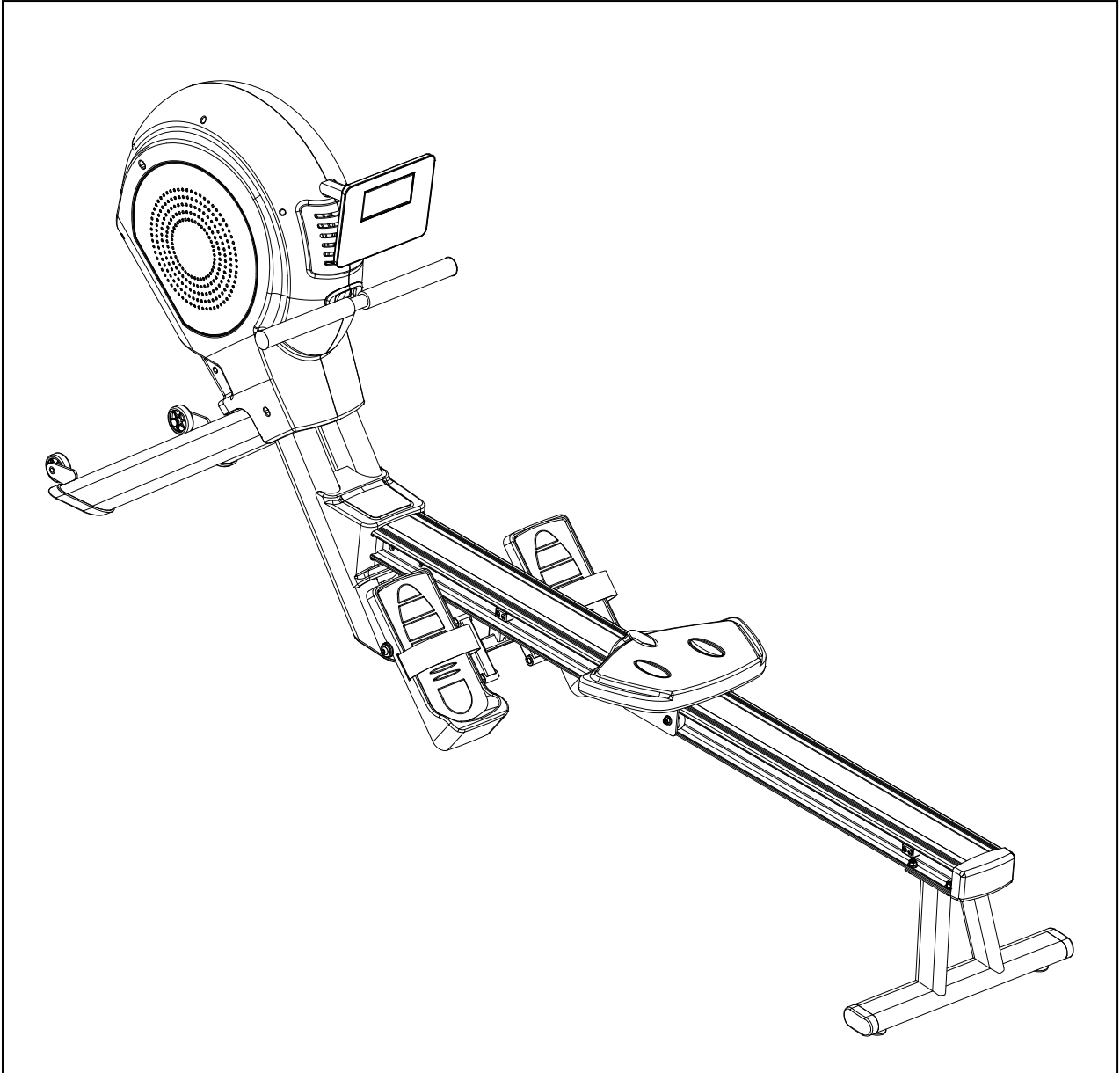


# ***ROWER MACHINE R600 PRO***



***Owner's Manual***


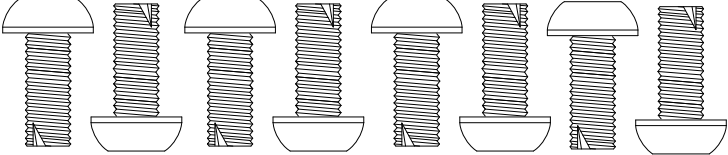
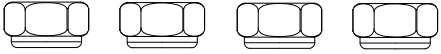
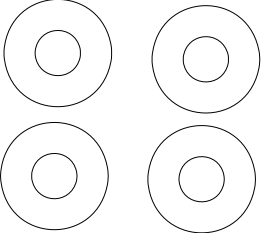
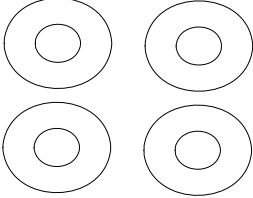
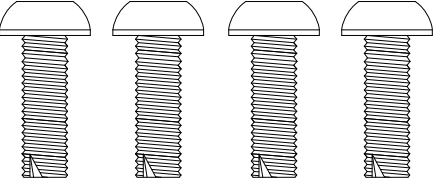
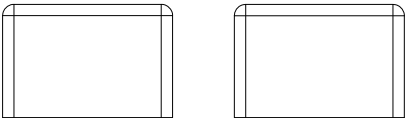
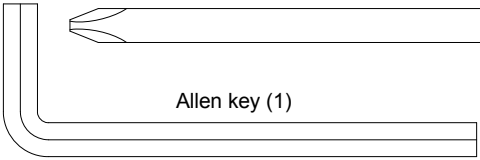
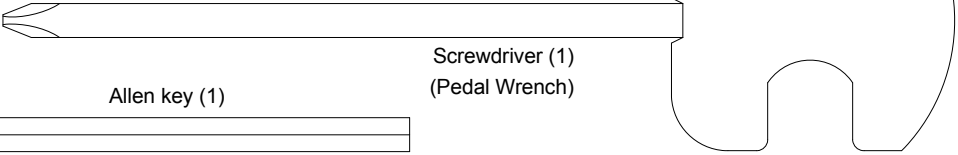
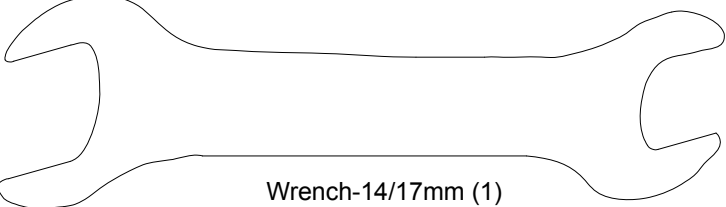

Important: Please locate your serial number and record in the box below for service support purposes.



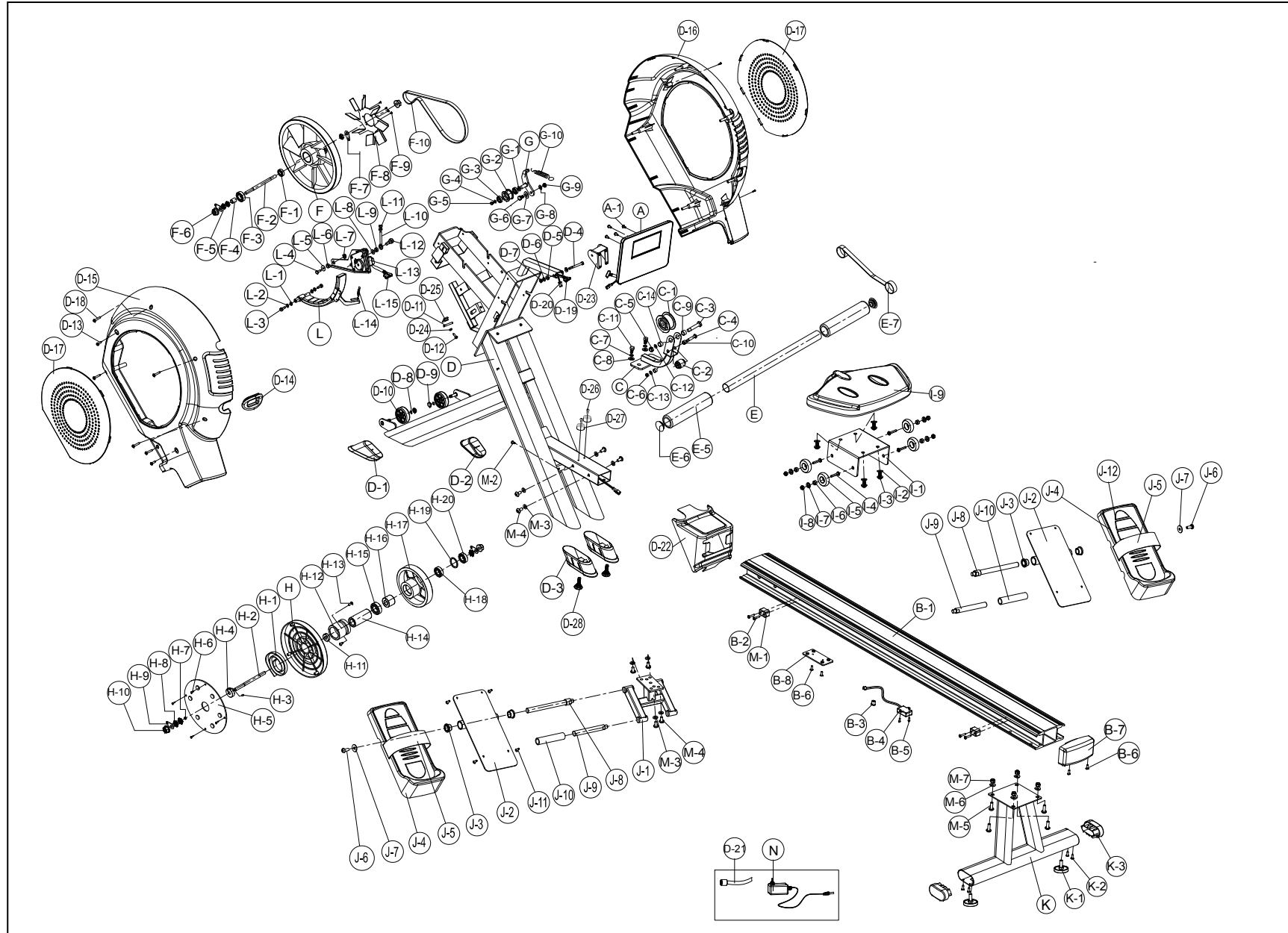
Serial number here :

# Hardware chart

# R600 PRO

 <p>M-2 Screw M4x14L (1)</p>	 <p>M-4 Allen bolt M8xP1.25x20mm (8)</p>	 <p>M-7 Nut for M8 (4)</p>	
 <p>M-3 Flat washer Ø 8xØ17x2T (8)</p>	 <p>M-6 Curved washer Ø8xØ19x2T (4)</p>	 <p>M-5 Allen Bolt M8xP1.25x25mm (4)</p>	
 <p>M-1 Stopper (2)</p>	 <p>Allen key (1)</p>  <p>Screwdriver (1) (Pedal Wrench)</p>  <p>Wrench-14/17mm (1)</p>		
 <p>(MM)</p>			

# EXPLODED DIAGRAM



## Parts List

No.	Description	Q'ty	
A,A-1	Computer & screw	1	SET
B-1	Slippery rail	1	PCS
B-2	Screw M5x30L	4	PCS
B-3	Cap for wireless receive wire	1	PCS
B-4	Wireless receiver wire for pulse	1	PCS
B-5	Screw M4x8L	2	PCS
B-6	Screw M5x14L	2	PCS
B-7	Rear cover for slippery rail	1	PCS
<b>B-8</b>	<b>Pedal fixing</b>	<b>1</b>	<b>PCS</b>
C	Bracket for roller	1	SET
C-1	Driving pulley	1	SET
C-2	Roller for bracket roller	1	SET
C-3	Screw 3/8"x54mm	1	PCS
C-4	Screw M6x50L	1	PCS
C-5	Nylon nut 3/8"x7t	1	PCS
C-6	Nylon nut M6	1	PCS
C-7	Spring washer $\varphi 8*\varphi 14*2T$	2	PCS
C-8	Flat washer $\varphi 8*\varphi 19*2T$	2	PCS
C-9	<b>Bushing <math>\varphi 10x\varphi 14x6mm</math></b>	2	PCS
C-10	Bushing $\varphi 6x\varphi 9x6mm$	2	PCS
C-11	Hexagon screw M8xP1.25x16L	2	PCS
C-12	Flat washer $\varphi 10*\varphi 18*1T$	1	PCS
C-13	Flat washer $\varphi 6*\varphi 12*1T$	1	PCS
<b>C-14</b>	<b>Bushing <math>\varphi 10x\varphi 14x3mm</math></b>	<b>1</b>	<b>PCS</b>
D	Main frame	1	SET
D-1	Left end cap for main frame stabilizer (front)	1	PCS
D-2	Right end cap for main frame stabilizer (front)	1	PCS
D-3	End cap for main frame stabilizer (rear)	2	PCS
D-4	Screw M6xP1.0x57L	1	PCS
D-5	Fixing cap	2	PCS
D-6	Flat washer $\varphi 6x\varphi 16x1t$	1	PCS
D-7	Nylon nut M6	1	PCS
D-8	C-type ring $\varphi 8$	2	PCS
D-9	Speedy nut M8	2	PCS
D-10	Transportation wheel	2	PCS
D-11	Sensor box	1	PCS

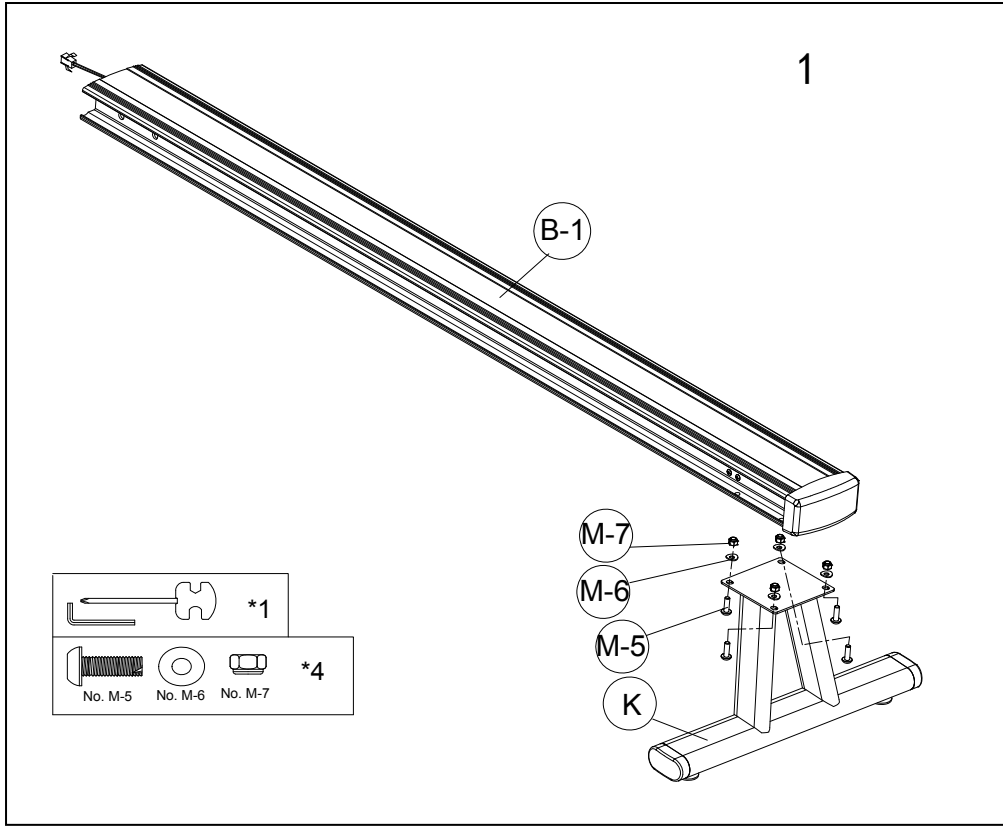
D-12	Screw M4x10L	1	PCS
D-13	Screw M5x16L	4	PCS
D-14	Sleeve for chain cover	1	PCS
D-15	Left chain cover	1	PCS
D-16	Right chain cover	1	PCS
D-17	Side cover for chain cover	2	PCS
D-18	Screw M4x50L	5	PCS
D-19	Computer cable wire (Upper)	1	PCS
D-20	Pulse wire for wireless receiver	1	PCS
D-21	DC wire	1	PCS
D-22	Front cover for slippery rail	1	PCS
D-23	Computer bracket holder	1	PCS
D-24	Flat washer $\phi$ 5x $\phi$ 16x2t	1	PCS
D-25	Sensor holder	1	PCS
D-26	Screw M4xP1.5*16L	2	PCS
D-27	Stopper	2	PCS
D-28	Adjustable cap for end cap	2	PCS
E	Handlebar	1	SET
E-5	Foam grip for handlebar	2	PCS
E-6	Cap for handlebar	2	PCS
E-7	Inkle	1	PCS
F~F-5	Flywheel set	1	SET
F-6	Hexagon nut 3/8"-26x4.5t	2	PCS
F-7	Fixing pin	2	PCS
F-8	Fan	1	PCS
F-9	Screw M3x8L	4	PCS
F-10	Driving belt J6 762m/m	1	PCS
G~G-10	Idler wheel set	1	SET
H~H-20	Spring box set	1	SET
I-1	Rolling slider	1	PCS
I-2	Flat washer $\phi$ 8* $\phi$ 19*2T	4	PCS
I-3	Screw M8*P1.25*16L	4	PCS
I-4	Screw 3/8"-16x35L	4	PCS
I-5	Roller wheel	4	PCS
I-6	Bushing $\phi$ 10x $\phi$ 14x6mm	4	PCS
I-7	Flat washer $\phi$ 10.5x $\phi$ 17x2t	4	PCS
I-8	Nylon nut 3/8"x9t	4	PCS

I-9	Seat	1	PCS
J-1	Pedal holder	1	PCS
J-2	Pedal fixing plate	1	PCS
J-3	Bushing	4	PCS
J-4	Pedal (R/L)	2	PCS
J-5	Strip for pedal	2	PCS
J-6	Allen bolt M8xP1.25x20L	2	PCS
J-7	Flat washer $\phi 8 \times \phi 25 \times 2$	2	PCS
J-8	Rotary shaft for pedal	2	PCS
J-9	Stop axle	2	PCS
J-10	Foam for stop axle	2	PCS
J-11	Screw M5xP0.8x10L	8	PCS
J-12	Pedal pad	2	PCS
K	Rear stabilizer	1	SET
K-1	Adjustable cap for rear stabilizer	2	PCS
K-2	Screw 3/16"x11/8"	4	PCS
K-3	End cap for rear stabilizer	2	PCS
L~L-3	Magnetic set	1	SET
L-4~L-13,L-15	Gear box	1	SET
L-14	Small spring	1	PCS
M-1~M-7	Bolts & nuts pack	1	SET
N	Adaptor	1	PCS

# ASSEMBLY STEPS

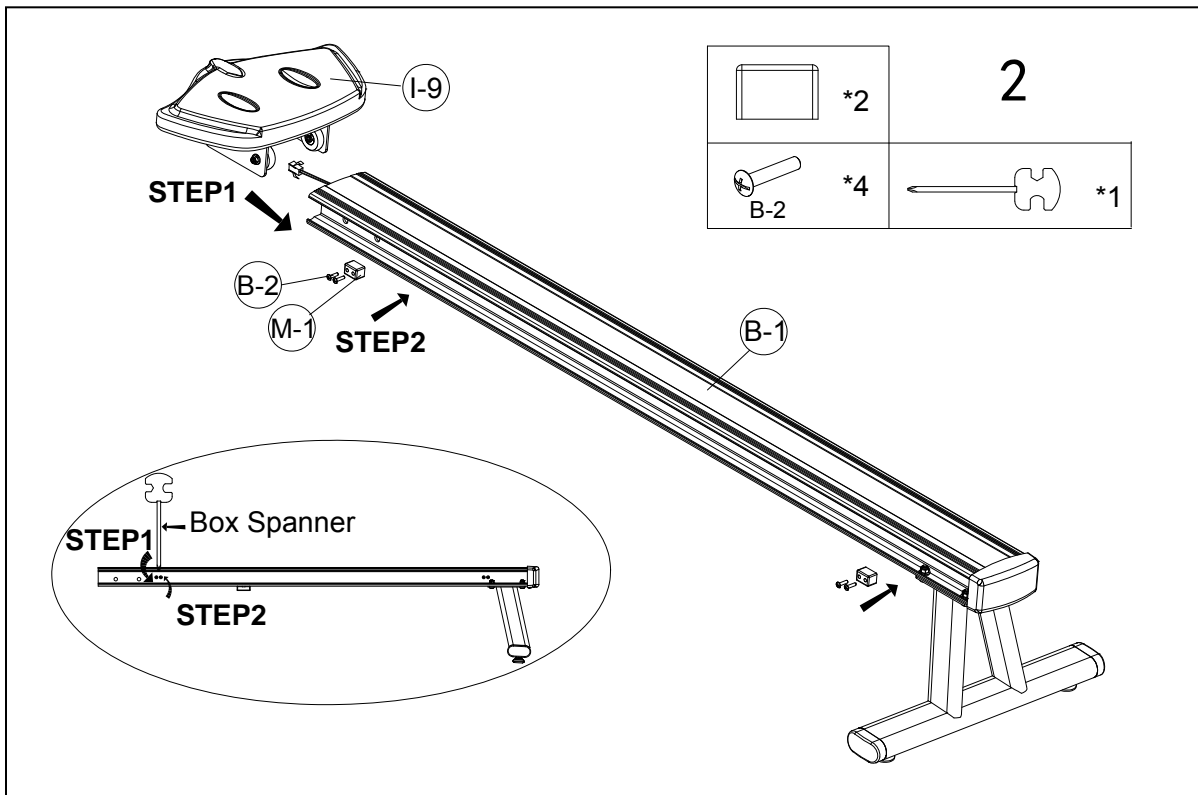
## Steps 1

1. Attach the rear stabilizer (K) to the slippery rail (B-1) and secure it with 4 allen bolt (M-5), 4 semi washers (M-6), and 4 nylon nuts (M-7). Make sure they are securely tightened.



## Steps 2

1. Please remove the four M5x30L screws (B-2) on the slippery rail (B-1) in left side.
2. Pass the slippery rail (B-1) through the slide seat (I-9)
3. Use the four M5x35L screws (B-2) to fix the stopper (M-1) on the slippery rail (B-1) in left side.

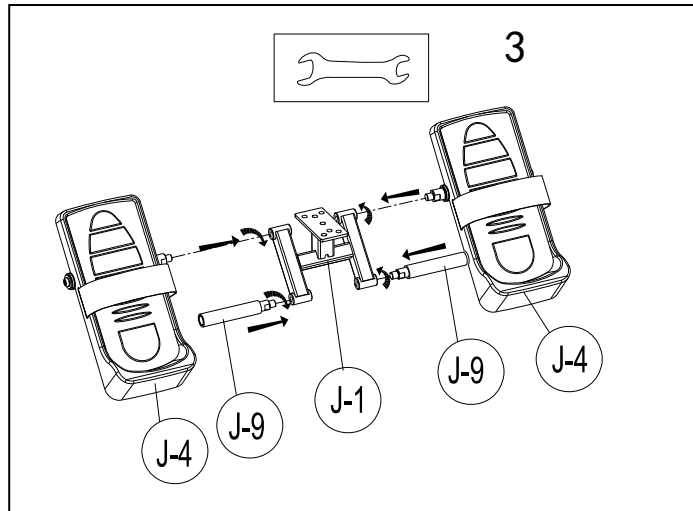




### Steps 3

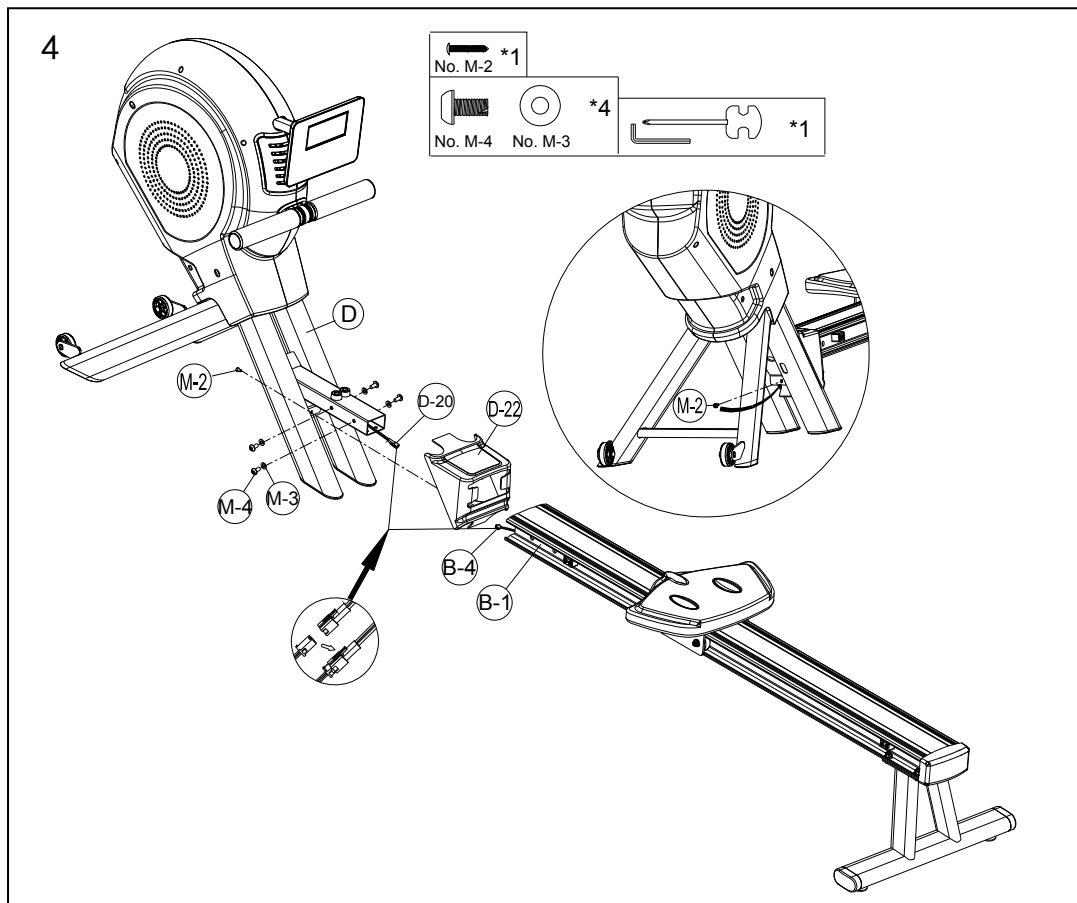
1. Assemble the two stop axle (J-9) onto the pedal holder (J-1) in side.
2. Assemble the two pedals (J-4 L/R) onto the pedal holder (J-1) with a screw driver in side.

Remarks: screw the left pedal's spindle counter-clockwise and the right pedal's spindle clockwise. Use a wrench (or screwdriver) to screw the four spindles completely.



### Steps 4

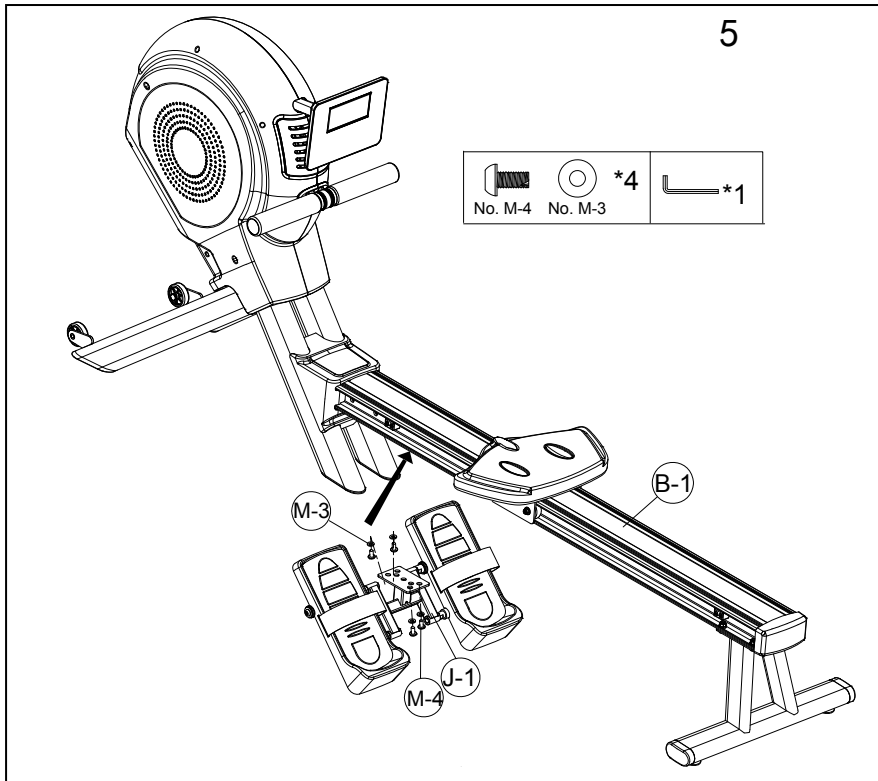
1. Slide the front cover (D-22) to the slippery rail (B-1), and then connect wireless receiver for pulse wire (B-4) and pulse wire (D-20).
2. Insert the rail to the main frame (D) and fasten it with 4 flat washers (M-3) and 4 Allen bolt (M-4).
3. Fix the front cover (D-22) with screw (M-2).



## Steps 5

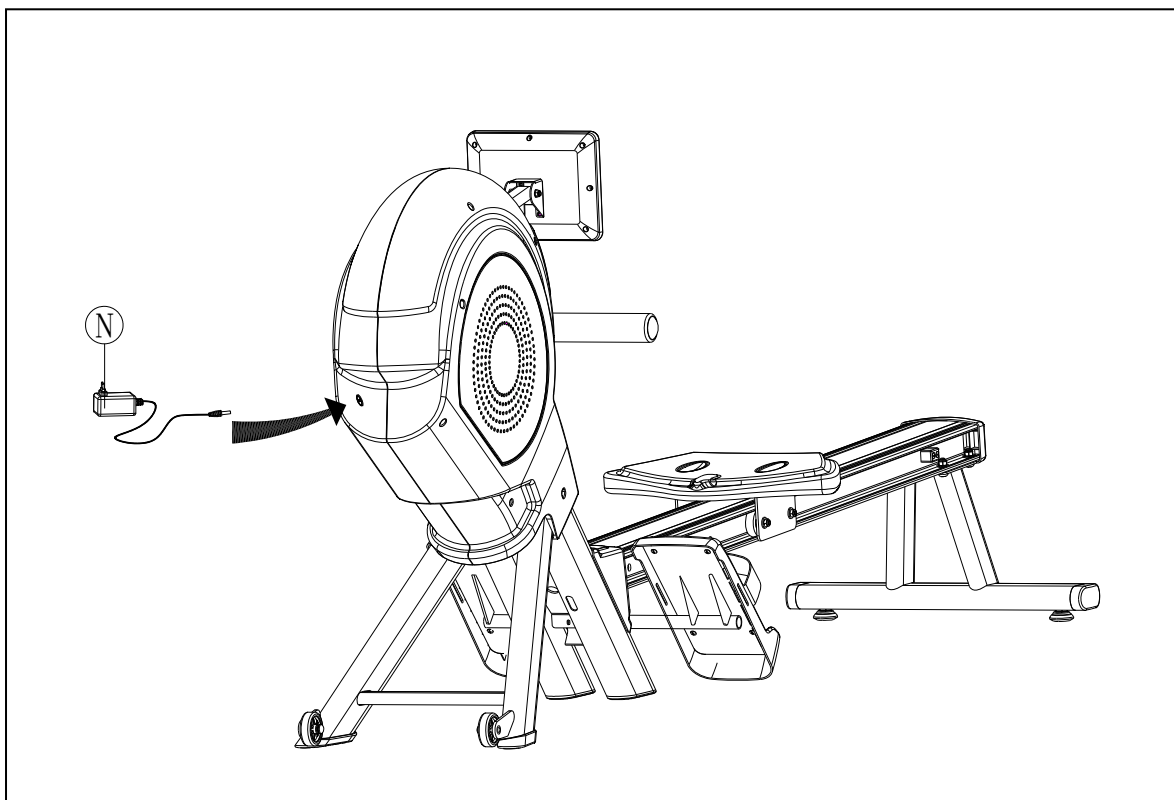
1. Fit paddle holder (J-1) to the slippery rail (B-1) and secure it with 4 M8xP1.25x20L screws (M-4) and 4 flat washers (M-3).

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.



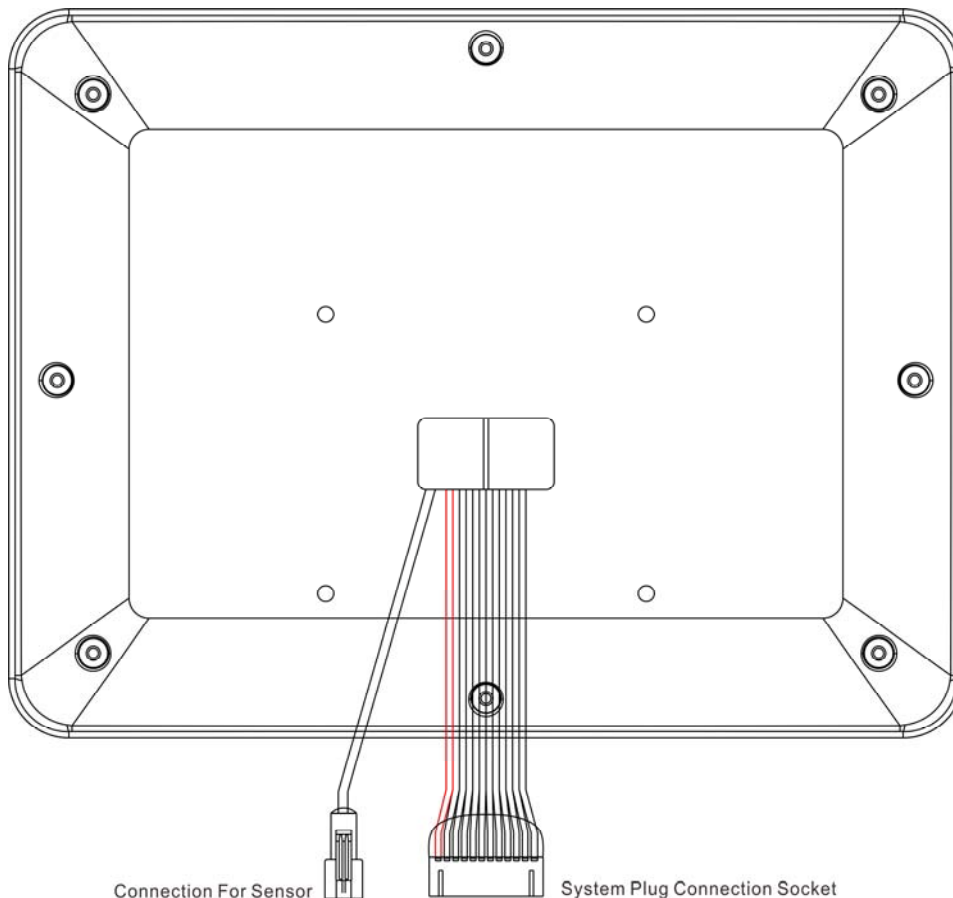
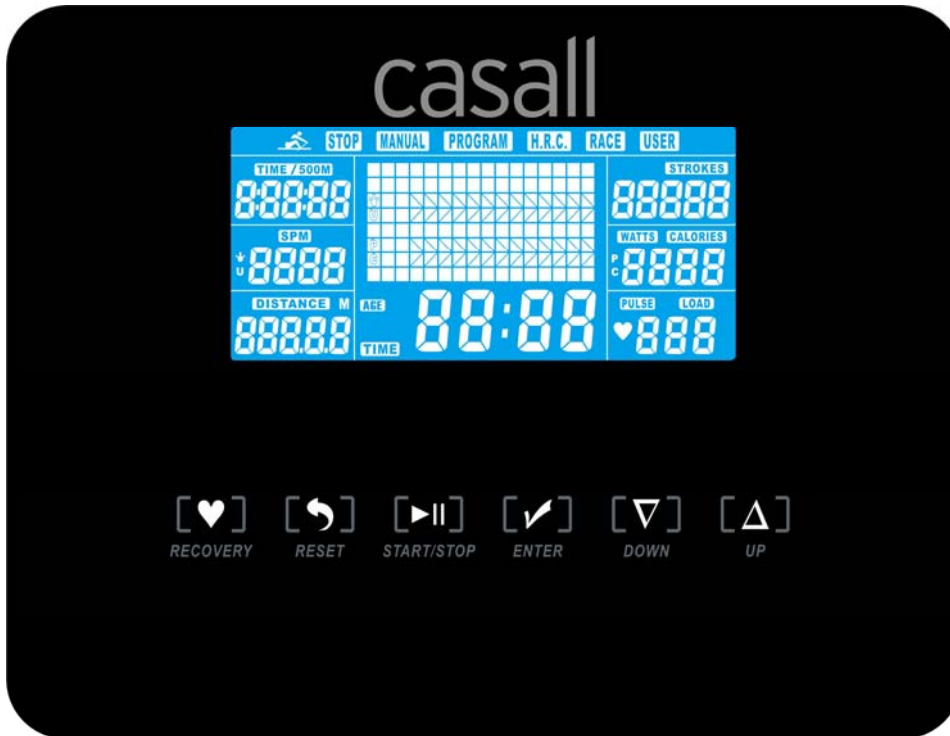
## Steps 6

Connect the adaptor (N) to the DC hole (located on the front of the chain cover).



# SM5879-64 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.

### 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.
PULSE	30-240 BPM	0-30~240Bpm

BUTTON	FUNCTION
<b>UP</b>	- Increase resistance level - Function selection
<b>DOWN</b>	- Decrease resistance level - Function selection
<b>ENTER</b>	- Confirm setting or selection.
<b>Reset</b>	- Hold on pressing for 2 seconds, computer will reboot. - Reset all values to zero. - Reverse to main menu after finishing a workout.
<b>Start/ Stop</b>	- Start or Stop rowing training.
<b>Recovery</b>	- Track user Heart rate in recovery phase.

### 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:

\* If only a "P" is shown instead of pulse value, it is impossible to measure the HR. Wear the chest belt properly so that computer can detect your hear rate.

\* 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 the Heart Rate program (H.R.C)
- Training with competition program (RACE)
- Training with your own program (User program)

### Starting exercise immediately (MANUAL)

Then MANUAL-->PROGRAM-->H.R.C-->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
- . PULSE

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 values 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→H.R.C→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:

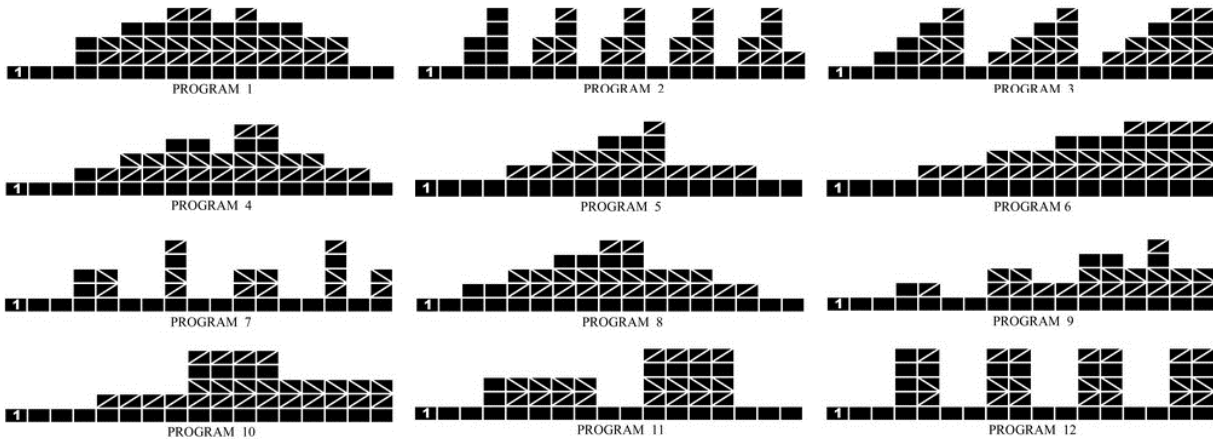
- . Resistance level (1~16)
- . TIME

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.

### Set program according to heart rate (H.R.C.)

In this program, the rower reacts to your pulse as measured by the chest belt.

This programs allows you to rowing efficiently and safely within your required heart rate zone.

In addition, simple graphics also show you whether you need to need to increase or decrease your stress Level. You can choose between:

HRC55 Here you are rowing in the very efficient range of 55%, ideal for beginners and for general fat Burning.

HRC75 This range of 75% of the maximum pulse rate is suitable for experienced users and athletes.

HRC90 The anaerobic range of 90% of the maximum pulse rate is only suitable for competitive athletes and short sprint exercises.

TAG The computer uses your Age to calculate a target pulse rate, which you can change as per your willing. Never select a target pulse that is higher than your age-determined maximum pulse rate.

-Press UP & DOWN to select H.R.C. and enter by pressing MODE. Choose HRC55-->HRC75-->HRC90-> TARGET.

With HRC55, HRC75, HRC90, the max. Heart rate will be calculated by the computer automatically.



- With the TARGET program, the preset value 100 will be shown. Press UP & DOWN buttons to set a value between 30~240 and confirm by ENTER. The program has been saved.
  - Set the desired session TIME with UP & DOWN buttons and press ENTER button to confirm.
  - Press STATR/STOP to start workout.
- For this program, it is necessary to wear the chest belt so that computer can detect and display your heart rate value.



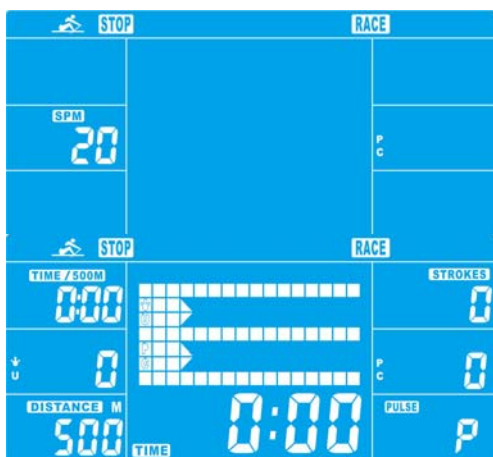
Program sequence:

- The computer sets a paddle resistance that keeps you exercising constantly within your target pulse rate.
- .If you are rowing and go below your preset pulse rate, the paddle resistance will automatically rise by one stress level every 30 seconds.
- .If you are exercising and go above your preset pulse rate, the paddle resistance will automatically decrease by one stress level every 15 seconds. If you have already reached the lowest level "1" and your pulse rate is still higher than your preset value, then after about 30 seconds an acoustic signal will alarm and computer program will end automatically.

### Training with competition mode (RACE)

In this program, you can enjoy rowing just like a 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 values 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.

### Recovery phase

It is recommended to end an intensive rowing session with a recovery phase. During this phase you should be able to relax and paddle without strong resistance until your pulse slows close to its usual rate.

- Press RECOVERY button and wear chest belt again. Then only TIME is showing with counting down from 60 seconds to 0, all other functions are not available.

Once the 60 seconds recovery phase is over, an evaluation of the achieved heart rate will be shown.



1.0	OUTSTANDING
1.0 < F < 2.0	EXCELLENT
2.0 < F < 2.9	GOOD
3.0 < F < 3.9	FAIR
4.0 < F < 5.9	BELOW AVERAGE
6.0	POOR

-If your heart rate is still very high after 60s (F is between 4 and 6), you could restart the recovery program

to gradually slow your heart rate further.

### 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".**