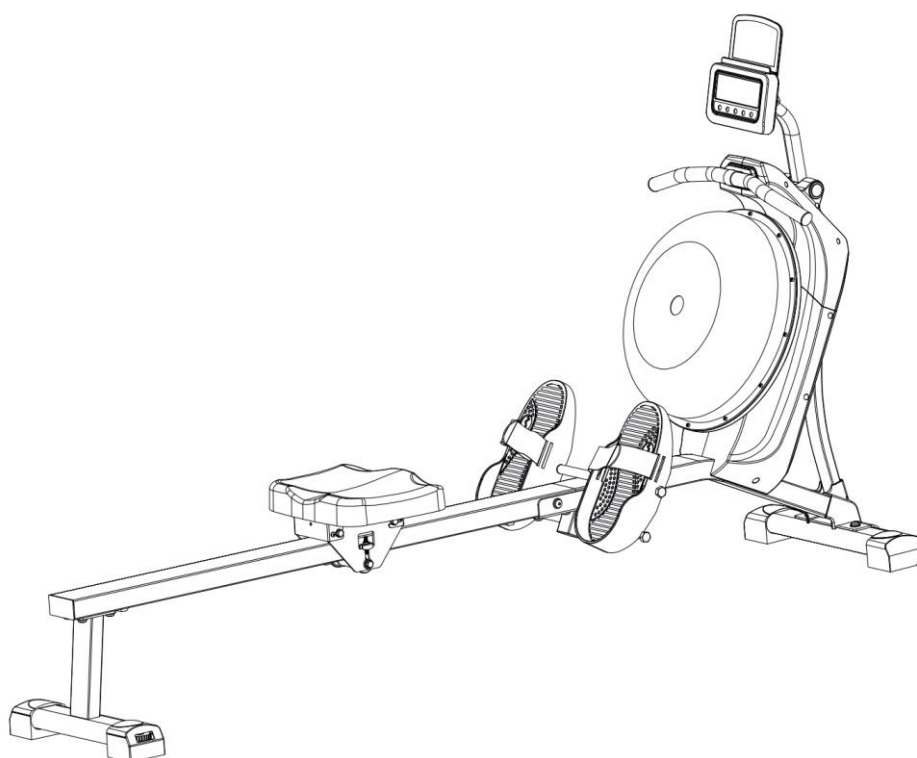




User Manual



Hydro + Dual Resistance Smart Magnetic Water Rowing Machine, Black

JL-RW522017BLK

EN

IMPORTANT! Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us, **PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US.**

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 achieved 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 lbs (150 kg).
10. This equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/or damage to the product or property, proper lifting and moving are required.
12. Your product is intended for use in cool and 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.

Statement Of Purpose

The water rowing machine is a cardio exercise machine that provides workouts at various levels of resistance.

Waste Disposal



JLL products are recyclable. At the end of its useful life please dispose of this article correctly and safely (local refuse sites).

Eu Declaration Of Conformity

You can find the declaration of conformity at the following link:

<https://jllfitness.co.uk/pages/declaration-of-conformity>

Technical Data

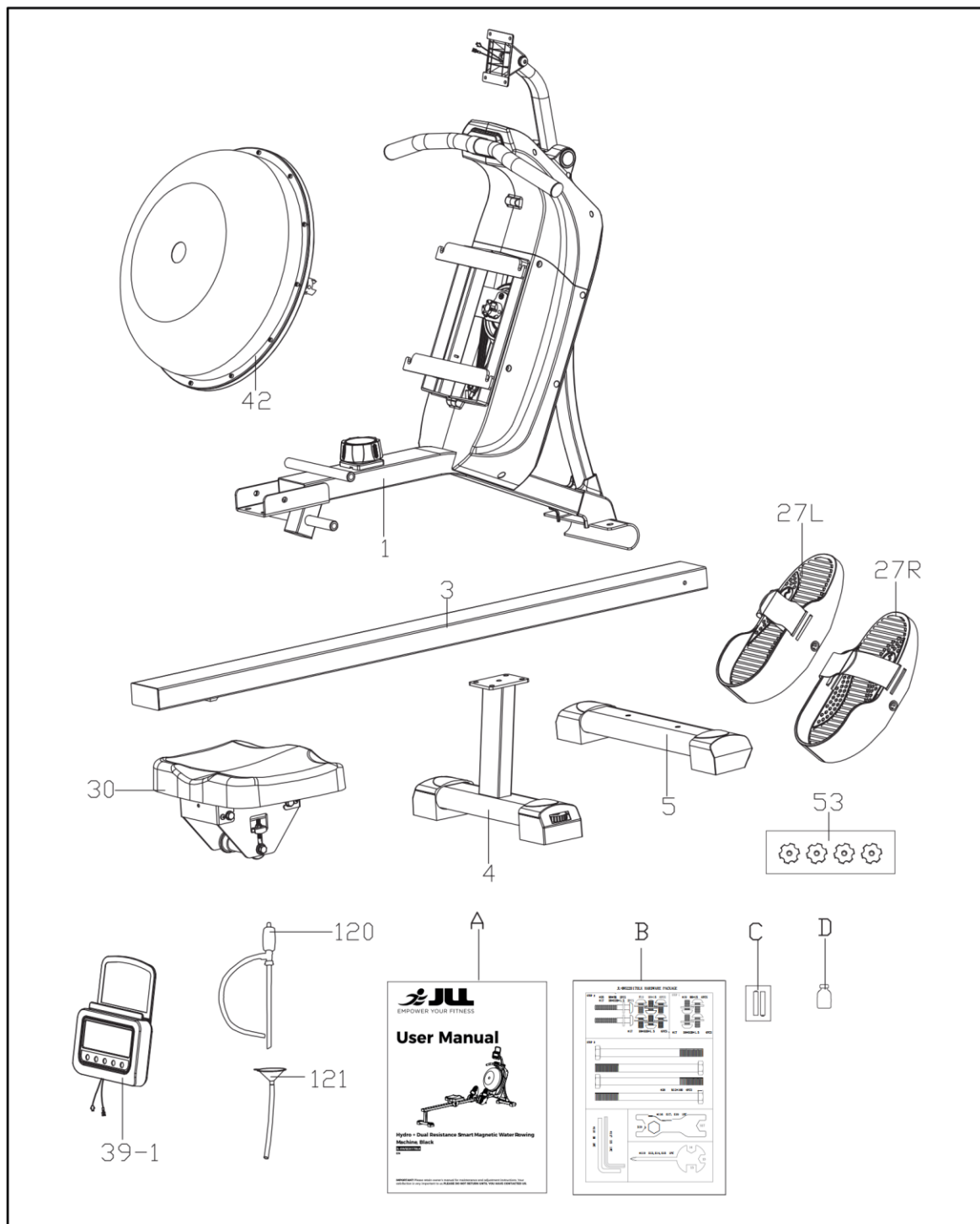
Connectivity: Bluetooth LE

Frequency Range: 2400~2483.5 Mhz

Transmitting Power: 0 dBm

Pre-Assembly Check List

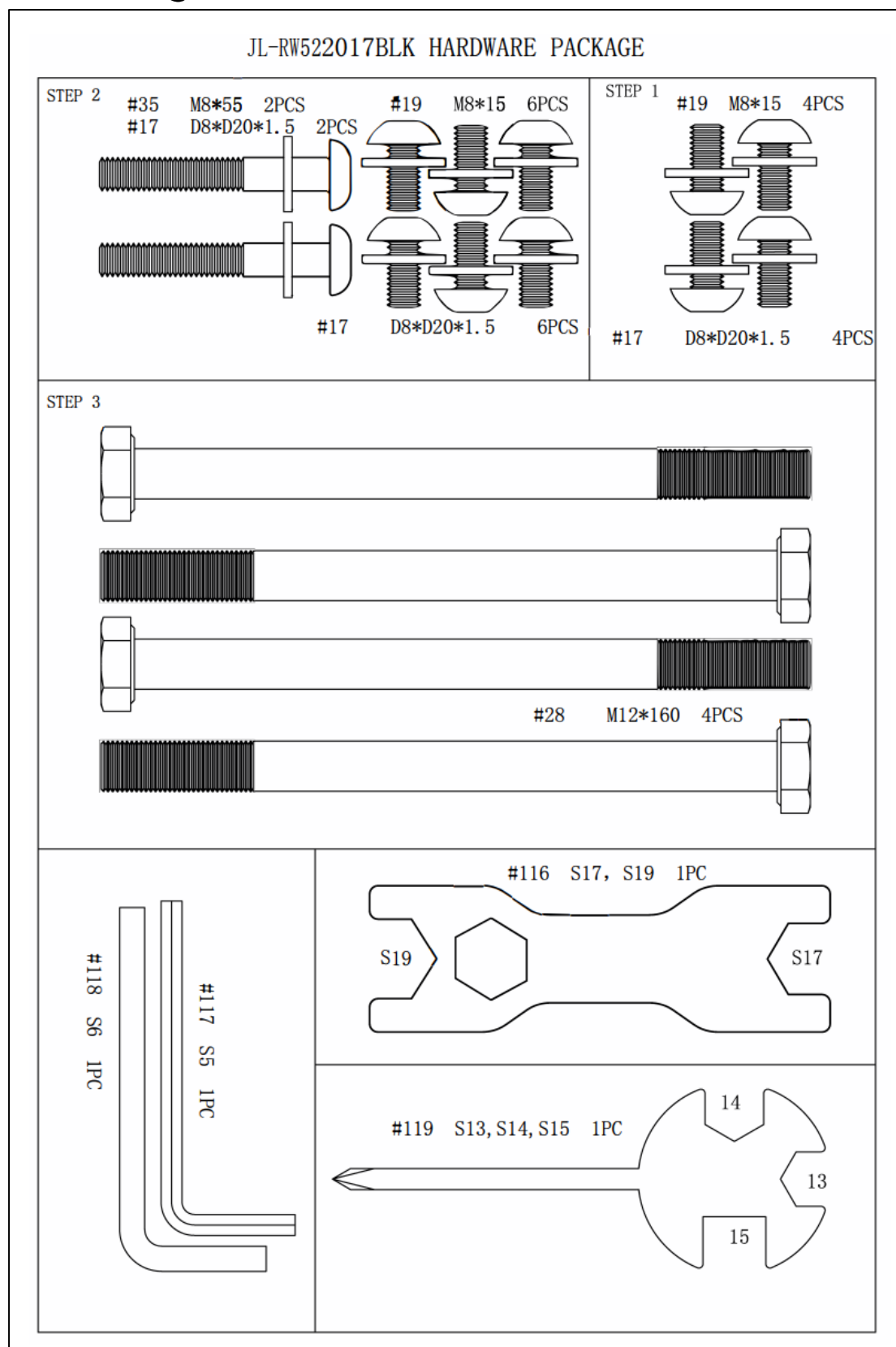
When you open the carton, you will find the following parts:



No.	Description	Spec.	Qty.
1	Main Frame		1
3	Slide Rail		1
4	Rear Support Tube		1
5	Front Stabilizer		1
27L	Left Pedal		1
27R	Right Pedal		1
30	Seat		1
39-1	Meter	BJHT-109	1

No.	Description	Spec.	Qty.
42	Upper Tank Cover		1
53	Knob	Φ37.7x18.2xM8	4
120	Pumping Siphon		1
121	Funnel		1
A	Manual		1
B	Hardware Package		1
C	Battery	AA	2
D	Water Purification Tablet		1

Hardware Package



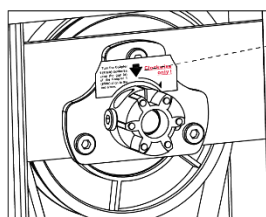
Ordering Replacement Parts

Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ The model number
- ✓ The product name
- ✓ The part number

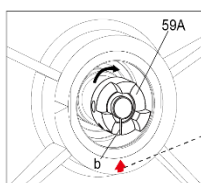
Please contact us at contact@jllfitness.co.uk or +44 (0) 800 6123 988.

Warning Stickers



Turn the Coupler 1 (#59b) clockwise, keep the gap (a) of the Coupler 1 (#59b) align to the red arrow.

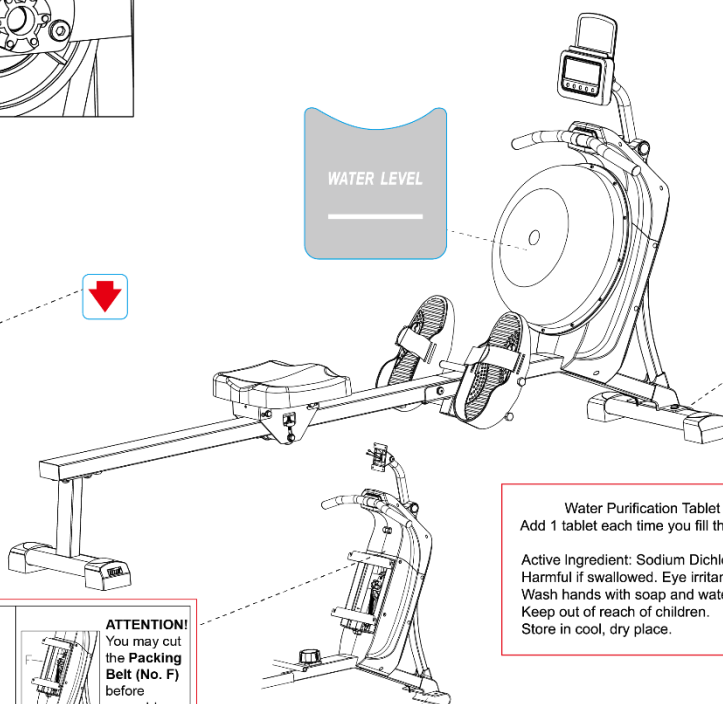
Clockwise only!



WARNING

330LBS/150KG Weight Capacity
Keep children and pets away from equipment when in use.

Failure to comply with these warnings could result in serious injury or death. Please read all warnings and instructions before using the machine. Consult your physician prior to beginning any exercise program. Make sure all nuts and bolts are securely tightened before each use. Follow all the instructions in the manual. For Customer Service, please contact: contact@jifitness.co.uk.



Water Purification Tablet
Add 1 tablet each time you fill the tank.

Active Ingredient: Sodium Dichlorocyanurate.
Harmful if swallowed. Eye irritant.
Wash hands with soap and water after handling.
Keep out of reach of children.
Store in cool, dry place.



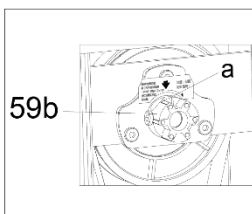
ATTENTION!
You may cut the Packing Belt (No. F) before assembly.



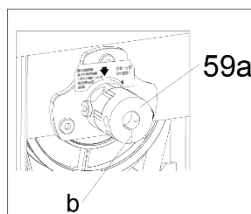
ATTENTION!
You may cut the Packing Belt (No. F) before assembly.



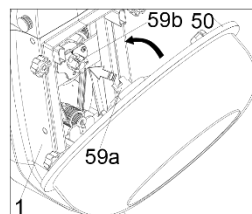
Tank Installation & Maintenance Guide



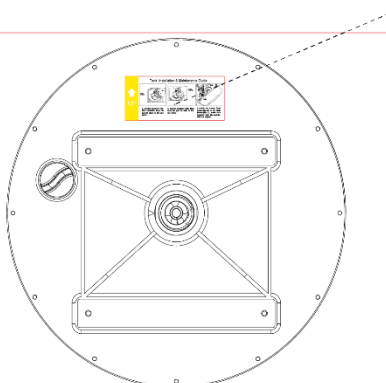
1. Turn the Coupler 1 (No. 59b) clockwise, keep the gap (a) align to the red arrow.



2. Turn the Coupler 1 (No. 59a), keep the gap (b) align to the red arrow.

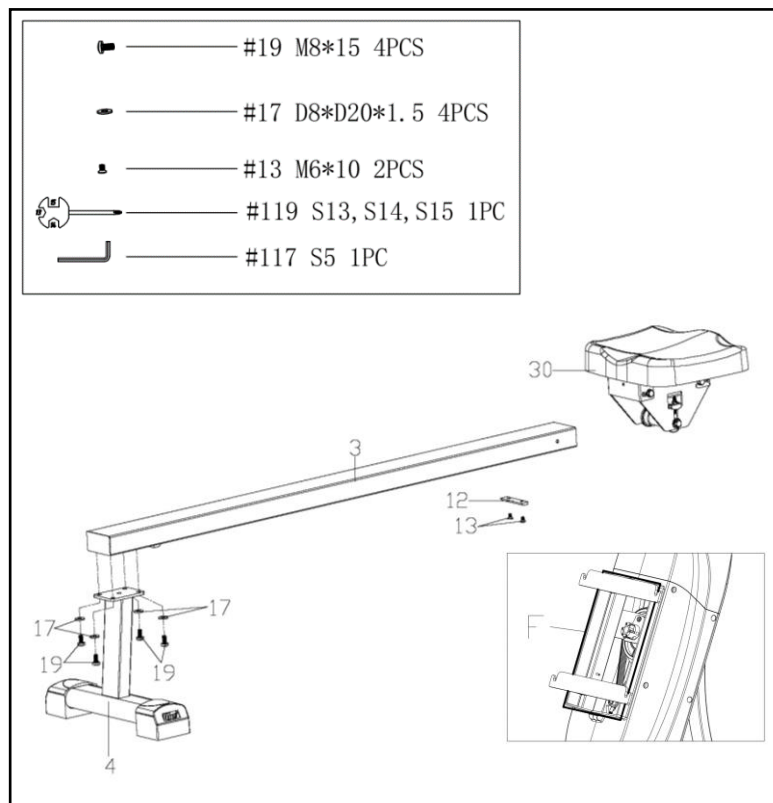


3. Attach the Lower Tank Cover (No. 50) to the Main Frame (No. 1), make sure Coupler 1 (No. 59a and No. 59b) are aligned.



Assembly Instructions

We value your experience using JLL products. For assistance with parts or troubleshooting, please contact us at contact@jllfitness.co.uk or +44 (0) 800 6123 988.



STEP 1:

You may cut the **Packing Belt (No. F)**.

Remove 1 **Limit Cushion (No. 12)** and 2 **Screws (No. 13)** from the **Slide Rail (No. 3)** using **Spanner (No. 119)**.

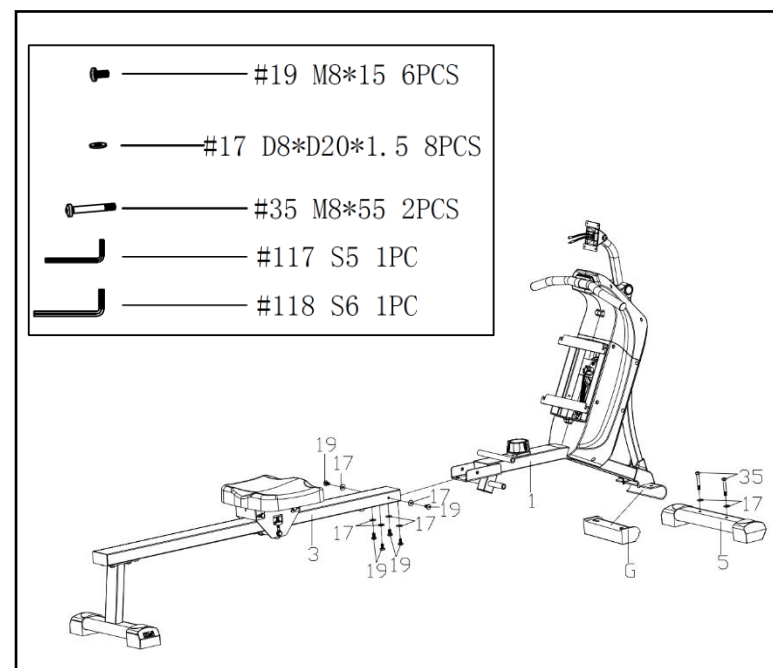
Slide the **Seat (No. 30)** to the **Slide Rail (No. 3)**, make sure **Seat (No. 30)** through the position of **Limit Cushion (No. 12)**. Then attach the **Limit Cushion (No. 12)** to the **Slide Rail (No. 3)** with 2 **Screws (No. 13)** that were just removed using **Spanner (No. 119)**.

Attach the **Rear Support Tube (No. 4)** to the **Slide Rail (No. 3)** with 4 **Screws (No. 19)** and 4 **Flat Washers (No. 17)** using **Allen Wrench (No. 117)**.

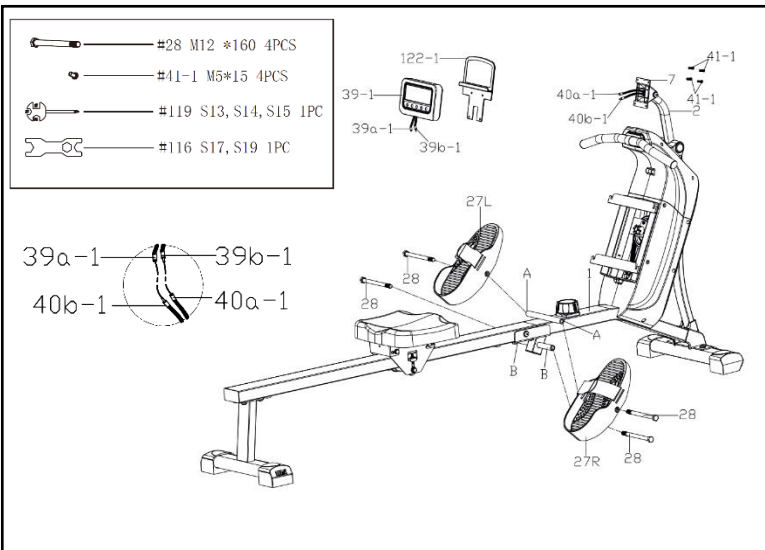
STEP 2:

Remove the **Plastic Block (No. G)** from the **Main Frame (No. 1)** using **Allen Wrench (No. 118)**. Attach the **Front Stabilizer (No. 5)** to the **Main Frame (No. 1)** with 2 **Bolts (No. 35)** and 2 **Flat Washers (No. 17)** using **Allen Wrench (No. 118)**.

Attach the **Slide Rail (No. 3)** to the **Main Frame (No. 1)** with 6 **Screws (No. 19)** and 6 **Flat Washers (No. 17)** using **Allen Wrench (No. 117)**.



We value your experience using JLL products. For assistance with parts or troubleshooting, please contact us at contact@jllfitness.co.uk or +44 (0) 800 6123 988.



STEP 3:

Insert the 2 Hex Bolts (No. 28) into the bottom hole in position B of Main Frame (No. 1). Tighten with Wrench (No. 116).

Insert the 2 Hex Bolts (No. 28) into the upper hole in position A of Main Frame (No. 1) through the Left & Right Pedals (No. 27L & No. 27R). Tighten with Wrench (No. 116).

NOTE: The Left & Right Pedals (No. 27L & No. 27R) should rest on Hex Bolts (No. 28) that are in position B.

Remove 4 Screws (No. 41-1) from the back of Tablet Holder (No. 122-1) using Spanner (No. 119).

Connect the Sensor Wire A (No. 40a-1) with Meter Wire B (No. 39b-1), and connect the Sensor Wire B (No. 40b-1) with Meter Wire A (No. 39a-1). Then attach the Meter (No. 39-1) and Tablet Holder (No. 122-1) to the Meter Plate (No. 7) with 4 Screws (No. 41-1) that were just removed by using Spanner (No. 119).

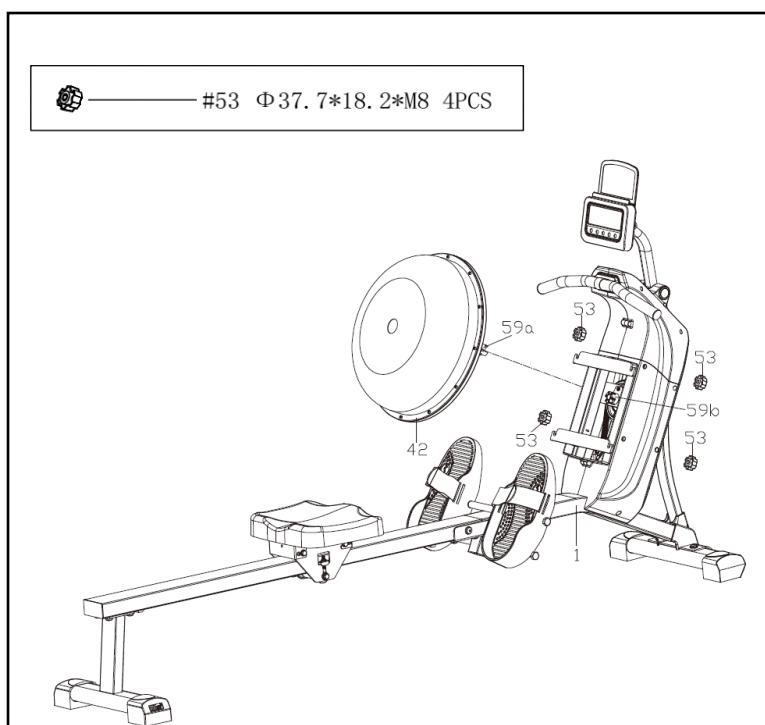
NOTE: Put all wires to the Meter Support Tube (No. 2) before attaching the Meter (No. 39-1) to Meter Plate (No. 7).

STEP 4:

Attach the Coupler 1 (No. 59a) on the Upper Tank Cover (No. 42) to the Coupler 1 (No. 59b) on the Main Frame (No. 1).

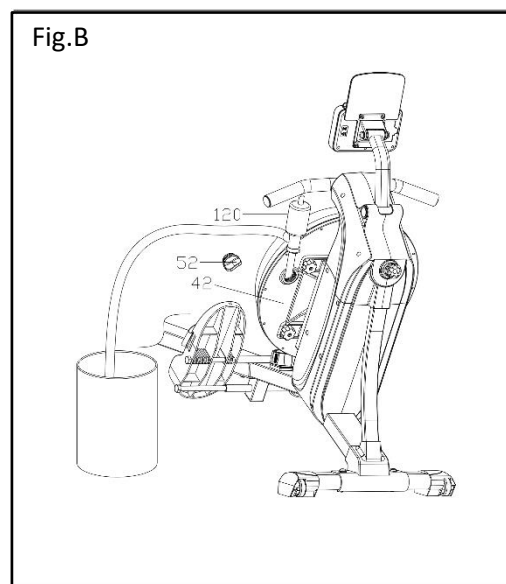
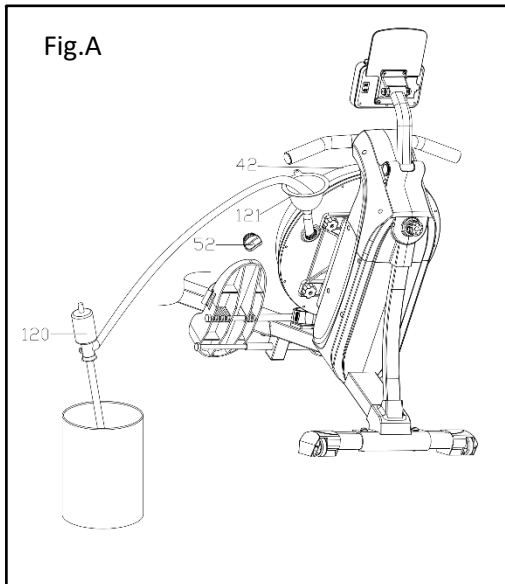
Attach 4 Knobs (No. 53) to lock the Upper Tank Cover (No. 42) to the Main Frame (No. 1).

The assembly is complete!



How To Fill And Empty The Tank

1. Remove the **Plug (No. 52)** from the **Upper Tank Cover (No. 42)**.
2. To fill the tank with water, refer to Fig. A. Insert the **Funnel (No. 121)** into the tank, then use a cup or a bucket and **Pumping Siphon (No. 120)** to fill the tank. Use the water level gauge on the front of the tank to measure 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 (No. 120)** to pump out the water from the tank into the bucket.
4. Insert the **Plug (No. 52)** back into the **Upper Tank Cover (No. 42)**. Wipe off excess water around the area.

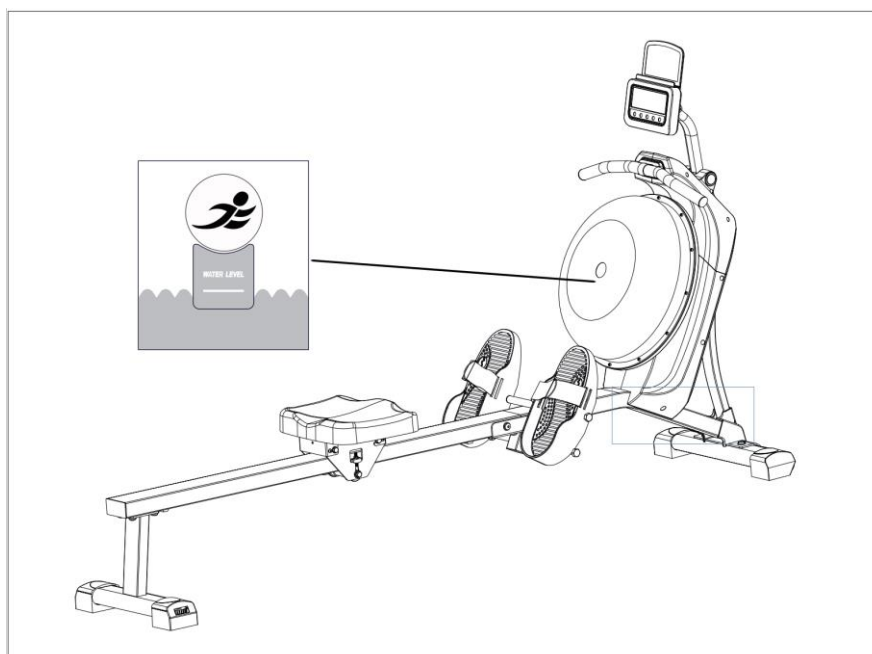


NOTE:

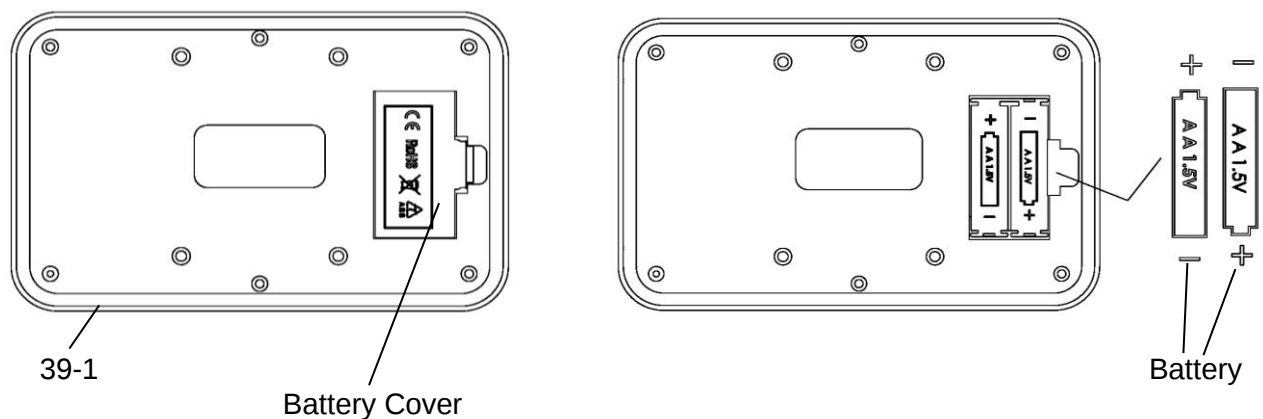
- Fill the tank only with tap water. Add 1 water purification tablet (1 packet is included). Never use pool chlorine or chlorine bleach. This will damage the tank and void the warranty.
- Add a water purification tablet every 6 months or as needed. If water remains cloudy, replace the water in the tank.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

WATER LEVEL

- The water level gauge is on the front of the tank. Please fill the water until it reaches the limit (white line). The water level should not be higher or lower than this limit. Never fill over this limit. Filling the tank over the limit will void the warranty.



Battery Installation & Replacement



Battery Installation:

1. Take out 2 AA batteries from the meter box.
2. Press the buckle of battery cover on the back of the **Meter (No. 39-1)**, then remove battery cover.
3. Install 2 AA batteries into the battery case on the back of the **Meter (No. 39-1)**. Pay attention to the battery + and - poles before installing.
4. Press the buckle of battery cover, then put the battery cover back to the back of the **Meter (No. 39-1)**.

The installation is complete!

Battery Replacement:

1. Press the buckle of battery cover on the back of the **Meter (No. 39-1)**, then remove battery cover.
2. Remove the 2 old AA batteries in the battery case and install 2 new AA batteries into the battery case on the back of the **Meter (No. 39-1)**. Pay attention to the battery + and - poles before installing.
3. Press the buckle of battery cover, then put the battery cover back to the back of the **Meter (No. 39-1)**.

The replacement is complete!

NOTE: Always change both batteries at the same time. Do not mix battery types and do not mix old and new batteries. Dispose batteries according to your state and regional guidelines.

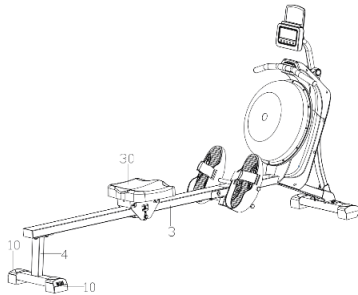
Adjustments Guide

ADJUSTING THE BALANCE

Adjust the **Adjustable Rear End Caps (No. 10)** on the **Rear Support Tube (No. 4)** of the rower if the rower is unbalanced during use.

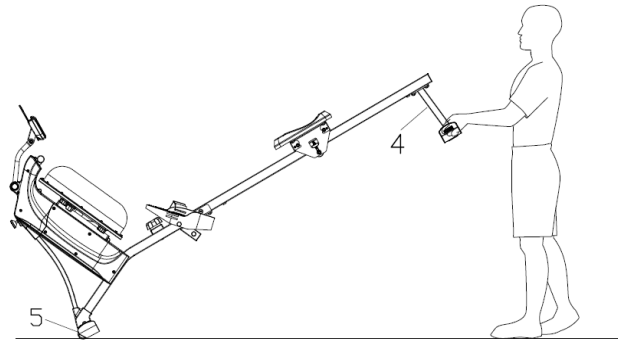
CAUTION!

Moving parts, such as the **Seat (No. 30)**, can crush and cut. Keep hands clear of the **Slide Rail (No. 3)** during use!



MOVING THE ROWER

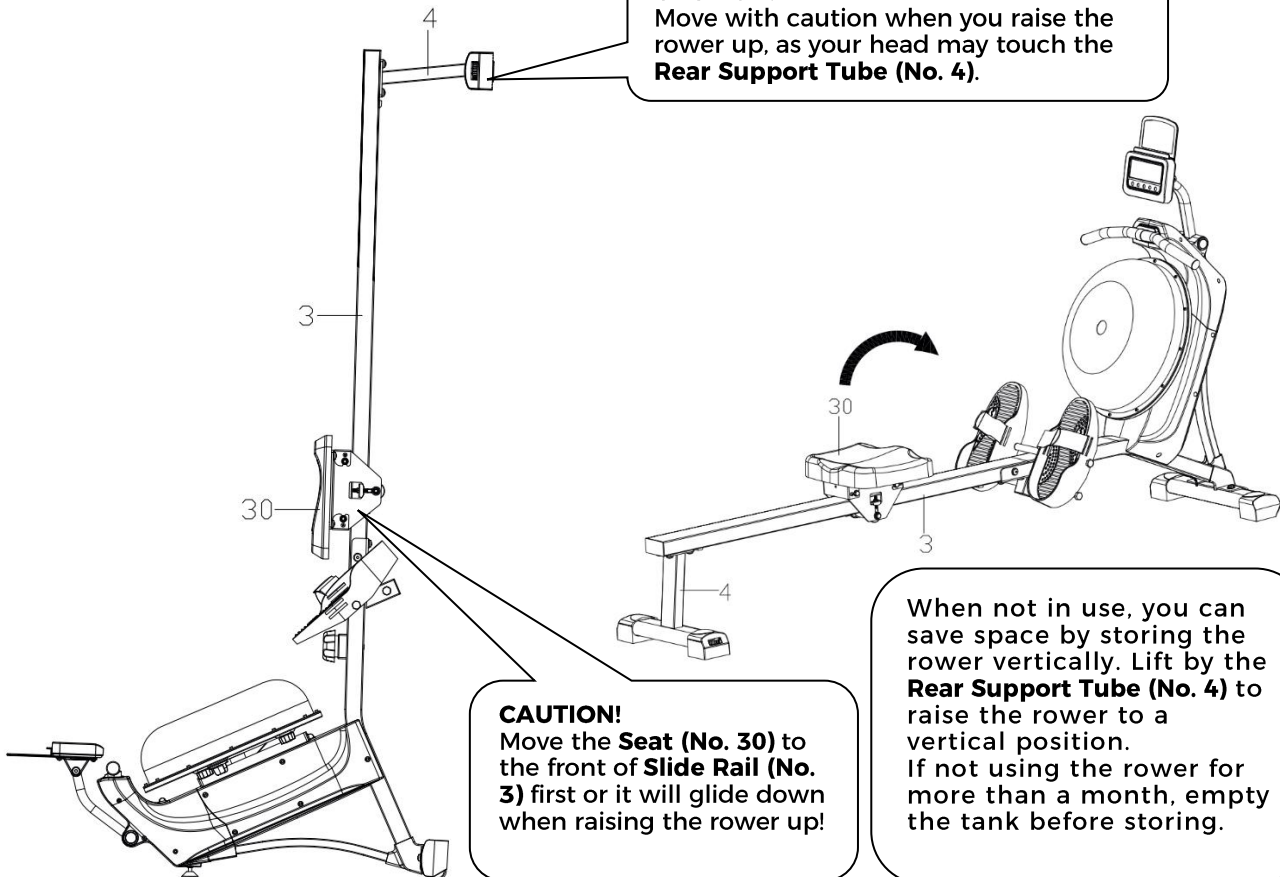
To move the rower, lift up the **Rear Support Tube (No. 4)** until the transportation wheels on the **Front Stabilizer (No. 5)** touch the ground. With the transportation wheels on the ground, you can transport the rower to the desired location with ease.



STORAGE

CAUTION!

Move with caution when you raise the rower up, as your head may touch the **Rear Support Tube (No. 4)**.



CAUTION!

Move the **Seat (No. 30)** to the front of **Slide Rail (No. 3)** first or it will glide down when raising the rower up!

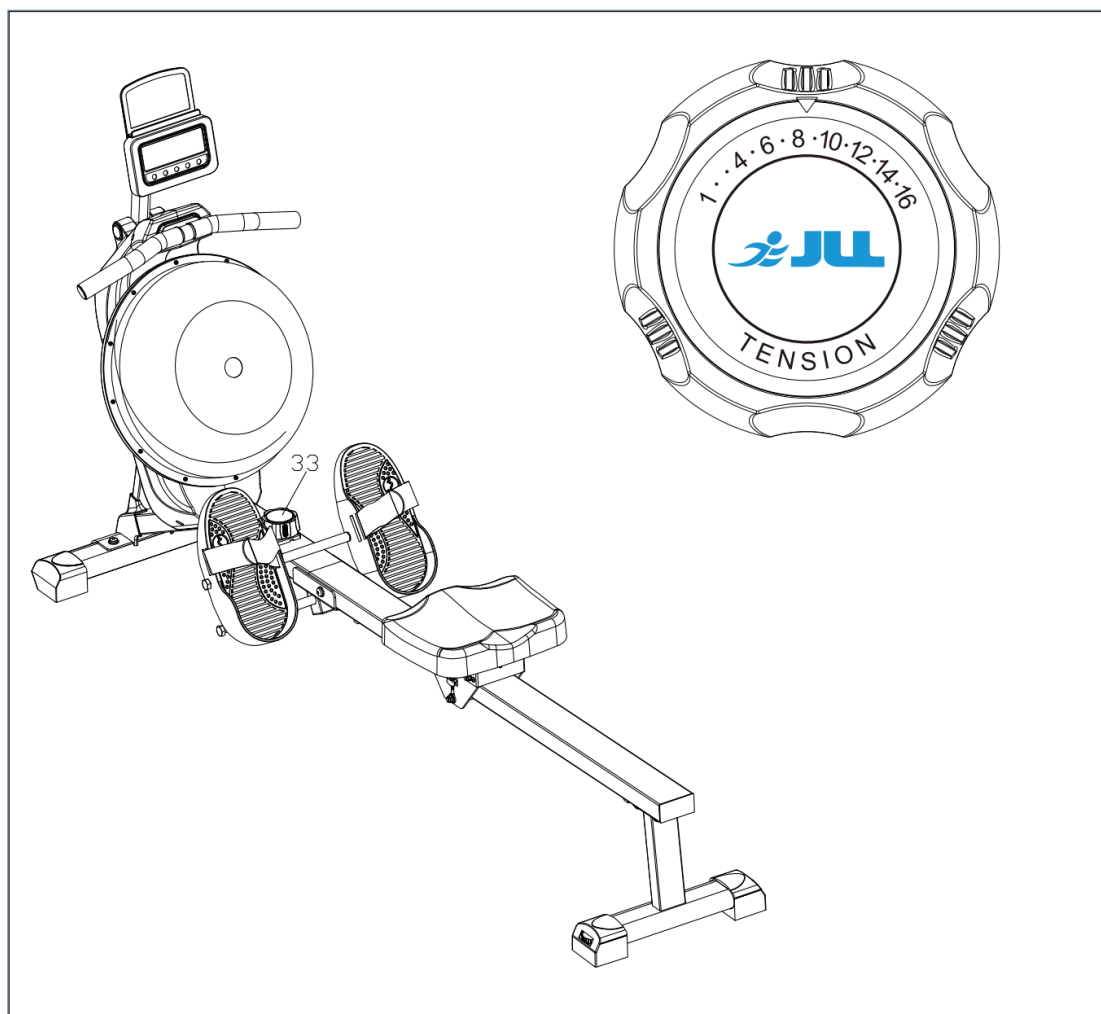
When not in use, you can save space by storing the rower vertically. Lift by the **Rear Support Tube (No. 4)** to raise the rower to a vertical position. If not using the rower for more than a month, empty the tank before storing.



PEDAL ADJUSTMENT

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

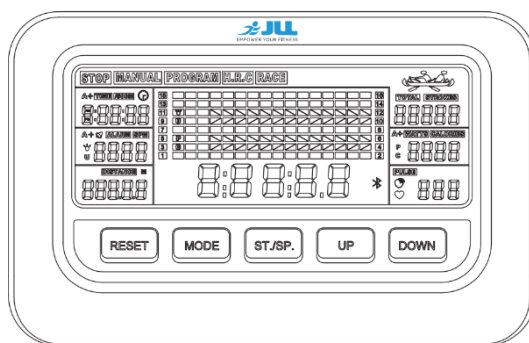
Adjusting The Resistance



Rotate the **Tension Control (No. 33)** clockwise to increase the level of resistance. Rotate the **Tension Control (No. 33)** counter-clockwise to decrease the level of resistance.

Tension levels are set at Level 1 being the lowest and Level 16 being the highest.

Exercise Meter



- TIME, TIME/500, SPM, DISTANCE, STROKES, TOTAL STROKES, CALORIES, WATT, PULSE.

Function

- TIME: The total working time since starting exercise. Display range: 0:00:00 ~ 9:59:59 (H:M:S).
- TIME/500: The average time for 500 meters during exercise. Display range: 0:00 ~ 99:59 (M:S).
- SPM: Number of strokes per minute, indicating the stroke speed during exercise. Display range: 0 ~ 240.
- STROKES: The current count since starting exercise. Display range: 0 ~ 99999.
- DISTANCE: The current distance since starting exercise. Display range: 0 ~ 99999 meters.
- CALORIES: The current calories burned since starting exercise. Display range: 0 ~ 9999 Cal.
- TOTAL STROKES: The total strokes with all of the workout since starting exercise. If the batteries are replaced, the value resets to zero. Display range: 0 ~ 99999.
- WATTS: Display the user's exercise power.
- PULSE: Display the real time pulse, when the heart rate monitor is connected, the wireless heart rate

icon  is on.

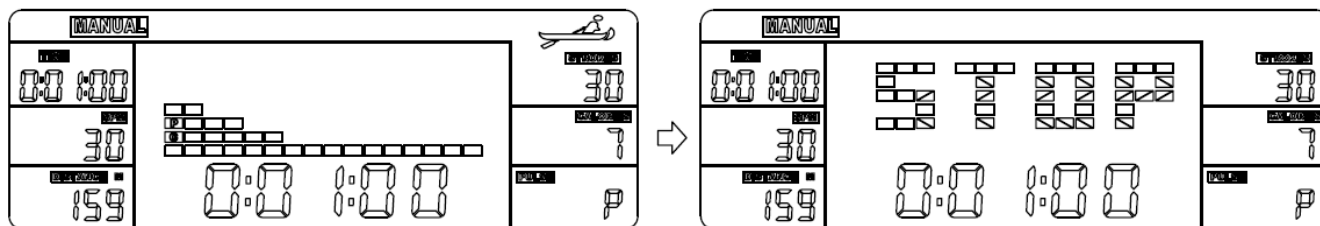
Exercise Mode

MANUAL	Standard exercise mode.
PROGRAM	TIME/DISTANCE/STROKES countdown mode, and PULSE warning mode.
RACE	Race mode. User-defined PC difficulty (L1-L15), you can choose the distance to race: 500-10000 meters.

Key Function

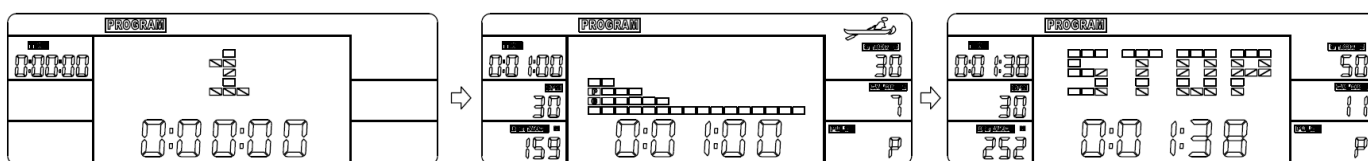
UP	1. Select exercise mode upwards. 2. Increase the value during setting.
DOWN	1. Select exercise mode downwards. 2. Decrease the value during setting.
MODE	1. During exercise, switch the display: TIME or TIME/500, STROKES or TOTAL STROKES, CALORIES or WATT. 2. In Program mode or Race mode, select and fix a function to set.
RESET	1. Return to the initial interface in stop state. 2. Reset the setting values to 0 when Bluetooth is not connected. 3. Press and hold the key for 2 seconds to clear all the function values except TOTAL STROKES when Bluetooth is not connected. 4. Press and hold the key for 6 seconds to disconnect from both the SunnyFit APP and the heart rate monitor; then, the meter will enter sleep mode.
ST./SP. (START/STOP)	1. Enter the exercise mode. 2. Start or stop exercise.

Manual Mode



- Press UP or Down key to select and lock onto “MANUAL”.
- Press ST./SP. key to start exercise.
- Press UP or DOWN key to select a particular function value to display in main window.
- Press MODE key to select and fix a function to display: TIME or TIME/500, STROKES or TOTAL STROKES, CALORIES or WATT.
- When in stop state, press ST./SP. key to restart; when in exercise state; press the ST./SP. key to stop.
- Press RESET key to return to the initial interface in stop state.

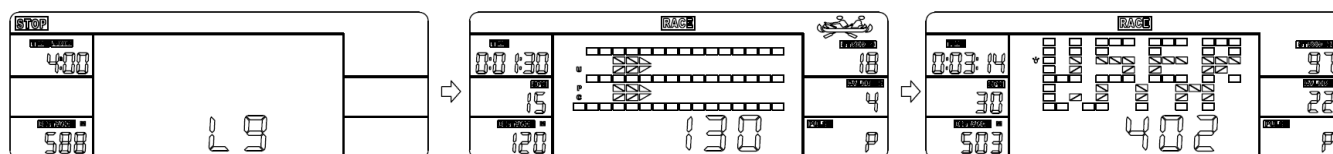
Program Mode



- Press UP or Down key to select and lock onto “PROGRAM”.
- Press ST./SP. key to set the mode.
- Press MODE key to select a function to set: TIME→DISTANCE→STROKES→CALORIES→PULSE.
- Press UP or DOWN keys to increase or decrease the setting value. Press RESET key to reset the setting value to 0.
- Press ST./SP. key to start exercise.
- Press UP or DOWN key to select a particular function value to display in main window.
- Press MODE key to select and fix a function to display: TIME or TIME/500, STROKES or TOTAL STROKES, CALORIES or WATT.
- If any function is set, at exercise state, this function is displayed as a countdown (except PULSE). When the countdown reaches 0, the exercise will automatically stop with a "DI DI" sound prompt.
- If PULSE value is set, at exercise state, when your pulse value surpasses the target value, the exercise will automatically stop with a "DI DI" sound prompt.
- When in stop state, press ST./SP. key to restart; when in exercise state; press the ST./SP. key to stop.
- Press RESET key to return to the initial interface in stop state.

NOTE: If more than one function value is set, only the last function value is valid.

Race Mode



- Press UP or Down key to select and lock onto “RACE”.
- Press ST./SP. key to set the mode.
- Press MODE key to select the function to set: TIME/500 or DISTANCE.
- Press UP or DOWN key to increase or decrease the setting value.
- PC level of difficulty is L1-L15. At higher difficulty, the PC will finish the race faster.
- Press ST./SP. key to start exercise.
- The one who finishes the race first is the winner.
- When in stop state, press ST./SP. key to restart; when in exercise state; press the ST./SP. key to stop.
- Press RESET key to return to the initial interface in stop state.

Sleep Mode

- The system turns off automatically and disconnects the heart rate monitor if the sensor has no signal input, or no key are pressed for approximately 4 minutes when Bluetooth is not connected.
- The system turns on when any key is pressed or there is a signal input.

Bluetooth

1. The Bluetooth icon will flash when the meter is on or wakes from sleep mode. If no Bluetooth connection is established within 3 minutes, the Bluetooth icon will turn off.
2. The Bluetooth icon will stay on when it is connected.

Wireless Heart Rate

1. The wireless heart rate icon will flash when the meter is on. If the heart rate monitor is not connected within 1 minute, the wireless heart rate icon will turn off.
2. After exercise resumes, the wireless heart rate icon will flash. If the heart rate monitor is not connected within 1 minute, the wireless heart rate icon will turn off.
3. When the meter wakes from sleep mode, the wireless heart rate icon will flash. If the heart rate monitor is not connected within 1 minute, the wireless heart rate icon will turn off.
4. The wireless heart rate icon will flash when the MODE key is pressed. If the heart rate monitor is not connected within 1 minute, the wireless heart rate icon will turn off.
5. The wireless heart rate icon will stay on when the heart rate monitor is connected.

NOTE:

1. The heart rate monitor is not included. Wireless heart rate function works with SunnyFit Heart Rate Monitor HR200. HR200 can only connect to the meter when the wireless heart rate icon is flashing.
2. The information displayed is an estimate only. Actual values may vary depending on factors such as body weight, resistance level, workout intensity, and other individual conditions. The information is provided for reference purposes only and should not be used for medical or dietary purposes.

Battery

This meter uses 2 AA batteries, which are included. Changing the batteries will reset all values. If there is a problem with the display, try to change the batteries first. When changing the batteries, change both at the same time. Do not mix battery types. Do not mix old and new batteries. Dispose of old batteries according to your regional guidelines.

App Connection:

Connect Smart Equipment to SunnyFit App:

1. Scan to download SunnyFit from the app store:



2. Ensure that the Bluetooth function is turned on from your mobile device.
3. If this is your first time using the SunnyFit app, follow the in-app instructions to register for your free SunnyFit account and log in.
4. Begin any workout activity that matches your smart equipment, then follow the onscreen prompts to search for and connect to your smart equipment.
5. When connected, your stats and records will be displayed at the end of your course/session, and recorded in your account profile!

Troubleshooting:

- If you are having trouble connecting your smart equipment, visit www.sunnyfit.com/guide or scan the QR code below:



- If you require additional support, please contact support@sunnyfit.com.

Parts List

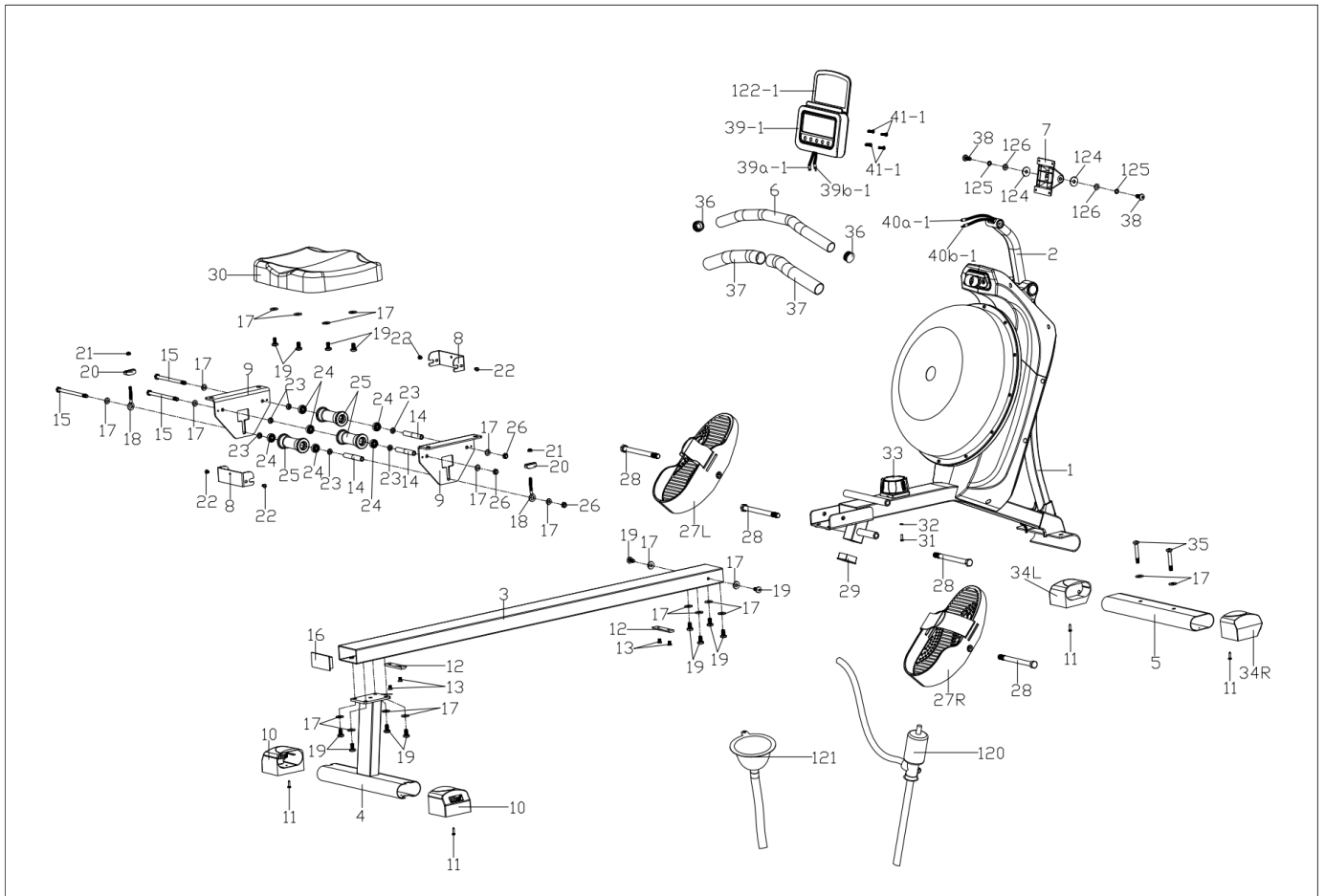
No.	Description	Spec.	Qty.
1	Main Frame		1
2	Meter Support Tube		1
3	Slide Rail		1
4	Rear Support Tube		1
5	Front Stabilizer		1
6	Pull Bar		1
7	Meter Plate		1
8	U Shape Baffle		2
9	Supporting Board		2
10	Adjustable Rear End Cap		2
11	Screw	ST4.2x18	32
12	Limit Cushion		2
13	Screw	M6x10	4
14	Spacer		3
15	Hex Bolt	M8x125	3
16	Square Cap	J80*40*2.0*H18	1
17	Flat Washer	D8xD20x1.5	22
18	Adjustable Chain Bolt	M6x50	4
19	Screw	M8x15	14
20	Adjustable Chain U Mat		2
21	Nylon Nut	M6	7
22	Screw	M5x7	4
23	Roller Spacer		6
24	Bearing	608Z	6
25	Roller		3
26	Nylon Nut	M8	4
27L	Left Pedal		1
27R	Right Pedal		1
28	Hex Bolt	M12x160	4
29	Square Cap	For tube 38*38*1.5	1
30	Seat		1
31	Screw	M5x30	1
32	Flat Washer	D5	1
33	Tension Control		1
34L	Left Front End Cap		1
34R	Right Front End Cap		1
35	Bolt	M8x55	2
36	Round Cap		2
37	Foam Grip		2
38	Screw	M8x20	2
39-1	Meter	BJHT-109	1
39a-1	Meter Wire A		1
39b-1	Meter Wire B		1
40a-1	Sensor Wire A		1
40b-1	Sensor Wire B		1
41-1	Screw	M5x15	4
42	Upper Tank Cover		1
43	Cap		1
44	Screw	M10x30	1
45	Impeller		1
46	Flat Washer	D10xD30x2.5	1
47	Rotating Axle		1
48	Stainless Steel Pin		1
49	Tray Sealing Ring		1
50	Lower Tank Cover		1
51	O Shape Washer		1
52	Plug		1
53	Knob	Φ37.7x18.2xM8	4
54	Skeleton Oil Seal		1
55	Bearing	6005	2

No.	Description	Spec.	Qty.
56	Spacer		1
57	Hole Washer		1
58	Axle Washer		1
59a	Coupler 1 A		1
59b	Coupler 1 B		1
60	Coupler 2		1
61	Bolt	M6x12	10
62	Fixed Plate		1
63	Bearing Plate		1
64	Bearing	6001	1
65	Center Axle		1
66	Belt Pulley		1
67	Flat Washer	D6xD12x1.2	3
68	Spring Washer	D6	6
69	Axle Washer	D17	1
70	Bearing	16003	2
71	Hex Nut	M6	2
72	Belt Wheel		1
73	Bearing		1
74	Flat Washer	D6xD20x2	1
75	Screw	M6x18	1
76	Volute Spring Axle		1
77	Bolt	M6x35	5
78	Volute Wheel		1
79	PC Board 1		1
80	Volute Spring		1
81	Belt Wheel Cover		1
82	Flange Nut	M10x1	2
83	Hex Conical Thin Nut	M10x1	2
84	Bearing	6000 C&U	3
85	Plastic Belt Wheel		1
86	Aluminum Ring		1
87	Screw	ST4.2x12	2
88	Nut	M5	2
89	Hex Bolt	M5x35	1
90	Magnetic Board		1
91	Magnetic Board Axle		1
92	Mesh Belt		1
93	Belt	200PJ6	1
94	Hex Bolt	M6x30	4
95	Axle Washer	D10	6
96	Belt Wheel Axle		2
97	Bearing	6000	6
98	Belt Roller		3
99	Belt Wheel Axle		1
100	Hole Cover		2
101	Bolt	Φ19.2x96	1
102	Axle Sleeve		2
103	Flat Washer	D8xD30x1.5	1
104	Compress Spring	Φ1.0xΦ16xΦ10xL54	1
105	Screw	M5x15	2
106	Pull Bar Fixed Plate		1
107	Hex Nut	M8	1
108	Adjustable Foot Pad		1
109	Decoration Cover		1
110L	Left Belt Cover 1		1
110R	Right Belt Cover 1		1
111L	Left Belt Cover 2		1
111R	Right Belt Cover 2		1
112	Screw	M4x12	12

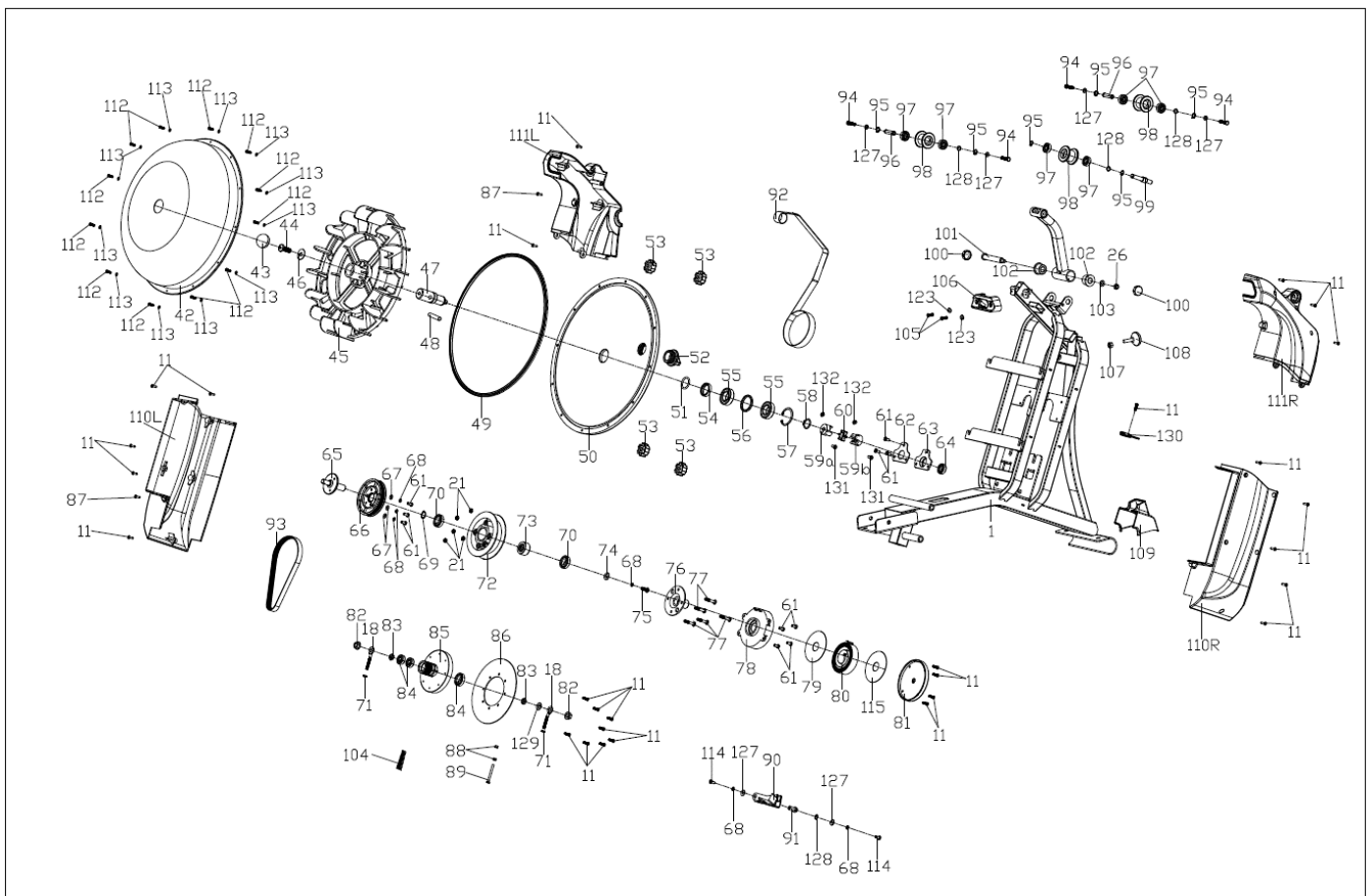
No.	Description	Spec.	Qty.
113	Flat Washer	D4xD9x1	12
114	Screw	M6x14	2
115	PC Board 2		1
116	Wrench	S17,S19	1
117	Allen Wrench	S5	1
118	Allen Wrench	S6	1
119	Spanner	S13,S14,S15	1
120	Pumping Siphon		1
121	Funnel		1
122-1	Tablet Holder		1

No.	Description	Spec.	Qty.
123	Flat Washer	D5xD10x1	2
124	Cushion 1		2
125	Spring Washer	D8	2
126	Flat Washer	D8xD16x1.5	2
127	Flat Washer	D6xD16x1.2	6
128	Wave Washer	D10xΦ15x0.3	4
129	Flat Washer	D10xD20x2	1
130	Sensor Seat		1
131	Bolt	M6x37	2
132	Nylon Nut	M6	2

Exploded Diagram 1



Exploded Diagram 2



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