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> [pooboo](#) /

> [pooboo H716 Rowing Machine Instruction Manual](#)

pooboo H716

pooboo H716 Rowing Machine Instruction Manual

Model: H716

1. IMPORTANT SAFETY INFORMATION

Before operating the pooboo H716 Rowing Machine, please read and understand all instructions in this manual. Keep this manual for future reference.

- Consult a physician before starting any exercise program.
- Ensure all parts are correctly assembled and tightened before each use.
- Place the rowing machine on a flat, stable surface.
- Keep children and pets away from the machine during operation.
- Do not exceed the maximum user weight of 330 pounds (approximately 150 kg).
- Wear appropriate exercise clothing and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

2. PRODUCT OVERVIEW

The pooboo H716 is a foldable magnetic rowing machine designed for home fitness. It features a long slide rail, adjustable magnetic resistance, and a multi-functional LCD monitor.



Figure 2.1: pooboo H716 Rowing Machine. This image shows the rowing machine in its operational state, with a user demonstrating the rowing motion. Key components visible include the seat, handlebars, foot pedals, and the main frame.

Key Components:

- **Handlebars:** For gripping during the rowing motion.
- **Seat:** Ergonomically designed cushion seat that slides along the rail.
- **Foot Pedals:** Non-slip with adjustable straps to secure feet.
- **Slide Rail:** Extra-long 48-inch rail for smooth seat movement.
- **Resistance Knob:** Adjusts magnetic resistance levels.
- **LCD Monitor:** Displays workout data.
- **Transport Wheels:** For easy relocation of the machine.

3. SETUP AND ASSEMBLY

The pooboo H716 Rowing Machine is designed for quick assembly, typically completed within 20 minutes following 6 simple steps. An assembly kit and detailed instructions are included in the package.

Assembly Steps:

1. Unpack all components and verify against the parts list provided in the separate assembly guide.

2. Attach the front stabilizer to the main frame using the provided bolts and tools.
3. Secure the rear stabilizer to the slide rail.
4. Mount the seat onto the slide rail, ensuring it moves freely.
5. Connect the foot pedals to the main frame.
6. Install the LCD monitor and connect its sensor cables.

Note: Refer to the dedicated assembly manual for detailed diagrams and specific fastener instructions.

4. OPERATING INSTRUCTIONS

4.1 Adjusting Resistance

The pooboo H716 features 16 levels of magnetic resistance. To adjust the resistance, turn the resistance knob located on the main frame. Turn clockwise to increase resistance and counter-clockwise to decrease it. This allows for varied workout intensities suitable for all fitness levels.

4.2 Using the LCD Monitor

The digital LCD monitor tracks your workout progress. It displays the following metrics:

- **Time:** Duration of your workout.
- **Count:** Number of strokes performed.
- **Calories:** Estimated calories burned.
- **Meter:** Distance covered (or equivalent).

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

4.3 Proper Rowing Technique

1. **The Catch:** Sit with knees bent, shins vertical, and arms extended forward, gripping the handlebars.
2. **The Drive:** Push off with your legs, then lean back slightly from your hips, and finally pull the handlebars towards your abdomen.
3. **The Finish:** Legs are extended, body is leaning back slightly, and handlebars are at your abdomen.
4. **The Recovery:** Extend your arms forward, then lean forward from your hips, and finally bend your knees to return to the catch position.

Maintain a smooth, controlled motion throughout the exercise to maximize effectiveness and minimize injury risk.

5. 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.
- **Lubrication:** Periodically check the slide rail for smooth operation. If needed, apply a small amount of silicone-based lubricant to the rail.
- **Inspections:** Regularly inspect all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Storage:** When not in use, the machine can be folded and stored upright to save space. Use the transport wheels to move it easily.

6. TROUBLESHOOTING

Problem	Possible Cause	Solution
Squeaking or grinding noise during operation	Loose fasteners, dry slide rail, worn parts.	Check and tighten all bolts. Lubricate the slide rail. Contact customer support if noise persists.
LCD monitor not displaying data	Dead batteries, loose sensor connection.	Replace batteries in the monitor. Check that all sensor cables are securely connected.
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.

7. SPECIFICATIONS

- **Model:** H716
- **Brand:** pooboo
- **Resistance Type:** Magnetic
- **Resistance Levels:** 16
- **Slide Rail Length:** 48 inches (approximately 122 cm)
- **Maximum User Weight:** 330 pounds (approximately 150 kg)
- **Recommended User Height:** Up to 6.5 feet (approximately 198 cm)
- **Assembled Dimensions (L x W x H):** 68 inches x 22 inches x 33 inches (approximately 173 cm x 56 cm x 84 cm)
- **Folded Dimensions (L x W x H):** 23.6 inches x 15 inches x 48 inches (approximately 60 cm x 38 cm x 122 cm)
- **Color:** Orange

8. WARRANTY AND SUPPORT

pooboo is committed to providing high-quality fitness equipment and excellent customer service. If you encounter any issues with your H716 Rowing Machine, please contact us.

- **Support Services:** We offer guidance for exchanges, maintenance, and free returns.
- **Contact:** For inquiries or assistance, please email our customer support team. We aim to respond within 24 hours.

Please refer to your purchase documentation for specific warranty terms and conditions.