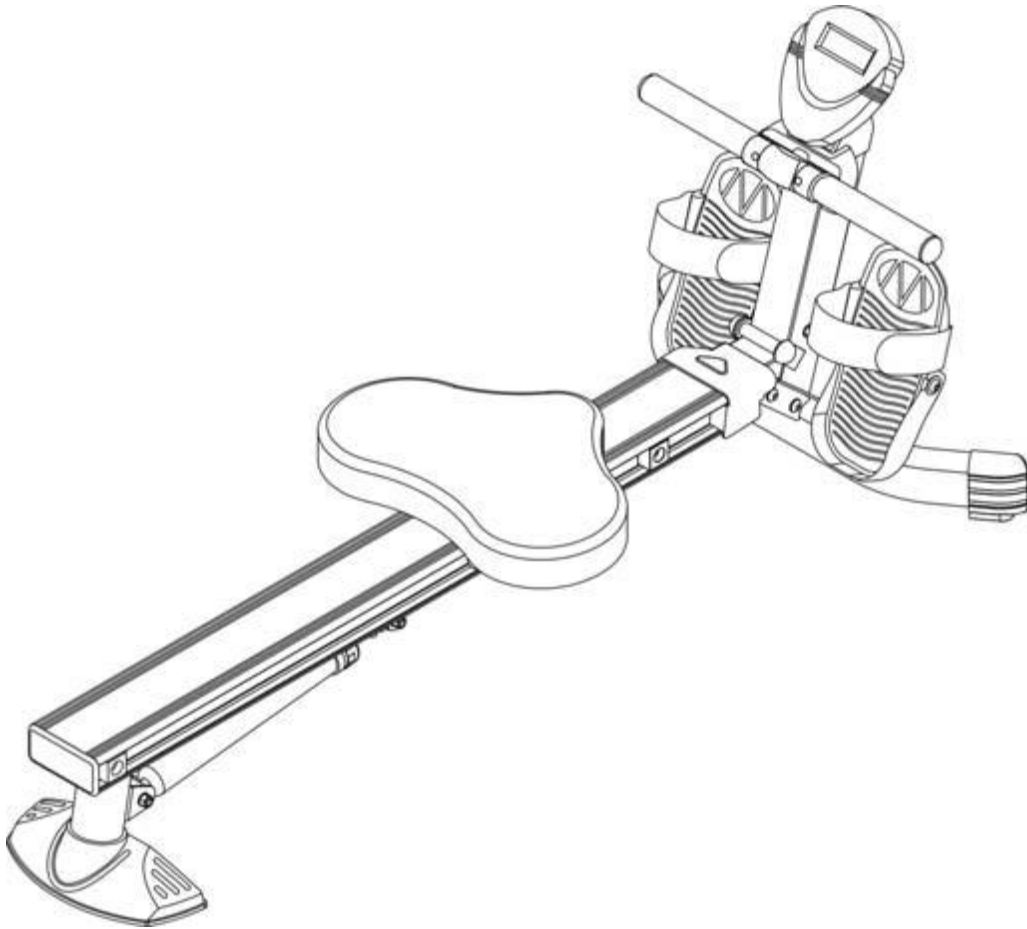




## **ROWER 305 OWNER'S MANUAL**



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 product.

Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any health problem. This product is for home use only.

Do not use in institutional or commercial applications. Failure to follow all warnings and instructions could result in bodily injury and property damage. To reduce the risk of serious injury, read the following Safety Instructions before using the Rower 305

1. The Rower 305 should only be used after a thorough review of the Owner's Manual.
2. We recommend that two people be available for assembly of this product.
3. Keep children away from the Rower 305. Do not allow children to use or play on the Rower 305.
4. Keep children and pets away from the Rower 305 when it is in use.
5. It is recommended that you place this exercise equipment on an equipment mat.
6. Set up and operate the Rower 305 on a solid level surface. Do not position the Rower 305 on loose rugs or uneven surfaces.
7. Make sure that adequate space is available for access to and around the Rower 305.
8. Before using, inspect the Rower 305 for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
9. Before using, check the condition of the ROPE(51). Replace the ROPE(51) if it is cracked or broken.
10. Shocks on steppers/rowers get HOT during use. To avoid burns, do not touch the shocks until they have had time to cool.
11. Consult a physician prior to commencing an exercise program and follow his/her recommendations
12. Do not wear loose or dangling clothing while using the Rower 305.

13. Never exercise in bare feet or socks; always wear proper footwear such as running, walking, or cross non-skid rubber soles.
14. Be careful to maintain your balance while using, mounting, dismounting, or assembling the Rower 305, loss of balance may result in a fall and bodily injury.
15. Do not use the SEAT(10) to move the Rower 305. The SE AT(10) will move and the
16. The Rower 305 should not be used by persons weighing over 250 pounds.
17. The Rower 305 should be used by only one person at a time.
18. The Rower 305 is for consumer use only. It is not for use in public or semipublic facilities.

## 2. BEFORE YOU BEGIN

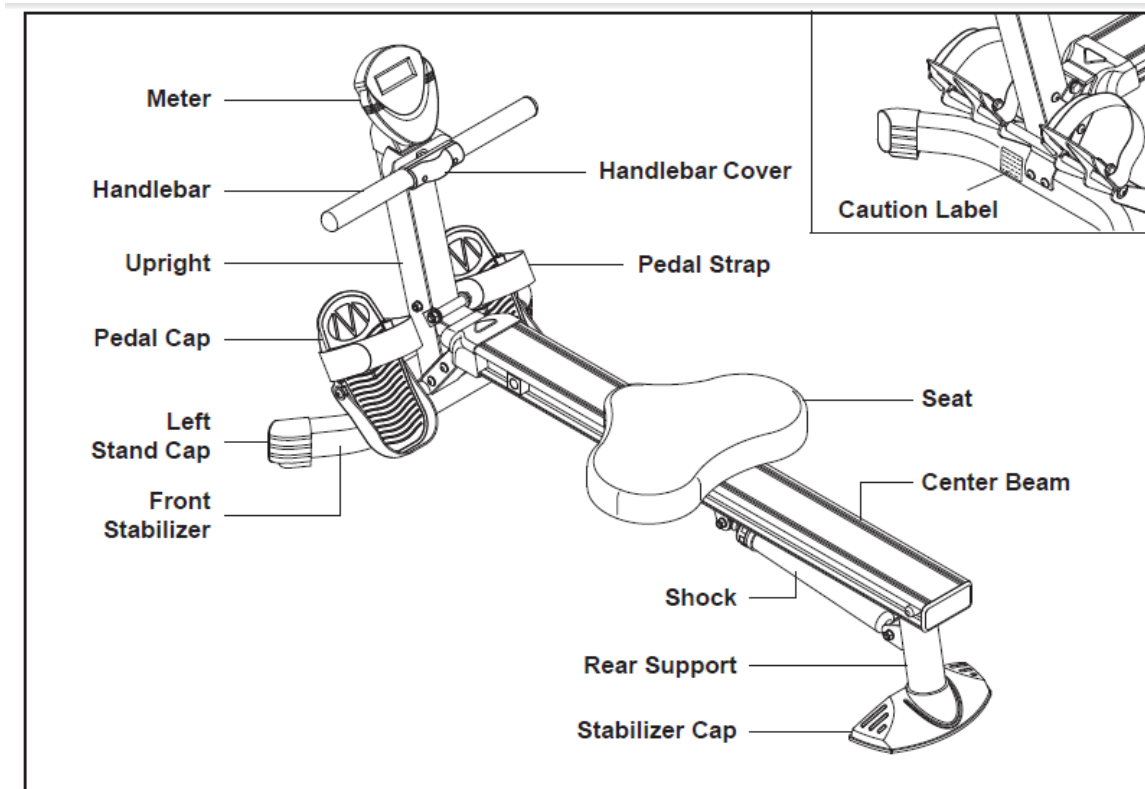
Thank you for choosing the Rower 305. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest.

It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The Rower 305 provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle.

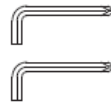
Before reading further, please review the drawing below and familiarize yourself with the parts that are labelled.

Read this manual carefully before using the Rower 305.

### 3. ASSEMBLY INSTRUCTIONS



THE FOLLOWING TOOLS ARE REQUIRED FOR ASSEMBLY :

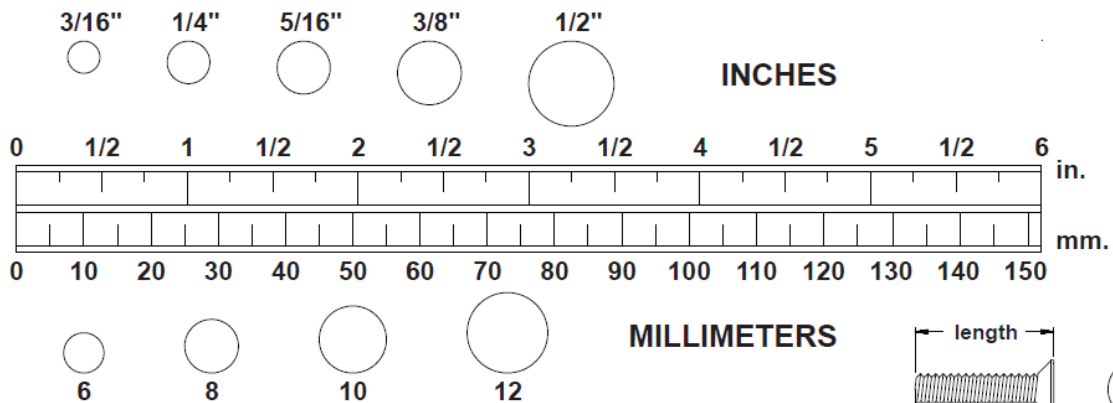


Allen Wrench (6mm)

Allen Wrench (6mm)

#### HARDWARE IDENTIFICATION CHART

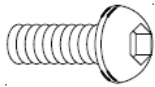
This chart is provided to help identify the hardware used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



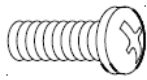
**NOTICE:** The length of all bolts and screws, except those with flat heads, is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.

**Part Number and Description**

**Qty**



14 Bolt, Button Head (M8 x 1.25 x 15mm) 8



58 Bolt, Round Head (M6 x 1 x 15mm) 4



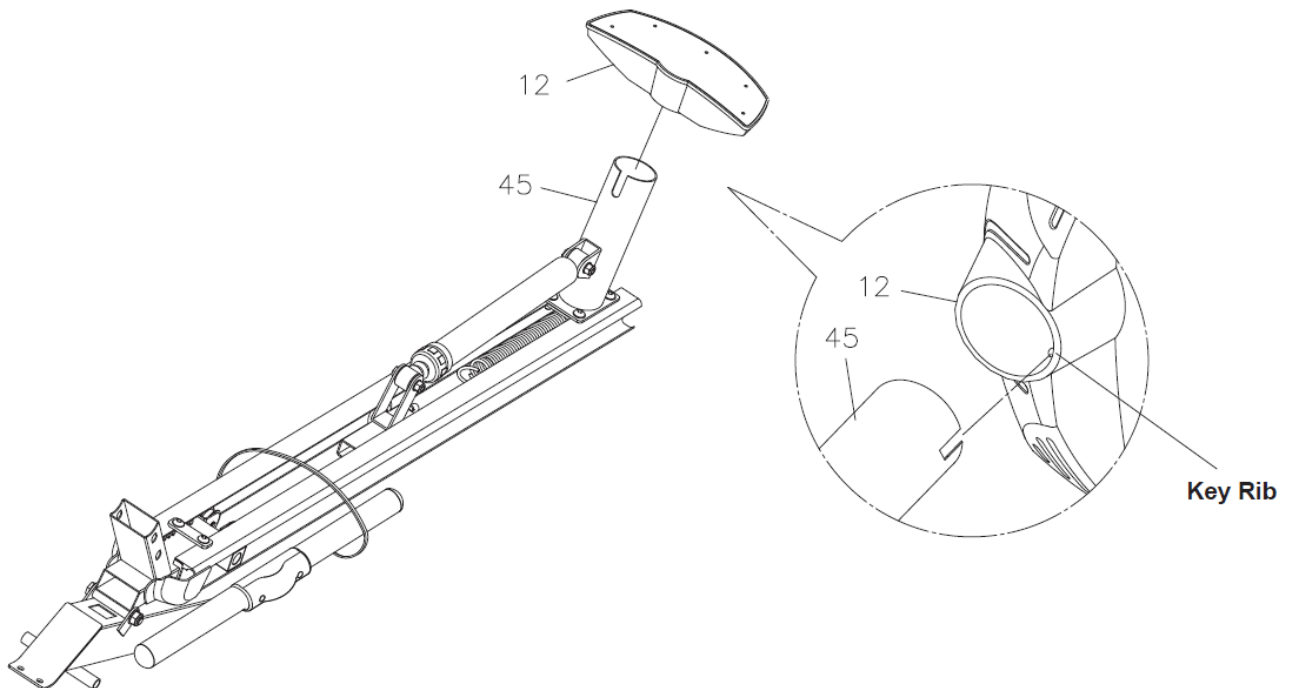
15 Large Washer (M8) 2

16 Washer (M8) 6

59 Washer (M6) 4

**STEP 1:**

1. Lay the Centre Beam Assembly on the floor as shown in the illustration. Now refer to the drawing.
2. Make sure the Key Rib in the STABILIZER CAP (12) aligns with the slot in the REAR SUPPORT (45), then press the STABILIZER CAP(12) onto the REAR SUPPORT(45).



**STEP 2:**

1. Turn the Centre Beam Assembly to the normal upright position.
2. Insert the Bracket on FRONT STABILIZER (2) into the FRONT SUPPORT (29) and secure with BUTTON HEAD BOLTS (M8x1.25x15mm) (14) and WASHERS (M8) (16). Do not tighten the bolts until Step 4.

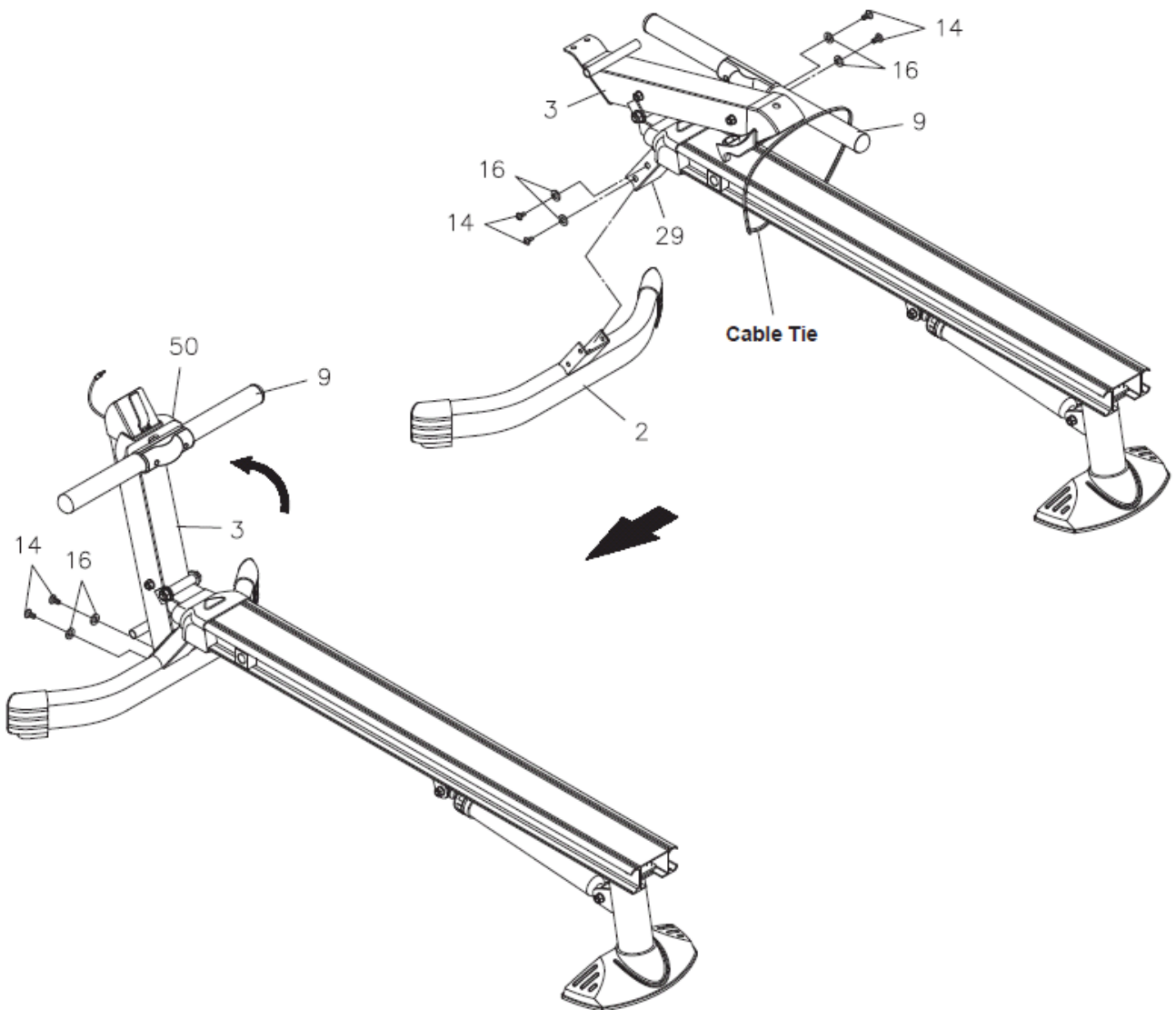
**STEP 3:**

NOTE: During this step it is important that you hold the HANDLEBAR (9) while you are cutting the Cable Tie. For packing, a section of the ROPE (51) that is attached to the HANDLEBAR (9) is pulled out of the UPRIGHT (3). The ROPE (51) has a spring force that will snap the HANDLEBAR (9) to the UPRIGHT (3) after cutting off the Cable Tie.

1. Hold the HANDLEBAR (9) and cut off the Cable Tie which ties the HANDLEBAR (9) to the UPRIGHT (3).
2. Swing the UPRIGHT (3) up and place the HANDLEBAR (9) on the HANDLEBAR HOLDER

**STEP 4:**

1. Attach the UPRIGHT (3) to the FRONT STABILIZER (2) with BUTTON HEAD BOLTS (M8x1.25x15mm) (14) and WASHERS (M8) (16).
2. Tighten all the bolts from Step 2.

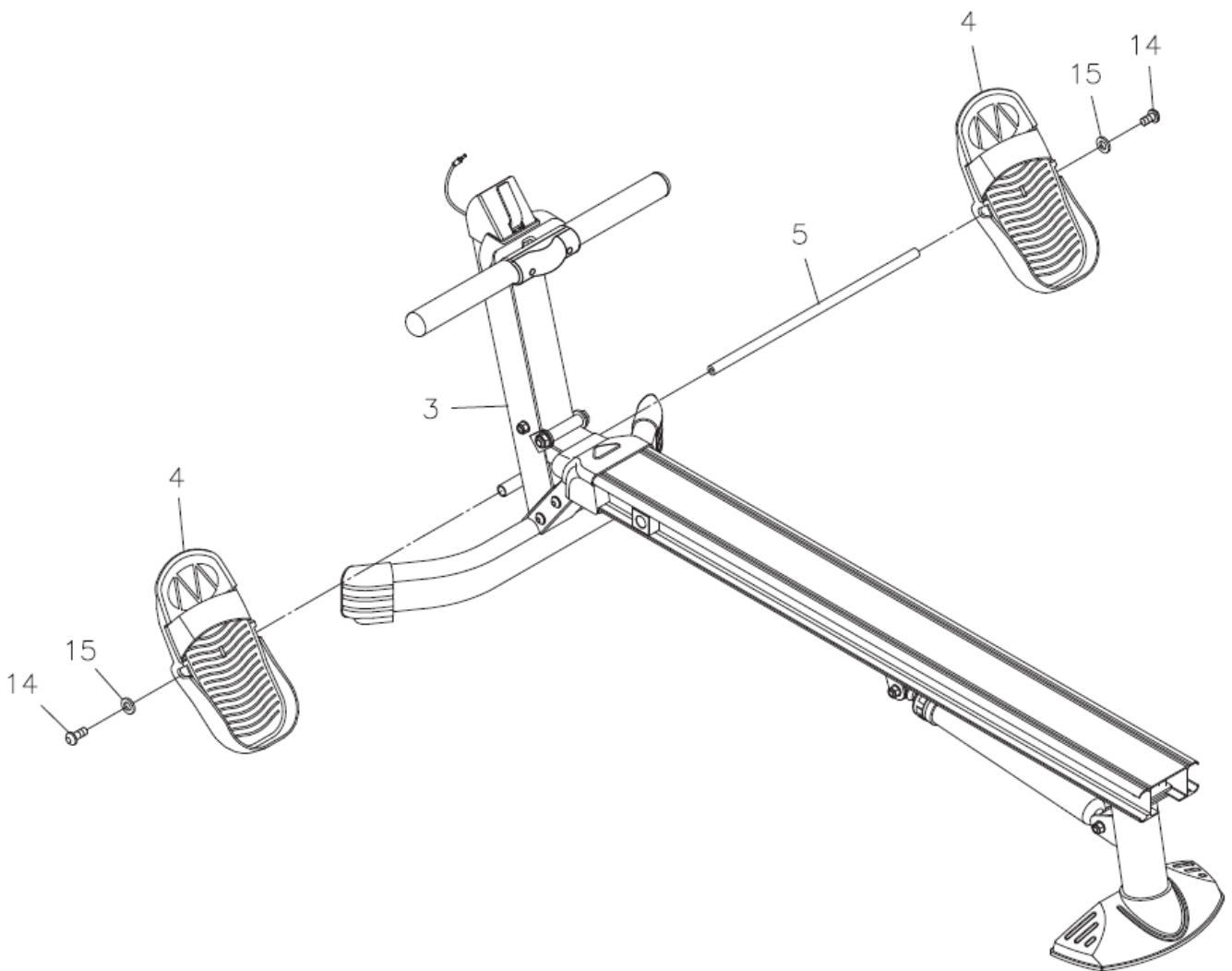




**STEP 5:**

1. Insert the PEDAL SHAFT (5) through the tube located on the UPRIGHT (3).
2. Slide the PEDAL CAPS (4) onto both ends of the PEDAL SHAFT (5) and secure with BUTTON HEAD BOLTS (M8x1.25x15mm) (14) and LARGE WASHERS (M8) (15).

NOTE: You need to use two Allen Wrenches to tighten the BUTTON HEAD BOLTS (M8x1.25x15mm) (14) at both ends of the PEDAL SHAFT (5) at the same time.



**STEP 6:**

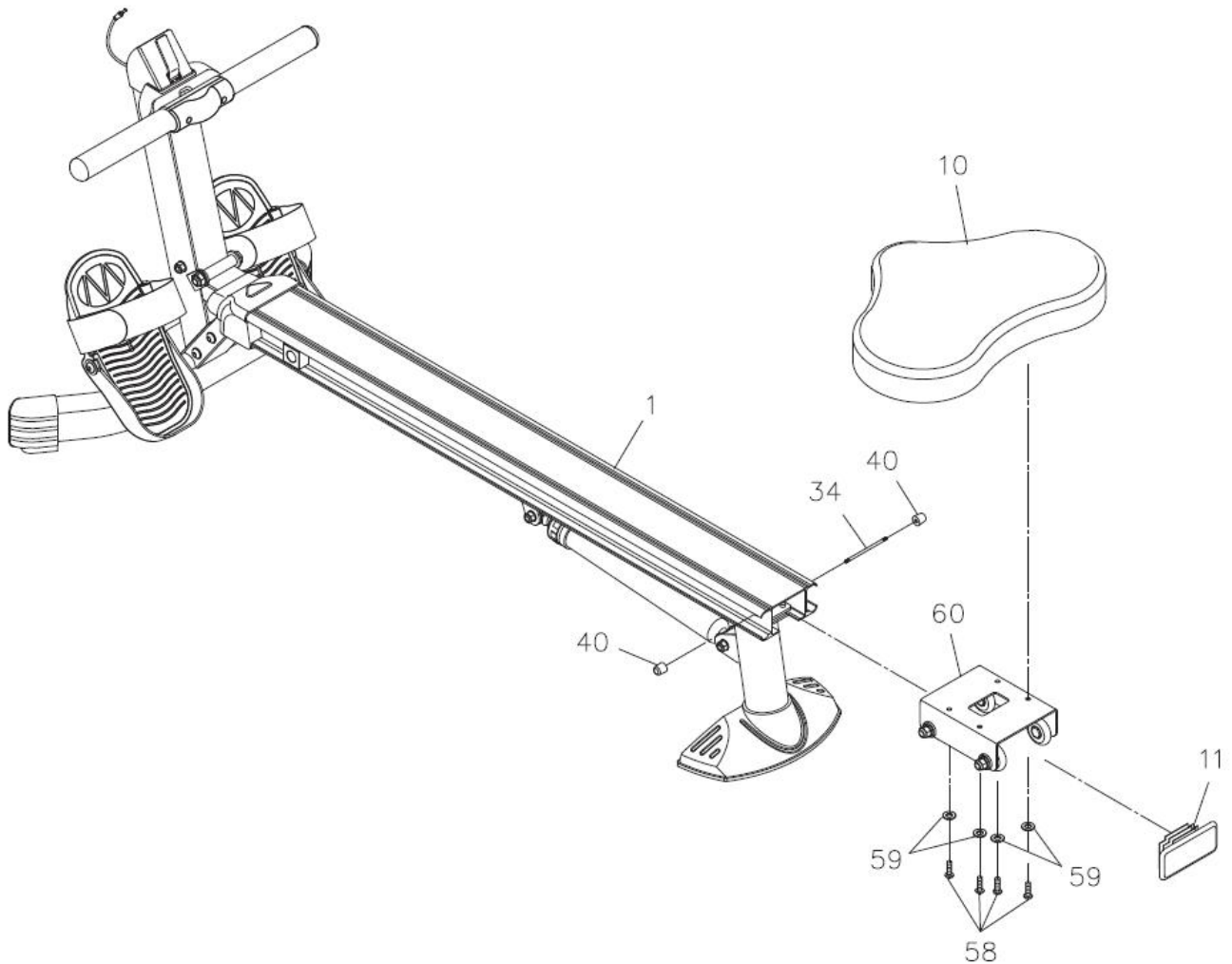
1. Attach the SEAT(10) to the SEAT CARRIAGE(60) with ROUND HEAD BOLTS(M6x1x15mm)(58) and WASHERS(M6)(59).

**STEP 7:**

1. Slide the SEAT ASSEMBLY(10, 60) onto the CENTER BEAM(1).
2. Insert the SCREW ROD(34) through the CENTER BEAM(1) and screw the SEAT STOPPERS(40) onto both ends of the SCREW ROD(34).

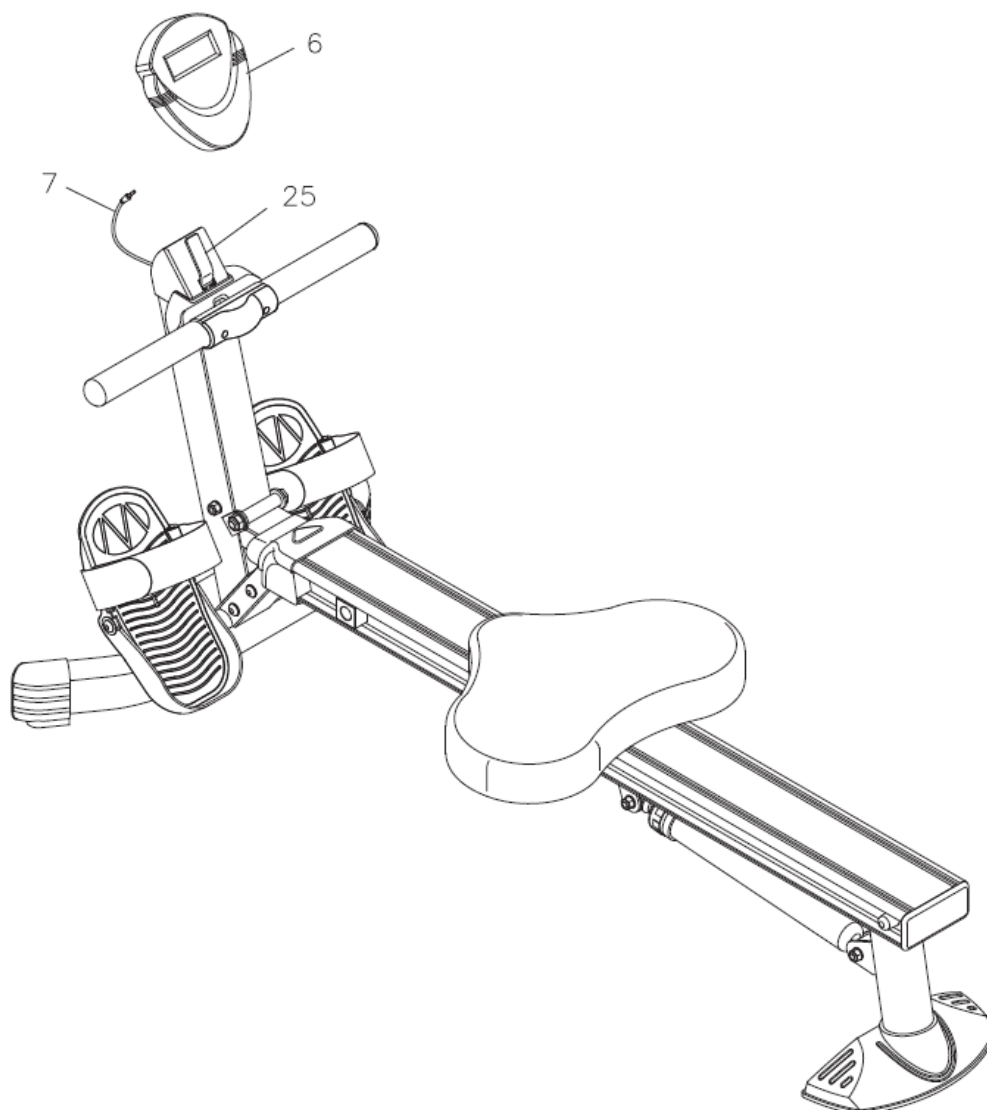
**STEP 8:**

1. Press the CENTER BEAM CAP(11) into the back end of the CENTER BEAM(1).



## STEP 8:

1. Install one AA battery into the METER (6), the battery is not included. See below for detailed battery installation instructions.
2. Insert the SENSOR WIRE (7) into the METER (6). Slide the METER (6) onto the BRACKET (25).



## 4. OPERATION GUIDE

### USING THE FITNESS METER

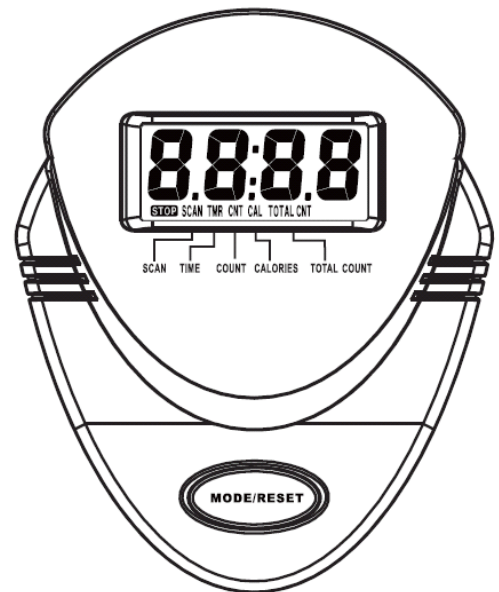
**POWER ON :** Seat movement or press the button.

**POWER OFF :** Automatic shut off after four minutes of inactivity.

### MODE/RESET BUTTON:

Press to select display functions, include **SCAN**, **TIME**, **COUNT**, **CALORIES**, and **TOTAL COUNT**.

Press and hold for two seconds to reset all functions to zero, except **TOTAL COUNT**.



### Functions:

**SCAN:** Automatically scans each function of **TIME**, **COUNT**, **CALORIES**, and **TOTAL COUNT** in sequence with a change every six seconds.

**TIME:** Displays the elapsed time from 1 sec up to 99:59 minutes.

**COUNT:** Displays the total number of rows you have taken from zero to 9999 rows.

**CALORIES:** Displays the calorie consumption from zero to 9999 cal.  
The calorie readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit.

**TOTAL COUNT:** Displays the total accumulated number of rows you have taken from zero to 9999 rows.  
The total accumulated rows is retained when the meter is turned off.

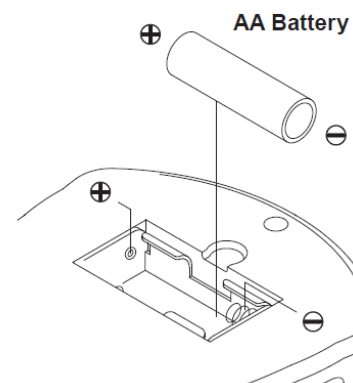
**NOTE:** The **TOTAL COUNT** will be reset to zero after battery is removed for battery replacement or storage of the unit.

### HOW TO INSTALL AND REPLACE BATTERY:

1. Open the Battery Door on the back of the meter.
2. The meter operates with one AA battery, the battery is not included. Refer to the illustration to install or replace the battery.

### NOTE:

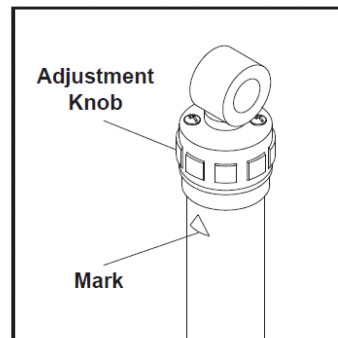
1. Rechargeable batteries are not recommended.



## LOAD ADJUSTMENT

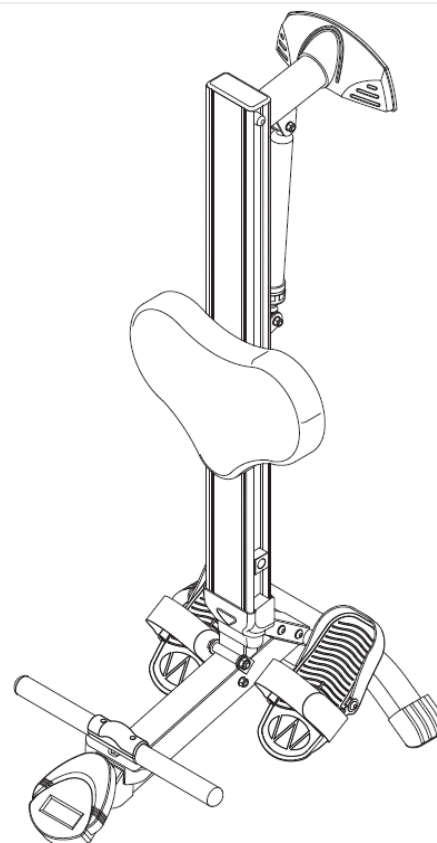
The resistance of the shocks can be adjusted by twisting the adjustment knob at the top of the shocks. There are settings from 1 to 12. Setting #1 will provide the lowest resistance. Setting #12 will provide the highest resistance.

**CAUTION:** The shocks get **HOT** after a few minutes of use.



## 5. STORAGE

1. To store the easy glide rower, simply keep it in a clean dry place.
2. To avoid damage to the electronics meter, remove the batteries before storing the easy glide rower for one year or more.
3. Grasp the Front and Rear Stabilizers to move the easy glide rower. Do not use the Seat to move the easy glide rower. The Seat will move and the Seat Carriage may pinch your hand or fingers
4. Refer to the illustration. You can stand the easy glide rower on end for storage.



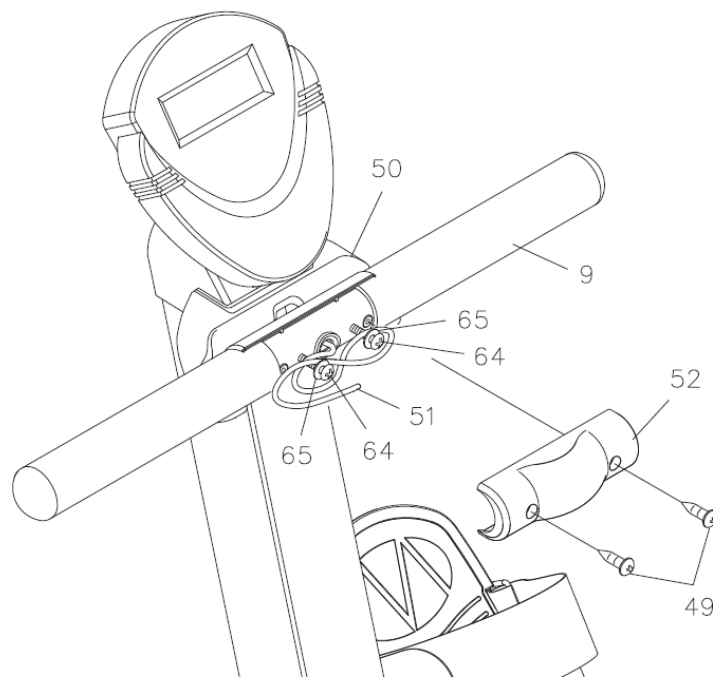
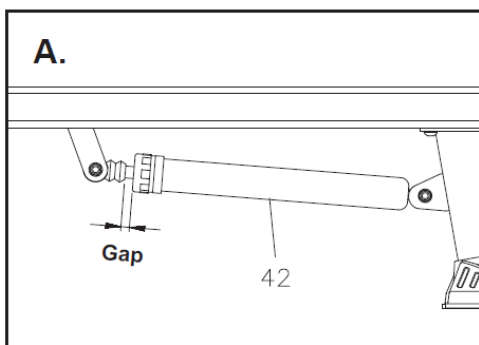
## 6. MAINTENANCE

The safety and integrity designed into the easy glide rower can only be maintained when the machine is regularly examined for damage and wear. Special attention should be given to the following:

1. Pull on the **HANDLEBAR (9)** and verify that the **SHOCK (42)** provides tension. The **SHOCK (42)** should provide many years of use.
2. Clean the roller tracks in the **CENTER BEAM (1)** with an absorbent cloth.
3. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
4. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
5. Worn or damaged components shall be replaced immediately or the easy glide rower removed from service until repair is made.
6. Keep your easy glide rower clean by wiping it off with an absorbent cloth after use.
7. Check the condition of the **ROPE (51)**. Replace the **ROPE (51)** if it is cracked or broken.

## Rope Adjustment

Over time your **ROPE (51)** may stretch. If the **ROPE (51)** doesn't retract fully into the **UPRIGHT (3)** and the **HANDLEBAR (9)** doesn't stay on the **HANDLEBAR HOLDER (50)**, make this adjustment. Remove the **HANDLEBAR COVER (52)** by unscrewing the **SCREWS (M4x15mm) (49)**. Loosen the **BOLTS (M6x1x20mm) (64)**, but do not remove them. Pull the **ROPE (51)** until there is a 3/8 inch of gap on the shaft of the **SHOCK (42)**, refer to illustration A. Then entwine the **ROPE (51)** around the **BOLTS (M6x1x20mm) (64)** using a figure eight pattern and tighten the bolts so the **ARC WASHERS (M6) (65)** press against and secure the **ROPE (51)** in position. Re-attach the **HANDLEBAR COVER (52)** with the **SCREWS (M4x15mm) (49)**.



## 7. EXERCISE GUIDE

How you begin your exercise program depends on your physical condition. If you have been inactive for several years or are severely overweight, start slowly and increase your workout time gradually. Increase your workout intensity gradually by monitoring your heart rate while you exercise.

Remember to follow these essentials:

- Have your doctor review your training and diet programs.
- Begin your training program slowly with realistic goals that have been set by you and your physician.
- Warm up before you exercise and cool down after you work out.
- Take your pulse periodically during your workout and strive to stay within a range of 60% (lower intensity) to 90% (higher intensity) of your maximum heart rate zone. Start at the lower intensity, and build up to higher intensity as you become more aerobically fit.
- If you feel dizzy or lightheaded you should slow down or stop exercising.

Initially you may only be able to exercise within your target zone for a few minutes; however, your aerobic capacity will improve over the next six to eight weeks. It is important to pace yourself while you exercise so you don't tire too quickly.

To determine if you are working out at the correct intensity, use a heart rate monitor or use the table below. For effective aerobic exercise, your heart rate should be maintained at a level between 60% and 90% of your maximum heart rate. If just starting an exercise program, work out at the low end of your target heart rate zone. As your aerobic capacity improves, gradually increase the intensity of your workout by increasing your heart rate.



Measure your heart rate periodically during your workout by stopping the exercise but continuing to move your legs or walk around. Place two or three fingers on your wrist and take a six second heartbeat count. Multiply the results by ten to find your heart rate. For example, if your six second heartbeat count is 14, your heart rate is 140 beats per minute. A six second count is used because your heart rate will drop rapidly when you stop exercising. Adjust the intensity of your exercise until your heart rate is at the proper level.

Target Heart Rate Zone Estimated by Age\*

Age	Target Heart Rate Zone (55%-90% of Maximum Heart Rate)	Average Maximum Heart Rate 100%
20 years	110-180 beats per minute	200 beats per minute
25 years	107-175 beats per minute	195 beats per minute
30 years	105-171 beats per minute	190 beats per minute
35 years	102-166 beats per minute	185 beats per minute
40 years	99-162 beats per minute	180 beats per minute
45 years	97-157 beats per minute	175 beats per minute
50 years	94-153 beats per minute	170 beats per minute
55 years	91-148 beats per minute	165 beats per minute
60 years	88-144 beats per minute	160 beats per minute
65 years	85-139 beats per minute	155 beats per minute
70 years	83-135 beats per minute	150 beats per minute

\* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used:  $220 - \text{Age} = \text{predicted maximum heart rate}$

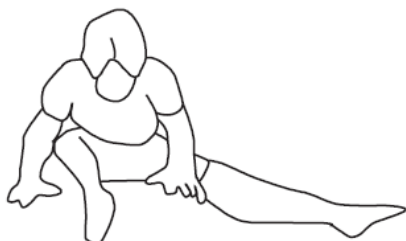
**Warm-Up:** The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm-up for two to five minutes before strength training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope and running on the spot.

**Stretching:** Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.



#### **Lower Body Stretch:**

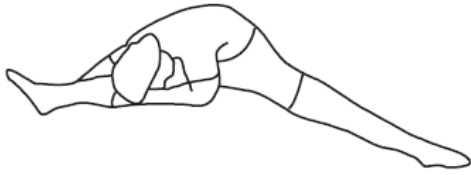
Place feet shoulder-width apart and lean forward. Maintain this position for 30 seconds using the body as a natural weight to stretch the backs of the legs. **DO NOT BOUNCE!** When the pull on the back of the legs lessens, gradually try a lower position.



#### **Bent Torso Pulls:**

While sitting on the floor have legs apart, one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent, and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.





### **Floor Stretch:**

While sitting on the floor open your legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds. **DO NOT BOUNCE!** Do this stretch 10 times.

### **Bent Over Leg Stretch:**

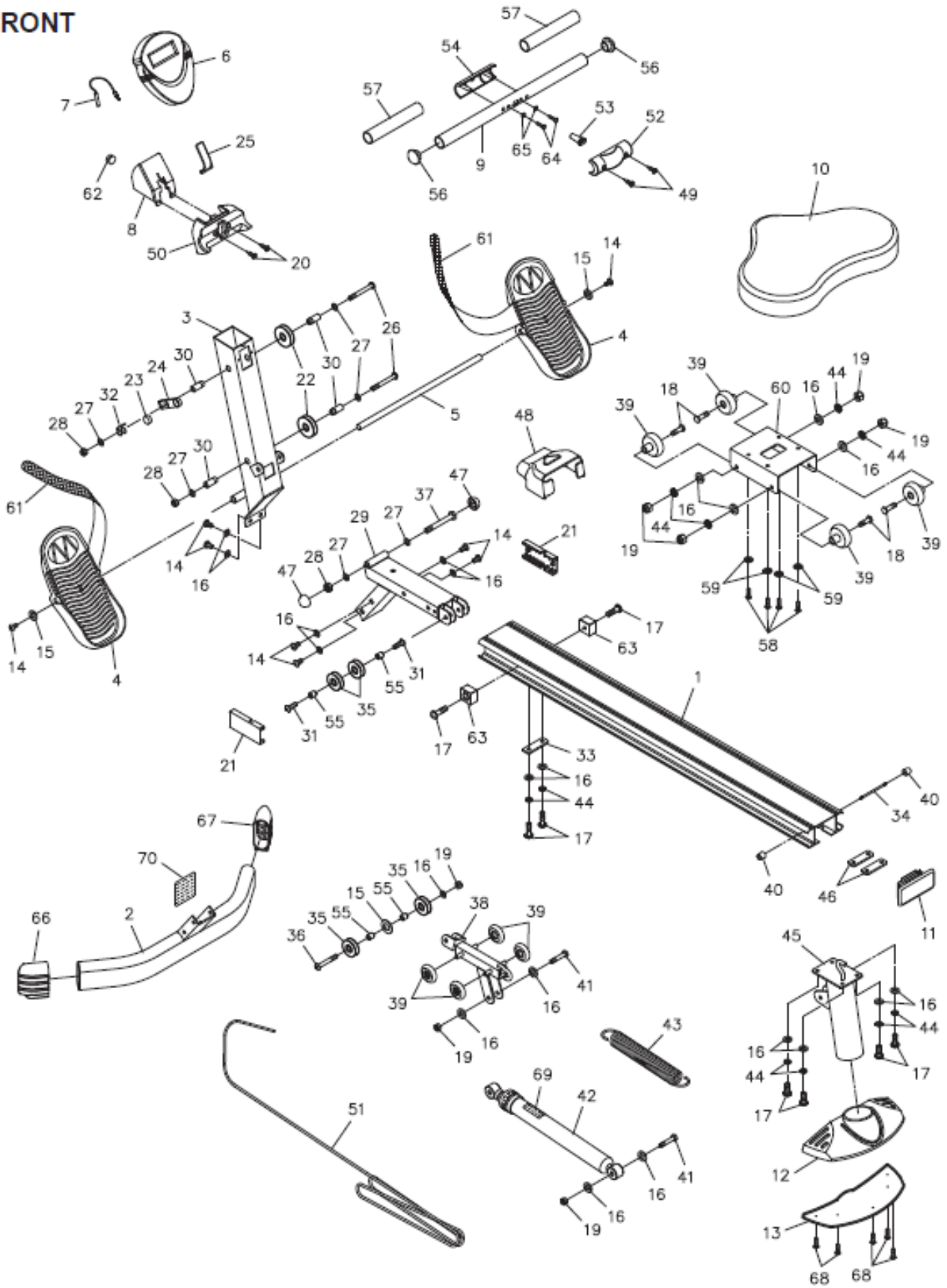
Stand with feet shoulder width apart and lean forward as illustrated. Using the arms, gently pull the upper body towards the right leg. Let the head hang down. **DO NOT BOUNCE!** Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the

**Cool-Down:** The purpose of cooling down is to return the body to its normal or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart. Your cool-down should include the stretches listed above and should be completed after each strength training session.

**Remember to always check with your physician before starting any exercise program.**

# 8. EXPLODED DIAGRAM

FRONT



BACK

## 9. PARTS LIST

PART#	PART NAME	QTY
1	Center Beam	1
2	Front Stabilizer	1
3	Upright	1
4	Pedal Cap	2
5	Pedal Shaft	1
6	Meter	1
7	Sensor Wire	1
8	Upright Cover	1
9	Handlebar	1
10	Seat	1
11	Center Beam Cap	1
12	Stabilizer Cap	1
13	Stabilizer Pad	1
14	Bolt, Button Head (M8 x 1.25 x 15mm)	8
15	Large Washer (M8)	3
16	Washer (M8)	21
17	Bolt, Button Head (M8 x 1.25 x 25mm)	8
18	Bolt, Button Head (M8 x 1.25 x 35mm)	4
19	Nylock Nut (M8 x 1.25)	7
20	Screw, Round Head (M5 x 15mm)	2
21	Sleeve	2
22	Large Pulley	2
23	Magnet	1
24	Magnet Housing	1
25	Bracket	1
26	Bolt, Hex Head (M10 x 1.5 x 80mm)	2
27	Washer (M10)	6
28	Nylock Nut (M10 x 1.5)	3
29	Front Support	1
30	Spacer	4
31	Bolt, Button Head (M8 x 1.25 x 20mm)	2
32	Spring	1
33	Support Plate	1
34	Screw Rod	1
35	Pulley	4
36	Bolt, Button Head (M8 x 1.25 x 55mm)	1
37	Bolt, Hex Head (M10 x 1.5 x 90mm)	1
38	Slider Frame	1
39	Roller	8
40	Seat Stopper	2
41	Bolt, Hex Head (M8 x 1.25 x 40mm)	2
42	Shock	1
43	Tension Spring	1
44	Lock Washer (M8)	10
45	Rear Support	1
46	Threaded Support Plate	2
47	Nut Cap (M10)	2

48	Center Beam Cover	1
49	Screw, Round Head (M4 x 15mm)	2
50	Handlebar Holder	1
51	Rope	1
52	Handlebar Cover	1
53	Rope Grommet	1
54	Front Handlebar Cover	1
55	Bushing	4
56	Dome Plug	2
57	Foam Grip	2
58	Bolt, Round Head (M6 x 1 x 15mm)	4
59	Washer (M6)	4
60	Seat Carriage	1
61	Pedal Strap	2
62	Grommet	1
63	Square Seat Stopper	2
64	Bolt, Round Head (M6 x 1 x 20mm)	2
65	Arc Washer (M6)	2
66	Left Stand Cap	1
67	Right Stand Cap	1
68	Screw, Round Head (M3.5 x 15mm)	5
69	Shock Caution	1
70	Caution Label	1
71	Allen Wrench (6mm)	2
72	Owner's Manual	1

# 10. 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:

<http://www.lifespanonline.com.au/Warranty-Policy>