

  
**Skandika**

**GB**



# Venn

Art.Nr. SF-265x

# Contents

- 03** Safety precautions
- 04** Pre-assembly check list
- 05** Exploded diagram
- 06** Parts list
- 08** Assembly instructions
- 11** Adjustment guide
- 13** Computer instructions
- 14** Using the App Kinomap
- 16** Using the App Fitness data
- 18** Exercise instructions
- 19** Guarantee conditions



[skandika.com/  
service](https://skandika.com/service)

Ruder- gerät VENN	Importeur	MAX Trader GmbH											
	Adresse	Wilhelm-Beckmann-Str. 19, D-45307 Essen											
CE	Artikelnummer	SF-265x											
	Klasse	HC											
	Standard	EN 20957											
		<b>Warnhinweis:</b> Bitte lesen Sie vor Gebrauch die Bedienungsanleitung											
	Production date												
	2020				2021				2022				
	1	2	3	4	5	6	7	8	9	10	11	12	
	PO No:												
	Max. Nutzergewicht	125 kg											

Please visit the Skandika Service portal on our website for setup & help videos, FAQs and downloadable instructions. For more information about Skandika, simply visit our main page [www.skandika.com](https://www.skandika.com)



## WARNING

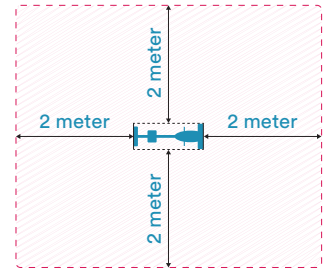
To reduce risk of injury, read and understand this instruction manual before using the device! This machine is intended for home use only in accordance with the instructions provided in this manual. Read the instruction manual carefully before using this device and keep the instruction manual for future use.

## SAFETY PRECAUTIONS

1. Keep children and pets away from the appliance. This device is suitable for adult use only. **Do not** leave children unattended in the same room with the machine.
2. Only one person at a time should use the machine.
3. Not suitable for children under the age of 14 or pregnant women.
4. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, **stop** the workout at once. **consult a physician immediately.**
5. Place the device on a solid and level and surface only. Only use the unit in enclosed spaces. Only use in cool, dry environments.
6. Do not place fingers or objects in the range of moving parts of the device.
7. Always wear appropriate clothing and shoes which are suitable for your workout on the device. The clothes must be designed in a way so that they will not get caught in any part of the device during the work-out due to their form (for example, length). Be sure to wear appropriate shoes which are suitable for the work-out, firmly support the feet and which are provided with a non-slip sole.
8. Use the machine only for its intended use as described in this manual. **Do not** use attachments not recommended by the manufacturer.
9. Do not place any sharp object around the machine.
10. Disabled persons should not use the machine without a qualified person or physician in attendance.
11. Before using the machine to exercise, always do stretching exercises to properly warm up.
12. Never operate the machine if the machine is not functioning properly.
13. The max. user capacity is 125 KGS.

14. Please only exercise with a minimum clearance area of 2 meters around the device.

Be sure to consult a physician before you start any device program. He may give you proper hints and advice with respect to the individual intensity of stress for you, your workout and sensible eating habits. This is especially important for individuals over the age of 35 or persons with pre-existing health problems.



**1 Main frame**  
1 Pc



**2 Slide rail**  
1 Pc



**3 Front stabilizer tube**  
1 Pc



**4 Rear support tube**  
1 Pc



**12 Pedal L/R**  
1/1 Pc



**38 Seat**  
1 Pc



**91 Console**  
1 Pc



**34 Limited pad**  
2 Pcs



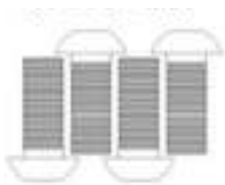
**62 Flat head Screw**  
4 Pcs



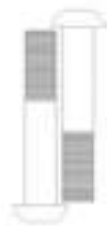
**55 Flat washer**  
10 Pcs



**52 Spring washer**  
6 Pcs



**81 Allen bolt**  
4 Pcs



**45 Allen bolt**  
2 Pcs



**44 Flat washer**  
2 Pcs



**46 Allen bolt**  
2 Pcs



**92 Flat head Screw**  
4 Pcs



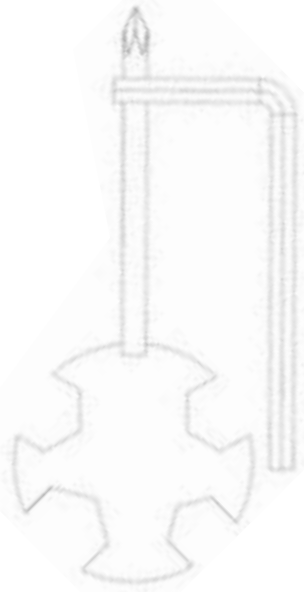
**59 Self-tapping screw**  
4 Pcs



**15 End cap for side rail L**  
2 Pcs



**11 End cap for side rail R**  
2 Pcs



**99** Allen key L5

1 Pc

**100** Multi-function wrench

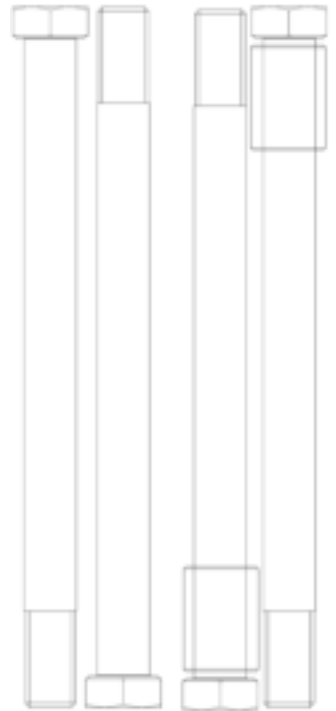
1 Pc

**64** Pedal bushing

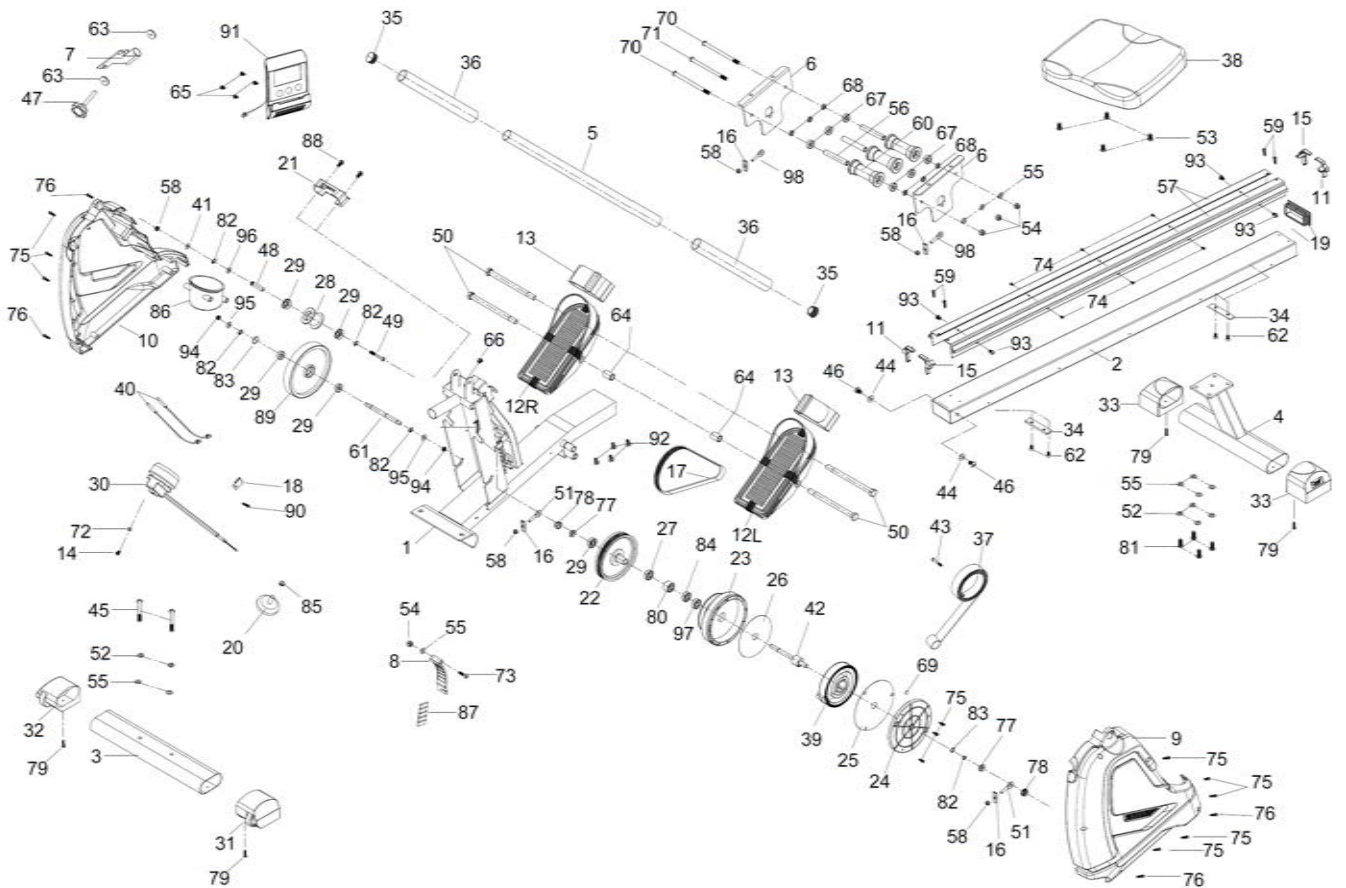
2 Pcs

**50** Hex head bolt

4 Pcs



**EXPLODED DIAGRAM**



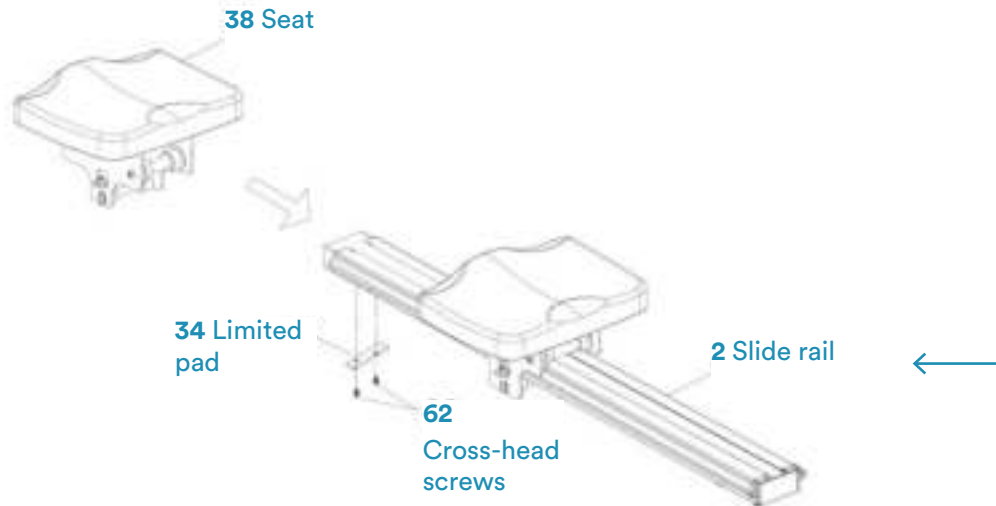
Part No.	Description	Spec.	QTY
1	Main frame		1
2	Slide rail		1
3	Front stabilizer tube		1
4	Rear support tube		1
5	Handlebar		1
6	Fixed plate for seat		2
7	Console bracket		1
8	Magnet bracket		1
9	Chain cover L		1
10	Chain cover R		1
11	End cap for side rail R		2
12L/R	Pedal L/R		1/1
13	Pedal strap		2
14	Cross-head screw	M5*15	1
15	End cap for side rail L		2
16	U type bracket		4
17	Belt	220J*14	1
18	Sensor bracket		1
19	Square end cap	40*80	1
20	Foot pat		1
21	Handlebar seat	TPR	1
22	Belt pulley		1
23	Drawstring pulley		1
24	Volute spring cover	ABS	1
25	Soundproof board A	ø142 x ø16 x 0,5	1
26	Soundproof board B	ø119 x ø16 x 0,5	1
27	Bearing	6003	1
28	Belt Wheel	POM	1
29	Bearing	6000ZZ	5
30	Tension control knob		1
31	Front Stabilizer end cap L	PP	1
32	Front Stabilizer end cap R	PP	1
33	Rear Stabilizer end cap	PP	2
34	Limited pad	72*20*T5.0	2
35	Round end cap		2
36	Foam grip		2
37	Mesh belt		1
38	Seat		1
39	Volute spring		1
40	Sensor wire	L400mm	2
41	Flat washer	OD12 x ID6.5 x 1.5	1
42	Shaft for Drawstring pulley		1
43	Cross-head screw	M5 x 35	1
44	Flat washer		2
45	Allen bolt	M8*45	2
46	Allen bolt	M8*15	2
47	Adjustment knob		1
48	Spacer for Belt Wheel	ø10*ø6.1*40	1
49	Hex head bolt	M6*55	1
50	Hex head bolt	M12*ø12.5*160	4
51	Adjusting screw	M6*40	2
52	Spring washer	OD12*ID8.5*T2.0	6
53	Allen bolt	M6*15	4
54	Nylon nut	M8	4
55	Flat washer		10
56	Bushing for seat roller	ø12.7*1.4*78	3
57	Aluminum Plate		2

Part No.	Description	Spec.	QTY
58	Nylon nut	M6	5
59	Self-tapping screw	ST4.2*L16	4
60	Seat roller	ø40*ø33*94	3
61	Flywheel Axle	ø10*126	1
62	Flat head Screw	M6*10	4
63	Plastic bushing	ø25.4*ø8.2*10	2
64	Pedal bushing	ø18*ø13*26	2
65	bolt	M6*10	4
66	Wire plug		1
67	Bearing	608ZZ	6
68	Spacer for Seat Roller	OD12.7*ID8.2*13	6
69	Sensor magnet	ø10*2	1
70	Allen bolt	M8*140	2
71	Allen bolt	M8*145	1
72	Flat washer	OD11 x ID5.5 x 1.5	1
73	Allen bolt	M8*50	1
74	Cross-head screw	ST4.2*16 (ø8)	6
75	Self-tapping screw	ST4.2*19	11
76	Self-tapping screw	ST4.2*16	4
77	Hex head nut	M10*P1.0*H5	2
78	Flange nut	M10*P1.0	2
79	Self-tapping screw	ST4.2*L25	4
80	One way bearing	HF1712	1
81	Allen bolt	M8*20	4
82	C CLIP		5
83	Wave washer	OD13.5*ID10.2	2
84	Bearing	*0.4	1
85	nut	16003	1
86	Bottle Holder	M10	1
87	Magnet		5
88	Cross-head screw	25*10*5	2
89	Flywheel	M5*12	1
90	Self-tapping screw	ø150	1
91	Console		
92	Flat head Screw	M8*15	4
93	bolt	M6*15	4
94	Nylon nut	M8	2
95	washer	OD16*ID8.5*T1.0	2
96	washer	OD14*ID10.1*0.5	1
97	Bearing	6300	1
98	Adjusting screw	M6*30	2
99	Allen key L5		1
100	Multi-function wrench		1



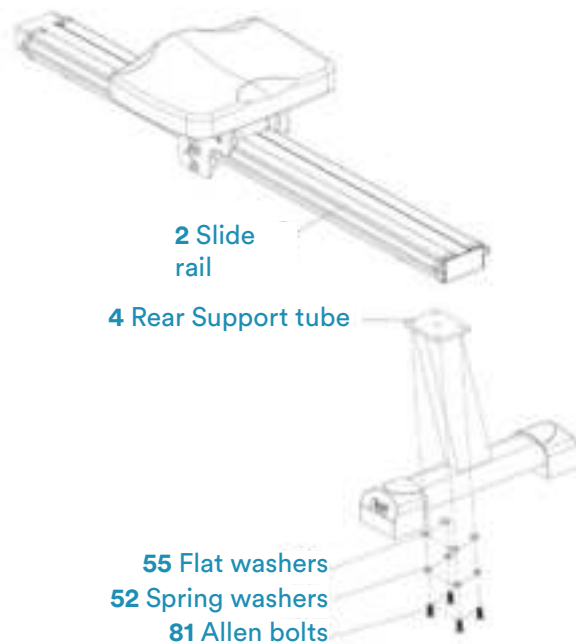
# 1

We recommend having 2 people to assemble the product.  
Slide the **seat 38** onto the slide rail **2**. Attach **Limited Pad 34** to the back of **Slide Rail 2** and secure with two **cross-head screws 62**.



# 2

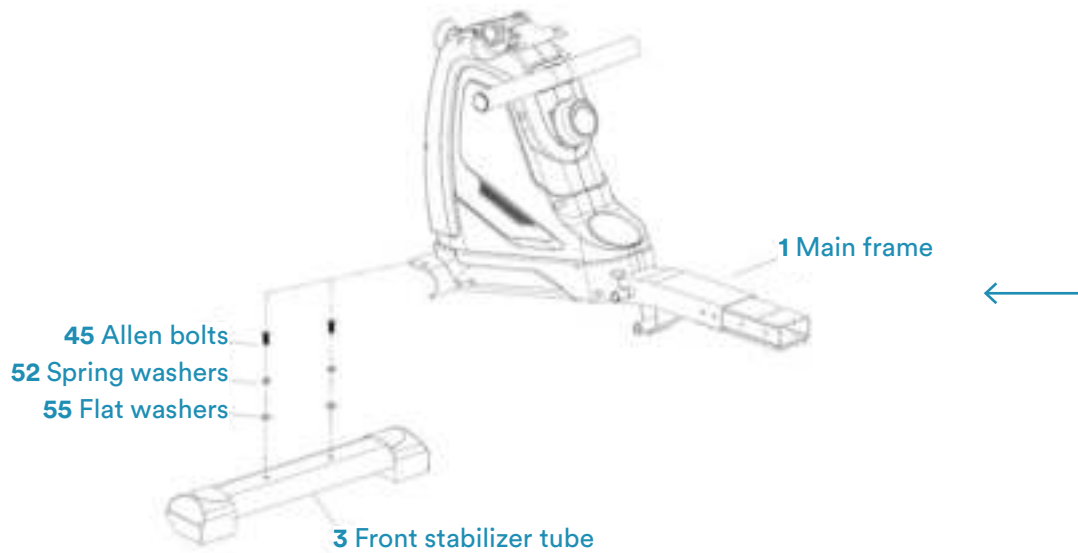
Attach the **Rear Support tube 4** to the **Slide Rail 2**, tighten with 4 **Flat Washers 55** and 4 **Spring Washers 52** and 4 **Allen bolts 81**.





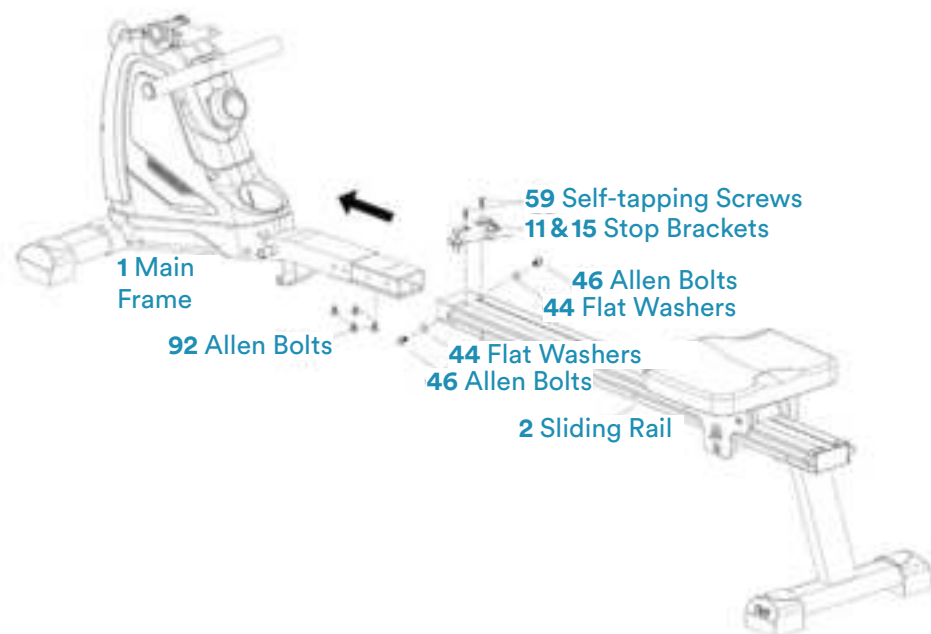
3

Attach the **Front Stabilizer tube 3** to the **Main frame 1**, tighten with 2 **Flat Washers 55** and 2 **Spring Washers 52** and 2 **Allen bolts 45**.



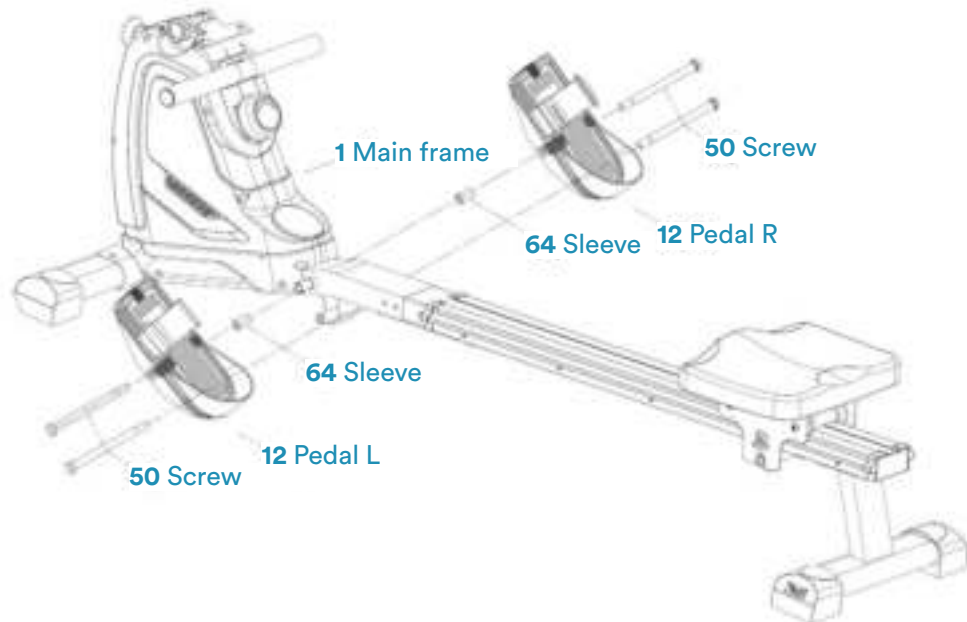
4

Insert the **Slide Rail 2** into the **Main Frame 1 Allen Bolts 92**. Attach the **Stop Brackets 11 & 15** to the **Sliding Rail 2** and secure them with 2 **Self-tapping Screws 59**. Attach the **Flat Washers 44** and 2 **Allen Bolts 46** on the **Slide Rail 2** and secure the connection.



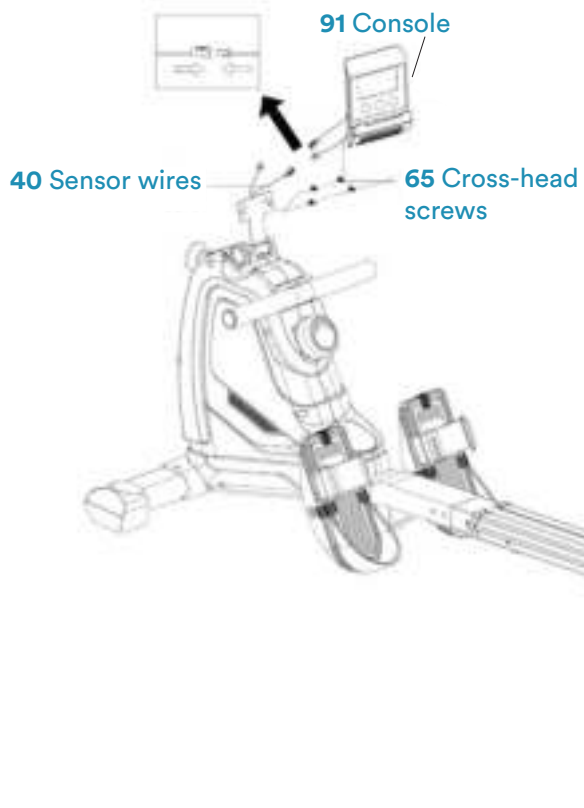
## 5

Fix **both pedals 12 L/R** each with 2 **screws 50** and 1 **sleeve 64** to upper hole of **main frame 1** as shown.



## 6

Take off 4 **cross-head screws 65** which are pre-assembled on the back of **console 91**. Connect **sensor wires 40** with sensor wires from the back of **console 91**.



## PEDAL STRAP ADJUSTMENT

To adjust the pedal strap, remove the Velcro end of the strap from the mesh side by pulling it upward then to the left. Once removed, you may increase the opening of the pedal strap by pulling the mesh end up and to the right.

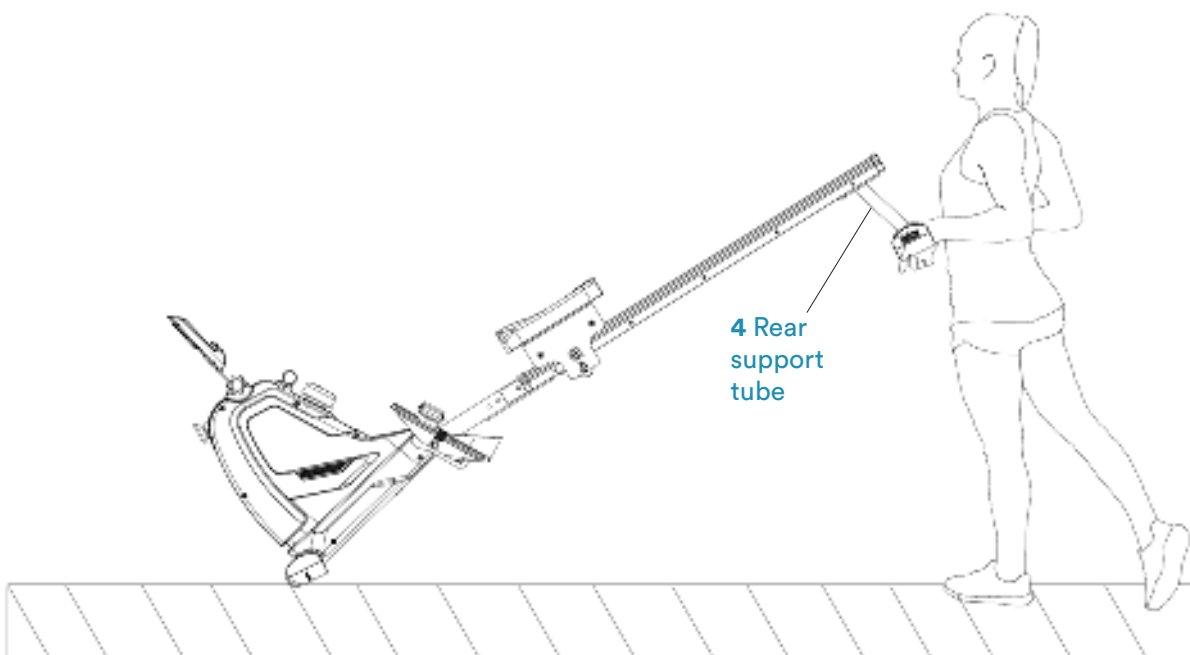
To tighten, pull the Velcro end of the pedal strap upward then to the right and down to secure it to the mesh side of the strap.



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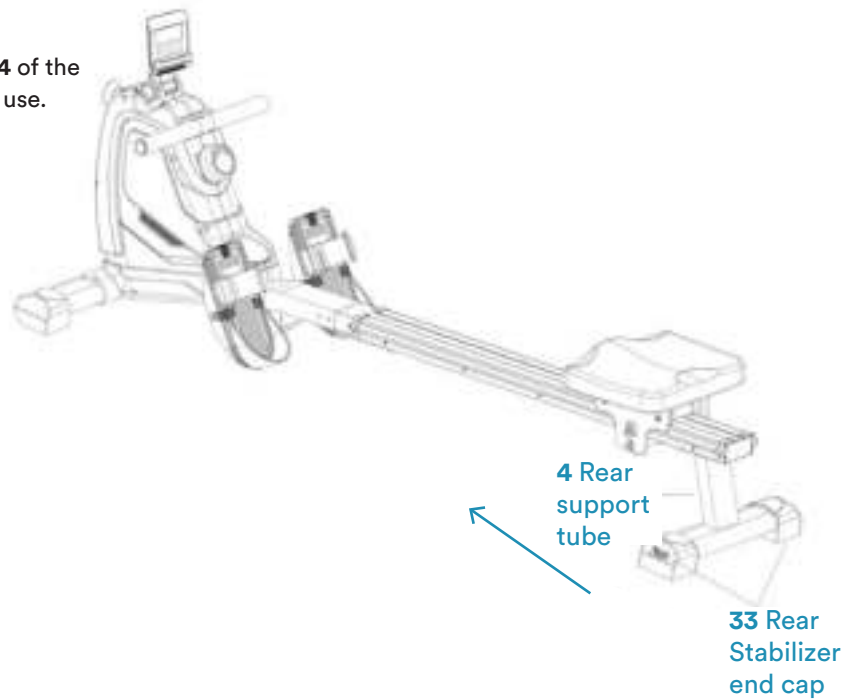
## MOVING THE MACHINE

To move the machine, lift up the rear stabilizer until the transportation wheels on the front stand touch the ground. With the wheels on the ground, you can transport the rower to the desired location with ease.



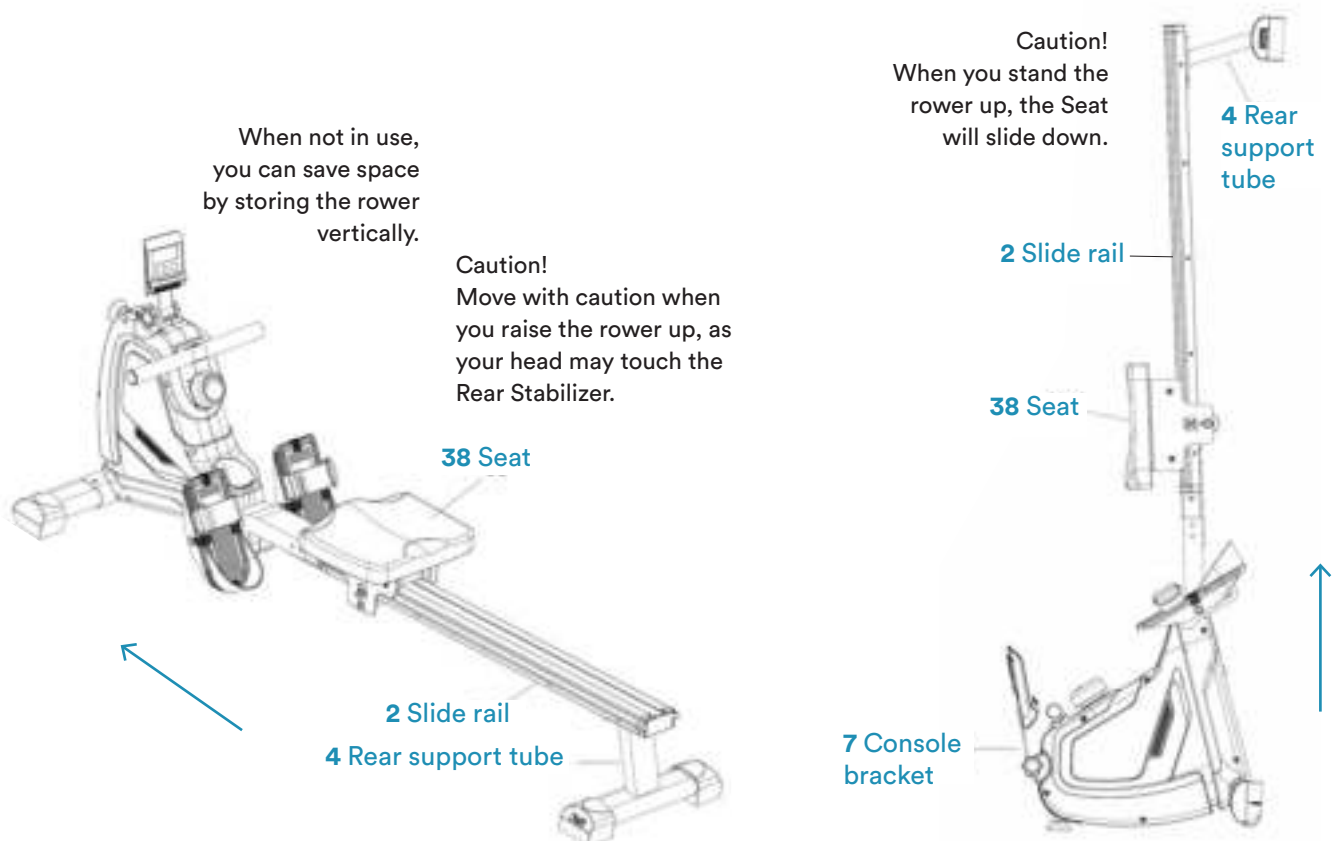
## ADJUSTING THE BALANCE

Adjust the **end cap 33** for **rear support tube 4** of the machine if the machine is unbalanced during use.



## STORAGE

**Caution:** Moving parts, such as the seat, could crush and cut your body. Please do not touch the slide rail when using the machine!





## FUNCTIONAL BUTTONS

<b>MODE</b>	Push down for selecting functions.
<b>SET</b>	Preset values for time, count, distance, calories and pulse.
<b>RESET</b>	Reset time, count, distance, calories and pulse.

## SPECIFICATIONS

<b>AUTO SCAN</b>	Every 6 seconds
<b>TIME</b>	0:00'~99:59'
<b>COUNT</b>	0~9999 TIMES
<b>DISTANCE</b>	0~9999 METER
<b>CALORIES</b>	0~999.9 KCAL
<b>RPM</b>	0~999 TIMES/MIN
<b>PULSE RATE</b>	40~220 BPM
<b>BATTERIE TYPE</b>	2 pcs AAA or UM
<b>OPERATING TEMPERATURE</b>	0°C ~ +40°C
<b>STORAGE TEMPERATURE</b>	-10°C ~ +60°C

## NOTES

1. If the display is faint or shows no figures, please replace the batteries.
2. The console will automatically shut off if there is no signal received after 4 minutes.

## FUNCTIONS AND OPERATIONS

**SCAN** Press **MODE** button until **SCAN** appears, console will rotate through all the 6 functions: Time, count, distance, calorie, RPM and pulse. Each display will be hold 6 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. Automatically count down from targeting value during exercise.

**COUNT** (1) Shows the count from exercise start to end.  
(2) Press **MODE** button until **COUNT** appears. Press **SET** button to set exercise count. Automatically count down from targeting value during exercise

**DISTANCE** (1) Count the distance from exercise start to end.  
(2) Press **MODE** button until **DIST** appears. Press **SET** button to set exercise distance. Automatically count down from targeting value during exercise.

**CALORIES** (1) Count the total calories from exercise start to end.  
(2) Press **MODE** button until **CAL** appears. Press **SET** button to set exercise calories. Automatically count down from targeting value during exercise.

**RPM** Display the strokes per minute.

**PULSE** **(optional wireless chest belt needed)\*:**  
Press **MODE** button until **PULSE** appears. Before your pulse rate is measured correctly, please wear the chest belt for approx. 6 to 7 seconds. The console will show your current heartbeat rate in beats per minute (BPM).

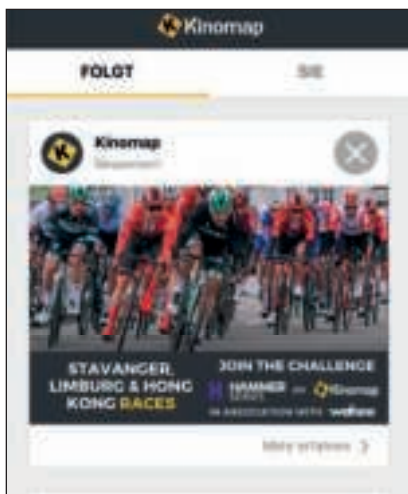
Remark: The measured pulse value cannot be regarded as a basis for medical treatment.

**\* The wireless chest belt is not included in the scope of delivery.**

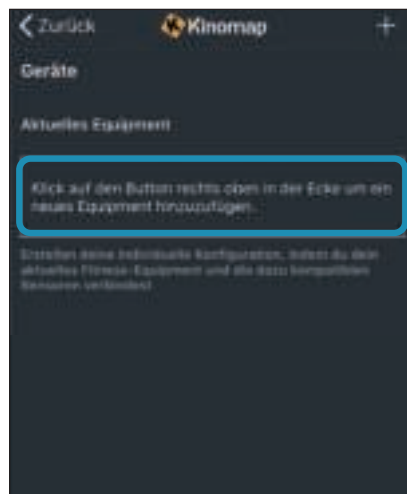
### 1. KINOMAP

The free KinoMap app turns your device into a powerful and fun fitness product! Choose from the geotagged video on Kinomap and go! Your position is shown in the video and as icon on the map. Download the Kinomap Fitness app in the app or play store by searching for 'Kinomap Fitness' or follow one of the links below.

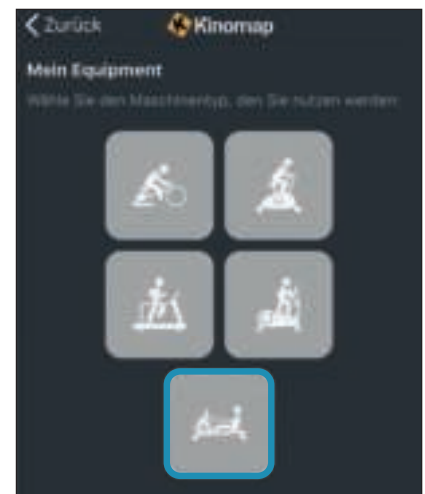
Install and open the app and register resp. log in. Activate Bluetooth®. Now add the rowing device as follows.



1. →



2. →



3. Rowing machine →

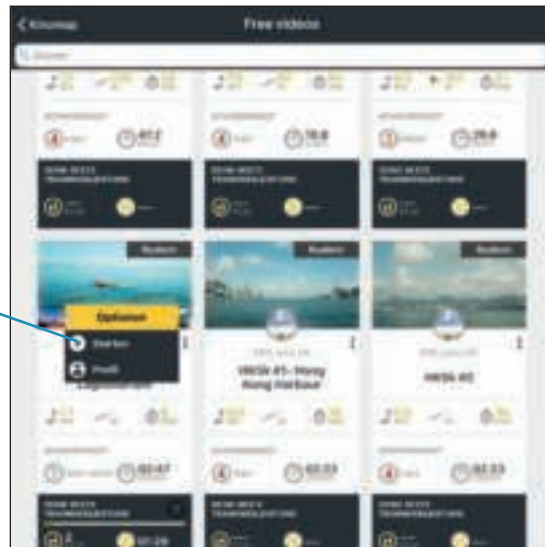


4. Skandika →



5. Tap on the device

Tap on OK and return to main menu. You can now choose a course for your exercise (depending on your type of KinoMap account maybe only some free courses). Press **Start** and begin to row!



## 2. FITNESS DATA

### Requirements

**iOS:** Version 7.1 and newer; Bluetooth® 4.0 and newer, iPhone 4s and newer.

**Android:** Version 4.3 and newer; Bluetooth® 4.0 and newer

### Downloading the app

1. Scan the 2D code to download and install APP

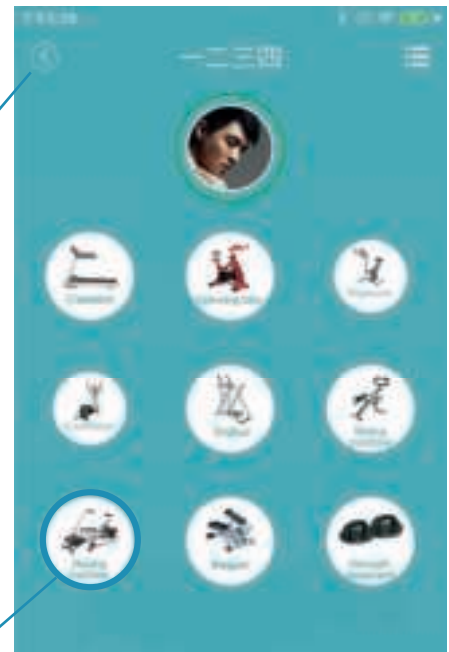


2. Download the software (search for **Fitness Data**) from Google Play Store resp. App Store and install it.



After successful installation you can start the app on your mobile device. First enter all personal data and settings (like e.g. age, height, weight, nickname, image, language) and click on the green button on the bottom part of the screen to register.

After that, you can set-up user target values such as length of exercise time, distance, time (effective for power equipment and treadmills), calorie numbers to be burned. After setup, select the return key on the upper left corner then go to sports equipment selection page.



Now select  
Rowing machine



## REMARKS

If you cannot receive or find the computer of your rowing machine, check if the power supply is properly installed and Bluetooth® is activated. After successfully linked one time, the software will connect to the fitness equipment automatically next time.

## FUNCTIONS OF THE APP

- The master window scans and displays the workout data and switches the display every 6 seconds. SCAN icon flashes and the following values will be shown in sequence: time, distance, calorie, count, count/min, heart beat (effective only when heart beat module is installed, 0 is displayed without heart beat module), body fat (fat percentage calculated based on age, height and weight entered by the user).
  - You may also select one single value to be displayed. If you want to reactivate the SCAN function, you may click on the SCAN icon in the display.
  - There are three hot keys on the lower part in the APP: sports music, sports management and sports setting
  - Click the Share button on the right top corner to share the APP data with your wechat account, QQ or blog and invite your friends to workout together with you.
1. **Sports music** ermöglicht Ihnen, ausgewählte Musiktitel widerzugeben
  2. Tippen Sie auf **Sports management**, um auf die Seite zur Verwaltung von Trainingsdaten zuzugreifen. Die historischen Daten der letzten 30 Tage werden angezeigt und Sie können überprüfen, ob die gesetzten Trainingsziele erreicht wurden.
  3. Tippen Sie auf **Sports setting**, um in den Bereich der Zielwertvorgaben zu gelangen.

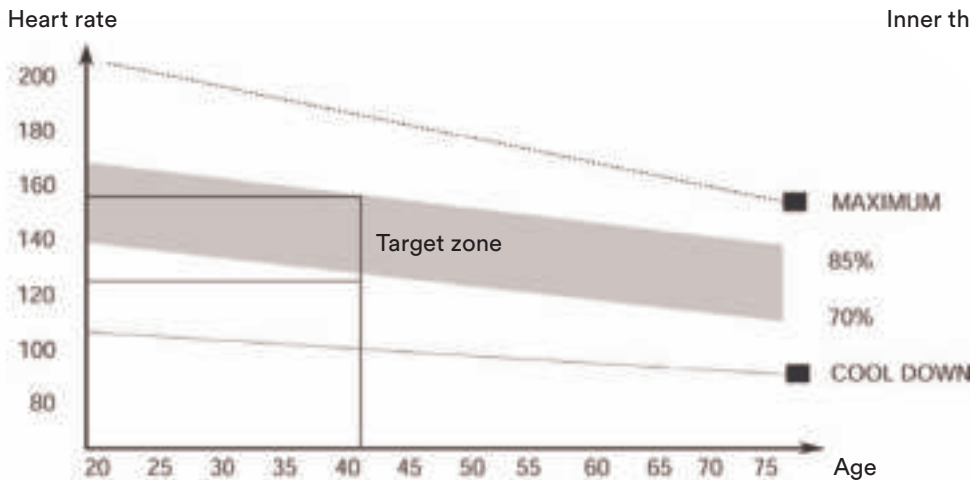
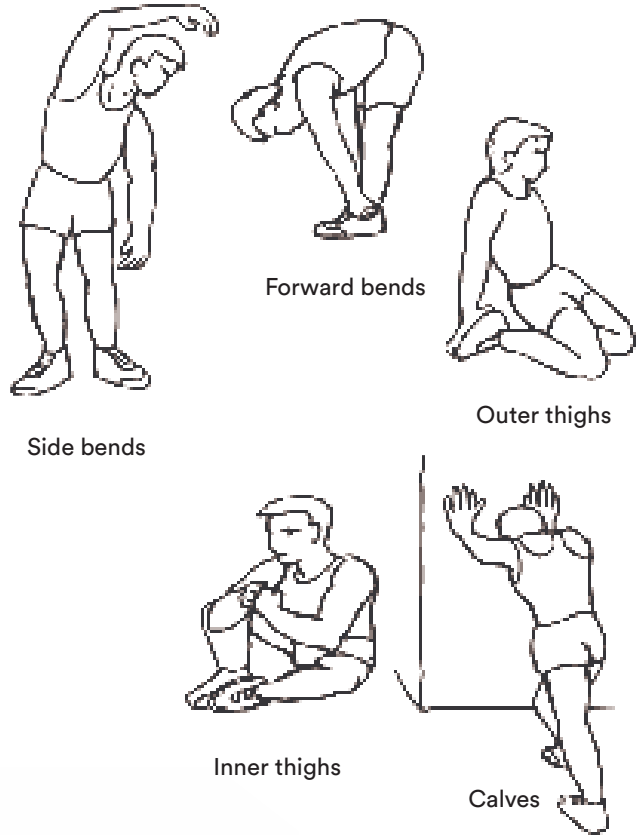
Using your rowing machine improves your physical fitness, tones your muscles and, combined with a calorie-controlled diet, helps you lose weight.

**THE WARM UP PHASE**

Warming up helps to improve the blood flow in the body and enables the muscles to work properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch – if it hurts, STOP.

**THE EXERCISE PHASE**

With regular training your muscles become more flexible and stronger. Maintain a consistent rowing speed throughout the workout if possible. The pace should be dosed in such a way that your heart rate reaches the target zone shown in the following figure.



The exercise phase should be at least 12 minutes long. Most beginners start with exercise phases of 15 to 20 minutes duration.

**THE COOL DOWN PHASE**

This stage helps to soothe your muscles and your cardiovascular system after your workout. At the end of your workout, reduce the speed and exercise for approximately 5 minutes at this lower speed level. Afterwards, repeat the warm-up exercises as described above.

It is recommended to exercise for at least 3 times a week – you should be aware, that you need to exercise harder and longer if you get fitter. Spread your workouts evenly throughout the week

**MUSCLE TONING**

To reach a noticeable muscle toning with your device, it is necessary to set the resistance quite high.

With this, your leg muscles need to work harder during the exercise – however, this may cause you to break up your

exercise earlier. If you want to improve your fitness level as well, you need to modify your exercise program in this way, that you train on a moderate level for the first minutes – the more you reach the end of your exercise phase, increase the resistance setting to cause your leg muscles work harder. Reduce the speed at the same time in order to keep your heart rate within the target zone.

**WEIGHT LOSS**

An important factor here is the effort you invest. The harder and longer you train, the more calories you will burn. It is similar to fitness training – variety is important.

## GUARANTEE CONDITIONS

For our devices we provide a warranty as defined below.

1. In accordance with the following conditions (numbers 2-5) we repair defect or damage to the device free of charge, if the cause is a manufacturing defect. Therefore, these defects / damages need to be reported to us without delay after appearance and within the warranty period of 24 months after delivery to the end user. The warranty does not cover parts, which easily break (e.g. glass or plastic). The warranty does not cover slight deviations of the product, which are insignificant for usability and value of the device and damage caused by chemical or electrochemical effects and damages caused by penetration of water or generally force majeure damage.
2. The warranty achievement is the replacement or repair of defective parts, depending on our decision. The cost of material and labor will be borne by us. Repairs at customer site cannot be demanded. The proof of purchase along with the date of purchase and / or delivery is required. Replaced parts become our property.
3. The warranty is void if repairs or adjustments are made, which are not authorized by us or if our devices are equipped with additional parts or accessories that are not adapted to our devices. Furthermore, the warranty is void if the device is damaged or destroyed by force majeure or due to environmental influences and in case of improper handling / maintenance (e.g. due to non-observance of the instruction manual) or mechanical damages. The customer service may authorize you to replace or repair defective parts after telephone consultation. In this case, the warranty is not void.
4. Warranty services do not extend the warranty period nor do they initiate a new warranty period.
5. Further demands, especially claims for damages which occurred outside the device, are excluded as long as a liability is not obligatory legal.
6. Our warranty terms - which cover the requirements and scope of our warranty conditions - do not affect the contractual warranty obligations of the seller.
7. Parts of wear and tear are not included in the warranty.
8. The warranty is void if not used properly or if used in gyms, rehabilitation centers and hotels. Even if most of our units are suitable for a professional use, this requires a separate agreement.



## ENVIRONMENTAL PROTECTION

At the end of its life cycle, this product must not be disposed of with household waste but must be taken to a collection unit for the recycling of electric and electronic equipment. The symbol on the product, the instructions for use or the packaging express mention of this. The basic materials can be recycled as specified on the labelling.

When recycling the materials and finding other utilisation for used equipment, you are making a significant contribution towards protecting our environment. Ask at your council about the respective local disposal sites.

In accordance with our policy of continual product improvement, we reserve the right to make technical and visual changes without notice.

For service, accessories and spare parts, please contact: [info@skandika.com](mailto:info@skandika.com)  
 Service centre: **MAX Trader GmbH, Wilhelm-Beckmann-Straße 19, 45307 Essen, Germany**



**Vertrieb & Service durch**

MAX Trader GmbH  
Wilhelm-Beckmann-Straße 19  
45307 Essen  
Deutschland