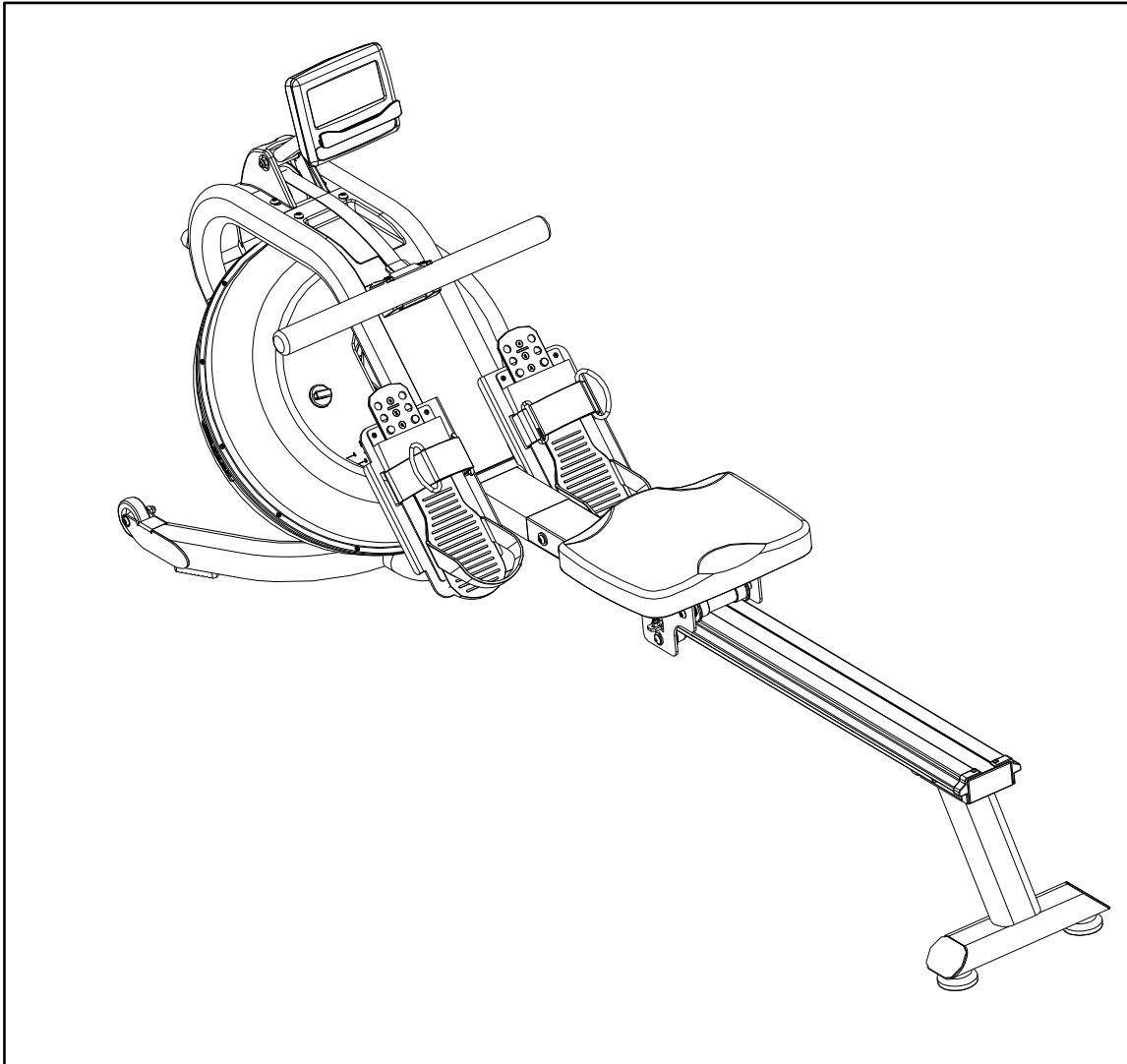


WATER ROWING MACHINE

RE6023

USER MANUAL

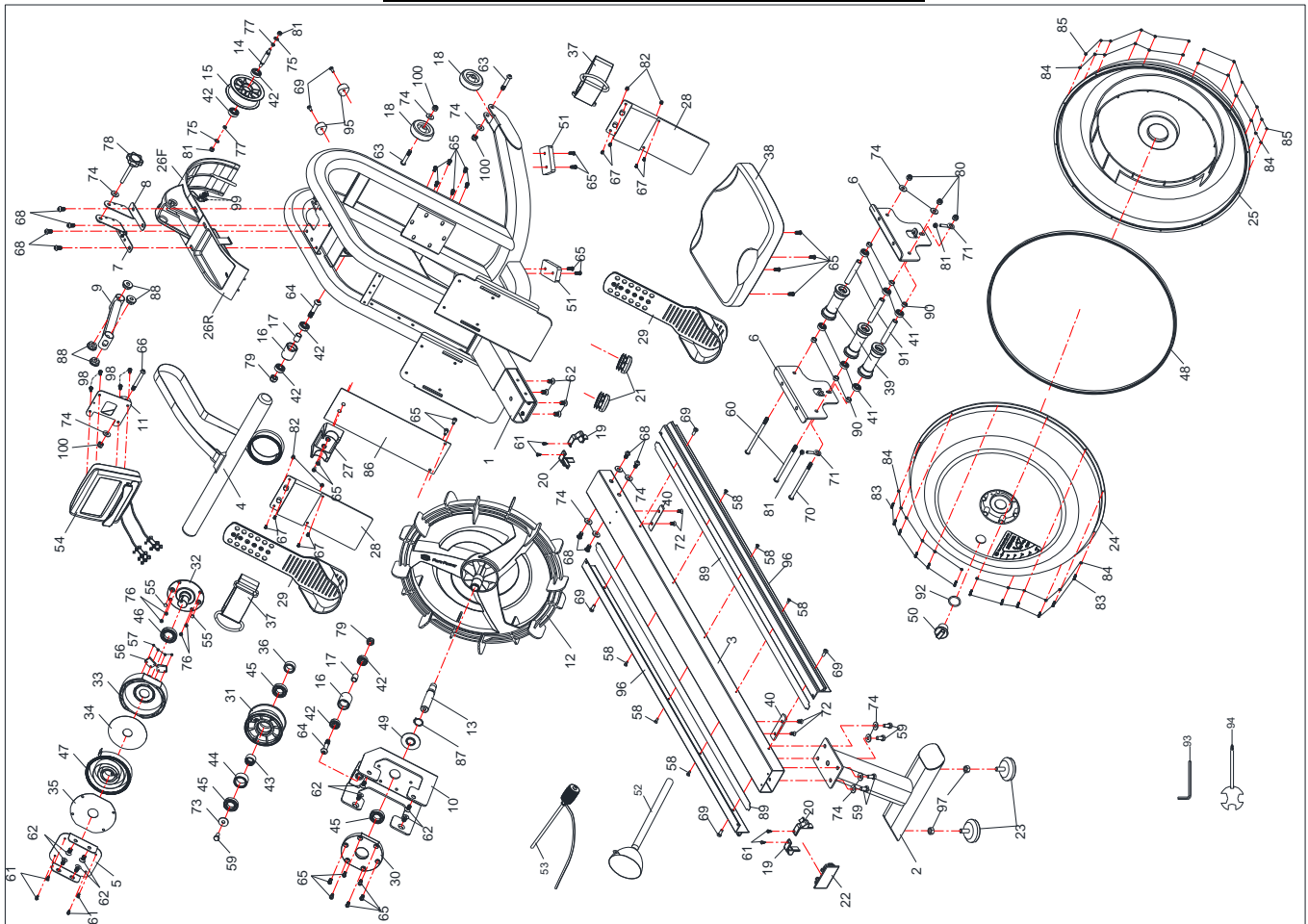


IMPORTANT SAFETY INFORMATION

We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be assured if the equipment is assembled, maintained, and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure, or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet (60 CM) of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately and do not use until the problem has been rectified.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.
9. The maximum weight capacity of this unit is 300 pounds (136KG).
10. The equipment is not suitable for therapeutic use.
11. Move with caution when lifting and moving the equipment. Always use proper lifting technique and seek assistance if necessary.
12. Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot, or damp areas as this may lead to corrosion and other related problems.
13. This equipment is designed for indoor and home use only! It is not intended for commercial use!

EXPLODED DIAGRAM



HARDWARE PACKAGE



_____ #19 1pc



_____ #20 1pc



_____ #40 1pc



_____ #59 M8*15 4pcs



_____ #61 M4*12 2pcs



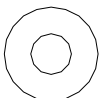
_____ #62 M8*15 4pcs



_____ #68 M8*15 8pcs



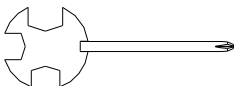
_____ #72 M6*10 2pcs



_____ #74 OD20*ID8.5*1.5 8pcs



_____ #93 S5 1pc



_____ #94 S13-17 1pc

PARTS LIST

No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
1	Main frame		1	50	Fill Plug	Rubber,black	1
2	Rear stabilizer		1	51	Skid Pad	Rubber,black	2
3	Slide rail		1	52	Funnel		1
4	Handlebar		1	53	Pumping Siphon		1
5	Spring Fixed Plate		1	54	Computer	TZ-8138	1
6	Seat carriage		2	55	Magnet	Ø8*3	2
7	Sensor stand L		1	56	Square Sensor Wire		1
8	Sensor stand R		1	57	Cross Screw	ST3*10	4
9	Support for computer		1	58	Flat Cross Screw	M4*12	6
10	Tank plate		1	59	Outer Hex Screw	M8*15	5
11	Support Plate		1	60	Bolt	M8*140	2
12	Plastic Impeller		1	61	Cross Screw	M4*12	8
13	Impeller shaft	40Gr	1	62	Flat Cross	M8*15	12
14	Belt wheel shaft	Ø10*64*M6	1	63	Bolt	M8*45	2
15	Belt wheel	POM,Black	1	64	Bolt	M10*50	2
16	Guide roller	POM,Black	2	65	Screw	M6*15	24
17	Guide roller spacer	ABS,Black	2	66	Bolt	M8*65	1
18	Moving Wheel	PP,Black	2	67	Cross Screw	M5*15	8
19	Left Decorative Cover for Belt	PP,Black	2	68	Screw	M8*15	8
20	Right Decorative Cover for Belt	PP,Black	2	69	Cross Screw	M6*15	6
21	Oval plug	PP,Black	2	70	Bolt	M8*145	1
22	Rail End Cap	PP,Black	1	71	Adjust Bolt	M6*30	2
23	Adjust Knob	Black	2	72	Flat Cross Screw	M6*10	4
24	Upper Tank	PC	1	73	Washer	OD25*ID8.5*2.0	1
25	Lower Tank	PC	1	74	Washer	OD20*ID8.5*1.5	14
26F/	Decorate Cover	HIPS,Black	1	75	Washer	OD12*ID6.5*1.5	2
27	Handlebar Seat	TPR,Black	1	76	Cross Screw	ST5*10	4
28	Pedal Ca	PP,Black	2	77	Belt wheel spacer	φ 16* φ 10.2*4	2
29	Pedal Support	PP,Black	2	78	MeterAdjustment Knob	ABS	1

30	Bearing Seat	POM,Black	1		79	Nylon Nut	M10	2
31	Mesh Belt Wheel	POM,Black	1		80	Nylon Nut	M8	3
32	Axle for Volute Spring	POM,Black	1		81	Nylon Nut	M6	4
33	Base of Volute Spring	POM,Black	1		82	Nylon Nut	M5	4
34	PC Board	PC	1		83	Screw	M3*22	12
35	Outer PC Board	PC	1		84	Stainless Washer	M3	24
36	Spacer for Mesh Belt Wheel	Ø25* Ø20*13	1		85	Nylon Nut	M3	12
37	Pedal Strap		2		86	Main Frame Plate		1
38	Seat	PU,Black	1		87	C Clip	Φ 20	1
39	Seat Roller	POM,Black	3		88	Bushing	PP,Black	4
40	Limit Pad	Rubber,black	2		89	EVA For Rail		2
41	Bearing	608ZZ	6		90	Spacer for Seat Roller	OD12.7*ID8.2*13	6
42	Bearing	6000ZZ	6		91	Roller tube	ABS,Black	3
43	One-way Bearing	HF2016	1		92	O-Shaped Ring	Rubber,black	1
44	Steel Sleeve	Φ 35*Φ	1		93	Allen Wrench	S5	1
45	Bearing	61904ZZ	3		94	Spanner	S13-17	1
46	Bearing	61905ZZ	1		95	Storage Pad	PVC	2
47	Volute Spring	5M	1		96	Aluminum Rail		2
48	Rubber Sealing Ring	Rubber,black	1		97	Hex Nut	M10	2
49	Seal		1		98	Cross Screw	M5*10	4
					99	Connection Wire		1
					100	Arc Nut	M8	3

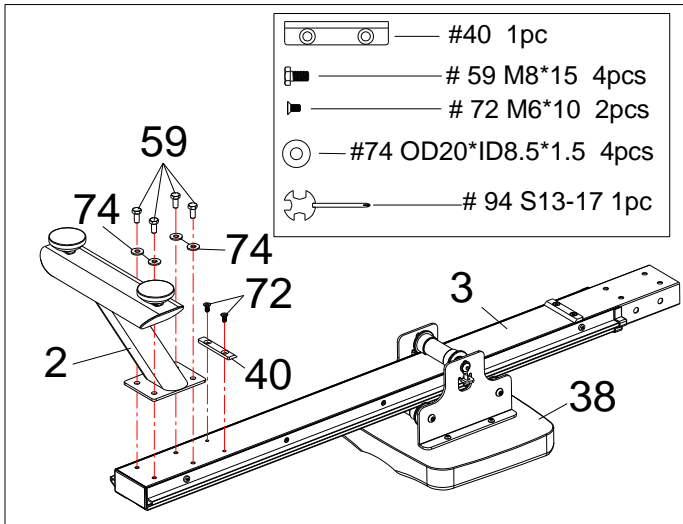
ASSEMBLY INSTRUCTIONS

STEP 1:

NOTE: We recommend having 2 people to assemble the product.

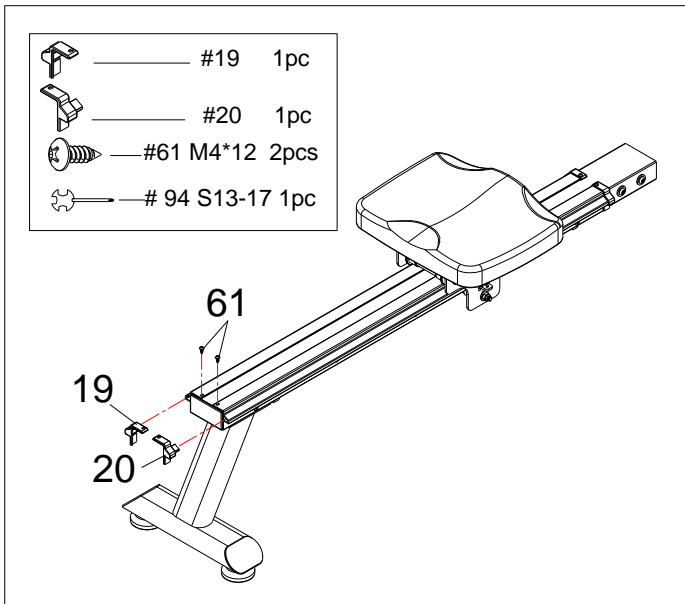
Turn over the **Slide Rail (No. 3)** and **Seat (No. 38)** as left.

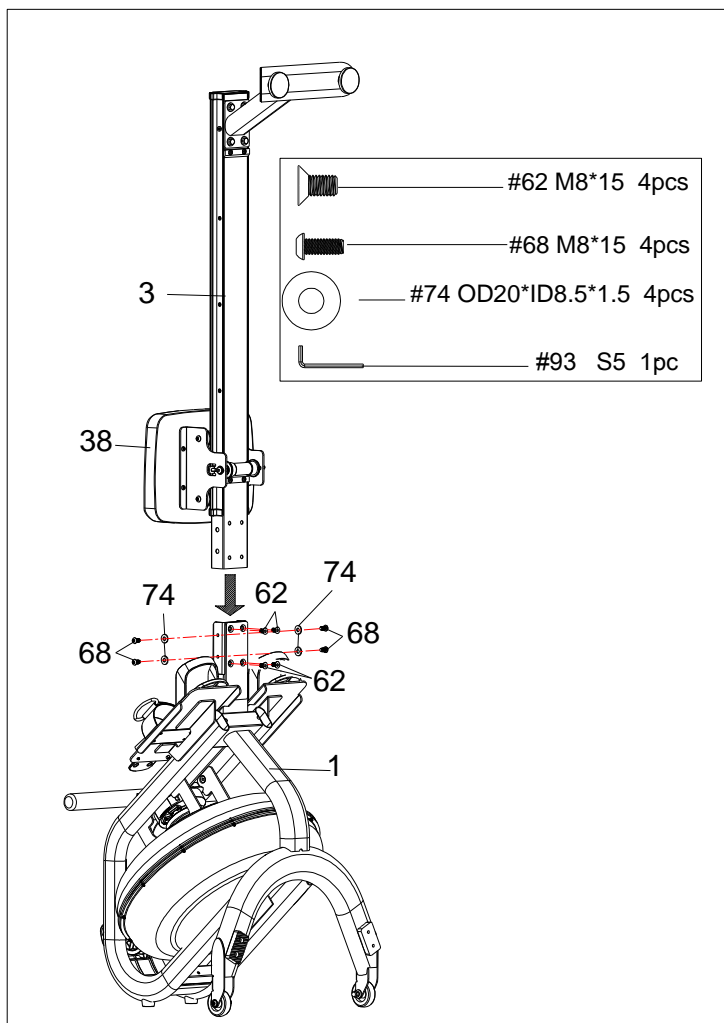
Slide the **Seat (No. 38)** onto the **Slide Rail (No. 3)**. Secure the **Limit Pad (No. 40)** with 2 **Flat Cross Screws (No. 72)**. Then attach the **Rear Stabilizer (No. 2)** to the **Slide Rail (No. 3)** with 4 **Washers (No. 74)** and 4 **Outer Hex Screws (No. 59)**. Tighten with **Spanner (No. 94)**.



STEP 2:

Secure the **Left/Right Decorative Cover for Rail (No.19&20)** with 2 **Cross Screw (No.61)** onto the **Slide Rail(No.3)**. Tighten with **Spanner (No. 94)**.

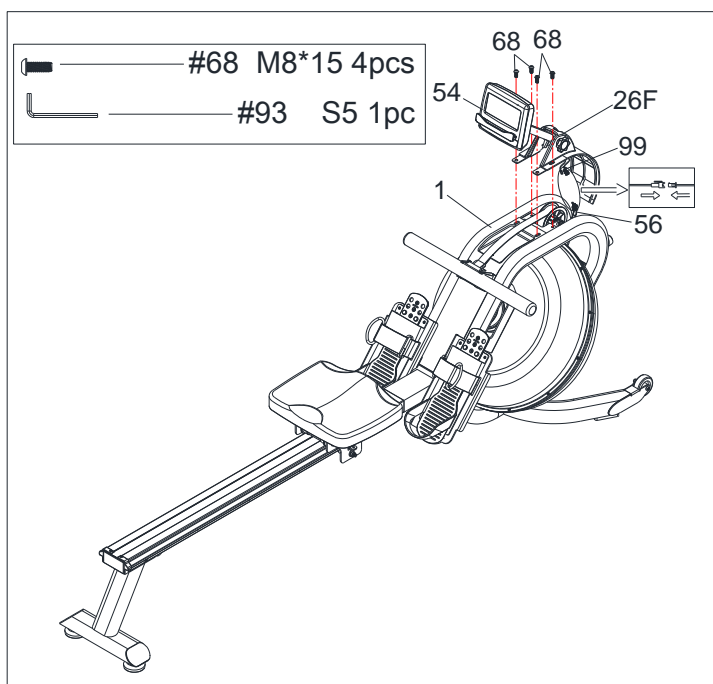




STEP 3:

NOTE: Move the **Seat (No. 38)** to the front of the **Slide Rail (No. 3)** before assembly to prevent it from gliding down during assembly.

Attach the **Slide Rail (No. 3)** to the **Main Frame (No. 1)** using 4 **Washers (No. 74)**, 4 **Screws (No. 68)** and 4 **Flat Screws (No. 62)**. Insert all 8 screws partially into the holes first, and then tighten with **Allen Wrench (No. 93)**.



STEP 4:

Connect the **Connection wire (No. 99)** to the **Sensor wire (No. 56)**.

Plug the **Front Decorate cover (No. 26F)** into the hole of **Main Frame (No. 1)**.

Attach the **Support for computer (#54)** to **Main Frame**, Tighten with 4 **Screws (#68)**.

HOW TO FILL AND EMPTY THE TANK

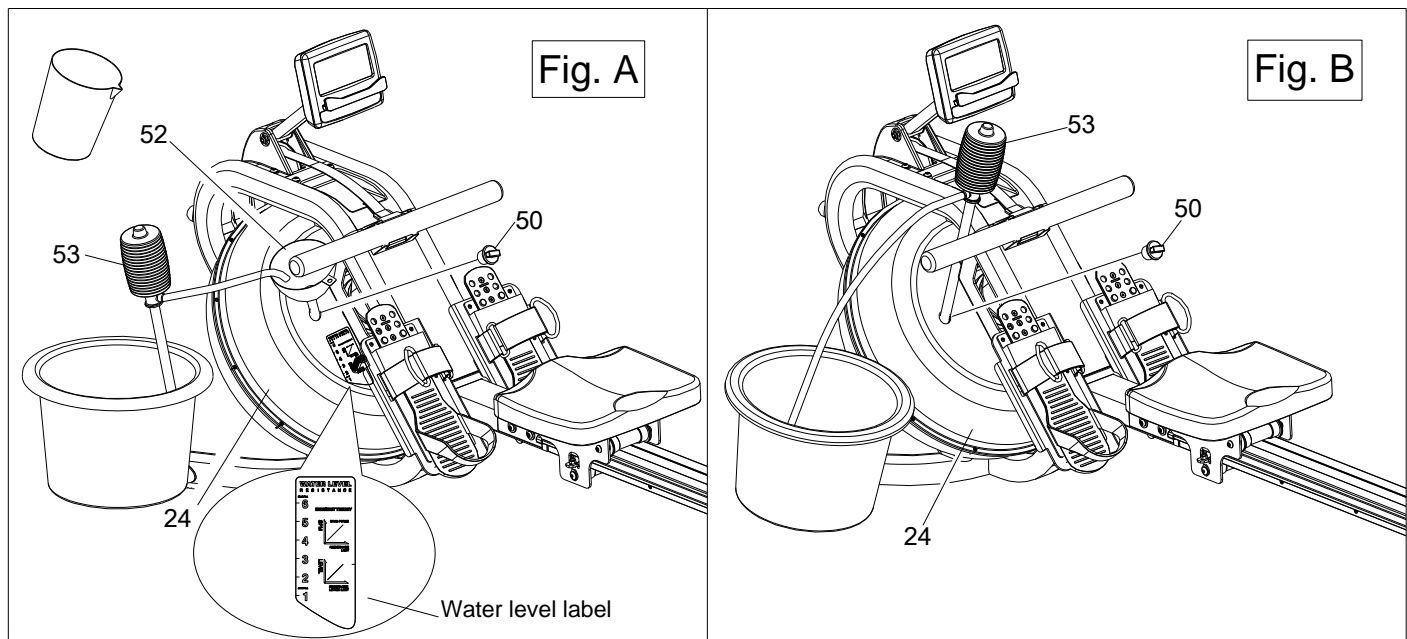
1. Remove the **Fill Plug (No.50)** from the **Upper Tank Cover (No. 24)**.
2. To fill the tank with water, refer to Fig.A. Insert the **Funnel (No. 52)** into the tank, then use a cup or the **Siphon Pump (No. 53)** and a bucket to fill the tank. Use the water level gauge on the side of the tank to measure desired water level in the tank.
3. To empty the tank, refer to Fig. B. Place a bucket next to the rower, and use the **Siphon Pump (No. 53)** to pump out the water from the tank into the bucket.
4. Insert the **Fill Plug (No. 50)** into the **Upper Tank Cover (No. 24)**. Wipe excess water off of the frame.

NOTE:

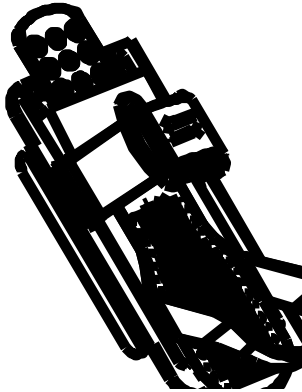
- Fill the tank only with tap water. Add 1 water-purification tablet (1 packet is included.). Never use pool chlorine or chlorine bleach. This will damage the tank and void the warranty.
- Add a water purification tablet every 6 months or as needed. If water remains cloudy, replace the water in the tank.
- Do not consume the tank water. Dispose the water after pumping it out from the tank.

WATER LEVEL

- See Fig. A. The water level gauge is on the side of the tank. The maximum fill level is 6. Never fill it over this limit. Filling the tank over this limit will void the warranty.
- The resistance depends on the water level in the tank. Water level 1 is the lowest resistance. Level 6 is the highest resistance.



ADJUSTMENT GUIDE

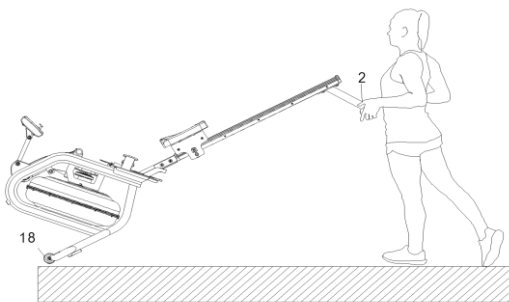


The pedal strap is adjustable and can be personalized to fit the user's foot size.

To adjust the pedal strap, remove the Velcro end of the strap from the mesh side by pulling it upward then to the left.

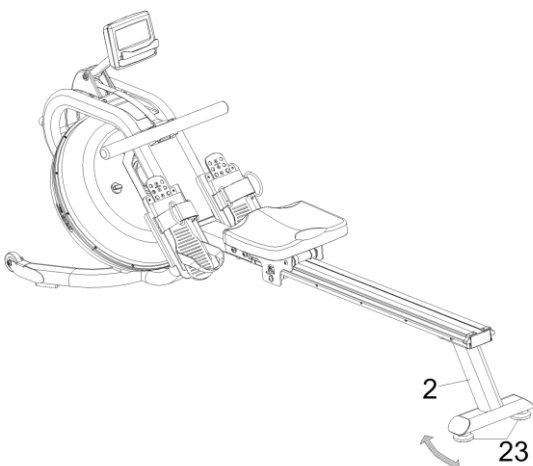
Once removed, you may increase the opening of the pedal strap by pulling the mesh end up and to the right.

To tighten, pull the Velcro end of the pedal strap upward then to the right and down to secure it to the mesh side of the strap.



MOVING THE MACHINE

To move the machine, lift up the **Rear Support (No. 2)** until the **Moving Wheels (No. 18)** on the front stabilizer touch the ground. With the wheels on the ground, you can transport the machine to the desired location with ease.



ADJUSTING THE BALANCE

Adjust the **Adjust Knob (No. 23)** below the **Rear Stabilizer (No. 2)** of the machine if the machine is unbalance during use.

CAUTION!

Moving parts, such as the seat, can cause injury. Keep hands clear of the sliding rail during use!

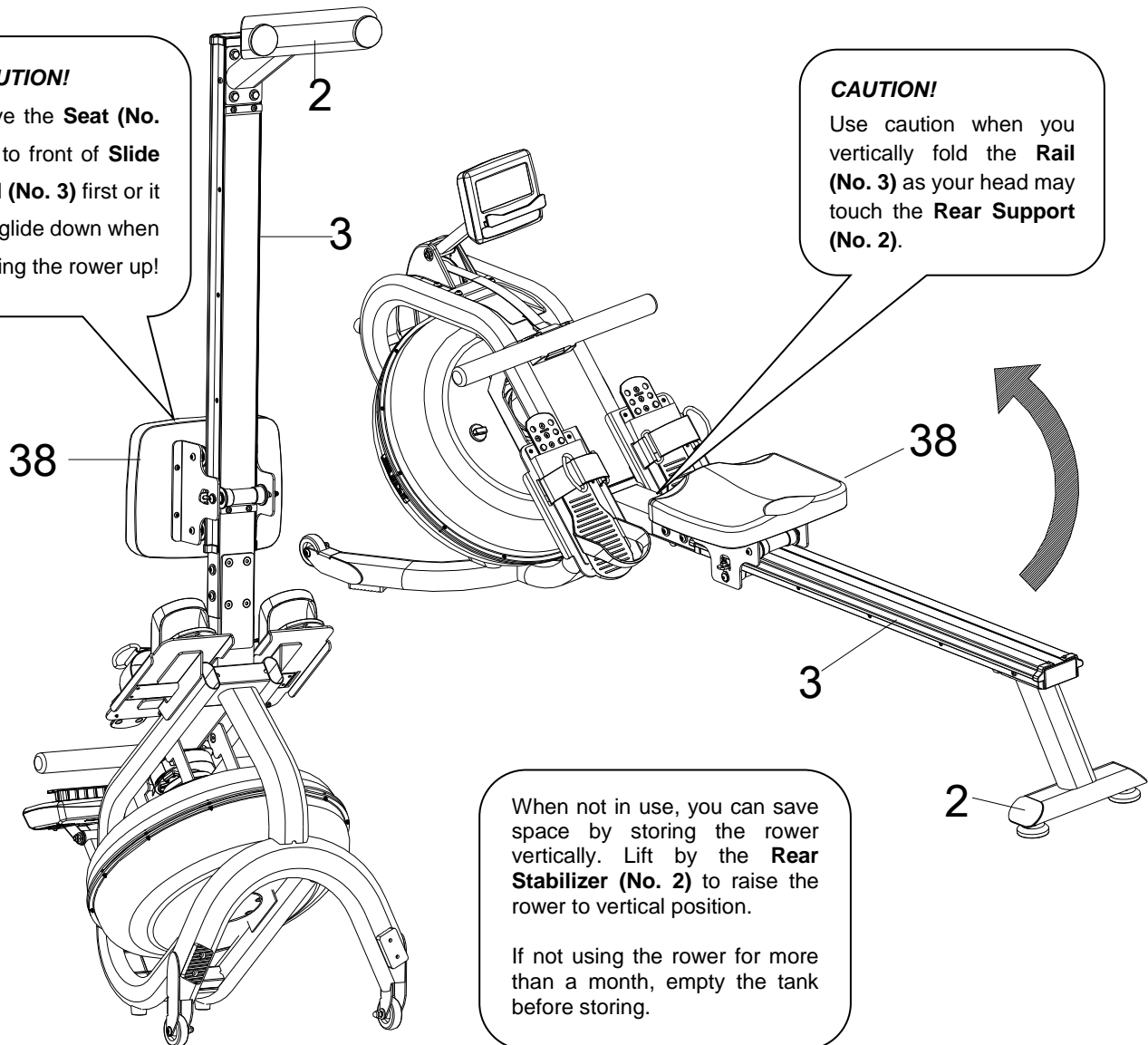
STORAGE GUIDE

CAUTION!

Move the **Seat (No. 38)** to front of **Slide Rail (No. 3)** first or it will glide down when raising the rower up!

CAUTION!



Use caution when you vertically fold the **Rail (No. 3)** as your head may touch the **Rear Support (No. 2)**.



EXERCISE METER



Power on

The full LCD display will be shown 2 seconds after the installation of batteries. It will enter the workout intensity of selection mode from L1 to L6 by pressing   to select (the default is L6) then press Enter to confirm and enter the standby mode.

【FUNCTION BUTTONS】

RECOVERY : Press this button to test the pulse recovery for 60 seconds , the computer need to have the pulse signal input.

RESET : 1 、 Press it to back the preset value during the parameter setting mode, Press again to back program selection.

2 、 Press it back to the standby mode during stop.

3 、 Hold it 2 seconds, the computer will reset.

START/STOP : START/ STOP training in.

ENTER : 1 、 Confirm the selection of program.

2 、 Confirm the setting of parameter and enter the next parameter setting.


3 、 Press it to switch the function value display during the training.



: 1 、 Increase the setting parameter



2 、 Select the PROGRAM (QUICK 、 STANDARD 、 TARGET SINGLE 、 TARGET

INTERVALS 、CUSTOM 、 RACE)

 : 1 、 Decrease the setting parameter.

2 、 Select the PROGRAM(QUICK 、 STANDARD 、 TARGET SINGLE 、 TARGET

INTERVALS 、CUSTOM 、 RACE)

Remark: Press   to display the function value in the large middle display window.

	default	Increment Decrement	Setting Range	Display Range
TIME	0:00	±1	0:00~99:00	0:00~99:59
DISTANCE	0	±100	0~99900	0~99999
STROKES	0	±10	0~99990	0~99999
CALORIES	0	±10	0~9990	0~9999

Remark : TIME and DISTANCE can't be set together, just can choose TIME or DISTANCE to set.

【DISPLAY FUNCTIONS】

TIME: Display the training time.

TIME/500M: The average 500 meter time will automatically displayed and continuously updated.

SPM: Strokes per minute.

DISTANCE: Display the training distance.

STROKES: Display the current strokes.

TOTAL STROKE: Accumulates total strokes.

CALORIES: Display the consumption calories.



PULSE: Display user's heart rate during the training.

DRAG FORCE: Display the current drag force.

WATT: Display the current watt.



A+: Display the average function value of time, calories, watt and pulse.



【OPERATION】

QUICK START : Press   to choose Quick Start then press START/STOP to start the training.

1-1 、 Press ENTER to switch the function value to display in the large middle display during the training.

1-2 、 The program profile with 16 columns, each columns equal to 100 meter.

STANDARD : Press   to choose STANDARD then press ENTER to confirm and enter five training mode selection of: 2000m 、 5000m 、 10000m 、 30:00 、 500m/1:00. After that press START/STOP to start the training. The preset function value will count down , other function value will count up. Press RESET back to standby mode when the preset function value counts down to zero.

TARGET SINGLE : Press   to choose TARGET SINGLE then press ENTER to confirm and enter four Single setting of Single Time 、 Single Distance 、 Single Calories 、 Single THR



A Single Time: Only can preset the time ,press START/STOP to start the training after setting finished.



B Single Distance: Only can preset the distance ,press START/STOP to start the training after setting finished.



C Single Calories :Only can preset the calories ,press START/STOP to start the training after setting finished.

D Single T.H.R: Only can preset the Target Heart Rate form 90 to 200 Bpm, press START/STOP to start the training after setting finished.



It will have beep beep sound then the heart rate is higher than THR.



TARGET INTERVALS : Press   to choose TARGET INTERVAL then press ENTER to confirm and enter to three Intervals setting mode of Intervals Time 、 Intervals Distance 、 Intervals Variable

A 、 Intervals Time :Press   to set the training time then press ENTER to confirm and set the REST TIME .Press START/STOP to start the training after setting finished.

B 、 Intervals Distance: Press   to set the training distance then press ENTER to confirm

and set the REST TIME .Press START/STOP to start the training after setting finished.

C 、 Intervals Variable: Press   to set the training time then press ENTER to confirm and set the training distance. Press ENTER to confirm and set the REST TIME then press START/STOP to start the training after setting finished.





CUSTOM : Press   to choose CUSTOM then press ENTER to confirm and enter to four Custom mode of V :30/:30R 、 V1:00/1:00R...7 、 V2000m/3:00R...4 、 V1:40/:20R.

A 、 V :30/:30R : Training 30 seconds , Rest 30 seconds.

B 、 V1:00/1:00R...7 : Training one minute , Rest one minute , Repeat 7 times.

C 、 V2000m/3:00R...4 : Training 2000m , Rest three minutes , Repeat 4 times.

D 、 V1:40/:20R : Training one minute forty seconds , Rest 20 seconds , Repeat 9 times.

RACE : Press   to choose RACE then press ENTER to confirm then press   to select L1~L15. Press ENTER to confirm and enter DISTANCE setting, DISTANCE will blink then press UP or DOWN to adjust. Press ENTER to STOP mode then press START t to train.

The dot-matrix will show U and PC graphic to race.

Once PC or User reach the end of training, the computer will stop.

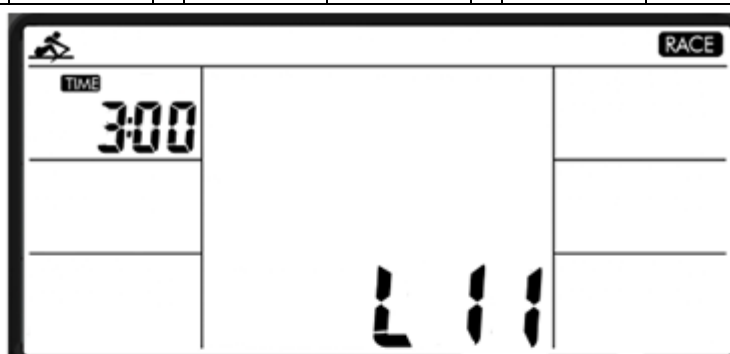
TIME winder can press ENTER to switch display TIME and TIME/500M A+ 、 SPM window can press ENTER to switch display SPM and SPM A+ 、 DISTANCE display training distance 、 TOTAL STROKES window press ENTER to switch display STROKES and TOTAL STRKOES 、 CALORIES window press ENTER to switch display CALORIES and WATT A+ 、 PULSE window display PULSE A+ 、 The dot-matrix will show PC WIN or USER WIN

Remark : 1 、 RACE PROGRAM: only can set DISTANCE, TIME/500M is fixed, TIME/500M for L1-L15 is as below

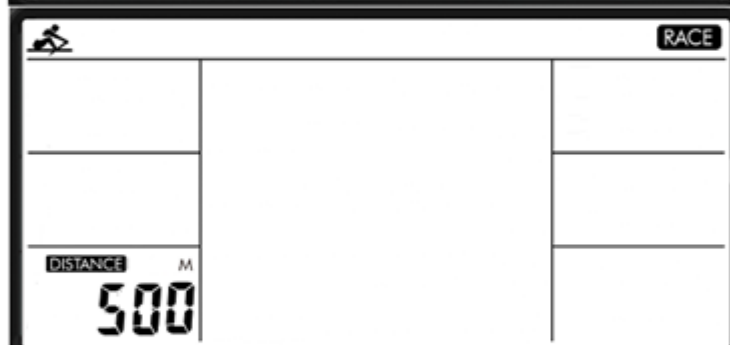
L1	8:00		L6	5:30		L11	3:00
L2	7:30		L7	5:00		L12	2:30
L3	7:00		L8	4:30		L13	2:00

L4	6:30		L9	4:00		L14	1:30
L5	6:00		L10	3:30		L15	1:00

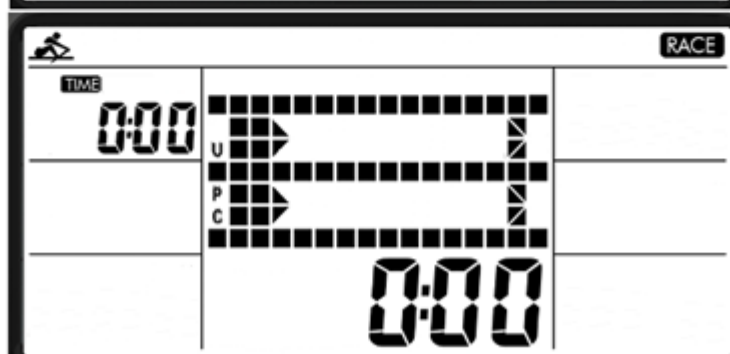
RACE
mode



DIST
set



START



(1) RECOVERY :

- 1.This meter works with a 5.3 KHz chest strap heart rate monitor (not included). After exercising for a period of time, keep wearing chest strap monitor and press "RECOVERY" button. All function displays will stop except "TIME" starts counting down from 00:60 to 00:00.
- 2.Screen will display your heart rate recovery status with the F1, F2....to F6.
- 3.F1 is outstanding. F6 is poor. User may keep exercising to improve the heart rate recovery status. (Press the RECOVERY button again to return the main display.)

Note:

1. It will enter the sleep mode after stop training 4 minutes and all the value will reset to zero automatically except TOTAL STROKES. Start training or press any button to wake up the computer.
2. If the computer displays abnormally, please re-install the battery and try again after 15 seconds.

3. Battery Spec: 1.5V UM-3 or AA (2PCS). The batteries must be removed from the appliance before it is scrapped and that they are disposed of safely.
4. Do not dispose of electrical appliances as unsorted municipal waste, use separate collection facilities.
5. Contact your local government for information regarding the collection systems available.
6. If electrical appliances are disposed of in landfills or dumps, hazardous substances can leak into the groundwater and get into the food chain, damaging your health and well-being.
7. When replacing old appliances with new once, the retailer is legally obligated to take back your old appliance for disposal at least for free of charge.