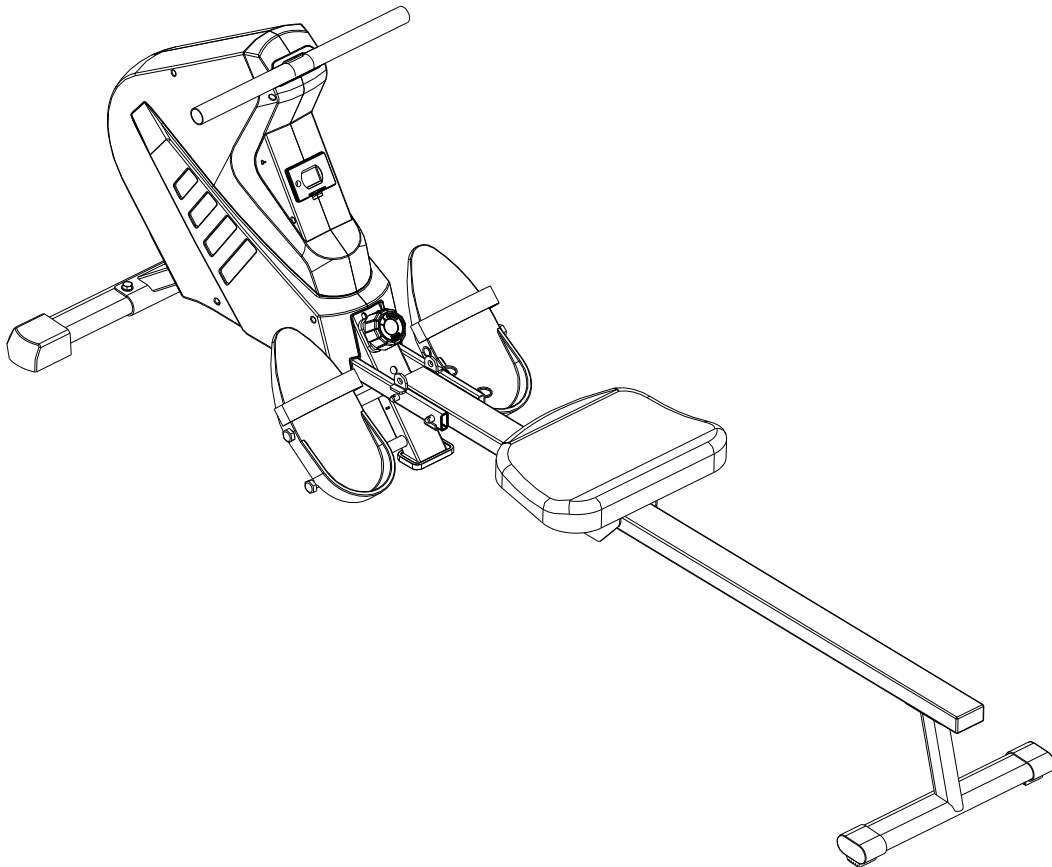




ROWER-442 ROWING MACHINE OWNER'S MANUAL



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.

TABLE OF CONTENTS

| | | |
|----|------------------------------------|----|
| 1. | IMPORTANT SAFETY INSTRUCTIONS_____ | 3 |
| 2. | CARE INSTRUCTIONS_____ | 4 |
| 3. | ASSEMBLY INSTRUCTIONS_____ | 5 |
| 4. | DISPLAY MANUAL_____ | 11 |
| 5. | EXERCISE GUIDE_____ | 12 |
| 6. | EXPLODED DIAGRAM_____ | 14 |
| 8. | WARRANTY_____ | 15 |

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.
- l. The pulse or heart rate sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.

2. CARE INSTRUCTIONS

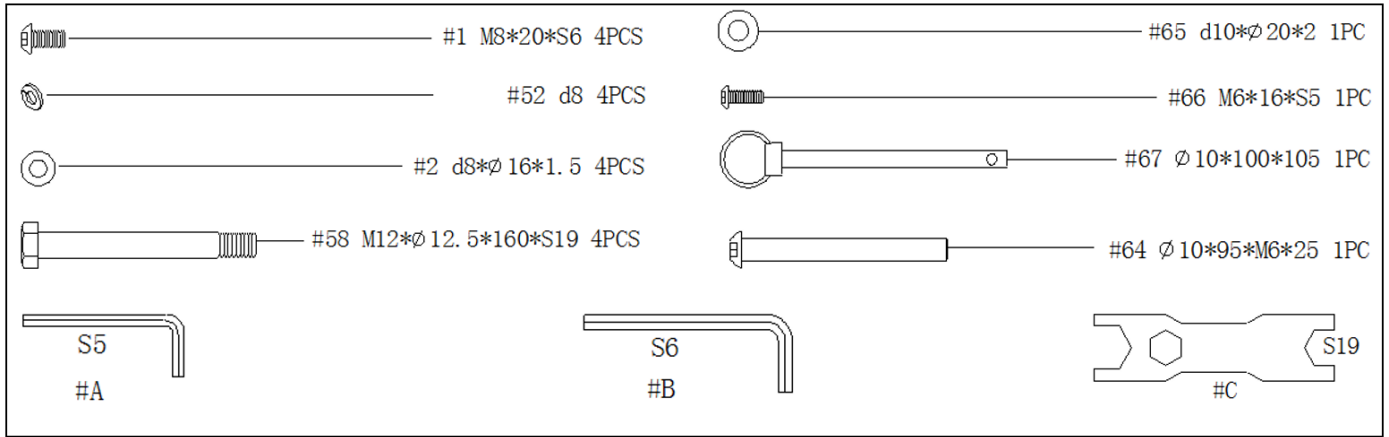
- a. Lubricate moving joints with grease after periods of usage
- b. Be careful not to damage plastic or metal parts of the machine with heavy or sharp objects
- c. The machine can be kept clean by wiping it down using dry cloth
- d. All nuts and bolts are to be checked and tightened on a regular basis. 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. ASSEMBLY INSTRUCTIONS

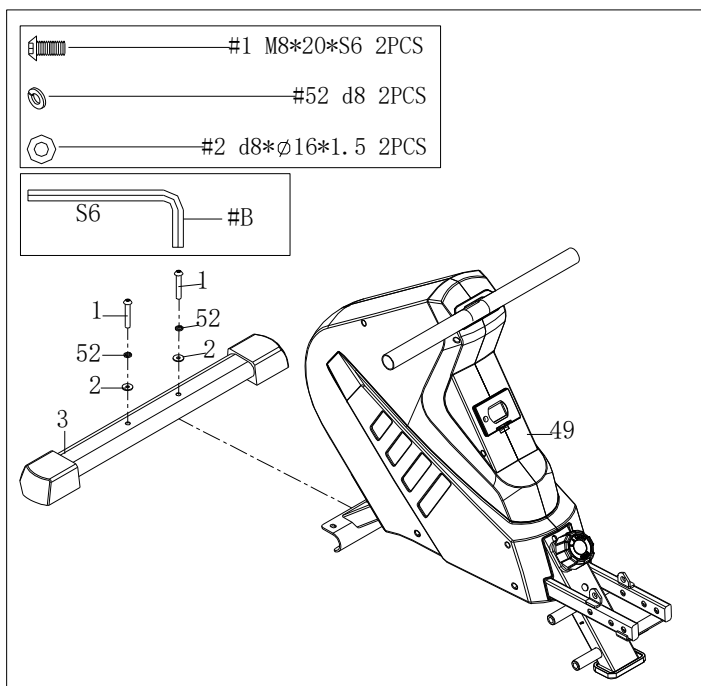


| No. | Description | Spec. | Qty. |
|-------|---------------------------------|---------------|------|
| 1 | Screw | M8*20*S6 | 4 |
| 2 | Washer | d8*Φ16*1.5 | 10 |
| 3 | Front Stabilizer | | 1 |
| 4L/R | End Cap | | 2 |
| 5 | Screw | ST4.2*19*Φ8 | 14 |
| 6 | Inertial Wheel | | 1 |
| 7 | Nut | M10*1*H8*S15 | 2 |
| 8 | Handlebar | Φ28*1.5*440 | 1 |
| 9 | End Cap | Φ28*15 | 2 |
| 10 | Foam Grip | Φ26*3*208 | 2 |
| 11 | C Clip | d10 | 3 |
| 12 | Nut | M10*1*H5*S17 | 5 |
| 13 | Wave Washer | d10*Φ13.5*0.3 | 2 |
| 14 | Rear Stabilizer | | 1 |
| 15 | End Cap | | 2 |
| 16 | End Cap | J60*30*15 | 2 |
| 17 | Sliding Rail | | 1 |
| 18 | Mesh Belt | t1.5*22*2150 | 1 |
| 19 | Belt | 6PJ210 | 1 |
| 20L/R | Chain Cover | | 2 |
| 21 | Screw | ST4.2*16*Φ8 | 4 |
| 22 | Outer cover for Mesh Belt Wheel | Φ118.5*11.8 | 1 |
| 23 | Outer PC Board | Φ111*Φ16*0.5 | 1 |
| 24 | Volute Spring | t0.5*22*5080 | 1 |
| 25 | Axle for Mesh Belt Wheel | | 1 |

| No. | Description | Spec. | Qty. |
|-----|---------------------------|------------------------|------|
| 31 | Bearing | Φ35*d17*16 | 1 |
| 32 | Belt Wheel | | 1 |
| 33 | Bearing | 6000-2RS CXSH | 3 |
| 34 | Nut | M10*1*H3*S14 | 1 |
| 35 | Bolt | M6*55*15*S10 grade 8.8 | 1 |
| 36 | Handlebar Seat | 106*40*31 | 1 |
| 37 | Fixing Axle for Mesh Belt | Φ10*40*Φ6.1 | 1 |
| 38 | Mesh Belt Wheel | | 1 |
| 39 | Screw | M5*10*Φ10 | 2 |
| 40 | Seat Support | | 1 |
| 41 | Adjusting Screw | M6*40*Φ10*2.5 | 2 |
| 42 | Adjusting U Seat | 30*10*1.5 | 4 |
| 43 | Nut | M6*H6*S10 | 5 |
| 44 | Bolt | M8*100*20*S13 | 1 |
| 45 | Tension Control Knob | | 1 |
| 46 | Washer | d5*Φ20*1.5 | 1 |
| 47 | Screw | M5*25*Φ8 | 1 |
| 48 | Computer | | 1 |
| 49 | Main Frame | | 1 |
| 50 | Grommet | Φ12*11*Φ3 | 2 |
| 51 | Trunk Wire 1 | | 1 |
| 52 | Spring Washer | d8 | 8 |
| 53 | Idler Wheel | Φ36*69 | 3 |
| 54 | Spacer for Idler Wheel | Φ8*Φ12*50 | 3 |
| 55 | Bearing | 608RS Φ8*Φ22*12 | 6 |

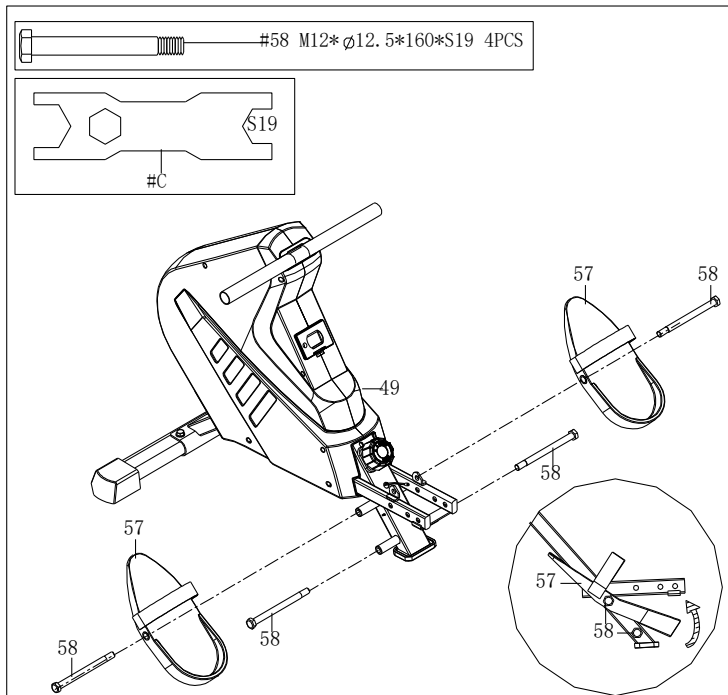
| No. | Description | Spec. | Qty. |
|-----|------------------------------|---------------|------|
| 26 | PC Board for Mesh Belt Wheel | | 1 |
| 27 | Bearing | 6300-2RS CXSH | 1 |
| 28 | C Clip | d35 | 1 |
| 29 | Bearing | 16003-2RS C&U | 2 |
| 30 | Mesh Belt | Φ112*67.5 | 1 |
| 61 | Rubber Pad | 84.5*49.5*9.7 | 1 |
| 62 | Grommet | Φ16 | 1 |
| 63 | Sensor Wire | | 1 |
| 64 | Bolt | Φ10*95*M6*25 | 1 |
| 65 | Washer | d10*Φ20*2 | 1 |
| 66 | Screw | M6*16*S5 | 1 |
| 67 | Pull Pin | Φ10*100*105 | 1 |
| 68 | Limit Mat | | 1 |
| 69 | Washer | d6*Φ12*1 | 1 |
| 70 | Screw | M6*30*S5 | 1 |

| No. | Description | Spec. | Qty |
|-----|----------------|-----------------------|-----|
| 56 | Round Magnet | Φ15*7 | 1 |
| 57 | Pedal | 320*140*55 | 2 |
| 58 | Bolt | M12 *Φ12.5*160*S19 | 4 |
| 59 | Pedal Strap | | 2 |
| 60 | End Cap | F30*15*15 | 2 |
| 71 | Seat | 360*250*50 | 1 |
| 72 | Screw | M8*16*S6 | 4 |
| 73 | Bolt | M8*90*20*S13 | 2 |
| 74 | U shape Baffle | | 2 |
| 75 | Nut | M8*H7.5*S13 | 3 |
| 76 | Chain Bolt | M6*36*Φ10*2.5 | 2 |
| A | Allen Wrench | S5 | 1 |
| B | Allen Wrench | S6 | 1 |
| C | Spanner | S17-19 | 1 |



STEP 1:

Attach **Front Stabilizer (No. 3)** to **Main Frame (No. 49)** using 2 **Screws (No. 1)**, 2 **Spring Washers (No. 52)** and 2 **Washers (No. 2)**. Tighten and secure with **Allen Wrench (No. B)**.

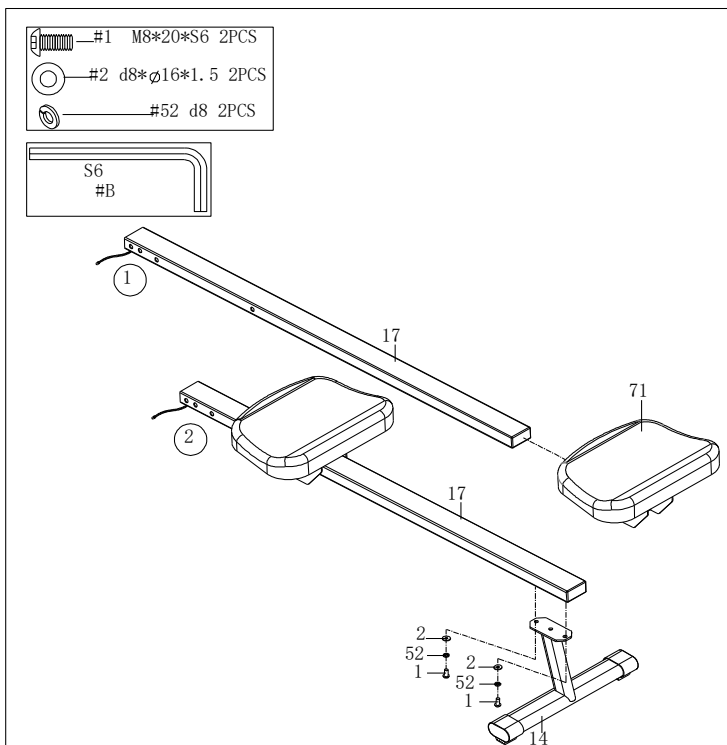


STEP 2:

Attach 2 **Bolts (No. 58)** into the bottom hole of **Main Frame (No. 49)** with **Spanner (No. C)**.

Attach 2 **Bolts (No. 58)** through the **Pedals (No. 57)**, into the upper hole of the **Main Frame (No. 49)**, and tighten with **Spanner (No. C)**.

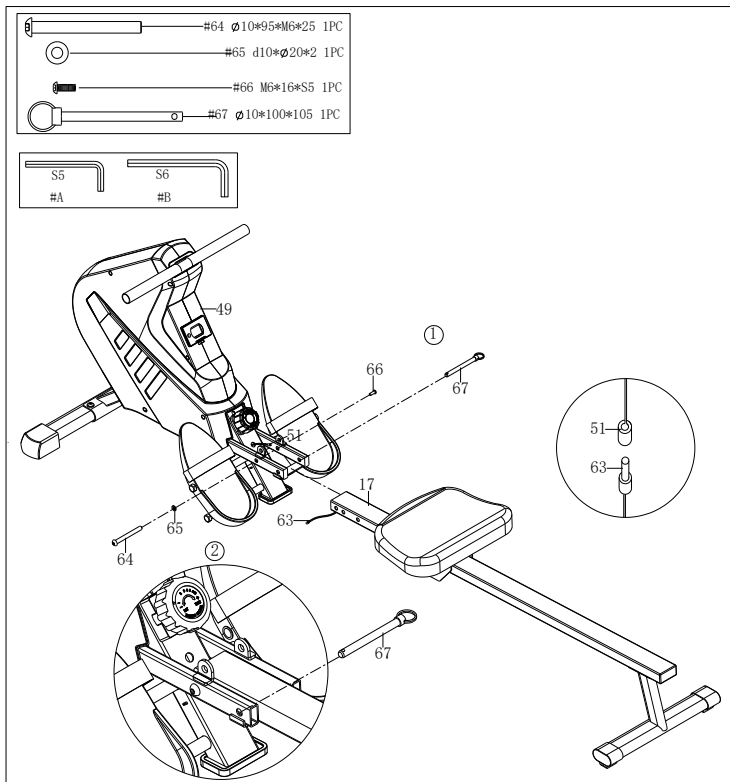
NOTE: The **Pedals (No. 57)** should rest on the bottom **Bolts (No. 58)**.



STEP 3:

Insert **Seat (No. 71)** onto the **Sliding Rail (No. 17)**.

Attach **Rear Stabilizer (No. 14)** to **Sliding Rail (No. 17)** using 2 **Screws (No. 1)**, 2 **Spring Washers (No. 52)** and 2 **Washers (No. 2)**. Tighten and secure with **Allen Wrench (No. B)**.



STEP 4:

Connect **Sliding Rail (No. 17)** to **Main Frame (No. 49)** using **Bolt (No. 64)**, **Washer (No. 65)** and **Screw (No. 66)**. Tighten and secure with **Allen Wrench (No. A)** and **Allen Wrench (No. B)**.

Lift **Main Frame (No. 49)** and **Sliding Rail (No. 17)** slightly to align the holes. Then insert **Pull Pin (No. 67)**.

Connect **Trunk Wire 1 (No. 51)** with **Sensor Wire (No. 63)**.

The assembly is complete!

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.

Adjustment Guide

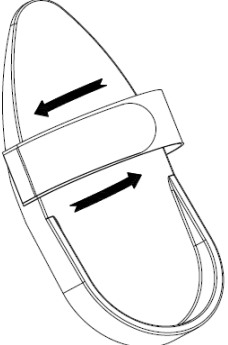
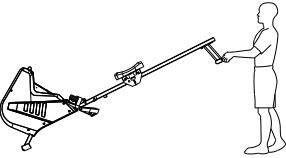
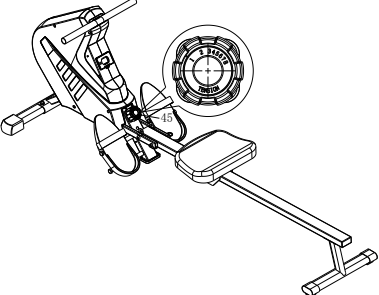
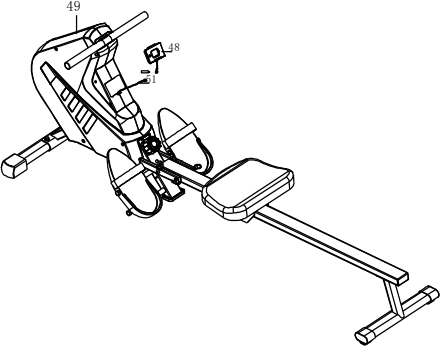
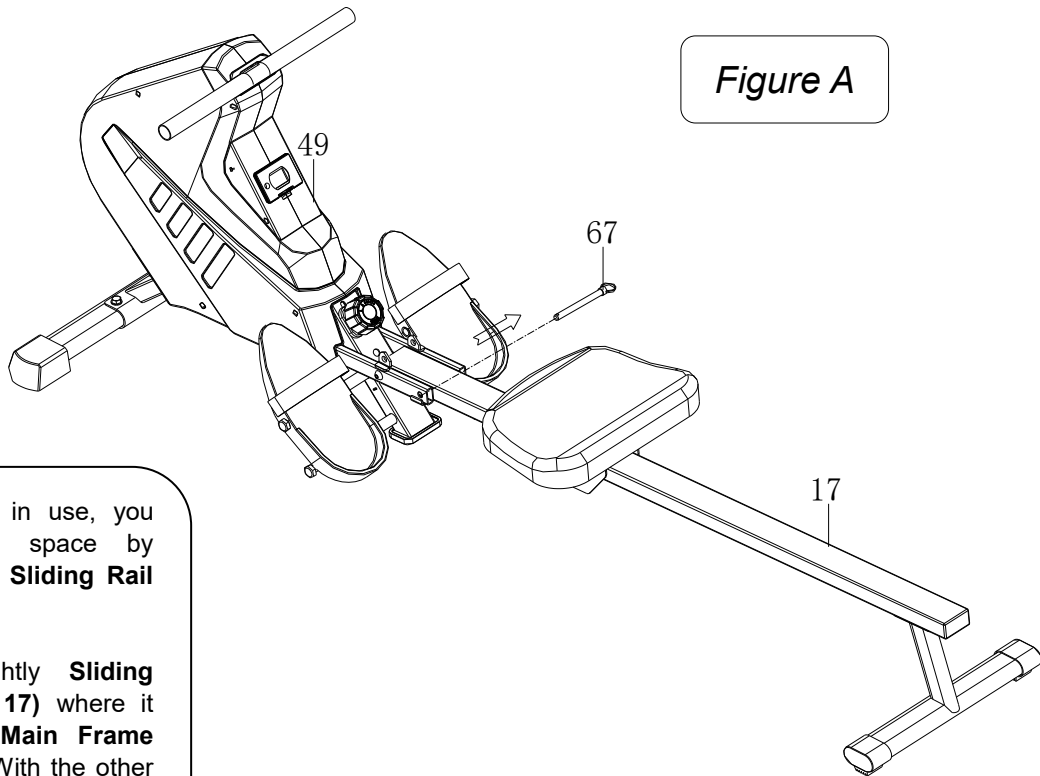
| | |
|---|---|
|  | <p>PEDAL ADJUSTMENT</p> <p>The pedal strap is adjustable and can be personalized to fit the user's foot size.</p> |
|  | <p>MOVING THE MACHINE</p> <p>To move the machine, lift up the rear stabilizer until the transportation wheels on the front stabilizer touch the ground. With the wheels on the ground, you can transport the bike to the desired location with ease.</p> |
|  | <p>ADJUSTING THE RESISTANCE</p> <p>Rotate the Tension Control Knob (No. 45) clockwise to increase the level of resistance. Rotate the tension control counter-clockwise to decrease the level of resistance.</p> <p>Tension levels are set at Level 1 being the lowest and Level 12 being the highest.</p> |
|  | <p>REPLACE THE BATTERY</p> <p>Two AAA batteries are included in the Computer (No. 48).</p> <p>To replace the batteries, remove the computer from Main Frame (No. 49), and disconnect the Trunk Wire (No. 51) and the link wire of computer. Replace both batteries. Do not mix battery types and do not mix old and new batteries.</p> <p>After the replacement, connect Trunk Wire (No. 51) with the link wire of computer and put the computer back into the Main Frame (No. 49).</p> |

Figure A

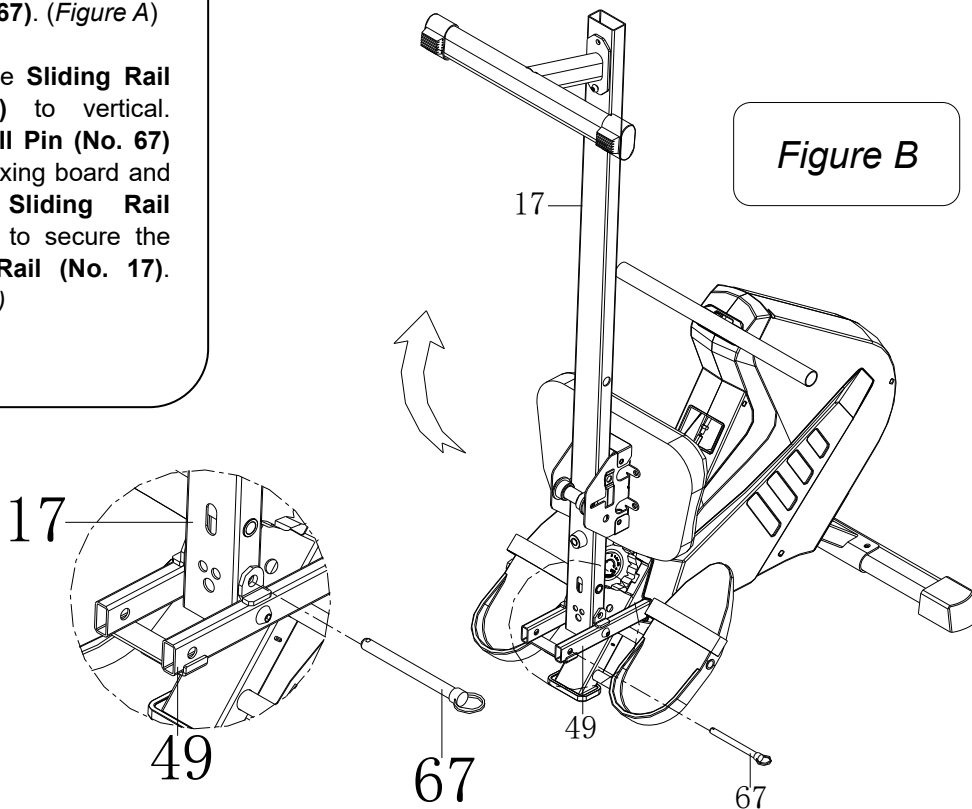


When not in use, you can save space by folding the **Sliding Rail (No. 17)**.

1. Lift slightly **Sliding Rail (No. 17)** where it joins the **Main Frame (No. 49)**. With the other hand, pull out the **Pull Pin (No. 67)**. (Figure A)

2. Fold the **Sliding Rail (No. 17)** to vertical. Insert **Pull Pin (No. 67)** into the fixing board and through **Sliding Rail (No. 17)** to secure the **Sliding Rail (No. 17)**. (Figure B)

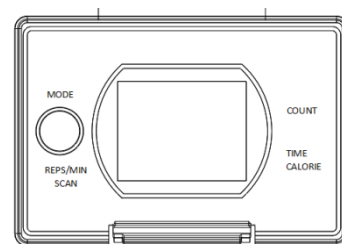
Figure B



4. DISPLAY MANUAL

SPECIFICATIONS:

TIME----- 00:00 - 99:59 MIN: SEC
COUNT----- 0 - 9999 STROKES
CALORIES----- 0 - 9999 KCAL
REPS/MIN (STROKES/MIN) ----- 0 - 9999 STROKES/MIN



KEY FUNCTION:

MODE: To select the function you want. Hold the key for 4 seconds to have all function **value reset** (total reset).

OPERATION PROCEDURES:

AUTO ON/OFF: The monitor will turn on when you start rowing or press MODE. **The monitor will automatically turn off after inactive for 4 minutes.**

FUNCTION:

TIME: Counts the workout time while exercising.

COUNT: Counts the strokes while exercising.

CALORIES: Counts calories burned while exercising.

REPS/MIN: Displays the strokes per minute while exercising.

SCAN: Scans through each function between ①TIME ②CALORIES ③REPS/MIN (STROKES/MIN) repeatedly.

BATTERY: If there is a problem with the display, try replacing the battery. This monitor uses one "AAA" battery. Dispose **the** old battery according to the guidelines of your state and local region.

5. EXERCISE GUIDE

PLEASE NOTE: Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

Exercising is a great way to control your weight, improve your fitness and reduce the effect of aging and stress.

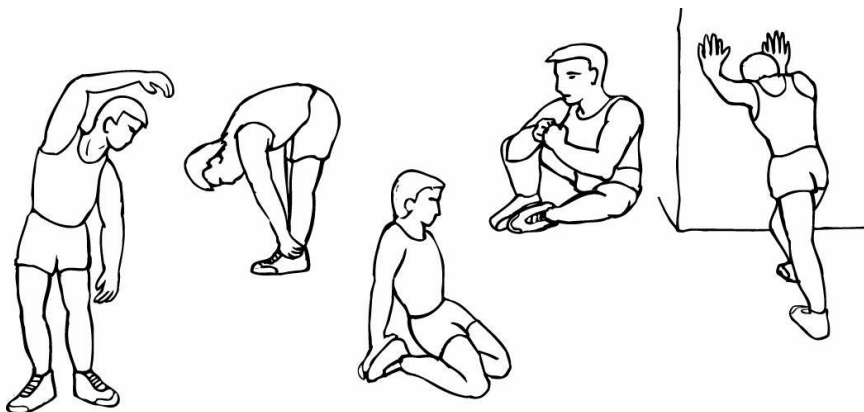
The key to success is to make exercise a regular and enjoyable part of your everyday life.

The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not have to work so hard. It will pump a lot fewer times per minute, reducing the wear and tear of your heart.

So as you can see, the fitter you are, the healthier and greater you will feel.

Warm-up

Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.



Training Zone Exercise

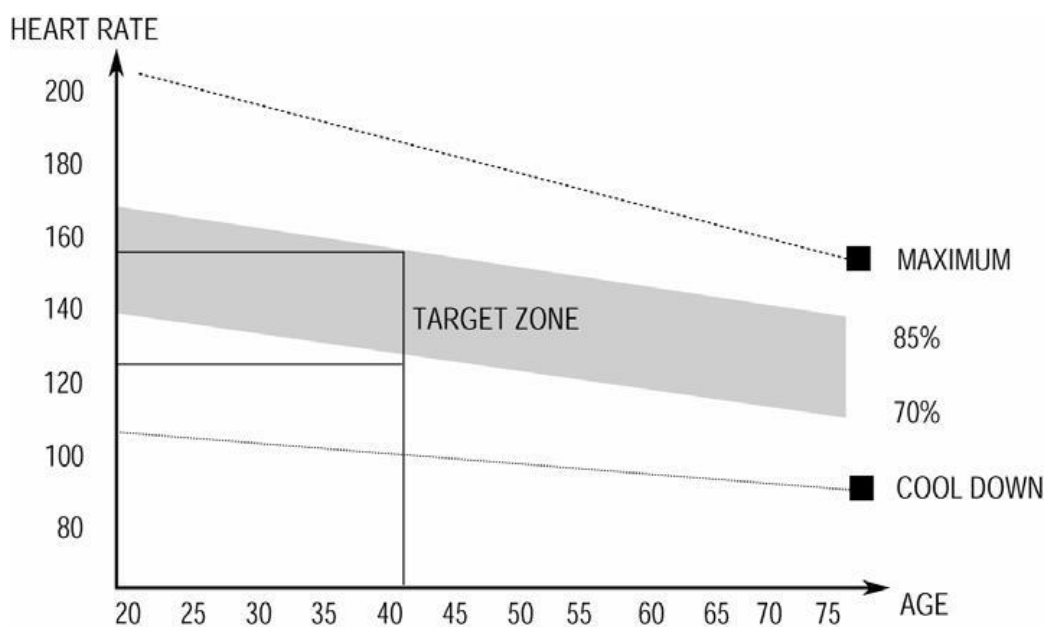
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.

Cool Down

Finish each workout with a light jog or walk for at least 1 minute. Then complete 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

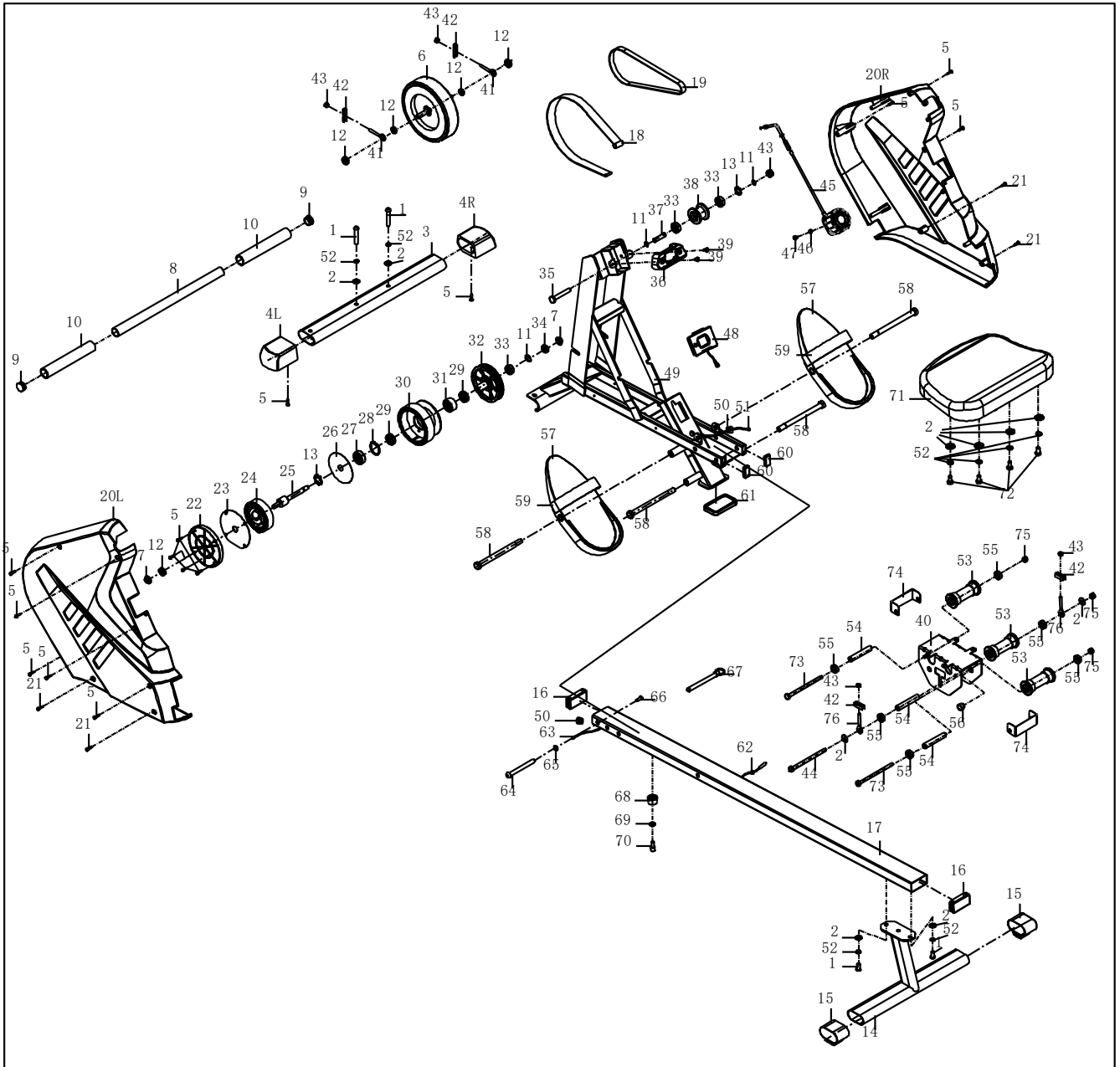
Workout Guidelines

TARGET ZONE



This is how your pulse should behave during general fitness exercise. Remember to warm up and cool down for a few minutes.

6. EXPLODED DIAGRAM



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 other means.