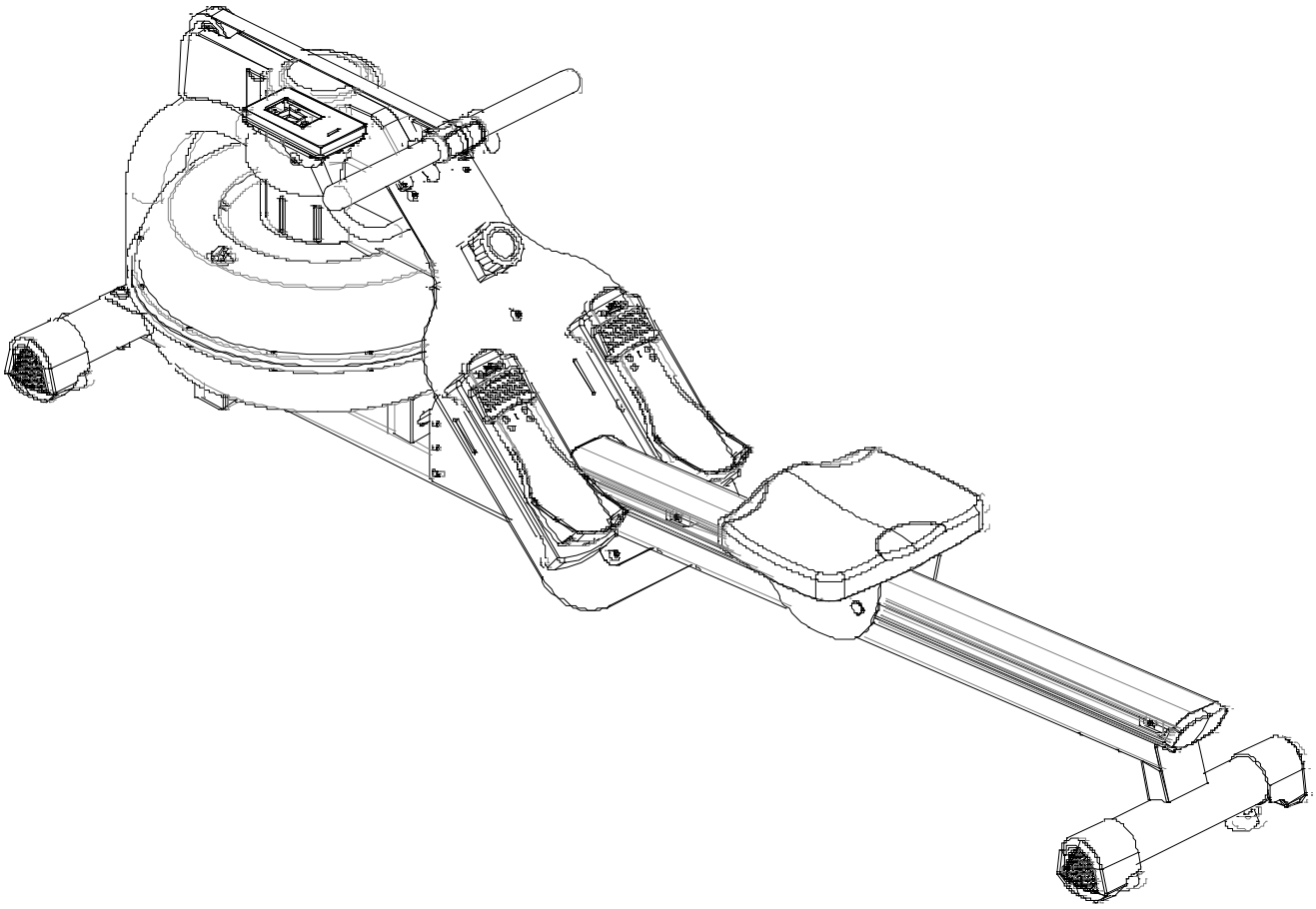
ROWER-810
OWNER'S MANUAL



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.

NOTE: This manual may be subject to updates or changes. Up to date manuals are available through our website at www.lifespanfitness.com.au

TABLE OF CONTENTS

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 always keep this manual with you

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.

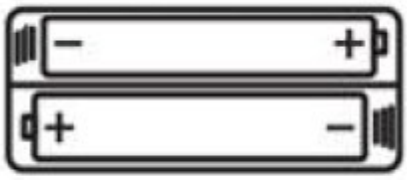
Battery Usage

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



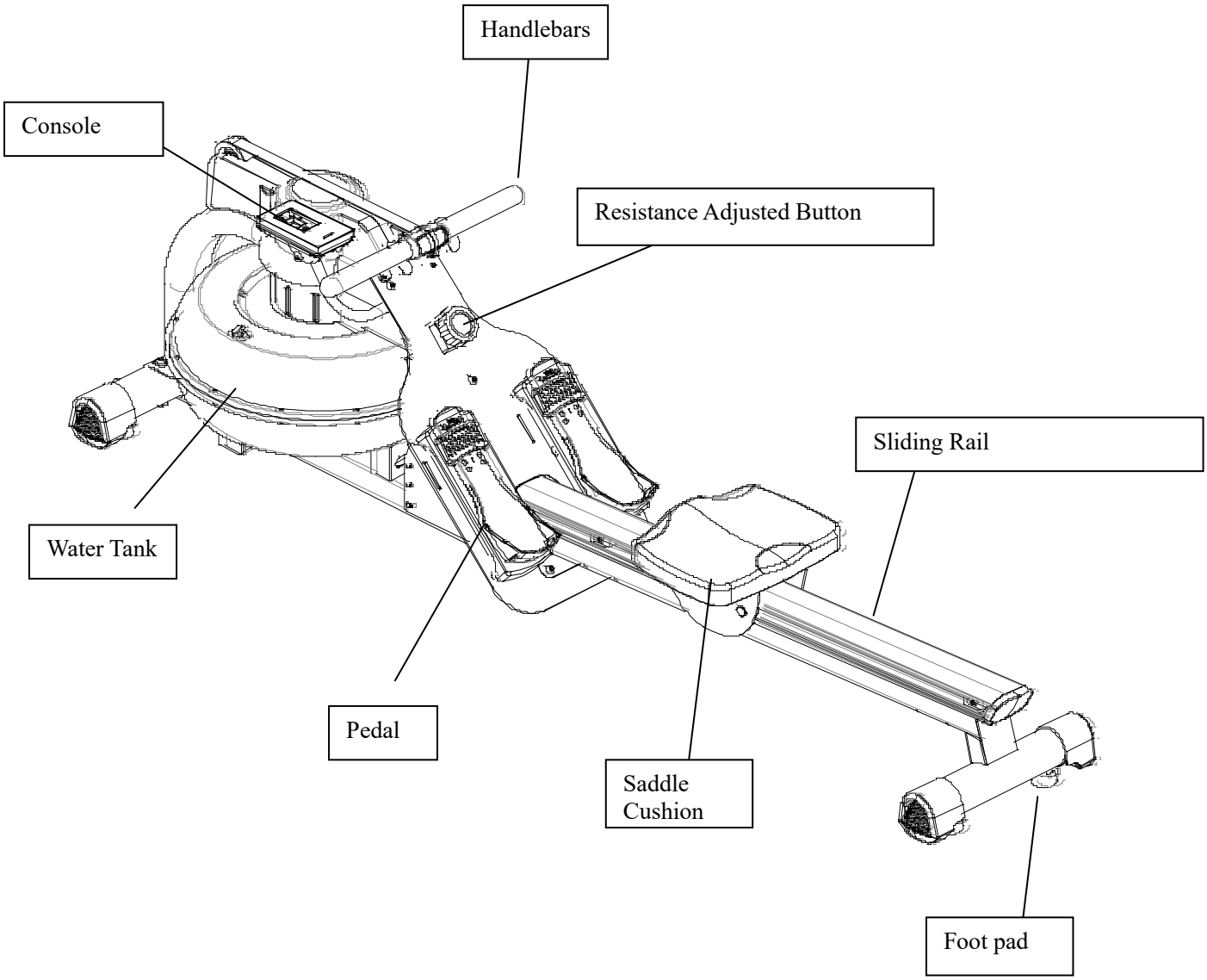
e. Do not attempt to recharge non-rechargeable batteries

f. Batteries are to be inserted with correct polarity

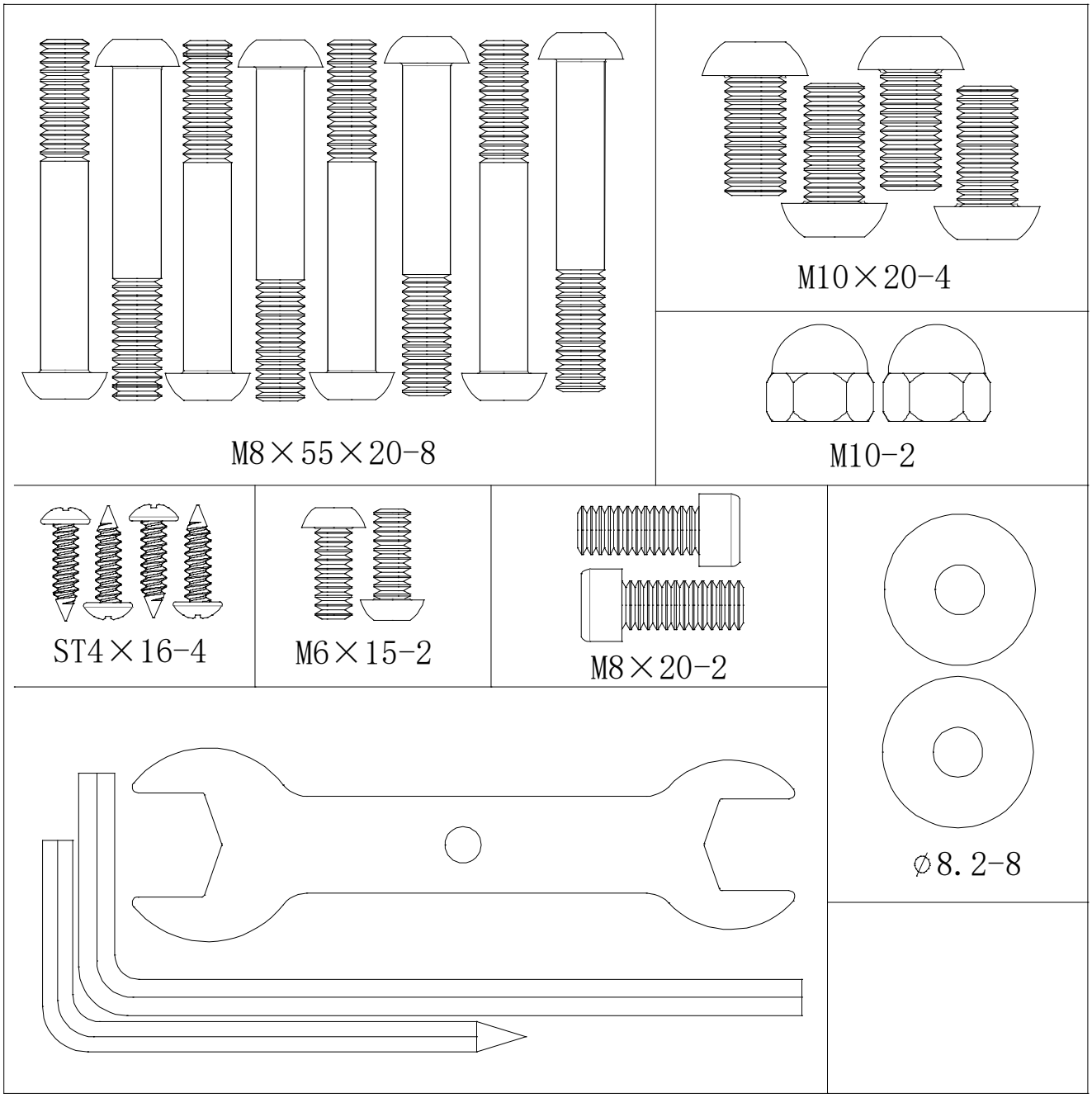
g. The supply terminals are not to be short-circuited

h. Do not dispose of batteries in fire, batteries may explode or leak

3. ASSEMBLY INSTRUCTIONS



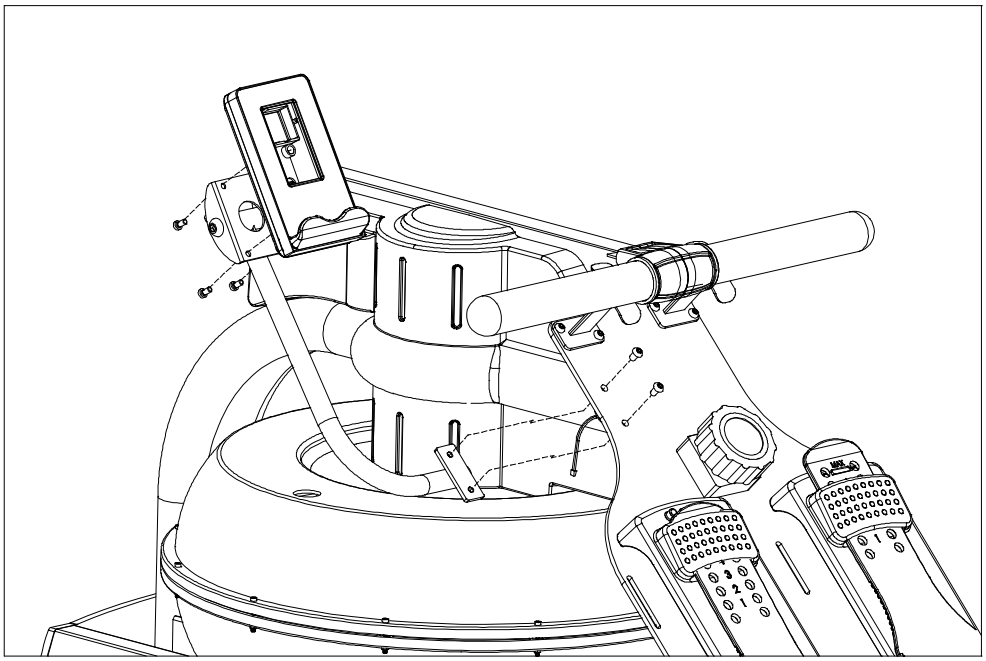
PARTS



Bolt Pack

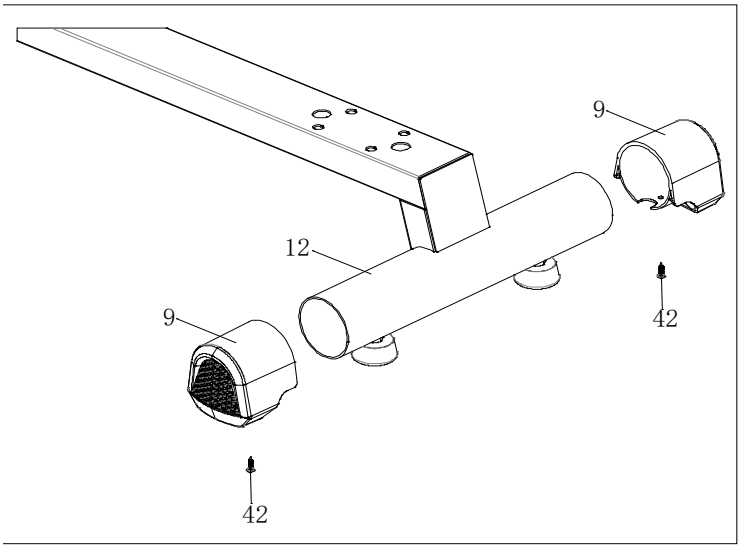
NO	NAME	SPEC.	QTY	NO	NAME	SPEC.	QTY
28	Allen cylinder head full thread bolt	M8×20	2	46	High cap nut	M10	2
31	Allen pan head half thread bolt	M8×55×20	8	50	Flat washer	Φ8.2×Φ25×t2.0	8
94	Allen C.K.S. full thread bolt	M6×15	2		L-shape spanner	5×35×85S	1
40	Allen pan head full thread bolt	M10×20	4		L-shape spanner	6×40×120	1
42	Philips C.K.S. self-tapping screw	ST4×16	4		Open wrench	t4.0×32×110	1

STEP 1:



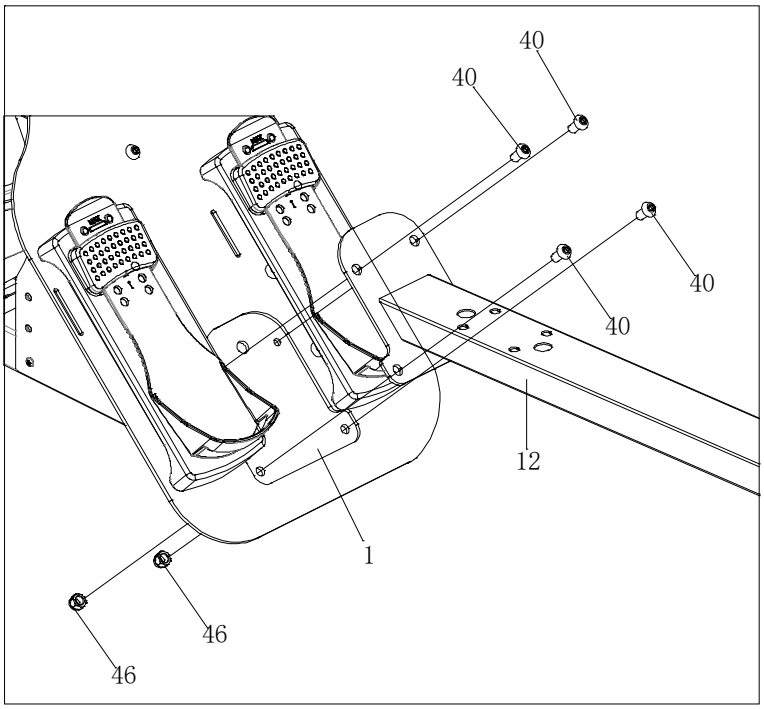
1. Cross Sensor wire (89) through Console fix tube (100), connect with the outgoing line of Console (88).
2. Attach the Console (88) to the Console fixed plate (18) with Philips C.K.S. full thread bolts (24).
3. Attach Console fix tube (100) to the Console connecting frame (2) with 2 PCS Allen pan head full thread bolt (34).
   **NOTE: (34) is fixed on the Console connecting frame (2) and is not in the Bolt Pack.

STEP 2:



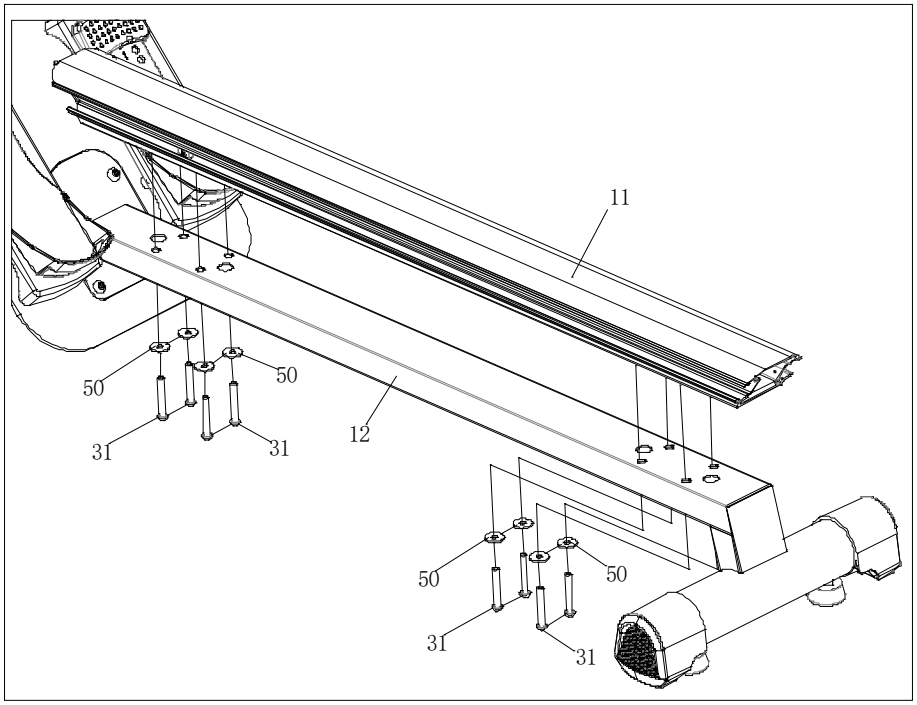
1. Install two Tube plugs (9) on the aluminium Sliding rail fixed group (12) and lock tight with two Philips C.K.S. self-tapping screw (42).

STEP 3:



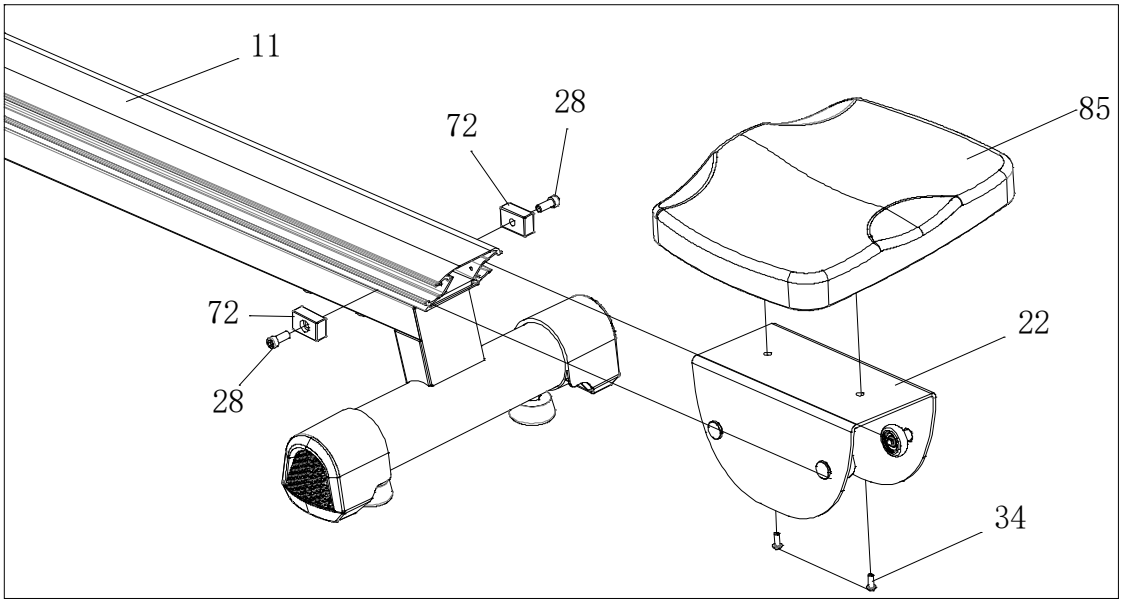
2. Install the Sliding fixed group (12) on the Main frame (1) and lock tight with four Allen pan head full thread bolts (40) and two high cap nuts (46). Lock two of four Allen pan head full thread bolts (40) and two high cap nuts (46) on the bottom.
   Note: When installing the screws, first put all the screws into the tapped holes and then lock tight.

STEP 4:



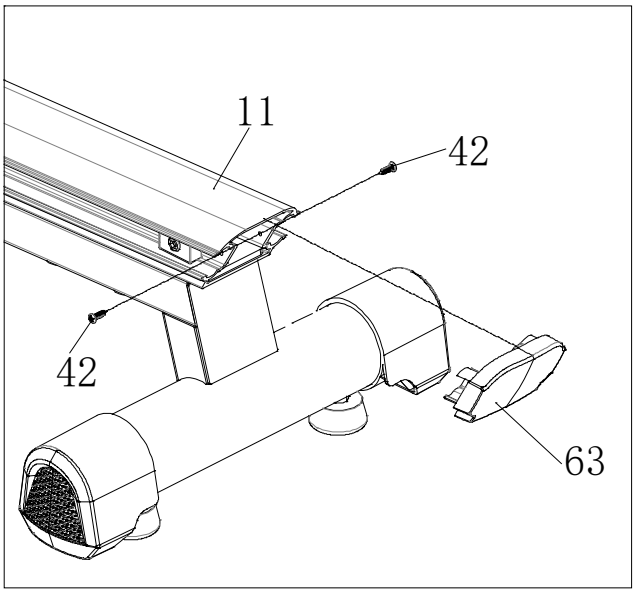
1. Install the sliding rail (11) on the sliding rail fixed group (12) and lock tight with eight Allen pan head half thread bolts (31) and eight flat washers (50).
   Note: When install the screws, first put all the screws into the tapped holes and then lock tight.

STEP 5:



1. Install saddle (85) on the saddle fixed group (22), and lock with two Allen pan head full thread bolts (34).
2. Install the the last step on the sliding rail (11).
3. Lock two plugs (72) on the sliding rail (11) with two Allen cylinder head full thread bolts (28).

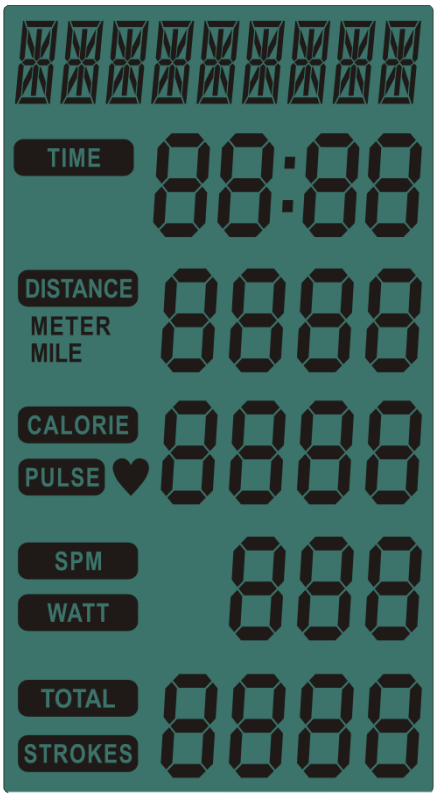
STEP 6:



1. Install Aluminium rail rear cover (63) on the sliding rail (11) and lock tight with two Philips C.K.S. self-tapping screws (42).

4. OPERATION GUIDE

1. LCD DISPLAY



2. MAIN MENU

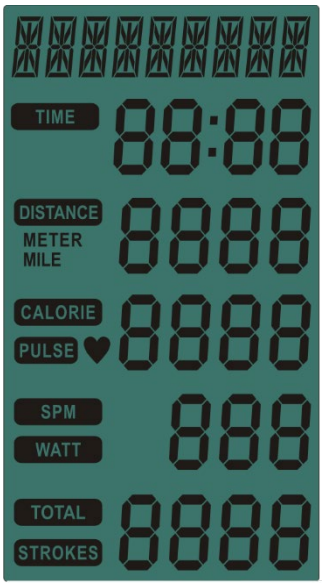
Function	Range	Setting	Memory	RZ	Brief description
TIME	0:00~99:59 (minute：second)	±1min	Yes	Yes	1. Without setting, count-up circularly 2. With setting, count down until zero then have four beep sound 3. No input signal in 4 minutes and enter IDLE mode display.
DIST (distance)	0~9999	0~9990 ±10K ±10M	Yes	Yes	1. With any setting, count-up circularly 2. With setting, count down until zero then have four beep sound. 3. 3. No input signal in 4 minutes and enter IDLE mode display.
CAL (Calorie)	0~9999cal	0~9990 (±10)	Yes	Yes	1. If no setting, count-up circularly 2. If setting, count down until zero then have four beep sound. 3. No input signal in 4 minutes and enter IDLE mode display. 4. Display with PULSE alternately every 5 seconds.
SPM (Speed)	0~999	No	No	Yes	In START:

					1. Display the value after sensor signal input in 3 seconds. 2. No sensor signals 4.6 seconds later the value goes zero. 3. Display with WATT alternately every 5 seconds.
STROKES	0~9999	0~9990 (±10)	Yes	Yes	ROWING STROKES and TOTAL STROKES display alternately every 5 seconds.
TOTAL STROKES	0~9999	No	Yes	No	TOTAL STROKES and STROKES display alternately every 5 seconds
WATT	0~999	No	No	No	1. Input sensor signal 3 seconds later and display the value. No sensor signals 4.6 seconds later the value goes zero. 2. Display with SPM alternately every 5 seconds
PULSE (Heartbeat: only available with a wireless receiver)	P-30~230 BPM	0-30~230 (±1) BPM	Yes	Yes	1. Input PULSE signal, the initial value of time is 7.5 seconds (calculate from the first pulse). 2. No PULSE signal input, 6 seconds later the value goes zero. 3. The calculation mode please refer to reference 1. 4. When higher than setting, the values of PULSE window flicker “PULSE OVER ALARM” every second with the beep-beep sound. 5. Display with CAL alternately every 5 seconds.
Manual Program					When detect the RPM signal but do not enter any mode, then enter QUICK START.
INTERVAL 20-10					1. Interval mode 2. Exercise for 20 seconds, then have a rest for 10 seconds.
INTERVAL 10-20					1. Interval mode 2. Exercise for 10 seconds, then have a rest for 20 seconds.
INTERVAL CUSTOM					1. Interval mode 2. User sets the time of exercising and relaxing
TARGET TIME					User sets the target TIME
TARGET DISTANCE					User sets the target DISTANCE
TARGET CALORIES					User sets the target CALORIES
TARGET STROKES					User sets the target STROKES
TARGET PULSE					User sets the target pulse (This function is optional and only available with a wireless receiver)

3. POWER ON/OFF

Power on:
The LCD will display for 2 seconds (drawing 1) with a beep sound for 2 seconds, then enter IDLE mode.

1. The console turns off when without signal input for 4 minutes.



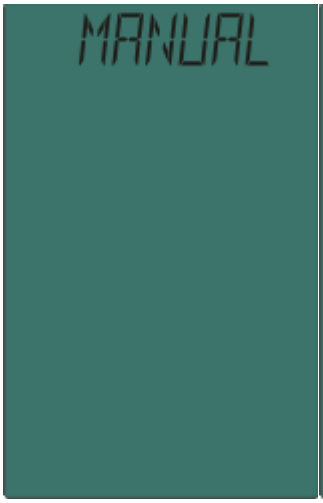
Drawing 1

Power off:

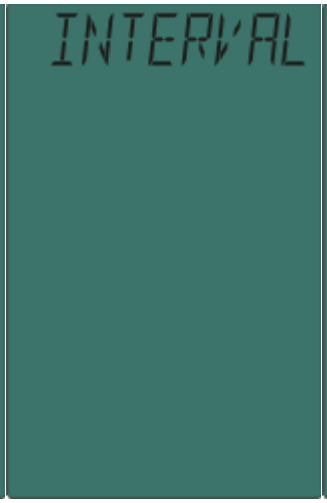
1. Without signal input in 4 minutes, IC enter SLEEP mode.
2. Have the signal input or click the keys, the console will wake up.

4. OPERATION

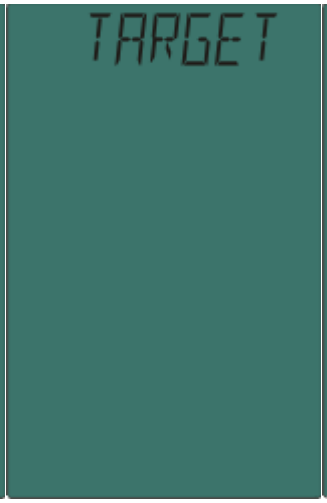
1. Power on: When the console is on (or press MODE/RESET for 3 seconds), the BUZZER has a beep sound for 2 seconds, and the LCD window display all value for 2 seconds and then enter IDLE mode.
2. IDLE mode:
   a. When the power is on, console enters into IDLE mode: MANUAL(all display 8), MANUAL(all display 8), INTERVAL(all display 8), TARGET(all display 8), TIME DISTANCE CALORIE SPM STROKES TOTAL STROKES WATT PULSE display in order for 1 mins by SCAN(drawing 2~12).
   b. In IDLE mode, without any click, RPM signal and PULSE input for four 4 minutes, the console enter SLEEP mode.



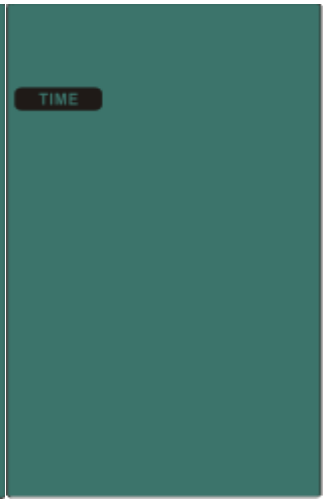
Drawing 2



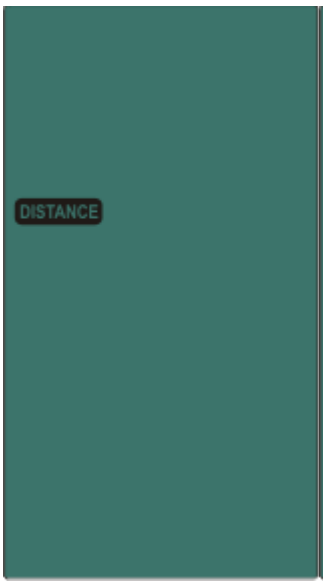
Drawing 3



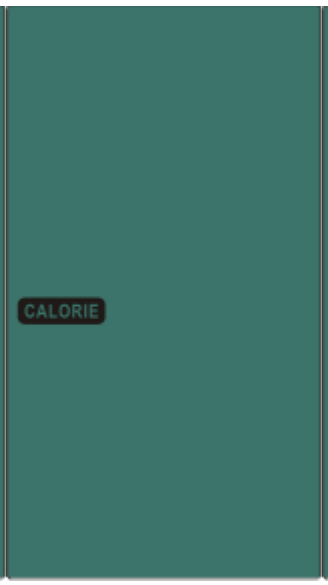
Drawing 4



Drawing 5

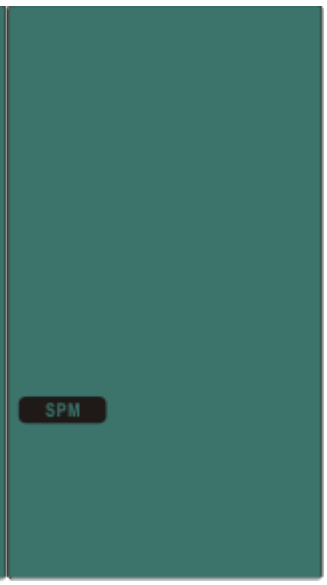


Drawing 6



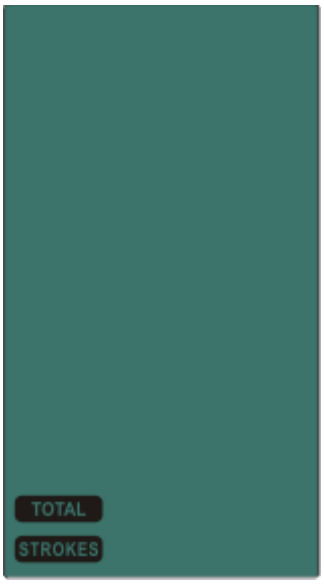
Drawing 7

Drawing 8

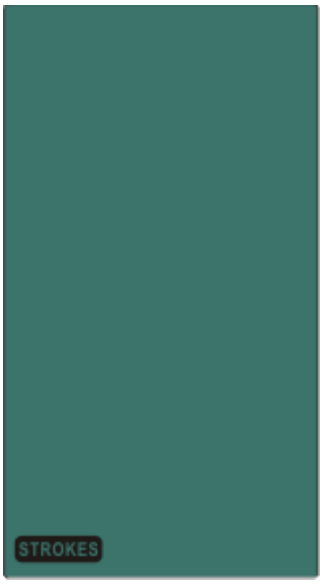


Drawing 9

Drawing 10



Drawing 11



Drawing 12

5. KEY FUNCTIONS

SET KEY

a. Press once to increase once, long press for rapid increase setting.
b. B. TIME range: 0:00~99:00(INTERVAL: Every time the adjustment rises 0:01, TIME: Every time the adjustment rises 1:00).
c. CAL range: 0~9990(every time the adjustment rises 10).
d. DIST range: 0~9990(every time the adjustment rises 10).
e. STROKES range: 0~9990(every time the adjustment rises 10).
f. PULSE range: 30~230 (the default is 100，every time the adjustment rises 1:00).
g. Press MODE KEY for 2 seconds in IDLE mode to switch between metric and imperial.

MODE KEY

a. In manual mode, press once to confirm.
b. In setting mode, press once to confirm.
c. In running mode, press once to pause.
d. Each press with beep sound.
e. Press SETKEY for 2 seconds in IDLE mode to switch between metric and imperial.

RESET KEY

a. In function setting mode, press once back to preceding function.
b. In setting mode, press once to eliminate current setting value.
c. In pause mode, press once back to IDLE mode.
d. Each press with beep sound.
e. Press 3 seconds to TOTAL RESET, and console will eliminate current workout value except TOTAL STROKES.

※TOTAL STROKES value will cancel automatically when the power off.

6. FORMULAS & PARAMETERS

1. SPM: pulling frequency per minute (time of one pulling).
2. TIME/500 (min: sec) = 500M/(SPM*DIST) unit is minute.
3. WATT, CALORIES, DISTANCE calculations as CONCEPT II.
4. Induction method as below:
    a. Double SENSOR mode: Two RPM input: power on, the sensor which first receive RPM is A and the other is B. Induction calculation way: ABBA is one time.
    b. Signal SENSOR mode: Use the magnetic speed to judge the induction times. Method of SENSOR induction: slow-quick-slow is one time.

7. ADDING WATER & REMOVING WATER

Adding water:
1. Take off the plug of water tank's left side.
2. Place a water bucket next to the rowing machine, then put the hard tube of siphon into the bucket and the hose into the water tank. Please close the valve on the top of the siphon when pouring water into the tank.
3. Press the siphon to pour 17L water into the tank (DO NOT exceed the water line).
4. When pouring to the proper level, please open the valve on the top of the siphon to let extra water flow out.
5. Please make sure the plug is closed after pouring water.
6. Siphon using technique: place the bucket higher than water tank then the water automatically flows into water tank. (Place a cloth under the water tank when pouring water in case wet the floor.)

Removing water:
1. Take off the plug of water tank's left side.
2. Put the hard tube of siphon into the water tank and the hose into bucket.

3. Start to pour off the water (as the method of pouring in).

8. ADJUST THE ROWING MACHINE

Please adjust the food pad on the floor when the machine is not steady.

5.WATER CARE INSTRUCTIONS

How to keep the water clean or clear:

- Rinse the tank and get out as much of the dirty water before refilling with clean water.
- Use bottled or distilled water rather than tap water.
- Add one purification tablet when you refill with clean water. *Please note adding purification tablets to already cloudy water will not help to clear up the water.*
- Store the water tank away from direct sunlight, if possible. This is to prevent algae growth.

How often do you need to add purification tablets?

It is recommended to add one tablet into your tank every 6 months. If your rower is in direct sunlight, it is recommended to add every 3-4 months.

Algae Growth

If your tank is not regularly maintained, algae growth will occur.
To clean algae you should empty as much of the infested water as you can and refill the tank with clean water. Add about ¼ cup of algae cleaner solution into the tank and give a few rows to mix the solution.
Once the tank is clear, you can add a purification tablet.

6. 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.

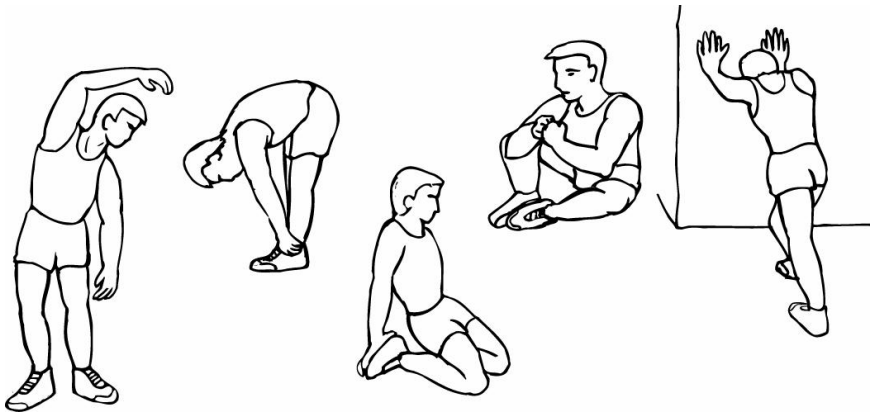
Exercising is great way to control your weight, improving your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

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

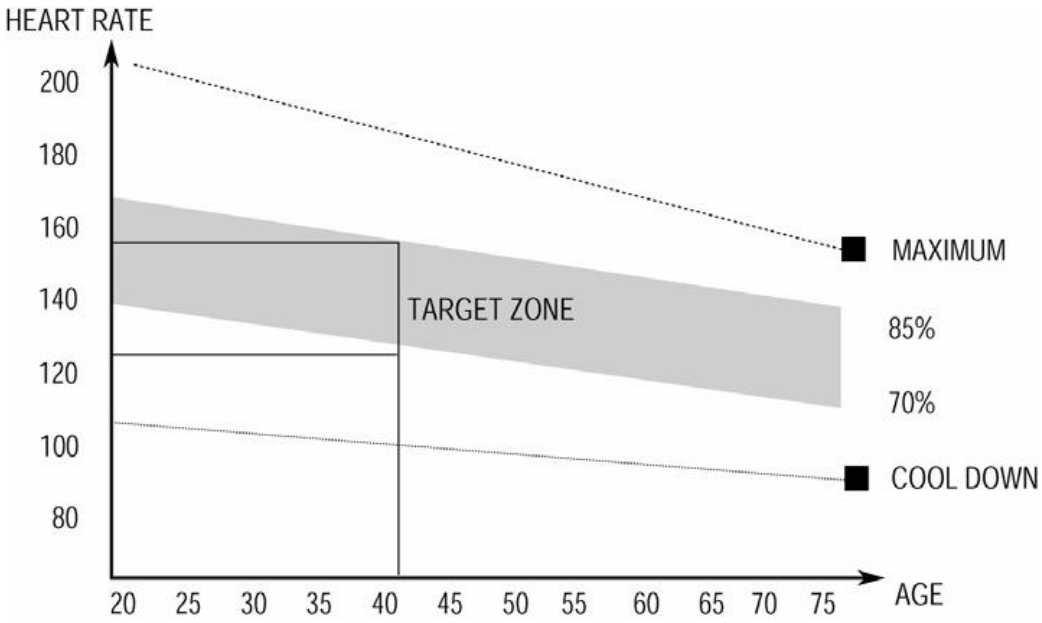
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.

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.

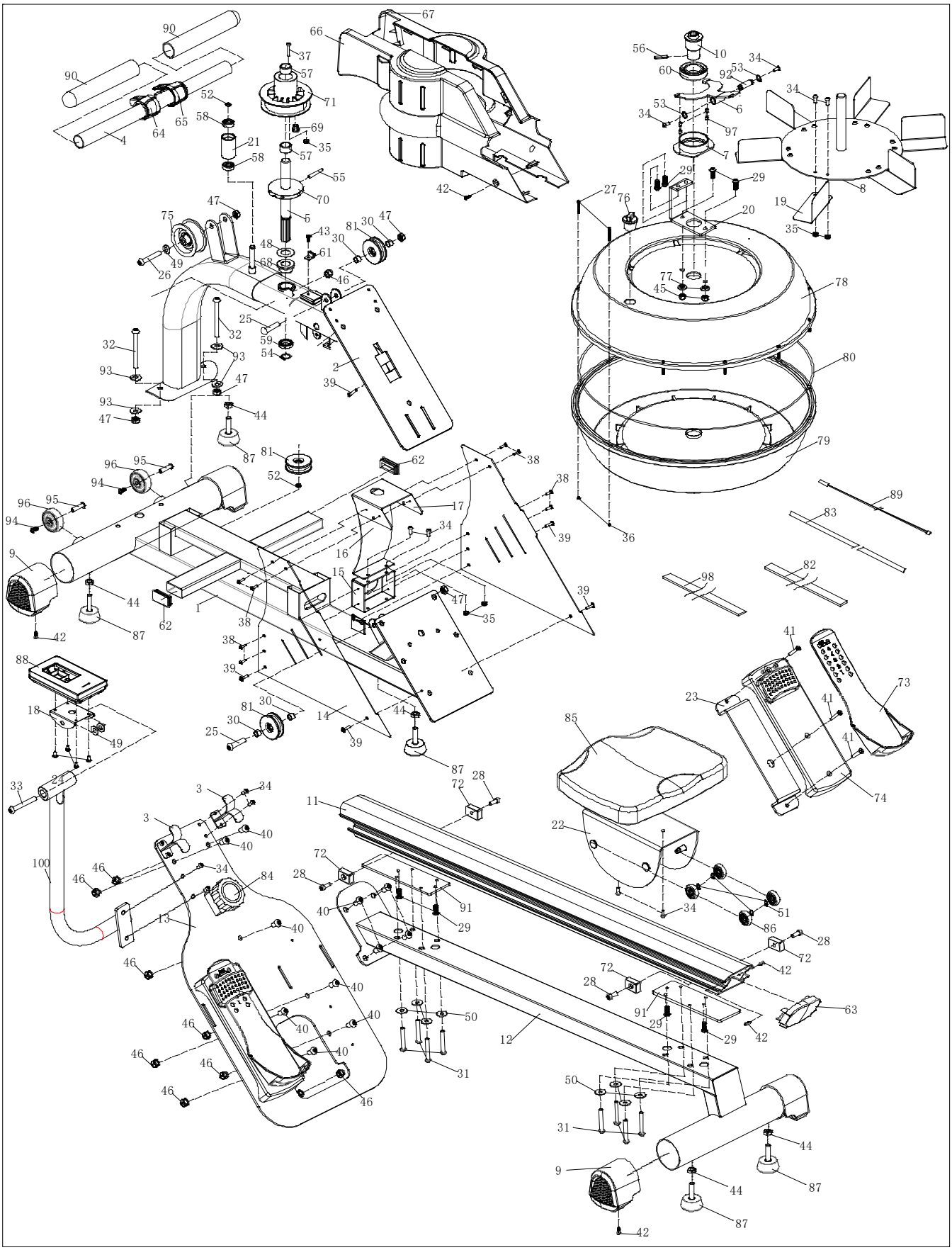
Workout Guidelines

TARGET ZONE



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

7.EXPLODED DIAGRAM



8.PARTS LIST

NO.	NAME	QTY	NO.	NAME	QTY	NO	NAME	QTY
1	Main frame	1	35	Hex self-locking nut M6	15	69	Elastic rope fixed cover	1
2	Console connecting frame	1	36	Hex self-locking nut M3	12	70	Sensor turntable	1
3	Handle bar fixed frame	2	37	Allen C.K.S. half thread bolt M6×30×10	1	71	Unidirectional shaft cover group	1
4	Handle bar group	1	38	Philips C.K.S. full thread bolt M4×16	8	72	Plug	4
5	Upper adjusted blade fixed group	1	39	Philips C.K.S. full thread bolt M5×20	5	73	Pedal	2
6	Resistance adjusted group	1	40	Allen pan head full thread bolt M10×20	11	74	Pedal fixed frame	2
7	Adjusted blade fixed group	1	41	Philips countersunk head full thread bolt M6×40	6	75	Webbing guide pulley set	1
8	Blade group	1	42	Philips C.K.S. self-tapping screw ST4×16	7	76	Water tank plug	1
9	tube plug	4	43	Philips hex washer head self-tapping screw ST4×12	1	77	Water tank fixed sealing ring	2
10	Bottom Adjusted blade fixed group	1	44	Hex nut M10	5	78	Upper water tank	1
11	Sliding rail	1	45	Hex locking nut M8	2	79	Bottom water tank	1
12	Sliding rail fixed group	1	46	High cap nut M10	10	80	Water tank fixed sealing ring	1
13	Single sliding rail connecting sheet	1	47	Hex locking nut M10	5	81	Big pulley set	3
14	Decoration iron sheet one	2	48	Flat washer Φ40×Φ21×t1.0	1	82	Webbings	1
15	Decoration iron sheet four	1	49	Flat washer Φ10.5×Φ21×t1.5	3	83	Spring robe	1
16	Decoration iron sheet three	1	50	Flat washer Φ8.2×Φ25×t2.0	8	84	adjusted knob	1
17	Decoration iron sheet two	1	51	Spring washerΦ8	4	85	Saddle	1
18	Console fixed plate	1	52	Spring washer for bearingΦ10	2	86	PU roller group	4
19	Blade	6	53	Spring washer for bearingsΦ12	2	87	Foot pad	5
20	Water tank fixed piece	1	54	Spring washer for bearingsΦ20	1	88	Console set	1
21	Braiding tape guide pulley	1	55	Elastic Cylindrical heavy groove 5×45	1	89	Sensor wire	1
22	saddle fixed group	1	56	Elastic Cylindrical heavy groove 5×30	1	90	Form grip	2

23	Pedal fixed plate	2	57	Unidirectional needle roller bearing HF2016Z	2	91	Aluminum sliding rail locking sheet	2
24	Philips C.K.S. full thread bolt M5×10	4	58	Deep groove ball bearing 6000Z	2	92	Adjusted whirl Axis	1
25	Allen C.K.S. half thread bolt M10×45×20	2	59	Deep groove ball bearing 61804-Z	1	93	Arc-shaped spacer	4
26	Allen C.K.S. half thread bolt M10×60×20	1	60	Angular contact ball bearing 7007AC	1	94	Allen C.K.S. full thread bolt M6×15	2
27	Allen cylinder head full thread bolt M3×30	12	61	Magnetic sensor fixer	1	95	Allen C.K.S. hollow thread boltΦ8×33×M6×15	2
28	Allen cylinder head full thread bolt M8×20	4	62	Square tube cover	2	96	wheel groupΦ55×25.8	2
29	Allen pan head full thread bolt M8×20	8	63	Aluminum sliding rail rear cover	1	97	Steel rope	2
30	Bush tube	4	64	Handle cover left	1	98	Pedal webbings	2
31	Allen pan head half thread bolt M8×55×20	8	65	Handle cover right	1	99	Console outgoing wire	1
32	Allen C.K.S. half thread bolt M10×95×20	2	66	Left outside cover	1	100	Console fix tube	1
33	Allen pan head half thread bolt M10×75×15	1	67	Right outside cover	1			
34	Allen pan head full thread bolt M6×15	22	68	Copper base bearing	1			

9.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, please lodge a support ticket first by sending us an email.