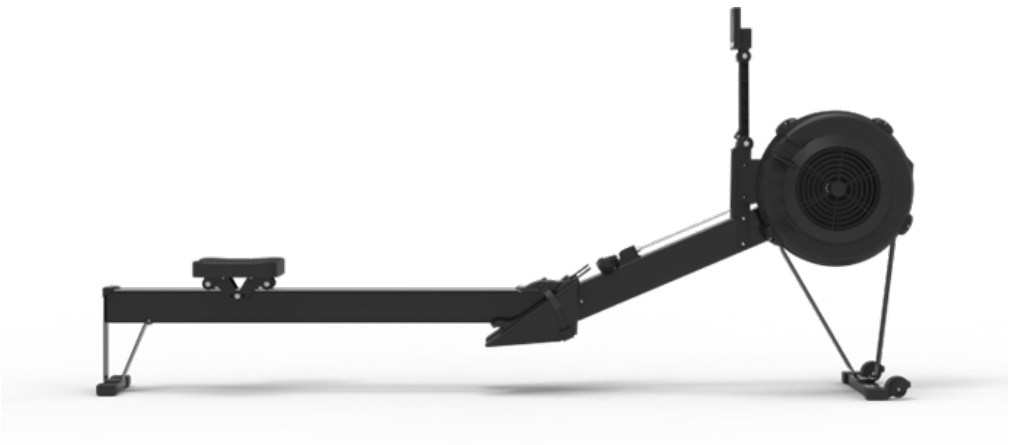


Royal Air Rower

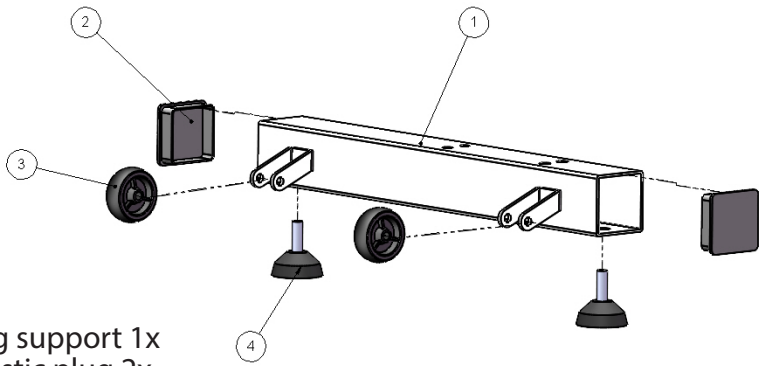
MANUAL



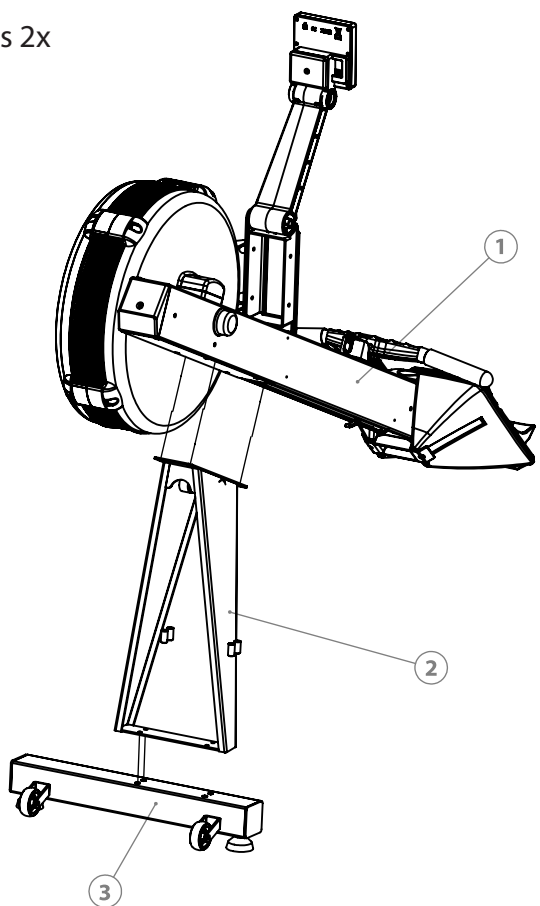
Attention:

Before installation, please read the instructions carefully. Before using the equipment, please do warm-up exercises to avoid pulling or other issues during exercise.

1.



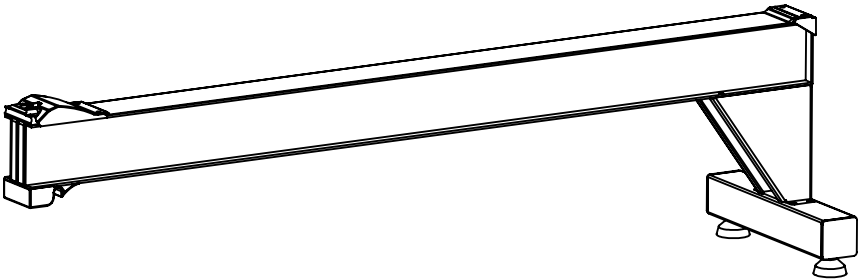
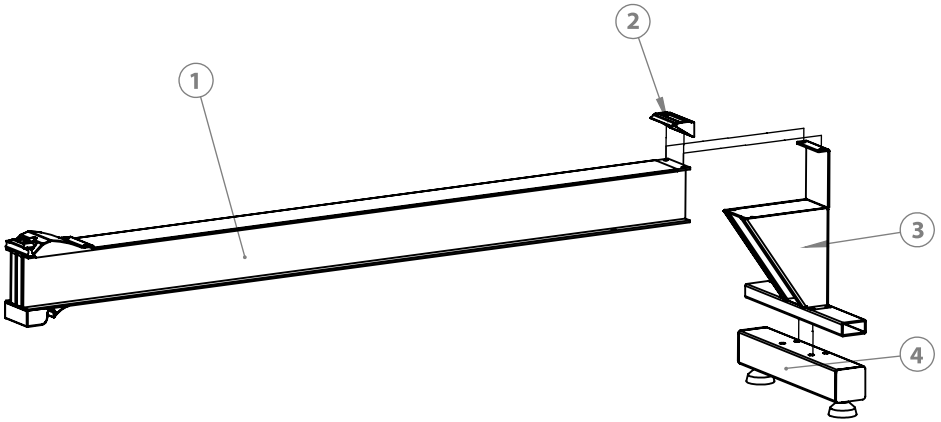
- 1. Leg support 1x
- 2. Plastic plug 2x
- 3. Wheels 2x
- 4. Adjustable rubber levelers 2x



- 1. Host section 1x
- 2. Wind resistance front support group 1x
- 3. Front landing pipe group 1x

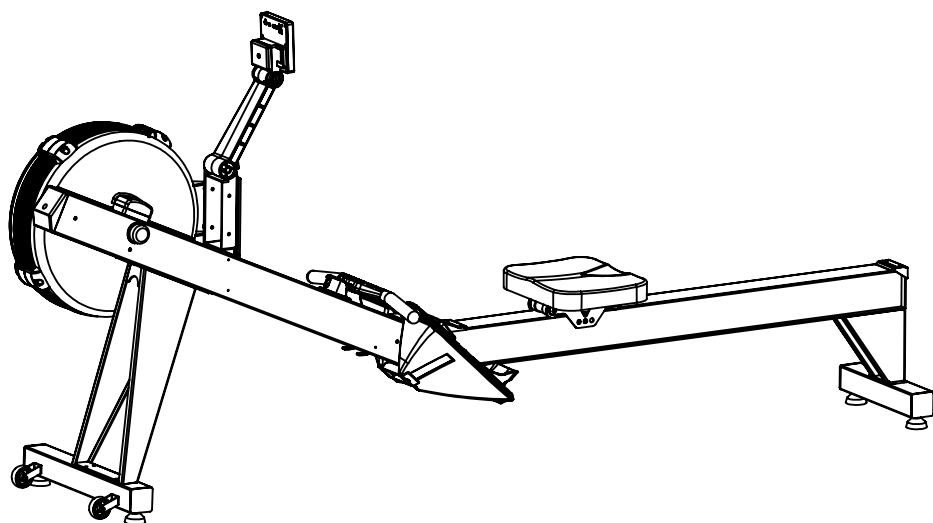
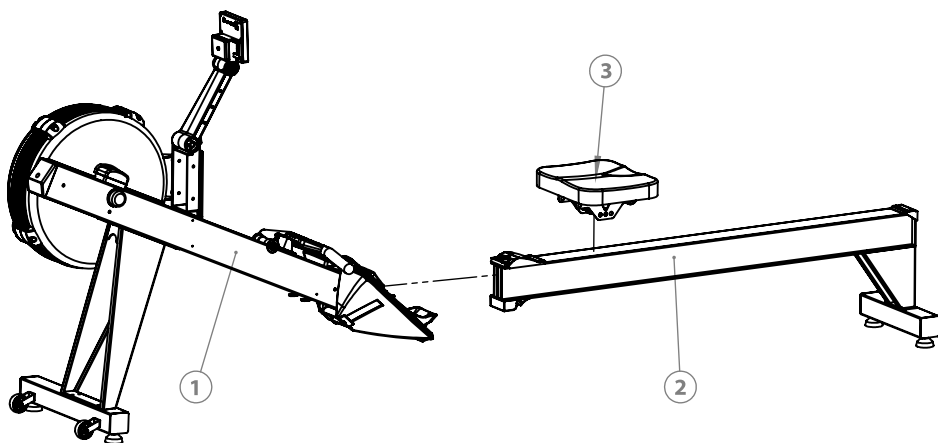
2.

NOTE: First install part 3 on part 1 and then install part 2



1. Rear aluminum bumper 1x
2. Rear bumper plastic parts 1x
3. Rear support group 1x
4. Rear landing pipe 1x

3.



- 1. Host section 1x
- 2. Rear bumper section 1x
- 3. Seat section 1x