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› UTRYUP R10 Water Rowing Machine User Manual

UTRYUP UT-R10

UTRYUP R10 Water Rowing Machine User Manual

Model: UT-R10

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1. INTRODUCTION

Thank you for choosing the UTRYUP R10 Water Rowing Machine. This manual provides essential information for the safe and effective use, assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before initial use and retain it for future reference.

The UTRYUP R10 is designed to provide an authentic water rowing experience, simulating the natural feel of rowing on water. Its robust construction and intelligent features aim to support your fitness journey from the comfort of your home.

2. IMPORTANT SAFETY INFORMATION

Before using the UTRYUP R10, please observe the following safety precautions:

- Consult with a physician before starting any exercise program.
- Ensure all parts are securely assembled and tightened before each use.
- Place the rowing machine on a flat, stable surface with adequate clearance around it.
- Keep children and pets away from the machine during operation.
- Do not exceed the maximum weight capacity of 265 pounds (120 kg).
- Wear appropriate athletic footwear and clothing.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Do not attempt to modify the machine.

3. ASSEMBLY INSTRUCTIONS

The UTRYUP R10 Water Rowing Machine is designed for easy assembly, with approximately 90% of the unit pre-

assembled. Please follow these steps carefully.

3.1. Unpacking and Component Check

Carefully remove all components from the packaging. Verify that all parts listed below are present and undamaged. Refer to the "What's in the Box" image for visual confirmation.

What's in the Box

Please check that each part and accessory is complete before assembling



User Manual
x 1



AAA Alkaline Battery
X2



Electric Water Pump
X1



Water Pump Charging Cable
X1



Water Purifying Tablets
X1



Parts Kit
X1

Figure 3.1: Contents of the UTRYUP R10 Water Rowing Machine package. Includes the main rowing machine unit, user manual, AAA alkaline batteries (x2), electric water pump, water pump charging cable, water purifying tablets, and a parts kit with tools.

- Water Rowing Machine (main unit) x 1
- User Manual x 1
- AAA Alkaline Battery x 2
- Electric Water Pump x 1
- Water Pump Charging Cable x 1
- Water Purifying Tablets x 1
- Parts Kit (with necessary tools) x 1

3.2. Main Frame Assembly

Connect the main rail to the front water tank section. Ensure all bolts are securely fastened using the provided tools.

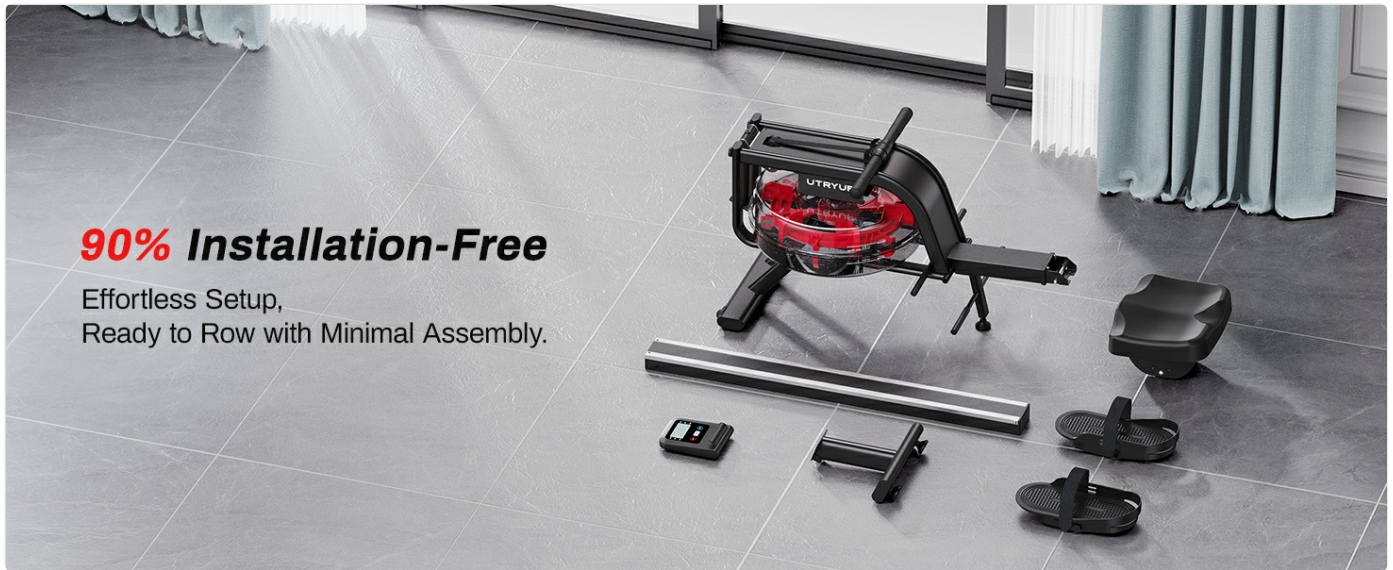


Figure 3.2: The UTRYUP R10 rowing machine components laid out, demonstrating its 90% pre-assembled state for quick setup.

3.3. Water Tank Filling

Fill the water tank using the provided electric water pump. The tank has a 15L capacity. Do not overfill. The electric pump ensures a spill-free and convenient process.



Figure 3.3: Instructions for filling the water tank using the electric pump, ensuring no spills and easy operation.

After filling, add one water purifying tablet to the tank. This helps prevent algae growth and maintains water quality.



Figure 3.4: Water purification tablets are used to maintain water quality and prevent odors in the tank.

4. OPERATING INSTRUCTIONS

4.1. Getting Started

Ensure the rowing machine is placed on a stable, level surface. Adjust the foot straps to secure your feet firmly to the pedals. Grip the handle with both hands, palms down.



Figure 4.1: Proper form for using the UTRYUP R10 Water Rowing Machine.

4.2. Rowing Technique

The rowing stroke consists of three phases: the catch, the drive, and the finish, followed by the recovery. Focus on a smooth, continuous motion.

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

Authentic Rowing Experience

12 Blades for Maximum Water Feel, Experience the
Passion of Real Rowing



Figure 4.2: The 12-blade design within the water tank provides an authentic rowing experience.

4.3. Using the Monitor and App Connectivity

The integrated LCD monitor tracks key workout metrics such as calories burned, time, speed, and distance. Insert 2 AAA batteries (included) into the monitor. The monitor also features an adjustable tablet holder.

Visualize Your Efforts

Real-Time Fitness Monitoring with LCD Display
– See Your Progress Instantly



Figure 4.3: The LCD monitor provides real-time feedback on your workout progress.

Connect your tablet or smartphone via Bluetooth to compatible fitness applications for immersive training experiences and instructional videos. The tablet is not included.

Revolutionize Your Workout with APP

Immersive Gaming and Exciting Training Guidance Videos
– Make sports more interesting

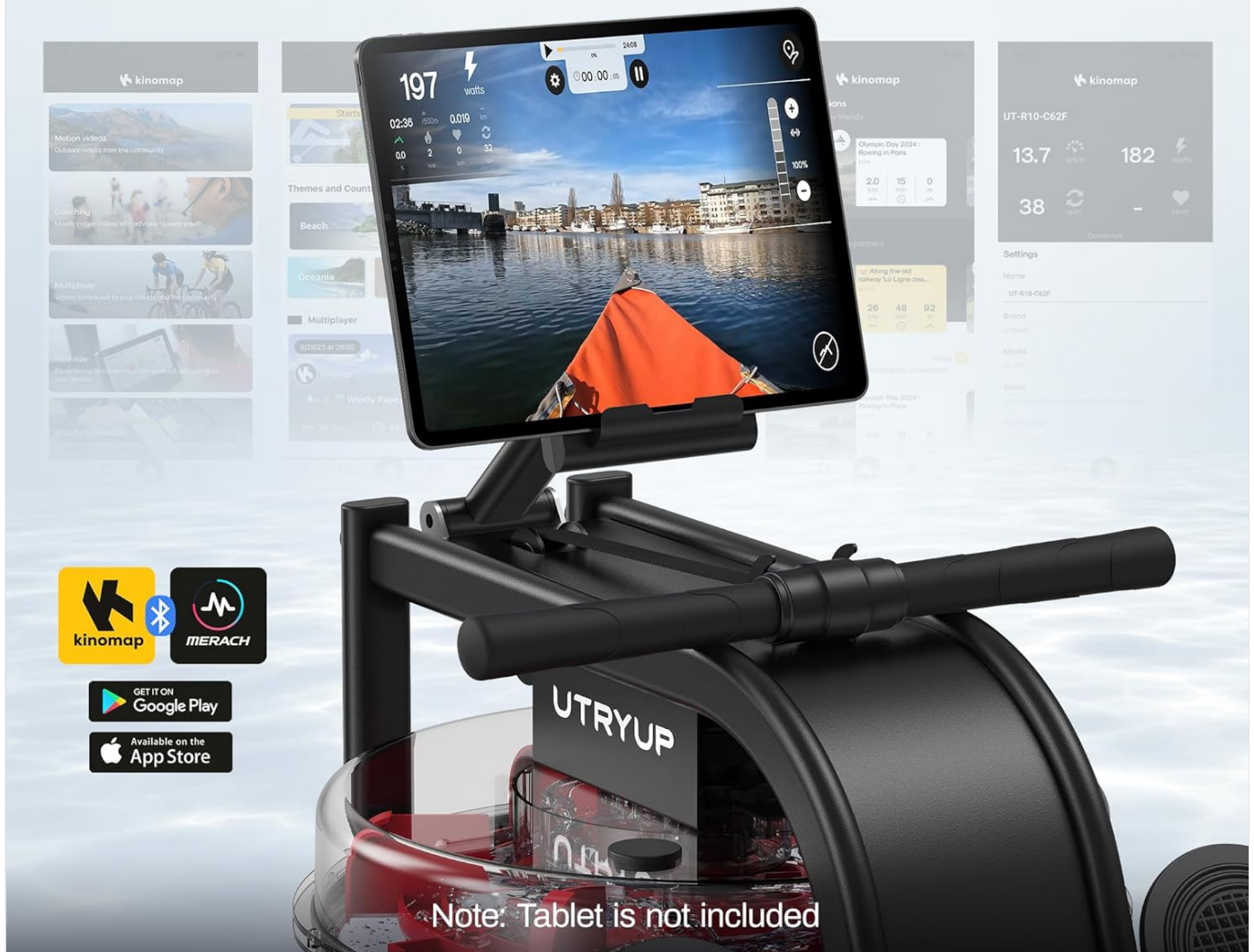


Figure 4.4: Connect your device via Bluetooth to enhance your workout with apps.

5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your UTRYUP R10 Water Rowing Machine.

5.1. Cleaning

- Wipe down the frame and seat with a damp cloth after each use to remove sweat and dust.
- Do not use abrasive cleaners or solvents, as they may damage the finish.

5.2. Water Tank Care

- Add a water purifying tablet every six months to prevent algae growth and maintain water clarity.
- If the water becomes discolored or cloudy, drain the tank and refill with fresh water and a new purifying tablet.

5.3. Rail and Wheel Inspection

- Periodically inspect the aluminum alloy slide rails and silent wheel components for any debris or wear.
- Clean the rails to ensure smooth and quiet seat movement.

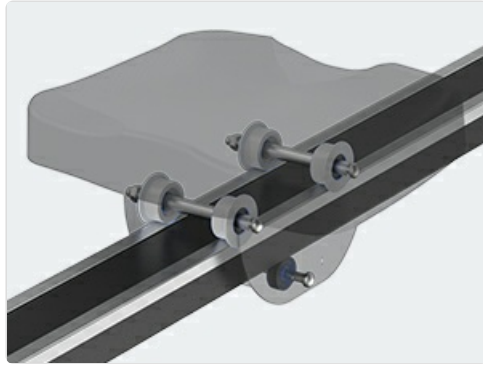


Figure 5.1: Smooth-gliding wheels ensure quiet operation.

5.4. Storage

The UTRYUP R10 can be stored vertically to save space. Ensure the machine is stable when stored upright. The leak-proof design prevents water spillage.

Revolutionize Your Space with Vertical Storage!

Easy Mobility, Leak-Proof Design
– Compact and Convenient

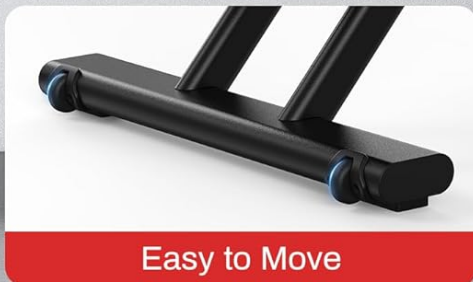
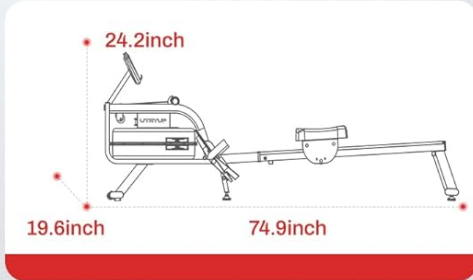


Figure 5.2: Vertical storage capability of the UTRYUP R10.

6. TROUBLESHOOTING

This section addresses common issues you might encounter with your UTRYUP R10 Water Rowing Machine.

Problem	Possible Cause	Solution
Monitor not displaying data.	Batteries are dead or incorrectly installed. Loose connection.	Replace AAA batteries. Check all cable connections to the monitor.
Resistance feels too low or inconsistent.	Insufficient water in the tank. Air bubble in the tank.	Add more water using the electric pump (up to 15L). Gently rock the machine to dislodge air bubbles.
Squeaking or grinding noise during operation.	Debris on the slide rails. Loose bolts.	Clean the slide rails. Check and tighten all assembly bolts.
Water leakage from the tank.	Tank cap not sealed properly. Damage to the tank.	Ensure the tank cap is securely tightened. If damage is suspected, contact customer support.

If you encounter an issue not listed here, or if the problem persists after attempting the suggested solutions, please contact UTRYUP customer support.

7. PRODUCT SPECIFICATIONS

Feature	Detail
Brand	UTRYUP
Model Name	UT-R10
Resistance Mechanism	Water
Water Tank Capacity	15 Liters
Frame Material	Alloy Steel
Product Dimensions (LxWxH)	74.8" x 19.56" x 24.17"
Item Weight	51.8 Pounds (23.5 kg)
Maximum Weight Recommendation	265 Pounds (120 kg)
Metrics Measured	Calories Burned, Distance, Time, Speed, Reps
Display Type	LCD
Power Source (Monitor)	2 AAA batteries
Special Features	12-blade impeller, Bluetooth connectivity, App supported, Foldable for vertical storage, Electric water pump included.



Figure 7.1: Product dimensions of the UTRYUP R10 Water Rowing Machine.

8. WARRANTY AND CUSTOMER SUPPORT

UTRYUP provides a one-year manufacturer's warranty on all products. This warranty covers defects in materials and workmanship under normal use.

For warranty claims, technical assistance, or any questions regarding your UTRYUP R10 Water Rowing Machine, please contact our dedicated customer service team. Please have your model number (UT-R10) and purchase information ready when contacting support.

Contact Information: Refer to the contact details provided in your purchase documentation or visit the official UTRYUP website for the most current support information.

We are committed to providing the best user experience for our customers.