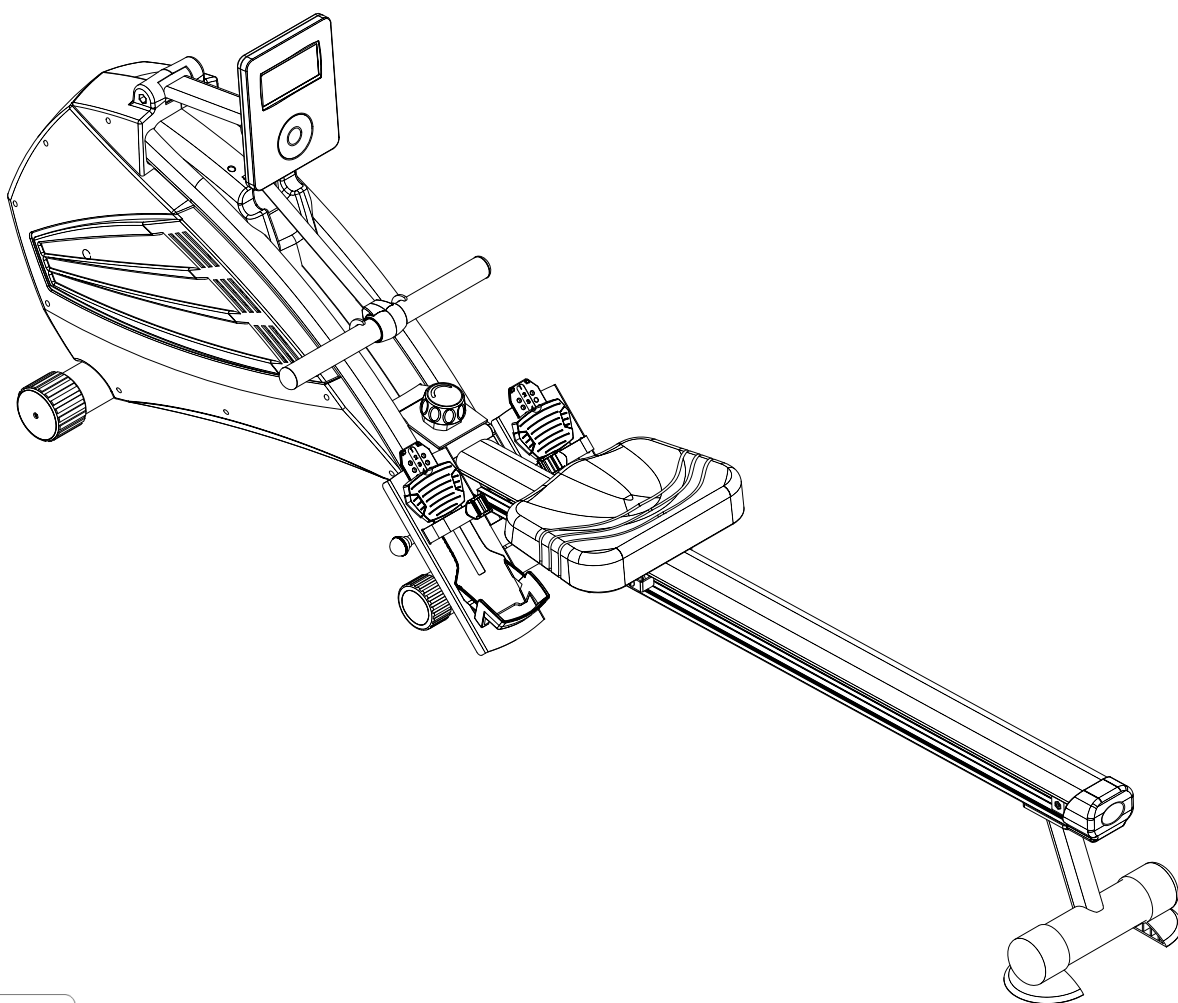


AIR MAGNETIC ROWER ML

ITEM NO: 30605

LifeGear

Get active for life



OWNER'S MANUAL

IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference.
The specifications of this product may vary from this photo, subject to change without notice.

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ONE YEAR LIMITED WARRANTY

LifeGear Inc. warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with LifeGear's Owner's Manual. LifeGear's obligation under this warranty is limited to replacing or repairing free of charge, any parts which may prove to be defective under normal home use. This warranty does not include any damage caused by improper operation, misuse or commercial application. From the date of purchase, the frame is warranted to be free from defects for 1 (one) year. This warranty is offered only to the original owner and is not transferable. Proof of purchase is required.

When ordering replacement parts please have the following information ready:

1. **Owner's Manual**
2. **Model Number**
3. **Description of Parts**
4. **Part Number**
5. **Date of Purchase**

IMPORTANT SAFETY INSTRUCTIONS

Basic precautions should always be followed, including the following important safety instructions when using this equipment. Read all instructions before using this equipment.

1. Read all instructions and follow it carefully before using this equipment. Make sure the equipment is properly assembled and tightened before use.
2. Before exercise, in order to avoid injuring the muscle, warm-up exercises are recommended.
3. Please make sure all parts are not damaged and fixed well before use. This equipment should be placed on a flat surface when using.
4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that may catch any part of the equipment; remember to tighten the pedaling straps.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult your local dealer.
6. This equipment is not suitable for therapeutic use.
7. Do not use the equipment outdoors.
8. This equipment is for household use only. It is not a commercial model.
9. Only one person at a time should use this equipment.
10. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
11. Care should be taken in mounting or dismounting the equipment.
12. Do not allow children to use or play on the equipment. Keep children and pets away from the equipment while in use. This machine is designed for adults use only. The minimum free space required for safe operation is two meters.
13. The maximum weight capacity for this product is 125 kgs.

WARNING: Before beginning any exercise program consult your physician.

This is especially important for the people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

CAUTION: Read all instructions carefully before operating this product.

Keep this Owner's Manual for future reference.

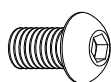
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Main Frame	1	026	Bumper Stopper 28x28x37	4
002	Plastic Fan with Sensor Magnet	1	027	Hexagon Socket Countersunk Head Cap Bolt M8x80mm	2
003	Pulling Strap Transmission Set	1	028	Aluminum Beam Cover	1
004	Strap Wheel Set	1	029	Rear Connect Plate	1
005	Handlebar	1	030	Rear Stabilizer	1
006R	Right Handlebar Cover	1	031	Rear Stabilizer End Cap	2
006L	Left Handlebar Cover	1	032	Computer Post	1
007	Handlebar Hook Holder	2	033	Computer Post Bushing Ø38-3/8"	4
008	Tension Bracket & Eyebolt Set I	2	034A	Lock Pin Ball	1
009	Tension Bracket & Eyebolt Set II	2	034B	Lock Pin Ø15x80mm	1
010	Bolt for Computer M5x10mm	4	034C	Nut	1
011	Nut 3/8"	2	034D	Spring	1
012	Belt 350J6	1	034E	Lock Pin Shaft	1
013	8-Level Tension Knob	1	035	Foot Pedal Button	2
014R	Right Cover	1	036	Foot Pedal Button Plate	2
014L	Left Cover	1	037	Computer Bracket	1
015	Handlebar Cover	1	038	Computer UT-6911-1	1
016	Adjustable Foot Pedal	2	039	Seat Carriage	1
017R	Right Lower Foot Pedal	1	040	Seat	1
017L	Left Lower Foot Pedal	1	041	Hexagon Socket Head Bolt M8x16mm	14
018	Round Cap	2	042	Seat Roller	6
019	Front Stabilizer End Cap with Transport Wheel	2	043	Spacer Ø8xØ12x11mm	6
020	Pedal Pad	2	044	Hexagon Socket Head Bolt M8x35mm	6
021	Pedal Strap	2	045	Nylon Locknut M8	8
022	Shaft Bracket	1	046	Carriage Stop	4
023	Shaft Bushing Ø21.5x12mm	2	047	Handlebar Foam Grip HDRØ30x3Tx215mm	2
024	Aluminum Beam	1	048	Handlebar End Cap Ø1 1/4"	2
025	Hexagon Socket Countersunk Head Cap Bolt 10x16	2	049	Bolt Cap Ø42	2

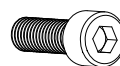
PARTS LIST

No.	Description	Qty	No.	Description	Qty
050	8-Level Tension Knob Bracket	1	062	Flat Washer M8xØ16x1.5T	6
051	Bolt for 8-Level Tension Knob	1	063	Self Tapping Screw 5/32"x1/2"	2
052	Sensor Wire 1100mm	1	064	Self Tapping Screw 3/16"x5/8"	6
053	Computer Wire 400mm	1	065	Self Tapping Screw 3/16"x1/2"	6
054	Hexagon Socket Head Bolt M5x10mm	4	066	Plastic Washer Ø32.45xØ38.5x2T	2
055	Hexagon Head Bolt M6x60mm	2	067	Cross Head Bolt M5x15	4
056	Foot Pedal Connection Plate	1	068	Hexagon Head Bolt M6x90mm	1
057	Nylon Locknut M6	3	069	Hexagon Socket Countersunk Head Cap Bolt M8x25mm	2
058	Nylon Locknut 3/8"	2	070	Hexagon Socket Countersunk Head Cap Bolt M8x16mm	4
059	Hexagon Socket Countersunk Head Cap Bolt 3/8"x3 3/4"	1	071	Self Tapping Screw M4x8mm	8
060	Hexagon Head Bolt 3/8"x4"	1	072	Strap Wheel Set Bracket	1
061	Hexagon Socket Head Bolt M6x10mm	1	073	Hexagon Socket Countersunk Head Cap Bolt M6x30mm	2

HARDWARE LIST

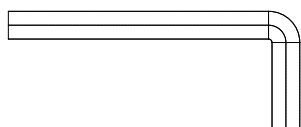


(41) Hexagon Socket Head Bolt
M8x16mm
14 PCS



(69) Hexagon Socket Countersunk
Head Cap Bolt M8x25mm
2 PCS

TOOLS

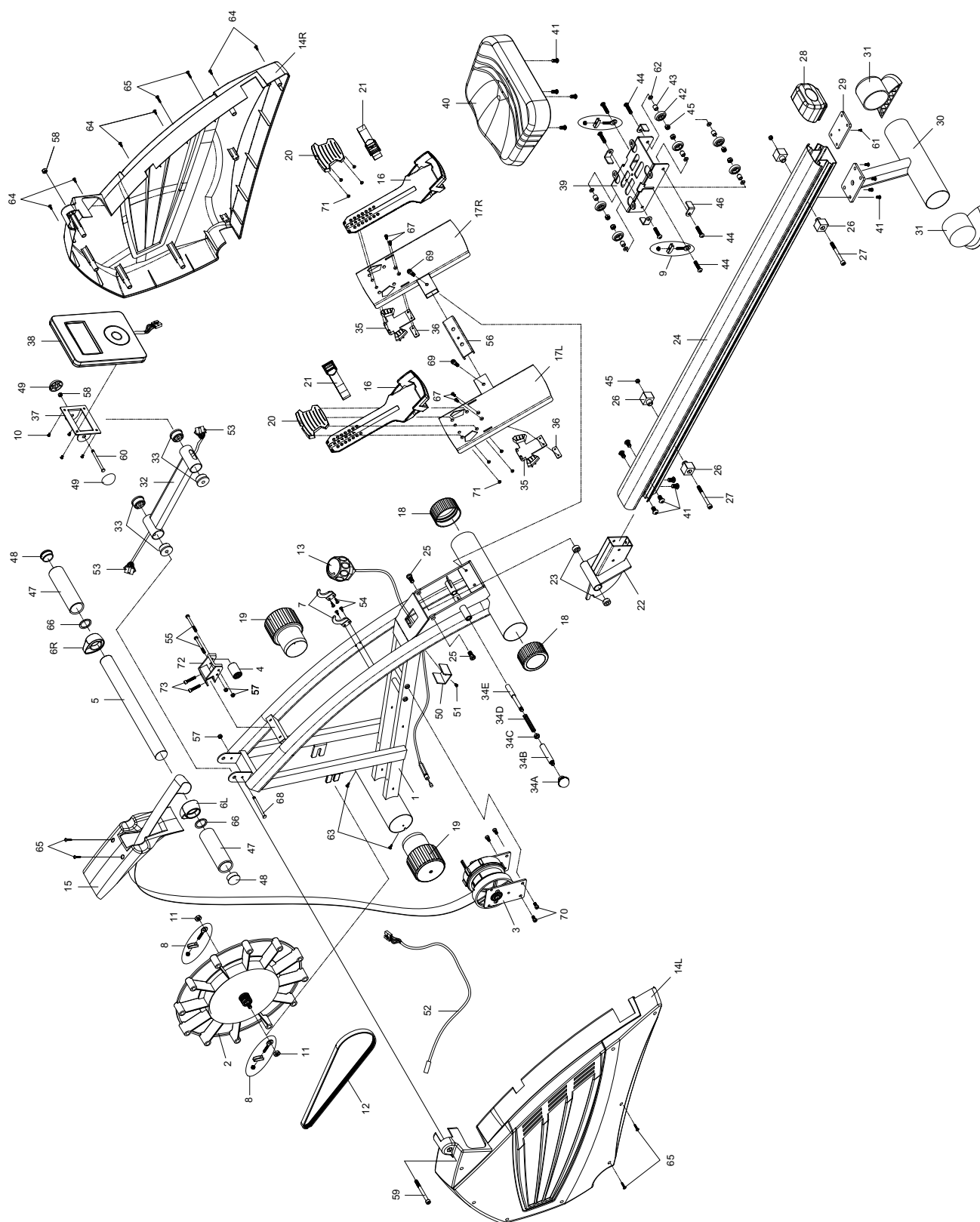


M8 Allen Wrench
1 PC

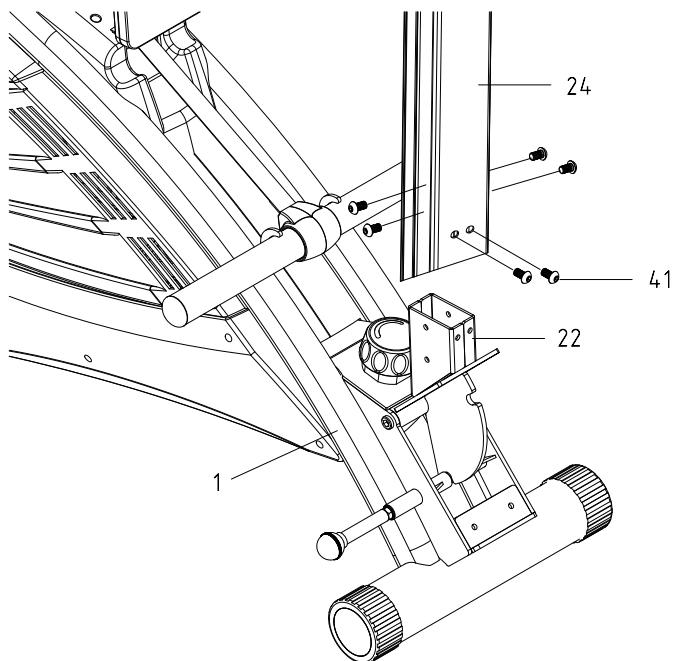


M6 Allen Wrench
1 PC

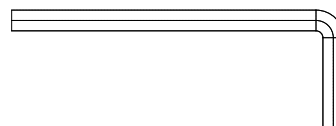
OVERVIEW DRAWING



ASSEMBLY INSTRUCTIONS



Tool:

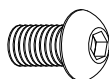


M6 Allen Wrench

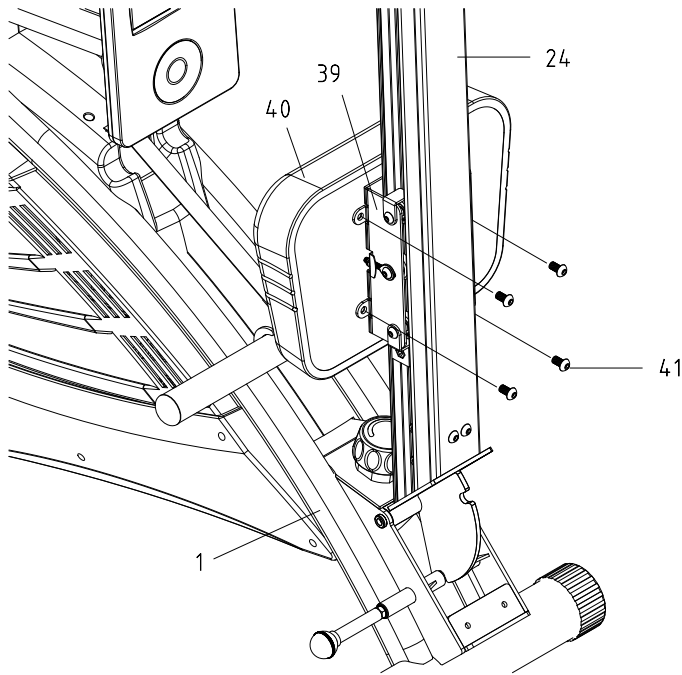
Step 1

Attach the Aluminum Beam (24) onto the Main Frame (1) with six M8x16mm Hexagon Socket Head Bolts (41). Tighten bolts with the M6 Allen Wrench provided.

Hardware:



(41) Hexagon Socket Head Bolt
M8x16mm
6 PCS



Tool:

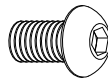


M6 Allen Wrench

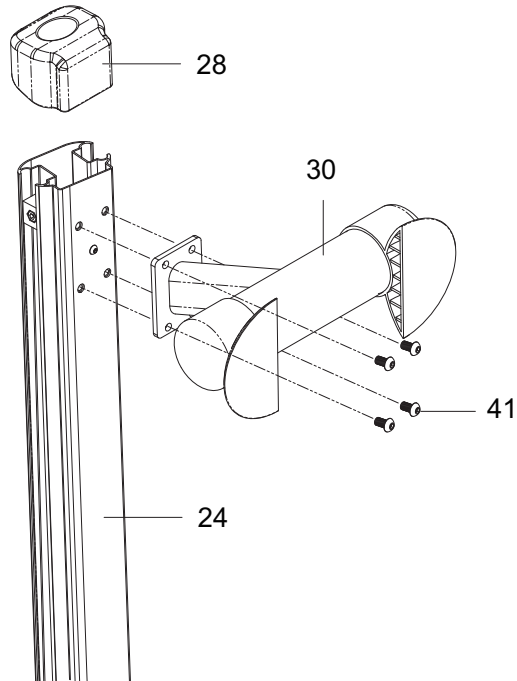
Step 2

Attach the Seat (40) onto the Seat Carriage (39) with four M8x16mm Hexagon Socket Head Bolts (41). Tighten bolts with the M6 Allen Wrench provided.

Hardware:



(41) Hexagon Socket Head Bolt
M8x16mm
4 PCS



Tool:

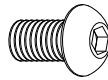


M6 Allen Wrench

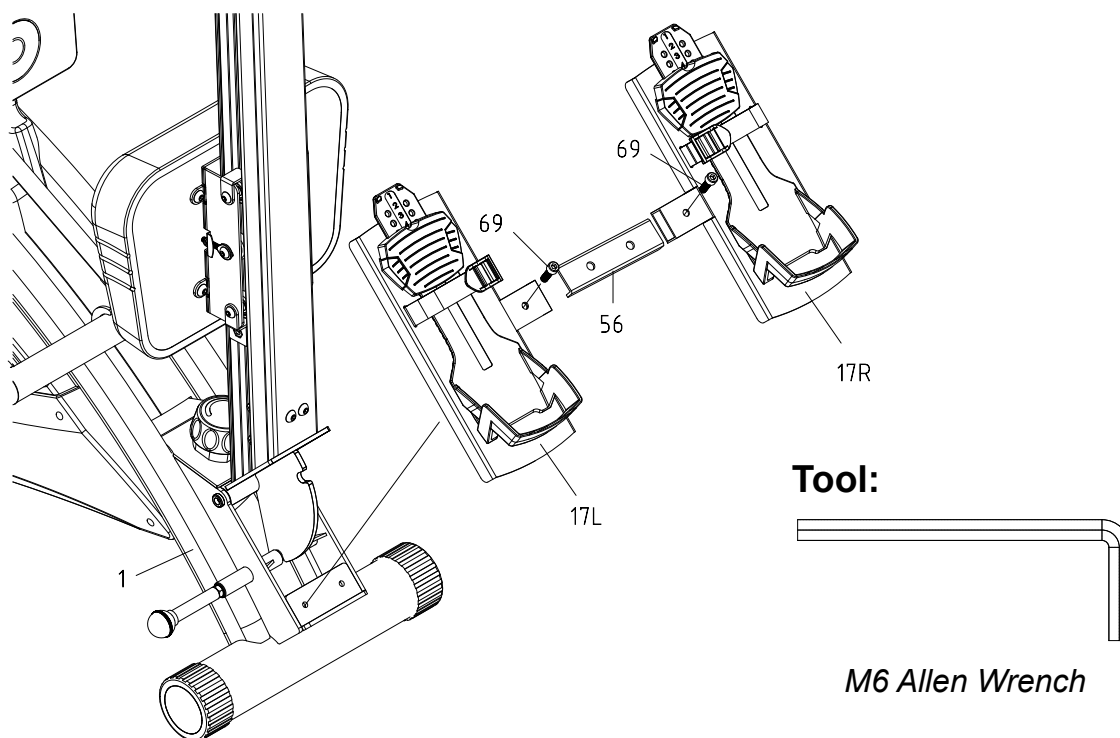
Step 3

Attach the Rear Stabilizer (30) onto the Aluminum Beam (24) with four M8x16mm Hexagon Socket Head Bolts (41). Tighten bolts with the M6 Allen Wrench provided. Slide the Aluminum Beam Cover (28) onto the end of the Aluminum Beam (24).

Hardware:



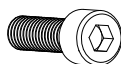
(41) Hexagon Socket Head Bolt
M8x16mm
4 PCS



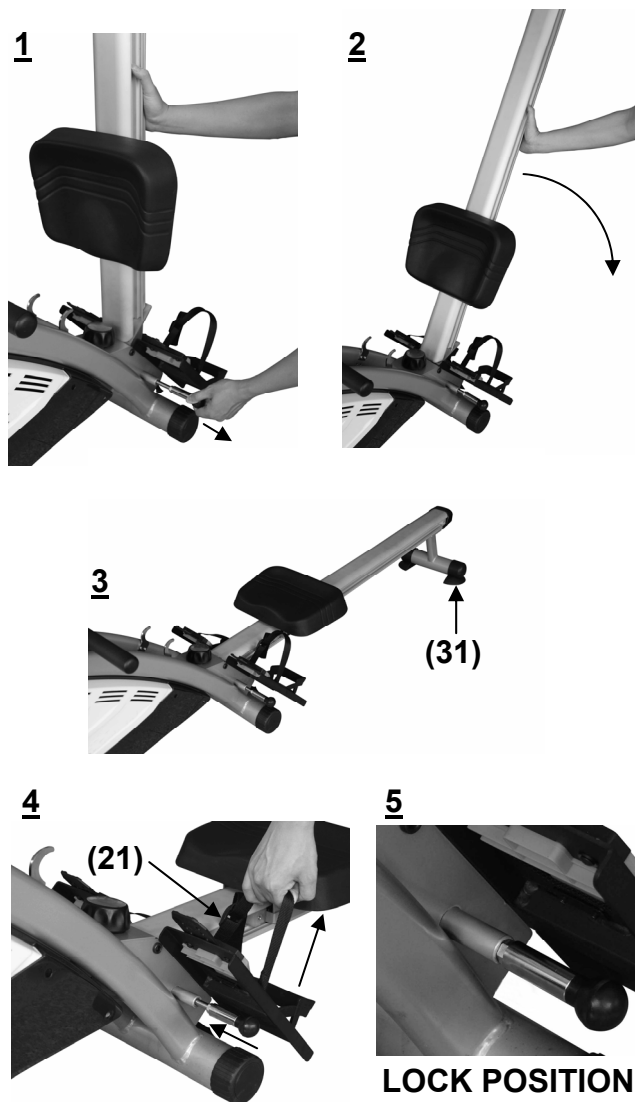
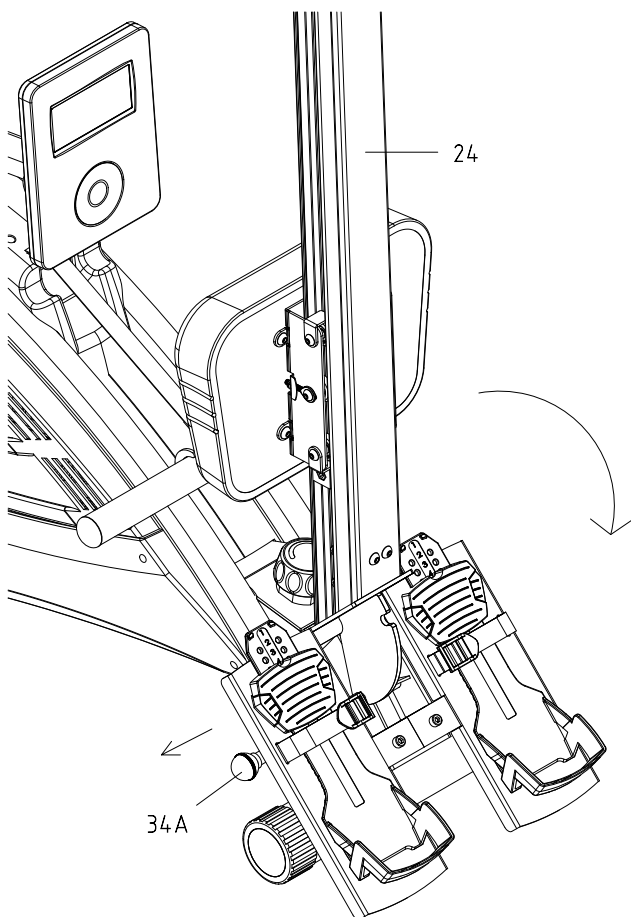
Step 4

Attach both Right/Left Lower Foot Pedals (17R, 17L) onto the Main Frame (1) with the Foot Pedal Connection Plate (56) and two M8x25mm Hexagon Socket Countersunk Head Cap Bolts (69). Tighten bolts with the M6 Allen Wrench provided.

Hardware:



(69) Hexagon Socket Countersunk
Head Cap Bolt M8x25mm
2 PCS

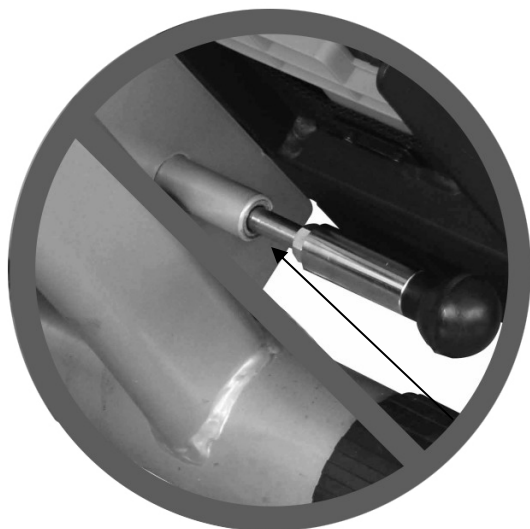


Step 5

1. To set down the Aluminum Beam (24), firmly hold the Aluminum Beam (24) with one hand and the other hand to pull the Lock Pin Ball (34) with Lock Pin (34B).
2. Carefully lower the Aluminum Beam (24) until the Rear Stabilizer End Caps (31) to the ground.
3. The Aluminum Beam (24) is in the flat position.
4. With one hand to hold the Pedal Strap (21) and then pull it up until the Lock Pin (34B) "pops" down into the locked position.
5. Make sure the Lock Pin (34B) is in the LOCK POSITION before using the rower.

SAFETY OPERATING INSTRUCTIONS

INCORRECT



UNLOCK POSITION

The Lock Pin is NOT in the lock position.

CORRECT



LOCK POSITION

Make sure the Lock Pin is in the lock position before using the rower.

WARNING: Please make sure the Lock Pin is in the lock position to prevent serious injury from occurring.

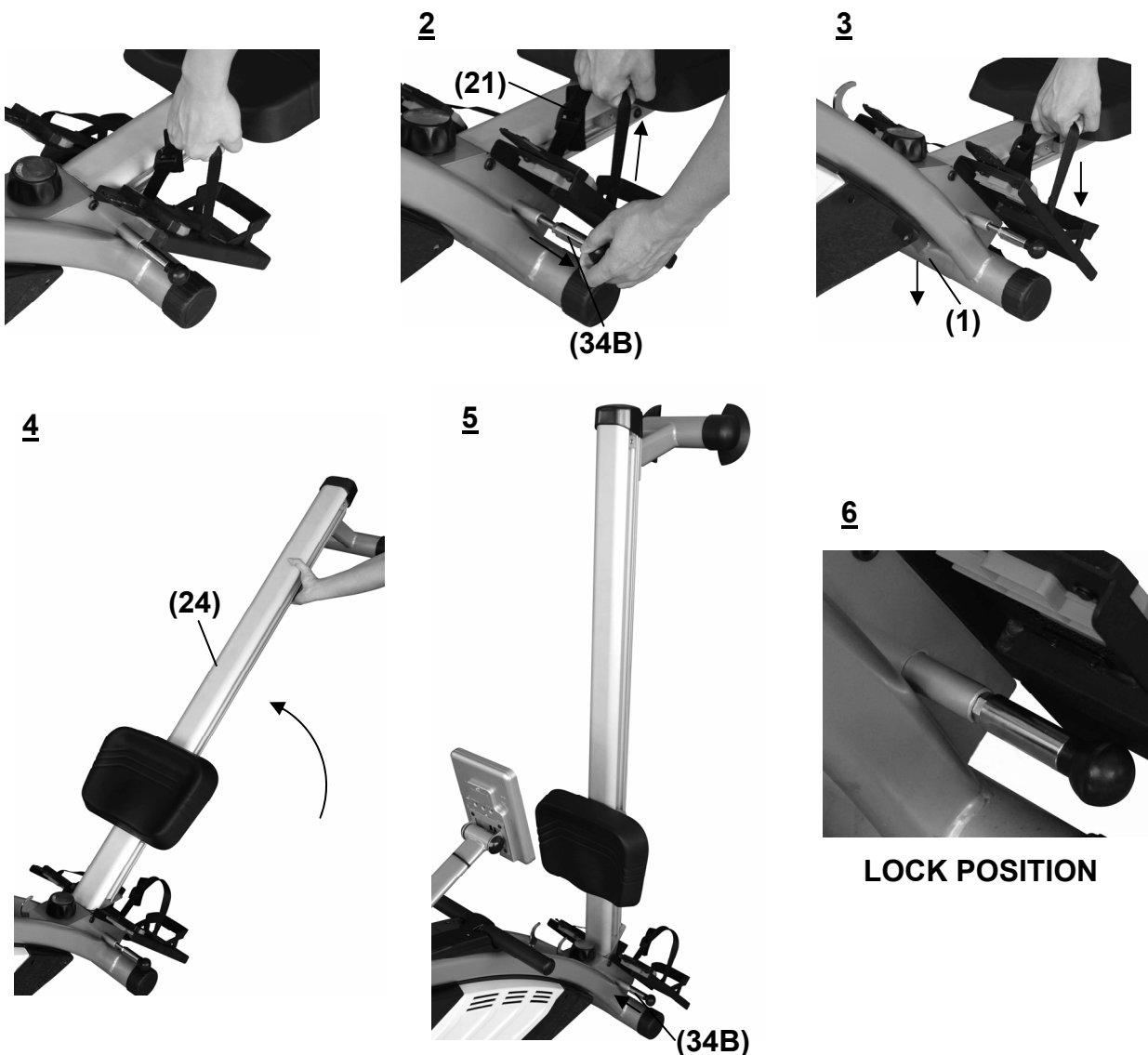
MAINTENANCE

The rower can be cleaned with a soft clean damp cloth. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the rower after each use. Be careful not to get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail.

Please keep the rower, especially the computer console out of direct sunlight to prevent screen damage.

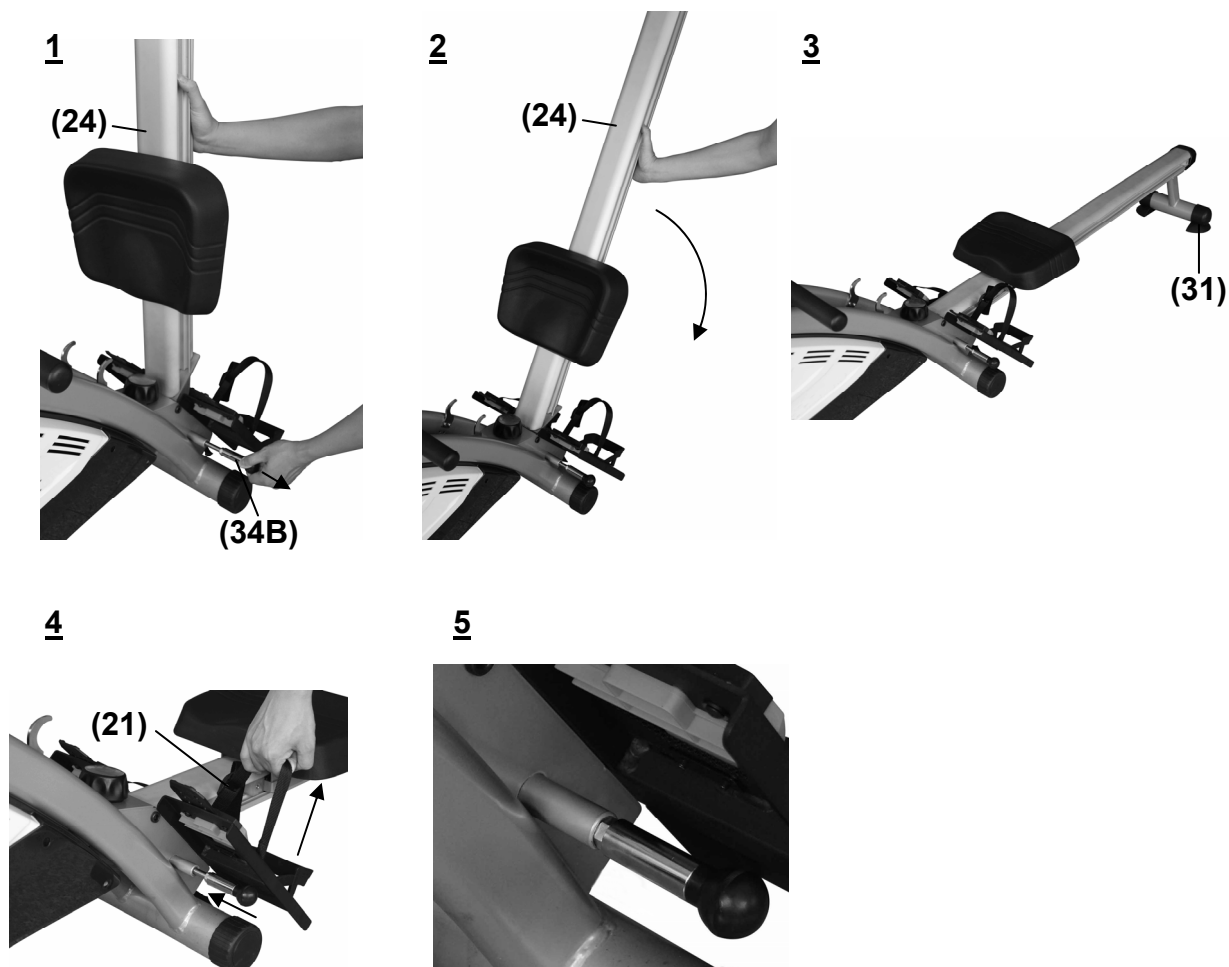
Please inspect all assembly bolts, nuts, screws, and pedals on the machine for proper tightness every week.

FOLDING UP THE ROWER



1. With one hand to hold the Pedal Strap (21).
2. Pull the Pedal Strap (21) up until the Lock Pin (34B) can be pulled out.
3. Lower the Main Frame (1) to the ground.
4. Carefully fold the Aluminum Beam (24) up with one hand.
5. Fold the Aluminum Beam (24) up in the upright position until the Lock Pin (34B) "pops" down into the locked position.
6. Make sure the Lock Pin (34B) is in the LOCK POSITION before transporting the rower.

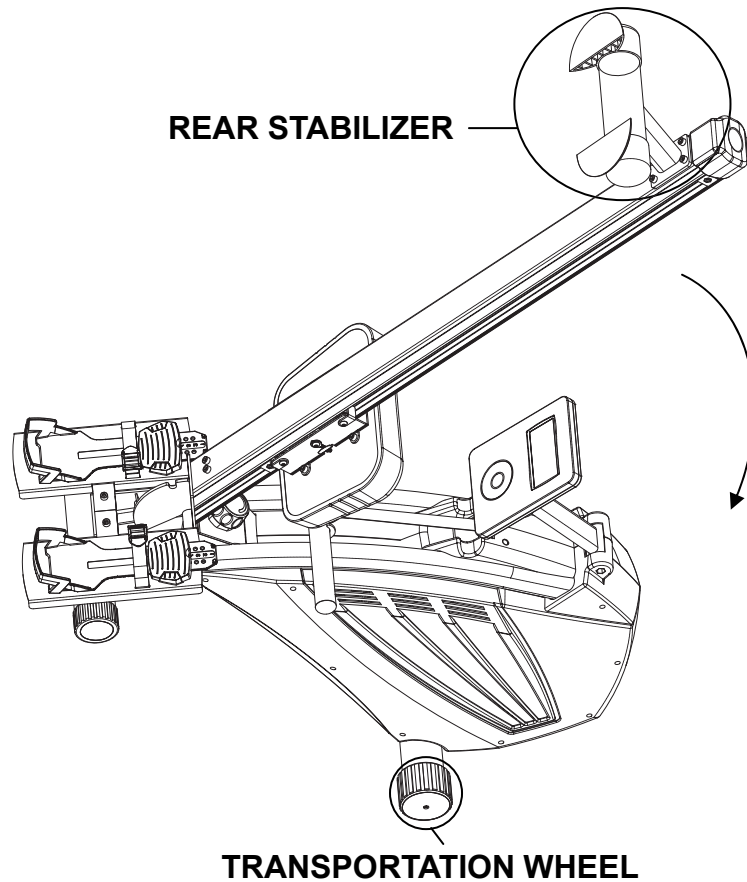
SETTING DOWN THE ROWER



LOCK POSITION

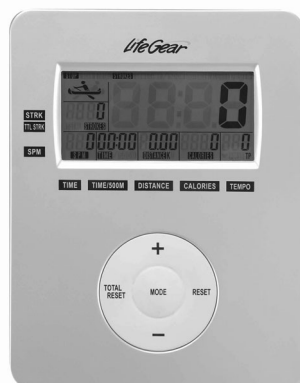
1. To set down the Aluminum Beam (24), firmly hold the Aluminum Beam (24) with one hand and the other hand to pull the Lock Pin (34B).
2. Carefully lower the Aluminum Beam (24) until the Rear Stabilizer End Caps (31) to the ground.
3. The Aluminum Beam (24) is in the flat position.
4. With one hand to hold the Pedal Strap (21) and then pull it up until the Lock Pin (34B) "pops" down into the locked position.
5. Make sure the Lock Pin (34B) is in the LOCK POSITION before using the rower.

TRANSPORTATION



Rower has **TRANSPORTATION WHEELS** located at the **Front Stabilizer End Cap**. This enables user to easily move the rower. From the folded position **GRASP** the **REAR STABILIZER** of the rower and tilt the machine until the **TRANSPORTATION WHEELS** are engaged with the floor.

OPERATING THE COMPUTER



SPECIFICATIONS:

SCAN: Every 6 seconds

STROKES: 0~9999 STROKE(S)

TOTAL STROKES: 0~9999 STROKE(S)

SPM (Stroke per Minute): 0~10~999 STROKE(S)

TIME: 00:00~99:59 MIN:SEC. Count up and down are available

TIME/500M: 00:00~99:59 MIN:SEC

DISTANCE: 0.00~99.99 KM. Count up and down are available

CALORIES: 0~9999 KCAL. Count up and down are available

TP (TEMPO): 0~10, rowing rhythm (0~10 seconds)

COMPUTER BUTTONS AND BUTTON FUNCTIONS:

MODE: Press the MODE button to select each function display on the screen. The large main area of the display will show the functional values you are using.

+: To make upward adjustment to pre-set function of strokes, time, distance, calories, or tempo.

-: To make backward adjustment to pre-set function of strokes, time, distance, calories, or tempo.

RESET: To reset the pre-set values to zero.

TOTAL RESET: To reset all functional values to zero.

USING YOUR COMPUTER

The computer can be activated by pressing any button or by rowing. If you leave the equipment idle for 4 minutes, the power will turn off automatically.

COMPUTER DISPLAY FUNCTIONS:

SCAN: Press the MODE button until SCAN appears and flashes on the top side of the screen. The computer will automatically scan each function of STROKES, TOTAL STROKES, SPM, TIME, TIME/500M, DISTANCE, CALORIES, and TEMPO in sequence with a change every 6 seconds.

STROKES: Displays the number of strokes you have taken. When you start rowing, the computer starts counting up the number of strokes from 0 to 9999 per 1 stroke increment. The rower icon displays on the screen with pulling oar relative to your stroke. You may also pre-set target number of strokes before training when STOP appears on the top side of the screen. Press the MODE button to select STROKES function mode with the display flashing 0. Press the + or - button to set the target number of strokes, from 10 strokes up to 9990 strokes in 10 strokes increments. Press the RESET button to reset the target number of strokes to zero. When desired target number of strokes is set, press the MODE button to confirm the values and the next pre-set target functional mode will flash. You can skip to pre-set the next target function mode and then start rowing. The number of strokes will count down from pre-set target values to 0 per 1 stroke backward. When the pre-set target number of strokes count down to 0, the computer will begin beeping to remind you and number of strokes will start to count up immediately.

TOTAL STROKES: Displays the accumulated the number of strokes.

SPM: Displays the number of stroke per minute.

TIME: Displays your elapsed workout time in minutes and seconds. When you start rowing, time starts counting up from 00:00 to 99:59 minutes per 1 second increment. You may also pre-set target time before training when STOP appears on the top side of the screen. Press the MODE button to select TIME function mode with the display flashing 00:00. Press the + or - button to set the target time, from 00:00 up to 99:00 minutes in 1 minute increment. Press the RESET button to reset the target time to zero. When desired target time is set, press the MODE button to confirm the values and the next pre-set target functional mode will flash. You can skip to pre-set the next target functional mode and then start rowing. Time will count down from pre-set target values to 00:00 per 1 second backward. When the pre-set target time counts down to 00:00, the computer will begin beeping to remind you and time will start to count up immediately.

TIME/500M: Displays your elapsed workout time per 500 meters.

DISTANCE: Displays the accumulative distance traveled during workout. When you start rowing, distance starts counting up from 0.00 to 99.99 km per 0.01 km increment. You may also pre-set target distance before training when STOP appears on the top side of the screen. Press the MODE button to select DISTANCE function mode with the display flashing 0.00. Press the + or - button to set the target distance, from 0.00 up to 99.50 km in 0.50 km increment. Press the RESET button to reset the target distance to zero. When desired target distance is set, press the MODE button to confirm the values and the next pre-set target functional mode will flash. You can skip to pre-set the next target functional mode and then start rowing. Distance will count down from pre-set target values to 0.00 per 0.01 km backward. When the pre-set target distance counts down to 0.00, the computer will begin beeping to remind you and distance will start to count up immediately.

CALORIES: Displays the total accumulated calories burned during workout. When you start rowing, calories start counting up from 0 to 9999 calories per 1 calorie increment. You

may also pre-set target calories to burn before training when STOP appears on the top side of the screen. Press the MODE button to select CALORIES function mode with the display flashing 0. Press the + or - button to set the target calories to burn, from 0 up to 9990 calories in 10 calories increment. Press the RESET button to reset the target calories to zero. When desired target calories are set, press the MODE button to confirm the values and the next pre-set target functional mode will flash. You can skip to pre-set the next target functional mode and then start rowing. Calories will count down from pre-set target values to 0 per 1 calorie backward. When the pre-set target calories count down to 0, the computer will begin beeping to remind you and calories will start to count up immediately.

TEMPO: To set user rowing rhythm from 0 to 10 seconds. If the tempo sets 1, the computer will make a BI sound per second. Hear the BI sound to control the rowing speed.

HOW TO INSTALL THE BATTERIES:

1. Remove the battery cover on the back of the computer.
2. Place two size AA batteries into the battery housing.
3. Insure batteries are correctly positioned and battery springs have proper contact with batteries.
4. Re-install the battery cover.
5. If the display is unreadable or only partial segment appears, remove batteries and wait 15 seconds before reinstalling.

ADJUSTMENTS

8-LEVEL TENSION KNOB ADJUSTMENT

To increase the tension, turn the tension control knob in a clockwise direction.

To decrease the tension, turn the tension control knob in a counterclockwise direction.

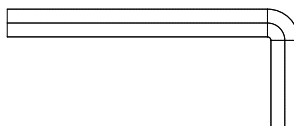


COMPUTER ANGLE AND HEIGHT ADJUSTMENT

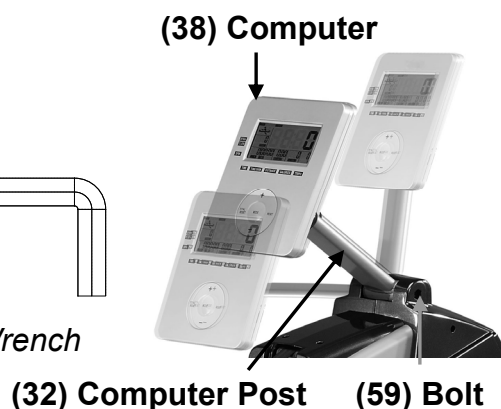
The Computer (38) angle and height can be adjusted in a wide range.

After long use, the Computer Post (32) may get loose. Tighten the Computer Post (32) by screwing the Bolt (59) clockwise with the M8 Allen Wrench provided.

Tool:



M8 Allen Wrench



FOOT PEDAL ADJUSTMENT

First push the Foot Pedal Button (35) and then slide the Adjustable Foot Pedal (16) up or down direction to the suitable position. Lock the Adjustable Foot Pedal (16) in place by releasing the Foot Pedal Button (35) and sliding the Adjustable Foot Pedal (16) up or down slightly until the Adjustable Foot Pedal (16) locks into the locked position.



HANDLEBAR PLACEMENT

Handlebar can be placed on two positions.



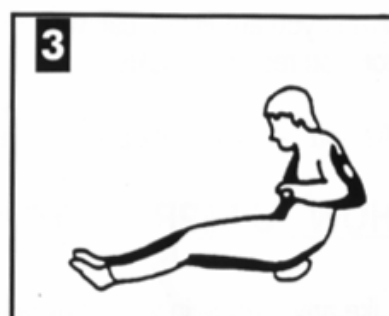
HOW TO ROW



1
Take up the initial position leaning forward, knees bent and arms straight.



2
Push yourself backwards, straight your back and legs at the same time.



3
Continue movement until you are leaning slightly backwards, bending the arms at the same time.
Return to 1 and repeat.

ALTERNATIVE EXERCISE

LEG ONLY ROWING



4
This exercise will help tone and strengthen the muscles in your legs and back. With your back straight and arms outstretched, bend your legs until the row arms are in the starting position 4.



5
Use your legs to push your body back while keeping your arms and back straight, slowly return to starting position and repeat.



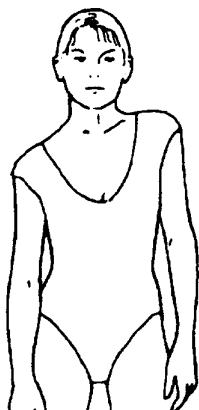
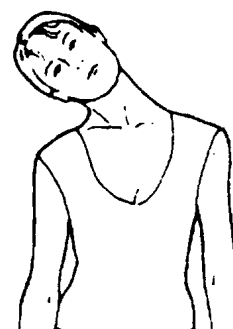
WARM UP AND COOL DOWN ROUTINE

The **WARM-UP** is an important part of any workout. The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before aerobic exercising. Warming up should prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles. The purpose of cooling down is to return the body to its 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.

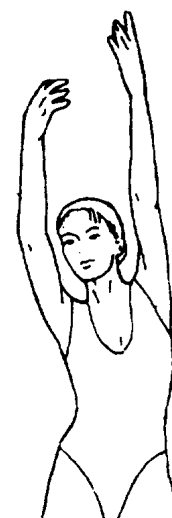
HEAD ROLLS

Rotate your head to the right for one count, you should feel a stretching sensation up the left side of your neck. Then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.



SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.

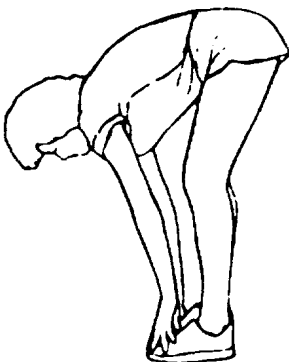


QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.

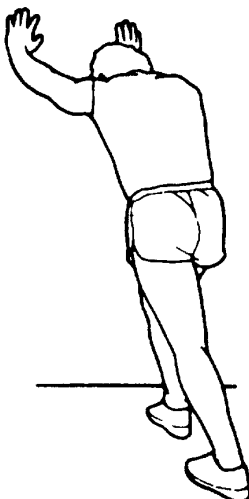
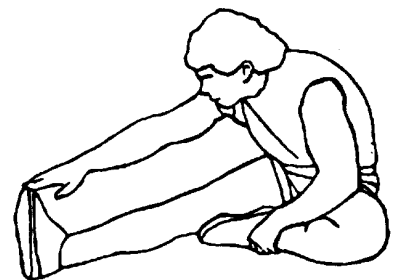


TOE TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

HAMSTRING STRETCHES

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.



CALF/ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.