

## GYMAX B08JBM4FXL

# GYMAX Magnetic Rowing Machine User Manual

Model: B08JBM4FXL

Brand: GYMAX

## 1. PRODUCT OVERVIEW

The GYMAX Magnetic Rowing Machine is designed for effective full-body aerobic exercise in home or office environments. It offers a quiet operation and adjustable resistance levels to suit various fitness needs. This manual provides essential information for setup, operation, maintenance, and troubleshooting to ensure safe and efficient use of your rowing machine.



Image 1.1: A user demonstrating the proper rowing form on the GYMAX Magnetic Rowing Machine.

## 2. SAFETY INFORMATION

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Please read all instructions carefully before using the rowing machine. Keep this manual for future reference.

- Consult a physician before starting any exercise program.
- Ensure all parts are securely assembled before each use.
- Keep children and pets away from the machine during operation.
- Place the rowing machine on a flat, stable surface.
- Wear appropriate athletic footwear and clothing.
- Do not exceed the maximum weight capacity of 264 lbs (120 kg).
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

## 3. PARTS LIST

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Verify that all components are present before assembly:

- Main Frame Assembly
- Seat
- Foot Pedals (pre-attached)
- Handlebars (pre-attached)
- Digital Monitor (pre-attached)
- Assembly Hardware Kit
- User Manual

## 4. SETUP AND ASSEMBLY

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Follow these steps to assemble your GYMAX Magnetic Rowing Machine:

1. **Unpacking:** Carefully remove all components from the packaging. Place them on a clean, flat surface.
2. **Unfolding the Frame:** The rowing machine features a foldable design for easy storage. To unfold, locate the locking pin or knob near the base of the main rail. Release it and extend the rail until it locks into the horizontal position.



## Folding Design for Easy Transport and Storage



Image 4.1: The folding mechanism of the rowing machine, showing how it can be stored vertically and easily unfolded for use.

3. **Securing the Rail:** Ensure the main rail is firmly secured to the base. Tighten any knobs or pins as indicated in the assembly diagram (refer to included paper manual for detailed diagrams).
4. **Checking Stability:** Once assembled, gently rock the machine to ensure it is stable and does not wobble. Adjust the leveling feet if necessary.

## 5. OPERATING INSTRUCTIONS

Familiarize yourself with the features and operation of your rowing machine for an effective workout.

### 5.1 Adjusting Resistance

The GYMAX Magnetic Rowing Machine offers 10 levels of adjustable magnetic resistance. To change the resistance, rotate the tension control knob located on the main unit. Turn clockwise for higher resistance and counter-clockwise for lower resistance.

### Quiet and Smooth Glide



### Inclined Angle

Increase comfort and exercise intensity



### Magnetic Drive System

More powerful & quiet rowing experience

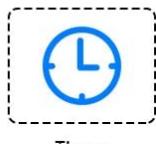


Image 5.1: The magnetic drive system ensures quiet and smooth operation, while the inclined angle enhances comfort and exercise intensity.

## 5.2 Using the Digital Monitor

The integrated LCD monitor tracks your workout data. It displays time, distance, stroke count, total count, and calories burned. Use the "SET" and "MODE" buttons to navigate through the display options and reset values.

## Easy Operated LCD Monitor



Time



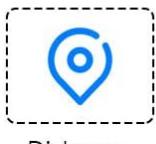
Stroke Count



Total Count



Calories



Distance



Image 5.2: The easy-to-operate LCD monitor provides real-time feedback on your workout progress.

The monitor also includes a phone holder for convenience during your workout.

### 5.3 Proper Rowing Technique

Achieving an effective full-body workout requires proper rowing technique. The motion involves a coordinated effort of your legs, core, and arms.

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

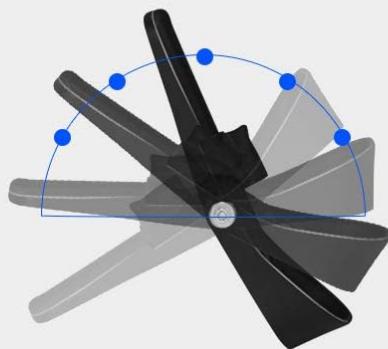
### Non-slip Handle

Easy to grip and add comfort



### Ergonomic Padded Seat

Maximize comfort and performance while rowing



### Large Rotating Pedals with Straps

Fit most feet sizes and fasten your feet with straps

Image 5.3: Key features include a non-slip handle for comfort, an ergonomic padded seat for support, and large rotating pedals with adjustable straps for secure foot placement.

For a visual guide on proper technique and product features, please watch the official product video:

[Your browser does not support the video tag.](#)

Video 5.1: Official GYMAX Magnetic Rowing Machine demonstration, highlighting its features, folding design, and proper usage for a full-body workout.

## 6. MAINTENANCE

Regular maintenance will prolong the life of your rowing machine:

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners.
- **Lubrication:** Periodically check the seat rail for smooth movement. If needed, apply a small amount of silicone-based lubricant to the rail.
- **Inspecting Components:** Regularly inspect all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners. Check the rowing strap for any signs of fraying or damage.
- **Storage:** When not in use, fold the machine and store it in a dry, cool place away from direct sunlight and moisture.

## 7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Monitor not displaying data.	Batteries are dead or incorrectly installed.	Replace batteries (usually AA or AAA). Ensure correct polarity.
Resistance feels inconsistent or too low/high.	Tension control knob not properly adjusted or internal mechanism issue.	Adjust the tension control knob. If issue persists, contact customer support.
Squeaking or grinding noise during operation.	Loose fasteners or lack of lubrication on moving parts.	Check and tighten all bolts. Lubricate the seat rail if needed.
Machine wobbles during use.	Uneven floor or leveling feet not adjusted.	Ensure the machine is on a flat surface. Adjust the leveling feet at the base.

## 8. SPECIFICATIONS

Feature	Detail
Brand	GYMAX
Model	B08JBM4FXL
Resistance Mechanism	Magnetic
Tension Levels	10
Material	Iron
Color	Black
Unfolded Dimension (L x W x H)	72" x 21" x 18"
Folded Dimension (L x W x H)	49" x 32" x 21"
Net Weight	51 lbs
Weight Capacity	264 lbs
Display Type	LCD
Power Source	Battery Powered (for monitor)



Image 8.1: Visual representation of the rowing machine's dimensions and key specifications.

## 9. WARRANTY AND SUPPORT

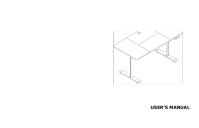
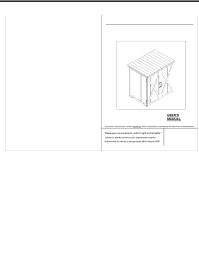
GYMAX provides a comprehensive warranty for its products. For specific warranty details, including coverage period and terms, please refer to the warranty card included with your purchase or visit the official GYMAX website.

For technical assistance, parts replacement, or any other inquiries, please contact GYMAX Customer Support:

- Online Support:** Visit the [GYMAX Store on Amazon](#) for FAQs and contact options.
- Email:** Refer to your product packaging or the official website for the most current email address.
- Phone:** Refer to your product packaging or the official website for the most current phone number.

When contacting support, please have your model number (B08JBM4FXL) and purchase date ready.

## Related Documents - B08JBM4FXL

	<p><a href="#">Gymax SP37619CA Treadmill User Manual</a></p> <p>Comprehensive user manual for the Gymax SP37619CA Treadmill, covering safety precautions, assembly, operation, maintenance, and troubleshooting. Includes information on the Gymax App for enhanced user experience.</p>
	<p><a href="#">GYMAX SP36559 Magnetic Elliptical Stepper User Manual</a></p> <p>Comprehensive user manual for the GYMAX SP36559 Magnetic Elliptical Stepper, covering safety instructions, assembly, computer operation, exercise guide, and maintenance. Learn how to set up and use your elliptical trainer for effective workouts.</p>
	<p><a href="#">GYMAX Exercise Bike User Manual: Installation, Operation, and Fitness Guide</a></p> <p>A comprehensive user manual for the GYMAX exercise bike, detailing installation steps, security operation guidelines, electronic meter functions, and fitness usage advice for optimal health benefits.</p>
	<p><a href="#">Gymax Electric Standing Desk User Manual</a></p> <p>This user manual provides assembly instructions, operational guidance, and protection information for the Gymax Electric Standing Desk.</p>
	<p><a href="#">Gymax Outdoor Wooden Storage Shed Cabinet User Manual &amp; Assembly Instructions</a></p> <p>Comprehensive user manual and assembly guide for the Gymax GYM05167 Outdoor Wooden Storage Shed Cabinet. Includes parts list, step-by-step instructions, safety information, and product specifications.</p>
	<p><a href="#">GYMAX JV11004 Gaming Recliner Sofa Chair User Manual and Safety Guide</a></p> <p>Comprehensive guide for the GYMAX JV11004 Gaming Recliner Sofa Chair, covering assembly, operation, features like massage and Bluetooth, safety precautions, and maintenance.</p>