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› ECHANFIT Magnetic Rowing Machine for Home use, Foldable Rower Whit 350 LB Weight Capacity 16 Levels, Rower Machine Whit Adjustable Resistance LCD Monitor and Tablet Holder

ECHANFIT 4107A

ECHANFIT Magnetic Rowing Machine User Manual

Model: 4107A | Brand: ECHANFIT

1. INTRODUCTION

Welcome to the ECHANFIT Magnetic Rowing Machine user manual. This guide provides essential information for the safe and effective operation, assembly, and maintenance of your new fitness equipment. The ECHANFIT Magnetic Rowing Machine (Model 4107A) is designed for home use, offering a quiet and smooth rowing experience with 16 levels of adjustable magnetic resistance. It features a robust build with a 350 LB weight capacity, a comprehensive LCD monitor, and an integrated tablet holder for an enhanced workout experience. This machine targets 92% of your muscles, providing a full-body workout.



Figure 1: ECHANFIT Magnetic Rowing Machine (Model 4107A)

2. SAFETY INFORMATION

Before using the ECHANFIT Magnetic Rowing Machine, please read and understand all safety precautions. Failure to do so may result in injury or damage to the equipment.

- Consult a physician before starting any exercise program.
- Ensure all bolts and nuts are securely tightened before each use.
- Place the machine on a flat, stable surface with adequate clearance around it.
- Keep children and pets away from the machine during operation.
- Wear appropriate exercise attire and footwear.
- Do not exceed the maximum weight capacity of 350 pounds.
- If you experience pain, dizziness, or shortness of breath, stop exercising immediately.

3. PACKAGE CONTENTS

Verify that all components are present before assembly:

- Main Frame Assembly
- Slide Rail with Seat
- Front Stabilizer
- Rear Stabilizer
- Handlebar
- Foot Pedals (Left & Right)
- LCD Monitor
- Tablet Holder
- Hardware Kit (Bolts, Washers, Nuts, Tools)
- User Manual (This document)

4. ASSEMBLY INSTRUCTIONS

Assembly typically takes about 30-60 minutes. It is recommended to have two people for easier assembly, though it can be done by one person.

1. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and washers. Ensure they are firmly tightened.
2. **Install Slide Rail:** Connect the slide rail assembly to the main frame. Make sure the seat glides smoothly along the rail.
3. **Mount Handlebar:** Attach the handlebar to the pulling mechanism.
4. **Attach Foot Pedals:** Secure the left and right foot pedals to their respective mounts.
5. **Connect LCD Monitor:** Install the LCD monitor and connect its sensor cables. Insert 2 AAA batteries (not included).
6. **Attach Tablet Holder:** Secure the tablet holder above the LCD monitor.
7. **Final Check:** Double-check all connections and ensure all bolts are tightened.

5. OPERATING INSTRUCTIONS

5.1 Adjusting Magnetic Resistance

The ECHANFIT rower features 16 levels of adjustable magnetic resistance. To change the resistance, locate the tension knob on the main unit and rotate it clockwise to increase resistance (levels 13-16 for strength training) or counter-clockwise to decrease resistance (levels 1-4 for leisure fitness).



Figure 2: Resistance Adjustment Knob with 16 levels.

5.2 Using the LCD Monitor

The integrated LCD monitor tracks essential workout metrics. Press the MODE button to cycle through displays such as Time, Distance, Strokes Per Minute (SPM), and Calories Burned. The SCAN function will automatically cycle through all metrics.

FUNCTIONAL LCD MONITOR

Stay motivated, drive to achieve your goal



Device holder



Figure 3: LCD Monitor displaying workout metrics and tablet holder.

5.3 App Connectivity (FitShow & Kinomap)

Enhance your workout with the optional free FitShow and Kinomap fitness apps. These apps offer workout tracking,

guided training sessions, and interactive challenges via Bluetooth.

COMPATIBLE FITNESS APP

Find limitless workout fun

10:06

Sport

Hot Recommendation

What to Do for Hand and Wrist Pain

1292

Sports Encyclopedia

How to Get Rid of Lower Belly Fat

3884

How to Use the Perceived Exertion Scale During Your...

2430

Cardio Workouts for Absolute Beginners

6081

Elliptical Workout for Beginners

6798

09:44

Program Modes

Latest

13 Min Easy Rowing

15 Min Rowing Workout

30 Min Rowing Body Blast

Pyramid Rowing Workout

Fat Loss Rowing Workout

20 Min Interval Rowing Workout

12:44

HT035B

0.10 Km

5.3

00:01:05

4.50

16

0

0

12'00"

13.00"

11:40

Map Mode

Popular routes

My Route

Munich, Germany

Rosny-sous-Bois, France

Khao I Dang, Thailand

10:36

Natural scenery

Lakeside Walk

Beach Walk

Air bike lane II

Air bike lane I



FitShow



Kinomap

- Free courses
- Group competitions
- Immersive experiences



Figure 4: ECHANFIT Rower with compatible fitness apps (FitShow, Kinomap).

Connecting to FitShow via Bluetooth:

Your browser does not support the video tag.

Video 1: Instructions on connecting the ECHANFIT Magnetic Rower R42 to the FitShow app via Bluetooth. This video demonstrates the steps to enable Bluetooth on your mobile device, download the FitShow app, activate the rower's display, select the rowing machine option

in the app, and initiate a workout session once connected.

Connecting to Kinomap via Bluetooth:

Your browser does not support the video tag.

Video 2: Detailed guide on connecting the ECHANFIT Magnetic Rower R42 to the Kinomap app via Bluetooth. The video illustrates how to turn on Bluetooth, download and open the Kinomap app, register/log in, select the rowing machine as your equipment, find and select the FitShow brand within the app, and then wake up the rower's display by pulling the handle to establish a successful Bluetooth link and begin training.

Overview of Bluetooth App Features:

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Video 3: A brief overview demonstrating the various features and benefits of using Bluetooth-enabled fitness apps with the ECHANFIT Rowing Machine, highlighting how they can enhance the workout experience.

6. MAINTENANCE

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 slide rail for smooth operation. If needed, apply a thin layer of silicone-based lubricant to the rail.
- **Inspections:** Regularly inspect all moving parts, bolts, and connections for any signs of wear or loosening. Tighten as necessary.
- **Storage:** The rower features a space-saving foldable design. When not in use, fold the machine and store it upright to save space. Utilize the transport wheels for easy relocation.

EASIER TO MOVE AT HOME



Transport wheels



Figure 5: ECHANFIT Rower demonstrating its transport wheels for easy movement.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
LCD Monitor not displaying	Batteries are dead or incorrectly installed.	Replace batteries (2 AAA) or ensure correct polarity.
Resistance feels inconsistent	Magnetic mechanism issue or resistance knob not set correctly.	Check resistance knob setting. If issue persists, contact customer support.
Squeaking noise during operation	Loose bolts or dry slide rail.	Tighten all visible bolts. Apply silicone lubricant to the slide rail.
Cannot connect to fitness app	Bluetooth not enabled, app not updated, or rower display not active.	Ensure Bluetooth is on. Update app. Pull handle to activate rower display. Restart app/device.

8. SPECIFICATIONS

- **Model Name:** 4107A
- **Resistance Mechanism:** Magnetic
- **Tension Levels:** 16
- **Maximum Weight Recommendation:** 350 Pounds
- **Product Dimensions (LxWxH):** 76.18" x 19.29" x 35.05"
- **Item Weight:** 25 Kilograms
- **Frame Material:** Alloy Steel
- **Display Type:** LCD (Metrics: Speed, Time, Distance, Calories)
- **Power Source:** Battery Powered (2 AAA batteries required)
- **Special Features:** Foldable, Easy Assembly, Tablet Holder, Bluetooth Connectivity

SMOOTH SLIDE RAIL



QUIET
Rowing Motion



STURDY
Steel Frame

SGS

350 LB
Weight Capacity



Figure 6: Key dimensions and features of the ECHANFIT Magnetic Rowing Machine.

9. WARRANTY & SUPPORT

ECHANFIT products are designed for durability and performance. For warranty information, technical support, or replacement parts, please contact ECHANFIT customer service through their official website or the retailer where the product was purchased. Please have your model number (4107A) and purchase date available when contacting support. Visit the official ECHANFIT Store for more information: [ECHANFIT Store](#)

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.

Name

Anonymous

Email

you@example.com

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