

GenSDH Wind Resistance Magnetic Control Rowing Machine

GenSDH Wind Resistance Magnetic Control Rowing Machine User Manual

Model: Wind Resistance Magnetic Control Rowing Machine

1. INTRODUCTION

Thank you for choosing the GenSDH Wind Resistance Magnetic Control 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 use and retain it for future reference.

This rowing machine is designed to provide an effective full-body workout, combining the benefits of wind resistance and magnetic control for a smooth and engaging exercise experience.

2. IMPORTANT SAFETY INSTRUCTIONS

WARNING: Before starting any exercise program, consult your physician. This is especially important for individuals over the age of 35 or those with pre-existing health conditions.

- Always place the rowing machine on a flat, stable surface.
- Ensure adequate space around the machine for safe operation.
- Keep children and pets away from the equipment during use.
- Inspect the machine for loose parts or damage before each use. Do not use if damaged.
- Wear appropriate exercise attire and footwear.
- Do not overexert yourself. Stop exercising immediately if you feel faint, dizzy, or experience pain.
- The maximum user weight capacity for this machine is 100 KGS (approximately 220 lbs).

3. PRODUCT OVERVIEW

The GenSDH Rowing Machine features a dual-drive system combining wind resistance and magnetic control for a realistic rowing experience. It includes an ergonomic design for comfort and an LCD display to track your workout progress.



Figure 3.1: A user demonstrating the proper form on the GenSDH Wind Resistance Magnetic Control Rowing Machine. The machine features a comfortable seat, foot pedals with straps, and a pull handle connected to the resistance mechanism.

Key Components:

- **Wind Resistance Fan:** Provides dynamic resistance that increases with rowing intensity.
- **Magnetic Control System:** Offers 8 levels of adjustable resistance for varied workout intensities.
- **Ergonomic Seat:** Padded for comfort during extended workouts.
- **Non-slip Foot Pedals:** Adjustable to secure your feet during rowing.
- **Pull Handle:** Designed for a comfortable grip.
- **LCD Display:** Tracks time, speed, distance, and calories burned.
- **Folding Mechanism:** Allows for easy storage.
- **Transport Wheels:** For convenient movement of the machine.

4. SETUP AND ASSEMBLY

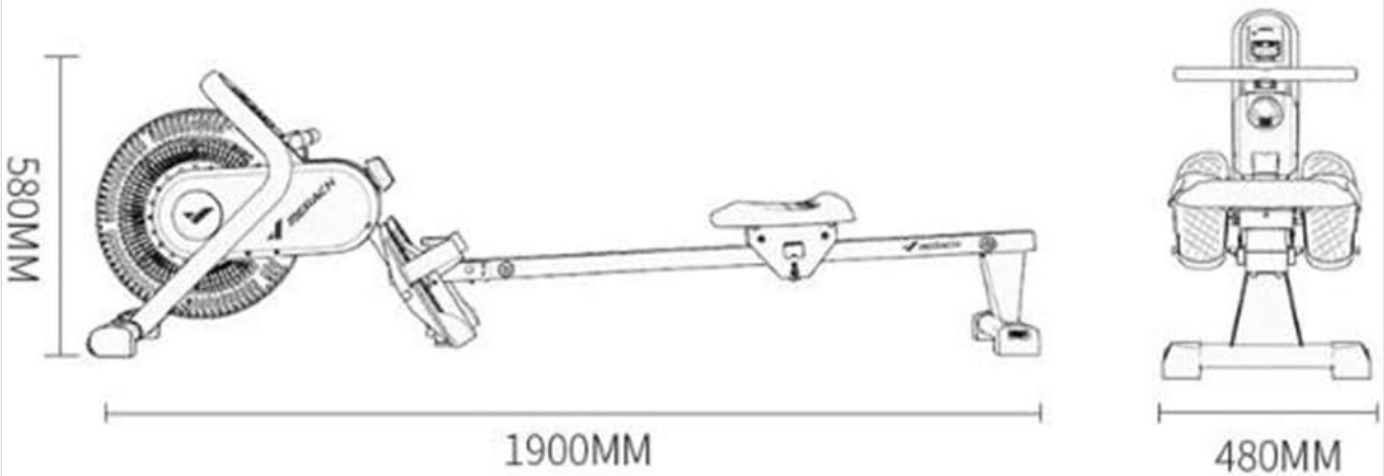
While specific assembly steps are not detailed here, the GenSDH Rowing Machine is designed for straightforward setup. Please refer to the included assembly guide for detailed instructions and a list of all components.

General Assembly Guidelines:

- 1. Unpack all components and verify against the parts list.
- 2. Assemble the main frame, ensuring all bolts and screws are securely tightened.
- 3. Attach the seat rail, seat, and foot pedals.
- 4. Connect the pull handle and resistance mechanism.
- 5. Install the LCD display, ensuring all cables are properly connected.
- 6. Before first use, double-check all connections and moving parts for security and proper function.

Product parameters

Due to errors in manual measurements, this data is for reference only.



Product name: wind resistance rowing machine

Product size: 1900*480*580MM

Net weight: 26.5KG

Packing size: 1280* 245* 645MM

Load bearing: 100KG

Resistance adjustment: 8 levels of resistance adjustment

Transmission method: wind magnetic resistance, belt drive

Figure 4.1: Product dimensions for setup planning. The rowing machine measures 1900mm in length, 480mm in width, and 580mm in height.

5. OPERATING INSTRUCTIONS

5.1 Adjusting Resistance

The GenSDH Rowing Machine features 8 levels of magnetic resistance, allowing you to customize your workout intensity. To adjust the resistance:

1. Locate the resistance adjustment knob, typically near the front of the machine.
2. Turn the knob clockwise to increase resistance (levels 1-8).
3. Turn the knob counter-clockwise to decrease resistance.



Figure 5.1: The 8-speed magnetic control dial, illustrating how resistance levels are adjusted for varied workout intensity.



Figure 5.2: Internal mechanism diagram highlighting the wind resistance magnetron, smooth belt drive, and the 8-speed adjustment system.

5.2 Using the LCD Display

The integrated LCD display provides real-time feedback on your workout. It typically shows:

- **TIME:** Duration of your workout.

- **COUNT:** Number of strokes.
- **CALORIE:** Estimated calories burned.
- **REPS/MIN (or SPEED):** Strokes per minute or current speed.
- **SCAN:** Cycles through all metrics automatically.

Press the "MODE" button to cycle through display functions or to reset values. Refer to the display's specific instructions for detailed operation.

Clear dial, easy to display daily sports data



Figure 5.3: The clear LCD display, showing current workout data such as count, time, and calories. The 'MODE' button allows users to navigate through different metrics.

5.3 Proper Rowing Technique

To maximize effectiveness and minimize injury risk, maintain proper rowing form:

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.

3. **Finish:** Legs extended, back slightly reclined, handle pulled to your abdomen, elbows past your body.
4. **Recovery:** Extend arms forward, then pivot from hips, and finally bend knees to return to the catch position.



Figure 5.4: Illustration of the ergonomic 30-degree pull angle, designed to protect joints and ensure safety during exercise.

6. 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.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Seat Rail:** Keep the seat rail clean and free of debris to ensure smooth seat movement.
- **Storage:** When not in use, the machine can be folded for compact storage. Use the transport wheels to move it carefully.

Free storage
Save home space



Figure 6.1: The rowing machine in its folded configuration, demonstrating how it can be stored to save space. The integrated transport wheels facilitate easy movement.

7. TROUBLESHOOTING

If you encounter issues with your GenSDH Rowing Machine, 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 correct polarity.
Resistance feels inconsistent	Resistance knob not properly engaged; debris in fan/magnetic system.	Ensure knob is set firmly. Inspect and clean the fan area.
Squeaking or grinding noise	Loose bolts; debris on seat rail; worn components.	Check and tighten all bolts. Clean seat rail. If noise persists, contact customer support.

Problem	Possible Cause	Solution
Seat does not slide smoothly	Debris on seat rail; worn rollers.	Clean the seat rail thoroughly.

8. SPECIFICATIONS

The following are the technical specifications for the GenSDH Wind Resistance Magnetic Control Rowing Machine:

Feature	Detail
Product Name	Wind Resistance Rowing Machine
Color	Black
Product Dimensions (L*W*H)	1900mm * 480mm * 580mm
Net Weight	26.5 KGS
Load Bearing Capacity	100 KGS
Resistance Adjustment	8 levels of wind magnetic resistance
Transmission Method	Wind magnetic resistance, belt drive
Frame Material	High-strength steel

**Made of high-strength steel, with good bearing capacity, the fuselage
The overall lines are smooth, concise and full of rhythm**



Figure 8.1: Illustration of the high-strength steel construction, emphasizing the durability and load-bearing capacity of the rowing machine's frame.

9. WARRANTY AND SUPPORT

GenSDH is committed to providing quality products. For warranty information, please refer to the warranty card included with your purchase or contact our customer support.

If you have any questions, require assistance with assembly, or need troubleshooting support, please contact GenSDH Customer Service:

- **Website:** www.gensdh.com
- **Email:** support@gensdh.com
- **Phone:** 1-800-XXX-XXXX

Please have your product model and purchase date ready when contacting support.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

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