

GoRowinGo Rowing Machine User Manual

INTRODUCTION - Please read first!

Thank you for your purchase of a GoRowinGo water rower!

This manual covers the setup and operation of your rower. Please read and understand it in its entirety before operating the equipment.

GoRowinGo makes every effort to ensure the accuracy of its documentation and assumes no responsibility or liability if any errors or inaccuracies appear within. GoRowinGo reserves the right to make improvements to its products and support materials without prior notice.

This product is designed for home use. It is not suitable for commercial use such as fitness clubs. The owner of this device is responsible for making sure all users are aware of the warnings and precautions contained in this manual.

If you have any questions or aren't comfortable with any of the steps shown in this user manual, please contact our support team at support@gorowingo.com.

Note: slight variances in grain and color occur naturally in genuine wood. Such variances are normal in hand-finished products such as the GoRowinGo rower.

WARNING

- ⚠ Always consult your doctor before beginning any new exercise regimen. The general information contained in this manual is supplied for informational purposes only and is not intended to replace your healthcare professional. Consult with your healthcare professional to design an appropriate exercise program.
- ⚠ Excessive exercise can cause severe health problems and can even be fatal in some cases. If you feel any pain or dizziness during exercise, stop exercising immediately.

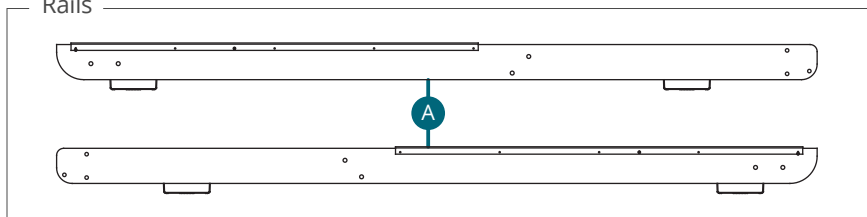
SAFETY INFORMATION

- This rower is not a toy. Keep hands and fingers away from all moving parts. Do not touch the sliding belt while the machine is in use. Do not put your fingers into the belt hinge.
- Keep children and animals away from this device at all times, especially while in use.
- Do not operate rower near flammable gasses, aerosols, or pure oxygen.
- Maximum weight of user: 450lb (204 kg)
- Adjust the foot rests for each user following the recommendations in this user manual
- Always follow the correct rowing technique suggested in this user manual.
- Wear suitable clothing and sneakers while using the rowing machine. Avoid wearing loose clothing that may get caught in the machine. Do not use the machine barefoot or in socks or slippers.

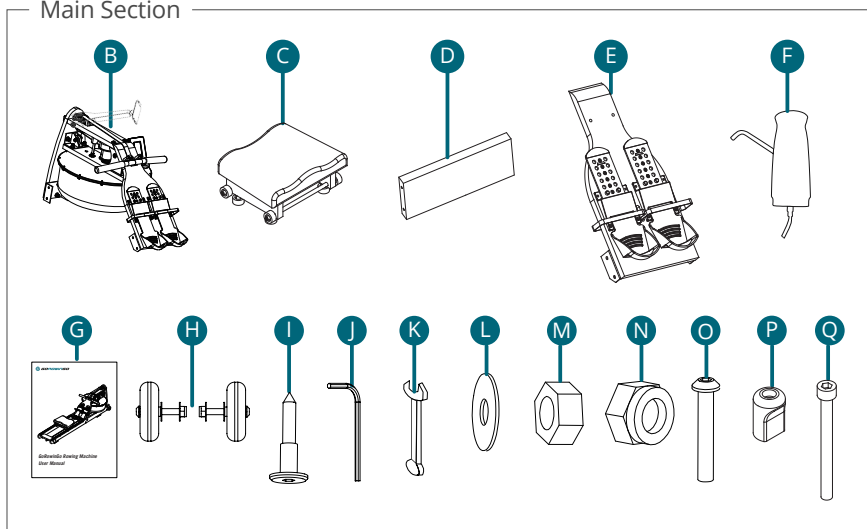
ASSEMBLY

The GoRowinGo rower is delivered in two boxes: rails and main section.

Rails



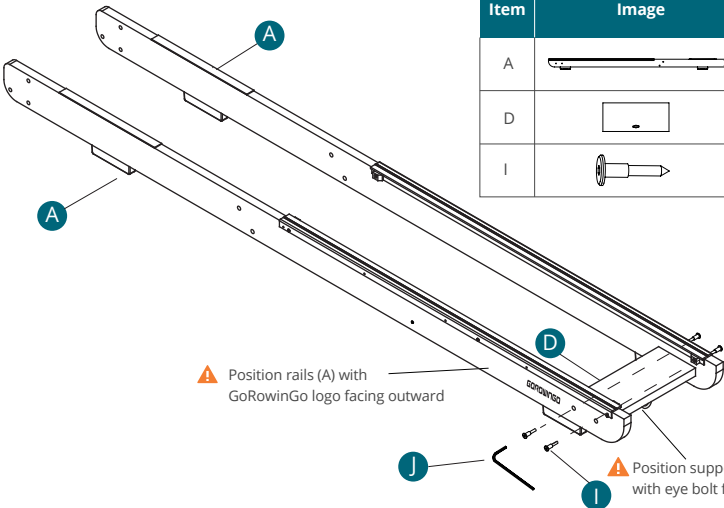
Main Section



- | | |
|-----------------------------|---------------------------|
| A Rails x2 | J 5mm Allen Key x1 |
| B Tank Assembly x1 | K 13mm Wrench x1 |
| C Seat x1 | L M8 Washer x16 |
| D Support Plate x1 | M M8 Nut x8 |
| E Footboard x1 | N M8 Nylock Nut x8 |
| F Siphon Pump x1 | O M8x45 Bolt x8 |
| G User Manual x1 | P Handle Rests x2 |
| H Transport Wheel x2 | Q M6x65 Bolt x2 |
| I JCB x4 | |




STEP 1

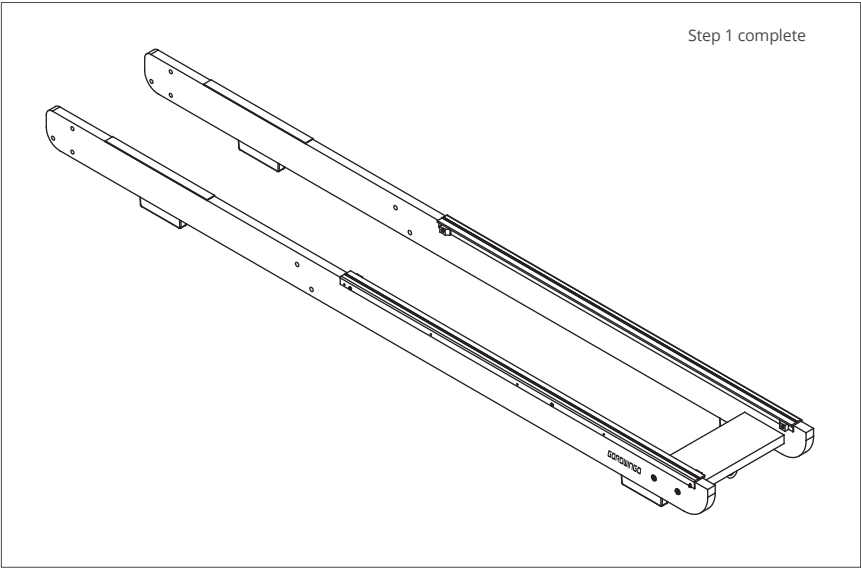
Assemble Rails and Support Plate



⚠ Position rails (A) with GoRowinGo logo facing outward


⚠ Position support plate (D) with eye bolt facing outward

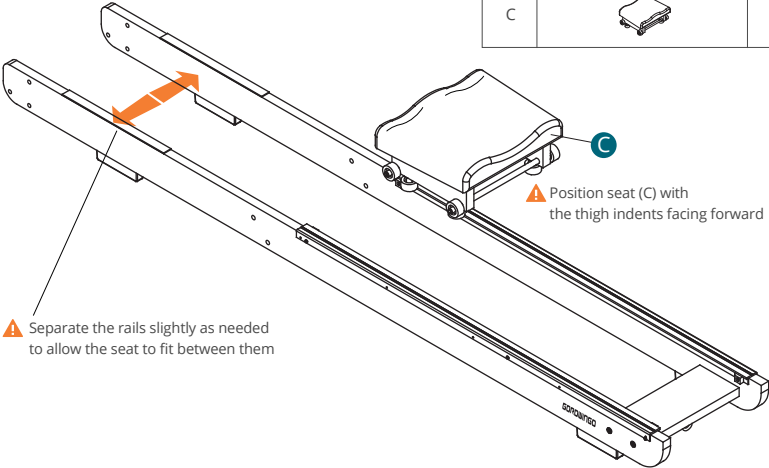
Item	Image	Qty.
A		2
D		1
I		4



STEP 2

Install Seat

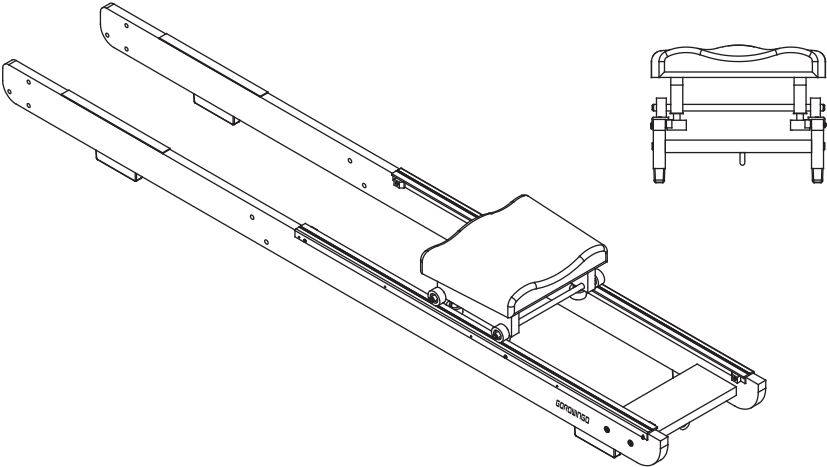
Item	Image	Qty.
C		1



⚠ Separate the rails slightly as needed to allow the seat to fit between them

⚠ Position seat (C) with the thigh indents facing forward

Step 2 complete



STEP 3

Install Footboard and Position Water Tank Assembly

The digital display comes pre-mounted with a screw. To connect the digital display, remove the screw, plug in the cable, and replace the screw

Install handle rests (P) with the groove facing downward

Align the hole positions to install the footboard (E). If needed, surrounding screws can be loosened and re-tightened to make installation easier

Item	Image	Qty.
B		1
E		1
P		2
Q		2


Warning: do not pull the handle before assembly is complete

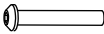



Align holes in the metal base plate of the water tank assembly with holes in the rails

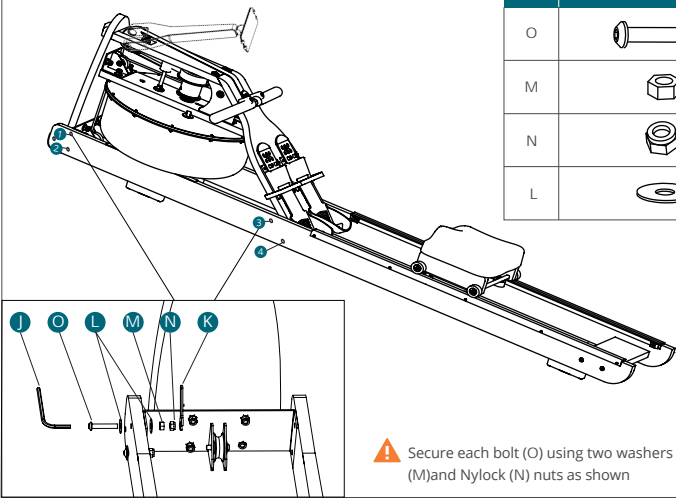
Step 3 complete


STEP 4

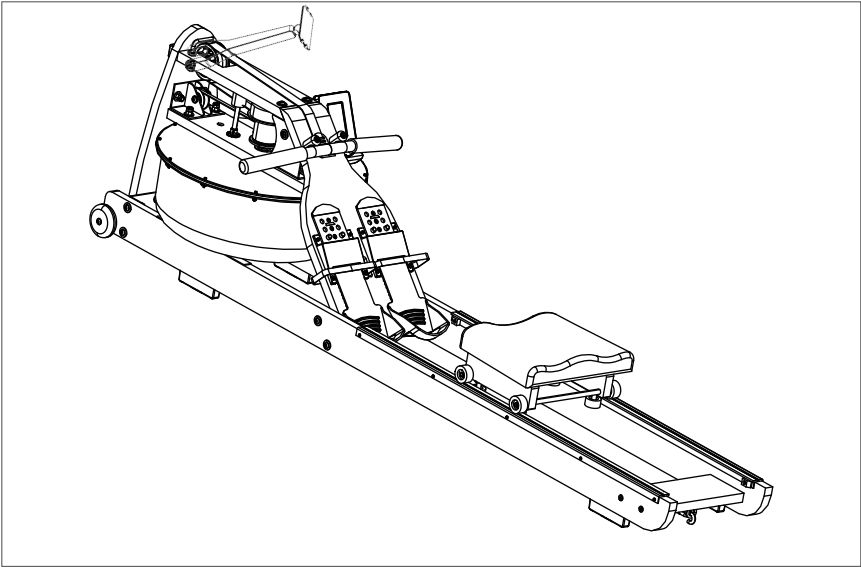
Secure Water Tank Assembly

 Install each of 4 bolts as shown to secure the rail to the metal base plate of the water tank assembly

Item	Image	Qty.
O		4
M		4
N		4
L		8

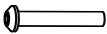





 Secure each bolt (O) using two washers (L) and both regular (M) and Nylock (N) nuts as shown

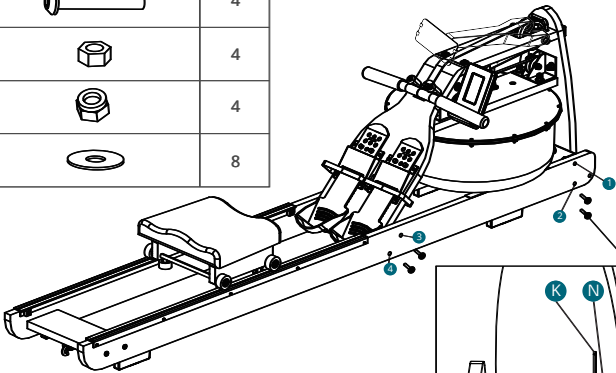



STEP 4

Secure Water Tank Assembly (Continued)

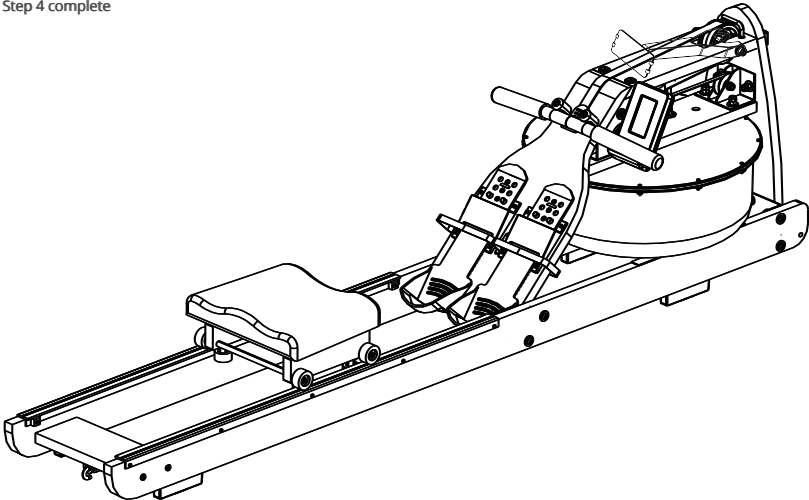
Item	Image	Qty.
O		4
M		4
N		4
L		8

 Repeat bolt installation on other side



 Secure each bolt (O) using two washers (L) and both regular (M) and Nylock (N) nuts as shown

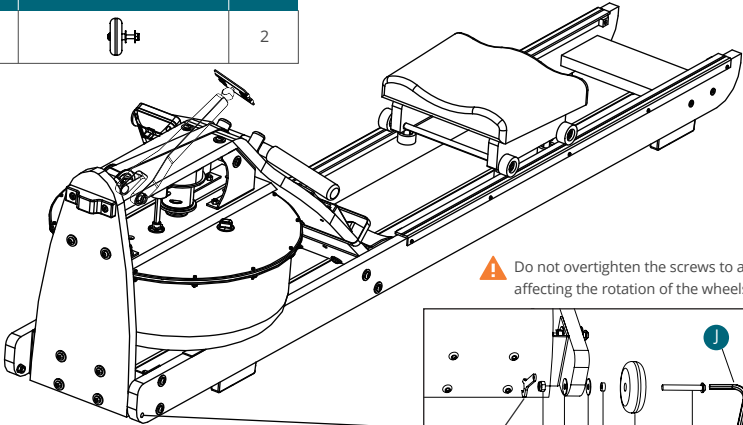
Step 4 complete



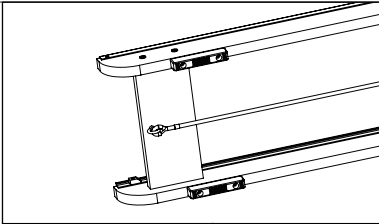
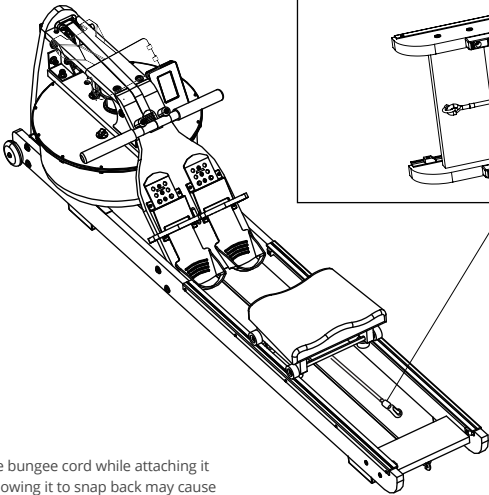
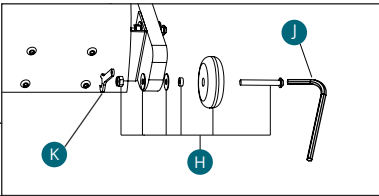
STEP 5

Attach Wheels and Hook Up Bungee Cord

Item	Image	Qty.
H		2

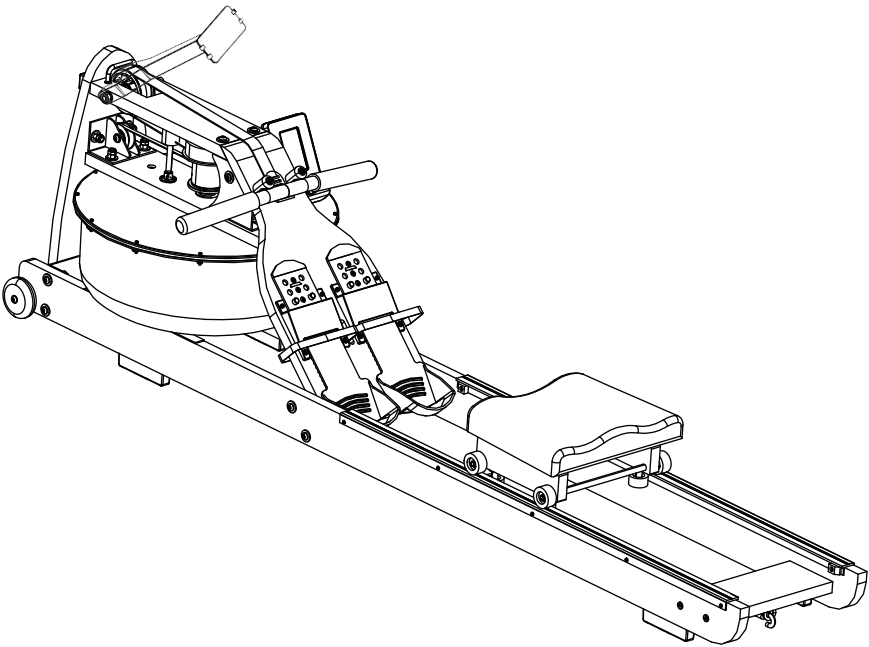


⚠ Do not overtighten the screws to avoid affecting the rotation of the wheels

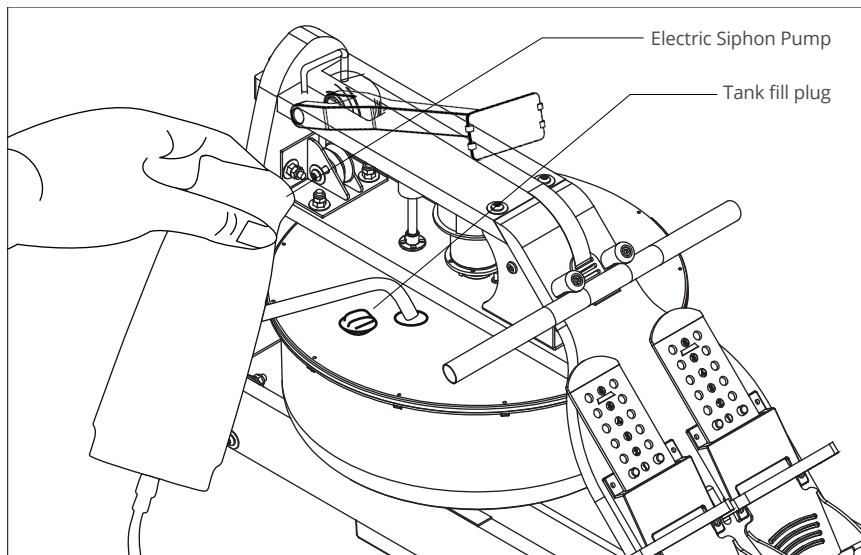


⚠ Do not release the bungee cord while attaching it to the eye bolt. Allowing it to snap back may cause the belt to become misaligned

Your rowing machine is now ready for use!



TANK FILLING



To fill the tank, follow the steps below. We recommend placing a towel or rag under the tank when filling in case of a spill

1. Charge the electric siphon pump using the included USB cable
2. Remove the Fill Plug from the top of the tank
3. Fill a large bucket or similar container with water*
4. Position the rigid hose of the siphon pump in the bucket and the flexible hose in the tank as shown
5. Press the button on the siphon pump to begin filling and use the sticker on the side of the tank to monitor the water level. Do not fill past the line on the water level gauge
6. Once at the desired water level, press the button on the siphon pump again to stop filling
7. Remove the pump from the tank and replace the Fill Plug
8. If water needs to be removed from the tank, repeat this process with the rigid hose of the siphon pump in the tank and the flexible hose into the bucket

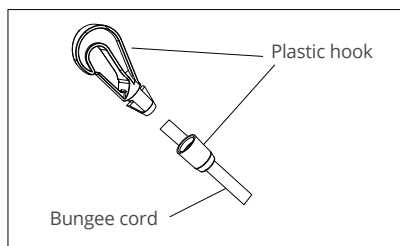
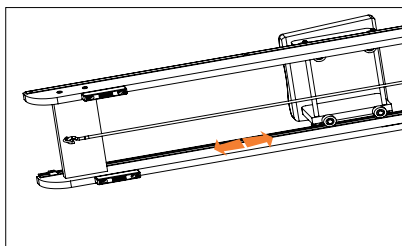
*To extend the life of your rower, we recommend using distilled water, which should be available at your local grocery store. If distilled water is not available place the included water purification tablet in the tank after filling. Place a new purification tablet in the tank approximately every six months or if discoloration of the water occurs.

MAINTENANCE AND SAFETY PRECAUTIONS

Please follow the below precautions to ensure your safety and extend the service life of your rower

1. Inspect the bungee cord

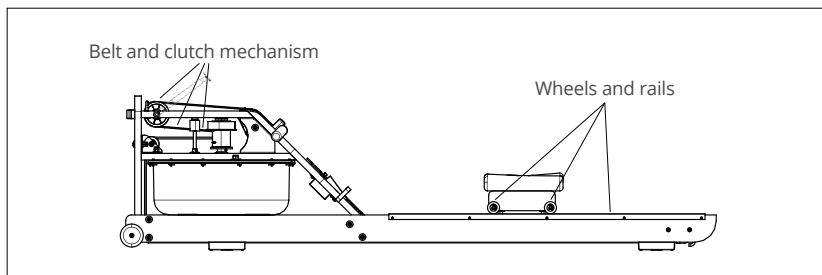
Pull the bungee cord to make sure it is secure. If it is loose, detach the hook, tighten the bungee cord, and reattach the hook. Repeat this check every time before using your rower.



2. Inspect the rails and belt

Check the rails and seat wheels for dirt or debris. Remove any foreign objects to prevent damage to the surface. Repeat this check weekly.

Check that there is no dust build up on the belt and the belt clutch mechanism. Dust can be removed by using a vacuum cleaner.



3. Check fasteners

Check if any of the screws and fasteners are loose. If loose, please re-tighten the screws. Perform this check approximately 1 month after assembly and repeat after every 12 months.

4. Clean and polish your rower

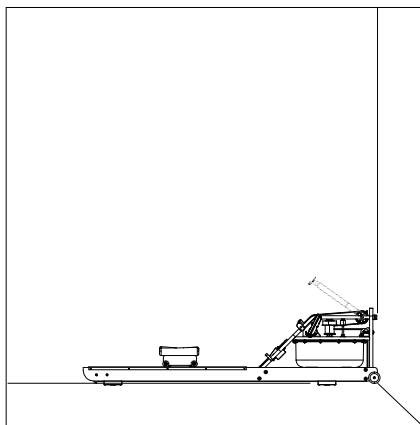
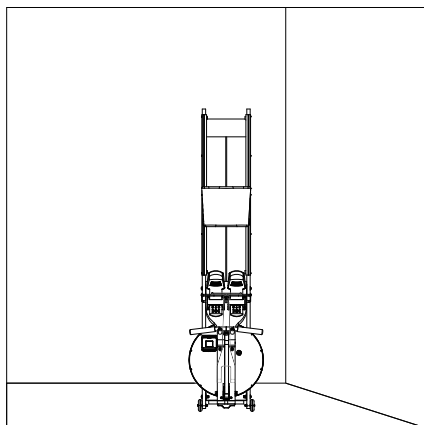
Clean the wheels and rails weekly with a damp soft cloth.

Optional: the rower frame can be polished with any high grade furniture polish as needed to enhance appearance.

ROWER STORAGE

When stored upright, place rower in a secure location against a wall.

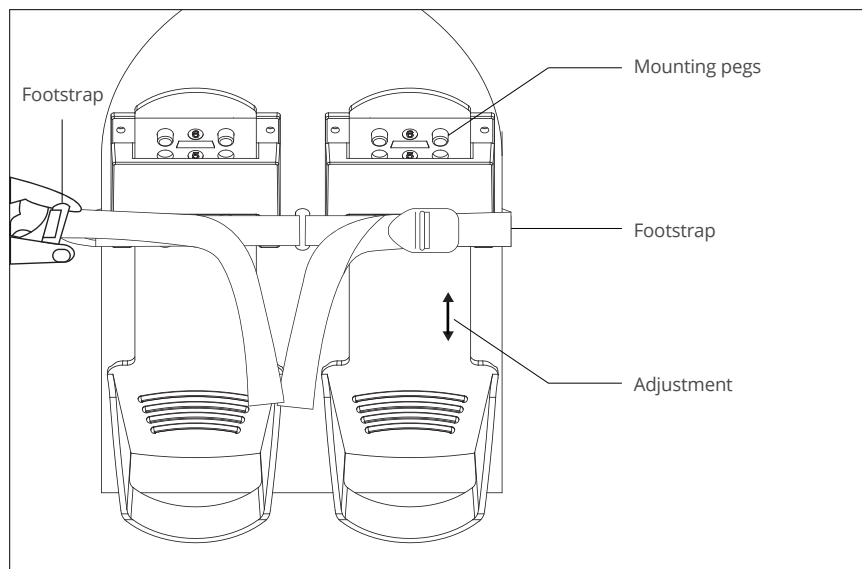
Water does not need to be drained before storing the rower.



Rower Placement

Place rower on a flat, level surface. Make sure the rower has at least 16 inches (40 cm) of space behind it and on each side.

ADJUSTING THE FOOTRESTS



The footrests are designed to accommodate a wide range of foot sizes and feature 6 levels of adjustment. Position the footrest so that the foot sits with the footstrap at the ball of the foot, right below the toes.






To adjust footrest, lift the top of the sliding portion off of the mounting peg and move up or down as needed. Push down firmly to lock the footrest onto the mounting peg. Repeat for the other side.

Warning: never operate this rower without properly securing the footrest to the footboard using the mounting pegs, or without making sure the footstraps are secure around your feet.

GETTING STARTED WITH ROWING

Rowing is an endurance exercise and requires your arms, legs, and core to work together to create a smooth, repeating motion. Proper rowing technique and finding a sustainable rhythm are key to getting the most out of your rower.

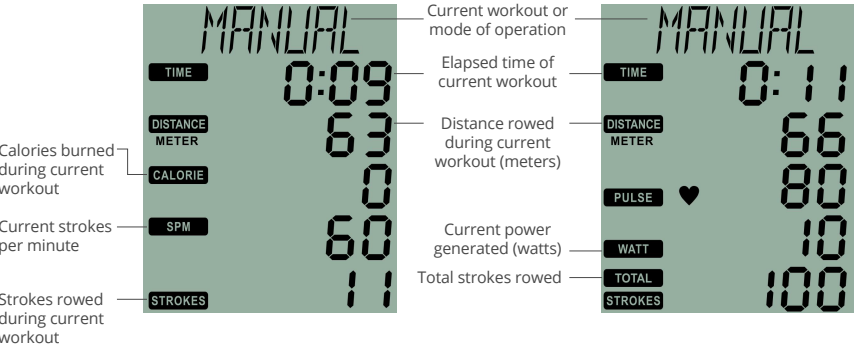
Rowing basics

1.		Catch Hold the handle with your thumbs pointing down, keeping your arms at shoulder width.
2.		Drive Start in the catch position with your knees bent, back straight, and torso angled forward comfortably.
3.		Finish Use your legs to drive the first part of the stroke. Keep your arms straight and swing your torso back slightly at the end of the drive. Do not overextend your knees.
4.		Recovery After swinging your torso back, finish your stroke by bringing the handle up to your lower ribs.
5.		Catch Recover by straightening your arms, tipping your upper body forward, and then using your legs to return to the catch position.

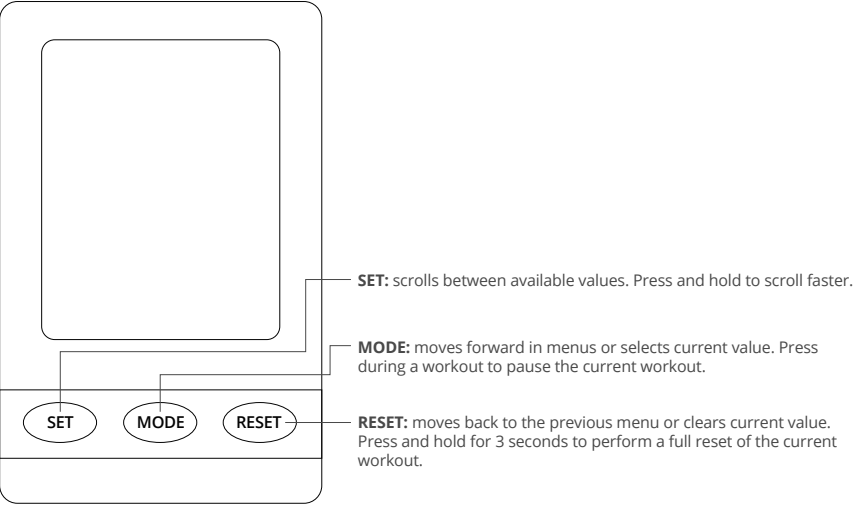
USING THE ROWER MONITOR

Install 2 AA batteries (not included) in the monitor

Monitor Display



Monitor Keys



MONITOR MODES

The monitor supports 3 operating modes and a standby mode. Standby mode is indicated by the monitor scrolling through all available modes and information displays at 1-second intervals.

MANUAL: The default mode, MANUAL mode starts automatically and tracks your metrics allowing you to set your own pace.

INTERVAL: Interval mode can be used for interval training, which utilizes periods of high-intensity rowing followed by (typically shorter) periods of rest. An interval workout is complete when a set number of workout-rest periods are completed.

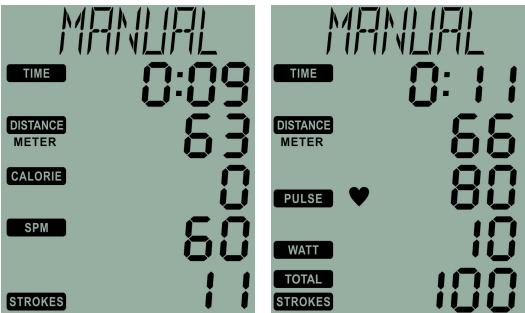
Interval training may allow aerobic capacity to be improved and calories to be burned at a faster rate compared to steady exercise. Use your individual fitness goals and the advice of your healthcare professional to decide if interval training is right for you.

TARGET: Target mode allows you to set a goal in either workout time, distance rowed, number of rowing strokes, or calories burned. The monitor will then count down the selected metric. A target workout is complete when the selected goal is reached.

Starting a workout in MANUAL mode

A workout in MANUAL mode can be started in one of two ways:

1. Pull the rower handle to start a workout in the default (MANUAL) mode
2. Press any key on the monitor to start the monitor in Standby mode, then press the MODE key to enter the mode selection menu and the SET key until you see "MANUAL" blink at the top of the screen. Press the MODE key again to start a workout in MANUAL mode.



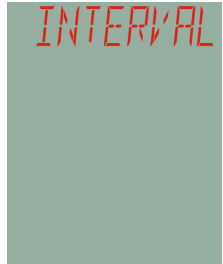
Starting a workout in INTERVAL mode

Press any key on the monitor to start the monitor in Standby mode, then press the MODE key to enter the mode selection menu and the SET key until you see "INTERVAL" blink at the top of the screen. Press the MODE key again to select INTERVAL mode, then press the SET key to select your desired type of interval training:

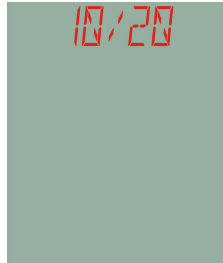
10/20: 8 interval periods of 10 seconds of rowing activity, each followed by 20 seconds of rest.

20/10: 8 interval periods of 20 seconds of rowing activity, each followed by 10 seconds of rest.

CUSTOM: Custom interval mode lets you set your own number of interval periods and the workout/rest times for each interval. After selecting this mode, use the SET key to set and MODE key to select the values for ROUND (number of periods in your custom interval workout), WORK (length of each workout period) and REST (length of each rest period).



INTERVAL mode selected

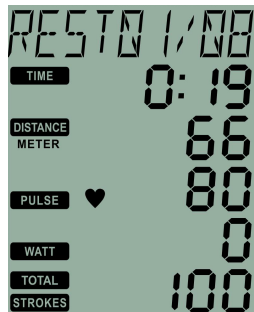


10/20 interval period selected

After starting your interval workout, row when the display shows "WORK" and rest when the display shows "REST". The top of the display will count down the number periods remaining in your workout.



INTERVAL mode in workout period



INTERVAL mode in rest period

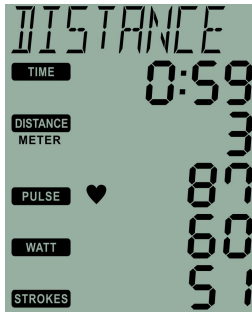
Starting a workout in TARGET mode

Press any key on the monitor to start the monitor in Standby mode, then press the MODE key to enter the mode selection menu and the SET key until you see “TARGET” blink at the top of the screen. Press the MODE key again to select TARGET mode, then use the SET key to select which workout metric you would like to target and the MODE key to confirm.



TARGET mode selected

The available target metrics are: TIME, STROKES, CALORIES, and DISTANCE. After selecting your target metric, use the SET key to select your target value and the MODE key to confirm and begin your workout. The monitor display will then count down your target metric.



TARGET mode with DISTANCE goal

Pausing a workout

To pause a workout, press the MODE key. To resume, press the MODE key again.

Note: allowing 4 minutes to elapse without any rowing activity or button presses will exit the workout and enter standby mode.

Exiting a workout

To exit a workout and enter standby mode either:

1. Press the MODE key to pause the workout, then press the RESET key
2. Allow 4 minutes to elapse without any rowing activity or button presses

QUESTIONS? CONTACT US!

If you have any questions about assembly, maintenance, operation, or any other aspect of this rower, please visit gorowingo.com or contact us at support@gorowingo.com



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