

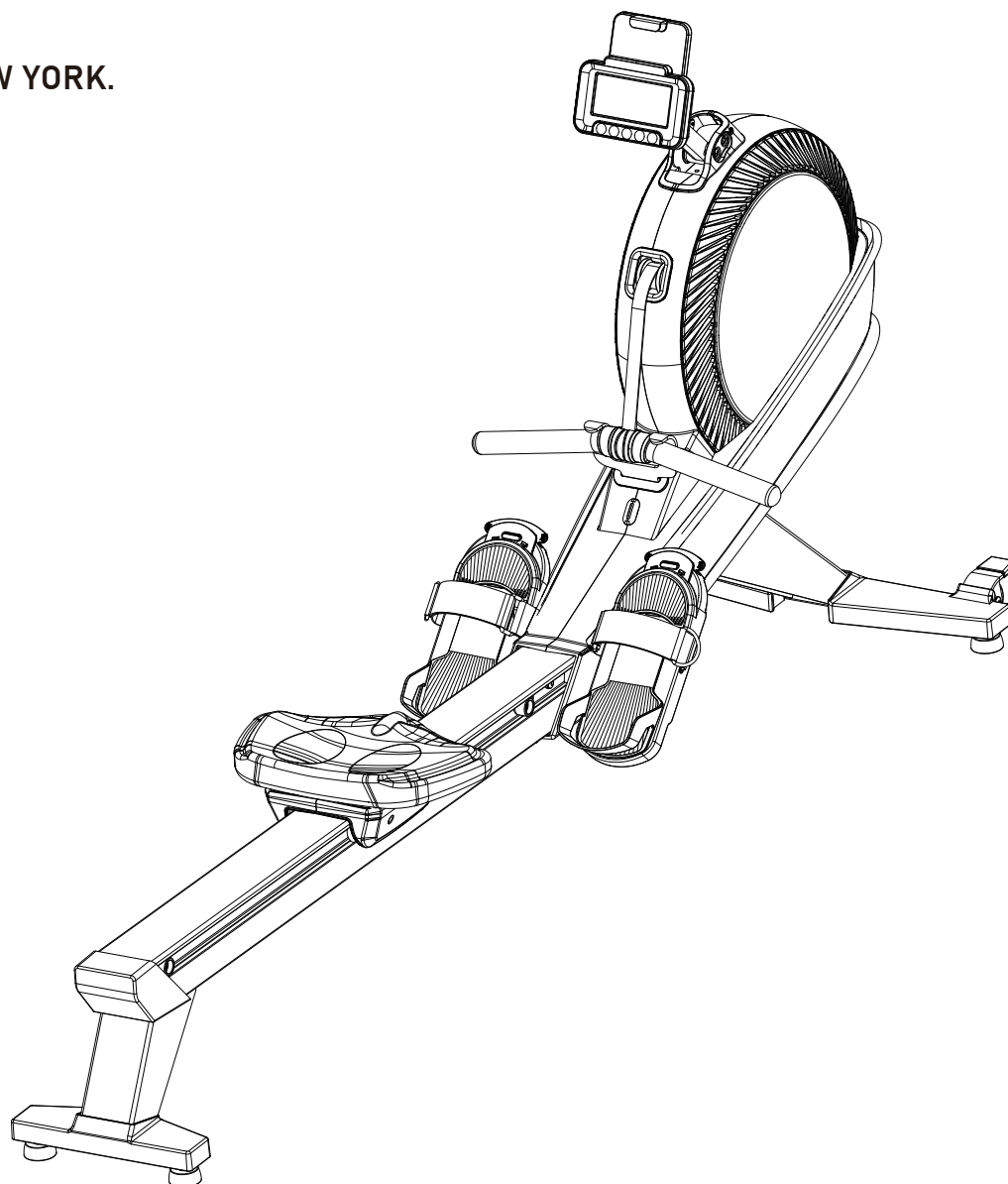
HUDSON
RESERVE

Gold Label
COLLECTION

REGATTA Rower

PRODUCT MODEL: 205E-M

DESIGNED IN NEW YORK.
MADE IN CHINA.



Safety Instructions

Please keep this manual properly for future reference.

- It is essential to read this entire manual carefully before assembling and using the equipment. Proper assembly, maintenance, and use of this equipment are required for safe and effective training. Ensure that all users are familiar with all warnings and precautions related to this equipment.
- Before using this equipment, users should consult a doctor regarding their physical condition to prevent accidents during training and ensure a safe exercise routine. If the user is undergoing treatment for conditions such as heart issues, high blood pressure, or high cholesterol, they must consult a doctor before beginning training.
- Always monitor your physical condition during training. Improper training methods may affect your health. If you experience any discomfort, such as headaches, chest tightness, irregular heartbeat, shortness of breath, blurred vision, dizziness, or nausea, stop exercising immediately and seek medical attention. Continue training only with a doctor's approval.
- Keep children and pets away from the equipment, as it is intended for adult use only.
- Place the equipment on a hard, flat surface, and protect the floor or carpet beneath it to avoid damage. Ensure that there is a clearance of at least 0.6 meters around the equipment.
- Before each use, check all bolts and nuts that need to be tightened to ensure they are secure for safe usage.
- Regular maintenance of parts prone to damage, wear, and breakage is necessary for the safe use of this equipment.
- Use the equipment only as instructed in this manual. If you discover any defective parts during assembly or maintenance, or if you hear any unusual noises during use, stop immediately. Resume only after resolving all issues.
- Pay attention to your clothing when using the equipment. Wear simple, close-fitting clothing and avoid loose clothing, as it may get caught in the equipment, hindering operation and potentially causing entrapment.
- This equipment is intended for home use only, with a maximum user weight limit of 150 kg. This equipment is not suitable for use as medical equipment.
- When lifting or moving the equipment, exercise caution, and use proper handling techniques when necessary to ensure safety.

Important Notices

Inspection Before Use and Maintenance

1. Rail

Before sitting on the rowing machine, check for dirt and debris on the seat wheels and slide rail. Small objects can obstruct the seat wheels and damage the slide rail surface. Check for debris on the slide rail before each use, and clean it regularly.

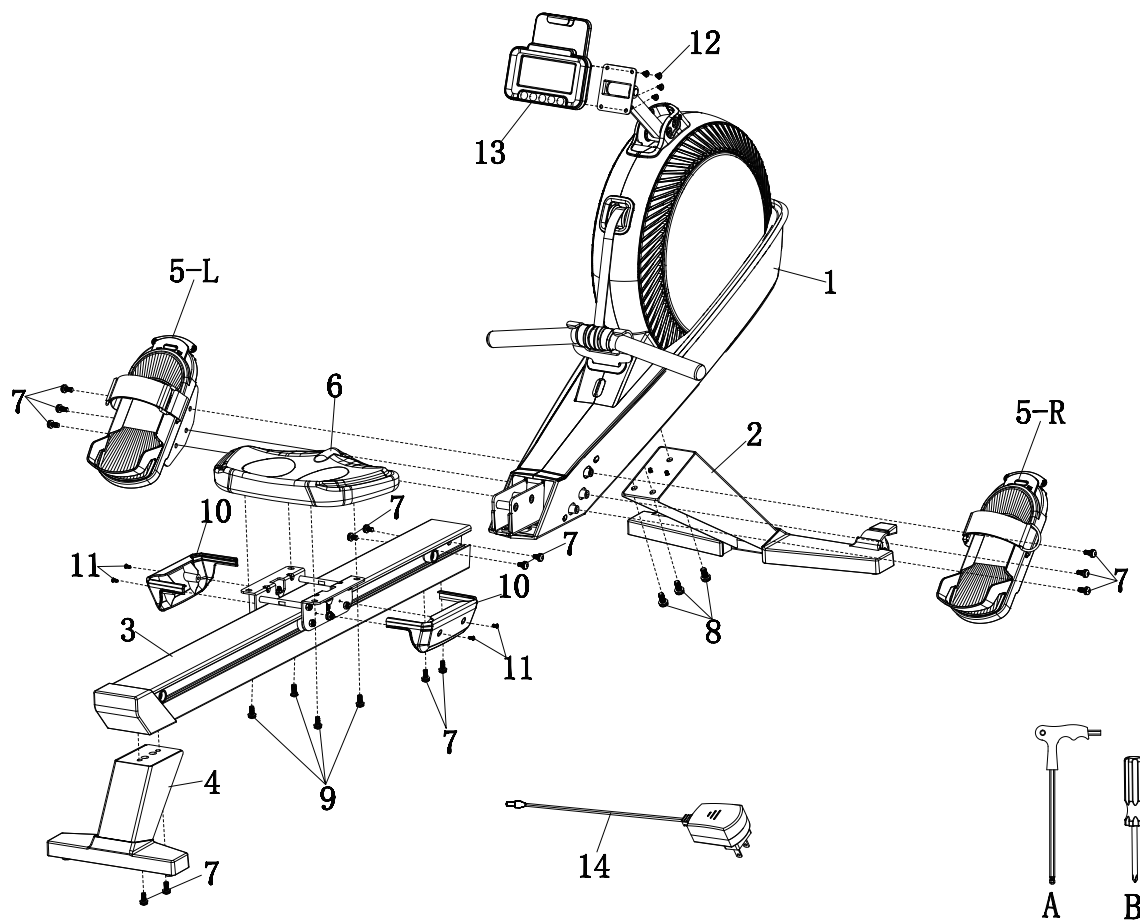
2. Fasteners

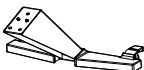
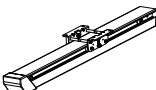
Regularly check that the frame bolts are tightened. Perform a check at the end of the first month of use, then every one month thereafter.

3. Surface Selection

Use your rowing machine on a flat surface to avoid wobbling and premature wear.

Parts Diagram



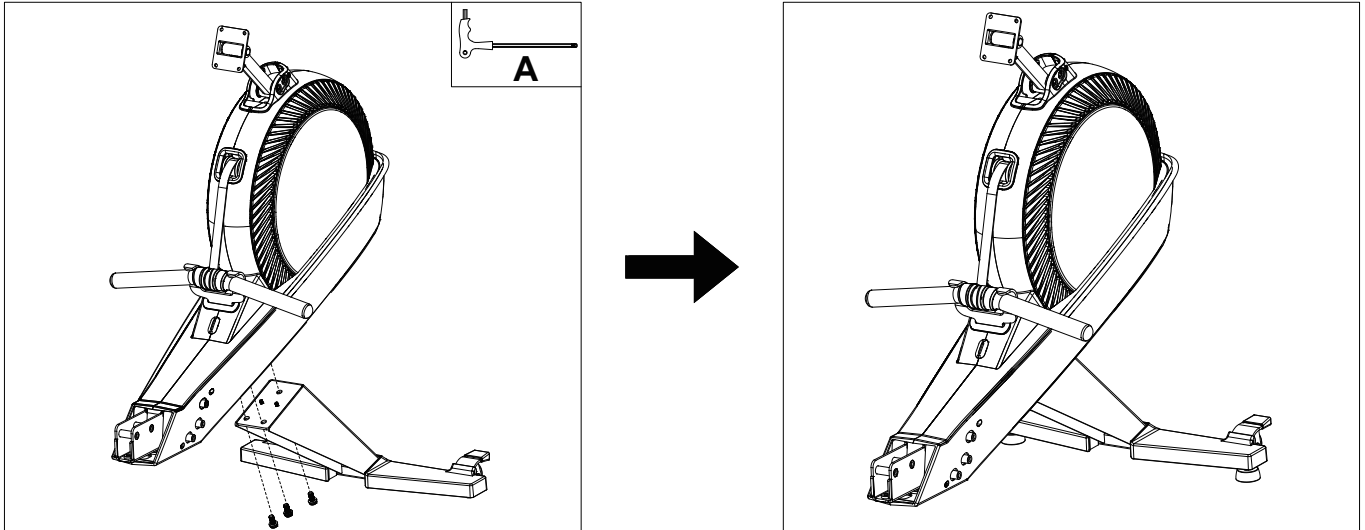
NO	Parts	Qty	NO	Parts	Qty
1		1	6		1
			7	 M8*20	14
			8	 M10*25	3
			9	 M8*16	4
2		1	10		2
3		1	11	 M5*10	4
4		1	12	 M5*12	4
5-L		1	13		1
5-R		1	14		1
			A	 #6	1
			B		1

Assembly Steps

Step 1:

As shown in the figure, take out **three No. 8 screws (M10 × 25 mm, with spring washer and flat washer)** and align them with the holes on the main frame and the front support tube.

First tighten them lightly by hand, then use **Hexagon wrench A (#6)** to fully tighten them.

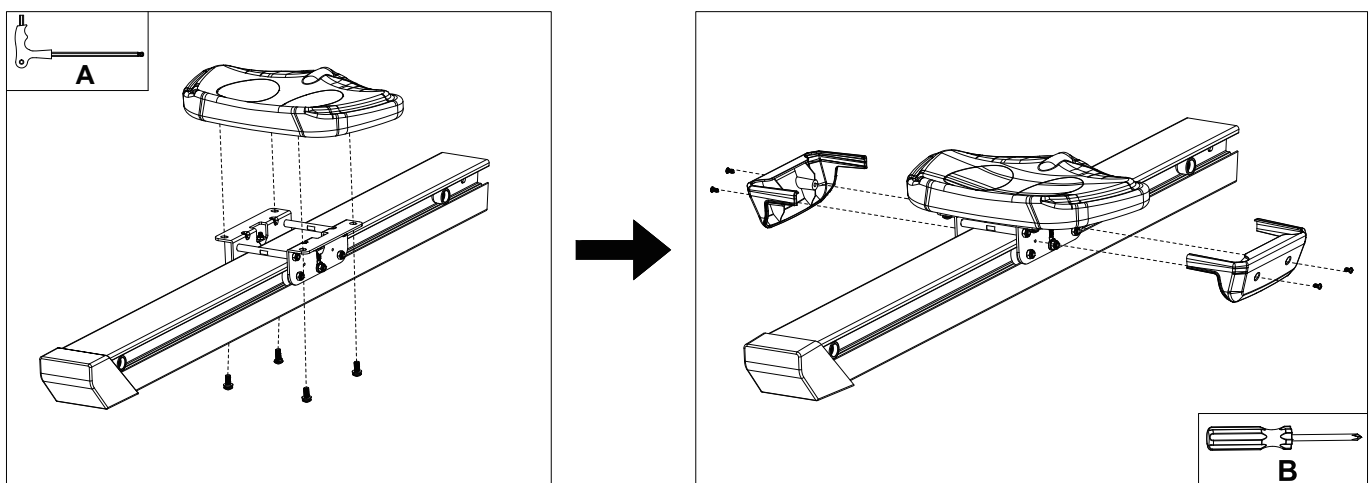


Step 2:

① As shown in the figure, align the **main frame rail** with the **seat rail**. Use **four No. 9 screws (M8 × 16 mm, with spring washer and flat washer)** to fix the rail to the bracket. First tighten them lightly by hand, then use **Hexagon wrench A (#6)** to fully tighten.

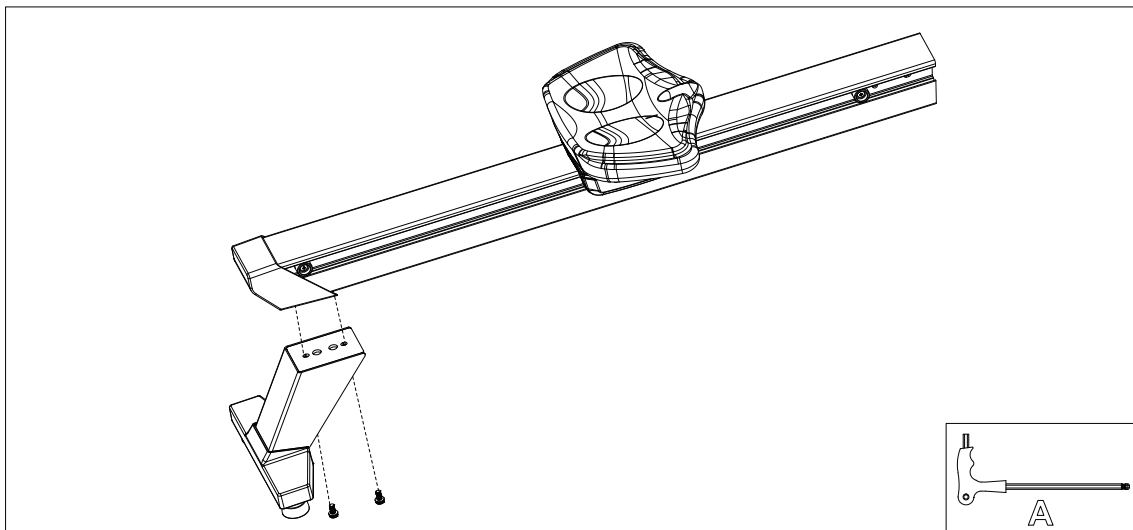
② As shown in the figure, install the decorative covers on both sides of the rail using **four No. 11 screws (M5 × 10 mm)**.

First tighten them with a **Phillips screwdriver B**, then fully tighten.



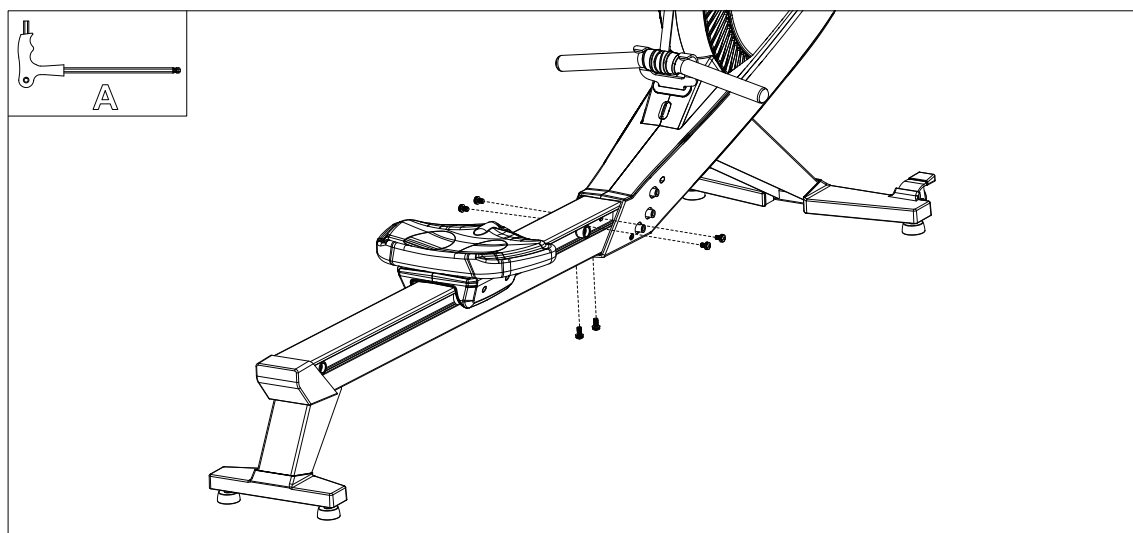
Step 3:

As shown in the figure, take out **two No. 7 screws (M8 × 20 mm, with spring washer and flat washer)** and align them with the main frame rail and the rear support bracket. First tighten them lightly with the **Hexagon wrench A (#6)**, then fully tighten.



Step 4:

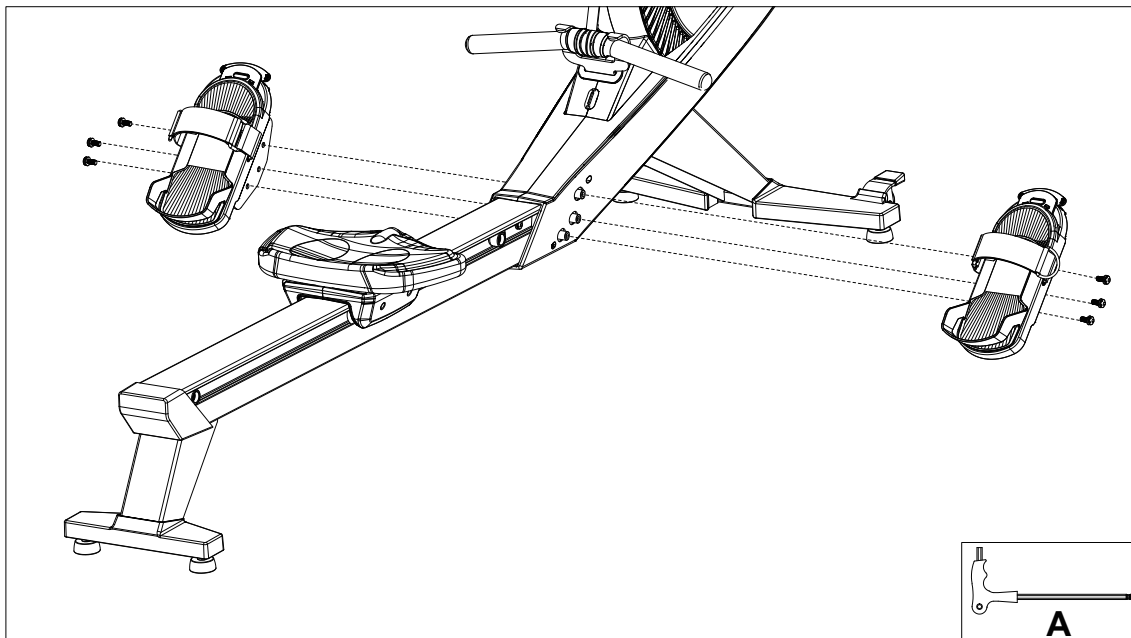
As shown in the figure, take out **six No. 7 screws (M8 × 20 mm, with spring washer and flat washer)** and align them with the **main frame rail and the main frame**. First tighten them lightly with the **Hexagon wrench A (#6)**, then fully tighten.



Step 5:

As shown in the figure, take out **six No. 7 screws (M8 × 20 mm, with spring washer and flat washer)** and align the **foot pedals with the main frame**.

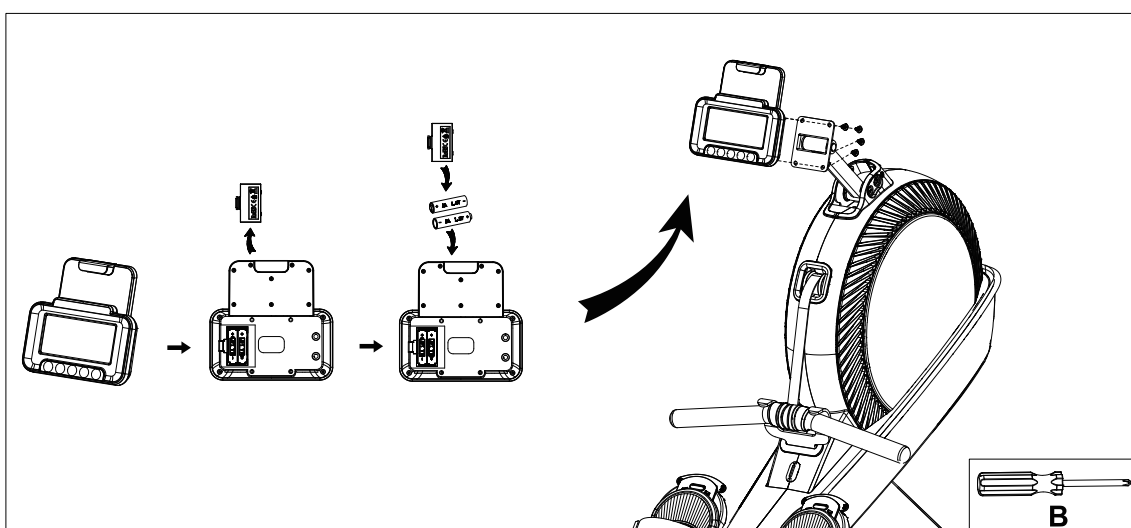
First tighten them lightly by hand, then fully tighten with **Hexagon wrench A (#6)**.



Step 6:

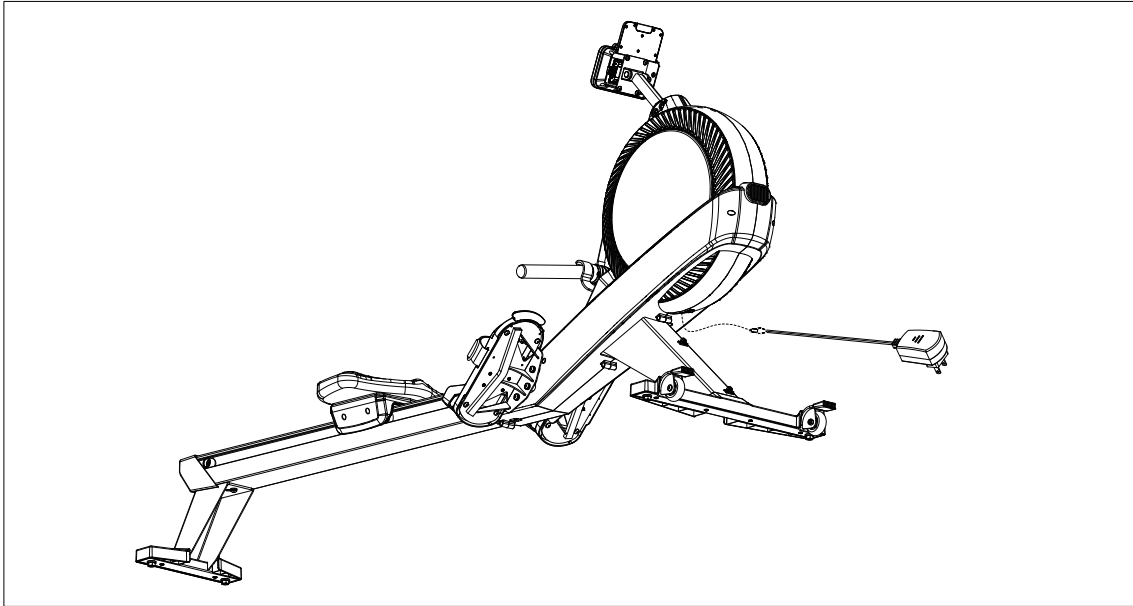
As shown in the figure, take out **four No. 12 screws (M5 × 12 mm)** and align the **console with the support bracket**.

First tighten them lightly by hand, then fully tighten with **Phillips Screwdriver B**.



Step 7:

As shown in the figure, plug in the **No. 14 adapter** and connect it to the **DC port on the machine** and then to the power outlet.

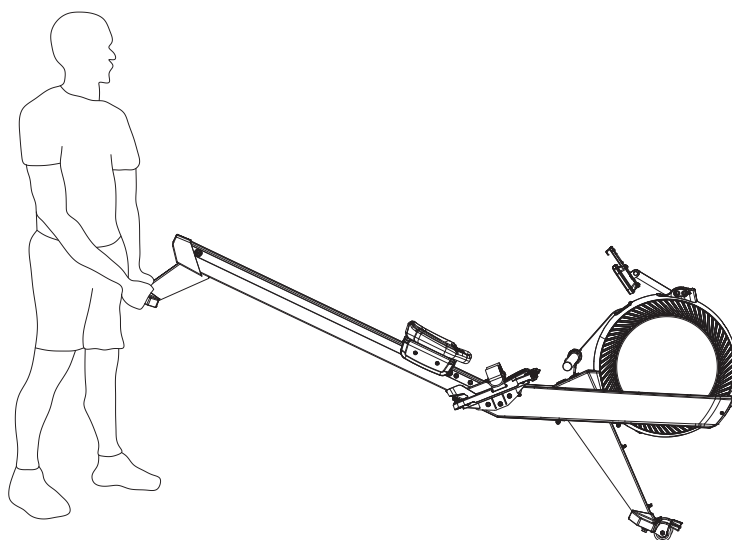


Important Notes:

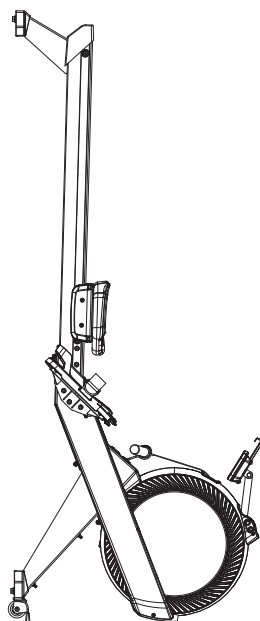
1. Please make sure all parts are installed according to the above instructions before fully tightening all screws. After confirming that nothing is missing, you may start using the machine.
2. There are **four adjustable foot pads** at the bottom of the machine. Please adjust them according to the flatness of the floor to ensure all foot pads are in contact with the ground. Otherwise, abnormal noise may occur during use and may cause unnecessary damage to the user.

Moving Instructions

1. Move the Rowing Machine as shown in the figure.



2. As shown in the figure, fold and store the rowing machine.



Console Usage Instructions

FUNCTIONAL BUTTONS

UP ▲/DOWN ▼: Through these two buttons, you can select the desired mode and set the function value

MODE: Confirm the selected function, press the button in the start state can switch to the total pulp number and power display

START/STOP: Start or stop exercising

RESET: In the stopped state, press short to enter the main menu selection mode, and press long for 3 seconds to clear the display and enter the main menu selection mode.



FUNCTION

TIME: Displays the current movement time. Press up and down in MANUAL mode to set the countdown.

TIME/500M: Displays the average time it takes to move 500 meters, updated continuously according to the speed of movement

SPM: Displays average counts per minute

DISTANCE: Displays the current movement distance. Press UP or DOWN in MANUAL mode to set the backcount distance.

STROKES: Displays the current paddle count. Press UP or DOWN in MANUAL mode to set the backcount.

TOTAL STROKES: Displays the total number of OARS currently rowing, which will be cleared only when the battery is unplugged

CALORIES: Displays the current number of calories consumed while rowing. Press UP or DOWN in MANUAL mode to set the backcount.

PULSE: Display current heart rate after wearing chest band (this value is not for medical reference)

functional description:

Power on and enter the initial MODE. MANUAL keeps blinking. Hold down the MODE key for 3 seconds to set gender and age.

MANUAL: In this mode, press the START/STOP key to enter the motion mode directly, press the UP or DOWN key to set the resistance value, and the resistance can be set L1-L32 gears. In the initial MODE, press the MODE key to set the counting value of time, distance, pulp number and calorie. After setting the desired value, press the START/STOP key to enter the running MODE. When the counting value is finished, the system will beep for 5 times and enter the initial MODE.

PROGRAM: In the initial MODE, press UP or DOWN to select this MODE, and press MODE to enter. There are 10 kinds of exercise programs in this MODE, including P1-P6 automatic program, P7-P9 heart rate control program, and P10 self-defined heart rate control program (P7-P10 requires wearing a chest strap to be effective).

RACE: In the match mode, press up and down to select L1-L15 time mode, press the Start button to start sports, and the user and PC start the match. After the match, the user or PC win will be displayed on the main interface, and the initial mode will be entered after 5 beeps.

How to Row

1. Starting Position

Sit on the rowing machine's seat and place your feet securely on the footrests. Adjust the foot straps if necessary to ensure a firm hold. Grip the handle with both hands and maintain a relaxed posture.

2. The Catch

Begin by sliding forward so your knees are bent, your arms are extended, and your back is straight. This is the starting position for each stroke, referred to as "the catch".

3. The Drive

Push off with your legs while keeping your arms straight. As your legs extend, engage your core and lean back slightly. Once your legs are almost fully extended, start pulling the handle towards your lower chest, keeping your elbows close to your body.

4. The Finish

Complete the movement by pulling the handle to your chest, just below your ribs, and leaning back slightly while keeping your back straight. Your legs should now be fully extended.

5. The Recovery

Extend your arms back toward the machine first, then bend your knees to slide back to the starting position. Maintain a smooth and controlled motion during this phase.

6. Repeating the Stroke

Repeat these movements in a continuous cycle. Aim to develop a rhythm where you move forward and backward smoothly, maintaining proper form to avoid strain.

How to Row

Training Time

1. Start with 5 minutes of training each day, rowing at a pace of 2:30 to 2:45 per 500 meters.
2. Gradually increase the training duration each day until you can comfortably manage 30-45 minutes per session, 3-4 times per week.
3. This routine will effectively improve your aerobic endurance, increase muscle tone, burn calories efficiently, and aid in weight loss.

				
The Catch Keep your back and arms straight, and relax as you slide forward.	The Row Push strongly with your legs, keeping your back and arms straight.	The Finish Extend arms and legs back until reaching the pelvis.	The Recovery Extend arms forward, then bend knees to return smoothly to the start.	Repeating the Stroke Repeat in a smooth, rhythmic cycle, keeping proper form to avoid strain.

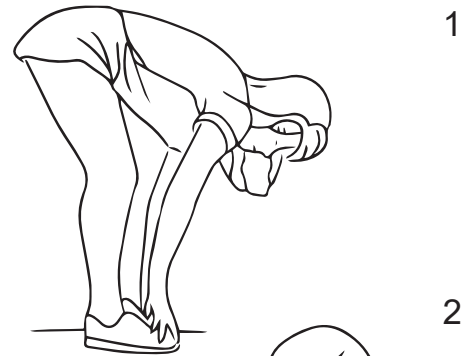
Consult a doctor before beginning any training. If you feel dizzy or unwell, stop immediately.

Warm-up Exercises

Before exercising, it's recommended to do warm-up exercises. Warm muscles are more flexible and allow for better movement. Therefore, start with 5-10 minutes of light activities. Afterward, do the following warm-up exercises, each for 10 seconds per stretch. Repeat each one 3 times.

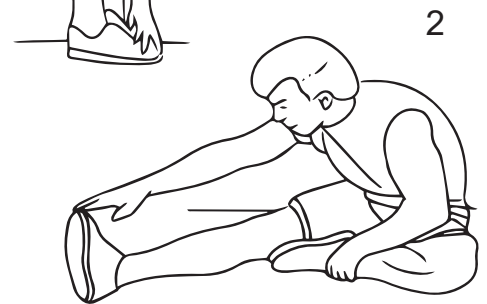
1. Forward Stretch:

Bend both knees slightly, and slowly bend the body forward to relax the back and legs. Use both hands to reach for the toes. Hold for 10-15 seconds, then relax. Repeat 3 times.



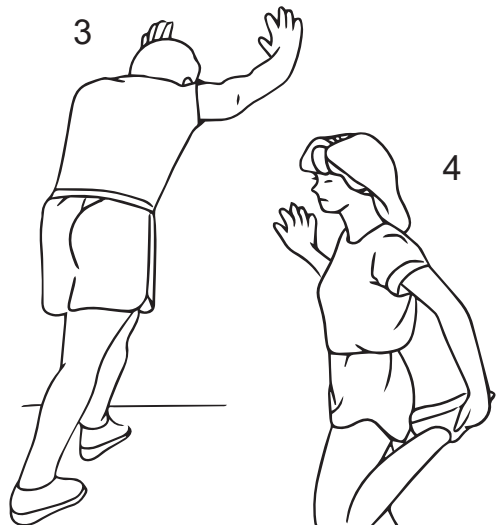
2. Leg Stretch:

Sit on a clean surface, stretch one leg straight, and pull the other leg inward. Bend the knee of the inward leg and bring the other leg to the side. Hold for 10-15 seconds, then relax. Repeat for 3 times on each leg.



3. Knee and Ankle Stretch:

Stand or hold onto a pole with one foot behind. Keep the back straight while stretching the other leg toward the side. Hold for 10-15 seconds, then relax. Repeat 3 times.



4. Neck and Upper Back Stretch:

Hold onto the back of a chair or door frame with both hands. Slowly bend the upper back towards the side, feeling the stretch in your neck and upper back. Hold for 10-15 seconds, then relax. Repeat 3 times.

5. Inner Thigh Stretch:

Sit on the floor with the feet flat against each other. Push the knees towards the floor to stretch the inner thigh. Hold for 10-15 seconds, then relax. Repeat 3 times.



Note: This product is designed for full-body workouts. Please follow the above warm-up steps before engaging in exercise.