UMAY UR20

UMAY Rowing Machine User Manual

Model: UR20

1. Introduction

Thank you for choosing the UMAY Magnetic Rowing Machine, Model UR20. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before using the rowing machine to ensure proper usage and to maximize your workout experience. Keep this manual for future reference.

The UMAY UR20 Rowing Machine is designed to provide a full-body, low-impact cardiovascular workout, engaging major muscle groups including legs, core, and upper body. Its magnetic resistance system ensures a smooth, quiet, and effective exercise session suitable for various fitness levels.

2. Safety Information

Before beginning any exercise program, consult with your physician. This is especially important for individuals over the age of 35 or those with pre-existing health conditions.

- Always place the rowing machine on a flat, stable surface. Ensure there is adequate clear space around the machine (at least 0.6 meters or 2 feet) for safe operation.
- Inspect the machine before each use for any loose parts, wear, or damage. Do not use the machine if it is damaged.
- Keep children and pets away from the machine during operation.
- Wear appropriate athletic footwear and clothing that will not interfere with the machine's moving parts.
- Do not overexert yourself. Stop exercising immediately if you feel faint, dizzy, or experience pain.
- The maximum user weight capacity for this machine is 160 kg (approximately 352 lbs).
- Ensure all bolts and nuts are securely tightened before and after each use.

3. Assembly Instructions

The UMAY Rowing Machine comes partially assembled. Tools required for final assembly are included in the package. It is recommended that two people assemble the machine.

1. Unpack all components and verify against the parts list (not provided in this manual, refer to your packaging).
2. Attach the front and rear stabilizer bars to the main frame using the provided bolts and washers. Ensure they are securely fastened.
3. Connect the seat rail to the main frame. Slide the seat onto the rail.
4. Mount the LCD monitor and tablet holder assembly to the designated bracket on the main frame. Connect any necessary cables.
5. Ensure all connections are tight and stable before first use.

4. Operating Instructions

4.1. Adjusting Resistance

The UMAY Rowing Machine features 16 levels of adjustable magnetic resistance, allowing you to customize your workout intensity. To adjust the resistance, locate the tension control knob on the main unit.

- Turn the knob clockwise to increase resistance (levels 9-16 for young adults, strength building, muscle, and endurance).
- Turn the knob counter-clockwise to decrease resistance (levels 1-8 suitable for youth and elderly, or for warming up).



Figure 4.1: Resistance Adjustment Knob and Intensity Levels

4.2. Using the Multifunctional LCD Monitor & Tablet Holder

The integrated LCD monitor tracks your workout data in real-time, helping you monitor your progress. The built-in tablet holder allows for entertainment or following workout routines.

- **SCAN:** Automatically cycles through various display metrics.
- **TIME:** Displays the duration of your workout.
- **/500M:** Shows your pace per 500 meters.
- **CAL:** Estimates calories burned during your session.
- **COUNT:** Displays the total number of strokes.
- **DIST:** Shows the distance rowed.
- **SPM:** Strokes Per Minute.
- **PULSE:** (If applicable, requires external sensor) Displays heart rate.
- **RESET:** Press to clear all workout data.
- **MODE:** Press to select a specific display metric or activate SCAN mode.

- **SET:** Used for setting target values (e.g., time, distance).



Figure 4.2: LCD Monitor and Tablet Holder



Figure 4.3: Detailed View of LCD Monitor Metrics

4.3. Proper Rowing Technique

Proper technique is crucial for an effective and safe rowing workout. The rowing stroke consists of four phases: the Catch, the Drive, the Finish, and the Recovery.

1. **The Catch:** Sit tall with shins vertical, arms extended forward, and hands gripping the handle.
2. **The Drive:** Push off with your legs, then swing your back open, and finally pull the handle towards your abdomen.
3. **The Finish:** Legs are extended, back is slightly reclined, and handle is at your abdomen.
4. **The Recovery:** Extend arms forward, then pivot your hips forward, and finally bend your knees to slide back to the catch position.



Figure 4.4: Proper Rowing Form Demonstration

The 49.5-inch extended slide rail accommodates taller users, ensuring a full range of motion and a smoother, more natural movement during workouts.



Figure 4.5: Extended Slide Rail for Taller Users

5. Maintenance

Regular maintenance will prolong the life of your UMAY Rowing Machine and ensure safe operation.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** The magnetic resistance system is generally maintenance-free. However, occasionally check the seat rollers and slide rail for smooth movement. If needed, a small amount of silicone-based lubricant can be applied to the rail.
- **Inspections:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners. Inspect the pulling strap/cord for any signs of fraying or damage.
- **Storage:** When not in use, store the machine in a clean, dry environment away from direct sunlight and extreme temperatures.

6. Troubleshooting

If you encounter issues with your UMAY Rowing Machine, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
LCD Monitor not displaying	Batteries are dead or incorrectly installed.	Check battery orientation or replace batteries (requires 2 AAA batteries, not included).
Resistance feels inconsistent or too low/high	Resistance knob not adjusted correctly; internal mechanism issue.	Ensure the resistance knob is turned fully to the desired level. If issue persists, contact customer support.
Squeaking or grinding noise during operation	Loose bolts; dirty slide rail; worn rollers.	Check and tighten all bolts. Clean the slide rail and seat rollers. If noise persists, contact customer support.
Seat does not slide smoothly	Dirty slide rail; debris on rollers.	Clean the slide rail and rollers thoroughly. Apply a thin layer of silicone lubricant to the rail if necessary.

If you experience a problem not listed here, or if the suggested solution does not resolve the issue, please contact UMAY customer support.

7. Specifications

Feature	Detail
Model Number	UR20
Resistance Mechanism	Magnetic
Resistance Levels	16 Adjustable Levels
Frame Material	Alloy Steel
Flywheel Material	Aluminum
Product Dimensions (L x W x H)	167.6 cm x 55.9 cm x 63.5 cm (66 in x 22 in x 25 in)
Extended Slide Rail Length	49.5 inches (approx. 126 cm)
Item Weight	22.23 kg (49 lbs)
Maximum User Weight	160 kg (352 lbs)
Display Type	LCD Monitor
Power Source (Monitor)	Manual (Battery operated, batteries not included)
Included Components	Tools for assembly



Figure 7.1: Key Dimensions and Weight Capacity

8. Warranty and Support

UMAY stands behind the quality of its products. For specific warranty details, including coverage period and terms, please refer to the warranty card included with your purchase or visit the official UMAY website. Keep your proof of purchase for warranty claims.

For technical support, replacement parts, or any questions regarding your UMAY Rowing Machine, please contact UMAY customer service. Contact information can typically be found on the UMAY website or on your product packaging.

Manufacturer: UMAY

Brand: UMAY

For more information, visit the UMAY Brand Store on Amazon.

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