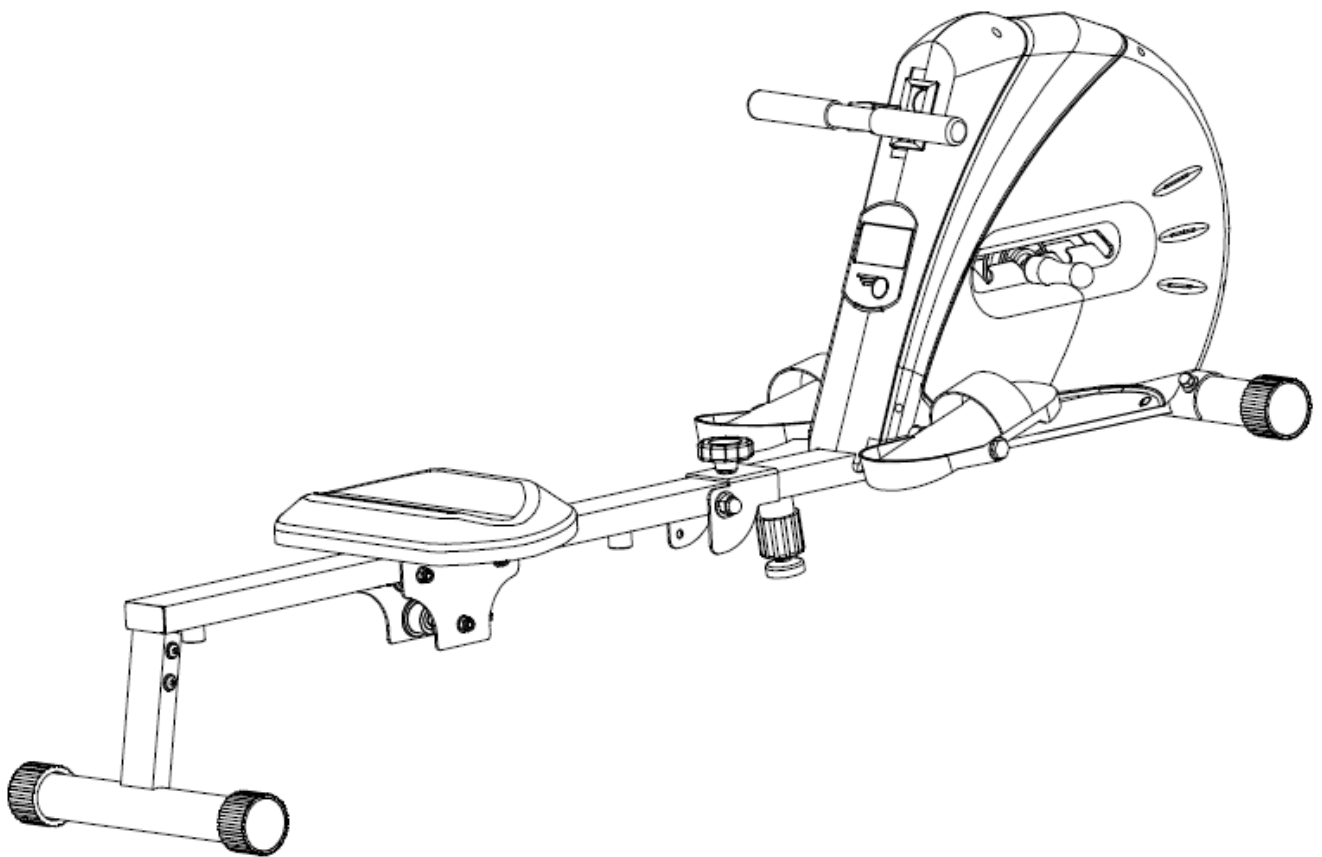




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R-1 ROWING MACHINE OWNER'S MANUAL



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.

2. CARE INSTRUCTIONS

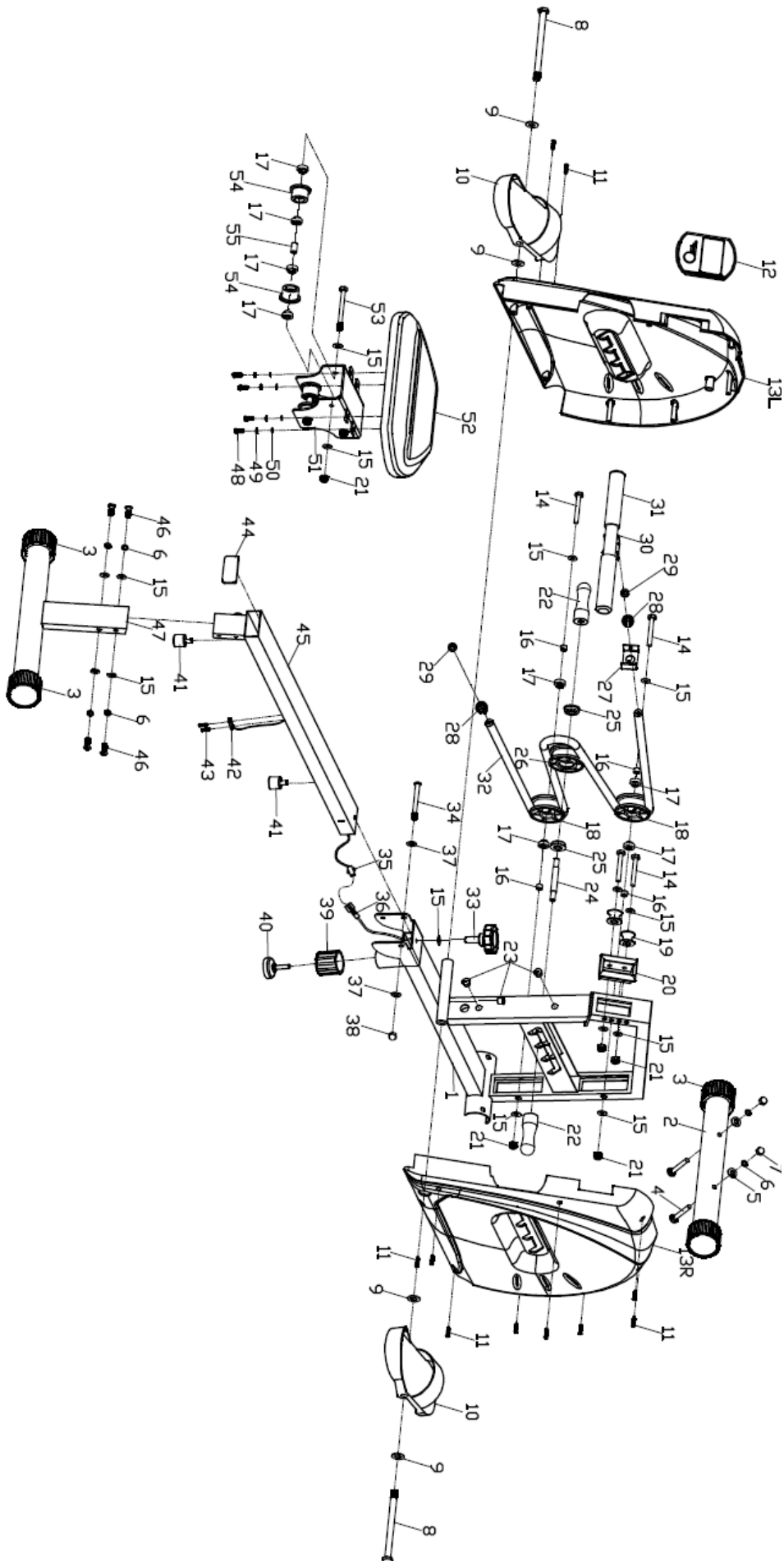
- a. Maximum use weight: 100KG
- b. Lubricate moving joints with grease after periods of usage
- c. Be careful not to damage plastic or metal parts of the machine with heavy or sharp objects
- d. The machine can be kept clean by wiping it down using dry cloth
- e. All nuts and bolts are to be checked 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 adult 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



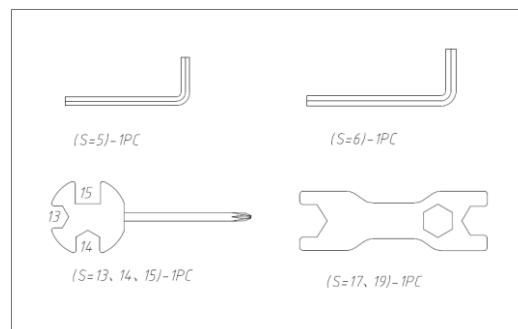
3. EXPLODED DIAGRAM



4. PARTS LIST

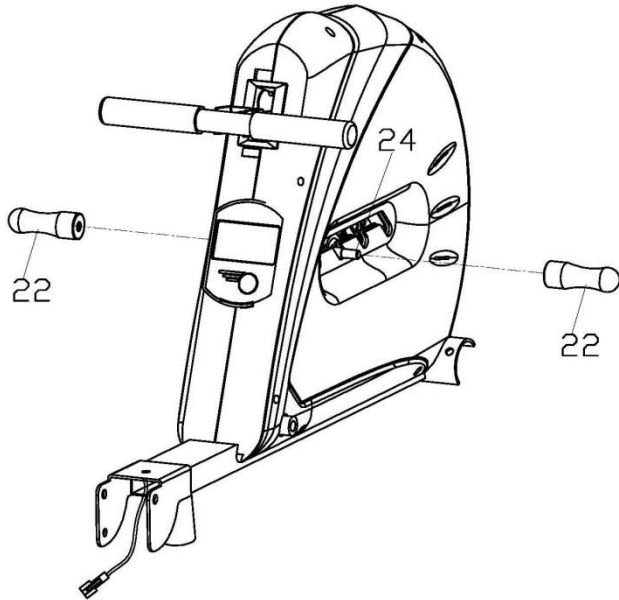
No.	Description	Qty	No.	Description	Qty
1	Main frame	1	29	Plug	2
2	Front stabilizer	1	30	Handlebar	1
3	End cap	4	31	Foam grip	2
4	Bolt M8x65	2	32	Rope	1
5	Curved washer d8x1.5xΦ20xR30	2	33	Bolt	1
6	Spring washer D8	6	34	Bolt M10x80	1
7	Nut M8	2	35	Sensor wire	1
8	Bolt φ12.5x130xM12x18	2	36	Extended wire	1
9	Washer D13xφ26x2	4	37	Washer D10xφ20x1.5	2
10	Pedal	2	38	Nut M10	1
11	Screw ST4.2x18	10	39	End cap	1
12	Computer	1	40	Adjustable foot pad	1
13L/R	Chain cover	2	41	Cushion pad	2
14	Bolt M8x62	4	42	Sensor	1
15	Washer D8xφ19x1.5	19	43	Screw ST3x10	2
16	Bushing φ12xφ8.5x10.5	4	44	End cap	1
17	Bearing 608	16	45	Rail tube	1
18	Wheel	2	46	Screw M8x16	4
19	Idler wheel	2	47	Rear support frame	1
20	Fixed sleeve	1	48	Bolt M6x17	4
21	Nylon nut M8	7	49	Spring washer D6	4
22	Handlebar	2	50	Washer D6	4
23	End cap	3	51	Saddle post	1
24	Axle M10xφ12x95	1	52	Saddle	1
25	Bearing φ32xφ12x11	2	53	Bolt M8x90	3
26	Wheel	1	54	Wheel	6
27	U-shaped washer	1	55	Bushing φ12xφ8x20	3
28	Rope lock	2			

Tools required:
 1pc 5mm Hex Wrench
 1pc 6mm Hex Wrench
 1pc 13mm, 14mm, 15mm Hex Wrench
 1pc 17mm, 19mm Wrench



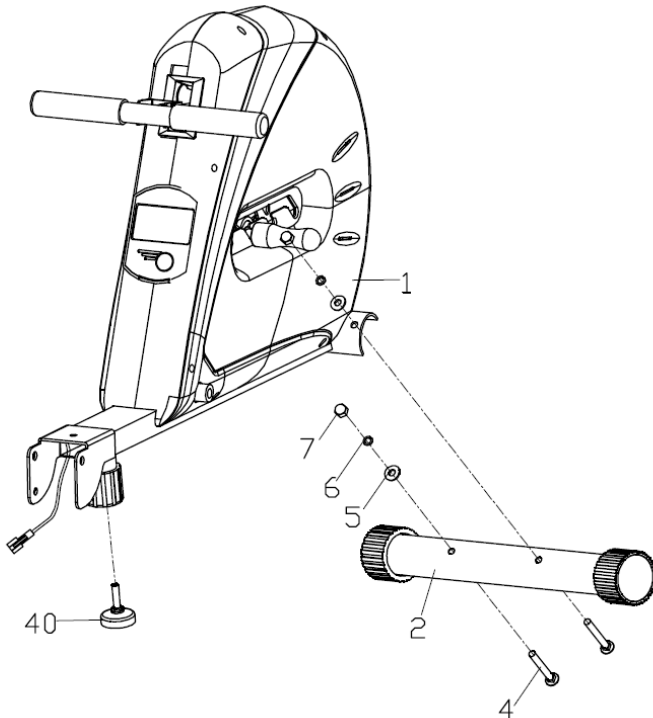
5. ASSEMBLY INSTRUCTIONS

STEP 1:



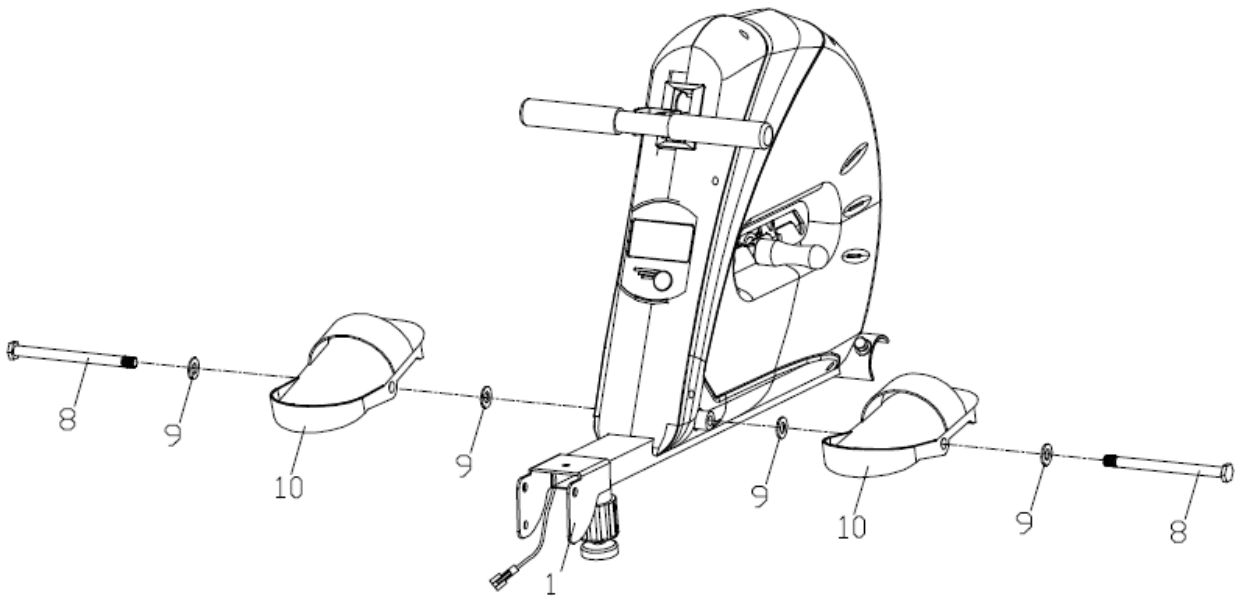
1. Fix the handlebar (22) to the axle (24)
-

STEP 2:



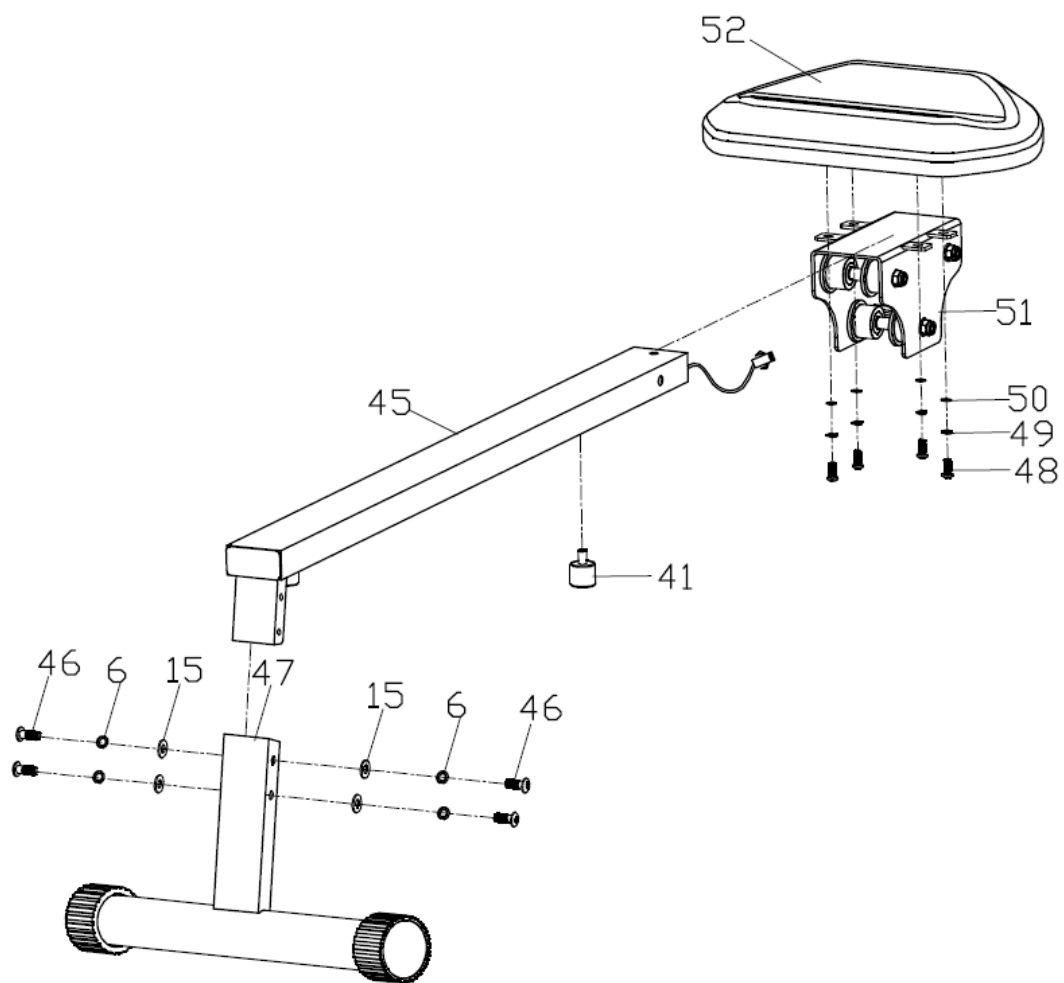
1. Fix the front stabilizer (2) to the main frame (1) with bolt (4), curved washer (5), spring washer (6) and nut (7).
 2. Install the adjustable foot pad (40) to the main frame (1) as shown.(Adjust it to the suitable position to connect the rail tube(45))
-

STEP 3:



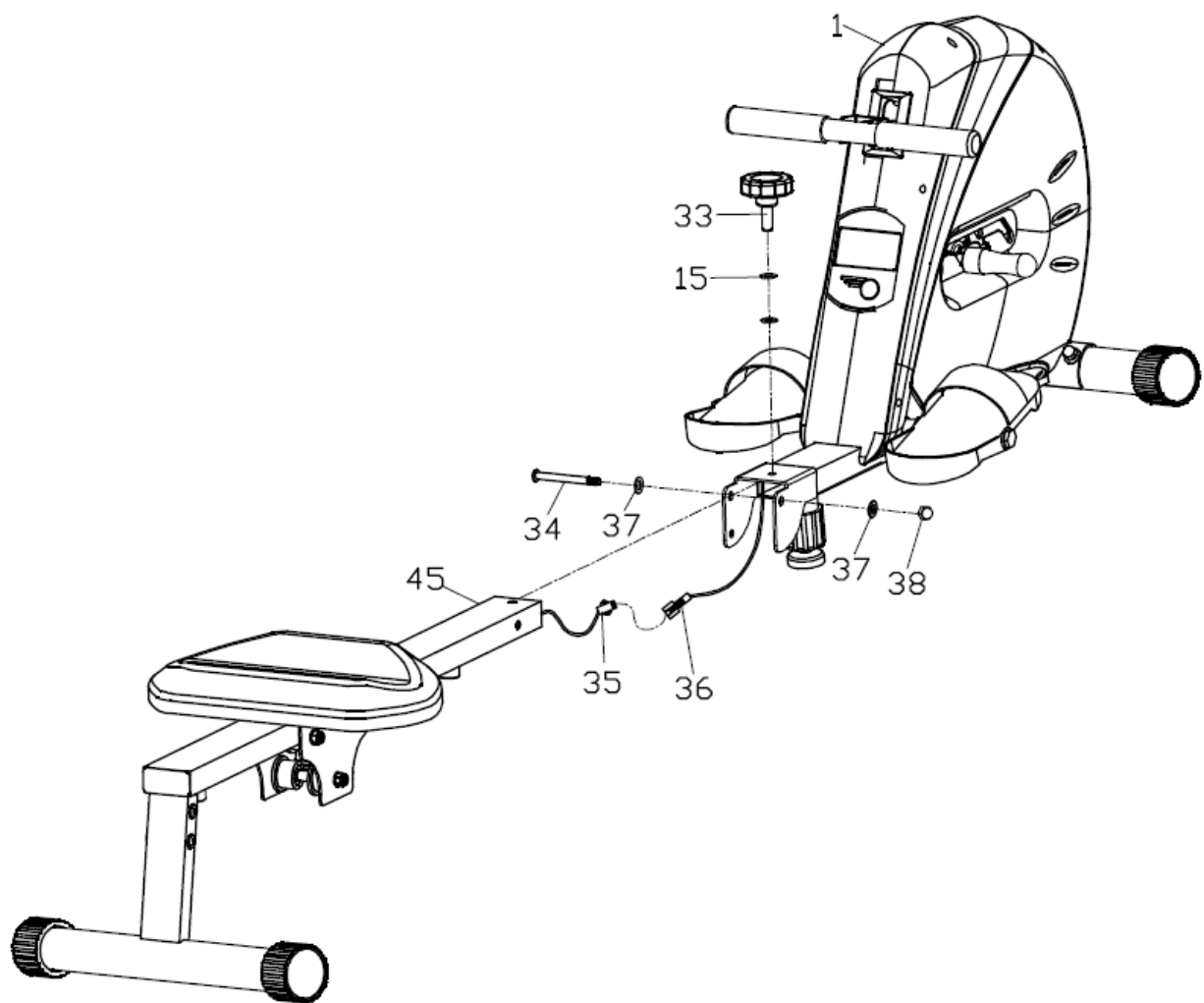
1. Fix the pedals (10) to the main frame (1) with bolts (8) and washers (9).
-

STEP 4:



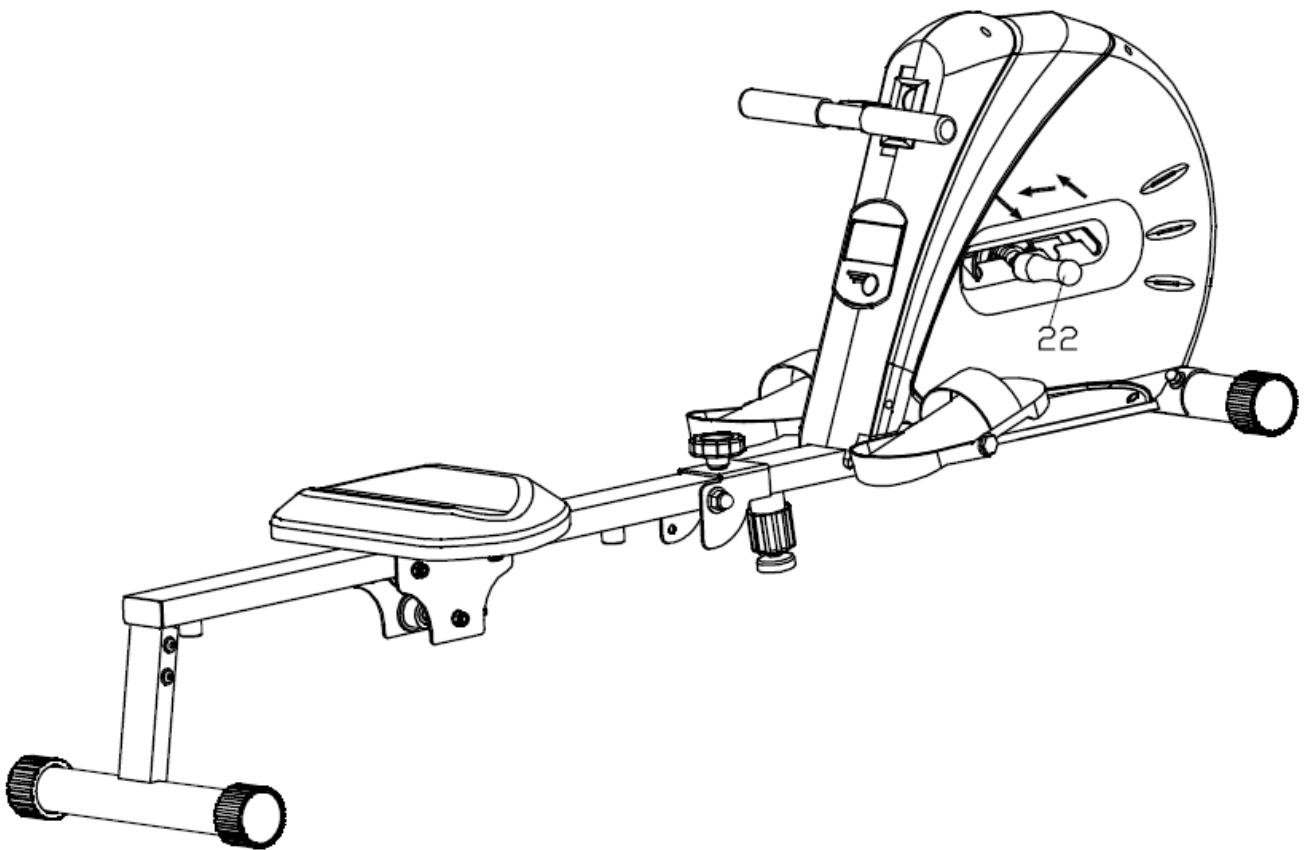
1. Fix the saddle (52) to the saddle post (51) with screws (48), spring washers (49) and washers (50).
2. Fix the rear support frame (47) to the rail tube (45) with screw (46), spring washers (6) and washers (15).
3. Remove the cushion pad (41). Insert saddle post (51) to rail tube (45). Fix cushion pad (41) to rail tube (45)

STEP 5:



1. Connect the extended wire (36) to the sensor wire (35),
2. Attach the rail tube (45) to the main frame (1) with bolts (34), washers (37) and nuts (38).
3. Attach the bolt (33) and the washer (15) to the main frame (1).

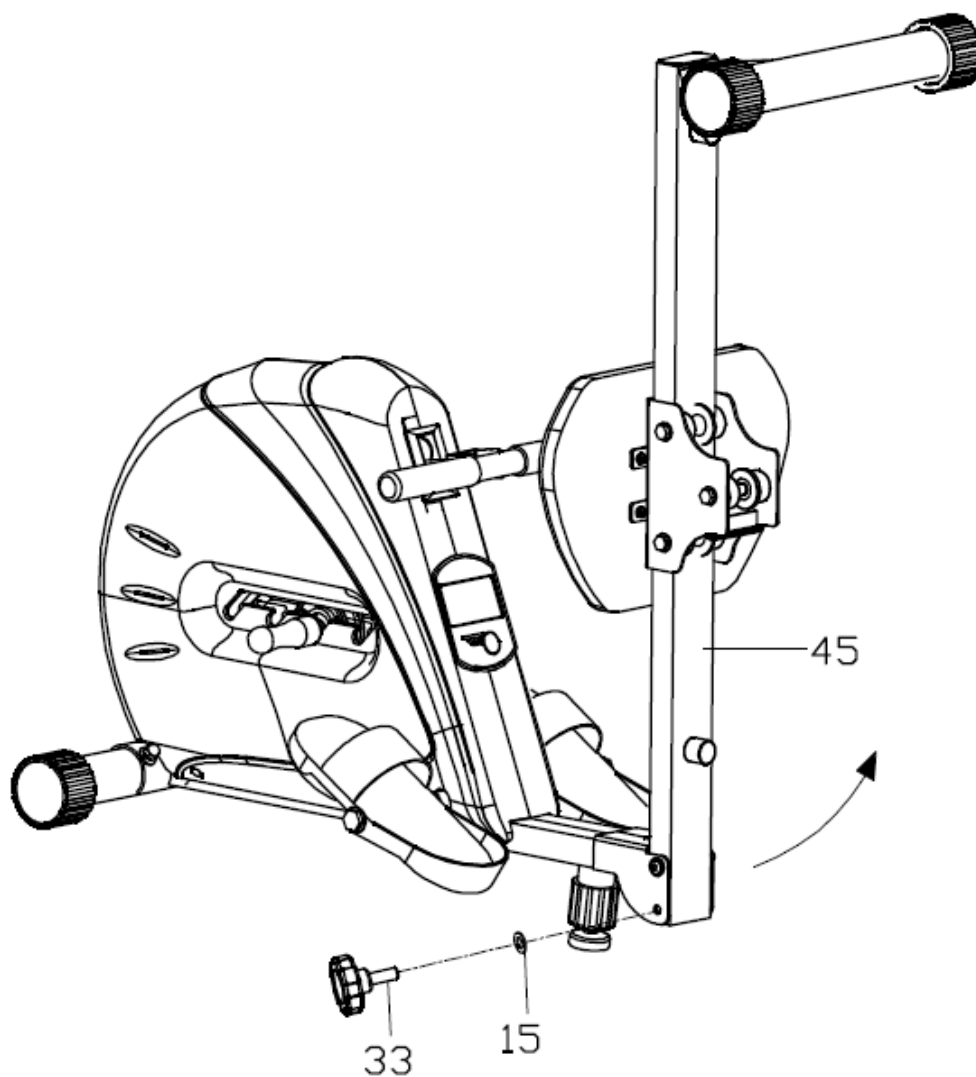
STEP 6:



Adjusting Tension

1. Pull up the handlebar (22) from the groove as shown by the arrows
 2. Pull handlebar (22) forward or backward , then insert to another groove as arrow shown.
-

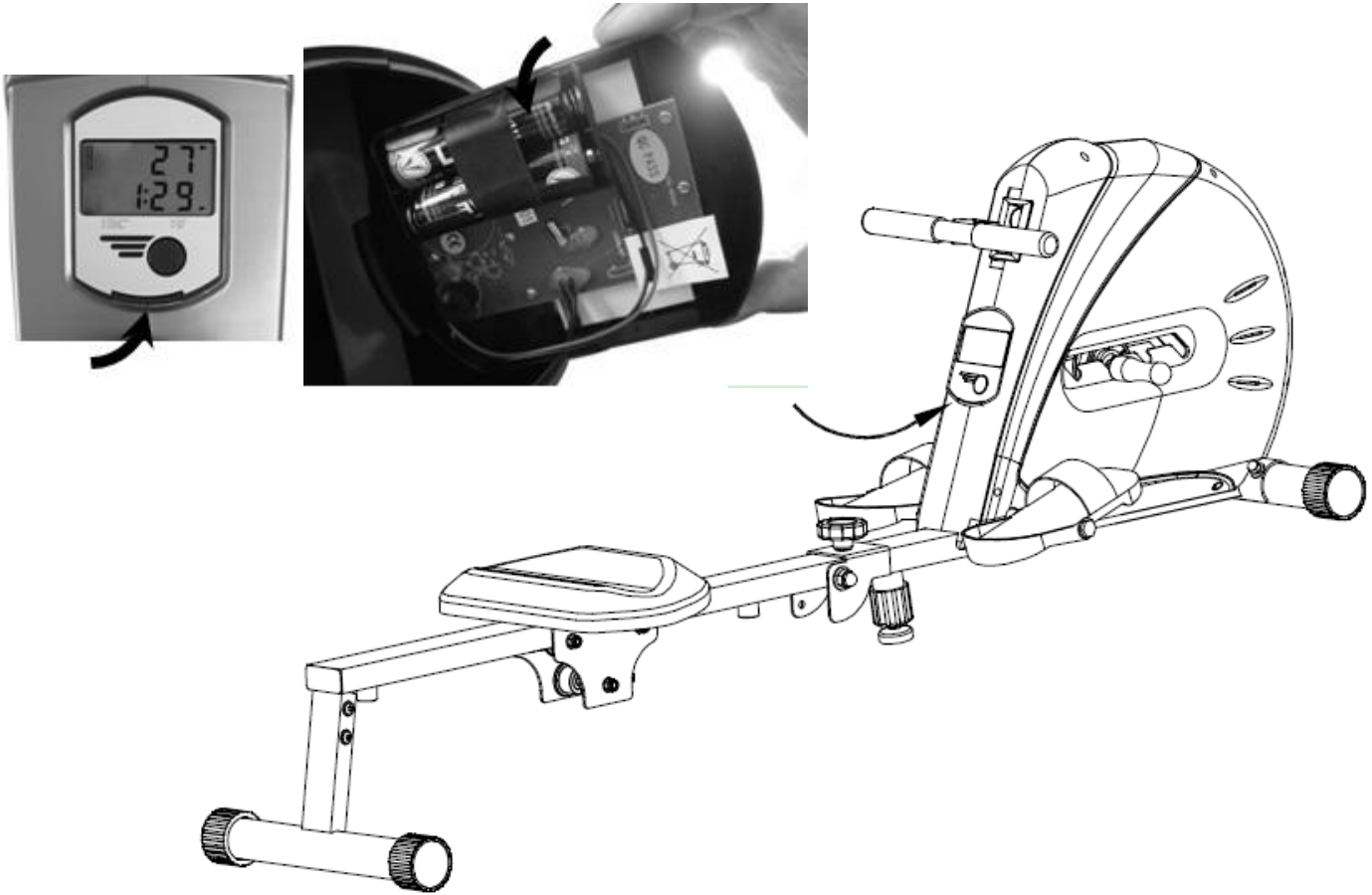
STEP 7:



Folding the machine

1. Before folding the machine, please remove the bolt (33) and washer (15).
2. Use the bolt (33) and washer (15) to secure the machine in the folded position.

6. BATTERY REPLACEMENT



Push the Clip at the bottom of the Computer as shown above. Remove the Computer from the holder taking care not to damage the connective Computer Wire.

Requires 2x 1.5 v AA batteries (Not Included)

CAUTION:

Install batteries to correct polarity.

Do not mix different types of new or used batteries.

Dispose of batteries responsibly. Do not dispose of in fire.



7. DISPLAY

FUNCTIONAL BUTTON:

MODE - Push down to select functions.

- Push down and hold for 2 seconds to reset all functional value.

FUNCTIONS AND OPERATIONS

1. SCAN: When in SCAN position, the meter will rotate through the following functions: time, count, total count, calorie, count/min and pulse (if applicable). Each function will be hold for 6 seconds.

2. TIME: Counts the workout duration from exercise start to end.

3. COUNT: Count the rowing strokes from exercise start to end

4. TOTAL COUNT: Count the total rowing strokes from exercise start to end

5. CALORIES: Count the total calories from rowing from exercise start to end

6. COUNT/MIN: Display current rowing strokes per minute, or the frequency per minute.

8. AUTO ON/OFF & AUTO START/STOP:

After 4 minutes of activity, the monitor will turn off automatically. When the stroke is in motion or a button is pressed, the monitor will turn on.

SPECIFICATIONS:

FUNCTION	AUTO SCAN	Every 6 seconds
	TIME	0:00~99:59 (minutes:seconds)
	COUNT	0~9999
	TOTAL COUNT	0~9999
	COUNT/MIN	0~1200
	CALORIES	0~9999Kcal
	PULSE (if have)	40-240 BPM (beats per minute)
	BATTERY TYPE	2pcs of SIZE-AA or UM-3
	OPERATING TEMPERATURE	0°C~+40°C
	STORAGE TEMPERATURE	-10°C~+60°C

8. 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 an email must be sent before contacting us via any other means.

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