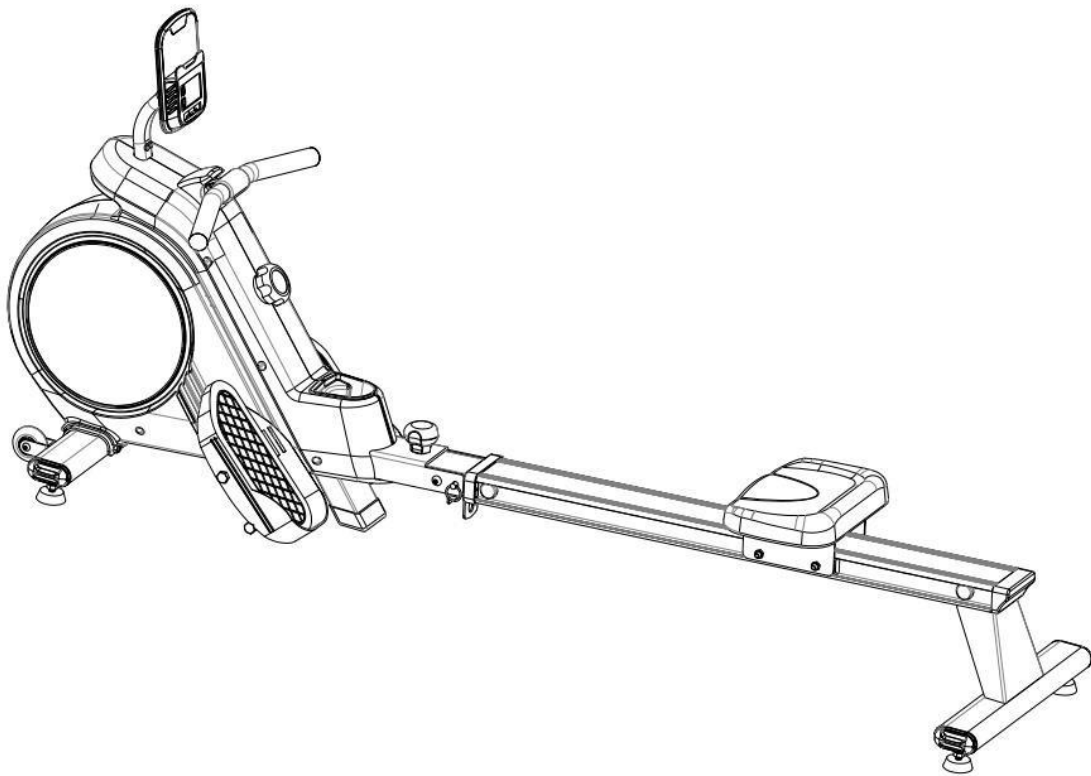


YOSUDA

ROWING MACHINE H-187

INSTALLATION GUIDE & USER MANUAL



Please read this manual carefully before installing and using this machine. If necessary, we may update the product without notice, so if the instruction manual is not consistent with the product, the actual product shall prevail.

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Video search: "[YOSUDA H-187 rowing machine installation](#)"

Safety Attentions & Warning Descriptions

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate an exercise machine. Be sure to read the entire manual before you assemble or operate it. In particular, note the following safety precautions:

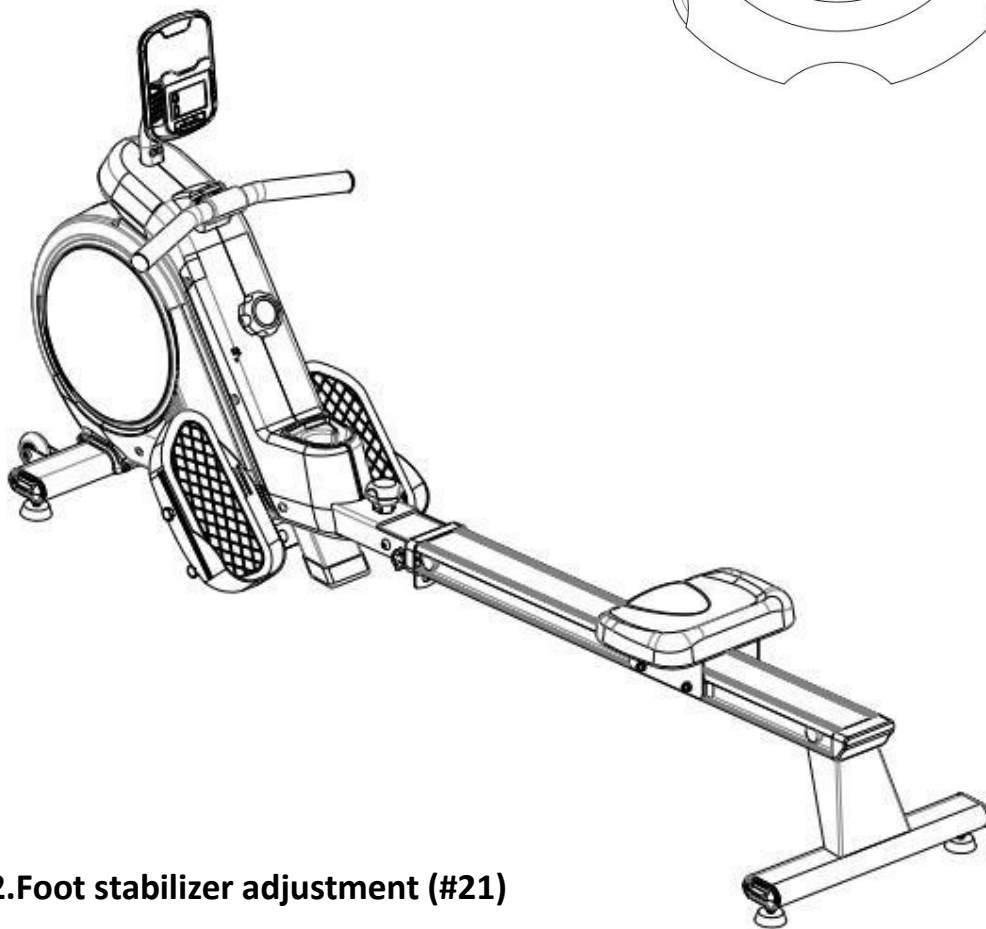
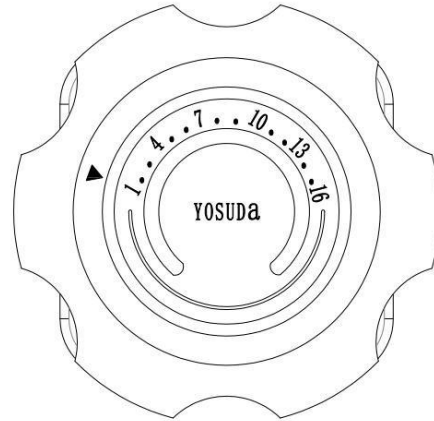
1. Keep children and pets away from the machine at all times. **DO NOT** leave children unattended in the same room with the machine.
2. Only one person at a time should use the machine.
3. Your exercise machine is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot, or damp areas as this may lead to corrosion and other related problems.
4. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, **STOP** the workout at once. **CONSULT A PHYSICIAN IMMEDIATELY.**
5. Position the machine on a clear, leveled surface. **DO NOT** use the machine near water or outdoors.
6. Always wear appropriate workout clothing when exercising. **DO NOT** wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Keep hands away from all moving parts.
8. Disabled person should not use the machine without a qualified person or physician in attendance.
9. Before using the machine to exercise, always do stretching exercises to properly warm up.
10. Never operate the machine if the machine is not functioning properly.
11. Inspect the exercise bike for worn or loose component prior to use. Tighten/replace any loose or wore components prior to use.
12. Care should be taken in mounting or dismounting the machine.
13. This rowing machine is for consumer and home use only.
14. The maximum weight capacity of this unit is 350 pounds.

How to Use

1.Adjust resistance (23)

If you need to increase tension,
adjust it clockwise.

If you need to reduce tension,
turn it counterclockwise.

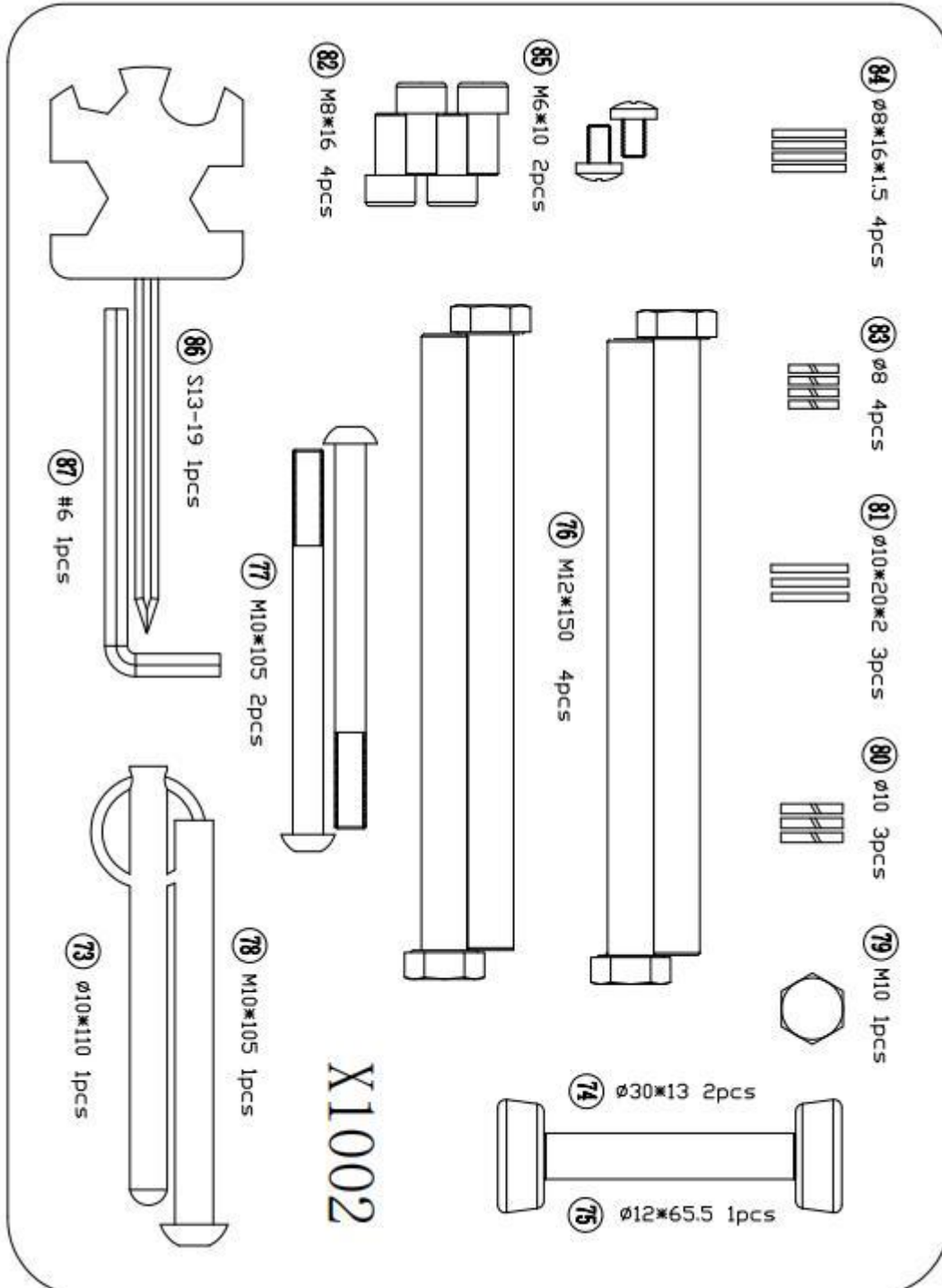


2.Foot stabilizer adjustment (#21)

When the machine is unstable, adjust it clockwise/counterclockwise to find a balance.

3. Sitting posture: Sitting on the seat, fasten the pedal strap tightly, and hold the handlebar tightly.

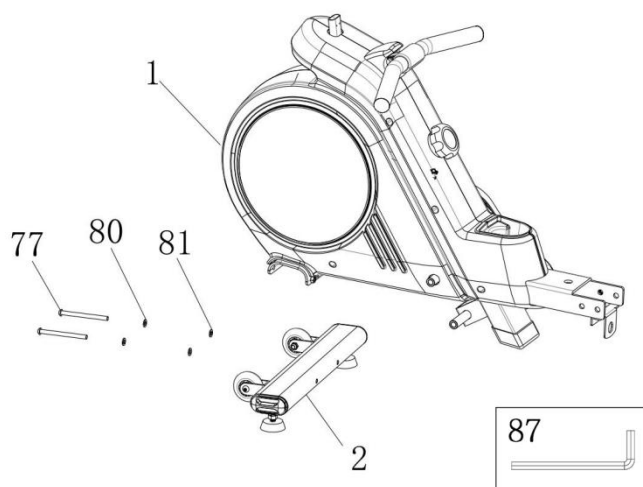
Hardware Package



Assembly Instructions

Step 1:

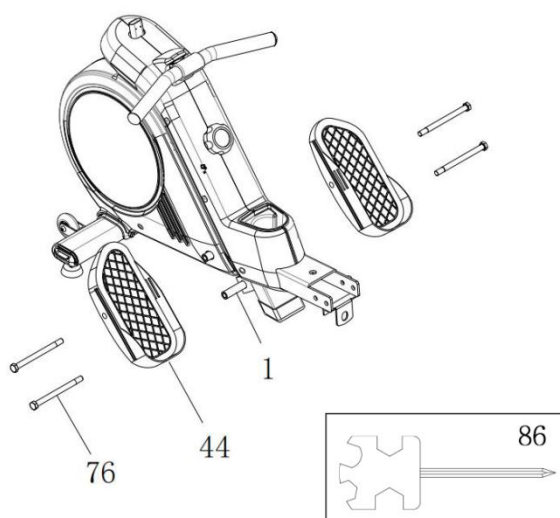
Attach the front stabilizer(#2) to the main frame(#1) with 2 Hexagon socket half round head screw M10*105 (#77), 2 spring washers (#80) and 2 flat washers 10 (#81).



Step 2:

Attach two External hexagon screw M12*150 (#76) to the main frame (#1), tighten the bolts with a Multifunctional wrench (#86).

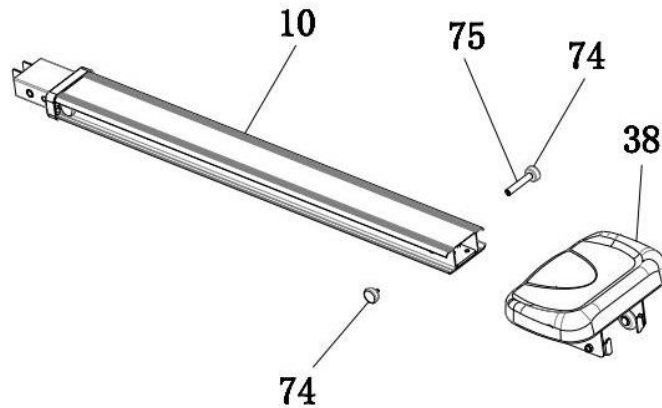
Attach pedals (#44) to the main frame with the left two External hexagon screw M12*150 (#76), then tighten. Pay attention to the direction.



Step 3:

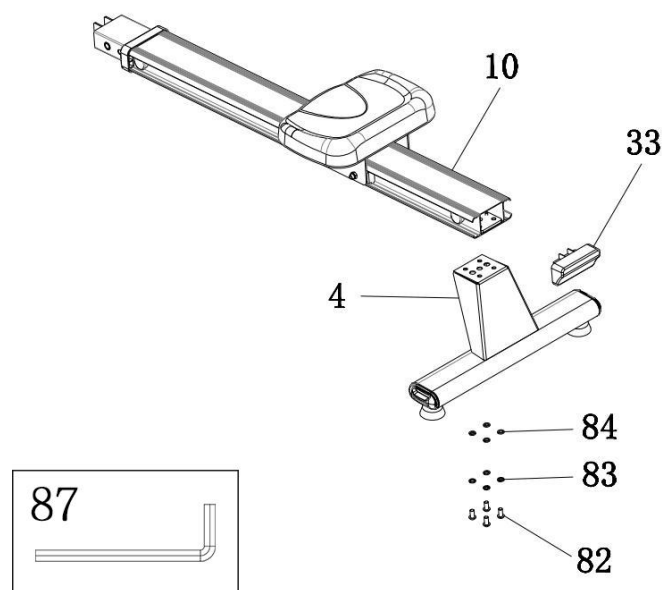
Slide the Seat (#38) onto the slide rail (#10).

Attach the cylindrical cushion (#74) and the buffer shaft (#75) to the slide rail (#10), and then lock the buffer shaft with the left cylindrical cushion on the other side.



Step 4:

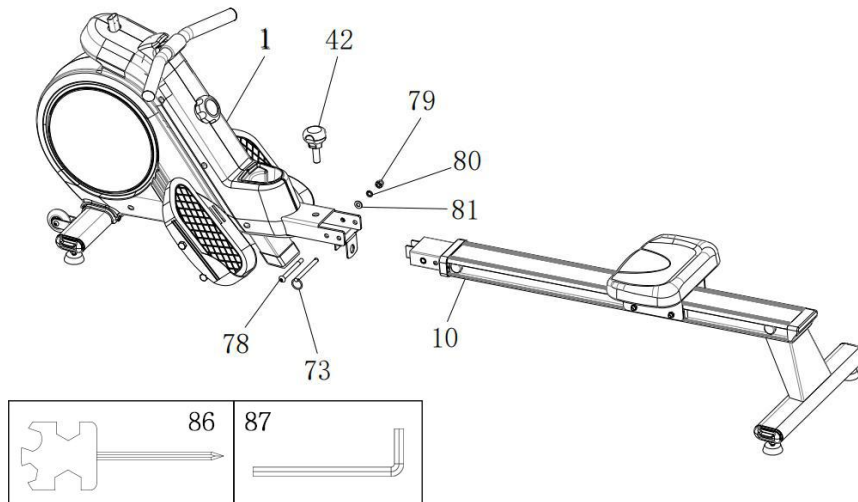
Attach rear stabilizer (#4) to the slide rail (#10) with four Hexagon socket round head bolt M8*16 (#82), four Spring washer $\phi 8$ (#83) and four Flat washer $\phi 18$ (#84), then tighten them with an Allen wrench (#87). Install the Aluminum alloy rear pipe plug(#33).



Step 5:

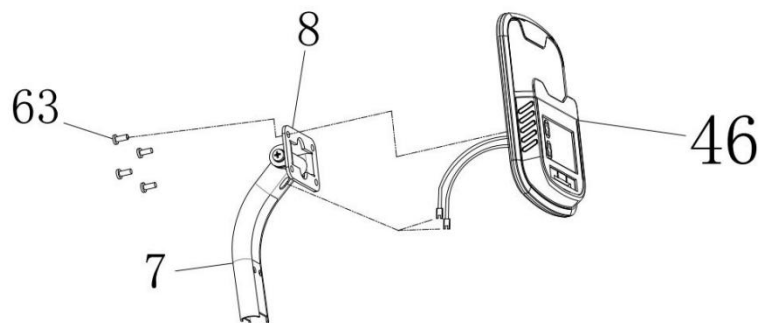
Disassemble Knob M16 (#42). Attach the slide rail (#10) to the main frame (#1), then install the Knob M16, and tighten it.

Then use a Hexagon socket half round head screw M10*105 (#78), Flat washer $\phi 3$ (#81), a spring washer $\phi 10$ (#80), a Cover type union nut M10 (#79) and a single head bolt (#73).



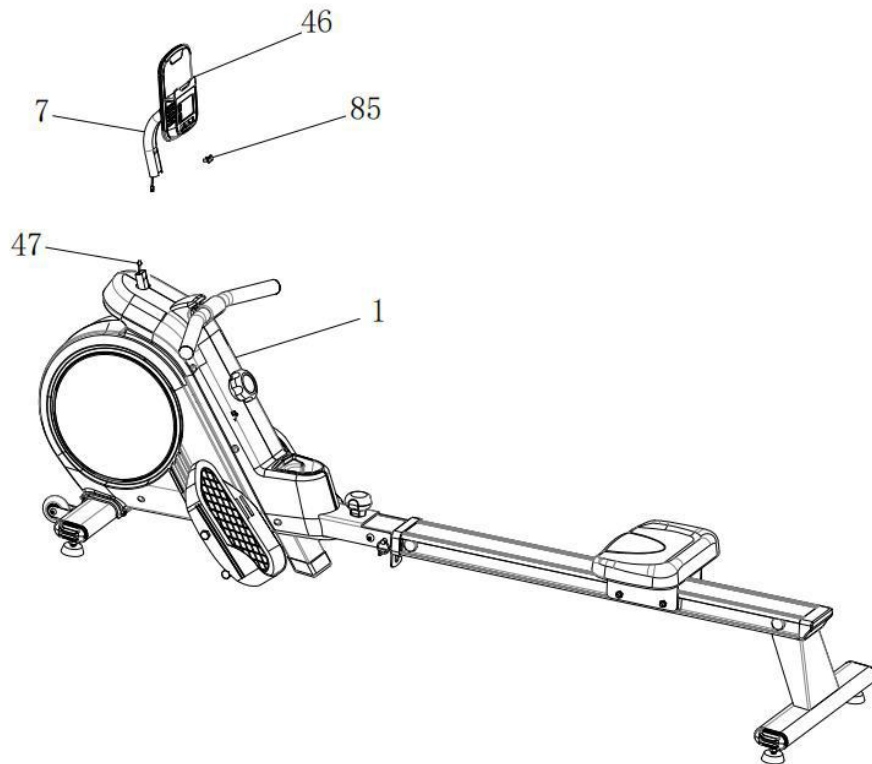
Step 6:

Unscrew the Umbrella head cross screw M5*12 (63) from the Monitor(46). Thread the Sensor wire which attached to the monitor into the Ipad holder tube (7). Then attach the monitor to the monitor holder(#8) with four Umbrella head cross screw M5*12(#63).



Step 7:

Connect the sensor wire(#47) on the main frame with the sensor wire on the monitor(#46). Then insert the Ipad holder(#7) into the main frame(#1), and use 2 umbrella head Phillips screws M6*10 (#85) to fix.



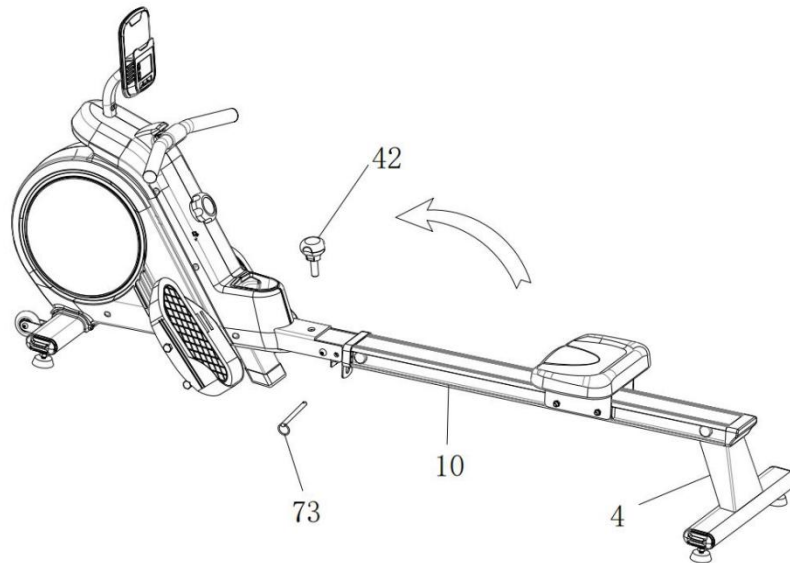
Please note:

After finishing all the steps above under requirement, you need to confirm to lock all the bolts uniformly, and check that there is no omission before using this rowing machine.

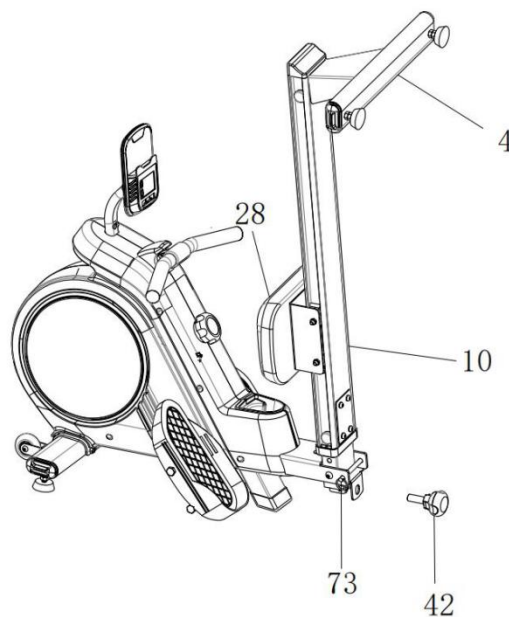
Storage Guide

When not in use, you can save space by folding the slide rail (#10).

1, Disassemble the knob (#42) and pull out the single head bolt(#73). Folding the slide rail at a vertical angle. Please note: the seat will glide down when folding the slide rail.



2, Reinsert the single head bolt (#73) into the hole on the main frame, then assemble the knob (#42) to the slide rail.



Monitor

FUNCTIONAL BUTTONS:

MODE Select function you want

SET Set value of the selected functions

RESET Press this button to reset current function values zero

FUNCTION AND OPERATIONS:

1, TIME ---- Press the key until sign of “TIME” display on LCD, the monitor will display the time function on the screen.

2, CNT ---- Press the key until sign of “CNT” display on LCD, the monitor will display the count from exercise start to end on the screen.

3, TCNT ---- Press the key until sign of “TCNT” display on LCD, the monitor will display the total count from exercise start to end on the screen.

4, SPM ---- Press the key until sign of “SPM” on LCD, the monitor will display the stroke function on the screen.

5, CAL---- Press the key until sign of “CAL” on LCD, the monitor will display the calorie function on the screen.

NOTE

1. The monitor will shut off automatically, if no sign put into for 3 minutes, all function value will be saved .You can press any key or restart exercising to wake up the monitor.

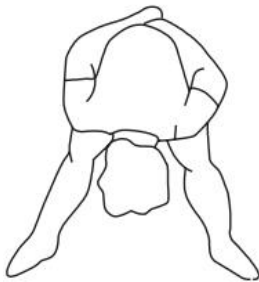
2. If improper display on monitor, please re-install the batteries to have a good result.

3. Battery spec:1.5V AAA 2PCS

WARM-UP EXERCISE

Warm-Up The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

Stretching Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.



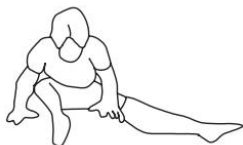
Lower Body Stretch

Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs. **DO NOT BOUNCE!** When the pull on the back of the legs lessens, gradually try a lower position.



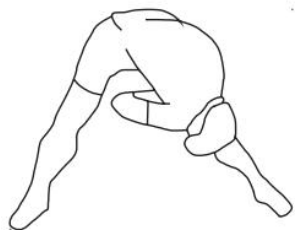
Floor Stretch

While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds. **DO NOT BOUNCE!** Do this stretch 10 times. Repeat the stretch with the left leg.



Bent Torso Pulls

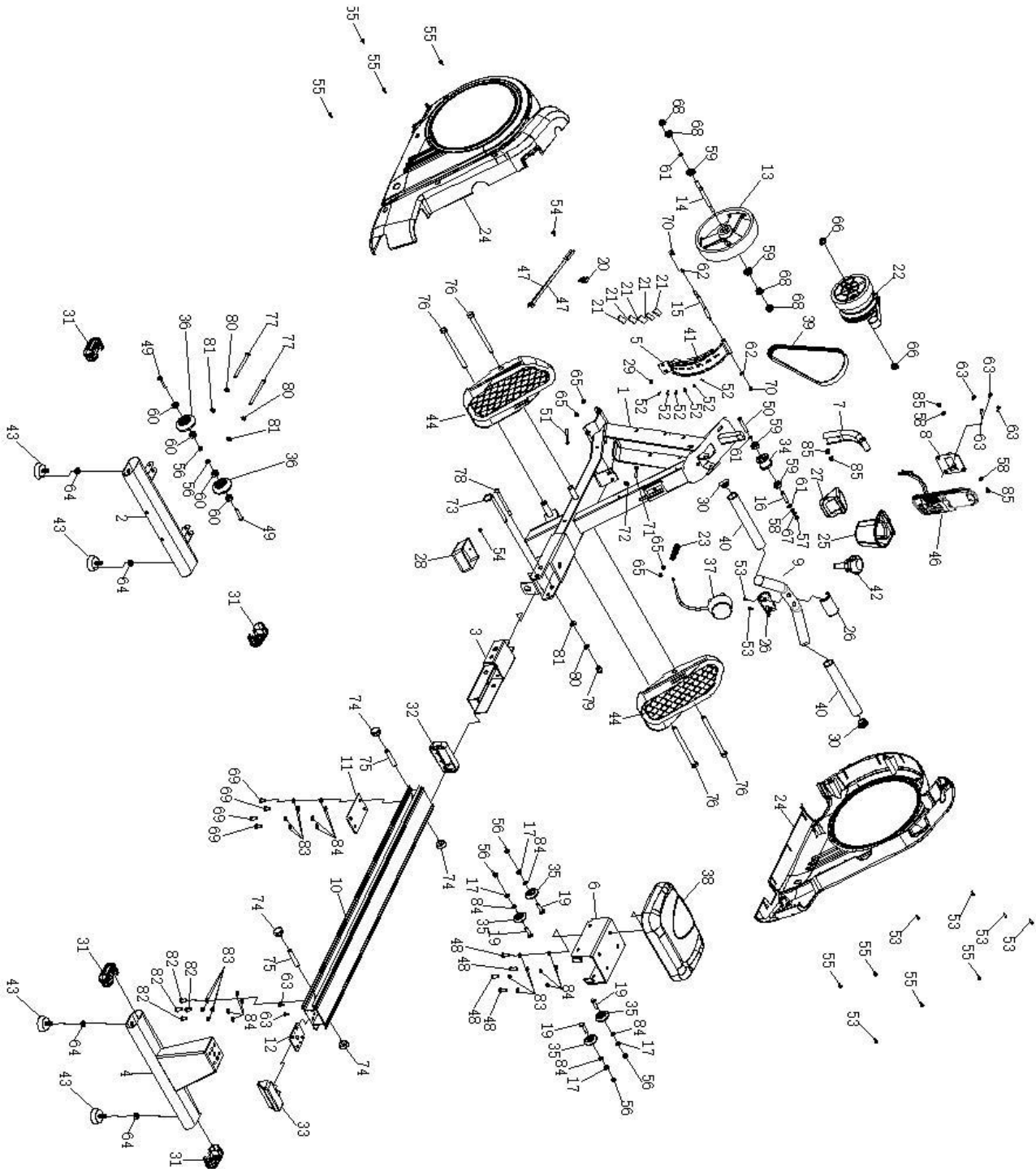
While sitting on the floor, have legs apart, one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent, and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.



Bent Over Leg Stretch

Stand with feet shoulder width apart and lean forward as illustrated. Using the arms, gently pull the upper body towards the right leg. Let the head hang down. **DO NOT BOUNCE!** Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times slowly.

Explosion Diagram



PARTS LIST

No.	Description	Qty.	No.	Description	Qty.
1	Main frame	1	45	Not exist	
2	Front stabilizer	1	46	Monitor	1
3	Rail connection part	1	47	Sensor wire	2
4	Rear stabilizer	1	48	Hexagon socket half round head screw M8*20	4
5	Magnet base parts	1	49	Hexagon socket half round head screw M8*40	2
6	Seat parts	1	50	External hexagon screw M6*55	1
7	Ipad holder	1	51	Hexagon socket half round head screw M6*65	1
8	Monitor holder	1	52	Cross round head self-tapping screw M4*12	6
9	Handlebar tube rail	1	53	Cross round head self-tapping screw M4*16	7
10	Aluminum slide	1	54	Self-tapping screw M4.2*13	2
11	Slide rail connection piece	1	55	Self-tapping screw M4.2*16	8
12	Rear stabilizer fixing piece	1	56	Nuts M6	6
13	Flywheel	1	57	Nuts M8	1
14	Medial axis	1	58	Flat washer ϕ 6	3
15	Magnetic shaft	1	59	Bearing 6000 inner	4
16	Belt wheel bushing	1	60	Bearing 608	4
17	Bearing spacer	4	61	Cir clip ϕ 10	3
18	Not exist		62	Cir clip ϕ 8	2
19	Locking screw	4	63	Umbrella head cross screw M5*12	6
20	Double head buckle	1	64	Hex nut M10	4
21	Magnet	5	65	Hex nut M6	4
22	Belt wheel	1	66	Flange nut M10	2

23	Compressed spring	1	67	Spring washer ϕ 6	1
24	Left/Right chain cover	1	68	Flange nut M8	4
25	Water bottle holder	1	69	Hexagon socket half round head screw M8*16	4
26	Handlebar cover	1	70	Flange nut M6	2
27	Exit cover	1	71	Umbrella head Phillips screw M5*30	1
28	Inclined tube plug	1	72	Flat washer ϕ 5	1
29	Plugs	1	73	Single head bolt	1
30	Handlebar pipe plug	2	74	Cylindrical cushion	4
31	Half round pipe plug	4	75	Butter shaft	2
32	Aluminum alloy front pipe plug	1	76	External hexagon screw M12*150	4
33	Aluminum alloy rear pipe plug	1	77	Hexagon socket half round head screw M10*105	2
34	Belt wheel roller	1	78	Hexagon socket half round head screw M10*105	1
35	Seat cushion roller	4	79	Cover type union nut M10	1
36	Front roller	2	80	Spring washer ϕ 10	3
37	Speed adjuster	1	81	Flat washer ϕ 3	3
38	Seat cushion	1	82	Hexagon socket round head bolt M8*16	4
39	Belt	1	83	Spring washer ϕ 8	12
40	Handlebar Pad	2	84	Flat washer ϕ 18	16
41	Magnet plastic fixtures	1	85	Umbrella head Phillips screw M6*10	4
42	Knob M16	1	86	Multifunctional wrench	1
43	Foot tube adjuster	4	87	Allen wrench	1
44	Left/Right pedals	2			