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# ONE YEAR LIMITED WARRANTY

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LifeGear Inc. warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with LifeGear's Owner's Manual. LifeGear's obligation under this warranty is limited to replacing or repairing, free of charge, any parts which may prove to be defective under normal home use. This warranty does not include any damage caused by improper operation, misuse or commercial application.

From the date of purchase, the frame is warranted to be free from defects for 1 (one) year. All parts and workmanship, including electronics and its console cases, upholstery, foam, ball bearings, pulleys, cables, shocks, all tension mechanisms, wheels, pedals and hardware are to be free from defects for 90 days. This warranty is offered only to the original owner and is not transferable. Proof of purchase is required.

when ordering replacement parts please have the following information ready:

1. owner's manual
2. model number
3. description of parts
4. part number
5. date of purchase

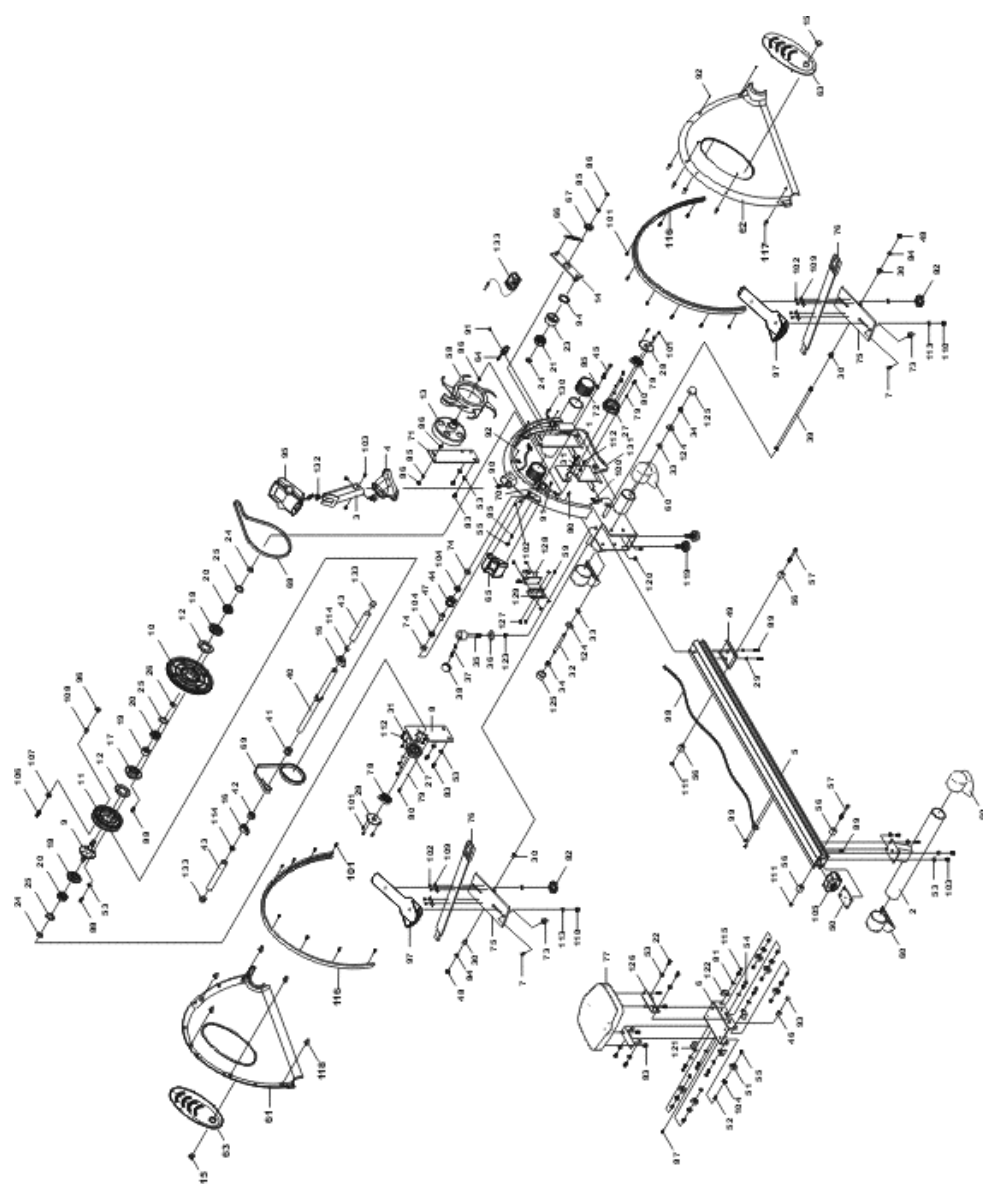
# THANK YOU

Congratulations with your new Rower ML. This exercise machine will help you enjoy a lifetime of beneficial exercise providing cardiovascular and muscle toning workout in the convenience of your own home.

This manual is designed to help you to easily assemble, adjust, and use this machine. Please read this manual carefully. Familiarize yourself with the parts identified in the instruction by first study the overview drawing.

Set all parts in a clear area on the floor and remove the packing materials. Refer to the part list for help to identify the parts. To assemble the machine, see the following pages.

# OVERVIEW DRAWING



# PARTS LIST

Part #	Description	Quantity	Part #	Description	Quantity
1	MAIN FRAME	1	31	SPRING WASHER M5	6
2	REAR STABILIZER	1	32	AXLE ? 12	1
3	COMPUTER POST	1	33	WASHER	
4	COMPUTER POST COVER	1		? 28 X ? 12.2 X 2.0 mm	2
5	ROWER EXTRUSION	1	34	NYLON LOCKNUT M12	2
6	SEAT CARRIAGE	1	35	FIXING HAND LEVER	1
7	FIXING BOLT M6 X 10 mm	2	36	METAL WASHER	
8	DRIVE BELT BRACKET	1		45 mm X 5.0 mm	1
9	SPROCKET SHAFT	1	37	HANDLE	1
10	PULLEY WHEEL ( 260 mm )	1	38	HAND KNOB 3/8"	1
11	PULLING BELT WHEEL	1	39	AXLE	1
12	PULLEY WHEEL WASHER	2	40	PULLING HANDLE BAR	1
13	FLYWHEEL ASSEMBLY	1	41	HANDLE BAR BUSHING	
14	JOCKEY PULLEY WHEEL BRACKET	1		( ? 35 X ? 26 X 22 mm )	1
15	SIDE COVER END CAP	2	42	PLASTIC BUSHING	
16	PULLING BELT COVER	2		( ? 35 X ? 26 X 15 mm )	1
17	BEARING HOLDER		43	FOAM GRIP	2
	( ? 90 X ? 32 X 37mm )	1	44	REVERSE WHEEL ASSEMBLY	1
18	BEARING HOLDER		45	HEXAGON HEAD BOLT	
	( ? 76 X ? 36 X 18mm )	2		M8 X 85mm	1
19	ONE WAY BEARING / 2520	1	46	MAGNET BRACKET	1
20	BEARING / 6004ZZ	3	47	SPACER ( ? 12 X ? 8 X 31.5mm )	1
21	BEARING / 6204ZZ	1	48	NYLON LOCKNUT M10	2
22	ALLEN HEAD BOLT M8 X 12mm	4	49	FRONT CONNECT PLATE	1
23	JOCKEY PULLEY WHEEL	1	50	REAR CONNECT PLATE	1
24	C - CLIP / S-20	3	51	ROLLER WHEEL	6
25	C - CLIP / S-40	3	52	ROLLER SPACER	6
26	SPACER		53	SPRING WASHER M8	16
	? 24 X ? 20.4 X 7.2 mm	1	54	ALLEN HEAD BOLT M8 X 35 mm	2
27	SPRING BOX	2	55	NYLON LOCKNUT M8	7
28	SPRING BOX BUSHING	2	56	STOP END	4
29	WASHER ? 13 X ? 6.2 X 1.0T	2	57	HEXAGON HEAD BOLT	
30	PEDAL BUSHING	4		M8 X 80 mm	2


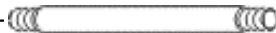













# PARTS LIST

Part #	Description	Quantity	Part #	Description	Quantity
58	FAN WHEEL	1		M8 X 16mm	8
59	NYLON NUT M5	1	84	WASHER	
60	REAR STABILIZER END CAP	4		? 25 X ? 10.2 X 2.0 mm	2
61	LEFT SHROUD	1	85	STAR WASHER 3/8"	4
62	RIGHT SHROUD	1	86	NUT 3/8"	4
63	SIDE COVER	2	87	ALLEN HEAD BOLT M6 X 16mm	1
64	CONNECT PLATE		88	HEX HEAD BOLT M8 X 20mm	8
	( FOR SHROUDS )	1	89	ALLEN HEAD BOLT M6 X 20mm	3
65	HANDLE BAR HOLDER	1	90	MIDDLE WIRE	1
66	SPRING	1	91	SELF TAPPING SCREW	
67	BUSHING ( FOR JOCKEY PULLE			M4 X 12mm	3
	WHEEL BRACKET )	1	92	SELF TAPPING SCREW	
68	DRIVE BELT	1		M4 X 50 mm	10
69	KEVLAR PULLING BELT	1	93	MAGNET	1
70	BELT STOPPER	1	94	C-CLIP / S-47	1
71	FLYWHEEL SUPPORT BRACKET	1	95	COMPUTER CONSOLE	1
72	FRONT STABILIZER END CAP	2	96	BUSHING ( ? 25 X 6.5 mm )	1
73	RUBBER STOP		97	TOP PEDAL	2
	( FOR FOOT PEDAL )	2	98	SENSOR WIRE	1
74	METAL SPACER		99	SELF TAPPING SCREW	
	? 12 X ? 8 X 11mm	2		M4 X 15 mm	2
75	FOOT PEDAL	2	100	C-CLIP / M-4	5
76	PEDAL STRAP	2	101	SELF TAPPING SCREW	
77	SEAT	1		M4 X 8mm	22
78	REVOLVING SPRING	2	102	SELF TAPPING SCREW	
79	WASHER			M5 X 10 mm	10
	? 10 X ? 5.2 X 0.85 mm	6	103	ALLEN HEAD BOLT	
80	HEXAGON M5 X 15mm			M8 X 20mm	7
	HEAD BOLT	7	104	BEARING / 608ZZ	8
81	WASHER		105	EXTRUSION REAR COVER	1
	? 16 X ? 8.2 X 1.5 mm	6	106	HEXAGON HEAD BOLT	
82	WHEEL KNOB 3/8"	2		M8 X 35mm	1
83	ALLEN HEAD BOLT				

# PARTS LIST

Part #	Description	Quantity	Part #	Description	Quantity
107	BUSHING ( ? 5 X 8.5mm )	1	119	FOOT STOP	2
108	BUSHING ? 14.8 X 17.5mm		120	NUT M10	2
	( FOR BIAS SHAFT )	1	121	CARRIAGE STOP ( L )	2
109	PEDAL STRAP FIXING PLATE	4	122	CARRIAGE STOP ( R )	2
110	NYLON LOCKNUT 3/8"	2	123	SPRING COLLAR	1
111	NUT M8	2	124	WASHER	
112	HEXAGON HEAD BOLT			? 12.7 X ? 32 X 1.0mm	2
	M5 X 12mm	6	125	BOLT CAP	2
113	WASHER		126	SEAT BRACKET	2
	? 20 X ? 10.2 X 2.0mm	4	127	BOLT M5 X 15mm	4
114	END CAP 7/8"	2	128	DC MOTOR	1
115	ALLEN HEAD BOLT M8 X 40mm	4	129	MOTOR BRACKET	1
116	SHROUD INSERT STRAP	2	130	ELECTRIC WIRE	1
117	FIXING BRACKET		131	MAGNETIC BRAKE CABLE	1
	( ? 11 X ? 5 X 35.5mm )	5	132	COMPUTER CABLE	1
118	FIXING BRACKET		133	END CAP	2
	( ? 21.2 X ? 5 X 38mm )	5			

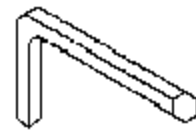
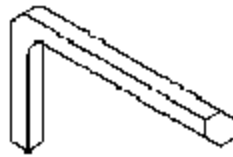
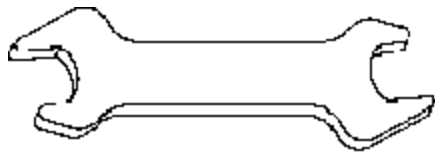
# HARDWARE LIST

Part #	Description	Quantity
22	ALLEN HEAD BOLT M8 X 12mm 	4
32	AXLE ? 12mm 	1
33	WASHER 28 mm X 12.2 mm X 2.0 mm 	2
34	NYLON LOCKNUT M12 	2
35	FIXING HAND LEVER 	1
36	METAL WASHER 45 mm X 5.0 mm 	1
37	HANDLE 	1
38	HAND KNOB 3/8" 	1
48	NYLON LOCKNUT M10 	2
53	SPRING WASHER M8 	8
84	WASHER 25 mm X 10.2 mm X 2.0 mm 	2
103	ALLEN HEAD BOLT M8 X 20mm 	7
123	SPRING COLLAR 	1
124	WASHER 12.7mm X 32mm X 1.0mm 	2
125	BOLT CAP 	2

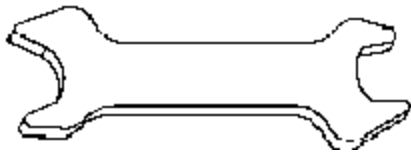
NOTE:

1. Above described parts are all the parts needed to assemble the rower. Before you start to assemble, please check to make sure the parts are included.
2. Tools needed to assemble the rower. Please make sure these tools are included.

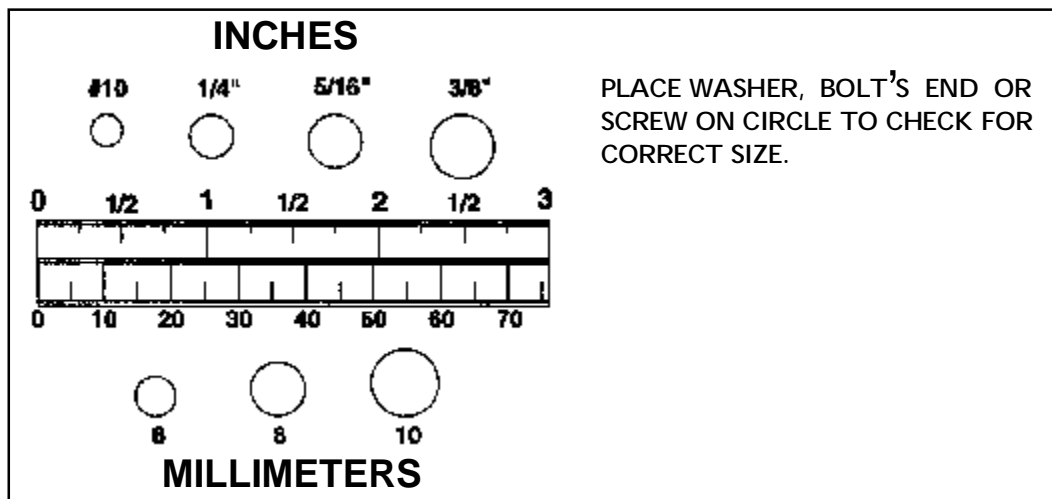
# HARDWARE LIST



T1: Allen wrench



T2: wrench



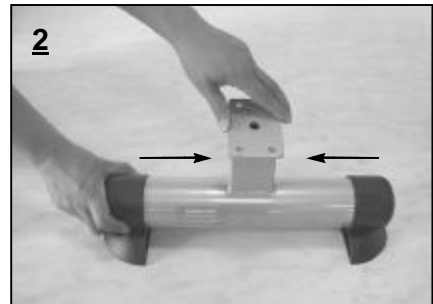


# ASSEMBLY INSTRUCTIONS

1. Assemble the Rear Stabilizer End Caps (#60) to the stabilizer welded of Main Frame (#1).



2. Assemble the Rear Stabilizer End Caps (#60) to the Rear Stabilizer (#2).



3. Attach the Rear Stabilizer (#2) to the bottom of Rower Extrusion (#5) with four Allen Head Bolts (#103) and Spring Washers (#53).



4. Turn the Seat (#77) upside down. Attach the Seat (#77) to the Seat Carriage (#6) with four Allen Head Bolts (#22) and Spring Washers (#53).

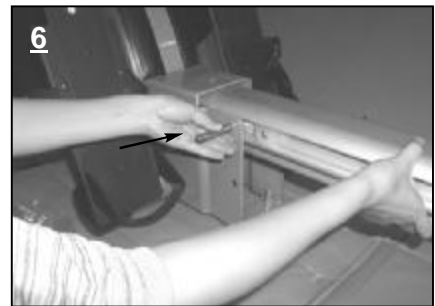


# ASSEMBLY INSTRUCTIONS

5. Connect the Sensor Wire (#98) from the front end of Rower Extrusion (#5) to the Middle Wire (#90) that comes out from the Main Frame (#1).



6. Insert the Axle (#32) into the main frame mounting bracket and Rower Extrusion (#5).



7. Place OD 28mm Washers (#33) on both sides of the Axle (#32) first, then place OD 32mm Washers (#124) on both sides of the Axle (#32) as well. Finally, tighten the Nylon Locknuts (#34) on both sides of the Axle (#32) by two wrenches.

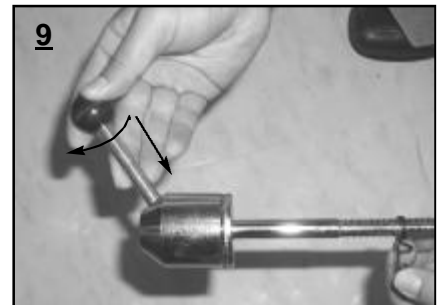


8. Place two Bolt Caps (#125) on both sides of the Axle (#32).



# ASSEMBLY INSTRUCTIONS

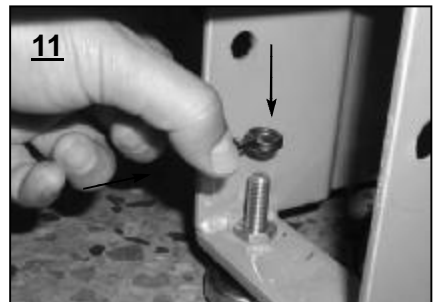
9. Screw in the Handle (#37) and Hand Knob (#38) to the Fixing Hand Lever (#35) then remove the Spring Collar (#123) from the Fixing Hand Lever (#35).



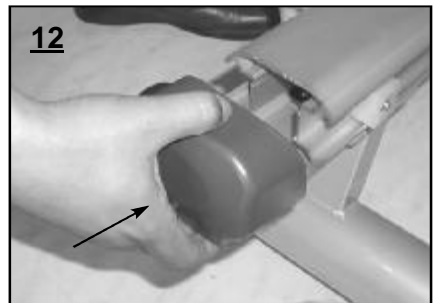
10. Tighten the Fixing Hand Lever (#35) and thick Medal Washer (#36) onto the top of mounting bracket to secure the Rower Extrusion (#5) into position.



11. Place the Spring Collar (#123) to the Foot Stop (#119).



12. Assemble the Extrusion Rear Cover (#105) to the Rower Extrusion (#5).



# ASSEMBLY INSTRUCTIONS

13. Insert the pedal pivot Axle (#39) into the mounting tube of Main Frame (#1). Attach the Foot Pedal (#75) to the pedal pivot Axle (#39) with one Washer (#84) and Nylon Locknut (#48).

Note: The Foot Pedals are marked with R and L.



14. Attach another Foot Pedal (#75) to the pedal pivot Axle (#39) with one Washer (#84) and Nylon Locknut (#48).

Note: Hold on to one side and screw in the other.



15. Insert the Computer Post Cover (#4) onto the Computer Post (3). Connect the Middle Wire (#90) with the Computer Cable (#132).



16. Insert the Computer Post (#3) to the main frame mounting tube and secure with three Allen Head Bolts (#103).

NOTE: Ensure the middle wire does not get tangled when you attach the computer post to the main frame.



# ASSEMBLY INSTRUCTIONS

17. Connect the Computer Cable (#132) to the Computer socket on the backside of Computer Console (#95).



18. Slide the Computer Console (#95) onto the bracket on the Computer Post (#3) until it clicks into position.



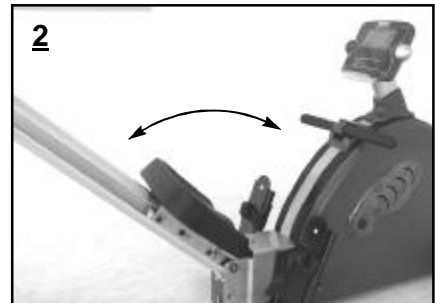
# HOW TO FOLD-UP THE EXTRUSION

1. Loosen and remove the Fixing Hand Lever (#35) and Medal Washer (#36) from the top.

Hint: Counter-Clockwise to loosen.



2. Fold up the Rower Extrusion (#5) gently.



3. With one hand holding the Rower Extrusion (#5) vertically, then insert the Fixing Hand Lever (#35) and Medal Washer (#36) from the side position.



4. Clip the Spring Collar (#123) onto the Fixing Hand Lever (#35) in position.



# HOW TO FOLD-DOWN THE EXTRUSION

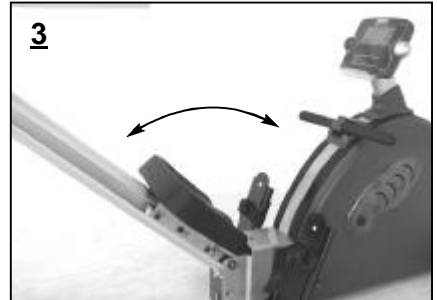
1. Loosen and remove the Spring Collar (#123) from the Fixing Hand Lever (#35).



2. With one hand holding the Rower Extrusion (#5) vertically, then pull the Fixing Hand Lever (#35) and Medal Washer (#36) out from the side position.



3. Lower the Rower Extrusion (#5) gently to the floor.



4. Tighten the Fixing Hand Lever (#35) and Medal Washer (#36) to secure the Rower Extrusion (#5) in position.



# ADJUSTMENT

## PEDAL ADJUSTMENT

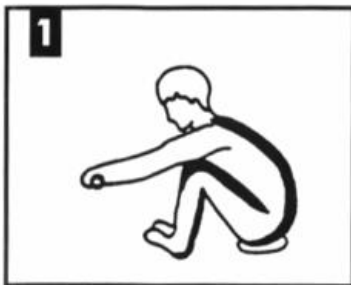
Loosen the Wheel Knob (#82) and adjust the Top Pedal (#97) to the suitable position, then tighten up the Wheel Knob (#82).



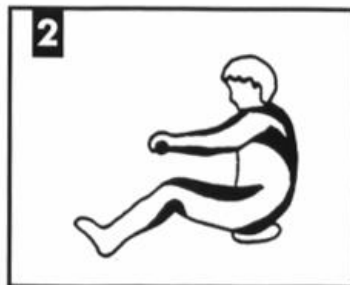


# HOW TO ROW

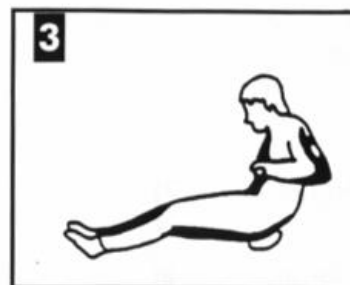
## HOW TO ROW



Take up the initial position leaning forward, knees bent and arms straight.



Push yourself backwards, straightening your back and legs at the same time.



Continue movement until you are leaning slightly backwards, bending the arms at the same time. Return to 1 and repeat.

## ALTERNATIVE EXERCISE

### LEG ONLY ROWING



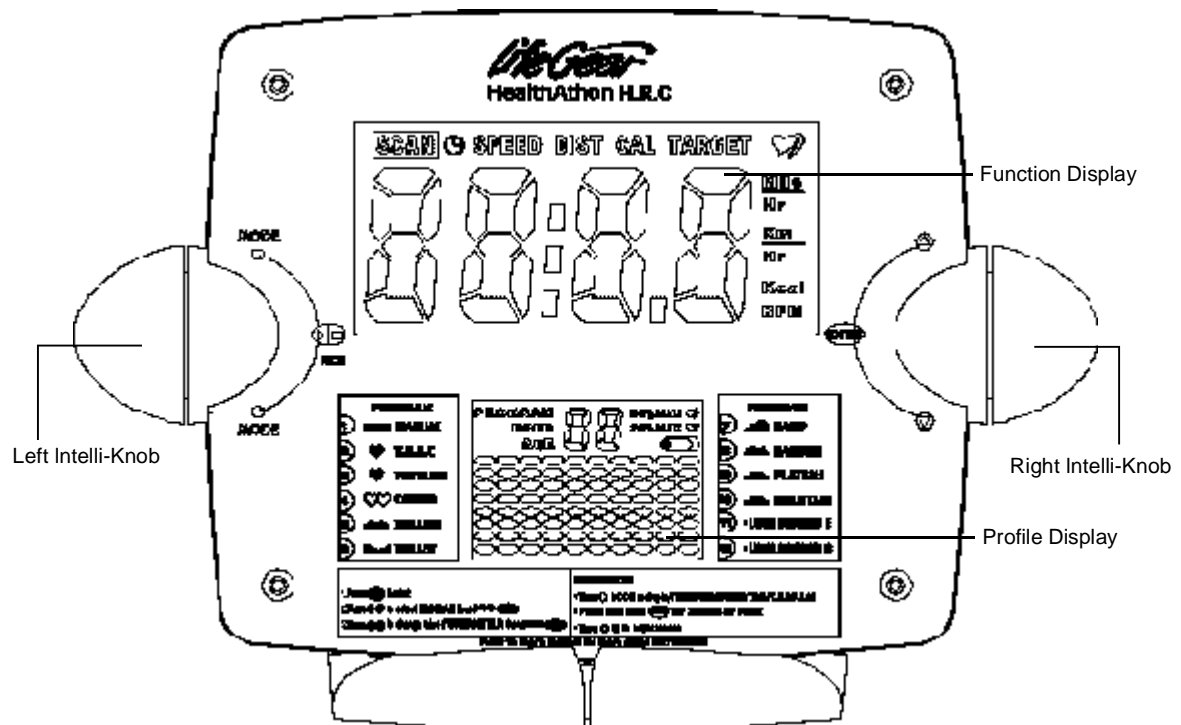
This exercise will help tone and strengthen the muscles in your legs and back. With your back straight and arms outstretched, bend your legs until the row arms are in the starting position 4.



Use your legs to push your body back whilst keeping your arms and back straight, slowly return to starting position and repeat.



# COMPUTER OPERATION



## COMPUTER USER'S MANUAL CONTENTS

- I Function Keys
- I About Displays
- I Operating Range
- I Operating Instructions

## I Function Keys

There are two Intelli-Knobs that let you control MODE, START/STOP, RESET, ENTER, UP and DOWN

## I Left Knob:

1. Presses to START or STOP the program chosen.
2. Presses and holds for 2 seconds to RESET the values or select different program
3. Turns to change the mode from SCAN, TIME, SPEED, DIST, CAL, TARGET HEART RATE, and PULSE RATE

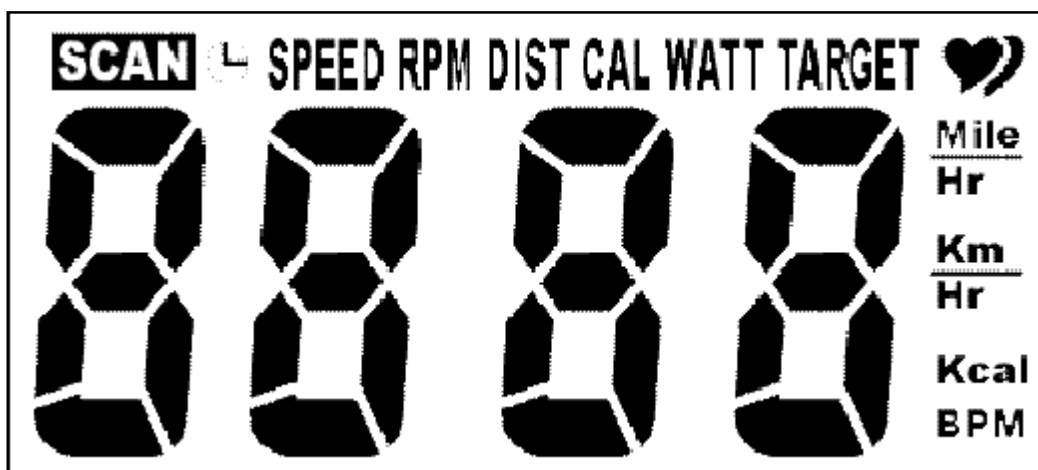
## I Right Knob:

1. Presses to enter the values selected.
2. Turns up or down to increase the value of TIME.DISTANCE. T.H.R and AGE.

## I About Display

There are two displays in the monitor. One is the function display and the other is a profile display.

I FUNCTION DISPLAY: The numeric messages shown in the display can be referred to the indicators on the top of the display.



- I PROFILE DISPLAY: The display shows the workout profile information about the program selected.



### Operating Ranges

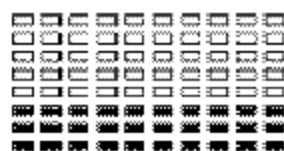
Values	Range (Count up)	Count down	Preset	Increment/Decrement
TIME	0:00 ~ 99:59	99:00 ~ 1:00	0:00	1:00
DISTANCE	0.0 ~ 999.0	999.0 ~ 1.0	0.0	1.0
CALORIES	1.0 ~ 99.00	N/A	0	1.0
TARGET HR	60 ~ 220	220 ~ 60	90	N/A
LEVEL	1 ~ 8	8 ~ 1	1	1
PROGRAM	1 ~ 12	12 ~ 1	1	1
AGE	10 ~ 99	99 ~ 10	25	1

Note: The values calculated or measured by the computer are for exercise purposes only not for medical purposes.

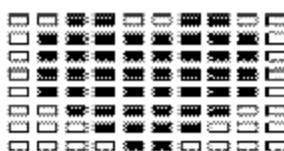
## I Program Graph:

Each graph shown is the profile of the load in each interval (column). With the value of TIME counting up, each interval is 3 minutes that all columns make up 30 minutes. With the value of TIME counting down, each interval is the value of setup TIME divided by 10. For example, if the time value is setup to 40 minutes, each interval will be 40 minutes divided by 10 intervals ( $40/10=4$ ). Then, each interval will be 4 minutes. The following graphs are all the profiles in the monitor.

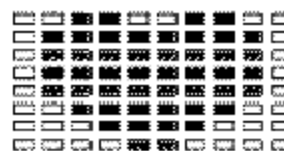
Program 1 (Manual)



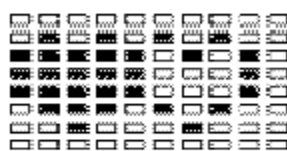
Program 2 (Target H.R.)



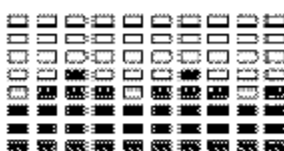
Program 3 (63% H.R. C.)



Program 4 (85% H.R. C.)



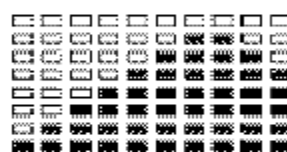
Program 5 (Polling)



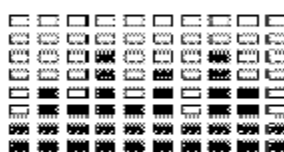
Program 6 (Valley)



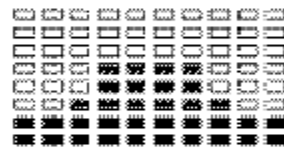
Program 7 (Ramp)



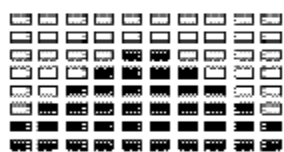
Program 8 (Random)



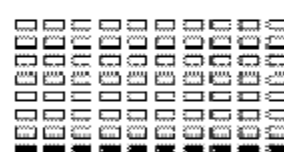
Program 9 (Plateau)



Program 10 (Mountain)



Program 11 (User Setting)



Program 12 (User Setting)





#### PROGRAM 2 T.H.R.C (Target Heart Rate Control):

This program allows you to input your preferred T.H.R. The computer will increase or decrease the load accordingly to keep you stay in the T.H.R. zone.

- I Turn right knob to select program 2, then press to enter.
- I Turn left knob to select TIME or DISTANCE, turn right knob to adjust value, then press to enter.
- I T.H.R. will flashes to input value, turn right knob to adjust value.
- I Press left knob and start pedaling to start the workout program.

#### PROGRAM 3 FAT BURN:

The program uses 60% of your maximum H.R. to help you maintain a fat burn workout. The predicted 60% T.H.R is calculated based on your age input. The computer will increase or decrease the load accordingly to keep you stay within your fat burn T.H.R zone.

- I Turn right knob to select program 3, then press to enter.
- I Turn left knob to select TIME or DISTANCE, turn right knob to adjust value , then press to enter.
- I AGE will flash waiting for value input, turn right knob to adjust value.
- I Press left knob and start pedaling to start the workout program.

#### PROGRAM 4 CARDIO:

This program uses 85% of your maximum H.R. to help you maintain a cardiovascular workout. The predicted 85% T.H.R is calculated based on your age input. The computer will increase or decrease the load accordingly to keep you stay within your cardio T.H.R zone.

- I Turn right knob to select program 4, then press to enter.
- I Turn left knob to select TIME or DISTANCE, turn right knob to adjust value , then press to enter.
- I AGE will flash waiting for value input, turn right knob to adjust value.
- I Press left knob and start pedaling to start the workout program.

### III. PRESET PROGRAMS:

#### PROGRAM 5-10:

- I Turn right knob to select program 5-10, then press to enter.
- I Turn left knob to select TIME or DISTANCE, turn right knob to adjust value, and press to enter.
- I AGE will flash for optional input, turn right knob to adjust age, then press to enter.
- I Press left knob and start pedaling to start the workout program.

If you input age the computer will use 85% of your maximum heart rate as safe heart rate zone. If the computer detect your heart rate greater than this 85% T.H.R. ,the value of detected heart rate will flash to remind you to either slow down for decrease load.

### IV. USER DEFINED PROGRAMS:

These programs allow user to program his/her own workout profile.

Program 11 User 1

Program 12 User 2

- I Turn right knob to select program 11 or 12, then press to enter.
- I Turn left knob to select TIME or DISTANCE, then turn right knob to adjust value, and press to enter.
- I AGE will flash for optional input, turn right knob to adjust age, then press to enter.
- I Load profile will flash waiting for input, turn right knob to increase or decrease load of each interval, then press to enter. Repeat the load setting for the rest of 9 intervals.
- I Press left knob and start pedaling to start the workout program.

The computer will memorize the workout profile you program and provide the same workout profile next time you select the same user #.

# Rower PC OWNER'S MANUAL MODEL# 30100

30100NSLFGE-C

**LifeGear**  
Get active for life



The specifications of this product may vary from this photo, subject to change without notice.