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› GYMAX Hydraulic Rowing Machine User Manual

## GYMAX rowing

# GYMAX Hydraulic Rowing Machine User Manual

Model: rowing | Brand: GYMAX

## 1. INTRODUCTION

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Thank you for choosing the GYMAX Hydraulic Rowing Machine. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. This full-motion rower is designed to simulate the natural feel of rowing on water, offering an effective full-body workout. It features adjustable hydraulic resistance and an LCD monitor to track your progress. Please read this manual thoroughly before use and retain it for future reference.

## 2. SAFETY INFORMATION

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- Consult a 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 damaged parts before each use. Do not use if any components are compromised.
- Wear appropriate athletic clothing and footwear.
- Do not overexert yourself. Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Maximum user weight capacity: 120.2 kg (265 lbs).

## 3. PACKAGE CONTENTS

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Please verify that all components are present before assembly. If any parts are missing or damaged, contact customer support.

- Main Frame Assembly
- Seat and Rail
- Foot Pedals (pre-attached or separate)
- Hydraulic Cylinders and Rowing Arms
- LCD Monitor
- Hardware Kit (bolts, washers, nuts, tools)

## 4. ASSEMBLY INSTRUCTIONS

The GYMAX Hydraulic Rowing Machine arrives partially assembled. Follow these general steps for final assembly. Refer to the included assembly diagram for detailed illustrations.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, flat surface.
2. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and washers.
3. **Install Seat Rail:** Attach the seat rail to the main frame. Ensure the seat slides smoothly along the rail.
4. **Connect Rowing Arms:** Secure the hydraulic cylinders and rowing arms to the main frame and seat rail as per the diagram. Ensure all connections are tight.
5. **Mount Foot Pedals:** If not pre-attached, secure the foot pedals to the designated points on the frame.
6. **Install LCD Monitor:** Attach the LCD monitor to its bracket and connect any necessary sensor cables.
7. **Final Check:** Verify all bolts are tightened and all parts are securely in place before first use.

# Adjustable Hydraulic Resistance

Up to 110 Lbs



Release the knob, you can increase or decrease resistance through raising and lowering the hydraulic cylinder



Image: Overview of the GYMAX Hydraulic Rowing Machine, showing its full motion arms and compact design.

## 5. OPERATING INSTRUCTIONS

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### 5.1 Adjusting Resistance

The GYMAX Hydraulic Rowing Machine features adjustable hydraulic resistance. To change the resistance level:

- Locate the release knob on the hydraulic cylinder.
- Turn the knob to adjust the position of the hydraulic cylinder.
- Raising the cylinder increases resistance, while lowering it decreases resistance.
- The maximum resistance is 110 lbs. Adjust to a comfortable yet challenging level for your workout.



Image: Illustration of the adjustable hydraulic resistance mechanism. Releasing the knob allows you to increase or decrease resistance by raising or lowering the hydraulic cylinder.

### 5.2 Using the LCD Digital Monitor

The integrated LCD monitor tracks your workout data. It typically displays:

- **Time:** Duration of your workout.
- **Count:** Number of strokes performed.
- **Calories:** Estimated calories burned.
- **Distance:** Estimated distance covered.
- **Total Counts:** Cumulative number of strokes over time.
- **Scan:** Cycles through all metrics automatically.

Use the 'MODE' button to select the desired display function and the 'RESET' button to clear current workout data.



Image: The LCD Digital Monitor displaying workout metrics such as time, count, distance, calories, and total counts, with 'RESET' and 'MODE' buttons.

### 5.3 Proper Rowing Technique

To maximize your workout and prevent injury, maintain proper form:

- **The Catch:** Start with knees bent, arms extended forward, and back straight.
- **The Drive:** Push off with your legs, then lean back slightly, and finally pull the handles towards your abdomen.
- **The Finish:** Legs are extended, body leans back slightly, and handles are at your abdomen.
- **The Recovery:** Extend arms forward, then lean forward, and finally bend knees to return to the catch position.



Image: Comparison of full-motion rowing action, simulating water rowing for a comprehensive full-body workout, versus a limited pulling motion.



Image: A user performing a 360-degree full motion rowing exercise on the GYMAX machine, highlighting the range of movement.

## 6. MAINTENANCE

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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 seat rollers and rail for smooth operation. If needed, apply a small amount of silicone-based lubricant.
- **Hardware Check:** Regularly inspect all bolts, nuts, and connections to ensure they are tight. Tighten any loose hardware.
- **Storage:** Store the rowing machine in a cool, dry place away from direct sunlight and extreme temperatures. Its compact design allows for easy storage.



Image: The GYMAX Hydraulic Rowing Machine is shown to be compact and portable, suitable for easy storage in various home environments.

## 7. TROUBLESHOOTING

If you encounter issues with your GYMAX Hydraulic Rowing Machine, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
LCD Monitor not displaying	Dead battery; Loose sensor connection	Replace battery; Check and secure all sensor cables.
Resistance feels too easy/hard	Hydraulic cylinder not adjusted correctly	Adjust the hydraulic cylinder using the release knob to increase or decrease resistance.
Squeaking or grinding noise	Loose hardware; Dry moving parts	Check and tighten all bolts and nuts; Lubricate seat rollers and rail if necessary.
Unstable during use	Uneven surface; Loose stabilizers	Ensure the machine is on a flat, stable surface; Check and tighten stabilizer bolts.
Damaged or broken part (e.g., knob, clip)	Wear and tear; Manufacturing defect	Discontinue use immediately. Contact GYMAX customer support for replacement parts or assistance.

## 8. SPECIFICATIONS

Feature	Detail
Model Name	rowing
Brand	GYMAX
Resistance Mechanism	Hydraulic
Tension Level	Up to 110 lbs
Maximum Weight Recommendation	120.2 kg (265 lbs)
Frame Material	Alloy Steel
Item Weight	13.61 kg

Feature	Detail
Colour	Silver
Display Type	LCD
Metrics Measured	Distance, Time, Calories Burned, Stroke Count
Special Features	Adjustable Resistance, Anti-Slip Pedals, Compact, Padded Seat, Portable
Power Source	Manual
Parcel Dimensions	114.3 x 33.02 x 17.78 cm

## 9. WARRANTY AND SUPPORT

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For warranty information, replacement parts, or technical support, please contact GYMAX customer service. Keep your purchase receipt and product model information handy when contacting support.

Manufacturer Contact Information: MINNEAPOLIS, MN 55442, US