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Neezee KH101B

Neezee KH101B Magnetic Rowing Machine User Manual

Model: KH101B | Brand: Neezee

1. INTRODUCTION

This manual provides essential instructions for the safe assembly, operation, and maintenance of your Neezee KH101B Magnetic Rowing Machine. Please read this manual thoroughly before using the equipment to ensure proper function and user safety. This rowing machine is designed for home use, offering a full-body, low-impact workout with 16 levels of magnetic resistance and an LCD monitor for tracking your progress.



Image 1.1: The Neezee KH101B Magnetic Rowing Machine in use, demonstrating its compact folding capability.

2. IMPORTANT SAFETY INFORMATION

Before beginning any exercise program, consult with your physician. It is crucial to read and understand all instructions in this manual before using the rowing machine. Failure to follow these instructions could result in injury or damage to the equipment.

- Ensure all parts are securely assembled before each use.
- Place the rowing machine on a flat, stable surface.
- Keep children and pets away from the equipment during operation.
- Wear appropriate exercise attire and footwear.
- Do not exceed the maximum user weight recommendation of 125 kg (275 lbs).
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Regularly inspect the machine for wear and tear, especially moving parts and connections.

3. PACKAGE CONTENTS

Upon unpacking, verify that all components are present and undamaged. If any parts are missing or damaged, contact customer support immediately.

- Main Rowing Machine Frame (partially assembled)
- Seat
- Handlebar
- Foot Pedals with Straps
- LCD Monitor
- Assembly Hardware (bolts, nuts, washers, tools)
- User Manual

4. SETUP AND ASSEMBLY

The Neezee KH101B Rowing Machine requires some assembly. Follow these steps carefully. It is recommended to have two people for assembly.

1. Unpack all components and lay them out on a clean, flat surface.
2. Attach the front stabilizer to the main frame using the provided hardware.
3. Attach the rear stabilizer to the main frame.
4. Install the seat onto the slide rail, ensuring it moves smoothly.
5. Connect the handlebar to the resistance mechanism.
6. Attach the foot pedals to the frame, ensuring they are securely fastened and pivot correctly.
7. Mount the LCD monitor to its designated bracket and connect the sensor cable.
8. Tighten all bolts and nuts securely. Do not overtighten.



Image 4.1: Key components of the Neezee KH101B Rowing Machine.

5. OPERATING INSTRUCTIONS

5.1 Resistance Adjustment

The Neezee KH101B features 16 levels of magnetic resistance, allowing you to customize your workout intensity. To adjust the resistance, turn the resistance knob located on the main unit. Turn clockwise for higher resistance and counter-clockwise for lower resistance.

- **Levels 1-4:** Warm-up / Light exercise
- **Levels 5-8:** Aerobic exercise / Moderate intensity
- **Levels 9-12:** Fat burning / Higher intensity
- **Levels 13-16:** Burst training / Maximum intensity

16 LEVELS RESISTANCE

Fast conversion resistance in second
Meet the different sports needs of the family



1-4
WARM UP



5-8
PHYSICAL FITNESS



9-12
CALORIE BURN



13-16
EXPLOSIVE MOVEMENT



Image 5.1: Resistance adjustment dial and recommended intensity levels.

5.2 LCD Monitor Functions

The integrated LCD monitor tracks your workout data. It typically displays the following metrics:

- **SCAN:** Automatically cycles through all metrics.
- **TIME:** Duration of your current workout.
- **DIST:** Distance rowed.
- **CAL:** Calories burned.
- **CNT:** Current stroke count.
- **T-CNT:** Total stroke count (resets when batteries are removed).
- **RPM:** Strokes per minute.

Use the "MODE" button to select a specific display metric or activate the SCAN function. The "RESET" button typically clears current workout data. Refer to the monitor's specific instructions for detailed operation.

REAL TIME WORKOUT ANALYTICS



Image 5.2: LCD Monitor displaying real-time workout analytics.

5.3 Proper Rowing Technique

Effective rowing involves a coordinated movement of legs, core, and arms. Follow these general guidelines:

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

FOCUSED ON FULL-BODY STRENGTH TRAINING

Rowing utilizes up to 86 percent of your muscles, promoting endurance, strengthening, and toning.



Arm muscles



Chest



Abdominal



Back muscles



Buttock



Lower Limb



Image 5.3: Proper rowing technique for full-body engagement.

6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation 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 (do not use oil-based lubricants).
- **Inspections:** Regularly check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners. Inspect the rowing strap/cord for fraying or damage.
- **Storage:** Store the machine in a clean, dry environment away from direct sunlight and extreme temperatures.

7. FOLDING AND STORAGE

The Neezee KH101B is designed for convenient storage with its foldable frame, reducing its footprint to approximately 0.25 m².

1. Unscrew the knob located near the base of the slide rail.
2. Remove the safety pin.
3. Carefully lift the slide track upwards until it is in a vertical position.
4. Tighten the knob again to secure the slide track in the folded position.

Once folded, the integrated transport wheels at the front stabilizer allow for easy movement and storage.

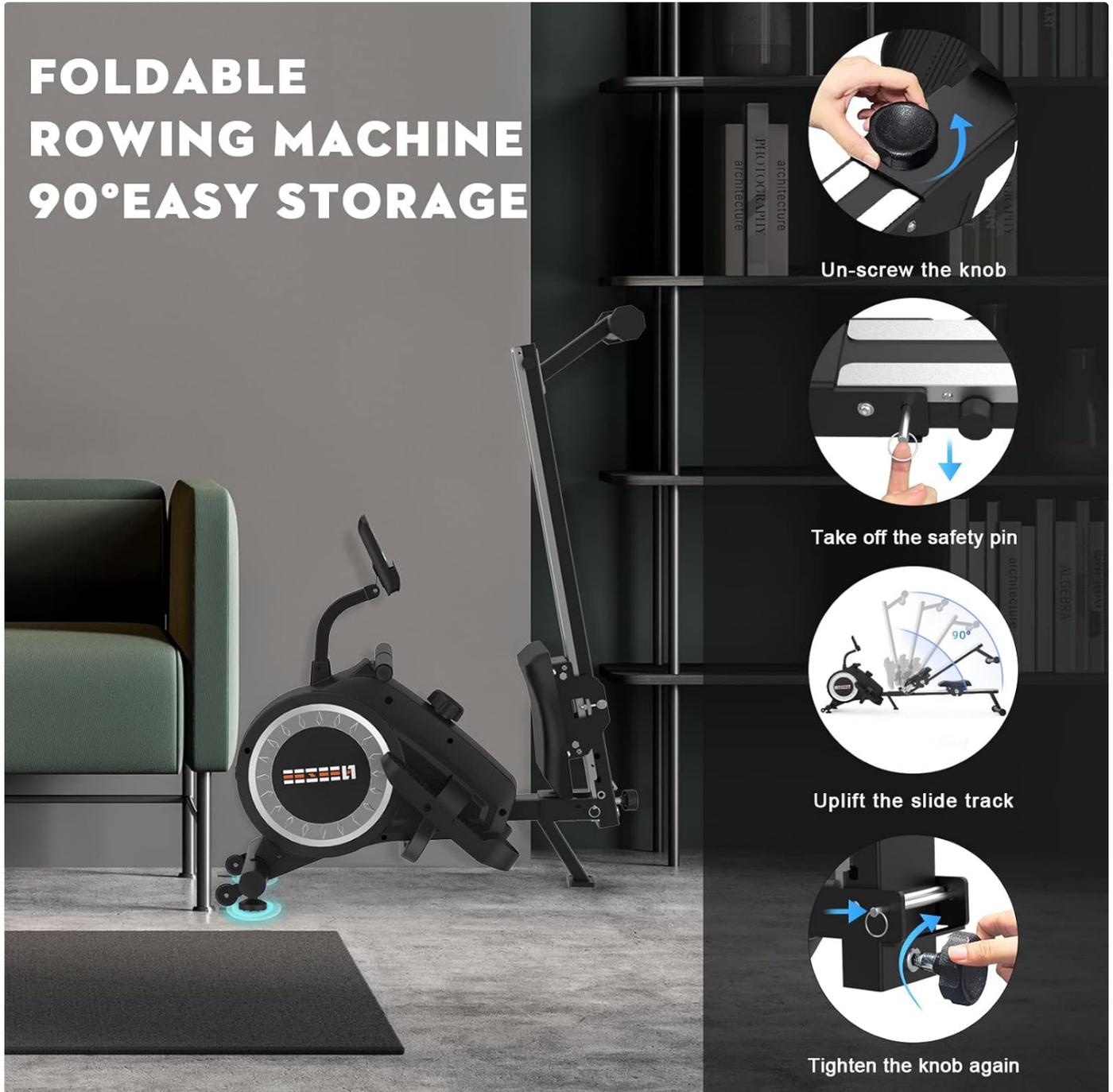


Image 7.1: Folding instructions for space-saving storage.

CARRY AND FOLDABLE STORAGE

Offers easy transport with built-in wheels in the front stabiliser and saves space by storing it foldable anywhere.



Image 7.2: Transporting the folded rowing machine.

8. TROUBLESHOOTING

Problem	Possible Cause	Solution
LCD Monitor not displaying	Batteries are dead or incorrectly installed; sensor cable disconnected.	Replace batteries; check sensor cable connection.
Resistance feels inconsistent or too low/high	Resistance knob not adjusted correctly; internal mechanism issue.	Adjust resistance knob; if problem persists, contact customer support.
Squeaking or grinding noise during operation	Loose parts; dry slide rail; foreign object.	Check and tighten all fasteners; clean and lubricate slide rail; inspect for obstructions.

Problem	Possible Cause	Solution
Seat does not slide smoothly	Dirty or dry slide rail; damaged seat rollers.	Clean and lubricate the slide rail; inspect seat rollers for damage.

9. SPECIFICATIONS

- **Model:** KH101B
- **Brand:** Neezee
- **Resistance Mechanism:** Magnetic
- **Resistance Levels:** 16
- **Frame Material:** Aluminum, Steel
- **Color:** Black / Silver
- **Product Dimensions (L x W x H):** 170 x 40 x 70 cm (66.9 x 15.7 x 27.6 inches)
- **Folded Dimensions (Approximate):** 70 x 40 x 170 cm (27.6 x 15.7 x 66.9 inches) - 0.25 m² footprint
- **Item Weight:** 21 Kilograms (46.3 lbs)
- **Maximum User Weight:** 125 Kilograms (275 lbs)
- **Special Features:** Foldable, Adjustable Resistance, LCD Monitor, Quiet Operation
- **UPC:** 691959964248, 691959859391

LOW-IMPACT WORKOUT

Enhances resistance - flywheel upgraded to 4.5kg
Stable and smooth, doubled exercise effect



Image 9.1: Enhanced flywheel for smooth, low-impact resistance.

10. WARRANTY AND CUSTOMER SUPPORT

Neezee is committed to providing long-term after-sales support and maintains a constant supply of wear and spare parts to ensure the longevity and durability of your product.

If you encounter any quality issues, installation problems, or require assistance with your order, please do not hesitate to contact our dedicated customer service team:

- **Contact via Seller Profile:** Click on the seller's username on the purchase platform to ask questions directly.
- **Contact via Previous Orders:** Reach out through your order history for specific assistance related to your purchase.

Our team is available to assist you with any concerns.

Documents - Neezee – KH101B



[\[pdf\]](#) Instructions Parts List Diagram

neezee kriva content Neezee Brand Model Rated voltage Color Contact information KH101B 3V
Black sport_fitness@outlook Sea Mew Consulting GmbH Mittenhuber StraBe 4 B13MzPgXLSL ref dp
product quick view m media amazon images I |||

CONTENT SAFETY INFORMATION
10-60 14-168 Brand Item Model Rated voltage Color Contact information Neezee
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Consulting GmbH Mittenhuber StraBe 4, 92...

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