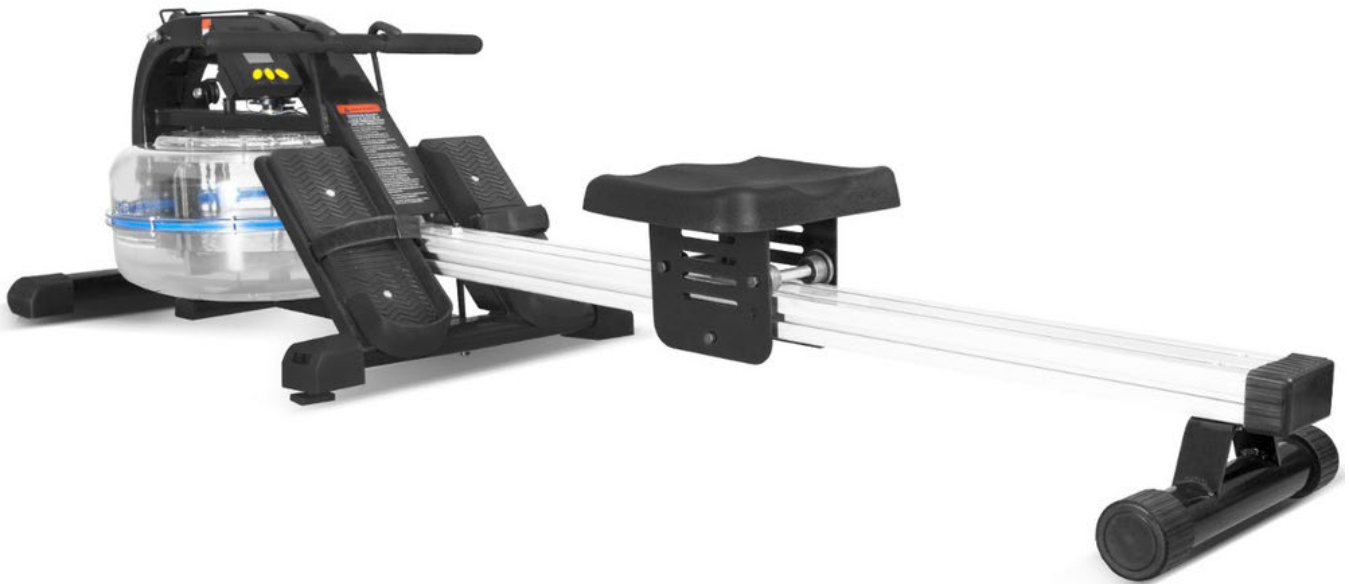


ROWER-700

OWNER'S 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.

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1. 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

- a. 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.
- b. 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.
- c. 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.
- d. Keep children and pets away from the equipment. This equipment is designed for adult use only.
- e. 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.
- f. 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.
- g. 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.

- h. This equipment is designed for indoor and family use only.
- i. Care must be taken when lifting or moving the equipment so as not to injure your back.
- j. Always keep this instruction manual and assembly tools at hand for reference.
- k. The equipment is not suitable for therapeutic use.
- l. 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.

2. CARE INSTRUCTIONS

- a. Lubricate moving joints with grease after periods of usage
- b. Be careful not to damage plastic or metal parts of the machine with heavy or sharp objects
- c. The machine can be kept clean by wiping it down using dry cloth
- d. 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.

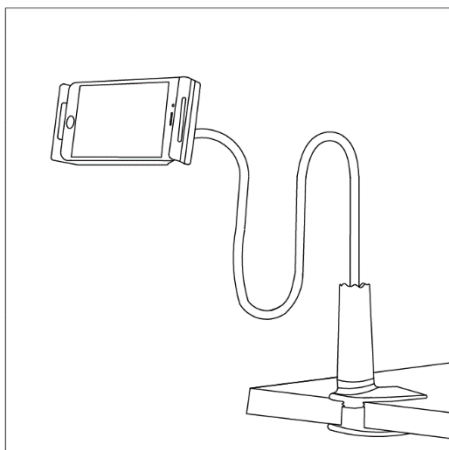
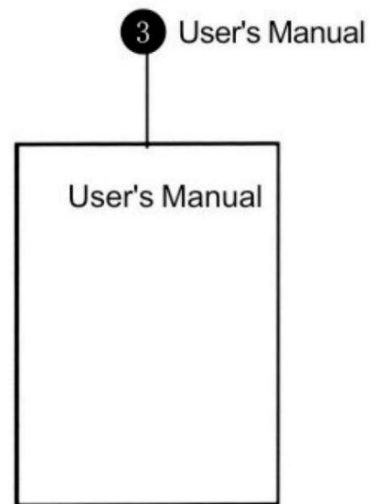
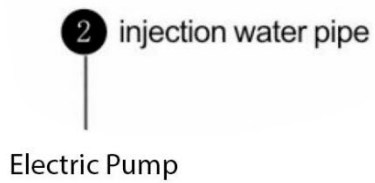
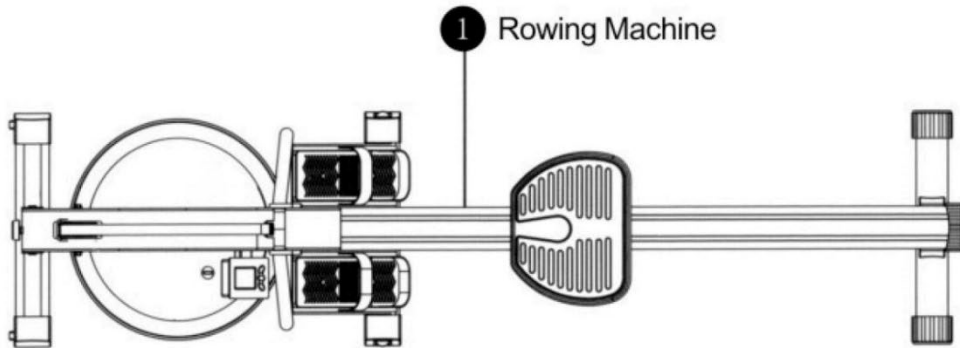
Battery Usage

- a. Batteries are to be installed or replaced by adults only
- b. 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
- c. Remove batteries when product is not in use
- d. Remove exhausted batteries from product and dispose of in accordance with the manufacturer's recommendation
- e. Do not attempt to recharge non-rechargeable batteries
- f. Batteries are to be inserted with correct polarity
- g. The supply terminals are not to be short-circuited
- h. Do not dispose of batteries in fire, batteries may explode or leak

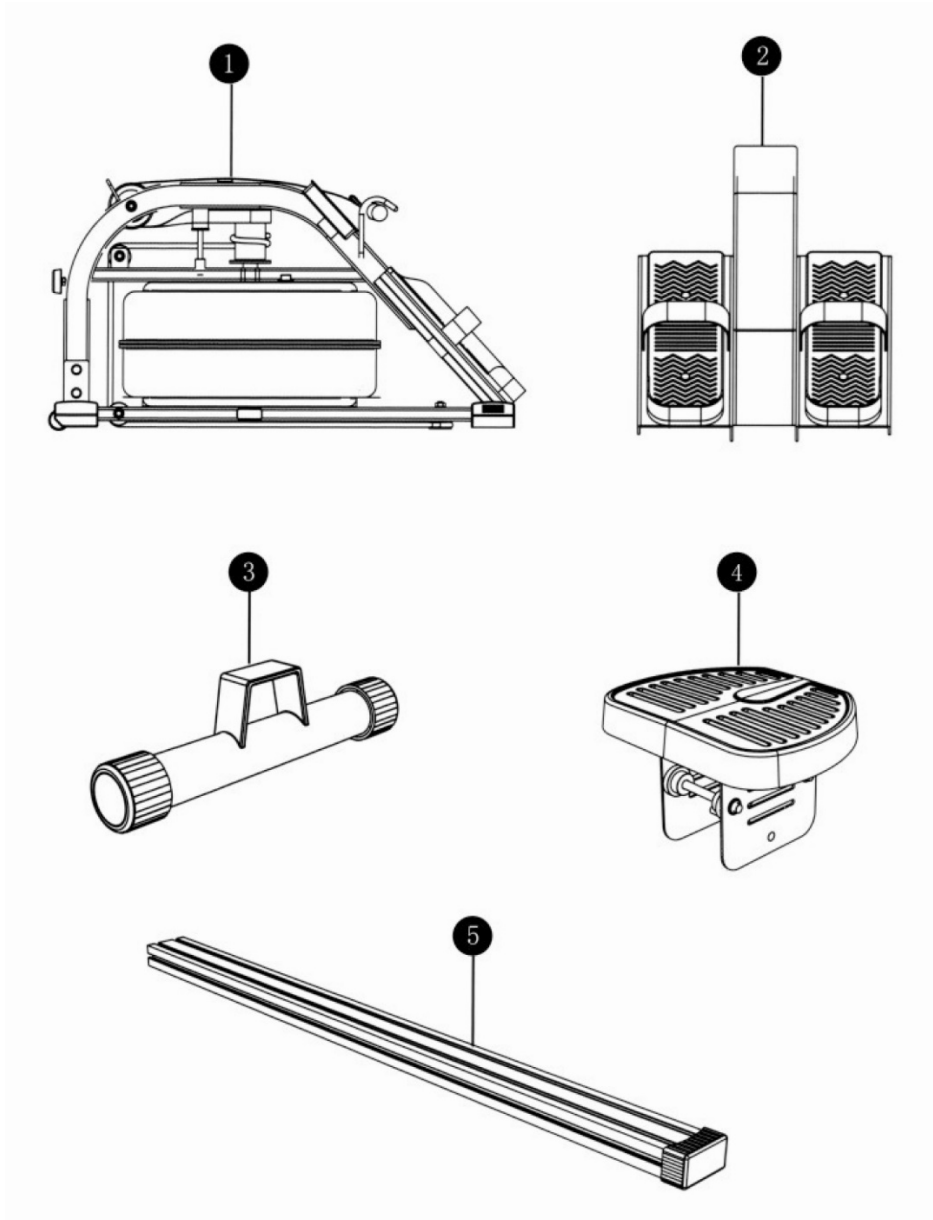


3. ASSEMBLY INSTRUCTIONS

Accessories List

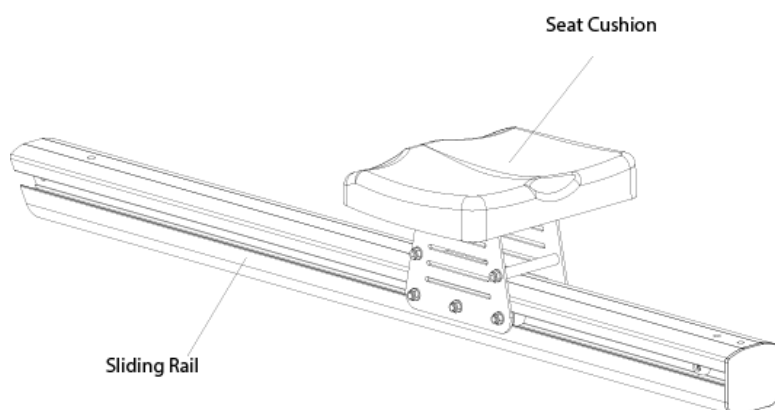


Parts List



***Bolts and nuts are attached on the main parts.**

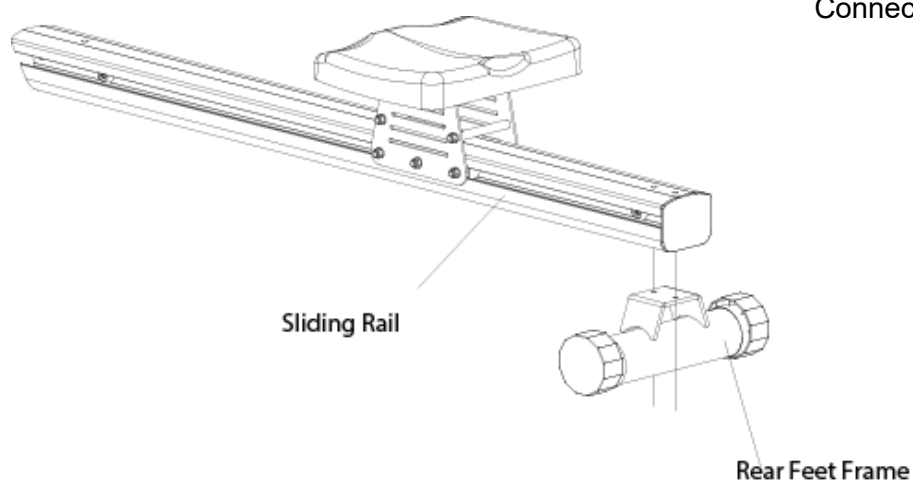
Step 1



Remove the front stopper pad from the rail at the back and insert the seat cushion in the slide rail

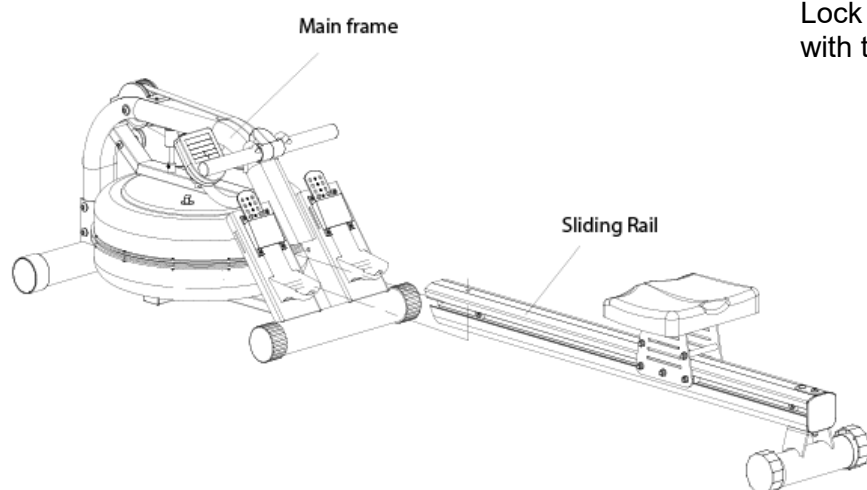
Step 2

Connect rear feet frame with the sliding rail.



Step 3

Lock up the sliding rail and main base frame with the screws.



4. OPERATION

How to Use:

1. Add water for more resistance: Open the cap for the tank and pour water inside.
2. Remove water for less resistance: Use the electric siphon to take the water of the tank.
3. Add the full contents of Aqua Blue to the tank to help keep the water clean.

Electric Siphon Operation

1) Power-on

1. Press the ON/OFF button to start or stop the siphon.

2) Charging

1. The battery voltage is 5V, it can pump 18L of barreled water for 3 times once fully charged.
2. The electric siphon is lower-voltage and explosion-proof control for safety precaution.
3. When the supply current of the product is lower than 3.2A, a red warning light will flash. Please turn off the siphon and charge.
4. When the battery is fully charged, the green light will appear.

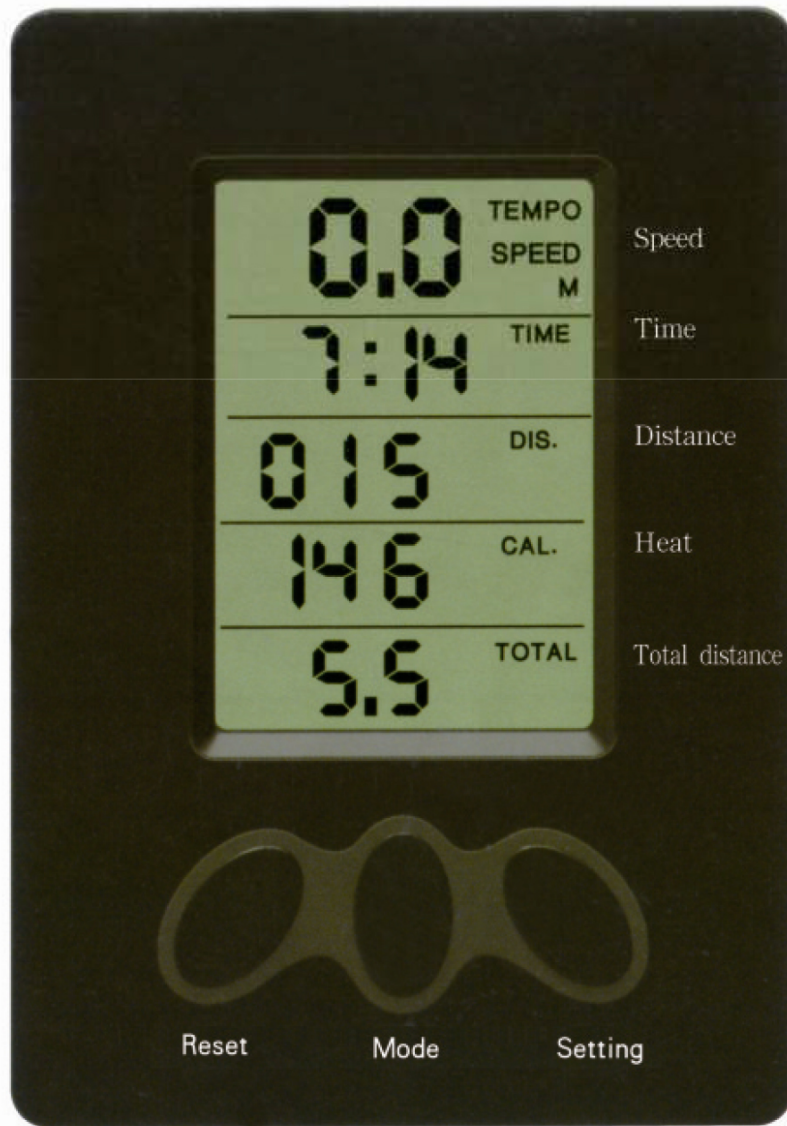
3) Using

1. Please carefully read the manual before using the product.
2. Please connect one side of the plastic tube to the pump intake underneath the product and stick the other side into the barreled water before using.
3. Please charge it fully after using or if not used for quite a long time.
4. Please clean the plastic tube periodically or replace it once a month to keep healthy.

4) Cleaning and maintaining

1. Please unplug the power supply and store it out of the sun in cool dry condition after cleaning it, when it is not in use.
2. Please prevent the water getting into the electrical parts and do not clean it in water. Use a soft, damp cloth to eliminate dirt and dust.

5.COMPUTER DISPLAY



Functions:

Reset: Sets value to zero.

Mode: Selects Time/ Distance/ Calorie function and confirmation key.

Setting: Setting various values.

6.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.

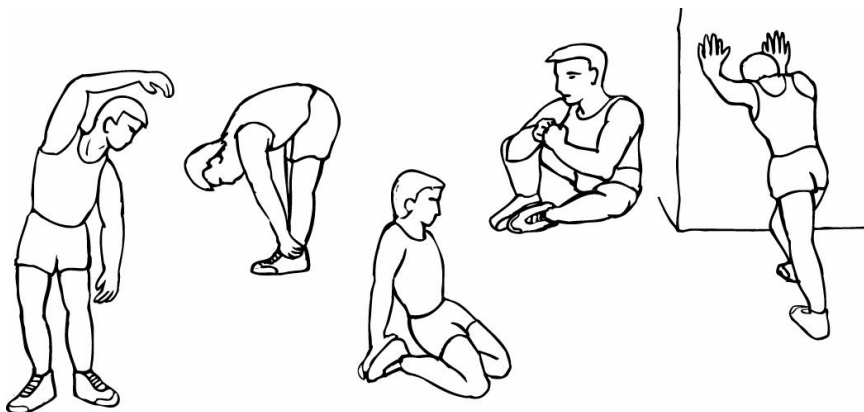
The key to success is to make exercise a regular and enjoyable part of your everyday life.

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.



Training Zone Exercise

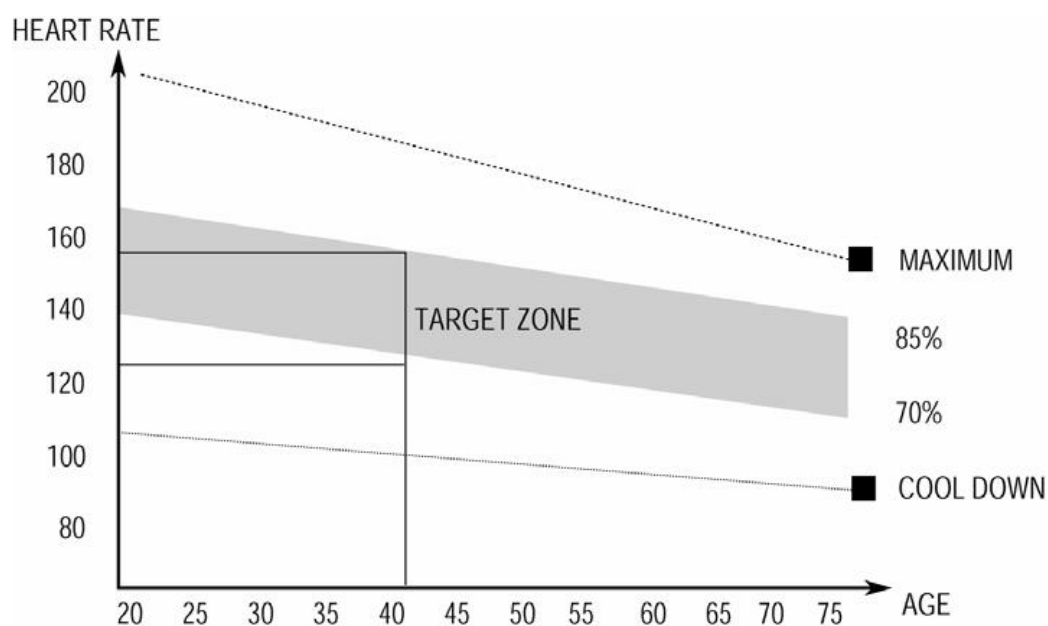
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.

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

TARGET ZONE



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

7. WATER CARE INSTRUCTIONS

How to keep the water clean or clear:

- Rinse the tank and get out as much of the dirty water before refilling with clean water.
- Use bottled or distilled water rather than tap water.
- Add one purification tablet when you refill with clean water. *Please note: adding purification tablets to already cloudy water will not help to clear up the water.*
- Store the water tank away from direct sunlight, if possible. This is to prevent algae growth.

How often do you need to add purification tablets?

It is recommended to add one tablet into your tank every 6 months. If your rower is in direct sunlight, it is recommended to add every 3-4 months.

Algae Growth

If your tank is not regularly maintained, algae growth will occur.

To clean algae you should empty as much of the infested water as you can and refill the tank with clean water. Add about ¼ cup of algae cleaner solution into the tank and give a few rows to mix the solution. Once the tank is clear, you can add a purification tablet.

8. TROUBLESHOOTING

ISSUE	REASONS	SOLUTION
Water discoloration or turbid	<ul style="list-style-type: none">a. Water exposed to direct sunlightb. Water was not treated.	<ul style="list-style-type: none">a. Place the rower away from direct sunlight.b. Change or treat the water according to this manual. Consider using distilled water for water re-injection.
The handle belt slips from the rubber wheel	<ul style="list-style-type: none">a. The tension rope is not tight, and the counter charge is not strong.	<ul style="list-style-type: none">a. According to the re-installation of the rowing machine pull tape instructions for processing, drawing the tension rope.
Display isn't working after installing the battery	Battery is either installed incorrectly or dead.	Check to ensure it is installed correctly or try a new battery. If it is still not working, contact support.

9.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:

Please email us at support@lifespanfitness.com.au for all warranty or support issues.

For all warranty or support related enquiries, please lodge a support ticket first by sending us an email.