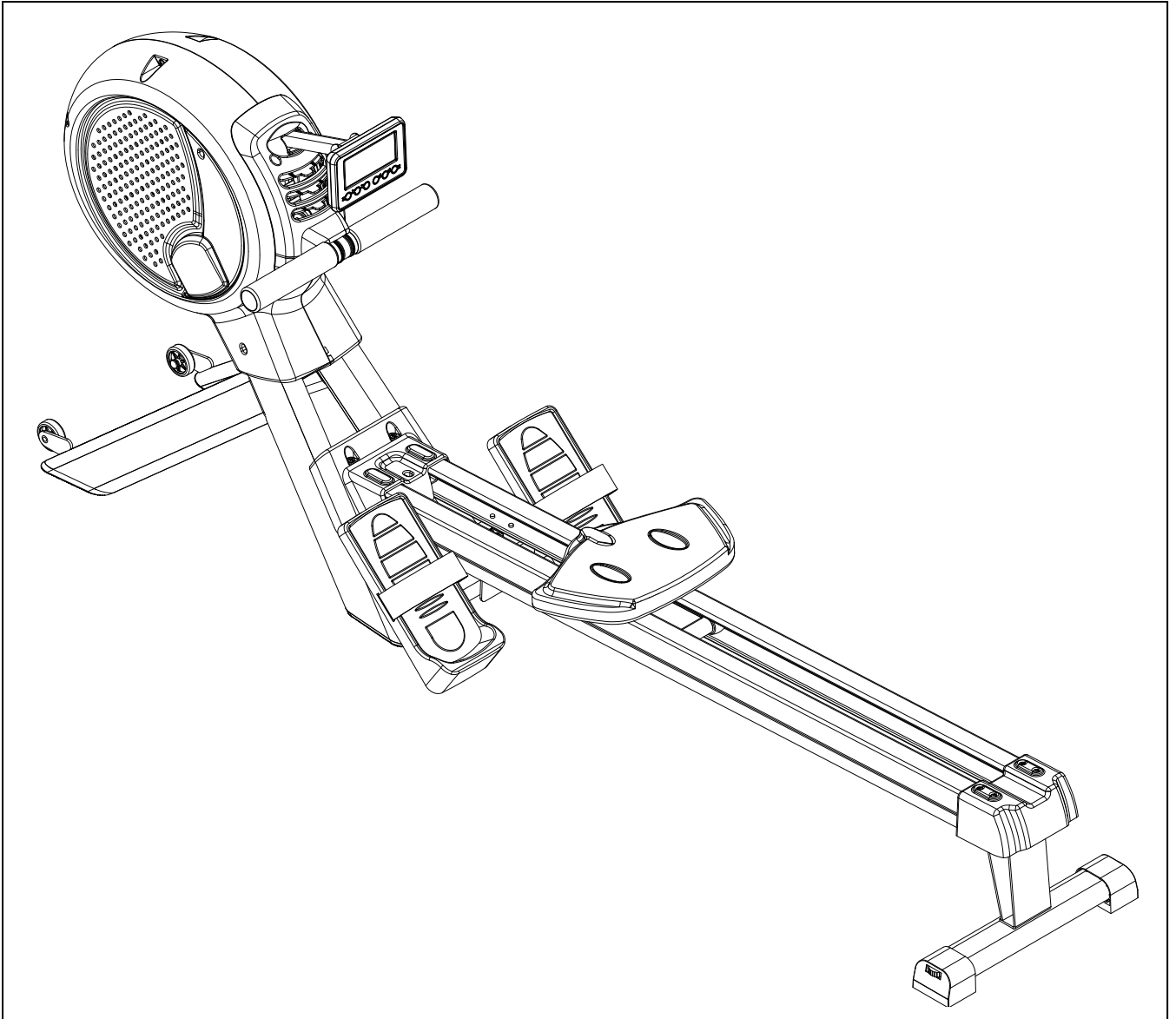
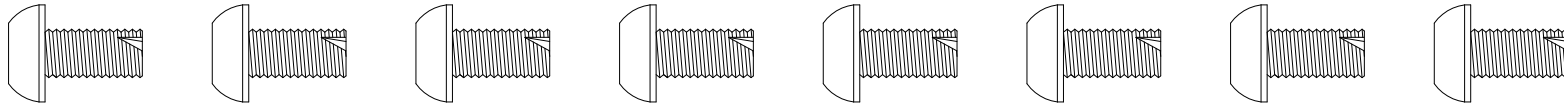


# *Instruction Manual*

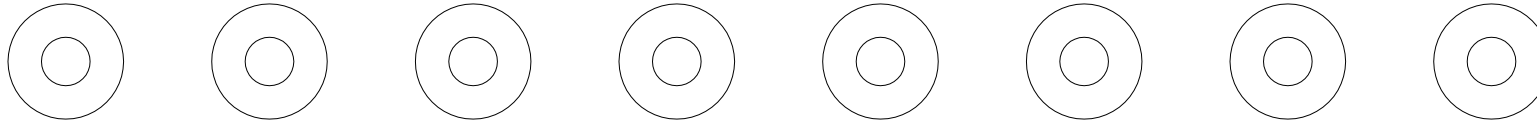
## ***ROWER MACHINE R-600***



# R600



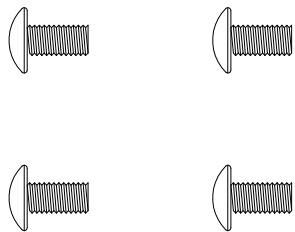
I-1 Allen Bolt M8x16mm; 8;



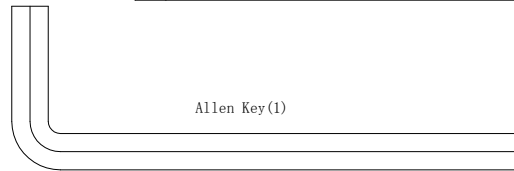
I-2 Curved washer for 8\*19\*2T bolt(8)



I-3 Screw M5\*12 (8)

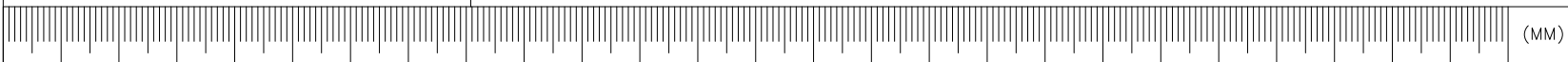


I-4 Screw M5\*10 (4)



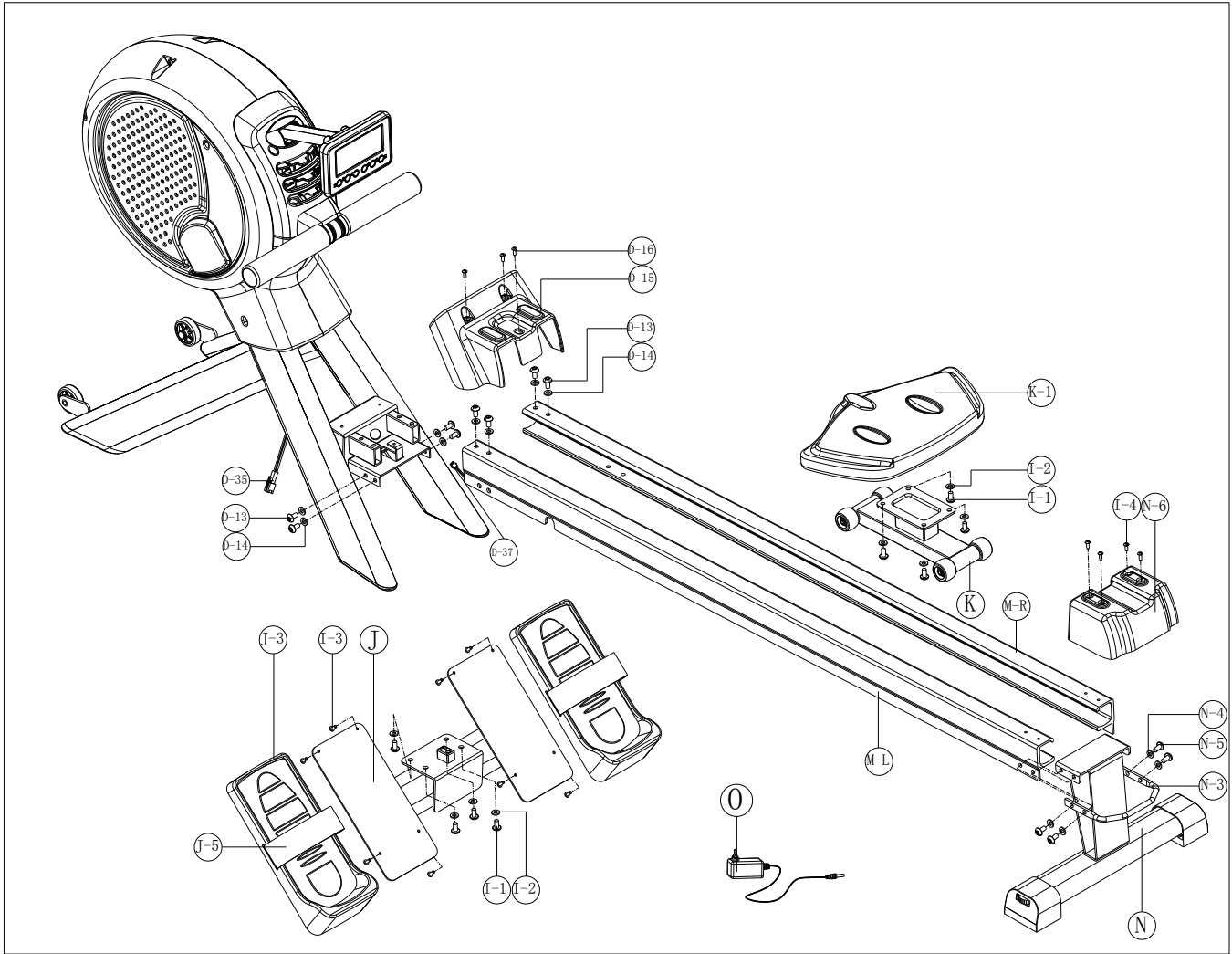
Allen Key(1)

Screwdriver (1)  
(Pedal Wrench)



(MM)

# Assembly Instruction





## Parts List ROWER MACHINE

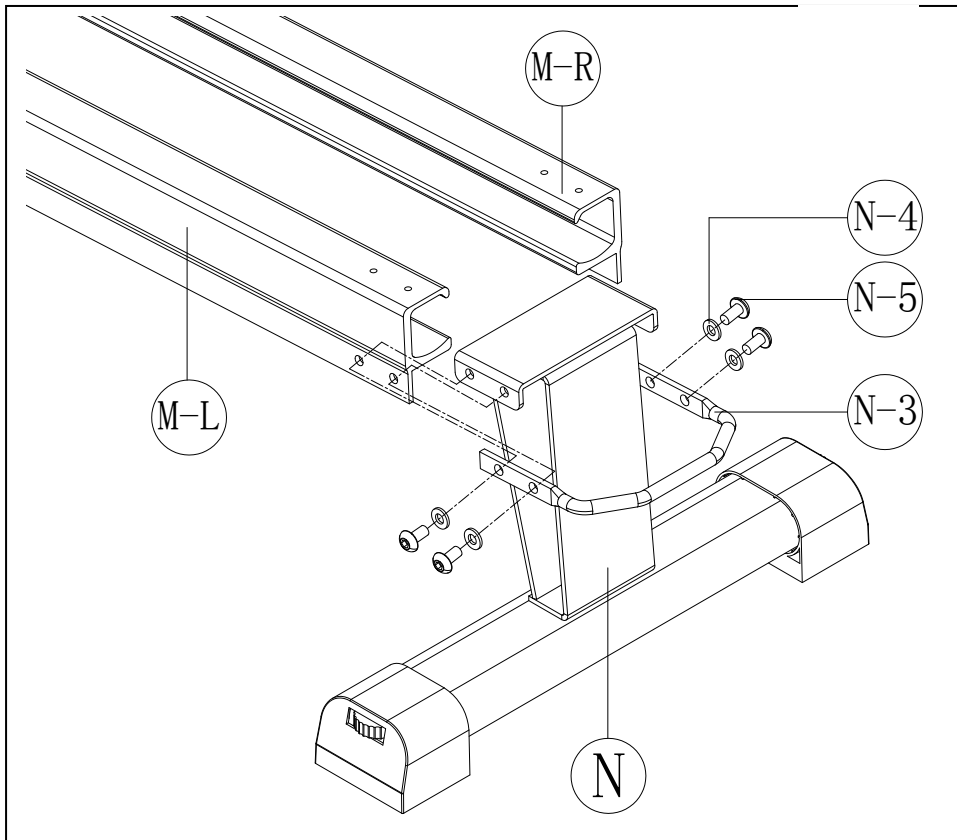
No.	Description	Quantity	
A	COMPUTER	1	SET
A-1	SCREWS FOR FIXING COMPUTER	4	PCS
B	SUPPORTING TUBE FOR BRACKET	1	PCS
B-1	BRACKET FOR FIXING COMPUTER	1	PCS
B-2	SCREWS M6xP1.0x57L	2	PCS
B-3	FIXING CAP	4	PCS
B-4	FLAT WASHER $\phi 6 \times \phi 16 \times 1t$	2	PCS
B-5	NYLON NUT M6	2	PCS
C	BRACKET FOR ROLLER	1	SET
C-1	DRIVING PULLEY	1	SET
C-2	ROLLER	1	SET
C-3	SCREWS 3/8"x54mm	1	PCS
C-4	SCREWS M6x50L	1	PCS
C-5	NYLON NUT 3/8"x7t	1	PCS
C-6	NYLON NUT M6	1	PCS
C-7	SPRING WASHER 8* $\phi 14 \times 2T$	2	PCS
C-8	FLAT WASHER $\phi 8 \times \phi 19 \times 2T$	2	PCS
C-9	BUSHING $\phi 10 \times \phi 14 \times 8mmL$	2	PCS
C-10	BUSHING $\phi 6 \times \phi 9 \times 6mmL$	4	PCS
C-11	HEXSGONAL SCREWS M8xP1.25x16L	2	PCS
C-12	FLAT WASHER $\phi 10 \times \phi 18 \times 1T$	1	PCS
C-13	FLAT WASHER $\phi 6 \times \phi 12 \times 1T$	1	PCS
D	MAINFRAME	1	SET
D-1	CAP FOR FRONT STABILIZER(LEFT)	1	PCS
D-2	CAP FOR FRONT STABILIZER(RIGHT)	1	PCS
D-3	SUPPORTING CAP(LEFT)	1	PCS
D-4	SUPPORTING CAP(RIGHT)	1	PCS
D-5	ADJUSTING CAP	2	PCS
D-6	HEXAGONAL SCREW 3/8"-16x3t	2	PCS
D-7	TRANSPORATION WHEEL	2	PCS
D-8	C-TYPE RING $\phi 8$	2	PCS
D-9	SPEEDY NUT M8	2	PCS
D-10	SENSOR BOX	2	SET
D-11	SCREWS M4x10L	2	PCS
D-12	SCREWS M5x12L	3	PCS
D-13	SCREW M8*P1.25*16L(6m/m)	8	PCS
D-14	FLAT WASHER $\phi 8 \times \phi 19 \times 2T$	8	PCS
D-15	FRONT CAP FOR SLIDER	1	PCS
D-16	SCREW M5x10L	3	PCS
D-17L	LEFT COVER(LOWER)	1	PCS
D-17R	RIGHT COVER(LOWER)	1	PCS
D-18	SCREW 3/16" (#10) x3/4"	2	PCS
D-19	SCREW M4x50L	3	PCS
D-20L	SIDE COVER(LEFT)	1	PCS
D-20R	SIDE COVER(RIGHT)	1	PCS

D-21	SCREW M4x8L	12	PCS
D-22	CONNCTION PIN OF COVER	1	PCS
D-23	SCREW M4x12L	10	PCS
D-24	DIVERSION OF FAN	3	PCS
D-25	POLE	2	PCS
D-26	FIXING SOCKET OF FAN	6	PCS
D-27	SCREW M3x8	12	PCS
D-28	COVER OF FAN	1	PCS
D-29	FAN COVER	1	PCS
D-30	SCREW M5x8L	1	PCS
D-31	DC WIRE	1	SET
D-32	SCREW M5x8L	4	PCS
D-33	CONNECTION BAR	1	PCS
D-34	DOWN COMPUTER CABLE	1	PCS
D-35	PULSE WIRE FOR WIRELESS RECEIVER	1	PCS
D-36	UPPER COMPUTER CABLE	1	PCS
D-37	WIRELESS RECEIVER FOR PULSE	1	PCS
D-38	BRACKET FOR COMPUTER	1	PCS
D-39	FLAT WASHERS 5x $\phi$ 10x1t	3	PCS
D-40	SPRING WASHERS $\phi$ 5	3	PCS
E	HANDLABAR	1	SET
E-1	PLASTIC WASHER $\phi$ 45x $\phi$ 32.2x0.5t	2	PCS
E-2	BUSHING $\phi$ 32.2x $\phi$ 44.3x29L	1	PCS
E-3	HEXAGONAL SCREW M6xP1.0x5L	2	PCS
E-4	BUSHING OF FOAM $\phi$ 32.2x $\phi$ 44.3x10L	1	PCS
E-5	FOAM GRIP	2	PCS
E-6	CAP FOR HANDLEBAR	2	PCS
E-7	INKLE	1	PCS
F~F-9	FLYWHEEL SET	1	SET
F-10	BELT	1	PCS
G~G-10	IDER WHEEL SET	1	SET
H~H-20	SPRING BOX	1	SET
I-1	SCREW M8*P1.25*16L(6m/m)	8	PCS
I-2	FLAT WASHER $\phi$ 8* $\phi$ 19*2T	8	PCS
I-3	SCREW M5xP0.8x12L	8	PCS
I-4	SCREW M5*P0.8*10L	4	PCS
J	PEDAL HOLDER	1	SET
J-1	STOPPER	1	PCS
J-2	SCREW M5x25L	2	PCS
J-3	PEDAL	2	PCS
J-4	PAD OF PEDAL	2	PCS
J-5	FIX BAND OF PEDAL	2	PCS
K	ROLLING SLIDER	1	SET
K-1	SADDLE	1	PCS
K-2	ROLLER (PU WHEEL)	4	SET

K-3	NLYON NUT M8	4	SET
L~L-14	MAGNETIC BRACKET & GEAR BOX	1	SET
M-L	LEFT SLIPPERY RAIL	1	PCS
M-R	RIGHT SLIPPERY RAIL	1	PCS
M-1	SCREW M5x30L	2	PCS
M-2	NYLON NUT M5	2	PCS
M-3	STOPPER FOR SILDER	1	PCS
N	REAR STABILIZER	1	SET
N-1	ADJUSTING CAP	2	PCS
N-2	SCREW 3/16" (#10) x3/4"	2	PCS
N-3	CARRY BAR FOR TRANSOPORTATION	1	PCS
N-4	FLAT WASHER $\phi 8 \times \phi 16 \times 2t$	4	PCS
N-5	SCREW M8xP1.25x20L(6m/m)	4	PCS
N-6	REAR COVER FOR SLIDER	1	PCS
O	AC ADAPTOR	1	SET

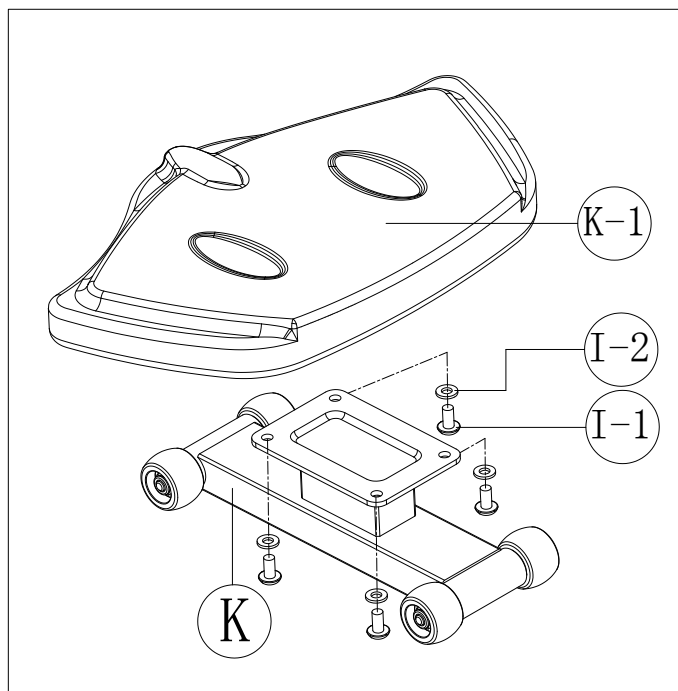
**Step 1**

1. Insert the Rear Support (N), and then attach the Rear Support to the Slippy Rail (M-L,M-R) using M8xP1.25x20L Bolt (N-5), Flat Washers (N-4) and Carry Bar (N-3).



**Step 2**

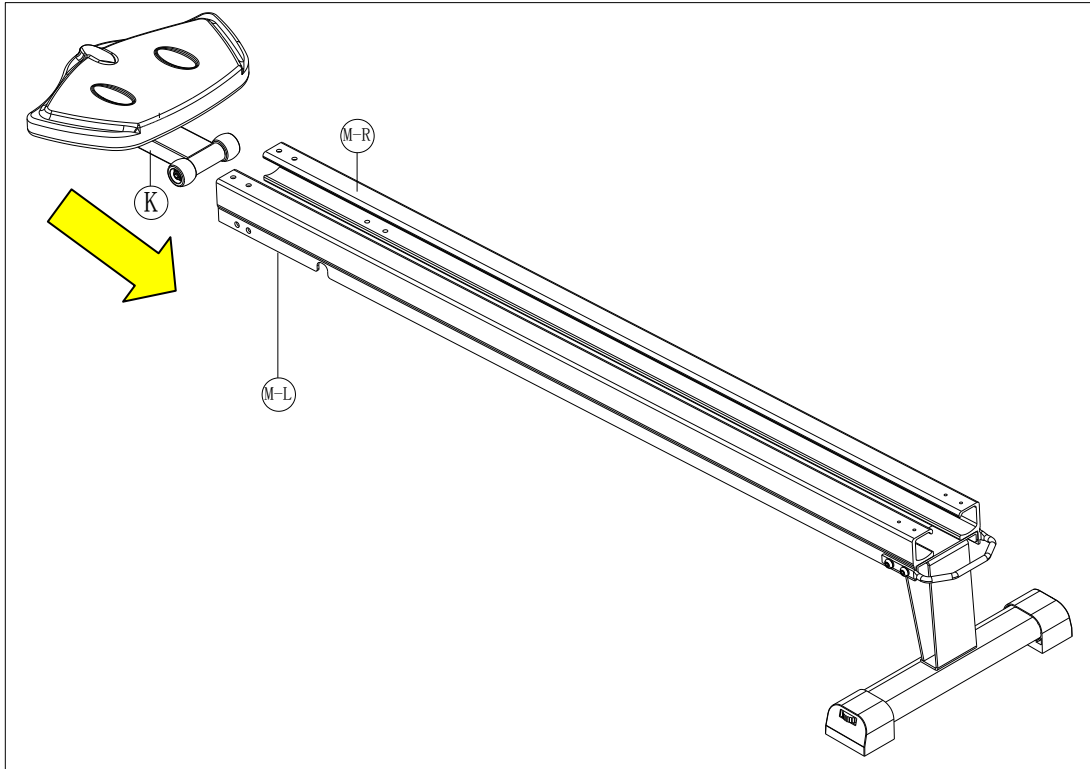
1. Attach the Seat (K-1) and the Rolling Slider (K) with M8\*P1.25\*16L Bolt (I-1) and Flat Washers (I-2)





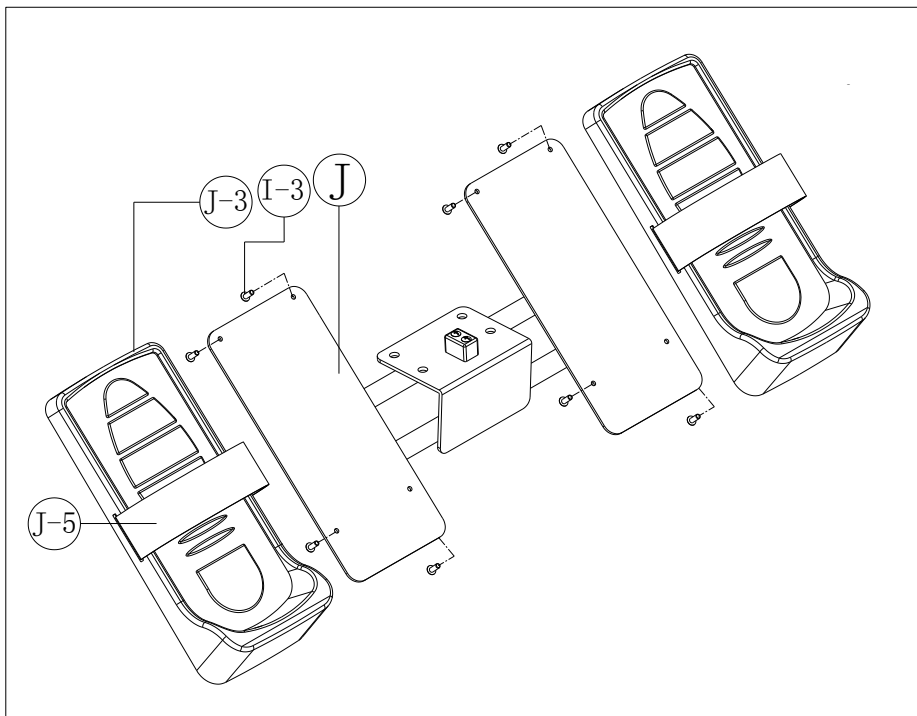
### Step 3

1. Slide the Seat with slider (K) onto the Slippy Rail (M-L, M-R).



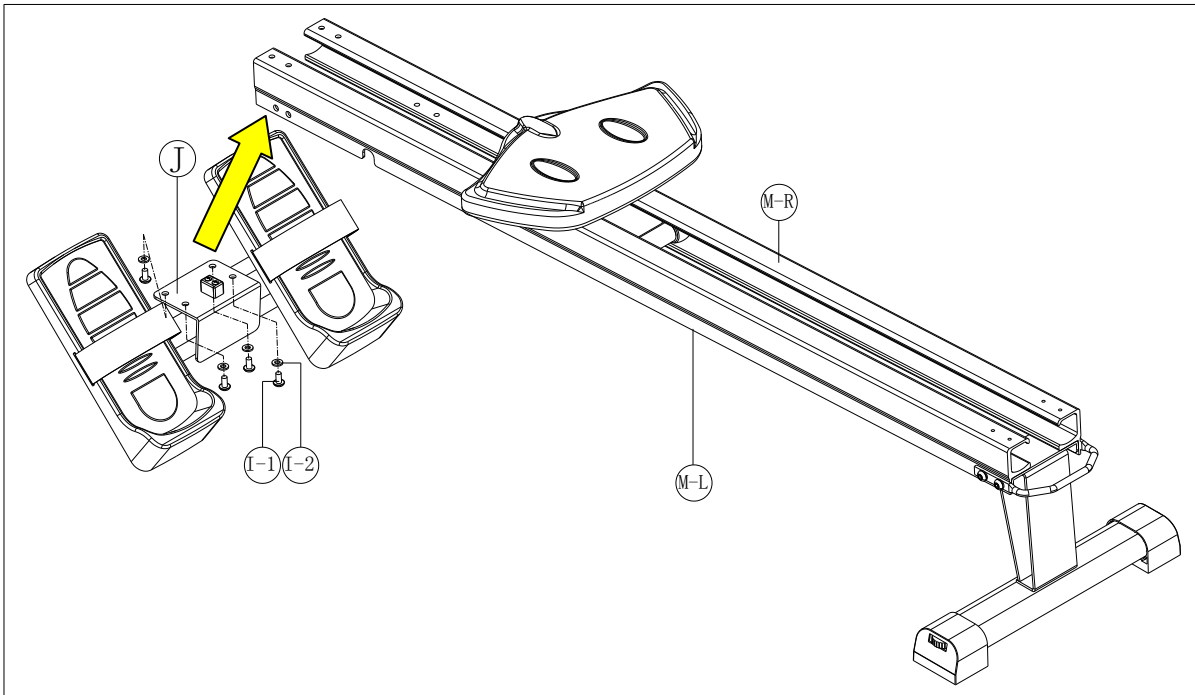
### Step 4

1. Attach the Pedal with fix band (J-3 & J-5) to the pedal support ( J ) with Screws (I-3).



## Step 5

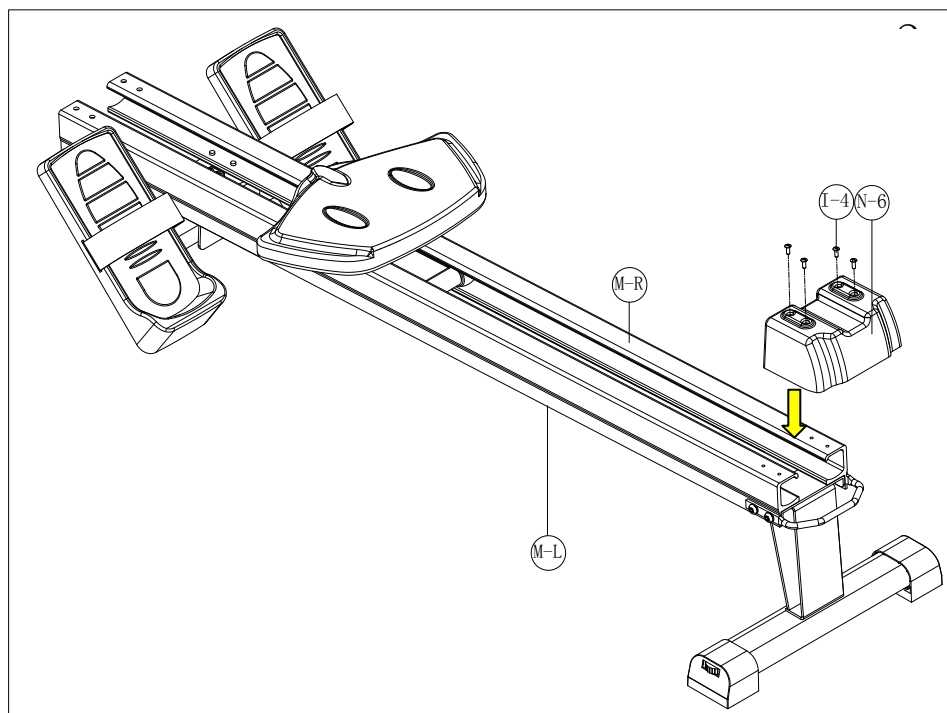
1. Insert the Pedal Holder (J) and attach the Slippery Rail (M-L, M-R) with M8\*P1.25\*16L Bolt (I-1) and Flat Washers (I-2).



Attention! When you fix the 4 screws of the pedal holder of to the slider, the 4 screws cannot be fixed too tightly at the same. The reason is that the size of the screw hole is bigger than the screw. If you tighten them too much the slider will not be paralleled to the rail and the saddle will not slide smoothly.

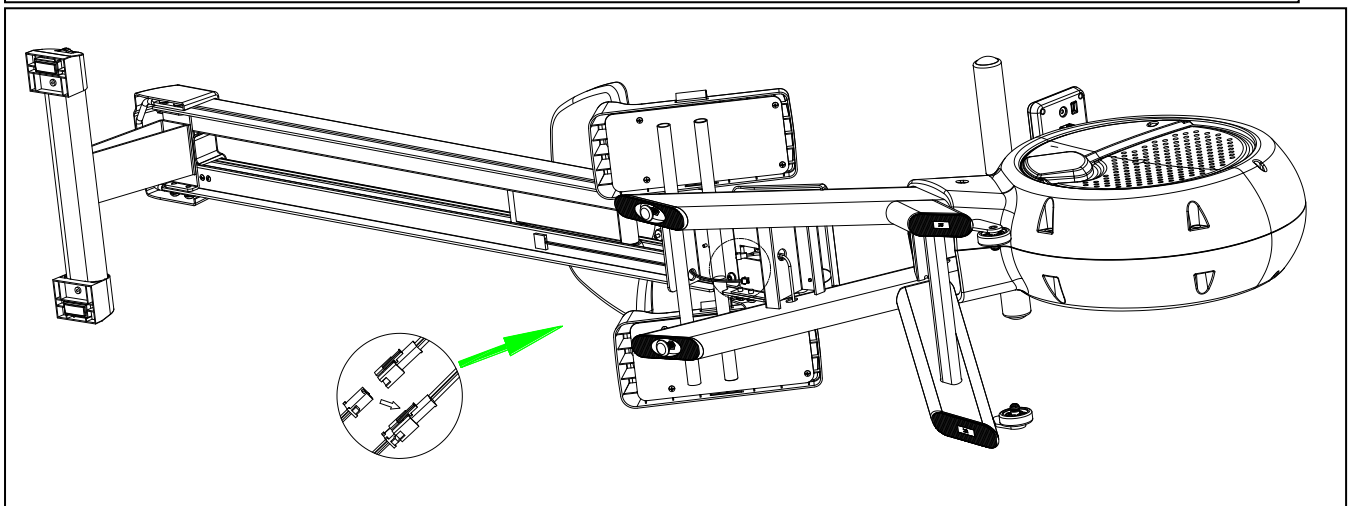
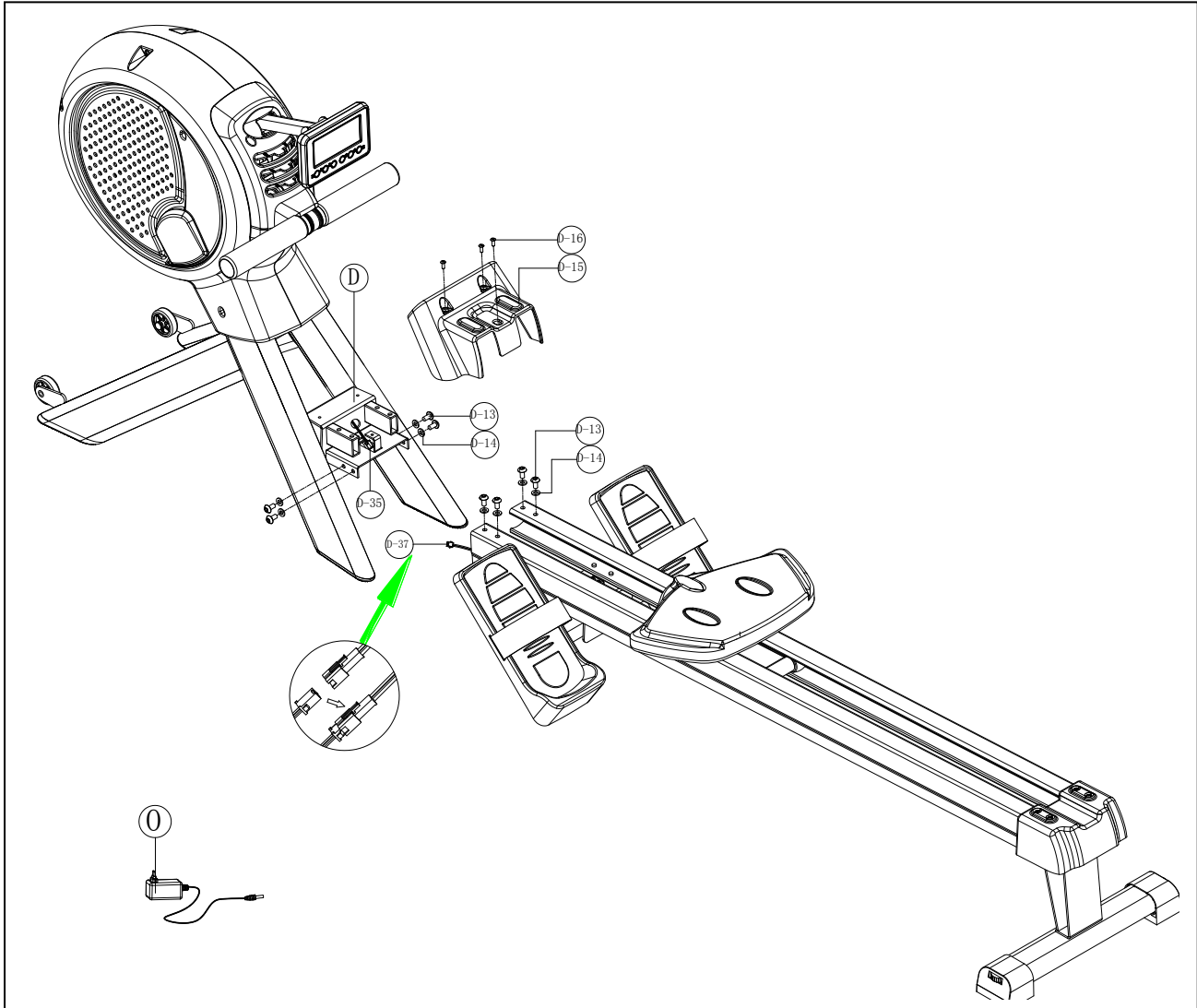
## Step 6

1. Attach the Rear Cover (N-6) over the Slippery Rail (M-R/L) using of Screw (I-4).

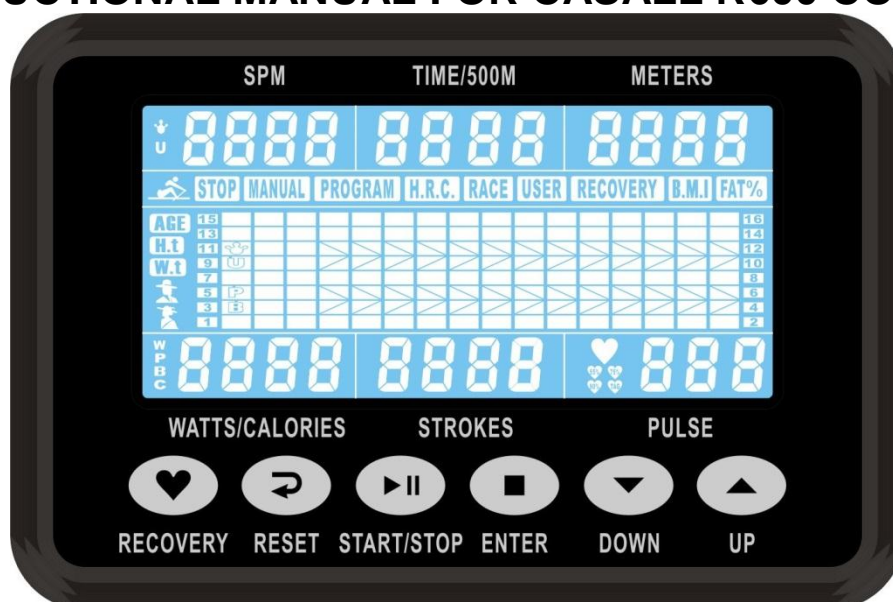


## Step 7

1. Insert the Slippy Rail (M-I , M-R) and fix it to the Main Frame (D) with M8\*P1.25\*16L Bolt (D-13) and Flat Washers (D-14).
2. Finally, attach the Cover (D-15) over the Main frame (D) using of M5x10L Washer (D-16).
3. Connect the Pulse Wire (pt.D-35) and the Wireless Receiver Wire (pt. D-37). The wires can be found below the main frame.



# INSTRUCTIONAL MANUAL FOR CASALL R600 CONSOLE



## [DISPLAY FUNCTION:]

ITEM	DESCRIPTION
<b>SPM</b>	<ul style="list-style-type: none"> <li>Strokes per minute</li> <li>Display range 0~999</li> </ul>
<b>Time/500m</b>	<ul style="list-style-type: none"> <li>Workout time display during rowing.</li> <li>Display range 0:00~99:59</li> <li>*Computer will display the time needed to row <u>500 meters</u> according to current speed every 6 seconds.</li> </ul>
<b>METERS</b>	<ul style="list-style-type: none"> <li>Rowing distance</li> <li>Display range 0~99999</li> </ul>
<b>CALORIES</b>	<ul style="list-style-type: none"> <li>Burned calories during rowing.</li> <li>Display range 0~9999</li> </ul>
<b>STROKES</b>	<ul style="list-style-type: none"> <li>Number of completed rowing strokes.</li> <li>Display range: 0~9999</li> <li>Scan every 6 seconds with Total Strokes.</li> <li>*Stroke count will be lost if power is out (adaptor unplug).</li> </ul>
<b>PULSE</b>	<ul style="list-style-type: none"> <li>Pulse bpm during rowing.</li> <li>Display range 0-30~240 °</li> </ul>

## [ BUTTON FUNCTION: ]

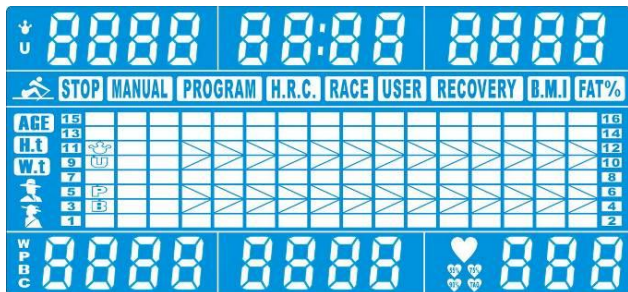
ITEM	DESCRIPTION
<b>Up</b>	<ul style="list-style-type: none"> <li>Setting selection.</li> <li>Increase resistance level.</li> </ul>
<b>Down</b>	<ul style="list-style-type: none"> <li>Setting selection.</li> <li>Decrease resistance level.</li> </ul>
<b>ENTER</b>	<ul style="list-style-type: none"> <li>Confirm setting or selection.</li> </ul>
<b>Reset</b>	<ul style="list-style-type: none"> <li>Hold on pressing for 2 seconds, computer will reboot.</li> <li>Clear setting value.</li> <li>Return to main menu after finishing a workout.</li> </ul>
<b>Start/ Stop</b>	<ul style="list-style-type: none"> <li>Start or Stop rowing training.</li> </ul>
<b>Recovery</b>	<ul style="list-style-type: none"> <li>Test heart rate recovery status.</li> </ul>

## [OPERATION]

### POWER ON

Plug in power supply, computer will power on and display all segments on LCD for 2 seconds. Enter into clock and calendar setting mode.

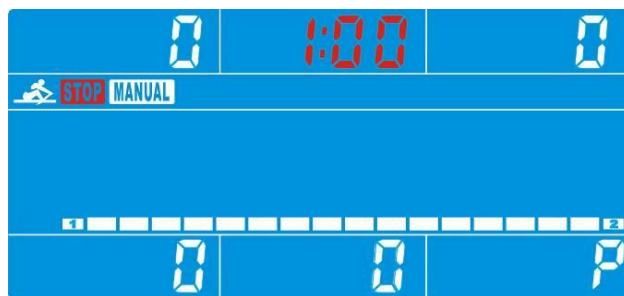
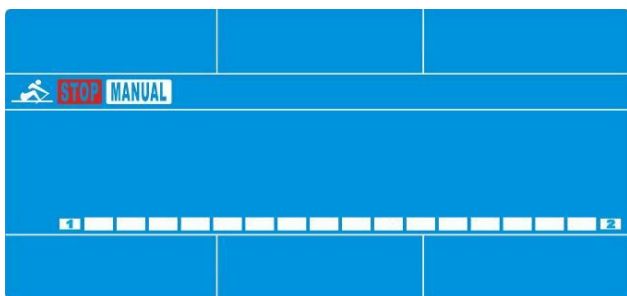
After 4 minutes without rowing or pulse input, console will enter into power saving mode. And display clock, calendar and room temp.



### Manual Mode :

Adjust resistance during workout manually.

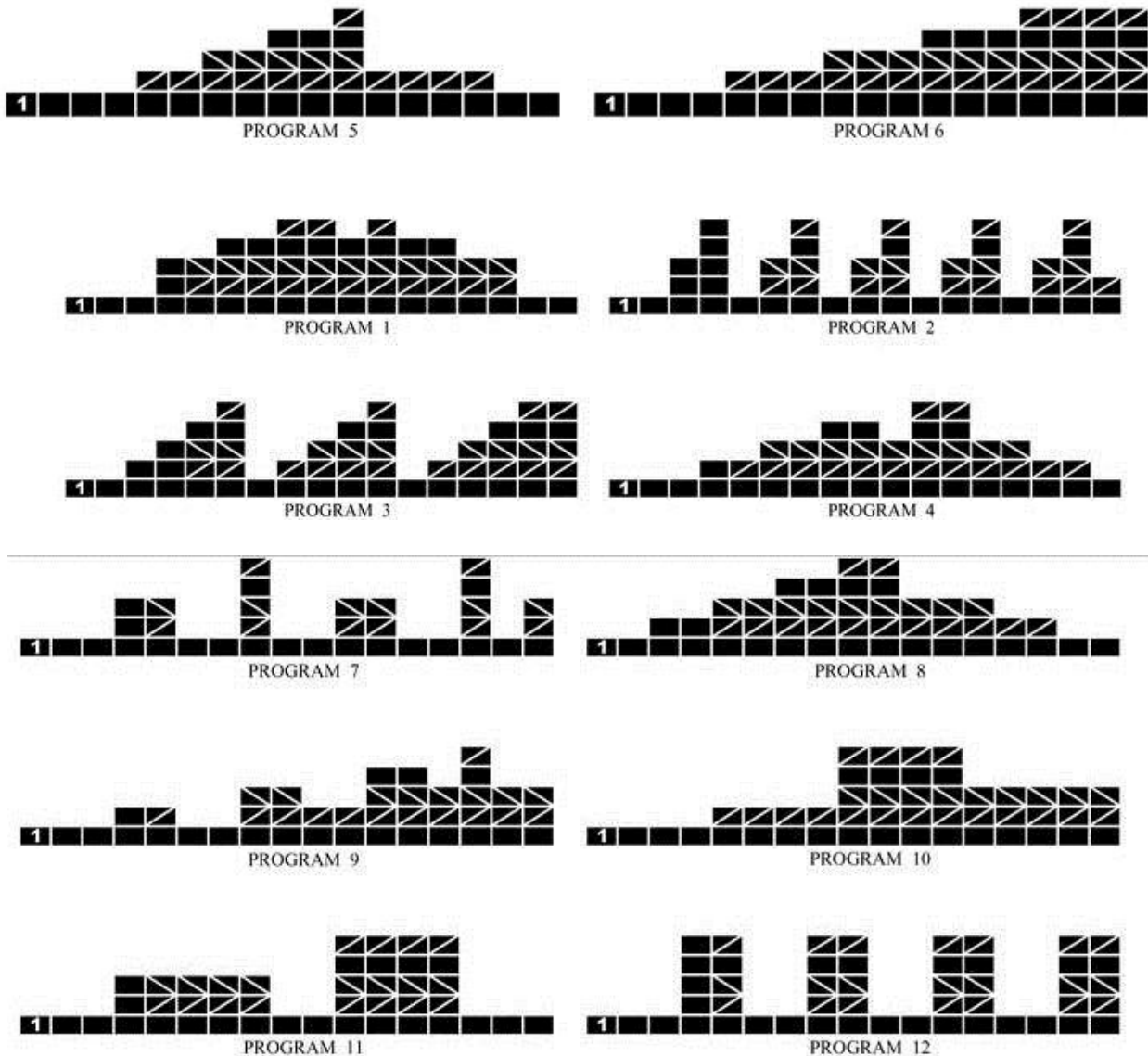
1. Press START key in main menu may start workout in manual mode.
2. Press UP or DOWN to select Manual mode and press ENTER to confirm.
3. Press UP or DOWN to set RESISTANCE LEVEL, TIME(or Meters), STROKES and CALORIES, and press ENTER to confirm. (User can ONLY choose between time and meter. Both cannot be set at the same time.)
4. Press START/STOP key to start workout. Press UP or DOWN to adjust resistance level.
5. When targeted workout value counts down to 0, the alarm from the console will sound and workout stops.
6. Press START/STOP key to pause workout. Press RESET to return to main menu.



### Program Mode :

Choose a preset workout program.

1. Press UP or DOWN to select Program mode and press ENTER to confirm.
2. Press UP or DOWN to select a specific preset workout program (P1~P12) and press ENTER to confirm.
3. Press UP or DOWN to set RESISTANCE LEVEL, TIME(or Meters), STROKES and CALORIES, and press ENTER to confirm. (User can ONLY choose between time and meter. Both cannot be set at the same time.)
4. Press START/STOP key to start workout. Press UP or DOWN to adjust resistance level
5. When targeted workout value counts down to 0, the alarm from the console will sound and workout stops.
6. Press START/STOP key to pause workout. Press RESET to return to main menu.



### **H.R.C. Mode :**

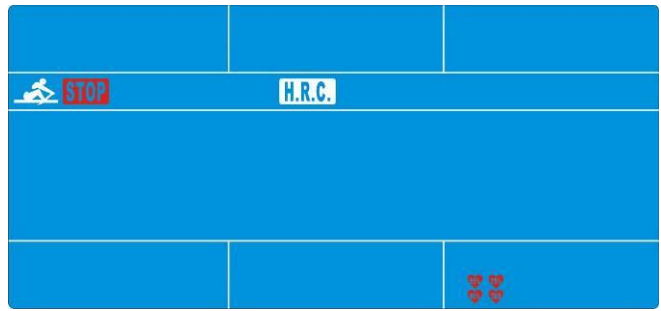
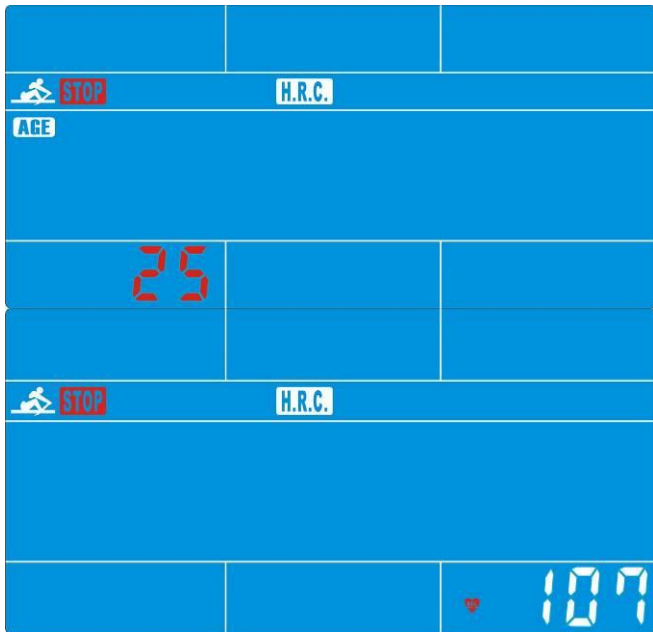
Target a heart rate for the workout.

1. Press UP or DOWN to select H.R.C. mode and press ENTER to confirm.
2. Press UP or DOWN to set AGE, and press ENTER to confirm.
3. Press UP or Down to select 55%.75%.90% or TA (Target heart rate.). (default: 100).

\*Formula:  $(220 - \text{Age}) \times \text{___}\%$

\*Example: Age 25 choosing 75%, you will target your heart rate to  $(220 - 25) \times 75\% = 146/\text{min}$

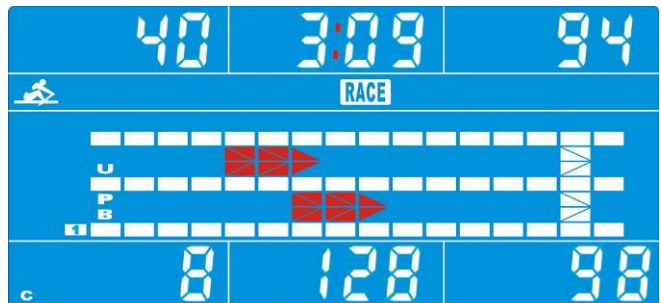
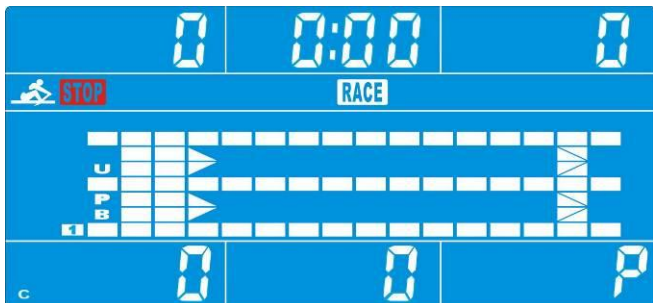
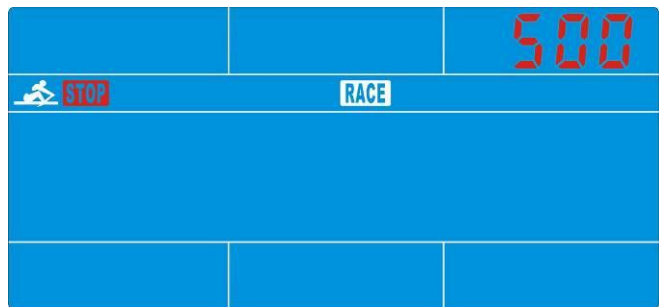
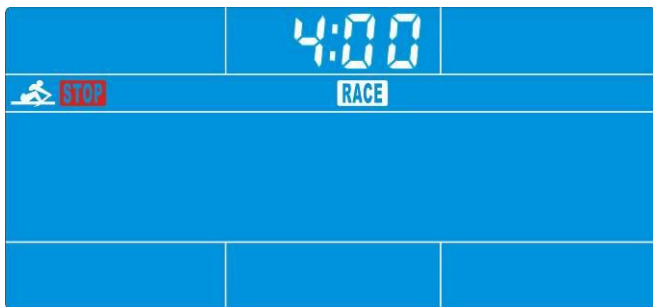
4. Press UP or DOWN to set RESISTANCE LEVEL, TIME(or Meters), STROKES and CALORIES, and press ENTER to confirm. (User can ONLY choose between time and meter. Both cannot be set at the same time.)
5. Press START/STOP key to start workout.
6. When targeted workout value counts down to 0, the alarm from the console will sound and workout stops.
7. Press START/STOP key to pause workout. Press RESET to return to main menu.



**Race Mode :**

Race against the computer.

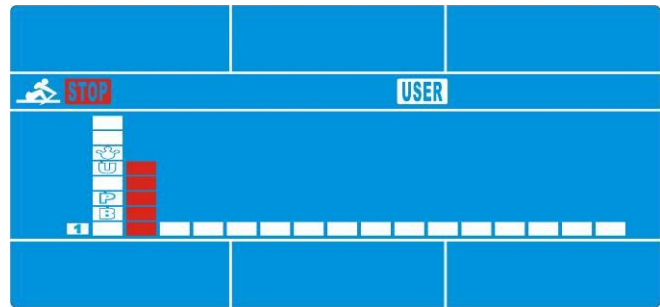
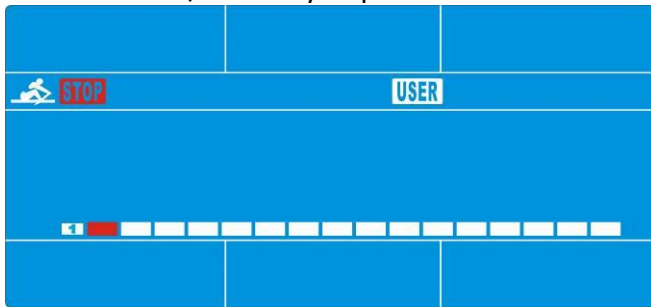
1. Press UP or DOWN to select Race mode and press ENTER to confirm.
2. Press UP or DOWN to preset Challenge level and press ENTER to confirm. (Total level =15, Default time= 0:30 TIME/500M, Default distance=500M)
3. Press START/STOP key to start workout. Press UP or DOWN to adjust resistance level.
4. When PC or User finishes the rowing distance, computer will stop and show PC win or User win.
5. Press START/STOP key to pause workout. Press RESET to return to main menu.



**USER Mode :**

Preset your own workout profile.

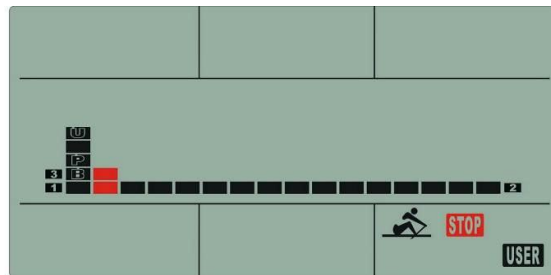
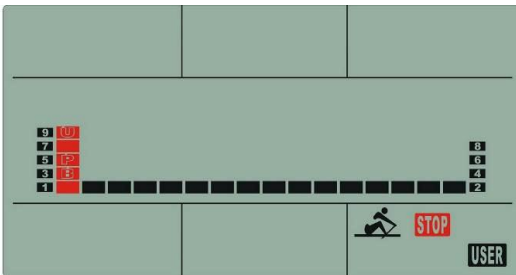
1. Press UP or DOWN to select USER mode and press ENTER to confirm.
2. Press UP or DOWN to set resistance level of each column, and press ENTER to set the next resistance column.  
(Total resistance column = 16)
3. Hold on pressing MODE to finish or quit setting
4. Press UP or DOWN to set RESISTANCE LEVEL, TIME(or Meters), STROKES and CALORIES, and press ENTER to confirm. (User can ONLY choose between time and meter. Both cannot be set at the same time.)
5. Press START/STOP key to start workout. Press UP or DOWN to adjust resistance level.
6. When targeted workout value counts down to 0, the alarm from the console will sound and workout stops.
7. Press START/STOP key to pause workout. Press RESET to return to main menu.



### **Recovery Mode**

Monitor heart rate recovery status.

1. When pulse value displays on the computer (wear chest strap), press RECOVERY button.
2. TIME shows "0:60" (seconds) and begin countdown.
3. Computer will show heart rate recovery levels from F1 to F6 after countdown.  
\*Please see the F level chart below to determine the recovery level.



1.0	OUTSTANDING
1.0 < F < 2.0	EXCELLENT
2.0 < F < 2.9	GOOD
3.0 < F < 3.9	FAIR
4.0 < F < 5.9	BELOW AVERAGE
6.0	POOR

### **Trouble shooting :**

E-2 : Check if cables were well connected or damaged.



**Attention!** All preset data will be lost when unplug the power (adaptor) from the "machine".  
The console is designed for single workout usage only.



