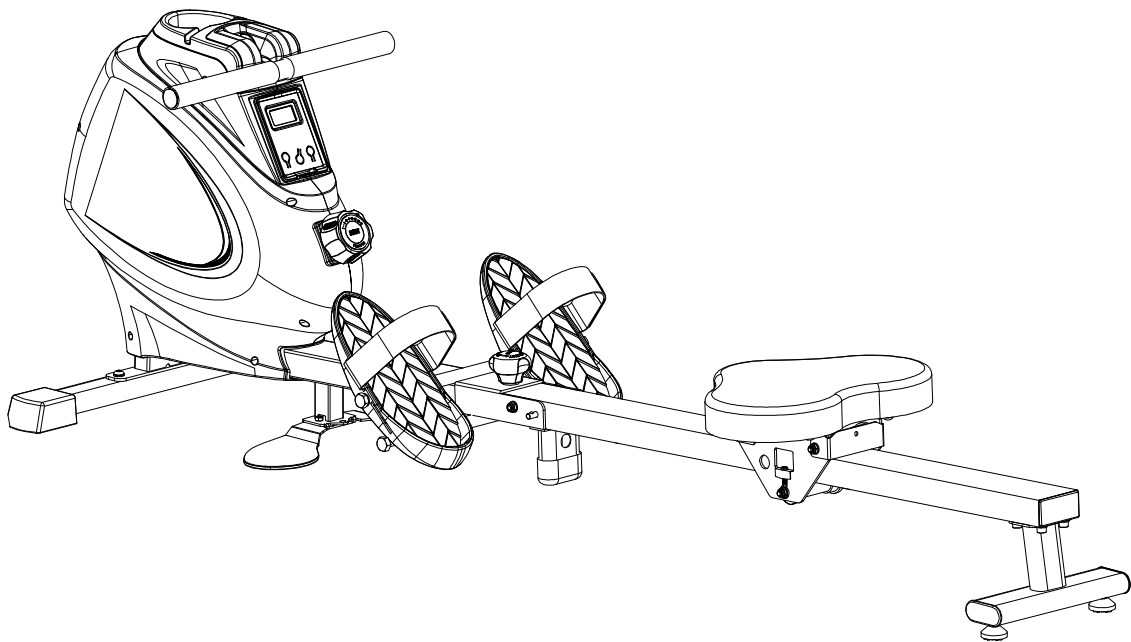


EMPOWER YOUR FITNESS

# User Manual



## Smart Multifunction SPM Magnetic Rowing Machine

**JL-RW5941SMART**

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 condition 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 285 lbs (130 kg).
10. The 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 extremely 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 Smart Multifunction SPM Magnetic Rowing Machine simulates the motion of rowing, delivering a dynamic, full-body workout that combines cardio and strength training.

## **Waste Disposal**



JLL Fitness 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**

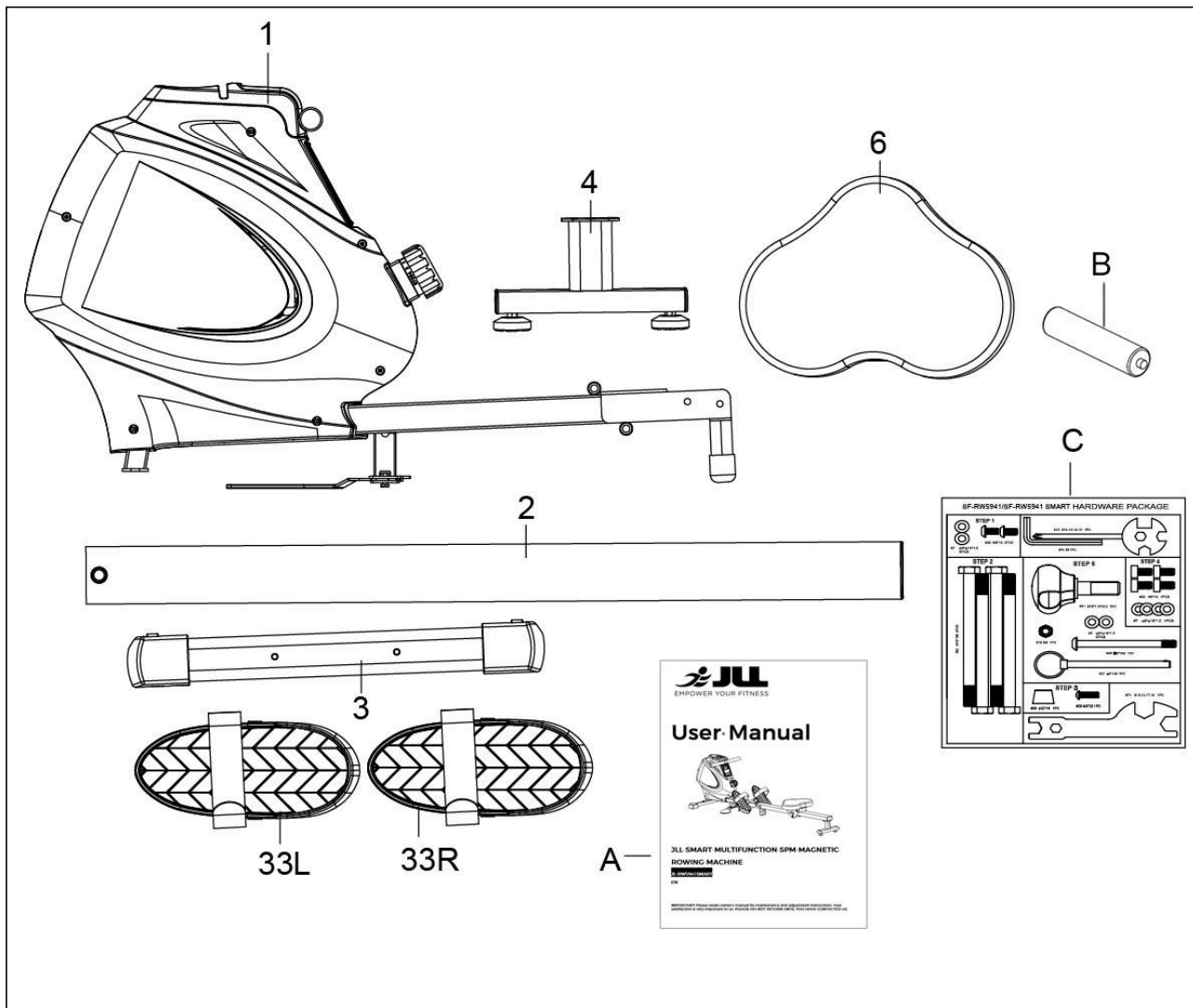
You can find the declaration of conformity at the following link:  
<https://jllfitness.co.uk/pages/declaration-of-conformity>

## **Technical Data**

Connectivity: Bluetooth LE  
Frequency Range: 2400~2483.5Mhz  
Transmitting Power: 0dBm

# Pre-Assembly Check List

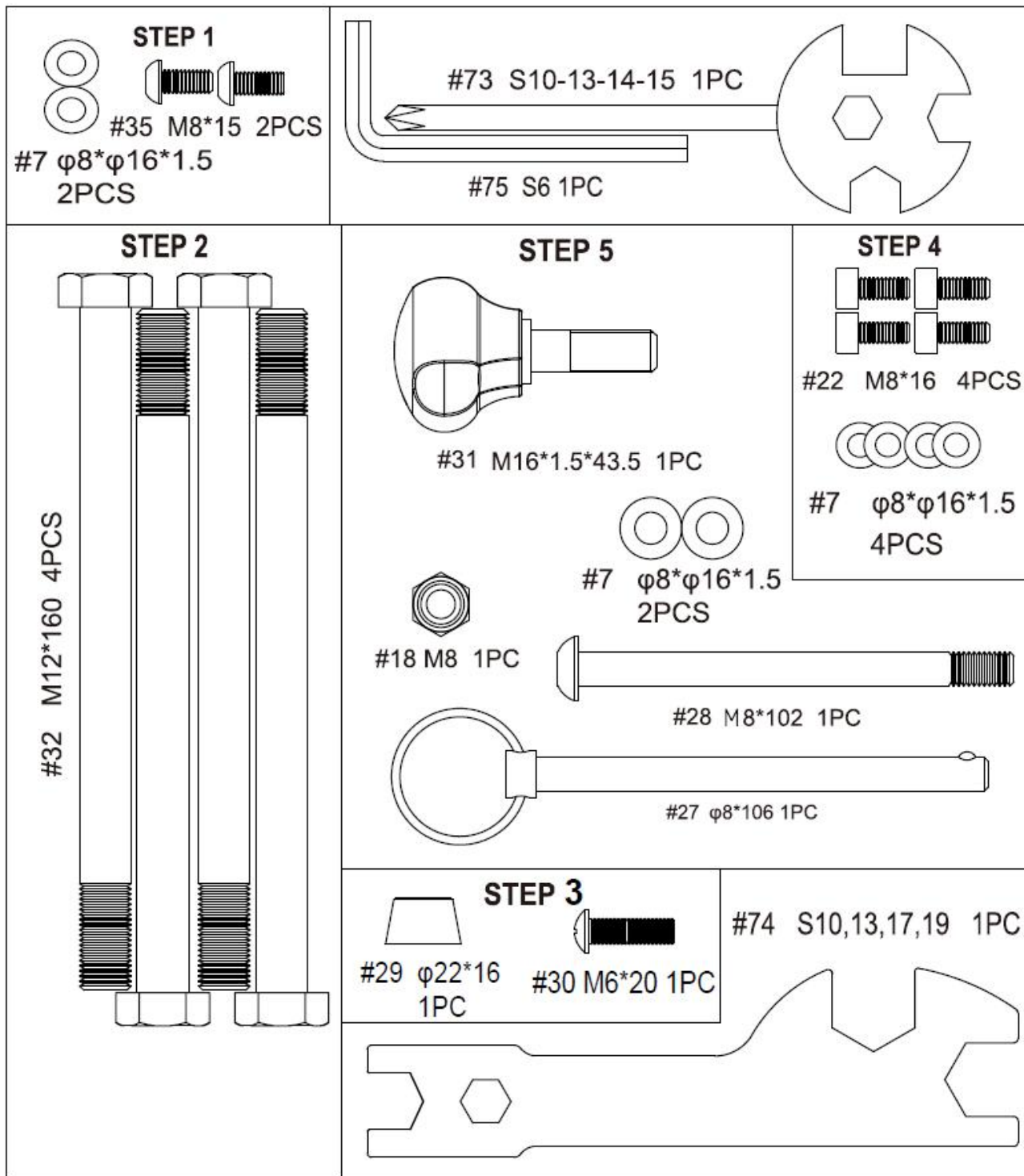
When you open the carton, you will find the following parts:



No.	Description	Spec.	Qty.
1	Main Frame		1
2	Sliding Rail		1
3	Front Stabilizer		1
4	Rear Stabilizer		1
6	Seat		1

No.	Description	Spec.	Qty.
33L	Left Pedal		1
33R	Right Pedal		1
A	Manual		1
B	Battery	AAA	2
C	Hardware Package		1

# Hardware Package



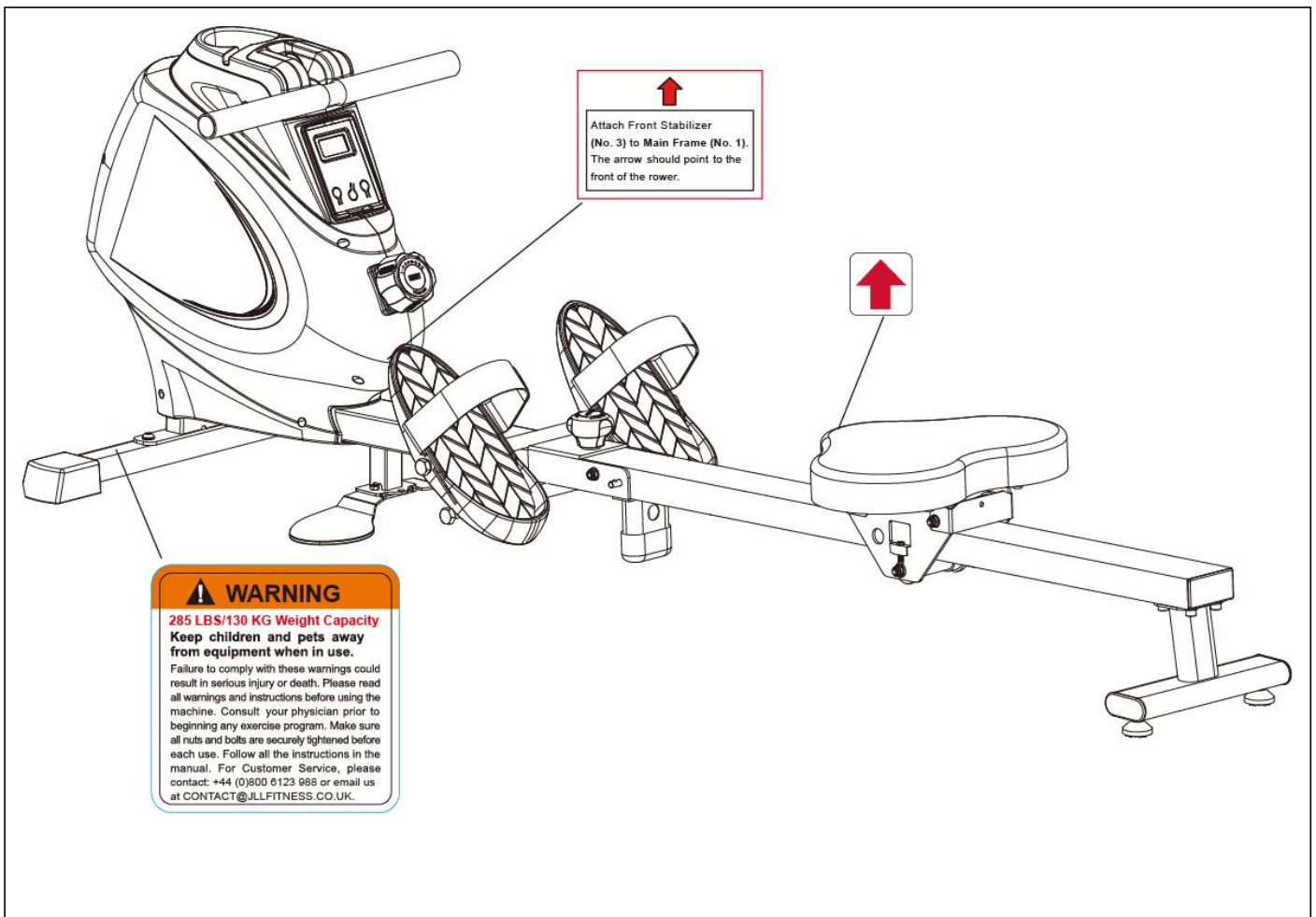
## Ordering Replacement Parts

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

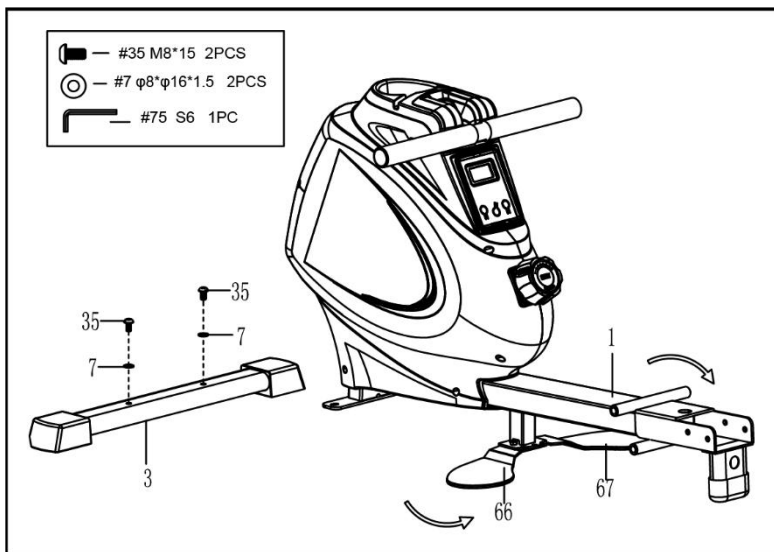
Please contact us at [contact@jllfitness.co.uk](mailto:contact@jllfitness.co.uk) or +44 (0)800 6123 988.

## Warning Labels



# Assembly Instructions

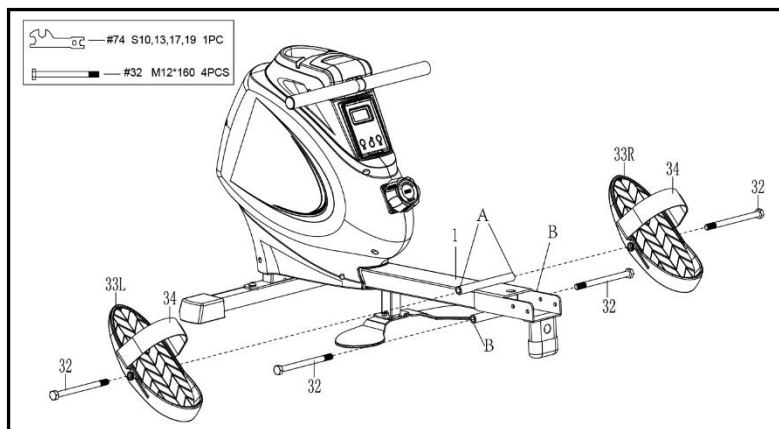
We value your experience using JLL Fitness products. For assistance with parts or troubleshooting, please contact us at [contact@jllfitness.co.uk](mailto:contact@jllfitness.co.uk) or +44 (0)800 6123 988.



## STEP 1:

Attach the **Front Stabilizer (No. 3)** to the **Main Frame (No. 1)** using **2 Screws (No. 35)** and **2 Washers (No. 7)**. Tighten and secure with **Allen Wrench (No. 75)**.

Open the **Left & Right Foot Pads (No. 66 & No. 67)** as indicated by the arrow.

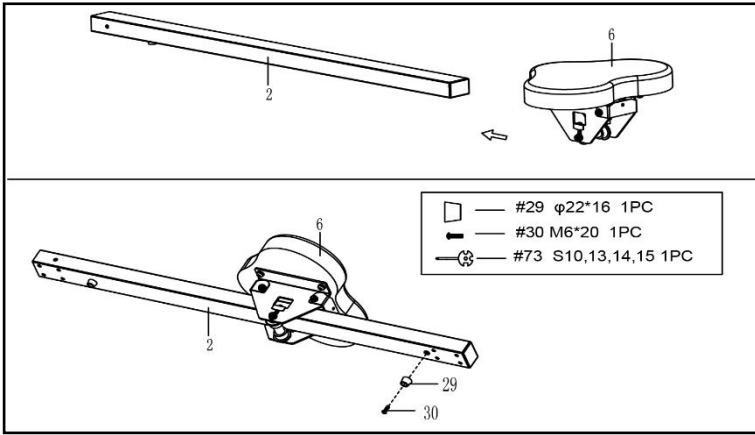


## STEP 2:

Insert **2 Bolts (No. 32)** through the **Left Pedal /Right Pedal (No. 33L/R)** into the upper hole at position **A** of the **Main Frame (No. 1)**. Tighten with **Spanner (No. 74)**.

Insert **2 Bolts (No. 32)** into the bottom hole at position **B** of the **Main Frame (No. 1)**. Tighten with **Spanner (No. 74)**.

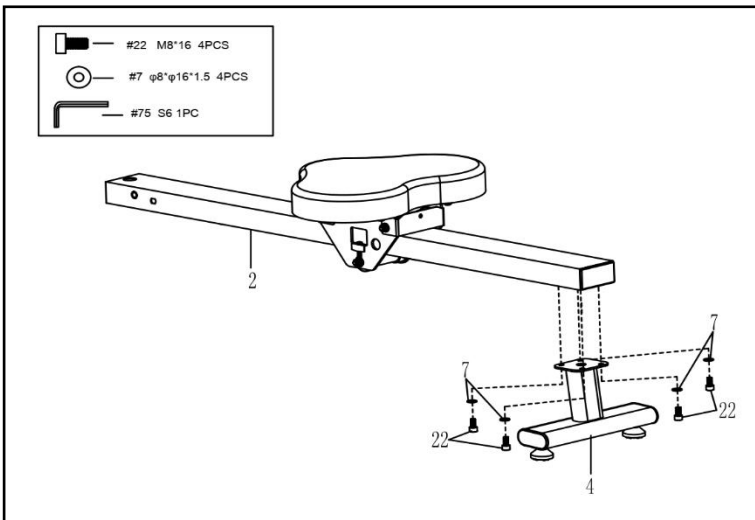
**NOTE:** The **Left Pedal /Right Pedal (No. 33L/R)** should rest on the bottom **Bolts (No. 32)** at position **B**.



**STEP 3:**

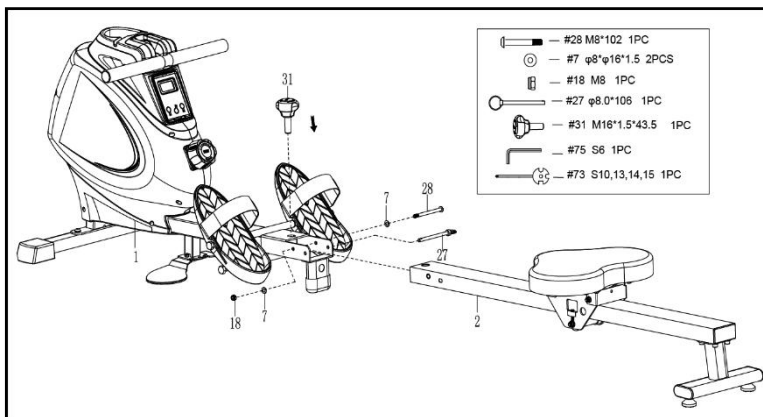
Slide the **Seat (No. 6)** into the **Sliding Rail (No. 2)**.

Attach 1 **Limit Mat (No. 29)** onto the **Sliding Rail (No. 2)** using 1 **Screw (No. 30)**, then tighten with **Spanner (No. 73)**.



**STEP 4:**

Attach the **Rear Stabilizer (No. 4)** to the **Sliding Rail (No. 2)** using 4 **Screws (No. 22)** and 4 **Washers (No. 7)**. Tighten and secure with **Allen Wrench (No. 75)**.



**STEP 5:**


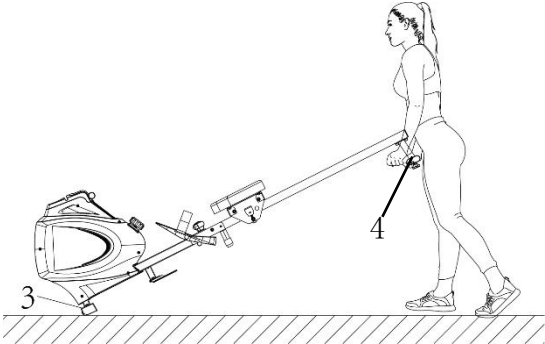
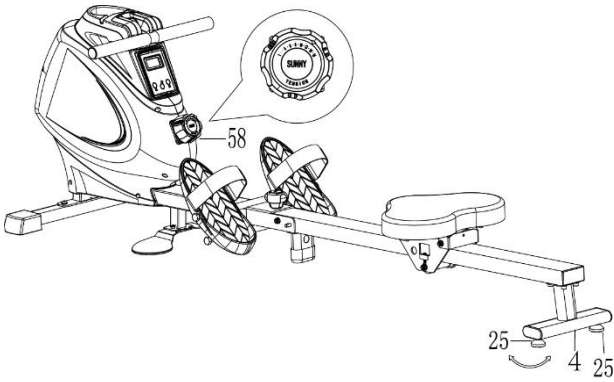
Attach the **Sliding Rail (No. 2)** to the **Main Frame (No. 1)** with 1 **Bolt (No. 28)**, 2 **Washers (No. 7)** and 1 **Nut (No. 18)**. Tighten and secure with **Allen Wrench (No. 75)** and **Spanner (No. 73)**.

Then screw **Knob (No. 31)** to tighten the **Sliding Rail (No. 2)**. Next insert the **Pull Pin (No. 27)**.

*The assembly is complete!*

# Adjustment & Usage Guide

**CAUTION!** Moving parts, such as the seat, can cut and crush. Keep hands clear of the sliding rail during use!

	<p><b>PEDAL STRAP ADJUSTMENT</b></p> <p>The <b>Pedal Strap (No. 34)</b> is adjustable and can be personalized to fit the user's foot size.</p>
	<p><b>MOVING THE ROWER</b></p> <p>To move the rower, lift the <b>Rear Stabilizer (No. 4)</b> up until the transportation wheels on the <b>Front Stabilizer (No. 3)</b> touch the ground. With the transportation wheels on the ground, you can transport the rower to the desired location with ease.</p>
	<p><b>ADJUSTING THE BALANCE AND RESISTANCE</b></p> <p>Adjust the <b>Foot Pads (No. 25)</b> on the <b>Rear Stabilizer (No. 4)</b> of the rower if the rower is unbalanced during use.</p> <p>Turn the <b>Tension Control Knob (No. 58)</b> <i>clockwise</i> to increase the level of resistance.</p> <p>Turn the <b>Tension Control Knob (No. 58)</b> <i>counter-clockwise</i> to decrease the level of resistance.</p> <p>Tension levels are set at Level 1 being the lowest and Level 16 being the highest.</p>

# Folding Guide

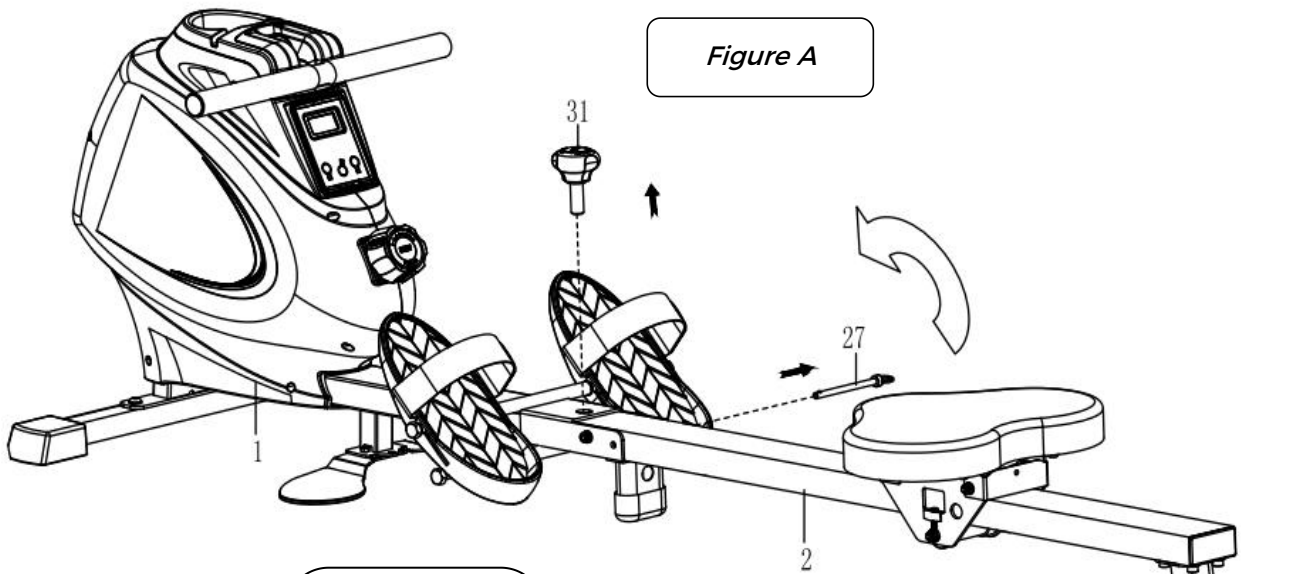


Figure A

**CAUTION!**

The **Seat (No. 6)** will glide down when folding the **Sliding Rail (No. 2)**!

**CAUTION!**

Use caution when you vertically fold the **Sliding Rail (No. 2)** as your head may touch the **Rear Stabilizer (No. 4)**.

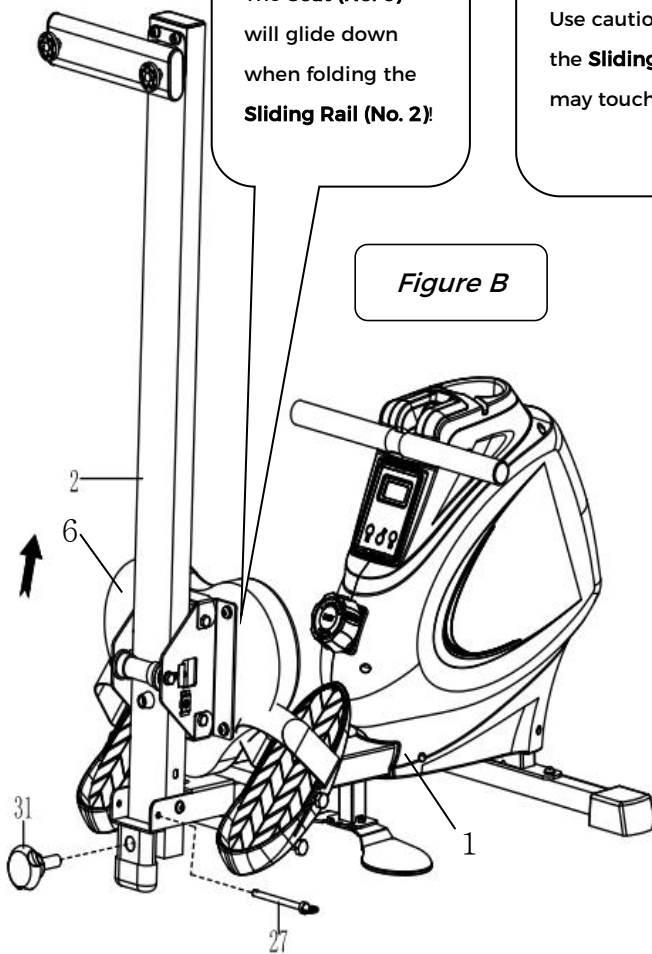


Figure B

When not in use, you can save space by folding the **Sliding Rail (No. 2)**.

Disassemble **Knob (No. 31)** and pull out the **Pull Pin (No. 27)**. Fold the **Sliding Rail (No. 2)** to vertical angle (Figure A).

**SAFETY NOTE:** the **Seat (No. 6)** will glide down when folding the **Sliding Rail (No. 2)**.

Reinsert **Pull Pin (No. 27)** into the hole on the **Main Frame (No. 1)**, then tighten **Knob (No. 31)** to **Main Frame (No. 1)**. (Figure B)

# Unfolding Guide

To unfold the **Sliding Rail (No. 2)**, first remove **Knob (No. 31)** and **Pull Pin (No. 27)** (as Figure A showed).

Slightly lay down the **Sliding Rail (No. 2)**, then screw **Knob (No. 31)** to tighten the **Sliding Rail (No. 2)** and insert the **Pull Pin (No. 27)** (as Figure B showed).

**NOTE:** When unfolding, please keep one hand to hold the **Sliding Rail (No. 2)** to avoid the injury.

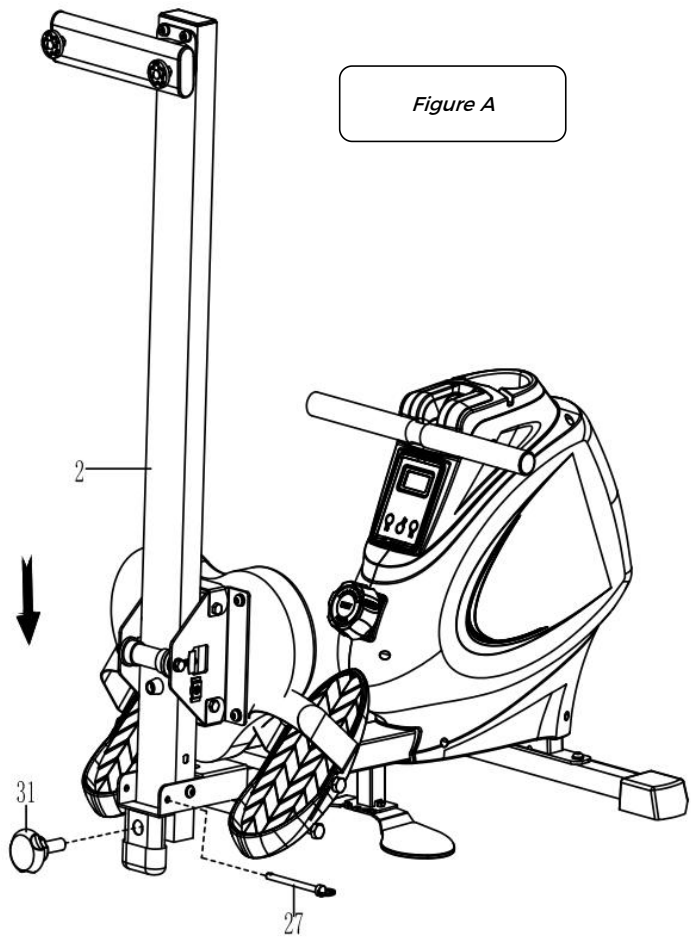


Figure A

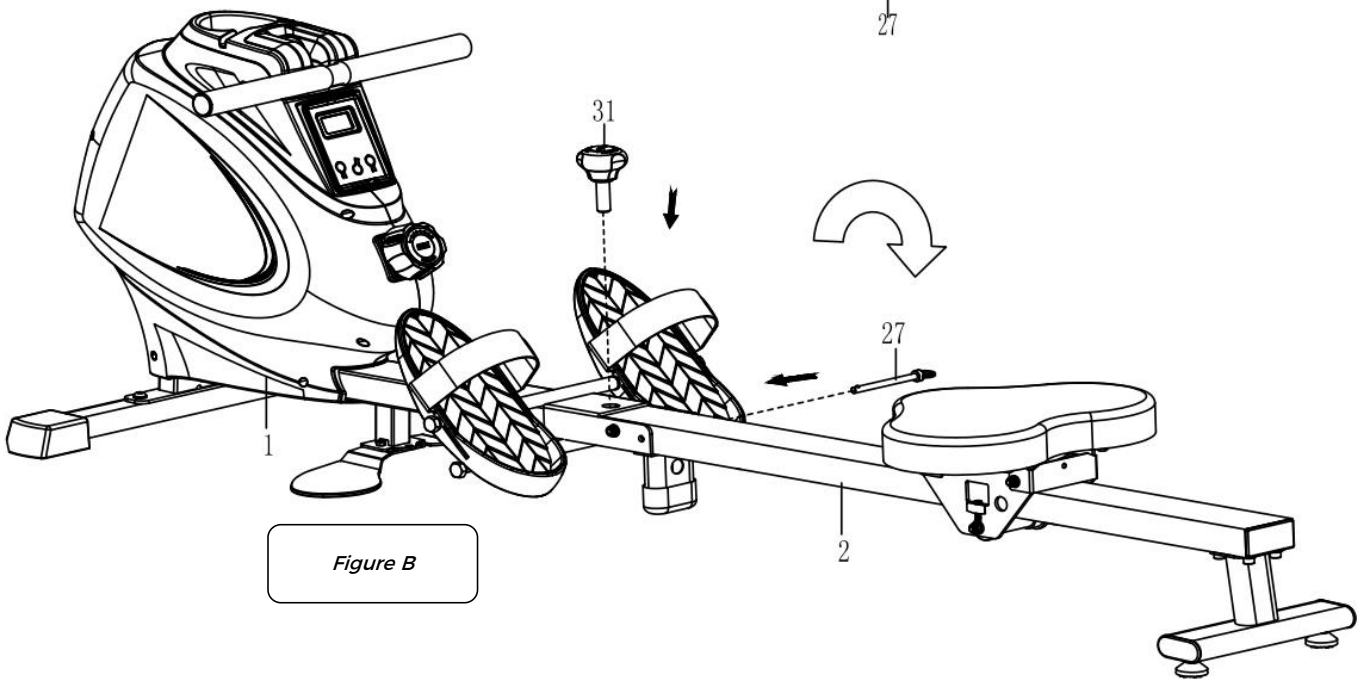
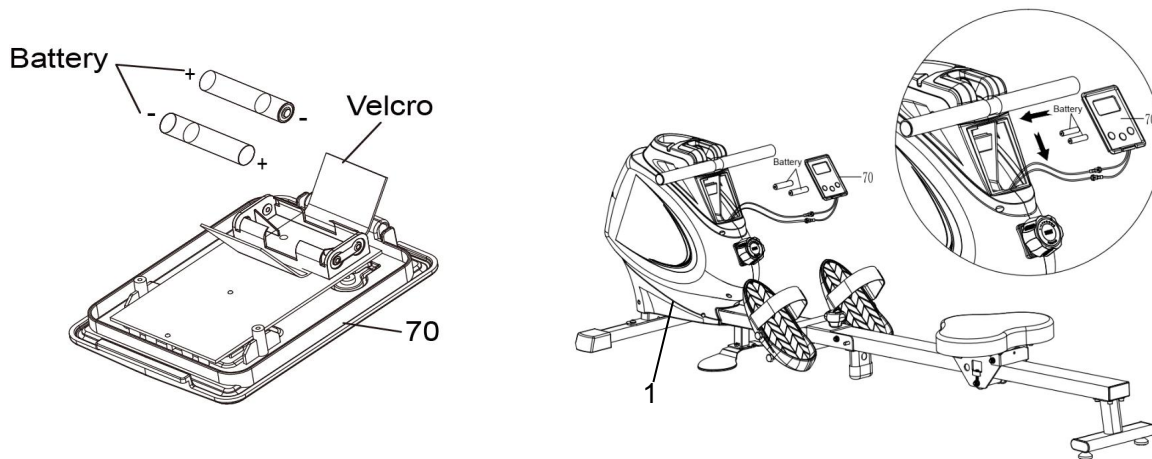


Figure B

## Battery Installation & Replacement



### BATTERY INSTALLATION:

1. Press the buckle on the bottom of **Computer (No. 70)**, then remove **Computer (No. 70)** from **Main Frame (No. 1)**. Then open the velcro above the battery case on the back of the **Computer (No. 70)**.
2. Take out 2pcs AAA batteries from the manual bag. Install the 2pcs AAA batteries into the battery case on the back of the **Computer (No. 70)**, then cover with the velcro. Press the buckle on the bottom of **Computer (No. 70)** and put the **Computer (No. 70)** back onto the **Main Frame (No. 1)**. Pay attention to the battery + and - poles before installing.

*The installation is complete!*

### BATTERY REPLACEMENT:

1. Press the buckle on the bottom of **Computer (No. 70)**, then remove **Computer (No. 70)** from **Main Frame (No. 1)**. Then open the velcro above the battery case on the back of the **Computer (No. 70)**.
2. Take out the 2pcs old AAA batteries from the battery case and install 2pcs new AAA batteries into the battery case on the back of the **Computer (No. 70)**, then cover with the velcro. Press the buckle on the bottom of **Computer (No. 70)** and put the **Computer (No. 70)** back onto the **Main Frame (No. 1)**. Pay attention to the battery + and - poles before installing.

*The replacement is complete!*

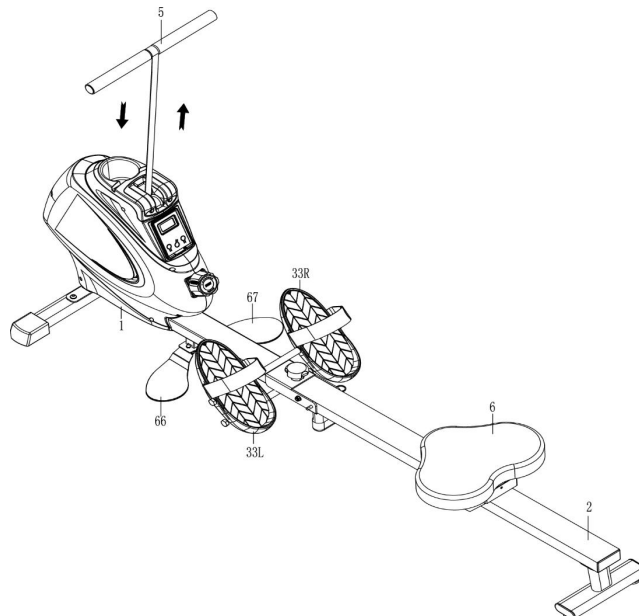
**NOTE:** Always change both batteries at the same time. Do not mix battery types and do not mix old and new batteries. Dispose batteries according to your state and regional guidelines.

## Using the Machine

The Multifunction SPM Magnetic Rowing Machine lets you work out in multiple ways. You can use it as a traditional rowing machine or use it to do upper body strength exercises.

When using it as a rowing machine, make sure to put your feet in the **Left and Right Pedals (No. 33L/R)** and use the straps.

When using it to do upper body exercises, adjust the **Left and Right Pedals (No. 33L/R)** to suitable position. Stand on the **Left & Right Foot Pads (No. 66 & No. 67)**. Pull on the **Handlebar (No. 5)** to do the exercises.



# Exercise Computer



## 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:** The heart rate monitor is not included. Wireless heart rate function works with SunnyFit Heart Rate Monitor HR200. HR200 can only connect to the computer when the wireless heart rate icon is flashing.

## FUNCTION KEYS:

**MODE:** To select your specification mode and/or turn on computer. Hold the MODE key for 2 seconds to reset all values except TOT when the Bluetooth is not connected.

Press and hold the MODE key for 6 seconds to disconnect from both the SunnyFit APP and the heart rate monitor; then, the meter will enter sleep mode.

**SET:** To set a value of TIME, COUNT, CALORIES and DISTANCE (when not in SCAN mode).

**RESET:** Press to reset TIME, COUNT, CALORIES and DISTANCE. Press and hold for about 3 seconds to reset all values, except TOTAL COUNT.

## FUNCTIONS AND OPERATIONS:

**AUTO ON/OFF:** The meter will shut off automatically and disconnect the heart rate monitor if there is no activity for 4 minutes when the Bluetooth is not connected. The computer will reactivate once the machine is put into motion or when a computer button is pressed.

**SCAN:** Press MODE button until SCAN appears. The computer will rotate through six functions in the following order: TIME, COUNT, TOTAL COUNT, CALORIES, DISTANCE and PULSE. Each function will be held for 6 seconds.

**TIME:** Counts the total time elapsed during your current workout.

**COUNT (CNT):** Counts the number of rowing strokes from your current workout.

**TOTAL COUNT (TOTAL CNT):** Counts the total amount of strokes from the first use.

**CALORIES (CAL):** Counts the total calories burned from current workout.

**DIST (DISTANCE):** The current distance from starting exercise.

**PULSE:** Display the current value of the heart rate when it is detected from the heart rate monitor.

## COUNTDOWN:

You can set the value of TIME, COUNT, DISTANCE or CALORIES to countdown.

1. Press MODE to select a function. Make sure you are not in SCAN mode.
2. Press SET to select a value you want. You can press RESET to clear the value.
3. When the display stops flashing, start rowing and the machine will start to count down.

**BATTERY:** This computer uses two AAA batteries. If the display appears incorrectly or becomes difficult to read, please install new batteries. 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.

## SPECIFICATIONS:

FUNCTIONS	SCAN	Every 6 seconds
	TIME	0:00~99:59 (Minute: Second)
	COUNT	0~9999 Count
	CALORIES	0.0~9999 Kcal
	TOTAL COUNT	0~9999 Count
	DISTANCE	0~9999 Meter
	PULSE	40-240 BPM
BATTERY TYPE		(2) Two AAA or UM-4
OPERATING TEMPERATURE		0°C ~ 40°C (32°F -104°F)
STORAGE TEMPERATURE		-10°C ~ 60°C (14°F -140°F)

## **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](http://www.sunnyfit.com/guide) or scan the QR code below:



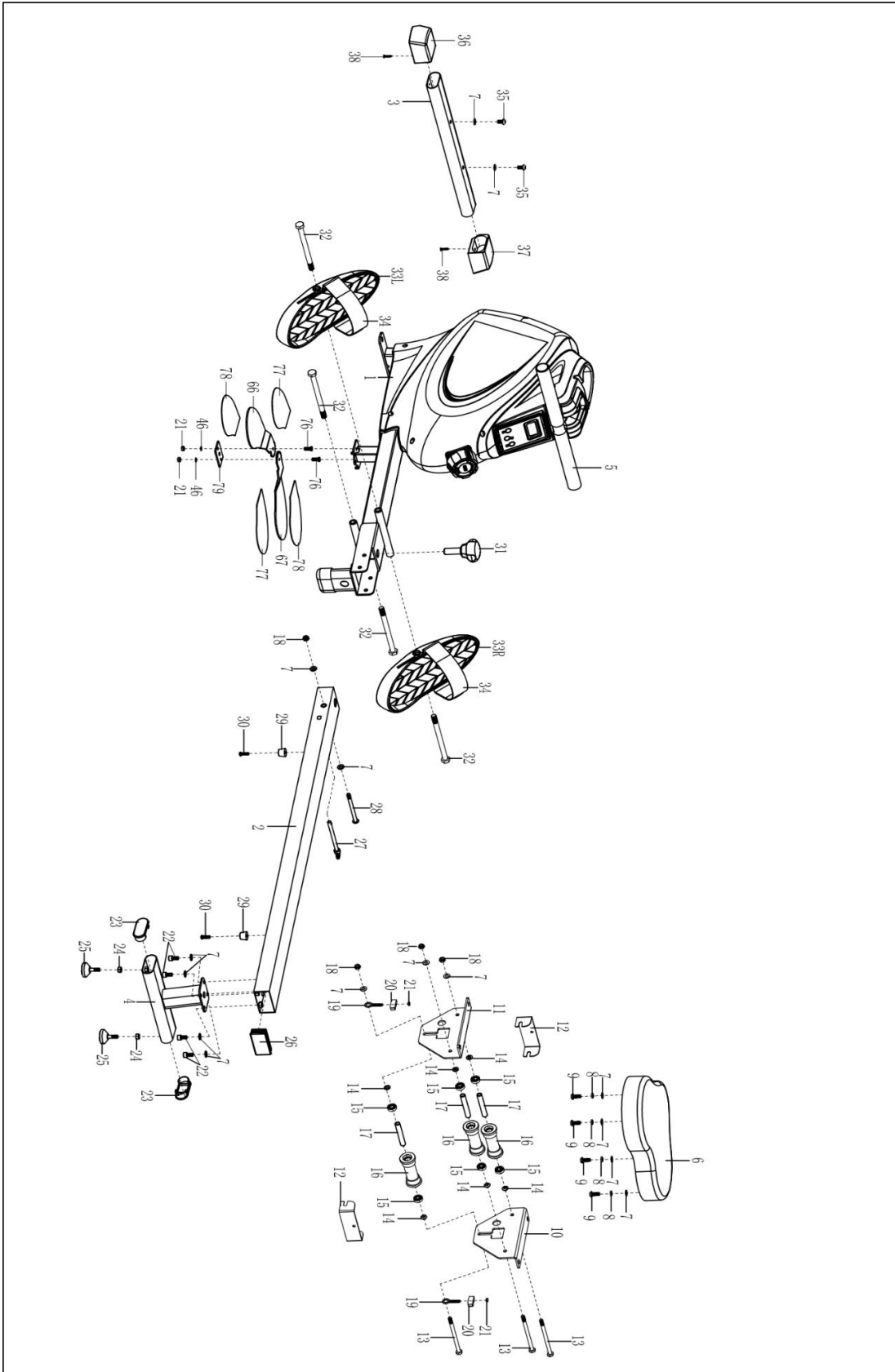
- If you require additional support, please contact [support@sunnyfit.com](mailto:support@sunnyfit.com).

## PARTS LIST

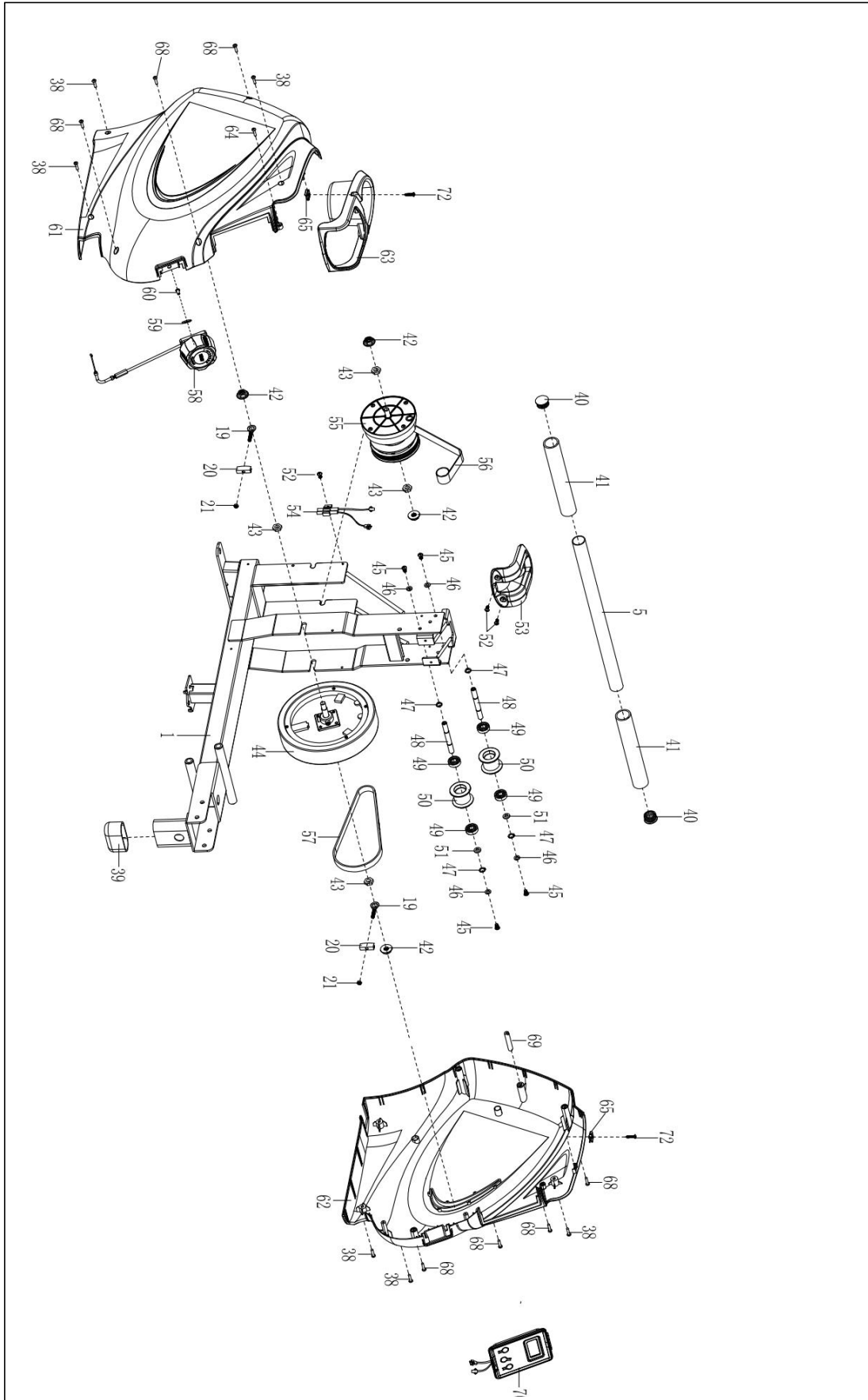
No.	Description	Spec.	Qty.
1	Main Frame		1
2	Sliding Rail		1
3	Front Stabilizer		1
4	Rear Stabilizer		1
5	Handlebar		1
6	Seat		1
7	Washer	φ8*φ16*1.5	15
8	Spring Washer	φ8	4
9	Bolt	M8*20	4
10	Right Seat Supporting Board		1
11	Left Seat Supporting Board		1
12	U Shape Bracket		2
13	Bolt	M8*125	3
14	Spacer	φ15*φ8*4	6
15	Bearing	608	6
16	Wheel	φ39*92	3
17	Casing Pipe for Idler Wheel	φ12*φ9*78	3
18	Nut	M8	4
19	Adjusting Screw	M6*36	4
20	U Shape Baffle		4
21	Nut	M6	6
22	Screw	M8*16	4
23	End Cap		2
24	Nut	M8	2
25	Foot Pad		2
26	Square Plug		1
27	Pull Pin	φ8.0*106	1
28	Bolt	M8*102	1
29	Limit Mat	φ22*16	2
30	Screw	M6*20	2
31	Knob	M16*1.5*43.5	1
32	Bolt	M12*160	4
33L	Left Pedal		1
33R	Right Pedal		1
34	Pedal Strap		2
35	Screw	M8*15	2
36	Left End Cap		1
37	Right End Cap		1
38	Screw	ST4.2*20	8
39	End Cap		1

No.	Description	Spec.	Qty.
40	Round End Cap		2
41	Foam Grip	φ27*φ33*214	2
42	Nut	M10*1.0*9	4
43	Nut	M10*1*B5	4
44	Inertial Wheel		1
45	Bolt	M6*12	4
46	Washer	φ12*φ6.5*1.5	6
47	Shaft Snap Ring	φ10*1.0	4
48	Belt Pulley Shaft	φ10*87*M6	2
49	Bearing	6000	4
50	Mesh Belt Pulley	φ45*35	2
51	Washer	φ14*φ10.2*0.5	2
52	Bolt	M5*10	3
53	Handle Guide		1
54	Sensor Wire		1
55	Volute Spring Complete Set		1
56	Mesh Belt		1
57	Belt	220PJ	1
58	Tension Control Knob		1
59	Washer	φ5	1
60	Screw	M5*12	1
61	Left Cover		1
62	Right Cover		1
63	Water Bottle Holder		1
64	Screw	ST4.2*15	1
65	Clip		2
66	Left Foot Pad		1
67	Right Foot Pad		1
68	Screw	ST4.2*25	7
69	Cover Fixed Column		1
70	Computer	TZ-1128	1
71	N/A		-
72	Bolt	M5*15	2
73	Spanner	S10, 13, 14, 15	1
74	Spanner	S10, 13, 17, 19	1
75	Allen Wrench	S6	1
76	Bolt	M6*15	2
77	Left Anti-slip Mat		2
78	Right Anti-slip Mat		2
79	Bottom Fixed Plate		1

# Exploded Diagram 1



# Exploded Diagram 2



# Register

Register your product and verify warranty terms:

[jllfitness.co.uk/warranty](http://jllfitness.co.uk/warranty)



# Download

Track your fitness progress & join **FREE** workout courses!

Download SunnyFit App today!




# Follow

Find us on social media



# Contact

Get in touch with us for any questions

 +44 (0)800 6123 988

 [contact@jllfitness.co.uk](mailto:contact@jllfitness.co.uk)