**TODO Zz-abr**

# TODO 3-in-1 Rowing Machine User Manual

Model: Zz-abr

## 1. Introduction

Thank you for choosing the TODO 3-in-1 Rowing Machine. This versatile fitness device combines a rowing machine, an abdominal trainer, and a functional trainer, designed to provide an effective full-body workout in the comfort of your home. It helps sculpt firm abdominal muscles and strengthen arm and leg strength by simulating real rowing movements. The abdominal training function precisely stimulates deep abdominal muscles. Please read this manual thoroughly before assembly and use to ensure safe and optimal operation.

## 2. Safety Information

Before using this equipment, consult your physician. Stop exercising immediately if you feel faint, dizzy, or experience pain. Keep children and pets away from the equipment. Ensure all bolts and nuts are securely tightened before each use. The maximum user weight capacity is 120 kg (265 lbs).

- Always warm up before your workout and cool down afterwards.
- Wear appropriate athletic clothing and footwear.
- Place the machine on a flat, stable surface.
- Do not modify the equipment.
- Keep hands and feet clear of moving parts.

## 3. Package Contents

The package includes the following components:

- TODO 3-in-1 Rowing Machine (Main Unit)
- Assembly Hardware (Bolts, Nuts, Washers)
- Tools for Assembly
- User Manual

## 4. Setup and Assembly

Assembly is designed to be quick and effortless. Follow the steps below carefully.

## 4.1 Unpacking

1. Carefully remove all components from the packaging.
2. Check against the package contents list to ensure all parts are present.
3. Keep packaging materials until assembly is complete.

## 4.2 Assembly Steps

Refer to the included assembly diagram for visual guidance.

1. Attach the front and rear stabilizers to the main frame using the provided bolts and nuts.
2. Secure the seat rail to the main frame.
3. Install the seat onto the seat rail, ensuring it slides smoothly.
4. Connect the resistance mechanism and handlebars.
5. Attach the foot pedals.
6. Ensure all connections are tight and secure before first use.




Image: The TODO 3-in-1 Rowing Machine demonstrating its three primary modes: rowing, AB machine, and functional trainer. This illustrates the versatility of the equipment for a comprehensive home workout.

## 5. Operating Instructions

The TODO 3-in-1 Rowing Machine offers multiple workout modes and adjustable settings for a customized exercise experience.

### 5.1 Workout Modes

- **Rowing Mode:** Simulates traditional rowing, engaging core, back, arms, and legs.
- **AB Trainer Mode:** Focuses on abdominal muscles with specific exercises.
- **Functional Trainer Mode:** Utilizes resistance bands for various strength exercises.




Image: A visual guide to four essential workouts achievable with the TODO 3-in-1 Rowing Machine, showcasing its multi-muscle group targeting capabilities.

## 5.2 Adjusting Intensity and Height

The machine features adjustable armrests and workout intensity levels.

- **Armrest Height:** The armrest has 3 holes for height adjustment. Select the height that provides the most comfortable and effective range of motion for your exercises.
- **Workout Intensity:** Adjust the angle (30° and 40°) and position of the seat rods to modify the resistance and intensity of your workout.
- **Drawstring Angle:** The drawstring angle can be adjusted for varied resistance and exercise focus.




Image: This image illustrates the two transformable modes of the machine, highlighting the multi-angle adjustments for the ABS machine (10°, 30°, 45° for beginners) and the two resistance levels for the rowing machine.

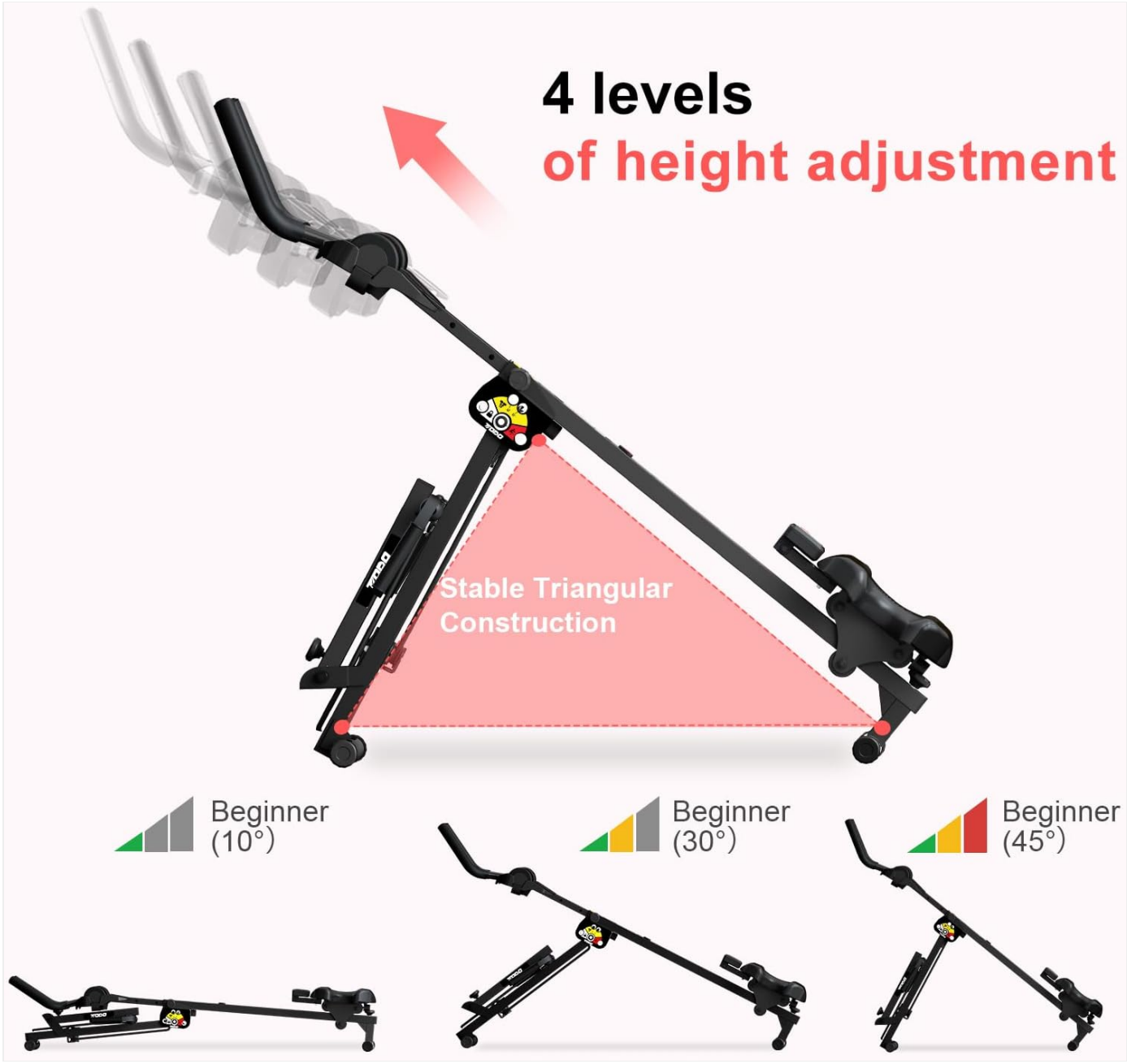



Image: The machine's four levels of height adjustment are shown, along with its stable triangular construction, ensuring safety and adaptability for various users and exercises.

## 5.3 Switching Between Modes

To transition between rowing and abdominal training modes:

1. Turn the front bar outwards.
2. Unscrew the relevant bolt to adjust the machine's configuration.
3. Re-secure the bolt once the desired mode is set.




Image: A step-by-step diagram illustrating the process of converting the fitness device between rowing and abdominal exercise modes, with numbered steps and directional arrows.

## 5.4 LCD Monitor

The integrated LCD monitor displays real-time workout data, including:

- Time
- Calories burned
- Count (strokes/reps)
- Total count

All data can be displayed simultaneously via the SCAN function. Use the 'Mode' button to cycle through display options or activate SCAN.




Image: A detailed view of the LCD display, showing workout metrics such as count and total, alongside product dimensions and weight capacity information.

## 6. Maintenance

Regular maintenance ensures the longevity and safe operation of your rowing machine.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** Apply a small amount of silicone-based lubricant to the seat rail if movement becomes less smooth.
- **Storage:** The foldable design facilitates easy storage. When not in use, fold the machine to save space. Store in a dry, cool place away from direct sunlight.




Image: The TODO 3-in-1 Rowing Machine is shown in its compact, folded position, demonstrating how it can be easily stored upright to occupy minimal space (only 0.03m²).

## 7. Troubleshooting

| Problem | Possible Cause | Solution |
|---|---|---|
| Machine feels unstable or wobbly. | Loose bolts or uneven surface. | Check and tighten all assembly bolts. Ensure the machine is on a flat, level surface. |
| Seat does not slide smoothly. | Dust or debris on the rail; lack of lubrication. | Clean the seat rail. Apply a small amount of silicone-based lubricant to the rail. |
| Resistance feels inconsistent or too weak/strong. | Incorrect intensity setting; worn resistance components. | Adjust the seat rod angle and position to change intensity. If issue persists, contact customer support. |
| LCD monitor not displaying data. | Dead batteries; loose connection. | Replace batteries in the monitor. Check the connection cable to the sensor. |

## 8. Specifications

- **Brand:** TODO
- **Model Name:** Zz-abr
- **Color:** Black
- **Frame Material:** Metal
- **Resistance Mechanism:** Combined Resistance
- **Product Dimensions (D x W x H):** 140 cm x 43 cm x 84 cm (55.1 x 16.9 x 33.1 inches)
- **Folded Dimensions (approx.):** 43 cm x 28 cm x 135 cm (17 x 11 x 53 inches)
- **Item Weight:** 10.32 kg (22.75 lbs)
- **Maximum Weight Recommendation:** 120 kg (265 lbs)
- **Display Type:** LCD
- **Tension Level:** Adjustable
- **Power Source (for display):** Batteries (not specified, typically AA or AAA)

- **Included Components:** TODO 3-in-1 Rower, Assembly Tools, User Manual
- **Country of Origin:** China




Image: Detailed product dimensions (140P x 43l x 84H cm) and weight capacity (120 kg) are displayed, along with a close-up of the LCD monitor showing workout data.

## 9. Warranty and Support

This TODO 3-in-1 Rowing Machine comes with a **2-year warranty** from the date of purchase. This warranty covers manufacturing defects in materials and workmanship under normal use.

### 9.1 What is Covered

- Defects in materials.
- Defects in workmanship.

### 9.2 What is Not Covered

- Damage caused by improper assembly or installation.

- Damage resulting from misuse, abuse, neglect, or accident.
- Normal wear and tear.
- Unauthorized repairs or modifications.

## 9.3 How to Obtain Warranty Service

If you encounter any issues with your product within the warranty period, please contact TODO customer support with your proof of purchase. Our support team will guide you through the troubleshooting process or arrange for repair or replacement as necessary.
For customer support, please visit the TODO Brand Store or contact your retailer.


### 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.

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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