HARISON®

CARDIO · STRENGTH · BEAUTY

@HARISONFITNESS

support@harisonfitness.com

USER GUIDE

Using Manual & Video Guidance

HR-W10 eco

HARISON®

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support@harisonfitness.com
TEL:+1(800)865-2125

Please use your phone's camera scans the QR code for video guidance.

Customer Service SMS Contact Information

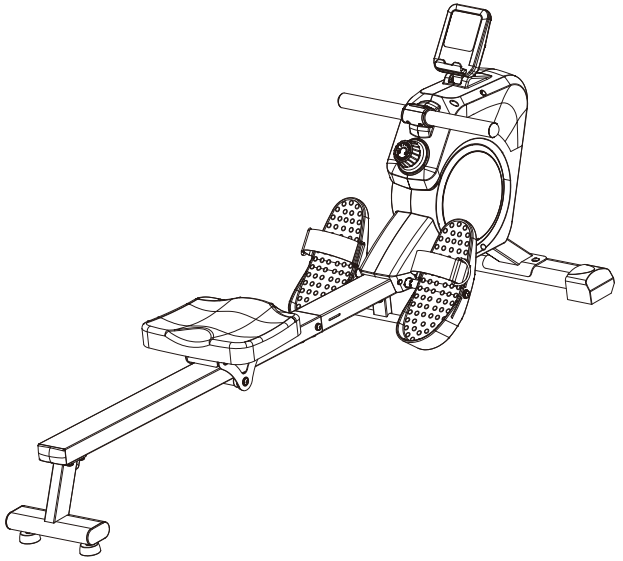
If you need to return the item,
please contact us for return information and process.

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USER'S MANUAL

HR–W10 eco



WARNING!

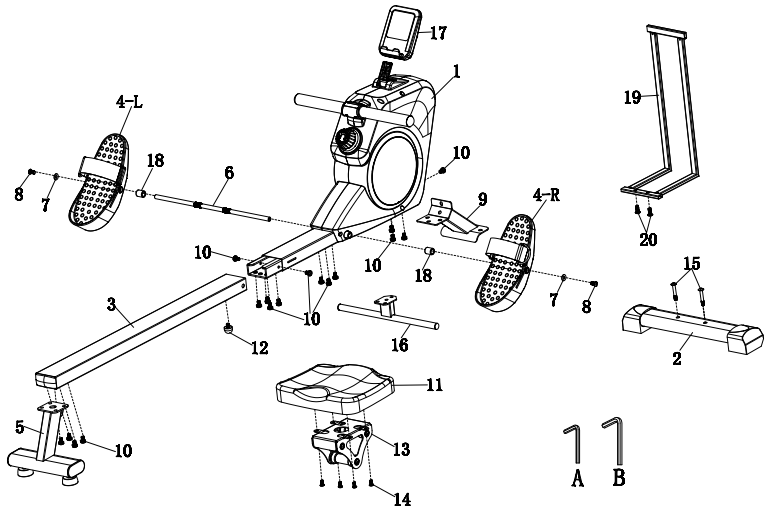
Please read the instructions carefully before using the equipment

Important Precautions

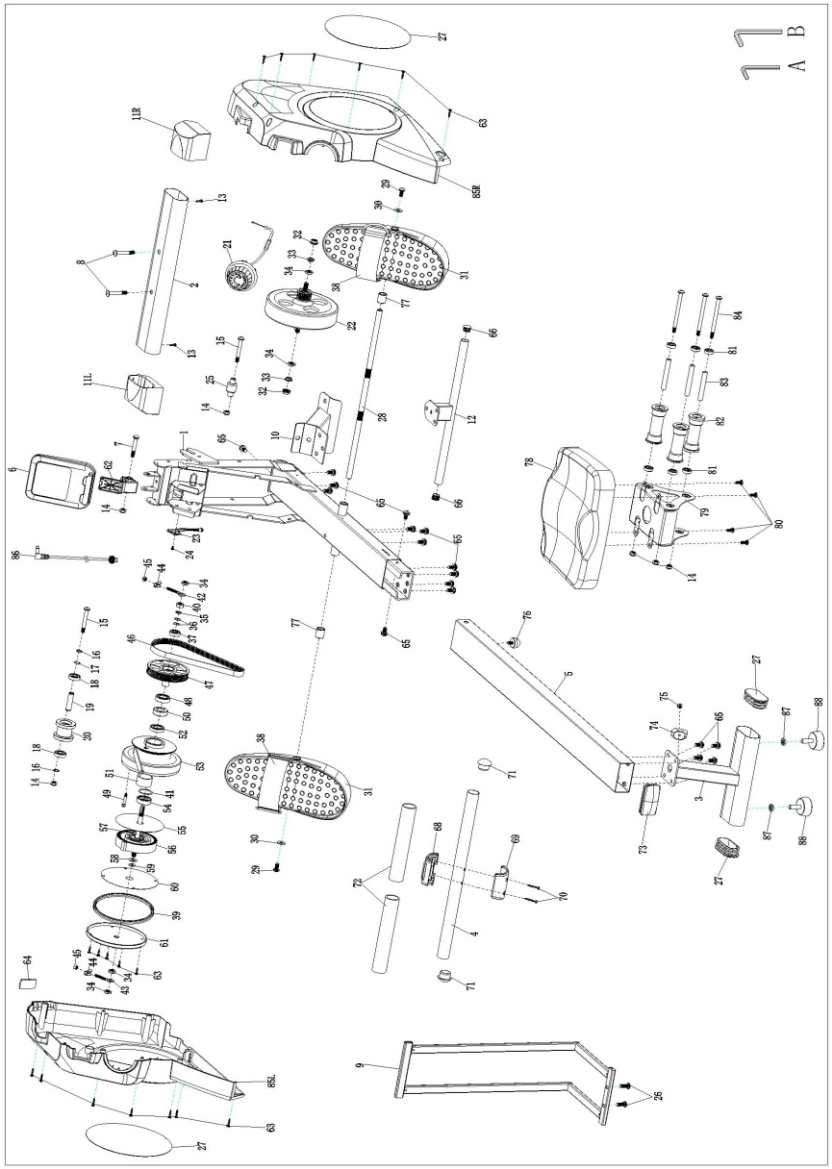
1. Assemble the Rower exactly as described in this manual. Do not modify it.
2. Check all the screws, nuts and other connections before each use for any signs of damage of looseness. Do not use the trainer if it is impaired in any way.
3. Ensure that the trainer is in a safe and secure indoors location on a level floor away from moisture and water.
4. Place a suitable base (e. g. mat) beneath the trainer during assembly to limit dust and dirt entering the components. Only use the supplied tools or suitable tools of your own for assembly.
5. Before beginning training remove all objects within a radius of 2 meters.
6. Wipe all sweat from the trainer with a soft absorbent cloth after training. Avoid aggressive solvents or harsh brushes when cleaning.
7. Your health can be affected by incorrect or excessive training. Consult a doctor before beginning a health program. Your doctor can define settings (heart rate, duration, etc.) to which you may train yourself. This trainer is not for therapeutic purposes. It is for private home use.
8. Use only original spare parts for any necessary repairs.
9. This trainer should be used by only one person at a time.
10. Never use when under the influence of drugs, alcohol or medication that causes disorientation.
11. Wear training clothes and shoes that are suitable for fitness training. Your training shoes should been closed and tight fitting.
12. Do not put hands, fingers, feet, toes or any objects on or near this equipment when in use.
13. If you have a feeling of chest pain, shortness of breath, dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor immediately.
14. Disabled or handicapped persons should only use the trainer after gaining doctor's approval and in the presence of an adult who can give aid and advice.
15. His trainer is not designed for use by children. Keep pets away from trainer during use.

In-Box Diagram

No.	Description	Qty
1	Main Frame	1
2	Front foot tube	1
3	Slide rail	1
4-L	Left pedal	1
4-R	Right pedal	1
5	Rear foot tube	1
6	Pedal Connector Rod	1
7	Φ19/Φ8.5*1.5mm washer	2
8	M8*16mm Screw	2
9	Front support tube	2
10	M8*16mm Screw + Washer + Rubber Ring	8
11	Seat	1
12	Rubber pad	1
13	Seat slide	1
14	M6*15mm Screw	4
15	M10*52mm Screw	2
16	Main support T-pipe	1
17	Electronic meter	1
18	Spacer sleeve	2
19	Protective rack	1
20	M8*20mm Screw	2
A	4mm Allen Wrench	1
B	6mm Allen Wrench	2



Exploded Drawing



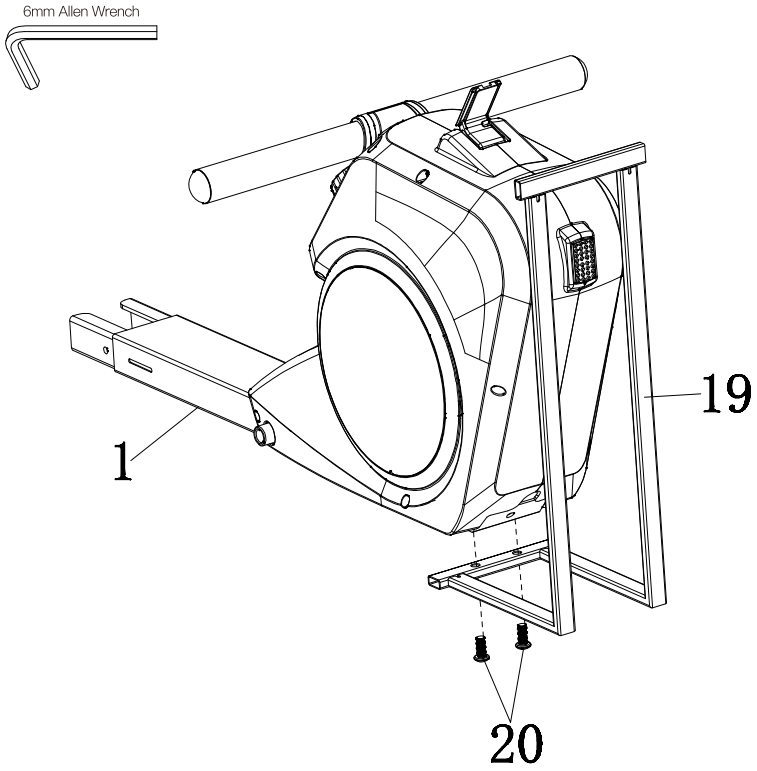
Part List

NO.	Description	Qty	NO.	Description	Qty
1	Main Frame	1	46	Belt	1
2	Front foot tube	1	47	Pulley	1
3	Rear foot tube	1	48	Bearing	1
4	Handle bar	1	49	M5*35mm Screw	1
5	Slide rail	1	50	Bearing	1
6	Electronic meter	1	51	Webbing	1
7	M8*52mm Screw	1	52	Bearing	1
8	M10*52mm Screw	2	53	Coil box	1
9	Protective rack	1	54	Bearing	1
10	Front support tube	1	55	PC Film	1
11L	End cap(L)	1	56	Spring	1
11R	End cap(R)	1	57	Iron core	1
12	Main support T-pipe	1	58	Washer	1
13	M4*20mm Screw	2	59	Washer	1
14	M8 Nut	6	60	PC Film	1
15	M8*62mm Screw	2	61	Coil Cover	1
16	Circlip	2	62	Tablet Bracket	1
17	Washer	1	63	M4*20mm Screw	18
18	Bearing	2	64	Cushion Pad	1
19	Iron core	1	65	M8*16mm screw	17
20	Wheel	1	66	Internal Plug	2
21	Adjuster	1	67	Sticker	2
22	Wheel	1	68	Handlebar Top Cover	1
23	Sensor	1	69	Handlebar Bottom Cover	1
24	M4*8mm Screw	1	70	M4*30mm screw	2
25	Sleeve	1	71	Internal Plug	2
26	M8*20mm Screw	2	72	Foam Tube	2
27	40*80 cap	2	73	Internal Plug	1
28	Iron core	1	74	Cushion Pad	1
29	M8*16mm Screw	2	75	M5*12mm screw	1
30	Φ19/Φ8.5*1.5mm washer	2	76	Rubber pad	1
31	Pedal	2	77	Spacer sleeve	2
32	M10 nut	2	78	Seat	1
33	Powder Metallurgy	2	79	Seat slide	1
34	M10 nut	5	80	M6*15mm screw	4
35	Washer	1	81	Bearing	6
36	Washer	2	82	Roller	3
37	Bearing	1	83	Sleeve	3
38	Pedal strap	2	84	M8*108mm screw	3
39	Sealing Ring	1	85L	Left Protective Shell	1
40	M10 nut	1	85R	Right Protective Shell	1
41	Washer	1	86	Wire	1
42	6*55mm Screw	1	87	M10 nut	2
43	6*55mm Screw	1	88	Adjustable Foot Pad	2
44	Metal plate	2	A	4mm Allen Wrench	1
45	M6 nut	2	B	6mm Allen Wrench	2

Assemble Steps

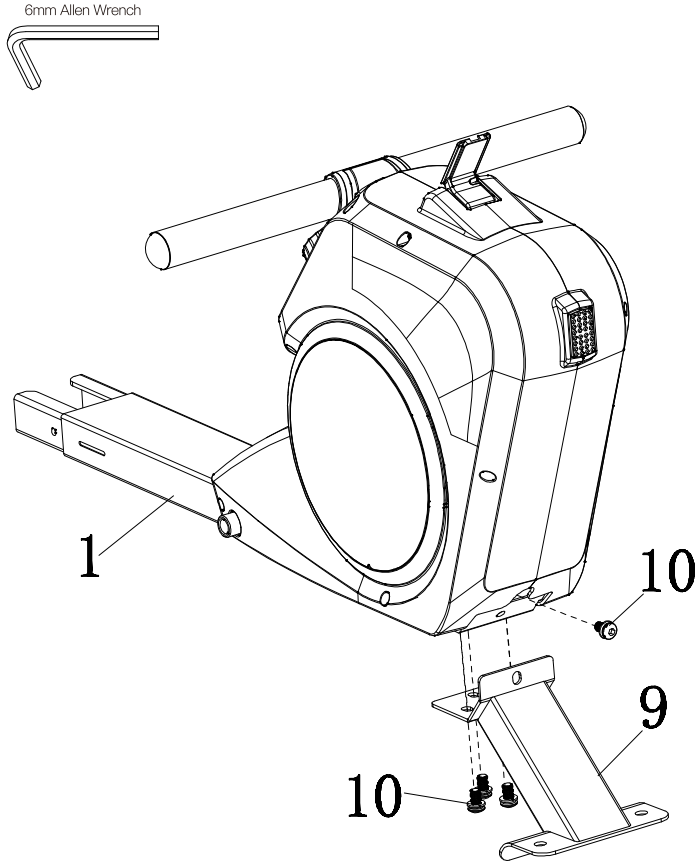
STEP 1
Remove the protective rack.

1. Take out the main frame (1).
2. Remove the protective rack (19) and 2 pcs of M8*20mm screws (20) with 6mm Allen Wrench (B).
3. Put them aside (they are no longer needed for installation as they just take a protective role in transportation).



STEP 2
Assemble the Front support tube.

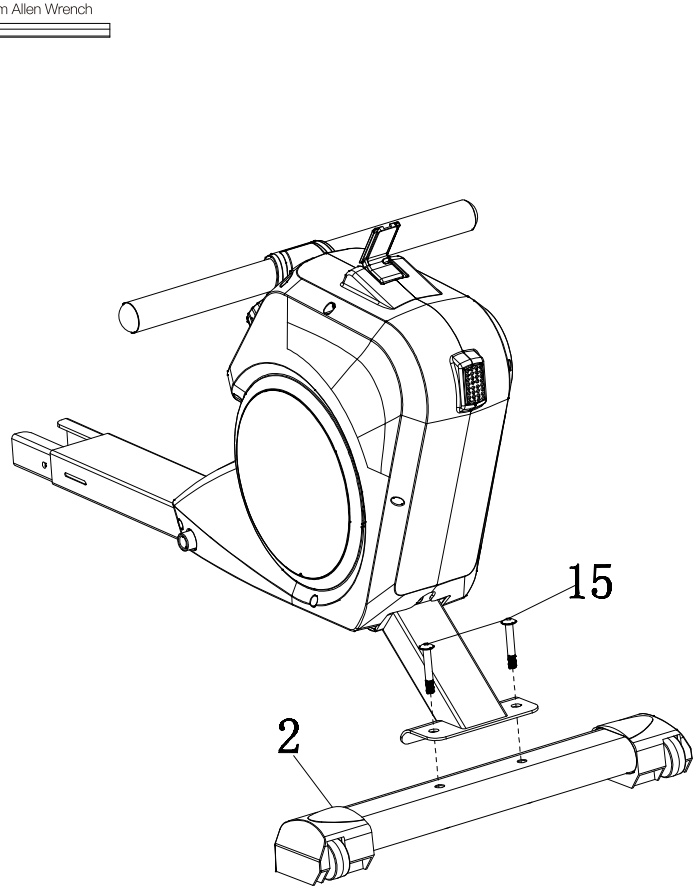
1. Take out the front support tube (9) and 4 pcs of M8*16mm screws (10).
2. Align the front support tube (9) with the front curved iron hole of the main frame (1).
3. Lock the front support tube (9) with M8*16mm screws (10) and 6mm Allen Wrench (B).



STEP 3
Assemble the front foot tube.

1. Take out the front foot tube (2) and 2 pcs of M10*52mm screws (15).
2. Align the front foot tube (2) with the front curved iron hole of the front support tube (9).
3. Lock the front foot tube (2) with M10*52mm (15) and 6mm Allen Wrench (B).

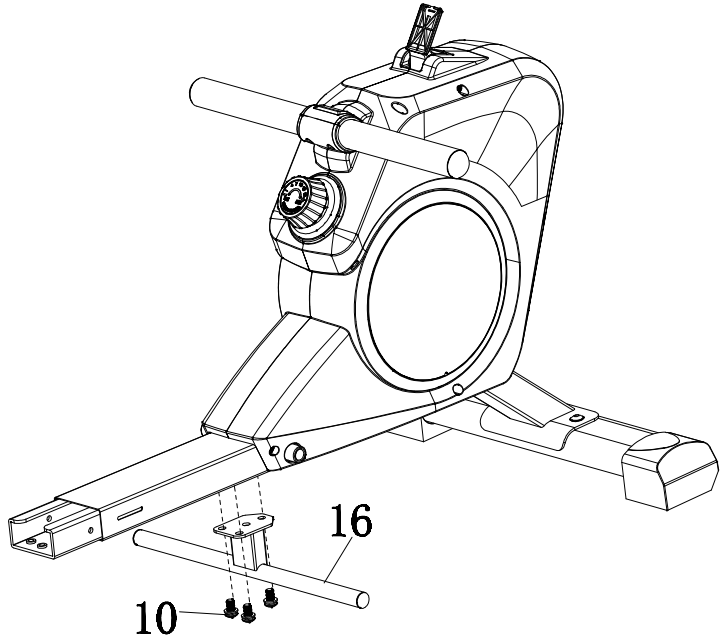
6mm Allen Wrench



STEP 4
Assemble the main support T–pipe.

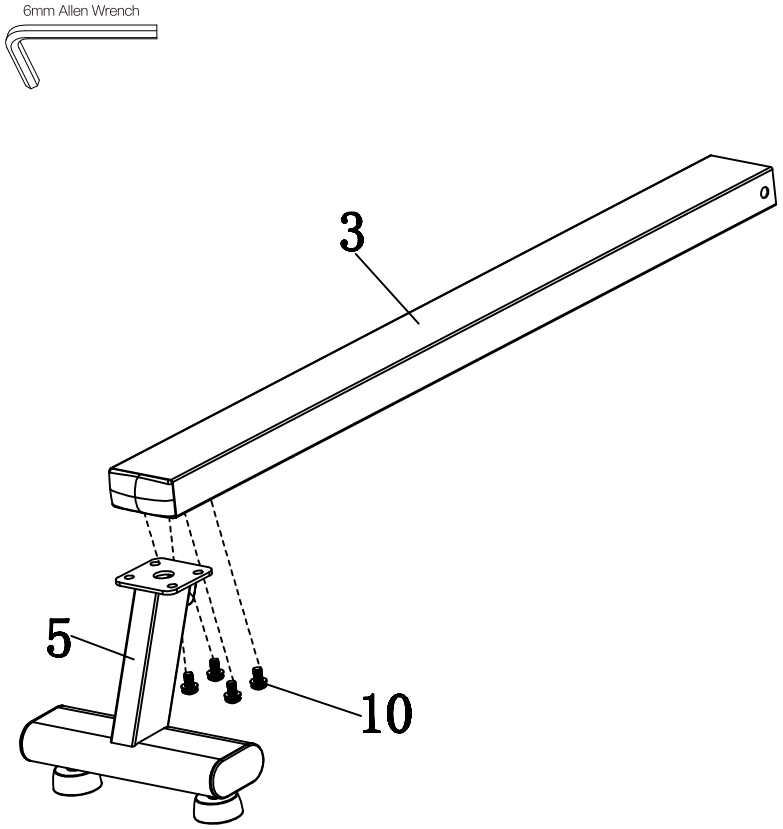
1. Take out the main support T–pipe (16) and 3 pcs of M8*16mm screws (10).
2. Align the main support T–pipe (16) with the hole of the main frame (1).
3. Lock the main support T–pipe (16) with M8*16mm screws (10) and 6mm Allen Wrench (B).

6mm Allen Wrench



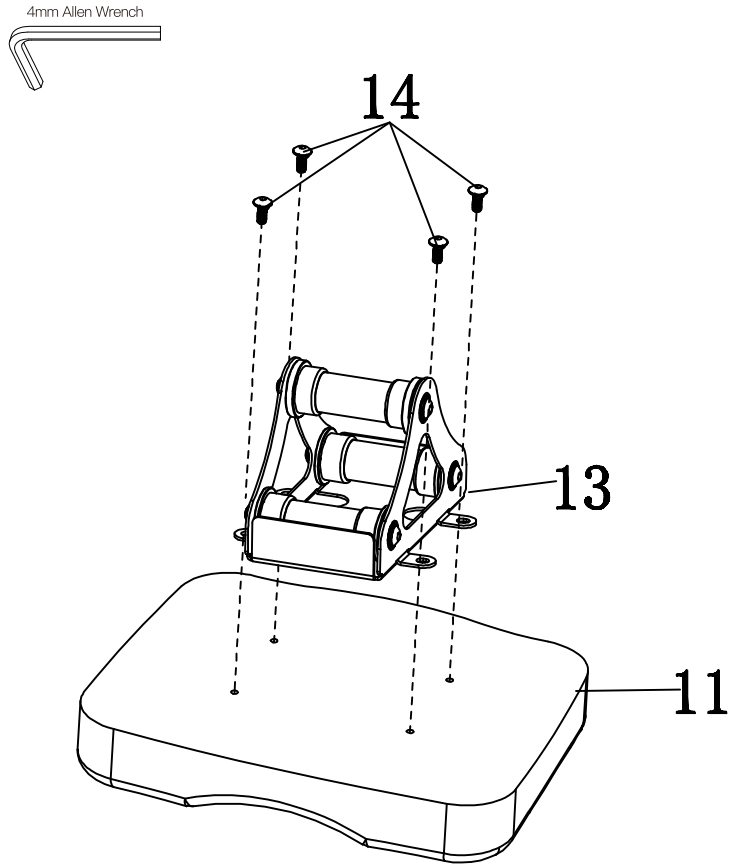
STEP 5
Assemble the slide rails.

1. Take out the rear foot tube (5), 4 pcs of M8*16mm screws + washers + rubber rings (10).
2. Align the rear foot tube (5) with the slide rail screw hole.
3. Lock the rear foot tube (5) with M8*16mm screws + washers + rubber rings (10).
4. Tighten the screws with the 6mm Allen Wrench (B).



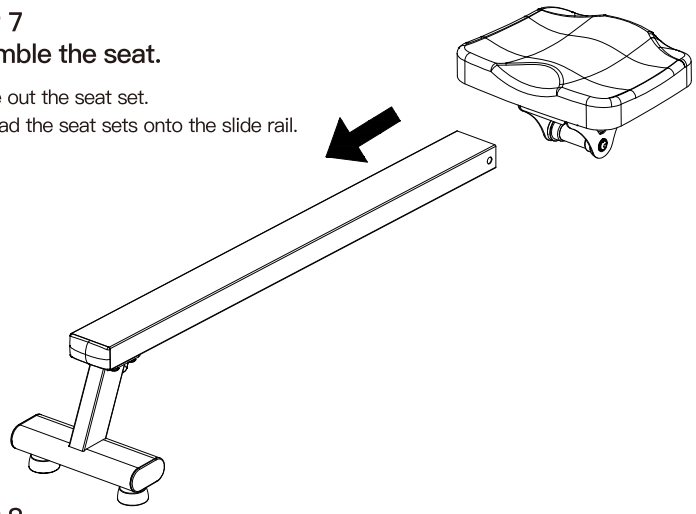
STEP 6
Assemble the seat slide.

1. Take out the seat slide (13), the seat (11), 4 pcs of M6*15mm screws.
2. Remove the pre-assembled screws (14) from the seat with the 4mm Allen Wrench (A).
3. Align the seat slide (13) with the seat screw hole.
4. Lock the seat (11) with M6*15mm screws.
5. Tighten the screws with the 4mm Allen Wrench (A).



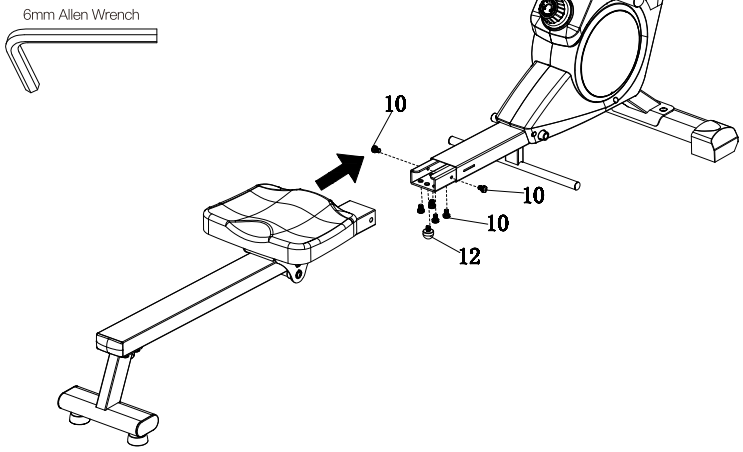
STEP 7
Assemble the seat.

1. Take out the seat set.
2. Thread the seat sets onto the slide rail.



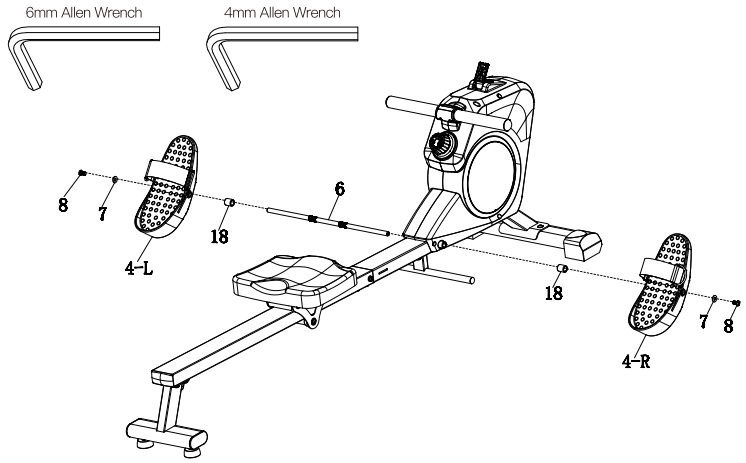
STEP 8
Assemble the slide rails.

1. Take out the main frame, the slide rail, the rubber pad (12), 6 pcs of M8*16mm screws + washers + rubber rings (10).
2. Insert the slide rail into the main frame .
3. Insert the rubber pad (12) and 6 pcs of M8*16mm screws + washers + rubber rings (10) into the holes.
4. Tighten the screws with the 6mm Allen Wrench (B).
5. Tighten the rubber pad (12) with hand.



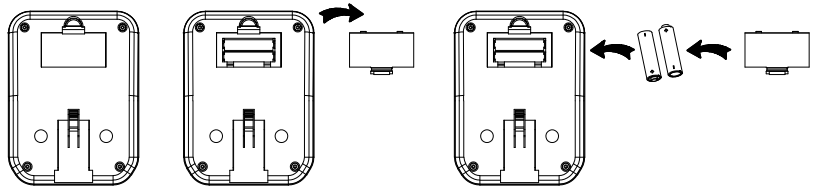
STEP 9
Assemble the pedals.

1. Take out left pedal (4–L), right pedal (4–R), and pedal connector rod (6).
2. Remove 2 pcs of M8*16mm screws (8), 2 pcs of spacer sleeves (18) and 2 pcs of Φ19/Φ8.5*1.5mm washers (7) from the pedal connector rod (6).
3. Insert the pedal connector rod (6) through the hole shown in the picture.
4. Insert the left pedal (4–L) and the right pedal (4–R) onto both sides of the pedal connector rod(6).
5. Fix the pedals with the spacer sleeves, Φ19/Φ8.5*1.5mm washers (7) and M8*16mm screws (8) on both sides.
6. Tighten the screws on both sides thoroughly with the 6mm Allen Wrench (B).



STEP 10
Assemble the battery of the electronic meter.

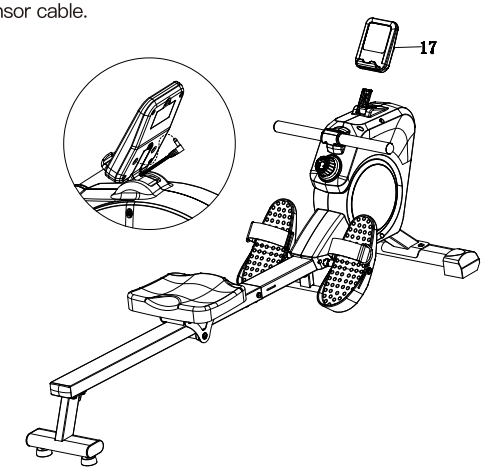
1. Take out the battery cover.
2. Put the batteries into the groove.
3. Close the battery cover.



STEP 11

Assemble the electronic meter.

1. Take out the electronic meter (17).
2. Insert the electronic meter into the electronic meter holder.
3. Connect the sensor cable.



Assembly is complete:

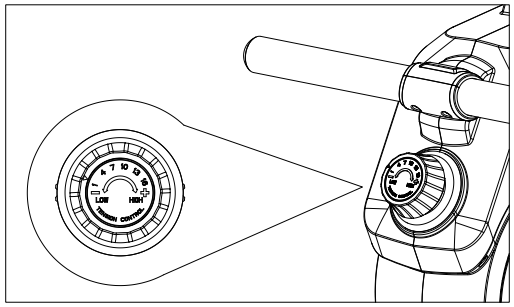
You can start using your machine.

ADJUSTING THE TENSION

Adjust the tension by rotating the Tension Control Knob (No.21) clockwise to increase the level of resistance.

Rotate the Tension Control Knob (No.61) counter-clockwise to decrease the level of resistance.

Tension levels are set at Level 1 being the lowest and Level 16 being the highest.



Instructions For Use Of The Electronic Meter

FUNCTIONAL BUTTONS:

MODE: Push down for selecting functions. If the long time holds down MODE button down for resetting time / dist / cnt and cal.

SET: To set the values of time / dist / count and calories when not in scan mode.

RESET: Push down for resetting time / cnt / dist and cal.

FUNCTION AND OPERATIONS:

SCAN: Press "MODE" button until "SCAN" appears, monitor will rotate through all the 5 functions: Time / Time/500M / Cnt / Dist / SPM / cal, Each display will be hold 5 seconds.

TIME: (1) Count the total time from exercise start to end.
(2) Press "MODE" button until "TIME" appears, press "SET" button to set exercise time. When the "SET" is zero, the computer will stop 1 seconds after the start of the time.

TIME/500M: Your average 500 meter time will automatically be displayed and continuously updated.

CNT: (1) Accumulate the steps while exercising.
(2) Press "MODE" button until "Count" appears, Press "SET" button to set exercise Count. When the "SET" is zero, the computer will stop about 1 seconds after the start of the time.

DIST: (1) The current status of the traveled distance is displayed.
(2) Press "MODE" button until "DIST" appears, Press "SET" button to set exercise calories. When the "SET" is zero, the computer will stop about 1 seconds after the start of the time.

SPM: Display the steps per minute while exercising.

CAL: (1) Count the total calories from exercise start to end.
(2) Press "MODE" button until "CAL" appears, Press "SET" button to set exercise calories. When the "SET" is zero, the computer will stop about 1 seconds after the start of the time.

NOTE:

1. If it does not appear or the display is blurry, replace the battery.
2. After 4 minutes of disuse, the electronic watch will automatically power off.
3. When you restart the movement or press the button, the electronic watch will automatically turn on.
4. After the exercise starts, the electronic watch will automatically calculate the exercise data, and after stopping the exercise for 4 seconds, the electronic watch will stop calculating the exercise data.

SPECIFICATIONS:

FUNCTION	SCAN	Switch data every 5 seconds
	TIME	0:00'~99:59'
	TIME/500M	0:00'~99:59'
	CNT	0–9999
	DIST	0.0–9999 m
	SPM	0–9999
CAL		0.00~9999 CAL
BATTERY TYPE		2pcs AAA
OPERATING TEMPERATURE		0°C ~ +40°C
STORAGE TEMPERATURE		–10°C ~ +60°C

How to row a boat Essentials

1. tart to relax and row forward, then keep your arms and back straight and stir your legs.
2. Pull your arms back, over your knees, up to the pelvic position and rotate back over your pelvis to complete the paddle stroke.
3. Return to the initial position and repeat the movement.
4. For more rowing techniques, please refer to the online tutorial.

Training time

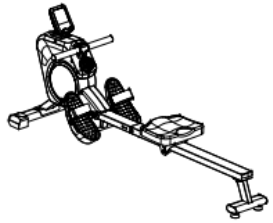
1. Start with 5 minutes of training per day, skating at a pace of 2:30 to 2:45 for 500 meters.
2. Continue to increase your training time every day until you can easily adapt to 30–45 minutes of training time 3–4 times a week.
3. This will effectively improve your aerobic endurance, muscle tension, efficient calorie burning and weight loss.

Warning!

Consult your doctor before a workout begins and stop training immediately if you feel dizzy or uncomfortable.

Adjustment:

If the machine is uneven after assembly, please adjust adjusting rubber pad on the rear stabilizer set to make it stable.

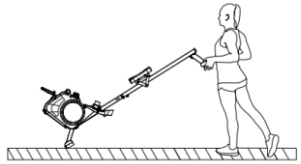


Warning!

When moving parts such as seat cushions, it may crush or cut the body. Please do not touch the slide rails when using the machine.

Movement diagram:

When moving the machine, lift the rear stabilizer set until the transport wheels on the front stabilizer set comes into contact with the ground. The wheels are on the ground, and you can easily transport the machine to the position you want.



Storage diagram:

When not in use, you can set up the machine rail along the arrow direction as shown in Figure A to save space. After lifting, the rear stabilizer can be used to erect the machine, and the foot pads on the mainframe will support the ground.



Harison APP Connection Instructions

DOWNLOAD THE HARISON APP APP TO THE REMOVABLE DEVICE

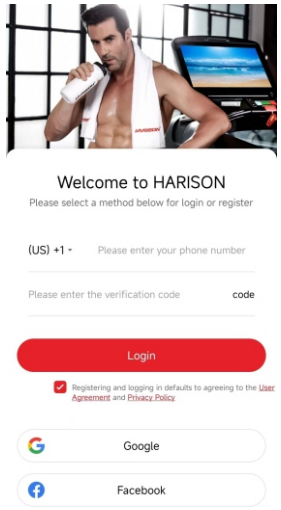
Android mobile phone: you can search [HARISON] from Huawei, Honor, Xiaomi, vivo, OPPO, iQOO, App Bao, Baidu, and other major Android mobile devices [app store] for download and installation;
Apple mobile phone: you can download and install [HARISON] from [App Store];

Google Play Store App Store

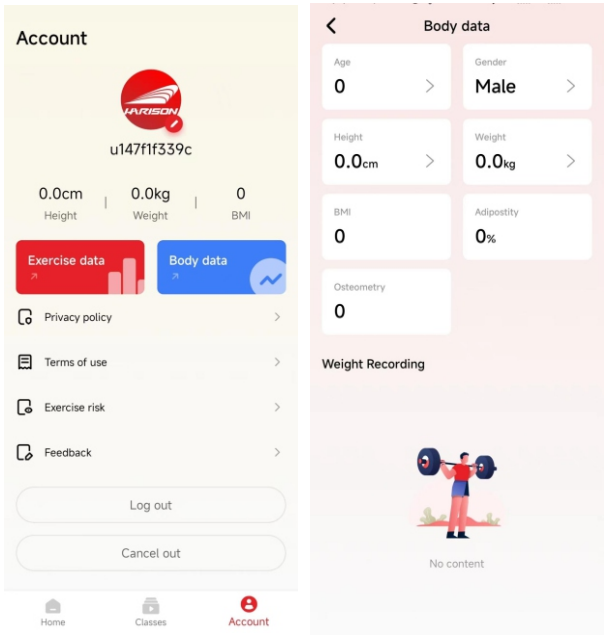
1. After the installation, the [HARISON APP] icon will appear in the mobile phone program (as shown in the figure below):

HARISON

2. Click this icon to enter the HARISON APP program, if it is a new HARISON user, please [register] to become a HARISON APP user, if it is a registered user, you can directly log in the account to enter the HARISON APP;



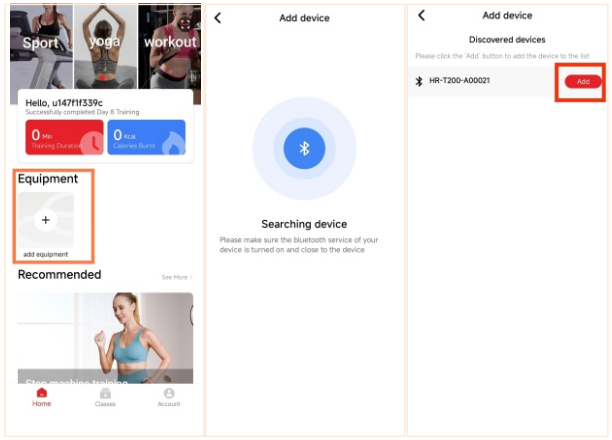
3. Personal information: After newly registered users log in to HARISON APP, they can click the [Account–Body data] icon to fill in the gender, age, height, weight and other details;



4. After the registration, you can bind the smart device you want to associate with the HARISON APP. Next, we will explain how to connect the HARISON APP with the smart devices you want to connect to the HARISON APP if you want to connect to the HARISON APP.

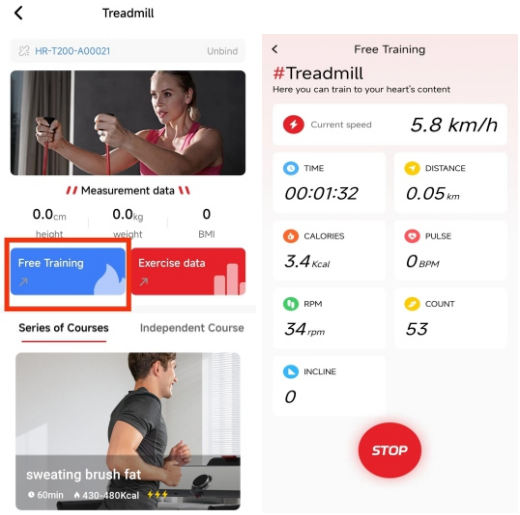
   You want to connect to other smart devices, such as smart treadmill, smart fitness car, smart elliptical machine, smart spinning bike, smart rowing device, stepping machine, mountaineering machine, intelligent..... First, open the "Bluetooth" and "location" in the mobile phone Settings, and the relevant connection steps can refer to the intelligent treadmill connection process. If you still have questions, you can consult the official HARISON customer service staff (tel: +1–618–505–4403) to help you answer questions.

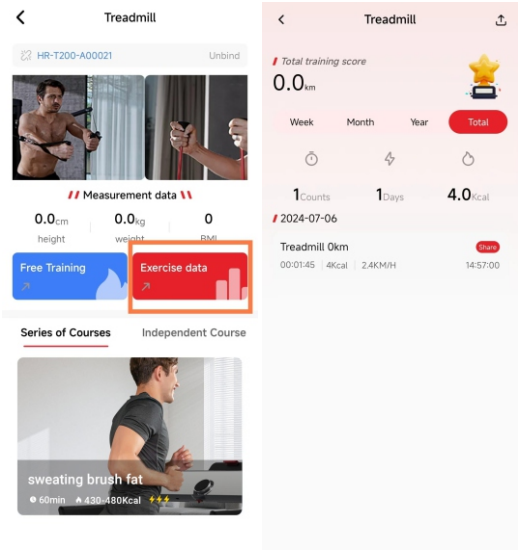
   4.1 Click【HARISON – Home – Equipment – Add】
   4.2 Here we choose [smart treadmill], the jump page will show the model of the smart treadmill you want to connect, click [Add] to complete the HARISON APP binding connection and the smart treadmill device, Other machines and devices use the same method to connect to the APP, but just choose different smart devices.



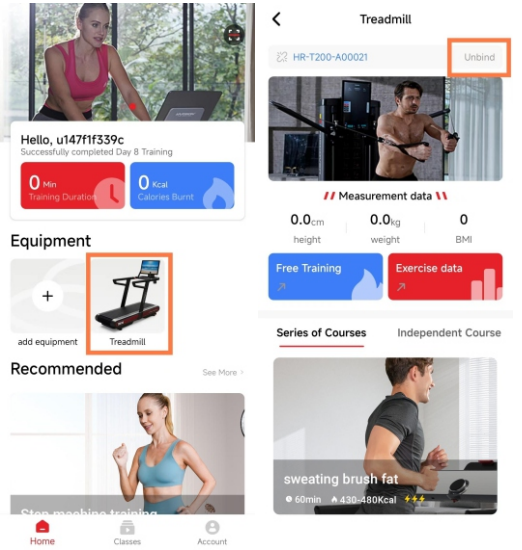
4.3 Below we will take the connection process between the HARISON APP and the smart treadmill device as an example, and tell you in detail how to associate the smart device you want to connect with the HARISON APP.

If you want to connect other smart devices, such as smart treadmill, smart exercise bike, smart elliptical, smart motorized bicycle, smart rowing machine, stepping machine, mountaineering machine, intelligent ..... etc., first open the cell phone settings within the “Bluetooth” and “location”, the relevant connection steps can be referred to the smart treadmill connection process, please feel free to e-mail at support@harisonfitness.com if you have any questions about connecting the APP.

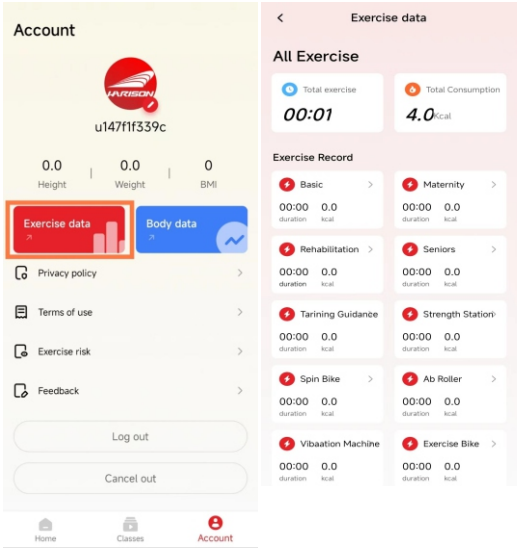




4.4 Unbinding: If you want to unbind the smart treadmill device with the HARISON APP, just return to the [Equipment] page, select the corresponding device, and click the [Unbind] option to easily remove the binding relationship between the treadmill and the HARISON APP.



5. Sports data: Click the [Account] section, and you can view the total sports data, steps, running, walking, cycling and other different sports records through [Exercise].



6. HARISON APP The UI and functions of the intelligent hardware will be constantly upgraded and updated, if there is an update, please refer to the latest version, the paper version of the installation instructions update may be delayed, you can visit the HARISON official website link (https://www.harisonfitness.com/) to get the updated instructions, thank you for your use.

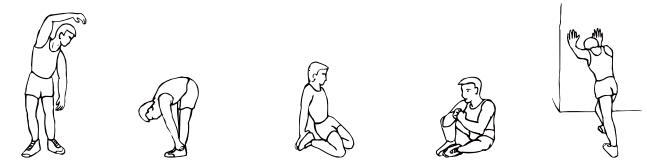
Training Instruction

Using this product can strengthen your physique, improve muscle endurance, and aid in weight loss when combined with a balanced diet.

Warm-up Before training:

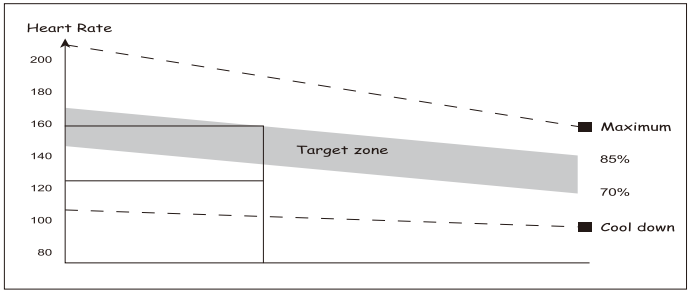
Warming up enhances blood circulation, helps muscles reach an optimal training state, and reduces the risk of cramping or muscle strain.
Before each workout, perform warm-up exercises based on the following suggested methods. Hold each stretch for at least 30 seconds and avoid intense stretching to prevent muscle damage.
Stop exercising immediately if you feel pain or muscle strain.

Suggested Warm-Up Exercises:



Training stage:

This is the main workout phase, where regular training can improve leg flexibility and overall endurance.
To maximize results:
·Maintain a stable training intensity that suits your fitness level.
·Keep your heart rate within the target range(as shown in the table).



In order to keep the heart rate within the corresponding target range, users should continue to train for at least 12 minutes, and most users should continue to train for 15-20 minutes at the beginning of training.

Recovery Stage After Training:

The recovery stage is essential for gradually cooling down the body and preventing muscle strain.
Key steps for recovery:

- Repeat the warm-up exercises but at a slower pace and reduced intensity for about 5 minutes.
- This helps regulate body temperature, relax muscles, and prevent stiffness.
- Avoid intense stretching immediately after training to prevent muscle injury. Progress & raining Frequency.
- As your body adapts, gradually increase training time and intensity.
- Aim to train at least 3 times a week for optimal results. If possible, track your progress by recording your weekly training levels.

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