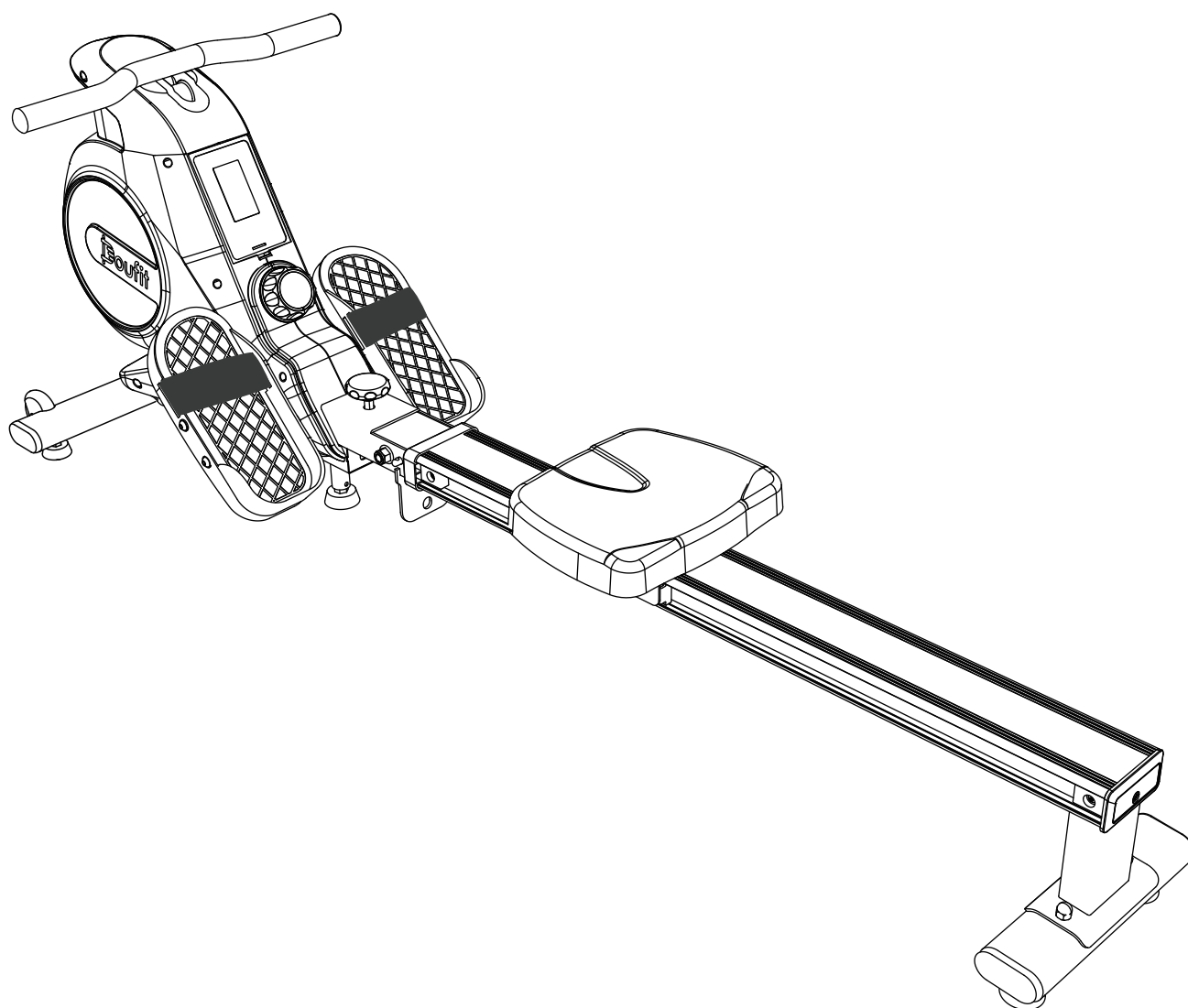


Doufit RM-01 Rowing Machine Instruction Manual



If the item is damaged or you are missing some parts, please contact service@doufit.net with your order number, we will try our best to solve it for you ASAP.



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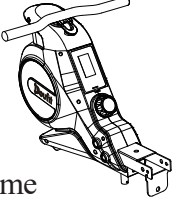
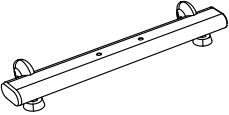
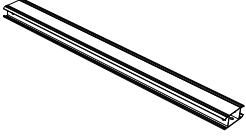
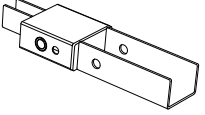

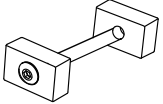
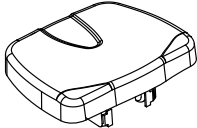
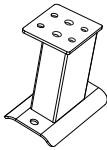
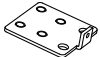
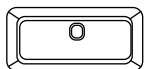
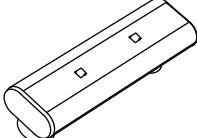

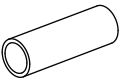
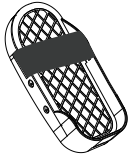

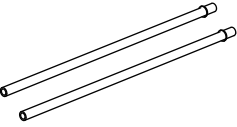
Precautions

- *The maximum load bearing is 264 Lbs. (120KG)
- *If you feel unwell during using the machine, please stop using it immediately and consult your doctor for instructions before next use.
- *For your safety, you must keep at least 0.9 meter away from anything around during exercise.
- *Please place the machine on a flat, dry and solid place to avoid falling.
- *Always check if all of the screws and bolts are tightened.
- *Keep children and pets away from the machine. It is designed for adult use only.
- *It is better to wear proper sportswear during exercise. Don't wear the clothes too loose to avoid getting stuck and dragged.
- *Before using, please warm up at first. Adjust your breath and pace to slowly get into motion.
- *Don't use the machine immediately after diet or drinking, you need to wait for at least 1 hour.
- *Clean it with a wet cloth. Corrosive solvent cleaners are prohibited.

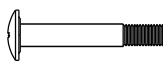










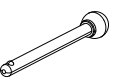
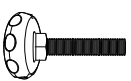



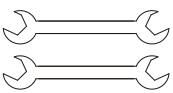
Parts List

Notice: if any part is missing, distorted or broken when you receive the package, please contact service@doufit.net with your order number and part number, we will send the replacement part to you as soon as possible.

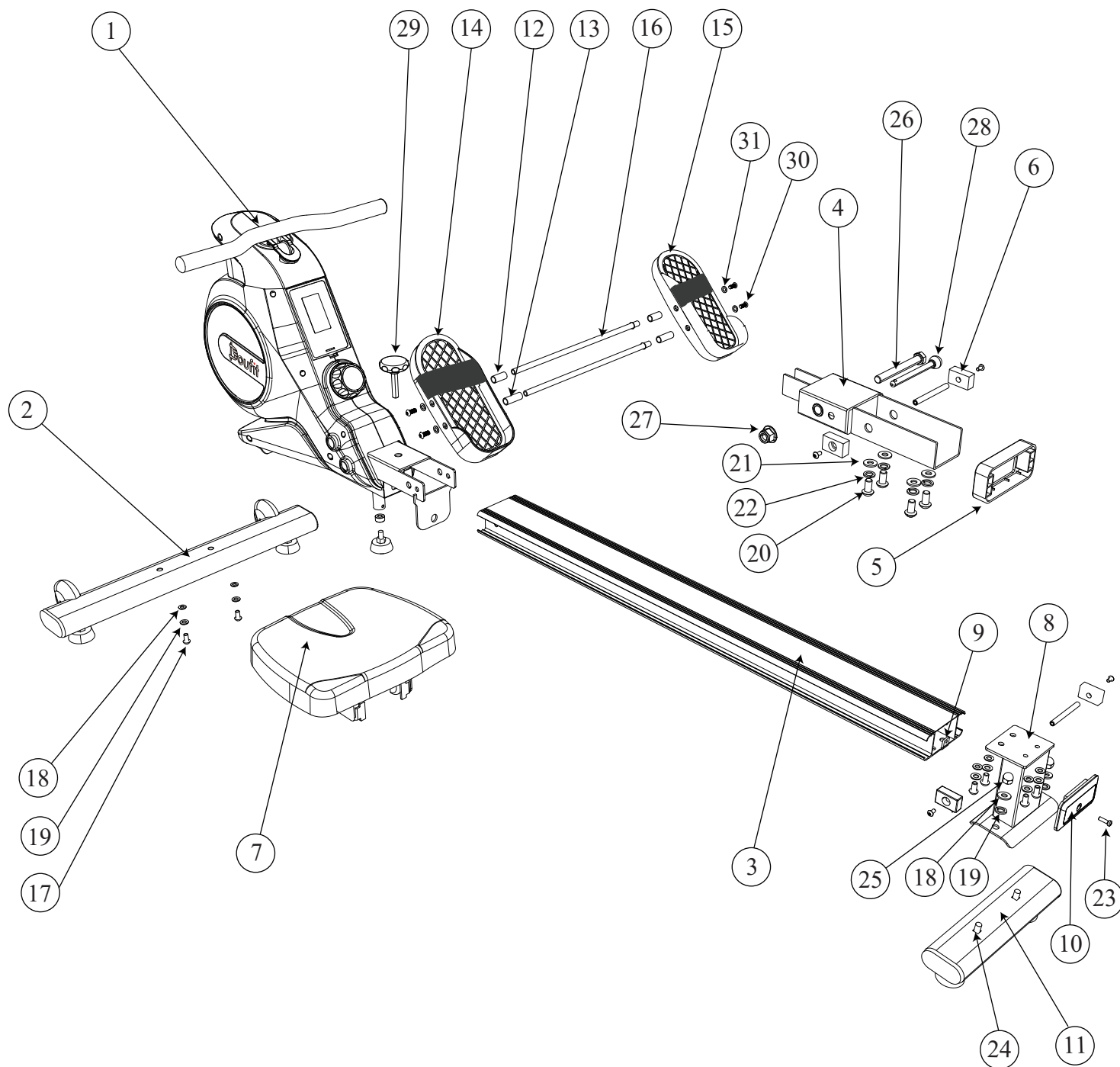
Components :

			
1. Frame	2. Front foot pipe	3. Rail	4. Frame connection
			
5. Front rail cover	6. Lock bolt set x 2 (one preinstalled on the rail)	7. Seat	8. Rear support
			
9. Connecting sheet (Preinstalled on the rail)	10. Rear rail cover (Preinstalled on the rail)	11. Rear foot pipe	12. Short sleeve x 2 (preinstalled on the pedal pipe)
			
13. Long sleeve x 2 (preinstalled on the pedal pipe)	14. Left pedal	15. Right pedal	16. Pedal pipe x 2

Screw accessories :

					
17. M10*60mm Allen bolt x 2	18. M10 flat washer x 4 (Two preinstalled on the rear foot pipe)	19. M10 split washer x 4 (Two preinstalled on the rear foot pipe)	20. M8*20mm Allen bolt x 8 (Four preinstalled on the frame connection and four preinstalled on the rail)	21. M8 flat washer x 8 (Four preinstalled on the frame connection and four preinstalled on the rail)	22. M8 split washer x 8 (Four preinstalled on the frame connection and four preinstalled on the rail)
					
23. M5*16mm bolt (Preinstalled on the rear rail cover)	24. M10*55mm carriage bolt x 2 (preinstalled on the rear foot pipe)	25. M10 acorn nut x 2 (preinstalled on the rear foot pipe)	(preinstalled together)		28. Detent pin
					
29. Knob bolt	30. M8*20mm hex bolt x 4 (preinstalled on the pedal pipe)	31. Big M8 flat washer x 4 preinstalled on the pedal pipe)	32. Allen wrench x 2	33. Open end wrench x 2 (14*17mm)	

Exploded Drawing



Assembly Method

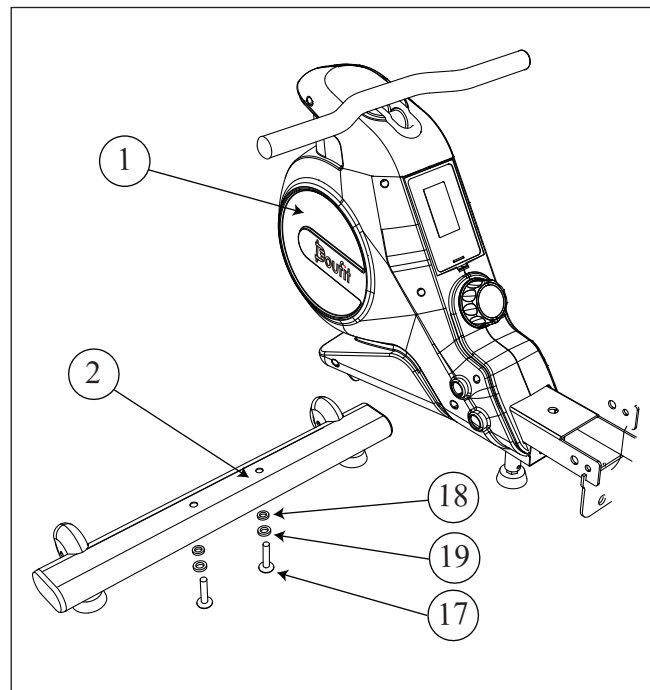


For the assembly video, please visit:
www.youtube.com/channel/UCorBKk34KZgI96OyGSkjFdA

Step 1: Assemble the front foot pipe

Attach the front foot pipe(No.2) to the frame(No.1).

Attention: the wheels of the foot pipe should be outward.
Screw two M10*60mm Allen bolts(No.17), two M10 flat washers(No.18), two M10 split washer washers(No.19) by using the Allen wrench(No.32).



Step 2: Assemble the front of the rail

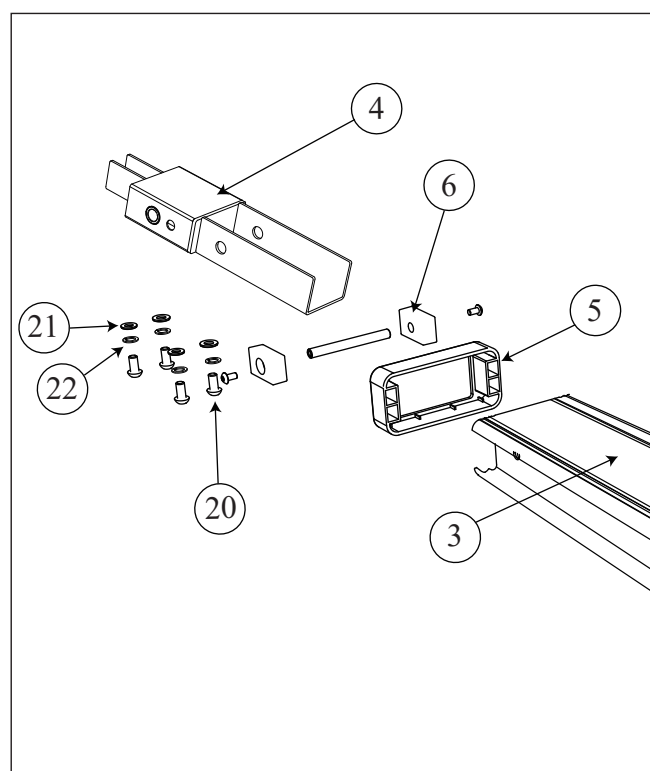
Attention: There are four Allen bolts(No.20), four flat washers(No.21) and four split washers(No.22) under the frame connection(No.4). Please unscrew them before assembly.

For this step, please prepare the rail(No.3), front rail cover(No.5), one lock bolt set(No.6), and two Allen wrenches(No.32).

Cover the front rail cover to the front of the rail. Insert the frame connection into the rail.

Disassemble one side of the lock bolt set. Insert to the horizontal hole of the rail and screw the rubber pad and the lock bolt back. Rotate the rubber pads upright to fix.

Screw four Allen bolts, four flat washers, and four split washers under the rail.



Step 3: Assemble the seat and rear of the rail

Attention: There are four Allen bolts(No.20), four flat washers(No.21) and four split washers(No.22) under the rail. One lock bolt set(No.6), one connection sheet(No.9) and one rear rail cover(No.10) preinstalled on the rail (No.3). Please unscrew them (not including connection sheet) before assembly.

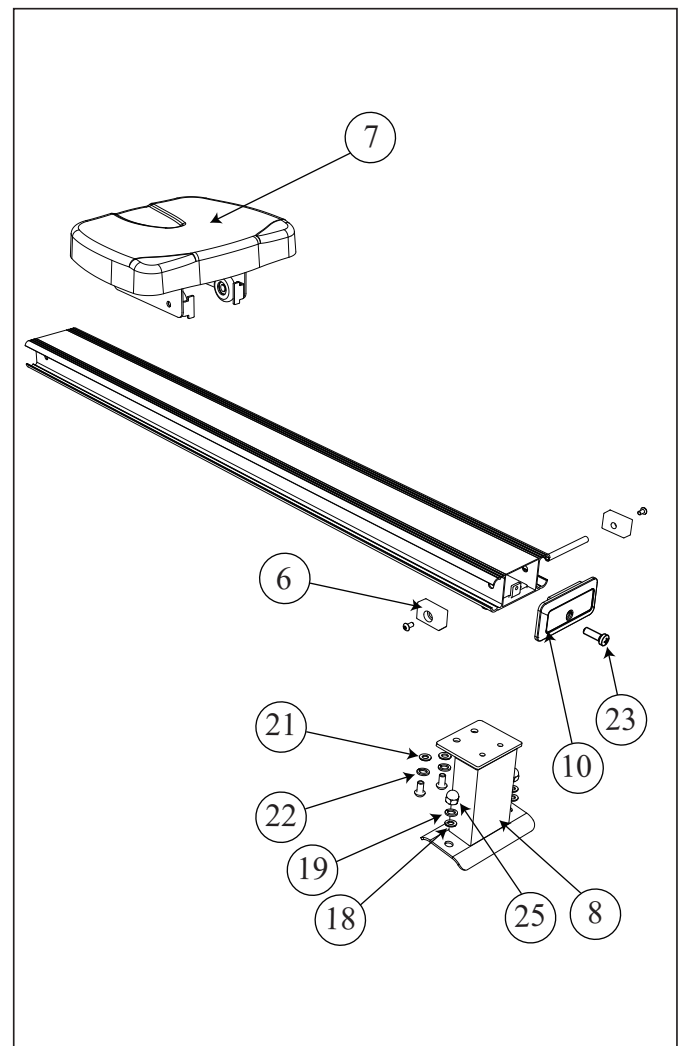
For the step, please prepare the seat(No.7), rear support (No.8) and two Allen wrenches(No.32).

Install the seat to the rail. Attach the rear support under the rail.

Screw four bolts under the rail to fix the rear support.

Disassemble one side of the lock bolt set. Insert to the horizontal hole of the rail and screw the rubber pad and the lock bolt back. Rotate the rubber pads upright to fix.

Cover the rear rail cover and screw the M5*16 bolt (No.23) to fix.

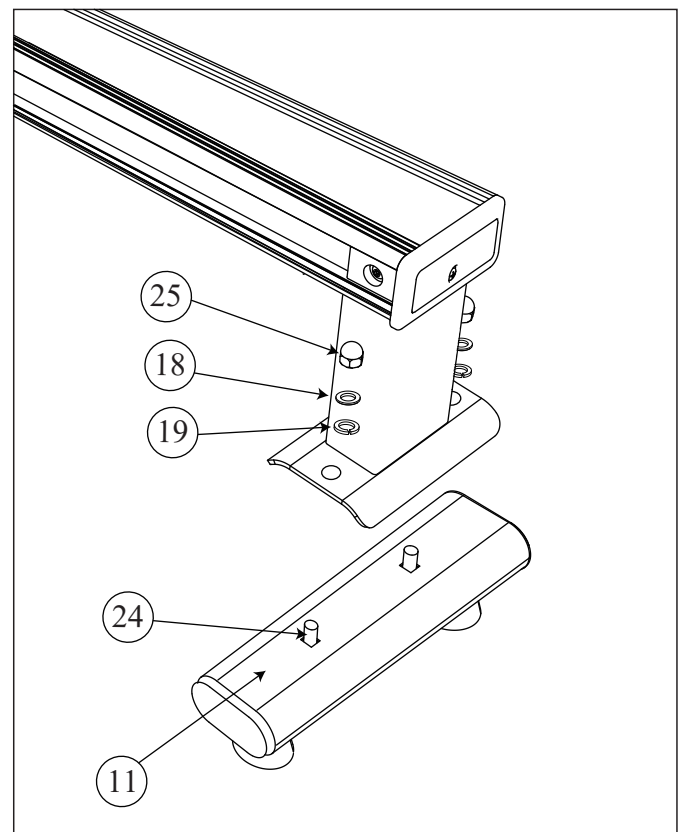


Step 4: Assemble the rear foot pipe

Attention: There are two carriage bolts(No.24), two flat washers(No.18),two split washers(No.19) and two acorn nuts (No.25) on the rear foot pipe (No.11). Please unscrew them before assembly.

Attach the rear foot pipe to the rear support.

Screw two M10*55mm carriage bolts(No.24), two M10 flat washer(No.18) and two M10 acorn nuts(No.25) by using the open end wrench(No.33).

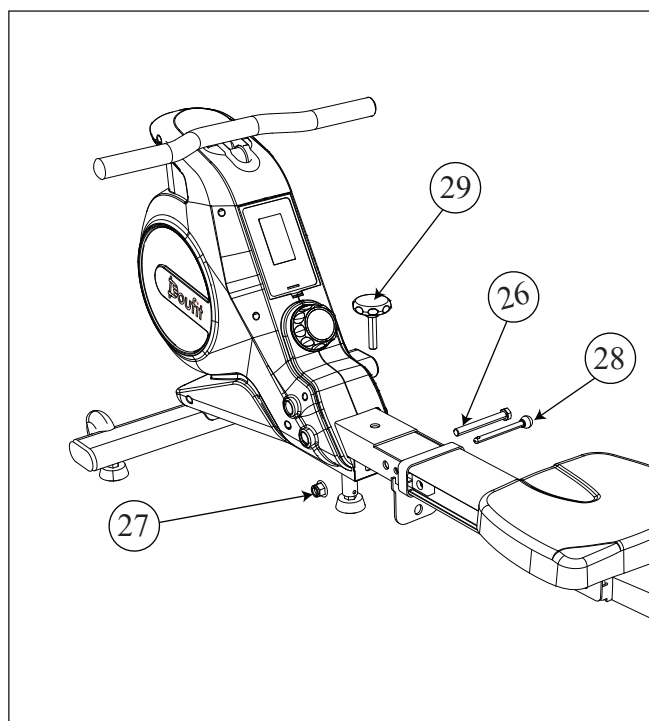


Step 5: Assemble the rail

Connect the rail and the frame.

Screw the M10*100mm hex bolt(No.26) and the M10 lock nut(No.27) to the hole near to the frame by using two open end wrenches(No.33).

Insert the detent pin(No.28) to the hole near to the rail. Finally, screw the knob bolt(No.29) to fix.



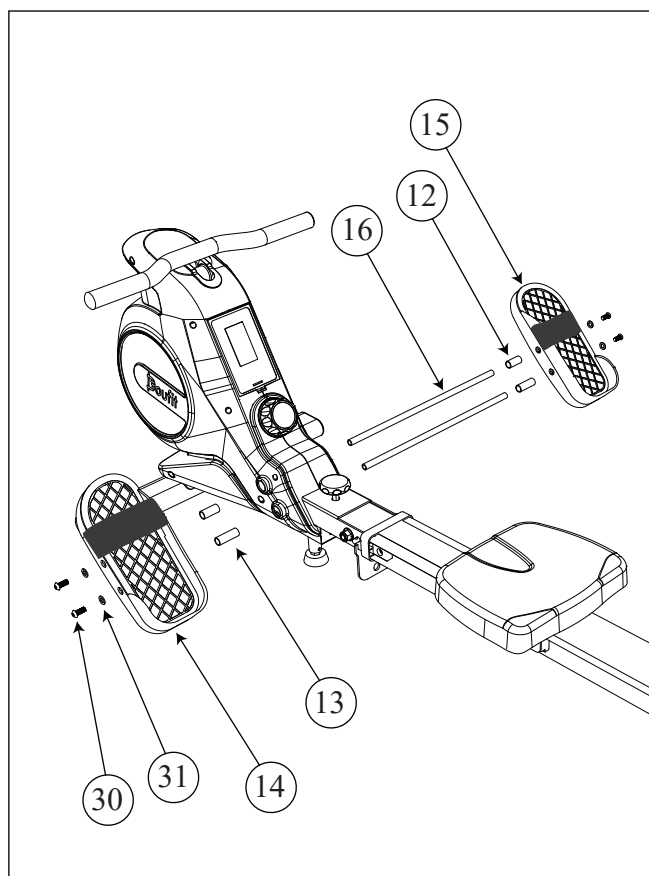
Step 6: Assemble the pedals

Attention: The two short sleeves,two long sleeves and two pedal pipes were preinstalled together.Please unscrew them before assembly.

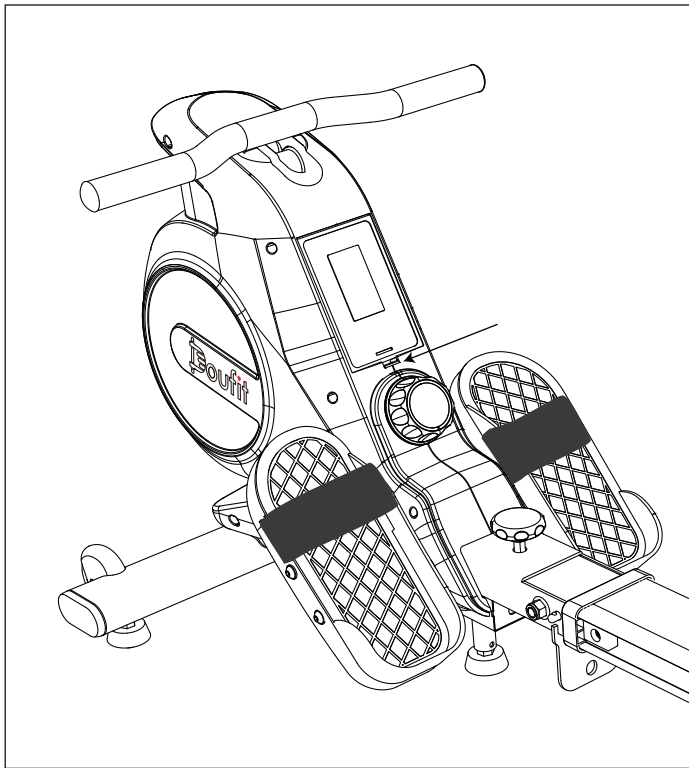
For this step, please prepare four sleeves(No.12)(No.13), two pedals(No.14)(No.15), two pedal pipes(No.16), four M8*20mm hex bolts(No.30), four big M8*20mm flat washers(No.31), and two open end wrenches(No.33).

Insert two pedal pipes into the frame. Attach two short sleeves to the upper pedal pipe. Attach two long sleeves to the lower pedal pipe. Attach two pedals to the pedal pipes. Attention: the shield of the pedals should face toward the frame.

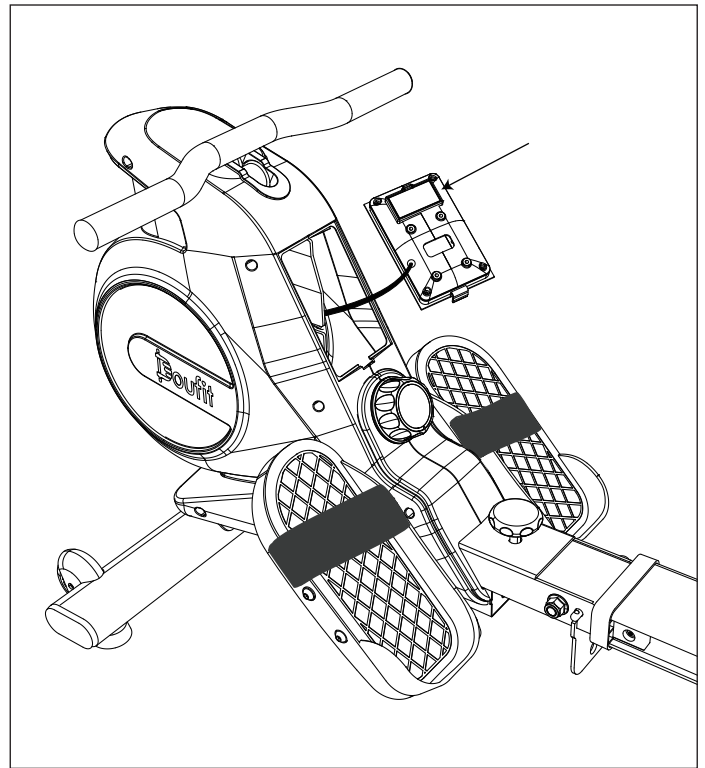
Finally, screw four M8*20mm flat washers and four M8*20mm hex bolts to fix the pedals.



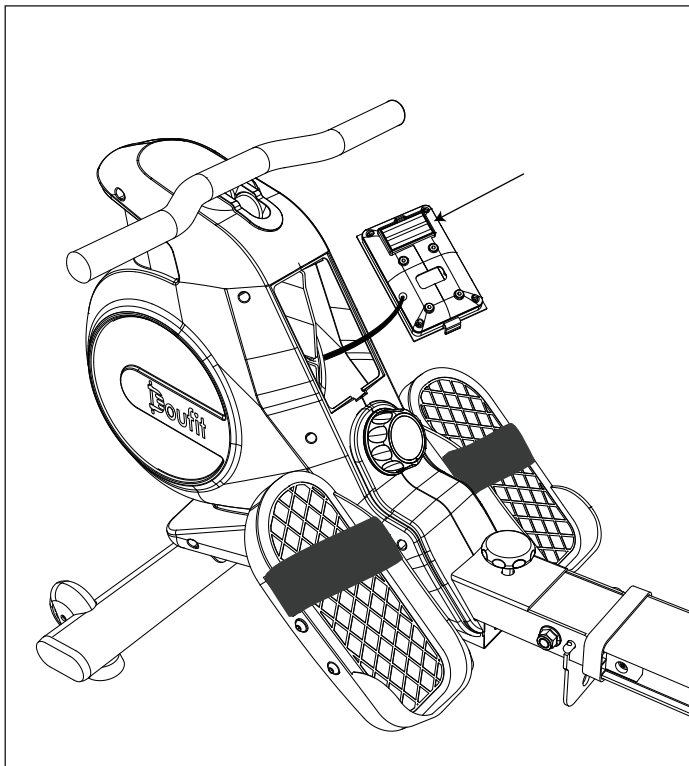
Step 7:



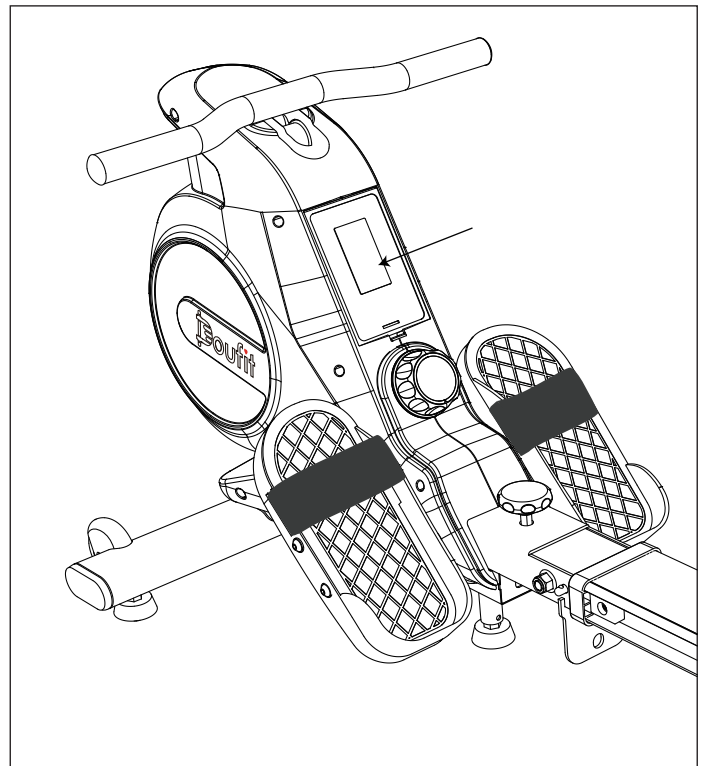
1. Press the button and take out the electronic watch



2. Remove the battery box cover



3. Put in the battery

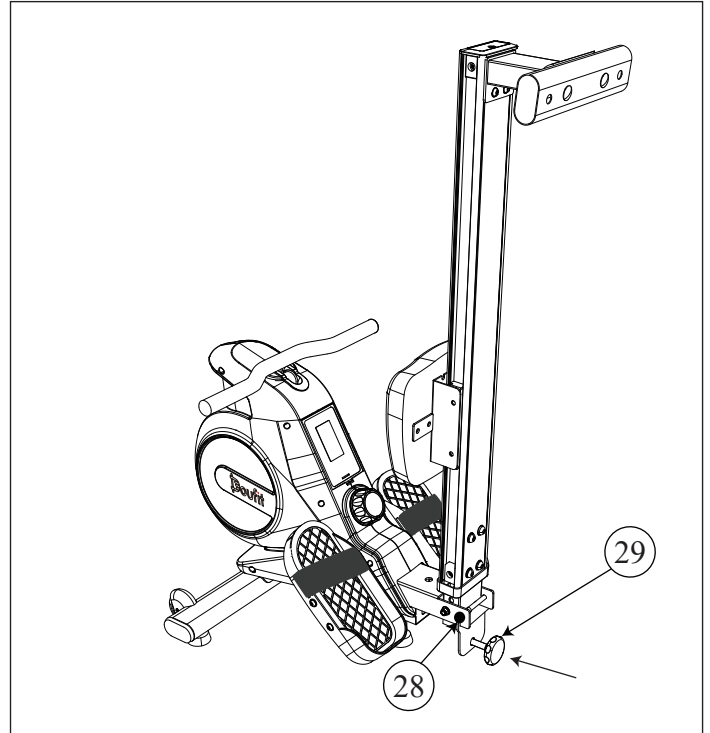
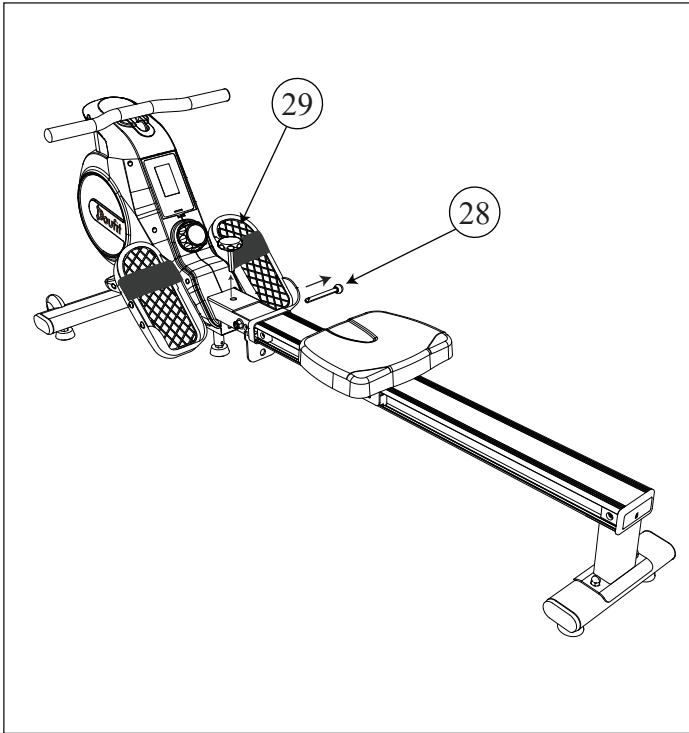


4. Installation is complete

Folding Method

When folding and placing the rowing machine, first pull out the knob bolt(No.29) and the detent pin(No.28). Then fold the aluminum rail upwards, and finally insert the knob bolt and the detent pin at the junction of the fuselage and the aluminum rail.

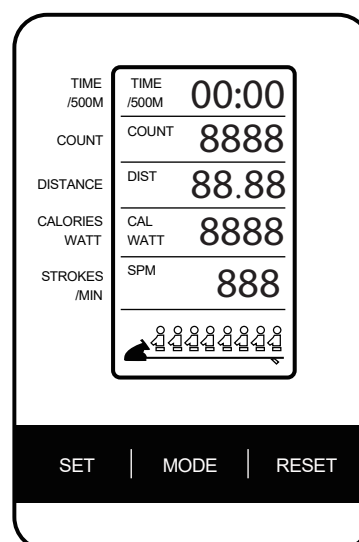
Note: Please put it in a safe place when folded, keep away from children, pay attention to safety.



Details of Monitor

Parameters

TIME	00:00-99:00
COUNT	0~9990
DISTANCE	0.0~99.9 ML
CALORIES	0-9999 KCAL
STROKES	0-999 SPM



Operation

Turn on/off

The monitor will automatically turn on when you start to exercise, and you can also turn on it manually by pressing those buttons.

The monitor will automatically turn off after 4 minutes when you stop exercise.

If there is no data showing, please check if the wire has connected, or change the batteries. (The battery model is AA.)

SET

(This button is used to set the exercise goal as your need.)

Press the MODE to choose the mode you want to set.

Press the SET once to increase your the goal data once.

Long pressing will quickly increase the data.

When you achieve your goal, the monitor will make a beep.

MODE

(This button is used to choose below 5 modes as your needs.)

1.Time -----This mode displays the time you have rowed .

Time/500M----- At current speed,the time you need per 500 meter.

(The Time and Time/500M time are switched every 6 seconds.)

2.Count -----This mode displays the counts you have rowed.

3.Distance -----This mode displays the distance you have rowed.

4.Calories -----This mode displays the calories you have burned during your rowing.

5.Strokes -----At the current speed, count of slips/ min

Press the mode button to choose a mode. The corresponding mode flashes, and the setting mode is exited without setting for 15 seconds.

RESET

(This button is used to clear the data as your need.)

When switching to the corresponding setting mode, press the RESET to clear the current value.

Pressing the RESET briefly when not in the setting mode is invalid.

Press and hold the RESET for 4 seconds to clear all data, one second later into normal mode.

Service

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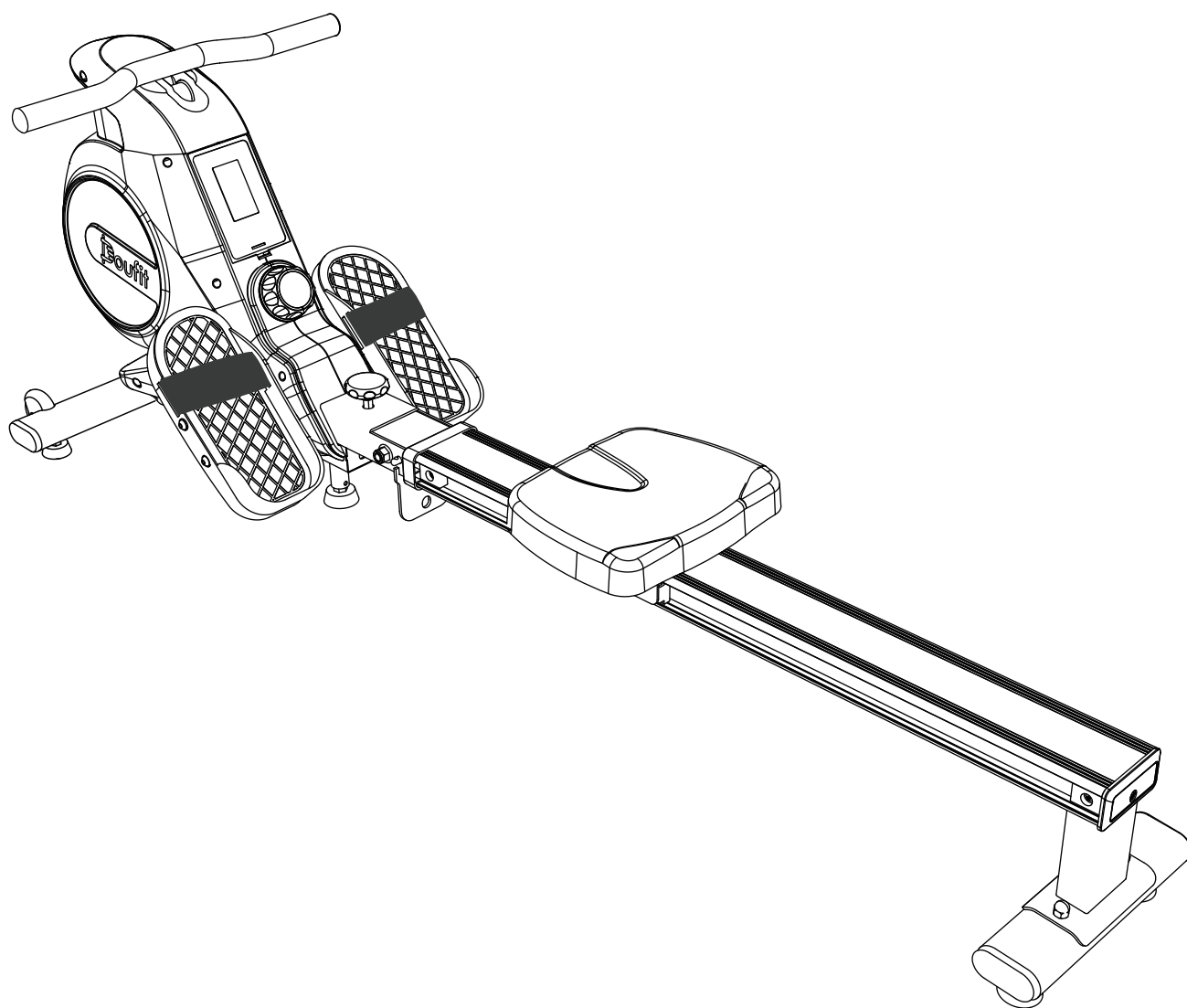


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