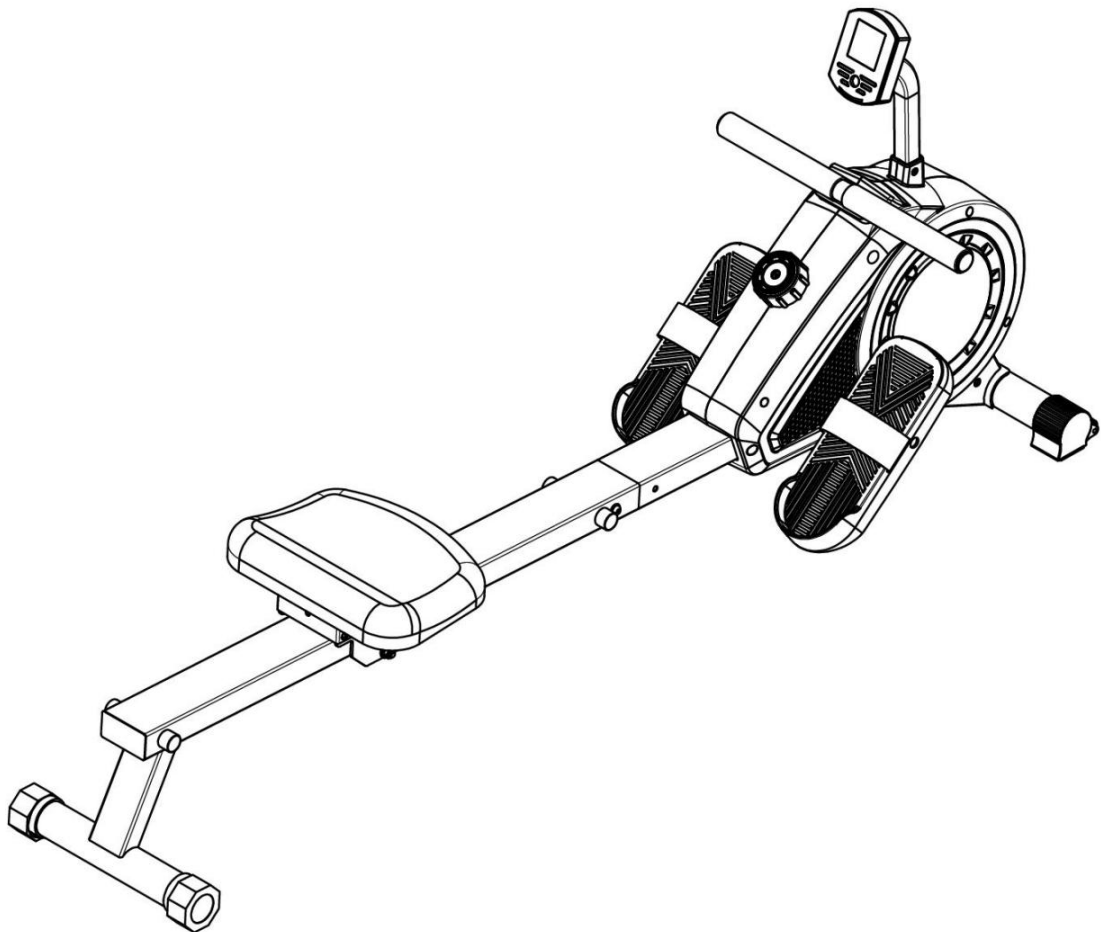


LSC

GR-02 Magnetic Rowing Machine

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.lsgfitness.com.au



TABLE OF CONTENTS

I. Important Safety Instructions	03
II. Exploded Diagram	04
III. Parts List	05
IV. Assembly Instructions	06
V. Exercise Guide	14
VI. Storage and Maintenance	16
VII. Warranty	17

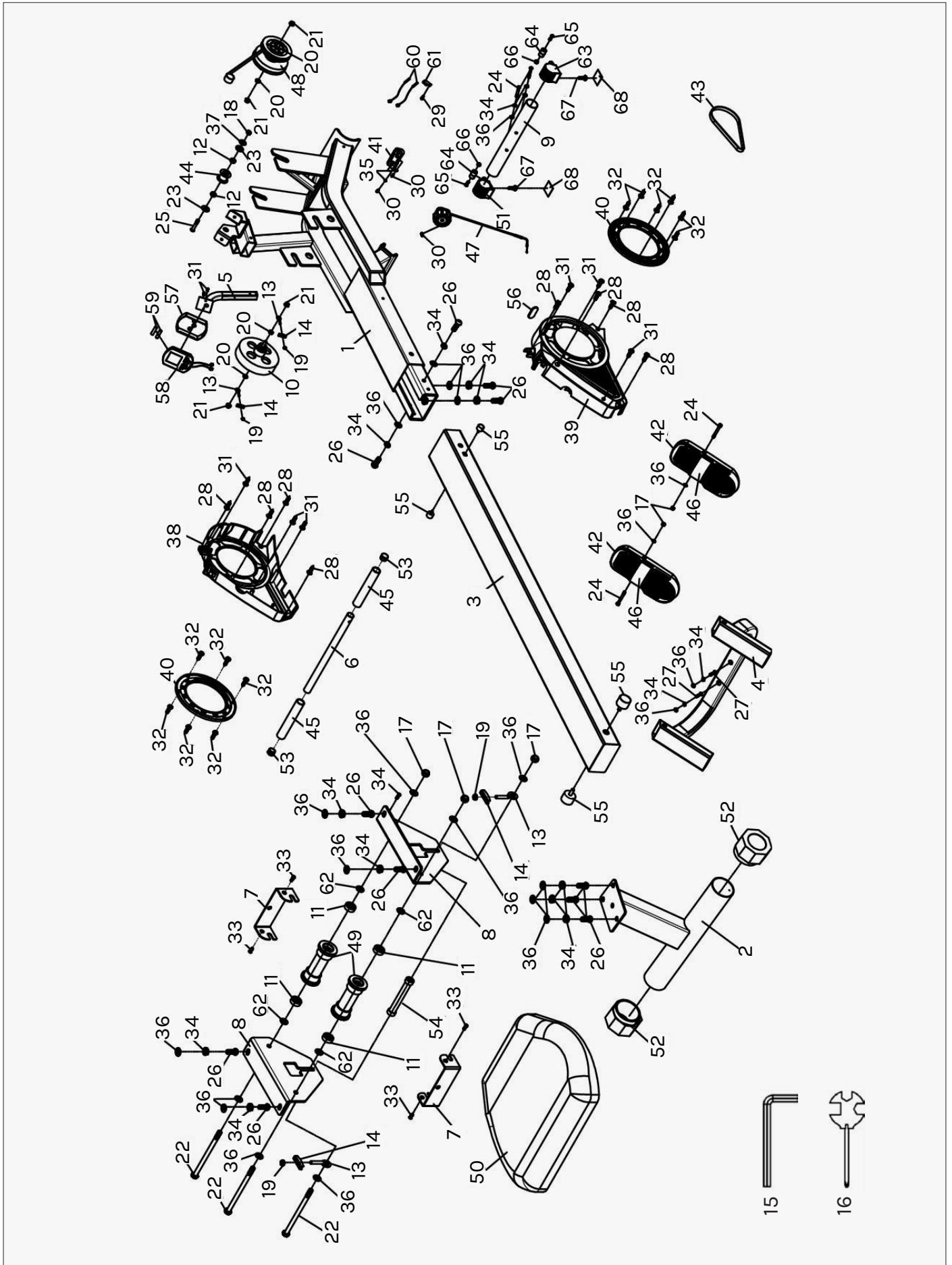
I. IMPORTANT SAFETY INSTRUCTIONS

 **For your safety and health, please use this product correctly.**

Before assembling this product, please carefully read the following important information and read the instructions. Correctly product assembly, maintenance and operation are very important to improve the safety and effectiveness of the product.

- Before starting the exercise, you should consult with your doctor to determine if your health and physical condition are adequate for using this product together. Because the bad condition of body can bring hidden trouble to your health and safety or hinder you to use this product correctly.
- If you are taking medication that affects your heart rate or blood pressure, your doctor's advice is extremely important.
- Always pay attention to the adverse reactions of the body. Improper and excessive use can damage your body, if you notice any of the following symptoms, stop exercising immediately: Chest pain and chest tightness, abnormal heartbeat, shortness of breath, head light, dizzy or nauseous. If any of these symptoms occur during exercise, be sure to consult your doctor before continuing exercise.
- Keep children and pets away from equipment. This equipment is only suitable for adults!
- Please place the equipment on a firm, flat horizontal surface with soft materials to protect your ground and carpets. Keep at least 0.6m of open space around the equipment!
- Please make sure all screws and nuts are locked before using the product.
- Use the product correctly according to the product label. When parts are found to be defective during assembly or inspection of the appliance, or when you hear abnormal sound from the device, please stop using it immediately. Never continue to use the equipment until the problem is solved.
- Please wear suitable clothes when you exercise. Avoid loose clothing during exercise, such clothes are easy to hang on or limit movement.
- This product is only for indoor use only. Max. user weight 264LB.
- Please be careful not to sprain your back when moving or uplift this product.
- This product is not suitable for medical rehabilitation.
- Please properly keep the instruction manual and assembly tools for emergency use.

II. EXPLODED DIAGRAM

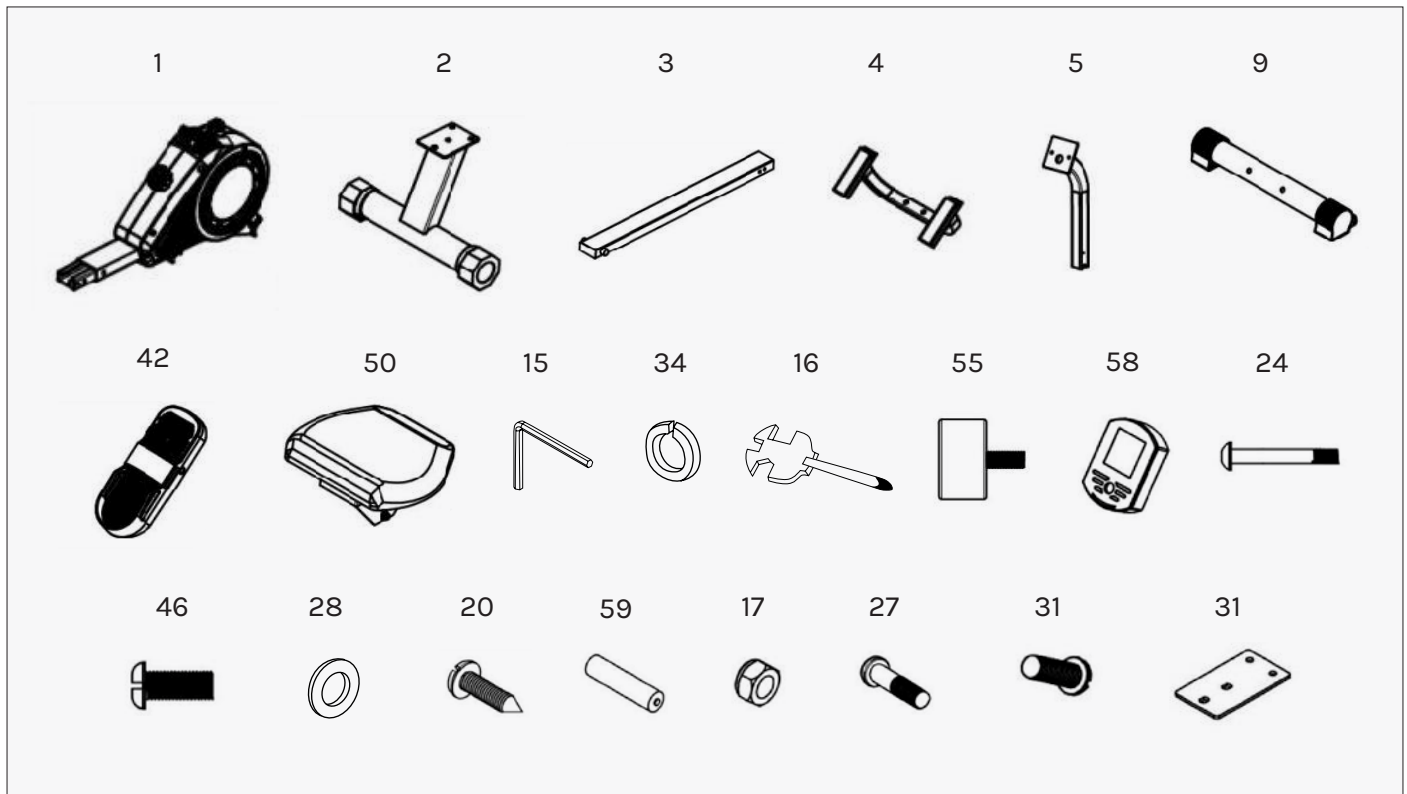


III. PARTS LIST

! 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.	Name	Qty	NO.	Name	Qty
1	Main frame	1	36	Flat washer 8	23
2	Rear foot tube frame	1	37	Flat washer 10	1
3	Slide tube frame	1	38	Left protective cover	1
4	Foot pedal tube assembly	1	39	Right protective cover	1
5	Computer bracket	1	40	Decorative cover	2
6	Tension tube	1	41	Armrest fixing pad	1
7	Seat cushion limiting plate	2	42	Foot pedal	2
8	Seat cushion mounting plate	2	43	Belt PJ660/260J	1
9	Front foot tube	1	44	Ribbon pulley 45*35	1
10	Magnetic wheel	1	45	Foam L=210mm	2
11	Deep groove ball bearing 608-2RS	4	46	Foot pedal adjusting belt	2
12	Deep groove ball bearing 6000-2RS	2	47	Resistance Knob (assembly)	1
13	Pull rod	4	48	Pullback device	1
14	Pull rod limiting plate	4	49	Seat cushion wheel	2
15	Allen Wrench	1	50	Seat cushion	1
16	Wrench with screwdriver	1	51	Left front cover	1
17	Lock nut M8	5	52	Eccentric foot cover	2
18	Lock nut M10	1	53	Circular tube plug	2
19	Nut M8	4	54	Limit sleeve	1
20	Nut M10*1.0	4	55	Cushion pad	4
21	Nut M10*1.0	4	56	Non-slip mat	1
22	Bolt M8*125	3	57	Computer back cover	1
23	Isolation nylon pad $\phi 23 * \phi 10.5 * 2$	2	58	Computer up cover	1
24	Bolt M8*65	4	59	Battery	2
25	Bolt M10*55	1	60	Bottom wire L=500m	2
26	Bolt M8*20	11	61	Induction bar clamp	1
27	Bolt M8*40	2	62	Roller spacing	4
28	Screw ST4.2*12	8	63	Right front cover	1
29	Screw ST4.2*9.5	1	64	Seat cushion wheel	2
30	Bolt M5*10	3	65	Bolt M6*50	2
31	Bolt ST4.2*13	8	66	Nut M6	2
32	Screw ST4.2*9	12	67	Screw ST4.2*19	2
33	Bolt M6*8	4	68	Anti-slipped pad A	2
34	Spring Washer 8	15	69	Slide plate	1
35	Flat washer 5	2			

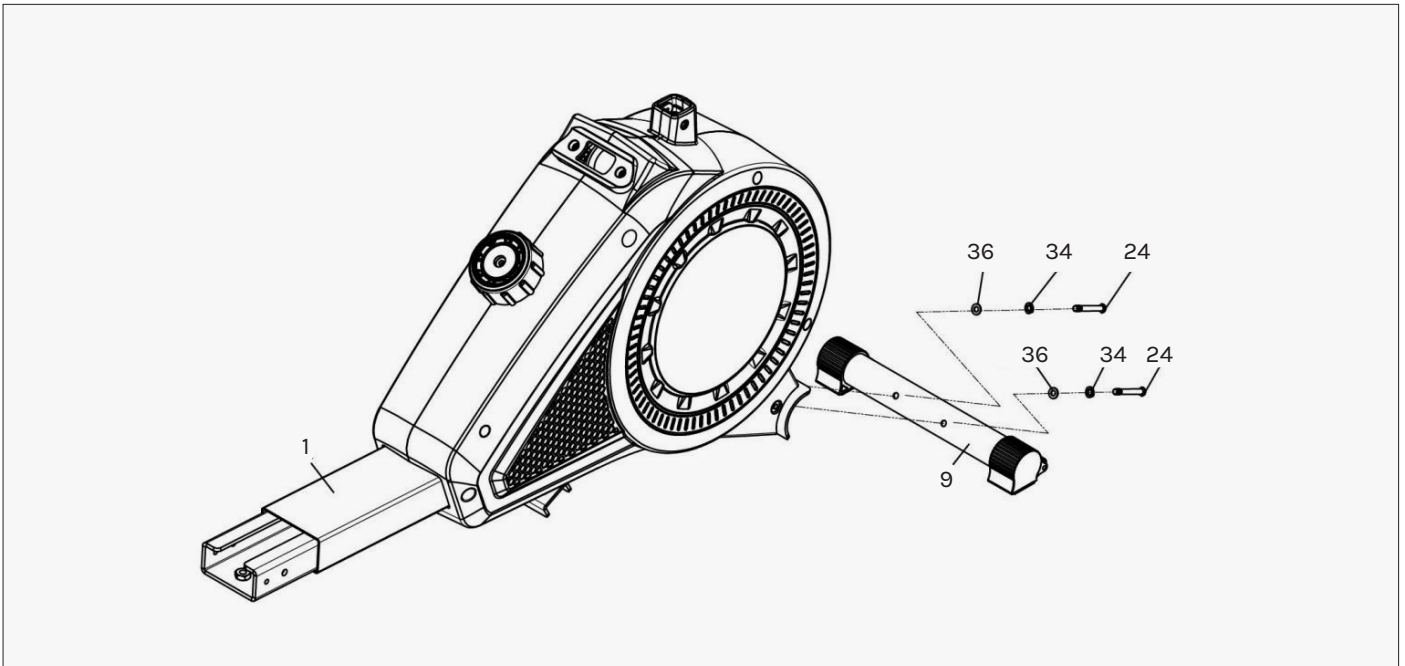
IV. ASSEMBLY INSTRUCTIONS



No.	Description	Specs	Qty	No.	Description	Specs	Qty
1	Main frame		1	58	Computer		1
2	Rear foot tube frame		1	24	Bolt	M8*65	4
3	Slide tube frame		1	26	Bolt	M8*20	9
4	Foot pedal tube assembly		1	36	Flat washer	Ø8	15
5	Computer bracket		1	28	Screw	ST4.2*12	2
9	Front foot tube		1	34	Spring Washer	8	13
42	Foot pedal		2	50	Seat cushion		1
15	Allen Wrench	S=5	1	55	Cushion pad	Ø25*18	2
16	Wrench with screwdriver	S13, 14, 15	1	59	Dry battery		2
17	Lock nut	M8	2	27	Bolt	M8*40	2
31	Screw	ST4.2*13	2	69	Slide Plate		1

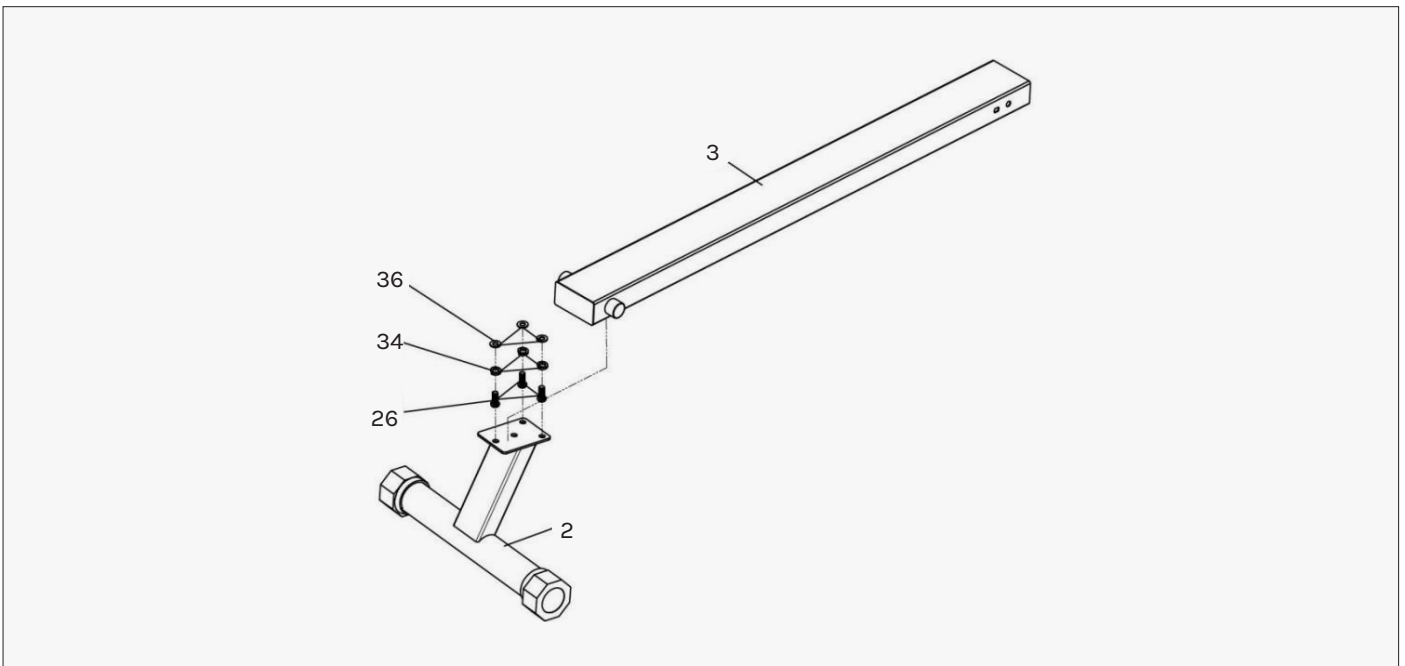
INSTALL TOOLS:

#15 Allen Wrench S=5	1pc
#16 Wrench with screw driver S13,14,15	1pc



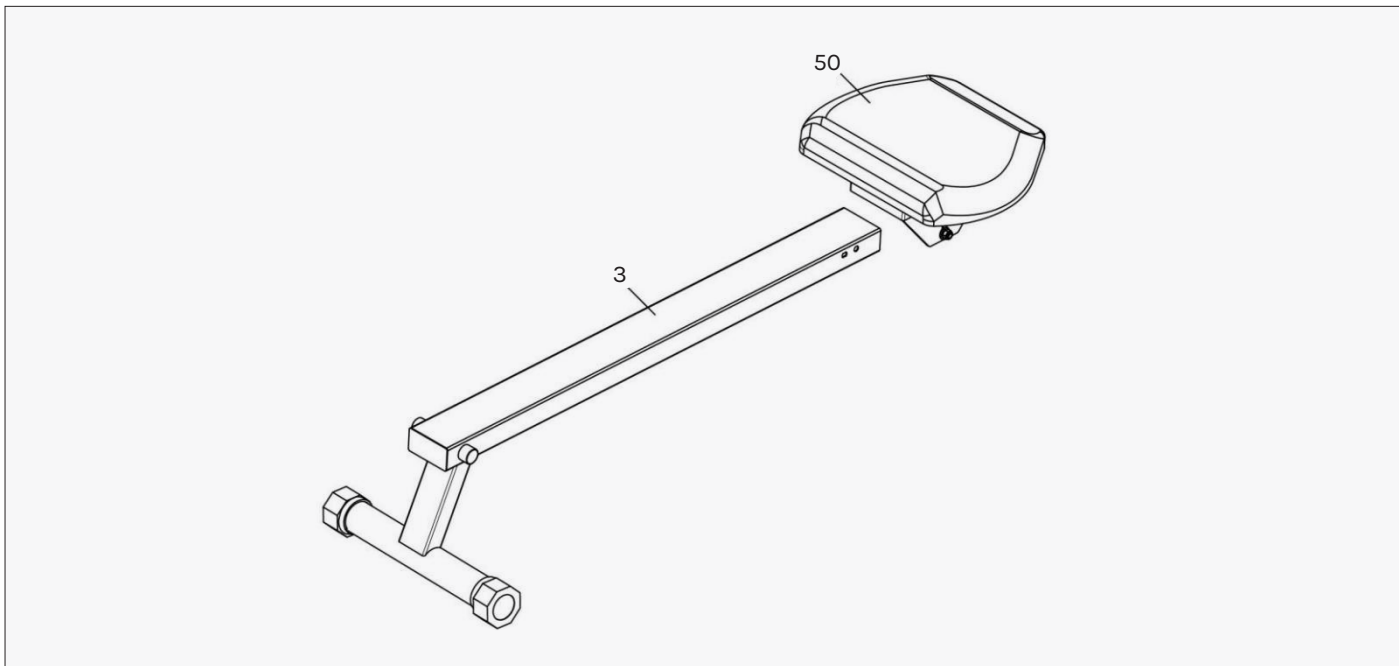
STEP 1

Use the Allen Wrench (15) lock the front foot tube frame (9) onto the main frame (1) with bolt (24), Washer (36), Spring Washer (34).



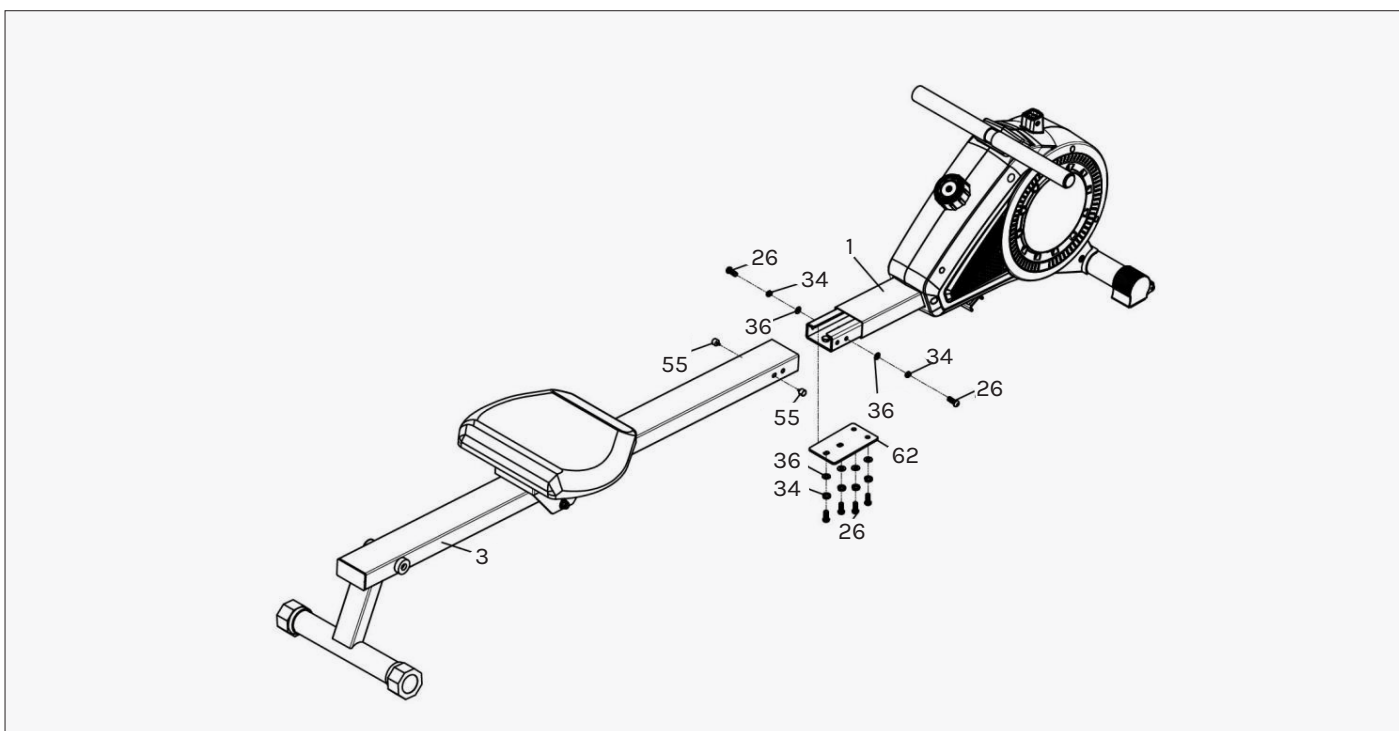
STEP 2

Use the Bolt (26), flat washer (36), and Spring Washer (34) to lock the Rear foot tube frame (2) on the Slide tube frame (3).



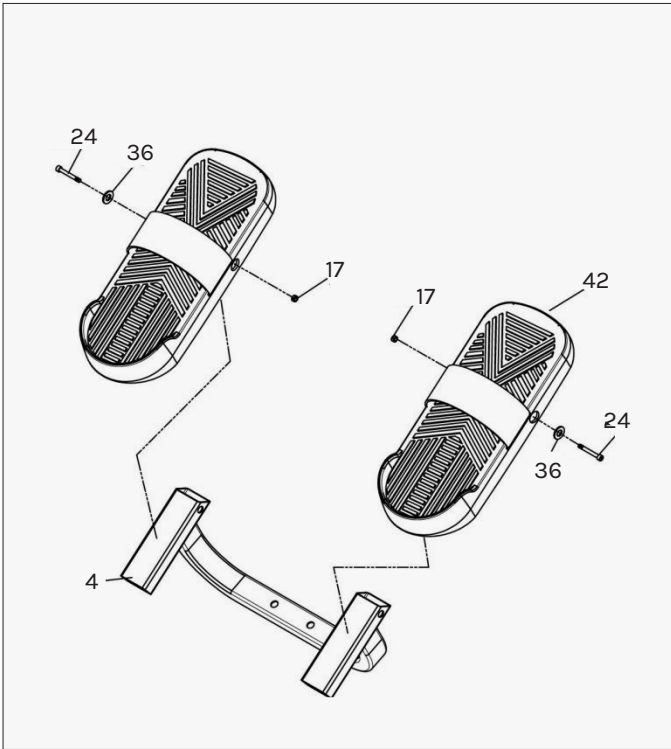
STEP 3

Install the Seat cushion (50) into the Slide tube frame (3).



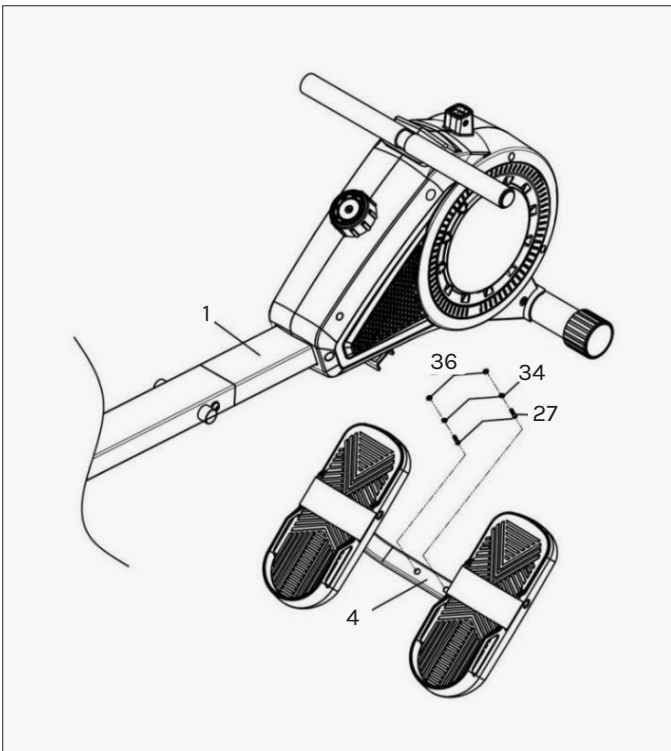
STEP 4

1. Use Bolt (26), spring washers (34), and flat washers (36) and Slide Plate (69) to lock the Slide tube frame (3) on the Main frame (1).
2. Screw the Cushion pad (55) into the Main frame (1).



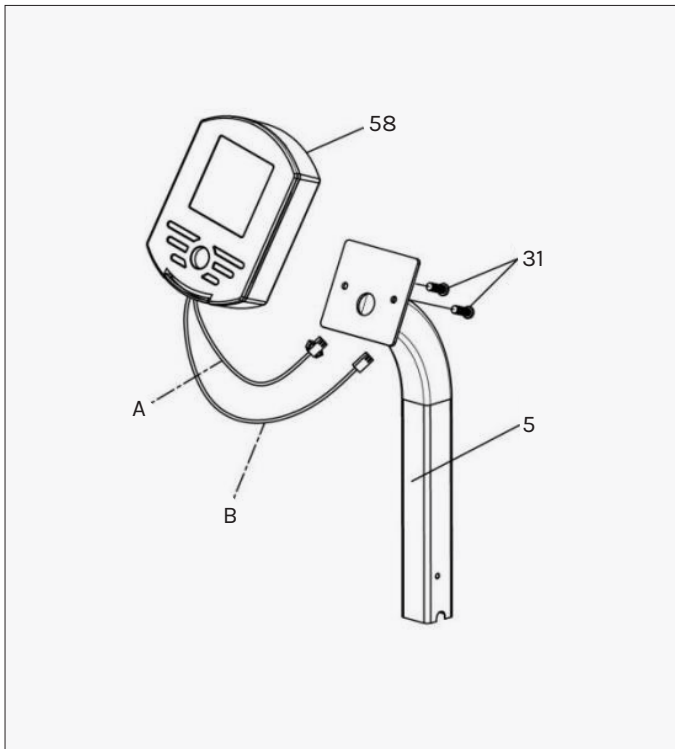
STEP 5

Lock the Foot pedal (42) to the Foot pedal tube assembly (4) with and Bolt (24), Flat washer (36) and Lock nut (17).



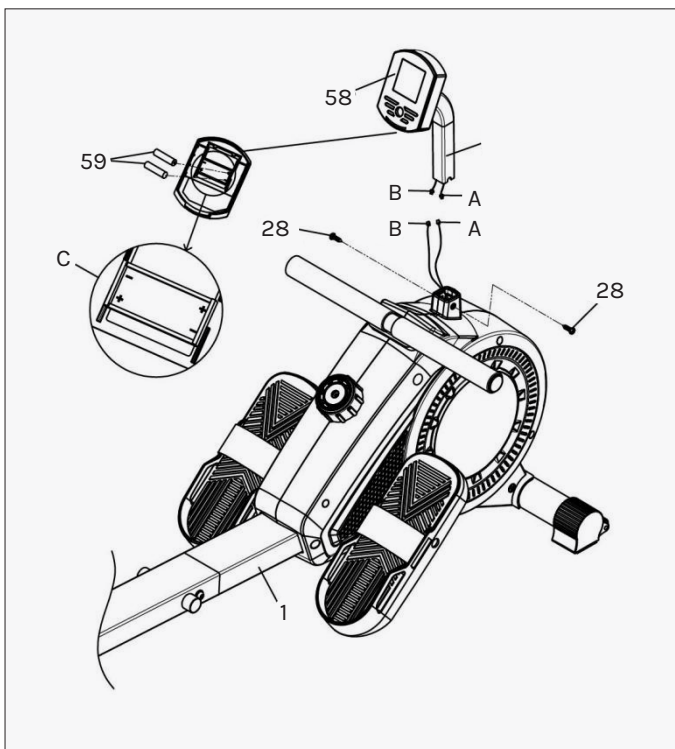
STEP 6

Use Bolt (27), Spring Washer (34), and Flat washer (36) to lock the Foot pedal tube assembly (4) to the Main frame (1).



STEP 7

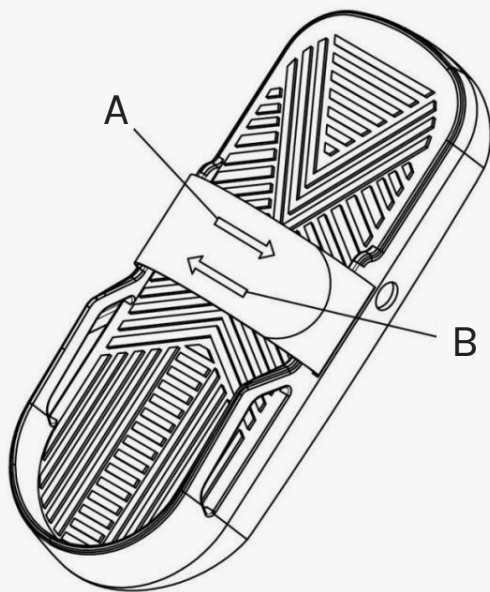
Insert the communication line A/B into the computer bracket (5), and then lock the screw (31) into the computer (58)



STEP 8

1. Take out the Computer up cover (58), and then put the battery (59) into the Computer up cover (58) as shown in C in the figure;
2. Connect the communication wire as shown in the figure A/B, to connect the wire A with A and B with B.
3. Insert the Computer bracket (5) into the Main frame (1) and fix it with the Screw (28).

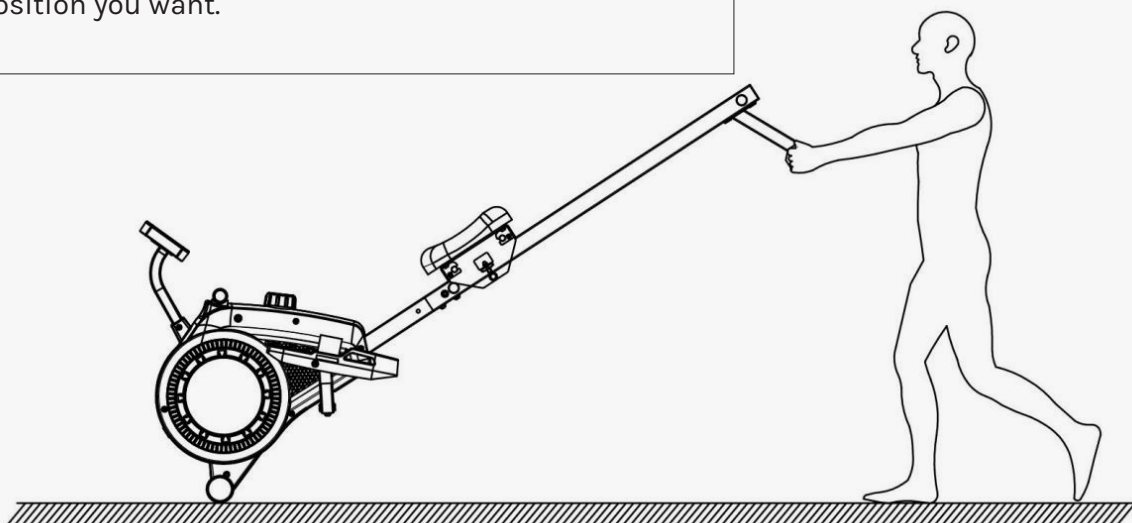
PEDAL ADJUSTMENT



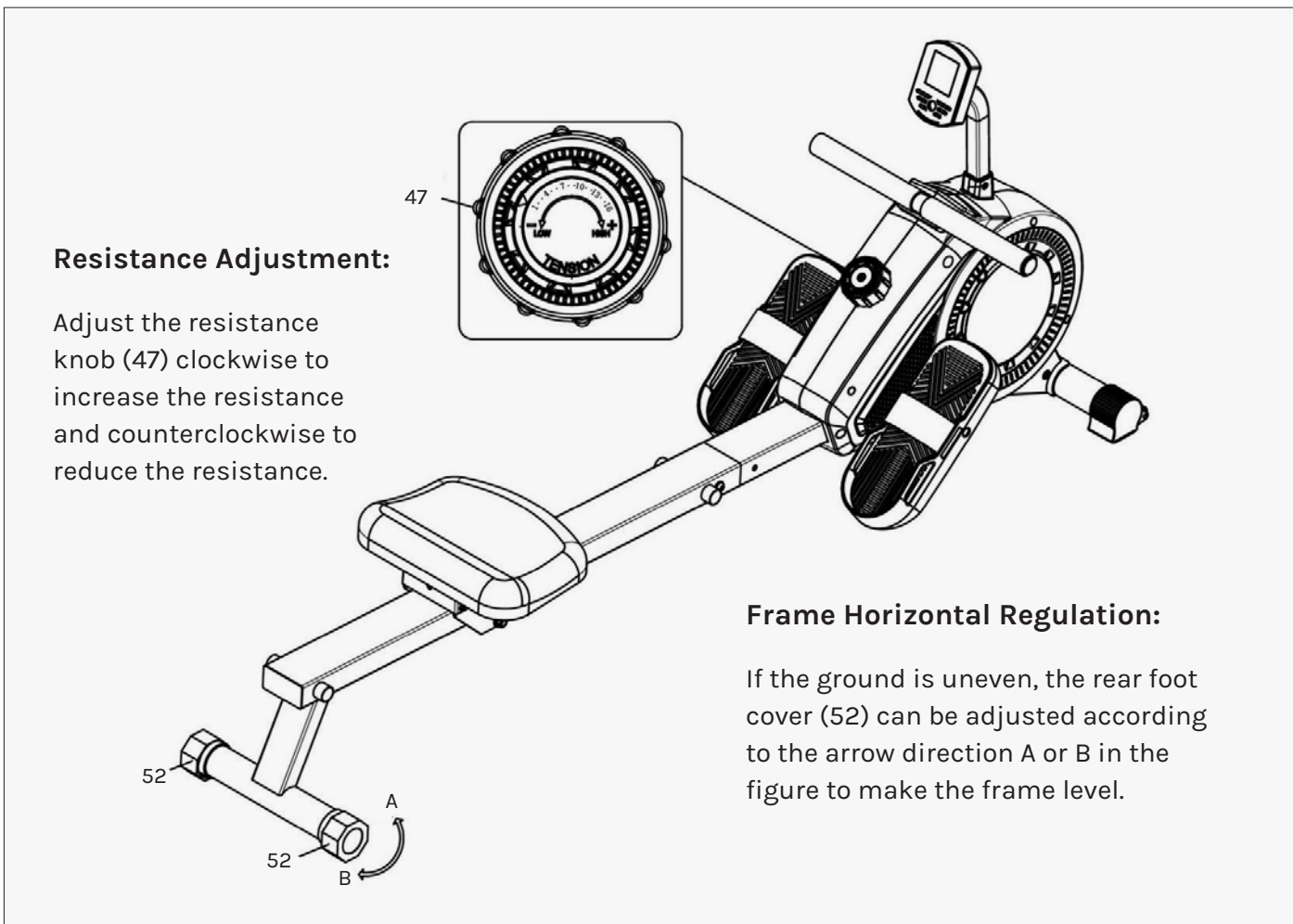
According to the size of feet the pedal strap is adjustable. The specific tightness adjustment method is shown in the left figure. A direction is to tighten, B direction is to loosen.

MOVING THE MACHINE

The front foot tube frame has transport wheel in the front. Lift up the rear foot tube frame onto the wheels and then you can move the frame to the position you want.



RESISTANCE AND FLOOR LEVEL ADJUSTMENT



Button Function:

MODE: press this button to select the function.

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



Functional Operation:

- 1. SCAN:** Press the MODE button into scan state. The computer will automatically scan to time, calories, total number of times, and every scan interval is 6 seconds.
- 2. TIME:** shows the time from the computer start to the end.
- 3. Times Count (CNT):** shows the number of times from the computer start to the end.
- 4. CAL:** shows the total calories from the computer start to the end.
- 5. Total number of times (TOT.CNT):** count all times after installing the battery.
- 6. Average speed (REPS/MIN):** shows the average number of movements per minute.
If there is no movement signal, the computer display will close automatically after 4 minutes, and will turn on when there is movement signal, or if a button is pressed.

Scope Description:

	SCANNING INTERVAL	EVERY 6 SECONDS
FUNCTION	TIME (minutes)	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 battery
Working temperature	0–40 degree	
Storage temperature	-0 degree –+60 degree	

V. EXERCISE GUIDE

ⓘ PLEASE NOTE:

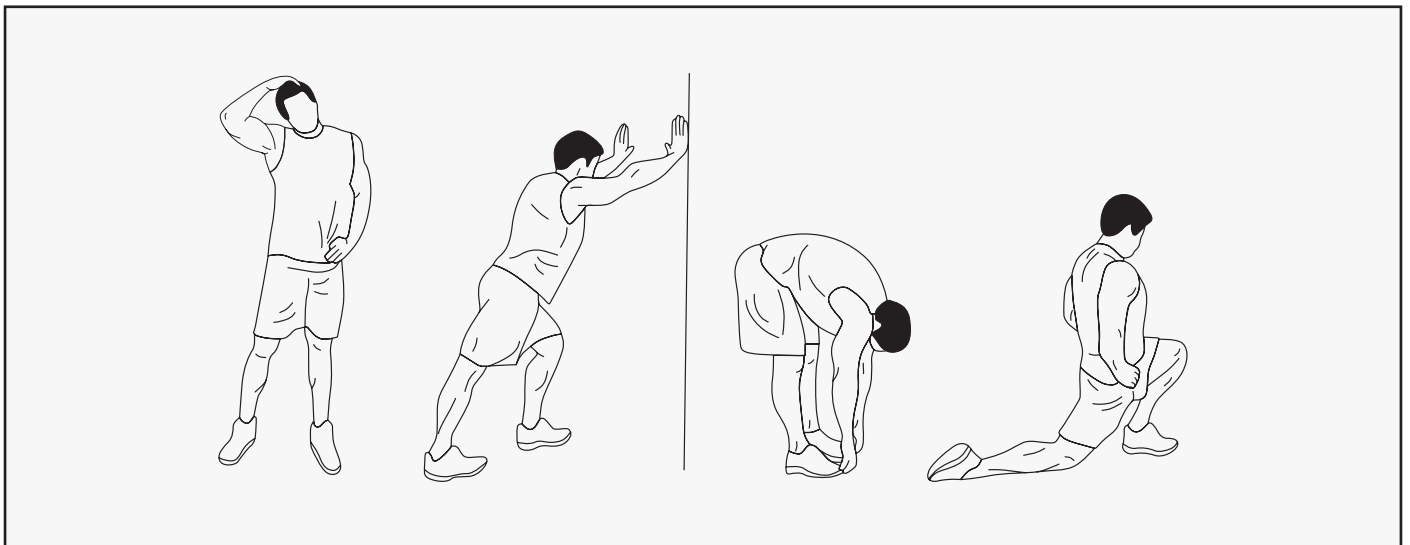
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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 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

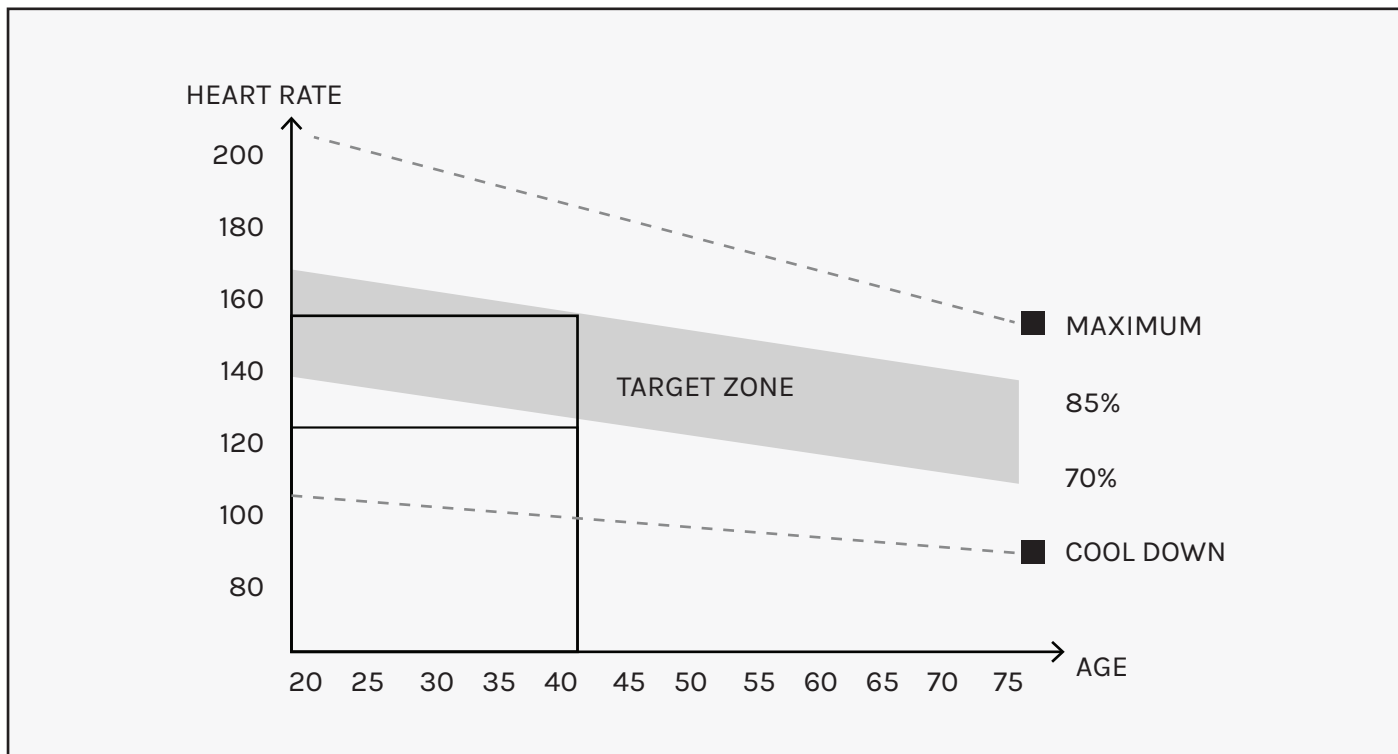
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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.

The most important factor here is the amount of effort you put in. The harder and longer you work, the more calories you will burn.

VI. STORAGE AND MAINTENANCE

1. Keep the rowing machine in a clean and dry place.
2. 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.
3. Remove the battery before storing the machine for a long time.
4. Clean the Seat Rail with an absorbent cloth.
5. Always make sure all the nuts and bolts are properly tightened.
6. Regular inspection is required. Replace any worn or damaged parts immediately.

VII. 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:

<https://www.lsgfitness.com.au/pages/warranty>

WARRANTY AND SUPPORT

Please email us at support@lsgfitness.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.

LSG

WWW.LSGFITNESS.COM.AU