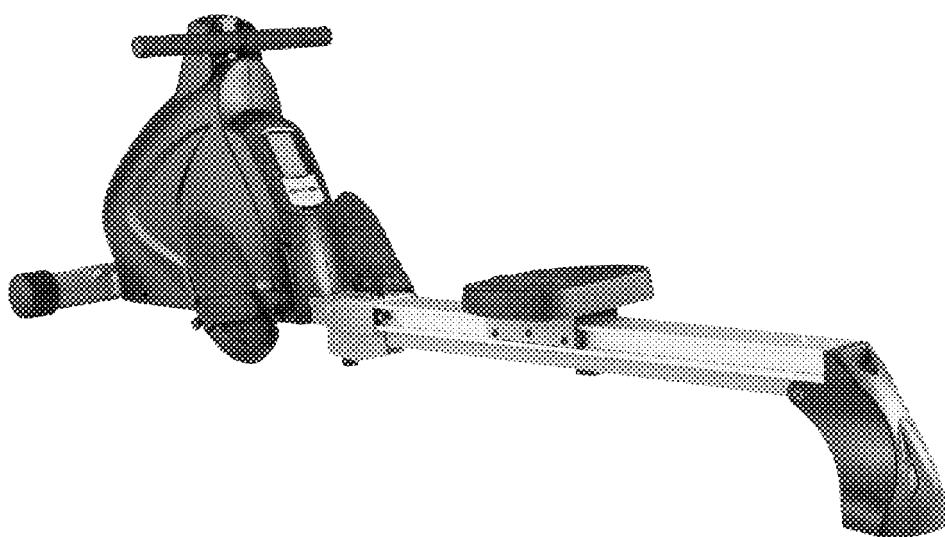
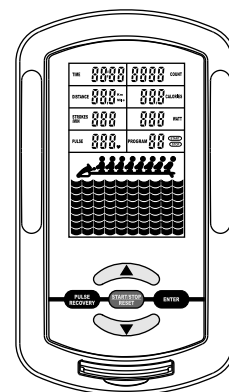
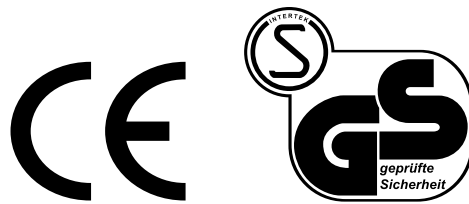




# **PROGRAMMABLE MAGNETIC ROWER JMR-5000**



**Owner's  
manual**



**Testing specification :**  
**EN 957-7+A1 , EN 957-7**

***Features of product with GS-ITS mark :***

- Mechanical and electrical safety.
- Symbol of high quality.
- Reliability assurance.

<b>INDEX . . . . .</b>	<b>Introduction / Safety Notice . . . . .</b>	<b>01~02</b>
	<b>Packing List . . . . .</b>	<b>03</b>
	<b>Assembly . . . . .</b>	<b>04~06</b>
	<b>Folding Instructions . . . . .</b>	<b>07~08</b>
	<b>Exploded View . . . . .</b>	<b>09</b>
	<b>Parts List . . . . .</b>	<b>10~12</b>
	<b>Monitor . . . . .</b>	<b>13~17</b>
	<b>Warm-Up . . . . .</b>	<b>18~19</b>

### **A. INTRODUCTION**

This user manual contains assembly, operation, maintenance and safety information. In the interest of safety, please make sure that you read and understand all the information below.

### **B. IMPORTANT SAFETY NOTICE**

- a. Read carefully and follow user manual and all accompany information before using this machine.
- b. This machine is intended for indoor home use only. It is not designed for commercial use.
- c. Inspect your exercise machine prior to exercising to ensure that all nuts and bolts are fully tightened before each use.
- d. Make sure machine is stabilized on the floor. Avoid uneven surfaces.
- e. Most exercise equipment is not recommended for small children. Children should not use the machine.  
Please keep children away from using this machine.
- f. Exercise equipment has moving parts. Keep individuals, especially children, at a safe distance while exercising.
- g. Make sure all devices are fully adjusted before use to avoid injury.
- h. Remove all jewellery, including rings, chains and pins before exercise.
- i. Always wear suitable clothing and footwear during exercise. Do not wear loose fitting clothing that could be caught in the moving parts.
- j. Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and helps prevent muscle strain.
- k. Never hold your breath while exercising. You should breathe at an affordable rate.
- l. Rest adequately between workouts. Muscles tone and develop during these rest periods. beginners should work out twice a week and increase gradually to 4 or 5 times per week.
- m. Do not over training. Incorrect or excessive training may result injury.

**IMPORTANT : THE MAXIMUM RECOMMENDED WEIGHT CAPACITY  
FOR YOUR EQUIPMENT IS 125 KG ( 275 LB ).  
ALL TESTS FOLLOW EN957-1+A1 / -7, CLASS HC.  
CLASS H: ( HOME ) DOMESTIC USE  
CLASS C: MINIMUM ACCURACY.**

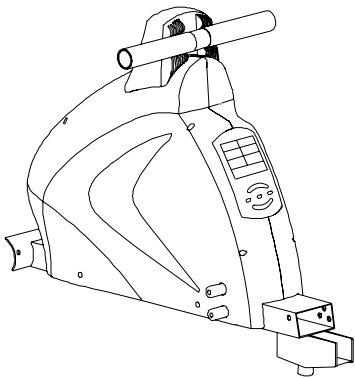

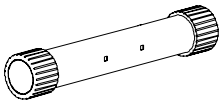

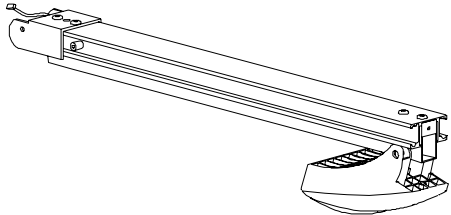
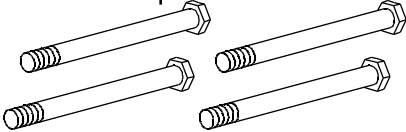
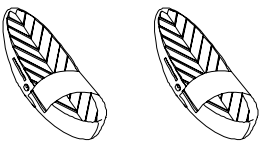



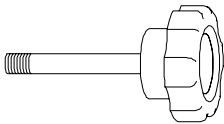



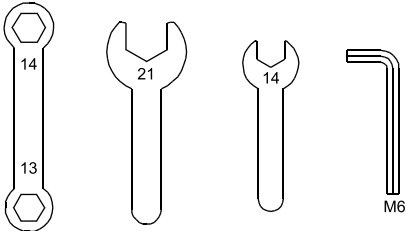
**WARNING :** Before commencing with any exercise program, please consult your family physician. If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your family physician. In the event any of the above mentioned warnings are breached by the consumer, the manufacturer may use same as a defense to any claim for injuries, damage or loss. The above warnings are in no way intended to limit or modify the consumer's remedies for breach of warranties pursuant to applicable Federal and State laws of regulations. They are being supplied strictly to ensure the safety of the individuals using this product.

**The safety level of the equipment can be maintained only if it is examined regularly for damage and wear.**

**The appliances are not for children under 14 years of ages.**

**Safe distance: Front and back 100 cm  
Left and right sides 100 cm**

## PACKING LIST

<p>#A1 Main frame x 1 - pc</p> 	<p>#1 Carriage bolt M8 x 90L - 2 pcs</p> 
<p>#A2 Front stabilizer - 1 set</p> 	<p>#2 M8 Dome Nut - 2 pcs</p> 
<p>#A4 Slide track - 1 set</p> 	<p>#10 Shaft 1/2" - 4 pcs</p> 
<p>#B3 Pedal - 2 pcs</p> 	<p>#11 Bolt 3/8" x 120L - 1 pc</p> 
<p>#B9 Saddle - 1 set</p> 	<p>#12 3/8" Nylon nut - 1 pc</p> 
<p>#C1 Fixed knob - 1 pc</p> 	<p>#27 Flat washer 8 x 16 - 2 pcs</p> 
<p>#C2 Pop pin - 1 pc</p> 	<p>#30 Flat washer 13 x 25 - 1 pc</p>  <p>Tools</p> 

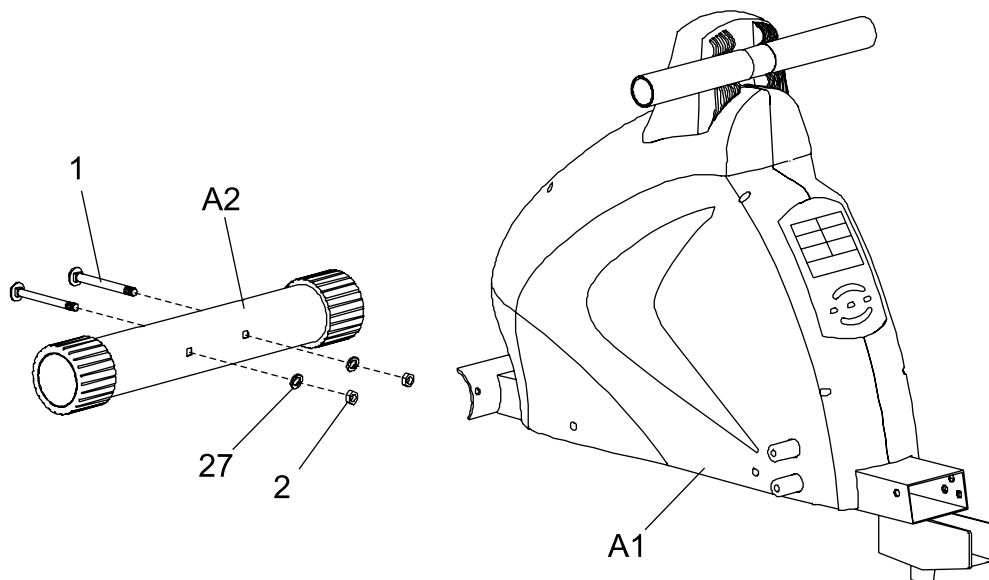
## ASSEMBLY INSTRUCTION

### E. ASSEMBLY :

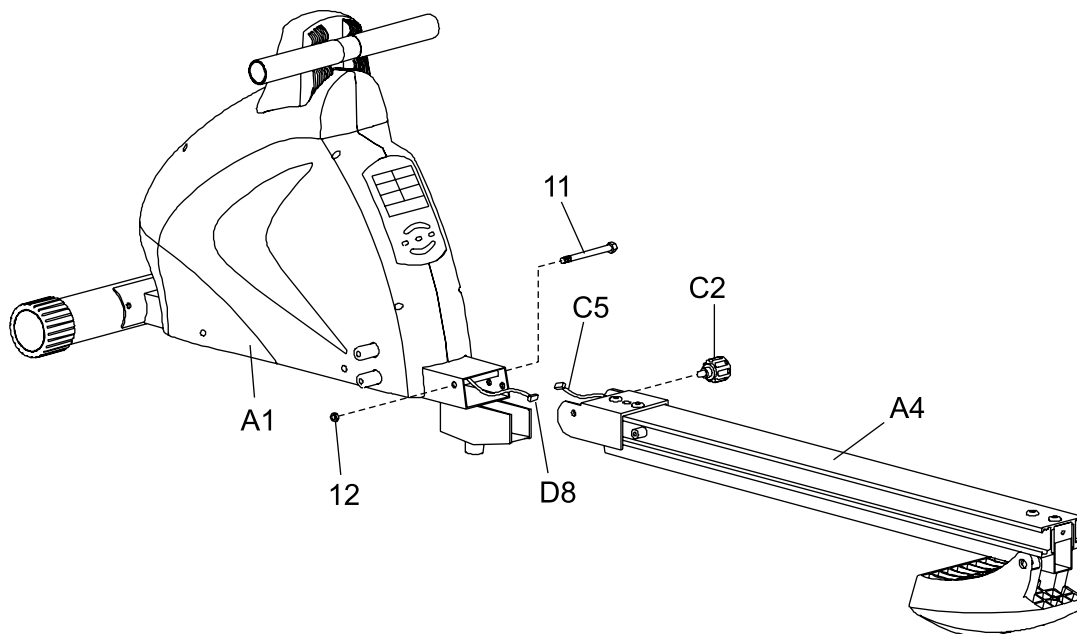
**IMPORTANT :** Read all instructions carefully. Assemble all units in accordance with the steps in the manual. Lay out all parts on the floor and check if you have all the parts included completely before beginning assembly. In case of a discrepancy, please call the customer service department of the store for help.

**NOTE : SOME PARTS MAY BE FACTORY PRE-ASSEMBLED.**

Replaced defective components immediately and keep the Equipment out of use until repair.

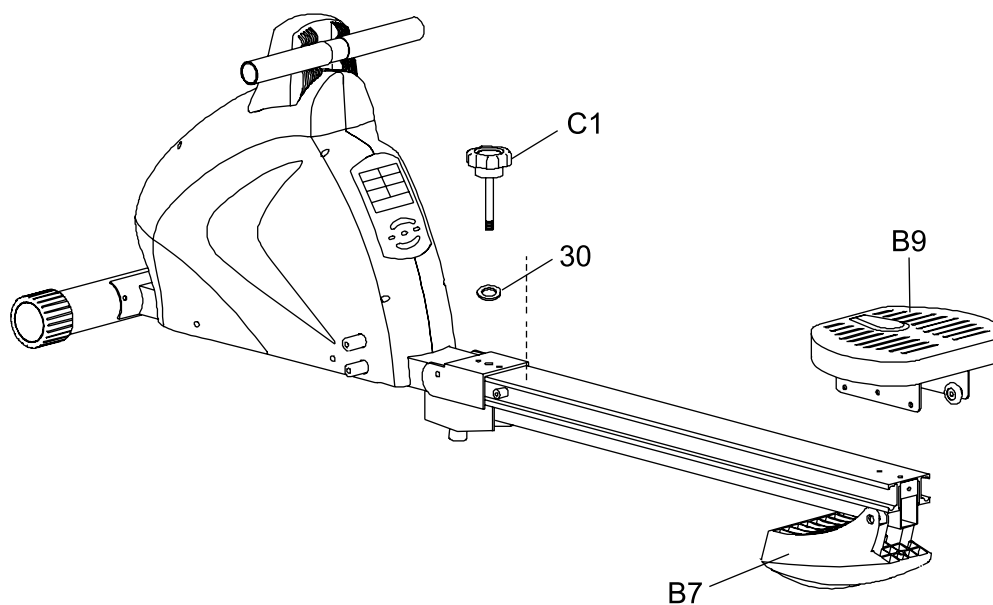


Step 1. Attach front stabilizer (A2) to the main frame (A1), and fasten with carriage bolts (01) and nuts (02) and washers (27). ( Use tool spanner x 14mm. )



Step 2. Connect cable (D8) with wireless pulse receiver (C5).

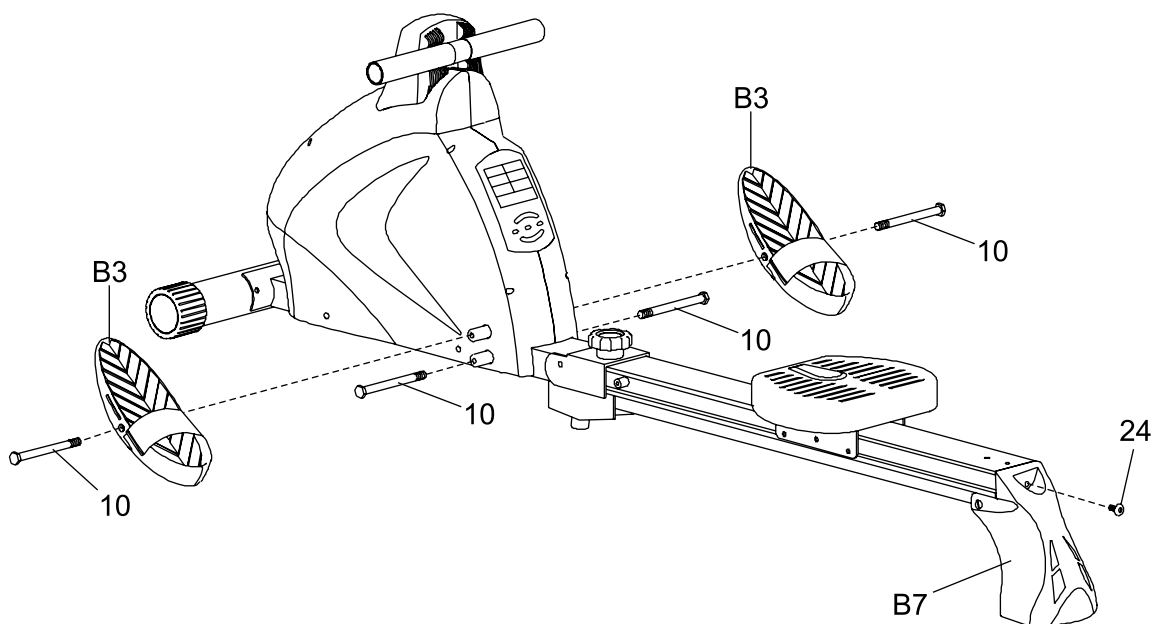
Step 3. Assemble main frame (A1) with upper slide track (A4), fasten with bolts (11), nut (12) and pop pin (C2). (Use tool spanner x 14mm.)



Step 4. Fasten fix knob (C1) and flat washer (30) onto slide track.

Step 5. Flip down rear fulcrum (B7) on the end of slide track, insert saddle (B9) into track.





Step 6. Flip rear fulcrum (B7) back to upright position and fasten with screw (24) tightly. (Use tool allen key x 6mm.)

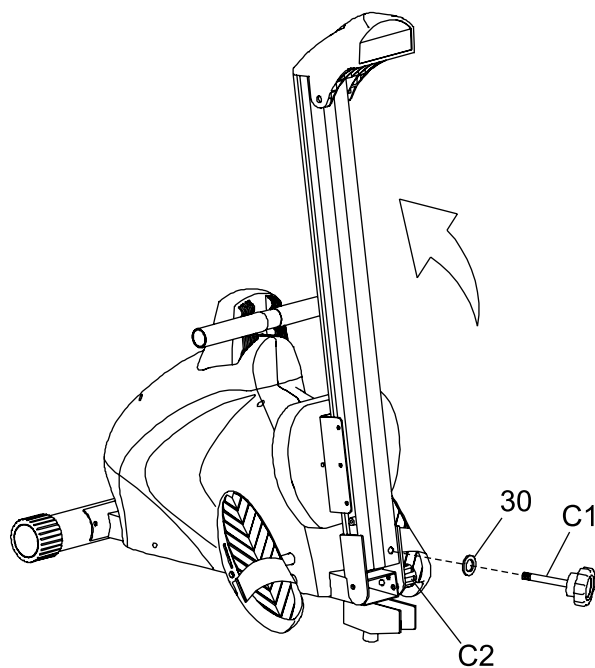
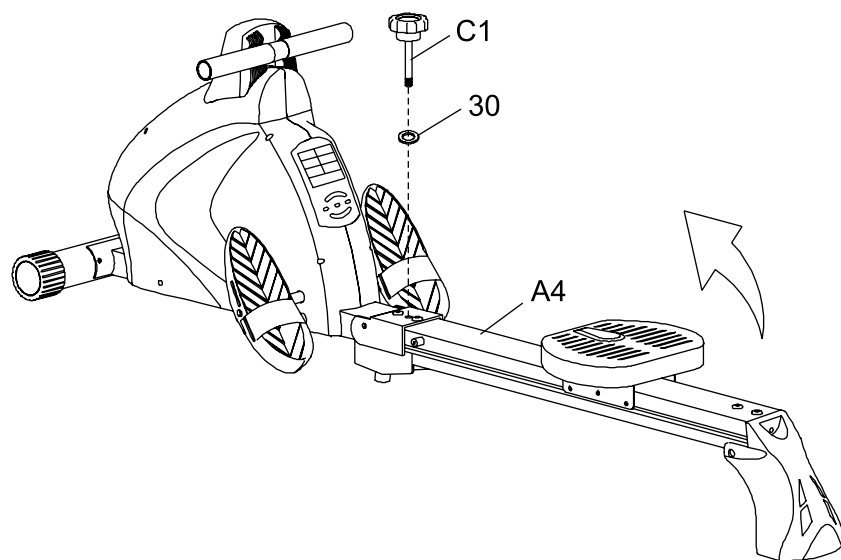
Step 7. Fasten 2 shafts (10) onto lower holes on main frame (A1) tightly. (Use tool spanner x 21mm.)

Step 8. Insert shafts (10) through pedals (B3) and upper holes on main frame (A1), then fasten tightly. (Use tool spanner x 21mm.)

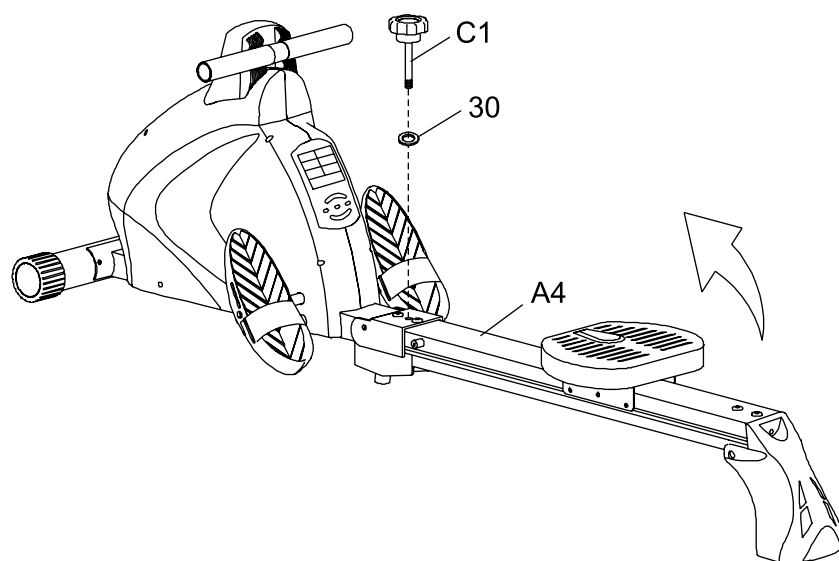
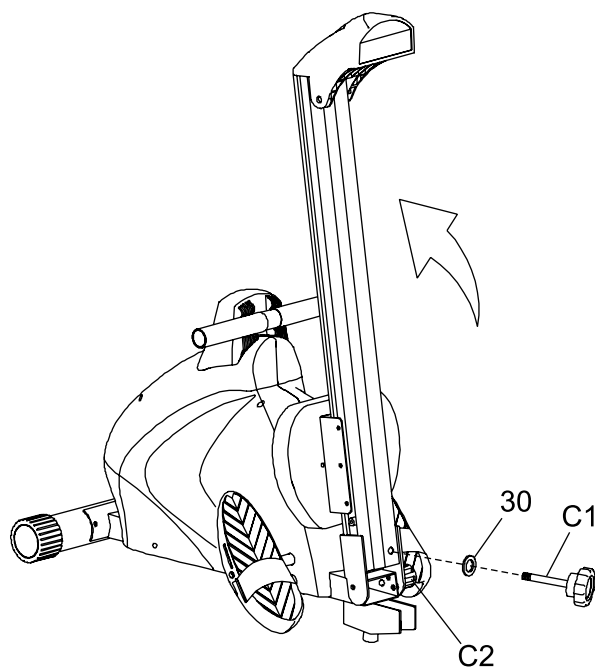
## FOLDING

### Folding Instructions :

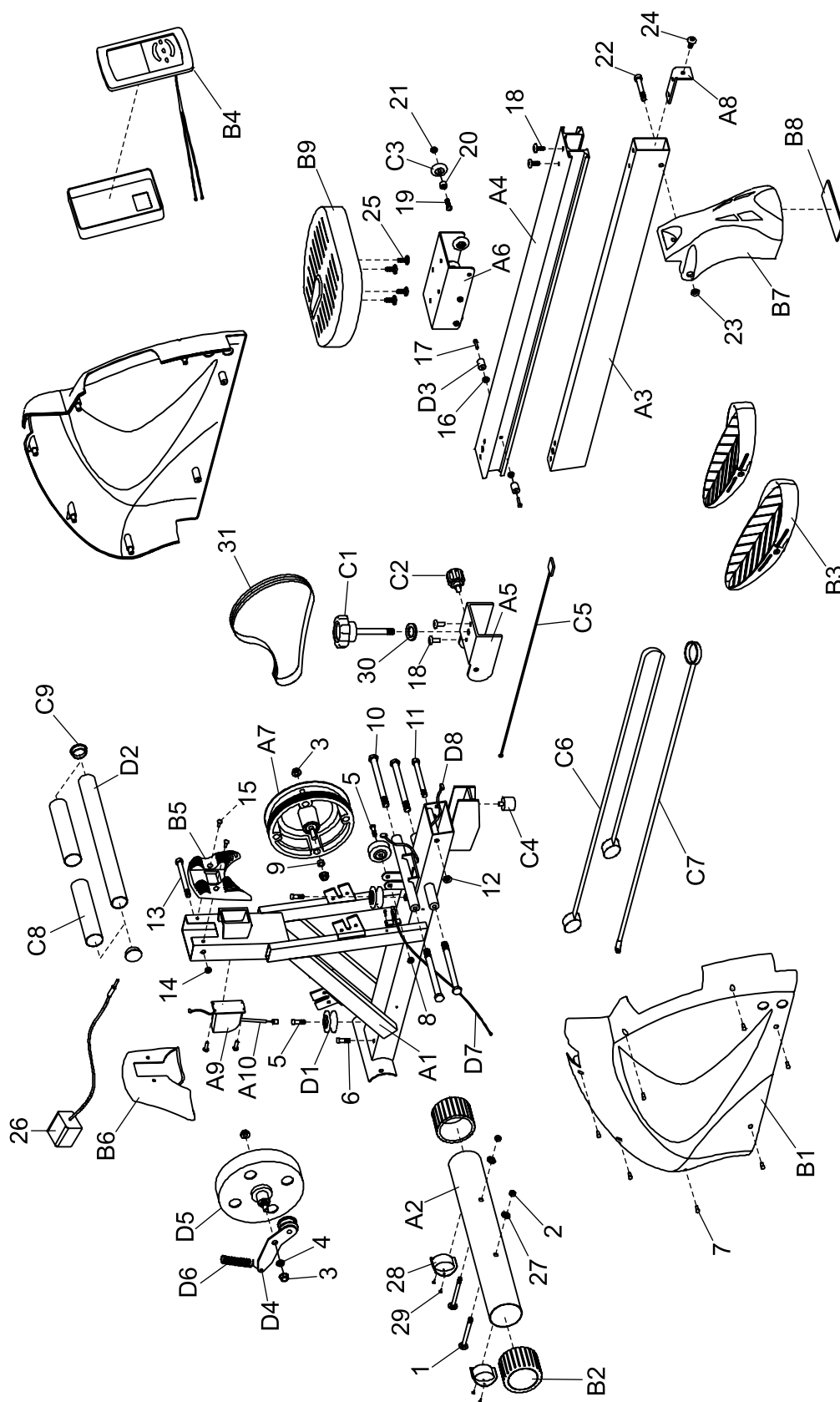
1. Folding : Remove fix knob (C1) and flat washer (30), place them aside. Pull pop pin (C2) out and lift the slide track, then release pop pin (C2) until you hear a "click" means the track is locked in position. Insert fix knob (C1) and flat washer (30) into the hole at the bottom of slide track.



2. Unfolding : Remove fix knob (C1) and flat washer (30), place them aside. Pull pop pin (C2) out and pull down the slide track, then release pop pin (C2) until you hear a "click" means the track is locked in position. Insert fix knob (C1) and flat washer (30) into the original place on slide track.



# EXPLODED VIEW



## PARTS LIST

Key.	Description	Q'ty
A1	Main frame	1
A2	Front stabilizer	1
A3	Slide track (steel tube)	1
A4	Slide track (aluminum tube)	1
A5	Folding bracket	1
A6	Saddle carrier	1
A7	Pulley	1
A8	Fixing housing	1
A9	Motor	1
A10	Cable	1

Key.	Description	Q'ty
B1-R	Chain cover (right)	1
B1-L	Chain cover (left)	1
B2	∅76 foot cap	2
B3	Pedal	2
B4	Console	1
B5	PVC cover	1
B6	Chain cover (upper)	1
B7	Rear fulcrum	1
B8	Foot cap	1
B9	Saddle	1

Key.	Description	Q'ty
C1	Fixed knob	1
C2	Pop pin	1
C3	∅37-PU wheel	1
C4	Rubber cushion	1
C5	Wireless pulse receiver	1
C6	Tension strap	1
C7	∅10 elastic belt	1
C8	Sponge ∅35	2
C9	End cap	2

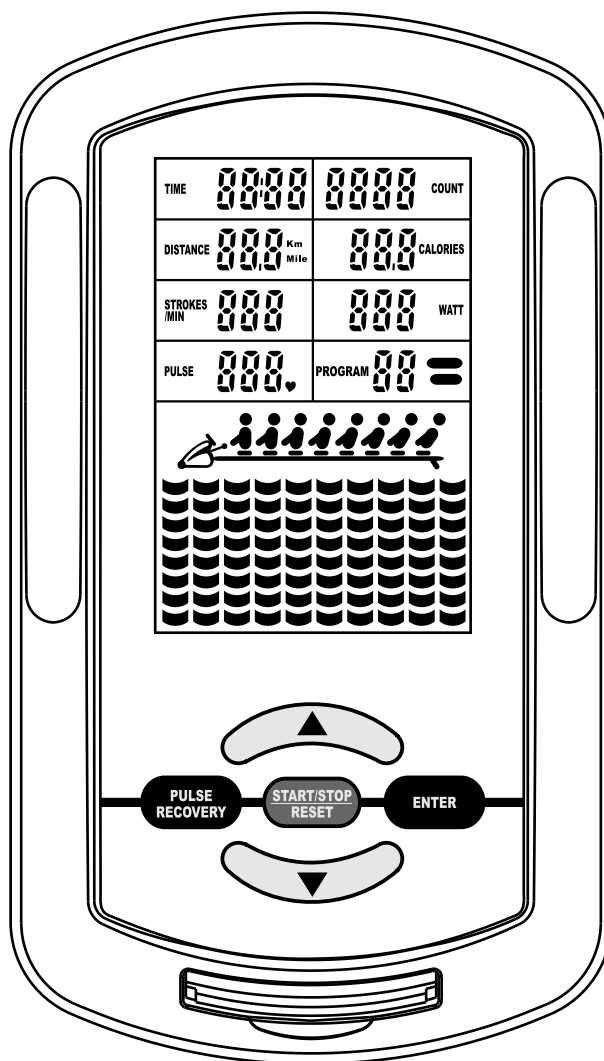
Key.	Description	Q'ty
D1	Plastic pulley	3
D2	Hand grip	1
D3	Rubber cushion	2
D4	Tension pulley	1
D5	Magnetic flywheel	1
D6	Spring	1
D7	Sensor wire	1
D8	Cable	1

#### Tool

Allen key x 6mm	1
Spanner x 13 14mm	1
Spanner x 14	1
Spanner x 21	1

Key.	Description	Q'ty
1	Carriage bolt M8 *90L	2
2	M8 Dome Nut	2
3	Nut 3/8" x 26	4
4	Nut 3/8" x 3T	1
5	Screw M8 x 35L	3
6	Screw M8 x 30L	1
7	Tapping screw M4 x 16	8
8	M8 Nut	1
9	Nut 3/8" x 4T	1
10	Shaft 1/2"	4
11	Bolt 3/8" x 120L	1
12	3/8" Nylon Nut	1
13	Bolt 3/8" x 105L	1
14	3/8" Nut x 7T	1
15	Bolt M5 x p0.8 x 15L	2
16	M6 Nut	2
17	Screw M6 x 25L	2
18	Screw M8 x 25L	4
19	Bolt M8 x 25L	6
20	Pipe 12.5 x 8.2 x 10L	6
21	M8 Nut	6
22	Bolt 3/8" x 90L	1
23	3/8" Nut	1
24	Screw M8 x 40L	1
25	Screw M8 x 12L	4
26	Adaptor	1
27	Flat washer 8 x16	2
28	Transportation wheel	2
29	Tapping screw M4 x 16L	4
30	Flat washer 13 x 25	1
31	Belt	1

## MONITOR



### MONITOR

- \* Function Buttons
- \* About Displays
- \* Operation Instructions



#### **NOTE : BATTERY INSTALLATION**

1. Please install 2 AA or UM-3 batteries in the battery case.
2. Make sure batteries are correctly fitted. Batteries must be correctly positioned and make sure the spring is properly contacted with batteries.
3. If the display appears blank or only display partial information, remove batteries and re-install after 15 seconds.
4. Whenever batteries were removed, all function values were reset to zero.
5. The batteries must be removed from the appliance before it is scrapped and that they are disposed of safely.

#### **FUNCTION BUTTONS :**

There are total 5 buttons: including START STOP/RESET, ENTER, UP, DOWN and PULSE RECOVERY buttons.

##### **A. START STOP/RESET button :**

START STOP :

Press this button to start or stop exercise.

RESET :

Press and hold for 2 seconds to reset monitor and all values reset to zero.

##### **B. ENTER :**

- a. During the standby mode, press this button to confirm your desired program from PROGRAM 1~7, TARGET H.R., and USER 1~4.
- b. During the setting, press this button to confirm your setting value of TIME, COUNT, DISTANCE, CALORIES and PULSE in the target H.R. program.
- c. During the setting, press this button to confirm the level of program profile.
- d. During creating the USER profile, press this button to confirm each segment of the profile.

##### **C. UP (▲) :**

- a. During the standby mode, press this button to select your desired program from PROGRAM 1~7, TARGET H.R., and USER 1~4.
- b. During the setting, press this button to increase the value of TIME, COUNT, DISTANCE, CALORIES and PULSE.
- c. During the setting of USER 1~4, press this button to increase the level of profile.
- d. During the exercise, you can press this button to increase the level of profile.
- e. In the USER 1~4 program, use this button and DOWN button to set up each segment of the profile.

##### **D. DOWN (▼) :**

- a. During the standby mode, press this button to select your desired program from PROGRAM 1~7, TARGET H.R., and USER 1~4.
- b. During the setting, press this button to decrease the value of TIME, COUNT, DISTANCE, CALORIES and PULSE.
- c. During the setting of USER 1~4, press this button to decrease the level of profile.
- d. During the exercise, you can press this button to decrease the level of profile.
- e. In the USER 1~4 program, use this button and UP button to set up each segment of the profile.

##### **E. RECOVERY :**

Press this button to enter heart rate recovery function.

It is a function to check the condition of pulse recovery the moment you stop exercise. That is scaled from F1.0 to F6.0. F1.0 means the best and F6.0 means the worst and the increment is 0.1. This function may reflect your heart pulse recovery ability and improve it through exercise day by day. In order to get rate correctly, users must test it right after the workout. After the key is pressed, please also hold the heartrate detector appropriately. The test will last for 1 minute and the result will show on the display. While doing the recovery testing, it is allowed to press recovery button any time to leave this mode. After getting the testing result, pressing any button to leave this mode.

## **ABOUT DISPLAY :**

### **A. PROGRAM profile display :**

Display the profile of PROGRAM 1~7, TARGET H.R., and USER 1~4. The profile was divided into 10 columns ; without setting the time, the column changes every 1 minute. If you set the target time you wish to exercise, each column would contain the time length of target time divided by 10.

(whole matrix display)

### **B. TIME display :**

Shows the exercise time.

Count up : Without setting the value, time will count up after press START button and the maximum value is 99: 59.

Count down : In the setting mode, press ▲ or ▼ button to set the desired time for exercise. The range of set value is from 1:00 to 99:00 with each increment or decrement of 1:00. After finish setting the value, the monitor will start to count down. While counting down to 0:00, the monitor will beep and remind you that the target is achieved, and stop counting at the same time.

### **C. COUNT display :**

Shows the strokes you've done.

Count up : Without setting the value, time will count up after press START button and the maximum value is 9999.

Count down : In the setting mode, press ▲ or ▼ button to set the desired time for exercise. The range of set value is from 10 to 9990 with each increment or decrement of 10. After finish setting the value, the monitor will start to count down. While counting down to 0, the monitor will beep and remind you that the target is achieved, and stop counting at the same time.

### **D. DISTANCE display :**

Shows the distance.

Count up: Without setting value, the distance will count up and the maximum value is 99.9 km.

Count down: In the setting mode, press ▲ or ▼ button to set the desired distance to exercise. The range of setting value is from 100m(0.1 km) to 99.9 km with each increment or decrement of 0.1km. After finish setting the value, it will start to count down. While counting down to 0.0, the monitor will beep and remind you that the target is achieved, and stop counting at the same time.

### **E. CALORIES display :**

Shows the calories.

Count up: Without setting value, the calorie will count up and maximum value is 999 Kcal.

Count down: In the setting mode, press ▲ or ▼ button to set the desired calorie to be burned. The range of setting value is from 1.0 Kcal to 999 Kcal with each increment or decrement of 1Kcal. After finish setting the value, it will start to count down. While counting down to 0, the monitor will beep and remind you that the target is achieved, and stop counting at the same time.

### **F. STROKE MIN display :**

Shows the current stroke/minute.

### **G. WATT display :**

Shows the current watt value.

### **H. PULSE display :**

This machine has a built-in receiver to automatically detect pulse signals only from chest belt. It shows current heart rate by beats per minute (BPM). The display range is from 40 to 220 bpm. If there's no signal detected, the display will show "P".

**NOTE** : The frequency of the chest belt used is 5KHz. Make sure you have a correct chest belt.

### **I. Interactive display :**

Shows your position on the machine during workout.

## **Operation Instructions :**

### **Note :**

1. If no signals received within 4 minutes, the monitor will automatically reset to standby mode, and all values reset to zero.
2. If the monitor does not display properly, unplug the adaptor and plug it back after waiting for 15 seconds.

a. Power on: plug adaptor into electric socket, then plug another end into the socket on chain cover.

b. Select training mode :

Press ▲ or ▼ button to select training mode from PROGRAM 1~7, TARGET H.R., and USER 1~4, then press ENTER to confirm selection.

(a.) PROGRAM mode :

There are 7 preset training programs for your personal training. You may set TIME, COUNT, DISTANCE and CALORIES. You may adjust whole training resistance by pressing UP or DOWN button during your training.

1. TIME window glitters. Press ▲ or ▼ to select your desired exercise time, then press ENTER to confirm.
2. COUNT window glitters. Press ▲ or ▼ to select your desired exercise stroke, then press ENTER to confirm.
3. DISTANCE window glitters. Press ▲ or ▼ to select your desired exercise distance, then press ENTER to confirm.
4. CALORIES window glitters. Press ▲ or ▼ button to set up CALORIES you want to consume, then press ENTER to confirm.
5. PROGRAM number glitters, press START STOP/RESET button to begin exercise.

### **Note :**

- \* If you did not set the value of TIME, COUNT, DISTANCE or CALORIES, these values start counting up from zero. If these values have been set, they start to count down until zero. When the value reached zero, monitor stops counting and beeps to remind you.
- \* In this mode, you don't need to set each value, press ENTER to skip the value you want to ignore, and press START at any time to start exercise.
- \* During exercise, use ▲ or ▼ to adjust the tension of whole program.

(b.) TARGET HEART RATE mode :

This is a heart rate control mode. After setting heart rate value, monitor will constantly monitoring your status and adjust the tension. For example, the tension may increase while the heart rate detected is lower than target heart rate; also the tension may decrease while the heart rate detected is higher than target heart rate. The monitor will keep your heart rate within target heart rate +/-5 bpm.

1. PULSE window glitters default heart rate "90". Press ▲ or ▼ to select your desired target heart rate, then press ENTER to confirm.
2. TIME window glitters. Press ▲ or ▼ to select your desired exercise time, then press ENTER to confirm.
3. COUNT window glitters. Press ▲ or ▼ to select your desired exercise stroke, then press ENTER to confirm.
4. DISTANCE window glitters. Press ▲ or ▼ to select your desired exercise distance, then press ENTER to confirm.
5. CALORIES window glitters. Press ▲ or ▼ button to set up CALORIES you want to consume, then press ENTER to confirm.
6. PROGRAM number glitters, press START STOP/RESET button to begin exercise.

**Note :**

- \* If you did not set the value of TIME, COUNT, DISTANCE or CALORIES, these values start counting up from zero. If these values have been set, they start to count down until zero. When the value reached zero, monitor stops counting and beeps to remind you.
- \* In this mode, you don't need to set each value, press ENTER to skip the value you want to ignore, and press START at any time to start exercise.
- \* During exercise, use ▲ or ▼ to adjust the tension of whole program.

**(c.) USER mode :**

The monitor provides four user-defined modes. You may use UP, DOWN and ENTER to set each column in order to create your own training program. After the setting, your own program can be saved in the memory for next time. During exercise, you can press ▲ or ▼ button to adjust the tension of current column, but the changes will not be saved in the memory.

1. Use ▲ or ▼ button to select desired user mode location U1~U4 (program 9~12), press ENTER to enter.
2. TIME window glitters. Press ▲ or ▼ to select your desired exercise time, then press ENTER to confirm.
3. COUNT window glitters. Press ▲ or ▼ to select your desired exercise stroke, then press ENTER to confirm.
4. DISTANCE window glitters. Press ▲ or ▼ to select your desired exercise distance, then press ENTER to confirm.
5. CALORIES window glitters. Press ▲ or ▼ button to set up CALORIES you want to consume, then press ENTER to confirm.
6. The first column of chart glitters. Press ▲ or ▼ button to set up the desired tension (resistance) of this column, press ENTER to confirm.
7. Then the second column of chart glitters. Press ▲ or ▼ button to set up the desired tension (resistance) of the this column. Repeat step 6 and 7 to establish your own training program. At the end, press ENTER to confirm your program.
8. PROGRAM number glitters, press START STOP/RESET button to begin exercise.

**Note :**

- \* If you did not set the value of TIME, COUNT, DISTANCE or CALORIES, these values start counting up from zero. If these values have been set, they start to count down until zero. When the value reached zero, monitor stops counting and beeps to remind you.
- \* In this mode, you don't need to set each value, press ENTER to skip the value you want to ignore.

## **WARM-UP**

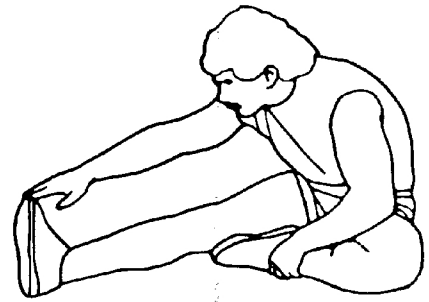
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### **WARM - UP GUIDELINES**

Warming up is an important part of every workout. Warming up prepares the body for more strenuous exercise by increase circulation, deliver more oxygen to the muscles, and raise the body temperature.

### **SUGGESTED STRETCHES**

The following stretches provide a good warm-up, or cool-down. Move slowly as you stretch-never bounce.



### **HAM STRING STRETCH**

Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs.  
Stretches : Hamstrings, lower Back and Groin

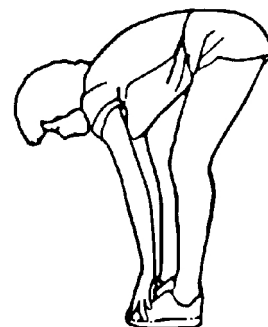
### **INNER THIGH STRETCH**

Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Hold for 15 counts, then relax. Repeat three times.  
Stretches : Quadriceps, Hip Muscles



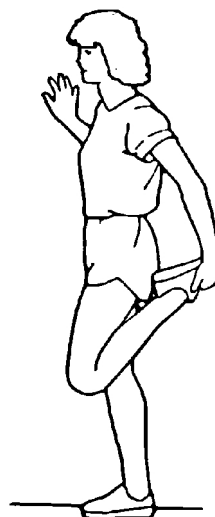
### **TOE TOUCHES**

Standing with your knees bend slightly, slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch down toward your toes. Go as far as you can and hold for 15 counts, then relax. Repeat three times.  
Stretches : Hamstrings, Back of Knees, Back



### **QUADRICEPS STRETCH**

With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your bottom as possible. Hold for 15 counts. Repeat.  
Stretches : Quadriceps, Hip Muscles.



### **CALF / ACHILLES STRETCH**

With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side. To cause even further stretching of the Achilles tendons, slightly bend back leg as well.  
Stretches : Calves, Achilles Tendons, and Ankles.

