



# User's Product Manual



LifeCore LC-R88 Rower

## ***Introduction***

Congratulations on your purchase of the R88 Rower. This product has been designed and manufactured to meet the needs and requirements of domestic use.

By Choosing your R88 Rower, you have made a wise decision that will improve the health of you and your family. Being fit and healthy will improve your energy level and your quality of life.

Cardiovascular training is vital for all ages and the R88 provides a more effective workout, producing better results, and will encourage you to reach your fitness goals and maintain the body you have always wanted.

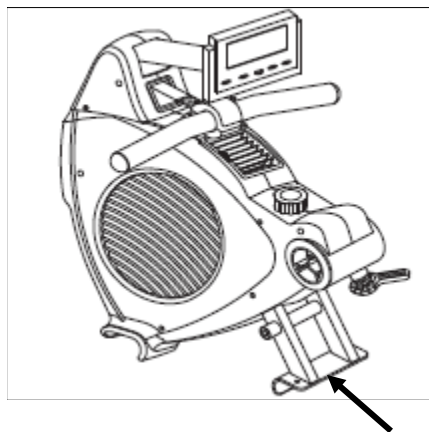
In order to make your experience with LifeCore the best it can be, please review the enclosed user's manual prior to assembly and first use. Be sure to keep the instructions for reference and/or maintenance.

We also offer a complete line of fitness equipment; please take a moment to review our other excellent products at [www.lifecorefitness.com](http://www.lifecorefitness.com). Should you have any questions, please contact us. Your feedback and ideas about your experience with LifeCore are also very important to us. Write to us at:

**LifeCore Fitness Inc.**  
2575 Pioneer Ave. Suite 101  
Vista, CA 92081

We wish you lots of success and fun while training!

## ***Purchaser's Reference Information***



**Serial Number** is located on the frame

Please send in the attached warranty card and a copy of the original receipt or register online at [www.lifecorefitness.com](http://www.lifecorefitness.com) within (10) days of purchase to register your product with LifeCore Fitness.

## Table of Contents

Introduction.....	1
Purchaser's Reference Information .....	1
Table of Contents.....	2
Safety instructions and Warnings.....	3
Assembly Instructions.....	4
Getting Started .....	6
Setting Up Your Rower .....	8
Correct Rowing Guide .....	10
Console Operation Instructions .....	12
Adjusting the Resistance .....	16
Care and Maintenance .....	16
Warranty Card.....	17



*“We Fit Your Life”*

## **Safety Instructions & Warnings**

The R88 Rower is designed and manufactured to meet or exceed all domestic and international safety standards. However, certain precautions need to be followed when operating any exercise equipment.

### **General safety instructions:**

1. It is important to consult your physician before any exercise program.
2. Pregnant women should consult with their physician before beginning any exercise program. He/she can help determine the exercise program that is the most appropriate for your age and physical condition.
3. If you experience dizziness, nausea, chest pains or other abnormal symptoms during exercise, stop the exercise session immediately. Consult your physician before continuing your exercise.
4. Keep your hands and feet away from all moving parts.
5. Keep children away from the equipment. Hands and feet may get caught in the pedals or other moving parts, which could result in serious injury.
6. Always wear proper clothing and shoes when exercising. Drink plenty of fluids when exercising.
7. Always stretch and warm up before starting any exercise program.
8. Never operate this unit if it is damaged or broken. Contact your authorized dealer for service.
9. Place your equipment on a solid, level surface when in use.
10. Place your unit in an area with enough clearance to operate the equipment.
11. Make sure all components are fastened securely at all times.

### **Product safety instructions:**

1. Start your exercise program gradually. Row only for a few minutes the first day to let your body adjust to the new exercise.
2. Slowly increase your exercise time and intensity over the first two weeks. Do not row at full power until you are comfortable with the technique. If you increase your intensity too rapidly, or fail to warm up properly or use poor technique, you can increase the risk of injury.
3. Use of this machine with worn or weakened parts, may result in injury to the user. We strongly suggest replacing it immediately. Use only the accessory attachments recommended by the manufacturer.
4. Do not let handle fly into plastic cover. Place handle in its holder before letting go. Pull straight back with both hands. Never twist strap or pull from side to side. Do not row with one hand only. Abuse of the strap can result in injury.
5. Keep clothing free of seat rollers. Keep children and fingers away from seat rollers.
6. Place your feet on the footpads properly before rowing.
7. Perform proper maintenance as recommended in this manual.
8. Save this manual for future reference.

## Assembly Instruction

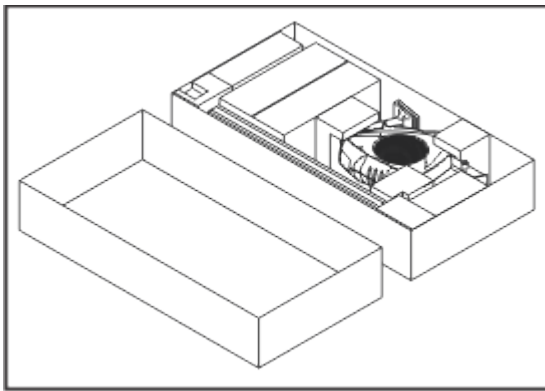
### **Step 1:**

Clear a big enough working space before unpacking your R88 Rower.

### **Step 2:**

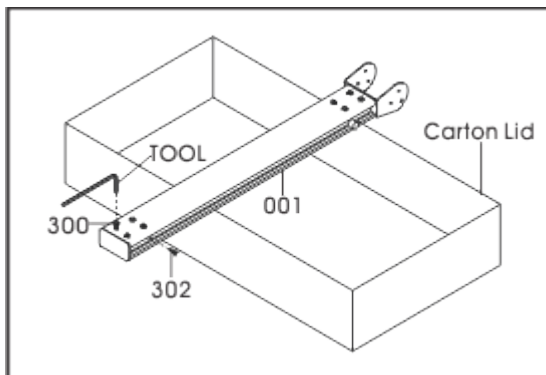
Open the carton as shown in the diagram below.

*Note: To protect the Rower while assembling, we suggest keeping the protective packing material until it is assembled completely.*



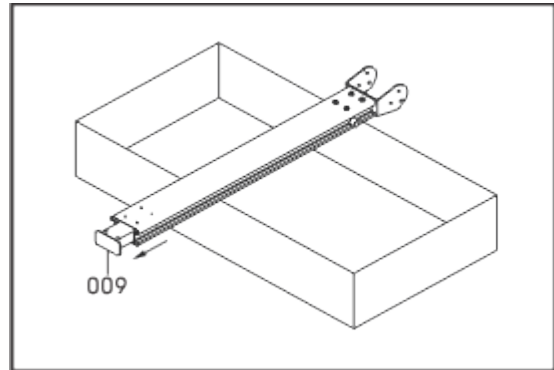
### **Step 3:**

- b) Reverse the Aluminum Beam Extrusion (001) and place in the carton lid as shown in the diagram below.
- c) Remove 4 bolts (300) and 4 washers (401) and 2 bolts (302) with the Tool provided.



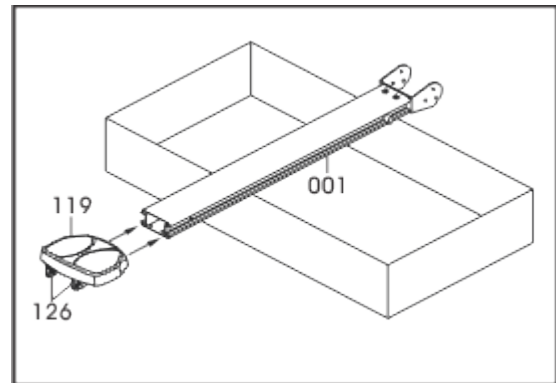
### **Step 4:**

Extract the Rear Bracket (009)



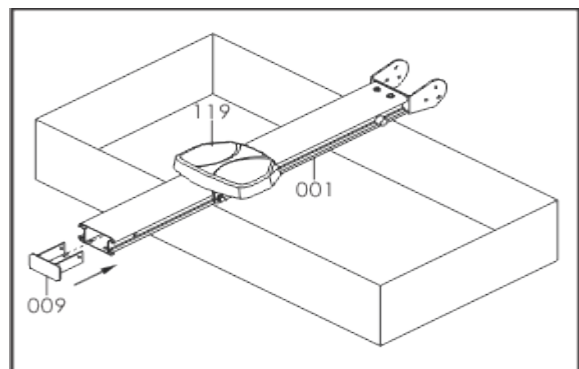
### **Step 5:**

- a) Reverse the Aluminum Beam Extrusion (001) back to the front.
- b) Slide the Seat (119) as shown in the diagram.



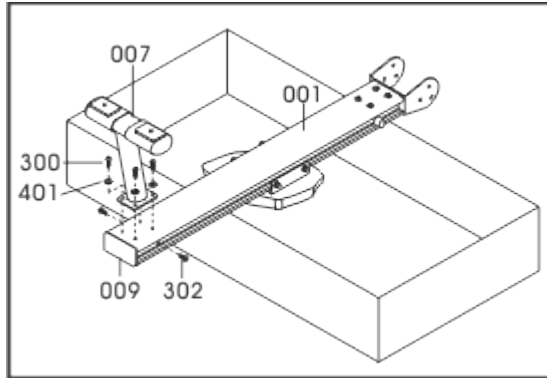
### **Step 6:**

a) Slide in the Rear Bracket (009)



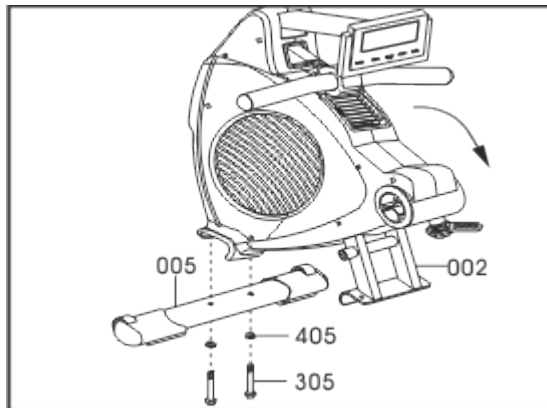
**Step 7:**

- a) Reverse the Aluminum Beam Extrusion (001) to the rear.
- b) Assemble the Leg and Stabilizer (007) and the Aluminum Beam Extrusion (001) with 4 bolts (300) and 4 washers (401).
- c) Secure the Rear Bracket (009) with 2 bolts (302).



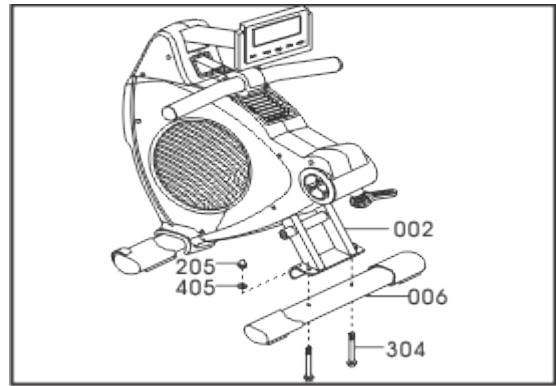
**Step 8:**

- a) Remove the Safety Strap Holder and discard.
- b) Tilt forward the Main Frame (002) as shown in the diagram below.
- c) Assemble the Stabilizer Tube-Front (005) with 2 bolts (305) and 2 washers (405).



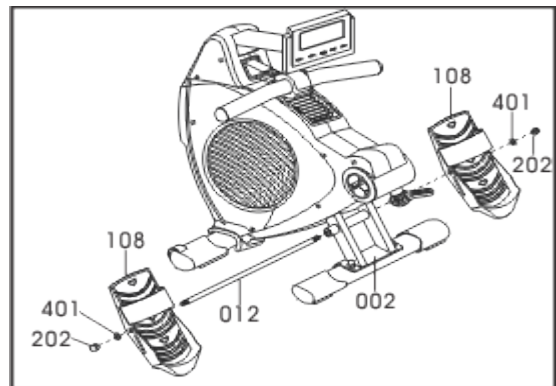
**Step 9:**

Assemble the Stabilizer Tube-Middle (006) and Main Frame (002) with 2 bolts (304) and 2 washers (405), 2 nuts (205) and 2 washers (405).



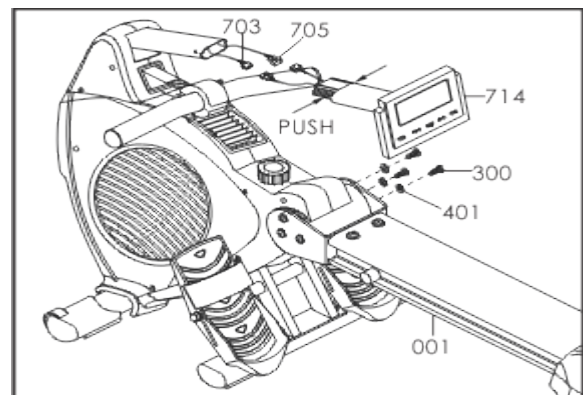
**Step 10:**

- a) Slide the Foot Pedal Bar (012) through Main Frame (002) as shown in the diagram below.
- b) Assemble the Left and Right Foot Pedal (108) and Foot Pedal Bar (012) with 2 nuts (202) and 2 washers (401).



**Step 11:**

- a) Remove 6 bolts (300) and 6 washers (401).
- b) Assemble the Aluminum Beam Extrusion (001) with the same 6 bolts and washers, then tighten firmly.
- c) Press the pop pins on the sides to connect the computer arm cables to the computer.



## **Getting Started**

### **Folding and Unfolding the Rower**

Your Rower can be folded and unfolded in a matter of seconds. It is very important you understand the operation of the Clamp Knob – Lock Pin for folding and unfolding your Rower.

### **Clamp Knob – Lock Pin**

The Clamp Knob-Lock Pin is located under the monorail at the front of the Rower.



Rotate the knob until it is free enough to pull down to release the monorail. The lock pin will automatically engage when the monorail is in the horizontal (ready to use) or folded position. You will hear a “click” when the lock pin engages. Always tighten the clamp knob firmly before use, when folded or before transportation.

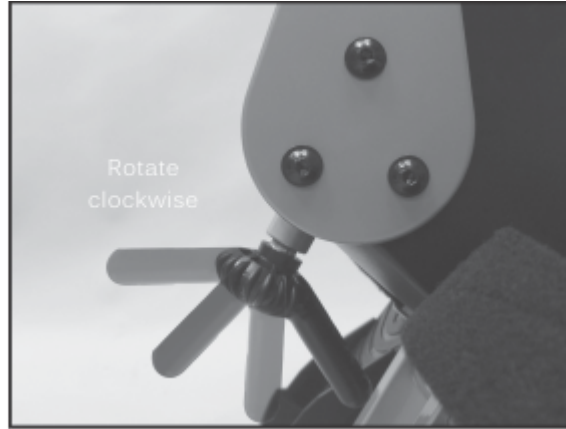
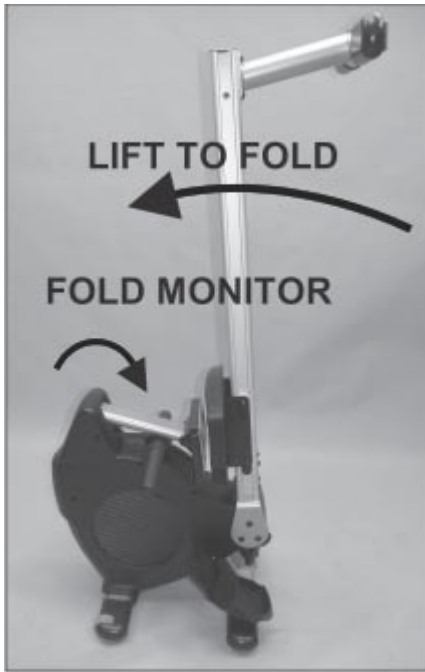
### **Unfolding for Use**

If the Clamp Knob is not tight when you start to use your Rower, the front of Rower will lift a little. The lock pin will also prevent the Rower from accidentally folding. When the clamp knob has been firmly tightened, you can start your workout.

### **Folding the Rower**

**Important Note:** Before starting the folding procedure, roll the seat forward to the Front Seat Stop. Loosen the clamp knob and pull the knob down to release the lock pin. Slowly lift the monorail to the fully folded position. You will hear the lock pin engage. For safety reasons, remember to tighten the clamp knob. You should also fold the monitor down to avoid the chance of damage.

- 1) With the Rower in the flat position, rotate the Clamp Knob counterclockwise five to seven turns.
- 2) While holding the Aluminum Beam, pull the Clamp Knob down releasing the safety lock and allowing the Aluminum Beam to be rotated up.
- 3) With the Rower in the folded position, rotate the Clamp Knob clockwise and tighten firmly.



### **Transportation and Storage**

Your Rower has transportation wheels located at the front. This enables you to easily move the Rower from room to room.

Do not attempt to transport the Rower without the Clamp Knob firmly tightened.

From the folded position, grasp the Rear Leg of the Rower and tilt the machine until the wheels are engaged with the floor. The correct angle for transportation is 45°.





## **Setting Up Your Rower**

### **Getting on Safely**

- 1) Straddle the Aluminum Beam.
- 2) Correctly position the Seat beneath you.
- 3) Sit down taking care that the Seat has not moved.



### **Computer Angle Adjustment**

The Computer and Computer Arm are designed to rotate and pivot giving you full adjustment to almost any height and angle.

- 1) Hold the Computer with both hands as shown in below diagram. Rotate and pivot the Computer to the desired height and angle.

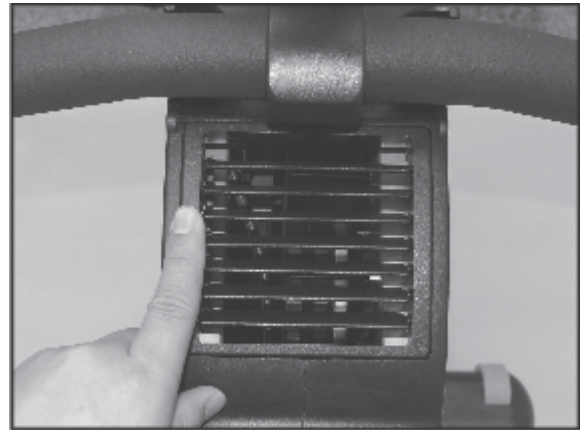
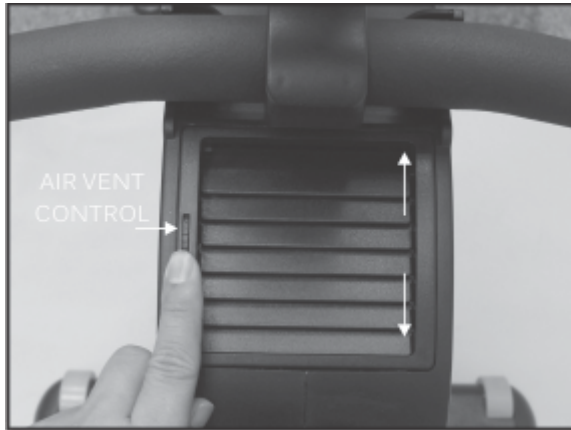
*Note: For safety reasons, while exercising avoid the Drive Strap from touching the Computer.*



## **Air Vent Adjustment**

The Rower flywheel fan generates an air flow that can be directed with the adjustable air vent.

- 1) Rotate The Air Vent Control Knob to adjust the air flow direction.
- 2) To stop all air flow, rotate the Air Vent Control Knob fully down.



## **Handle Bar Holder**

When you have finished your workout remember to store the Handle Bar into the Handle Bar Holder as shown in the diagrams below.



## **Foot Strap Release**

Releasing the Foot Strap is made easy with the quick release tab.

- 1) Lift the Foot Strap Buckle Release Tab with your thumb as shown in the diagram below.



## **Correct Rowing Guide**

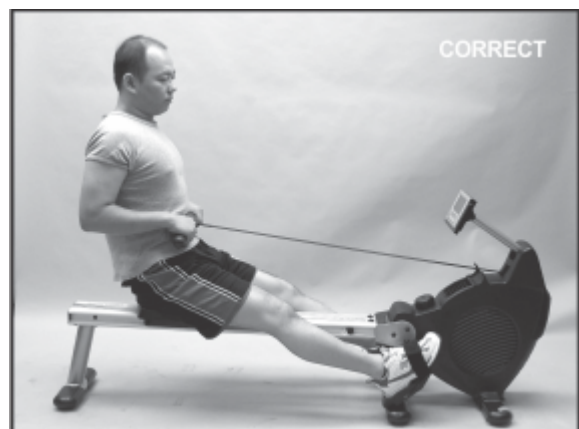
### **Pulling the Body to the Handle**

#### **Fault**

At the finish, the user, instead of pulling the handle to the body; pulls themselves forward to the handle.

#### **Solution**

At the finish the user leans back slightly, holds the legs down and draws the handle to the body using the upper body as a firm platform.



## **Flying Elbows**

### **Fault**

The user's elbows are sticking out from the body at the finish and the handle is at chest level.

### **Solution**

Draw the handle to the body. The wrists are flat and the elbows pass close to the body. Elbows extend behind the body as the handle is drawn to the waist.



## **Locking the Knees**

### **Fault**

At the end of the stroke, the user locks the knees making the legs straight.

### **Solution**

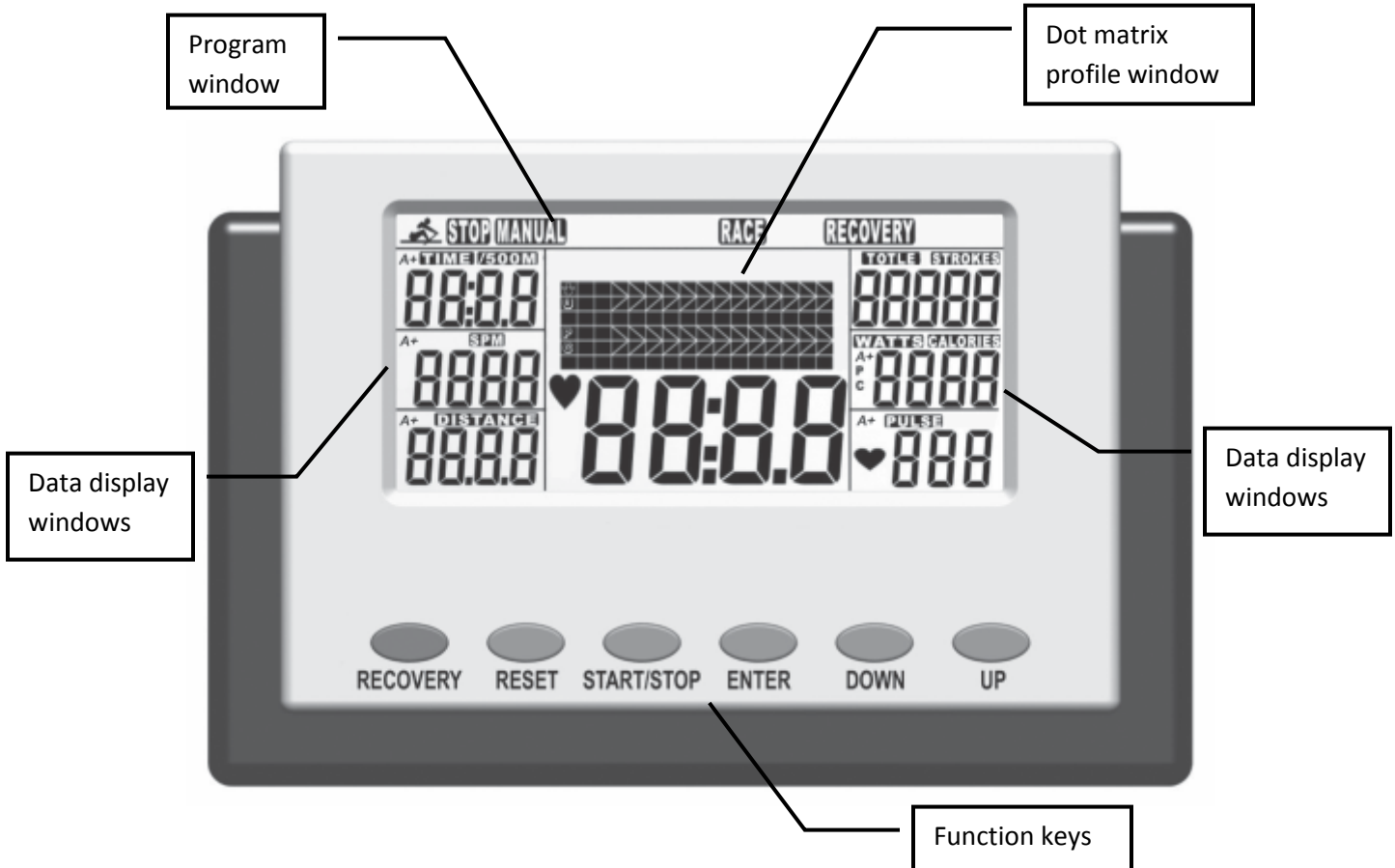
Always keep the legs slightly bend in the fully extended position. Do not lock the knees.



## Console Operation Instructions

Please read the console operation instruction thoroughly and get familiar with the console layout. Practice using this console before you start in order to get a better understanding of the functions. Below is the console layout and detailed operation instructions.

### 1. CONSOLE LAYOUT



### 2. DISPLAYS

This console is powered by 2 x AA 1.5V batteries; located on the front of the equipment. If the battery is getting low, the low battery display (a battery shape graphic) will flash on the dot matrix window to indicate it's time for replacement.

When it first powers up, you can set the current time and date. The information will be stored in the console and displayed during power save mode. The console will prompt you through the setting process; use UP/DOWN to adjust the setting and ENTER to confirm.

Power save mode: If no key is pressed, no RPM or pulse is detected for 4 minutes; the console will shut down and enter "power save mode" to save power. The dot matrix profile will display current date, time and room temperature. To resume, simply press a key or row again.

a. **Dot matrix profile window:** Displays resistance level during manual program and your pace vs. PC boat's during race program.

b. **Data display windows:** There are 6 data display windows displaying Time & Time/500M, SPM, Distance, Strokes/Total Strokes, Watts/Calories and Pulse. During program setting, the appropriated data window will blink to indicate which data you are setting currently. Press UP/DOWN key to adjust the value and ENTER key to confirm the value.

Time display: It represents the remaining program time. During program, time display will be showing on both time display window and big window below the dot matrix.

Time/500M display: It represents the total time to row 500M distance with your speed.

SPM display: It represents strokes per minute.

Distance display: It represents the total distance in meters.

Strokes display: It represents your total rowing strokes at current program.

Total strokes: It represents your total rowing strokes since the beginning. It accumulates continuously throughout the battery life even if you reset the console. It will only reset to 0, after you change the battery.

Watt display: It represents your workout effort in figures.

Calories display: It represents the calorie count during your workout.

Pulse display: It represents your current heart rate. It can preset during program setup as a target goal. The heart rate monitor will only work with wireless transmission system.

*Note:*

- 1) *During data displaying, time window will display time & time/500M each for few seconds; switch back & forth. Same as strokes/total strokes and watt/calories display.*
- 2) *Time, distance, strokes and calories can also be set as goal during program. Setting a number besides 0 in those slots will count the number down. If it's set at 0, it will count up.*
- 3) *A+ represents the average value when it shows in the display window. If the program is paused or ended, each data display will flash back & forth of the current value and its average value.*

c. **Program window:** There are two programs: Manual and Race. They will display at this window and blink for selection.

3. **KEYS:** There are 6 function keys for program operation.

a. **START/STOP key:** Pressing the START/STOP key once will execute the programs and all data will start counting. Pressing the START/STOP key one more time will enter program pause



mode and all data will stop counting. “STOP” will blink in the program window to indicate the program is paused. To exit pause mode, simply press START/STOP one more time to resume program.

**b. RESET key:** Pressing the RESET key once will reset and return back to program selecting mode. All data will be reset to 0, except total strokes. If you are in the middle of a program, you will have to pause the program first before you can reset the console.

Pressing and holding the RESET key for a couple of seconds will reset the console back to current date and time setting.

**c. ENTER key:** Press ENTER key to confirm the program setting, selection or data entry.

**d. UP/DOWN key:** Press UP/DOWN key to adjust the date & time value; go to the next program selection or adjusting data entry during program setting.

**e. RECOVERY key:** This is a function designed to see how much time it takes for the heart to recover after a workout and therefore recommends a fitness level. The program will take 60 seconds to figure out your fitness level and present a fitness score.

Press RECOVERY key after a workout, the time display will start counting down from 60 seconds and pulse display will display your current heart rate. Do not press any key or row during the 60 second period. After 60 seconds, the dot matrix display will show your fitness score. Below is a chart for the fitness level vs. score.

<u>Score</u>	<u>Fitness Level</u>
F1.0 – 1.9	Excellent
F2.0 – 2.9	Good
F3.0 – 3.9	Fit
F4.0 – 4.9	Average
F5.0 – 5.9	Below Average
F6.0	Challenge

*Note: In order for this function to work, the pulse reading has to be active thru out the testing period.*

#### **4. PROGRAMS**

During program selection, programs will light up and blink; press UP/DOWN key to change the selection and ENTER key to confirm.

**a. Manual program:** When UP/DOWN key is pressed during program selection and Manual indicator is lit & flashing; press the ENTER key to enter Manual program.

Quick Start: If you press the START/STOP once either before or after ENTER key is pressed to confirm Manual program, the console will enter Quick Start program. The time will start counting up. Simply start rowing and use adjusting knob to adjust the resistance level.

Manual program: If you press ENTER key to confirm Manual program selection, the next step is setting up program time. Time window will flash with 00:00; press UP/DOWN key to adjust the time and ENTER to confirm. The range of time is 0:00 – 99:00 (min: sec). After time entry, the Manual program set up is now completed; press START/STOP to begin this program.

Dot matrix display during program: There are 16 columns of LCD representing 16 segments of time; each segment time = total program time divided by 16 columns. During exercising, a column of LCD will blink to indicate the time segment you are currently in and show your workout progress.

There are also 6 rows of LCD representing 6 levels of resistance. Each row represents 1 level of resistance. The appropriated row of LCD will light up when you adjust the resistance level on the knob located below the rowing handlebar.

*Note: Manual program can also work as a goal training program for Distance; Strokes; Calories or Pulse. For the goal program set up; please make sure you only enter the value for the desired goal and enter 0 for other values. For example, enter 20 meters for Distance value and 0 for others; this will start the program as Distance goal program. The time will start counting up and the timer will stop when you reach the 20 meter goal.*

*Please keep in mind, if you enter multiple values during set up, it will work as a multiple goals program and whenever a goal is reached, the timer will stop.*

b. **Race program:** When UP/DOWN key is pressed during program selection and Race indicator is lit & flashing; press the ENTER key to enter Race program.

Once you enter Race program, you will be asked to select the PC Boat speed first. The default setting is L9; press UP/DOWN key to change the setting and ENTER to accept the setting.

#### **PC Boat Speed List**

L1	L2	L3	L4	L5	L6	L7	L8	L9	L10	L11	L12	L13	L14	L15
8:00	7:30	7:00	6:30	6:00	5:30	5:00	4:30	4:00	3:30	3:00	2:30	2:00	1:30	1:00

After selecting the PC Boat speed, you then are asked to pick a distance for the race from 500m – 10,000m. After distance entry, the Race program set up is now completed; press START/STOP to begin this program.

Dot matrix display during program: The user and PC Boat progress will be displayed on this window. The program will stop when one of you has reached the target distance; PC WIN or USER WIN will be displayed.

Please note: you can adjust the resistance level on the knob anytime of this program.



## ***Adjusting the Resistance***

“Air” is the principle resistance of the Rower. On level 1, the resistance is 100% air. As you rotate the resistance knob clockwise, you gradually start to introduce the magnetic system in varying degrees according to the setting.



## ***Care and Maintenance***

Your Rower is made of the highest quality materials. It is important that you take care of your Rower on a regular basis.

1. Your Rower is for indoor use only and should not be used or stored in damp areas. Wipe all perspiration from your Rower after each use.
2. The Rower should be dusted and cleaned on a regular basis to stop the build-up of dust. Use an alcohol-based cleaner on a clean cloth on a regular basis. Do not use any abrasive cleaners, as this will damage the surface.



3. To ensure that the seat runs smoothly; the roller track of the monorail and the rollers need special cleaning with oil based furniture polish.
4. Regularly check tightness of nuts, bolts and pin, etc.

## **Warranty Card**

### **LC-R88 Rower**

This Limited Warranty applies in the United States to products manufactured or distributed by LifeCore Fitness, Inc. under the LifeCore brand name. The warranty period for the original purchaser is (lifetime) on the frame against defects in materials and workmanship under normal use and conditions (excluding expendable parts such as paint & finish). Home 2 years parts, 90-days labor warranty against manufacturer defects. This warranty does not cover wear and tear items such as, but not limited to, transportation wheels, foot pedals, rubber grips, plastic end caps, scratched parts, broken covers, and cosmetic damage. Wear items pertain to components that might need to be replaced due to normal wear and tear as a result of normal usage. Labor warranty does not cover improper installation, alterations and/or modifications, misuse, abuse, accident, improper maintenance, noises such as: squeaks, clunks, thumps from a result of poor or lack thereof preventive maintenance. LifeCore warrants that the product you have purchased for personal, family household use from LifeCore, or from an authorized LifeCore reseller, is free from defects in materials or workmanship under normal use during the warranty period. In order to validate the warranty this product must have been registered through LifeCore Fitness Inc., and/or a copy of the proof of purchase, and serial number must be presented at time of service. If these items are not presented at the time of requesting parts or service LifeCore Fitness Inc. will not cover any warranty set forth. During the warranty period LifeCore will at no additional charge, repair or replace (at LifeCore option) the part or product if it becomes defective, malfunctions, or otherwise fails to conform with this Limited Warranty under normal personal use as determined by a LifeCore technician. Any labor cost above the amount allocated by LifeCore is the responsibility of the original purchaser. If a product is shipped, delivered or transported to an area that is not a LifeCore Fitness Inc's distribution area or is out of a serviceable area, it is the purchaser's sole responsibility to find service and pay for any fees associated with servicing of a product out of LifeCore Fitness distribution or serviceable area. To obtain warranty service, you must contact the original place of purchase. In repairing the product, LifeCore may replace defective parts, or at the option of LifeCore, serviceable used parts that are equivalent to the new parts in performance. All exchanged parts and products replaced under this warranty will become the property of LifeCore. LifeCore reserves the right to change manufacturers of any parts to cover any existing warranty. Any parts determined to be defective must be returned to LifeCore to obtain warranty service. You must prepay any shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or product. In addition, you are responsible for insuring any parts or product shipped or returned. You assume the risk of loss during shipment. Any evidence of alteration, erasing or forgery of proof-of-purchase documents will be cause to void this Limited Warranty. This warranty does not extend to any product not purchased from LifeCore or from an authorized LifeCore reseller. This Limited Warranty does not extend to any product that has been damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by LifeCore; (c) by modification of the Product or normal wear and tear; (d) operation on incorrect power supplies; or (e) as a result of service by anyone other than LifeCore, or an authorized LifeCore service provider. Product on which the serial number has been defaced or removed is not eligible for warranty service. Should any Product be submitted for warranty service be found ineligible, an estimate of repair cost will be furnished and the repair will be made if requested by you upon receipt of payment or acceptable arrangements for payment.

LIFECORE MAKES NO OTHER WARRANTIES, EXPRESSED OR IMPLIED, INCLUDING ANY IMPLIED WARRANTIES OR MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. LIFECORE EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS LIMITED WARRANTY. NEITHER LIFECORE NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. PLEASE SEND IN THE ATTACHED WARRANTY CARD WITHIN (10) DAYS OF PURCHASE TO REGISTER YOUR PRODUCT WITH LIFECORE FITNESS. THANK YOU FOR YOUR BUSINESS! PLEASE MAIL WARRANTY CARD TO: LIFECORE FITNESS, INC, 2575 Pioneer Ave. Suite 101. Vista, CA 92081. Phone (760)599-4555, Fax (760) 946-7602 or register online at lifecorefitness.com, Customer Service: 888-815-5559

---

**LC-R88 Rower**

**Please Attach a Copy of the Original Receipt**

Full Name:

\_\_\_\_\_

Address:

\_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Daytime Phone No.: \_\_\_\_\_ Cell Phone No.: \_\_\_\_\_

Email:

\_\_\_\_\_

Dealer Purchased from: \_\_\_\_\_

Model: LC-R88 Rower Date Of Purchase: \_\_\_\_\_

Serial No. \_\_\_\_\_

Environment Placed:     Residential     Light Commercial     Commercial



*“We Fit Your Life”*

Customer Service  
Toll Free (888) 815-5559  
Mon-Friday 7:30 - 5:30 PT  
[Service@lifecorefitness.com](mailto:Service@lifecorefitness.com)

Lifecore Fitness Inc.  
2575 Pioneer Ave. Suite 101  
Vista, CA 92081

Visit our website for assembly videos: [www.lifecorefitness.com](http://www.lifecorefitness.com)