

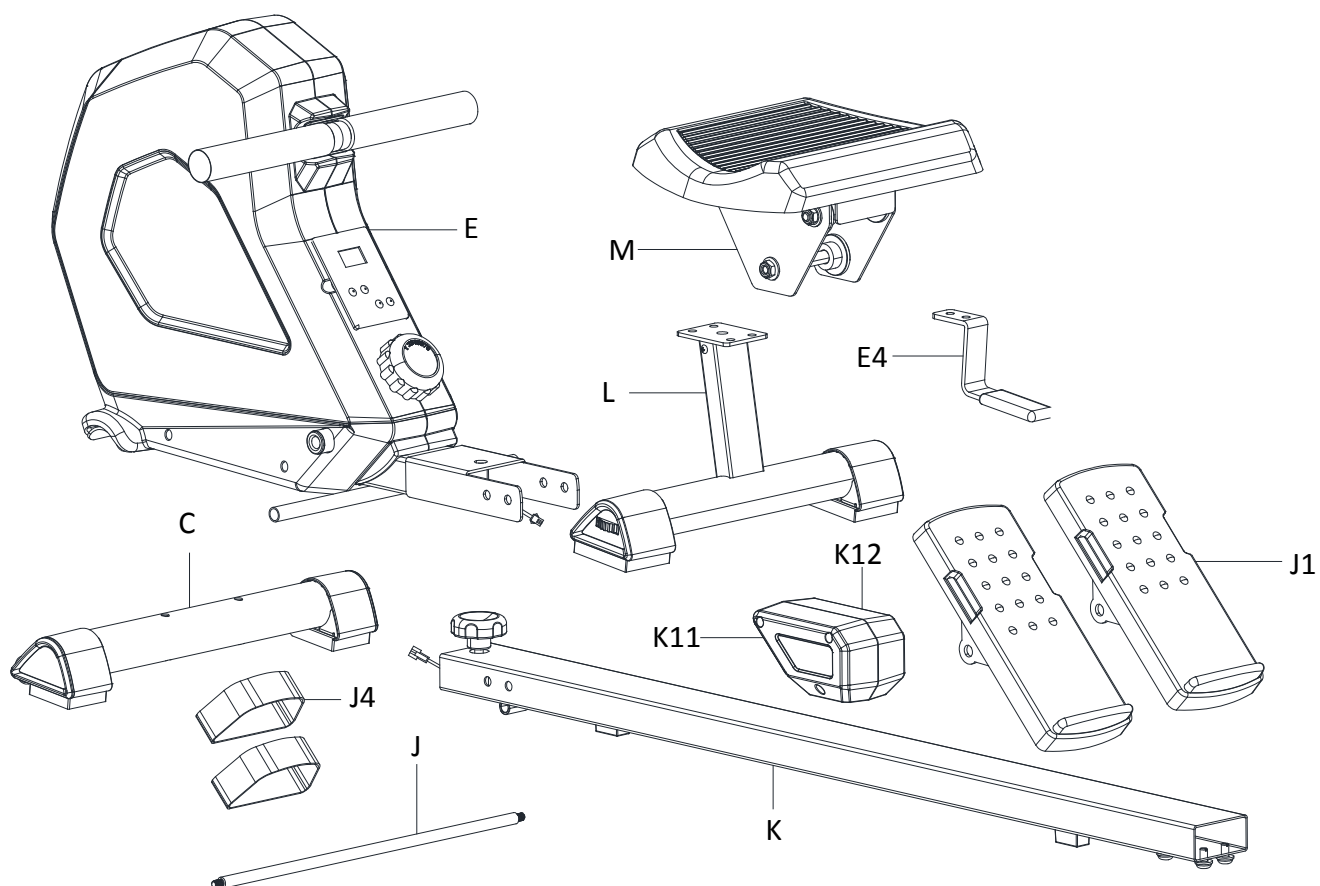
ROWING MACHINE

D/S



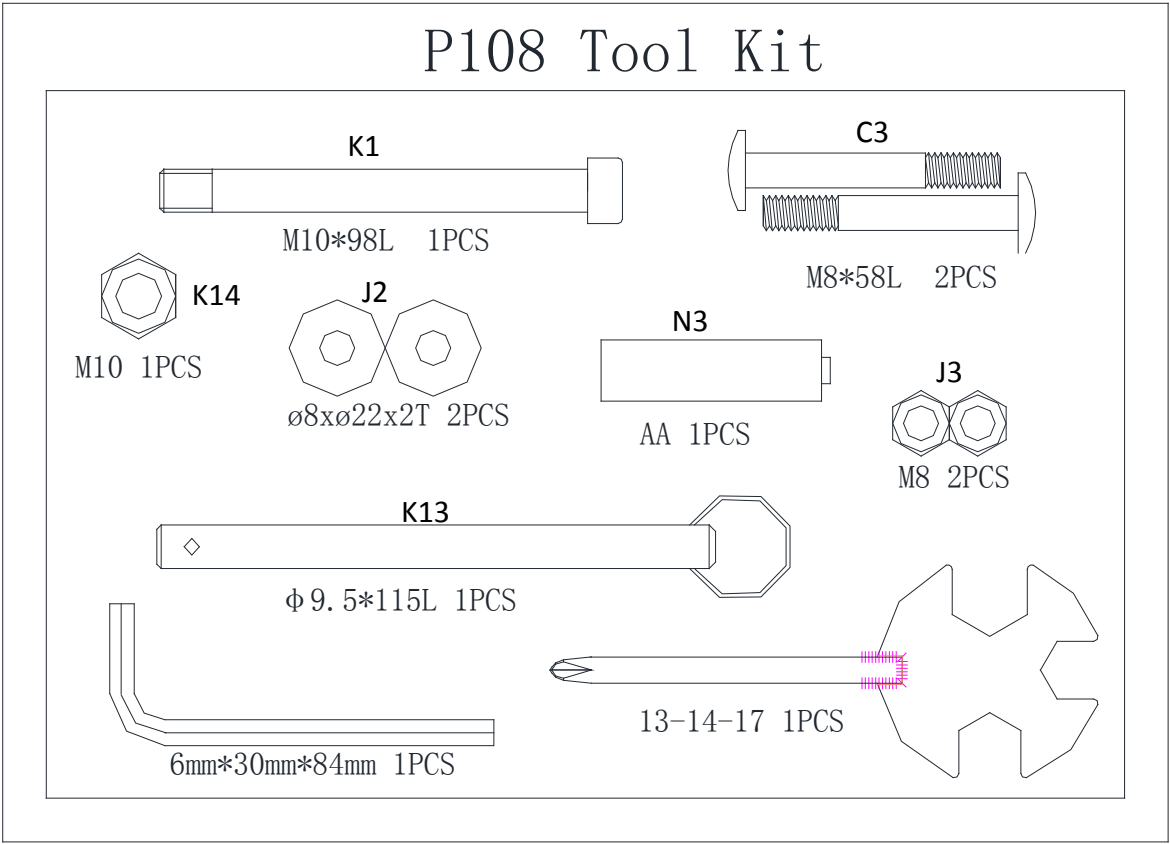
**Customer Service: CSR@MERAX.COM
Tel: 626-912-8886 Ext. 100**

ASSEMBLY PART



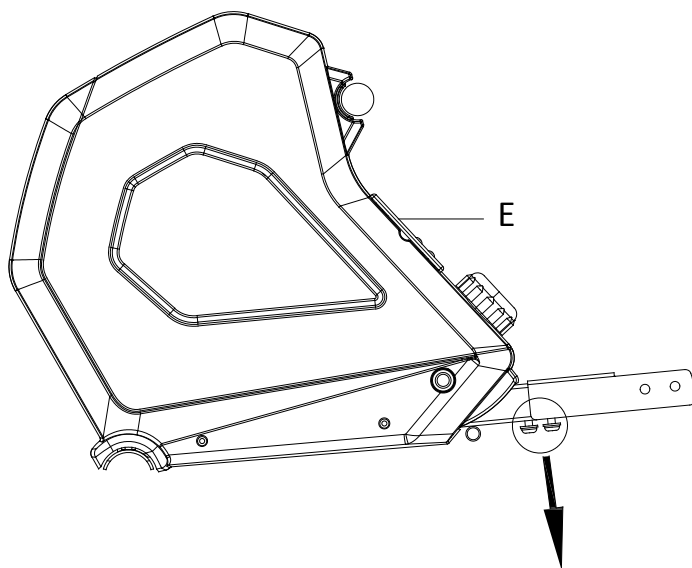
No.	Description	Quantity
C	Front stabilizer	1
E	Main frame	1
E4	Supporting foot	1
J	Pedal axle	1
J1	Pedal	2
J4	Pedal band	2
K	Rail	1
K11+K12	Rear decorating cover L&R	1
L	Rear stabilizer	1
M	Seat	1
	Tool kit	1

TOOLS

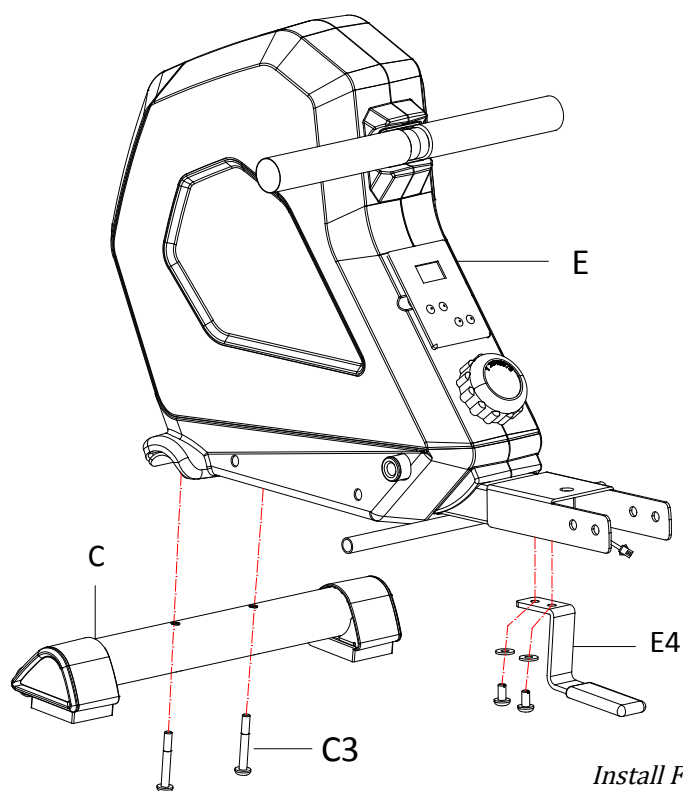


ASSEMBLY INSTRUCTION

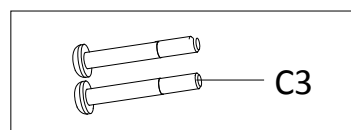
STEP 1



STEP 2

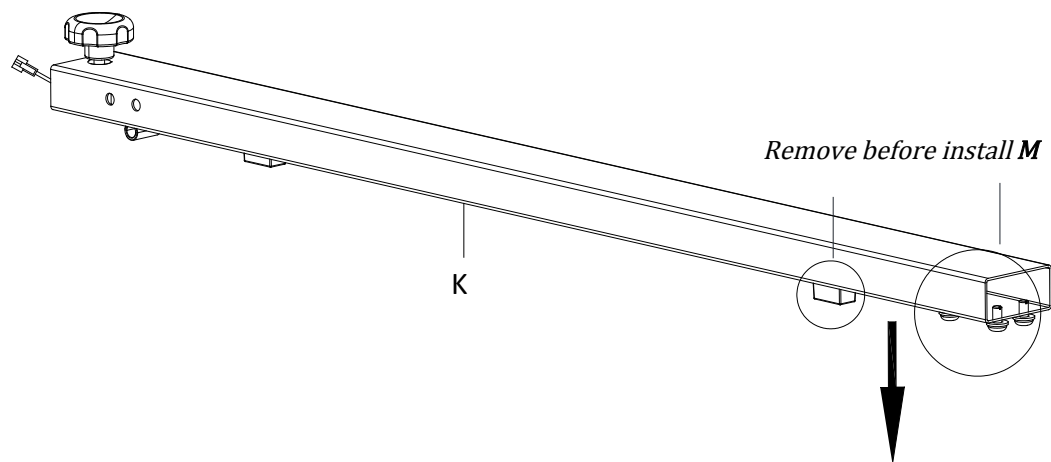


In the tool bag

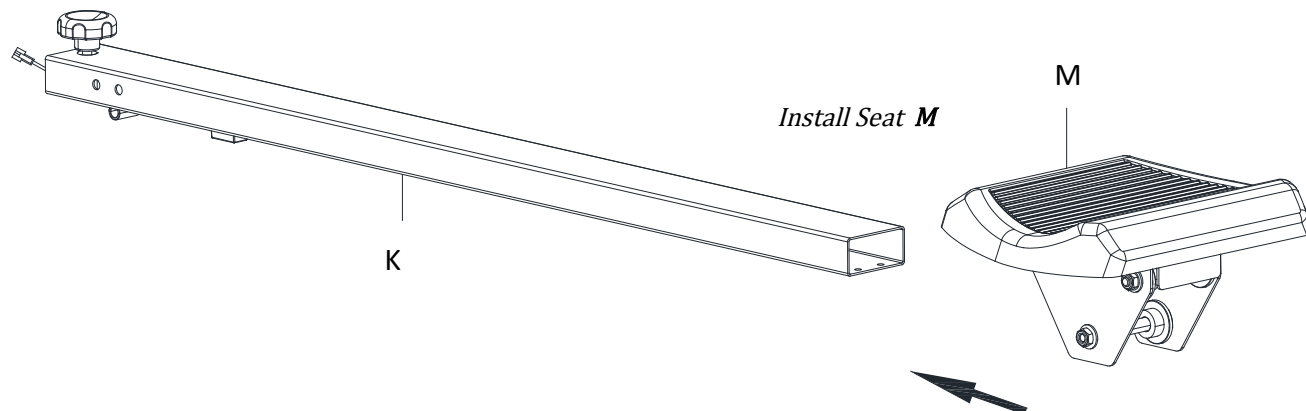


*Install Front stabilizer **C** and supporting foot **E4***

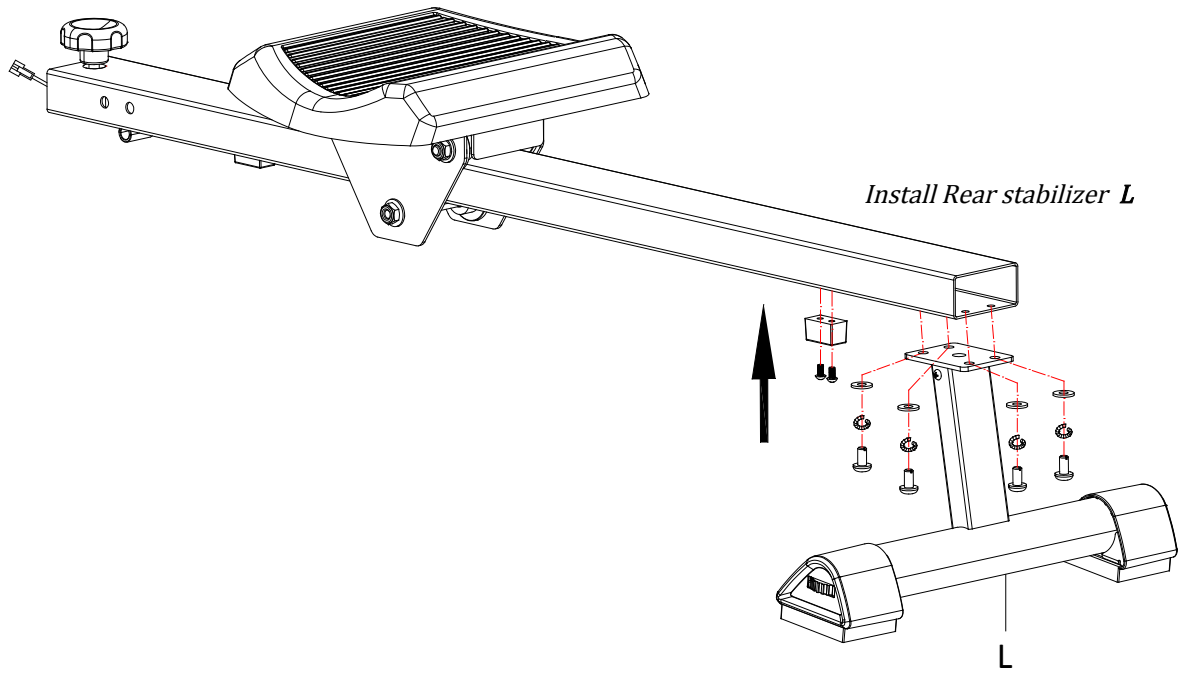
STEP 3



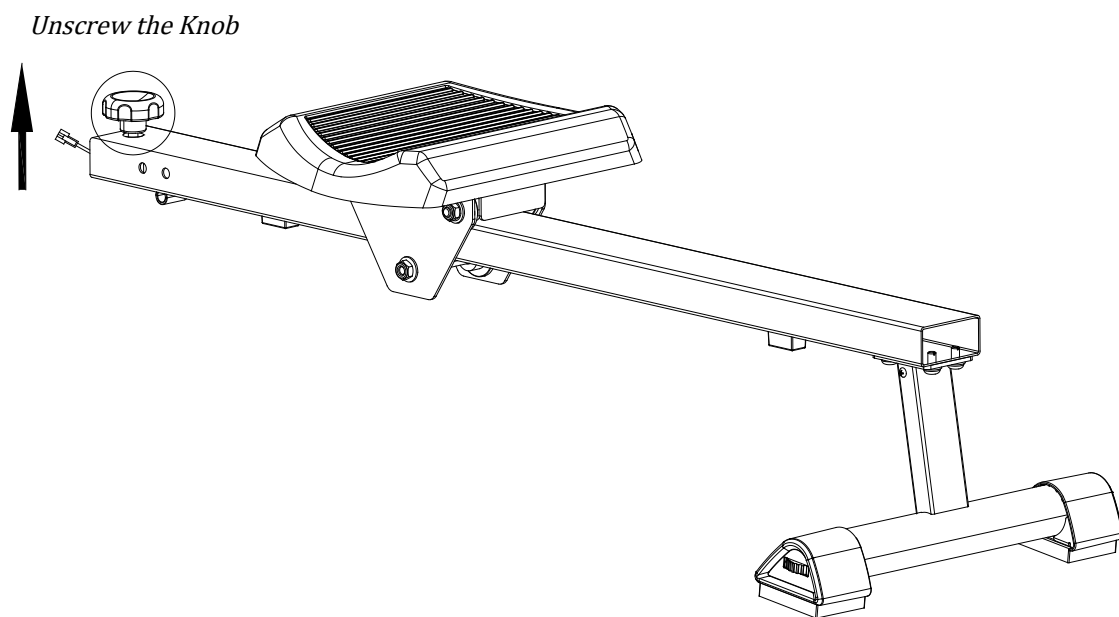
STEP 4



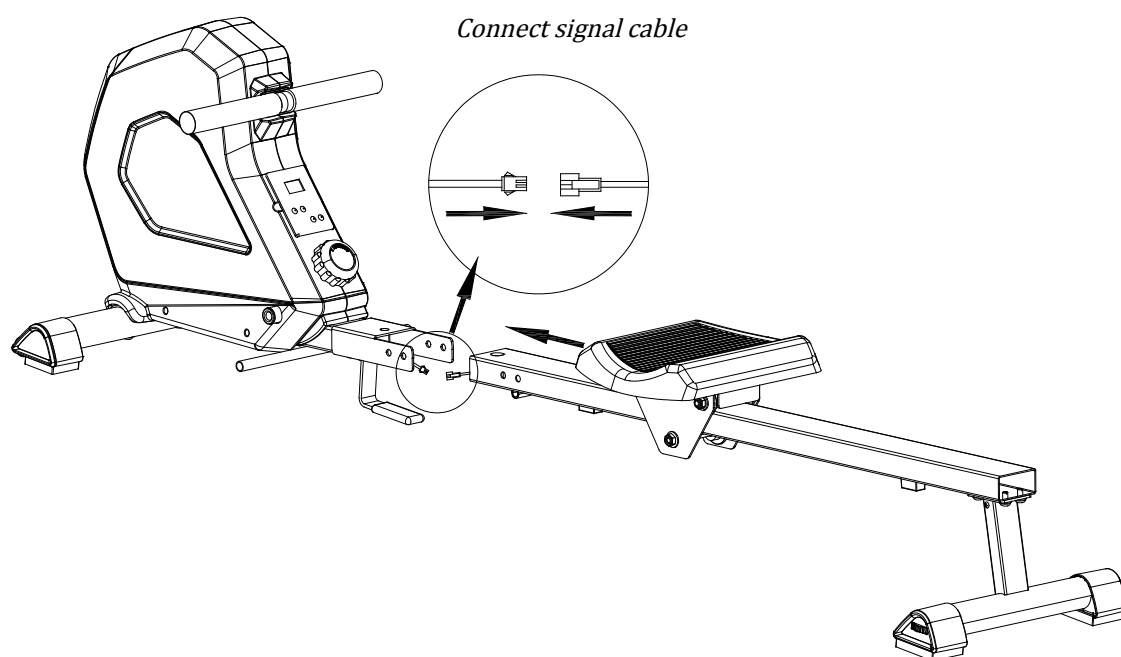
STEP 5



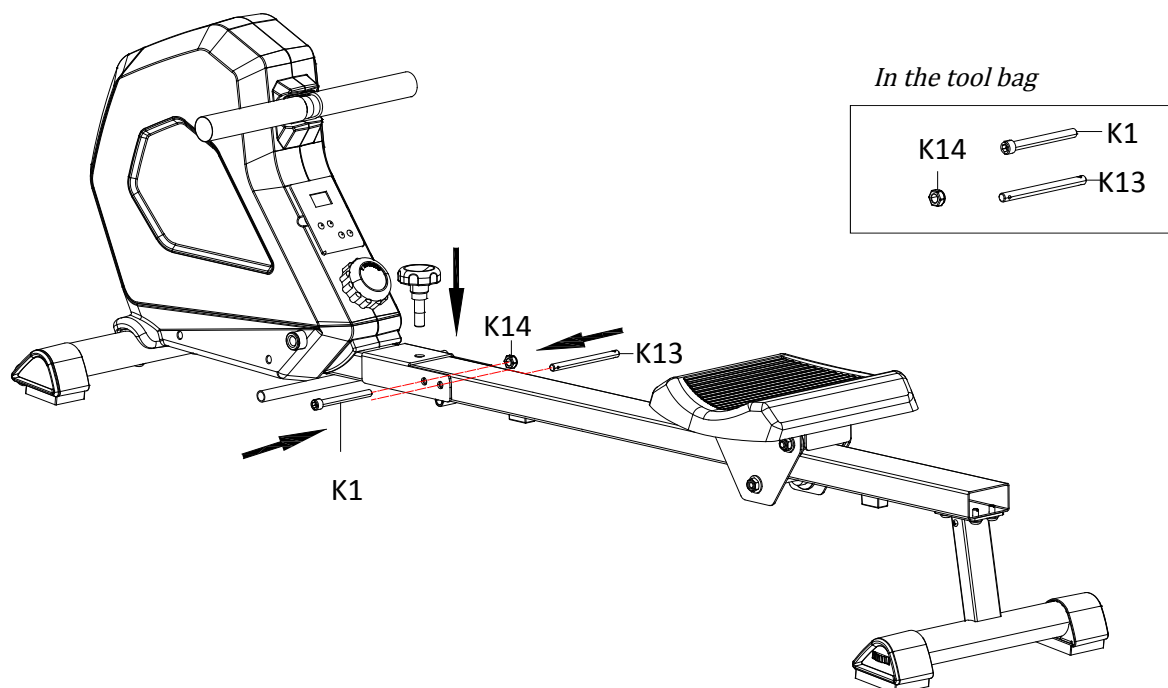
STEP 6



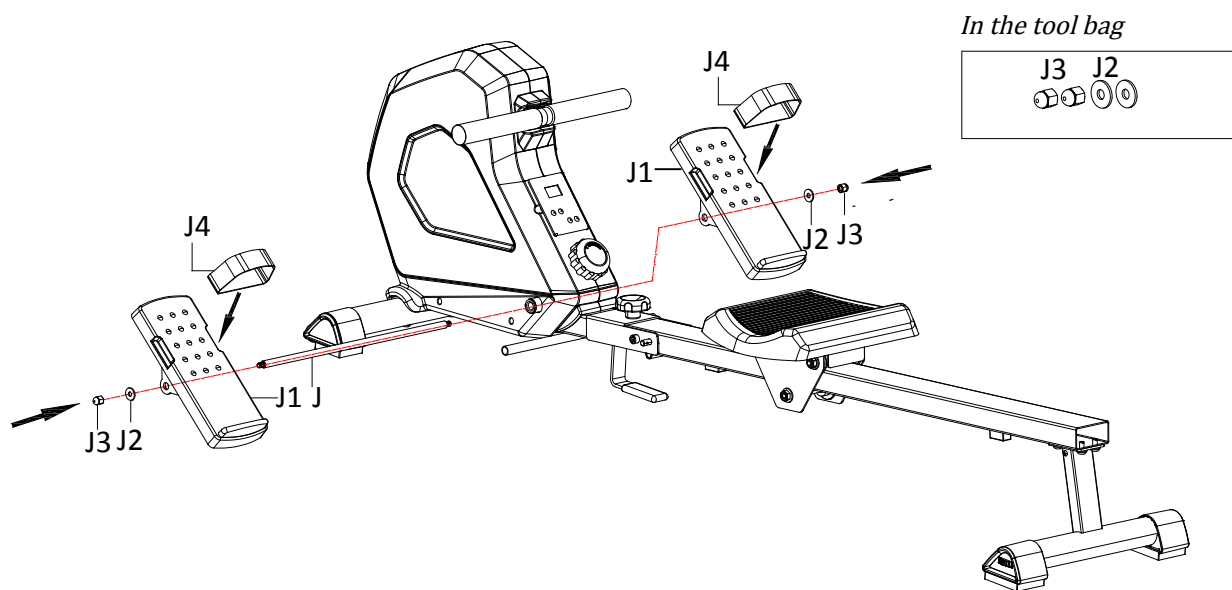
STEP 7



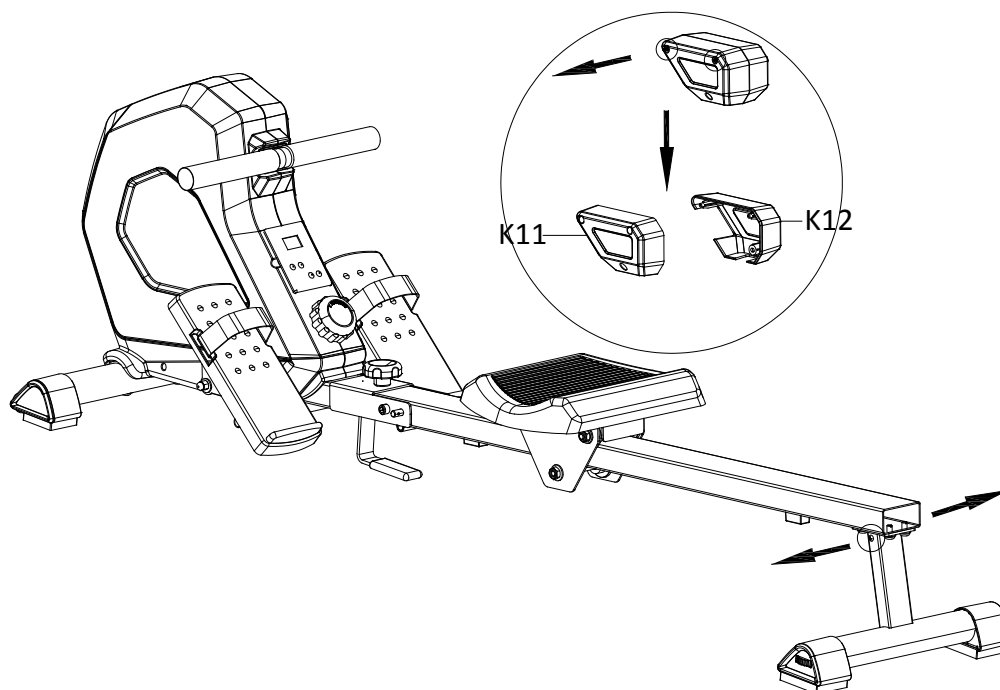
STEP 8



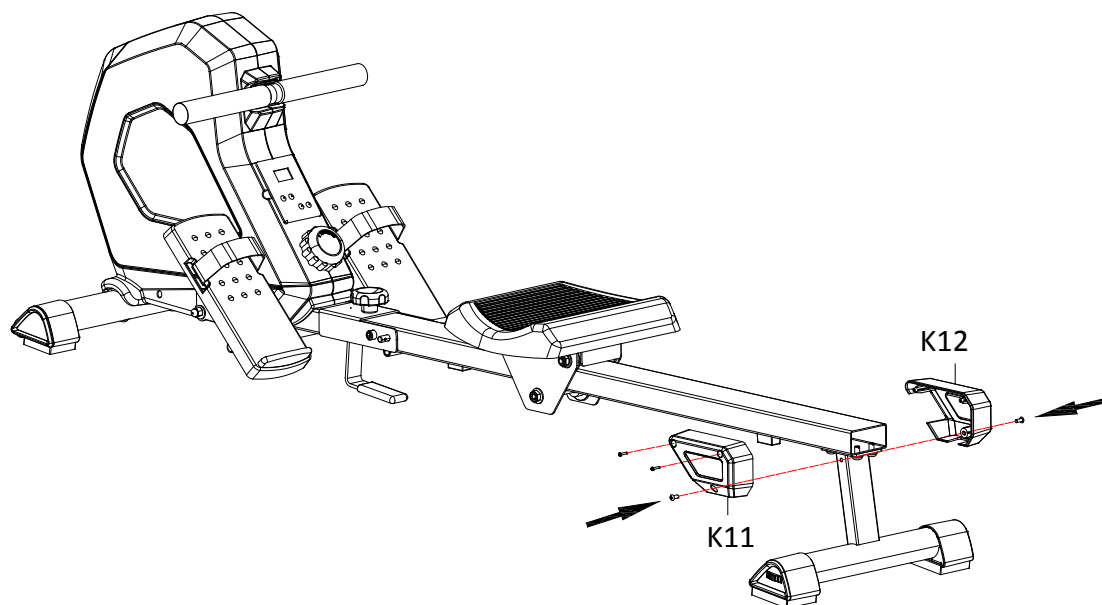
STEP 9



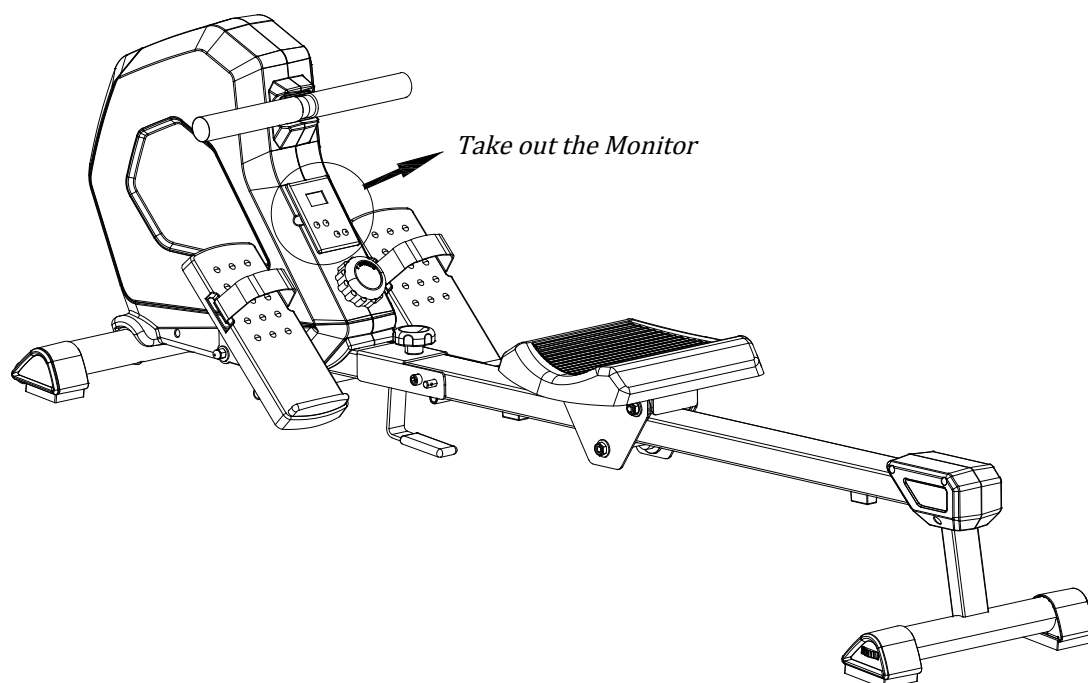
STEP 10



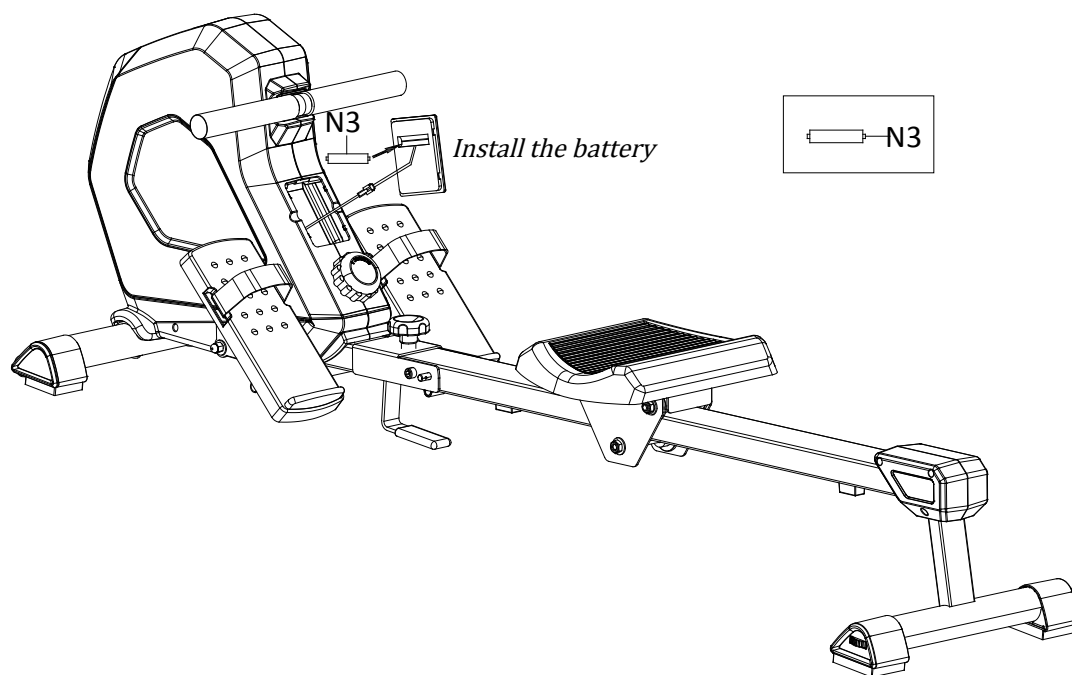
STEP 11



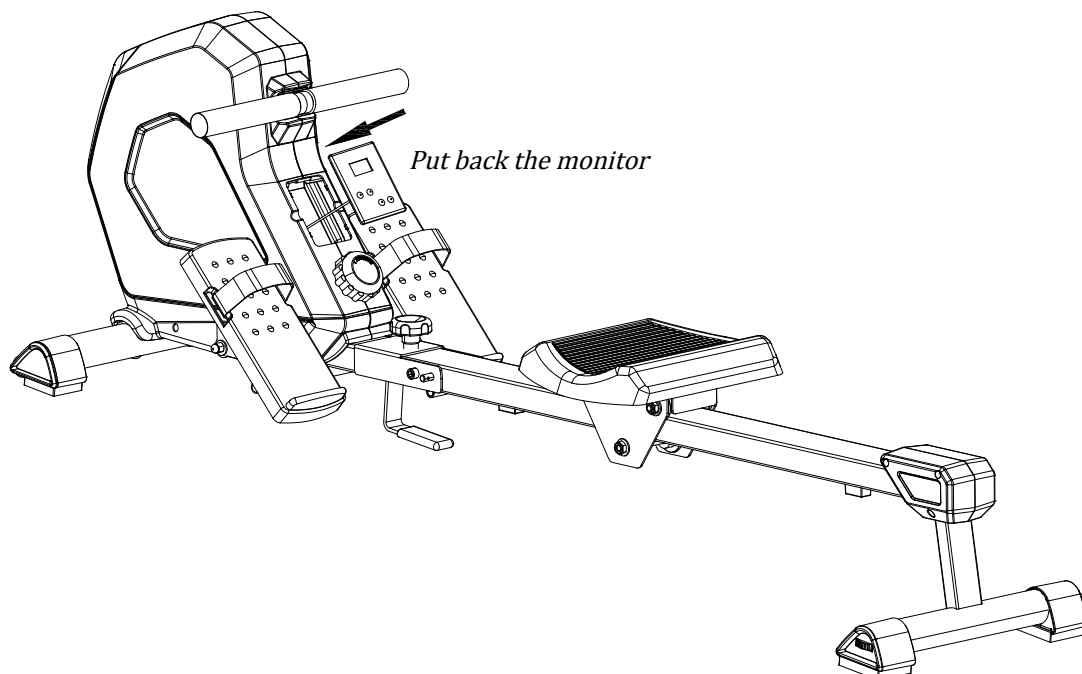
STEP 12



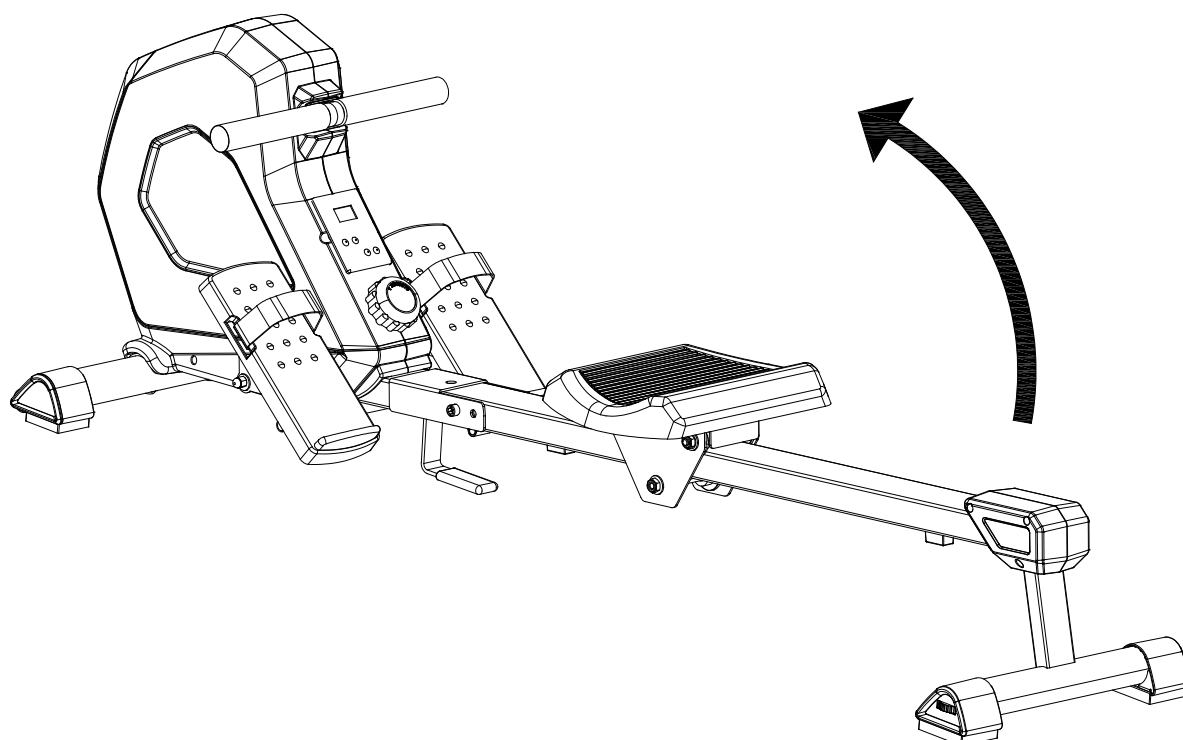
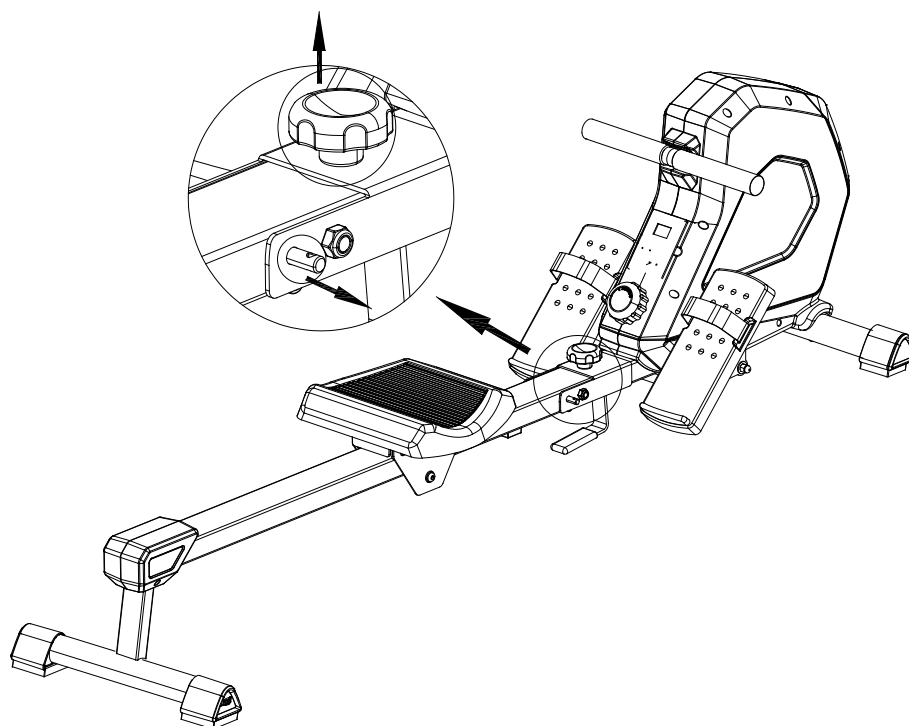
STEP 13

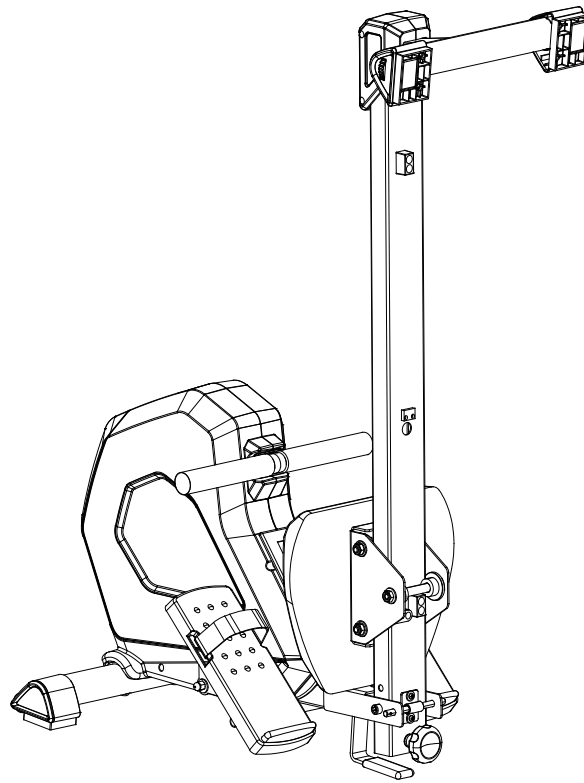
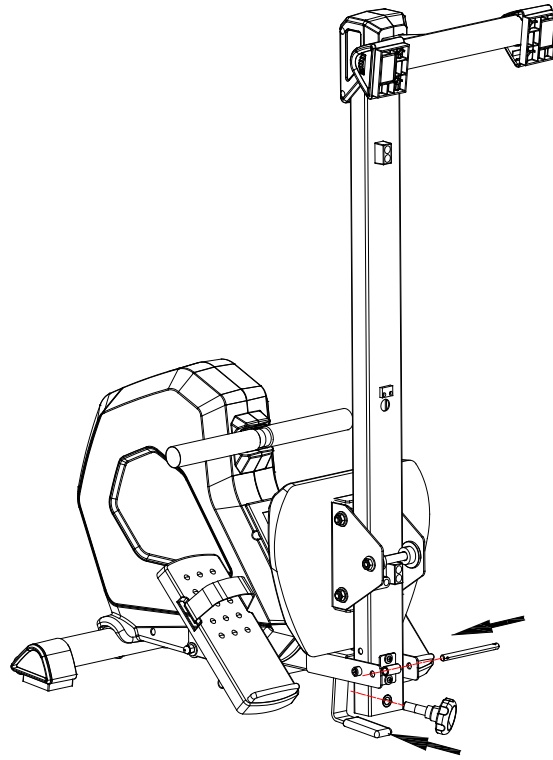


STEP 14



FOLDING INSTRUCTION





EXERCISE COMPUTER SPECIFICATIONS:

TIME.....00:00-99:59MIN

CALORIE.....0.0-9999KCAL

COUNT.....0-9999TIME

TOTAL COUNT.....0-9999TIME

KEY FUNCTIONS:

MODE: This key lets you to select and lock on to a particular function you want.

SET: The key allow you to choose a target value for TIME, COUNT and CALORIE you want.

RESET: Reset the value to zero by pressing the key.

START/STOP: Press to start or stop the operation of function.

OPERATION PROCEDURES:

1. AUTO ON/OFF

The system turns on when any key is pressed or when it sensor an input from the speed sensor. The system turns off automatically when the speed has no signal input or no key are pressed for approximately 4 minutes.

2. RESET:

The unit can be reset by either changing battery or pressing the RESET key for 4 seconds.

3. MODE:

To choose the SCAN if you do not want the scan mode, press the pointer on the function you want which begins blinking.

4. FUNCTION:

TIME By pressing the MODE key until the pointer advance to TIME. Press the MODE key once to lock on the TIME function. The colon stop blinking.

COUNT Press the MODE key until the pointer advance to COUNT and blinking. Press MODE key once the pointer should stop blinking and lock on to the COUNT function.

TOTAL COUNT Press the MODE key until the pointer advance to TOTAL COUNT and blinking. Press the MODE key once to lock on to TOTAL COUNT function.

CALORIE Press the MODE key until the pointer advance to CALORIE and blinking. Press the MODE key once the pointer should stop blinking and lock on to the CALORIE function.

SCAN Automatic display of the following functions in the order shown:

TIME--COUNT--Total COUNT--CALORIE.

5. BATTERY

This monitor uses one battery. If improper display on monitor, Please reinstall the batteries to have a good result.

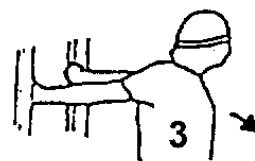
Warm up exercise



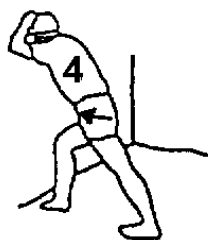
15 seconds for each



20 seconds



20 seconds



25 seconds



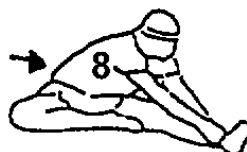
20 seconds



20 seconds



30 seconds



25 seconds for each leg



30 seconds



20 seconds



5 seconds x 3 times



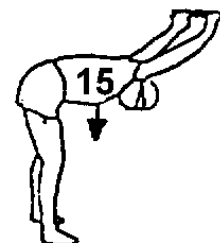
20 seconds



20 seconds for each leg



5 times



15 seconds