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› EFITMENT Magnetic Rowing Machine Rower RW025 User Manual

EFITMENT RW025

EFITMENT Magnetic Rowing Machine Rower RW025 User Manual

Model: RW025

1. INTRODUCTION

Thank you for choosing the EFITMENT Magnetic Rowing Machine Rower RW025. This manual provides essential information for the safe assembly, operation, and maintenance of your rowing machine. Please read it thoroughly before use and keep it for future reference.



Image 1.1: The EFITMENT Magnetic Rowing Machine Rower RW025 during operation.

2. SAFETY INFORMATION

Before using this equipment, please observe the following safety precautions:

- Consult your physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the rowing machine on a flat, stable surface with adequate clearance around it.
- Inspect the equipment for loose or worn parts before each use. Do not use if damaged.
- Wear appropriate exercise attire and footwear.
- Do not overexert yourself. Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Maximum user weight capacity: 250 lbs.

3. PRODUCT FEATURES

The EFITMENT RW025 rowing machine is designed for effective home exercise, targeting various muscle groups.

- **Magnetic Resistance:** Features an 8.82-pound flywheel with magnetic resistance for a smooth, quiet, and low-maintenance workout.
- **Adjustable Tension:** 8 levels of manually adjustable tension to customize your workout intensity.

- **Steel Slide Rail:** A sturdy 40-inch steel slide rail provides ample leg extension and a low-profile design for stability.
- **Digital Monitor:** Tracks and displays key workout metrics including scan, count, time, RPM, calories, and distance.
- **Comfortable Seating:** Cushioned seat for extended workout comfort.
- **Pivoting Foot Pedals:** Equipped with fastener straps to secure feet and maintain balance during rowing.
- **Slip-Resistant Handlebars:** Ensures a secure grip during intense workouts.
- **Compact Storage:** Designed for easy upright storage, making it suitable for smaller living spaces.
- **Tear-Resistant Nylon Cord:** Durable cord for consistent performance.



Image 3.1: Overview of the EFITMENT RW025 rowing machine.

4. ASSEMBLY INSTRUCTIONS

The EFITMENT RW025 rowing machine is designed for straightforward assembly. No additional tools are typically required as necessary tools are usually included.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, flat surface. Verify all components are present against the parts list (refer to the separate parts diagram, if provided).
2. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and washers.
3. **Assemble Slide Rail:** Connect the slide rail to the main unit. Ensure it is securely fastened.
4. **Install Seat:** Slide the cushioned seat onto the assembled slide rail.
5. **Attach Foot Pedals:** Secure the pivoting foot pedals to the main unit.

6. **Connect Handlebars:** Attach the handlebars to the pulling mechanism.
7. **Install Digital Monitor:** Connect the digital monitor to the main unit and insert batteries (if required).
8. **Final Check:** Before first use, ensure all bolts and connections are tight and secure.



Image 4.1: The rowing machine components before full assembly.

5. OPERATING INSTRUCTIONS

5.1 Adjusting Resistance

The RW025 features 8 levels of magnetic tension control. To adjust the resistance:

- Locate the tension control knob on the main unit.
- Turn the knob clockwise to increase resistance (higher numbers).
- Turn the knob counter-clockwise to decrease resistance (lower numbers).



Image 5.1: Digital monitor and tension control knob.

5.2 Using the Digital Monitor

The digital monitor displays your workout data. It typically operates with a single 'MODE' button.

- **Power On:** The monitor will automatically turn on when you begin rowing or press the 'MODE' button.
- **Mode Selection:** Press the 'MODE' button repeatedly to cycle through display functions: SCAN, COUNT, TIME, RPM, CALORIES, DISTANCE.
- **SCAN:** Automatically cycles through all functions every few seconds.
- **COUNT:** Displays the total number of strokes.

- **TIME:** Shows the duration of your workout.
- **RPM:** Revolutions per minute (strokes per minute).
- **CALORIES:** Estimates calories burned.
- **DISTANCE:** Displays the estimated distance covered.
- **Reset:** To reset all values, press and hold the 'MODE' button for a few seconds.
- **Power Off:** The monitor will automatically shut off after a few minutes of inactivity.



Image 5.2: Digital monitor displaying workout metrics.

5.3 Proper Rowing Technique

To maximize effectiveness and minimize injury risk:

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

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Video 5.1: Demonstration of the EFITMENT RW025 Magnetic Rowing Machine in use, highlighting its features and proper rowing form.

6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your rowing machine.

- **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 for smooth operation. If needed, apply a small amount of silicone-based lubricant (do not use oil-based lubricants).
- **Inspections:** Regularly check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Cord Inspection:** Examine the nylon cord for any signs of fraying or damage. Replace if necessary.
- **Storage:** When not in use, store the rowing machine upright in a cool, dry place away from direct sunlight.



Image 6.1: The rowing machine in its upright storage position.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Digital monitor not displaying.	Batteries are dead or incorrectly installed.	Replace batteries or ensure correct polarity.
No resistance or inconsistent resistance.	Tension knob not adjusted correctly; internal mechanism issue.	Adjust the tension knob. If problem persists, contact customer support.
Squeaking or grinding noise.	Loose parts; dry slide rail; foreign object.	Tighten all bolts. Lubricate the slide rail. Check for obstructions.
Seat not sliding smoothly.	Dust/debris on rail; dry rail; worn rollers.	Clean the slide rail. Apply silicone lubricant. Contact support if rollers are worn.

8. SPECIFICATIONS

- **Model Name:** RW025
- **Brand:** EFITMENT
- **Resistance Mechanism:** Manually Adjustable Magnetic Resistance
- **Resistance Levels:** 8
- **Product Dimensions (LxWxH):** 62"D x 19.5"W x 26.5"H
- **Maximum Weight Recommendation:** 250 Pounds
- **Rail Length:** 40 Inches
- **Item Weight:** 43 Pounds
- **Frame Material:** Alloy Steel
- **Material:** Steel, Nylon
- **Color:** Gray
- **Display Type:** LCD
- **Power Source:** Battery Powered (for monitor)
- **UPC:** 857861004797

9. WARRANTY AND SUPPORT

This EFITMENT RW025 Magnetic Rowing Machine Rower comes with a **3-Year Manufacturer Warranty**.

For warranty claims, technical support, or any inquiries regarding your product, please contact EFITMENT customer service. Refer to your purchase documentation or the official EFITMENT website for the most current contact information.

You can visit the official EFITMENT store for more information: [EFITMENT Store](#)

