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Neezee RW505-RM

Neezee Magnetic Rowing Machine (Model RW505-RM) User Manual

Comprehensive instructions for assembly, operation, and maintenance.

1. INTRODUCTION

Thank you for choosing the Neezee Magnetic Rowing Machine. This high-quality fitness equipment is designed to provide an effective full-body workout in the comfort of your home. Featuring a quiet magnetic resistance system and a stable dual-rail design, it offers a smooth and engaging rowing experience. This manual will guide you through the setup, operation, and maintenance of your rowing machine to ensure safe and optimal use.



This image displays the Neezee Magnetic Rowing Machine with a user engaged in a rowing exercise. The machine features a sleek design, comfortable seat, and foot pedals, with an LCD monitor visible.

2. SAFETY INFORMATION

Before using the Neezee Magnetic Rowing Machine, please read and understand all safety instructions. Keep this manual for future reference.

- Consult your physician before starting any new exercise program.
- Ensure all parts are correctly assembled and tightened before each use.
- Place the rowing machine on a flat, stable surface.
- Maintain a clear area of at least 0.6 meters (2 feet) around the machine during use.
- Do not allow children or pets near the machine during operation.
- Wear appropriate athletic footwear and clothing.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- The maximum user weight capacity for this machine is 130 kg (286 lbs).

3. PACKAGE CONTENTS

Carefully unpack the box and verify that all the following components are present:

- Rowing Machine x1
- User Manual x1
- Assembly Tool Kit x1

If any parts are missing or damaged, please contact customer support immediately.

4. SETUP AND ASSEMBLY

The Neezee Magnetic Rowing Machine is designed for easy assembly, with approximately 85% of components pre-assembled. Most users can complete the assembly within 30 minutes.

4.1 Assembly Steps

Refer to the included assembly tool kit and the detailed diagrams in the user manual for specific instructions. Generally, assembly involves:

1. Attaching the front and rear stabilizers.
2. Securing the main rail to the flywheel unit.
3. Installing the seat onto the rail.
4. Mounting the foot pedals.
5. Connecting the LCD monitor.

EXPERIENCE AN EXCELLENT WORKOUT WITH EVERY STROKE



This diagram breaks down the rowing machine into its main components, including the monitor, handle, pedals, seat, floor protectors, and dual slide rails, illustrating the parts included for assembly.

4.2 Vertical Storage

For convenient storage, the rowing machine can be tilted and rolled using its integrated transport wheels, then stored vertically against a wall. This feature helps save space in your home.

PORTABLE AND COMPACT FITNESS

USE-Friendly home gym rowing machine



Enhancing Your Dynamic Lifestyle

Front rollers for easy movement, convenient storage and space saving

An illustration showing how the rowing machine can be easily folded and stored upright against a wall, demonstrating its space-saving design.

5. OPERATING INSTRUCTIONS

5.1 Adjusting Resistance Levels

The Neezee rowing machine features a silent magnetic flywheel system with 16 adjustable resistance levels.

To change the resistance, simply turn the resistance knob located on the main unit. Levels 1-8 are suitable for aerobic training and beginners, while levels 9-16 are designed for strength training and experienced users. The 5.5 kg flywheel provides up to 30 kg of resistance.

Smooth And Quiet Magnetic System

16-Level Magnetic Resistance Produces a unique rowing experience that will push your performance to the next level.



An illustration detailing the internal magnetic flywheel system, highlighting its quiet operation and smooth resistance mechanism.

5.2 LCD Monitor Functions

The large LCD monitor displays various fitness statistics to help you track your progress. The monitor frame can be adjusted to a comfortable viewing angle.

- **SCAN:** Cycles through all metrics automatically.
- **TIME:** Displays the duration of your workout.
- **CAL (Calories):** Estimates calories burned.
- **CNT (Count):** Shows the number of strokes.
- **DST (Distance):** Displays the distance covered.
- **TOT (Total Count):** Shows the total accumulated strokes.

SCIENTIFICALLY ACCURATE MONITOR

The medical-grade LCD display ensures the accuracy of the the SCAN, TIME, COUNT, DIST, CAL.



SCAN



TIME



CAL



CNT



DST



TOT



Get an immersive rowing movement.

Separate design of LCD monitor and ipad holder, more convenient to keep track of sport data and watch video at the same time.

A detailed view of the LCD monitor, showing various tracked metrics such as scan, time, calories, count, distance, and total count, essential for monitoring workout progress.

5.3 Bluetooth and Kinomap App Connectivity

The LCD monitor supports Bluetooth connectivity, allowing you to connect your rowing machine to the Kinomap application. This enables access to personalized training plans, scenic routes, and the ability to track your workout data on your mobile device. Please note that the Kinomap app may require an additional paid subscription.

Bluetooth support - Kinomap APP

Upgrade your rowing machine to a modern smart one.
Exercising would be more interesting and competitive.



Scarica su
Google Play



Disponibile su
App Store

This image shows the rowing machine's LCD monitor and its Bluetooth capability, connecting to a tablet displaying the Kinomap fitness application, indicating interactive workout possibilities.

5.4 Proper Rowing Technique

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

1. **Catch:** Knees bent, shins vertical, arms extended forward, back straight, shoulders relaxed.
2. **Drive:** Push off with your legs, then lean back slightly, and finally pull the handle towards your abdomen.

3. **Finish:** Legs extended, body leaned back slightly, handle at your abdomen, elbows past your body.
4. **Recovery:** Extend arms forward, then lean forward from the hips, and finally bend your knees to return to the catch position.

6. MAINTENANCE

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

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Rail Cleaning:** Periodically clean the dual aluminum slide rails to ensure smooth seat movement.
- **Inspections:** Regularly check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** The magnetic resistance system is generally maintenance-free. Do not attempt to lubricate internal components unless specifically instructed by customer support.
- **Storage:** Store the machine in a dry, cool place away from direct sunlight and extreme temperatures.

7. TROUBLESHOOTING

If you encounter any issues with your Neezee Magnetic Rowing Machine, refer to the following common troubleshooting tips:

- **Squeaking/Noise:** Check if all bolts are tightened. Clean the slide rails and seat rollers.
- **Monitor Not Displaying:** Ensure the batteries (2 AAA, not included) are correctly installed and not depleted. Replace if necessary. Check cable connections.
- **Resistance Issues:** Verify the resistance knob is functioning correctly. If resistance feels inconsistent, ensure the magnetic system is clear of obstructions.
- **Bluetooth Connectivity Problems:** Ensure Bluetooth is enabled on your mobile device. Restart both the monitor and your device. Check the Kinomap app for specific connection instructions.
- **Unstable Machine:** Adjust the floor stabilizers located on the base of the machine to ensure it sits level on uneven surfaces.

For issues not covered here, please contact Neezee customer support.

8. SPECIFICATIONS

Feature	Specification
Model Name	RW505-RM
Resistance Mechanism	Magnetic
Resistance Levels	16 Adjustable Levels
Monitor Type	LCD (Bluetooth Compatible)

Track Material	High Strength Aluminum (Dual Rail)
Maximum Weight Capacity	130 kg (286 lbs)
Product Dimensions (L x W x H)	155 x 60 x 26 cm (61 x 23.6 x 10.2 inches)
Power Source (Monitor)	Manual (2 AAA batteries, not included)
Noise Level	< 25 dB



Compact Design

BATTERIE:	2 AAA batteries (Not included)	WEIGHT CAPACITY:	130KG
COLOR:	Silver & Brown	TRANSPORT WHEELS:	YES
TRACK:	High strength aluminum	PRODUCT MAINTENANCE:	12 Month
TENSION:	16 adjustable Level	RESISTANCE SYSTEM:	Magnetic
DISPLAY:	LCD monitor	VOLUME:	< 25DB

This image provides a visual overview of the rowing machine's compact design and key specifications, including dimensions and weight capacity.

SUPERIOR QUALITY MATERIALS/ ADDED DURABILITY



Smooth

Double aluminum
Track



Reinforce

Nylon rope

130

KG Maximum
Weight capacity



ALUMINIUM GUIDE RAILS

- Smooth Running
- Noiseless
- Sturdy&Shock Absorbing
- DurableWheels



This image emphasizes the robust construction of the rowing machine, featuring its dual aluminum guide rails for smooth operation and a stated maximum user weight capacity of 130 kg.

9. WARRANTY AND SUPPORT

Neezee is committed to providing quality products and customer satisfaction.

- **Return Policy:** Free returns are available within one month of purchase.

- **Parts Warranty:** A two-year warranty is provided for replacement parts.
- **Customer Support:** All inquiries will be answered within 24 hours.

For assistance, please contact Neezee customer support through your order history or by clicking on the seller's username to ask a question.

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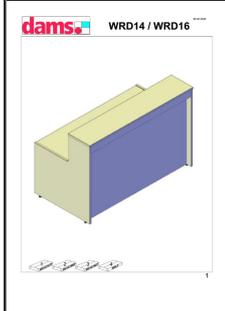
Related Documents - RW505-RM

	<p>PINEX RM-MGMS-BKWH Rowing Machine User Manual</p> <p>Comprehensive user manual for the PINEX RM-MGMS-BKWH rowing machine, covering safety information, maintenance, spare parts, assembly instructions, exercise monitor usage, and warm-up routines.</p>
	<p>Antec Controls PACE Critical Space Controller Manual</p> <p>Comprehensive manual for the Antec Controls PACE Critical Space Controller, detailing its features, installation, technical specifications, room accessories, and maintenance for building automation systems.</p>
	<p>Návod k použití Robot univerzální 3 rychlosti 20 l 230 V RM 200H - RM Gastro</p> <p>Kompletní návod k použití pro robot univerzální RM 200H od RM Gastro. Obsahuje technická data, instalační pokyny, bezpečnostní opatření, návod k obsluze a údržbě.</p>
	<p>RM Gastro RM 30H Universal Planetary Mixer Instruction Manual</p> <p>Comprehensive instruction manual for the RM Gastro RM 30H Universal Planetary Mixer (30L, 400V). Covers technical data, installation, operation, safety, cleaning, and maintenance for professional use.</p>



[Sperax RM-01 Walking Vibration Pad User Manual](#)

Comprehensive user manual for the Sperax RM-01 Walking Vibration Pad, covering specifications, features, operation, safety guidelines, maintenance, and troubleshooting.



[Dams WRD14 / WRD16 Assembly Instructions](#)

Assembly instructions for the Dams WRD14 and WRD16 reception desk. Includes parts list, tools required, and step-by-step assembly guidance.