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Winfita 32-Level Magnetic Rowing Machine

Winfita 32-Level Magnetic Rowing Machine User Manual

Model: 32-Level Magnetic Rowing Machine

Brand: Winfita

1. IMPORTANT SAFETY INFORMATION

Please read and understand all instructions before using the Winfita Magnetic Rowing Machine. Retain this manual for future reference.

- Consult your physician before starting any exercise program, especially if you have pre-existing health conditions.
- Keep children and pets away from the machine during operation.
- Place the rowing machine on a stable, level surface with adequate clear space around it.
- Inspect the machine for any loose or damaged parts before each use. Do not use if damaged.
- Wear appropriate exercise clothing and athletic shoes.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- The maximum user weight capacity for this machine is 350 lbs.
- Ensure foot straps are securely fastened before beginning your workout.

2. PRODUCT OVERVIEW

The Winfita 32-Level Magnetic Rowing Machine is designed for a comprehensive full-body workout in the comfort of your home. It features a quiet magnetic resistance system and a robust dual-rail design.

Key Features:

- **32-Level Magnetic Resistance:** Offers a wide range of intensity for various fitness levels.
- **Dual-Rail Design:** Enhances stability and supports users up to 350 lbs.
- **Ergonomic Design:** Comfortable seat, widened footrests, and anti-slip handlebars for optimal posture and grip.
- **Quiet Operation:** Operates at less than 20dB, ensuring a peaceful workout environment.
- **Smart Monitor & App Support:** Track your progress with the LCD monitor and connect to fitness apps via Bluetooth.
- **Space-Saving:** Compact design with transport wheels for easy storage and movement.

Product Components and Features in Detail:

Flywheel System

Super Powerful and Silent



Powerful



Smooth



Silent

12 LBS

Flywheel

115 LBS

Peak Resistance

< 20dB

Lower Noise



Image: The flywheel system of the Winfita Rower Machine, highlighting its powerful, smooth, and silent operation. Features a 12 LBS flywheel, 115 LBS peak resistance, and less than 20dB noise level.

32-Level Adjustable Resistance for Professional Training

Perfectly for the fitness needs of everyone in your family

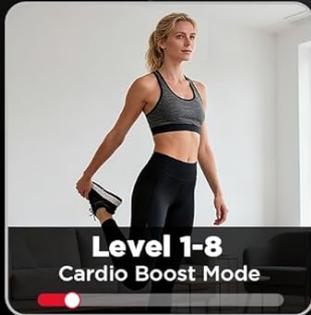


Image: Visual representation of the 32-level adjustable resistance, categorized into Cardio Boost (1-8), Fat Burn (9-16), Body Sculpt (17-24), and Muscle Build (25-32) modes.

Immersive Rowing Experience

Connect Smart App via Bluetooth to join virtual classes and explore interactive workouts.



Kinomap



Bluetooth

Compatible Kinomap Multiplayer



Sconie Videos



Multiplayer



Coaching videos



Free rowing



Structured workout



Map Mode



Image: A user engaging with the rowing machine, demonstrating the immersive rowing experience with a tablet connected via Bluetooth to a smart app like Kinomap, offering various workout options.

Full-Body Workout Made Simple

Strengthen full-body muscle group with zero joint stress



Arm Muscle



Back Muscle



Abdominal



Chest



Glutes



Legs



Image: A male user demonstrating a full-body workout on the Winfita Rower Machine, with illustrations showing targeted muscle groups including arm, back, abdominal, chest, glutes, and legs.

LCD Monitor and Tablet Holder

Check your exercise data on time

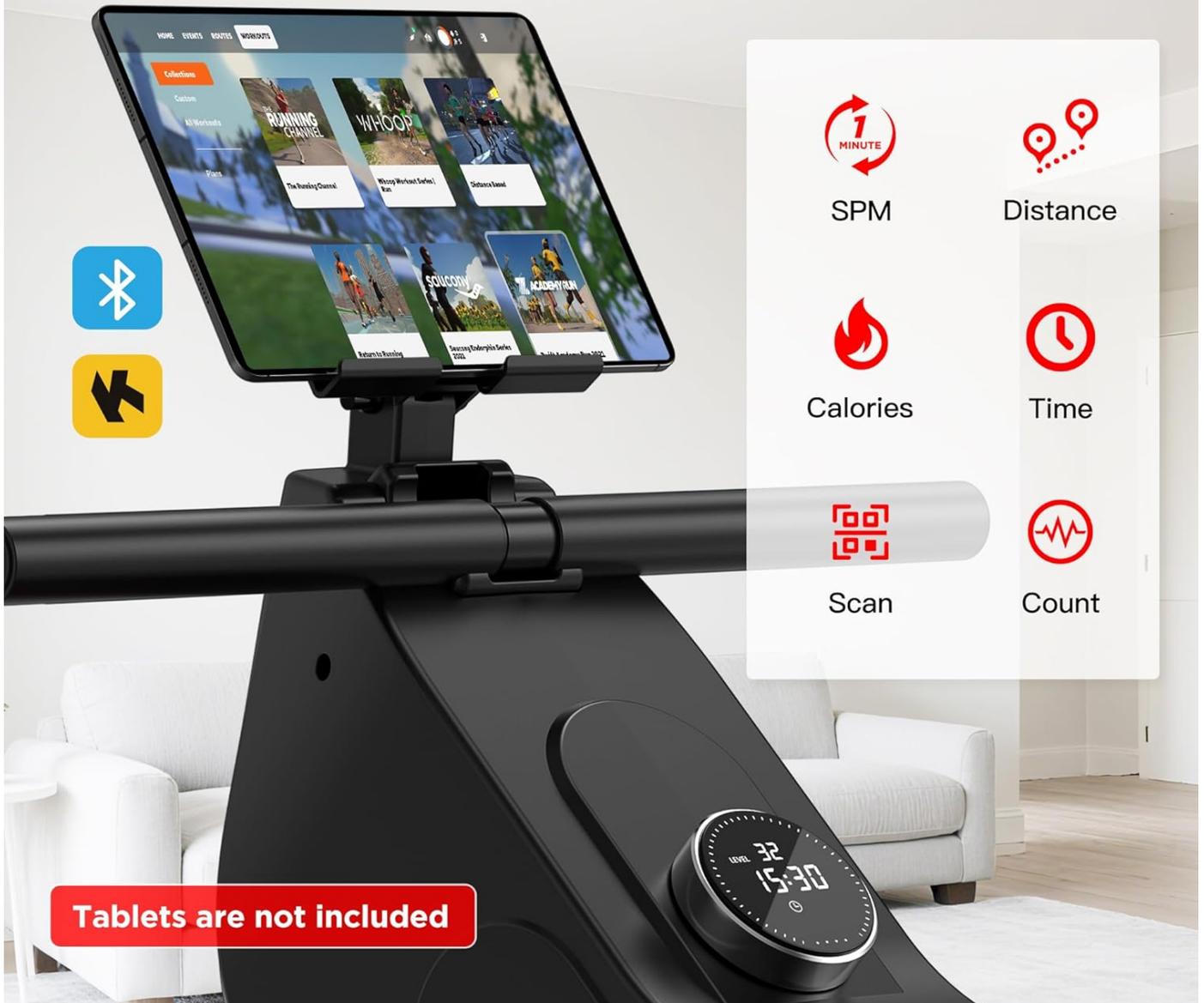


Image: Close-up of the LCD monitor and tablet holder, displaying various metrics like SPM, Distance, Calories, Time, Scan, and Count. Note that tablets are not included.

Upgraded Double Rails Support

Enhanced stability and comfort for a premium rowing experience

350 LBS
Weight Capacity

6 Silent wheels
As smooth as silk



OTHERS
Single Rail Support



OURS
Double Rails Support

Image: A comparison highlighting the upgraded dual-rail support of the Winfita Rower Machine versus a single-rail design, emphasizing enhanced stability, 350 LBS weight capacity, and 6 silent wheels.

Space-Saving Design

Easy storage with wheels and compact footprint



Image: A user demonstrating the space-saving design of the Winfita Rower Machine, showing how it can be stored vertically, occupying only 3.9 sq.ft of floor space.

Ergonomic Product Design

Ergonomic design meets silent power for the ultimate rowing experience.



Image: Detailed view of the ergonomic design features, including the ergonomic seat, silent pulleys, widened footrests, and anti-slip handlebar, along with key dimensions of the machine.

Video: An official product video showcasing the Winfita rowing machine in use, demonstrating its features and benefits for home workouts.

3. SETUP INSTRUCTIONS

The Winfita Magnetic Rowing Machine is designed for quick and easy assembly, arriving 95% pre-assembled. Most users can complete the setup in approximately 20 minutes.

What's in the Box:

- 1 * Winfita 32-Level Adjustable Magnetic Rower Machine
- Assembly Tools (typically included)
- User Manual

General Assembly Steps:

1. Carefully unpack all components from the packaging.
2. Attach the front and rear stabilizer bars to the main frame using the provided bolts and tools.
3. Slide the seat onto the dual rails, ensuring it moves smoothly.
4. Connect the monitor and tablet holder assembly to the main unit.
5. Perform a final check to ensure all bolts are tightened and the machine is stable.

For detailed visual instructions, please refer to the assembly diagrams in the printed manual or the product video.

4. OPERATING INSTRUCTIONS

Getting Started:

1. Sit on the ergonomic seat and place your feet onto the footrests.
2. Secure your feet firmly with the adjustable straps.
3. Grasp the anti-slip handlebar with both hands.

Adjusting Resistance:

The Winfita Rower features a self-generating resistance knob with 32 levels. To adjust the resistance:

- Turn the resistance knob clockwise to increase the resistance for a more challenging workout.
- Turn the resistance knob counter-clockwise to decrease the resistance for an easier workout.

Using the LCD Monitor:

The integrated LCD monitor tracks your workout data in real-time. It typically displays:

- **Time:** Duration of your workout.
- **Count:** Total number of strokes.
- **Calories:** Estimated calories burned.
- **Distance:** Estimated distance rowed.
- **SPM (Strokes Per Minute):** Your current rowing pace.
- **Scan:** Cycles through all metrics automatically.

The monitor is self-powered, requiring no external power source.

App Connectivity and Tablet Holder:

Enhance your workout experience by connecting your device to compatible fitness apps:

1. Place your tablet or smartphone securely in the built-in tablet holder.
2. Enable Bluetooth on your device.
3. Open your preferred fitness app (e.g., Kinomap) and follow the app's instructions to connect to the rowing machine.
4. Enjoy interactive workouts, dynamic training videos, and live challenges.

Proper Rowing Technique:

To maximize effectiveness and prevent injury, maintain proper rowing form:

- **Catch:** Knees bent, shins vertical, arms extended forward, back straight, shoulders relaxed.
- **Drive:** Push off with your legs, then lean back slightly from the hips, and finally pull the handle towards your abdomen.
- **Finish:** Legs extended, body leaned back slightly, handle at your abdomen, elbows past your body.

- **Recovery:** Extend arms forward, then lean forward from the hips, and finally bend your knees to slide the seat forward.

5. 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.
- **Inspection:** Periodically check all bolts, nuts, and connections to ensure they are secure. Tighten any loose fasteners.
- **Rail Maintenance:** Keep the dual rails clean and free of debris to ensure smooth movement of the seat.
- **Storage:** When not in use, store the rowing machine in a dry, cool place. Utilize its vertical storage design to save space.

6. TROUBLESHOOTING

If you encounter any issues with your Winfita Magnetic Rowing Machine, refer to the following common solutions:

- **Monitor Not Displaying Data:** Ensure the monitor is properly connected. As it is self-powered, consistent movement should activate it. If issues persist, contact customer support.
- **Resistance Not Changing:** Verify that the resistance knob is fully engaged and turning correctly. Check for any obstructions in the magnetic resistance mechanism.
- **Difficulty Connecting to App:** Ensure Bluetooth is enabled on your device and the app is up-to-date. Try restarting both your device and the rowing machine.
- **Unusual Noises During Operation:** Check for any loose bolts or components. Clean the seat rails to ensure smooth gliding. If a persistent mechanical noise occurs, discontinue use and contact support.

For problems not listed here, please contact Winfita customer support.

7. SPECIFICATIONS

Feature	Detail
Brand	Winfita
Model Name	32-Level Magnetic Rowing Machine
Resistance Mechanism	Magnetic
Resistance Levels	32
Maximum Weight Recommendation	350 Pounds
Product Dimensions (LxWxH)	61.8"D x 19.7"W x 29.5"H
Item Weight	36.4 Pounds
Frame Material	Alloy Steel
Color	Black

Display Type	LCD
Metrics Measured	Time, Count, Calories Burned, Distance, SPM
Special Features	Adjustable Resistance, Easy Assembly, Ergonomic, Low Noise, Transport Wheels, App Supported

8. WARRANTY AND CUSTOMER SUPPORT

Your Winfita Magnetic Rowing Machine comes with a **1-year warranty**.

If you encounter any issues, require technical support, or have questions regarding your product, please do not hesitate to contact our dedicated customer service team. We are committed to ensuring a satisfying experience for every user.

Please refer to your purchase documentation or the Winfita official website for specific contact information.

