

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

Manuals.plus /

› [DMASUN](#) /

› DMASUN 106B-02 Magnetic Rowing Machine User Manual

DMASUN 106B-02

DMASUN 106B-02 Magnetic Rowing Machine User Manual

Model: 106B-02

1. IMPORTANT SAFETY INSTRUCTIONS

Before operating the DMASUN 106B-02 Magnetic Rowing Machine, please read and understand all instructions in this manual. Keep this manual for future reference.

- Consult your physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the rowing machine on a flat, stable surface with adequate clearance around it.
- Inspect the equipment for loose or worn parts before each use. Do not use if damaged.
- Wear appropriate exercise clothing and footwear.
- Do not exceed the maximum user weight of 160 kg (350 lbs).
- Ensure all bolts and nuts are securely tightened before use.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

2. PRODUCT OVERVIEW

The DMASUN 106B-02 Magnetic Rowing Machine is designed for effective full-body workouts at home. It features a magnetic resistance system, dual sliding rails, and smart app connectivity.

Key Features:

- **16 Levels of Magnetic Resistance:** Adjustable for various fitness levels.
- **Enhanced Double Alloy Sliding Rails:** Provides smooth and stable operation.
- **Quiet Operation:** Magnetic flywheel system ensures minimal noise.
- **APP Compatibility:** Connects with Kinomap and EXR for interactive training.

- **Ergonomic Design:** Features an LCD display, oversized non-slip pedals, and a padded seat for comfort.
- **Space-Saving:** Foldable design with integrated transport wheels for easy storage and movement.
- **High Capacity:** Supports a maximum user weight of 160 kg.

Binario Doppio in Lega di Titanio Migliorato

Più Liscio, Più Stabile, Più Resistente



Figure 2.1: Magnetic flywheel system for silent and powerful resistance.



Figure 2.2: Ergonomic seat and silent double slide track for comfortable and smooth rowing.

3. ASSEMBLY INSTRUCTIONS

The DMASUN 106B-02 Rowing Machine is designed for quick and easy assembly, with approximately 75% pre-assembled components. Please follow the steps below.

Video Guide:

Video 3.1: Detailed assembly guide for the DMASUN Magnetic Rowing Machine.

Step-by-Step Assembly:

1. **Unpack Components:** Carefully remove all parts from the packaging. Lay them out and verify against the parts list in your printed manual.
2. **Attach Front Stabilizer:** Secure the front stabilizer to the main body using the provided bolts and washers. Tighten with the wrench.
3. **Attach Rear Stabilizer:** Secure the rear stabilizer to the main body using the provided bolts and washers. Tighten with the wrench.
4. **Assemble Seat Rollers:** Attach the seat rollers to the seat frame using the designated screws and tools.
5. **Connect Rail to Main Body:** Slide the seat rail assembly into the main body. Ensure it clicks into place or is secured with the appropriate locking mechanism.
6. **Attach Handle:** Insert the rowing handle into its designated slot on the main unit and secure it.
7. **Attach Pedals:** Secure the left (L) and right (R) pedals to their respective positions on the main unit using the provided bolts and wrench. Ensure the foot straps are correctly oriented.
8. **Install Monitor Batteries:** Open the battery compartment on the LCD monitor and insert two AAA batteries (not included). Close the compartment.
9. **Adjust Leveling Feet:** Adjust the leveling feet on the stabilizers to ensure the rowing machine is stable and level on your floor.



Figure 3.1: Components of the DMASUN Magnetic Rowing Machine ready for assembly.

4. OPERATING INSTRUCTIONS

Familiarize yourself with the controls and proper rowing technique for an effective workout.

4.1 Adjusting Resistance

The DMASUN 106B-02 offers 16 levels of magnetic resistance. To adjust the resistance, turn the tension control knob located on the main unit. Turn clockwise for higher resistance and counter-clockwise for lower resistance.

Resistenza regolabile a 16 livelli

Adatto per l'esercizio in famiglia



Figure 4.1: Resistance adjustment dial with 16 levels.

4.2 Using the LCD Monitor

The integrated LCD monitor displays key workout data to help you track your progress. It typically shows:

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

Refer to the monitor's specific instructions in your printed manual for detailed navigation and reset functions.

4.3 Connecting to Fitness Apps (Kinomap & EXR)

Enhance your workout experience by connecting your rowing machine to compatible fitness apps like Kinomap and EXR via Bluetooth.

1. Ensure Bluetooth is enabled on your smartphone or tablet.

2. Download and open the Kinomap or EXR app.
3. Follow the in-app instructions to search for and connect to your DMASUN rowing machine (e.g., 'SmartRower106').
4. Once connected, the app will display your workout data and allow you to access interactive training programs.

Video 4.2: Guide on connecting the rowing machine to fitness applications.



Figure 4.3: Interactive training with app connectivity.

4.4 Basic Rowing Technique

Proper rowing technique is crucial for an effective and safe workout. The rowing stroke consists of four phases: the Catch, the Drive, the Finish, and the Recovery.

- **The Catch:** Sit with knees bent, shins vertical, arms extended forward, and back straight.
- **The Drive:** Push off with your legs, then swing your back, and finally pull with your arms towards your abdomen.
- **The Finish:** Legs extended, back slightly reclined, handle pulled to your abdomen.

- **The Recovery:** Extend arms forward, then pivot forward with your hips, and finally bend your knees to slide the seat back to the catch position.

Lavora il 90% dei tuoi muscoli

Più efficiente per bruciare grasso



Gambe



Zona Addominale



Braccia



Schiena



Figure 4.4: The rowing machine engages up to 90% of muscle groups for a full-body workout.

5. MAINTENANCE

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

- **Cleaning:** Wipe down the frame, seat, and handle with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Rail Cleaning:** Keep the sliding rails clean and free of debris to ensure smooth seat movement.
- **Bolt and Nut Check:** Periodically check all bolts and nuts for tightness. Re-tighten as necessary to prevent loosening during use.
- **Cable Inspection:** Inspect the resistance cable for any signs of fraying or wear. If damage is observed, discontinue use and contact customer support.

6. TROUBLESHOOTING

If you encounter any issues with your rowing machine, refer to the following common troubleshooting tips:

- **No Display on LCD Monitor:** Check if the batteries are correctly installed and not depleted. Replace if necessary.
- **Unusual Noise During Operation:** Ensure all bolts and nuts are tightened. Check the sliding rails for any obstructions or debris.
- **Resistance Not Changing:** Verify that the tension control knob is functioning correctly and the internal magnetic mechanism is not obstructed.
- **Seat Not Sliding Smoothly:** Clean the sliding rails and check for any damage or wear on the seat rollers.
- **App Connection Issues:** Ensure Bluetooth is on, the app is updated, and no other devices are interfering with the connection. Restart the app and the rowing machine if needed.

If the problem persists, please contact DMASUN customer support for assistance.

7. SPECIFICATIONS

Feature	Specification
Model Number	106B-02
Resistance Mechanism	Magnetic
Resistance Levels	16
Frame Material	Alloy
Maximum User Weight	160 kg (350 lbs)
Product Dimensions (L x W x H)	80 x 36 x 16 cm (packaged/folded)
Item Weight	22 kg
Display Type	LCD
Connectivity	Bluetooth (Kinomap, EXR compatible)
Power Source	Corded Electric (for monitor, if applicable, or batteries)

8. STORAGE

The DMASUN 106B-02 Magnetic Rowing Machine features a foldable design for convenient storage.

1. **Fold the Rail:** Follow the instructions in your printed manual to safely fold the rail upwards.
2. **Move with Wheels:** Utilize the integrated transport wheels on the front stabilizer to easily move the folded rower to a storage location.



Figure 8.1: The rowing machine can be folded upright for compact storage.

9. WARRANTY AND SUPPORT

DMASUN is committed to providing high-quality products and excellent customer service.

- **Warranty:** The DMASUN 106B-02 Magnetic Rowing Machine comes with a 5-year manufacturer's warranty. Please retain your proof of purchase.
- **Customer Support:** For any questions, issues, or warranty claims, please contact DMASUN customer

service. Refer to your product packaging or the official DMASUN website for contact details.