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› [ECHANFIT](#) /

› [ECHANFIT Magnetic/Water Rowing Machine User Manual](#)

## ECHANFIT ECHANFIT R49 PLUS

# ECHANFIT Magnetic/Water Rowing Machine User Manual

Model: ECHANFIT R49 PLUS

## 1. INTRODUCTION

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Thank you for choosing the ECHANFIT Magnetic/Water 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 optimal performance and user safety. This rowing machine combines 6 levels of water resistance with 32 levels of mechanical resistance, offering a comprehensive full-body workout experience.



Image: The ECHANFIT Magnetic/Water Rowing Machine, showcasing its sleek design and integrated tablet holder.

## 2. SAFETY INFORMATION

Before beginning any exercise program, consult with your physician. It is crucial to follow all safety instructions to prevent injury and ensure the longevity of your equipment.

- Always place the rowing machine on a flat, stable surface.
- Ensure adequate clear space around the machine (at least 2 feet) during use.
- Keep children and pets away from the machine during operation.
- Inspect the machine for loose parts or damage before each use. Do not use if damaged.
- Wear appropriate athletic footwear and clothing.
- Do not overexert yourself. Stop exercising immediately if you feel faint, dizzy, or experience pain.
- The maximum user weight capacity for this machine is 400 lbs.
- The machine is designed for home use only.

## 3. PRODUCT OVERVIEW

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### 3.1 Key Components

- **Water Tank:** Transparent tank for water resistance, with precision bearings and an anti-leak valve.
- **Resistance Knob:** Smart electromagnetic knob for adjusting 32 levels of mechanical resistance.
- **Digital Monitor:** Tracks workout progress (SPEED, TIME, DISTANCE, CALORIES, STROKES, 500M/minutes).
- **Foot Pedals:** Adjustable to accommodate different user sizes.
- **Seat:** Ergonomically designed for comfort during workouts.
- **Slide Rail:** Aluminum alloy rails for smooth and quiet operation.
- **Handlebar:** Connected to the resistance system for rowing motion.
- **iPad Holder:** Conveniently holds your device for entertainment or app use.
- **Transport Wheels:** Located at the front for easy relocation and storage.

### 3.2 Digital Monitor Functions

The integrated digital monitor provides real-time feedback on your workout. The SCAN mode cycles through all data points automatically.

# DIGITAL CENTRAL CONTROL KNOB

Track your workout status in real-time

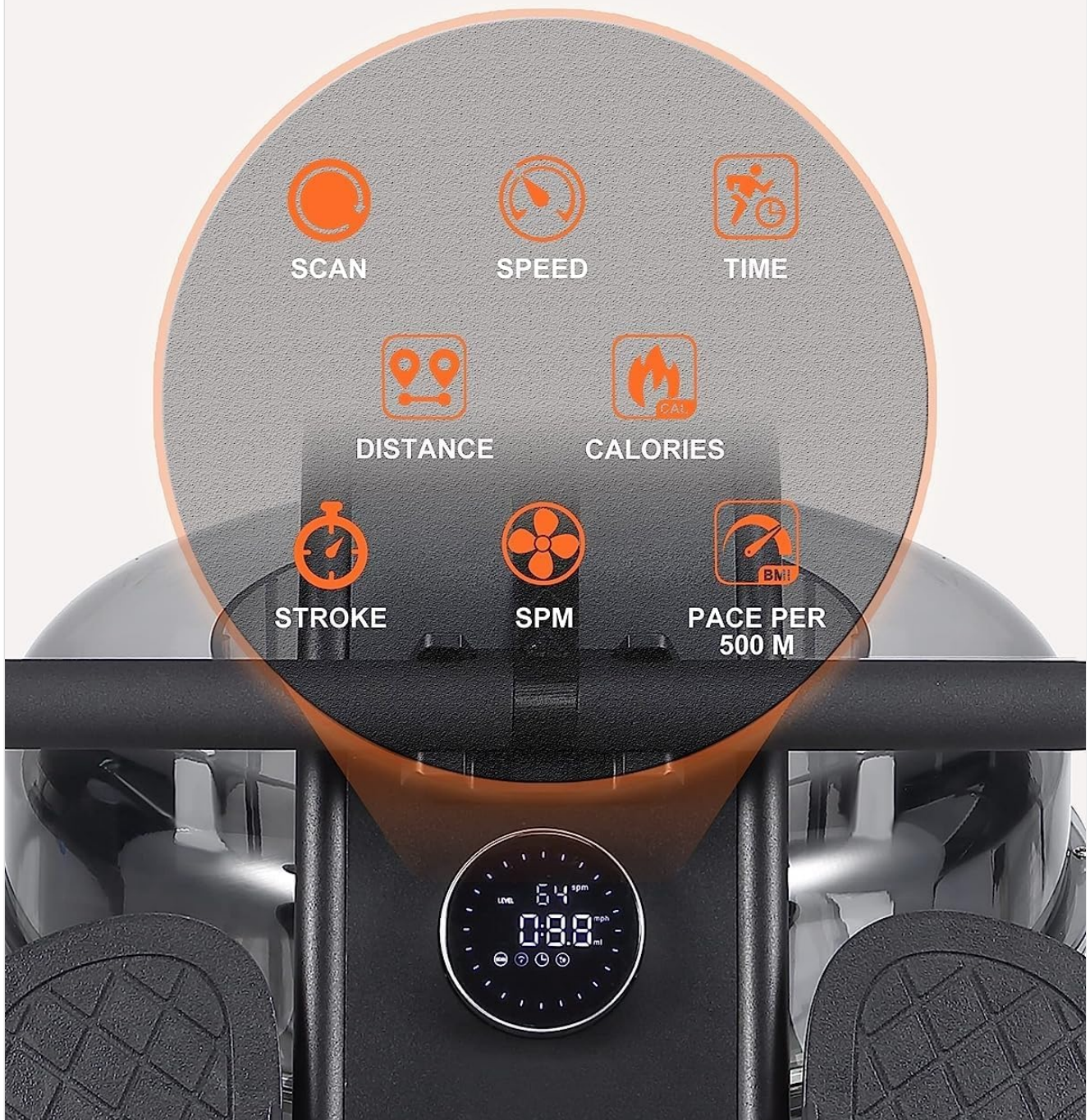


Image: Close-up of the digital central control knob and monitor, displaying various workout metrics.

- **SPEED:** Current rowing speed.
- **TIME:** Duration of your workout.
- **DISTANCE:** Distance covered during the session.
- **CALORIES:** Estimated calories burned.
- **STROKES:** Total number of strokes.
- **500M/minutes:** Time taken to row 500 meters.

## 4. SETUP

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### 4.1 Assembly

The ECHANFIT Rowing Machine is designed for convenient assembly, typically taking most users within 40 minutes. Refer to the included user instruction manual for detailed step-by-step assembly instructions and diagrams. Ensure all mounting fittings are securely tightened before use.

### 4.2 Filling the Water Tank

The water tank provides the primary resistance. Use clean tap water to fill the tank. The water level can be adjusted to modify water resistance. The machine comes with water salts to prevent algae growth and keep the water clean. Use the provided pump to add or remove water as needed.

# WATER ROWING SENSATION

Immerse realistic water rowing experience



Image: Close-up of the water tank, illustrating the water resistance mechanism and the realistic water rowing sensation.

## 5. OPERATING INSTRUCTIONS

### 5.1 Adjusting Resistance

Your ECHANFIT rower offers a dual resistance system:

- **Water Resistance:** Adjust by adding or removing water from the tank. Higher water levels provide more resistance. There are 6 indicated levels for water resistance.
- **Mechanical Resistance:** Use the smart resistance knob to select from 32 levels of magnetic resistance. Turning the

knob automatically synchronizes the resistance level in real-time.

# INFINITE RESISTANCE LEVELS

Micro tension adjustment to match different fitness level



**6 Levels**  
of Water Resistance



**32 Levels**  
of Mechanical Resistance

Image: Diagram showing the 6 levels of water resistance and 32 levels of mechanical resistance, highlighting the smart resistance knob.

## 5.2 Bluetooth Connectivity and FITLOG App

Enhance your workout experience by connecting your device to the rower via Bluetooth. Download the FITLOG app to track performance, access coaching courses, and personalize your fitness journey.

1. Download the "FITLOG" app from your device's app store.
2. Enable Bluetooth on your device.
3. Open the FITLOG app and follow the on-screen instructions to pair with your ECHANFIT rower.

4. Place your tablet or smartphone on the integrated iPad holder for easy viewing during your workout.

## FITLOG APP SUPPORT

More fun and more challenging

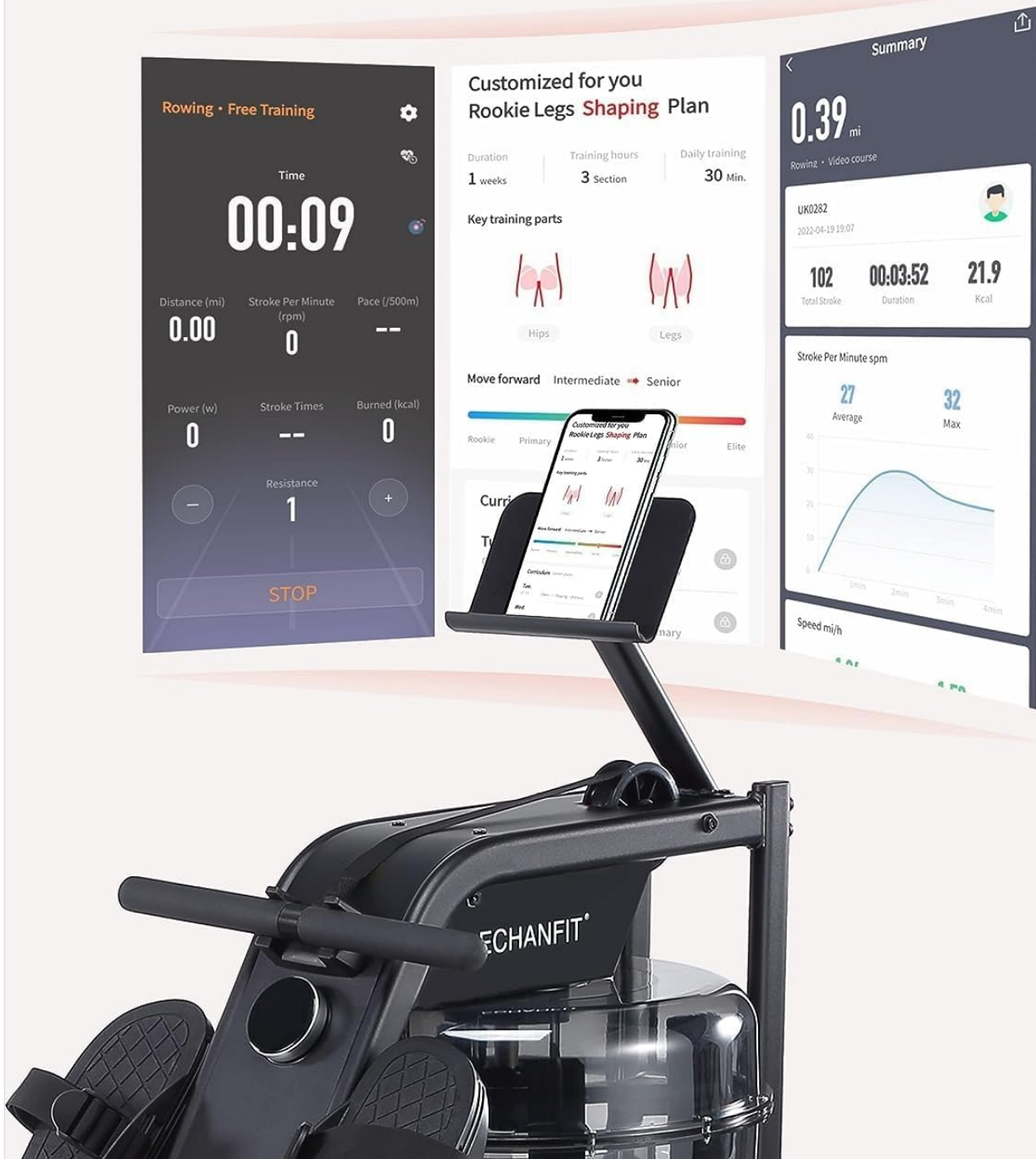


Image: Screenshot of the FITLOG app interface on a tablet, demonstrating workout tracking and customized plans.

### 5.3 Proper Rowing Form

To maximize effectiveness and prevent injury, maintain proper rowing form:

- **The Catch:** Knees bent, shins vertical, arms extended forward, back straight, core engaged.
- **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, then pivot from hips, then bend knees to return to the catch position.

Rowing targets up to 92% of your muscle groups, including arms, chest, shoulders, back, abdomen, glutes, thigh, and calves, providing a comprehensive full-body workout.

## 92% BODY MUSCLES ACTIVATION

More effective home gym workout

- ✓ Arms
- ✓ Chest
- ✓ Shoulders
- ✓ Back
- ✓ Abdomen
- ✓ Glutes
- ✓ Thigh
- ✓ Calves



Image: Graphic illustrating the various muscle groups activated during a rowing workout, emphasizing the full-body benefits.

## 6. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your ECHANFIT Rowing Machine.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Water Treatment:** Use the provided water treatment tablets every 6-12 months, or as needed, to prevent algae and bacterial growth in the water tank.
- **Water Replacement:** If the water becomes discolored or cloudy, drain and refill the tank with fresh tap water and a new treatment tablet. Use the provided pump for draining.
- **Rail Cleaning:** Periodically clean the aluminum alloy slide rails with a soft cloth to ensure smooth seat movement.
- **Inspections:** Regularly check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Storage:** When not in use, the rowing machine can be stored upright to save space. Utilize the front-mounted transport wheels for easy movement.

# EASY TO MOVE FOR STORAGE

Move to anywhere with front-mounted wheels



Image: A person demonstrating how to tilt and move the rowing machine using its transport wheels for convenient storage.

## 7. TROUBLESHOOTING

This section addresses common issues you might encounter with your ECHANFIT Rowing Machine.

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Digital monitor not displaying data.	Loose cable connection, dead batteries, sensor issue.	Check all cable connections to the monitor. Replace batteries if applicable. Ensure the resistance knob is properly engaged.
Resistance feels too low/high.	Incorrect water level, mechanical resistance setting.	Adjust water level in the tank. Rotate the smart resistance knob to increase or decrease mechanical resistance.
Squeaking or grinding noise.	Loose bolts, dirty slide rails, worn bearings.	Check and tighten all assembly bolts. Clean the slide rails. If noise persists, contact customer support.
Seat not sliding smoothly.	Dirty slide rails, debris on rails.	Clean the aluminum alloy slide rails thoroughly with a soft, damp cloth.
Bluetooth connection issues.	Bluetooth off, app not updated, interference.	Ensure Bluetooth is enabled on your device. Restart the FITLOG app and the rower. Try pairing again.

## 8. SPECIFICATIONS

Feature	Detail
Brand	ECHANFIT
Model Name	ECHANFIT R49 PLUS
Resistance Mechanism	Water (6 levels) & Magnetic (32 levels)
Maximum Weight Recommendation	400 Pounds
Product Dimensions (LxWxH)	72.24"D x 35.24"W x 17.32"H (approx. 72 x 17 x 35 inches)
Item Weight	30.8 Kilograms
Frame Material	Steel and Aluminum
Inseam Length	42 inches (accommodates users up to 6'6")
Display Type	LCD Digital Monitor
Metrics Measured	Speed, Calories Burned, Time, Stroke Count, Distance, 500M/minutes
Special Features	Adjustable Resistance, Digital Monitor, Anti-Slip, Foldable (upright storage), Easy Assembly, Bluetooth Connectivity, iPad Holder

# DIMENSIONS



Image: Detailed diagram illustrating the overall dimensions of the ECHANFIT Rowing Machine.

## 9. WARRANTY AND SUPPORT

ECHANFIT is committed to providing high-quality products and excellent customer service.

- **Warranty:** Your ECHANFIT Rowing Machine comes with a 12-month replacement parts guarantee.
- **Return Policy:** We offer a hassle-free one-month return policy.
- **Customer Support:** For any inquiries, technical assistance, or warranty claims, please contact ECHANFIT customer service. We aim for 24-hour responses to all inquiries.

- **Contact Information:** Please refer to the contact details provided on the ECHANFIT official website or your purchase documentation.

For more information and support, visit the official ECHANFIT Store: [ECHANFIT Store on Amazon](#)