

# FRENCH FITNESS

FF-WR40

FRENCH FITNESS WR40 WATER  
ROWING MACHINE ROWER

ASSEMBLY MANUAL



## FEATURES

- Red Ash wood frame material
- Extra large dual tank
- 21L (17L recommended) of fluid resistance
- 12 stainless steel blades (6 pcs each tank)
- Quiet and smooth water resistance mechanism
- Space-saving design, ideal for small spaces for storage or training
- Can be stored upright
- Foldable
- Non-marking transportation wheels
- Rubber floor stabilizers
- LCD monitor displays speed, distance, calories and average strokes
- California Residents see Prop 65 WARNINGS

## TECH SPECS

- Weight: 92.5lbs (42kg)
- Maximum Weight Capacity: 330 lbs (150kg)
- Height w/Console Folded: 25.12"
- Dimensions: 87"L x 19.75"W x 27.62"H

## WARRANTY

**10 Years Parts, 1 Year Labor (Commercial)**

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## ROWING MACHINE FUNCTION

Also known as rowing device, dynamometer, land rowing device, indoor rowing device The rowing machine is a machine used to simulate water rowing for training purposes. Indoor competitions have become professional.

The indoor rowing machine is also called dynamometer (or ERGO in some countries), which measures the power consumed by the athlete during exercise The rowing machine has a good effect to strengthen muscle on legs, waist, upper limbs, chest and back. Your upper limbs, lower limbs waist, abdomen and back will do a complete contraction and extension in the process of each stroke. It can achieve a full body muscle aerobic exercise. Rowing machine will bring you unexpected body sculpting effects especially for people with more fat on the waist, abdomen and upper arms.

## SAFETY PRECAUTIONS

Please read the instructions manual carefully before use..

1. It is very important to read all the contents of the instruction manual carefully before assembling and using the training equipment. Only the correct installation, maintenance and use of the training equipment can achieve a safe and effective training effect. It is necessary to ensure that users are familiar with all warnings and instructions for the equipment.
2. Before using the equipment, users should consult a doctor according to their physical condition to prevent health or safety accidents from occurring during training. Be sure to follow the doctor's advice before training if the user is undergoing medication and the treatment affects the heart rate, blood pressure and cholesterol indicators.
3. Pay attention to your physical condition during training. Incorrect training methods may be harmful to your health. If you have the following symptoms (including headache, chest tightness, irregular heartbeat, shortness of breath, dizziness, nausea, etc.), please stop training and you can continue training only after the doctor's inspection and confirms that there is no problem.
4. Please keep your children and pets away from the training equipment, which is for adults only.
5. Please place the equipment on a solid and flat place, and place a protective layer on the floor or carpet surface to prevent damage. For your safety, please ensure that the distance between the periphery of the training equipment and all obstacles is not less than 0.5 meters.
6. Before using the training equipment, please check whether all bolts and nuts have been locked.
7. Only frequent repairs and maintenance of vulnerable, easily worn and easily broken parts can ensure the safe use of the training equipment.

## SAFETY PRECAUTIONS

8. Please make sure to use the equipment according to the instruction. When defective parts are found during the assembly process or there are abnormal noises during use, please stop using it immediately and make sure that all problems are resolved before proceeding.
9. Please wear suitable clothes for training. Please do not wear large clothes. Large clothes may be jammed by the equipment, which will hinder operation and may be trapped on the equipment and cannot be moved.
10. The training equipment is not suitable for use as medical equipment.
11. Pay attention to safety in the process of lifting or moving the training equipment to avoid injury.
12. It is essential to do stretching exercises for all parts of the body before using. The company does not assume any responsibility for injuries caused by violation of the above safety regulations

# INSTALLATION NOTES

## Step1

Remove the left pre-installed limit rubber block on the end of the rail. Put the seat cushion into the rail, and then quickly install the limit rubber back to the original position.



Remove the rubber block with a screwdriver, Put the seat cushion into the slide and then fix the rubber block back to its original position

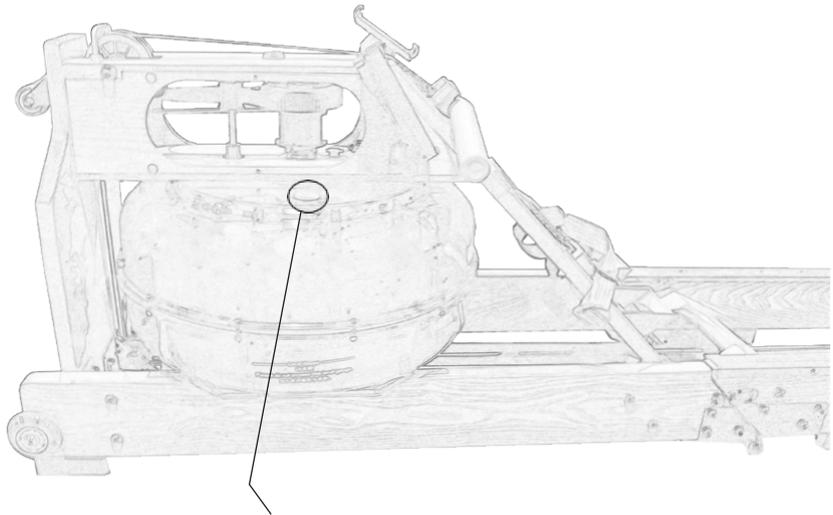


# DRAINAGE STEPS

## Filling steps



Intelligent wireless water pump



Filling inlet

1. Remove the plug on the left (right) water tank
2. Fill with intelligent wireless water pump.
3. Fill water into the water level line or below the water level line (the user will be responsible for problems such as equipment breakdown and waterleakage caused by exceeding the water level line)
4. Please make sure the plug is properly plugged after filling.

## Draining steps

Same as above, remove the plug and use the intelligent wireless water pump to drain water.

# INSTRUCTIONS

## Use Instructions

Folded machine



Unfolded machine



- 1、 Unfolded
- 2、 Start to use
- 3、 Storage

Please fold the machine slowly to avoid pinching or crushing of your hands. At the same time, the equipment can also avoid damage caused by violent collisions.

## EXERCISE ADVICE

### Sports suggestions and guidelines (一)

**Warm up** There should be 5--10 minutes of warm-up exercise before each operation. Breathing Do not hold your breath during operation. Inhale through your nose and exhale forcefully through your mouth when you are preparing to restore the movement. Breathing and movement should be coordinated.

Please stop exercising immediately if you breathe too quickly. Frequency The exercise of the same part of the muscle should have a 48-hour rest, that is, the same part can be trained every other day.

**Load** Decide the intensity of training according to your physical fitness status, and then practice according to the principle of progressive load. It is normal for muscle soreness during the initial training. As long as you continue to practice, the soreness can be eliminated. Relax Do a

5-minute restoring exercise after each exercise, especially the stretching and relaxation of the foot muscles, so as to avoid long-term coagulation of the muscles and maintain muscle elasticity.

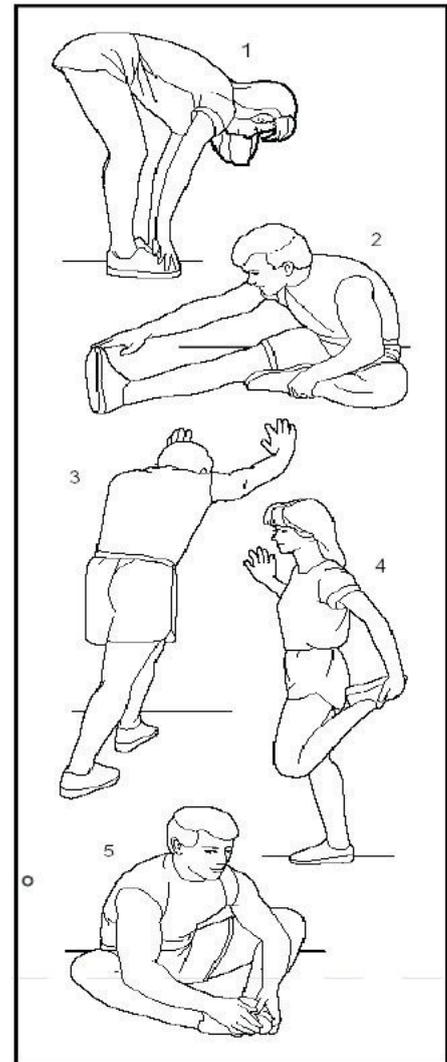
**Diet** In order to protect the digestive system, please exercise only one hour after a meal, and eat at least half an hour after training. Drink less water during exercise, especially drinking a lot of water, so as not to increase the burden on the heart and kidneys.

### Sports suggestions and guidelines (二)

#### Stretching exercises

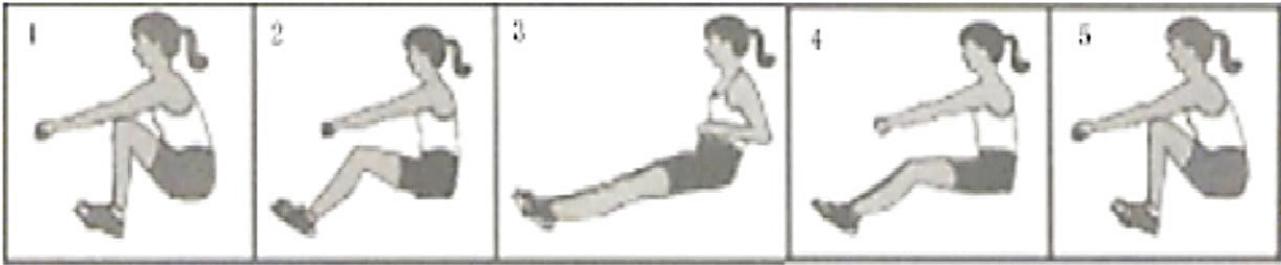
No matter what speed you walk at, it's better to do stretching exercises firstly and then muscles are easier to stretch. So first walk for 5-10 minutes to warm up, then stop and do stretching exercises 5 times as follows. Do one leg for 10 seconds or more each time, and do it again after you finished exercise.

1. Stretch down Bend your knees slightly and slowly bend your body forward: relax your back and shoulders, and try to touch your toes with your hands. Hold for 10-15 seconds and then relax. Repeat 3 times (see picture 1).
2. Hamstring stretch Sit on a clean seat cushion and straighten one leg. Tuck the other leg inward so that it is close to the inside of the straight leg. Try to touch your toes with your hands. Hold for 10-15 seconds and then relax. Repeat 3 times for each leg (see picture 2).
3. Calf and heel leg stretch Stand with both hands against the wall or tree, one foot behind, keep your hind legs upright and your heels on the ground. Lean towards the wall or tree for 10-15 seconds, and then relax. Repeat 3 times for each leg (see picture 3).
4. Quadriceps stretch Hold the wall or table with your right hand to balance, then back with your left hand and grab your left foot and slowly pull it toward your buttocks until you feel the muscles in the front of your thighs are very tight. Hold for 10-15 seconds, then relax, repeat each leg 3 times (see picture 4).
5. Sartorius (muscle on the inner thigh) stretch Sit with the soles of your feet facing each other with your knees facing outwards. Grasp your feet with both hands and pull them toward your groin. Hold for 10-15 seconds, then relax and repeat 3 times (see picture 5).



## EXERCISE INSTRUCTION

### Exercise instruction

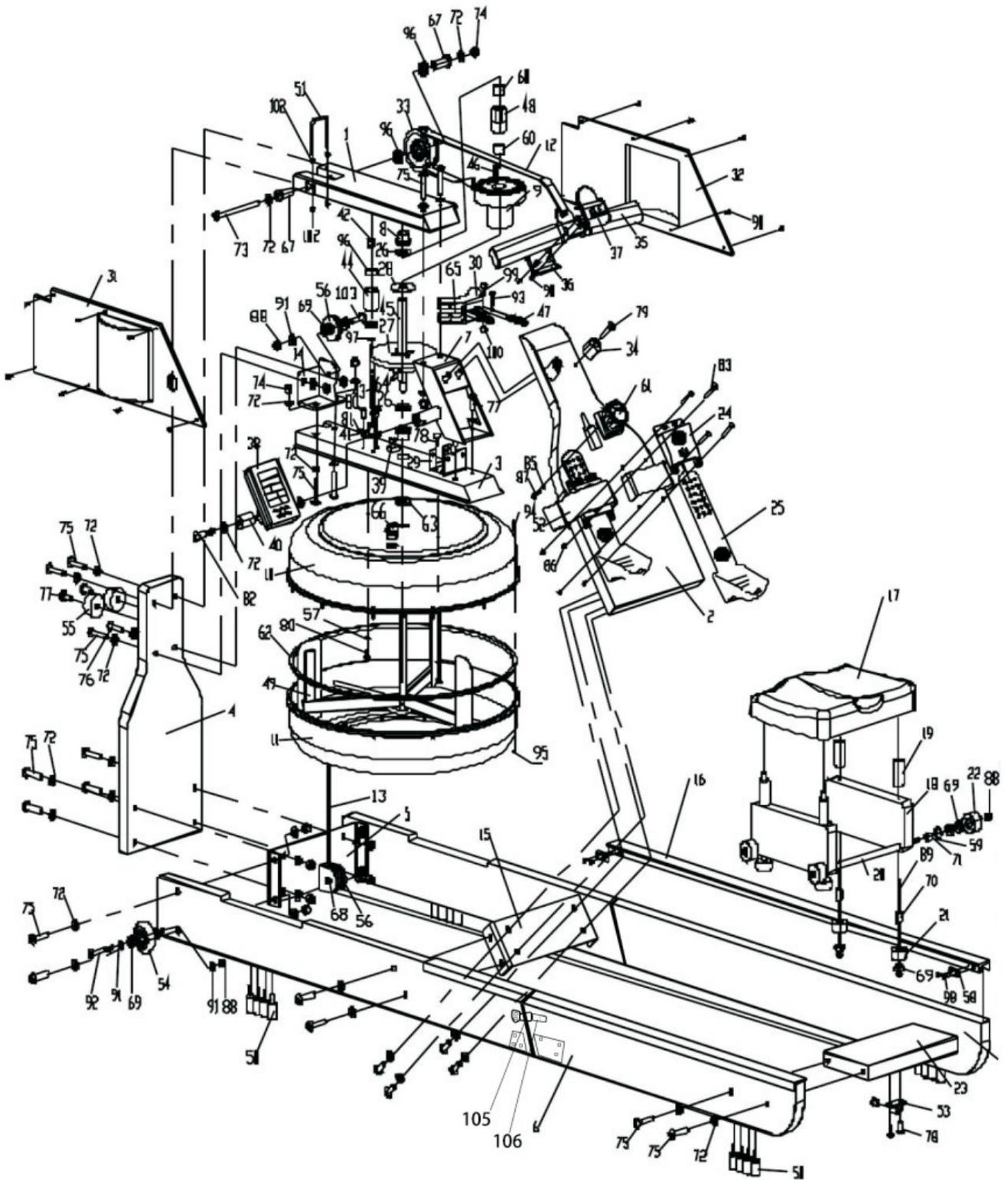


- 1、 Put your feet on the pedals and fix them so that they will not move freely: Hold the handles, relax your shoulders, relax and straighten your arms; bend your knees at a comfortable angle that is about the calf (tibia) perpendicular to the slide rail.
- 2、 Lean back moderately and push your legs hard at the same time. While pushing your legs straight, lean your body backward and pull the handles under your ribs.
- 3、 Straighten your arms, bend your knees, and slide your body forward.
- 4、 Back to the beginning.

## PRODUCT PARAMETER

- 1、 The main frame of the whole machine is made of wax wood imported from the United States
- 2、 Natural resistance. The more water you add, the greater the resistance. Pay attention not to exceed the water level.
- 3、 The height of the pedals and pedal straps can be adjusted to ensure the foot position and comfortable rowing posture of the user during rowing exercises
- 4、 Application-type liquid resistance technology water resistance natural and perfect resistance.
- 5、 Ergonomic handle design : can effectively prevent the risk of injury to arms, wrists and palms.
- 6、 Easy to move with transport wheels.
- 7、 High-end and comfortable ergonomic seat. Precise bearings and rollers to ensure smooth sliding track.
- 8、 It is very suitable for home use and light commercial use because of installation-free and maintenance-free.
- 9、 The electronic watch displays time, distance, 500-meter segment time keeping, speed per minute, calories burned per hour, wattage, interval training, and optional wireless heart rate receiver.
- 10、 The electronic watch is accurate to one-sixth paddle
- 11、 The high-quality DYNEEMA drive belt is smooth, clean, quiet and durable.
- 12、 The sturdy main frame structure is suitable for most people but not suitable for children
- 13、 The water tank is made of hard polycarbonate, which can transmit continuous resistance.
- 14、 Expand Size : Length 208\*Width 55\*Height 56 cm
- 15、 Folded Size : Length 113\*Width 55\*Height 86cm
- 16、 Net Weight : 40KG Gross Weight : 49 KG
- 17、 Packing : Carton Packing Size : Length 120\*60\*70cm
- 18、 Maximum load : 150KG

# EXPLODED VIEW



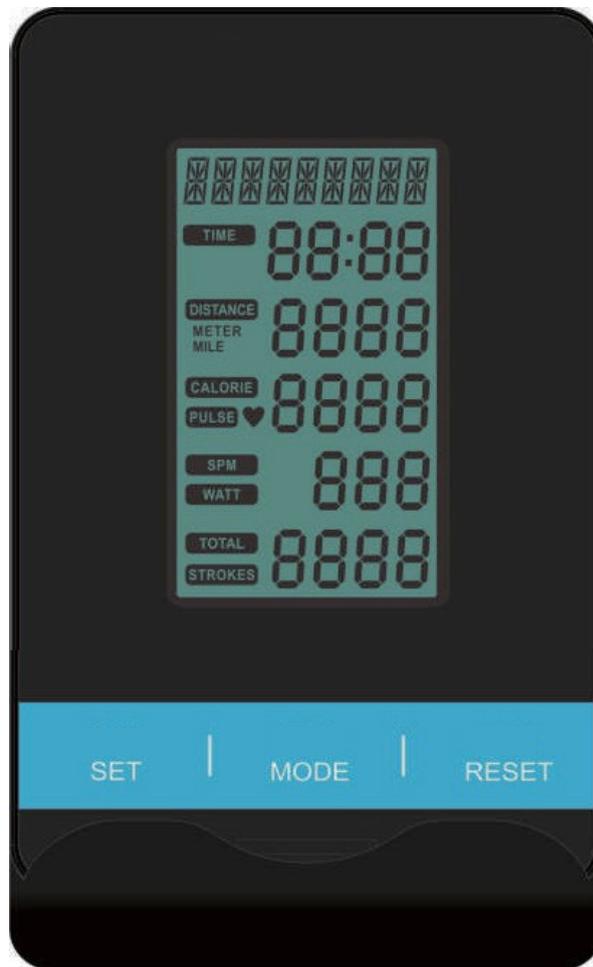
## EXPLODED VIEW PARTS (1)

No.	Name	Qty	No.	Name	Qty
1	Main frame top plate	1	21	Seat limit wheel	4
2	Foot pad	1	22	Seat roller	4
3	Main frame riser	1	23	Rear link board	1
4	Tailgate	1	24	Adjustable pedal cover	2
5	Tailgate connecting plate	1	25	Adjustable pedal	2
6	Track board	4	26	40 Wear-resistant sheet	2
7	Tilted link frame	1	27	Copper plate	1
8	Graphite copper sleeve	2	28	Turn 0 round pad	1
9	wheel	1	29	Magnetic control adjusting part	1
10	Upper water tank	1	30	Magnetic control frame	1
11	Bottom water tank	1	31	Left sealing plate	1
12	conveyor	1	32	Right sealing plate	1
13	Elastic rope	1	33	Aluminum pulley	1
14	Right angle connecting plate	1	34	Handle hanging rod	2
15	Foot pad connecting plate	1	35	Handrail	1
16	Aluminum edge strip	2	36	Handle sheath (Bottom)	1
17	cushion	1	37	Handle sheath (Upper)	1
18	Cushion plank	2	38	Electronic meter	1
19	Nylon Cushion Tube	4	39	sensor	1
20	Roller shaft	2	40	Electronic meter sleeve	1

## EXPLODED VIEW PARTS (2)

No.	Name	Qty	NO.	Name	Qty
41	Guide sleeve	1	61	Spinner	1
42	10 Metallurgical set	1	62	Seal ring	1
43	Belt axis	1	63	Waterproof rubber sheet	1
44	Belt wheel	1	64	Cotter pin	1
45	The blade axis	1	65	magnet	10
46	Elastic cord buckle	2	66	Upper water tank plug	1
47	Spring	1	67	10 Nylon spacer	2
48	Hexagonal aluminum bearing sleeve	1	68	Short nylon spacer	2
49	The blade	1	69	608 bearing	20
50	Track board foot pad	16	70	Seat limit wheel spacer	4
51	IPAD bracket	1	71	Seat roller spacer	4
52	Self-adhesive foot strap	2	72	10 Flat Washers	53
53	Elastic rope fixing	1	73	M10X140 screw	1
54	Casters	2	74	M10 nylon locknut	19
55	Main frame foot pad	2	75	M10X50 screw	23
56	50 Nylon pad	2	76	M10 X40 screw	1
57	Small seal ring	2	77	M10 X25 screw	10
58	Seat limit cushion	4	...		
59	22 circlip	4	105	Safety bolt buckle	2
60	HF 2016 bearing	2	106	Safety bolt	1

## Console diagram



Display function of the console: TIME: User exercise time, setting range 0:00-99:00(+1:00)

DIST (distance): User exercise distance, setting range 0-9990 (+10)

CAL (calories): User exercise calories, setting range 0-9990(+10)

SPM (speed): Display value according to the signal input.

STROKE(times): According to the user's pull and release times, the value will be displayed

# ELECTRONIC MANUAL

TOTAL STROKES(total times) : According to the user's pull and release times,the value will be displayed cumulatively.

WATT: Display value according to the signal input.

PULSE: The user's heartbeat during exercise, setting range: 0-30-240( $\pm$ 1) BPM

## How to operate

1、 power on/wake up After the A console is powered on, the BUZZER beeps for 2 seconds, and the LCD will enter the standby mode after 2 seconds of full display.

After console B sleeps, press any button on the console or pull and paddle. 2、 MANUAL function: A. Enter into MANUAL immediately if there is RPM signal inputted during standby, B. Or in standby mode, press MODE KEY twice to start MANUAL function.

3、 INTERVAL function: In standby mode, press MODE KEY, then press SET to choose INTERVAL.

Or there are 3

modes 10/20, 20/10, CUSTOM after press MODE KEY and enter into INTERVAL.4、 TARGET

function: A. In standby mode, press MODEKEY, then press SET to choose TARGET. There are 5 goals including target time, target distance, target calories, target heart rate, target times. Except target heart rate, it will start countdown mode when you set target and it will start from 0 if you do not set B. when the heartbeat value exceeds the set target number, it will beep every second.

This equipment contains the model approval code: CMIIT ID: 2020DP5902Radio transmitter module.