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ECHANFIT CRW4416

ECHANFIT Rowing Machine User Manual

Model: CRW4416

Brand: ECHANFIT

INTRODUCTION

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



Image: ECHANFIT Rowing Machine in operation, demonstrating its compact design and user experience.

IMPORTANT SAFETY INSTRUCTIONS

To ensure your safety and prolong the life of your rowing machine, please adhere to the following guidelines:

- Consult a physician before starting any exercise program.
- Keep children and pets away from the machine during operation.
- Place the rowing machine on a flat, stable surface with adequate clearance around it.
- Ensure all bolts and nuts are securely tightened before each use. Regularly check for loose components.
- Do not exceed the maximum user weight capacity of 350 lbs.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Wear appropriate exercise attire and footwear. Avoid loose clothing that could get caught in moving parts.
- Keep hands and feet clear of moving parts, especially the flywheel and seat rail.

PACKAGE CONTENTS

Before beginning assembly, please verify that all components listed below are present and undamaged. If any parts are missing or damaged, contact ECHANFIT customer service immediately.



Image: All components of the ECHANFIT Rowing Machine laid out, including the main body, seat, rail, pedals, and hardware.

- Main Unit (pre-assembled)
- Front Stabilizer
- Rear Stabilizer
- Seat Assembly
- Foot Pedals (Left & Right)
- LCD Monitor

- Hardware Kit (bolts, nuts, wrench, Allen key)
- User Manual (this document)

ASSEMBLY INSTRUCTIONS

The ECHANFIT Rowing Machine is designed for quick setup, with 90% of the unit pre-assembled. Follow these steps to complete the assembly process.

Step 1: Attach Front and Rear Stabilizers

Securely attach the front and rear stabilizers to the main unit using the provided bolts and wrench. Ensure they are firmly tightened for stability.

Sturdy Slide Rail System

Provide higher load-bearing and smooth movement



Precision Pulleys

Provides a more quiet rowing experience

Image: The rowing machine with its front and rear stabilizers securely attached, providing a stable base.

Step 2: Install Seat Assembly

Slide the seat assembly onto the main rail. Ensure the rollers are properly aligned with the rail and move smoothly.

Step 3: Attach Foot Pedals

Attach the left and right foot pedals to the designated points on the main unit. Ensure they are firmly secured using the provided hardware.

Step 4: Connect LCD Monitor

Connect the sensor cables from the main unit to the corresponding ports on the back of the LCD monitor.

Mount the monitor onto its holder securely.

Your browser does not support the video tag.

Video: A detailed step-by-step guide demonstrating the assembly process of the ECHANFIT Rowing Machine, including attaching components and connecting the monitor.

OPERATING INSTRUCTIONS

Familiarize yourself with the functions of your ECHANFIT Rowing Machine to optimize your workout experience.

Adjusting Resistance

The ECHANFIT Rowing Machine features 16 levels of adjustable magnetic resistance, allowing you to customize your workout intensity. To increase or decrease resistance, turn the resistance knob located on the main unit. Turn clockwise to increase resistance for a more challenging workout, and counter-clockwise to decrease it for lighter exercise.

16-Level Resistance for All

Customize exercise requirements for different individuals



Image: Close-up view of the resistance adjustment knob on the ECHANFIT Rowing Machine, showing the 16 levels of magnetic resistance.

Using the LCD Monitor

The LCD monitor tracks various workout metrics to help you monitor your progress and stay motivated. Use the buttons on the monitor to cycle through display modes or reset values.

- **TIME:** Displays the duration of your current workout.
- **COUNT:** Shows the total number of strokes completed during your session.
- **SPEED:** Indicates your current rowing speed.
- **DISTANCE:** Tracks the distance covered during the workout.

- **CALORIES:** Provides an estimated number of calories burned.
- **TOTAL DISTANCE:** Displays the cumulative distance rowed over all sessions.

The built-in tablet holder allows for convenient placement of your mobile device, enabling you to enjoy entertainment or follow workout routines during your exercise sessions.



Image: The LCD monitor of the ECHANFIT Rowing Machine displaying various workout metrics such as time, count, distance, and calories.

MAINTENANCE

Regular maintenance will ensure the longevity and optimal performance of your ECHANFIT Rowing Machine.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid using abrasive cleaners or solvents.
- **Lubrication:** Periodically check the seat rail for smooth movement. If you notice any friction or hear squeaking, apply a silicone-based lubricant to the rail.
- **Tightness Check:** Regularly inspect all bolts, nuts, and connections to ensure they are secure. Tighten any loose components using the provided tools.
- **Storage:** For space efficiency, the rowing machine can be stored vertically. Use the built-in transport wheels to move it easily to your desired storage location.

Silent Magnetic System

Enjoy the quiet time of evening



SILENT
FLYWHEEL



SILENT
TIMING BELT



Image: The ECHANFIT Rowing Machine shown in its vertical storage position, highlighting its space-saving design.

TROUBLESHOOTING

If you encounter any issues with your rowing machine, refer to the following common problems and their solutions.

Problem: Monitor not displaying data.

- **Solution:** Check the battery in the LCD monitor and replace if necessary. Ensure all sensor cables are

securely connected to both the monitor and the main unit.

Problem: Resistance feels inconsistent or too low/high.

- **Solution:** Verify the resistance knob is set to your desired level. For magnetic resistance, ensure no foreign objects are interfering with the flywheel mechanism.

Problem: Squeaking or unusual noises during operation.

- **Solution:** Check all bolted connections and tighten any loose ones. Lubricate the seat rail if the noise is coming from the seat movement.

PRODUCT SPECIFICATIONS

Feature	Detail
Brand	ECHANFIT
Model Name	CRW4416
Resistance Mechanism	Magnetic (16 Levels)
Maximum Weight Recommendation	350 Pounds
Product Dimensions (LxWxH)	60.1"D x 25.5"W x 19.5"H
Item Weight	34.5 Pounds
Frame Material	Alloy Steel
Display Type	LCD (Time, Count, Speed, Distance, Calories, Total Distance)
Special Features	Adjustable Resistance, Digital Monitor, Easy Assembly, Tablet Holder, Space-Efficient Vertical Storage

WARRANTY AND SUPPORT

ECHANFIT is committed to providing high-quality products and excellent customer service. Your rowing machine comes with a 12-month warranty for replacement parts.

For any inquiries, technical assistance, or warranty claims, please contact ECHANFIT customer service. Our team typically responds within 12 business hours to ensure prompt support.

Visit the official ECHANFIT Store for more information:[ECHANFIT Store](#)

For additional product details and support, refer to the product page on Amazon:[Product Link](#)

