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## Wenoker H300-hei

# Wenoker Magnetic Rower Machine - Instruction Manual

Model: H300-hei

## 1. INTRODUCTION

This manual provides essential information for the safe and effective operation, assembly, and maintenance of your Wenoker Magnetic Rower Machine. Please read this manual thoroughly before initial use and retain it for future reference.



Figure 1: Wenoker Magnetic Rower Machine

The Wenoker Magnetic Rower Machine is designed for home use, offering a smooth and quiet full-body workout. It features magnetic resistance, an LCD monitor, tablet holder, and a comfortable seat, with a 350 LB weight capacity.

## 2. SAFETY INFORMATION

Always consult with a healthcare professional before starting any new exercise program. Failure to follow these safety guidelines may result in injury or damage to the equipment.

- Ensure all bolts and nuts are securely tightened before each use.
- Place the rowing machine on a flat, stable surface.
- Keep children and pets away from the equipment during operation.
- Wear appropriate athletic footwear and clothing.
- Do not exceed the maximum weight capacity of 350 pounds.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Keep hands and feet clear of moving parts.

### 3. ASSEMBLY INSTRUCTIONS

The Wenoker Magnetic Rower Machine is 85% pre-assembled for quick and easy setup. Follow the steps below for complete assembly. A detailed assembly video is also provided for visual guidance.

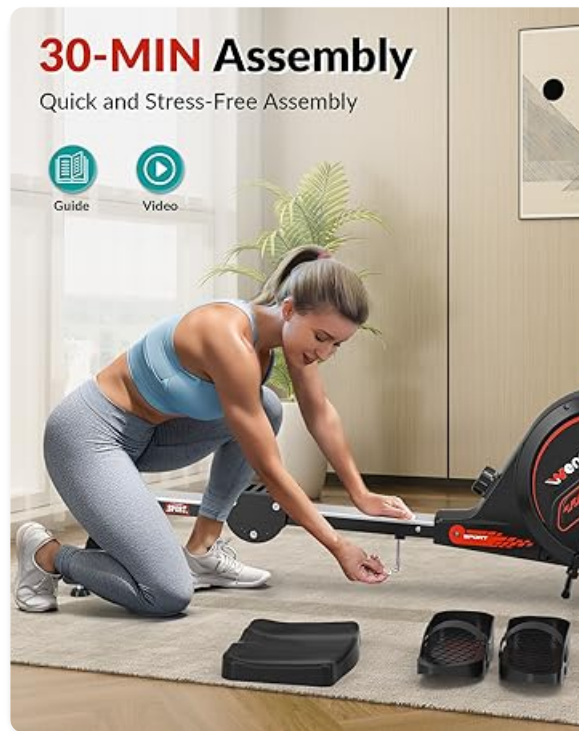


Figure 2: 30-Minute Assembly Overview

The machine is designed for quick and stress-free assembly, typically completed within 30 minutes with the included guide and tools.

#### Assembly Video Guide:

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Video 1: Official Wenoker Magnetic Rowing Machine Assembly Guide. This video provides step-by-step visual instructions for assembling your rowing machine, including connecting components and setting up the console.

#### Step-by-Step Assembly:

**1. Step 1: Install the Front Foot Tube.**

Use Socket Wrench (76) with Carriage Bolts (68), Cap Nut (65), Spring Washer (16), and Curved Washer (66) to install the Front Foot Tube (67) onto the Machine Frame (34).

**2. Step 2: Assemble the Slide Rail.**

Assemble the Slide Rail (24) and Hex Socket (15) onto the Machine Frame (34) with L-shaped Hex Wrench (78).

**3. Step 3: Lock the Seat and Slide Device.**

Use L-shaped Hex Wrench (78) with Hex Sockets (15) to lock the Seat (14) and Slide Device (18) together.

**4. Step 4: Assemble the Slider Device onto the Slide Rail.**

Carefully slide the assembled Slider Device (18) onto the Slide Rail (24).

**5. Step 5: Lock the Rear Foot Tube.**

Use L-shaped Hex Wrench (78) with Hex Sockets (15) to lock the Rear Foot Tube (27) onto the Slide Rail (24).

**6. Step 6: Lock the Slider Rail Cover.**

Use Socket Wrench (76) to lock the Slider Rail Cover (25) with Screws (26) onto the Slide Rail (24).

#### 7. **Step 7: Connect Console Sensor and Lock Console.**

(1) Connect the Console Sensor to the Machine Frame (34). (2) Use Socket Wrench (76) with Phillip Screw (3) to lock the Console (1) onto the Machine Frame (34).

#### 8. **Step 8: Lock the Pedals.**

Use Open-end Wrench (77) with Hex Screws (11), Hex Screws (12), and Sleeve (13) to Lock the Left Pedal (10L) and Right pedal (10R) onto the Machine Frame (34).

## 4. OPERATING INSTRUCTIONS

Your Wenoker Magnetic Rower Machine provides an effective full-body workout. Follow these instructions for optimal use.

### 4.1 Getting Started:

- **Foot Straps:** Secure your feet firmly in the adjustable foot straps on the pedals. Ensure they are snug to prevent slipping during your workout.
- **Handlebar Grip:** Grasp the high-quality textured silicone handle firmly. The anti-slip design prevents hands from slipping and reduces the risk of blisters.
- **Ergonomic Seat:** The ergonomically designed cushion seat ensures comfort and support throughout your rowing session. The long slide rail accommodates users from 4'5" to 6'2".

# Ergonomic Detail Design



Figure 3: Ergonomic Design Details (Wider Non-Slip Footrest, Ergonomic Seat, Anti-Slip Handlebars)

The machine features wider non-slip footrests, an ergonomic seat, and anti-slip handlebars for a comfortable and secure workout experience.

## 4.2 Adjusting Resistance:

The Wenoker rowing machine features a smooth and quiet magnetic resistance system with 16 adjustable levels. This allows you to customize your workout intensity.

- Locate the tension control knob on the main unit.
- Turn the knob clockwise to increase resistance (High Tension).
- Turn the knob counter-clockwise to decrease resistance (Low Tension).
- Adjust the tension to match your fitness level and desired workout intensity.

# Easy Home Workout With A Rowing Machine

Complete Body Exercise  
**16-Level Resistance**



Figure 4: 16-Level Adjustable Magnetic Resistance for Total Body Workout

This magnetic rowing machine engages and strengthens legs, glutes, core, back, arms, and shoulders, with resistance levels from 1-16 for various training types.

## 4.3 Using the LCD Monitor and Tablet Holder:

The integrated LCD monitor tracks your fitness performance, while the tablet holder allows for entertainment during your workout.

- **LCD Monitor:** The monitor displays key metrics including time, speed, distance, and calories burned. Use this data to track your progress and develop your fitness plan.
- **Tablet Holder:** Place your mobile device (tablet not included) securely on the stand to watch videos or follow workout apps, enhancing your exercise experience.

# LCD Monitor and Tablet Holder

Track Your Performance



Figure 5: LCD Monitor and Tablet Holder

The LCD monitor tracks time, count, calories, distance, and reps per minute, while the built-in tablet holder provides convenience for your mobile devices.

## 5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Wenoker Magnetic Rower 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 slide rail for smooth operation. If needed, apply a small amount of silicone-based lubricant to the rail.
- **Bolt Check:** Regularly inspect all bolts and connections to ensure they are tight. Re-tighten any loose components to maintain stability and safety.

- **Storage:** When not in use, store the machine in a clean, dry place away from direct sunlight and extreme temperatures.

## 6. STORAGE

The Wenoker Magnetic Rower Machine is designed for compact storage, making it ideal for homes with limited space.

- **Folding:** The machine can be easily folded into an upright position to minimize its footprint.
- **Transport Wheels:** Built-in transport wheels allow for effortless movement and relocation of the machine. Simply lift the rear end and roll it to your desired storage location.



Figure 6: Easy to Store & Move

The compact design and built-in transport wheels allow for maximizing space and minimizing clutter by storing the machine upright.

## 7. TROUBLESHOOTING

If you encounter any issues with your Wenoker Magnetic Rower Machine, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Squeaking noise during operation	Loose bolts or dry slide rail	Check and tighten all bolts. Apply silicone lubricant to the slide rail.
Inaccurate LCD monitor readings	Loose sensor connection or low battery	Ensure sensor cables are securely connected. Replace AAA battery in the console.
Resistance feels inconsistent	Magnetic mechanism issue or tension knob not set correctly	Verify the tension knob is set to a specific level. If issues persist, contact customer support.
Machine wobbles during use	Uneven surface or loose frame connections	Adjust the leveling feet on the stabilizers. Check and tighten all frame bolts.

For issues not listed here, please contact Wenoker customer support.

## 8. PRODUCT SPECIFICATIONS

Feature	Detail
Brand	Wenoker
Model Name	Wenoker (H300-hei)
Resistance Mechanism	Magnetic
Resistance Levels	16-Level Adjustable
Maximum Weight Recommendation	350 Pounds
Product Dimensions (LxWxH)	35.04"D x 7.48"W x 22.44"H
Metrics Measured	Calories Burned, Distance, Speed, Time
Display Type	LCD
Power Source	Battery Powered (1 AAA battery required)
Frame Material	Aluminum / Alloy Steel
Special Features	Adjustable Foot Strap, Anti-Slip, Built-In Wheel, Compact, Low Noise

## 9. WARRANTY AND SUPPORT

Wenoker is committed to providing professional customer service and technical support for your rowing machine.

- **Warranty:** The product comes with a 2-year warranty. Please refer to your purchase documentation for full details.
- **Contacting Support:** If you encounter any issues or have questions, please reach out to our WENOKER after-sales team first. We will deal with the problem as soon as possible.

### Two Ways to Contact Us:

#### 1. Through Amazon:

- Log in to your Amazon account.
- Select "your order".
- Find the order ID.
- Click "Contact Seller".

2. **Directly:** Refer to the after-sales mailbox provided in your physical manual.



Figure 7: Wenoker Customer Service Contact Methods

For any inquiries or support, you can contact the Wenoker team via your Amazon order history or through the provided contact information in the manual.