



## YOSUDA H-185 Rowing Machine Installation Guide

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Please read this manual carefully before installing and using this machine. If necessary, we may update the product without notice, so if the instruction manual is not consistent with the product, the actual product shall prevail.

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## SAFETY INSTRUCTIONS

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate an exercise machine. Be sure to read the entire manual before you assemble or operate it. In particular, note the following safety precautions:

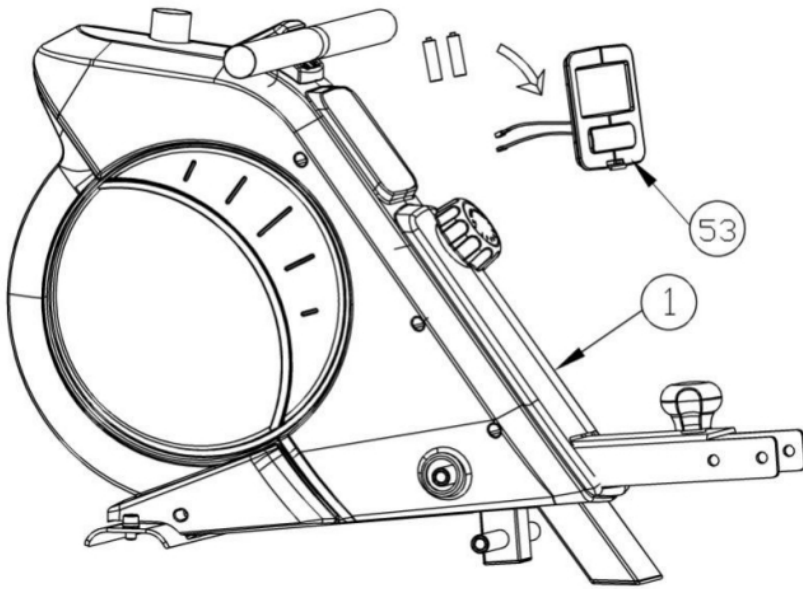
1. Keep children and pets away from the machine at all times. **DO NOT** leave children unattended in the same room with the machine.
2. Only one person at a time should use the machine.
3. Your exercise machine is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot, or damp areas as this may lead to corrosion and other related problems.
4. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, **STOP** the workout at once. **CONSULT A PHYSICIAN IMMEDIATELY.**
5. Position the machine on a clear, leveled surface. **DO NOT** use the machine near water or outdoors.
6. Always wear appropriate workout clothing when exercising. **DO NOT** wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Keep hands away from all moving parts.
8. Disabled person should not use the machine without a qualified person or physician in attendance.
9. Before using the machine to exercise, always do stretching exercises to properly warm up.
10. Never operate the machine if the machine is not functioning properly.
11. Inspect the exercise bike for worn or loose component prior to use. Tighten/replace any loose or wore components prior to use.
12. Care should be taken in mounting or dismounting the machine.
13. This rowing machine is for consumer and home use only.
14. The maximum weight capacity of this unit is 350 pounds.

## ASSEMBLY INSTRUCTION

### 1. STEP 1

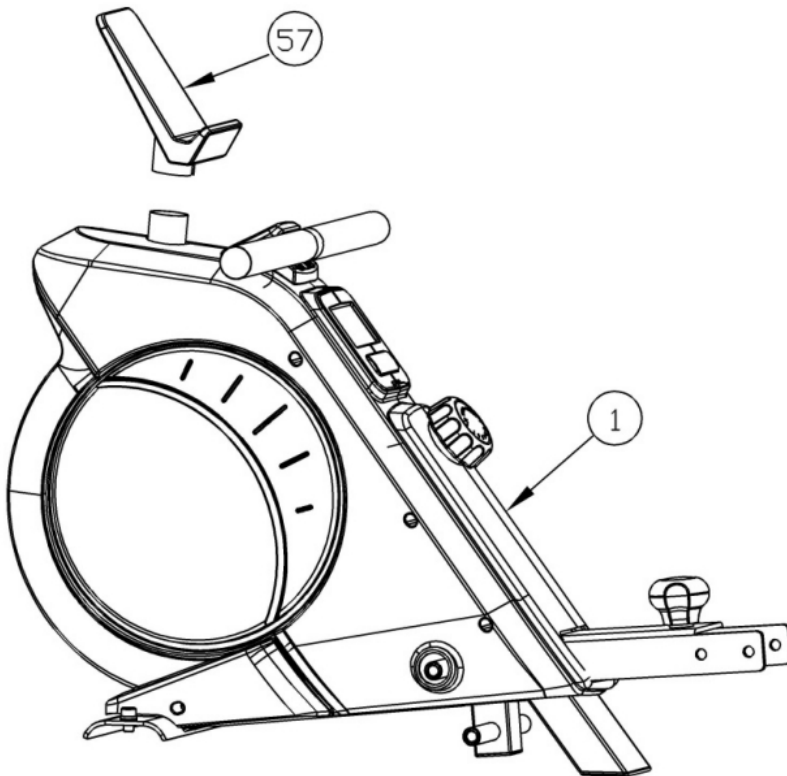
Put 2 AAA batteries into the monitor (#53), connect the sensor.

Attach monitor to the main frame (#1).



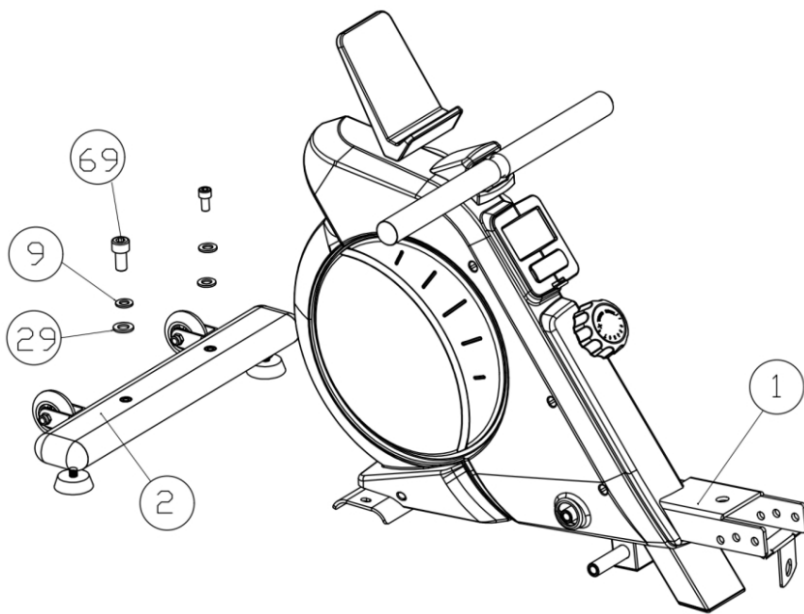
## 2. STEP 2

Attach mobile Phone holder (#57) into the steel cube.



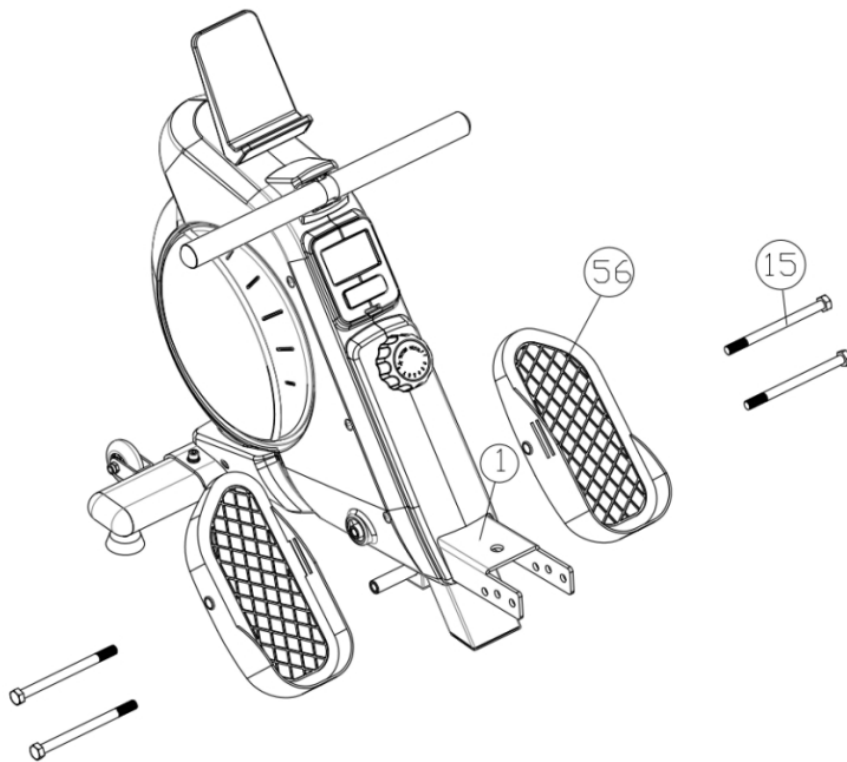
## 3. STEP 3

Attach the front stabilizer (#2) to the main frame with two hexagon inside half round M10\*20 (#69), two flat washers 10\*20 (#29), two spring washers 10 (#9).



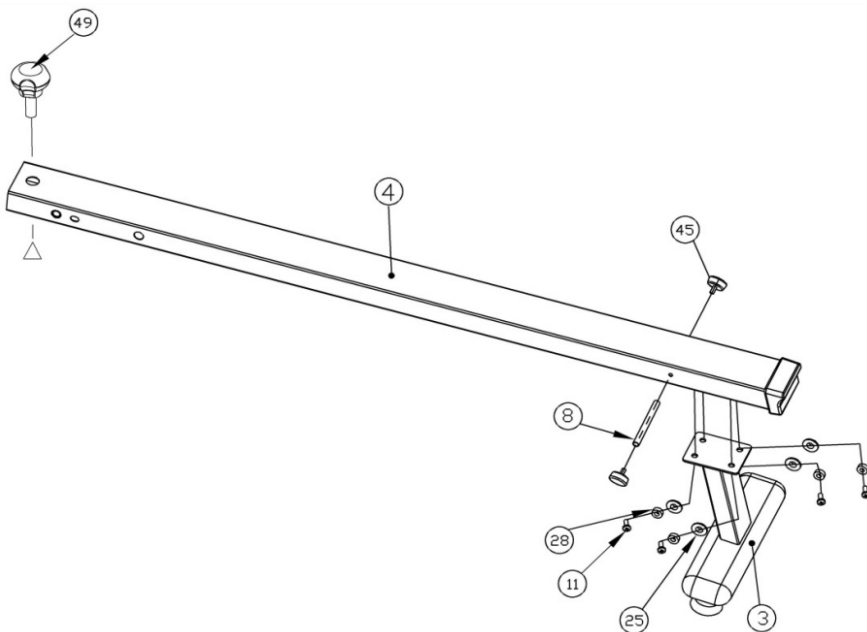
#### 4. STEP 4

Attach two hexagon socket half round head screws M12\*150 (#15) to the main frame (#1), tighten the bolts. Attach pedals (#56) to the main frame with two hexagon socket half round head screws M12\*150 (#15), then tighten. Pay attention to the direction.



#### 5. STEP 5

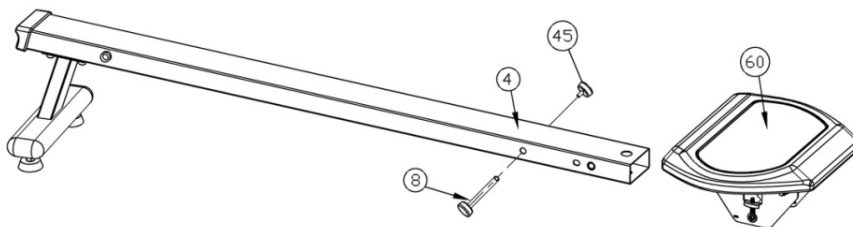
Disassemble knob (#49) from the slide rail. Attach two cylindrical cushions (#45) with one buffer shaft  $\varnothing 12 \times 79$  (#8) to slide rail (#4). Attach rear stabilizer (#3) to the slide rail (#4) with four hexagon socket round head bolts M8\*16 (#11), four flat washers 8\*19 (#25) and four spring washers 8 (#28)



## 6. STEP 6

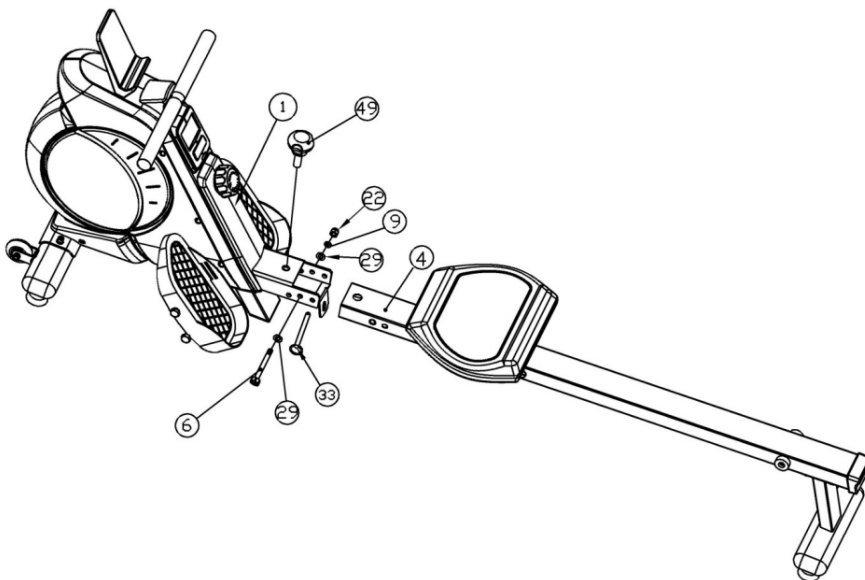
Slide the Seat (#60) onto the slide rail (#4).

Attach two cylindrical cushions (#45) with one buffer shaft  $\varnothing 12 \times 79$  (#8) to slide rail (#4).



## 7. STEP 7

Attach slide rail (#4) to the main frame (#1) with a knob M16 (#49), a hex screw M10\*105 (#6), two flat washers 10\*20 (#29), a spring washer 10 (#9), a cover type union nut M10 (#22) and a single head bolt (#33).



## CARE AND MAINTENANCE

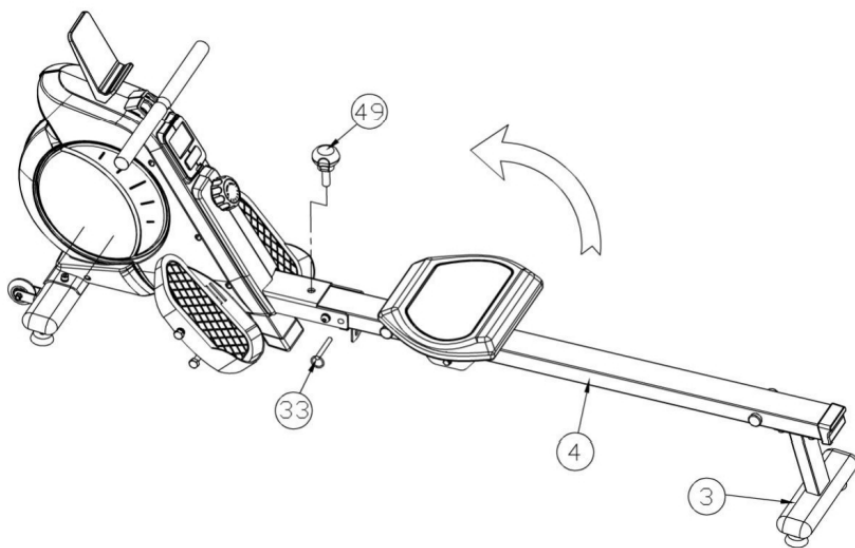
1. Clean daily after use.
2. Use cloth or non-abrasive scouring pad with soap & water or any glass cleaner.
3. Do not use Mineral Acids, bleach, coarse abrasives.

4. Lubricating every 3 days.
5. Lubricating with motor oil or 3-in-1 oil.
6. If the handle cannot return to the original position, need to open the shell to adjust the ribbon.
7. Correct use of rowing machine to avoid failure.

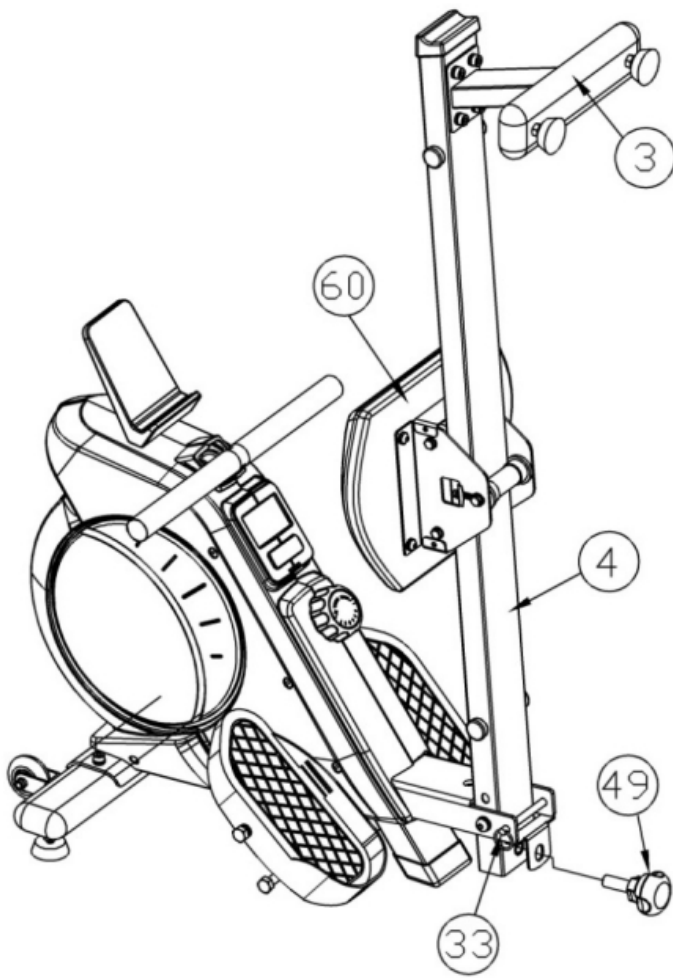
## STORAGE GUIDE

When not in use, you can save space by folding the sliding rail (#4).

1. Disassemble knob (#49) and pull out single head bolt (#33). Fold the sliding rail to vertical angle. Please note: the seat will glide down when folding the sliding rail.



2. Reinsert single head bolt (#33) into the hole on the main frame, then tighten knob (#49) to sliding rail.



## HOW TO USE



### 1. Tension Adjustment(#52)

If you need to increase tension, adjust it clockwise.

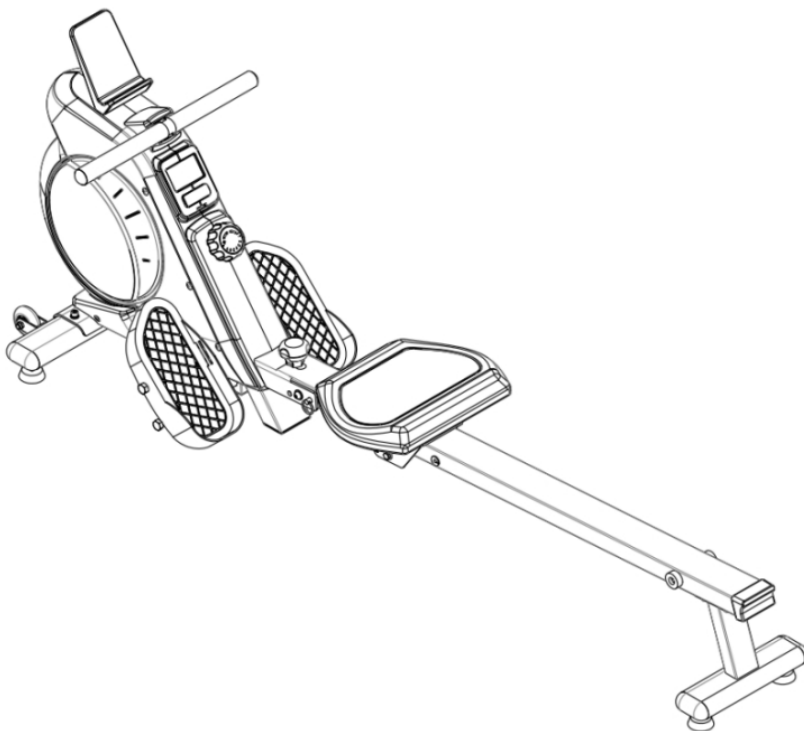
If you need to reduce tension, turn it counterclockwise.

### 2. Foot tube adjustment (#62)

When the machine is unstable, adjust it clockwise/counterclockwise to find a balance.

### 3. Sitting posture: sit on the seat, fasten the pedal belt tightly, and hold the handlebar tightly.

### 4. Pull straight back with both hands. Do not let handle fly into chain guide. Do not row with one hand only. Abuse of the chain can result in injury. Never twist chain or pull from side to side. Keep clothing free of seat rollers.



## MONITOR

### FUNCTIONAL BUTTONS:

#### MODE

- Press down to select functions.
- long press 3s to clear time, count, calories.

#### SET

- Press down to set movement of time, count, calories.

#### RESET

- press down for resetting time, count, calories.
- long press 3s to clear time, count, calories.

### FUNCTION AND OPERATIONS:

1. **SCAN:** Press “MODE” button until “SCAN” appears, monitor will rotate through all the 6 functions: Time, count, calorie, distance. Each display will be hold 6 seconds.
2. **TIME:** Count the total time from exercise start to end.
3. **COUNT:** Count the count from exercise start to end.
4. **CALORIES:** Count the total calories from exercise start to end.
5. **DIST:** (1) The current status of the traveled distance is displayed. (2) Press “MODE” button until “DIST” appears, press “SET” button to set exercise calories. When the “SET” is zero, the computer will stop about 1 second after the start of the time.



6. **Start/ Stop:** When no movement signal, the exercise meter will automatically shut down after 4 minutes. It will wake up when there is a movement signal or a handling button.

## SCOPE STATEMENT

Function	Scanning Interval	Every 6 seconds
	Time	0:00-99:00 minutes
	Count	0-9999 times
	Calories	0.0-999.9 kcal
	DIST	0.00-999.9 miles
	Total Count	0-9999 times
Battery		Two AAA batteries
Working temperature		0° C – +40° C
Storage temperature		-10° C- +60° C

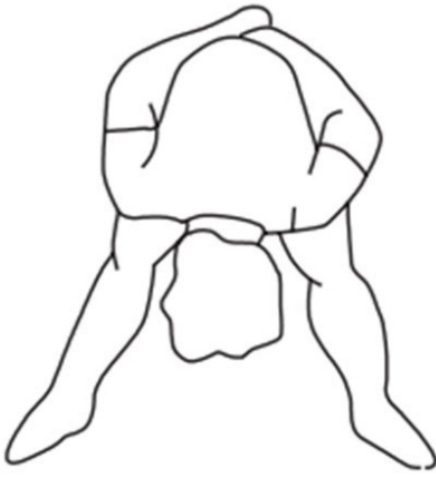
## WARM-UP EXERCISE

**Warm-Up:** The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

**Stretching:** Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.

### • Lower Body Stretch

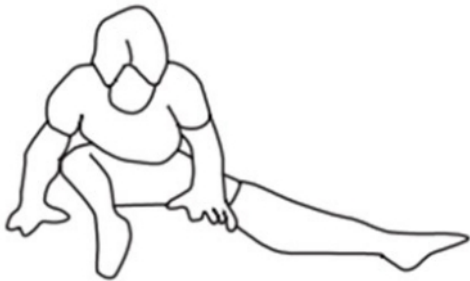
Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs. DO NOT BOUNCE! When the pull on the back of the legs lessens, gradually try a lower position.



- **Bent Torso Pulls**

While sitting on the floor, have legs apart, one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent, and twist at the waist.

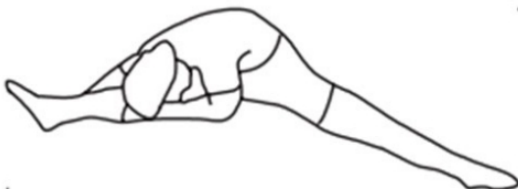
Hold this position at least 10 seconds. Repeat 10 times on each side.



- **Floor Stretch**

While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds. DO NOT BOUNCE!

Do this stretch 10 times. Repeat the stretch with the left leg.



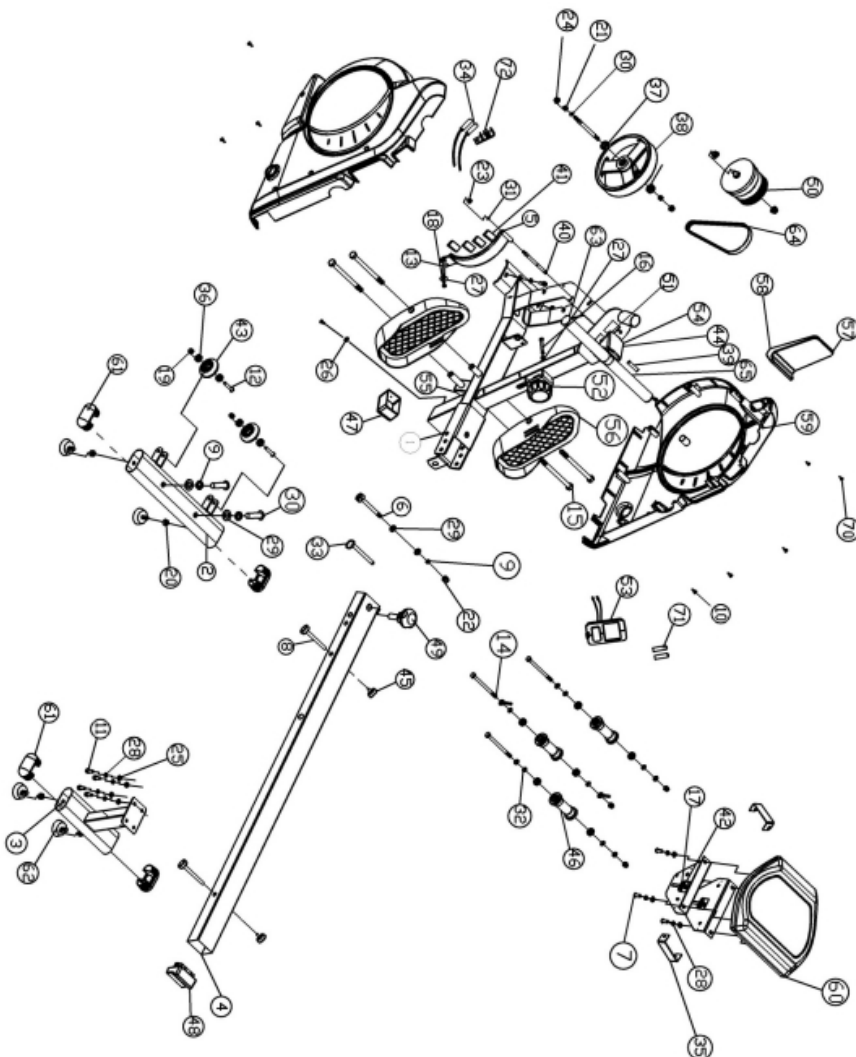
- **Bent Over Leg Stretch**

Stand with feet shoulder width apart and lean forward as illustrated. Using the arms, gently pull the upper body towards the right leg. Let the head hang down.

DO NOT BOUNCE! Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times slowly.



## EXPLODED DIAGRAM

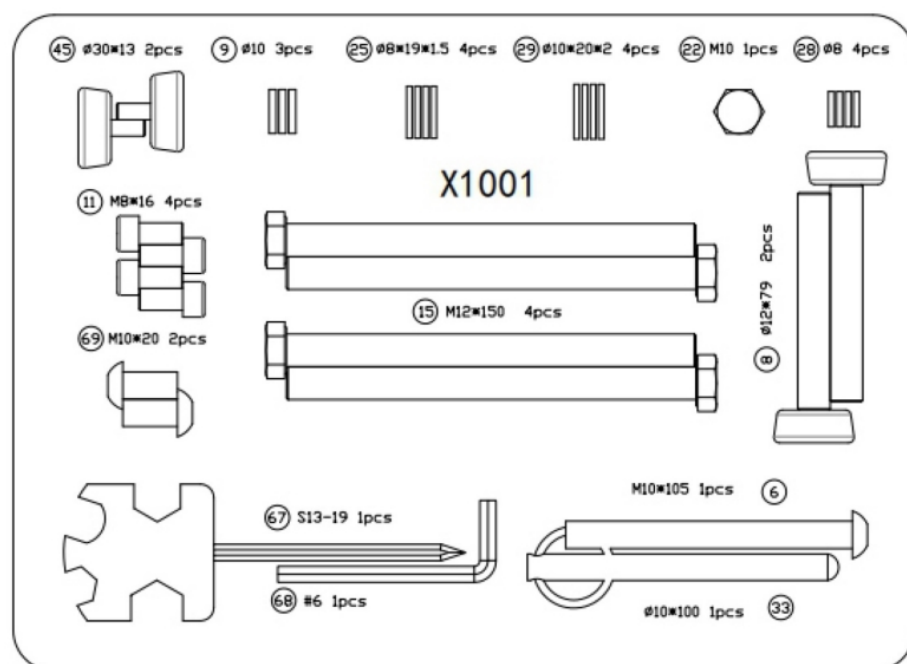


No.	Description	Qty.	No.	Description	Qty.
1	Main frame	1	36	Bearing 608	4
2	Front stabilizer	1	37	Bearing 6000	10
3	Rear stabilizer	1	38	Flywheel 3KG	1
4	Slide rail	1	39	Shaft sleeve	1
5	Magnet assembly	1	40	Magnetic control shaft	1
6	Hex screw M10*105	1	41	Magnet	7
7	Hexagon socket screw M8*20	4	42	Induction magnet	1
8	Buffer shaft	2	43	Roller	2
9	Spring washers 10	3	44	Handlebar	1
10	Self-tapping screw 4.2*16	8	45	Cylindrical cushion	4
11	Hexagon socket round head bolt M8*16	4	46	Cushion roller	3
12	Hexagon socket half round head screw M8*40	2	47	Inclined tube plug	1
13	Hexagon socket half round head screw M6*50	1	48	Back pipe plug	1

14	Hexagon socket half round head screw M8*125	3	49	Knob M16	1
15	Hexagon socket half round head screw M12*150	4	50	Belt wheel	1
16	Hexagon socket half round head screw M8*45	1	51	Belt roller	1
17	Jack M6*35	2	52	Adjuster	1
18	Nuts M6	5	53	Monitor	1
19	Nuts M8	3	54	Exit cover	1
20	Hexagonal nut M10	4	55	Square pipe	1
21	Hexagonal nut M10*1.25	2	56	Left/Right pedals	1
22	Cover type union nut M10	1	57	Mobile Phone holder	1
23	Flange nut M8	2	58	Decorative cover	1
24	Flange nut M10*1.25	4	59	Left/Right chain cover	1
25	Flat washer 8*19	11	60	Seat	1
26	Flat washer 6*22	1	61	Semicircle pipe	4
27	Flat washer 6*12	4	62	Foot tube adjuster	4

28	Spring washers 8	11	63	handlebar pipe plug	2
29	Flat washer 10*20	3	64	Belt	1
30	Circlip 10	3	65	Pad	2
31	Circlip 8	2	66	Hardware kit	1
32	Metallurgy ring	6	67	Multi-function wrench	1
33	Single head bolt	1	68	Inner hexagon wrench 6	1
34	Sensor wire	1	69	Hexagon inside half roundM12*20	2
35	Connection piece	2	70	Cross round head tapping screw 8*18	5

## HARDWARE PACKAGE




## CUSTOMER SERVICE

Thank you for selecting the YOSUDA magnetic-resistance rowing machine. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, please contact us at [yosudasports@gmail.com](mailto:yosudasports@gmail.com)

**Customer Care**  
[yosudasports@gmail.com](mailto:yosudasports@gmail.com)

**Video search:** “YOSUDA rowing machine installation”

**Documents / Resources**

	<p><a href="#">YOSUDA H-185 Rowing Machine</a> [pdf] Installation Guide H-185 Rowing Machine, H-185, Rowing Machine</p>
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