

CHAOKE 107b

CHAOKE Magnetic Rowing Machine Model 107b User Manual

Model: 107b | Brand: CHAOKE

1. INTRODUCTION AND SAFETY INFORMATION

Thank you for choosing the CHAOKE Magnetic Rowing Machine. This manual provides essential information for the safe assembly, operation, and maintenance of your rowing machine. Please read it thoroughly before use and retain it for future reference.

1.1 Important Safety Instructions

- 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.
- Inspect the machine for loose or worn parts before each use. Do not use if damaged.
- Wear appropriate athletic clothing and footwear.
- Do not exceed the maximum user weight capacity of 350 lbs (158.76 kg).
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

2. PRODUCT OVERVIEW

The CHAOKE Magnetic Rowing Machine Model 107b is designed for effective full-body workouts at home. It features a robust construction and advanced functionalities to enhance your fitness routine.



Image: The CHAOKE Magnetic Rowing Machine in a home setting, demonstrating a user performing a rowing exercise.

2.1 Key Features

- **16 Levels of Magnetic Resistance:** Provides a wide range of intensity for various fitness levels.
- **Bluetooth-Compatible App Connectivity:** Track and visualize workout data in real-time on your smartphone or tablet.
- **Dual Slide Rail System:** Ensures stability and smooth operation during intense workouts.
- **LCD Monitor with 7 Data Modes:** Displays time, stroke count, total count, 500-meter split time, stroke frequency, distance, and calories burned.
- **Silent Magnetic System:** Designed for quiet operation, allowing workouts without disturbance.
- **Foldable Design:** Allows for convenient vertical storage, saving space.
- **High Weight Capacity:** Supports users up to 350 lbs (158.76 kg) with its thickened steel construction.

Diverse APP – Visualize Data

Connect via Bluetooth to the App



Image: Close-up view highlighting the 16 levels of magnetic resistance and the 10 lbs flywheel mechanism.

10x16 Custom Your Exercise



Adjustable



Powerful



Smooth

16 Levels

Magnetic
Resistance

10 Lbs

Flywheel



Image: Illustration of the rowing machine's Bluetooth connectivity to a smartphone app for data visualization.

Silent Magnetic System

Reduce Noise & More Smooth



Silent Belt



Silent Flywheel



Image: The LCD monitor displaying various workout metrics such as time, distance, calories, and stroke count, with a device holder for a smartphone.

Easy to assemble

Quick and Stress-Free Assembly



Guide



Video



Image: A user rowing on the machine, emphasizing the quiet operation provided by the silent magnetic system.

Thickened Steel & Sturdy Rail System



Image: The robust construction of the rowing machine, highlighting the thickened steel frame and sturdy rail system, capable of supporting up to 350 lbs.

3. SETUP AND ASSEMBLY

The CHAOKE Magnetic Rowing Machine is designed for straightforward assembly. Please follow these steps carefully.

3.1 Unpacking

- Carefully remove all components from the packaging.
- Check the parts list against the contents to ensure all items are present.
- Keep packaging materials until assembly is complete in case of missing parts or returns.

3.2 Assembly Steps

1. Attach the front stabilizer to the main frame using the provided bolts and tools.
2. Secure the rear stabilizer to the main frame.
3. Connect the seat rail to the main frame, ensuring it slides smoothly.
4. Install the seat onto the seat rail.
5. Attach the foot pedals to the main frame.
6. Mount the LCD monitor and device holder to the handlebar post.
7. Connect any necessary sensor cables to the monitor.
8. Ensure all bolts are tightened securely before first use.

For detailed visual instructions, refer to the assembly guide included in your package.

4. OPERATING INSTRUCTIONS

Familiarize yourself with the machine's functions to optimize your workout experience.

4.1 Adjusting Resistance

The rowing machine features 16 levels of magnetic resistance. To adjust the resistance, locate the resistance knob, typically positioned near the flywheel. Turn the knob clockwise to increase resistance and counter-clockwise to decrease it. Start with a lower resistance and gradually increase as your fitness improves.

4.2 Using the LCD Monitor

The integrated LCD monitor tracks your workout progress. It displays the following metrics:

- **Time:** Duration of your workout.
- **Stroke Count:** Number of strokes performed.
- **Total Count:** Total strokes since reset.
- **500-meter Split Time:** Estimated time to row 500 meters.
- **Stroke Frequency:** Strokes per minute.
- **Distance:** Estimated distance covered.
- **Calories Burned:** Estimated calories expended.

Use the 'MODE' button to cycle through display modes and the 'SET' or 'RESET' buttons for specific functions as indicated on the monitor.

4.3 Bluetooth App Connection

To connect your rowing machine to a Bluetooth-compatible app:

1. Download the recommended fitness app (e.g., Kinomap) from your device's app store.
2. Ensure Bluetooth is enabled on your smartphone or tablet.
3. Turn on the rowing machine's monitor.
4. Open the app and follow the on-screen instructions to pair with your CHAOKE rowing machine.
5. Once connected, your workout data will be displayed and recorded in the app.

4.4 Proper Rowing Technique

A correct rowing technique maximizes effectiveness and minimizes injury risk:

- **The Catch:** Knees bent, shins vertical, arms extended forward, back straight, shoulders relaxed.
- **The Drive:** Push off with your legs, then swing your back, and finally pull with your arms.
- **The Finish:** Legs extended, back slightly reclined, handle pulled to your lower chest/upper abdomen.
- **The Recovery:** Extend arms, then pivot hips forward, then bend knees to return to the catch position.

5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your rowing machine.

5.1 Cleaning

- Wipe down the 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.

5.2 Inspection and Lubrication

- Periodically check all bolts and connections for tightness. Retighten as necessary.
- Inspect the seat rollers and rail for any debris or wear. Clean the rail regularly.
- If the seat movement becomes less smooth, apply a small amount of silicone-based lubricant to the seat rail (avoid oil-based lubricants).

5.3 Storage

The CHAOKE rowing machine features a foldable design for convenient storage:

1. Ensure the machine is clean and dry.
2. Follow the specific folding instructions provided in your assembly guide to safely fold the machine.
3. Store the machine vertically in a dry, cool place away from direct sunlight and moisture.

6. TROUBLESHOOTING

This section addresses common issues you might encounter with your rowing machine.

6.1 Common Issues and Solutions

Problem	Possible Cause	Solution
No display on LCD monitor	Batteries are dead or incorrectly installed; loose cable connection.	Replace batteries (AAA, not included). Check all cable connections to the monitor.
Resistance feels inconsistent or too weak/strong	Resistance knob not properly adjusted; internal magnetic 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 components; debris on seat rail; worn parts.	Check and tighten all bolts. Clean the seat rail and rollers. If noise persists, contact customer support.

Problem	Possible Cause	Solution
Bluetooth app not connecting	Bluetooth off on device; app not updated; machine not discoverable.	Ensure Bluetooth is enabled. Restart the app and the rowing machine. Update the app to the latest version.

If you encounter a problem not listed here or if the suggested solutions do not resolve the issue, please contact CHAOKE customer support.

7. SPECIFICATIONS

Technical details for the CHAOKE Magnetic Rowing Machine Model 107b.

Specification	Detail
Model Name	107b
Brand	CHAOKE
Product Dimensions (L x W x H)	155 x 51 x 60 cm (61 x 20 x 23.6 inches)
Item Dimensions D x W x H (Folded)	89D x 18W x 60H centimeters (35D x 7W x 23.6H inches)
Product Weight	20 kg (44 lbs)
Maximum Weight Recommendation	158.76 kg (350 lbs)
Material	Alloy Steel
Resistance Levels	16 Levels, Magnetic
Color	Black
UPC	757611433122
Batteries Included?	No (for monitor)

8. WARRANTY AND SUPPORT

CHAOKE is committed to providing quality products and customer satisfaction.

8.1 Warranty Information

This CHAOKE Magnetic Rowing Machine comes with a**5-year warranty**. This warranty covers free repair or replacement in case of any manufacturing defects or issues arising from normal use. Please retain your proof of purchase for warranty claims.

8.2 Customer Support

For any questions, concerns, or technical assistance, please contact CHAOKE customer support. Refer to the contact information provided with your purchase or visit the official CHAOKE website for support details.

