

## ANCHEER AMA005768

# ANCHEER Hydraulic Rowing Machine User Manual

Model: AMA005768

## 1. INTRODUCTION

Thank you for choosing the ANCHEER Hydraulic 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 using the machine to ensure proper function and to maximize your workout experience.

The ANCHEER Hydraulic Rowing Machine is designed for home use, offering a full-body workout that engages over 84% of your muscle groups. Its hydraulic resistance system and 360-degree rotating arms provide a realistic rowing experience, contributing to efficient fat burning, muscle toning, and improved cardiovascular health.

## 2. SAFETY INFORMATION

**WARNING: Before starting any exercise program, consult your physician. This is especially important for individuals over the age of 35 or those with pre-existing health problems.**

- Read all instructions in this manual before using the equipment.
- Keep children and pets away from the machine during operation.
- Place the rowing machine on a flat, stable surface with adequate clearance around it.
- Inspect the machine for loose parts or damage before each use. Do not use if damaged.
- Wear appropriate exercise attire and footwear.
- Do not overexert yourself. Stop exercising immediately if you feel faint, dizzy, or experience pain.
- The maximum user weight capacity for this machine is 250 lbs (113 kg).

## 3. PRODUCT OVERVIEW

The ANCHEER Hydraulic Rowing Machine is engineered for effective and comfortable full-body workouts. Key features include:

- **360-Degree Rotating Arms:** Provides a more realistic rowing motion, engaging back, arms, thighs, and abdomen muscles.
- **12 Adjustable Hydraulic Resistance Levels:** Allows for varied intensity workouts, suitable for all fitness levels.
- **Upgraded LCD Monitor:** Tracks essential workout data including time, count, calories, and distance.
- **Solid & Durable Ergonomic Design:** Constructed from quality steel and aluminum for stability and longevity, supporting up to 250 lbs.
- **Foldable Design:** Space-saving for easy storage, reducing storage space by 80%.
- **Extra Wide Pedal & Cushioned Seat:** Non-slip pedals with adjustable straps and an ergonomic seat cushion for comfort during extended workouts.



Figure 3.1: ANCHEER Hydraulic Rowing Machine in use, demonstrating full-body workout.



Figure 3.2: Close-up of ANCHEER Rowing Machine features: comfortable cushion, anti-slip pedals, foam handles, and slope adjustment mechanism.

# LCD DIGITAL MONITOR

Track your workout progress to achieve any type of personal fitness goals



Figure 3.3: Detailed view of the ANCHEER Rowing Machine's LCD monitor, showing time, count, calories, and distance.

# 45 INCH LOADING 290LBS



Multi Slide  
Wheels



More Smoothly &  
Quiet

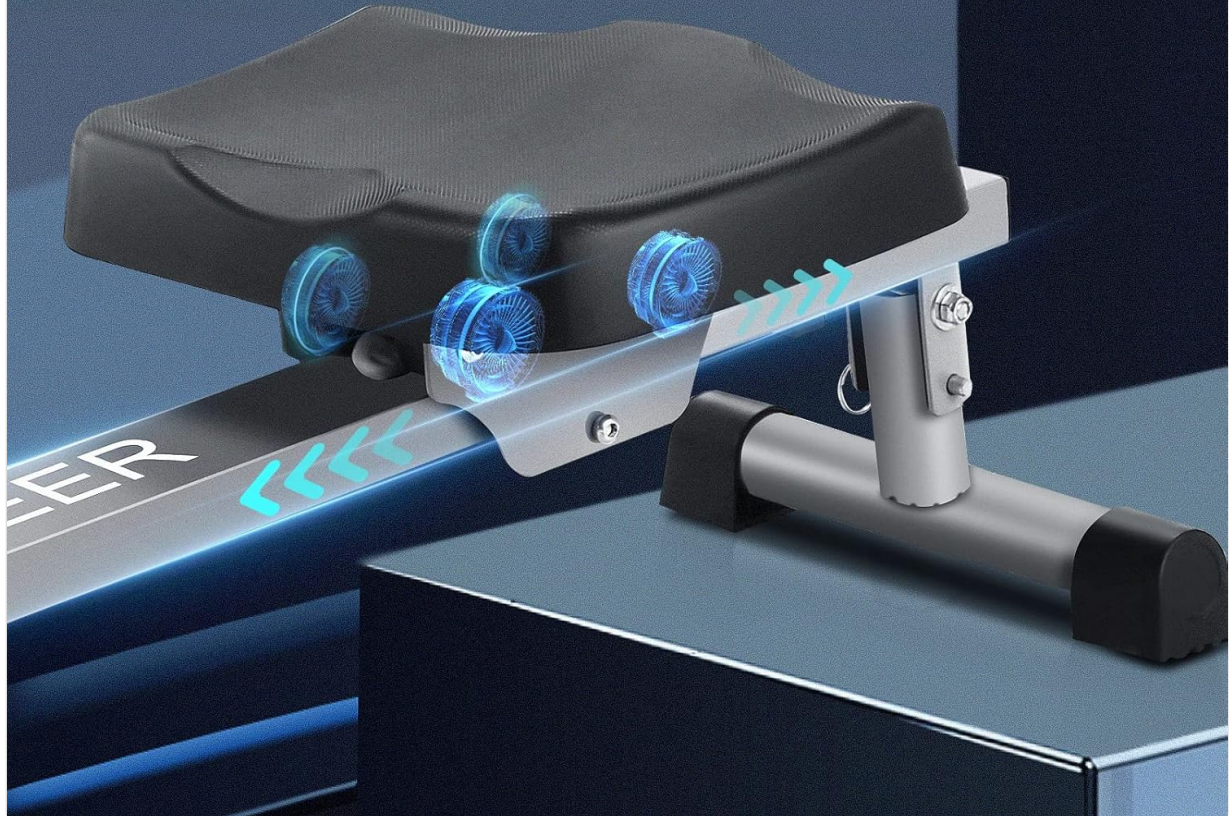


Figure 3.4: Diagram illustrating the 12 levels of hydraulic resistance on the ANCHEER Rowing Machine.



Figure 3.5: User demonstrating the 360-degree rotating armrest.

## 4. SETUP

The ANCHEER Hydraulic Rowing Machine is designed for quick and straightforward assembly. Many accessories are pre-assembled to simplify the process. Most users can complete installation within 20 minutes.

### 4.1 Unboxing and Part Identification

1. Carefully remove all components from the packaging.
2. Refer to the included parts list (not provided in this manual) to identify all components and hardware.
3. Ensure all parts are present and undamaged before proceeding.

### 4.2 Assembly Steps (General)

1. Attach the main frame components as instructed in the assembly diagram (not provided in this manual).
2. Secure all bolts and nuts firmly, but do not overtighten until all components are in place.
3. Install the seat, pedals, and armrests.
4. Connect the hydraulic cylinders to the armrests and main frame.
5. Install the LCD monitor and connect its sensor cable.
6. Once fully assembled, check all connections and ensure the machine is stable.

Video 4.1: Official ANCHEER video demonstrating the features and usage of the Hydraulic Rowing Machine, including resistance adjustment and rowing motion.

## 5. OPERATING INSTRUCTIONS

## 5.1 Adjusting Resistance

The rowing machine features 12 levels of hydraulic resistance. To adjust the resistance:

1. Locate the resistance adjustment knob on the hydraulic cylinder.
2. Rotate the knob clockwise to increase resistance (higher numbers for more intensity).
3. Rotate the knob counter-clockwise to decrease resistance (lower numbers for less intensity).
4. Adjust both hydraulic cylinders to the same resistance level for balanced training.



Figure 5.1: Adjusting the 12-level hydraulic resistance.

## 5.2 Using the LCD Monitor

The upgraded LCD monitor displays your workout progress. It is battery-powered.

- **Time:** Duration of your current workout.
- **Count:** Number of strokes performed during the current workout.
- **Calories:** Estimated calories burned.
- **Distance:** Estimated distance covered.
- **Scan:** Cycles through all metrics automatically.

Use the 'MODE' button to select a specific display metric or activate the 'SCAN' function. The 'RESET' button clears all workout data.



Figure 5.2: LCD Monitor display.

### 5.3 Proper Rowing Technique

To maximize effectiveness and prevent injury, follow these general rowing technique guidelines:

1. **The Catch:** Sit with knees bent, shins vertical, arms extended forward, and back straight. Grip the handles firmly.
2. **The Drive:** Push off with your legs, then lean back slightly from your hips, and finally pull the handles towards your abdomen. The 360-degree rotating arms allow for a natural, wide range of motion.
3. **The Finish:** Legs are extended, body leans back slightly, and handles are at your abdomen.
4. **The Recovery:** Extend your arms forward, then pivot forward from your hips, and finally bend your knees to slide the seat forward to the catch position.



Figure 5.3: User demonstrating proper rowing form.

## 6. MAINTENANCE

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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. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness. Tighten any loose fasteners.
- **Lubrication:** The hydraulic cylinders are sealed and generally do not require lubrication. If you notice any unusual friction or noise from moving parts, consult customer support.
- **Storage:** When not in use, the machine can be folded for compact storage. Ensure it is stored in a dry, cool place away from direct sunlight. Use the transportation wheels to move it easily.

# 12-LEVELS HYDRAULIC RESISTANCE



Figure 6.1: Folded ANCHEER Rowing Machine for storage.

## 7. TROUBLESHOOTING

If you encounter any issues with your ANCHEER Hydraulic Rowing Machine, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
LCD Monitor not displaying data.	Dead batteries; Loose sensor connection.	Replace batteries; Check and secure the sensor cable connection.
Resistance feels too easy or too hard.	Resistance knob not adjusted correctly.	Adjust the resistance knob on both hydraulic cylinders to your desired level. Ensure both are set equally.
Squeaking or grinding noise during use.	Loose bolts; Lack of lubrication on moving parts (rare for sealed hydraulics).	Check and tighten all visible bolts. If noise persists, contact customer support.

Problem	Possible Cause	Solution
Seat does not slide smoothly.	Debris on the rail; Damaged wheels.	Clean the seat rail thoroughly. Inspect seat wheels for damage.

If you encounter a problem not listed here or if the suggested solutions do not resolve the issue, please contact ANCHEER customer support for assistance.

## 8. SPECIFICATIONS

Feature	Specification
Brand	ANCHEER
Model Name	AMA005768
Resistance Mechanism	Hydraulic (12 Levels)
Color	Black
Frame Material	Stainless Steel, Alloy Steel
Product Dimensions (D x W x H)	30"D x 24"W x 15"H
Item Weight	31 Pounds
Maximum Weight Recommendation	250 Pounds
Display	LCD (Time, Count, Calories, Distance)
Power Source	Battery Powered (for LCD)
Special Feature	Foldable

## 9. WARRANTY AND SUPPORT

ANCHEER is committed to providing long-life service for our hydraulic rowing machines. Your item is covered with professional care 24/7. For any inquiries, concerns, or warranty claims, please contact us through the Message Center of your purchase platform.

Our dedicated support team is available to assist you with any questions regarding assembly, operation, maintenance, or troubleshooting to ensure your satisfaction and a worry-free experience.