UMAY UR20

UMAY Squat Rowing Machine User Manual

Brand: UMAY

Model: UR20

Introduction

The UMAY Squat Rowing Machine is a versatile piece of home exercise equipment designed to provide a comprehensive workout experience. Featuring a premium aluminum flywheel, 16 levels of adjustable magnetic resistance, and an extended slide rail, this machine is suitable for users of various fitness levels and heights. Its ultra-quiet design ensures a peaceful workout environment, while the multifunctional LCD monitor helps you track your progress in real-time. This manual provides essential information for setup, operation, maintenance, and troubleshooting to ensure safe and effective use of your new equipment.

Setup and Assembly

Your UMAY Squat Rowing Machine comes largely pre-assembled, making the setup process straightforward. Follow the instructions below to complete the assembly.

Assembly Steps:

1. Unpack all components and verify against the parts list provided in the packaging.
2. Attach the extended slide rail to the main unit using the provided hardware. Ensure all bolts are securely tightened.
3. Install the seat onto the slide rail, ensuring it moves smoothly.
4. Connect the footrests to the main unit.
5. Mount the LCD monitor onto the handlebar assembly and connect the sensor cables.
6. Ensure all connections are firm and stable before use.



Figure 1: Fully assembled UMAY Squat Rowing Machine.

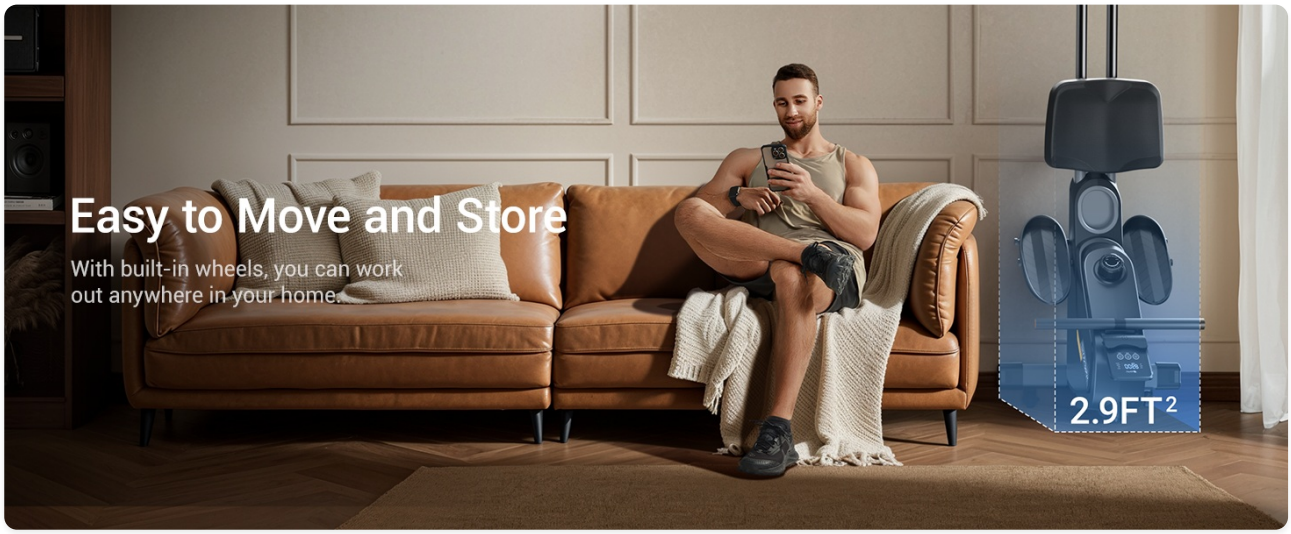


Figure 2: Quick assembly overview, highlighting pre-assembled components and included tools.

Assembly Video:

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Video 1: Official UMAY Magnetic Rowing Machine assembly and overview. This video demonstrates the ease of setup and key features of the machine.

Operating Instructions

Adjusting Resistance:

The UMAY Squat Rowing Machine features 16 levels of adjustable magnetic resistance. To change the resistance, simply turn the tension control knob located on the main unit. Turn clockwise for higher resistance and counter-clockwise for lower resistance.

- **Levels 1-8:** Suitable for youth, elderly, or light warm-up exercises.
- **Levels 9-16:** Designed for young adults and advanced users, ideal for building strength, muscle, and endurance.



Figure 3: Resistance adjustment dial with 16 levels for varied workout intensity.

Using the LCD Monitor:

The multifunctional LCD monitor tracks your workout data in real-time. It displays key metrics to help you monitor your performance and stay motivated.

- **SCAN:** Automatically cycles through all display functions.
- **TIME:** Displays your workout duration.
- **DIST (Distance):** Shows the distance covered during your workout.
- **SPM (Strokes Per Minute):** Indicates your current rowing pace.
- **CAL (Calories):** Estimates calories burned during your session.

- **COUNT:** Displays the total number of strokes.

The monitor also includes a built-in tablet holder, allowing you to enjoy entertainment or follow guided workout routines while exercising.



Figure 4: LCD monitor displaying workout metrics and integrated tablet holder.



Figure 5: User interacting with the LCD monitor and tablet holder during a workout.

Proper Rowing Technique:

To maximize your workout and prevent injury, maintain proper rowing form:

1. **Catch:** Start with knees bent, shins vertical, arms extended forward, and back straight.
2. **Drive:** Push off with your legs, then swing your back open, and finally pull with your arms towards your chest.
3. **Finish:** Legs are extended, back is slightly reclined, and handle is at your lower ribs.
4. **Recovery:** Extend arms forward, pivot hips forward, and then bend knees to slide back to the catch position.

Ensure your feet are securely fastened in the adjustable foot straps and the ergonomic seat provides comfortable support throughout your stroke.



Figure 6: Proper rowing form on the extended slide rail, ensuring full range of motion.

Key Features

- **Premium Aluminum Flywheel:**

  Experience enhanced resistance with the premium aluminum flywheel, offering powerful performance while remaining lightweight and easy to move, making it perfect for home workouts.



Figure 7: Internal view of the lightweight yet powerful aluminum flywheel.

- **Extended Slide Rail:**

  The 49.5-inch extended slide rail ensures a comfortable fit for taller users, offering a smoother and more natural movement during workouts.

- **16-Level Adjustable Resistance:**

  Customize your workout with 16 levels of adjustable resistance. Ideal for all family members: 1-8: Suitable for youth and elderly. 9-16: Designed for young adults, great for building strength, muscle, and endurance.



Figure 8: The machine's adjustable resistance caters to various family members and fitness levels.

- **Ultra-Quiet Design:**

  Designed with an ultra-quiet system, this Rowing Machine ensures a noise-free workout experience, so you can exercise anytime without disturbing others in your home.

- **Multifunctional LCD Monitor & Tablet Holder:**

  Stay on top of your fitness progress with the multifunctional LCD monitor, displaying key workout metrics in real-time. Built-in tablet holder lets you enjoy entertainment or follow workout routines while exercising.

Maintenance

Regular maintenance ensures the longevity and optimal performance of your UMAY Squat Rowing Machine.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.

- **Lubrication:** Periodically check the slide rail for smooth operation. If needed, apply a small amount of silicone-based lubricant to the rail to ensure the seat glides freely.
- **Inspecting Connections:** Regularly check all bolts and screws to ensure they are tight. Re-tighten any loose connections to maintain stability and safety.
- **Storage:** When not in use, the machine can be easily folded and stored vertically to save space.



Figure 9: The machine's foldable design allows for convenient vertical storage, saving space.

Troubleshooting

If you encounter any issues with your UMAY Squat Rowing Machine, refer to the common problems and solutions below.

- **LCD Monitor Not Displaying:**
  - Check if the batteries are correctly installed or need replacement.
  - Ensure all sensor cables are securely connected to the monitor and the main unit.
- **Resistance Feels Inconsistent:**

- Verify that the tension control knob is properly engaged and turning smoothly.
- Inspect the magnetic resistance mechanism for any obstructions.

- **Unusual Noises During Operation:**
  - Check all bolts and connections for tightness. Loose parts can cause rattling.
  - Ensure the slide rail is clean and free of debris. Apply lubricant if the seat is squeaking.
- **Seat Not Gliding Smoothly:**
  - Clean the slide rail thoroughly.
  - Apply a thin layer of silicone lubricant to the top surface of the slide rail.

If the issue persists after attempting these solutions, please contact UMAY customer support for further assistance.

Specifications

Feature	Detail
Brand	UMAY
Model Name	UR20
Product Dimensions	65"D x 22"W x 25"H
Item Weight	49 Pounds
Maximum Weight Recommendation	160 Kilograms (approx. 352 lbs)
Resistance Mechanism	Magnetic
Adjustable Resistance Levels	16 Levels
Slide Rail Length	49.5 inches
Display Type	LCD
Frame Material	Alloy Steel

Warranty and Support

The UMAY Squat Rowing Machine comes with a **1-Year Warranty** from the date of purchase, covering manufacturing defects and major component failures under normal use.

For warranty claims, technical support, or any questions regarding your product, please contact UMAY customer service:

- **Email:** support@umayfitness.com (example email)
- **Phone:** 1-800-XXX-XXXX (example phone)

- **Website:** Visit the UMAY Store on Amazon

Please have your purchase receipt and model number (UR20) ready when contacting support.