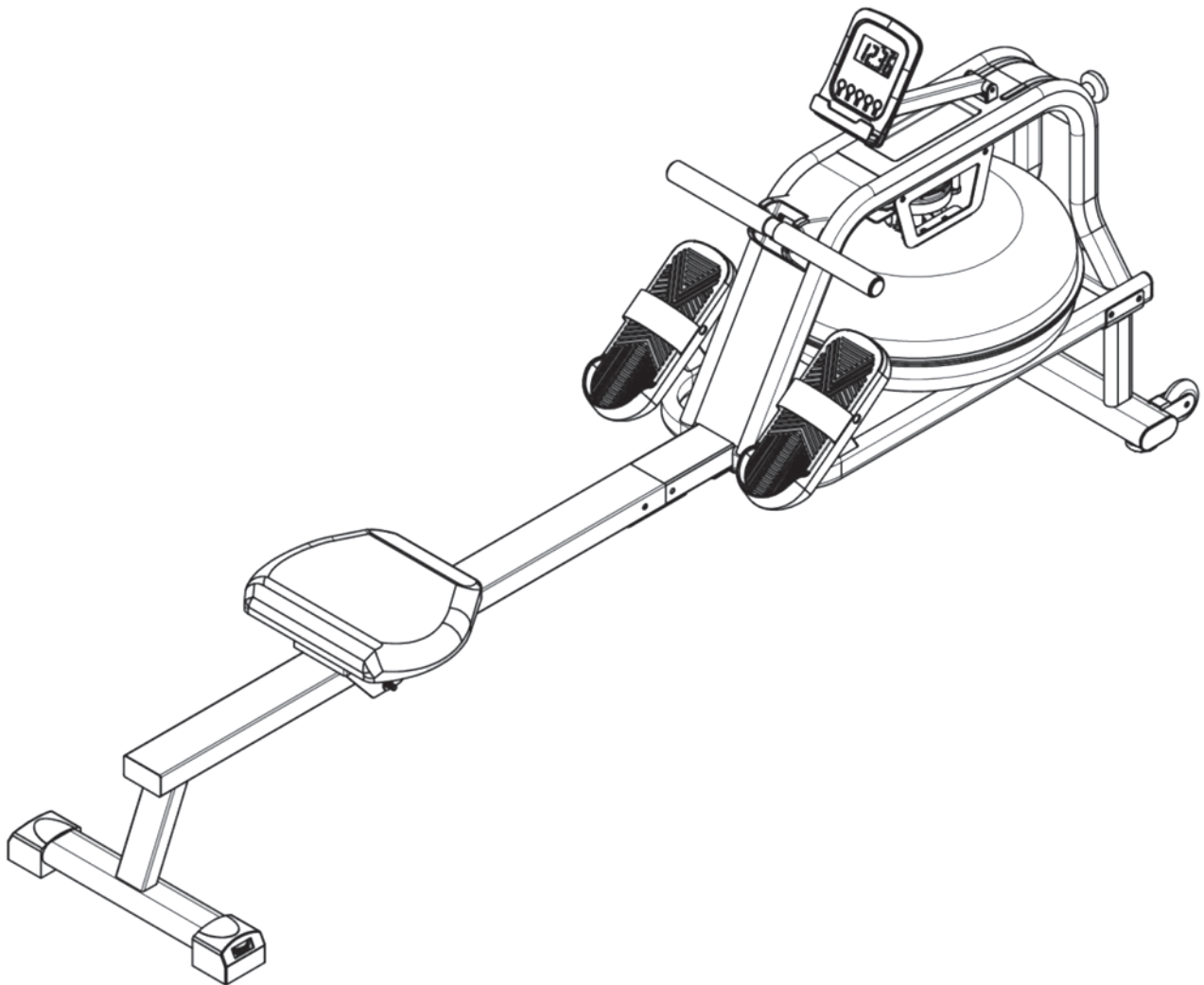


# LSG

## GR10 Water Resistance 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](http://www.lsgfitness.com.au)



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# I. IMPORTANT SAFETY INSTRUCTIONS

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## **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.

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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.

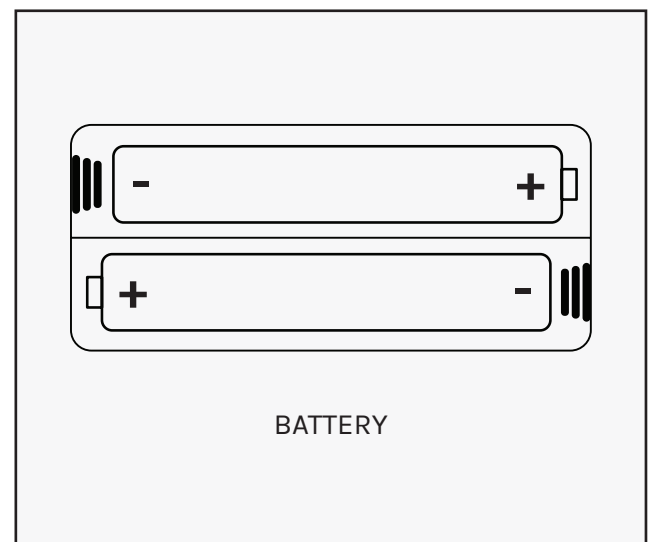
- Always keep this instruction manual and assembly tools at hand for reference.
- The equipment is not suitable for therapeutic use.

## 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.

### 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.



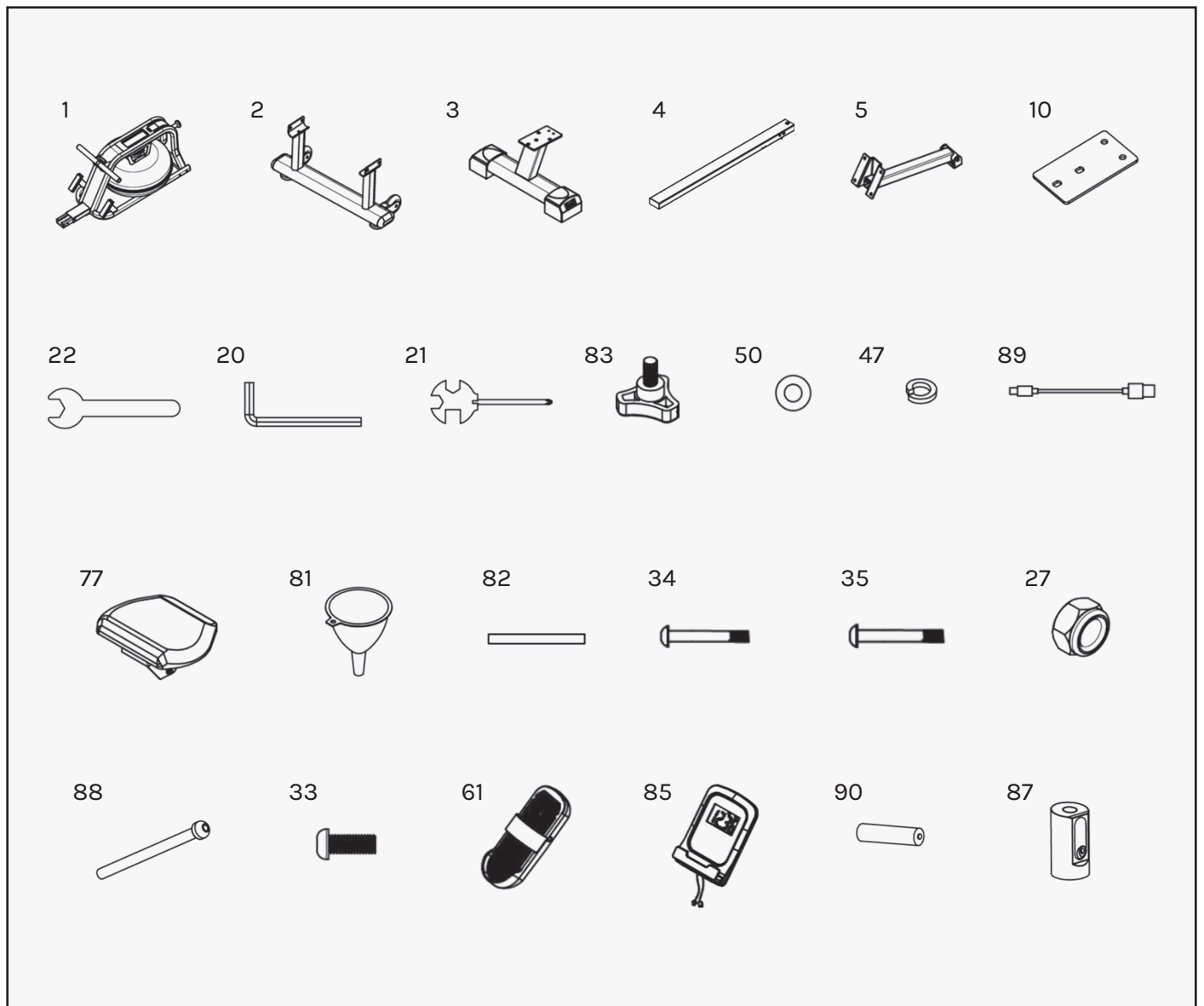


# IV. PARTS LIST

No.	Description	Qty	No.	Description	Qty
1	Main Frame	1	41	Bolt M6*55	2
2	Front Foot Tube Frame	1	42	Bolt M5*10	2
3	Rear Foot Tube Frame	1	43	Bolt M6*20	4
4	Slide Tube Frame	1	44	Bolt ST4.2*9.5	1
5	Display Frame	1	45	Bolt ST4.2*19	2
6	Tension Tube	1	46	Bolt ST4.2*13	2
7	Seat Cushion Limiting Plate	2	47	Flat Washer 8	14
8	Seat Cushion Left Mounting Plate	2	48	Flat Washer Φ6	32
9	Tank Stiffener	2	49	Flat Washer Φ6	4
10	Slide Plate	1	50	Flat Washer Φ8	30
11	Tank Connector	1	51	Flat washer Φ10	1
12	Block B	1	52	Type C Buckle	1
13	Display Mounting Plate	1	53	Bolt M5*10	4
14	Retractor Casing	2	54	Water Tank Up Cover	1
15	Fixed Pin for Wind Wheel	1	55	Water Tank Bottom Cover	1
16	Deep Groove Ball Bearing606-ZZ	4	56	Water Tank	1
17	Deep Groove Ball Bearing608-ZZ	6	57	Top and Bottom Cap Seals	1
18	Deep Groove Ball Bearing6000-ZZ	2	58	Sealing Ring for Axle Center Hole of Upper Cover	2
19	Roller Sleeve	6	59	Upper Cover Intake Plug	1
20	Allen Wrench	1	60	Axial Seal Ring of Propeller Blade	1
21	Wrench with Screwdriver S13/14/15	1	61	Foot pedal	2
22	Open End Wrench	1	62	Ribbon Pulley	1
23	Pull Rod	2	63	Ribbon Pulley	2
24	Pull Rod Limiting Plate	2	64	Foam Grip	2
25	Screw M6	4	65	Pedal Band	2
26	Screw M6	2	66	Pullback Device	1
27	Screw M8	9	67	Decorate Cover	1
28	Screw M6	2	68	Handrail Retainer	1
29	Screw M3	12	69	Flat Plug for Inner Tube of Round Waist Tube	2
30	Bolt M6*90	2	70	Induction Bar Clamp	1
31	Bolt M8*125	3	71	Display Sleeve	4
32	Bolt M6*60	1	72	Adjust Feet	3
33	Bolt M8*20	16	73	Display Bracket	1
34	Bolt M8*40	4	74	Handrail Plug	2
35	Bolt M8*65	2	75	Transport Wheel	2
36	Bolt M10*55	1	76	Cushion Roller	3
37	Bolt M6*8	4	77	Base Bracket	1
38	Bolt M3*15	12	78	Back Leg Cover	2
39	Bolt M6*12	22			
40	Bolt M6*40	1			

No.	Description	Qty	No.	Description	Qty
79	28 Pipe Plug	2	85	Display	1
80	Cushion	2	86	Bottom Wire	2
81	Funnels	1	87	Bucket Water Electric Pump	1
82	Water Pipe	1	88	Pumping Pipe	2
83	Triangular Knob	2	89	USB Charge Wire	1
84	Sponge Pad	1	90	Dry Battery	2

## V. ASSEMBLY INSTRUCTIONS



## PARTS LIST

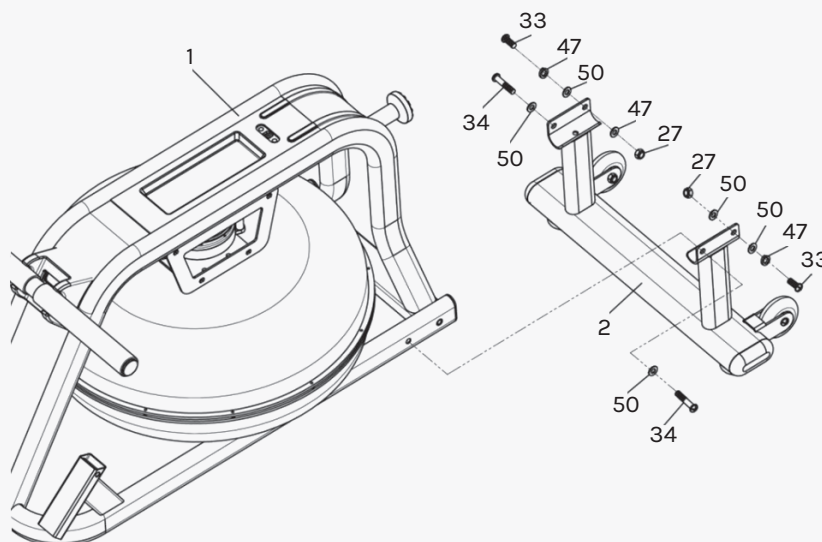
No.	Description	Specification	Qty	No.	Description	Specification	Qty
1	Main Frame		1	35	Bolt	M8*65	2
2	Front Foot Tube Frame		1	90	Dry Battery		2
3	Rear Foot Tube Frame		1	50	Flat washer $\Phi$ 8	$\Phi$ 8	15
4	Slide Tube Frame		1	83	Triangular Knob		2
5	Display Frame		1	89	USB Charge Wire		1
10	Slide Plate		1	77	Base Bracket		1
61	Feet Pedal		2	81	Funnels		1
22	Open End Wrench	S17-19	1	82	Water Pipe		1
20	Allen Wrench	S=5	1	27	Screw M8	M8	4
47	Flat washer 8	8	11	34	Bolt	M8*40	2
21	Wrench with Screwdriver S13/14/15	S13,14,15	1	87	Bucket Water Electric Pump		1
33	Bolt	M8*20	11	88	Pumping Pipe		2
				85	Display		1

## INSTALL TOOL:

#20 Allen Wrench S=5	1pc
#22 Open end Wrench S10	1pc
#21 Wrench with screwdriver S13, 14, 15	1pc

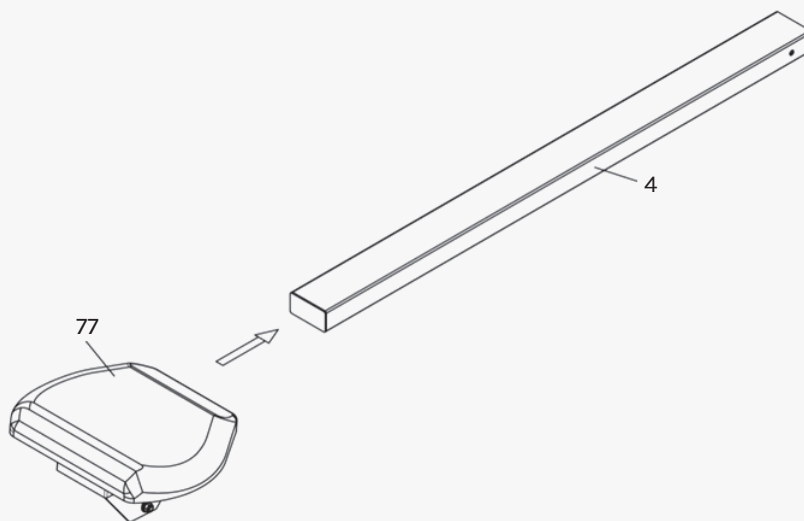


## STEP 1



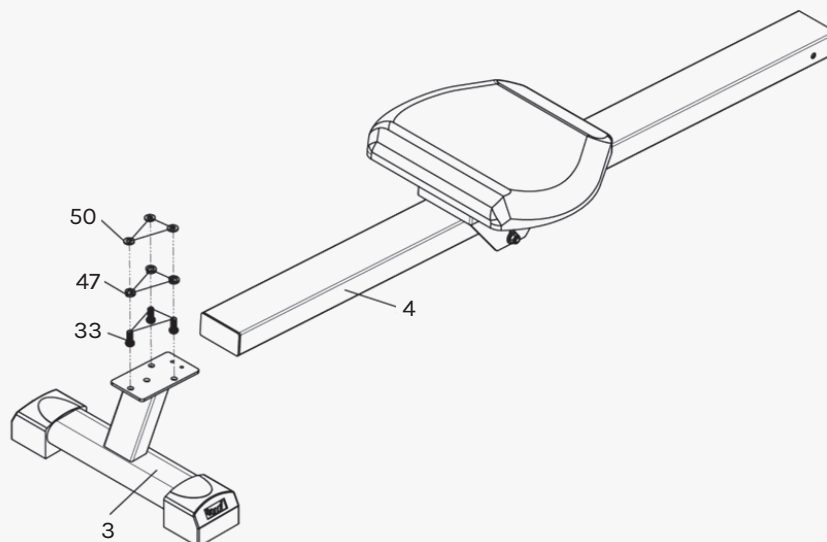
1. Use Allen Wrench (20), Wrench with screwdriver S13/14/15 (21), Bolt M8\*40 (34), Flat washer 8 (47) and Screw M8 (27) to secure the main frame (1) onto the front foot tube frame (2).

## STEP 2



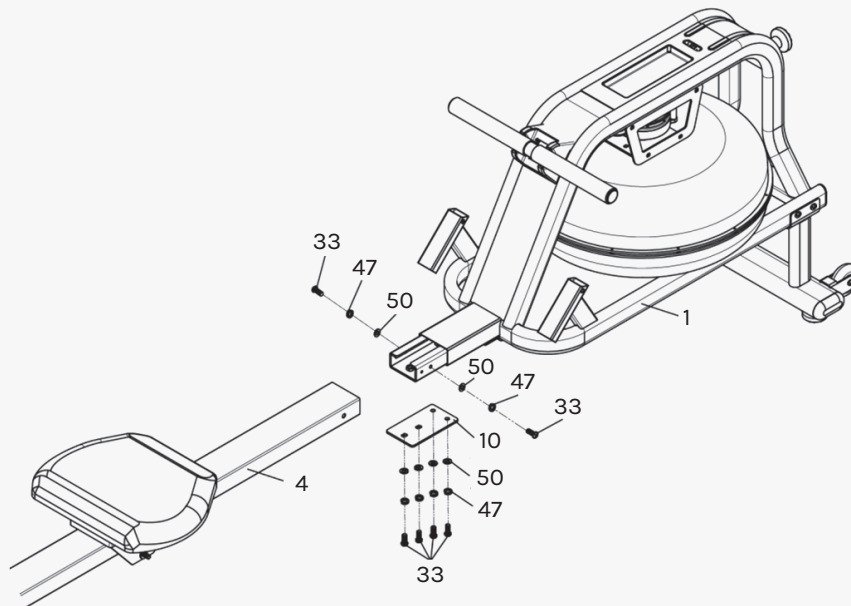
1. Lock the Base Bracket (77) to the sliding tube Frame (4).

### STEP 3



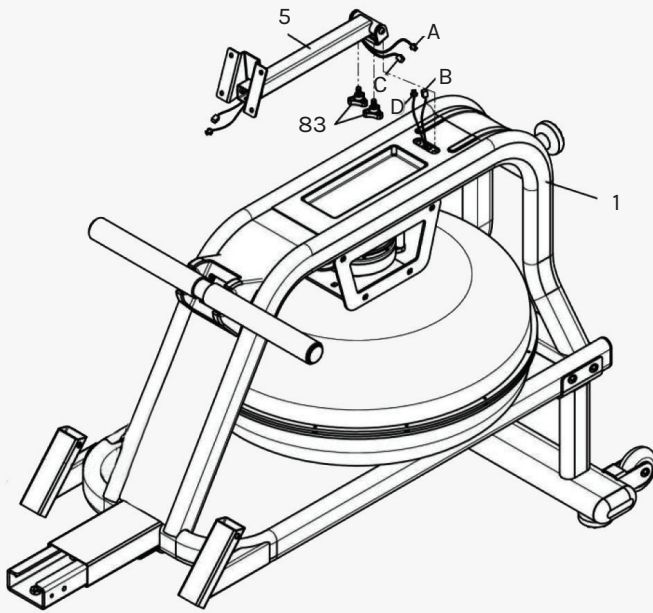
1. Use Allen Wrench (20), Wrench with screwdriver S13/14/15 (21), Bolt M8\*20 (33), Flat washer 8 (47) and Flat washer  $\Phi$ 8 (50) to secure the Rear foot tube frame (3) and the Slide tube frame (4).

### STEP 4



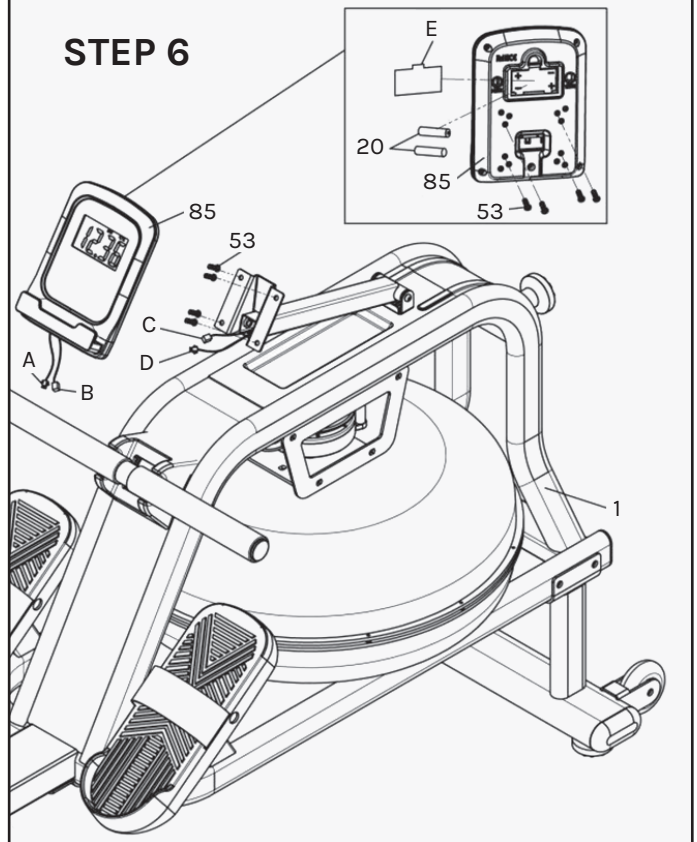
1. Use Allen Wrench (20) Wrench with screwdriver S13/14/15 (21), Bolt M8\*20 (33), Flat washer 8 (47), Flat washer  $\Phi$ 8 (50) and Slide plate (10) to secure the Slide tube frame (4) to the main frame (1).

## STEP 5



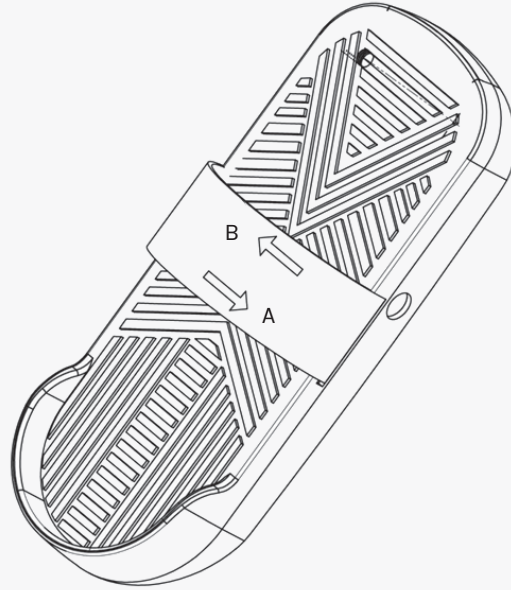
1. Connect the communication line A/C in the Display frame (5) and the communication line B/D in the main frame (1) together. A goes with B and C goes with D.
2. Use triangular knob (83) to fix the Display frame (5) to the main frame (1).

## STEP 6



1. Connect the wire A/B of computer (85) with the wire C/D as the picture 1.
2. After connecting the wire, use Wrench with screwdriver S13/14/15 (21) to secure screw (53) and display (85) to the main frame (1).

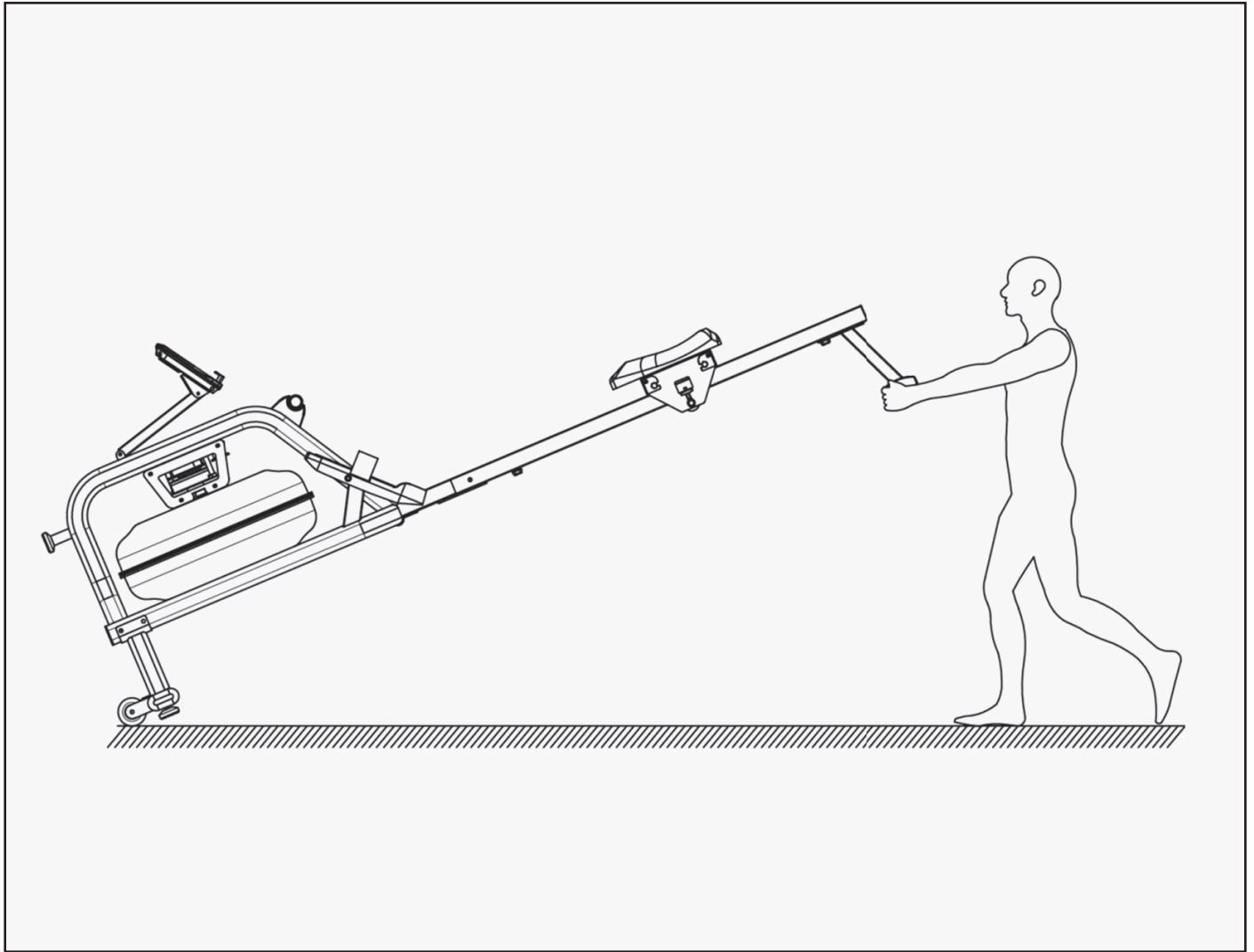
## PEDAL ADJUSTMENT



The pedal strap is adjustable according to the size of feet.

To adjust the tightness, see image above. A direction is to loosen, and B direction is to tighten.

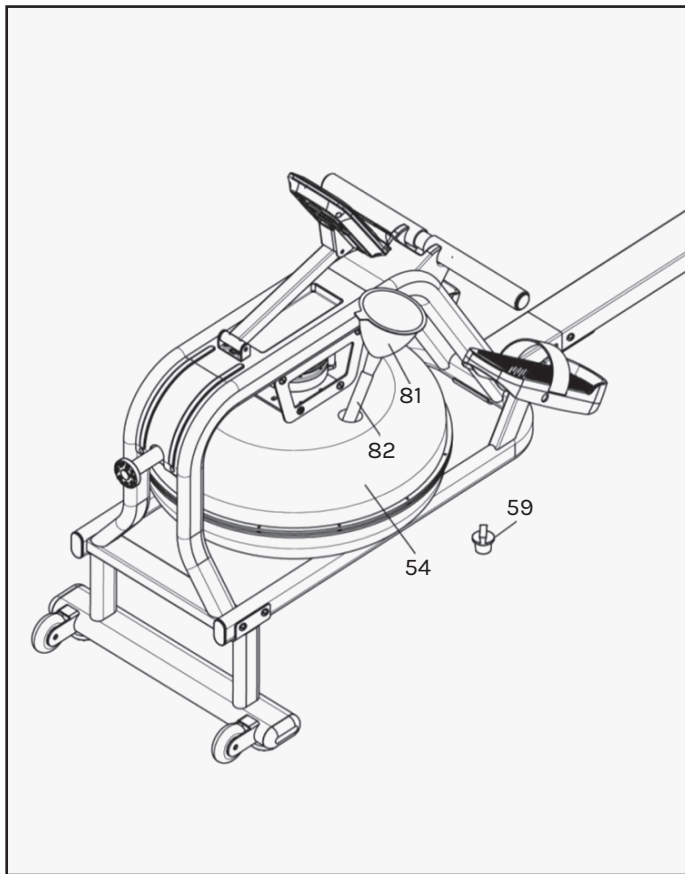
## VI. MOVING THE MACHINE



To move the machine, lift 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.

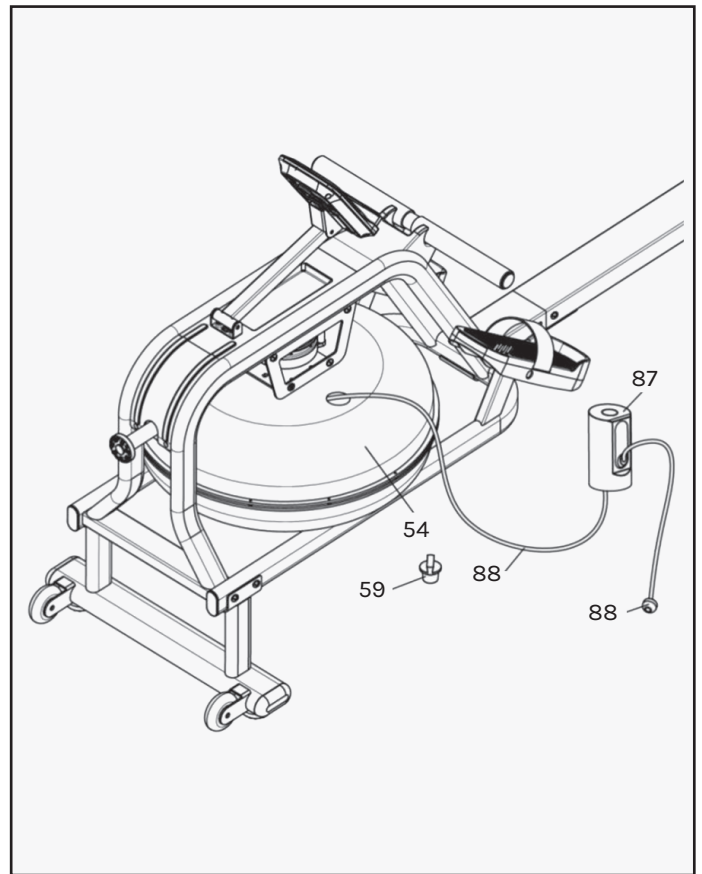
Caution: The seat will roll down so keep fingers out of its way.

# VII. WATER ADJUSTMENT



## Adding Water

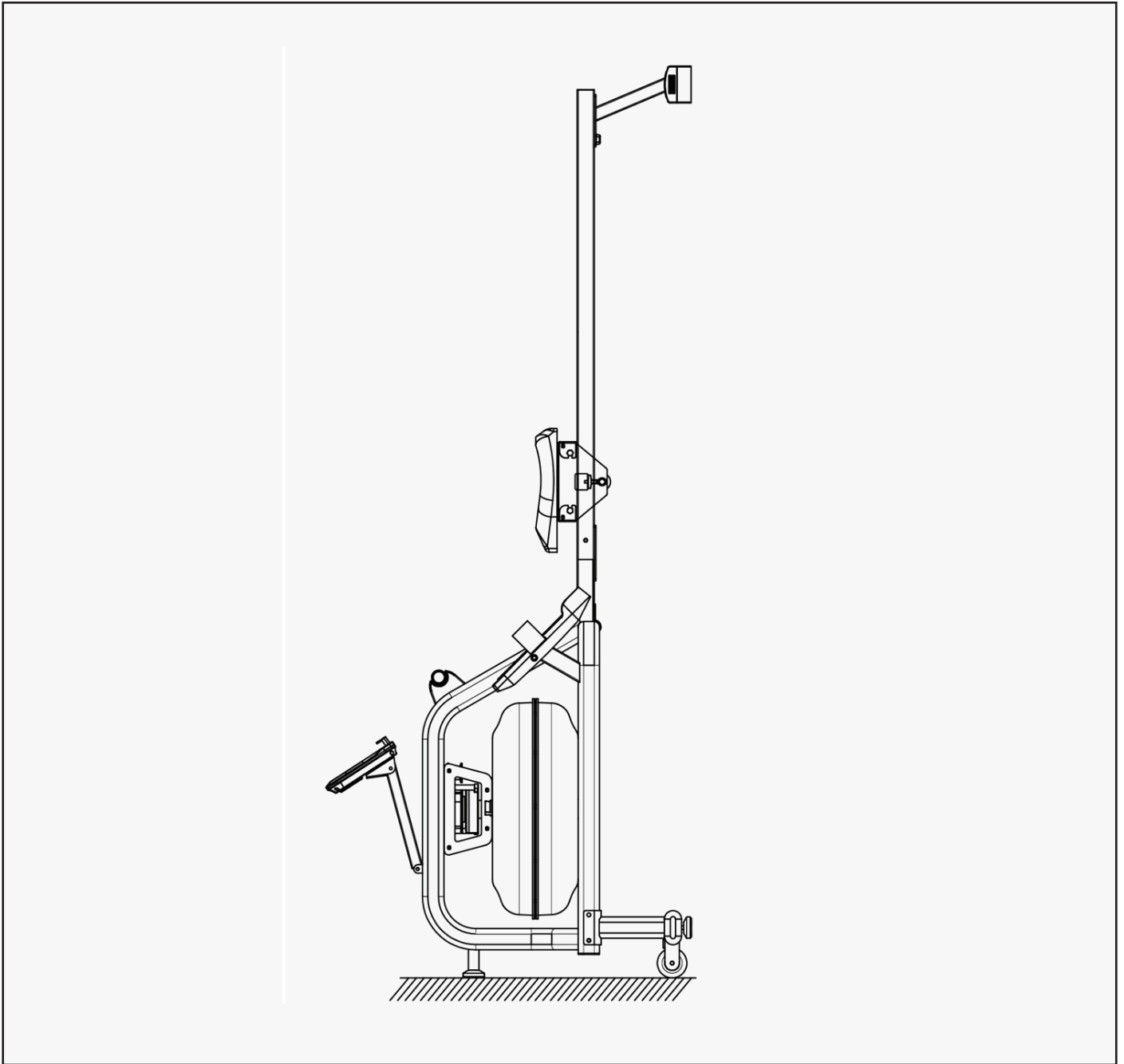
1. You can fill the water container with about 12 liters of water or up to the recommended water line (max resistance). Note that the amount of water will vary your pedaling resistance, more water for more resistance and less water to less resistance.
2. First remove the upper cover intake plug (59) from the water tank (54). Connect the funnel (81) and the water pipe (82) and place into the tank.
3. The water is poured into the water tank (54) from the funnel (81). After the water has reached the recommended water level, place the water inlet hole plug (59) back on.



## Removing Water

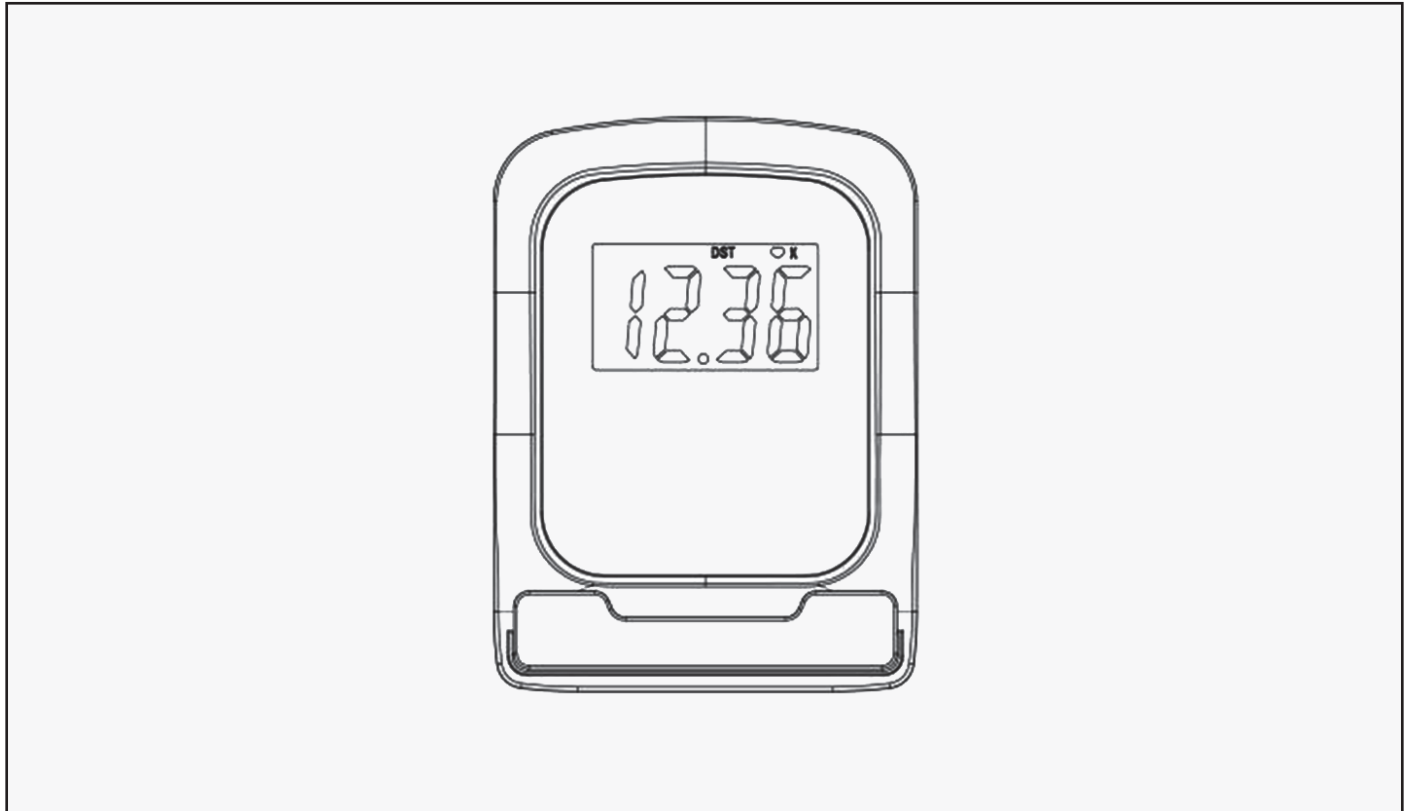
1. Connect 2 pumping pipes (88) to the electric water pump (87).
2. Removing the upper cover intake plug (59) from the water tank (54), place one water pipe in the water tank and the other in an empty bucket. Turn on the electric water pump, after the water has been removed, place back the upper cover water inlet plug (59).

# VIII. STAND UP FRAME



As shown above, when the product is not in use, the machine can be put upright to avoid taking up space as shown above.

# IX. 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):** The number of times between the computer starts and ends.

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

# X. EXERCISE GUIDE

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## ! 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.

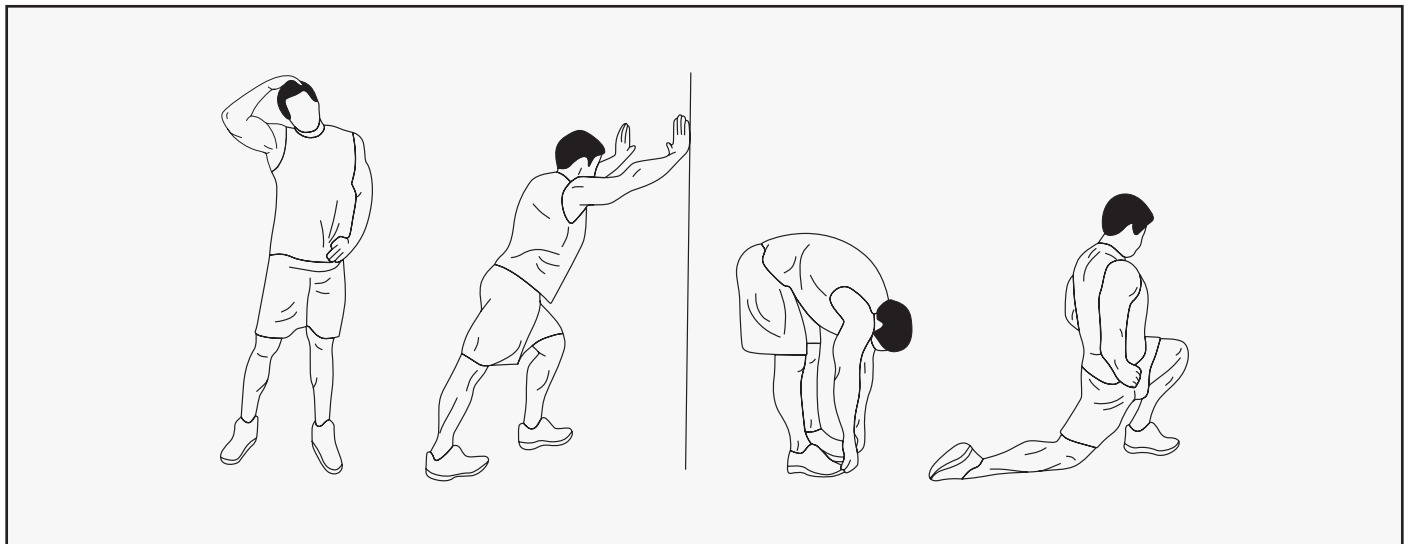
The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

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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

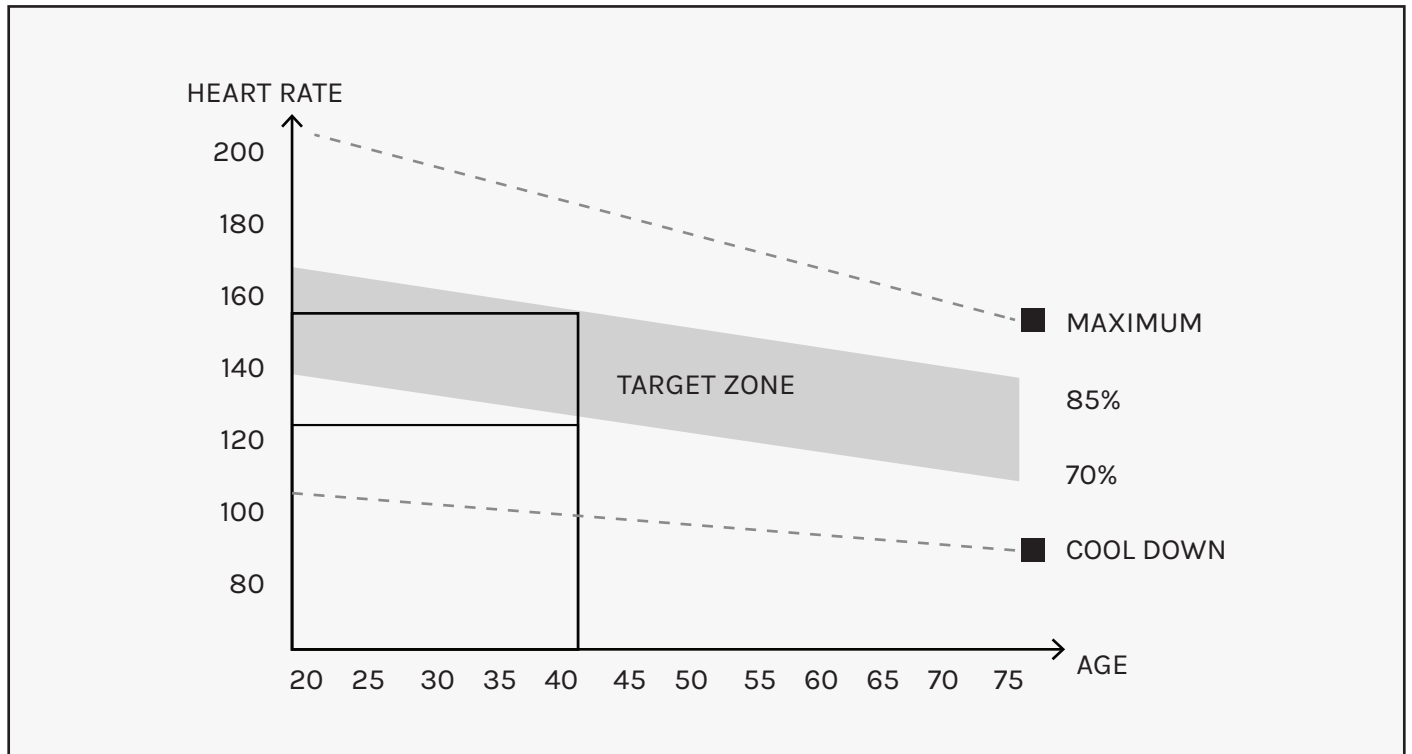
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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.

# XI. 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.

## XII. TROUBLESHOOTING

Issue	Reason	Solution
Water discoloration or turbid	<ul style="list-style-type: none"><li>a. Water exposed to direct sunlight.</li><li>b. Water was not treated.</li></ul>	<ul style="list-style-type: none"><li>a. Place the rower away from direct sunlight.</li><li>b. Change or treat the water according to this manual. Consider using distilled water for water re-injection.</li></ul>
The handle belt slips from the rubber wheel	<ul style="list-style-type: none"><li>a. The tension rope is not tight, and the counter charge is not strong.</li></ul>	<ul style="list-style-type: none"><li>a. According to the re-installation of the rowing machine pull tape instructions for processing, drawing the tension rope.</li></ul>
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.

# XIII. 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](http://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](mailto: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.



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