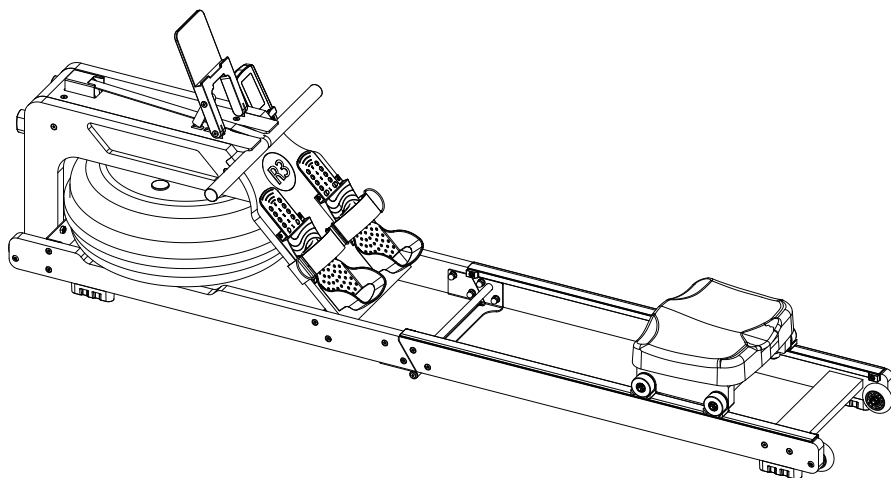




R3 ROWING MACHINE

Before using this product, carefully read and properly keep this manual.



Product model: JAS-RM003

JASPORT R3 Rowing Machine

Product Manual

Table of contents

Important Safety Instructions01

Introduction of the product03

Installation Guide - List of Parts04

Installation Guide06

Components adjustment11

Training computer12

Correct use15

Training guide16

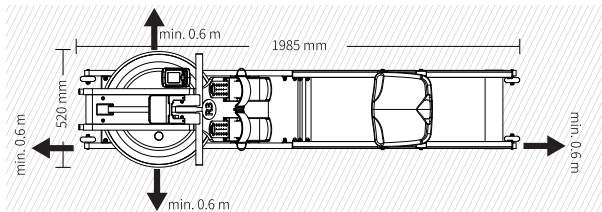
Care and maintenance18

Notes on disposal19

Disclaimer20

Important Safety Instructions

- Keep the operating instructions in a safe place, so that you can access them at any time.
- Do not assemble the equipment until you have read the operating instructions completely. The safety and efficiency of the appliance can only be guaranteed if it is correctly assembled and properly maintained and used. It is your responsibility to ensure that all users of the appliance are informed of warnings and precautions.
- **Warning:** The equipment must be placed on a stable and straight surface to be used safely. Protect the floor with a mat. Do not use the unit in humid environments such as pools, etc.
- The free area shall be not less than 0,6 m greater than the training area in the directions from which the equipment is accessed. Where equipment is positioned adjacent to each other the value of the free area may be shared.



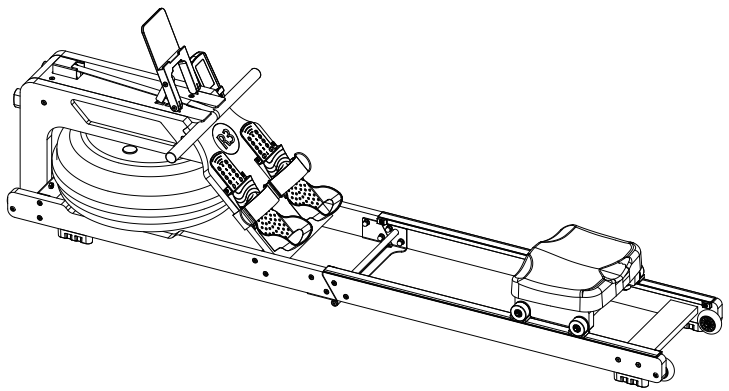
- Before using the exercise programmes, consult a doctor to determine if you have any physical or health problems that could pose a risk to your health and safety or prevent you from using the rowing machine properly. Your doctor's advice is vital if you are taking medication that affects your heart rate, blood pressure or cholesterol levels.
- Listen to your body's signals. **Warning:** Exercising incorrectly or excessively can be harmful to your health. Stop exercising if you experience any of the following symptoms: pain, tightness in the chest, irregular heartbeat, extreme shortness of breath, dizziness or nausea. If you experience any of these conditions, you must consult a doctor before continuing to exercise.
- Do not exercise immediately after meals.
- The equipment must only be assembled by adults. Keep children and pets away from the appliance.
- The equipment may only be used in domestic (mainly indoor) areas. Usage class: HC.
- The equipment is not suitable for therapeutic use. It can only be used for the exercises shown in the instructions.
- Wear appropriate workout clothes and shoes when using the rowing machine. Avoid loose clothing as it may get caught in the rowing machine or clothing that may restrict your movement.

Important Safety Instructions

- Keep your back straight during exercise.
- Check that the handles, saddle and nuts and bolts are properly tightened before each use of the rowing machine.
- Consider the maximum position for adjustable parts of the equipment and do not go beyond the "Stop" mark as this would create a risk.
- If you notice any defective parts during assembly or inspection, or if you hear strange noises coming from the unit during use, stop use immediately. Do not use the equipment again until the problem has been corrected.
- When lifting or moving the equipment, take care not to injure your back. Always use back-friendly lifting techniques and seek help from another person if necessary.
- All moving parts of the equipment(e.g. pedals, handles, saddle... etc) must be serviced weekly. Check them before each use. If anything is broken or loose, repair or fix the relevant part immediately. Do not continue using the rowing machine until you have restored it to good initial condition.
- Please keep batteries away from heat sources.
- Do not insert any objects into the equipment openings.
- Switch off the equipment before moving or cleaning it. To clean the surfaces, rub them with a mild detergent and a damp cloth. Never use solvents.
- Do not use the equipment in places that are not temperature-controlled, such as garages, verandas, bathrooms, carports or outdoors.
- Incorrect repair and structural modifications (e.g. removal or replacement of original parts) may put the user at risk.
- The pulley gets very hot when using the rowing machine.
- The equipment can be moved with the help of PU rollers and placed upright to save space. To make the upright equipment more stable and less likely to tilt and fall, it is recommended to place the rowing track side close to the wall with the head facing outwards.

Introduction of the product

JASPORT R3 Rowing Machine



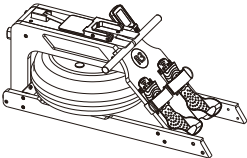
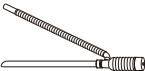
Product Parameters

Product name	JASPORT R3 Rowing Machine
Model	JAS-RM003
Power supply	2 x AAA battery (to be purchased separately)
Wireless Connection Method	Bluetooth® Wireless Technology
Net weight	25 KG
Gross weight	30 KG
Maximum user weight	150 KG
Product size （unfolded）	1985 mm (L) x 520 mm (W) X 625 mm (H)
Product size （folded）	700 mm (L) x 520 mm (W) X 1030 mm (H)
Training area	1985 mm (L) x 520 mm (W) X 625 mm (H)
Packaging size	1060 mm (L) x 535 mm (W) X 435 mm (H)
Directive	EN ISO 20957-1: 2013 & EN ISO 20957-7: 2021

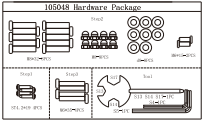
Installation Guide - List of Parts

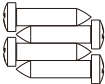
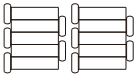
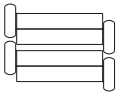
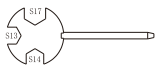
STEP 1: Check of parts

List of Parts

Parts List	NO.	Name	Quantity	Figure
	A	Rowing Machine	1	
	B	Seat Cushion	1	
	C	Rail Connector Bracket	1	
	D	Rear Left Rail	1	
	E	Rear Right Rail	1	
	F	Rear Rail Connecting Plate	1	
	G	Foot Pad	2	
	H	Water Pump	1	

Installation Guide - List of Parts

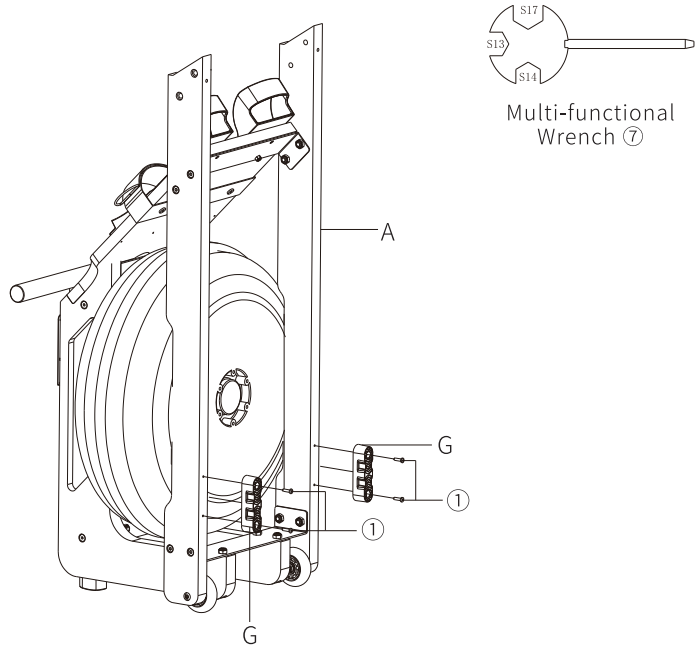
	I	Accessory Pack	1	
	J	Owner's Manual	3	

Accessory Pack (I) Contents		NO.	Name	Quantity	Figure
	STEP 1	①	ST4.2×19 Phillips Pan Head Self-tapping Screw	4	
	STEP 2	②	M8×32 Screw	8	
		③	M8 Cap Nut	8	
	STEP 3	④	D8 Flat Washer	8	
		⑤	M6×15 Screw	2	
	STEP 5	⑥	M6×35 Screw	4	
	TOOL	⑦	Multi-functional Wrench	1	
		⑧	Allen Wrench S4	1	
		⑨	Allen Wrench S5	1	

Installation Guide

STEP 2: Remove the Rowing Machine and install the Foot Pads

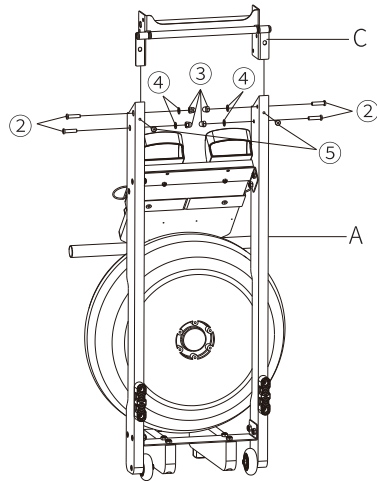
1. Remove the **Rowing Machine (A)** and **Foot Pads (G)** from the carton, then carefully stand the **Rowing Machine** upright.
2. Use the **Multi-functional Wrench ⑦** and **ST4.2×19 Phillips Pan Head Self-tapping Screws ①** to attach the **Foot Pads (G)** to the **Rowing Machine (A)**.



STEP 3: Install the Rail Connector Bracket

1. Use **Allen Wrench S5 ⑨** and **Multi-functional Wrench ⑦** to secure the **Rail Connector Bracket (C)** to the **Rowing Machine (A)** with **M8×32 Screws ②**, **M8 Cap Nuts ③**, and **D8 Flat Washers ④**.
2. Use **Allen Wrench S4 ⑧** to fasten the **Rail Connector Bracket (C)** to the **Rowing Machine (A)** with **M6×15 Screws ⑤**.

Installation Guide



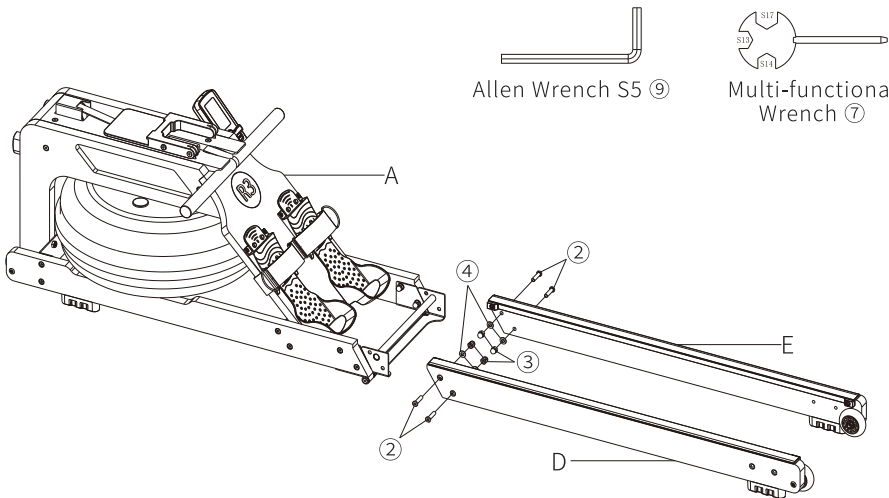
Allen Wrench S5 ⑨

Allen Wrench S4 ⑧

Multi-functional
Wrench ⑦

STEP 4: Install the Rear Left Rail and Rear Right Rail

1. Lay the **Rowing Machine (A)** flat on the floor. Use **Allen Wrench S5 ⑨** and **Multi-functional Wrench ⑦** to attach the **Rear Left Rail (D)** and **Rear Right Rail (E)** to the **Rowing Machine (A)** with **M8×32 Screws ②**, **M8 Cap Nuts ③**, and **D8 Flat Washers ④**.



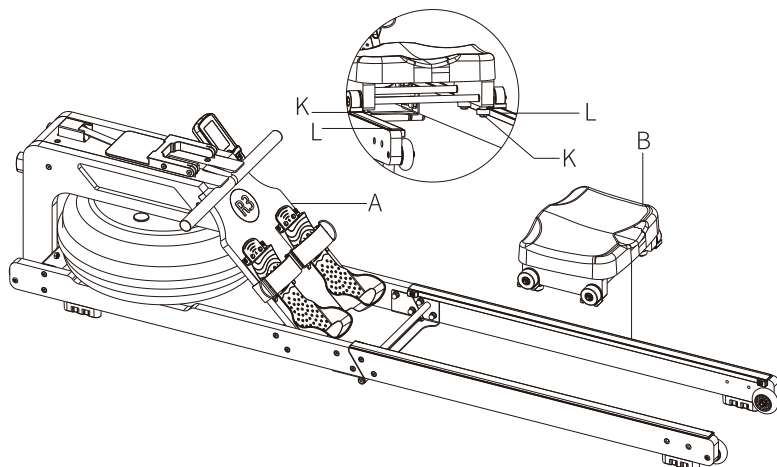
Allen Wrench S5 ⑨

Multi-functional
Wrench ⑦

Installation Guide

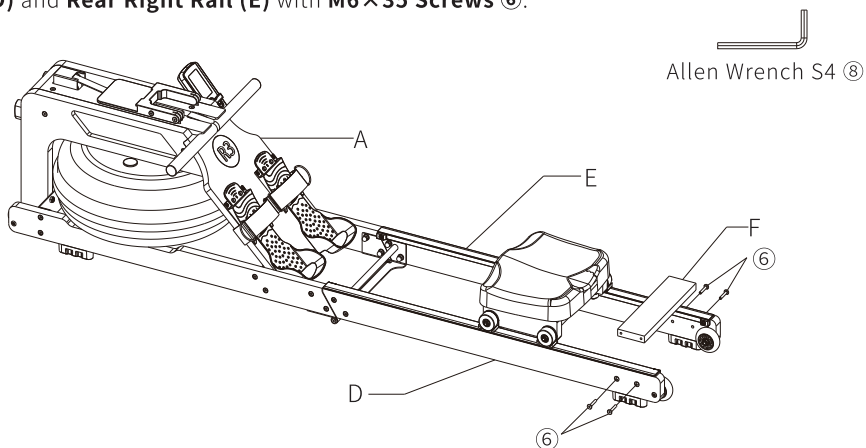
STEP 5: Install the Seat Cushion

1. Slide the **Seat Cushion (B)** into the rails. Make sure the arrow on the **Seat Cushion** points toward the **Rowing Machine (A)**. The **Seat Rollers (K)** on the **Seat Cushion (B)** must be positioned underneath the **Side Rails (L)** on both sides.



STEP 6: Install the Rear Rail Connecting Plate

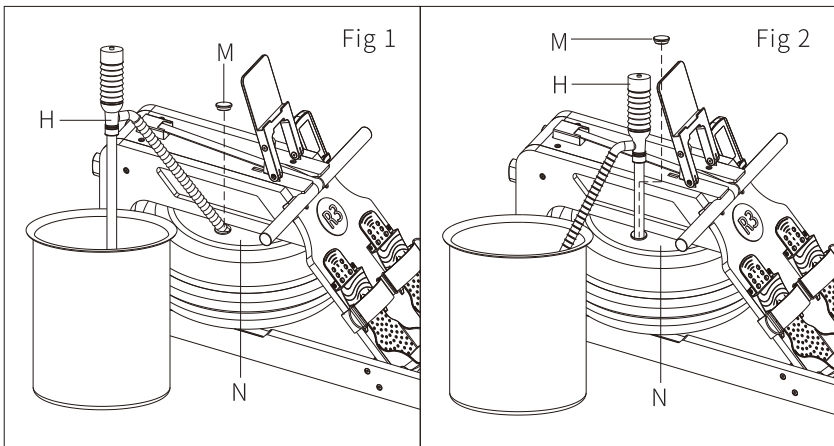
1. Use **Allen Wrench S4 (8)** to secure the **Rear Rail Connecting Plate (F)** to the **Rear Left Rail (D)** and **Rear Right Rail (E)** with **M6×35 Screws (6)**.



Installation Guide

STEP 7: Fill and drain the water tank

1. Remove the water tank plug (M) from the water tank cover (N).
2. Refer to Figure 1 for filling water: Insert the pump (H) into the water tank and use it to transfer water from the bucket into the water tank. Measure the water level in the tank using the water level mark on the side of the tank. Refer to Figure 2 for draining water: Place a bucket next to the rowing machine and use the pump (H) to transfer water from the water tank into the bucket.
3. Replace the water tank plug (M) into the water tank cover (N) and wipe any water off the machine and its surroundings with a dry cloth.



Installation Guide

Water Tank Maintenance Instructions:

- Only use tap water to fill the tank. Do not use inferior water purification tablets or bleach, as they can damage the tank and are not covered under warranty.
- Add water purification tablets every 3 months or as needed. If the water becomes very murky, replace the water in the tank.
- Do not reuse the water that is replaced from the tank; dispose of it as wastewater.
- If not used for an extended period, empty the water from the tank before storing the machine.

Water Level Mark Instructions:

- The water level mark is located on the side of the tank. The MAX water level line indicates the maximum fill level. Do not exceed this water level line. Damage caused by exceeding the maximum water level is not covered under warranty.
- The resistance depends on the amount of water in the tank. The MIN water level line represents the minimum resistance. The water level should not fall below this line.

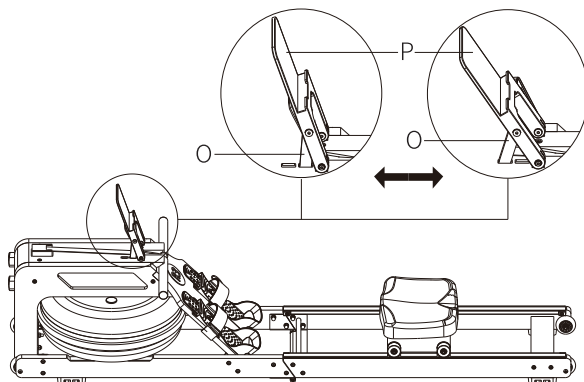
Important Notice

- Always use the equipment with a waterproof protective mat, especially on wooden, parquet, laminate, or other moisture-sensitive floors.
- Before each use, check that the tank and all connections are securely fastened and in proper condition.
- If moisture or water leakage is detected, stop using the equipment immediately and remove any spilled water without delay.
- Failure to use proper floor protection or continued use after water leakage may increase the risk of floor damage.

Components adjustment

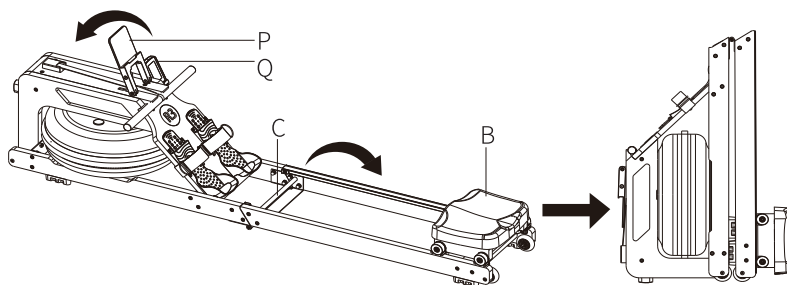
Adjusting the smart device holder

Place the support block (O) in different positions according to actual usage, and then place your phone or tablet on the smart device holder (P).



Fold the Rowing Machine

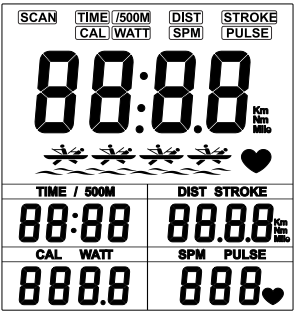
1. To fold the rowing machine: First, move the seat cushion (B) to the position shown in the diagram (to prevent the seat cushion assembly from falling quickly and damaging the product when folding).
2. Rotate the rowing computer (Q) to make it level, and rotate the smart device holder (P) to make it level according to the arrow direction.
3. Hold the round tube on the rear connecting plate assembly (C) firmly with one hand and slowly pull it upward as indicated by the arrow.



Training computer

DISPLAY AND BUTTON

1. All Display



(Fig 1)

2. Display Function

Item	Function Description	Range	Setting
TIME	■Workout time display during rowing ■Scan every 6 seconds	0:00~99:59 (M: S)	Increase or Decrease per minute,00:00~99:00
TIME/500M	■Computer Will display the time needed to row 500 meters according to current speed. ■Scan every 6 seconds.	0:00~99:59 (M: S)	N/A
DISTANCE (DIST)	■Rowing distance. ■Scan every 6 seconds.	0.00~99.99 (KM/mile optional)	Increase or Decrease per 0.1,0.00~99.90
STROKE	■The number for complete movement of rowing. ■Scan every 6 seconds	0~9999 (Stoke)	Increase or Decrease per 10, 0~9990
CALORIE (CAL)	■Calories burned during rowing. ■Scan every 6 seconds	0.0~999.9 (calorie)	Increase or Decrease per 10, 0.0~990.0
WATT (when with WATT)	■Watts Consumed during rowing. ■Scan every 6 seconds(when with WATT)	0.0~999.9 (WATT)	N/A
SPM	■Strokes per minute. ■Scan every 6 seconds.	0~999 (S/M)	N/A
PULSE (when with pulse)	■Pulse bpm during rowing. ■Scan every 6 seconds(when with pulse)	0, 30~240 (BPM)	Increase or Decrease per 1, 30~240

Training computer

3. Button Function

Item	Description
MODE	■ Confirm setting or selection. ■ Select main window display. ■ Hold on pressing for 1.5 seconds, to enter the computer setting.
UP	■ Setting selection. ■ Converting the display: TIME//TIME/500M, DIST//STROKE, CAL//WATT (when with WATT), SPM//PULSE (when with PULSE).
DOWN	■ Setting selection. ■ Converting the display: TIME//TIME/500M, DIST//STROKE, CAL//WATT (when with WATT), SPM//PULSE (when with PULSE). ■ Hold on pressing for 5 seconds, Select KM or Mile units (when with manual setting unit).
RESET	■ Clear setting date. ■ Hold on Pressing for 3 seconds, computer will reboot.
RECOVERY	■ Test heart rate recovery status. ■ Exit heart rate recovery test.

OPERATION

1. When POWER ON, LCD Will full display 0.5s (Figure 1) with long beep sound, then enter into stand by mode.

2. RESET

In any display, hold RESET button for 3 seconds to reset all the data, the computer will reboot.

3. SELECT DISPLAY UNIT (when with manual setting unit).

STOP rowing and hold on pressing DOWN button for 5 seconds, Select KM or Mile units, Press MODE to confirm.

4. SET THE TARGET PARAMETERS

When stop rowing, press MODE for 1.5 seconds to select the setting or reset window, at the time, the main window displays the same function, the corresponding window's digit flash, press RESET to clear the Value, and press UP/DOWN to set the flashing window's Value, Hold the button to quick setting.

5. CHECK THE ROWING DATA

Press UP or DOWN to Converting the display: TIME//TIME/500M, DIST/ISTROKE, CAL//WATT(when with WATT), SPM//PULSE (when with PULSE).

In non setting state, Press MODE button to select TIME、TIME/500M、DIST、STROKE、WATT(when with WATT)、SPM、CAL、PULSE (when with PULSE) or enter the SCAN display in the main window.

Training computer

6. PULSE RECOVERY (when with PULSE)

Wear the transmitter of heart rate chest belt properly, or hold the hand pulse place, the computer will display your current heart rate.

When the heart rate value is displayed in the heart window, press RECOVERY to enter heart rate recovery test, the display will show 1 minute countdown as well as your pulse, test your pulse until it count down to zero, then it will pop up your pulse recovery level F1 to F6, that is from the fastest recovery to the slower. the fastest recovery F1 shows the best, F6 means the slower.

Press RECOVERY again to exit the pulse recovery function.

7. Auto ON/OFF & AUTO START/STOP:

Without any signal for 4 minutes, the power will turn off automatically. When the stroke is in motion or pressing the button, the monitor is in action.

REPLACE BATTERY

When the display color fades, or with flash when operate buttons, means the battery has no enough power, Take off the battery cover and use 2 pcs new 1.5V AAA UM-3 battery to replace the old battery.

Link Kinomap

Step 1:

Please make sure your Kinomap App is updated to the latest version. Start Kinomap and tap on “More” in the bottom right corner, then go to Equipment Management.

Step 2:

Tap the + in the top right corner and select the icon of rowing machine to add a new equipment.

Step 3:

Find JASPORT in the list of brands and the model of your rowing machine (e.g. R3) in the list of models.

Step 4:

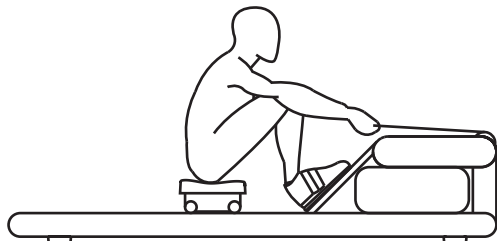
Tap your rowing machine model in the list of detected devices. The App will enter the Bluetooth connection interface. Pull the rowing handle several times to send a Bluetooth connection signal. The connection and pairing will then be completed automatically.

Correct use

Rowing instructions

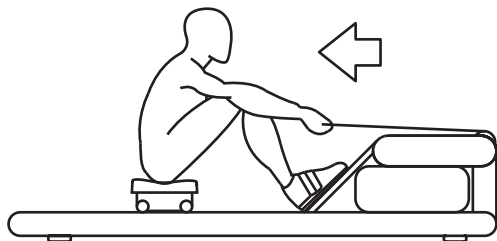
1) Start:

Bend over with your back straight and arms forward.



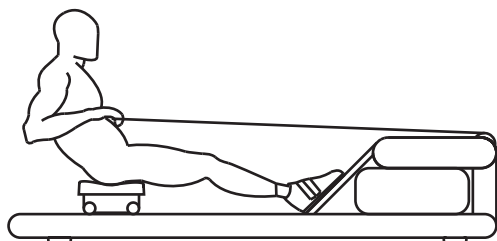
2) Pull:

Push with the legs while keeping the arms straight.



3) End:

Extend the legs and tighten the arms.



4) Back movement:

Move forward with the upper body over the pelvis.

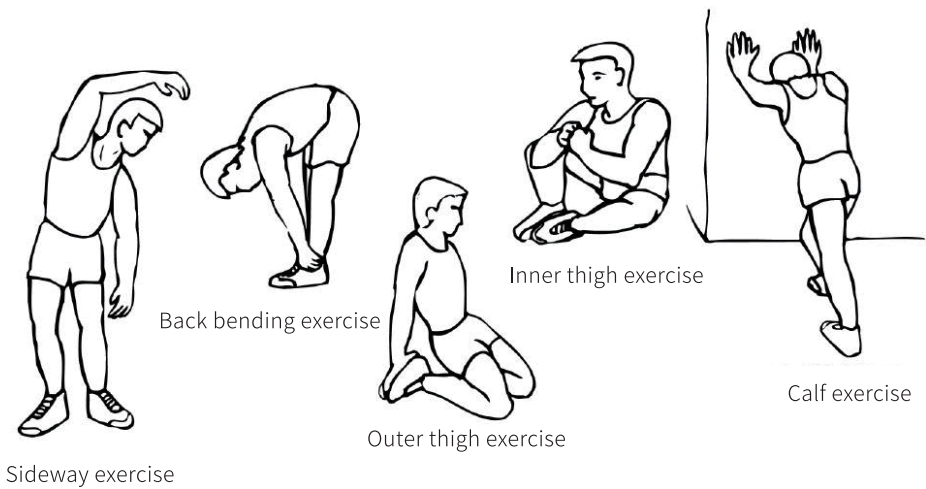
5) Start:

Start the movement sequence from the beginning.

Training guide

1. Warm up before training

Warm-up training at this stage is designed to improve blood circulation, put the muscles in good training condition and reduce the risk of cramps or muscle strains during training. Please follow the recommended warm-up exercises before each workout. Each stretching exercise must be performed for about 30 seconds. Avoid vigorous stretching exercises to prevent muscle injury. In case of muscle injury, please stop exercising.



2. The training phase

This is the formal training phase. Long-term, regular training can improve the flexibility of the leg muscles. It is important to train at a stable training intensity depending on your own training conditions. Please choose an appropriate training intensity to control the heart rate within the target range given below (train for at least 12 minutes to control the heart rate within the appropriate target range; most people need to train continuously for 15-20 minutes at the beginning of the training).

Training guide

3. The recovery phase after training

Repeat the exercise from the preparation phase while reducing the exercise intensity and speed appropriately. This can take about 5 minutes. The exercises in this phase aim to regulate the heat in your body and thus relax your muscles. Note that you should not do vigorous stretching exercises to avoid muscle injury.

Once you have become accustomed to exercising, you can gradually increase the training time and intensity. It is recommended to train at least 3 times a week. If possible, note the average level of weekly training.

4. To strengthen the muscles

If you want to use the product to strengthen the muscles, please increase the resistance during exercise to strengthen the muscles by increasing the exercise intensity in a short time.

To strengthen the muscles and exercise at the same time, you must first warm up using other methods, followed by regular workouts. It is necessary to increase the training intensity and leg resistance at the end of the training. However, the training speed should be reduced while the training intensity is increased to keep the heart rate in the target range. Please perform a cool down exercise at the end of the workout.

To lose weight, it is important to pay attention to the duration and intensity of the training. The higher the training intensity and the longer the training time, the more calories are burned, and thus achieve the goal of weight loss. Similarly, you can also improve physical fitness. You can do appropriate exercises according to your needs.

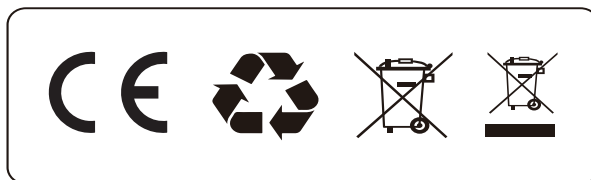
Care and maintenance

- Remove the control panel battery if you are not going to use the equipment for a long period of time.
- Clean the equipment regularly with a clean cloth to maintain its clean appearance.
- **Warning:** Safe use of the equipment can only be guaranteed if the equipment is regularly checked for damage and wear (for example, on handles, pedals, saddle, etc). It is essential that damaged parts are replaced and that the equipment is not used again until it has been repaired.
- Check regularly that bolts and nuts are properly fixed.
- Grease moving parts of the equipment regularly.
- Pay particular attention to components that are especially susceptible to wear and tear, such as the brake system, footrest etc.
- As sweat is very aggressive, it must not come into contact with the enamelled or chrome-plated parts of the appliance, especially the computer. Wipe the equipment down immediately after use. The enamelled parts can be cleaned with a damp sponge. All aggressive or corrosive products must be avoided when cleaning.
- Store the equipment in a clean and dry environment out of the reach of children.

Notes on disposal

If the illustration (crossed-out dustbin on wheels) is on the product, the European Directive 2012/19/EU. These products must not be disposed of with normal household waste. Inform yourself about the local regulations for separate collection of electrical and electronic equipment. Follow the local regulations and do not dispose of old appliances with household waste. Disposing of old appliances in accordance with the regulations protects the environment and the health of your fellow human beings from possible negative consequences. Material recycling helps to reduce the consumption of raw materials.

The product contains batteries that are subject to European Directive 2006/66/EC and must not be disposed of with normal household waste. Please inform yourself about the local regulations on the separate disposal of batteries. By disposing of batteries in accordance with the regulations, you protect the environment and the health of your fellow human beings from negative consequences.



Disclaimer

The information contained in this manual just for reference. The product described above may be subject to alteration owing to the manufacturer's continuing research and development plans, without making an announcement in advance.

We shall not bear any legal responsibility for any direct or indirect, accidental or special damages, losses and expenses arising from or in connection with this manual or the contained product.

 www.jasport.de

 **JASPORT Brands Holding GmbH**

 **Rehmendamm 20, 21217 Seevetal
Germany**