Saved from manuals.plus.
Open the live page for links to other documents and user manuals.

Dripex Noir-Modèle 2

Dripex Magnetic Rowing Machine User Manual

Model: Noir-Modèle 2
Brand: Dripex

1. Introduction

Thank you for choosing the Dripex 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 use and keep it for future reference. This rowing machine is designed for home use, offering a full-body workout with adjustable magnetic resistance.

2. Safety Information

Before starting any exercise program, consult with your physician. It is essential to follow all safety precautions to prevent injury.

- Ensure all parts are securely assembled before each use.
- Place the rowing machine on a flat, stable surface.
- Keep children and pets away from the equipment during operation.
- Wear appropriate exercise attire and footwear.
- Do not exceed the maximum user weight capacity of 120 kg (265 lbs).
- Stop exercising immediately if you feel pain, dizziness, or nausea.
- Keep hands and feet clear of moving parts.
- Regularly inspect the machine for wear and tear, especially cables and moving parts.

3. Product Overview

The Dripex Magnetic Rowing Machine features a robust design for effective home workouts.

Components

- Main Frame with Magnetic Resistance Unit
- Double Aluminum Sliding Rail
- Comfortable 3D Seat
- Anti-slip Handlebar
- Adjustable Footrests with Straps

- LCD Monitor
- Stabilizer Feet
- Transport Wheels



Image: Overview of the Dripex Magnetic Rowing Machine, showing its main components including the resistance unit, seat, and rail.

4. Setup and Assembly

The Dripex Rowing Machine is designed for relatively easy assembly. It is recommended to have two people for unpacking and initial setup.

Assembly Steps (General Guide):

1. Unpack all components and verify against the parts list (refer to included manual for detailed list).
2. Attach the front and rear stabilizer feet to the main frame.
3. Secure the aluminum sliding rail to the main frame.
4. Install the seat onto the sliding rail.
5. Attach the handlebar and connect any necessary cables for the monitor.
6. Mount the LCD monitor onto its designated holder.
7. Ensure all bolts and nuts are tightened securely.



Image: Fully assembled Dripex Magnetic Rowing Machine, ready for use.

5. Operating Instructions

Adjusting Magnetic Resistance

The Dripex Rowing Machine offers 15 adjustable magnetic resistance levels, allowing you to customize your workout intensity.

- Turn the tension control knob located on the main resistance unit to increase or decrease resistance.
- Levels 1-4: Warming up, light exercise.
- Levels 5-8: Body shaping, moderate intensity.
- Levels 9-12: Fat burning, higher intensity.
- Levels 13-15: Strengthening muscle, maximum intensity.



Image: Close-up of the resistance knob, illustrating adjustable magnetic resistance levels and their suggested uses.

Using the LCD Monitor

The integrated LCD monitor tracks your workout progress.

- **SCAN:** Cycles through all metrics automatically.
- **TIME:** Displays the duration of your workout.
- **DIST:** Shows the distance covered.
- **CAL:** Estimates calories burned.
- **CNT (Count):** Displays the number of strokes.
- **T-CNT (Total Count):** Displays the total number of strokes since reset.

The monitor typically operates with a single button to cycle through modes. Some models may support connection to fitness apps like Kinomap or FS for enhanced tracking and virtual rowing experiences.



Image: The LCD monitor displaying various metrics, with icons indicating compatibility with fitness apps like Kinomap and FS.

Proper Rowing Technique

To maximize effectiveness and prevent injury, maintain proper form:

1. **Catch:** Sit tall, arms extended, knees bent, shins vertical.
2. **Drive:** Push off with legs, then swing back with torso, finally pull with arms.
3. **Finish:** Legs extended, torso slightly reclined, handle at abdomen.
4. **Recovery:** Extend arms, pivot torso forward, then bend knees to slide forward.



Image: A person demonstrating the proper rowing technique on the Dripex machine, showing the full range of motion.

6. Maintenance

Regular maintenance ensures the longevity and optimal performance of your rowing machine.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Rail Cleaning:** Periodically clean the aluminum sliding rail to ensure smooth seat movement.
- **Inspection:** Regularly check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** The magnetic resistance system is generally maintenance-free. Consult the detailed manual for any specific lubrication requirements for the seat rollers or other moving parts.
- **Storage:** The machine features a vertical storage design to save space. Ensure it is stable when stored upright.



Image: The Dripex Rowing Machine stored vertically, demonstrating its space-saving design.

7. Troubleshooting

Problem	Possible Cause	Solution
Squeaking/Noise during operation	Loose bolts, dirty rail, worn rollers.	Check and tighten all bolts. Clean the sliding rail. Inspect seat rollers for wear.
Monitor not displaying data	Loose cable connection, dead batteries (if applicable).	Ensure all cables are securely connected. Replace batteries in the monitor if it uses them (product spec says "Câble électrique" for power type, but some monitors use batteries).
Resistance feels inconsistent	Internal mechanism issue, debris in resistance unit.	Ensure the resistance knob is properly engaged. If problem persists, contact customer support.

8. Specifications

Feature	Detail
Brand	Dripex
Model Name	Noir-Modèle 2 (S)
Resistance Mechanism	Magnetic
Resistance Levels	15 (adjustable)
Frame Material	Aluminum
Display Type	LCD (Scan, Time, Distance, Calories, Count, Total Count)
Max User Weight Capacity	120 kg (265 lbs)
Product Dimensions (L x W x H)	178.99 x 52.86 x 76.3 cm (approx. 70.5 x 20.8 x 30 inches)
Product Weight	24 kg (approx. 53 lbs)
Special Features	Digital monitor, Lightweight, Low noise, Adjustable resistance, Integrated wheel for transport, Vertical storage.

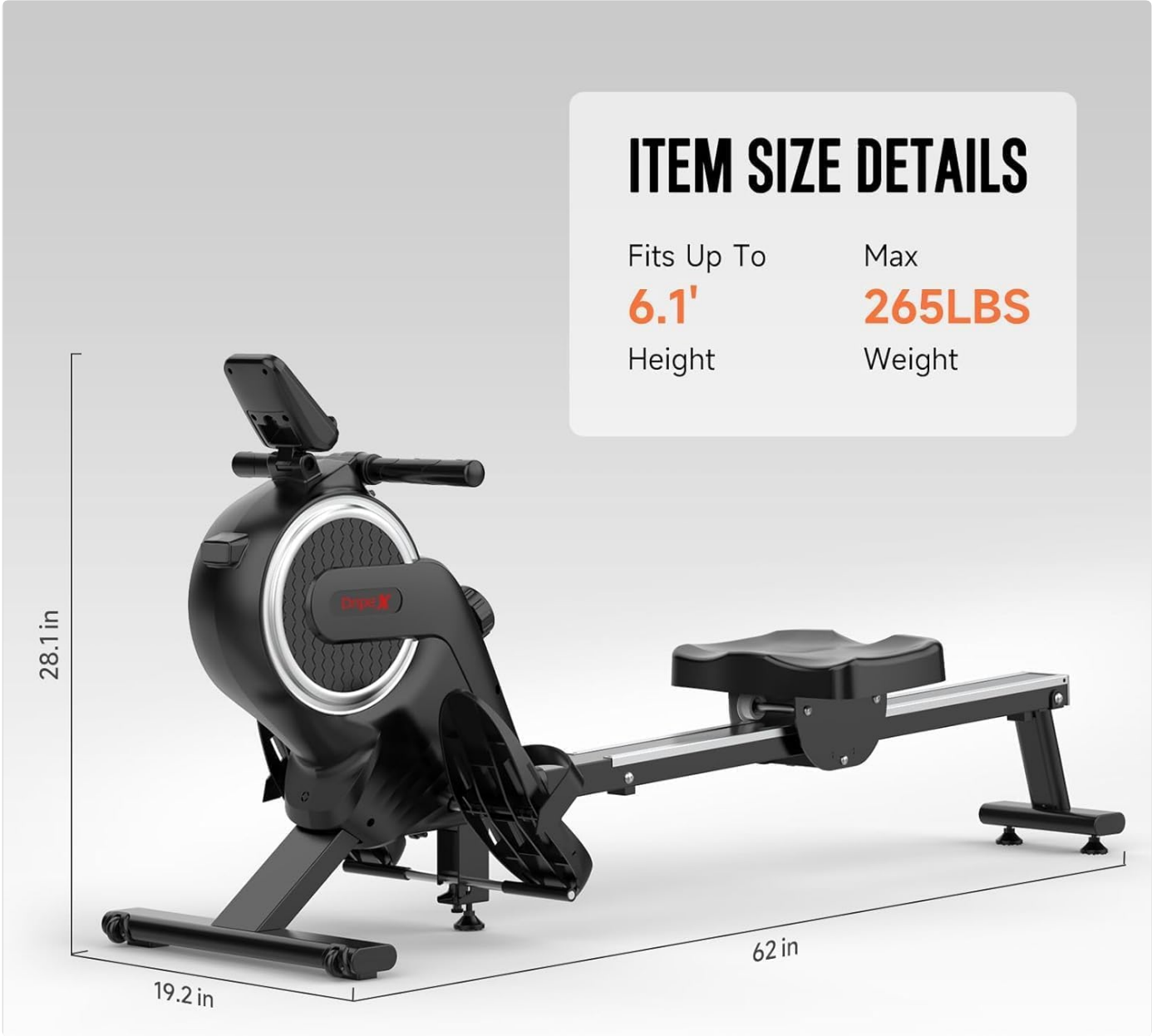


Image: Diagram showing the dimensions of the rowing machine, including height and length.

9. Warranty and Support

Dripex is committed to providing high-quality products and customer satisfaction.

- For warranty information, please refer to the documentation included with your purchase or visit the official Dripex website.
- For technical support, replacement parts, or any inquiries, please contact Dripex customer service.
- Keep your purchase receipt as proof of purchase for warranty claims.

© 2024 Dripex. All rights reserved.
This manual is subject to change without notice.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Open the live page

https://manuals.plus/asin/B08JJFLGQQ

More documents and user manuals: **https://manuals.plus/**