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GYMAX B0BL7459VK



GYMAX Magnetic Rowing Machine User Manual

Model: B0BL7459VK

INTRODUCTION

Thank you for choosing the GYMAX Magnetic Rowing Machine. This high-efficiency fitness equipment is designed to provide a comprehensive full-body workout in the comfort of your home. Featuring a 10-level adjustable magnetic resistance system and a foldable design, it offers versatility and convenience for users of all fitness levels.

Canottaggio magnetico Macchina



Ergonomico



Pieghevole



Robusto

Image: Overview of the GYMAX Magnetic Rowing Machine highlighting its ergonomic, foldable, and robust design.

Regular use of this rowing machine can help you effectively train all major muscle groups, burn calories, improve cardiovascular health, and build a perfect body shape. Please read this manual thoroughly before assembly and use to

ensure safe operation and optimal performance.

SAFETY INFORMATION

- Consult your physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the rowing machine on a flat, stable surface. Ensure adequate clear space around the machine.
- Inspect the equipment for loose or worn parts before each use. Do not use if damaged.
- Wear appropriate exercise clothing and athletic shoes.
- Do not exceed the maximum user weight of 120 kg (264 lbs).
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Keep hands and feet clear of all moving parts.

PACKAGE CONTENTS

Please check the package contents carefully. If any parts are missing or damaged, contact customer service immediately.

- Main Frame Assembly
- Seat
- Foot Pedals (Left & Right)
- Handlebar
- Electronic Monitor
- Hardware Kit (bolts, nuts, washers, tools)
- User Manual

SETUP AND ASSEMBLY

Follow these steps to assemble your GYMAX Magnetic Rowing Machine. It is recommended to have two people for assembly.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, flat surface.
2. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and washers.
3. **Install Seat:** Slide the seat onto the rail, ensuring it moves smoothly.
4. **Mount Foot Pedals:** Attach the left and right foot pedals to the main frame. Ensure they are securely fastened.
5. **Connect Handlebar:** Attach the handlebar to the resistance unit.
6. **Install Electronic Monitor:** Connect the monitor cables and mount the electronic monitor onto its designated bracket.
7. **Final Check:** Verify that all bolts are tightened and all components are securely in place before first use.

OPERATING INSTRUCTIONS

Proper Rowing Technique

Achieving an effective workout requires proper form. The rowing stroke consists of three phases: the Catch, the Drive, and the Finish.

- **The Catch:** Sit tall with arms extended forward, knees bent, and shins vertical.
- **The Drive:** Push off with your legs, then swing your back, and finally pull with your arms. Your legs, core, and arms should work in sequence.
- **The Finish:** Lean back slightly, legs extended, and pull the handle to your abdomen.
- **The Recovery:** Extend your arms, then swing your body forward, and finally bend your knees to return to the Catch position.



Image: A man demonstrating the proper form for using the GYMAX Magnetic Rowing Machine, emphasizing the full body engagement.



Image: A woman using the GYMAX Magnetic Rowing Machine, illustrating the smooth motion and comfortable seating during a workout.

Adjusting Magnetic Resistance

The GYMAX Magnetic Rowing Machine features 10 levels of adjustable magnetic resistance. To change the resistance level, locate the tension control knob, usually found near the front of the machine. Rotate the knob clockwise to increase resistance (higher numbers) and counter-clockwise to decrease resistance (lower numbers). Choose a resistance level appropriate for your fitness level and workout goals.

Resistenza regolabile

10 livelli

Adatto per diversi allenamenti
intensità



Image: Close-up of the 10-level adjustable resistance knob, allowing users to customize their workout intensity.

Using the Electronic Monitor

The integrated electronic monitor tracks your workout progress. It typically displays the following metrics:

- **TIME:** Duration of your current workout.
- **COUNT:** Number of strokes during the current workout.
- **TOTAL COUNT:** Total number of strokes since the monitor was reset.
- **CALORIES:** Estimated calories burned during the workout.
- **DISTANCE:** Estimated distance rowed.
- **SCAN:** Automatically cycles through all display functions.

Use the "MODE" button to select the desired display function. The "SET" button may be used to set target values for time, count, or calories. The "RESET" button will clear all current workout data.

Monitor LCD di facile utilizzo



Tempo



Conteggio colpi



Conteggio totale



Calorie



Distanza



Image: Detailed view of the easy-to-use LCD monitor, showing various workout metrics like time, stroke count, total count, calories, and distance.

LCD Fitness

Tenere sotto controllo



Conservazione perfetta Soluzione



Allenarsi
Tempo



Calorie
Bruciato



Totale
Contare

Image: The LCD fitness monitor in context, also illustrating the compact storage solution for the rowing machine.

Key Components

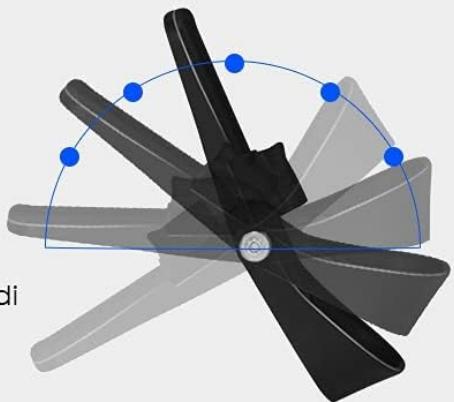
Manico antiscivolo

Facile da impugnare e aggiungere comfort



Sedile imbottito ergonomico

Massimizza il comfort e le prestazioni durante la yoga



Pedali rotanti di grandi dimensioni con cinghie

Misura la maggior parte dei piedi e allaccia i tuoi piedi con cinghie

Image: Close-up views of the anti-slip handle for comfortable grip, the ergonomic padded seat for maximum comfort, and the large rotating pedals with straps for secure foot placement.



Impugnatura morbida imbottita



Pedali girevoli con cinghie



Ruote lisce per lo spostamento

Image: Detailed images showing the padded soft grip for comfort, swivel pedals with straps for secure foot placement, and smooth wheels for easy movement of the machine.

MAINTENANCE

Cleaning

Wipe down the rowing machine with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners or solvents. Keep the monitor dry.

Storage

The GYMAX Magnetic Rowing Machine features a convenient foldable design for easy storage. To fold the machine:

1. Ensure the machine is on a flat surface.
2. Lift the rear section of the rail until it locks into the upright position.
3. The machine can then be stored vertically, saving significant space.

Use the integrated transport wheels to easily move the folded machine. Store in a cool, dry place away from direct sunlight and extreme temperatures.



Design pieghevole per un facile trasporto e stoccaggio



Image: Illustration of the rowing machine's foldable design for compact storage and the integrated transport wheels for easy relocation.

General Care

- Periodically check all bolts and nuts for tightness and re-tighten if necessary.
- Inspect the seat rail for any debris and clean as needed to ensure smooth seat movement.
- Do not lubricate the magnetic resistance mechanism.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Monitor not displaying data.	Loose cable connection, dead batteries.	Check all cable connections to the monitor. Replace batteries (if applicable).
Resistance feels inconsistent or too low/high.	Resistance knob not adjusted correctly, internal mechanism issue.	Ensure the resistance knob is set to the desired level. If problem persists, contact customer support.
Squeaking or grinding noise.	Loose bolts, debris on seat rail.	Check and tighten all bolts. Clean the seat rail and wheels.
Seat not moving smoothly.	Debris on seat rail, worn wheels.	Clean the seat rail. Inspect seat wheels for damage.

SPECIFICATIONS

Feature	Detail
Model	B0BL7459VK
Resistance Type	Magnetic
Resistance Levels	10 Levels
Max User Weight	120 kg (264 lbs)
Materials	Iron, Metal, ABS
Color	Black
Net Weight	23 kg (50.7 lbs)
Unfolded Dimensions (L x W x H)	183 cm x 53.5 cm x 47 cm (72" x 21" x 18.5")
Folded Dimensions (L x W x H)	81.5 cm x 53.5 cm x 127 cm (32" x 21" x 50")
Recommended User Height	152 cm - 182 cm (5'0" - 6'0")



Image: A visual representation of the rowing machine's dimensions and key specifications, including color, material, weight capacity, and recommended user height.

WARRANTY AND SUPPORT

For warranty information, technical support, or to order replacement parts, please refer to the manufacturer's official website or contact their customer service department. Keep your purchase receipt as proof of purchase.

For further assistance, you may visit the GYMAX store on Amazon: [GYMAX Amazon Store](#)

