

# Heat Performance Row

TFT Console

Owner's Manual





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\*Also check [www.lifefitness.com](http://www.lifefitness.com) for local representation or distributor/dealer

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## Warranty

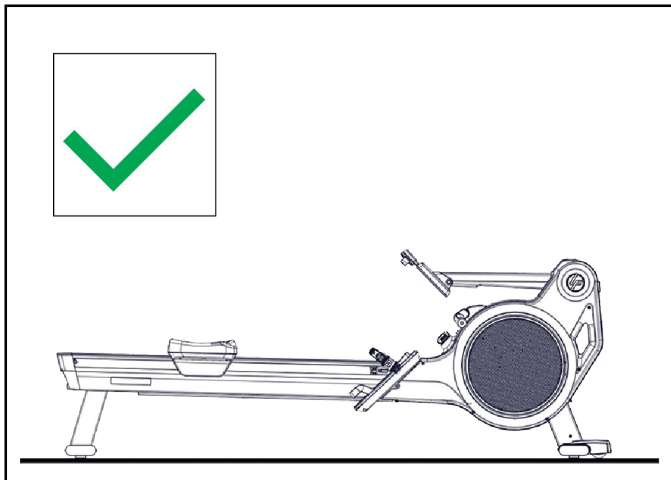
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# 1. Safety

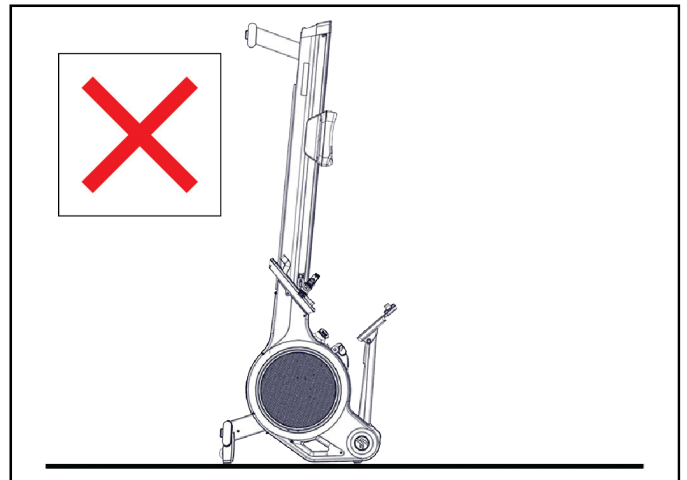
## Safety Instructions


- ⚠ **WARNING:** To reduce the risk of serious injury due to improper use of the training equipment, carefully read and adhere to the following important precautions and information before operating the rower.
- ⚠ **WARNING:** Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.
- ⚠ **WARNING:** The training equipment can be used by children aged from 14 years and above and persons with 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. Persons with reduced physical, sensory or mental capabilities are prohibited from using the training equipment. Children shall not play with the training equipment. Cleaning and user maintenance shall not be made by children without supervision.
- ⚠ **WARNING:** All data shown on the display serve merely as information to help guide training and may not be correct. Only exercise within your physical limitations.
- ⚠ **WARNING:** If you have pre-existing health problems or a disability, it is recommended that you consult your physician, in order to find the training method which is best suited to you. Incorrect or extensive training can result in serious health injuries. The manufacturer expressly assumes no responsibility for health risks, personal injury, property damage or consequential damages sustained by or through the use of this device, unless it is a case of consequential damage which can be traced back to faulty material and/or manufacturing, and which come under the responsibility of the manufacturer.
- ⚠ **WARNING:** Do not position or store the rower vertically.

Correct



Incorrect



- ⚠ **WARNING:** Danger of injury! Do not touch any moving parts such as the flywheel, chain or sprocket during operation.
- ⚠ **WARNING:** Do not reach inside the shroud and touch the sprocket or chain.
- ⚠ **WARNING:** Read all precautions and instructions in this manual before you start using this equipment. Please keep this manual for future reference. Improper assembly, use or maintenance can void the warranty terms.
- ⚠ **WARNING:** This equipment contains a rechargeable LiPo battery. It can only be exchanged by certified Life Fitness service technicians.
- ⚠ **WARNING:** Batteries may not be exploited to fire or get into contact with other metal objects. If you don't use the equipment for a longer period of time, please remove the batteries to avoid any damage by leaking or corroding batteries. If the battery is depleted, insert new batteries into the handle. If the battery has leaked, remove all residue immediately. Avoid contact with eyes and if you come in contact with residue, wash thoroughly.
- ⚠ **WARNING:**  Detachable power supply GTM96300-3624-T3 / YHY-24001500. To use the equipment or charge the battery, only the original detachable power supply included in the delivery must be used. If the main connection cable of this appliance is damaged, it must be replaced with a special connection cable available from the manufacturer or its customer service.
- Life Fitness does not warrant nor guarantee that component parts used in the manufacture of products offered under the Life Fitness are latex-free. Users of these products must take all necessary precautions to prevent accidental contact that could lead to an adverse latex reaction.
- It is the responsibility of the owner to ensure that all users are informed of all warnings and precautions for proper use of the training equipment and it is only authorized for use in a supervised environment with qualified instructors.

- Do not operate the training equipment until it has been properly assembled and inspected as described in this manual.
- Keep the training equipment away from moisture and dust. Do not place the training equipment in a garage, covered patio, near water or pools. Operating temperature of the training equipment must be between 15°C~ 40°C Celsius (59°~104°F) at max. humidity of 65%.
- The training equipment must be on a stable, leveled base and installed in the horizontal position. If the training equipment is to be placed on a hardwood floor or carpet, it is recommended to place a floor mat beneath the rower, to protect the floor from becoming damaged.
- The level of safety of the training equipment can only be guaranteed if it is regularly checked for possible damage as well as wear and tear (e.g. fixing points, toe straps, etc.). Consult an authorized service provider or the manufacturer to ensure the regular inspections are properly carried out.
- Carry out all maintenance, care and service procedures as described in this manual on a regular basis. Defective parts must be replaced immediately, and the device must not be used until the repairs have been carried out. Only use original parts from the manufacturer. Repairs must only be carried out by from manufacturer authorized service technicians.
- Unsupervised children should always be kept away from the training device.
- If any of the adjustment devices are left projecting, they could interfere with the user's movement.
- The training equipment must not be used by persons exceeding weight of 330 lbs. / 150 kg.
- Always wear appropriate tight-fitting athletic attire and shoes.
- If you feel pain or dizziness while exercising, stop immediately. It is recommended that you consult a doctor if the pain does not subside for an extended period.
- All data shown on the display, especially the Watt values generated by the integrated power sensor serve merely as information and to help guide training. Only exercise within your physical limitations.
- Place the handle in its fixture after each workout.

## Disposing of Batteries

### Batteries may not:

Products or batteries labeled with this symbol may not be disposed of with normal household refuse. For proper disposal, please find out about the applicable laws or guidelines on disposing of electrical devices and batteries in your local area and adhere to them.

Signed products or batteries with this symbol may not be disposed of in normal domestic refuse. Please familiarize yourself with relevant local laws or guidelines for the disposal of electrical devices and batteries and act accordingly. Before disposing of the handle, please remove the batteries.



## EU Declaration of Conformity

Electronic components satisfy the EMC Directive 2014/53/EU, EMC Directive 99/519/EC, and EN 60335-1:2012/A15:2021 for electrical safety.

The Declaration of Conformity can be viewed at <http://www.lifefitness.com>



## FCC Compliance

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment to an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

**IMPORTANT:** Changes or modifications to this product not authorized by Indoor Cycling Group could void the electromagnetic compatibility (EMC) and wireless compliance and negate your authority to operate the product.

This product has demonstrated EMC compliance under conditions that included the use of compliant peripheral devices and shielded cables between system components. It is important that you use compliant peripheral devices and shielded cables between system components to reduce the possibility of causing interference to radios, televisions, and other electronic devices.

Canadian regulatory statement This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

## 2. Introduction

### Using this Manual

Descriptions using the words "left" and "right" refer to the orientation of a user using the product, facing the console. "Front" is the area of the product with the console. The "Rear" of the product is behind the user.

### Customer Support Contact Information

Refer to [Corporate Headquarters](#) for contact info.

To speed Customer Support Service's response, please provide the following information to the customer support technician:

- Serial number
- Model number
- Part name
- Part number
- Symptom of problem

### Serial Number Location

The serial number label is located under seat rail, in front of rear stabilizer.



Item	Description	Qty
1	Serial number label	1
2	Rear stabilizer	1

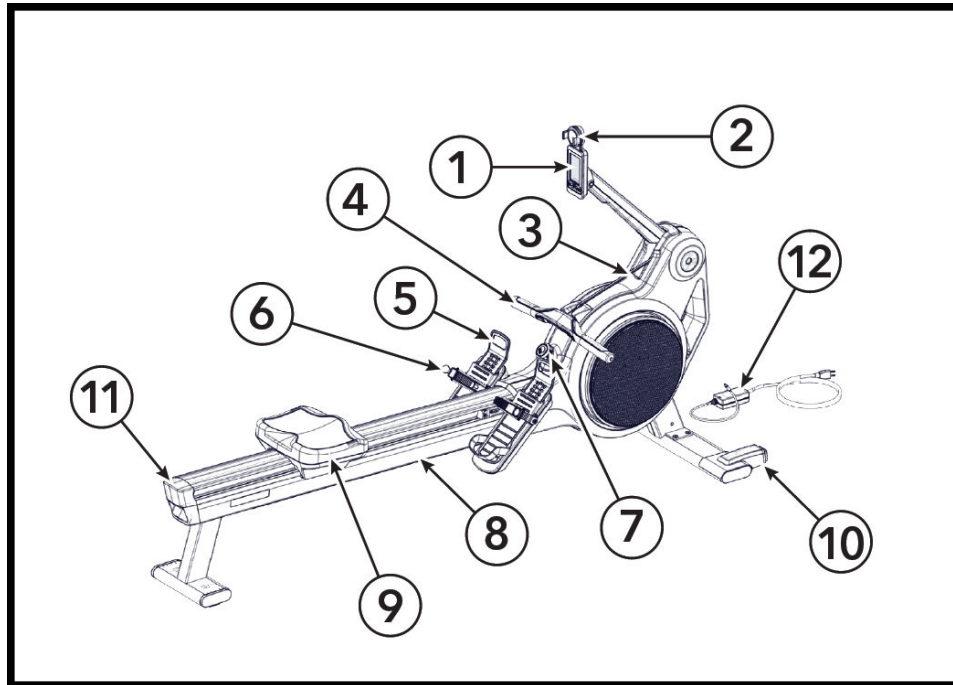
### Online References

Detailed Schematics are available online in Parts Manuals:

- <https://www.lftechsupport.com> access technical documentation and part manuals for Life Fitness, Hammer Strength, and ICG.
- <http://www.lifefitness.com/parts> service parts ordering for Life Fitness, Cybex, SCIFIT, Hammer Strength, and ICG products along with warranty parts ordering and technician requests.
- <https://lfn.fit/KnowledgeBase> easy to find Knowledge Base articles with answers to frequently asked questions and product support documentation for Life Fitness, Cybex, SCIFIT, Hammer Strength, and ICG.

# 3. Overview

## Product Features



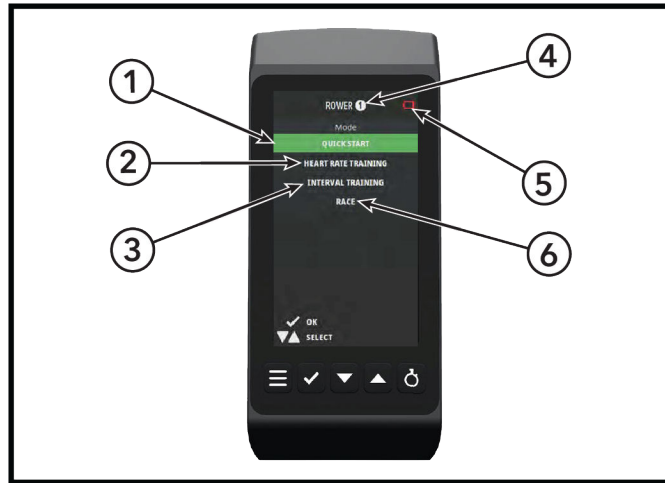
Item	Description	Qty.
1	Rower Console	1
2	Phone Holder	1
3	Chain	1
4	Handle with Remote Buttons	1
5	Foot Length Adjustment	2
6	Quick Release Foot Strap Binding	2
7	Resistance Adjustment Knob	1
8	Rail	1
9	Seat	1
10	Transport Wheels	2
11	Transport Handle	1
12	Power Supply	1




### Turning the Rower On and Off

Turn on the rower by pulling the handle of the rower for one complete stroke. The rower will automatically shut off when no longer in use.

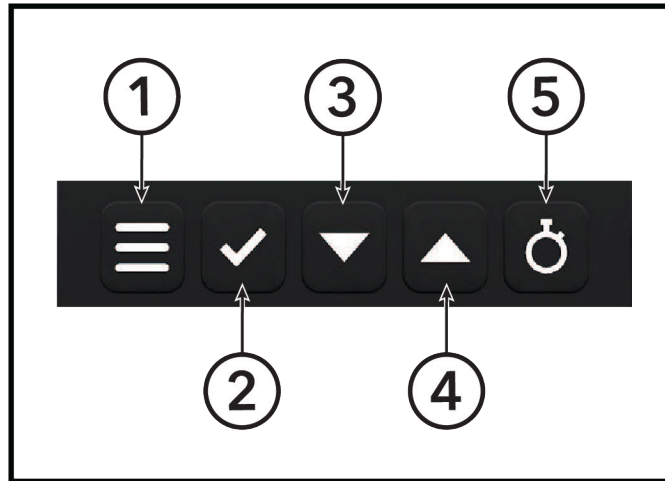
To avoid deep discharge (damage) of the battery, the product should be operated regularly.

## Console Overview



Item	Data Readouts	Description
1	Quick Start	The Quick Start mode allows training without entering additional data.
2	Heart Rate Training	The Heart Rate Training mode enables you to enter additional user settings and to connect the computer to a compatible chest strap. In this mode, the individual threshold (maximum HR) can be precisely entered, or if not known, calculated based on the biometric data entered into the console.
3	Interval Training	Training mode in which a personalized interval training can be defined. Target distance / time, number of sets and rest period between sets can be defined according to your preferences for your workout.
4	Rower ID	Rower Identification number.
5	Battery Icon / Battery Charging	<p><b>Rower use without the power supply:</b></p> <p>If the battery is fully charged, a battery symbol will not be visible on the console.</p> <ul style="list-style-type: none"> <li>  - The White battery icon will be displayed if the battery is getting low.         </li> <li>  - The Red icon will appear when the battery is nearly depleted. When the battery is deep discharged or defective, the red battery symbol will blink, and a notification will appear on the console. The battery will be charged by rowing with the appropriate effort.         </li> <li>  - The battery will be charged by rowing with the appropriate effort and the battery icon will turn Green to signal that the battery is being charged.         </li> </ul> <p>When the battery is deep discharged or defective, the red battery symbol will blink, and a notification will appear on the console. If this is the case the rower can still be used in <b>Quick Start</b> mode.</p> <p>To use the rower in <b>Quick Start</b> mode, row with enough effort to start the console and continue rowing. The <b>Quick Start</b> mode will automatically start and display your workout. We suggest not attempting to enter user specific metrics until the battery is sufficiently charged.</p> <p><b>Rower use with the power supply:</b> When the rower is plugged into the power supply, the above applies until the rower is fully charged.</p>
6	Race	The Race mode gives you the option to select a distance, pace and race against a boat displayed on the console. The <b>Race a Friend</b> mode allows you to have a live race with an adjacent rower.

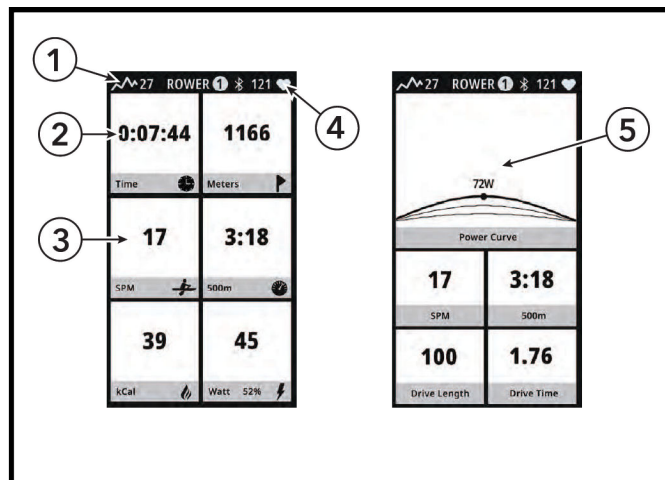
## Button functions



Item	Buttons	Description
1	Menu	Push the <b>Menu</b> button to display the available options. If the <b>Menu</b> button is pushed and nothing is selected, pressing the <b>Menu</b> button again will take you back one level in the menu.
2	Select	Press <b>Select</b> (check mark) button to confirm a given selection.
3	Down Arrow	Use the arrow buttons within the menus to navigate <b>Down</b> in the menus.
4	Up Arrow	Use the arrow buttons within the menus to navigate <b>Up</b> in the menus.
5	Split	Push to start a split. Once started, a split will count the distance rowed until the split button is pressed again.

## Workout Screen Overview

The workout screens consist of 4 - 8 multiple tiles or power curve which provide various metrics during your workout.



Item	Data	Description
1	Resistance Level	The value indicates the position of the resistance knob 0 - 100.
2	Workout Time	Indicates the accumulated workout time.
3	Tile	Tiles provide specific metrics. See <a href="#">Training Mode Tiles</a> for an overview of the available metrics.
4	Heart Rate	The value indicates the current BPM.
5	Power Graph	Graph which depicts the stroke length and at which point the maximum power was achieved. The last 5 strokes will also be depicted on the graph.

# Training Mode Tiles

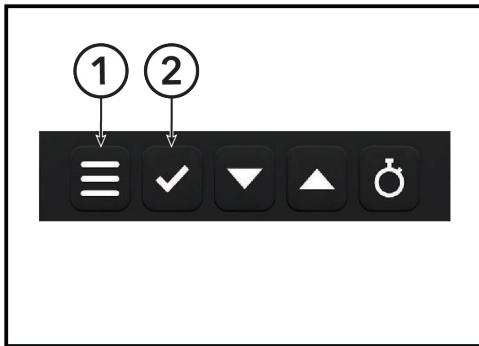
## Displayed in information overview

Title Name	Description	Quick Start	Heart Rate Training	Interval	Race
SPM	Strokes per Minute	X	X	X	
500 m	Current 500 m pace	X	X	X	X
Watt	Current Power	X	X	X	
kCal	Calories Consumption	X	X	X	(X)
Meters	Distance Rowed	X	X	X	X
BPM	Heart Rate (beats per minute)	X	X	X	X
Split	Current split time/distance	X	X		
Last Split	Last split time / distance	X	X		
500 m Average	Average pace required to row 500 m	X	X	(X)	(X)
500 m Maximum	Best pace in current workout	(X)	(X)		
Watt Average	Average Power	(X)	(X)	(X)	(X)
Watt Maximum	Maximum Power	(X)	(X)		
SPM Average	Average Strokes Per Minute	X	X	(X)	(X)
SPM Maximum	Maximum Strokes Per Minute	(X)	(X)		
BPM Average	Average Beats Per Minute	X	X	(X)	(X)
BPM Maximum	Maximum Beats Per Minute	(X)	(X)		
Power Graph	Displayed power Rower	X	X		
Drive Length	Current Drive Length	X	X		
Drive Time	Duration of one drive	X	X		
TSS / IF	Current Training Stress Score / Intensity factor		(X)		
Watt / KG	Power / Weight Ratio		(X)		
Watt / HR	Power / Heart Rate Ratio		(X)		
Level		X	X	X	X
Interval	Current interval			X	
X	Available during workout only				
(X)	Shown in the workout summary				

## Pause Mode

You can briefly stop and continue your training without losing your workout data by entering the pause mode. There are two different methods in which the pause mode can be activated.

1. Push the **Menu** button or **Select** button during your workout to pause your workout. Push the **Select** button again to continue.



Item	Description
1	Menu Button
2	Select Button

2. Stop rowing and once the flywheel has stopped, the pause mode will be activated. Your workout can be resumed by rowing but if adjustments were made to the console during the pause resume your training by pushing the **Select** button.

**Summary:** When selected, an overview of the stats from your training session are displayed.

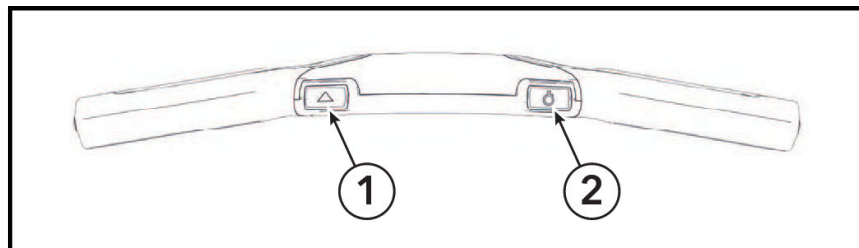
**Splits** View all lap distances and times from current workout.

**Heart Rate Connection** Connect / Disconnect to heart rate chest belt.

**Restart Workout** Begins a new workout with the entered user settings.

**End Workout** Ends workout, resets user settings and deletes user data.

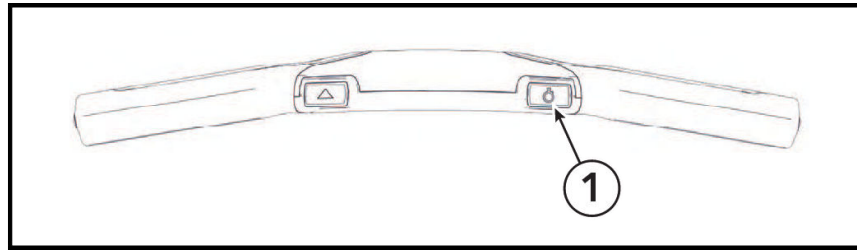
## Handle Buttons



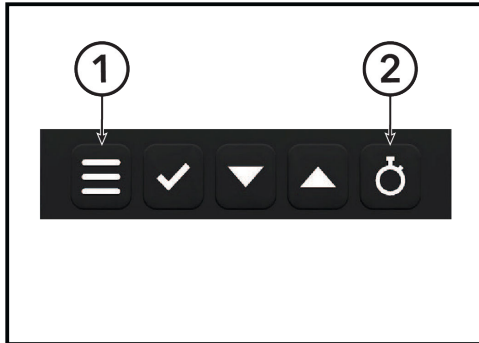
Item	Button	Description
1	Up Arrow	Toggle through console screens
2	Split Button	Start and stop splits

# Splits

A split can be started by pushing the split button on the handle or the console.

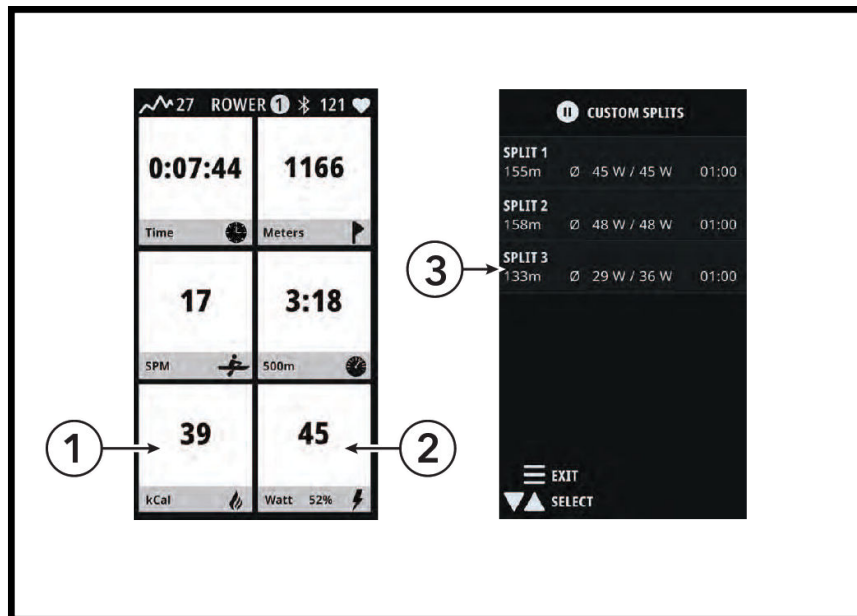


Item	Description
1	Split Button, Handle



Item	Description
1	Menu Button, Console
2	Split Button, Console

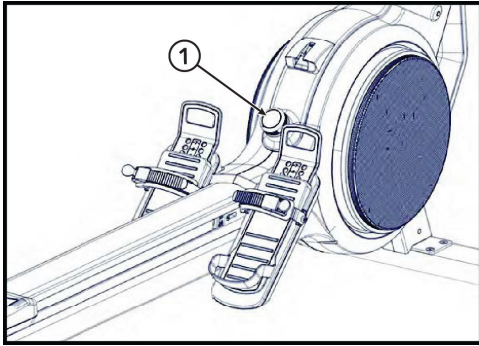
When started, two new tiles will appear recording the time and distance. The **Current Split** and **Last Split** will be displayed on the screen but multiple splits can be completed in each workout. After your workout, the results of all the splits can be reviewed after pushing the **Menu** button and then **Split** button.



Item	Description
1	Current Split
2	Last Split
3	Splits

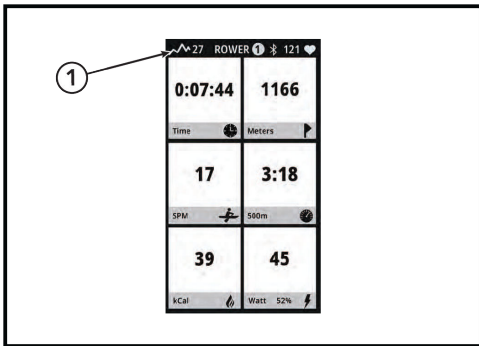
# Resistance Knob

A knob is used to adjust the resistance from the lightest resistance to the heaviest from 1 - 100.



Item	Description	Qty.
1	Resistance Knob	1

The resistance value is displayed in the upper left-hand corner of the console screen once either a Quick Start, Power Training or Heart Rate Training workout is selected.

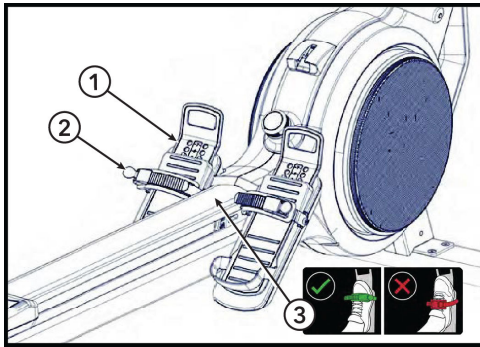


Item	Description	Qty.
1	Resistance as Displayed During a Workout	1

## Binding / Footplate

The slider footplate is designed to fit a wide range of foot sizes and is very simple to use.

1. Lift the top sliding portion of the footplate and slide up or down. The numbers 1-8 marked on the footplate, represent a guideline from which the proper length can be determined.



Item	Description	Qty.
1	Slider Footplate	2
2	Binding Tab	2
3	Foot Binding Label	1






2. Secure the plate onto the mounting pegs and push down firmly to lock into position.
3. Tighten the binding by pushing down on the tab.
4. To release the binding, pull the tab.

**⚠ WARNING:** The size chart is a suggestion and may vary depending on the sole thickness and shoe style.

Footstrap Adjustment Rower	EU	UK	US m	JP
7	>= 44	10.5	11.5	29
		9.5 - 10	10.5 - 11	28 - 28.5
6	43	8.5 - 9	9.5 - 10	27.5 - 28
	42	8 - 8.5	9 - 9.5	27
5	41	7 - 7.5	8 - 8.5	26 - 26.5
	40	6.5	7.5	25.5 - 26
4	39	5.5 - 6	6.5 - 7	25
3	38	4.5 - 5	6	24.5
2	37	4 - 4.5	5 - 5.5	23.5 - 24
1	<= 36	3 - 3.5	4 - 4.5	23

## How to Row

1. Sit on the rower facing the console.
2. Position your feet in the foot bindings and fasten.  
 ⚠ **WARNING:** An open binding could interfere with your workout.
3. 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.
				

4. 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.
5. Return to the starting position and repeat.
6. For further details regarding rowing technique please refer to our website at .

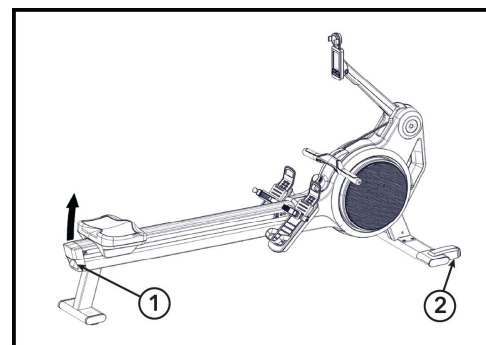
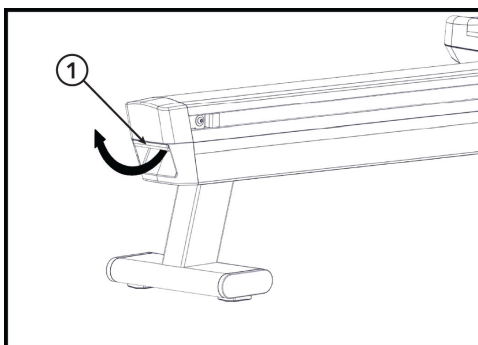
## After Your Workout

1. Place the handle in its fixture.
2. Loosen the foot bindings and pull your feet out of the foot bindings.
3. Close the foot bindings after your workout.

## Moving the Rower

It is recommended that two people move the rower.

Lift the rower from transport handle at the back of the rail and onto the wheels on the stabilizer.



Item	Description	Qty.
1	Transport Handle	1
2	Integrated Wheels in Stabilizer	2

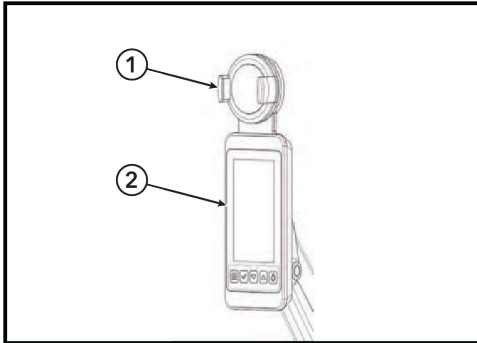
- Take extra care when moving the rower over uneven surfaces.
- A second person is advisable to prevent the rower from tilting to one side.
- Allow a minimum safety distance away from any equipment, objects or walls.

## Connectivity

### Heart Rate Sensors

- Bluetooth (BLE) compatible heart rate sensors
- ANT+ compatible heart rate monitors

### Phone Holder



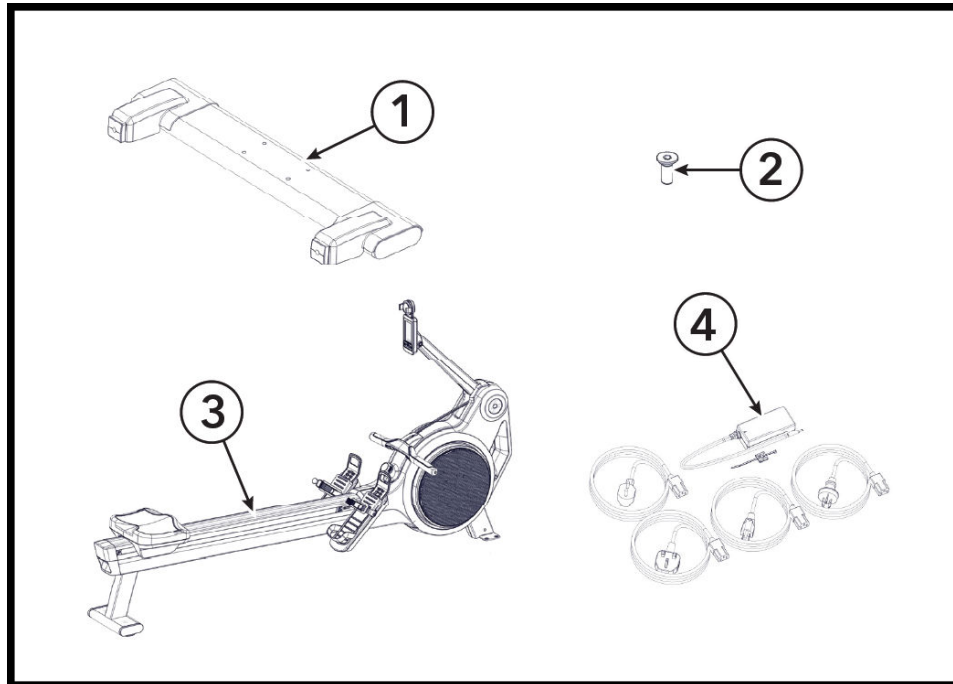
Item	Description
1	Phone Holder
2	Console

**⚠ WARNING:** Do not use the phone holder if your device is slippery or wet. Use only if your device fits securely in the phone holder.

<b>Maximum dimensions:</b>	6.7 x 3.1 x 0.4" / 170 x 80 x 12 mm
<b>Minimum dimensions:</b>	2.2 x 2.8 x 0.2" / 55 x 70 x 6 mm
<b>Maximum Weight:</b>	8.1 ounces / 230 grams

# 4. Assembly

## Contents



Item	Part Number	Description	Qty.
1	140-01-00014-01	Stabilizer	1
2	(includes stabilizer and 4 bolts)	Bolt	4
3	Not available	Heat Performance Rower	1
4	170-01-00039-01	Power Supply (EU / US / AUS / GB)	1

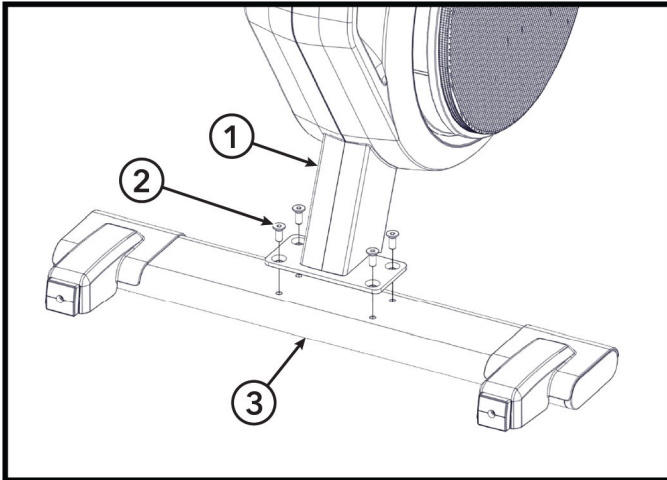
## Tools Required

- #1 Phillips screwdriver
- 6 mm Allen wrench
- Side cutter
- Torque wrench

## Assembly Procedure

### Install Stabilizer Assembly

Install four bolts securing stabilizer assembly to frame using a 6 mm Allen wrench.



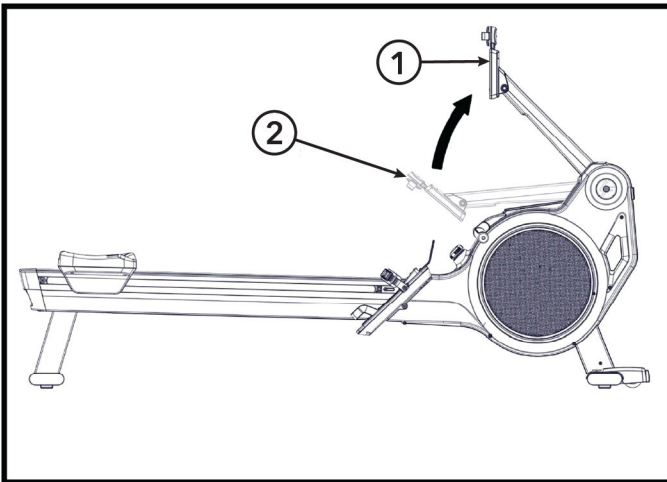
Item	Description	Qty.
1	Frame	1
2	Bolt	4
3	Stabilizer Assembly	1



Tighten hardware to 37 ft-lb / 50 Nm.

### Raise Console Arm

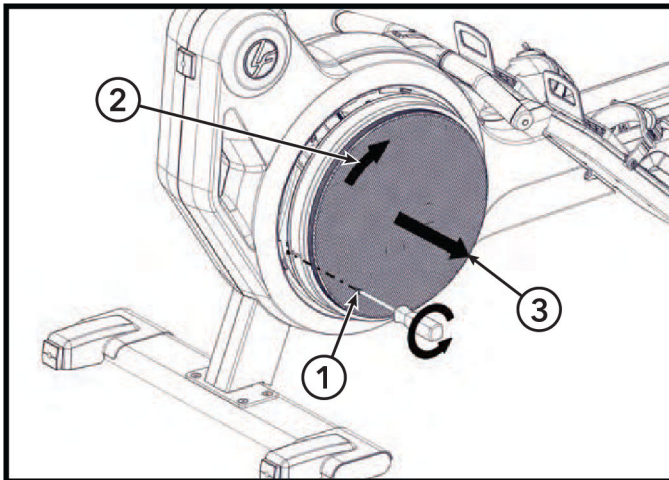
Raise console arm and snap into position.



Item	Description	Qty.
1	Locked in Position	1
2	Shipping Position	1

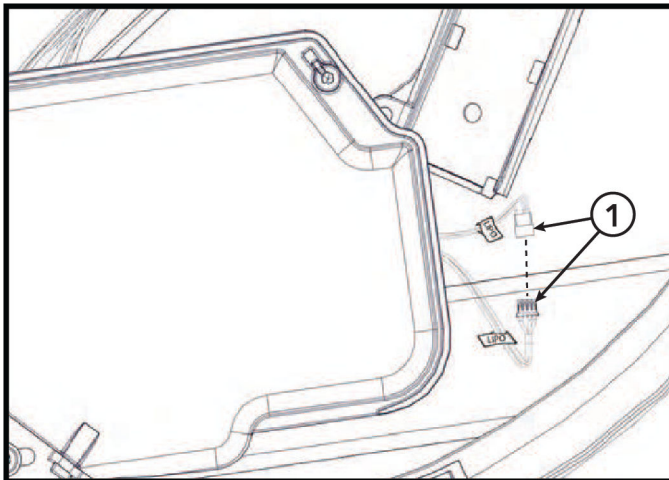
## Connect LiPo Battery

1. Remove screw securing service access cover using a Phillips screwdriver. The service access cover is located on left side of unit.



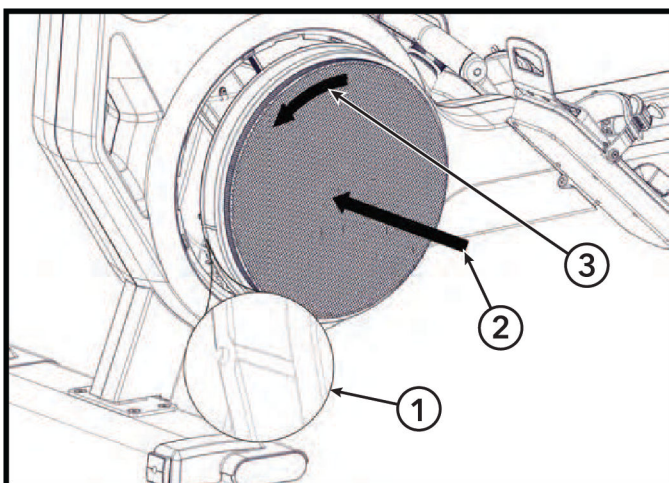
Item	Description	Qty
1	Screw	1
2	Rotate Service Access Cover Clockwise	1
3	Remove Service Access Cover	1

2. Rotate service access cover clockwise and pull away from rower.
3. Plug LiPo battery cables marked **LiPo** together.



Item	Description	Qty
1	LiPo Battery Cables	2

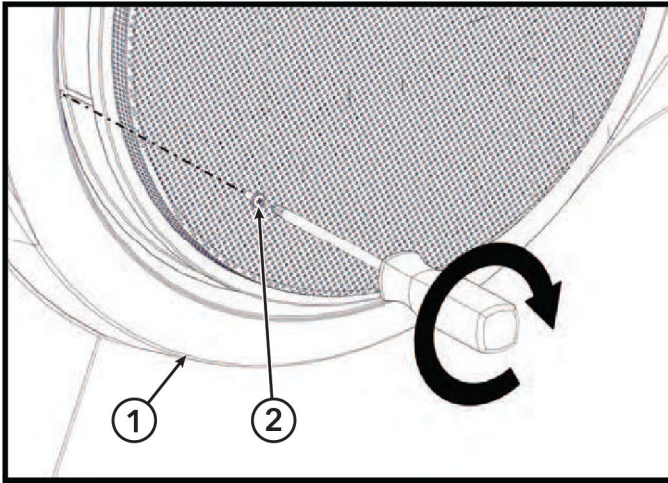
4. Align tab on service access cover with groove in left shroud.



Item	Description	Qty
1	Groove on Service Access Cover	1
2	Position Service Access Cover	1
3	Rotate Service Access Cover Counter-Clockwise	1

5. Position the service access cover on the shroud.
6. Rotate service access cover counter-clockwise to align notch in service access cover for screw.

7. Install screw securing service access cover to left shroud using a Phillips screwdriver.



Item	Description	Qty
1	Left shroud	1
2	Screw	1

### Lubricate Chain

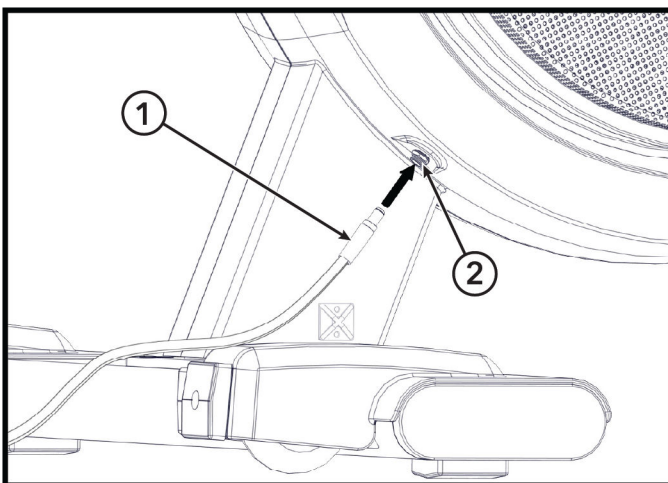
1. Carefully extend the handle and chain from the rower. Run the chain from back to front through a dry lint free cloth, to clean the chain.



2. Lubricate the chain by applying a fine, non-resinous oil to a cloth and running the chain through it from back to front.

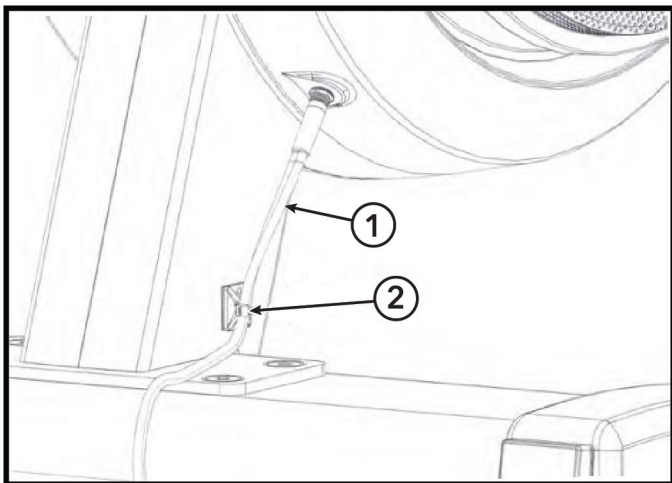
### Install Power Supply

1. Plug external power supply cord into external power supply port on left side shroud. Then a power socket using the appropriate cable for your region.



Item	Description	Qty.
1	External Power Supply Cord	1
2	External Power Supply Port	1

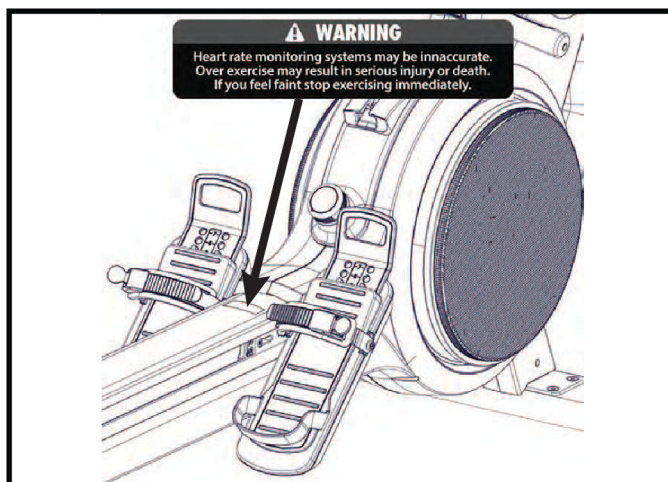
2. Secure external power supply cord to cable tie mount using a cable tie. Remove excess cable tie using side cutters.



Item	Description	Qty.
1	External Power Supply Cord	1
2	Cable Tie Mount and Cable Tie	1

### Install Warning Label

Replace the warning label with a label in your local language which can be found inside the box.



# 5. Settings

## General Settings

The console will automatically turn on within approx. 20 seconds after the handle is pulled once. The console will prompt and guide you through the setup procedure when the rower is started for the first time. These settings can be changed at a later point in time in the settings menu.

Make selections according to your regional or personal preferences.

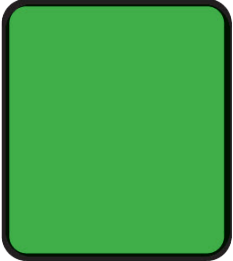

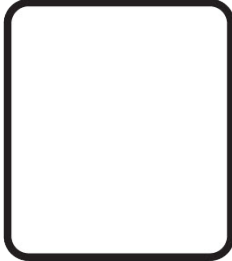
### Language

Selection menu

### Weight Units

KG / LBS

### Selecting Color Mode

Full Screen	Banner	Off
Training Zone Color is displayed over the entire screen	Training Zone Color is displayed as a small bar at the top of the screen	Training Zone Color is NOT displayed
		

### Front LED

**Default:** ON. By turning the light off, the trainer receives no color indication via the front LED during a Coach By Color course, limiting the possibilities for training guidance during a class. The background lighting of the display remains unaffected by this setting. ICG suggests leaving this setting on.

### Rower ID

During installation, each rower must be given its own unique identification number. The identification number is required for use with ICG Connect and App pairing.

Hold the **Up** arrow or **Down** arrow buttons to quickly increase / decrease value in increments of 5.

### Entering the Settings Menu

- To enter the **Settings Menu**, make sure you are in the mode select screen and press the **Down** arrow and the **Split** button together for 3 seconds.



Item	Description	Qty
1	Down Arrow	1
2	Split Button	1

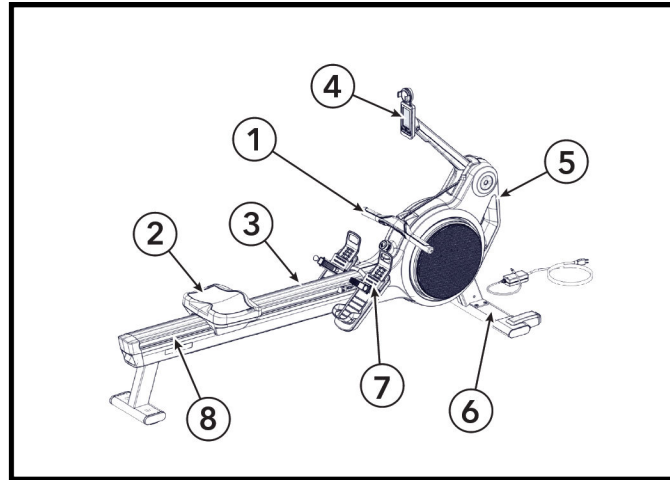
- Use the arrow keys within the menu navigation to navigate up or down as well as the confirm key to enter / confirm the relevant selection.

# 6. Maintenance

## Maintenance Schedule

Please carefully observe the following instructions. The maintenance and care procedures must be performed as defined to ensure maximum operating safety and lifespan. Irregularly executed maintenance and care procedures will lead to increased wear to the product and will void the warranty. If you have any further questions on this topic, please contact our technical support.

Only use acid solvent-free and abrasive free maintenance care agents and cleaning agents to prevent damage to components of the rower.



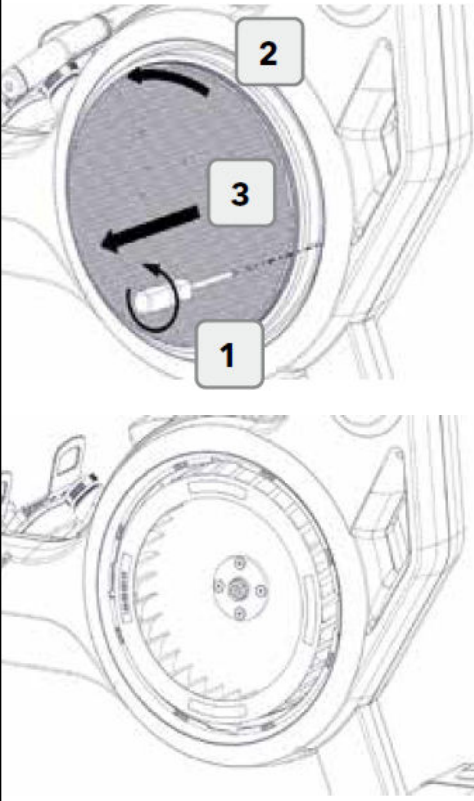
### Daily Maintenance

Item	Description	Instructions	Notes
1	Clean handle	Clean with a lint free cloth and mild detergent / disinfectant after each workout.	
2	Clean seat		
3	Clean rail		


### Weekly Maintenance

Item	Description	Instructions	Notes
4	Clean console and arm	Clean with a lint free cloth and mild detergent / disinfectant after each workout.	
5	Clean shroud		
6	Clean stabilizers		
7	Clean foot straps		
8	Clean castors / tracks	Perform a visual inspection of the castors and rails and clean with mild detergent and lint free cloth is needed.	
9	Rub down with Maintenance spray 3,5,6,7, and 8	Rub down components with a lint free cloth and maintenance spray	

## Monthly Maintenance

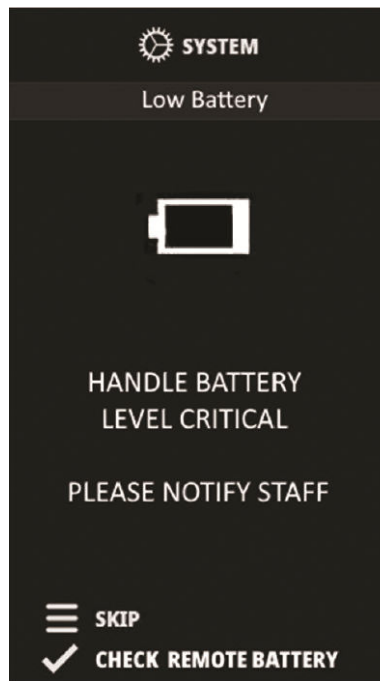
Description	Instructions	Notes
Check complete rower for loose nuts or bolts.	Inspect the rower for loose nuts, bolts. Check that all connections are fitted firmly. Review the rower for damage and test function.	
<p>Vacuum dust from inside the right cover.</p> <ol style="list-style-type: none"> <li>1. Remove the screw.</li> <li>2. Turn the cover counter clockwise.</li> <li>3. Pull the cover from the rower.</li> <li>4. Vacuum the dust from the right side of the rower.</li> <li>5. Reassemble.</li> </ol>		

## Every 50 hours of use Maintenance

Description	Instructions	Notes
<p>Carefully extend the handle and chain from the rower. Run the chain from back to front through a dry lint free cloth, to clean the chain.</p> <p>Lubricate the chain by applying a fine, non-resinous oil to a cloth and running the chain through it from back to front.</p>		

## Low Battery, Handle

If the handle battery is low, the user will be notified that the battery level is critical and that the staff should be notified.



- If you confirm by pressing **Select**, the rower and handle will still function during the duration of the workout.
- The notification will be displayed at the start of the next workout until the battery in the handle is completely depleted causing the buttons on the handle to no longer function.
- The battery must be replaced to regain function of the buttons on the handle.

## Handle Battery Replacement

### Tools Required:

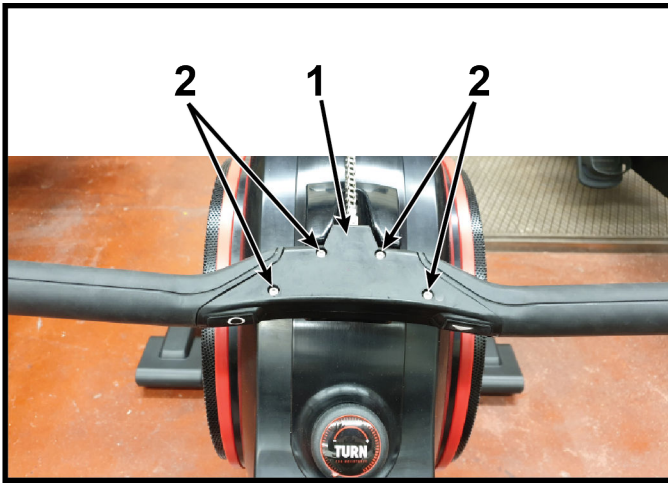
- 3 mm Allen wrench
- Small flat head screwdriver
- Battery CR2032
- ESD (Electrostatic Discharge) grounding strap

**NOTICE:** Component damage.

Wear an ESD grounding strap during this procedure. Connect ESD grounding strap to frame bolts or unpainted metal of frame. If ESD grounding strap is not available, touch frame bolts or unpainted metal of frame before handling any electronics.

### Remove Handle Battery

1. Flip handle over to reveal four screws on underside of handle.



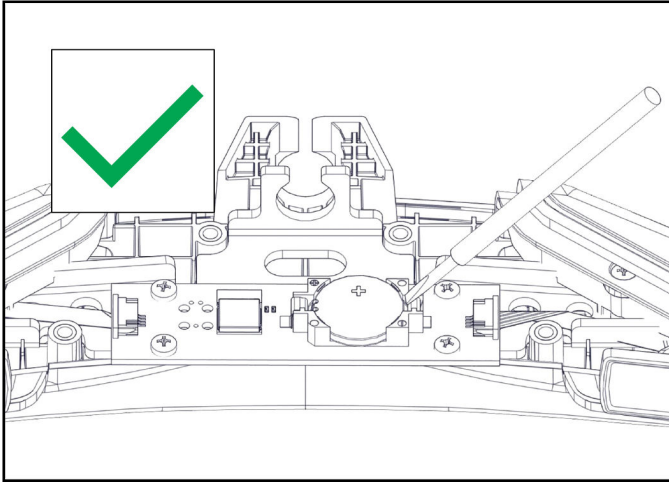
Item	Description	Qty
1	Cover	1
2	Screw	4

2. Remove four screws securing cover using a 3 mm Allen wrench.
3. Remove cover.

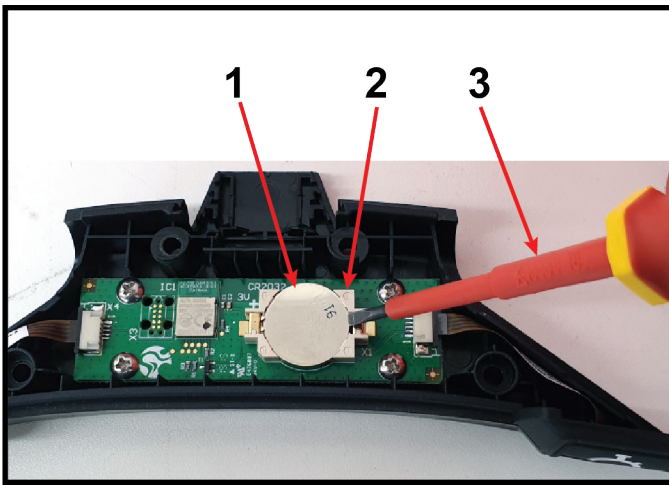
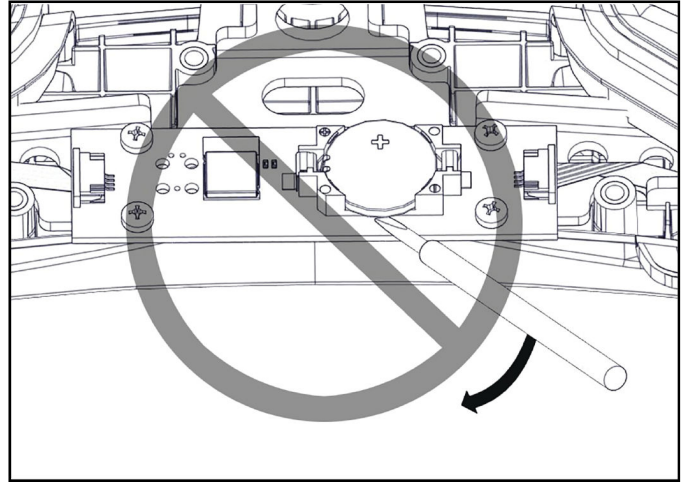
4. Remove battery by prying out of bracket with a small flat head screwdriver.

**⚠ WARNING:** Do not pry battery from front of bracket.

**Correct**



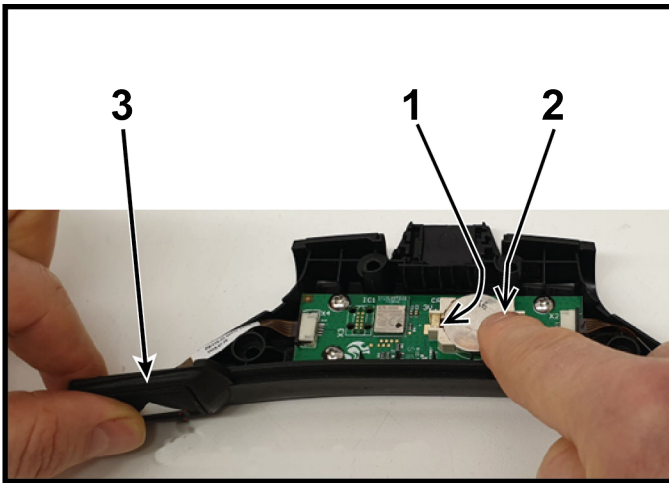
**Incorrect**



Item	Description	Qty
1	Battery	1
2	Bracket	4
3	Flat head screwdriver	1

### Install Handle Battery

1. Position battery by placing flat side up (+) and under left prongs.

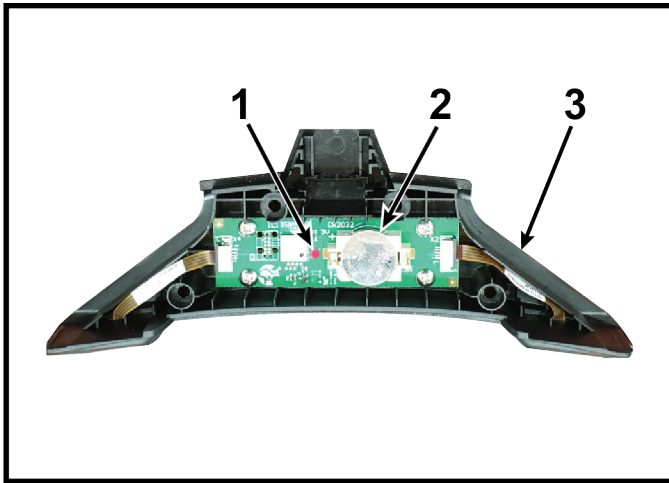


Item	Description	Qty
1	Left prongs	1
2	Push down here	1
3	Handle	1

2. Push down on right side of battery.

3. Test battery by pressing any button on handle cover. The LED will light up.

**NOTE:** A fully charged battery will only be displayed for the first 20 button presses to save energy.



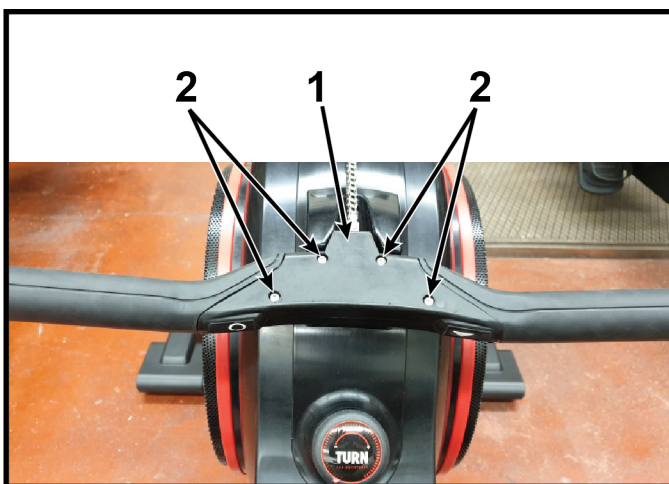
Item	Description	Qty
1	LED	1
2	Battery	1
3	Handle cover	1

LED	Description
Lights Up	Battery is full.
Blinks	Battery is empty and must be replaced.
No Light	Battery is depleted. Battery is good but the button has been pushed more than 20 times.

When possible, use rechargeable batteries to help save the environment.

- ⚠ **WARNING:** If rechargeable batteries are in use, they must be removed from the handle for recharging. The charged battery must deliver 3 VDC output.
- ⚠ **WARNING:** Do not attempt to recharge non rechargeable batteries.
- ⚠ **WARNING:** Never use batteries other than CR2032 coin batteries in the handle.
- ⚠ **WARNING:** Always insert the batteries with the correct polarity.
- ⚠ **WARNING:** Never short circuit the connection terminals.
- ⚠ **WARNING:** Remove depleted batteries and dispose them correctly. Please follow the applicable laws or guidelines on disposal of batteries in your local area and adhere to them.

4. Place cover in position on handle.



Item	Description	Qty
1	Cover	1
2	Screw	4

5. Install four screws securing cover using a 3 mm Allen wrench.

6. Flip handle over and place in handle retainer.

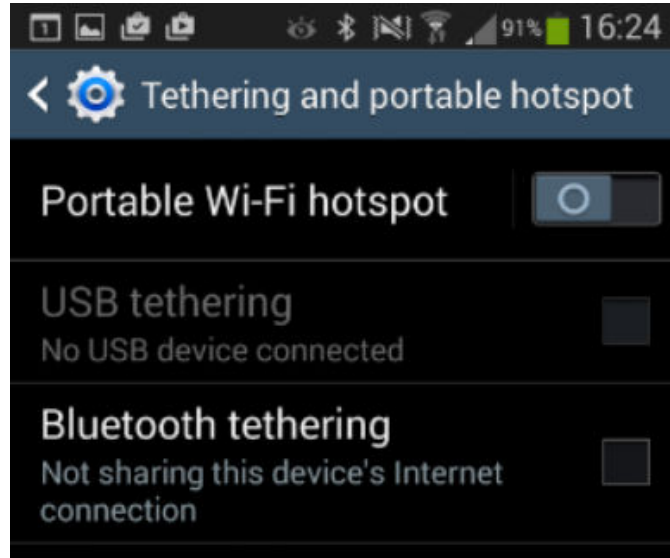
## Update Software

The TFT console can be updated with the ICG Training App when installed on an Apple or Android mobile device with Bluetooth. The software update will be downloaded using an internet connection via router. The router SSID and password must be entered in the ICG training app during the update procedure when prompted.

The two options are [iOS 10](#), or [Android](#).

## Android

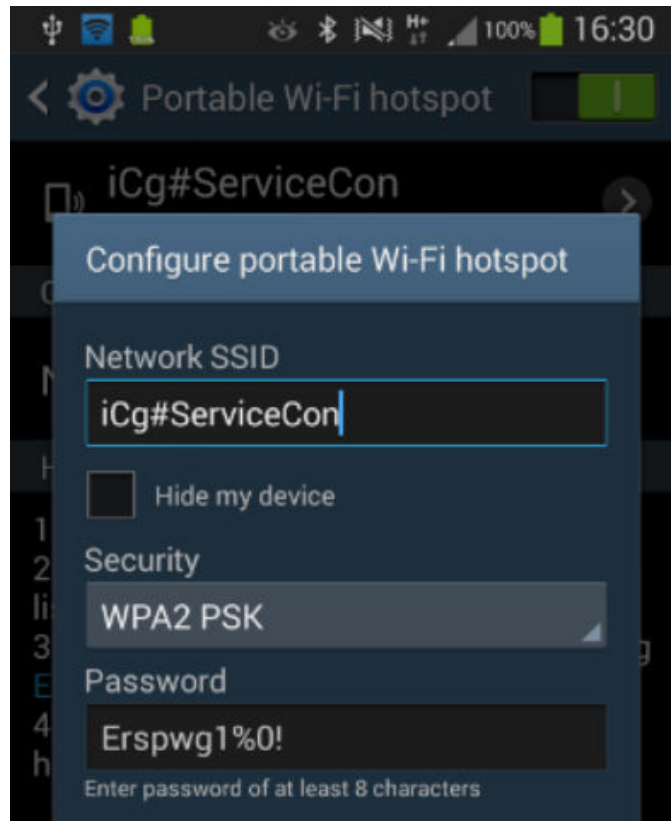
1. Select **Mobile Hotspot and Tethering** from the settings menu.



2. Turn the mobile hotspot on.

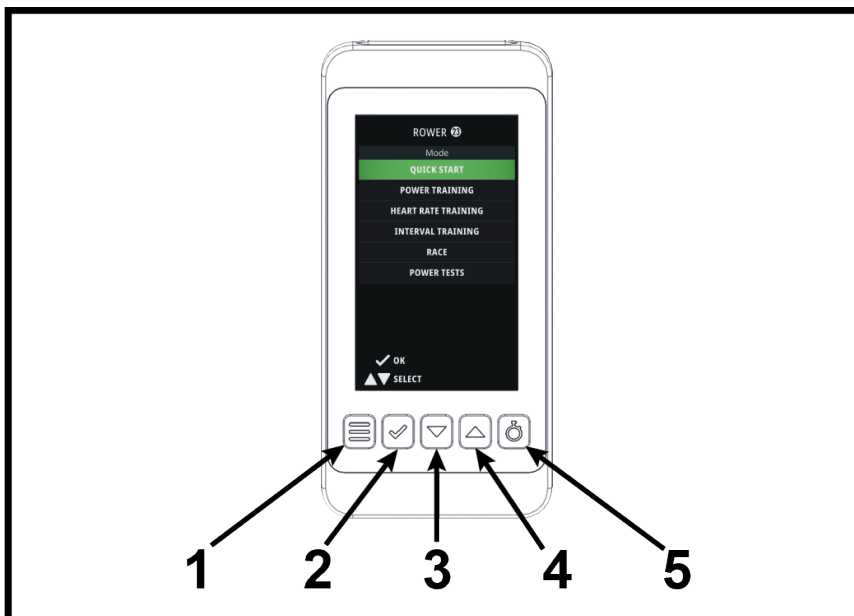
3. Configure the hotspot with the following details:

<b>Name ( Network SSID)</b>	iCg#ServiceCon
<b>Password</b>	Erspwg1%0!
<b>Security</b>	WPA2-PSK



**NOTE:** Multiple rows can be updated simultaneously but may vary depending on your connection.

4. Turn on TFT computers of rower by a full pull on handle.
5. Navigate to **Mode selection Screen** (start up Screen).
6. Press **Down** and **Split** button until **SETTINGS** menu appears.



Item	Description	Qty
1	Menu / Back button	1
2	Confirmation button	1
3	Down button	1
4	Up button	1
5	Split button	1

7. Press **Down** button to navigate to **SERVICE** menu, press **OK** button.

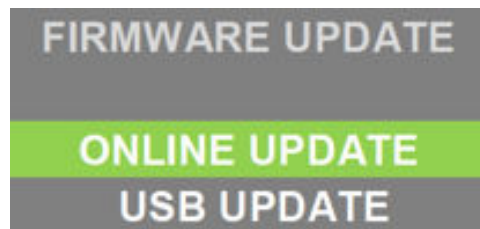


Wait 3 Seconds before the next step for the system to activate the Wifi in the computer

8. Press **Down** button to navigate to **FIRMWARE UPDATE** menu, press **OK** button.



9. Press **Down** button to navigate to **ONLINE UPDATE** menu, press **OK** button.



## iOS 10

The update consists of 115 MB for each rower. Please make sure that your data plan for your mobile phone is suitable.

To be able to use an iOS phone to set up a hotspot, you will need to rename your phone to **iCg#ServiceCon**. It can be set back to the original name after the update is completed.

1. Change the phone name by entering the following menus: **settings > general > about**.

**Name:** iCg#ServiceCon



Take care that the SSID is entered exactly as indicated.

2. Go into **Setting > Personal Hotspot**.

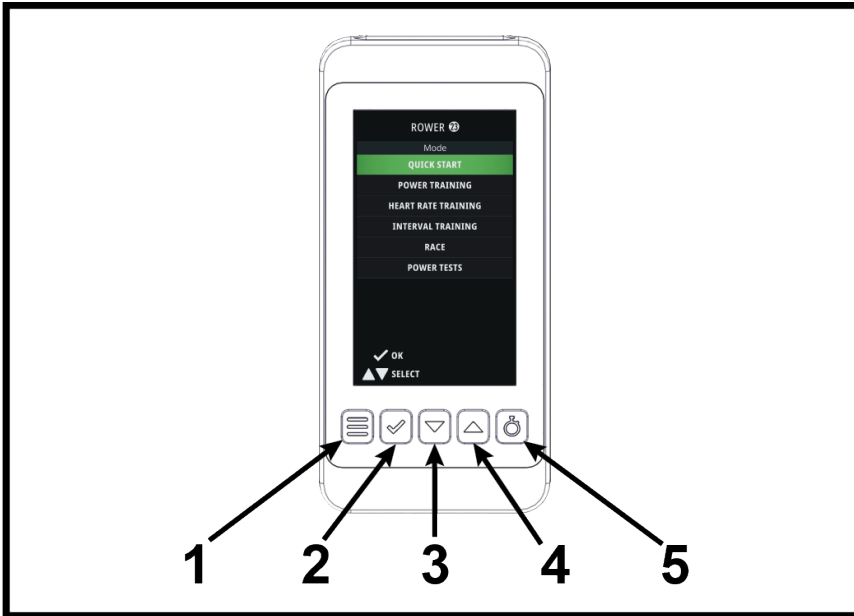
Enter the WiFi Password: Erspwg1%0!



Turn on the Hotspot

3. Turn on TFT computers of rower by a full pull on handle.
4. Navigate to **Mode selection Screen** (start up Screen).

5. Press **Down** and **Split** button until **SETTINGS** menu appears.



Item	Description	Qty
1	Menu / Back button	1
2	Confirmation button	1
3	Down button	1
4	Up button	1
5	Split button	1

6. Press **Down** button to navigate to **SERVICE** menu, press **OK** button.

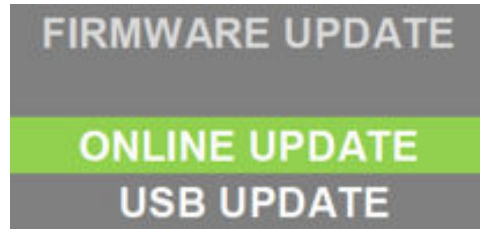


Wait 3 Seconds before the next step for the system to activate the Wifi in the computer

7. Press **Down** button to navigate to **FIRMWARE UPDATE** menu, press **OK** button.



8. Press **Down** button to navigate to **ONLINE UPDATE** menu, press **OK** button.



The computer will display a message that a *ServiceCon AP* is found and it will confirm that the installation process has begun. If it does not connect immediately, reselect **ONLINE UPDATE**. Depending on the computer revision, a driver for the hardware may also be included in the update and the TFT computer may require multiple automatic restarts.

**IMPORTANT:** If red flashing battery symbol is shown, you must row during the whole software update procedure. Row at a minimum of 30 strokes per minute.

The computer will restart after the installation is fully completed.

# 7. Specifications

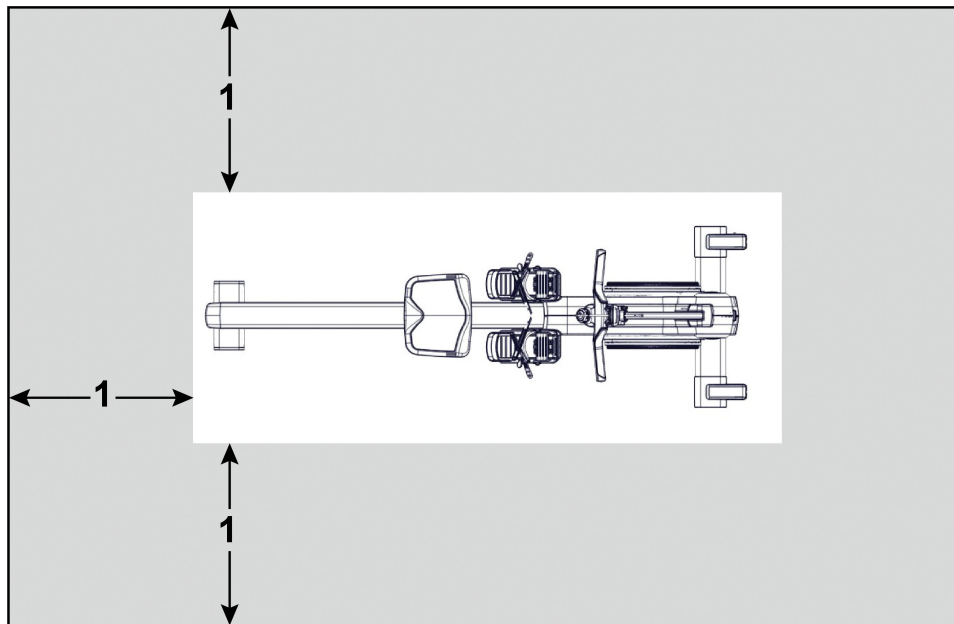
## Specifications

The Heat Performance Rower is not suitable for therapeutic purposes.

Specifications	EN ISO 20957-1 / EN ISO 20957-7, Class SB, Commercial Product, adjustment by repeatable resistance steps
Braking System	Speed Independent
Product Gross Weight	Approximately 137 lb. / 62 kg
Max User Weight	330 lbs. / 150 kg
Bluetooth LE 5.0	0 dBm 1 mW / max. +4 dBm 2,402 GHz and 2,480 GHz
WIFI	IEEE 802.11b,g,n,d,e,i compliant Frequency: 2,340 - 2,390 GHz Transmission Power: 12.5 - 20 dBm
ANT	2,400 GHz - 2,524 GHz
Handle Battery	CR2032 Coin Battery
Length / Width / Height	84" x 31.88" x 48.03" / 213 x 81 x 122 cm
Surface Area	18.6 ft <sup>2</sup> / 1.73 m <sup>2</sup>

## Training Area

Allow a minimum safety distance to any nearby equipment, objects or walls as illustrated below.



1	23.6" / 60 cm
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# 8. Warranty

## Warranty Information

Please use the link below or scan QR code to access warranty information:

<http://lifel FITNESS.COM/warranties>







PRF-ROW-TFT-02