

GEARSTONE HC-1

GEARSTONE HC-1 Foldable Magnetic Rowing Machine User Manual

INTRODUCTION

The GEARSTONE HC-1 Foldable Magnetic Rowing Machine is designed to provide an effective full-body workout in the comfort of your home. This manual contains important information regarding the safe assembly, operation, and maintenance of your rowing machine. Please read this manual thoroughly before initial use and retain it for future reference.

SETUP AND ASSEMBLY

Before beginning assembly, ensure all components are present and undamaged. It is recommended to assemble the rowing machine on a flat, stable surface with ample space. Two people may be required for certain assembly steps.

Assembly Steps:

1. **Unpack Components:** Carefully remove all parts from the packaging. Verify against the parts list provided in your product box.
2. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and tools.
3. **Install Seat Rail:** Connect the seat rail to the main unit. Ensure it is firmly attached.
4. **Mount Seat:** Slide the seat onto the seat rail.
5. **Attach Footrests:** Secure the footrests to the main frame.
6. **Connect Handlebar:** Attach the handlebar to the pull strap.
7. **Install LCD Monitor:** Mount the LCD monitor onto its designated bracket. Connect any necessary sensor cables.
8. **Final Checks:** Ensure all bolts are tightened and all connections are secure before use.



Image: Visual guide showing six steps for assembling the GEARSTONE HC-1 rowing machine, including attaching the main frame, seat rail, and footrests.

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Image: A set of basic wrenches and Allen keys, representing the tools included for assembly.

OPERATING INSTRUCTIONS

Getting Started:

- Place the rowing machine on a flat, stable surface. A floor protection mat is recommended.
- Sit on the seat and place your feet securely on the footrests, fastening the Velcro straps.
- Grasp the handlebar with both hands.

Resistance Adjustment:

The GEARSTONE HC-1 features 8 levels of manually adjustable magnetic resistance. To adjust the resistance:

- Locate the resistance knob on the main unit.
- Turn the knob clockwise to increase resistance (higher numbers for more intensity).
- Turn the knob counter-clockwise to decrease resistance (lower numbers for less intensity).



Image: Close-up of the resistance adjustment knob, showing settings from 1 to 8, indicating low to high tension control.

LCD Display Functions:

The integrated LCD display provides real-time workout data. It automatically powers off after 4 minutes of inactivity to conserve battery.

- **SCAN:** Cycles through all display functions automatically.
- **TIME:** Displays the duration of your current workout.
- **COUNT:** Shows the number of strokes performed during the current workout.
- **TOTAL COUNT:** Displays the total accumulated strokes from all workouts.
- **CALORIES:** Estimates the calories burned during your workout.

Use the 'MODE' button to select a specific display function or 'RESET' to clear current workout data.

HD DISPLAY SCREEN

The HD dial displays the operation status in real time



Image: A clear view of the LCD display screen, showing workout metrics like time, count, and calories, with 'SET', 'RESET', and 'MODE' buttons.

Folding and Storage:

The GEARSTONE HC-1 is designed for convenient storage with its 90-degree folding mechanism and transport wheels.

1. Ensure the rowing machine is on a flat surface.
2. Locate the folding pin or knob (refer to your specific model's mechanism).
3. Carefully lift the rear section of the rower until it locks into the upright folded position.
4. Use the transport wheels to move the folded rower to your desired storage location.

90° Folding does not take up space

Folded size: 956*481*1194 mm



Image: A person demonstrating the 90-degree folding of the rowing machine for space-saving storage, showing the compact upright form.

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.
- **Check Connections:** Periodically inspect all bolts, nuts, and moving parts to ensure they are secure. Tighten if necessary.
- **Seat Rail:** Keep the seat rail clean and free of debris to ensure smooth seat movement.
- **Strap/Cable:** Check the pull strap/cable for any signs of wear or fraying. If damage is observed, discontinue use and contact customer support for replacement.
- **Storage:** Store the rowing machine in a dry, cool place away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

If you encounter any issues with your GEARSTONE HC-1 rowing machine, refer to the following common solutions:

- **LCD Display Not Working:**
 - Check if the battery is correctly installed or needs replacement.
 - Ensure all sensor cables are securely connected to the monitor.
- **Resistance Feels Uneven or Too Loose/Tight:**
 - Verify the resistance knob is set to your desired level.
 - Ensure the magnetic brake system is free from obstructions.
- **Squeaking or Noise During Operation:**
 - Check all bolts and connections for tightness and tighten if loose.
 - Clean the seat rail and ensure the seat rollers are free of debris.
- **Seat Does Not Slide Smoothly:**
 - Clean the seat rail thoroughly.
 - Inspect the seat rollers for any damage or wear.

If these steps do not resolve the issue, please contact customer support.

SPECIFICATIONS

Model Number	HC-1
Dimensions (Unfolded)	Approx. 191.5 x 48.1 x 58.4 cm (L x W x H)
Dimensions (Folded)	Approx. 95.6 x 48.1 x 119.4 cm (L x W x H)
Net Weight	26 kg
Maximum User Weight	120 kg
Recommended User Height	1.5 - 2.0 m
Resistance System	Magnetic, 8 adjustable levels
Display Type	LCD
Main Material	Alloy Steel
Special Features	Foldable design, Transport wheels

WARRANTY INFORMATION

GEARSTONE products are manufactured to high-quality standards. For specific warranty details, including coverage period and terms, please refer to the warranty card included with your product or visit the official GEARSTONE website. Please retain your proof of purchase for any warranty claims.

CUSTOMER SUPPORT

If you have any questions, require assistance with assembly, operation, or maintenance, or need to report a missing or damaged part, please contact GEARSTONE customer support. Contact information can typically be

found on the product packaging, the official GEARSTONE website, or your purchase documentation.

When contacting support, please have your product model number (HC-1) and proof of purchase readily available.