

Dskeuzeew X24N00C061-ROW

Dskeuzeew 16-Level Magnetic Rower User Manual

Model: X24N00C061-ROW

1. INTRODUCTION AND SAFETY INFORMATION

This manual provides essential information for the safe and effective use of your Dskeuzeew 16-Level Magnetic Rower. Please read all instructions carefully before assembly and operation. Retain this manual for future reference.

Important Safety Precautions:

- Consult a physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the rower on a flat, stable surface with adequate clearance around it.
- Inspect the equipment for worn or loose parts before each use. Do not use if damaged.
- Do not exceed the maximum user weight of 150 kg (330 lbs).
- Wear appropriate exercise clothing and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

2. PRODUCT OVERVIEW

The Dskeuzeew Magnetic Rower is designed for full-body aerobic exercise, offering a smooth and quiet workout experience. Key features include:

- 16 Levels of Magnetic Resistance:** Allows for varied workout intensity from easy to challenging.
- Silent and Stable Aluminum Structure:** Supports users up to 150 kg with a quiet flywheel system.
- Comfortable Seat and LCD Display:** Ergonomically designed seat with Velcro straps for feet, and a multi-functional LCD monitor for tracking workout data.
- Easy to Transport and Space-Saving:** Features integrated wheels and a foldable design for convenient storage.

Components Included:

- 1 x Dskeuzeew Magnetic Rower (main unit)
- Assembly hardware (bolts, nuts, washers)
- Tools for assembly
- User Manual



Figure 2.1: The Dskeuzeew Magnetic Rower, showcasing its design and a user engaged in rowing.

3. SETUP AND ASSEMBLY

Your Dskeuzeew Magnetic Rower requires assembly before first use. Please follow the instructions provided in the separate assembly guide included with your product. Ensure all parts are present and undamaged before beginning assembly.

- Unpack all components and lay them out in an open area.
- Refer to the assembly diagram for correct placement of parts.
- Secure all bolts and nuts firmly, but do not overtighten until instructed.
- Once assembled, check all connections to ensure stability and safety.

Silent Full-Body Rowing Workout

Exercise your entire body and don't worry about disturbing your family.

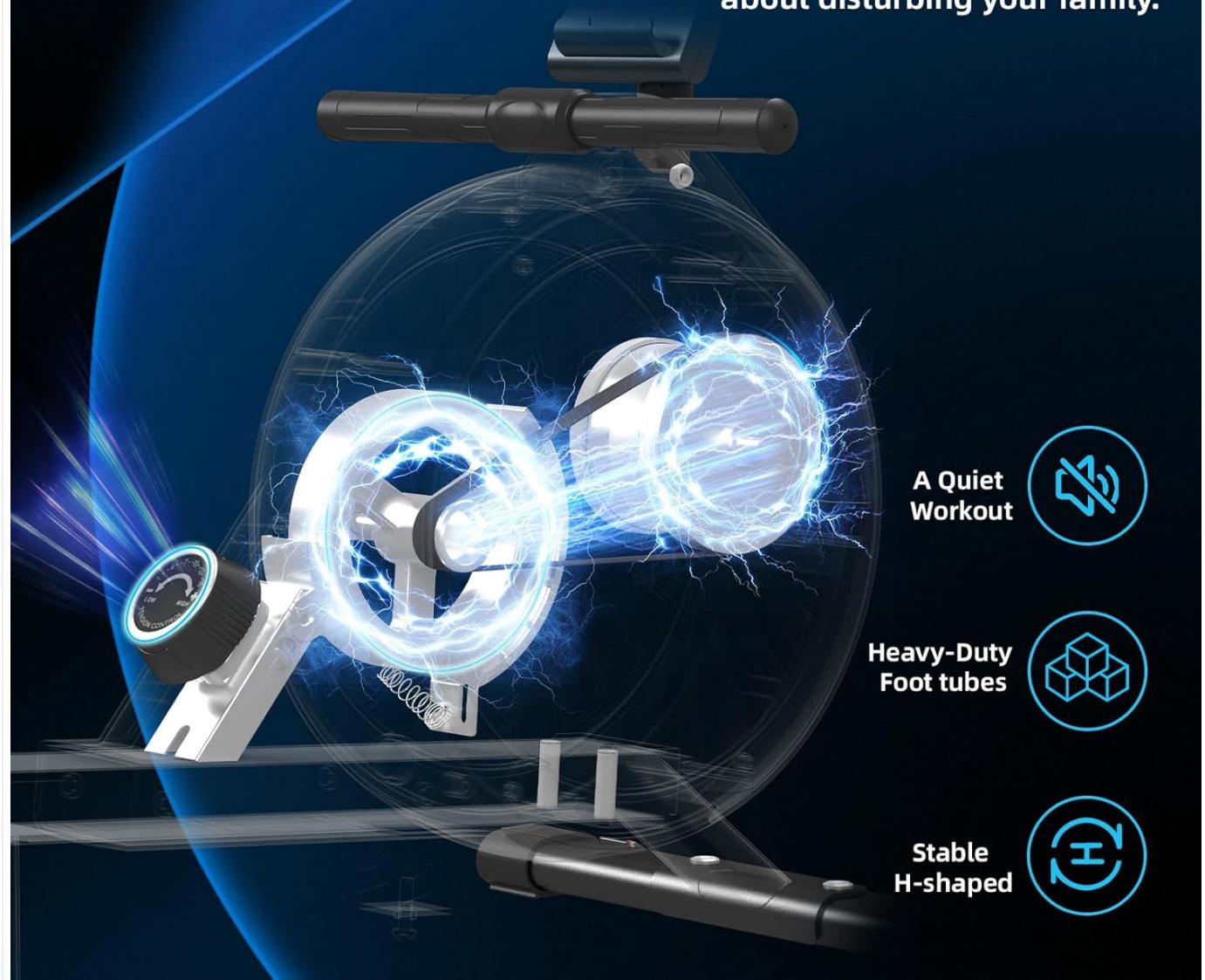


Figure 3.1: Product dimensions for planning your setup space. Dimensions are approximately 160 cm (L) x 49 cm (W) x 67 cm (H).

4. OPERATING INSTRUCTIONS

4.1 Adjusting Magnetic Resistance

The rower features 16 levels of magnetic resistance, allowing you to customize your workout intensity. To adjust the resistance, locate the tension control knob on the main unit. Turn the knob clockwise to increase resistance (higher levels for more challenging workouts) and counter-clockwise to decrease resistance (lower levels for warm-up or lighter exercise).

16 LEVELS OF MAGNETIC RESISTANCE



Figure 4.1: The resistance control knob with 16 distinct levels, ranging from low to high tension.

4.2 Using the LCD Monitor

The integrated LCD monitor displays real-time workout data to help you track your progress. The monitor typically displays:

- **TIME:** Duration of your current workout.
- **DIST:** Distance rowed.
- **COUNT:** Number of strokes during the current workout.
- **TOTAL COUNT:** Total number of strokes since the monitor was reset.
- **CALORIES:** Estimated calories burned.
- **SCAN:** Automatically cycles through all display functions.

Use the "MODE" button to cycle through display functions or activate the SCAN mode. The "SET" button may be used to set target values for time, distance, or calories, and the "RESET" button to clear current workout data.

DESIGN FOR COMFORT



Figure 4.2: The LCD monitor providing real-time exercise analysis, including time, count, calories, and scan functions.

4.3 Proper Rowing Technique

Correct form is crucial for an effective and safe rowing workout. The rowing stroke consists of four phases: the Catch, the Drive, the Finish, and the Recovery.

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

Ensure your feet are securely fastened in the adjustable non-slip pedals using the Velcro straps. The wide padded seat and sweat-proof handlebar are designed for comfort during your workout.

REAL-TIME DATA EXERCISE ANALYSIS

Full Body Aerobic Exercise



Figure 4.3: Details of the rower's comfort-focused design elements: adjustable pedals, sweat-proof handlebar, and wide padded seat.

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Dskeuzeew Magnetic Rower.

5.1 Cleaning:

- Wipe down the rower with a damp cloth after each use to remove sweat and dust.
- Do not use abrasive cleaners or solvents, as they may damage the finish or electronic components.

5.2 Inspection:

- Periodically check all bolts and nuts to ensure they are tight. Retighten if necessary.
- Inspect the sliding rail and seat rollers for any debris or wear. Clean as needed.
- Check the resistance mechanism and pulling strap for any signs of fraying or damage.

5.3 Storage:

The Dskeuzeew Rower is designed to be easily folded and stored upright, saving space in your home. To fold the rower:

1. Ensure the rower is on a flat surface.
2. Follow the specific folding instructions in your assembly guide, typically involving releasing a locking pin and lifting the rail section.
3. Once folded, the integrated transport wheels allow for easy movement. Simply tilt and push the rower to your desired storage location.



Figure 5.1: The rower's foldable design and transport wheels facilitate easy storage and movement.

6. TROUBLESHOOTING

This section addresses common issues you might encounter with your rower. For problems not listed here, please contact

customer support.

Problem	Possible Cause	Solution
Rower is noisy during operation.	Loose bolts; debris on the rail; worn seat rollers.	Check and tighten all assembly bolts. Clean the sliding rail and seat rollers. If noise persists, inspect rollers for wear.
Resistance feels inconsistent or too easy/hard.	Resistance knob not properly adjusted; internal mechanism issue.	Ensure the resistance knob is turned fully to the desired level. If the issue persists, contact customer support.
LCD monitor is not displaying data.	Batteries are dead or incorrectly installed; loose connection.	Replace batteries (if applicable, check monitor compartment). Ensure all cables to the monitor are securely connected.
Seat does not slide smoothly.	Debris on the rail; dirty or damaged rollers.	Clean the aluminum sliding rail thoroughly. Inspect the seat rollers for any damage or excessive wear.

7. SPECIFICATIONS

Feature	Detail
Model Number	X24N00C061-ROW
Resistance Mechanism	Magnetic
Resistance Levels	16
Display Type	LCD Monitor
Frame Material	Aluminum Alloy
Maximum User Weight	150 kg (330 lbs)
Product Dimensions (L x W x H)	160 x 49 x 67 cm (63 x 19.3 x 26.4 inches)
Color	Beige
Special Feature	Silent Operation, Foldable Design

8. WARRANTY AND SUPPORT

For information regarding warranty coverage, returns, or technical support, please refer to the purchase documentation or contact the seller directly. Keep your proof of purchase for any warranty claims.

You can also visit the official Dskeuzeew brand store for more information and contact options: [Dskeuzeew Store](#)

