Casall R300 Manual
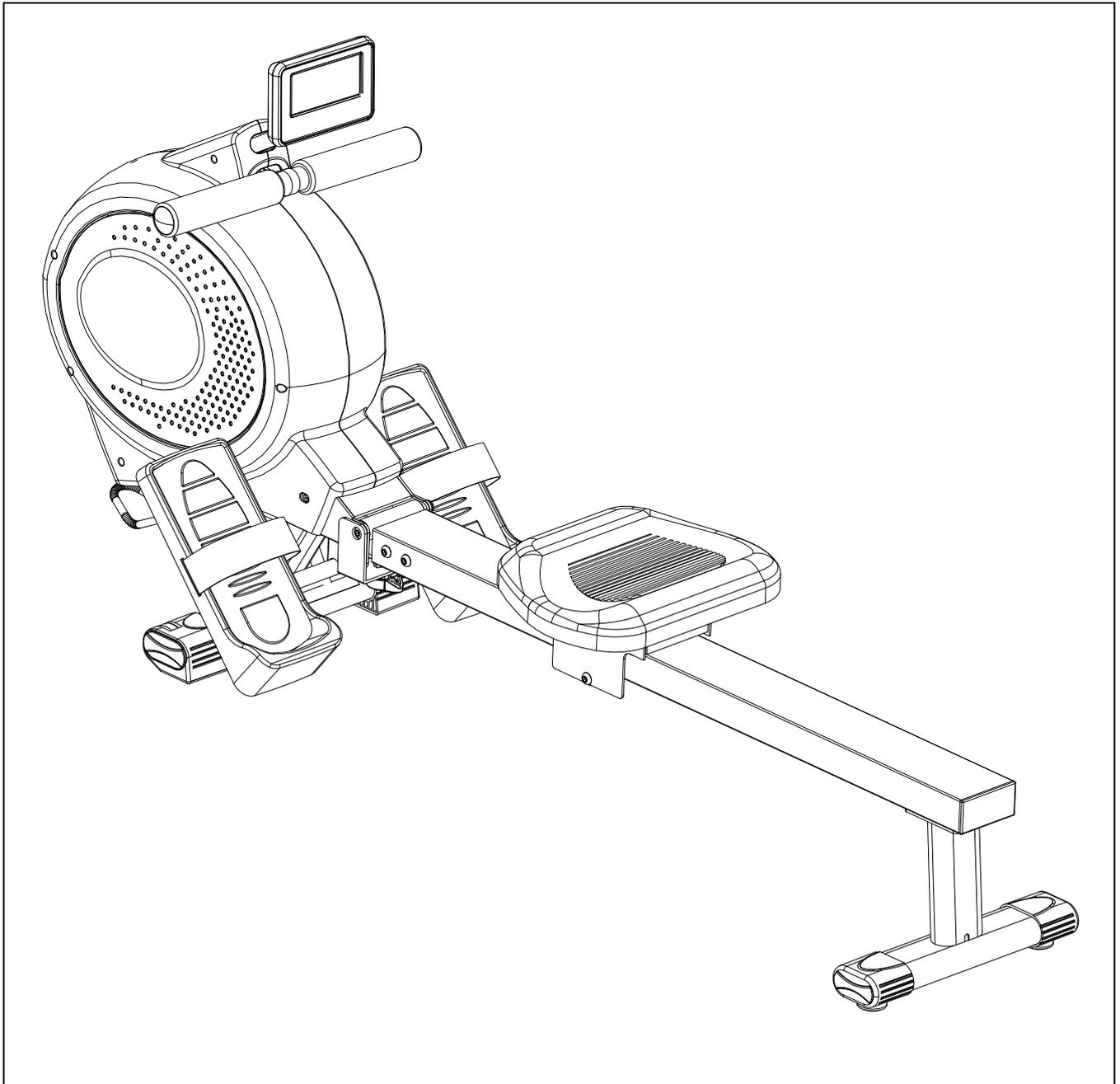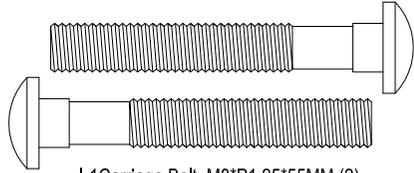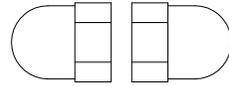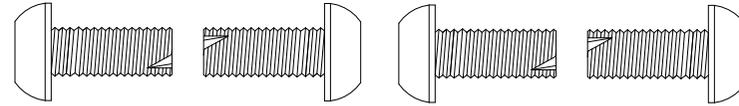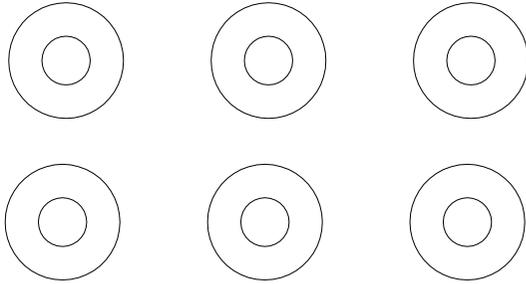
ROWER MACHINE

R300

I-1Carriage Bolt M8*P1.25*55MM (2)
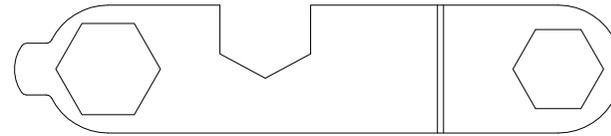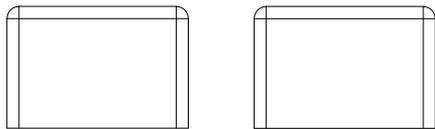
I-3 Acorn Nut
for M8 Bolt (2)

I-4 Allen Bolt M8xP1.25x20mm (4)

I-2 Flat washer for ⌀8*⌀19*2T (6)

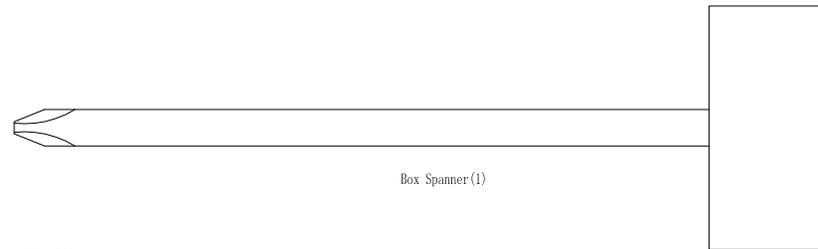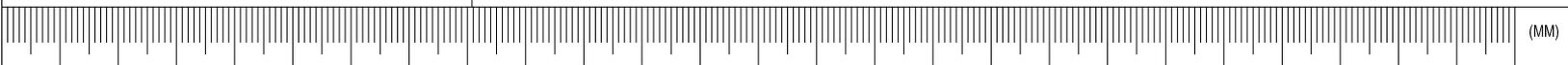Wrench （1）

I-5 CAP(2)
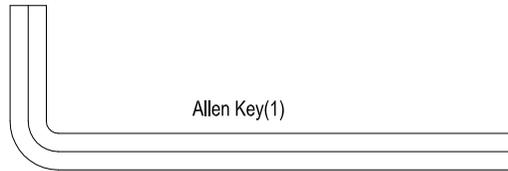
Allen Key(1)

Box Spanner(1)

(MM)
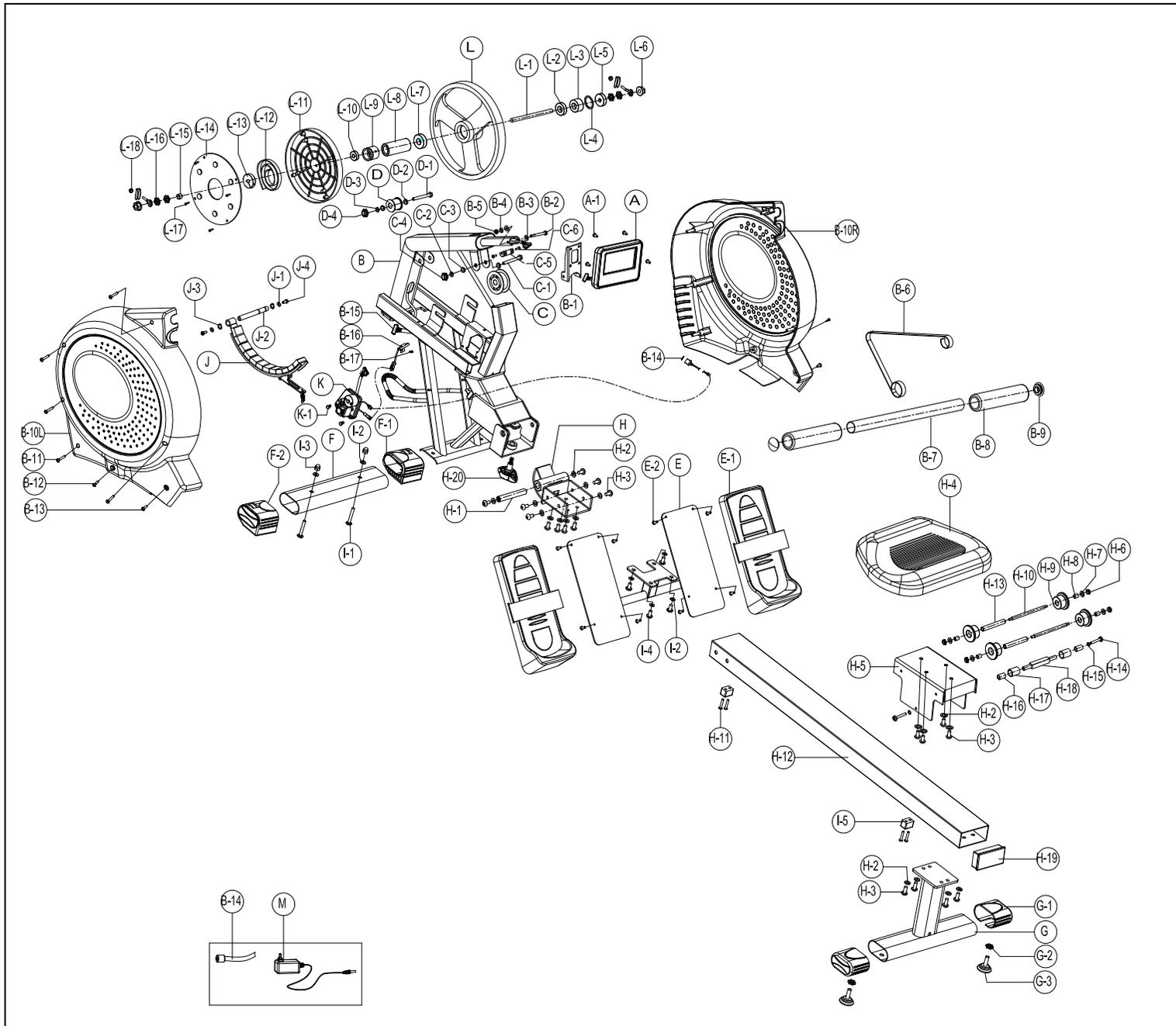
Assembly Diagram
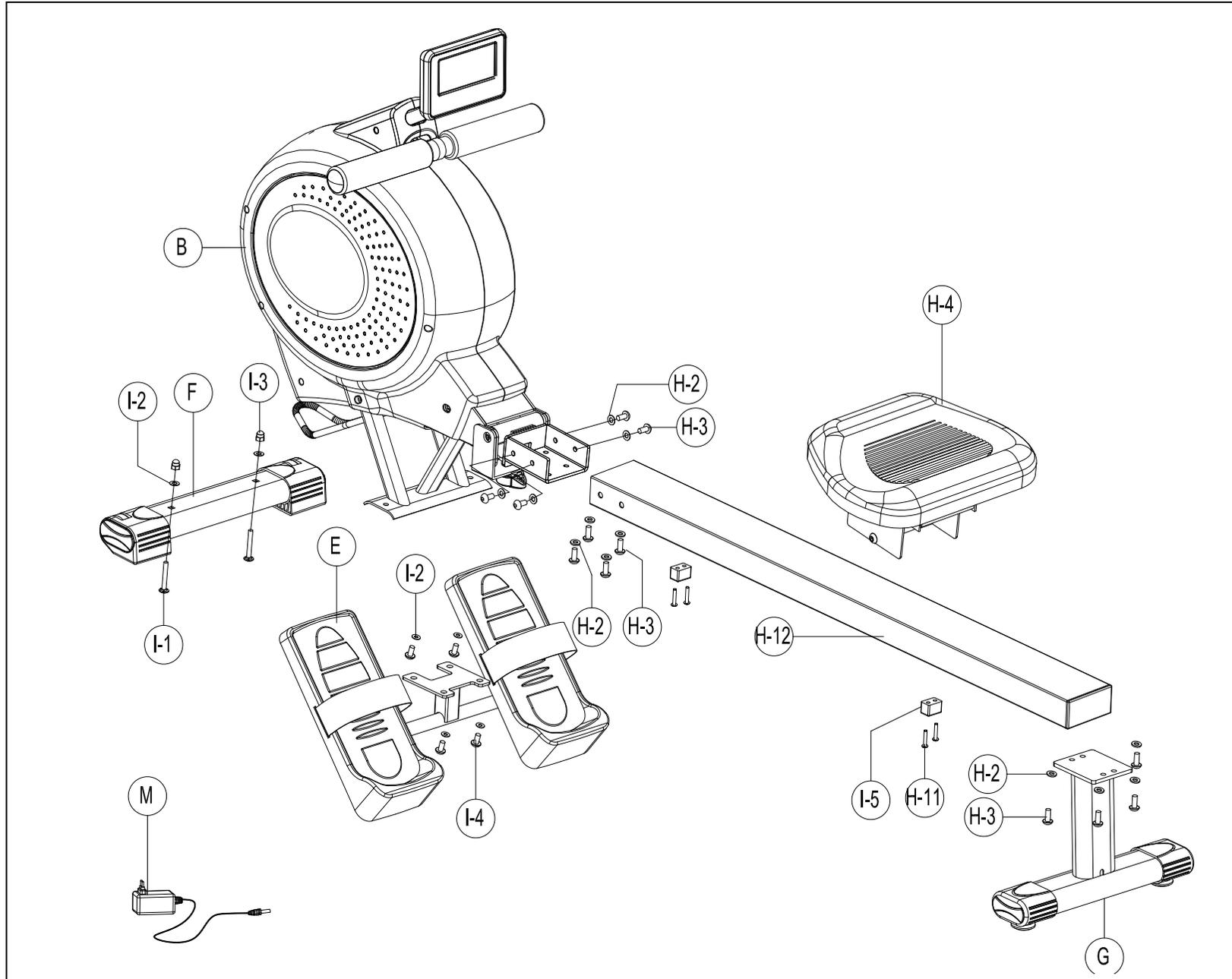
EXPLODED DIAGRAM

Parts List

No.	Description	Quantity	
A	COMPUTER	1	SET
A-1	SCREW FOR FIXING COMPUTER	4	PCS
B	MAIN FRAME	1	SET
B-1	BRACKET FOR FIXING COMPUTER	1	PCS
B-2	SCREW M6xP1.0x57L	2	PCS
B-3	FIXING CAP	4	PCS
B-4	FLAT WASHER φ6xφ16x1t	2	PCS
B-5	NYLON NUT M6	2	PCS
B-6	STRAP	1	PCS
B-7	HANDLABAR	1	SET
B-8	HANDLEBAR FOAM	2	PCS
B-9	CAP	2	PCS
B-10 R	LEFT COVER (LOWER)	1	PCS
B-10 L	RIGHT COVER (LOWER)	1	PCS
B-11	SCREW M4x40L	5	PCS
B-12	SCREW M5x16L	2	PCS
B-13	SCREW M5x16L	2	PCS
B-14	DC WIRE	1	SET
B-15	UPPER COMPUTER CABLE	1	PCS
B-16	SENSOR BOX	1	PCS
B-17	SCREW M4x10L	1	PCS
C	DRIVING PULLEY	1	SET
C-1	HEXAGON SCREW 3/8"x61mml	1	PCS
C-2	FLAT WASHER φ 10xφ18x2t	3	PCS
C-3	BUSHING φ10xφ14x6mmL	2	PCS
C-4	NYLON NUT 3/8"x7t	1	PCS
C-5	STOPPER FOR STRAP	1	PCS
C-6	SCREW M4x10L	1	PCS
D	SMALL PULLEY	1	PCS
D-1	HEXAGON SCREW 3/8"x61mml	1	PCS
D-2	BUSHING φ 10xφ14x3mmL	2	PCS
D-3	FLAT WASHER φ 10xφ18x1t	3	PCS
D-4	NYLON NUT 3/8"x7t	1	PCS
E	PEDAL HOLDER	1	SET
E-1	PEDAL	1	SET
E-2	SCREW M5xP0.8x12L	8	PCS
F	FRONT STABILILZER	1	PCS
F-1	CAP FOR FRONT STABILIZER(LEFT)	1	PCS
F-2	CAP FOR FRONT STABILIZER(RIGHT)	1	PCS
G	REAR STABILILZER	1	PCS
G-1	CAP FOR REAR STABILIZER	2	PCS
G-2	HEXAGON NUT 3/8"-16x3t	2	PCS
G-3	ADJUSTING CAP	2	PCS
H	FIXED HOLDER	1	PCS
H-1	SPINDLE OF FIXED HOLDER	1	PCS

| H-2	FLAT WASHER φ8xφ16x2t OF FIXED HOLDER	18	PCS
H-3	SCREW M8xP1.25x20L OF FIXED HOLDER	18	PCS
H-4	SEAT	1	PCS
H-5	ROLLING SLIDER	1	SET
H-6	NYLON NUT M6	4	PCS
H-7	FLAT WASHER φ6xφ16x2t	4	PCS
H-8	BUSHING φ8xφ11.6x14.8	4	PCS
H-9	PU WHEEL φ36x17W	4	PCS
H-10	ROLLER AXLE	2	PCS
H-11	SCREW M5x35L	4	PCS
H-12	SLIPPERY RAIL	1	PCS
H-13	BUSHING φ8xφ12x81L	2	PCS
H-14	HEXAGON SCREW M6xP1.0*16L	2	PCS
H-15	FLAT WASHER φ6xφ12x1t	2	PCS
H-16	BUSHING φ14.2x27.5	2	PCS
H-17	PLASTIC BUSHING φ21xφ11.5x27	2	PCS
H-18	AXLE φ10x119L	1	PCS
H-19	REAR COVER FOR SLIDER	1	PCS
H-20	ADJUSTMENT KNOB	1	PCS
I-1	CARRIAGE SCREW M8xP1.25x55L	2	PCS
I-2	FLAT WASHER φ8*φ19*2T	6	PCS
I-3	CAP NUT M8	2	PCS
I-4	SCREW M8xP1.25x20L	4	PCS
I-5	STOPPER FOR SILDER	2	PCS
J~J-4	MAGNETIC SET (一)	1	SET
K	GEAR BOX	1	SET
K-1	HEXAGON SCREW M6xP1.0x10L	2	PCS
L~L-5,L-7~L-18	FLYWHEEL SET	1	SET
L-6	NUT PATTER 3/8"-26	2	PCS
M~M-4	MAGNETIC SET (二)	1	SET
N	AC ADAPTOR	1	PC

Steps 1

Fit the front stabilizer (F) to the main frame and secure it with 2 of M8xP1.25x55L (I-1), 2 flat washers (I-2), and two nut (I-3). Make sure they are securely tightened.
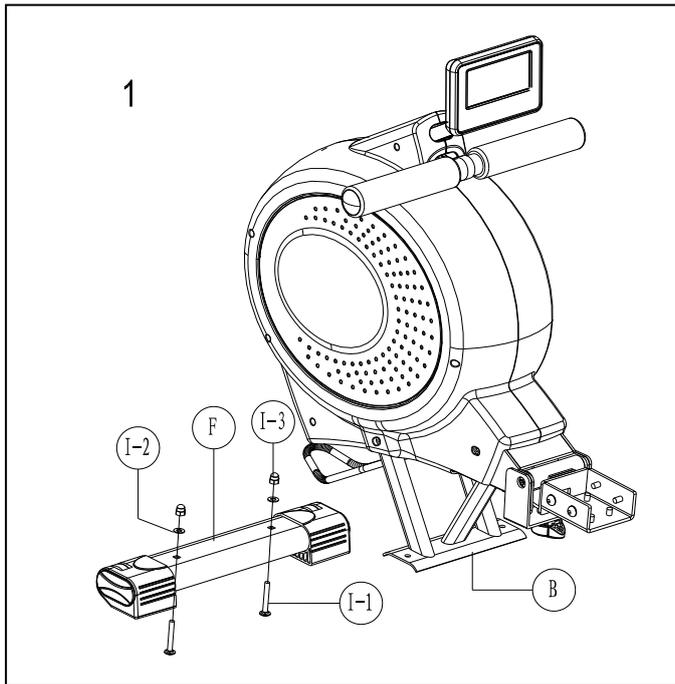
Steps 2

Fit paddle holder (E) to the main frame (B) and secure it with 4 M8xP1.25x20L screws (I-4) and 4 flat washers (I-2).

Remarks: Do not screw one set of the M8xP1.25x20L Screws and Flat washers too firm at one time. It is better to fix the four sets firmly at the same time because it helps you to change angles and to fix easily.
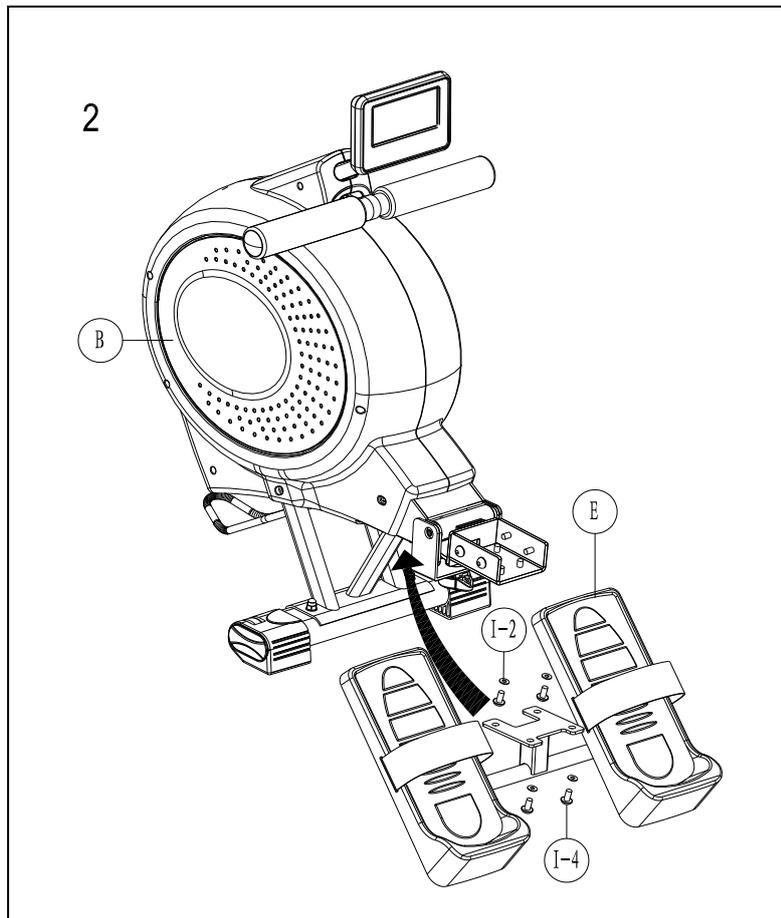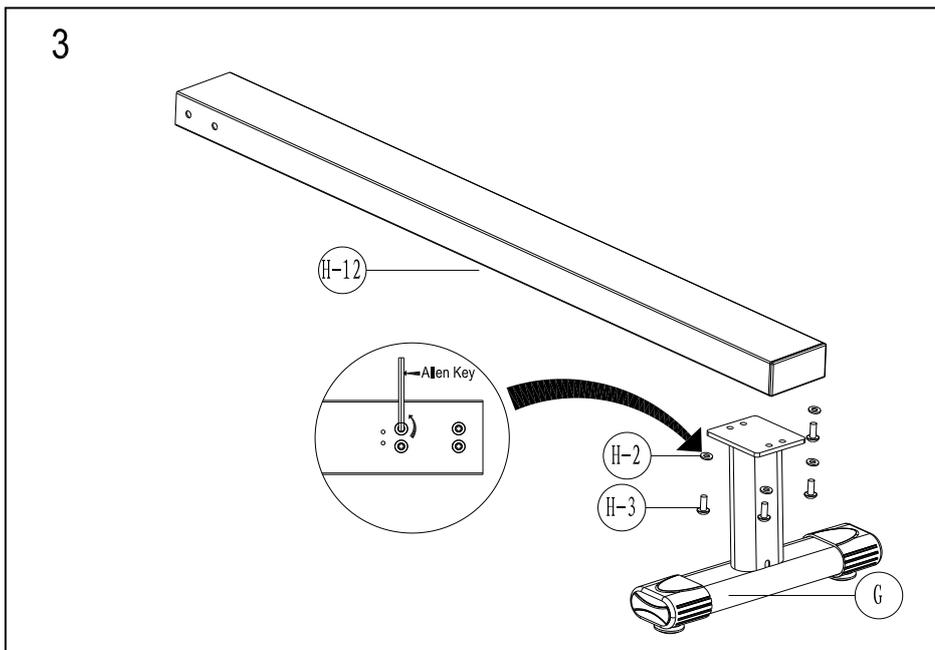
Steps 3

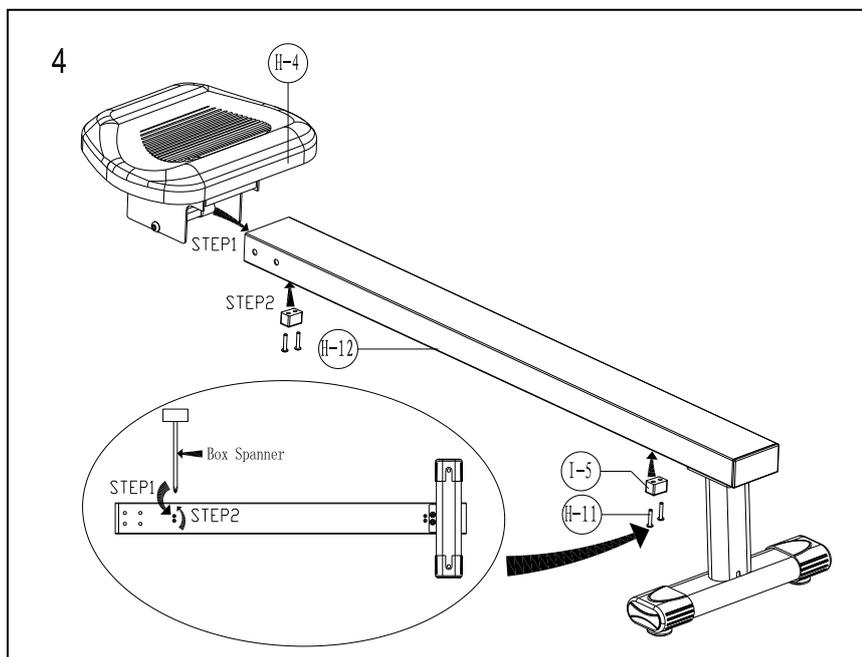Please remove the M8xP1.25x20L Screws (H-3) and Flat Washers (H-2) on the rear stabilizer (G).

Then fit the rear stabilizer (G), and then attach the rear stabilizer (G) with slippery rail (H-12) by M8xP1.25x20L Screws (H-3) and Flat Washers (H-2).

Remarks: Do not screw one set of the M8xP1.25x20L Screws and Flat washers too firm at one time. It is better to fix the four sets firmly at the same time because it helps you to change angles and to fix easily.
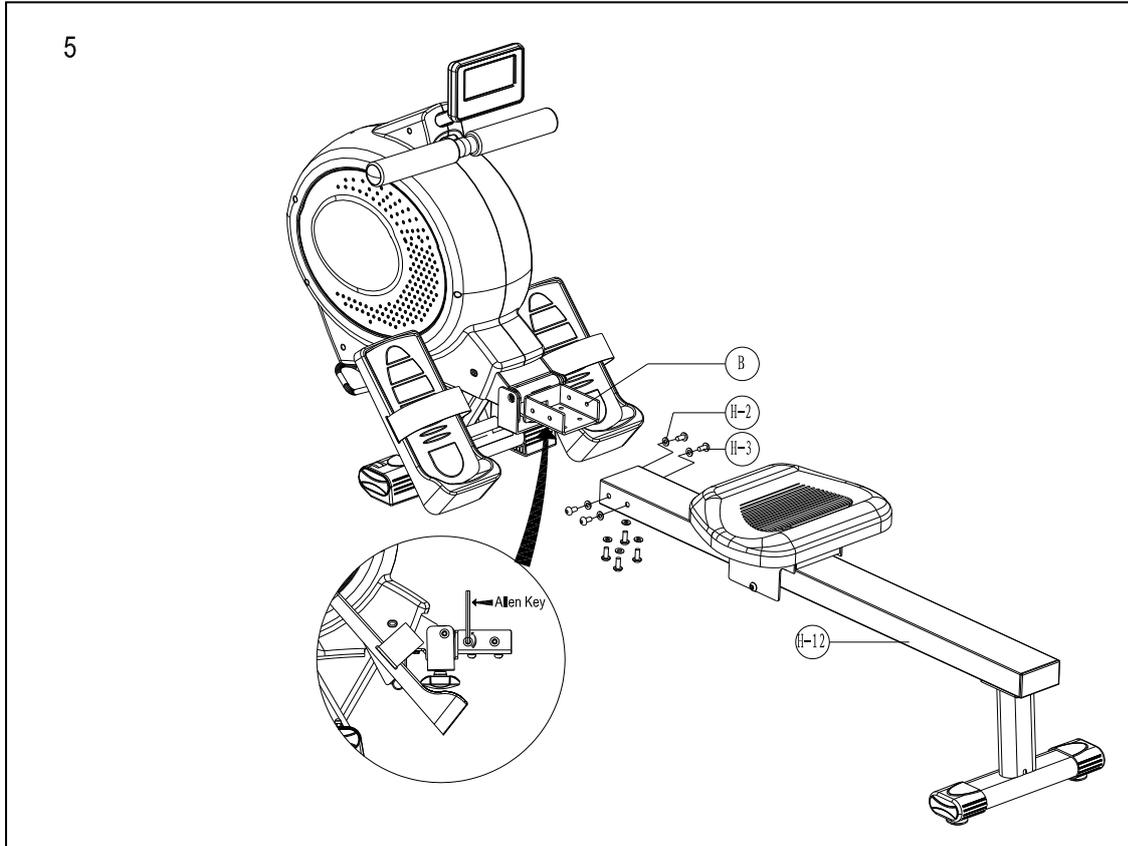

Steps 4

1. Please remove the M5x35L screws (H-11) on the slippery rail (H-12)

2. Pass the slippery rail (H-12) through the slide seat (H-4)

3. Use the M5x35L screws (H-11) to fix the stopper (I-5) on the slippery rail (H-12) .

Steps 5

Please remove the M8xP1.25x20L Screws (H-3) and Flat Washers (H-2) on the frame（B）, then insert the slippery rail (H-12) to the Main Frame (B) and attach by M8xP1.25x20L Screws (H-3) and Flat Washers (H-2).

Remarks: Do not screw one set of the M8xP1.25x20L Screws and Flat washers too firm at one time. It is better to fix the eight sets firmly at the same time because it helps you to change angles and to fix easily.
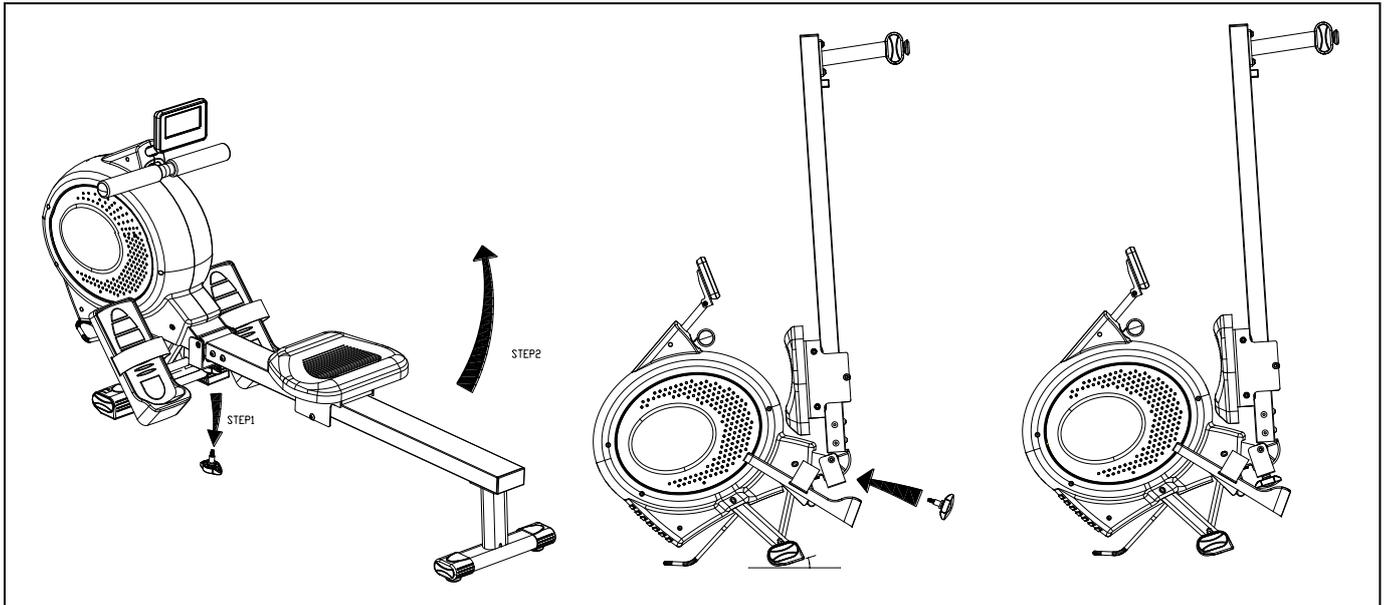

Steps 6

Plug the Adaptor (M) into the DC hole (B-14) to start the computer
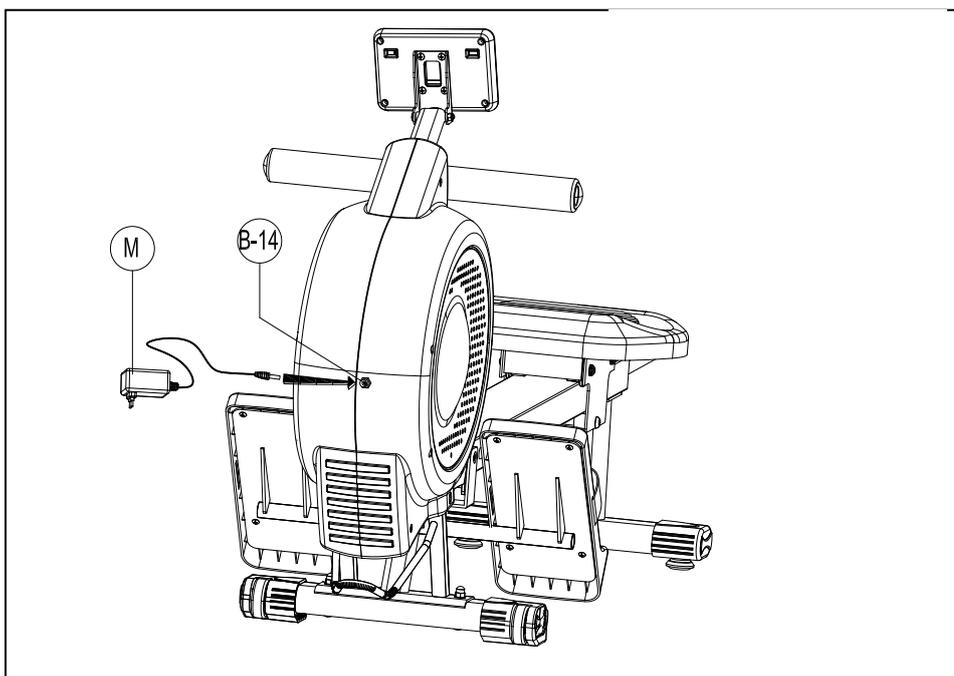
Folding instructions

1. Release the knob (H-20) and put out the rail (H-12), then pull the rail out.

2. Turn the rail 90 degree then inert the rail into the notch on the frame

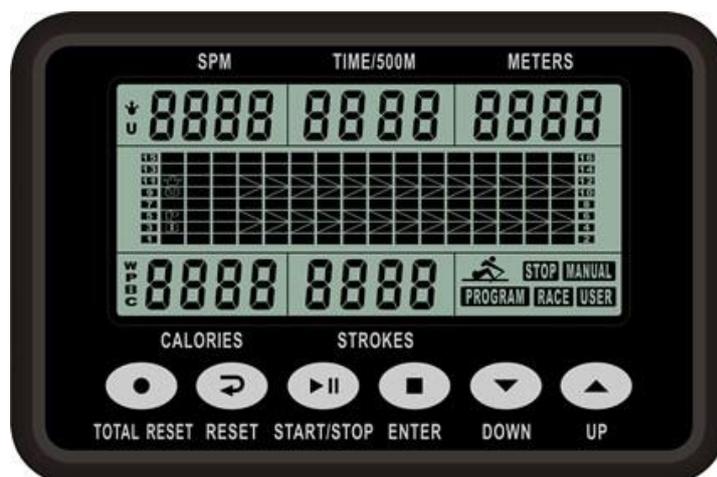3. Use the knob to lock the rail onto the frame.

STEP1

STEP2

Moving instructions

Rise up the rear stabilizer and push the rower machine when you want to move it.
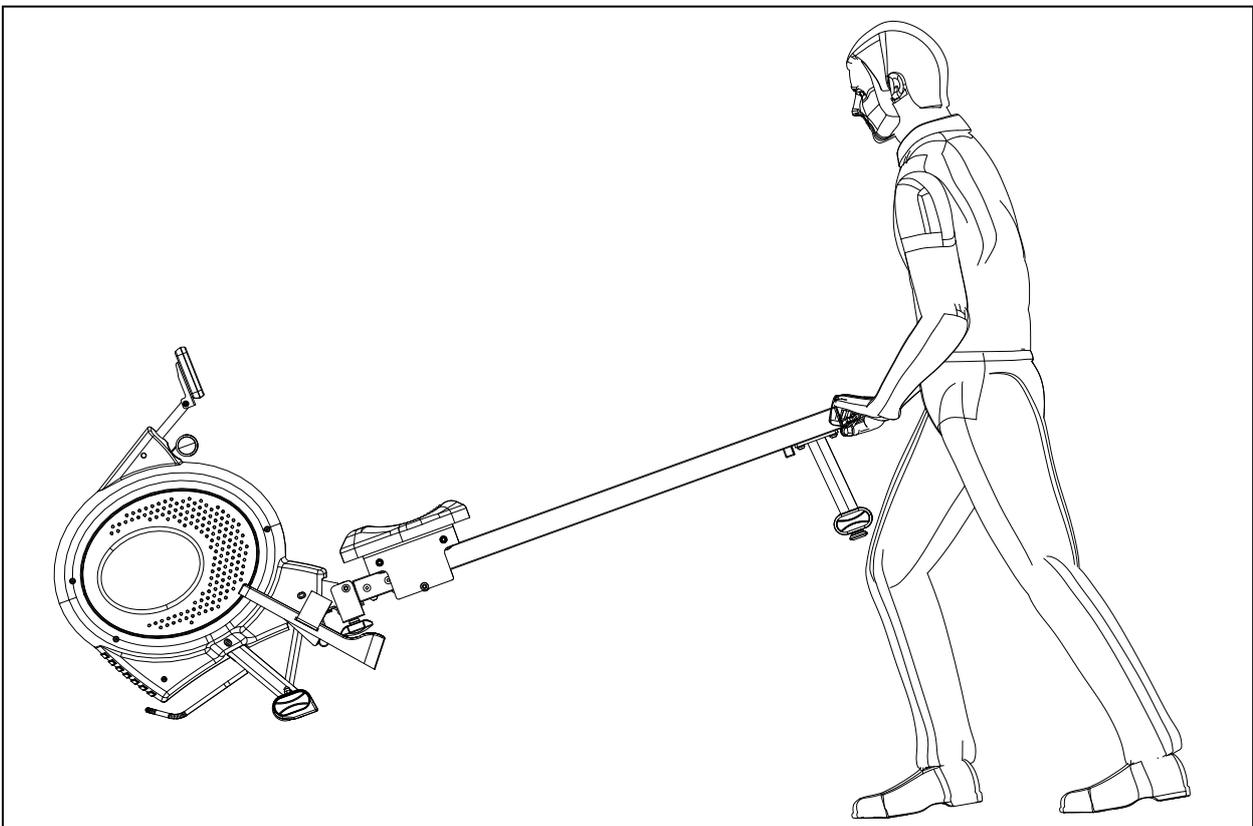
INSTRUCTIONAL MANUAL FOR CASALL R300 CONSOLE

[DISPLAY FUNCTION:]

| ITEM	DESCRIPTION
SPM	· Stroke per minute · Display range 0~999
Time/500m	· Workout time display during rowing. · Display range 0:00~99:59 *Computer will display the time needed to row <u>500 meters</u> according to current speed every 6 seconds.
METERS	· Rowing distance · Display range0~9999
CALORIES	· Burned calories during rowing. · Display range 0~9999 Cals
STROKES	· Number of completed rowing strokes. · Display range: 0~9999 · Scan every 6 seconds with Total Strokes. *Stroke count will be lost if power is out (adaptor unplug).

[BUTTON FUNCTION:]

| ITEM	DESCRIPTION
Up	· Setting selection. · Increase resistance level.
Down	· Setting selection. · Decrease resistance level.
ENTER	· Confirm setting or selection.
Reset	· Hold on pressing for 2 seconds, computer will reboot. · Clear setting value. · Return to main menu after finish a workout.
Start/ Stop	· Start or Stop rowing training.
Total reset	· To reboot computer and clear setting.

OPERATION:

POWER ON

Plug in power supply, computer will power on and display all segments on LCD for 2 seconds.   Enter into clock and calendar setting mode.
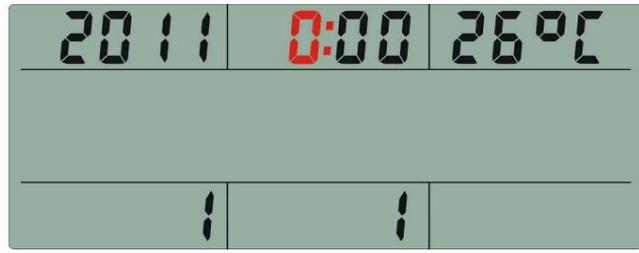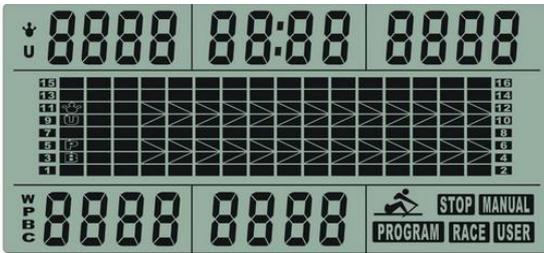
After 4 minutes without rowing, console will enter into power saving mode and display only clock, calendar and room temperature.
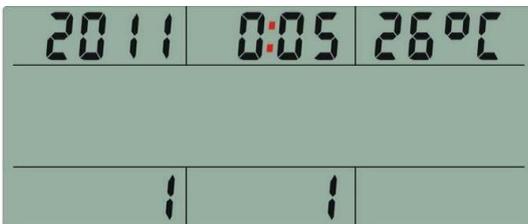
Manual Mode：

Adjust resistance during workout manually.

1. Press START key in main menu may start workout in manual mode.
2. Press UP or DOWN to select Manual mode and press ENTER to confirm.
3. Press UP or DOWN to set RESISTANCE LEVEL, TIME(or Meters), STROKES and CALORIES, and press ENTER to confirm. (User can ONLY choose between time and meter. Both cannot be set at the same time.)
4. Press START/STOP key to start workout. Press UP or DOWN to adjust resistance level.
5. When targeted workout value counts down to 0, the alarm from the console will sound and workout
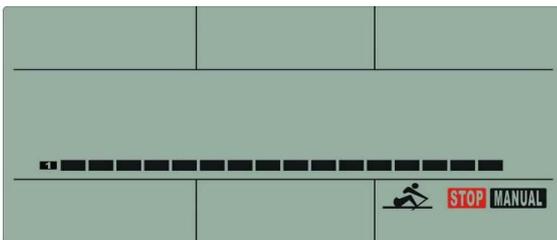
stops.

6. Press START/STOP key to pause workout. Press RESET to return to main menu.

Program Mode：

Choose a preset workout program.

　　1. Press UP or DOWN to select Program mode and press ENTER to confirm.
　　2. Press UP or DOWN to select a specific preset workout program (P1~P12) and press ENTER to confirm.
　　3. Press UP or DOWN to set RESISTANCE LEVEL, TIME(or Meters), STROKES and CALORIES, and press
　　　 ENTER to confirm. (User can ONLY choose between time and meter. Both cannot be set at the same
　　time.)
　　4. Press START/STOP key to start workout. Press UP or DOWN to adjust resistance level
　　5. When targeted workout value counts down to 0, the alarm from the console will sound and workout
stops.
　　6. Press START/STOP key to pause workout. Press RESET to return to main menu.

PROGRAM 1　　　　　　　　　　　　　PROGRAM 2

PROGRAM 5　　　　　　　　　　　　　PROGRAM 6

PROGRAM 7　　　　　　　　　　　　　PROGRAM 8

PROGRAM 9　　　　　　　　　　　　　PROGRAM 10

PROGRAM 11　　　　　　　　　　　　PROGRAM 12

Race Mode：

Race against the computer.

1. Press UP or DOWN to select Race mode and press ENTER to confirm.
2. Press UP or DOWN to preset Challenge level and press ENTER to confirm. (Total level =15, Default time= 0:30 TIME/500M, Default distance=500M)
3. Press START/STOP key to start workout. Press UP or DOWN to adjust resistance level.
4. When PC or User finishes the rowing distance, computer will stop and show PC win or User win.
5. Press START/STOP key to pause workout. Press RESET to return to main menu.
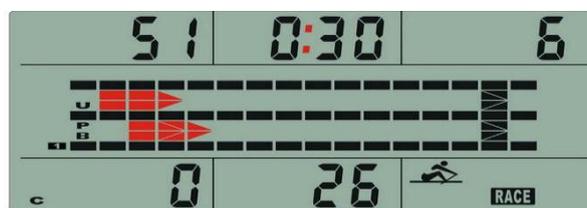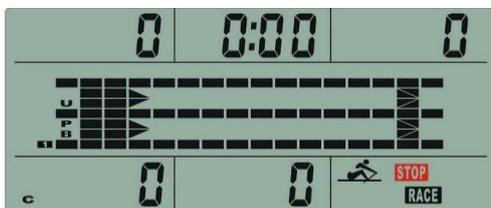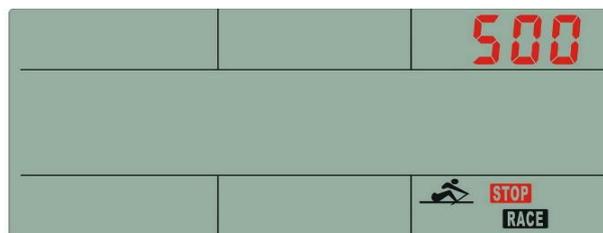
USER Mode：

1. Press UP or DOWN to select USER mode and press ENTER to confirm.
2. Press UP or DOWN to set resistance level of each column, and press ENTER to set the next resistance column.

(Total resistance column = 16)
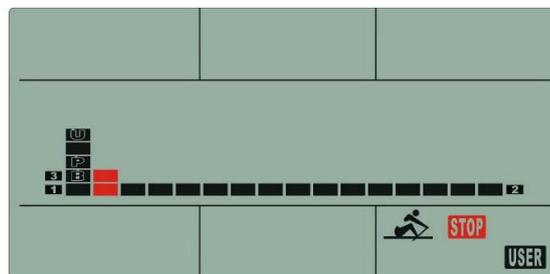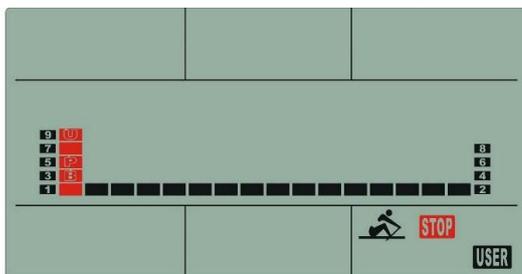
3. Hold on pressing MODE to finish or quit setting
4. Press UP or DOWN to set RESISTANCE LEVEL, TIME(or Meters), STROKES and CALORIES, and press ENTER to confirm. (User can ONLY choose between time and meter. Both cannot be set at the same time.)
5. Press START/STOP key to start workout. Press UP or DOWN to adjust resistance level.
6. When targeted workout value counts down to 0, the alarm from the console will sound and workout stops.
7. Press START/STOP key to pause workout. Press RESET to return to main menu.

Trouble shooting：

1. E-2：Check if cables were well connected or damaged.

Attention! **All preset data will be lost when unplug the power (adaptor) from the "machine".**