

SAFETY INSTRUCTIONS

Before using this unit for the first time, be sure to read these Safety Instructions carefully, then use the unit accordingly. These precautions are listed to prevent damage to the equipment and injury to users.

WARNING To reduce the risk of injury to persons:

1. Consult a doctor before starting any exercise program in order to determine whether you have any physical or medical conditions that could pose a risk to your health and safety.
2. Stop exercising if you experience any of the following symptoms: pain, tightness in the chest, irregular heartbeat, extreme shortness of breath, lightheadedness, dizziness, nausea, or any other discomfort. Consult a doctor immediately.
3. Do not allow children or handicapped individuals to use this unit without close supervision. Keep all pets away from the unit.
4. Place the unit on a clean, flat surface, on top of a protective mat to shield your floor or carpeting. Allow at least one foot of open space on all sides.
5. Before using this unit, check to make sure that all of its nuts and bolts are securely fastened. In order to keep the unit in top condition, examine it regularly for signs of damage or wear-and-tear.
6. If any defective parts are found, replace them immediately. Do not use the unit again until it is in perfect working order.
7. If you hear any unusual noises from the unit during use, stop use immediately. Do not use the unit again until the problem has been rectified.
8. Wear suitable clothing while using the unit. Avoid loose flaps that may get caught in the unit's wheels or other parts. Also avoid excessively tight clothing that may restrict or prevent movement.
9. During use, grip the handlebars securely.
10. This unit is designed for home use ONLY. It is suitable neither for therapeutic use, nor for use in gyms and other public exercise facilities.

CAUTION

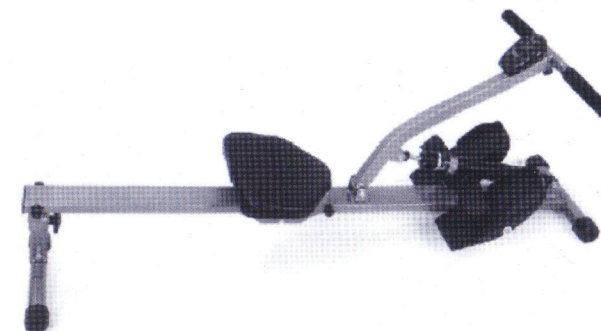
1. This unit is designed for personal and indoor use, not commercial use. Do not operate the unit outdoors.
2. Do not place this unit close to a heat source or an open flame.
3. To reduce the chances of injury, warm up and stretch prior to exercise. This will prepare muscles and joints for exertion.
4. Always increase exercise speed, intensity, and duration at a gradual pace.
5. The unit is to be used by one person at a time.
6. Immediately discontinue use if you experience dizziness or other discomfort. Consult your doctor at once.



ROWING MACHINE

INada053V01_UK_A91-048

MANUAL



**IMPORTANT, RETAIN FOR FUTURE REFERENCE:
READ CAREFULLY.**

Thank you for purchasing the rowing machine. Please read this manual carefully before using this rowing machine correctly.

Safety Information

Warning

- Avoid using the rowing machine when you have a fever, overfatigue and drink.
- Always make sure the elderly and children are supervised by an adult whilst using the product. When you are not in good physical condition, and before beginning any recovery exercise, consult your physician.
- Wear appropriate clothes. Avoid wearing slippers and skirt when using the rowing machine.
- Excessive exercise can damage your health. Do not row at full power until you are comfortable with the technique.
- The rowing machine should not be used by persons weighing more than 100 kg. Otherwise, the machine may have failure and damage.

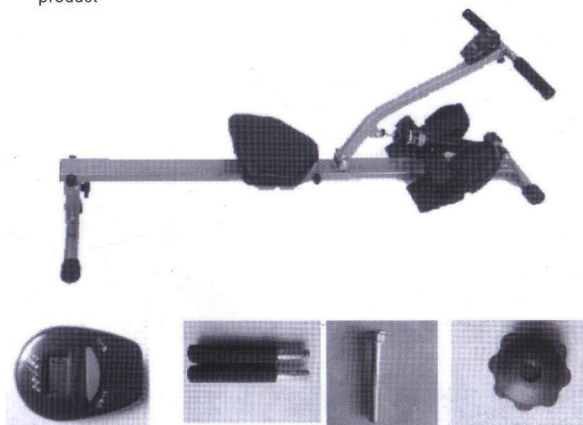
Caution

- The rowing machine is intended for in-home use only. Do not use the rowing machine in a commercial setting.
- Keep the rowing machine away from fire sources.
- Improper repair, modification and disassembly may cause damage, failure and accident.
- Do exercise in a free space around and away from dangerous substance.
- Place the rowing machine on a level surface, with a mat beneath it to protect the floor.
- If the rowing machine is not used, keep it away from
 - A. excessive heat and coldness B. outdoors and direct sun exposure
 - C. gas furnace, and fire
 - D. chilliness and moisture E. children's reach F. oil smoke and vapor.
- Do not place the rowing machine on an uneven surface.

computer functions



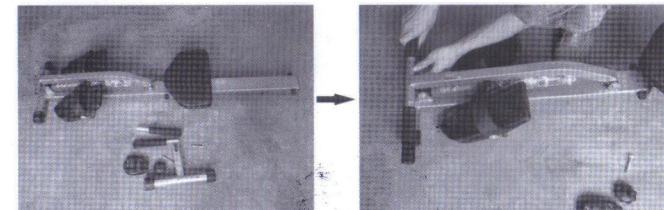
product



COMPUTER HANDLES SCREW WRAPPER

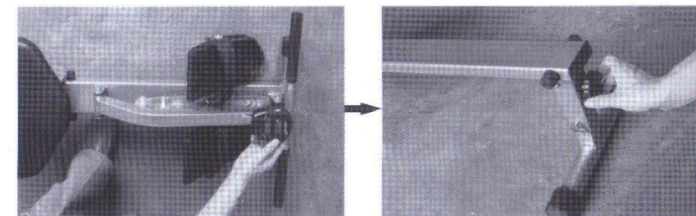
assembly

assembly



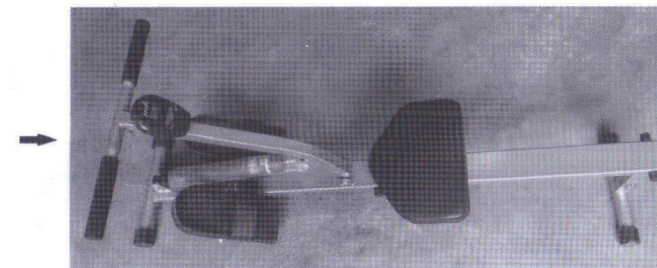
OPEN THE CART ON THEN TAKE OUT THE PRODUCT

ASSEMBLE THE HANDLES



ASSEMBLE THE COMPUTER

ASSEMBLE THE REAR FOOT



FINISHED