

Magnetic Rower Instruction Manual

Model: HC2402



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1. Customer Service

3 WAYS TO CONTACT US BEFORE/AFTER ORDER 24 / 7 / 365 Online Service, response within 5 hours.

OPTION 1:

Find the Seller Profile -- have a question for seller, ask a question -- an item for sale -- Product details



OPTION 2:

Product details page -- Customer questions & answers part -- post your question



OPTION 3:

For technical support, the user manual and other information, you can also contact us via support@uswellfit.com

2. Important Precautions

This rowing machine prioritizes safety at its core. Nonetheless, exercising caution is crucial when operating any fitness equipment. Familiarize yourself thoroughly with all the warnings and precautions outlined for this rower.

2.1 Personal Safety:

2.1-1 Please wear appropriate sports shoes and clothing when using this equipment, and warm up properly beforehand.

2.1-2 If you experience any discomfort or abnormal physical conditions during use, stop exercising immediately and consult a doctor.

2.1-3 Individuals aged 65 and above, those planning pregnancy, pregnant women, breastfeeding mothers, individuals who have undergone surgery within the last 6 months, those with heart disease, high blood pressure, asthma, or other conditions that prohibit vigorous exercise as advised by a doctor, are not recommended to use the rowing machine. If you are already using it, please stop immediately.

2.1-4 Consumption of alcoholic beverages or any stimulants prohibited by national laws and regulations is strictly prohibited before and after use.

2.1-5 Fatigue, improper operation, and excessive exercise may lead to injury. Before exercising, accurately assess your physical condition and endurance, and ensure that the intensity, duration, and type of exercise are appropriate.

2.1-6 Keep children and pets away from the rowing machine during use to prevent accidents.

2.1-7 Minors must use this equipment under the supervision and guidance of a guardian and are not allowed to use it alone.

2.1-8 Individuals with long hair are advised to tie it up to avoid it getting caught in the equipment.

2.1-9 Ensure clothing is securely fastened and does not cover the seat cushion during exercise. The seat cushion is a moving part, and covering it may cause clothing to get caught during exercise.

2.1-10 Do not place hands or other body parts near the seat slide tube during exercise to avoid injury to yourself or others.

2.2 Equipment and Environment Safety:

2.2-1 When using the rowing machine, ensure there is a minimum of 6.5ft x 6.5ft of clear space for safe operation.

2.2-2 Place the rowing machine away from water sources, heat sources, and flammable materials.

2.2-3 The rowing machine is designed for exercise purposes only. Do not dismantle or modify it for other uses to avoid safety hazards.

2.2-4 Avoid splashing liquids onto the rowing machine and refrain from placing any foreign objects on it.

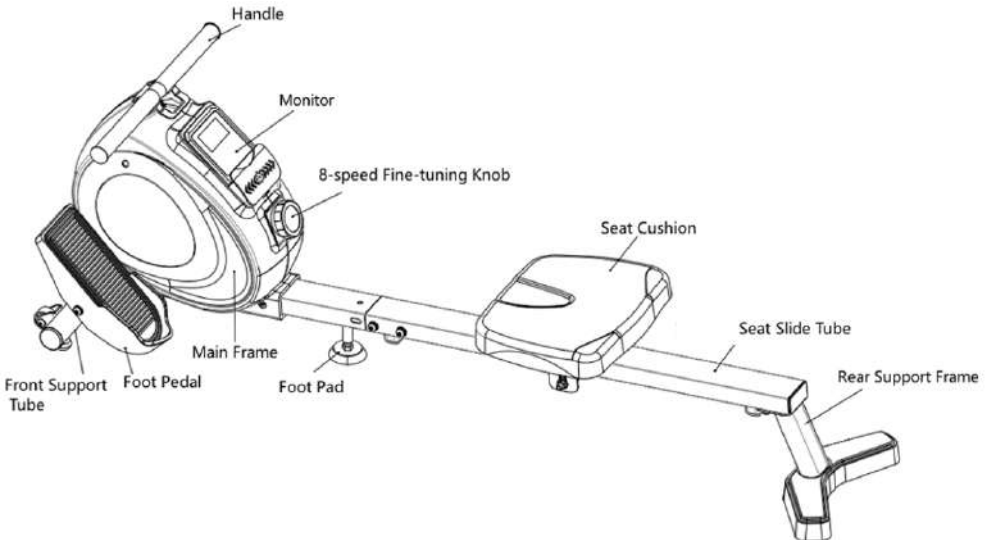
2.2-5 Do not insert fingers or any foreign objects into gaps in the rowing machine to prevent accidents.

2.2-6 Place the rowing machine on a clean, flat, and firm surface. Do not place rugs or yoga mats or any soft padding underneath the equipment.

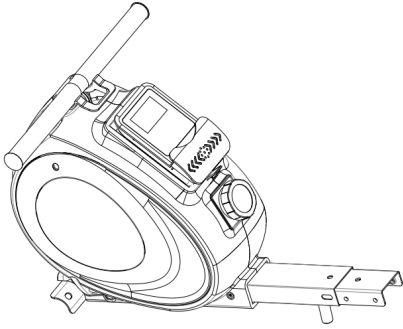



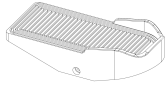
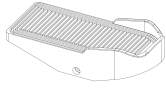
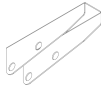
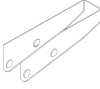

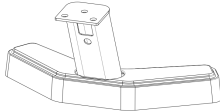
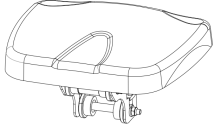


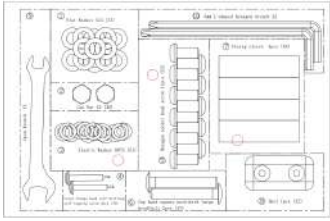
2.2-7 This product is intended for home use only. It is not suitable for commercial settings such as gyms

3. Product Introduction

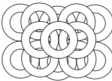


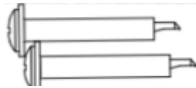



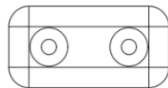


3.1 Product Diagram



3.2 Product Contents

 <p>A. Main Frame ×1</p>	 <p>B. Foot Pad ×1</p>  <p>C. Foot Pedal Axle (Long) ×1</p>  <p>D. Foot Pedal Axle (Short) ×1</p>	  <p>E. Foot Pedal ×2</p>   <p>F. Foot Pedal Mounting Plate×2</p>
 <p>G. Front Support Tube×1</p>	 <p>H. Rear Support Frame ×1</p>	 <p>I. Seat Cushion ×1</p>
 <p>J. Seat Slide Tube ×1</p>	 <p>K. Vertical Rubber Pad ×1</p>	<p>L. Instruction Manual ×1</p>
 <p>M. Accessory Pack ×1</p>		

Items in the Accessory Pack

No.	Pictures	Name	Qty.	Usage
①		Flat Washer	13	Used to provide support, reduce friction, or distribute pressure between a nut and a bolt.
②		Cap Nut	2	Features a rounded top cover and is used to provide decoration and protection on bolts.
③		Spring Washer	9	Provides elastic support between a nut and a bolt, preventing them from loosening.
④		Cross Flange Head Self-Drilling Screw	2	Screw with a cross-flanged head that drills and taps its own hole when driven into a material
⑤		Hexagon Socket Head Screw	11	A screw with a hexagon-shaped socket head, typically requiring an Allen wrench for installation or removal.
⑥		Cup Head Square Neck Bolt	2	Features a square neck and a rounded head, suitable for applications requiring secure fastening and support.
⑦		Foot Pedal Fixing Sleeve	4	Used to secure and support the foot pedals of a rowing machine, ensuring they are securely attached to the machine.
⑧		Bottom Slide Spacer	1	A filler placed at the bottom of a rowing machine's seat slide tube, assisting in controlling the seat position.
⑨		Open Wrench	1	A wrench with two open ends, used for tightening or loosening nuts and bolts.
⑩		Allen Wrench	2	A wrench with a hexagonal head, used for installing or removing hexagon socket head screws.

3.3 Specifications

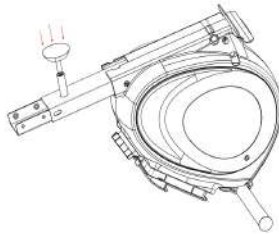
Model Name	WFRW001
Product Size	16.1*18.1*54.3 inch
Product Weight	34.6lb/15.7kg
Resistance Range	0-39.7lb
Power Supply	2×AAA battery (7 gauge)

4.Assembly Instructions

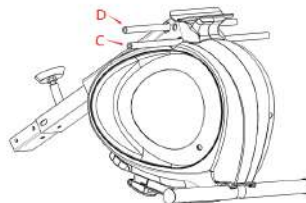
4.1 Front Main Part Assembly

Note: Please place the component A "main frame" upside down on a flat surface, and then proceed from steps "1" to "5":

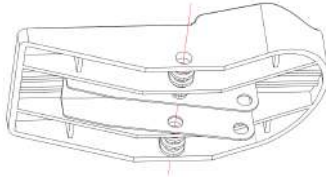
Step 1: Install the component B "foot pad" onto main frame A's protruding tube by aligning the threads and rotating clockwise.



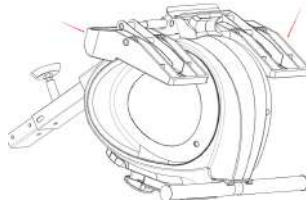
Step 2: Insert the " foot pedal axles" C and D into the bottom slots of main frame A (Longer C in upper hole, shorter D in lower hole of the unit).



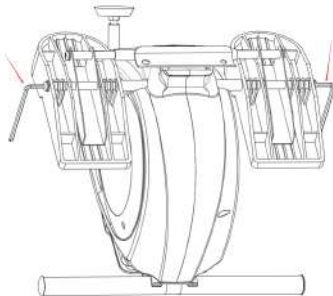
Step 3: Insert part F, the "foot pedal mounting plate" into one "foot pedal" E, aligning the holes, to assemble both sets of foot pedals for installation.



Step 4: Thread assembled two sets of foot pedals onto both ends of the foot pedal axles C and D.



Step 5: Take 4 "flat washers (①)" from the accessory pack and slide each one onto a "hexagon socket head screw (⑤),". Insert the screws into both ends of the fixing axles, and secure the foot pads using two "Allen wrenches" to tighten the screws- one holding while the other screws.



4.2 Front & Rear Support Assembly

Note: Place the main frame A upright and then proceed to assemble the front support.

Step 0: Grab these spare fasteners from the accessory pack, each in pairs: 2 Cup Head Square Neck Bolts (⑥), 2 Flat Washers (①), 2 Cap Nuts (②), 2 Spring Washers (③).

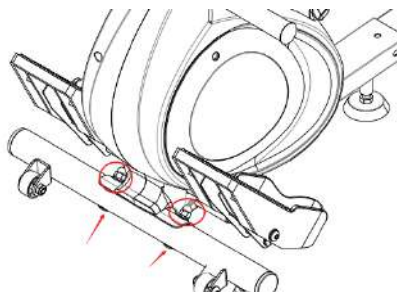
Step 1: Position the G “front support tube” with foot pad downwards at the bottom front of the main frame, aligning the circular holes on the tube with those on the main frame.

Step 2: Insert one “cup head square neck bolt (⑥)” into any hole on the front support tube, ensuring the square head is fully inserted.

Step 3: Place one “flat washer (①)” and then one “spring washer (③)” onto the bolt.

Step 4: Secure one “cap nut (②)” onto the bolt and tighten clockwise to pre-install.

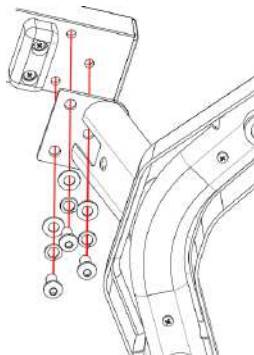
Step 5: Repeat for the other hole and tighten both the nuts with the open wrench.



Note: To assemble the rear support, take out the following fasteners from the accessory pack - 3 Hexagon Socket Head Screws (⑤), 3 Spring Washers (③), 3 Flat Washers (①).

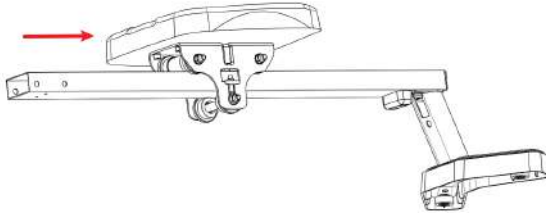
Step 1: Slide the “spring washer (③)” and then “flat washer (①)” onto each hexagon socket head screw (⑤).

Step 2: Use the prepared screws to install the component H, " rear support frame" onto the J "seat slide tube," and tighten them.

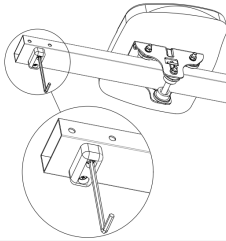


4.3 Seat Assembly and Connecting Front & Back

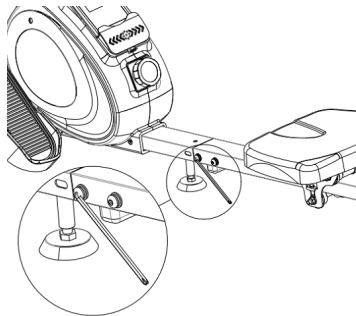
Step 1: Slide the I "seat cushion" onto the seat slide tube through the hole between the upper and lower pulleys on the seat.



Step 2: Install the "bottom slide spacer (8)" onto the bottom of the slide tube using the 2 "cross flange head self-drilling screws (4)" from the pack. Tighten with an Allen wrench.



Step 3: Insert the front end of the slide tube into the main frame A. Place one "spring washer (3)" followed by one "flat washer (1)" onto each of the 4 "hexagon socket head screws (5)", then tighten the screws into the connection holes with an open wrench.



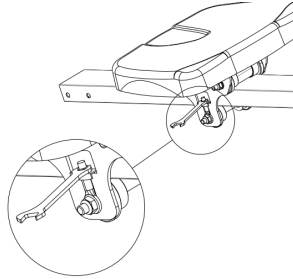
4.4 Adjustment

To ensure the seat remains stable without excessive friction, the pulleys on both sides of the seat should make contact with the slide tube.

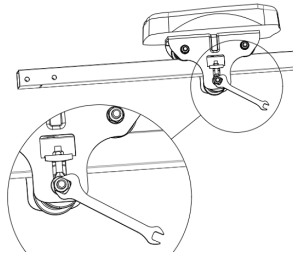
In the absence of a person seated, if the seat can slowly slide downward from the highest point of the slide tube, it indicates that the adjustment is in place.

Please follow the steps below for adjustment:

Step 1: Use the open wrench to adjust the nut at the bottom of the seat, bringing the lower pulley closer to the slide tube.



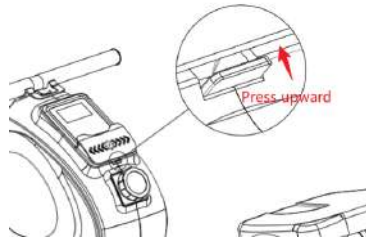
Step 2: Use the open/Allen wrench to tighten the nut on the outer side of the lower pulley.



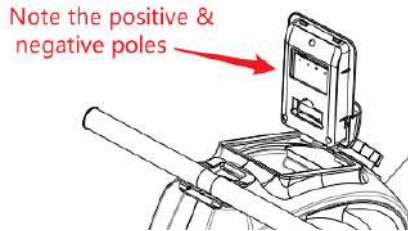
Finally, ensure that the rower is placed steadily on a level surface, with all foot supports resting firmly on the ground. Once your machine is installed, you can safely begin your rowing workout.

4.5 Battery Instructions

Step 1: Press the latch on the bottom of the monitor upward, then detach the monitor. Flip it over afterward.



Step 2: Take out 2pcs AAA batteries and install them in the battery compartment, then reattach the monitor.



5. Monitor Introduction



5.1 Button Functions

MODE - Press to select function, long press to reset time/distance/calories/strokes.

SET - Use to set time/distance/calories/strokes when not in scan mode.

RESET - Press to zero out set time/distance/calories/strokes.

5.2 Function Descriptions

5.2-1 Automatic Scan (SCAN):

- Press the "MODE" button until "SCAN" is displayed.
- The monitor will cycle through the following displays every 6 seconds: Time, Distance, Calories, Strokes, and Total Strokes per Minute (RPM).

5.2-2 Time (TIME):

- Displays the elapsed time from the start to the end of the workout.
- Press the "MODE" button until "TIME" is displayed, then press the "SET" button to set the target workout time.
- When the set time counts down to 0, it will pause for about 1 second before starting the count-up.

5.2-3 Distance (DIST):

- Measures the distance covered from the start to the end of the workout.
- Press the "MODE" button until "DIST" is displayed, then press the "SET" button to set the target distance.
- When the set distance counts down to 0, it will pause for about 1 second before starting the count-up.

5.2-4 Calories (CALORIES):

- Calculates the calories burned from the start to the end of the workout.
- Press the "MODE" button until "CAL" is displayed, then press the "SET" button to set the target calorie burn.
- When the set calorie count down to 0, it will pause for about 1 second before starting the count-up.

5.2-5 Count (COUNT):

- Displays the current workout strokes.
- Press the "MODE" button until "COUNT" is displayed, then press the "SET"

- When the set stroke count down to 0, it will pause for about 1 second before starting the count-up.

5.2-6 Total Count (TCNT):

- Displays the total strokes since installing the batteries.

5.2-7 RPM (Revolutions Per Minute):

- The monitor displays the average strokes per minute during the workout.
- The value resets to zero when the workout stops.

5.3 Notes

- If there is no display or the display is blurry, please replace the batteries.
- The monitor will automatically shut down after 4 minutes of inactivity. When the set stroke count down to 0, it will pause for about 1 second before
- The monitor will automatically turn on again when you resume your workout or press any button.
- Once the workout starts, the monitor will automatically calculate exercise data. It will stop calculating exercise data 4 seconds after the workout stops.

5.4 Parameter Introduction

Automatic Scan	Data switches every 6 seconds
Time	00:00' to 99:59'
Distance	0.00 to 9999 kilometers/miles.
Calories	0.0 to 999.9 kilocalories
Count	0 to 9999
Total Count	0 to 9999
RPM (Revolutions Per Minute)	0 to 9999
Battery Type	2 AAA or UM-4 batteries.
Operating Temperature	32°F to 104°F
Storage Temperature	-50°F to +140°F

6.Quick Start

GETTING STARTED:

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. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising immediately if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, light headache, dizziness, or feelings of nausea.

6.1 Instructions for Use

The Catch

Keep your wrists flat and grip the handle.

Place your feet on the footrests and slightly lean forward. Keep your back and arms straight.



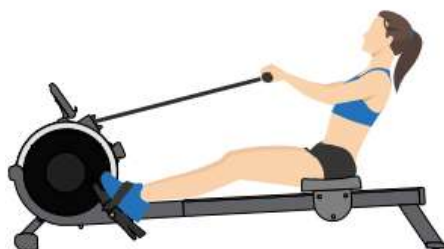
The Drive

Begin by using your leg. Press through the foot pedals with your posture firm and upright. When your legs almost reach full extension, start to pull the handle.



The Finish

Pull the handle to the space between the chest and navel



The Recovery

Reverse the motion and return to the starting point. Then repeat



7. WELLFIT Health & Fitness APP

7.1 Smart APP Setup

Step 1: Scan the QR code to download "WELLFIT FITNESS" App, you can

also search "WELLFIT FITNESS" from " to install the App



or



or



Step 2: Run the "WELLFIT FITNESS" App, tap "Register" to register a "WELLFIT FITNESS" account with your email.

Then sign in

Step 3: Turn on your mobile phone Bluetooth and Location enable your ROWER can be founded.

Follow the steps as below pics shown



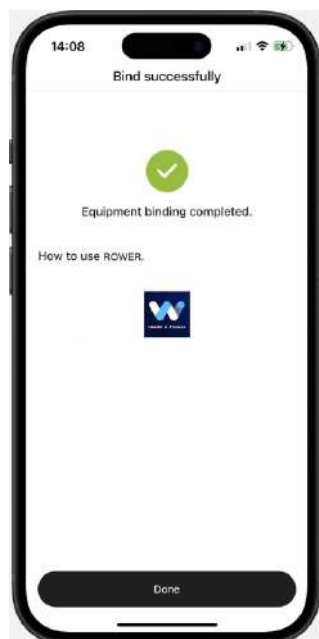
step1



step2



step3



step4

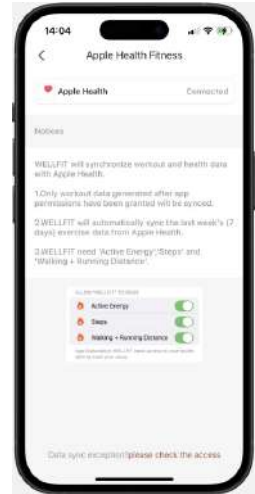
7.2 Apple Health Fitness



step 1



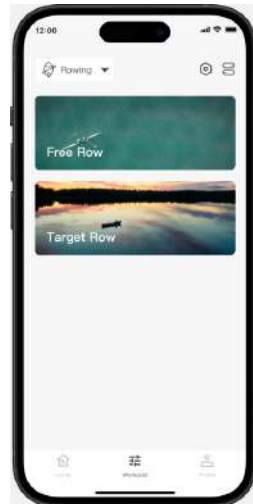
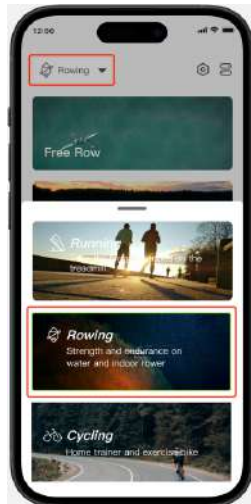
step 2



step 3

7.3 Rowing Scene

7.3-1 Strength and endurance on water and indoor rower.



7.3-2 Support Free row and Target row.

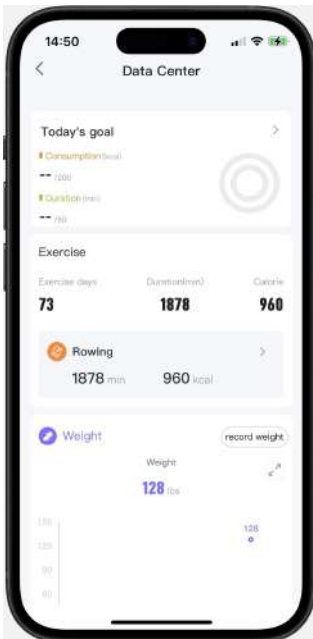


Free Row Mode



Target Row Mode

7.4 Workout Statistic Track and Analyze



FCC Warning

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Note: The Grantee is not responsible for any changes or modifications not expressly approved by the party responsible for compliance. such modifications could void the user's authority to operate the equipment.

The device has been evaluated to meet general RF exposure requirement. To maintain compliance with FCC's RF exposure guidelines, the distance must be at least 20 cm between the radiator and your body, and fully supported by the operating and installation.

IC Warning

- English:

This device complies with Industry Canada licence-exempt RSS standard(s).

Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference. including interference that may cause undesired operation of the device.

Under Industry Canada regulations, this radio transmitter may only operate using an antenna of a type and maximum (or lesser] gain approved for the transmitter by Industry Canada. To reduce potential radio interference to other users, the antenna type and its gain should be so chosen that the equivalent isotropically radiated power (e.i.r.p.) is not more than that necessary for successful communication.



Official Website
<https://uswellfit.com/>

Contact info

✉ Support Team Email:
support@uswellfit.com

f Facebook:
Wellfit Fitness

📷 Instagram:
wellfit_fitness

🐦 Twitter:
<https://twitter.com/WellfitFitness>