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› LABGREY R1 Magnetic Rowing Machine User Manual

LABGREY R1

LABGREY R1 Magnetic Rowing Machine User Manual

Model: R1

IMPORTANT SAFETY INFORMATION

Before operating the LABGREY R1 Magnetic Rowing Machine, please read and understand all instructions in this manual. Keep this manual for future reference.

- Consult your physician before starting any exercise program.
- Ensure all parts are correctly assembled and tightened before each use.
- Keep children and pets away from the machine during operation.
- Place the rowing machine on a flat, stable surface.
- Wear appropriate exercise attire and footwear.
- Do not exceed the maximum user weight of 158 kg (350 lbs).
- Stop exercising immediately if you feel pain, dizziness, or shortness of breath.

SETUP AND ASSEMBLY

The LABGREY R1 Rowing Machine is designed for easy assembly, with approximately 80% of the unit pre-assembled. Follow these steps to complete the setup.



Image: Components of the LABGREY R1 Rowing Machine, illustrating the 80% pre-assembled state for quick and easy setup.

1. **Unpack Components:** Carefully remove all parts from the packaging. Verify all components are present against the packing list.
2. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and tools.
3. **Install Seat:** Slide the seat onto the rail, ensuring it moves smoothly.
4. **Connect Pedals:** Attach the foot pedals to the main unit.
5. **Mount Console:** Secure the LCD console to its designated holder.
6. **Final Checks:** Ensure all bolts are tightened and the machine is stable.

Storage

The LABGREY R1 is designed for vertical storage, saving up to 80% of space. It features silent wheels for easy movement.



Image: The LABGREY R1 Rowing Machine shown in both operational and vertically stored positions, demonstrating its space-saving design and silent transport wheels.

- To store, lift the rear of the machine and fold the rail upwards.
- Roll the machine to your desired storage location using the integrated wheels.

OPERATING INSTRUCTIONS

Getting Started

Sit on the seat, place your feet on the pedals, and secure them with the straps. Grip the handle firmly.

Trabaja el **90%** de tus músculos

Quema grasa a un nivel superior



Brazos



Pecho



Abdomen



Espalda



Glúteos



Piernas



Image: A user performing a rowing exercise on the LABGREY R1, illustrating the correct posture and machine usage.

Adjusting Resistance

The LABGREY R1 features 16 levels of magnetic resistance, adjustable via a knob located on the main unit.

16 niveles de resistencia **Perfecto para cada miembro de la familia**



Image: The resistance control knob on the LABGREY R1, indicating 16 levels of tension from low to high, suitable for various fitness levels.

- Turn the knob clockwise to increase resistance (levels 1-16).
- Turn the knob counter-clockwise to decrease resistance.

Using the LCD Console and Bluetooth

The integrated LCD console displays key workout data. The machine also supports Bluetooth connectivity for app integration.

7 tipos de visualización de datos

Monitor digital inteligente y soporte para tablet



Image: The digital monitor of the LABGREY R1, showing various data metrics like Time, Count, T/500m, Distance, Calories, SPM, and Scan, with a tablet connected via Bluetooth for enhanced tracking.

- **Display Modes:** The console cycles through various metrics including Time, Count, Distance, Calories Burned, Strokes Per Minute (SPM), and 500m Split Time.
- **Bluetooth Connectivity:** Connect your smartphone or tablet via Bluetooth to compatible fitness apps (e.g., Kinomap) for interactive workouts and detailed progress tracking.
- **Tablet Holder:** Use the integrated tablet holder to comfortably view your device during workouts.

MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your LABGREY R1 Rowing Machine.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Check Connections:** Periodically inspect all bolts, nuts, and moving parts to ensure they are secure. Tighten if necessary.
- **Rail Cleaning:** Keep the aluminum rail clean and free of debris to ensure smooth seat movement.

- **Storage:** Store the machine in a dry, cool place away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

If you encounter any issues with your LABGREY R1 Rowing Machine, refer to the following common problems and solutions.

- **Console Not Displaying:**

- Check if the batteries are correctly installed and have sufficient charge. Replace if necessary.
- Ensure all cable connections to the console are secure.

- **Resistance Feels Uneven or Too Weak/Strong:**

- Verify the resistance knob is correctly adjusted to your desired level.
- Inspect the magnetic resistance mechanism for any obstructions (contact customer support if issues persist).

- **Unusual Noises During Operation:**

- Check all bolts and nuts for tightness.
- Ensure the seat rail is clean and free of debris.
- Lubricate moving parts if recommended in a more detailed maintenance guide (not provided here).

- **Bluetooth Connectivity Issues:**

- Ensure Bluetooth is enabled on your device and the rowing machine.
- Try restarting both the rowing machine console and your device.
- Ensure your fitness app is up to date.

SPECIFICATIONS

Riel de aleación de **titanio mejorado**

Más suave y estable
– apto para personas altas y de mayor peso



Image: Key specifications of the LABGREY R1, including a maximum user height of 190 cm (6'3") and a maximum weight capacity of 158 kg (350 lbs).

Brand	LABGREY
Model Name	R1 Rowing Machine
Resistance Mechanism	Magnetic
Resistance Levels	16
Maximum Weight Recommendation	158 kg (350 lbs)
Product Dimensions (L x W x H)	160 cm x 60 cm x 52 cm (63" x 23.6" x 20.5")
Item Weight	19.4 kg (42.77 lbs)

Frame Material	Carbon Steel
Display Type	LCD
Connectivity	Bluetooth
Special Features	Easy Assembly, Foldable for Vertical Storage, Silent Operation
GTIN/UPC	791126528508

WARRANTY AND SUPPORT

Warranty Information

The LABGREY R1 Magnetic Rowing Machine comes with a **1-year warranty** from the date of purchase. This warranty covers manufacturing defects and material flaws under normal use. It does not cover damage caused by misuse, accidents, unauthorized modifications, or normal wear and tear.

Customer Support

For any questions, technical assistance, or warranty claims, please contact LABGREY customer support.

- **Email:** support@labgrey.com (Example email, replace with actual if available)
- **Website:** www.labgrey.com (Example website, replace with actual if available)
- Please have your model number (R1) and proof of purchase ready when contacting support.

ASK A QUESTION ABOUT THIS MANUAL

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Name

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After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

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.

Submit question

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