HIT FITNESS

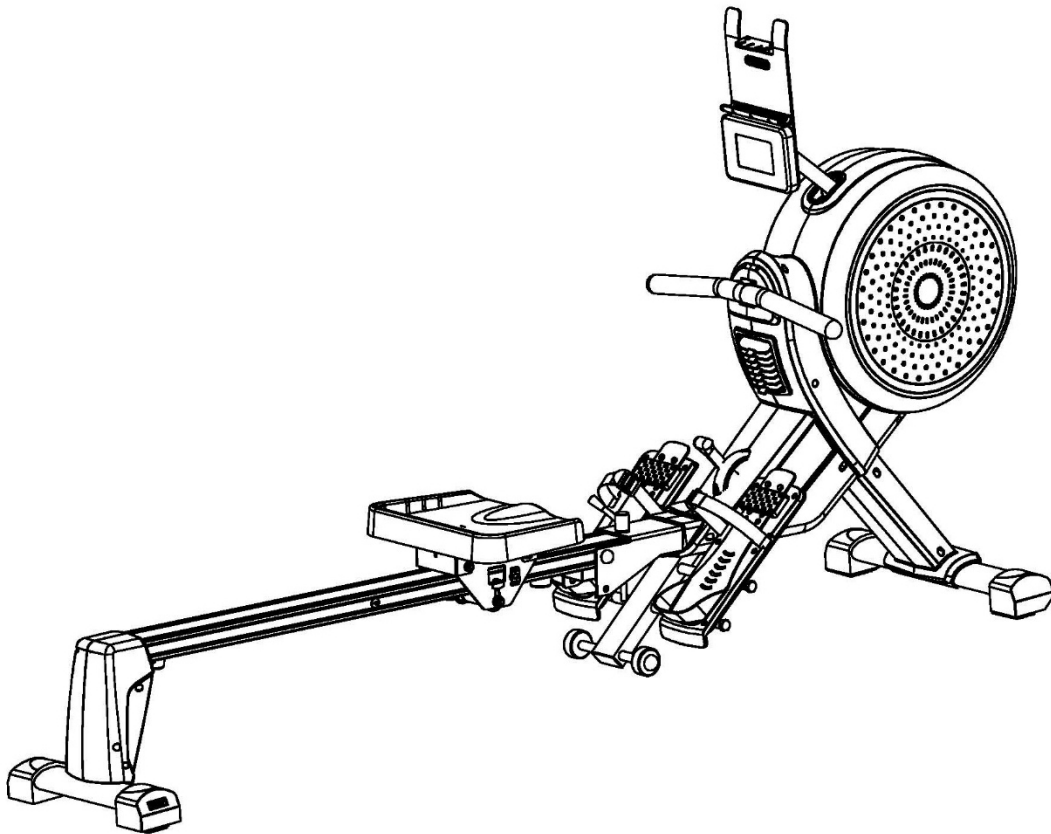# *MAGNETIC ROWING MACHINE*
OWNER'S MANUAL
Product Code: HIT00346

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 or operating the machine

1、 Assemble the machine exactly in accordance with the descriptions in the instruction manual.

2、 Check all the screws, nuts and other connections before using the machine for the first time and ensure that the machine is in a safe condition.

3、 Set up the machine in a dry, level place and store it away from moisture and water.

4、 Place a suitable base (e.g. rubber mat, wooden board etc.) beneath the machine in the area of assembly to avoid dirt et cetera getting caught in the machine.

5、 Before beginning training, remove all objects within a radius of 2 meters from the machine.

6、 Do not use aggressive cleaning agents to clean the machine. Only use the supplied tools or suitable tools of your own to assemble the machine or repair any parts of machine. Remove drops of sweat from the machine immediately after finishing training.

7、 Your health can be affected by incorrect or excessive training. Consult a doctor before beginning the training program. They can define the maximum setting (Pulse. Watts. Duration of training etc.) to which you may train. This machine is not suitable for therapeutic purposes.

8、 Only train on the machine when it is in correct working order. Use only original spare parts for any necessary repairs.

9、 This machine can only be used by one person at a time.

10、 Wear training clothes and shoes that are suitable for fitness training while using this machine. Regular training shoes should be appropriate for the machine.

11、 If you have a feeling of dizziness, sickness or any other abnormal symptoms, please stop training and consult a doctor immediately.

12、 Children are not allowed to use the machine.

13、 The power of the machine increases with increasing speed and decreases with decreasing speed. The machine is equipped with an adjustable knob that can be used to adjust the resistance.

14、 The maximum user's weight is 120kg.

EXPLODED DIAGRAM

PARTS LIST

No.	Description	Qty	No.	Description	Qty
1	Main Frame	1	33	Adjustable U-shaped washer	2
2	Front bottom tube	1	34	Nylon nut	2
3	Rear support tube	1	35	Roller wheel spacer	6
4L/R	L/R Pedal	1 pair	36	Bearing	6
5	Rear bottom tube end cap	2	37	Railway roller wheel	3
6L/R	L/R front end cap	1 pair	38	Nylon nut M8	6
7	Console bracket	1	39	Roller wheel	2
8	Railway support tube	1	40	Nylon nut M8	2
9L/R	L/R support board	1 pair	41 L/R	L/R pedal	1 pair
10	U-shaped board	2	42	Outer hex bolt M12X160	4
11	Cross screw ST4.2X18	10	43	Cross pan screw M5X15	12
12	Handlebar	1	44	Inner hex screw M8X20	2
13	Belt	1	45	Flat washer D8X1.5	2
14	Cross screw ST4.2X16	4	46	Nylon nut M5	12
15L/R	L/R rear protective cover	1 pair	47	Pedal strap	2
16	Square end cap	1	48	Inner hex screw M8X55	2
17	Flat washer D8X1.5	19	49	Flat washer D12XΦ24X2	1
18	Spring washer D8	8	50	Pop-pin knob	1
19	Inner hex screw M8X20	8	51	Pulse wire	1
20	Inner hex screw M8X20	2	52	Connection wire	1
21	Rubber cushion	2	53	Sensor wire	2
22	Railway	1	54	Foam grip	2
23	Cross pan screw M5X15	3	55	Carriage bolt M8X74	1
24	Locating column	1	56	Rubber cushion	2
25	Railway isolating bar	2	57	Alloy bushing	2
26	Strength column	1	58	Fixed seat	1
27	Flat washer D10XΦ20X2	2	59	Cross pan screw	4
28	Outer hex bolt M10X112	1	60	Smartphone/device holder bracket	1
29	Nylon nut M10	1	61	Console	1
30	Seat	1	62	End cap 1	2
31	Outer hex bolt M8X125	3	63	End cap 2	2
32	Adjustable chain bolt	2			

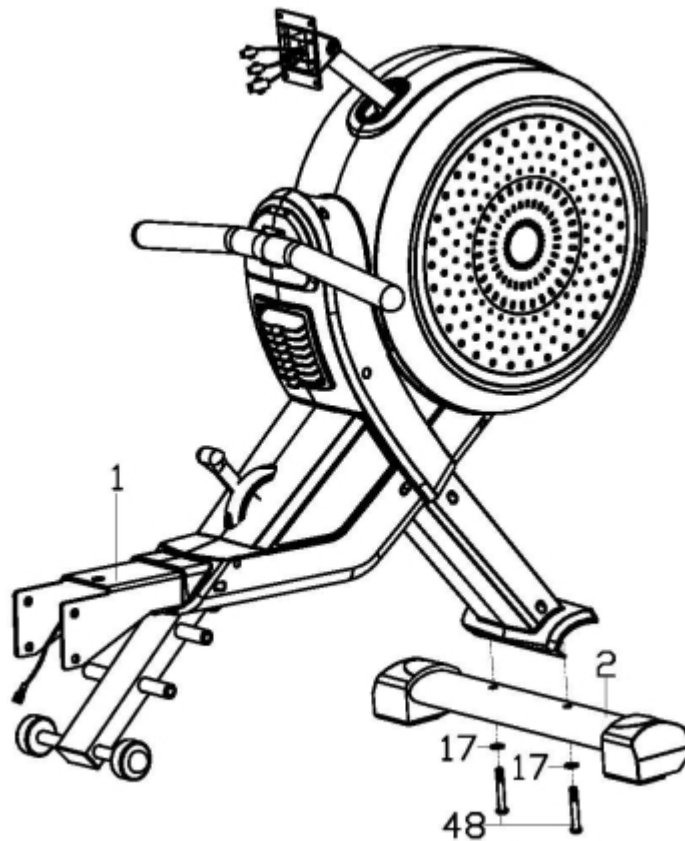# ASSEMBLY INSTRUCTION

Attention:

Please follow these assembly instructions step by step to assemble this programmable magnetic rowing machine.

Step 1:

**Attach the front bottom tube (2) to the main frame (1) with the inner hex screw (48) and flat washer (17).**

Step 2:

A: Fix the rear support tube （3）to the railway （22） with the inner hex screw （19）, spring washer（18）and flat washer（17）.

B: Lock the L/R rear protective cover （15L/R）to the rear support tube （3） with the cross screw（11）.
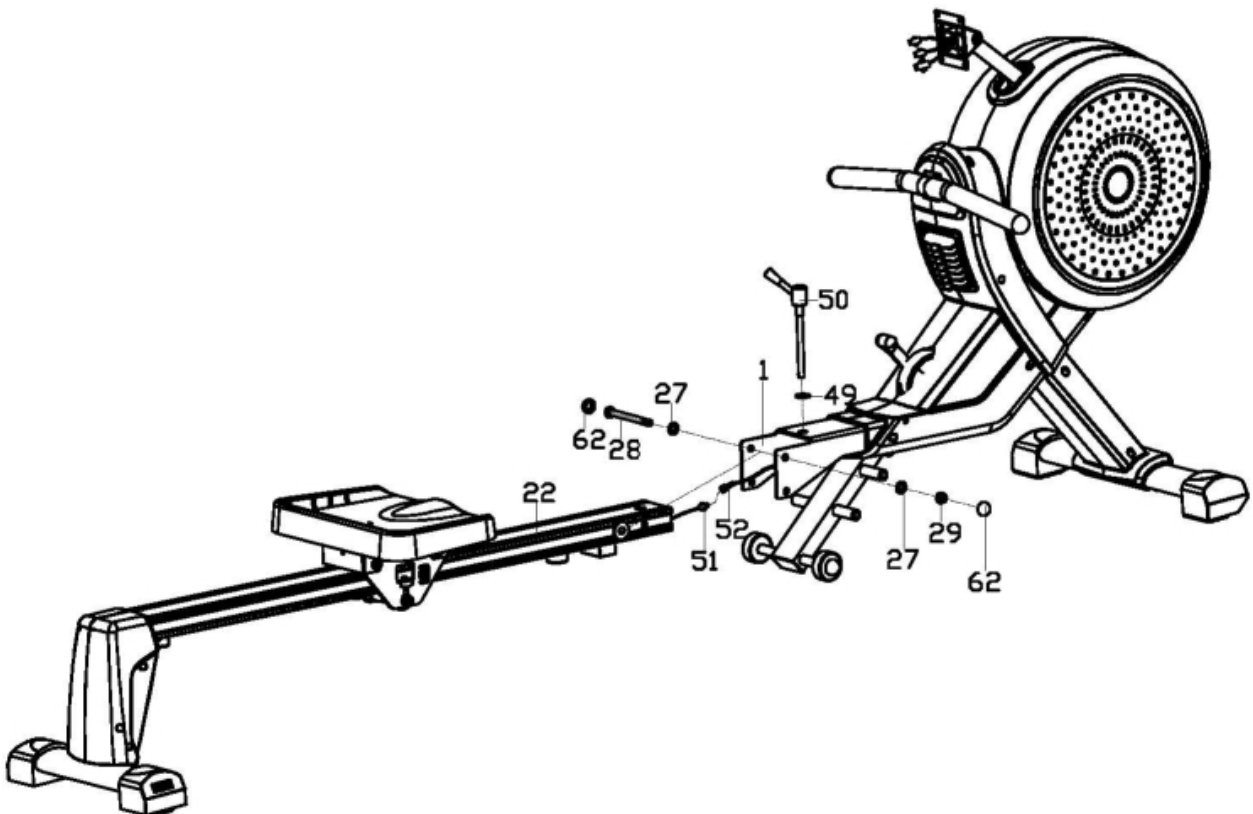
C: Lock the rubber cushion （21）to the railway （22）with the inner hex screw (20).
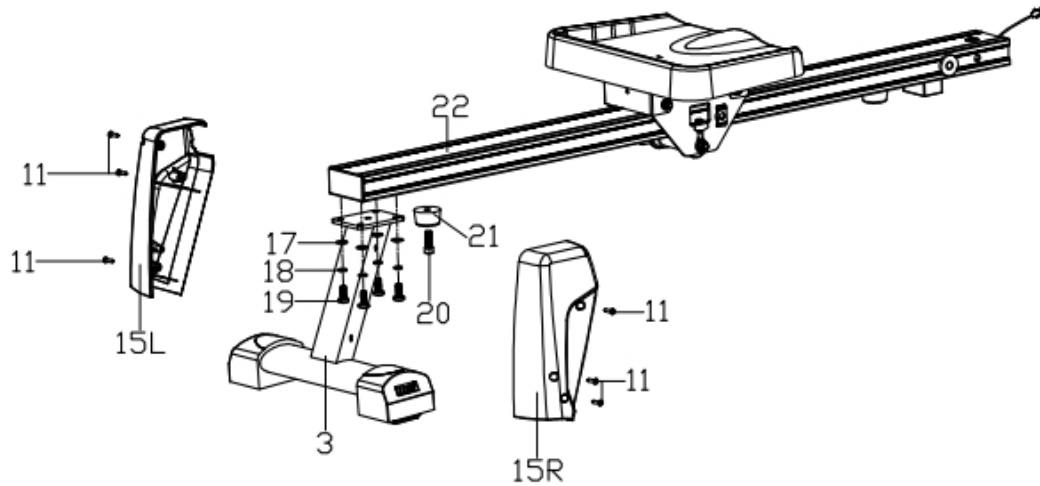
Step 3:

A: Firstly, connect the pulse wire （51） to the connection wire (52), then lock the railway （22）to the main frame（1）with the outer hex bolt（28）, flat washer（27）, and nylon nut（29）.

**B. Finally, lock the railway （22） to the main frame （1）with the pop-pin knob （50）and flat washer（49）.**

Step 4:

A: Lock the L/R Pedal（4L/R）to main frame（1）with outer hex bolt（42）.

B: Pull the connection wire（52）and sensor wire（53）through the smartphone/device holder bracket（60） and connect with the console（61）. Then lock the console（61）and smartphone/device holder bracket（60）to the fixed seat（58）with the cross-pan screw（59）.
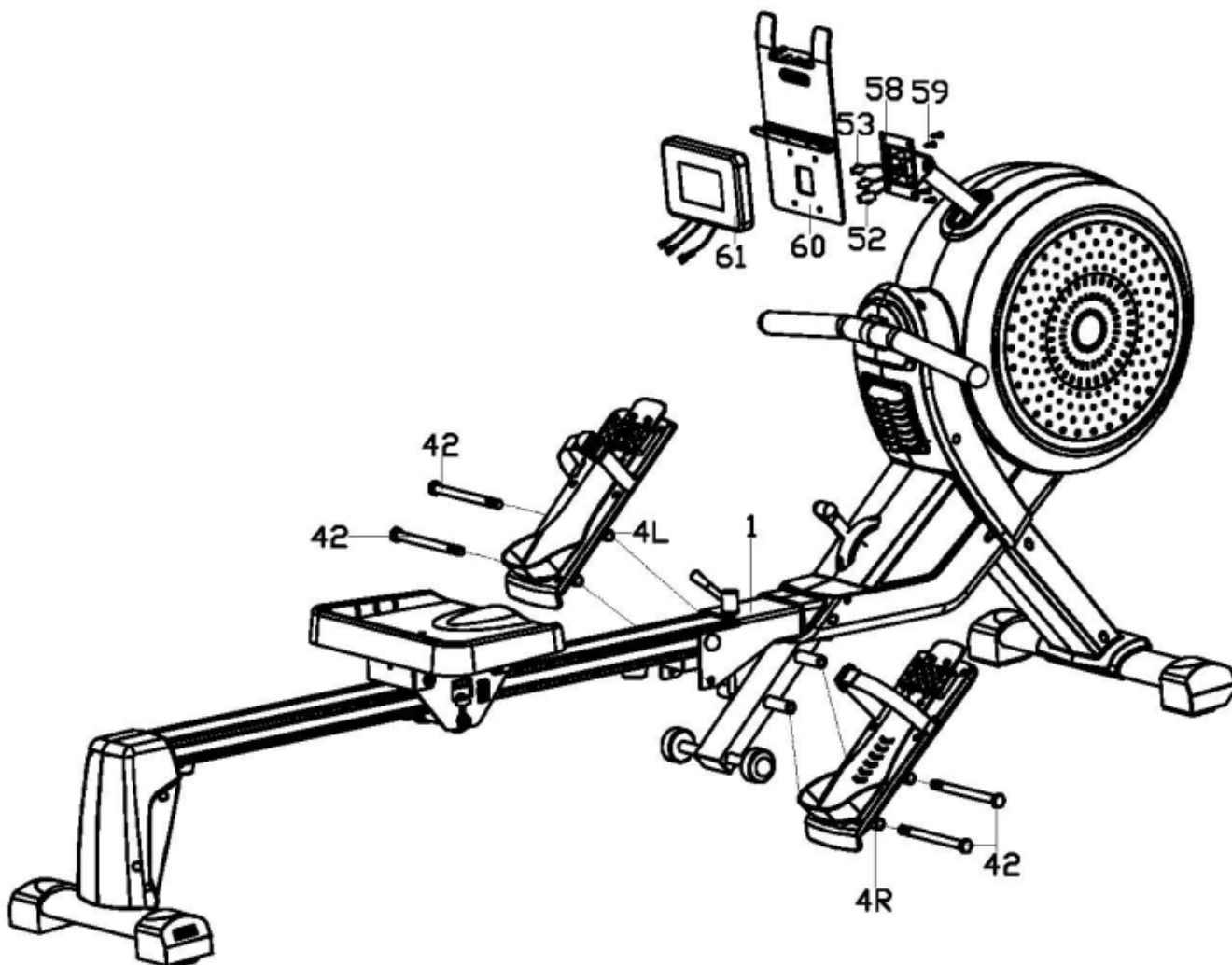
INSTRUCTION MANUAL
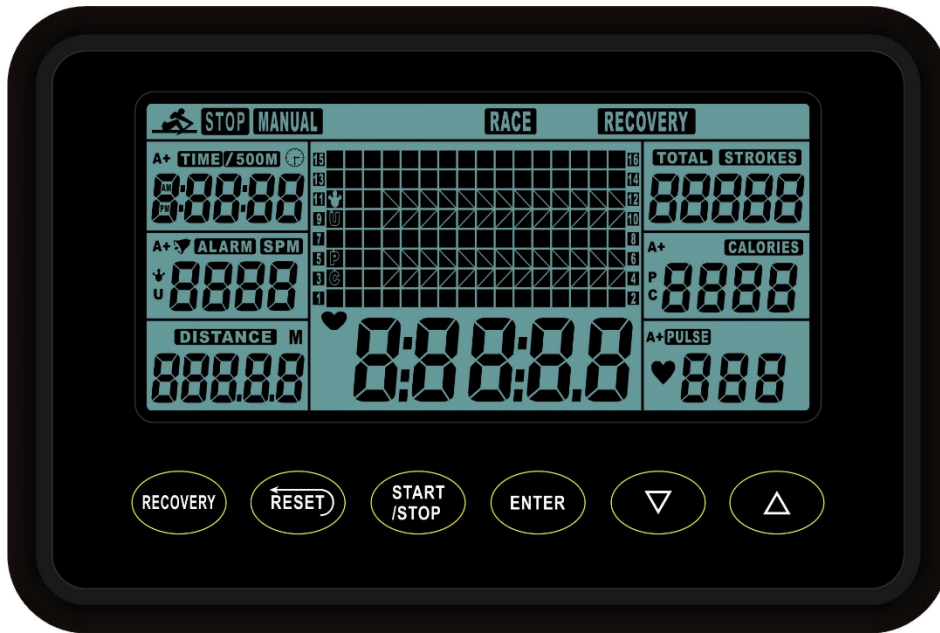
【FUNCTION BUTTONS】

UP▲/ DOWN▼：To press these two buttons through available selection.
To adjust the function value upward and downward.
ENTER：   To confirm your selection.
During training, press the button to scan each display function.
START / STOP： To start and stop your selected workout program.
RESET：   To reset the computer back to the main menu.
RECOVERY：   To activate the RECOVERY PROGRAM that will automatically evaluate your fitness immediately after
your work out.

【DISPLAY FUNCTIONS】

TIME：   Preset target time by pressing UP and DOWN buttons (1min ~ 99 min),
increase or decrease setting is 1 minute.
TIME/500M：   Your average 500 meter time will automatically be displayed and continuously updated.
SPM：   Strokes per minute.
DISTANCE：   Preset target value by pressing UP and DOWN buttons (0 ~ 99900meters),
increase or decrease setting is 100 meters.
STROKES：   Preset target value by pressing UP and DOWN buttons (0~9990 strokes).
increase or decrease setting is 10.
TOTAL STROKES：   Accumulates total strokes from 0 up to 9999.
CALORIES：   Preset target CALORIES by pressing UP or DOWN buttons (5Cal ~9990Cal),
increase or decrease setting is 5Cal.
PULSE：   To preset target value by pressing up/down/mode from 30 to 240, each increase/decrease setting
is 1. The monitor will display user's heart rate during training.
CALENDAR：   The monitor will display year, month, and day when monitor is in sleep mode.
TEMPERATURE：   The monitor will display current room temperature when the monitor is in sleep mode.
CLOCK：   The monitor will display current time when the monitor is in sleep mode.

【OPERATION】

1. Install 2PCS AA batteries → one long beep for 2 seconds →in the meanwhile, segment test for 2 seconds (Fig.1). Then, the monitor enters into the CLOCK & CALENDAR MODE.(Fig.2).
2. Firstly, you may enter into the CLOCK field to set YEAR (in the area of STROKES); MONTH (in the area of CALORIES); DAY (in the area of PULSE). After you confirm it, the ALARM will blink. Press UP KEY to set the ON/OFF which is the sign of the ALARM. If the sign does not display, you can press the ENTER button to jump to the next one .When the sign of ALARM displays "ON", you can press the ENTER button to set the time of the ALARM (the same way as the CLOCK setting). After the setting, you can slip into the picture of the SPORT (Fig.3).

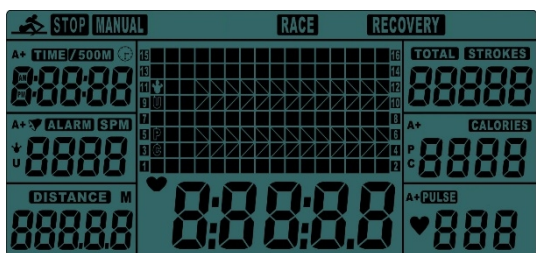

Fig.1   Fig.2
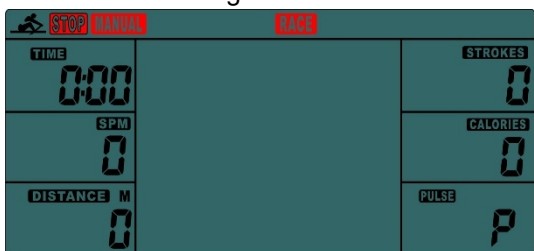

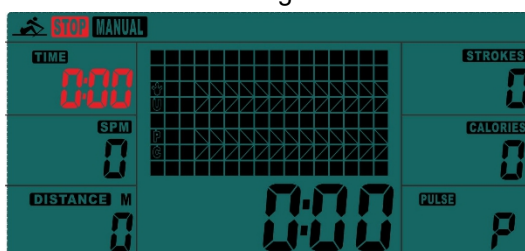Fig.3   Fig.4

3. When you enter into the icon of the SPORT, the MANUAL & RACE icon will blink to be selected. Press UP or DOWN to select it, then press ENTER and confirm all you have selected.

(1) MANUAL (Fig.4):

A. Enter into the MANUAL mode, press UP to set the flickering figure of the TIME .Press ENTER to confirm it. Then, you can press UP to set DISTANCE→STROKES→CALORIES→PULSE→TIME immediately. (If you have set the target value for Time then DISTANCE can't be set, vice versa.)
B. Press START KEY to START, the STOP icon will disappear. Press UP or DOWN to select functions.
C. When the function you have selected count backwards to ZERO or you have pressed the STOP KEY, the monitor will STOP and display the average figure.

(2) RACE (Fig.5):

A. Enter into the RACE mode and L1 will glitter, the TIME/500M may display with 8:00 then, you can press UP or DOWN to set L1 ~ L15 immediately, press ENTER to confirm. Where after, you can set the distance of the race(500M~10000M) while the figure of the DISTANCE is blinking.
Press ENTER and the picture of the race will display clearly on the screen.
The figure of the TIME/500M are as follows:

L1	L2	L3	L4	L5	L6	L7	L8	L9	L10	L11	L12	L13	L14	L15
8:00	7:30	7:00	6:30	6:00	5:30	5:00	4:30	4:00	3:30	3:00	2:30	2:00	1:30	1:00

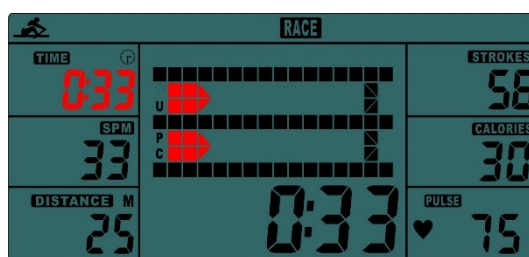Fig.5   Fig.6

B. Press START KEY to START and STOP will disappear. The USER & PC will display in the matrix.(Fig.6). The monitor will STOP when one has reached the distance of the race which has been set before, then the matrix displays "PC WIN or USER WIN" (Fig.7) and may display the state of the energy after 6 seconds.
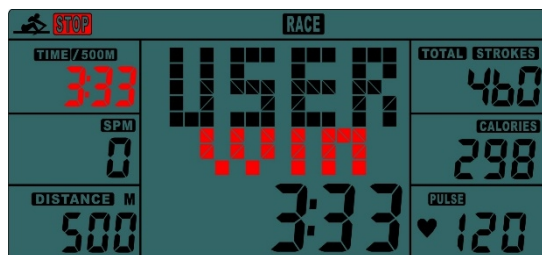

Fig.7

C. When the race is over, you can press the START to race once again. Press RESET to leave the icon of the race.

(3) RECOVERY：

After exercising for a period of time press the "RECOVERY" button.

All of the function display will stop except "TIME" which starts counting down from 00:60 to 00:00.

The screen will display your heart rate recovery status with the F1, F2….to F6. F1 is the best, F6 is the worst. User may keep exercising to improve the heart rate recovery status.

(Press the RECOVERY button again to return the main display.)