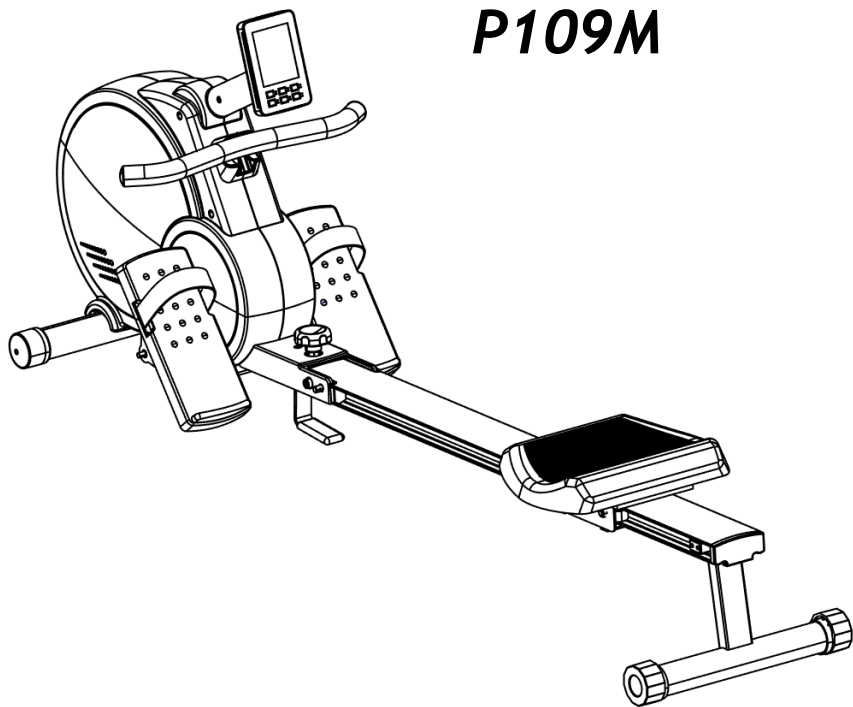


COSTWAY[®]

P109M



USER'S MANUAL

**Magnetic Rowing Machine
SP37322**

THIS INSTRUCTION BOOKLET CONTAINS IMPORTANT SAFETY INFORMATION. PLEASE READ AND KEEP FOR FUTURE REFERENCE.

Please give us a chance to make it right and do better!

Contact our friendly customer service department for help first.

Replacements for missing or damaged parts will be shipped ASAP!

Follow Costway

Visit us: www.costway.com



Contact Us!

Do NOT return this item.

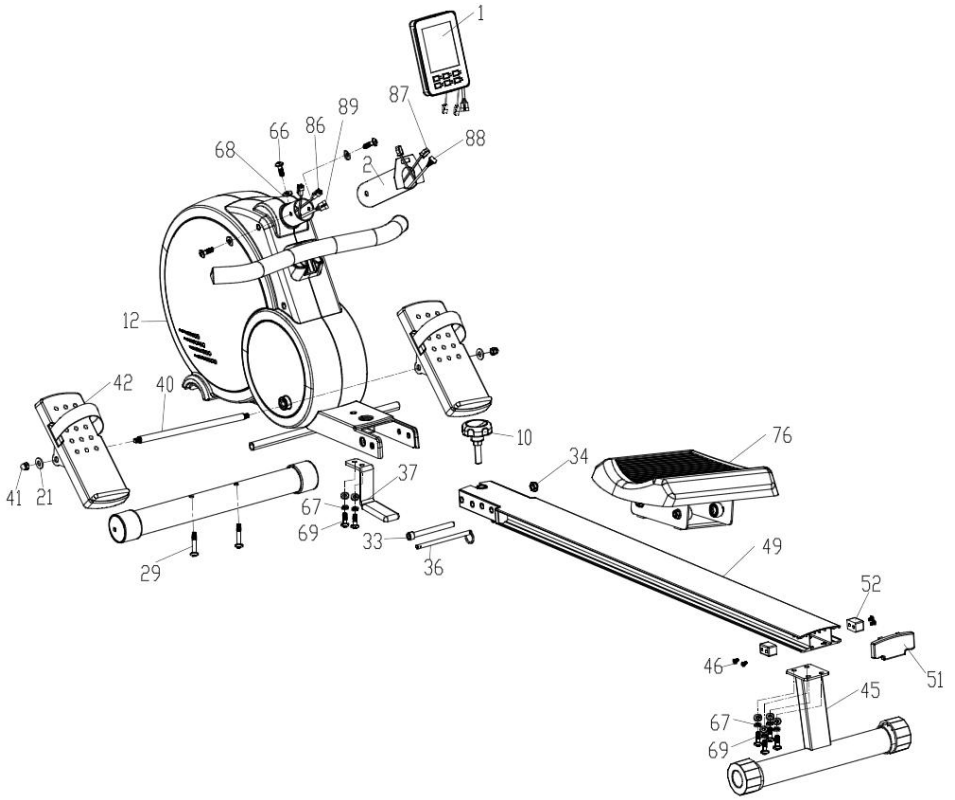
Contact our friendly customer service department for help first.

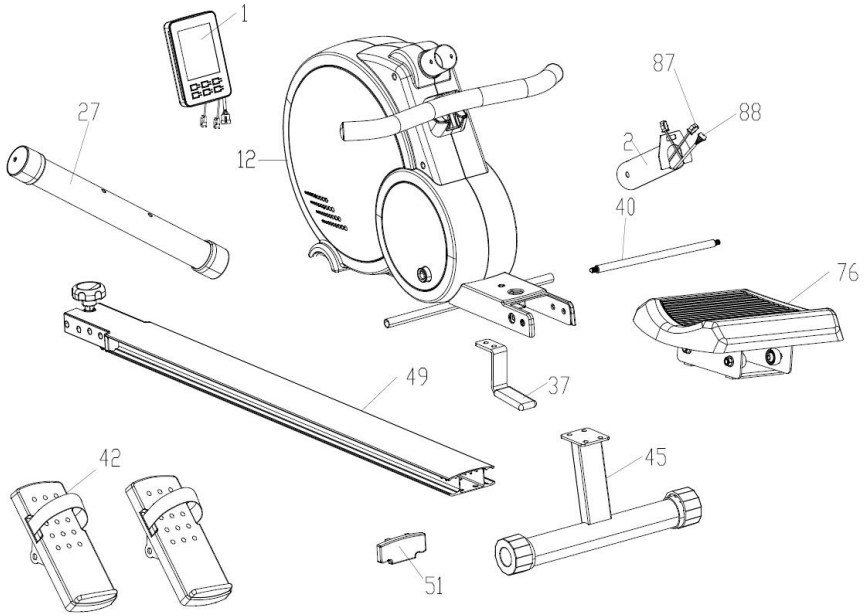


Before You Start

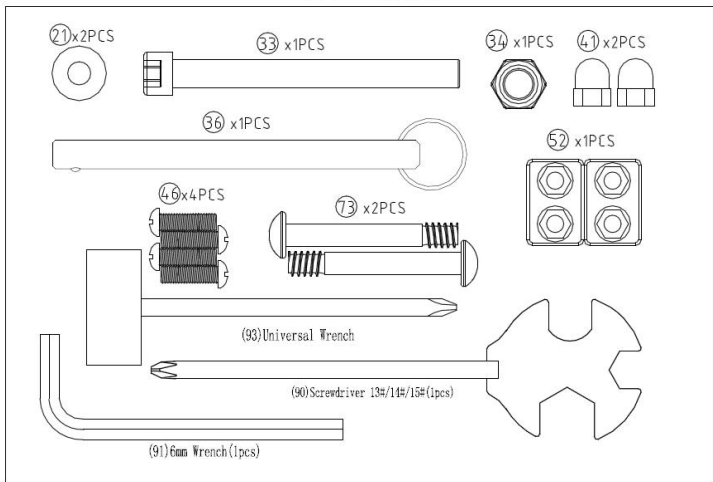
- ⚠ Please read all instructions carefully.
- ⚠ Retain instructions for future reference.
- ⚠ Separate and count all parts and hardware.
- ⚠ Read through each step carefully and follow the proper order.
- ⚠ We recommend that, where possible, all items are assembled near to the area in which they will be placed in use, to avoid moving the product unnecessarily once assembled.
- ⚠ Always place the product on a flat, steady and stable surface.
- ⚠ Keep all small parts and packaging materials for this product away from babies and children as they potentially pose a serious choking hazard.

EXPLODED DRAWING-1

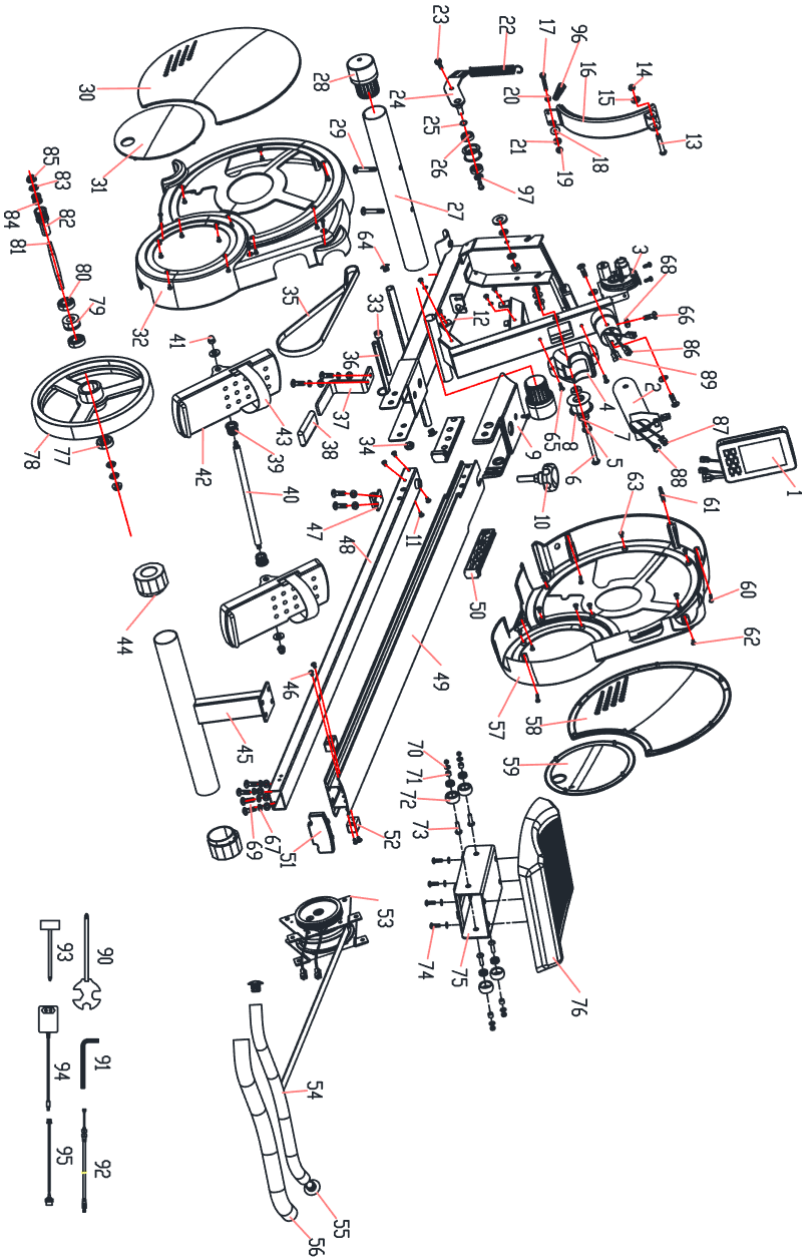




P109 TOOLS



EXPLODED DRAWING-2

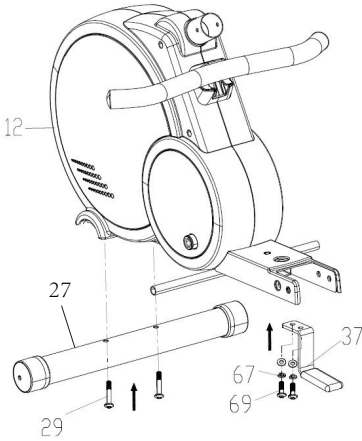
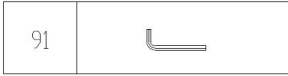


PARTS LIST AND TOOLS

NO	Description	SPEC.	Q'ty	NO	Description	SPEC.	Q'ty
1	console		1	50	aluminum collar		2
2	Handle tube		1	51	aluminum plug		1
3	motor		1	52	bumper		2
4	handlebar holder		1	53	spring box		1
5	bushing		2	54	pull tube		1
6	bolt	M8*75L	1	55	tube plug		2
7	bearing	608	2	56	handle sleeve		1
8	wheel		1	57	lower main cover		1
9	lower tube cover		1	58	right lower big cover		1
10	knob	M12	1	59	right lower small		1
11	screw	M6*16	1	60	screw	ST3.9*50L	3
12	main frame		1	61	main cover bar		1
13	bolt	M8*78L*S20L	1	62	screw	3/16***3/4"	6
14	nut	M8*7T	3	63	screw	ST2.9*10L	22
15	plain washer	Φ8*Φ19*2T	12	64	plug		2
16	magnet		1	65	screw	M5*16	5
17	bolt	M6*P1.0*55L	1	66	screw	M8*16	5
18	washer	φ 6.5*φ19*1.5T	1	67	spring washer	Φ8	5
19	nut	M6*5.5T	1	68	half round washer	Φ8*Φ19*2T	3
20	screw	M6*4.5T	1	69	screw	M8*20	6
21	plain washer	Φ6.5*Φ14*1T	1	70	plain washer	Φ6*Φ13*1T	8
22	spring		1	71	bushing	φ 6.2*φ9*9.5L	4
23	screw	M8	1	72	seat wheels		4
24	idler bar		1	73	screw	M6*35L	4
25	wave washer	φ 10.2*φ13*0.3T	1	74	screw	M6*16	4

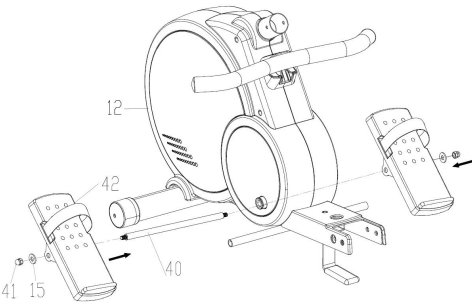
26	bearing	6000	2	75	seat fixed		1
27	front stabilizer		1	76	seat		1
28	transport wheel and floor pad		2	77	bearing	6300	1
29	bolt	M8*P1.25*75L	2	78	flywheel		1
30	upper big cover		1	79	single bearing		1
31	left upper small cover		1	80	bearing	6003	2
32	left upper main cover		1	81	flywheel axle	3/8"-26*120L	1
33	bolt	M10*100	1	82	small pulley		1
34	nut	M10	1	83	nut	3/8"-26*3.8T	3
35	belt	290J5	1	84	bearing	6800	2
36	pull pin	Φ10	1	85	nut	3/8"-26*7T	2
37	support plate		1	86	lower sensor line		2
38	soft pad		1	87	upper sensor line		2
39	collar		2	88	upper Cable line		1
40	pedal axle	Φ 12.5*416	1	89	lower Cable line		1
41	nut	M8	2	90	wrench	13.15	1
42	pedal		2	91	wrench	6mm*30mm*84m	1
43	pedal tie		2	92	motor speed control		1
44	rear foot pad		2	93	wrench		1
45	rear support		1	94	adaptor		1
46	screw	M6*20	4	95	DC line		1
47	folding bushing	Φ16	1	96	spring		1
48	fixed tube		1	97	plain washer	Φ6.5*Φ14*1T	1
49	aluminum rail		1				

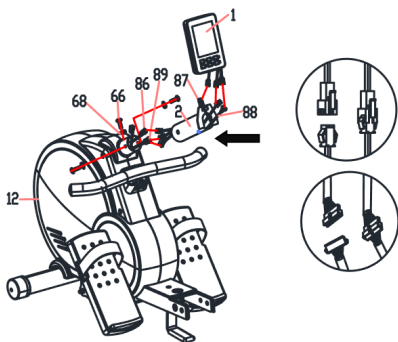
ASSEMBLY INSTRUCTION



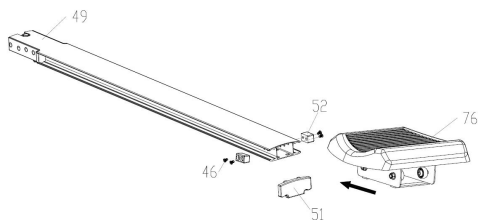
STEP 1 Attach the front stabilizer (27) to the main frame(12) and fix it with bolts (29).
Install the support plate (37) to the main frame (12) and fasten with screws (69) and spring washers (67).

STEP 2 Pass the pedal axle (40) through the main frame (12) and connect both foot pedals to the pedal axle (40).



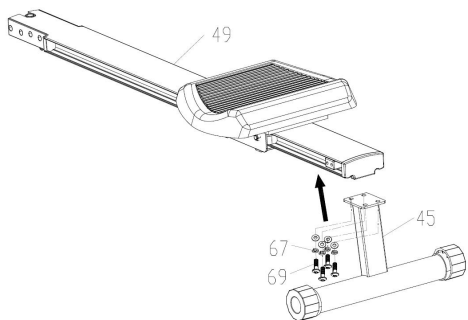


STEP 3 Mount the console (1) onto the handle tube (2) and connect the wires.

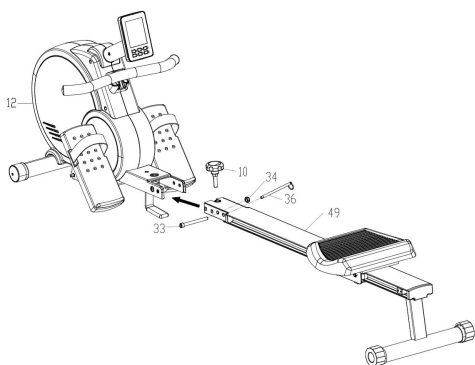


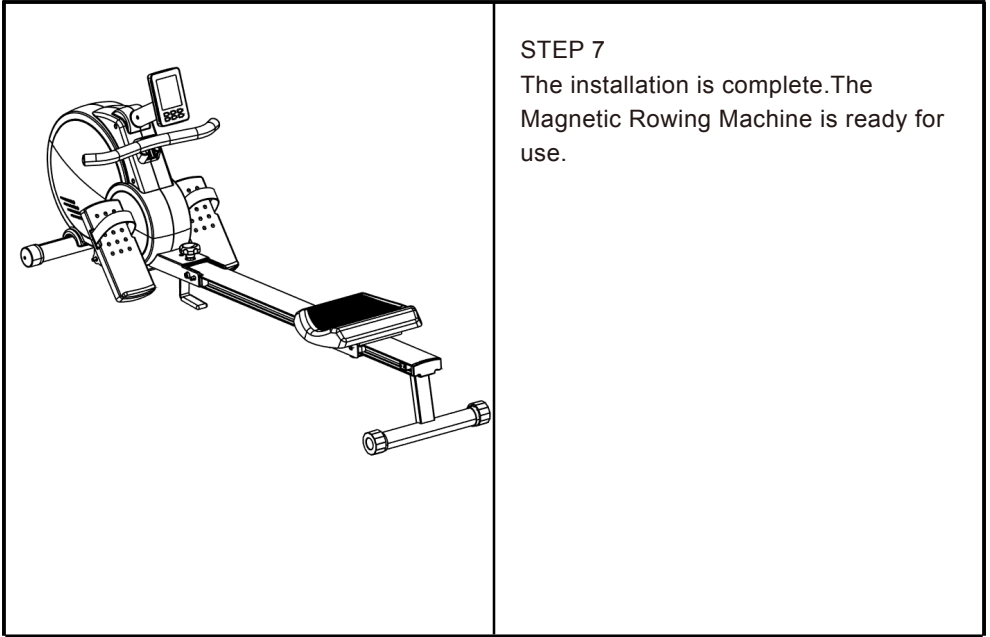
STEP 4 Slide the seat (76) onto the aluminum rail (49) fix the rear edge of the rail with the bumper (52) and screw (46) to prevent the seat sliding out. Then put the aluminum plug (51) on the rear edge.

STEP 5 Fix the rear support (45) to the aluminum rail (49) with screws (69) and spring washers (67).



STEP 6 Attach the aluminum rail (49) to the parts assembled in step 2. Fix two parts with knob (10), pull pin (36), bolt (33) and nut (34).

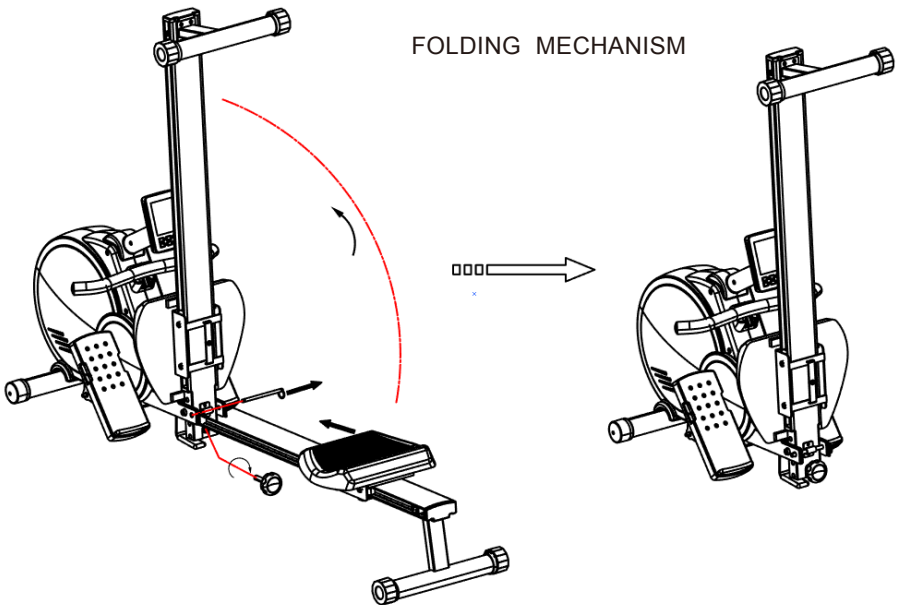


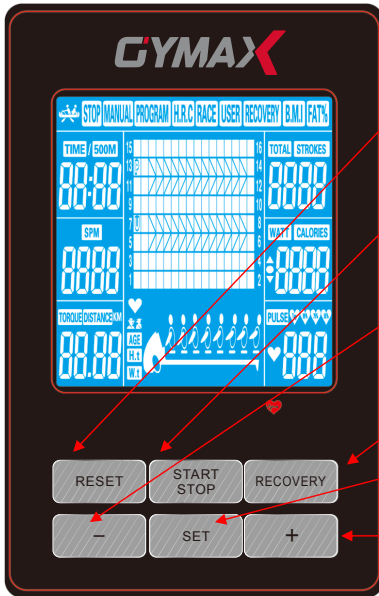


STEP 7

The installation is complete. The Magnetic Rowing Machine is ready for use.

FOLDING MECHANISM





RESET Key

Reset default function value..

START/STOP KEY

start/stop key

DOWN (-) Key

Adjust / Reduce function value

RECOVERY Key

The RECOVERY PROGRAM automatically

SET Key

Confirm your selection.

UP (+) Key

Adjust / add function value

A. OPERATION DESCRIPTION

1. Make sure plug in right power adaptor (9V/1000MA), and regarding with different country system pin, and then powering on: BI with long tone for 1 second together with LCD full display for 2 seconds.

2. BUILT-IN Heart Rate Receiver with chest Belt

The computer with built-in Heart Rate receiver, the user can put on chest belt to detect the Heart Rate beat.; How to put on chest belt, please refer Chest Belt user manual.

3. Powering on (or hold RESET key for 2 seconds) full display. Press START/STOP key to enter MANUAL control mode directly and start exercising.

4. USER is displayed in dot matrix form for selection (U1-U4), you can Turn Knob + UP increase / - Down decrease — to choose USER number and input USER data after pressing SET for confirmation. Press SET-key for confirmation if everything is normal, it will step to upper key functions, all blink and wait for USER, Turn Knob + UP increase / - Down decrease for choice, it will jump back to UX(0-4) choice). ※ USER : U0 ~U4 (U1 ~ U4 memorized user data; U0- No memory of data and workout value)

5. SET “CONTROL MODE”- MANUAL / PROGRAMS / WATT/ USERS / H.R.C./ RACE

5.1 Manual

LOAD1 and display in dot matrix after pressing SET key for confirmation, now Turn Knob + UP increase / - Down decrease for adjusting LOAD value and SET key for confirmation, Turn Knob + UP increase / - Down decrease again for setting, Press START and begin to exercise after finishing all functions setting (I.e. TIME、DISTANCE、CALORIES、HEART RATE、STROKE).

5.2 PROGRAM

Select Program diagram P1-P12 in dot matrix after pressing SET -key to program. After selecting ideal program diagram , turn Knob + UP increase / - Down decrease for adjusting LOAD value, and begin to exercise after finishing all functions' setting (I.e. TIME、DISTANCE、CALORIES、HEART RATE、STROKE).

5.3 WATT

Displays 0~999 even without signals, it can be adjusted between LOAD1~16 under the MANUAL mode, and the value of Watt will be displayed correspondingly.

5.4 USER

Create USER own Program profile through U1~U4 by setting the resistance level for each individual segment. Then the Program will be automatically saved for future use. U0 SET can be set the same as U1~U4 but this Program cannot be saved.

5.5 H.R.C

HEART RATE CONTROL- Select your own target Heart Rate by choosing from one of the preset programs 55%, 75%, or 90%. Please SET your age into the User Data to ensure that your target heart rate is set correctly. The HEART RATE display will flash when you have reached your target heart rate according to the Program you have chosen.

i.55% -- DIET PROGRAM

ii.75% -- HEALTH PROGRAM

iii.90% -- SPORTS PROGRAM

iv.TAG --USER SET TARGET HEART RATE

5.6 RECOVERY

When you have finished your workout, press RECOVERY. For RECOVERY to function correctly, it needs your Heart Rate input. TIME will count down from 1 minute and then your fitness level from F1 to F6 will be displayed.

NOTE: during RECOVERY, no other displays will operate.

F 1 ~ F6 = RECOVERY HEART RATE LEVEL

Score ^⓪	Condition ^⓪	Heart Rate ^⓪ (from test HR minus end HR) ^⓪
F1 ^⓪	Excellent ^⓪	Above 50 ^⓪
F2 ^⓪	Good ^⓪	40 ~ 49 ^⓪
F3 ^⓪	Average ^⓪	30 ~ 39 ^⓪
F4 ^⓪	Fair ^⓪	20 ~ 29 ^⓪
F5 ^⓪	Poor ^⓪	10 ~ 19 ^⓪
F6 ^⓪	Very Poor ^⓪	Under 10 ^⓪

5.7 RACE

Turn Knob + UP increase / - Down decrease to adjust SPM of PC, and perform DISTANCE racing , PRESS START to begin the RACE , USER & PC symbol blinking to show who run first (USER LOAD is adjustable in race) . End of race distance, the result is WIN , or USER LOSE.

5.8 TIME/500M

Computer/console will automatically calculate the time required for the user to row 500 meters according to the USER'S SPM. We call TIME/500M function value.

B. TIPS

1. Option: Plug in AC Adaptor (9V/1000mA).
2. Keep moisture away from computer.

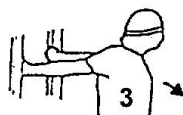
WARM-UP EXERCISE



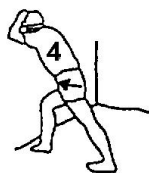
15 seconds for each



20 seconds



20 seconds



25 seconds



20 seconds



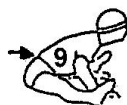
20 seconds



30 seconds



25 seconds for each leg



30 seconds



20 seconds



5 seconds x 3 times



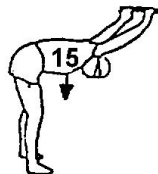
20 seconds



20 seconds for each leg



5 times



15 seconds

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all of our customers for taking time to assemble
this product and giving us valuable feedbacks.

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