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› YPOO Magnetic Rowing Machine Instruction Manual

YPOO RM910-YF

YPOO Magnetic Rowing Machine

INSTRUCTION MANUAL - MODEL RM910-YF

Introduction

This manual provides essential information for the safe and effective use of your YPOO Magnetic Rowing Machine, Model RM910-YF. This foldable indoor rower features 16 levels of quiet magnetic resistance, a dual slide rail system, and a compact design, supporting users up to 350 lbs. It is designed to provide a comprehensive full-body workout in a home environment.



Image: The YPOO Magnetic Rowing Machine in its operational state, with an inset showing its compact folded position.

Please read this manual thoroughly before assembly and operation to ensure proper usage, maintenance, and to prevent injury.

Important Safety Information

- Consult a physician before starting any exercise program, especially if you have pre-existing health conditions.
- Read all instructions in this manual before using the rowing machine.
- Ensure the rowing machine is placed on a flat, stable surface with adequate clearance around it (at least 2 feet on all sides).
- Keep children and pets away from the machine during operation.
- Do not exceed the maximum user weight capacity of 350 lbs (158 kg).
- Inspect the machine for loose or worn parts before each use. Do not use if any components are damaged.
- Wear appropriate athletic footwear and clothing during exercise.
- Maintain proper form during exercise to prevent injury. If you experience pain or discomfort, stop immediately.
- Do not attempt to modify the rowing machine.

Package Contents

Verify that all components listed below are present in your package. If any parts are missing or damaged, contact customer support.



Image: An exploded view diagram illustrating all components included in the YPOO Magnetic Rowing Machine package.

1. Seat Cushion (x1)
2. Seat Cushion Frame (x1)
3. User Manual (x1)
4. Foot Pedal Limiting Rod (x1)
5. Left and Right Foot Pedals (x2)
6. M8*10 Screws (x10)
7. M12*15 Screws (x2)
8. Left and Right Foot Pedals (additional set, x2)
9. Tool Kit (included)

Setup and Assembly

The YPOO Rowing Machine arrives approximately 80% pre-assembled. Most users can complete the remaining assembly in about 10 minutes using the provided tool kit.

10-Min Assembly



Video



Tools



Manual



Image: A person demonstrating the quick assembly process of the YPOO rowing machine, highlighting the minimal tools and time required.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, flat surface. Refer to the "Package Contents" section to ensure all items are present.
2. **Attach Seat Cushion:** Secure the seat cushion to the seat cushion frame using the designated screws. Ensure it is firmly attached and does not wobble.
3. **Install Foot Pedals:** Attach the left and right foot pedals to their respective positions on the main frame. Use the foot pedal limiting rod and appropriate screws (M8*10 and M12*15) to secure them. Ensure the pedals are oriented correctly and can pivot freely.
4. **Final Check:** Once assembled, double-check all screws and connections to ensure they are tight and secure.

For detailed visual instructions, refer to the assembly video (if available) or the included user manual diagram.

Operating Instructions

Resistance Adjustment

The YPOO rowing machine features 16 levels of quiet magnetic resistance, allowing for a wide range of workout intensities.

16-Level Resistance

Meet Whole Family
Exercise Needs



Wake Up Muscles

1-4



Cardio Workout

5-8



Improve Endurance

9-12



Stabilizing Muscle

13-16

Image: A detailed view of the resistance control knob, illustrating the 16 adjustable levels from low to high tension.

- **Adjusting Resistance:** Rotate the tension control knob located on the main console to increase or decrease the magnetic resistance. Turn clockwise for higher resistance and counter-clockwise for lower resistance.
- **Levels 1-8:** Ideal for warm-ups, cool-downs, and maintaining overall vitality.
- **Levels 9-16:** Designed for more intensive training, muscle building, and advanced fitness goals.

LCD Monitor and Data Display

The integrated LCD monitor provides real-time workout data to help you track your progress.

5 Types of Data Display



SPM



CAL



SCAN



COUNT



TIME



Image: The LCD monitor of the rowing machine showing various data points such as count, time, and strokes per minute.

- **Displayed Data:** The monitor cycles through and displays:
 - Total Count (total strokes)
 - Time (duration of workout)
 - Distance (estimated distance rowed)
 - Strokes Per Minute (SPM)
 - Calories Burned (estimated)
- **Bluetooth Connectivity:** Connect the monitor via Bluetooth to the YPOOFIT or Kinomap APP for enhanced real-time data tracking and interactive workouts.
- **Device Holder:** A built-in device holder allows you to place your smartphone or tablet for entertainment or app use during your workout.

Proper Rowing Technique

Effective rowing involves a coordinated movement of legs, core, and arms. Focus on smooth, controlled motions.

Burning Calories at Home

30min ≥ 280Cal

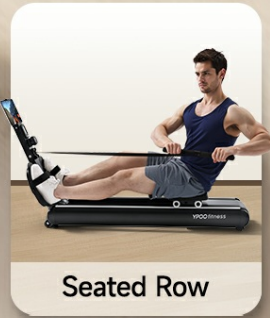


Image: A user performing a full-body rowing exercise on the YPOO machine, illustrating the engagement of various muscle groups.

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

Beyond traditional rowing, the machine can be used for other exercises:

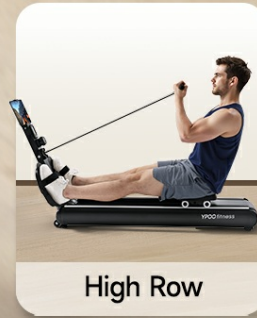
Explore More Ways to Play with the Rowing Machine!



Seated Row



Chest Pull



High Row



Overhead Press

Image: Visual examples of alternative exercises that can be performed using the rowing machine, including seated rows, chest pulls, high rows, and overhead presses.

- **Seated Row:** Focus on back muscles.
- **Chest Pull:** Targets chest and shoulder muscles.
- **High Row:** Engages upper back and shoulders.
- **Overhead Press:** Works shoulders and triceps.

Maintenance

Regular maintenance ensures the longevity and optimal performance of your 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:** Periodically clean the dual slide rails with a soft cloth to ensure smooth seat movement.
- **Check Connections:** Regularly inspect all bolts and screws to ensure they are tight. Tighten any loose connections.
- **Storage:** The machine features a compact foldable design for space-saving storage.

Compact **Foldable** Design

Upright Space-Saving

Covers 1.29 sq. ft.



Image: The YPOO rowing machine shown in its upright, folded position, demonstrating its minimal footprint of 1.29 sq. ft. for storage.

To fold, lift the rear section until it locks into an upright position. Built-in wheels allow for effortless movement and storage, covering only 1.29 sq. ft.

Troubleshooting

Refer to the table below for common issues and their solutions. If the problem persists, contact customer support.

Problem	Possible Cause	Solution
Resistance feels too low or inconsistent.	Resistance knob not adjusted correctly; internal magnetic mechanism issue.	Ensure the resistance knob is turned fully to the desired level. If issue persists, contact support.
LCD monitor not displaying data.	Batteries are dead or incorrectly installed; loose connection.	Replace batteries (AA size). Check cable connections to the monitor.
Seat does not slide smoothly.	Rails are dirty or obstructed.	Clean the dual slide rails thoroughly with a soft, damp cloth. Ensure no debris is present.

Problem	Possible Cause	Solution
Machine feels unstable or makes unusual noises.	Loose bolts or connections; uneven surface.	Check and tighten all assembly bolts. Ensure the machine is on a flat, level surface.

Product Specifications

Feature	Detail
Brand	YPOO
Model Name	RM910-YF
Resistance Mechanism	Magnetic
Tension Levels	16
Product Dimensions (LxWxH)	63.6"D x 16.3"W x 31.9"H
Maximum Weight Recommendation	350 Pounds (158 kg)
Frame Material	Alloy Steel (Dual Rail)
Display Type	LCD Monitor (Metrics: Total Count, Time, Distance, SPM, Calories)
Special Feature	Compact, Foldable Design
UPC	664792596891

Warranty and Customer Support

Your YPOO Magnetic Rowing Machine comes with a **1-Year Warranty** from the date of purchase, covering manufacturing defects and material flaws under normal use.

For any questions, assembly assistance, troubleshooting, or warranty claims, please contact YPOO customer support. We offer 24/7 US-based customer support to assist you.

Visit the official [YPOO Store on Amazon](#) for more product information and support resources.