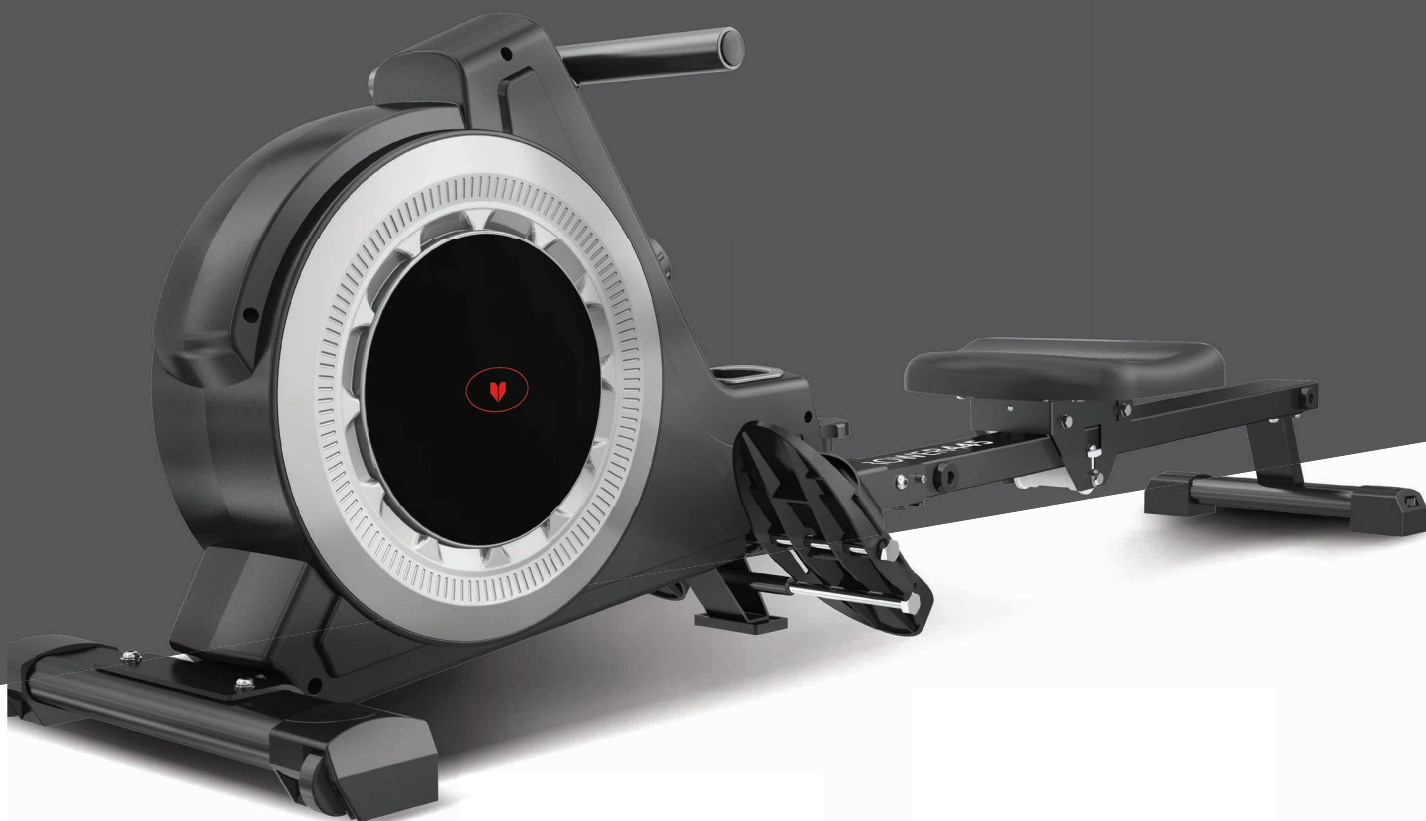




ROWER-445

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:

This manual should not be used to guide your purchasing decision. Your product, and the contents inside its carton, may vary from what is listed in this manual. This manual may also be subject to updates or changes. Updated 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	06
V. Assembly Instructions	07
VI. Display Manual	14
VII. Storage and Maintenance	16
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.

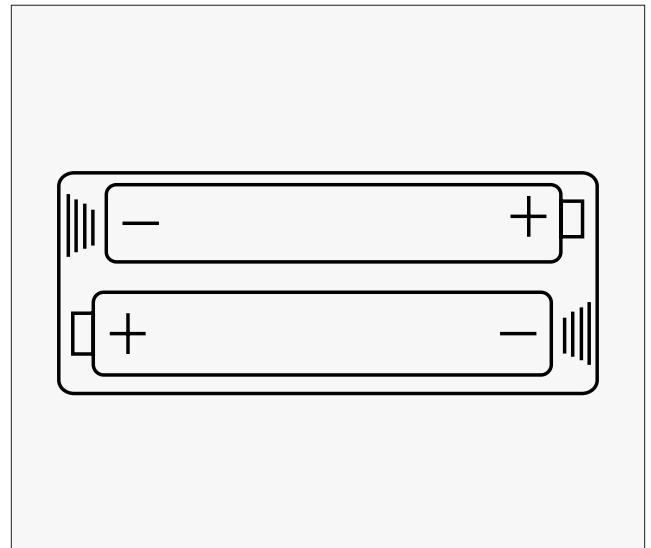
- It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. **PLEASE NOTE:** It is your responsibility to ensure that all users of the equipment are informed of all warnings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

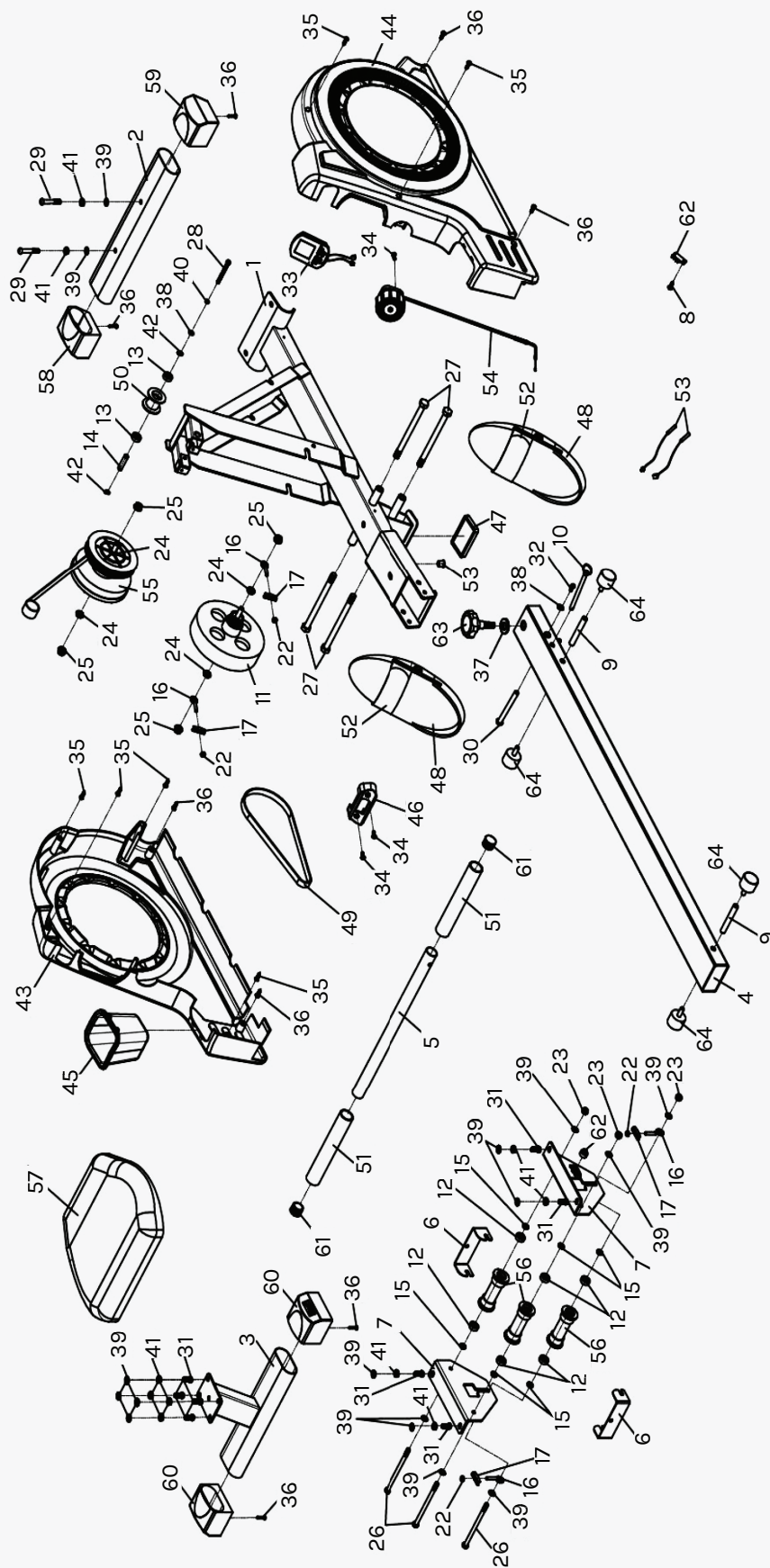
- Lubricate moving joints with grease after periods of usage.
- Be careful not to damage plastic or metal parts of the machine with heavy or sharp objects.
- The machine can be kept clean by wiping it down using dry cloth.
- All nuts and bolts are to be checked and tightened on a regular basis. This includes pedals and other moving parts. Failure to do so may cause damage to your thread and void your warranty.
- Keep the rowing machine in a clean dry place.
- Grasp the frame to move the rowing machine. Do not use the seat to move it. The seat will move, and it may hurt your hand and fingers.
- Always make sure all the nuts and bolts are properly tightened.
- Regular inspection is required. Replace any worn or damaged parts immediately.

BATTERY USAGE

- Batteries are to be installed or replaced by adult only.
- Do not use rechargeable batteries. Do not mix different battery types. Do not mix old and new batteries. Do not mix alkaline, standard (Carbon-Zinc), or rechargeable (Nickel-Cadmium) batteries.
- Remove batteries when product is not in use.
- Remove exhausted batteries from product and dispose of in accordance with the manufacturer's recommendation.
- Do not attempt to recharge non-rechargeable batteries.
- Batteries are to be inserted with correct polarity.
- The supply terminals are not to be short-circuited.
- Do not dispose of batteries in fire, batteries may explode or leak.



III. EXPLODED DIAGRAM



IV. PARTS LIST

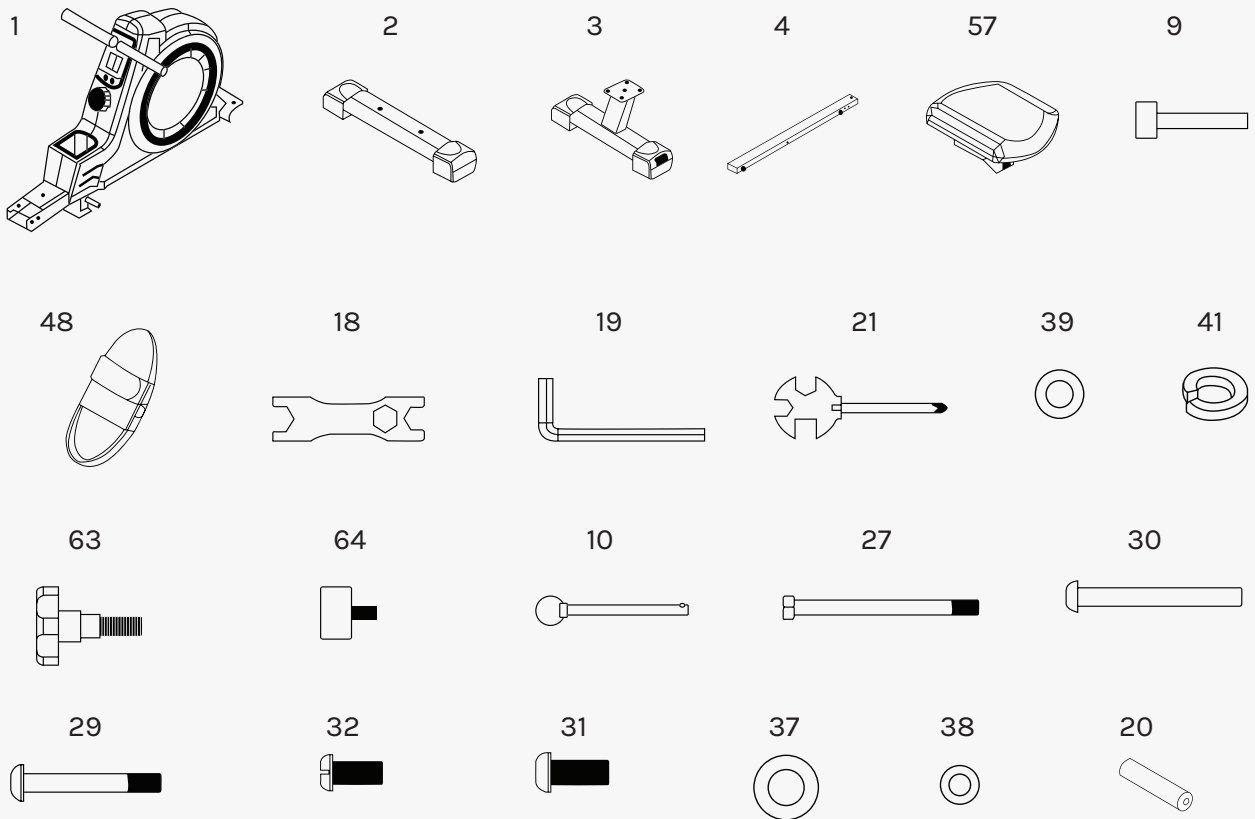
! Some items on this list may come pre-installed on your equipment. If you feel like you're missing anything, please double check your equipment.

NO.	Description	Qty	NO.	Description	Qty
1	Main frame	1	33	Computer	1
2	Front foot tube frame	1	34	Bolt M5*15	3
3	Rear foot tube frame	1	35	Bolt ST4.2*30	6
4	Slide tube frame	1	36	Screw ST4.2*19	8
5	Tension tube	1	37	Flat washer Φ 12	1
6	Seat cushion limiting plate	1	38	Flat washer Φ 6	2
7	Seat cushion left mounting plate	2	39	Flat washer Φ 8	16
8	Screw ST4.2*9.5	1	40	Spring Washer 6	1
9	Double-thread screw Φ 12*80	1	41	Spring Washer 8	10
10	Hanging ring bolt Φ 8*112	1	42	Type c buckle ϕ 9.3*1.0	2
11	Magnetic wheel	1	43	Left protective cover	1
12	Deep groove ball bearing 608-2RS	6	44	Right protective cover	1
13	Deep groove ball bearing 6000-2RS	2	45	Water bottle box	1
14	Pulley casing	1	46	Armrest fixing pad	1
15	Pulley spacer	6	47	Cushion pad	1
16	Pull rod M6*51	4	48	Pedal	2
17	Pull rod limiting plate	4	49	Belt PJ686/270J	1
18	Open end wrench S17-19	1	50	Ribbon pulley Φ 45*35	1
19	Allen Wrench S=5	1	51	Foam L=210mm	2
20	Dry battery	2	52	Foot pedal adjusting belt	2
21	Wrench with screwdriver S13/14/15	1	53	Bottom wire 500mm	2
22	Screw M6	4	54	Fine adjustment (assembly)	1
23	Screw M8	3	55	Pullback device	1
24	Screw M10*1.0	4	56	Seat cushion tube wheel Φ 40*92	3
25	Screw M10*1.0	4	57	Seat cushion	1
26	Bolt M8*125*25	3	58	Front left foot tube sleeve	1
27	Bolt M12*160*20	4	59	Front right foot tube sleeve	1
28	Bolt M6*60	1	60	Rear foot tube sleeve	2
29	Bolt M8*55	2	61	Circular tube plug	2
30	Bolt M10*95	1	62	Induction rod clamp	1
31	Bolt M8*20	8	63	Knob M12	1
32	Bolt M6*15	1	64	Foot pad 25*18	4

V. ASSEMBLY INSTRUCTIONS

BOLT PACK

	#19 S=5 1pc.		#30 M10*95*25 1pc.
	#21 S13/14/15 1pc.		#29 M8*55*20 2pcs.
	#18 S17-19 1pc.		#32 M6*15 1pc.
	#64 ø25*18 1pc.		#31 M8*20 4pcs.
	#63 M12 1pc.		#37 ø12 1pc.
	#9 ø12*80 1pc.		#39 ø8 6pcs.
	#10 ø8*112 1pc.		#38 ø6 1pc.
	#27 M12*160*20 4pcs.		#41 M8 6pcs.

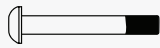


TOOLS

#19 Allen Wrench S=5 1pc.

#18 Open end Wrench S17, 19 1pc.

#21 Wrench with screwdriver S13, 14, 15 1pc.



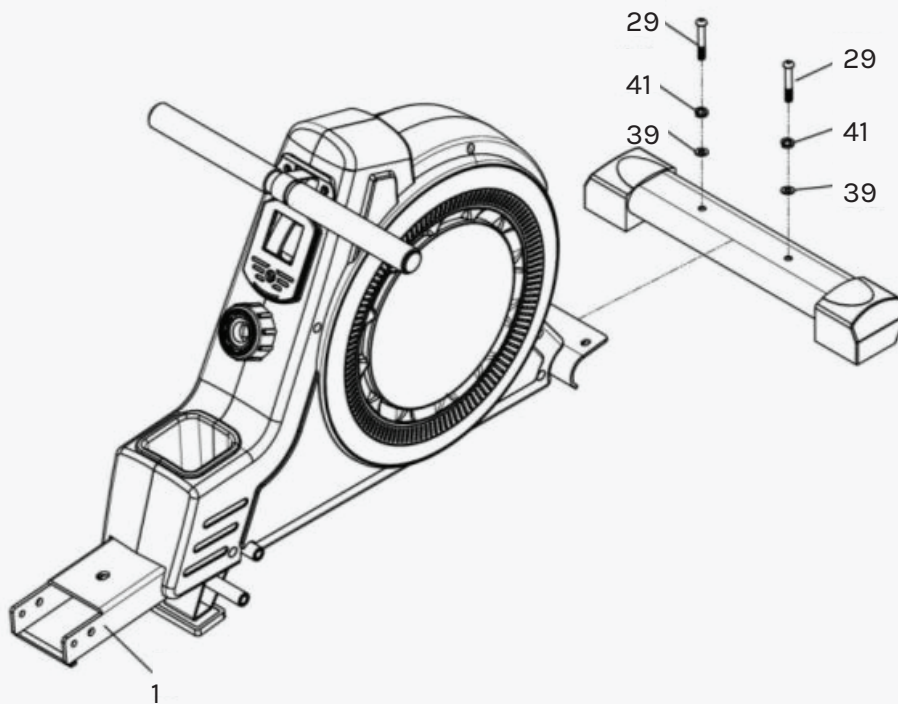
#29 M8*55*20 - 2pcs.



#41 M8 - 2pcs.



#39 Ø8 - 2pcs

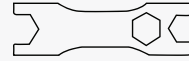


STEP 1

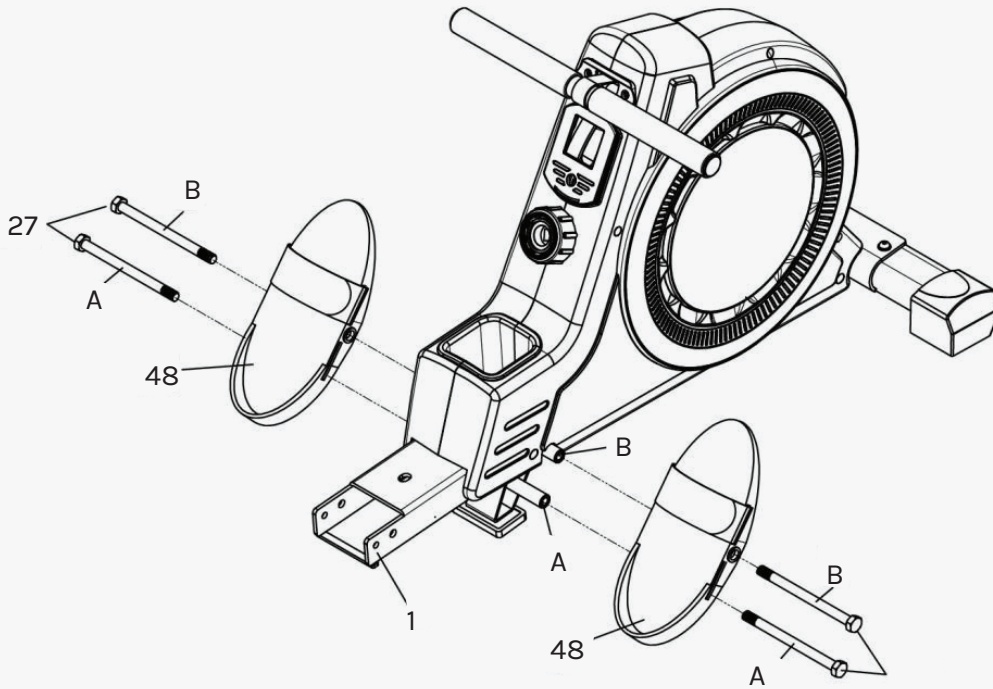
1. Use the Bolt (29), Washer (39), Spring Washer (41) to secure the main frame (1) onto the Front foot tube frame (2).



#27 M12*160*20 - 4pcs.

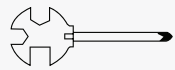


#18 S17-19 - 1pc.

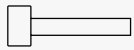


STEP 2

1. Lock the Pedal (48) and Bolt (27) into the hole marked A in the Main Frame (1) and repeat the same on right side.
2. Lock the Pedal (48) and Bolt (27) into the hole marked B, through the hole of Pedal (48) into the top hole of the Main Frame (1) and repeat the same on left side.



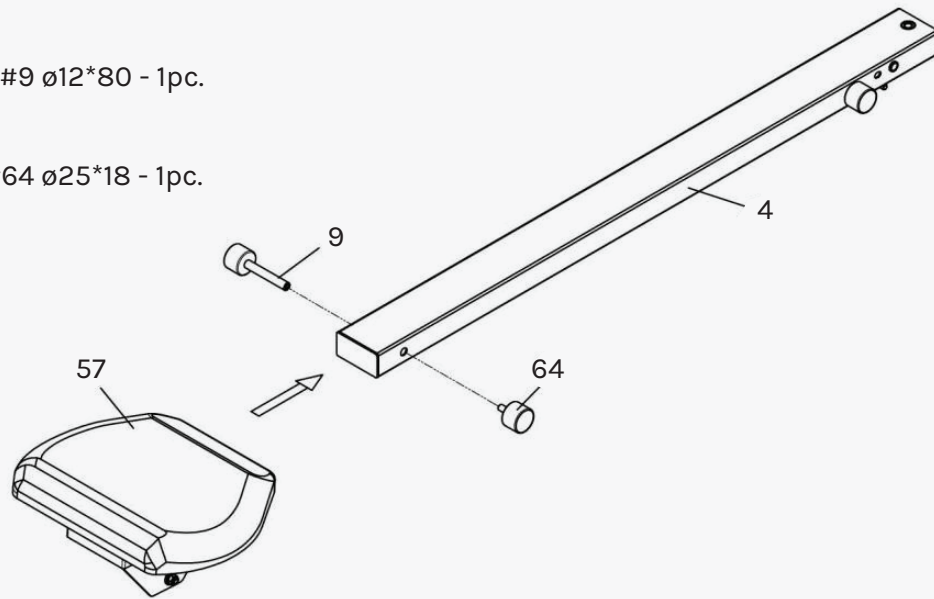
#21 S13/14/15 - 1pc.



#9 \varnothing 12*80 - 1pc.



#64 \varnothing 25*18 - 1pc.



STEP 3

1. Put the Seat cushion (57) into the Slide tube (4).
2. Insert the Double-thread Bolt (9) into the hole of the Slide tube (4) and screw the Foot pad (64) tightly to Sliding tube (4).



#19 S=5 - 1pc.



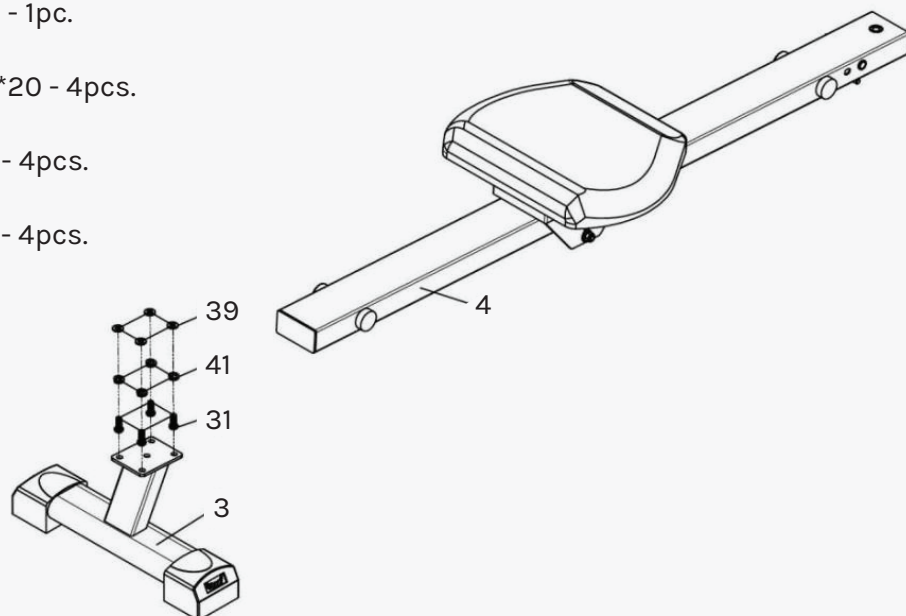
#31 M8*20 - 4pcs.



#41 M8 - 4pcs.





#39 \varnothing 8 - 4pcs.





STEP 4

1. Use Bolt (31), Spring washer (41) and Flat washer (39) to lock the Rear foot tube (3) to the Sliding tube (4).


 #10 $\varnothing 8 \times 112$ - 1pc.


 #38 $\varnothing 6$ - 1pc.

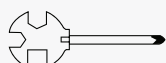
 #32 M6*15 - 1pc.

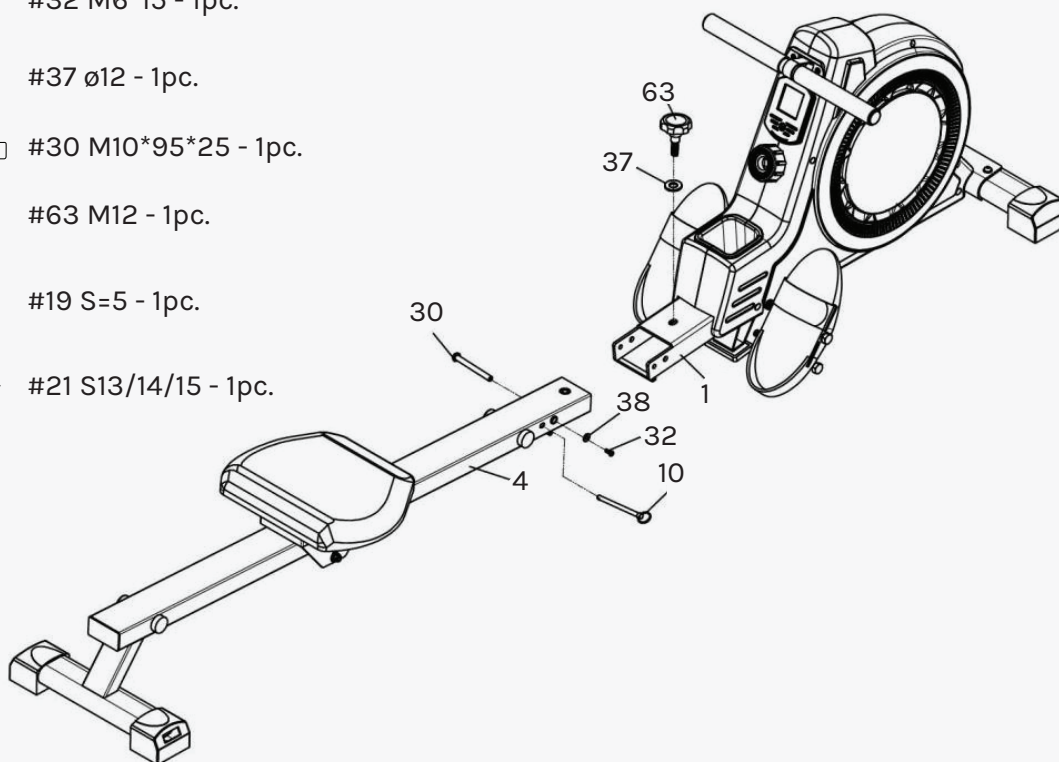
 #37 $\varnothing 12$ - 1pc.

 #30 M10*95*25 - 1pc.

 #63 M12 - 1pc.

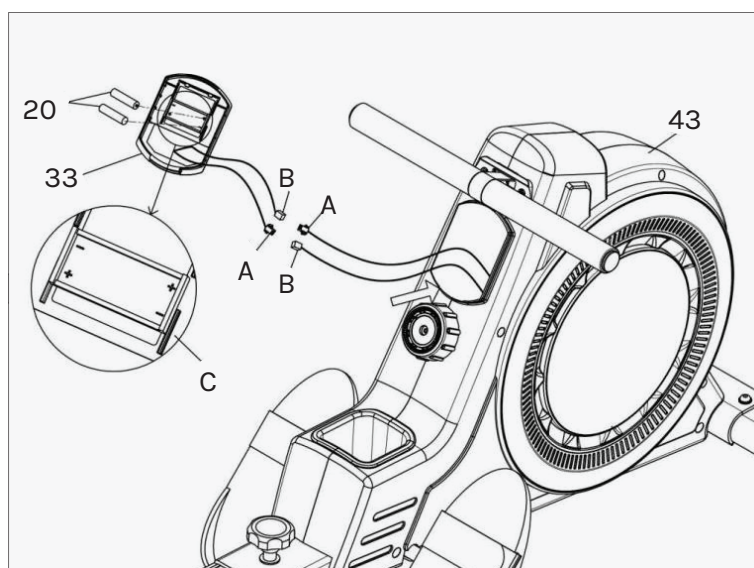
 #19 S=5 - 1pc.

 #21 S13/14/15 - 1pc.



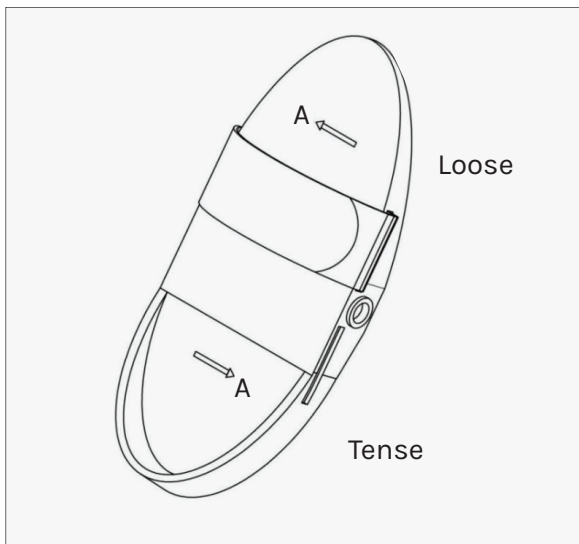
STEP 5

1. Lock the Bolt (30) and the Flat washer (38) and Bolt (32) to the Sliding tube (4) and insert the Hanging ring bolt (10). Then fix the Knob (63) and the Flat washer (37) to the Main frame (1) and the Sliding tube (4).



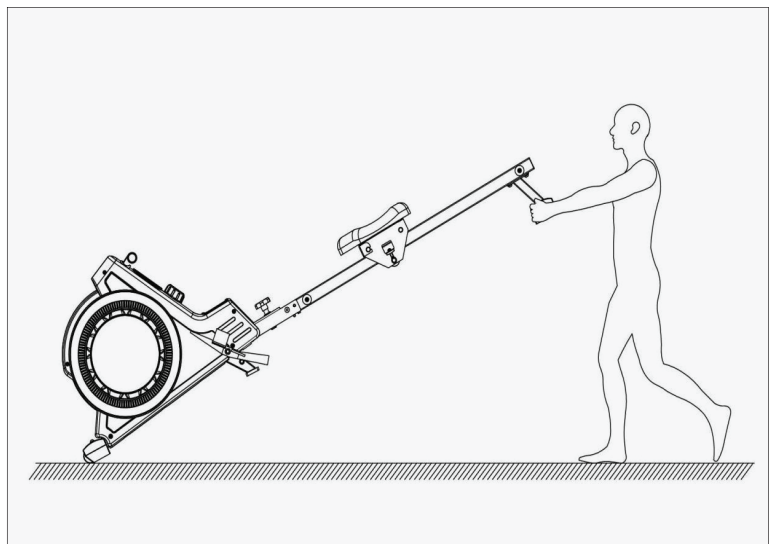
STEP 6

1. Press the Computer (33) at the place (A), take out the Computer (33) from Protective cover (43).
2. After taking off the Computer (33), put the dry battery (20) off into the place (B) of Computer (33).
3. Connect the wire A/B of computer (33) with the wire B/A inside protective cover (43).
4. Put the computer back into protective cover (43).



PEDAL ADJUSTMENT

The pedal strap is adjustable according to the size of feet. The specific tightness adjustment method is shown above. A direction is loose, B direction is tense.



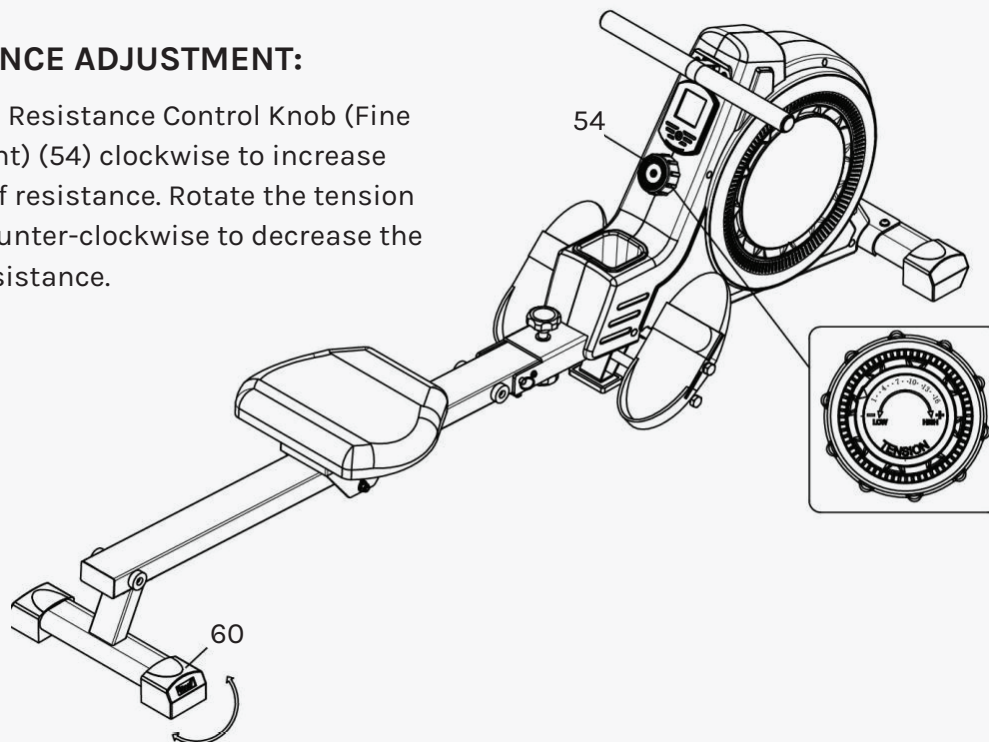
MOVING THE MACHINE

To move the machine, lift-up the rear foot tube frame until the transportation wheels on the front foot tube frame touch the ground. With the wheels on the ground, you can move it to anywhere with ease.

THE RESISTANCE ADJUSTMENT

RESISTANCE ADJUSTMENT:

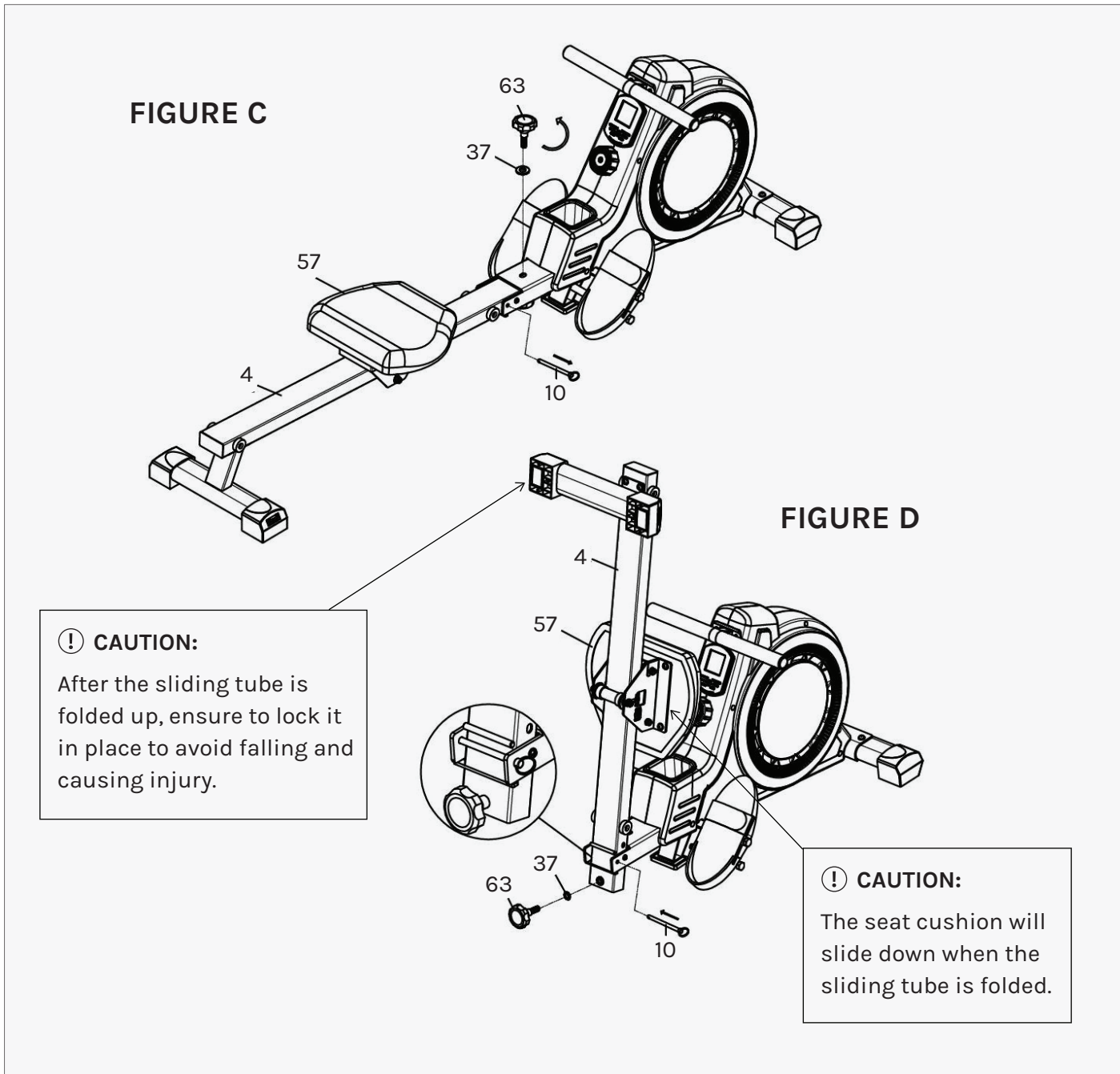
Rotate the Resistance Control Knob (Fine adjustment) (54) clockwise to increase the level of resistance. Rotate the tension control counter-clockwise to decrease the level of resistance.



FRAME HORIZONTAL REGULATION:

When the ground is uneven, the frame can be adjusted to a horizontal state through rotating the wheel on the side of the rear foot sleeve (60).

FOLDING INSTRUCTION



As shown in the above figure, when the product is not used, the sliding tube can be fold up to save space. The operation is as follows:

1. Unscrew the knob (63) and the flat washer (37), remove the hanging ring bolt (10), and turn the sliding tube (4) to a vertical angle. (The seat cushion slides down when the slide tube is folded up) As the Figure C above.
2. When the sliding tube (4) rotates to a vertical angle, insert the hanging ring bolt (10) into the hole and fix it. Screw the Knob (63) and flat washer (37) onto the sliding tube, as shown in Figure D above.
3. The folding step is completed.

VI. DISPLAY MANUAL



Button Function

MODE: Press this button to select the function.

--- Keep pressing this button for 3 seconds to clear all time, times, and calories.

SET: Press this key to set the time, number of times, and calories.

RESET: Press this key to reset the time, number of times, and calories.

--- Keep pressing this key for 3 seconds to clear all time, times, and calories.

Functional Operation

1. SCAN: Press the MODE button into scan state, the computer will automatically scan, time, times, calories, total number of times, and every scan interval is 6 seconds.

2. TIME: The time when the computer starts and ends.

3. TIMES COUNT (CNT): When the supply current of the product is lower than 3.2A, a red warning light will flash.

4. CAL: Show the total calories during the computer starting.

5. TOTAL NUMBER OF TIMES (TOT.CNT) count all times after installing the battery. Without any movement signal, the computer will automatically close the display after 4 minutes and will wake up when there is movement signal, or any key is operated.

6. AVERAGE VELOCITY (REPS/MIN): the average number of movements per minute at the beginning of the motion of the computer.

Scope Description

Function	Scanning interval	Every 6 seconds
	TIME	0:00–99:59
	TIMES COUNT	0–9999 times
	CALORIES	0:0–999.9 CAL.
	Total number of times	0–9999 times
Battery		2 pieces of dry battery
Working temperature		0–40 degree
Storage Temperature		-0 degree –+60 degree

VII. STORAGE AND MAINTENANCE

- Keep the rowing machine in a clean dry place.
- Grasp the frame to move the rowing machine. Do not use the seat to move it. The seat will move, and it may hurt your hand and fingers.
- Remove the battery before storing the machine for a long time.
- Clean the Seat Rail with an absorbent cloth.
- Always make sure all the nuts and bolts are properly tightened.
- Regular inspection is required. Replace any worn or damaged parts immediately.

VIII. EXERCISE GUIDE

ⓘ PLEASE NOTE:

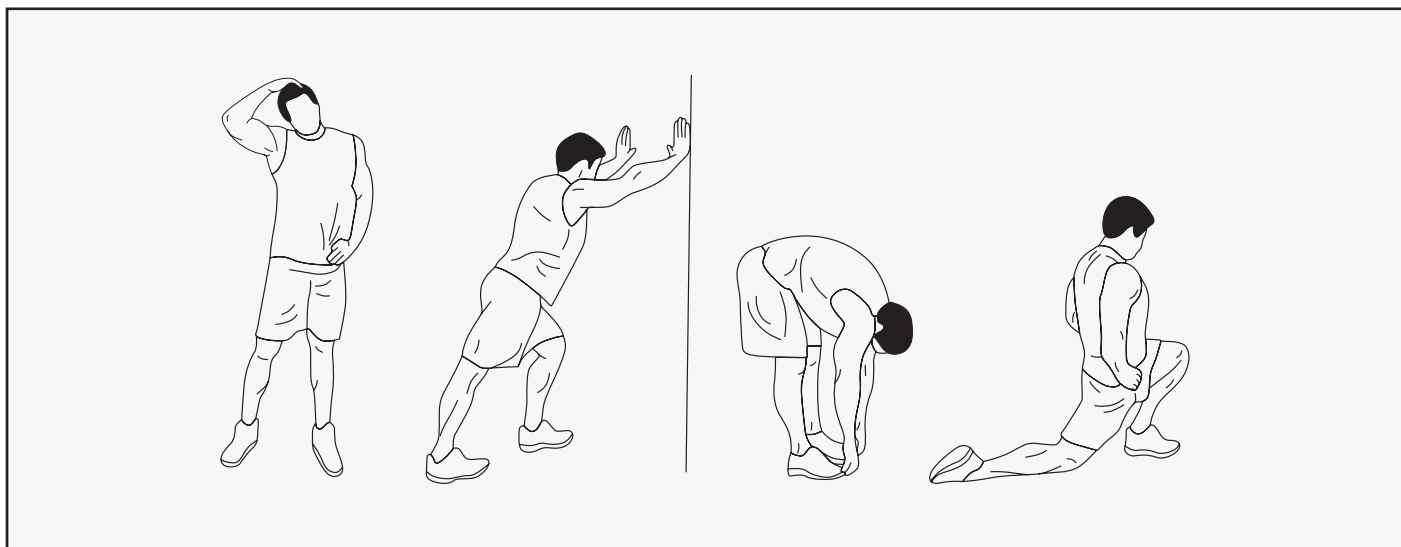
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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.

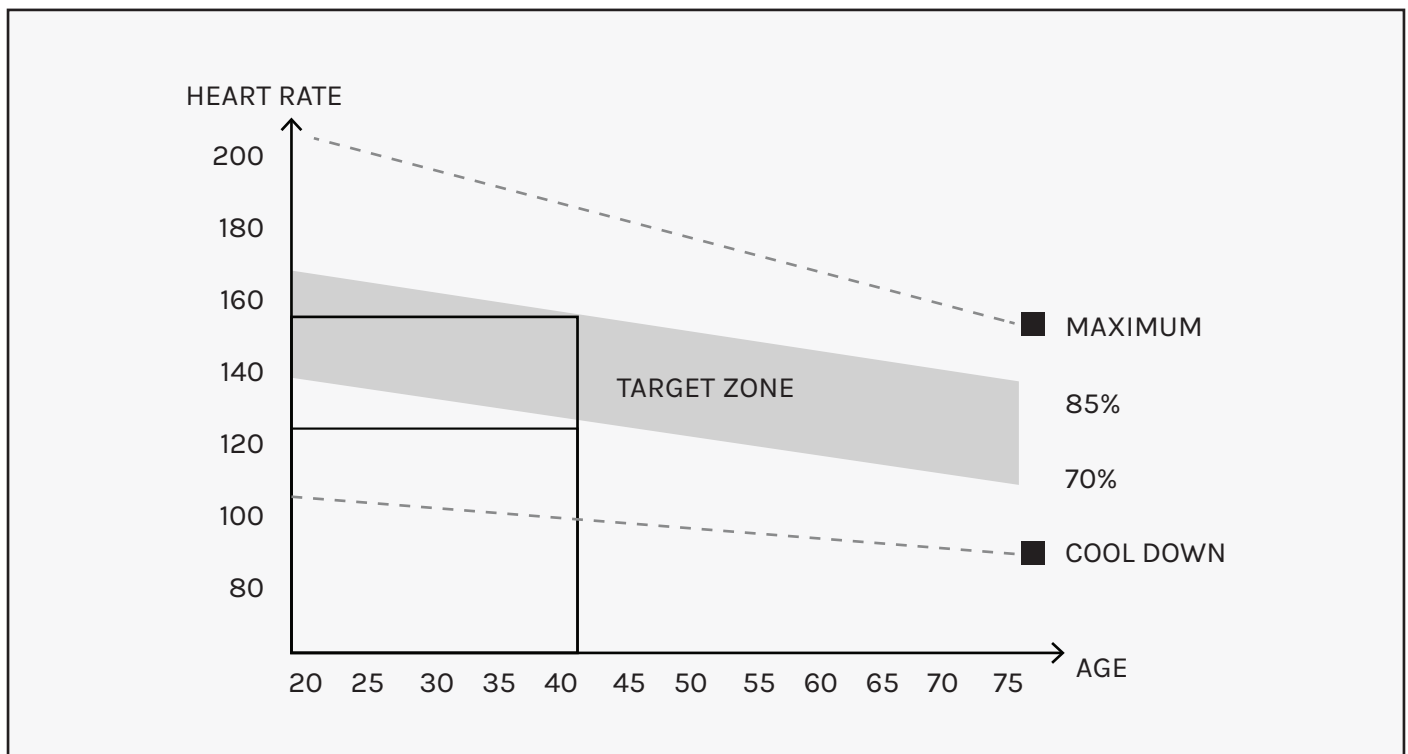
TRAINING ZONE EXERCISE

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





WWW.LIFESPANFITNESS.COM.AU