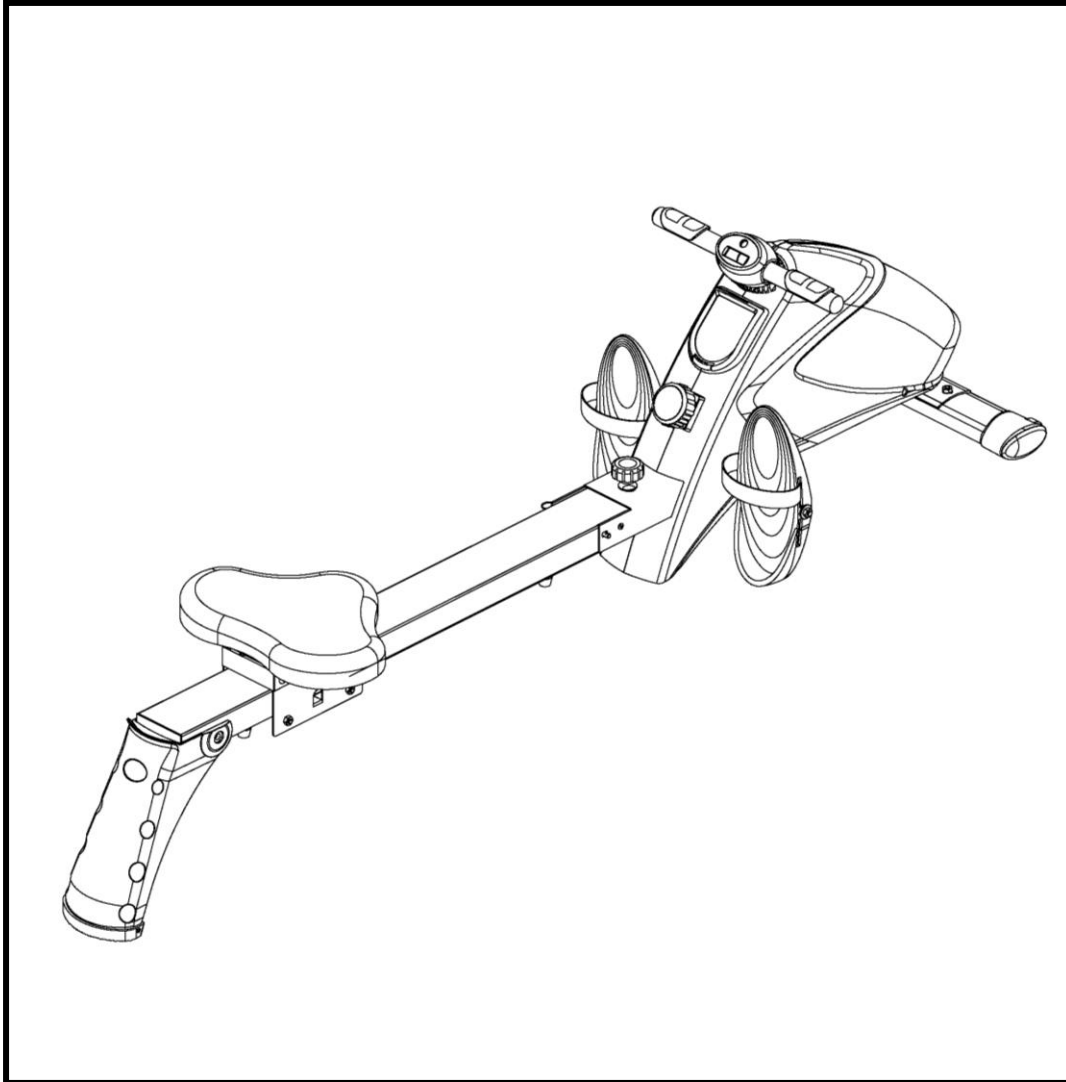




Product name: Conquer Magnetic Rower
SKU: 330-ARMAG500
EMAIL: customercare@conquerequipment.com
TEL: 855-349-4327
help.conquerequipment.com

Conquer Magnetic Rowing Machine

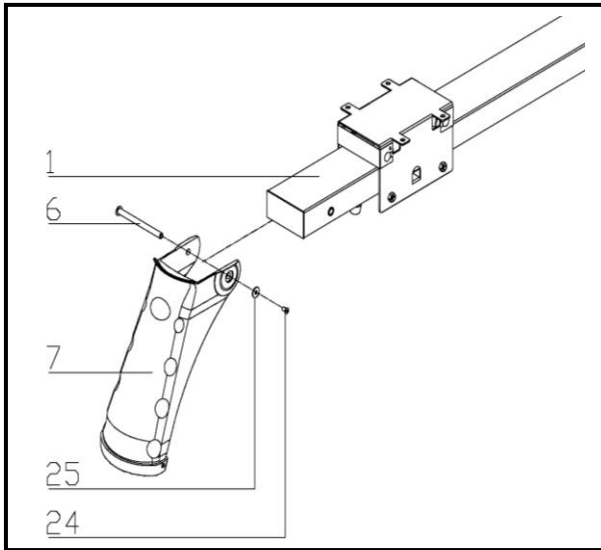




Product name: Conquer Magnetic Rower
SKU: 330-ARMAG500
EMAIL: customercare@conquerequipment.com
TEL: 855-349-4327
help.conquerequipment.com

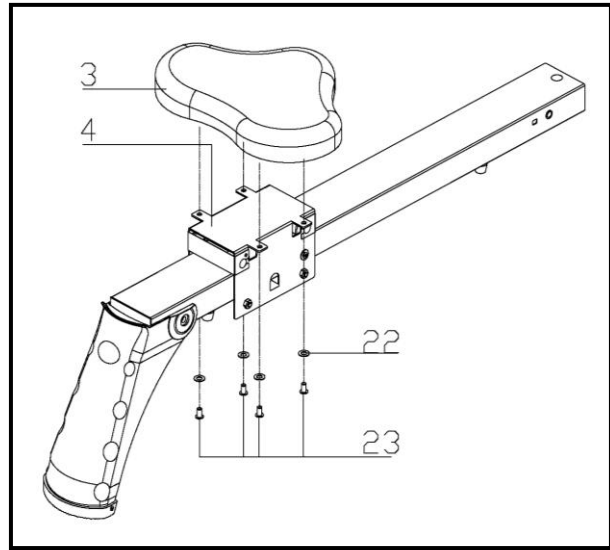
Important Safety Information

- It is important to read this entire manual before assembling and using the rower. Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
- Before starting any exercise program consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
- Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light headed, dizziness or nausea. If you do experience any of these symptoms consult your doctor before continuing with your exercise program.
- Keep children and pets away from the equipment. The equipment is designed for adult use only.
- Use the rower on a solid, flat level surface and consider using an exercise mat under the machine to help protect your floor or carpet. For safety, the equipment should have at least 0.5 meter of free space all around it.
- Before using the rower, check that all nuts and bolts are securely tightened. The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
- **Warning:** the equipment must be installed on a stable base and a level floor. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noise coming from the equipment during use, stop immediately. Do not use the equipment until the problem has been rectified.
- Wear suitable athletic clothing when using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement.
- This machine is for domestic, home use only. Maximum weight of user=120kg/265 lbs. Braking is speed independent.
- The equipment is not suitable for therapeutic use.
- Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or use assistance. Regular checking of the integrity of guards and safety devices.



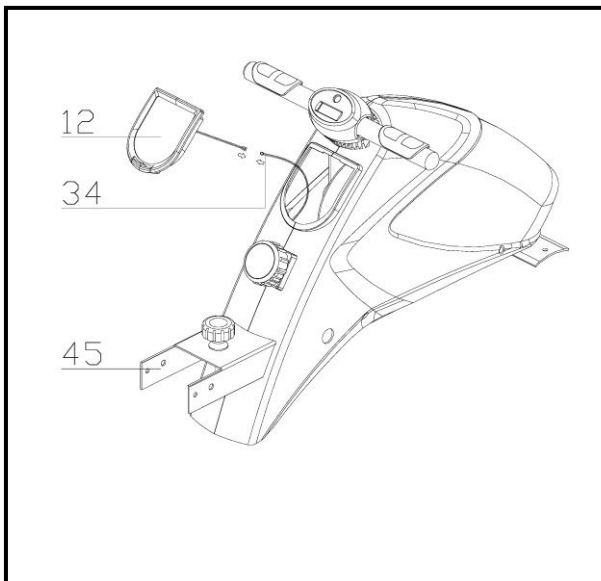
STEP 1

Connect the rower frame (pt.1) to the rear stabilizer (pt.7) using the bracket provided, slot the fixing bolt ($\varnothing 9.5 \times 115$) (pt.6) through the bracket and lock in place using the washer (pt.25) and (M6*10) Bolt (pt.24).



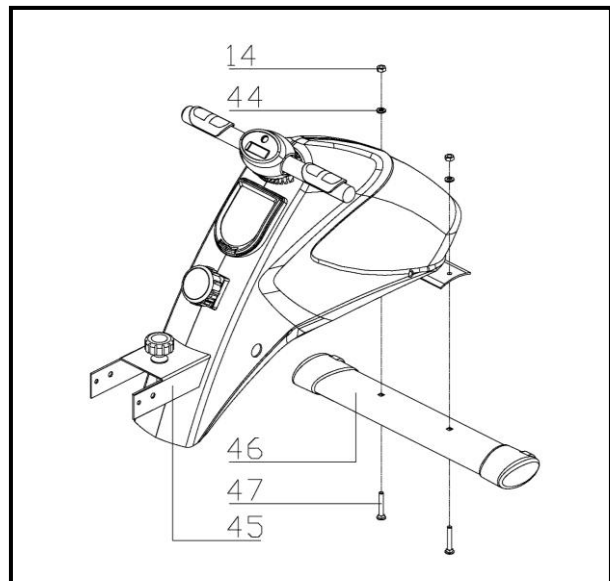
STEP 2

Attach the seat bracket (pt.4) to the underside of the seat (pt.3) using the four Washer ($\varnothing 8$) (pt.22) and Screw (M8*15) (pt.23).



STEP 3

Connect upper wire (pt.34) with Computer (pt.12) then attach computer to the Main Frame (pt.45).



STEP 4

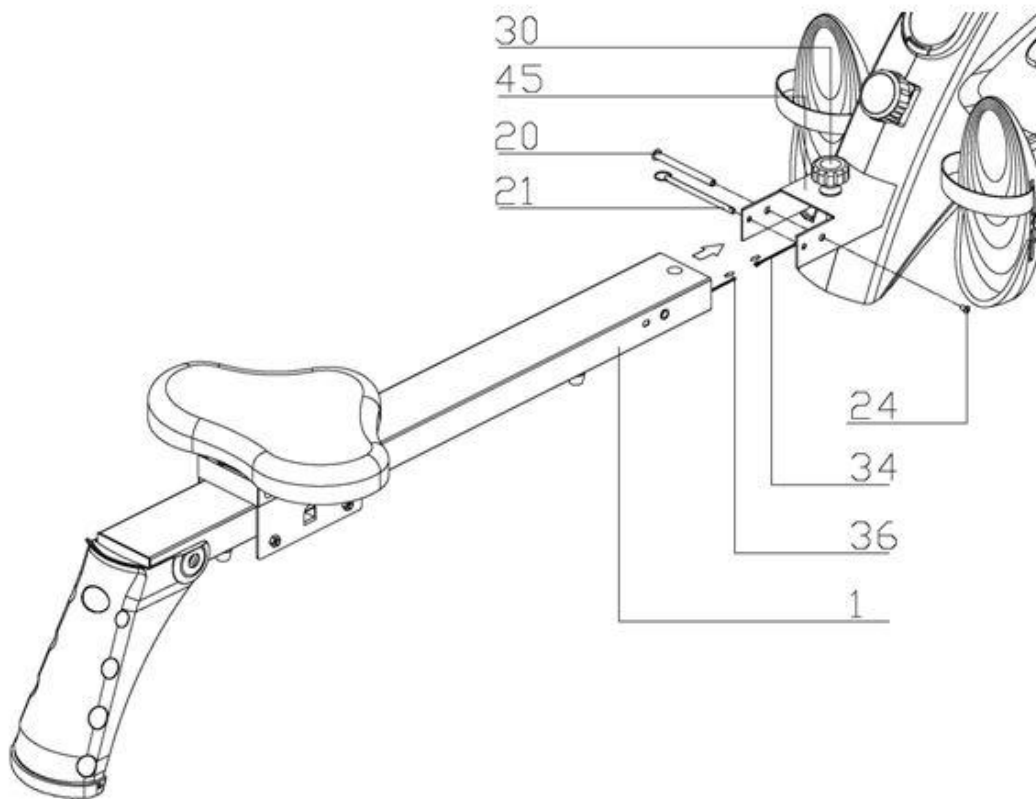
Attach the front stabilizer (pt.46) to the underside of the Main Frame (pt.45) using the two Carriage Bolt (M8*50) (pt.47), Curved Washer ($\varnothing 8$) (pt.44) and S Nut (M8) (pt.14).



Product name: Conquer Magnetic Rower
SKU: 330-ARMAG500
EMAIL: customercare@conquerequipment.com
TEL: 855-349-4327
help.conquerequipment.com

STEP 5

Insert the Axle for Pedal (pt.48) to the Main Frame (pt.45), cover the Plastic Bushing (pt.18), pedal (pt.17) and bigger Washer(φ8) (pt.15) in order. Then fix tightly by lock Nut (M8) (pt.14).



STEP 6

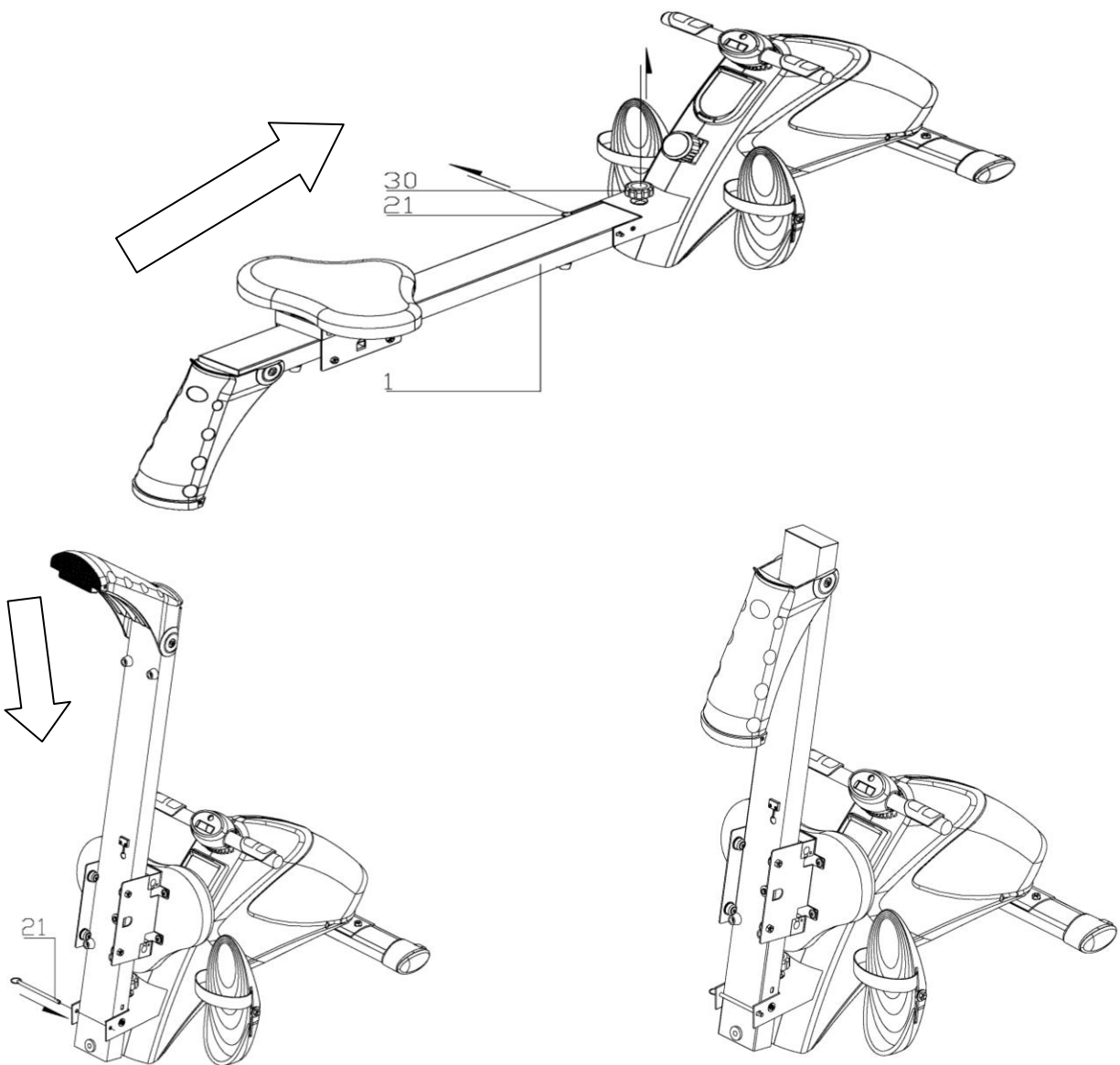
Attach rower frame (pt.48) to the main frame (pt.45), connect upper wire (pt.34) with lower wire(pt.36).Fix them tightly by Pivot (pt.20) and Bolt (pt.24) ,then insert Pull Pin (pt.21), at last tight tighten adjustment knob (pt.30).

Adjustable tension for varied resistance

Turn the Tension Knob (pt.31) clockwise to increase resistance tension, turn the tension knob counter-clockwise for lower resistance.



Product name: Conquer Magnetic Rower
SKU: 330-ARMAG500
EMAIL: customer@conquerequipment.com
TEL: 855-349-4327
help.conquerequipment.com



TO FOLD ROWING MACHINE FOR STORAGE:

Unscrew the adjustment knob (pt.30) from the mainframe (pt.45) and remove the pull pin (pt.21), then pull the rower frame (pt.1) in towards the main housing unit and replace the pull pin to keep the rower in a folded position.

Flip down the rear stabilizer (pt.7).

Note: Please be sure that the sensor cables do not get trapped when tilting the mainframe bar in towards the main housing.



Product name: Conquer Magnetic Rower
SKU: 330-ARMAG500
EMAIL: customercare@conquerequipment.com
TEL: 855-349-4327
help.conquerequipment.com

EXERCISE INSTRUCTIONS

Using your **CONQUER MAGNETIC ROWING MACHINE** will provide you with several benefits. It will improve your physical fitness, tone your muscles and in conjunction with a calorie-controlled diet, may help you lose weight. Row with just your arms, just legs, or engage the whole body. Don't forget to warm up.

TROUBLE SHOOTING

Computer not working correctly. If your computer is not working correctly, please check whether the lower wire is connected to the upper wire, and make sure that the upper wire is connected to the computer. If you have checked for the above, and the computer is still not working, then please make sure the batteries are still working and are installed correctly.

MAINTENANCE

- Before using the magnetic rowing machine, always make sure all bolts/nuts are fully tightened.
- Please dispose of used, spent batteries correctly and do not throw in the trash.
- Clean the machine with a clean damp cloth and dry.



EXERCISE COMPUTER DISPLAY

FUNCTION BUTTON

MODE: press to select all functions in sequence. Hold the button for 2 seconds to reset all function values.

RESET: press to reset function value and back to last setting stage. Hold the button for 2 seconds to reset all function values and clear all functions.

SET: press to set function value.



Product name: Conquer Magnetic Rower
SKU: 330-ARMAG500
EMAIL: customercare@conquerequipment.com
TEL: 855-349-4327
help.conquerequipment.com

FUNCTIONS

SCAN: Automatically scans through functions on under line display.

TIME: Automatically count up exercise time during exercise. Automatically count down exercise time from target during exercise.

COUNT: Accumulates workout counts during exercise.

TOTAL COUNT: Accumulates total counts for different exercise session.

CALORIES: Automatically count up calories consumption during exercise. Automatically count down calories consumption from target during exercise.

NOTE:

- Computer automatically stops calculation after 4 minutes without any signal input.
- Computer automatically shuts down after 4 minutes without any signal input.
- Replace the batteries if the computer displays improperly.
- Please use 2 (1.5v) AAA batteries as a power supply.

We appreciate your feedback! We hope this exceeded your expectations. If you enjoyed our product, feel free to leave us a positive product review. If you need help or have questions, please email us at customercare@conquerequipment.com and we will do everything in our power to be sure you are happy!



Product name: Conquer Magnetic Rower
 SKU: 330-ARMAG500
 EMAIL: customercare@conquerequipment.com
 TEL: 855-349-4327
help.conquerequipment.com

PART #	DESCRIPTION	QTY	PART	DESCRIPTION	QTY
1.	Rower Frame	1	38.	Rubber Pad	4
2.	Cover for Rower Frame	1	39.	Cushion Cover	1
3.	Seat	1	40.	Nut(M10*1)	2
4.	Seat Bracket	1	41.	Nut(M10*1)	1
5.	Rotate Cushion	2	42.	Fly wheel	1
6.	Fixing Bolt (φ9.5*115)	1	43.	Front End Cap	2
7.	Rear Stabilizer	1	44.	Curved Washer(φ8)	2
8.	Screw (ST4.2*10F)	7	45.	Main Frame	1
9.	Rear End Cap	1	46.	Front Stabilizer	1
10.	End Cap	2	47.	Carriage Bolt (M8*50)	2
11.	Foam Grip	2	48.	Axle for Pedal	1
12.	Computer	1	49.	Roller1(φ28*48)	1
13.	Screw (ST4.2*15)	4	50.	Roller2(φ17*48)	3
14.	Nut(M8)	14	51.	Nut(M10)	3
15.	Washer(φ8)	2	52.	Nut(M10)	2
16.	Velcro strap	2	53.	Weave Belt	1
17.	Pedal	2	54.	Rub wheel	1
18.	Plastic Bushing	2	55.	Chain	1
19.	Chain Cover (Left)	1	56.	Nut(M6)	2
20.	Pivot	1	57.	U Type Bracket	2
21.	Pull Pin	1	58.	Spring washer	2
22.	Washer(φ8)	4	59.	Nut(M6)	2
23.	Screw(M8*15)	4	60.	Chain Cover (Right)	1
24.	Bolt(M6*10)	2	61.	Axle	2
25.	Washer(φ10)	2	62.	Roller	4
26.	Bearing	2	63.	Bearing	4
27.	Bolt(M8*65)	4	64.	Bolt(M8*25)	4
28.	Cross screw(ST4.2*19)	6	65.	bushing	4
29.	Handlebar	1	66.	Magnet	1
30.	Adjustment Knob(M10*55)	1	67.	Carriage Bolt(M8*125)	2
31.	Tension Knob	1	68.	Clip	1
32.	Nut(M10)	2	69.	Cross screw(ST3.5*30)	2
33.	Washer(φ10)	1	70.	Computer For Handlebar	1
34.	Upper Wire	1	70-1,2	Upper/lower cover for handlebar's computer	1
35.	Rubber Pad	1	70-3	Hand pulse	1
36., 37.	Lower Wire, Cross screw (ST2.9*10)	1,2	70-4	Bolt	2



Product name: Conquer Magnetic Rower
SKU: 330-ARMAG500
EMAIL: customer@conquerequipment.com
TEL: 855-349-4327
help.conquerequipment.com

EXPLODED VIEW ASSEMBLY DRAWING

