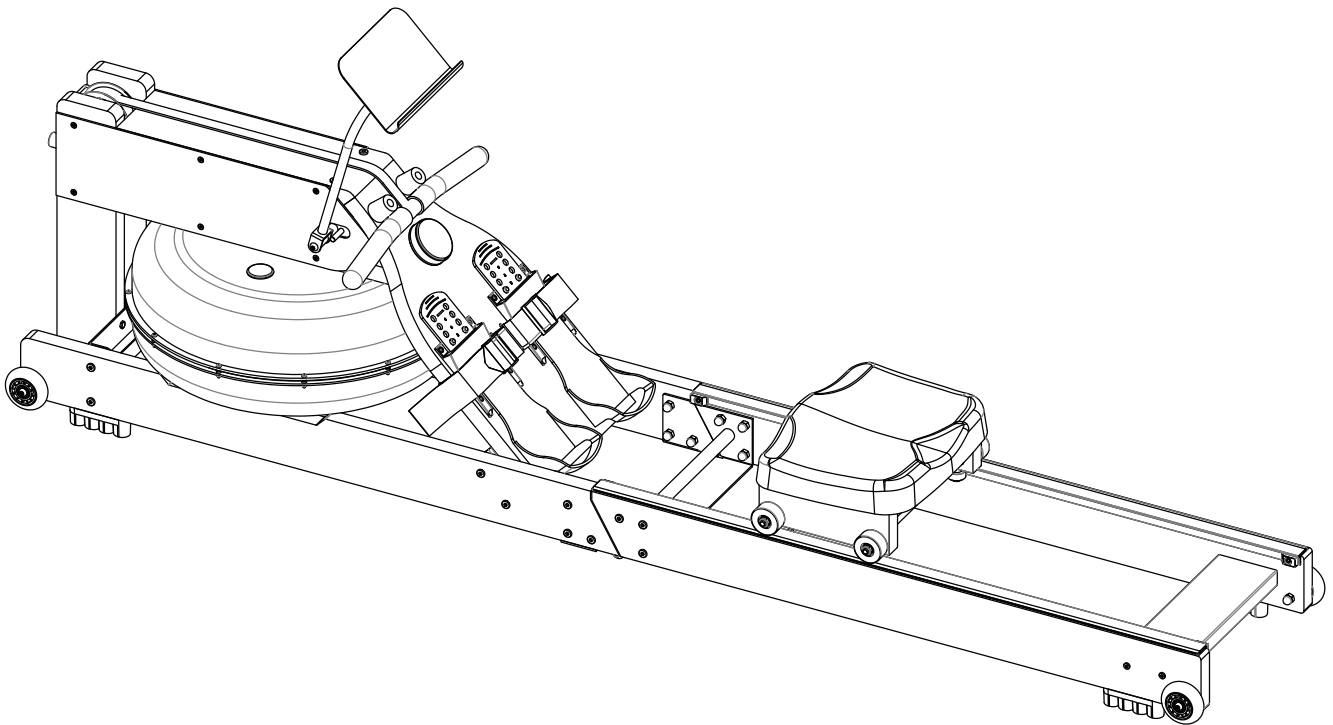


snode®

SNODE RW03 Plus WATER ROWING MACHINE



INSTRUCTION MANUAL

IMPORTANT: Read all instructions carefully before using this product. Preserve this owner's manual for future reference. The specifications of this product may vary from its pictures, some parts may be different without notice.

USER MANUAL

ATTENTION



Assembly Instruction Video

You can scan this QR code to enter our Youtube page to follow the product assembly videos.

Hope it will be helpful for you.



Contact us at Facebook
(Scan this QR Code)

PLEASE DO NOT RETURN THIS PRODUCT TO THE STORE.

Contact our customer service if there is any issue

Email us at:

service@snodesport.com/support@snodesport.com

Or call us at:

(866)958-7666

Hours:

8:00 am to 5:00 pm (PST) Daily

TABLE OF CONTENT / 目录

EN: IMPORTANT PRECAUTIONS	2
PARTS LIST	3
ASSEMBLY INSTRUCTION	4
TRAINING GUIDE DIAGRAM	6
TRAINING INTRODUCTION	7
LCD MONITOR OPERATION INSTRUCTIONS	9
TROUBLE SHOOTINGS	15
MANUFACTURER'S LIMITED WARRANTY	16
PARTS REQUEST FORM	17
ASSEMBLY INSTRUCTION VIDEO	18

IMPORTANT PRECAUTIONS

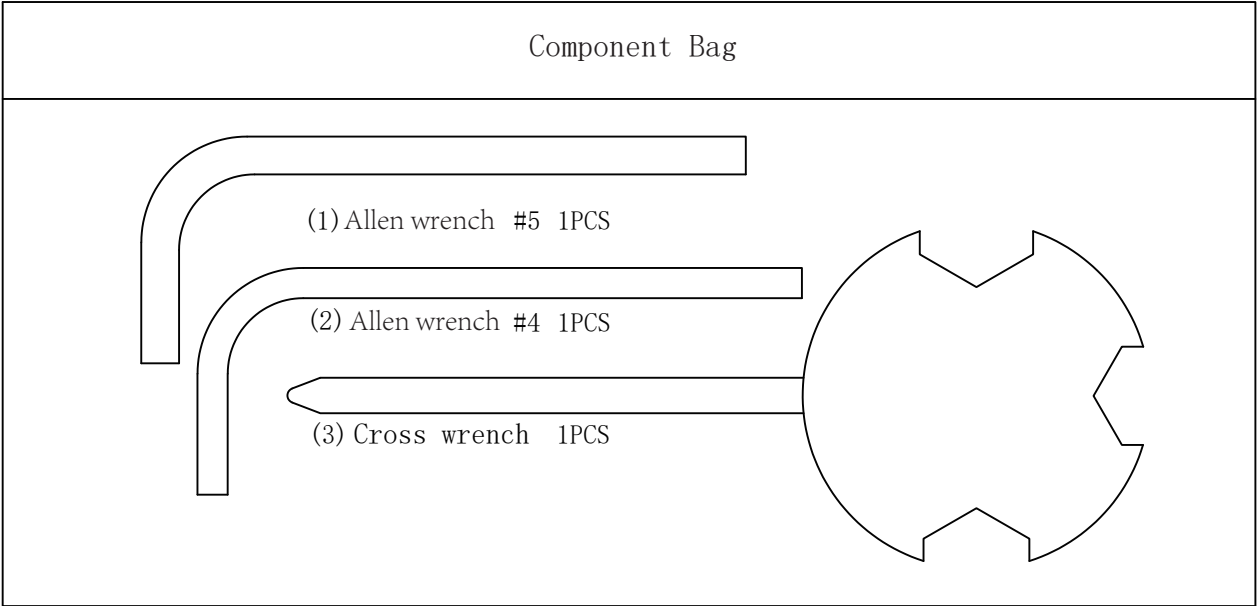
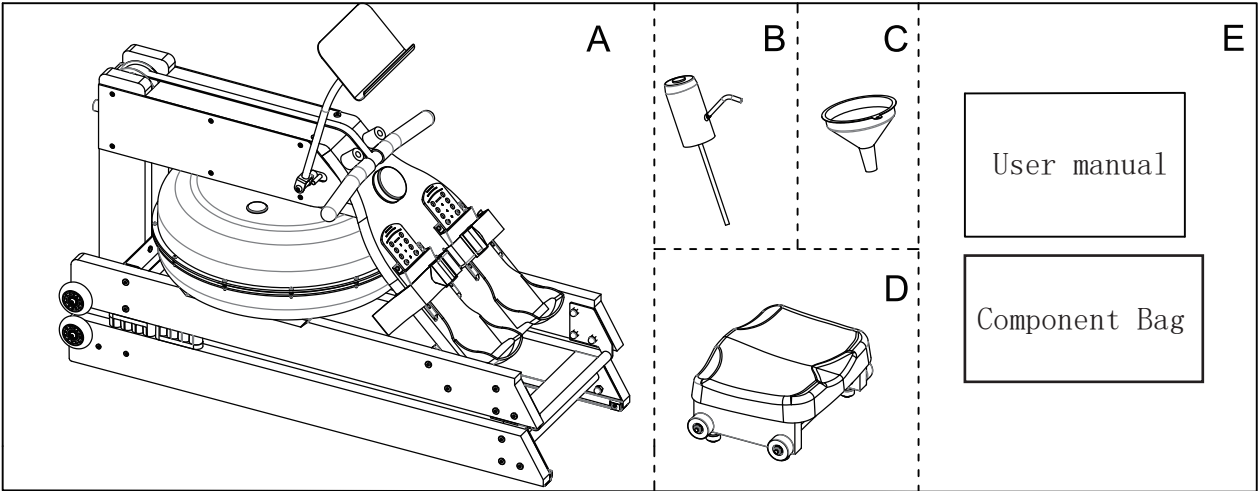
Please keep this manual for future reference.

1. It is important to read all the contents of instruction manual carefully before assembling and using the rower. Only the correct installation, maintenance and using the rower can achieve a safe and effective training effect. It is the responsibility of the owner to ensure that all users of the rower are adequately informed of all warnings and precautions.
2. Before using the rower, users should consult a doctor according to their physical condition to prevent health or safety incidents during training, so that normal training cannot be carried out. If the users is taking medication and treatment that affects heart rate, blood pressure and cholesterol, make sure to follow the doctor's advice before training.
3. The rower is not intended for use by persons with reduced physical , sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the rower by someone responsible for their safety.
4. Keep your children and pets away from the rower which is only for adults.
5. Place the rower on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 0.5m of clearance around the rower.
7. Repair and maintenance the parts which are easy to be damaged,wearable and broken frequently can ensure the safe of using the rower.
8. Inspect and properly tighten all parts each time the rower is used. Replace any worn parts immediately.
9. Wear appropriate clothes while exercising, do not wear loose clothes that could be caught on the rower. Always wear athletic shoes for foot protection.
10. The rower has been certified by EN957 Class HC and is suitable for home use only. The weight of trainer is less than 150kg/330lbs.
11. The rower is not suitable for use as medical equipment.
12. During lifting or moving the rower, be careful do not hurt your back. Use correct movement method, or with the assistance of others.

PARTS LIST

Open the packing box and you can take out the following parts in the box.

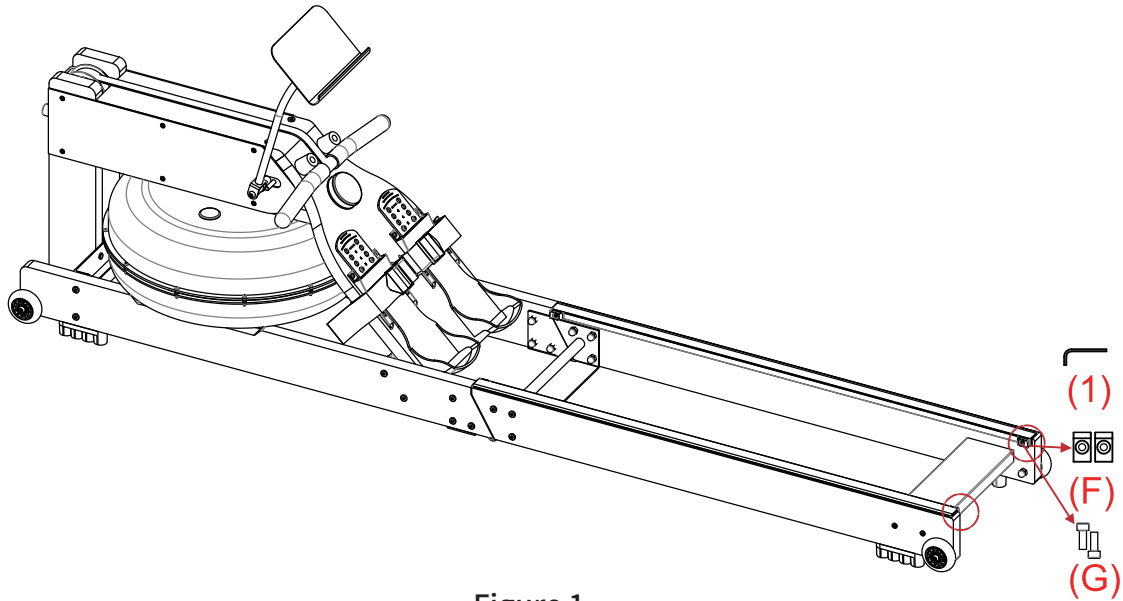
Parts list						
No.	description	quantity		No.	description	quantity
A	Whole rower machine	1PC		B	Water pump	1PC
C	Funnel	1PC		D	Cushion	1PC
E	Component bag	1PC				



ASSEMBLY INSTRUCTION

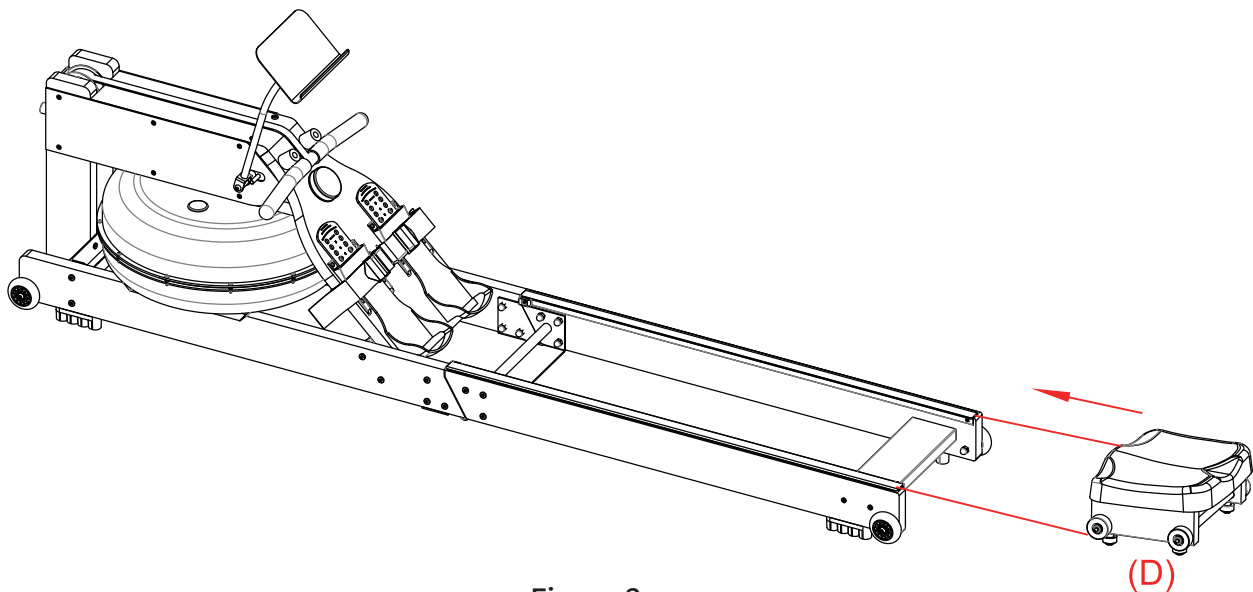
STEP 1

1. Unroll the whole machine (A) and place it on the ground. Take out (1) wrench #5 from the component bag (E), pick the cushion block (F) and screw (G) on the track shown in the picture.



STEP 2

1. Slide the Cushion (D) into the main rail as shown in figure 2.



STEP 3

1. Lock the Cushion blocker (F) and use the Wrench #5 to tighten the screws (G) you picked in Step 1 into the track.

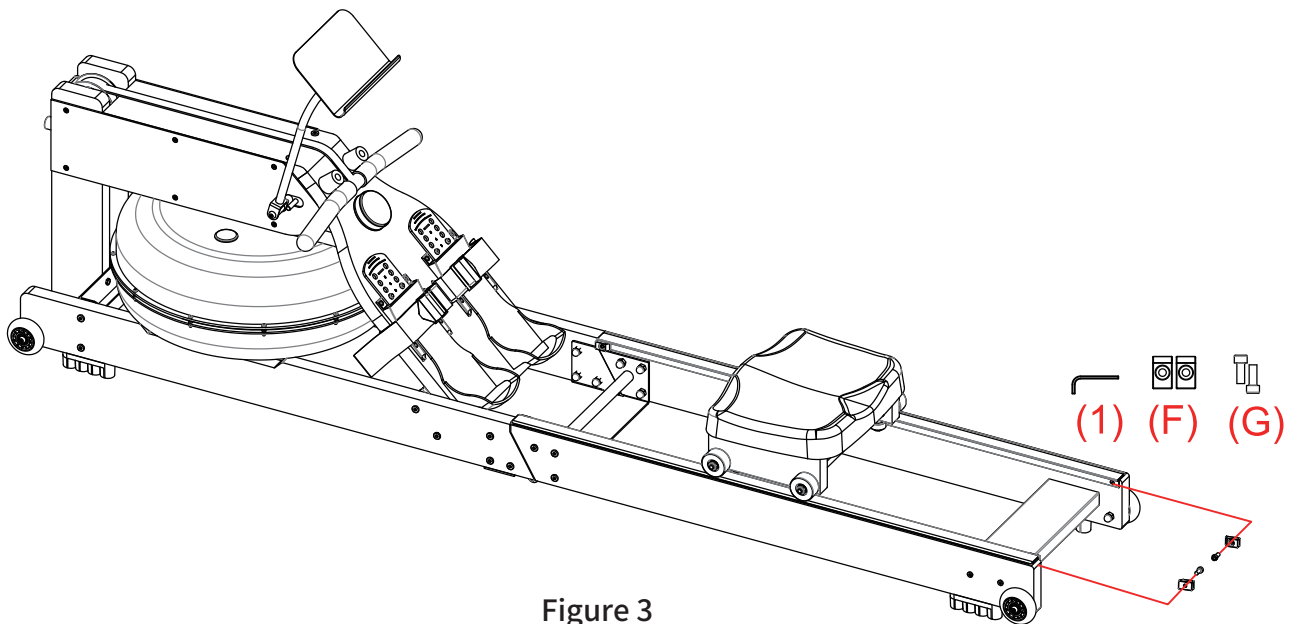


Figure 3

STEP 4

1. Remove the tank plug (H) from the upper tank.
2. Water injection as shown in figure 4. Insert the water pump into the tank, and place a bucket next to the rowing machine, and use the water pump pumps water from the bucket into the tank. Refer to the digital mark on the side of the tank to measure the amount of water in the tank. Then stuff the water tank plug (H) back into the upper tank. Lastly, use a dry cloth to dry the water around the rower.

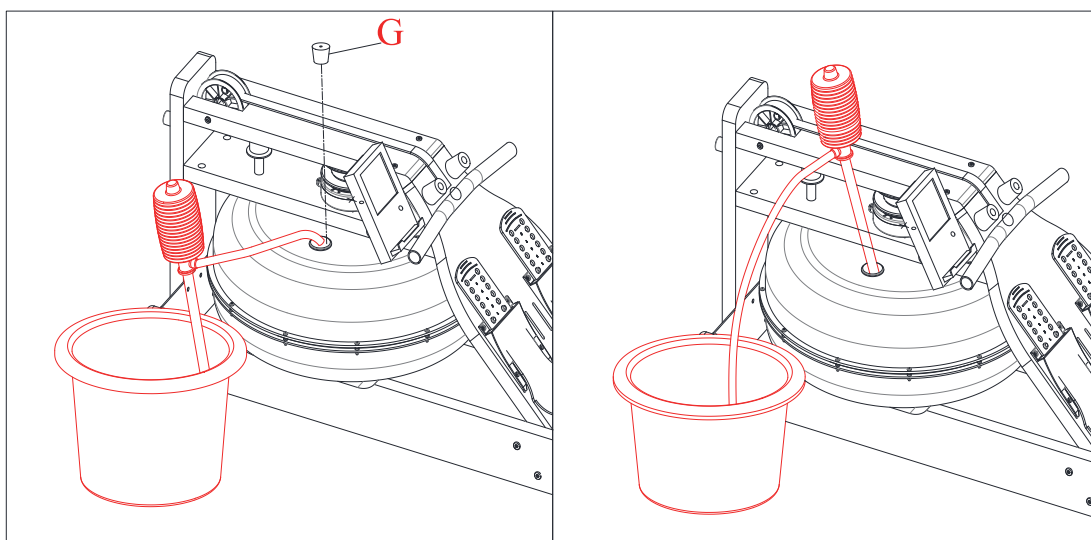
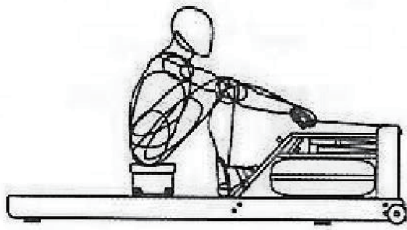


Figure 4

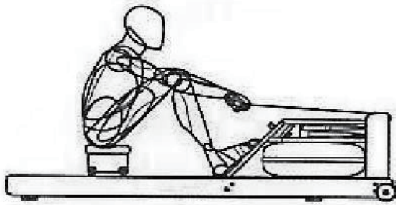
TRAINING GUIDE DIAGRAM

Training guide diagram:



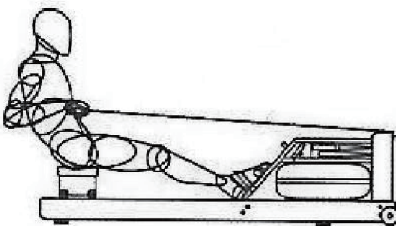
Start position

Keep your arms straight in front of you, shoulders relaxed, head up, eyes look forward, feet and calves compressed vertically.



Sliding process

Grab the handle with your hands, keep the body in correct posture and angle. Gradually straighten your legs.



Unfolding position

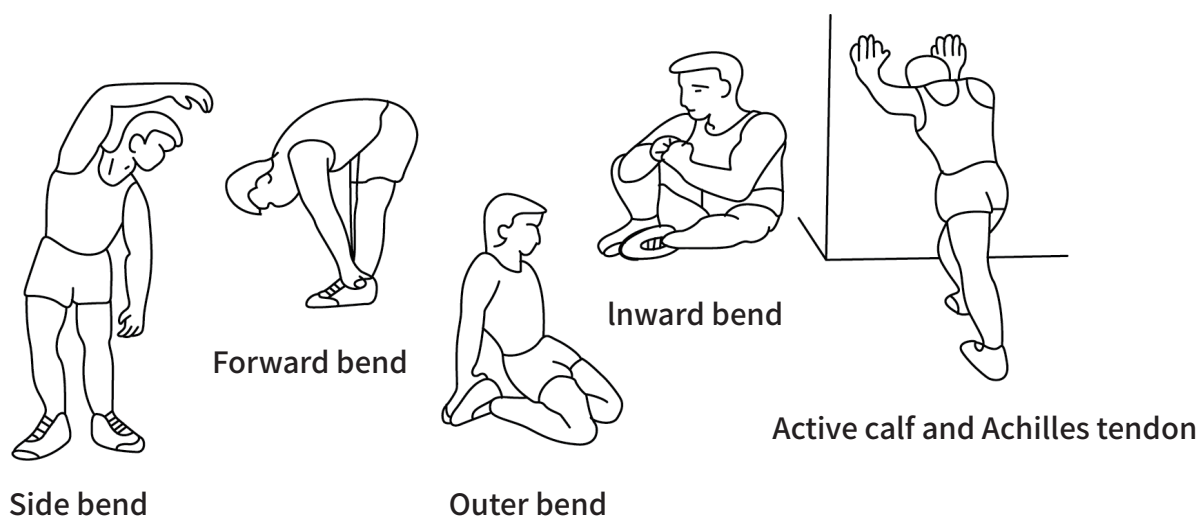
Straighten your legs forward, pull the handle to the chest, relaxed your shoulders and look forward.

After you have mastered the correct posture and rhythm of your rowing movement, the technique will be easier than regular rowing, then you will experience the benefits of rowing machine training soon.

Use the rower can not only enhance physical fitness and exercise muscle, but also play a role in weight loss through a reasonable diet.

Warm-up exercise before training

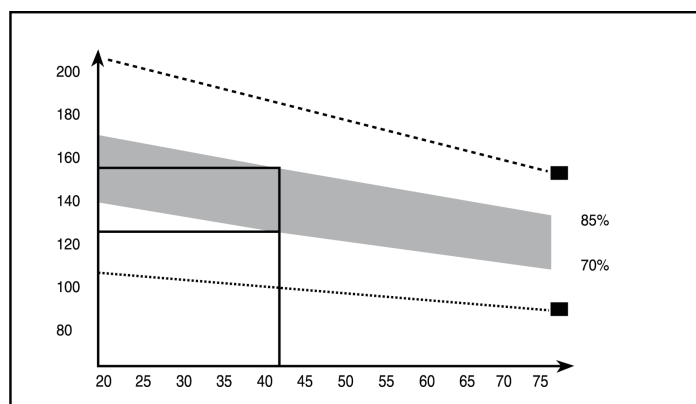
This stage of warm up exercise can enhance the trainer's body blood circulation and make the muscles in a good condition, at the same time reduce the risk of cramping or muscle strain during training. Before each training , please do the warm up exercise according to the following recommended training methods, each type of stretching exercise must be maintained for about 30s,when doing exercise , be careful not to do strenuous stretching exercise to prevent muscle damage, once the muscle is damaged, please stop practicing.



Training phase

This stage is formal training stage. You can improve the flexibility of your legs muscle after a long-term regular practice. During the training, it is important to do the stable training intensity according to your own training situation and choose the reasonable training intensity, so keep the heart rate within the target values listed in the following table.

At least 12mins of training to keep the heart rate within the corresponding target range. At the beginning of training , most of people continue to train for 15-20mins.



Recovery phase after training

During the recovery phase, repeat the activities in the preparation. During the process, you can reduce the amplitude and speed of the exercise appropriately for about 5mins . Through exercise to adjust body heat and relax muscles. It is important to note that you cannot do strenuous stretching during exercise to avoid damaging your muscles. When you have already adapted training, you can gradually increase the training time and training intensity, at least 3 times per week. If possible record the average level of weekly practice.




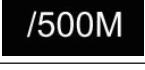


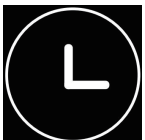

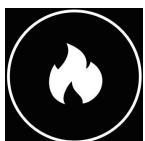
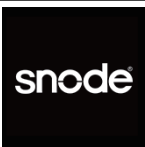
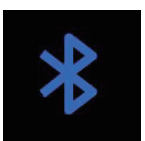
Strengthen muscles

If you would like to use rower to strengthen the muscle, you need to adjust the resistance to the highest. So that you can achieve the effect of strengthening the muscle by increasing the strength of exercise in a short time. If you want to achieve the purpose of fitness while strengthen the muscle, you need to use another method. First do the warm up exercise then do the regular practice, increase the strength of training near the end of training phase, increase the resistance of legs, but pay attention to slow down training speed while increasing the strength to keep the heartbeat within the target value and do some finish exercise after training.




Weight loss

To achieve the effect of weight loss, the key points is time and intensity of training , the more intensity of training , the longer time will burn more calories, thus achieving the effect of weight loss. Also the effect of fitness can be achieved through practice, enhance physical. During the training you can do some proper practice according to different needs.

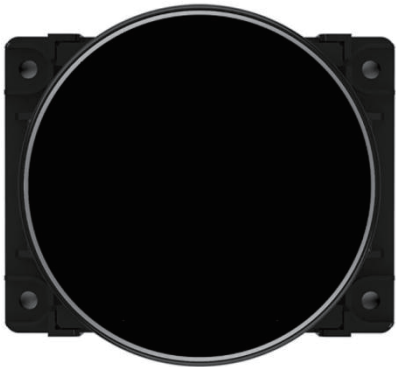
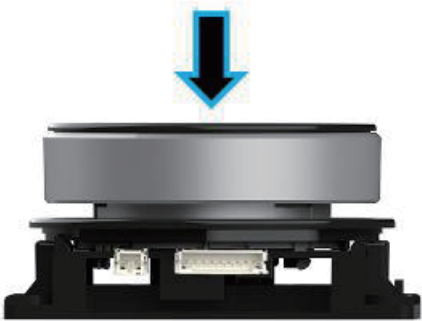

1.1 Data display description

Sort	Function	Display window	Display Description
1	SPM		0 ~ 999
2	Resistance Level		1 ~ 32
3	Stroke time		0 ~ 9999
4	500 meters pace		00:00 ~ 99:59
5	SCAN		ON: Data is scan mode. OFF: Data is in lock mode
6	Speed		0.0 ~ 9999 km/h
7	Time		00:00 ~ 99:59
8	From		0.0 ~ 9999 km
9	Calories		0.0 ~ 9999 kcal
10	Logo		The wake status of the Logo icon is displayed
11	Bluetooth		ON: Bluetooth connected . OFF: Bluetooth is not connected.

1.2 Display description

sort	Function	Display window	description
1	Display view		<ol style="list-style-type: none"> 1. Outer ring has 24 effect lights 2. The SNODE logo can be displayed. This function is enabled by default 3. Displays "TEMPO", stroke per minute, "SPM" 4. Displays "LEVEL" as resistance level, from 1-32 5. Displays the sports data "TEMPO", "Pace of 500m", "Speed", "Time", "Distance" and "Calories" 6. Displays the Bluetooth connection status
2	Shuffling mode		<ol style="list-style-type: none"> 1. Switch different data for every 3s 2. "TEMPO" and "LEVEL" data rotates in the small window. 3. "STROKE", "Pace of 500m", "Speed", "Time", "Distance" and "Calories" data rotates in the main window 4. Bluetooth light indicates the bluetooth connection status. If connected, it is on; if not, it is off 5. When you are training, the outer ring is all lit by default
3	Select display mode		<ol style="list-style-type: none"> 1. Press the button to switch the display mode and lock the data you need to check 2. The main window can lock the display data, "STROKE", "Pace of 500m", "Speed", "Time", "Distance" and "Calories" 3. Small window digital carousels "TEMPO" or "LEVEL" 4. When you are training, the outer ring is all lit by default

1.3 Main operation instruction

sort	Function	Display window	description
1	Sleep & Wake		1. When you are not training, the monitor is off and will turn on when you start to row.
2	Click the knob		<ol style="list-style-type: none"> 1. If there is no operation or training, the monitor will go into sleep mode after 3 minutes 2. In sleep mode, press the knob to wake up the device 3. Wake up state, press the knob to enter the sports state 4. In sports state, short press the knob to switch the display mode 5. In sports state, long press the knob "2s" to reset the data and enter the wake up state 6. There is a beep sound when pressing the knob
3	Rotate knob		<ol style="list-style-type: none"> 1. Spin clockwise to increase resistance 2. Spin counterclockwise to decrease resistance 3. When you spin the knob, you will hear the beep sound

1.4 Detailed Operation Instruction

- ① When the knob is powered on, you will hear the beep sound, and the monitor will lit up (Figure 1); After power-on, resistance automatically reset to level "1" . 3 minutes without operation, display turn off and enter standby state (Figure 2)



Figure 1

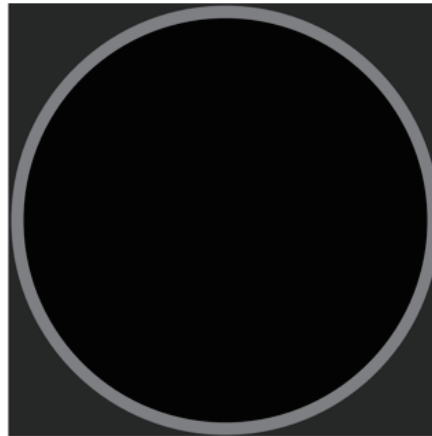


Figure 2

- ② In READY state, press the knob or pull the rowing machine to enter the motion state directly. Small window digital carousels frequency "TEMPO" and resistance "LEVEL"(Figure 3, Figure 4), switching display every 3s;



Figure 3



Figure 4

LCD MONITOR OPERATION INSTRUCTIONS

- ③ The numbers in the main window are carousels by default. The "SCAN" icon is on, and the "speed", "time", "distance", "calorie", "STROKE" and "500m pace"(figure 5,6,7,8,9,10) are switched every 3s.



Figure 5



Figure 6



Figure 7



Figure 8



Figure 9



Figure 10

LCD MONITOR OPERATION INSTRUCTIONS

- ④ The mode can be adjusted to lock mode by pressing the knob. The 'SCAN' icon will not displayed, and will displays fixed data "speed" or "time" or "distance" or "calories" or "500m pace" (figure 12,13,14,15,16).



Figure 11



Figure 12



Figure 13



Figure 14



Figure 15



Figure 16

1.5 App download

1.Download SNODE APP FITLOG for more functions and training.

1.1 Scan the QR code below to download the app and install it.

1.2 You can find many tutorials on it and training plan is also available.



TROUBLE SHOOTINGS

1. What if I receive my package but there are some parts missing/wrong/broken? (Especially the fragile wires)

Contact our aftersale email service@snodesport.com or support@snodesport.com with the pics of your missing/wrong/broken parts & order number , we will ship you the replacement in no time!

2. How can I fill the water?

There is a pump in the package and you can use it to fill water into the tank.

3. How much water should I fill in water tank?

There is a water limit line on the water tank, please fill in the water above the lowest line but not above the highest line.

4. The resistance is really low when I row, how can I do to increase the resistance?

The resistance is depend on two factors:

- (1) The amount of water, so you can fill the water to the limit water line, it is the highest resistance.
- (2) The speed you row, as a rower machine, it simulate the real rowing experience, so if you row as fast as you can, you will get more resistance, and the water will sound like you are actually rowing on the water.

5. How often should I change water?

Theoretically 1-2 months but can also depends on the water quality. There is no strict time limit for this.

6. How many purify tablet pills should I use?

One pill for a water tank.

7. What if I have some questions when using this rower?

Contact our after-sale email at service@snodesport.com or support@snodesport.com , we will help you with it in no time.

MANUFACTURER'S LIMITED WARRANTY

SNODE FITNESS warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with SNODE's Owner's Manual. SNODE's obligation under this warranty applies to the following:

COMPONENT	LENGTH OF WARRANTY
------------------	---------------------------

Structural Frame	1 year
-------------------------	---------------

All Other Components	1 year
-----------------------------	---------------

(computer display, electronics, foam, ball bearings, pulleys, belts, cables, wires, shocks, covers, tension, internal mechanism, wheels, pedals, knobs, accessories and hardware)

Exclusions from Warranty Coverage:

SNODE does not warrant against and is not responsible for, and no implied warranty shall be deemed to cover, any product failure, product malfunction, or damages attributable to:

1. Improper installation and/or failure to abide by Snode Sport's installation guidelines;
2. Use of this product beyond normal home use, or in an application for which it was not designed;
3. Cosmetic items such as scratches, dents or discolorations;
4. Damage caused by normal wear and tear, vandalism, accidental or by animals;
5. Any act of Nature (such as fire, flooding, snow, ice, hurricane, earthquake, lightning or other natural disaster), environmental condition (such as air pollution, mold, mildew, etc.), or staining from foreign substances (such as dirt, grease, oil, etc.);
6. Normal weathering due to exposure to sunlight, weather and atmosphere among other things, flake, chalk, accumulate dirt or stains. which can cause colored surfaces to.
7. Improper operation, alteration, handling, storage, abuse or neglect of the products.

This warranty is offered only to the original purchaser and is not transferable. Purchase Proof of original is required.

Ordering Replacement Parts

Replacement parts can be ordered by emailing our customer service department:

service@snodesport.com or support@snodesport.com

Open Daily 8:00 AM - 5:00 PM (PST).

When ordering replacement parts please have the following information ready:

- 1. User Manual**
- 2. Model Number**
- 3. Description of Parts**
- 4. Part Number**
- 5. Date of Purchase**

PARTS REQUEST FORM

SNODE GROUP, Inc.

EMAIL THIS FORM WITH YOUR RECEIPT OF PURCHASE TO
service@snodesport.com or support@snodesport.com

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

TELEPHONE: (Day) _____

(Night) _____

MODEL#: _____

PURCHASE DATE: _____

PLACE OF PURCHASE: _____

PART #	DESCRIPTION	QTY

“YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS”



Assembly Instruction Video

You can scan this QR code to enter our Youtube page to follow the product assembly videos.
Hope it will be helpful for you.



Montageanleitung Video

Sie können diesen QR-Code scannen, um auf unsere YouTube-Seite zu gelangen, um den Videos zum Produktaufbau zu folgen.

snode®