

SereneLife



SLRWMC50

Smart Rowing Machine

Sports Training Row Machine

with Smartphone Fitness Monitoring App,

Portable Folding Style

USER MANUAL

IMPORTANT!

Please retain owner's manual for maintenance and adjustment instructions.

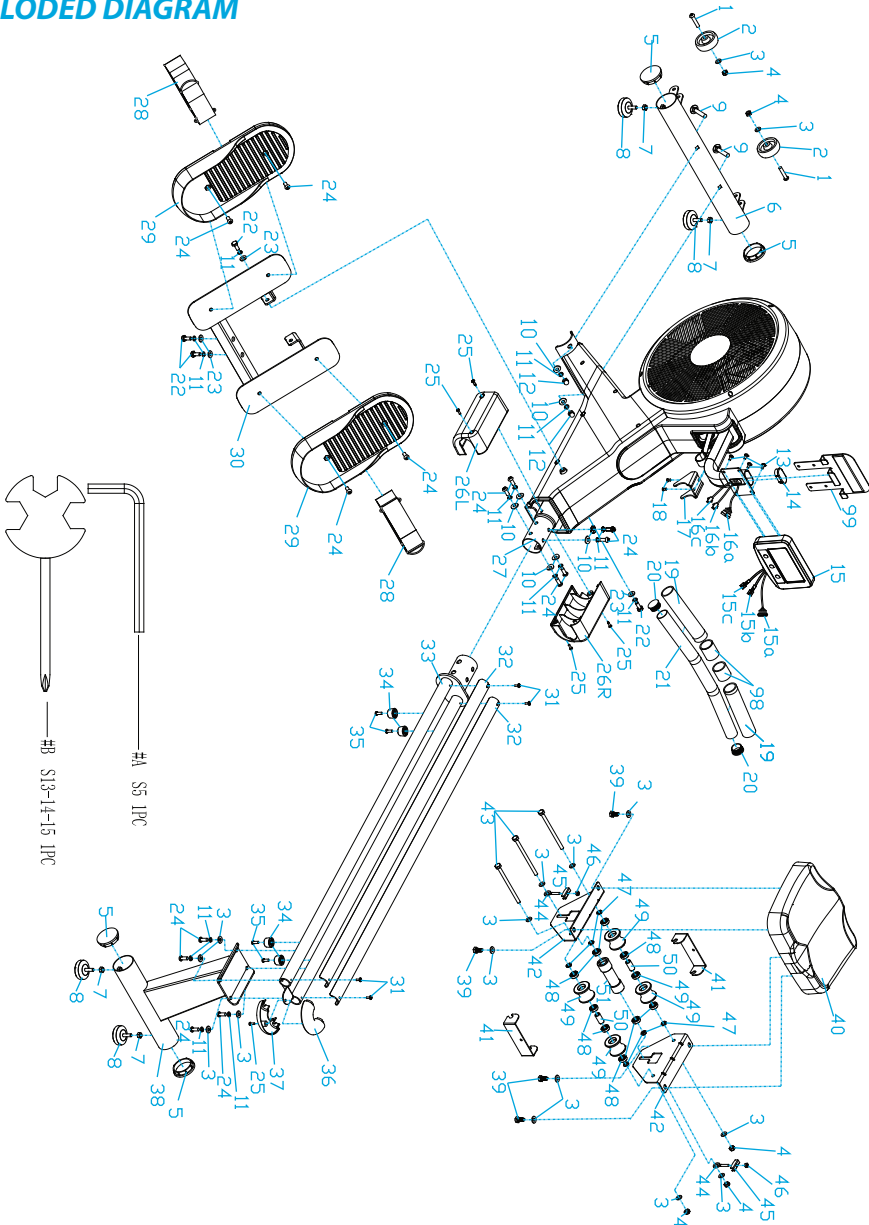
IMPORTANT SAFETY INFORMATION

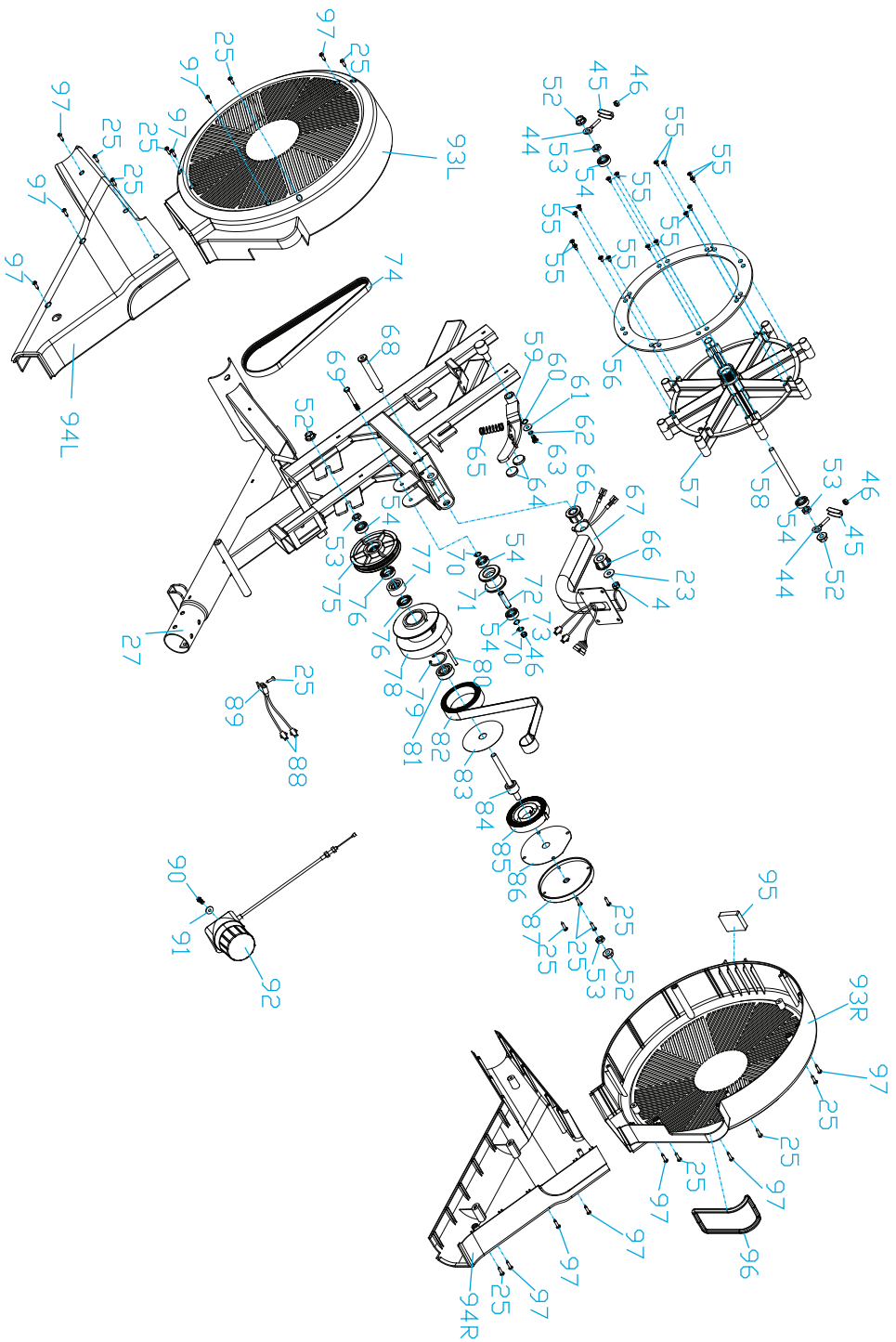
To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
2. 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, shortness of breath, light headedness, dizziness or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet (60 CM) of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately and do not use until the problem has been rectified.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.
9. The maximum weight capacity of this unit is 120 KG.
10. The equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/or damage to the product or property, proper lifting and moving is required.


12. Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.
13. This equipment is designed for indoor and home use only, it is not intended for commercial use!

EXPLODED DIAGRAM



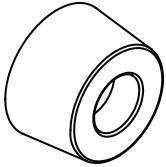


Hardware:

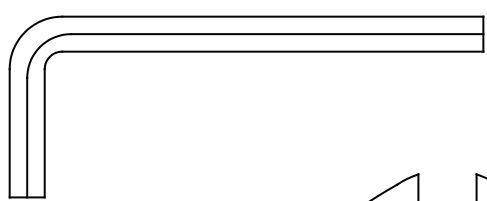
 ————— #3 d8*Φ 16*1.5 4PCS

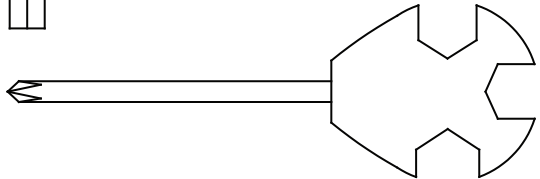
 ————— #11 d8 4PCS

 ————— #24 M8*20*S5 4PCS

 ————— #34 Φ 27*Φ 23*16*Φ 6 2PCS

 ————— #35 M6*16*φ 10 2PCS

 ————— #A S5 1PC

 ————— #B S13-14-15 1PC

Parts List

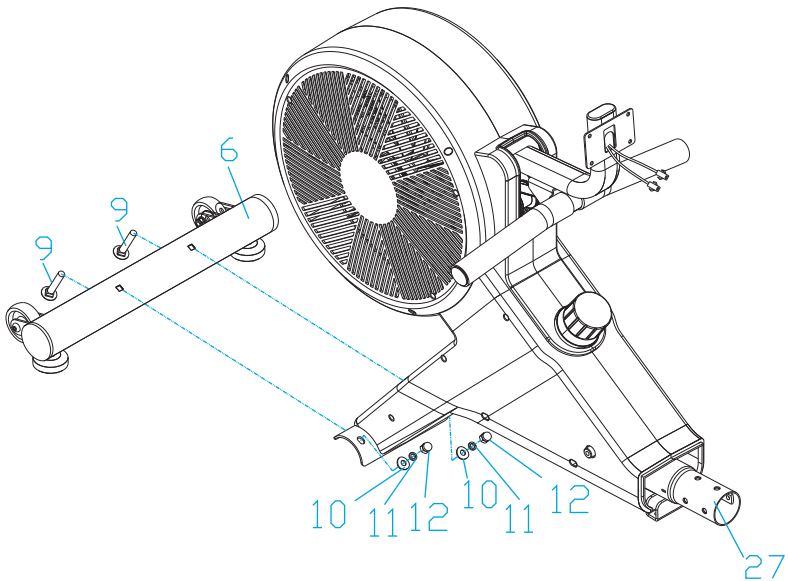
No.	Description	Qty
1	Bolt M8*42*15*S6	2
2	Transportation Wheel	2
3	Washer d8*Φ16*1.5	16
4	Nylon nut M8*H7.5*S13	6
5	End cap Φ60.5*17	4
6	Front bottom tube	1
7	Nut M8	4
8	Adjustable foot pad φ52*18	4
9	Bolt M8*73*20*H5	2
10	Arc washer d8*Φ20*2*R30	8
11	Spring washer d8	12
12	Cap nut M8	2
13	Bolt M5*10	4
14	End cap	1
15	Computer	1
16	Trunk wire	2
17	Handlebar holder	1
18	Bolt M5x10xΦ8.5	2
19	Foam grip	2
20	End cap Φ32*17	2
21	Handlebar	1
22	Bolt M8*20*S13	4
23	Washer d8*Φ20*2	5
24	Bolt M8*20*S5*φ13	11
25	Screw ST4.2*16*Φ8	18
26L/R	Cover	1pair
27	Main frame	1
28	Pedal strap	2
29	Pedal	2
30	Pedal plate	1
31	Bolt M5*10	4
32	Rail piece	2

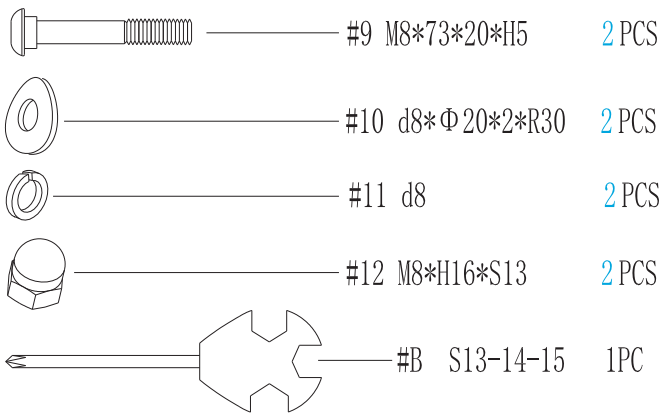
No.	Description	Qty
33	Rail	1
34	Limiter	4
35	Bolt M6*16*φ10	4
36	Rail upper cover	1
37	Rail lower cover	1
38	Rear supporter	1
39	Bolt M8*16*S14	4
40	Seat	1
41	U baffle plate	2
42	Left support plate of seat	2
43	Bolt M8*135*15*S14	3
44	Chain bolt M6*40*Φ10*2.5	4
45	Chain U seat	4
46	Nylon nut M6*H6*S10	5
47	Spacer d8*Φ15*4	6
48	Bearing 608Z	10
49	Roller Φ45*38*Φ22	4
50	Spacer Φ14*Φ8.3*30	2
51	Roller Φ33*106*Φ22	1
52	Nut M10*1*H9.5*S15	4
53	Nut M10*1*H5*S17	4
54	Bearing 6000-2RS	5
55	Screw ST4.2*13*φ7	16
56	Aluminium sheet	4
57	Fan	1
58	Flywheel shaft	1
59	Magnetic plate	1
60	Wave washer d12*Φ15.5*0.3	1
61	Washer d6*Φ16*1.5	1
62	Spring washer d6	1
63	Bolt M6*12*S10	1
64	Magnet Φ24*5	2

65	Spring $\Phi 1.2 \times \Phi 15 \times 48 \times N9$	
66	Bushing $\Phi 32 \times 3.3 \times \Phi 28 \times 16 \times \Phi 14$	2
67	Computer post	1
68	Knob $\Phi 14 \times 81.5 \times M8 \times S6$	1
69	Bolt M6*55*15*S10	1
70	Washer d10	2
71	Pulley $\Phi 45 \times 35$	1
72	Fixing Axle for Mesh Belt	1
73	Wave washer d10	1
74	Belt	1
75	Belt plate	1
76	Bearing 16003-2RS	2
77	Bearing $\phi 35 \times d17 \times 16$	1
78	Mesh Belt Wheel	1
79	Washer d35	1
80	Fixing Axle for Mesh Belt	1
81	Bearing 6300-2RS	1
82	Mesh Belt	1
83	PC Board for Mesh Belt Wheel	1

84	Axle for Mesh Belt Wheel	1
85	Volute Spring	1
86	Outer PC Board	1
87	Outer Cover for Mesh Belt Wheel	1
88	Sensor	2
89	Sensor holder	1
90	Bolt M5*20	1
91	Washer $d5 \times \Phi 16 \times 1.5$	1
92	Tension knob	1
93L/R	Front cover	1pair
94L/R	Rear cover	1pair
95	Support pad of Housing	1
96	Rubber ring	1
97	Screw ST4.2*16* $\phi 8$	12
98	Rubber ring	2
A	Spanner S5	1
B	Wrench S13-14-15	1

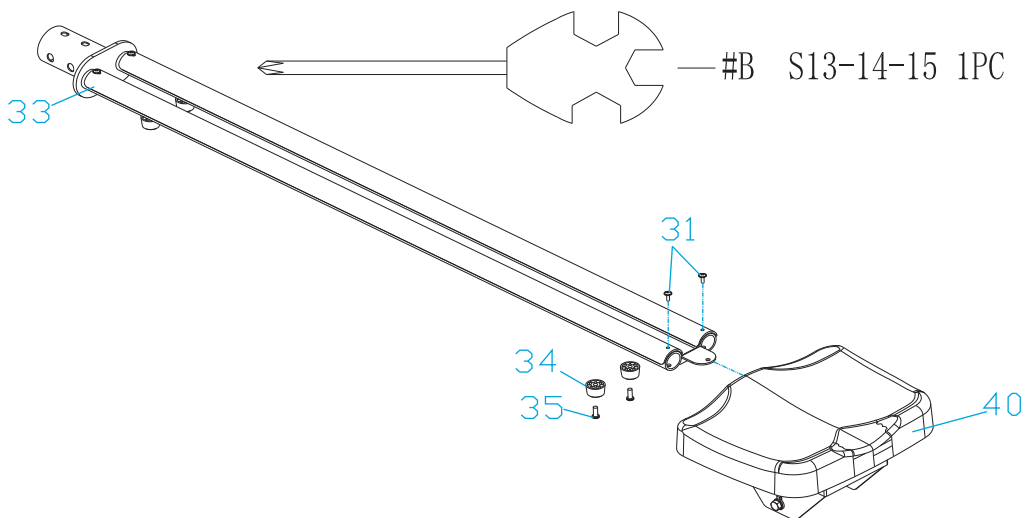
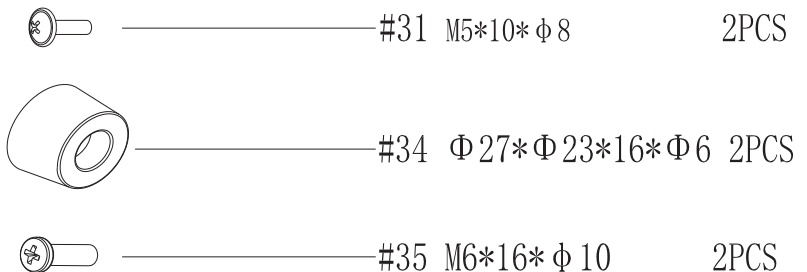
Step 1:





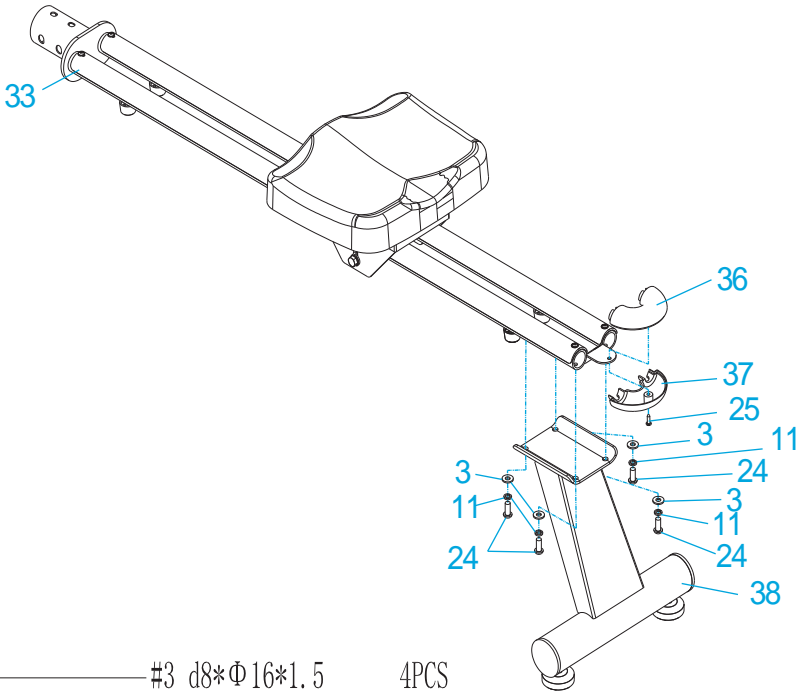
Take out the bolts(9), arc washers(10), spring washers(11) and cap nuts(12) from main frame(27) by wrench(B), then attach front bottom tube(6) to main frame(27) with bolts(9), arc washers(10), spring washers(11) and cap nuts(12) by wrench(B).


Step 2:





- a. Take out bolts(31) from rail(33) by wrench(B);
- b. Insert seat(40) into rail(33);
- c. Secure rail piece(32) in the rail(33) with bolt(31) by wrench(B);
- d. Secure limiter(34) in the rail(33) with bolts(35) by wrench(B).


Step 3:




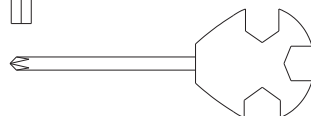
 — #3 d8*Φ16*1.5 4PCS

 — #11 d8 4PCS

 — #24 M8*20*S5 4PCS

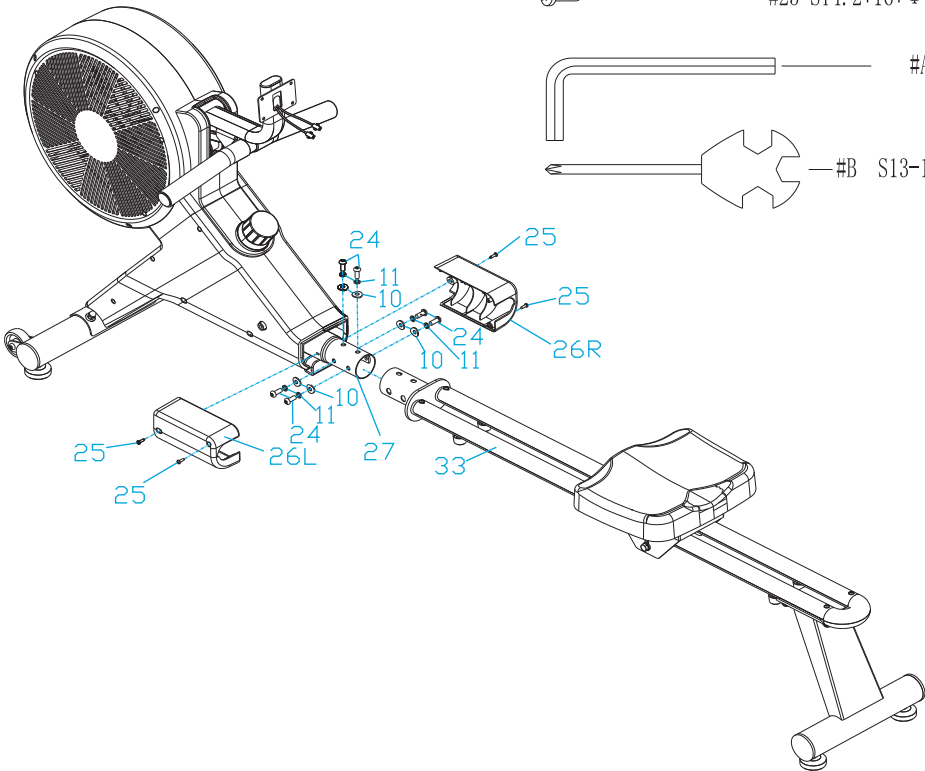
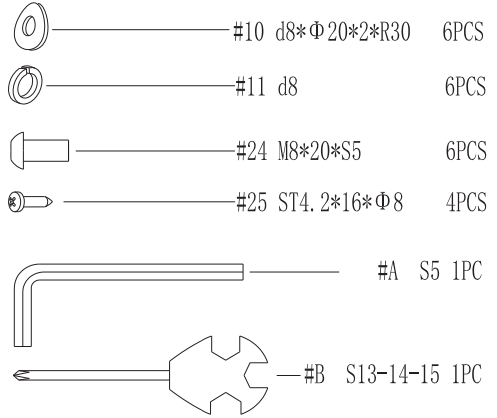
 — #25 ST4. 2*16*Φ8 1PCS

 — #A S5 1PC

 — #B S13-14-15 1PC

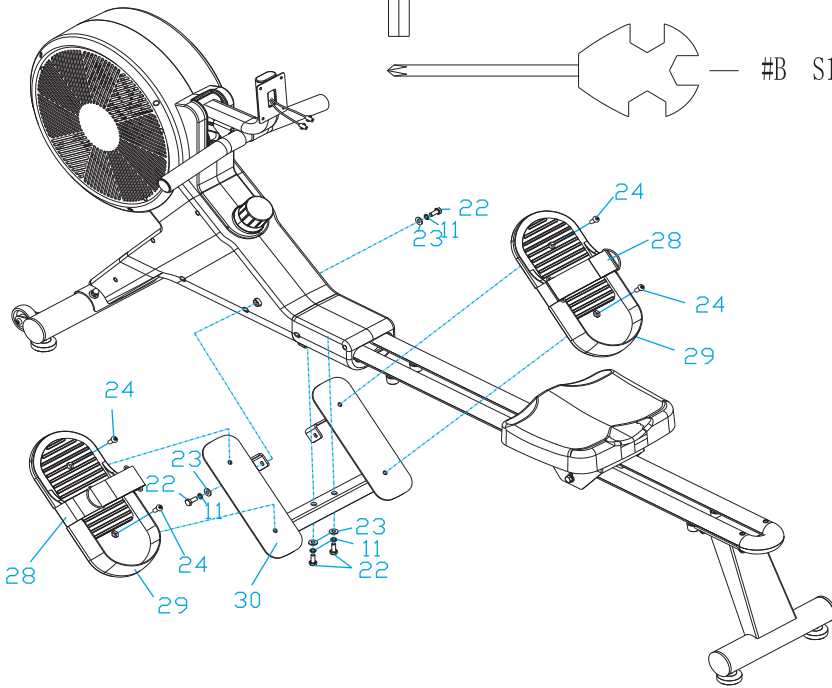
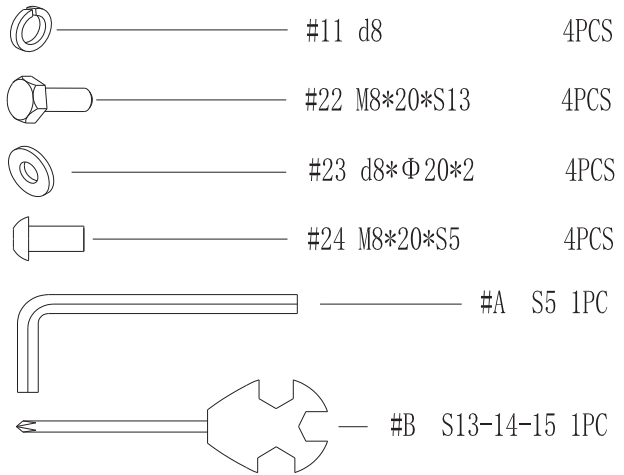
- a. Take out screw(25) from rail upper and lower cover(36&37) by wrench(B);
- b. Secure rail upper and lower cover(36&37) on the rail(33) with screw(25) by wrench(B);
- c. Secure rear supporter(38) on the bottom of rail(33) with washers(3), spring washers(11) and bolts(24) by spanner(A).

Step 4:



- a. Take out arc washers(10), spring washers(11) and bolts(24) from main frame(27) by spanner(A); Take out screws(25) from cover(26L/R) and main frame(27) by wrench(B);
- b. Attach rail(33) into main frame(27), then secure them with arc washers(10), spring washers(11) and bolts(24) by spanner(A);
- c. Secure cover(26L/R) on the main frame(27) with screws(25) by wrench(B).

Step 5:



- Take out spring washers(11), bolts(22) and washers(23) from main frame(27) by wrench(B);
- Secure pedal plate(30) to main frame(27) with spring washers(11), bolts(22) and washers(23) by wrench(B);
- Secure pedal(29) in the pedal plate(30) with bolts(24) by spanner(A);

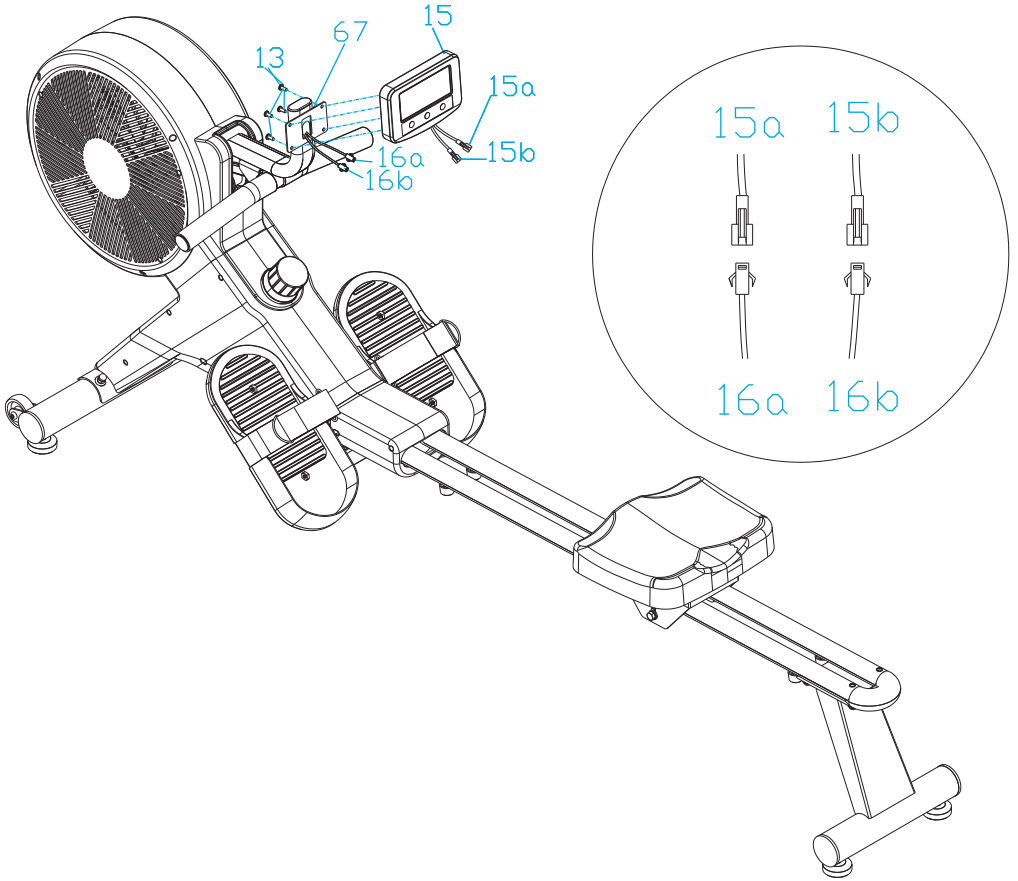
Attention: The pedal strap(28) should be put in the long groove which is at the bottom of pedal(29), and the pedal(29) must not press the pedal strap(28), so that the pedal strap(29) could be free to pull up and down.

Step 6:

#13 M5*10

4PCS

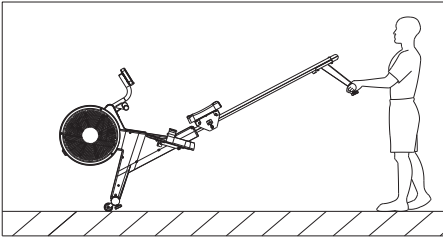
#B S13-14-15 1PC



- a. Pull out the trunk wire(16a/16b) from computer post(67), then connect them with computer wires(15a/15b), then put these wires into the computer post(67) by return;
- b. Secure computer(15) on the computer post(67) with bolts(15) by wrench(B) ;

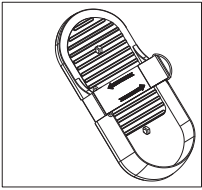
ADJUSTMENTS GUIDE

1. MOVING THE MACHINE



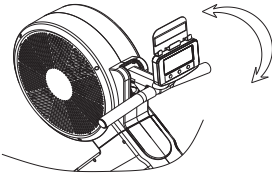
To move the machine, lift up the Rear supporter (38) until the transportation wheels on the Front bottom tube(6) touch the ground. With the wheels on the ground, you can transport the bike to the desired location with ease.

2. PEDAL ADJUSTMENT



The pedal strap is adjustable and can be personalized to fit the user's foot size.

3. COMPUTER ANGLE ADJUSTMENT



The rotation angle of computer post can be adjusted to obtain the best view of the Computer LCD screen.

4. STORAGE

Attention!

The seat will slip when the machine is in stand up position

FIGURE A

Attention!

The head of user is easy to collide when the machine be stand up.

When not in use, you can stand up the machine to save the space

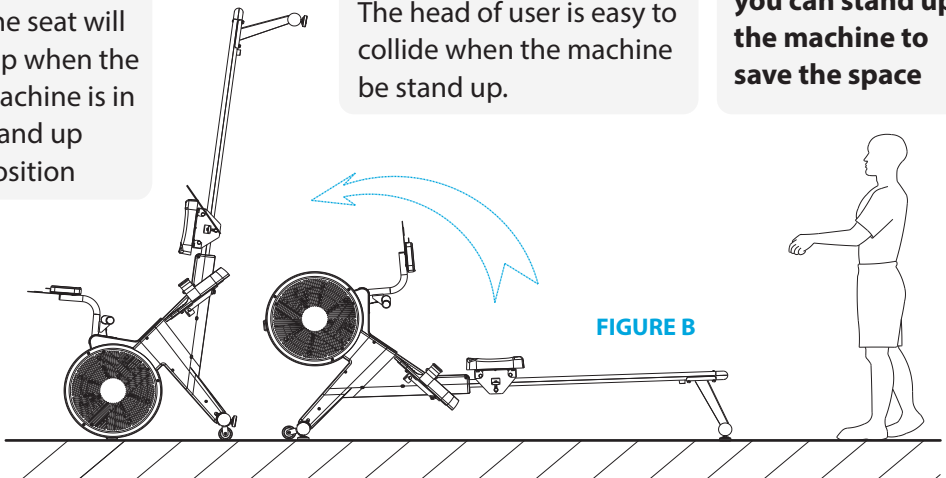


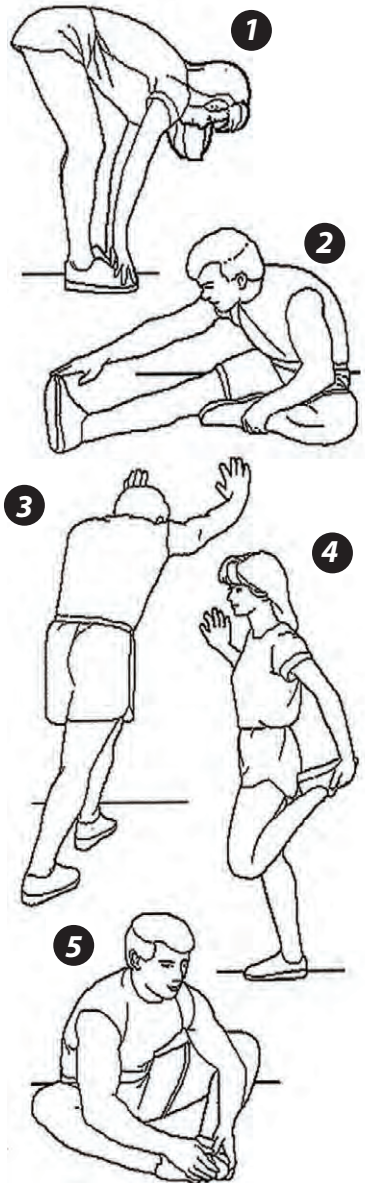
FIGURE B

Quick Start Guide

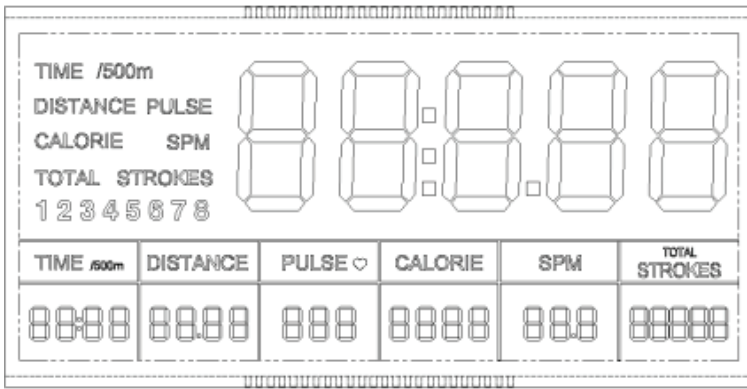
STRETCH EXERCISE

No matter how you do sports, please do some stretch at first, The warm muscle will extend easily, so warm up yourself with 5-10minutes, Then We suggest the following stretch exercise, five times.10counts for each time or longer do these exercise again after sports.

1. **Toe Touch:** Slow bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes, Reach down as far as you can and hold for 15 counts. And then relax, repeat 3 times. (pic. 1)
2. **Hamstring Stretch:** Sit with your right leg extend. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extend. Then relax and repeat 3 times for each leg (pic. 2)
3. **Calf-Achilles Stretch:** Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor, then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts. Then relax and repeat 3 times for each leg (pic. 3)
4. **Quadriceps stretch:** With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks. Hold for 10-15counts, relax. Repeat three times for each foot. (picture 4)
5. **Inner Thigh Stretch:** Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.Then relax and repeat 3 times. (pic. 5)



DISPLAY INFORMATION



1. In the main display area with motion status:

a. **Scan mode:** Display change according to the next items every 6 seconds, TIME→TIME/500m→DISTANCE→PULSE→CALORIE→SPM→STROKES→TOTAL STROKES;

b. Press “**MODE**” key lets you to select and lock on to a particular function you want;

2. TIME (TIME/500m), DISTANCE, PULSE, CALORIE, SPM,STROKES (TOTAL STROKES) display area;

KEY FUNCTION

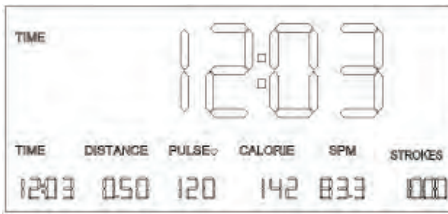
MODE	<ul style="list-style-type: none"> • In motion status: Select and lock on to a particular function; • In stop status: Choose set items needs to be set
SET	<ul style="list-style-type: none"> • In motion status: Display change TIME or TIME 500m, STROKES or TOTAL STROKES; • In stop status: Enter the setting mode , and adjusted the value of choose set items;
RESET	<ul style="list-style-type: none"> • In setting mode: clears value; • In stop status: all of the values with items will be cleared, except TOTAL STROKES;

INSTRUCTION

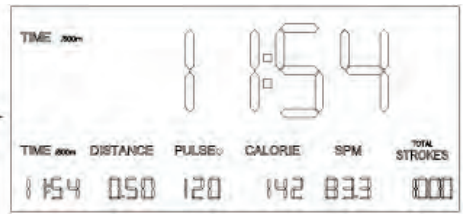
1. Motion status:

a. **Scan mode:** Icon flashing display;

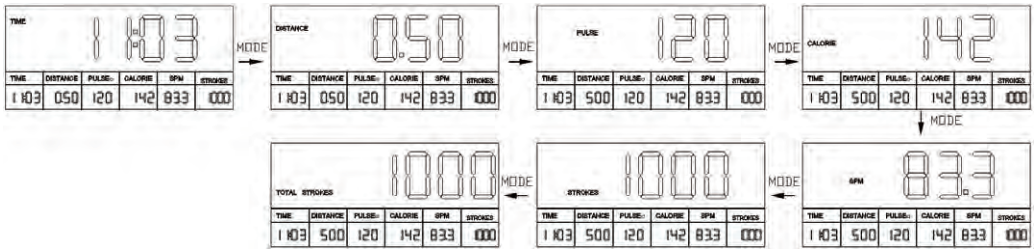
b. Press “**SET**” key to change display TIME /TIME 500m and STOKES/TOTAL STROKES;



SET



c. Press "MODE" key to select and lock on to a particular function;



d. Please wear a wireless heart rate chest strap, when you need a heart rate reading;

2. Stop Status:

1. **SET key:** enter the setting mode, and adjusted the value of choose set items;
2. **MODE key:** to choose setting items with relevant flashing for TIME→DISTANCE →PULSE→CALORIE→STROKES;
3. If the pulse limit is setting, when the heart rate exceeds the set limit, the beep will continuously prompt;
4. If TIME/DISTANCE/CALORIE/STROKES is setting. The corresponding value will be inverted in motion status. When any of setting value count to 0, the motion will be "DI DI" Voice Prompt;

SPECIFICATION

TIME	0M:00S ~ 99M:59S
TIEM/500m	0M:00S ~ 99M:59S
DISTANCE	0.0 ~ 9999KM
PULSE	40-240BPM
CALORIES	0.0~ 9999KCAL
SPM	0.0 ~ 999RPM

STROKES	0 ~ 9999
TOTAL STROKES	0 ~ 99999

Battery Type	Size-AAA *2
Operating Temperature	0°C~ +40°C
Storage Temperature	-10°C~+60°C

Features:

- Smart Fitness Rowing Machine
- Compact Gym Exercise Rower Style
- For Sports Training, Cardio Fitness, Weight Loss Fat Burning
- Measures Time, Distance, Strides, Calories Burned
- Digital LCD Display Computer Panel
- Adjustable Resistance Rower Level Setting
- Portable Folding Stand-Up Design for Easy Storage
- Quiet, Smooth-Gliding Padded Row Seat
- Comfortable Handlebar Grip and Pedal-Style Footrests
- Rugged Construction with Reinforced Handlebar Pull Cable
- Safety Certified Reliable & Lab Tested
- Auto Power-Off Battery Saving Function
- Perfect for Indoor Home & Office Gym
- Some Assembly Required
- Pulse Connected Via Wireless Receiver

Technical Specs:

- Rowing Resistance Type: Magnetic & Air
- Adjustable Time Setting: Up to 99M: 59s
- Maximum Rowing Distance Measurement: 9999 KM
- Selectable Resistance/Row Intensity: 10 Levels for Manual
- Construction Material: Steel Metal Alloy, Engineered HIPS
- User Weight Capacity: Up to 250 lbs.
- Flywheel Size: 350x55mm;
- Product Net Weight: 73.0 lbs.; Gross weight: 82.7 lbs.
- Battery Operated Computer, Requires (4) x 'AAA' Batteries, Included
- Slide Rail Length: 45" -inches, Rowing Distance: 33.27' -inches
- Folded: Collapsed Rower Size (L x W x H): 34.8"x 19.3" x 83.5" - inches
- Total Assembled Rower Size (L x W x H): 83.5" x 19.3" x 34.8" -inches

SereneLife

Questions? Issues?

We are here to help!

Phone: (1) 718-535-1800

Email: support@pyleusa.com