



Manuals.plus /

› Tvbugim /

› Tvbugim Rowing Machine Model 01 User Manual

Tvbugim 01

Tvbugim Rowing Machine Model 01 User Manual

Foldable Home Rowing Machine with 120 kg Capacity

1. IMPORTANT SAFETY INFORMATION

Please read this entire manual before assembling or operating your Tvbugim Rowing Machine. Keep this manual for future reference.

- Consult a physician before starting any exercise program.
- Ensure all parts are securely fastened before each use.
- Do not exceed the maximum weight capacity of 120 kg (264 lbs).
- Keep children and pets away from the machine during operation.
- Use the machine on a flat, stable surface.
- Wear appropriate exercise attire and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

2. PRODUCT OVERVIEW

The Tvbugim Rowing Machine Model 01 is designed for effective full-body workouts in a home environment. Its compact and foldable design allows for easy storage.



Image: A man demonstrating proper rowing technique on the Tvdujim Rowing Machine.

Key Features:

- **Adjustable Resistance:** Three resistance levels to suit various fitness needs.
- **Full-Body Workout:** Engages multiple muscle groups including back, chest, arms, abdomen, and legs.
- **Compact & Foldable:** Easy to store with integrated transport wheels.
- **LCD Monitor:** Tracks time, count, distance, and calories.
- **Quiet Operation:** Designed for smooth and silent use.

3. ASSEMBLY INSTRUCTIONS

The Tvdujim Rowing Machine is designed for quick and straightforward assembly, typically completed within 5 minutes. A detailed user manual is included in the packaging for step-by-step guidance.

Included Components:

- Main Frame Assembly
- Seat
- Foot Pedals
- Handlebar
- Resistance Bands (pre-attached)
- LCD Monitor
- Hardware Kit (bolts, nuts, washers)
- Tools (wrench, Allen key)

- User Manual

Follow the diagrams and instructions in the included user manual to connect the main frame components, attach the seat, foot pedals, and handlebar. Ensure all bolts are tightened securely before first use.

4. OPERATING INSTRUCTIONS

Proper Rowing Technique:

Correct form is essential for an effective and safe workout. The rowing stroke consists of four phases: the catch, the drive, the finish, and the recovery.

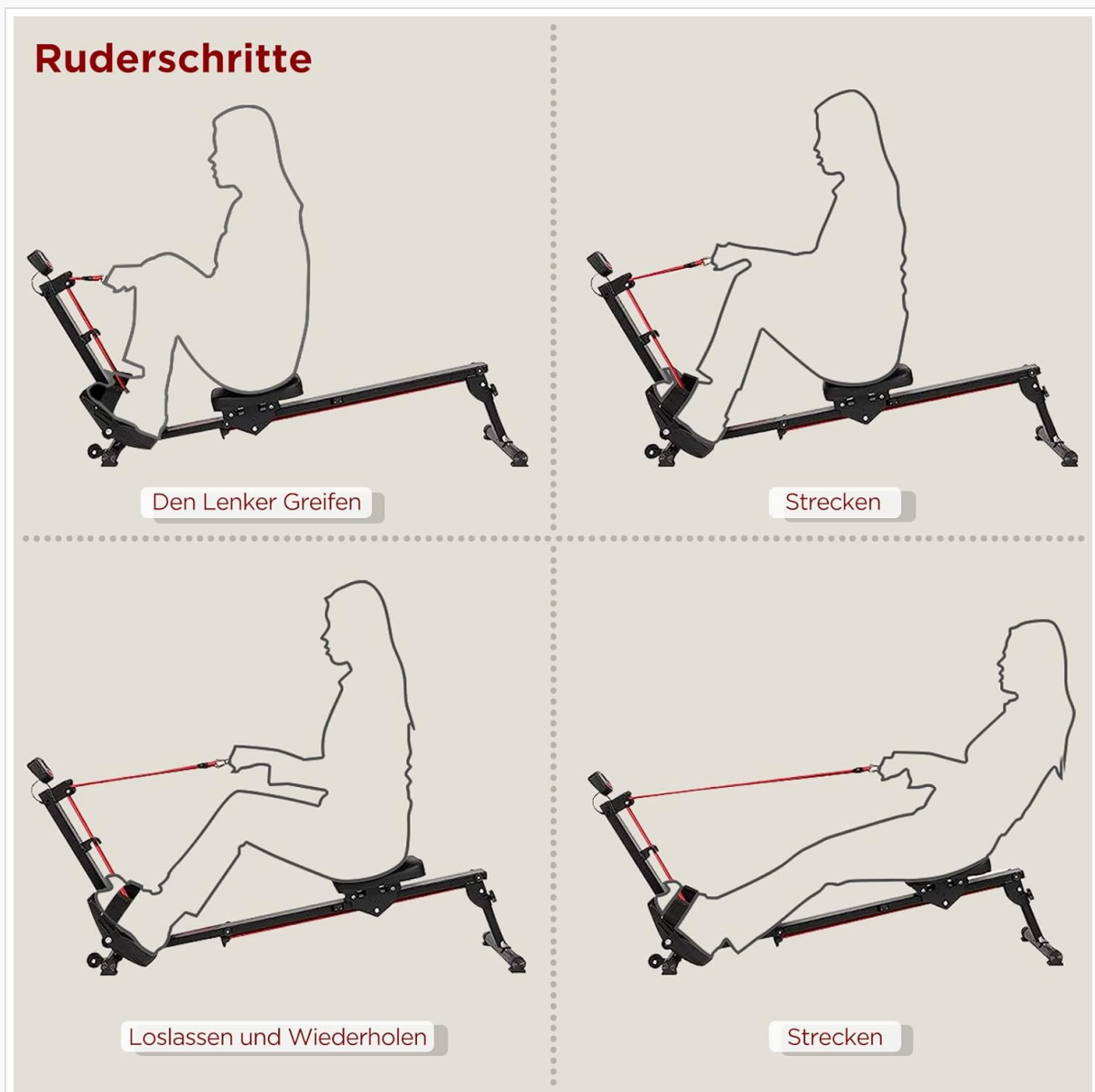


Image: A diagram illustrating the four phases of a proper rowing stroke: Catch, Drive, Finish, and Recovery.

1. **Catch:** Sit with knees bent, shins vertical, arms extended forward, and hands gripping the handlebar.
2. **Drive:** Push off with your legs, then lean back slightly from the hips, and finally pull the handlebar towards your abdomen.
3. **Finish:** Legs are extended, body is leaned back slightly, and the handlebar is at your abdomen.
4. **Recovery:** Extend your arms forward, then lean forward from the hips, and finally bend your knees to return to the catch position.

Maintain a smooth, controlled motion throughout the entire stroke. Avoid jerky movements.

Entraînement complet du corps



Image: A woman exercising on the rowing machine, with overlaid diagrams indicating the muscle groups targeted during a full-body workout.

5. RESISTANCE ADJUSTMENT

The Tvdujim Rowing Machine features three adjustable resistance levels to customize your workout intensity. The resistance is controlled by adjusting the tension of the elastic bands.



Image: A close-up view of the foot pedals and the red elastic resistance bands on the rowing machine.

To adjust the resistance, locate the resistance adjustment mechanism, typically near the front of the machine where the elastic bands attach. Follow the instructions in your detailed user manual to select one of the three available resistance settings. Higher settings provide greater resistance for a more challenging workout.

6. LCD MONITOR USAGE

The integrated LCD monitor tracks your workout progress in real-time. It displays key metrics to help you monitor your performance.

Multifunktions LCD



Zählen



Zeit



Kalorien



Wiederholungen
/Min



Scan



Modell



Zurücksetzen



Image: A close-up of the LCD monitor, showing various workout metrics such as count, time, calories, and repetitions per minute.

Monitor Functions:

- **TIME:** Displays the duration of your current workout.
- **COUNT:** Shows the total number of strokes performed.
- **DISTANCE:** Estimates the distance covered during your workout.
- **CALORIES:** Estimates the calories burned during your workout.
- **SCAN:** Cycles through all metrics automatically.
- **RESET:** Press and hold to clear all current workout data.

Refer to the specific instructions in your user manual for detailed operation of the LCD monitor, including battery replacement.

7. FOLDING AND STORAGE

The Tvdugim Rowing Machine is designed to be easily folded for convenient storage, making it suitable for homes with

limited space.



Image: A person demonstrating the folding mechanism of the rowing machine and highlighting the transport wheels for easy relocation.

Folding Procedure:

1. Ensure the machine is on a flat surface.
2. Locate the folding pin or mechanism (refer to your user manual for exact location).
3. Release the locking mechanism and carefully fold the main rail upwards until it locks into the vertical position.
4. Confirm the machine is securely locked in the folded position before moving.

Moving and Storage:

Once folded, tilt the machine onto its integrated transport wheels. You can then easily roll it to a storage location, such as a closet or against a wall.



Image: The Tvdujim Rowing Machine folded and stored vertically inside a closet, demonstrating its compact storage capability.

8. 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.
- **Check Connections:** Periodically inspect all bolts, nuts, and moving parts to ensure they are secure. Tighten any loose fasteners.
- **Lubrication:** The sliding rail may require occasional lubrication with a silicone-based lubricant to maintain smooth operation. Refer to your user manual for specific recommendations.
- **Resistance Bands:** Inspect resistance bands for any signs of wear, fraying, or damage. Replace if necessary.

9. TROUBLESHOOTING

If you encounter any issues with your Tvdujim Rowing Machine, refer to the following common troubleshooting steps:

Problem	Possible Cause	Solution
LCD Monitor not displaying	Dead batteries; Loose connection	Replace batteries; Check monitor cable connection.
Squeaking or grinding noise	Loose bolts; Dry sliding rail	Tighten all bolts; Lubricate the sliding rail.
Resistance feels inconsistent	Worn resistance bands; Incorrect adjustment	Inspect and replace resistance bands if damaged; Ensure resistance is set correctly.
Seat does not slide smoothly	Dust/debris on rail; Dry rail	Clean the sliding rail; Apply lubricant to the rail.

If problems persist, please contact customer support.

10. SPECIFICATIONS

Detailed specifications for the Tvdujim Rowing Machine Model 01:



Image: A diagram illustrating the key dimensions of the Tvdujim Rowing Machine, including length, width, and height.

- **Model:** 01
- **Color:** Red
- **Frame Material:** Metal
- **Resistance Mechanism:** Elastic Band (3 levels)
- **Display Type:** LCD
- **Monitor Functions:** Time, Count, Distance, Calories
- **Power Source:** Manual (for rowing), Battery (for LCD monitor)
- **Maximum Weight Capacity:** 120 kg (264 lbs)
- **Product Dimensions (L x W x H):** 118 x 30 x 20 cm (46.5 x 11.8 x 7.9 inches)
- **Item Weight:** 12.5 kg (27.5 lbs)
- **Special Feature:** Compact, Foldable

11. WARRANTY AND SUPPORT

Tvdugim offers a **12-month component exchange service** for this rowing machine. This warranty covers manufacturing defects and component failures under normal use.

For any questions, concerns, or to claim warranty service, please contact Tvdugim customer support through your Amazon account:

1. Log in to your Amazon account.
2. Navigate to 'Your Orders'.
3. Find your order for the Tvdugim Rowing Machine.
4. Click on the seller's name (Tvdugim).
5. Select 'Ask a Question' to contact support.

Please have your order number and product details ready when contacting support to ensure a prompt resolution.