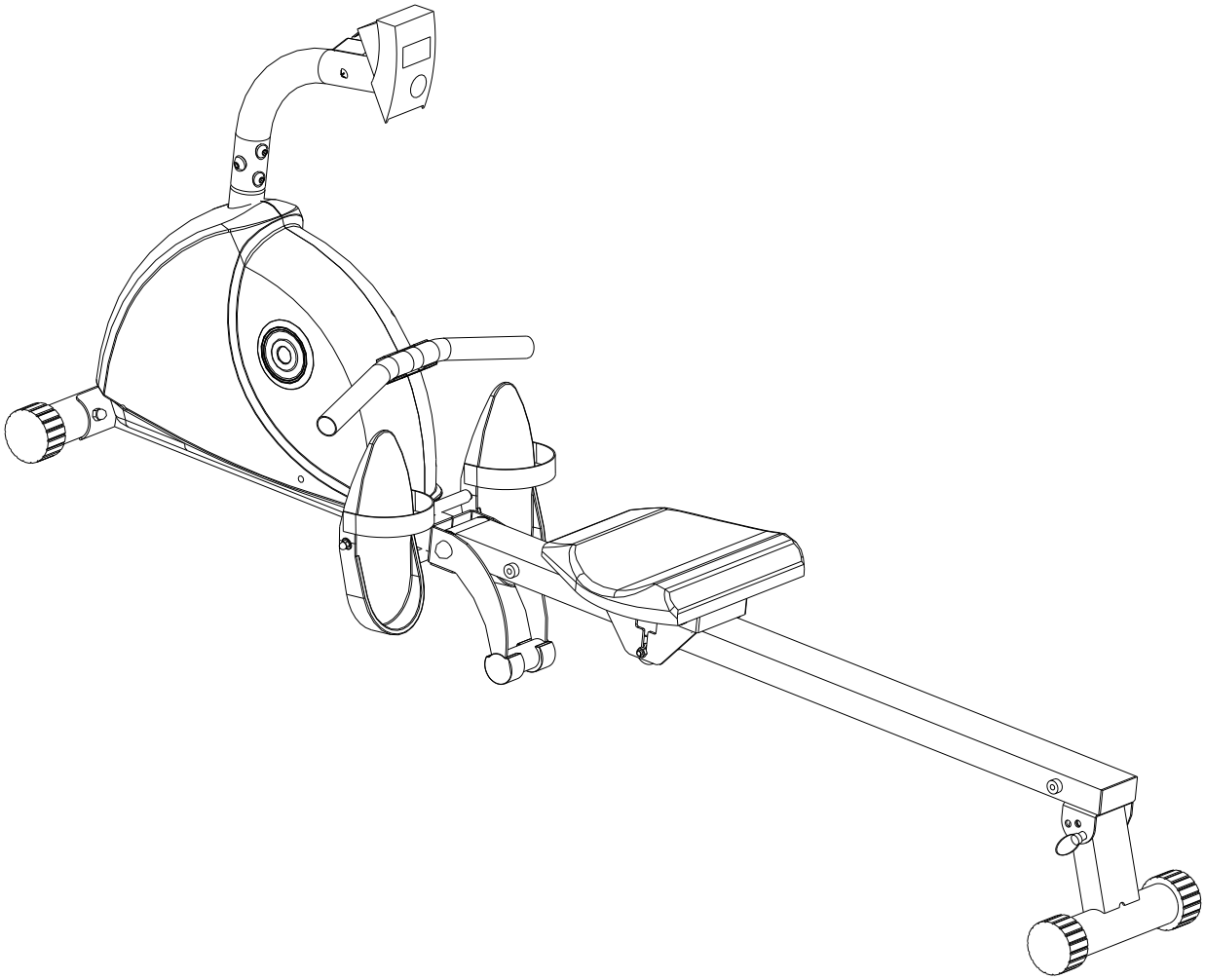
ROWER-405
OWNER'S MANUAL



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 0.5 meters of free space all 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 assemble, 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.

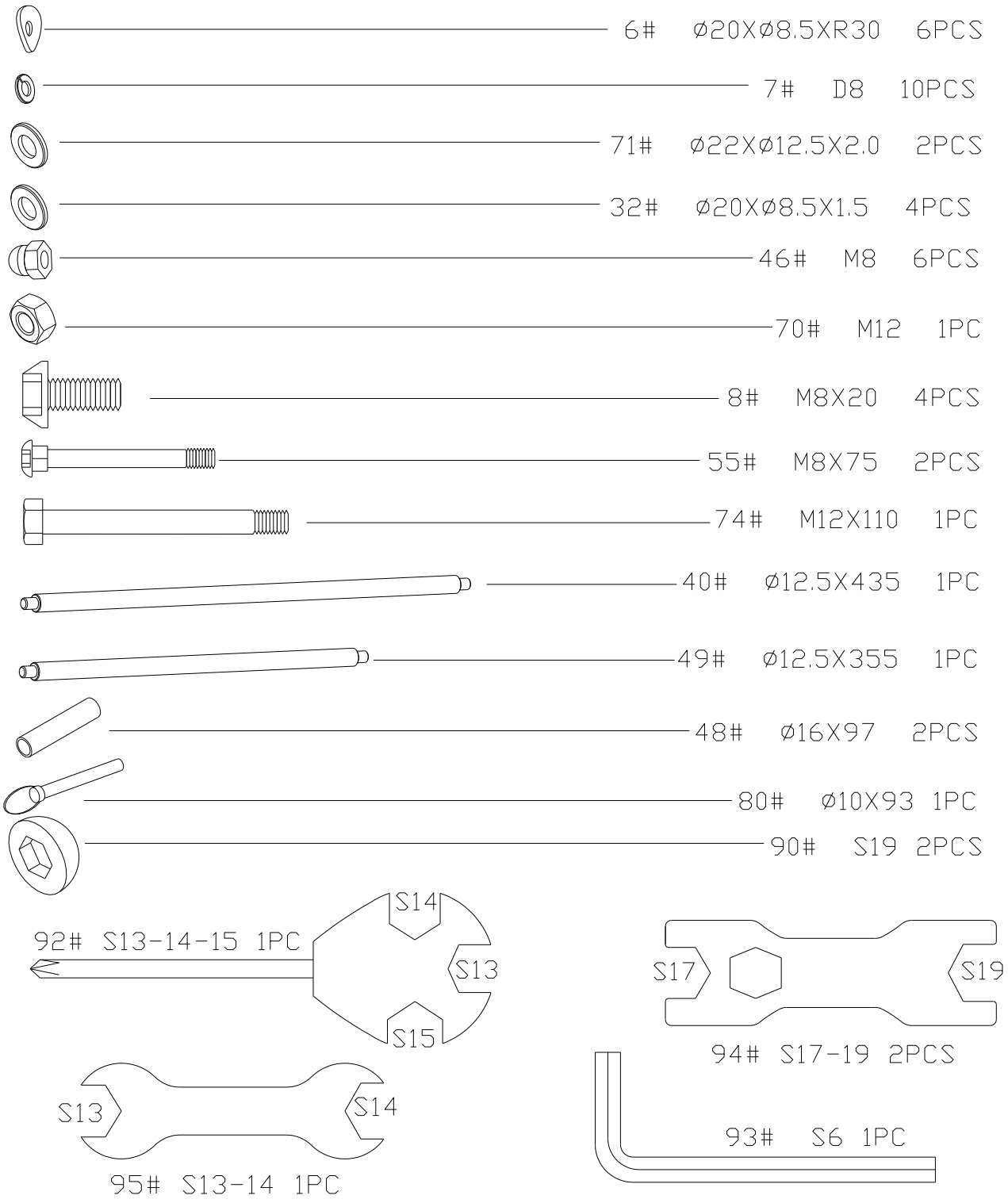
h. This equipment is designed for indoor and family use only. The Max user weight is 120KG

i. Care must be taken when lifting or moving the equipment so as not to injure your back.

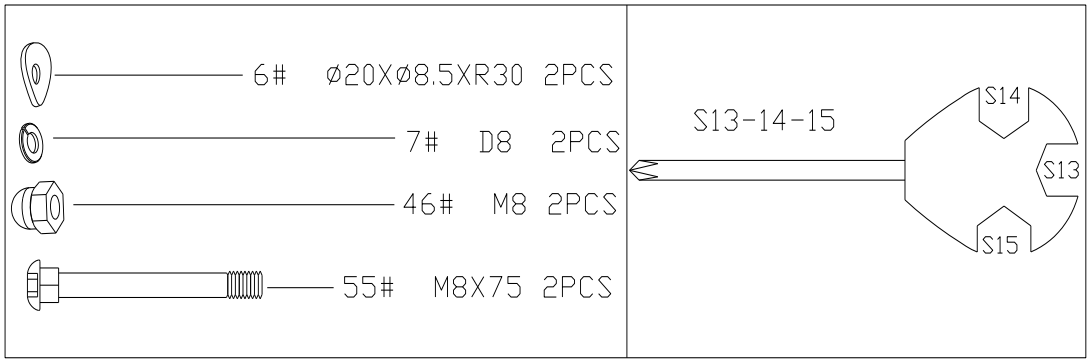
j. Always keep this instruction manual and assembly tools at hand for quick reference.

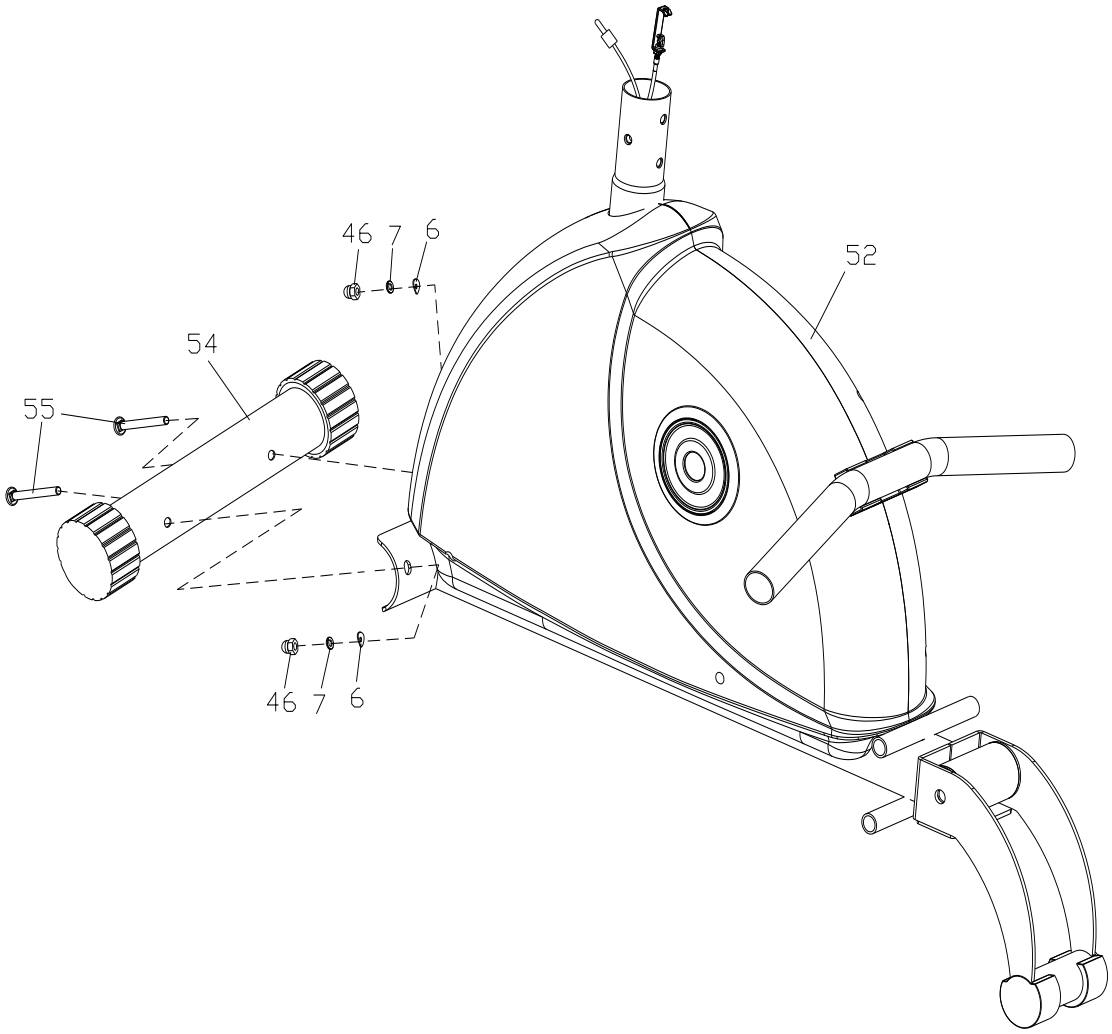
k. The equipment is not suitable for therapeutic use.

2. ASSEMBLY INSTRUCTIONS



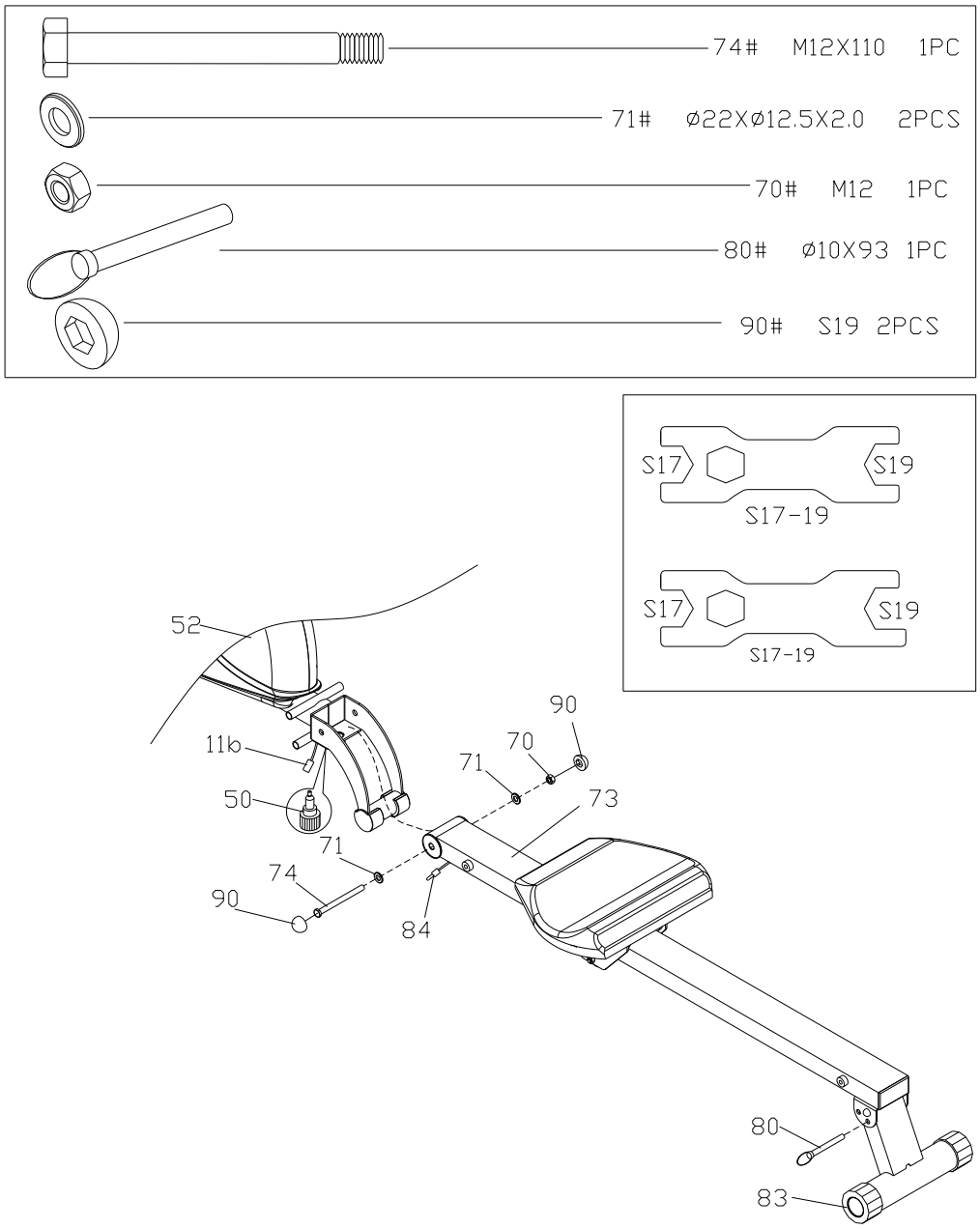
STEP 1:





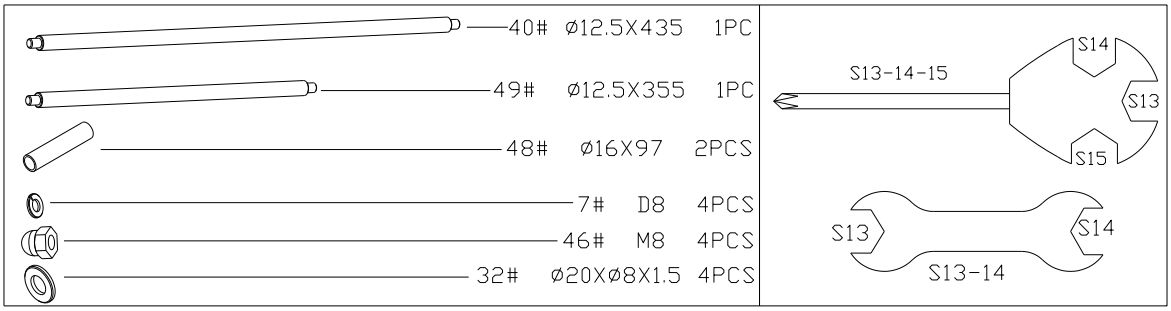
1. Attach the front stabilizer(54) onto the main frame (52) using the square neck bolt (55), arc washer (6), spring washer (7) and cap nut (7).

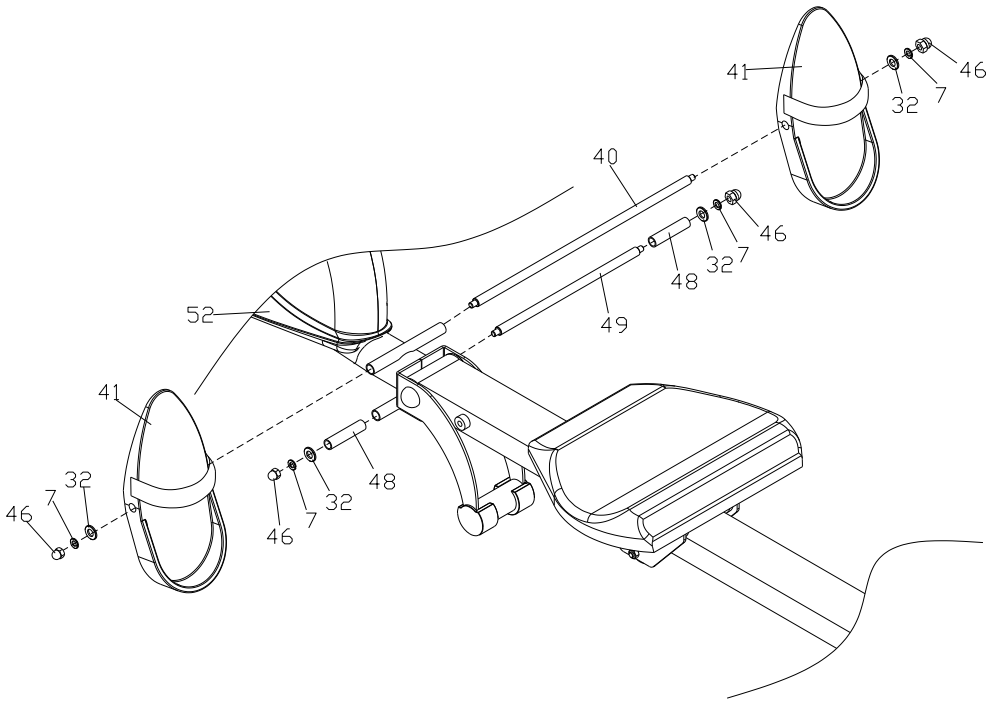
STEP 2:



1. Secure the stay tube join (83) onto the sliding rail join (73) using the broaching (80)
2. Connect the sensor (84) onto the sliding rail join (73) to the trunk wire 2 (11b) of the main frame (52)
3. Insert the sliding rail join (73) onto the main frame (52), then lock it by the bolt (74), washer (71) and nylon nut (70), cap the small cap (90)
4. Assemble the sliding rail join (73) onto the main frame by the knob (50) securely so it does not move.

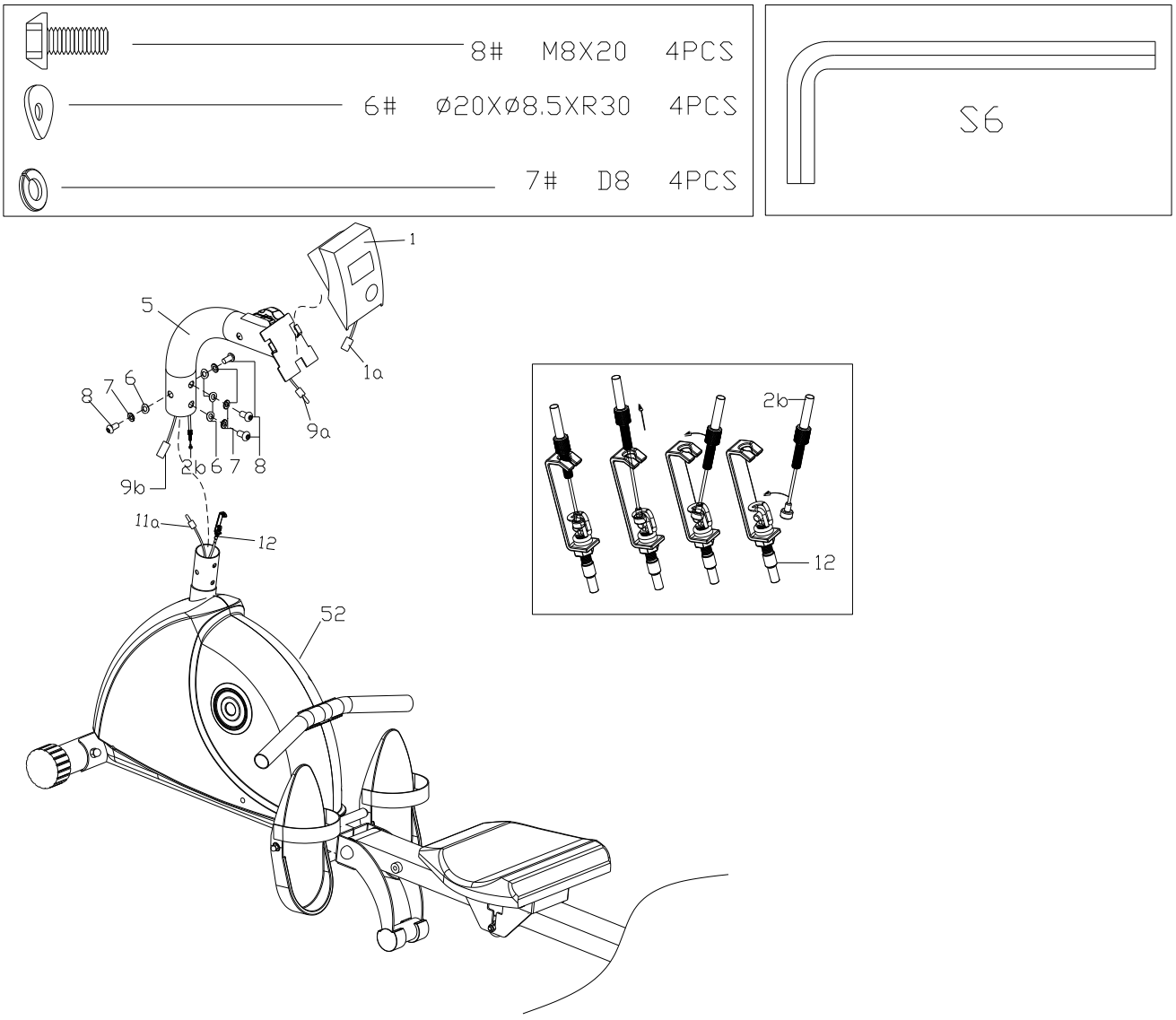
STEP 3:





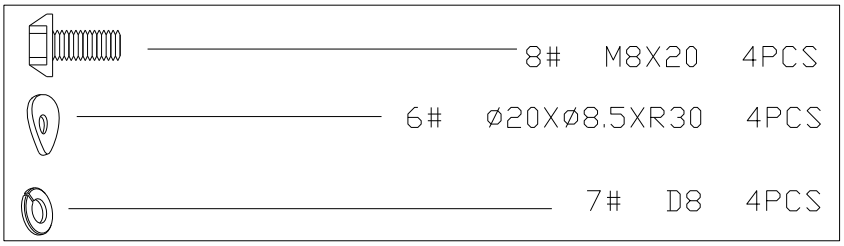
1. Insert the short footplate axis (49) into the main frame (52), and then assemble the footplate sack (48) onto each side. Then secure it with the washer (32), spring washer (7) and the nut (46)
2. Insert the footplate axis (40) into the main frame (52), assemble the footplate (41) onto each side, lock it using the washer (32), spring washer (7) and the nut (46).

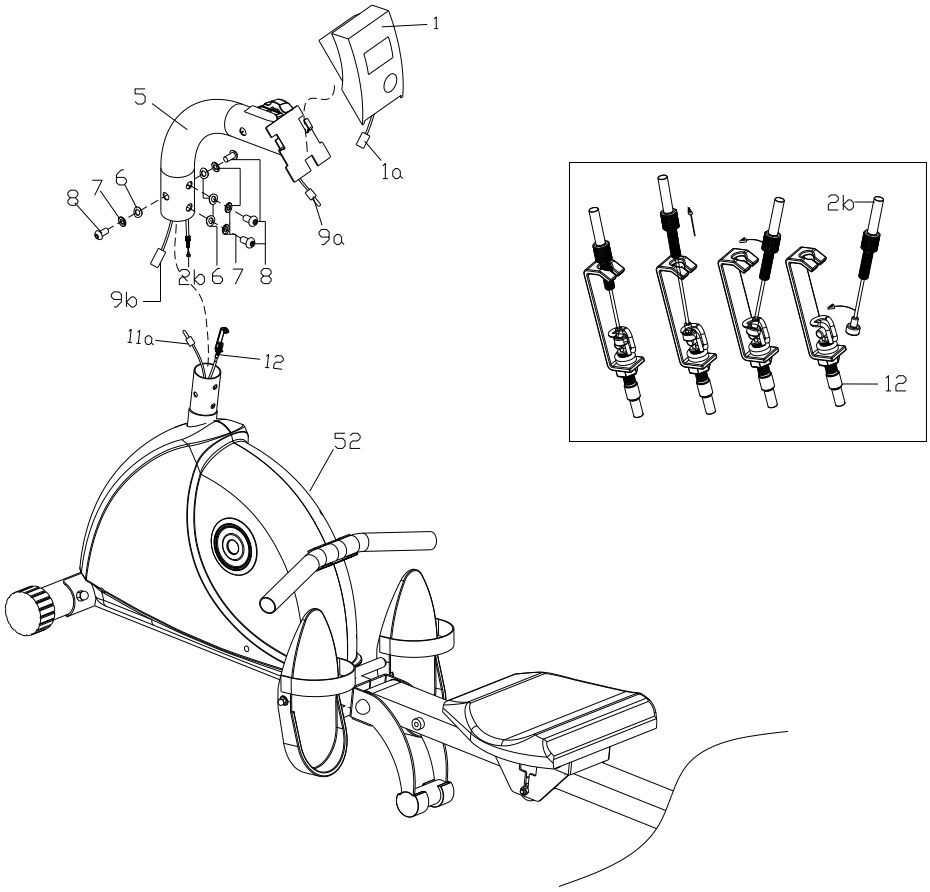
STEP 4:



1. Lock the pedal (23L and 23R) on each pedal rod post (18L and 18R) using bolt (22), washer (20) and nylon nut (21)

STEP 5:





1. Connect the trunk wire 1 (9b) to the trunk wire 2 (11b)
2. Connect the tension wire (2b) to the tension wire 2 (12)
3. Insert the handlebar post join (5) into the main frame (52). Secure it using bolt (8), spring washer (7) and the arc washer (6)
4. Use the computer wire (1a) cross the hole of the computer support, and then insert the computer to the support of the handlebar post join (5), connect the trunk wire 1 (9a) tot the computer wire (1a)

FOLDING:

Figure A

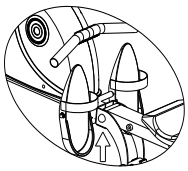
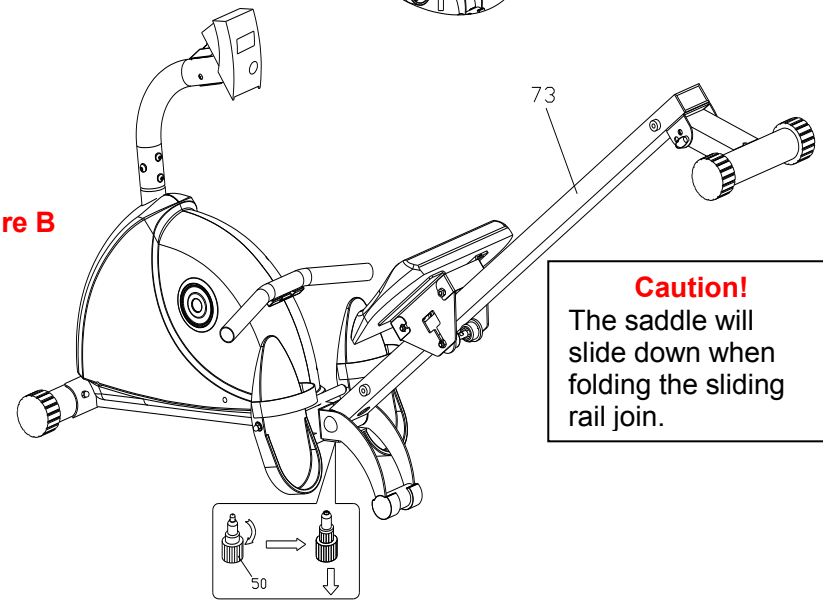


Figure B



Caution!
The saddle will slide down when folding the sliding rail join.

1. The aluminum rail can be folded when the machine is unused, so as not to take up space.
2.
   - Disassemble the knob (50) under the sliding rail join (73) until the taper is completely withdrawn from the sliding rail join (73).
   - At the same time pull the knob down until it cannot move anymore, then lift the sliding rail join using your other hand to an angle until the knob(50) brake away from the sliding rail join(73),
   - Then release the knob(50) as shown in Figure B
3. When the sliding rail join rotates to a certain angle the knob will securely fits into the hole on the sliding rail join (73).

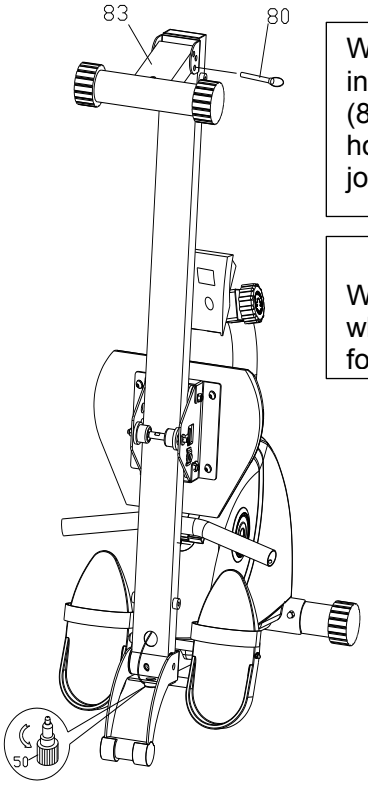


Figure C

When folded, insert the broach (80) into another hole to keep tube join (83) folded

Caution!
Watch your head whilst machine is folded

UNFOLDING:

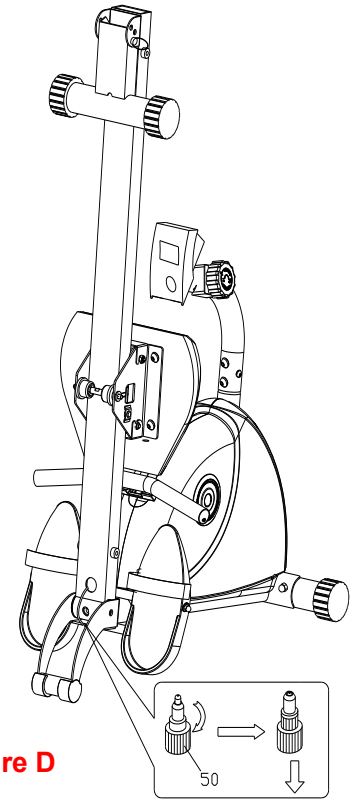


Figure D

1. Disassemble the knob (50) until the taper is completely withdrawn from the sliding rail join (73)
2. Then draw the know down till it cannot be moved. At the same time lower the sliding rail join (73) to an angle until you can release the knob (50). As shown in Figure D

3. When the sliding rail join (70) rotates on the floor, the knob (50) will automatically fit into the next available hole on the sliding rail join (73). Then fasten the knob, as shown in Figure E

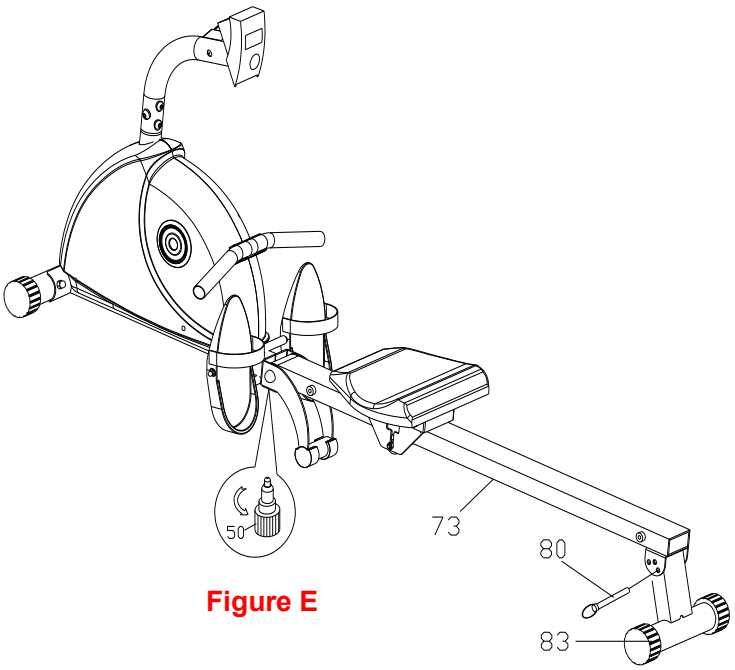


Figure E

3. DISPLAY MANUAL

FUNCTIONAL BUTTON:

MODE - Push down to select functions.

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

FUNCTIONS AND OPERATIONS

1. **CYCLE:** When in CYCLE position, the meter will rotate through the following functions: TIME, STROKES, STROKES/OVERALL, KJLOULE, STROKES/MIN. Each display will be hold for 6 seconds.
2. **TIME:** Count the rowing time from exercise start to end.
3. **STROKES:** Count the rowing strokes from start to end.
4. **STROKES/ OVERALL:** Count the total rowing strokes from start to end.
5. **KJLOULE:** Count the total kjoule from rowing start to end.
6. **STROKES/MIN:** Display current rowing strokes per minute, or the frequency per minute.
7. **AUTO ON/OFF & AUTO START/STOP:**

Without any signal for 4 minutes, the power will turn off automatically. When the stroke is in motion or pressing the button, the monitor is in action.

SPECIFICATIONS:

FUNCTION	AUTO CYCLE	Every 6 seconds
	TIME	0:00~99:59(MINUTE:Second)
	STROKES	0~9999
	STROKES/ OVERALL	0~9999
	STROKES/MIN	0~1200
	KJOULE	0.0~999.9kjoule
BATTERY TYPE		2pcs of SIZE-AA or UM-3
OPERATING TEMPERATURE		0℃~+40℃(32℉~104℉)
STORAGE TEMPERATURE		-10℃~+60℃(14℉~168℉)

4. 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.

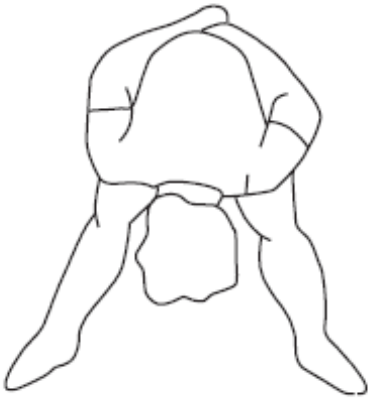
Target Heart Rate Zone Estimated by Age*

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 - Age = predicted maximum heart rate

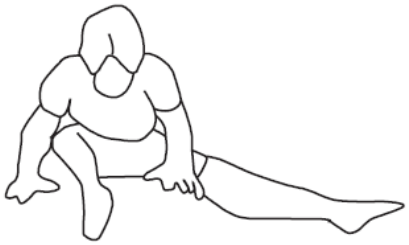
Warm-Up: The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm-up for two to five minutes before strength training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging,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



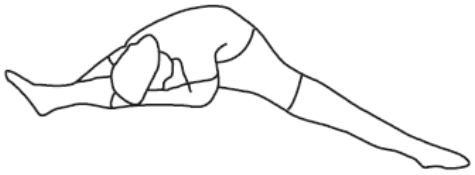
Lower Body Stretch:

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.

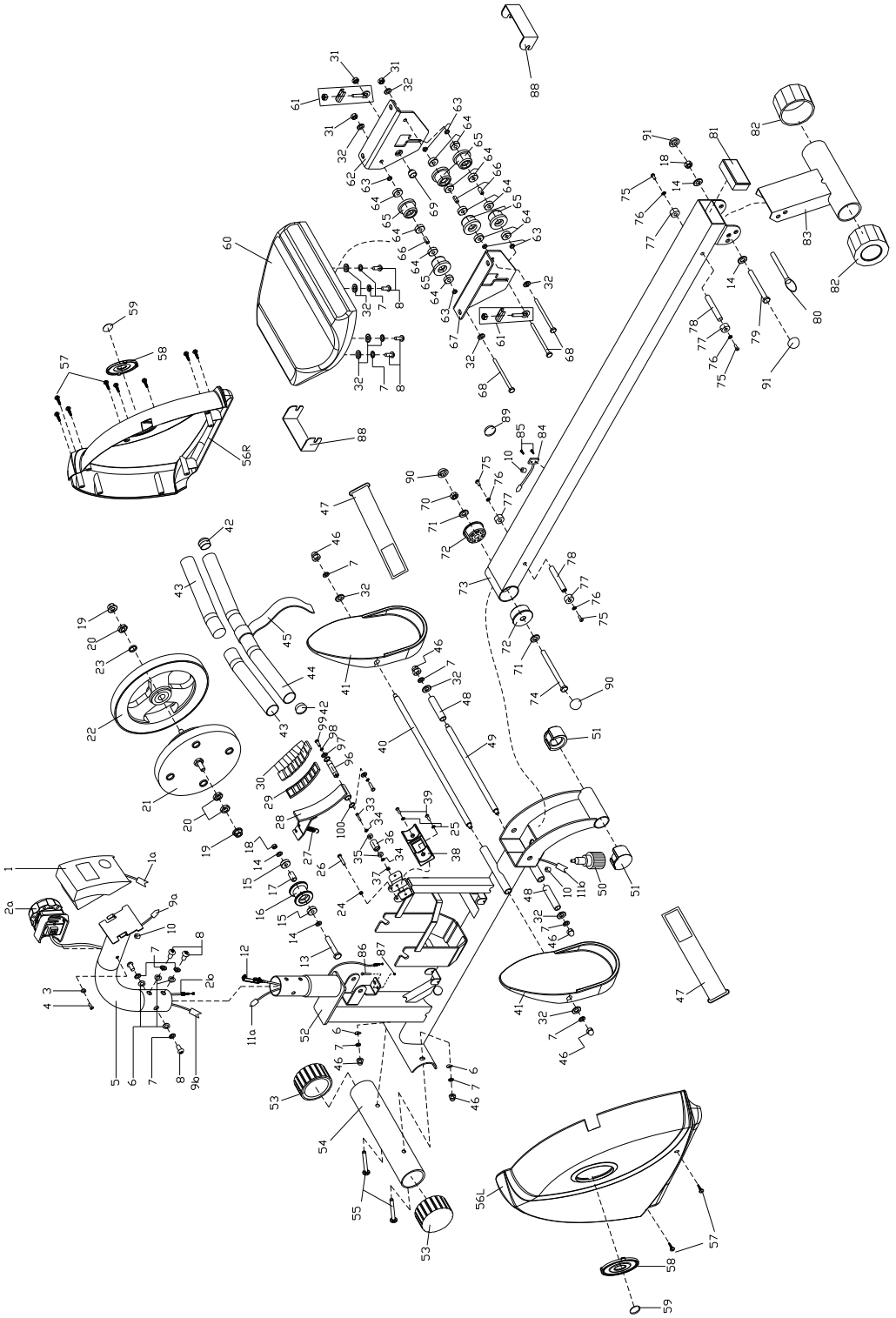
Bent Over Leg Stretch:

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.

5. EXPLODED DIAGRAM



5. PARTS LIST

NO.	NAME	SPEC.	QTY		NO.	NAME	SPEC.	QTY
1	computer		1		51	Φ38 end cap		2
2	Tension control		1		52	Main frame		1
3	Arc-washer		1		53	End cap		2
4	bolt		1		54	Front stabilizer		1
5	Handlebar post join		1		55	Bolt	M8×75	2
6	Arc-washer	Φ20×Φ8.5×R30	4		56L/R	Housing		1sets
7	Washer	D8	14		57	Bolt	ST4.2×19	10
8	bolt	M8×20	8		58	Small cover for housing		1
9	Trunk wire 1		1		59	plastic cover		2
10	Hole Plugs		3		60	Saddle		1
11	Trunk wire 2		1		61	Bolt		2sets
12	Tension wire 2		1		62	Right backing plate		1
13	Bolt	M10×55	1		63	Bushing	Φ11×Φ8.1×2.7	6
14	washer	Φ20×Φ10×1.5	4		64	bearing		12
15	Bearing		2		65	PU wheel	Φ42×Φ33×27	6
16	Pulley		1		66	roller casing		3
17	Bushing	Φ15×Φ10.2×19	1		67	Left backing plate		1
18	Nut	M10	1		68	Bolt	M8×122	3
19	Nut	M10	2		69	Round magnet		1
20	Nut	M10	3		70	Nut	M12	1
21	Aluminum belt roller		1		71	Washer	Φ22×Φ12.5×2.0	2
22	flywheel		1		72	Bushing		2
23	Bushing		1		73	sliding rail join		1
24	Nut	M5	1		74	Bolt	M12×110	1
25	Washer	Φ10×Φ5×1.2	2		75	Bolt	M6×10	4
26	Bolt	M5×45	1		76	Washer	Φ12×Φ6×1.0	4

27	tension spring		1		77	foot pad		4
28	Magnet shelf		1		78	Limit valves	Φ12×80	2
29	location grid of magnet		1		79	Bolt	M10×100	1
30	Square magnet		8		80	Broaching	Φ10×93	1
31	nut	M8	3		81	End cap		1
32	Washer	Φ20×Φ8×1.5	12		82	End cap		2
33	Bolt	M6×40	1		83	stay tube join		1
34	washer	Φ12×Φ6×1.2	2		84	Sensor		1
35	bearing		2		85	Nut	ST3X10	2
36	roller bush	Φ15×27.5	1		86	Nut	M6×L55	1
37	nut	M6	1		87	Nut	M6	1
38	Grip holder		1		88	U shape board		2
39	bolt	M5×10	2		89	Round plugs		1
40	Footplate axis	Φ12.5×435	1		90	Small cap	S19	2
41	Footplate		2		91	Small cap	S17	2
42	End cap		2		92	Ten headed wrench	S=13.1 14.1 15.1 Φ5	1
43	Sponge tube		2		93	hex wrench	S6	1
44	handlebar		1		94	Wrench	S17、19	2
45	Belt		1		95	Wrench	S13 S14	1
46	Nut	M8	6		96	Spacer		1
47	Foot plate strap		2		97	Washer	D6	2
48	Footplate sack	Φ16×97	2		98	Spring washer	D6	2
49	Short footplate axis	Φ12.5×355	1		99	Bolt	M6*16	2
50	Knob	M16×24	1		100	Washer	D12	2

6. 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.lifespanonline.com.au/Warranty-Policy