

USER MANUAL

Rowing Bench

MINT LAMA



PRODUCT INTRODUCTION

The rowing machine with water resistance simulates real rowing on water and specifically targets the muscles of the legs, waist, arms, and back.

The rowing machine with water resistance is an aerobic exercise device that improves overall physical performance. The movement is like that of kayaking. During training, more than 80% of the muscles are engaged in a short time due to the resistance of the water and the change in flywheel speed. This provides an effective full-body workout.

PRODUCT INSTALLATION

ADDING WATER

Use special tools when adding or changing water.

It is recommended to use pure water.

Recommended water volume: 7–17 liters.

Be careful not to exceed the maximum water level and change the water regularly.

Note:

- The bucket should be higher than the main body.
- When pumping water out, the bucket should be level with or lower than the main body.

USING THE INSTRUMENT

- Press RESET to clear the data.
- Press MODE to switch between TIME / DIS / CAL. The blinking item is the currently selected function.
- Then press SET to set the value of the blinking item.
After starting, the countdown begins. When the set value is reached, the device will emit a beep.

DISPLAY FUNCTIONS

- SPEED: Measures the instantaneous speed and displays it during movement.
- TIME: Measures the time from the beginning to the end of the workout.
- DISTANCE: Measures the distance covered during the workout.
- CALORIES: Measures the calories burned during the entire training session.
- TOTAL: Shows the total distance completed in the test.

USER MANUAL

OPERATION

Power On: The AVG function switches to automatic scan mode.

Button Functions: 5 buttons in total

MODE

The function in AVG can be switched. When AVG mode switches automatically, the function flashes automatically every 6 seconds after turning on (KM/H, CAL/H, /500M).

When MODE is pressed, the current function pauses. When it stops, it no longer flashes. Press MODE again to switch to the next function. When it returns to the first function, the device resumes automatic switching.

Hold the MODE button to delete all data.

SETTING

To adjust settings, first press the UP button — the current function flashes.

UP increases, DOWN decreases. Hold for faster adjustment.

After pressing UP, you can use the MODE button to switch between adjustable functions (sequence: TIME, DIST, PULSE).

POWER ON / OFF

Hold the button for 3 seconds to turn off the device.

If no signal is received and no button is pressed within 2 minutes, the device turns off automatically.

To turn the device on, press the ON/OFF button.

All data are retained after turning it back on.

RECOVERY FUNCTION

In heart rate mode, press the heart rate recovery button to start a 1-minute countdown and measure the heart rate.

After 1 minute, the value is displayed according to the measured heart rate (see table below) and three beeps sound.

After 10 seconds, the normal heart rate display resumes.

During this process, all other buttons except the heart rate recovery button are disabled.

If no heart rate is detected during the test, the display shows F-6.0, indicating the heart rate recovery level.

The 1-minute heart rate test shows the decrease from the highest to the lowest heart rate within one minute based on the previously measured data in the table below.

If the heart rate increases within one minute, F-6.0 is displayed.

F1 – Heart Rate Drop Decrease over 51 per minute - Display F---1.0

F2 - Heart Rate Drop Decrease 41-50 per minute - Display F---2.0

F3 - Heart Rate Drop Decrease 31-40 per minute - Display F---3.0

F4 - Heart Rate Drop Decrease 21-30 per minute - Display F---4.0

F5 - Heart Rate Drop Decrease 11-20 per minute - Display F---5.0

F6 - Heart Rate Drop Decrease less than 10 per minute - Display F---6.0

RESET

Hold the RESET button for 3 seconds until a beep sounds.

All data will be reset to zero.

Calories burned per hour: (CAL / H)

Time needed for 500 meters: (TIME / 500M)

Speed: (KM / H)

Conversion from kilometers to miles: (KM / ML)

TIMER

Measure the time from the start to the end of exercise (range 0:00–99:59).

After overflow, the time resets to zero automatically.

Timing starts when a signal is received. If no speed signal is received within 4 seconds, timing pauses.

You can set the training time — a beep sounds when the set time expires.

Setting range: 0:00–99:00. The value increases by 1 minute, and seconds reset to zero.

Once movement is detected after setting, the countdown begins.

When the timer reaches 0 and movement continues, the clock counts upward again.

DISTANCE

Measures the distance traveled during exercise.

Range: 0.000–9999 km (or miles). Automatically resets after overflow.

Setting range: 0.000–9999. The set value increases by +0.1.

A beep sounds when the value counts down to zero.

Distance is calculated based on the wheel circumference.

PULSE

Measurement range: 40–240 beats per minute.

Setting range: 0–240 bpm. This function blinks and sounds an alarm when the set value is reached.

Repeated pressing accelerates adjustment.

The heart rate test starts at a default of 72 bpm. After each test, the measured value is displayed, and the heart icon blinks in sync with the signal.

If no signal is received for 4 seconds, "P" appears on the display.

If input exceeds 240 bpm, it's recognized as interference and ignored.

If interference persists for 4 seconds, "P" remains and doesn't reset.

Default heart rate: 72 bpm.

At first press, heart rate adjusts by +1 or -1.

If the measured value reaches or exceeds the set value, the function blinks continuously and alarms.

If the value is below the set range, blinking and alarm stop.

SPM

Range 0 ~ 999.

RESISTANCE

Resistance can only be adjusted by adding or removing water from the tank.

AVG (Average Display)

Speed: Display range 0.0–99.9 KM/H (ML/H)

Calories: CAL/H indicates how many calories are expected to be burned per kilometer of the current workout.

Time: TIME/500M shows the required time for 500 meters.

CALORIES

Calories are calculated at 22.8 calories per kilometer.

SLEEP MODE

If no movement or heart rate signal is detected within 2 minutes, the device enters sleep mode. The LCD display turns off in this mode.

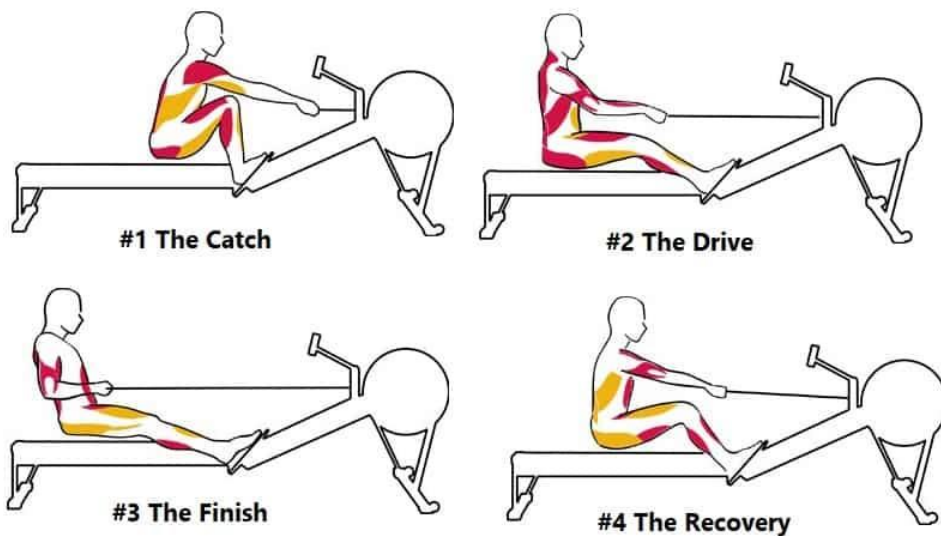
POWER ON

The device can only be turned on with the ON/OFF button.

After turning off and back on, all data remain saved.

CORRECT USE OF THE ROWING MACHINE

1. Hold the handle loosely with your fingers and keep your wrists straight.
2. The arms should be fully extended to the chest, with shoulders relaxed.
3. Lean forward and bend your knees until your hands reach your ankles.
4. Push against the device with the balls of your feet and then with your legs. Lean your upper body back slowly and keep your shoulders relaxed.
5. Pull your elbows back and outward until they are level with your ribs.
6. Begin the next stroke and extend your arms again.



STORING THE ROWING BENCH

