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YPOO V1-Magnetic Rower Instruction Manual

Model: RM930

1. INTRODUCTION

Thank you for choosing the YPOO V1-Magnetic Rower. This instruction manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before using the rower and retain it for future reference.

The YPOO V1-Magnetic Rower is designed to provide a comprehensive full-body workout, combining cardio and strength training with its silent magnetic resistance system and app support.

Powerful and Silent Magnetic Resistance

Double Wheels System & Reduced Noise



Image: Internal view highlighting the silent magnetic resistance mechanism.

Sturdy Dual-Rail Design

Durable Steel Rails for Ultimate Stability, Safety, and Comfort



Image: The rower's sturdy dual-rail design, indicating a 350 lbs capacity and 6.5% incline.

2. IMPORTANT SAFETY INFORMATION

Before beginning any exercise program, consult with your physician. It is crucial to understand and follow all safety precautions to prevent injury and ensure optimal performance of the equipment.

- Read all instructions in this manual before assembly and use.
- Keep children and pets away from the equipment during operation.
- Place the rower on a flat, stable surface with adequate clearance around it (at least 0.6 meters / 2 feet).
- Ensure all bolts and nuts are securely tightened before each use.
- The maximum user weight capacity for this rower is 158 kg (350 lbs). Do not exceed this limit.
- Wear appropriate exercise clothing and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Inspect the rower for any damaged or worn parts before each use. Do not use if damaged.
- This equipment is for home use only.

3. PACKAGE CONTENTS

Please verify that all components are present before beginning assembly. If any parts are missing or damaged, contact customer support.

- Main Frame Assembly (with flywheel and resistance mechanism)
- Slide Rail
- Seat
- Front Stabilizer
- Rear Stabilizer
- Foot Pedals (2)
- Handlebar
- LCD Monitor
- Tablet Holder
- Hardware Kit (bolts, washers, nuts, tools)
- User Manual

4. ASSEMBLY INSTRUCTIONS

The YPOO V1-Magnetic Rower is designed for straightforward DIY assembly. All necessary tools are included in the package. For detailed, step-by-step instructions, please refer to the included printed guide or the official assembly video provided by YPOO.

General Assembly Steps:

1. Unpack all components and lay them out in a clear area.
2. Attach the front and rear stabilizers to the main frame.
3. Secure the slide rail to the main frame.
4. Install the seat onto the slide rail.
5. Attach the foot pedals and handlebar.
6. Connect the LCD monitor and tablet holder.
7. Ensure all connections are secure before first use.

From Box to Power

Step-by-step assembly transforms a small package into a powerful full-body workout partner.



Image: Step-by-step assembly of the YPOO V1-Magnetic Rower.

5. OPERATING INSTRUCTIONS

5.1 Getting Started

The YPOO V1-Magnetic Rower operates manually and does not require external power cords, offering eco-friendly and flexible placement options.

Burn Calories Faster

Full-Body Workout: 20 Min Row = 60 Min Run

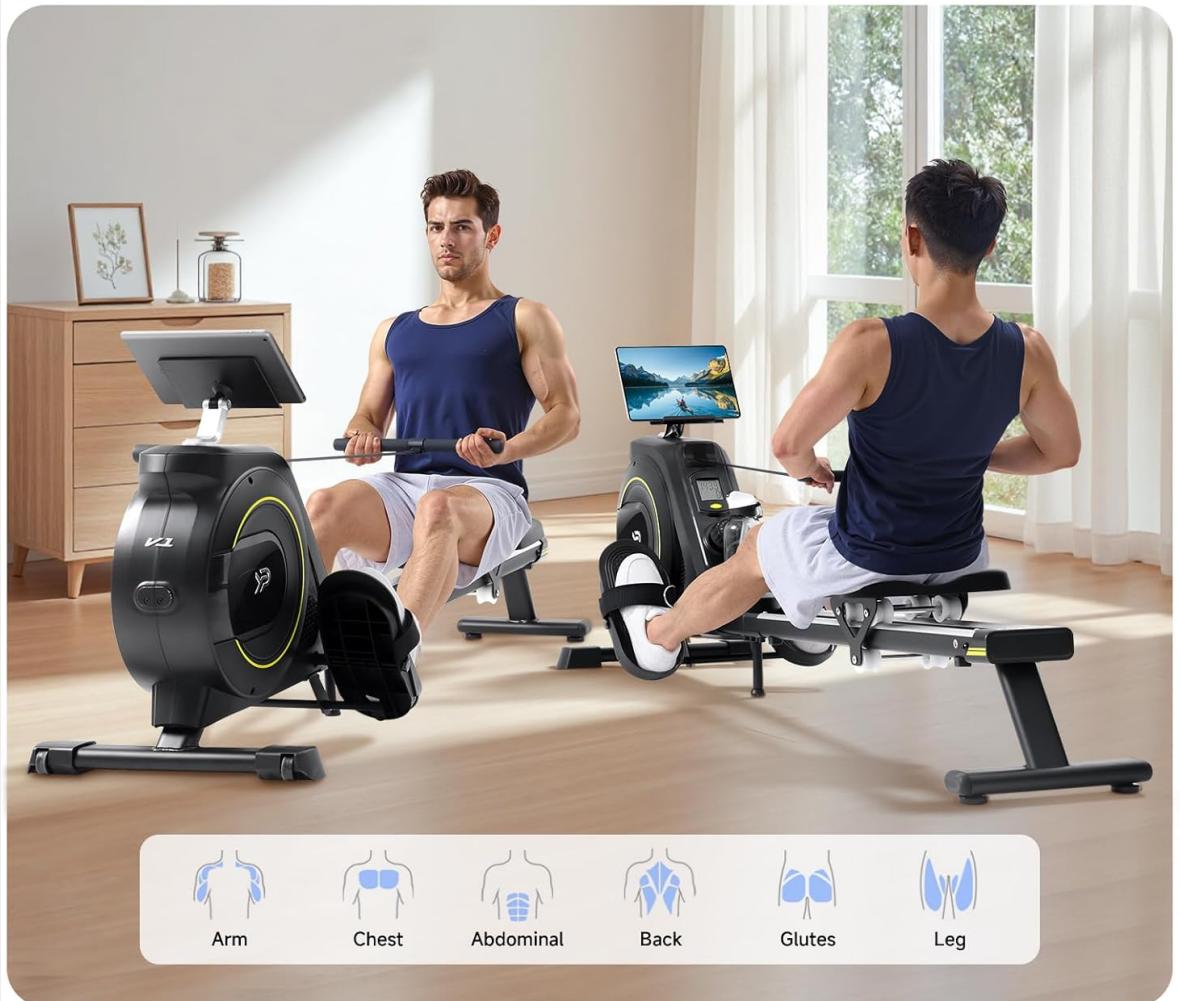


Image: User demonstrating proper rowing technique, highlighting engaged muscle groups.

5.2 Adjusting Resistance

Your rower features 16 levels of silent magnetic resistance. To adjust the intensity of your workout, turn the resistance knob located on the main frame. Turn clockwise for higher resistance and counter-clockwise for lower resistance.

16-Level Adjustable Resistance Knob



Image: The 16-level adjustable resistance knob.

5.3 Using the LCD Monitor

The integrated LCD monitor tracks your workout data in real-time. It displays:

- **Time:** Duration of your workout.
- **SPM (Strokes Per Minute):** Your current rowing pace.
- **Distance:** Estimated distance covered.
- **Calories:** Estimated calories burned.
- **Count:** Total number of strokes.

Refer to the monitor's specific buttons for cycling through display modes or resetting values.

5.4 App Compatibility (YPOOFIT & Kinomap)

Enhance your rowing experience by connecting your rower to the YPOOFIT or Kinomap applications. These apps offer guided workouts, virtual training sessions, and progress tracking. Use the adjustable tablet holder to secure your device for optimal viewing.

Space-Saving Design

Easy Storage with Wheels and Compact Footprint



Image: The rower's display and app compatibility with YPOOFIT and Kinomap.

Download the apps from your device's app store and follow the in-app instructions to connect to your rower.

6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your YPOO V1-Magnetic Rower.

- **Cleaning:** Wipe down the rower with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts (seat rollers, foot straps, handlebar connection) for tightness and wear. Tighten any loose fasteners.
- **Rail Cleaning:** Keep the slide rail clean and free of debris to ensure smooth seat movement.
- **Storage:** When not in use, the rower can be folded and stored vertically to save space. Utilize the built-in transport wheels for easy relocation.

Customize Your Rowing Experience with the App

Enjoy free access to training programs and track your progress



Image: The rower in its space-saving, vertically stored position.

7. TROUBLESHOOTING

If you encounter any issues with your YPOO V1-Magnetic Rower, please refer to the common problems and solutions below. If the problem persists, contact customer support.

Problem	Possible Cause	Solution
No display on LCD monitor.	Batteries are dead or incorrectly installed.	Replace batteries (if applicable) or ensure they are correctly inserted. Check cable connections to the monitor.
Resistance feels inconsistent or too low/high.	Resistance knob not adjusted correctly; internal mechanism issue.	Ensure the resistance knob is turned fully to the desired level. If the issue persists, contact customer support.
Seat does not slide smoothly.	Debris on the slide rail; worn seat rollers.	Clean the slide rail thoroughly. Inspect seat rollers for damage.

Problem	Possible Cause	Solution
Unusual noises during operation.	Loose fasteners; internal component friction.	Check and tighten all visible bolts and connections. If noise continues, discontinue use and contact customer support.
App not connecting to the rower.	Bluetooth not enabled; app not updated; rower not discoverable.	Ensure Bluetooth is active on your device. Update the app to the latest version. Restart both the app and your device.

8. PRODUCT SPECIFICATIONS

- Model:** RM930 (V1-Magnetic Rower)
- Resistance Type:** Magnetic
- Resistance Levels:** 16
- Achievable Resistance:** Up to 99 lbs
- Noise Level:** Less than 25dB
- Maximum User Weight:** 158 kg (350 lbs)
- Product Dimensions (L x W x H):** 165 cm x 45 cm x 60 cm (65 in x 17.7 in x 23.6 in)
- Product Weight:** 20.48 kg (45.15 lbs)
- Slide Rail Length:** 117 cm (accommodates users 135 cm to 190 cm tall)
- Frame Material:** Alloy Steel
- Display Type:** LCD Monitor (Time, SPM, Distance, Calories, Count)
- Power Source:** Manual (Cord-Free)
- Special Features:** Compact, Digital Monitor, Low Noise, Transport Wheels, 6.5% Incline Design, App Compatibility (YPOOFIT, Kinomap), Adjustable Tablet Holder, Water Bottle Holder

9. WARRANTY AND CUSTOMER SUPPORT

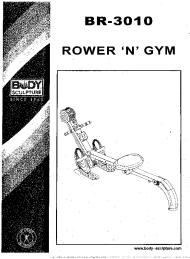
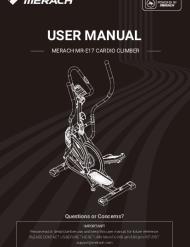
For warranty information, product support, or assistance with any issues not covered in this manual, please contact YPOO customer service.

Our support team is available to assist you within 24 hours.

Customer Service Contact:

Phone: 1-844-977-0007

Online Support: Visit the official YPOO website or your purchase platform for contact options.

	<p>YPOO M4638 Treadmill User Manual: Operation, Maintenance, and Safety</p> <p>Comprehensive user manual for the YPOO M4638 treadmill, covering setup, operation, safety guidelines, maintenance, troubleshooting, and specifications. Learn how to use your treadmill effectively and safely.</p>
	<p>Body Sculpture BR-3010 Rower 'N' Gym User Manual and Assembly Guide</p> <p>Official user manual for the Body Sculpture BR-3010 Rower 'N' Gym. Includes detailed safety instructions, step-by-step assembly, exercise guidance, maintenance tips, and exercise computer operation.</p>
	<p>Dripex X Rowing Machine User Manual</p> <p>Comprehensive user manual for the Dripex X Rowing Machine, covering safety information, assembly instructions, parts list, monitor operation, fitness guide, and suggested stretches for home use.</p>
	<p>XTERRA ERG400 Rower Owner's Manual and Training Guide</p> <p>Comprehensive owner's manual for the XTERRA ERG400 Rower, covering assembly, operation, safety, maintenance, troubleshooting, and training guidelines. Includes warranty information from Dyaco Canada Inc.</p>
	<p>Lifespan Fitness ROWER-760 User Manual</p> <p>Comprehensive user manual for the Lifespan Fitness ROWER-760, covering safety instructions, assembly, operation, computer display, exercise guidance, water care, troubleshooting, and warranty information.</p>
	<p>MERACH MR-E17 Cardio Climber User Manual - Assembly, Usage, and Troubleshooting</p> <p>Comprehensive user manual for the MERACH MR-E17 Cardio Climber. Includes assembly instructions, usage guide, monitor functions, app setup (MERACH & KINOMAP), safety warnings, troubleshooting tips, and warranty information.</p>

