

vive®



# ROWING MACHINE

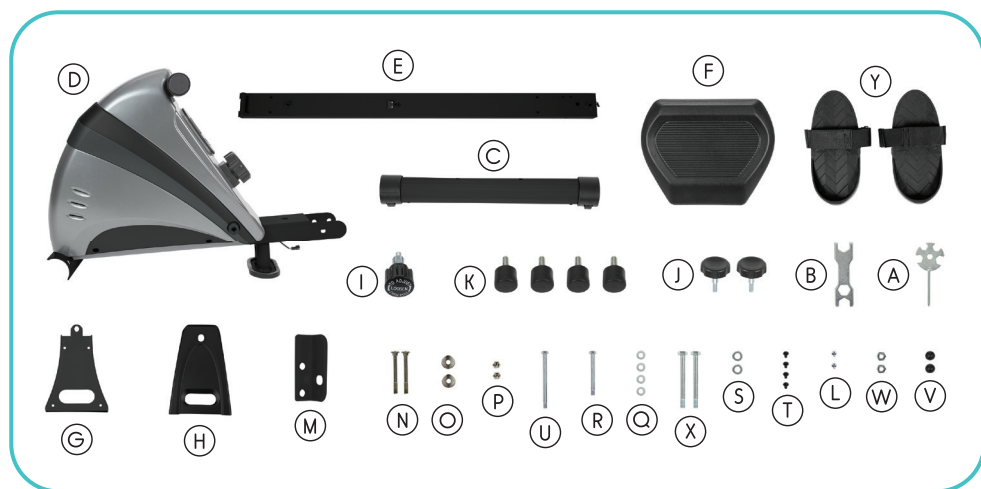
Owner's Manual  
RHB1094

## OVERVIEW

We are constantly answering questions and recording helpful videos to make using your Rowing Machine as easy as possible. Throughout the manual we will include QR codes and links to important videos that you can visit to help you.

## WHAT'S INCLUDED

- (A) Screwdriver
- (B) Wrench
- (C) Front Bottom Tube
- (D) Mechanism Housing
- (E) Slide Rail
- (F) Slide Seat
- (G) Rail Stand
- (H) Stand Cover
- (I) Positioning Knob
- (J) 2x Connecting Knob
- (K) 4x Stoppers (preinstalled)
- (L) 2x Short Screws (preinstalled)
- (M) Angle Plate (preinstalled)
- (N) 2x Carriage Bolts
- (O) 2x Curved Washers
- (P) 2x Cap Nut
- (Q) 4x Small Flat Washer
- (R) Short Hex Bolt
- (S) 2x Hex Nut
- (T) 4x Small Screws (black)
- (U) Medium Hex Bolt
- (V) 2x Bolt Caps
- (W) 2x Large Flat Washers
- (X) 2x Long Hex Bolts
- (Y) 2x Foot Pedals



## ASSEMBLY



For a video demonstration, check out [vhealth.link/4uc](https://vhealth.link/4uc)

1. Fit the Front Bottom Tube beneath the curved bracket on the Mechanism Housing so the screw holes align.



2. Fit two carriage bolts up through the screw holes so the threaded ends are pointing up, and secure in place with a curved washer and a cap nut.



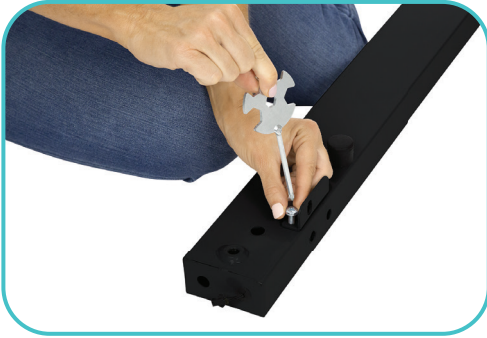
3. Turn the Slide Rail over so the black rubber Stoppers are facing up. Remove the Short Screws, the Angle Plate, and the two rubber Stoppers closest to the plate.



4. Fit the Slide Seat over the end of the Slide Rail where the plate and stoppers were just removed. The seat should be fitted on wide side first, so that the seat pad is on the side of the rail opposite the removed cushions and angle plate.



5. Reattach the Stoppers and the Angle Plate to the Slide Rail using the Short Screws. Make sure the Angle Plate is fitted with the open cutout closest to the corner edge of the Slide Rail.



6. Fit the Rail Stand onto the end of the Slide Rail and align the bracket loops with the bolt loop on the end.



7. Fit a Flat Washer over each loop, and fit the Short Hex Bolt through the loop. Secure the bolt in place with the Hex Nut and tighten to secure.



8. Attach the Stand Cover to the outside of the Rail Stand, and secure in place by fit the Connecting Knob into the hole at the end of the Slide Rail.



9. On the other side of the Rail Stand fit the four small black screws in through the inside of the Rail Stand. Tighten with screwdriver to secure.



10. Fit the unsupported end of the Slide Rail into the bracket on the Mechanism Housing. Prior to securing the two pieces together connect the male sensor wire from the housing to the female sensor wire from the rail.



11. Slide the rail upwards so that the screw holes on the top and sides of the rail are aligned with the bracket holes from the housing piece. Place a Flat Washer over the end of each screw hole on the sides of the rail, and fit the Medium Hex Bolt through to hold the rail in place. Secure the bolt in place with the Hex Nut and tighten.



12. Push the plastic Bolt Caps over the ends of the Medium Hex Bolt and the Hex Nut.



13. Fit a Connecting Knob into the Slide Rail screw hole just below the Mechanism Housing and tighten to secure.



14. Fit the Positioning Knob into the wide threaded screw hole on the side of the Slide Rail and tighten to lock the Slide Rail in place.



15. Fit a Large Flat Washer over the end of each Long Hex Bolt, and fit them through the bolt loop on the Foot Pedals and into the screw holes on the sides of the Mechanism Housing. Tighten with the wrench, making sure the textured side of the pedals are facing the Slide Rail, and the heel rest is on the bottom.



## FOLDING

1. Remove the Connecting Knob from the Rail Stand and the end of the Slide Rail near the Mechanism Housing.



2. Twist the positioning knob counterclockwise one rotation to untighten it slightly so you are able to then pull out the Positioning Knob on the side of the Slide Rail without completely removing it. Keep pulled out until you raise the rail up about 15-20 degrees past the point where the Positioning knob is holding the rail in place. After reaching this point you can release the knob.



3. Lift the Slide Rail up to a vertical position, where the hole in the Angle Plate on the bottom of the Slide Rail aligns with the Positioning Knob screw hole. The Positioning knob will pop back into place locking it in the upright position. You can retighten the positioning knob with a clockwise turn for a better hold.





4. Fit the Connecting Knob into the underside of the screw hole near the Mechanism Housing so it will not get lost.

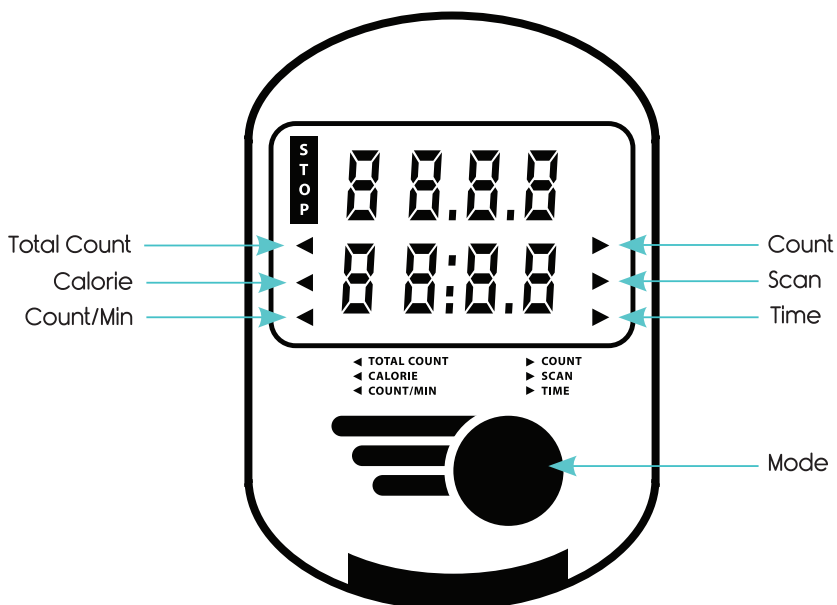


5. Unscrew the connection knob on the Rail Stand and fold down the rail stand so it is securely out of your way. Fit the other Connecting Knob back through the folded down Rail Stand and into the screw hole on the out-facing side of the Slide Rail.



## METER INSTRUCTIONS

### Functional Button:



## Mode

- Push down the button to select functions.
- Push down and hold the button for two seconds to reset all functional values except the Total Count.

## Functions and Operations:

### 1. Scan

When it's in the SCAN position, the meter will display these functions in rotation: time, count, total count, calories, count/min. Each display will be held for six seconds.

### 2. Time

This function records the total rowing time from start to finish.

### 3. Count

This function records the rowing strokes from workout start to finish.

### 4. Total Count

This function records the total rowing strokes completed on the device.

### 5. Calories

This function records the total calories burned from rowing from start to finish.

### 6. Count/Min

This function displays the current number of strokes rowed per minute, or the frequency per minute.

### 7. Auto On/Off & Auto Start/Stop

The machine will power off automatically when there is no signal for four minutes. When the machine is in motion or a button is being pressed, the monitor is in action.

## BATTERY REPLACEMENT

To remove the batteries in the rowing machine, press the clip underneath the digital screen piece. Remove the screen piece from the hole, being careful not to disturb the connective computer wire. The batteries are located on the back of the digital screen piece. Removing the 2 AA batteries will reset all the metrics on the device, including the Total Count.



## STORAGE AND MAINTENANCE GUIDELINES

1. To move the rowing machine always do so in the folding position, see above for instructions. Don't move the machine by the seat, as doing so will cause the seat to move independently and could injure your hand or fingers. Grab the machine by the folded down rail stand and pull the stand back towards you to lean the machine onto the wheels featured at the front of the machine.



2. Store the machine in a clean, dry place, as humidity could cause the machine to corrode.
3. Remove the battery before putting the machine into storage for an extended period of time.
4. Wipe down the seat rail with an absorbent cloth.
5. Perform regular maintenance checks on your machine. Tighten the screws, wipe down the surface of the machine with a gentle all-purpose cleaner, check parts for damage, and check if the chain needs to be lubricated.
6. Check that all parts are secure and that the nuts and bolts are properly tightened before using the machine.
7. Replace parts with damage or wear-and-tear immediately. Only use parts intended for this machine.

## WARM UP AND COOL DOWN

Safe and effective workout programs include proper warm up and cool down exercises. Beginners should start with two to three workouts per week with one day of rest in between workouts, gradually increasing to four or five workouts weekly.

Always consult your doctor before beginning any new workout regimen.

### Warm Up

Warming up prepares your muscles for exercise and prevents injuries. Before strength training and cardio sessions, warm up for two to five minutes before exercising. Warm-up exercises should raise your heart rate to increase muscle temperature. Examples of effective warm-up activities include walking, jogging, jumping rope, running in place, and jumping jacks.

### Stretching

You should stretch while you're warm, both after your warm-up and after your exercise session. Muscles are more flexible when they're warm, so you'll be able to stretch safely and more easily. Stretching while you're warm minimized the risk for injury. Hold stretches for 15 to 30 seconds, and never bounce in a stretch. Remember to stretch your obliques, hamstrings, calves, and inner thighs.

## Cool Down

Cooling down after exercise allows your heart rate to lower and your body to return to its resting state. Cool down prevents post-workout lactic acid buildup, muscle tightness, and soreness. Effective cool down activities are gentle walking, yoga, dynamic stretching, or walking lunges. Your cool down should last about 10 to 15 minutes.

## SAFETY PRECAUTIONS

Before assembling and operating the rowing machine, review the following safety precautions:

1. Read this owner's manual in its entirety before using the machine and follow the instructions carefully.
2. Ensure that the machine is properly assembled and double check the tightness before each use.
3. Lubricate all moving parts in the machine once per year.
4. Assemble and operate the machine on a flat, solid surface.
5. Keep children and pets away from the machine while it's in use. The machine should only be operated by adults and shouldn't be used or played on by children.
6. The maximum user weight for the machine is 220 pounds (100 kilograms).
7. Before beginning any exercise regimen, consult your doctor to determine the appropriate workout duration, frequency, and intensity for you.
8. Stop exercising immediately if you experience nausea, shortness of breath, dizziness, headache, pain, tightness in your chest, or any other severe discomfort.
9. Don't wear loose clothing while operating the machine, as it could get entangled in the moving parts.
10. Always wear durable athletic shoes while operating the machine.
11. Don't place your fingers or any objects into the moving parts of the machine.
12. Maintain your balance while operating the machine. If you lose your balance, stop using the machine, regain your balance, and resume your workout.

13. Always use both hands while operating the machine. If your hands become sweaty, stop using the machine and dry your hands before resuming your workout.
14. The machine should only be used by one person at a time.
15. Don't grasp the seat to move the rowing machine. Doing so will cause the seat to move independently and could injure your hand or fingers.

## WARRANTY INFORMATION



### 1 YEAR GUARANTEE

You are protected by Vive Health's industry leading guarantee and customer service.