

GYMAX XU82641FR

GYMAX Foldable Rowing Machine User Manual

Model: XU82641FR

1. IMPORTANT SAFETY INFORMATION

Before using the GYMAX Rowing Machine, please read and understand all instructions in this manual. Keep this manual for future reference. Failure to follow these instructions may result in injury or damage to the equipment.

- **Consult a Physician:** Before starting any exercise program, especially if you have pre-existing health conditions, consult your doctor.
- **Maximum User Weight:** The maximum user weight for this rowing machine is **100 kg (220 lbs)**. Do not exceed this limit.
- **Proper Assembly:** Ensure all parts are correctly assembled and tightened before use. Regularly check for loose parts.
- **Clearance Area:** Maintain a clear area of at least 0.6 meters (2 feet) around the rowing machine during use.
- **Stable Surface:** Place the rowing machine on a flat, stable surface to prevent tipping.
- **Children and Pets:** Keep children and pets away from the equipment during operation.
- **Proper Form:** Use proper rowing technique to avoid injury. If you experience pain or discomfort, stop exercising immediately.
- **Maintenance:** Regularly inspect the equipment for wear and tear. Replace worn components immediately.



Image 1.1: User demonstrating proper rowing form, emphasizing joint protection during exercise.

2. PRODUCT OVERVIEW

The GYMAX Foldable Rowing Machine is designed for effective full-body workouts in a home environment. It features a compact, foldable design for easy storage, adjustable hydraulic resistance, and an LCD monitor to track your progress.

Key Features:

- **Foldable Design:** Easily folds for convenient storage, saving space in your home.
- **Adjustable Hydraulic Resistance:** Offers up to 50 kg of adjustable resistance to suit various fitness levels.
- **LCD Monitor:** Tracks essential workout data including Time, Count, Distance, Calories, and Total Count.
- **Comfortable Sliding Seat:** Ergonomically designed padded seat for comfort during long workouts.
- **Non-slip Pedals:** Pivoting non-slip pedals with adjustable straps secure your feet during exercise.
- **Soft Grip Handlebar:** Provides a comfortable and secure grip.
- **Sturdy Construction:** Built with a durable metal frame for stability and longevity.



Image 2.1: The GYMAX rowing machine in its operational state, with an inset showing its compact, folded form.



Image 2.2: Visual representation of the rowing machine's key features: hydraulic resistance, foldable design, LCD monitor, and adjustable resistance.



Image 2.3: Detailed view of the ergonomic features including pedals, handlebar, seat, and foot pads.

3. SETUP AND ASSEMBLY

The GYMAX Rowing Machine is designed for straightforward setup. While specific assembly steps are not detailed here, general guidance is provided.

Unfolding the Rowing Machine:

1. Place the folded rowing machine on a flat, stable surface.
2. Carefully unfold the main frame components until they lock into place. Refer to the included assembly diagram for your specific model.
3. Ensure all locking pins or knobs are securely fastened before use.

Folding for Storage:

To fold the rowing machine for compact storage:

1. Ensure the machine is clean and dry.
2. Locate the folding mechanism (usually a pin or knob).

3. Release the mechanism and carefully fold the frame.
4. Secure the folded position with any provided locking pins or straps.



Image 3.1: The rowing machine folded, illustrating its compact design for easy storage.



Image 3.2: Example of the rowing machine stored compactly, highlighting its small footprint.

4. OPERATING INSTRUCTIONS

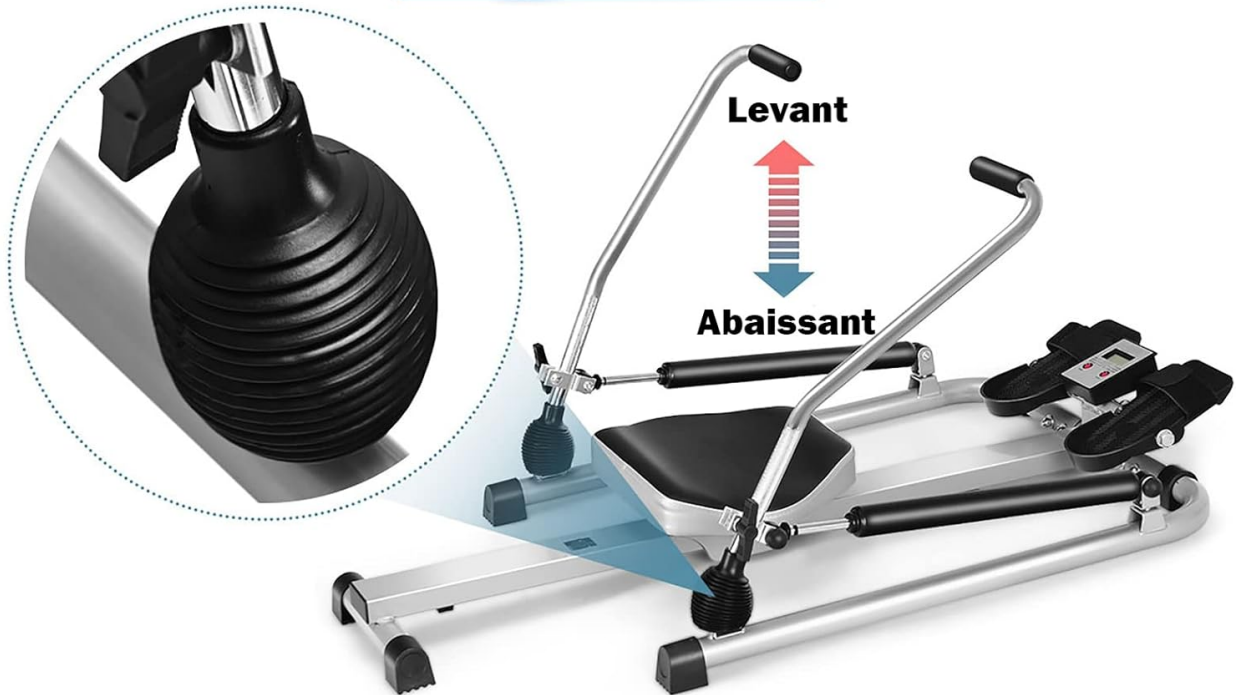
Adjusting Hydraulic Resistance:

The GYMAX rowing machine features adjustable hydraulic resistance. To change the resistance level:

- Locate the resistance adjustment knob or lever on the hydraulic cylinders.
- Turn the knob or move the lever to increase or decrease the resistance. The machine offers resistance up to 50 kg.
- Start with a lower resistance and gradually increase as your fitness improves.

Rameur Hydraulique Réglable

Jusqu'à 50 kg



Relâchez le bouton, vous pouvez augmenter ou diminuer la résistance en élevant ou en abaissant le cylindre hydraulique



Image 4.1: Instructions for adjusting the hydraulic resistance by manipulating the cylinder position.



Résistance réglable

Trouver l'intensité la plus adaptée





Niveau faible

Niveau moyen

Haut niveau

Image 4.2: Visual guide to selecting appropriate resistance levels for your workout.

Using the LCD Monitor:

The integrated LCD monitor displays your workout data. It typically includes two buttons: MODE and RESET.

- **MODE Button:** Press to cycle through different display functions: Time, Count, Distance, Calories, and Total Count. There may also be a 'SCAN' function that automatically cycles through all metrics.
- **RESET Button:** Press and hold to clear all current workout data.

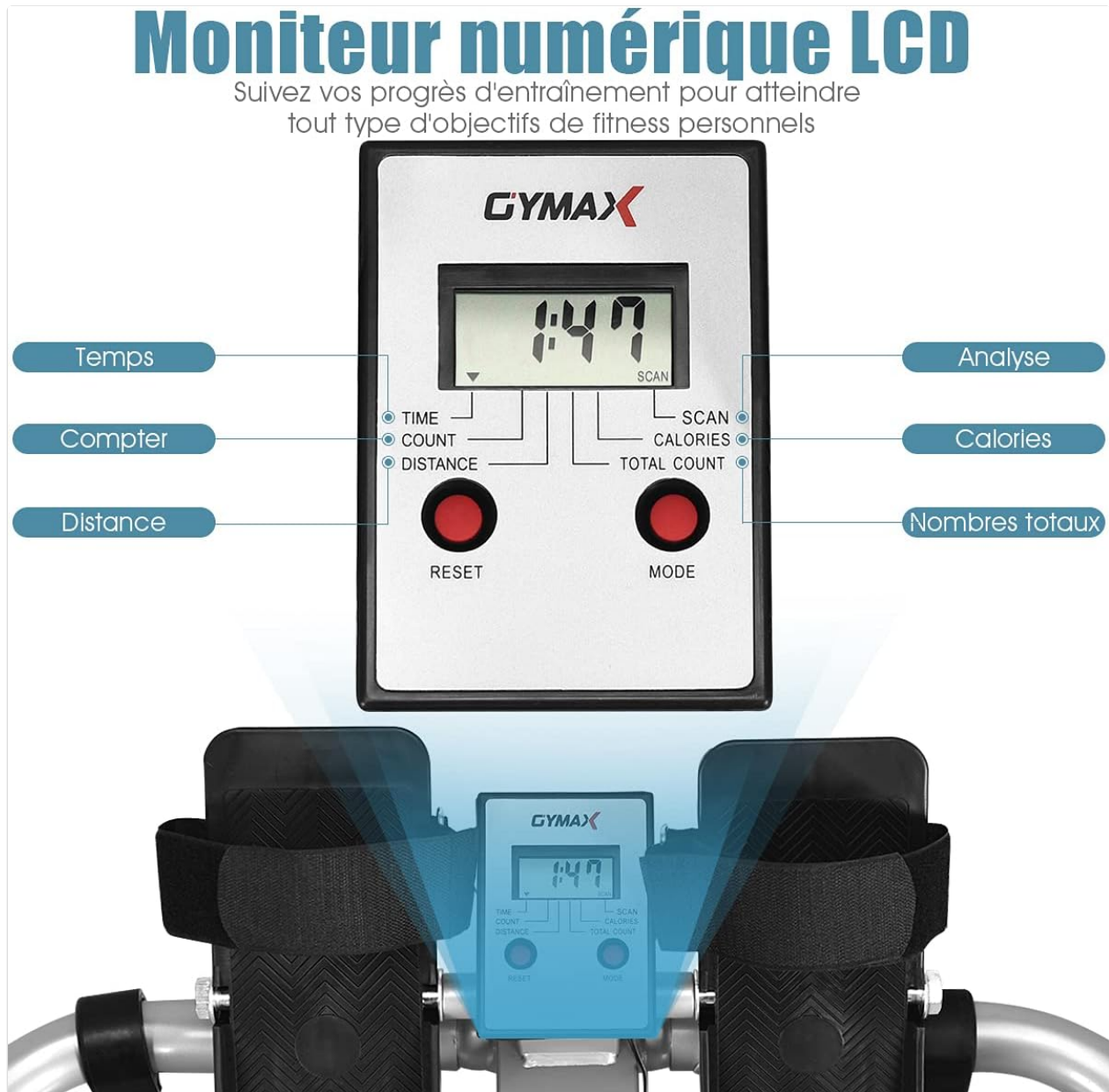


Image 4.3: Detailed view of the LCD monitor and its functions.

Rowing Technique:

Proper rowing technique is crucial for an effective and safe workout. The motion involves four phases: Catch, Drive, Finish, and Recovery.

- **Catch:** Knees bent, shins vertical, arms extended forward, back straight, shoulders relaxed.
- **Drive:** Push off with your legs, then swing your back, and finally pull with your arms.
- **Finish:** Legs extended, back slightly reclined, handle at your abdomen, elbows past your body.
- **Recovery:** Extend arms forward, then pivot from the hips, and finally bend knees to slide forward.



Image 4.4: User demonstrating the full range of motion during a rowing exercise.

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.
- **Check Connections:** Periodically check all bolts, nuts, and screws to ensure they are tight. Tighten any loose fasteners.
- **Seat Rail:** Keep the seat rail clean and free of debris to ensure smooth seat movement.
- **Hydraulic Cylinders:** Inspect the hydraulic cylinders for any leaks or damage. If any issues are found, discontinue use and contact support.
- **Storage:** When not in use, store the machine in a clean, dry place, preferably folded to save space.

6. TROUBLESHOOTING

Here are some common issues and their potential solutions:

- **LCD Monitor Not Displaying:**
 - Check if the battery is correctly installed or needs replacement.
 - Ensure all connections to the monitor are secure.
- **Resistance Feels Uneven or Too Weak/Strong:**
 - Verify that the hydraulic resistance adjustment is set correctly.
 - Inspect hydraulic cylinders for any signs of damage or leakage. If damaged, contact customer support.
- **Squeaking or Grinding Noises:**
 - Check all bolts and connections for tightness.
 - Ensure the seat rail is clean and free of debris. A small amount of silicone-based lubricant can be applied to the seat rollers if needed (avoid oil-based lubricants).
- **Seat Not Sliding Smoothly:**
 - Clean the seat rail thoroughly.
 - Inspect the seat rollers for wear or damage.

If you encounter issues not listed here or if the suggested solutions do not resolve the problem, please contact GYMAX customer support.

7. SPECIFICATIONS

Brand	GYMAX
Model Number	XU82641FR
Resistance Type	Hydraulic
Maximum Resistance	50 kg
Display Type	LCD
Material	Metal
Product Dimensions (L x W x H)	110 cm x 77 cm x 21 cm (43.3 in x 30.3 in x 8.3 in)
Item Weight	13.5 kg (29.7 lbs)
Maximum User Weight	100 kg (220 lbs)

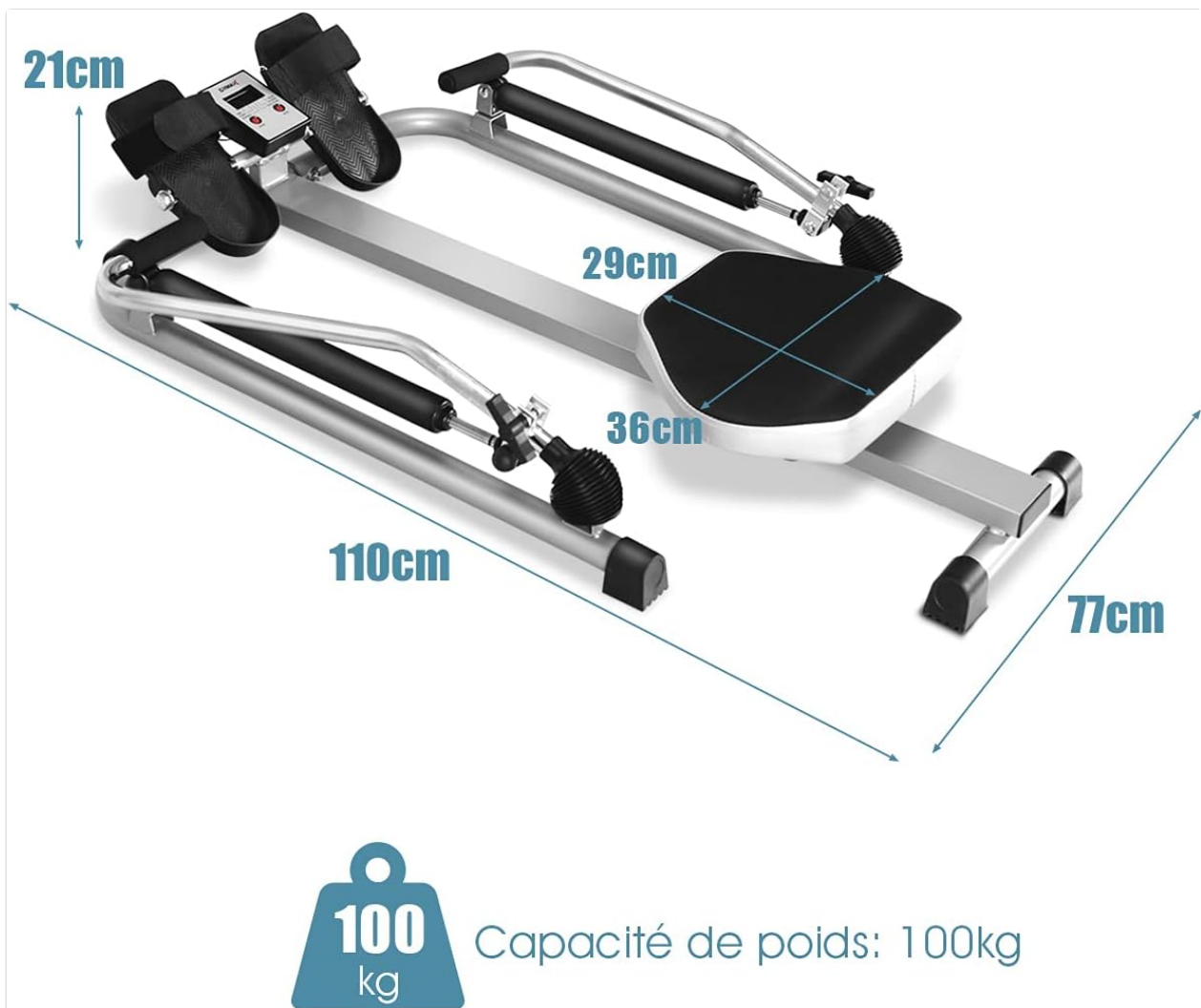





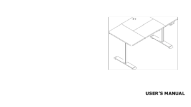

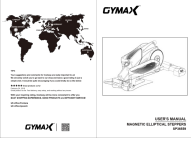
Image 7.1: Dimensional overview and weight capacity of the rowing machine.

8. WARRANTY AND SUPPORT

The GYMAX Rowing Machine comes with a manufacturer's warranty. Please refer to the warranty card included with your purchase for specific terms and conditions, including coverage duration and claim procedures.

For technical support, replacement parts, or any questions regarding your product, please contact GYMAX customer service through the retailer where you purchased the item or visit the official GYMAX website for contact information.

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	<p>Gymax SP37619CA Treadmill User Manual</p> <p>Comprehensive user manual for the Gymax SP37619CA Treadmill, covering safety precautions, assembly, operation, maintenance, and troubleshooting. Includes information on the Gymax App for enhanced user experience.</p>
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