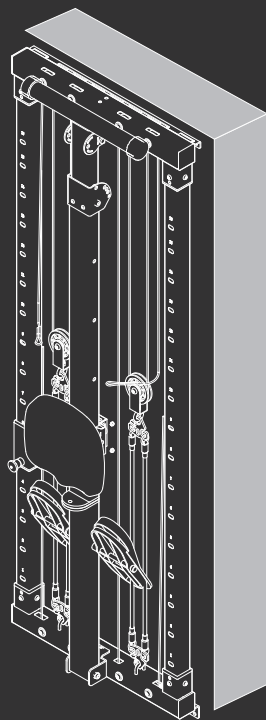


INSTRUCTION MANUAL

MULTIFUNCTIONAL WALL-MOUNTED
VARIABLE RESISTANCE TRAINING ROWER

Row 1



$\frac{>10\text{cm}}{>4''}$
Wall thickness
(Minimum)

$\frac{195\text{cm}}{77''}$
Depth
(OPENED)

$\frac{23\text{cm}}{9''}$
Depth
(CLOSED)

$\frac{66\text{cm}}{26''}$
Width

$\frac{211\pm 2\text{cm}}{83\pm 0.8''}$
Height

SPECIFICATIONS

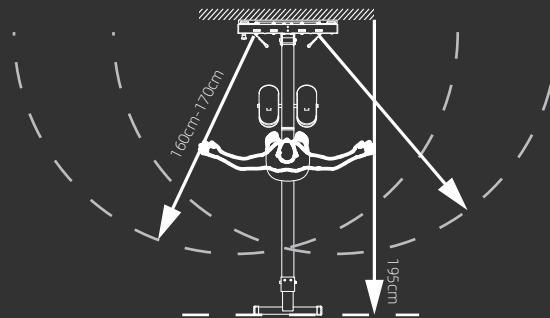
Overall Height	83.0-in / 211 cm	Overall Depth	5.3-in / 13.5 cm
Overall Width	26.0-in / 66 cm	Product weight	77 lbs / 35 KG

GATHER THE TOOLS

Hammer	Pen	10 mm brad drill bit (wooden wall)	10 mm masonry drill bit (concrete & brick wall)
Measuring tape		ladder	Hammer drill

SET-UP PLACE

- Choose a location in which to place the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment.
- The set-up and mounting surface of the equipment should be flat, loadable and solid.
- The free area shall be not less than 60cm greater than the training area in the directions from which the equipment is accessed. The free area must also include the area for emergency dismount. Where equipment is positioned adjacent to each other the value of the free area may be shared.



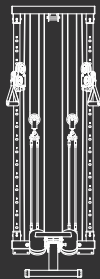
WARNING

- All warnings and instructions be read and followed and proper instruction be obtained prior to use.
- The possibility of serious injuries or death, or both, (if applicable) if caution is not used.
- Specific items that may be addressed in existing ASTM standards for particular fitness equipment.
- This equipment should be used under adult supervision.
- Children should not be allowed unsupervised access to the equipment.
- Persons with disabilities must have a medical license and must be under strict observation when using the equipment.
- Keep your hands, feet and other body parts, hair, clothing, jewellery and other objects well clear of moving parts.
- During use, wear suitable sports clothing rather than loose or baggy clothing. When wearing sports shoes, make sure they have suitable soles, preferably made of rubber or other non slip materials. Shoes with heels, leather soles, studs or spikes are unsuitable. Never exercise barefoot.
- Before removing the Smith bar, please make sure the safety stopper of the Smith machine is in the same position and secured. Failure to comply may cause harm.
- When not using the Smith machine, please ensure the hooks on both ends of the Smith bar are fixed to the opening of the steel pipes, and make sure the safety device of the Smith machine is in the appropriate position and secured.
- Failure to comply may cause harm.
- Inspect equipment and wall mounting prior to use. DO NOT use if it appears damaged or inoperable for any reason.
- Use the equipment only for the intended use. DO NOT modify the equipment.
- Attach the product properly and regularly check all bolts and nuts. Re-tighten if necessary.
- The potential hazards inherent in the use of fitness equipment and the potential for serious injury or death if potential hazards are not avoided.
- The requirement that the warning labels and instruction placards be read before use of fitness equipment.
- The necessity of seeking assistance or training as to equipment usage.
- Warnings against use or attempts to fix equipment that is not functioning properly.
- Before you start using the equipment, you should consult your physician that this type of exercise is suitable for you from a health perspective. Particularly affected are persons who: have a hereditary disposition to high blood pressure or heart disease, are over the age of 45, smoke, have high cholesterol values, are overweight and/or have not exercised regularly in the past year. If you are under medical treatment that affects your heart rate, medical advice is absolutely essential.
- Note that excessive training can seriously endanger your health. Please also note that heart rate monitoring systems can be inaccurate. If you notice any signs of weakness, nausea, dizziness, pain, shortness of breath, or other abnormal symptoms, stop exercising immediately and seek advice from your doctor if necessary.
- Users allergic to rubber products are prohibited.
- If your accessories need to be connected to the fitness frame with a mains cable, make sure that the cable is not a potential tripping hazard.
- Make sure that nobody is within the range of motion of the equipment during training so as not to endanger you or other persons.
- Do not insert any objects of any kind into the openings of the device.

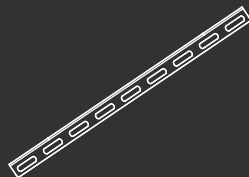
MAINTENANCE

- Proper maintenance is very important. Regular use can cause the bolts that hold the fitness frame together to loosen. Regularly check the tightness of the bolts used to assemble the fitness frame and anchor it to the wall. Tighten to the specified torque values if necessary.
-
- Make it a routine to inspect the external wear parts of the fitness equipment, as well as the operating mechanism and safety protection. Also, ensure that the safety device is sensitive and reliable by conducting regular checks;
-
- Examine the components of the fitness equipment that are prone to loosening, detachment, and breakage to ensure they are functioning properly;
-
- Regularly inspect the bearing parts of the fitness equipment for proper lubrication and add the appropriate amount of high-quality lubricating oil at designated intervals;
-
- Conduct a thorough examination of the gym equipment for signs of corrosion, bumps, pulls, breaks, and oil leaks;
-
- Verify that all configuration accessories and tools for the fitness equipment are present and accounted for;
-
- Progress gradually according to your own training level, and replace the elastic ropes regularly.
-
- Before use, check whether there are cracks, marks, or small holes in the elastic rope.
-
- Store in a dry and cool place, avoid direct sunlight, and seal it when not in use for long term storage.
-
- The elastic rope has no harmful odor and no additional additives. Please feel free to use it.
-
- The stretching length of elastic rope should not exceed 2.5 times the normal state to avoid personal injury.
-
- We are not responsible for personal injury or product damage caused by violations of the operating rules. Do not pull violently during use.
-
- Please check the stopper to make sure they work regularly or before each use.

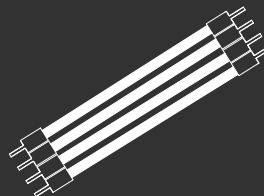
PACKING LIST



Main Frame **x1**



Bracket **x1**



45 kg Resistance bands set **x2**
(7.5 / 10 / 12.5 / 15 kg)



Spring **x2**
(pre-assembled on Main Frame)



M7*90 self tapping screw **x4**



M10*80 expansion sleeve **x4**



M8*20 washer **x4**



Bolt **x2**
(pre-assembled on Main Frame)



Level **x1**



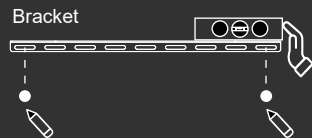
Brush **x1**



T-type wrench **x1**



Dust bag **x4**

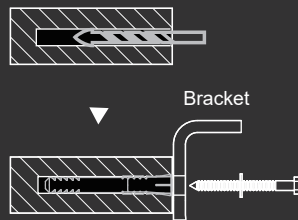


1

Find a proper upper pin point on the wall.

Align the air level horizontally to affix the Block on the wall, observe the level, move the Block to make the air bubble stay in the middle of level.

Mark another point on the wall .

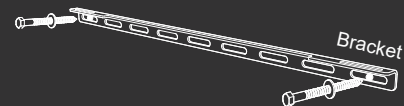


2

Drill holes at two points perpendicularly to wall surface.

Each hole has a diameter of 0.4inches (1cm) and a depth of 4 inches (10cm) .

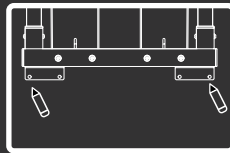
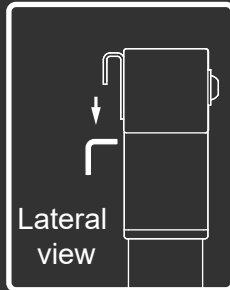
Hammer the sleeves into the two holes .



3

Screw the screws with washers into the expansion sleeves .

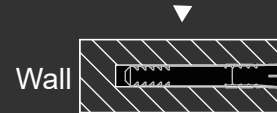
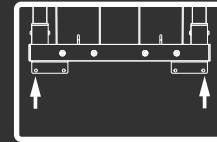
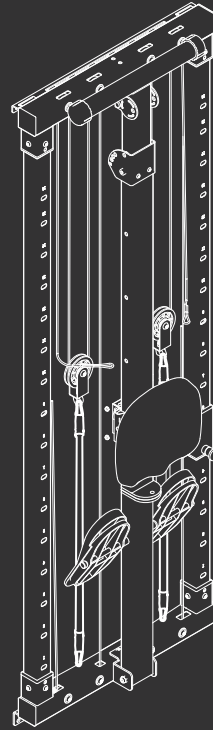
Tighten the screws.



4

Put the frame into the bracket.

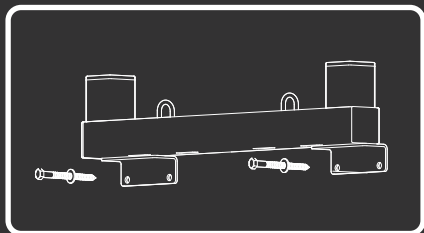
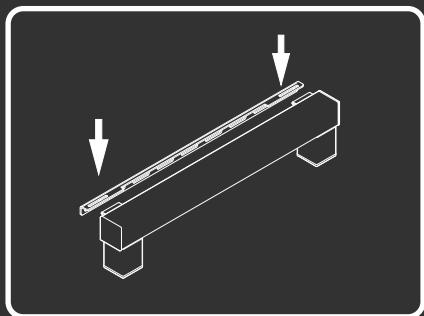
Mark the two points at the bottom of the frame, Then remove the frame off from the wall.



5

Drill the two holes . Each hole has a diameter of 0.4inches (1cm) and a depth of 4 inches (10cm) .

Hammer the sleeve into the hole .

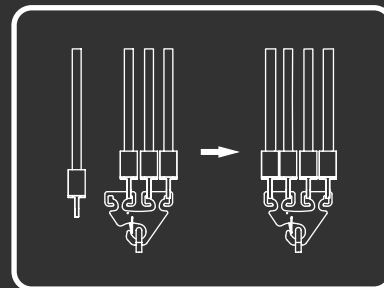
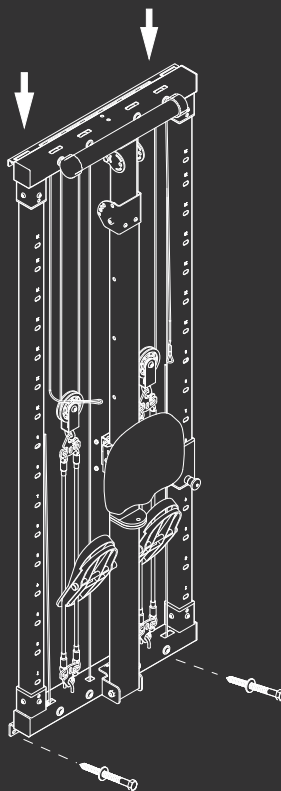


6

Hang the frame back onto the upper support bracket. Hammer the sleeve into the hole .

Screw the screws with washers into the expansion sleeves .

Tighten the screws.



7

Attach the resistance band .

Row 1