



ROWER-605

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



TABLE OF CONTENTS

- I. Important Safety Instructions 05
- II. Care Instructions 06
- III. Assembly Instructions 07
- IV. Folding Instructions 10
- V. Operation Guide 11
- VI. Exercise Guide 17
- VIII. Parts List 20
- IX. Warranty 22

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.

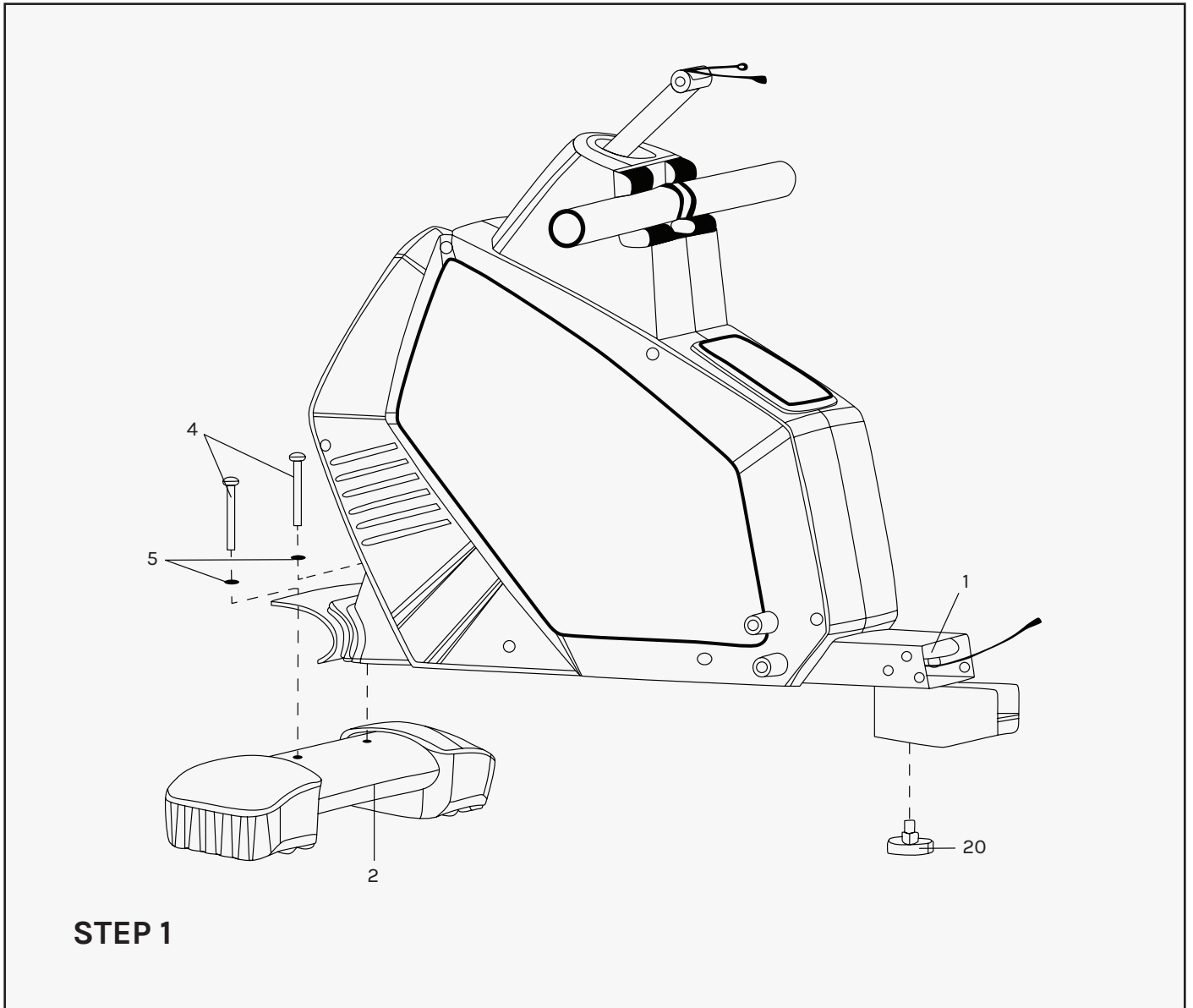
- It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. **PLEASE NOTE:** It is your responsibility to ensure that all users of the equipment are informed of all warnings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

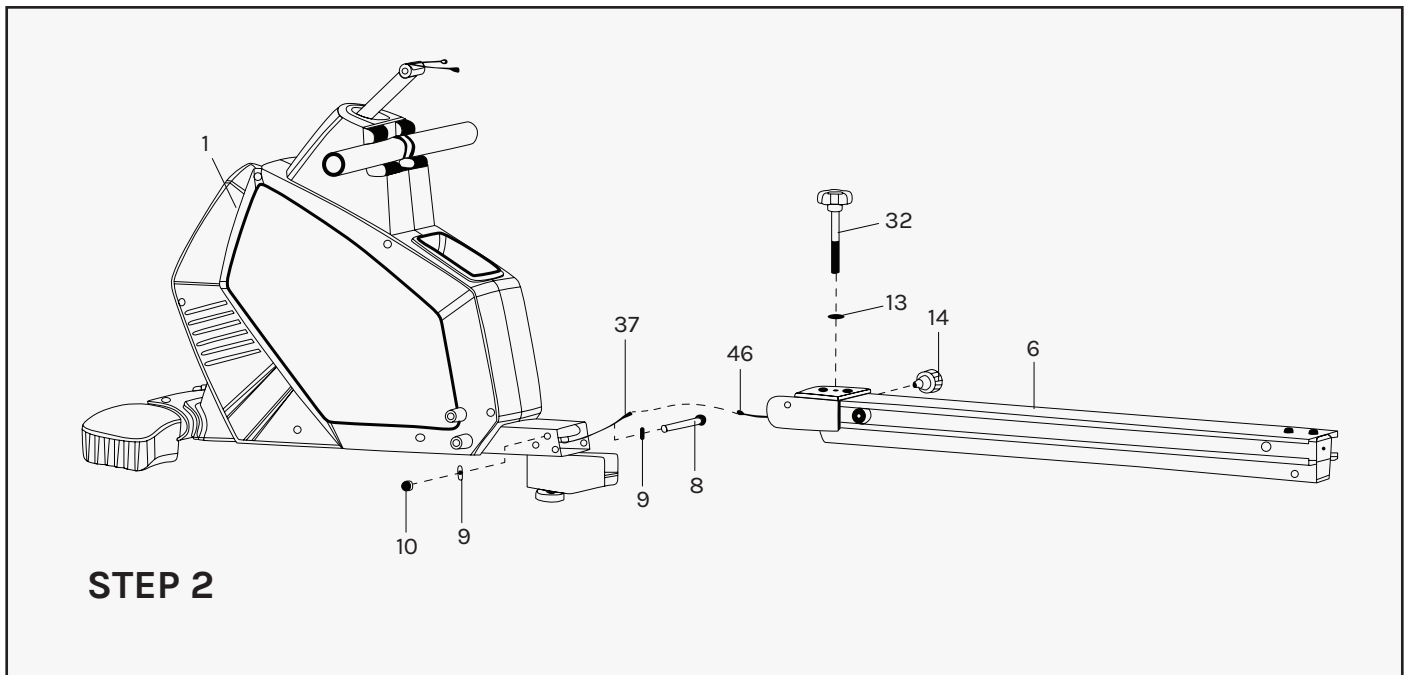
II. CARE INSTRUCTIONS

- 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

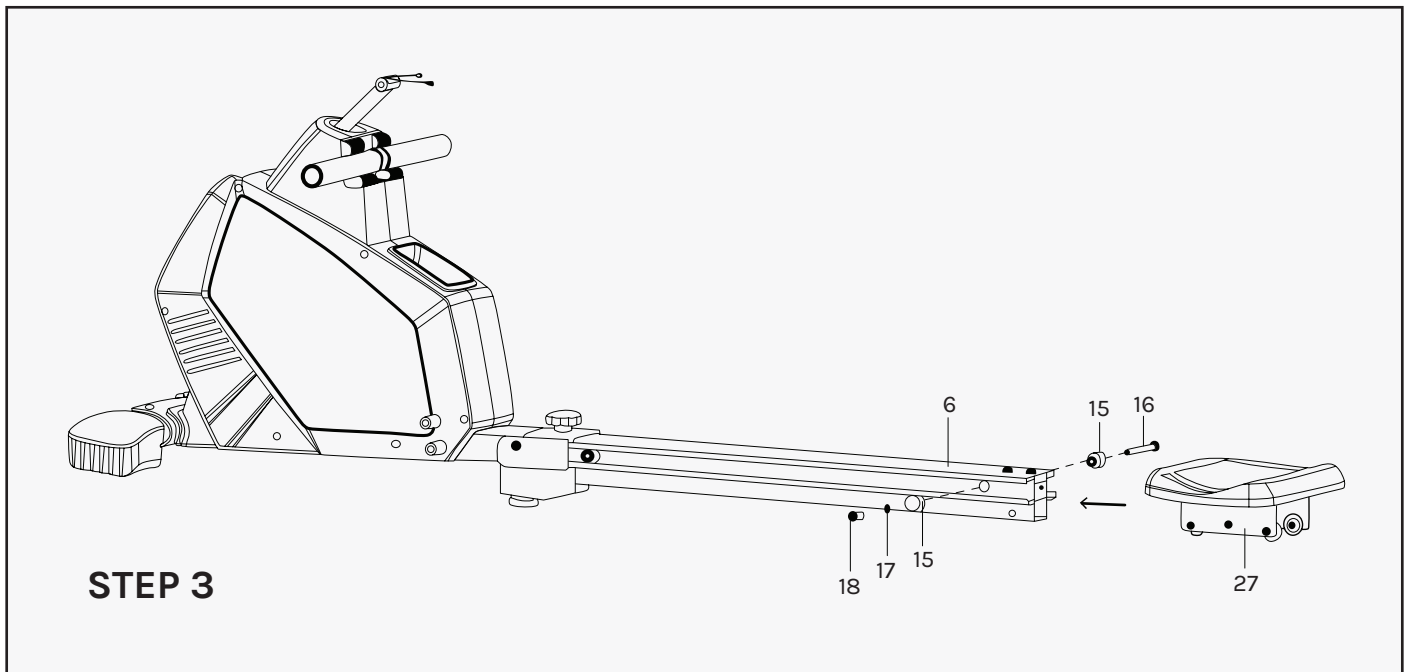


1. Attach the front bottom tube (2) on to the main frame (1) with the inner hex bolts (4) and flat washer (5) as shown in above.
2. Attach the adjustable knob (20) to the main frame (1).



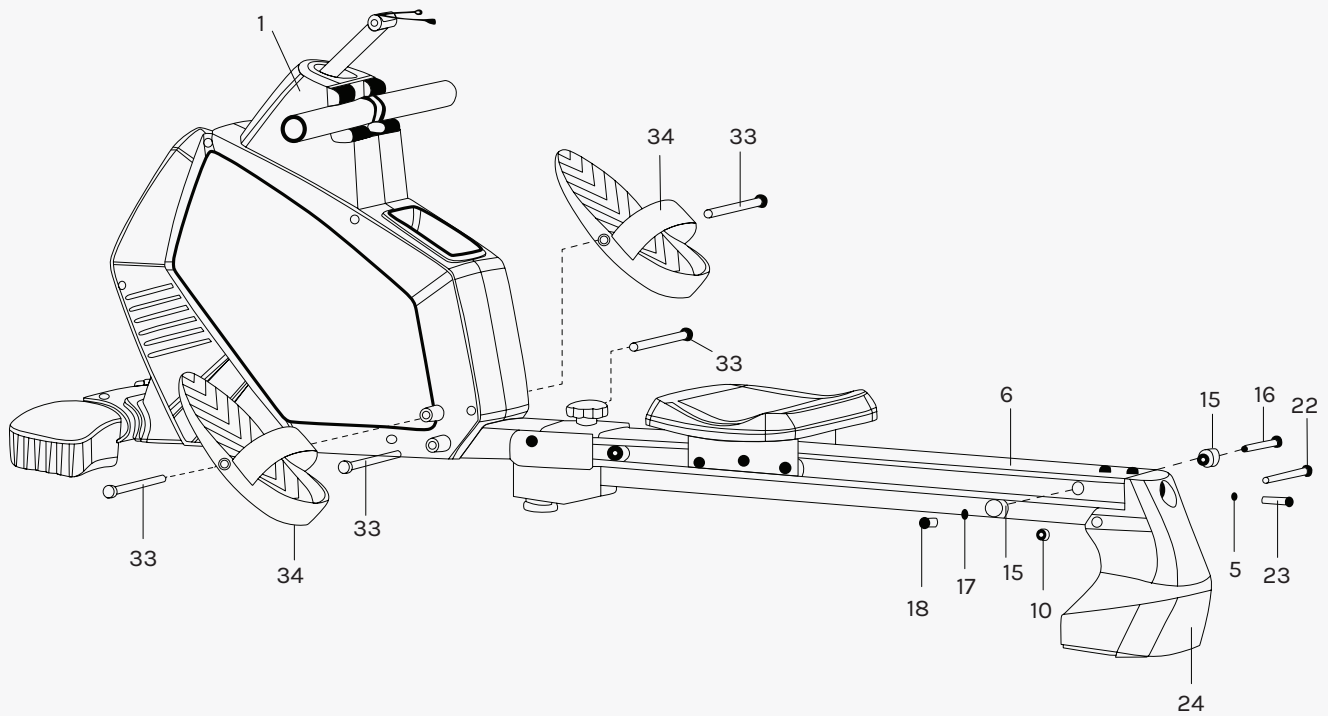
STEP 2

1. Connect the wire of Receiver (46) with Sensor extended wire (37). Then attach the guide rail (6) to the main frame (1) with outer hex bolt (8), flat washer (9), nylon nut (10) and spring bolt (14) as shown in FIG 2.
2. Fix the main frame (1) and guide rail (6) well with knob (32) and flat washer (13).



STEP 3

1. Remove the axle for the limiting base (16), limiting base (15), flat washer (17) and cross screw (18).
2. Install the glide saddle post (27) onto the guide rail (6) like the arrow shown in FIG 3.

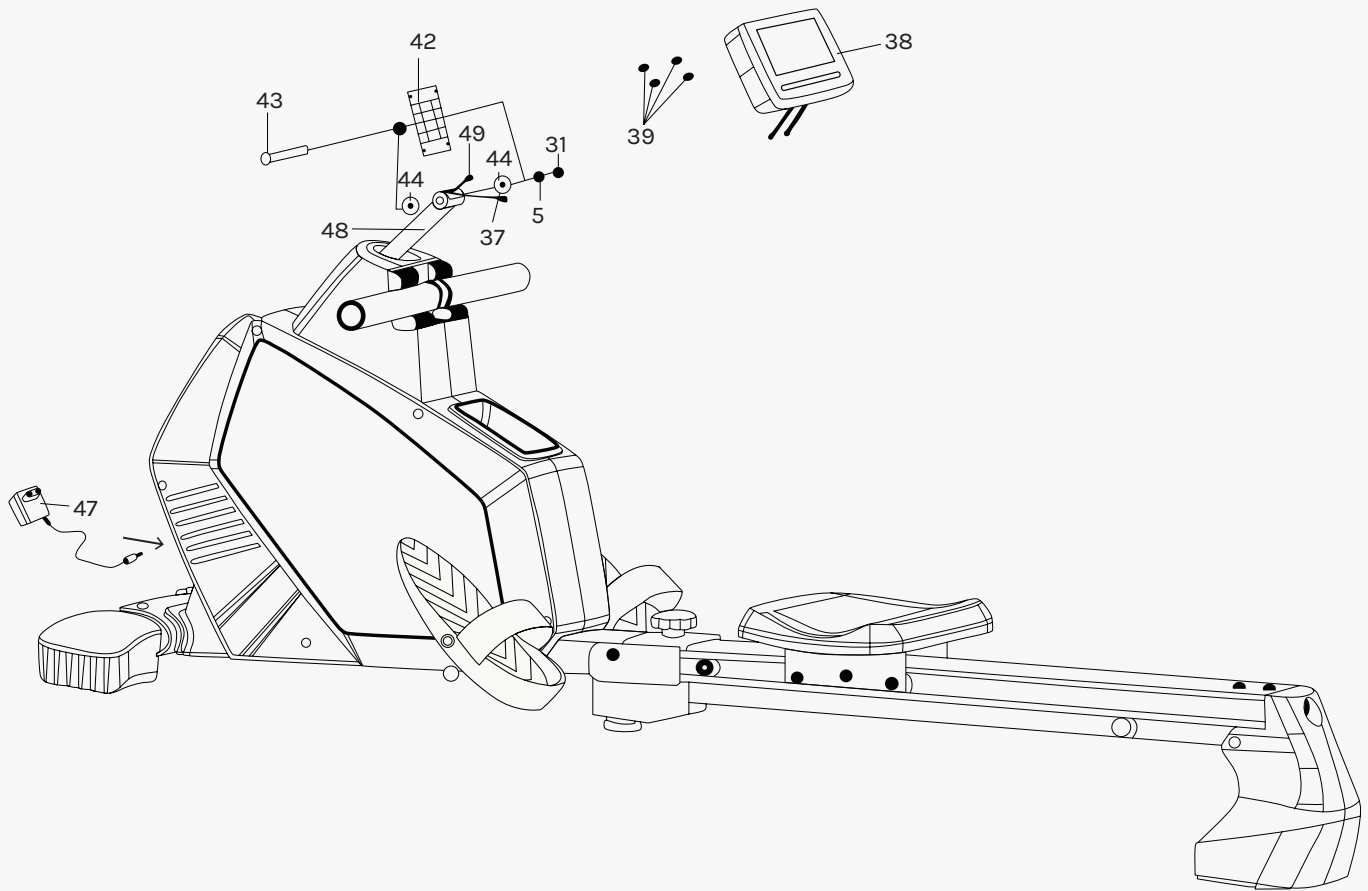


STEP 4

1. Attach the tail boom (24) to the guide rail (6) with inner hex bolt (22), nylon nut (10).
2. Attach the limiting base (15) to the guide rail (6) with axle for limiting base (16), flat washer (17) and cross screw (18).
3. Attach the pedal (34) to the main frame (1) with the long bolt (33). Then attach the tail boom (24) to the guide rail (6) with inner hex bolt (23) and flat washer (5).

! WARNING:

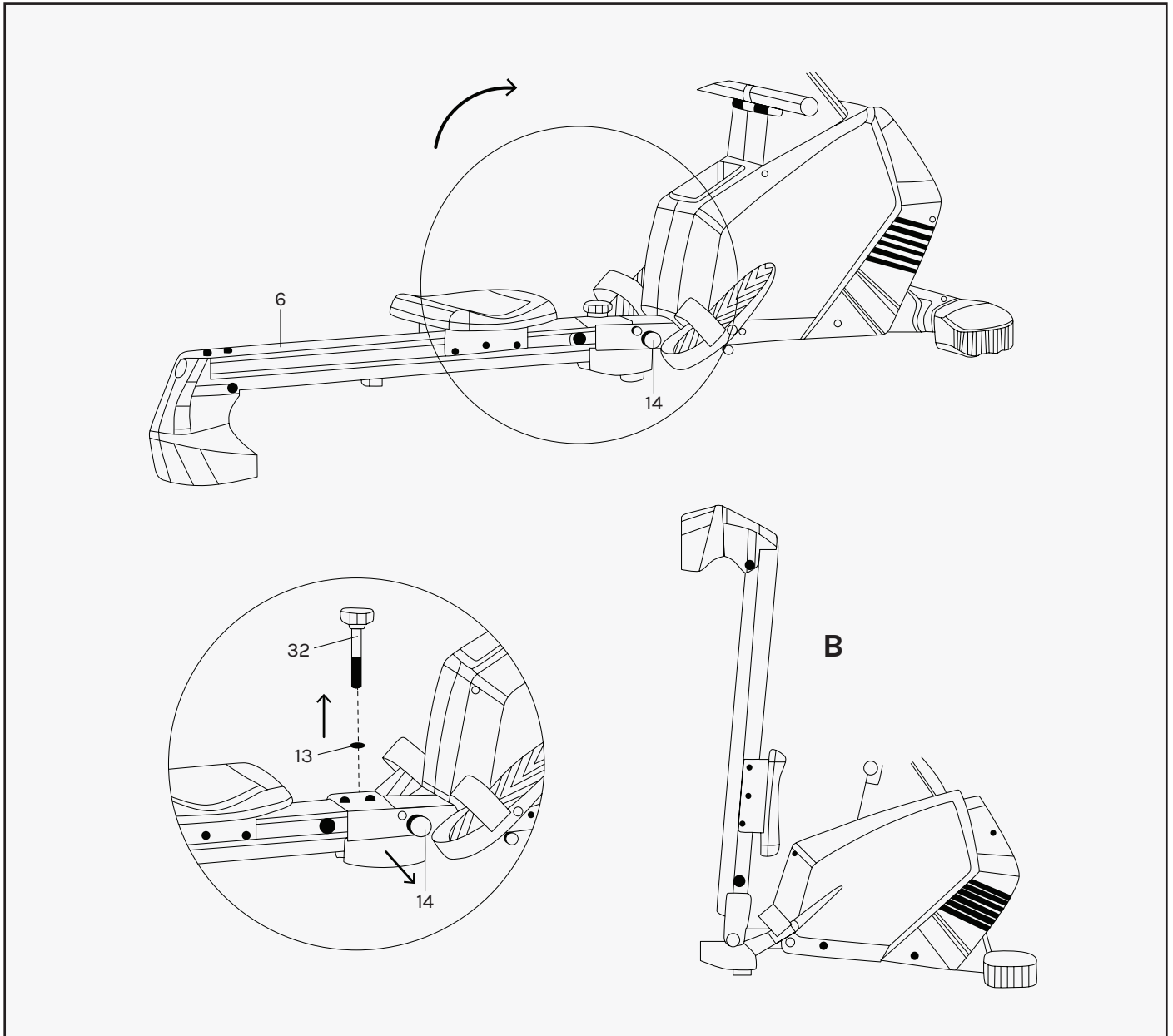
Take care not to damage internal wires when inserting bolt 43.



STEP 5

1. Extract the DC line (49) and sensor extensive wire (37) from the hole of console fixer (42).
2. Attach the console fixer (42) to the swing tube (48) with carriage bolt (43), cushion (44), flat washer (5) and nylon nut (31).
3. Connect the motor wire (49) and sensor extended wire (37) with the wire of console (38). Then lock the console (38) to console fixer (42) with screw (39).
4. Connect the adapter (47) to the power input port on the front of the machine.

IV. FOLDING INSTRUCTIONS



! NOTE:

Machine may be folded when not in use as per the diagram. It can be folded as per the picture above. When you do this please take care of your hands.

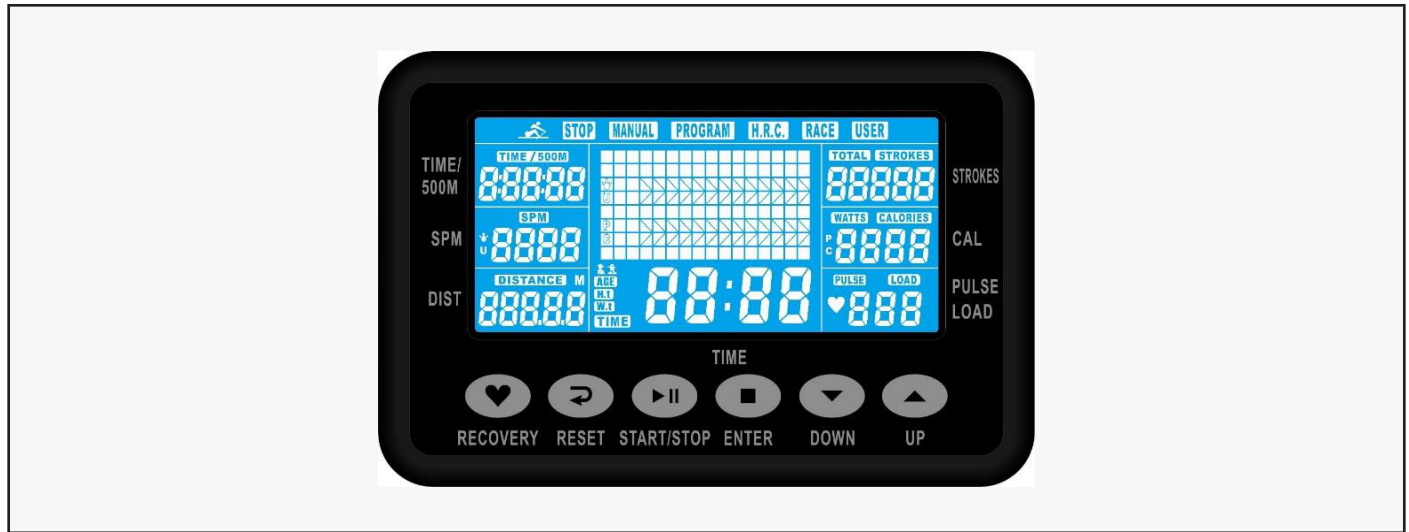
A. Remove the knob (32) by loosening it in an anticlockwise direction then pulling the knob and washer (13) together.

B. Remove the spring knob (14). Fold guide rail (6) easily to the suitable position as shown in the following picture. Finally, tighten the guide rail (41) with the spring knob (14).

C. **NOTE:** The Rowing machine should look like picture B when fully folded.

V. OPERATION GUIDE

OVERVIEW



DISPLAY & BUTTON FUNCTIONS

Training Values	Display Range	Description/Setting Range
SPM	0~999	<ul style="list-style-type: none"> Strokes per minute.
TIME/500m	0.0 ~ 99:00min.	<ul style="list-style-type: none"> Time per 500m; Scans every 6 seconds to display estimated remaining time to finish 500 meters based on current speed.
METERS	0~9999m	<ul style="list-style-type: none"> Setting range 50~1000.
CALORIES	0 ~ 9999 Cal.	<ul style="list-style-type: none"> Calories burnt during rowing. 1 = 10 calories. Setting range 0~9990.
STROKES	0~9999	<ul style="list-style-type: none"> The movements when complete rowing. Scan and calculate Total strokes in every 6 seconds.
PULSE	30-240 BPM	<ul style="list-style-type: none"> 0-30~240Bpm.
WATT	0~999	<ul style="list-style-type: none"> Display user exercise power.

Button	Function	Button	Function
UP	<ul style="list-style-type: none"> Increase resistance level. Function selection. 		<ul style="list-style-type: none"> Reset all values to zero. Return to main menu after finishing a workout.
DOWN	<ul style="list-style-type: none"> Decrease resistance level. Function selection. 	START/STOP	<ul style="list-style-type: none"> Start or Stop workout.
ENTER	<ul style="list-style-type: none"> Confirm setting or selection. 	RECOVERY	<ul style="list-style-type: none"> Track user Heart rate in recovery phase.
RESET	<ul style="list-style-type: none"> Hold for 2 seconds, computer will reboot. 		

Acoustic Signals

All settings made with the computer are confirmed with an acoustic signal:

- 1 short beep = setting confirmed
- 2 short beeps =unable to confirm setting

CHOOSING THE MODE

In starting state

MANUAL-->PROGRAM-->H.R.C.-->RACE-->USER

will flash at the top of the display.

Use UP and DOWN buttons to choose desire MODE and confirm by pressing ENTER.

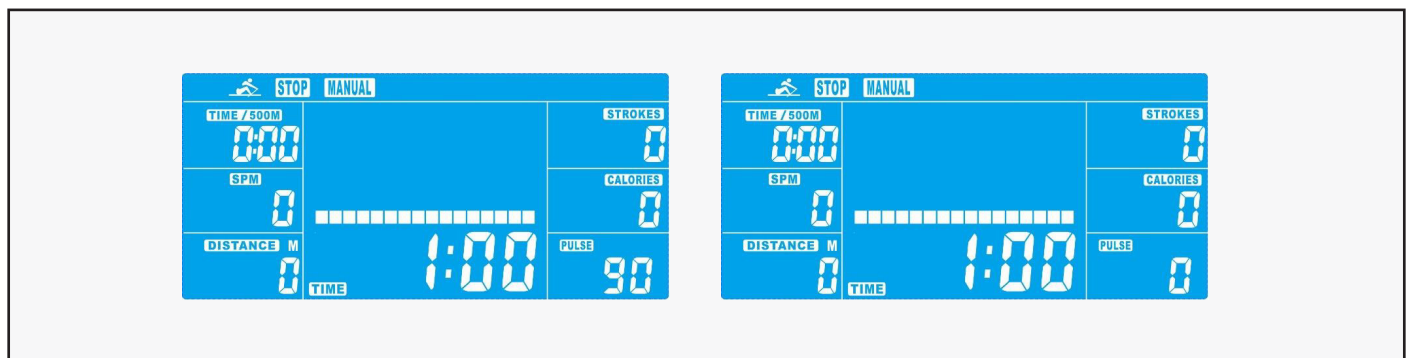
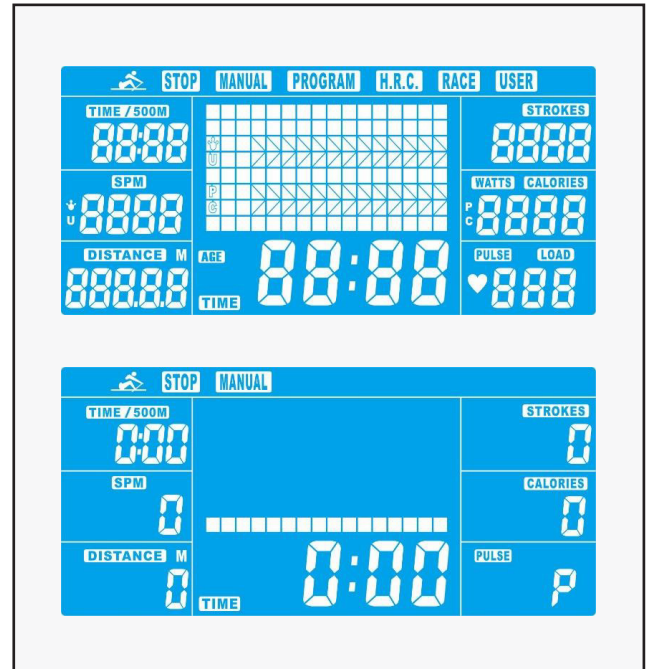
If you have previously selected a program or started your workout, press RESET to return to the starting state.

QUICK START (MANUAL)

- Press START/STOP to start workout immediately without entering further settings.
- Press UP and DOWN keys to input personal targets and press ENTER to confirm. The following fields will flash in turn:
 - A. Resistance level (1~16)
 - B. TIME (or METERS) (Time and Meters can't preset at the same time.)
 - C. Calories
 - D. Pulse

Use UP & DOWN to set values and confirm your selection with the ENTER button.

Press START/STOP to start workout.

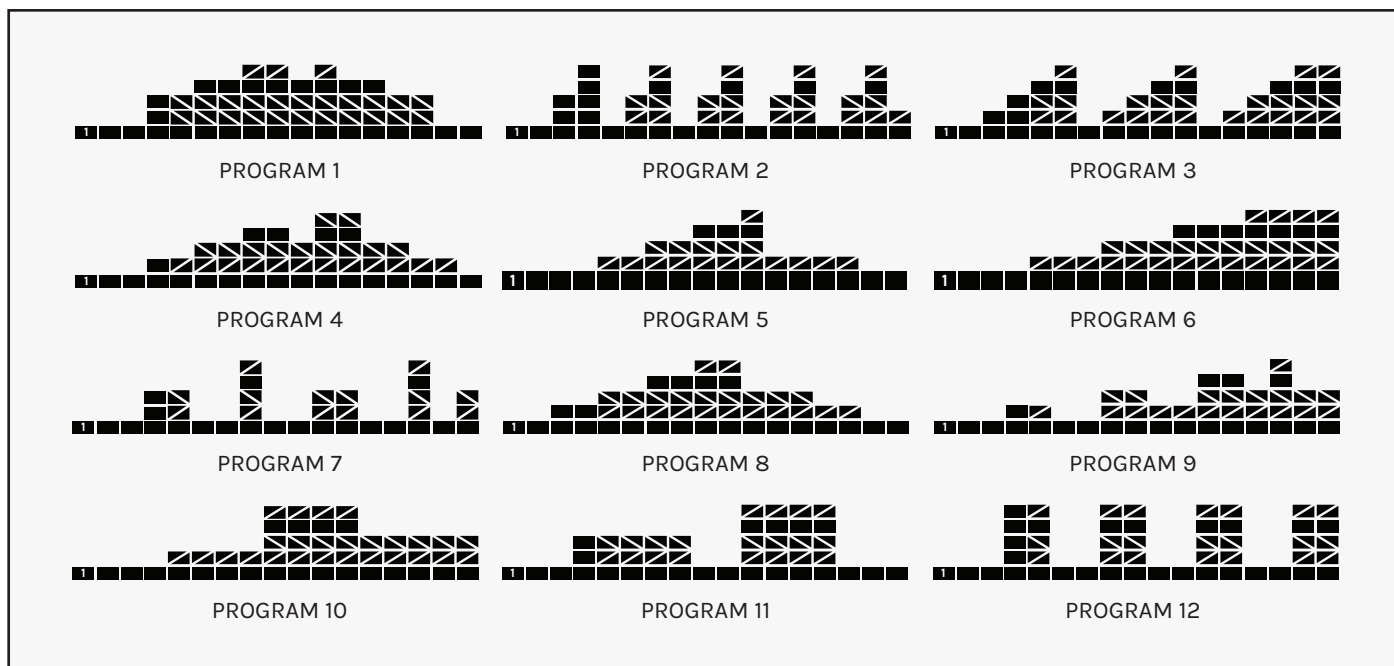
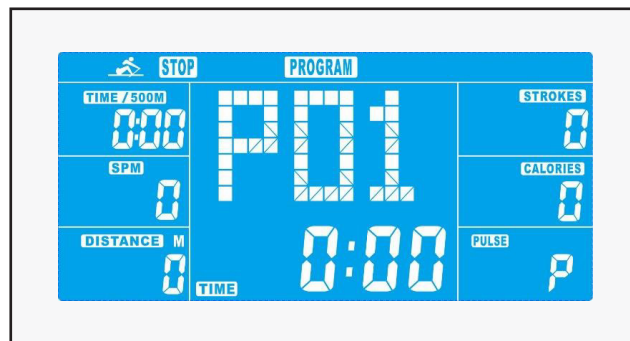


As soon as one of the set values reaches the personal target, the computer will beep twice and stop.

- You can adjust the level of resistance while rowing by pressing UP and DOWN keys. The newly set level value will be shown in the profile (default value is Level 1).
- Press START/STOP to end workout.

PROGRAM MODE (PROGRAM)

- Programs are pre-set with 12 profiles. Press UP and DOWN to select one from the 12 available programs.
 - A. Resistance level (1~16)
 - B. TIME
- Press START/STOP to start workout.
- You can adjust resistance level on the paddles by pressing the UP and DOWN keys. The newly set level value will be shown on the display profile (default value is Level 1).
- Program profiles:

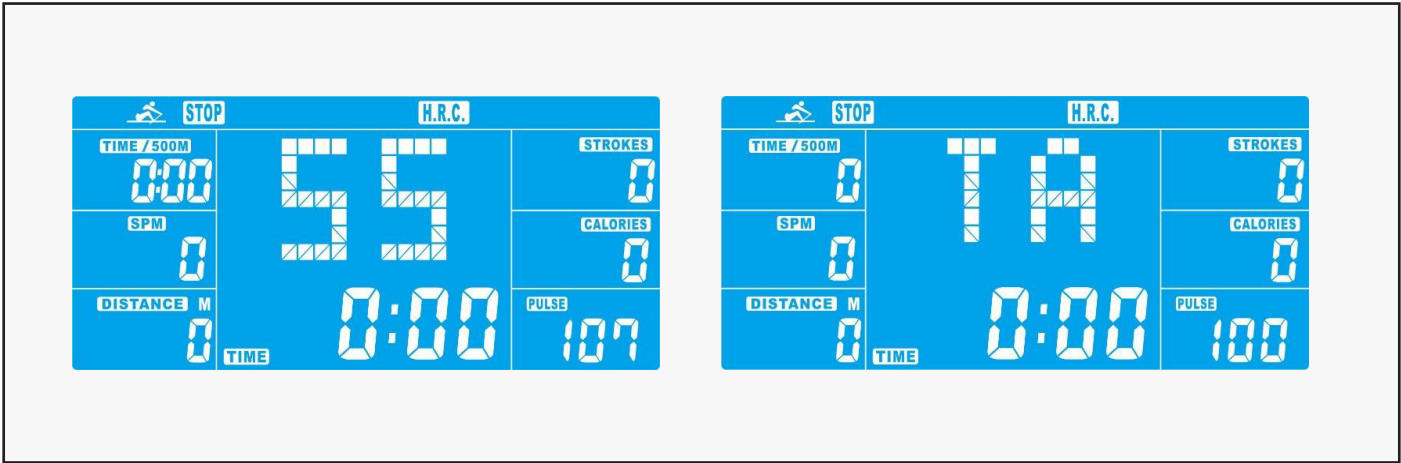


HEART RATE CONTROL PROGRAMS (H.R.C.)

In this program, the machine will react to your pulse as measured by wireless heart rate monitor. In addition, simple graphics also show you whether you need to increase or decrease workout intensity to reach target heart rate. Available options are:

- HRC55: 55% Max heart rate. Ideal for beginners and for general fat burning.
- HRC75: 75% Max heart rate. Suitable for experienced users and athletes.
- HRC90: 90% Max heart rate. The anaerobic range of 90% is only suitable for competitive athletes and short sprint exercises.
- TA: Set a custom target heart rate between 30 and 240. Seek advice from your medical professional if you are unsure as to what heart rate you should set.
- Set the desired session TIME with UP & DOWN buttons and press ENTER button to confirm.
- Press START/STOP to start workout.

For this program, it is necessary to wear the chest belt so that computer can detect and display your heart rate value.



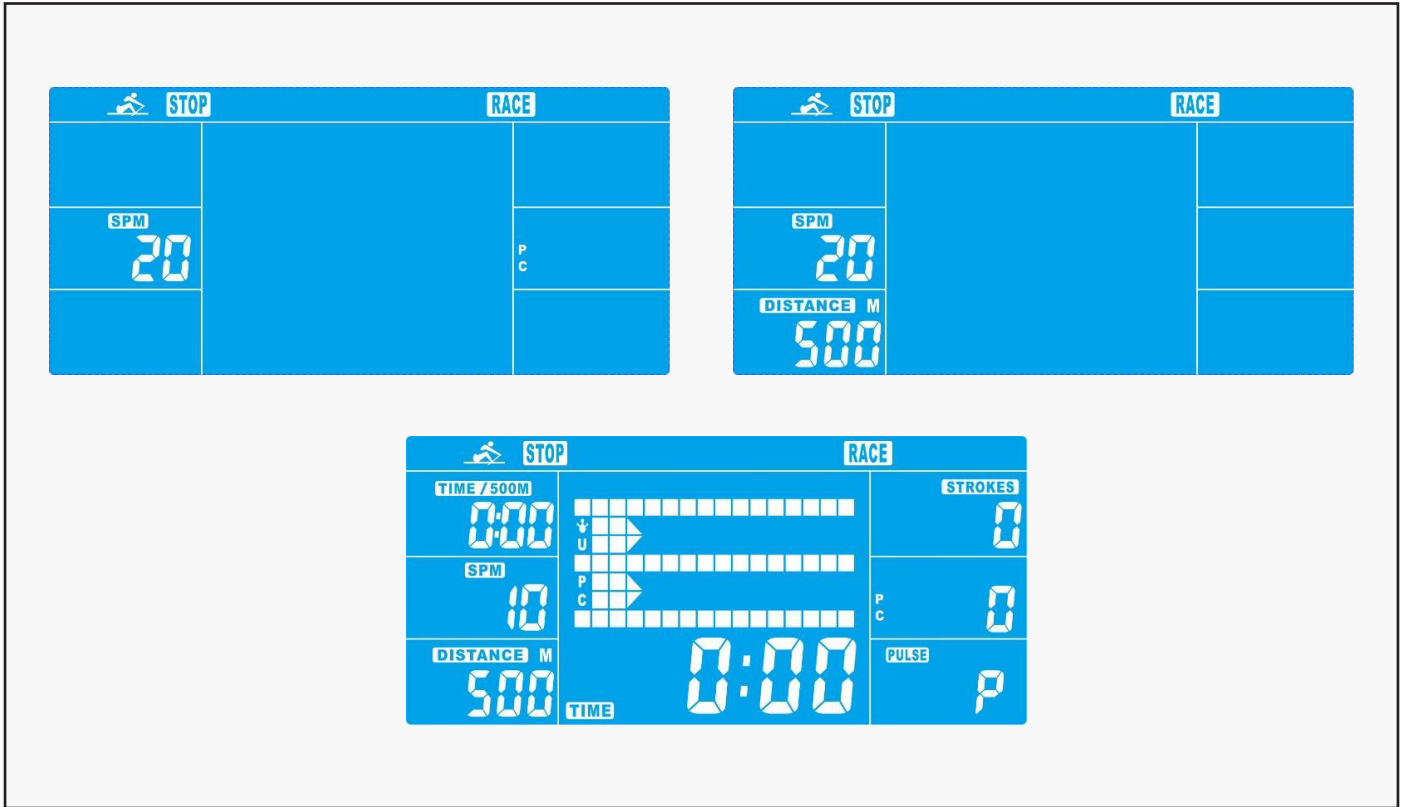
COMPETITION MODE (RACE)

In this program you will be rowing against the computer.

- Use UP/DOWN keys to select RACE and press ENTER to confirm.
- Use UP/DOWN keys to set SPM confirm by pressing ENTER.
- Use UP/DOWN keys to select desired rowing METERS and confirm by ENTER.
- Use UP/DOWN keys to adjust resistance level.
- Press START/STOP to start workout. Computer will display USER & Computer workout status.
- Press UP and DOWN to adjust resistance level during workout.

Once the User or the Computer finishes, the computer will stop and show Computer win or User win.

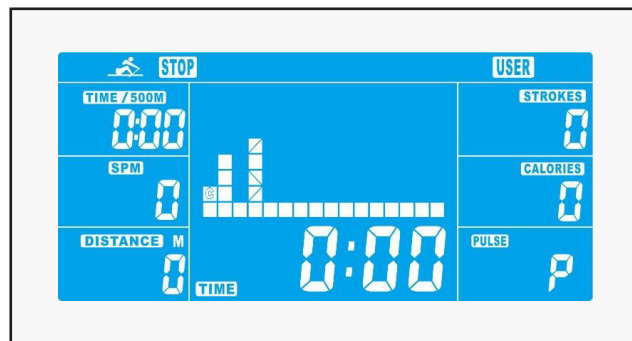
- Press START/STOP to end workout.



USER-DEFINED PROGRAMS (USER PROGRAM)

Design and save your own programs.

- Use UP/DOWN keys to select USER PROGRAM and press ENTER to confirm. The first bar will be displayed.
- Use UP/DOWN keys to set resistance level and confirm with MODE button. The next bar will be displayed.
- Continue this process to set up all 16 bars. The maximum resistance level is 16. To finish or quit setting, hold down the ENTER button.
- Set the desired session TIME with UP/DOWN buttons and press ENTER to confirm.
- Press START/STOP to start workout.



Once the program is complete, the computer will beep twice and stop.

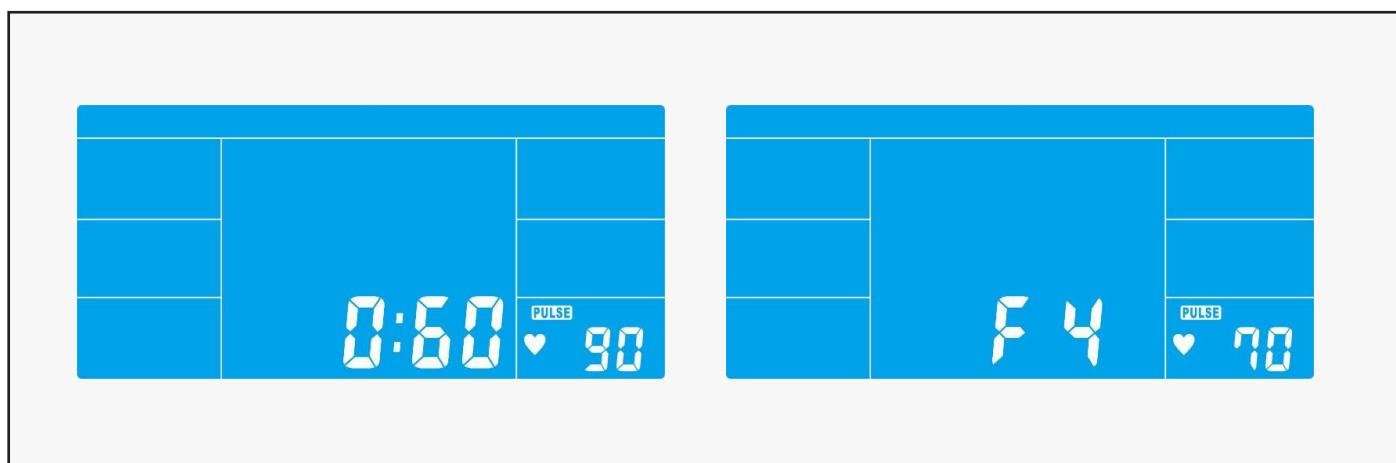
- You can adjust the level of resistance while rowing by pressing UP and DOWN keys. The newly set level value will be shown in the profile (default value is Level 1).
- Press START/STOP to end workout.

RECOVERY

It is recommended to end an intensive rowing session with a recovery phase. During this phase you should be able to relax and row without strong resistance until your pulse slows close to its usual rate.

- Press RECOVERY button and ensure chest belt is on correctly.
TIME will show with countdown from 60 seconds to 0, all other functions are not available.

Once the 60 seconds is up, the recovery phase is over, an evaluation of the achieved heart rate will be shown.




1.0	Outstanding
1.0 < F < 2.0	Excellent
2.0 < F < 2.9	Good
3.0 < F < 3.9	Fair
4.0 < F < 5.9	Below Average
6.0	Poor

If you achieve values between 4 and 6, you could restart the recovery program to gradually slow your heart rate further.

TROUBLESHOOTING

E-2: Motor stroke over the normal range. Plug the adaptor in again. Repower the console for the motor to return to normal range.

E-7: Check for damage to computer cables.

 If only a "P" is shown instead of pulse value, the computer is not detecting a heart rate signal. Check that you are wearing the wireless heart rate monitor correctly.

VI. EXERCISE GUIDE

⚠ PLEASE NOTE:

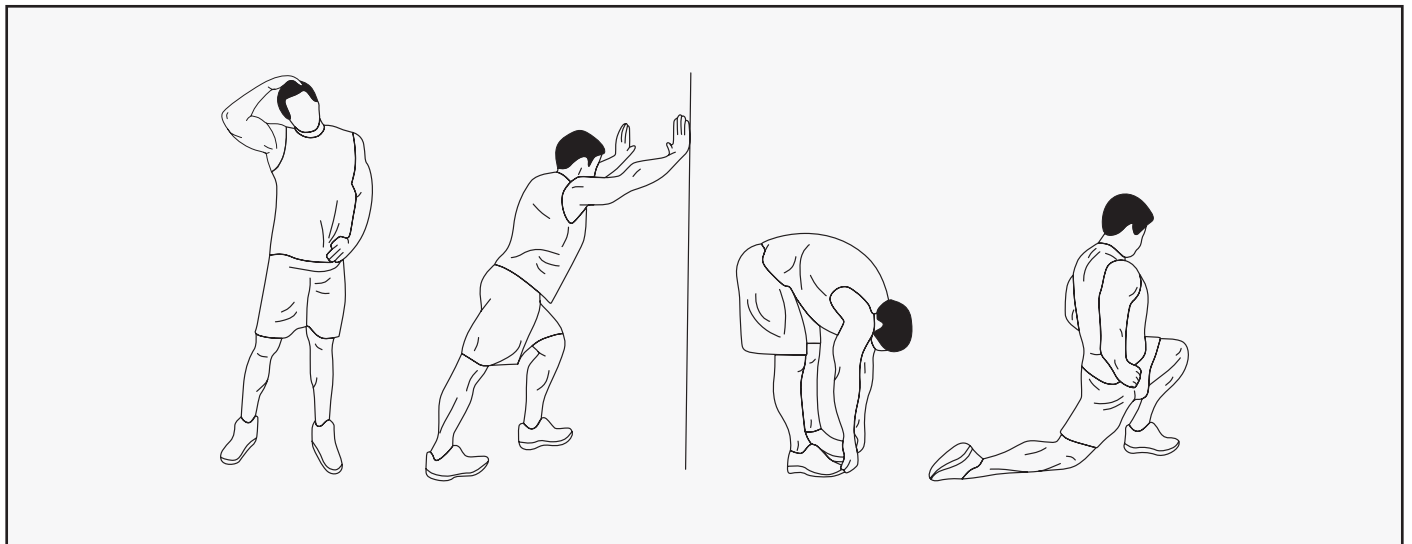
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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.

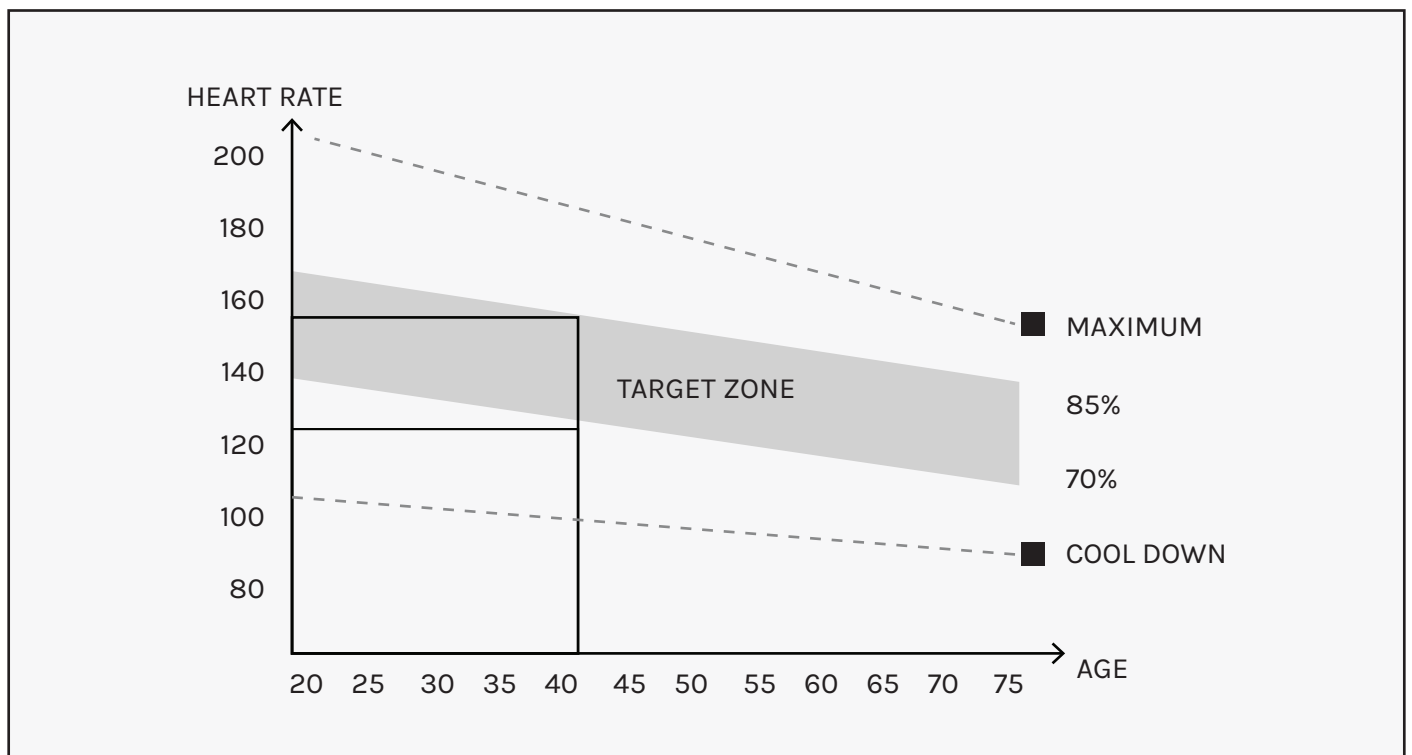
TRAINING ZONE EXERCISE

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

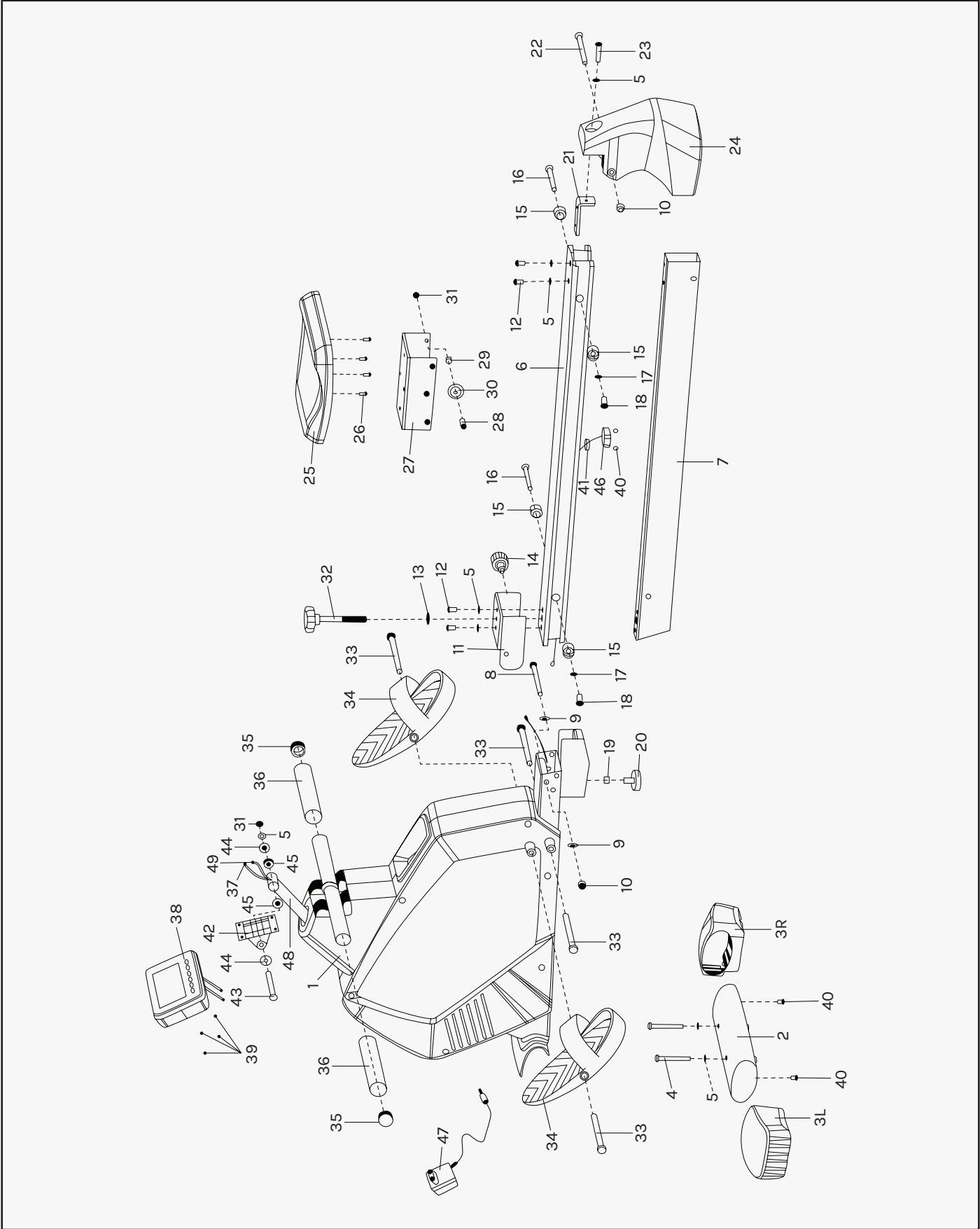
Finish each workout with a light jog or walk for at least 1 minute. Then complete 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

WORKOUT GUIDELINES



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

VI. EXPLODED DIAGRAM



VIII. PARTS LIST

No.	Description	Qty	No.	Description	Qty
1	Main Frame	1	26	Cross Screw M6X20	4
2	Front Bottom Tube	1	27	Glide Saddle Post	1
3L/R	Front End Cap	1 pr	28	Screw M8X28	6
4	Inner Hex Bolt M8X75	2	29	Spacer	6
5	Flat Washer D8X1.5	8	30	Roller	6
6	Guide Rail	1	31	Nylon Nut M8	7
7	Lead Rail Tube	1	32	Knob	1
8	Outer Hex Bolt M10X125	1	33	Long Bolt M12X155 X16	4
9	Flat Washer D10X2	2	34	Pedal	2
10	Nylon Nut M10	2	35	Round Bushing	2
11	Connected U-shape Plate	1	36	Foam Grip	2
12	Screw M8X20	4	37	Sensor Extended Wire	1
13	Flat Washer D12X2.5	1	38	Console	1
14	Spring Knob	1	39	Screw	4
15	Limiting Base	4	40	Screw ST4.2X18	4
16	Axle for Limiting Base 10.9X80	2	41	Bushing	1
17	Flat Washer D6XD16X1.2	2	42	Console Fixer	1
18	Cross Screw M6*15	2	43	Carriage Bolt M8*74	1
19	Bolt M10	1	44	Cushion	2
20	Adjustable Knob	1	45	Alloy Bushing	2
21	L-shaped Connected Plate	1	46	Receiver	1
22	Inner Hex Bolt M10X110	1	47	Adaptor	1
23	Inner Hex Bolt M8X45	1	48	Swing Tube	1
24	Tail Boom	1	49	Motor Wire	1
25	Seat	1	50	Extensible Cover	1

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