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Fitvids SF-SK2-2G

Fitvids Air Rowing Machine SF-SK2-2G User Manual

Model: SF-SK2-2G | Brand: Fitvids

1. Introduction

Thank you for choosing the Fitvids Air Rowing Machine SF-SK2-2G. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before using the machine and keep it for future reference.
The Fitvids Air Rowing Machine is designed to provide a comprehensive full-body workout, engaging your upper body, lower body, and core muscles. Its air resistance system offers a smooth, low-impact exercise experience suitable for various fitness levels.

2. Safety Information

Warning: Before starting any exercise program, consult with your physician. This is especially important for individuals over the age of 35 or those with pre-existing health conditions.

- Always place the machine on a stable, level surface.
- Ensure adequate clear space around the machine during use.
- Keep children and pets away from the machine during operation.
- Inspect the machine for loose or damaged parts before each use. Do not use if any components are compromised.
- Wear appropriate athletic footwear and clothing.
- Do not overexert yourself. Stop exercising immediately if you feel faint, dizzy, or experience pain.
- The maximum user weight capacity for this machine is 300 lbs (136 kg).

3. Product Overview

The Fitvids Air Rowing Machine SF-SK2-2G features a robust design with key components engineered for effective and comfortable workouts.

Key Components and Features

- **Ergonomic Handle:** Designed for a non-slip, sweat-resistant grip, suitable for various hand sizes.
- **LCD Display:** Provides real-time monitoring of workout data, including time, distance, and calories burned.
- **10-Level Adjustable Resistance System:** Allows customization of workout intensity through an air resistance flywheel.
- **Anti-Skid Floor Stand:** Ensures stability during intense workouts.
- **Integrated Transport Wheels:** Facilitates easy movement and storage of the machine.



Figure 3.1: Key components of the Fitvids Air Rowing Machine.



Figure 3.2: Ergonomic handle for secure grip.



Figure 3.3: Integrated wheels for easy portability.

4. Setup

The Fitvids Air Rowing Machine requires some assembly before first use. Please follow the instructions provided in the separate assembly guide included with your product packaging. Ensure all parts are securely fastened before proceeding.

Placement

- Choose a flat, stable surface for placement.
- Allow at least 2 feet (60 cm) of clear space around the machine for safe operation.
- Ensure the area is well-ventilated.

5. Operating Instructions

5.1 Adjusting Resistance

The machine features an air resistance system with 10 adjustable levels. To change the resistance, locate the damper lever on the flywheel housing. Move the lever to your desired setting, from 1 (lowest resistance) to 10 (highest resistance). Higher settings increase the airflow to the flywheel, requiring more effort.



Figure 5.1: Flywheel and damper for resistance adjustment.

5.2 Using the LCD Display

The rotatable LCD console provides real-time feedback on your workout. It typically displays metrics such as:

- **Time:** Duration of your workout.
- **Distance:** Estimated distance covered.
- **Calories Burned:** Estimated calories expended.
- **Strokes Per Minute (SPM):** Your current stroke rate.

Refer to the separate LCD monitor manual for detailed instructions on navigating modes, resetting data, and specific functions.



Figure 5.2: LCD Performance Monitor for tracking workout data.

5.3 Workout Techniques

The Fitvids Air Rowing Machine simulates the motion of cross-country skiing, providing a full-body workout. Proper form is crucial for effectiveness and injury prevention.

Basic Skiing Motion:

1. Stand facing the machine with feet shoulder-width apart on the anti-skid platform.
2. Grasp the handles with an overhand grip, arms extended upwards.
3. Initiate the pull by engaging your core and lats, pulling the handles down towards your thighs.
4. As you pull, bend your knees and hinge at your hips, mimicking a squat motion.
5. Extend your arms back up to the starting position in a controlled manner, allowing the flywheel to spin.



Figure 5.3: Visual guide for using the ski exercise machine.

This exercise engages multiple muscle groups, including:

- Biceps brachii
- Elbow joint muscles
- Abdominal muscles
- Gluteus maximus
- Quadriceps femoris muscle
- Knee joint muscles



Figure 5.4: Muscle engagement during a full-body workout.

6. Maintenance

Regular maintenance ensures the longevity and safe operation of your Fitvids Air Rowing Machine.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Cable/Rope:** Inspect the pull ropes for any signs of fraying or damage. Replace if necessary.
- **Storage:** When not in use, the machine can be stored vertically to save space. Use the integrated transport wheels to move it easily.

7. Troubleshooting

If you encounter any issues with your Fitvids Air Rowing Machine, refer to the following common troubleshooting tips:

- **Machine feels unstable:** Ensure the machine is on a flat, level surface. Check and tighten all assembly bolts.
- **Resistance feels inconsistent:** Verify the damper setting. Ensure the flywheel is clear of any obstructions.
- **LCD display not working:** Check the battery compartment for proper battery installation and charge. Refer to the LCD monitor manual for specific troubleshooting.
- **Unusual noises during operation:** Inspect all moving parts for any foreign objects or loose components. Lubricate as recommended in the assembly guide if applicable.

For issues not covered here, please contact Fitvids customer support.

8. Specifications

Feature	Specification
Model Name	SF-SK2-2G
Brand	Fitvids
Material	Alloy Steel
Color	Charcoal
Product Dimensions (LxWxH)	48"D x 24"W x 84"H (122 x 61 x 213 cm)
Item Weight	83.6 Pounds (37.9 kg)
Maximum User Capacity	300 Pounds (136 kg)
Resistance Levels	10 (Air Resistance)
Display Type	LCD
Power Source	Self-Powered
Included Components	LCD Monitor
UPC	840517408278



Figure 8.1: Product dimensions and weight specifications.

9. Warranty and Support

9.1 Warranty Information

The Fitvids Air Rowing Machine SF-SK2-2G comes with a**1-Year Manufacturer Warranty**. This warranty covers defects in materials and workmanship under normal use. Please retain your proof of purchase for warranty claims.

9.2 Customer Support

For any questions, assistance with assembly, troubleshooting, or warranty inquiries, please contact Fitvids customer service. You can find more information and contact details by visiting the official Fitvids store:

Visit the Fitvids Store on Amazon

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