LIFESPAN FITNESS

ROWER-800F

USER MANUAL

Product may vary slightly from the item pictured due to model upgrades.

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

NOTE:
This manual may be subject to updates or changes. Up to date manuals are available through our website at www.lifespanfitness.com.au

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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.

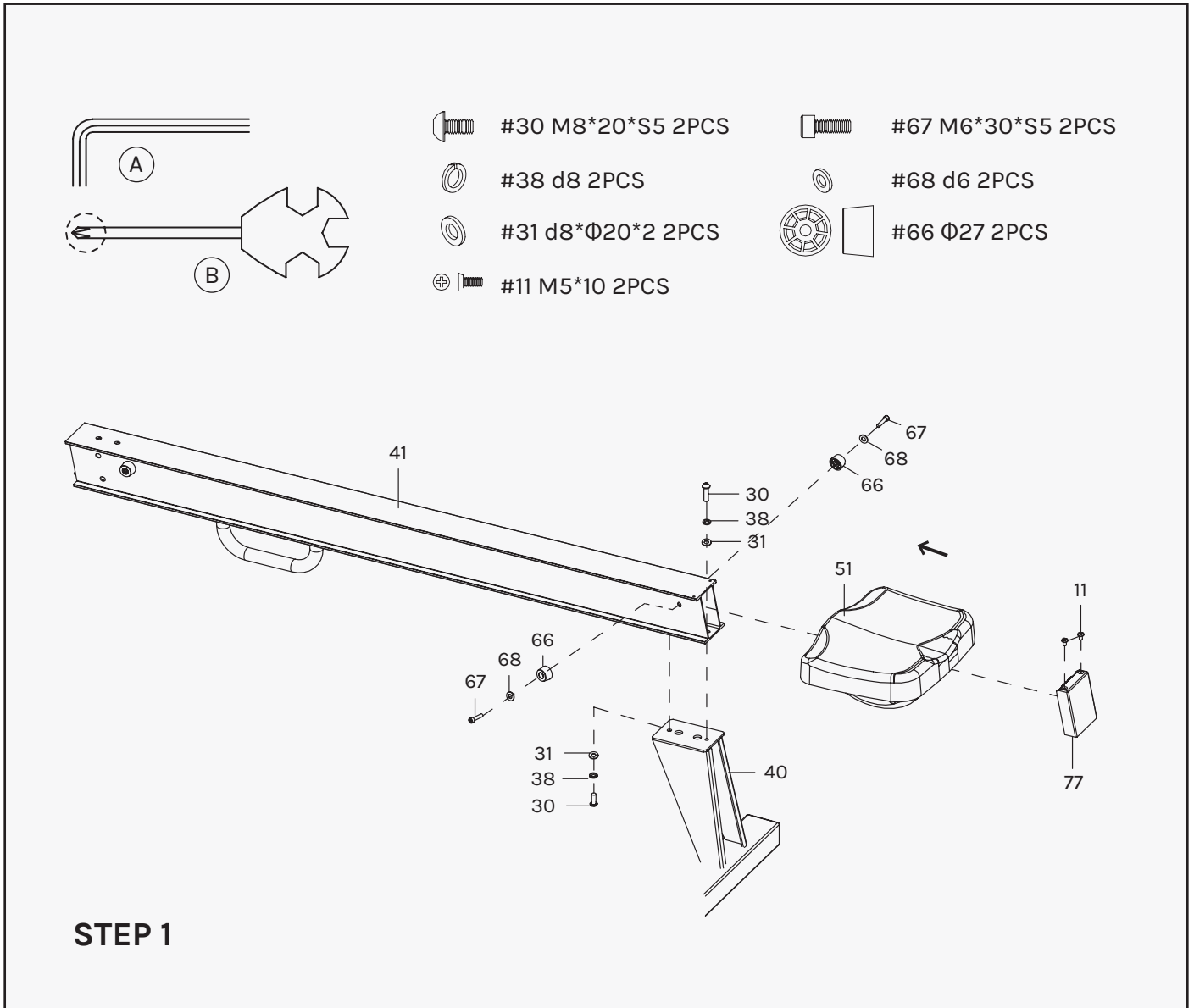
Please keep this manual with you at all times.

- 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. ASSEMBLY INSTRUCTIONS

#30 M8*20*S5 2PCS

#38 d8 2PCS

#31 d8*Φ20*2 2PCS

#11 M5*10 2PCS

#67 M6*30*S5 2PCS

#68 d6 2PCS

#66 Φ27 2PCS

STEP 1

1. Secure rear support frame(40) with aluminium rail(41) using bolts(30), spring washers(38) and washers (31) by spanner (A);

2. Attach seat (51) onto aluminium rail (41);

3. Install locating mounts (66) to aluminium rail (41) using bolts (67) and washers (68) by spanner (A);

4. Attach back end cap (77) to aluminium rail (41) using screws (11) by spanner(B).

**STEP 2**

#30 M8*20*S5 6PCS

#38 d8 6PCS

#31 d8*Φ20*2 6PCS
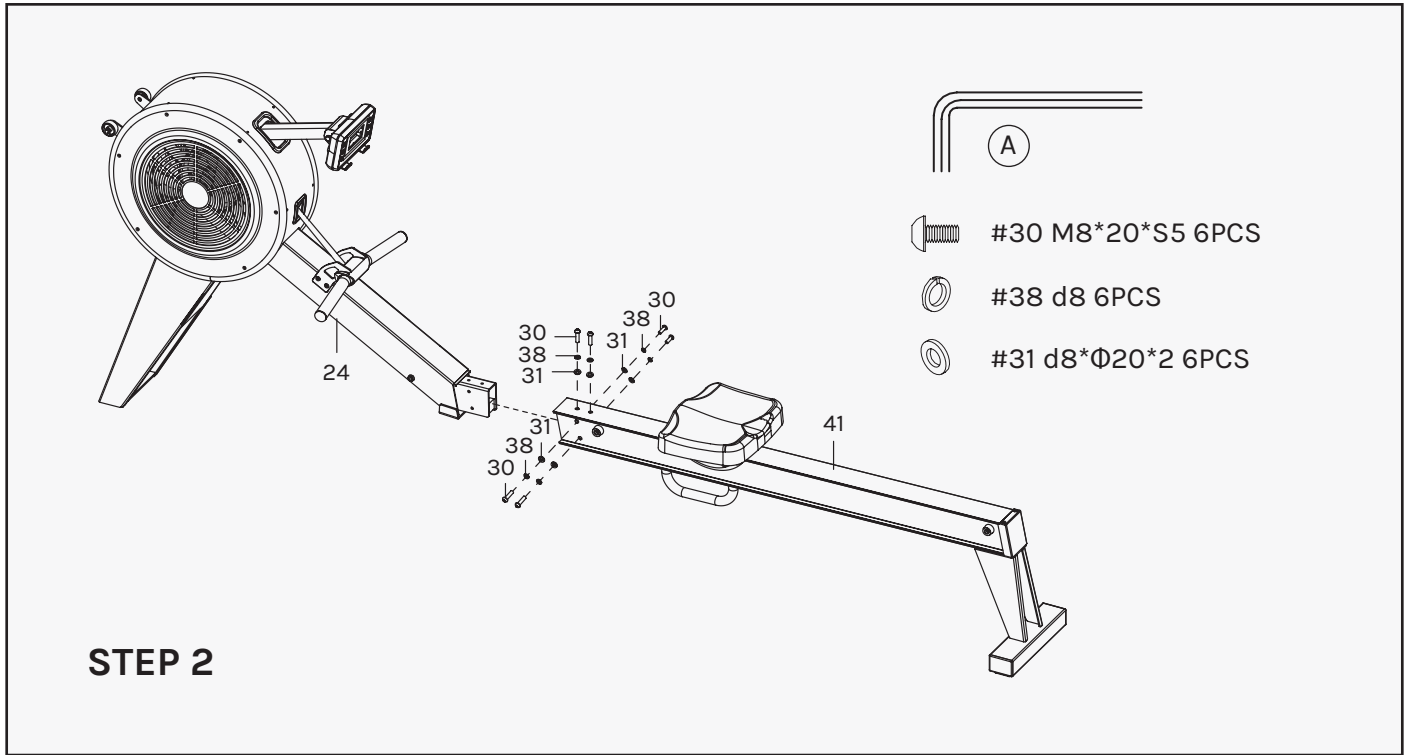
1. Connect aluminium rail (41) with main frame (24);

2. Then secure them using bolts (30), spring washers (38) and washers (31) by spanner (A).

STEP 3

#30 M8*20*S5 6PCS

#38 d8 6PCS

#31 d8*Φ20*2 6PCS
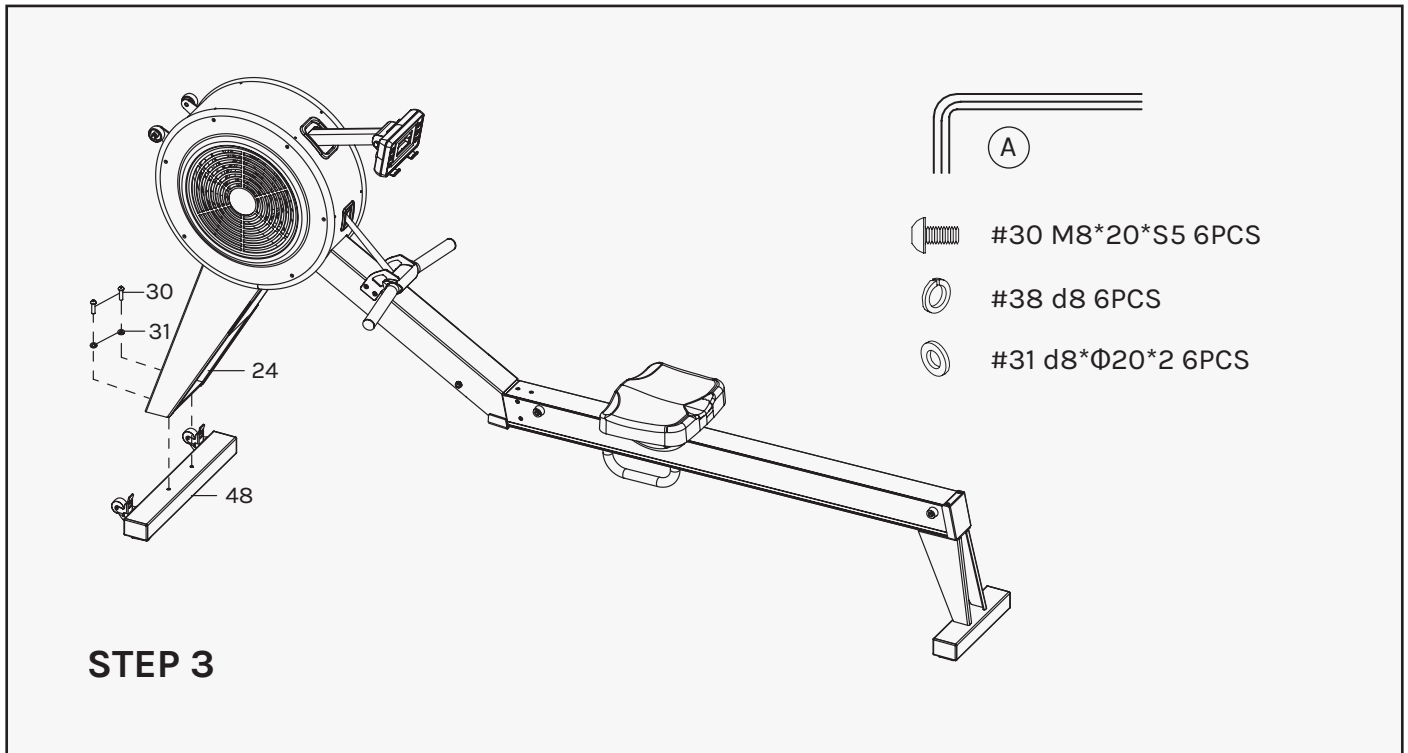
1. Attach front stabilizer (48) to main frame (24) using bolts (30) and washer (31) by spanner (A).

STEP 4

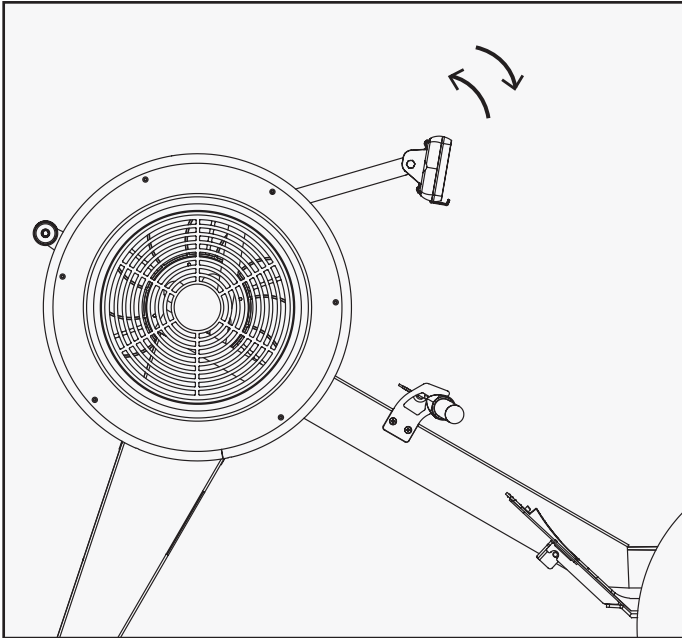#37 M8*20*S13 4PCS

#38 d8 4PCS

#31 d8*Φ20*2 4PCS
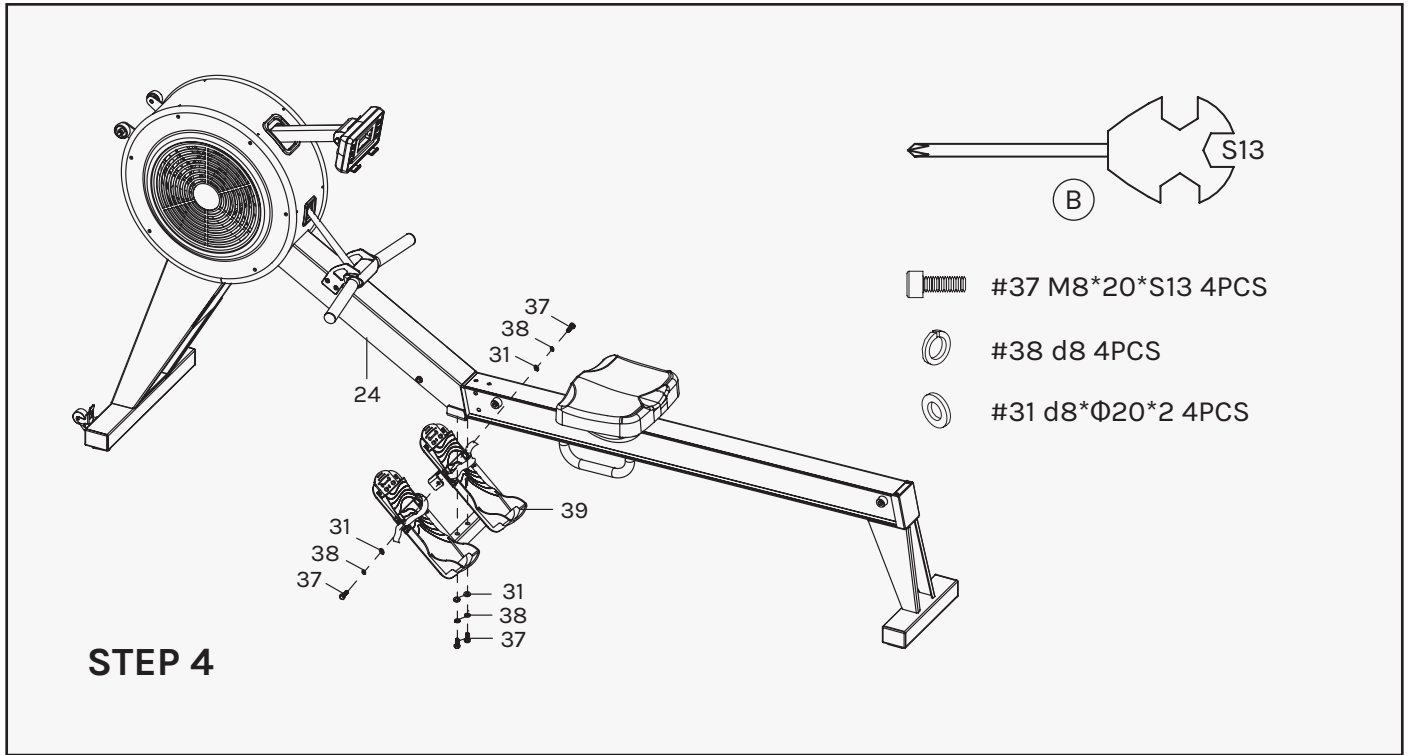
1. Secure pedal plate (39) to main frame (24) using bolts (37), spring washers (38) and washers (31) by wrench (B).
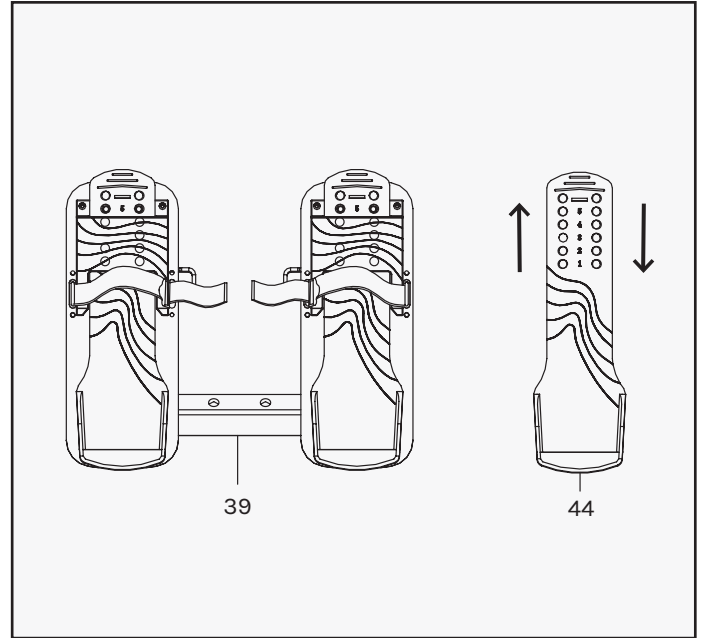

STEP 5
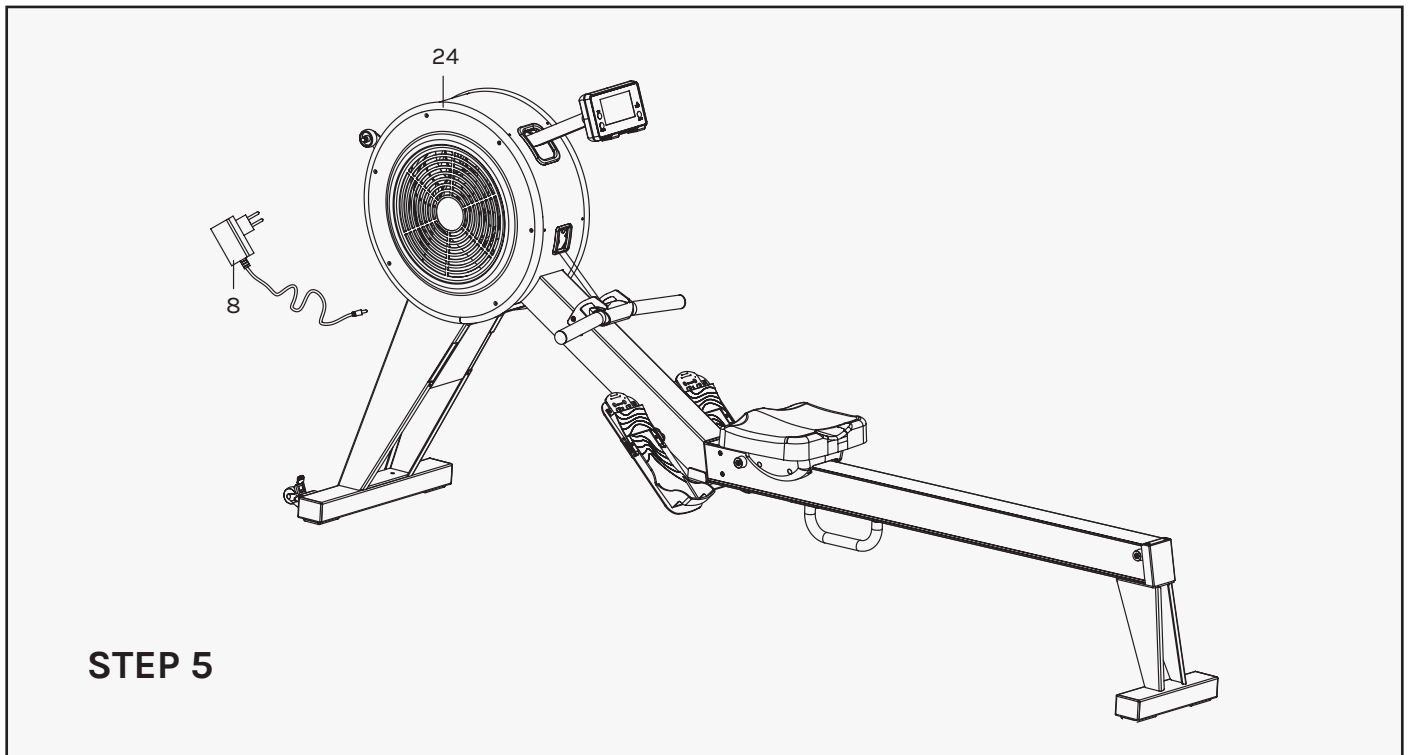
1. Insert the adapter line (8) to power hole on the back of main frame (24), then plug the adapter into an outlet.

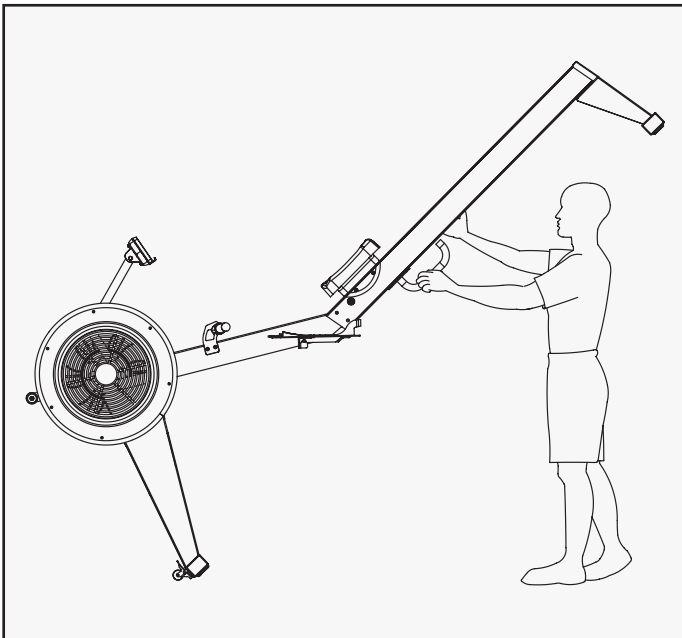(!) **Attention:** Cut off the power source when not in use for many days.

ADJUSTING DISPLAY ANGLE

The rotation angle of computer post can be adjusted to obtain the best view of the console LCD Screen.

ADJUSTING PEDAL STRAPS

The pedal strap and the pedal is adjustable and can be personalised to fit the user's foot size.

MOVING THE MACHINE

To move the machine, one hand hold the handlebar, another hand hold the rail to lift up the rail until the transportation wheels on the front stabilizer touch the ground. With the wheels on the ground, you can transport the bike to the desired location with ease.
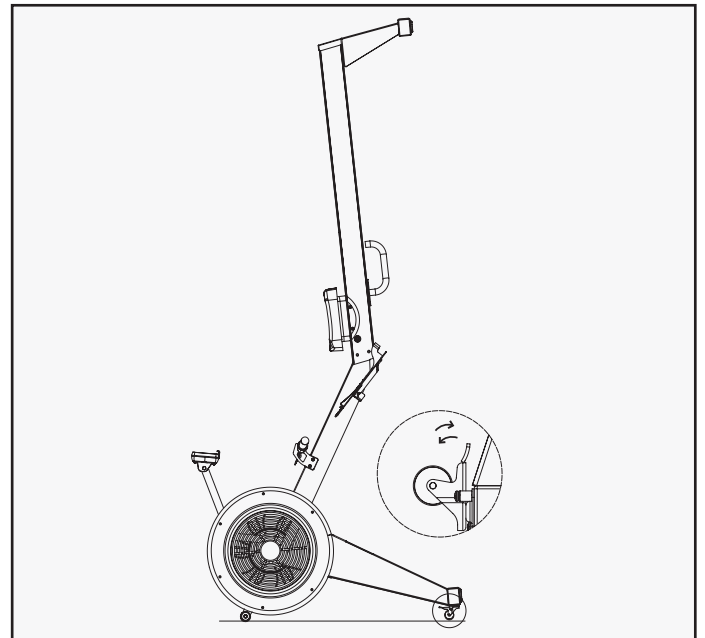
STORING THE MACHINE

When not in use you can save space by pulling down the brake pad of the caster (32) and stand up the rowing machine.

IV. OPERATION GUIDE

1. DISPLAY

COUNT: Showing your current speed. Range: 0.0～999 count.

RPM: Showing the current rotate per minute. Range: 0～999.

TIME: The accumulative exercise time, range: 0:00～99M59S. The preset time range is 5:00～99M00S. The computer will start to count down from preset time to 0:00 with average time for each resistance level. When it reaches to zero, the program will stop and computer alarm. If you do not preset the time, it will run with one-minute decrement each resistance level.

DIST: The exercise accumulative distance. Range: 0.0～99.9～999KM the preset distance range: 1.0～99.0～999. When the distance reaches 0, the program will stop, and the computer will alarm.

CALORIE: The exercise accumulative calories burnt. Range: 0.0～99.9～999 the preset calories range: 10.0～90.0～990. When the calorie reaches 0, the program will stop, and the computer will alarm.

PULSE: Showing the exercise heart rate value. Range: 60～240BPM (beat per minute).

RESISTANCE LEVEL: Showing level. Range:1～16.

WATT: Show the exercise watt, the interval should be 10, between 30-350.

2. BUTTONS

I. ENTER:
- In "stop" mode, press ENTER button to enter program selection and setting value which flash in related window.

  A. When you choose the program, press Enter to confirm the one you like.
  B. When in setting, press ENTER to confirm the value that you would like to preset.

- During the start mode, press ENTER to choose to display the count or RPM or switch automatically.

II. START/STOP:
- Press START/STOP button to start or stop the programs.
- During any mode, hold down this button for 2 seconds to totally reset the computer.

III. UP:
- In stop mode and the dot matrix character flash, press this button to select the program up. If the related window value flash, press this button to increase the value.
- During the start mode, press this button to increase the training resistance.

IV. DOWN:

- In stop mode and the dot matrix character flash, press this button to select the program down. If the related window value flash, press this button to decrease the value.
- During the start mode, press this button to decrease the training resistance.

(!) **NOTE:**

- To press or rotate of UP, DOWN button should be followed by different model.
- It is suggested to cover your finger within the marked region to select functions in case of any wrong action.

3. OPERATION

I. Turn on the computer.

Plug in one end of the adaptor to the AC electrical source and connect the other end to the computer. The computer will beep and enter into initial mode.

II. Program select and value setting.

- **Manual Program and Pre-set Program P1~P10**

  A. Press UP, DOWN button to select the program that you like.
  B. Press ENTER button to confirm the selected program and enter time setting window.
  C. The time will flash, and then press UP, DOWN button to set up your desired time.
  Press ENTER to confirm the value.
  D. The distance will flash, and then press UP, DOWN button to set up the desired distance value
  Press ENTER to confirm the value.
  E. The calories will flash, and then press UP, DOWN to set up the desired calories to be consumed.
  Press ENTER to confirm the value.
  F. Press START/ STOP to begin exercise.

- **Watt Control Program (WATT PRO: P16)**

  A. Press UP, DOWN to select the watt control program.
  B. Press ENTER to confirm the selected watt control program and enter into time setting window.
  C. The time will flash, and then press UP, DOWN button to set up the desired time.
  Press ENTER to confirm the value.
  D. The distance will flash, and then press UP, DOWN button to set up the desired distance value.
  Press ENTER to confirm the value.
  E. The calories will flash, and then press UP, DOWN button to set up the desired calories to be consumed. Press ENTER to confirm the value.
  F. The watt display will flash, and then press UP, DOWN button to set up the watt to do the exercise. Press ENTER to confirm the value.
 G. Press START/ STOP to begin exercise.

(!) **NOTE:**

The WATT value is decided by the TORQUE and RPM. In this program, the WATT value will keep at constant value. It means that if you peddle quickly, the load resistance will decrease and if you peddle slowly, the load resistance will increase to ensure you at the same watt value.

- **Heart Rate Control Program: 55% H.R, 75% H.R and 95% H.R (PULSE PRO: P17-P19)**
  The maximum heart rate depends on different age and this program will ensure you do the healthy exercise within maximum heart rate.

  A. Press UP, DOWN button to choose the heart rate control program.
  B. Press ENTER to confirm the heart rate control program and enter AGE setting window.
  C. The time will flash, and then press UP, DOWN button to set up the desired time. Press ENTER to confirm the value.
  D. The distance will flash, and then press UP, DOWN button to set up the desired distance value. Press ENTER to confirm the value.
  E. The calories will flash, and then press UP, DOWN button to set up the desired calories to be consumed. Press ENTER to confirm the value.
  F. The age will flash, and then press UP, DOWN button to set the user's age. Press ENTER to confirm the value.
  G. When the target heart rate control program flash, the computer will display the user's target heart rate according to user's age.
  H. Press START/ STOP to begin exercise.
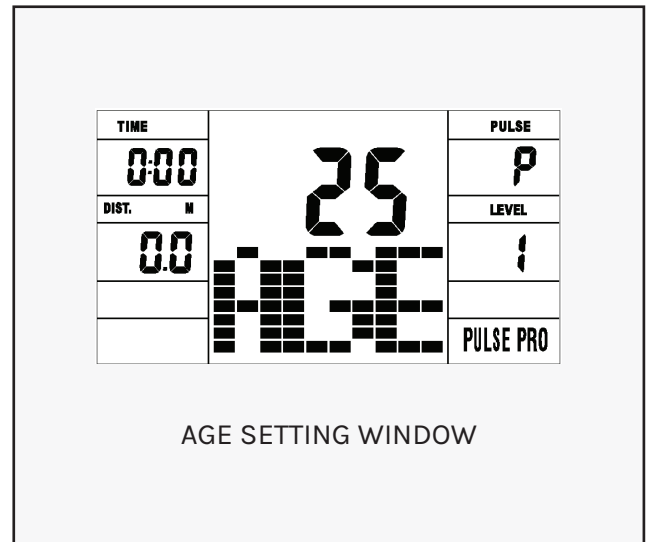
AGE SETTING WINDOW

- **Heart Rate Control Program: Target Heart Rate (PULSE PRO: P20)**
  The user can set any target heart rate to do the exercise.

  A. Press UP, DOWN button to select TARGET HEART RATE program.
  B. Press ENTER to confirm your choice and enter time setting window.
  C. The time display will flash, and then press UP, DOWN button to set the desired time to do the exercise. Press ENTER to confirm the value.
  D. The distance will flash, and then press UP, DOWN button to set up the desired distance value. Press ENTER to confirm the value.
  E. The calories will flash, and then press UP, DOWN button to set up the desired calories to be consumed. Press ENTER to confirm the value.
  F. The target heart rate will flash, and then press UP, DOWN button to set up your target heart rate. Press ENTER to confirm the value.
  G. Press START/ STOP to begin exercise.

(!) **NOTE:**

During exercise, the user's heart rate value depends on resistance level and count. The heart rate control program is to ensure your heart rate within the preset value. When the computer detects your current heart, rate is higher than preset, it will decrease the resistance level automatically or you may slow down exercise. If your current heart rate is lower than preset, it will increase resistance and you may count up.

- **User Profile Programs: CUSTOM1~CUSTOM5 (P11-P15)**

  A. Press UP, DOWN button to select the user.
  B. Press ENTER to confirm your choice and enter time setting window.
  C. The time display will flash, and then press UP, DOWN button to set up the desired time to do the exercise. Press ENTER to confirm the value.
  D. The distance will flash, and then press UP, DOWN button to set up the desired distance value. Press ENTER to confirm the value.
  E. The calories will flash, and then press UP, DOWN button to set up the desired calories to be consumed. Press ENTER to confirm the value.
  F. The first resistance level will flash, and then press UP, DOWN button to set the desired load resistance. Press ENTER to confirm. Then repeat above operation to set the resistance from 2 to 10.

(!) **NOTE:**

If the computer is also equipped with wireless heart rate measuring via the transmitter belt, and with hand pulse function, the hand-measurement-signal-detecting is preferred. If the computer is also equipped with wireless heart rate measuring via the transmitter belt, and with hand pulse function, the hand-measurement-signal-detecting is preferred.
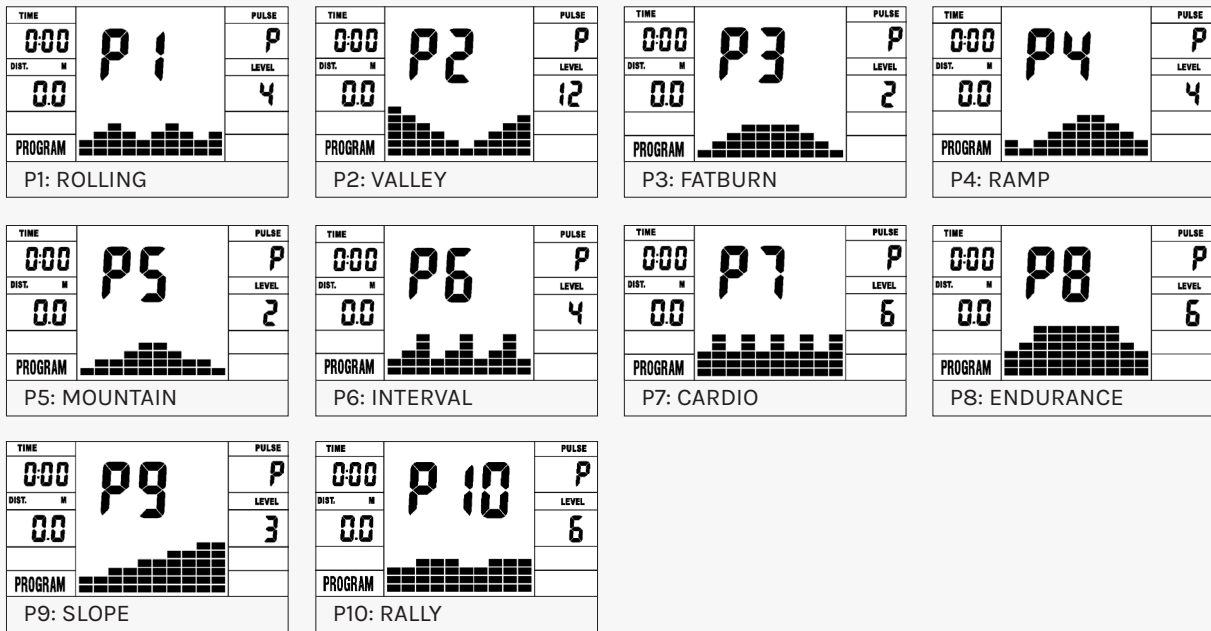
ADAPTER
Input: AC 230V   Output: 8VDC 500MA

4. PROGRAMS

- **21 Programs**

1 Manual Program

1 Watt Control Program (WATT PRO: P16)

10 Preset Program Profile (PROGRAM: P1-P10)

P1: ROLLING	P2: VALLEY	P3: FATBURN	P4: RAMP
P5: MOUNTAIN	P6: INTERVAL	P7: CARDIO	P8: ENDURANCE
P9: SLOPE	P10: RALLY		

4 Heart Rate Control Program: (PULSE PRO: P17-P20)55%H.R, 75%H.R, 95%H.R and TARGET H.R

5 User Setting Programs: CUSTOM1 to CUSTOM5 (P11 ~ P15)
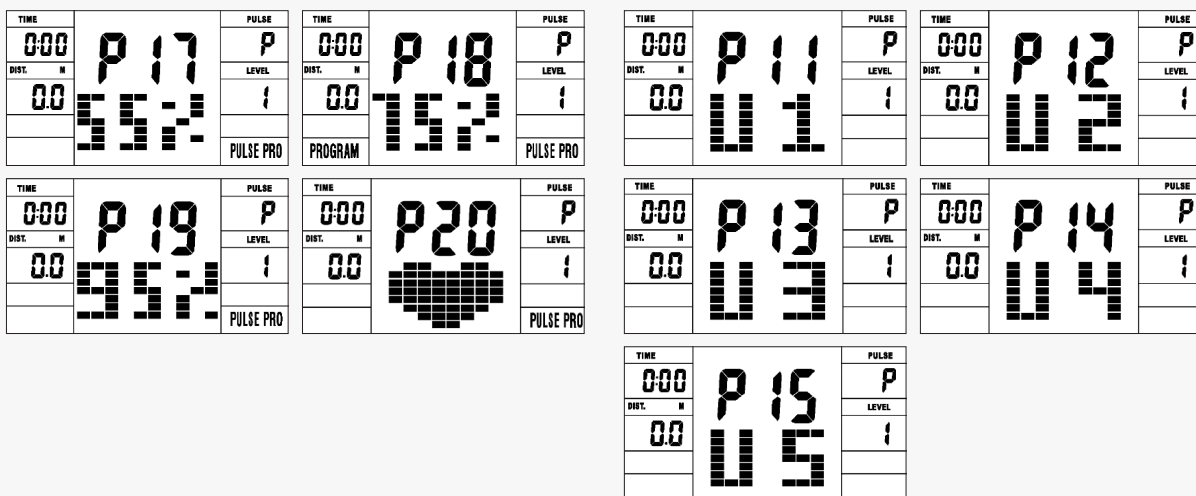
1. Record the user's data of 5 User Setting Programs.

2. Display Count (RPM), TIME and WATT., CAL and DIST, at the same time.

3. The computer will turn off automatically if there is no operation, count signal and pulse signal over 4 minutes. Meanwhile, it will store your current exercise data and urn the loading resistance to the minimum. Once you press any button or in motion, the computer will turn on automatically.

V. 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 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.
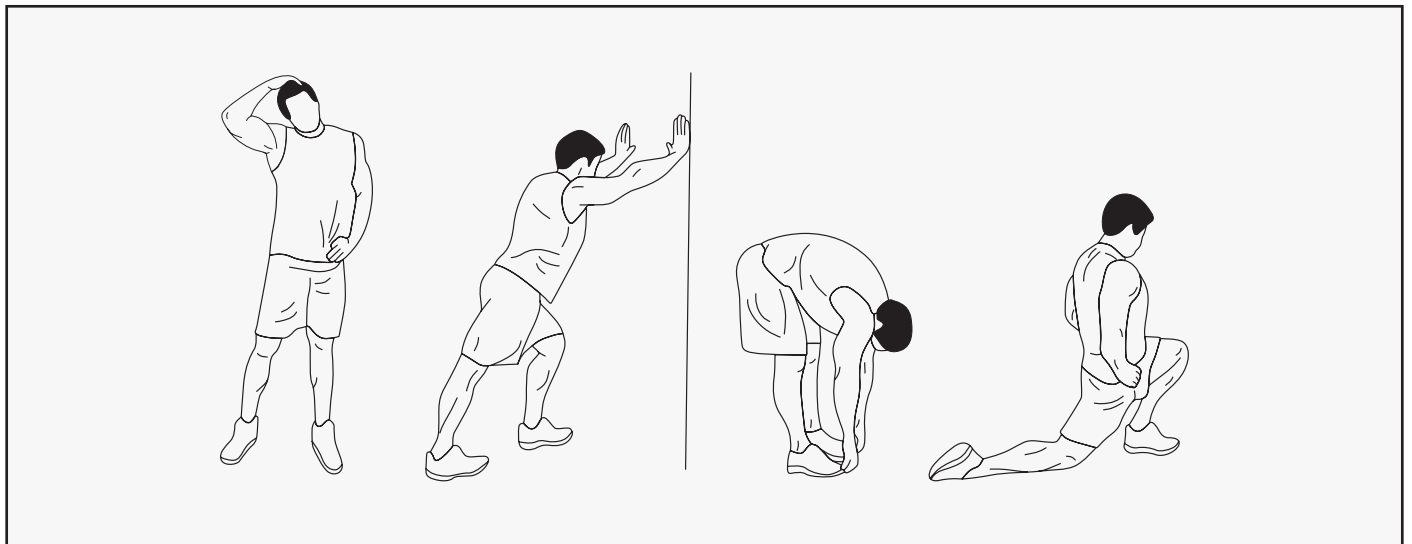
WARM UP

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

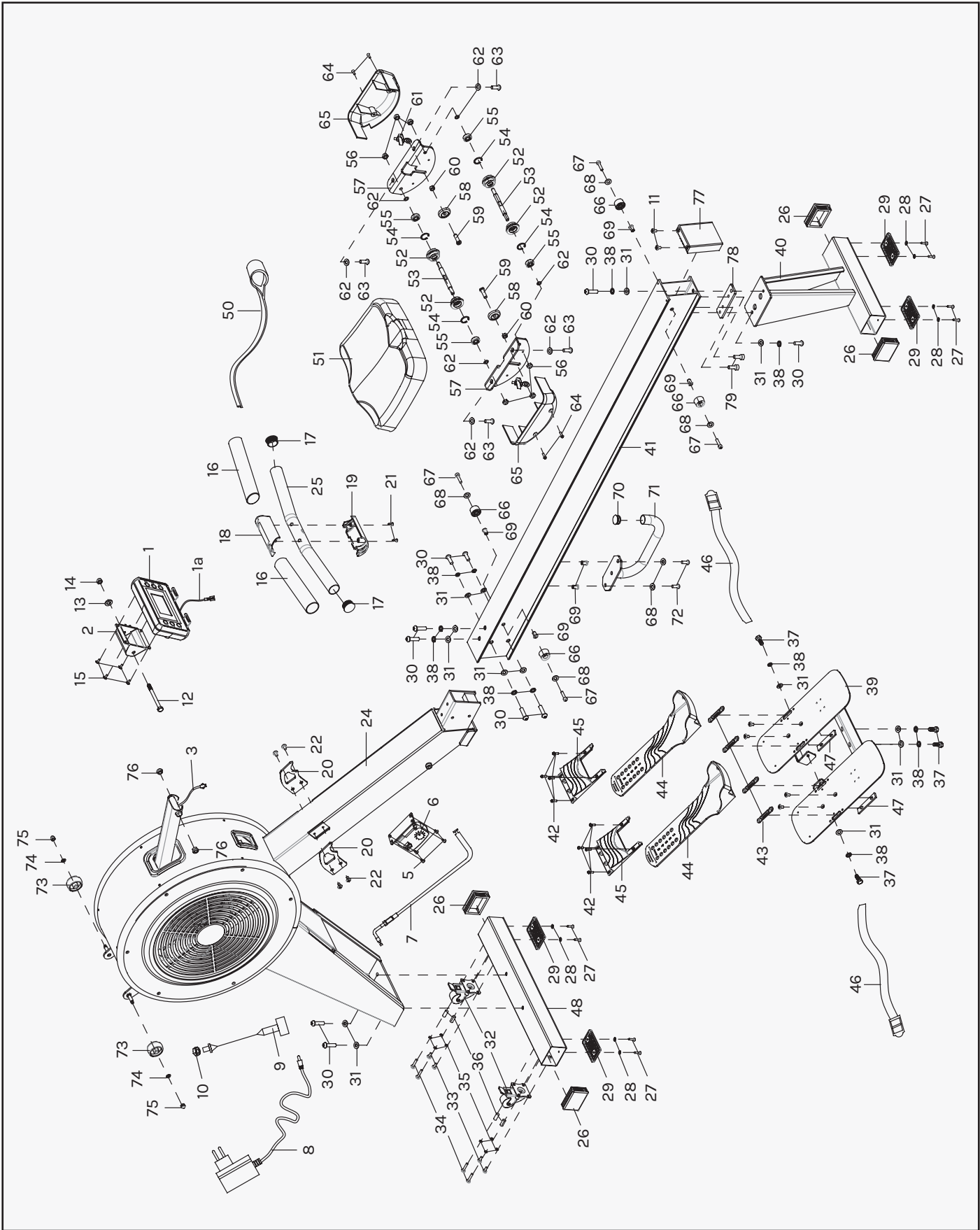Finish each workout with a light jog or walk for at least 1 minute. Then complete 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.
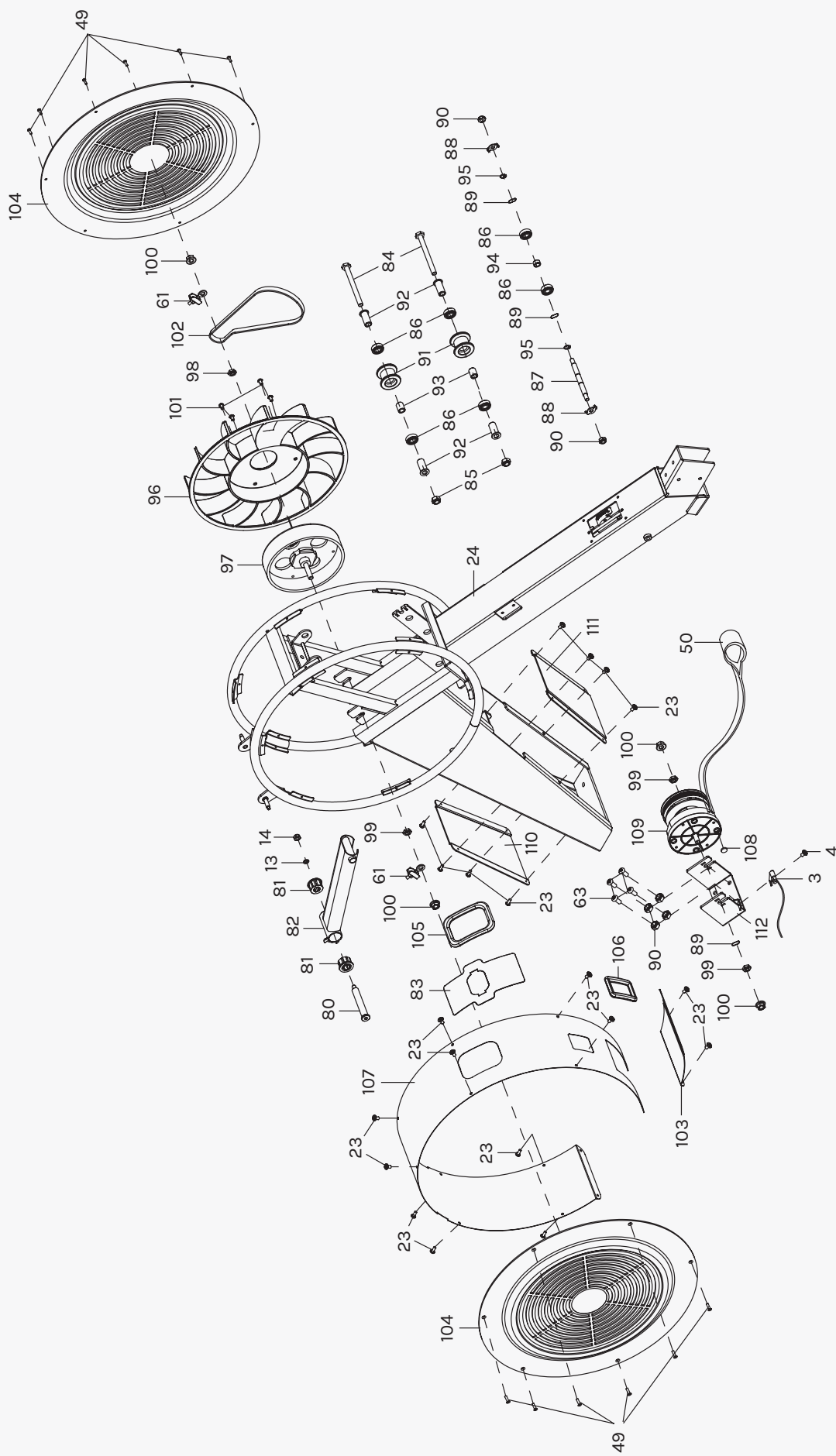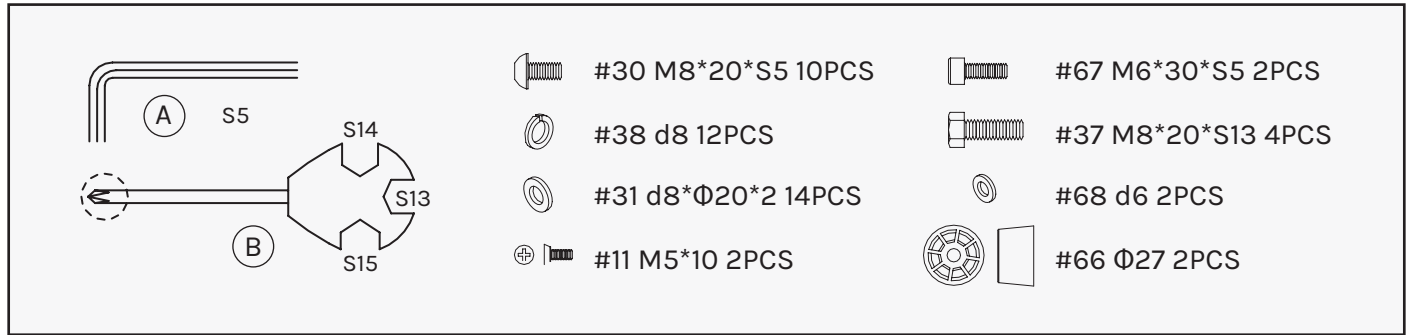
WORKOUT GUIDELINES
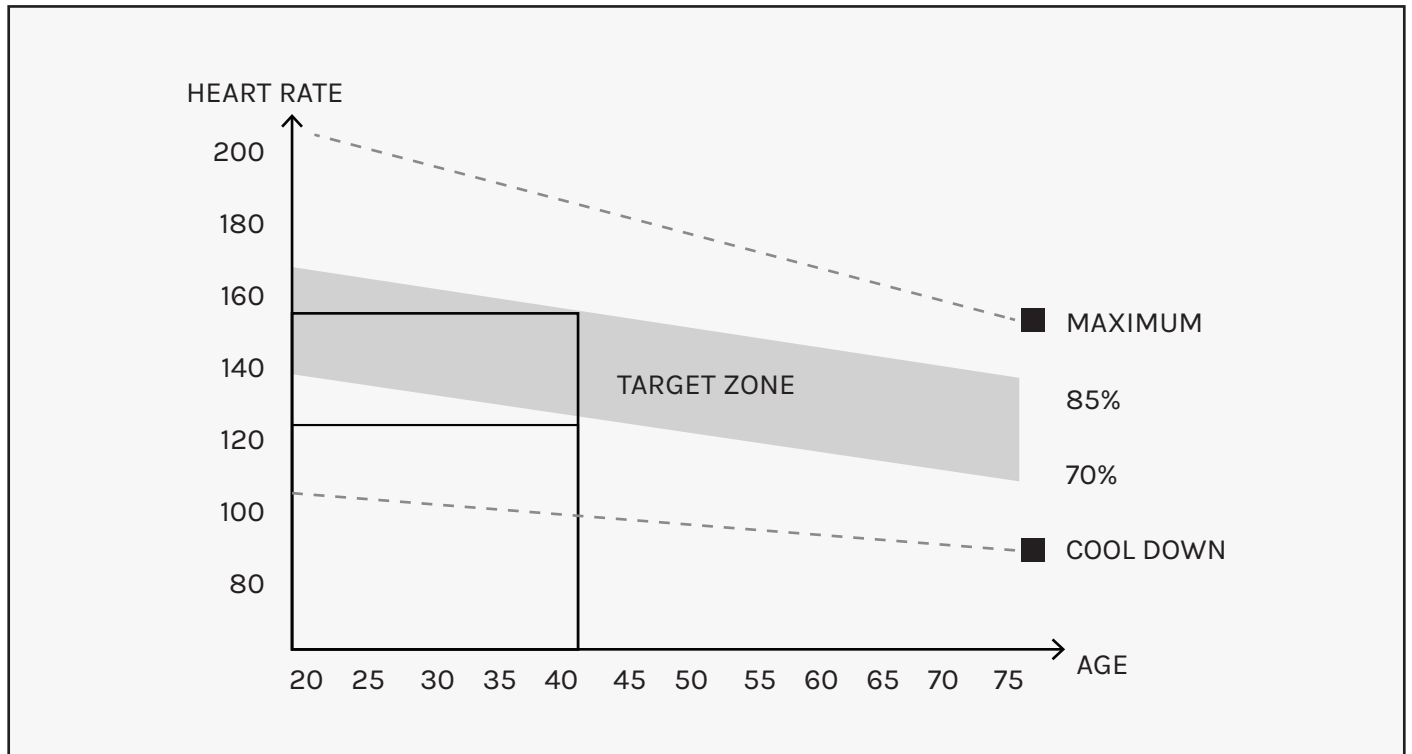
(!) This is how your pulse should behave during general fitness exercise. Remember to warm up and cool down for a few minutes.

VI. EXPLODED DIAGRAM

VII. PARTS LIST

#30 M8*20*S5 10PCS	#67 M6*30*S5 2PCS
#38 d8 12PCS	#37 M8*20*S13 4PCS
#31 d8*Φ20*2 14PCS	#68 d6 2PCS
#11 M5*10 2PCS	#66 Φ27 2PCS

No.	Description	Qty	No.	Description	Qty
1	Console	1	32	Caster	2
2	Console Connector	1	33	Bolt M5*12	4
3	Sensor	2	34	Bolt M5*25	4
4	Screw	1	35	Spring Washer d5	8
5	Screw ST4.2*10	4	36	Spacer 5.2*10*15	4
6	Motor	1	37	Bolt M8*20*S13	4
7	Tension Wire	1	38	Spring Washer d8	12
8	Adapter	1	39	Pedal Plate	1
9	Power Line	1	40	Rear Support Frame	1
10	Thin Nut M12	1	41	Aluminum Rail	1
11	Bolt M5*10	6	42	Bolt M4*6	8
12	Bolt M8*90	1	43	Strap Fixation	4
13	Washer d8*Φ20*2	2	44	Pedal	2
14	Nylon Nut M8*H7.5*S13	2	45	Pedal Plate	2
15	Bolt M4*12	4	46	Strap	2
16	Foam Grip	2	47	Holder for Pedal	2
17	Round End Cap Φ32	2	48	Front Stabilizer	1
18	Upper Cover of Handlebar	1	49	Bolt M4*10	12
19	Bottom Cover of Handlebar	1	50	Mesh belt 22*2150	1
20	Handlebar Seat	2	51	Seat	1
21	Screw ST4.2*13	2	52	Roller for Seat Slider	4
22	Bolt M6*10	4	53	Axle	2
23	Bolt M4*10	4	54	Washer d22*1.2	4
24	Main Frame	1	55	Bearing 608	4
25	Handlebar	1	56	Nylon Nut	6
26	End Cap J50*70	4	57	Seat Slider	2
27	Screw ST4.2*19	12	58	Roller Φ35*8	2
28	Washer d5*10*1.0	8	59	Bolt M8*28	2
29	Footpad	4	60	Spacer 12.5*8.2*4.5	2
30	Bolt M8*20*S5	10	61	Hex Head Bolt	4
31	Washer d8*Φ20*2	14	62	Washer d8*Φ16*1.5	8

No.	Description	Qty	No.	Description	Qty
63	Bolt M8*20	4	89	Wave Washer d10	3
64	Bolt M5*12	4	90	Nylon Nut M8*H7.5*S13	6
65	Seat Cover	2	91	Pulley	2
66	Locating Mount	2	92	Spacer	4
67	Bolt M6*30	2	93	Spacer Φ15*Φ10.2*19	2
68	Washer d6*Φ12*1	4	94	Spacer Φ15*Φ10.2*8	1
69	Nut M6*14	4	95	Washer d10*1.0	2
70	End Cap Φ25	1	96	Fanwheel	1
71	Handlebar	1	97	Flywheel	1
72	Bolt M6*20	2	98	Nut M10*1*H5*S17	1
73	Transportation Wheel	2	99	Nut M10*1*H5*S17	3
74	Washer d8*φ12*1.5	2	100	Nut	4
75	Cap Nut M6*H11*S10	2	101	Bolt M6*10	4
76	Short Bushing	2	102	Belt	1
77	Back End Cap	1	103	Fan Shell Connector	1
78	Nut Plate	1	104	Chain Cover	2
79	Bolt	2	105	Seal Ring	1
80	Bolt Φ14*81.5	1	106	Seal Ring	1
81	Bushing Φ32	2	107	Fan Shell	1
82	Computer Post	1	108	Round Magnet	1
83	Ditchplatte	1	109	Ribbon Wheel	1
84	Bolt M10*112	2	110	Front Plate	1
85	Nylon Nut M10*H9.5*S17	2	111	Rear Plate	1
86	Bearing 6000	6	112	Scroll Wheel	1
87	Pressure Shaft	1	A	Spanner S5	1
88	Locating Plate	2	B	Wrench S13-14-15	1

VIII. 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**.

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 h**ttps://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**