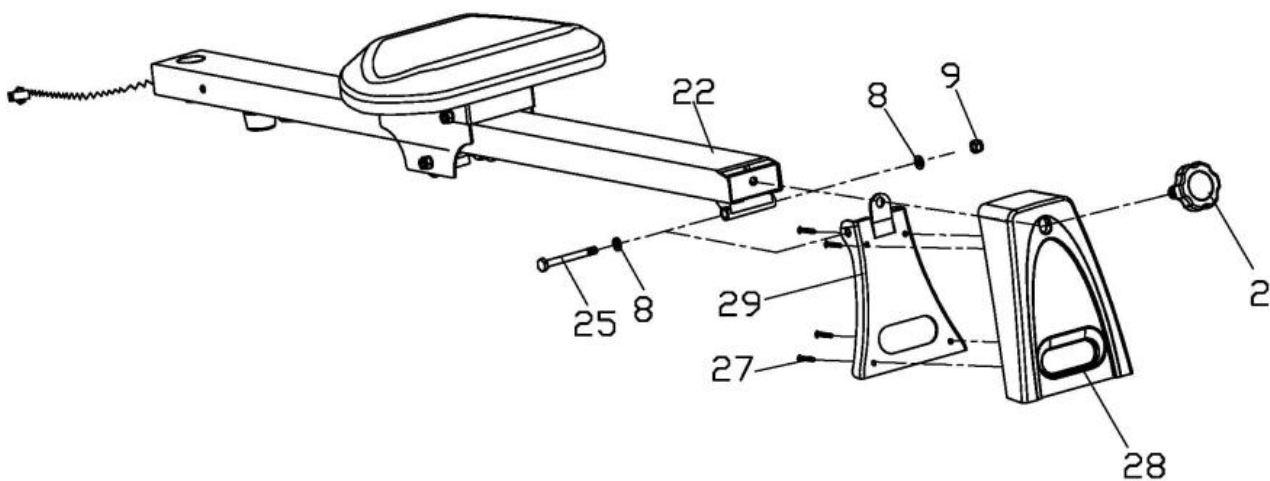
STEP 2:

1. Take off the cushion (24), screw (45), plate (44), then insert the slide rest (18) onto the slide way (22), and tighten the cushion (24) to the slide way (22).
2. Tighten the plate (44) to the slide way (22) with screw (45).



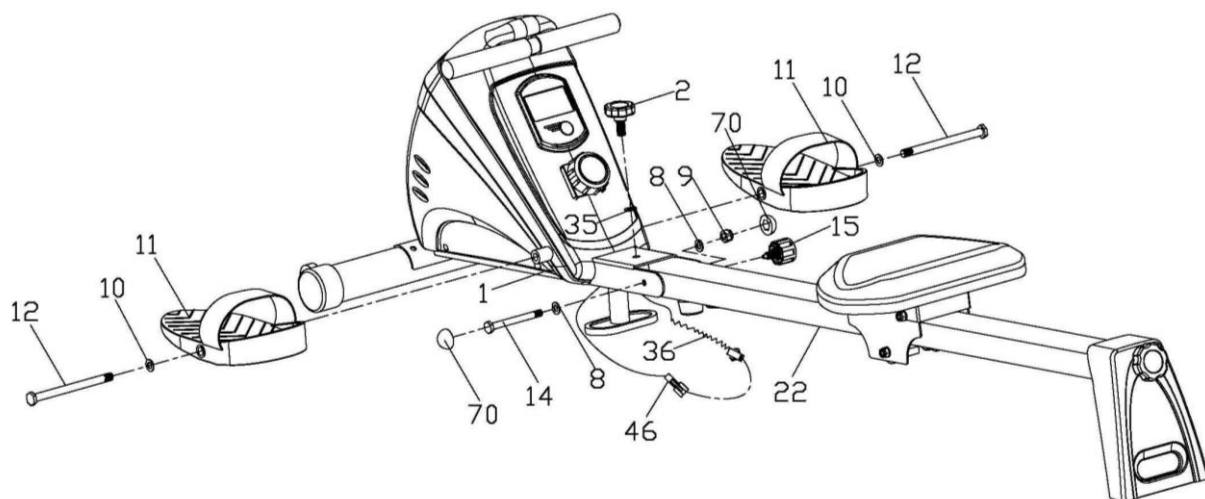
STEP 3:

Tighten the stand rail (29) to the slide way (22) with hexagon bolt (25), flat washer (8) and nylon nut (9), And then tighten the protective guard (28) to the stand rail (29) with knob (2) and screw (27).



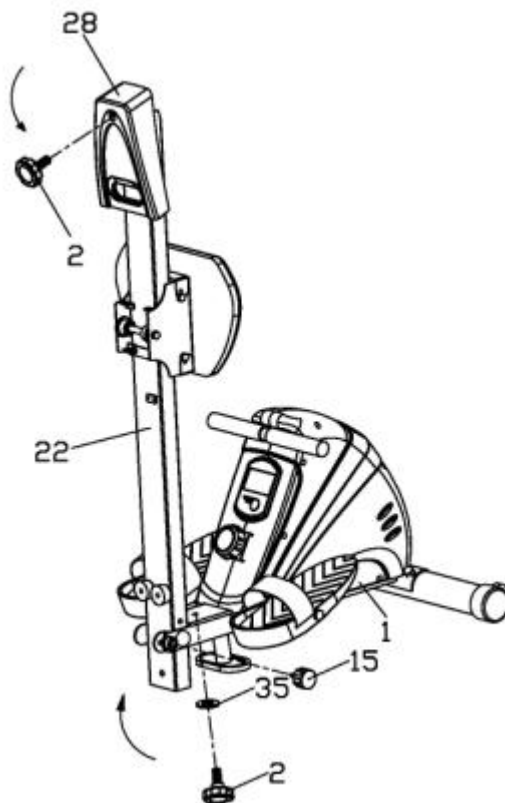
STEP 4:

1. Connect the connection wire (46) to the sensor wire (36), then tighten the slide way (22) to the mainframe (1) with hexagon bolt (14), knob (2), knob (15), flat washer (35), flat washer (8), Nylon nut (9) and put the plastic cap (70) at last.
2. Tighten the pedal (11) to the mainframe (1) with bolt (12), flat washer (10). When folding it, take off the knob (15) and fold the slide way (22). Finally, you can fix the slide way (22) using knob (15).



STEP 5:

The Rowing machine could be folded if you do not use it. Firstly take off the knob (15), and the knob (2), flat washer (35), then fold the slide way (22) and protective guard (28) as the diagram show. Fix the mainframe (1) to the protective guard (28) with knob (2) and flat washer (35).



METER MANUAL

FUNCTIONAL BUTTON:

MODE

- Push down to select functions.
- Push down and hold for 2 seconds to reset all functional value.

FUNCTIONS AND OPERATIONS

- 1. SCAN:** When in SCAN position, the meter will rotate through the following functions: time, count, total count, calorie, count/min. Each display will be hold for 6 seconds.
- 2. TIME:** Count the rowing time from exercise start to end.
- 3. COUNT:** Count the rowing strokes from start to end.
- 4. TOTAL COUNT:** Count the total rowing strokes from start to end.
- 5. CALORIES:** Count the total calories from rowing start to end.
- 6. COUNT/MIN:** Display current rowing strokes per minute, or the frequency per minute.
- 7. AUTO ON/OFF & AUTO START/STOP:**

Without any signal for 4 minutes, the power will turn off automatically. When the stroke is in motion or pressing the button, the monitor is in action.

SPECIFICATIONS:

FUNCTION	AUTO SCAN	Every 6 seconds
	TIME	0:00~99:59 (MINUTE: Second)
	COUNT	0~9999
	TOTAL COUNT	0~9999
	COUNT/MIN	0~1200
	CALORIES	0.0~999.9Kcal
BATTERY TYPE		2pcs of SIZE-AA or UM-3
OPERATING TEMPERATURE		0OC~+40OC(32OF~104OF)
STORAGE TEMPERATURE		-10OC~+60OC(14OF~168OF)

BATTERIES REPLACEMENT



Push the Clip at the bottom of the Computer as shown, dig off the Computer from the designed hole. (Watch out the connective Computer Wire)

STORAGE AND MAINTENANCE

1. Keep the rowing machine in a clean dry place.
2. Grasp the frame to move the rowing machine. Do not use the seat to move it. The seat will move and it may hurt your hand and fingers.
3. Please remove the battery before storing the machine for a long time.
4. Clean the Seat Rail with an absorbent cloth.
5. Always make sure all the nuts and bolts are properly tightened.
6. Regular maintenance is required.
7. Replace any worn or damaged parts immediately.

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.**



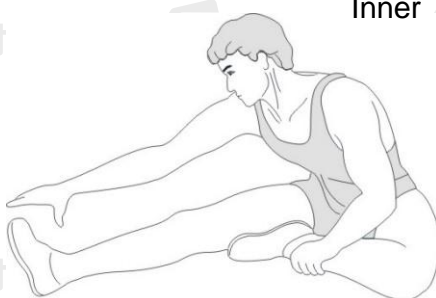
Side Stretch



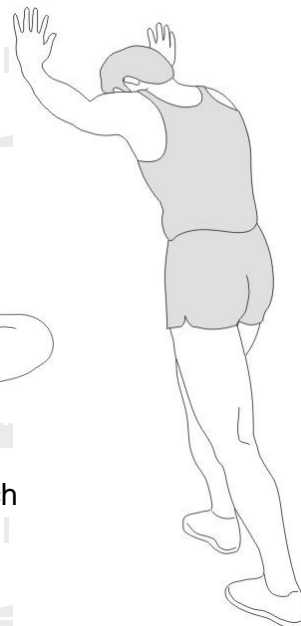
Toe Touch



Inner Thigh Stretch



Hamstring Stretch



Calf-Achilles 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.



Some experts believe the incorrect or prolonged use of almost any product could cause serious injury or death. For information that may reduce your risk of serious injury or death consult the points below and additionally, the information available at www.datastreamserver.com/safety

- Consult all documentation, packaging and product labelling before use. Note that some products feature online documentation which should be printed and kept with the product.
- Check product for loose / broken / damaged / missing parts, wear or leaks (if applicable) before each use. Never use a product with loose / broken / damaged / missing parts, wear or leaks (if applicable).
- Products must be inspected and serviced (if applicable) by a qualified specialist every 6 months assuming average residential use by a person of average weight and strength, above average technical aptitude, on a property matching average metropolitan specification. Intended use outside these guidelines could indicate the product is not suitable for intended use or may require more regular inspection or servicing.
- Ensure all possible users of the product have completed an industry recognised training course before being given access to the product.

- The product has been supplied by a general merchandise retailer that may not be familiar with your specific application or your description of the application. Be sure to attain third party approval for your application from a qualified specialist before use regardless of prior assurances by the retailer or its representatives.
- This product is not intended for use where fail-safe operation is required. As with any product (take an automobile, aircraft, computer or ball point pen for example) there is always a small chance of a technical issue that needs to be repaired or may require replacement of the product or a part. If the possibility of such failure and the associated time it takes to rectify could in any situation inconvenience the user, business or employee or could financially affect the user, business or employee then the product is not suitable for your requirements. This product is not for use where incorrect operation or a failure of any kind, including but not limited to a condition requiring product return, replacement, service by a technician or replacement of parts could cause a financial loss, loss of employee time or an inconvenience requiring compensation.
- If this item has been purchased in error considering the points above simply contact the retailer directly for details of their returns policies if required.

