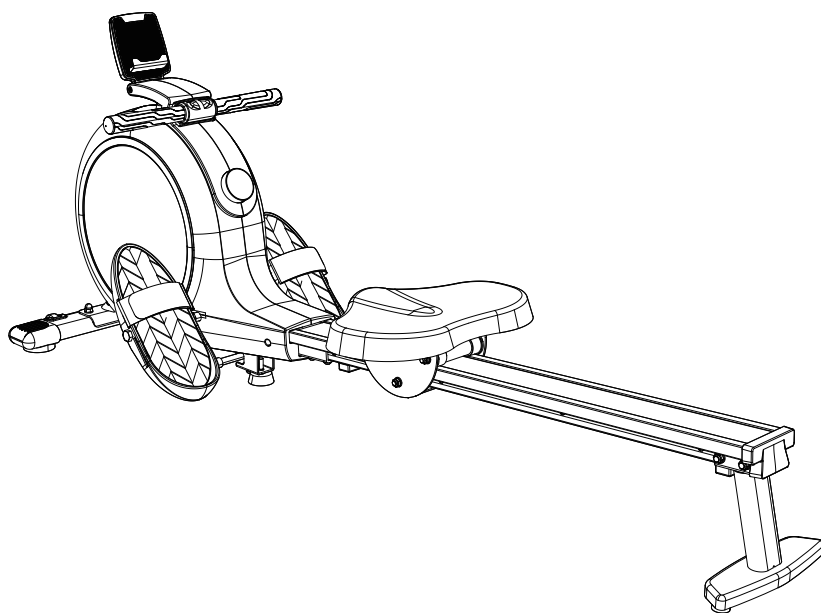




INDOOR ROWING MACHINE

INSTRUCTION MANUAL

RW 600



CONTENTS (ENGLISH)

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Thank you for purchasing this product. Please read this user manual carefully before use to ensure proper operation and usage. Be sure to keep this manual in a safe place for future reference.

1 SAFETY PRECAUTIONS

Thank you for choosing our product! For your safety and well-being, please use this product correctly. Before assembling and using this product, carefully read the following important information and the entire manual. Proper assembly, maintenance, and use of the product are crucial to ensuring its safety and effectiveness.

Important Notice:

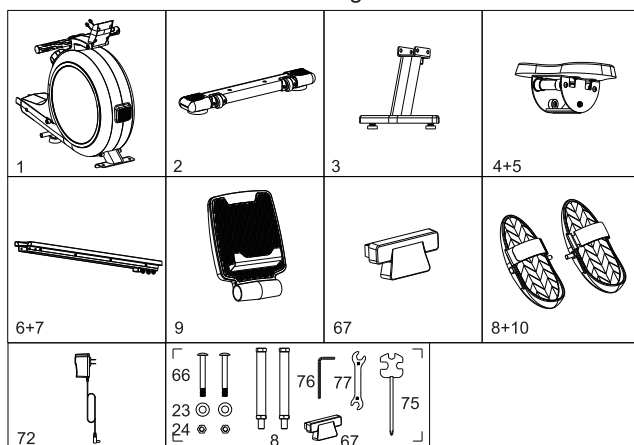
Before beginning any exercise program, consult your physician. This is particularly important for individuals over the age of 35 or those with existing health conditions. Be sure to read all instructions before using any equipment and keep this manual for future reference.

1. Before starting any exercise program, consult your doctor to determine whether your health and physical condition are suitable for using this product. Improper use could pose a risk to your health and safety or prevent correct use of the product.
2. If you are taking medication that affects your heart rate or blood pressure, it is essential to seek your doctor's advice.
3. Always pay attention to any adverse reactions from your body. Incorrect or excessive use may cause harm. If you experience any of the following symptoms, stop exercising immediately: chest pain or tightness, irregular heartbeat, shortness of breath, light-headedness, dizziness, or nausea. Consult a doctor before resuming any exercise.
4. Keep children and pets away from the equipment. This equipment is intended for adult use only.
5. Ensure that the equipment is placed on a solid, flat, and level surface, with a soft material underneath to protect your floor or carpet. Allow at least 0.6 meters of clear space around the equipment.
6. Before using the equipment, check that all screws and nuts are securely tightened.
7. Use the product as indicated. If any parts are missing during assembly or inspection, or if you hear any unusual sounds from the equipment while using it, stop immediately. Do not continue using the equipment until the issue is resolved.
8. Wear appropriate clothing while exercising; avoid loose clothing, as it can get caught or restrict movement.
9. This product is for indoor home use only.
10. Be cautious when moving or handling the equipment to avoid straining your back.
11. This product is not intended for medical rehabilitation use.
12. Keep the manual and assembly tools properly stored for future reference.

2 PRODUCT PARAMETERS/ PACKING LIST

Product Parameters		
No.	Designation	Specification
1	Flywheel Material	Cast Iron
2	Maximum Load (kg)	136
3	Net Weight (kg)	18.8
4	Gross Weight (kg)	21.8
5	Product Dimensions (mm)	1618 * 468 * 686

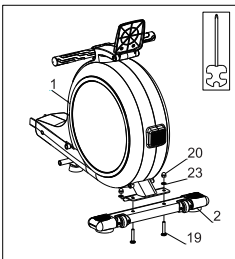
Packing List



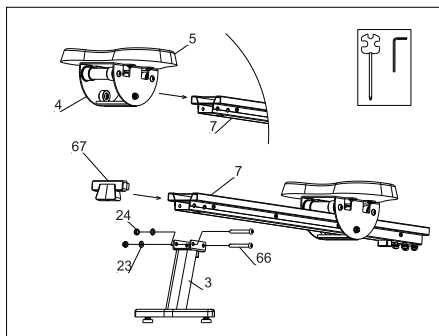
Packing List					
No.	Designation	Quantity	No.	Designation	Quantity
1	Frame	1	23	Flat Washer	2
2	Front Foot Tube	1	24	Plastic Lock Nut	2
3	Rear Support	1	66	Hexagon Socket Cap Screw	2
4+5	Seat Slide Assembly	1	8	Pedal Stop Screw Assembly	2
6+7	Aluminum Slide Rail	1	67	Rear Rail End Cap	1
9	Phone Holder	1	75	Phillips Wrench	1
67	Rear Rail End Cap	1	76	Hexagon Wrench	1
8+10	Pedal Assembly	2	72	Power cord	1
77	Open-end Wrench	1			

3 INSTALLATION INSTRUCTIONS

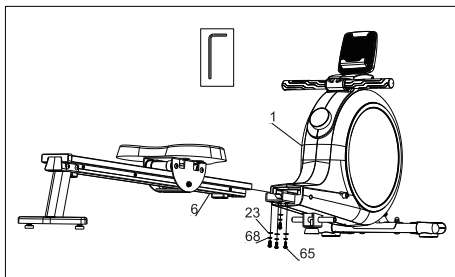
Step 1: Use the Half-Round Square Neck Bolt (19), Flat Washer (23), and Cap Nut (20) to attach the front foot tube (2) to the frame (1). Tighten the Cap Nut (20) using the Phillips wrench.



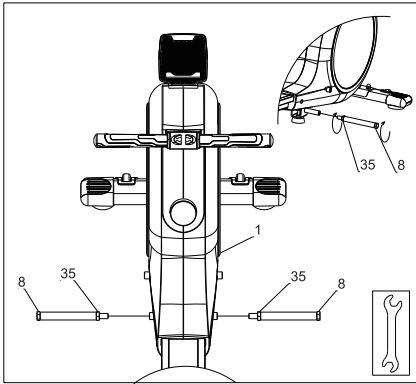
Step 2: First, slide the seat assembly (4) (5) into the aluminum slide rail (7). Use the flat washer (23), plastic lock nut (24), and inner hex flat head screw (66) to secure the rear support (3) onto the aluminum slide rail (7). Use the inner hex wrench and Phillips wrench together to tighten the screw set. Insert the rear rail end cap (67) into the aluminum slide rail (7).



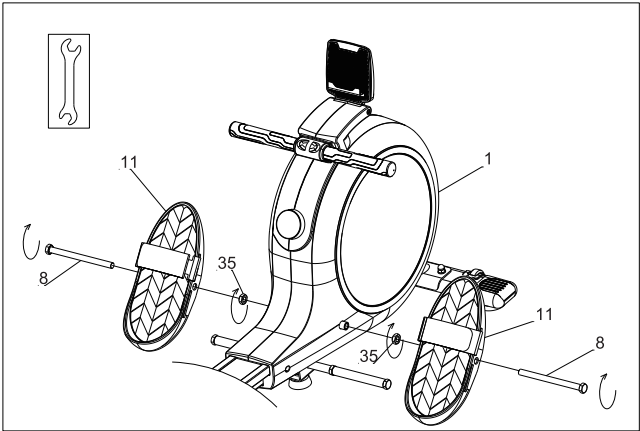
Step 3: Insert the rail reinforcement tube (6) into the rail connector plate on the frame (1). Use the flat washer (23), spring washer (68), and inner hex flat head screw (65) to secure the aluminum slide rail (7) onto the frame (1). Tighten all four sets of screws using the inner hex wrench.



Step 4: Screw the hex head bolt (8) clockwise into the threaded hole at the bottom of the frame (1), until the hex nut (35) is flush with the frame. Use the open-end wrench to tighten the hex nut (35) clockwise. Repeat the same steps to assemble the hex head bolt on the other side.



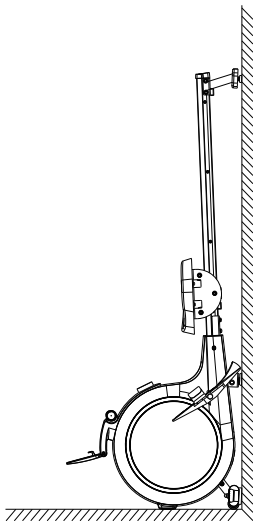
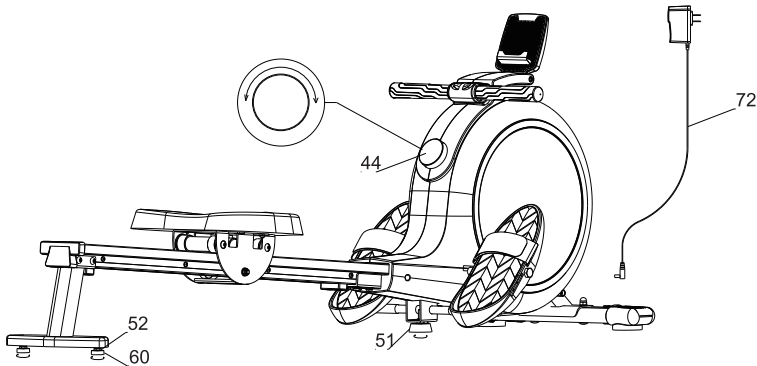
Step 5: Screw the hex head bolt (8) clockwise, assembled on the pedal, into the threaded hole at the top of the frame (1), until the hex nut (35) is flush with the frame. Use the open-end wrench to tighten the hex nut (35) clockwise. Repeat the same steps to assemble the other side's hex head bolt, which is assembled on the pedal.



Step 6: The product is now fully assembled. If you notice that the product is not level with the ground, adjust the rear support foot pad (60) accordingly. Once adjusted, tighten the hex nut (52) upwards against the rear support tube. To ensure the stability of the rowing machine during use, adjust the foot pads (51) to maintain a 3-5 mm gap from the ground.

You can adjust the resistance by turning the resistance knob (44).

Note: After installation, check all connection points to ensure they are securely tightened for safe use.



Storage Method

Image for reference only, actual product may vary.

4 OPERATING GUIDELINES

1.1 Display Function Table

No.	Item	Display Window	Display Description
1	Overview Display		1.Outer ring RGB ambient light; 2.Display "TEMPO" stroke rate in units of "spm"; 3.Display "Heart rate", unit "bpm"; 4.Display "LEVEL" resistance level, ranging from 1 to 32; 5.Display workout data: stroke count, 500-meter split pace, speed, time, distance, calories; 6.Display Bluetooth connection status.
2	Carousel Mode		1.Data cycles every 3 seconds; 2.Small window displays "TEMPO" and "LEVEL" data alternately; 3.Main window alternately displays stroke count, 500-meter split pace, speed, time, distance, and calories; 4.Bluetooth indicator lights up when connected, turns off when disconnected. 5.Standby state atmosphere light is green.
3	Lock Mode		1. Short press the knob to switch the display mode and lock the data you need to see; 2. The main window can be locked to display data "paddle times", "500m pace", "speed", "time", "distance" and "calories"; 3. Small window digital wheel broadcast "TEMPO" and "LEVEL"; 4. Standby state atmosphere light is green;
4	E01 Error Code		Purpose: To prevent damage to electronic components due to assembly errors or rare part malfunctions, an E01 detection mechanism is added for the pulling motor. Error Principle: The sensor cannot detect the motor's movement. Possible Causes: 1.Check if the motor cable is stuck and whether the motor resets properly after powering on. 2.Check if the wires are loose or if the connectors are misaligned. 3.Insufficient motor tension at the limit position may prevent proper resetting to position 1. To verify, after powering on, immediately adjust to a middle position and check if the error persists. 4.Component failure in the sensor, though the likelihood is very low. 5.Factory defect in the pulling motor, which is extremely rare.

1.2 Instructions

No.	Item	Display Window	Display Description
1	Awaken Device		1.In sleep mode, the display is turned off; 2.Short press the knob or detect motion to awaken the device.
2	Press Knob		1.If there is no operation or activity, the knob will enter sleep mode after 3 minutes. 2.In sleep mode, a short press on the knob will wake up the device. 3.In awakened mode, a short press on the knob will enter workout mode. 4.During a workout, a short press on the knob will switch the display mode. 5.During a workout, pressing and holding the knob for 2 seconds will reset the data and return to awakened mode. 6.A buzzer will sound when the knob is pressed.
3	Rotate Knob		1. Rotate clockwise to increase resistance 2. Rotate counterclockwise to reduce resistance 3. When turning the knob, a buzzer prompts 4. 1-10 screen displays primary intensity outer ring ambient light blue-green; 11-21 screen shows the middle intensity outer ring atmosphere light yellow; 22-32 screen shows the middle intensity outer ring atmosphere light red.

1.3 Detailed Operating Instructions

① When the knob is powered on, the buzzer will sound a long beep, and the display will light up, entering the READY state (Figure 1). After powering on, the resistance will automatically reset to level “1”. If there is no operation for 3 minutes, the display will turn off completely, and the system will enter standby mode.



Fig. 1

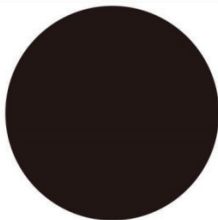


Fig. 2

② In the READY state, short press the knob or start rowing to directly enter exercise mode. The small window will alternate between displaying the stroke rate “TEMPO” and resistance level “LEVEL” every 3 seconds (Figures 3,4and5).



Fig. 3



Fig. 4



Fig. 5

③ The numbers in the main window are rotated by default, with the “SCAN” icon lit up, “Speed”, “time”, “distance”, “calories”, “stroke times” and “500m pace” switched to display every 3s (Fig.6, Fig.7, Fig.8, Fig.9, Fig.10 and Fig.11).



Fig. 6



Fig. 7



Fig. 8



Fig. 9



Fig. 10



Fig. 11

④ The display mode can be adjusted to lock by pressing the knob short, the "SCAN" icon is not displayed, and the lock displays fixed data: "speed" or "time" or "distance" or "calories" or "strokes" or "500 meters pace" (FIG. 12, FIG. 13, FIG. 14, FIG. 15, FIG. 16, FIG. 17).



Fig. 12



Fig. 13



Fig. 14



Fig. 15



Fig. 16



Fig. 17

⑤ Resistance gear adjustment in motion. The ambient light on the outer ring of the knob screen under 1-10 resistance is blue-green (Figure 18), the ambient light on the outer ring of the 11-21 resistance screen is yellow (Figure 19), and the ambient light on the outer ring of the 22-32 resistance screen is red. (Figure 20).



Fig. 18

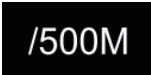
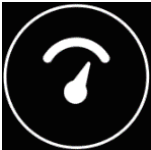


Fig. 19



Fig. 20

1.4 Data Display Instructions

No.	Item	Display Window	Display Description
1	Stroke Rate (TEMPO)		0 ~ 999 Display the real-time stroke rate.
2	Resistance Level		1 ~ 32 The higher the level, the greater the resistance.
3	Stroke Count (SPLIT)		0 ~ 999 Real-time stroke count.
4	500m Split Pace		0:0 ~ 99:9
5	SCAN Mode		Display: Indicates data is in carousel mode. Not displayed: Indicates data is in lock mode.
6	Speed		0.0 ~ 99.9 km/h

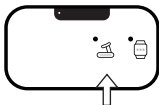
1.4 Data Display Instructions

No.	Item	Display Window	Display Description
7	Time		0:0 ~ 99:59 In awakened state, time starts when the knob is pressed or when motion is detected. Time stops 4 seconds after rowing stops.
8	Distance		0.0 ~ 999 km Based on rowing intensity, distance ranges from 1 to 6 meters per stroke.
9	Calories		0.0 ~ 999 kcal Proportional to resistance level: Resistance level 1 corresponds to 33 kcal/km, while level 32 corresponds to 73 kcal/km.
10	Bluetooth Icon		Display: Bluetooth is connected. Not displayed: Bluetooth is not connected.
11	Heart Rate		Heart rate: If the real-time heart rate is displayed, it is not displayed otherwise

2.PitPat Application Operation Guide



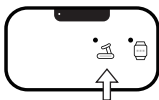
System Requirements: iOS 13 or higher; Android 6.0 or higher.



After registration is complete, click the treadmill icon in the top-right corner.



- 01 Wait for the rowing machine to connect
- 02 Search the WiFi



Once the "Green" indicator is shown, the connection is complete.

The rowing machine supports connecting to a smartphone via Bluetooth.

- 1.Download and install the PitPat app on your smartphone, or scan the QR code below to download and install the app.
- 2.Open the PitPat app and follow the instructions to log in or register your account.
- 3.Connect the rowing machine:

- (1) Turn on Bluetooth on your phone (for Android phones, you may also need to enable the location service).
- (2) Open the PitPat app (if prompted, grant the necessary permissions).
- (3) On the app's homepage, click the cycling icon in the top-right corner to enter the search interface.

Your phone will automatically search for nearby devices. Turn on the rowing machine (devices starting with "PitPat-R" are your rowing machine).

Once the rowing machine beeps, the connection is successful, and the Bluetooth icon on the rowing machine's display will light up.

Note: Ensure your phone is connected to the internet during the Bluetooth connection process.

Control the rowing machine through the Bluetooth.

For detailed network setup instructions, refer to the app description.

System Requirements: iOS 13 or higher; Android 6.0 or higher.

After registering, follow these steps:

- 01. Wait for the rowing machine to connect.
- 02. Search for Bluetooth.

The "Green" display indicates that the connection is successful.

5 ROUTINE MAINTENANCE AND TROUBLESHOOTING

Routine maintenance

1. Regularly wipe down the rowing machine with a clean cloth, including the track, seat, and flywheel components.
2. Every 50 hours, lubricate the chain with mineral oil. Avoid using cleaners or solvents.
3. During seasonal changes, inspect all connecting bolts and tighten them slightly.
4. Check the tension of the elastic rope or drive belt buckle every month to ensure proper tension.
5. Do not attempt personal repairs on issues related to the body, bearings, belts, or other rotating parts. Please contact the distributor or after-sales service.

Note: If any issues are detected, stop using the rowing machine until the problem is resolved.

Troubleshooting

- 1.Belt slippage:** Check if the elastic rope is tight and if there are any issues with the bearings. If the paddle reverses when pushed back, it may indicate a bearing problem.
- 2.Water tank issues:** If the water in the tank changes color or shows signs of algae or bacteria growth, replace the water promptly. Avoid direct sunlight on the water tank to reduce the frequency of water changes.
- 3.Display issues:** If the display on the rowing machine malfunctions, check if the battery needs charging or replacement, and avoid direct sunlight on the display.
- 4.Wobbling:** Ensure the rowing machine is placed on a level surface. Adjust the height of the adjustable foot pads to maintain balance, and ensure the locking system is properly engaged.
- 5.Unusual noise:** If the rowing machine makes noise during use, check if the rail is blocked or if any internal components are worn out.

6 SAFE EXERCISE MEASURES

1. Beginner's Exercise Guide

Preparation:

If you are over the age of 35 or have health concerns, and this is your first time engaging in fitness exercises, please consult your doctor or a professional before using the equipment.

Before starting your exercise routine, consult a professional. They can help recommend an appropriate exercise frequency, intensity, and duration based on your age and physical condition. If you experience chest tightness or pain, irregular heartbeat, shortness of breath, dizziness, or any other discomfort during exercise, stop immediately! Consult a professional before continuing to exercise.

If you regularly use the rowing machine, you can select the appropriate rowing speed.

If you are inexperienced or unsure about the optimal testing speed, you can refer to the following guidelines:

Levels 1-4: Smooth, slow rowing; Levels 5-8: Aerobic exercise; Levels 9-12: Quick fat burning; Levels 13-16: Muscle stabilization; Levels 17-32: Explosive sprints

Note: For beginner users, it is recommended to use a resistance level of 16 or lower. For advanced users, a resistance level of 16 or higher is more appropriate.

2. Warm-Up before

Before you start working out, it's best to do some stretching. Warm muscles are more flexible, so take 5-10 minutes to warm up. Stretch as follows for 5 times: Stretch each leg for 10 seconds or longer. Repeat the stretches again after your workout.



1. Downward stretch:

With your knees slightly bent, slowly bend forward, relaxing your back and shoulders. Reach for your toes with both hands. Hold for 10-15 seconds, then relax. Repeat 3 times (see Figure 1).

2. Hamstring stretch:

Sit on a clean mat and extend one leg straight. Bend the other leg inward, pressing it against the inner side of the extended leg. Reach for your toes with both hands. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 2).

3. Calf and heel tendon stretch:

Stand facing a wall or tree with one foot back. Keep your back leg straight and heel on the ground while leaning toward the wall or tree. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 3).



4. Quadriceps stretch:

Hold onto a wall or table with your left hand for balance. Reach your right hand back to grab your right ankle, gently pulling it toward your buttocks until you feel a stretch in the front of your thigh. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 4).



5. Sartorius (inner thigh muscles) stretch:

Sit with the soles of your feet together and knees pointed outward. Hold your feet with both hands and gently pull them toward your groin. Hold for 10-15 seconds, then relax. Repeat 3 times (see Figure 5).

7 SERVICE COMMITMENT

This product is intended for domestic applications only, and any exceptions in connection with commercial use are not covered by our warranty.

If you experience any problems regarding product functionality, please feel free to contact the local distributor to gain support !



✉ Email: support@deerruntreadmill.com

📷 INS: [deerrun_official](#)

🎵 TIKTOK: [deerrun_official](#)

Séparez les éléments avant de trier



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