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Bodymax RM40

Bodymax RM40 Rowing Machine User Manual

Model: RM40 | Brand: Bodymax

INTRODUCTION

Thank you for choosing the Bodymax RM40 Rowing Machine. This manual provides essential information for the safe assembly, operation, maintenance, and troubleshooting of your new fitness equipment. Please read this manual thoroughly before using the machine and keep it for future reference.

Safety Information

- Consult your physician before starting any exercise program.
- Ensure all parts are securely fastened before each use.
- Keep children and pets away from the machine during operation.
- Use the machine on a flat, stable surface.
- Wear appropriate exercise attire and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

PRODUCT OVERVIEW

The Bodymax RM40 Rowing Machine is designed for a full-body workout, utilizing magnetic resistance for a smooth and quiet operation. Key components include the main frame, seat, foot pedals, handle, and digital monitor.



Figure 1: Side view of the Bodymax RM40 Rowing Machine, showing the main frame, seat, and digital monitor.





Figure 2: Front view of the Bodymax RM40 Rowing Machine, highlighting the digital monitor, handle, and foot pedals.



Figure 3: The Bodymax RM40 Rowing Machine in its folded position, demonstrating its space-saving design.



Figure 4: Close-up view of the adjustable foot pedals and the tension control dial on the Bodymax RM40 Rowing Machine.



Figure 5: Detailed view of the flywheel and magnetic resistance mechanism of the Bodymax RM40 Rowing Machine.





Figure 6: The Bodymax RM40 Rowing Machine stored upright, showcasing its compact storage capability.

SETUP AND ASSEMBLY

Before assembly, ensure all components are present and undamaged. It is recommended to assemble the rowing machine with two people.

Unpacking

- Carefully remove all components from the packaging.
- Place all parts on a clear, flat surface.
- Verify all parts against the included parts list.

Assembly Steps

1. Attach the front stabilizer to the main frame using the provided bolts and washers.
2. Secure the rear stabilizer to the main frame.
3. Slide the seat onto the rail, ensuring it moves freely.
4. Connect the digital monitor arm to the main frame and secure the monitor.
5. Attach the foot pedals to their designated positions.
6. Ensure all connections are tightened before use.

For detailed visual instructions, refer to the assembly diagram included with your product packaging.

OPERATING INSTRUCTIONS

Getting Started

1. Sit on the padded seat and place your feet securely in the adjustable foot pedals, fastening the straps.
2. Grasp the handle with both hands, ensuring a firm grip.
3. Begin rowing with a smooth, controlled motion, pushing off with your legs, leaning back slightly, and pulling the handle towards your abdomen.
4. Return to the starting position by extending your arms, leaning forward, and bending your knees.

Adjusting Resistance

The Bodymax RM40 features 10 levels of no-touch magnetic resistance. To adjust the resistance, locate the tension control dial (refer to Figure 4) on the main frame. Turn the dial clockwise to increase resistance and counter-clockwise to decrease resistance. Start with a lower setting and gradually increase as your fitness improves.

Digital Monitor Functions

The integrated digital monitor (LCD display) tracks your workout performance. It typically displays the following metrics:

- **TIME:** Duration of your workout.
- **COUNT (CNT):** Number of strokes completed.
- **CALORIES (CAL):** Estimated calories burned.
- **TOTAL COUNT (TOT):** Total strokes since last reset.
- **SCAN:** Automatically cycles through all display functions.

Press the **MODE** button to select a specific display function or to activate the SCAN mode. To reset the values, press and hold the **MODE** button for a few seconds.

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.
- Do not use abrasive cleaners or solvents, as they may damage the finish.

Lubrication

- The magnetic resistance system is maintenance-free and does not require lubrication.
- Periodically check the seat rollers and rail for smooth operation. If needed, clean the rail and apply a small amount of silicone-based lubricant.

Storage

The Bodymax RM40 features a space-saving design, allowing it to be stored upright (refer to Figure 6). Ensure the machine is stable when stored vertically to prevent tipping.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Digital monitor not displaying.	Batteries are dead or incorrectly installed.	Replace batteries (AA or AAA, typically) or ensure correct polarity.
Resistance feels inconsistent or too loose/tight.	Resistance dial not set correctly; internal mechanism issue.	Adjust the tension control dial. If issue persists, contact customer support.
Squeaking or grinding noise during operation.	Loose bolts; dirty seat rail; worn components.	Check and tighten all bolts. Clean the seat rail. If noise continues, contact customer support.
Seat does not slide smoothly.	Debris on the rail; worn rollers.	Clean the rail thoroughly. Apply silicone lubricant to the rail.

If you encounter problems not listed here, or if the suggested solutions do not resolve the issue, please contact Bodymax customer support.

SPECIFICATIONS

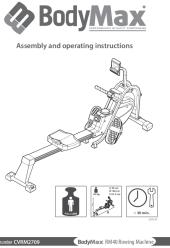
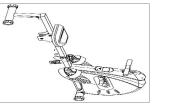
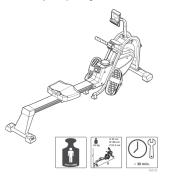
Feature	Detail
Brand	Bodymax
Model Name	Rm40
Resistance Mechanism	Magnetic
Frame Material	Aluminum
Material	Aluminum
Power Source	Battery Powered
Display Type	LCD
Item Dimensions LxWxH	71.65 x 20.87 x 36.22 inches

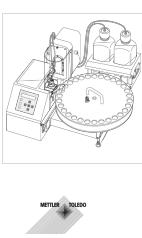
Feature	Detail
Special Feature	Digital Monitor, Padded Seat

WARRANTY AND SUPPORT

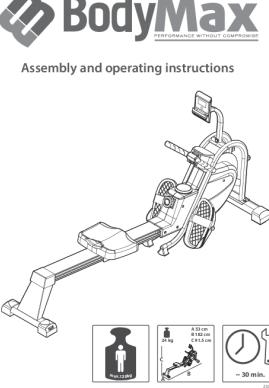
For detailed warranty information, product support, or to order replacement parts, please refer to the warranty documentation included with your purchase or visit the official Bodymax website. Please retain your proof of purchase for any warranty claims.

Related Documents - RM40

	<p>BodyMax RM40 Rowing Machine Assembly and Operating Instructions Comprehensive guide for assembling, operating, and maintaining the BodyMax RM40 Rowing Machine. Includes safety notices, technical specifications, troubleshooting, and warranty information.</p>
	<p>Rowing Machine Owner's Manual - Assembly and Safety Guide Comprehensive owner's manual for the rowing machine, including important safety notices, a detailed parts list, and step-by-step assembly instructions. Learn how to safely set up and use your rowing machine.</p>
	<p>BodyMax RM40 Rowing Machine Assembly and Operating Instructions Comprehensive guide for assembling, operating, and maintaining the BodyMax RM40 Rowing Machine. Includes safety notices, technical specifications, troubleshooting, and warranty information.</p>

 <p>Operating Instructions</p>	<p>METTLER TOLEDO RM40/RM50 Refractometer Operating Instructions</p> <p>Comprehensive operating instructions for the METTLER TOLEDO RM40 and RM50 refractometers, detailing setup, operation, maintenance, and principles of refractometry for laboratory and industrial applications.</p>
 <p>Operating Instructions</p>	<p>METTLER TOLEDO SC30 Operating Instructions</p> <p>This document provides operating instructions for the METTLER TOLEDO SC30 Sample Delivery and Cleaning Unit, detailing its installation, operation, and maintenance for automated liquid sample analysis.</p>
 <p>Operating Instructions</p>	<p>HYPRO Medium Pressure Diaphragm Pumps: Installation, Operation, Repair, and Parts Manual</p> <p>Comprehensive manual for Hypro medium pressure diaphragm pumps, covering installation, operation, repair, and parts. Details various models, specifications, safety guidelines, and maintenance procedures for agricultural and industrial spraying applications.</p>

Documents - Bodymax – RM40

 <p>Assembly and operating instructions</p>	<p>BodyMax RM40 Rowing Machine Assembly and Operating Instructions</p> <p>Comprehensive guide for assembling, operating, and maintaining the BodyMax RM40 Rowing Machine. Includes safety notices, technical specifications, troubleshooting, and warranty information.</p> <p>lang:en score:40 filesize: 3.74 M page_count: 28 document date: 2021-07-05</p>
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