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GYMAX Magnetic Rowing Machine

USER MANUAL - MODEL B0942P89KS

1. INTRODUCTION

Thank you for choosing the GYMAX Magnetic Rowing Machine. This manual provides essential information for the safe and effective use of your new fitness equipment. Please read it thoroughly before assembly and operation, and keep it for future reference.

This rowing machine is designed to provide an effective full-body workout, targeting major muscle groups and contributing to enhanced body strength and calorie consumption. Its magnetic resistance system ensures a quiet and smooth operation.



Image: User operating the GYMAX Magnetic Rowing Machine.

Key Features:

- Effective Full-Body Exercise Equipment
- 10 Levels Adjustable Magnetic Resistance
- Digital LCD Monitor for Real-Time Monitoring (Time, Distance, Stroke Count, Total Count, Calories)
- Non-Slip Foot Pedals with Straps
- Padded Handle Bar for Comfortable Grip
- Foldable Design for Space-Saving Storage
- Transportation Wheels for Easy Movement



Image: Visual representation of the rowing machine's key attributes.

2. SAFETY INFORMATION

Before starting any exercise program, consult with your physician. Stop exercising immediately if you feel faint, dizzy, or experience pain.

- 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 equipment during operation.
- Inspect the machine for loose or worn parts before each use. Do not use if damaged.
- Wear appropriate athletic footwear and clothing.
- The maximum user weight recommendation for this machine is 264 pounds (approximately 120 kg).

3. SETUP AND ASSEMBLY

The GYMAX Magnetic Rowing Machine is designed for straightforward assembly. While specific step-by-step instructions are typically provided in a separate assembly guide, the general process involves attaching the main frame components, seat, and foot pedals.

- Unpack all components and verify against the parts list (not provided in this general manual).
- Follow the included hardware and tool instructions for secure fastening.
- Ensure all bolts and nuts are tightened before first use.

4. OPERATING INSTRUCTIONS

4.1. Adjusting Resistance

The rowing machine features a 10-level adjustable magnetic resistance system. To change the workout intensity, locate the resistance adjustment knob (typically near the front base of the machine) and rotate it to your desired level. Higher numbers indicate greater resistance.

4.2. Using the LCD Monitor

The integrated digital LCD monitor allows you to track your workout progress in real-time. It displays key metrics to help you monitor your performance and achieve your fitness goals.

Quiet and Smooth Glide



Inclined Angle

Increase comfort and exercise intensity



Magnetic Drive System

More powerful & quiet rowing experience



Image: Detailed view of the easy-operated LCD monitor.

- **Time:** Duration of your current workout.
- **Distance:** Estimated distance covered.
- **Stroke Count:** Number of strokes performed during the current session.
- **Total Count:** Cumulative number of strokes since the monitor was last reset.
- **Calories:** Estimated calories burned.

Use the 'MODE' button to cycle through display modes and the 'SET' or 'RESET' buttons as indicated on the monitor for specific functions.

4.3. Foot Pedals and Handle Bar

The pivoting foot pedals are designed with straps to firmly secure your feet, enhancing safety and stability during strenuous exercise. The anti-slip design increases friction resistance. The handle bar is padded to provide a comfortable grip throughout your workout.

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

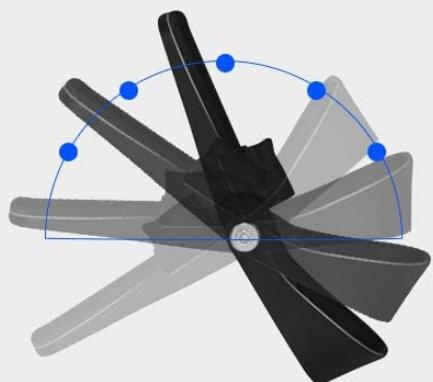


Image: Features of the handle, seat, and pedals.

4.4. Magnetic Drive System and Incline

The magnetic drive system ensures a quiet and smooth gliding motion, contributing to a more effective and enjoyable rowing experience. The machine also features an inclined angle design to increase comfort and exercise intensity.



Folding Design for Easy Transportation and Storage



Image: Visuals demonstrating the smooth operation, incline, and magnetic system.

5. MAINTENANCE

Regular maintenance will prolong the life of your GYMAX Magnetic Rowing Machine and ensure safe operation.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** The magnetic resistance system typically requires no lubrication. Refer to specific product instructions for any other lubrication needs.
- **Storage:** Store the machine in a clean, dry environment away from extreme temperatures and direct sunlight.

6. TROUBLESHOOTING

If you encounter issues with your rowing machine, refer to the following common troubleshooting tips:

- **Monitor Not Displaying:** Check the battery compartment for proper battery insertion and charge. Replace batteries if necessary.
- **Unusual Noises:** Inspect all connections and moving parts for looseness. Tighten any loose bolts. Ensure the machine is on a level surface.
- **Resistance Issues:** Verify the resistance knob is correctly engaged. If resistance feels inconsistent, check for any obstructions in the magnetic system.

For persistent issues not covered here, please contact GYMAX customer support.

7. SPECIFICATIONS

Below are the general specifications for the GYMAX Magnetic Rowing Machine, Model B0942P89KS:

Specification	Value
Brand	GYMAX
Model	B0942P89KS
Color	Black
Material	Iron + ABS
Resistance Mechanism	Magnetic
Tension Levels	10 levels
Product Dimensions (L x W x H)	182.9D x 53.3W x 45.7H Centimetres (approx. 72" x 21" x 18.5")
Folded Dimensions (L x W x H)	Approx. 81.3D x 53.3W x 127H Centimetres (approx. 32" x 21" x 50")
Item Weight	23.13 kg (approx. 51 lbs)
Maximum Weight Recommendation	264 Pounds (approx. 120 kg)
Display Type	LCD
Meter Type	Distance, Time, Stroke Count, Total Count, Calories
Power Source	Battery Powered (for monitor)
Recommended User Height	5ft - 6ft



Image: Product dimensions and specifications.

8. FOLDING AND STORAGE

The GYMAX Magnetic Rowing Machine features a convenient foldable design, making it easy to store and transport, ideal for home or apartment use where space is limited.

- To fold, carefully lift the rear section of the machine until it locks into the vertical storage position.
- Utilize the integrated transportation wheels located at the front stabilizer to easily roll the folded machine to your desired storage location.
- Ensure the machine is stable and securely upright when stored vertically.



Image: Folding design for easy transportation and storage.

9. OFFICIAL PRODUCT VIDEOS

No official product videos from the seller were found to be relevant for inclusion in this instruction manual.

10. WARRANTY AND SUPPORT

For information regarding product warranty, returns, or technical support, please refer to the documentation included with your purchase or contact GYMAX customer service directly. Contact details can typically be found on the

manufacturer's official website or on your purchase receipt.

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