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YOSUDA 01-Magnetic Rower

# YOSUDA Magnetic Rowing Machine User Manual

MODEL: 01-MAGNETIC ROWER

## Product Overview

The YOSUDA Magnetic Rowing Machine is designed to provide an effective and quiet full-body workout in the comfort of your home. Featuring a robust magnetic resistance system and a user-friendly design, it accommodates various fitness levels and body types.



*Image: A man demonstrating the YOSUDA Magnetic Rowing Machine in a home setting.*

## Setup

Assembly of your YOSUDA Magnetic Rowing Machine is designed to be quick and straightforward, typically taking around 25 minutes with only 6 main parts.



*Image: A woman assembling the YOSUDA Magnetic Rowing Machine on a mat.*

### Assembly Steps:

1. Unpack all components and verify against the parts list in the instruction guide.
2. Attach the main rail to the flywheel unit using the provided hardware.
3. Install the front and rear stabilizers, ensuring all bolts are securely tightened.
4. Attach the foot pedals and secure them.
5. Slide the seat onto the main rail.
6. Install the phone/tablet holder onto the main unit.
7. Insert the required 2 AAA batteries into the LCD monitor.

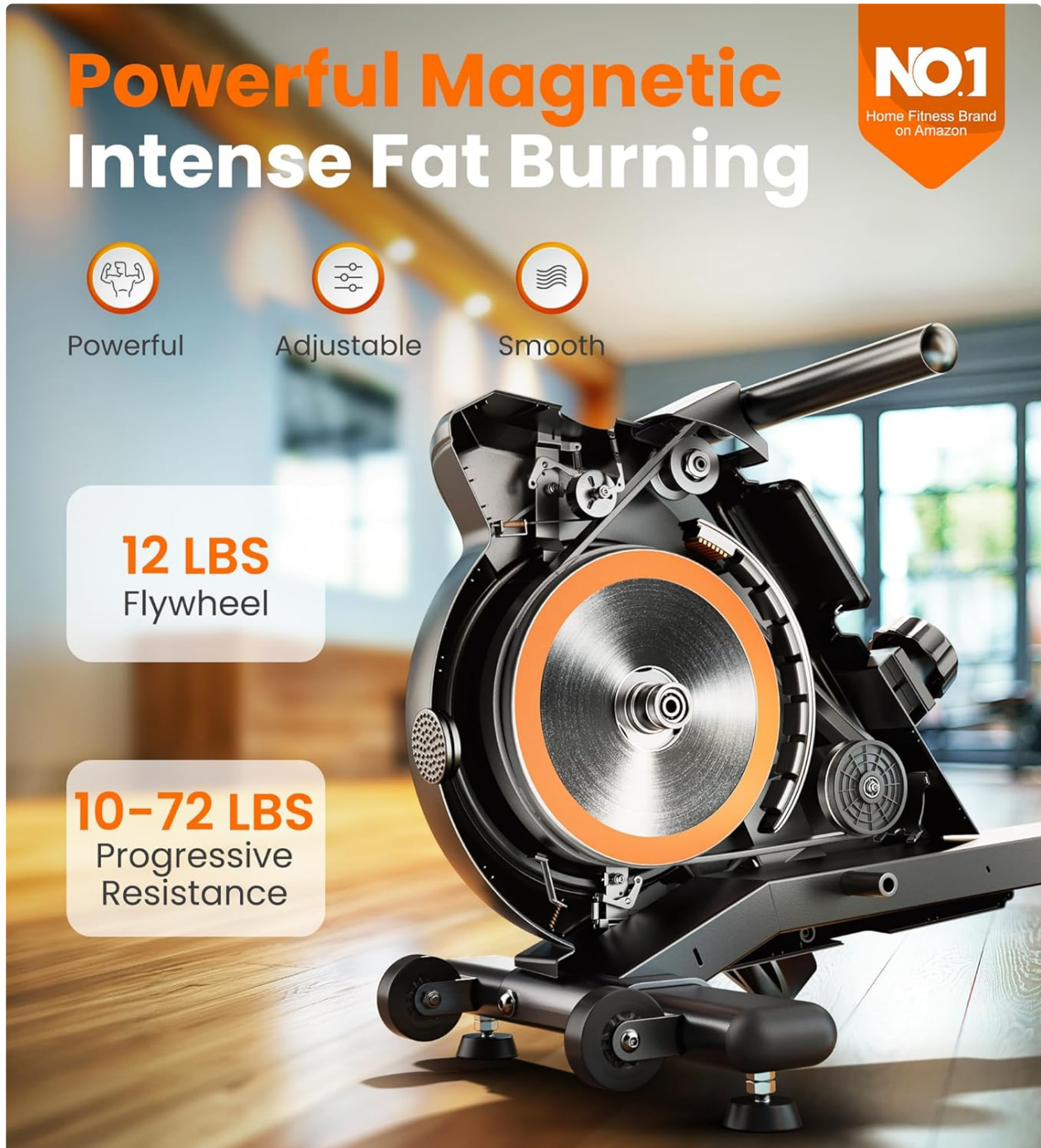
For detailed visual instructions, please refer to the installation video accessible via the QR code in your instruction guide.

## Operating

The YOSUDA Magnetic Rowing Machine offers a smooth and effective workout experience with adjustable resistance and a clear data display.

### Resistance System:

Equipped with a 12-lb flywheel and a high-quality magnetic control system, this rower provides 16 levels of resistance. This allows users of all stages, from beginners to advanced, to achieve an effective workout.



**Powerful Magnetic  
Intense Fat Burning**

**NO.1**  
Home Fitness Brand  
on Amazon

**Powerful**      **Adjustable**      **Smooth**

**12 LBS**  
Flywheel

**10-72 LBS**  
Progressive  
Resistance

*Image: Detailed view of the powerful magnetic flywheel and progressive resistance levels.*

# 16-Level Resistance for All

Fitness that perfectly matches the whole family



*Image: A family demonstrating the use of the YOSUDA Magnetic Rowing Machine, highlighting its 16 resistance levels suitable for all.*

## **Dual Silent System:**

The non-contact magnetic resistance system ensures a virtually silent rowing experience. High-density steel components further reduce noise, allowing for quiet workouts anytime without disturbing others.

# Dual Silent System

| Enjoy the quiet time of evening exercise



Silent  
Flywheel



Silent  
Timing Belt



*Image: A man using the YOSUDA Magnetic Rowing Machine in a quiet room, emphasizing its dual silent system.*

## Data Display:

The 3.45-inch LCD monitor clearly displays your rowing data, including time, distance, calories burned, and stroke count. A phone or tablet holder is integrated, allowing you to enjoy videos or music during your workout.

# 6-Types of Data Display



Image: A close-up of the LCD monitor showing different workout data points like time, distance, calories, and count.

## 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. Avoid abrasive cleaners.
- **Rail & Seat:** Periodically clean the main rail and the underside of the seat with a soft cloth to ensure smooth gliding.
- **Connections:** Regularly check all bolts and connections to ensure they are tight and secure. Tighten any loose parts as needed.
- **Storage:** Store the machine in a dry, clean environment away from direct sunlight and extreme temperatures.

## Storage & Movement

The YOSUDA Magnetic Rowing Machine is designed for convenient storage and easy movement within your home.



*Image: The YOSUDA Magnetic Rowing Machine stored upright, demonstrating its compact footprint.*

### Space-Saving Design:

With a small footprint, the YOSUDA magnetic rowing machine can be stowed upright, saving up to 70% of storage space. This makes it ideal for homes with limited room.

### Easy Transportation:

Two large transportation wheels are integrated into the design, making it easy to tilt and roll your rowing machine to a desired storage location or workout area when you finish your session.

## Specifications

Feature	Detail
Brand	YOSUDA
Model Name	Rowing Machine
Special Feature	LCD Monitor and Tablet Holder
Color	black
Resistance Mechanism	Magnetic
Product Dimensions (folded)	37"D x 20.3"W x 8.07"H
Maximum Weight Recommendation	350 Pounds
Metrics Measured	Distance, Time, Calories Burned, Stroke Count
Frame Material	Alloy Steel
Tension Level	16
Material	Alloy Steel, Nylon
Power Source	Battery Powered (2 AAA batteries required)

## Troubleshooting

- **Display Not Working:** Check battery installation (2 AAA batteries). Ensure all cable connections to the monitor are secure.
- **Unusual Noise During Operation:** Inspect the main rail for any debris or obstructions. Check all assembly bolts and connections for tightness and tighten if necessary.
- **Resistance Issues:** Verify that the tension control knob is set to your desired level (1-16). Ensure the magnetic resistance system is free from any physical obstructions.

## Warranty & Support

YOSUDA is committed to providing top-quality exercise machines and excellent customer service.

For further assistance, warranty claims, or any questions regarding your rowing machine, please contact YOSUDA customer support. All inquiries will receive a response within 24 hours.

You can also download the full user manual in PDF format for more detailed information:

[Download User Manual \(PDF\)](#)