Saved from manuals.plus.
Open the live page for links to other documents and user manuals.

GYMAX Rowing Machine

GYMAX 4-in-1 Multifunctional Rowing Machine User Manual

Model: Rowing Machine

Introduction Safety Information Assembly Operation Maintenance Troubleshooting Specifications

1. Introduction

Thank you for choosing the GYMAX 4-in-1 Multifunctional Rowing Machine. This equipment is designed to provide a comprehensive full-body workout, targeting various muscle groups through its versatile modes. Please read this manual thoroughly before assembly and operation to ensure safe and effective use.



Figure 1: The GYMAX 4-in-1 Multifunctional Rowing Machine in its full configuration.

2. Important Safety Information

- Consult a physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the machine on a flat, stable surface with adequate clearance around it.
- Inspect the equipment for loose or damaged parts before each use. Do not use if damaged.
- Wear appropriate exercise attire and footwear.
- Do not exceed the maximum weight capacity of 120.2 kg (265 lbs).
- Stop exercising immediately if you feel pain, dizziness, or shortness of breath.
- Ensure all adjustment pins and knobs are securely fastened before starting an exercise.

3. Assembly and Setup

The GYMAX 4-in-1 Rowing Machine comes partially assembled. Follow these steps to complete the setup and configure it for different modes.

3.1 Changing to Rowing Mode

To convert the machine to rowing mode from its folded or ab exercise configuration, follow these steps:

1. **Pull out the bolt:** Locate the main locking bolt, typically near the base of the front support, and pull it out to release the mechanism.
2. **Turn the front bar outwards:** Carefully pivot the front support bar outwards until it aligns for the rowing position.
3. **Press the machine downwards:** Gently lower the main frame until it is fully extended and flat.
4. **Insert the bolt back:** Re-insert the locking bolt into its designated hole to secure the machine in the rowing position. Ensure it is fully engaged.



Figure 2: Visual guide for converting the machine to rowing mode.

4. Operating Instructions

The GYMAX 4-in-1 Rowing Machine offers four primary exercise modes. Always ensure the machine is properly configured and all adjustments are secured before beginning your workout.

4.1 Exercise Modes



Figure 3: Overview of the four multifunctional exercise modes.

- **Rowing Mode:** Engages major muscle groups including legs, core, back, and arms for a full-body cardiovascular and strength workout. Position yourself on the seat, feet in pedals, and pull the resistance bands.
- **Inverted Rowing Mode:** Provides an alternative rowing motion, often focusing more on upper body and core stability.
- **AB Exercise Mode:** Configures the machine for abdominal workouts, targeting core muscles. This mode typically involves a crunch-like motion.
- **Gym Fit Mode:** Utilizes the resistance bands for various standing or seated exercises, similar to a cable machine, to target specific muscle groups.

4.2 Adjustments

Customize your workout intensity and fit with the following adjustable features:

- **Handrail Adjustment:** The handrail features 4 levels of adjustment. Adjust the height to suit your comfort and exercise requirements.
- **Workout Intensity (Angles):** The machine allows for angle adjustments (15, 30, and 45 degrees) and seat pin position changes to modify workout intensity, particularly for abdominal exercises.
- **Reversible Pedals:** The pedals include adjustable straps to secure your feet and can be reversed to accommodate different exercise modes and user preferences.



Figure 4: Adjusting the machine's angle for varied workout intensity.



Figure 5: Key adjustable components including handrail, seat, pedals, and foot mats.

4.3 Smart Control Panel

The integrated smart control panel (LCD Monitor) displays real-time workout data to help you track progress and adjust your exercise plans. It is adjustable for visibility in different postures.

- **Metrics Displayed:** Time, Count, Total Count, Calories.
- **Power Source:** Requires 2 AAA batteries (not included).

5. Maintenance

Regular maintenance ensures the longevity and safe operation of your GYMAX Rowing Machine.

- **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:** Apply a silicone-based lubricant to the slide rail if movement becomes less smooth. Do not use oil-based lubricants.
- **Storage:** When not in use, the machine can be folded for compact storage. Ensure it is securely locked in the folded position.



Figure 6: The machine's foldable design for space-saving storage.

6. Troubleshooting

Problem	Possible Cause	Solution
Machine feels unstable or wobbly.	Loose bolts or uneven surface.	Ensure all assembly bolts are tightened. Place the machine on a flat, level surface.
Seat does not slide smoothly.	Dust or debris on the slide rail; lack of lubrication.	Clean the slide rail with a damp cloth. Apply a silicone-based lubricant if necessary.
Control panel not displaying data.	Dead batteries; incorrect battery installation.	Replace the 2 AAA batteries. Ensure batteries are inserted with correct polarity.
Difficulty changing modes or adjusting angles.	Adjustment pins not fully disengaged/engaged; obstruction.	Ensure adjustment pins are fully pulled out or pushed in. Check for any obstructions preventing movement. Do not force adjustments.

7. Specifications



Figure 7: Dimensional specifications of the GYMAX Rowing Machine.

Brand: GYMAX

Model Name: Rowing Machine

Product Dimensions (Expanded): 149.9 cm (D) x 43.2 cm (W) x 43.2 cm (H)

Folding Dimension: Approximately 127 cm (H) x 43.2 cm (W) x 27.9 cm (D)

Item Weight: 10.43 kg (23 lbs)

Maximum Weight Recommendation: 120.2 kg (265 lbs)

Material: Alloy Steel, ABS

Resistance Mechanism: Magnetic

Tension Supported: 4 levels (Handrail Adjustment)

Display Type: LCD Monitor

Power Source: Battery Powered (2 AAA batteries, not included)

Special Features: Anti-Slip, Compact, Foldable

8. Warranty and Support

Specific warranty information for the GYMAX 4-in-1 Multifunctional Rowing Machine is not provided in this manual. For warranty details, technical support, or replacement parts, please contact GYMAX customer service directly or refer to the product packaging and purchase documentation.

© 2023 GYMAX. All rights reserved.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Open the live page

https://manuals.plus/asin/B09P1JF8H1

More documents and user manuals: **https://manuals.plus/**