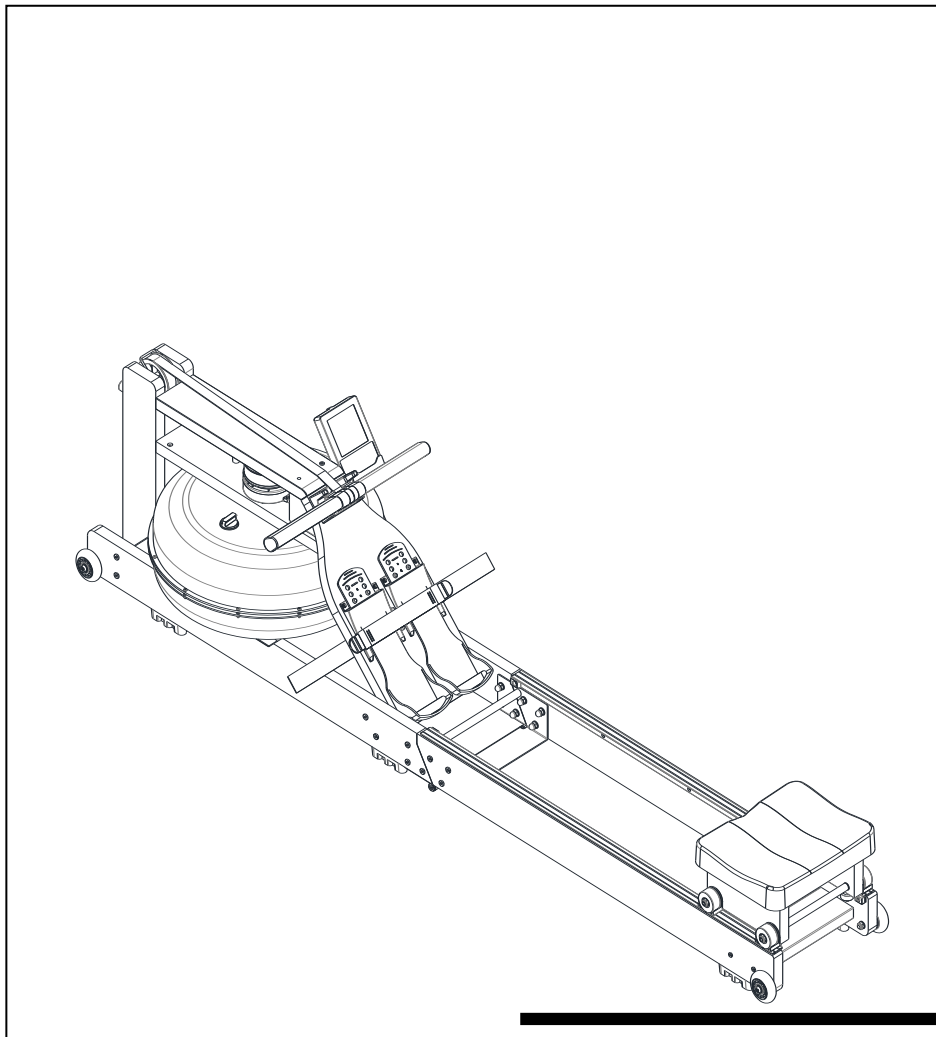# Potomac Regatta

MANUAL

Read all precautions and instructions in this manual before using rower.
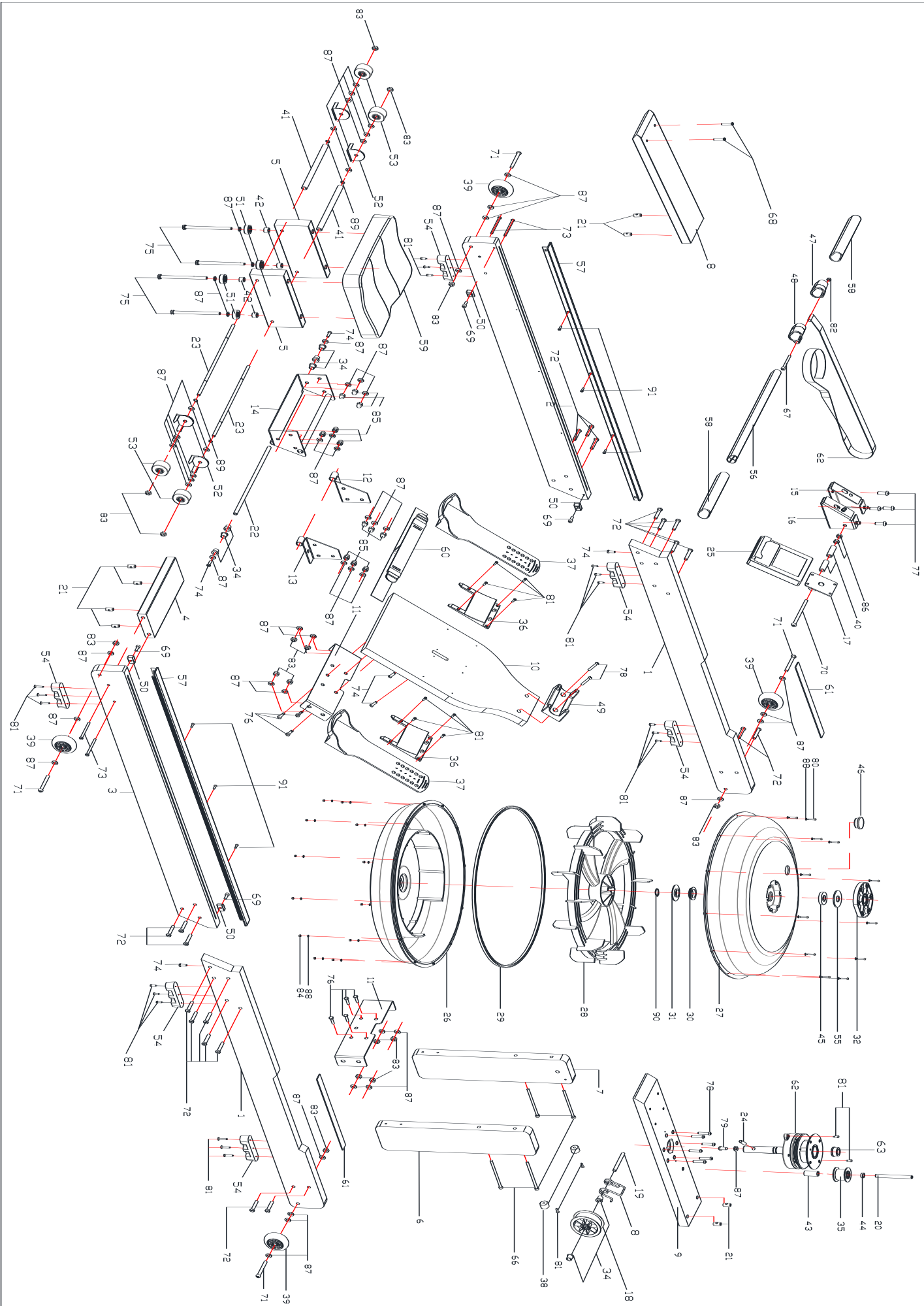
Important precautions

Please keep this manual for future reference.

1、It is important to read all the contents of instruction manual carefully before assembling and using the rower. Only the correct installation、maintenance and using the rower can achieve a safe and effective training effect. It is the responsibility of the owner to ensure that all users of the rower are adequately informed of all warnings and precautions.

2、Before using the rower, users should consult a doctor according to their physical condition to prevent health or safety incidents during training, so that normal training cannot be carried out. If the users is taking medication and treatment that affects heart rate, blood pressure and cholesterol, make sure to follow the doctor's advice before training.

3、The rower is not intended for use by persons with reduced physical , sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the rower by someone responsible for their safety.

4、Keep your children and pets away from the rower which is only for adults.

5、Place the rower on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 0.5m of clearance around the rower.

7、Only repair and maintenance of the parts frequently which are easy to be damaged, easy to be wearable and easy to be broken can ensure the safe of using rower.

8、Inspect and properly tighten all parts each time the rower is used. Replace any worn parts immediately.

9、Wear appropriate clothes while exercising, do not wear loose clothes that could become caught on the rower. Always wear athletic shoes for foot protection.

10、The rower has been certified by EN957 Class HC and is suitable for home use only. The weight of

trainer is less than 135kg.

11、The rower is not suitable for use as medical equipment.

12、During lifting or moving the rower, be careful do not hurt your back. Use correct movement method, or with the assistance of others.
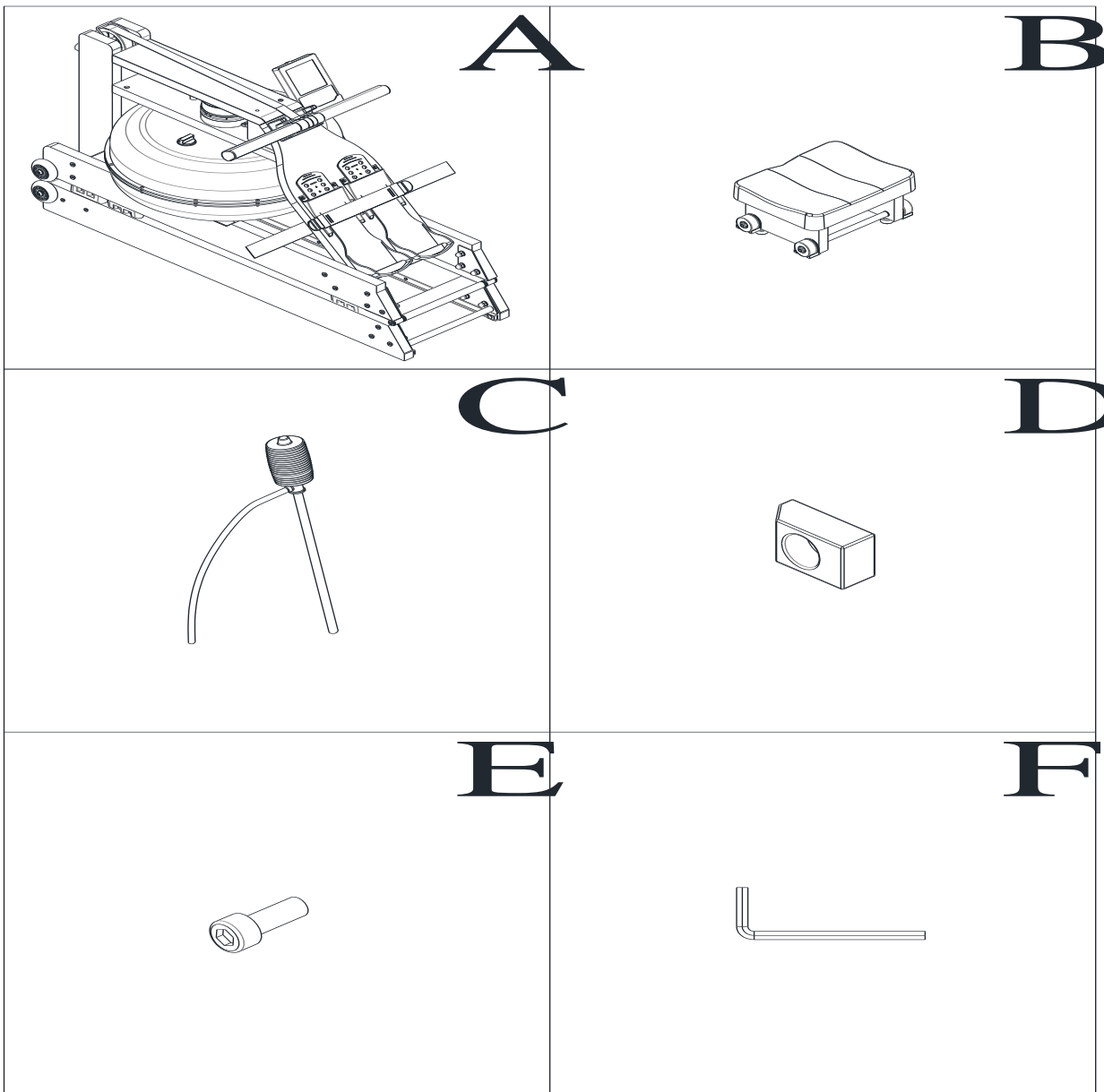
PARTS LIST

NO.	Description	Spec.	Qty.	NO.	Description	Spec.	Qty.
1	Front rail		2	46	Water tank plug		1
2	Rear left rail		1	47	Left ribbon fixed seat		1
3	Rear right rail		1	48	Right ribbon fixed seat		1
4	Rail connection plate		1	49	Handlebar fixed seat		1
5	Seat fixed plate		2	50	Block for seat		4
6	Right column		1	51	Small roller		4
7	Left column		1	52	Wheel fixed seat		4
8	Top connection plate		1	53	Seat roller		4
9	Water tank fixed plate		1	54	Foot pad		6
10	Foot pedal		1	55	Plastic gasket		1
11	Connection U plate		2	56	Handlebar		1
12	Front left connection plate assembly		1	57	Edgings		2
13	Front right connection plate assembly		1	58	PVC grip		2
14	Rear connection plate assembly		1	59	Seat		1
15	Left fixed connection plate assembly		1	60	Foot webbing		1
16	Right fixed connection plate assembly		1	61	EVA pad		2
17	Tablet plate assembly		1	62	Retractor assembly		1
18	U belt		1	63	Upper sleeve		1
19	Pulley shaft	Q235/φ10*89	1	64	Water pump		1
20	Belt wheel shaft	Q235/φ10*106	1	65	IPAD holder		1
21	M6 cylindrical nut	Q235/φ10*20	8	66	Allen screw	M6*110	4
22	Long shaft	Q235/φ10*305	1	67	Allen screw	M6*55	1
23	Seat roller shaft	Q235/φ8*320	2	68	Hexagon flat screw	M6*30×S4	2
24	Fixed pin		1	69	Allen screw	M6*16	4
25	Tablet		1	70	Hexagon socket pan head screw	M8×110×30×S6	1
26	Lower water tank		1	71	Hexagon socket pan head screw	M8×65×20×S5	4
27	Upper water tank		1	72	Hexagon flat screw	M8×40×15×S5	20
28	Paddle		1	73	Hexagon flat screw	M6×70×S4	4
29	Water tank seal		1	74	Hexagon flat screw	M6×15×S4	6
30	Rubber gasket		1	75	Hexagon bolts	M8×140x20×S14	4
31	Rubber gasket		1	76	Hexagon wooden bolt	M6×25×S10	7
32	Plastic bearing		1	77	Hexagon socket pan head screw	M8×25×S5	4

33	Plastic pulley 2		1	78	Hexagon socket pan head screw	M6*32×S4	8
34	Plastic sleeve		6	79	Hexagon socket pan head screw	M8×20×S5	1
34	Plastic sleeve 2		2	80	Pan head screws with cross recessed	M3x20xΦ6	12
35	Small pulley		1	81	Pan head tapping screws with cross recessed	ST4.2x16xΦ7	30
36	Footplate		2	82	Nylon nut	M6xH6xS10	1
37	Adjust the pedal		2	83	Nylon nut	M8xH7.5xS13	16
38	Column footpad		2	84	Nylon nut	M3xH3.8xS6	12
39	PU roller		4	85	Cap nut	M8×H16×S13	12
40	PVC casing		2	86	Hex nuts	M8×H6.8×S14	2
41	PVC casing 2		2	87	Flat washers	d8×Φ16×1.5	49
42	PVC casing 3		4	88	Flat washers	d3×Φ7×0.5	24
43	PVC casing 4		1	89	Shaft ring	D8×0.8	4
44	PVC casing 5		1	90	Shaft ring	D20×1.0	1
45	TC frame oil seal		1	91	Countersunk flat head tapping screws with cross recessed	ST4.2x16xΦ7	6

Open the packing box and you can take out the following parts in the box

List of installation parts						
No	description	quantity		No	description	quantity
A	Whole rower machine	1PC		B	Seat set	1PC
C	Water pump	1PC		D	Block for seat cushion	2PCS
E	Allen screw	2PCS		F	Allen spanner	1PC

A

B

C

D

E

F

ASSEMBLY INSTRUCTION

STEP 1

1．Take out the product from the carton and stand up the product, then place the product flat on the floor. Note that one hand is on the round tube of the frame(N) and the other hand pushed out on the guide rail(M) slightly to prevent the pinch.
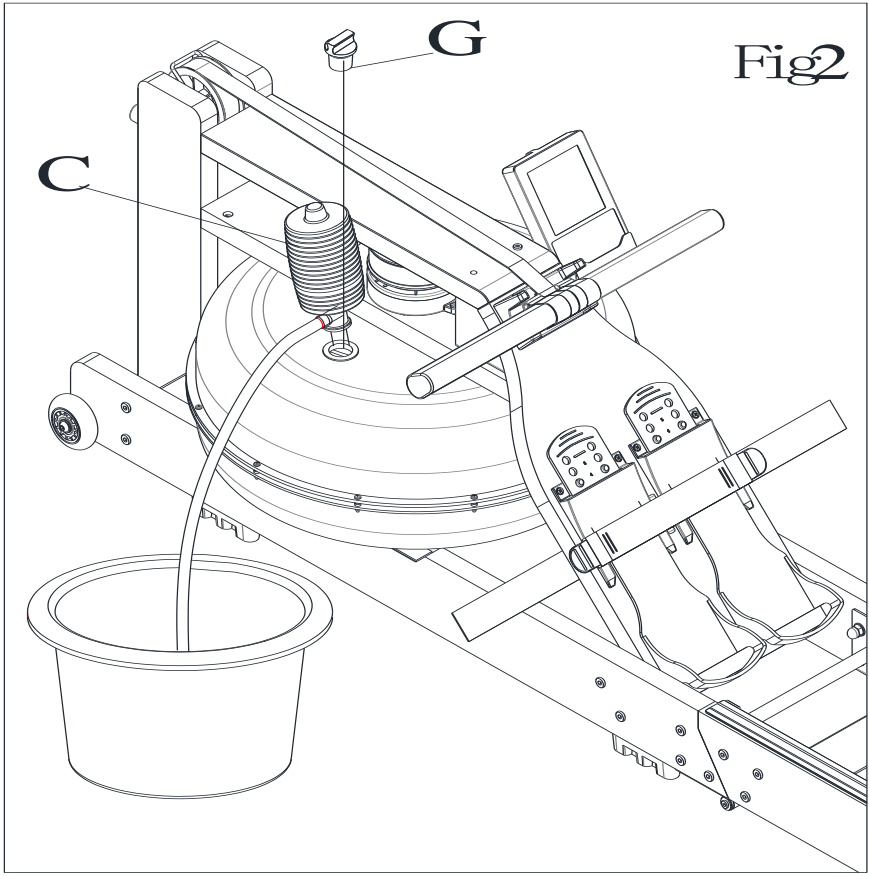
2．First slide the seat set(B) into the guide rail, then use the Allen screw(E) to fix the block for seat cushion(D) on the guide rail, thus the assembly is completed.
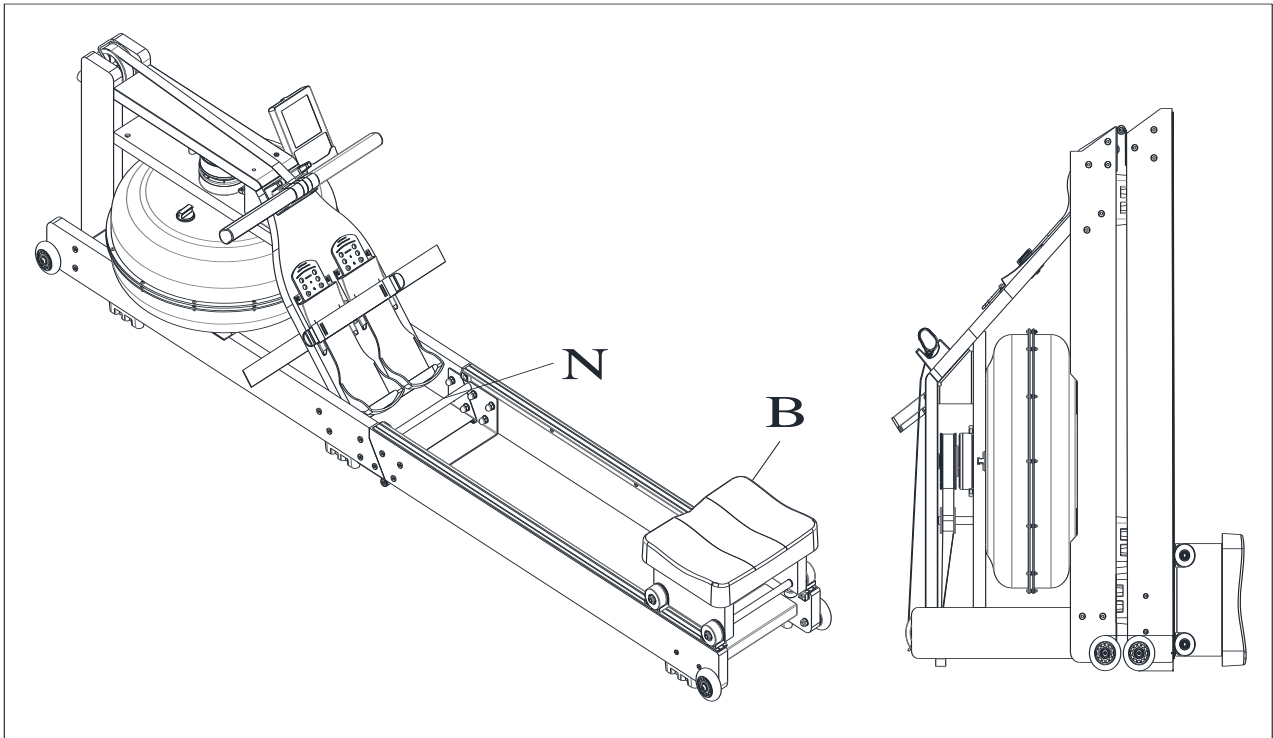
STEP 2

1. Remove the tank plug(G) from the upper tank .

2. Water injection as shown in figure1. Insert the water pump(C) into the tank, and then use water pump(C) and bucket to fill the water tank. Refer to the digital mark on the side of the tank to measure the amount of water in the tank.

3. Pump water as shown in figure2. Place a bucket next to the rowing machine, and use water pump(C) pumps water from the bucket into the tank. Then stuff the water tank plug(G) into the upper tank . Lastly, use a dry cloth to dry the water around the rower.

G **Fig1**

C

WATER LEVEL
RESISTANCE

6 — MAX.FILL
5
4
3
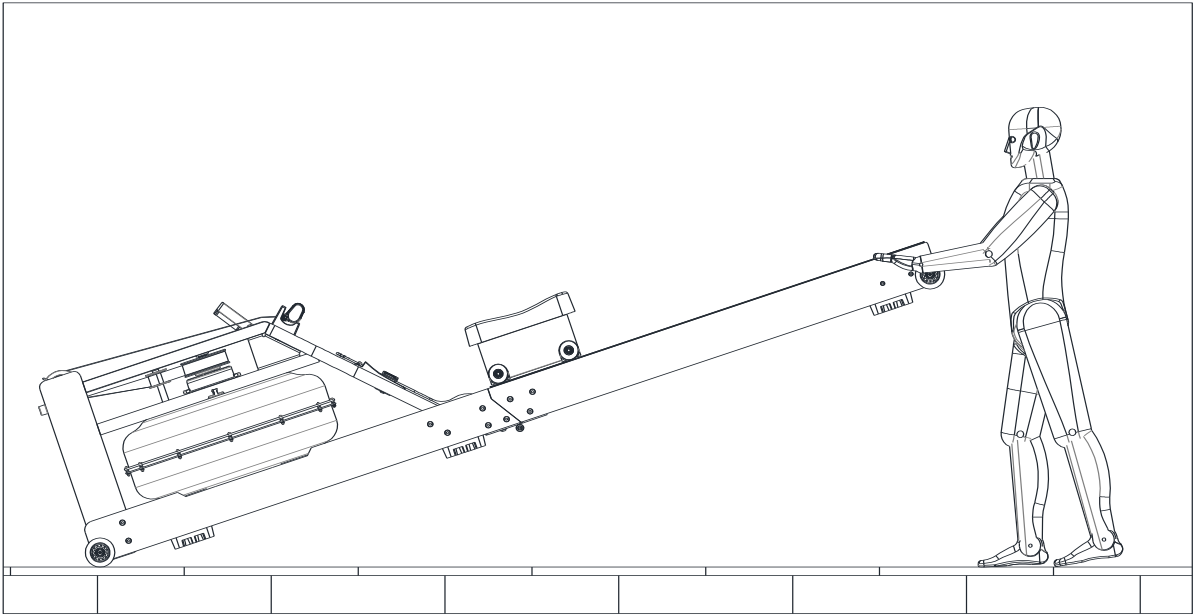2
1 — MIN.FILL

Fig2

G

C

Product folding

First move the seat set(B) to the end when the rower is to be folded, then hold the round tube of frame(N) with your hand, pull up slightly to prevent the seat set from falling down when rower is folded, and damage the rowing machine.
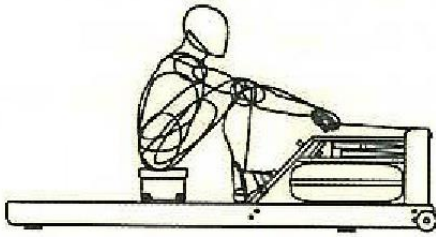
Product movement

Lift the end of the guide rail and then move the rower to the desired position.
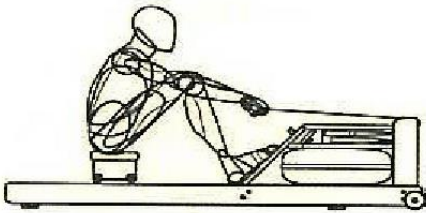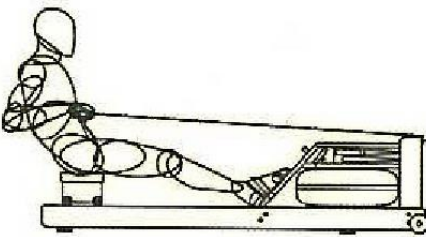
Training guide diagram

Start position
Keep your arms straight in front of you, shoulders relaxed, head up, eyes look forward, feet and calves compressed vertically.

Sliding process
Grab the arm with your hands, keep the body in correct posture and angle. Open the legs slowly and move them forward .

Return position
Straighten your legs forward, pull the handle to the chest, relaxed your shoulders and look forward.
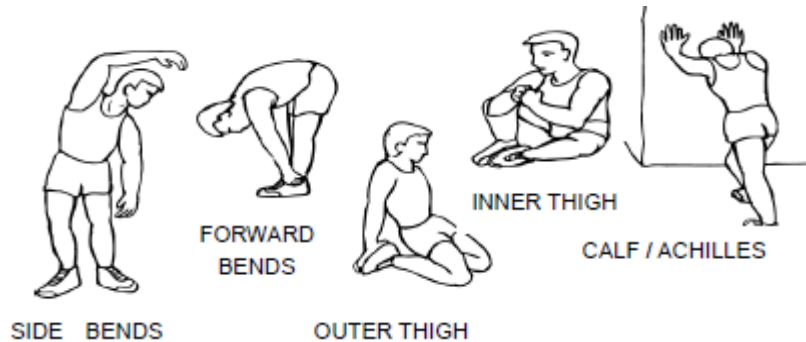
After you have mastered the correct posture and rhythm of your rowing movement, the technique will be easier than regular rowing, then you will experience the benefits of rowing machine training soon.

Training introduction

Use the product can not only enhance physical fitness and exercise muscle, but also play a role in weight loss through a reasonable diet.
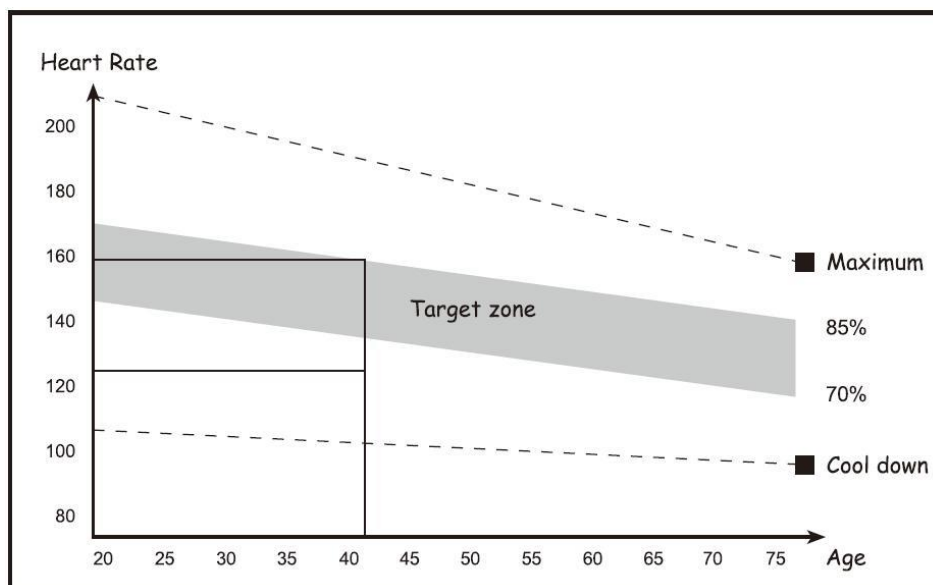
Warm-up exercise before training

This stage of warm up exercise can enhance the trainer's body blood circulation and make the muscles in a good condition, at the same time reduce the risk of cramping or muscle pulling during training. Before each training , please do the warm up exercise according to the following recommended training methods, each type of stretching exercise must be maintained for about 30s,when doing exercise , be careful not to do strenuous stretching exercise to prevent muscle damage, once the muscle is damaged, please stop practicing.

Training phase

This stage is formal training stage. You can improve the flexibility of your legs muscle after a long-term regular practice. During the training, it is important to do the stable training intensity according to their own training situation and choose the reasonable training intensity, so keep the heart rate within the target values listed in the following table.

At least 12mins of training to keep the heart rate within the corresponding target range. At the beginning of training , most of people continue to train for 15-20mins.

Recovery phase after training.

During the recovery phase, repeat the activities in the preparation. During the process, you can reduce the amplitude and speed of the exercise appropriately. Time around 5mins . Through exercise to adjust body heat and relax muscles. It is important to note that you cannot do strenuous stretching during exercise to avoid damaging

your muscles.

When you have already adapted training, you can gradually increase the training time and training intensity, at least 3times per week. If possible record the average level of weekly practice.

Strengthen muscles

If you would like to use product to strengthen the muscle, you need to adjust the resistance to the highest. So that you can achieve the effect of strengthening the muscle by increasing the strength of exercise in a short time. If you want to achieve the purpose of fitness while strengthen the muscle, you need to use another method. First do the warm up exercise then do the regular practice, increase the strength of training near the end of training phase, increase the resistance of legs, but pay attention to slow down training speed while increasing the strength to keep the heartbeat within the target value and do some finish exercise after training .

Weight loss

To achieve the effect of weight loss, the key points that is time and intensity of training , the more intensity of training , the longer time will burn more calories, thus achieving the effect of weight loss. Also the effect of fitness can be achieved through practice, enhance physical. During the training you can do some proper practice according to different needs.

Operation manuals for multi-functional monitor

Ⅰ.Function table

No.	Items	Indication range	Setting	memory	zero	Summary statement
1	TIME	0:00~99:59 (min：sec)	±1min	Yes	yes	1.count up when no setting. 2.count down after setting. Ring at 0 (BIBI 4 sounds) 3.no signal input after 4 mins, enter the standby screen
2	DIST	0~9999	0~9990 ±10K ±10M	yes	yes	1. count up when no setting 2. count down after setting. Ring at 0 (BIBI 4 sounds) 3.o signal input after 4 mins, enter the standby screen
3	CAL	0~9999cal	0~9990 (±10)	yes	yes	1. count up when no setting 2. count down after setting. Ring at 0 (BIBI 4 sounds) 3. no signal input after 4 mins, enter the standby screen
4	SPM	0~999	no	no	yes	After start the workout a. Display SPM in 3s after get the signal input b. Clear SPM in 4.6s while no signal input c. The window is also for WATT. Every 5s WATT and SPM display interactively
5	STROKES	0~9999	0~9990 (±10)	yes	yes	Rowing strokes share the display window with TOTAL STROKES and every 5s display interactively
6	TOTAL STROKES	0~9999	no	yes	no	Total strokes
7	PULSE	P-30~230 BPM	0-30~230 (±1)BPM	yes	yes	a. When a pulse signal entered, the initial display time is 7.5s. (counted by the first pulse) b. Clear the pulse in 6s while no pulse signal c. Refer to appendix1 foe calculation method d. While the pulse is higher than the target, pulse window flashes per second to indicate or pulse over alarm BIBI per second.
8	Manual Program、					Do quick start when RPM signal is detected when not in any mode.
9	INTERVAL 20-10					1. Intermittent motion mode 2. Exercise for 20s and rest for 10s
10	INTERVAL 10-20					1. Intermittent motion mode 2. Exercise for 20s and rest for 10s
11	INTERVAL CUSTOM					1. Intermittent motion mode 2. User sets the time for exercise and rest

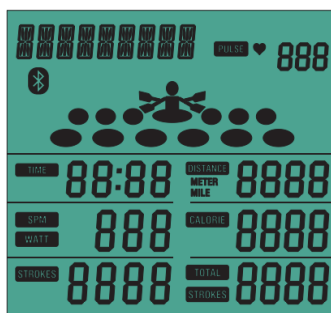| 12	TARGET TIME					User sets the target time
13	TARGET DISTANCE					User sets the target distance
14	TARGET CALORIES、					User sets the target calories
15	TARGET STROKES					User sets the target strokes
16	TARGET PULSE					User sets the target pulse rate
17	BLUETOOTH					User turns on /off the Bluetooth. while monitor is on that only shows Bluetooth icon. while off, app cannot use.

Ⅱ.button description：

BLUETOOTH	App function on / off
MODE	Select confirm
INTERVAL CUSTOM	Intermittent training setting (setting exercise and rest time)
RECOVERY	Heart rate recovery mode
UP	Upward setting
START/STOP	Start/ stop
RESET	Reset/ clear

Ⅲ.turn on/ off

1.Turn on：

Power on the LCD will fully display for 2s (picture 1), at the same time there will be a long beep for 2s, then into standby mode.

1

2、turn off：

2.1. No signal input within 4 mins, monitor will enter sleep mode

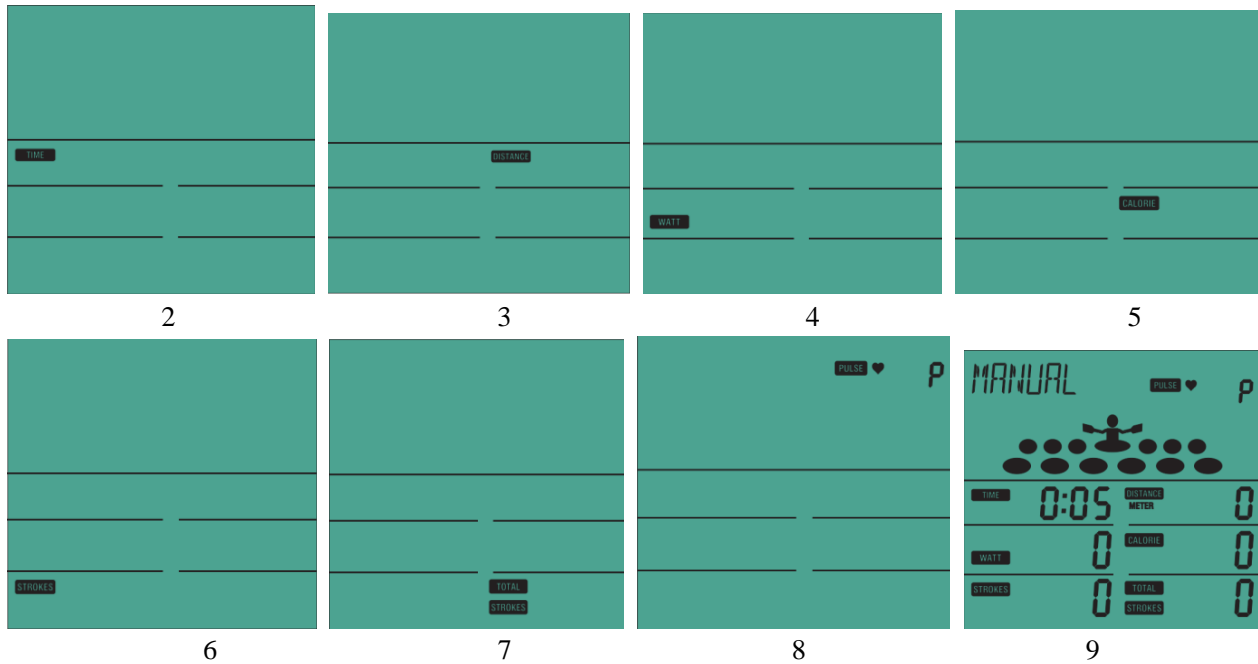2.2. Monitor wake up when there is a signal or button input.

Ⅳ.operation description

1. turn on ：

   After the monitor is energized (or press mode /reset for 3s), buzzer beeps for 2s, LCD fully displayed for 2s then enter standby mode.

2. Standby mode：

   A. Monitor enters standby mode after turn on. Scan mode to display for 1s. See picture 2-8 below.

2	3	4	5

6	7	8	9

   B. In standby mode, monitor enters sleep in 4mins while no any button pressed, no RPM signal and no heartbeat signal.

3. Manual mode ：

   A. Please start quick start quickly once there is RPM signal input during standby, then buzzer rings for 1s.

   B. Or in standby mode , press mode button, monitor displays MANUAL and press mode button again, buzzer rings 1s, MANUAL function start(as shown in picture 9). Time, distance ,calories, pulse, spm, watt, total strokes and strokes start counting as per workout.

   C. No any button press, no RPM signal, heartbeat input in 4mins during processing, buzzer beeps 0.5s then into standby mode.

   D. Press start or stop to pause/ restart the exercise.

   E. Press stop button to pause workout, then press reset button or any button in 4mins. Monitor enters standby mode.
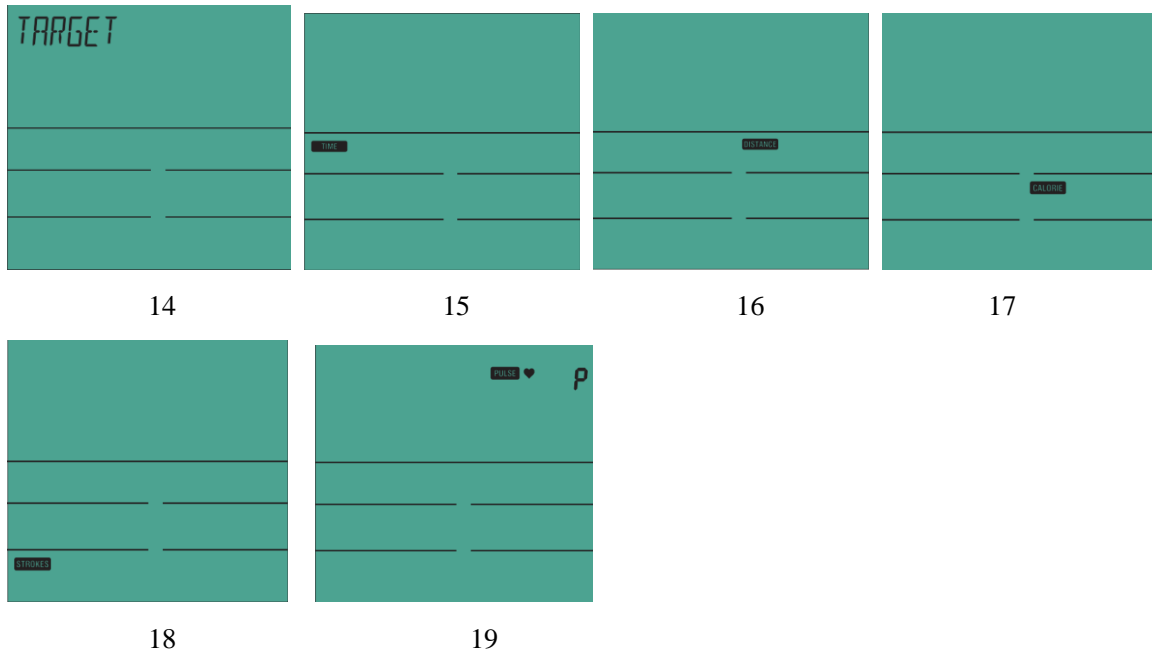
4. other function options

   INTERVAL：

   In standby mode, press mode button then press up button to select interval function. Monitor display like (Picture 10-13).

(1) INTERVAL 10/20

 A．During monitor flashing displays INTERVAL, press mode button, monitor shows 10/20 flashing, then press start/stop 10/20 function.

(2) INTERVAL 20/10

 A．During monitor flashing displays INTERVAL, press mode button, then press up/ down button to switch to select 20/10, press start/ stop start 20/ 10 function.

(3) INTERVAL CUSTOM

 A．During monitor flashing displays INTERVAL, press mode button then press up to switch to select CUSTOM function, lastly press mode button to enter CUSTOM setting.

Ⅴ.TARGET：

In standby mode, press mode button then press up to switch to select TARGET function.(Picture 14-19)
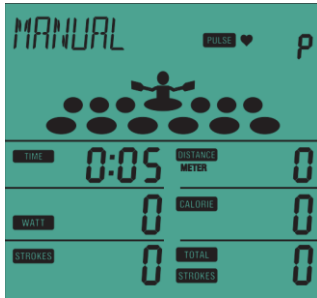

14   15   16   17

18   19

(1) TARGET TIME：（Picture 15）

 A．During monitor flashing displays target, press mode button, then press up to switch to select target time function, time window flashed and then press mode button to start time setting function.

(2) TARGET DISTANCE：（Picture 16）

 A．During monitor flashing displays target, press mode button, then press up to switch to select target distance function, distance window flashed and then press mode button to start distance setting function.

(3) TARGET CALORIES：（Picture 17）

 A．During monitor flashing displays target, press mode button, then press up to switch to select target calories function, calories window flashed and then press mode button to start calories setting function

(4) TARGET STROKES：（Picture 18）

 A．During monitor flashing displays target, press mode button, then press up to switch to select target strokes function, strokes window flashed and then press mode button to start strokes setting function

(5) TARGET PULSE：（Picture 19）

 A．During monitor flashing displays target, press mode button, then press up to switch to select target

pulse function, pulse window flashed and then press mode button to start pulse setting function

五：**animation effect：**

In any motion mode, when there is a signal input, the animation will slide with frequency(the movement more faster, the animation will changes more faster). When signal stop, the animation will stop. (Picture 20)

20

Ⅵ.**Bluetooth app connection：**

1. Scan QR code to download app.
2. Download address: install the software that can scan QR code on the system, then download by scanning QR code directly.
3. there is a instruction for use after install app

iOS & Android APP
FITSHOW

Note :

1. When there is no any button press, no RPM signal, no heartbeat signal input in 4 mins, buzzer beeps 0.5s and then enter standby mode.
2. When the window shows desalination, replace the battery for lack of power.
3. When there is no signal entered, please check the connection wire is connected or not.