

B607 Rowing Machine Assembly Guide

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“to those just beginning an exercise regime, it should be less about the look or features of their exerciser and more about their commitment to a personal fitness program through continually tracking their progress”

Daniel Woods (Co-founder)

ABOUT fitbil

ESmartGym is a renowned leader of innovative mobile and cloud based technology. Their android and IOS applications are integrated in many recognized brand name products in the health and fitness industry throughout the world. Fitbill™ is the vision ESmartGym has conceived for an inspiring and rewarding way to bring personalized wellness solutions into the homes of health conscious Americans.

fitbill App Users Guide

1. Before you begin

Enclosed you will find the EsConn Bluetooth adapter and power cable (white thumb shaped part). You must charge the EsConn for at least 2 hours before attaching to the black cord receptacle to your exerciser.

Note: The EsConn is fully charged when the red light is illuminated.

2. Download & Install

The fitbill app is available for free download on the Apple App Store or Google Play, depending on your device platform. Enter “fitbill” and search. Install, open and then the fitbill logo will appear on your screen. Be sure to check from time to time for updates to the latest version.

3. Create your Account

You can use any combination of letters or numbers as your log in ID. If you experience issues with your selection, we suggest you minimize your log in to less than 10 characters long. Then select a password that you can remember.

If you forget your password, you will need to create a new account log in ID and password.

Once you have logged in create your profile by depressing "me" in the lower right hand of your screen and entering the personalized information that applies to you.

4. Program your workouts

Select "Workout" from the "Me" screen to Add the exerciser(s) you have purchased. Next select "Custom Program" . Depress the plus sign to create one. Under Custom Program name your workout in the upper portion of your screen where it says "Label" . Press "OK" . Depress the plus sign again. Enter the desired time, speed and rest for the 1st set. Press "OK" . Keep adding the number of sets and details for each specific custom labeled program. Continue to swipe left to see layers of your custom programs summary and history.

Select Trainer Program from the selected platform screen. Choose the desired program. Follow the prompts for start. Continue to swipe left to see layers of your custom programs, summary and history.

ASSEMBLY INSTRUCTIONS

Preparation

A.Unpack your new equipment. Save your box and packaging.

B.Clear a space on your floor or counter that will allow you to easily complete the assembly process.

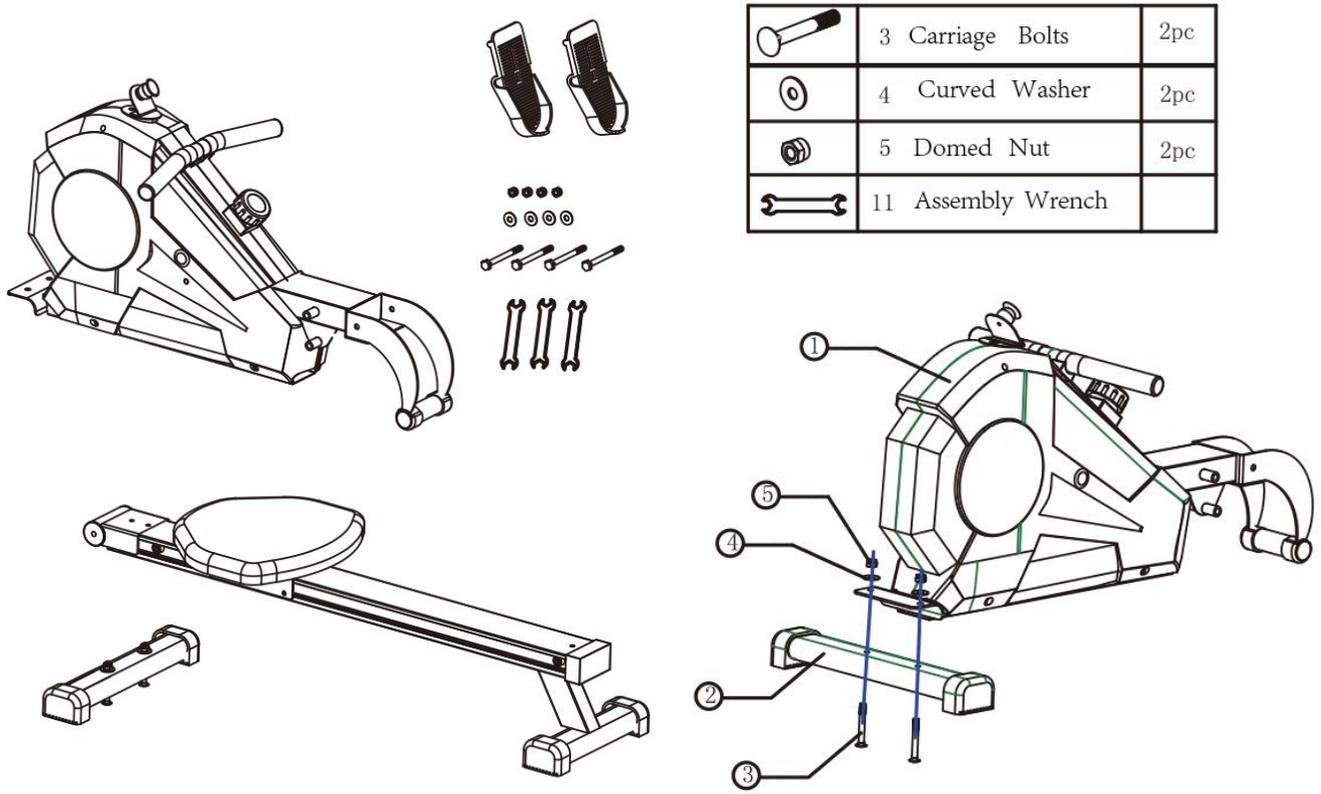
C.Before you begin, layout all parts and hardware to make sure all components have been received as shown on parts list .

D.Check the tools provided for assembly.

1	Main Frame with Wheel Cover	1pc	7	Carriage Bolts	1pc
2	Front Stabilizer Bar	1pc	8	Foot Rest	2pc
3	Carriage Bolts	2pc	9	Carriage Bolts	4pc
4	Curved Washer	4pc	10	Securing Knob	1pc
5	Domed Nut	3pc	11	Assembly Wrench	3pc
6	Seat Rail	1pc			

Step1:

Mount the Front Stabilizer Bar (2) onto the Main Frame with Wheel Cover (1) by using two Carriage Bolts (3) going upward through Front Stabilizer and Main Frame, and securing with the two Curved Washers(4) and Domed Nuts (5). Tighten using the open end wrench (11) provided.



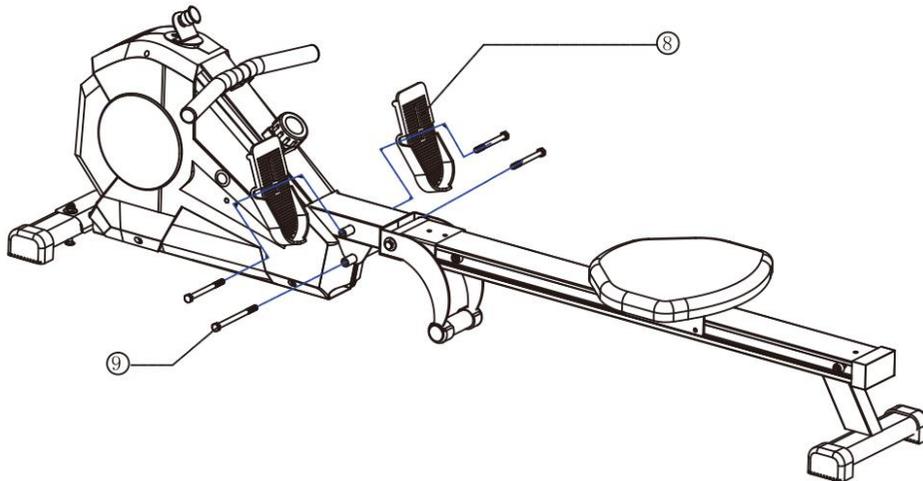
Step2:

Attach Seat Rail (6) to the curved stabilizer leg of the main frame by aligning the holes in each. Insert the Carriage Bolt (7) through the main frame and seat rail. Use washer(4) first and screw the dome nut (5) on the end of the Carriage Bolt and tighten with the assembly wrench provided. Plug the male and female parts of the Esconn in to each other.

Step3:

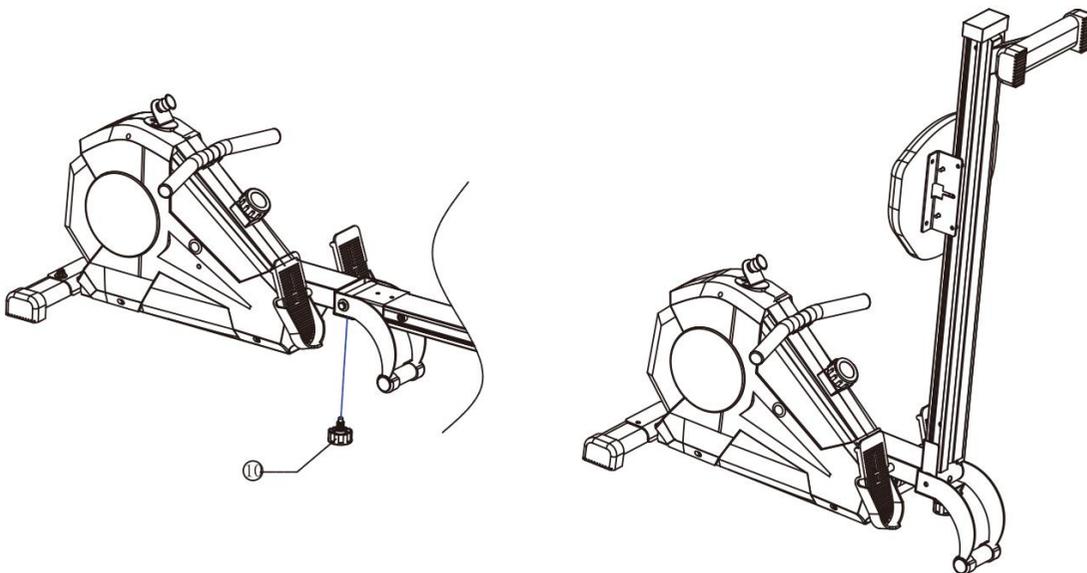
The left and right pedals (8) are the same. Mount the pedals one at a time using the carriage bolts provided by aligning the holes in the base of the main frame and securing in place with a nut and washer using the assembly wrench provided.

	9 Carriage Bolts	4pc
	11 Assembly Wrench	



Step4:

To compact or store the rower , use the securing knob (10) to position the seat rail vertically.



Congratulations! You are now on the way to a healthy lifestyle.