MC-200

ROWING MACHINE

Global_Fitcare@163.com

We will strive to provide the best experience for our valued customers, if you have any questions or need further assistance, please contact our Customer support team.
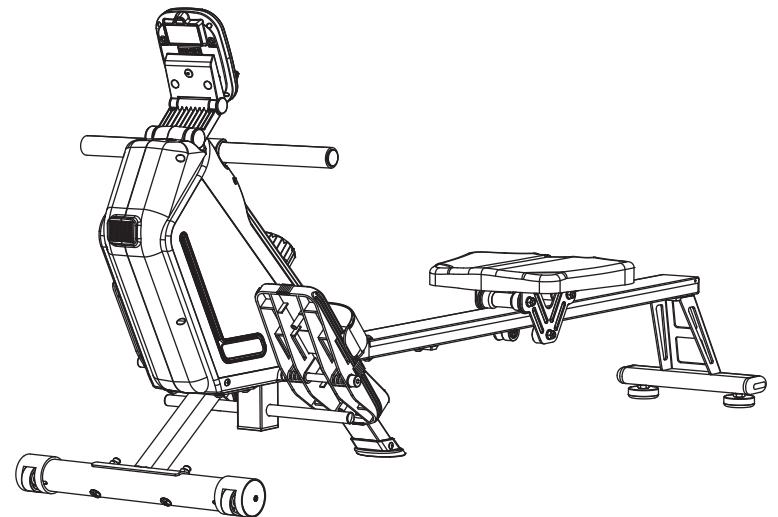
USER MANUAL

CONTENTS

IMPORTANT!

• PLEASE READ THIS MANUAL CAREFULLY BEFORE USING THIS MACHINE.

   RETAIN THIS MANUAL FOR FUTURE REFERENCE.

Please read all instructions carefully before using this machine and please retain this user manual for future reference.
If you have any inquiries or require further assistance during the assembly or using, please contact our customer support：
Method 1: Go to Order Page to contact seller via Amazon

Method 2: Reach us via Email: **Global_Fitcare@163.com**

Warm Tips:
Our support team responds to emails within 24 hours, if you don't get the reply beyond 24 hours, the replies may be wrongly allocated by the email system, please kindly check the spam box or resend your email, so we can realize that you don't get the replies then try another way to contact you.

USER MANUAL

IMPORTANT SAFETY NOTICE:

1.Assemble the machine exactly as described in this manual. Do not modify it.
2.Check all the screws, nuts and other connections before each use for any signs of damage or looseness. Do not use the machine if it is impaired in any way.
3.Ensure that the machine is in a safe and secure indoor location on a level floor away from moisture and water.
4.Place a suitable base (e.g. mat) beneath the trainer during assembly to limit dust and dirt entering the components. Only use the supplied tools or suitable tools of your own for assembly.
5.Before beginning training, please remove all objects within a radius of 2 meters.
6.Wipe all sweat from the machine with a soft absorbent cloth after training. Avoid aggressive solvents or harsh brushes when cleaning.
7.Your health can be affected by incorrect or excessive training. Consult a doctor before beginning a health program. Your doctor can define settings (heart rate, duration etc.) to which you may train yourself. This machine is not for therapeutic purposes. It is for private home use.
8.Use only original spare parts for any necessary repairs.
9.This machine should be used by only one person at a time.
10.Never use the machine when under the influence of drugs, alcohol or medication that causes disorientation.
11.Wear training clothes and shoes that are suitable for fitness training. Your training shoes should be enclosed and tight fitting.
12.Do not put hands, fingers, feet, toes or any objects on or near this machine when someone using the machine.
13.If you have a feeling of chest pain, shortness of breath, dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor immediately.
14.Disabled or handicapped persons should only use machine after gaining your doctor's approval and in the presence of an adult who can give aid and advice.
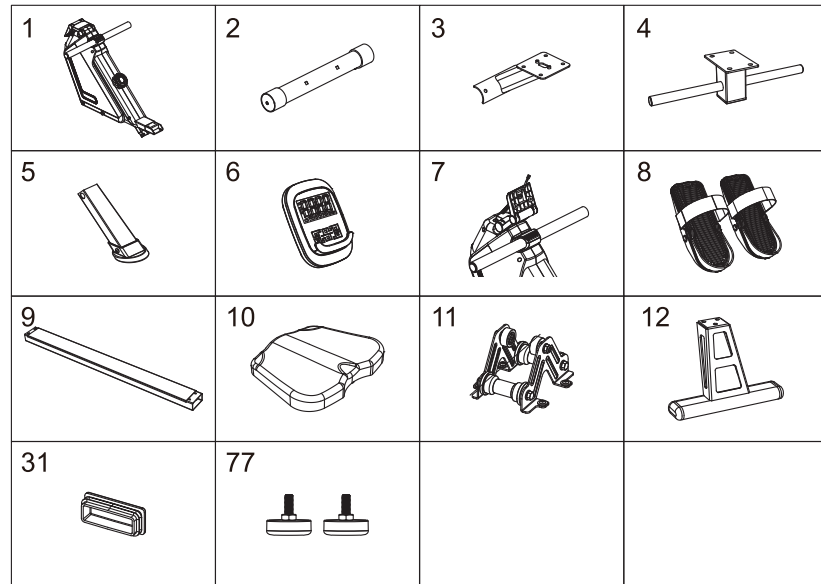15.This machine is not designed for use by children. And please keep pets away from the machine during use.
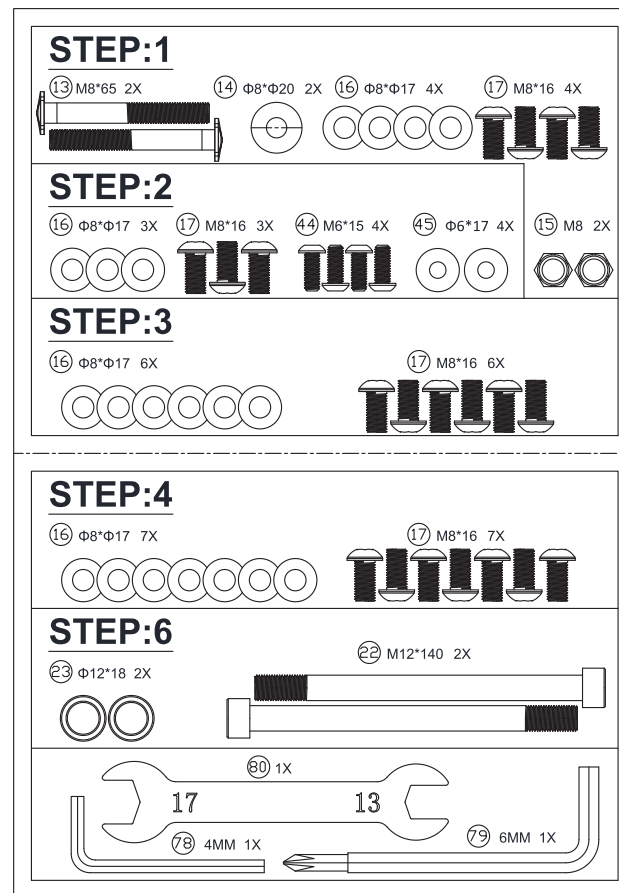
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PRODUCT ACCESSORIES

Packing List

Upon opening the package, you can find the following item parts inside the box:

Item	Name	Qty.
1	Main Frame	1
2	Front leg tube	1
3	Front support	1
4	Pedal stopper	1
5	Middle support	1
6	Monitor	1
7	Monitor stand	1

Item	Name	Qty.
8	Pedal	2
9	Slide rail	1
10	Seat	1
11	Seat pulley assembly	1
12	Rear leg tube	1
31	Tube plug	1
77	Foot pad	2

Tool kit list

Item	Name	Spec.	Qty.	Item	Name	Spec.	Qty.
13	Carriage Screw	M8*60	2	23	Pedal Bushing	Φ12*Φ18	2
14	Curved Washer	Φ8*Φ20	2	44	Socket Head Cap Screw	M6*15	4
15	Round Head Nut	M8	2				
16	Flat Washer	Φ8*Φ17	20	45	Flat Washer	Φ6*Φ17	4
17	Socket Head Cap Screw	M8*16	20	78	L- Wrench	4MM	1
				79	L- Wrench	8MM	1
22	Cylindrical Head Socket Screw	M12*140	2	80	Open-end Wrench	6MM	1

STEP:1
13 M8*65 2X 14 Φ8*Φ20 2X 16 Φ8*Φ17 4X 17 M8*16 4X

STEP:2
16 Φ8*Φ17 3X 17 M8*16 3X 44 M6*15 4X 45 Φ6*17 4X 15 M8 2X

STEP:3
16 Φ8*Φ17 6X 17 M8*16 6X

STEP:4
16 Φ8*Φ17 7X 17 M8*16 7X

STEP:6
23 Φ12*18 2X 22 M12*140 2X
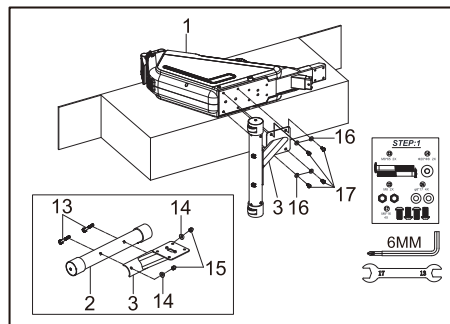
80 1X
17   13
78 4MM 1X   79 6MM 1X

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ASSEMBLY STEPS

STEP1:

1.First, install the front leg tube (2) on the front support (3), and lock it with 2 carriage screws (13), 2 curved washers (14) and 2 round head nuts (15) respectively.

2.Then, install the front support (3) on the main frame (1), and lock it with 4 flat washers (16) and 4 socket head cap screws (17).

STEP2:

1.Install the seat (10) onto the Seat pulley assembly (11), and secure it with 4 flat washers (45) and 4 socket head cap screws (44).

2.Remove the socket head cap screws (24) and Seat limiter (25) from the Slide rail (9), then install the seat (10) onto the Slide rail (9); afterward, reattach the socket head cap screws (24) and sliding Seat limiter (25) removed in the second step back onto the Slide rail.

3.Attach the rear leg tube (12) to the Slide rail (9), and fasten it with 3 flat washers (16) and 3 socket head cap screws (17) respectively.

4.Install the pipe plug (31) onto the Slide rail (9); install the foot pad (77) onto the leg tube (12).
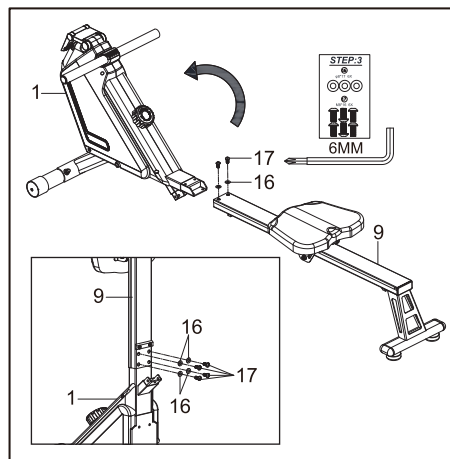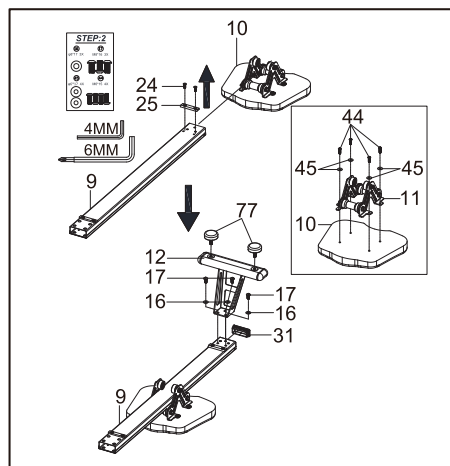
STEP3:

1.Install the Slide rail (9) onto the Main Frame (1), first securing it with 2 Flat Washers (16) and 2 Socket Head Cap Screws (17) (do not fully tighten).

2.Then stand the Main Frame upright, and fully tighten it with 4 Flat Washers (16) and 4 Socket Head Cap Screws (17).

3.Finally, fully tighten the Flat Washers (16) and Socket Head Cap Screws (17) from the first step.

STEP4:

1.Install the Pedal stopper (4) onto the Main Frame (1), and secure it with 4 Flat Washers (16) and 4 Socket Head Cap Screws (17).

2.Then install the Middle Support (5) onto the Main Frame (1), and fasten it with 3 Flat Washers (16) and 3 Socket Head Cap Screws (17).
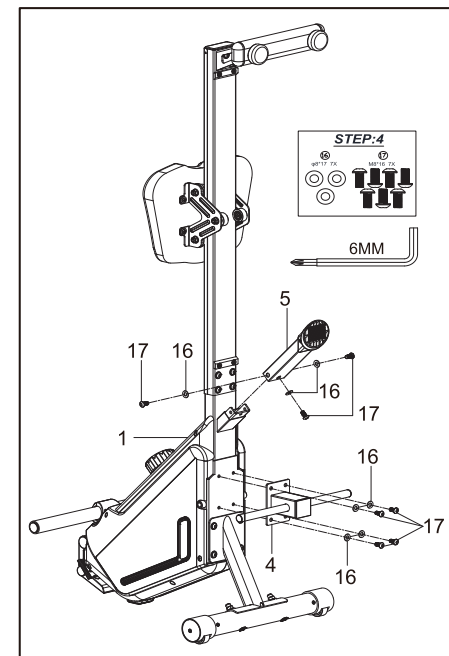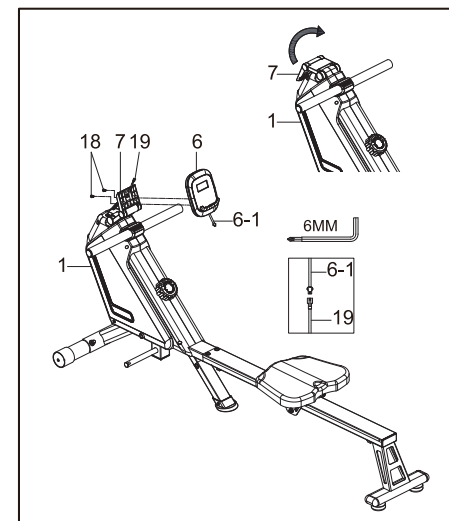
STEP5:

1.Expand the monitor stand (7) upward.

**2.**Connect the induction middle section wire (19) to the monitor (6).

3.First remove the 2 cross screws (18) on the back of the monitor (6), then install the monitor (6) on the monitor stand (7) and secure it with 2 cross screws (18).

STEP6:

1.Install the left pedal (8L) and pedal bushing (23) onto the left side of the main frame (1), and secure them with socket head cap screws (22).

2.Install the right pedal (8R) and pedal bushing (23) in the same manner.

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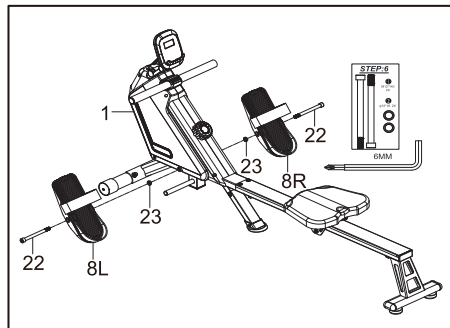
IEQUIPMENT USAGE GUIDE

How to adjust and lock the adjustable foot pads

① Tighten the foot pads behind the main frame (A) with an open-end wrench.
② Adjust the height of the foot pads under the rear feet tube (H) to make the entire product stable, and then tighten with an open-end wrench.
③ Adjust the foot pads under the middle support (C) to leave a 5mm gap between the foot pads and the ground, and then tighten with an open-end wrench.
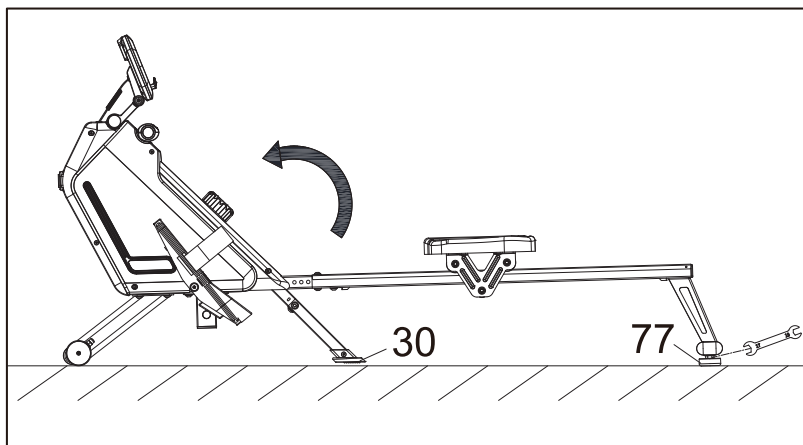
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INSTRUCTIONS FOR MONITOR

Buttons Functions:

MODE – Press the button to select the function.
– Press and hold the button for about 2 seconds to reset the Time,Count, Distance and Calories.
SET – Set target Time, Count, Distance and Calories.
RESET – Reset Target Time, Counts, Distance and Calories.

FUNCTION AND OPERATION:

ITEM	DESCRIPTION
SCAN	1. Press the "Mode" button and select "Time". the word "Scan" will appear on the left side of the Monitor screen, and the screen will cycle through displaying: Time, Count, Distance, Calories, SPM, and PULSE, with each item displayed about 6 seconds. 2. While cycling through the different items, pressing the "Mode" button will fix the display on the current item value. 3.Pressing the "Mode" button again and select "Time" will return to the "Scan" function. In "Scan" mode, the word "Scan" on the left side of the Monitor screen will continue to blink.
TIME	Display the time elapsed from the start to the end of the exercise.
COUNT	Display the Count for the current exercise.
DISTANCE	Display the distance covered from the start to the end of the exercise.
CALORIES	Display the calories burned during the exercise.
SPM	Display the strokes per minute for the current exercise.
PULSE	Display the user's current heart rate value (please wear a Bluetooth heart rate chest strap before measuring heart rate, the measurement value cannot be used as medical basis).

Target Settings:

The Monitor has four target modes: Time, times, Distance and Calories (when switching to the target function, if the "SCAN" word flashes on the monitor, please press the "MODE" button again to make the "SCAN" word disappear before setting)

TARGET OBJECT	SETTING METHOD
TIME	1. Press the "Mode" button to switch to the "Time" item. 2. Press the "Set" button to set the target time (holding the set button will accelerate the setting speed). Start exercising after setting, and the time value will start counting down. When the time reaches zero, the time item will flash, indicating that the training goal has been achieved. 3.If you continue training, the monitor will start counting from zero.
COUNT	1. Press the "Mode" button to switch to the "Count" item. 2. Press the "Set" button to set the target count (holding the set button will accelerate the setting speed). Start exercising after setting, and the count value will begin counting down. When the countdown reaches zero, the count item will flash, indicating that the training goal has been achieved. 3. If you continue training, the monitor will start counting from zero.
DISTANCE	1. Press the "Mode" button to switch to the "Distance" item. 2. Press the "Set" button to set the target distance (holding the set button will accelerate the setting speed). Start exercising after setting, and the distance value will begin counting down. When the countdown reaches zero, the distance item will flash, indicating that the training goal has been achieved. 3. If you continue training, the monitor will start counting from zero.
CALORIES	1. Press the "Mode" button to switch to the "Calories" item. 2. Press the "Set" button to set the target calories (holding the set button will accelerate the setting speed). Start exercising after setting, and the calories value will begin counting down. When the countdown reaches zero, the calories item will flash, indicating that the training goal has been achieved. 3. If you continue training, the monitor will start counting from zero.

During or after the setting process, if you want to modify the target value, simply press "Reset" to clear the current setting value, and then reset it according to the setting method of the corresponding target item.

NOTE:

1. If the battery symbol on the monitor lights up, please replace the battery.
2. If there is no signal input or button operation within 2 minutes, the monitor will automatically turn off and enter sleep mode.
3. Restart exercise or press the button, and the monitor will restart.
4. When you stop exercising for 4 seconds, the monitor will stop counting and "Stop" will be displayed on the monitor screen. When you start exercising, the monitor will automatically start counting and "Stop" will disappear.

MONITOR PARAMETERS

Function	Scan	Every 6 seconds
	Time	0:00~99:59
	Count	0~9999
	Distance	0~9999（Meters）
	Calories	0~9999
	SPM	0~999
	Pulse	60~240
Battery Type		2AA
Operating Temp		0°C ~ +40°C
Storage Temp		-10°C ~ +60°C

Bluetooth Functionality:

1. To ensure the accuracy and validity of data recorded on the mobile device, the wireless transmitter will only record user data and send it to the mobile app when the monitor is connected to the phone. Before using the equipment, please connect the app to the Bluetooth monitor to ensure the recorded data is accurate.
2. If the monitor does not receive any signal for 2 minutes, it will enter sleep mode. In sleep mode, the phone will not be able to search for the monitor. The user must press any button to wake the Bluetooth monitor for the phone to detect it.
3. The Bluetooth on the monitor is turned off by default. Before connecting to the app, please press any button on the monitor to enable Bluetooth.
4. If the Bluetooth is not connected to the app within 60 seconds after being turned on, and no buttons are pressed on the monitor, the Bluetooth will turn off again.
5. When the monitor successfully connects to the app, it will turn off its display, and all data will be shown on the app.
6. After connecting to the app, if you need to operate the monitor again, you must exit the application and turn off the phone's Bluetooth.

APP

● Search "KINOMAP" in the mobile app store to download the app.

● Please scan the QR code code for Bluetooth

connection instructions.

Warning:
Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.
NOTE:
This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.
FCC Statement:
This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
—Reorient or relocate the receiving antenna.
—Increase the separation between the equipment and receiver.
—Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
—Consult the dealer or an experienced radio/TV technician for help.
The equipment complies with FCC Radiation exposure limit set forth for uncontrolled environment. This equipment should be installed and operated with minimum distance 20cm between the radiator and your body
.

Hangzhou Shuming Trading Co., Ltd. declares that the radio equipment type MC-R200, is in compliance with Directive 2014/53/EU.

The full text of the EU declaration of conformity is available at the following internet address :

https://scan.erweicaihong.cn/OZNR