



warm exercise

Warming exercise and relaxation exercise are very important steps for training. Warm body exercise helps you stretch your muscles, heat your body, and avoid sports injuries; relaxing exercises can relax tired muscles and reduce soreness. The following are suggested warm-up and relaxation exercises:

Turning the head



Bend your head to the right and feel the muscles on the left side of your neck contract, then tilt your head back and tilt your chin up. Open your mouth and turn your head to the left, Go back to the front and put your head under your chest.

Lifting the shoulder



Lift your right shoulder close to your ear and lower your shoulders. Then raise your left shoulder close to your ear and lower your shoulders.

Lifting the shoulder



Lift your right shoulder close to your ear and lower your shoulders. Then raise your left shoulder close to your ear and lower your shoulders.

Stretching sideways



Open your hands shoulder-width apart, then lift them up, above your head. Raise your right arm as much as possible, relax your arm and repeat this movement with your left hand.

Stretching Quadriceps Exercise



Put one hand on the wall for balance, pull your right foot back, keep your heel as close as possible to your butt, keep the posture for about 15 strokes, and then repeat this action with your left foot.

Stretching Inner thigh exercise



Sit and touch the soles of your feet, extend your knees outwards, pull your feet as close as possible to your groin and gently bring your knees to the floor, and keep this position for about 15 strokes.

Stretching Inner thigh exercise

Touching toe exercise



Relax your back and shoulders, slowly bend down, stretch your toes, and bend down as much as you can and maintain the posture for about 15 strokes.

Stretching hamstring



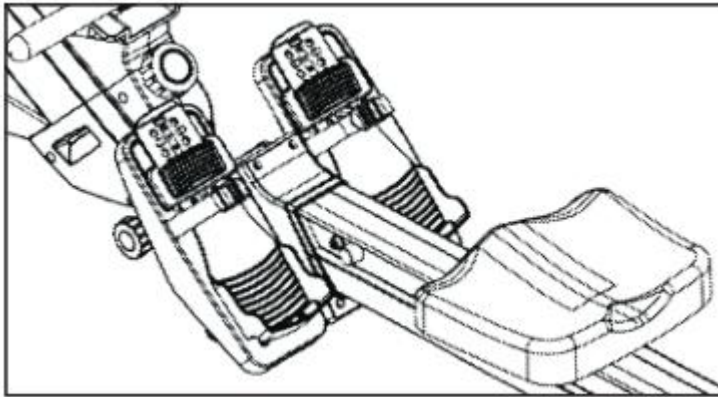
Sit down, straighten your right leg and naturally bend your left foot against the inner right thigh, extend your right hand to the right toe as much as possible. When stretching, please keep your right leg straight and your left leg close to the ground. Maintain the posture for 15 times and relax, then straighten your left leg and repeat the above actions.

Stretching calf/back heel

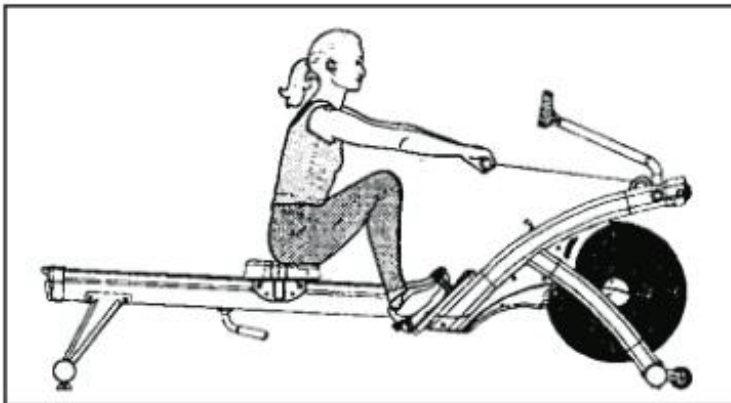


Left foot forward left, right foot left back, tilt your body forward and lean your arms against the wall, keep your right foot straight, and put your left foot on the floor, then bend your left foot and turn your arms towards the wall in the direction of the move. Maintain this position for 15 times, and then repeat this action with another foot.

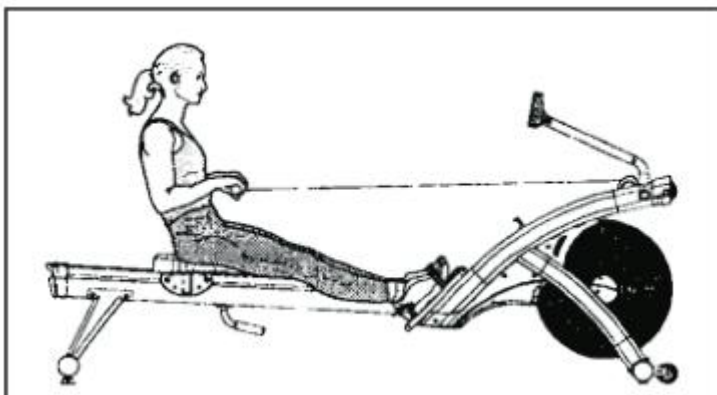
Air Rower Operation introduction



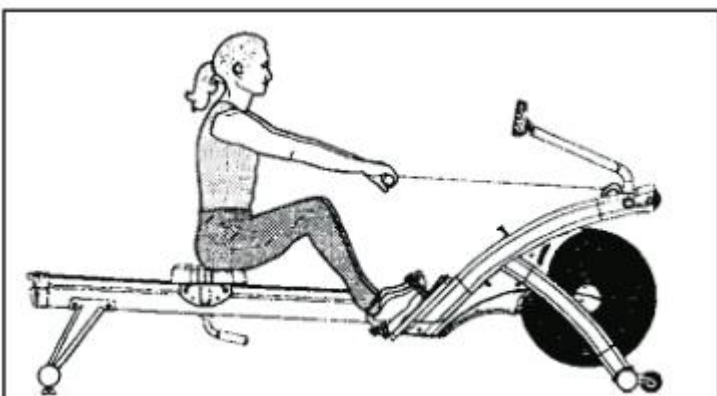
Initial action: Put your feet firmly on the pedals and adjust the buckle of the pedals. Bend your knees slightly, lean forward slightly, straighten your hands, and easily buckle the lever. The distance between your buttocks and the pedal should be a comfortable straight distance with your hands. Be careful not to lean forward too much



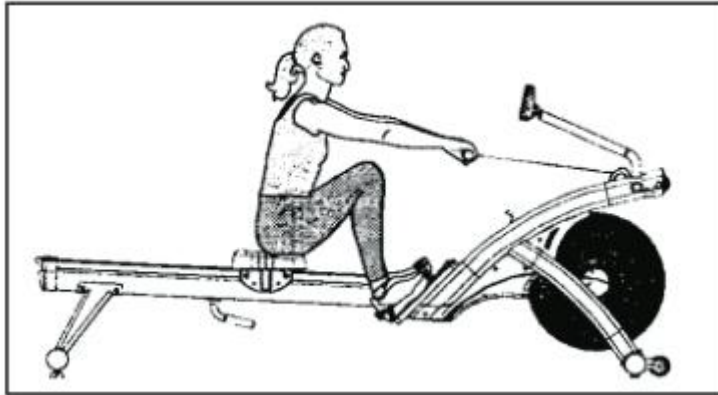
Action 1: Rely on the strength of the feet to push the body back, and still hold the lever with both hands to keep it straight. Use the strength of the lower back to stretch the upper body slightly until the feet are completely straight.



Action 2: When the feet are straight, the upper body continues to extend back using the strength of the lower back, and the levers are still easily buckled with both hands.



Action 3: Extend the upper body backward to the limit (the position where the hand can still exert the lever), and then use the strength of the back muscles and biceps to pull the lever to the chest.



Reset: Lower your hands slightly, make a small arc, and return your hands to the action before pulling the oar.

Back oar 1: First lean your upper body forward so that your hands cross your knees.

Back oar 2: Then bend the knees to return the whole body to the starting movement.

Note!

In the process of returning the oar, you must start the upper body first and then bend the knees. If the upper body and knees move at the same time, the propeller will easily hit the knees and cause instability. It takes a period of practice to be smooth. During the repetition, you should feel the back muscles, gluteal muscles, lower back muscles, back muscles, and biceps.

When using the rowing machine, please keep the draw rope smooth.

Points For Attention

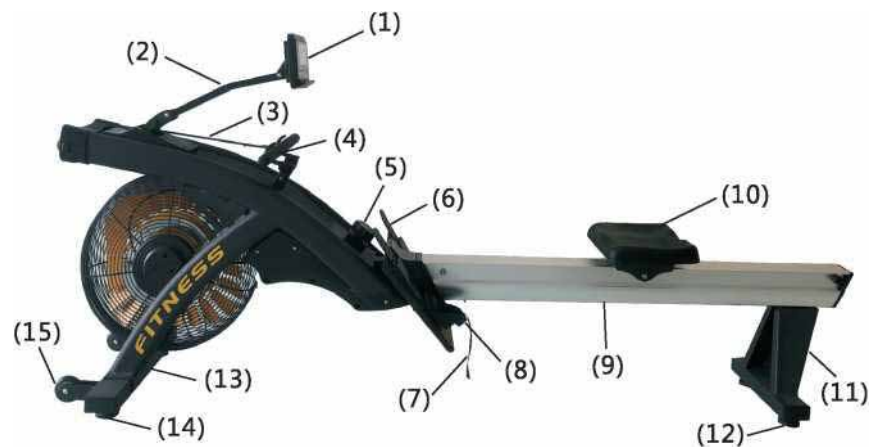
Are you ready to start using the rowing machine?

Before starting to use the rowing machine, please read the instructions carefully. He will help you operate the R901T rowing machine safely. R901T rowing machine uses ergonomic appearance design, clear and easy-to-use keys and electronic watch to provide effective exercise. Using rowing machine can help build and exercise your muscles, enhance cardiopulmonary function, increase your endurance, and achieve the set fitness goal. Special attention should be paid to the application of force to avoid injury.

Please read the following important notes carefully before operation:

1. Please read this manual before operating the rowing machine.
2. It is the user's responsibility to inform each user of the warning information. Please operate the rowing machine in strict accordance with the instructions.
3. Place the rower on the flat floor indoors, away from damp dust. Place a cushion under the stabilizer bar of the rower to prevent scratching the floor.
4. Regularly check whether the parts are firm and intact. Replace damaged parts in real time.
5. Children under 12 years old are not allowed to use the equipment and pets are not allowed to get close to the equipment.
6. When operating the rower, wear proper sportswear. Do not wear too loose clothes to avoid rolling into the slide.
7. In case of dizziness and pain, stop exercising immediately.
8. Pulse sensors are not used for medical purposes. Various factors will affect the accuracy of heart rate monitoring in the process of exercise. The data detected by pulse sensor is only for general reference.
9. Pay attention to whether there is any foreign matter on the slide rail. It is easy to damage the slide rail if the foreign matter is blocked.
10. The maximum weight of the rower is 150kg.

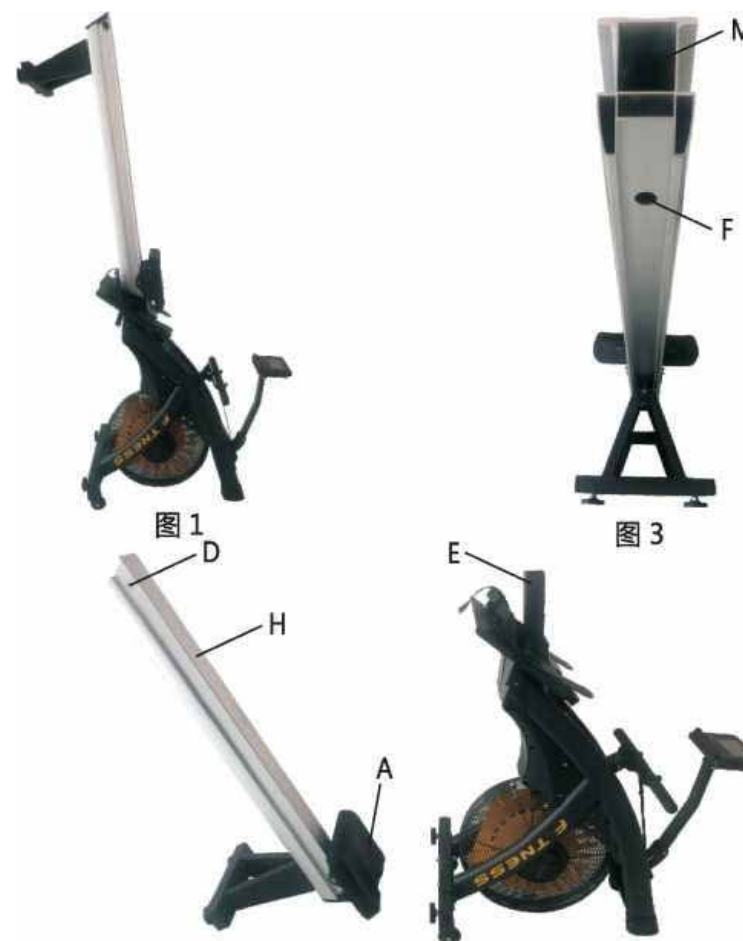
Schematic Diagram of Rowing Machine



1. Electronic watch	2. Adjustable electronic watch arm
3. Special pulling rope	4. The hold the handle
5. Section number knob	6. Foot pedal
7. Foot buckle	8. Heel support frame
9. Aluminum rail	10. Seat
11. Rear stabilizer	12. Adjustable foot pad
13. Front stabilizer seat	14. Adjustable foot pad
15. Front wheel	

Installation Diagram of Rowing Machine

1. Insert seat a into rail H.
2. Erect the rowing machine as shown in Fig. 3 (it can be laid flat if the space is limited).
3. Insert the rowing machine e into the slide rail m hole (note the cushion pulley should be squeezed carefully).
4. Insert the long screw into the hole D, first use the short screw to lock the nut in the lower hole, and then use the nut to lock the screw at D.
5. Level the rowing machine, adjust the front and rear feet, and level the rowing machine so that it will not shake.
6. After the exercise, the rowing machine can be put up or pushed aside for storage (as shown in Figure 1).



Matching tools: 6mm hexagon wrench, 17 / 19mm external square wrench.