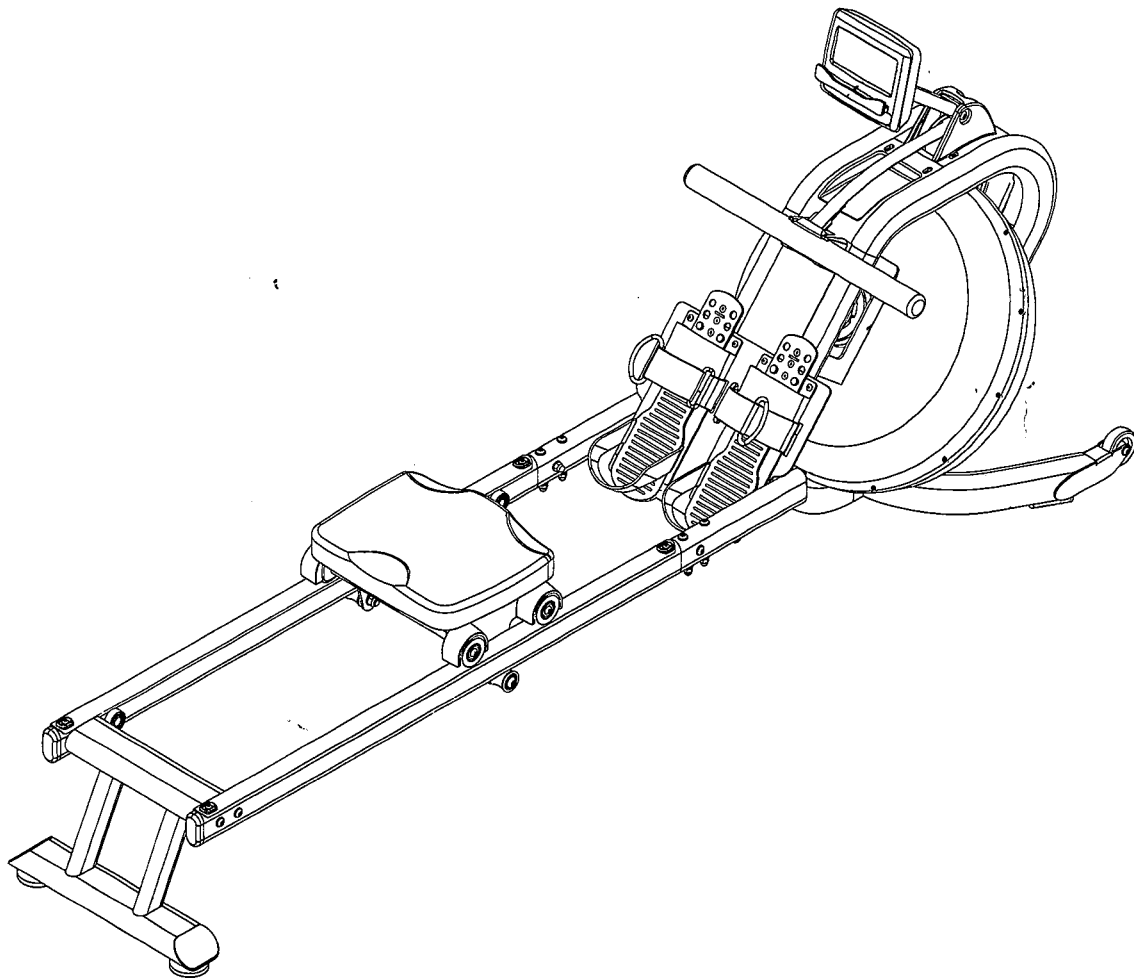


COSCO *fitness*

**WATER ROWING MACHINE -
USER MANUAL
WATER ROWER – CRW 6018**



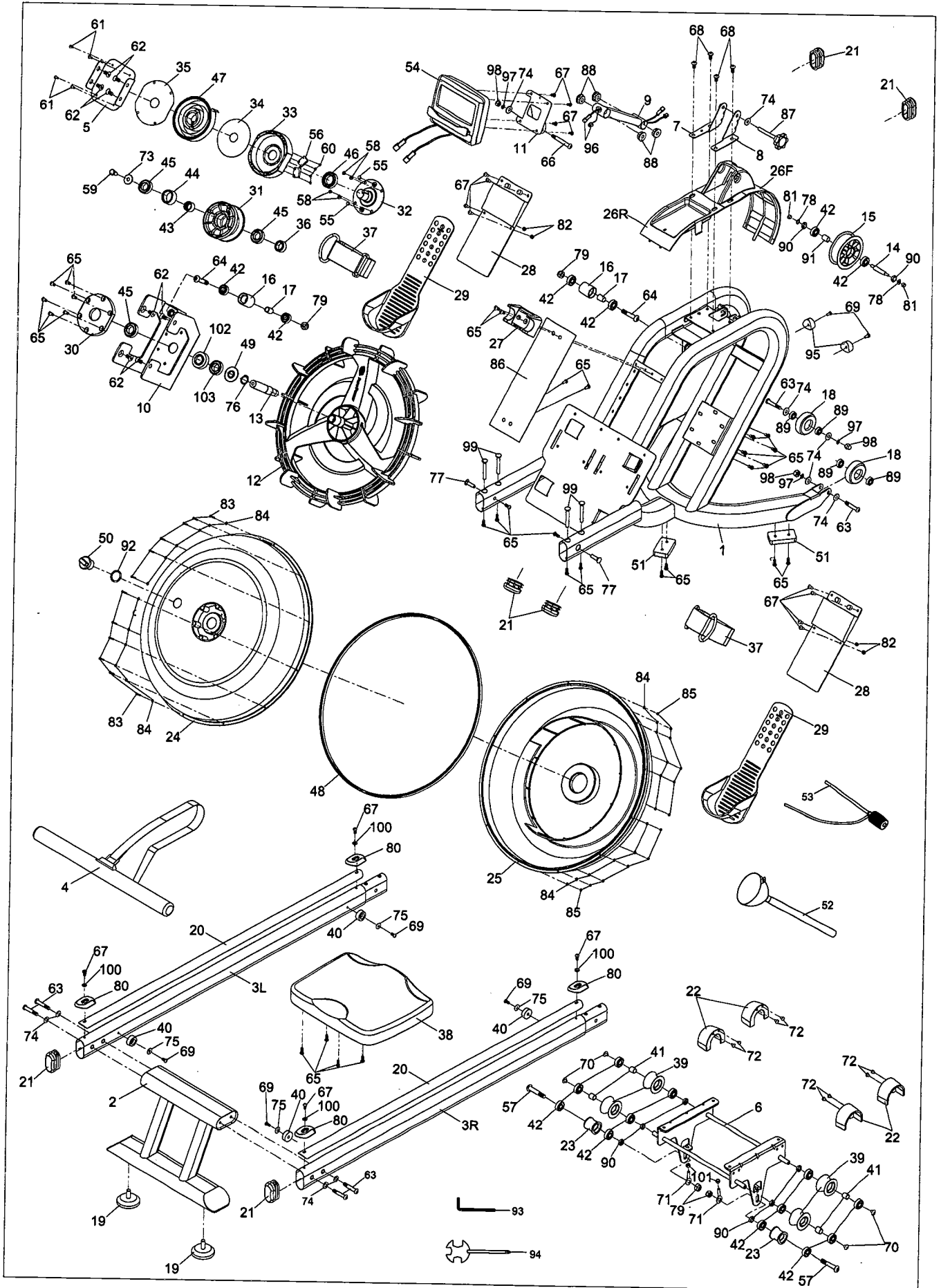
IMPORTANT SAFETY INFORMATION

We thank you for choosing our product. 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 assured 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, lightheadedness, 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 330 pounds (150KG).
10. The equipment is not suitable for therapeutic use.
11. Move with caution when lifting and moving the equipment. Always use proper lifting technique and seek assistance if necessary.
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!

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. SAVE THESE INSTRUCTIONS.

EXPLODED DRAWING

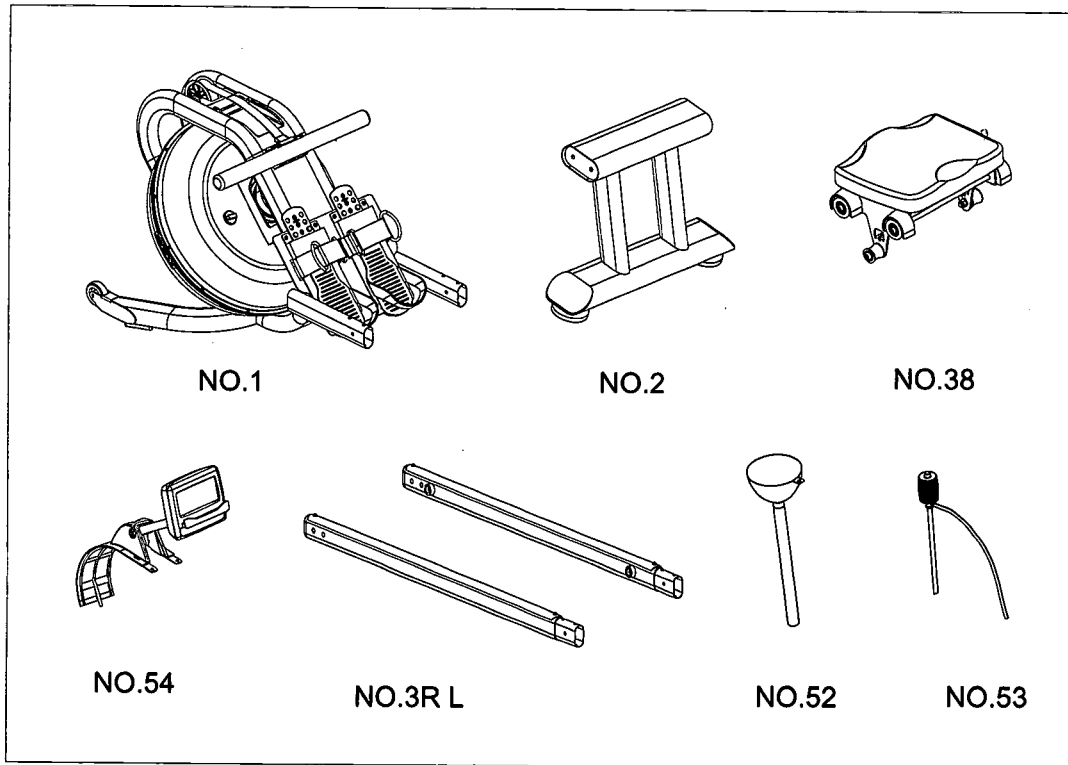


PARTS LIST

No.	Description	Spec.	QTY	No.	Description	Spec.	QTY
1	Main Frame		1	50	Fill Plug	Rubber, Black	1
2	Rear Stabilizer		1	51	Skid Pad	Rubber, Black	2
3	Slide Rail R/L		2	52	Funnel		1
4	Handlebar		1	53	Pumping Siphon		1
5	Spring Fixed Plate		1	54	Computer		1
6	Seat Carriage	SPHC,T=4.0	1	55	Magnet	Ø10*5	2
7	Sensor Stand L	SPHC,T=2.0	1	56	Sensor Wire	Square	1
8	Sensor Stand R	SPHC,T=2.0	1	57	Bolt	M10*55	2
9	Support for Computer		1	58	Flat head Screw	ST5.0*12	4
10	Tank Plate		1	59	hexagon head Screw	M8*15	1
11	Support Plate		1	60	Screw	ST3*6	4
12	Impeller		1	61	Screw	ST4.2*19	4
13	Impeller Shaft	40Gr	1	62	Flat head Screw	M8*15	8
14	Mesh Belt Wheel Shaft	Ø10*64*M6	1	63	Bolt	M8*45	6
15	Belt Wheel	POM, Black	1	64	Bolt	M10*50	2
16	Guide Roller	POM, Black	2	65	Screw	M6*15	30
17	Spacer for Guide Roller	Φ 14*1.5*19	2	66	Bolt	M8*65	1
18	Moving Wheel	PU, Black	2	67	Screw	M5*15	16
19	Adjustable Knob	PP, Black	2	68	Screw	M8*15	4
20	Aluminum Plate		2	69	Crosshead Screw	M6*15	6
21	Oval Endcap	PP, Black	6	70	Screw	M6*10	4
22	Cover for Roller	PP,Black	4	71	Adjusting Screw	M6*30	2
23	Lower Roller for Rail	PU, Black	2	72	Screw	ST4*16	8
24	Upper Tank	PC	1	73	Washer	OD24*ID8.5*T2.0	1
25	Lower Tank	PC	1	74	Washer	OD20*ID8.5*1.5	10
26	Decorate Cover F/R	HIPS,Black	1	75	Washer	OD18*ID6.5*T1.5	4
27	Handlebar Seat	TPR,Black	1	76	C Clip	φ 20	1
28	Lower Pedal	PP, Black	2	77	Carriage Bolts	M8*27	2
29	Upper Pedal	PP, Black	2	78	Washer	OD13*ID6.5*T1.5	2
30	Bearing Seat	POM, Black	1	79	Nylon Nut	M10	4
31	Mesh Belt Wheel	POM, Black	1	80	Aluminum Plate Cover		4
32	Axle for Volute Spring	POM, Black	1	81	Nylon Nut	M6	2
33	Base of Volute Spring	POM, Black 色	1	82	Nylon Nut	M5	4
34	PC Board	PC	1	83	Screw	M3*20	12
35	Outer PC Board	PC	1	84	Washer	OD7*ID3.2*1.0	24
36	Spacer for mesh belt wheel	Ø25* Ø20*13	1	85	Nylon Nut	M3	12
37	Pedal Strap	Nylon, Black	2	86	Main Frame Plate		1
38	Seat	PU, Black	1	87	Computer Adjustable Knob	Black	1
39	Seat Roller	PU, Black 色	4	88	Plastic Bushing	PP, Black	4
40	Stopper	PVC,Black	4	89	Bearing	608ZZ	4
41	Spacer for Roller	φ 14*1.5*14	4	90	Spacer for Seat Roller	φ 16* φ 10.2*4	8

42	Bearing	6000ZZ	18	91	Spacer for Belt Wheel	OD16*ID10.2*16	1
43	One-way Bearing	HF2016	1	92	O Shape Ring	Rubber, Black	1
44	Bushing for One-way Bearing	∅ 35*∅ 26*18	1	93	Allen Wrench	S5	1
45	Bearing	61904ZZ	3	94	Spanner	13#-17#	1
46	Bearing	61905ZZ	1	95	Storage Pad	PVC, Black	2
47	Volute Spring	5M	1	96	Connection Wire		2
48	Rubber Sealing Ring	Rubber, Yellow	1	97	Spring Washer	OD12*ID8.5*T2.0	3
49	Impeller Shaft Seal	Rubber, Black	1	98	Acon Nut	M8	3
				99	Carriage Bolts	M8*57	4
				100	Washer	OD10*ID5.2*1.5	4
				101	Nut	M6	2
				102	Lower Bearing Seat	PA	1
				103	Bearing	6904ZZ	1


PRE-ASSEMBLY LIST




PART NO.	DESCRIPTION	Q'TY
1	Main Frame	1
2	Rear Stabilizer	1
3	Slide Rail	2
38	Seat Assembly	1
54	Computer Assembly	1
52	Funnel	1
53	Pumping Siphon	1

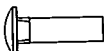
HARDWARE PACKAGE

 # 63 M8*45 4pcs

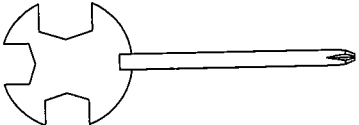
 #65 M6*15 6pcs

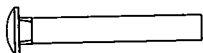
 #68 M8*15 4pcs

 #74 OD20*ID8.5*1.5 4pcs

 # 77 M8*27 2pcs

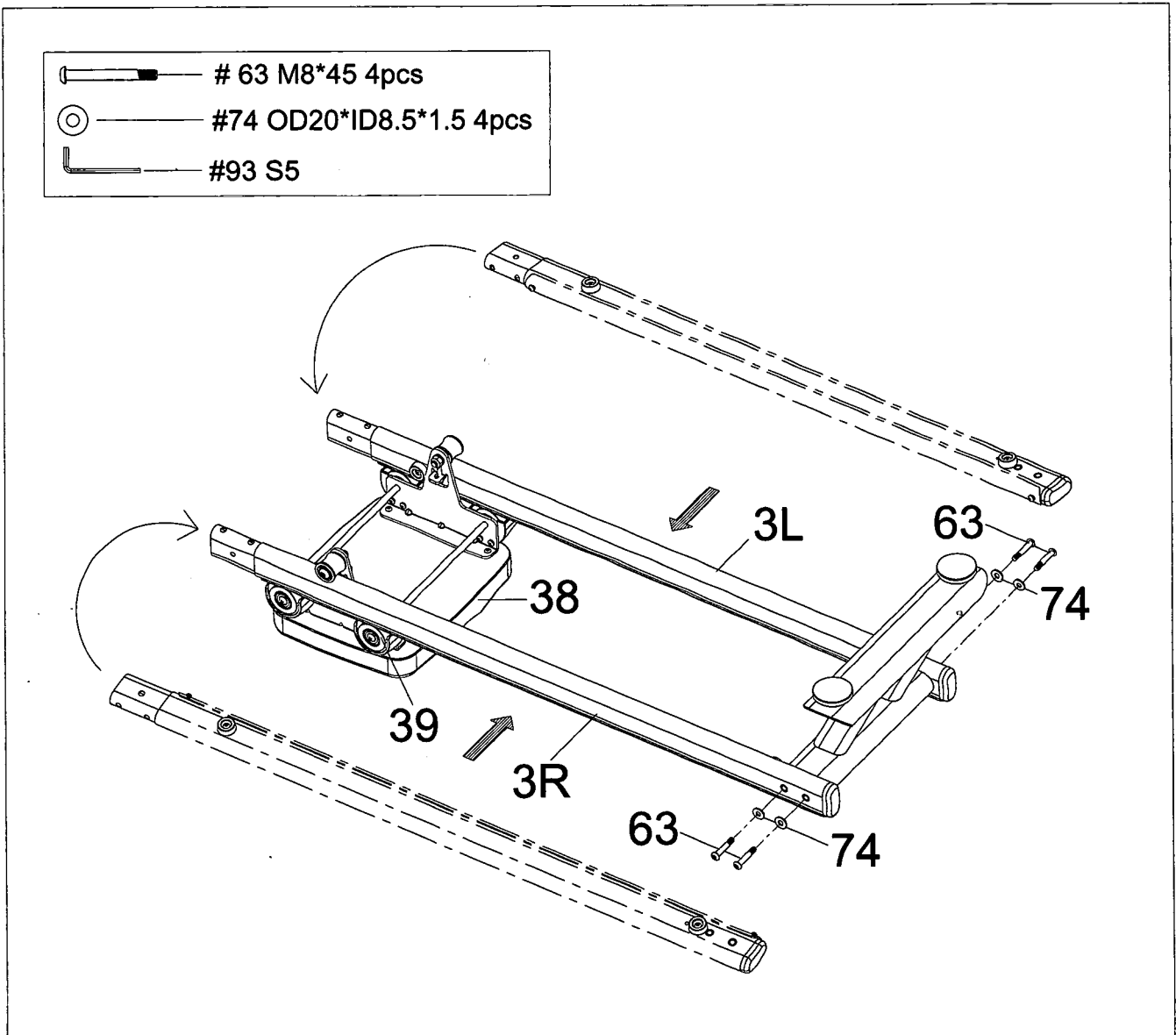
 #93 S5 1pc

 #94 S13-17 1pc

 # 99 M8*57 4pcs

ASSEMBLY INSTRUCTIONS

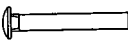



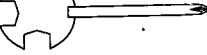
NOTE: We recommend having 2 people to assemble the product.

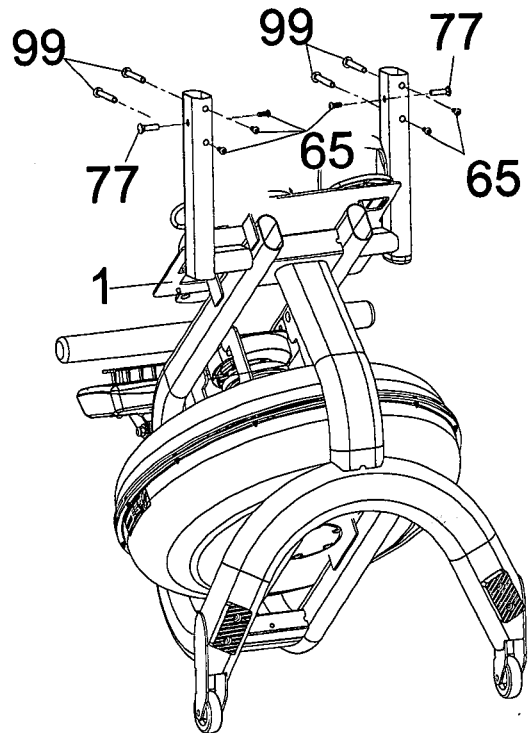
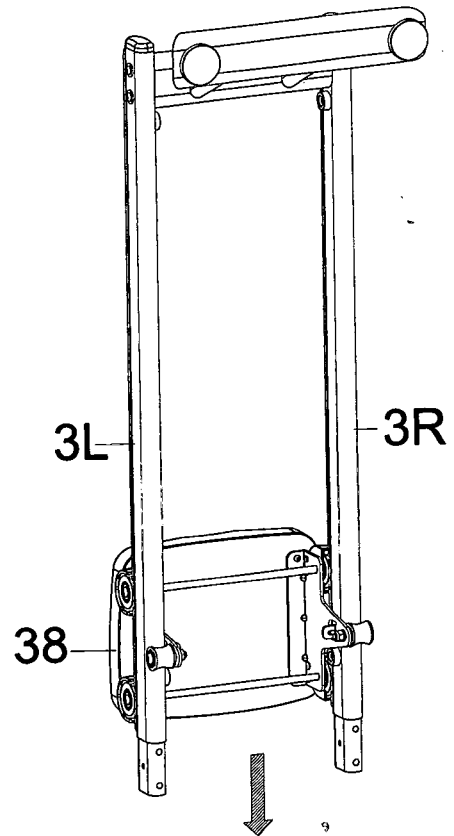


STEP 1:

Turn over the Slide Rail (#3L/R) as above illustration, put the rail on the Roller (#39) then rotate as arrow direction, make sure the aluminum plate touch the roller.

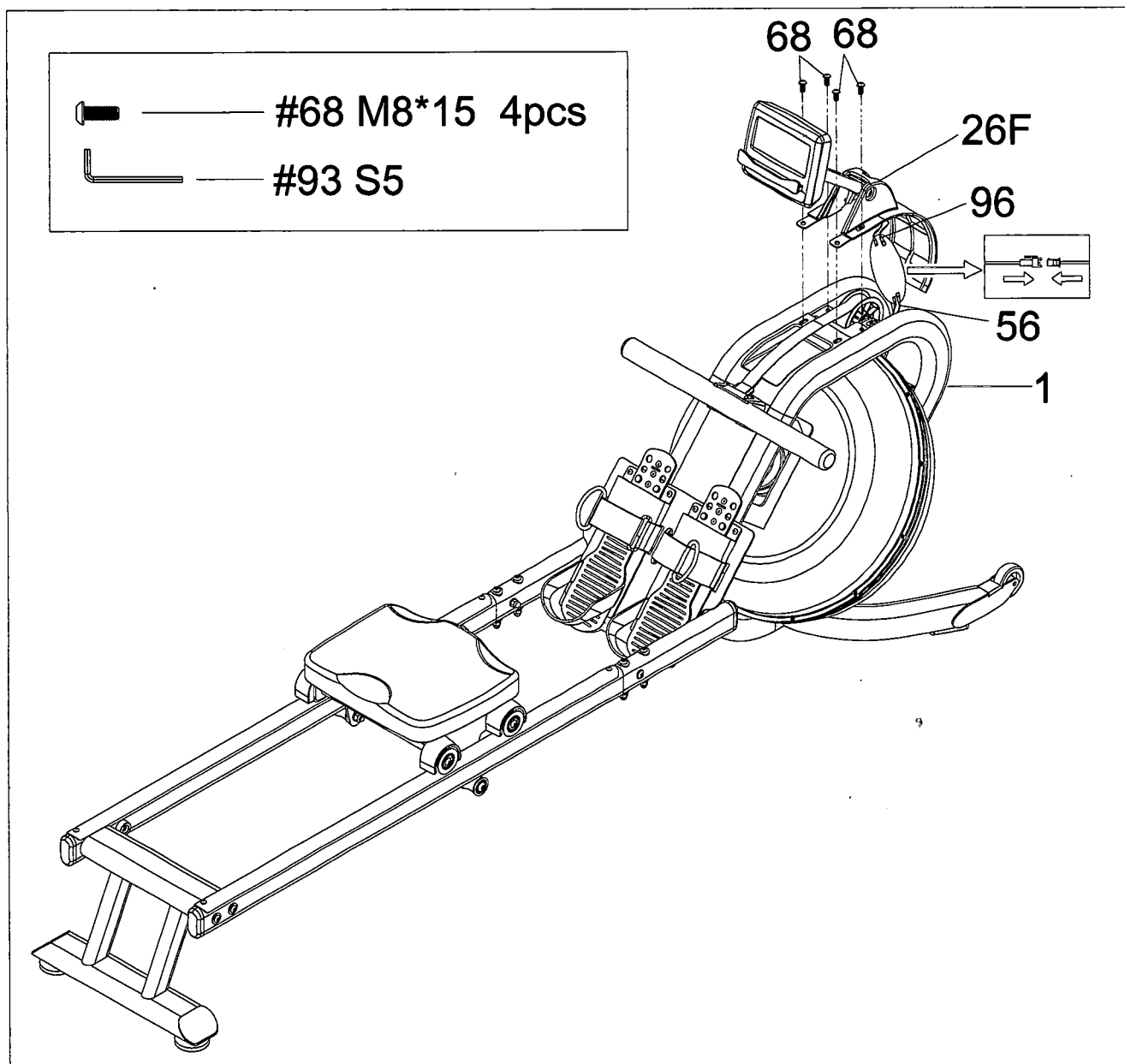
Attach the Rear Stabilizer (#2) to the Slide Rail (#3L/R), Tighten with 4 Washers (#74) and 4 screws (#63).

-  — # 99 M8*57 4pcs
-  — # 77 M8*27 2pcs
-  — # 65 M6*15 6pcs
-  — #93 S5
-  — #94 S13-17



STEP 2:

Attach the Slide Rail (#3L/R) to the Main Frame (#1), Tighten with 4 Screws (#99) and 2 Screws (#77) and 6 Screws (#65)

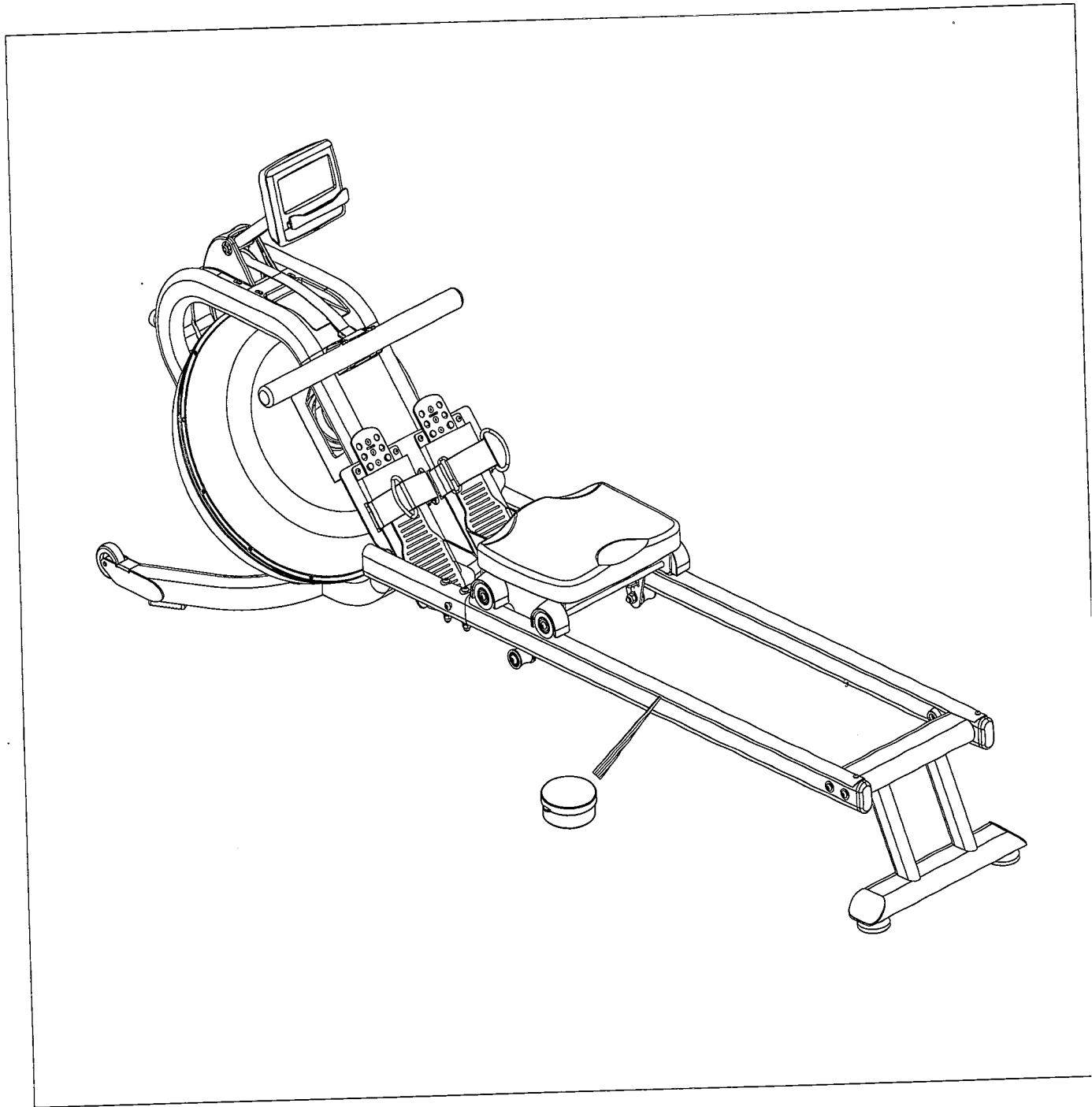


STEP3:

Connect the Connection wire (#96) to the Sensor wire (#56).

Plug the Decorate cover (#26) into the hole of Main Frame (#1).

Attach the Support for computer (#54) to Main Frame, Tighten with 4 Screws (#68).



STEP4:

- Apply a small amount of included lubricate oil to a paper towel or clean cloth. Spredd a thin layer of the oil evenly along the rail where the rollers move .Then,wipe off any excess oil.
- Apply oil every 1 month or as need

HOW TO FILL AND EMPTY THE TANK

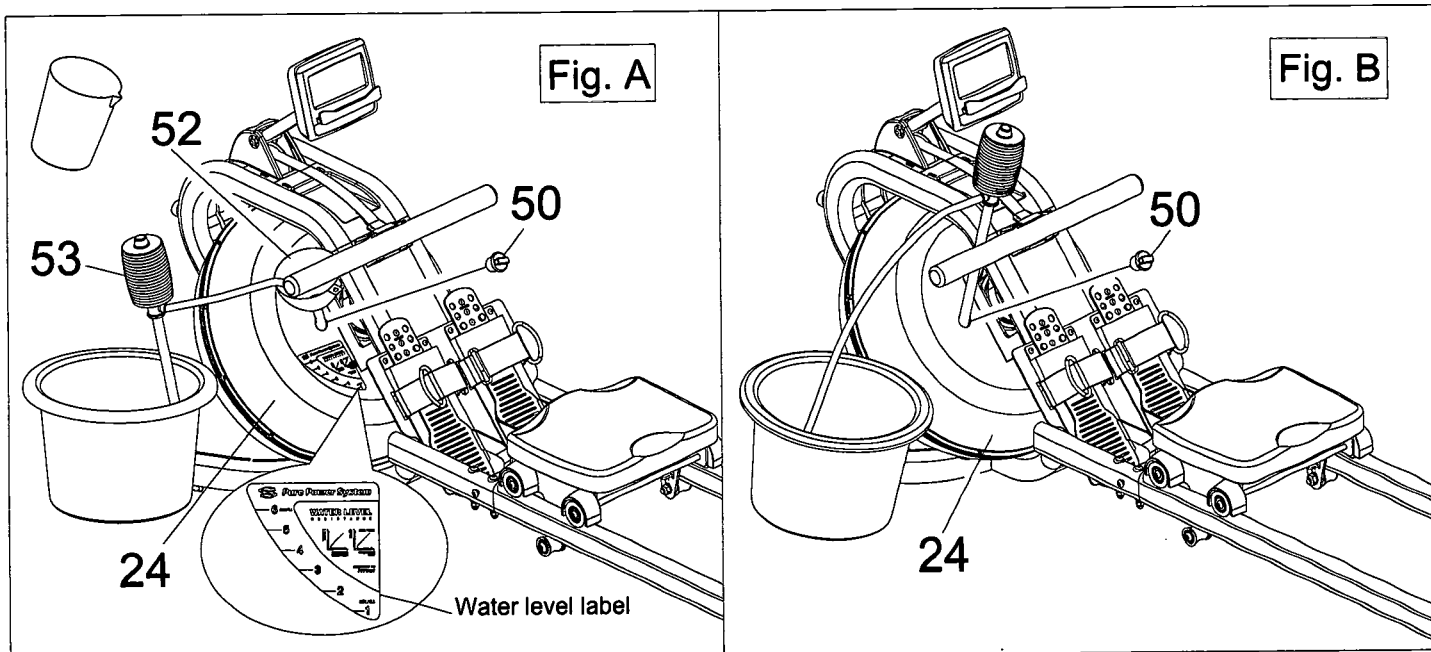
1. Remove the Fill Plug (#50) from the Upper Tank (#24).
2. To fill tank with water, refer to Fig. A. Insert the Funnel (#52) into the tank, then use a cup or the Pumping siphon (#53) and a bucket to fill the tank. Use the water level gauge on the side of the tank to measure desired water level in the tank.
3. To empty the tank, refer to Fig. B. Place a bucket next to the rower, and use the Pumping siphon (#53) to pump out the water from the tank into the bucket.
4. Insert the Fill Plug (#50) into the Upper Tank. Wipe excess water off of the frame.

NOTE:

- Fill the tank only with tap water. Add 1 water-purification tablet (1 packet is included.). Never use pool chlorine or chlorine bleach. This will damage the tank and void the warranty.
- Add a water purification tablet every 6 months or as needed. If water remains cloudy, replace the water in the tank.
- Water from the tank is not suitable for consumption. Dispose the water after pumping it out from the tank.

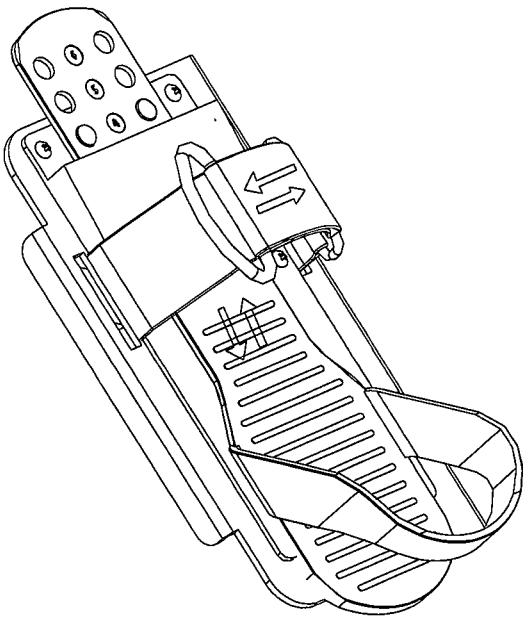
WATER LEVEL

- See Fig. A. The water level gauge is on the side of the tank. The maximum fill level is 6. Never fill it over this limit. Filling the tank over this limit will void the warranty.
- The resistance depends on the water level in the tank. Water level 1 is the lowest resistance. Level 6 is the highest resistance.



ADJUSTMENT GUIDE

❖ PEDAL ADJUSTMENT



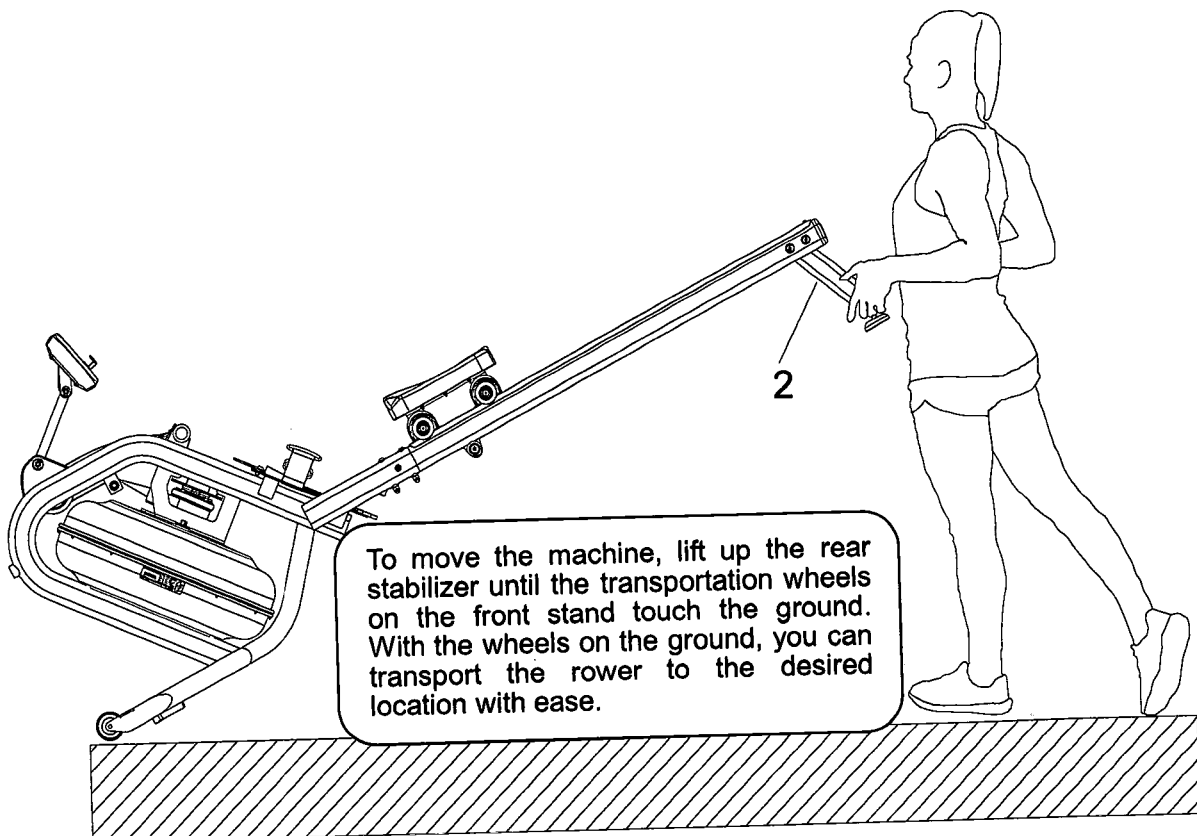
The pedal strap is adjustable and can be personalized to fit the user's foot size.

To adjust the pedal strap, remove the Velcro end of the strap from the mesh side by pulling it upward then to the left.

Once removed, you may increase the opening of the pedal strap by pulling the mesh end up and to the right.

To tighten, pull the Velcro end of the pedal strap upward then to the right and down to secure it to the mesh side of the strap.

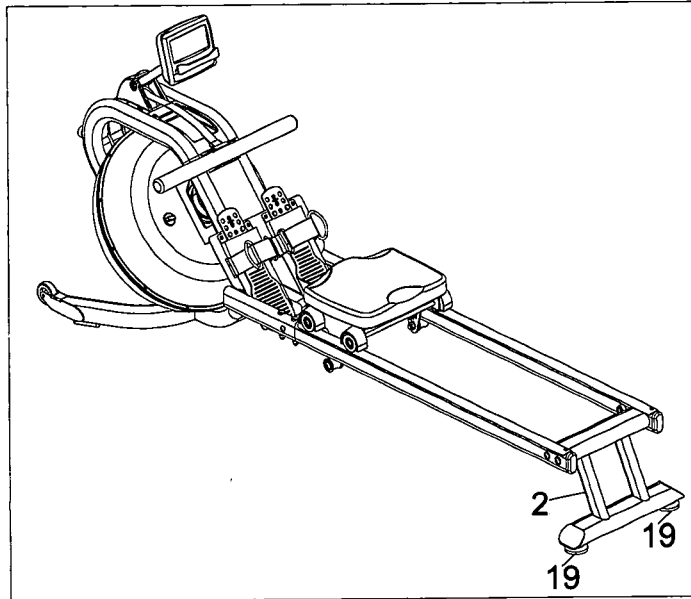
❖ MOVING THE MACHINE



To move the machine, lift up the rear stabilizer until the transportation wheels on the front stand touch the ground. With the wheels on the ground, you can transport the rower to the desired location with ease.

❖ ADJUSTING THE BALANCE

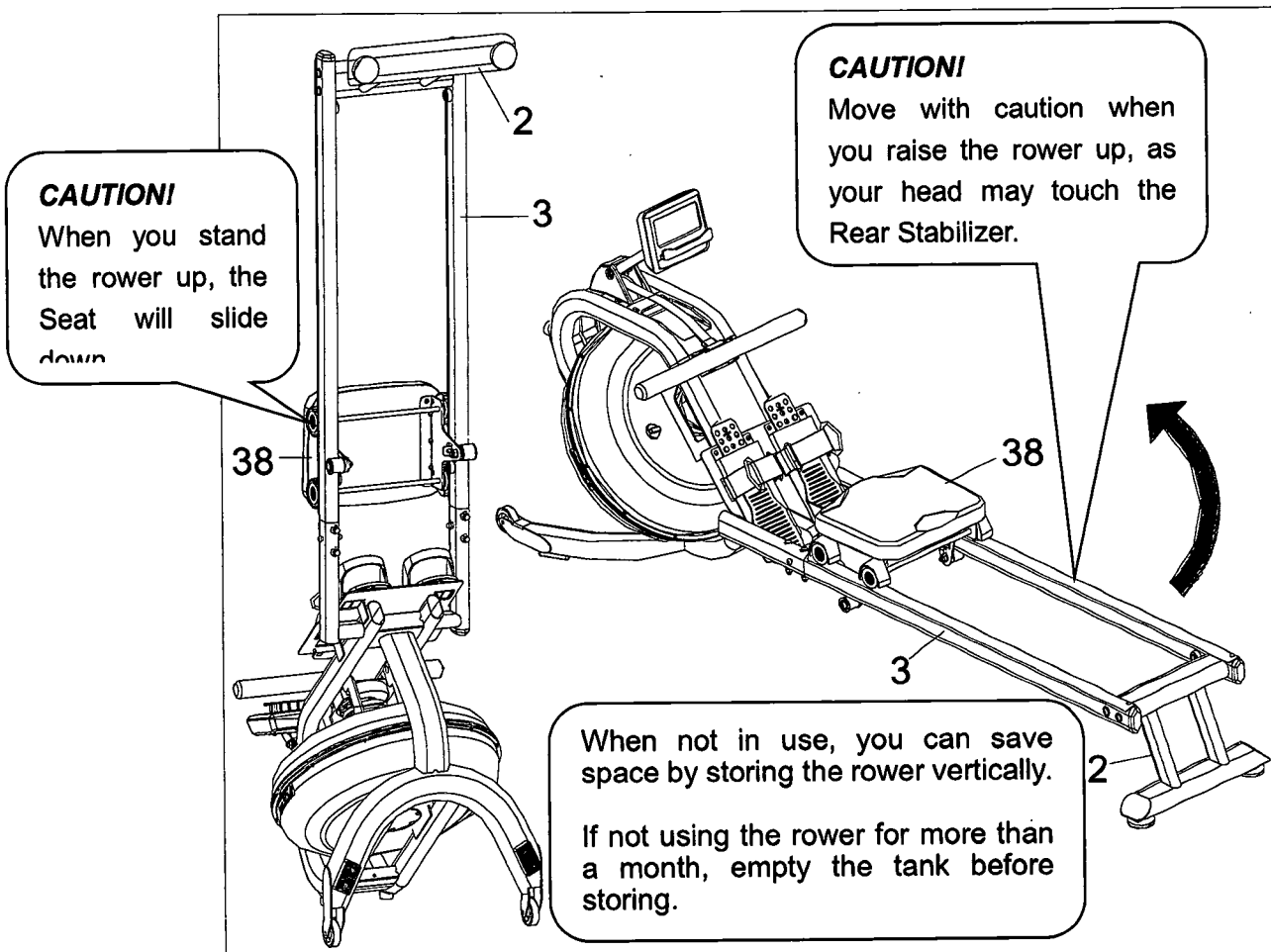
Adjust the Adjustable Knob (#19) of the machine if the machine is unbalanced during use.



CAUTION!

Moving parts, such as the seat, could crush and cut your body. Please do not touch the slide rail when using the machine!


❖ STORAGE



COMPUTER INSTRUCTIONS



Power on

The full LCD display will be shown 2 seconds after the installation of batteries. It will enter the workout intensity of selection mode from L1 to L6 by pressing  to select (the default is L6) then press Enter to confirm and enter the standby mode.

Function buttons:

RECOVERY: Press this button to test the pulse recovery for 60 seconds , the computer need to have the pulse signal input.

RESET: 1、 Press it to back the preset value during the parameter setting mode, Press again to back program selection.

- 2、 Press it to back the standy mode during stop.
- 3、 Hold it 2 seconds, the computer will reset.

START/STOP: START/ STOP training in.

ENTER: 1、 Confirm the selection of program.

- 2、 Confirm the setting of parameter and enter the next parameter setting.
- 3、 Press it to switch the function value display during the training.




1、 Increase the setting parameter

2、 Select the PROGRAM(QUICK START, STANDARD, TARGET SINGLE, TARGET INTERVAL, CUSTOM, RACE)



1、 Decrease the setting parameter.

2、 Select the PROGRAM(QUICK START、 STANDARDE、 TARGET SINGLE、 TARGET INTERVAL、 CUSTOM、 RACE)

Remark: Press  to display the function value in the large middle display window in turn.

	default	Increment Decrement	Setting Range	Display Range
TIME	0:00	±1	0:00~99:00	0:00~99:59
DISTANCE	0	±100	0~99900	0~99999
STROKES	0	±10	0~99990	0~99999
CALORIES	0	±10	0~9990	0~9999

Remark: TIME and DISTANCE can't be set together, just can choose TIME or DISTANCE to set.

DISPLAY FUNCITONS

TIME: Display the training time.

TIME/500M: The average 500 meter time will automatically displayed and continuously updated.

SPM: Strokes per minute.

DISTANCE: Display the training distance.

STROKES: Display the current strokes.

TOTAL STROKE: Accumulates total strokes.

CALORIES: Display the consumption calories.


PULSE: Display user's heart rate during the training.

DRAG FORCE: Display the current drag froce.

WATT: Display the current watt.



A+: Display the average function value of time, calories, watt and pulse.



Operation:

QUICK START: Press  to choose Quick Start then press START/STOP to start the training.

1-1、 Press ENTER to switch the function value to display in the large middle display during the training.

1-2、 The program profile with 16 columns, each columns equal to 100 meter.

STANDARD: Press   to choose STANDARD then press ENTER to confirm and enter five training mode selection of: 2000m 、 5000m 、 10000m、 30:00、 500m/1:00. After that press START/STOP to start the training. The preset function value will counts down, other function value will count up. Press RESET back to standby mode when the preset function value counts down to zero.

TARGET SINGLE: Press   to choose TARGET SINGLE then press ENTER to confirm and enter four Single setting of Single Time、 Single Distance、 Single Calories、 Single THR.



A Single Time: Only can preset the time ,press START/STOP to start the training after setting finished.



B Single Distance: Only can preset the distance ,press START/STOP to start the training after setting finished.



C Single Calories : Only can preset the calories ,press START/STOP to start the training after setting finished.



D Single T.H.R: Only can preset the Target Heart Rate from 90 to 200 Bpm, press START/STOP to start the training after setting finished.



It will have beep beep sound then the heart rate is higher than THR.

TARGET INTERVALS: Press   to choose TARGET INTERVAL then press ENTER to confirm and enter to three Intervals setting mode of Intervals Time、 Intervals Distance、 Intervals Variable

A、 Intervals Time: Press   to set the training time then press ENTER to confirm and set the REST TIME. Press START/STOP to start the training after setting finished.

B、 Intervals Distance: Press   to set the training distance then press ENTER to confirm and set the REST TIME. Press START/STOP to start the training after setting finished.

C、 Intervals Variable: Press   to set the training time then press ENTER to confirm and set the training distance. Press ENTER to confirm and set the REST TIME then press START/STOP to start the training after setting finished.





CUSTOM: Press   to choose CUSTOM then press ENTER to confirm and enter to four Custom mode of V :30/:30R、 V1:00/1:00R...7、 V2000m/3:00R...4、 V1:40/:20R...9

A、 V :30/:30R: Training 30 seconds, Rest 30 seconds.

B、 V1:00/1:00R...7: Training one minute, Rest one minute, Repeat 7 times.

C、 V2000m/3:00R...4: Training 2000m, Rest three minutes, Repeat 4 times.

D、 V1:40/:20R...9: Training one minute forty seconds, Rest 20 seconds, Repeat 9 times.

RACE: Press   to choose RACE then press ENTER to confirm then press   to select L1~L15. Press ENTER to confirm and enter DISTANCE setting, DISTANCE will blink then press UP or DOWN to adjust. Press ENTER to STOP mode then press START to train.

The dot-matrix will show U and PC graphic to race.

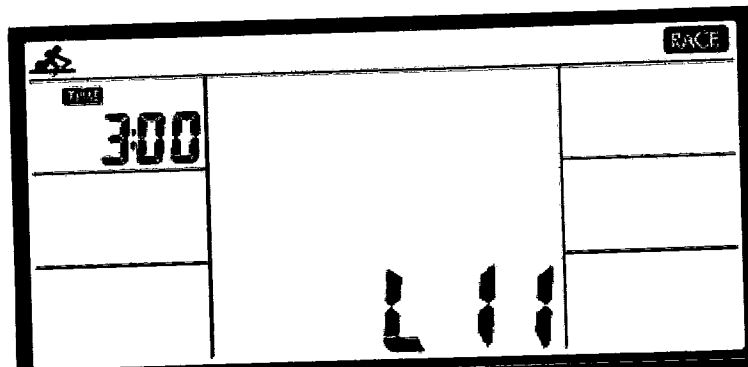
Once PC or User reach the end of training, the computer will stop.

TIME window can press ENTER to switch display TIME and TIME/500M A+, SPM window can press ENTER to switch display SPM and SPM A+, DISTANCE display training distance, TOTAL STROKES window press ENTER to switch display STROKES and TOTAL STRKOES, CALORIES window press ENTER to switch display CALORIES and WATT A+, PULSE window display PULSE A+, The dot-matrix will show PC WIN or USER WIN.

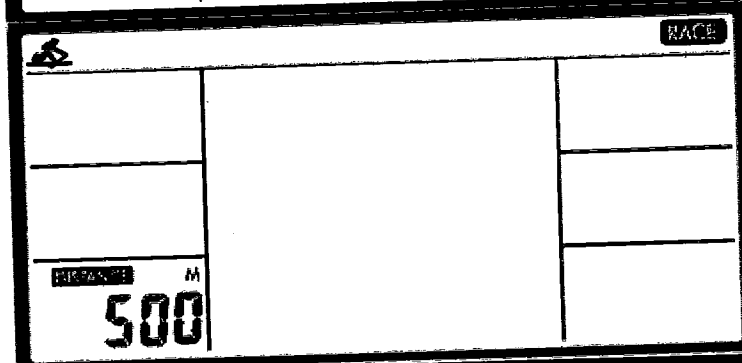
Remark: 1、 RACE PROGRAM only can set DISTANCE, TIME/500M is Fixed, TIME/500M for L1-L15 is as below

L1	8:00		L6	5:30		L11	3:00
L2	7:30		L7	5:00		L12	2:30
L3	7:00		L8	4:30		L13	2:00
L4	6:30		L9	4:00		L14	1:30
L5	6:00		L10	3:30		L15	1:00

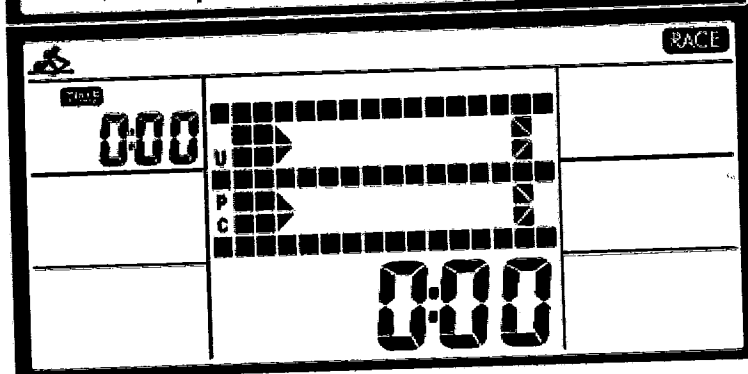
RACE
mode



DIST
set



START



Note:

1. It will enter the sleep mode after stop training 4 minutes and all the value will reset to zero automatically except TOTAL STROKES. Start training or press any button to wake up the computer.
2. If the computer displays abnormally, please re-install the battery and try again after 15 seconds.
3. Battery Spec: 1.5V UM-3 or AA (2PCS). The batteries must be removed from the appliance before it is scrapped and that they are disposed of safely.
4. Do not dispose of electrical appliances as unsorted municipal waste, use separate collection facilities.
5. Contact your local government for information regarding the collection systems available.
6. If electrical appliances are disposed of in landfills or dumps, hazardous substances can leak into the groundwater and get into the food chain, damaging your health and well-being.
7. When replacing old appliances with new once, the retailer is legally obligated to take back your old appliance for disposal at least for free of charge.



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