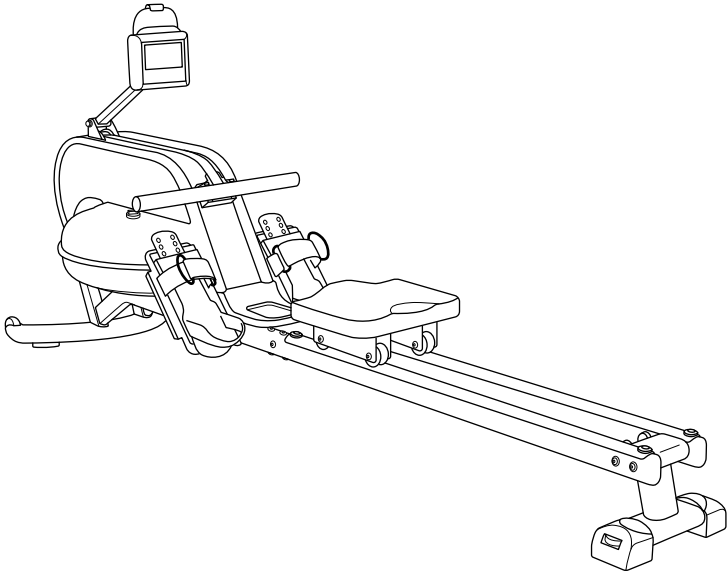




Life's short. Live longer.



Water Resistance Rower

Owner's Manual for Aqua Rower

Congratulations on Purchasing Your LifeSpan Rower!

At LifeSpan we take pride in the quality, safety, and reliability of our products as well as the professionalism of our sales support and customer service teams. We make it our number one priority that you have an exceptional experience using our products.

In support of this quality focus we pre-assemble parts on the manufacturing line whenever possible to reduce the number of steps and complexity of customer assembly. We independently certify our products to comply with the latest industry safety standards, and use state of the art production processes and quality components. We back LifeSpan products with excellent warranties and a responsive customer service department, making it simple and easy to get assistance should the need arise.

This attention to quality, our high standard for customer service and focus on innovation has earned LifeSpan numerous awards and consistent praise from independent review groups, industry authorities and you the consumer.

Thanks for choosing LifeSpan.

Please thoroughly read this manual before you assemble or operate your rower. Neither LifeSpan nor its representatives can accept responsibility for any damages or injury incurred as a result of information presented in this manual except under the terms of the product warranty.

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Specifications

Aqua Rower

Resistance System	Water
Step Height	7.5" - 8" for rail. 13" for seat.
Seat Travel	30.5"
Max User Height	6'2" (1.87 m)
Length x Width x Height	81.5" L x 20.3" W x 38.2" H 207 L x 51.5 W x 97 H cm
Transport	2 Front Wheels
Max User Weight	330 lbs (150 kg)
Heart Rate	Works with 5.3 kHz Wireless Heart Rate Strap
Product Weight	78.9 lbs (35.8 kg)

The rower is produced according to DIN EN 957-1/7 class HC.

About Your Rower

Warranty

Your LifeSpan Water Resistance Rower comes with the following limited warranty that is valid in North America. If you are outside of this area contact your local authorized LifeSpan dealer.

Frame	10 Years
Parts	2 Year
Labor	1 Year

LifeSpan warrants that the equipment it manufactures is free from defects in materials and workmanship under normal use and services. The periods above are based on the date of purchase. During these periods, LifeSpan will repair or replace any defective part. Free labor is included on all parts that are not normally assembled or replaced by the customer within the labor period.

If within the time frames specified above, if any part fails to operate properly, login to our website at www.LifeSpanFitness.com, click on "Customer Service" and complete the form to request assistance or call 801-973-9993 x4 for a Customer Service Agent (please note that certain kinds of service should only be performed by a qualified service technician).

LifeSpan reserves the right to make changes and improvements to our products without incurring any obligations to similarly alter any product purchased. In order to insure our product warranty and to ensure the safe and efficient operation of your LifeSpan product, only authorized parts can be used. The warranty is void if any parts other than those provided by LifeSpan are used.

Exclusions and Limitations:

- This warranty does not apply to any defects caused by negligence, misuse, improper assembly, or maintenance, accident, or "act of God."
- This warranty does not apply to discoloration of paints or plastics.
 - LifeSpan shall not be responsible for incidental or consequential damages.
- This warranty is non-transferable from the original owner.

Registration

You must register your LifeSpan product before a warranty claim can be processed. To complete your registration online go to www.lifespanfitness.com/support/registration. Registration must be completed within 60 days of delivery to activate the product warranty. Product warranties are not valid unless the registration is properly completed within 60 days. You can also scan the QR code to register.



Safety First

Important

The rower should be used only for its intended purpose. Any other use of the item is prohibited and maybe dangerous. The importer cannot be held liable for damages or injuries caused by improper use of the equipment. The rower has been produced according to the latest safety standards.

Safety Tips While in Use

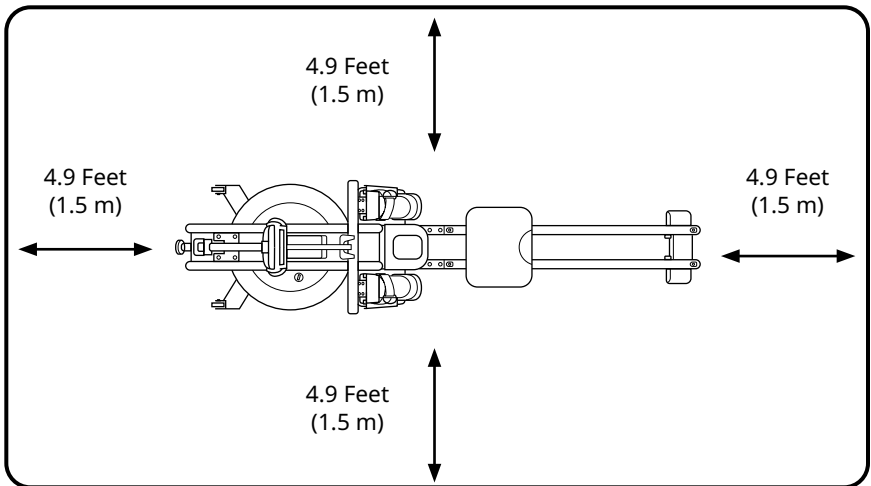
To prevent injury and / or accident, please read and follow these simple rules:

- Do not allow children to play on or near the equipment.
- Regularly check that all screws, nuts, handles and pedals are tightly secured.
- Promptly replace all defective parts and do not use the equipment until it is repaired. Watch for any material fatigue.
- Avoid high temperatures, moisture and splashing water.
- Carefully read through the operating instructions before starting to set up the equipment.
- The equipment requires sufficient free space in all directions (at least 1.5 m).
- Set up the equipment on a solid and flat surface.
- Do not exercise immediately before or after meals.
- Before starting any fitness training, let yourself be examined by a physician.
- The safety level of the machine can be ensured only if you regularly inspect parts subject to wear. These are indicated by an * in the parts list. Levers and other adjusting mechanisms of the equipment should not obstruct the range of movement during training.
- Training equipment must never be used as toys.
- Do not step on the housing or the frame.
- Do not wear loose clothing; wear suitable training gear such as a training suit, for example.

- Wear shoes and never exercise barefoot.
- Make certain, that other persons are not in the area of the home trainer, because other persons may be injured by the moving parts.
- It is not allowed to place the item in rooms with high humidity (bathroom) or on the balcony.

⚠ WARNING: Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

Safety Clearance



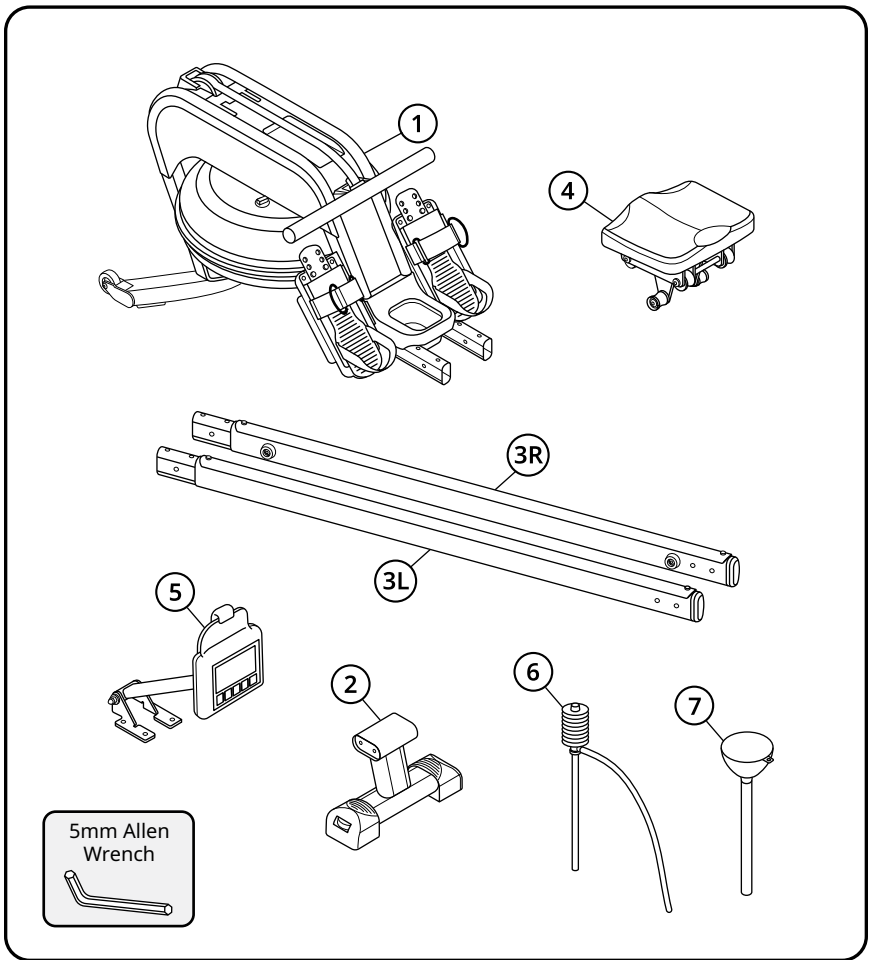
Note: Read all instructions and save for future reference.

Assembling Your Rower

Exploded View

Prior to starting the assembly process take all of the parts out of the box. Remove plastic bags and lay them out on the floor to become familiar with the components.

Since your rower is a heavy piece of equipment it is recommended you use two people during assembly and follow these assembly instructions to reduce any problems that could occur.

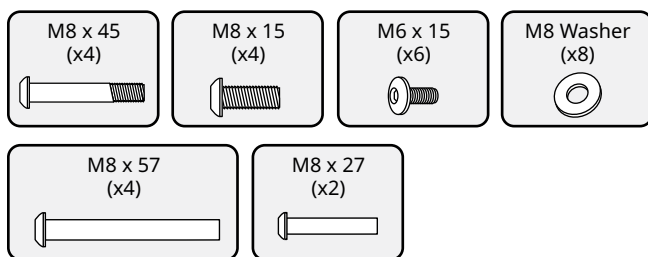


Hardware Included

Item#	Part Description
1	Tank Frame
2	Rear Support
3R, 3L	Rail Set, Right and Left
4	Seat Set
5	Console Set
6	Hand Press Siphon
7	Water Filling Funnel

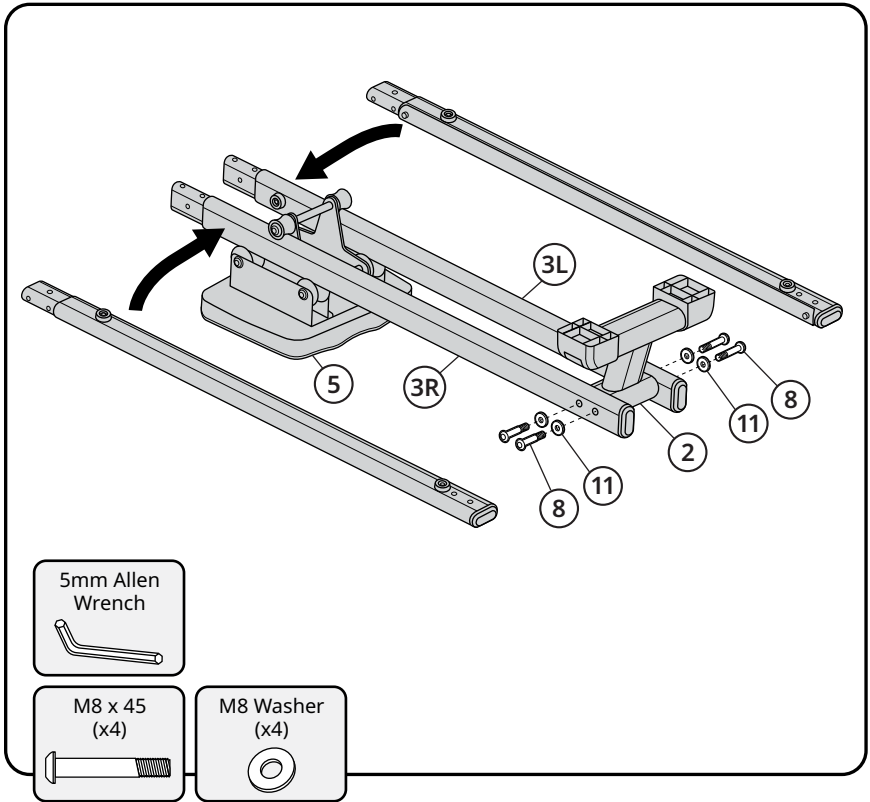
Hardware Bag Contents

Item #	Qty.	Hardware Description
8	4	M8x45
9	4	M8x15
10	6	M6x15
11	8	M8 Washer
12	4	M8x57 Carriage Screws
13	2	M8x27 Carriage Screws



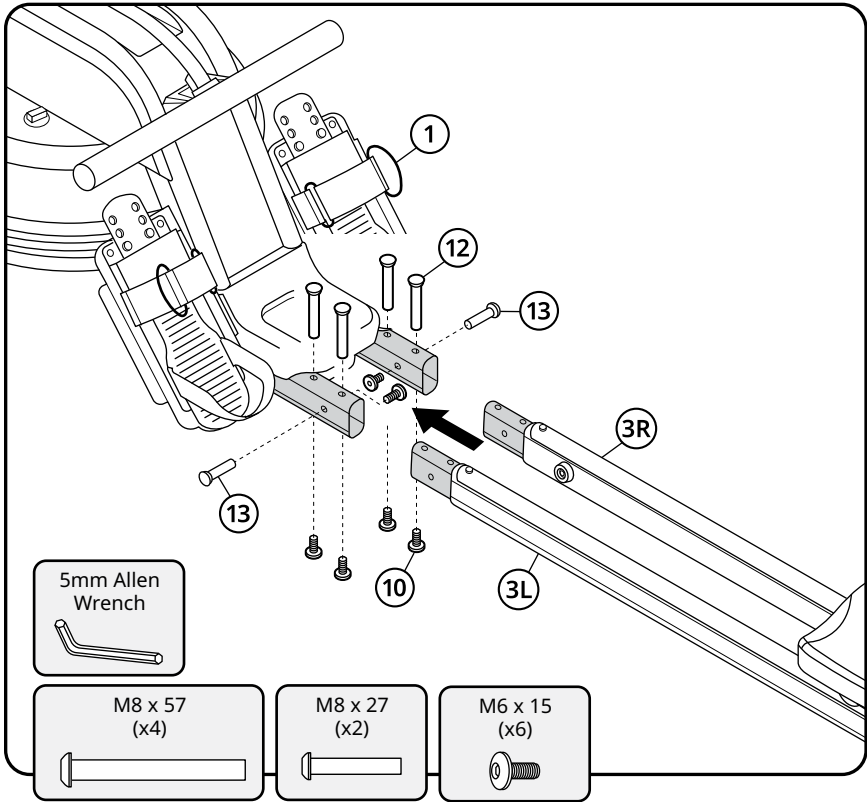
CAUTION: Avoid damaging parts by not using power tools.

Assembling Your Rower



Step 1: Install the Seat

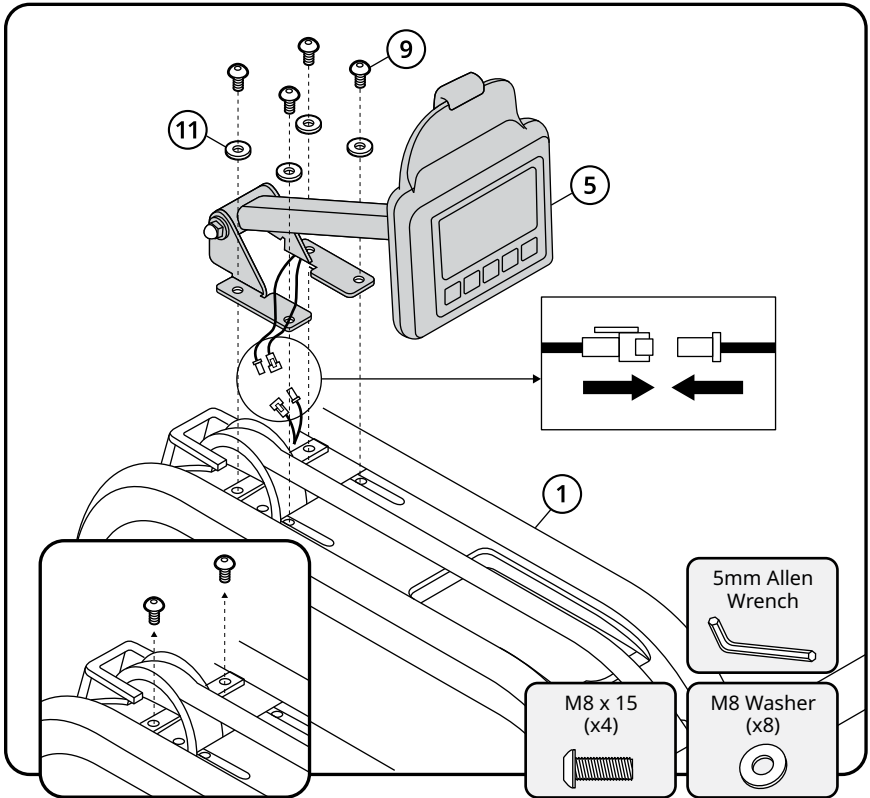
- Install the Seat(5) with Rail Set(3R/3L), then flip over as picture shows. And assemble the Rear Support(2).
- Loosely assemble the four M8 Washers(11) and four M8x45 Screws(8). Do not fully tighten yet until the end of Step 2.



Step 2: Insert the Rails Set with Tank Frame

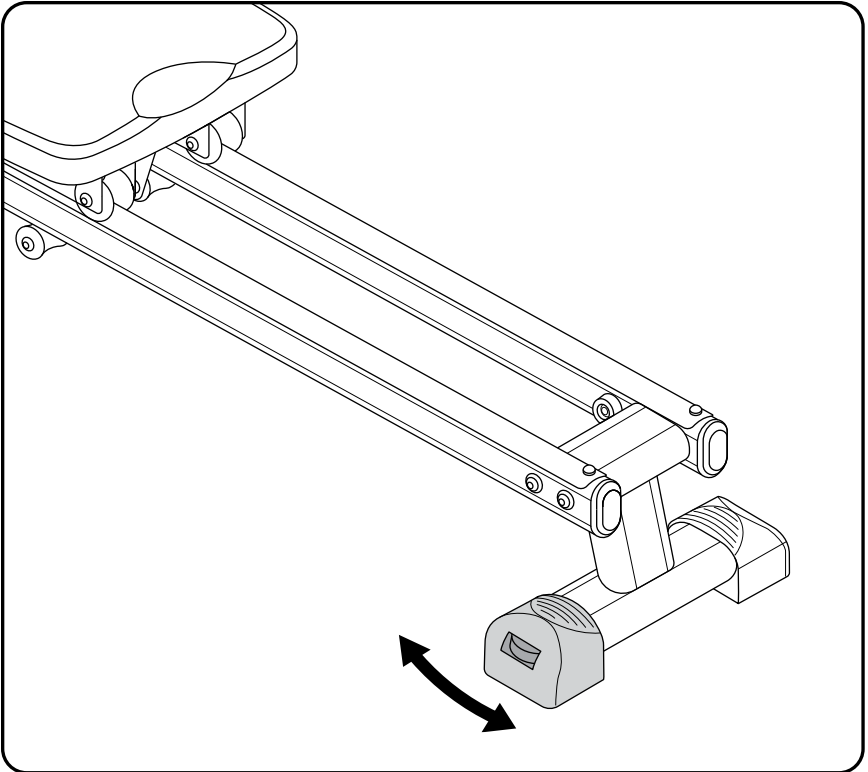
- A. Insert the Rails Set(3R, 3L) with Tank Frame(1).
- B. Loosely screw in two M6x15 Screws(10) with M8 x 27 Carriage Screws(13) from each Rail Side and four M6x15 Screws(10) with M8 x 57 Carriage Screws(12) from bottom of rails, then tighten them all.
- C. Fully tighten the M8x45 Screws from Step 1.

Assembling Your Rower



Step 3: Install the Console

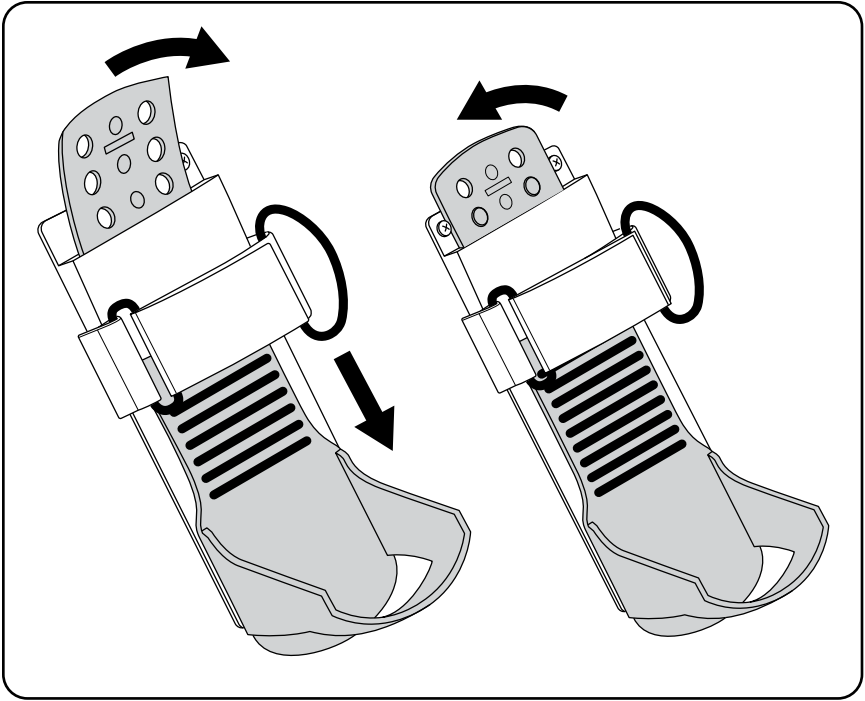
- Remove the two pre-installed screws
- The Console Set is pre-assembled (5), place it on the top of Tank Frame(1).
- Connect the wires as shown above.
- Use Allen Wrench to attach the Console Set to the frame using four M8x15 Screws(9) and Flat Washers(11).



Level Adjustment

- A. Adjust the Rear Stabilizers as needed if the machine is unbalanced during use.

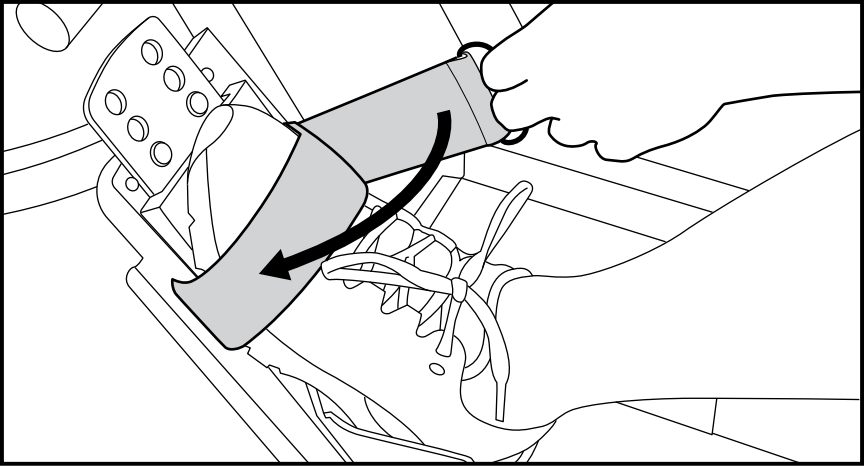
Foot Adjustments



How to Adjust Pedal

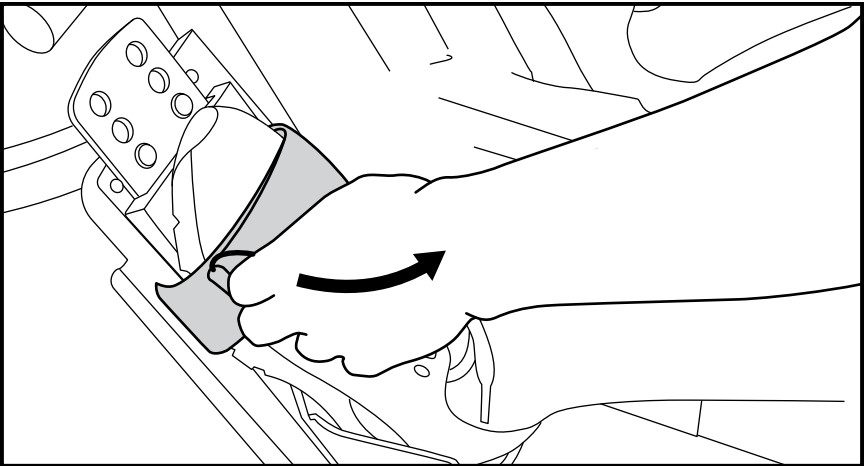
Foot size adjustment:

- A. Pull the top of the adjustable pedal until the holes are free from being locked around the raised locking pegs.
- B. Slide this part to the rear in order to fit bigger shoe sizes.
- C. Afterwards, align the holes in the adjustable pedal with the pegs and push back into place.



Foot strap adjustment

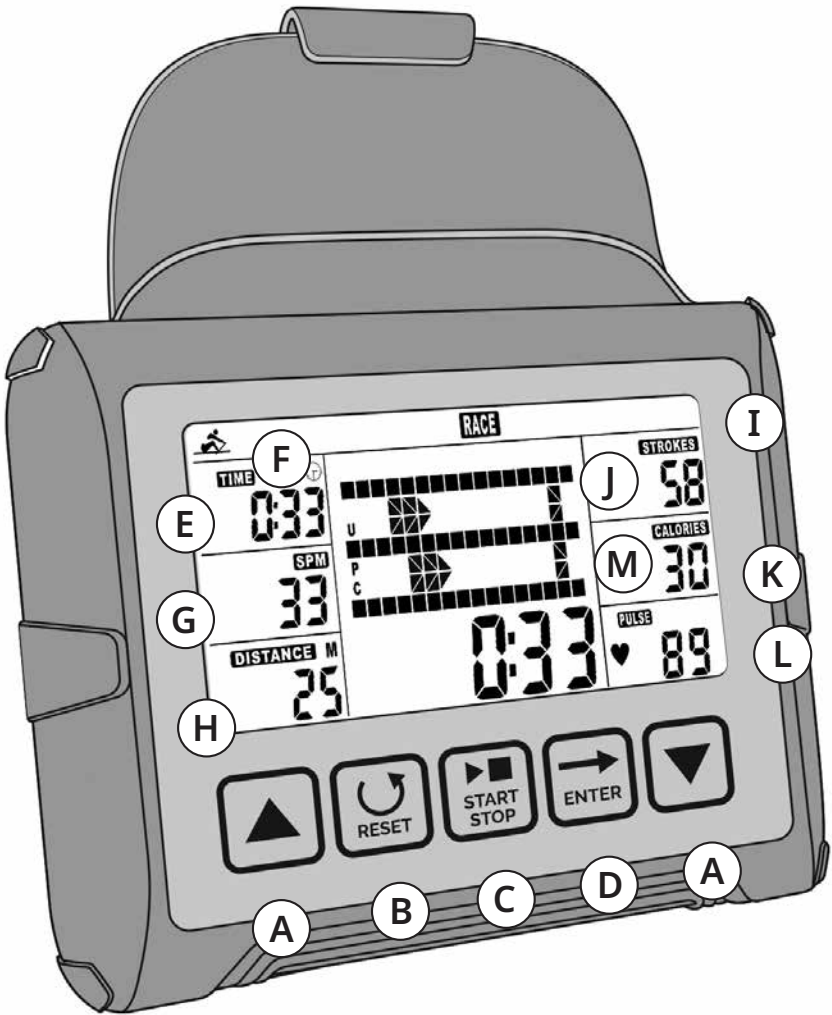
- A. Slide your feet underneath the foot strap.
- B. Pull the foot strap tight as shown and attach to Velcro.



Release the foot strap:

To release the foot strap, pull the D-ring up to release from Velcro.

Console Basics



Function Buttons

- A. **UP▲/ DOWN▼**: To press these two buttons through available selection, to adjust the function value upward and downward.
- B. **ENTER**: To confirm selection. During training, press the button to scan each display function.
- C. **START / STOP**: To start or stop your selected workout program
- D. **RESET**: To reset the computer back to the main menu.

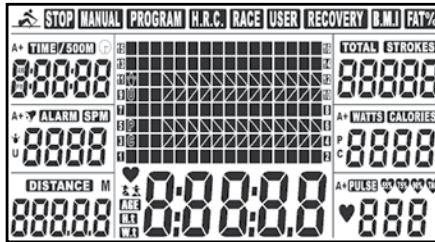
Display Functions

- E. **TIME**: Preset target time by pressing UP and DOWN buttons (0 min ~ 99 min), increase or decrease in 1 minute increments.
- F. **TIME/500M**: Your average 500 meter time will automatically be displayed and continuously updated.
- G. **SPM**: Strokes per minute.
- H. **DISTANCE**: Preset target value by pressing UP and DOWN buttons (0 ~ 99900 meters), increase or decrease in 100 meter increments.
- I. **STROKES**: Preset target value by pressing UP and DOWN buttons (0 ~ 9990 strokes). Increase or decrease in 10 count increments.
- J. **TOTAL STROKES**: Accumulates total strokes from 0 up to 9999.
- K. **CALORIES**: Preset target CALORIES by pressing UP or DOWN buttons (0 Cal ~ 9990 Cal), increase or decrease in 10 Calorie increments.
- L. **PULSE**: Set your target pulse value by pressing up or down, selecting from a range of 30 to 240. Increase or decrease in increments of 1. The LCD will display user's heart rate during training. The pulse is only measured with a 5.3 kHz heart rate chest strap.
- M. **WATT** : Current workout watts with available range from 0 to 999.

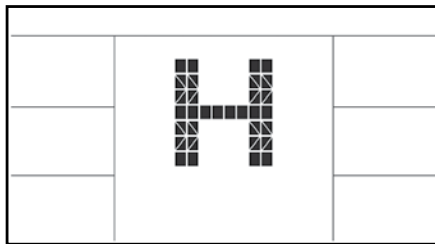
Console Basics

Getting Started

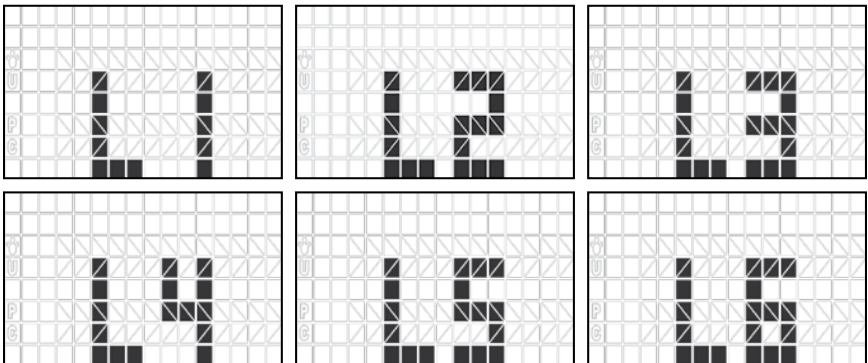
A. Install 4 PCS AA batteries → one long beep for 2 seconds.



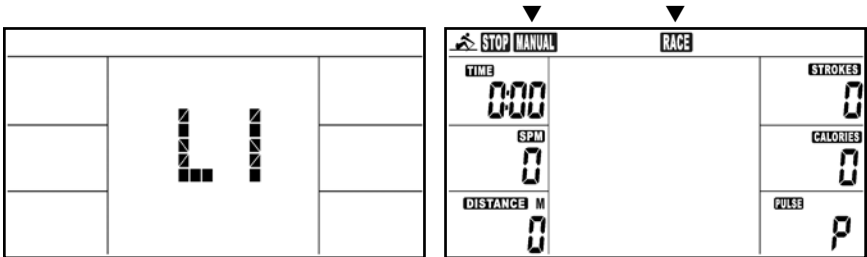
Then, the console will display the type for 2 seconds.



The console will ask you to enter your desired level of effort (L1~L6). Use the up and down arrows to make your selection. Your effort level will display in the window. When ready to proceed press Enter.

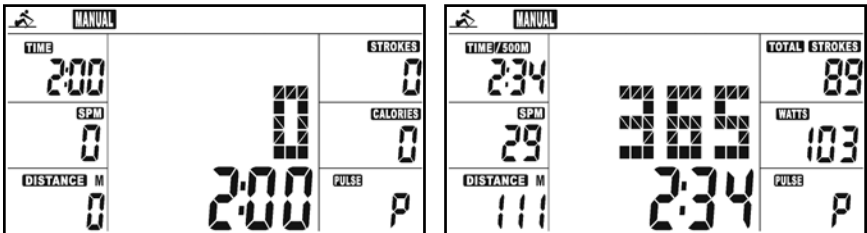


- B. When you enter into the sport screen, the words MANUAL & RACE will flash to be selected.



Press UP or DOWN to select , then press ENTER to confirm your selection.

Manual Mode:



- A. Enter into the MANUAL mode, press UP to set the TIME. Press ENTER to confirm it. Then, you can press UP to set DISTANCE → STROKES → CALORIES → PULSE → TIME. (If you have set the target value for Time then DISTANCE can't be set, vice versa)
- B. Press START KEY to start and the STOP icon will disappear. Press UP or DOWN to select functions' value.
- C. The drag force value will display in the matrix as picture.
- D. When the function you have selected counts backward to ZERO or you have pressed the STOP KEY, the console will display the current value. The window for TIME/500M, SPM, WATTS, PULSE will display the average for your training.

Console Basics

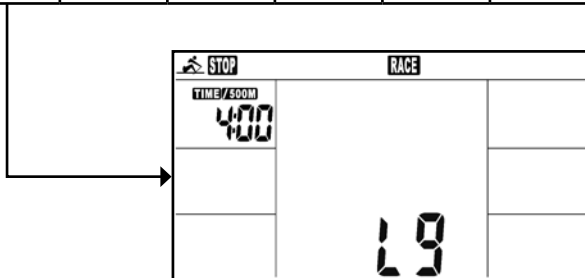
Race Mode

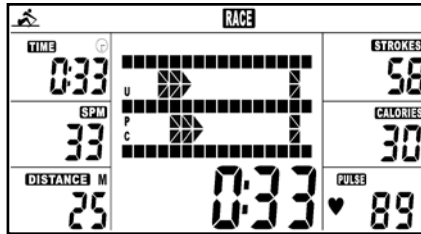
- A. Enter into the RACE mode and L9 will flash, the TIME/500M may display with default of 4:00 minutes time. Adjust your desired time by pressing UP or DOWN. Press ENTER to confirm. Where complete, you can set the distance of the race (500m ~ 10000m) while DISTANCE is blinking.

Press ENTER and the picture of the race will display clearly on the screen.

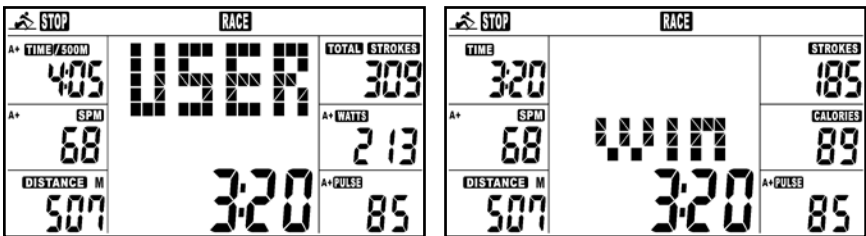
The chart below shows the TIME options you can choose from:

L1	L2	L3	L4	L5	L6	L7	L8
8:00	7:30	7:00	6:30	6:00	5:30	5:00	4:30
L9	L10	L11	L12	L13	L14	L15	
4:00	3:30	3:00	2:30	2:00	1:30	1:00	





- B. Press the START KEY to START and STOP will disappear. The USER & PC will display in the matrix. The race is over when the first one reaches the preset distance of the race. The window will display "PC WIN or USER WIN.

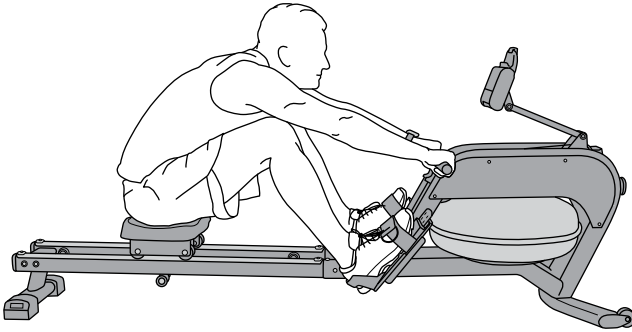


- C. When the race is over, you can press the START to race. Press RESET to leave the race.

Operations

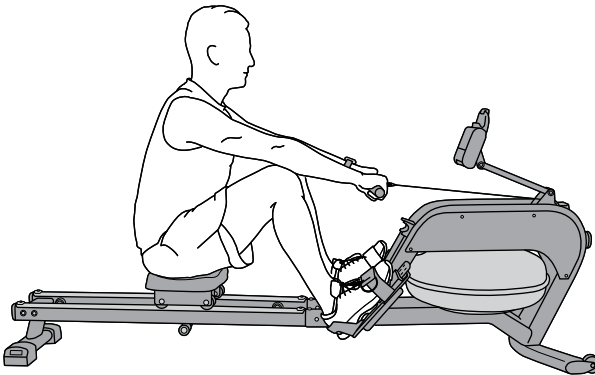
Rowing Guide

Problem: Leaning Forward



Wrong:

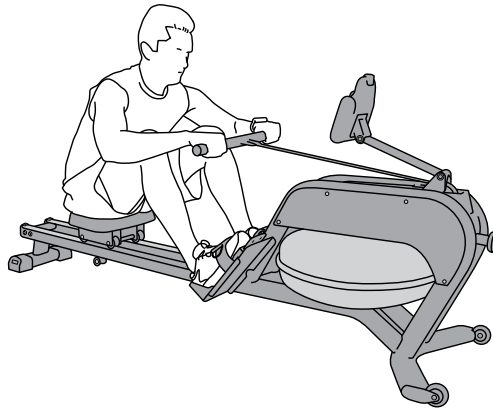
The body leans too forward. The head and the shoulders are not in vertical alignment with the back. The body posture is weak.



Correct:

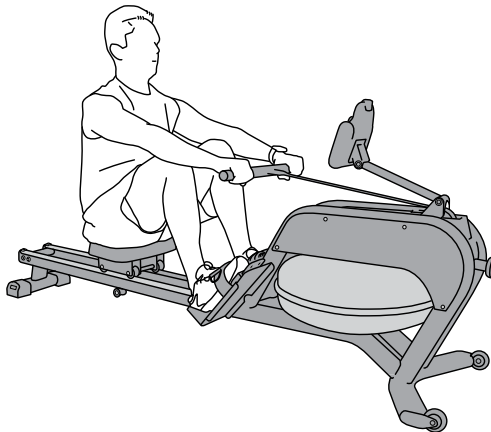
The body is more erect and pressed up to the legs. The arms are extended and relaxed, with the body tilted slightly forward.

Problem: Bending Arms



Wrong:

The body is positioned to pull with the arms instead of the legs. Arms are bent at the elbows and are not extended.



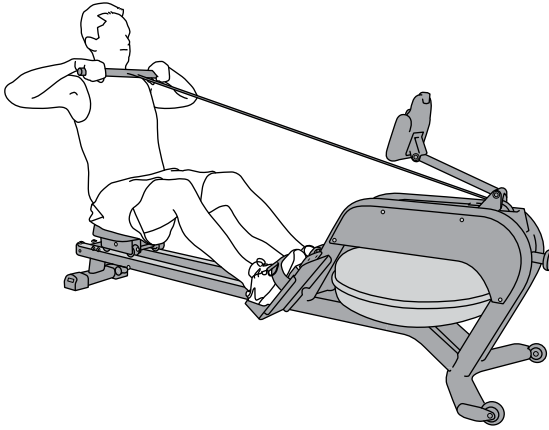
Correct:

Start the stroke by pushing with your legs, back braced, and arms extended.

Operations

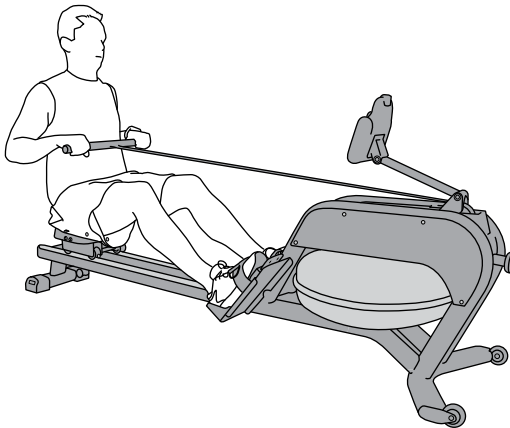
Rowing Guide

Problem: Bending Wrist Hand Position



Wrong:

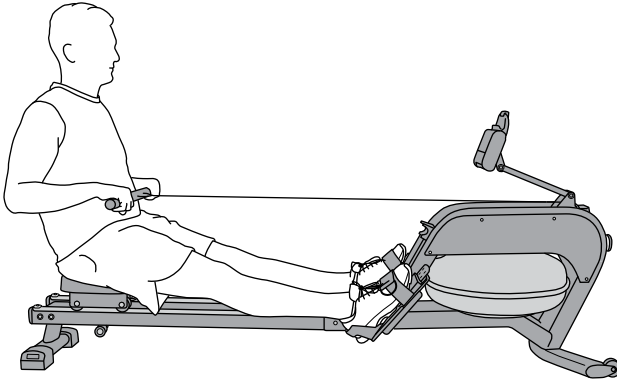
Bending your wrists at any time during the stroke.



Correct:

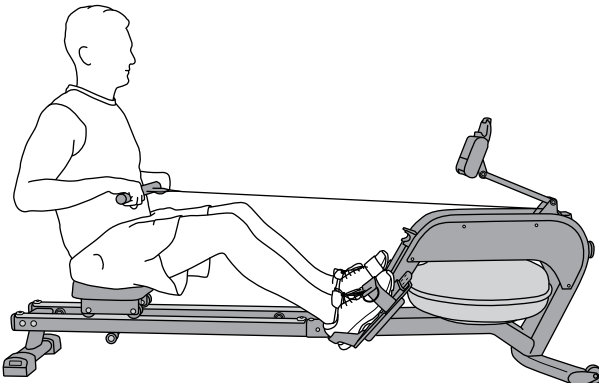
Keep wrists flat through the entire stroke.

Problem: Locking Knees at End of Stroke



Wrong:

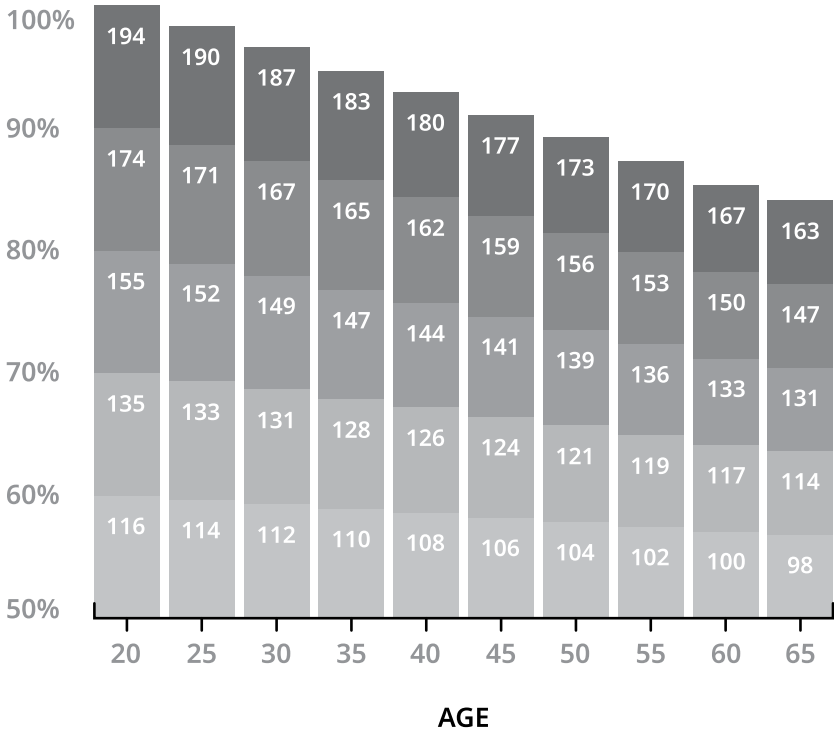
At the end of the stroke the knees are locked.



Correct:

At the end of the stroke keep legs slightly bent. Avoid locking your knees.

Maintenance and Tips



Heart Rate Monitoring

Seeing your heart rate while exercising will help you understand the intensity of your exercise and corresponding heart rate training zone, and predict health benefits found through repeated bouts of exercise. Refer to the following information to understand your heart rate training zones:

Zone 5 — Performance Redline Zone: 90% - 100% of your Max HR

The performance zone involves extreme effort, requiring the heart to beat at or near maximum capacity. Training bouts include intense incline or sprinting, benefiting speed, power, and anaerobic performance competency.

Zone 4 — Threshold Zone: 80% - 90% of your Max HR

The threshold zone involves intense jogging or sub-maximal sprinting, typically unsustainable for long periods of time. Benefits include highly-elevated calorie burn, speed and power performance enhancement, improved lactate removal capabilities, and enriched heart health.

Zone 3 — Aerobic Zone: 70% - 80% of your Max HR

The aerobic zone is ideal for cardiovascular training. Workouts in this zone are more intense, involving moderate jogging. Long-term benefits are improved heart health and cardiovascular performance, reductions in blood pressure and cholesterol, and increased calorie burn.

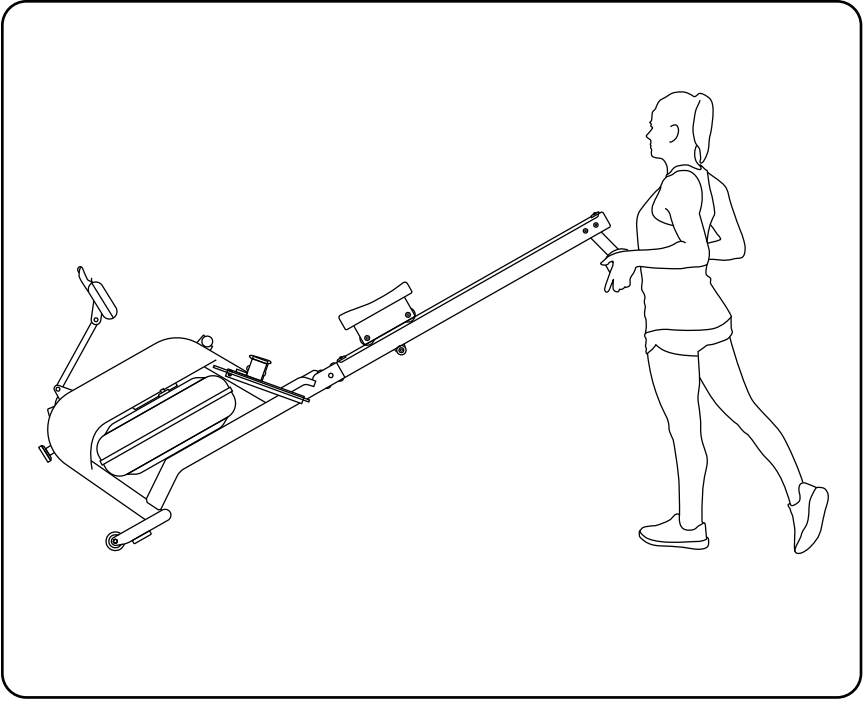
Zone 2 — Temperate Zone: 60% - 70% of your Max HR

The temperate zone consists of moderate-intensity exercise, typically as fast walking to slow jogging. Speaking is more difficult and breathing is elevated. Benefits are similar to those of the healthy heart rate zone, though caloric expenditure is.

Zone 1 — Healthy Heart Zone: 50% - 60% of your Max HR

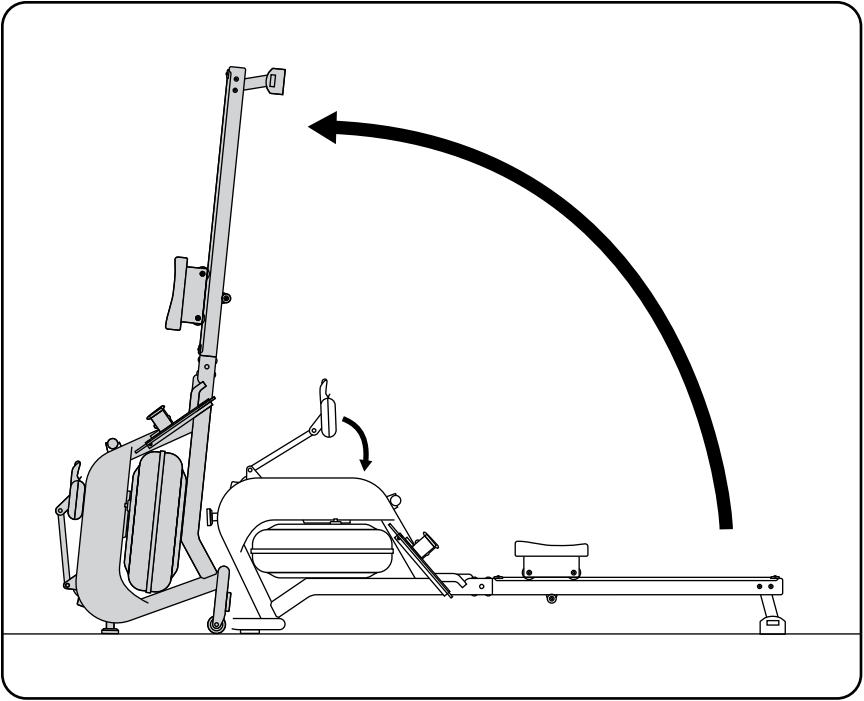
The healthy heart zone involves safe, low-intensity activity, like medium-to-brisk walking. Full conversations can be held, despite a gentle increase in respiration. Benefits include reduced risk of heart and vascular disease, moderated blood pressure and cholesterol, and improved insulin sensitivity.

Maintenance and Tips



Moving Your Rower

Lift up the Aqua Rower from the Rear Support until the two front wheels touch the floor. Then roll to your desired location.



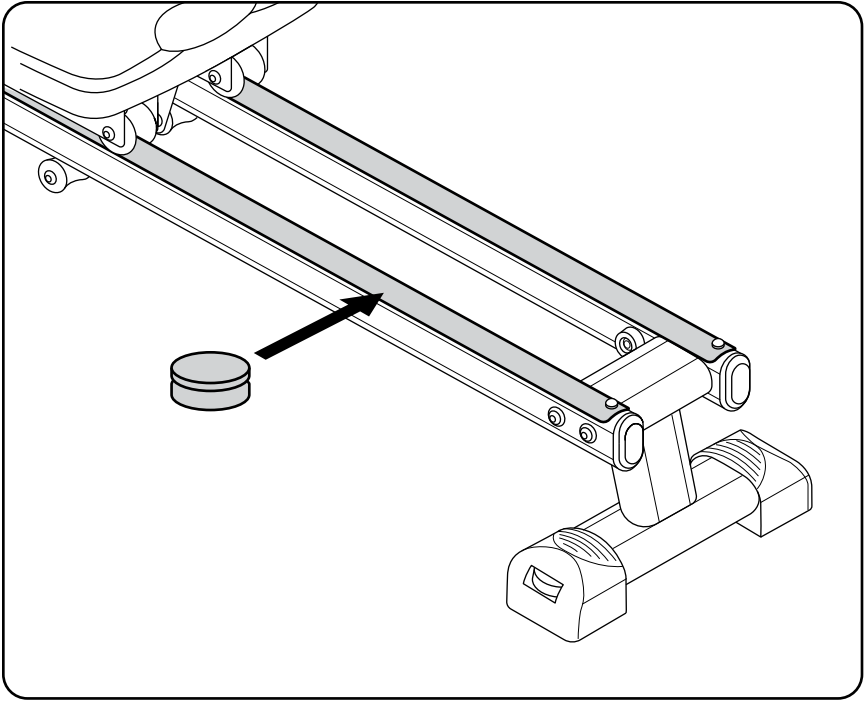
Storage

Before lifting the rower, the seat has to be in the front position, otherwise it can injure your fingers! Fold the console face down to the top of the frame. To store the rower, you have lift it up into a vertical position.



WARNING: The seat will slide down/forward when the aqua rower is tilted up.

Maintenance and Tips



Regular Maintenance

Apply a small amount of grease on the alloy rails and wipe off any grease. Apply grease every 1 month or if there is some noise.

Cleaning

Weekly: Seat & Wheels

Wipe down seat wheels and runners with lint free cloth.

12-24 Months: Water Tank

Follow instructions in the manual.

Every 100 Hours: Rowing Belt

If a change is required contact your local service provider.

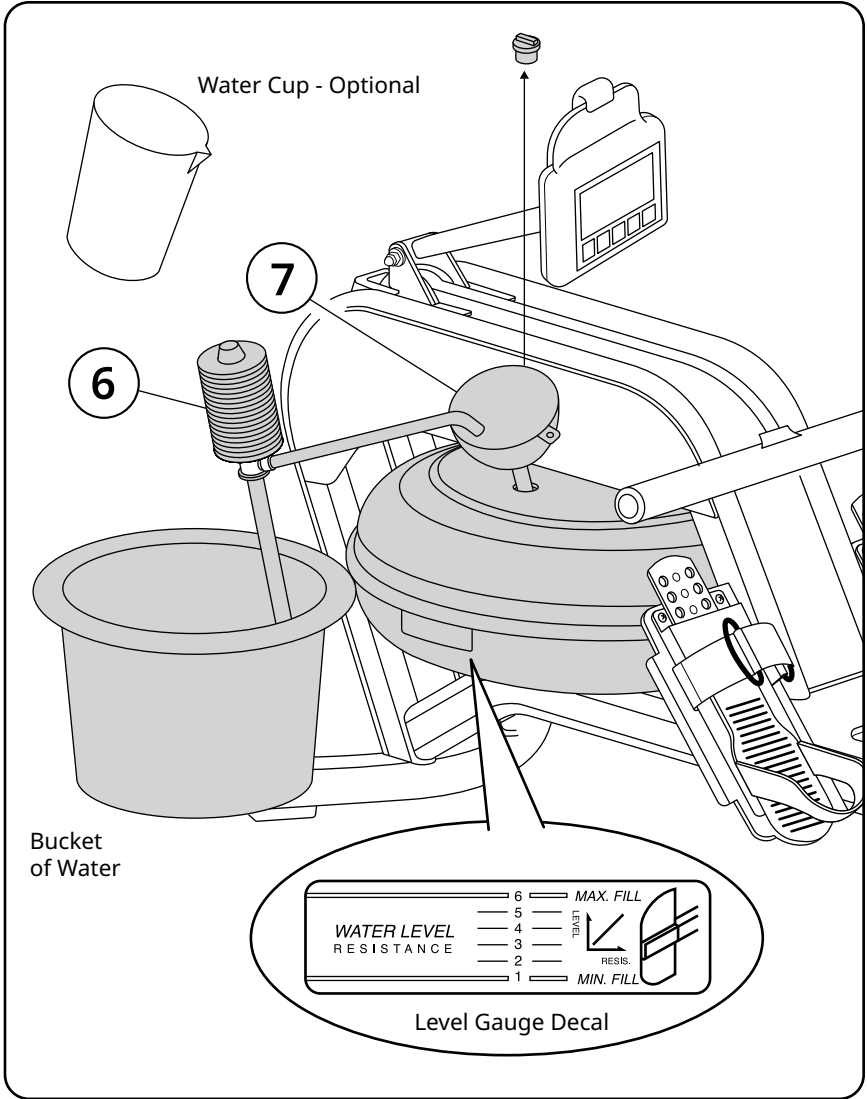


WARNING: Keep rower stable on flat ground. Over-exercising or inadequate training may result in physical injury.



CAUTION: Acidic cleaning detergents may damage painted or powder coated surfaces and should not be used. Such cleaners may void the LifeSpan warranty.

Maintenance and Tips



Tank Filling and Water Treatment

- A. Remove the Rubber Tank Plug from the top of the tank. Insert the Water Filling Funnel(7) into the tank. Place a large bucket of water next to the rower and position the Hand Press Siphon(6) with the rigid hose in the bucket and the flexible hose into the funnel as shown.


Note: Where water quality is known to be poor, we recommend the use of distilled water or the water pill.

- B. Begin filling tank by squeezing siphon. Use the Level Gauge Decal (L1-L6) on side of tank to measure volume of water in tank. The resistance is higher as more water is inside the tank, so start with a fill level of L1- L2.

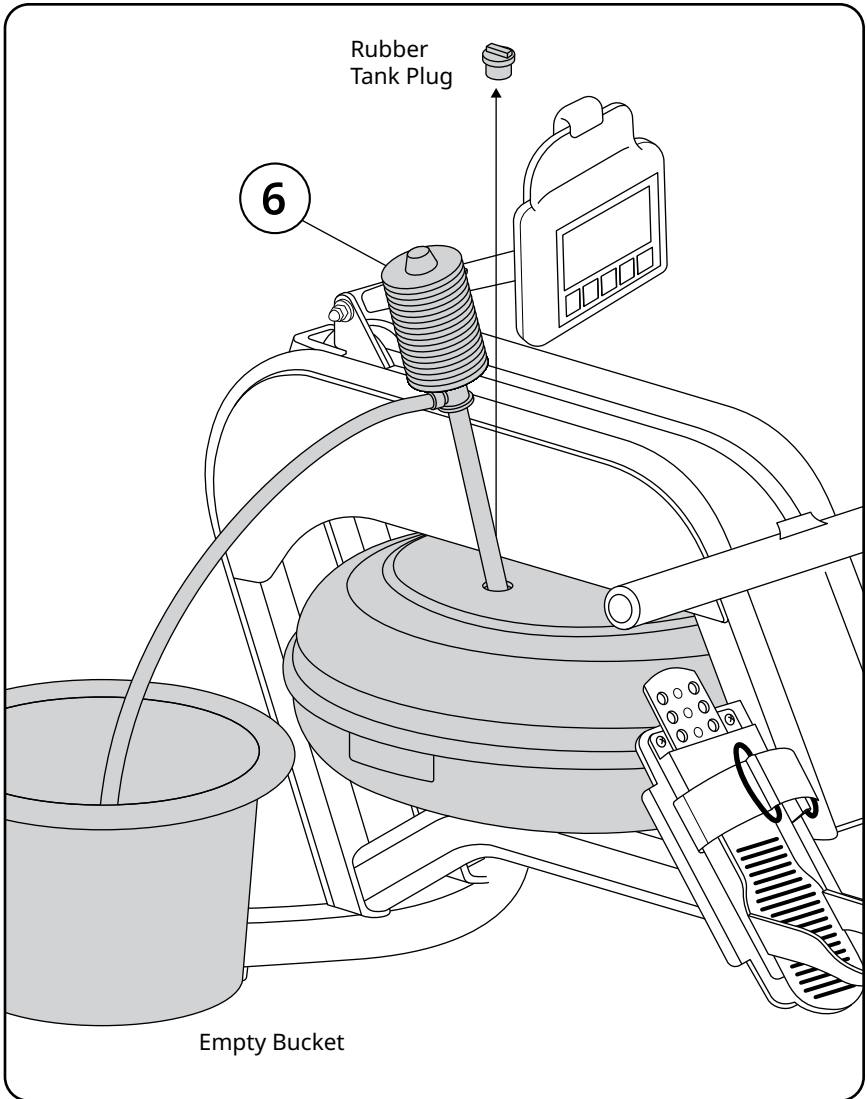
Note: If you prefer, you can use a large water cup to fill up the tank instead of the Hand Press Siphon.

 **IMPORTANT:** Do not overfill tank!

- C. Ensure that tank plug is replaced once filling and water treatment procedures are complete.

 **WARNING:** Do not, under an circumstances use any treatment tablets other than those supplied with your rower.

Maintenance and Tips



Changing Tank Water

- A. Remove the Rubber Tank Plug from the top of the tank. Insert the rigid end of the Hand Press Siphon(6) into the tank, and the flexible hose into a large bucket.

Note: The valve on top of the siphon must be closed to allow proper drainage.

- B. Drain tank (approx. 40% of water will remain) and then refill following directions for Tank filling as described in the Tank Filling section of this manual.

Additional Water Treatment Tablets are required only when discoloration appears in the water.

Note: Water treatment will preclude the need to change tank water if the treatment schedule is maintained.

Note: Exposure to full sunlight reduces the life of the Water Treatment Tablets. Storing The Water Rower away from direct sunlight will extend the time between water treatments

Note: If the water has already become turbid, then please exchange all tank water.

Maintenance and Tips

Troubleshooting

If you have a question that isn't answered in this Owner's Manual, visit our website at www.LifeSpanFitness.com or call us at 801-973-9993 x4.

The rower is designed and manufactured to be reliable and easy-to-use. However, if you have a problem, these troubleshooting steps may help you find the cause.

Problem: Water color change.

Probable Cause: Rower is in direct sunlight or has no water treatment.

Solution: Change rower location to reduce direct exposure to sunlight. Add a Water Treatment Tablet or change tank water as directed in the water treatment section of this manual. Consider using distilled water to refill tank.

Problem: Inconsistent readings on the Rower Computer for 500 meter split time and SPM (strokes per minute).

Probable Cause: Sensor gap. Faulty sensor. Sensor has moved out of position. Wiring harness.

Solution: Use the back cover of the computer as a "Gap tool" to check the gap between sensor head and Magnetic ring. Or see if the Sensor head has moved out of position. Please contact your customer service center for details.

Problem: The Rower Computer screen illuminates, but does not register when rowing.

Probable Cause: Loose connection. Sensor gap is too wide.

Solution: Check that the computer lead is connected properly. If it is connected then contact your local service center. Check sensor gap.

AQUA ROWER

Water Resistance Rower

LifeSpan Fitness

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Salt Lake City, UT. 84104

Phone: 801-973-9993

www.LifeSpanFitness.com

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