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› LIFERUN Yc-row001 Rowing Machine User Manual

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LIFERUN Yc-row001 Rowing Machine User Manual

Model: Yc-row001

INTRODUCTION

Thank you for choosing the LIFERUN Yc-row001 Rowing Machine. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before use and retain it for future reference.

The LIFERUN Yc-row001 Rowing Machine is designed to provide an effective full-body workout, engaging approximately 90% of your muscle groups. Its magnetic resistance system ensures quiet operation, making it suitable for home use.

SAFETY INFORMATION

- Consult a physician before starting any new exercise program.
- Ensure all parts are securely assembled before each use.
- Keep children and pets away from the machine during operation.
- Place the rowing machine on a flat, stable surface.
- Wear appropriate athletic footwear and clothing.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- The maximum user weight capacity for this machine is 100 kg (220 lbs).

PACKAGE CONTENTS

Before assembly, verify that all components are present and undamaged. Refer to the assembly diagram for a complete list of parts. Typically, the package includes:

- Main frame components (slide rail, flywheel housing, front/rear stabilizers)
- Seat and rolling mechanism
- Handlebar and strap
- Footrests with straps
- LCD monitor and tablet holder

- Assembly hardware and tools
- User Manual

SETUP AND ASSEMBLY

Assembly typically involves attaching the main frame components, securing the seat, footrests, and monitor. Follow the step-by-step instructions provided in the separate assembly guide included with your product. Ensure all bolts and nuts are tightened securely.



Image Description: Diagram illustrating the assembled and folded dimensions of the LIFERUN Yc-row001 Rowing Machine, highlighting its space-saving and portable features with rollers. The assembled dimensions are approximately 155cm (length) x 66cm (width) x 44cm (height), and folded dimensions are 57cm (length) x 44cm (width) x 122cm (height).



Image Description: This image shows the LIFERUN Yc-row001 Rowing Machine both in its fully assembled, ready-to-use state and its compact, folded position for storage. This demonstrates the machine's portability and space-saving design.

OPERATING INSTRUCTIONS

1. Adjusting Resistance

The LIFERUN Yc-row001 features 8 levels of magnetic resistance. To adjust the resistance, turn the resistance control dial located on the flywheel housing. Turn clockwise to increase resistance (levels 1-8) and counter-clockwise to decrease it.

- **Light (1-2 Levels):** Suitable for aerobic warm-up exercises.
- **Middle (3-5 Levels):** Ideal for body sculpting and fat burning exercises.
- **Strong (6-8 Levels):** Recommended for high-intensity workouts and strength training.

8 Adjustable Resistances for Customized Fitness Levels



Light 1-2 Levels
aerobic warm-up exercises



Middle 3-5 Levels
body sculpting, fat burning exercises



Strong 6-8 Levels
high intensity workout for strength training



Image Description: Close-up of the resistance control dial on the LIFERUN Yc-row001 Rowing Machine, showing the 8 adjustable levels for varied workout intensities. The dial clearly indicates settings from 1 to 8.

2. Using the LCD Monitor

The integrated LCD monitor tracks your workout data. It requires 2 x AA batteries (not included). The monitor displays the following metrics:

- **Distance:** Total distance rowed.
- **Count:** Number of strokes during the current session.
- **Total Count:** Cumulative number of strokes.
- **Calories:** Estimated calories burned.
- **Time:** Duration of the current workout.
- **Scan:** Automatically cycles through all display functions.

Refer to the monitor's specific instructions for detailed operation, including how to reset values.

EASY-READ LCD MONITOR AND TABLET HOLDER



Image Description: Close-up of the easy-read LCD monitor displaying workout data (distance, count, total count, calories, scan, time) and the integrated tablet holder on the LIFERUN Yc-row001 Rowing Machine. The monitor shows clear digital readouts.

3. Proper Rowing Technique

For an effective and safe workout, maintain proper form:

1. **The Catch:** Start with knees bent, shins vertical, arms extended forward, and back straight.
2. **The Drive:** Push off with your legs, then swing your back, and finally pull with your arms towards your abdomen.
3. **The Finish:** Legs extended, back slightly reclined, and handle pulled to your lower chest.
4. **The Recovery:** Extend arms, pivot forward at the hips, then bend knees to slide forward to the catch position.

Ensure your feet are securely strapped into the adjustable non-slip footrests. The comfortable sliding seat and foam-padded handlebars contribute to a smooth exercise experience.



Image Description: A person demonstrating the proper use of the LIFERUN Yc-row001 Rowing Machine, showcasing its design and functionality during a workout. The user is in the 'drive' phase of the rowing stroke.

FULL-BODY MUSCLES WORKOUT

Exercise **90%** muscles of your body
Provide a fantastic workout



Arm muscles



Abdominal



Pectoralis



Back muscles



Image Description: Illustration highlighting the muscle groups targeted during a full-body workout on the LIFERUN Yc-row001 Rowing Machine, including arms, abdomen, pectorals, and back. This visual emphasizes the comprehensive nature of rowing exercise.



Portable Stand



Rolling



Adjustable
Non-Slip Pedal



Sliding Seat

Image Description: Collage of detailed images showing the portable stand for devices, the rolling mechanism for transport, adjustable non-slip foot pedals with Velcro fasteners, and the comfortable sliding seat of the rowing machine. These features enhance user experience and safety.

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.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Slide Rail:** Keep the aluminum slide rail clean and free of debris to ensure smooth seat movement.
- **Storage:** When not in use, the machine can be folded and stored upright to save space. Use the transport wheels for easy relocation.

TROUBLESHOOTING

- **Monitor Not Displaying:** Check if the 2 x AA batteries are correctly installed or need replacement.
- **Unusual Noise During Operation:** Inspect the slide rail for debris. Ensure all assembly bolts are tight. If the noise persists, contact customer support.
- **Resistance Not Changing:** Verify the resistance control dial is functioning correctly. If the issue continues, contact customer support.
- **Seat Not Sliding Smoothly:** Clean the aluminum slide rail and check for any obstructions.

SPECIFICATIONS



Image Description: Diagram illustrating the internal mechanical system, 4kg flywheel, aluminum slide rail, and the 100kg maximum load capacity of the LIFERUN Yc-row001 Rowing Machine, emphasizing quiet operation.

Feature	Specification
Model Name	Yc-row001

Feature	Specification
Assembled Size (L x W x H)	150 x 66 x 44 cm (59 x 26 x 17.3 inches)
Folded Size (L x W x H)	Approx. 57 x 44 x 122 cm (22.4 x 17.3 x 48 inches)
Slide Rail Length	89 cm (35 inches)
Resistance Type	Magnetic Resistance
Resistance Levels	8 adjustable levels
Flywheel Weight	4 kg (8.8 lbs)
Maximum User Load	100 kg (220 lbs)
Product Weight	23.2 kg (51.1 lbs)
Frame Material	Aluminium and Iron
Monitor Power Supply	2 x AA batteries (customer supplied)
Cushion Size	34 x 27 cm (13.4 x 10.6 inches)
Footrest Size	29.5 x 12 cm (11.6 x 4.7 inches)

WARRANTY AND SUPPORT

For warranty information, technical support, or replacement parts, please refer to the contact details provided with your purchase documentation or visit the official LIFERUN website. Please have your model number (Yc-row001) and purchase date available when contacting support.

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

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