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› [ECHANFIT](#) /

› ECHANFIT Magnetic Rowing Machine for Home Use Foldable with 16 Levels of Silent Magnetic Resistance with LCD Screen and Adjustable Console Angle for Fitness Training (CRW 4901)

ECHANFIT CRW 4901

ECHANFIT Magnetic Rowing Machine User Manual

Model: CRW 4901 (CRW4416)

Brand: ECHANFIT

INTRODUCTION

Thank you for choosing the ECHANFIT Magnetic Rowing Machine. This manual provides essential information for the safe assembly, operation, maintenance, and troubleshooting of your new fitness equipment. Please read this manual thoroughly before using the machine to ensure proper function and your safety.

The ECHANFIT Magnetic Rowing Machine is designed to provide an effective full-body workout, engaging both your upper and lower body, while also focusing on core strength and cardiovascular health. Its quiet magnetic resistance system and user-friendly features make it suitable for home use.



Image: A man demonstrating the proper use of the ECHANFIT Magnetic Rowing Machine during a workout.

IMPORTANT SAFETY INFORMATION

Before beginning any exercise program, consult with your physician. It is crucial to understand and follow all safety precautions outlined in this manual to prevent injury and ensure the longevity of your equipment.

- Always place the rowing machine on a flat, stable surface.
- Ensure adequate clear space around the machine during use.
- Keep children and pets away from the machine during operation.
- Inspect the machine for loose parts or damage before each use. Do not use if damaged.
- Wear appropriate athletic footwear and clothing.
- Do not exceed the maximum user weight capacity of 350 lbs (158 kg).
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

SETUP AND ASSEMBLY

The ECHANFIT Rowing Machine is designed for straightforward assembly. Most users can complete assembly within 30 minutes. Ensure all parts are present before beginning.

Unpacking and Parts Identification

Carefully remove all components from the packaging. Lay them out and compare them against the parts list provided in your separate assembly guide. If any parts are missing or damaged, contact customer support immediately.

30-Min Assembly

Start your fitness journey in minutes



Image: The main body of the rowing machine with various components like the seat, footrests, and tools laid out, indicating readiness for assembly.

Assembly Steps

Refer to the detailed step-by-step instructions and diagrams in the separate assembly manual provided with your product. Ensure all bolts and nuts are securely tightened after assembly. Do not overtighten.

OPERATING INSTRUCTIONS

Adjusting Magnetic Resistance

Your ECHANFIT rowing machine features 16 levels of silent magnetic resistance. To adjust the resistance, locate the tension control knob on the main unit. Turn the knob clockwise to increase resistance (levels 8-

16 for higher intensity) and counter-clockwise to decrease resistance (levels 1-8 for lower intensity). This allows for a customized workout experience for various fitness levels.

16 Level Magnetic Resistance

The perfect fit for the whole family



1-8 level



8-16 level



Image: A detailed view of the resistance adjustment knob, showing the 16 levels from low to high tension.

Using the LCD Monitor

The integrated LCD monitor provides real-time workout data. It displays metrics such as Time, RPM (Revolutions Per Minute), Distance, Scan (cycles through all metrics), Calories, and Count (total strokes). The monitor's angle is adjustable for optimal viewing height. The monitor requires 2 AAA batteries (not included).

- **TIME:** Duration of your workout.
- **RPM:** Strokes per minute.

- **DIST:** Distance covered.
- **SCAN:** Automatically cycles through all display functions.
- **CAL:** Estimated calories burned.
- **COUNT:** Total number of strokes during the current workout.

The monitor also includes a built-in phone holder for convenience.

LCD Monitor and Tablet Holder

Easy to track your progress



Image: Close-up of the LCD monitor, showing its display functions, adjustable angle feature, and the integrated phone holder.

Proper Rowing Form

Correct rowing form is essential for an effective and safe workout. Focus on a smooth, continuous motion involving your legs, core, and arms. Many online resources, such as YouTube tutorials, can provide visual

guidance on proper rowing technique to maximize your workout and prevent injury, particularly to the lower back.

Full-Body Muscles Workout

Activate 92% of your total body muscles



Image: A woman rowing, with an overlay illustrating the activation of arm, chest, abdominal, back, hip, and lower extremity muscles during the exercise.

MAINTENANCE

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

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Check Fasteners:** Periodically check all bolts, nuts, and screws, especially on the foot pedals, and tighten them if necessary. Loose fasteners can affect stability and performance.

- **Belt System:** The durable belt drive system is designed for quiet, maintenance-free operation. No lubrication is required.
- **Storage:** When not in use, the rowing machine can be folded for compact storage. Transport wheels allow for easy movement. Store in a dry, cool place away from direct sunlight.



Image: Two panels showing the rowing machine being easily moved using its transport wheels and then stored upright in a folded configuration, occupying minimal floor space.

TROUBLESHOOTING

If you encounter issues with your rowing machine, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
No display on LCD monitor	Dead batteries; loose battery connection.	Replace AAA batteries; ensure batteries are correctly inserted.
Resistance feels too low/high	Resistance knob not adjusted correctly.	Turn the tension control knob to your desired level (1-16).
Machine is unstable or makes noise	Loose fasteners; uneven surface.	Check and tighten all bolts and screws; ensure machine is on a flat, level surface.
Foot straps are not secure	Straps not adjusted properly.	Adjust the foot straps to securely fit your feet on the pivoting footplates.

If the problem persists after attempting these solutions, please contact ECHANFIT customer support.

SPECIFICATIONS

Feature	Detail
Model Name	CRW 4901
Model Number	CRW4416
Resistance Type	Magnetic
Resistance Levels	16
Frame Material	Alloy Steel
Max Weight Capacity	350 lbs (158 kg)
Unfolded Dimensions (L x W x H)	75.20 in x 19.29 in x 33.46 in (191 cm x 49 cm x 85 cm)
Folded Dimensions (L x W x H)	40.00 in x 19.29 in x 46.06 in (101.6 cm x 49 cm x 117 cm)
Item Weight	56.55 lbs (25.65 kg)
Display Type	LCD
Power Source (Monitor)	2 AAA Batteries (not included)
Color	Black

User-Friendly Detail Design



Non-Slip Footrest



Anti-Slip Handlebars

Image: An illustration showing the key dimensions of the rowing machine, including length (60.1 inches), width (19.5 inches), and height (25.5 inches).

WARRANTY AND SUPPORT

ECHANFIT products are manufactured to high-quality standards. For specific warranty details regarding your rowing machine, please refer to the warranty card included with your purchase or visit the official ECHANFIT website. The warranty typically covers manufacturing defects and material flaws for a specified period from the date of purchase.

For technical assistance, parts replacement, or any questions not covered in this manual, please contact ECHANFIT customer support. Contact information is usually available on the product packaging, the official website, or through your retailer.

When contacting support, please have your model name (CRW 4901) and model number (CRW4416) ready, along with your purchase date and a detailed description of the issue.

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