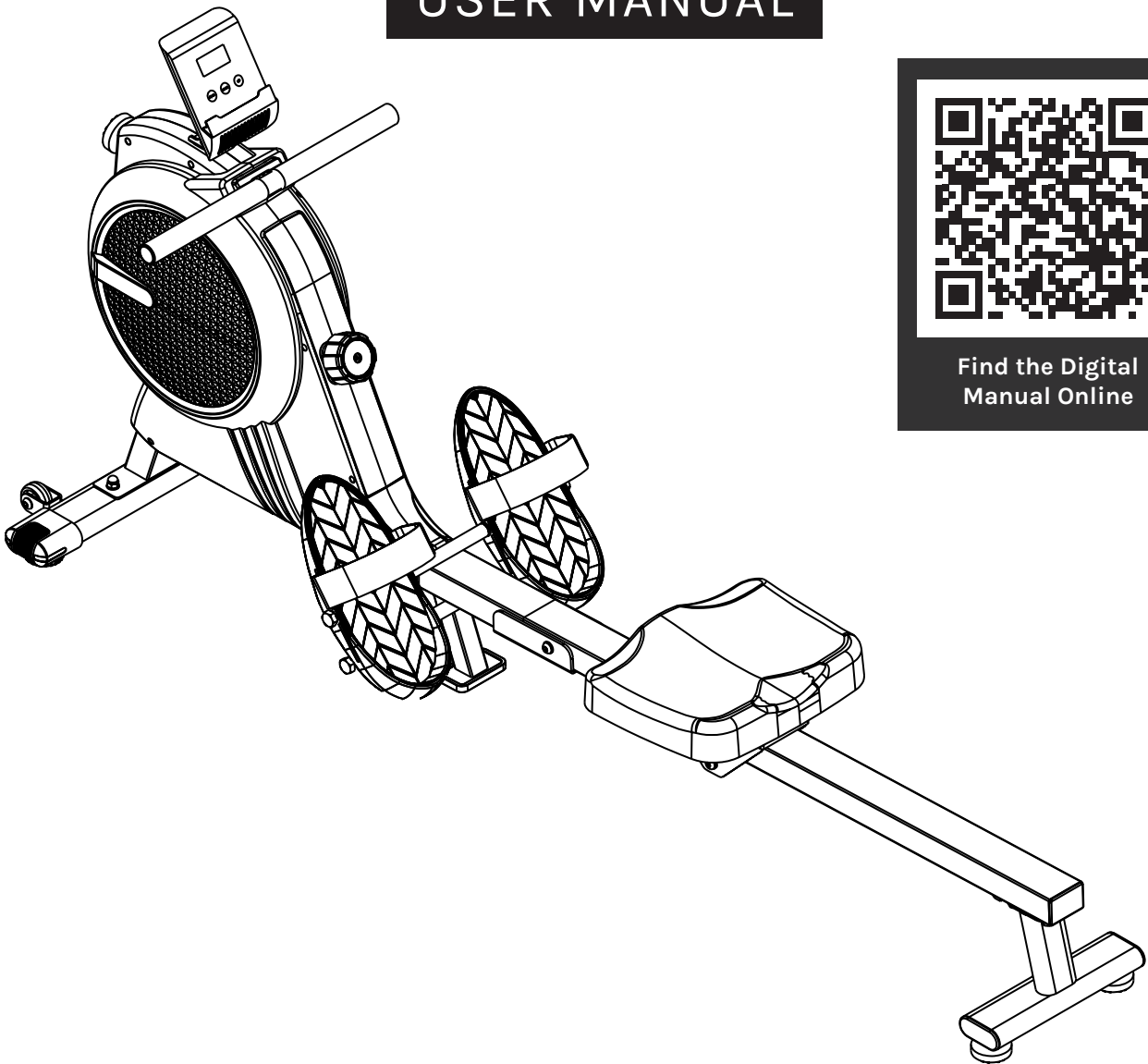


LSC

GR03 Magnetic Rowing Machine

USER MANUAL



Find the Digital
Manual Online

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. Care Instructions	04
III. Exploded Diagram	05
IV. Parts List	06
V. Assembly Instructions	08
VI. Exercise Computer Instruction Manual.....	19
VII. Exercise Guide	20
VIII. 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.

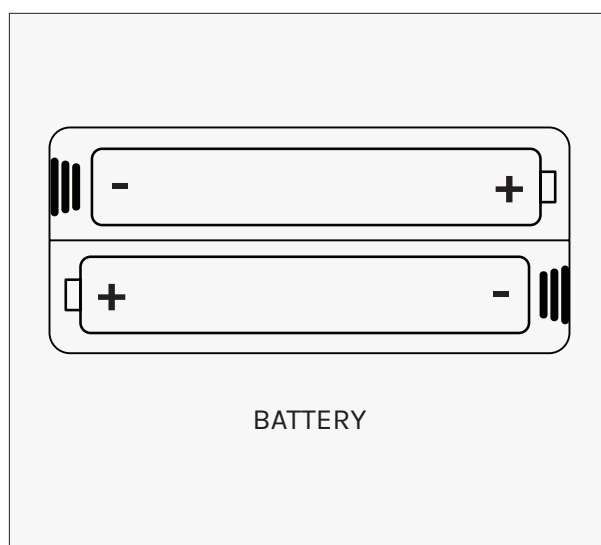
- It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. **PLEASE NOTE:** It is your responsibility to ensure that all users of the equipment are informed of all warnings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

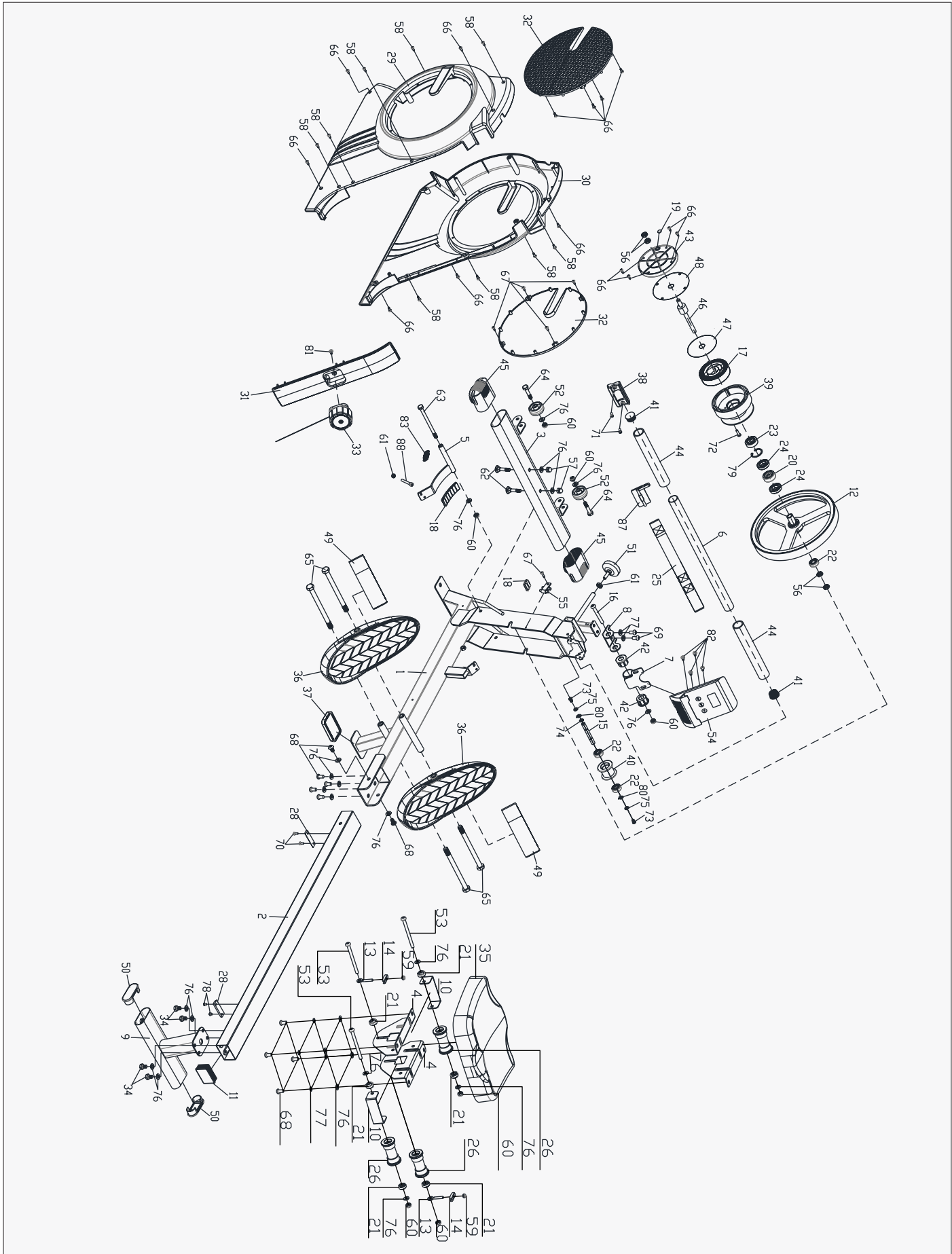
- Lubricate moving joints with grease after periods of usage.
- Be careful not to damage plastic or metal parts of the machine with heavy or sharp objects.
- The machine can be kept clean by wiping it down using dry cloth.
- All nuts and bolts are to be checked and tightened on a regular basis. This 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.

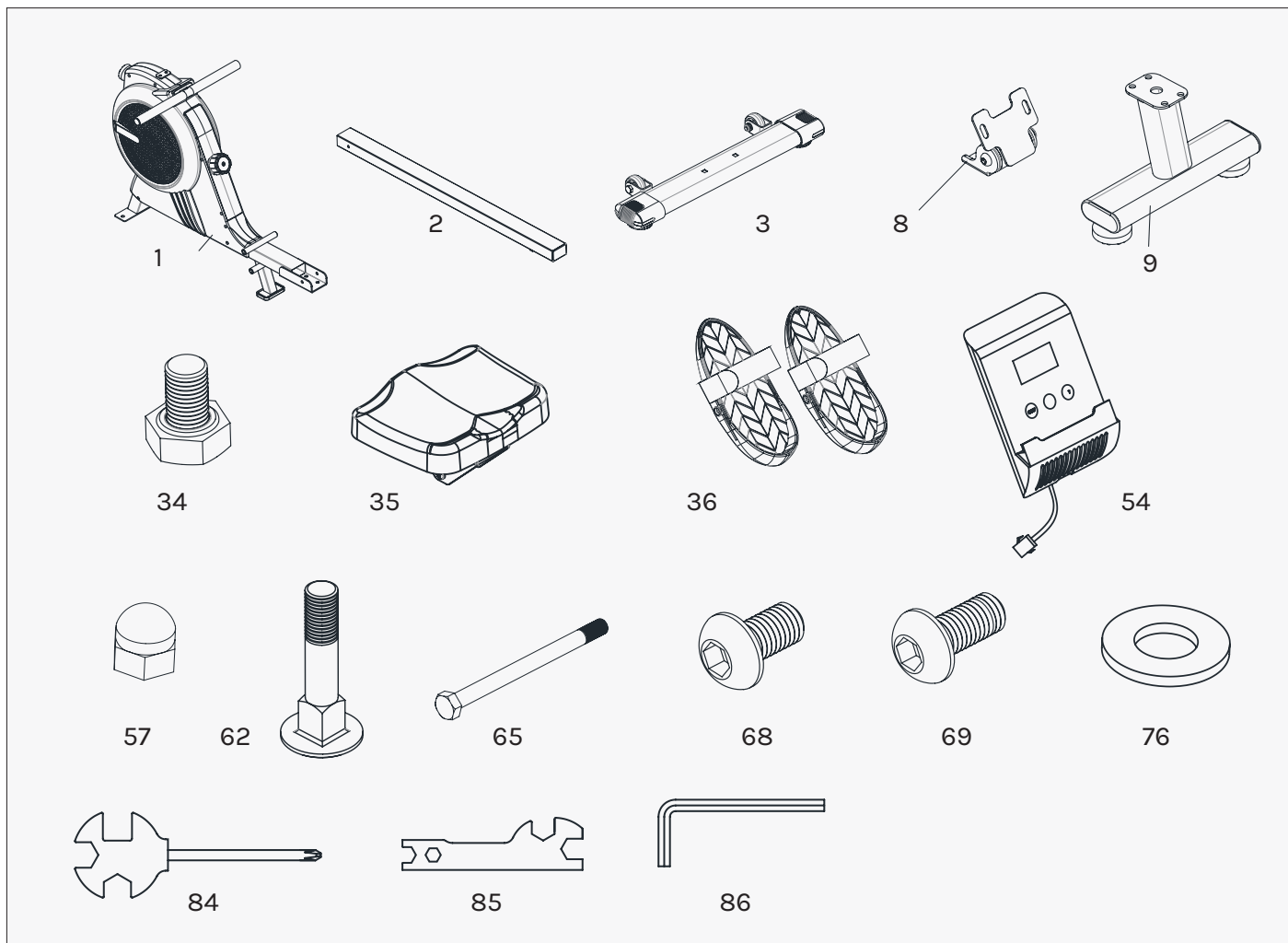


III. EXPLODED DIAGRAM



IV. ASSEMBLY PARTS LIST

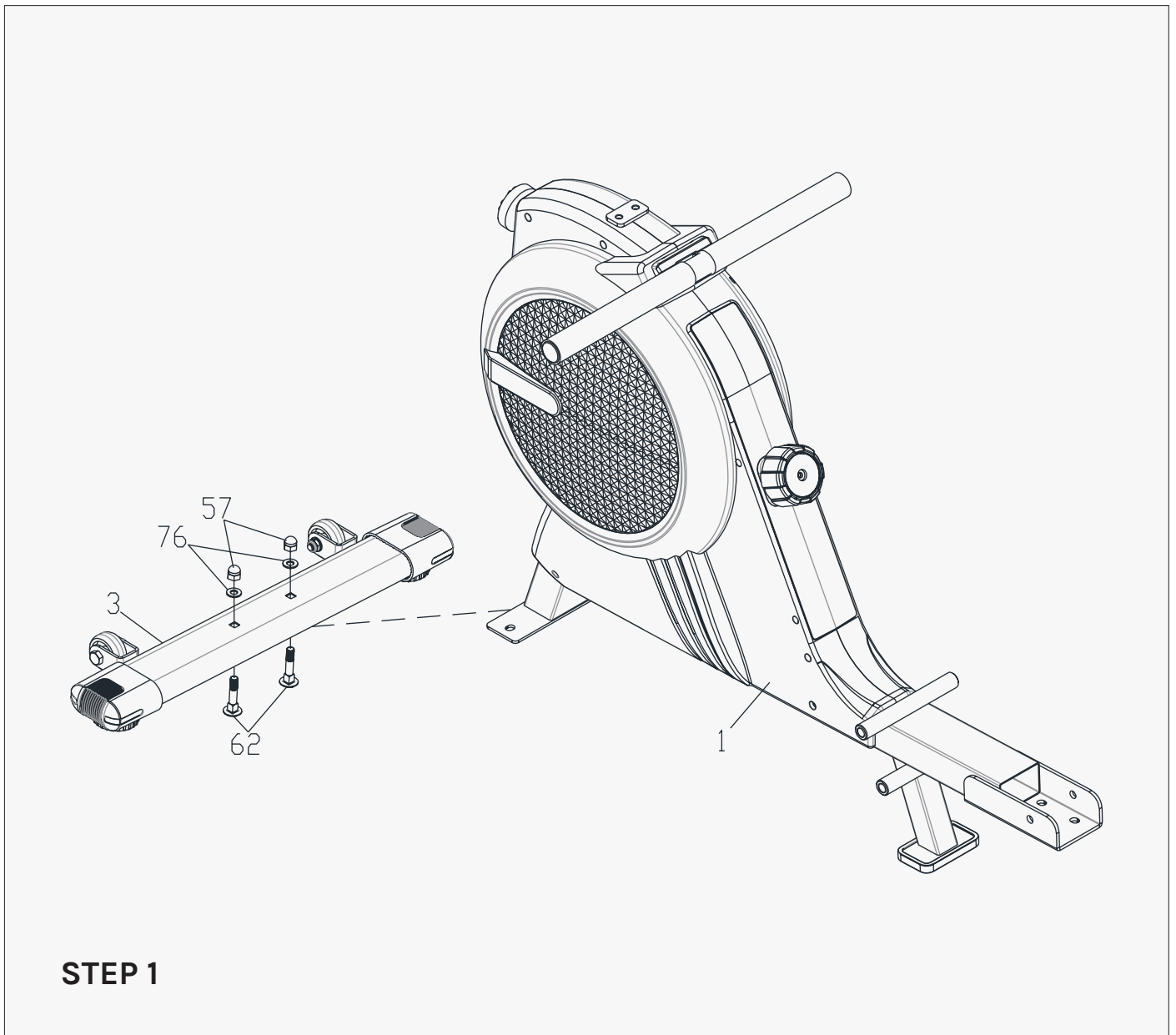
! Some items on this list may come pre-installed on your equipment. If you feel like you're missing anything, please double check your equipment.



NO.	Description	Spec	Qty	Unit
1	Main frame set		1	Set
2	Slide rail set		1	Set
3	Front stabilizer set		1	Set
8	U fixed plate		1	Set
9	Rear stabilizer		1	Pc
34	Hexagon head bolts	M8*12*S14	4	Pcs
35	Seat	322*261*55	1	Pc
36	Pedal	313.1*136.4*64.7	2	Pcs
54	Computer	XT-3015	1	Pc

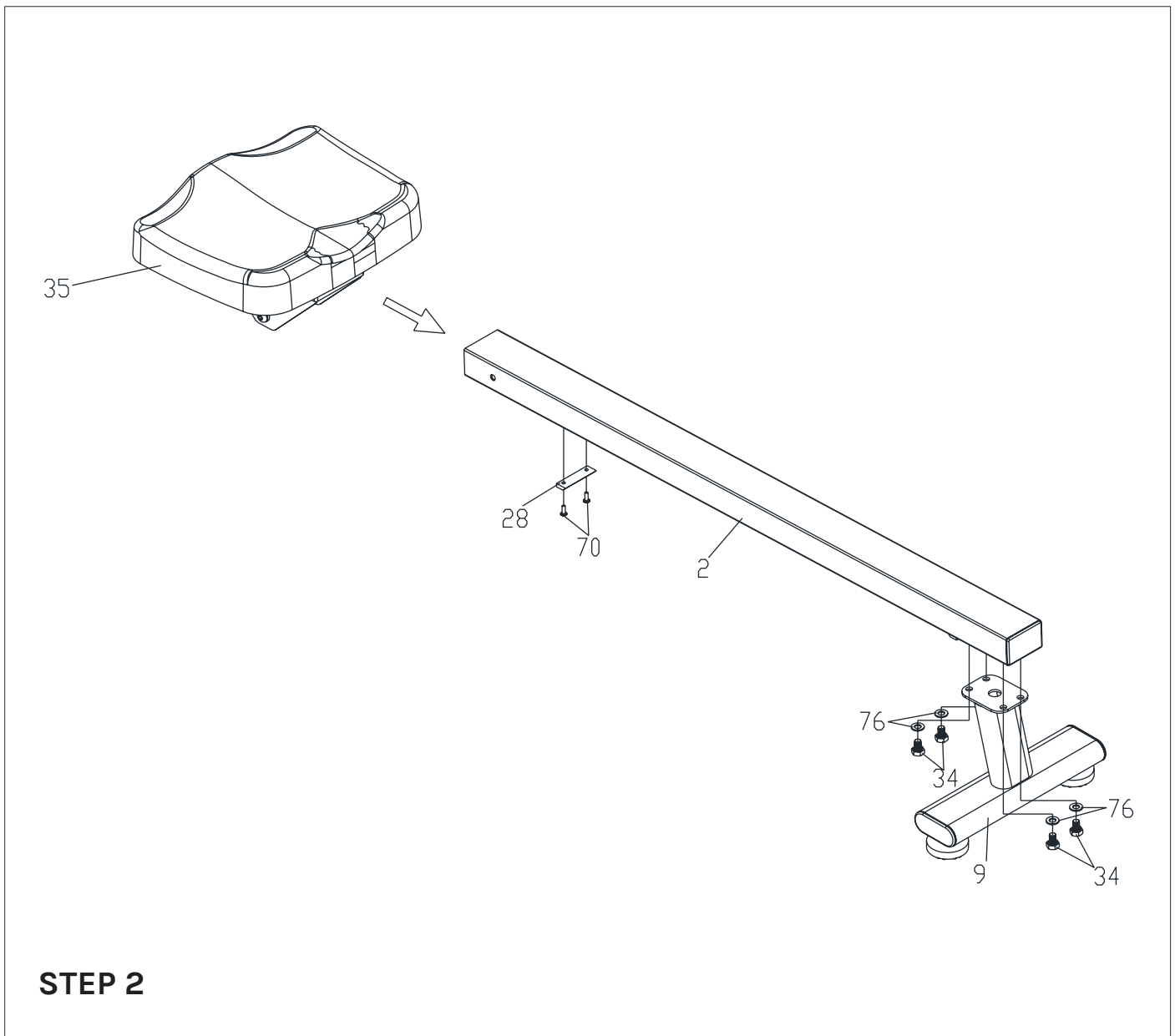
57	Domed nut	M8	2	Pcs
62	Carriage bolt	M8*42	2	Pcs
65	Hexagon bolt M12*160	M12*160	4	Pcs
68	Hexagon socket head screws M8*15	M8*15	6	Pcs
69	Hexagon socket head screws M8*10	M8*10	2	Pcs
76	Flat washer 8	8	14	Pcs
84	Crosshead spanner	S=13,14,15	1	Pc
85	Open spanner	S=10,13,17,19	1	Pc
86	Inner hexagon spanner	6#	1	Pc

V. ASSEMBLY INSTRUCTIONS



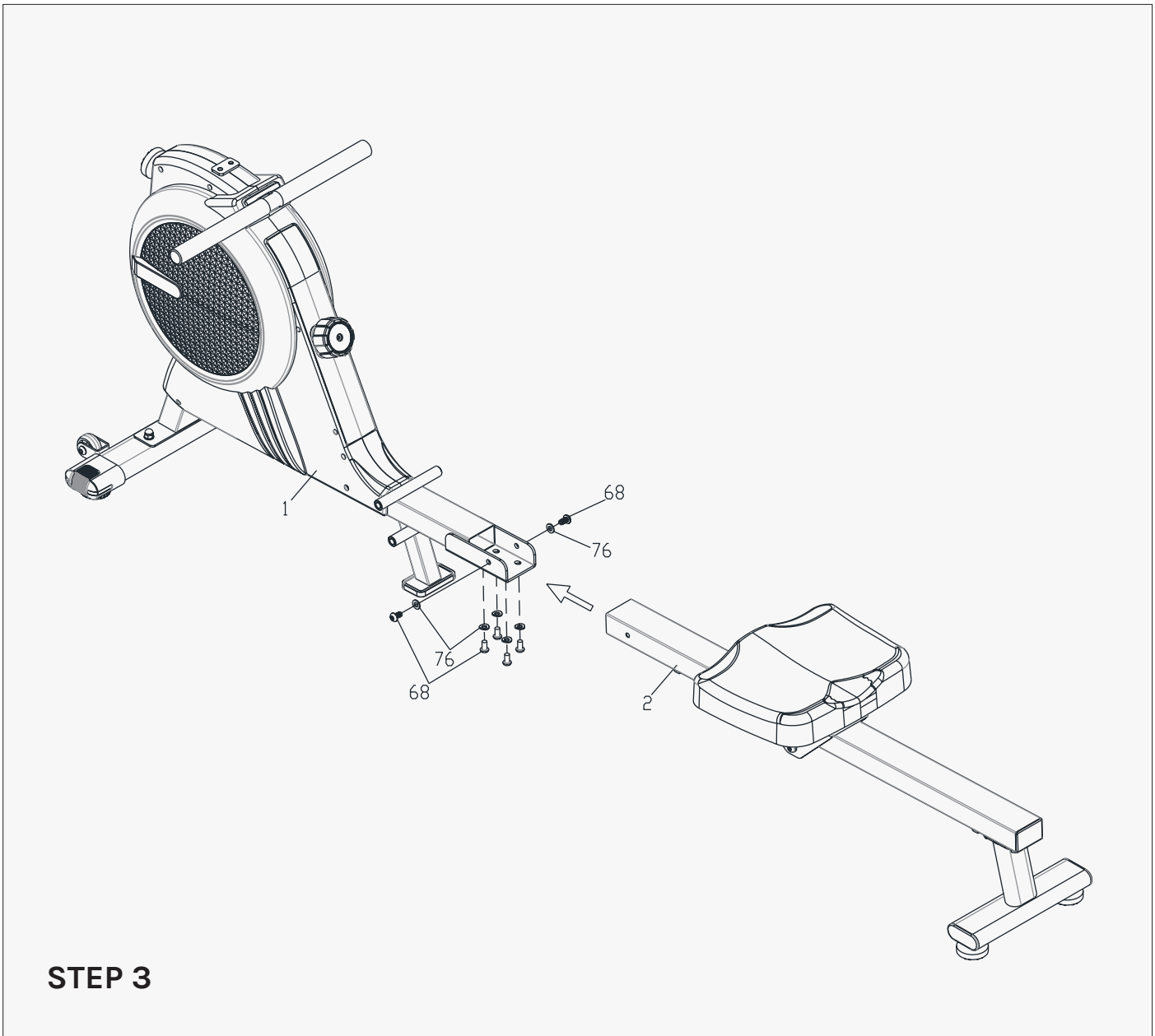
Step 1

1. Lock the Front Stabilizer (pt.3) to the Main Frame (pt.1) with two sets of Ø8 Flat Washer (pt.76), M8 Domed nut (pt.57) and M8*42 Carriage bolt (pt.62).



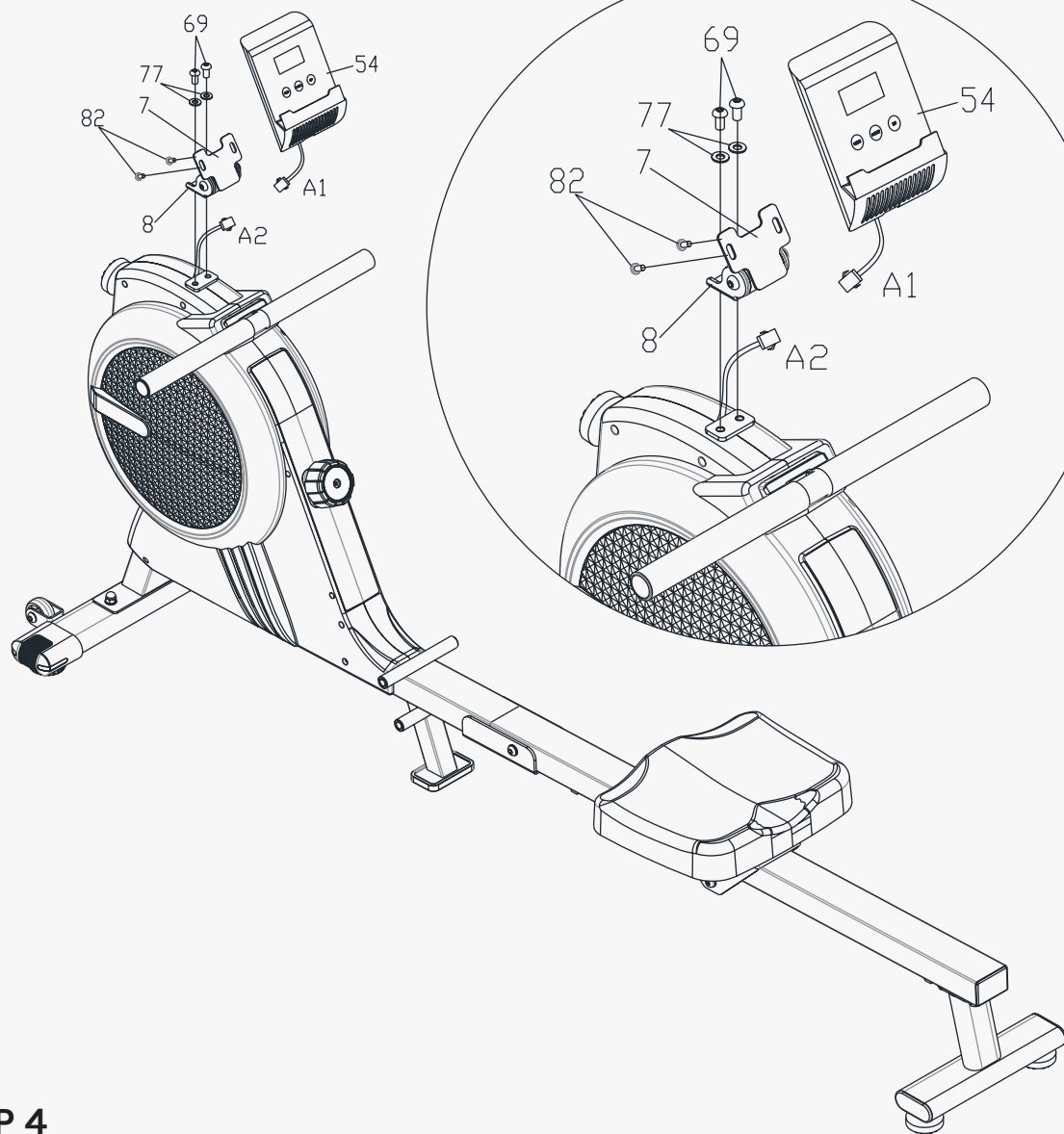
STEP 2

1. Use a Crosshead spanner (pt.84) to remove the two sets of M4*10 Cross recessed pan head screws (pt.70) and the Limiting Pad (pt.28) from the Slide rail set (pt.2)
2. Insert the Seat cushion plate (pt.35) into the Slide rail set (pt.2)
3. Locking the two sets of Cross recessed pan head screws (pt.70) and the Limiting Pad (pt.28) back to the Slide rail set (pt.2) with a Crosshead spanner (pt.84)
4. Lock the Rear stabilizer (pt.9) to the Slide rail set (pt.2) with four sets of M8*12*S14 Hexagon head bolts (pt.34) and Ø8 Flat Washer (pt.76).



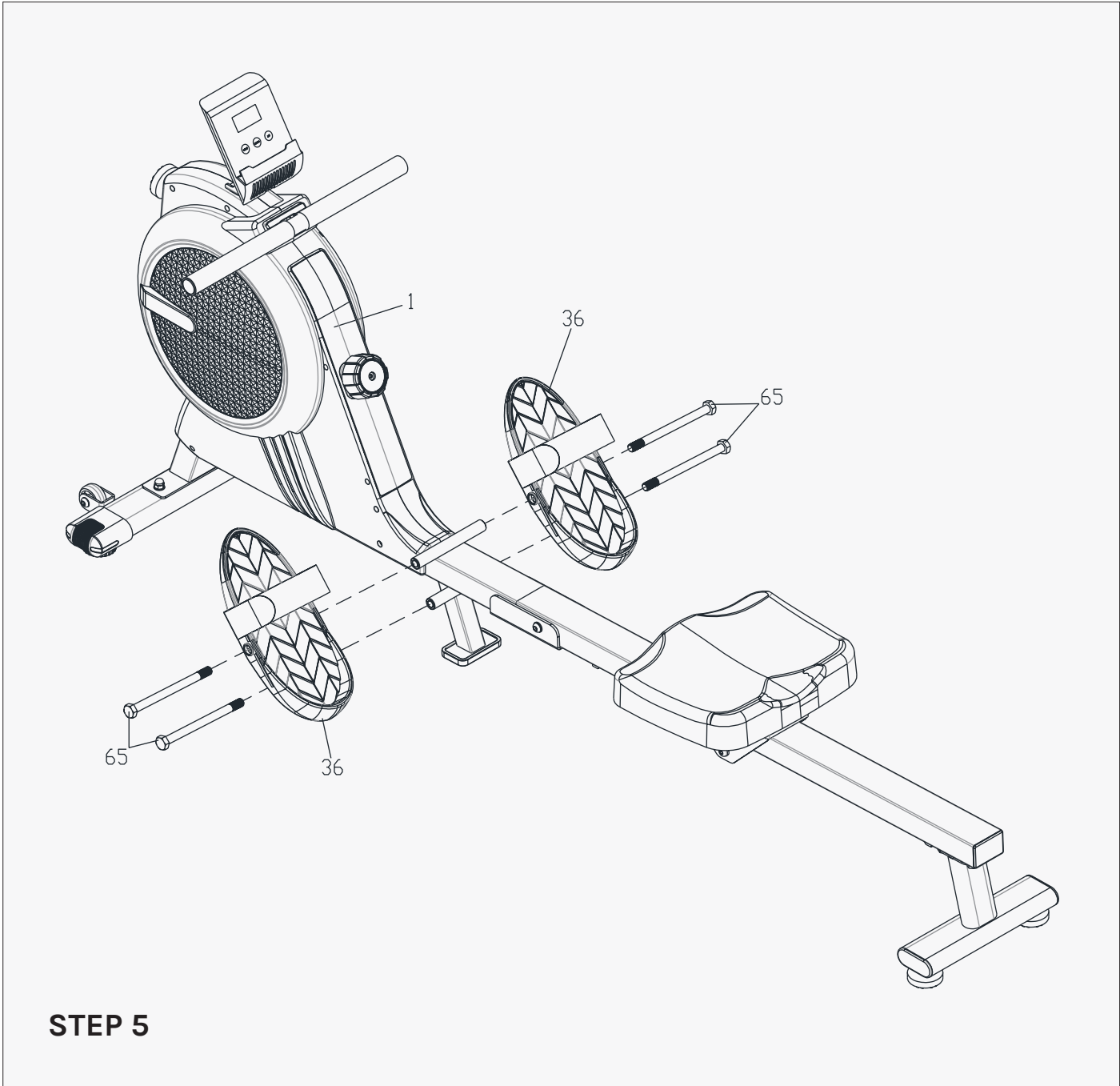
STEP 3

1. Put the Slide rail set (pt.2) onto the Main frame set (pt.1) and make sure it is in place.
2. Using the Inner hexagon spanner (pt.86), four sets of the Hexagon socket head screws M8*15 (pt.68), Flat washer 8 (pt.76) to install the Slide rail set (pt.2) on the Main frame set (pt.1) and lock it.

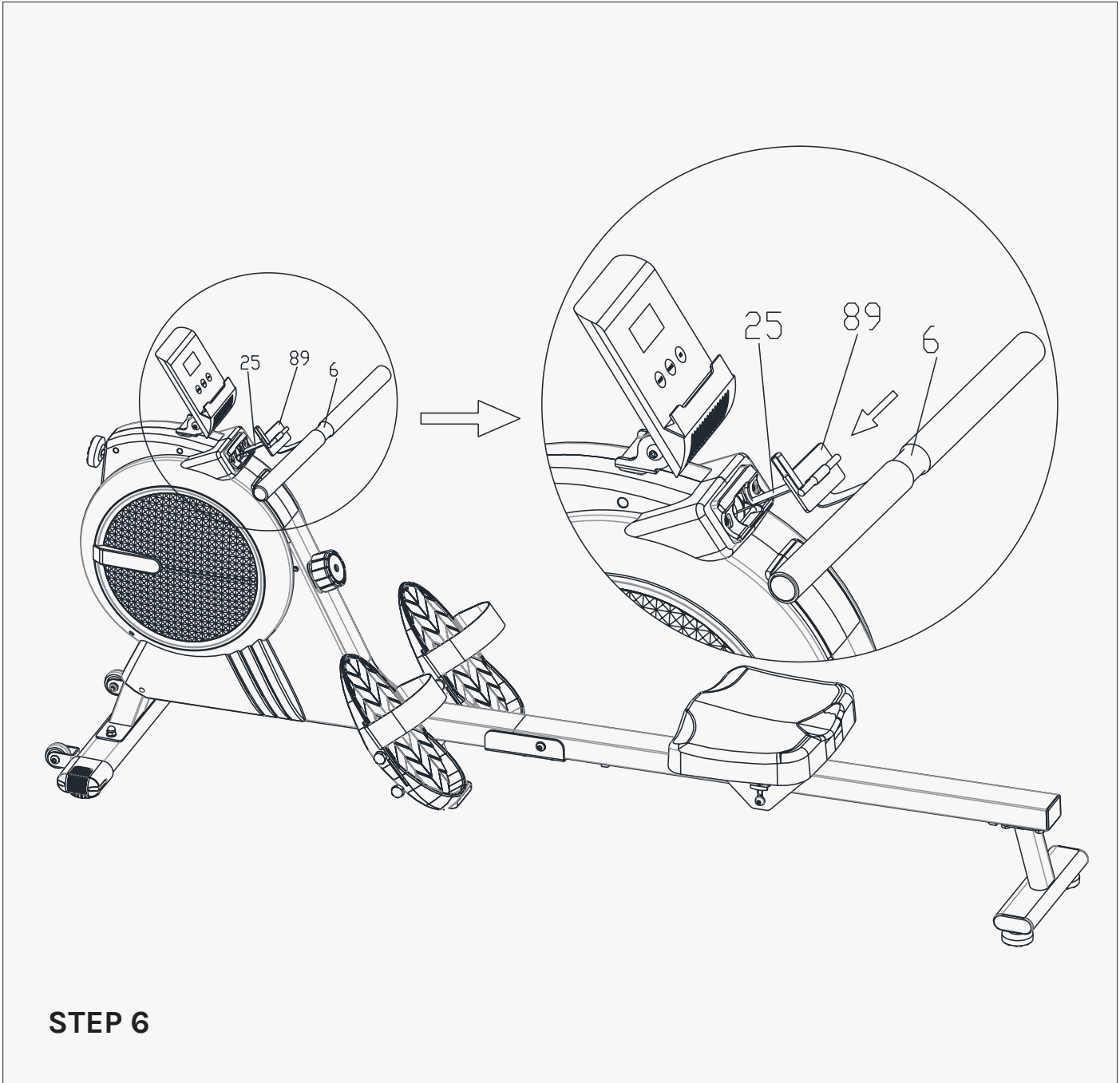


STEP 4

1. Lock the U fixed plate (pt.8) into the Main frame set (pt.1) with Hexagon socket head screws M8*10 (pt.69) and Elastic washer 8 (pt.77)
2. Lock the Computer (pt.54) on the Computer holder(pt.7) with Cross recessed button head screws M5*12 (pt.82).
3. Connect the wire A1 with A2.



1. Using the Open spanner (pt.85) to lock the Hexagon bolt M12*160 (pt.65) and the Pedal (pt.36) into the Main frame set (pt.1).



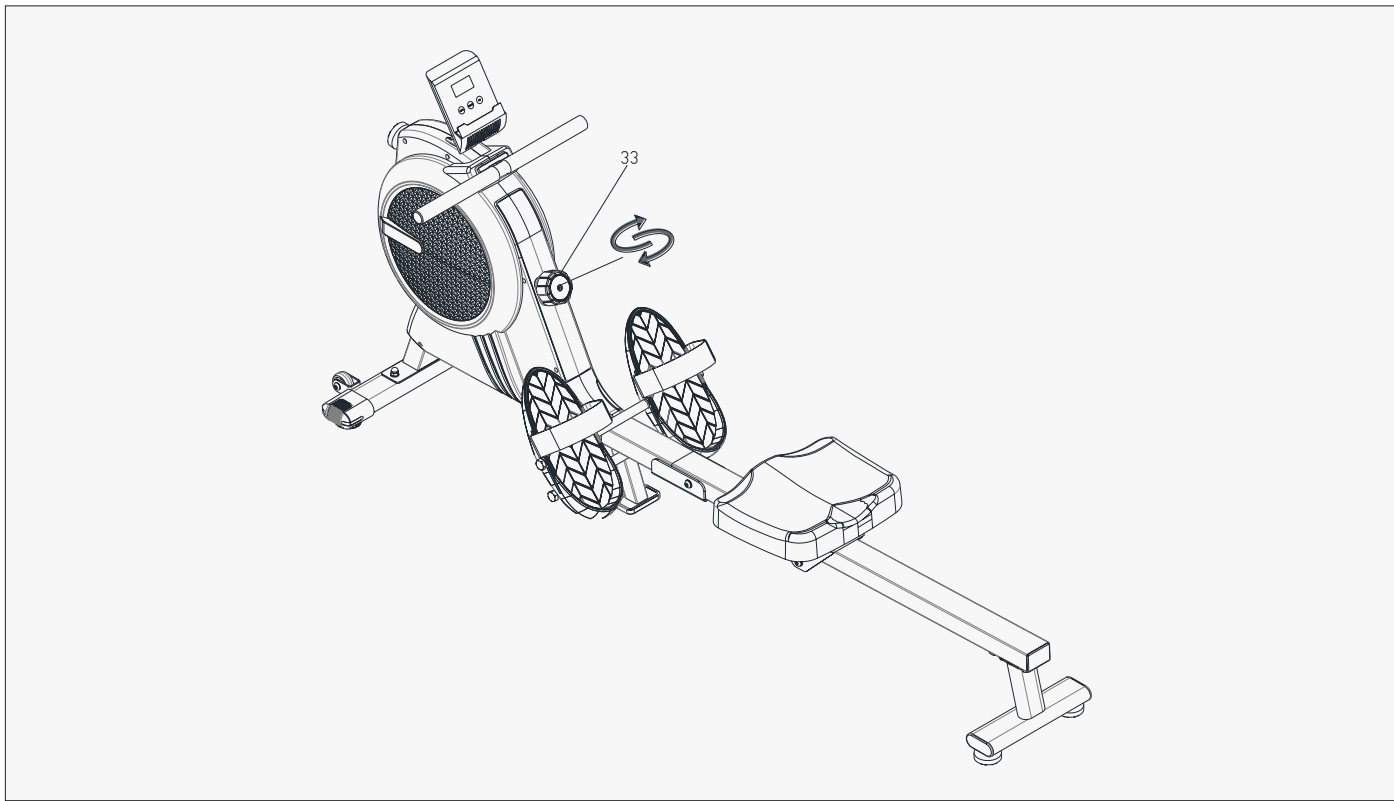
STEP 6

1. After the Handlebar (pt.6) is pulled out, feed out the Webbing (pt.25) from the Webbing clip (pt. 89). The rower can be used after the Webbing clip (pt.89) is removed from the strap. The diagram below shows the direction to remove it.

ADJUSTING THE RESISTANCE

To increase resistance, turn the Tension knob (pt.33) to the right.

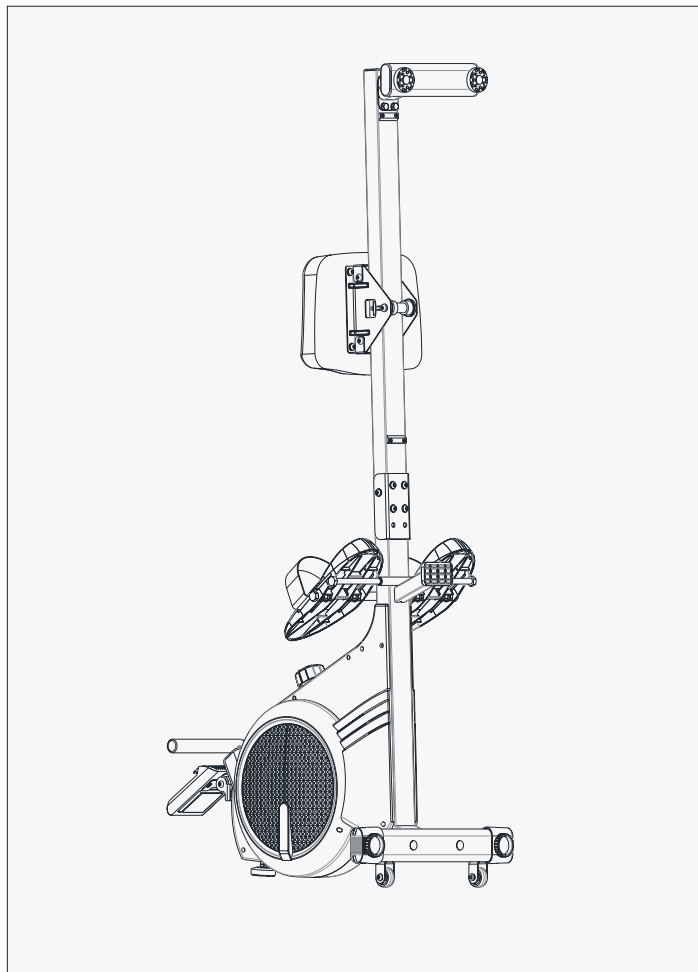
To decrease resistance, turn the Tension knob (pt.33) to the left.



STORAGE

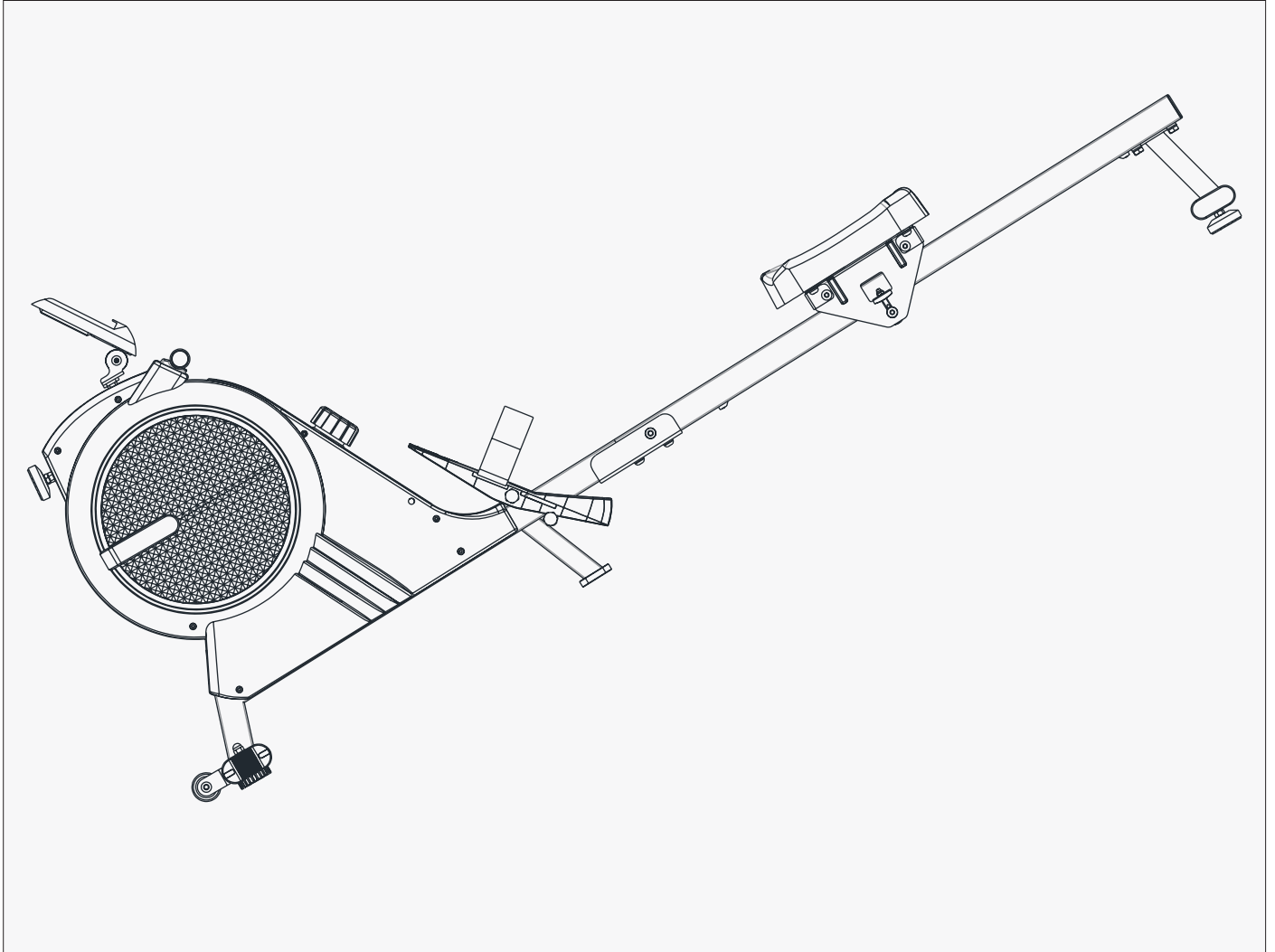
Hold the rear foot tube with both hands and lift the machine upwards, so that the Transport wheel (pt.52) and the Stopper (pt.51) touch the ground at the same time.

Note: When placing the training equipment vertically, be sure to place the training equipment in front of a wall, and be sure to place it in a safe position away from children to prevent injury.



TRANSPORTING MACHINE

Hold the rear foot tube with both hands, lift the machine in the direction until the Transport wheel (pt.52) touch the ground, you can then move the machine to your desired location.



VI. COMPLETE PARTS LIST

NO.	Description	Spec	Qty
1	Main frame set		1
2	Slide rail set		1
3	Front stabilizer set		1
4	Seat cushion plate		1
5	Magnetic plate set		1
6	Handlebar		1
7	Computer holder		1
8	U fixed plate		1
9	Rear stabilizer		1
10	Roller plate	$\delta 2*151.5*26$	2
11	Square pipe plug	$60*40*2.0$	1
12	Flywheel	$3*\Phi 260*27*\Phi 17$	1
13	Tension bolt	$M6*40*\Phi 9$	2
14	Tension bolt plate	$\Phi 6.5T1$	2
15	Pulley shaft	$\Phi 10*74*M6$	1
16	Hexagon socket head screws	$M8*65$	1
17	Scroll spring	$t0.5*22*5080$	1
18	Magnetic	$25*10*5$	9
19	Circle magnetic	$\Phi 10*3$	1
20	Unidirectional bearing	$1712(d17xD35xB16)$	1
21	Bearing C608-2Z	$C608-2Z$	6
22	Bearing 6000	$6000-2RS$	3
23	Bearing 6300	$6300-2RS$	1
24	Bearing 16003	$16003-2RS$	2
25	Webbing	$t1.5*22*2150$	1
26	Roller 1	$\phi 37*70*\phi 30*60.5$	3
27	Hexagon socket head cap screws	$M6*40$	1
28	Limiting Pad	$T5*54*16$	2
29	Left cover	$582.8*89.4*496.3$	1
30	Right cover	$582.8*89.4*496.3$	1
31	Tension cover	$376*71.6*27.6$	1
32	Circle cover	$\Phi 275*23.5$	2
33	Tension knob	$L=250$	1

34	Hexagon head bolts	M8*12*S14	4
35	Seat	322*261*55	1
36	Pedal	313.1*136.4*64.7	2
37	Rubber pad	84.5*49.5*9.7	1
38	Handlebar holder	106*40*31	1
39	Webbing wheel	Φ112*63.6	1
40	Webbing roller	Φ45*35*Φ34	1
41	End cap	φ28*1.5	2
42	Bushing	Φ32*2.7*Φ28*23*Φ8.2	2
43	Webbing wheel cover	Φ118.5*11.8	1
44	Foam grip	φ26*φ32*205	2
45	Oval end cap	70*30	2
46	Webbing wheel shaft	Φ10*125*Φ24*22.5	1
47	PC fixing plate	Φ89*Φ16*0.5	1
48	Outer PC fixing plate	Φ111*Φ16*0.5	1
49	Strap	50*500	2
50	Oval flat end cap	70*30*1.5	2
51	Stopper	φ52*43, M8X25	3
52	Transport wheel	φ50*23	2
53	Hexagon socket head screws	M8*95*10*S6	3
54	Computer	XT-3015	1
55	Fixing holder	LTF8163, Φ6	1
56	Hexagon thin nut	M10*1.0	4
57	Domed nut	M8	2
58	Cross recessed pan head tapping screws	ST4.2*19	13
59	Lock nut M6	M6	2
60	Lock nut M8	M8	7
61	Hexagon nut	M8	2
62	Carriage bolt	M8*42	2
63	Hexagon bolt M8*125	M8*125	1
64	Hexagon bolt M8*40	M8*40	2
65	Hexagon bolt M12*160	M12*160	4
66	Cross recessed pan head self-drilling self-tapping screws	ST4.2*19	6
67	Cross recessed pan head tapping screws	ST4.2X13	8
68	Hexagon socket head screws M8*15	M8*15	10
69	Hexagon socket head screws M8*10	M8*10	2

70	Cross recessed pan head screws M4*10	M4*10	3
71	Cross recessed pan head screws M5*12	M5*12	2
72	Cross recessed pan head screws M4*30	M4*30	1
73	Cross recessed pan head screws M6*10	M6*10	2
74	Waveform elastic pad	d1=10 D=15 s=0.3	1
75	Flat washer 6	6	2
76	Flat washer 8	8	20
77	Elastic washer 8	8	4
78	Rivet	4*8	2
79	Elastic washer Φ 35	Φ 35	1
80	Elastic washer Φ 10	Φ 10	2
81	Cross recessed pan head screws M5*10	M5*10	1
82	Cross recessed button head screws	M5*12	2
83	Tension spring	Φ 2.0*55	1
84	Crosshead spanner	S=13,14,15	1
85	Open spanner	S=10,13,17,19	1
86	Inner hexagon spanner	6#(86X35)	1
87	Webbing clip	83*65*6	1

VII. EXERCISE COMPUTER INSTRUCTION MANUAL

Display quantities:

- TIME-----0:00~99:59
- Time/500m----- 0:00~99:59
- COUNT----- 0~9999
- DIST-----0.0~999.9KM
- SPM(Rpm)-----0~999
- CAL-----0~9999

Key functions:

- MODE: Select the function to be preset.
- SET: Press to increase the preset values of TIME, COUNT, DIST, CAL
- RESET: Reset the values of TIME, COUNT, DIST and CAL to zero.

How to replace battery:

- How to replace battery:
- Replace 2 pcs of battery 1.5V AAA.
- Make sure the batteries are installed correctly and contacted with the battery spring.
- If the display illegible or partial segments flash, please take off the batteries. Wait for 5 seconds and then re-install it.
- When taking out batteries, all the functional values will be reset to zero.

Details of operation: AUTO POWER ON/OFF

- The monitor will be turned on automatically by pressing any key or start to exercise.
- The monitor will be turned off automatically when the speed sensor has no signal input, or no keys are pressed for approximately 4 minutes.

How to preset TIME, COUNT, DIST, CAL

- Press MODE key until the LCD display flashing (about 5 seconds) which you want to pre-set.
- Press SET key until desired number is displayed.
- After 5 seconds the LCD stops flashing, the monitor will begin to count down.
- It will flash for 4 seconds to indicate the completion of workout which is preset.

VIII. EXERCISE GUIDE

ⓘ PLEASE NOTE:

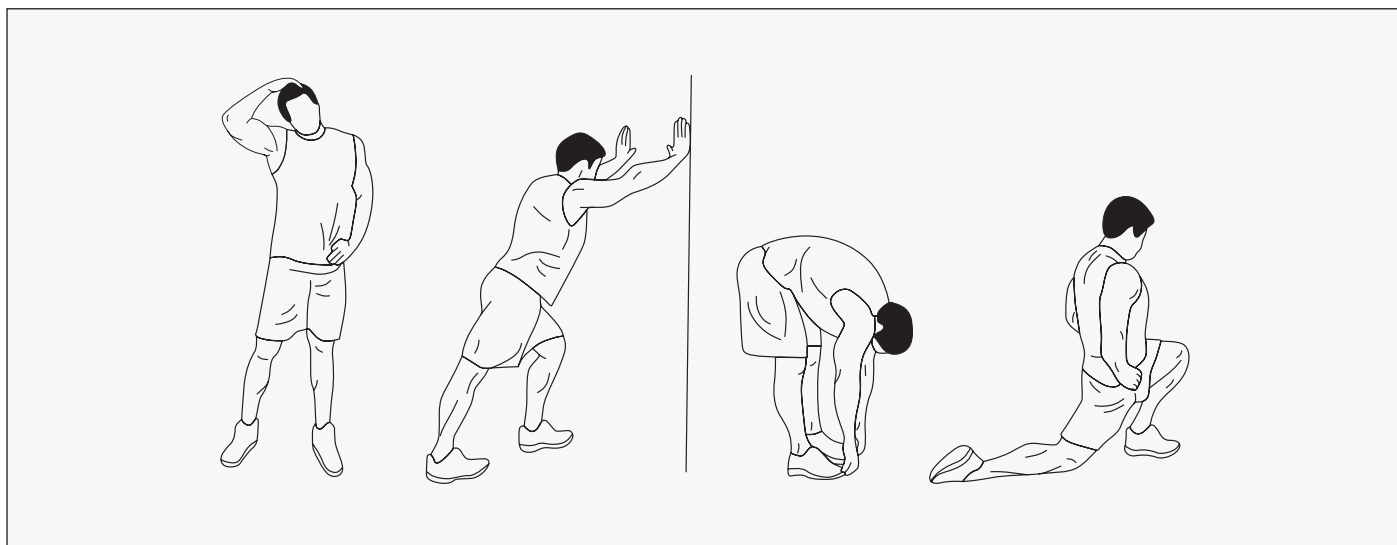
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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.

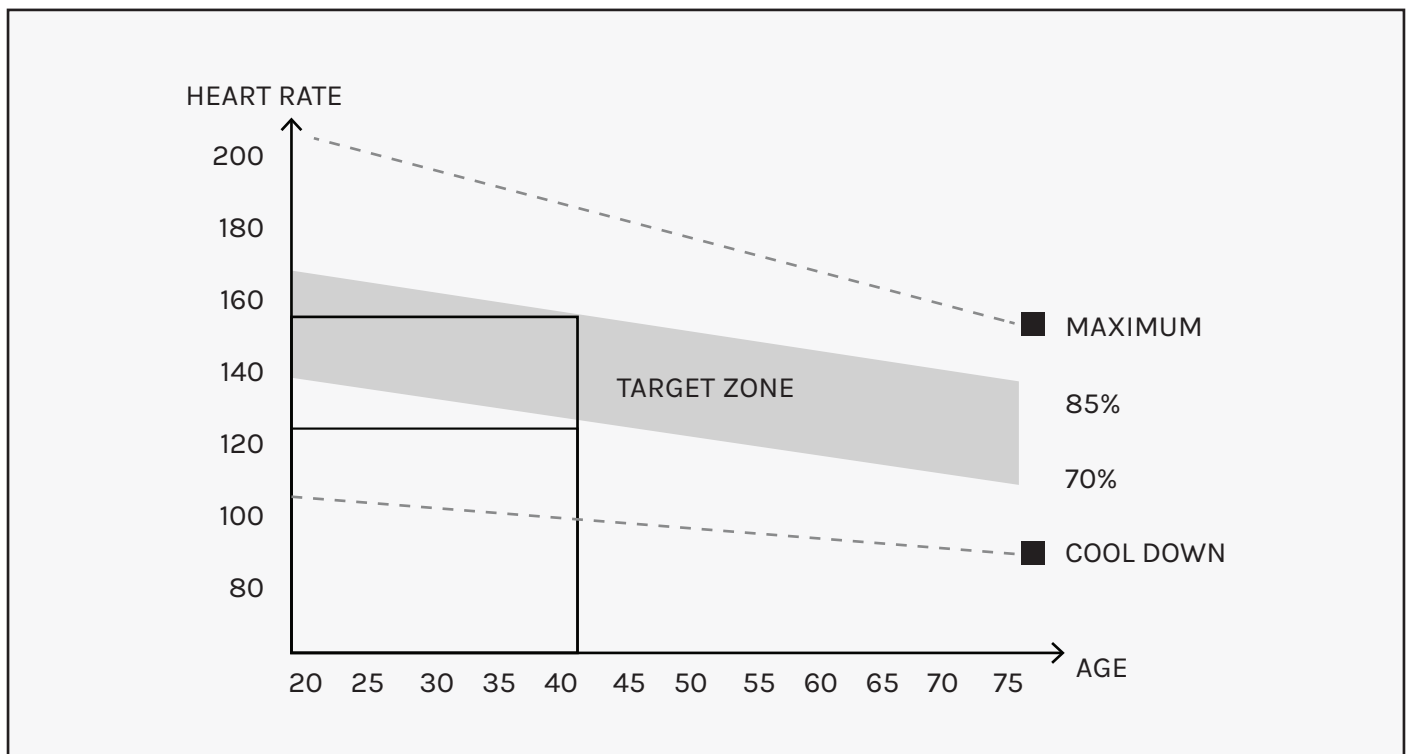
TRAINING ZONE EXERCISE

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





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