

# Row HX™ Trainer

# Row STX Trainer

Assembly Instructions



# Life Fitness

Operation Manuals and other Product Information available at <https://www.lftechsupport.com/web/document-library/documents>

عقودملا ىلع عحاتم زاهجلا ن ع ىرخأ تامول عمو لي غشتلا ةلدأ <https://www.lftechsupport.com/web/document-library/documents>

操作マニュアルおよびその他の製品情報については、<https://www.lftechsupport.com/web/document-library/documents> をご覧ください。

如需操作手册和其他产品信息，请登录：<https://www.lftechsupport.com/web/document-library/documents>

操作手册和其他產品資訊請見 <https://www.lftechsupport.com/web/document-library/documents>

작동 설명서 및 기타 제품 정보는 <https://www.lftechsupport.com/web/document-library/documents> 에서 찾을 수 있습니다.

Trobareu el manual de funcionament i altra informació de producte a <https://www.lftechsupport.com/web/document-library/documents>

Mae Llwylyfrau Gweithredu a Gwybodaeth Arall am Beiriannau ar gael yn <https://www.lftechsupport.com/web/document-library/documents>

Die Betriebsanleitung und andere Produktinformationen erhalten Sie unter <https://www.lftechsupport.com/web/document-library/documents>

Encontrará el manual de funcionamiento y otra información de producto en <https://www.lftechsupport.com/web/document-library/documents>

Erabiltzailearen Eskuliburua eta Beste Produktuei buruzko Informazioa eskuratu <https://www.lftechsupport.com/web/document-library/documents> gunean

Käyttöoppaat ja muut tuotetiedot ovat saatavana osoitteessa <https://www.lftechsupport.com/web/document-library/documents>

Les manuels d'utilisation, ainsi que d'autres informations sur les Produits, sont disponibles sur <https://www.lftechsupport.com/web/document-library/documents>

Felhasználói kézikönyvek és más termékinformációk: <https://www.lftechsupport.com/web/document-library/documents>

Manuali di funzionamento e altre informazioni sui prodotti disponibili su <https://www.lftechsupport.com/web/document-library/documents>

Manuali di funzionamento e altre informazioni sui prodotti disponibili su <https://www.lftechsupport.com/web/document-library/documents>

Instrukcje obsługi i inne informacje o produktach dostępne na stronie <https://www.lftechsupport.com/web/document-library/documents>

Manuais de Operação e Informações sobre outros produtos disponíveis em <https://www.lftechsupport.com/web/document-library/documents>

Руководства по эксплуатации и другую касающуюся нашей продукции информацию можно найти, перейдя по ссылке <https://www.lftechsupport.com/web/document-library/documents>

Kullanım Kılavuzları ve Diğer Ürün Bilgileri <https://www.lftechsupport.com/web/document-library/documents>'da bulunmaktadır

## **SAFETY INFORMATION**

It is the sole responsibility of the purchaser of LIFE FITNESS products to read the owner's manual and warning labels and instruct all individuals, whether they are the end user or supervising personnel, on proper usage of the equipment.

UNDERSTANDING EACH AND EVERY WARNING TO THE FULLEST IS IMPORTANT. IF ANY OF THESE WARNINGS ARE UNCLEAR, CONTACT LIFE FITNESS CUSTOMER SERVICE IMMEDIATELY AT 1-800-735-3867.

This equipment is categorized as class HC per EN ISO 20957-1. It is intended for home use only. 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.



### **PROPER USAGE**

1. 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.
2. 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.
3. Keep body parts (hands, feet, hair, etc.), clothing and jewelry away from moving parts to avoid injury.



### **INSPECTION**

1. 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.
2. Always replace any cord or belt at first sign of wear (consult LIFE FITNESS if uncertain).
3. 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.
4. 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.
5. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified by LIFE FITNESS to do so.
6. Before any use, examine all accessories approved for use with the LIFE FITNESS equipment for damage or wear.
7. DO NOT ATTEMPT TO USE OR REPAIR ANY ACCESSORY APPROVED FOR USE WITH THE LIFE FITNESS EQUIPMENT WHICH APPEARS TO BE DAMAGED OR WORN.



## **OPERATING WARNINGS**

1. Before using this product, it is essential to read the ENTIRE operation manual and ALL instructions.
2. Keep children away from LIFE FITNESS equipment. Parents or others supervising children must provide close supervision of children if the equipment is used in the presence of children.
3. 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.
4. 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!



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



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



WARNING: Do not store in freezing conditions with water in the tank as it can expand and crack the components.



WARNING: The Row HX™/Row STX Trainer can stand vertically for storage. When doing so, please follow the instructions given in the Owner's Manual.



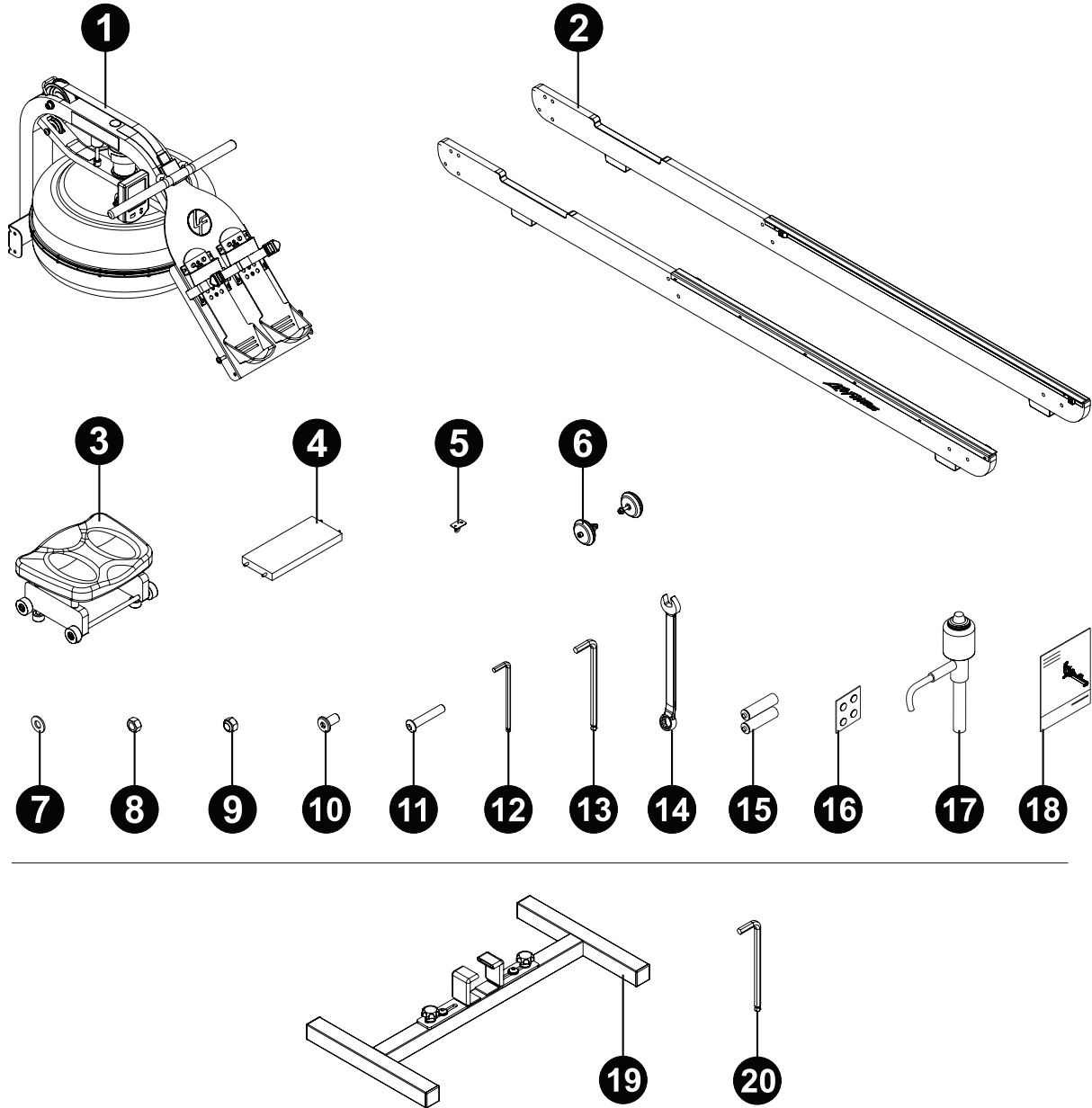
Health and Environmental Regulations Warning - This product may contain chemicals known to the State of California to cause cancer, birth defects, or other reproductive harm. For more information related to the European Commission Regulation (EC) No. 1907/2006 (REACH) and the California Safe Drinking Water and Toxic Enforcement Act of 1986 (Proposition 65), please visit <https://www.lftechsupport.com/web/guest/environmental-regulations-information>.

## **WEIGHTS AND DIMENSIONS**

Product Gross Weight: 70.99lb (32.2kg)

Dimensions: 83.85" (213cm) Length x 20.47" (52cm) Width x 22.04" (56cm) Height

# CONTENTS



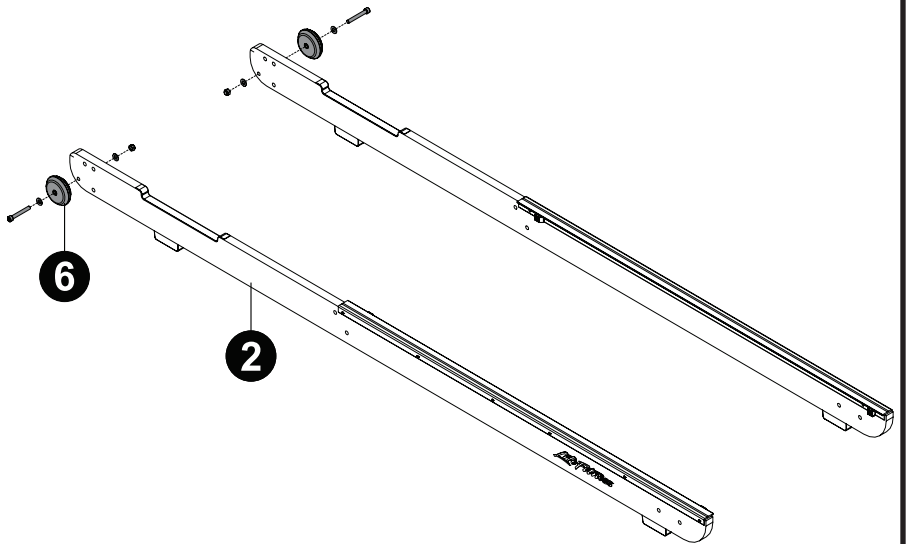
ITEM NO.	QTY.	DESCRIPTION	ITEM NO.	QTY.	DESCRIPTION
1	1	Main Assembly	12	1	5mm Allen Wrench
2	2	Rail Assembly (Left/Right)	13	1	6mm Allen Wrench
3	1	Seat Assembly	14	1	13mm Hex Wrench
4	1	Rear Brace	15	2	AA Batteries
5	1	Hook Assembly	16	4	Water Treatment Tablet
6	2	Wheel Assembly	17	1	Siphon
7	16	M8 Washer	18	1	Assembly Manual
8	8	M8 Nut	<b>OPTIONAL EQUIPMENT</b>		
9	8	M8 Nylock Nut	19	1	Optional Stand
10	4	M6x15mm Bolt	20	1	8mm Allen Wrench
11	8	M8x45mm Bolt			

# 1.

ITEM	QTY
2	2
6	2



13 FT-LBS (17.6Nm)

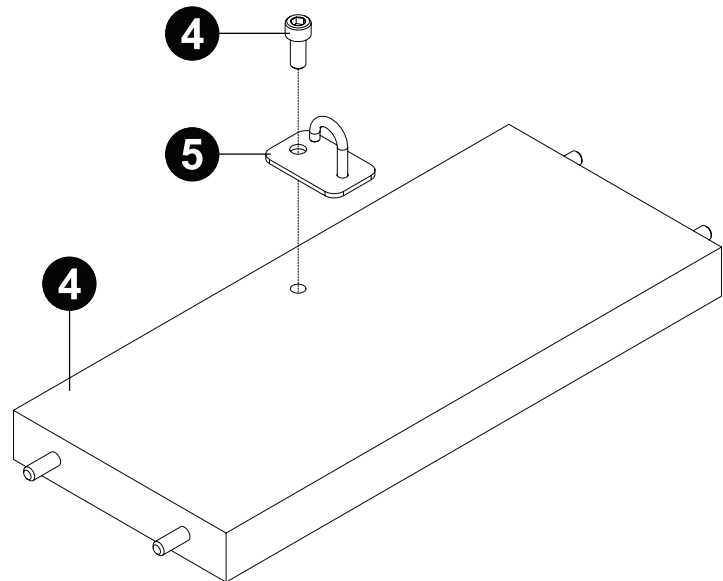


# 2.

ITEM	QTY
4	1
5	1



13 FT-LBS (17.6Nm)

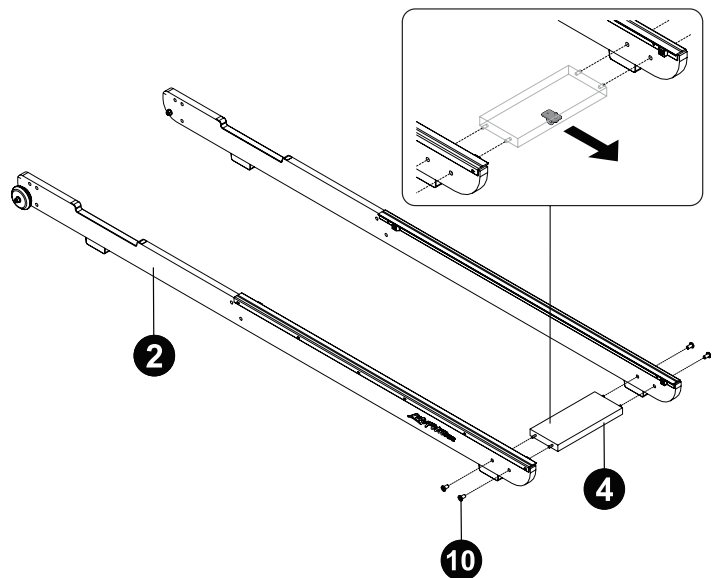


# 3.

ITEM	QTY
2	2
4	1
10	4

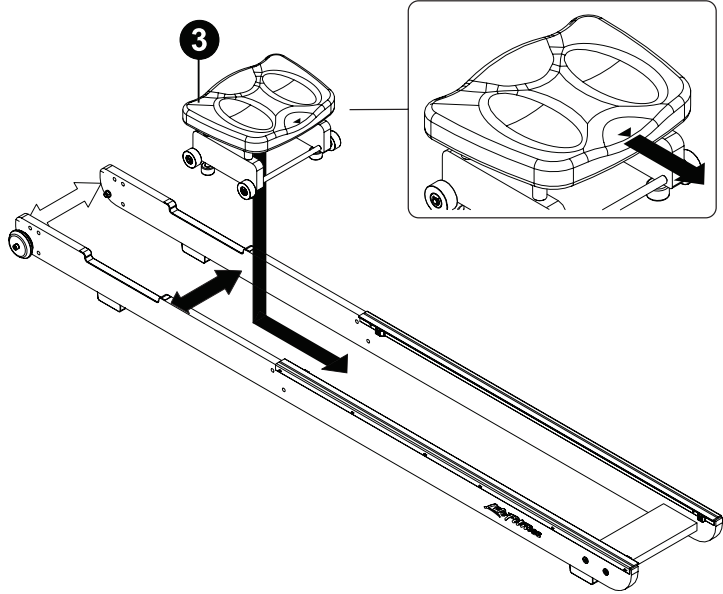


7 FT-LBS (9.5Nm)



4.

ITEM	QTY
3	1

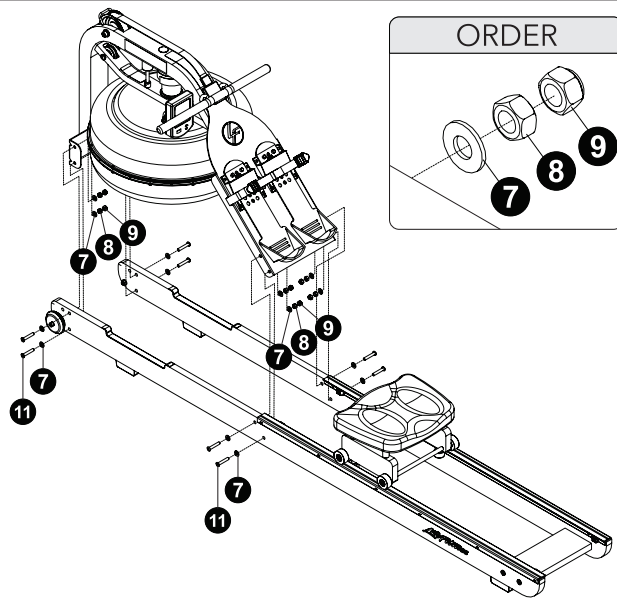


5.

ITEM	QTY
7	16
8	8
9	8
11	8



7 FT-LBS (9.5Nm)

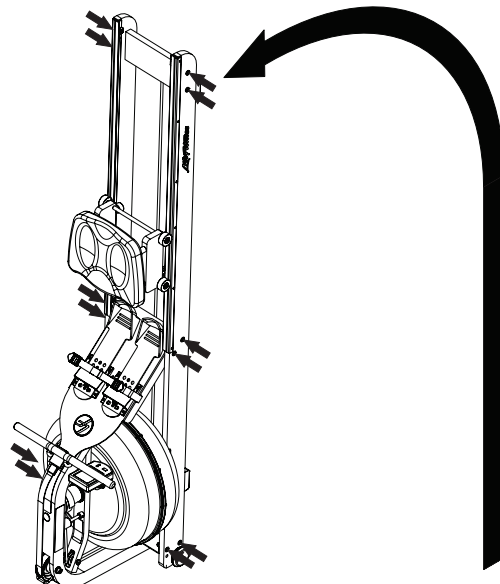


6.

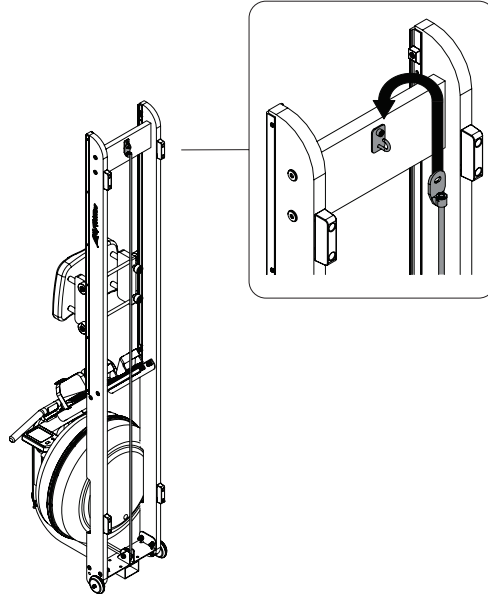
ITEM	QTY
8	8
9	8
10	4
11	8



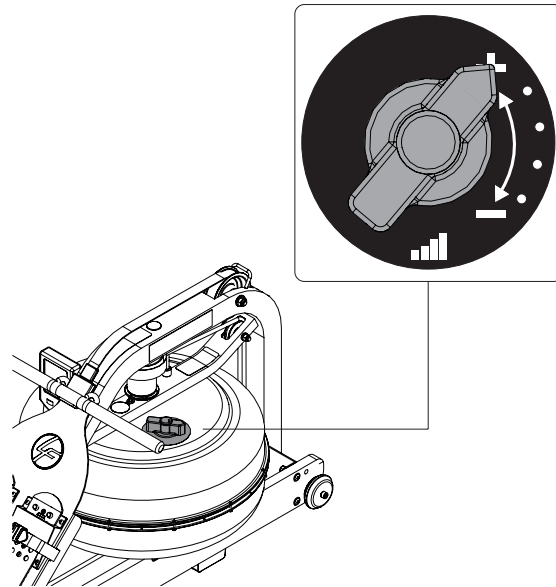
13 FT-LBS (17.6Nm)



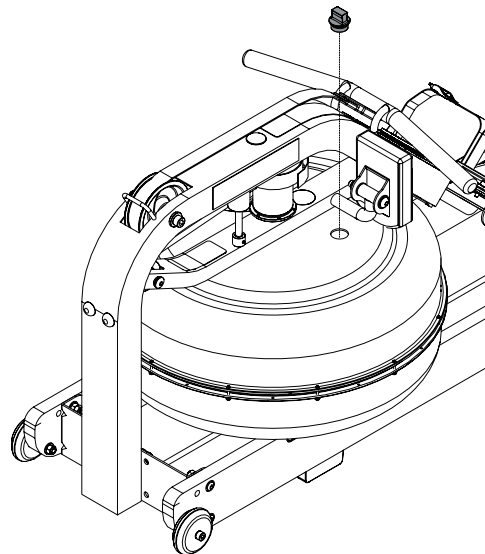
7.



8.



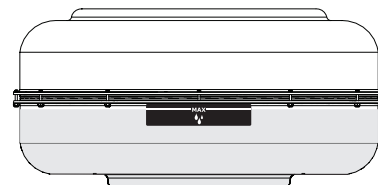
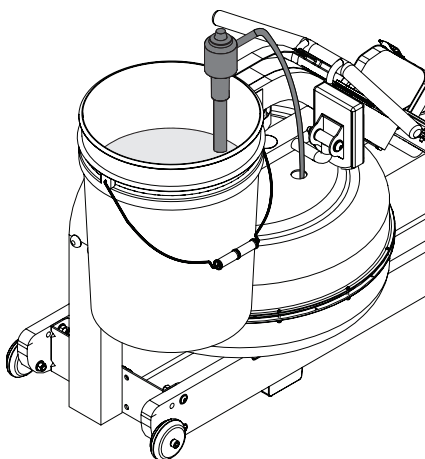
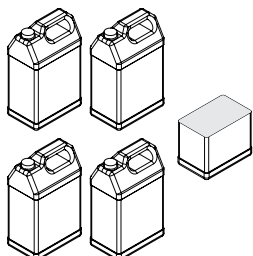
9.



# 10.

ITEM	QTY
17	1


 4.5 GALLONS  
 (17 LITERS)



# 11.

ITEM	QTY
16	1

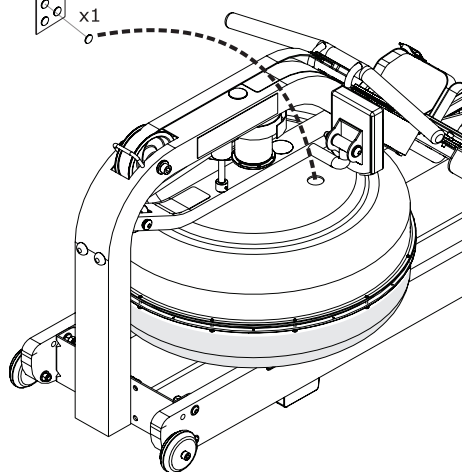
JANUARY							FEBRUARY						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3		1	2	3	4	5	6	7
4	5	6	7	8	9	10	8	9	10	11	12	13	14
11	12	13	14	15	16	17	15	16	17	18	19	20	21
18	19	20	21	22	23	24	22	23	24	25	26	27	28
25	26	27	28	29	30	31							

MARCH							APRIL						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7				1	2	3	4
8	9	10	11	12	13	14	5	6	7	8	9	10	11
15	16	17	18	19	20	21	12	13	14	15	16	17	18
22	23	24	25	26	27	28	19	20	21	22	23	24	25
29	30	31					26	27	28	29	30		

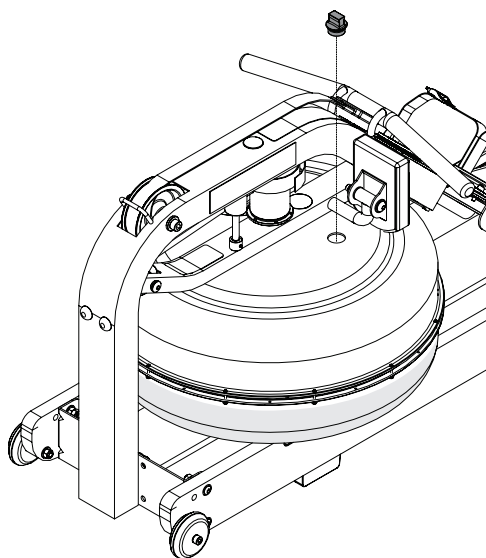
MAY							JUNE						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2			1	2	3	4	5	6	
3	4	5	6	7	8	9	7	8	9	10	11	12	13
10	11	12	13	14	15	16	14	15	16	17	18	19	20
17	18	19	20	21	22	23	21	22	23	24	25	26	27
24	25	26	27	28	29	30	28	29	30				
31													



16



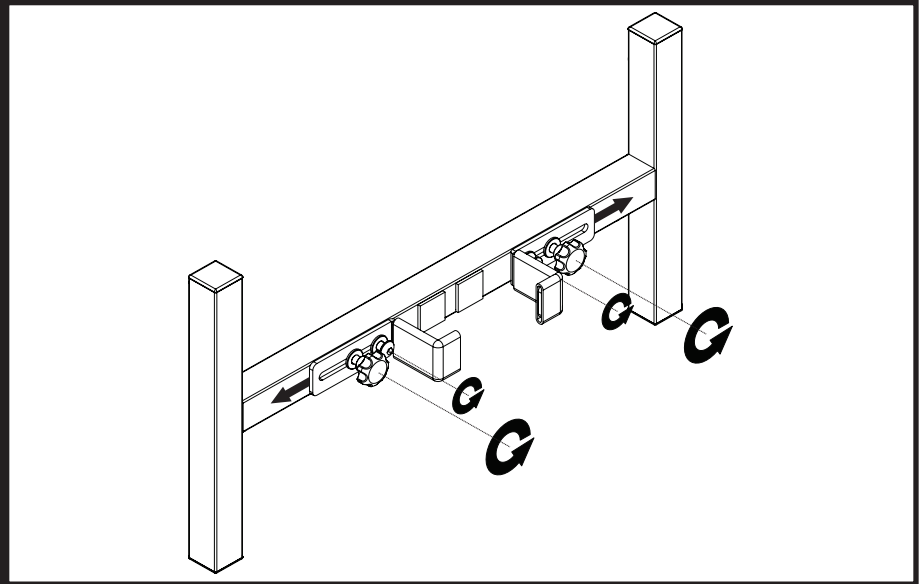
# 12.



# Optional Stand Instructions

1.

ITEM	QTY
19	1
20	1

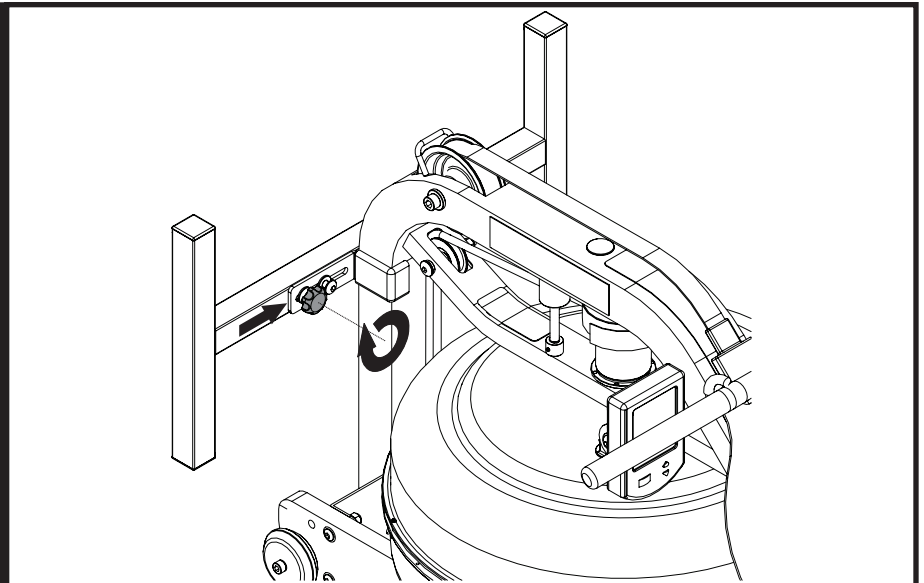


2.

ITEM	QTY
20	1



7 FT-LBS (9.5Nm)



3.

ITEM	QTY
19	1
20	1



13 FT-LBS (17.6Nm)

