

## YOSUDA Magnetic Rowing Machine & Under Desk Elliptical

# YOSUDA Magnetic Rowing Machine and Under Desk Elliptical User Manual

Model: Magnetic Rowing Machine & Under Desk Elliptical

## INTRODUCTION

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This manual provides essential instructions for the safe and effective use, assembly, operation, and maintenance of your YOSUDA Magnetic Rowing Machine and Under Desk Elliptical. Please read this manual thoroughly before using the equipment and retain it for future reference.



Image: The YOSUDA Magnetic Rowing Machine and Under Desk Elliptical, showcasing both fitness devices.

## IMPORTANT SAFETY INFORMATION

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- Consult a physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the equipment on a flat, stable surface with adequate clearance around it.
- Inspect the equipment for loose or worn parts 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 for the rowing machine is 350 lbs.

## PRODUCT OVERVIEW

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## YOSUDA Magnetic Rowing Machine

The YOSUDA Magnetic Rowing Machine features a robust design for full-body workouts. It utilizes a magnetic resistance system for smooth and quiet operation.



Image: The YOSUDA Rowing Machine's sturdy rail system, indicating a 350 lbs weight capacity and 47.2-inch rail length.

- **Magnetic Resistance:** Provides 10 levels of adjustable resistance.
- **LCD Display:** Tracks time, distance, count, total count, and calories.
- **Comfortable Seat:** Ergonomically designed for extended workouts.
- **Foot Pedals:** Adjustable with straps for secure footing.

## YOSUDA Under Desk Elliptical



The YOSUDA Under Desk Elliptical is a compact exercise device designed for use while seated, offering a low-impact workout for legs and core.

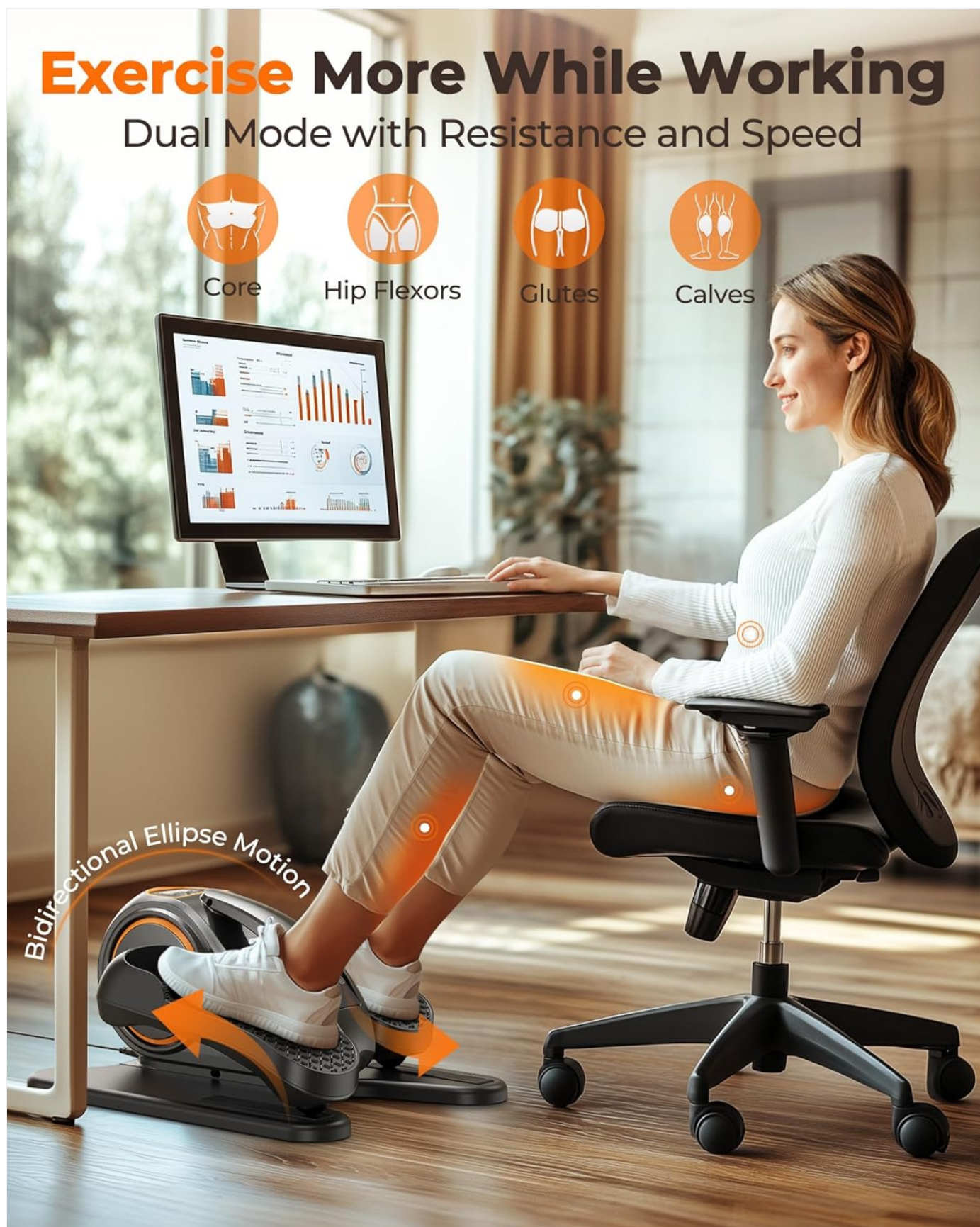


Image: A person using the YOSUDA Under Desk Elliptical while working at a desk, highlighting its dual mode for resistance and speed.

- **Magnetic Resistance:** Offers 10 levels of adjustable resistance.
- **Compact Design:** Fits easily under most desks.
- **Bidirectional Ellipse Motion:** Allows for forward and backward pedaling.



- **Quiet Operation:** Features a patented silent motor for minimal noise.



**Never Disturb Your Family**

<15dB , Quieter than Whispers

Noise Reduction

60W Patented Silent Motor

Image: The YOSUDA Under Desk Elliptical with an illustration of its quiet operation (less than 15dB) and patented silent motor.

## SETUP AND ASSEMBLY

Unpack all components and ensure all parts are present before beginning assembly. Refer to the included assembly diagram for detailed steps. Tools required are typically included or standard household tools.

## General Setup Tips:

1. **Clear Area:** Ensure a clear, level space for assembly and use.
2. **Component Identification:** Lay out all parts and identify them using the parts list.
3. **Tighten Fasteners:** Ensure all bolts, nuts, and screws are securely tightened after assembly.
4. **Stability Check:** Before first use, gently shake the assembled unit to confirm stability.

*Note: Specific assembly steps for the rowing machine and elliptical may vary. Please refer to the separate assembly guide provided in the product packaging for detailed, step-by-step instructions.*

## OPERATING INSTRUCTIONS

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### Using the YOSUDA Magnetic Rowing Machine

1. **Getting Started:** Sit on the seat, place your feet securely in the foot pedals, and fasten the straps. Grip the handle with both hands.
2. **Adjusting Resistance:** The rowing machine features 10 levels of magnetic resistance. Turn the resistance knob, typically located near the flywheel, to increase or decrease the intensity of your workout.
3. **Rowing Technique:**
  - **Catch:** Lean forward from your hips, arms extended, shins vertical.
  - **Drive:** Push off with your legs, then swing your back, and finally pull the handle towards your abdomen.
  - **Finish:** Lean back slightly, legs extended, handle at your abdomen.
  - **Recovery:** Extend arms, lean forward from hips, then bend knees to slide forward.
4. **Monitoring Your Workout:** The integrated LCD display tracks various metrics.



# 6-Types of Data Display



Image: Close-up of the YOSUDA Rowing Machine's LCD display, showing various data types like time, distance, count, and calories.

## LCD Display Functions:

- **TIME:** Duration of your workout.
- **DIST:** Distance covered.
- **TCNT:** Total count of strokes.
- **CNT:** Current stroke count.
- **CAL:** Calories burned.
- Use the "MODE" button to cycle through display modes or hold to reset.

# 16-Level Resistance for All

| Fitness that perfectly matches the whole family



Image: A family exercising with the YOSUDA Rowing Machine, illustrating its suitability for various users.

## Using the YOSUDA Under Desk Elliptical

1. **Placement:** Position the elliptical on a flat surface under your desk or in front of your chair.
2. **Seating:** Sit comfortably in your chair, ensuring your knees have enough clearance under the desk.
3. **Foot Placement:** Place your feet on the pedals. The textured surface helps prevent slipping.
4. **Adjusting Resistance:** The elliptical offers 10 levels of magnetic resistance. Use the resistance dial or buttons (depending on model variation) to adjust the intensity.
5. **Pedaling:** Begin pedaling in a smooth, circular motion. You can pedal forward or backward to engage different muscle groups.
6. **Remote Control:** Some models include a remote control for convenient adjustment of settings and monitoring of the



display.

# 10×10 Resistance × Speed

Meet Various Exercise Needs



Image: Diagram illustrating the 10 levels of resistance and speed for the YOSUDA Under Desk Elliptical, suitable for various intensity levels.



# Great for **Home Rehabilitation**

Low Impact with 0 Pressure



Boost  
Circulation



Enhance  
Flexibility & Balance



Image: An elderly couple using the YOSUDA Under Desk Elliptical, highlighting its low-impact benefits for home rehabilitation, circulation boost, and flexibility enhancement.

## MAINTENANCE

- **Cleaning:** Wipe down the equipment with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.



- **Inspection:** Regularly check all nuts, bolts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** Moving parts may require occasional lubrication. Refer to the specific product guide for details on lubrication points and recommended lubricants.
- **Storage:** Store the equipment in a cool, dry place away from direct sunlight and extreme temperatures. The rowing machine can often be stored upright to save space.
- **Battery Replacement:** If the LCD display fades or stops working, replace the batteries (typically AA or AAA, refer to the display unit for specifics).

## TROUBLESHOOTING

Problem	Possible Cause	Solution
Display not working or dim	Low or dead batteries.	Replace batteries in the LCD console.
Resistance feels inconsistent or too easy/hard	Resistance knob/mechanism not properly adjusted or internal issue.	Ensure the resistance knob is turned fully to the desired level. Check for any obstructions. If issue persists, contact support.
Squeaking or grinding noise	Loose fasteners, lack of lubrication, or foreign object.	Check and tighten all bolts. Lubricate moving parts as per maintenance instructions. Inspect for foreign objects.
Equipment feels unstable	Not on a level surface, or loose assembly.	Move to a level surface. Re-tighten all assembly bolts.

## SPECIFICATIONS

### General

- **Brand:** YOSUDA
- **Model Name:** Magnetic Rowing Machine & Under Desk Elliptical
- **Resistance Mechanism:** Magnetic
- **Material:** Metal
- **Color:** Black
- **Power Source:** Battery Powered (for display)
- **Special Feature:** Compact

### YOSUDA Magnetic Rowing Machine

- **Tension Levels:** 10
- **Metrics Measured:** Time, Distance, Count, Total Count, Calories
- **Display Type:** LCD
- **Maximum User Weight:** 350 lbs (approximate, based on image)
- **Rail Length:** 47.2 inches (approximate, based on image)

# 10X 10 Powerful Magnetic



Powerful



Adjustable



Smooth

**10 LBS**  
Flywheel

**10 PWR**  
Magnets



Image: Internal view of the YOSUDA Magnetic Rowing Machine's resistance system, highlighting a 10 lbs flywheel and 10 power magnets.

## YOSUDA Under Desk Elliptical

- **Tension Levels:** 10
- **Metrics Measured:** LCD Display (specific metrics may vary by model, typically time, distance, calories, strides)
- **Display Type:** LCD
- **Motor:** Patented Silent Motor (60W)
- **Noise Level:** <15dB

## WARRANTY AND SUPPORT




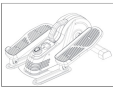


YOSUDA products are designed for durability and performance. For specific warranty details, please refer to the warranty card included with your product or visit the official YOSUDA website. Keep your purchase receipt as proof of purchase for warranty claims.

For technical support, replacement parts, or any questions regarding your YOSUDA Magnetic Rowing Machine or Under Desk Elliptical, please contact YOSUDA customer service. Contact information can typically be found on the product packaging, the official website, or the warranty card.

**Website:** [Visit the YOSUDA Store on Amazon](#)



Related Documents - Magnetic Rowing Machine & Under Desk Elliptical

<div><div>YOSUDA</div><div>Electric Under Desk Ellipse User Manual</div><div></div><div><p>Please read the manual carefully before installing and using the machine. If necessary, we will update the product content online, and the website should not be used with the product. Do not read product label pages.</p></div></div>	<div><a href="#">YOSUDA Electric Under Desk Ellipse: User Manual, Operation, and Safety Guide</a></div> <div>Comprehensive user manual for the YOSUDA Electric Under Desk Ellipse, covering operation instructions, part lists, maintenance, troubleshooting, and safety precautions for optimal use.</div>
<div><div>SUNNY</div><div></div><div><p>Please read the manual carefully before installing and using the machine. If necessary, we will update the product content online, and the website should not be used with the product. Do not read product label pages.</p></div><div><p>www.sunnyfitness.com</p></div></div>	<div><a href="#">Sunny SF-E3872 Magnetic Under Desk Elliptical User Manual</a></div> <div>Comprehensive user manual for the Sunny SF-E3872 Magnetic Under Desk Elliptical. Includes safety instructions, parts lists, exercise meter operation, adjustment guides, and battery replacement procedures.</div>
<div><div>YOSUDA</div><div>ROWING MACHINE H-181</div><div>INSTALLATION GUIDE &amp; USER MANUAL</div><div></div><div><p>Please read the manual carefully before installing and using the machine. If necessary, we will update the product content online, and the website should not be used with the product. Do not read product label pages.</p></div></div>	<div><a href="#">YOSUDA Rowing Machine H-181 Installation Guide &amp; User Manual</a></div> <div>This document provides a comprehensive installation guide and user manual for the YOSUDA Rowing Machine H-181. It covers safety instructions, assembly steps with detailed diagrams and parts lists, care and maintenance, storage guidelines, operating instructions, monitor functions, and warm-up exercises.</div>
<div><div>YOSUDA</div><div>ROWING MACHINE H-187</div><div>INSTALLATION GUIDE &amp; USER MANUAL</div><div></div><div><p>Please read the manual carefully before installing and using the machine. If necessary, we will update the product content online, and the website should not be used with the product. Do not read product label pages.</p></div></div>	<div><a href="#">YOSUDA ROWING MACHINE H-187 Installation Guide &amp; User Manual</a></div> <div>This document provides a comprehensive installation guide and user manual for the YOSUDA ROWING MACHINE H-187. It includes safety precautions, operating instructions, assembly steps with a parts list, storage guide, monitor functions, and warm-up exercises.</div>

Comprehensive user manual for the Sunny Health & Fitness SitFit Motorized Under Desk Elliptical (Model SF-E3959). Includes safety guidelines, operating instructions, parts list, electrical information, battery handling, remote control pairing, FCC compliance, and maintenance tips.

Comprehensive user manual for the YOSUDA ROWING MACHINE RM002, covering safety information, parts list, assembly instructions, warm-up and exercise stages, and exercise monitor functions.