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## Neezee TG001B

# Neezee Water Rowing Machine TG001B User Manual

Model: TG001B

## 1. INTRODUCTION

The Neezee Water Rowing Machine TG001B is designed to provide an effective full-body workout experience in a home environment. It simulates the natural feel of rowing on water, engaging over 85% of your body's muscle groups, including the back, legs, arms, core, and glutes. This machine features a robust aluminum rail and alloy steel frame, ensuring stability and durability for long-term use. Its water resistance mechanism offers a smooth and consistent rowing stroke, with resistance levels adjusting based on the amount of water in the tank and your rowing intensity.

This manual provides essential information for the safe assembly, operation, maintenance, and troubleshooting of your Neezee Water Rowing Machine. Please read it thoroughly before initial use and retain it for future reference.



Image 1.1: The Neezee Water Rowing Machine TG001B, showcasing its sleek design and integrated tablet stand.

## 2. SAFETY INFORMATION

Before using this equipment, please consult your physician. It is essential to understand and follow all safety precautions to prevent injury.

- **Read the Manual:** Always read and understand the entire user manual before assembly or operation.
- **Supervision:** Keep children and pets away from the equipment during operation.
- **Placement:** Place the rowing machine on a flat, stable surface with adequate clearance around it (at least 0.6 meters / 2 feet).
- **Inspection:** Before each use, inspect the machine for loose parts, wear, or damage. Do not use if any components are compromised.
- **Proper Attire:** Wear appropriate athletic clothing and footwear. Avoid loose clothing that could get caught in moving parts.

- **Weight Limit:** Do not exceed the maximum user weight of 150 kg (330 lbs).
- **Hydration:** Stay hydrated during your workout.
- **Listen to Your Body:** Stop exercising immediately if you feel pain, dizziness, or shortness of breath.

### 3. PACKAGE CONTENTS

Carefully unpack all components and verify that you have received all items listed below. If any parts are missing or damaged, please contact customer service.



Image 3.1: Exploded view of the rowing machine components, illustrating various parts included in the package.

- Main Rowing Machine Frame (partially pre-assembled)
- Seat
- Footrests (2)
- Handlebar
- LCD Monitor
- Tablet Stand
- Water Pump
- Chlorine Tablets (for water treatment)
- Assembly Hardware Kit
- User Manual

### 4. SETUP AND ASSEMBLY

The Neezee Water Rowing Machine is approximately 80% pre-assembled, allowing for quick setup, typically within 10 minutes by one person. Follow these general steps for assembly:

1. **Unpack Components:** Remove all parts from the packaging and lay them out on a clean, flat surface.
2. **Attach Stabilizers:** Secure the front and rear stabilizer bars to the main frame using the provided hardware.
3. **Install Seat:** Slide the seat onto the aluminum rail, ensuring it moves smoothly.
4. **Mount Footrests:** Attach the adjustable footrests to the main frame.
5. **Connect Handlebar:** Connect the handlebar to the resistance strap.

6. **Install LCD Monitor and Tablet Stand:** Secure the LCD monitor and tablet stand to their designated positions. Connect any necessary cables.
7. **Fill Water Tank:** Use the provided water pump to fill the water tank with clean tap water. Fill to the recommended level indicated on the tank. Add one chlorine tablet to prevent algae growth.
8. **Final Check:** Ensure all bolts are tightened and all components are securely in place before first use.

## 5. OPERATING INSTRUCTIONS

### 5.1. Adjusting Footrests

The footrests are adjustable to accommodate various shoe sizes. Loosen the adjustment knob, slide the footrest to the desired position, and tighten the knob securely. Ensure your feet are firmly strapped in before beginning your workout.

### 5.2. Using the LCD Monitor



Image 5.1: Close-up of the LCD monitor, displaying various workout metrics.

The large LCD console displays key workout data to help you track your progress. It typically shows:

- **Time:** Duration of your workout.
- **Calories:** Estimated calories burned.
- **Distance:** Distance rowed.
- **Strokes Per Minute (SPM):** Your current rowing pace.
- **Total Strokes:** Cumulative number of strokes.

The monitor offers 3 modes for tracking your fitness plan. Refer to the monitor's specific instructions for detailed navigation and mode selection.

### 5.3. Bluetooth Connection and Kinomap App

The Neeze Water Rowing Machine supports wireless Bluetooth connectivity, allowing you to connect to the Kinomap app. This app can enhance your home training experience by providing access to thousands of workout videos and interactive routes from around the world. Please note that the Kinomap app requires an additional paid subscription.

### 5.4. Rowing Technique

# GANZKÖRPERTRAINING

## TRAINING

von **85%**

DER MUSKELN DES  
GESAMTEN KÖRPERS



Armmuskeln



Brustmuskeln



Bauchmuskeln



Rückenmuskulatur



Gesäßmuskeln



Beinmuskeln

Jeder Schlag trainiert alle Muskelgruppen des Körpers, ohne die Knie- und Fußgelenke zu schädigen.  
Baut effektiv Muskeltonus, Koordination und explosive Kraft auf.

Image 5.2: A user demonstrating the full-body engagement during a rowing exercise.

Proper rowing technique is crucial for an effective and safe workout. The rowing stroke consists of three phases: the catch, the drive, and the finish, followed by the recovery.

1. **The Catch:** Sit with knees bent, shins vertical, arms extended forward, and hands gripping the handlebar.
2. **The Drive:** Push off with your legs, then swing your torso back slightly, and finally pull the handlebar towards

your abdomen.

3. **The Finish:** Legs are extended, torso is leaned back slightly, and the handlebar is at your abdomen.
4. **The Recovery:** Extend your arms forward, then pivot your torso forward, and finally bend your knees to return to the catch position.

Focus on a smooth, continuous motion. The power should primarily come from your legs, followed by your core and arms.

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## 6. MAINTENANCE

The Neezee Water Rowing Machine is designed to be practically maintenance-free. Regular care will ensure its longevity and optimal performance.

- **Water Treatment:** Add one chlorine tablet to the water tank every 3-6 months, or as needed, to prevent algae and bacterial growth. Use only the provided tablets or approved water treatment solutions.
- **Water Level:** Periodically check the water level in the tank. If it drops significantly due to evaporation, refill it using the water pump.
- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners or solvents.
- **Rail Cleaning:** Keep the aluminum rail clean and free of debris to ensure smooth seat movement.
- **Storage:** When not in use, the rowing machine can be stored vertically to save space. Ensure it is stable and secure in the upright position.

# PLATZSPAREND

Vertikale Aufbewahrung für eine geringere Stellfläche;  
Transporträder für den einfachen Transport der Instrumente



EINFACHES HANDLING DANK  
TRANSPORTROLLEN

## INTELLIGENTE LINKS

Bewegung ist nicht langweilig



 Unterstützung von Kinomap-Links

## TRADITIONELLE ANZEIGEN

Konzentrationsübungen



Image 6.1: The rowing machine can be stored vertically, demonstrating its space-saving design.

## 7. TROUBLESHOOTING

This section addresses common issues you might encounter with your Neezee Water Rowing Machine.

<b>Problem</b>	<b>Possible Cause</b>	<b>Solution</b>
<b>No display on LCD monitor</b>	Batteries are dead or incorrectly installed.	Replace batteries or ensure they are inserted correctly with proper polarity.
<b>Seat does not slide smoothly</b>	Rail is dirty or damaged; rollers are worn.	Clean the aluminum rail. Inspect rollers for wear; contact support if damaged.
<b>Resistance feels inconsistent or too low/high</b>	Water level in the tank is incorrect.	Adjust the water level in the tank to the recommended fill line. Resistance is also dependent on rowing intensity.
<b>Unusual noises during operation</b>	Loose components; worn parts.	Check all bolts and connections and tighten if necessary. Inspect moving parts for wear. Contact customer service if noise persists.
<b>Bluetooth connection issues</b>	Bluetooth on device is off; app not updated; interference.	Ensure Bluetooth is enabled on your device. Update the Kinomap app. Try restarting both the rower and your device.

## 8. SPECIFICATIONS

# PRODUKTGRÖßE

**150**  **KG**

**MAX TRAGFÄHIGKEIT**



Image 8.1: Detailed product dimensions of the Neezee Water Rowing Machine.

Feature	Detail
Model Name	Neezee Water Rowing Machine TG001B
Resistance Mechanism	Water Resistance
Frame Material	Aluminum Rail, Alloy Steel Frame
Product Dimensions (L x W x H)	182 x 45 x 87 cm (71.7 x 17.7 x 34.3 inches)
Item Weight	30 kg (66 lbs)
Maximum User Weight	150 kg (330 lbs)
Display Type	LCD
Meter Readings	Time, Calories, Distance

Feature	Detail
Power Source	Batteries (for LCD monitor)
Connectivity	Bluetooth (Kinomap app compatible)
Included Components	Chlorine Tablets, Water Pump, User Manual

## 9. WARRANTY AND SUPPORT

Neezee is committed to providing excellent customer service for your rowing machine.

- **Lifetime Customer Service:** We offer lifetime customer service for the Neezee Water Rowing Machine.
- **Online Service Team:** A dedicated online service team is available to assist you with any inquiries or issues.
- **Response Time:** All messages are typically answered within 24 hours.
- **Spare Parts:** Enjoy 2 years of free spare parts.

For support, please refer to the contact information provided with your purchase or visit the official Neezee website.

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