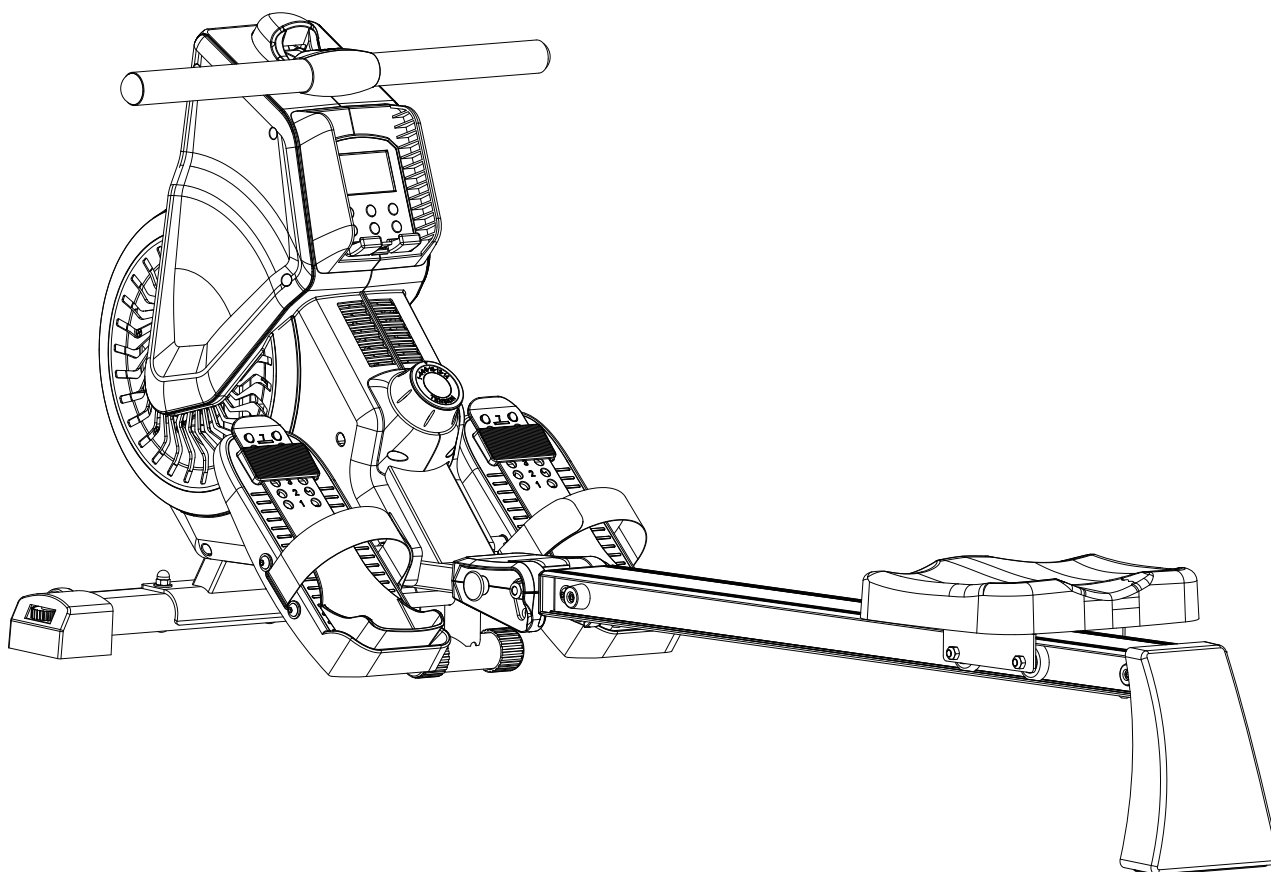


AIR MAGNETIC ROWER

ITEM NO: 30640

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 and are subject to change without prior notice.

2020, Dec.

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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 muscle injury, warm-up exercises are recommended.
3. Please make sure all parts are undamaged and properly secured. This equipment should be placed on a flat surface when in use.
4. Please wear appropriate clothing and shoes when using this equipment. Do not wear clothes that may catch any part of the machine and 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 experience any chest pain, nausea, dizziness, or shortness 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. This machine is designed for adult use only. Do not allow children to use or play on the equipment at any time.
13. The minimum free space required for safe operation of this machine is two meters. Keep children and pets away from the equipment while it is in use.
14. The maximum weight capacity for this product is 110 kg.

WARNING: Before beginning any exercise program consult your physician. This is especially important for 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. Retain this Owner's Manual for future reference.

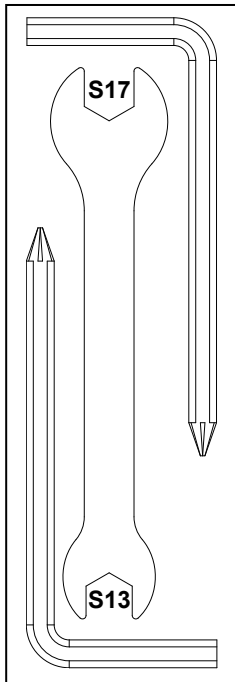
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Right Foot Pedal	1	031	Left Cover	1
002	Left Foot Pedal	1	032	Right Cover	1
003	Plastic Fan Plate Ø316x136	1	033	Sensor Bracket 29x15x9.4	1
004	Rolling Wheel Ø37x32	1	034	Handlebar Ø25.4x15.Tx560	1
005	Rear Stabilizer	1	035	Computer Console	1
006	Slide Tube 1008x110x48.2	1	036	Wire Clip Ø1/8"	2
007	Seat Plate 211.5x150x3T	1	037	EVA Rubber Pad	2
008	Strap and Pulley Set Ø128x142	1	038	Belt (280J6)	1
009	Front Stabilizer 40x80x1.5Tx420	1	039	Tension Control Knob with Wire	1
010	Magnet Bracket	1	040	Handlebar Foam Grip Ø25.4x5Tx240	2
011	Main Frame	1	041	Sensor Wire A (L=350mm)	1
012	Support Slide Tube 210x81x30	1	042	Sensor Wire B (L=350mm)	1
013	Safety Pin Ø10x105	1	043	Hexagon Head Bolt M6x12	4
014	Foot Pedal Axle Ø12x466 (M8)	2	044	Carriage Bolt M8x55	2
015	Rolling Wheel Axle Ø10x40.4 (M6)	2	045	Nylon Nut M6	3
016	Hexagon Head Bolt M10x102	1	046	Nylon Nut M10	1
017	Magnet Bracket Axle Ø14x21.3	1	047	Flange Nut M10	2
018	Spring Ø9.4xØ1.0x50.0	1	048	Cap Nut M8	2
019	Eyebolt M6x38	2	049	Cross Recessed Truss Head Bolt M6x25	4
020	Tension Bracket 25x9.5x9.5	2	050	Hexagon Socket Button Head Bolt M8x20	12
021	Handlebar End Cap Ø33.6x27	2	051	Cross Recessed Truss Head Bolt M5x10	1
022	Wheel Ø30x33.8	1	052	Cross Recessed Truss Head Bolt M5x12	1
023	T Washer Ø17x4.2	2	053	Cross Recessed Truss Head Bolt M6x45	1
024	Handlebar Plastic Cover	1	054	Cross Recessed Pan Head Tapping Screw ST2.9x15	4
025	Front Handlebar Cover	1	055	Cross Recessed Pan Head Tapping Screw ST4.2x20	2
026	Rear Handlebar Cover	1	056	Cross Recessed Truss Head Tapping Screw ST4.2x10	2
027	Foot Stabilizer End Cap Ø38.1	2	057	Cross Recessed Truss Head Tapping Screw ST4.2x15	8
028	Buffer Ø27x16	4	058	Cross Recessed Truss Head Tapping Screw ST4.2x20	7
029	Lower Slide Tube Cover	1	059	Washer Ø6.5xØ16xT1.0	5
030	Upper Slide Tube Cover	1	060	Washer Ø8.4xØ19xT1.6	14

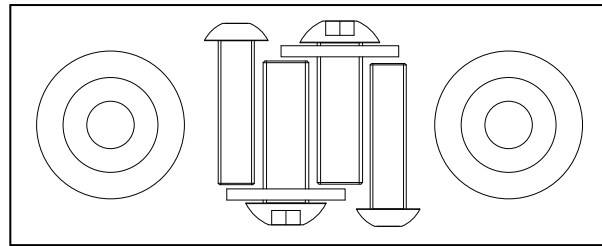
PARTS LIST

No.	Description	Qty	No.	Description	Qty
061	Washer Ø10.5xØ20xT3.0	1	068	Front Stabilizer End Cap	2
062	Spring Washer Ø6.1xØ9.3xT1.6	6	069	Transport Wheel Ø50xØ8.5x21	2
063	Adjustable Foot Pedal	2	070	Hexagon Socket Button Head Bolt M8x35	2
064	Pedal Strap	2	071	Lock Nut M8	6
065	Seat 260x320x52	1	072	Hexagon Socket Round Head Bolt M8x30	4
066	Seat Roller Ø43.4x14.5	4	073	Cross Recessed Truss Head Bolt M6x15	4
067	Spacer Ø12.0xØ8.2x11	4			

HARDWARE PACK

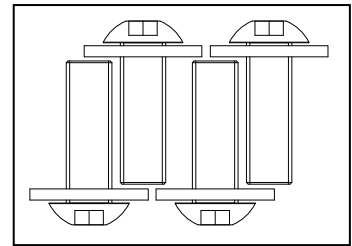


Allen Wrench
with Phillips
Screwdriver
2 PCS
Double Open
End Wrench
1 PC



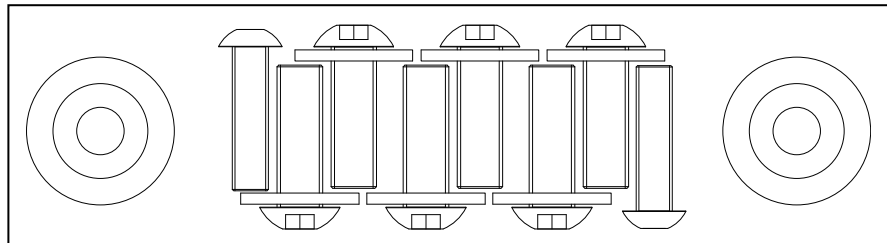
STEP 3

(28) Buffer	2 PCS
(49) Cross Recessed Truss Head Bolt	2 PCS
(50) Hexagon Socket Button Head Bolt	2 PCS
(60) Washer	2 PCS



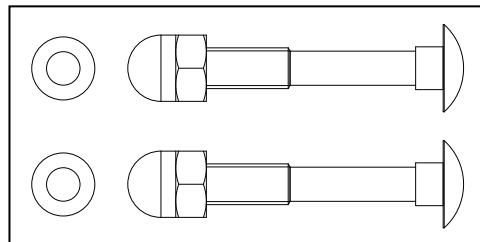
STEP 5

(50) Hexagon Socket Button Head Bolt	4 PCS
(60) Washer	4 PCS



STEP 2

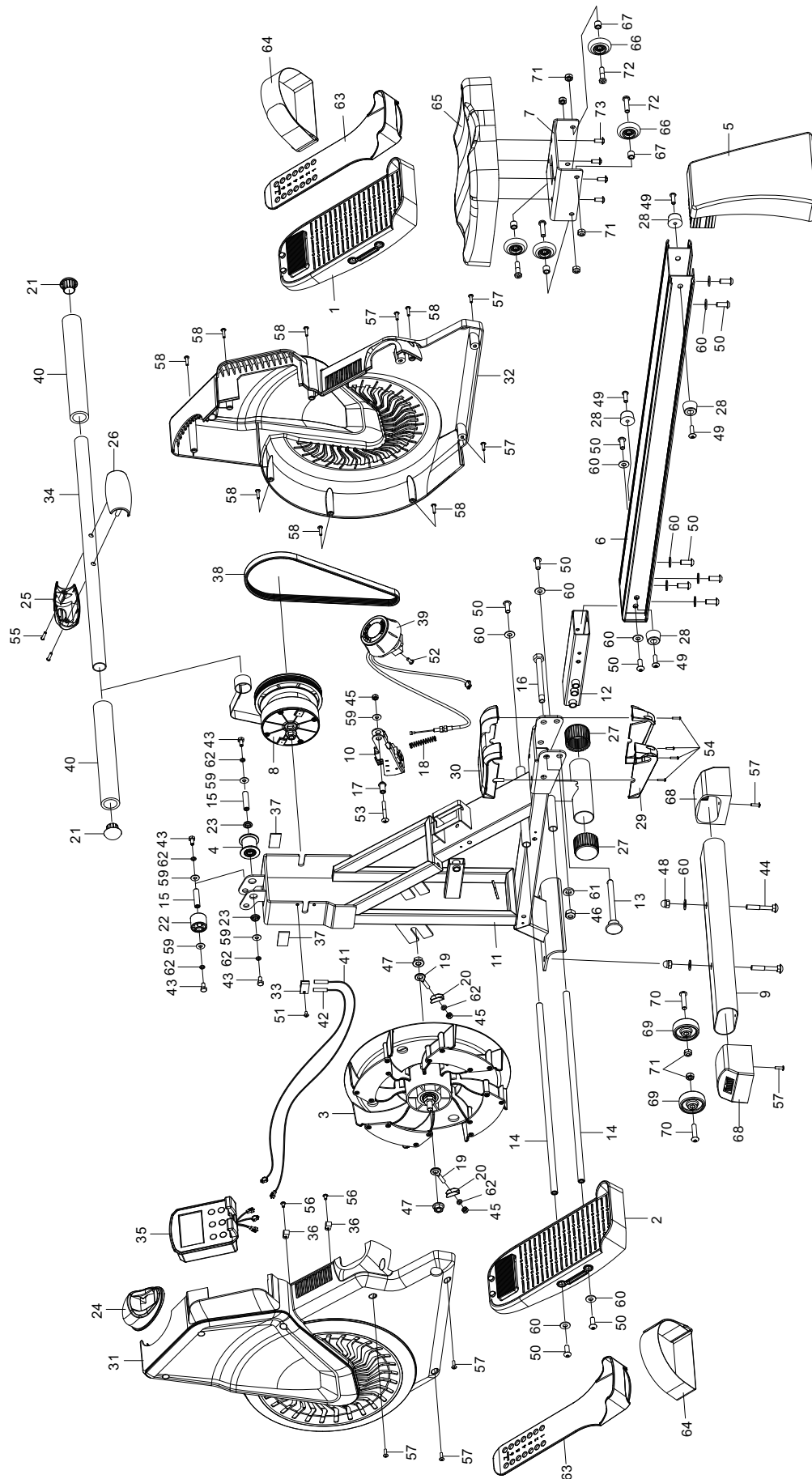
(28) Buffer	2 PCS
(49) Cross Recessed Truss Head Bolt	2 PCS
(50) Hexagon Socket Button Head Bolt	6 PCS
(60) Washer	6 PCS



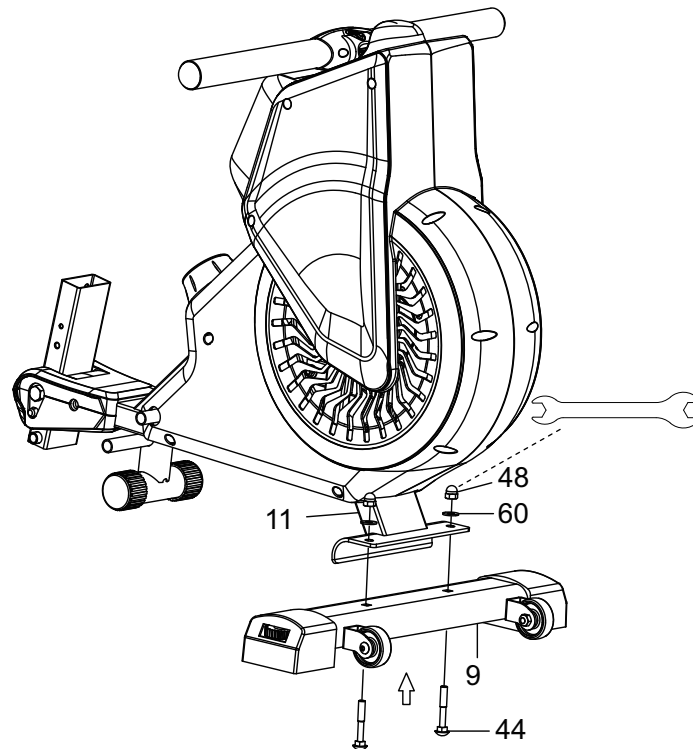
STEP 1

(44) Carriage Bolt	2 PCS
(48) Cap Nut	2 PCS
(60) Washer	2 PCS

EXPLODED VIEW



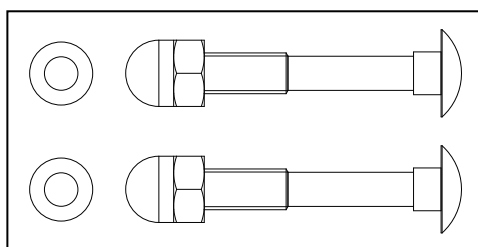
ASSEMBLY INSTRUCTIONS



STEP 1

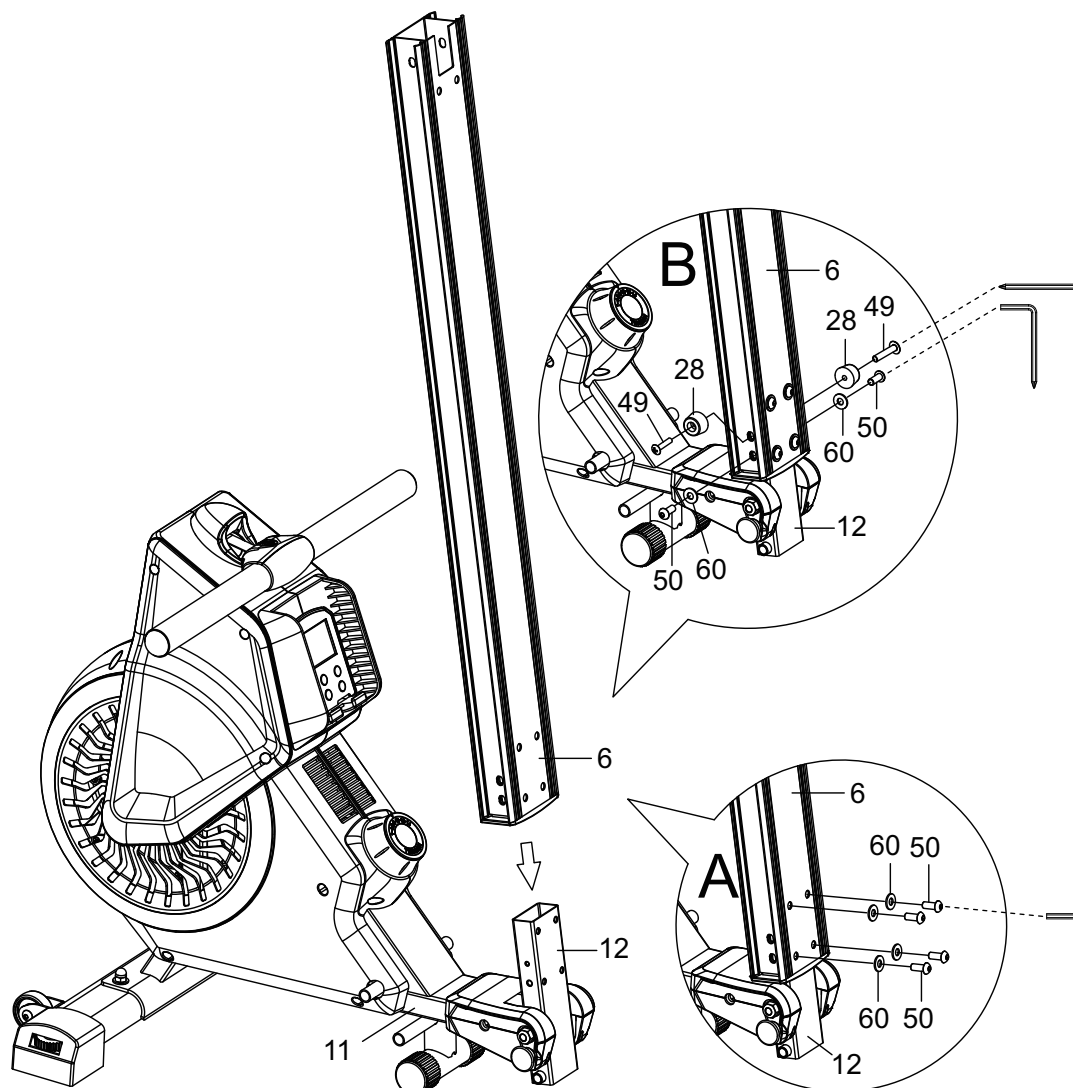
Position the Front Stabilizer (9) in front of the Main Frame (11) and align bolt holes. Attach the Front Stabilizer (9) onto the Main Frame (11) with two Carriage Bolts (44), two Cap Nuts (48), and two Washers (60). Tighten cap nuts with the Double Open End Wrench provided.

Hardware:



STEP 1

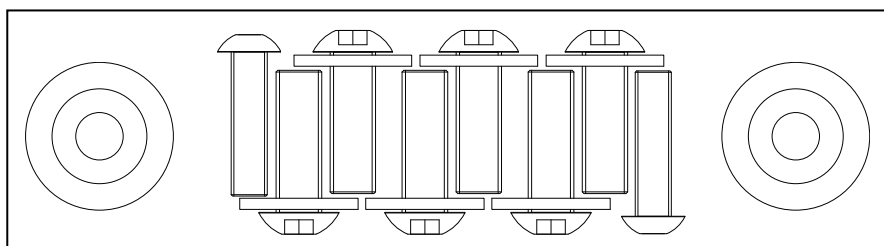
(44) Carriage Bolt	2 PCS
(48) Cap Nut	2 PCS
(60) Washer	2 PCS



STEP 2

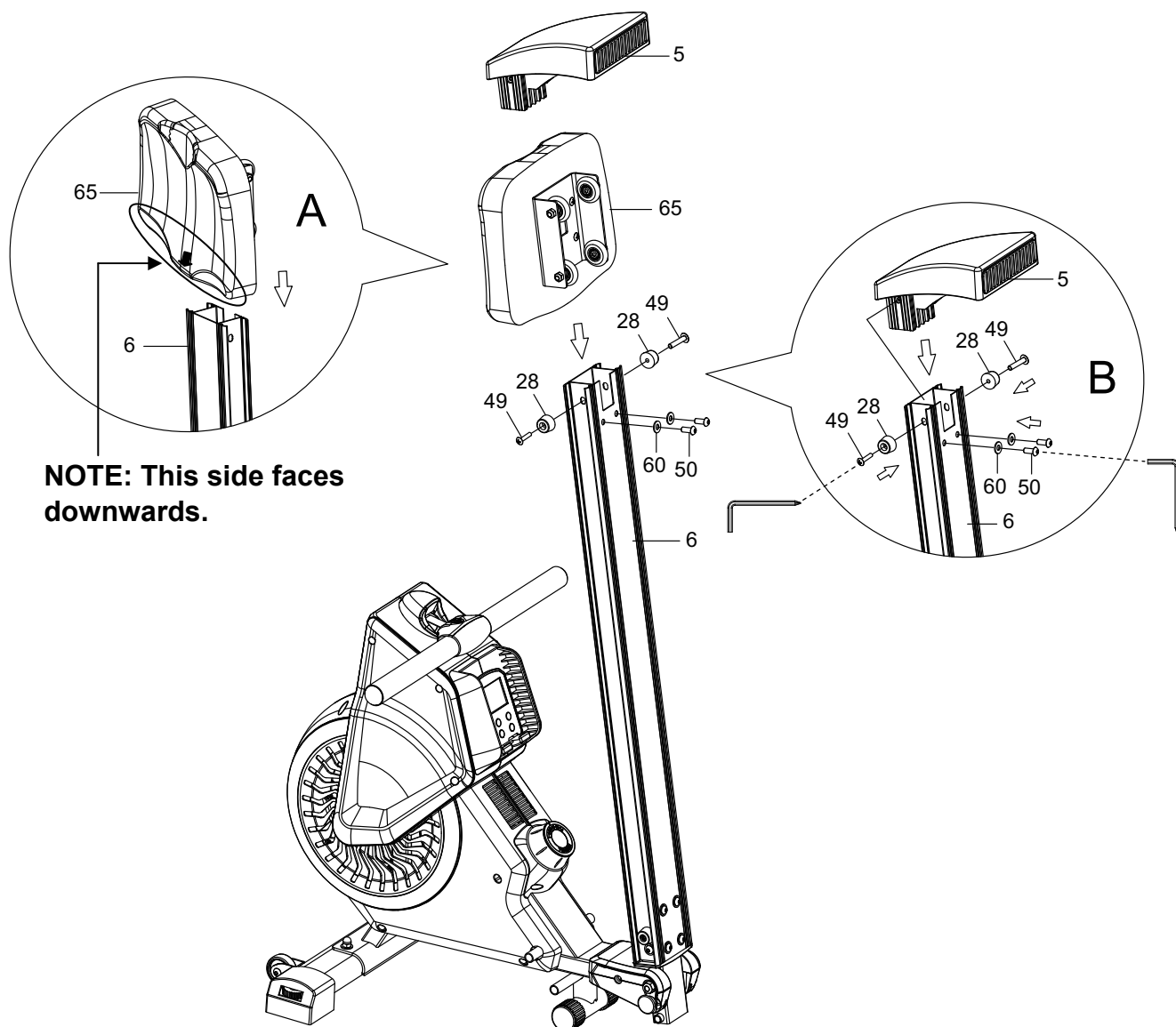
- A.** Slide the Slide Tube (6) onto the Support Slide Tube (12) and align bolt holes. Attach the Slide Tube (6) onto the Support Slide Tube (12) with four Hexagon Socket Button Head Bolts (50) and four Washers (60). Tighten bolts with the Allen Wrench with Phillips Screwdriver provided.
- B.** Attach the Slide Tube (6) onto the Support Slide Tube (12) with two Buffers (28), two Cross Recessed Truss Head Bolts (49), two Hexagon Socket Button Head Bolts (50) and two Washers (60). Tighten bolts with the Allen Wrench with Phillips Screwdriver provided.

Hardware:



STEP 2

(28) Buffer	2 PCS
(49) Cross Recessed Truss Head Bolt	2 PCS
(50) Hexagon Socket Button Head Bolt	6 PCS
(60) Washer	6 PCS

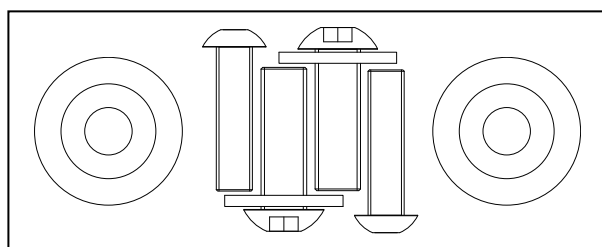


STEP 3

A. Slide the Seat (65) to the Slide Tube (6).

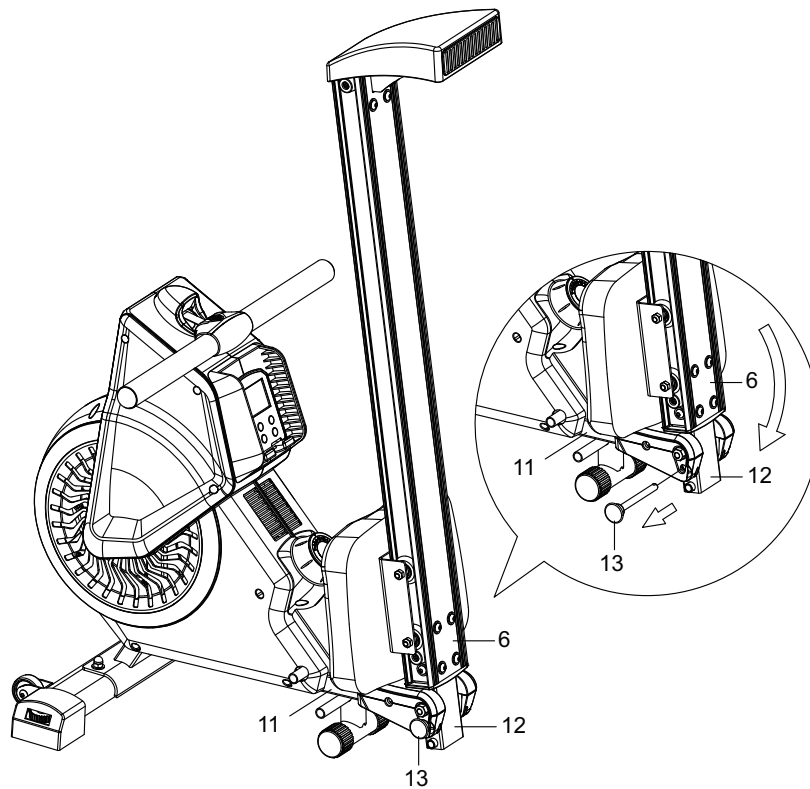
B. Attach the Rear Stabilizer (5) to the rear end of the Slide Tube (6) with two Buffers (28), two Cross Recessed Truss Head Bolts (49), two Hexagon Socket Button Head Bolts (50) and two Washers (60). Tighten bolts with the Allen Wrench with Phillips Screwdriver provided.

Hardware:



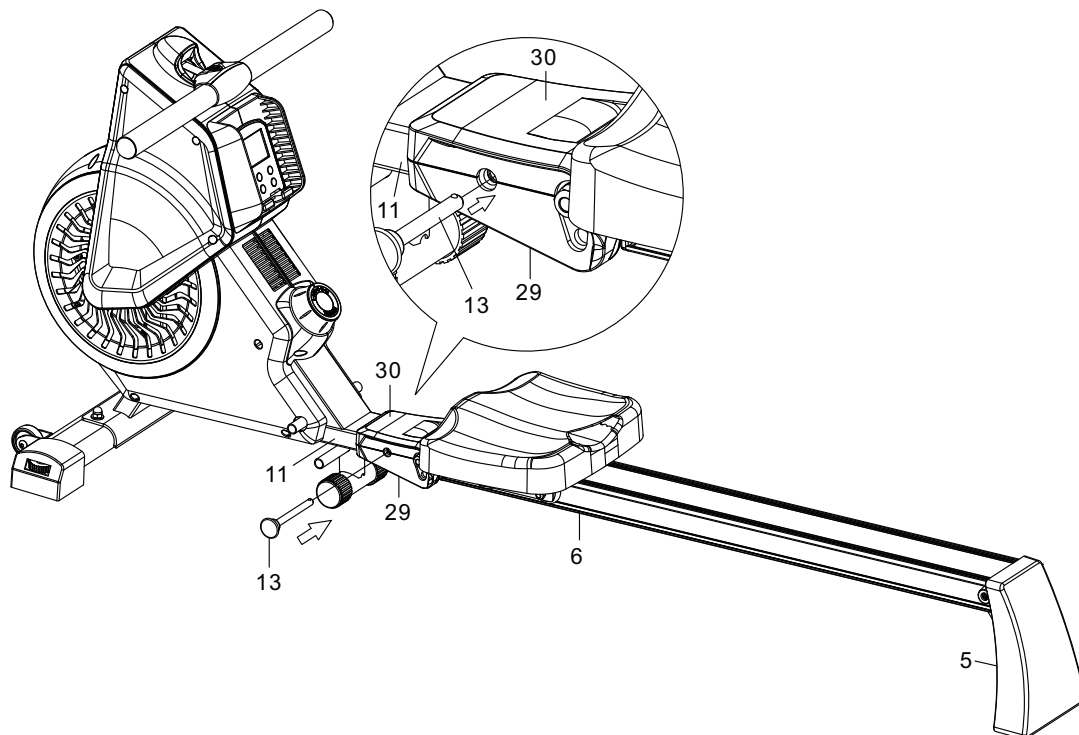
STEP 3

(28) Buffer	2 PCS
(49) Cross Recessed Truss Head Bolt	2 PCS
(50) Hexagon Socket Button Head Bolt	2 PCS
(60) Washer	2 PCS



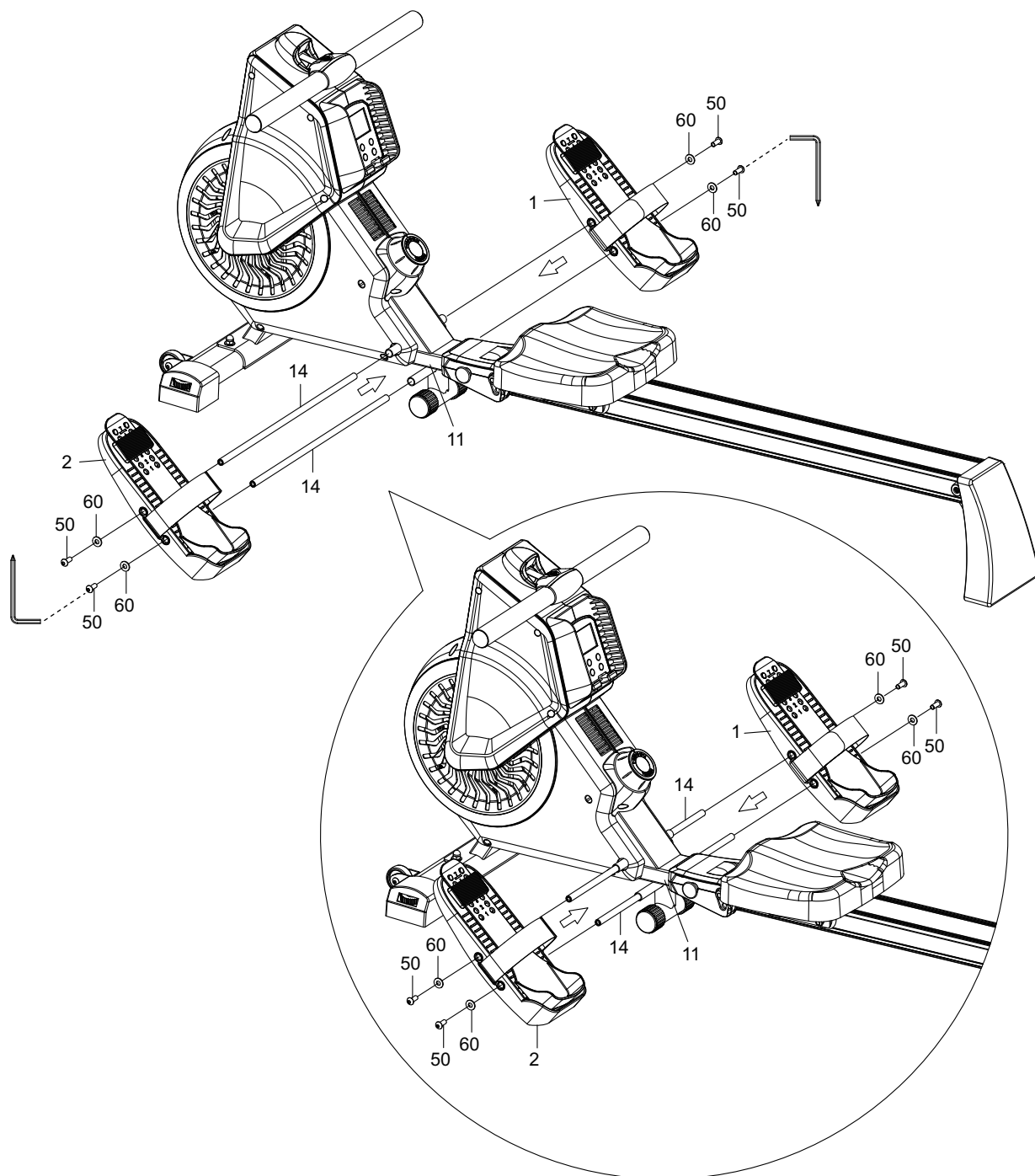
STEP 4

Hold the Slide Tube (6) with one hand and use the other hand to pull out the Safety Pin (13) from the Main Frame (11) and Support Slide Tube (12).



STEP 4-1

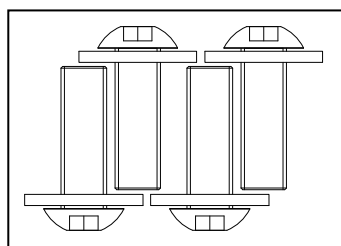
Lower the Rear Stabilizer (5) until it makes contact with the floor. Lift the Main Frame (11) and Slide Tube (6) to align the holes and insert the Safety Pin (13) into the hole on the Main Frame (11).



STEP 5

Insert both Foot Pedal Axles (14) onto the Main Frame (11), and insert both Right and Left Foot Pedals (1, 2) onto the Foot Pedal Axles (14). Tighten both Right and Left Foot Pedals (1, 2) in place with four Hexagon Socket Button Head Bolts (50) and four Washers (60) by using the Allen Wrench with Phillips Screwdrivers provided.

Hardware:

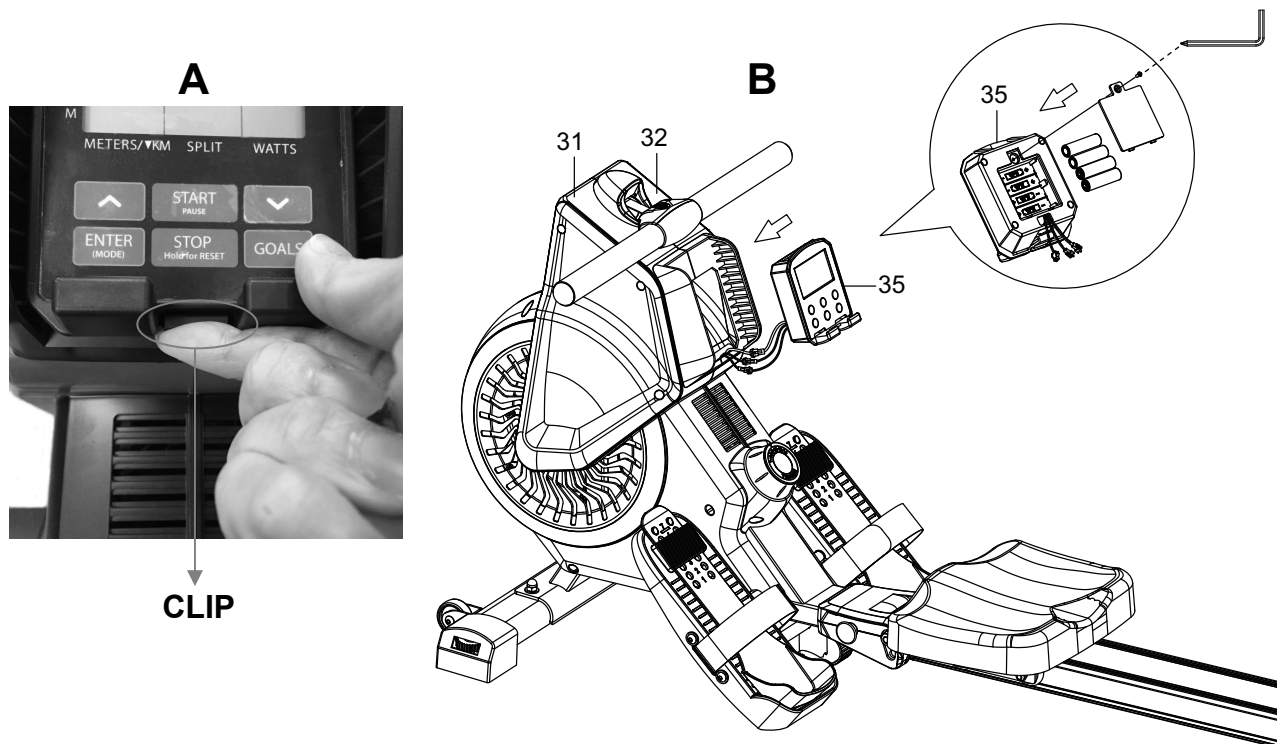


STEP 5

(50) Hexagon Socket Button Head Bolt 4 PCS

(60) Washer

4 PCS

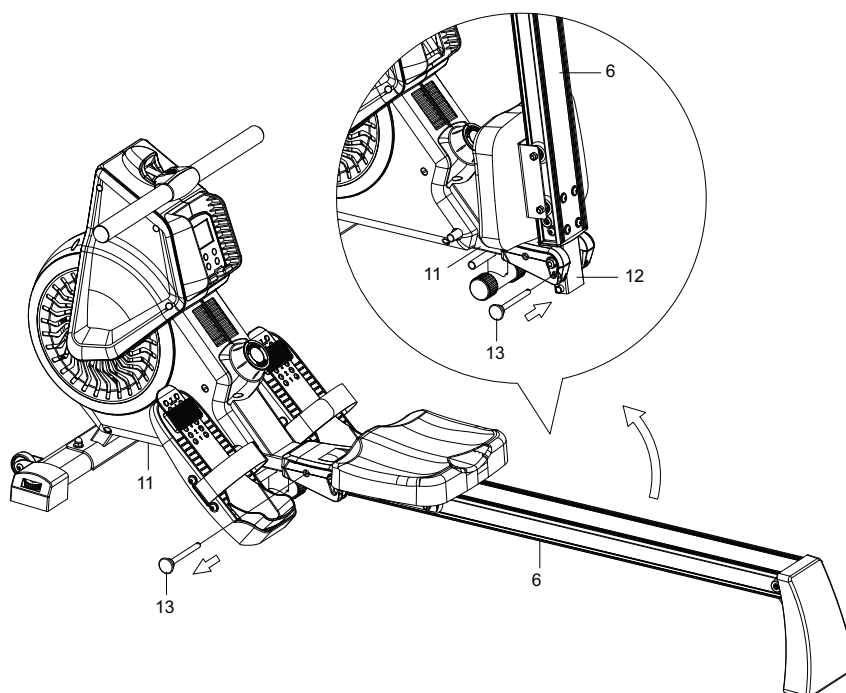


STEP 6

- A.** Lift up on the CLIP and gently pulling the Computer Console (35) out. **BE CAREFUL** when pulling the Computer Console (35) out. There are three wires attached to the backside.
- B.** Using the Allen Wrench with Phillips Screwdriver to remove the screw from the Computer Console (35) to open the battery cover. Place four size AA batteries into the battery housing with the positive and negative poles as labeled. Reattach the battery cover and secure with the screw that was removed. Replace the Computer Console (35) back into the rower. Make sure the three wires are still connected before replacing the Computer Console (35). If any one of them is not connected, the Computer Console (35) will not function correctly.

Make sure that all parts are properly tightened before using the equipment.

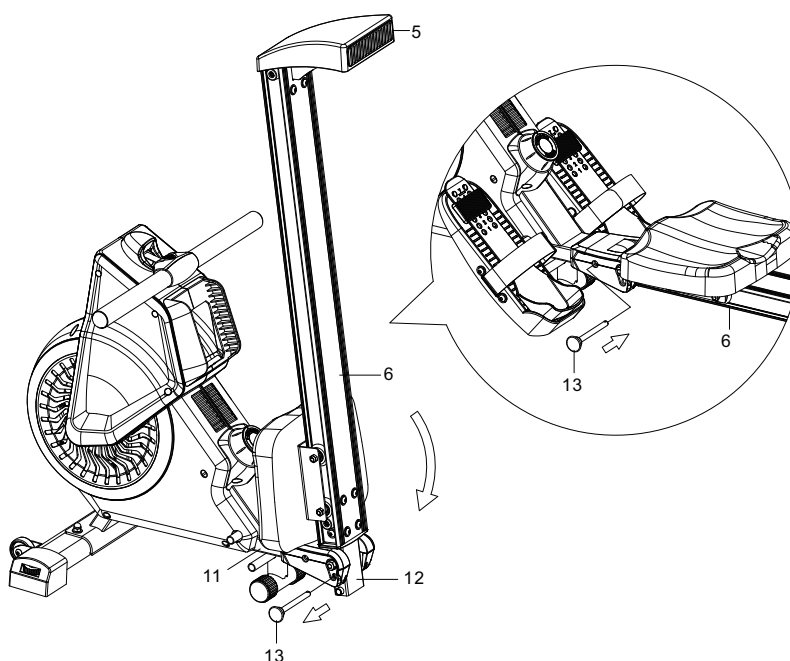
STORAGE



To store the Rower:

Hold the Slide Tube (6) with one hand and use the other hand to pull out the Safety Pin (13) from the Main Frame (11).

Lift the Slide Tube (6) up until the Main Frame (11) and Support Slide Tube (12) to align the holes and insert the Safety Pin (13) into the hole on the Main Frame (11).



To use the Rower:

Hold the Slide Tube (6) with one hand and use the other hand to pull out the Safety Pin (13) from the Main Frame (11) and Support Slide Tube (12).

Lower the Rear Stabilizer (5) until it makes contact with the floor. Lift the Main Frame (11) and Slide Tube (6) to align the holes and insert the Safety Pin (13) into the hole on the Main Frame (11).

MAINTENANCE

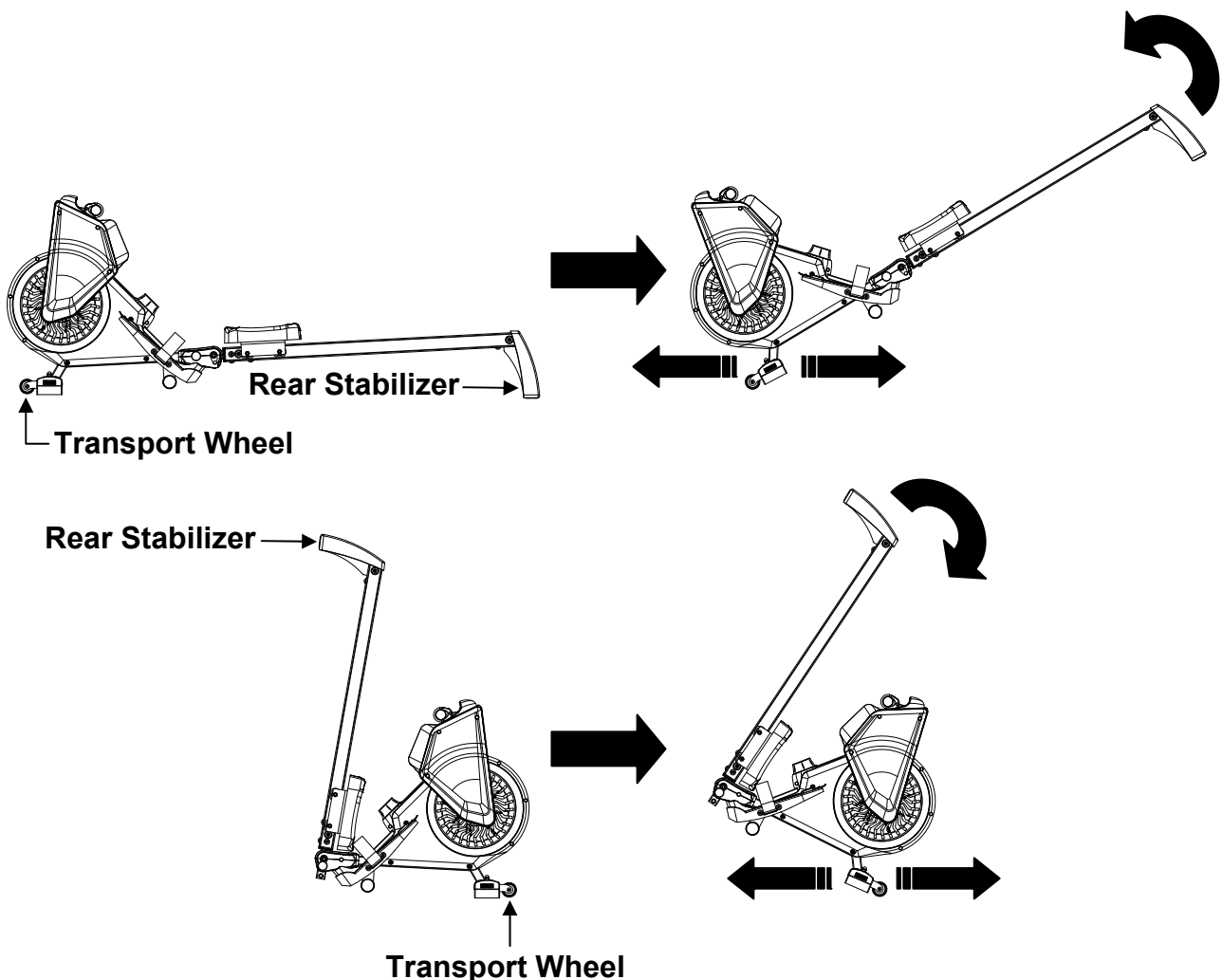
The rower can be cleaned with a soft damp cloth. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the rower after each use. Be careful not to get excessive moisture on the computer display panel as this might cause an electrical hazard or it may cause the electronics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

Keep the computer console and the rower, out of direct sunlight to prevent screen damage. The rower is sturdy and balanced when in storage mode but do NOT hang articles of clothing on it. The clothing can unbalance the rower and it could fall over.

Do NOT allow children or pets near the rower when in storage mode.

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

MOVING THE ROWER



Hold the Rear Stabilizer and lift the rower until the Transport Wheels make contact with the floor. Push or pull the unit to the desired location, then gently lower the Rear Stabilizer to the ground.

OPERATING THE COMPUTER



USING THE COMPUTER CONSOLE

Power On: The computer console will turn on when the user starts rowing or presses a button on the computer console.

Power Off: The computer console will automatically turn off after 20 minutes of inactivity.

Reset: Press and hold the STOP button for 3 seconds to reset the computer console.

Pause: Press the START button during a workout.

Start Workout: Press the START button on the computer console to begin tracking your workout.

End Workout: Press the STOP button to end a workout and show the workout results.

WORKOUT DISPLAY

STROKES: Will track the total number of strokes/pulls during the workout, up to a total of 9999.

CAL: Will track the number of calories burned during the workout, up to a value of 999. This Calorie burn is only an estimated value based on an average user.

TIME: Will track the total workout time, up to a maximum value of 99:59 minutes.

SPM: Will display the average number of strokes you are pulling in a minute based on the current workout pace.

This display will shift between SPM and METERS every 4 seconds.

See the indicator arrow for the value currently being displayed.

METERS: Will track your distance in meters, up to a maximum value of 9999 meters. The Computer console will change to KILOMETERS (KM) when 9999 meters is reached.

This display will shift between SPM and METERS every 4 seconds.

See the indicator arrow for the value currently being displayed.

SPLIT: Will display the average time it takes to travel 500 meters based on the current workout pace.

WATTS: Will display the current workout effort in the form of Watts.

The Watts value is dependent on the length of the pull, the pace of the workout, and the resistance level.

The resistance level control knob is wired to the computer console to track the effort of the workout based on the resistance level set on the control knob.

At the end of the workout, this section will show the MAX watt values reached during the workout.

SETTING WORKOUT GOALS

1. Press the GOALS button before starting a workout to set a METERS, TIME, CALORIES, or STROKES GOAL.
2. Press the GOALS button until the desired GOAL option is flashing.
3. Use the UP and DOWN buttons to adjust the GOAL value.
4. Press the ENTER button to confirm the GOAL value.
5. Press the START button to begin the workout.
6. The computer console will beep 3 times when the GOAL is achieved.

END WORKOUT

End the workout by pressing the STOP button. The workout results will stay on the display for reviewing.

The TOTAL STROKES, TOTAL TIME, TOTAL CALORIES, AVERAGE SPM, TOTAL METER/KILOMETERS, AVERAGE SPLIT TIME, and the MAX WATT level reached. Press the STOP button a second time to return to the main screen.

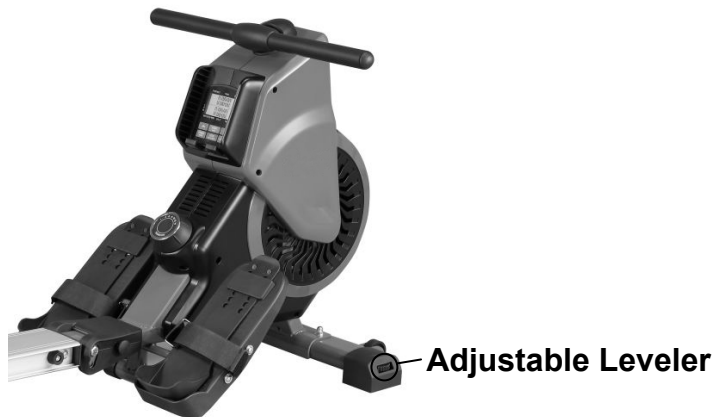
ADJUSTMENTS



Adjusting the Tension Control Knob

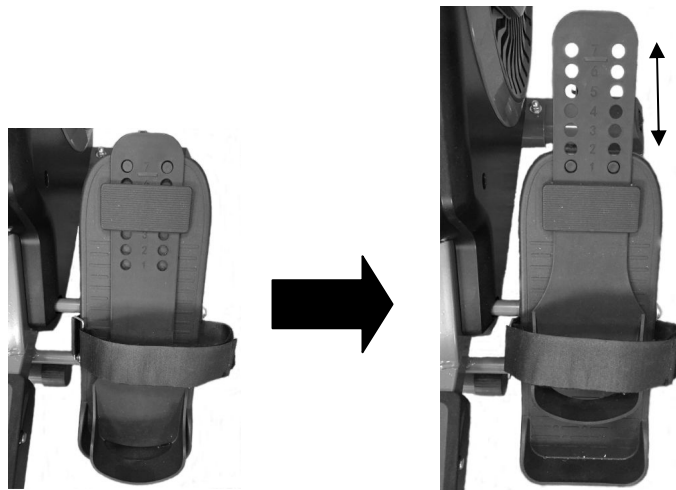
To increase the tension, turn the tension control knob in a clockwise direction.

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



Adjusting the Adjustable Leveler

Turn the adjustable leveler on the front stabilizer as needed to level the rower.



Adjusting the Adjustable Foot Pedal

First pull the adjustable foot pedal up and then slide the adjustable foot pedal up or down direction to the suitable position. Lock the adjustable foot pedal in place by pushing down the adjustable foot pedal to the suitable level dots on the foot pedal.

TROUBLESHOOTING

PROBLEM: The rower wobbles when in use.

SOLUTION: Turn the adjustable level on the front stabilizer as needed to level the rower.

PROBLEM: There is no display on the computer console.

SOLUTION: Remove the computer console and verify the wires that come from the computer console are properly connected to the wires that come from the main frame.

SOLUTION: Check that the batteries are correctly positioned and battery springs are in proper contact with batteries.

SOLUTION: The batteries in the computer console may be dead. Replace the dead batteries with new batteries. Do NOT mix old and new batteries.

PROBLEM: The rower makes a noise when in use.

SOLUTION: The bolts may be loose on the equipment. Please inspect all of the nuts, bolts, screws and tighten any loose Hardware.

PROBLEM: The computer console is on but it is not tracking my workout. The strokes are not counting up.

SOLUTION: Press the START button before starting your workout. The computer console does NOT auto start when user starts pulling on the strap. This is to allow you to choose setting up a workout goal option before starting the workout.

SOLUTION: Make sure the 3 computer console wires on the back of the computer console are connected.

If the above troubleshooting section does not fix the problem, discontinue use the rower.

PLEASE CONTACT YOUR LOCAL DEALER FOR SUPPORT.

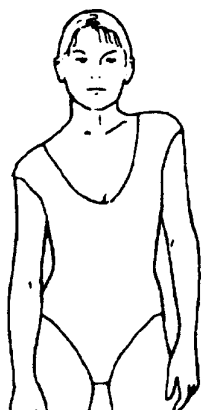
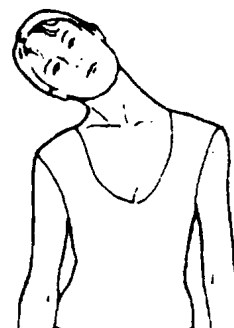
WARM UP AND COOL DOWN ROUTINE

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.

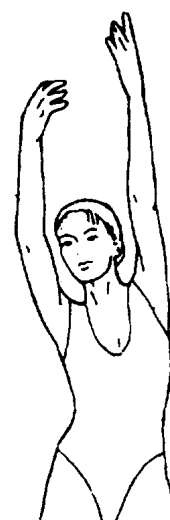
HEAD ROLLS

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.

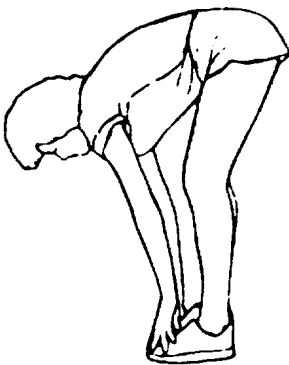


QUADRICEPS STRETCH

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.

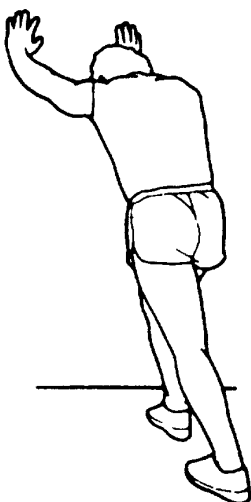
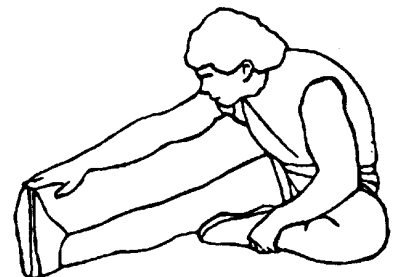


TOE TOUCHES

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.