



**MEDIC
THERAPEUTICS**

ROWING MACHINE



User Manual

PRODUCT OVERVIEW



1. Wheels
Attached wheels make it easy to transport the rowing machine.



2. Non-Slip Foam Padded Handles
High quality non-slip foam is wrapped around the handles for a comfortable, non-slip, grip.



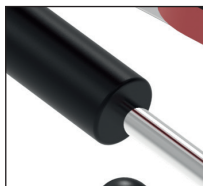
3. Wide Seat Cushion
Soft and comfortable, ideal for long workouts.



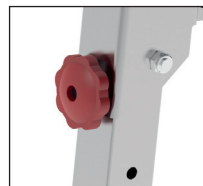
4. LCD Digital Display
Keep track of time and calories burned.



5. Non-slip Pedals with Adjustable Straps
Thick non-slip pedals with Velcro adjustable straps to ensure proper foot placement



6. 12-Level Resistance Regulator
Allows you to adjust the resistance level of your workout.



7. High-quality Fixed Screws
Ensures sturdiness for a safe and smooth workout.

PRODUCT SPECIFICATIONS

Height Requirements: under 6' ft. (190cm)

Max loading weight: 350 Lbs. (159KG)

Gross Weight: 14.6 kg (32.2 Lbs.)

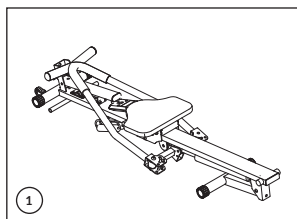
Net Weight: 12.5 kg (27.5 Lbs.)

Folded Product Size: 1310*200*310 mm

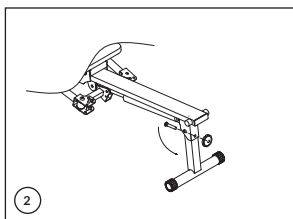
Open Product Size: 1310*1340*400 mm

Outer Box Dimensions: 1320*355*230 mm

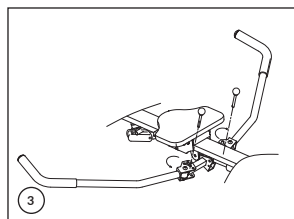
ASSEMBLY INSTRUCTIONS:



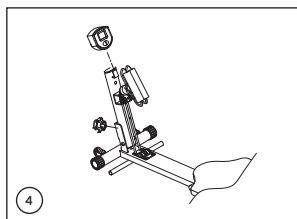
Remove product from packaging and place it in the corresponding working area.



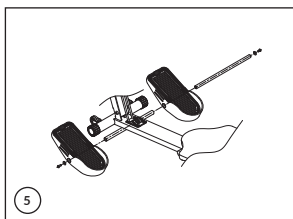
Unfold the back bracket, align the screw port, and tighten the screw.



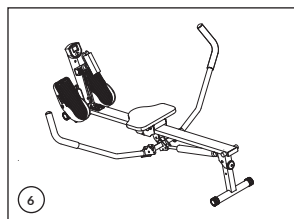
Remove the handle secure pins, unfold the handles, adjust the angle and insert the secure pins.



Insert the meter bracket and meter, align the screw port and tighten the screw.



Pass the fixing shaft through the mounting port, and fix the mounting foot with the screws.



The assembly is complete and your product is ready for use.

HOW TO USE



Step 1. Slowly sit on rowing machine, reach over and grab the handles and fold your knees. Make sure you have proper posture while reaching over for handles. (See Step 1 image)



Step 2. While your knees are still bent start to pull the handles towards you. (See Step 2 image)



Step 3. Start pushing yourself back against the foot pedals until your knees are straight. (See Step 3 image)

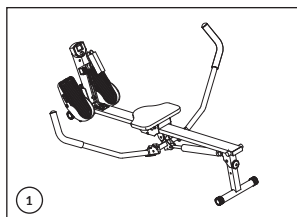


Step 4. Once you have completely pushed back slightly tilt body backwards. (See Step 4 image)

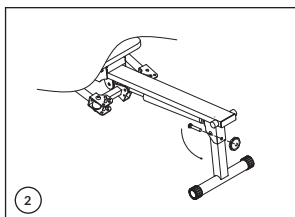
Step 5. Return to original position (see Step 1 image) and repeat all steps again.

***Workout Tip:** The intensity of the Rowing Machine's movement should be slowly increased from low to high intensity gradually. This machine offers a full body workout.

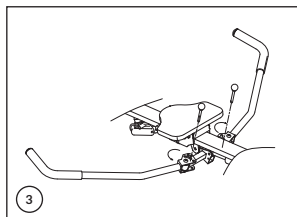
FOLDING AND STORAGE



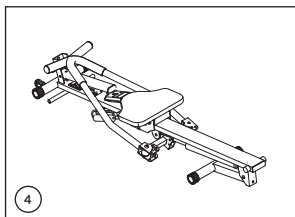
Make sure that the product is on a leveled surface to start the folding process.



Unscrew the fixed screw on the folding bracket, fold the leg in and close it.



Remove the handle secure pins and fold the handles inwards until they overlap.



Once folded pick up product from back end, wheels located on the other end will make it easy to roll away. Easily store away in upright position to save space.

NOTE: Make sure to store in a dry area to prevent corrosion. Clean product with a clean dry cloth.

LIMITED LIFETIME WARRANTY

Your Medic Therapeutics product is backed by a limited lifetime manufacturer's warranty. Medic Therapeutics will repair or replace your device at any time should it fail due to a defect in material or workmanship, subject to the certain limitations.

This limited warranty does not cover any damage that results from unauthorized or improper use, service, or repair. Further, it does not cover damage caused by accident, impact, negligence, or normal wear and tear. Should you discover your Medic Therapeutics product is not functioning properly, please send your device to our repair center for evaluation. If your product cannot be repaired or serviced, we will reserve the right to change it for a similar or newer model.

Please note that a flat rate of \$65.00 will be charged to cover a service evaluation fee and return shipping of your device. All warranty claims must be accompanied by a copy of your proof of purchase from an authorized retailer. Please send your device, proof of purchase, and a check or money order in the amount of \$65.00 made out to Medic Therapeutics to:

Address:

Medic Therapeutics Service Center
3069 Taft Street
Hollywood, FL 33021

Contact:

warranty@medictherapeutics.com

