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Fitvids B0GSP9ZV6Z

Fitvids Wind Resistance Rowing Machine

Model: B0GSP9ZV6Z - User Manual

1. Introduction

This manual provides essential information for the safe and effective use of your Fitvids Wind Resistance Rowing Machine, Model B0GSP9ZV6Z. Please read all instructions carefully before assembly and operation. Retain this manual for future reference.

2. Important Safety Information

- Consult a physician before starting any exercise program.
- Keep children and pets away from the machine during operation.
- Place the rowing machine on a flat, stable surface with adequate clearance around it.
- Inspect the machine for loose or damaged parts before each use. Do not use if damaged.
- Wear appropriate exercise attire and footwear.
- Do not overexert yourself. Stop exercising immediately if you feel faint, dizzy, or experience pain.
- The maximum user weight capacity is 330 lbs (150 kg).

3. Package Contents

Verify that all components are present before beginning assembly:

- Fitvids Wind Resistance Rowing Machine (main components)
- Assembly Hardware
- User Manual

4. Assembly Instructions

The Fitvids Rowing Machine is designed for straightforward assembly. Follow the included assembly guide for detailed, step-by-step instructions. Ensure all bolts and connections are securely tightened before use.

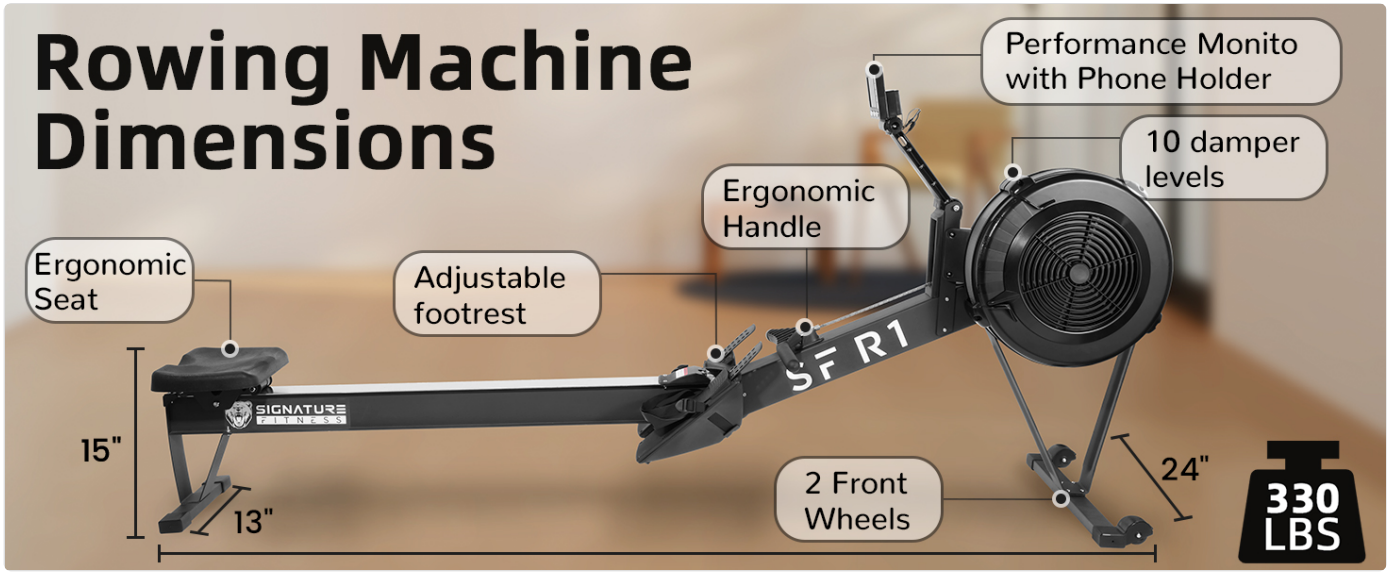


Figure 4.1: Overview of the assembled rowing machine, highlighting its ergonomic design and key dimensions (95"D x 24"W x 15"H).

The machine can be split into two parts for easier movement and storage. Refer to the assembly guide for instructions on how to separate and reattach these sections.

5. Operating Instructions

5.1. Adjusting Resistance

The rowing machine features 10 levels of wind resistance. Adjust the resistance lever located near the flywheel to increase or decrease the intensity of your workout. Start with a lower intensity and gradually increase as your fitness improves.

5.2. Using the LCD Display

The rotatable LCD display provides real-time workout data. It monitors metrics such as time, distance, and calories burned. Use the buttons on the display (UP, MODE, RESET) to navigate through different modes and reset your workout data.



Figure 5.1: The LCD display showing workout metrics and control buttons for adjustment.

5.3. Foot Pedal Adjustment

The foot pedals are adjustable to accommodate various foot sizes. Secure your feet with the adjustable straps to ensure stability and proper form during your workout.

5.4. Proper Rowing Technique

Effective rowing involves a coordinated movement of legs, core, and arms. Begin by pushing off with your legs, then lean back slightly, and finally pull the handle towards your abdomen. Reverse the motion smoothly to return to the starting position. Maintain a straight back and engage your core throughout the exercise.

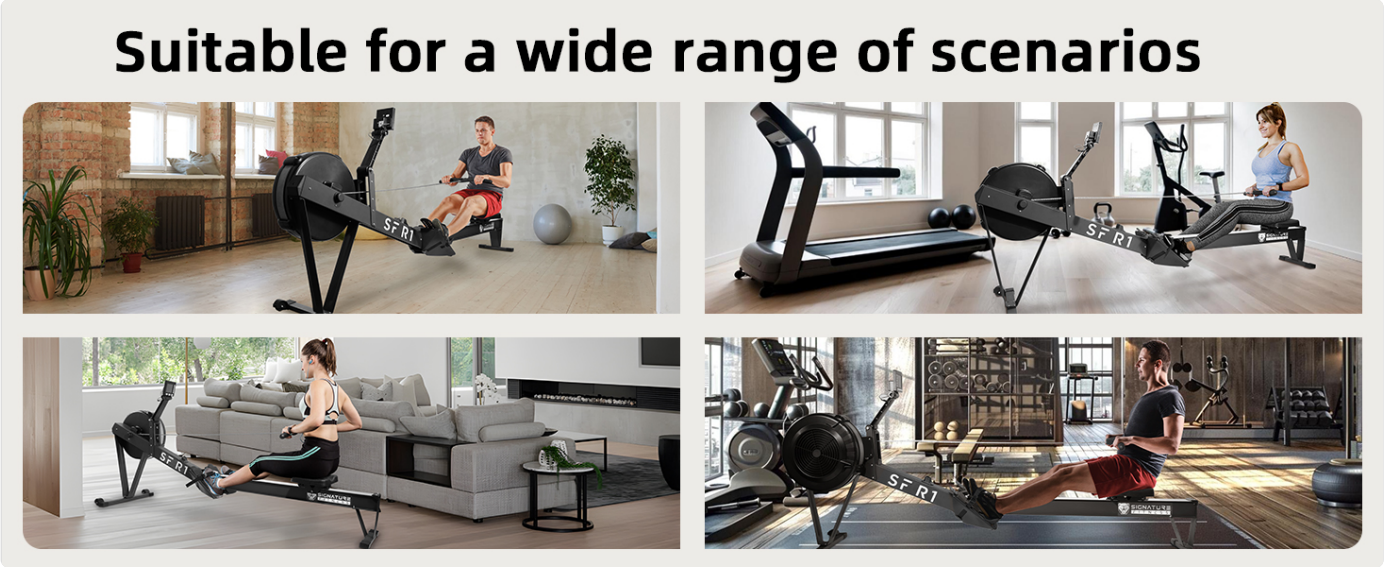


Figure 5.2: Demonstrates the muscle groups targeted by the rowing motion, including legs, glutes, back, arms, and core.

5.5. Quiet and Smooth Operation

The flywheel design minimizes operational noise, allowing for a quiet workout experience that will not disturb others.



Figure 5.3: The rowing machine in use, illustrating its quiet and smooth wind resistance mechanism.

6. Storage

For convenient storage, the rowing machine can be separated into two main components. This design, along with integrated transport wheels, allows for easy movement and compact storage when not in use.

7. 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 moving parts for tightness and wear. Tighten any loose fasteners.
- **Slide Rail:** Keep the stainless steel slide rail clean and free of debris to ensure smooth seat movement.



Figure 7.1: The high-quality stainless steel slide rail, designed for durability and smooth operation.

8. Troubleshooting

If you encounter issues with your rowing machine, refer to the following common problems and solutions:

- **Squeaking Noise:** Check all connections for tightness. Lubricate the slide rail if necessary with a silicone-based lubricant.
- **LCD Display Not Working:** Ensure batteries are correctly installed and have sufficient charge. Check cable connections to the display.
- **Resistance Feels Uneven:** Inspect the flywheel for any obstructions. Ensure the resistance lever is properly engaged.
- **Seat Not Sliding Smoothly:** Clean the slide rail thoroughly and check for any debris. Ensure the seat rollers are clean and undamaged.

For issues not listed here, please contact customer support.

9. Specifications

Feature	Detail
Brand	Fitvids
Model Name	Rowing Machine
Resistance Mechanism	Air
Tension Levels	10 levels
Product Dimensions (D x W x H)	95" x 24" x 15"
Maximum Weight Recommendation	330 Pounds
Frame Material	Alloy Steel

Feature	Detail
Display	LCD
Power Source	Manual
Color	Metal Black
UPC	840517410080
ASIN	B0GSP9ZV6Z

10. Warranty Information

This Fitvids Rowing Machine is covered by a**2-year manufacturer's warranty**. This warranty covers defects in materials and workmanship under normal use. Please retain your proof of purchase for warranty claims. The warranty does not cover damage due to misuse, accident, or unauthorized modifications.

11. Customer Support

For any questions, assistance, or warranty claims, please contact Fitvids Customer Support. Refer to the product packaging or the Fitvids official website for the most current contact information.

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

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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.

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