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› [Sportneer](#) /

› [Sportneer Hydraulic Rowing Machine User Manual](#)

## Sportneer B0DCBR749F

# Sportneer Hydraulic Rowing Machine User Manual

Model: B0DCBR749F

## INTRODUCTION

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Thank you for choosing the Sportneer Hydraulic 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.

**Important Note:** The rowing machine's monitor is packaged within the foam for safety during shipping. Please double-check the foam packaging before disposal to ensure you do not accidentally discard the monitor.

## SAFETY INFORMATION

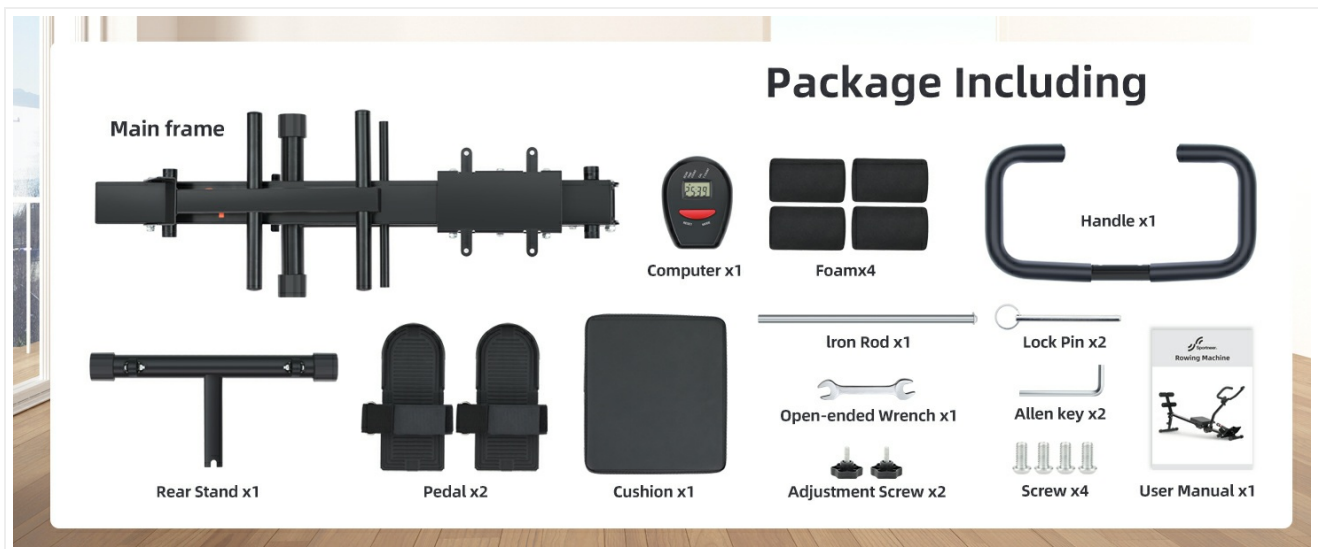
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- Consult a physician before starting any exercise program.
- Ensure all parts are securely assembled before each use.
- Keep children and pets away from the machine during operation.
- Place the rowing machine on a flat, stable surface.
- Wear appropriate exercise attire and footwear.
- Stop exercising immediately if you feel pain, dizziness, or shortness of breath.
- Avoid contact with the hydraulic rod after 20-30 minutes of use to prevent injury from heat.

## PACKAGE CONTENTS

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Verify that all components are present before beginning assembly.



**Image Description:** An exploded view diagram showing all components included in the package. These include the main frame, rear stand, pedals, cushion, handle, computer, foam pieces, iron rod, lock pins, open-ended wrench, Allen keys, screws, adjustment screws, and the user manual.

- Main Frame (partially pre-assembled)
- Rear Stand x 1
- Pedal x 2
- Cushion x 1
- Handle x 1
- Computer x 1
- Foam x 4
- Iron Rod x 1
- Lock Pin x 2
- Open-ended Wrench x 1
- Allen Key x 2
- Screw x 4
- Adjustment Screw x 2
- User Manual x 1

## SETUP AND ASSEMBLY

The Sportneer Rowing Machine is designed for easy assembly, with most main components pre-assembled. Follow these steps to complete the setup.

1. **Unpack Components:** Carefully remove all parts from the packaging. Ensure the monitor is located and not discarded with packing materials.
2. **Attach Rear Stand:** Secure the rear stand to the main frame using the provided screws and tools.
3. **Install Pedals:** Attach the two pedals to their designated positions on the main frame.
4. **Mount Cushion:** Place the seat cushion onto the sliding rail.
5. **Attach Handle and Computer:** Secure the U-shaped handle to the front support. Install the computer onto the handle for easy data access.
6. **Final Checks:** Verify all connections are tight and the machine is stable.

## Comes with Backrest

Supports Various Workout Moves



Lock the seat and adjust the height for sit-ups!

**Image Description:** A user is shown assembling the rowing machine, with various components like the main frame, pedals, cushion, and handle laid out on the floor, indicating a straightforward assembly process.

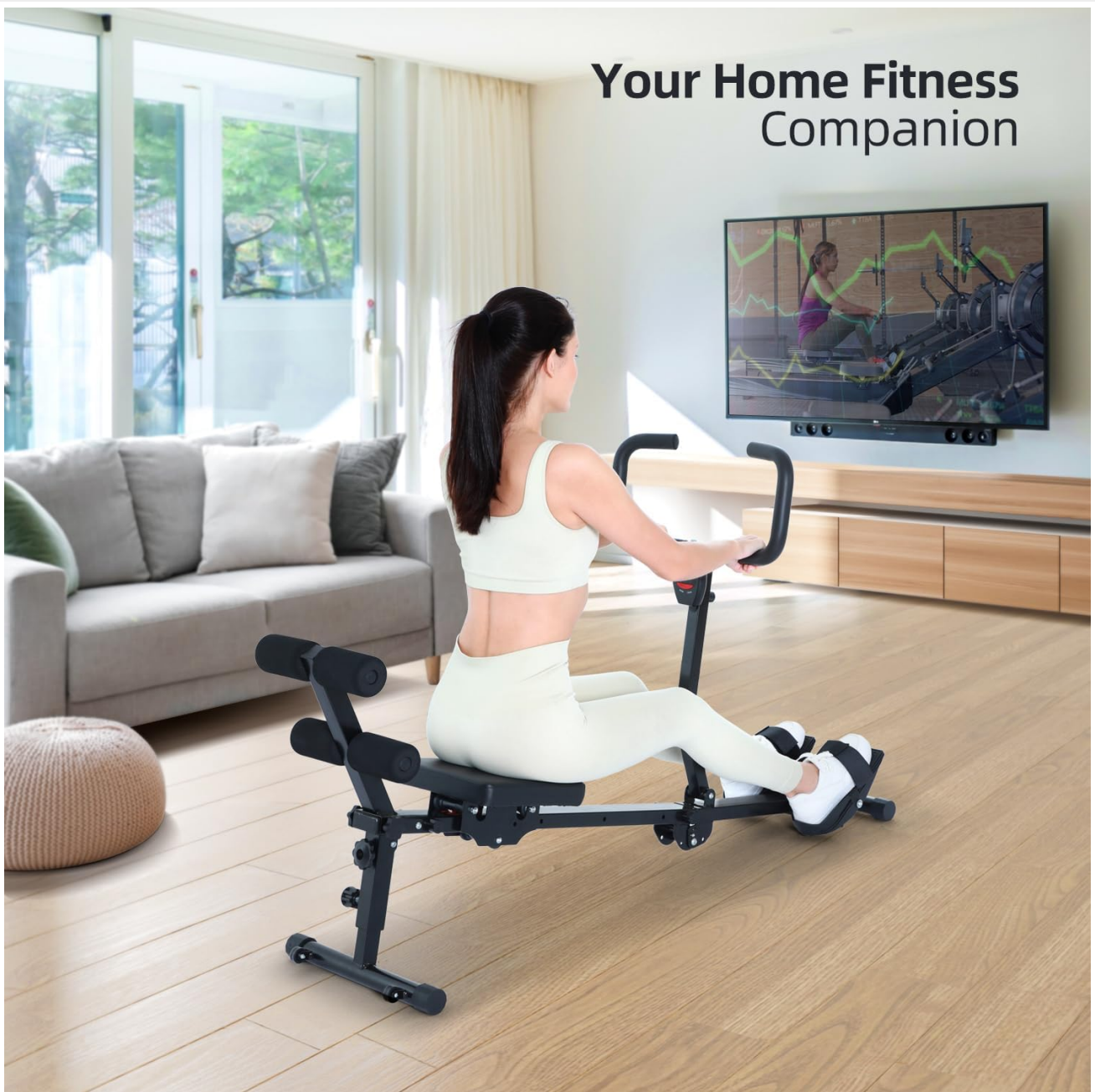
## OPERATING INSTRUCTIONS

### Adjusting Resistance

The Sportneer Hydraulic Rowing Machine features 12 levels of smooth resistance adjustment. Rotate the resistance knob on the hydraulic cylinder to increase or decrease the intensity of your workout.

- **Levels 1-6:** Suitable for warm-up or lighter cardio.
- **Levels 7-12:** Ideal for strength training and more intense workouts.

# Your Home Fitness Companion



**Image Description:** A close-up view of a hand turning the resistance knob on the hydraulic cylinder, illustrating how to adjust the 12 levels of resistance. A warning about avoiding contact with the hot hydraulic rod is also visible.

## Adjusting Seat Height and Position

The rear support frame offers three adjustable height options. Additionally, the seat can be fixed in two positions for varied exercises.

1. **Rear Support Height:** Loosen and pull out the adjustment pin on the rear support to select one of the three available height levels. Reinsert and secure the pin.
2. **Fixed Seat Position:** The seat can slide freely for rowing. For other exercises like sit-ups, lock the seat in a fixed position using the designated mechanism.

# Adjustable Height - 3 Levels

Fits Different Height Needs



3 Levels



Adjustable



**Image Description:** A diagram showing the rear support frame with three adjustable height levels, and an inset image demonstrating how to loosen and pull out the adjustment knob to change the height.

## Utilizing the U-Shaped Handle

The unique U-shaped handle provides three different grip positions, allowing for comprehensive muscle engagement across your back, arms, shoulders, and core.

## 3 Gripping Points, Work Different Muscles

### Upgraded U-Shaped Handle



**Image Description:** An image showing a user holding the U-shaped handle in different positions, highlighting how various grips can target different muscle groups during a workout.

### Using the Backrest for Additional Exercises

The integrated backrest offers support during exercise breaks and enables additional workout options, such as sit-ups.

1. **Resting:** Lean against the backrest during short breaks.
2. **Sit-ups:** Lock the seat in a fixed position and place your feet under the backrest's foam rollers to perform sit-ups.



**Image Description:** A user is performing sit-ups on the rowing machine, demonstrating how the backrest and fixed seat position can be utilized for core exercises.

## STORAGE AND PORTABILITY

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The Sportneer Rowing Machine features a foldable design and integrated casters for convenient storage and movement.

1. **Folding:** Follow the instructions to fold the machine into a compact form, significantly reducing its footprint.
2. **Moving:** Utilize the built-in casters to easily roll the machine to your desired storage location without lifting. This also helps protect your flooring.

## Foldable & Easy to Store



**Image Description:** The rowing machine is shown in both its extended and folded states, with dimensions indicating its compact storage size (less than 7 sq ft). The folded machine stands upright, demonstrating its space-saving design.

## With Wheels, Easy to Move



**Image Description:** A user is shown tilting and rolling the rowing machine on its integrated casters, illustrating the ease of movement and portability.

## MAINTENANCE

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

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically check the sliding rail and moving parts for smooth operation. Apply a silicone-based lubricant if necessary (consult manufacturer for specific recommendations).
- **Tighten Fasteners:** Regularly inspect all bolts, nuts, and screws to ensure they are tight. Tighten any loose fasteners to prevent wear and ensure safety.
- **Hydraulic System:** Monitor the hydraulic cylinder for any signs of leakage. If a leak is detected, discontinue use and contact customer support.
- **Storage:** Store the machine in a dry, cool place away from direct sunlight and extreme temperatures.

## TROUBLESHOOTING

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This section addresses common issues you might encounter.

- **Monitor Not Working:**

- Ensure batteries (2 AAA) are correctly installed and not depleted.
- Verify the monitor was not accidentally discarded with packaging foam.
- Check connections between the monitor and the machine.

- **Squeaking or Grinding Noise:**

- Inspect all bolts and connections for tightness.
- Clean and lubricate the sliding rail and moving joints.

- **Resistance Feels Inconsistent or Too Easy/Hard:**

- Ensure the resistance knob is properly engaged and set to your desired level.
- Check the hydraulic cylinder for any visible damage or leaks. If a leak is present, discontinue use.

- **Hydraulic Fluid Leak:**

- If you notice hydraulic fluid underneath the machine, discontinue use immediately.
- Place a protective mat or material under the machine to prevent floor damage.
- Contact customer support for assistance.

## SPECIFICATIONS

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Feature	Detail
Brand	Sportneer
Model Name	Rowing Machine (Model B0DCBR749F)
Resistance Mechanism	Hydraulic
Resistance Levels	12 Levels
Maximum Weight Recommendation	297 Pounds
Product Dimensions (LxWxH)	36"D x 13"W x 13"H (Extended)
Frame Material	Alloy Steel
Special Features	Adjustable Resistance, Adjustable Seat, Digital Monitor, Foldable, Portable (with casters), Backrest
Display Type	LCD
Power Source	Battery Powered (2 AAA batteries required)

## WARRANTY INFORMATION

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The Sportneer Hydraulic Rowing Machine comes with a **365-day 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.

Please retain your proof of purchase for warranty claims.

## CUSTOMER SUPPORT

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For any questions, concerns, or assistance with your Sportneer Hydraulic Rowing Machine, please contact Sportneer customer support.

You can typically find contact information on the Sportneer official website or through your purchase platform.

**Online Resources:** For additional support, FAQs, and product information, visit the official Sportneer store:

[Sportneer Store on Amazon](#)