

Row GX™ Trainer

Owner's Manual



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1. Safety

Safety Instructions



CAUTION: The Row GX Trainer can stand vertically for storage. When doing so, please follow the instructions given in the Basic Operation section of this manual.



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

- Before using this product, it is essential to read this ENTIRE operation manual and ALL instructions. The Row GX Trainer is intended for use solely in the manner described in this manual.
- UNDERSTANDING EACH AND EVERY WARNING TO THE FULLEST IS IMPORTANT. IF ANY OF THESE WARNINGS ARE UNCLEAR, CONTACT LIFE FITNESS CUSTOMER SERVICE IMMEDIATELY AT 847-288-3300.
- This equipment is categorized as class S per EN ISO 20957-1. As such this equipment is only intended for commercial, institutional and/or studio facilities. It is not intended for home use. Contact Life Fitness with any questions regarding this classification.
- It is recommended that all users of Life Fitness exercise equipment be informed of the following information prior to use.
- As with any piece of fitness equipment, consult a physician before beginning your Life Fitness Row GX Trainer exercise program.
- Please be aware that any fitness regiment, before being undertaken, is best preceded by a physical checkup from a certified physician.
- Injuries to health may result from incorrect or excessive training.
- Stop the machine immediately if any signs of excessive wearing are present on the belts, pulleys and bungee cords. Do not use unit until said parts are repaired or replaced.
- Do not allow children under 14 years of age unattended access to the machine.
- Please keep hands away from moving parts, as indicated by the warning label on the mainframe 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.
- LIFE FITNESS recommends that all commercial fitness equipment be used in a supervised area. It is recommended that the equipment be located in an access controlled area. Control is the responsibility of the facility owner.
- 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.
- Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that Life Fitness 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.
- For more detailed rowing techniques, please refer to our International website www.lifefitness.com.
- This equipment is not intended for use by children. Keep children under the age of 14 away from the machine.
- DO NOT use or permit use of any equipment that is damaged and/or has worn or broken parts. For all Life Fitness equipment use only replacement parts supplied by Life Fitness.
- Cables and belts pose an extreme liability if used when frayed. Always replace any cable or belt at first sign of wear (consult Life Fitness if uncertain).
- MAINTAIN LABELS AND NAME PLATES - Do not remove labels for any reason. They contain important information. If unreadable or missing, contact Life Fitness for a replacement.
- 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 LIFE FITNESS EQUIPMENT WHICH APPEARS TO BE DAMAGED OR WORN.
- It is the purchaser's sole responsibility to properly instruct its end users and supervising personnel as to the proper operating procedures of all LIFE FITNESS equipment.
- 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.

2. Getting Started

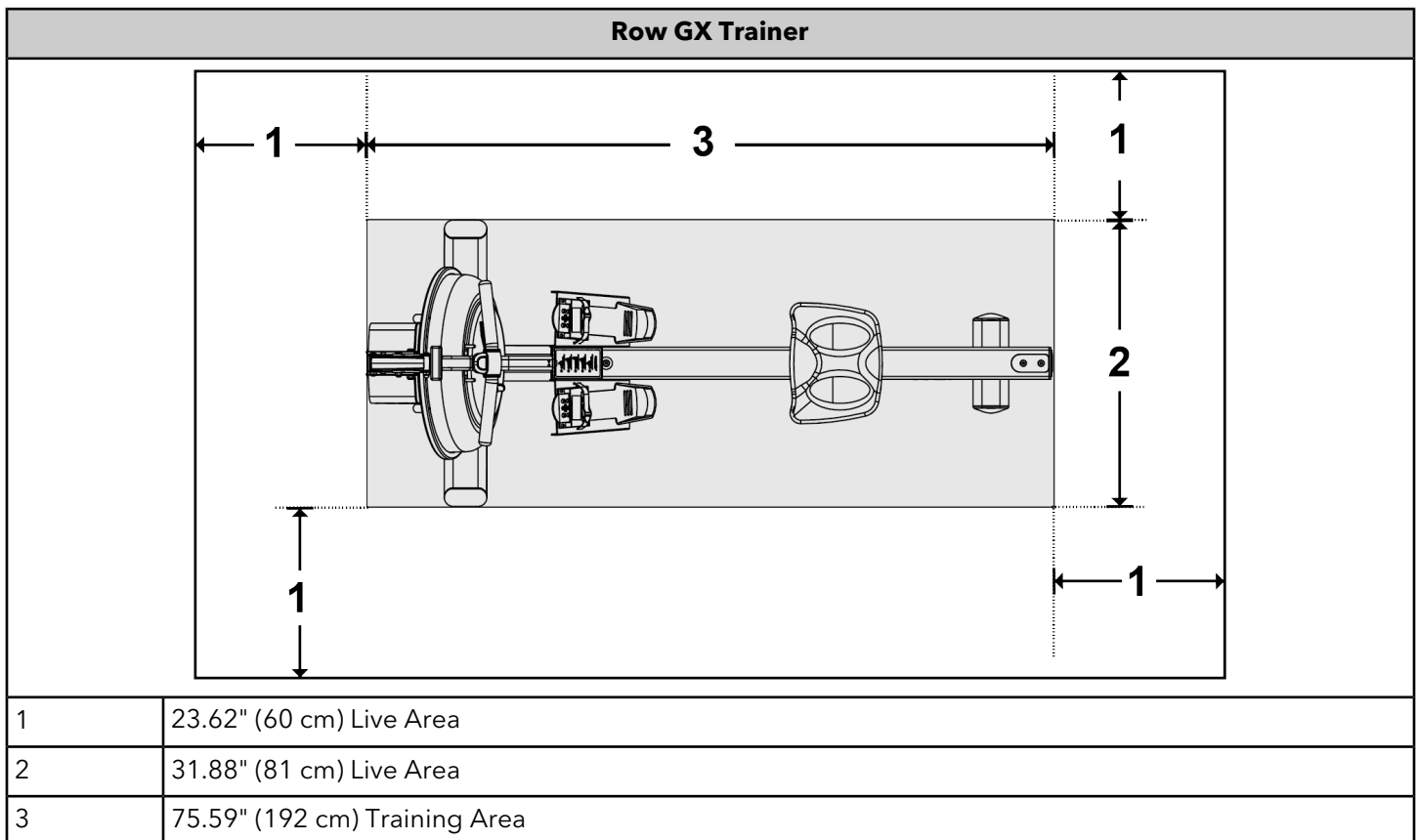
Specifications - Row GX Trainer

Row GX Trainer is not suitable for therapeutic purposes.


Product Class	SC
Braking System	Speed Independent
Product Gross Weight	118.17 lb (53.6 kg)
Max User Weight	330 lb (150 kg)
Minimum Safe Operating Surface Area	122.83" (312 cm) Length x 79.13" (201 cm) Width
Dimensions	75.59" (192 cm) Length x 31.89" (81 cm) Width x 39.50" (91 cm) High

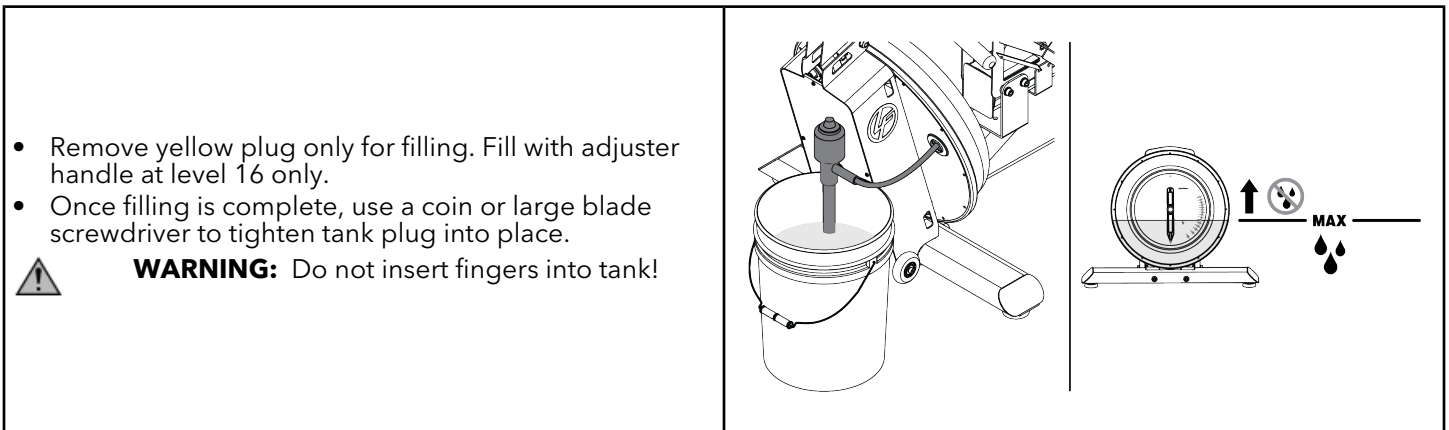
The live area shall be not less than 23.62" (0.6 m) greater than the training area in the directions from which the equipment is accessed. The live area must also include the area for emergency dismount.







Live area and Training area



Tank Filling

 **CAUTION:** Use a drop cloth under the tank when filling to avoid staining floor or carpet.

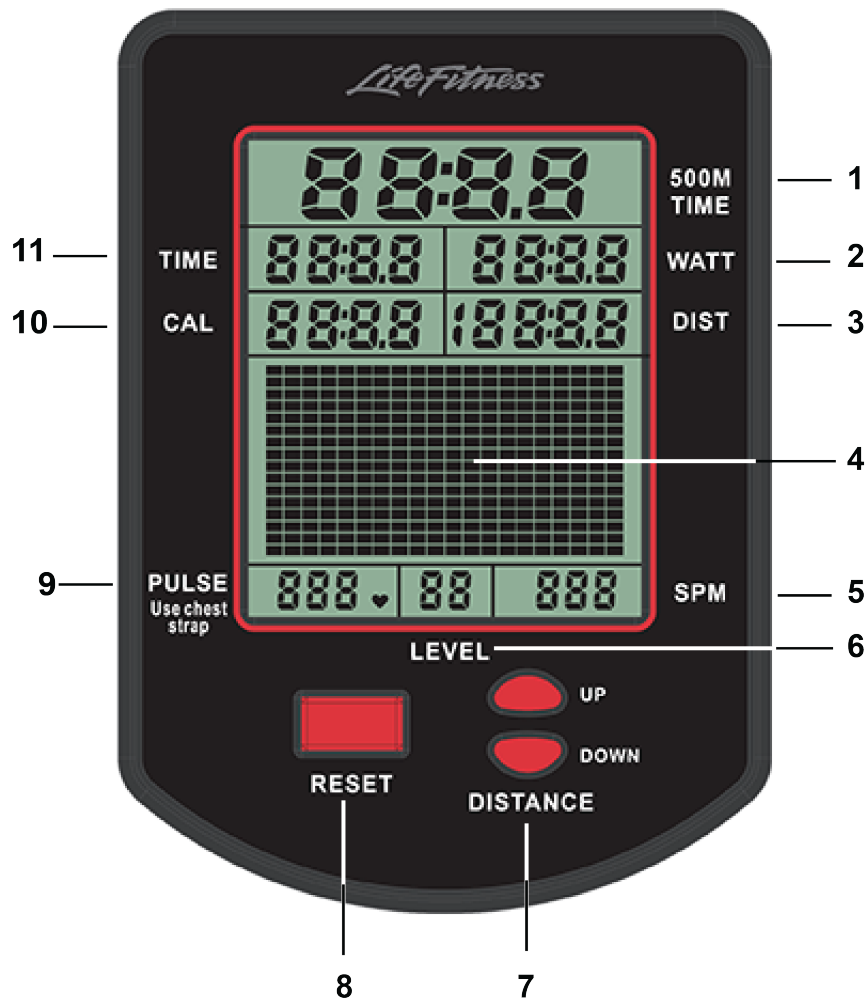


1. Filling requires a large bucket (not supplied) and the Fluid Rower Siphon (included). Filling will take approximately 7.6 liters of water.
2. Unscrew the right tank plug on tank back and insert the flexible tube into the rear of the tank while keeping the rigid hose in the bucket.
 -  **NOTE:** The siphon tube may be impeded by one of the impeller blades. Use the siphon only to push the impeller down slightly.
 -  **NOTE:** Where water quality is known to be poor, Life Fitness recommends the use of distilled water.
3. Move the adjuster handle to level 16, and begin filling. Do not fill past the calibration mark indicated on the tank!
 -  **NOTE:** The siphon valve must be closed to allow siphoning action to occur.
 -  **NOTE:** Placing the bucket in an elevated position will allow the siphon to continually pump water into the tank.
 -  **NOTE:** Opening the siphon valve will stop the pumping action. Use this feature to avoid water spillage when nearing filling completion.
4. Once filling is complete (to the proper calibration level as indicated on the tank), follow water treatment schedule as shown.
 -  **NOTE:** The lower tank plug is permanently sealed.

3. Operation

Bluetooth Auto-Adjust Console

Each rower is equipped with advanced console technology enabling Bluetooth connectivity with any compatible smart device. The console is designed to integrate with rowing and fitness apps and assist with effective training progression by capturing and comparing data for the competitive individual.



Item	Data Readouts / Buttons	Description
1	500M TIME	Time to row 500 meters updated at the completion of each stroke.
2	WATT	Unit of power updated per rowing stroke.
3	DISTANCE	Distance updated every second.
4	POWER GRAPH	Workout data is displayed in a Power Curve and Cumulative Power Graph. Press RESET to change display from Power Curve to Cumulative Power Graph.
5	SPM	Strokes Per Minute updated each stroke.
6	LEVEL	Auto Adjustment Level. Built in potentiometer automatically adjusts the monitor's resistance level to the position of the Adjuster Knob on the fluid tank.
7	DISTANCE UP / DOWN BUTTONS	Use the DISTANCE UP / DOWN buttons to increase / decrease distance.
8	RESET	Press and hold the RESET button for 3 seconds to reset all values.

Item	Data Readouts / Buttons	Description
9	PULSE	Heart rate updated every 2 seconds. Compatible with Polar Heart Rate Receiver and Transmitter Chest Strap (sold separately).
10	CAL	Calories burned per hour at the current Watts. Total calories burned is displayed when exercise is stopped.
11	TIME	Auto start elapsed time.

Options

AUTO START: Commence rowing to activate.


RESET ALL VALUES: Hold button down for 3 seconds first to RESET.

DISTANCE: Add 100m distance, up to 1000m then add 500m, each button push to accumulate required distance then begin rowing to initiate distance count down.

AUTO-PAUSE: A temporary halt in exercise will result in the following:

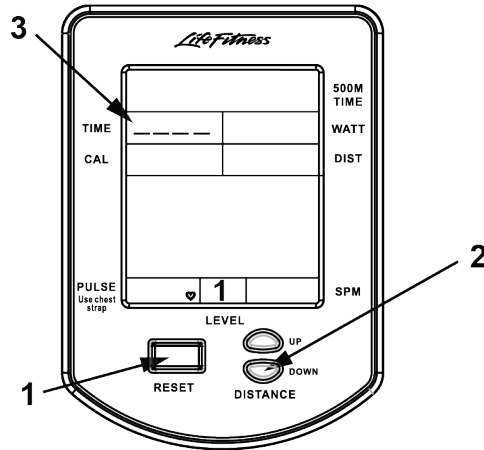
- **For over 5 seconds and under 5 minutes:**
- SPM/500METER/WATT to zero.
- Distance/TIME values are saved.
- CAL per hour defaults to Total CAL.
- A Resumption in exercise in less than 5 minutes will resume Distance TIME/ from saved values automatically.

AUTO POWER DOWN: Over 5 minutes. All values revert to zero after restart.

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

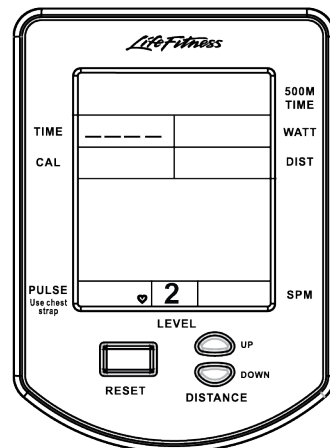
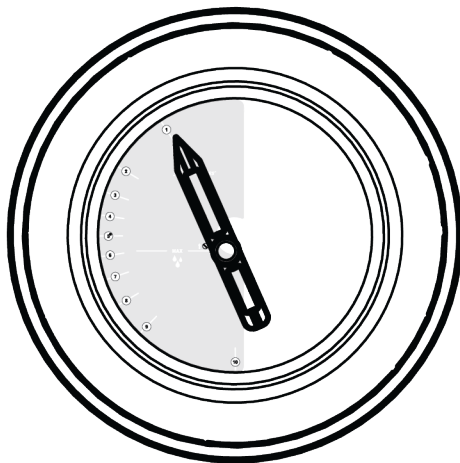
Calibration Procedure

1. Press and hold the RESET and DOWN buttons for 5 seconds. Time display will show " _ _ _ _ ".

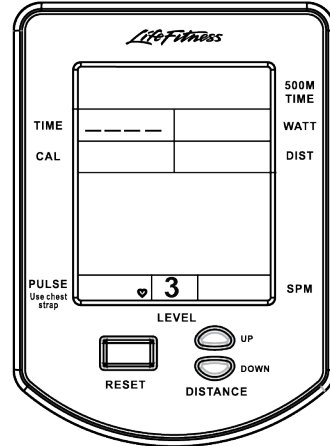
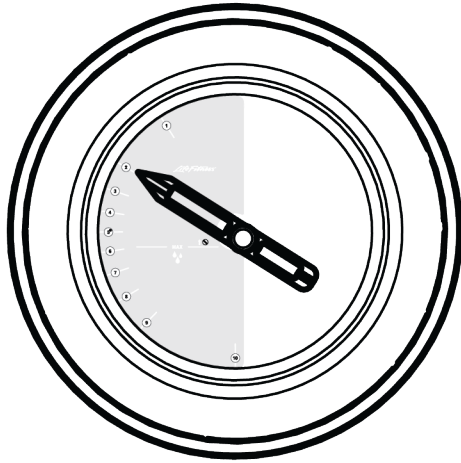


Item	Description
1	Reset Button
2	Down Button
3	Time Display

2. Turn handle to Level 1.
- Press Reset.
 - Display will now show Level 2.
 - Level 1 Calibration is complete.

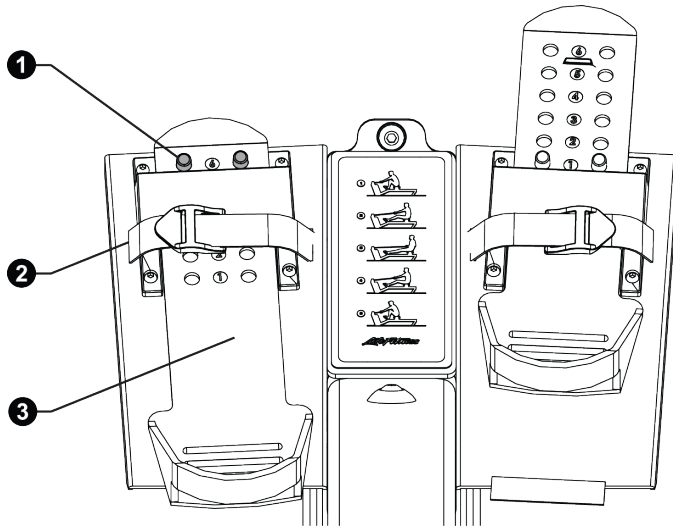


3. Turn handle to Level 2.
- Press Reset.
 - Display will now show Level 3.
 - Level 2 Calibration is complete.



4. Repeat for Levels 3 - 10.
- After turning the handle to Level 10, press Reset. Level 10 remains.
 - Calibration is complete.
 - Run handle back 9,8, 7,6,5,4,3,2,1 while watching the monitor change.
 - Complete

Slider Footplate



Item	Description	Qty.
1	Mounting pegs	4
2	Foot strap	2
3	Slide	2

The Slider Footplate is designed to fit a wide range of foot sizes, and is very simple to use.

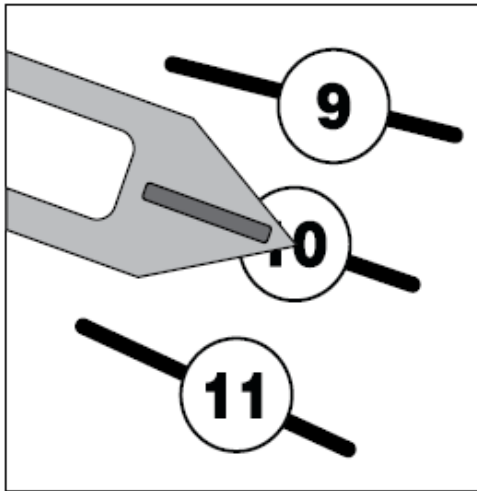
To adjust, lift the top of the sliding portion of the footplate and slide up or down. The numbers 1-6 represent a guideline from which the proper length can be determined. Secure the plate onto the mounting pegs and push down firmly to lock into position.

Tighten the Footstraps securely and begin your workout.

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

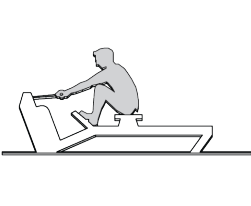
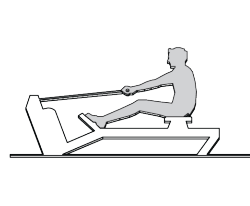
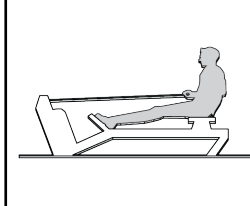
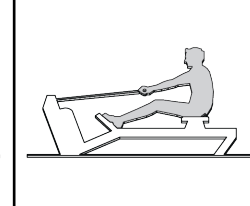
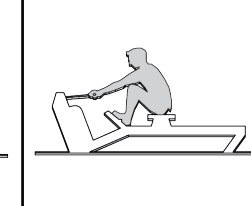
Resistance

The level of resistance is determined by the level indicator located on the front of the tank. Level one indicates lightest resistance, level sixteen represents heaviest resistance. Allow three to four strokes after adjusting resistance handle to allow the desired resistance level to be reached.



How to Row


1. Begin the stroke comfortably forward and push strongly back with your legs while keeping your arms and back straight.

Catch	Drive	Finish	Recovery	Catch
Comfortably forward with straight back and arms.	Push with the legs while arms remain straight.	Pull through with arms and legs rocking slightly back on your pelvis.	Upper body tips forward over your pelvis and move forward.	Catch and begin again.
				

2. Begin to pull your arms back as they pass over your knees and continue the stroke through to completion rocking slightly back over your pelvis.
3. Return to the starting position and repeat.
4. For further details regarding rowing technique please refer to our website at www.lifefitness.com.

How Often

- Begin with 5 minute training sessions once a day and aim for around 2:30 to 2:45 for 500m time. Row at a pace that keeps the water circulating continuously between strokes.
- Progress a few minutes more each day until you are comfortable with 30-45 minutes training time 3 or 4 times a week.
- This will provide aerobic endurance benefits, muscle toning and sufficient calorie burning to form part of a weight loss program.

 **WARNING:** Always consult a doctor before beginning an exercise program. Stop immediately if you feel faint or dizzy.

Dyneema Cable Drive

The Dyneema Cable Drive system allows for simplicity, smoothness and unparalleled performance. The unique properties of Dyneema make it extremely useful in harsh environments, such as sailing, climbing, fishing lines, body armor, etc. It is quite literally stronger than steel. The 6 mm Dyneema cable used on the Row GX Trainer is rated in excess of 1,000 kg.

Frame Tension Cable

The Row GX Trainer is fitted with a Frame Tension Cable which provides improved frame rigidity. The cable may on occasion require adjustment. For optimum performance, the cable should be taut. If the cable becomes loose, first loosen the Retaining Nut, re-tighten the Tension Cable and then secure the Retaining Nut.

Vertical Storage

The Row GX Trainer can easily be stored in a vertical, upright position. For safety, choose a suitable location, such as a corner of a room. It is recommended that something soft (such as carpet or a small towel) be placed under the upper rear of the unit to avoid marring either the paint or Perspex cover.

4. 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 Life Fitness equipment.


Life Fitness 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. Life Fitness representatives are available to answer any questions that you may have.

Service Schedule

Item	Time Frame	Instructions	Notes
Seat and Seat Rails	Weekly	Wipe Seat Rails with lint free cloth. Spray Seat Rails with a light coat of silicone spray.	
Frame	Weekly	Wipe down with lint free cloth.	
Tank and Water Treatment	12 month to 2 years	Follow instructions as specified in the "Water Treatment / Long Term Water Treatment" sections of this manual.	
Bungee Cord	Check every 100 hours for correct tension and for signs of wear.	The Bungee Cord should last for many years. See "Troubleshooting" section for further details.	
Rowing Belt	Check every 100 hours for correct tension and for signs of wear.	The Rowing Belt should provide many years of trouble free use. If a Rowing Belt change is required, please contact your local service representative or go online at www.lifefitness.com for further details.	
Tension Cable	Check regularly for proper tension.	Tighten until taut. See "Frame Tension Cable" for details.	

Water Treatment Procedure


Add one Water Treatment Tablet per full tank.

 **NOTE:** The amount of water treatment can vary widely depending on the unit's location and exposure to sunlight. **DO NOT, UNDER ANY CIRCUMSTANCES USE OTHER TREATMENT TABLETS OTHER THAN THOSE SUPPLIED WITH YOUR UNIT.**

The unit includes 4x Water Treatment Tablets, which is sufficient for several years of water treatment. Treat when water becomes discolored or shows signs of Algae/Bacterial growth. To purchase additional Water Treatment Tablets, contact Customer Service.

Long Term Water Treatment

Do not use any water treatment other than the tablets supplied with this unit. For replacement tablets, contact Customer Service. Water treatment schedules for the Row GX Trainer will vary according to the fluid 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 chlorine Tablet.

 **CAUTION:** It is recommended that a drop cloth be used under the fluid tank whenever the tank is open for water treatment.



 **CAUTION:** Do not fill past the calibration mark as indicated on the tank level sticker or water spillage can occur.

5. Troubleshooting

Console

Fault	Probable Cause	Solution
Computer screen illuminates, but does not register when rowing.	Loose or failed connection/Sensor gap too wide (See erratic computer display).	Check that the computer lead is connected properly. If connected properly check sensor gap. Contact your local service center if this fails to address the problem.
The Row GX Trainer console does not illuminate after battery installation.	Batteries installed incorrectly or need replacing.	Reinstall batteries in correct position and try again. If the LCD screen fails to illuminate, try rotating the batteries slightly in the computer. If this fails, contact your local service center.
The Row GX Trainer display is erratic while displaying SPM and 500 meter times.	Gap between sensor and magnetic ring is too wide.	Adjust sensor location using rear sliding adjustment located inside rear Perspex cover.

Mechanical

Fault	Probable Cause	Solution
Water changes color or becomes cloudy.	Rower is in direct sunlight or has not had water treatment.	Change rower location to reduce direct exposure to sunlight. Add 1x Water Treatment Tablet or change tank water as directed in the water treatment section of this manual.
Rowing stroke return too light.	Bungee not under enough tension.	Open rear Perspex cover, cut bungee tie wrap. Tighten by small increments using the bungee tie off tab point and test tension by allowing the rowing handle to return to its furthest point forward while still having some slight tension.  NOTE: Light fraying of the bungee cord is normal.
Rower rocks from side to side when sitting on floor.	Front/Rear frame levelers need adjusting.	Adjust the front two frame levelers or rear leg levelers until stability is reached.  NOTE: It is normal for the low-er rear leveler to rest slightly off the floor.
Front of rower lifts slightly during vigorous rowing.	Lower rear frame leveler too high.	Check to see that frame tensioning bolt is tightened properly. Lower rear frame leveler should be approx 5mm off the ground.
Excessive frame flex during hard rowing.	Frame Tension Cable is too loose.	Loosen frame tension cable Retaining Nut and tighten cable until taut.

6. Warranty

What is Covered

This LIFE FITNESS commercial exercise equipment product is warranted to be free of all defects in material and workmanship.

Who is Covered

The original purchaser or any person receiving the product as a gift from the original purchaser.

Who Pays Transportation and Insurance For Service

If the Product or any covered part must be returned to a service facility for repairs, We, Life Fitness, will pay all transportation and insurance charges for the first year. You are responsible for transportation and insurance charge after the first year.

What We Will Do To Correct Covered Defects

We will ship to you any new or rebuilt replacement part or component, or at our option, replace the Product. Such replacement parts are warranted for the remaining portion of the original warranty period.

What is Not Covered

Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the Product's environment, rust or corrosion as a result of the Product's location, alterations or modifications without our written authorization, or by failure on your part to use, operate and maintain the Product as set out in your Operation Manual.

All terms of this warranty are void if this product is moved beyond the continental borders of the United States of America (excluding Alaska, Hawaii and Canada) and are then subject to the terms provided by that country's local authorized Life Fitness representative.

Owner's Manual

It is VERY IMPORTANT THAT YOU READ THIS MANUAL before operating the Product. Remember to perform the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

Exclusive Warranty

THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES OF ANY KIND EITHER EXPRESSED OR IMPLIED, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, AND ALL OTHER OBLIGATIONS OR LIABILITIES ON OUR PART. We neither assume nor authorize any person to assure for us any other obligation or liability concerning the sale of this Product. Under no circumstances shall we be liable under this warranty, or otherwise, of any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental or consequential damages of any nature arising out of the use of or inability to use this Product. Some states do not allow the exclusion or limitation of implied warranties or of liability for incidental or consequential damages, so the above limitations or exclusions may not apply to you. Warranty coverages and terms may differ outside the United States. Please contact the Life Fitness office servicing your country (contact information found at the front of this manual) or visit the applicable local Life Fitness website to receive the specific warranty information for your country.

Changes in Warranty Not Authorized

No one is authorized to change, modify or extend the terms of this limited warranty.

Effects of State Laws

This warranty gives you specific legal rights, and you may have other rights which vary from state to state.

Warranty Coverage

- There is no warranty coverage for labor on Life Fitness Products.
- This product is designed and constructed for use in a commercial Health Club / Fitness Studio application.
- Life Fitness warrants that the Row GX Trainer, purchased from an authorized agent and in its undamaged original packaging, is free from defects in materials and workmanship. Life Fitness 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 - 5 Year Limited Warranty

Life Fitness will repair or replace the metal Main Frame should it fail due to any defect in materials or workmanship within 5 years of the original purchase. Warranty does not apply to frame coating.

Polycarbonate Tank and Seals - 3 Year Limited Warranty

Life Fitness will repair or replace the polycarbonate tank or seals should they fail due to any defect in materials or workmanship within 3 years of the original purchase.

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

Life Fitness 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.

All Other Components (of a non-wearing nature) - 2 Year Limited Warranty

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

Specific Inclusions

- Bungee recoil cord, belt and pulley
- Hand grips and foot straps
- Polyester rowing belt
- Seat
- All pulleys, rollers and bearings
- All rubber components
- Computer and speed sensor (excluding replaceable batteries)
- All drive belts
- Aluminum seat rails
- 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 labor cost associated with a warranty claim

General Conditions

- The serial number of the machine must be correctly registered with Life Fitness or one of its appointed distributors.
- Life Fitness reserves the right to examine any part where replacement is claimed under warranty.
- 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.
- Life Fitness makes no other warranties except as stated here and expressly disclaims all warranties not stated in this warranty. Neither Life Fitness 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.

Structural Frame (Not coatings)	Tank	Mechanical	All Other
5 Years	3 Years	2 Years	2 Years