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## Dripex Rowing Machines for Home Use

# Dripex Rowing Machine User Manual

**Brand:** Dripex**Model:** Rowing Machines for Home Use

## 1. INTRODUCTION AND OVERVIEW

The Dripex Rowing Machine is designed for home use, offering a comprehensive full-body workout. Featuring a newly upgraded dual slide rail for enhanced stability and a powerful, quiet magnetic resistance system, it provides an effective and comfortable exercise experience. The machine includes 16 levels of adjustable resistance and an LCD monitor compatible with Bluetooth apps for real-time tracking of your workout data, including scan, distance, time, calories, count, and total count. Its compact design with transport wheels allows for easy assembly, storage, and movement, making it ideal for various home environments.



Image: The Dripex Rowing Machine in a home setting, demonstrating its compact size and a user actively rowing.

## 2. SAFETY INFORMATION

- Consult a physician before starting any exercise program.
- Ensure adequate clear space around the rowing machine during use.
- Keep children and pets away from the machine during operation.
- Do not exceed the maximum weight capacity of 350 lbs.
- Inspect the machine for loose or damaged parts before each use. Do not use if damaged.
- Wear appropriate athletic footwear and clothing.
- Maintain proper rowing form to prevent injury.
- The machine is for indoor home use only.

## 3. PACKAGE CONTENTS

Please verify that all components are present before assembly:

- A Rowing Machine (Main Frame Set, Slide Rails, Seat Cushion, Front Leg Tubes, Foot Pedals)
- Assembly Tool Kit (Spanners, Screws, Washers, Nuts)

- User Manual
- LCD Monitor

# Rowing Machine

Professional Rowing Machine for a Full Body Workout at Home

Dripex



Image: All components of the Dripex Rowing Machine laid out on a grey surface, including the main frame, slide rails, seat, foot pedals, LCD monitor, and tool kit.

## 4. SETUP AND ASSEMBLY

Follow these steps to assemble your Dripex Rowing Machine. It is recommended to have two people for easier assembly.

### 1. Step 1: Attach the Slide Rails to the Rear Foot Tube.

Use the provided spanners to install the sliderails (G, H) to the rear foot tube (B). Take out 4PCS of screws (4), 4PCS of flat washers (9), 4PCS of spring washers (8), and 4PCS of nuts (5) from the tools kit. Do not lock them too tightly at this stage.



Image: Close-up view of hands attaching the silver slide rails to the black rear foot tube using screws and washers.

### 2. Step 2: Install the Seat Cushion.

Carefully slide the seat cushion onto the assembled slide rails, ensuring it is in the correct direction and moves smoothly along the rails.

# Powerful and Quiet Magnetic System

Enjoy a Quiet and Efficient Workout Experience

16 Levels  
Resistance

12 LBS  
Flywheels

15 DB  
Below



Image: A person installing the black contoured seat cushion onto the dual slide rails, ensuring proper alignment.

### 3. Step 3: Install the Front Leg Tubes to the Main Frame Set.

First, use a spanner (3) to remove the screws M and rectangular plastic tube N from the main frame. Then, take out 2PCS of screws (1), 2PCS of spring washers (8), and 2PCS of flat washers (9) from the tools kit. Use a spanner (13) to lock the front leg tubes (C) and the main frame set (A) together.

## Newly Upgraded Dual Slide Design

Sturdy Steel Dual Slide Rail for more stability, safety and comfort

350  
LBS

48.8 inch

24 inch

63.38 inch



Image: A person attaching the front leg tubes with wheels to the main body of the rowing machine, securing them with screws.

### 4. Step 4: Attach the Slide Rail to the Main Frame.

Stand up the main frame A as shown. Take out 4PCS of screws (7), 4PCS of spring washers (8), and 4PCS of curved shims (6) from the tools kit. Use a spanner (13) to lock the slide assembly and the main frame set together.

## Bluetooth App Supported & LCD Monitor

Real-time Monitoring of Exercise Data for Efficient Workouts



SCAN



CNT



DIST



CAL



TIME



T-CNT



Image: The main frame and slide rail assembly are connected, showing the attachment points and the overall structure taking shape.

##### 5. Step 5: Lock the Screws.

Now, go back and fully tighten all the screws that were not locked tightly in Step 1 using the spanners.



Image: A close-up of hands using a spanner to tighten screws on the slide rail connection points, ensuring stability.

##### 6. Step 6: Install the Foot Pedals.

Using the spanner (3) to tighten the foot pedals. Note the difference between the left and right foot pedals. Ensure they are securely fastened to the main frame.



Image: A person attaching the foot pedals to the base of the rowing machine, securing them with a spanner.

##### 7. Step 7: Install the LCD Monitor.

Use a spanner (11) to remove the 4PCS screws Q that are pre-locked to the LCD monitor (D). Connect the wire head 76-1 to the wire head 76-2 through the centre hole on the support plate, and lock the LCD monitor (D) to the LCD monitor stand (E). Assemble the LCD monitor stand (E) and the main frame set together using spanner (12) and screw (3) 2PCS in the tools kit.



Image: A person connecting the wires and attaching the LCD monitor to its stand on the rowing machine, securing it with screws.

### Assembly Video:

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Video: A detailed step-by-step guide on how to assemble the Dripex Rowing Machine.

## 5. OPERATING INSTRUCTIONS

### Getting Started:

- Place the rowing machine on a flat, stable surface.
- Adjust the foot straps to secure your feet firmly to the pedals.
- Sit on the ergonomic padded seat and grasp the handlebars with both hands.

### Adjusting Resistance:

The Dripex Rowing Machine offers 16 levels of magnetic resistance. Locate the tension control knob on the main frame. Turn the knob clockwise to increase resistance for a more challenging workout, and counter-clockwise to decrease resistance for an easier session. This allows for customization to suit all fitness levels, from beginners to experienced rowers.

# Upgraded Dual Slide Design

Sturdy Steel Dual Slide Rail for More Stability, Safety and Comfort



Image: Close-up of the tension control knob on the rowing machine, showing the 16 levels of magnetic resistance.

## Using the LCD Monitor and Bluetooth App:

The integrated LCD monitor accurately records your exercise data. It displays metrics such as scan (cycles through all data), count (strokes), distance, time, calories burned, and total count. Use the "SET", "MODE", and "RESET" buttons to navigate and clear data.

For enhanced tracking and interactive workouts, connect your smartphone or device to the rowing machine via Bluetooth. This allows you to track your exercise metrics in real-time through a compatible app and access various live training videos for a more engaging experience.

# Bluetooth App Supported & LCD Monitor

Real-time Monitoring of Exercise Data for Efficient Workouts

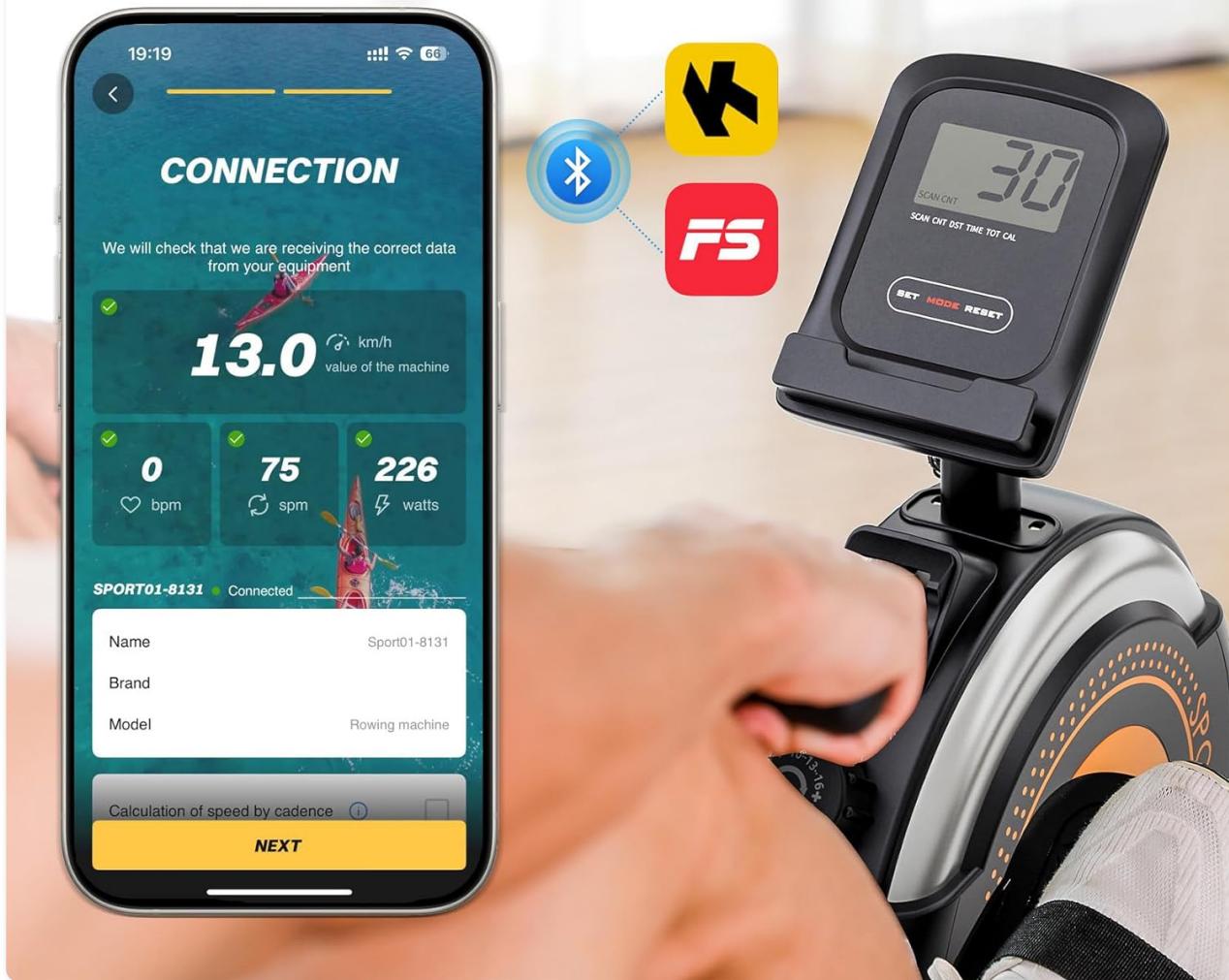


Image: The LCD monitor displaying workout data, with an illustration of a smartphone connected via Bluetooth, showing app interface for tracking.

## Product Overview Video:

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Video: An overview of the Dripex Rowing Machine, highlighting its features such as the LCD monitor, tablet holder, non-slip pedals, and quiet magnetic system.

## 6. MAINTENANCE

- Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- Lubrication:** Periodically check the moving parts, especially the seat rollers and slide rails, for smooth operation. Apply a silicone-based lubricant if any friction is noticed.
- Inspections:** Regularly check all bolts, nuts, and connections to ensure they are tight. Tighten if necessary. Inspect the pull strap for any signs of wear or fraying.
- Storage:** When not in use, the rowing machine can be stored vertically to save space. Ensure it is stable and

secure in the upright position.



Image: A person demonstrating the vertical storage design of the Dripex Rowing Machine, highlighting its space-saving feature.

## 7. TROUBLESHOOTING

- **LCD Monitor Not Displaying:**

- Check if the battery is correctly installed or needs replacement.
- Ensure all wire connections to the monitor are secure.

- **Resistance Feels Inconsistent or Too Low/High:**

- Verify that the tension control knob is set to your desired level.
- Ensure the magnetic system is free from obstructions.

- **Unusual Noises During Operation:**

- Check all bolts and nuts for tightness and secure them if loose.

- Inspect the slide rails and seat rollers for debris or wear; clean and lubricate if necessary.

- **Seat Not Sliding Smoothly:**

- Clean the dual slide rails thoroughly.
- Apply a silicone-based lubricant to the rails.

## 8. SPECIFICATIONS

Feature	Detail
Brand	Dripex
Model Name	Rowing Machines for Home Use
Resistance Mechanism	Magnetic
Resistance Levels	16 Levels
Maximum Weight Recommendation	350 Pounds
Product Dimensions (LxWxH)	63.4"D x 16.54"W x 24.01"H
Item Weight	40.8 Pounds
Frame Material	Aluminum
Display Type	LCD
Metrics Measured	Calories Burned, Time, Stroke Count, Distance
Special Features	Adjustable Foot Strap, Ergonomic, Adjustable Resistance, Digital Monitor, Anti-Slip, Transport Wheels, Easy Assembly, Low Noise

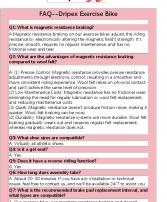
## 9. WARRANTY AND SUPPORT

The Dripex Rowing Machine comes with a **1-Year Warranty** from the date of purchase.

For any issues, questions, or technical support, please contact the Dripex after-sales team. Provide your product model and purchase details for efficient assistance.

We are committed to providing professional customer service and will endeavor to resolve your problem within 24 working hours.

### Related Documents - Rowing Machines for Home Use

 <b>ROWING MACHINE USER'S MANUAL</b>	<p><b>Dripex X Rowing Machine User Manual</b></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>
 <b>User's Manual</b>	<p><b>Magnetic Elliptical Machine User's Manual</b></p> <p>Comprehensive user's manual for the Magnetic Elliptical Machine, covering safety information, parts list, assembly instructions, monitor usage, and maintenance tips.</p>
	<p><b>Matrix Rower-02 User Manual and Assembly Guide</b></p> <p>Comprehensive guide for the Matrix Rower-02, covering setup, operation, maintenance, and product specifications. Learn how to use your commercial rowing machine safely and effectively.</p>
	<p><b>Dripex Exercise Bike FAQ - Magnetic Resistance Indoor Cycling</b></p> <p>Frequently Asked Questions about the Dripex Exercise Bike, covering magnetic resistance, maintenance, benefits, and usage guidelines for home fitness.</p>
	<p><b>Concept2 Indoor Rower Model D &amp; E Product Manual</b></p> <p>Comprehensive user manual for Concept2 Indoor Rowers, Models D and E, covering setup, proper rowing technique, workout intensity, maintenance procedures, safety guidelines, and warranty information.</p>
	<p><b>Lifespan Fitness ROWER-760 User Manual</b></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>