



RW7000 ROWER | PRO SERIES

OWNER'S MANUAL

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. Making 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, independently certify our products to comply with the latest industry Safety Standards, and use state of the art production processes and quality components.

Then 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.

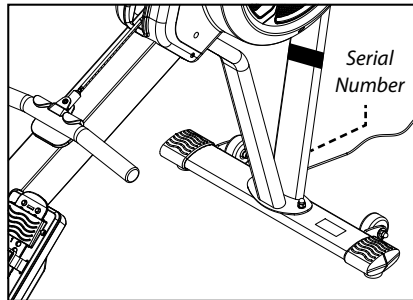
Purchaser's Reference Information:

IT IS IMPERATIVE THAT YOU FILL IN THE FOLLOWING INFORMATION AND REFER TO IT SHOULD THE NEED FOR SERVICE ARISE.

Product Name:
RW7000 Rowing Machine

Serial Number: _____

Date of Purchase: _____



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.

Welcome	
About Your Rower	6
<i>Warranty / Registration</i>	
Important Safety Notes and Warning	9
<i>Safety Instructions</i>	
<i>Product Safety Instructions</i>	
<i>Children and Pets</i>	
Overview	12
<i>Console Overview</i>	
<i>Specifications</i>	
<i>Heart Rate Monitoring</i>	
<i>Chest Strap</i>	
Assembling Your Rower	18
<i>Exploded View & Hardware</i>	
<i>Assembly Instructions - Setting Up</i>	
Setting Up Your Rower	24
<i>Mounting Your Rower</i>	
<i>Heel Rest Adjustment</i>	
Console Operation Instructions	26
<i>Display Window</i>	
<i>Programs</i>	
<i>High Intensity Interval Training</i>	
Maintenance and Tips	38
<i>Rowing Guide</i>	
<i>Transportation</i>	
<i>Storage</i>	
<i>Power</i>	
<i>Care and Maintenance</i>	

About Your Rower

Warranty

This LifeSpan rower comes with the following limited warranty valid in North America. If you are outside of these areas contact your local distributor for warranty information or visit www.LifeSpanFitness.com.

Warranty Item	Residential	Commercial (6 Hrs/Day)
Frame	10 Years	10 Years
Parts	2 Years	2 Years
Labor	1 Year	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, 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 option 4 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

Should you need to process a warranty claim make sure you retain your purchase receipt to verify the date of purchase and register your LifeSpan product online. To complete the registration go to www.LifeSpanFitness.com and select "Product Registration".

Important Safety Notes and Warnings

Basic precautions should always be followed, including the following safety instructions before using this equipment:

READ ALL INSTRUCTIONS BEFORE USING THIS EQUIPMENT.



WARNING: There is a risk assumed by individuals who use this type of equipment. Before beginning this or any other exercise program consult your physician. This is especially important for individuals over the age of 35, pregnant women, or person with pre-existing health problems. LifeSpan assumes no responsibility for personal injury or property damage sustained by or through incorrect use of this product.

Health Safety Instructions:

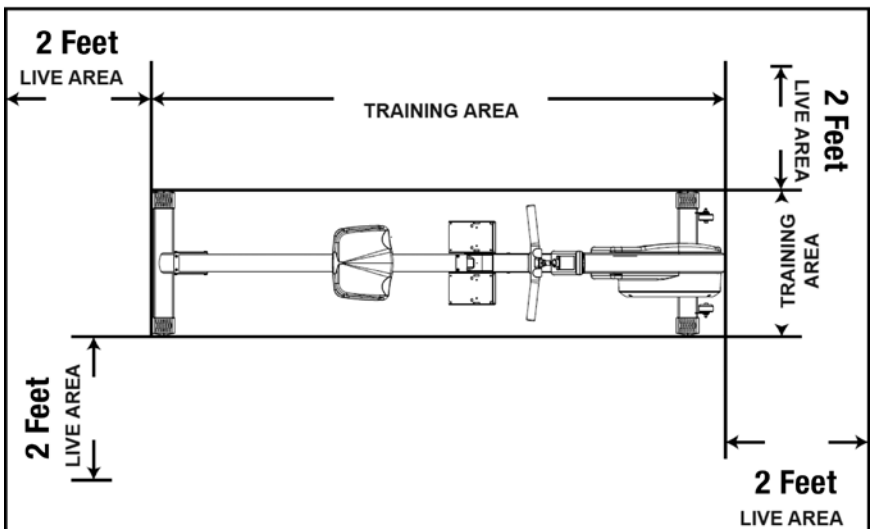
1. It is recommended that you perform warm up exercises before using this equipment.
2. It is important to consult your physician before beginning any exercise program.
3. Start your exercise program gradually. Exercise only for a few minutes on the first day to let your body adjust to the new exercise.
4. Slowly increase your exercise time and intensity over the first two weeks. If you increase your intensity too rapidly, or fail to warm up properly, you can increase the risk of injury.
5. If you experience dizziness, nausea, chest pains or other abnormal symptoms during exercise, stop the exercise session immediately. Consult your physician before continuing your exercise.
6. Always wear proper clothing and shoes when exercising. Drink plenty of fluids when exercising.
7. **WARNING!** Incorrect or excessive training may cause serious health issues.
8. **WARNING!** Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

Important Safety Notes and Warnings

Product Safety Instructions:

1. **WARNING:** Use of this machine with worn or weakened parts, may result in injury to the user. We strongly suggest replacing worn or damaged parts immediately. Use only the accessory attachments recommended by the manufacturer.
2. Never operate this unit if it is damaged or broken. Contact your authorized dealer for parts/service.
3. Place your equipment on an flat floor with enough operating area. The recommended free area is at least 2 feet on every side of the rowing machine. Where equipment is positioned adjacent to each other the value of the free area may be shared.
4. Never operate this rower if it has been damaged or partially submersed in water.
5. To reduce the risk of electric shock, unplug the rower from the wall outlet when not in use, before performing any maintenance, or before moving the rower.
6. Do not use outdoors or in areas of high humidity or extreme temperature changes.
7. Never place the power cord under carpeting or place any object on top of the cord, this may pinch or damage the cord causing fire damage or a personal injury.

TRAINING AREA REQUIREMENT



Important Safety Notes and Warnings

8. Use this exercise product for its intended use as described in this Owner's Manual. Do not use attachments that are not recommended by LifeSpan.
9. Make sure all components are fastened securely at all times.
10. Maximum user weight limit is 350 lbs.
11. No more than one person should ever use the product at a time.
12. Do not place machine in an area of high voltage or electromagnetic fields.
13. This equipment must be assembled and placed on a flat surface while in use. Using a mat or other material on the ground is recommended.
14. Make sure that all components are fastened securely including but not limited to seat, pedals, handlebar, or any electric components.
15. Never place any open containers or bottles of any type directly on the unit.
16. Keep machine clear of any obstructions, heavy machinery, and never place objects on or against machine.
17. Failure to follow these instructions will void the units warranty and the manufacturer or distributor assumes no responsibility for personal injury or property damages related to the product if unit is used incorrectly or for reasons other than exercise.
18. Perform proper maintenance as recommended in this manual.

Children and Pet Safety

1. When in use children and pets should be kept at least 10 feet (3m) away.
2. Keep children from playing on your rower at all times.
3. Pets should never be allowed near unit.
4. Keep children away from the equipment. Hands and feet may get in moving parts, which could result in serious injury.
5. This rower can be used by children ages 12 years and above and persons with reduced physical, sensory or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
6. Cleaning and user maintenance shall not be made by children without supervision.

NOTE: Read all instructions and save for future reference.

About Your Rower

Console Overview

High intensity Interval Training (HIIT) program Indicator

Stroke Rate

Exercise Window

Exercise

Force Curve

Bar Chart

Dot Matrix Profile Window

Zero Rate

Slow Stroke Rate

Moderate Stroke Rate

Quick Stroke Rate

Data Display Window

Watt Average

Time/500m Average

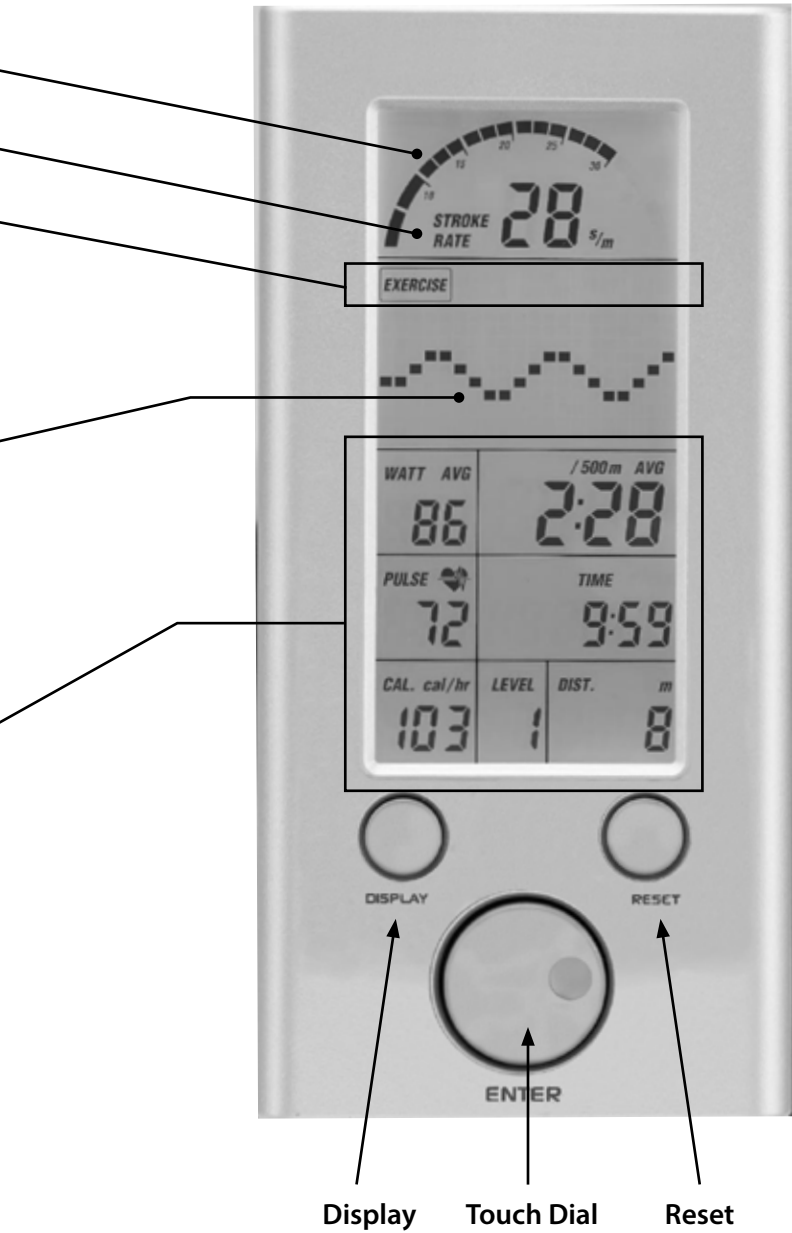
Pulse (Heart Rate)

Time

Calories

Resistance Level

Distance



Display Touch Dial Reset

About Your Rower

Specifications

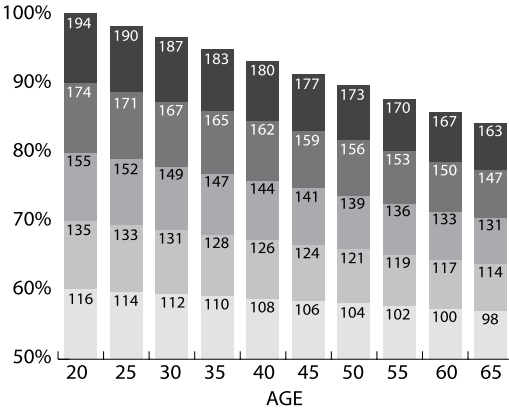
Mechanical and Drive System

Resistance System	Magnetic Hybrid Fan/Eddy Current System
Resistance Levels	16
Step Height	19"
Seat Travel 38"	Max user height: 6' 8"
Length x Width x Height	98.4" x 24.7" x 48"
Transport	2 Front Wheels
Maximum User Weight	350 lbs

Product Weight	Gross: 118 lbs Net: 98 lbs
Seat Travel 38"	Max height user: 6' 8"
Heart Rate	Polar Chest Strap Compatible. Recommended using the Polar T34 transmitter for long distance transmitting

About Your Rower

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 information below 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 resistance 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 higher.

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

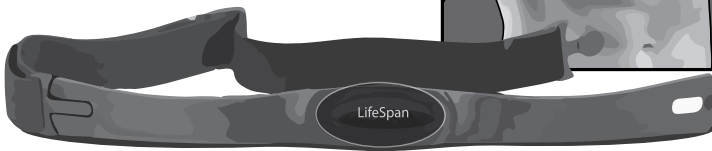
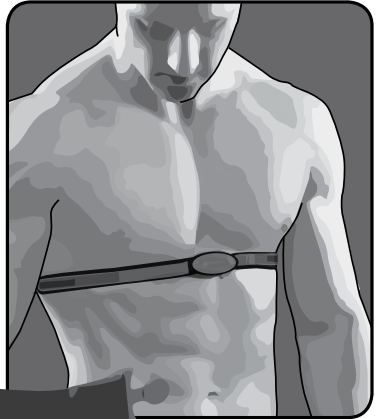
The healthy heart zone involves safe, low-intensity activity, like medium-to-brisk walking. Full conversations can be held, despite a gentle increase in respiration. Benefits include reduced risk of heart and vascular disease, moderated blood pressure and cholesterol, and improved insulin sensitivity.

Chest Strap

The RW7000 Rower has an integrated Polar heart rate receiver built into the console. It is recommended to use a Polar T34 heart rate strap to transmit over the longer distance experienced on a rower.

The chest strap should be worn as shown.

When using a chest strap you may need to warm up first to increase the moisture in your skin. If this doesn't work use aloe or another moisturizer where the sensors on the chest strap are making contact with your skin.



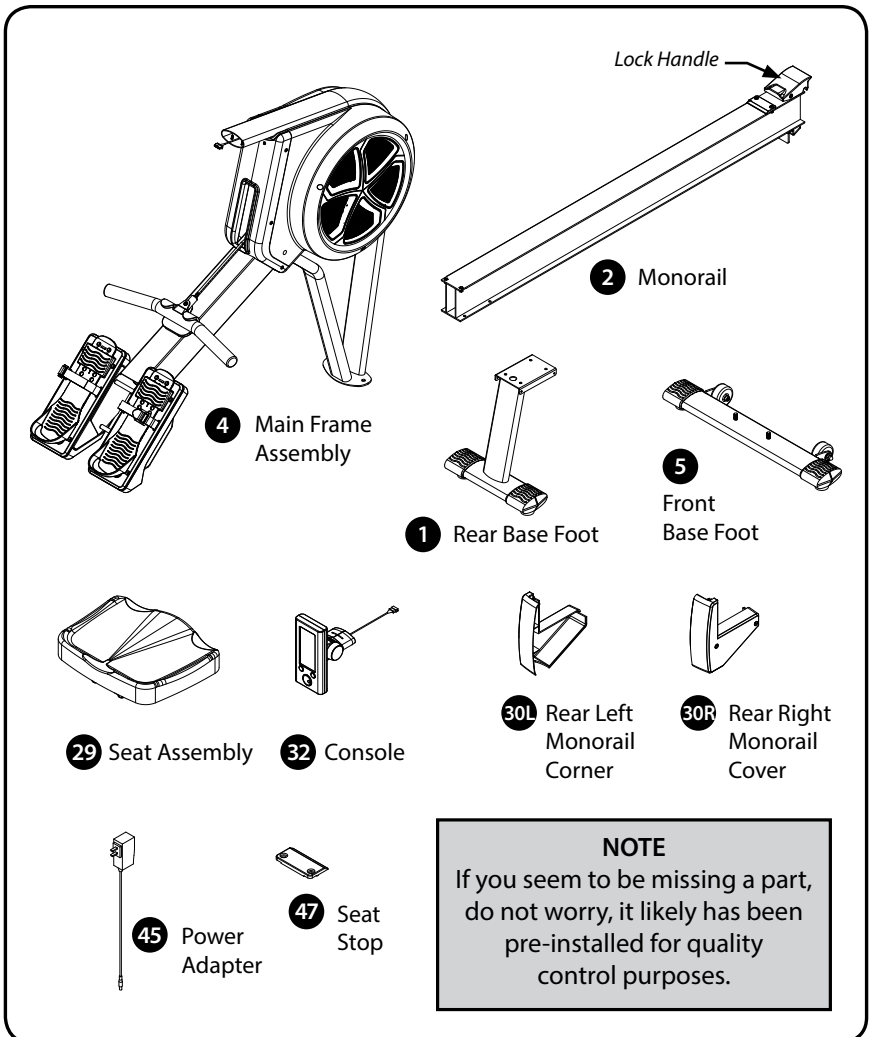
Note: The heart rate monitoring system will vary due to your age, method of use, physiology and other factors. LifeSpan cannot guarantee the accuracy of the heart rate readings.

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 the parts out on the floor to become familiar with the components.

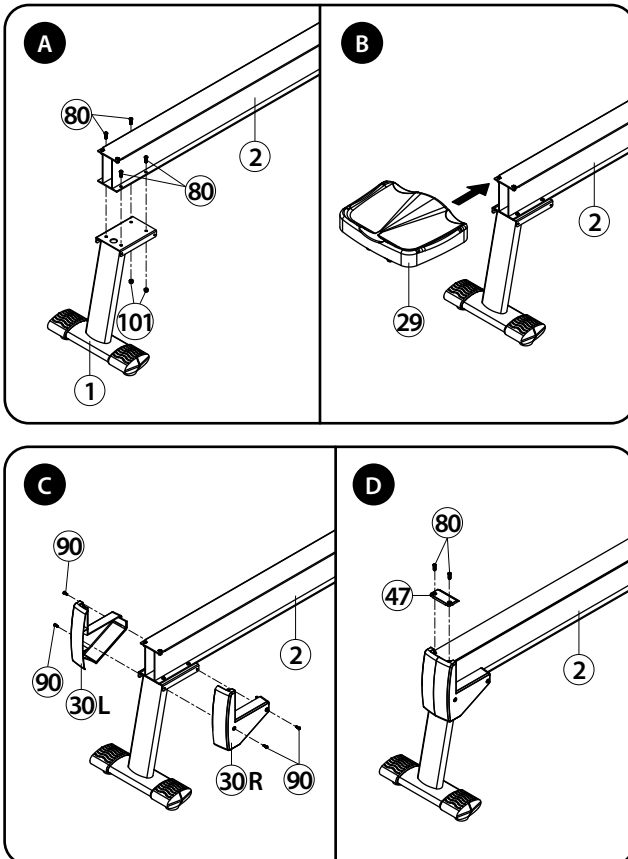
Since your rower is a heavy piece of equipment it is recommended you use two people during assembly and follow these assembly instructions to reduce any problems that could occur.



NOTE: To ease the assembly process. Do not tighten any bolts until instructed.

Step 1: Rear Stabilizer & Monorail Assembly

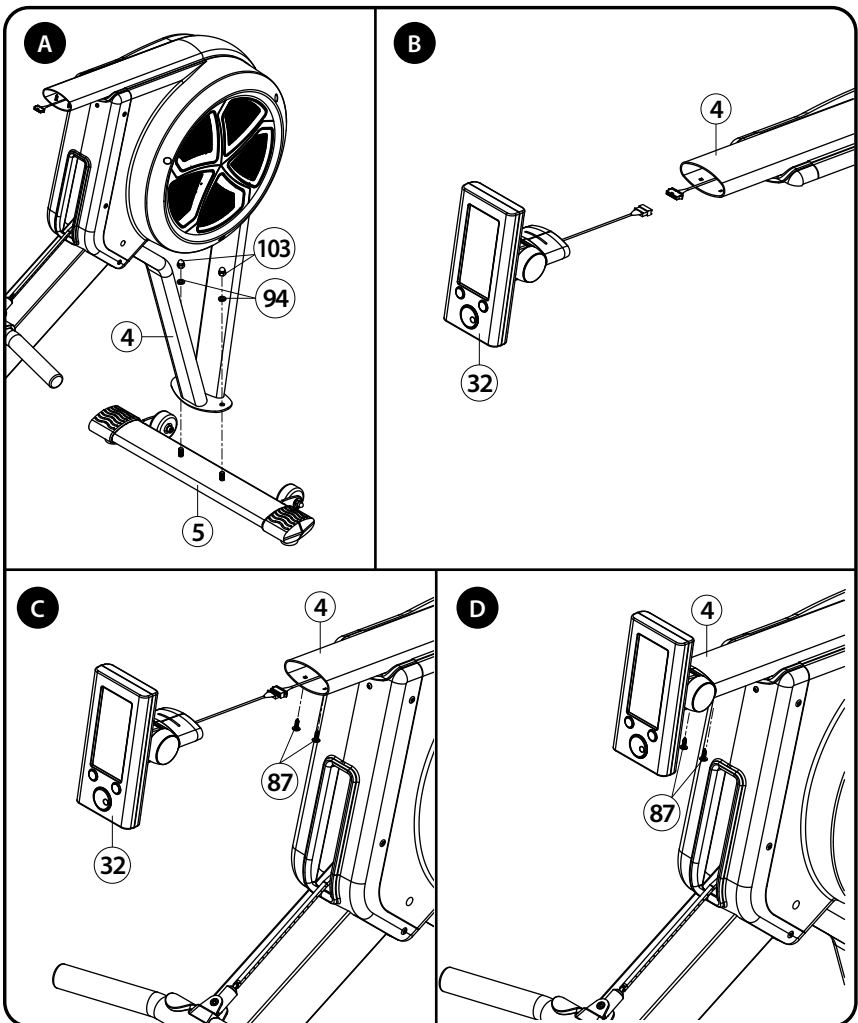
- A. Attach *Rear Base Foot(1)* to the *Monorail(2)* using four *M6 X 16L Dome Head Screws(80)* and two *M6 Nylon Nuts(101)*. **Tighten all bolts.**
- B. Slide the *Seat Assembly(29)* onto the *Monorail Assembly(2)*.
- C. Attach *Left Rear Monorail Cover(30L)* & *Right Rear Monorail Cover(30R)* using four *M4 X 12L Screws(90)*. **Do not tighten screws.**
- D. Loosely attach *Seat Stop(47)* to the *Monorail(2)* using two *M6 X 16L Dome Head Screws(80)*. Make sure both *Left Rear Cover(30L)* & *Right Rear Cover(30R)* are correctly aligned. **Tighten all screws** from Steps C and D.



Assembling Your Rower

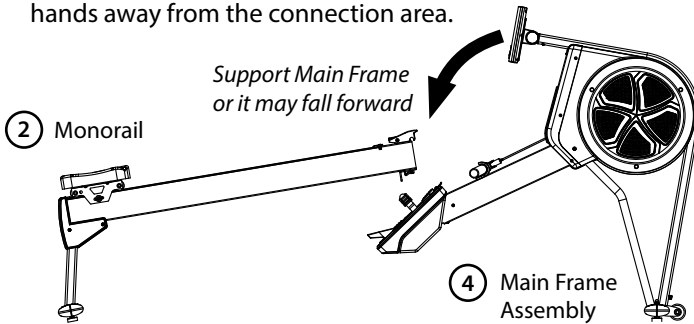
Step 2: Front Base Foot & Console Assembly

- A. Attach *Front Base Foot*(5) to the *Main Frame*(4) using two $3/8"$ *Spring Washers*(94) and two $3/8"$ *Acorn Nuts*(103). Tighten the two acorn nuts.
- B. Connect the wire harness from the *Console*(32) to the harness coming from the *Main Frame*(4).
- C. Remove the pre-installed $3/16" \times 16L$ *Screws*(87).
- D. Slide *Console*(32) into the *Main Frame*(4). Re-install the two $3/16" \times 16L$ *Screws*(87) removed in Step C.



Connecting the Main Frame to the Monorail

⚠ WARNING: Never attempt to connect or disconnect the monorail by yourself. Ask for additional help if needed and never attempt to lift the main frame assembly if you have any medical issues. To avoid serious injury, keep fingers and hands away from the connection area.



⚠ WARNING: When connecting or disconnecting the *Monorail*(2) to the *Main Frame*(4) it is important to support the *Main Frame* by holding onto the footstrap or holding the Main Frame from beneath before pressing the Lock Handle to lock or release both pieces.

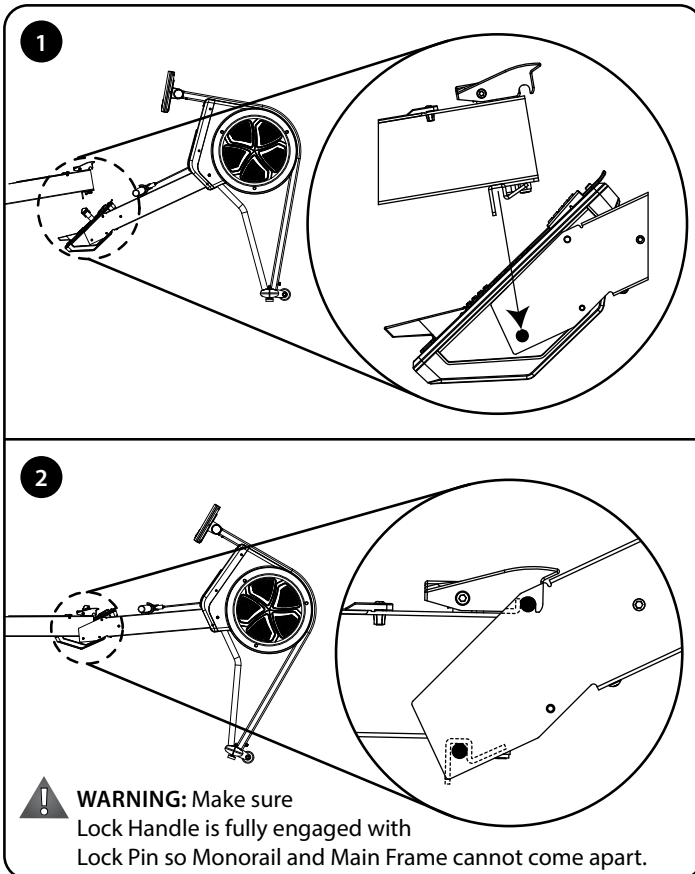
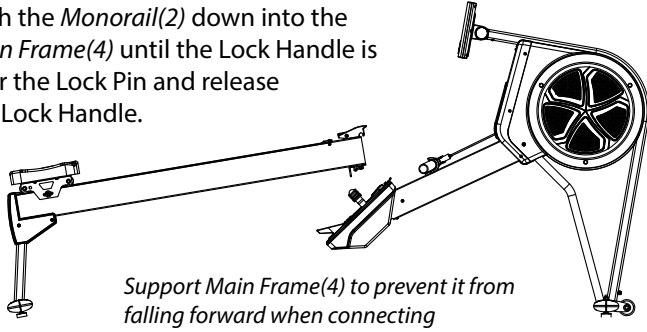
Failure to do so could result in serious injury.



Assembling Your Rower

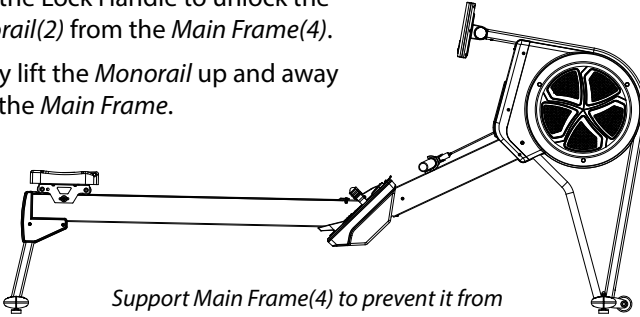
Step 3: Connecting the Rail

1. Lift the *Main Frame Assembly(4)* up by holding the foot strap. Align the slot in the *Monorail(2)* with the mounting pin on the *Main Frame(4)*.
2. Push the *Monorail(2)* down into the *Main Frame(4)* until the Lock Handle is over the Lock Pin and release the Lock Handle.

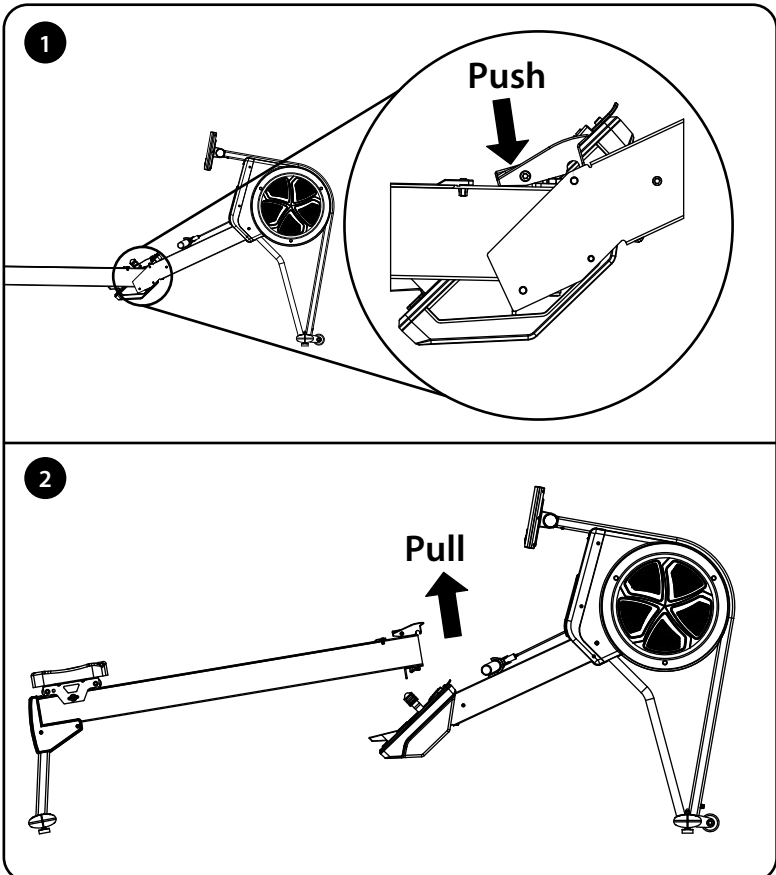


Step 4: Disconnecting the Rail

1. Hold the *Main Frame(4)* up by holding the foot strap.
2. Push the Lock Handle to unlock the *Monorail(2)* from the *Main Frame(4)*.
3. Slowly lift the *Monorail* up and away from the *Main Frame*.



Support Main Frame(4) to prevent it from falling forward when disconnecting



Setting Up Your Rower

Mounting Your Rower

1. Position yourself in the middle of the aluminum monorail, and move the seat to comfortable position.
2. Sit down slowly.



Computer viewing angle adjustment

1. Tilt console forward or backward to adjust to a comfortable viewing angle.



Heel Rest Adjustment

1. Raise the position of your heel rest up to raise foot position.
2. Push heel rest down to lower the position of your foot.



Foot Strap Adjustment

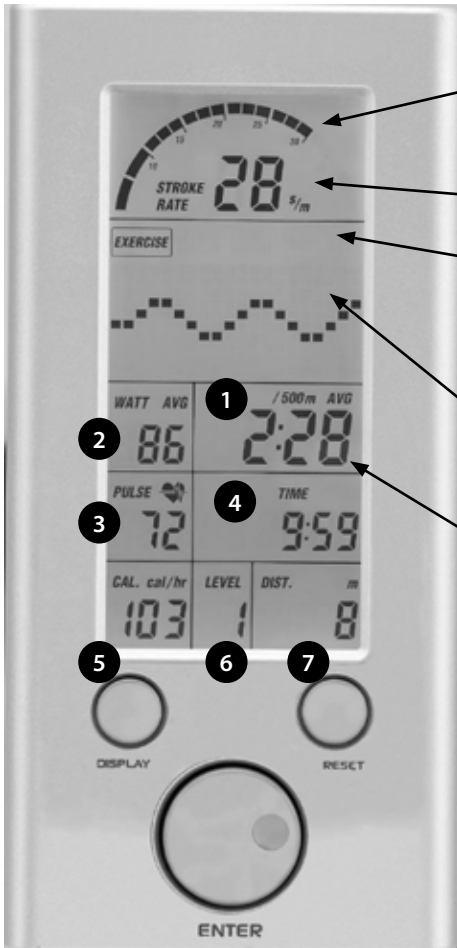
1. Tighten foot strap by pulling foot strap toward the Monorail on both sides.



2. Loosen foot strap by pulling buckle away from the Monorail.



Console Operational Instructions



High intensity Interval Training (HIIT) program Indicator:

Represents target value of stroke rate for HIIT workout program.

Stroke Rate: Stroke per minute.

Exercise window: Press Display key to switch between Exercise, Force curve, and Bar chart Exercise Windows as well as other console functions.

Dot Matrix profile window: For program selections from P1-P9.

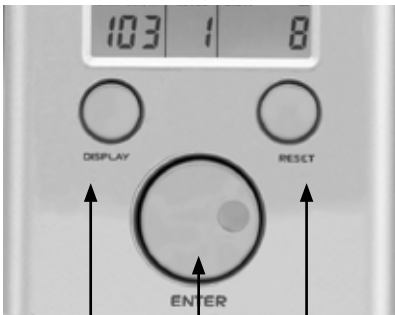
Data Display window: Press display button to switch between present workout value and average workout value.

Data Display Readouts:

1. **Time/500m (AVG):** A measurement of speed known as split time. It shows time needed at current (AVG) pace to complete 500 meters in distance. The smaller this value is, the faster your performance time to complete 500 meters.
2. **Watt (AVG):** Displays estimated watts per stroke during a workout.
3. **Pulse (Heart rate):** Display Heart Rate requires a wireless heart rate strap to function. Recommend Polar T34 heart rate transmitter for long distance transmitting.
4. **Time:** Measures time in minutes and seconds from the very first stroke.
5. **Calories (Calories per hour):** Displays estimated kilocalories burned during workout and/or calories burned per hour.
6. **Resistance Level (1-16):** Level of resistance.
7. **Distance:** Displays distance traveled during workout in meters.

Console Operation Instructions

IMPORTANT NOTE! If you choose to use a heart rate chest strap sensor for rowing due to the long distance from the chest strap to the (inside of console), it is suggested to use the Polar T34 heart rate transmitter or other long signal transmitting heart rate transmitter.



Display

Touch Dial

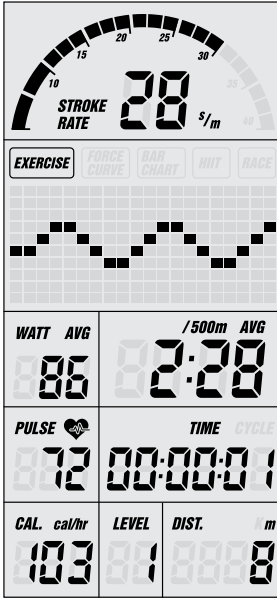
Reset

Function Buttons:

1. **Touch Dial:** Turn this dial to highlight selections as well as increase or decrease workload. Press dial to confirm your selection. (Tips: Hold back of console and use thumb to easily control Touch Dial)
2. **Display:** Press Display button to toggle through exercise and other display options.
3. **Reset:** Press to go back to previous option or window. Press and hold for 3 seconds to go back to program selection mode.

Console Operational Instructions

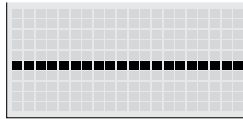
Display Window Rotation



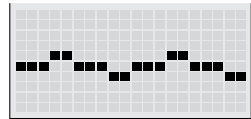
Exercise:

Shows your force and power of your stroke using 1 of 4 graphs indicating which range your efforts fall into: Zero Stroke Rate, Slow Stroke Rate, Moderate Stroke Rate, Quick Stroke Rate.

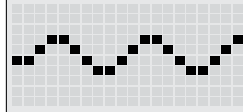
Zero Stroke



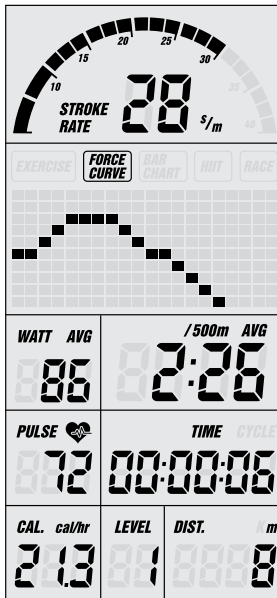
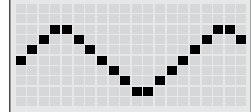
Slow Stroke Rate



Moderate Stroke Rate



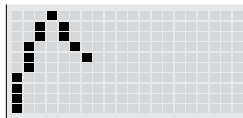
Quick Stroke Rate



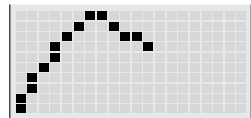
Force Curve:

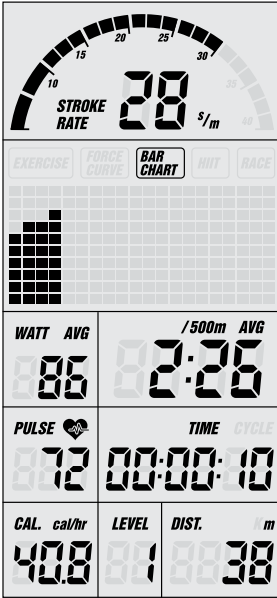
Will show a graphic of a curve based on the power of your stroke. A stronger initial stroke effort will show a curve shorter in length when compared to a curve of longer length indicating a weaker stroke effort.

Short Strong Force Curve



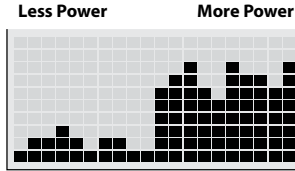
Long Weak Force Curve





Bar Chart:

Shows your force or power measured in bars. A taller bar indicates more power being exerted when compared to a smaller bar showing less power in stroke.



Console Operational Instructions

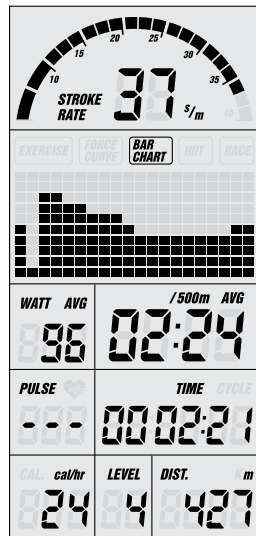
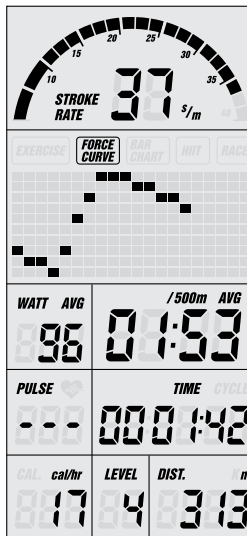
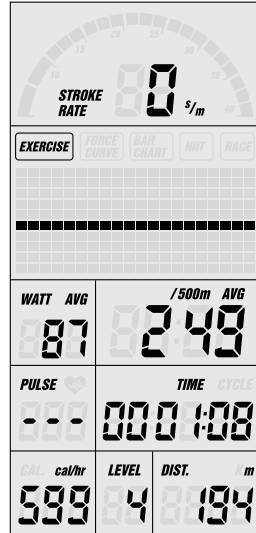
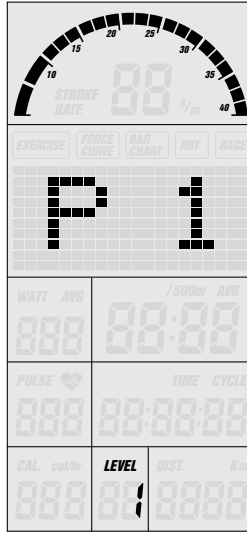
Programs:

Quick Start

Simply start rowing to start console and turn the touch dial to adjust resistance to the desired level. Pressing the display key during exercise will change the dot matrix window. Press and hold the reset button to return to program selection window at any time.

P1 (Manual Mode)

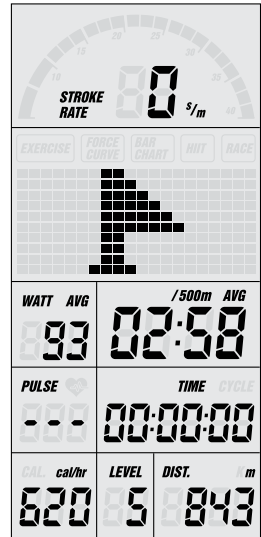
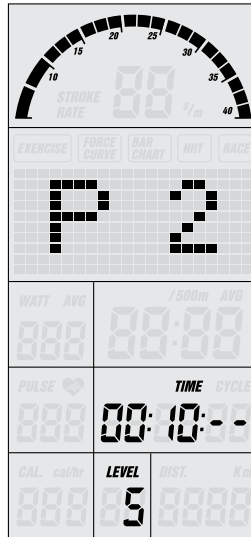
To select P1 in the dot matrix window press the enter button. Adjust the resistance level by rotating the touch dial and press enter to confirm selection. Start rowing to begin the program. To terminate and go back to program selection window press the reset button and hold for 3 seconds.



Console Operational Instructions

P2 (Time Goal)

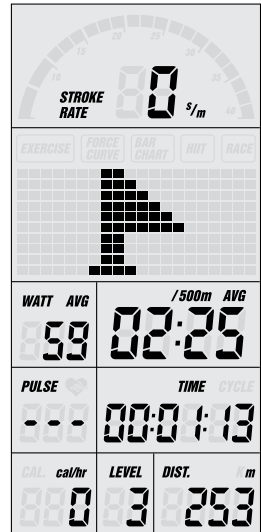
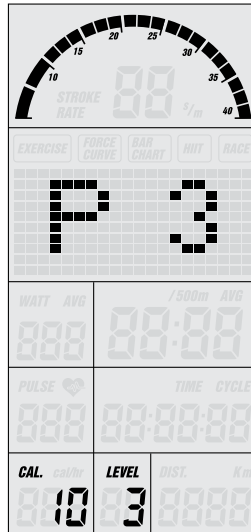
Turn the touch dial until P2 shows in the dot matrix window and press the enter button. Adjust time and resistance level by rotating the touch dial and press enter to confirm selection. Start rowing to begin the program. To terminate and go back to program selection window press the reset button and hold for 3 seconds.



When the goal has been obtained (time, calories, distance) the arrival flag appears

P3 (Calorie Goal)

Turn the Touch Dial until P3 shows in the dot matrix window and press the enter button. Adjust calorie and resistance level by rotating the touch dial and press enter to confirm selection. Start rowing to begin the program. To terminate and go back to program selection window press the reset button and hold for 3 seconds.

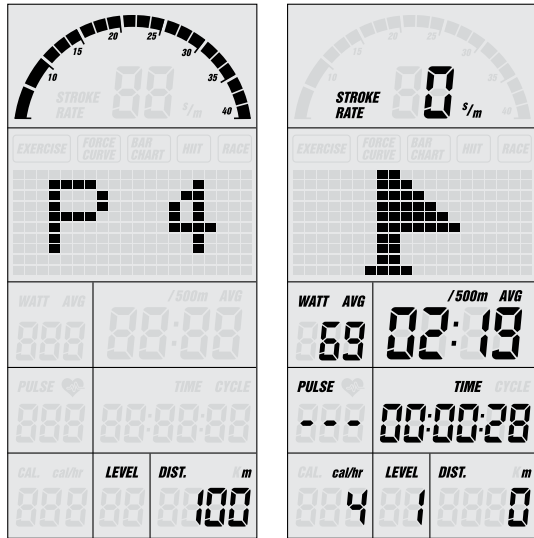


When the goal has been obtained (time, calories, distance) the arrival flag appears

Console Operational Instructions

P4 (Distance Goal)

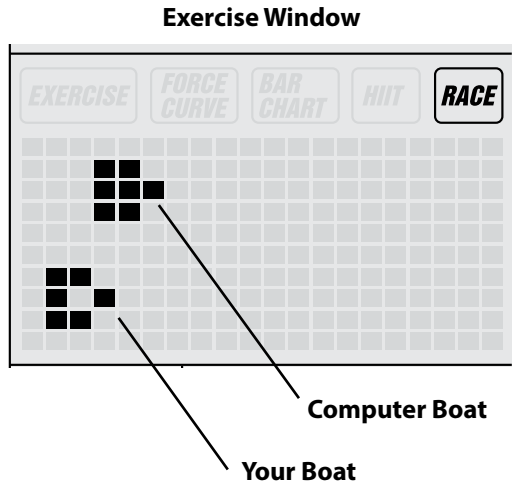
Turn the Touch Dial until P4 shows in the dot matrix window and press the enter button. Adjust distance and resistance level by rotating the Touch Dial and press enter to confirm selection. Start rowing to begin the program. To terminate and go back to program selection window press the reset button and hold for 3 seconds.



When the goal has been obtained (time, calories, distance) the arrival flag appears

P5 (Race)

Turn the Touch Dial until P5 shows in the dot matrix window and press the enter button. Adjust competing distance and resistance level by rotating the Touch Dial and press enter to confirm selection. Start rowing to begin the program. To terminate and go back to program selection window press the reset button and hold for 3 seconds.



Console Operational Instructions

P6 (High intensity Interval Training - HIIT)

P6 is a 20 minute beginner training program which helps you get comfortable with rower training. During the warm up phase, row at a comfortable pace, and find a suitable resistance level that you can manage for the entire workout. During the one minute count down, you are encouraged to go as fast as you can. Resting is 2 minutes for catching your breath and preparing for the next high frequency phase. (Please note: Do not push yourself too hard during the high frequency phase, and if you feel faint or dizzy, stop your workout immediately and contact your physician.)

P7 (High intensity Interval Training - HIIT)

P7 is a 20 minute standard training program for individuals who are familiar with rowing.

P8 (High intensity Interval Training - HIIT)

P8 is a 30 minute standard training program.

P9 (High intensity Interval Training - HIIT)

P9 is a 30 minute advance level training program, with high stroke rates in speed up phase.

Console Operational Instructions

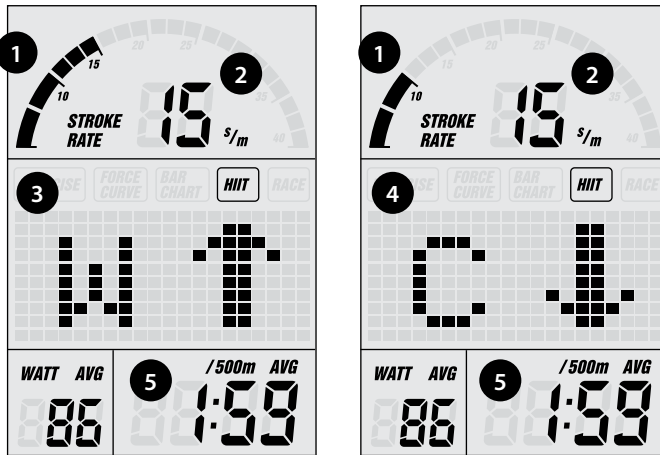
High intensity Interval Training (HIIT)

Warm Up Phase: Warm up and adjust to a comfortable resistance level.

HIIT phase: Encourage user to go as fast as they can.
(Warning: Beware do not exceed your fitness ability.)

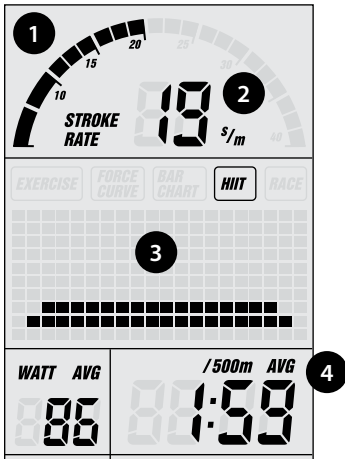
Rest phase: Slow frequency of stroke rate to catch your breath and recover for next phase.

Cool down phase: The program is about to end and gives you time to recover from the entire workout.



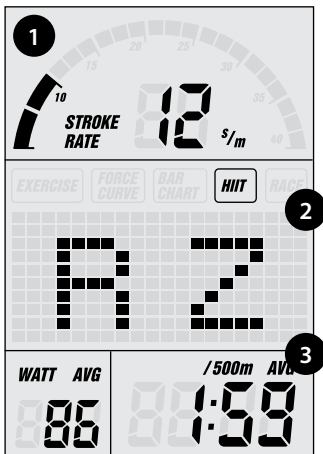
1. Minimum goal of Stroke rate
2. Current performance
3. Warm up phase
4. Cool down phase
5. Time: Count down

Console Operational Instructions



1. Minimum goal of Stroke rate
2. Current performance
3. Fail. Not in target range
4. Time: Count down

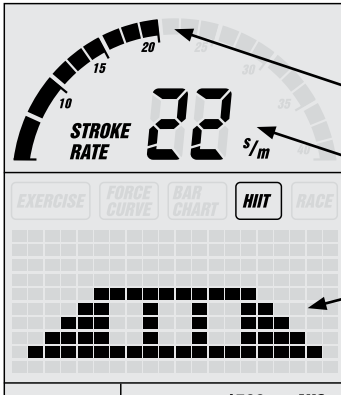
During the one minute count down, HIIT program encourages you to go as fast as you can so that you can reach the goal of a complete pyramid. When it comes to the two minute count down, you are encourage to slow down the frequency of stroke rate to catch your breath and recover for the next high frequency workout.



1. Minimum goal reduced greatly during rest zone phase
2. During Rest Zone, time count down from two minutes
3. Time: Count down

High intensity Interval Training (HIIT)

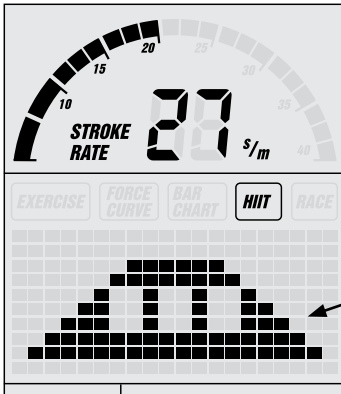
Build Your Pyramid



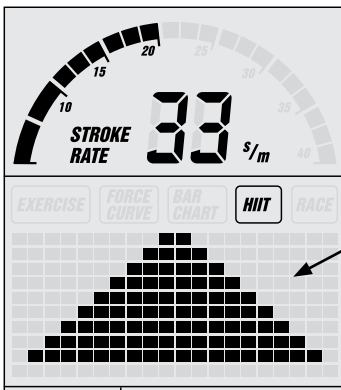
Program target

Real time Stroke rate

Good Job. In target standard



Excellent. Above average



Pyramid completed.
You are PRO.

Maintenance and Tips

Rowing Guide

Correct

1. To start, legs are vertical to the floor, and arms are straight.
2. Push against foot pedal to extend legs.



Incorrect

1. Torso's out of position.
2. Pulled with arms prior to straightening legs.



Maintenance and Tips

3. Pull handle bar towards middle of torso, wrists and fore arms are parallel to the ground.
4. During recovery phase, straighten arms prior to bending knees to return to the start up phase.



3. Incorrect wrist position which may cause sore wrists in long term exercise.
4. Knees bent before arms are straight, may hit knees and cause injury.



Maintenance and Tips

Transportation

Lift the machine up from *Rear Base Foot*. Make sure the front wheel touches the ground before moving to desired location.



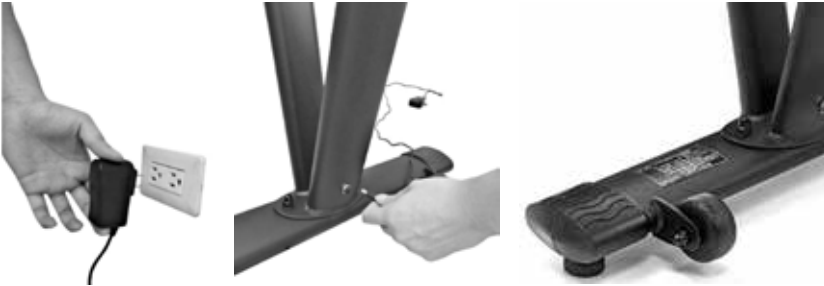
Storage

Store in a clean, dry and level area.



Power Adapter

Connect power adapter to the main frame assembly before use.
Always unplug power adapter after every workout.



Care and Maintenance

1. It is important to spend some time for simple maintenance before and after use. This rower is only for indoor use and should not be stored in damp, extremely cold or hot areas as this could damage the unit voiding the warranty.
2. For safety reasons, inspect your rower before every use by checking all nuts, bolts and screws and make sure they are all tight.
3. Clean seat rollers and aluminum rail with moist cloth with clean water or light soapy water before and after every use. Make sure the seat is moving smoothly and no black spots are on the rail and seat rollers.
4. Do not use harsh or abrasive chemicals on this equipment.
5. Dry the unit off with a clean towel to remove left over moisture and sweat after every use.



It is important to spend some time for simple maintenance before and after use.

RW7000

Commercial Rower

LifeSpan Fitness

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Version 1.0