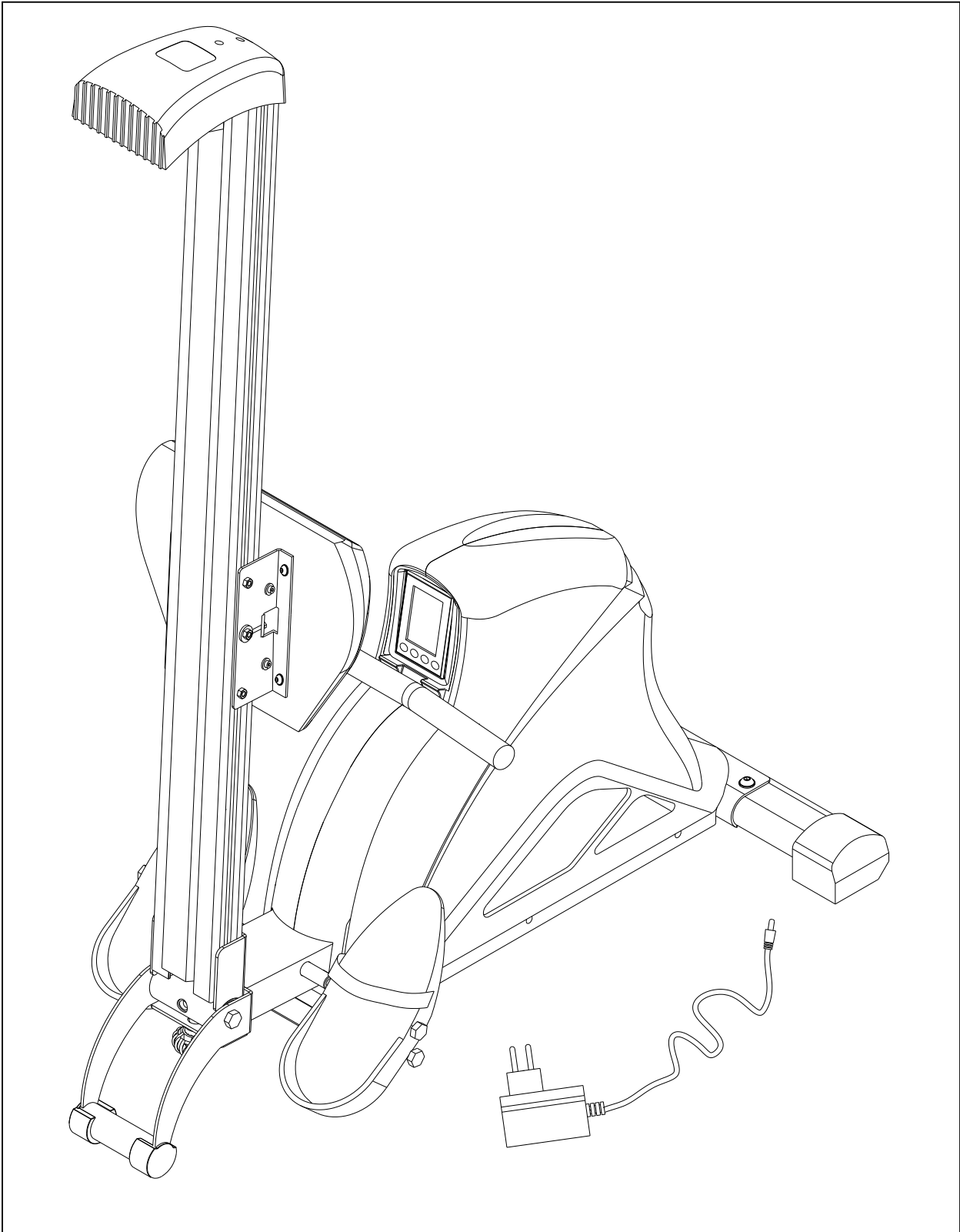


# OWNER'S MANUAL

## MAGNETIC ROWING MACHINE

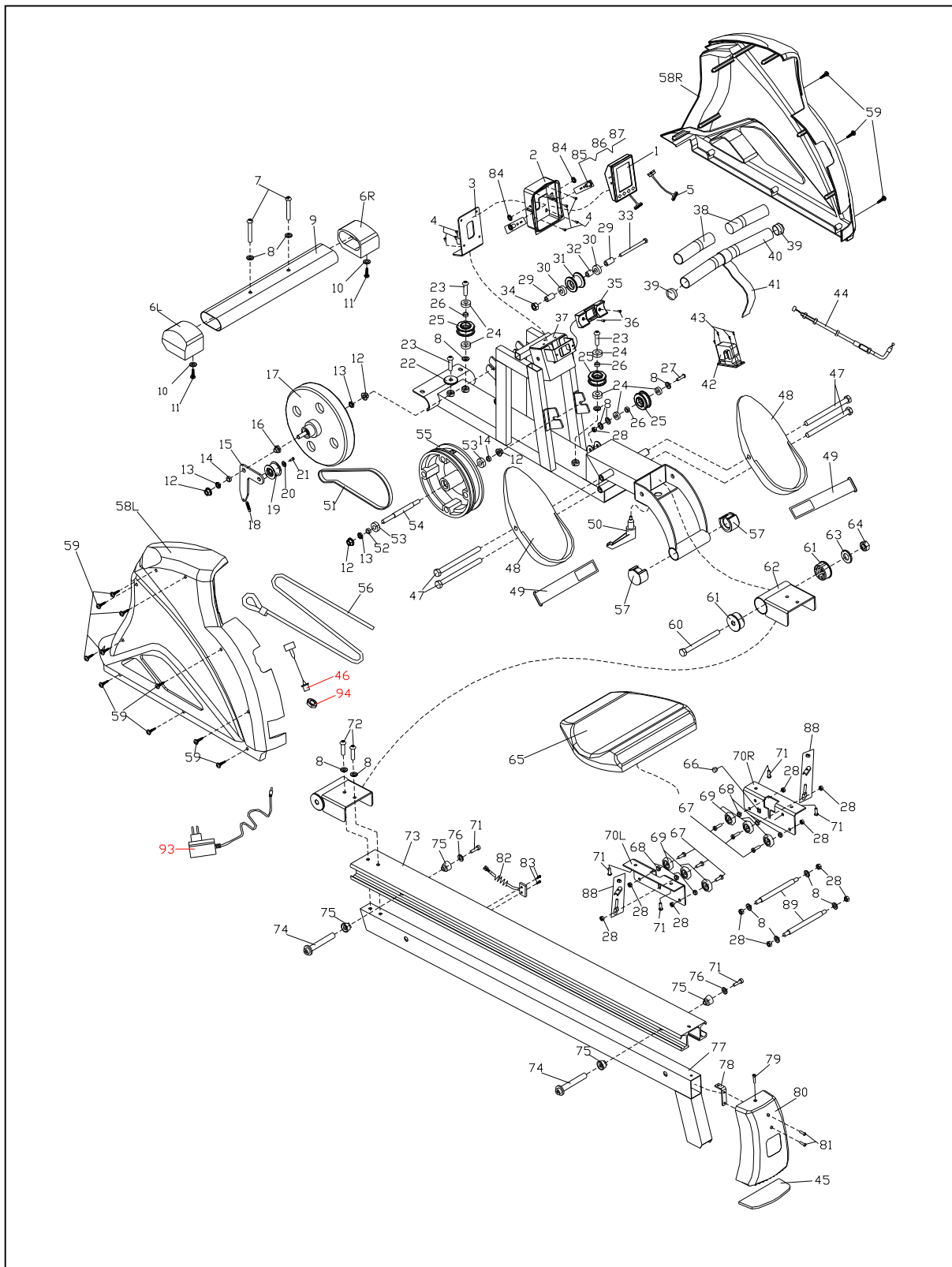


# SAFETY NOTICE

Thank you for shopping with us. To guarantee your safety and health ,and ensure you use this equipment correctly, please read the information below carefully before using it.

1. 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. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
2. 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.
3. 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 conditions you should consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. 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 0.5 meters of free space all around it.
6. Before using the equipment, please check that the nuts and bolts are securely tightened. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during use, stop immediately. Do not use the equipment until the problem has been rectified.
7. 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.
8. This equipment is designed for indoor and family use.
9. Care must be taken when lifting or moving the equipment so as not to injure your back

## II EXPLODED VIEW

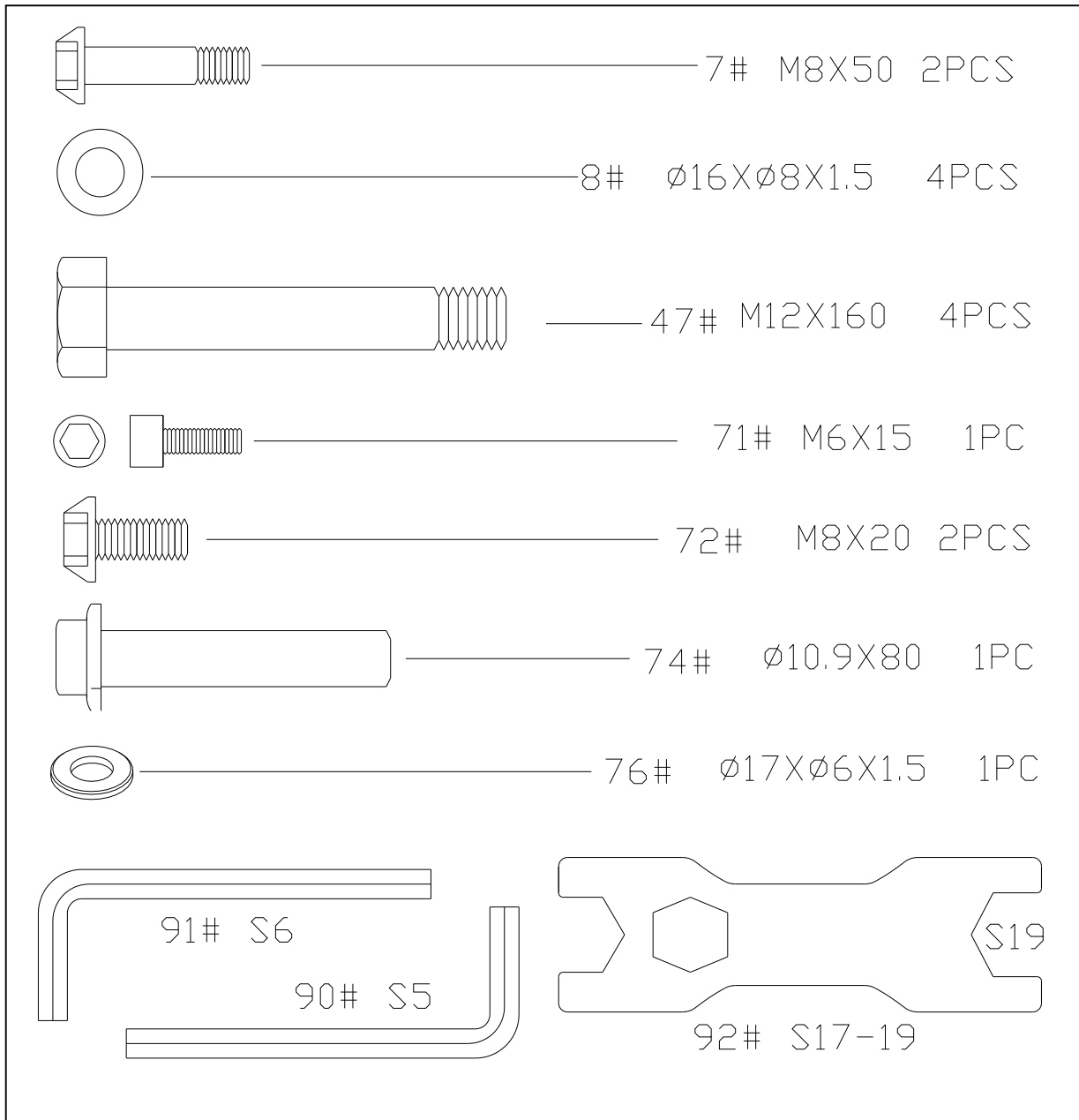


### III PART LIST

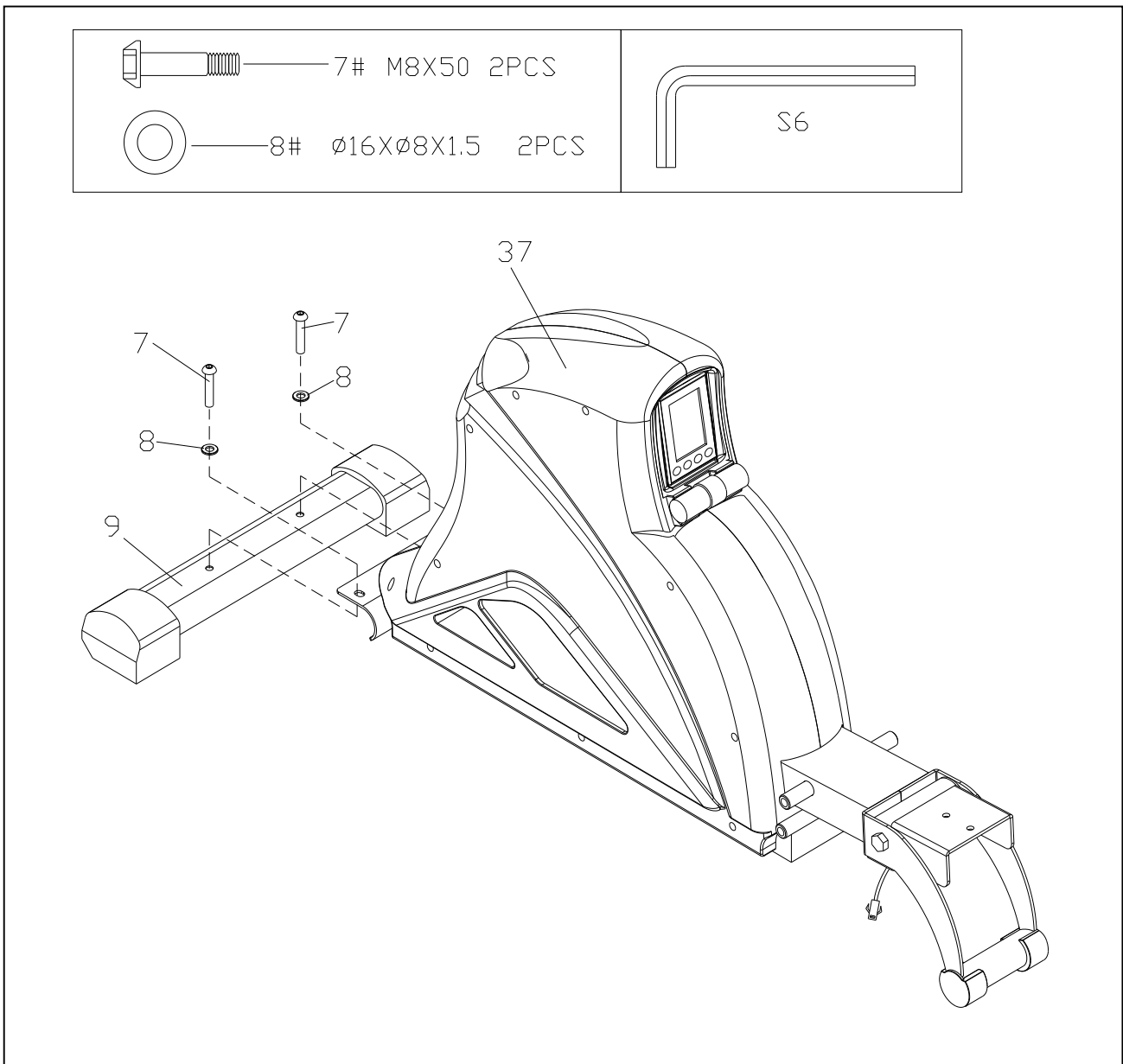
NO.	NAME	SPEC.	QTY	NO.	NAME	SPEC.	QTY
1	Meter		1	49	Footplate bound		2
2	Meter case		1	50	Knob	M16×27	1
3	Meter Mount		1	51	Belt		1
4	Bolt	M5×10	7	52	Bushing	Φ 15×Φ 10.2×11	1
5	Trunk Line		1	53	Bearing	6000Z	2
6L/R	Footplate w/roller L/R		1	54	Mid-axes		1
7	Bolt	M8×50	2	55	Aluminum belt roller	Φ 200	1
8	Flat Washer	Φ16×Φ8×1.5	13	56	Rubber rope		1
9	Front stabilizer		1	57	End cap		2
10	Flat Washer	Φ 12×Φ 5×1.0	2	58L/ R	Chain Cover		1
11	Bolt	ST4. 2×16	2	59	Bolt	ST4. 2×20	13
12	Nut	M10×1. 0	4	60	Bolt	M12×1. 75×139	1
13	Thin Nut	M10×1. 0	3	61	Bushing	Φ 50×Φ 12×23	2
14	Bushing	Φ 15×10.2×3	2	62	Aluminum rail link		1
15	Idle pole		1	63	Flat washer	Φ 22×Φ 12.5×2.0	1
16	Nut	M10	1	64	Nylon Nut	M12×1. 75	1
17	Flywheel		1	65	Saddle		1
18	Tension spring		1	66	Round magnet		1
19	Idler		1	67	Bolt	M8×28	6
20	Flat washer	Φ 17×Φ 6×1.5	1	68	Bushing	Φ 12.5×Φ 8.2×10	6
21	Bolt	M6×12	1	69	Plastic Trolley		6
22	Plat washer	Φ32×Φ8×2.0	1	70	Saddle post join	L/R	1set
23	Bolt	M8×35	3	71L/ R	Bolt	M6×15	2
24	Bearing	608	6	72	Bolt	M8×20	2
25	Pulley	Φ 50 ×24	3	73	Aluminum rail		2
26	Bushing	Φ12×Φ8.2×10	3	74	Axes	Φ 10.9×80	2
27	Bolt	M8×40	1	75	Locating Mount		4
28	Nylon Nut	M8	9	76	Flat washer	Φ 17×Φ 6×1.5	2
29	Bushing		2	77	Aluminum rail support frame		1
30	Bearing	6000Z	2	78	Back stand fixture		1

31	Pulley		1	79	Bolt	M5×20	1
32	Bushing		1	80	Back stand		1
33	Bolt	M10×112	1	81	Bolt	M5×15	2
34	Nylon Nut	M10×1.25	1	82	Sensor		1
35	Handlebar mount		1	83	Bolt	ST3×10	2
36	Bolt	M4×10	2	84	Hex Nut	M10	2
37	Main Frame		1	85	Bolt	M10	2
38	Sponge tube		2	86	Steel Ball	SΦ5	2
39	End cap		2	87	Setting bolt spring		2
40	Handlebar		1	88	Bolt		2sets
41	Belt		1	89	Fixed axes		2
42	Motor		1	90	Allen Wrench	S5	1
43	Bolt	M5×15	4	91	Allen Wrench	S6	1
44	Tension Cable		1	92	Spanner	S17、S19	1
45	Rubber Board		1	93	Adaptor		1
46	Power Supply Wire		1	94	Nut	M12	1
47	Bolt	M12×160	4				
48	Footplate		2				

## IV ASSEMBLY

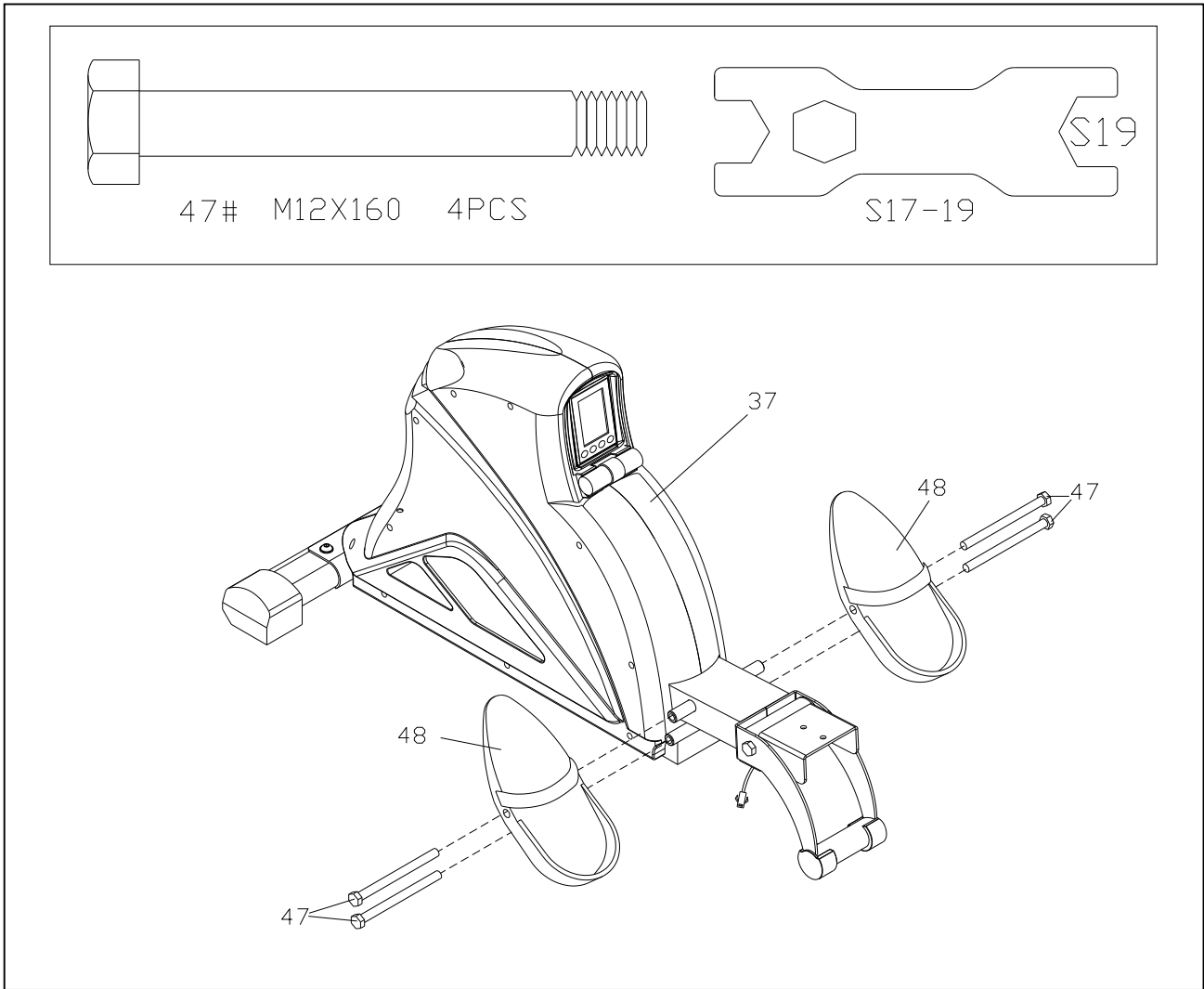


## Step 1:



Assemble the Front stabilizer (9) to Main frame (37) using Bolt (7) and Flat washer (8).

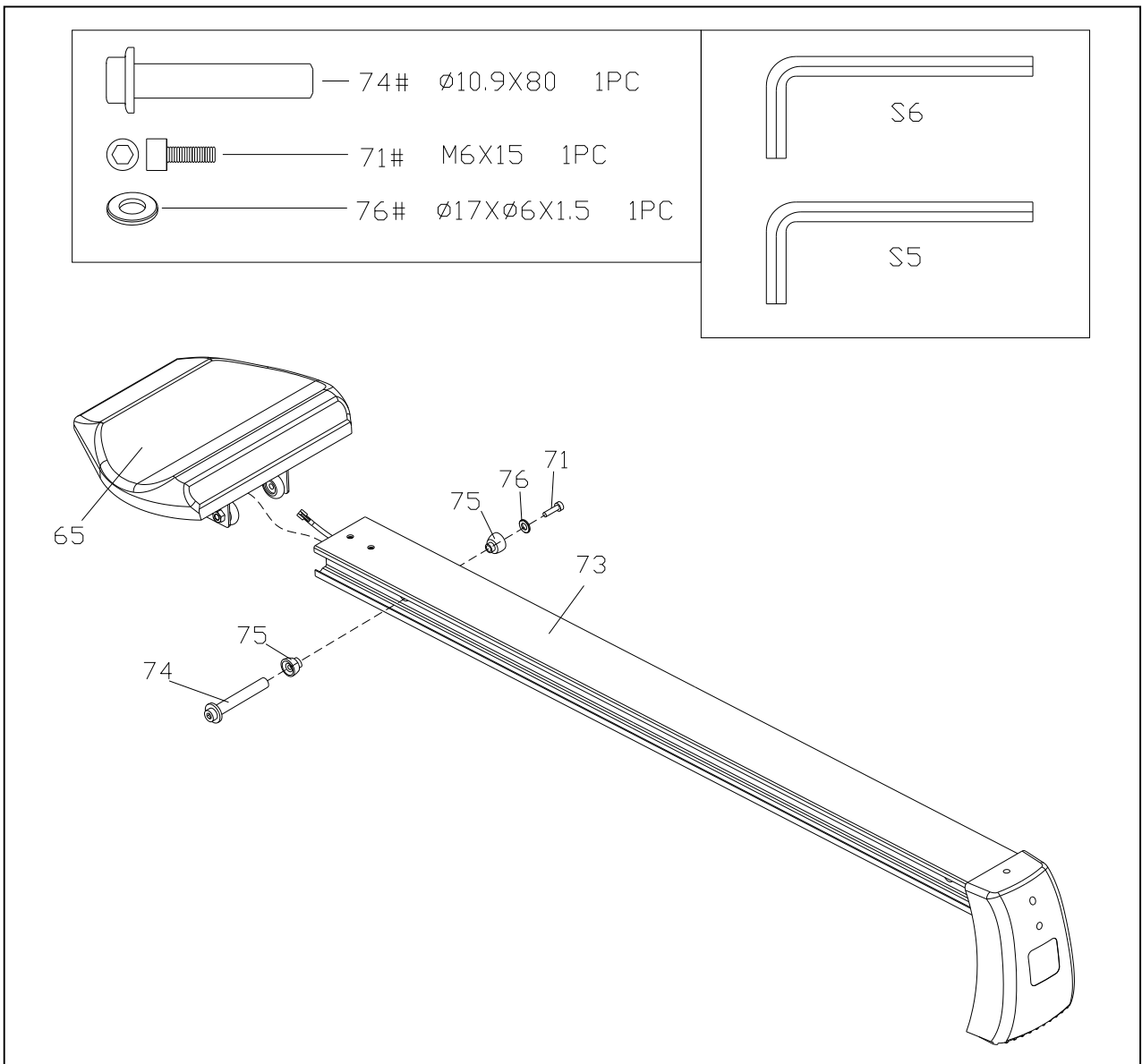
**Step 2:**



Attach both Footplate (48) to the Main frame (37) using Bolt (47).

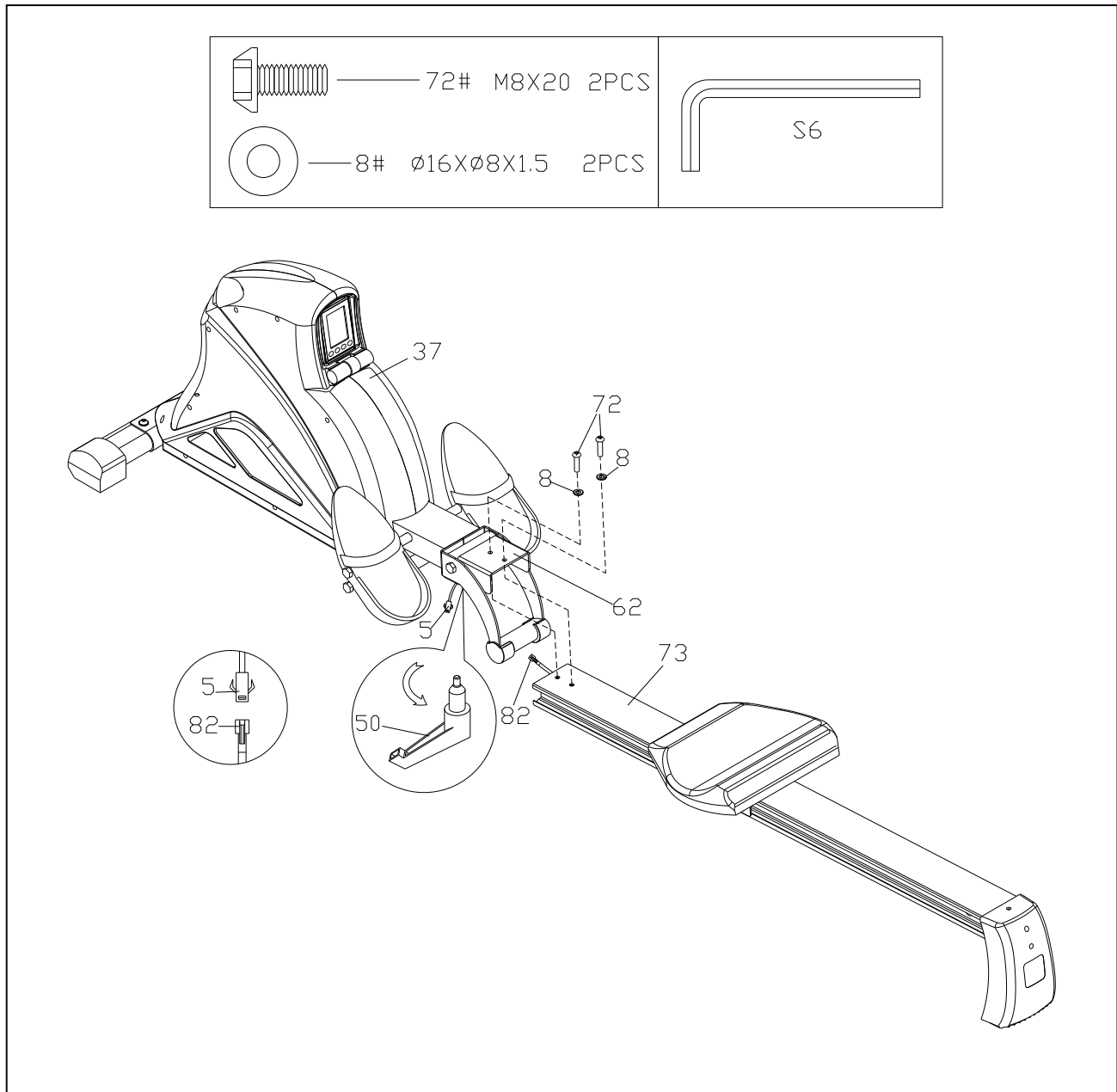


### Step 3:



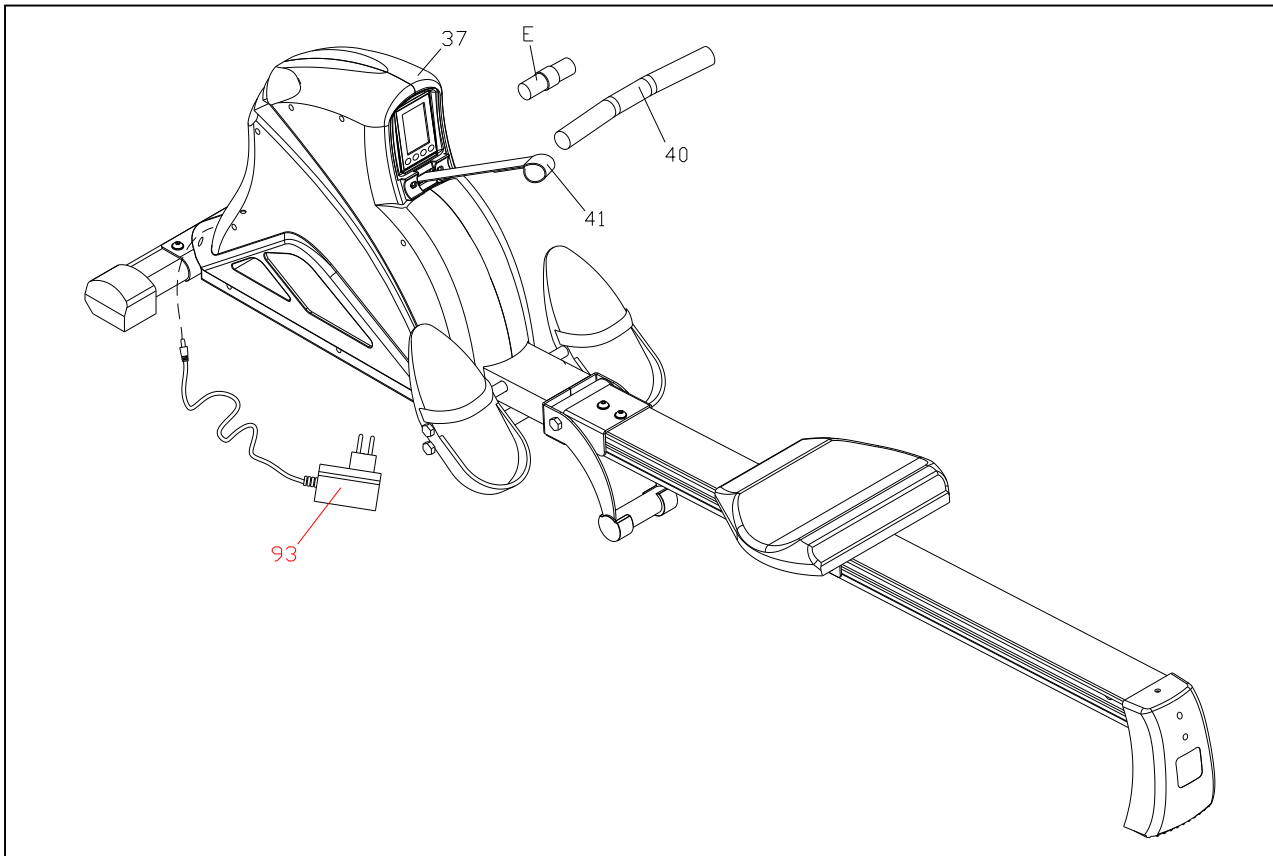
1. Push Saddle (65) into the groove of the Aluminum rail (73).
2. Assemble the Locating Mount (75) to the Aluminum rail (73) using Axes (74), Flat washer (76), and Bolt (71).

## Step 4:



1. Connect the Trunk line (5) to the out wire of Sensor (82).
2. Invaginate the Aluminum rail (73) in the Aluminum rail link (62), and then tightly assemble them together using Bolt (72) and Flat washer (8)
3. Tighten the Aluminum rail link (62) using Knob (50) to avoid a wobble of the Aluminum rail (73) and Main frame (37)

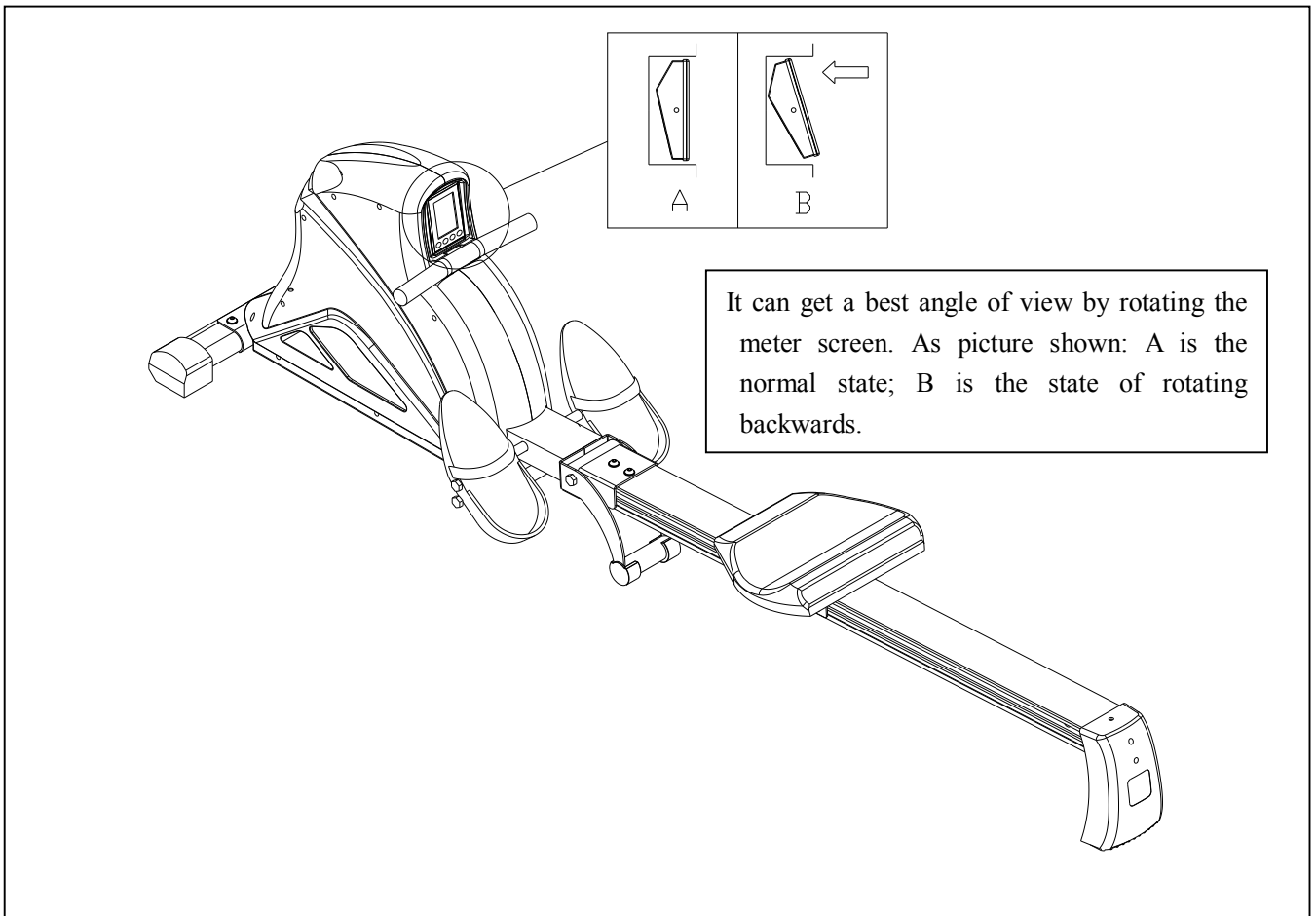
## Step 5:

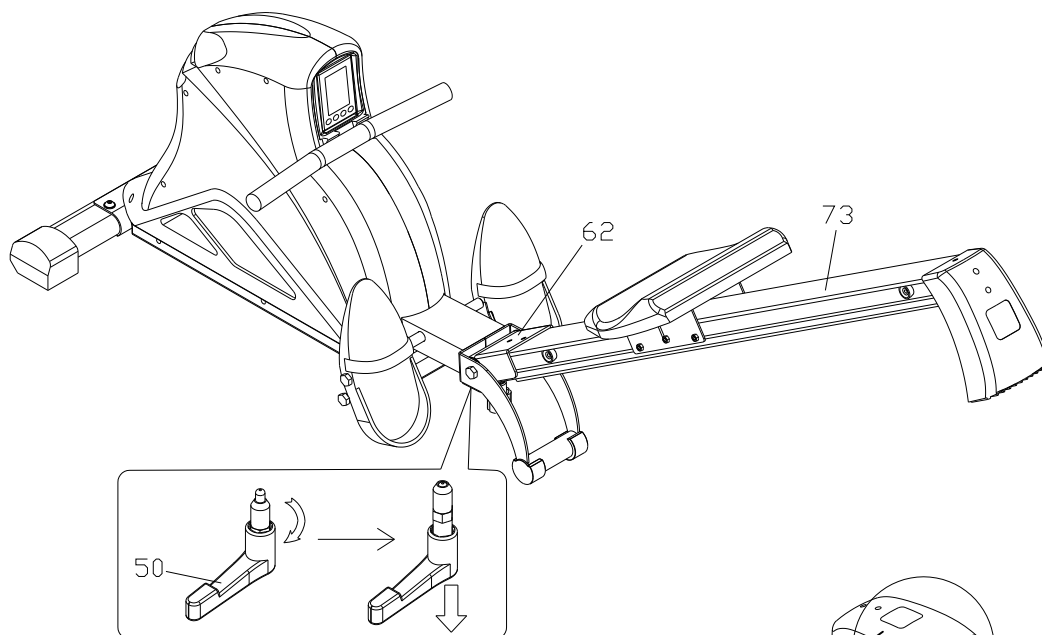


1. Pull the Belt(41) out from the hole under the meter ,hold it to avoid rebounding, and at the same time insert the handlebar(40) to the Belt in place of paper(E)
2. Insert the adaptor (93) into the socket.
3. Assemble finished!

Please ensure all parts are fully tightened before using.

## VI Function Instruction



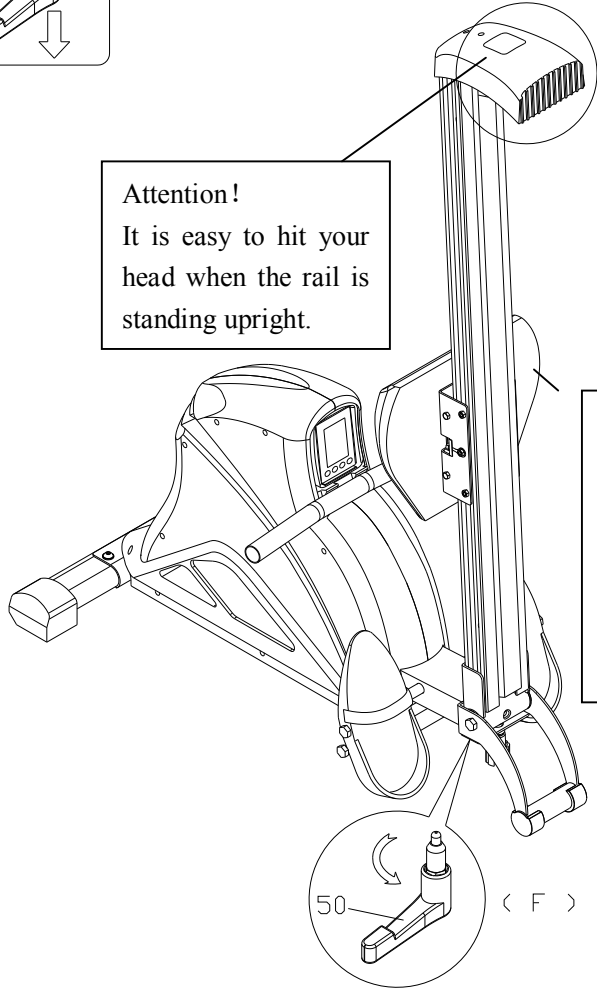


The Aluminum rail can be folded when the machine is unused, so as not to take up space. Operation is as follows:

- 1、 Unscrew the Knob (50) until the taper completely withdraw from the Aluminum rail link (62), and at the same time draw the Knob down until it cannot move anymore. Then uprear the Aluminum rail by the other hand to an angle until the Knob (50) break away from the Aluminum rail link (62), and you can release the Knob (50) now. As shown in fig D.
- 2、 When the Aluminum rail rotates to a certain angle the Knob will automatically fit into the hole on the Aluminum rail link(62),after that screw the Knob(50) tight. As shown in figure F.
- 3、 Completed.

Attention!  
It is easy to hit your head when the rail is standing upright.

Attention!  
The saddle will slide down when folding the Aluminum rail.



# WARRANTY REGISTRATION

Please visit the following link to complete the product warranty form online. Please visit <http://warrantyform.lifespanfitness.com.au/>

**PLEASE NOTE: YOUR WARRANTY IS ONLY VALID IF YOU CAN PROVE YOU ARE THE ORIGINAL PURCHASER ON THIS ITEM (i.e. A copy of the receipt, invoice, delivery date or internet confirmation).**

**SERVICING: IF YOU FAIL TO COMPLY WITH LIFESPAN'S MAINTENANCE AND SERVICING STEPS ABOVE, YOU MAY VOID YOUR WARRANTY. IF YOU REQUIRE A SKILLED LIFESPAN REPRESENTATIVE TO UNDERTAKE ONE OF THE STEPS ABOVE, PLEASE EMAIL US AT [lifespanfitness@hotmail.com](mailto:lifespanfitness@hotmail.com).**