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LABGREY H320

LABGREY H320 Magnetic Bluetooth Rowing Machine User Manual

1. INTRODUCTION

Thank you for choosing the LABGREY H320 Magnetic Bluetooth Rowing Machine. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before use and retain it for future reference.

2. SAFETY INFORMATION

Before beginning any exercise program, consult with your physician. It is crucial to understand and follow all safety warnings and instructions to prevent injury and ensure proper operation of the machine.

- Ensure all parts are securely fastened before each use.
- Place the rowing machine on a flat, stable surface.
- Keep children and pets away from the equipment during operation.
- The maximum user weight capacity is 158 kg (350 lbs). Do not exceed this limit.
- Wear appropriate athletic footwear and clothing.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

3. PACKAGE CONTENTS

Carefully unpack all components and verify that all items are present and undamaged. If any parts are missing or damaged, contact customer support.



Image: All components of the LABGREY H320 Rowing Machine laid out for assembly, including the main body, rail, seat, stabilizers, pedals, monitor, and hardware kit.

The package should include:

- Main Body (with flywheel and resistance mechanism)
- Aluminum Rail
- Seat
- Front Stabilizer
- Rear Stabilizer
- Foot Pedals (Left and Right)
- Digital Monitor
- Hardware Kit (bolts, washers, nuts, tools)
- User Manual

4. ASSEMBLY INSTRUCTIONS

Follow these steps to assemble your LABGREY H320 Rowing Machine. It is recommended to have a second person assist with some steps.

4.1. Attach the Front Stabilizer

1. Place the main body of the rowing machine on a flat surface.
2. Align the front stabilizer with the mounting points on the main body.
3. Secure the stabilizer using the provided bolts and washers. Tighten with the included wrench.

4.2. Attach the Aluminum Rail



Image: A person attaching the aluminum rail to the main body of the rowing machine using bolts and an Allen key.

1. Connect the aluminum rail to the main body, ensuring the connection points align.
2. Insert the bolts and tighten them securely using the provided tools.

4.3. Attach the Rear Stabilizer

Display LED e monitoraggio tramite App

Monitora i tuoi progressi in tempo reale



Image: A person attaching the rear stabilizer to the end of the aluminum rail, securing it with bolts and an Allen key.

1. Attach the rear stabilizer to the end of the aluminum rail.
2. Secure it with the appropriate bolts and tighten.

4.4. Install the Seat

Slide the seat onto the aluminum rail, ensuring it moves smoothly along the track.

4.5. Attach the Foot Pedals



Image: A person attaching the left and right foot pedals to the main body of the rowing machine, securing them with pins.

1. Identify the left (L) and right (R) foot pedals.
2. Attach each pedal to its corresponding side on the main body using the provided pins and secure them.

4.6. Install Monitor Batteries and Connect



Image: A person installing batteries into the digital monitor and then connecting the monitor cable to the main unit of the rowing machine.

1. Open the battery compartment on the back of the digital monitor.
2. Insert the required batteries (usually 2x AAA, not always included).
3. Connect the monitor cable to the designated port on the rowing machine's main body.
4. Mount the monitor onto its holder.

5. OPERATING INSTRUCTIONS

5.1. Digital Monitor Functions



Image: The digital monitor showing workout data such as time, count, calories, distance, and strokes per minute (SPM).

The monitor tracks your workout progress. To activate the display, pull the rowing handle a few times. Use the 'MODE' button to cycle through different display modes:

- **TIME:** Duration of your workout.
- **COUNT:** Total strokes completed.
- **CALORIES:** Estimated calories burned.
- **DISTANCE:** Estimated distance rowed.
- **SPM (Strokes Per Minute):** Current rowing pace.
- **SCAN:** Automatically cycles through all metrics.

Press 'RESET' to clear all workout data.

5.2. Resistance Adjustment



Image: A close-up of the resistance adjustment knob, showing settings from 1 to 16 for varying intensity levels.

The LABGREY H320 features 16 levels of magnetic resistance. Turn the resistance knob located on the main body to increase (clockwise) or decrease (counter-clockwise) the intensity of your workout.

- **Levels 1-4:** Gentle start for beginners.
- **Levels 5-8:** Daily cardio and fat burning.
- **Levels 9-12:** Strength and resistance training.
- **Levels 13-16:** High-intensity training.

5.3. App Connection (Bluetooth)



Image: A smartphone and tablet showing the Kinomap app interface, connected via Bluetooth to the rowing machine, displaying real-time workout data and scenic videos.

Your rowing machine is compatible with fitness apps like Kinomap for an enhanced workout experience.

1. Download the Kinomap app from your device's app store.
2. Ensure Bluetooth is enabled on your smartphone or tablet.
3. Activate the rowing machine's display by pulling the handle a few times.

4. Open the Kinomap app, go to 'Equipment' or 'Add New Equipment'.
5. Select 'Rowing Machine' and then choose 'FTMS' as the brand.
6. Select 'LABGREY-H320' from the list of found devices.
7. Confirm the connection. You can now enjoy interactive workouts.

5.4. Proper Rowing Technique

Correct form is essential for an effective and safe workout. The rowing stroke consists of four phases: the catch, the drive, the finish, and the recovery.

- **The Catch:** Knees bent, shins vertical, arms extended forward, back straight, shoulders relaxed.
- **The Drive:** Push off with your legs, then lean back slightly, and finally pull the handle towards your abdomen.
- **The Finish:** Legs extended, body leaning back slightly, handle at your abdomen, elbows past your body.
- **The Recovery:** Extend arms forward, lean body forward, then bend knees to slide the seat forward to the catch position.



Image: A man demonstrating the full rowing stroke on the LABGREY H320 rowing machine, highlighting the engagement of various muscle groups.

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 aluminum rail to ensure smooth seat movement.
- **Inspections:** Regularly check all bolts and connections for tightness. Tighten if necessary.
- **Storage:** When not in use, the rowing machine can be folded and stored vertically to save space.



Image: The LABGREY H320 rowing machine is shown in its extended position and then folded vertically for compact storage, demonstrating its space-saving design.

7. TROUBLESHOOTING

If you encounter any issues with your rowing machine, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Monitor not displaying data	Batteries are dead or incorrectly installed; cable disconnected.	Replace batteries; check battery orientation; ensure monitor cable is securely connected.
Resistance feels inconsistent or too weak/strong	Resistance knob not properly adjusted; internal mechanism issue.	Adjust the resistance knob to your desired level (1-16). If issue persists, contact customer support.
Seat does not slide smoothly	Rail is dirty; loose bolts on the seat or rail.	Clean the aluminum rail. Check and tighten all bolts on the seat and rail.
Bluetooth connection issues	Bluetooth not enabled; app not recognizing device; device too far.	Ensure Bluetooth is on. Restart the app and rowing machine. Move device closer to the rower. Verify correct app setup (FTMS, LABGREY-H320).

8. SPECIFICATIONS

Key technical details for the LABGREY H320 Magnetic Bluetooth Rowing Machine:

- **Model Number:** R1 (H320-Magnetico)
- **Resistance Type:** Magnetic
- **Resistance Levels:** 1-16
- **Display Type:** LCD
- **Connectivity:** Bluetooth (App Compatible)
- **Maximum User Weight:** 158 kg (350 lbs)
- **Product Dimensions (Extended):** 160 cm (L) x 60 cm (W) x 52 cm (H)
- **Product Weight:** 19.4 kg (42.77 lbs)
- **Frame Material:** Carbon Steel, Aluminum
- **Color:** Brown (as per product listing, actual unit is black/grey)

9. WARRANTY AND SUPPORT

LABGREY products are designed for durability and performance. For warranty information, product support, or to order replacement parts, please refer to the contact details provided on the LABGREY official website or your purchase documentation.

Please have your model number (H320) and purchase date ready when contacting support.