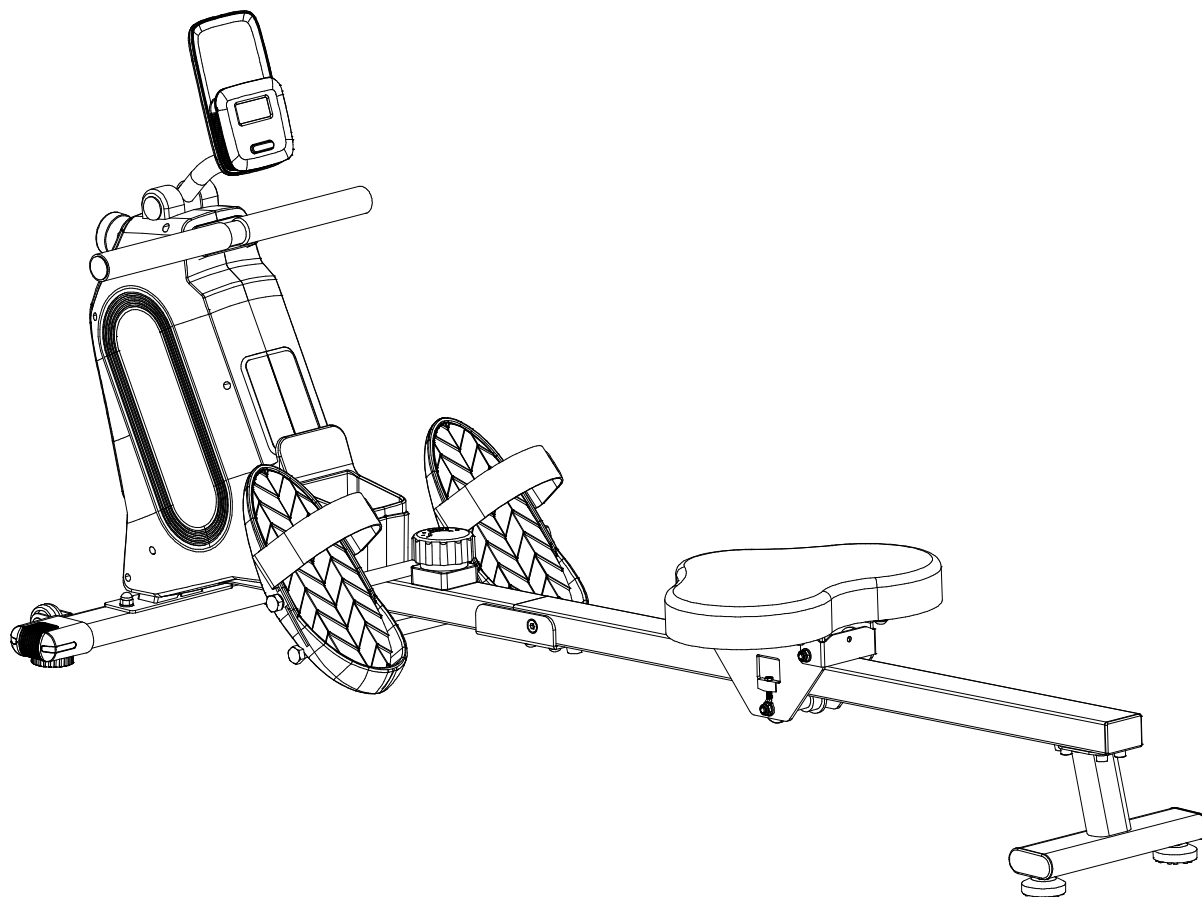


APOPI Magnetic Rowing Machine

ITEM NO.: 30650

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.

2023, Oct.

TABLE OF CONTENTS

WARRANTY -----	2
IMPORTANT SAFETY INSTRUCTIONS -----	3
PARTS LIST -----	4
HARDWARE AND TOOLS PACK -----	6
EXPLODED VIEW -----	7
ASSEMBLY INSTRUCTIONS -----	8
OPERATING THE COMPUTER CONSOLE -----	13
STORAGE -----	14
MOVING THE ROWER -----	15
ADJUSTMENTS -----	16
MAINTENANCE -----	17
TROUBLESHOOTING -----	17
WARM UP AND COOL DOWN ROUTINE -----	18

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 rower. Read all instructions before using it.

1. Read and carefully follow all instructions before using this rower. Ensure that the rower is properly assembled and tightened before use.
2. Before exercising, warm-up exercises are recommended to prevent muscle injury..
3. Before use, please ensure that all parts are undamaged and securely fastened. Place the rower on a flat surface during use.
4. Never drop or insert any object into any opening.
5. Keep your hands and feet away from moving parts.
6. When using this rower, wear appropriate clothing and shoes. Avoid clothing that may catch on any part of the machine, and remember to secure the pedal straps.
7. Do not attempt any maintenance or adjustments beyond those described in this manual. If any issues arise, discontinue use and consult your local dealer.
8. This rower is not intended for therapeutic purposes.
9. Keep children and pets away from the rower at all times.
10. Children should not use the rower without adult supervision.
11. Disabled individuals should not use the rower without a qualified person or physician in attendance.
12. Do not jump on the rower, and do not use it outdoors.
13. Inspect and tighten all parts each time before using this rower.
14. This rower is for household use only; it is not a commercial model.
15. Only one person at a time should use this rower.
16. If you experience chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.
17. Take care when mounting or dismounting the rower.
18. Do not allow children to use or play on the rower; it is designed for adult use. The minimum required free space for safe operation is not less than two meters.
19. The maximum weight capacity for this product is 110 kg.

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. Retain this Owner's Manual for future reference.

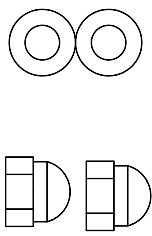
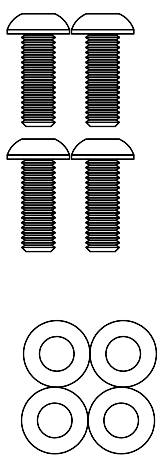
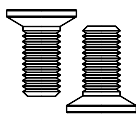
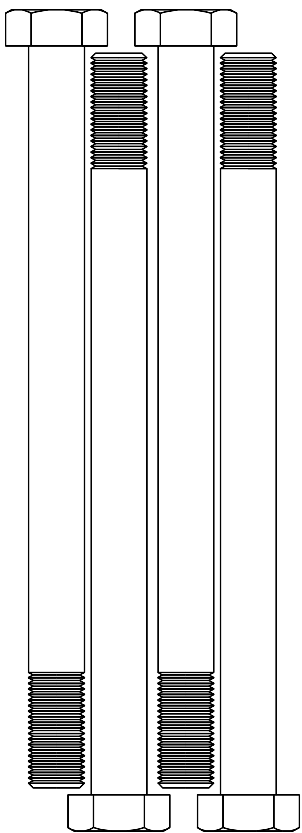
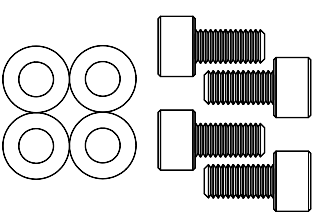
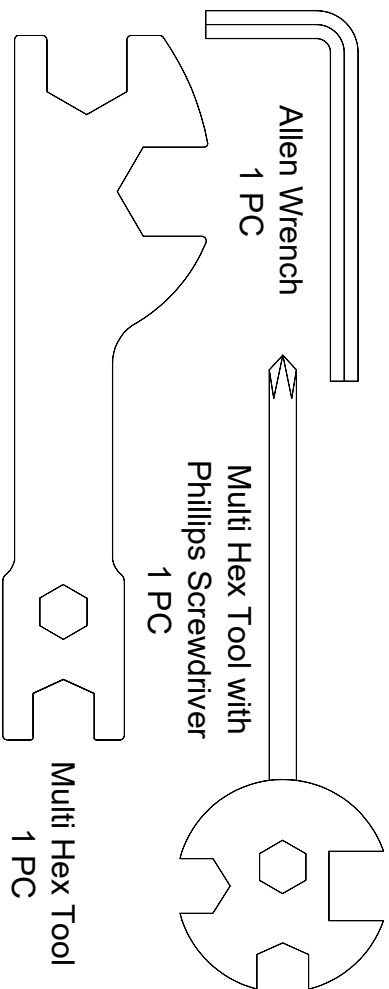
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Main Frame	1	031	Foot Pedal	2
002	Front Stabilizer	1	032	Pedal Strap (50x580)	2
003	Slide Tube	1	033	Front Stabilizer End Cap	2
004	Rear Stabilizer	1	034	Hexagon Socket Pan Head Cap Bolt M8x40	2
005	Computer Post	1	035	Cap Nut M8	2
006	Handlebar Ø28	1	036	Transport Wheel Ø42xØ8.2x22	2
007	Seat	1	037	Computer Console	1
008	Washer Ø8xØ16x1.5T	19	038	Shaft Cover	2
009	Spring Washer Ø8	4	039	Handlebar End Cap Ø28	2
010	Hexagon Socket Pan Head Cap Bolt M8x20	8	040	Handlebar Foam Grip Ø27xØ33x274	2
011	Seat Plate 185x157x4.0T	2	041	Step Bolt Ø14x72xM8	1
012	Link Bracket 179x38x2.0T	2	042	Computer Post Bushing Ø32x3x19xØ14.1	2
013	Hexagon Head Bolt M8x100	3	043	Washer Ø8xØ25x2.0T	1
014	Spacer Ø15xØ8x4	6	044	Adjustable Leveler Ø52x19-M8x30	1
015	Seat Roller Ø39x69	3	045	Hexagon Thin Nut M8xB4	2
016	Silicone Pad I	1 Set	046	Handlebar Holder	1
017	Silicone Pad II	1	047	Cross Recessed Pan Head Bolt M5x10	3
018	Nylon Nut M8	6	048	Hexagon Head Bolt M6x55	1
019	Eyebolt M6x36	4	049	C-ring Ø10x1.0	2
020	Tension Bracket 31x30x1.0T	4	050	Guide Wheel Axle Ø10x40	1
021	Nylon Nut M6 (S10)	4	051	Water Bottle Holder	1
022	Hexagon Socket Round Head Cap Bolt M8x15	4	052	Guide Wheel Ø45x35	1
023	Rear Stabilizer End Cap	2	053	Washer Ø6xØ12x1.0T	1
024	Nut M8	2	054	Nylon Nut M6	1
025	Adjustable Leveler Ø52x18-M8x30	2	055	Sensor Wire (L=310mm)	2
026	Rectangular End Cap (□60x40)	1	056	France Nut M10x1.0x9	4
027	Buffer Ø22x11	2	057	Hexagon Thin Nut M10x1xB5	4
028	Cross Recessed Pan Head Bolt M6x15	2	058	Strap And Pulley Set	1
029	Hexagon Socket Countersunk Head Bolt M8x20	2	059	Sensor Bracket	1
030	Hexagon Head Bolt M12x155	4	060	Flywheel	1

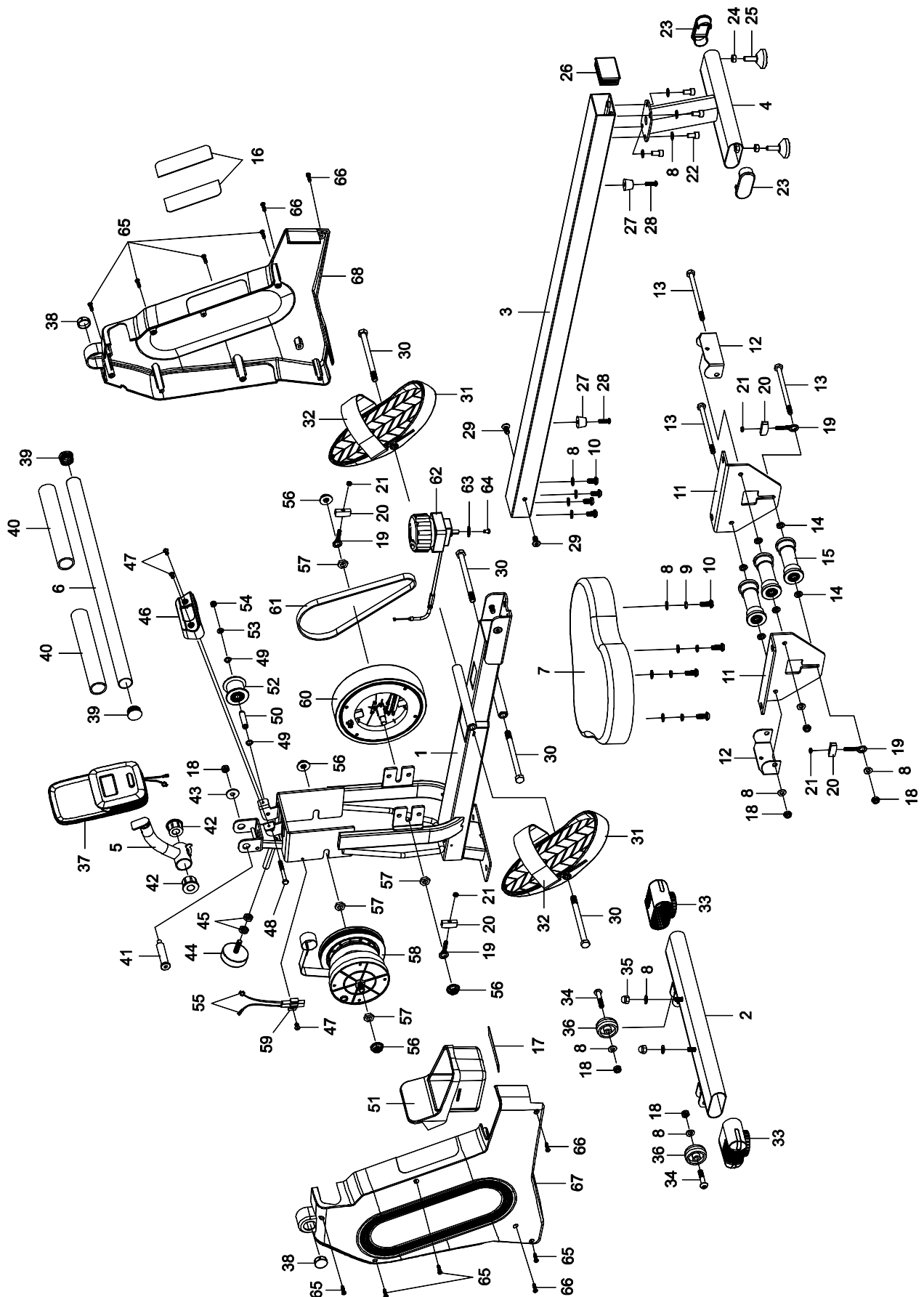
PARTS LIST

No.	Description	Qty	No.	Description	Qty
061	Belt (220J)	1	065	Cross Recessed Pan Head Tapping Screw ST4.2x25	8
062	Tension Control Knob	1	066	Cross Recessed Pan Head Drilling Screw with Tapping Screw Thread ST4.2x25	4
063	Washer Ø5	1	067	Left Cover	1
064	Cross Recessed Pan Head Bolt M5x12	1	068	Right Cover	1

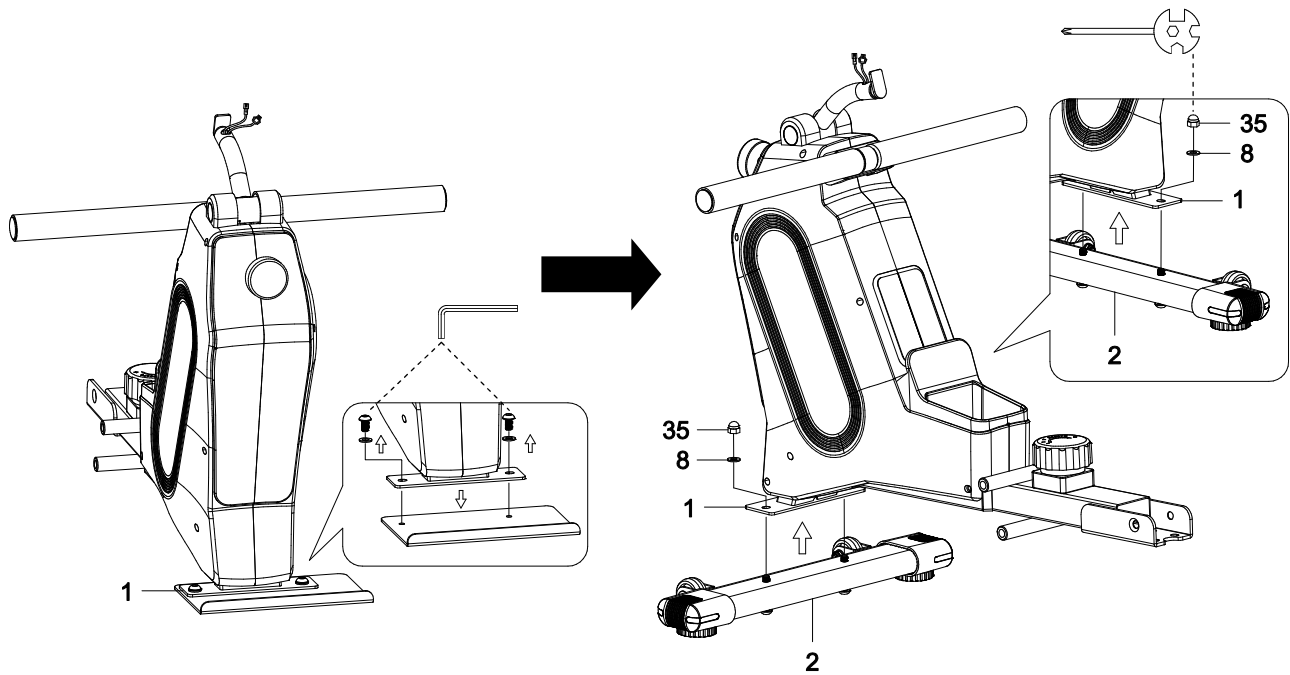
HARDWARE AND TOOLS PACK

STEP 1  (8) Washer (35) Cap Nut 2 PCS 2 PCS	STEP 5  (8) Washer (10) Hexagon Socket Pan Head Cap Bolt 4 PCS 4 PCS	STEP 5  (29) Hexagon Socket Countersunk Head Bolt 2 PCS 2 PCS
STEP 2  (30) Hexagon Head Bolt 4 PCS	STEP 4  (8) Washer (22) Hexagon Socket Round Head Cap Bolt 4 PCS 4 PCS	STEP 3  Allen Wrench 1 PC Multi Hex Tool with Phillips Screwdriver 1 PC Multi Hex Tool 1 PC

EXPLODED VIEW



ASSEMBLY INSTRUCTIONS



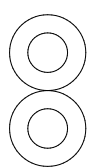
STEP 1

Remove two Bolts, two Washers, and one Metal Plate by using the Allen Wrench provided. Discard these Bolts, Washers, and Metal Plate that were attached at this point as they will not be used in the actual assembly.

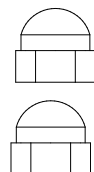
Position the Front Stabilizer (2) in front of the Main Frame (1) and align bolt holes.

Attach the Front Stabilizer (2) onto the Main Frame (1) with two Washers (8) and two Cap Nuts (35). Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided.

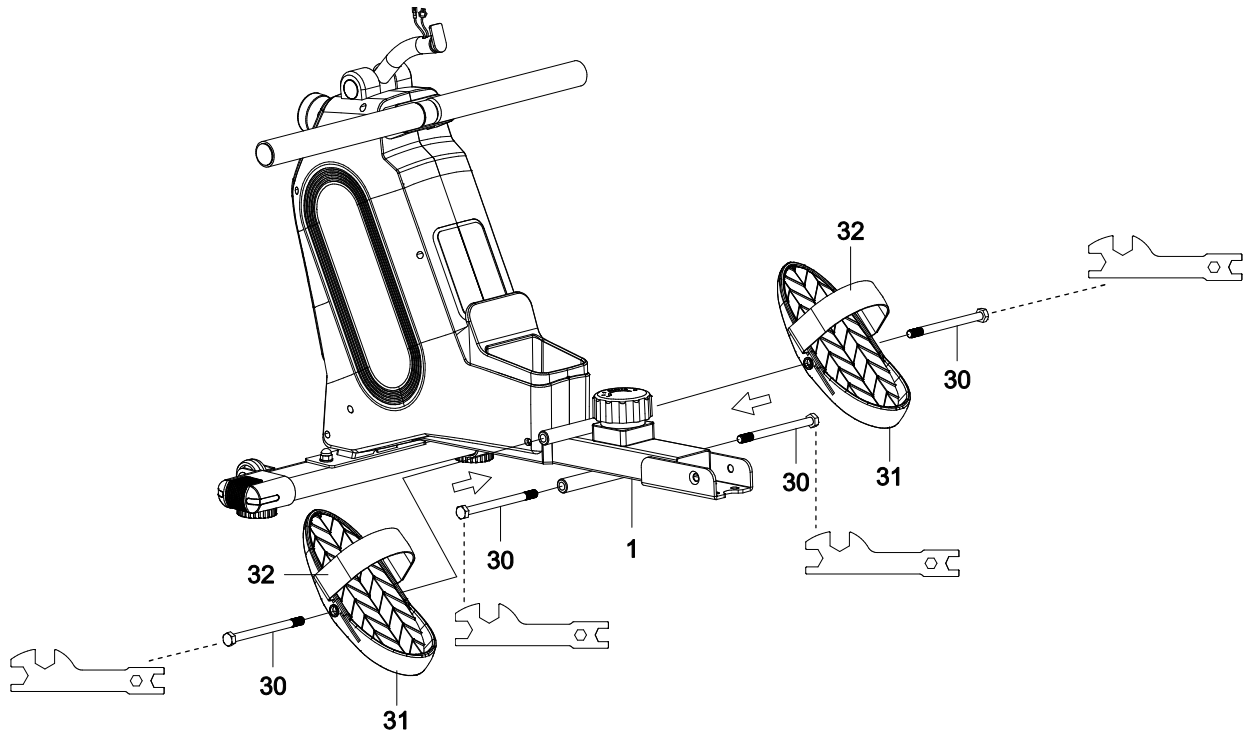
Hardware:



(8) Washer
(35) Cap Nut



2 PCS
2 PCS



STEP 2

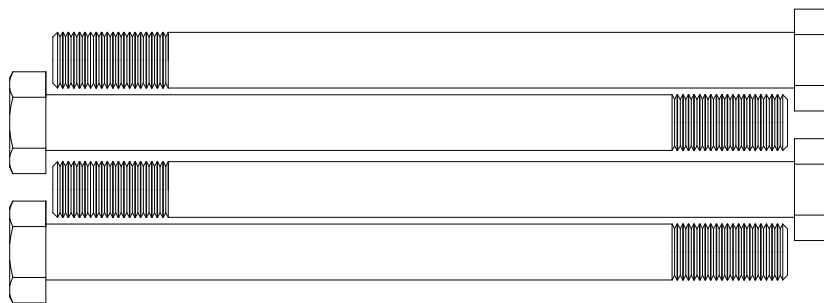
Attach one Hexagon Head Bolt (30) into the LOW bolt hole on the left side of the Main Frame (1). Tighten the bolt using the Multi Hex Tool provided.

Slide one Hexagon Head Bolt (30) through the center of the Foot Pedal (31), then attach the group of parts to the TOP bolt hole on the left side of the Main Frame (1). Tighten the bolt using the Multi Hex Tool provided.

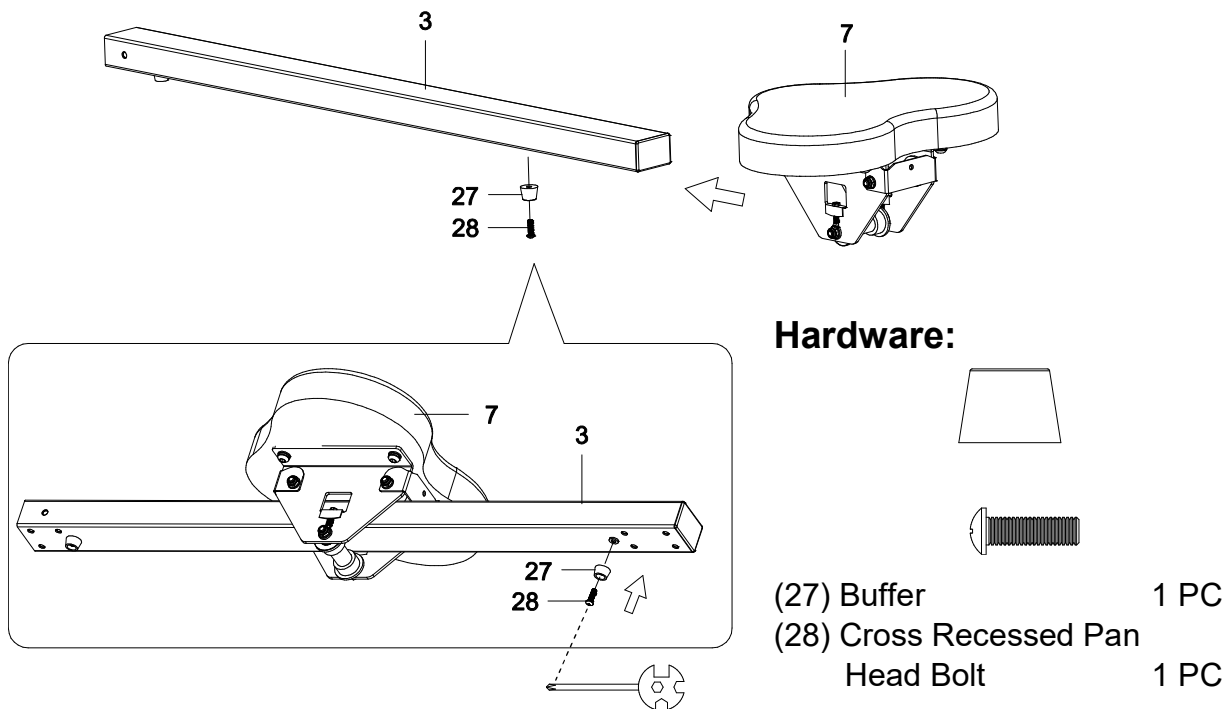
Repeat for the right side.

NOTE: The heel of the Foot Pedals (31) will rest on the lower Hexagon Head Bolts (30).

Hardware:



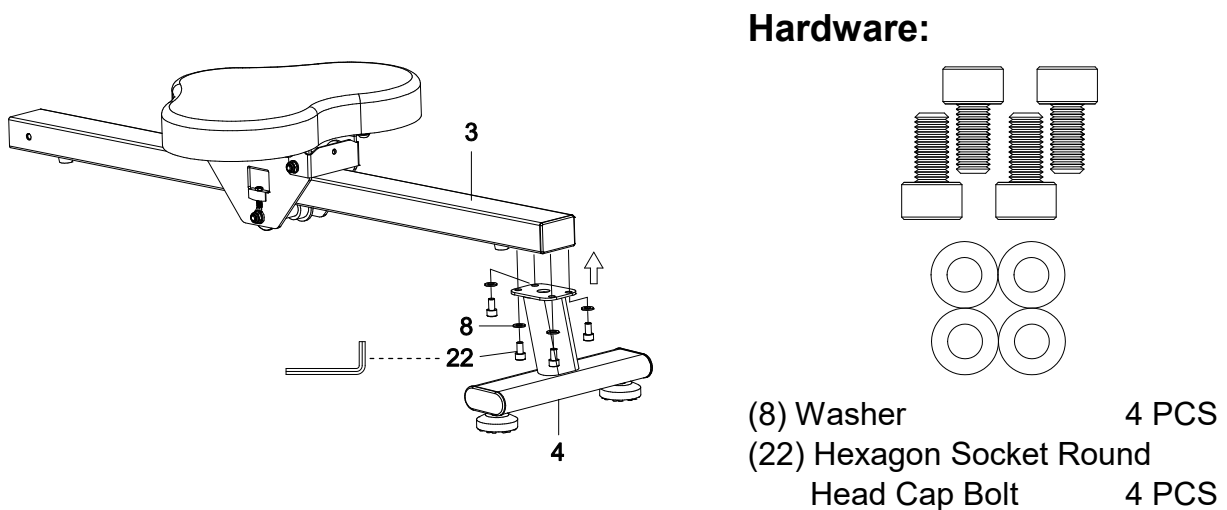
(30) Hexagon Head Bolt
4 PCS



STEP 3

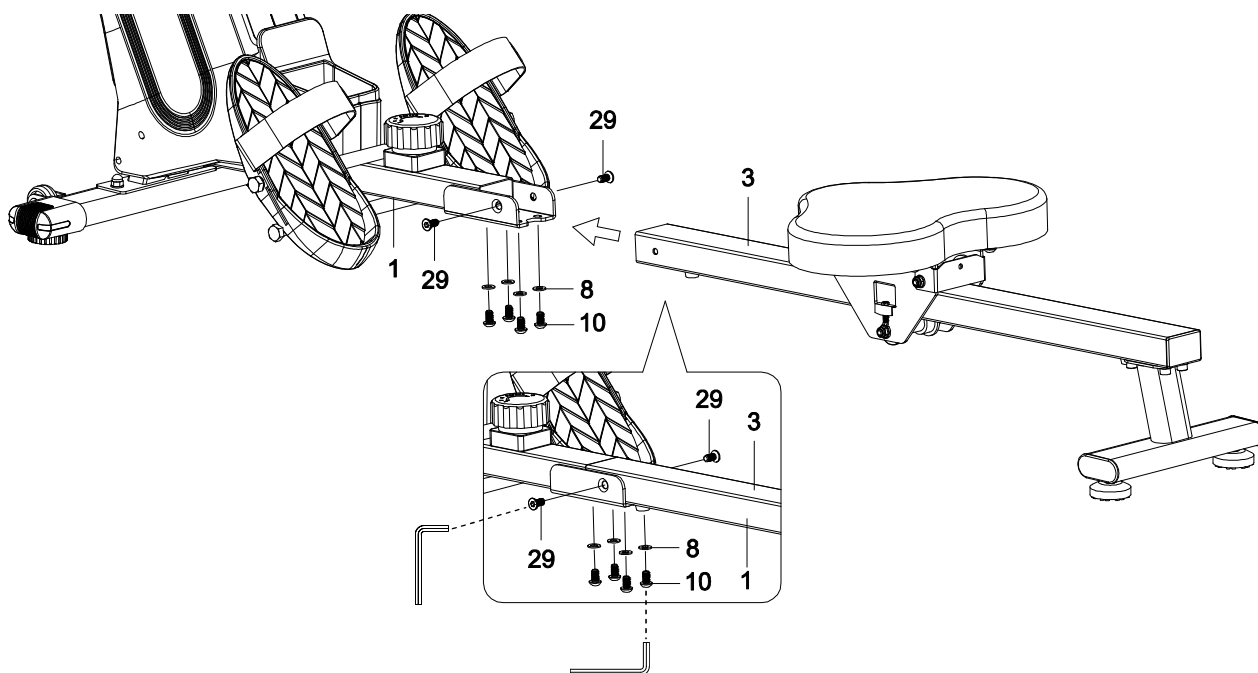
Slide the seat rollers on the Seat (7) onto the Slide Tube (3).

Attach one Buffer (27) on underside of Slide Tube (3) with one Cross Recessed Pan Head Bolt (28). Tighten the bolt with the Multi Hex Tool with Phillips Screwdriver provided.



STEP 4

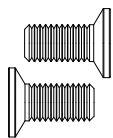
Attach the Rear Stabilizer (4) onto the underside of the Sliding Tube (2) with four Washers (8) and four Hexagon Socket Round Head Cap Bolts (22). Tighten the bolt with the Allen Wrench provided.



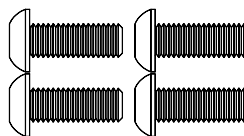
STEP 5

Slide the Slide Tube (3) into the Main Frame (1) and align bolt holes. Attach the Slide Tube (3) into the Main Frame (1) with two Hexagon Socket Countersunk Head Bolts (29), four Washers (8), and four Hexagon Socket Pan Head Cap Bolts (10). Tighten bolts with the Allen Wrench provided.

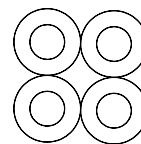
Hardware:

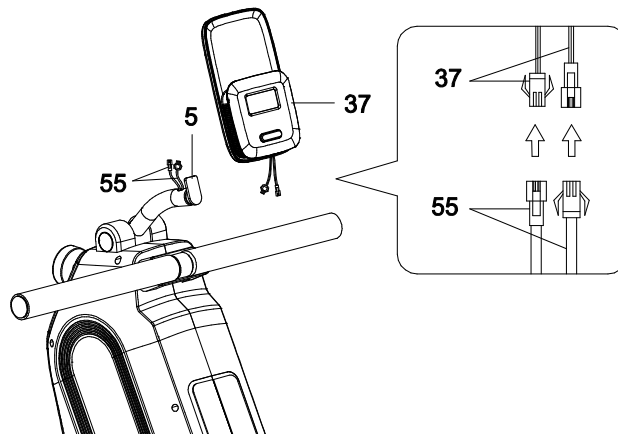


(29) Hexagon Socket
Countersunk Head Bolt 2 PCS



(8) Washer 4 PCS
(10) Hexagon Socket
Pan Head Cap Bolt 4 PCS





STEP 6

Slide the Computer Console (37) onto the Computer Post (5) until it locks into place. Connect the Sensor Wires (55) from the Computer Post (5) to the wires that come from the Computer Console (37).

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

OPERATING THE COMPUTER CONSOLE



USING YOUR COMPUTER

The computer console will turn on when the user starts rowing or presses a button on the computer console. If you leave the equipment idle for 4 minutes, the power will turn off automatically.

BUTTON FUNCTIONS:

Press the button to select the function of the computer.

Press and hold the button for 2 seconds to reset all data values to zero except the TCNT (TOTAL COUNT) data values.

COMPUTER FUNTIONS:

SCAN: Automatically scans each function in sequence.

TIME: Displays your elapsed workout time in minutes and seconds.

CNT (COUNT): Displays the number of strokes you have taken.

CALORIES: Displays approximate amount of calories burned during workout.
(This data is a rough guide for comparison of different exercise sessions and should not be used in medical treatment).

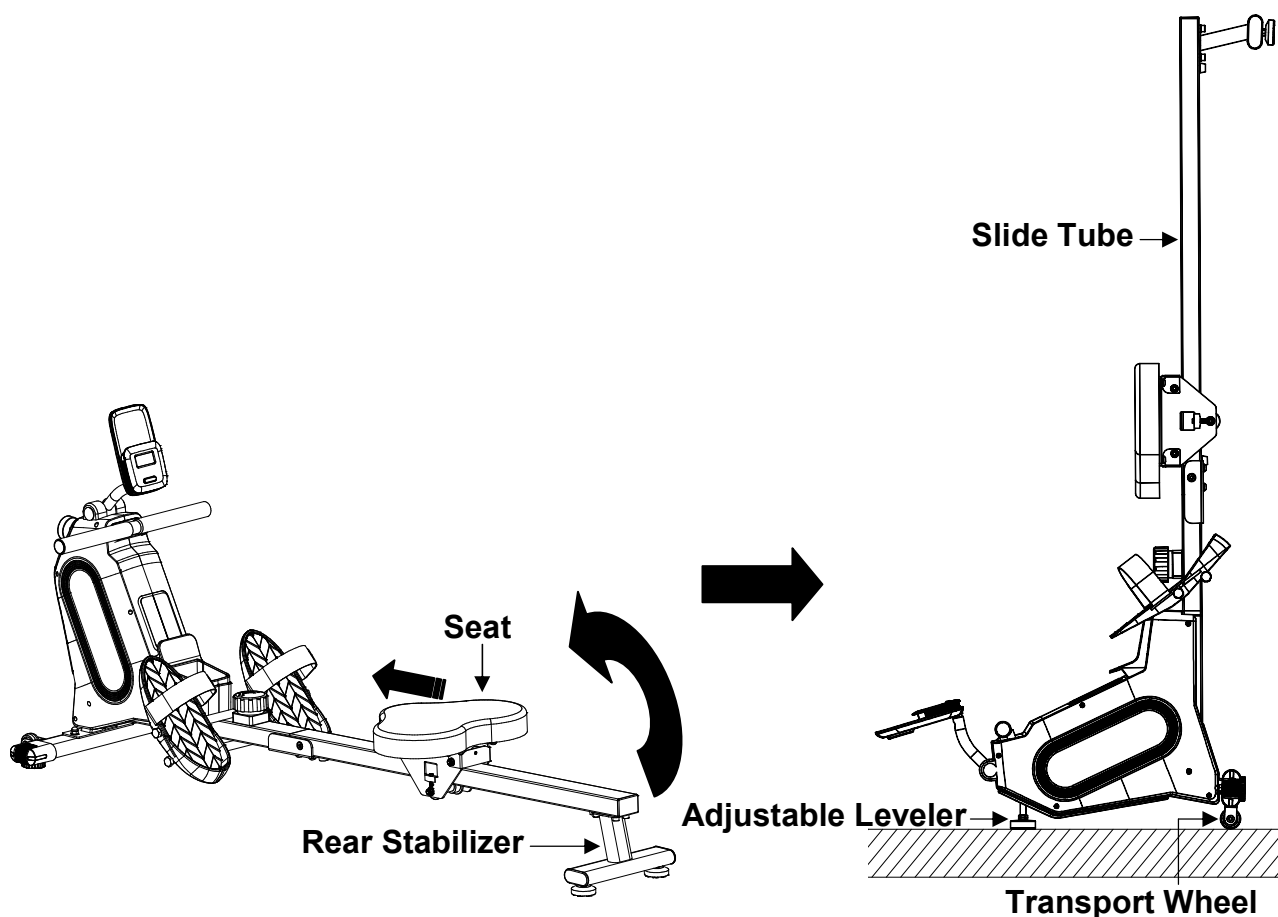
TCNT (TOTAL COUNT): Displays the accumulated number of strokes.

RPM (REVOLUTIONS PER MINUTE): Displays your current rowing speed.

HOW TO INSTALL THE BATTERIES:

1. Remove the battery covers on the back of the computer console.
2. Place two size AAA batteries into the battery housing.
3. Ensure that batteries are correctly positioned and that the battery springs are in proper contact with batteries.
4. Re-install the battery covers.
5. If the display is illegible or only partial segment appears, remove batteries and wait 15 seconds before reinstalling.

STORAGE



To store the Rower:

Before lifting the rower up into the vertical storage position please roll the **Seat** forward to the front buffer. Then lift the rower up in the vertical storage position.

Hold the **Rear Stabilizer** and pull the machine up until the **Adjustable Leveler** and **Transport Wheels** make contact with the floor as shown. Stand up for storage while not in use.

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.

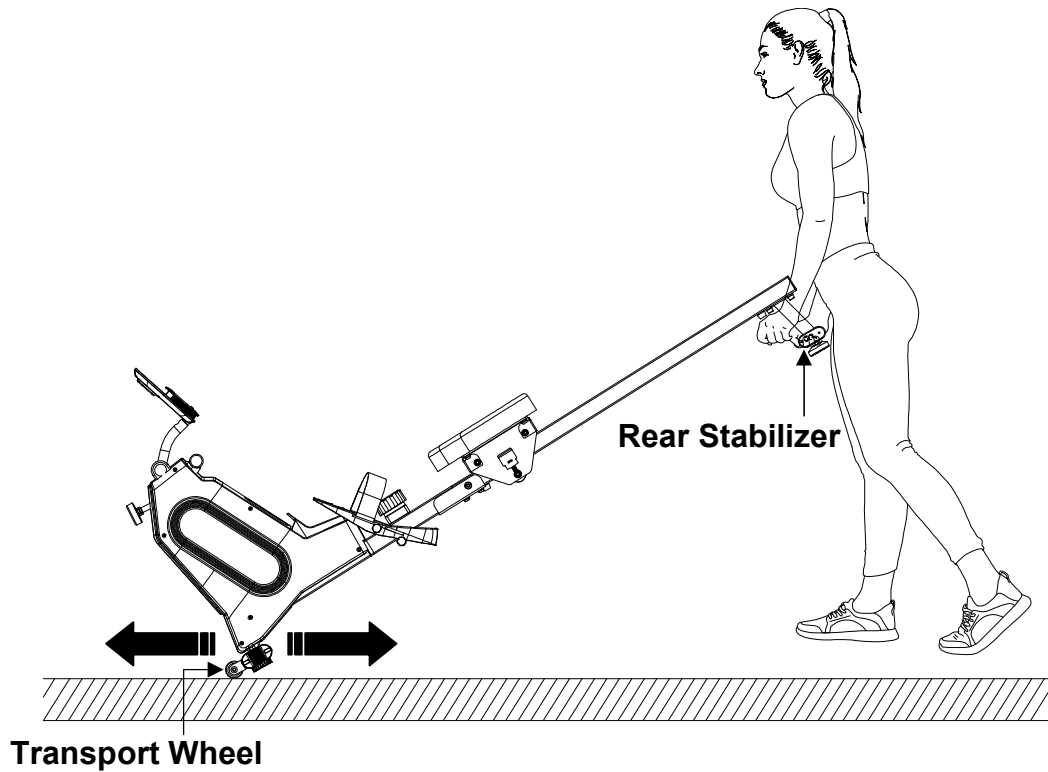
Store the rower in a clean and dry environment away from children.

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

To use the Rower:

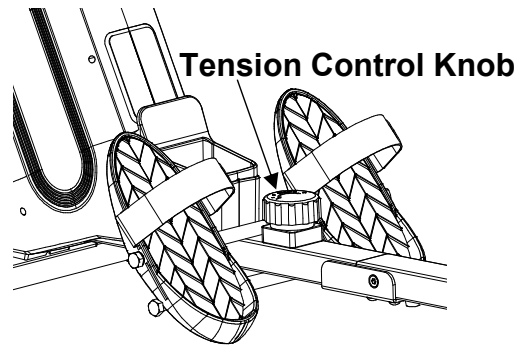
Hold the **Slide Tube** and tilt the rower towards you to lower the **Rear Stabilizer** gently to the ground.

MOVING THE ROWER



Hold the **Rear Stabilizer** and pull the machine up until the **Transport Wheels** make contact with the floor as shown. Push or pull the unit to the desired location, then gently lower the Rear Stabilizer to the ground.

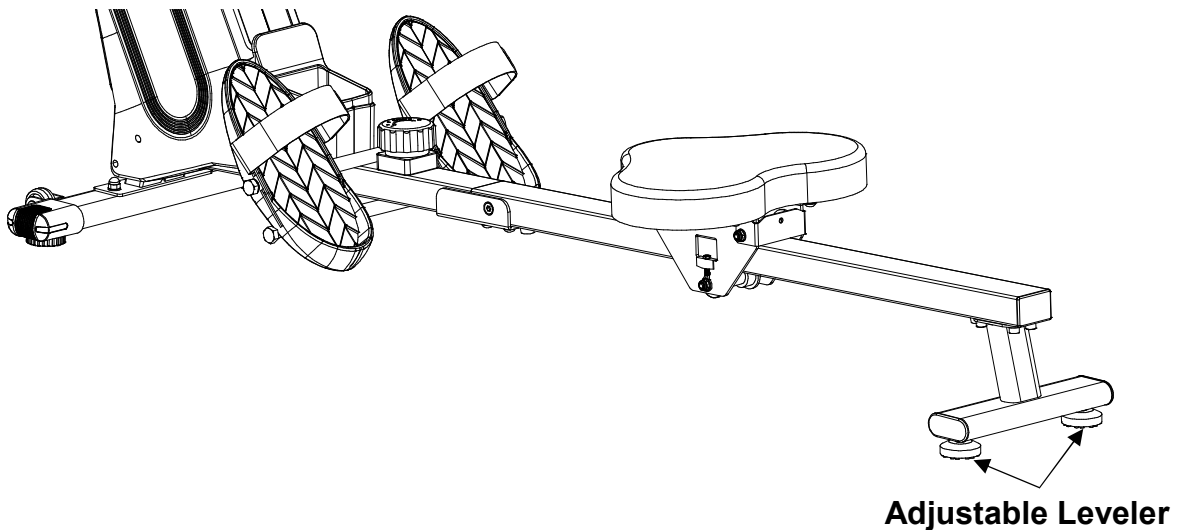
ADJUSTMENTS



Adjusting the Tension Control Knob

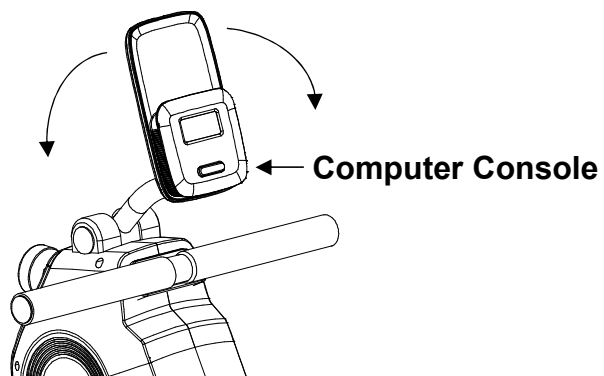
To increase the tension, turn the tension control knob in a clockwise direction.

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



Adjusting the Adjustable Leveler

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



Adjusting the angle of the Computer Console

you can pivot the computer console post to adjust the screen at an optimal viewing angle.

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 lead to electronic failure.

TROUBLESHOOTING

PROBLEM: The rower wobbles when in use.

SOLUTION: Turn the adjustable level on the rear 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 computer post.

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.

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

PLEASE CONTACT YOUR LOCAL DEALER FOR SUPPORT.

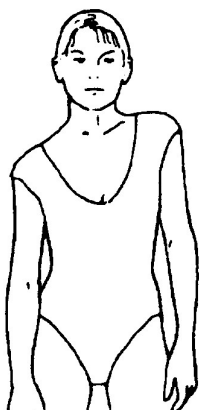
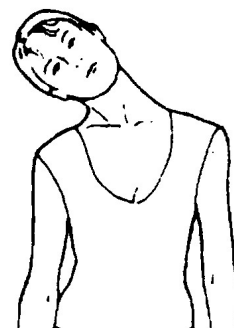
WARM UP AND COOL DOWN ROUTINE

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.

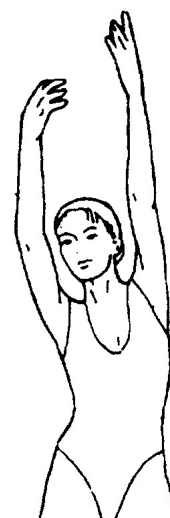
HEAD ROLLS

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.



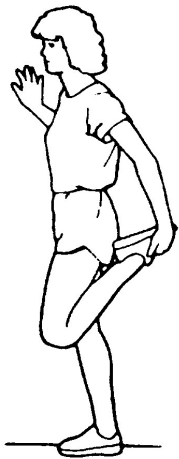
SHOULDER LIFTS

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.

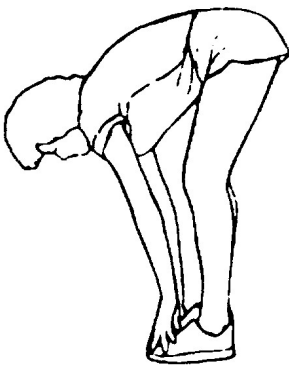


QUADRICEPS STRETCH

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.

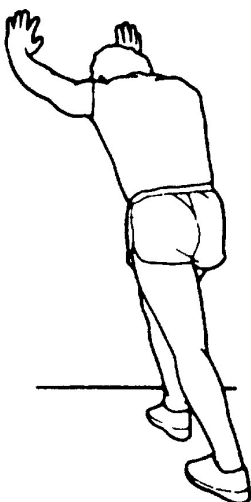
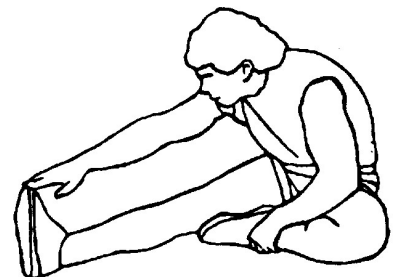


TOE TOUCHES

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.