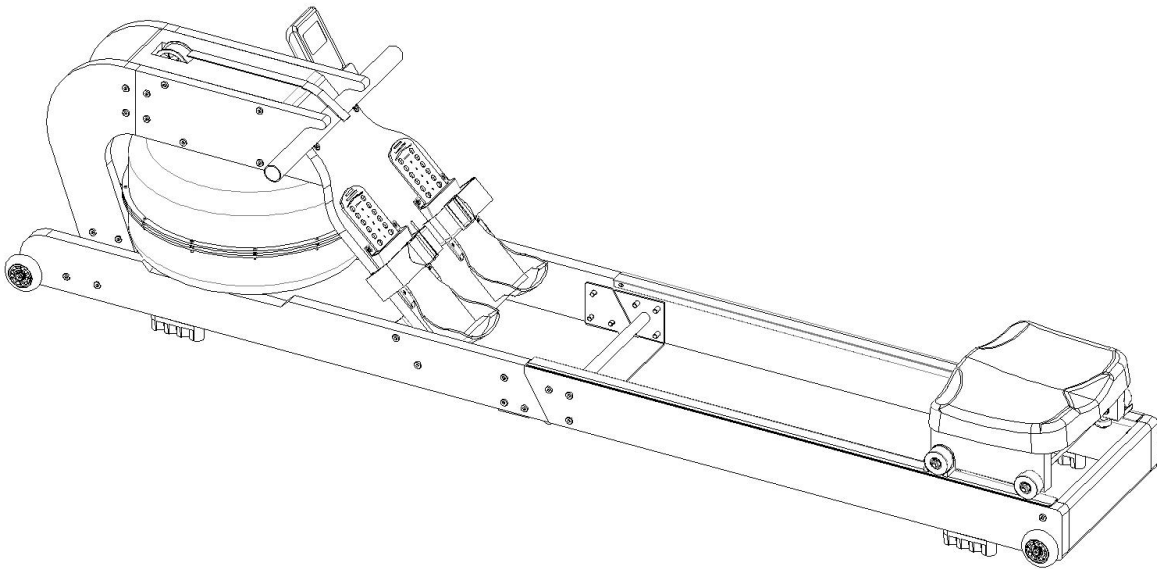


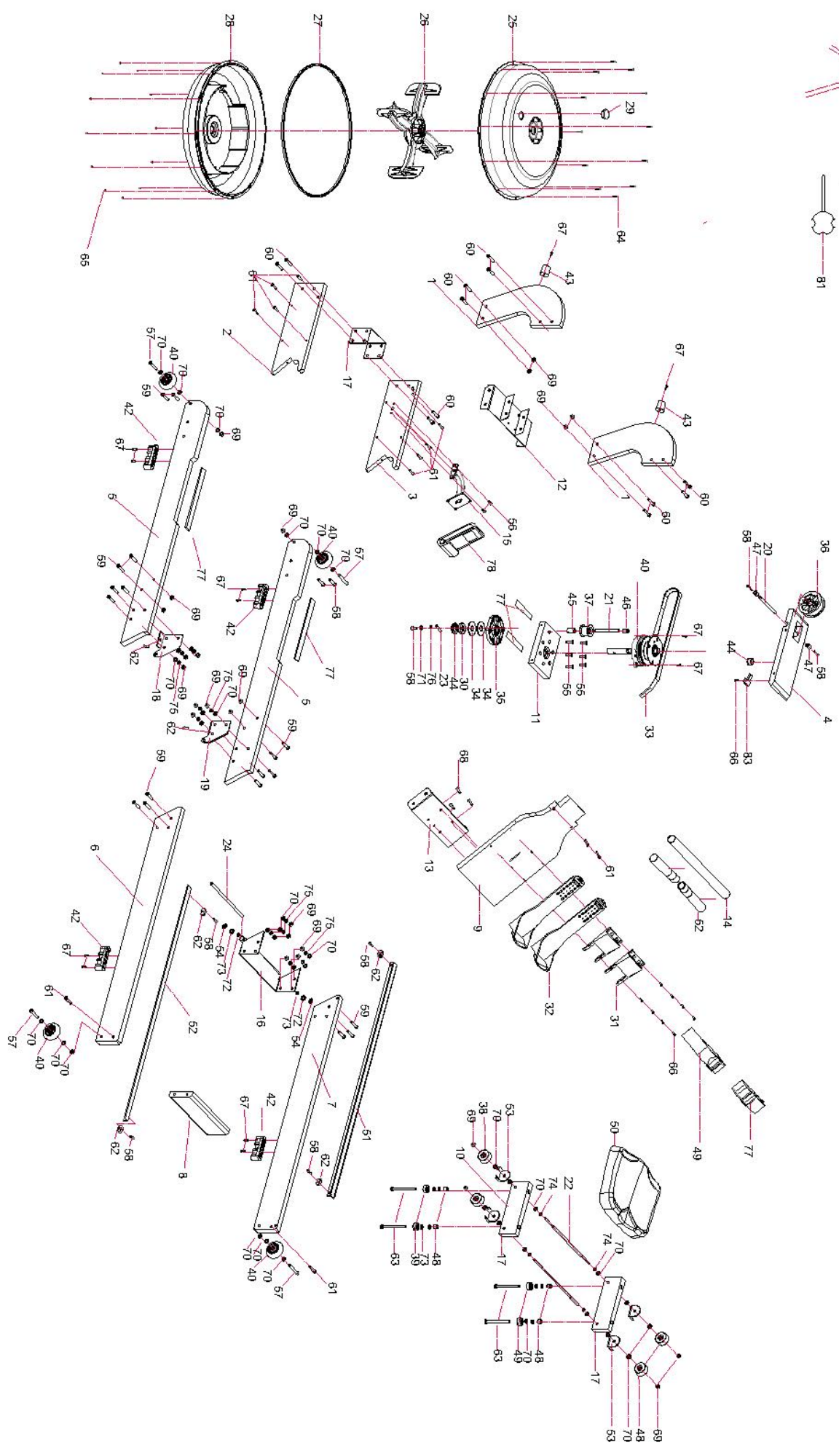
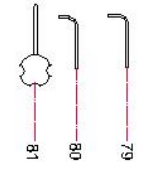
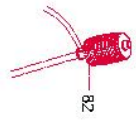


154034 BODYGO PREMIUM WATER ROWER

USER MANUAL



Please read the instructions before installing and using the product



NO	Part name	Size /mm	Single set dosage	unit
1	Left front column plate (same left and right)	366 * 171.5 * 20	2	pcs
2	Left baffle board	380 * 130 * 20	1	pcs
3	Right panel	380 * 130 * 20	1	pcs
4	Top connecting plate	326.4 * 124 * 25	1	pcs
5	Left front track	979.1 * 100 * 25	2	pcs
6	Left rear rail	995 * 100 * 25	1	pcs
7	Right rear rail	995 * 100 * 25	1	pcs
8	Rear connecting plate	303 * 100 * 25	1	pcs
9	footboard	490 * 295 * 20	1	pcs
10	Seat cushion retaining plate	220 * 73 * 25	2	pcs
11	Tank retaining plate	178 * 124 * 25	1	pcs
12	Front connection assembly	303 * 100 * 40 * delta 2.5	1	pcs
13	Front connecting plate	303 * 100 * 40 * delta 2.5	1	pcs
14	Pipe handrail	Phi 25 * 1.5 * 380	1	pcs
15	Electronic watch welding assembly	100 * 90 * 1	1	pcs
16	Rear twist assembly	303 * 83 * 98.4 * 3.0	1	pcs
17	Left and right connecting plate	124 * 65 * 4	1	pcs
18	Left connecting plate	30 * 105 * 92.1 * 3.0	1	pcs
19	Right connecting plate	30 * 105 * 92.1 * 3.0	1	pcs
20	Pulley shaft	Phi 10 * 154	1	pcs
21	Webbing wheel shaft	10 * 106	1	pcs
22	Seat roller shaft	Phi 8 * 363	2	pcs
23	Fixed pin	8 * 40 phi	1	pcs
24	pivot	Phi 10 * 305	1	pcs
25	Tank top cover	φ440*100 (no round hole)	1	pcs
26	paddle	Phi is 391.3 * 132	1	pcs
27	Water tank seal ring	φ423*7 hardness 80 degrees	1	pcs
28	Tank bottom cover	φ440*100 (with two round holes)	1	pcs
29	Water tank mouth plug	Phi is 30.5	1	pcs
30	Rubber washer	Phi phi 50 * 3 * 20.5	1	pcs
31	Foot plate	132 * 106 * 18	2	pcs
32	Adjusting pedal	343 * 106 * 56	2	pcs
33	Puller assembly	Phi 110*220, a magnet	1	pcs
34	Plastic gasket	Phi phi 50 * 3 * 20.5	2	pcs
35	Plastic bearing seat	110 * 98 * 12	1	pcs
36	New block pulley	φ68*32 black	1	pcs
37	Small webbing wheel	Phi phi 44 * * 35	1	pcs
38	Seat cushion roller	Phi 46 * 22	4	pcs
39	trundle	Phi 28 * 11.5	4	pcs
40	PU roller	Phi 69 * 23.5	4	pcs

41	Seat cushion stop	25 * 15 * 10	4	pcs
42	Foot pad	100 * 25 * 25	4	pcs
43	Column foot pad	Phi phi is 22 * 18 * 16	2	pcs
44	Upper shaft sleeve new	Phi phi 30 * 17.2 * 15	1	pcs
45	PVC sleeve 6	Phi phi 15 * 10.2 * 38	1	pcs
46	PVC sleeve 7	Phi phi 15 * 10.2 * 6.5	1	pcs
47	PVC sleeve 8	Phi phi 15 * 10.2 * 46	2	pcs
48	PVC sleeve 3	PVC/φ15*φ8.2*12 Black	4	pcs
49	Foot binding webbing combination	38.1 * 2 * 1000	2	pcs
50	cushion	340 * 270 * 52	1	pcs
51	edging	30 * 17.5 * 970	2	pcs
52	PVC grip cover	ipped with 25 round tubes, L=18	2	pcs
53	Roller positioning seat	46 * 32.4 * 43.5	4	pcs
54	Shaft sleeve	Phi phi 20 * 10.2 * 10	2	pcs
55	Hex socket pan head screw	M6*32 * S4 full teeth	6	pcs
56	Hex socket pan head screw	M6*25 * S4 full teeth	2	pcs
57	Hex socket pan head screw	M8×65×20×S5	4	pcs
58	Hex socket pan head screw	M8×20×S5	1	pcs
59	Hex socket flat round head screw	M8×40×15×S5	20	pcs
60	Hex socket flat round head screw	M8×35×15×S5	12	pcs
61	Hex socket flat round head screw	M6*40×S4	12	pcs
62	Hex socket screw with cylindrical head	M6*16 Full teeth S5	6	pcs
63	Hexagon bolt	M8×110×20×S14	4	pcs
64	Cross recessed pan head screws	M3x20xΦ6 with gasket	12	pcs
65	Nylon nut	Xs6 M3xH3. 8	12	pcs
66	Cross recessed pan head tapping screw	ST4.2 x16x Φ 7	9	pcs
67	Cross recessed pan head tapping screw	ST4.2 x19x Φ 7	12	pcs
68	Hex head wood screw	M6×16×S10	3	pcs
69	Nylon nut	Xs14 M8xH7. 5	30	pcs
70	Plain washer	The d8 * Φ 16 * 1.5	44	pcs
71	Plain washer	The d8 * Φ 16 * 1.5	1	pcs
72	Plain washer	D6 * Φ 12 * 1.6	2	pcs
73	Plain washer	Φ 10.4 * Φ 16 * 1.5	2	pcs
74	Shaft retaining ring	The D8 x 0.8	4	pcs
75	Spring washer	d8	12	pcs
76	Spring washer	d8	1	pcs
77	EVA mat		4	pcs
78	Electronic watch		1	pcs
79	Allen wrench S5		1	pcs
80	Allen wrench S4		1	pcs
81	Cross flat wrench		1	pcs
82	Hand suction pump		1	pcs

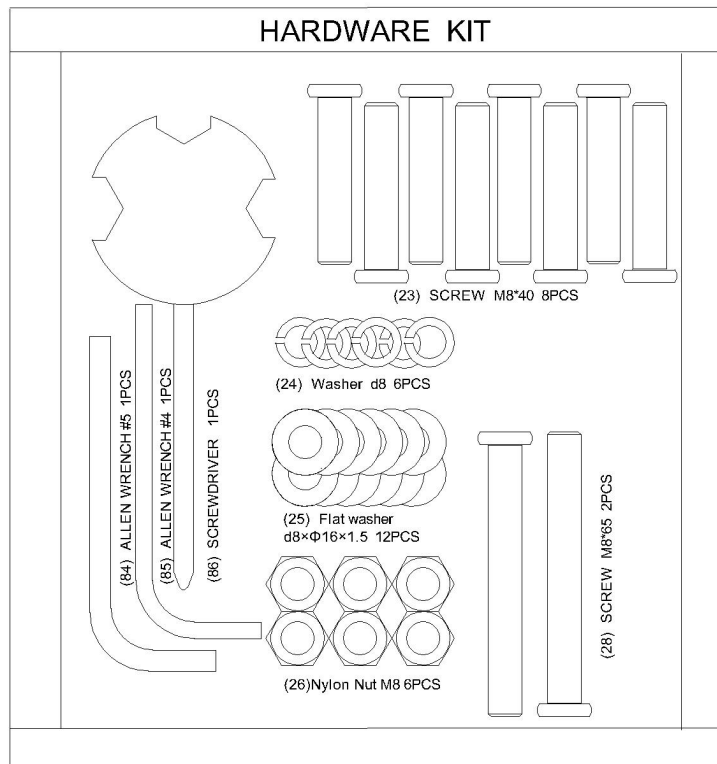
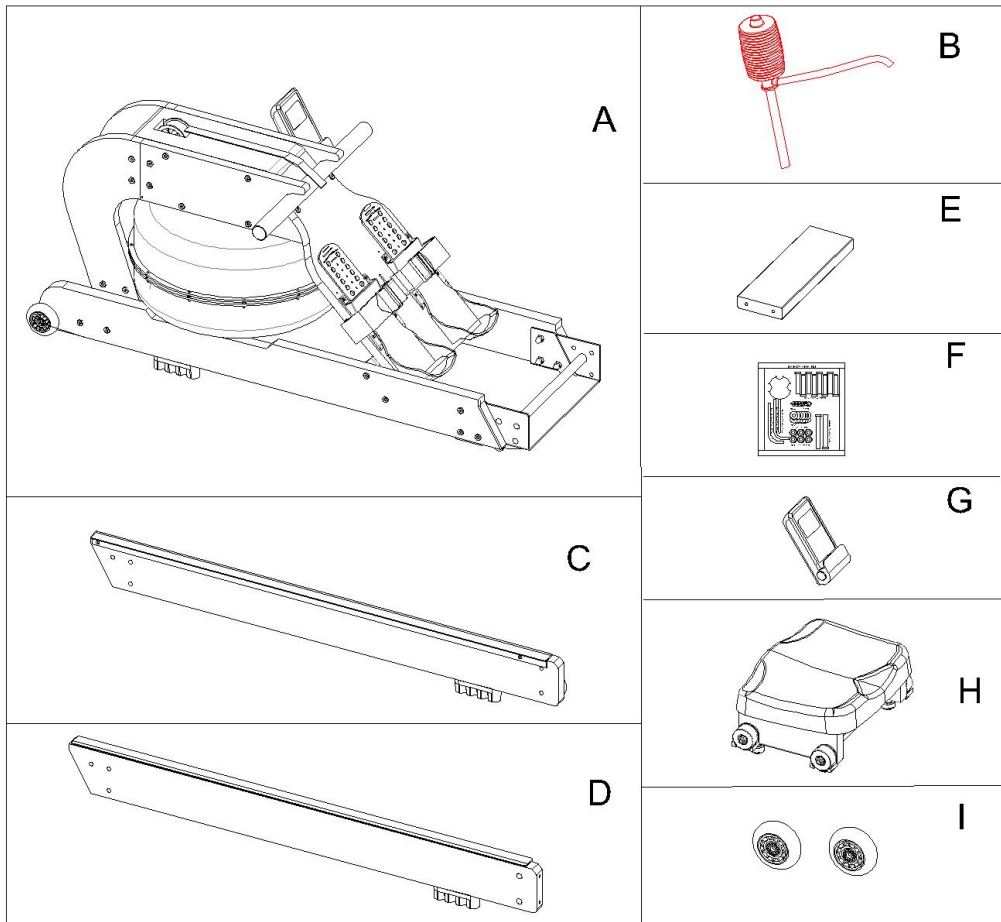
Important safety tips

Please keep the manual for future reference :

1. before the assembly and use of the training equipment, carefully read all the contents of the instruction manual is very important, only the correct installation, maintenance and use of the training equipment to achieve a safe and effective training effect, must ensure that all users are familiar with all the warnings and precautions of the training equipment.
2. before using the training equipment, the user should consult a doctor according to their physical condition, in order to prevent health or safety accidents during the training process, so that normal training can not be carried out. If the user is taking medication that affects heart rate, blood pressure, and cholesterol levels, be sure to follow a doctor's advice before training.
3. training should always pay attention to the condition of the body, incorrect or excessive training will be harmful to your health, if you have the following discomfort symptoms (including: headache, chest tightness, irregular heartbeat, shortness of breath, dizzy, dizziness and nausea, etc.), please stop training immediately, only after the doctor checks and confirms that it is OK to continue training.
4. Please keep your children and pets away from the training equipment, the training equipment is only for adults.
5. Please place the training equipment in a solid and flat place, and place a protective layer on the floor and carpet surface to prevent ground damage. For your safety, please ensure that the distance between the perimeter of the training equipment and the obstacles is not less than 0.5m.
6. Before using the training equipment, please check whether all bolts and nuts that need to be locked have been locked to ensure that they can be used.
7. only frequent repair and maintenance of easily damaged, easily worn and easily broken parts can ensure the safe use of the training equipment.
8. Please ensure that the equipment is used in accordance with the instructions. When defective parts are found in the process of assembly and maintenance or when noise is emitted during use, please stop operation and use immediately to ensure that all problems are solved before proceeding.
9. When using the training equipment, please wear clothes suitable for training and avoid wearing large clothes, which will be stuck by the machine, hinder operation and may be trapped on the equipment.
10. the training equipment has passed the EN957 Class HC certification, only suitable for home use, the trainer weight is less than 300LB.
11. The training equipment is not suitable for use as medical equipment.
12. in the process of lifting or moving the training equipment, pay attention to safety, so as not to hurt your back. Use the correct method of movement, or with the assistance of others.

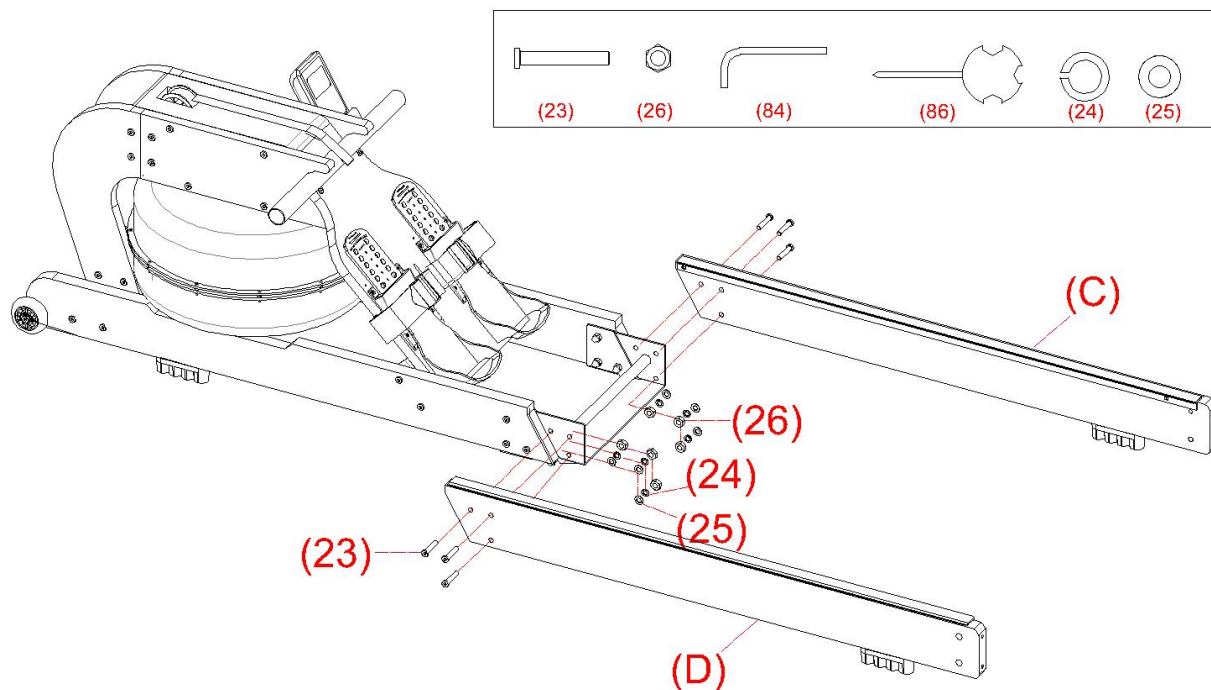
Open the packing case and you can take out the following parts

N O	N a m e	Q u a n t i t y
A	Rowing machine	1PC
B	Hand pump	1PC
C	Right rail	1PC
D	Left rail guide	1PC
E	Rear connecting plate	1PC
F	Parts kit	1PC
G	Electronic watch	1PC
H	cushion	1PC
I	Transport wheel	2PC

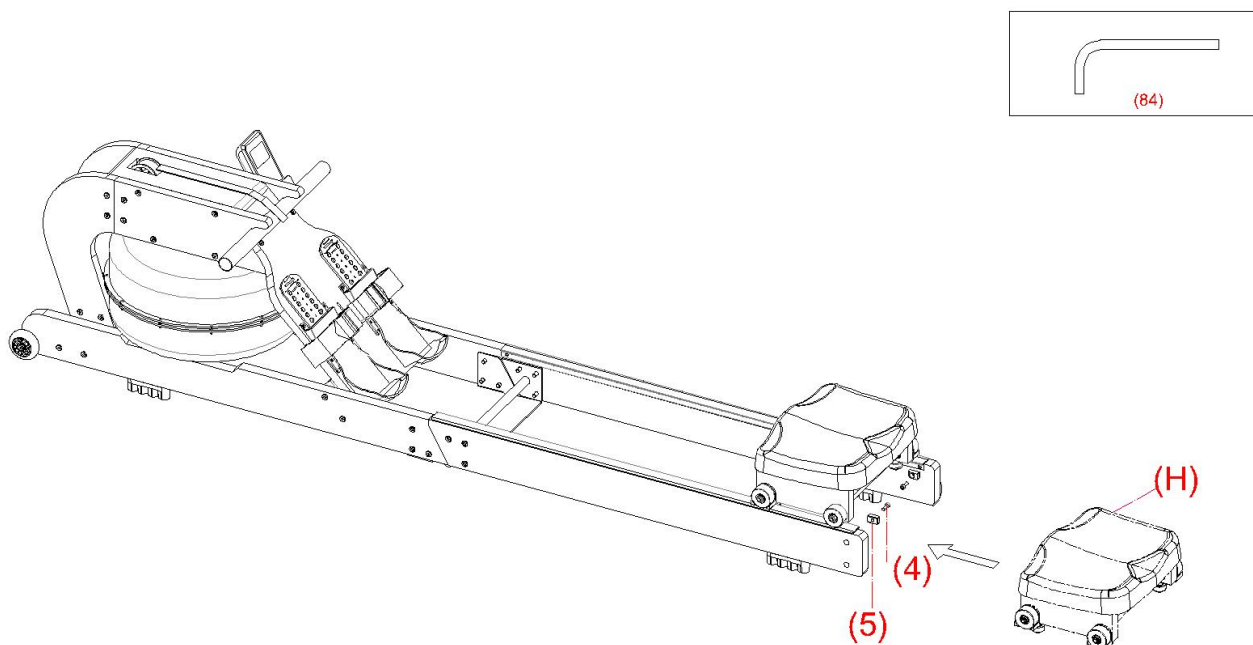


Installation instructions

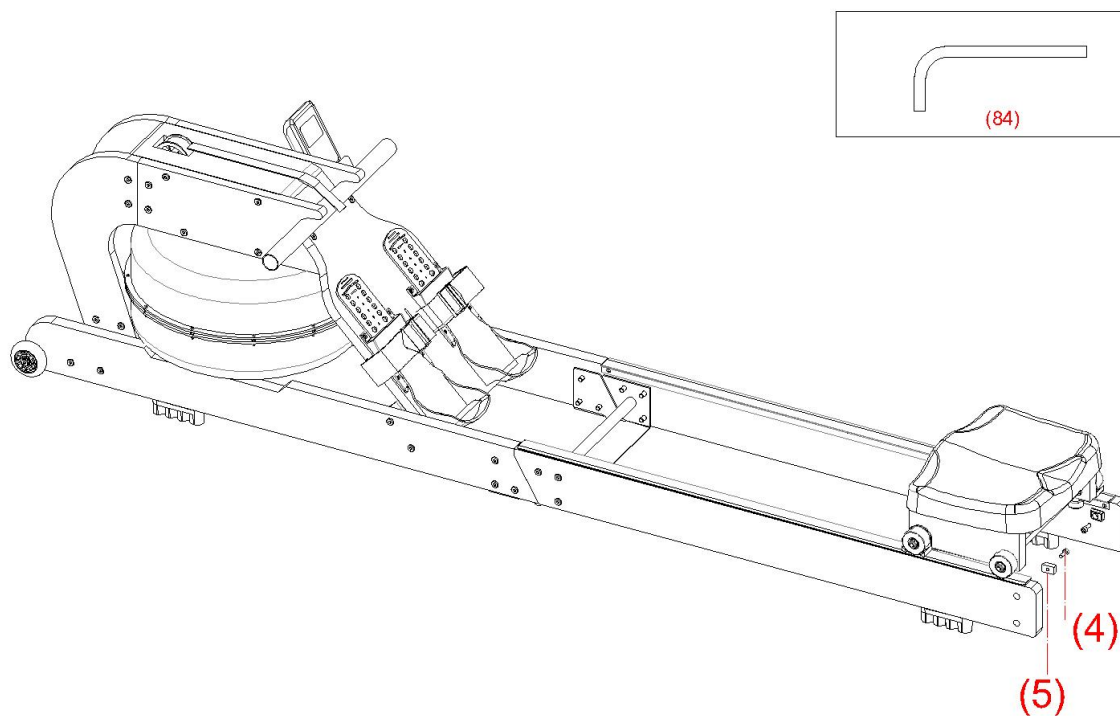
1. Take out the left slide rail (D) and right slide rail (C), take out the hexagon flat round head screws (23) 6PCS and nylon nuts (26) 6PCS, and spring washers (24) 6PCS and flat washers (25) 6PCS from the parts pack (F) and assemble them with the tools (84) and (86) in the parts pack.



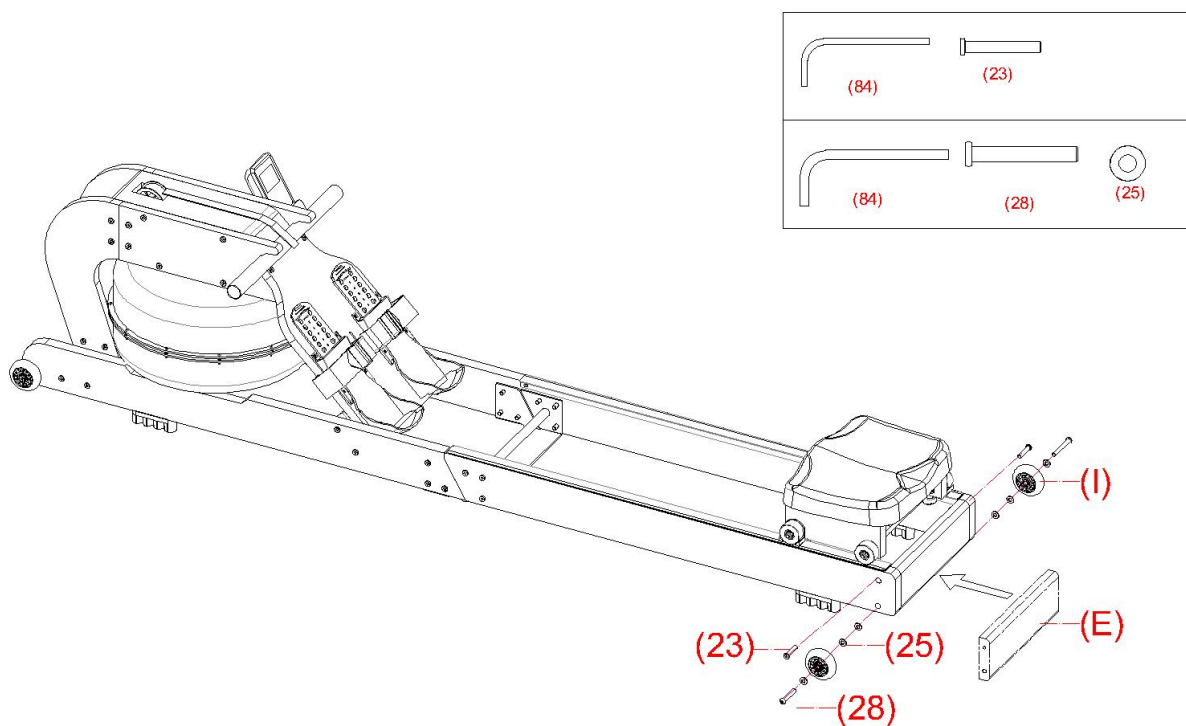
2. After installing the slide rail, use the tool (84) in the parts package (F) to remove the hex cylindrical head screws (4) 2PCS and the seat block (5) 2PCS from the left and right slide rail, put them aside for use, and then push the seat cushion (H) into the slide rail along the direction of the arrow.



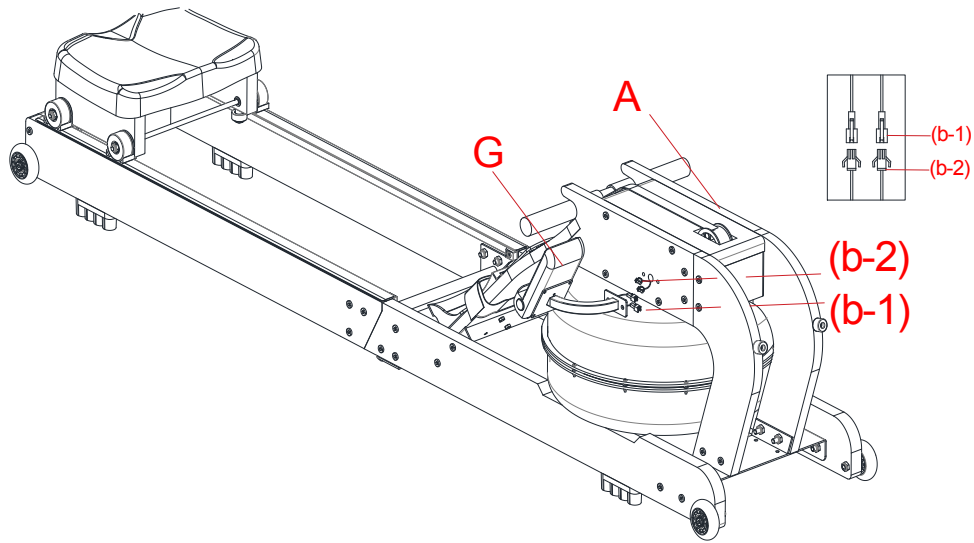
3. Remove 2 hexagonal cylindrical head screws (4) and 2 cushion blocks (5) placed on one side and lock them back to the left and right slide rails using a tool (84).



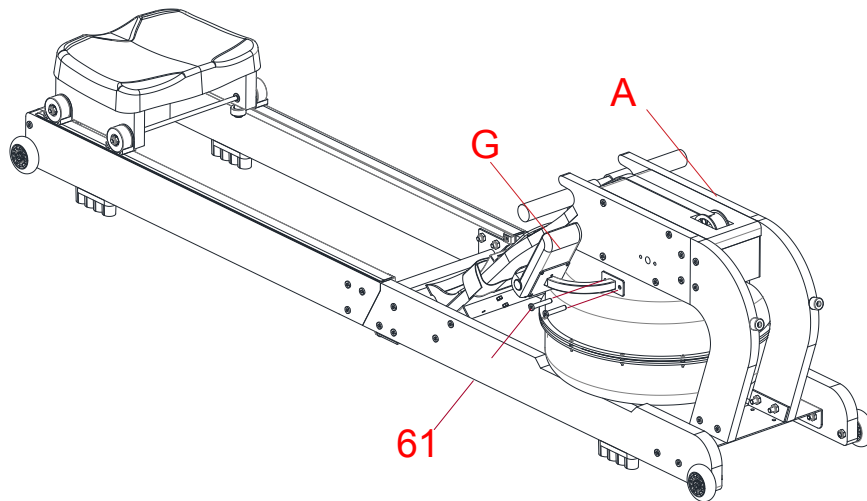
4. After the seat is installed on the guide rail, take out the rear connecting plate (E) in the packing case and push it into the guide rail along the direction of the arrow. Using the tool (84) in the parts package (F), take out the 2PCS of hexagon flat round head screws (23) and 2PCS of hexagon flat round head screws (28) and 6PCS of peace washers (25) from the parts package (F). Take out the two transport wheels (I) in the packing box, pre-lock assembly will be carried out on the tools (84) and hexagon flat round head screws (23), and assembly will be carried out on the tools (84) and 6PCS of hexagon flat round head screws (28) and flat washers (25). The installation sequence of parts is shown in the figure. The transport wheel (I) should not be locked too tightly, leaving a little space for the wheel to rotate.



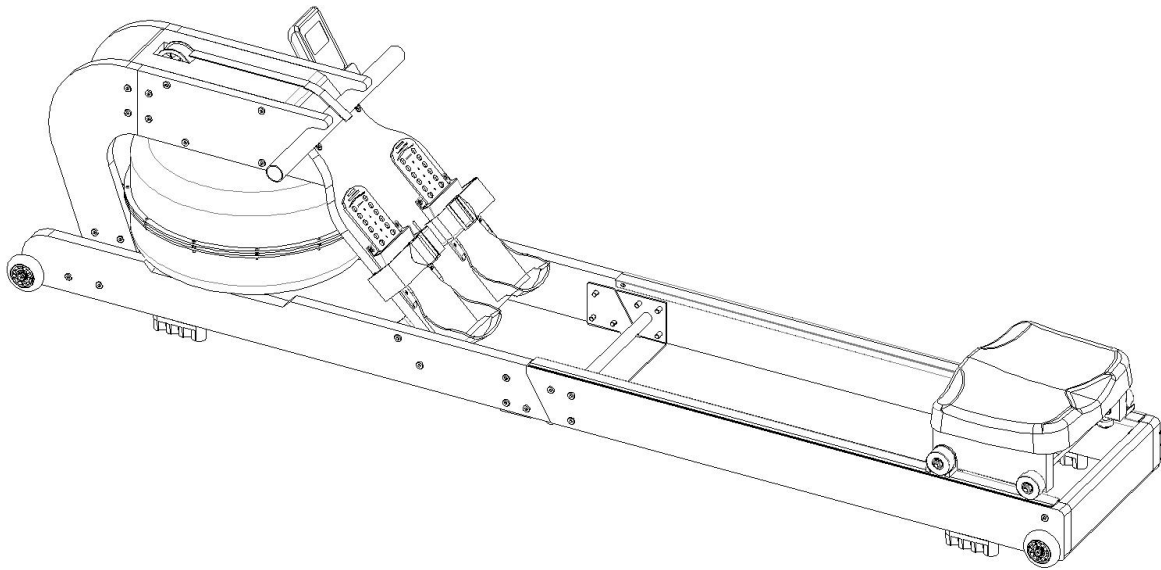
5. Connect the lines (b-1) and (b-2) together as shown. And into the digital tube. Then use tools (84)



6. With the tool (84), remove the screw #61 that is pre-locked on the main frame (A). With the tool (84) as shown, remove the screw #61 that is just removed and lock the electronic watch assembly (G) and the main frame (A) together.



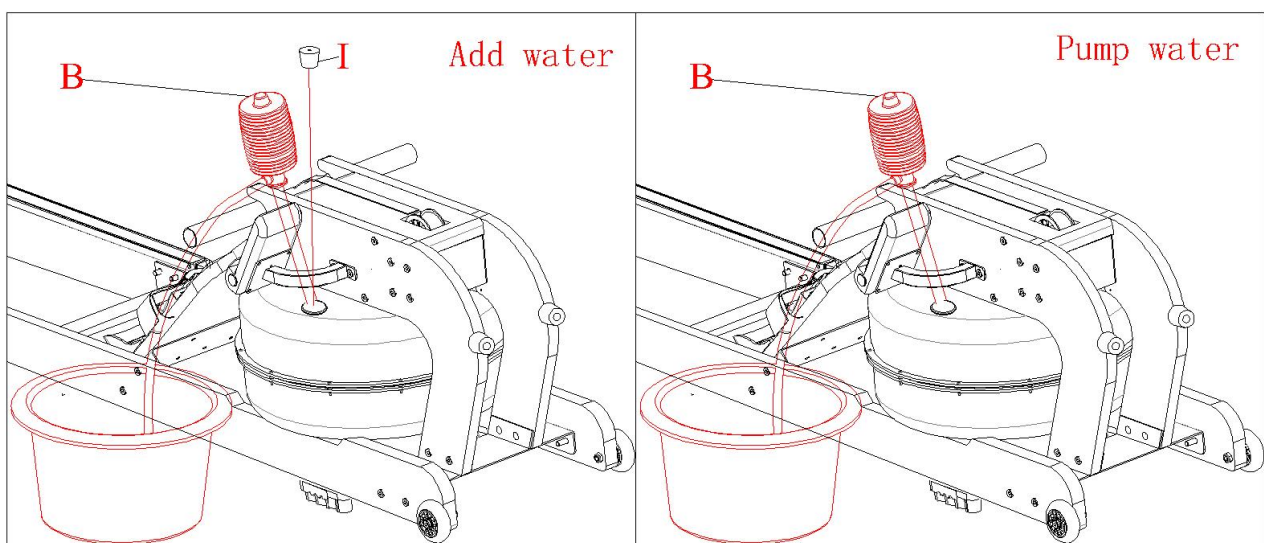
7. Finished Products



8. Unplug tank plug from upper tank (I)

9. Fill with water as shown. Insert the manual pump (B) into the tank, then fill the tank with the manual pump (B) and the bucket. Refer to the digital scale on the side of the tank to measure the amount of water in the tank.

10. Pump as shown. Place a bucket next to the machine and use a manual pump (B) to pump water from the tank into the bucket. Plug the tank plug (I) into the upper tank, dry the water on and around the machine table with a dry cloth, and assemble.

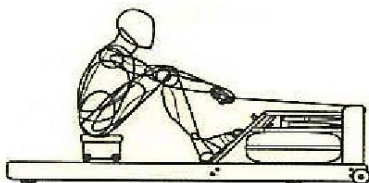


Training guide chart



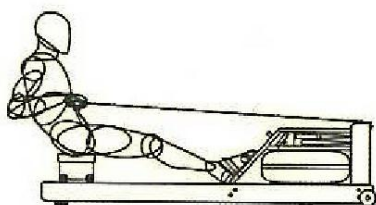
Starting position

Arms straight in front of you, shoulders relaxed, head up, eyes looking forward, feet and calves compressed vertically.



Sliding process

Grab your arms with your hands, keep your body in the right position and Angle, and slowly open your legs and mount them forward.



Return position

Straighten your legs out in front of you, pull the handle to your chest, relax your shoulders, and look forward.

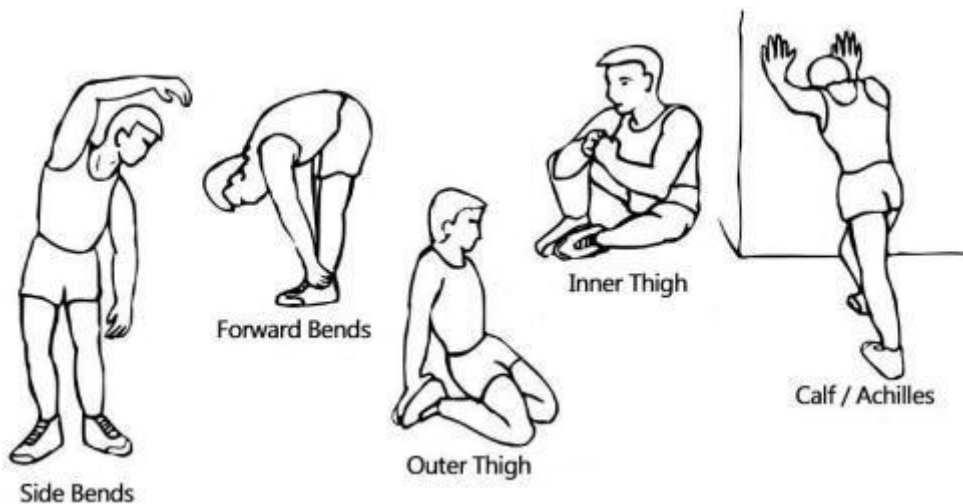
After a few stages of your own rowing practice, mastering the correct rowing posture and the rhythm of the rowing motion, this technique will be easier compared to ordinary rowing, and you will soon experience the benefits of rowing machine

Training instruction

The use of this product can not only strengthen the physique and exercise muscles, but also play a role in weight loss through a reasonable diet.

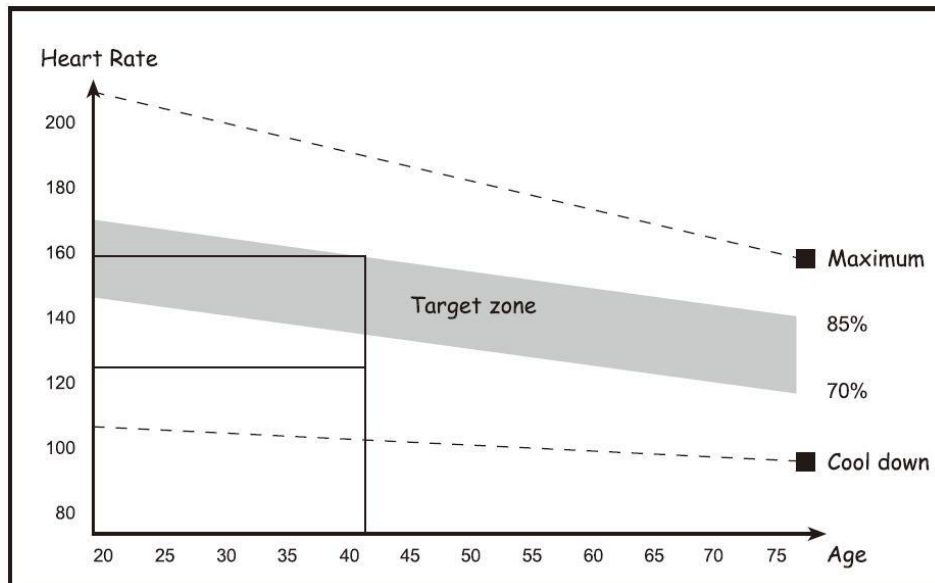
Warm-up exercise before training

This phase of the warm-up exercise can improve the blood circulation of the trainer's body, and make the muscles reach a good training condition, while reducing the risk of cramping or muscle strain during training. Before each training, please do warm-up exercises according to the following recommended training methods. Each stretching exercise must be held for about 30 seconds. During the exercise, be careful not to do strenuous stretching exercises to prevent muscle damage.



Training phase

This stage is the formal training stage, after long-term regular practice can improve the flexibility of the leg muscles. During the training process, the key is to practice at a stable training intensity according to your own training situation, and choose a reasonable training intensity when practicing, so that your heart rate can be controlled within the target value range listed in the following table.



To keep your heart rate in the appropriate target range for at least 12 minutes, most people start training for 15-20 minutes.

The recovery phase after training

In this recovery stage, the activities done in the preparation stage are repeated, and the amplitude and speed of exercise can be appropriately reduced during the process, the time lasts about 5 minutes, and the body heat can be adjusted through exercise, so that the muscles can be relaxed. It should be noted that in the process of exercise can not do intense stretching activities, so as not to damage the muscles.

In the case of already adapted training, you can gradually increase the training time and training intensity, it is recommended to train at least 3 times a week, if possible, record the average level of weekly practice.

Strengthen muscles

If you want to use this product to strengthen muscles, you need to adjust the resistance during the exercise to be very high, so that you can increase the intensity of the exercise for a short time to achieve the effect of strengthening muscles; If you want to strengthen muscles and achieve fitness at the same time, you need to use a different type of training; Do warm-up activities first, and then do regular exercises, increase the intensity of training near the end of the training stage, increase the resistance of the legs, but pay attention to the increase in intensity at the same time to slow down the speed of training, so that the heart rate is kept within the target range, after the training to do post-training finishing activities.

Lose weight

To achieve the effect of weight loss, the key is the time and intensity of training, the greater the intensity of training, the longer the time will burn more calories, so as to achieve the effect of weight loss; It can also achieve the effect of fitness through practice and enhance physical fitness. During the training process, you can do appropriate exercises according to different needs

Instrument instruction manual

■ BUTTONS

1. MODE

Press this button to changeover display time (time/500m), calories (total strokes), Pulse(IF HAVE)(spm) and distance (total distance).

2. SET

In setting status, press this button and changeover choose the “MODE” button to increase setting value in relevant flashing window for TIME, DIST, PULSE(IF HAVE),CAL.

3. RESET

In setting status, press this button to reset the value in relevant flashing window for TIME, DIST ,PULSE(IF HAVE) and CAL.
In monitor status, hold this button for 3 seconds to reset all value to zero.

■ FUNCTIONS

- ii. 1.STROKES
- iii. Display instantaneous strokes and the range is 0~9999 Strokes.
- iv. 2, SPM(strokes/ minute)
- v. Display current repetition per minute(SPM) during exercise. It reflects the stroke frequency. The range is 0~1500 rate per minute
- vi. 3.TIME
- vii. Count the total time from exercise start to the end and the range is 0:00 ~ 99:59Minute
- viii. Exercise time can be set in advance, when it approaches the preset time, the monitor will alarm 10 seconds. The maximum pre-set time is 99 minutes.
- ix. 4.TIME/500m
- x. i. Show to paddle boat time with 500 M, The range is 0:00 ~ 99:59Minute
- xi. 5.DISTANCE(DIST)
- xii. Count the total distance from exercise start to the end and the range is 0.0 ~ 9999KM OR Mile.
- xiii. Exercise distance can be set in advance, when it approaches the preset distance, the monitor will alarm 10 seconds. The maximum pre-set distance is 9999KM
- xiv. 6,TOTAL DISTANCE(ODO)
- xv. Count the total distance after installing the batteries.
- xvi. 7,TOTAL STROKES
- xvii. Count the total strokes after installing the batteries.
- xviii. 8. CALORIES(CAL)
- xix. i. Count the total calories consumed from exercise start to the end and the range is 0.0 ~ 9999 KCAL.
- xx. The calorie value can be set in advance, when it approaches the preset calorie, the monitor will alarm 10 seconds. The maximum pre-set calories is 9999KCAL
- xxi. 9. PULSE(IF HAVE)
- xxii. Please wear the 5.3K wireless heart rate chest band correctly to test the heart rate.
- xxiii. When the computer detect your current heart rate is higher than preset, The computer will alarm.
- xxiv. 10.AUTO START/STOP
- xxv. Without any signal of exercise or operation for 4minutes, the power will turn off automatically.
- xxvi. Once receive exercise or operation signal, the monitor will turn on automatically.
- xxvii. ■ BLUE TOOTH & APP:
- xxviii. Download APP first, Then open a blue tooth and Position, The exactitude links APP.
- xxix. The computer can link SPAX, Kinomap, and match FTMS protocol of blue tooth APP.
- xxx. Comput conjunction after ascending blue tooth APP, computer shows that the screen will put out, computer after breaking to open to link blue tooth APP, the calculator shows that the screen can order bright.

■ BATTERY REPLACE

When the display becomes dim or illegible, remove the battery and replace with SIZE AAA UM4 R03.

Importer:
Ogalas ULC
Unit 4 Parkway House
Ballymount Drive
Dublin
D12 ECR9