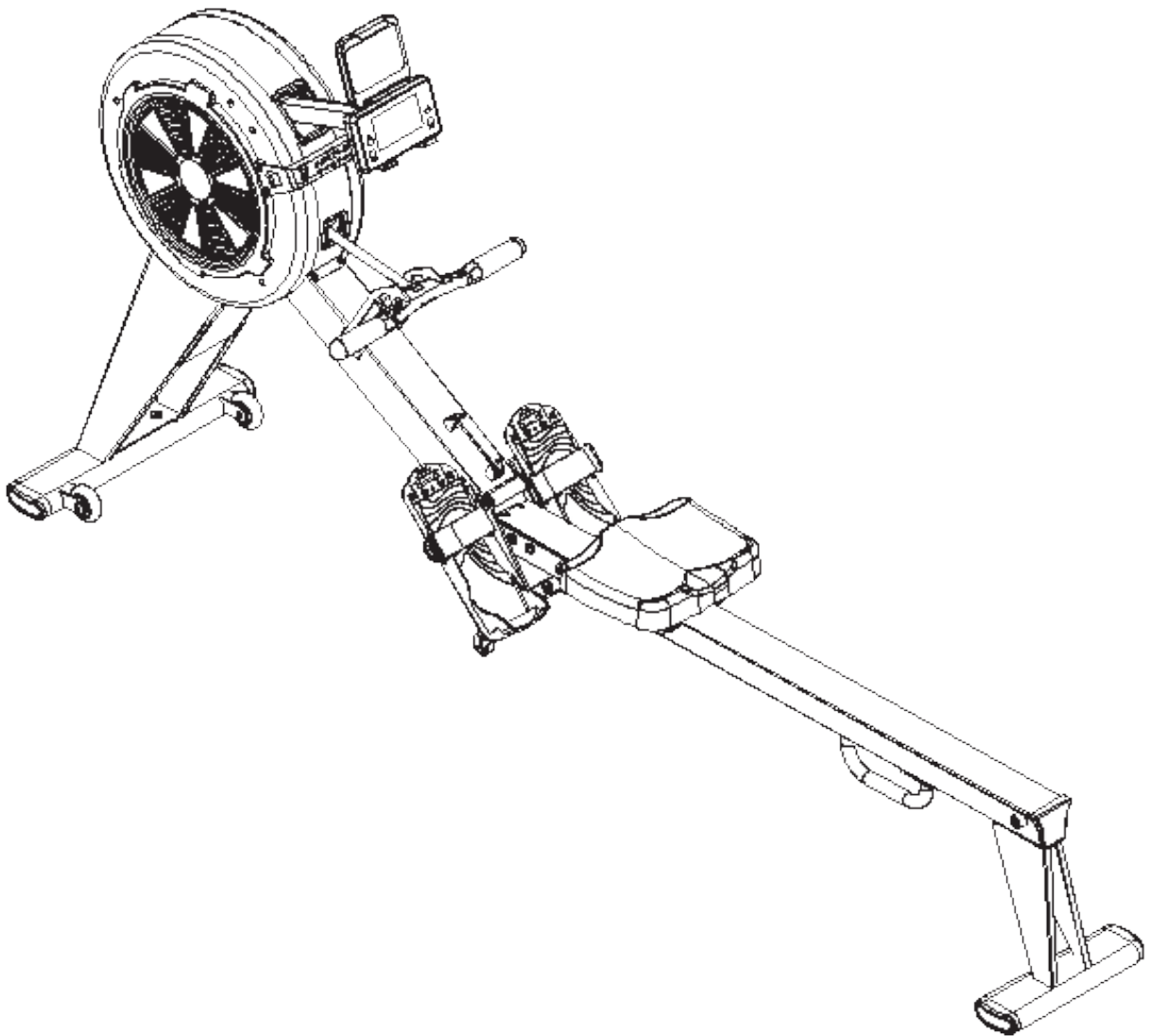




ROWER-801F AIR & MAGNETIC COMMERCIAL ROWING MACHINE

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



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. Transport and Folding Instructions 17
- VII. Operation Guide 21
- VIII. Exercise Guide 28
- IX. Warranty 30

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.

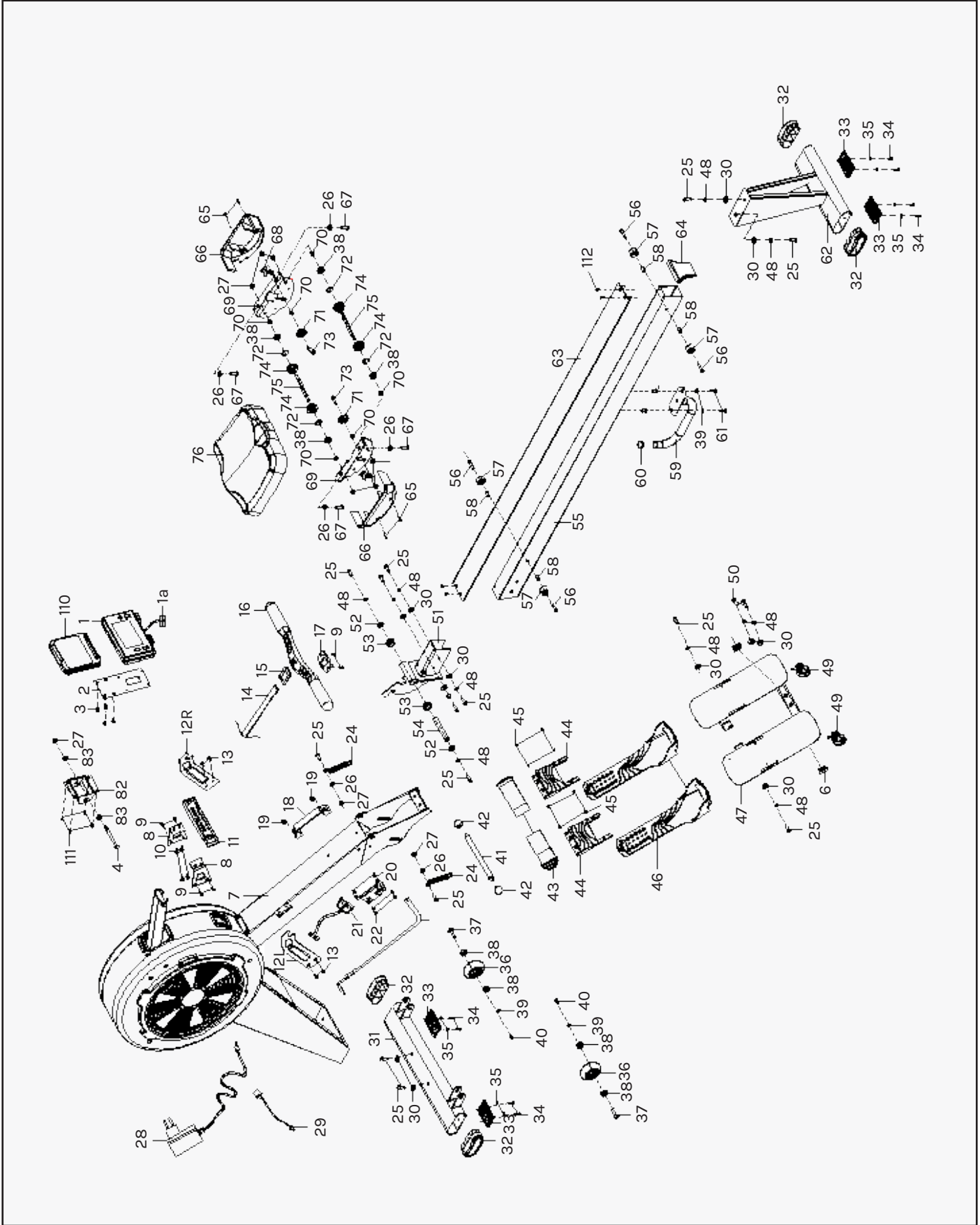
- It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. **PLEASE NOTE:** It is your responsibility to ensure that all users of the equipment are informed of all warnings 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.

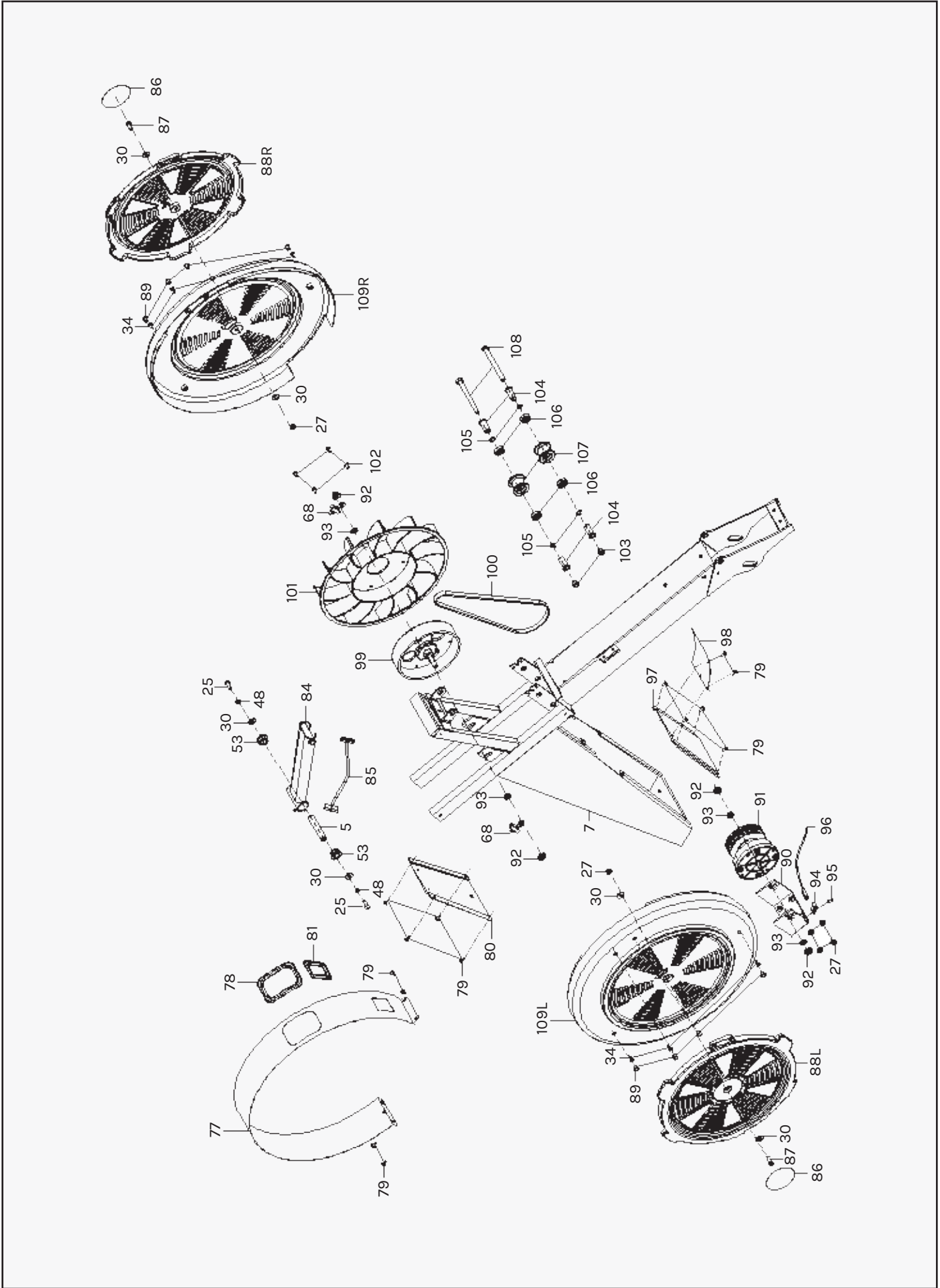
- Always keep this instruction manual and assembly tools at hand for reference.
- The equipment is not suitable for therapeutic use.
- The pulse or heart rate sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors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



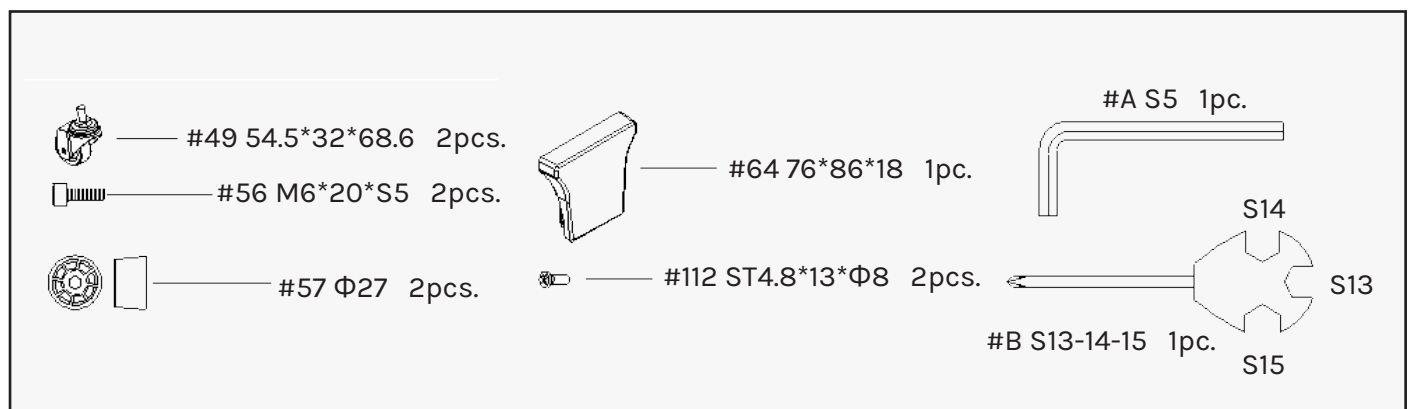


IV. PARTS LIST

No.	Description	Qty.	No.	Description	Qty.
1	Computer	1	33	Footpad	4
2	Computer Connector	1	34	Screw ST4.2*19*φ8	14
3	Bolt M5*10*φ10	4	35	Washer d5*Φ10*1	8
4	Bolt M8x90x20xS13	1	36	Transportation Wheel	2
5	Bolt φ16*80.5	1	37	Bolt φ7.8*30*M6*15*S5	2
6	End Cap 30*15	2	38	Bearing608 d8*D22*B7	8
7	Main Frame	1	39	Washer d6*Φ12*1.5	4
8	Connector Plate	2	40	Bolt M6*12*S5	2
9	Bolt M5*12*Φ8.5	6	41	Adjusting Spindle	1
10	Bolt M5x16xΦ10	4	42	Ball Nut	2
11	Air Adjustable Handlebar	1	43	Strap	2
12R/L	Handlebar Holder	1	44	Pedal Plate	2
13	Bolt M6*10*Φ10	4	45	Bolt M4*6*S2.5*φ7.4	8
14	Mesh Belt	1	46	Pedal	2
15	Fixed Plate	1	47	Pedal Holder	1
16	Handlebar	1	48	Spring Washer D8	14
17	Handlebar Cover	1	49	Transportation Wheel	2
18	Folding Handlebar	1	50	Bolt M8*30*S5	2
19	Bolt M8*20*S6	2	51	Rail Connector	1
20	Motor	1	52	Washer d8*φ22*2	2
21	Trunk Wire 2	1	53	Bushing	4
22	Screw ST4.2*10*Φ8	4	54	Connector Shaft	1
23	Tension Wire	1	55	Rail	1
24	Spring φ1.5*φ15*96*41	2	56	Bolt M6x20xS5	4
25	Bolt M8*20*S5	16	57	Limiter	4
26	Washer d8*φ16*1.5	6	58	Nut	6
27	Nylon Nut M8*H7.5*S13	15	59	Handlebar	1
28	Power Wire	1	60	End Cap	1
29	Trunk Wire	1	61	Bolt M6*20*S5	2
30	Washer d8*φ20*2	18	62	Rear Support Frame	1
31	Front Stabilizer	1	63	Alum Plate	1
32	End Cap	4	64	Rail Cover	1

No.	Description	Qty.	No.	Description	Qty.
65	Bolt M5*12*S5	4	90	Scroll Wheel	1
66	Seat Cover	2	91	Ribbon Wheel	1
67	Bolt M8*20*S6	4	92	Nut M10*1*H8*S15	4
68	Hex Head Bolt	4	93	Nut M10x1xH5xS17	4
69	Seat Slider	2	94	Sensor Holder	1
70	BushingΦ12.5*Φ8.2*4.5	6	95	Bolt M4*8*φ8	1
71	Roller Φ35*Φ8	2	96	Sensor	1
72	Washer d22*1.2	4	97	Rear Plate	1
73	Bolt M8*28*10*S5	2	98	Cover	1
74	Roller Φ36*14	4	99	Flywheel	1
75	Axle Φ12*118	2	100	Belt	1
76	Seat	1	101	Fan Wheel	1
77	Fan Shell	1	102	Bolt M6*10*S5	4
78	Seal Ring	1	103	Nylon Nut M10*H9.5*S17	2
79	Screw ST4.2x16xΦ10.5	14	104	Bushing	4
80	Front Plate	1	105	Wave Washer d10*Φ15*0.3	4
81	Seal Ring	1	106	Bearing6000	4
82	Computer Holder	1	107	Pulley	2
83	Bushing φ16*φ8.1*7	2	108	Bolt M10*112	2
84	Computer Post	1	109L/R	L/R Chain Cover	2
85	Trunk Wire 1	1	110	iPad Holder	1
86	Cover	2	111	Bolt M4*10*φ8	4
87	Bolt M8x18xS5	2	112	Screw ST4.8*13*φ8	4
88L/R	Turntable	2	A	Spanner S5	1
89	End Cap	8	B	Wrench S13-14-15	1

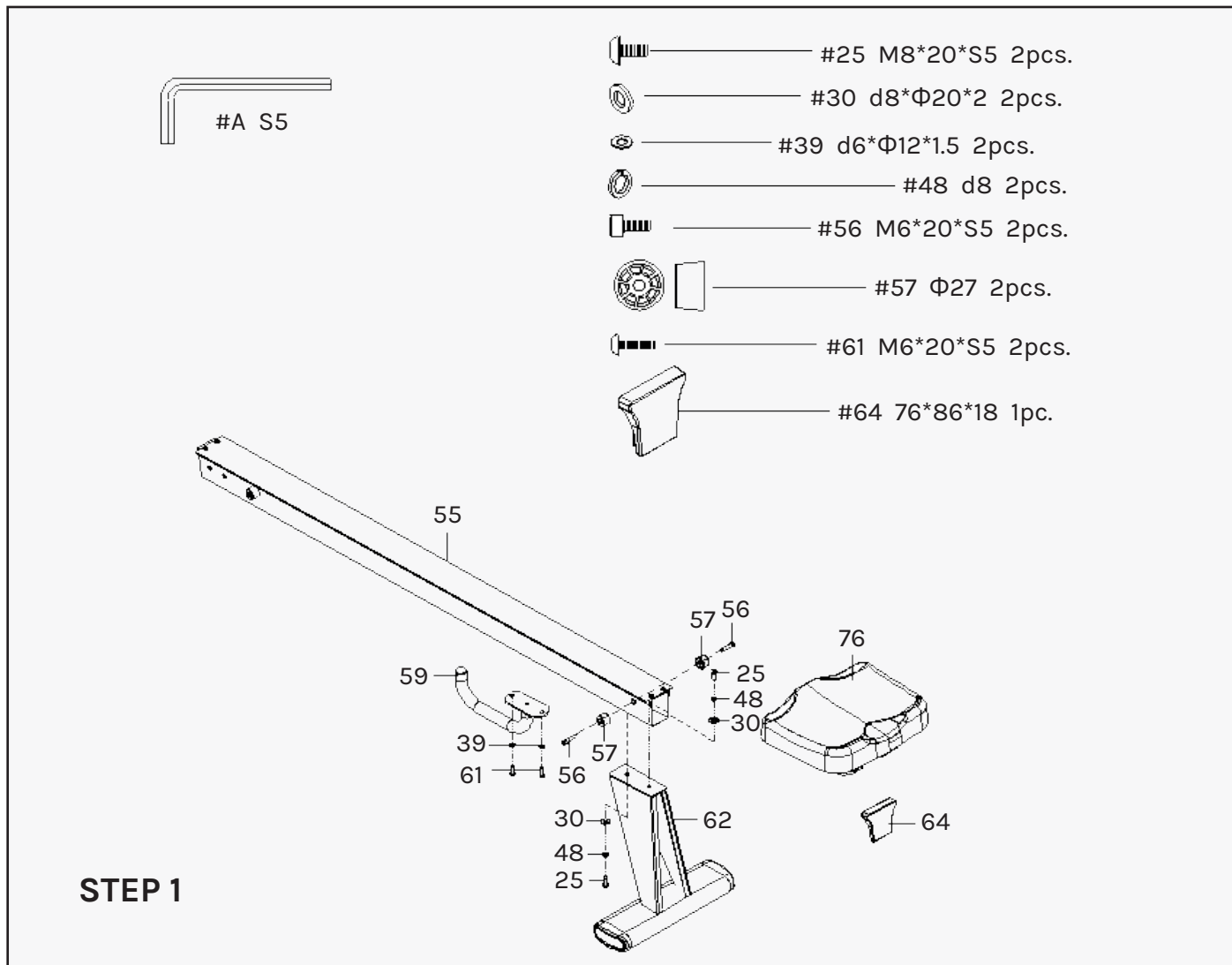
HARDWARE



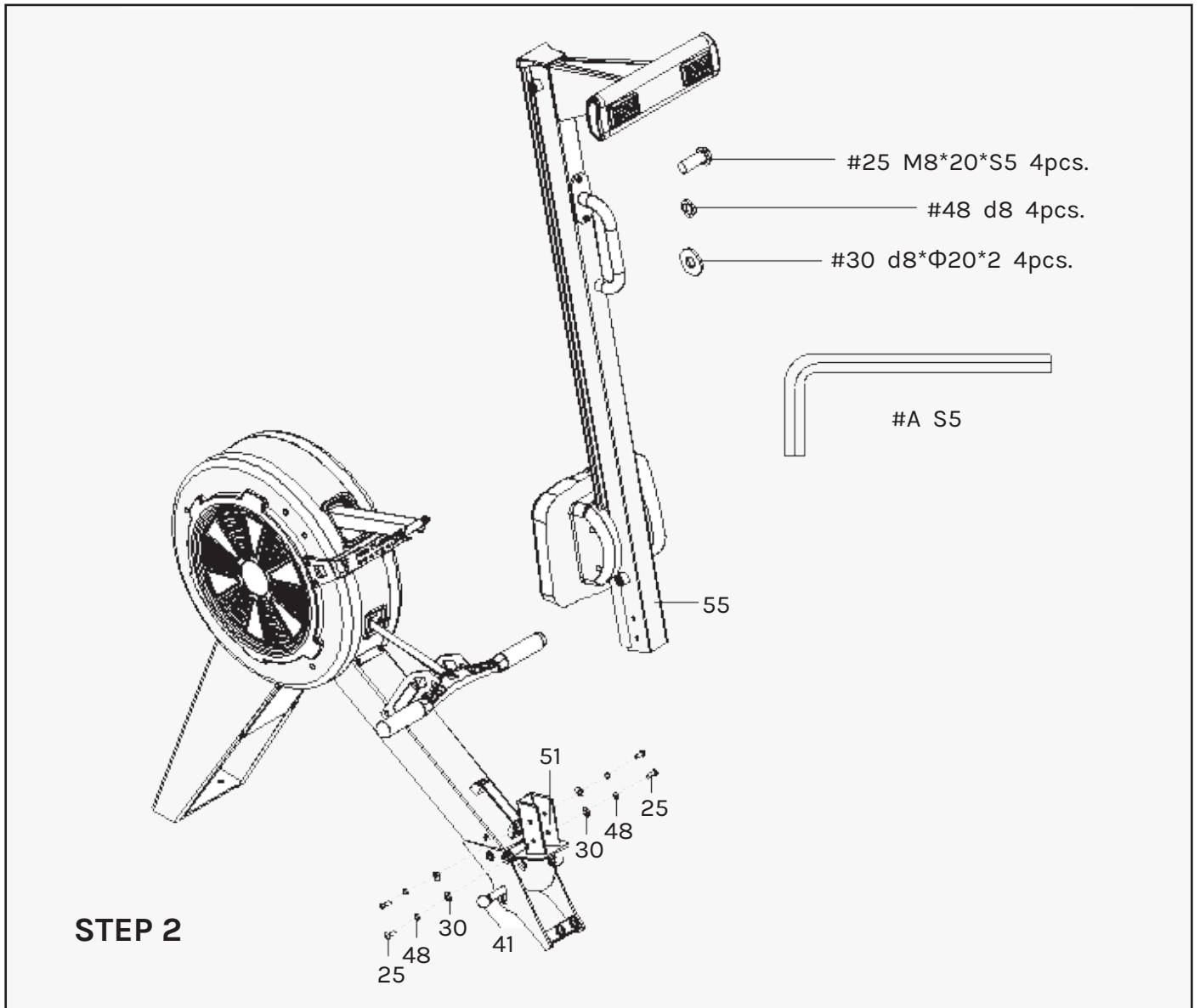
V. ASSEMBLY INSTRUCTIONS

NOTE:

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



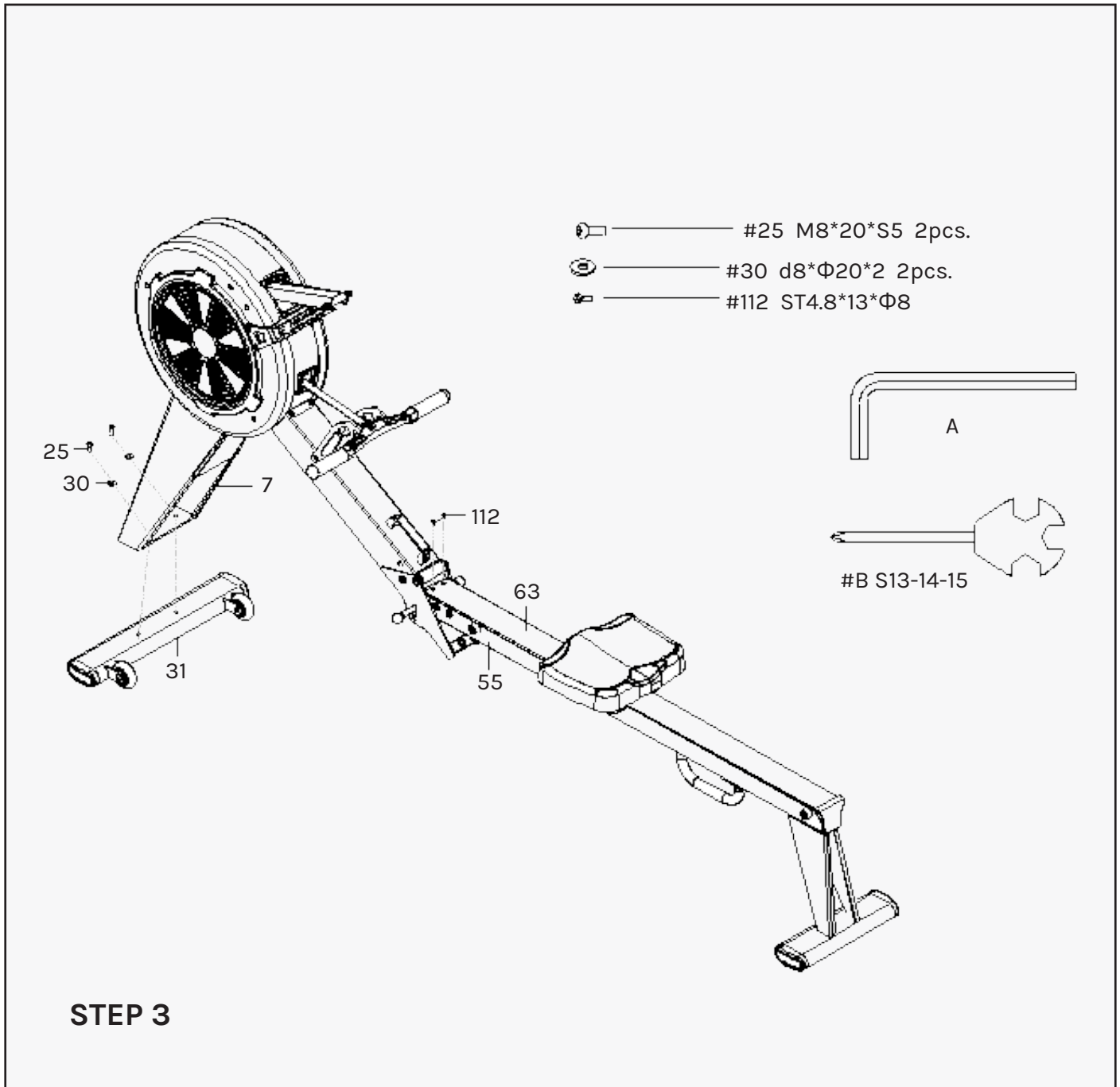
- a. Take out bolts (25), spring washers (48) and washers (30) from rear support frame (62) and rail (55) using spanner (A). Then secure rear support frame (62) with rail (55) using bolts (25), spring washers (48), washers (30) and tighten with spanner (A).
- b. Take out the bolts (61) and washers (39) from rail (55) by spanner (A), then secure handlebar (59) with rail (55) using bolts (61), washers (39) and tighten with spanner (A).
- c. Attach seat (76) onto rail (55).
- d. Install limiters (57) to rail (55) using bolts (56) and tighten with spanner (A).
- e. Attached rail cover (64) to rail (55).



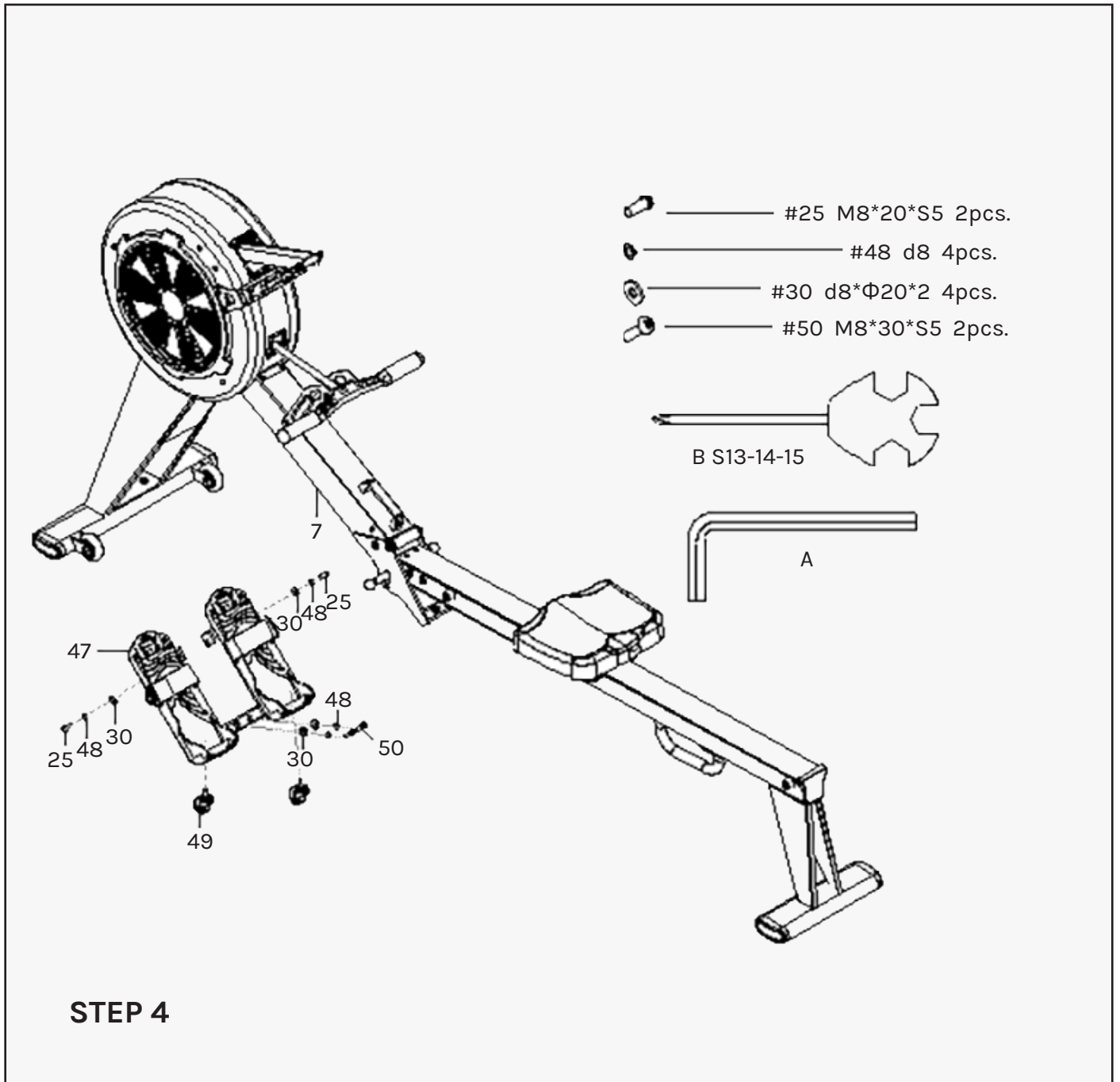
CAUTION:

Be careful of fingers as the seat will move.

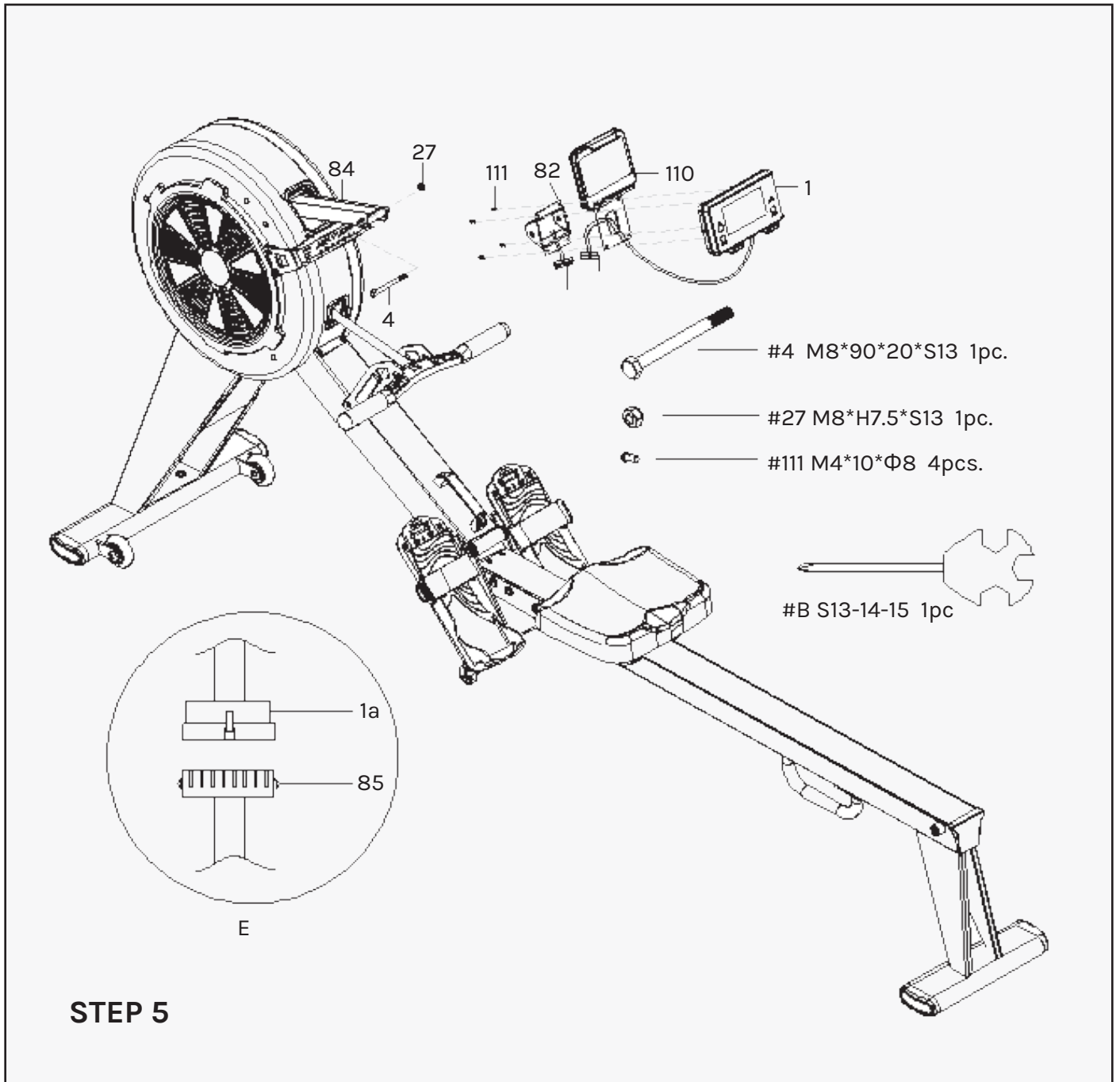
- a. Push adjustable spindle (41), then rotate rail connector (51) to the position as shown in the instruction image.
- b. Take out bolts (25), spring washers (48) and washers (30) from rail connector (51), then connect rail (55) and rail connector (51) using bolts (25), spring washers (48), washers (30) and tighten with spanner (A).



- a. Secure bolt (112) on the rail (55) using wrench (B), to avoid alum plate (63) runs off the rail (55).
- b. Take out the bolts (25) and washers (30) from front stabilizer (31) using spanner (A). Attach front stabilizer (31) to main frame (7) using bolts (25) and washers (30).

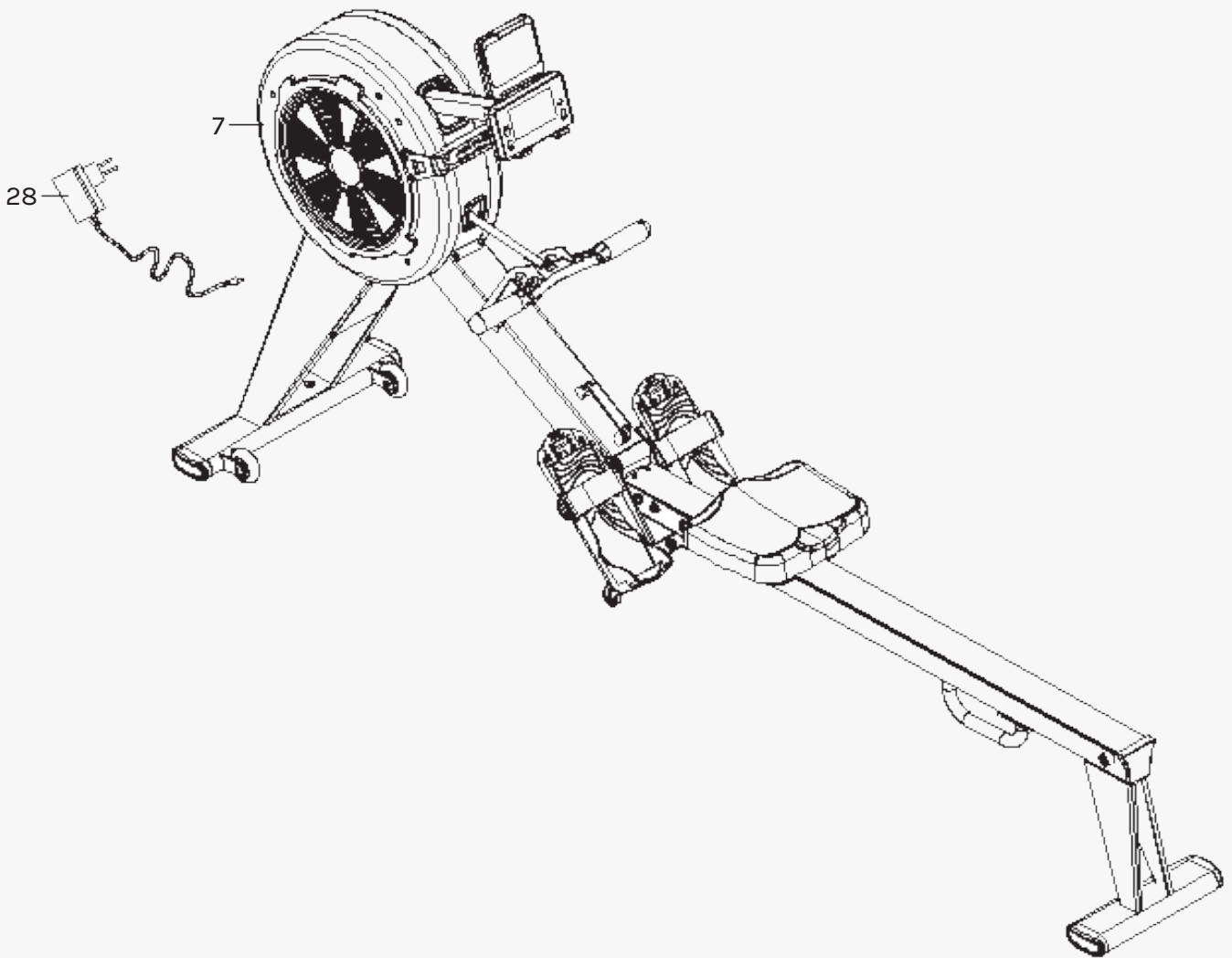


- a. Secure transportation wheels (49) in the pedal plate (47).
- b. Take out bolts (25), bolts (50), spring washers (48) and washers (30) from main frame (7) using spanner (7). Secure pedal plate (47) to main frame (7) using bolts (25), bolts (50), spring washers (48), washers (30) and tighten with spanner (7).



STEP 5

- a. Place the Computer wire (1a) through the hole of iPad holder (110) then connect computer wire (1a) and trunk wire 1 (85), as shown in image E.
- b. Take bolts (111) from computer (1) with wrench (B). Secure computer (1) and iPad holder (110) to computer holder (82) using bolts (111) and tighten with wrench (B).
- c. Take out bolts (4) and nylon nuts (27) from computer post (84) using wrench (B) then secure computer holder (82) onto computer post (84) with bolts (4), nylon nuts (27) and tighten with wrench (B).



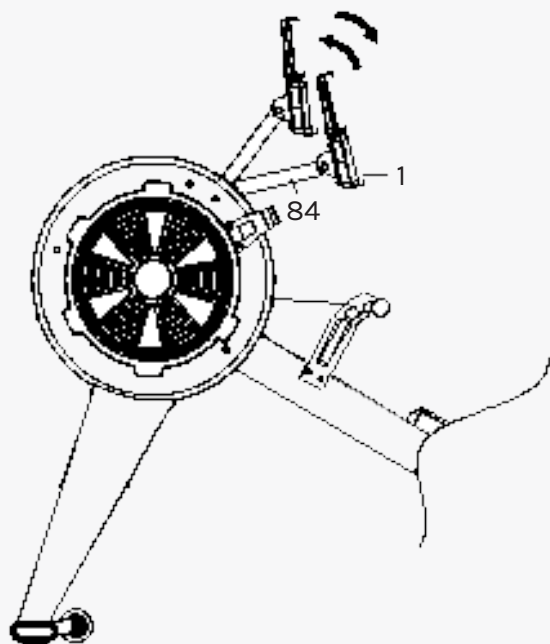
STEP 6

Insert the adapter line (28) to power hole on the back of main frame (7), then plug the adapter into an outlet.

! **IMPORTANT:**

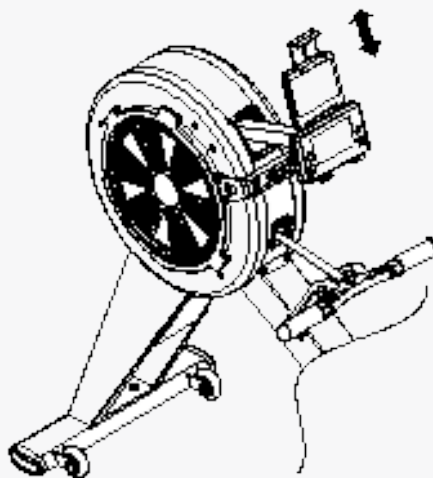
Turn off the equipment when not in use.

Display & Holder Adjustment



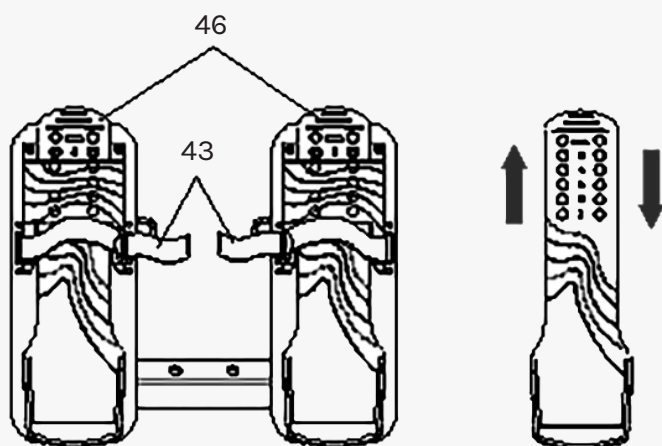
A

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

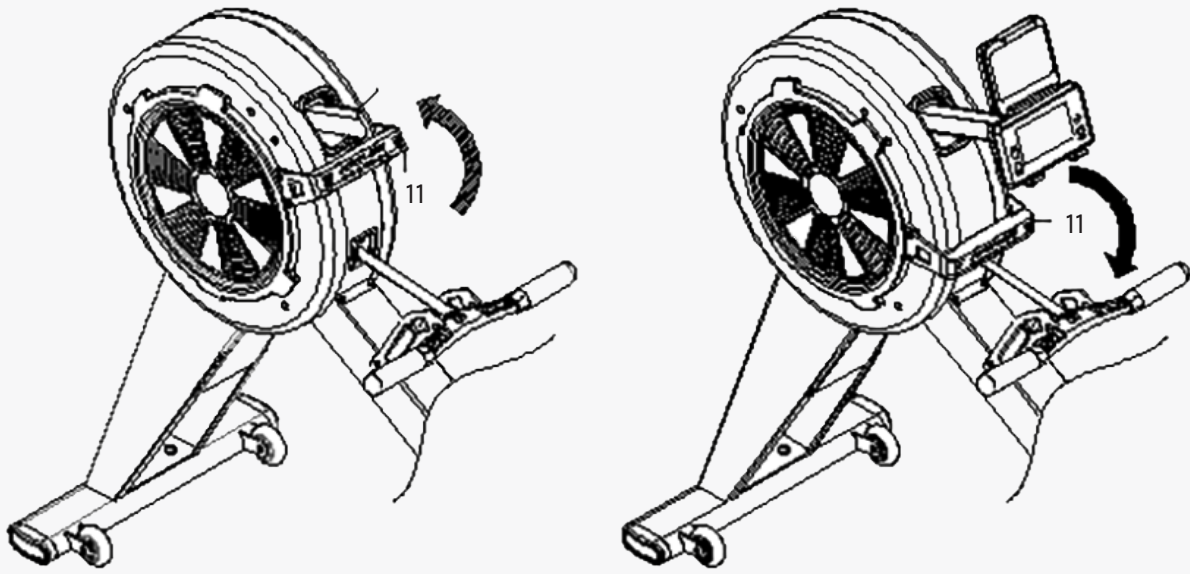


B

The width of iPad holder can be adjusted to different size tablet.



The pedal strap (43) and pedal (46) are adjustable and can be personalized to fit the user's foot size.



The rotation angle of air adjustable handlebar (11) can be adjusted to control air intake.

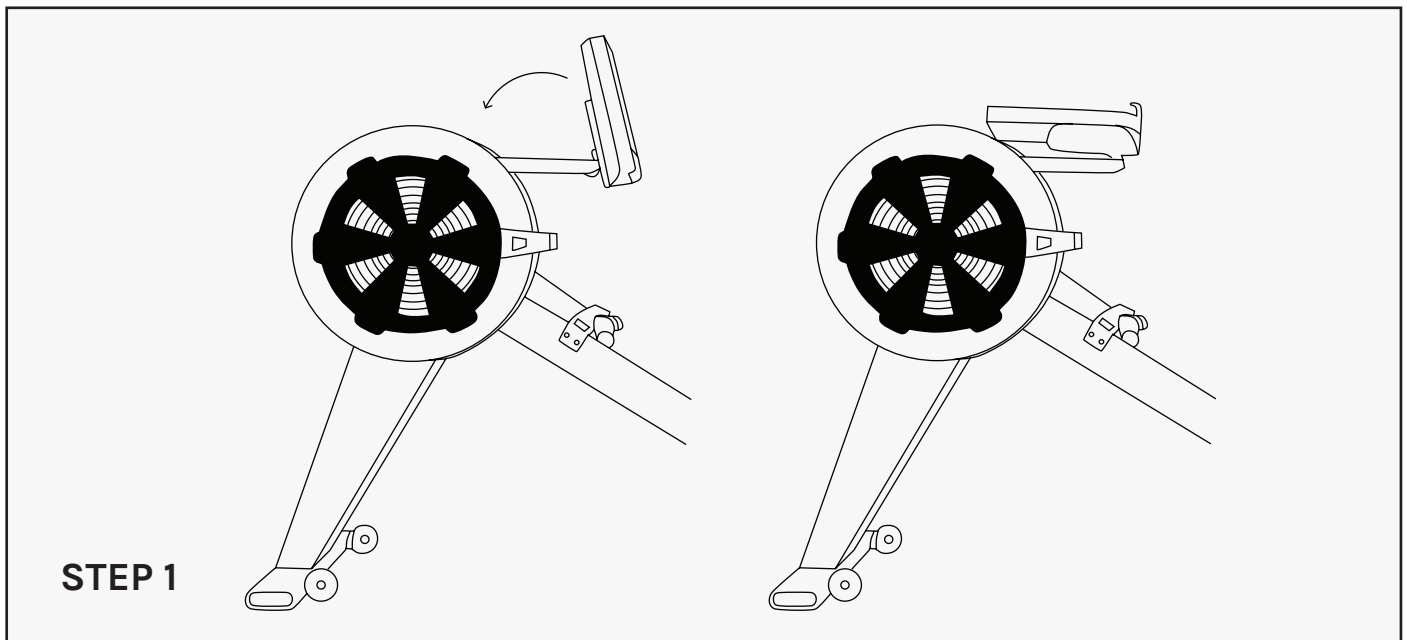
Upward adjustment can increase the wind inflow to increase the resistance.

Downward adjustment can reduce the wind flow to decrease the resistance.

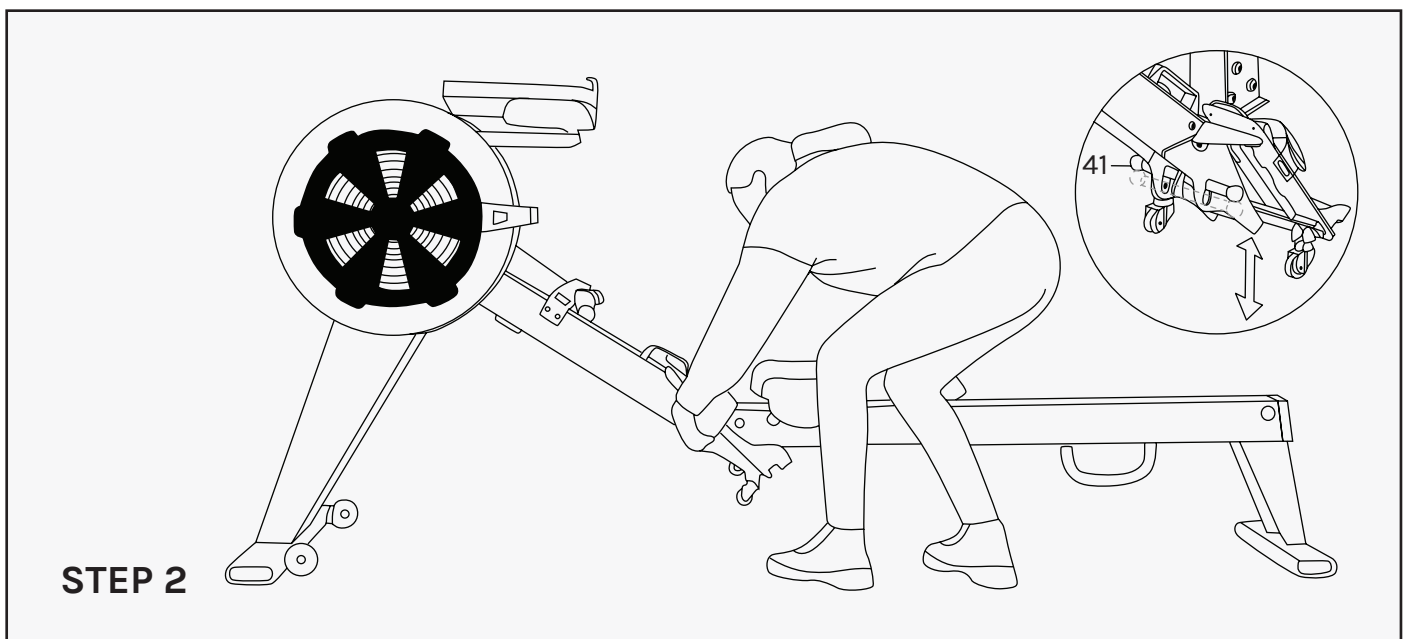
VI. TRANSPORTING AND FOLDING INSTRUCTIONS

The equipment has transportation wheels at the front and middle section. To move the equipment, you will need to fold it first.

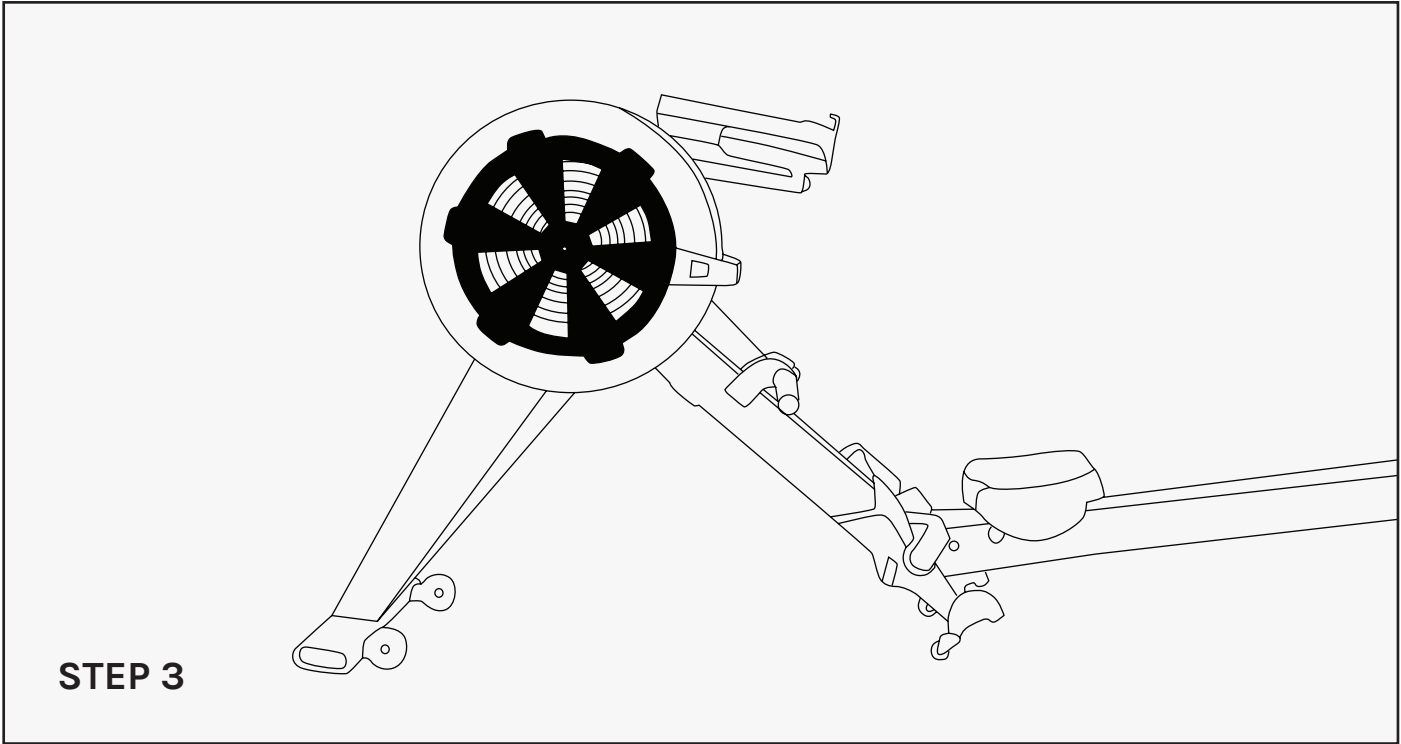
How to Fold:



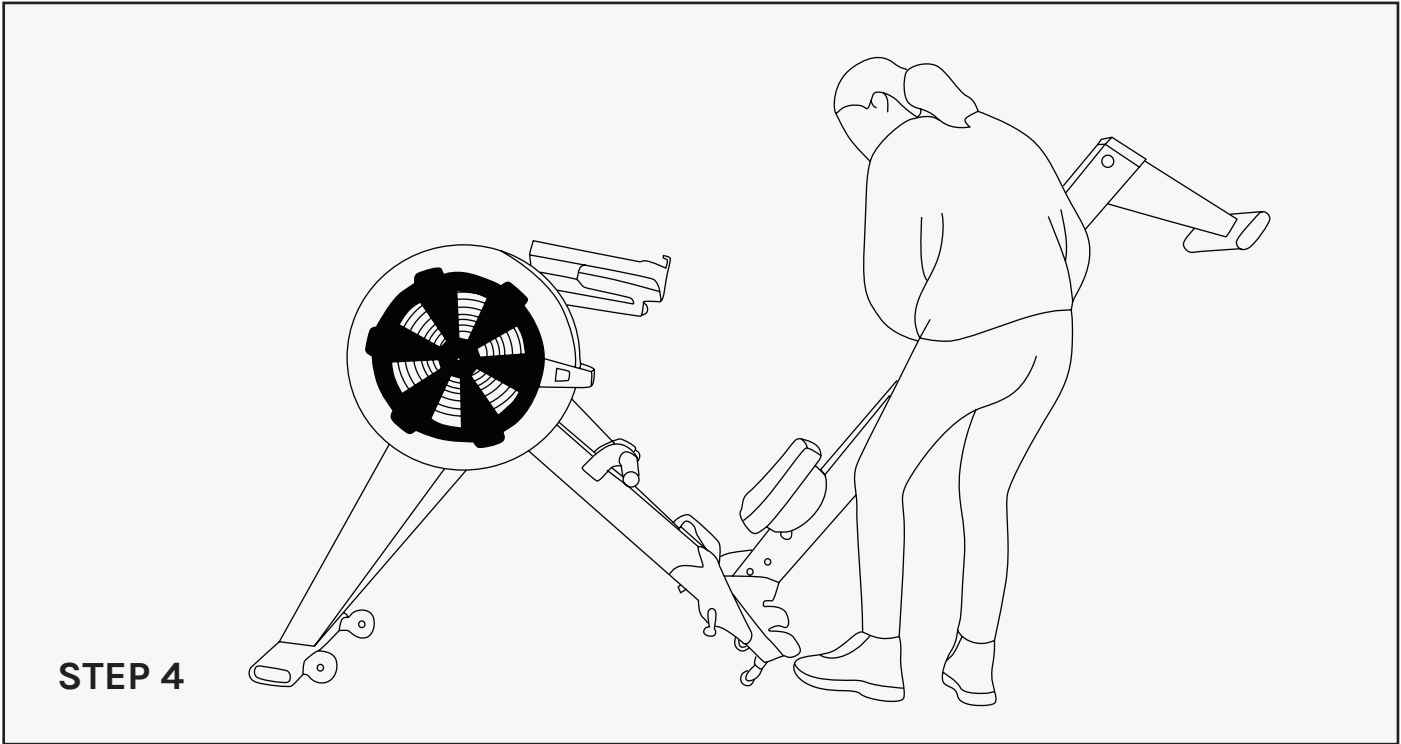
First rotate the display so it is moved out of the way.



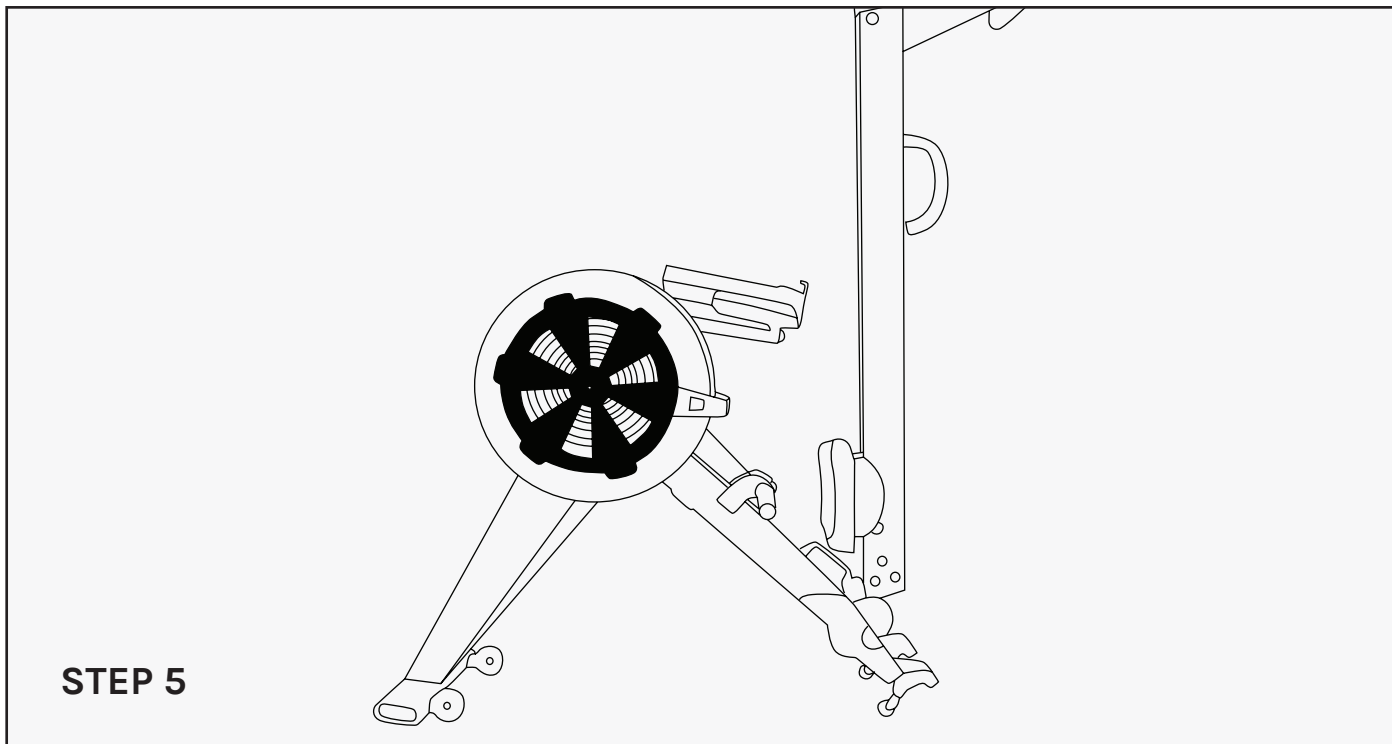
Pull the Adjusting spindle (41) up as pictured in image. It will drop down onto the wheels. Keep feet clear of the wheels.



Move the seat to the front of the rower as the seat will roll down when folding.

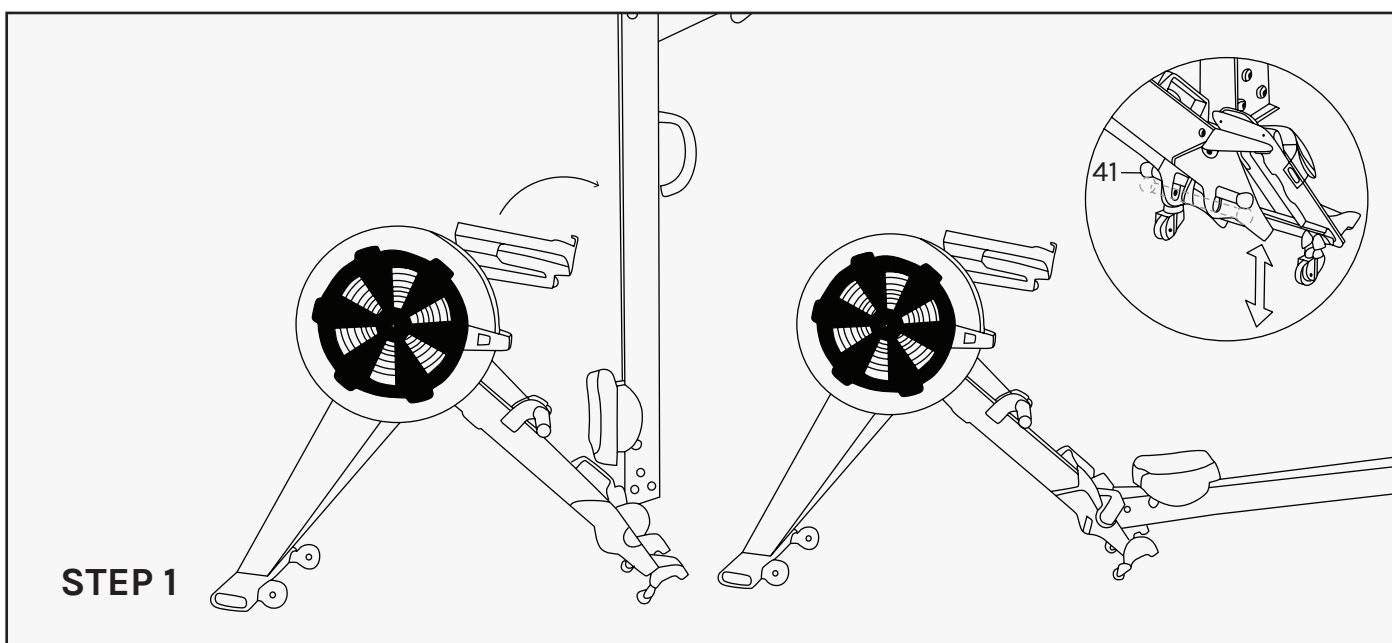


Pull the rail up from the back up into a vertical position. You will hear a click when it is locked in place.

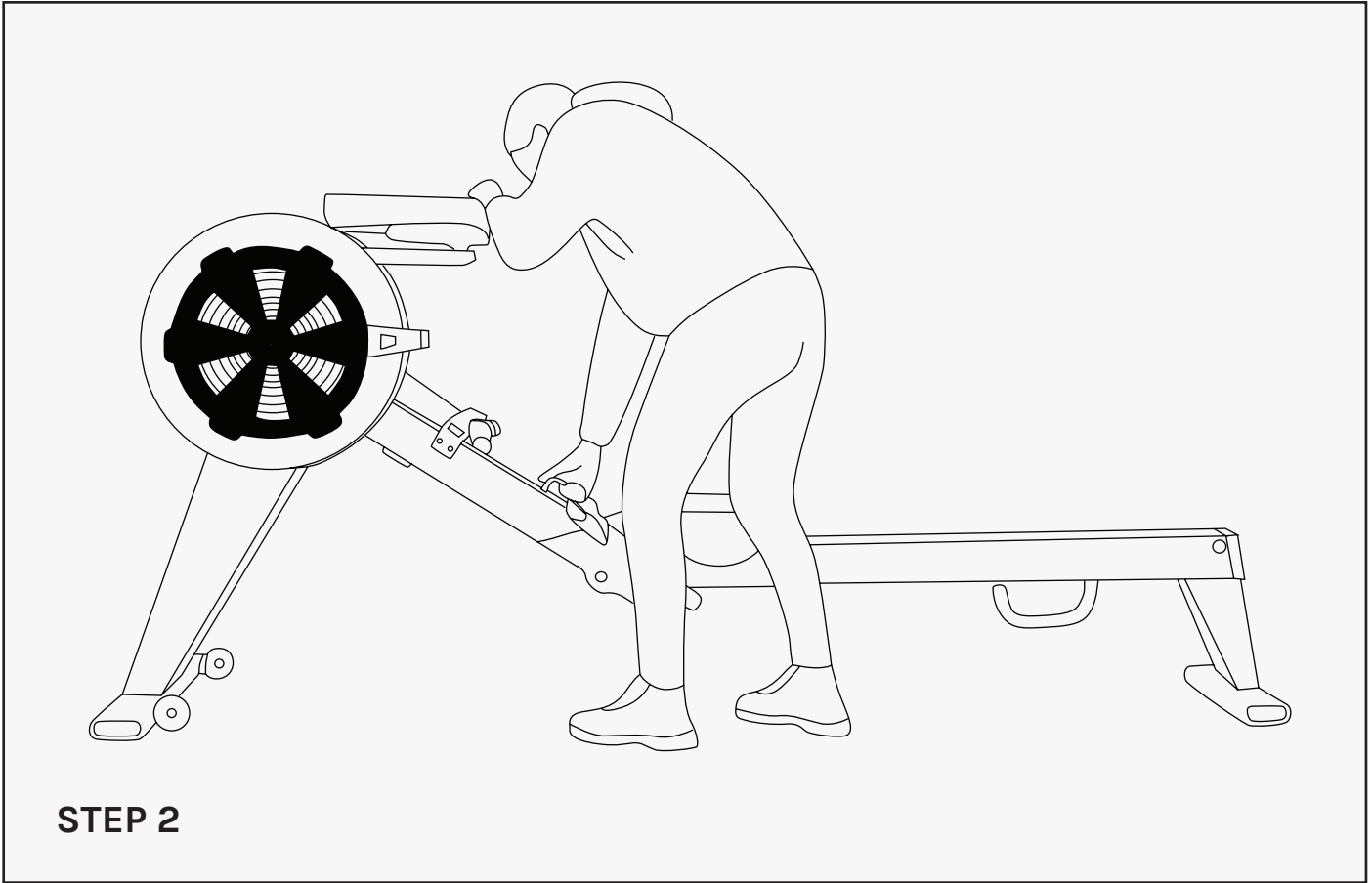


You can now use the handle under the rail to move the rower.

How to Un-Fold:



Hold onto the rail part and push the Adjusting spindle (41) down as pictured in image. You can then lower the rail down.



Then using the handle on Main frame (7), pull the rail up until you hear a click. Be careful of your fingers as the seat may roll back.

TIME	P9	PULSE	TIME	P10	PULSE
0:00		P	0:00		P
DIST. M		LEVEL	DIST. M		LEVEL
0.0		3	0.0		6
PROGRAM			PROGRAM		

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

C: 1 Watt Control Program (WATT PRO: P16)

TIME	P16	PULSE
0:00		P
DIST. M		LEVEL
0.0		6
PROGRAM		WATT PRO

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

TIME	P17	PULSE	TIME	P18	PULSE
0:00		P	0:00		P
DIST. M		LEVEL	DIST. M		LEVEL
0.0		1	0.0		1
PROGRAM		PULSE PRO	PROGRAM		PULSE PRO

TIME	P19	PULSE	TIME	P20	PULSE
0:00		P	0:00		P
DIST. M		LEVEL	DIST. M		LEVEL
0.0		1	0.0		1
PROGRAM		PULSE PRO	PROGRAM		PULSE PRO

E: 5 User Setting Programs: CUSTOM1 to CUSTOM5
(P11 ~ P15)

TIME 0:00	P 11 U 1	PULSE P	TIME 0:00	P 12 U 2	PULSE P
DIST. M 0.0		LEVEL 1	DIST. M 0.0		LEVEL 1

TIME 0:00	P 13 U 3	PULSE P	TIME 0:00	P 14 U 4	PULSE P
DIST. M 0.0		LEVEL 1	DIST. M 0.0		LEVEL 1

TIME 0:00	P 15 U 5	PULSE P
DIST. M 0.0		LEVEL 1

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 change the loading resistance to the minimum. Once you press any button or in motion, the computer will turn on automatically.

BUTTONS

1. ENTER

- In "stop" mode, press ENTER button to enter into 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 display the count or RPM, or switch automatically.

2. 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.

3. 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.

4. 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:

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

OPERATION

1. 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.

2. Program select and value setting

• Manual Program and Preset 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)**

- Press UP, DOWN to select the watt control program.
- Press ENTER to confirm the selected watt control program and enter into time setting window.
- The time will flash, and then press UP, DOWN button to set up the desired time. Press ENTER to confirm the value.
- The distance will flash, and then press UP, DOWN button to set up the desired distance value. Press ENTER to confirm the value.
- 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.
- 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.
- Press START/ STOP to begin exercise.

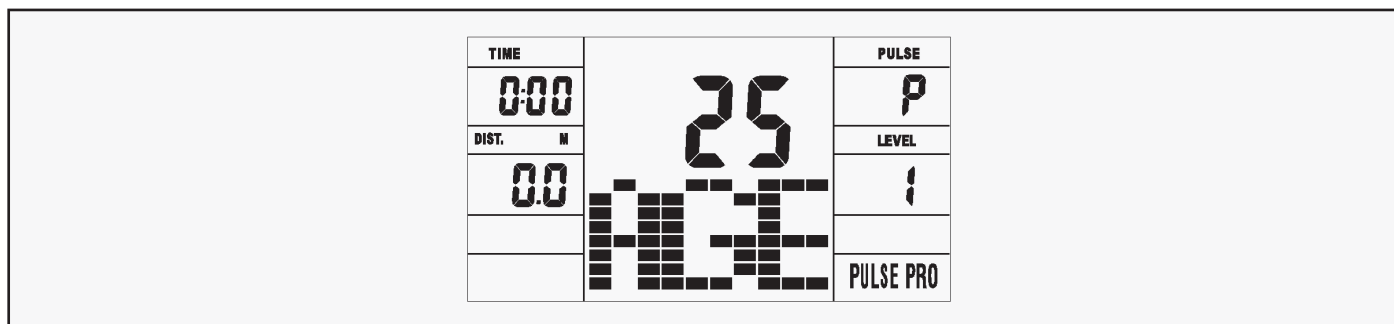
! NOTE:

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.

- Press UP, DOWN button to choose the heart rate control program.
- Press ENTER to confirm the heart rate control program and enter into AGE setting window.



- The time will flash, and then press UP, DOWN button to set up the desired time. Press ENTER to confirm the value.
- The distance will flash, and then press UP, DOWN button to set up the desired distance value. Press ENTER to confirm the value.
- 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.
- The age will flash, and then press UP, DOWN button to set the user's age. Press ENTER to confirm the value.
- When the target heart rate control program flash, the computer will display the user's target heart rate according to user's age.
- Press START/ STOP to begin exercise.

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 into 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.

SPECIFICATIONS

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.

BLUETOOTH & APP

1. Download APP first, then open a Bluetooth.
2. The computer can link FitLink, Kinomap and match FTMS protocol of Bluetooth APP.

ADAPTOR

INPUT: AC 100-240V

OUTPUT: 9VDC, 1000MA

VIII. EXERCISE GUIDE

! PLEASE NOTE:

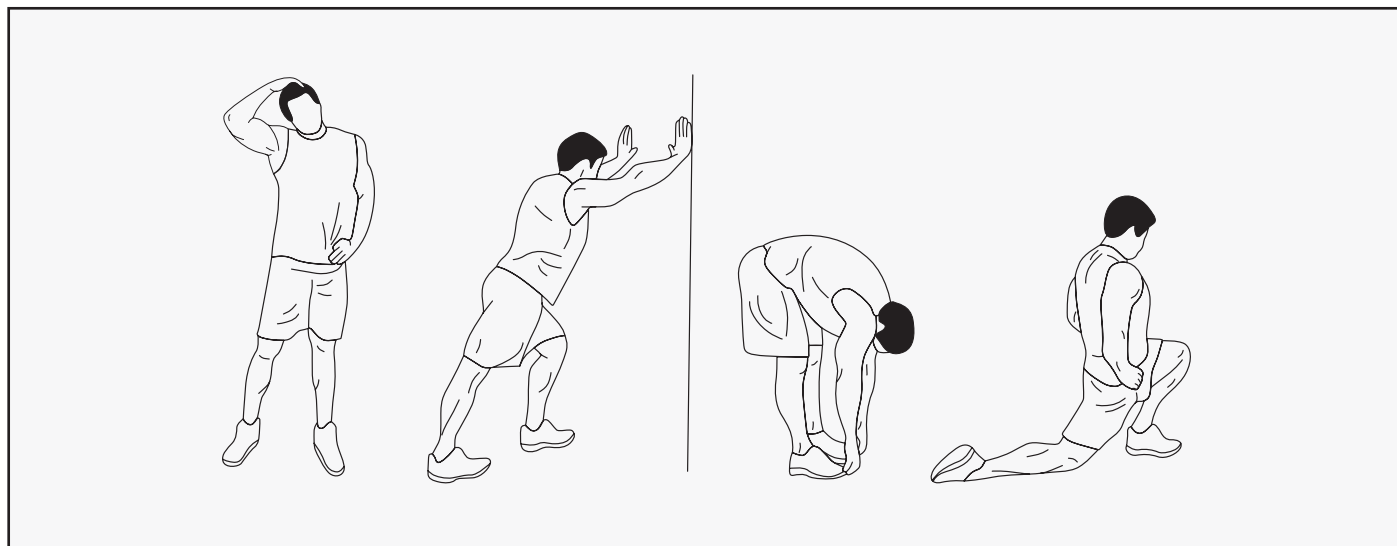
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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, improve 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

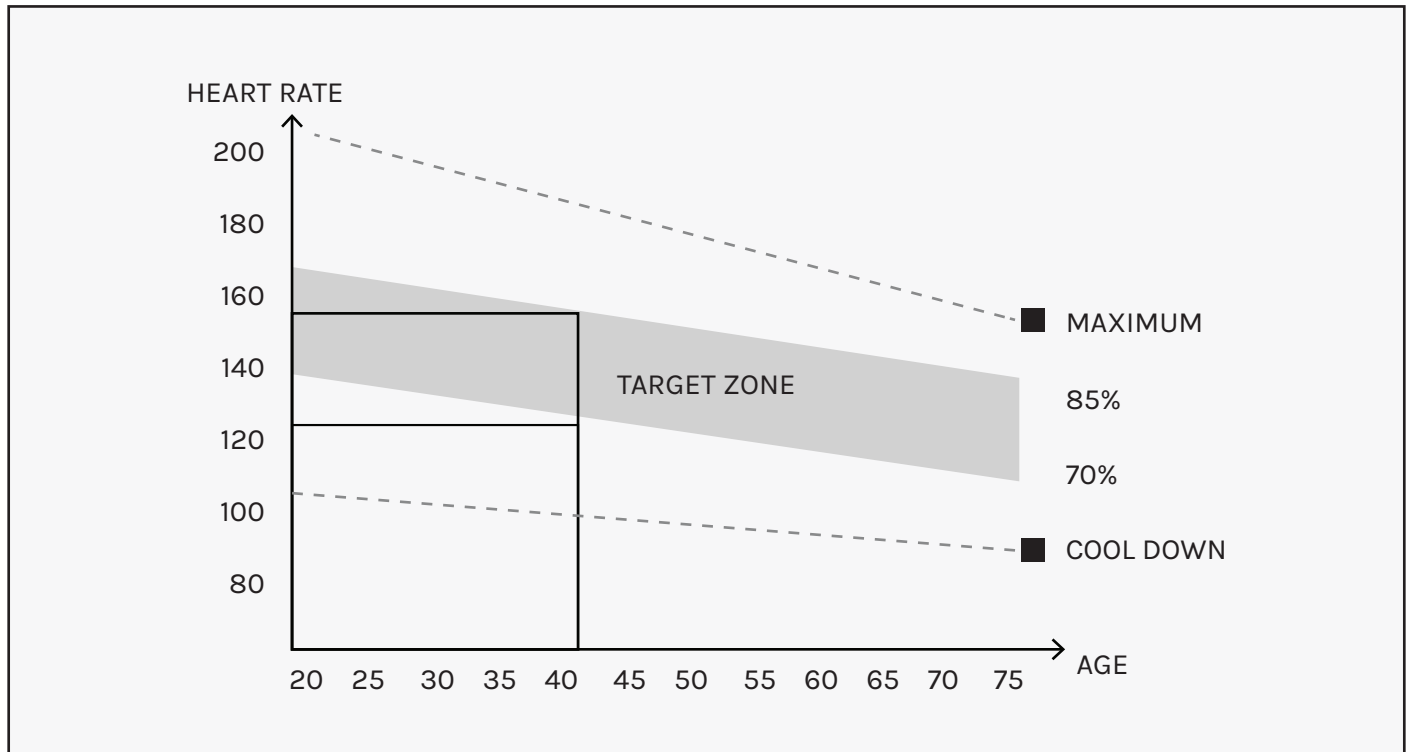
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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.

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





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