ChaoKe 107B

CHAOKE 107B Magnetic Rowing Machine User Manual

Model: 107B | Brand: ChaoKe

Product Overview

The CHAOKE 107B Magnetic Rowing Machine is a professional-grade fitness equipment designed for home use. It features a high-quality magnetic control system with 16 adjustable resistance levels, a double sliding rail for stability, and an app-compatible Bluetooth monitor. This rower is built for durability and efficient full-body workouts, supporting a load capacity of up to 160 kg.

Image: Internal mechanism of the CHAOKE Magnetic Rower, illustrating the magnetic resistance system, goal setting features, and its suitability for strength training.

Safety Instructions

- Always consult a physician before starting any new exercise program.
- Ensure all bolts and nuts are securely tightened before each use.
- Keep children and pets away from the equipment during operation.
- Place the rowing machine on a flat, stable surface.
- Wear appropriate athletic footwear and clothing.
- Do not exceed the maximum user weight of 160 kg.
- Stop exercising immediately if you feel dizzy, faint, or experience pain.

Setup and Assembly

The CHAOKE 107B Magnetic Rowing Machine is designed for easy assembly, typically taking less than 25 minutes. Follow the steps below and refer to the installation video for visual guidance.

Assembly Steps:

1. **Install the Front Foot Tube:** Attach the front foot tube to the main body using the provided screws and washers (items #46, #47, #48). Ensure it is securely fastened.
2. **Install the Seat Cushion Bracket:** Secure the seat cushion bracket to the sliding rail. This step involves attaching the bracket to the rail using specific hardware (items #60, #42, #61).
3. **Install the Sliding Rail:** Connect the sliding rail assembly to the main body of the rower. Use the designated screws and washers (items #46, #48) to ensure a firm connection.
4. **Install the Handle:** Attach the rowing handle to the pull strap. Insert the handle bar through the designated slot and secure it with the appropriate screw (item #76).
5. **Install the Footpad and Seat Cushion:** Attach the footpads to the base of the rower and the seat cushion to its bracket. Use the specified hardware (items #71, #72) for the seat cushion.
6. **Install the Electronic Meter:** Insert batteries into the LCD monitor and connect its cables to the main unit. Secure the monitor to its holder using the provided screws (item #2).

Your browser does not support the video tag.

Video: Detailed installation guide for the JOROTO JR30 Rowing Machine, demonstrating each assembly step. This video is provided by the seller.

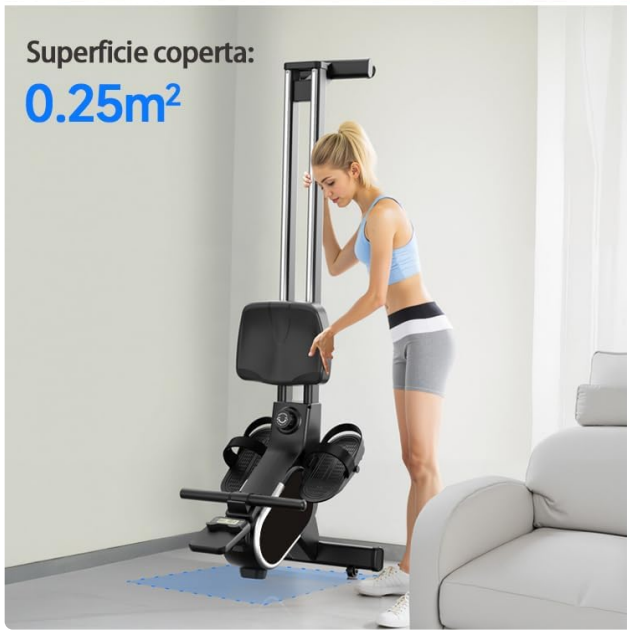

Image: The CHAOKE Magnetic Rower demonstrating its space-saving foldable design, occupying only 0.25 square meters when stored vertically, and highlighting its quiet operation at less than 20dB.

Operating Instructions

Adjusting Resistance:

The rowing machine features 16 adjustable magnetic resistance levels. To change the resistance, turn the resistance knob located on the main unit. Turn clockwise for higher resistance and counter-clockwise for lower resistance. This allows for a customized workout experience suitable for various fitness levels.

Image: The CHAOKE Magnetic Rower illustrating its 16 resistance levels, making it suitable for all family members, from beginners (levels 1-8) to advanced users (levels 8-16). A close-up shows the tension control knob.

Using the LCD Monitor:

The multifunctional LCD display tracks your workout data in real-time. It shows:

- Rowing Time
- Stroke Rate

- Total Strokes
- 500-meter Split Time
- Frequency
- Distance
- Calorie Consumption

Use the 'MODE' button to cycle through display modes and 'RESET' to clear data. The device holder allows you to place your smartphone or tablet for entertainment during your workout.

Image: The CHAOKE Magnetic Rower's multifunctional LCD monitor, showing real-time workout data such as time, count, distance, calories, and stroke rate. It also features a tablet holder for convenience.

App Compatibility (Kinomap):

Connect your smartphone or device to the rowing machine via Bluetooth to use compatible applications like Kinomap. This allows you to track your progress, view real-time data, and enhance your training experience.

Image: The CHAOKE Magnetic Rower highlighting its Kinomap app compatibility, enabling users to connect their devices for focused training and real-time data tracking.

Your browser does not support the video tag.

Video: A demonstration of the HOMCOM Rowing Machine in use, showcasing its operation and folding mechanism for storage. This video is provided by the seller.

Maintenance

Regular maintenance ensures the longevity and optimal performance of your CHAOKE 107B Rowing Machine.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically check the sliding rail and apply a silicone-based lubricant if the movement becomes less smooth.
- **Inspection:** Regularly inspect all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners and replace worn components as needed.
- **Storage:** When not in use, the rower can be folded and stored vertically to save space. Ensure the locking pin is engaged when folding for safety.

Troubleshooting

If you encounter any issues with your CHAOKE 107B Rowing Machine, refer to the following common solutions:

- **Squeaking Noise:** If you hear squeaking, check all bolted connections and tighten them. Lubricate the sliding rail with silicone spray.
- **Monitor Not Displaying:** Ensure batteries are correctly installed and not depleted. Replace batteries if necessary. Check all cable connections to the monitor.
- **Resistance Issues:** If resistance feels inconsistent or too loose/tight, ensure the resistance knob is functioning correctly and the magnetic mechanism is clear of obstructions.
- **Unstable During Use:** Verify that the rowing machine is placed on a flat surface and all feet are making firm contact. Adjust the leveling feet if present.

For persistent issues, please contact customer support.

Specifications

Feature	Specification
Model Name	107B Rower
Brand	ChaoKe
Product Dimensions (L x W x H)	155 x 60 x 51 cm
Item Weight	16.5 Kilograms
Recommended Maximum Weight	160 Kilograms
Color	Black
Material	Reinforced Steel, Aluminum (rail)
Resistance Mechanism	Magnetic
Resistance Levels	16
Display Type	LCD
Special Features	Energy-saving, Low noise, Ergonomic, Easy to assemble, Foldable Design, App Compatible (Kinomap)

Image: The CHAOKE Magnetic Rower showcasing its robust construction with a double sliding design, 2.5mm carbon steel tube, and a maximum load capacity of 160 kg.

Image: A comparison table detailing the advantages of CHAOKE rowing equipment over traditional alternatives, emphasizing its innovative aluminum recycling system, 16 resistance levels, compact footprint (0.25 m²), low noise operation (<20dB), and professional Kinomap app compatibility.

Warranty

The CHAOKE 107B Magnetic Rowing Machine comes with a**5-year warranty**, providing assurance for its quality and durability. This warranty covers manufacturing defects and significant malfunctions under normal use conditions.

Customer Support

ChaoKe is a professional fitness brand committed to providing high-quality products and support. If you have any questions, require assistance with assembly, operation, or encounter any issues not covered in this manual, please contact our customer support team. We have provided professional fitness products to over 2 million families and are dedicated to ensuring your satisfaction.
For support, please refer to the contact information provided in your product packaging or on the official ChaoKe website.

© 2026 ChaoKe. All rights reserved.