

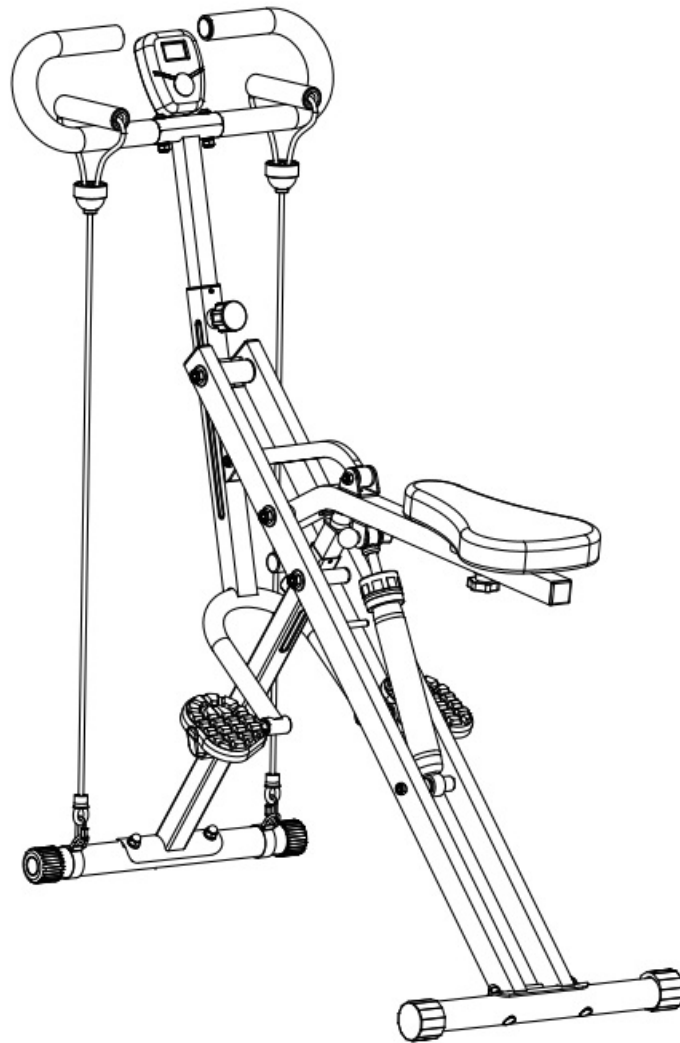


## Niceday 701ML Upright Row-N-Ride Exerciser User Manual

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# Niceday

UPRIGHT ROW-N-RIDE EXERCISER  
701ML USER MANUAL



Please read all the instructions in the manual carefully before installing and using the equipment.

## CUSTOMER SERVICE

If you have any needs, please feel free to contact our customer service Email address:

[NiceDayCycling@outlook.com](mailto:NiceDayCycling@outlook.com)

Contact us via Amazon: Login your Amazon account > choose "Your orders" > find the order ID > click "Contact seller"

Our online customer service will reply you within 24 hours.

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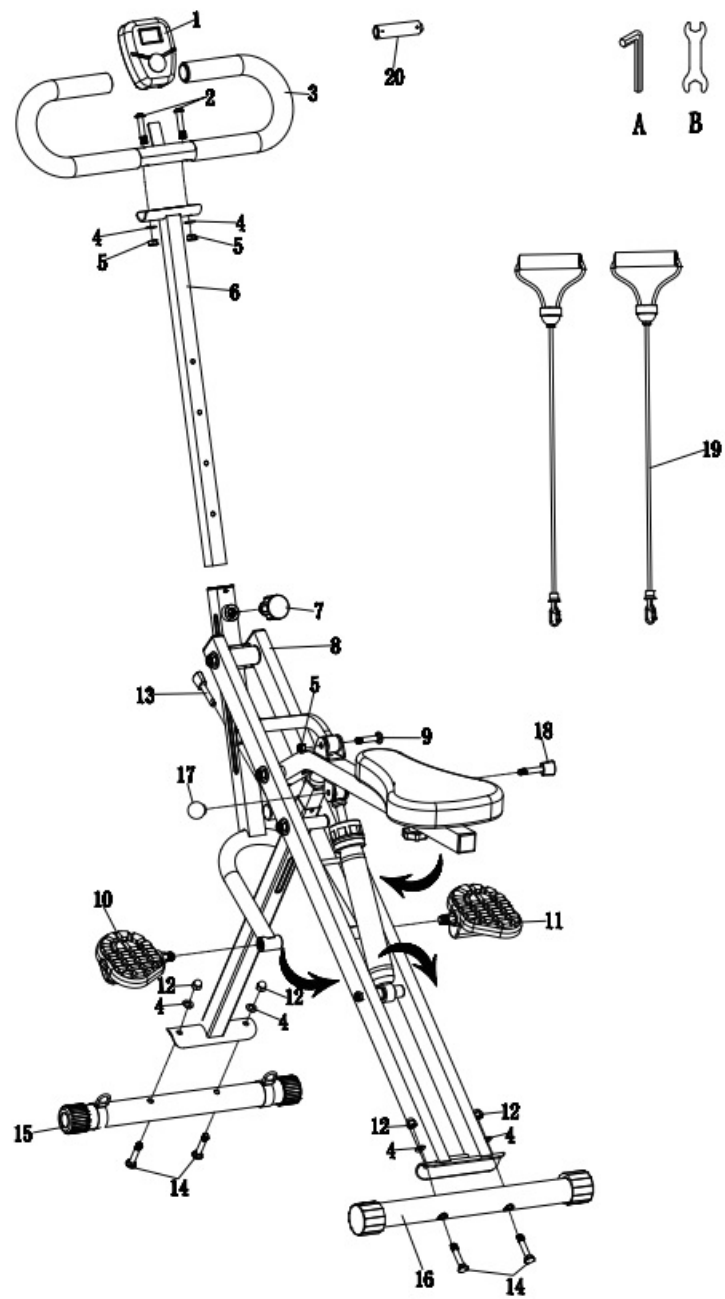
## IMPORTANT SAFETY INFORMATION

We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly.
















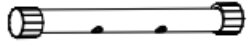






It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure, or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet (60 CM) of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately and do not use until the problem has been rectified.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.
9. The maximum weight capacity of this unit is 220 pounds (100 kg).
10. The equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/or damage to the product or property, proper lifting and moving are required.
12. Your product is intended for use in cool and dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.
13. This equipment is designed for indoor and home use only; it is not intended for commercial use.

## **EXPLODED DIAGRAM**



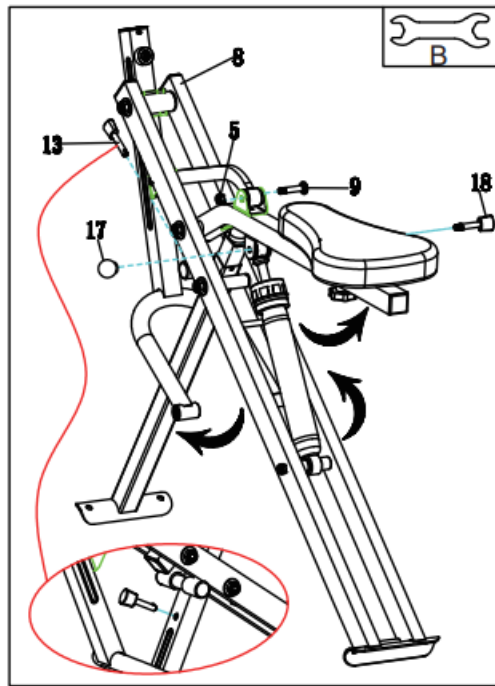
## PARTS LIST

No.	Parts	Description	Spec.	Qty.
1		Monitor		1
2		Screw	M8*42	2
3		Handlebar		1
4		Washer		6
5		Nut	M8	3
6		Handlebar Tube		1
7		Knob	M16	1
8		Main Frame		1
9		Screw	M8*40	1
10		Pedal(L)		1
11		Pedal(R)		1
12		Nut	M8	4
13		Plug		1
14		Screw	M8*45	4
15		Front Stabilizer		1
16		Rear Stabilizer		1
17		Pin Ball		1
18		Pin		1
19		Resistance Bands		2
20		Battery		1
A		Allen Wrench	S6	1
B		Open-end Wrench	13-15	1

## ASSEMBLY INSTRUCTIONS

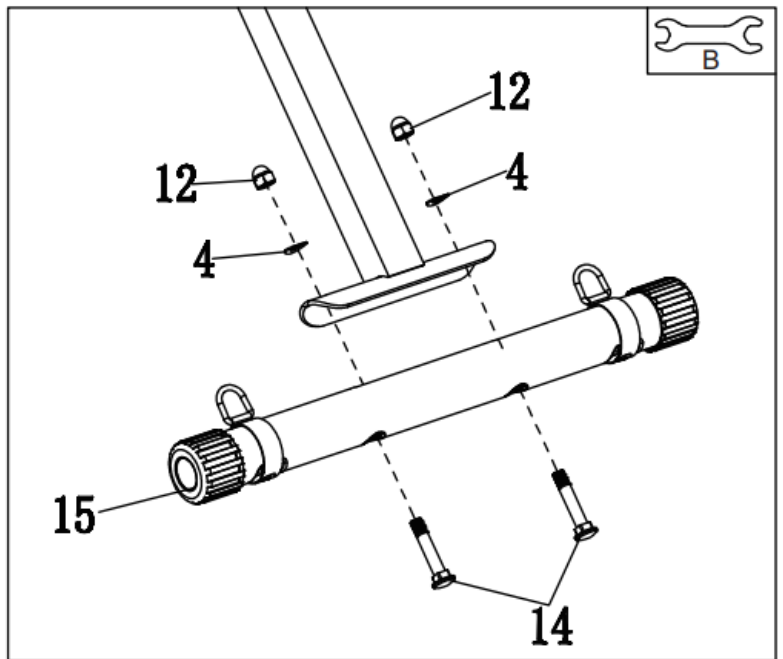
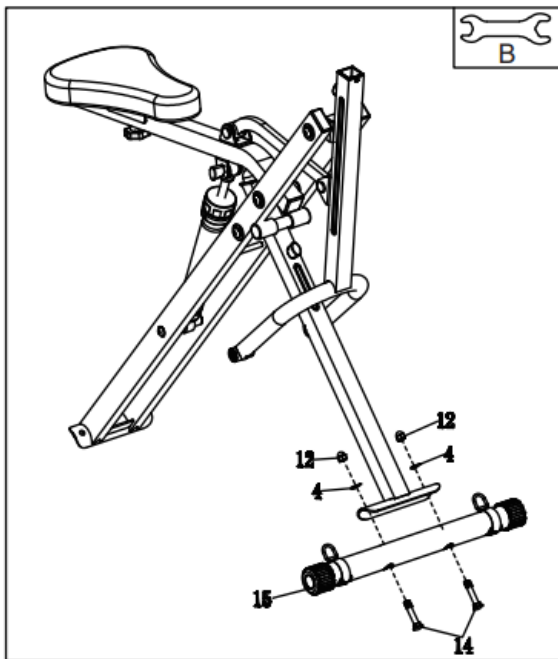
### STEP 1

First, pull out the Plug (NO.13) fixed on the Main Frame(NO. 8), then open the Main Frame(NO. 8) as shown in the figure, and insert the Plug (NO.13) to fix it. Take out the Screw (NO.9) and Nut (NO.5) from the toolkit, insert the Screw (NO.9) into the main frame hole as shown in the figure, lock the Nut (NO.5), and then use the Open-end Wrench (B) to tighten it. Then install the hydraulic cylinder, lift the hydraulic cylinder to the position as shown in the figure, and fix it with Pin Ball (NO.17) & Pin (NO.18).



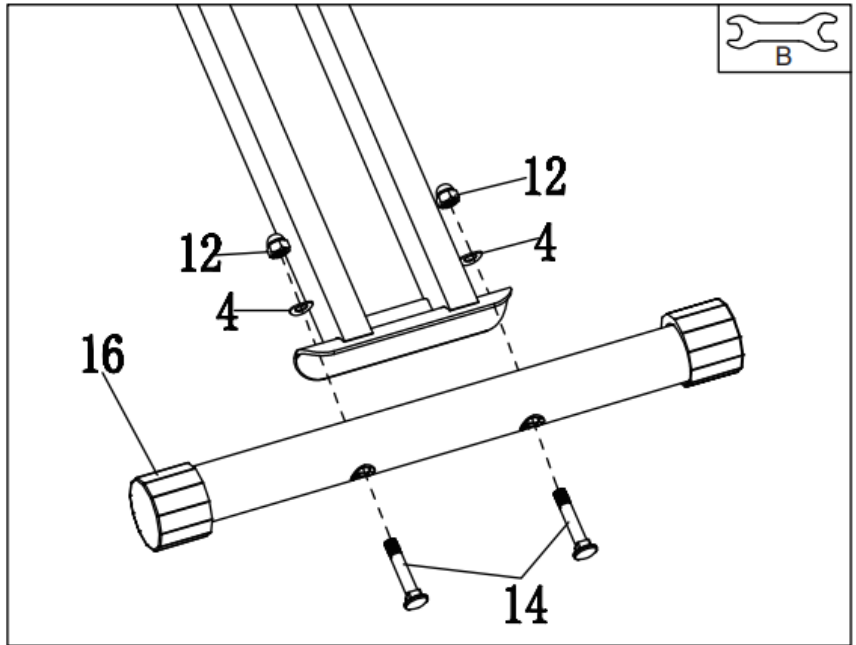
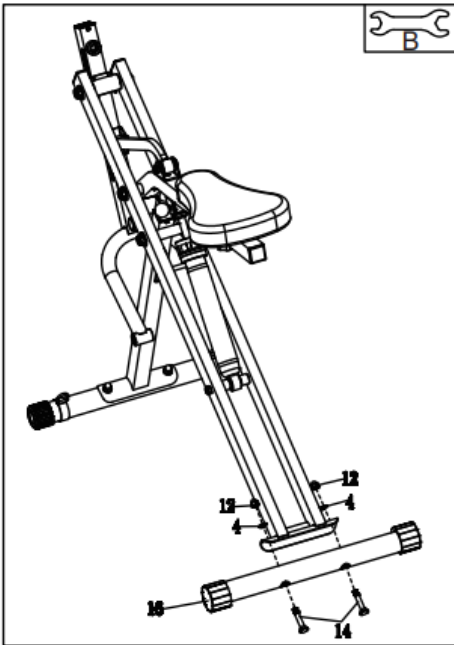
## STEP 2

Take out the Screws (NO.14)\*2, Nuts (NO.12)\*2, Washers (NO.4)\*2 from the toolkit. Install the Front Stabilizer (NO.15) as shown in figure below, and fix it with Open-end Wrench (B).



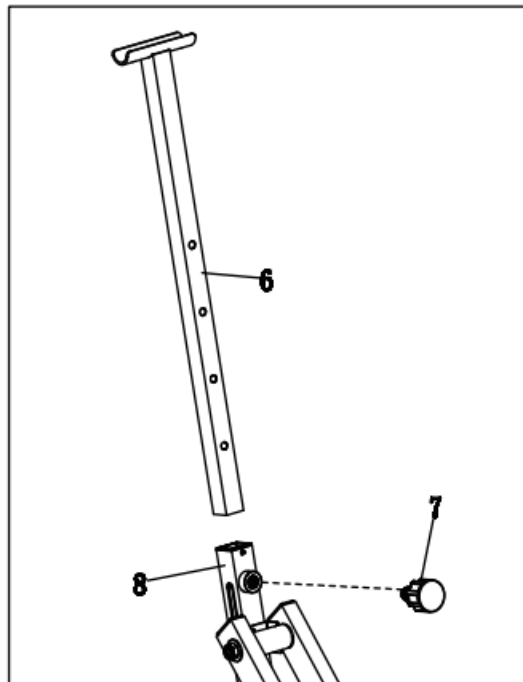
## STEP 3

Take out the Screws (NO.14)\*2, Nuts (NO.12)\*2, Washers (NO.4)\*2 from the toolkit. Install the Rear Stabilizer (NO.16) as shown in figure below, and fix it with Open-end Wrench (B)



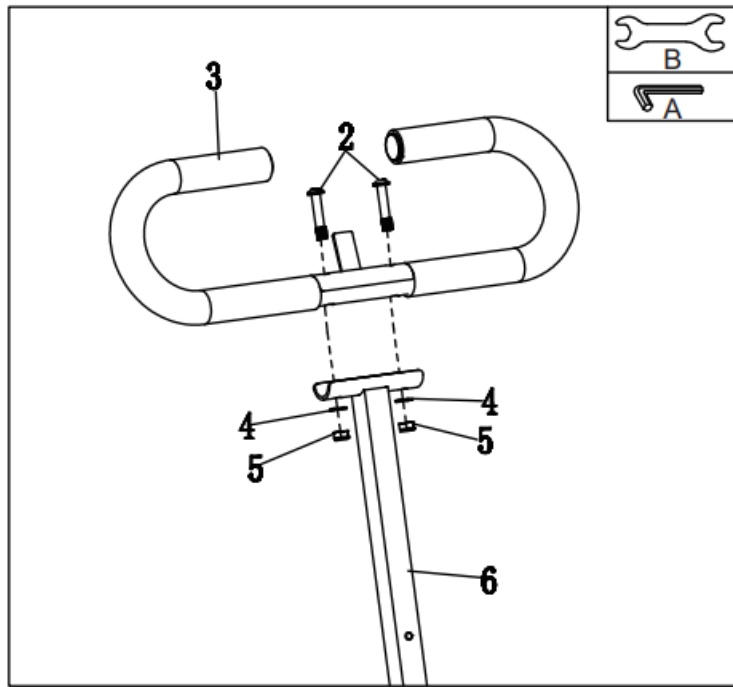
#### STEP 4

Take out the Handlebar Tube (NO.6), insert it into the hole of the Main Frame(NO. 8) as shown, lock the Knob (NO.7) and tighten it.



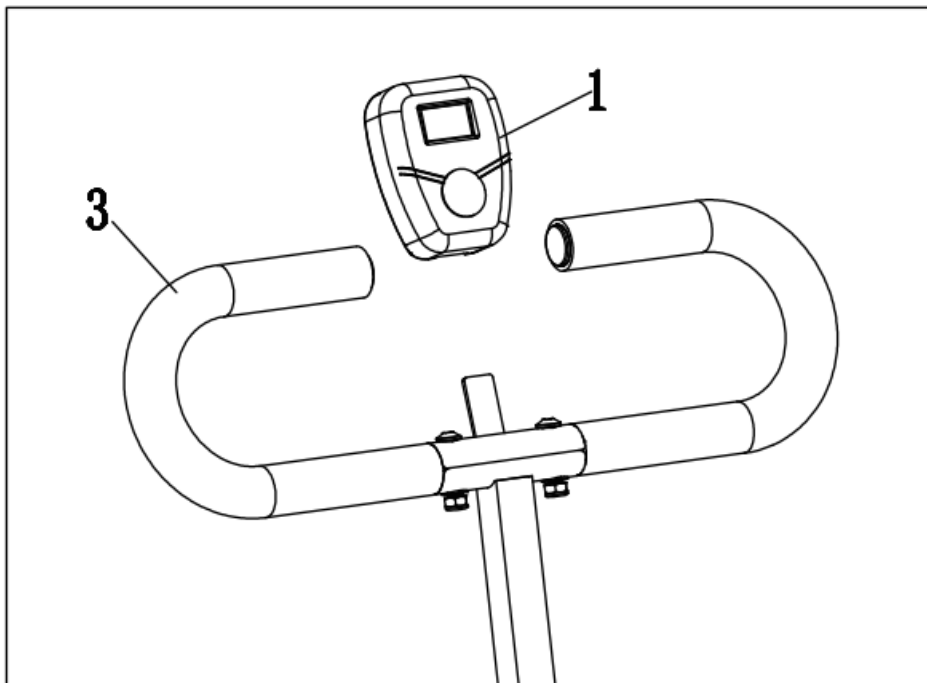
#### STEP 5

Take out the Screws (NO.2)\*2, Nuts (NO.5)\*2, Washers (NO.4)\*2 from the toolkit. Align the holes of the Handlebar (NO.3) and Handlebar Tube (NO.6) as shown in the figure, install them in turn, lock the Nut (NO.5), and then use Allen Wrench (A) and Open-end Wrench (B) to lock the screws and nuts at the same time.



#### STEP 6

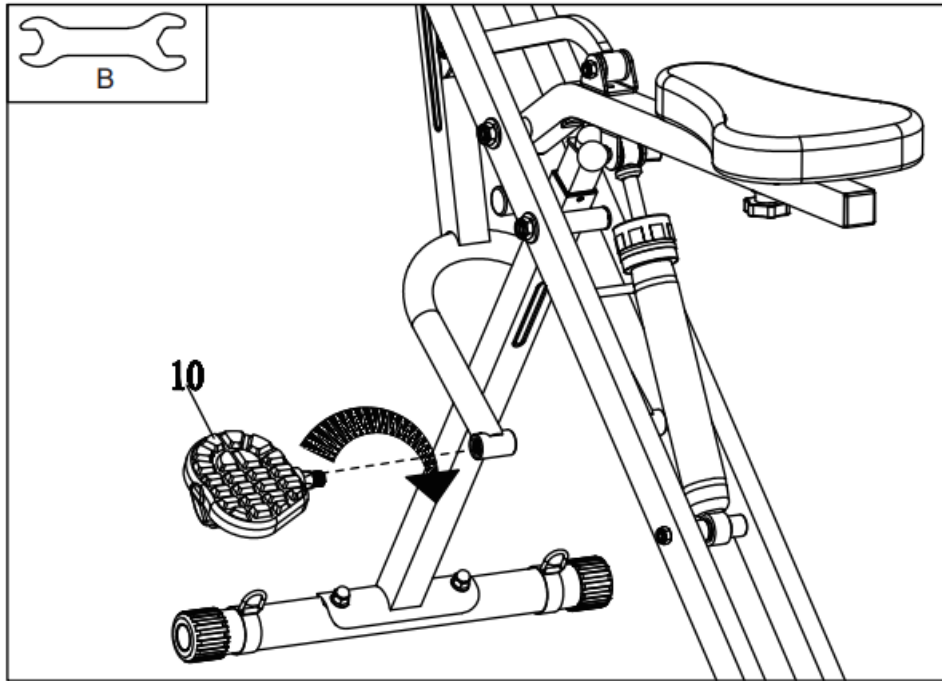
Install the Monitor (NO.1) into the monitor tab on the Handlebar (NO.3) tube as shown in the figure.



#### STEP 7

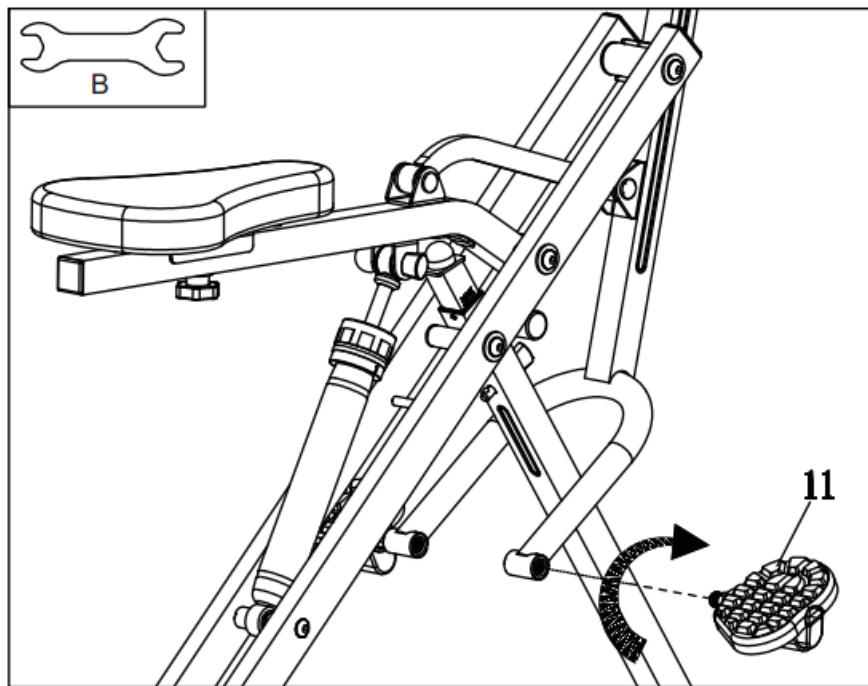
Attach the Left Pedal (No. 10) to the Pedal Connecting Tube and follow the direction as shown to tighten the Left Pedal (NO.10) clockwise with Open-end Wrench (B).





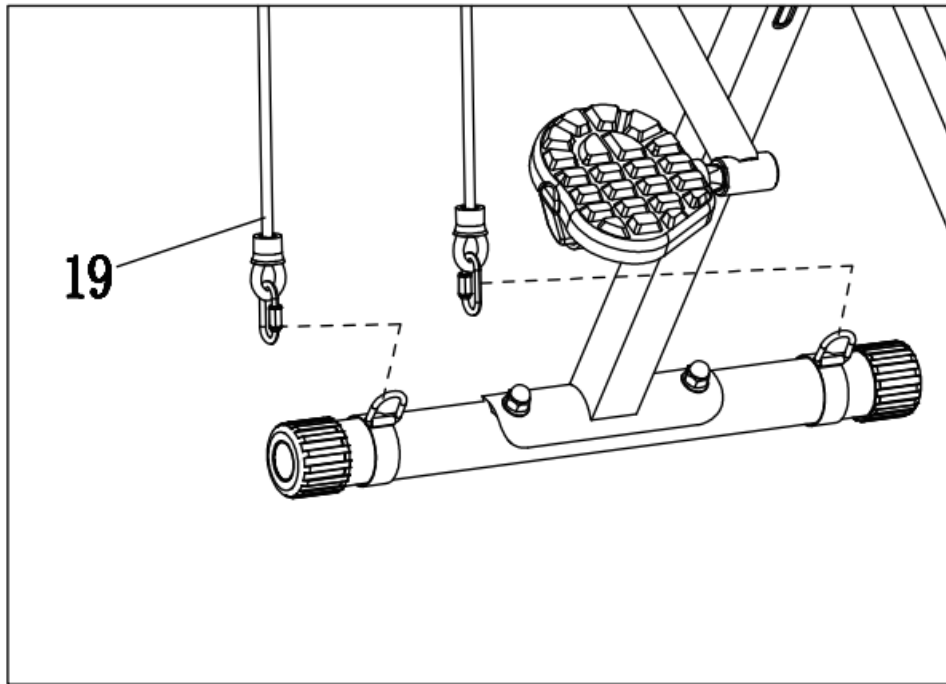
### STEP 8

Attach the Right Pedal (NO.11) to the Pedal Connecting Tube and follow the direction as shown, tighten the Right Pedal (NO.11) clockwise with Open-end Wrench (B).



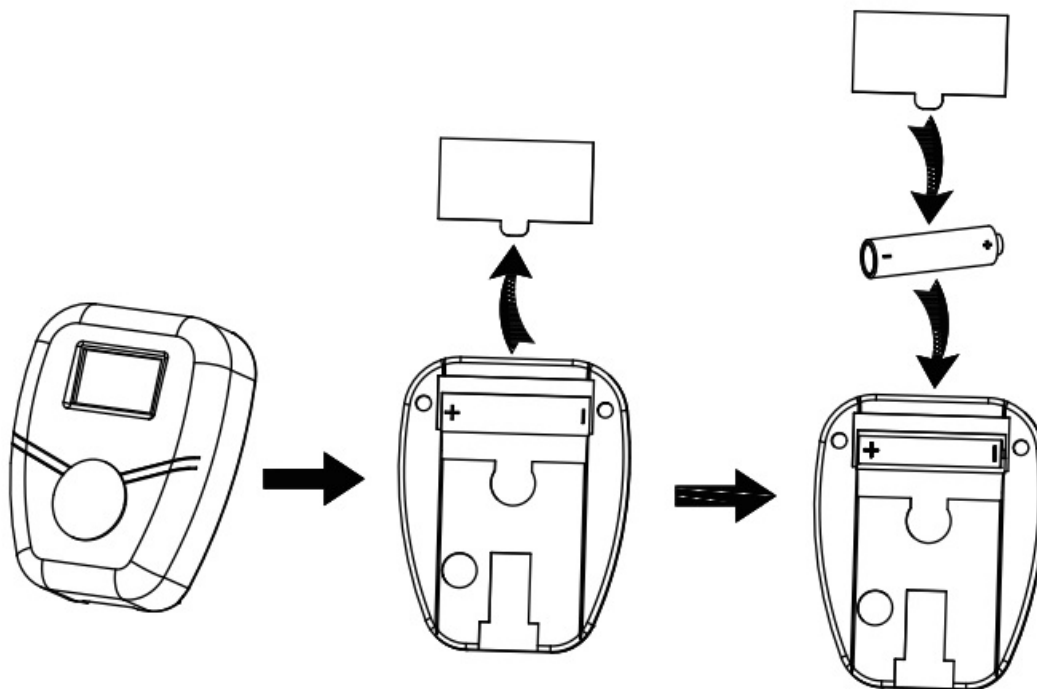
### STEP 9

Install the Resistance Bands (NO.19) as shown in the figure, unscrew the Resistance Bands (NO.19) connecting ring button, connect it with the D-type buckle of the webbing on the Front Stabilizer(NO.15), and tighten the button, make sure it is fixed before use.



### STEP 10

Install the Monitor battery as shown in the figure.



## MACHINE USE ADJUSTMENT

### 1. Adjusting the balance

If you notice that the machine is unbalanced during use, you should adjust the End Cap located on the Rear Stabilizer (NO.16) until the machine becomes level with the floor surface.



2. Adjusted the Seat Tube 2 position optional

Lift the front support and connect the upper tube to the use gear as shown in the figure Align the hole and insert the pull Plug (NO.13)



3. Resistance adjustment 16 level optional

Rotate the hydraulic cylinder to the desired level.



#### 4. Seat position adjustment 5 position optional



Seat cushion installation, Choose the desired position



Lock the knob



First position state



Fifth position state

#### 5. ADJUSTING THE HANDLEBAR 5 position optional



Unscrew and pull the knob



Adjust to a suitable height and lock the knob



Adjust to the lowest height



Adjust to the highest height

## 6. Folding instruction





Adjust the seat cushion to the first position



Adjust handlebar to lowest height, and lock it



Remove the pull pin NO.18, pin ball NO.17



Set hydraulic cylinder to 1 and put it down



Lift the Seat Connecting Tube, remove the Pin from Front Connecting Tube, and lower the Seat Tube to the lowest position. Re-insert the pin to secure.

Fold the mainframe and place it parallel to the ground.



## EXERCISE MONITOR

### SPECIFICATIONS:

TIME .....	00:00-99:59 MIN/SEC.
COUNT .....	..0-9999 STROKES
CALORIES...	.. 0-9999 KCAL
TOTAL CNT .....	....0-9999 STROKES



### **FUNCTIONS:**

TIME: Displays the workout time while exercising.

COUNT(CNT): Accumulate the strokes while exercising.

CALORIES(CAL): Displays calories amount burned while exercising.

TOTAL CNT(TOT.CNT): Displays the total number of strokes since batteries installed.

SCAN: Automatically scan through each function between ①TIME ②CAL ③TOT.CNT.

### **KEY FUNCTION:**

MODE/SELECT: Press to select the function you want. Hold the key for 4 seconds to reset all values.

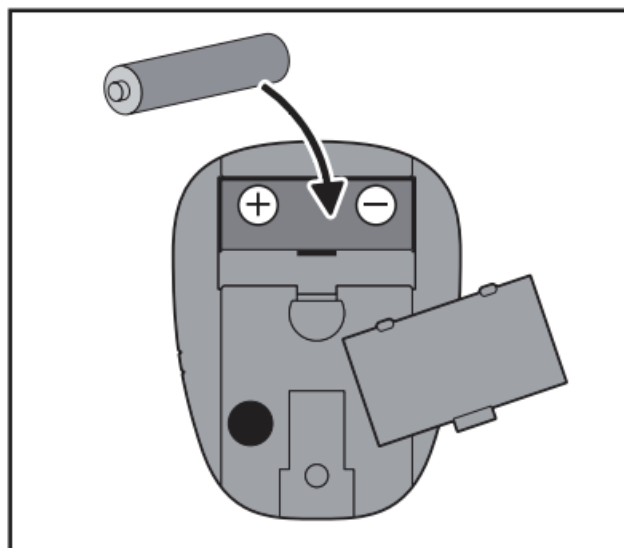
### **OPERATION PROCEDURES:**

AUTO ON/OFF: The meter will turn on when start exercise or when press MODE.

The meter will shut off automatically after there is no activity for 4 minutes.

### **NOTE**

BATTERY: This meter uses one “AA” battery. If there is a problem with the meter display, replace the battery first. Dispose old battery according to your regional guidelines



### **WARM UP**

Before exercise, it is better Warm muscles stretch more easily, so the first of 5 ~ 10 minutes to warm up. Then in accordance with the following methods to stop and do stretching exercises – do five times, each leg every time 10 seconds or more time to do it again after the end of the exercise.

Down the stretch: knees slightly curved, the body bent forward slowly, so that the back and shoulders relaxed, hands try to touch your toes. Maintain 10 to 15 seconds, and then relax. Repeat three times to do (see Figure 1).

Hamstring stretch: sitting on the clean seat, put one leg straight.

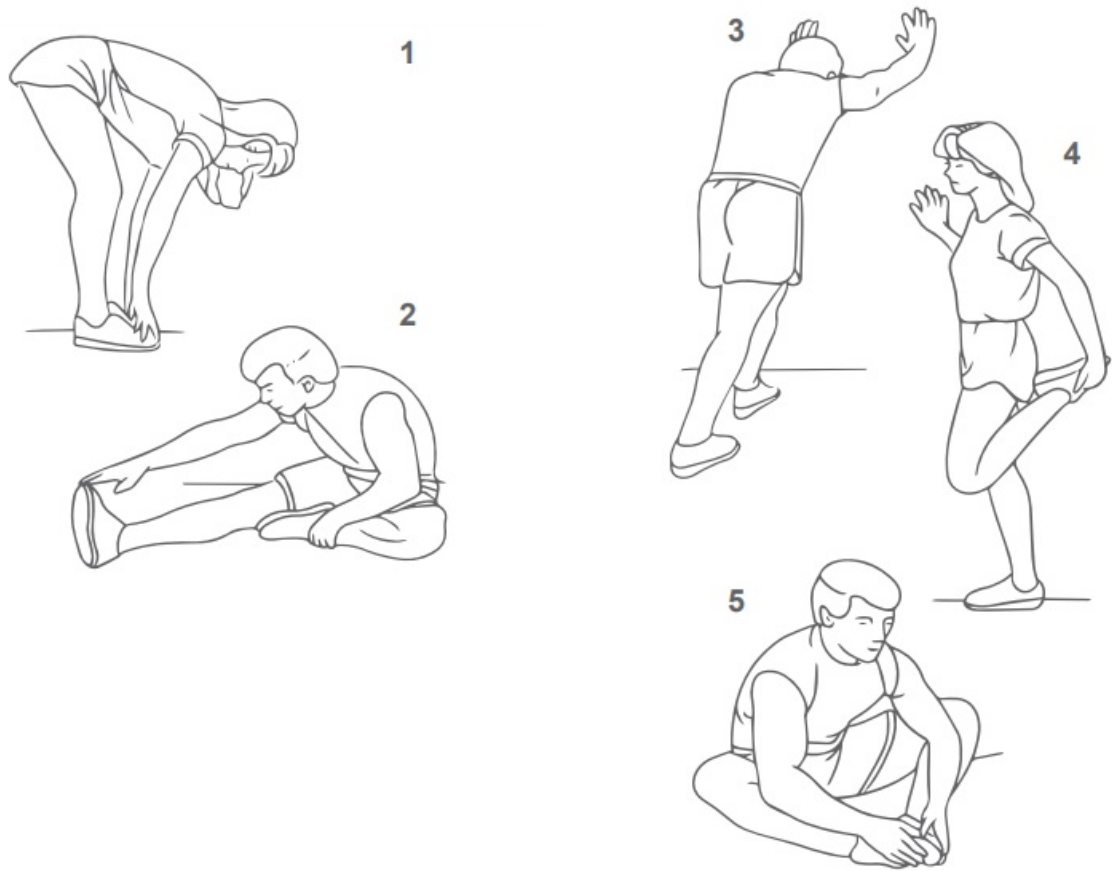
Inward close to the other leg to make it close to the inside leg straight. Hands try to touch the toes. Maintain 10 to 15 seconds, and then relax. Repeat for each leg do three times (see Figure 2).

Legs and feet tendon stretch: two on the Rotary wall or tree stand, one foot in the post. Keep legs straight and

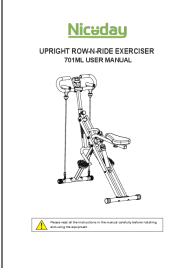
heel to tilt the direction of the wall or tree. Maintain 10 to 15 seconds, and then relax. Repeat for each leg do three times (see Figure 3).

Quadriceps stretch: the left hand wall or table Cu master balance, nd then stretched his right hand back to seize the right foot to the buttocks with slowly pull until you feel the front thigh muscles tense. Maintain 10 to 15 seconds, then relax. Repeat for each leg to do three times (see Figure 4).

Sartorial muscle (inner thigh muscles) stretch: Foot In contrast, the knee outward to sit down. The hands grasp the feet to the groin pull. Maintain 10 to 15 seconds, and then relax. Repeat three times (see Figure 5)



Documents / Resources

	<p><a href="#">Niceday 701ML Upright Row-N-Ride Exerciser</a> [pdf] User Manual</p> <p>701ML Upright Row-N-Ride Exerciser, 701ML, Upright Row-N-Ride Exerciser, Row-N-Ride Exerciser, Exerciser</p>
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References

- [User Manual](#)

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