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› VOWVIT OR3 Magnetic Rowing Machine User Manual

## VOWVIT OR3

# VOWVIT OR3 Magnetic Rowing Machine User Manual

Model: OR3 | Brand: VOWVIT

## 1. INTRODUCTION

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Thank you for choosing the VOWVIT OR3 Magnetic Rowing Machine. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read it thoroughly before use and keep it for future reference.

# REVOLUTIONARY MAGNETIC FLYWHEEL

Unleash unmatched resistance with whisper-quiet performance



Image 1.1: The VOWVIT OR3 Magnetic Rowing Machine, showcasing its design in a living room environment.

## 2. SAFETY INFORMATION

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- Consult a physician before starting any exercise program.
- Ensure all parts are securely fastened before each use.
- Keep children and pets away from the machine during operation.
- Place the rowing machine on a flat, stable surface.
- Maximum user weight capacity: 160 kg (352 lbs). Do not exceed this limit.
- Wear appropriate athletic footwear and clothing.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

## 3. PACKAGE CONTENTS

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Verify that all components are present and undamaged before assembly. If any parts are missing or damaged, contact customer support.

- Main Frame (partially pre-assembled)
- Seat and Rail
- Foot Pedals
- Handlebar
- Stabilizer Bars
- LCD Monitor
- Tool Kit
- User Manual



Image 3.1: Components of the VOWVIT OR3 Magnetic Rowing Machine, illustrating its 90% pre-assembled state.

## 4. ASSEMBLY INSTRUCTIONS

The VOWVIT OR3 rowing machine is designed for quick and easy assembly, with over 90% of the unit pre-assembled. Most users can complete assembly within 20 minutes.

### Step-by-Step Assembly:

1. **Unpack Components:** Carefully remove all parts from the packaging. Place them on a clean, flat surface.
2. **Attach Stabilizer Bars:** Secure the front and rear stabilizer bars to the main frame using the provided bolts and tools. Ensure they are tightened firmly.
3. **Install Seat Rail:** Connect the seat rail to the main frame. Ensure the seat slides smoothly along the rail.
4. **Attach Foot Pedals:** Secure the foot pedals to the designated positions on the main frame. Adjust the straps for comfort if necessary.
5. **Connect LCD Monitor:** Attach the LCD monitor to its bracket on the main console. Insert the required batteries (2x AAA, not included) into the battery compartment located under the display. Connect any necessary sensor cables.
6. **Final Check:** Review all connections and ensure all bolts are tightened. Test the seat movement and handlebar pull for smooth operation.



Image 4.1: Detailed views of key components including the seat, handlebar, foot pedals, and base stabilizers.

## 5. OPERATING INSTRUCTIONS

### 5.1 Adjusting Resistance

The VOWVIT OR3 features 16 levels of magnetic resistance, providing a maximum resistance of 300 N. To adjust the resistance, turn the tension control knob located on the main console. Turn clockwise for higher resistance and counter-clockwise for lower resistance.

# 16 LEVELS OF MAGNETIC RESISTANCE

Versatile Exercise for All Ages



Image 5.1: The resistance knob with indicators for 16 levels, allowing versatile exercise for all ages.

## 5.2 Using the LCD Monitor

The high-resolution LCD screen displays real-time data including time, speed, distance, calories burned, and SPM (strokes per minute). Use the 'MODE' button to cycle through display functions and 'RESET' to clear data.

## 5.3 Bluetooth Connectivity and Apps

The OR3 rowing machine supports stable Bluetooth connectivity, compatible with fitness applications such as Kinomap and Fitshow. Download the desired app on your smartphone or tablet, enable Bluetooth, and follow the app's instructions to connect to your rowing machine. When connected to an app, the rowing machine's built-in display may not function simultaneously.

# Supports Bluetooth APP & Lcd Monitor

## Optimize Your Fitness with Live Data Insights



Image 5.2: A user engaging in a rowing workout, with a smartphone displaying a fitness application connected via Bluetooth.

## 5.4 Rowing Technique

A proper rowing technique involves four phases: the catch, the drive, the finish, and the recovery. Focus on engaging your legs, core, and arms in sequence for an effective full-body workout. The ergonomic padded seat and anti-slip handle ensure comfort and safety during your workout.

## 6. MAINTENANCE

### 6.1 Cleaning

Wipe down the rowing machine with a damp cloth after each use to remove sweat and dust. Avoid using abrasive cleaners or solvents that could damage the finish or electronic components.

### 6.2 Storage

The VOWVIT OR3 is designed for space-saving vertical storage. After use, the rowing machine can be folded and stored upright,

occupying only 0.2m<sup>2</sup> of floor space. Ensure the machine is stable when stored vertically to prevent tipping.



Image 6.1: The VOWVIT OR3 rowing machine in its upright storage position, demonstrating its compact footprint.

### 6.3 Regular Checks

Periodically check all bolts and connections for tightness. Inspect the seat rail for any obstructions or wear. Ensure the handlebar strap and foot pedal straps are in good condition.

## 7. TROUBLESHOOTING

- **Monitor Not Displaying:** Check if the AAA batteries are correctly installed and have sufficient charge. Replace if necessary.
- **Resistance Feels Uneven:** Ensure the resistance knob is properly engaged and not stuck between levels. If the issue persists, contact customer support.
- **Squeaking or Noise:** Check for loose bolts and tighten them. Apply a small amount of silicone lubricant to the seat rollers if needed.

- **Bluetooth Connection Issues:** Ensure Bluetooth is enabled on your device and the rowing machine. Try restarting both devices. Make sure no other apps are trying to connect simultaneously.

## 8. SPECIFICATIONS

|                                |                                         |
|--------------------------------|-----------------------------------------|
| Model Number                   | OR3                                     |
| Brand                          | VOWVIT                                  |
| Resistance Mechanism           | Magnetic                                |
| Resistance Levels              | 16                                      |
| Maximum Resistance             | 300 N                                   |
| Maximum User Weight            | 160 kg (352 lbs)                        |
| Product Dimensions (L x W x H) | 150D x 53.9W x 45H cm                   |
| Item Weight                    | 17.5 kg                                 |
| Frame Material                 | Alloy Steel                             |
| Monitor Type                   | LCD Display                             |
| Connectivity                   | Bluetooth (Kinomap, Fitshow compatible) |
| Noise Level                    | Under 40 dB                             |
| Storage Footprint (Vertical)   | 0.2 m²                                  |
| Included Components            | Tool kit, User manual, Rowing machine   |



Image 8.1: Visual representation of the VOWVIT OR3 rowing machine's dimensions and weight capacity.

## 9. WARRANTY AND SUPPORT

### 9.1 Manufacturer's Warranty

This VOWVIT OR3 Magnetic Rowing Machine comes with a 2-year manufacturer's warranty, covering defects in materials and

workmanship under normal use. Please retain your proof of purchase for warranty claims.

## 9.2 Technical Support

VOWVIT offers professional customer support and lifetime technical assistance. For any assembly questions, technical issues, or spare parts inquiries, please contact our support team. Spare parts availability in the EU is guaranteed for 2 years.



Image 9.1: VOWVIT's commitment to customer support, including 24/7 assistance, rigorous product testing, and availability of spare parts.

### 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

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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**