

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

manuals.plus /

- › [Neezee](#) /
- › [Neezee Water Rowing Machine Z3 Pro User Manual](#)

Neezee Z3 Pro

Neezee Water Rowing Machine Z3 Pro User Manual

Comprehensive Guide for Assembly, Operation, and Maintenance

1. INTRODUCTION

Thank you for choosing the Neezee Water Rowing Machine Z3 Pro. This high-quality fitness equipment is designed to provide a realistic and effective full-body workout experience in the comfort of your home. The natural water resistance system mimics the feel of rowing on water, offering a smooth and engaging exercise session.

This manual contains important information regarding the safe assembly, operation, and maintenance of your rowing machine. Please read it thoroughly before using the equipment and keep it for future reference.



Figure 1: Neezee Water Rowing Machine Z3 Pro with tablet holder and LCD display.

2. IMPORTANT SAFETY INSTRUCTIONS

To reduce the risk of serious injury, read all instructions before using the Neezee Water Rowing Machine Z3 Pro. Always consult with a physician before starting any exercise program.

- **User Weight Limit:** Do not exceed the maximum user weight of 150 kg (330 lbs).
- **Assembly:** Ensure all parts are correctly assembled and tightened before use.
- **Placement:** Place the rowing machine on a flat, stable surface with adequate clearance around it.
- **Children and Pets:** Keep children and pets away from the equipment during operation.
- **Clothing:** Wear appropriate exercise clothing and athletic shoes. Avoid loose clothing that could get caught in moving parts.

- **Health:** Stop exercising immediately if you feel faint, dizzy, or experience pain.
- **Maintenance:** Regularly inspect the machine for wear and tear. Do not use if damaged.

3. PACKAGE CONTENTS

Verify that all components are present and undamaged before beginning assembly. If any parts are missing or damaged, contact Neezee customer support.

- Main Rowing Machine Frame (partially pre-assembled)
- Seat
- Footrests with adjustable straps
- Handlebar
- Water Tank (pre-installed)
- LCD Monitor
- Tablet Holder
- Assembly Hardware (bolts, washers, nuts)
- Assembly Tools (hex keys, wrench)
- Water Pump and Purifying Tablets
- User Manual

4. ASSEMBLY INSTRUCTIONS

The Neezee Z3 Pro rowing machine comes 80% pre-assembled, allowing for quick setup, typically within 10 minutes by one person. Follow these steps for complete 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 stabilizer feet to the main frame using the provided bolts and tools. Ensure they are tightly fastened for stability.
3. **Install Seat:** Slide the seat onto the rail, ensuring it moves smoothly.
4. **Connect Handlebar:** Attach the handlebar to the resistance mechanism, ensuring all connections are secure.
5. **Mount LCD Monitor and Tablet Holder:** Secure the LCD monitor and tablet holder to their designated positions on the front frame. Connect any necessary cables.
6. **Fill Water Tank:** Use the provided pump to fill the water tank with clean tap water. Do not overfill. Add one purifying tablet to the water.
7. **Final Check:** Inspect all bolts and connections to ensure they are secure. Test the seat movement and handlebar pull for smooth operation.

PLATZSPAREND

Vertikale Aufbewahrung für eine geringere Stellfläche;
Transporträder für den einfachen Transport der Instrumente



EINFACHES HANDLING DANK
TRANSPORTROLLEN

INTELLIGENTE LINKS

Bewegung ist nicht langweilig



Unterstützung von Kinomap-Links



Figure 2: The Neezee Z3 Pro can be stored vertically to save space, demonstrating its transport wheels for easy movement.

5. OPERATING INSTRUCTIONS

5.1 Getting Started

- Sit on the seat and place your feet securely in the footrests, adjusting the straps for a snug fit.
- Grasp the handlebar with both hands, palms down.

5.2 Rowing Technique

A proper rowing stroke involves three phases: the catch, the drive, and the finish, followed by the recovery.

1. **Catch:** Knees bent, shins vertical, arms extended forward, back straight, shoulders relaxed.
2. **Drive:** Push off with your legs, then swing your back, and finally pull with your arms towards your abdomen.
3. **Finish:** Legs extended, back slightly reclined, handlebar at your abdomen, elbows past your body.
4. **Recovery:** Extend arms, pivot forward from hips, then bend knees to slide forward to the catch position.

GANZKÖRPERTRAINING

TRAINING

von **85%**
DER MUSKELN DES
GESAMTEN KÖRPERS



Armmuskeln



Brustmuskeln



Bauchmuskeln



Rückenmuskulatur



Gesäßmuskeln



Beinmuskeln

Jeder Schlag trainiert alle Muskelgruppen des Körpers, ohne die Knie- und Fußgelenke zu schädigen.
Baut effektiv Muskeltonus, Koordination und explosive Kraft auf.

Figure 3: Proper rowing technique engages over 85% of muscle groups, including arms, chest, core, back, glutes, and legs.

5.3 Resistance Adjustment

The Neezee Z3 Pro features a dual resistance system:

- **Water Resistance (6 Levels):** The primary resistance comes from the water tank. The resistance level naturally increases with the intensity and speed of your stroke. The water level in the tank can also be adjusted to fine-tune the base resistance.

- **Mechanical Resistance (32 Levels):** Use the dial on the front of the machine to adjust the mechanical resistance. This allows for precise control over your workout intensity, complementing the natural water resistance.

DOPPELTE WIDERSTANDS-KOMBINATION

Mikro-Spannungseinstellung zur Anpassung an unterschiedliche Fitnesslevel



6 Stufen

Wasserbeständigkeit



32 Stufen

Mechanische
Widerstandsfähigkeit



Figure 4: Dual resistance combination with 6 water resistance levels and 32 mechanical resistance levels.

5.4 LCD Monitor Functions

The integrated LCD monitor displays key workout data to help you track your progress:

- **Time:** Duration of your workout.
- **Strokes Per Minute (SPM):** Your current rowing pace.
- **Total Strokes:** Cumulative number of strokes.
- **Distance:** Estimated distance rowed.
- **Calories:** Estimated calories burned.
- **500m Split Time:** Time to complete 500 meters at current pace.
- **Resistance Level:** Current mechanical resistance setting.

The monitor offers 3 modes for tracking your workout. Refer to the monitor's specific instructions for detailed navigation.

5.5 Kinomap App Connectivity

The Neezee Z3 Pro supports wireless Bluetooth connection to the Kinomap application. This app provides interactive workout videos and routes from around the world, enhancing your training experience. An additional paid subscription to Kinomap may be required.

6. MAINTENANCE

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

- **Cleaning:** Wipe down the frame and seat with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Water Treatment:** Add a purifying tablet to the water tank every few months (approximately 3-6 months, depending on usage) to prevent algae growth. Do not use chlorine or other harsh chemicals.
- **Screw Tightening:** Periodically check and tighten all bolts and screws, especially those connecting the frame and stabilizers.
- **Seat Rollers:** Clean the seat rollers and rails regularly to ensure smooth movement. Remove any debris or flaking material.
- **Storage:** When not in use, the rowing machine can be stored vertically to save space. Ensure it is stable in the upright position.

NATÜRLICHES PADDELERLEBNIS

Vermittelt ein reales Rudererlebnis mit beruhigenden Wassergeräuschen



PRÄZISIONSWSSERTANKS IN LUFTFAHRTQUALITÄT

TANKS AUS POLYCARBONAT WERDEN PRÄZISE
GEFORMT, UM WASSERDICHT ZU SEIN, UND SIND
STOß- UND KORROSIONSBESTÄNDIG



Figure 5: Precision water tanks made from aviation-grade polycarbonate are designed for durability and resistance to impact, wear, and corrosion.

7. TROUBLESHOOTING

If you encounter any issues with your Neezee Water Rowing Machine Z3 Pro, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
No display on LCD monitor	Batteries are dead or incorrectly installed.	Replace batteries or ensure they are inserted correctly.
Resistance feels inconsistent or too low/high	Water level incorrect, mechanical resistance setting, or air in the water tank.	Check water level and add/remove water as needed. Adjust mechanical resistance dial. Consult manual for de-aeration process if applicable.
Squeaking or grinding noise during operation	Loose bolts, dirty seat rollers/rails, or worn components.	Tighten all bolts. Clean seat rollers and rails. If noise persists, contact customer support.
Seat does not slide smoothly	Debris on rails or worn rollers.	Clean the rails and rollers thoroughly. Inspect rollers for damage.
Bluetooth connection issues with Kinomap	Bluetooth not enabled, app not updated, or interference.	Ensure Bluetooth is active on your device and the rowing machine. Update Kinomap app. Try reconnecting.

For issues not listed here, please contact Neezee customer support.

8. SPECIFICATIONS

Detailed technical specifications for the Neezee Water Rowing Machine Z3 Pro:

- **Model:** Z3 Pro
- **Resistance Mechanism:** Water and Mechanical (Dual Resistance)
- **Water Resistance Levels:** 6
- **Mechanical Resistance Levels:** 32
- **Frame Material:** Aluminum
- **Maximum User Weight:** 150 kg (330 lbs)
- **Product Dimensions (L x W x H):** 182 cm x 45 cm x 87 cm (71.7 in x 17.7 in x 34.3 in)
- **Product Weight:** 30 kg (66 lbs)
- **Display Type:** LCD
- **Display Metrics:** Time, Distance, Calories Burned, Strokes Per Minute, 500m Split Time, Resistance Level
- **Special Features:** Adjustable Foot Straps, Adjustable Resistance, Non-slip Seat, Integrated Accessory Tray (Tablet Holder), Transport Wheels, Bluetooth Connectivity (Kinomap compatible)

PRODUKTGRÖßE

150  KG

MAX TRAGFÄHIGKEIT



Figure 6: Product dimensions and maximum load capacity of 150 kg.

9. WARRANTY AND CUSTOMER SUPPORT

Neezee is committed to providing high-quality products and excellent customer service. Your Neezee Water Rowing Machine Z3 Pro comes with comprehensive support to ensure your satisfaction.

- **Warranty:** The product includes a 2-year free spare parts warranty.
- **Customer Service:** Neezee offers lifetime customer support. Inquiries are typically answered within 24 hours.
- **Contact:** For any questions, concerns, or warranty claims, please refer to the contact information provided on the Neezee official website or your purchase documentation.

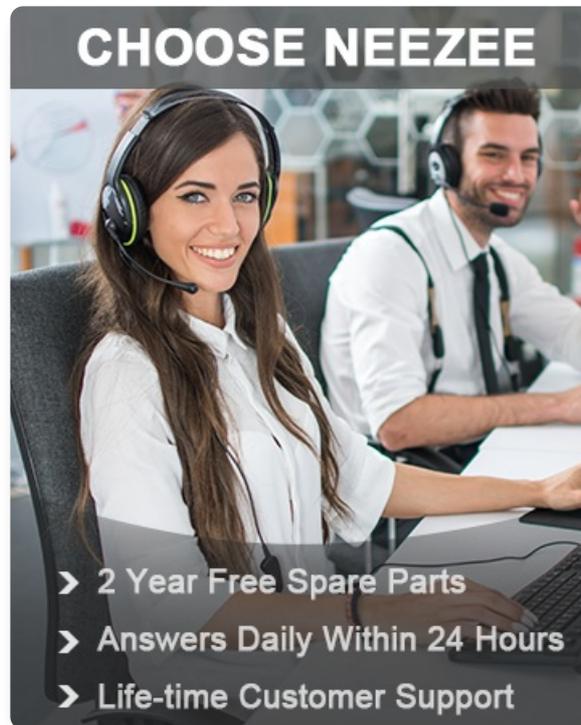


Figure 7: Neezee customer support is available for assistance.

© 2023 Neezee. All rights reserved.

Related Documents - Z3 Pro

	<p>First Degree Fitness Neon Pro Plus User Guide</p> <p>Comprehensive user guide for the First Degree Fitness Neon Pro Plus rower, detailing assembly, operation, maintenance, troubleshooting, and warranty for this commercial-grade fitness equipment with adjustable fluid resistance.</p>
	<p>First Degree Fitness Apollo Pro XL / Viking Pro XL Rower User Guide</p> <p>Comprehensive user guide for the First Degree Fitness Apollo Pro XL and Viking Pro XL rowers, covering assembly, operation, maintenance, and troubleshooting. Features patented Adjustable Fluid Resistance Technology.</p>
	<p>Stamina DT PRO Rower Owner's Manual</p> <p>This manual provides instructions for the assembly, operation, and maintenance of the Stamina DT PRO Rower. It includes safety warnings, computer instructions, conditioning guidelines, and warranty information.</p>

	<p>JLL Ventus Pro Air Rower Instruction Manual</p> <p>This manual provides comprehensive instructions for the JLL Ventus Pro Air Rower, covering essential safety guidelines, step-by-step assembly, detailed operation procedures, and maintenance tips to ensure optimal performance and longevity of your fitness equipment.</p>
	<p>First Degree Fitness Apollo Pro XL / Viking Pro XL User Guide Assembly, Operation & Maintenance</p> <p>Comprehensive user guide for the First Degree Fitness Apollo Pro XL and Viking Pro XL rowing machines. Includes assembly instructions, operation details, maintenance tips, troubleshooting, and warranty information.</p>
	<p>Bodycraft VR500 Pro Rower Owner's Manual: Features, Operation, and Maintenance</p> <p>Comprehensive owner's manual for the Bodycraft VR500 Pro Rower, detailing setup, operation, programs, maintenance, and warranty information. Learn how to use your rowing machine effectively and safely.</p>