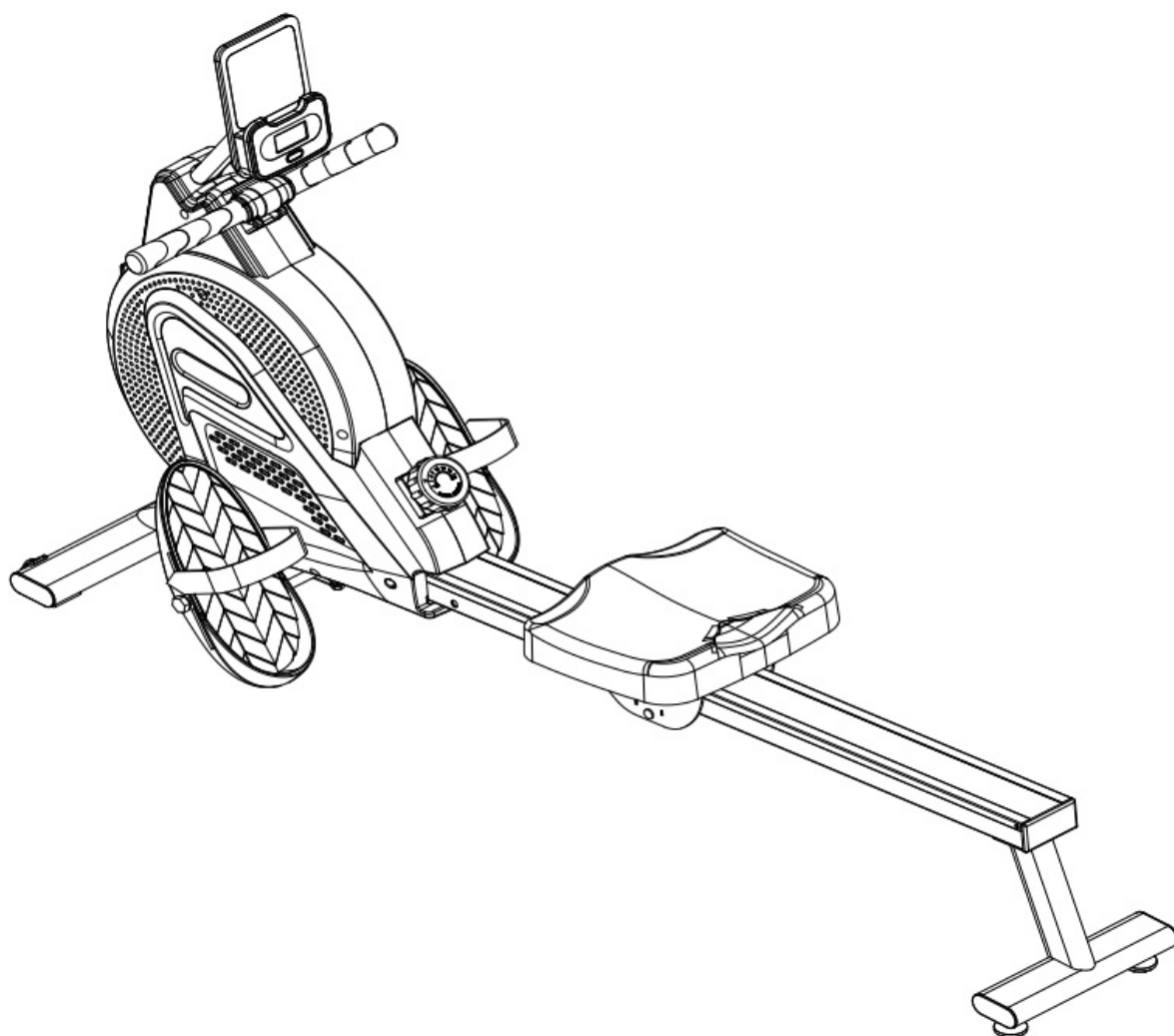


## Dripex F203S Rowing Machine User Manual

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**Dripex F203S Rowing Machine**



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## Safety Information

Please read this instruction manual before you begin assembly. Great care has been taken to design these instructions and following them will help you with quicker assembly and minimize the risk of injury. It is important that you keep these instructions for future reference.

**This list is not exhaustive–You are responsible for your own safety!**

- Always assemble and operate the equipment on a level surface.
- Ensure the equipment is stable before use.
- Always ensure that the equipment has adequate space on each side.
- The safety level of this equipment can only be maintained if it is regularly examined for wear and tear.
- Replace defective components immediately and keep the equipment out of use until it is repaired.
- Use only the adjustment setting as described in the instructions. Always use the correct adjustment pin/ fixing.
- Always check that any pins / fixings are tight and secure before use and after adjustment.
- Never leave any adjustment devices projecting from the equipment.
- Always consult your doctor before undertaking any exercise program.
- Always wear suitable clothing and footwear. (e.g. tracksuit / shorts / training shoes)
- Remove all personal jewelry before exercising.
- Ensure you warm-up well before using the equipment as this will help to prevent muscle strain.
- After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
- Never overload the equipment. (See maximum user weight)
- Never use the equipment in any other manner other than the ways explained in these instructions and any wall-chart supplied.
- Injuries to health may result from incorrect or excessive training.
- Parents and others in charge of children should be aware of their responsibility, because the natural play instinct and the fondness of experimenting of children can lead to situations and behavior for which the training equipment is not intended.
- The equipment is under no circumstances suitable as a children's toy.
- If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed in the correct use of the equipment.
- Children should not be allowed on or around the equipment, especially when it is not in use.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- This product is not suitable for therapeutic purposes.
- This product has been tested for use in a home environment and is warranted for In Home, personal, family or household use.
- Due to our continuous policy of product development, Dripex Fitness reserves the right to change specifications without notice.

**CAUTION! The instructions must be followed carefully in the assembly, use and maintenance of your equipment. The warranty does not cover damage due to negligence of the assembly, adjustment and maintenance instructions described herein.**

**Maximum user weight: 150kg/350 LBS**

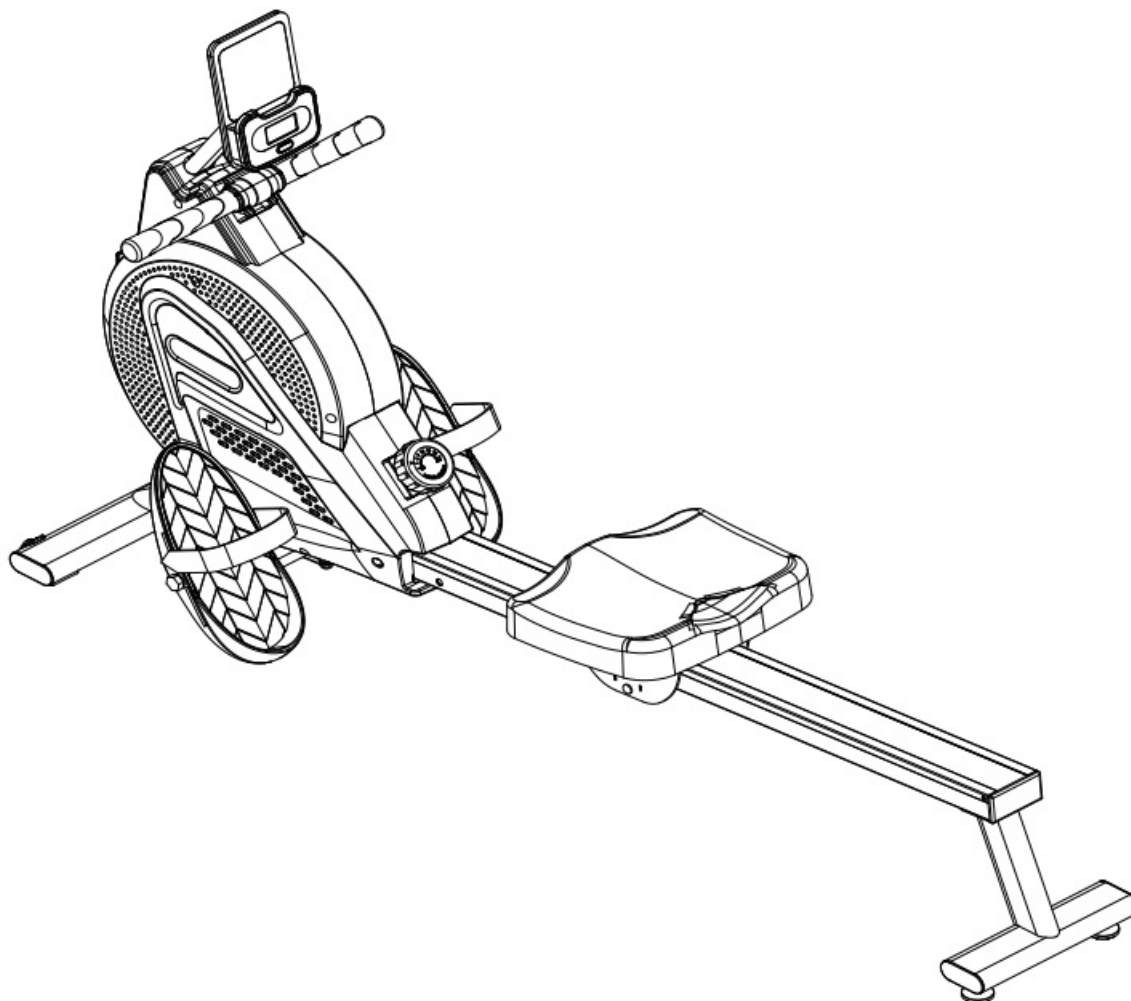
## **Customer Support**

Should you require any assistance regarding this product please gather the following information and then contact

us using the details below:

- Order Number: The number you receive after you make your purchase;
- Original purchase date
- Platform of Purchase, such as eBay, Amazon, etc;
- Information about the place and conditions of use;
- Precise description of the issue / defect.

The best way to contact us is via our official customer service email: [dripex.co.uk@outlook.com](mailto:dripex.co.uk@outlook.com)



**IMPORTANT** Please retain your sales receipt, DripeX Fitness Customer Care may request proof of purchase to validate eligibility for warranty service. Warranty cover starts from the date shown on the proof of purchase.

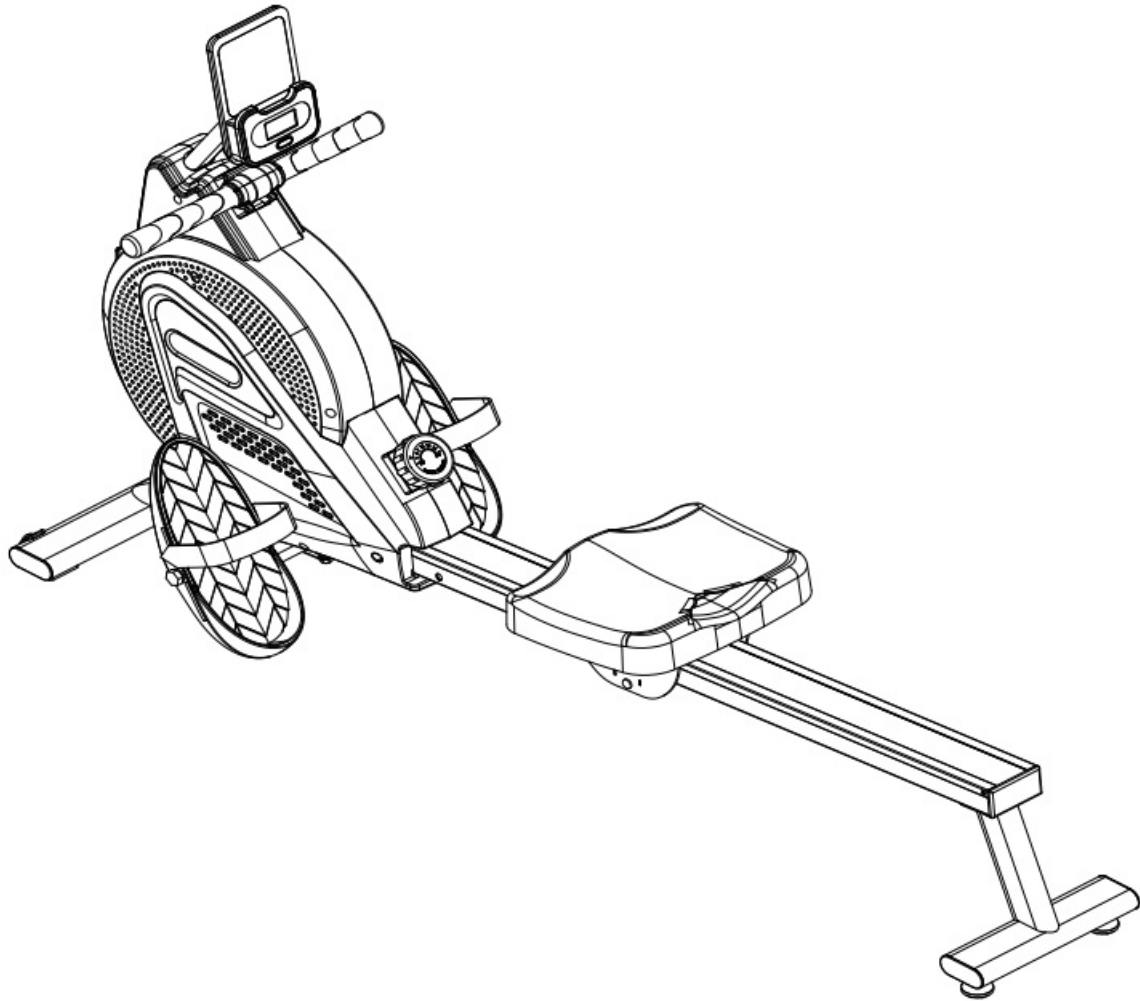
[dripex.co.uk@outlook.com](mailto:dripex.co.uk@outlook.com)

## Assembly Instructions

## Care & Maintenance

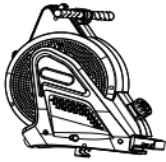
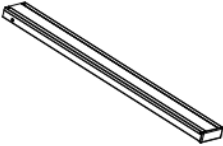
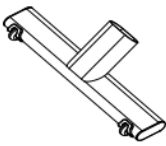
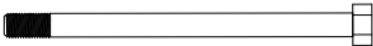
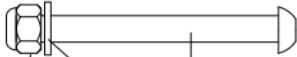

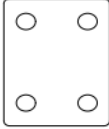




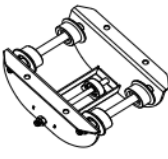




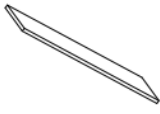
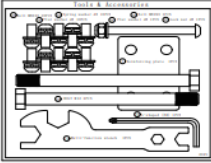
- This equipment should not be placed outdoors, in a garage or an outbuilding. Keep the equipment in a dry place with as little temperature variation as possible.

- We recommend placing a mat beneath the equipment to protect both the equipment and your flooring.
- Always place the equipment in a dry environment.
- Use a warm, damp cloth to keep the product clean.
- No wet cleaning of electrical components. Unplug before any care and maintenance.
- The safety level of the equipment can be maintained only if it is regularly examined for damage and wear. This includes any ropes, pulleys, nuts, bolts, moving parts, bushes, chains, wheels, bearings & connection points etc.
- Ensure that you inspect the product regularly – at least once a week is recommended.
- Ensure that all fixings are tight before use.
- Always replace damaged / worn components with original parts from the manufacturer.



**Make sure you have the following parts when you open the package**

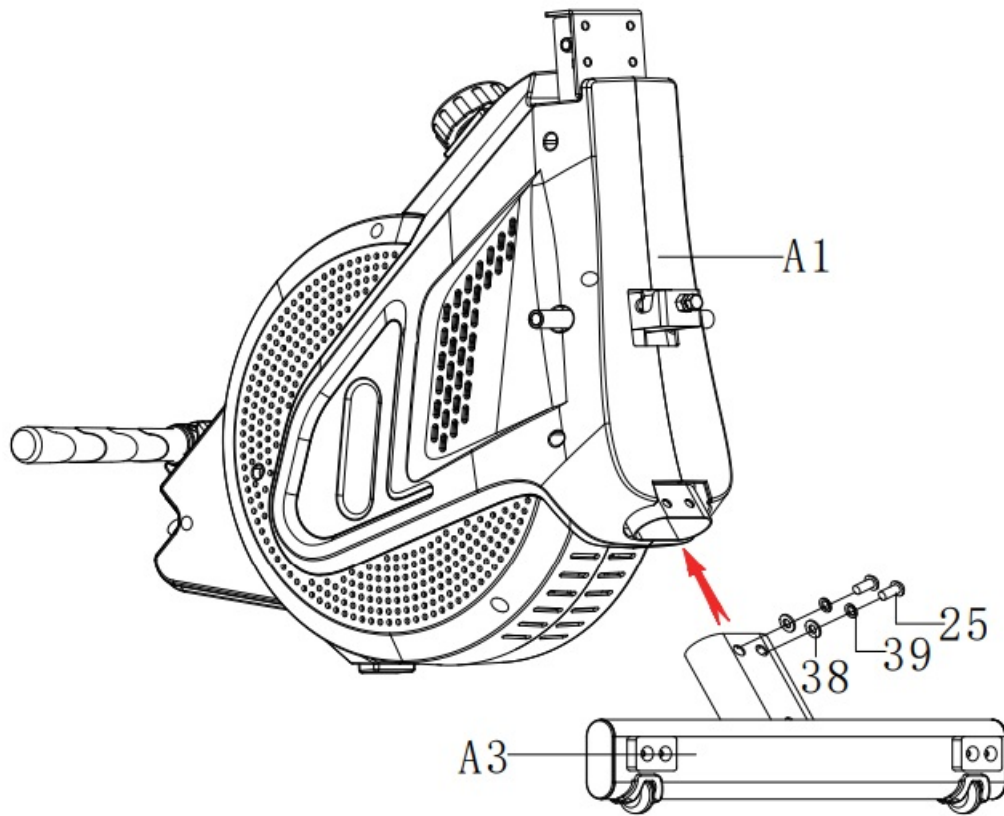
### **Tools & Accessories**

 <p>A1</p>	 <p>A2</p>	 <p>A3</p>	<div>Tools &amp; Accessories</div> <div>  <p>24 2PCS</p> </div> <div>  <p>22 38 28</p> <p>1PCS</p> </div> <div>  <p>38 39 25</p> <p>10PCS</p> </div> <div>  <p>A13</p> </div> <div>  <p>T1 1PCS</p> </div> <div>  <p>T2 1PCS</p> </div>	
 <p>A4</p>	 <p>A5</p>	 <p>A6</p>		
 <p>A7</p>	 <p>A8</p>	 <p>A9</p>		
 <p>A10</p>	 <p>A11</p>	 <p>A12</p>		

NO.	DES.	SPEC.	QTY.	NO	DES.	SPEC.	QTY.
A1	Main Frame Set		1	A13	Rail Support Plate		1
A2	Rail		1	22	Lock Nut	M8	1
A3	Front Stabilizer		1	24	Hex Bolt	M12*155	2
A4	Rear Stabilizer		1	25	Hex socket button head Bolt	M8*20	10
A5	Seat		1	28	Hex socket button head Bolt	M8*90	1
A6	Seat Bracket Set		1	38	Flat Washer	d8	11
A7	Pedal (L)		1	39	Spring Washer	d8	10
A8	Pedal (R)		1	T1	Multi-function Wrench	S=10/13/17/19	1
A9	Pedal Axle		1	T2	Allen Wrench	30*68/S5	1
A10	Display Set		1				
A11	Manual		1				
A12	Tools Pack		1				

### Step 1:

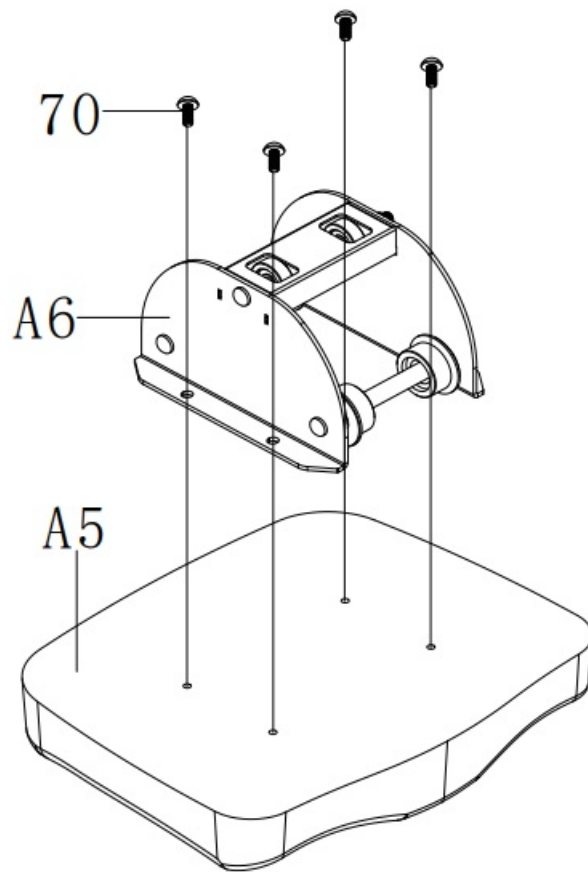
1. Use the Allen Wrench(T2), Hex socket button head Bolt(25), Spring Washer(39) and Flat Washer(38) supplied to fasten the Front Stabilizer(A3) to the Main Frame Set(A1), as shown.



**Step 2:**

1. Unscrew the pre-assembled Button Head Allen Bolt(70) first.
2. Connect the Seat Bracket Set(A6) to the Seat(A5), fasten them together with the Allen Wrench(T2) and Hex socket button head Bolt(70) supplied, as shown.



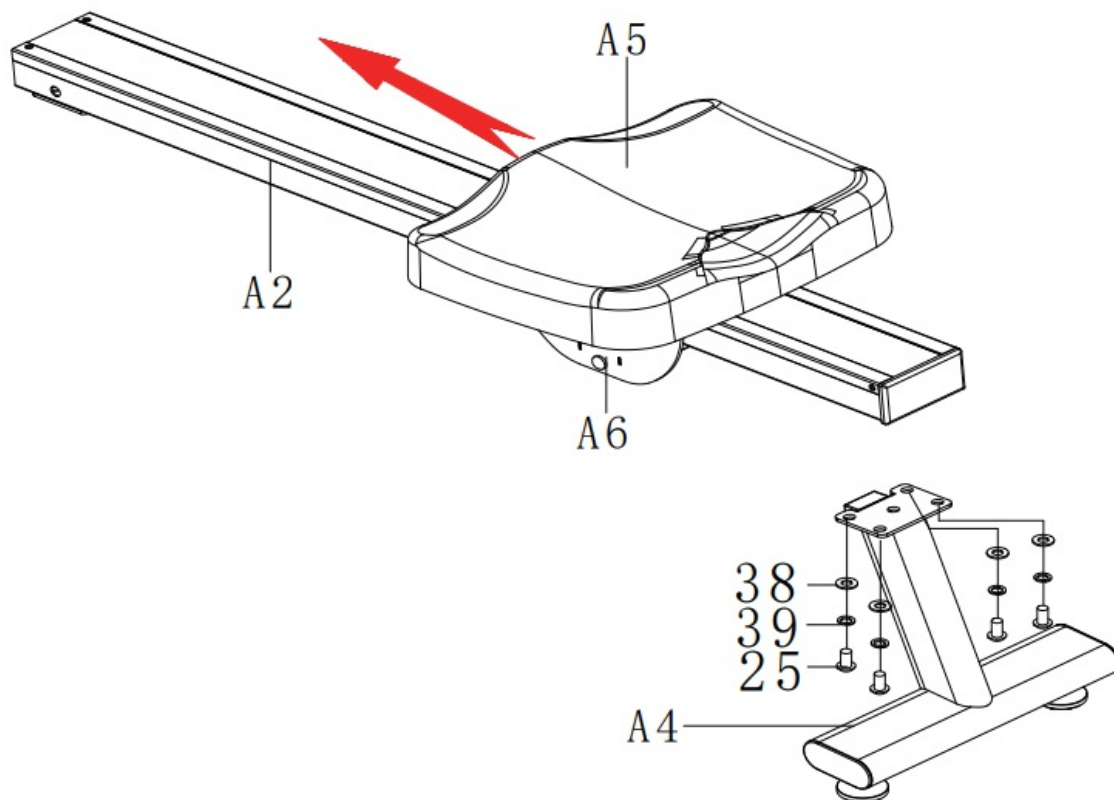


**Step 3:**

1. Carefully slide the Seat(A6) into the Rail(A2)

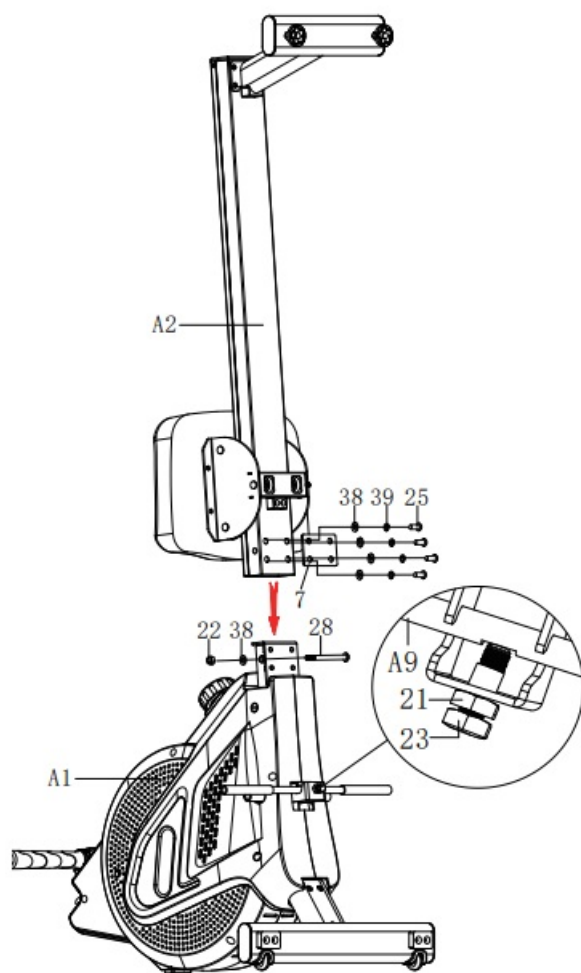
**Note: Please check the direction of the seat first before step 3, as shown.**

2. Connect the Rear Stabilizer (A4) to the Rail(A2), lock them together with the Allen Wrench(T2), Hex socket button head Bolt(25), Spring Washer(39) and Flat Washer(38) supplied, as shown.



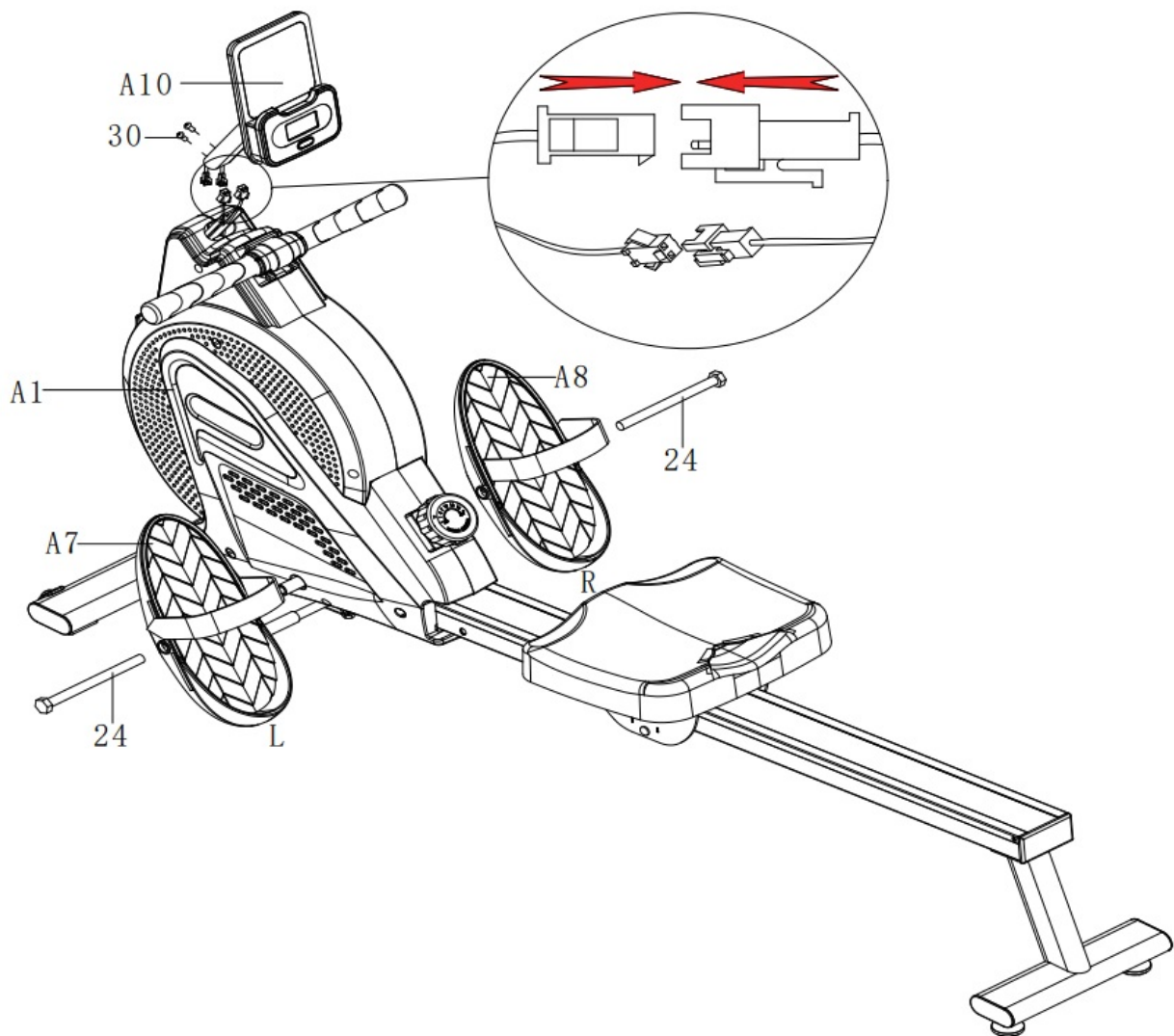
#### Step 4:

1. Align the Rail (A2) with the Main Frame Set (A1), put the Rail Support Plate (A13) below and align with each holes.
2. Use Allen Wrench(T2), Button Head Allen Bolt(25), Spring Washer(39) and Flat Washer(38), supplied to fix the Rail Support Plate (A13).
3. Insert the Hex socket button head Bolt(28) from the side of the rail and fasten it with Flat Washer(38) and Lock Nut (22) supplied
4. Unscrew the pre-assembled Hex Bolt(23) and Hex Nut(21) first. Fix the Pedal Axle(A9) to the Main Frame Set(A1) with the Multi-function Wrench (T1), Hex Bolt(23) and Hex Nut(21), as shown.

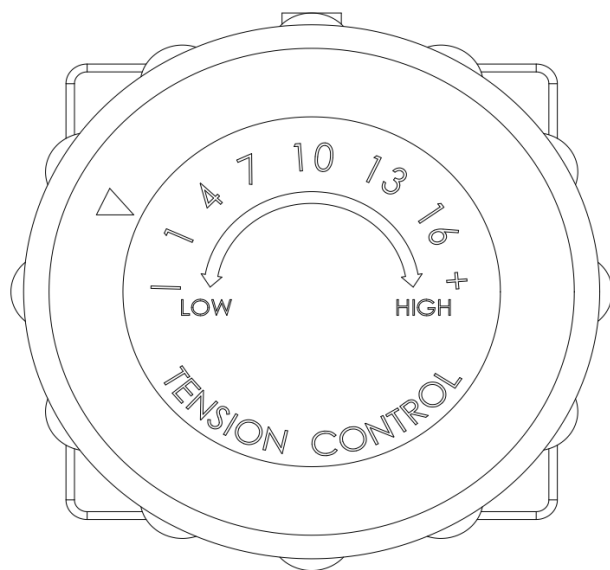


### Step 5:

1. Use the Multi-function Wrench (T1) and Hex Bolt(24) to fix the Pedal (L) and Pedal (R) to the Main Frame Set(A1).
2. Connect the wire end from the Display Set(A10) with the wire end from the Main Frame Set(A1), and put them inside to keep it neat.
3. Unscrew the pre-assembled Pan Head Screw(30) first. Use the Allen Wrench(T2) and the Pan Head Screw(30) to fix the Display Set(A10), as shown.

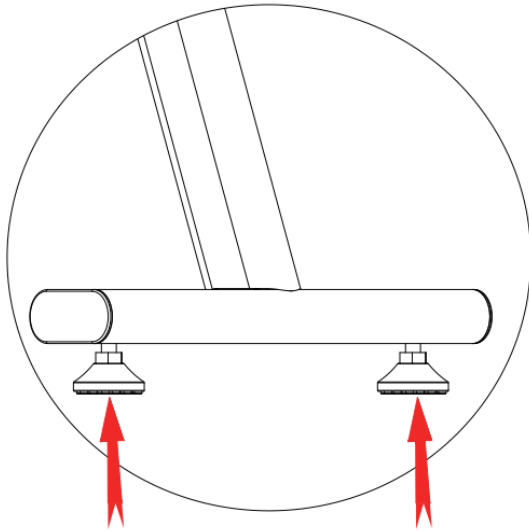


## 1. resistance adjustment



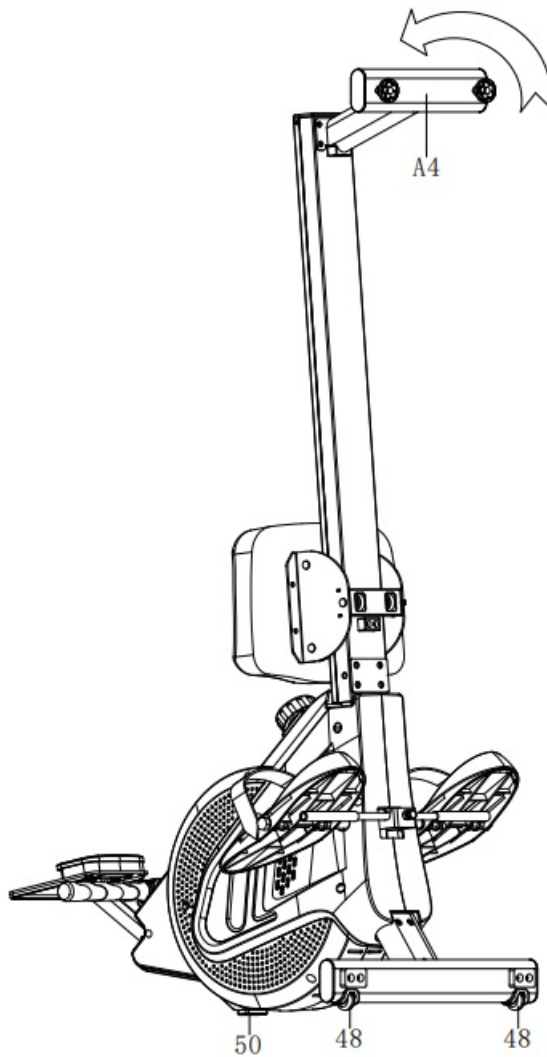
Users are able to adjust the resistance levels according to personal needs for exercise. This product provides 16 levels of adjustment (1-16) (minimum to maximum).

## 2. balance adjustment



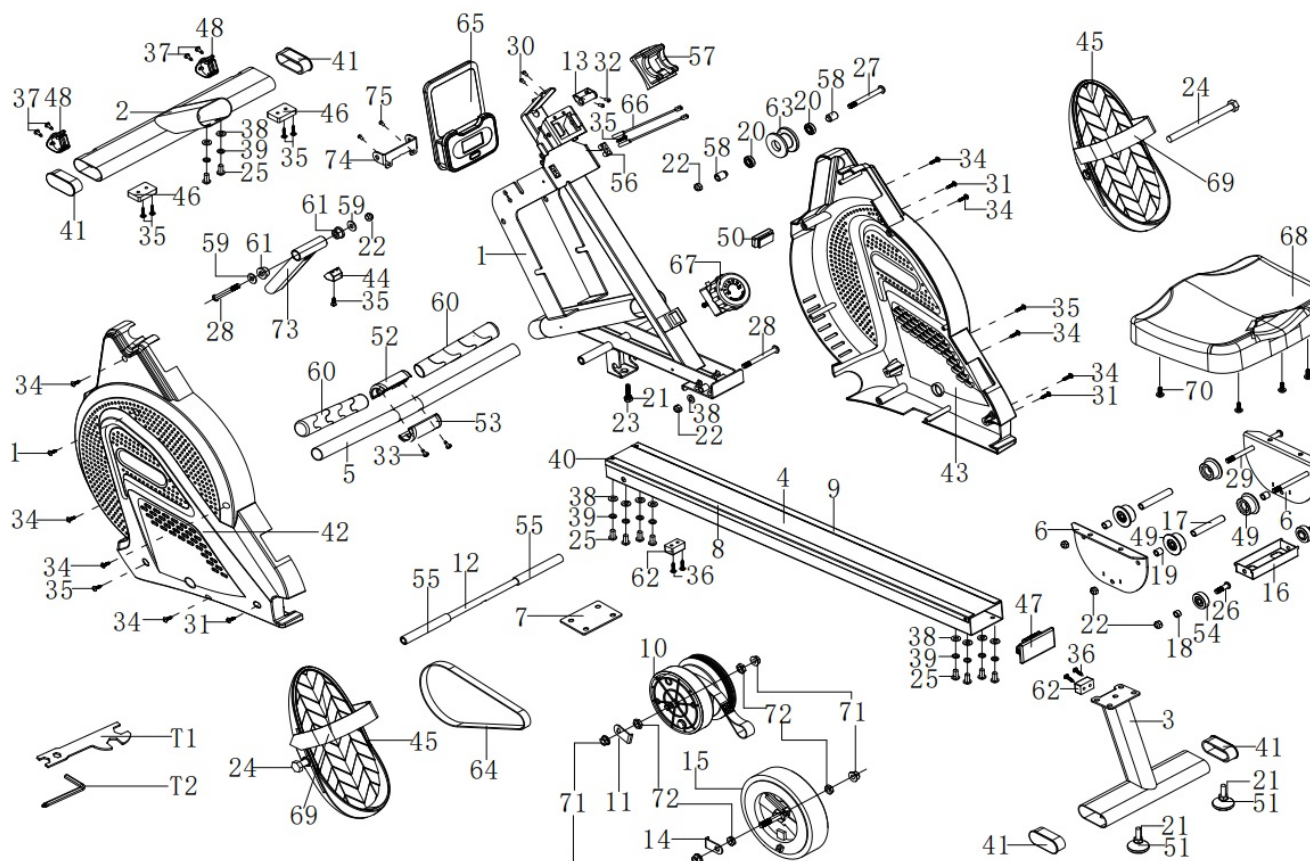
The user can adjust the gear on the rear foot guard to the left and right to make the machine stable and not shake

### 3. lifting instruction



1. Put down the monitor, so it won't hit the ground when lifting the machine; Carefully hold the Rear Stabilizer, overturning the machine until the Transport Wheel of the Front Stabilizer and the small plate of the Main Frame touch the ground.
2. Make sure the centre of gravity is at the front section and the whole machine is in a stable position.

## Exploded Parts Diagram:



## Part lists

	DES.	SPEC.	QT Y.	NO	DES.	SPEC.	QT Y.
1	Main Frame		1	40	Blind Rivet	(1) 4*10	4
2	Front Stabilizers		1	41	Plug		4
3	Rear Stabilizers		1	42	Main Frame Cover(L)		1
4	Rail		1	43	Main Frame Cover(R)		1
5	Handle bar		1	44	Display Positioning Block		1
6	Seat Bracket		2	45	Pedal		2
7	Rail Support Plate		1	46	Foot Pad		2
8	Aluminum Rail Cover (L)		1	47	Rail End Plug		1

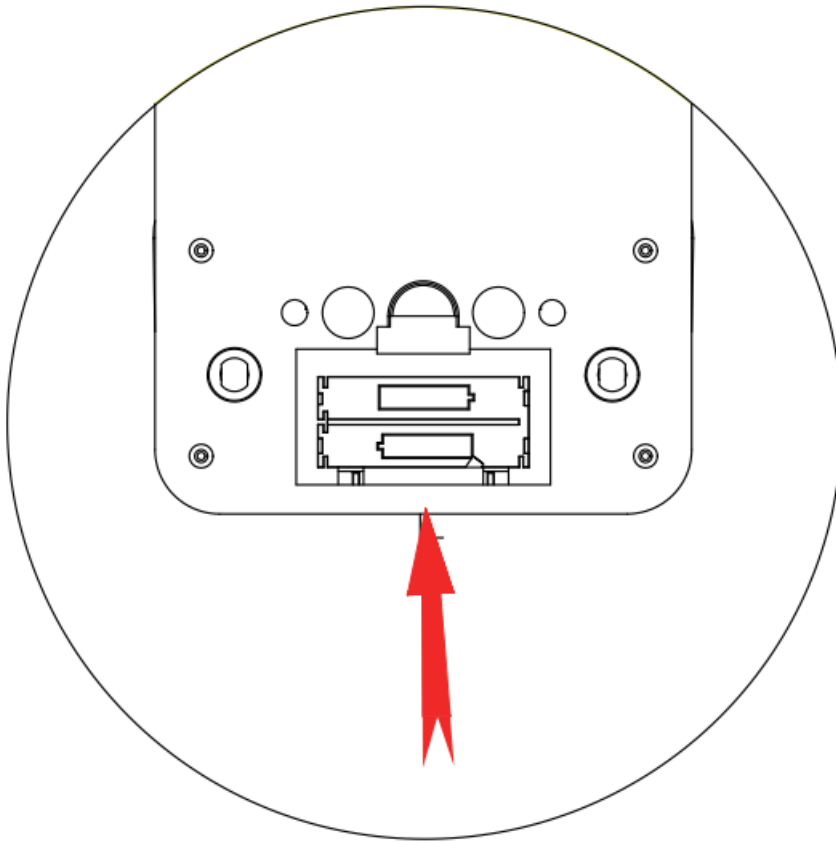
9	Aluminum Rail Cover (R)		1	48	Bult-in Front Wheel		2
10	Pulley		1	49	Seat Wheel		4
u.	Plate Hole Reinforced Plate		1	50	Storage Pad		1
12	Pedal Axle		1	51	Adjustable Foot Pad		2
13	Strap Roller Base		1	52	Handle Bar Cover(Upper)		1
14	Reinforced Plate		1	53	Handle Bar Cover(Lower)		1
15	Magnetic Flywheel		1	54	Seat Positioning Wheel		2
16	Seat Positioning Bracket		1	55	Pedal Axle Cover		2
17	Casing Pipe(long)		2	56	Display Base		1
18	Spacer		2	57	Handle Bar Base		1
19	Casing Pipe(short)		4	58	Wheel Positioning Tube		2
20	Deep Groove Ball Bearing		2	59	Plastic Plate		2
21	Hex Nut	M8/S13	3	60	Handle Bar Cover Foam		2
22	Lock Nut	M8	7	61	Alloy Sleeve		2
23	Hex Bolt	M8*30	1	62	Rail Positioning Block		2
24	Hex Bolt	M12*155	2	63	Strap Roller		1
25	Hex socket button head Bolt	M8*20	10	64	Belt		1
26	Hex socket button head Bolt	M8*40	2	65	Display Set		1
27	Hex socket button head Bolt	M8*80	1	66	Sensor		2
28	Hex socket button head Bolt	M8*90	2	67	Adjustable Knob		1

29	Hex socket button head Bolt	M8*127	2	68	Seat		1
30	Pan Head Screw	M5*8	2	69	Velcro Pedal Strap		2
31	Pan Head Screw	M5*12	4	70	Hex socket button head Bolt	M6*15	4
32	Pan Head Screw	M5*12	2	71	Flange Nut	Mio	4
33	Cross Recessed Countersunk Head Tapping Screw	ST4.2*25	2	72	Hex Nut	Mbo	4
34	Cross Recessed Flat Head Tapping Screw	ST4.2*20	8	73	Display Holder		1
35	Self Drilling Phillips Countersunk Screw	ST4.2*19	8	74	Display Bracket		1
36	Self Drilling Phillips Countersunk Screw	ST4.2*25	4	75	Phillips Countersunk Screws	M5 *8	2
37	Self Drilling Phillips Countersunk Screw	ST4.2*15	4	Ti	Multi-function Wrench	S=10/13/17/19	1
38	Flat Washer	d8*D16*1.5	11	T2	Allen Wrench	S5	1
39	Spring Washer	8	10				

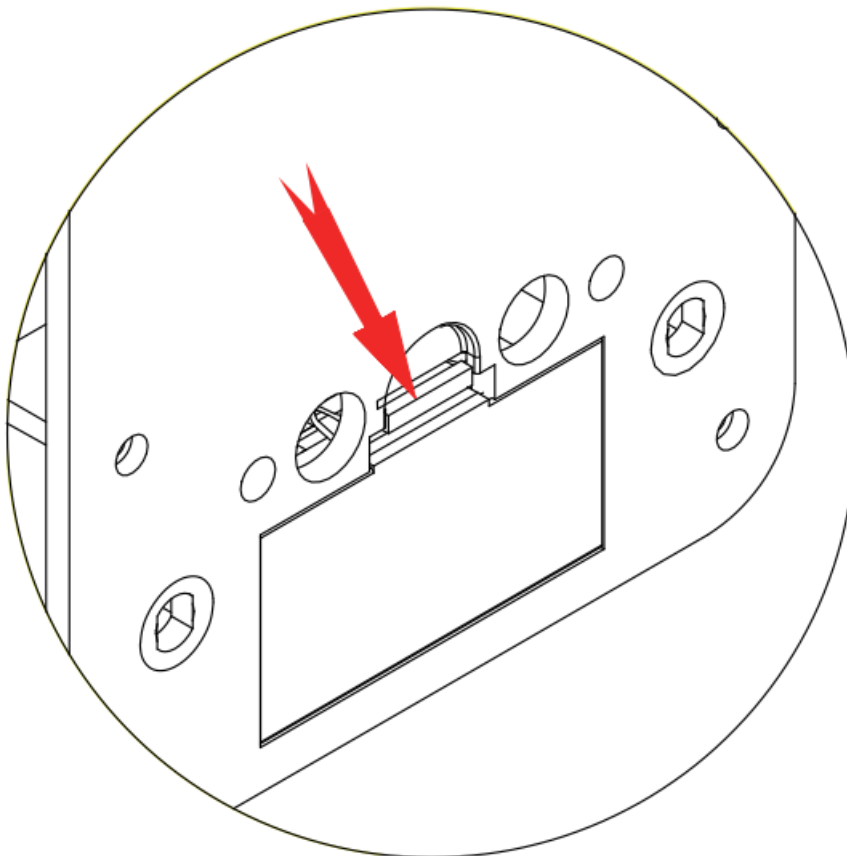
## How to intall & replace the battery

- Find the plug at the back of the monitor, as shown, push down the battery cover and then pull it out.

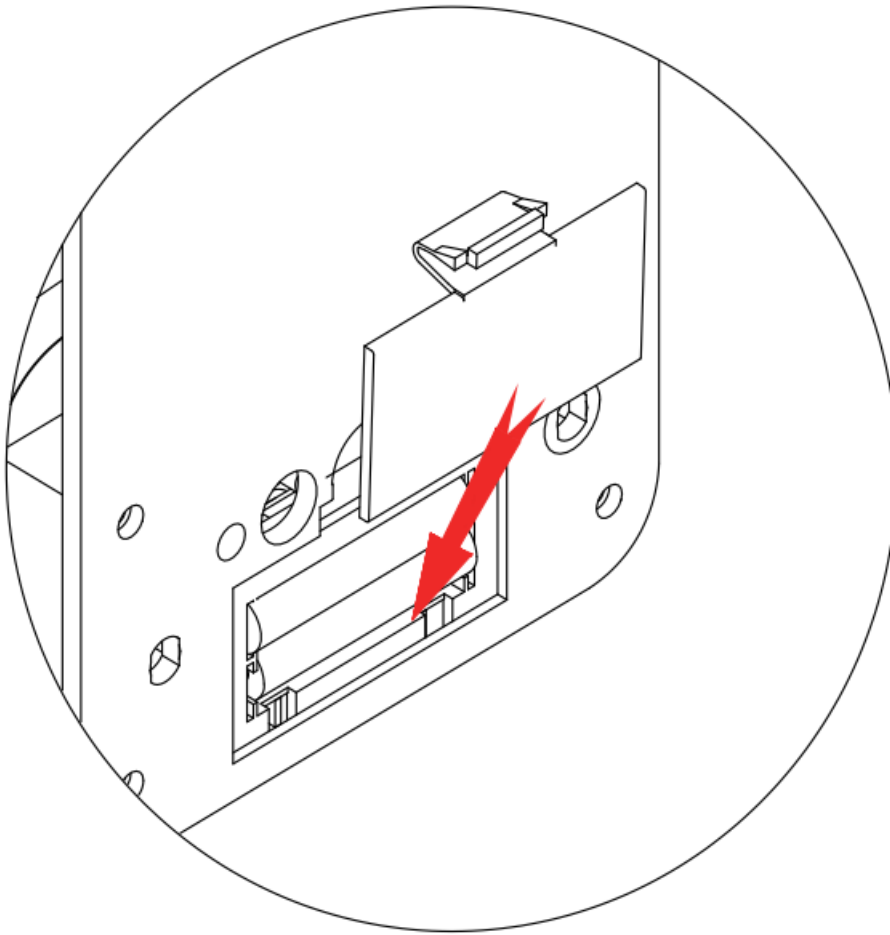




- Remove the battery cover, and put in the battery properly, shown.



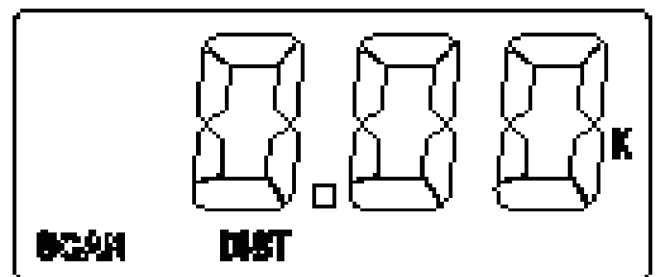
- Plug the battery cover as shown, and check if the monitor is working normally after that.



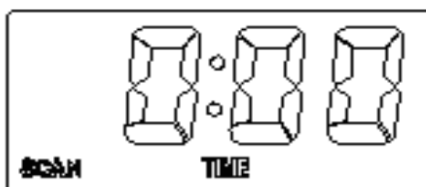
## Monitor Instruction



COUNT



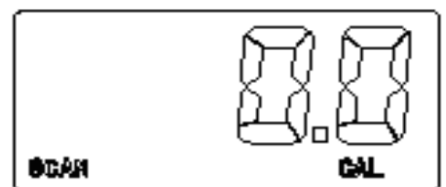
DISTANCE



TIME



TOTAL COUNT



CALORIES

### • KEY FUNCTIONS:

**MODE:** This key lets you to select and lock on to a particular function you want.

SCAN COUNT DISTANCE TIME TOTAL COUNT CALORIES SCAN

Pressing and holding MODE key 3 seconds to reset the value to zero(without Total Count).

**SET:** To set the values of COUNT TIME CALORIES when not in scan mode. When starting exercise, the “SET”

values of counted will be backwards. When the value of “SET” reaches 0, it will be restored with a sound prompt of “DI DI” . RESET : In the SET mode, pressing the RESET key to reset the value to zero.

- **SLEEP MODE:**

The system turns on when the MODE key is depressed or when the system sensed a signal input from the sensor. The system turns off automatically when the sensor has no signal input or no key is pressed for about 4 mins.

- **FUNCTIONS:**

**SCAN :** Display changes according to the next diagram every 6 seconds.

**COUNT:** The current count will be displayed when starting exercise.

**DISTANCE:** The current distance will be displayed when starting exercise.

**TIME:** The total working times will be displayed when starting exercise.

**TOTAL COUNT:** The total count which this function refers to from battery capacity period runs.

**CALORIES:** The calorie burned will be displayed when starting exercise.

- **SPECIFICATIONS**

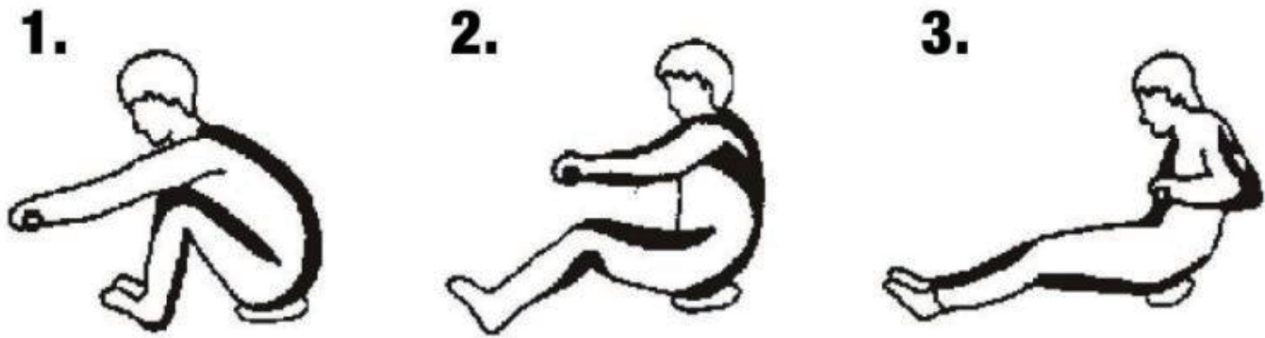
FUNCTION	SCAN	6S
	TIME	-99M:59S
	COUNT	0~9999
	TOTAL COUNT	0~9999
	DISTANCE	0.00~99.99
	CALORIES	0~999.9Kcal
ATTYERY		SIZE-AAA or UM-4 *2
Operating temperature		0~40°C
Storage temperature		-10~60°C

## Fitness Guide

### Exercising with your rower

Rowing is an extremely effective form of exercise. It strengthens the heart, improves circulation, as well as exercising all the major muscle groups – back, waist, arms, shoulders, hips & legs.

### How to row:



1. Take up the initial position leaning forward, knee bent and arms straight.
2. Push yourself backwards, straightening your back and legs at the same time.
3. Continue movement until you are leaning slightly backwards, bending return to Step 1 and repeat.

Please ensure that fingers are not placed inside of the runner assembly when moving the product. When adjusting your exercise position and you need to steady yourself by holding onto the rower, ensure that it is the underside of the seat upholstery that you are grasping

#### **Alternative exercise- leg only rowing:**



This exercise will help tone and strengthen the muscles in your legs and back. With your back straight and arms outstretched, bend your legs until the row arms are in the starting position. Use your legs to push your body back whilst keeping your arms and back straight, slowly return to the starting position and repeat.

#### **Suggested Stretches**

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

##### **1. Hamstring Stretch**

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax.

Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

##### **2. Calf/Achilles Stretch**

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the

wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

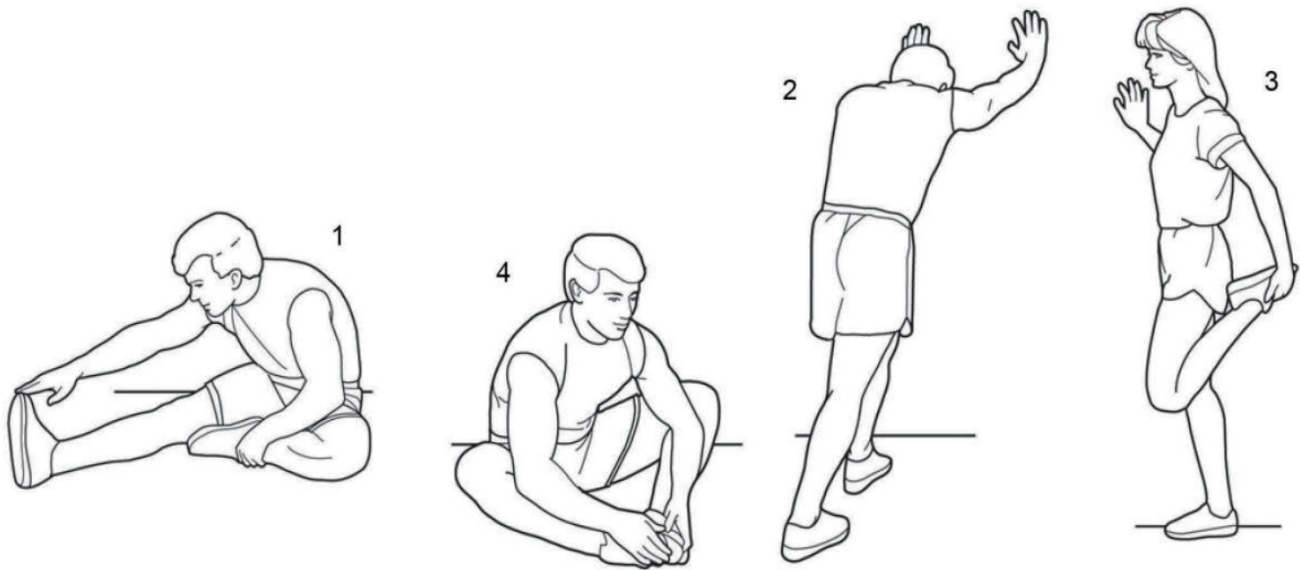
### 3. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

### 4. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times.

**Stretches: Quadriceps and hip muscles**



### Customers Support



Company: Xiamen Zroll Industrial Co., Ltd.


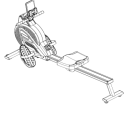
E-mail: [dripex.co.uk@outlook.com](mailto:dripex.co.uk@outlook.com)

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Tong'an District, Xiamen, China.

# DripeX

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## Documents / Resources

  <small>ROWING MACHINE USER'S MANUAL</small>	<a href="#">Dripex F203S Rowing Machine</a> [pdf] User Manual F203S Rowing Machine, F203S, Rowing Machine, Machine
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## References

- [User Manual](#)