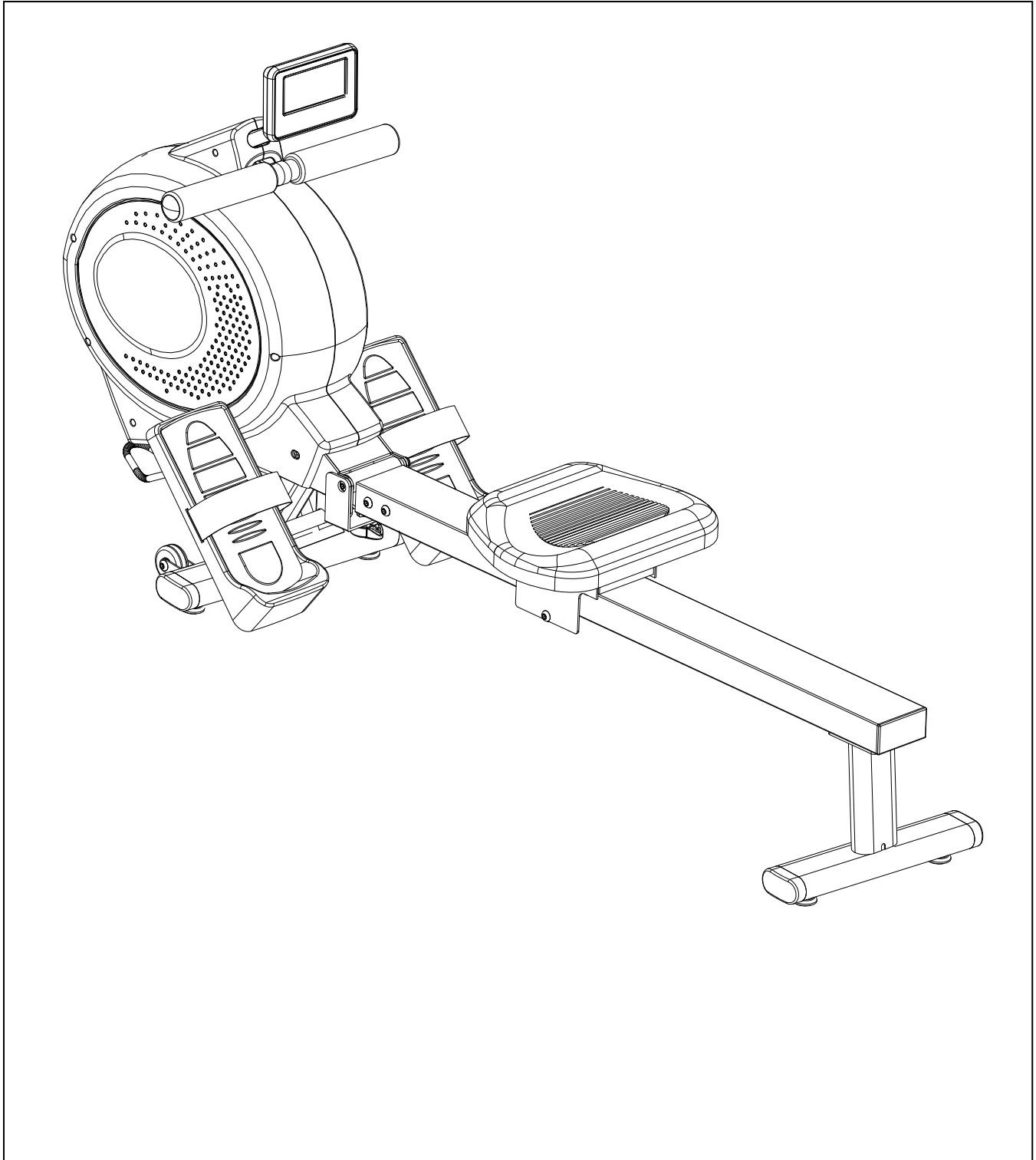
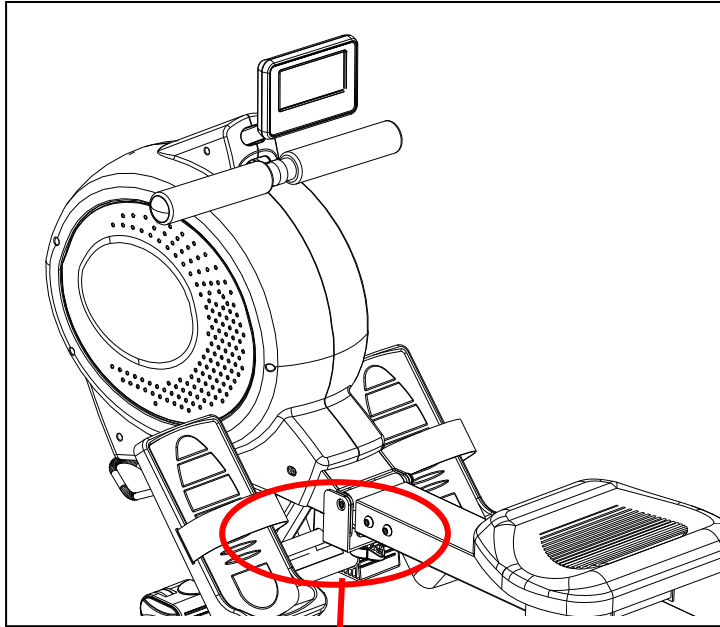


# *Casall R300 II Manual*

## ***ROWER MACHINE***

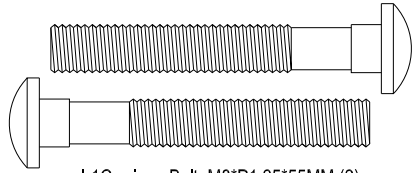


- Important: Please locate your serial number and record in the box below for service support purposes.

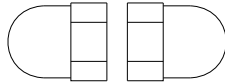


- Serial number here:

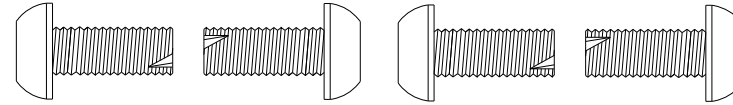
# R300 II



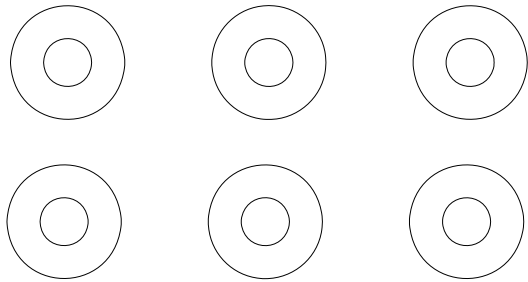
I-1 Carriage Bolt M8\*P1.25\*55MM (2)



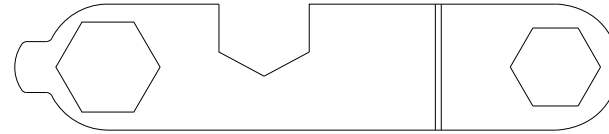
I-3 Acorn Nut for M8 Bolt (2)



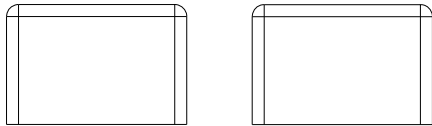
I-4 Allen Bolt M8xP1.25x20mm (4)



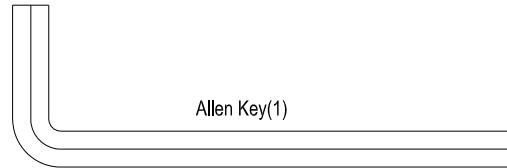
I-2 Flat washer for  $\varnothing 8 \times \varnothing 19 \times 2T$  (6)



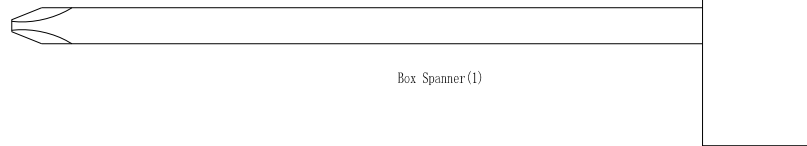
Wrench (1)



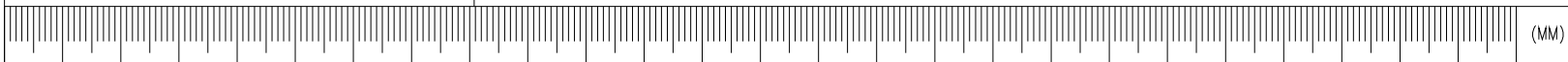
I-5 CAP(2)



Allen Key(1)

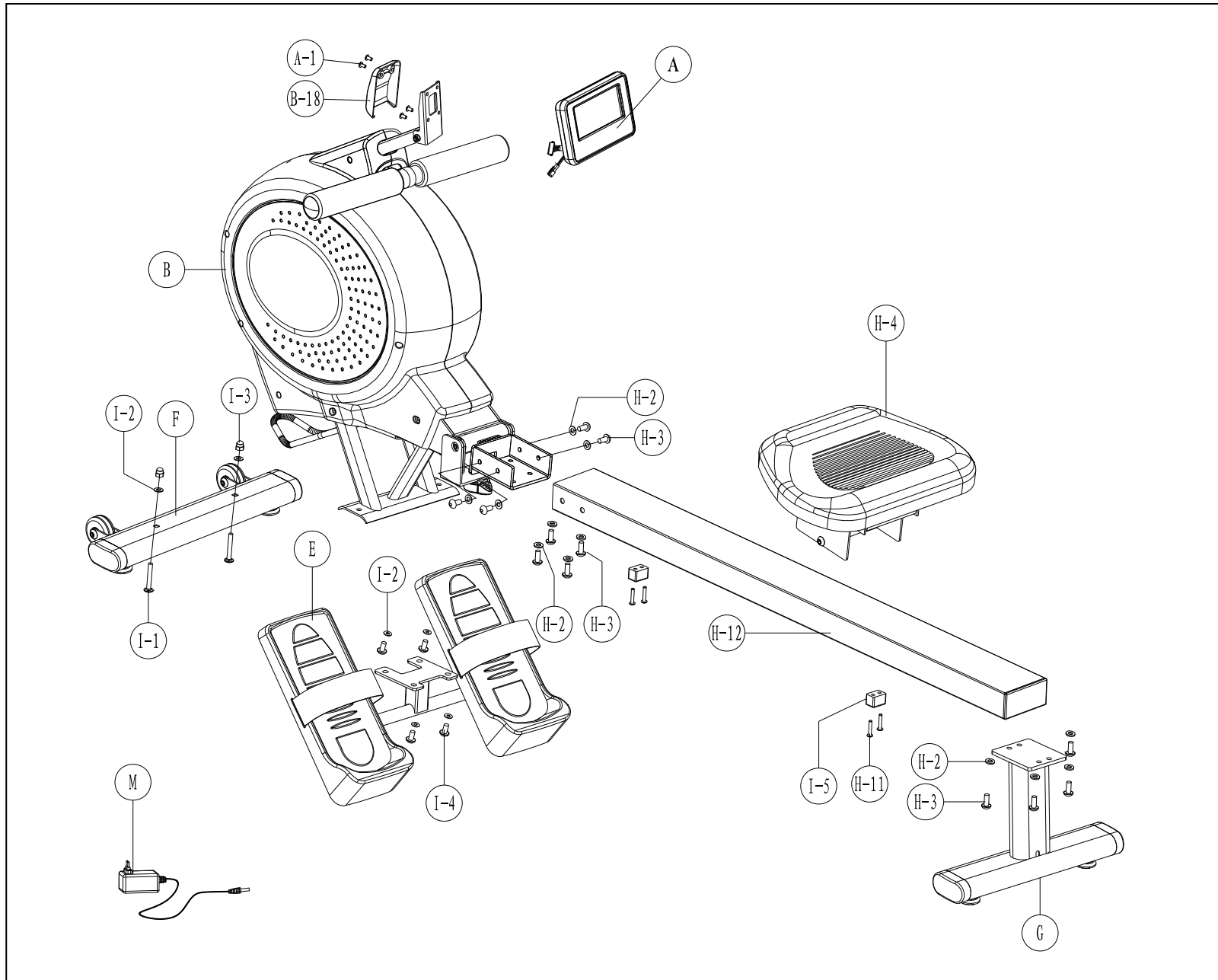


Box Spanner(1)

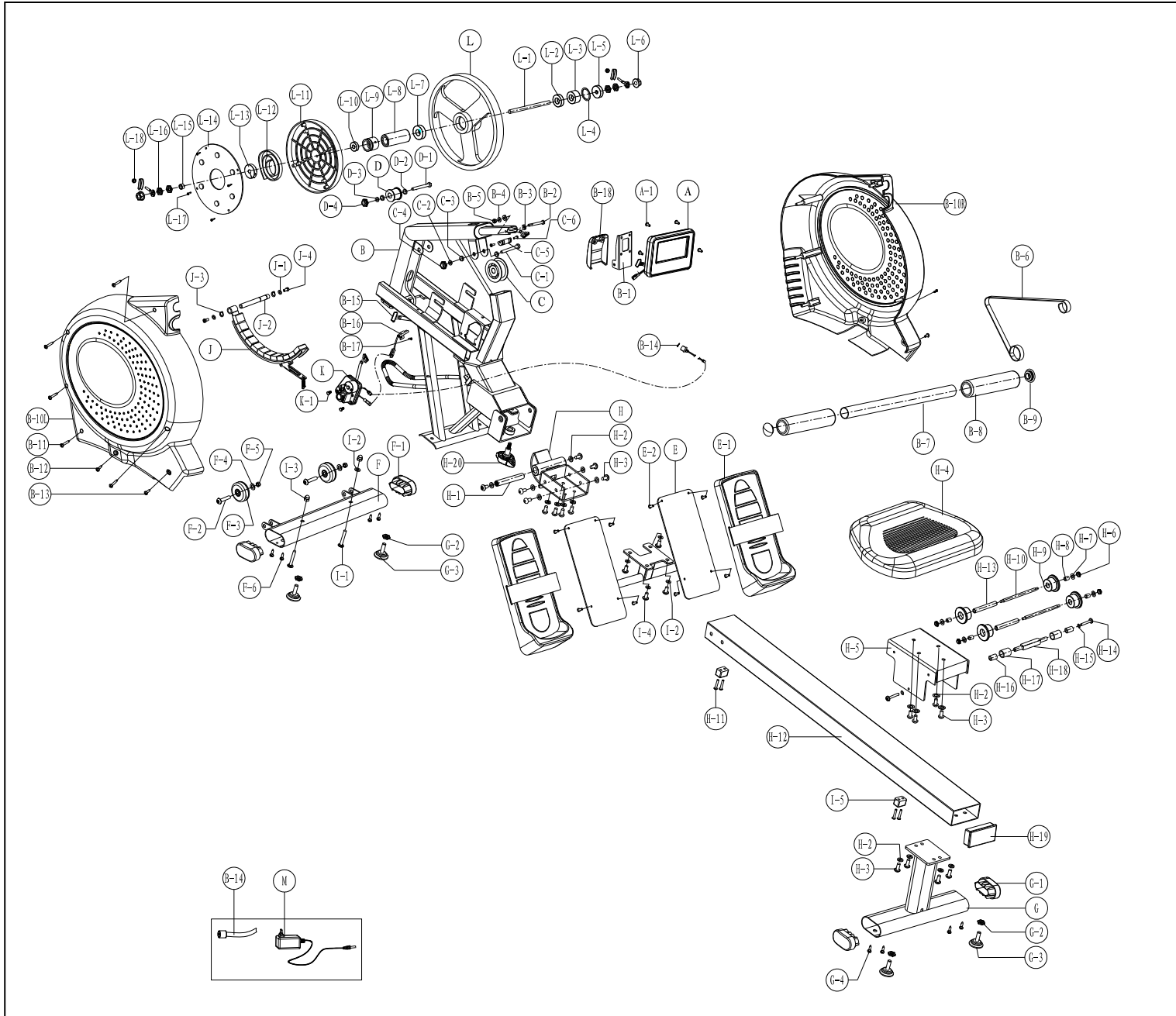


(MM)

# Assembly Diagram



# EXPLODED DIAGRAM



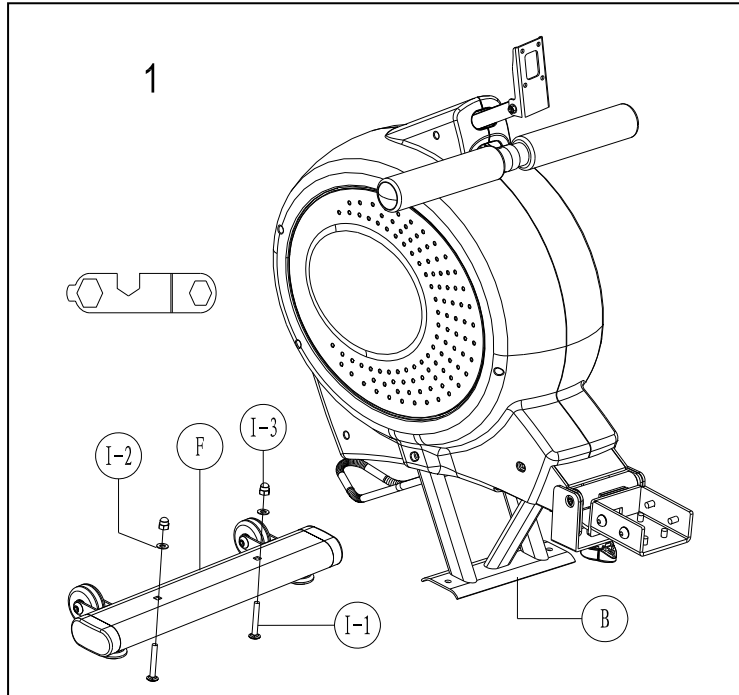
## Parts List

No.	Description	Quantity	
A	COMPUTER	1	SET
A-1	SCREW FOR FIXING COMPUTER	4	PCS
B	MAIN FRAME	1	SET
B-1	BRACKET FOR FIXING COMPUTER	1	PCS
B-2	SCREW M6xP1.0x57L	2	PCS
B-3	FIXING CAP	4	PCS
B-4	FLAT WASHER $\phi 6 \times \phi 16 \times 1t$	2	PCS
B-5	NYLON NUT M6	2	PCS
B-6	STRAP	1	PCS
B-7	HANDLABAR	1	SET
B-8	HANDLEBAR FOAM	2	PCS
B-9	CAP	2	PCS
B-10 L	LEFT COVER	1	PCS
B-10 R	RIGHT COVER	1	PCS
B-11	SCREW M4x40L	5	PCS
B-12	SCREW M5x16L	2	PCS
B-13	SCREW M5x16L	2	PCS
B-14	DC WIRE	1	SET
B-15	UPPER COMPUTER CABLE	1	PCS
B-16	SENSOR BOX	1	PCS
B-17	SCREW M4x10L	1	PCS
B-18	BACK COVER FOR COMPUTER	1	PCS
C	DRIVING PULLEY	1	SET
C-1	HEXAGON SCREW 3/8"x61mml	1	PCS
C-2	FLAT WASHER $\phi 10 \times \phi 18 \times 2t$	3	PCS
C-3	BUSHING $\phi 10 \times \phi 14 \times 6mmL$	2	PCS
C-4	NYLON NUT 3/8"x7t	1	PCS
C-5	STOPPER FOR STRAP	1	PCS
C-6	SCREW M4x10L	1	PCS
D	SMALL PULLEY	1	PCS
D-1	HEXAGON SCREW 3/8"x61mml	1	PCS
D-2	BUSHING $\phi 10 \times \phi 14 \times 3mmL$	2	PCS
D-3	FLAT WASHER $\phi 10 \times \phi 18 \times 1t$	3	PCS
D-4	NYLON NUT 3/8"x7t	1	PCS
E	PEDAL HOLDER	1	SET
E-1	PEDAL	1	SET
E-2	SCREW M5xP0.8x12L	8	PCS
F	FRONT STABILILZER	2	PCS
F-1	CAP FOR FRONT STABLILZER	2	PCS
F-2	ALLEN BOLT FOR FRONT STABLILZER	2	PCS
F-3	TRANSPORATION WHEEL FOR FRONT STABLILZER	2	PCS
F-4	FLAT WASHER $\phi 8 \times \phi 19 \times 2T$ FOR FRONT STABLILZER	2	PCS
F-5	NUT M8 FOR FRONT STABLILZER	2	PCS
F-6	SCREW 3/16" FOR FRONT STABLILZER	4	PCS
G	REAR STABILILZER	1	PCS

G-1	CAP FOR REAR STABILIZER	2	PCS
G-2	HEXAGON NUT 3/8"-16x3t	2	PCS
G-3	ADJUSTING CAP	2	PCS
G-4	SCREW 3/16" FOR REAR STABILIZER	4	PCS
H	FIXED HOLDER	1	PCS
H-1	SPINDLE OF FIXED HOLDER	1	PCS
H-2	FLAT WASHER $\varphi$ 8x $\varphi$ 16x2t OF FIXED HOLDER	18	PCS
H-3	SCREW M8xP1.25x20L OF FIXED HOLDER	18	PCS
H-4	SEAT	1	PCS
H-5	ROLLING SLIDER	1	SET
H-6	NYLON NUT M6	4	PCS
H-7	FLAT WASHER $\varphi$ 6x $\varphi$ 16x2t	4	PCS
H-8	BUSHING $\varphi$ 8x $\varphi$ 11.6x14.8	4	PCS
H-9	PU WHEEL $\varphi$ 36x17W	4	PCS
H-10	ROLLER AXLE	2	PCS
H-11	SCREW M5x35L	4	PCS
H-12	SLIPPERY RAIL	1	PCS
H-13	BUSHING $\varphi$ 8x $\varphi$ 12x81L	2	PCS
H-14	HEXAGON SCREW M6xP1.0*16L	2	PCS
H-15	FLAT WASHER $\varphi$ 6x $\varphi$ 12x1t	2	PCS
H-16	BUSHING $\varphi$ 14.2x27.5	2	PCS
H-17	PLASTIC BUSHING $\varphi$ 21x $\varphi$ 11.5x27	2	PCS
H-18	AXLE $\varphi$ 10x119L	1	PCS
H-19	REAR COVER FOR SLIDER	1	PCS
H-20	ADJUSTMENT KNOB	1	PCS
I-1	CARRIAGE SCREW M8xP1.25x55L	2	PCS
I-2	FLAT WASHER $\varphi$ 8* $\varphi$ 19*2T	6	PCS
I-3	CAP NUT M8	2	PCS
I-4	SCREW M8xP1.25x20L	4	PCS
I-5	STOPPER FOR SILDER	2	PCS
J~J-4	MAGNETIC SET	1	SET
K	GEAR BOX	1	SET
K-1	HEXAGON SCREW M6xP1.0x10L	2	PCS
L~L-5,L-7~L-18	FLYWHEEL SET	1	SET
L-6	NUT PATTERN 3/8"-26	2	PCS
M	AC ADAPTOR	1	PC

## Steps 1

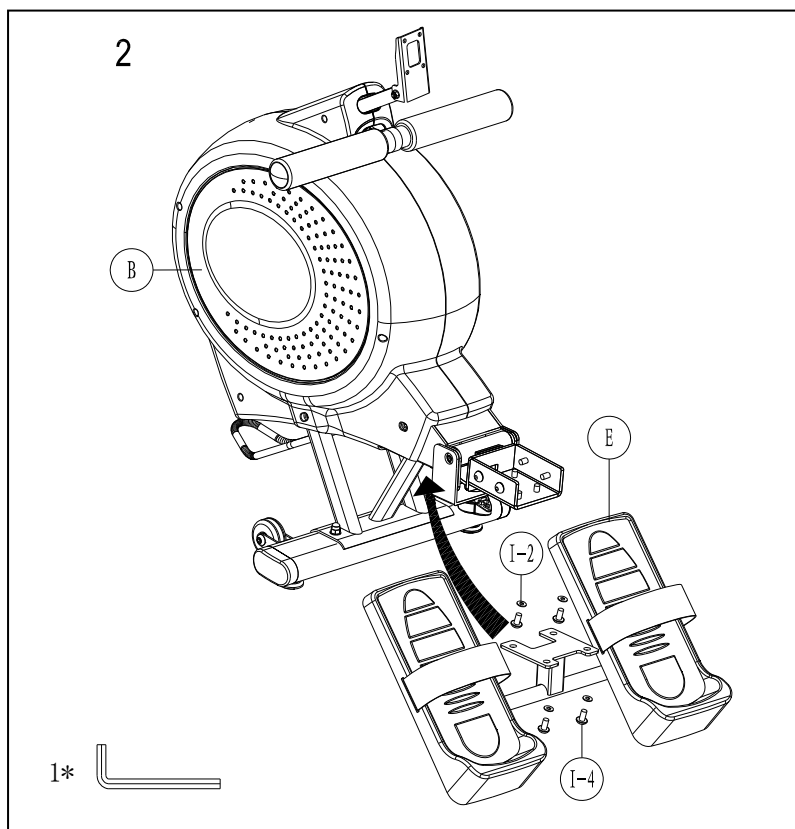
Fit the front stabilizer (F) to the main frame and secure it with 2 of carriage screws (I-1), 2 flat washers (I-2), and two nut (I-3). Make sure they are securely tightened.



## Steps 2

Fit paddle holder (E) to the main frame (B) and secure it with 4 M8xP1.25x20L screws (I-4) and 4 flat washers (I-2).

Remarks: Do not screw one set of the M8xP1.25x20L Screws and Flat washers too firm at one time. It is better to fix the four sets firmly at the same time because it helps you to change angles and to fix easily.



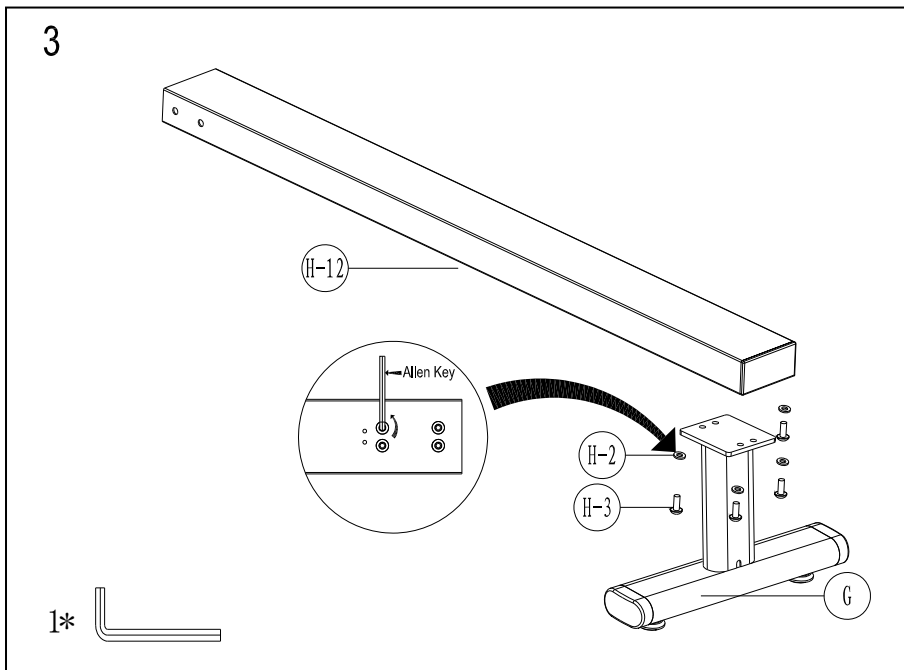


### Steps 3

Please remove the M8xP1.25x20L Screws (H-3) and Flat Washers (H-2) on the rear stabilizer (G).

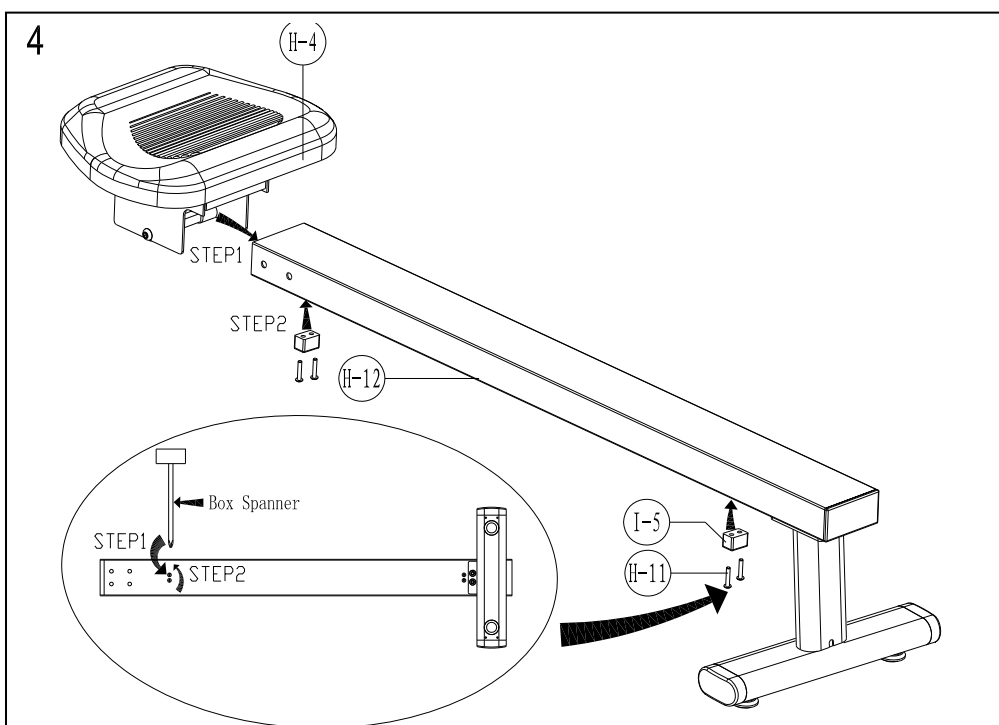
Then fit the rear stabilizer (G), and then attach the rear stabilizer (G) with slippery rail (H-12) by M8xP1.25x20L Screws (H-3) and Flat Washers (H-2).

Remarks: Do not screw one set of the M8xP1.25x20L Screws and Flat washers too firm at one time. It is better to fix the four sets firmly at the same time because it helps you to change angles and to fix easily.



### Steps 4

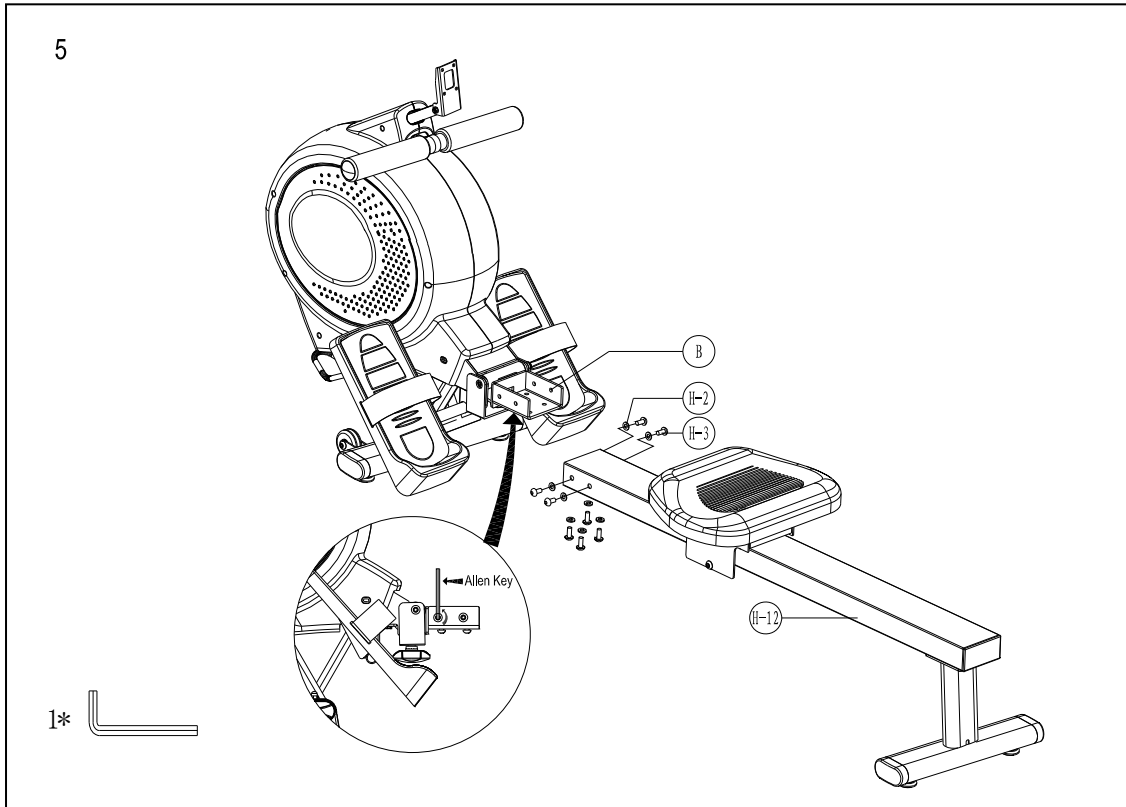
1. Please remove the M5x35L screws (H-11) on the slippery rail (H-12)
2. Pass the slippery rail (H-12) through the slide seat (H-4)
3. Use the M5x35L screws (H-11) to fix the stopper (I-5) on the slippery rail (H-12) .



## Steps 5

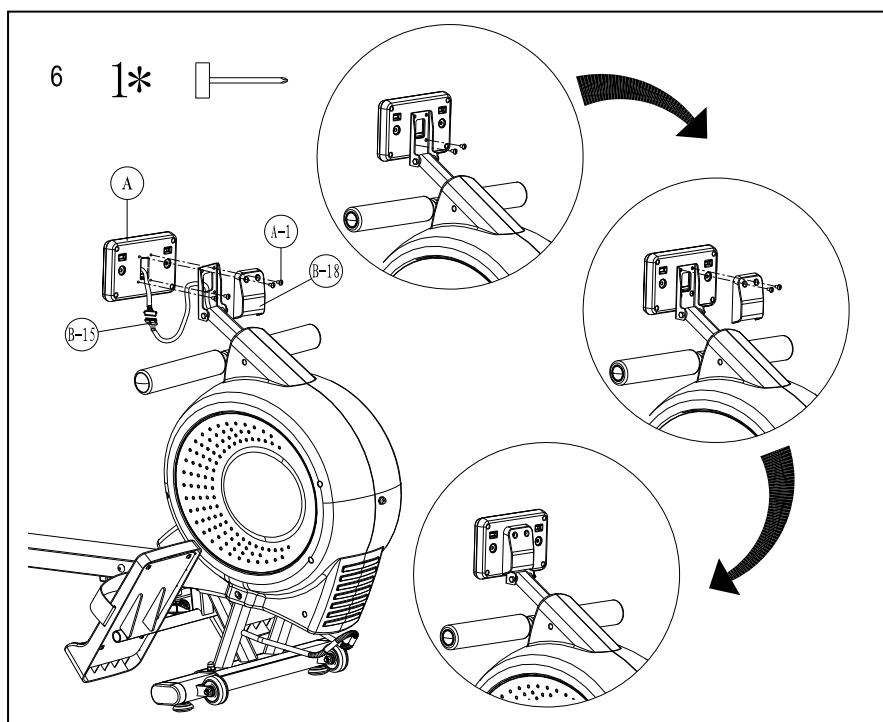
Please remove the M8xP1.25x20L Screws (H-3) and Flat Washers (H-2) on the frame ( B ) , then insert the slippery rail (H-12) to the Main Frame (B) and attach by M8xP1.25x20L Screws (H-3) and Flat Washers (H-2).

Remarks: Do not screw one set of the M8xP1.25x20L Screws and Flat washers too firm at one time. It is better to fix the eight sets firmly at the same time because it helps you to change angles and to fix easily.



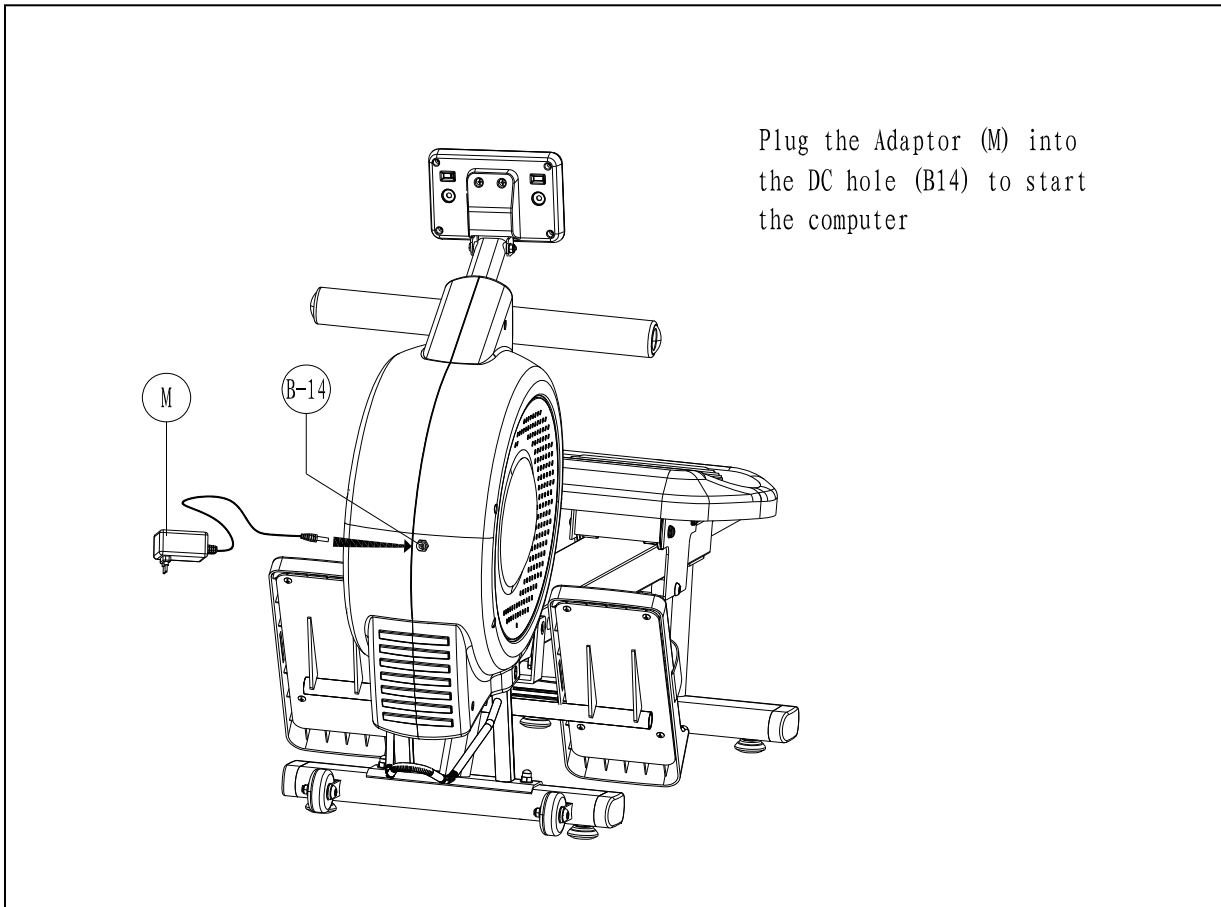
## Steps 6

1. Connect the Computer cables (B-15) to the Computer ( A ). Then attach the Computer (pt .A) to with back cover (B-18) with Screws (pt. A-1).



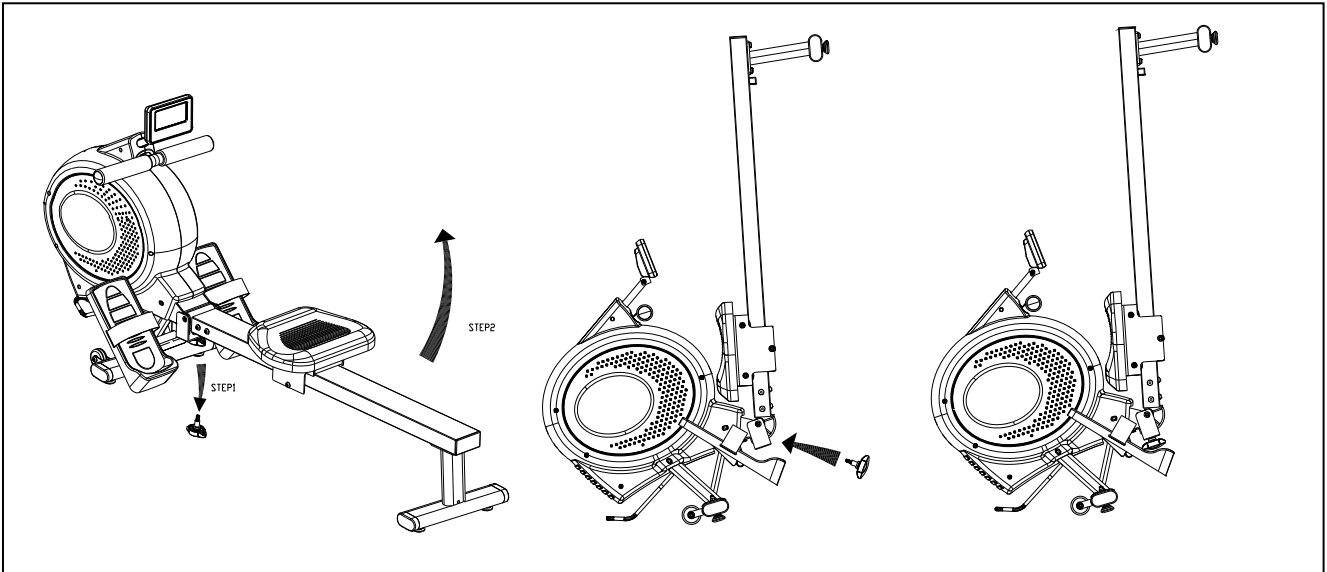
## Steps 7

Plug the Adaptor (M) into the DC hole (B-14) to start the computer



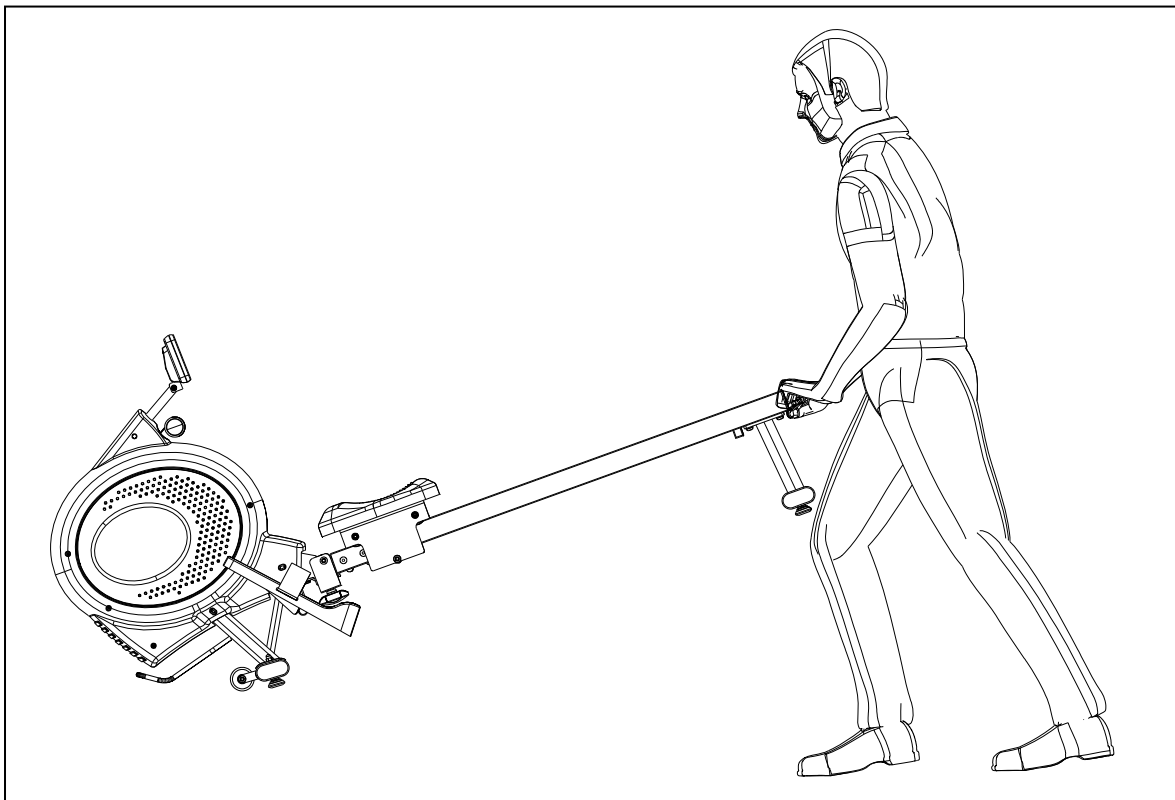
## Folding instructions

1. Release the knob (H-20) and put out the rail (H-12), then pull the rail out.
2. Turn the rail 90 degree then inert the rail into the notch on the frame
3. Use the knob to lock the rail onto the frame.



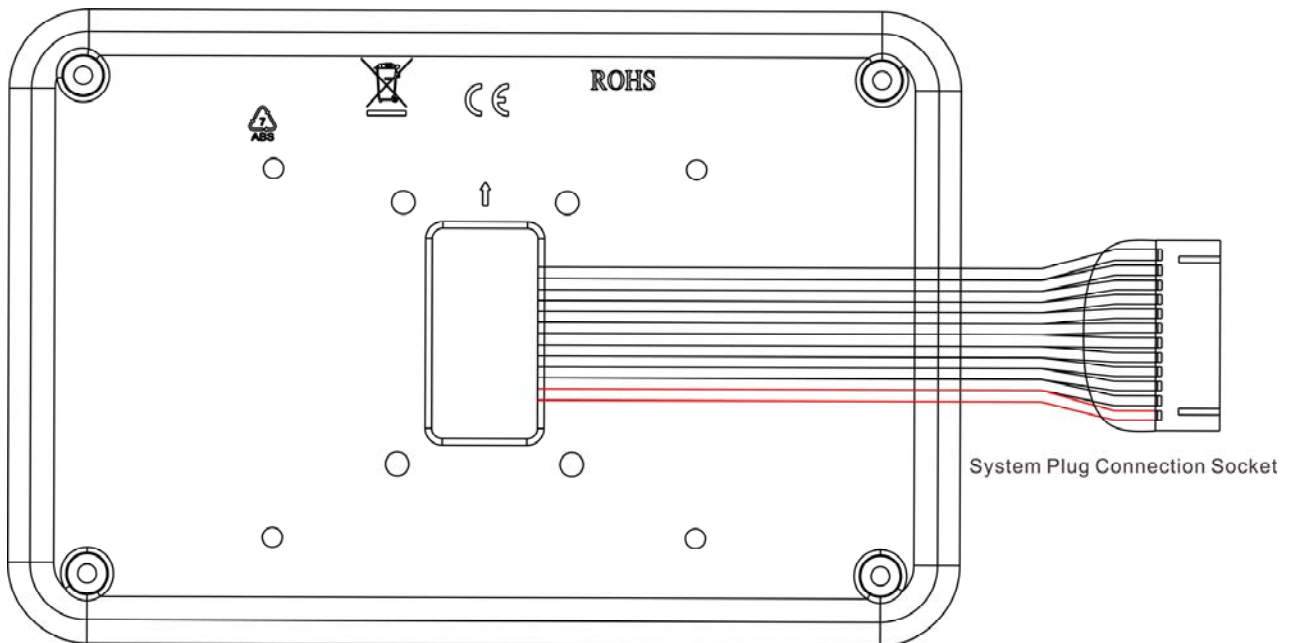
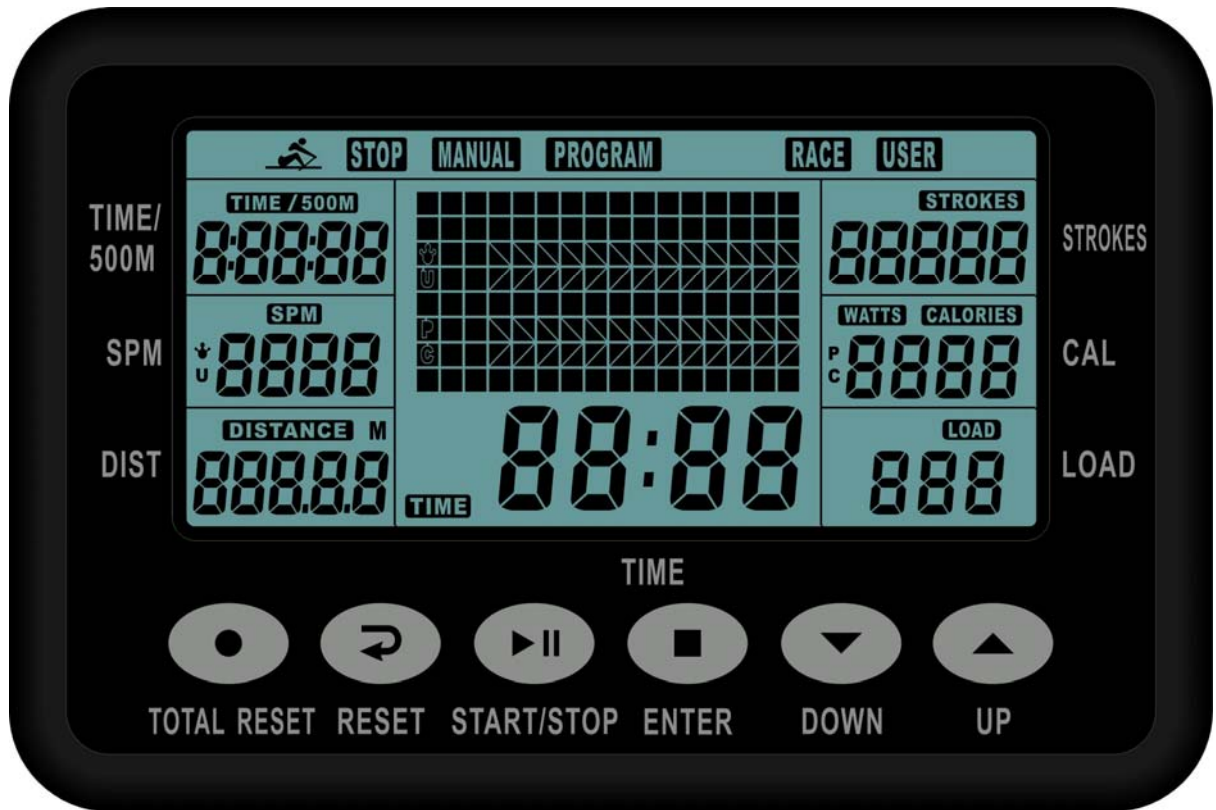
## Moving instructions

Rise up the rear stabilizer and push the rower machine when you want to move it.



# SM5835-61 INSTRUCTIONAL MANUAL

!!! For simple exercise, it is not always necessary to select a training program or manually set the TIME, DISTANCE or other values. You can simply start pedaling.



As soon as the computer is connected with power supply, an acoustic signal sounds and all of the displays are shown on LCD for 2 seconds.



If no button are pressed and the pedals have not been moved for approx. 4 minutes, the computer will switch to power saving mode. And display clock, calendar and room Temp. Only.

#### DISPLAY & BUTTON FUNCTIONS

Training Values	Display Range	Description/ Setting Range
SPM	0~999	-Strokes per minute
TIME/500m	0.0 ~ 99:00min.	-User exercising time displaying; -It will scan in every 6s and display the remain time to finish 500 meters rowing according to current speed.
METERS	0~9999m	-Setting range 50~1000
CALORIES	0 ~ 9999 Cal.	-Burned calories during rowing. -Setting range 0~9990
STROKES	0~9999	-The movements when complete rowing.

BUTTON	FUNCTION
UP	- Increase resistance level - Function selection
DOWN	- Decrease resistance level - Function selection
ENTER	- Confirm setting or selection.
Reset	- Hold on pressing for 2 seconds, computer will reboot. - Reset all values to zero. - Reverse to main menu after finishing a workout.
Start/ Stop	- Start or Stop rowing training.

#### Acoustic Signals

All settings made with the computer are confirmed with an acoustic signal:

1 shot beep = setting confirmed

2 shot beeps =It is impossible to make any settings

#### Training Data

The computer calculates and displays all values automatically according to user rowing status (see table).

Take note:

\* The profile displayed in the center field depends on the type of exercise that has been set.

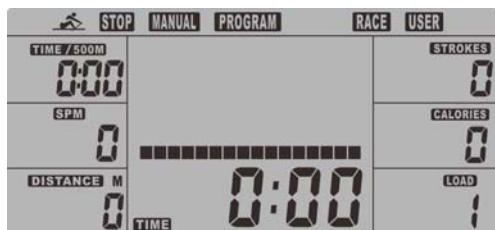
The computer provides a number of ways to vary the exercise session and make it more motivating.

The following exercising is available:

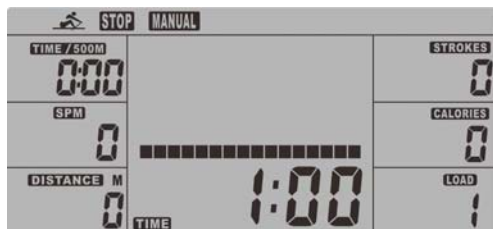
- Manual Training (training without programs)
- Training with Programs (there are 12 programs preset, P01~P12)
- Training with competition program (RACE)
- Training with your own program (User program)

#### Starting exercise immediately (MANUAL)

Then MANUAL-->PROGRAM-->RACE-->USER is flashing with 1Hz. Press UP and DOWN to choose MANUAL and confirm by pressing ENTER. If you have previously selected a program or started your workout, press RESET to return to the starting display.



- Press START/STOP button to start workout immediately without entering further settings.
  - Press UP and DOWN keys to input your personal settings and press ENTER to confirm. The following fields will flash in turn:
    - . Resistance level (1~16)
    - . TIME (or METERS) (*Time and Meters can't preset at the same time.*)
    - . CALORIES
- Use UP & DOWN to set values and confirm your selection by ENTER button.  
Press START/STOP to start workout.



- As soon as one of the set value reach the preset Target, the computer will alarm with Bi-bi sound and stop.
- You can adjust the level of resistance on the paddles while rowing by pressing UP and DOWN keys. The newly set level value will be shown in the profile(default value is Level 1).
- Press START/STOP to end exercising. All exercising value will remain.
- Press RESET to reverse to workout selection menu.

### Selecting a Program to do training (PROGRAM)

- Press UP and DOWN keys to scan MANUAL→PROGRAM→RACE→USER.
- Choose PROGRAM and press ENTER to confirm. The programs are preset with 12 profiles. Press UP and DOWN to select one from the 12 preset profiles. Set the desired session value and confirm by ENTER:
  - . Resistance level (1~16)
  - . TIME
- Press STATR/STOP to start workout.



- You can adjust the level of resistance on the paddles while rowing by pressing UP and DOWN keys. The newly set level value will be shown in the profile(default value is Level 1).
- Program profiles:



Interval programs P2- P3- P7- P12

Increasing resistance level programs P6- P9- P11

Increasing and decreasing resistance level programs P1- P4- P5- P8 -P10

The stored training programs are designed especially to enhance aerobic base fitness.

. As a beginner you should start with those programs slowly and set a low paddle resistance.

. You should only graduate to Interval programs once you have been rowing for several times.

-Press START/STOP to end exercising. All exercising value will remain.

-Press RESET to reverse to workout selection menu.

### Training with competition mode (RACE)

In this program, you can enjoy rowing just like an competition, while your rival is the computer.

-Press UP & DOWN to select RACE and press ENTER to confirm.

-Press UP & DOWN to set SPM and confirm by pressing ENTER.

-Press UP and DOWN to select desired rowing METERS and confirm by ENTER.

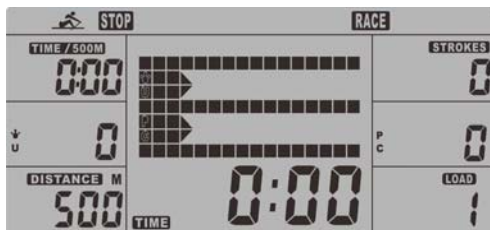
-Press UP and DOWN to adjust paddle resistance level.

-Press STATR/STOP to start workout. Computer will display USER & PC workout status.



-Press UP and DOWN to adjust resistance level.

Either PC or User finish the set rowing distance first, computer will stop and show PC win or User win.



-Press START/STOP to end exercising. All exercising value will remain.

-Press RESET to reverse to workout selection menu.

### User-defined profile (USER PROGRAM)

Here you can design your own profile with bars just like the preset program profiles.

-Press UP & DOWN to select USER PROGRAM and press ENTER to confirm. The first bar will be displayed.

-Press UP & DOWN to set resistance level and confirm by MODE button. The next bar will be displayed.

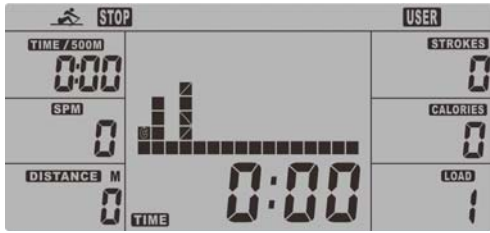
-Continue this process till set up 16 bars. The max. resistance level is 16. To finish your setting or quit



setting, hold on pressing ENTER button.

-Set the desired session TIME with UP & DOWN buttons and press ENTER to confirm.

- Press STATR/STOP to start workout.



As soon as one of the set value reach the preset Target, the computer will alarm with Bi-bi sound and stop.

-You can adjust the level of resistance on the paddles while rowing by pressing UP and DOWN keys. The

newly set level value will be shown in the profile(default value is Level 1).

-Press START/STOP to end exercising. All exercising value will remain.

-Press RESET to reverse to workout selection menu.

### **Trouble shooting :**

E-2 : Motor stroke over the normal range. Plug the adaptor again. Repowering on the console and the motor will back to the normal range.

E-7 : Check if cables were well connected or damaged.

**Attention!** All preset data will be lost when unplug the power (adaptor) from the "machine".