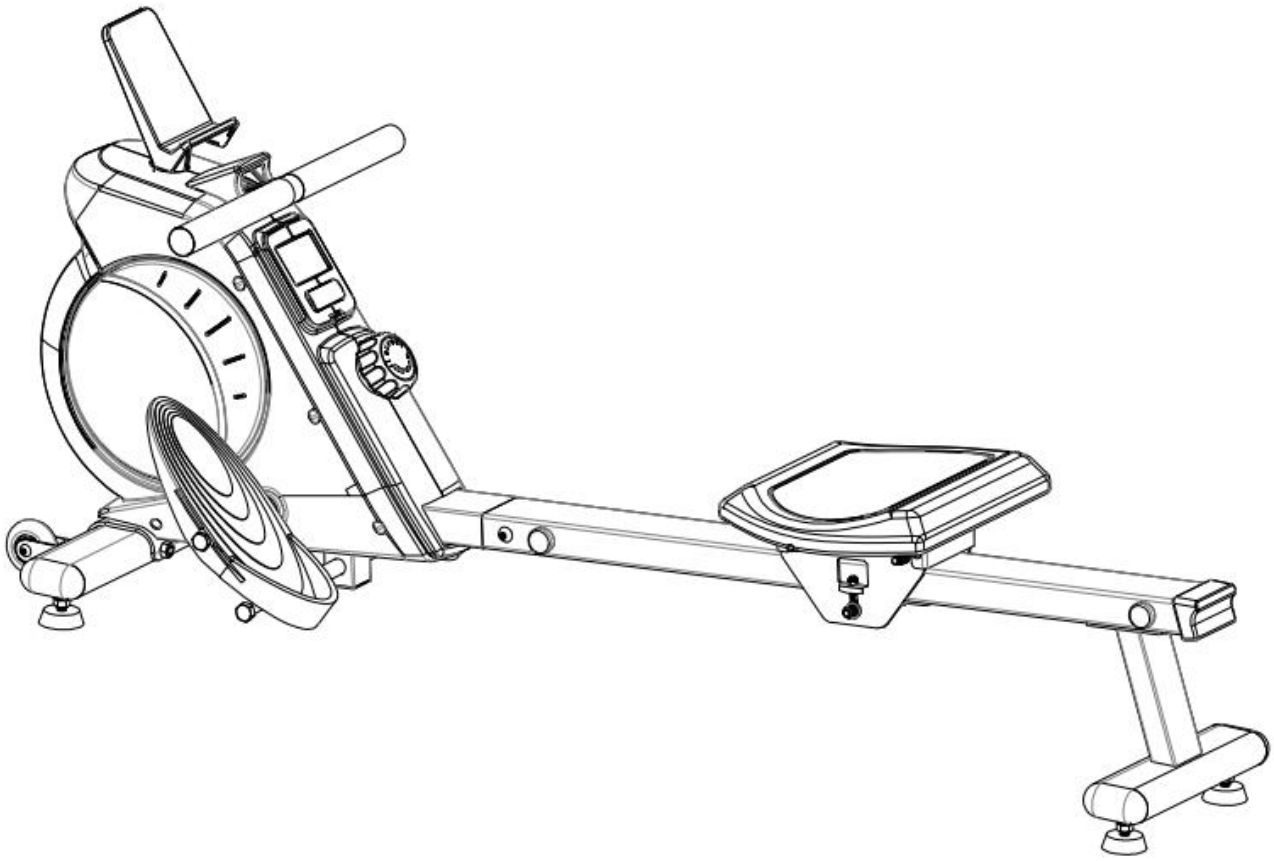
YOSUDA
ROWING MACHINE H-181
INSTALLATION GUIDE & USER MANUAL



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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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 our customer service:

- yosudasports@gmail.com
- Installation video search: "*YOSUDA rowing machine installation*"
- Contact us via Amazon: **Login your Amazon account** > **choose "Your orders"** > **find the order ID** > **click "Contact seller"**

Assembling Video

- Download the Amazon Shopping APP
- Scan the ***transparency barcode on the product's packaging***



- View the assembling video

SAFETY INSTRUCTIONS

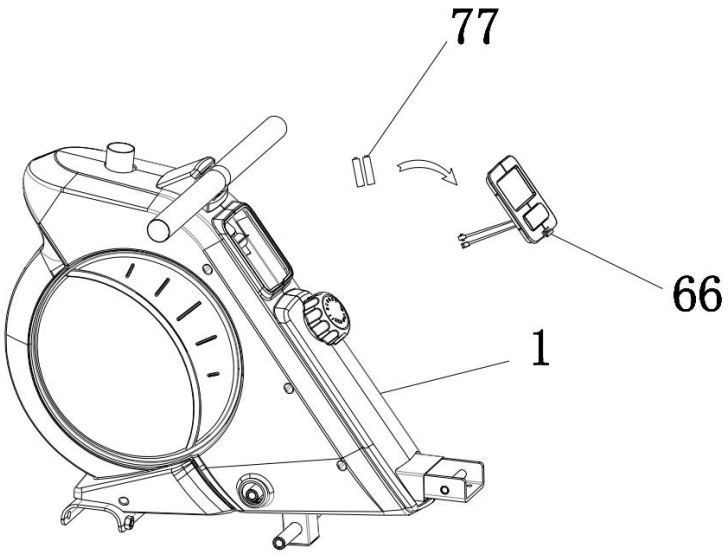
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate an exercise machine. Be sure to read the entire manual before you assemble or operate it. In particular, note the following safety precautions:

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

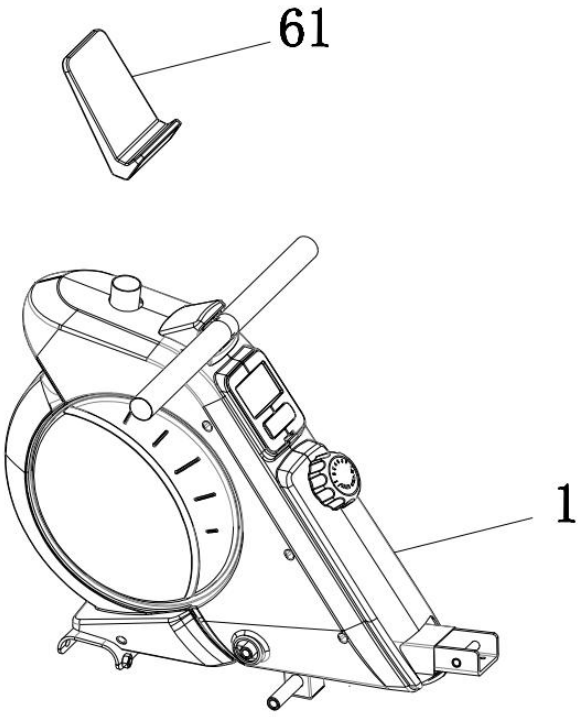
STEP 1

Put 2 AAA batteries(#77) into the monitor (#66), connect the sensor.
Attach monitor to the main frame (#1).



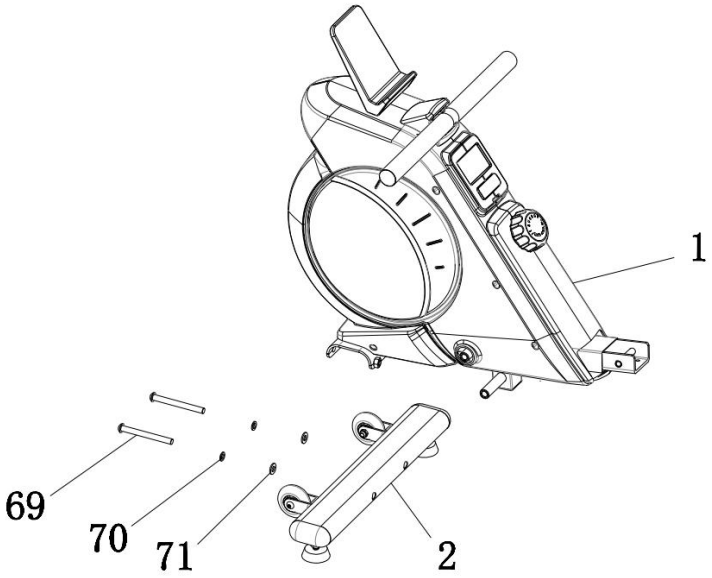
STEP 2

Attach mobile Phone holder (#61) into the steel cube.



STEP 3

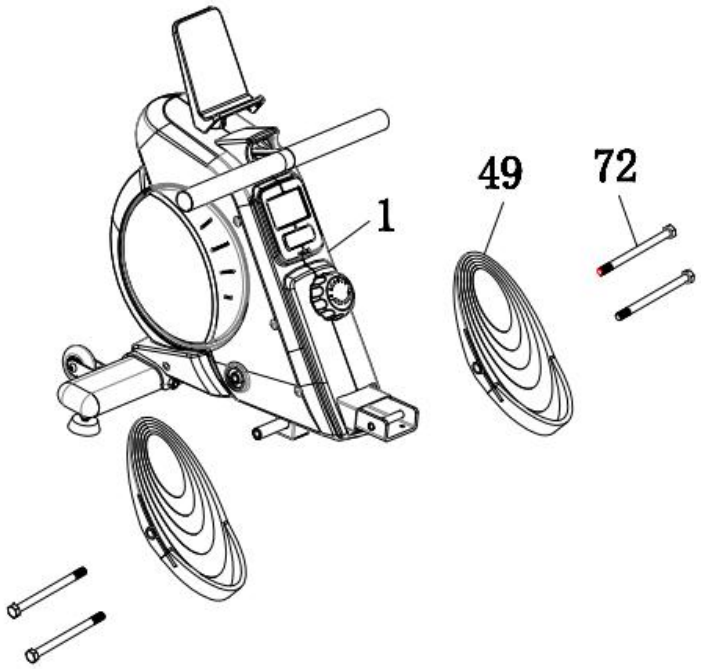
Attach the front stabilizer (#2) to the main frame with two hexagon inside half round M10*105 (#69), two Spring washers Φ10 (#70), and two Flat washer 10*20 (#71).



STEP 4

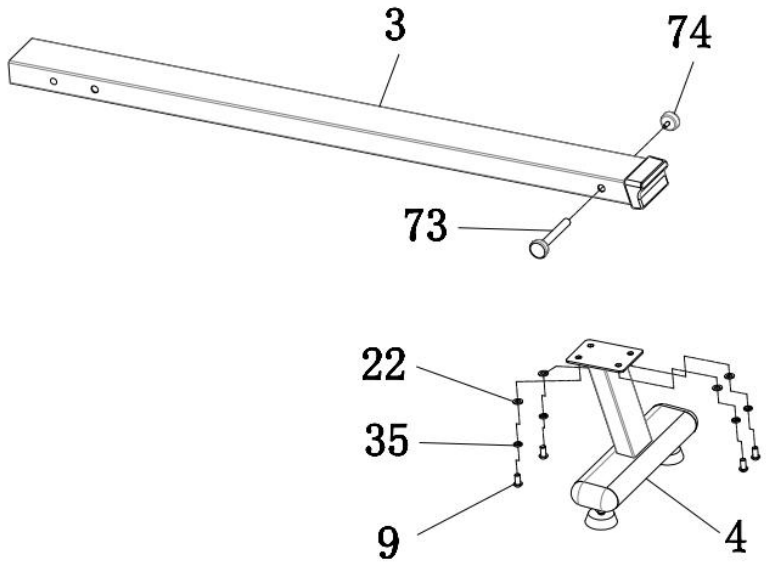
Attach two hexagon socket half round head screws M12*150 (#72) to the main frame (#1), tighten the bolts.

Attach pedals (#49) to the main frame with two hexagon socket half round head screws M12*150 (#72), then tighten them. Pay attention to the direction.



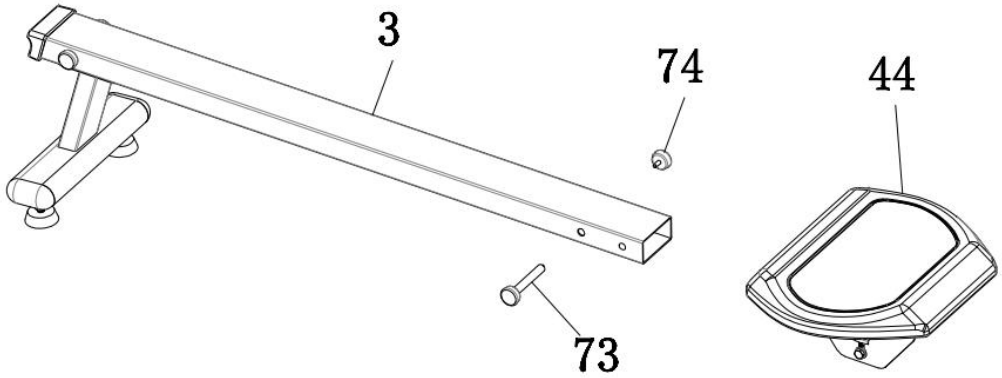
STEP 5

Take the Buffer shaft and the Cylindrical cushion (#73 and #74)out of the HARDWARE PACKAGE. Unscrew the Cylindrical cushion (#74), then attached it and the buffer shaft (#73) to slide rail (#3).
Attach rear stabilizer (#4) to the slide rail (#3) with four Hexagon socket round head bolt M8*16 (#9), four Spring washers Φ8 (#35), and four Flat washer Φ8 (#22).



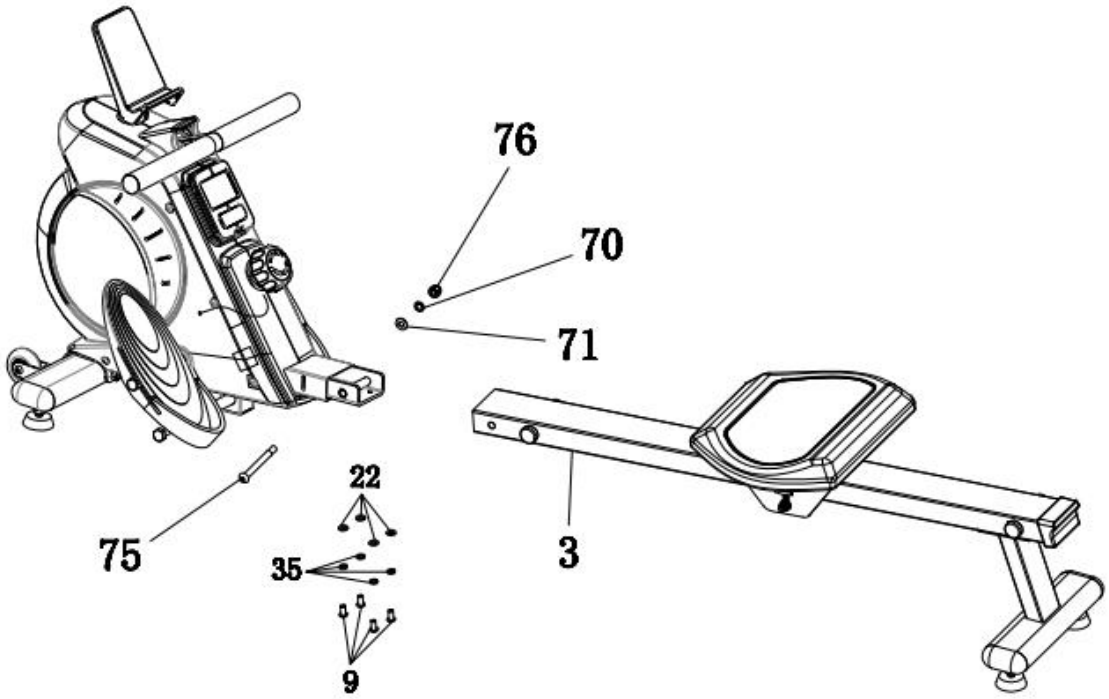
STEP 6

Slide the Seat (#44) onto the slide rail (#3).
Attach the cylindrical cushion (#74) and the buffer shaft (#73) to slide rail (#3).



STEP 7

Attach slide rail (#3) to the main frame (#1) with a hex screw M10*105 (#75), a Flat washer 10*20 (#71), a Spring washers Φ10 (#70), a Cover type union nut M10 (#76).
Attach four Hexagon socket round head bolt M8*16 (#9), four Spring washers Φ8 (#35), and four Flat washer Φ8 (#22) to the slide rail. Then tighten them.

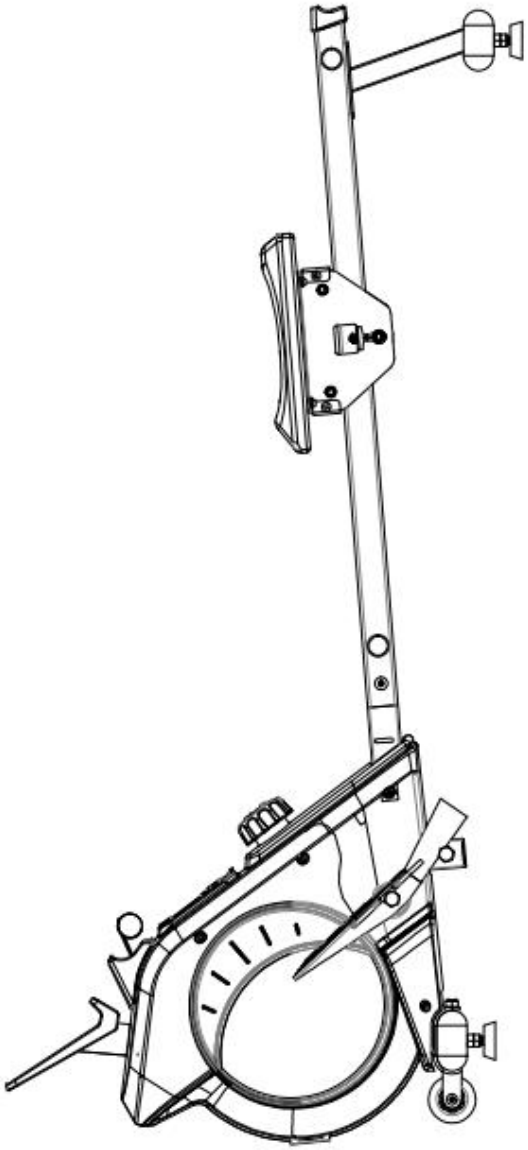


CARE AND MAINTENANCE

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. If the handle cannot return to the original position, need to open the shell to adjust the ribbon.
5. Correct use of rowing machine to avoid failure.

STORAGE GUIDE

When not in use, you can just stow the rowing machine upright.



HOW TO USE



1. Tension Adjustment(#24)

If you need to increase tension, adjust it clockwise.

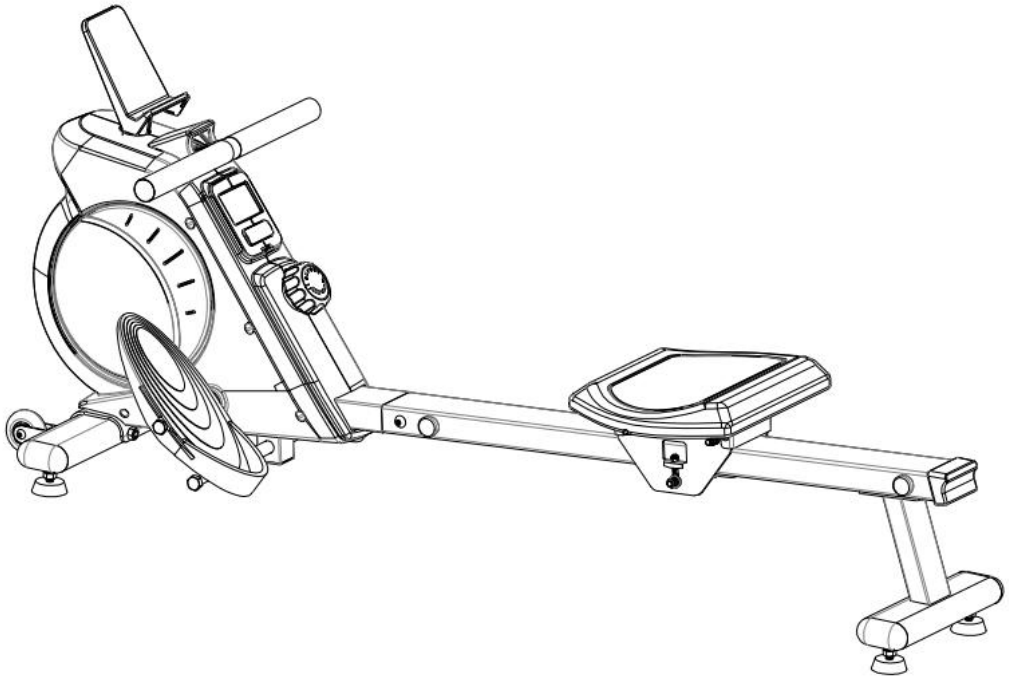
If you need to reduce tension, turn it counterclockwise.

2. Foot tube adjustment (#21)

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.

FUNCTION AND OPERATIONS:

1. SCAN: Press “MODE” button until “SCAN” appears, monitor will rotate through all the 5 functions: Time, count, calorie, total count, 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: The current status of the traveled distance is displayed.
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.

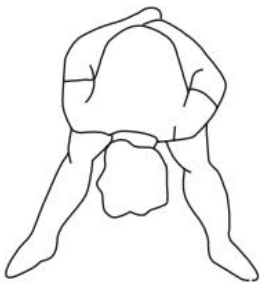
SCOPE STATEMENT

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

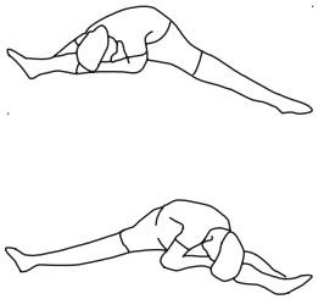
WARM-UP EXERCISE

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.

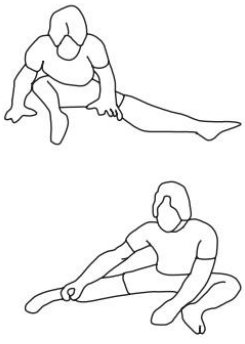
Stretching Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 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.



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.

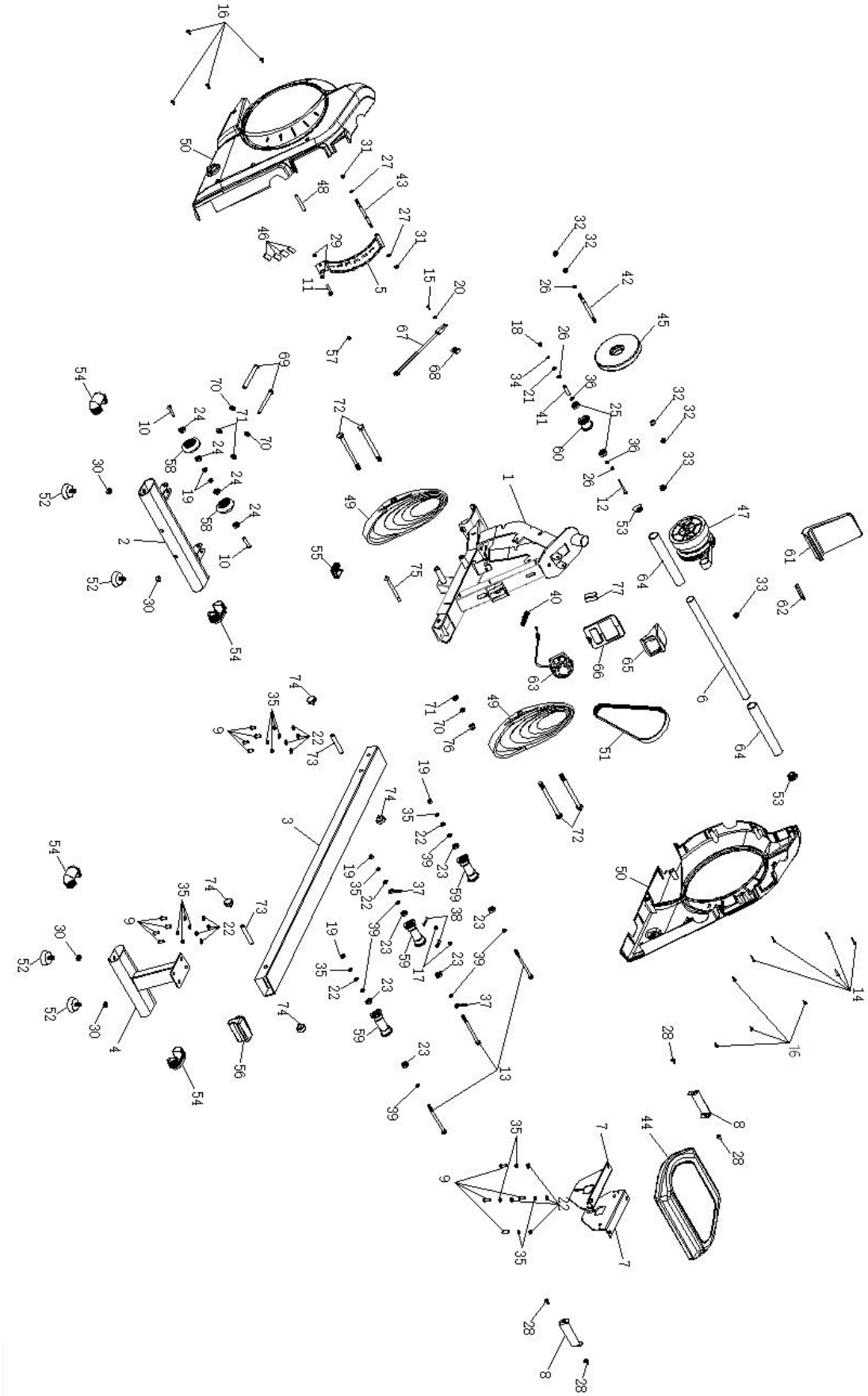


Bent Torso Pulls
While sitting on the floor, have legs apart, one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent, and twist at the waist.
Hold this position at least 10 seconds. Repeat 10 times on each side.



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



PARTS LIST

No.	Description	Qty.	No.	Description	Qty.
1	Main Frame	1	2	Front Stabilizer	1
3	Slide Rail	1	4	Rear Stabilizer	1
5	Magnet Assembly	1	6	Handlebar	1
7	Seat Cushion Support Sheet	2	8	Connection Piece	2
9	Half-round head hexagon socket screws M8*20	12	10	Half-round head hexagon socket screws M8*40	2
11	Half-round head hexagon socket screws M6*50	1	12	External hexagonal screws M6*55	1
13	External hexagonal screws M8*125	3	14	Crossed round head self-tapping screws M4*25	5
15	Pan head drill screws M4.2*13	1	16	Pan head drill screws M4.2*16	8
17	Anti-loose nuts M6	2	18	Anti-loose nuts M6（Black）	1
19	Anti-loose nuts M8	5	20	Flat Washer φ5	1
21	Flat Washer φ6	1	22	Flat Washer φ8	15
23	Bearing 608 RS	6	24	Bearing 608	4
25	Bearing 6000	2	26	Snap Ring φ10	3
27	Snap Ring φ8	2	28	Umbrella head cross screws M6*8	4
29	Hexagonal nuts M6	2	30	Hexagonal nuts M10	4
31	Flange nuts M6	2	32	Flange nuts M8	4
33	Flange nuts M10	2	34	Spring Washer M6	1

35	Spring Washer M8	7	36	Wave Washer	2
37	Rear Jack	2	38	Rear Jack Piece	2
39	Metallurgical Retaining Ring	6	40	Compression Spring	1
41	Belt Roller Bush	1	42	Central Axis	1
43	Magnetron Shaft	1	44	Seat Cushion	1
45	Flywheel	1	46	Magnets	4
47	Belt Wheel	1	48	Fixed Pin	1
49	Pedals	2	50	Chain Cover	2
51	Belt	1	52	Foot Tube Adjuster	4
53	Handlebar Pipe Plug	2	54	Half-round Pipe Plug	4
55	Square Pipe Plugs	1	56	Rear Square Pipe Plugs	1
57	Plug	1	58	Roller	2
59	Seat Cushion Roller	3	60	Webbing Rollers	1
61	Mobile Phone Holder	1	62	Decorative Cover	1
63	Adjuster	1	64	Handlebar Pad	2
65	Exit Cover	1	66	Monitor	1
67	Sensor Cable	1	68	Clip	1
69	Half-round head hexagon socket screws M10*105	2	70	Spring Washer M10	3
71	Flat Washer φ10	3	72	Half-round head hexagon socket screws M12*160	4
73	Buffer Shaft	2	74	Cylindrical Cushion	4
75	Half-round head hexagon socket screws	1	76	Cap Nuts M10	1

	M10*95					
77	Battery	2		78	S13~19 Multifunctional wrench	1
79	#6 Hexagonal Wrench	1				

HARDWARE PACKAGE

