

## PASYOU PR70

# PASYOU PR70 Air Rowing Machine User Manual

Model: PR70

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## 1. INTRODUCTION

This manual provides essential information for the safe and effective use of your PASYOU PR70 Air Rowing Machine. Please read this manual thoroughly before assembly or operation to ensure proper function and to prevent injury. The PR70 is designed for both home and commercial-grade use, offering a comprehensive full-body workout.



Image: The PASYOU PR70 Air Rowing Machine, showcasing its design and integrated monitor.

## 2. SAFETY INFORMATION

Before beginning any exercise program, consult with your physician. It is crucial to understand and follow all safety precautions to minimize the risk of injury.

- Always place the rowing machine on a stable, level surface.
- Ensure adequate clear space around the machine (at least 2 feet on all sides).
- Inspect the machine for loose or damaged parts before each use. Do not use if any components are compromised.
- Keep children and pets away from the machine during operation.
- Wear appropriate athletic footwear and clothing.
- Do not exceed the maximum user weight capacity of 350 lbs (158.8 kg).
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

## 3. COMPONENTS LIST

The PASYOU PR70 Air Rowing Machine typically includes the following main components. Refer to your packaging for a complete and detailed list of all parts and hardware.

- Main Frame (front and rear sections)
- Seat and Seat Rollers
- Footrests with adjustable straps
- Handlebar with chain/rope
- Air Resistance Flywheel Unit
- Monitor with adjustable device holder
- Front Stabilizer with transport wheels
- Assembly Hardware (bolts, washers, nuts)
- Tools for assembly (Allen wrenches)



Image: Overview of key features including load capacity, stability, resistance levels, and app support.

## 4. SETUP AND ASSEMBLY

The PASYOU PR70 is designed for straightforward assembly. It arrives partially pre-assembled. Follow the detailed instructions provided in your product's dedicated assembly manual for precise steps. General assembly involves:

1. Unpacking all components and verifying against the parts list.
2. Attaching the front stabilizer to the main frame.
3. Connecting the two main frame sections (if separated for shipping).
4. Mounting the monitor and device holder.
5. Ensuring all bolts are securely tightened.

The machine can be easily disassembled into two pieces for storage. To do so, gently lift the strap to remove the slide rail. Exercise caution to avoid catching your hands during this process.

## EASY TO STORE



Image: The rowing machine shown in both assembled and folded/stored configurations, highlighting its compact storage capabilities.

## 5. OPERATING INSTRUCTIONS

### 5.1. Adjusting Resistance

The PR70 features 10 levels of adjustable air resistance. Locate the resistance adjustment mechanism near the flywheel. Turn the dial or lever to increase or decrease the airflow, thereby changing the resistance level. Higher numbers indicate greater resistance.



Image: Diagram illustrating the 1-10 levels of air resistance and the internal flywheel mechanism.

## 5.2. Using the Monitor

The integrated smart display tracks various workout metrics. Insert the required batteries (2 x D batteries) into the monitor. The monitor features a backlight function for clear visibility and an adjustable device holder for phones or tablets.

Metrics tracked include: Time, Time/500m, Strokes, Total Strokes, Distance, Calories, RPM, and Pulse (if connected to a compatible heart rate monitor).

# INSTANT TRAINING DATE TRACKING

Smart Display with Bluetooth & Backlight



Image: Close-up of the smart display showing various training data points like time, calories, strokes per minute, and watts.

## 5.3. Proper Rowing Technique

Effective rowing involves a sequence of movements: the catch, the drive, the finish, and the recovery. Focus on smooth, controlled movements rather than jerky motions.

- **The Catch:** Knees bent, shins vertical, arms extended forward, back straight, shoulders relaxed.
- **The Drive:** Push off with your legs, then swing your back, and finally pull with your arms.
- **The Finish:** Legs extended, back slightly reclined, handle pulled to your abdomen.
- **The Recovery:** Extend arms, pivot forward from hips, then bend knees to slide forward.

# 90% Muscles Exercise High-Efficiency Full Body Workout



Arm muscles



Hip muscles



Back muscles



Leg muscles



Abdominal muscles



Chest muscles



Image: A user demonstrating proper rowing form, highlighting the engagement of arm, hip, back, leg, abdominal, and chest muscles.

## 6. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your rowing machine.

- **Cleaning:** Wipe down the rail, seat, and handle with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Rail Cleaning:** Periodically clean the monorail with a non-abrasive cleaner to ensure smooth seat movement.
- **Chain/Rope Lubrication:** Apply a small amount of lubricant (e.g., light machine oil) to the chain/rope every few months or as needed, especially if you notice any stiffness or noise.
- **Bolt Check:** Regularly check all bolts and fasteners to ensure they are tight. Re-tighten if necessary.
- **Storage:** When not in use, store the machine in a clean, dry environment. The PR70 can be separated into two pieces for more compact vertical storage.

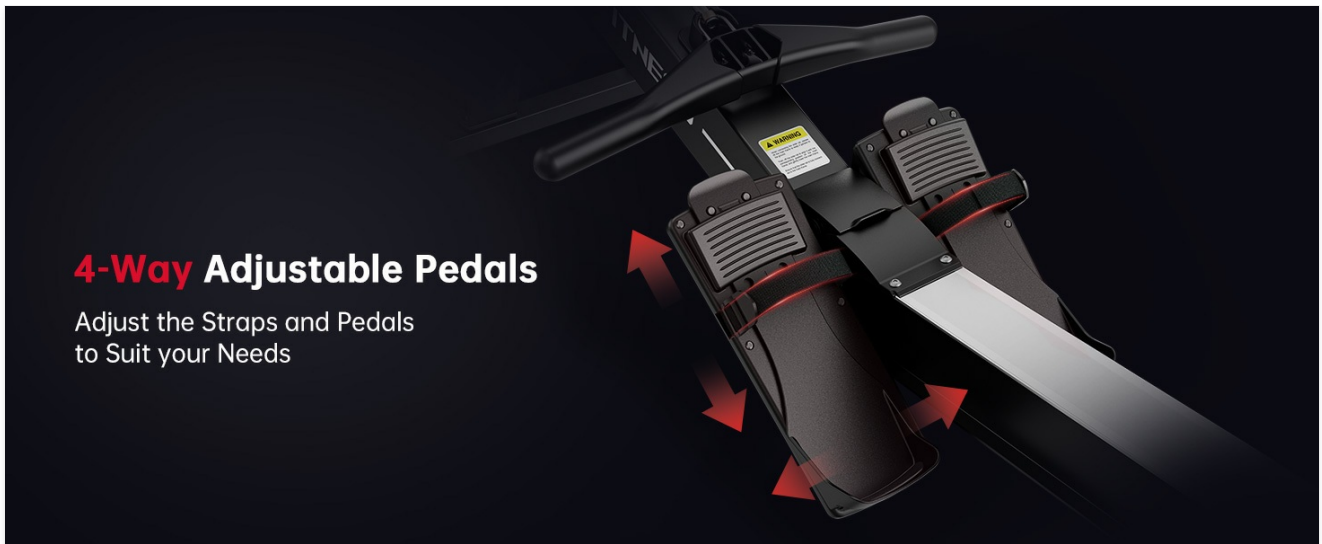


Image: Close-up views of the smooth and quiet rail, and the ergonomic comfortable seat, highlighting design for user experience and durability.

## 7. TROUBLESHOOTING

If you encounter issues with your PASYOU PR70, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Monitor not displaying data	Low or dead batteries; Loose connection	Replace batteries; Check cable connections to the monitor.
Seat not sliding smoothly	Dirt/debris on rail; Worn rollers	Clean the monorail thoroughly; Contact support if rollers appear worn.
Unusual noise during operation	Loose bolts; Dry chain/rope; Obstruction	Check and tighten all bolts; Lubricate the chain/rope; Inspect for any foreign objects.
Resistance feels inconsistent	Air vent obstruction; Resistance mechanism issue	Ensure air vents on flywheel are clear; Contact support if issue persists.

If the problem persists after attempting these solutions, please contact PASYOU customer support.

## 8. SPECIFICATIONS

Feature	Specification
Model Name	PR70
Resistance Mechanism	Air
Resistance Levels	10
Maximum Weight Recommendation	350 lbs (158.8 kg)
Product Dimensions (L x W x H)	96" x 20" x 44.88" (244cm x 51cm x 114cm)

Feature	Specification
Folded Size (approx.)	44.88"H x 20"W (114cm H x 51cm W) when stored vertically
Frame Material	Alloy Steel (2.5mm thick pipe)
Item Weight	26 Kilograms
Monitor Display Type	LCD with Backlight
Special Features	Adjustable Monitor Holder, Silent Operation, Built-In Transport Wheels, Foldable Design

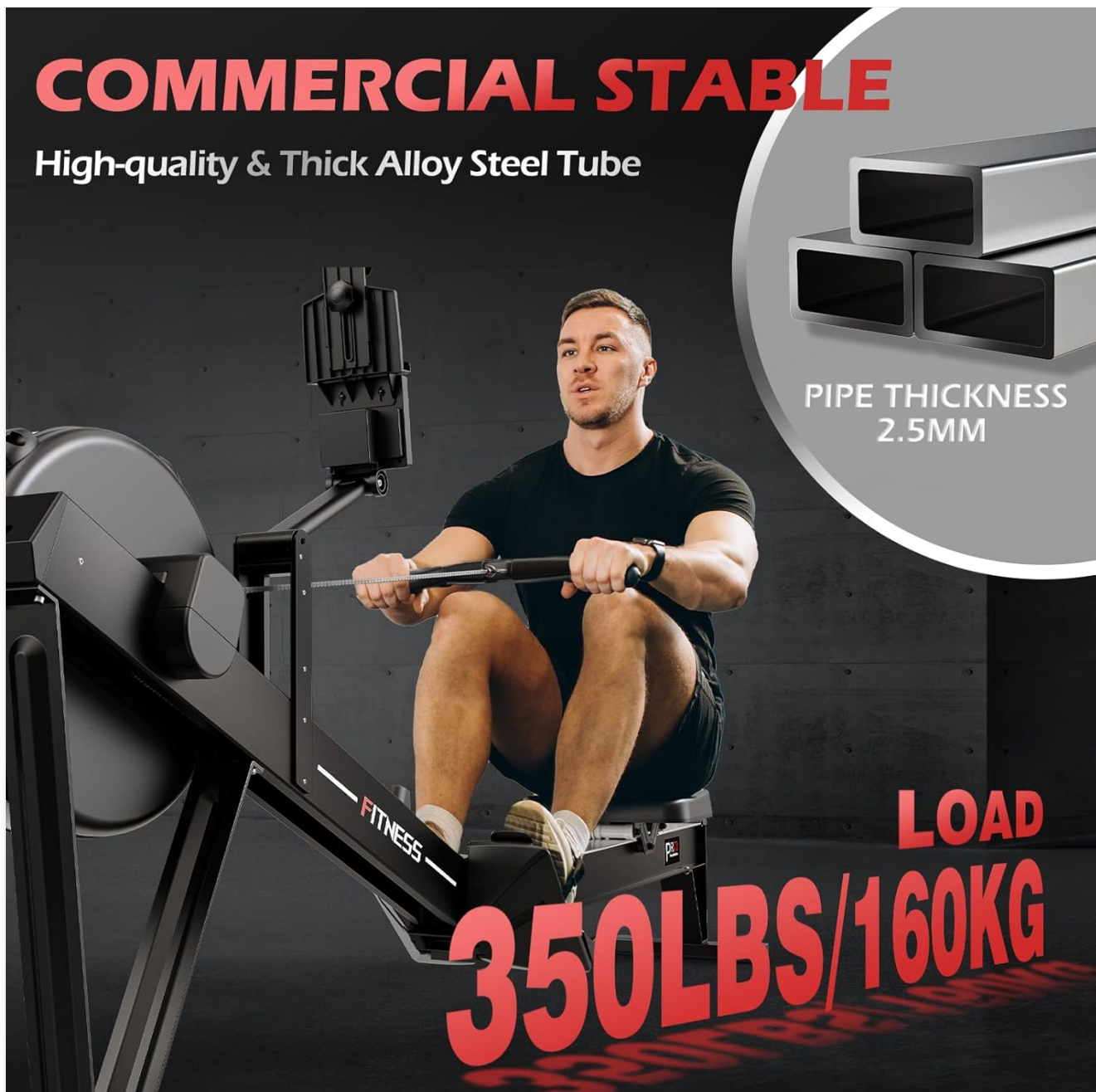


Image: Illustration of the machine's robust construction, highlighting the 2.5mm thick alloy steel pipe and 350 lbs load capacity.

## 9. WARRANTY AND SUPPORT

Your PASYOU PR70 Air Rowing Machine comes with a manufacturer's warranty. Please refer to the warranty card included with your product for specific terms and conditions, including coverage duration and what is covered.

For technical assistance, parts replacement, or any inquiries not covered in this manual, please contact PASYOU customer support. Contact information can typically be found on the product packaging, the official PASYOU website, or through your point of purchase.

PASYOU is committed to providing satisfying solutions and round-the-clock customer support.