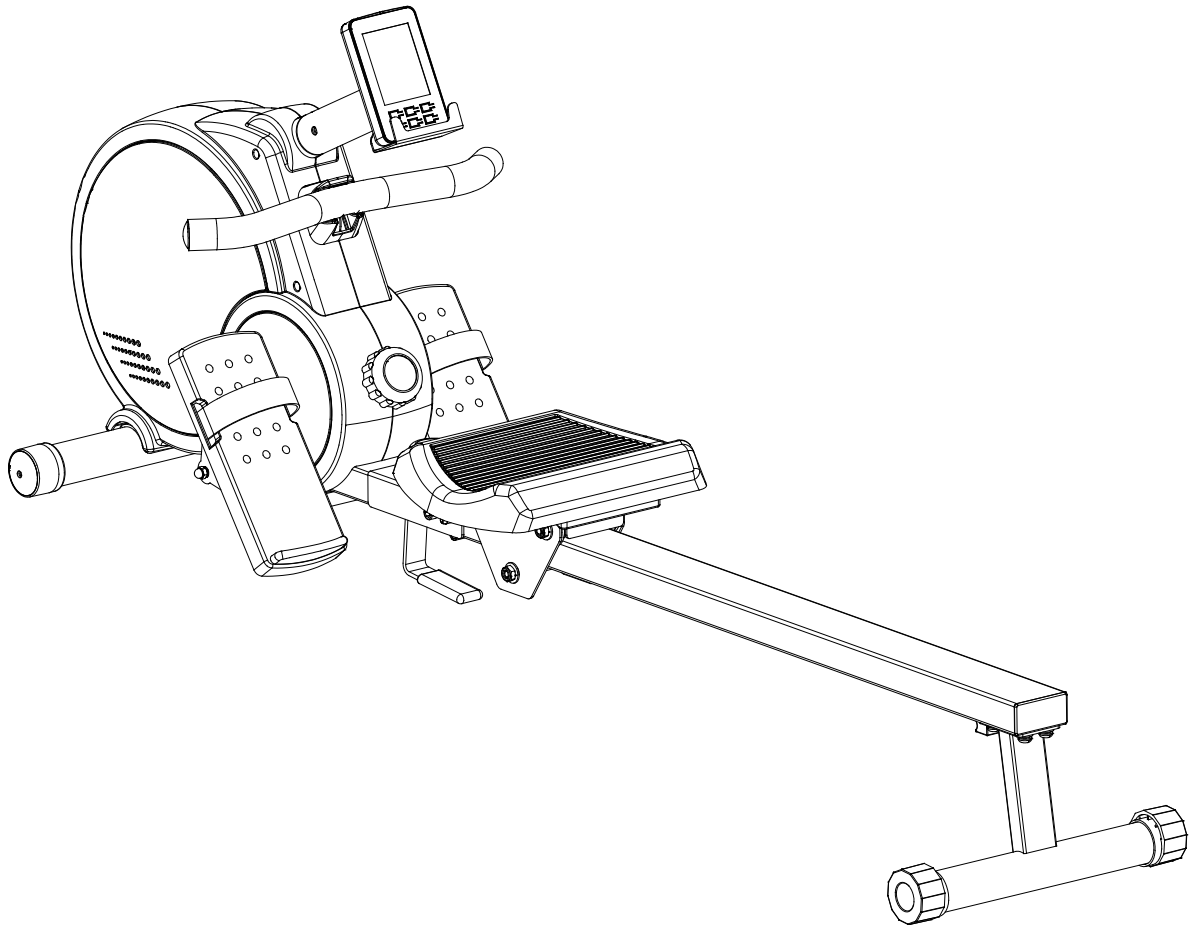


Manual - RX1 Rower

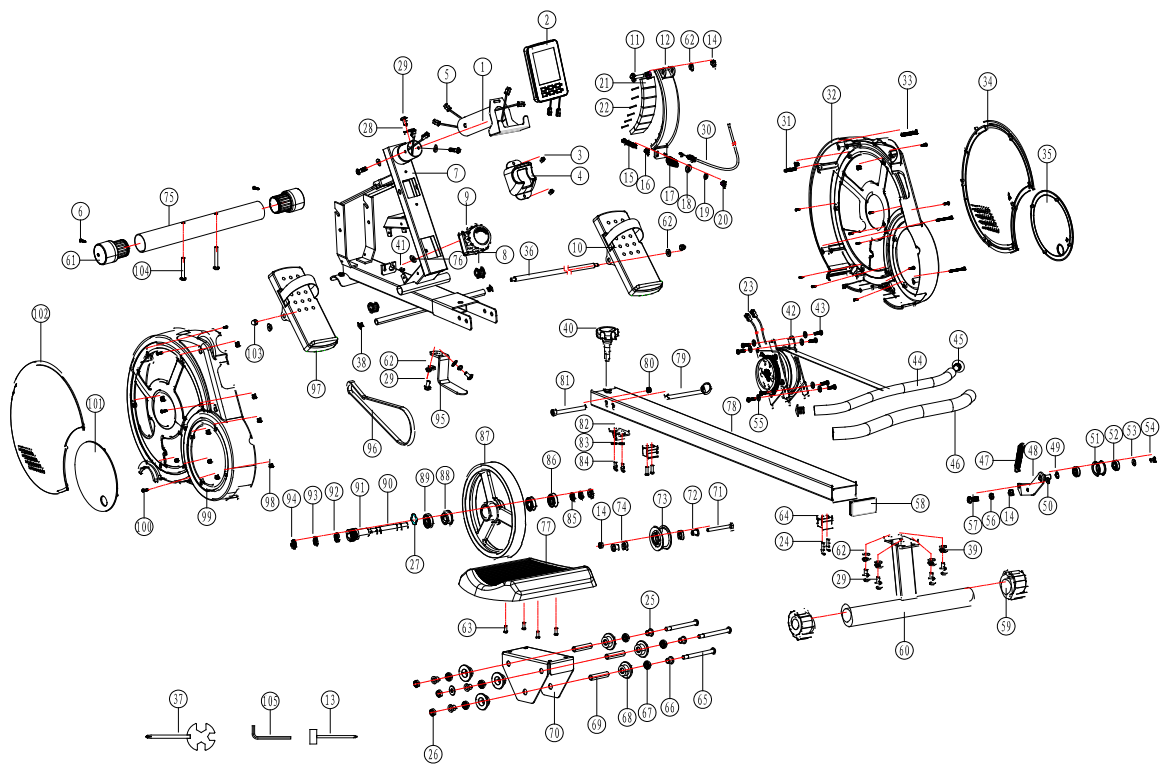


English
Dansk

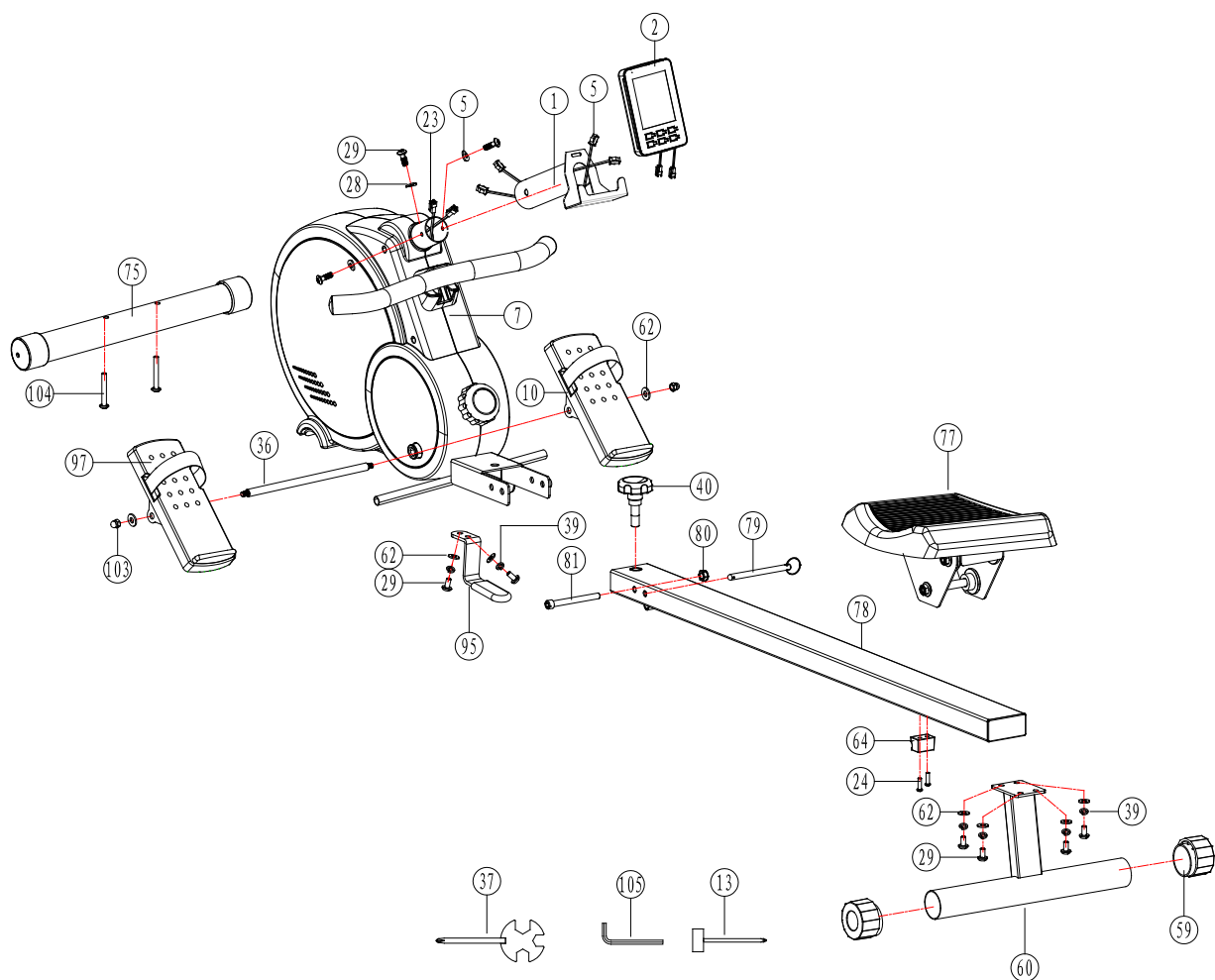
Manual
Brugsanvisning

1 - 14
15 - 28

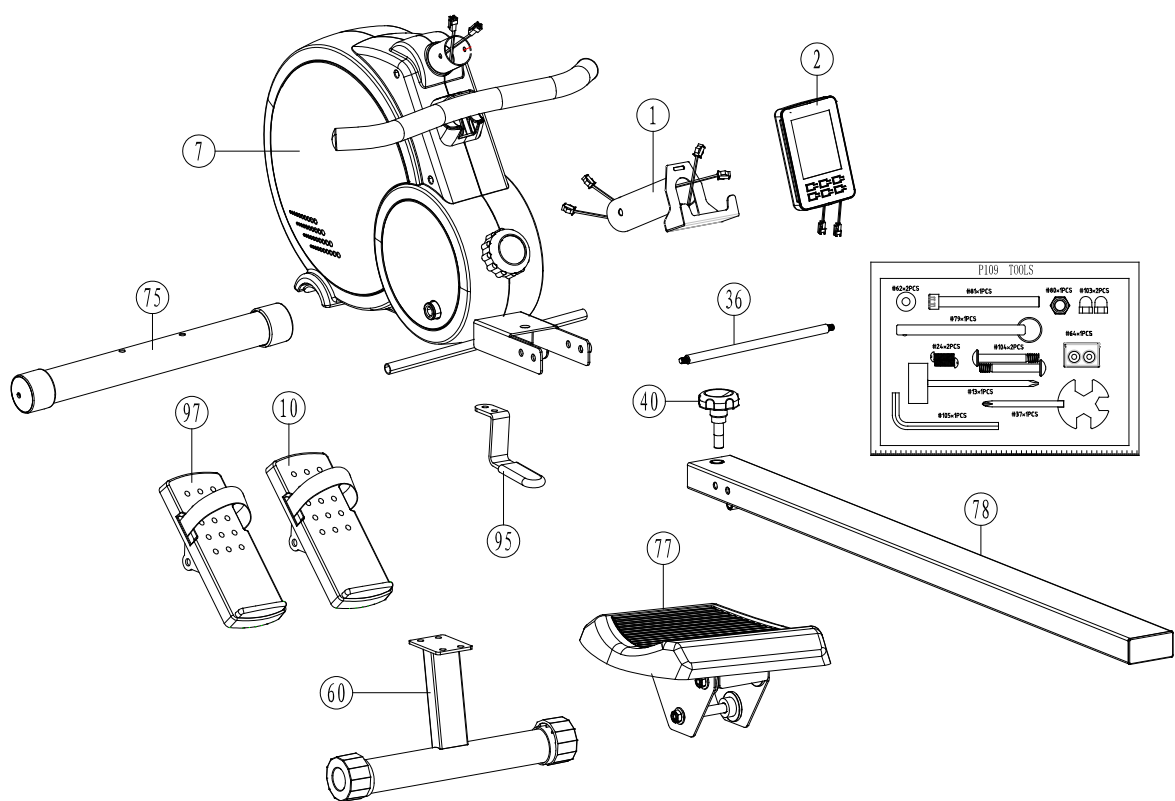
Exploded drawing



Small exploded drawing

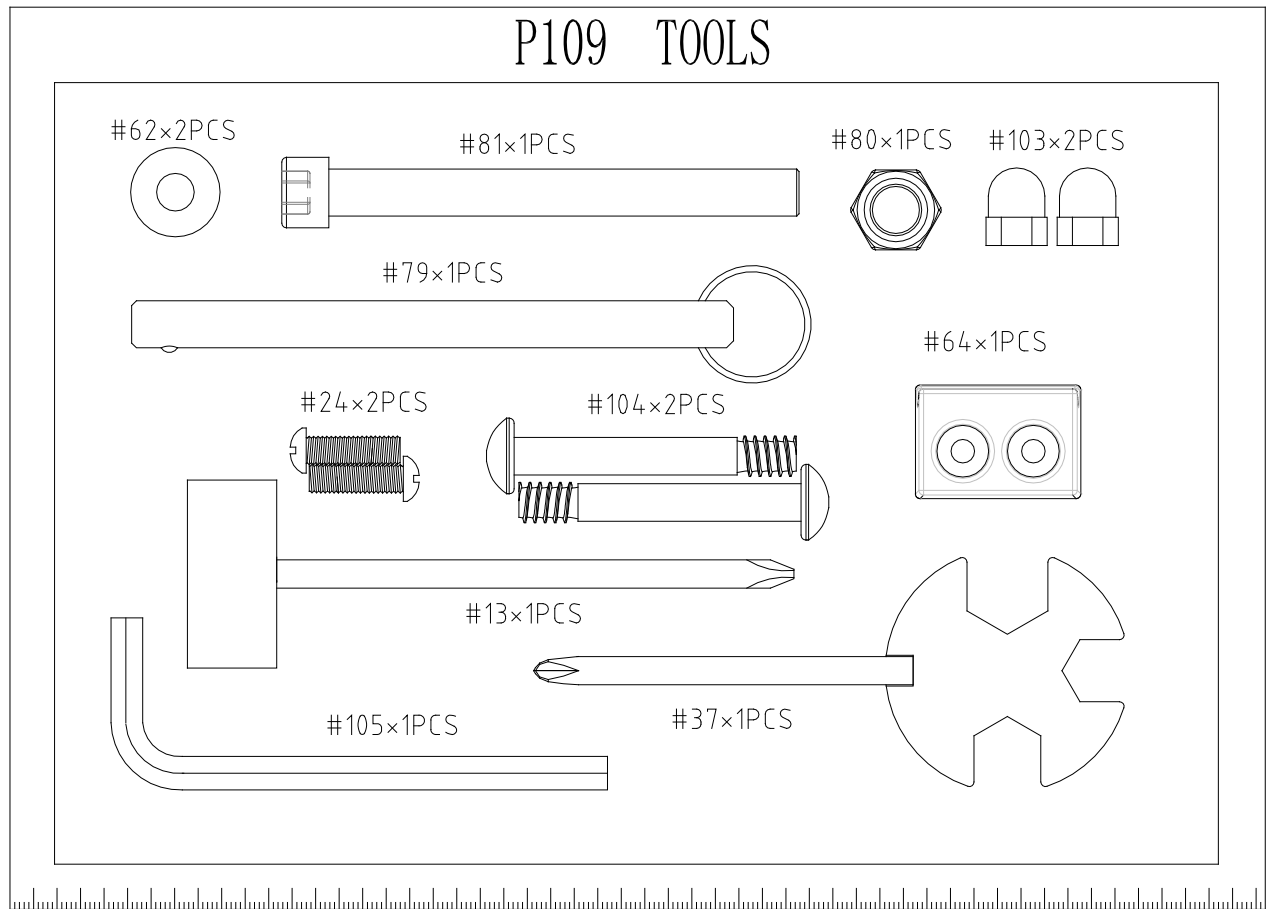


Parts in carton



Part No.	Description	Q'ty	Part No.	Description	Q'ty
1	Console holder	1	60	Rear stabilizer	1
2	Console	1	75	Front stabilizer	1
7	Frame	1	78	Rail	1
10	Pedal R	1	77	Seat	1
36	Axle	1	97	Pedal L	1
40	Knob	1		Screw bag	1

Tool bag



Part No.	Description	Q'ty
13	Sleeve wrench 13.14 cross	1
24	Screw M5*16L	2
37	Harpoon wrench 13.14.17 cross	1
62	Flat washer $\Phi 8 \times \Phi 19 \times 2T$	2
64	Rail limitation PVC85°	1
79	Pin $\phi 9.5 \times 128L$	1
80	Nylon nut M10*P1.5*10T	1
81	Screw M10*98L*S12	1
103	Cap nut M8	2
104	Screw M8*P1.25*58L*S20L	2
105	Hex wrench 6mm*30mml*84mml	1

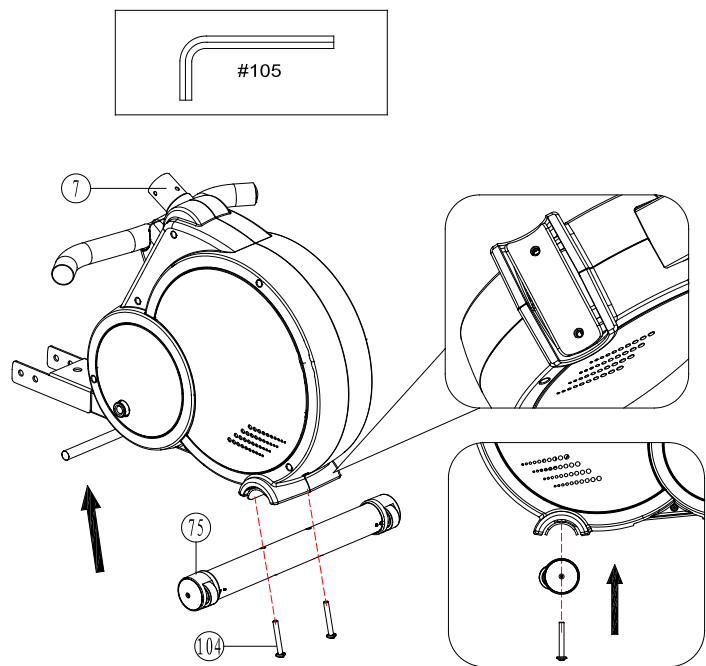
Spare parts list

NO	Description	Material	SPEC.	Q'ty	NO	Description	Material	SPEC.	Q'ty
1	Console holder			1	54	Screw		M6*10L	1
2	Console	ABS		1	55	Flat washer		Φ6.5*Φ16*1.5T	8
3	Screw		M5*10L	2	56	Hex nut		M8	1
4	Handlebar holder	PP		1	57	Screw		M8*25L*S18L	1
5	Sensor cable upper			2	58	End cap	PP		1
6	Screw		ST2.9*10L,	2	59	Stabilizer cap	PP		2
7	Frame			1	60	Rear stabilizer			1
8	SleeveΦ25.4	PA	Φ25.4*20L	2	61	Transportation wheel	PA		2
9	Tension knob			1	62	Flat washer		Φ8*Φ19*2T	9
10	Pedal R	ABS		1	63	Screw		M6*16L	4
11	Screw		M8*P1.25*55L*S17	1	64	Rail limitation	PVC		2
12	Magnetic arc			1	65	Screw		M10*P1.5*112L*S16L	3
13	Sleeve wrench		13.14	1	66	Seat sleeve		Φ14*Φ20*9.3L	2
14	Nylon nut		M8*7T,13	3	67	Bearing		6900 2ZZ	6
15	Screw		M6*P1.0*55L	1	68	Seat wheel	PA		6
16	Hex nut		M6*4.5T	1	69	Seat Sleeve		Φ10.2*Φ14*62.5L	3
17	Magnetic spring			1	70	Seat holder			1
18	Nylon washer		Φ6.5*Φ19*1.5T	1	71	Screw		M8*P1.25*75L*S20L	1
19	Flat washer		Φ6.5*Φ14*1T	1	72	Wheel sleeve		Φ19*15.4L	2
20	Nylon nut		M6*5.5T	1	73	Rail wheel	PA		1
21	Magnet			7	74	Bearing		608 2RS,ABEC-5	2
22	Magnetic spacers	ABS		6	75	Front stabilizer			2
23	Sensor cable lower			2	76	Flat washer		Φ6*12*1.5T	1
24	Screw		M5*16L	4	77	Seat			1
25	Sear sleeve		Φ14*Φ20*14.3L	4	78	Rail			1
26	Nylon nut		M10*9T,17	3	79	Pin			1
27	Wavy washer		Φ17.5*Φ22*0.3T	1	80	Nylon nut		M10*P1.5*10T,17	1
28	Semi-circle washer		Φ8*Φ19*2T	3	81	Screw		M10*98L*S12,	1
29	Screw		M8*P1.25*16L	9	82	Folding holder			1
30	Tension cable			1	83	Flat washer		Φ6.5*Φ16*2T	2
31	Cover bar	ABS	Φ6*36.6L	1	84	Screw		M6*12	2
32	Main cover R	ABS		1	85	Sleeve		Φ10*Φ14*3mm	1
33	Screw		ST3.9*50L	3	86	Bearing		6300 2RS,	1
34	Big cover R	ABS		1	87	Flywheel		Φ260*35W*4.5KG	1
35	Small cover R	ABS		1	88	One-way bearing		Φ35*17L	1
36	Pedal axle		Φ12.5*448L	1	89	Bearing		6003 2RS	2
37	Harpoon wrench		13.14.17 十字	1	90	Flywheel axle		3/8"-26*120L	1
38	Cap	PP		2	91	Small pulley		Φ25.4*J8	1

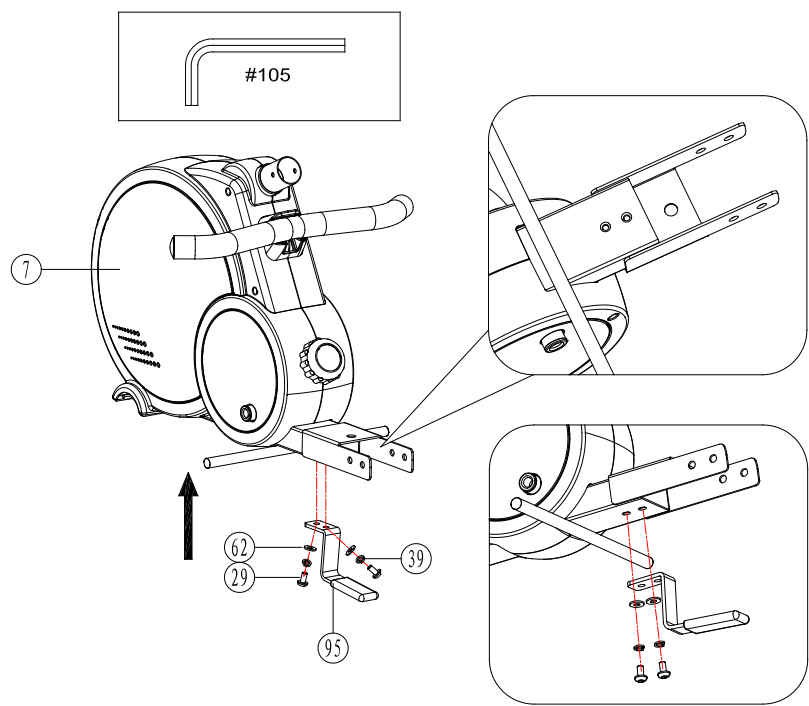
39	Spring washer		Φ8.1*2.5T	6		92	Bearing		6800 2RS	2
40	Knob		M12*49L	1		93	Hex nut		3/8"-26*3.8T	3
41	Screw		M5*12L (伞头外径 Φ9.5)	1		94	Patterned nut		3/8"-26*7T	2
42	Spring box			1		95	Frame support			1
43	Screw		M6*10L,	8		96	Belt		280J5	1
44	Handlebar		Φ25.4*1.5T*470L	1		97	Pedal L	ABS		1
45	STR 1" end cap	PVC	Φ25.4	2		98	Screw		ST2.9*10L	22
46	Handlebar foam			1		99	Main cover L	ABS		1
47	Idler bar spring		Φ15*Φ2.5*23n	1		100	Screw		3/16"*3/4	6
48	Idler bar			1		101	Small cover L	ABS		1
49	Wavy washer		Φ10.2*Φ13*0.3T	1		102	Big cover L	ABS		1
50	Plastic washer		Φ8.5*Φ25*0.5T	1		103	Cap nut		M8	2
51	Idler wheel			1		104	Screw		M8*P1.25*58L*S20L	2
52	Bearing		6000 2ZZ	2		105	Hex wrench		6mm*30mml*84mml	1
53	Flat washer		Φ6.5*Φ13*2T	1						

Assembly instruction

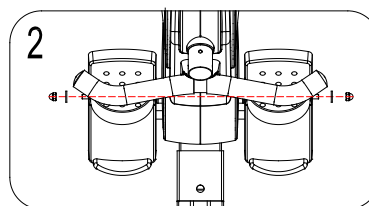
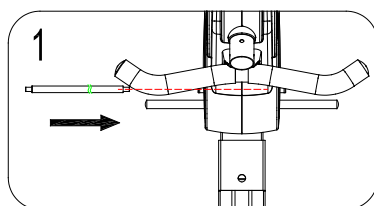
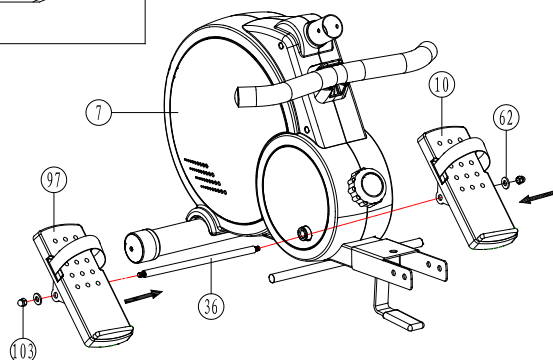
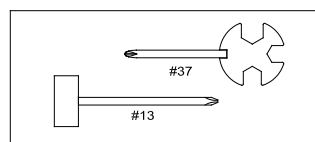
STEP 1



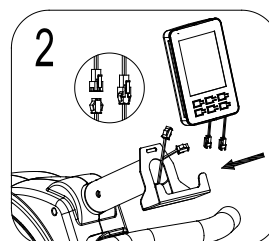
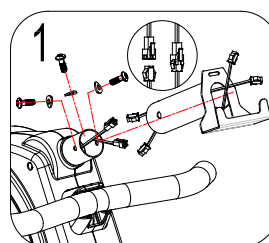
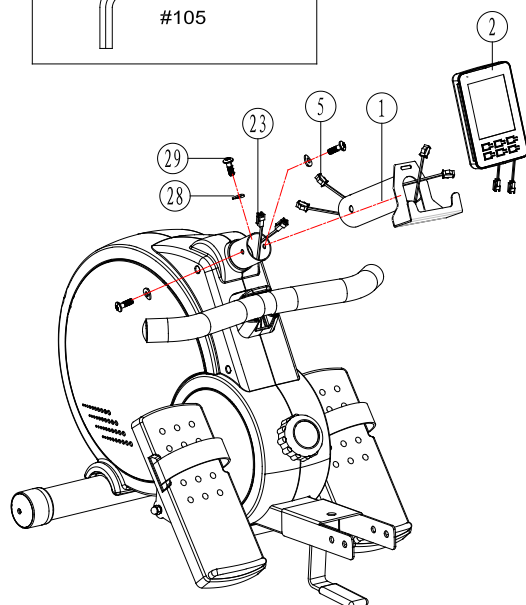
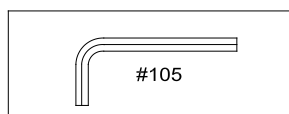
STEP 2



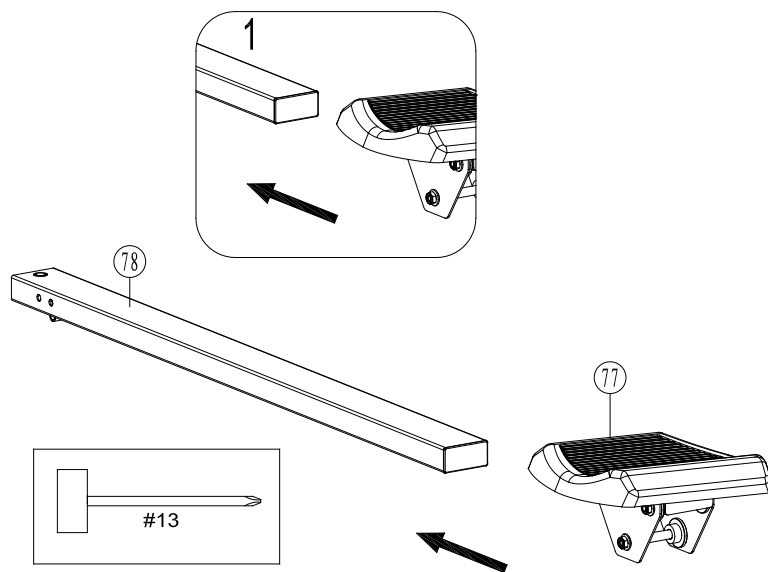
STEP 3



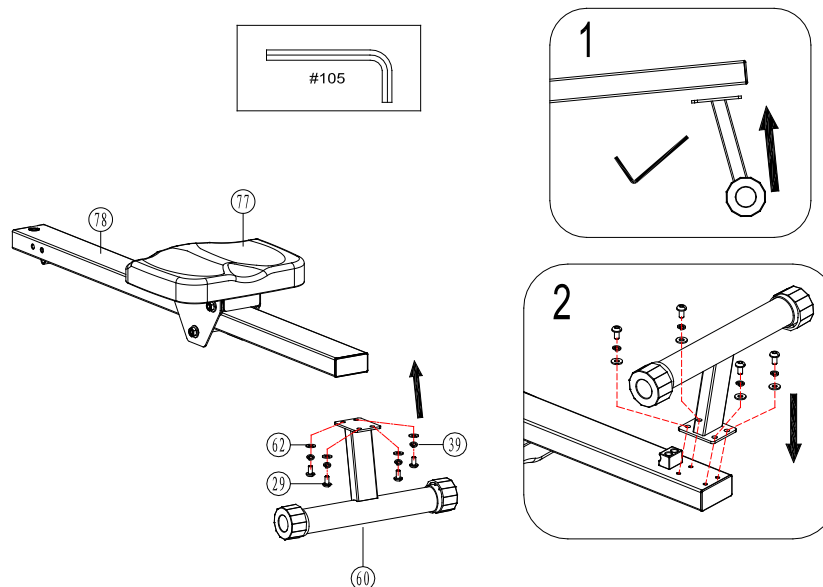
STEP 4



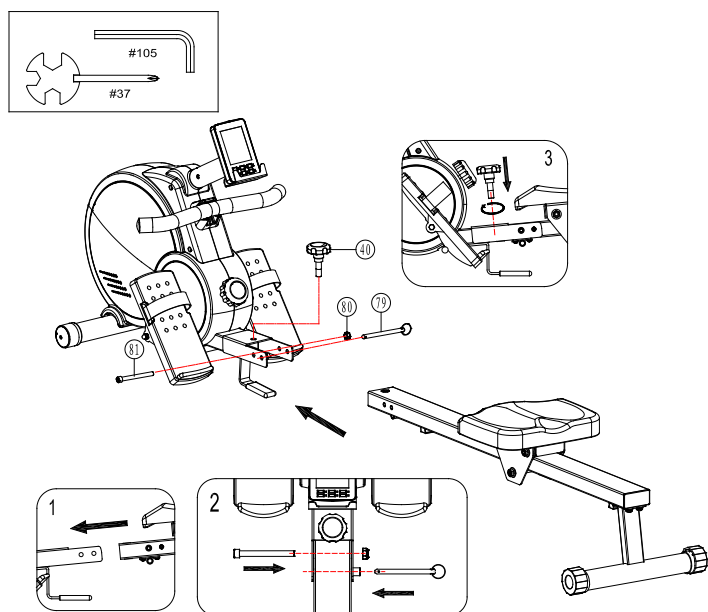
STEP 5



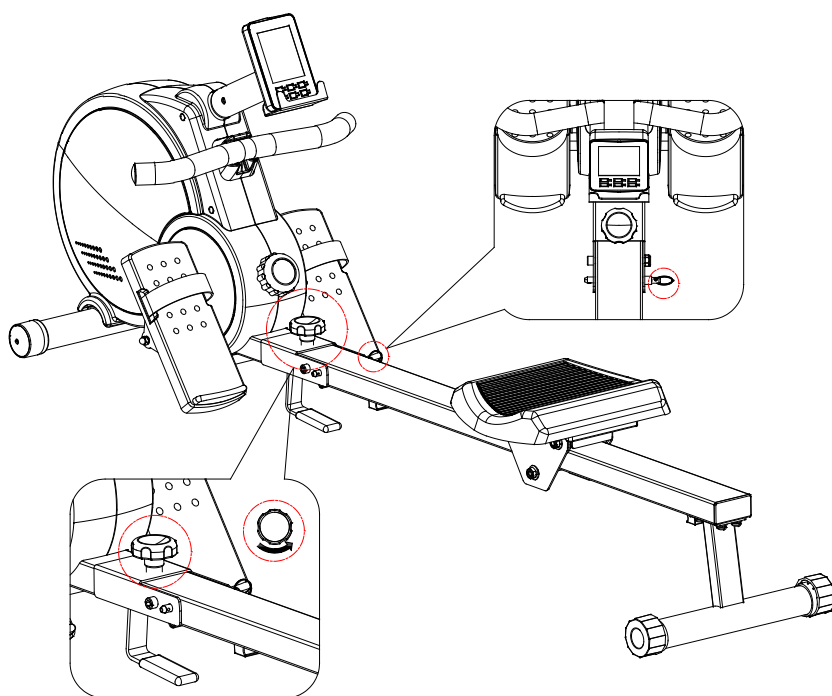
STEP 6



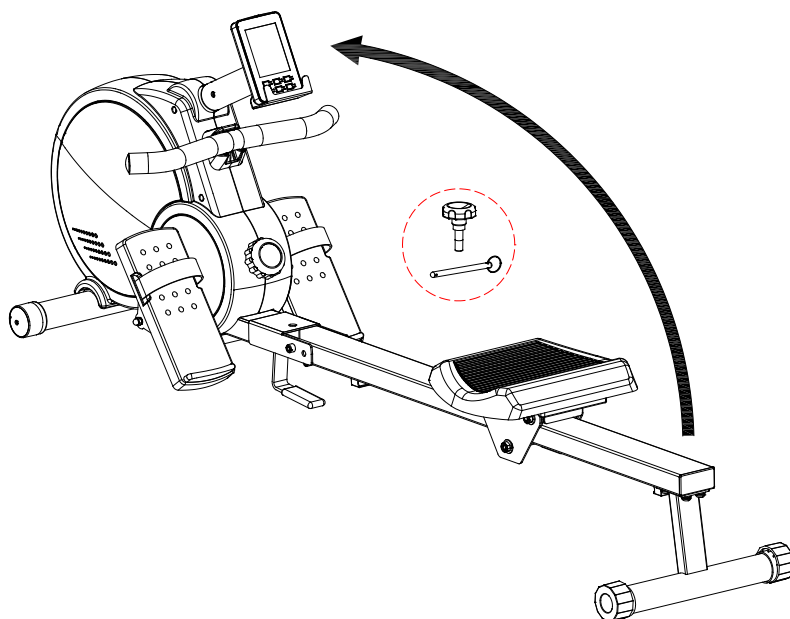
STEP 7



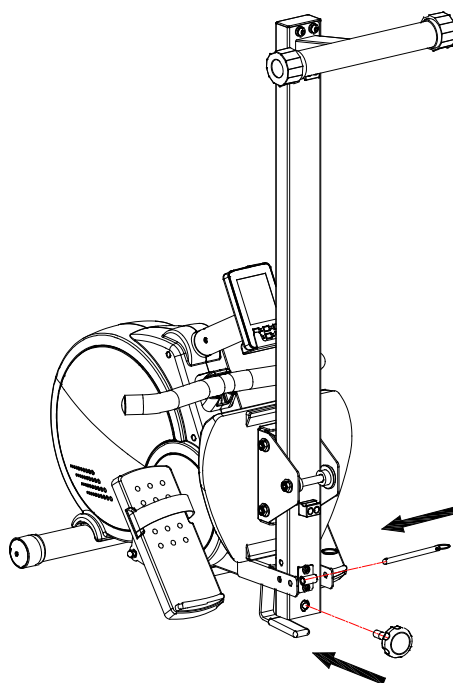
Folding STEP 1



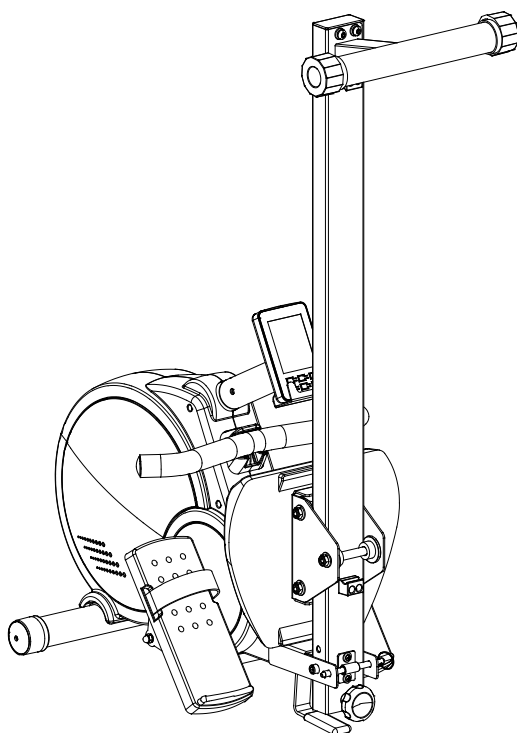
STEP 2



STEP 3



STEP 4



Button function

TOTAL RESET : Press this button to reset the console

SET : After setting each value, press this key to confirm. During operation, press this key to switch between manual scanning and automatic scanning of each function value.

RECOVERY: This is the heart rate recovery test button. After exercising for a period of time, the user presses the button to count down for 1 minute. When the time is up, the console will evaluate the user's heart rate recovery status

+: Increase the values (Time/Distance/Cal/Pulse)

RESET : Clear the currently set function value during setting.

-: Decrease the values (Time/Distance/Cal/Pulse)

Description of function values

SCAN : Each function value is scanned and displayed in turn, with an interval of 6 seconds.

The display order is::

SCAN⇒STROKES/TOTAL STROKES⇒TIME⇒DISTANCE⇒CALORIES⇒ SPM⇒ PULSE⇒SCAN

SPM: 0~15~999

TIME : 0:00~99:59

DISTANCE: 0.00~99.99 K/M

CALORIES: 0~9999

PULSE: 30~240 BPM

STROKES: 0~9999

TOTAL STROKES: 0~9999

Description of operation**1 Basic function**

Power on the console, the console will display all the information for 1 second and the buzzer will give a long "beep", then display the Bluetooth broadcast name for 1 second, and then enter the standby interface. In the standby interface, users can start exercising directly or start exercising after setting the function value.

During exercise, the function values of each function will start counting. If the function value is not set, the function value of each function (except the heart rate value) will count up during exercise; if the function value is set, the function value (except the heart rate value) that has been set will count down during exercise, and the unset function value (except the heart rate value) will count up to the upper limit.

After the set function value counts down to 0 (except the heart rate value) during exercise, the buzzer will "beep" 4 times, the corresponding function value will flash, and then the function value will start to count up; if the set function value is the heart rate value, when the user's heart rate value is detected to exceed the set heart rate value during exercise, the value of the heart rate will flash.

Function value setting method:

In the standby interface, press the set button to enter the function value setting interface. The corresponding function display window will flash during setting. Press the plus and minus buttons to set the function target value and then press the set button to confirm and enter the next function value. Follow this step to set the function value in sequence

TIME→DISTANCE→CALORIES→PULSE

2 Heart rate recovery test

When the heart rate value is available, press the "Recovery" button to perform a one-minute heart recovery function test. After the test, the console will display the test results with Level F1~F6.

Note: This test is only for reference and is not intended as any medical evidence.

Instruction of F1~F6

Recovery level	Recovery status	Heartbeat detection gap (before and after test)
F1	Excellent	Average difference 50
F2	Very good	40-49
F3	Good	30-39
F4	Okay	20-29
F5	Need to increase exercise	10-19
F6	Not enough exercise	Below 10

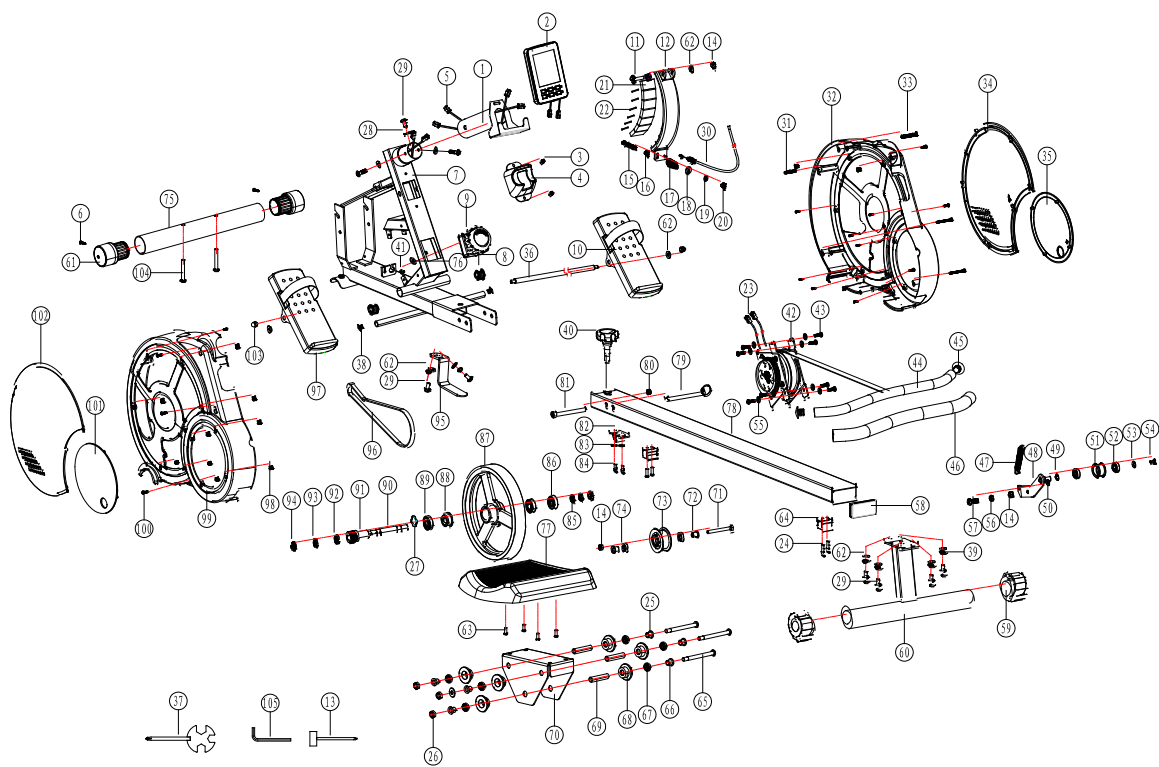
3 Automatic power on and off

When the user starts exercising or presses any button, the console will automatically turn on. If the user does not exercise or use the console for 4 minutes, the console will automatically turn off and enter sleep mode.

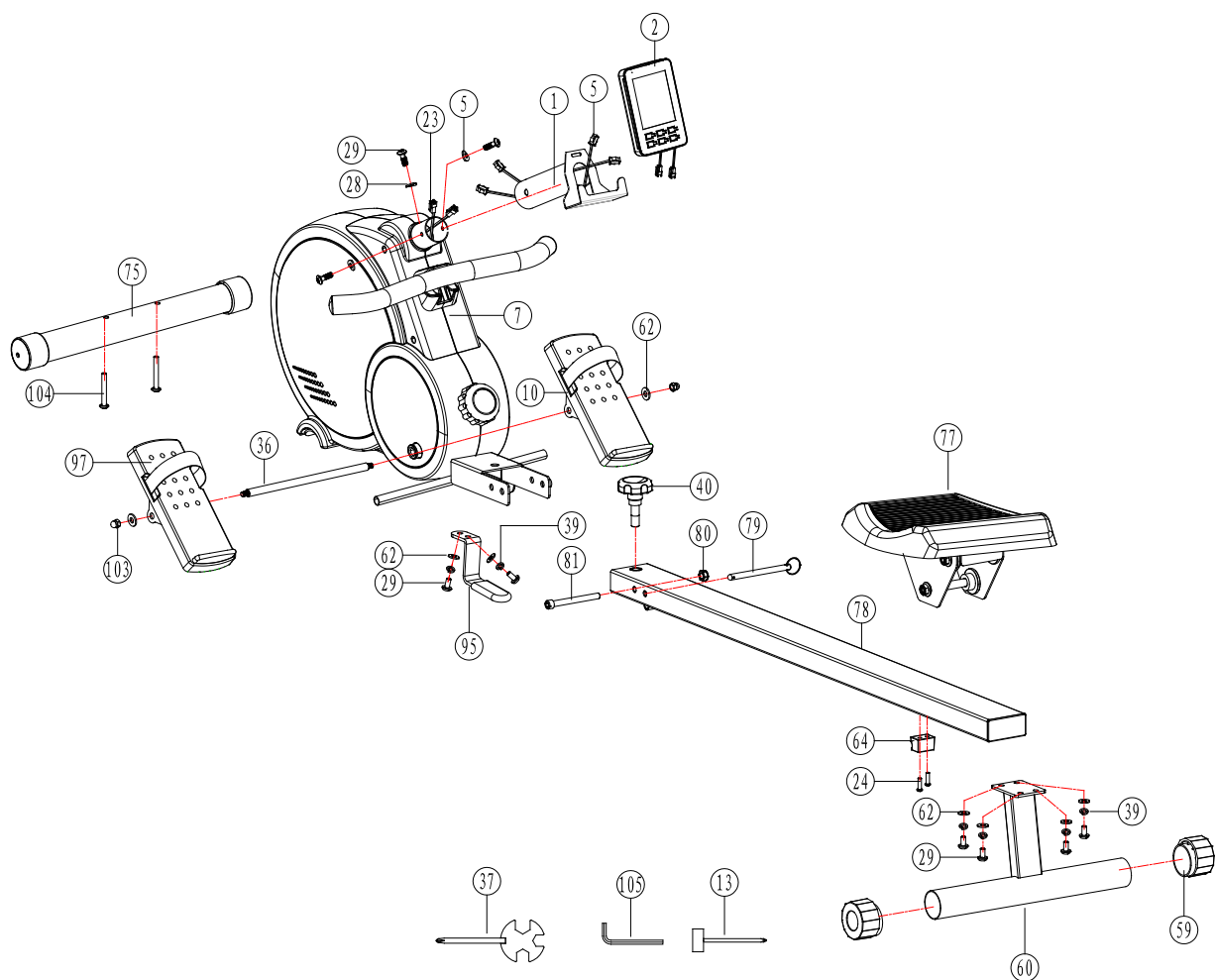
Precautions

1. Please insert two AA batteries before use (**2*1.5V**).
2. This console has a built-in wireless heart rate receiver. Please wear the wireless heart rate monitor correctly when detecting your heart rate.
3. Keep this console away from moisture.

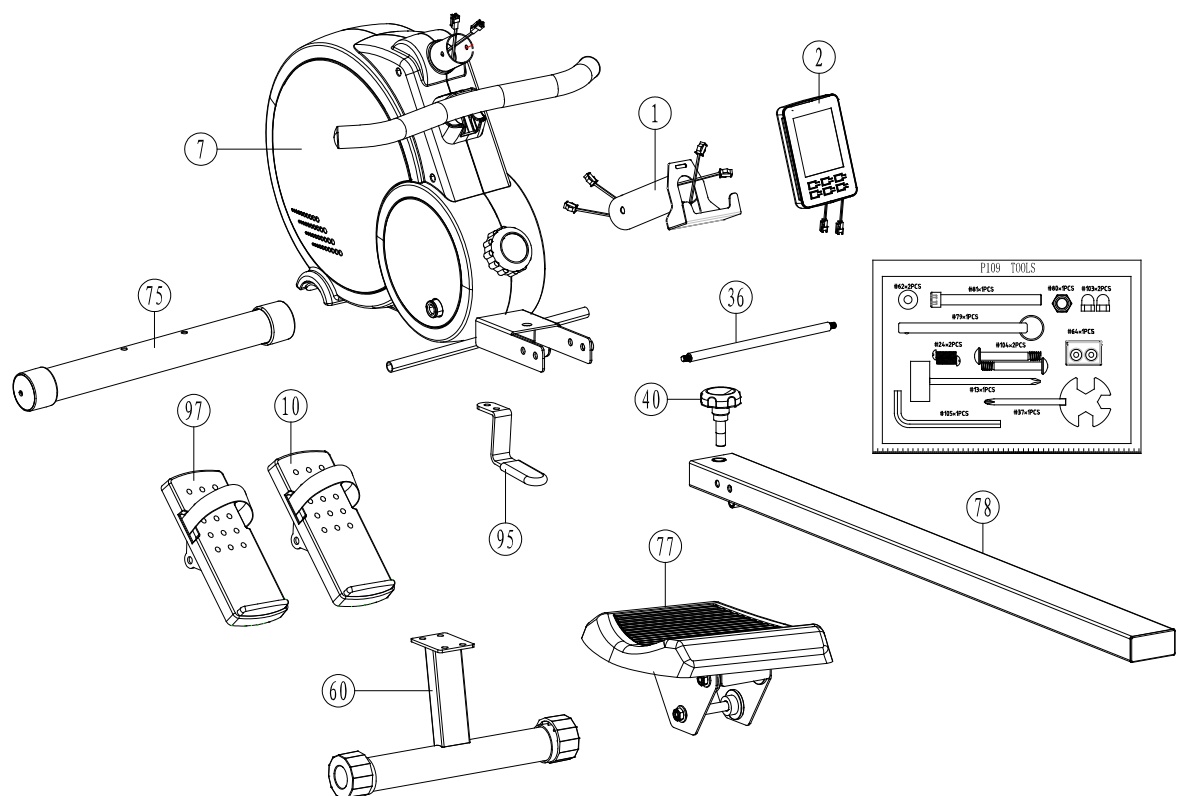
Eksploderet tegning



Lille eksploderet tegning

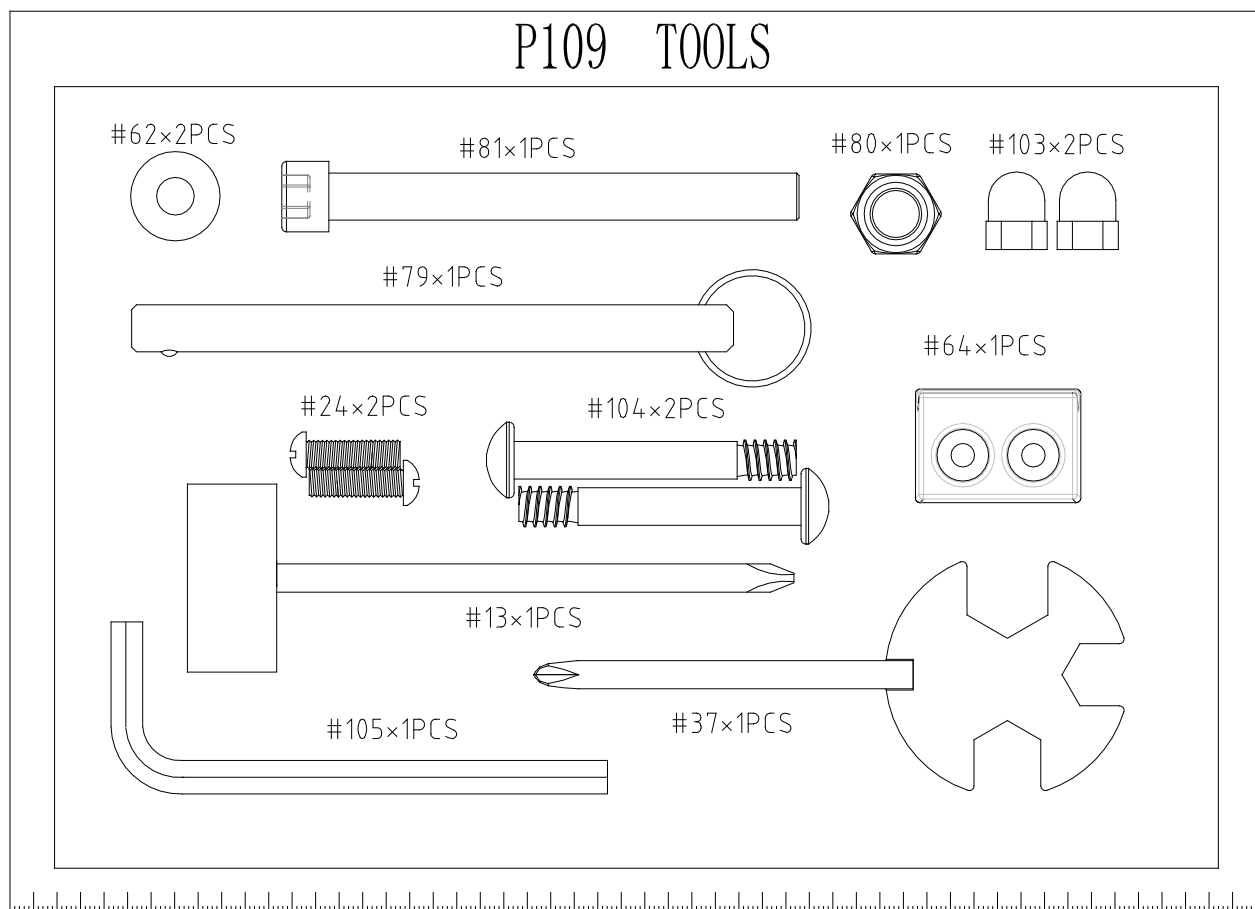


Dele I pakken



Del nr.	Beskrivelse	Antal	Del nr.	Beskrivelse	Antal
1	Konsol holder	1	60	Bagerste stabilisator	1
2	Konsol	1	75	Forreste stabilisator	1
7	Ramme	1	78	Skinne	1
10	Pedal Højre	1	77	Sæde	1
36	Aksel	1	97	Pedal Venstre	1
40	Knop	1		Skrue pose	1

Skruepose



Del nr.	Beskrivelse	Antal
13	Skruenøgle 13.14 cross	1
24	Skrue M5*16L	2
37	Multinøgle 13.14.17 cross	1
62	Spændeskive $\Phi 8^* \Phi 19^* 2T$	2
64	Skinnebegrænser PVC85°	1
79	Stift $\phi 9.5^* 128L$	1
80	Låsemøtrik M10*P1.5*10T	1
81	Skrue M10*98L*S12	1
103	Hættemøtrik M8	2
104	Skrue M8*P1.25*58L*S20L	2
105	Unbrakonøgle 6mm*30mml*84mml	1

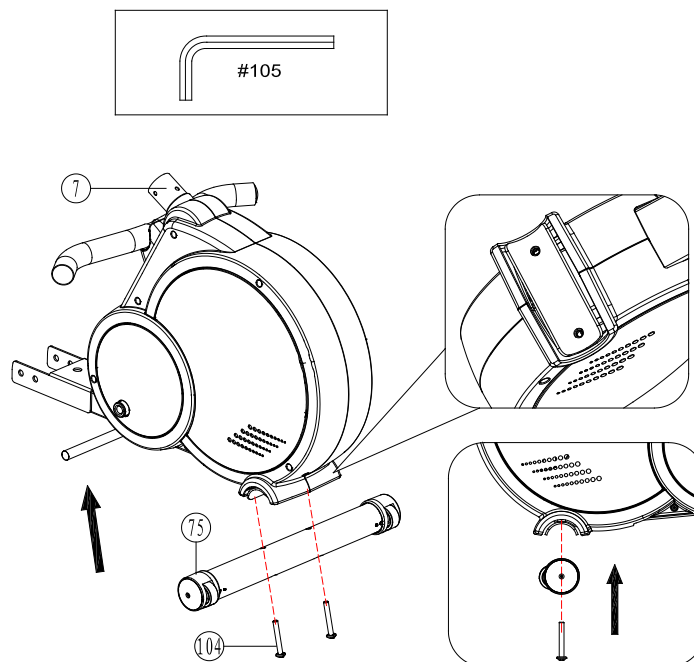
Reservedelsliste

Nr	Beskrivelse	Materiale	Specifikationer	Antal	Nr.	Beskrivelse	Materiale	Specifikationer	Antal
1	Konsol holder			1	54	Skrue		M6*10L	1
2	Konsol	ABS		1	55	Spændeskive		Φ6.5*Φ16*1.5T	8
3	Skrue		M5*10L	2	56	Unbrakomøtrik		M8	1
4	Håndtagsholder	PP		1	57	Skrue		M8*25L*S18L	1
5	Øvre sensor kabel			2	58	Endedæksel	PP		1
6	Skrue		ST2.9*10L,	2	59	Stabilisator dæksel	PP		2
7	Ramme			1	60	Bagerste stabilisator			1
8	Muffe Φ25.4	PA	Φ25.4*20L	2	61	Transporthjul	PA		2
9	Spændings knop			1	62	Spændeskive		Φ8*Φ19*2T	9
10	Pedal højre	ABS		1	63	Skrue		M6*16L	4
11	Skrue		M8*P1.25*55L*S17	1	64	Skinnebegrænser	PVC		2
12	Magnetisk bue			1	65	Skrue		M10*P1.5*112L*S16L	3
13	Skruenøgle		13.14	1	66	Sædemuffe		Φ14*Φ20*9.3L	2
14	Nylonmøtrik		M8*7T,13	3	67	Leje		6900 2ZZ	6
15	Skrue		M6*P1.0*55L	1	68	Sædehjul	PA		6
16	Unbrakomøtrik		M6*4.5T	1	69	Sædemuffe		Φ10.2*Φ14*62.5L	3
17	Magnetisk fjeder			1	70	Sædeholder			1
18	Nylon skive		Φ6.5*Φ19*1.5T	1	71	Skrue		M8*P1.25*75L*S20L	1
19	Spændeskive		Φ6.5*Φ14*1T	1	72	hjulmuffe		Φ19*15.4L	2
20	Låsemøtrik		M6*5.5T	1	73	Skinnehjul	PA		1
21	Magnet			7	74	Leje		608 2RS,ABEC-5	2
22	Magnetiske afstandsstykker	ABS		6	75	Front stabilisator			2
23	Nedre Sensor Kabel			2	76	Spændeskive		Φ6*12*1.5T	1
24	Skrue		M5*16L	4	77	Sæde			1
25	Sædemuffe		Φ14*Φ20*14.3L	4	78	Skinne			1
26	Låsemøtrik		M10*9T,17	3	79	Stift			1
27	Bølgeskive		Φ17.5*Φ22*0.3T	1	80	Nylonmøtrik		M10*P1.5*10T,17	1
28	Halvcirkelskive		Φ8*Φ19*2T	3	81	Skrue		M10*98L*S12,	1
29	Skrue		M8*P1.25*16L	9	82	Foldbar holder			1
30	Spændingskabel			1	83	Spændeskive		Φ6.5*Φ16*2T	2
31	Cover Stang	ABS	Φ6*36.6L	1	84	Skrue		M6*12	2
32	Hoved cover Højre	ABS		1	85	Muffe		Φ10*Φ14*3mm	1
33	Skrue		ST3.9*50L	3	86	Leje		6300 2RS,	1
34	Stort cover Højre	ABS		1	87	Svinghjul		Φ260*35W*4.5KG	1
35	Lille cover Højre	ABS		1	88	Envejsleje		Φ35*17L	1
36	Pedal Aksel		Φ12.5*448L	1	89	Leje		6003 2RS	2
37	Multinøgle		13.14.17 十字	1	90	Svinghjuls aksel		3/8"-26*120L	1

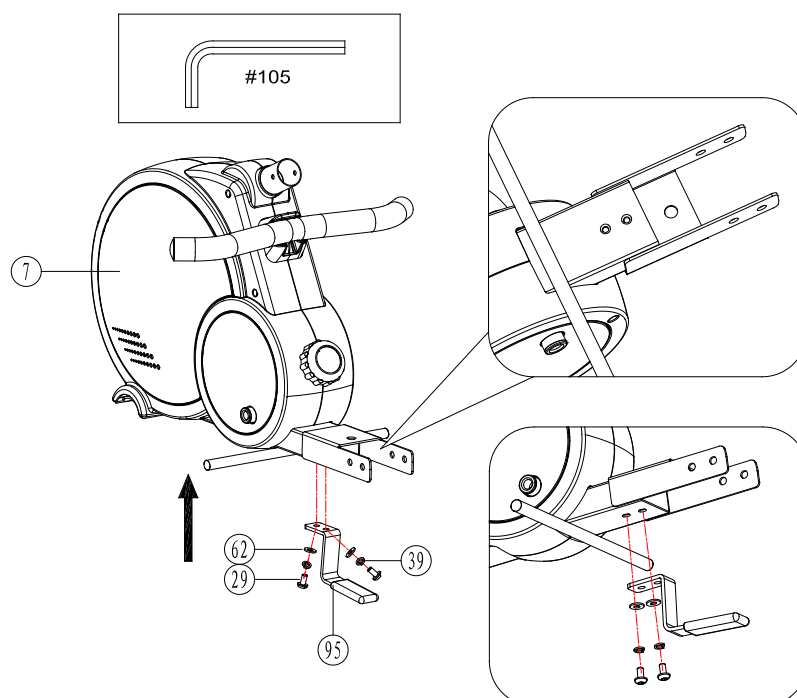
38	Dæksel	PP		2	91	Lille trækrem		φ25.4*J8	1
39	Fjederskive		Φ8.1*2.5T	6	92	Leje		6800 2RS	2
40	Knop		M12*49L	1	93	Unbrako møtrik		3/8"-26*3.8T	3
41	Skrue		M5*12L (伞头外径 Φ9.5)	1	94	Mønstret møtrik		3/8"-26*7T	2
42	Fjeder kasse			1	95	Ramme support			1
43	Skrue		M6*10L,	8	96	Bælte		280J5	1
44	Styr		φ25.4*1.5T*470L	1	97	Pedal Venstre	ABS		1
45	STR 1" endedæksel	PVC	φ25.4	2	98	Skrue		ST2.9*10L	22
46	Styr skum			1	99	Hoved cover Venstre	ABS		1
47	Fjeder til stang		φ15*φ2.5*23n	1	100	Skrue		3/16"*3/4	6
48	Lejestang			1	101	Lille cover Venstre	ABS		1
49	Bølgeskive		φ10.2*φ13*0.3T	1	102	Stort cover Venstre	ABS		1
50	Plastik skive		φ8.5*φ25*0.5T	1	103	Hættemøtrik		M8	2
51	Mellemløbshjul			1	104	Skrue		M8*P1.25*58L*S20L	2
52	Leje		6000 2ZZ	2	105	Unbrakonøgle		6mm*30mm*84mm	1
53	Spændeskive		φ6.5*φ13*2T	1					

Samlevejledning

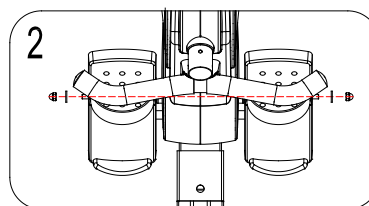
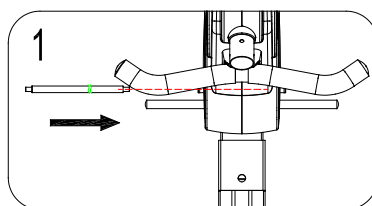
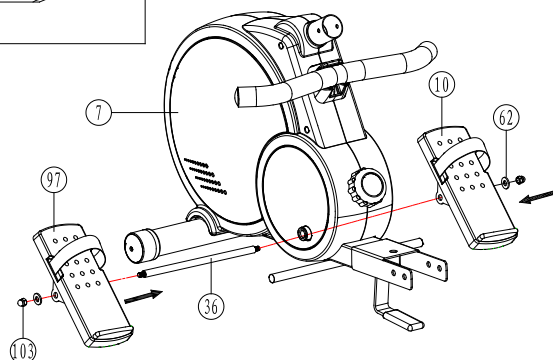
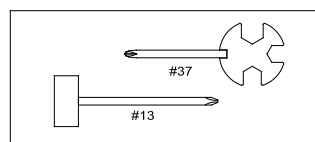
Trin 1



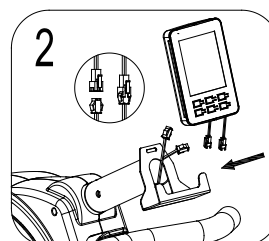
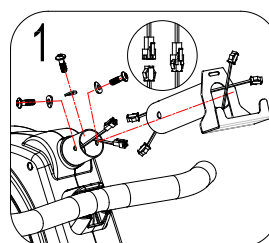
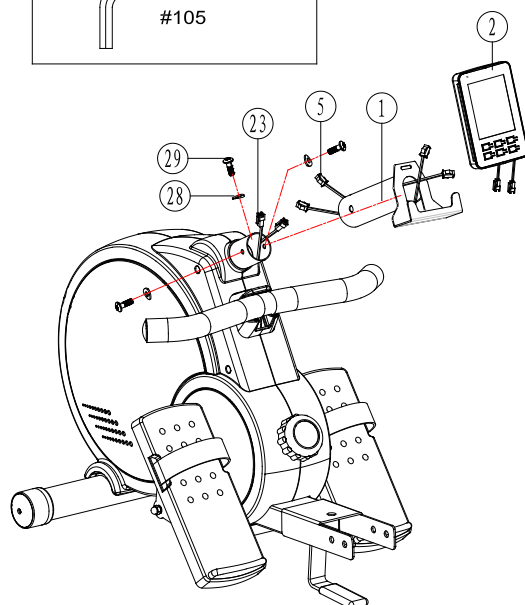
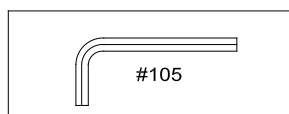
Trin 2



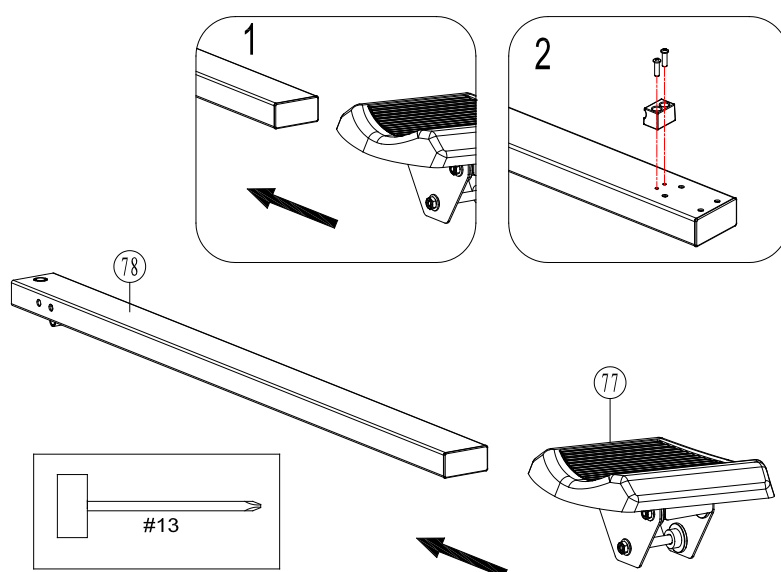
Trin 3



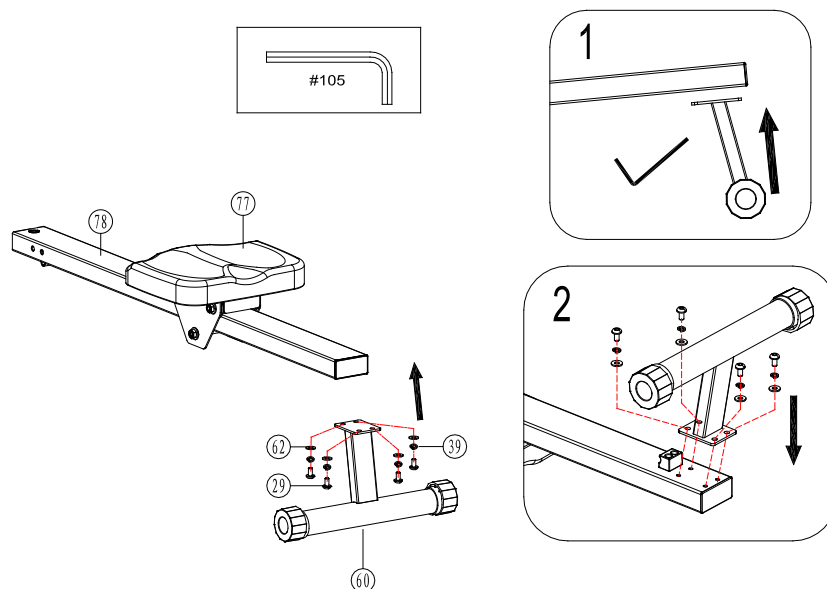
Trin 4



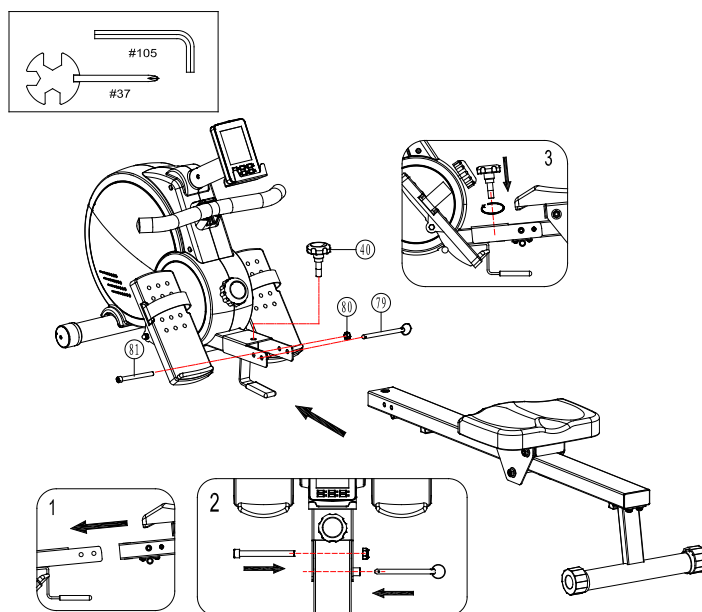
Trin 5



Trin 6

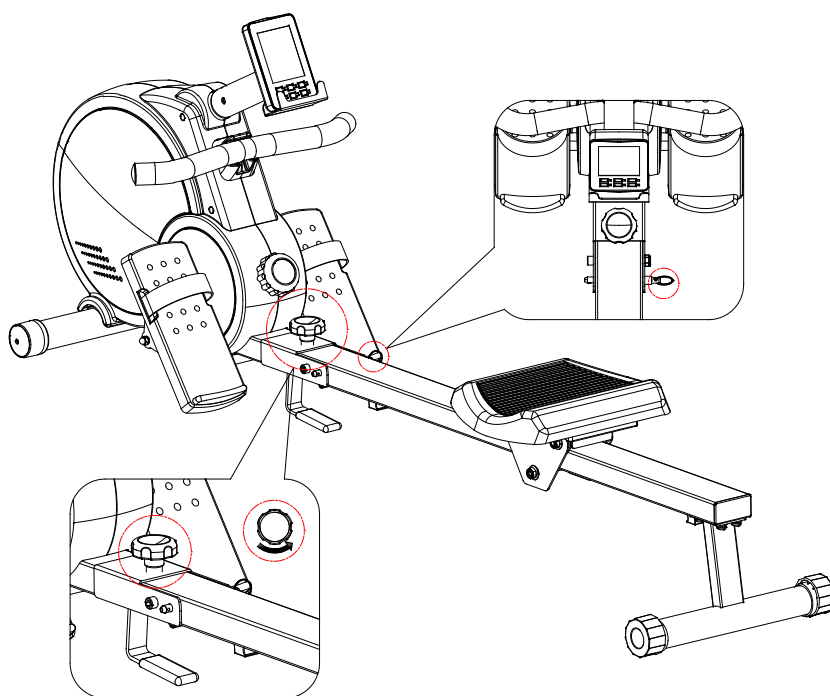


Trin 7

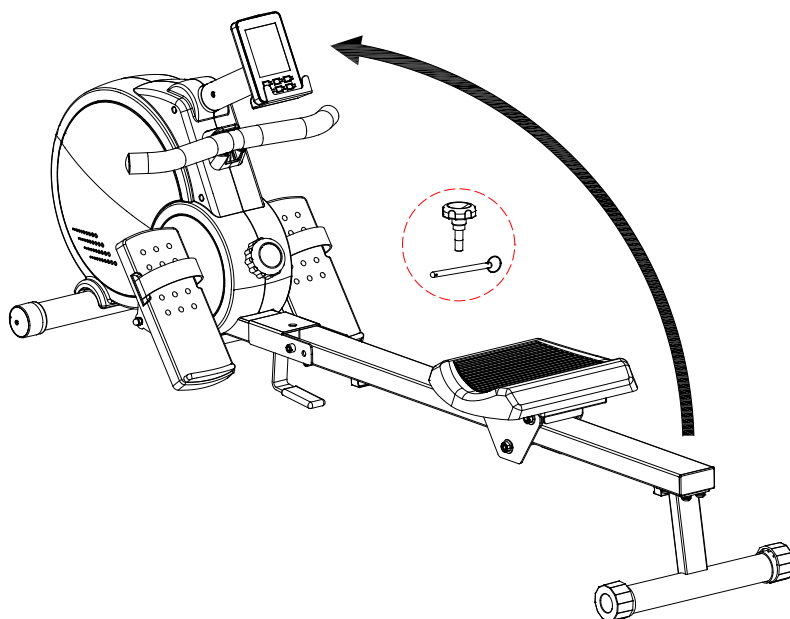


Folde instruktion

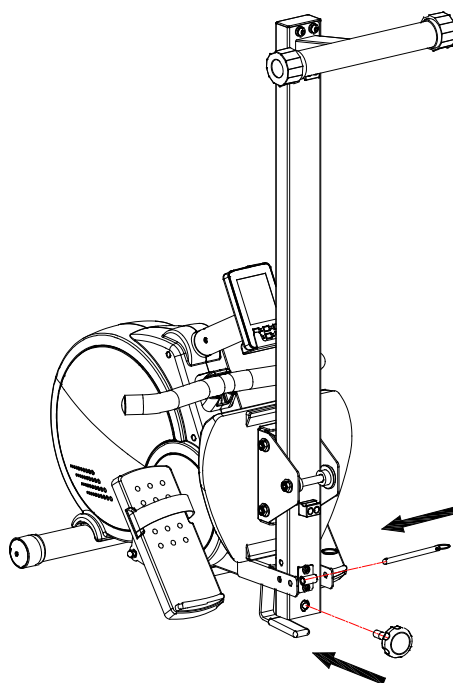
Trin 1



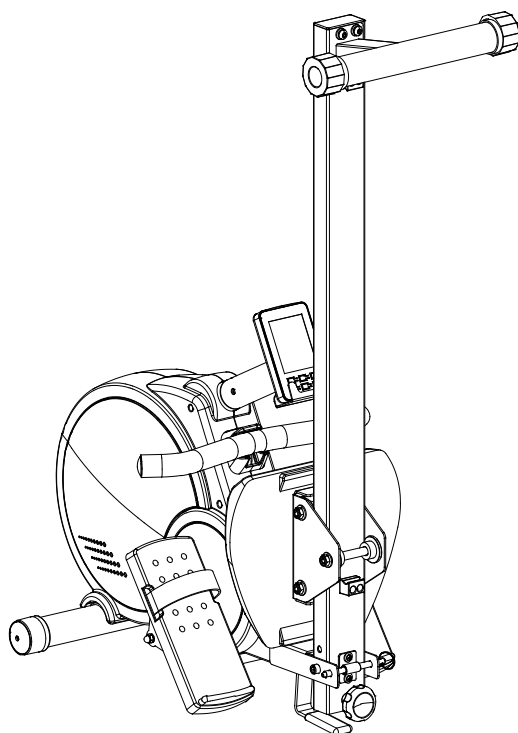
Trin 2



Trin 3



Trin 4



一. Knappernes funktioner

TOTAL RESET: Tryk på denne knap for at nulstille konsollen.

SET: Efter indstilling af hver værdi, tryk på denne tast for at bekræfte. Under drift, tryk på denne tast for at skifte mellem manuel scanning og automatisk scanning af hver funktionsværdi.

RECOVERY: Dette er knappen til hjertefrekvensgenopretningstest. Efter at have trænet i en periode, trykker brugeren på knappen for at tælle ned i 1 minut. Når tiden er gået, vil konsollen evaluere brugerens hjertefrekvensgenopretningsstatus.

+: Øg værdierne (Tid/Distance/Kalorier/Puls).

RESET: Nulstil den aktuelt indstillede funktionsværdi under indstillingen.

-: Formindsk værdierne (Tid/Distance/Kalorier/Puls).

二. Beskrivelse af funktionsværdier

SCAN : Each function value is scanned and displayed in turn, with an interval of 6 seconds.

The display order is::

SCAN⇒STROKES/TOTAL STROKES⇒TIME⇒DISTANCE⇒CALORIES⇒ SPM⇒ PULSE⇒SCAN

SPM: 0~15~999

TIME : 0:00~99:59

DISTANCE: 0.00~99.99 K/M

CALORIES: 0~9999

PULSE: 30~240 BPM

STROKES: 0~9999

TOTAL STROKES: 0~9999

三. Betjeningsvejledning

1 Generelle funktioner

Når konsollen tændes, vil alle informationer blive vist i 1 sekund, og buzzer'en vil give en lang "bip"-lyd. Derefter vises Bluetooth-udsendelsesnavnet i 1 sekund, og konsollen går ind i standby-tilstand. I standby-tilstand kan brugerne starte træningen direkte eller begynde efter at have indstillet funktionsværdien. Under træningen vil funktionsværdierne for hver funktion begynde at tælle. Hvis funktionsværdien ikke er indstillet, vil funktionsværdien for hver funktion (undtagen hjertefrekvensværdien) tælle op under træningen; hvis funktionsværdien er indstillet, vil den indstillede funktionsværdi (undtagen hjertefrekvensværdien) tælle ned under træningen, og den ikke-indstillede funktionsværdi (undtagen hjertefrekvensværdien) vil tælle op til den øvre grænse.

Når den indstillede funktionsværdi tæller ned til 0 (undtagen hjertefrekvensværdien) under træningen, vil buzzer'en "bippe" 4 gange, den tilsvarende funktionsværdi vil blinke, og derefter vil funktionsværdien begynde at tælle op; hvis den indstillede funktionsværdi er hjertefrekvensværdien, vil hjertefrekvensværdien blinke, når brugerens hjertefrekvensværdi detekteres at overstige den indstillede hjertefrekvensværdi under træningen.

Indstilling af funktionsværdi:

I standby-tilstand, tryk på set-knappen for at gå ind i funktionsværdi-indstillingsgrænsefladen. Det tilsvarende funktionsdisplayvindue vil blinke under indstillingen. Tryk på plus- og minusknapperne for at indstille funktionsmålværdien, og tryk derefter på set-knappen for at bekræfte og gå videre til den næste funktionsværdi. Følg denne fremgangsmåde for at indstille funktionsværdierne i rækkefølge:

TIME→DISTANCE→CALORIES→PULSE

2 Hjerterefrekvensgenopretningstest

Når hjerterefrekvensværdien er tilgængelig, tryk på "Recovery"-knappen for at udføre en et-minuts hjerteregenopretningstest. Efter testen vil konsollen vise testresultaterne med niveau F1~F6.

Bemærk: Denne test er kun til reference og er ikke beregnet som medicinsk bevis.

Genopretningsniveau	Genopretningsstatus	Hjerterefrekvens detektionsforskel (før og efter test)
F1	Fremragende	Gennemsnitlig forskel på 50
F2	Meget god	40-49
F3	God	30-39
F4	Okay	20-29
F5	Øg træning	10-19
F6	Ikke nok træning	Under 10

3 Automatisk tænding og slukning:

Når brugeren begynder at træne eller trykker på en knap, vil konsollen automatisk tænde. Hvis brugeren ikke træner eller bruger konsollen i 4 minutter, vil konsollen automatisk slukke og gå i dvaletilstand.

Forholdsregler□

1. Indsæt venligst to AA-batterier før brug (2*1,5V).
2. Denne konsol har en indbygget trådløs pulsmåler. Bær venligst den trådløse pulsmåler korrekt, når du måler din puls.
3. Hold denne konsol væk fra fugt.