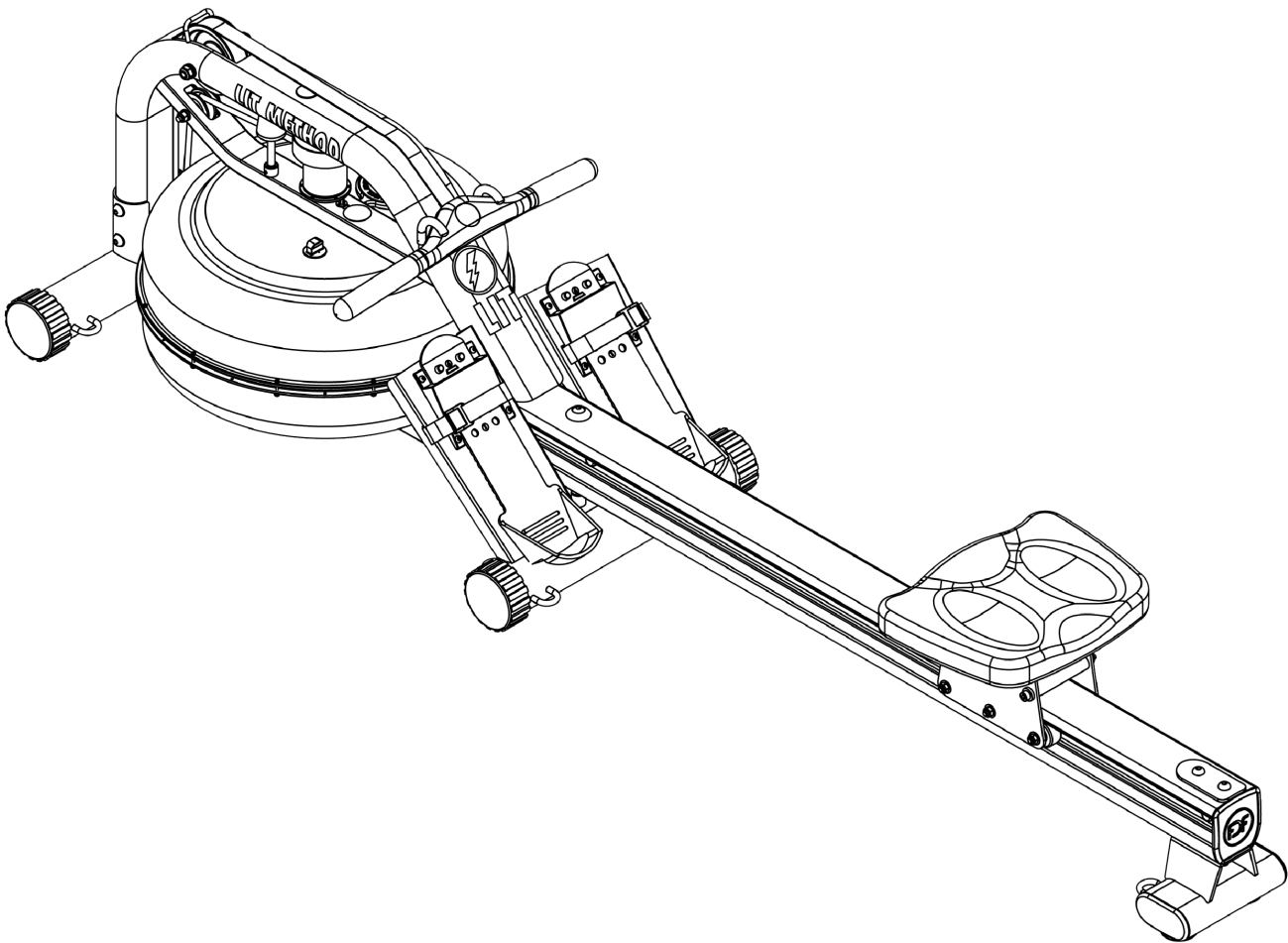


# **LIT METHOD**

## **USER GUIDE**

### **Strength Machine**





# » Introduction

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Congratulations on your purchase of Strength Machine .

LIT METHOD is proud to present the Strength Machine as a Commercial use product featuring patented Adjustable Fluid Resistance.

Follow all instructions carefully for correct assembly, Tank filling, water treatment, service and safety.

Check contents of Box 1 and Box 2 to ensure all parts are present and correct prior to assembly.

## Training with the Strength Machine

1. As with any piece of fitness equipment, consult a physician before beginning your Strength Machine exercise program.
2. Follow instructions provided in this manual for correct foot position and basic rowing techniques.



1. Keep hands and fingers away from moving parts, as indicated in this manual.
2. The Strength Machine can stand vertically for storage. Make sure a secure location is chosen, such as the corner of a room or against a wall on an even, secure surface.


**Note:** If the storage area is not level, an additional fixture is required (sold separately) to keep the Strength Machine stable with vertical storage position.

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## Safety Information

- Before using this product, it is essential to read this ENTIRE operation manual and ALL instructions. The Strength Machine is intended for use solely in the manner described in this manual.
- UNDERSTANDING EACH AND EVERY WARNING TO THE FULLEST IS IMPORTANT
- As with any piece of fitness equipment, consult a physician before beginning your Strength Machine exercise program.
- Please be aware that any fitness regime, before being undertaken, is best preceded by a physical checkup from a certified physician.
- Injuries to health may result from incorrect or excessive training.
-  **WARNING** Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint, stop exercising immediately.
- Stop the machine immediately if any signs of excessive wearing is present on the Belts, Pulleys and Bungee cords. Do not use unit until said parts are repaired or replaced.
- Do not allow children unattended access to the machine.
- The Strength Machine can stand vertically for storage. When doing so, please follow the instructions given in the manual.
- Please keep hands away from moving parts, as indicated by the warning label on the Main Frame of your machine.
- If any of the adjustment devices are left projecting, they could interfere with the user's movement.
- Do not store in freezing conditions with water in the Tank as it can expand and crack the components.

## Installation

- Place on a stable, flat surface in a horizontal position during use for maximum stability.
- Check all Belts, Pulleys and Bungee cords regularly for signs of wear, and replace if needed.
- Check regularly and follow all instructions for maintenance as specified in this manual.
- Replace immediately any defective parts and do not operate unit until all repairs are complete.





## Proper Usage

- Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that LIT METHOD equipment is used properly to avoid injury.
- Injuries may result if exercising improperly or excessively. It is recommended that all individuals consult a physician prior to commencing an exercise program. If at any time during exercise you feel faint, dizzy or experience pain, STOP EXERCISING and consult your physician.
- Keep body parts (hands, feet, hair, etc.), clothing and jewelry away from moving parts to avoid injury.
- Follow instructions provided in this manual for correct foot position and basic rowing techniques.

## Inspection

- DO NOT use or permit use of any equipment that is damaged and/or has worn or broken parts. For all LIT METHOD equipment use only replacement parts supplied by LIT METHOD.
- Cables and Belts pose an extreme liability if used when frayed. Always replace any cable or Belt at first sign of wear (consult LIT METHOD if uncertain).
- EQUIPMENT MAINTENANCE - Preventative maintenance is the key to smooth operating equipment as well as to keep your liability to a minimum. Equipment needs to be inspected at regular intervals.
- Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so.
- DO NOT ATTEMPT TO USE OR REPAIR ANY ACCESSORY APPROVED FOR USE WITH THE LIT METHOD EQUIPMENT WHICH APPEARS TO BE DAMAGED OR WORN.
- Check all Belts, pulleys and Bungee cords regularly for signs of wear, and replace if needed.
- Check regularly and follow all instructions for maintenance as specified in this manual.
- Replace immediately any defective parts and do not operate unit until all repairs are complete.

## Operating Warnings

- Keep children away from the equipment. Parents or others supervising children must provide close supervision of children if the equipment is used in the presence of children.
- Do not allow users to wear loose fitting clothing or jewelry while using equipment. It is also recommended to have users secure long hair back and up to avoid contact with moving parts.
- All bystanders must stay clear of all users, moving parts and attached accessories and components while machine is in operation.
-  **WARNING** Do not insert fingers into Tank!
-  **CAUTION** After rowing exercise, please allow the unit to sit for 5 minutes before standing it up for storage.
-  **CAUTION** Do not fill past the calibration mark as indicated on the Tank Level sticker or water spillage can occur.
-  **WARNING** Never operate this Strength Machine without feet properly secured in Footstraps, or without the sliding portion of the Slider Footplate locked into position!

# » Assembly

## Product Specifications

**Product Class:** HC

**Braking System:** Speed Independent

**Product Net Weight:** 32.04kg (70.64lbs)

**Product Gross Weight:** 40.54kg (89.38lbs)

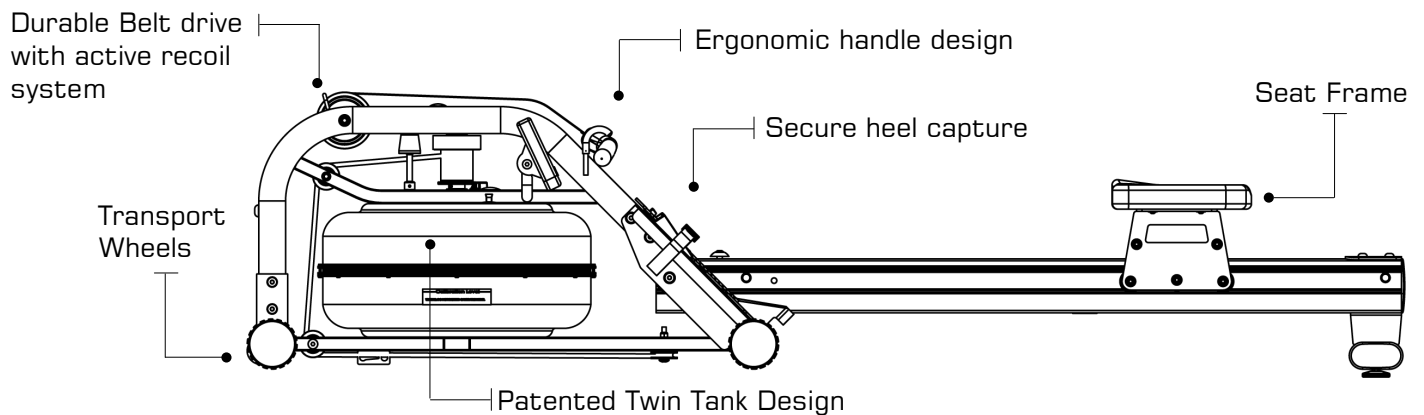
**Minimum Safe Operating Surface Area:** 338cm (133.07") x 172cm (67.71")

**Dimensions:** 2180mm (85.83") Length x 520mm (20.47") Width x 520mm (20.47") Height

**Maximum User Weight:** 150kg (330lbs)

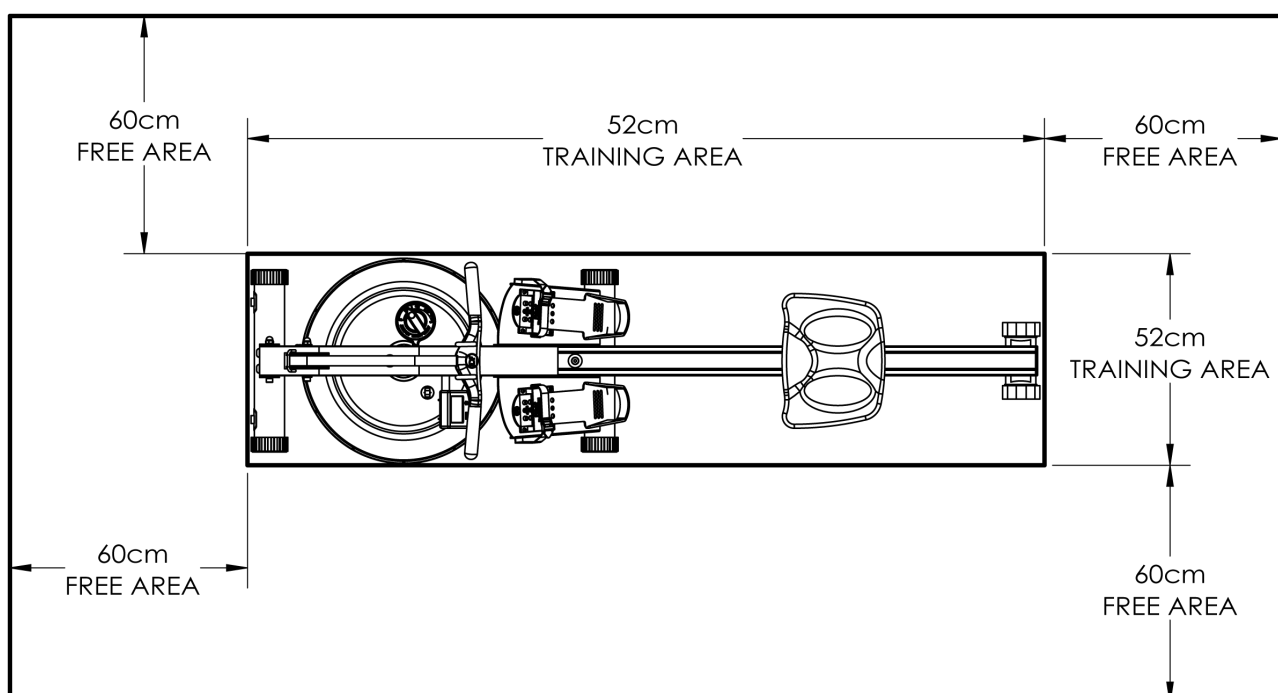
**Compact Footprint:** 2780mm x 1120mm or upright 520mm x 520mm

## Product Highlights



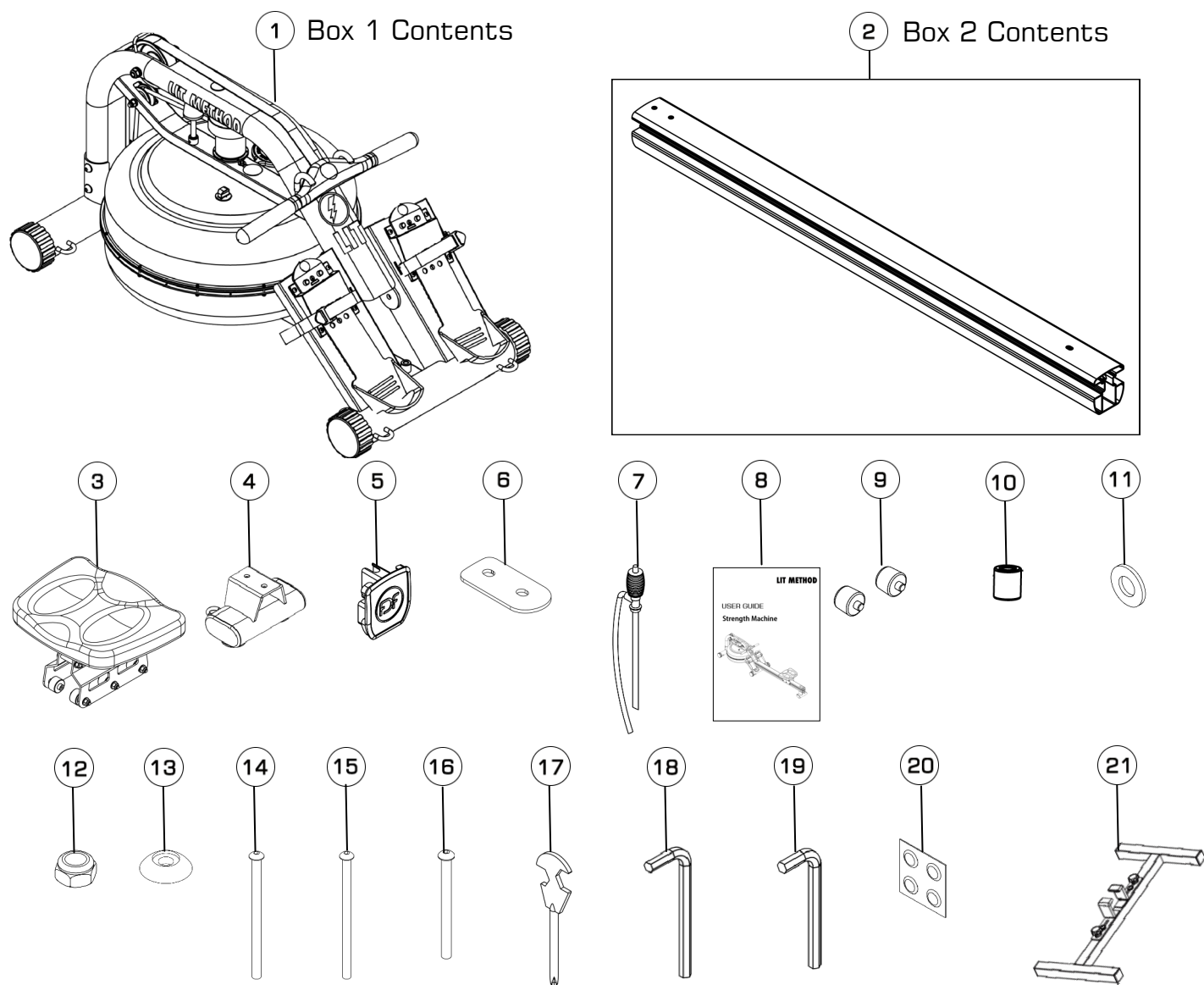
The live area shall be not less than 23.62"(60cm) greater than the training area in the directions from which the equipment is accessed. The live area must also include the area for emergency dismount.

## Live area and Training area



Note: Strength Machine is not suitable for therapeutic purposes.

# » Strength Machine Box 1 & 2 Contents



Item	Qty.	Description	Item	Qty.	Description
1	1	Main frame	5	1	Rubber End Cap
2	1	Seat Rail	6	1	Seat Rail Bracket
3	1	Seat	7	1	Siphon
4	1	Rear Leg	8	1	Owners Manual
Hardware KIT					
9	2	Rear Rubber Bumpstop	15	1	Hex Head M10x120mm Bolt
10	1	Vertical Seat Rail Bolt Dampener	16	1	M10x150mm Bolt
11	4	M10 Washer	17	1	Multi-Tool
12	1	M10 Nyloc Nut	18	1	8mm Allen Key
13	1	Plastic Dome Cap	19	1	6mm Allen Key
14	2	Dome Head M10x120mm Bolt	20	4	Water Treatment Tablet
21	1	Optional Stand (not included)			



# » Assembly Instructions

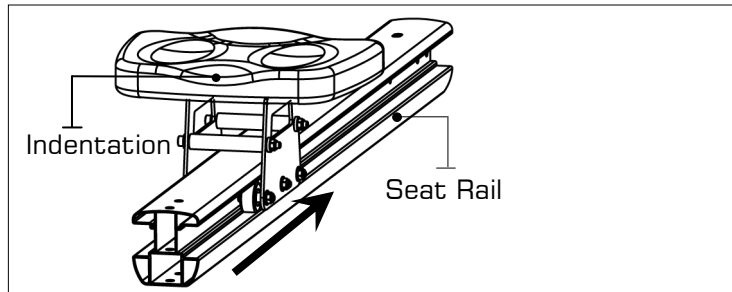
## STEP 1 Installing the Seat and Rear Leg to Seat Rail

### REQUIRED

Seat Rail [2]

Seat [3]

Install the **Seat[3]** onto the **Seat Rail[2]** as shown, with seat indentation facing rearward.



## STEP 2

### REQUIRED

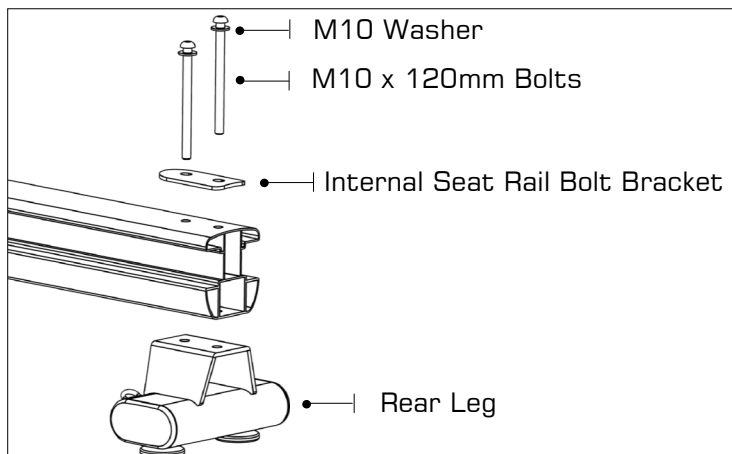
Rear Leg [4]

Internal Seat Rail Bolt Bracket [6]

2x M10 Washers [11]

2x M10x120mm Bolts [14]

First insert the **Internal Seat Rail Bolt Bracket[6]** into the rear of the Seat Rail and align it to the second hole from the rear of the rail. Then use **2x M10x120mm Dome Head Bolts[14]** and **2x M10 Washers[11]** install the **Rear Leg[4]** to the Seat Rail.



### ! WARNING

Do not tighten.

### ! WARNING

Step 2: Make sure the rear leg has the resistance hooks facing towards the inside of the machine

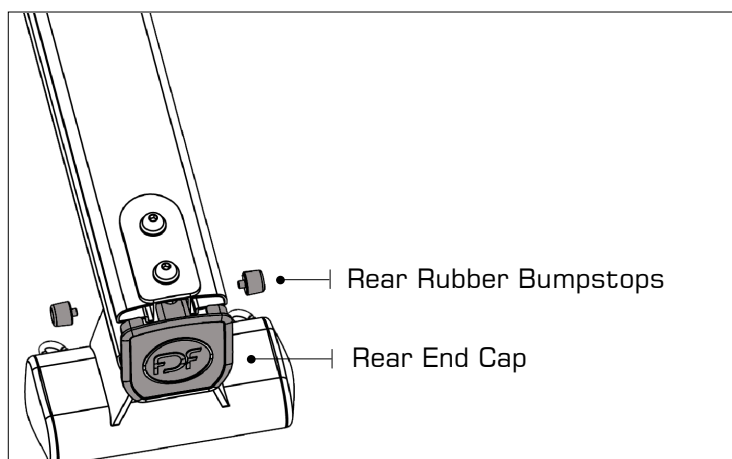
## STEP 3

### REQUIRED

Rear End Cap [5]

Rear Rubber Bumpstops [9]

Install **Rubber End Cap[5]** and hold the End Cap in place, thread the **Rear Rubber Bumpstops[9]** onto the end. Then tighten both Bolts to complete Rear Leg assembly.



### ! WARNING

Use care when tightening Bolts to avoid scratches.

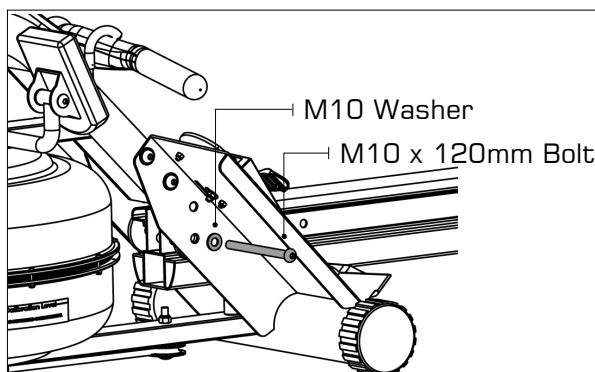
# » Assembly Instructions

## STEP 4

### REQUIRED

2x M10 Washers [11]  
M10 Nyloc Nut [12]  
M10 x120mm Bolt [15]

Insert the Seat Rail until it just slightly protrudes behind the Footplate. Shown here is the installation/alignment point for the **M10x120mm Horizontal Seat Rail Bolt[15]**, **2x M10 Washers[11]** and **Nyloc Nut[12]**. Install and secure.

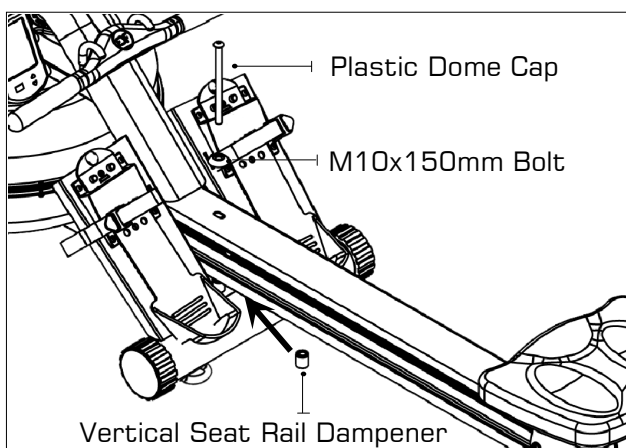


## STEP 5

### REQUIRED

Vertical Seat Rail Dampener [10]  
Plastic Dome Cap [13]  
M10 x150mm Bolt [16]

Insert the **M10x150mm Vertical Seat Rail Tensioning Bolt[16]** and **Vertical Seat Rail Dampener[10]** with the **Plastic Dome Cap[13]**.



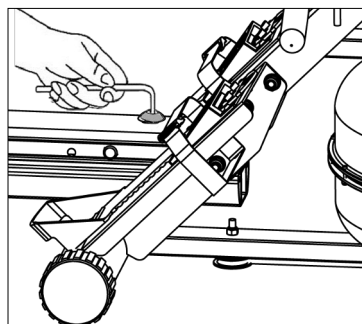
### CAUTION

Install the Vertical Seat Rail Tensioning Bolt through the Seat Rail as shown, then fit the Vertical Seat Rail Bolt Dampener onto the Bolt between the bottom of the Seat Rail and the Lower Frame (**not shown**) before securing Bolt into the Lower Frame. **Do not tighten.** See following page for correct height adjustment.

**Note:** The Vertical Seat Rail Dampener is designed to take up the slack between the Seat Rail and Main Frame when standing in the vertical position

## STEP 6

### Fine Tuning the Rower



Tension the Vertical Seat Rail Bolt as shown here until mid-leg rises off the floor approx. **3-5mm**.

The Vertical Seat Rail Tensioning Bolt is designed to hold the mid leg **3-5mm** off the ground when the Strength Machine is unweighted, and just slightly touch the ground during a rowing stroke.

Tighten the assembly until the Mid Leg begins to lift off of the ground as shown below.

**Note:** If excessive head shaking/hopping of the Tank occurs during rowing, this indicates the Vertical Seat Rail Tensioning Bolt being out of adjustment.

## »» Attaching your resistance bands

---

- Your strength machine has 8 different attachment points, these attachment points will hold your Strength Machine resistance bands.
- Your strength machine comes with two sets of resistance bands, one short set and one long set. Each set of resistance bands come with carabiners to attach to your machine. When attaching your resistance bands, you will put the short set on the front part of your machine and the long set on the back end of your machine.
- All bands are interchangeable and will be used on different attachment points, but this will be your LIT Machine standard attachments.
- All standard Strength Machines come with a pair of foam handles.

# » Operation Instructions

## » Adjustable Resistance (AR) Tank

The Adjustable Resistance (AR) Tank, developed and patented by LIT METHOD, offers a true multi-level experience. Water is moved between the "storage" and "active" chambers of the AR Tank. The Ergometer can adapt - at the turn of a dial - to the resistance preferred by each user.

### Getting Started

To achieve minimum resistance, select "1" on the Tank adjuster. **It takes 10 strokes to fill the central (storage) Tank, leaving a minimal amount of water in the outer (active) Tank. This process is always required if minimum resistance is desired.** Row hard at a steady pace (20 to 25 strokes per minute [SPM]) and put some effort into the stroke, ensuring that good form is maintained. You can make adjustments to the resistance level while you row. Your AR Tank will adapt almost instantly to increases in resistance but will take up to 10 strokes to reduce the effort required, as the central (storage) Tank fills up.

### Developing Your Routine

Once you have found a level that gives you the exercise required, changes can be made to SPM and to stroke intensity to further vary your energy input. Interval training is used by most users, where a period of low intensity is combined with short intervals of high intensity. The Ergometer allows for changes 'on the fly', to achieve multi-level resistance profiles during a single workout.

## » Tank Filling and Water Treatment Procedures

#### REQUIRED Siphon [7]

#### ! CAUTION

Resistance adjuster must be set to **LEVEL 4** to allow for accurate filling capacity.

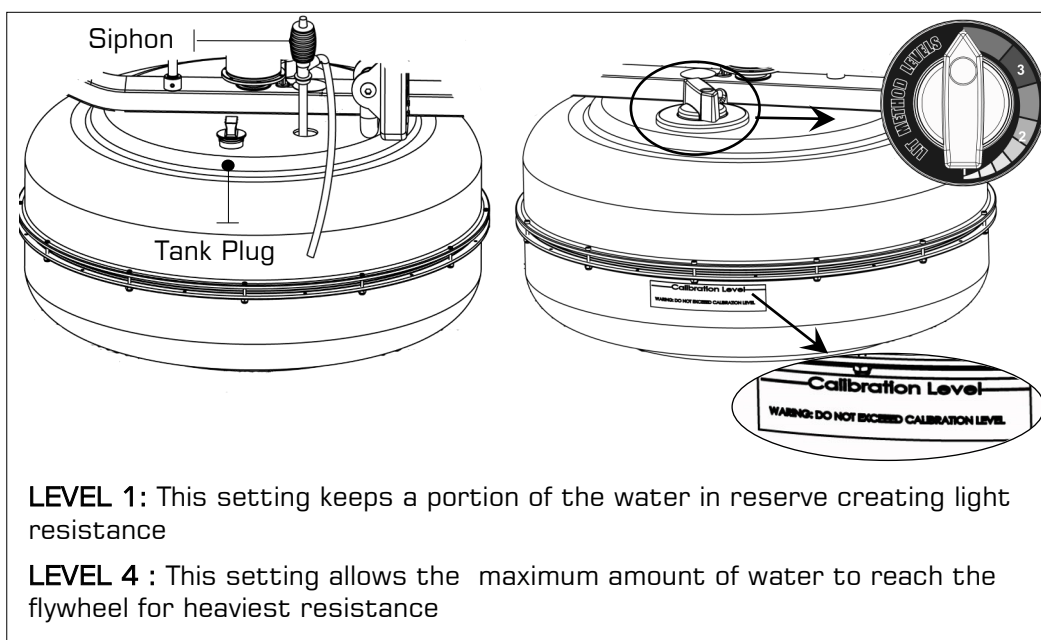
#### ! WARNING

Do not overfill the Tank beyond the maximum indicated level of 17 liters. Refer to the Tank Level Decal on the lower side of the Tank.

#### ! NOTE

In areas where tap water quality is known to be poor, LIT recommends the use of distilled water.

- Remove Rubber Fill Plug from the top of the Tank.
  - Place a large bucket of water next to the Strength Machine. Position the Siphon[7] with rigid hose in the bucket, and flexible hose in the Tank.
- Note:** Make sure small breather valve on siphon is closed before filling.
- Squeeze siphon to begin filling. **Important:** Do not overfill Tank
  - When full, open the valve on the top of the siphon to allow excess water to escape.
  - Once filling is completed follow the water treatment schedule below, then replace the Tank Plug.



## » Maintaining your Strength Machine

### INITIAL WATER TREATMENT

Add 1 x Water Treatment Tablet per full Tank. DO NOT, UNDER ANY CIRCUMSTANCE, USE A WATER TREATMENT TABLET OTHER THAN THOSE SUPPLIED WITH YOUR UNIT. Your unit purchase includes 4 x Water Treatment Tablets, which is sufficient for several years of use.

### » Long Term Water Treatment and Basic Operation

**Do not use any water treatment other than the tablets supplied with this unit.**

For replacement tablets, contact your local LIT Method distributor.

Water Treatment schedules for the STRENGTH MACHINE will vary according to the tanks exposure to sunlight, but expect 8-12 months near a bright, sunlit window and 2 years or more for a darker location. At the point of finding the water slightly cloudy, add a Water Treatment Tablet.

#### CAUTION

It is strongly recommended that a drop cloth be used under the Tank whenever the Tank Plug is opened for water treatment.

## » Maintenance

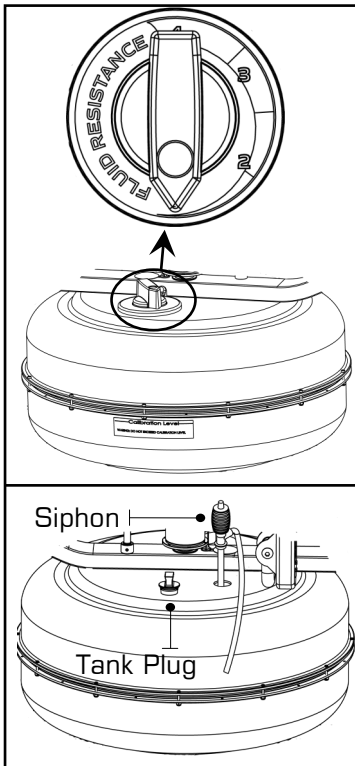
All preventive maintenance activities must be performed on a regular basis. Performing routine preventive maintenance actions can aid in providing safe, trouble-free operation of all LIT METHOD equipment.

LIT METHOD is not responsible for performing regular inspection and maintenance actions for your machines. Instruct all personnel in equipment inspection and maintenance actions and also in accident reporting and recording.

Item	Time Frame	Instructions	Notes
Seat and Seat Rail	Weekly	Wipe down Seat Rail and Seat Wheels with lint free cloth.	
Frame	Weekly	Wipe down Frame with lint free cloth.	
Tank and Water Treatment	12 months to 2 years	Follow instructions as specified in the "Water Treatment" section of this manual.	
Bungee Cord	Check every hundred hours for correct tension and for signs of wear.	The Bungee Cord should last for many years. If a Bungee Cord change is required, please contact LIT METHOD for further details.	
Belt	Check every hundred hours for correct tension and for signs of wear.	The Belt should provide many years of trouble free use. If a Belt change is required, please contact LIT METHOD for further details.	

## »» Operation Instructions

### »» Removing/Changing Tank Water



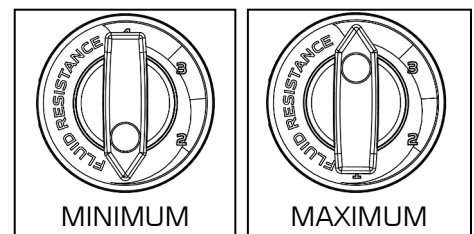
- Set Adjuster Knob to "1"
- Row at least ten strokes to fill the storage reservoir as completely as possible.
- Remove Tank Plug.
- Insert rigid end of siphon into the tank, and flexible hose into a large bucket.
- Drain tank (approx. 40% of water will remain) and then refill following directions for Tank filling as described in the Tank Filling section of this manual.

#### Note:

- ⊙ The valve on top of the siphon must be closed to allow proper drainage.
- ⊙ Water treatment will preclude the need to change tank water if the treatment schedule is maintained. Additional Water Treatment Tablet is required only when discoloration appears in the water.
- ⊙ Exposure to full sunlight reduces the life of the Water Treatment Tablets. Storing the Rower away from direct sunlight will extend the time between water treatments.
- ⊙ Approximately 40% of tank water will remain. It is not possible to completely drain the A/R tank without disassembly.

### »» How to Adjust Resistance

Select your preferred Fluid Resistance.

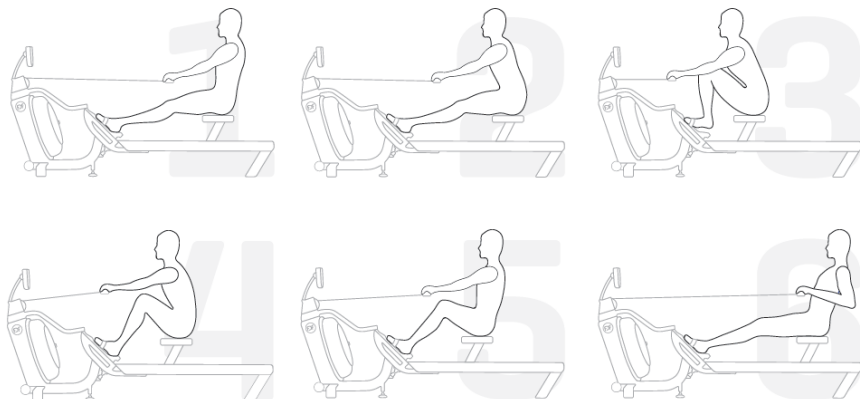


When adjusting resistance level, allow two strokes to feel an increase and ten strokes to feel a decrease.

# » Operation Instructions

## » Start Rowing

There are six phases to completing a rowing stroke



1. Sit with straight legs and back, leaning forward slightly at the hips with arms out straight and hands level with the lower ribs. Swing back.
2. Legs and back straight, leaning slightly forward from the hips, arms out in front. Lean and slide forward.
- Note:** Hands should now be around your knees, keeping legs straight.
3. Legs come forward, aiming to get the shins vertical. Back is still straight, and posture leaning slightly forward with arms still out front. Now drive hard, this is the CATCH.
4. Knees partially straightened so seat is now at mid-point of travel, back and arms still straight. Maintain the stroke.
5. Knees are nearly straight, back is still straight but now leaning slightly back from the hips. Arms straight. Now squeeze through.
6. Legs now fully extended. Back straight and leaning slightly back, now pull with the arms so they are close to the chest, forearms horizontal and elbows close in to the rib cage. This is the FINISH.



**CAUTION** Always consult a doctor before beginning an exercise program.

Stop immediately if you feel faint or dizzy.

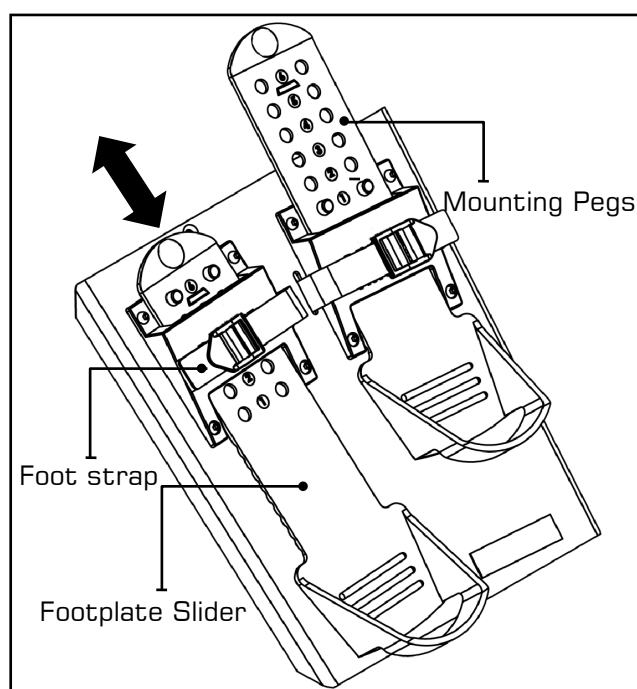
## » Adjust Footplates

The Footplate Slider accommodates most foot sizes, and is designed to keep your feet securely in place as you row. The feet should be positioned so that the foot strap covers the section of the foot naturally bend as row. (e.g. The board of the foot)

### TO ADJUST:

Lift the top of the Footplate from the mounting pegs and slide vertically between 1-6 to suit your foot length. Secure by hooking the Footplate back onto the mounting pegs and pushing down firmly to lock it into position. Place feet on the foot plates and tighten the Footstraps to ensure your feet sit firmly against the heel captures.

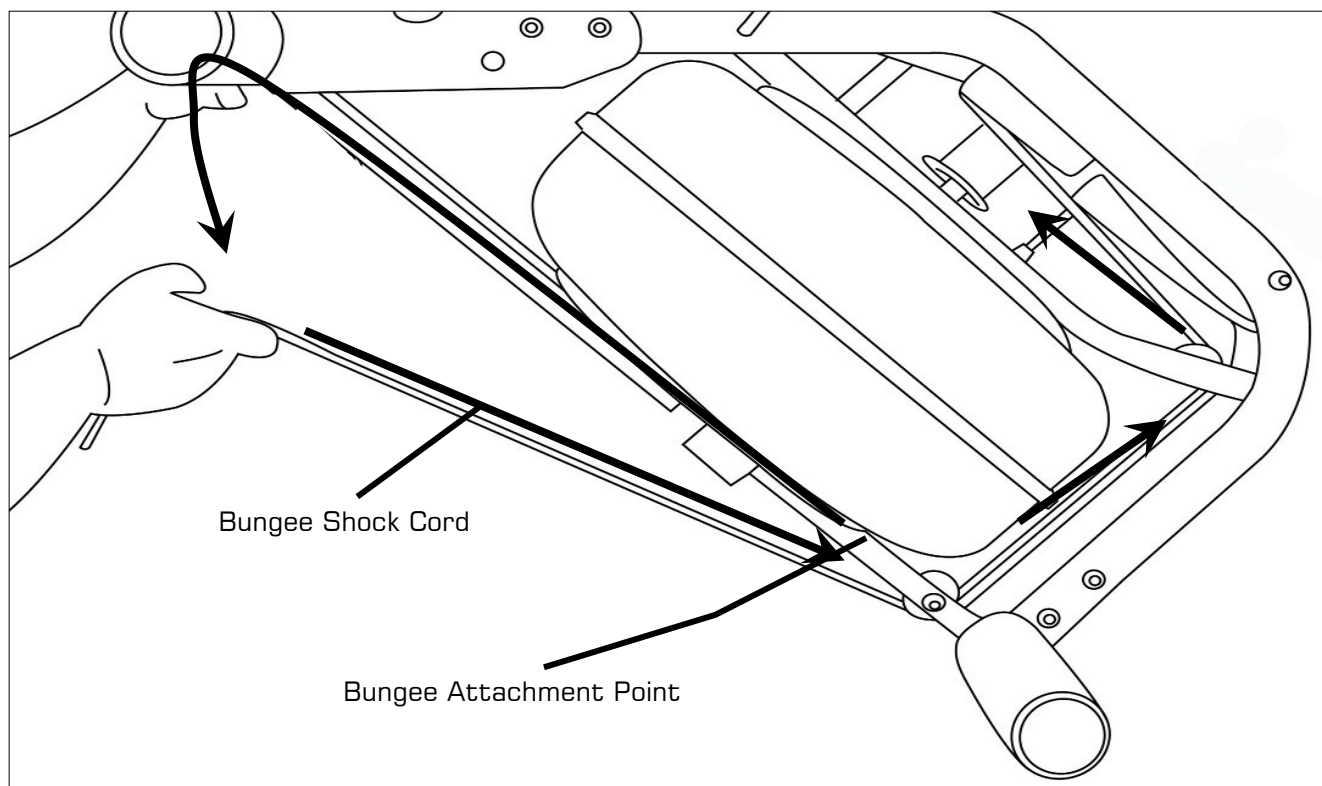
**Note:** The heel capture should bend to allow your foot to pivot naturally as you row.



**WARNING:** Never operate this Strength Machine without feet properly secured in Footstraps, or without the sliding portion of the Footplate Slider locked into position!



## » Detaching the Strength Machine Belt



1. To detach Belt, simply pull beyond the range of the normal rowing stroke until the Belt detaches from the Belt Bungee Pulley.

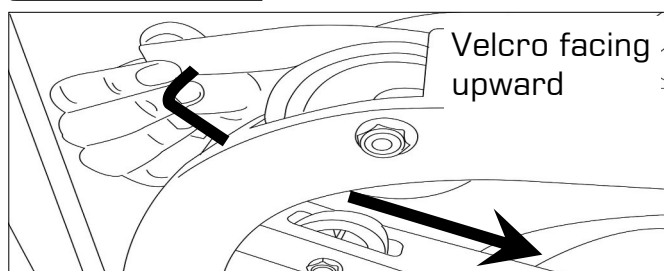
**Tip:** You'll hear the Velcro separating just before the Belt detaches.

2. Cut plastic tie holding Bungee at the Bungee Attachment Point, pull the Cord through all three pulleys and leave excess on top of the Tank for now.



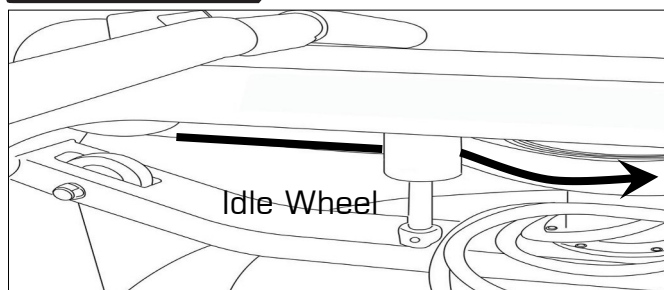
## » Reattaching the Belt

### STEP 1



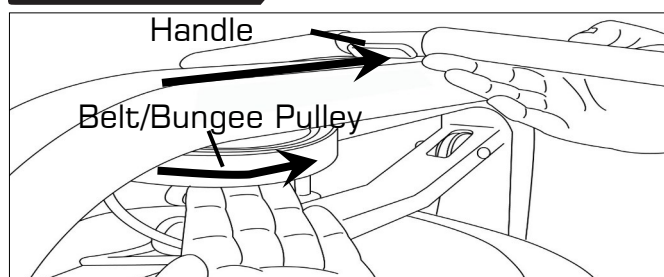
Begin reattaching the Belt by threading around the Belt Pulley with the Velcro side facing upward as illustrated.

### STEP 2



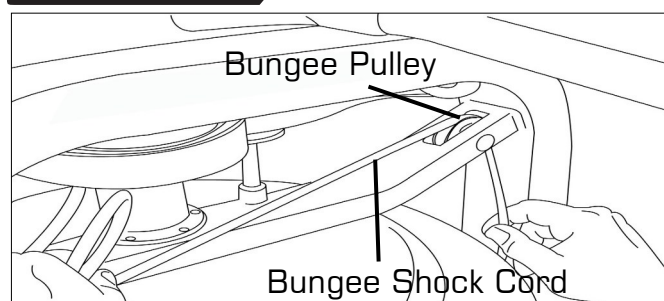
Next, thread the Belt around the Idle Wheel as shown. Once around the Idle Wheel, attach the Belt to the Belt/Bungee Pulley. There is an obvious “lip” at the attachment point.

### STEP 3



Wind the Belt onto the Belt/Bungee Pulley until the Handle is as it's furthest forward position.

### STEP 4

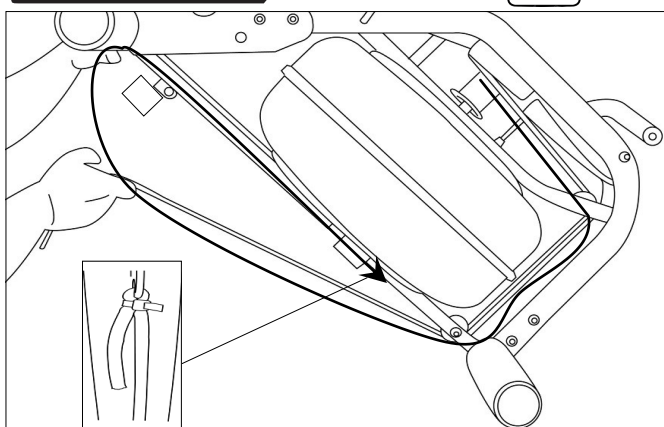


Rethread the Bungee Shock Cord (on opposite side of the Idle Wheel) back through the Bungee Pulleys and tie off at the Attachment Point.

### STEP 5



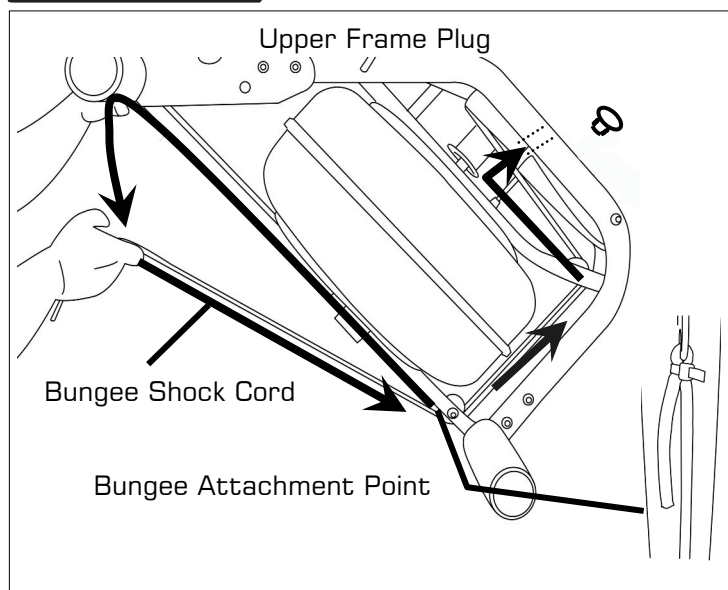
**Hint**



If Bungee Shock Cords previous tension seemed correct (a good way to judge is if the Handle can make it to the furthest point forward on the top of the Main Frame under Bungee tension alone) then simply tie off at previous position. If the return is too slack, experiment by tightening the tension in small increments and testing until the correct tension is achieved. If the Handle cannot reach the end of the seat rail during a rowing stroke, then the Bungee Shock Cord is over-tensioned.

## » Removing the Bungee Shock Cord

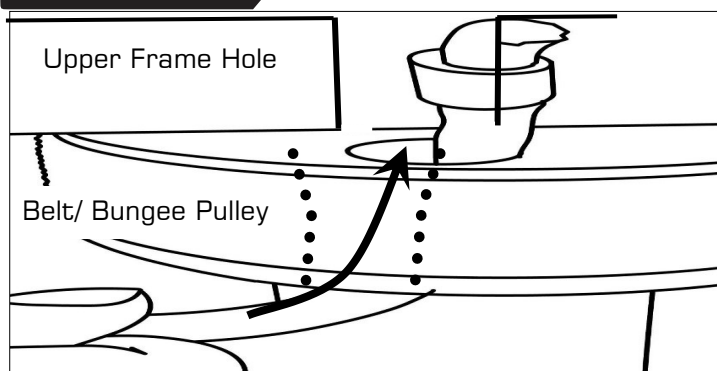
### STEP 1



Move the Handle to it's farthest forward point on the Main Frame, then cut the plastic end tie and follow the drawing above for Bungee removal.

Next, remove the Upper Frame Plug to allow the Bungee Shock Cord to be threaded through the top of the frame. Note: You will need to rotate the Belt/ Bungee Pulley to align the holes properly. Should the Belt drop off of during the Bungee change, please refer to the previous pages for "Attaching/ Reattaching the Belt".

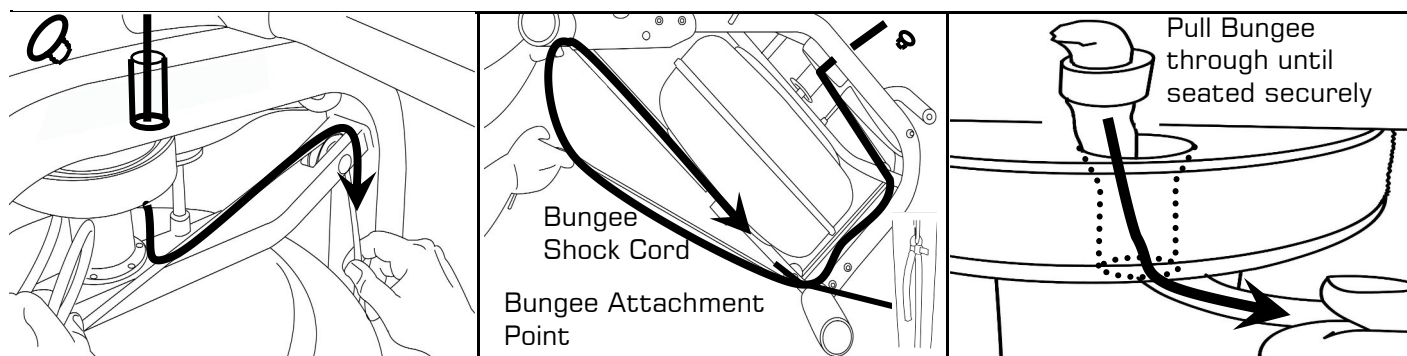
### STEP 2



Once Bungee Cord and Upper Frame Hole are aligned, push the Bungee Cord up and through the frame as shown

## » Replacing the Bungee Shock Cord

Reinstall the Shock Cord through the Upper Frame, along the opposite side of Idle Wheel, through the Mid Frame and Lower Bungee Pulleys and then tie off with plastic tie wrap to correct tension. Replace Frame Plug.



**Tip:** Correct Bungee tension is achieved when enough recoil is present for the Handle to easily reach the front of the Pulley Belt Bracket at the far front of the frame. If the Handle will not reach rearward to the end of the Seat Rail, the Bungee Cord is over-tightened and will require adjustment.

## » Troubleshooting

Fault	Probable Cause	Solution
Water changes color or becomes cloudy.	Strength Machine is in direct sunlight or has not had water treatment.	Change Strength Machine location to reduce direct exposure to sunlight. Add Water Treatment Tablet or change Tank water as directed in the Water Treatment section of this manual. Consider using distilled water to refill Tank.
Belt slipping off Belt/Bungee Pulley.	Bungee not under enough tension.	Tighten Bungee Cord following the instructions in "Replacing the Bungee/Shock Cord" section of this manual.
Front of the Strength Machine lifts slightly during vigorous rowing.	M10X150mm Vertical Seat Rail Tensioning Bolt is slightly too loose.	Tighten Bolt 1/2 turn and row again. Tighten as needed until problem stops. Note: Over tightening this Bolt can damage the seat rail. Only tighten Bolt in small increments until fault is corrected.

## COMMERCIAL USE

This product is designed and constructed for use in any Health Club / Fitness Studio application

LIT METHOD Limited warrants that the **LIT METHOD**, purchased from an authorized agent and in its undamaged original packaging, is free from defects in materials and workmanship. LIT Method Limited or its agent will, at their discretion, repair or replace parts that become defective within the warranty period, subject to the specific inclusions and exclusions below.

### **Metal Frame – 10 Year Limited Warranty**

LIT METHOD will repair or replace the Metal Main Frame should it fail due to any defect in materials or workmanship within 10 years of the original purchase. Warranty does not apply to frame coating.

### **Polycarbonate Tank & Seals – 5 Year Limited Warranty**

LIT METHOD will repair or replace the polycarbonate Tank or seals should they fail due to any defect in materials or workmanship within 5 years of the original purchase.

### **Mechanical Components (of a non-wearing nature) – 2 Year Limited Warranty**

LIT Method will repair or replace any mechanical component should it fail due to any defect in materials or workmanship within 2 years of the original purchase.

#### **Specific Inclusions**

- Seat Frame
- Seat Rail
- Shaft and Impeller Assembly

### **All Other Components (of a wearing nature) – 1 Year Limited Warranty**

LIT METHOD will repair or replace any component should it fail due to any defect in materials or workmanship within 1 year of the original purchase.

#### **Specific Inclusions**

- Bungee Recoil Cord
- Hand Grips & Footstraps
- Polyester Rowing Belt
- Seat
- All Pulleys, Rollers & Bearings
- All rubber components
- Computer & Speed Sensor (excluding replaceable batteries)
- Footplates (pivoting & sliding)

#### **General Exclusions**

- Damage to the finish of any part of the machine
- Damage due to neglect, abuse, incorrect assembly or use of the machine
- Any charges for freight or customs clearance associated with the return or dispatch of parts
- Any damage to or loss of goods during transport of any kind
- Any labour cost associated with a warranty claim

#### **General Conditions**

- The serial number of the machine must be correctly registered with LIT Method Limited or one of its appointed distributors
- LIT Method Limited reserve the right to examine any part where replacement is claimed under warranty
- Warranty commences at time of sale but no later than six (6) months from date of original shipment
- Warranty period applies only to the original purchaser from the date of purchase and is not transferable
- The product must be returned to your place of purchase in original packaging with transportation, insurance and associated charges paid for by you and risk of loss or damage assumed by you
- LIT Method makes no other warranties except as stated here and expressly disclaims all warranties not stated in this warranty. Neither LIT Method nor its associates shall be responsible for incidental or consequential damages
- Manufacturer's warranty automatically commences upon sale of the product to end user or upon the expiration of one (1) year from month of manufacture, whichever occurs first