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› [YESOUL](#) /

› [YESOUL R1 Plus Home Rower User Manual](#)

YESOUL R1PLUS

YESOUL R1 Plus Home Rower User Manual

Model: R1PLUS

1. INTRODUCTION

Thank you for choosing the YESOUL R1 Plus Home Rower. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before use and keep it for future reference.



Figure 1.1: The YESOUL R1 Plus Home Rower, a sleek black fitness machine with a large integrated display screen.

2. SAFETY INFORMATION

Before using the YESOUL R1 Plus Home Rower, please observe the following safety precautions:

- Consult your physician before starting any new exercise program.
- Ensure all parts are correctly assembled and tightened before each use.
- Keep children and pets away from the equipment during operation.
- Place the rower on a flat, stable surface with adequate clearance around it.
- Wear appropriate athletic footwear and clothing.
- Do not exceed the maximum user weight of 120 kg (264 lbs).
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

3. PACKAGE CONTENTS

Carefully unpack your YESOUL R1 Plus Home Rower and verify that all components are present:

- YESOUL R1 Plus Rower Main Unit
- User Manual
- Tool Kit for Assembly

4. SETUP AND ASSEMBLY

The YESOUL R1 Plus Home Rower is designed for straightforward assembly. Follow the instructions provided in the included manual. All necessary tools are supplied in the tool kit.

Key Assembly Steps:

1. Unfold the main frame and secure the rail system.
2. Attach the display unit and ensure all cables are properly connected.
3. Install the foot pedals and ergonomic seat.



Figure 4.1: Close-up of the ergonomically designed seat, providing comfort during workouts.



Figure 4.2: Detail of the robust rail system, ensuring smooth and stable movement during rowing.

5. OPERATING INSTRUCTIONS

5.1 Immersive 21.5" FHD Screen

The rower features a 21.5-inch Full HD (1080P) display. This screen offers 360° rotation and adjustable viewing angles, allowing you to customize your workout view for different exercises and user heights.



Immersion 21,5" FHD-Bildschirm

Erleben Sie intensives Training mit 21,5" FHD-Bildschirm, 360°-Drehung und verstellbaren Winkeln.

Figure 5.1: A user engaging with the 21.5-inch FHD screen, which can rotate for optimal viewing.

5.2 Full Sound System

Enjoy a rich and immersive audio experience with the integrated dual 6W speakers. These speakers deliver powerful bass, enhancing your workout environment.

5.3 Free and Unlimited Streaming

The rower supports wired compatibility with various applications, expanding your training options. Please note:

- Android devices must support DisplayPort (DP) signal output for wired screen transmission.
- iOS devices must support iOS 12 or higher.
- If your device does not meet these requirements, contact customer service for a special data cable.



Freies & unbegrenztes Streaming

Mit Kabel verschiedene Apps nutzen und das Training mit mehr Möglichkeiten individuell gestalten.

Figure 5.2: A user connecting a smartphone to the rower's screen for streaming content.

5.4 Real-time Workout Data

The 21.5" FHD screen displays real-time workout data, including stroke frequency, power, distance, resistance level, and calories burned. Utilize the YESOUL app to track your progress and explore scenic workout experiences.

5.5 Magnetic Resistance Adjustment

The rower features a magnetic resistance system with 100 adjustable levels. Use the resistance knob to easily increase or decrease the intensity of your workout.

100 magnetische Widerstandsstufen



Figure 5.3: Close-up of the red resistance knob, used to adjust the 100 levels of magnetic resistance.

5.6 Versatile Training

With the screen's rotation capability, you can easily switch between rowing, stretching, strength training, and other classes, all from a single device.



Rotieren für mehr

Drehen Sie den Bildschirm, um zwischen Radfahren, Dehnen und Krafttraining zu wechseln.

Figure 5.4: A user performing floor exercises while the rower's screen is rotated for optimal viewing during versatile training.

6. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your YESOUL R1 Plus Home Rower:

- Wipe down the rower with a damp cloth after each use to remove sweat and dust.
- Inspect all bolts and connections periodically to ensure they are secure. Tighten if necessary.
- Keep the rail system clean and free of debris to ensure smooth seat movement.
- Store the rower in a dry, cool place away from direct sunlight and extreme temperatures.

6.1 Space-Saving Foldable Design

The rower features a foldable rail, making it ideal for small spaces and easy storage.



Klappbar und leicht zu verstauen

Mit klappbarer Schiene spart dieses Rudergerät Platz, ideal für Homegyms mit begrenztem Platz und leicht zu verstauen.

Figure 6.1: The YESOUL R1 Plus rower shown in its upright, folded position for compact storage.

7. TROUBLESHOOTING

If you encounter any issues with your YESOUL R1 Plus Home Rower, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Foot pedal nuts loosen frequently.	Vibration during use; insufficient tightening.	Ensure nuts are tightened securely. If problem persists, consider using thread-locking fluid (e.g., Loctite) or self-locking nuts.
Soundbar under monitor falls off.	Improper seating of the soundbar; worn attachment points.	Ensure the soundbar is correctly clicked into place. Check if the attachment hooks on the monitor are damaged or worn. If necessary, contact customer service for assistance.

Problem	Possible Cause	Solution
Screen not displaying or flickering.	Loose cable connection; power issue.	Check all cable connections to the screen and power source. Ensure the power adapter is securely plugged in.
Resistance not changing.	Internal mechanism issue; knob malfunction.	Ensure the resistance knob is turning freely. If the issue persists, contact customer service.

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

8. SPECIFICATIONS

Feature	Specification
Brand	YESOUL
Model Number	R1PLUS
Color	Black
Display Type	21.5" FHD (1080P) Screen
Frame Material	Carbon Steel
Resistance Mechanism	Magnetic
Resistance Levels	100
Counter Metrics	Time, Calories Burned, Stroke Count, Distance
Power Type	Electric Cable
Product Dimensions (L x W x H)	174.6 x 54.99 x 103.5 cm (68.7 x 21.6 x 40.7 inches)
Item Weight	31 Kilograms (68.3 lbs)
Maximum Weight Recommendation	120 Kilograms (264 lbs)
Special Features	Ergonomic, Foldable, Low Noise, Built-in Speaker, Adjustable Resistance

9. WARRANTY AND SUPPORT

YESOUL is committed to providing excellent customer service. Your YESOUL R1 Plus Home Rower comes with a comprehensive support policy:

- **Warranty:** Within two years of purchase, we will provide free replacement parts to ensure your device remains in good working condition.
- **Customer Support:** Your messages and inquiries will be processed within 24 hours. Our goal is to ensure your complete satisfaction with your purchase.

For any questions, technical assistance, or warranty claims, please contact YESOUL customer support through the retailer's platform or the official YESOUL website.

Related Documents - R1PLUS

	<p>YESOUL R1 PLUST Rowing Machine: Installation, Operation, and Maintenance Manual</p> <p>Comprehensive guide for the YESOUL R1 PLUST Rowing Machine, covering product specifications, safety instructions, step-by-step installation, routine maintenance, usage tips, troubleshooting, and app integration.</p>
	<p>Yesoul G1 Max Smart Cycling Bike Installation and User Manual</p> <p>Comprehensive guide for installing and maintaining the Yesoul G1 Max Smart Cycling Bike, including product specifications, assembly steps, parts list, and troubleshooting.</p>
	<p>YESOUL G1M PLUS Smart Cycling Bike - User Manual and Installation Guide</p> <p>Comprehensive user manual and installation guide for the YESOUL G1M PLUS Smart Cycling Bike, covering product specifications, safety instructions, assembly steps, maintenance, and app usage.</p>
	<p>YESOUL Smart Cycling Bike M2M User Manual and Installation Guide</p> <p>Comprehensive user manual for the YESOUL Smart Cycling Bike M2M (YS-BM2). Includes product parameters, routine maintenance, important safety instructions, detailed installation guide, operation instructions, correct riding posture guidance, adjustment procedures, and app integration.</p>
	<p>YESOUL G1M PLUS Smart Cycling Bike User Manual and Installation Guide</p> <p>Comprehensive user manual and installation guide for the YESOUL G1M PLUS Smart Cycling Bike (Model YS-001), covering product parameters, safety instructions, assembly steps, maintenance, and usage guidelines.</p>
	<p>YESOUL M1 Spin Bike: Installation, Adjustment, and Maintenance Manual</p> <p>Comprehensive guide for the YESOUL M1 Spin Bike (YS-002), covering safety instructions, parts list, step-by-step installation, bike adjustments, app connection, riding posture, and routine maintenance.</p>