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> JELENS RM01 Seated Row Machine User Manual

JELENS RM01

JELENS RM01 Seated Row Machine User Manual

Model: RM01 | Brand: JELENS

INTRODUCTION

This manual provides essential information for the safe and effective use of your JELENS RM01 Seated Row Machine. Please read all instructions carefully before assembly and operation. Retain this manual for future reference.

IMPORTANT SAFETY INFORMATION

WARNING: To reduce the risk of serious injury, read all instructions and warnings before using this equipment.

- Consult a physician before starting any exercise program.
- Keep children and pets away from the equipment.
- Place the machine on a level, stable surface. Ensure adequate space around the machine.
- Inspect the equipment before each use for loose parts, wear, or damage. Do not use if damaged.
- Wear appropriate exercise attire and footwear.
- Do not exceed the maximum weight capacity of 400 lbs (181 kg).
- Perform exercises slowly and in a controlled manner. Avoid sudden movements.
- Stop exercising immediately if you feel pain, dizziness, or nausea.

SETUP AND ASSEMBLY

The JELENS RM01 Seated Row Machine is designed for easy assembly. Refer to the included installation instructions for detailed, step-by-step guidance. Ensure all components are present and undamaged before beginning assembly.

Key Assembly Steps:

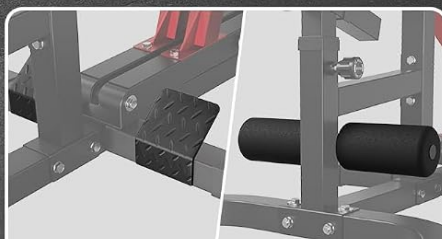
1. Unpack all components and verify against the parts list in the installation instructions.
2. Assemble the main frame components, ensuring all bolts and fasteners are securely tightened.
3. Attach the seat, chest pad, and footplates. Adjust to your preferred settings as described in the "Operating Instructions" section.
4. Install the dual-handle mechanisms and weight holders.
5. Before first use, double-check all connections and ensure the machine is stable.

MASTERFUL CRAFT EVIDENT IN EVERY DETAIL



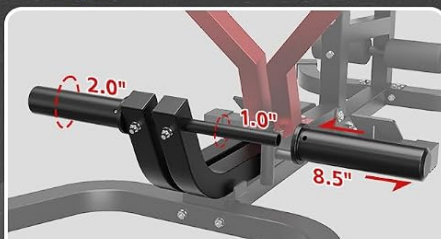
Q325 Steel

Toughness and sufficient strength



Padded Foot Braces

To isolate the upper body



Detachable Weight Holder

Compatible with 1" and 2" Weight Plates

Image: Detailed view of the machine's construction, highlighting Q325 steel, padded foot braces, and detachable weight holders. This image illustrates the robust build quality and key structural components.



Image: Overview of the JELENS RM01 Seated Row Machine with key dimensions (61.9" x 29.5" x 44.3") and a 400 lbs weight capacity indicated. This helps users understand the space requirements and load limits.

OPERATING INSTRUCTIONS

The JELENS RM01 Seated Row Machine is designed to target back muscles effectively. Follow these guidelines for optimal use.

1. Adjusting for Personalized Comfort

The machine offers multiple adjustment points to fit various body types and ensure proper form:

- **Chest Pad Adjustment:** 7 levels of adjustment to position your chest comfortably against the pad.
- **Seat Height Adjustment:** 5 levels to set the seat at an appropriate height for your leg length.
- **Seat Fore/Aft Adjustment:** 5 levels to move the seat forward or backward, optimizing your reach to the handles.

CUSTOMIZABLE COMFORT

COMFORTABLE & EFFICIENT



Image: Illustration of the multi-level adjustments available on the JELENS RM01, including the chest pad, seat height, and seat position. This demonstrates how users can customize the machine for comfort and effective training.

2. Loading Weight Plates

The machine features dual-size weight holders compatible with both 1-inch and 2-inch barbell plates. Secure plates with the provided spring clamps.

3. Using the Dual-Handle Design

The RM01 offers two types of handles for varied muscle targeting and reduced strain:

- **Rotating Handles:** Allow natural arm rotation during the exercise, which can reduce elbow strain.
- **Fixed Handles:** Provide stable tension for precise targeting of specific muscle groups.

Adjusting your grip width allows for different muscle emphasis:

- **Narrow Grip:** Intensifies the latissimus dorsi and mid-back muscles.
- **Wide Grip:** Targets the upper back and deltoids.

2 TYPES OF HANDLES

FIXED HANDLE

Precise muscle stimulation



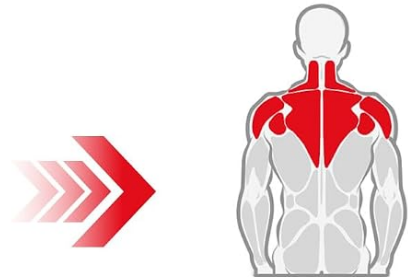
360° Rotating Handles

For Different Back Muscles
Rotating handle allows for free movement

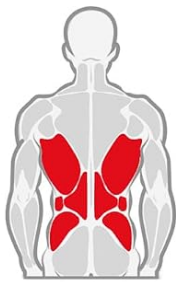


Image: Close-up view of the machine's dual-handle system, illustrating the fixed handles for precise stimulation and 360-degree rotating handles for free movement and reduced elbow strain.

BACK TRAINING — THIS ONE EXERCISE IS ALL YOU NEED



WIDE GRIP
For rear delts & upper back



NARROW GRIP
For latissimus dorsi muscles



Image: A user demonstrating wide grip and narrow grip exercises on the JELENS RM01 Seated Row Machine, highlighting the muscle groups targeted by each grip style (rear delts/upper back for wide grip, latissimus dorsi for narrow grip).

4. Independent Dual-Arm Operation

The independent arm design allows for two training modes:

- **Synchronous Movement:** Both arms move together for symmetrical strength development.
- **Unilateral Training:** Each arm operates independently, ideal for correcting muscle imbalances and enhancing proprioception.

This design precisely activates the latissimus dorsi, erector spinae, and biceps brachii muscles.



The image is a comparison advertisement for the JELENS RM01 Seated Row Machine. It is divided into two main sections by a large red 'VS' graphic. The top section, labeled 'OURS', shows a man using the JELENS RM01 machine, which has a red frame and black weight plates. A large red checkmark is in the top left corner. The text 'OURS' is in a red rounded rectangle, followed by 'INDEPENDENT DRIVE' in large red letters, and 'Precisely Correcting Muscle Imbalances' in smaller red text. The bottom section, labeled 'OTHERS', shows a man using a different machine with a silver frame and black weight plates. A large black 'X' is in the top right corner. The text 'OTHERS' is in a dark grey rounded rectangle, followed by 'SINGLE-ARM FOCUS' in large black letters, and 'The weaker side never gets exercised' in smaller black text. A large red 'VS' graphic is positioned between the two images.

OURS

INDEPENDENT DRIVE

Precisely
Correcting
Muscle Imbalances

OTHERS

SINGLE-ARM FOCUS

The weaker side
never gets
exercised

VS

Image: A comparison illustrating the JELENS RM01's independent drive system, which allows for balanced muscle development, versus other machines with single-arm focus that may neglect weaker sides.

MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your JELENS RM01 Seated Row 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.
- **Lubrication:** Apply a small amount of silicone-based lubricant to any pivot points or moving parts if they begin to squeak or feel stiff.
- **Storage:** Store the machine in a dry, clean environment away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

If you encounter any issues with your JELENS RM01 Seated Row Machine, refer to the following common solutions:

Problem	Possible Cause	Solution
Machine feels unstable or wobbly.	Loose fasteners; uneven floor.	Ensure all bolts and nuts are tightened. Move the machine to a level surface or use shims if necessary.
Squeaking noises during operation.	Lack of lubrication on moving parts.	Apply silicone-based lubricant to pivot points and joints.
Handles feel stiff or do not move smoothly.	Accumulated dirt or lack of lubrication.	Clean the handle mechanisms and apply lubricant. Check for any obstructions.
Weight plates do not fit securely.	Incorrect plate size or missing spring clamps.	Ensure you are using 1-inch or 2-inch plates. Always use spring clamps to secure plates.

If the problem persists, please contact JELENS customer service for assistance.

SPECIFICATIONS

Feature	Detail
Brand	JELENS
Model Name	RM01
Material	Alloy Steel (Q325 Steel)
Color	Red
Product Dimensions (L x W x H)	61.9" x 29.5" x 44.3" (approx. 12.7 sq ft footprint)
Maximum Weight Capacity	400 lbs (181 kg)
Weight Holder Compatibility	1-inch and 2-inch barbell plates
Chest Pad Adjustment	7 levels
Seat Height Adjustment	5 levels
Seat Fore/Aft Adjustment	5 levels
Special Features	Independent Dual-Arm Design, Dual-Handle Design (Rotating & Fixed), Easy Assembly, Chest Supported, Padded Foot Braces, Impact-Resistant Protection Bumpers, Non-Slip Design

WARRANTY INFORMATION

The JELENS RM01 Seated Row Machine comes with a **1-year warranty** from the date of purchase. This warranty covers manufacturing defects in materials and workmanship under normal use. It does not cover damage caused by misuse, abuse, accident, unauthorized modifications, or normal wear and tear.

Please retain your proof of purchase for warranty claims.

CUSTOMER SUPPORT

JELENS is committed to providing exceptional service. If you have any questions, require assistance with assembly, operation, or troubleshooting, or need to make a warranty claim, please contact our professional customer service team. You can reach us through the following methods:

- **Online:** Visit the JELENS store on Amazon or use the "Ask a question" feature on the product page.
- **Direct Contact:** Refer to your order details for specific contact options, such as "Contact Seller."

Our team is available to provide timely and attentive support.

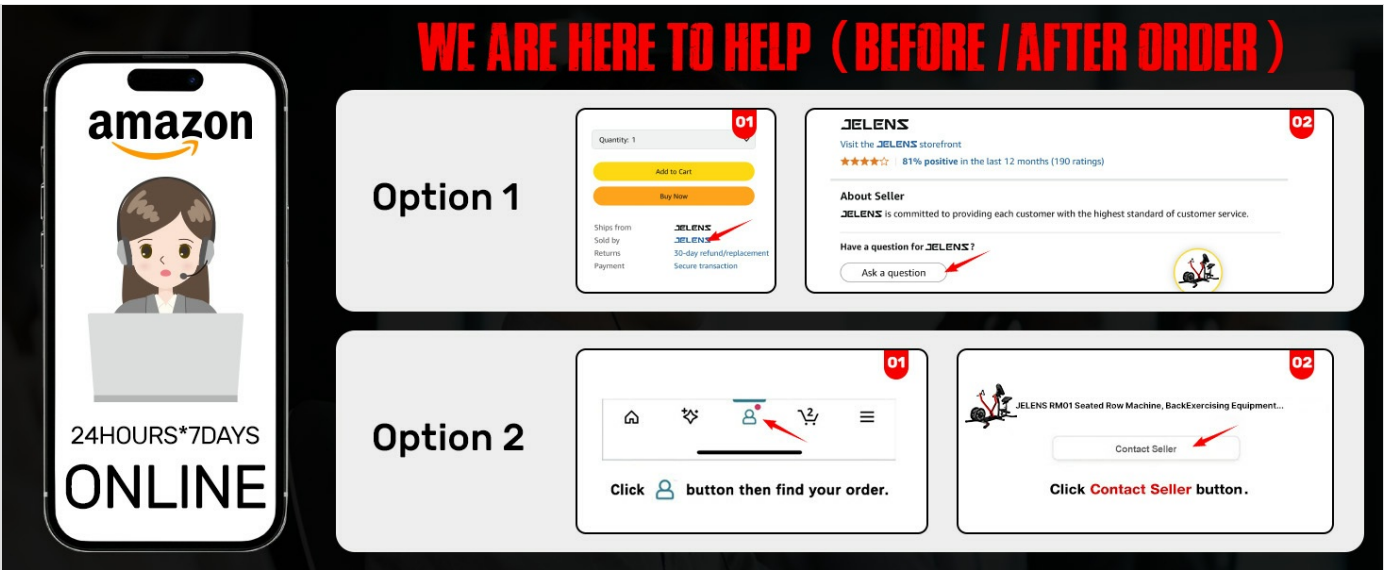


Image: Instructions on how to contact JELENS customer support through Amazon, detailing options to "Ask a question" on the product page or "Contact Seller" via your order history.

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Open the live page

<https://manuals.plus/asin/B0GS97TTN6>

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