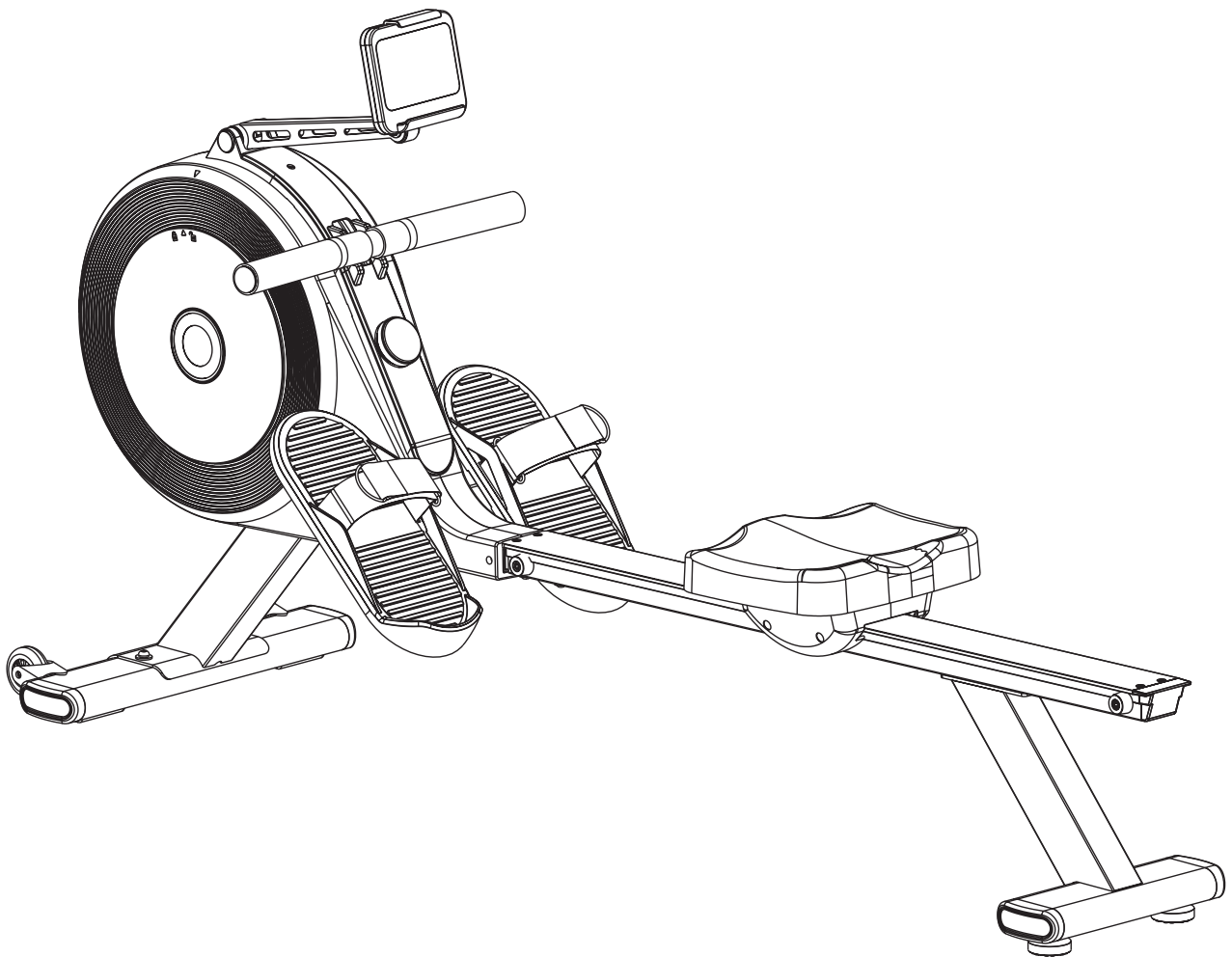




# ROWER-500D Dual Air/Magnetic Rowing Machine

## USER MANUAL



**Read all instructions carefully before using this product.  
Retain this owner's manual for future reference.**

### **! IMPORTANT**

All nuts and bolts are to be checked and tightened on a regular basis. This includes pedals and other moving parts. Failure to do so may cause damage to your threads and void your warranty.

#### NOTE:

Product may vary slightly from the item pictured due to model upgrades. This manual may be subject to updates or changes. Up to date manuals are available through our website at [www.lifespanfitness.com.au](http://www.lifespanfitness.com.au)



# TABLE OF CONTENTS

I. Important Safety Instructions .....	03
II. Care Instructions .....	04
III. Exploded Diagram .....	05
IV. Parts List .....	07
V. Assembly Instructions .....	09
VI. Display Guide .....	13
VII. Adjustment Guide .....	15
VIII. Exercise Guide .....	17
IX. Warranty .....	19

# I. IMPORTANT SAFETY INSTRUCTIONS

---

 **WARNING: Read all instructions before using this machine.**

It is important your machine receives regular maintenance to prolong its useful life. Failing to regularly maintain your machine may void your warranty.

---

Please keep this manual with you at all times.

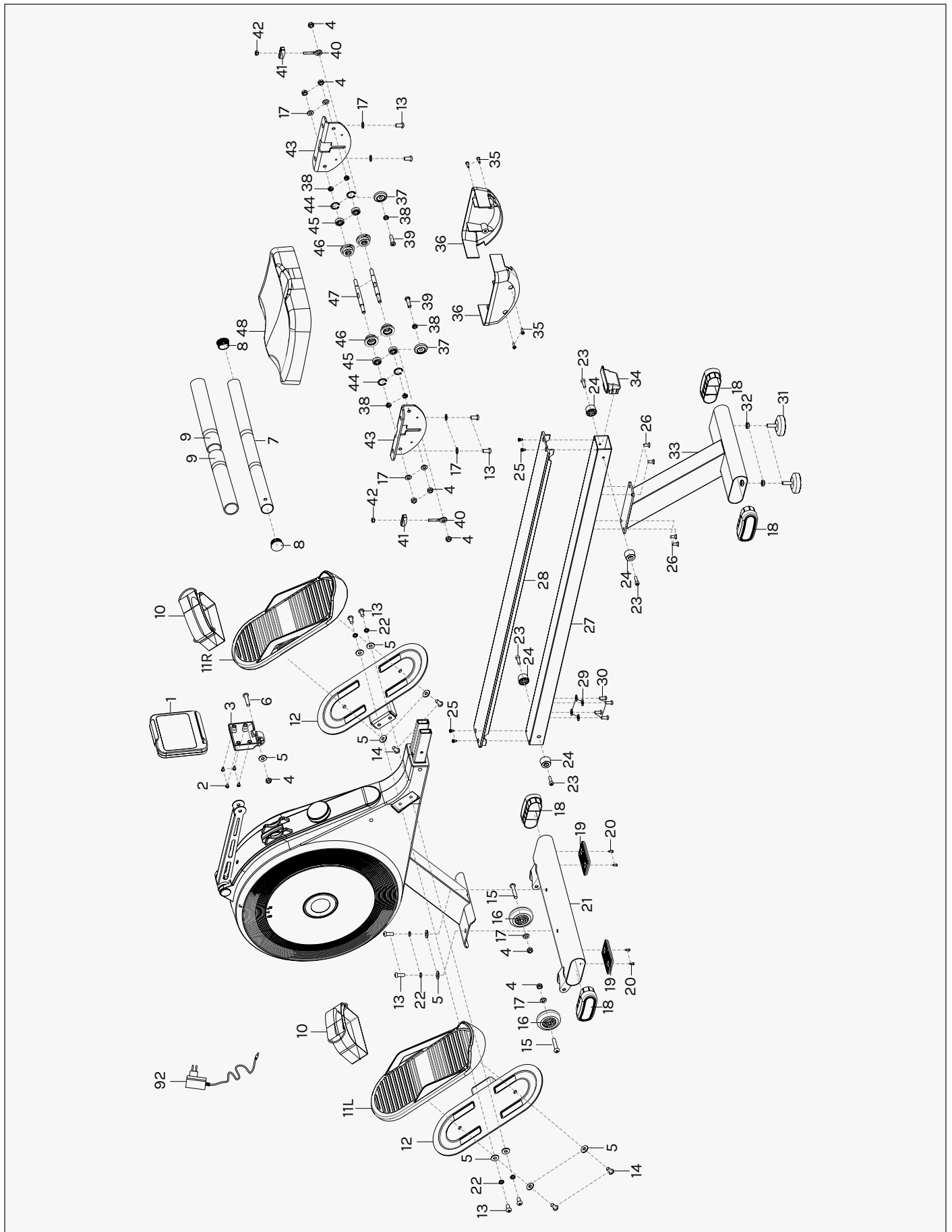
- It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. **PLEASE NOTE:** It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions
- Before starting any exercise program you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
- Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, and extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these symptoms, you should consult your doctor before continuing with your exercise program.
- Keep children and pets away from the equipment. This equipment is designed for adult use only.
- Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 meters of free space around it.
- Before using the equipment, check that the nuts and bolts are securely tightened. If you hear any unusual noises coming from the equipment during use and assembly, stop immediately. Do not use the equipment until the problem has been rectified.
- Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
- This equipment is designed for indoor and family use only.
- Care must be taken when lifting or moving the equipment so as not to injure your back.

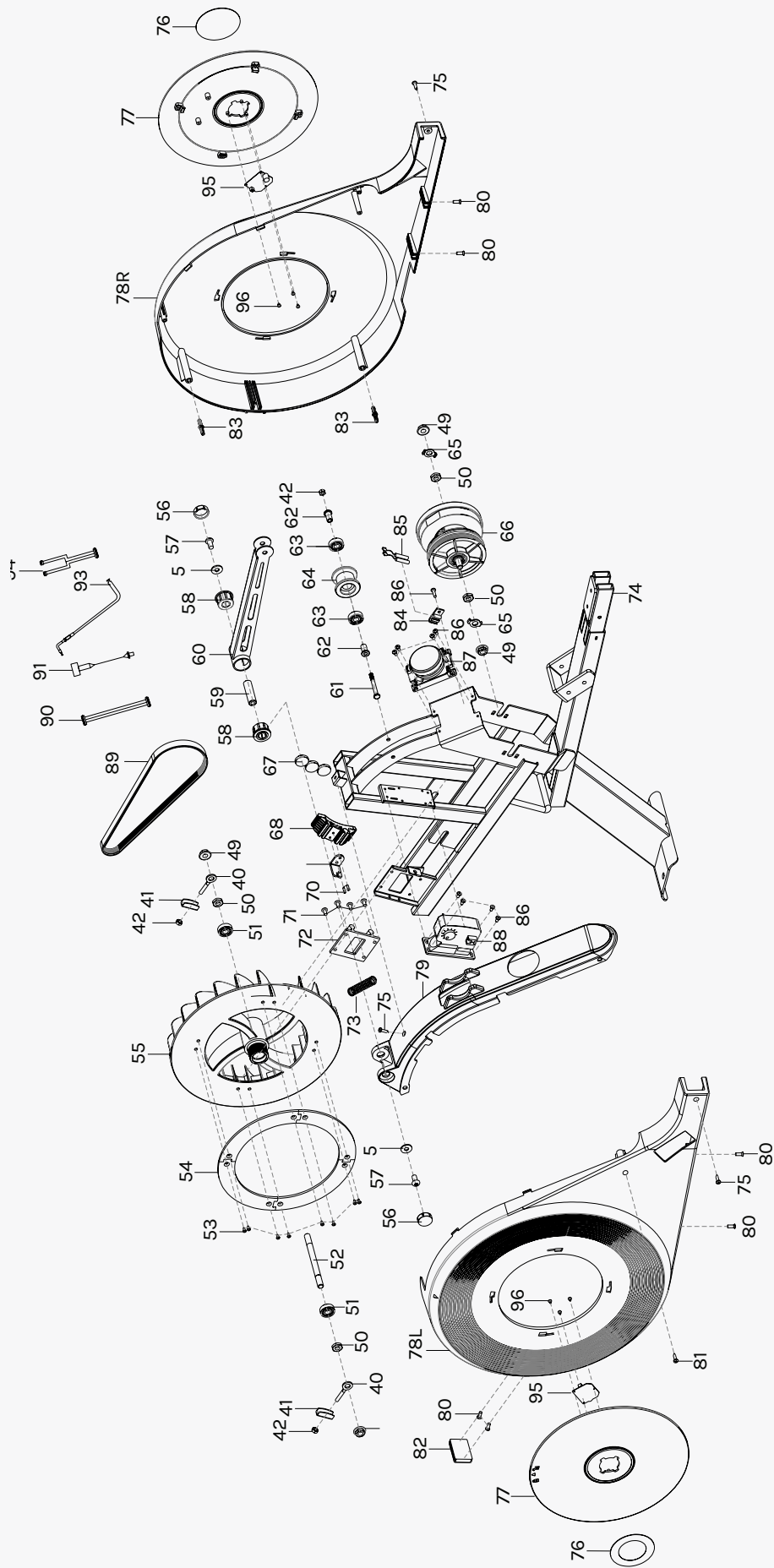
- Always keep this instruction manual and assembly tools at hand for reference.
- The equipment is not suitable for therapeutic use.
- The pulse or heart rate sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.

## II. CARE INSTRUCTIONS

- Lubricate moving joints with grease after periods of usage.
- Be careful not to damage plastic or metal parts of the machine with heavy or sharp objects.
- The machine can be kept clean by wiping it down using dry cloth.
- All nuts and bolts are to be checked and tightened on a regular basis. This includes pedals and other moving parts. Failure to do so may cause damage to your thread and void your warranty.
- Check AC adaptor is plugged in correctly and do not use if cord is damaged.

# III. EXPLODED DIAGRAM




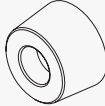











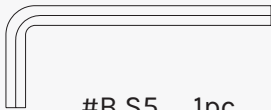
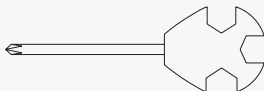


# IV. PARTS LIST

No.	Description	Qty.	No.	Description	Qty.
1	Tablet holder	1	35	Bolt M5*12*Φ10	4
2	Bolt M5*20	4	36	Seat cover	2
3	Computer holder	1	37	Roller Φ35*Φ8*11	2
4	Nylon nut M8*H7.5*S13	9	38	SpacerΦ12.5*Φ8.2*4.5	6
5	Washer d8*Φ20*2	13	39	Bolt M8*28*10*S5	2
6	Bolt M8*35*18*S5	1	40	Adjustable bolt M6*40	4
7	Handlebar	1	41	Adjustable U seat	4
8	Round end cap Φ28*15	2	42	Nylon nut M6*H6*S10	5
9	Foam grip	2	43	Seat plate	2
10	Pedal strap	2	44	Washer d22*1.0	4
11R/L	Pedal	1	45	Bearing608ZZ	4
12	Pedal plate	2	46	Roller Φ36*14	4
13	Bolt M8*20*S5	10	47	Seat shaft Φ10*118	2
14	Bolt M8*12*S5	4	48	Seat	1
15	Bolt M8*42*15*S5	2	49	Nut M10*1*H8*S15	4
16	Transportation wheel	2	50	Nut M10*1*H5*S17	4
17	Washer d8*Φ16*1.5	10	51	Bearing 6000-2RS	2
18	End cap	4	52	Flywheel shaft φ10*130	1
19	Non-slip mat	2	53	Screw ST4.2*13*Φ7	8
20	Screw ST4.0*19*Φ11	4	54	Alum plate T4.0*165*30	4
21	Front stabilizer	1	55	Fan wheel	1
22	Spring washer d8	6	56	Cover	2
23	Bolt M6*20*S5	4	57	Bolt M8*16*S5	2
24	Rubber pad	4	58	Bushing	2
25	Bolt M5*10*Φ9	4	59	Shaft	1
26	Bolt M6*15*S4	4	60	Computer post	1
27	Sliding rail	1	61	Bolt M6*55*15*S10	1
28	Alum plate	1	62	Spacer	2
29	Washer d6*Φ16*1.5	4	63	Bearing6000	2
30	Bolt M6*15*S5	4	64	Mesh belt Wheel	1
31	Adjustable pad	2	65	Fixed plate	2
32	NutM8*H5.5*S14	2	66	Mesh belt plate	1
33	Rear stabilizer	1	67	Round magnet Φ24*5	3
34	Rail cover	1	68	Magnet plate	1

No.	Description	Qty.	No.	Description	Qty.
69	Steel plate	1	85	Sensor	1
70	Screw ST4.2*16*Φ10	2	86	Screw ST4.2*8*Φ8	9
71	Bolt M5*10	4	87	Computer	1
72	Magnet plate	1	88	Motor	1
73	Spring	1	89	Belt	1
74	Main frame	1	90	Trunk wire	1
75	Screw ST4.2x16xΦ8	3	91	Power trunk wire	1
76	Sticker	2	92	Adapter	1
77	Turntable	2	93	Tension wire	1
78	Chain cover	1	94	LED light trunk wire	1
79	Upper cover	1	95	LED light	2
80	Screw ST4.8*19*Φ8	6	96	Screw ST2.0*5	6
81	Screw ST4.8*16*Φ8	1	A	Allen Wrench S4	1
82	Support pad	1	B	Allen Wrench S5	1
83	Connector	2	C	Spanner S13-14-15	1
84	Sensor holder	1			

## HARDWARE

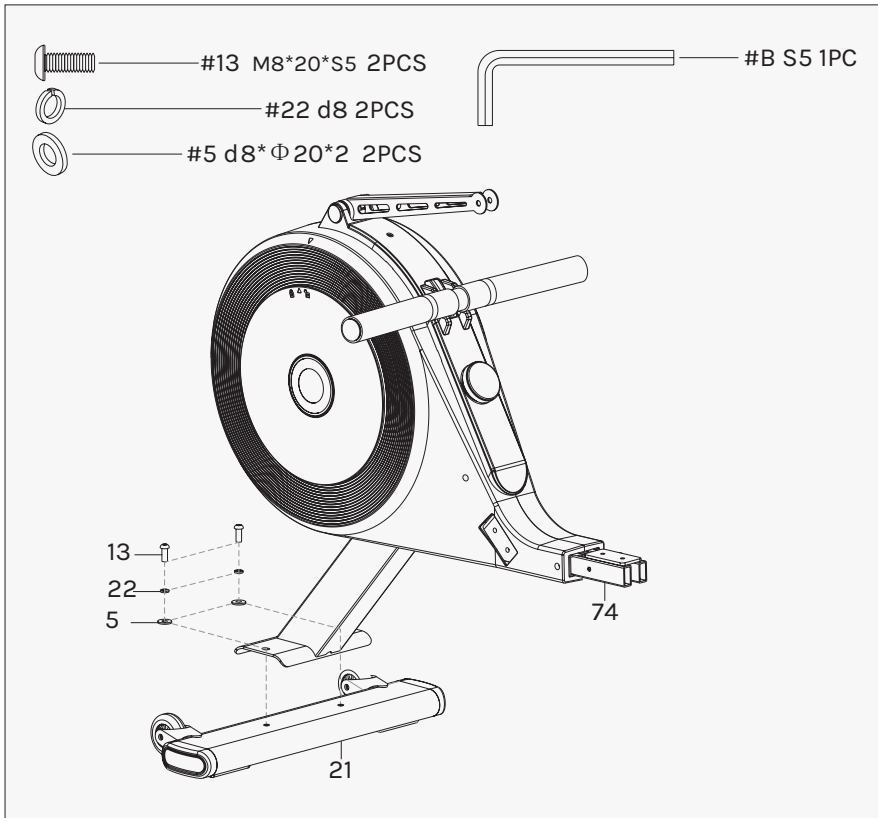
 #2 M5*20 4pcs.	 #24 Φ27*Φ23*16*Φ6 4pcs.
 #4 M8*H7.5*S13 1pc.	 #25 M5*10*Φ9 2pcs.
 #5 D8*Φ20*2 7pcs.	 #26 M6*15*S4 4pcs.
 #6 M8*35*S5 1pc.	 #29 D6*Φ16*1.5 4pcs.
 #13 M8*20*S5 6pcs.	 #30 M6*15*S5 4pcs.
 #22 D8 6pcs.	 #A S4 1pc.
 #23 M6*20*S5 4pcs.	 #B S5 1pc.
	 #C S13-14-15 1pc.



# V. ASSEMBLY INSTRUCTIONS

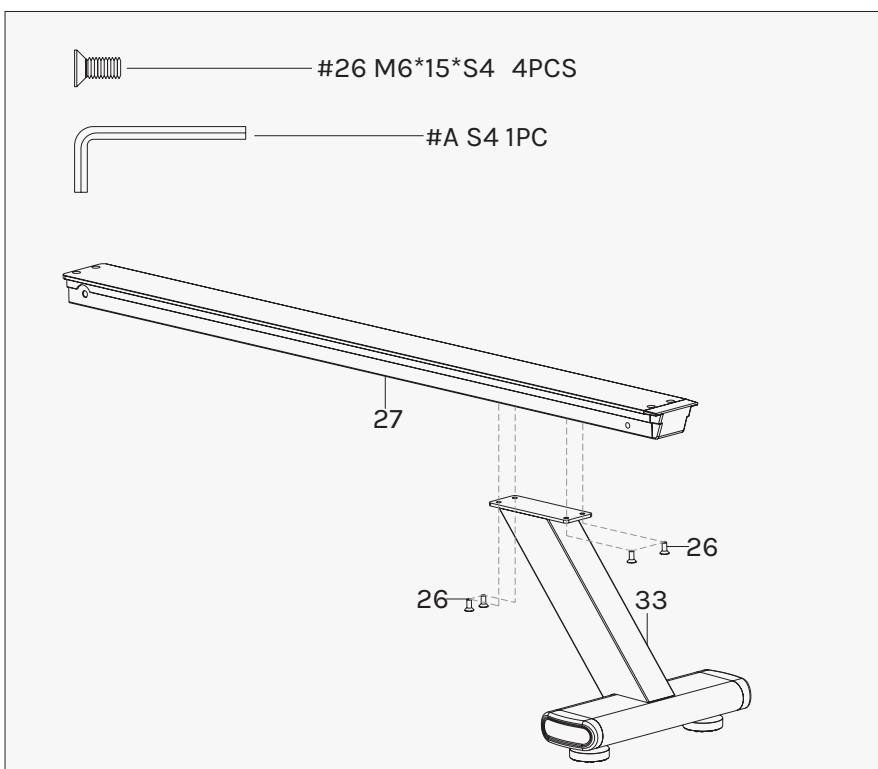
## ! NOTE:

Some nuts and bolts are attached on the parts, and you will need to remove and re-attach it to the connecting parts.



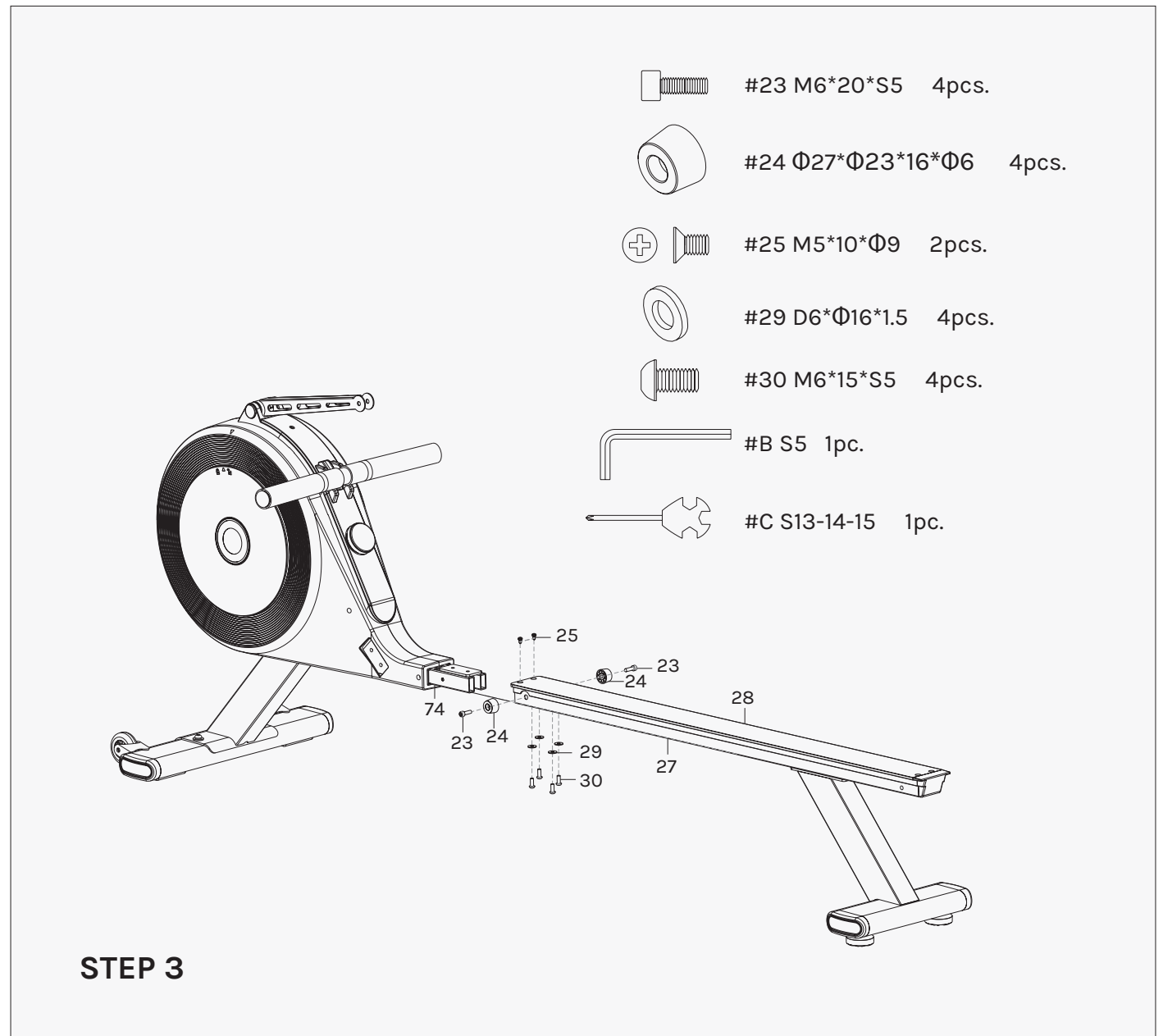
## STEP 1

Attach front stabilizer (21) to main frame (74) using bolts (13), spring washers (22), and washers (5). Tighten and secure with Allen wrench (B).



## STEP 2

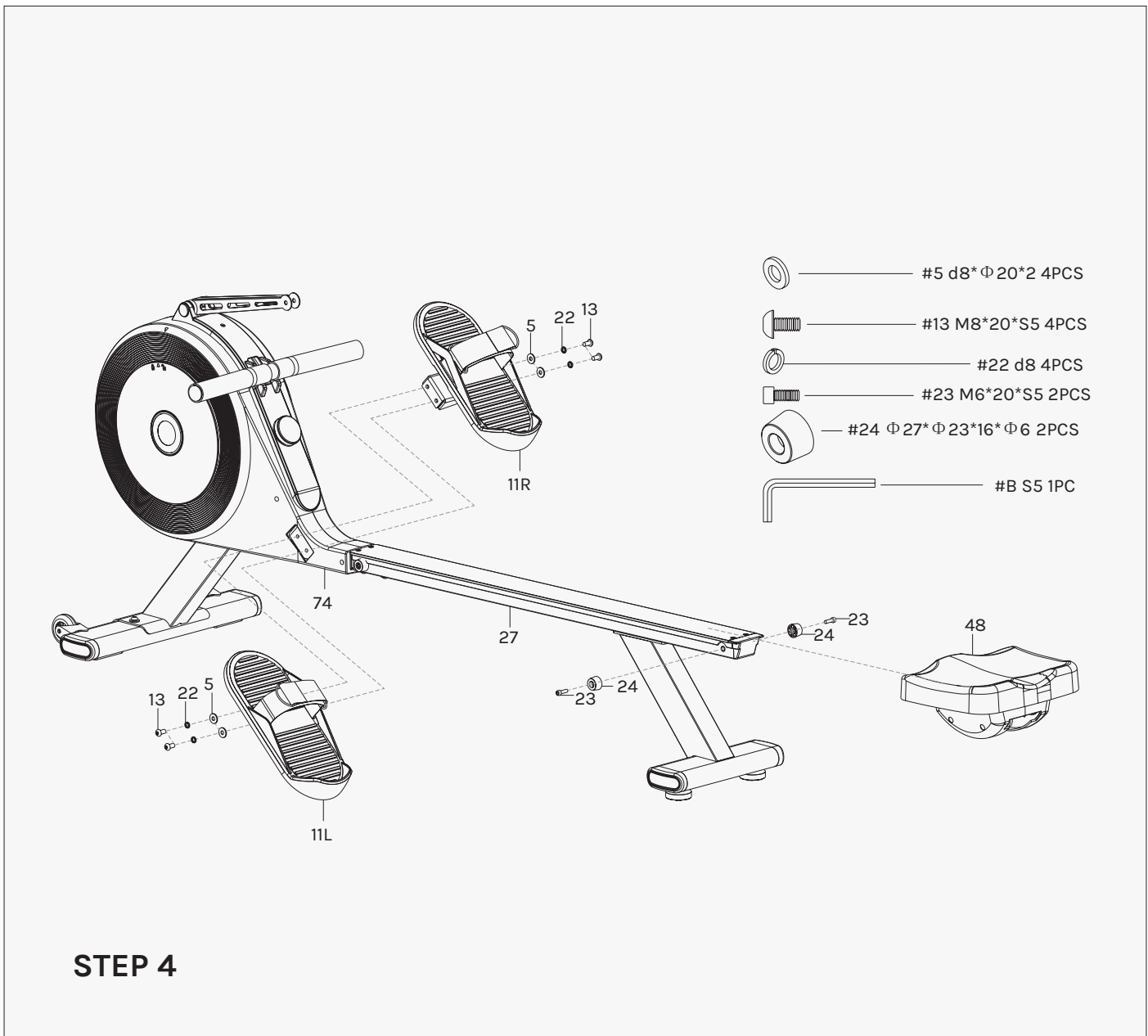
Attach rear stabilizer (33) to sliding rail (27) using bolts (26). Tighten and secure with Allen wrench (A).



**a.** Attach sliding rail (27) to main frame (74) using bolts (30) and washers (29). Tighten and secure with Allen wrench (B).






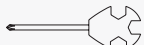
**b.** Secure alum plate (28) into sliding rail (27) using screws (27) with wrench (C).

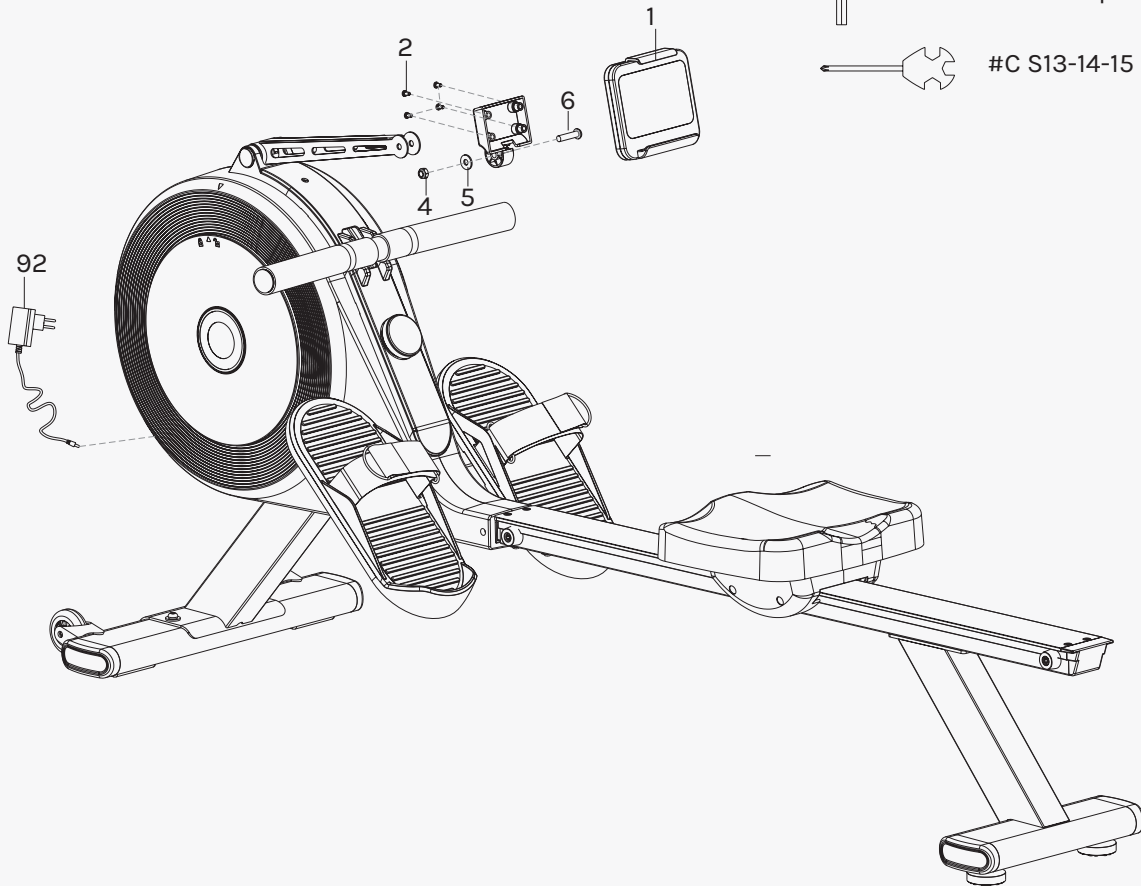
**c.** Secure rubber pad (24) in sliding rail (27) using bolts (23) with Allen wrench (B).



- a. Insert seat (48) into sliding rail (27).
- b. Secure rubber pad (24) in sliding rail (27) using bolts (23) with Allen wrench (B).
- c. Attach pedal (11L/R) into main frame (74) using bolts (13), spring washers (22) and washers

**! IMPORTANT:**  
 Ensure to fully tighten bolt 13 to secure the pedals (11L/R) to the frame.

-  #2 M5\*20 4pcs.
-  #4 M8\*H7.5\*S13 1pc.
-  #5 d8\*Φ20\*2 1pc.
-  #6 M8\*35\*S5 1PC
-  #B S5 1pc.
-  #C S13-14-15 1pc.



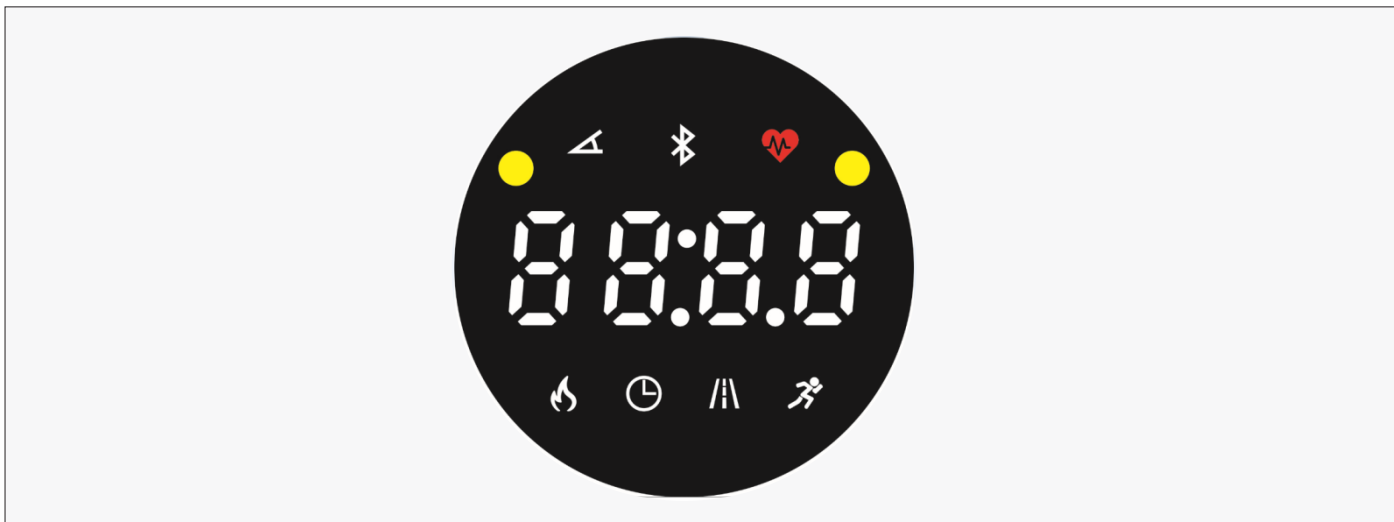
## STEP 5

- a. Secure computer holder (3) with computer post (60) with nylon nut (4) and washer (5) by Allen wrench (B) and wrench (C).
- b. Secure iPad holder (1) in the computer holder (3) with bolts (2) by wrench (C).
- c. Insert adapter wire (92) to power hole at the front of the main frame (74), then plug the adapter into an outlet.

### IMPORTANT:








Turn off the power point when machine is not in use.

# VI. DISPLAY GUIDE



## Description of instrument window:

- Scanning mode: Displays in the following order for every 1800 seconds: Time---Distance---Resistance Level---Strokes---Calories---Bluetooth---Pulse
- Press the knob of Display to select and fix a certain function, and then display it on the main window.
- Display of 32-resistance force adjustment.

ITEM	Description	RANGE
 Time	Time of exercise	0 min: 00 s ~ 99 min: 59 s
 Distance	Distance of exercise	0.00 ~ 99.9 km
 Resistance Level	Resistance level of exercise	1 ~ 32
 Strokes	Number of strokes: Statistics of the number of strokes during exercise	0 ~ 9999
 Calorie	Energy consumed during exercise	0.0~ 999.9 kcal
 Bluetooth & App	Support that APP is controlled via Bluetooth. When there is Bluetooth equipment connected, the icon is displayed	
 Wireless Pulse (Optional)	Support the standard 5.3 kHz wireless heart rate chest strap. When there is a heart rate, the user's current heart rate is displayed	

## Description of button functions

- **Start or stop the exercise:** Press the middle of knob to start or stop the exercise.

A. **Start:** Press the middle of knob to start the exercise and turn on display.

**B. Stop:** During workout, press the knob 3 seconds to stop display counting until it displays "PAU" to pause the workout; Press the knob again for 1 second to un-pause and continue the counting.


- In the paused state, press and hold for 3 seconds and the previous data will be cleared.

• **Function mode of upward selection:** Rotate the knob clockwise to increase resistance levels during workout.

• **Function mode of downward selection:** Rotate the knob counterclockwise to decrease resistance levels during workout.

## Bluetooth APP

1. Turn on the Bluetooth on your device, then open the FitLink or Kinomap APP. On the App connect to the device for equipment.

2. Select the device and click "Connect". At this time, the Bluetooth icon  of on the instrument display will be ON.

3. Enter the exercise mode of Scene Selection, with the default of no-scene mode.

**Note: If a flashback occurs after connecting to the APP, please reconnect it.**

## Sleep and Automatic Paused Mode

• When in use, if you have stopped rowing within 4 minutes the display will be pause the workout automatically.

• If there is no operation or activity after 10 minutes, the display will enter into sleep mode.

• Press the knob to un-pause if your display goes to pause mode.

• When not in use the display can be turned off from the power plug.

## Calories Calculation

Calories are calculated at 15 calories per kilometer.

When there is no speed signal, calories and distance will not be counted.

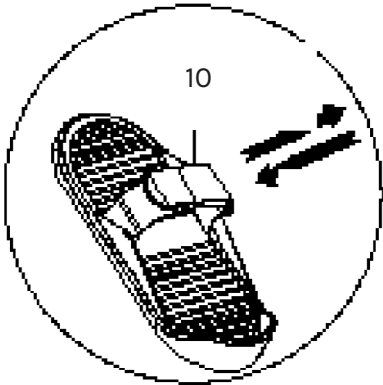
### NOTE:

1. The equipment requires a power adapter. When the equipment displays abnormally, please unplug and then plug in the power plug again.

2. Without any operation, the product will enter sleep mode after ten minutes.

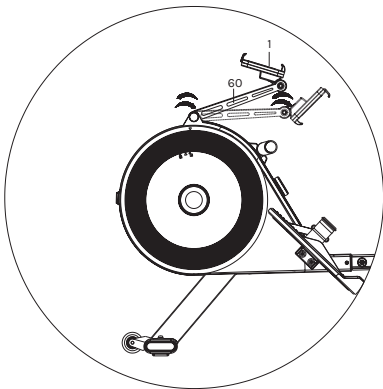
# VII. ADJUSTMENTS GUIDE

## 1. PEDAL ADJUSTMENT



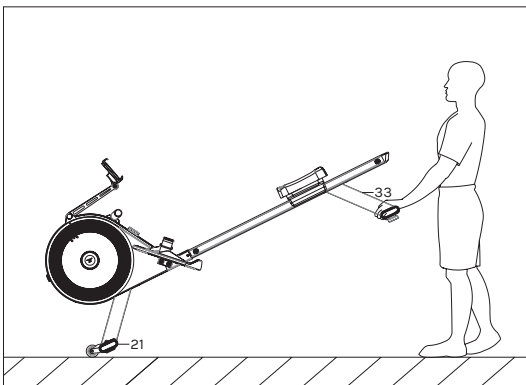
The pedal strap (10) is adjustable and can be personalized to fit the user's foot size.

## 2. COMPUTER ANGLE ADJUSTMENT



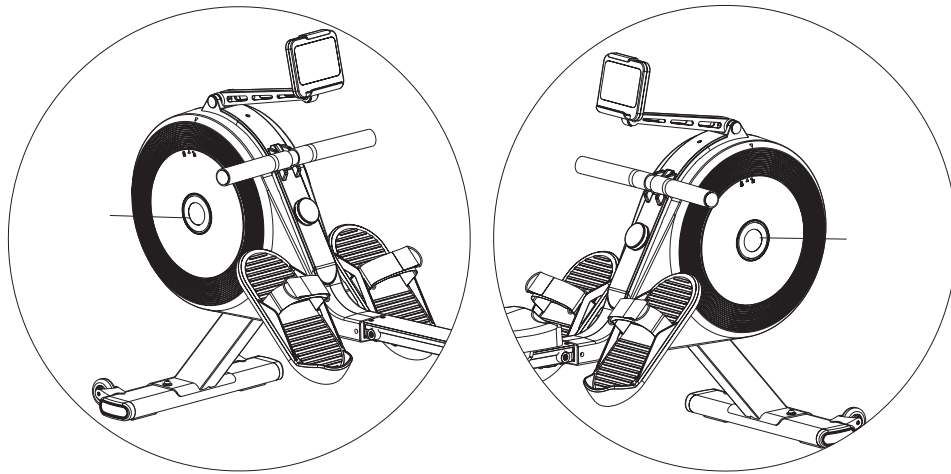
The rotation angle of Table holder (1) and computer post (60) can be adjusted to obtain the best view of the computer LCD screen.

## 3. MOVING THE MACHINE



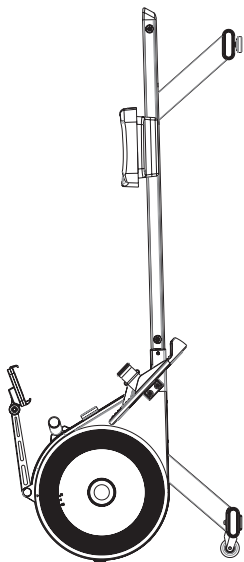
To move the machine, lift the rear stabilizer (33) until the transportation wheels (16) touch the ground. With the wheels on the ground, you can transport the machine to the desired location with ease.

#### 4. LED VOICE CONTROL LIGHT



LED Voice control light in both side of turntable (77). If in lower speed, the light will be turn green. If in higher speed, the light will be turn red.

#### 5. STORAGE



When not in use, you can store the machine in an upright position.



# VIII. EXERCISE GUIDE

---

## ⓘ PLEASE NOTE:

Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

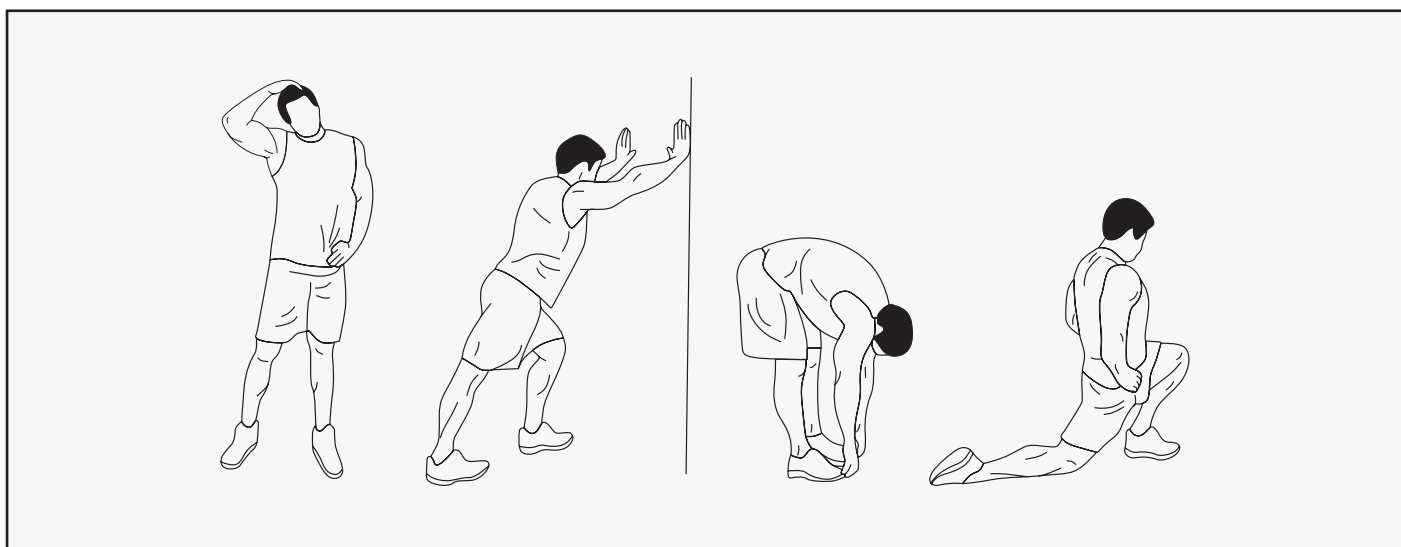
The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

---

Exercising is a great way to control your weight, improving your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not have to work so hard. It will pump a lot fewer times per minute, reducing the wear and tear of your heart.

So as you can see, the fitter you are, the healthier and greater you will feel.



## WARM UP

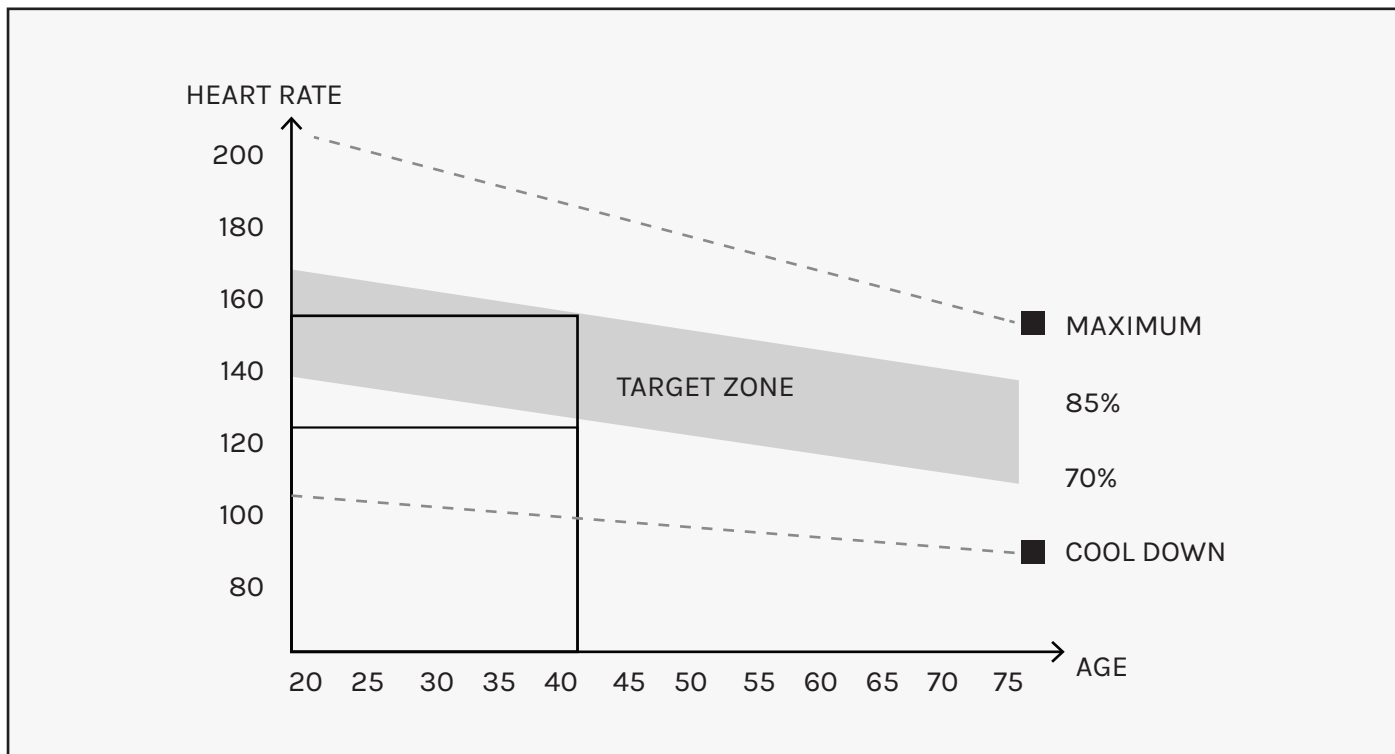
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.

## COOL DOWN

Finish each workout with a light jog or walk for at least 1 minute. Then complete 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

## WORKOUT GUIDELINES



! This is how your pulse should behave during general fitness exercise. Remember to warm up and cool down for a few minutes.

# IX. WARRANTY

## AUSTRALIAN CONSUMER LAW

Many of our products come with a guarantee or warranty from the manufacturer. In addition, they come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage.

You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. Full details of your consumer rights may be found at [www.consumerlaw.gov.au](http://www.consumerlaw.gov.au).

Please visit our website to view our full warranty terms and conditions:  
<http://www.lifespanfitness.com.au/warranty-repairs>

## WARRANTY AND SUPPORT

Any claim against this warranty must be made through your original place of purchase. Proof of purchase is required before a warranty claim may be processed.

If you have purchased this product from the Official Lifespan Fitness website, please visit <https://lifespanfitness.com.au/warranty-form>

For support outside of warranty, if you wish to purchase replacement parts or request a repair or service, please visit <https://lifespanfitness.com.au/warranty-form> and fill in our Repair/Service Request Form or Parts Purchase Form.

Scan this QR code with your device to go to [lifespanfitness.com.au/warranty-form](https://lifespanfitness.com.au/warranty-form)





[WWW.LIFESPANFITNESS.COM.AU](http://WWW.LIFESPANFITNESS.COM.AU)