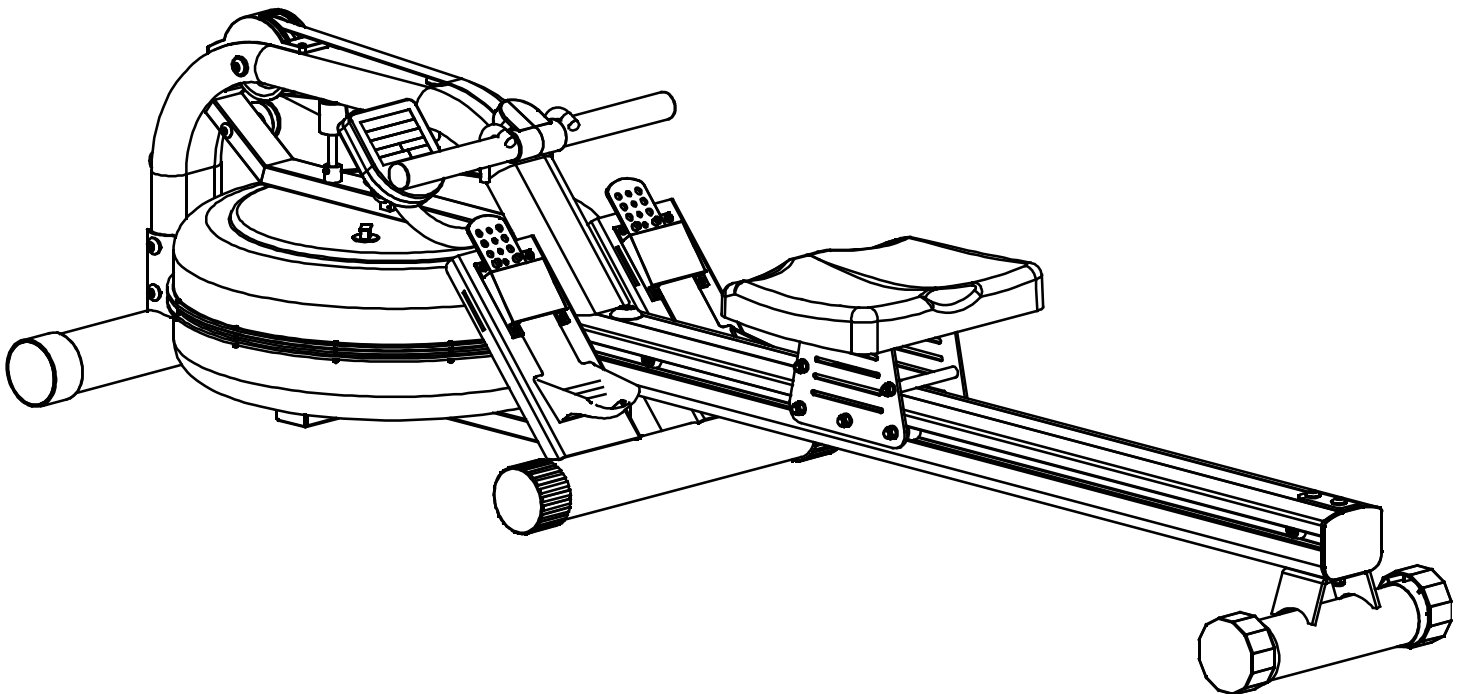


# ROWER-800

## 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.
- 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

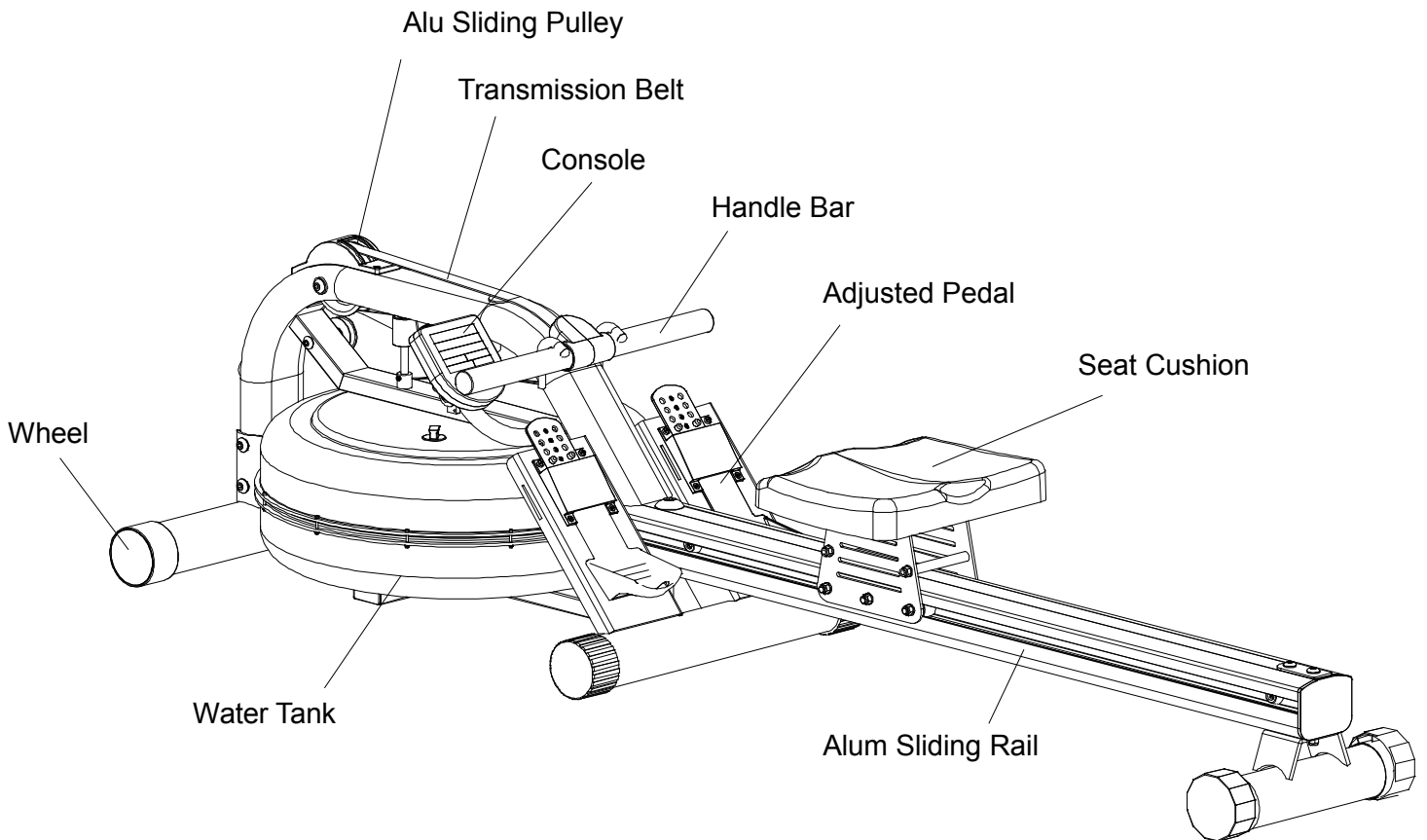
- a. Lubricate moving joints with grease after periods of usage
- b. Be careful not to damage plastic or metal parts of the machine with heavy or sharp objects
- c. The machine can be kept clean by wiping it down using dry cloth
- d. All nuts and bolts are to be checked and tightened on a regular basis.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



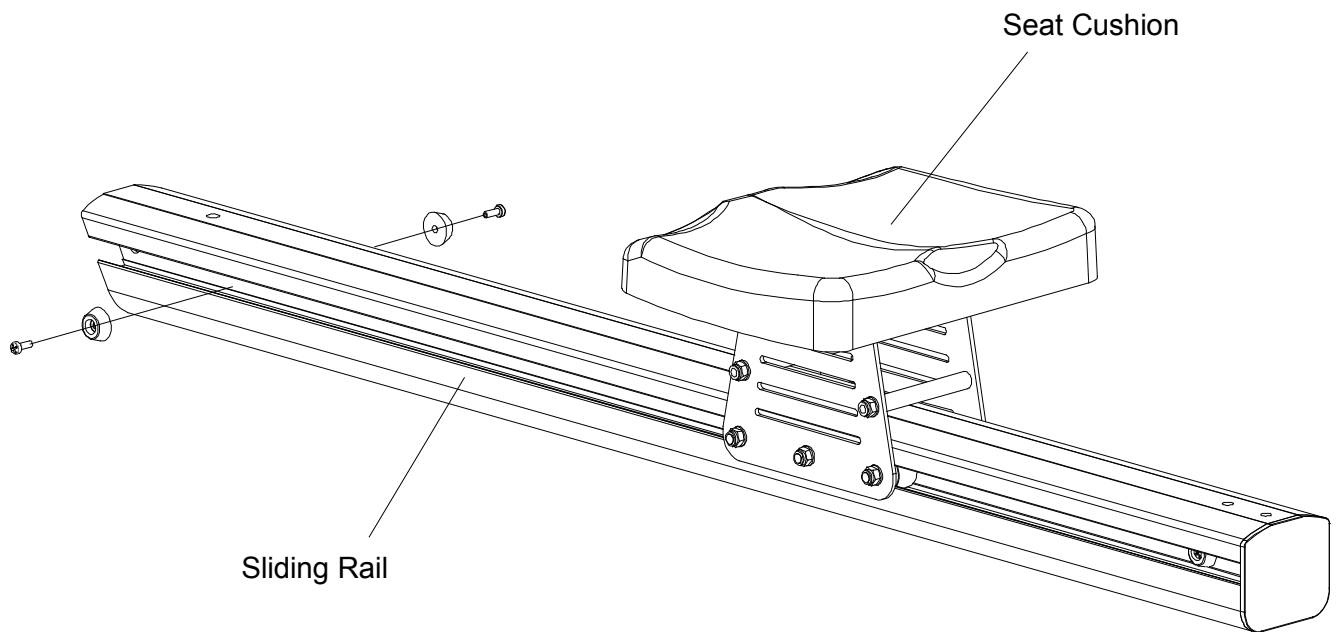
#### Filling Water Instruction:

1. Squeeze the siphon to start filling water (how much water needed to be filled depends on the strength of the user's power). Recommend Litres: 13 to 17 litres of water.

**Note:** Do not exceed the water line of the tank that is 17 litres.

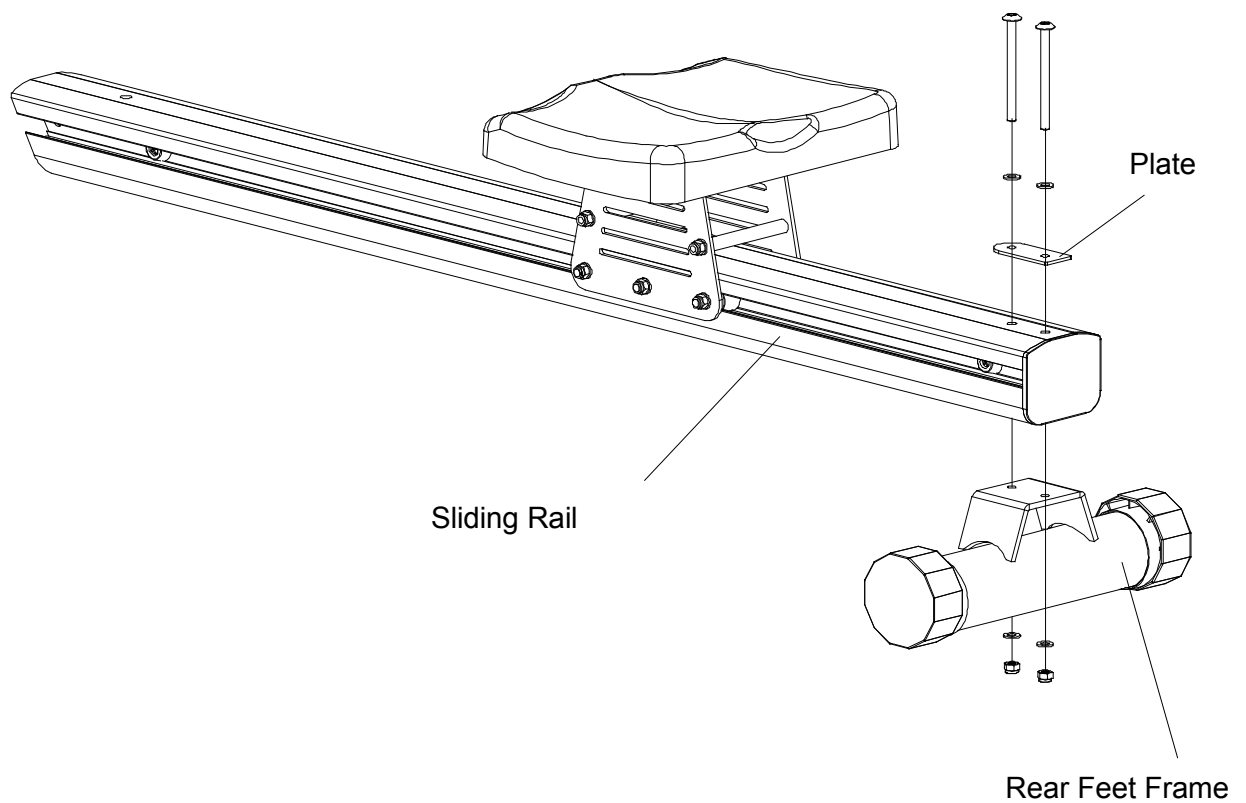
2. When the water falls to the desired water level, open the top of the siphon valve to allow water to flow out.
3. Please ensure the water tank have been plugged after filling the water.
4. Siphon use tips: When the bucket is higher than the tank, you can make the siphon "self-absorption", the water will automatically flow into the tank. (Put a piece of cloth to avoid wetting the floor or carpet on the bottom of the tank)

**STEP 1:**



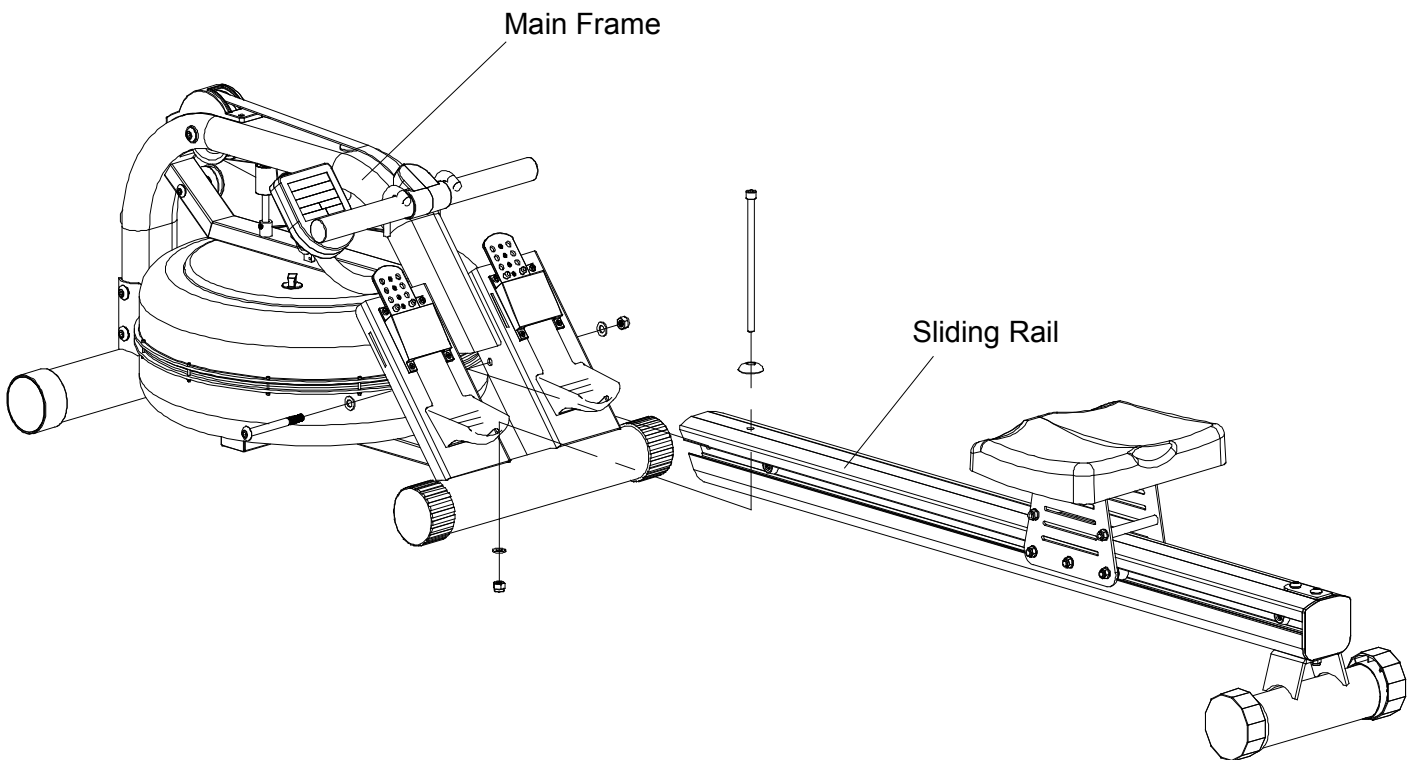
1. Remove the front stopper pad from the slide rail, and then insert the seat frame into the slide rail by rail, and then install the limit pad.

**STEP 2:**



1. Connect and lock the plate with rear feet frame and sliding rail with 2pcs of M8X105 screws, 4pcs of  $\phi 8$  flat washers, 2pcs of M8 screw nuts.

**STEP 3:**



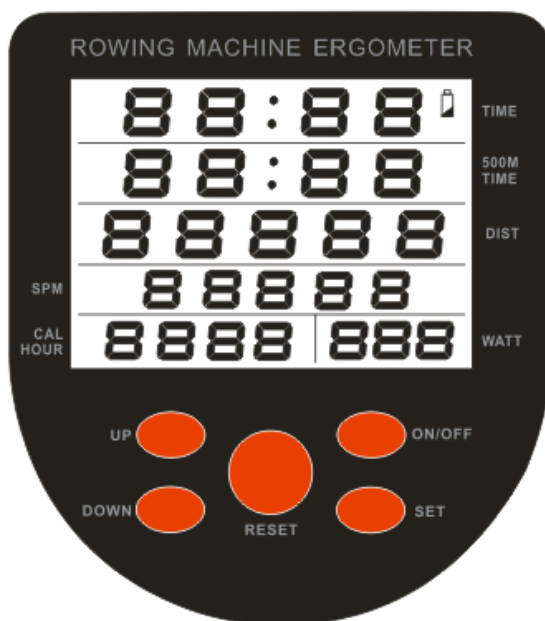
1. Lock sliding rail and main frame with M10\*125 C.K.S half thread screw and M10\*195 C.K.S. Column thread screw.

**IMPORTANT NOTE:** Please tighten all screws after assembling, as all the screws were not locked up from the factory for convenient assembling of sliding rail.

2. Lock up the sliding rail and main base frame with the screws.

# 4. OPERATION GUIDE

## 1. OVERVIEW



### DISPLAY & BUTTON FUNCTIONS

| Training Values | Display Range   | Description/ Setting Range   |
|-----------------|-----------------|--|
| SPM             |                 | - Strokes per minute   |
| TIME            | 0.0 ~ 99:00min. | - Shows exercise time<br>- Press SET key to preset the exercise time, setting range: 00:00---99:00   |
| 500M/TIME       |                 | - Displays the exercise time under 500m distance.  |
| DIST.           | 0~9999m         | - Distance display (Unit: m)<br>- Press SET key to preset the distance, setting range: 00:00---99:00 |
| CAL HOUR        | 0 ~ 9990 Cal.   | - Display calories data<br>- Press SET key to preset the calories data, setting range: 0 - 9990      |
| STAGE PULSE     |                 | - Heart rate display   |
| WATT            |                 | - Display user exercise power  |

| BUTTON | FUNCTION   |
|--------|--|
| UP     | - Setting TIME.DIST.CAL.PULSE data   |
| DOWN   | - Set TIME.DIST.CAL.PULSE  |
| ENTER  | - Confirm setting or selection.  |
| RESET  | - Click the button once to clear the data, press and hold for 4 seconds to reset data. |
| ON/OFF | - Press last for 3 seconds to open and close the console.                              |



|            |  |
|------------|--|
| <b>SET</b> | - Press the button once to set TIME.DIST.CAL data. |
|------------|--|

### Warning

1. The console turns off when without signal input for 4 minutes.
2. When the battery is low, the battery icon will flash automatically. Please replace the same type of battery: No. 5 (AA), 2pcs.

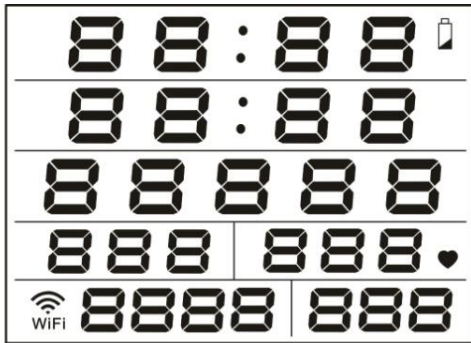


图1

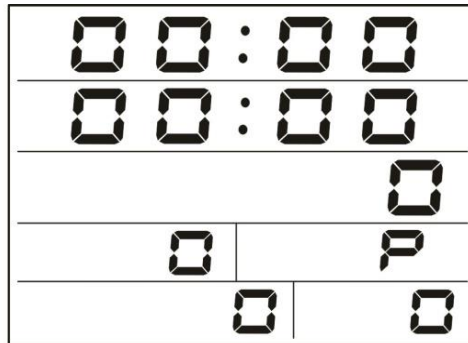


图2

1. Quipped with 2 AA batteries, LCD full displays, buzzer issued "Bi Bi" sound, the console enters into the work mode.
2. Adjust LEVEL data with UP and DOWN key, in exercise mode or non-exercise mode.
3. Function preset instruction: (e.g. Preset TIME), when time window shines, press UP, DOWN to set the data. Press RESET to clear the data. After setting the workout time, the screen will countdown and buzzer will signal for 10 seconds.
4. Keep pressing SET key to switch preset function; TIME.DIST.CAL.

## 5. EXERCISE GUIDE

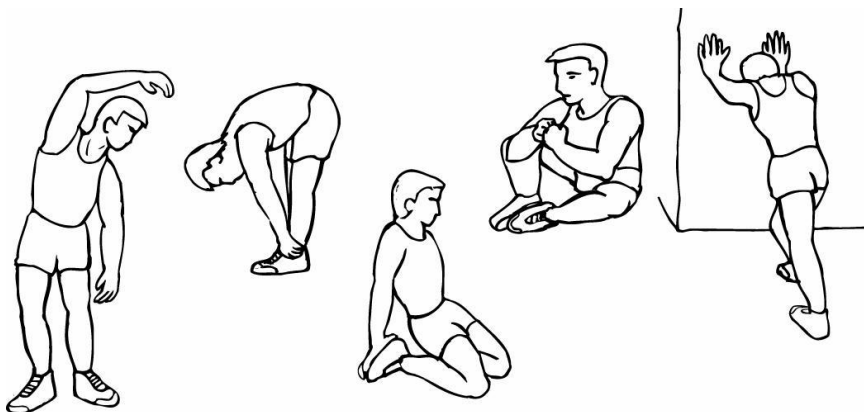
**PLEASE NOTE:** Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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 great way to control your weight, improving 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

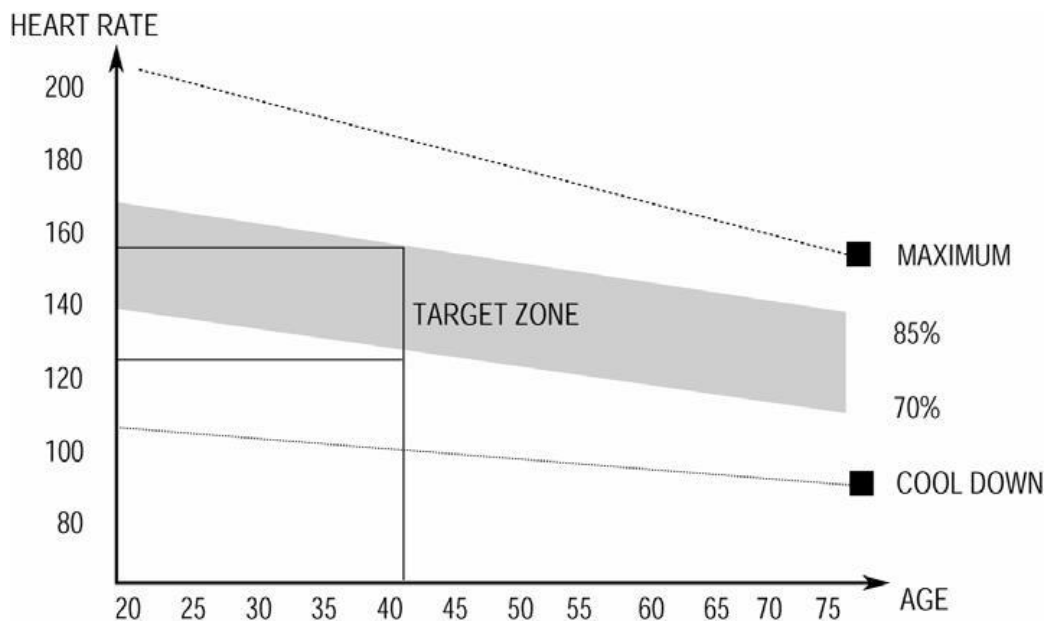
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.

## 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.

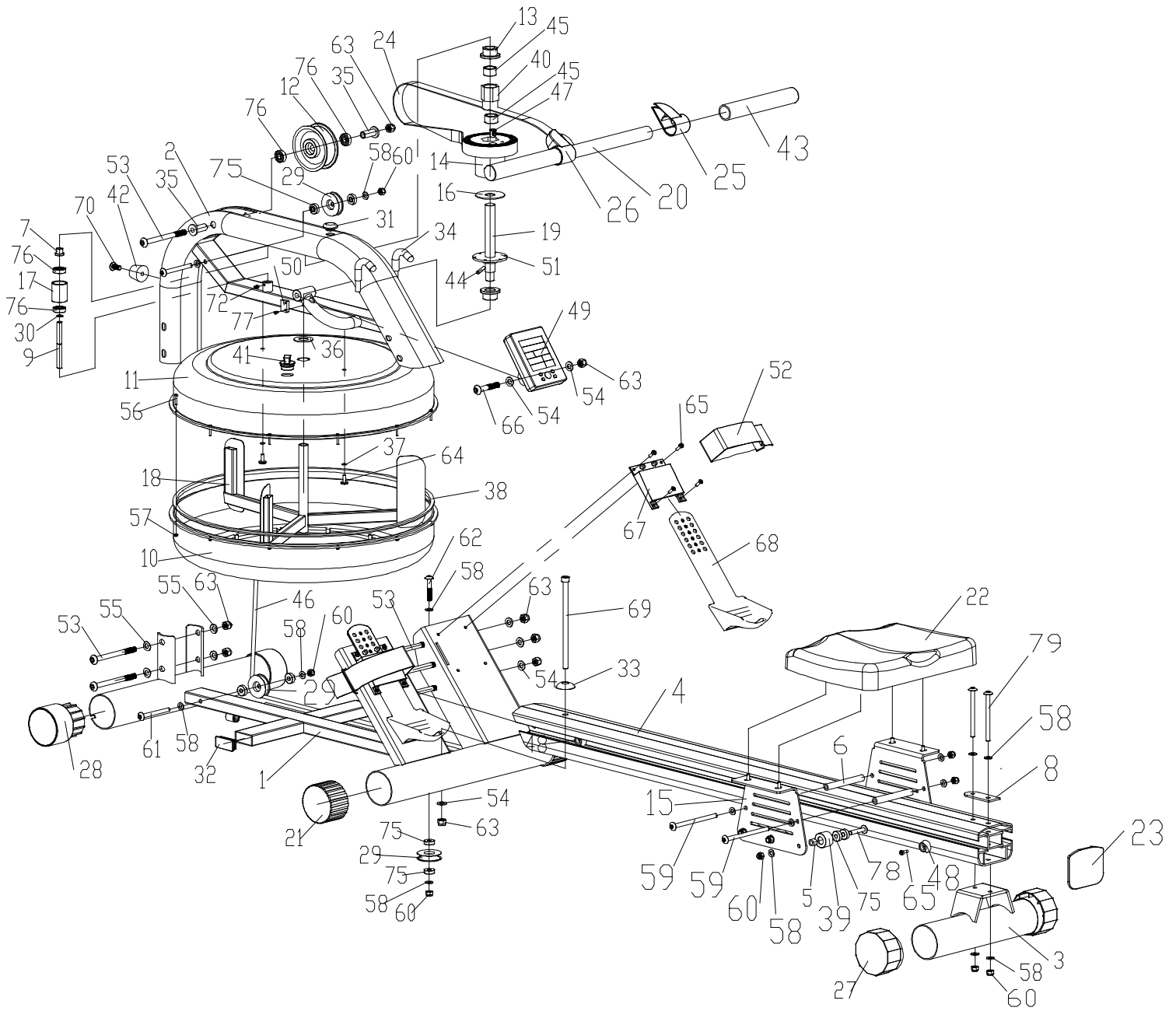
## Workout Guidelines

### 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. PARTS LIST

| NO. | NAME                 | QTY. | NO. | NAME                    | QTY. |
|-----|----------------------|------|-----|-------------------------|------|
| 1   | Base Frame           | 1    | 43  | Handle bar cover        | 2    |
| 2   | Main Frame           | 1    | 44  | Open pin                | 1    |
| 3   | Rear Feet Frame      | 1    | 45  | HF2016 Bearing          | 2    |
| 4   | Sliding Rail         | 1    | 46  | Elastic rope            | 1    |
| 5   | Seat short spacer    | 6    | 47  | Elastic rope buckle     | 2    |
| 6   | Seat long spacer     | 2    | 48  | Seat limit pad          | 4    |
| 7   | Small spacer         | 1    | 49  | Console                 | 1    |
| 8   | Plate                | 1    | 50  | Sensor                  | 1    |
| 9   | Guide belt shaft     | 1    | 51  | Induction disk          | 1    |
| 10  | Down Water Tank      | 1    | 52  | Tied feet               | 2    |
| 11  | Water Tank Cover     | 1    | 53  | M10X130 double end bolt | 1    |
| 12  | Pulley               | 1    | 54  | φ10 Flat washer         | 9    |
| 13  | Graphite copper sets | 2    | 55  | φ10 Curve washer        | 4    |
| 14  | Runner               | 1    | 56  | M3X20 Column head screw | 12   |
| 15  | Seat plate           | 2    | 57  | M3 Nylon lock nuts      | 12   |
| 16  | Wheel pad            | 1    | 58  | φ8 Flat washer          | 20   |
| 17  | Lead pulley          | 1    | 59  | M8X125 Screw            | 2    |
| 18  | Paddle               | 1    | 60  | M8 Nylon lock nuts      | 13   |
| 19  | Blade shaft          | 1    | 61  | M8X80 Screw             | 2    |
| 20  | Handle Bar           | 1    | 62  | M8X50 Screw             | 1    |
| 21  | Round feet cover     | 2    | 63  | M10 Nylon lock nuts     | 8    |
| 22  | Cushion (seat)       | 1    | 64  | M6X16 Screw             | 6    |
| 23  | Slide head           | 1    | 65  | M5X15 Screw             | 8    |
| 24  | Transmission belt    | 1    | 66  | M10X60 Screw            | 1    |
| 25  | Handle bar cover (R) | 1    | 67  | Adjusted Pedal Cover    | 2    |

|    |                                 |   |    |                                     |    |
|----|---------------------------------|---|----|-------------------------------------|----|
| 26 | Handle bar cover (L)            | 1 | 68 | Adjusted Pedal                      | 2  |
| 27 | Adjusted round feet cover       | 2 | 69 | M10X195 Screw                       | 1  |
| 28 | Round casters                   | 2 | 70 | M8X20 Screw                         | 1  |
| 29 | φ50 Nylon wheel                 | 3 | 71 | M5X15 Countersunk head screws       | 4  |
| 30 | φ10 Outer card spring           | 1 | 72 | M6X8 Taper set screws               | 1  |
| 31 | Rubber plug                     | 1 | 73 | φ5 Flat washer                      | 8  |
| 32 | 50X25 Rectangular pipe plug     | 1 | 74 | M5 Nylon lock nuts                  | 8  |
| 33 | Screw cap                       | 1 | 75 | 608 Bearing                         | 18 |
| 34 | Hook grip                       | 2 | 76 | 6000 Bearing                        | 4  |
| 35 | φ10 Nylon sleeves               | 2 | 77 | ST3X10 Self-tapper Screw            | 1  |
| 36 | Waterproof rubber sheet         | 1 | 78 | M8X40 Screw                         | 6  |
| 37 | Small seal                      | 2 | 79 | M8X105 Screw                        | 2  |
| 38 | Seal                            | 1 | 80 | Alu Sliding Wheel Cover             | 1  |
| 39 | Seat pulley                     | 6 | 81 | ST4.2X16 Phillips self-tapping nail | 3  |
| 40 | Hexagonal aluminum bearing sets | 1 | 82 | M10 cap nut                         | 4  |
| 41 | Upper water tank plug           | 1 | 83 | M10X125 screw                       | 5  |
| 42 | Main frame mats                 | 1 | 84 | Line plug                           | 2  |

## 8. 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.lifespanfitness.com.au/warranty-repairs>

### **Warranty and Support:**

Please email us at [support@lifespanfitness.com.au](mailto:support@lifespanfitness.com.au) for all warranty or support issues.

For all warranty or support related enquiries, please lodge a support ticket first by sending us an email.