

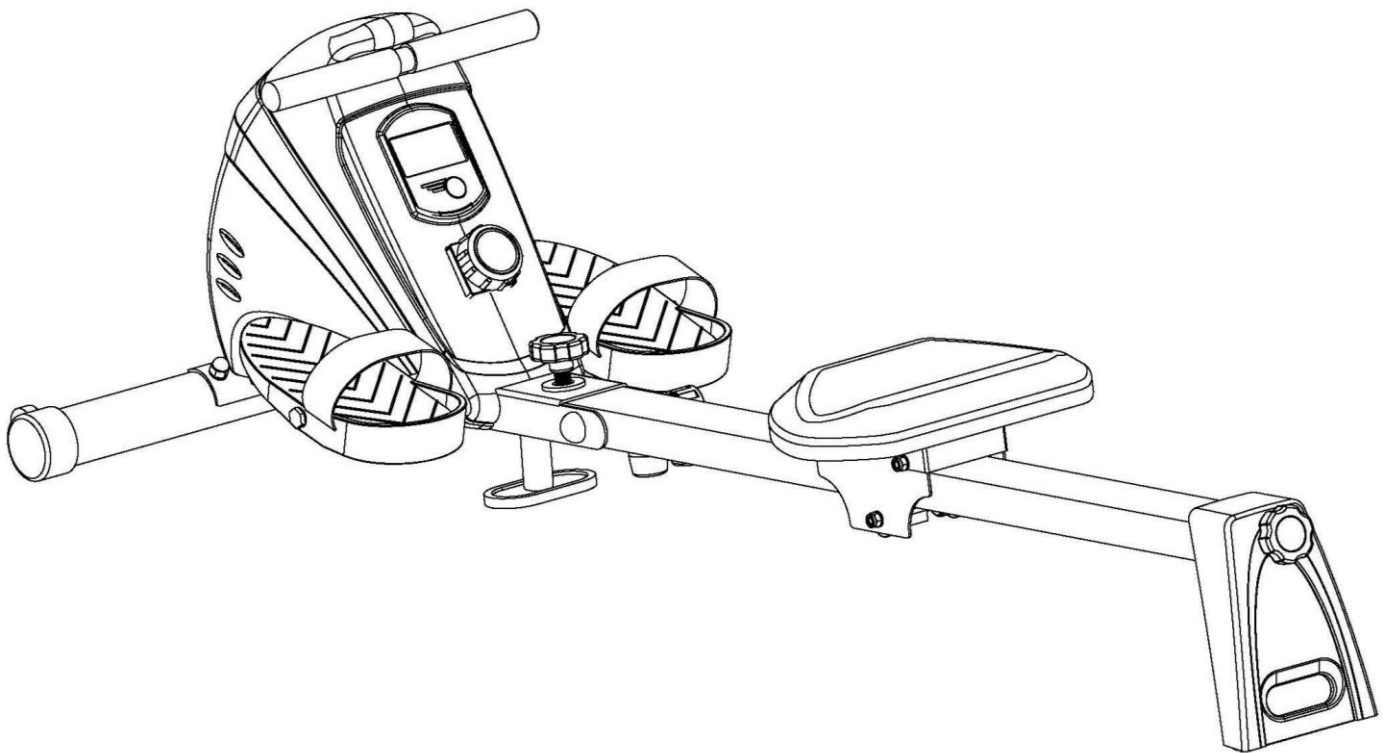


LIFESPAN

FITNESS

ROWER-440

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

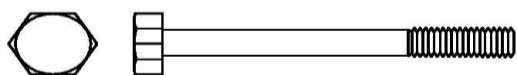
- a. Lubricate moving joints with grease after periods of usage
- b. Be careful not to damage plastic or metal parts of the machine with heavy or sharp objects
- c. The machine can be kept clean by wiping it down using dry cloth

Battery Usage

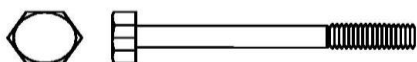
- a. Batteries are to be installed or replaced by adult only
- b. Do not use rechargeable batteries. Do not mix different battery types. Do not mix old and new batteries. Do not mix alkaline, standard (Carbon-Zinc), or rechargeable (Nickel-Cadmium) batteries
- c. Remove batteries when product is not 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



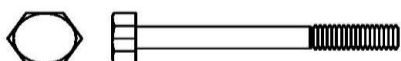
2. ASSEMBLY INSTRUCTIONS



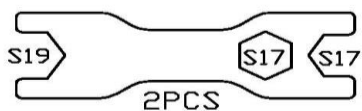
#12 M12X155 2PCS



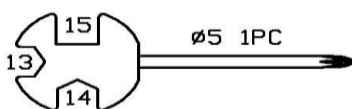
#14 M10X100 1PC



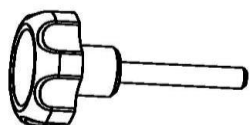
#25 M10X95 1PC



2PCS



ø5 1PC



#2 M10X25 1PC



#10 D13 2PCS



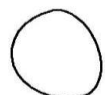
#8 D10X2 4PCS



#35 D10X2.5 1PC



#9 M10 2PCS



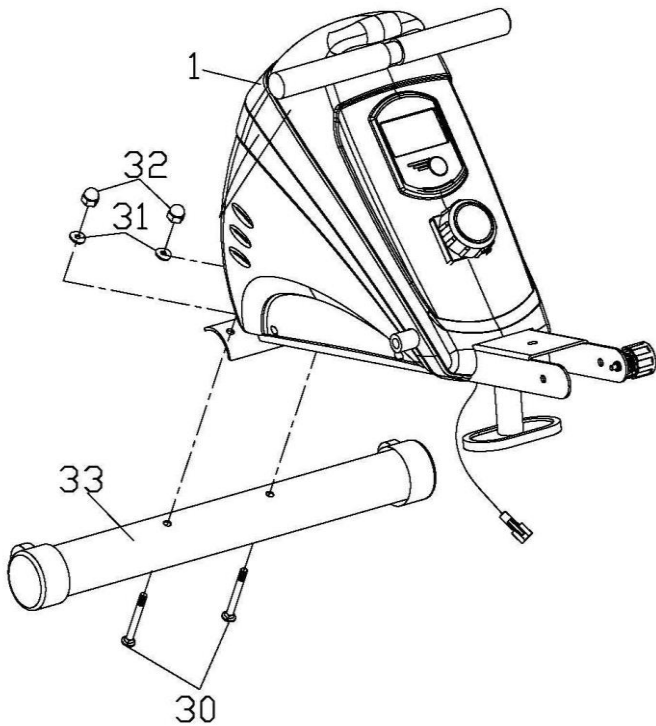
#70 S17 2PCS



#15 M16X1.5 1PC

| PART # | DESCRIPTION | QUANTITY |
|--------|--------------------------|----------|
| 12 | Bolt M2X155 | 2 |
| 14 | Bolt M10X100 | 1 |
| 25 | Bolt M10X95 | 1 |
| 2 | Knob M10X25 | 1 |
| 10 | Washer D13 | 2 |
| 8 | Washer D10X2 | 4 |
| 35 | Washer D10X2.5 | 1 |
| 9 | Nut M10 | 2 |
| 70 | Cap S17 | 2 |
| 15 | Knob M16X1.5 | 1 |
| | Wrench(S17、S19) | 2 |
| | Wrench (13、14、15、 Φ5) | 1 |

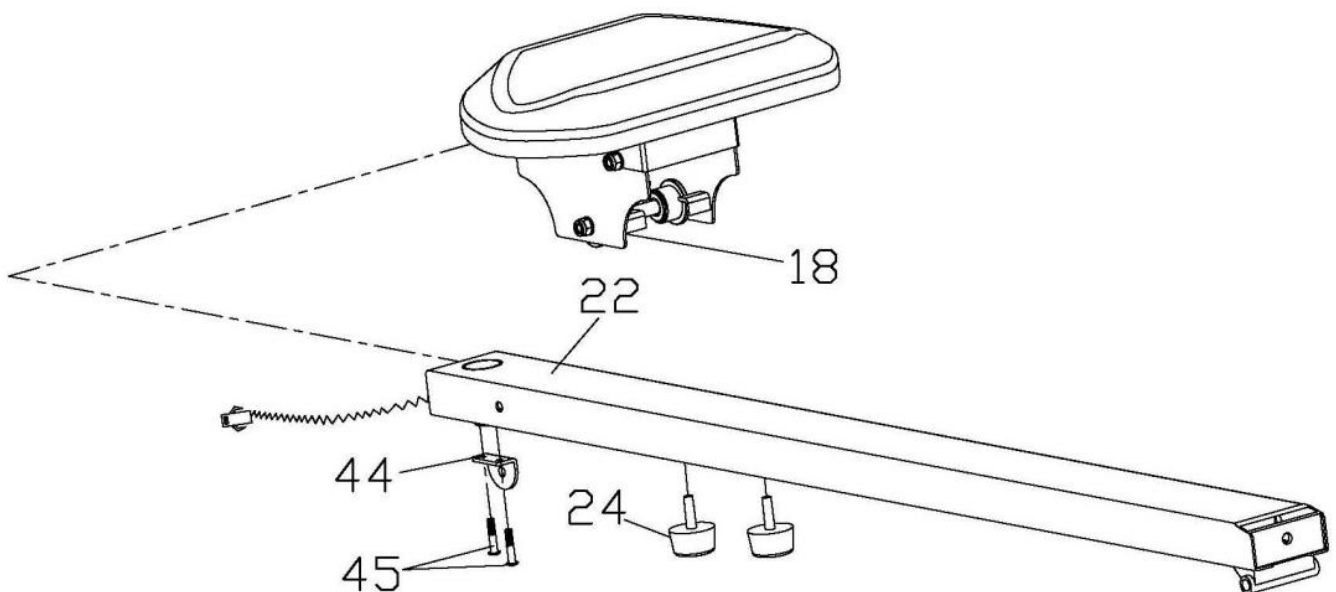
STEP 1:



1. Attach the row handle to the row cord.
Please do this before removing the wooden plank.
2. Attach the front bottom tube (33) to the mainframe (1) with carriage bolt (30), arc washer (31), and cap nut (32).

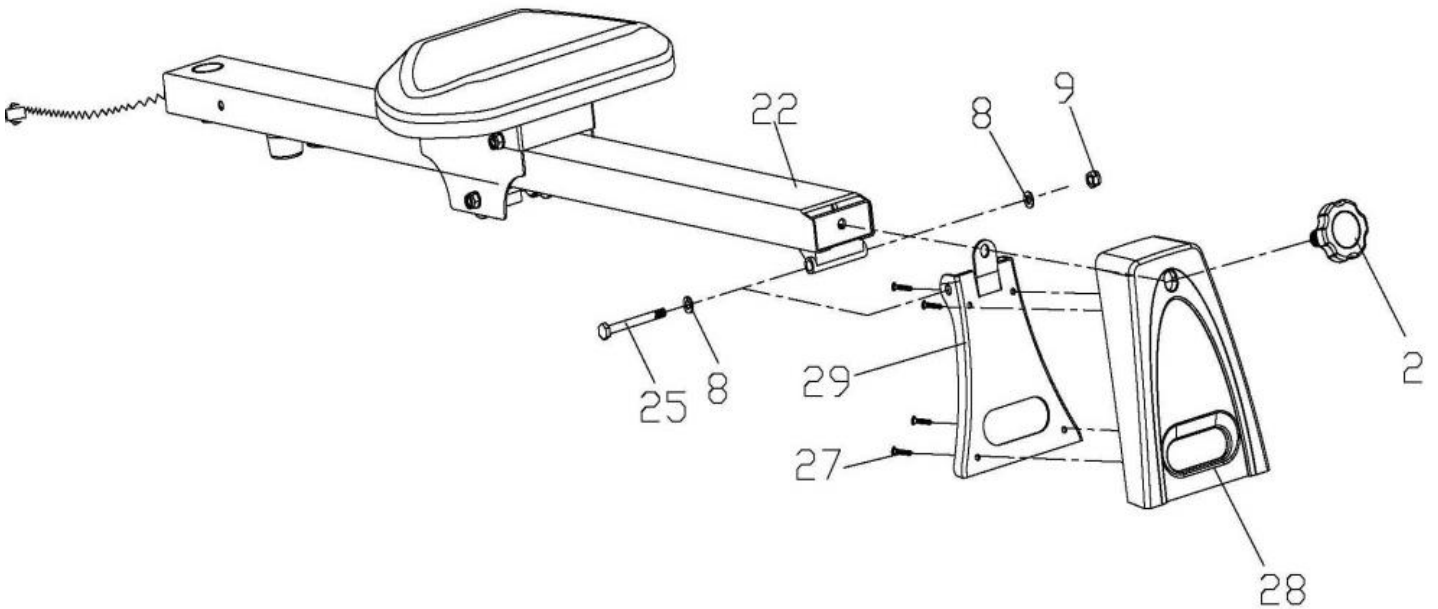
STEP 2:

1. Take off the cushion (24), screw (45), plate (44), then insert the slide rest (18) onto the slide way (22). Then tighten the cushion (24) to the slide way (22).
2. Tighten the plate (44) to the slide way (22) with screw (45).



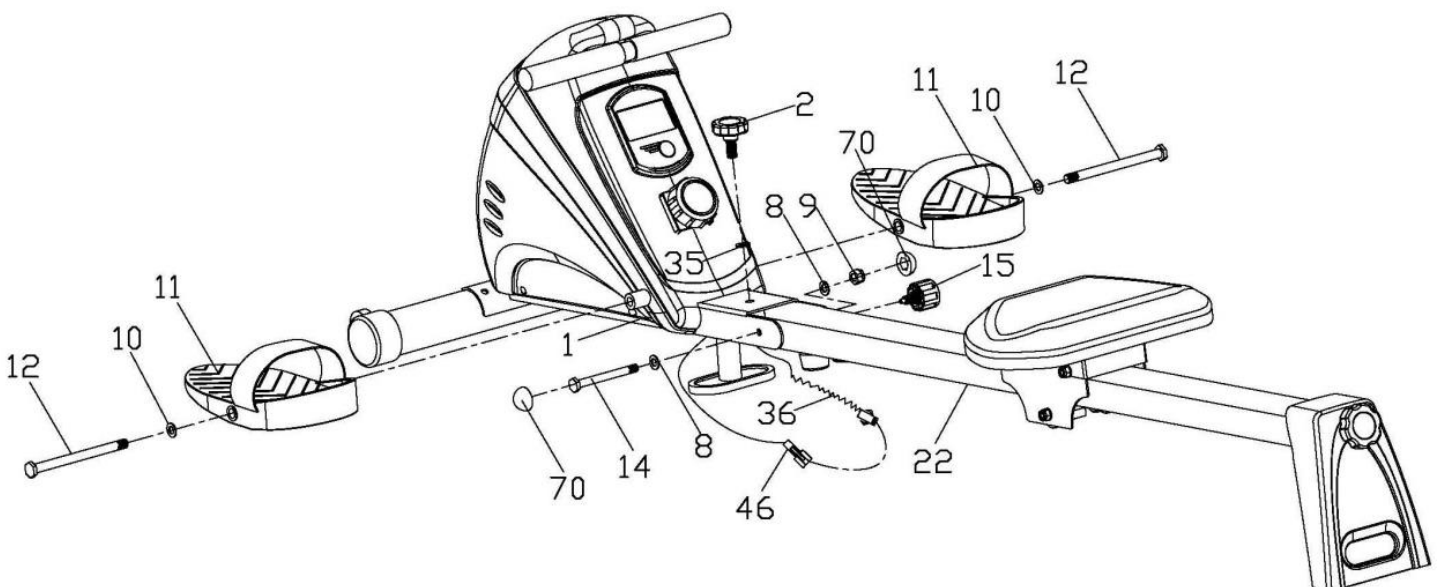
STEP 3:

1. Tighten the stand rail (29) to the protective guard (28) with screw (27), and then tighten the protective guard (28) to the slide way (22) with hexagon bolt (25), knob (2), flat washer (8), and nylon nut (9).



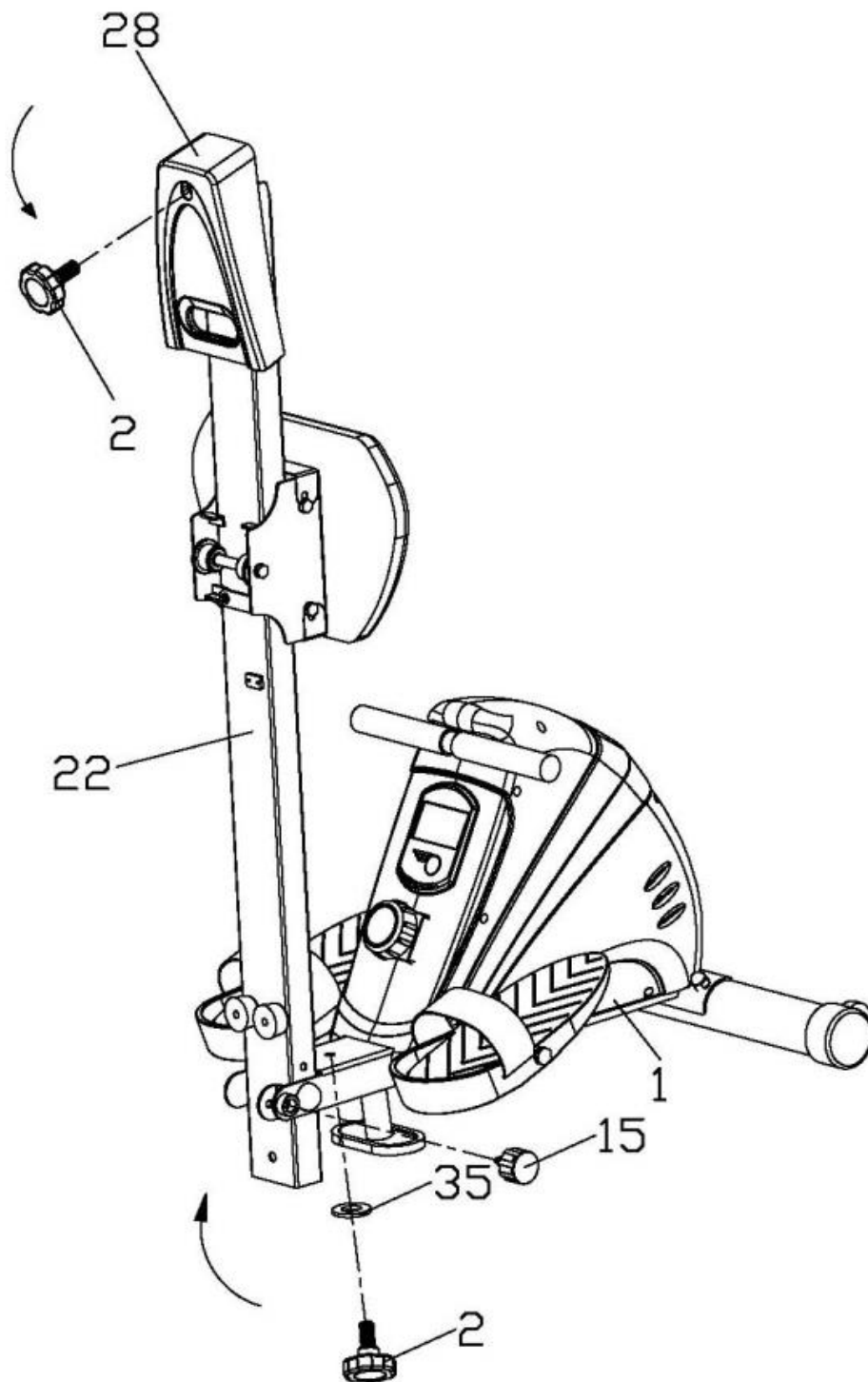
STEP 4:

1. Connect the connection wire (46) to the sensor wire (36), then tighten the slide way (22) to the mainframe (1) with hexagon bolt (14), knob (2), knob (15), flat washer (35), flat washer (8), nylon nut (9) and put the plastic cap (70) at last.
2. Tighten the pedal (11) to the mainframe (1) with bolt (12), flat washer (10). When folding it, take off the knob (15) and fold the slide way (22).



STEP 5:

1. The Rowing machine could be folded if not in use
2. Unscrew the knob (15), and the knob (2) and flat washer (35).
3. Fold the slide way (22) and protective guard (28) as shown by the diagram. Fix the mainframe (1) to the protective guard (28) with knob (2) and flat washer (35).



STORAGE AND MAINTENANCE

1. Keep the rowing machine in a clean dry place.
2. Grasp the frame to move the rowing machine. Do not use the seat to move it. The seat will move and it may hurt your hand and fingers.
3. Remove the battery before storing the machine for a long time.
4. Clean the Seat Rail with an absorbent cloth.
5. Always make sure all the nuts and bolts are properly tightened.
6. Regular inspection is required. Replace any worn or damaged parts immediately.

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. **SCAN:** When in CYCLE position, the meter will rotate through the following functions: TIME, COUNT, TOTAL COUNT, CALORIE, and COUNT/MIN. Each display will appear for 6 seconds.
2. **TIME:** Count the rowing time from exercise start to end.
3. **COUNT:** Total rowing strokes for the workout.
4. **TOTAL COUNT:** Total rowing strokes of all time.
5. **CALORIE:** Total calories for the workout.
6. **COUNT/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) |
| | COUNT | 0~9999 |
| | TOTAL COUNT | 0~9999 |
| | COUNT/MIN | 0~1200 |
| | CALORIE | 0.0~999.CAL |
| BATTERY TYPE | | 2pcs of SIZE-AA or UM-3 |
| OPERATING TEMPERATURE | | 0°C~+40°C(32°F~104°F) |
| STORAGE TEMPERATURE | | -10°C~+60°C(14°F~168°F) |

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.

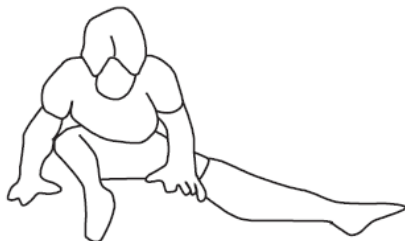
Warm-Up: The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm-up for two to five minutes before strength training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging,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

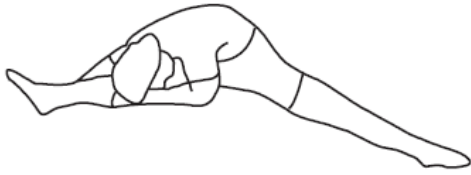
Place feet shoulder-width apart and lean forward. Maintain this position for 30 seconds using the body as a natural weight to stretch the backs of the legs. DO NOT BOUNCE! When the pull on the back of the legs lessens, gradually try a lower position.



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.

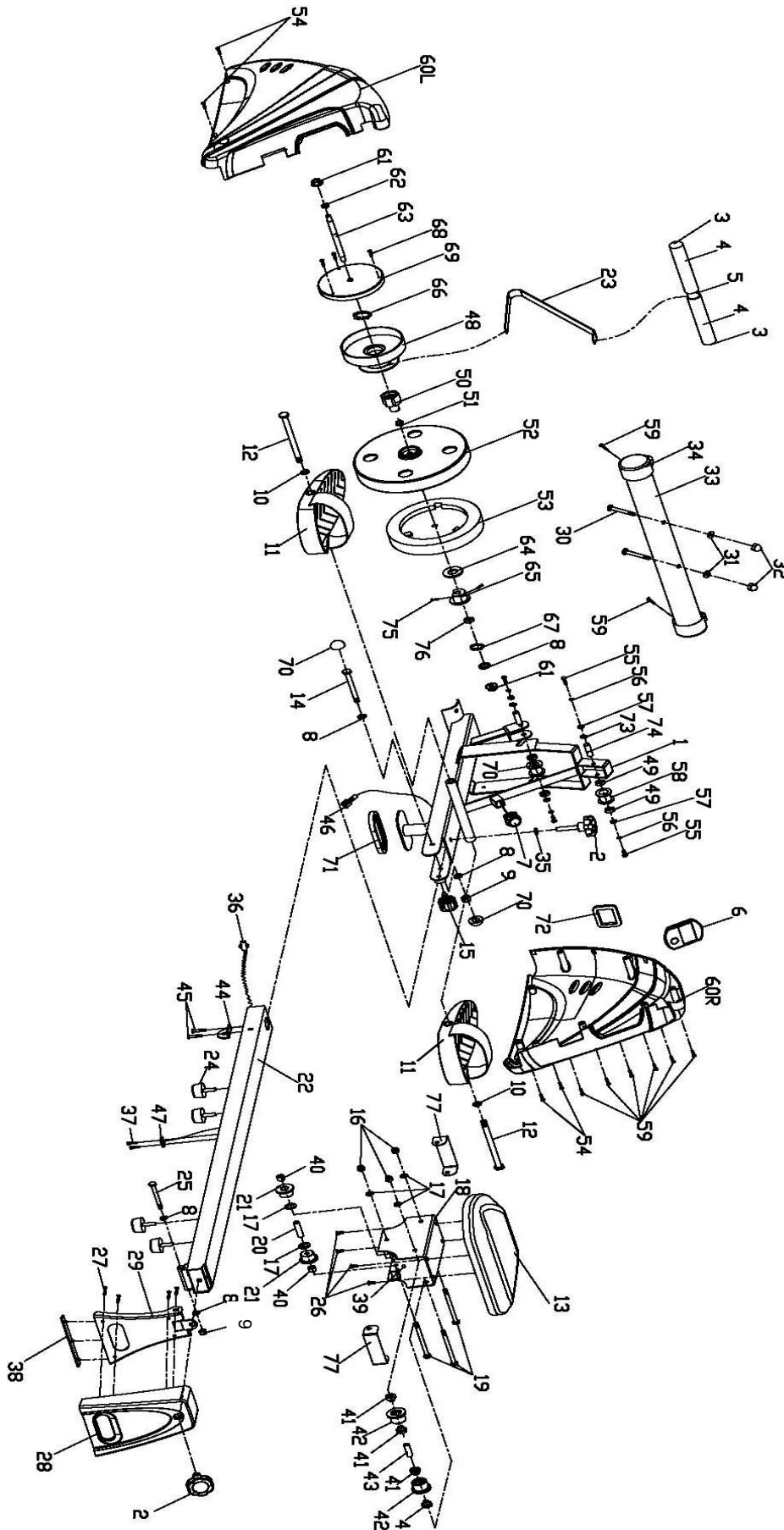
Bent Over Leg Stretch:

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



6. PARTS LIST

| NO | Description | QTY | NO. | Description | QTY |
|----|------------------------------|-----|-------|------------------------|--------|
| 1 | Mainframe | 1 | 40 | Steel bushing | 2 |
| 2 | Knob M10*25 | 2 | 41 | Bearing | 8 |
| 3 | End cap | 2 | 42 | PU wheel | 4 |
| 4 | Foam grip | 2 | 43 | sleeve2 | 2 |
| 5 | Handlebar | 1 | 44 | Plate | 1 |
| 6 | Computer | 1 | 45 | Screw M6*20 | 2 |
| 7 | Tension control | 1 | 46 | Connection wire | 1 |
| 8 | Flat washer D10×2.0×φ20 | 5 | 47 | Sensor | 1 |
| 9 | Nylon nut M10 | 2 | 48 | Rotary plate | 1 |
| 10 | Flat washer D13×2.0×φ26 | 2 | 49 | Bearing 6000 | 4 |
| 11 | Pedal | 2 | 50 | Plug | 1 |
| 12 | Bolt M12×155×16 | 2 | 51 | Bushing | 1 |
| 13 | Saddle | 1 | 52 | Flywheel | 1 |
| 14 | Hexagon bolt M10*100 | 1 | 53 | Magnet board | 1 |
| 15 | Knob M16×1.5 | 1 | 54 | Screw ST4.2X18 | 4 |
| 16 | Nylon nut M8 | 3 | 55 | Hexagon bolt M6*15 | 4 |
| 17 | Flat washer D8×1.5×φ16 | 5 | 56 | Arc washer D6 | 4 |
| 18 | Slide rest | 1 | 57 | Flat washer D6×1.0×φ12 | 4 |
| 19 | Hexagon bolt M8*110 | 3 | 58 | Pulley | 2 |
| 20 | Sleeve 1 | 1 | 59 | Screw ST4.2X18 | 8 |
| 21 | Wheel | 2 | 60L/R | L/R chain cover | 1 each |
| 22 | Slide way | 1 | 61 | Bolt M10*1.0 | 2 |
| 23 | Tension belt | 1 | 62 | Hexagon bolt M10*1.0 | 1 |
| 24 | Cushion | 4 | 63 | Handlebar shaft | 1 |
| 25 | Hexagon bolt M10*95 | 1 | 64 | Spring | 1 |
| 26 | Screw M6*15 | 4 | 65 | Axle | 1 |
| 27 | Screw ST4.2*8 | 4 | 66 | Washers D17 | 1 |
| 28 | Protect guard | 1 | 67 | Washers D12 | 1 |
| 29 | Stand rail | 1 | 68 | Screw ST3.5*18 | 3 |
| 30 | Carriage bolt M8*73 | 2 | 69 | End cap | 1 |
| 31 | Arc washer D8×2×φ25×R30.5 | 2 | 70 | Plastic cap S17 | 2 |
| 32 | Cap nut M8 | 2 | 71 | Rubber pad | 1 |
| 33 | Front bottom tube | 1 | 72 | Over lay | 1 |
| 34 | End cap | 2 | 73 | Washers D10 | 4 |
| 35 | Flat washer D10×2.5 | 1 | 74 | Sleeve3 | 2 |
| 36 | Sensor | 1 | 75 | Hexagon bolt M8×10 | 2 |
| 37 | Screw ST3X10 | 2 | 76 | Bearing 16003 | 1 |
| 38 | Rubber pad | 1 | 77 | Board | 2 |
| 39 | Magnet | 1 | | | |

7. 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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