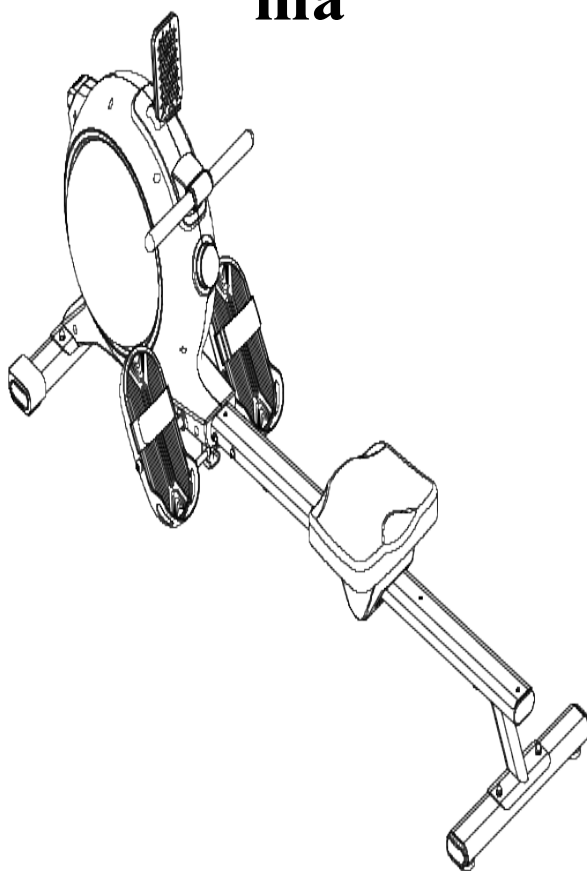


# A-88 Rowing Machine User Manual

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Please read this manual carefully before assembling and using this  
ne.

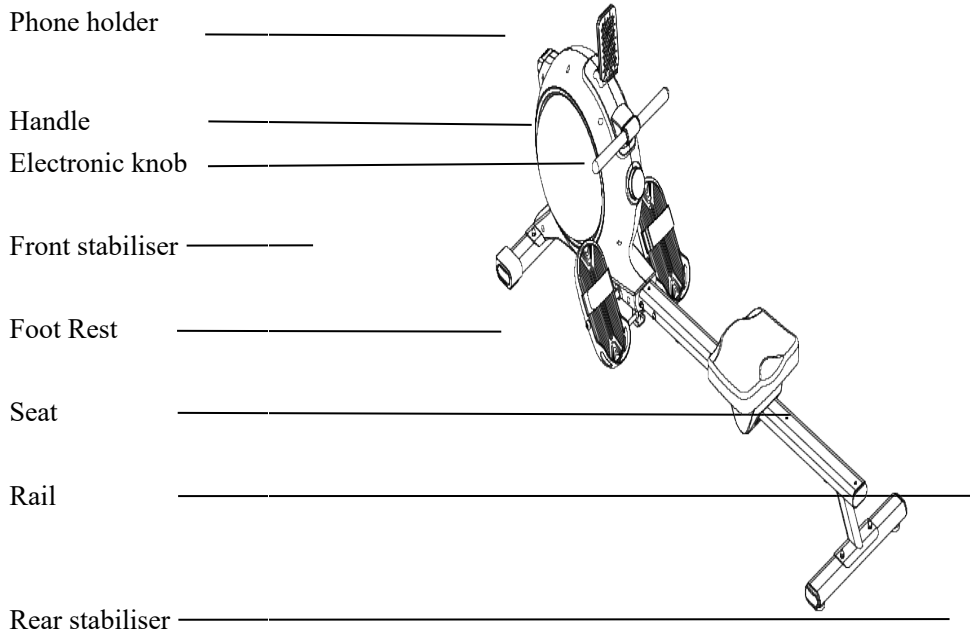


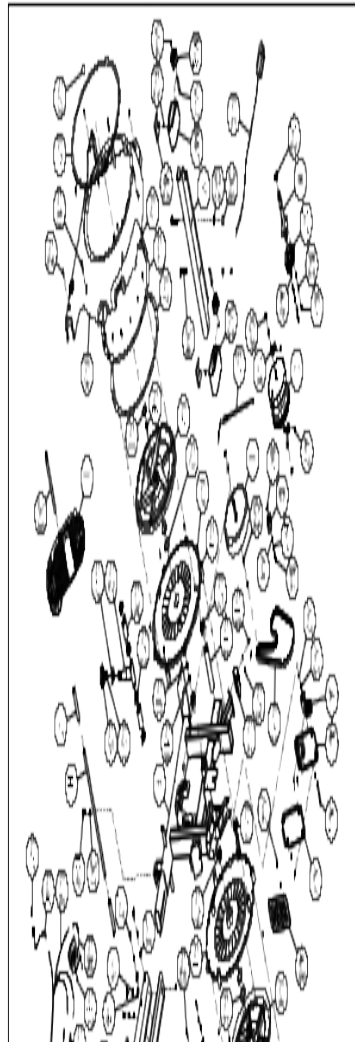
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# 1. Product Brief





**Main parameters and parts list**

No.	Parameters	Description	No.	Parameters	Description
1	Flywheel weight	3kg	3	Expand dimensions	1820*520*780mm
2	Max user weight	120KG			

**Packing list**

No.	Name	Unit	Qty	No.	Name	Unit	Qty
1	Main frame	pc	1	8	Right Foot Rest	pc	1
2	Rail	pc	1	9	Fixed rod group of Pedals	pc	1
3	Seat	pc	1	10	Water Suction Pump	pc	1
4	Front stabiliser	pc	1	11	Toolkit	set	1
5	Rear stabiliser	pc	1	12	Rectifier	Set	1
6	Rear support set	pc	1	13	Limit plug	pc	1
7	Left Foot Rest	pc	1	14	User manual	pc	1

**Toolkit**

No.	Name	Unit	Qty	No.	Name	Unit	Qty
1	Allen key 5mm	pc	1	6	Cap nut M8	pc	4
2	Allen key 8mm	pc	1	7	Hex nut M8*T4	pc	1
3	Wrench	pc	1	8	Pan head screw M8*25	pc	1
4	Carriage bolt M8	pc	4	9	Pan head screw M12*160	pc	2
5	Flat washer Φ8	pc	4	10	Water purification tablet	pc	2

No.	Name	Qty	No.	Name	Qty
A	Adjusting seat of phone holder	1	F-17	Limit Stopper	1
A-1	Upper cover of phone holder	1	F-18	Wave washer	1
A-2	Lower cover of phone holder	1	F-19	Bearing	2
A-3	Anti- slip layer	1	F-20	PVC Hose	2
A-4	Cross recessed pan head screw	8	F-21	Drainage tee	1
A-5	Hex head bolt	1	F-22	Hexagon nuts	1
A-6	Flat washer	10	F-23	Waterproof sealing gasket	1
A-7	Nylon nut	5	F-24	Drain plug	1
B	Axis	1	F-25	Rope wheel	2
B-1	Belt pulley	1	F-26	Rope wheel Fixed shaft	2
B-2	Shaft sleeve of Axis	1	F-27	Limit Stopper	4
B-3	Spring washer	8	F-28	Socket head cap screw	4
B-4	Pan head socket head cap screw	4	F-29	Right cover	1
C	Spring box set	1	F-30	V-belt	1
C-1	Adjustor	2	F-31	Handlebar holder	1
C-2	Hexagon nut	4	F-32	Rectifier	1
D	Idler lever	1	F-33	Electronic knob	1
D-1	Wave washer	1	F-34	Sensor Fixed Seat	1
E	Flywheel	1	F-35	Triangular mechanical screw	7
E-1	Tension wire	1	F-36	Sensor box	2
F	Frame set	1	F-37	Triangular mechanical screw	4
F-1	Bottom cover of water tank	2	F-38	Gearbox	1
F-2	Cross recessed pan head self tapping screws	58	F-39	Connecting cable(upper)	1
F-3	O-ring	4	F-40	DC lines	1
F-4	Impeller	2	F-41	Fixing nut	1
F-5	Impeller sealing plug	2	F-42	Water injection label	2
F-6	Hexagon flange sector screw	2	G	Handlebar	1
F-7	Water tank sealing ring	2	G-1	Upper cover of the handlebar	1
F-8	Water Tank	2	G-2	Lower cover of the handlebar	1
F-9	Left cover	1	G-3	Plug	2
F-10	Cross recessed pan head self tapping screws	10	G-4	Handlebar cover	2
F-11	Plastic decorative ring	2	G-5	Cross recessed pan head self tapping	2
F-12	Metal hold hoop	6	H	Pedal Fixing rod	1
F-13	PVC long hose	1	H-1	Cover	2
F-14	Folding foot pad support	1	I	Left Pedal	1
F-15	Flat washer	2	I-1	Right Pedal	1
F-16	Cross recessed pan head screws	2	J	Sliding rail	1

No.	Name	Qty		No.	Name	Qty
J-1	Aluminum plate	1		N	Seat	1
J-2	Cross recessed countersunk head screws	4		N-1	Seat fixing sheet metal	2
J-3	Limit plug	2		N-2	Seat roller spacer sleeve	6
J-4	Cross recessed pan head tapping screws	4		N-3	Upper roller set of seat	2
J-5	Flat washer	13		N-4	Lower roller set of seat	1
J-6	Spring washer	6		N-5	Roller axis of seat	3
J-7	Pan head socket head cap screw	9		N-6	Seat cover	1
J-8	Arc washer	4		N-7	Lock nut	6
J-9	Tube plug	1		O	Toolkit	1
K	Rear support set	1		O-1	Allen Wrench 5mm	1
L	Rear stabilizer	1		O-2	Allen Wrench 8mm	1
L-1	Tube plug	2		O-3	Wrench	1
L-2	Adjustable foot pad	2		O-4	Carriage bolt	4
M	Front stabilizer	1		O-5	Flat washer	4
M-1	Left tube plug	1		O-6	Cap Nut	4
M-2	Fixing bolt of transportation wheel	2		O-7	Hex nut	1
M-3	Transportation wheel	2		O-8	Hexagon Socket Screw	1
M-4	Limit stopper	2		O-9	Hexagon Socket Screw	2
M-5	Foot pad	2		O-10	Water purification tablets	2
M-6	Right tube plug	1				

## 2. Safety Instructions and Warnings



*Please read the below carefully before using your Rowing Machine*

**NOTE:** Though the product has been thoroughly designed and produced with safety in mind, please make sure to follow the instructions below.

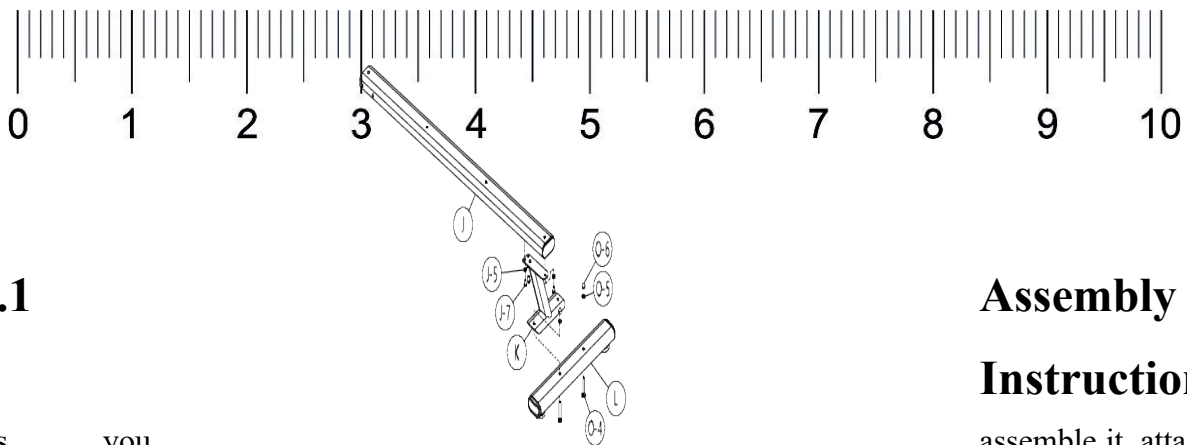
We do not accept any responsibility for any issues arising from user error.

- ◆ This rowing machine is suitable for indoor use only. Set up and operate it on a solid, level surface. Do not place any objects on the product.
- ◆ If the power cord is damaged, it must be replaced by professionals to ensure the safety of the user(s).
- ◆ If the product will not be used for a prolonged period, please unplug the power cord.
- ◆ This product is not suitable for minors. Please do not use it if you feel unwell, dizzy or out of breath.
- ◆ Do not use the rowing machine in a dusty environment and ideally an environment with low humidity to avoid static.
- ◆ Please use original parts only.
- ◆ Do not use the rowing machine near a heat source.
- ◆ Non employees of Inthemarket.ie are not allowed to disassemble the rowing machine without authorisation and the warranty is voided by doing so
- ◆ Please make sure to wear the correct footwear and do not wear loose clothing that could potentially get caught in the machine.
- ◆ If you feel unwell or uncomfortable during use, please stop and consult a doctor.
- ◆ Make sure that the electrical socket that you are using is safe. Do not use on an overloaded socket or extension lead.
- ◆ The product is suitable for home use, not for professional training or a gym environment. It can not be used for medical purposes.
- ◆ Do not use it if there are any cracks or breaks in the outer casing or if there are any internal wires visible.
- ◆ Do not use it after eating, when extremely tired or if you are not in good physical condition. Always consult a medical professional before any exercise regime is started.
- ◆ Do not touch the plug with wet hands.
- ◆ Please unplug the rowing machine when not in use.
- ◆ The product is of HC level. If you feel that there may be electrical issue with the rowing machine, please consult with a certified electrician only.



## HARDWARE IDENTIFICATION CHART

-----  
This chart is provided to help identify hardware used in the assembly process. Use the scale to check the length of the bolts and screws.



### 3.1

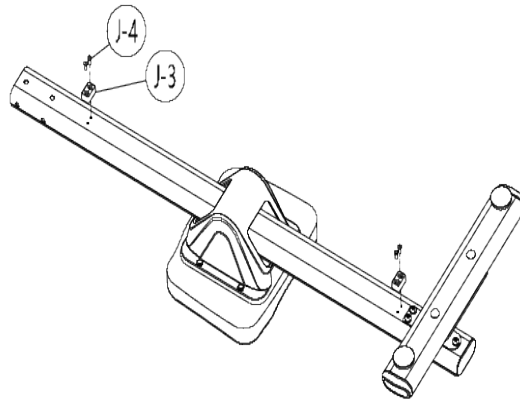
As you  
of the  
only finally  
rowing  
completely assembled.

**STEP 1.** Take out the sliding rail J#, rear stabiliser L#, rear support set K# from the package and take out the wrench O-3#, Allen wrench 5mm O-1#, cap nut O-6#, flat washer O-5#, carriage bolt O-4# from the toolkit. As shown in the figure below: first loosen the pre-assembled screws J-7#, J-6#, J-5# and J-4# on the sliding rail J#, and then pass the rear support set K# through the loosened J-7# , J-6#, J-5# screw group and connect it with the sliding rail J#. After the screws here are fixed, use the Allen wrench O-1# to lock them, and finally connect the rear stabiliser L# through O-4 #, O-5#, O-6# screw group to connect it with the rear support set K#. After the screws are fixed here, use the wrench O-3# to lock them.

### Assembly

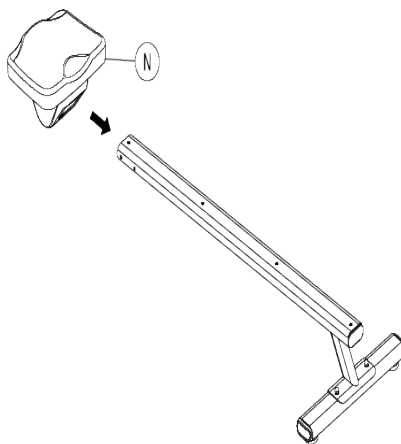
### Instructions

assemble it, attach all  
screws initially, and  
tightened after the  
machine is



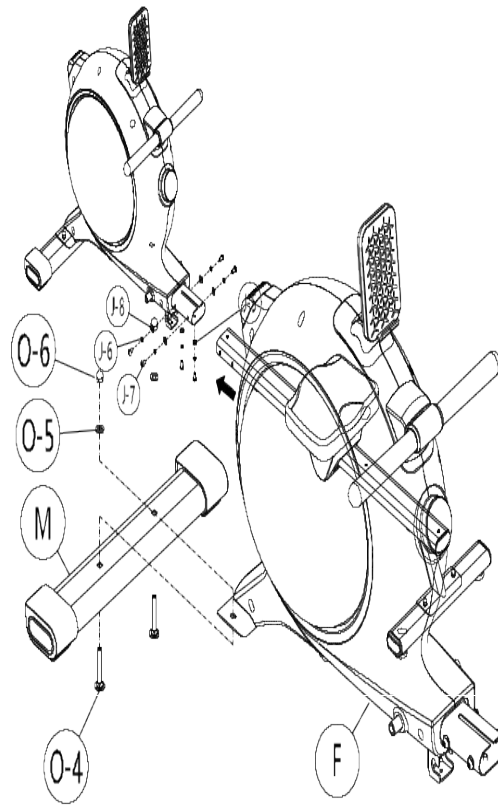
**STEP 2.** Take out the seat N#. Prepare as per the Diagram: attach the seat to the sliding rail.

**STEP 3.**  
 3# from the  
 in the  
 the Allen  
 to lock the  
 the back of  
 and secure it



Take the limit plug J-  
 package. As shown  
 diagram below: Use  
 wrench 5mm O-1#  
 limit plug J-3#  
 on the sliding rail  
 with screw J-4#.

out  
M#  
F#

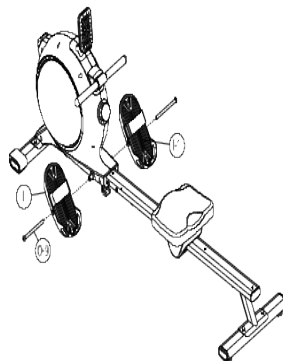


set  
nut  
O-  
wre

**STEP 4.** Take Front stabiliser and frame set from the package. Prepare using the following diagram: connect Front stabiliser M# with frame F# with Cap O-6#, flat washer O-5#, carriage bolt 4# and secure it with nut O-3#.

**STEP 5.** Loosen the pre-assembled J-5#, J-6#, J-7#, J-8# screw groups on the frame set, and insert the assembled sliding rail into the frame set connecting pipe in the direction indicated by the arrow. Use the loosened screw groups J-5#, J-6#, J-7#, J-8# to fix the two components together, and then use Allen wrench O-1# to secure.

**STEP 6.** Take out the left pedal I# and right pedal I-1# from the package, and simply fix the pedal on the pedal shaft of the frame with the hexagon socket screw O-9#. Finally, lock the screw with Allen wrench 8mm O-2#.

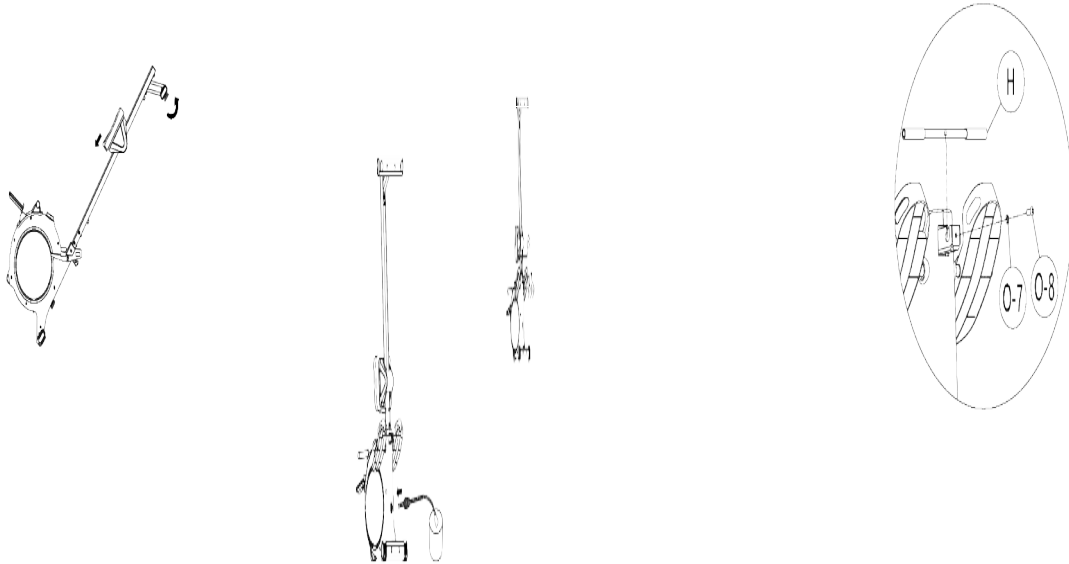


**STEP 7:**  
stabiliser  
product in  
indicated  
in the  
below.  
that during  
process, if  
position is

Hold the rear  
and fold the  
the direction  
by the arrow  
diagram  
Please note  
the folding  
the seat  
not at the

limit plug, the seat will move down due to its own weight. Pre-assemble the hex nut O-7# on the hexagon socket screw O-8#, align the middle part of pedal fixing rod H# with the screw hole and put it into the fixed sheet metal. Use Allen wrench O-1# to tighten the hexagon socket screw O-8#, and finally use wrench O-3# to tighten the hex nut O-7# to the sheet metal.

**Water Injection:** Rotate the drain plug F-24# and the waterproof sealing gasket F-23# anti clockwise (as shown in the figure below) to loosen them.



Insert the water suction pump indicated by the arrow in the side in the bucket, and fill the air bag (About 3.5 liters, or do label by looking at it. It is the water purification pills in plug F-24# and waterproof it. Lay the device flat, and use the device to the power supply

**※IMPORTANT: Do not exceed the warning line. Otherwise during use, which may affect the service life of the equipment.**



into the tee pipe in the direction picture below, and place on the other water tank with water by pressing the not exceed the water injection warning recommended to add pure water). Put the tee pipe, and then rotate the drain sealing gasket F-23# clockwise to lock the rectifier in the package to connect and now you can start your exercise.

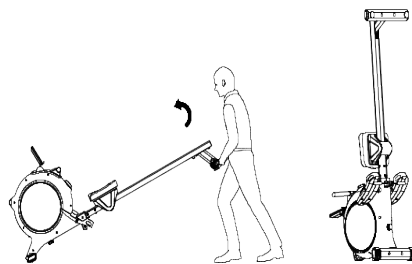
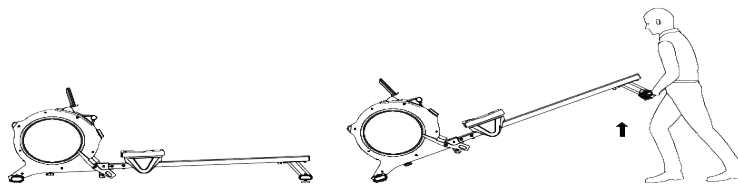
**exceed the maximum water injection there is a risk of water leakage affect the service life of the**

**Moving:** You can move or fold the product as Pic 1 and Pic 2 when the device is not in use.

Pic 1

Pic 2

3.



## Warm-up

### Suggestions

#### Warm-up and Stretching UP

purpose of up is to prepare

WARM-  
The  
warming

your body for exercise and to minimise injuries. Warming up for two to five minutes before strength

training or aerobic exercising can raise your heart rate and warm your muscles, which can also help to avoid injuries.

## STRETCHING

Stretching is very important to warm up your muscles before exercise, to avoid injuries or to relax your muscles to relieve the soreness in muscles after strength or aerobic training. Muscle stretches are easier and more efficient at this time because muscles have warmed up, which greatly reduces the risk of injury. Each stretch should be held for 15 to 30 seconds.




Here are the suggested warm-up and stretching exercises, below.



## 4. Usage Instructions

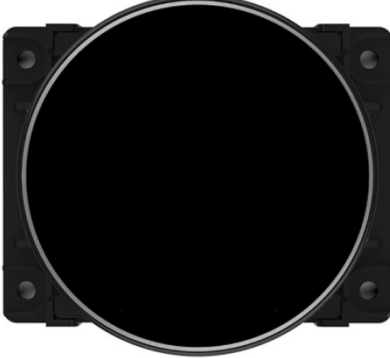


### 5.1 Main display description

No.	Program	Display window	Brief description
-----	---------	----------------	-------------------

1	Full display		<ol style="list-style-type: none"> <li>1. 24 effect lights in the outer circle.</li> <li>2. TEMPO display: Paddle frequency(unit: spm)</li> <li>3. LEVEL display: Resistance level (1~32 levels).</li> <li>4. Exercise data display: Paddle times, 500m pace, speed, time, distance and calories.</li> <li>5. Bluetooth connection status display.</li> </ol>
2	Carousel mode		<ol style="list-style-type: none"> <li>1. Interval time of data carousel: 3s</li> <li>2. Small window carousel: TEMPO and LEVEL</li> <li>3. Main window carousel: Paddle frequency, 500m pace, speed, time, distance and calories.</li> <li>4. The Bluetooth light indicates the status of the Bluetooth connection. The light will be on when connected and off when not connected.</li> <li>3. Lights in the outer circle will be on in exercise mode by default.</li> </ol>
3	Lock mode		<ol style="list-style-type: none"> <li>1. Press the knob briefly to switch the display mode and lock the data you wish to see.</li> <li>2. Data can be locked in the main window: Paddle frequency, 500m pace, speed, time, distance and calories.</li> <li>3. Data can be locked in the small window: TEMPO and LEVEL.</li> <li>3. Lights in the outer circle will be on in exercise mode by default.</li> </ol>



## 5.2 Main operating instructions

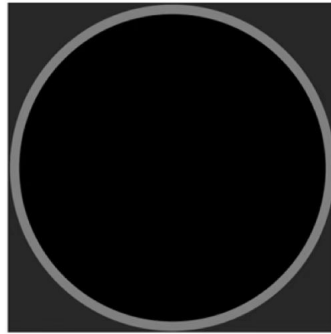
No.	Programs	Screen	Brief description
1	<b>Wake the screen from sleep mode</b>		<ol style="list-style-type: none"> <li>1. The screen will be off in sleep mode.</li> <li>2. Wake the screen by pressing the knob or beginning exercising.</li> </ol>
2	<b>Press the knob</b>		<ol style="list-style-type: none"> <li>1. The screen enters sleep mode after no operation or exercise for 3 minutes.</li> <li>2. When in sleep mode, press the knob briefly to wake up the screen.</li> <li>3. When in wake mode, press the knob briefly to enter exercise mode.</li> <li>4. When in exercise mode, press the knob briefly to switch the display mode.</li> <li>5. Press the knob for 2s to reset the data and enter wake mode.</li> <li>6. When pressing the knob, there is a buzzer prompt.</li> </ol>
3	<b>Rotate the knob</b>		<ol style="list-style-type: none"> <li>1. Rotate clockwise to increase the resistance level.</li> <li>2. Rotate anti clockwise to reduce resistance level.</li> <li>3. When rotating the knob, there is a buzzer prompt.</li> </ol>

## 5.3 Detailed operation instructions

① When the power is on, the BUZZER beeps once, and the knob display lights up and enters the READY state (Pic 1); After power-on, the resistance level will reset to level 1 automatically. If there is no operation for 3 minutes, the screen will go off and enters into standby mode (Pic 2).



Pic. 1



Pic. 2

②When in READY state, short press the knob or rowing can directly make the screen enters the exercise state; the small window digital carousel paddle frequency "TEMPO" and resistance "LEVEL", switching the display every 3s (Pic. 3 and Pic. 4).



Pic. 3



Pic. 4

③ The "SCAN" icon lights up, and the data display of "speed", "time", "distance", "calories", "SPLIT", "/500m" will be switched every 3s (Pic. 5, Pic. 6, Pic. 7, Pic. 8, Pic. 9, Pic. 10).



Pic. 5



Pic. 6



Pic. 7



Pic. 8



Pic. 9



Pic. 10

④The display mode can be adjusted to locked by pressing the knob briefly. When the display is locked, the "SCAN" icon is not displayed. The data that can be displayed in lock mode: "speed", "time", "distance", "calories", "SPLIT" or "/500M" (Pic. 11, Pic. 12, Pic. 13, Pic. 14, Pic. 15, Pic. 16)



Pic.11

Pic.12

Pic.13




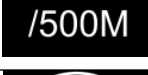

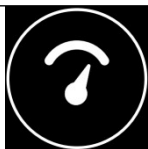






Pic.14

Pic.15

Pic.16

### 5.4 Data display description

No.	Program	Display window	Display description
1	Paddle frequency		0 ~ 999 <u>Displays real-time paddle frequency</u>
2	Resistance level		1 ~ 32 <u>The higher the level, the greater the resistance</u>
3	Paddle times		0 ~ 9999 The real-time paddle times
4	500m pace		00:00 ~ 99:59
5	SCAN		Display: data is displayed in rotation. Non-display: data is locked
6	Speed		0.0 ~ 999.9 km/h
7	Time		00:00 ~ 99:59 <u>Wake state, press the knob briefly or starts running after detecting movement, and stops running after detecting no movement for 4s</u>
8	Distance		0.0 ~ 999.9 km <u>Depends on the amount of strokes of the paddle, 1-6m/paddle</u>
9	Calories		0.0 ~ 999.9 cal <u>In direct proportion to the resistance level: Resistance level 1 corresponds to 33 kcal/km, resistance level 32 corresponds to 73 kcal/km</u>

10	Bluetooth		Display: Bluetooth connected No display: Bluetooth not connected
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## 6. Maintenance

**Cleanliness: Comprehensive cleaning will extend the life of the rowing machine.**

Remove dust regularly to keep it clean. Make sure that your trainers are clean.

**Maintenance:**

Replace any damaged parts immediately and do not use the device until the parts are replaced

**Thank You for Buying from InTheMarket.ie!**

We appreciate your support. As a valued customer, please use the discount code **ITMFIVE** for your next purchase for a 5% discount. Feel free to share with family and friends.

We hope that you have many happy years with your new A-88 Rowing Machine. Please note that even outside of your warranty, we carry spares and we also have a repair service available, so your product will last for many, many years.

**We Would Love to Hear What You Think.**

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