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Model: SF-RW5606 | Brand: Sunny Health & Fitness

PRODUCT OVERVIEW

The Sunny Health & Fitness SF-RW5606 Elastic Cord Rowing Machine is designed to provide an effective, low-impact full-body workout. It features an elastic cord resistance system with 4 adjustable levels, an easy-to-read LCD monitor, and a foldable design for convenient storage. This rower is ideal for improving cardiovascular health, building muscle, and burning calories in the comfort of your home.



Image: A woman demonstrating the proper rowing form on the Sunny Health & Fitness SF-RW5606 Elastic Cord Rowing Machine.

IMPORTANT SAFETY INFORMATION

Before beginning any exercise program, consult with your physician. This is especially important for individuals over the age of 35 or those with pre-existing health conditions. Read all instructions before using the equipment. Keep children and pets away from the equipment during use. Always ensure the equipment is on a stable, level surface. Do not use the equipment if it is damaged. Maximum user weight capacity is 220 lbs (99.79 kg).

ASSEMBLY

The SF-RW5606 rowing machine requires some assembly. Please follow the detailed instructions provided in the included user manual (PDF link available in product details) for step-by-step guidance. Ensure all parts are present and undamaged before beginning assembly. It is recommended to assemble the unit on a flat, stable surface with ample space.

- Unpack all components and verify against the parts list.
- Attach the front and rear stabilizers to the main frame.
- Secure the seat to the slide rail.
- Connect the resistance mechanism to the main frame and handle.
- Install the foot pedals and digital monitor.

SETUP AND ADJUSTMENTS

Adjusting Resistance

The SF-RW5606 features 4 levels of adjustable elastic cord resistance. To adjust the tension, locate the resistance knob on the main unit. Turn the knob to select your desired resistance level. Higher numbers indicate greater resistance.



DIGITAL MONITOR

4-LEVEL ADJUSTABLE RESISTANCE

**NON-SLIP PEDAL
W/ ADJUSTABLE STRAP**

Image: Detailed view of the digital monitor and the 4-level adjustable resistance mechanism. The resistance is adjusted by moving a pin to different slots.

Foot Pedal Adjustment

The large anti-slip foot pedals come with adjustable straps to secure your feet during your workout. Ensure your feet are firmly strapped in to prevent slipping and maintain proper form.

Floor Stabilizers

The rowing machine is equipped with floor stabilizers to ensure stability on uneven surfaces. Adjust these stabilizers by twisting them until the machine is level and does not rock.



NON-SLIP HANDLEBAR

FLOOR STABILIZERS

WIDE CUSHIONED SEAT

Image: Close-up showing the non-slip handlebar for secure grip, the wide cushioned seat for comfort, and the adjustable floor stabilizers for stability.

OPERATING INSTRUCTIONS

Using the Digital Monitor

The LCD console displays various workout metrics to help you track your progress. These include:

- **Time:** Duration of your workout.
- **Count:** Number of strokes during the current workout.
- **Total Count:** Total accumulated strokes.
- **Calories Burned:** Estimated calories burned.
- **Count per Minute:** Your current stroke rate.
- **Scan:** Automatically cycles through all display functions.

Press the button on the monitor to cycle through display modes or hold to reset values.

Proper Rowing Technique

To maximize your workout and prevent injury, maintain proper rowing technique:

1. **Catch:** Start with knees bent, shins vertical, arms extended forward, and back straight.
2. **Drive:** Push off with your legs, then lean back slightly and pull the handle towards your abdomen.
3. **Finish:** Legs are extended, body leans back slightly, and handle is at your abdomen.
4. **Recovery:** Extend arms forward, then lean forward from the hips, and finally bend knees to return to the catch position.

Your browser does not support the video tag.

Video: Official product video demonstrating the features and proper usage of the Sunny Health & Fitness SF-RW5606 Elastic Cord Rowing Machine, including adjustable tension, ergonomic design, and digital monitor functions.

Folding for Storage

The SF-RW5606 features a foldable design for easy storage. Consult your user manual for specific folding instructions. Typically, this involves detaching or folding the slide rail upwards to reduce the machine's footprint.



Image: The SF-RW5606 rowing machine in its folded, upright storage position, demonstrating its space-saving design.

MAINTENANCE

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically check the slide rail and moving parts for smooth operation. Apply a silicone-based lubricant if necessary, as per the detailed user manual.
- **Inspection:** Regularly inspect all nuts, bolts, and moving parts for tightness and wear. Tighten any loose fasteners. Check the elastic cord for any signs of fraying or damage.
- **Storage:** Store the rowing machine in a cool, dry place away from direct sunlight and extreme temperatures. Utilize its foldable design for compact storage.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Digital Monitor Not Working	Batteries are dead or incorrectly installed. Loose connection.	Replace batteries (2 AA batteries). Check all cable connections to the monitor.
Resistance Feels Too Low/High	Resistance setting is incorrect. Elastic cord wear.	Adjust the resistance knob to a different level. Inspect the elastic cord for damage; contact support if worn.
Squeaking/Grinding Noise	Loose parts. Lack of lubrication on slide rail.	Check and tighten all bolts and nuts. Clean and lubricate the slide rail.
Machine is Unstable/Wobbles	Uneven floor surface. Stabilizers not adjusted.	Ensure the machine is on a flat surface. Adjust the floor stabilizers until stable.

SPECIFICATIONS

Model Name: SF-RW5606

Brand: Sunny Health & Fitness

Resistance Mechanism: Elastic Cord

Tension Levels: 4

Maximum User Weight: 220 lbs (99.79 kg)

Product Dimensions (LxWxH): 68" x 14" x 21" (172.72 cm x 35.56 cm x 53.34 cm)

Folded Dimensions (LxWxH): 38" x 14" x 43" (96.52 cm x 35.56 cm x 109.22 cm)

Slide Rail Length: 36.5" (92.71 cm)

Slide Rail Inseam: 39" (99.06 cm)

Item Weight: 34.5 lbs (15.65 kg)

Frame Material: Alloy Steel

Display Type: LCD

Metrics Measured: Time, Count, Total Count, Calories Burned, Count per Minute, Scan

Power Source: Battery Powered (2 AA batteries included)

WEIGHT CAPACITY: 220 LB



Image: Dimensional diagram of the rowing machine, illustrating its full and folded sizes for space planning.

WARRANTY INFORMATION

The Sunny Health & Fitness SF-RW5606 Elastic Cord Rowing Machine comes with a manufacturer's warranty. The warranty covers:

- **Structural Frame:** 3 Years
- **Other Parts and Components:** 180 Days

Please retain your proof of purchase for warranty claims. For detailed warranty terms and conditions, refer to the official user manual or contact Sunny Health & Fitness customer support.

CUSTOMER SUPPORT

For any questions, assistance, or to order replacement parts, please contact Sunny Health & Fitness customer support. You can also visit their official website for FAQs and additional resources.

Website: www.sunnyhealthfitness.com

User Manual (PDF): [Download Here](#)