



**State of Rhode Island
Department of Administration / Division of Purchases
One Capitol Hill, Providence, Rhode Island 02908-5855
Tel: (401) 574-8100 Fax: (401) 574-8387**

**Solicitation Information
April 19, 2017**

ADDENDUM # 2

RFP # 7551519

TITLE: Medical & Exercise Equipment for New Rhode Island Veteran's Home

Submission Deadline due: Monday April 24, 2017 at 11:30 AM (Local Time)

= Attached include additional information for this solicitation

**Tom Bovis
Interdepartmental Project Manager**

Interested parties should monitor this website, on a regular basis, for any additional information that may be posted

SECTION 00 9000
EQUIPMENT PACKAGE 1 – ADDENDUM #2

PARTICULARS

- 1.01 DATE: **April 17, 2017**
- 1.02 PROJECT: **Equipment Package No. 1 – RI Veterans Home**
- 1.03 PROJECT NUMBER: **1326**
- 1.04 OWNER: **RIDOA**
- 1.05 ARCHITECT: **Brewster Thornton Group Architects, LLP.**
- 1.06 BID PACKAGE: **7551519**

TO: PROSPECTIVE BIDDERS

- 2.01 THIS ADDENDUM FORMS A PART OF THE CONTRACT DOCUMENTS AND MODIFIES THE BIDDING DOCUMENTS DATED **March 27, 2017**, WITH AMENDMENTS AND ADDITIONS AS NOTED BELOW.
- 2.02 AFFECTED TRADES SHOULD ACKNOWLEDGE RECEIPT OF THIS ADDENDUM IN THE SPACE PROVIDED IN THEIR BID FORM. FAILURE TO DO SO MAY DISQUALIFY THE BIDDER.
- 2.03 THIS ADDENDUM CONSISTS OF 4 PAGES AND THE FOLLOWING NEW OR REISSUED DOCUMENTS/SKETCHES:
 - A. Proposed Alternate for N-6 Sit-to-Stand Lift (1 page)
 - B. Proposed Alternate for N-11 Bariatric Hoyer Lift (1 page)
 - C. Proposed Alternate for N-13a Hygiene Chair (1 page)
 - D. Proposed Alternate for N-13b Bariatric Hygiene Chair (1 page)
 - E. Proposed Alternate for N-16 Standard Mattress (1 page)
 - F. Proposed Alternate for N-17 Bariatric Mattress (1 page)
 - G. Proposed Alternate for N-18 Wound Care Mattress w/ Wings (1 page)
 - H. Proposed Alternate for N-19 Wound Care Mattress w/ out Wings (1 page)
 - I. Proposed Alternate for T-3 Electric Parallel Bars (1 page)
 - J. Proposed Alternate for T-9 Treadmill (2 pages)
 - K. Proposed Alternate for T-11 Hi-Lo Treatment Table (1 page)
 - L. Proposed Alternate for T-22 Water Rowing Machine (16 pages)
 - M. Proposed Alternate for T-23 Punching Bag (2 pages)

CHANGES TO ADDENDA

- 3.01 CHANGES TO PRIOR ADDENDUM
 - A. N/A

CHANGES TO THE PROJECT MANUAL

- 4.01 REPLACE THE FOLLOWING SECTIONS:
 - A. None
- 4.02 ADD THE FOLLOWING SECTIONS:
 - A. None
- 4.03 REVISE THE FOLLOWING SECTIONS:
 - A. None

CHANGES TO THE DRAWINGS

5.01 ADD THE FOLLOWING DRAWINGS:

A. None

5.02 REPLACE THE FOLLOWING DRAWINGS:

A. None

5.03 REVISE THE FOLLOWING DRAWINGS:

A. None.

QUESTIONS & ANSWERS**6.01 Questions & Answers****A. Question 1:**

Regarding Installation, the bid package indicates we should list installation as (1) line item. Should we list as (1) line item for all items bid, or (1) line item per category?

Answer 1: Provide installation as one line item for each section bid on. In the event of a deletion or add, installation cost will be applied prorated to the value of the item as a percentage of the package.

B. Question 2:

Should freight be quoted as a single line item for the entire bid or by line item? Since we would be quoting multiple items from the same manufacturer, it is more cost effective for the State to quote as a single line item. Please advise as to how you would like freight quoted.

Answer 2: Provide as one line item for each section bid on. In the event of a deletion or add, the cost will be applied prorated to the value of the item as a percentage of the package.

C. Question 3:

Are prevailing wages required for this job or our contractor's normal wage rate acceptable?

Answer 3: No, prevailing wages are not required.

D. Question 4: Is the state of Rhode Island willing to remove the close that references Liquidated Damages?**“LIQUIDATED DAMAGES**

The successful bidder awarded a contract pursuant to this solicitation shall be liable for and pay the State, as liquidated damages and not as a penalty, the following amount for *each* calendar day of delay beyond the date for substantial completion, as determined in the sole discretion of the State: One Thousand Dollars (\$1,000.00) per day.”

Answer 4: No.

E. Question 5: Is the state willing move item T-20 Mobile Basketball Hoop, into its own category?

Answer 5: Yes, T-20 shall be separated into its own section.

F. Question 6: Attached are all of our proposed deviations, is the state willing to accept these items as equivalents to bid?

Answer 6: See below on the acceptable substitutions.

SUBSTITUTION REQUESTS

7.01 The following substitutions were requested:

A. N-5 Hoyer Lift Substitute:
Medline MDS450EL.

Response: Not acceptable, unit does not meet the 600 lbs weigh capacity. The substitute submitted for N-11 (with 700 lbs capacity) may be used for N-5.

B. N-6 Sit-to-Stand Lift Substitute:
Medline MDS500SA (cutsheet attached).

Response: Acceptable.

C. N-11 Bariatric Hoyer Lift Substitute:
Medline MDS700EL (cutsheet attached).

Response: Acceptable.

D. N-13a Hygiene Chair Substitute:
Mor-Medical MD-122-4TL-BL (cutsheet attached).

Response: Acceptable.

E. N-13b Bariatric Hygiene Chair Substitute:
Mor-Medical MD-126-4TL-BL (cutsheet attached).

Response: Acceptable.

F. N-16 Standard Mattress Substitute:
Medline MSCADVHC80 (cutsheet attached).

Response: Acceptable.

G. N-17 Bariatric Mattress Substitute:
Medline MSCADV8B4880 (cutsheet attached).

Response: Acceptable.

H. N-18 Wound Care Mattress w/ Wings Substitute:
Medline MSCADVC380R (cutsheet attached).

Response: Acceptable.

I. N-19 Wound Care Mattress w/ out Wings Substitute:
Medline MSCADVC380 (cutsheet attached).

Response: Acceptable.

J. T-3 Electric Parallel Bars Substitute:
Armedica AM700 (cutsheet attached).

Response: Acceptable.

K. T-9 Treadmill Substitute:
Spirit 800844 (cutsheet attached).

Response: Acceptable.

L. T-11 Hi-Lo Treatment Table Substitute:
Armedica AM300 (cutsheet attached).

Response: Acceptable.

M. T-22 Water Rowing Machine Substitute:
Life Fitness LFGXGROUPROW (cutsheet attached).

Response: Acceptable.

N. T-23 Punching Bag & Speed Bag Station Substitute:
Life Fitness LFEFLFHPB40 (cutsheet attached).

Response: The proposed alternate only included the punching bad. The punching bag is acceptable.
Provide speed bag and stand as specified.

O. T-24 Rebounder & Medicine Balls Substitute:
Fabrication Enterprises 10-3136

Response: Rejected, does not appear to be an equal product and unit does not have integral storage.

P. T-25 Ball Storage Cart Substitute:
Fabrication Enterprises 10-3210.

Response: Rejected, does not appear to be an equal product. The bid specification is a cart for actual sports balls. The proposed alternate is a rack for medicine balls.

Q. T-26 Sports Balls Substitute:
Fabrication Enterprises 30-1803.

Response: Rejected, does not appear to be an equal product. The bid specification is for basketballs, volleyballs, badminton, etc. The proposed alternate shows inflatable exercise balls.

ADDITIONAL INFORMATION

8.01 The following additional information should be noted:

A. N/A

END OF SECTION



Safety Data Sheet Documents

No SDS content is available for this product.

VIDEOS

**Powered Base Stand Assist Lift
LIFT, STANDASST, BTRYPWR, 500LB**

- This sit to stand lift features fast actuator speeds for safe and efficient lifting
- Low profile base legs slide easily under furniture
- Easy-to-use, battery-operated base spreader
- Controls are easy-to-operate and common between lifts
- Learn more about Safe Patient Handling

Packaging	1 Each / Each
Manuf / Supplier	Medline
Manuf / Supplier #	MDS500SA

SKU MDS500SA

Specifications

Specifications	Values
Average Lifts Per Charge	90
Bariatric	Yes
Battery Type	Patient Lift
Brand	Medline
Can Lift from Floor	No
Guardian	No
HPIS Code	610_70_10_0
Height Inches	70 in
Inside Width of Base-Closed	23.5
Inside Width of Base-Open	36
Latex Free	Yes
Length Inches	41 in
Outside Width of Base-Closed	28
Outside Width of Base-Open	40.5
Overall Height of Base	4.2
Product Type	Stand Assist
Product Weight (lb)	162 lb
Scale Type Digital Mechanical	No Scale
UNSPSC	42192300
Unit Compatibility	500 Lb Capacity
Warranty	3 Year
Weight Capacity (in LB)	500 lb

Unit of Measure	Conversion	Net / Gross Weight (lbs)	Volume (cubic ft)	Dimensions (inch) L x W x H	GTIN
Each (EA)	1.0 Each	0.0 / 162.0	10.694	44.0 x 30.0 x 14.0	10884389716380

HCPCS Information

HCPCS Code: E0637

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For more information on HCPCS codes, [Click here](#)



Safety Data Sheet Documents

No SDS content is available for this product.

VIDEOS

Powered Base Patient Lifts
LIFT, PATIENT, BTRYPWRD, 700LB

- Easy-to-use, battery-operated base spreader
- Fast actuator speeds for safe and efficient lifting
- Low profile base legs slide easily under furniture
- Controls are easy-to-operate and common between lifts
- 6-Point cradle for maximum flexibility and safety
- Learn more about Safe Patient Handling

Packaging	1 Each / Each
Manuf / Supplier	Medline
Manuf / Supplier #	MDS700EL

SKU **MDS700EL**

Specifications

Specifications	Values
Average Lifts Per Charge	90
Bariatric	Yes
Brand	Medline
Can Lift from Floor	YES
HPIS Code	610_70_30_0
Height Inches	71 in
Inside Width of Base-Closed	24.5
Inside Width of Base-Open	49.5
Latex Free	Yes
Length Inches	54 in
Outside Width of Base-Closed	29
Outside Width of Base-Open	49.5
Overall Height of Base	4.25
Product Type	Electric Lift
Product Weight (lb)	184 lb
UNSPSC	42192300
Warranty	3 Year
Weight Capacity (in LB)	700 lb

Unit of Measure	Conversion	Net / Gross Weight (lbs)	Volume (cubic ft)	Dimensions (inch) L x W x H	GTIN
Each (EA)	1.0 Each	0.0 / 211.0	16.806	55.0 x 33.0 x 16.0	10080196754045

HCPCS Information

HCPCS Code: E0635

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Safety Data Sheet Documents

No SDS content is available for this product.

**Shower Commode Chairs by Mor-Medical
CHAIR, SHOWER, COMMODE, 22", 400 LBS**

- Height-adjustable legs to accommodate a variety of users
- Foldaway/removable arms allow larger patients to laterally transfer safely
- Adjustable height fold away, removable footrest
- Commode closure cushion infill fits securely in storage pouch when not in use
- Cushion push/pull handle included for added comfort
- Durable commode bucket with lid is included
- Tight weave mesh back support helps provide stability
- Total lock 4" casters

Packaging	1 Each / Each
Manuf / Supplier	Mor-Medical International
Manuf / Supplier #	MD-122-4TL-BL

SKU **MDS1224TLBL**

Specifications

Specifications	Values
HPIS Code	770_50_60_0
Latex Free	No
Material	Aluminum
Product Type	Shower/Commode Chair
Separate Back Available	No
UNSPSC	42211610
Weight Capacity	400 lbs

Unit of Measure	Conversion	Net / Gross Weight (lbs)	Volume (cubic ft)	Dimensions (inch) L x W x H	GTI
Each (EA)	1.0 Each	0.0 / 30.0	7.843	28.0 x 22.0 x 22.0	

HCPCS Information

HCPCS Code: NO GOVERNMENT OR SUPPLIER HCPCS CODE VERIFICATION

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Safety Data Sheet Documents

No SDS content is available for this product.

**Shower Commode Chairs by Mor-Medical
CHAIR, SHOWER, COMMODE, 26", 500 LBS**

- Height-adjustable legs to accommodate a variety of users
- Foldaway/removable arms allow larger patients to laterally transfer safely
- Adjustable height fold away, removable footrest
- Commode closure cushion infill fits securely in storage pouch when not in use
- Cushion push/pull handle included for added comfort
- Durable commode bucket with lid is included
- Tight weave mesh back support helps provide stability
- Total lock 4" casters

Packaging	1 Each / Each
Manuf / Supplier	Mor-Medical International
Manuf / Supplier #	MD-126-4TL-BL

SKU **MDS1264TLBL**

Specifications

Specifications	Values
HPIS Code	770_50_60_0
Latex Free	No
MRI Compatible	No
Material	Aluminum
Product Type	Shower/Commode Chair
Separate Back Available	No
UNSPSC	42211610
Weight Capacity	500 lbs

Unit of Measure	Conversion	Net / Gross Weight (lbs)	Volume (cubic ft)	Dimensions (inch) L x W x H	GTW
Each (EA)	1.0 Each	0.0 / 30.0	5.718	20.0 x 26.0 x 19.0	

HCPCS Information

HCPCS Code: NO GOVERNMENT OR SUPPLIER HCPCS CODE VERIFICATION

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Safety Data Sheet Documents

No SDS content is available for this product.

**Advantage Therapeutic Homecare Foam Mattress
MATTRESS, ADVANTAGE, HOMECARE, 36X80X6"**

- A therapeutic alternative to traditional homecare innerspring mattresses that provides effective pressure injury prevention
- Comfortable high-density all-foam mattress
- Nylon cover helps reduce shear and friction
- Two-sided mattress can be flipped and rotated head to foot
- Effective pressure redistribution
- Weight capacity: 300 lbs.
- Easy to store, carry, deliver and set up - The box is only 14 x 14 x 37-1/2" (36 x 36 x 95 cm), and it can be opened and set up by just one person
- Unpackaged measurements: 36 x 80 x 6" (91 x 203 x 15 cm)

Packaging	1 Case / Each
Manuf / Supplier	Medline
Manuf / Supplier #	MSCADVHC80

SKU MSCADVHC80

Specifications

Specifications	Values
Brand	Advantage
Depth Inches	6 in
Facility Type	Nursing Home/ Dealer
Fire Barrier	Yes
Foam	Yes
HPIS Code	760_30_70_0
Latex Free	Yes
Length Inches	80 in
Material	Foam
Mattress Material	Foam
Product Type	Mattress
Raised Edge	No
Risk Level	High Risk Stage 2
UNSPSC	42191810
Warranty	1 Year
Waterproof	Yes
Weight Capacity (in LB)	300 lb
Width Inches	36 in

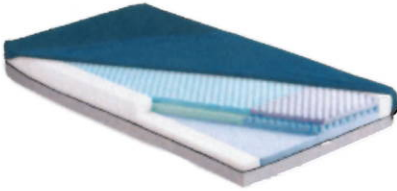
Unit of Measure	Conversion	Net / Gross Weight (lbs)	Volume (cubic ft)	Dimensions (inch) L x W x H	GTIN
Case (CS)	1.0 Each	0.0 / 21.5	8.531	42.0 x 18.0 x 19.5	
Each (EA)	1.0 Each	0.0 / 21.5	8.531	42.0 x 18.0 x 19.5	10080196571291

HCPCS Information

HCPCS Code: E0272

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For more information on HCPCS codes, Click here



Safety Data Sheet Documents

No SDS content is available for this product.

**Advantage Bariatric Mattress
 MATTRESS, ADVANTAGE BARI, 800LB., 48X80X**

- Our premium mattress for larger residents is anatomically designed to conform to the body for outstanding pressure redistribution and comfort.
- Two anatomic zones in top layer
- Three-layer foam design
- Super-soft heel section
- Nylex top cover reduces shear and friction
- 5-year warranty

Packaging	1 Each / Each
Manuf / Supplier	Medline
Manuf / Supplier #	MSCADV8B4880

SKU MSCADV8B4880

Specifications

Specifications	Values
Brand	Advantage
Depth Inches	7 in
Facility Type	Long Term Care
Fire Barrier	Yes
HPIS Code	590_100_78_30
Latex Free	Yes
Length Inches	80 in
Mattress Material	Sculpted Foam
Raised Edge	No
Risk Level	High Risk/Stage 1 & 2
UNSPSC	42191810
Warranty	5 Year
Weight Capacity (in LB)	800 lb
Width Inches	48 in

Unit of Measure	Conversion	Net / Gross Weight (lbs)	Volume (cubic ft)	Dimensions (inch) L x W x H	GTIN
Each (EA)	1.0 Each	0.0 / 50.0	7.407	20.0 x 20.0 x 32.0	10080196401536 / 80196401539

HCPCS Information

HCPCS Code: NO CODE - PRODUCT DOES NOT MEET HCPCS SPECIFICATIONS

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Safety Data Sheet Documents

No SDS content is available for this product.

**Advantage Contour 3.3 Mattress
MATTRESS, ADV CONTOUR 3.3, 36X80X6, FB, RE**

- The sculpted top layer has independent load-bearing cells that help reduce shear while creating airflow, for outstanding pressure redistribution, support and comfort.
- Three anatomic zones in top layer
- Three-layer foam design
- Super-soft sloped heel
- Premium all-way stretch cover
- 400-lb. weight capacity
- 10-year warranty
- Also available with raised edge

Packaging	1 Each / Each
Manuf / Supplier	Medline
Manuf / Supplier #	MSCADVC380R

SKU **MSCADVC380R**

Specifications

Specifications	Values
Brand	Advantage Contour
Depth Inches	6 in
Facility Type	Long Term Care
Fire Barrier	Yes
Foam	Yes
HPIS Code	760_30_70_0
Latex Free	Yes
Length Inches	80 in
Mattress Cover Style	Stretch
Product Type	Mattress
Raised Edge	Yes
Risk Level	High Risk/Stage 1 & 2
UNSPSC	42191810
Warranty	10 Year
Weight Capacity (in LB)	400 lb
Width Inches	36 in

Unit of Measure	Conversion	Net / Gross Weight (lbs)	Volume (cubic ft)	Dimensions (inch) L x W x H	GTIN
Each (EA)	1.0 Each	0.0 / 22.0	10.0	80.0 x 36.0 x 6.0	10080196562589 / 80196562582

HCPCS Information

HCPCS Code: NO CODE - PRODUCT DOES NOT MEET HCPCS SPECIFICATIONS

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Safety Data Sheet Documents

No SDS content is available for this product.

Advantage Contour 3.3 Mattress
MATTRESS, ADV CONTOUR 3.3, 36X80X6, FB

- The sculpted top layer has independent load-bearing cells that help reduce shear while creating airflow, for outstanding pressure redistribution, support and comfort.
- Three anatomic zones in top layer
- Three-layer foam design
- Super-soft sloped heel
- Premium all-way stretch cover
- 400-lb. weight capacity
- 10-year warranty
- Also available with raised edge

Packaging	1 Each / Each
Manuf / Supplier	Medline
Manuf / Supplier #	MSCADVC380

SKU **MSCADVC380**

Specifications

Specifications	Values
Brand	Advantage Contour
Depth Inches	6 in
Facility Type	Long Term Care
Fire Barrier	Yes
Foam	Yes
HPIS Code	760_30_70_0
Latex Free	Yes
Length Inches	80 in
Mattress Cover Style	Stretch
Product Type	Mattress
Raised Edge	No
Risk Level	High Risk/Stage 1 & 2
UNSPSC	42191810
Warranty	10 Year
Weight Capacity (in LB)	400 lb
Width Inches	36 in

Unit of Measure	Conversion	Net / Gross Weight (lbs)	Volume (cubic ft)	Dimensions (inch) L x W x H	GTIN
Each (EA)	1.0 Each	0.0 / 22.0	6.355	17.0 x 17.0 x 38.0	10080196562534

HCPCS Information

HCPCS Code: NO CODE - PRODUCT DOES NOT MEET HCPCS SPECIFICATIONS

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Safety Data Sheet Documents

No SDS content is available for this product.

**Power Platform Parallel Bars by Armedica
ELC PRLLEL BRS, 10'L, 26-48"H, 15-29"W, 400LB**

- Power height adjusting parallel bars
- Digital display on conveniently located, user-friendly control panel show exact bar height
- Memory buttons allow storage and recall of four separate bar height settings
- Microprocessor control unit ensures synchronous operation of all four columns
- Heavy-gauge stainless steel handrails on three-section slim line lifting columns that provide maximum lateral stability
- Height monitoring functions ensure reliable operation and safe switch-off in case of a fault
- Slip-resistant platform

Packaging	1 Each / Each
Manuf / Supplier	Armedica Manufacturing Corp
Manuf / Supplier #	AM700

SKU ARMAM700

Specifications

Specifications	Values
Adjustment Style	Power
HPIS Code	630_50_70_0
Latex Free	Yes
Length Feet	10 ft
Mount Type of Parallel Bars	Platform
UNSPSC	42251600
Weight Capacity Pounds	400 lb

Unit of Measure	Conversion	Net / Gross Weight (lbs)	Volume (cubic ft)	Dimensions (inch) L x W x H	GTI
Each (EA)	1.0 Each	0.0 / 700.0	41.667	125.0 x 48.0 x 12.0	

HCPCS Information

HCPCS Code: NO CODE - PRODUCT DOES NOT MEET HCPCS SPECIFICATIONS

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Optional Extended Handrails



Optional TV Bracket (TV not included)

The CT800 is stout and extremely durable, weighing in at over 350 lbs. The combination of the heavy-duty steel frame and aluminum console masts and side rails make it comparable to treadmills at much higher price points in the commercial market. The large workout area makes this model very appealing to walkers and runners.

CT800 TREADMILL

- Bright, tri-color LED console with programming very similar to our other C series consoles
- Quick speed and incline keys to save time and make workouts more efficient
- Contact and wireless heart rate options to help keep clients in their safe and effective training zone
- Dual-drive motor cooling fans to protect and extend the life of the motor and control board
- Maintenance free, hard wax deck system provides hassle free use for thousands of miles
- Spacious 22" x 60" workout area to accommodate tall individuals
- Multi-ply Habasit® commercial belt for superior belt life
- C-safe power and communication capabilities for A/V control

CT800 TREADMILL



Fan to keep you cool

Large, blue LED matrix window

Tablet friendly reading rack holder

Heart rate percentage profile

Quick speed and incline buttons

Convenient water bottle holder and cargo compartment

Ergonomically correct contact heart rate grips

CT800 CONSOLE FEATURES

As with any product, a major importance is the user interface. We focused on making everything easily accessible and comfortable: dual storage trays for beverages, keys, or phone, ergonomically friendly pulse grip posts for a more natural hand position, and a turbo cooling fan to keep your clients cool and encourage them to work out longer. Our large, easy-to-read console gives them constant feedback from calories to distance to time.

EQUIPMENT SPECIFICATIONS

Console	large blue LED matrix with 4 separate LED info windows, 20-character LED message center, LED heart rate bar, C-safe compatible, tablet friendly reading rack
Programs	manual, interval, 5k, hill, fat burn, cardio, fit test, Gerkin Protocol Fit Test, 4 military readiness tests (Army, Navy, Air Force, Marines), 2 HR, custom
Heart Rate	contact and telemetric compatible (chest strap sold separately)
Speed/Incline	0.5 – 12 mph / 5 – 15%
Power	120 volts (NEMA 5-15P electrical cord); 15-amp circuit recommended
Drive Motor	4.0 HP DC drive with grade H insulation
Deck	1" phenolic, double-sided, wax-coated
Belt	22" x 60", Habasit® commercial, multi-ply
Rollers	3.0"
Frame	heavy-gauge high-strength steel with durable powder-coat paint, aluminum masts and side rails
Dimensions	84" x 35" x 57"
Product Weight	353 lbs.
Max User Weight	450 lbs.

WARRANTY INFORMATION

Commercial Warranty (Non-dues Paying Facilities) – Lifetime frame, 5 years motor, deck and parts, and 2 years labor



Three-Section Treatment Tables by Armedica
TBL, 3SEC, ELEV CNTR, 27X76", 18-37"H, 400LB

- Strong, stylish and affordable treatment tables ideal for the clinician and patient
- Offers full height adjustment and section mobility so the patient can be placed in the proper position for maximum results with minimum effort
- Easy on/off access for the patient
- Welded steel support frames
- Heavy-duty (34 oz.) vinyl top with 1-1/2" firm density foam
- Seamless, radiused corners on upholstered components
- Pivoting joints house steel shoulder bolts with locking nuts
- Footswitch control

Packaging	1 Each / Each
Manuf / Supplier	Armedica Manufacturing Corp
Manuf / Supplier #	AM300

SKU ARMAM300

Safety Data Sheet Documents

No SDS content is available for this product.

Specifications

Specifications	Values
Adjustment Style	Electric
HPIS Code	770_220_40_0
Height Range in Inches	18-37
Latex Free	Yes
Length Inches	76 in
Pelvic Tilt	Yes
Shelf-Drawer Configuration	No Drawers Or Shelves
Type of Table	Treatment
UNSPSC	42192001
Warming Drawer	No
Weight Capacity Pounds	400 lb
Width Inches	27 in

Unit of Measure	Conversion	Net / Gross Weight (lbs)	Volume (cubic ft)	Dimensions (inch) L x W x H	GTW
Each (EA)	1.0 Each	0.0 / 205.0	27.389	68.0 x 29.0 x 24.0	

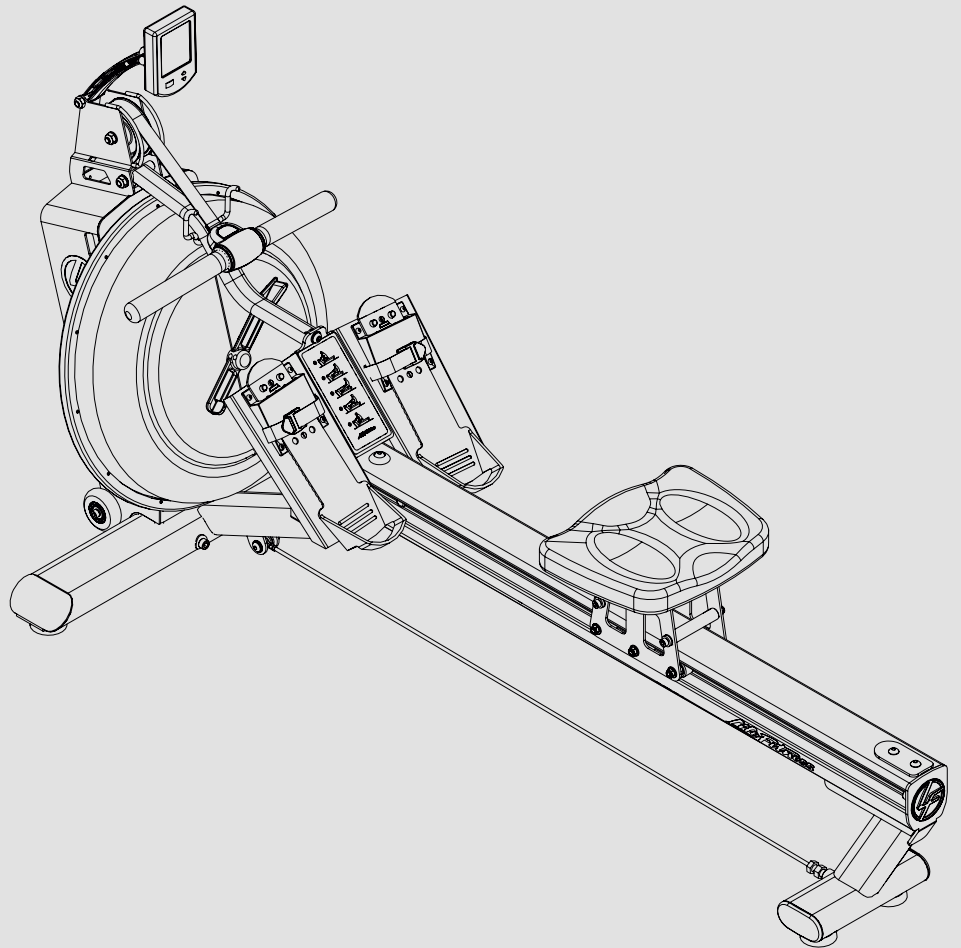
HCPCS Information

HCPCS Code: NO CODE - PRODUCT DOES NOT MEET HCPCS SPECIFICATIONS

HCPCS Disclaimer: HCPCS codes and Home Health Consolidated Billing codes provided by Medline are intended as general guidelines only. Medline does not guarantee coverage or reimbursement of any products. You must address all coverage and reimbursement issues (including the correctness and accuracy of codes) with your individual payers. It is your responsibility to ensure the accuracy and appropriateness of each claim you submit, in accordance with all applicable payer requirements.

Row GX™ Trainer

Owner's Manual



CORPORATE HEADQUARTERS

Columbia Centre III, 9525 West Bryn Mawr Avenue, Rosemont, Illinois 60018 • U.S.A.

847.288.3300 • FAX: 847.288.3703

Service phone number: 800.351.3737 (toll-free within U.S.A., Canada)

Global Website: www.lifefitness.com

INTERNATIONAL OFFICES

AMERICAS

North America Life Fitness, Inc.

Columbia Centre III
9525 West Bryn Mawr Avenue
Rosemont, IL 60018 U.S.A.
Telephone: (847) 288 3300
Fax: (847) 288 3703
Service Email: customersupport@lifefitness.com
Service Website: www.lifefitness.com/parts
Sales/Marketing Email:
commercialsales@lifefitness.com
Operating Hours: 7:00 am-6:00 pm (CST)

Brazil Life Fitness Brasil

Av. Cidade Jardim, 900
Jd. Paulistano
São Paulo, SP 01454-000
BRAZIL
SAC: 0800 773 8282
Telephone: +55 (11) 3095 5200
Fax: +55 (11) 3095 5201
Service Email: suporte@lifefitness.com.br
Sales/Marketing Email: lifefitness@lifefitness.com.br
Service Operating Hours:
9:00 - 17:00 (BRT) (Monday-Friday)
Store Operating Hours:
9:00 -20:00 (BRT) (Monday-Friday)
10:00 - 16:00 (BRT) (Saturday)

Latin America & Caribbean* Life Fitness Inc.

Columbia Centre III
9525 West Bryn Mawr Avenue
Rosemont, IL 60018 U.S.A.
Telephone: (847) 288 3300
Fax: (847) 288 3703
Service Email: customersupport@lifefitness.com
Sales/Marketing Email:
commercialsales@lifefitness.com
Operating Hours: 7:00am-6:00pm (CST)

EUROPE, MIDDLE EAST, & AFRICA (EMEA)

Netherlands & Luxemburg Life Fitness Atlantic BV

Bijdorpplein 25-31
2992 LB Barendrecht
THE NETHERLANDS
Telephone: (+31) 180 646 666
Fax: (+31) 180 646 699
Service Email: service.benelux@lifefitness.com
Sales/Marketing Email:
marketing.benelux@lifefitness.com
Operating Hours: 9:00h-17:00h (CET)

United Kingdom & Ireland Life Fitness UK LTD

Queen Adelaide
Ely, Cambs, CB7 4UB
Telephone: General Office (+44)
1353.666017
Customer Support (+44) 1353.665507
Fax: (+44) 1353.666018
Service Email: uk.support@lifefitness.com
Sales/Marketing Email: life@lifefitness.com
Operating Hours:
General Office: 9.00am - 5.00pm (GMT)
Customer Support: 8.30am - 5.00pm (GMT)

Germany & Switzerland Life Fitness Europe GMBH

Siemensstraße 3
85716 Unterschleißheim
GERMANY
Telephone: (+49) 89.31 77 51.0 (Germany)
(+41) 0848 000 901 (Switzerland)
Fax: (+49) 89.31 77 51.99 (Germany)
(+41) 043 818 07 20 (Switzerland)
Service Email: kundendienst@lifefitness.com
Sales/Marketing Email:
kundenberatung@lifefitness.com
Operating Hours: 08.30 -16.30h (CET)

Austria Life Fitness Austria

Vertriebs G.m.b.H.
Dückerstraße 7-9/3/36
1220 Vienna
AUSTRIA
Telephone: (+43) 1.61.57.198
Fax: (+43) 1.61.57.198.20
Service Email: kundendienst@lifefitness.com
Marketing/Sales Email:
kundenberatung@lifefitness.com
Operating Hours: 08:30-16.30.h (MEZ)

Spain Life Fitness IBERIA

C/Frederic Mompou 5,1ª^a
08960 Sant Just Desvern Barcelona
SPAIN
Telephone: (+34) 93.672.4660
Fax: (+34) 93.672.4670
Service Email: servicio.tecnico@lifefitness.com
Sales/Marketing Email: info.iberia@lifefitness.com
Operating Hours:
9.00h-18.00h (Monday-Thursday)
8.30h-15.00h (Friday)

Belgium Life Fitness Benelux NV

Parc Industriel de Petit-Rechain
4800 Verviers
BELGIUM
Telephone: (+32) 87 300 942
Fax: (+32) 87 300 943
Service Email: service.benelux@lifefitness.com
Sales/Marketing Email:
marketing.benelux@lifefitness.com
Operating Hours: 9.00h -17.00h (CET)

All Other EMEA Countries & Distributor Business C-EMEA*

Bijdorpplein 25-31
2992 LB Barendrecht
THE NETHERLANDS
Telephone: (+31) 180 646 644
Fax: (+31) 180 646 699
Service Email: service.db.cemea@lifefitness.com
Sales/Marketing Email:
marketing.db.cemea@lifefitness.com
Operating Hours: 9.00h-17.00h (CET)

ASIA PACIFIC (AP)

Japan Life Fitness Japan

Japan Nippon Brunswick Bldg., #8F
5-27-7 Sendagaya
Shibuya-Ku, Tokyo
Japan 151-0051
Telephone: (+81) 3.3359.4309
Fax: (+81) 3.3359.4307
Service Email: service@lifefitnessjapan.com
Sales/Marketing Email: sales@lifefitnessjapan.com
Operating Hours: 9.00h-17.00h (JAPAN)

China and Hong Kong Life Fitness Asia Pacific LTD

Room 2610, Miramar Tower
132 Nathan Road
Tsimshatsui, Kowloon
HONG KONG
Telephone: (+852) 2891.6677
Fax: (+852) 2575.6001
Service Email: HongKongEnquiry@lifefitness.com
Sales/Marketing Email:
ChinaEnquiry@lifefitness.com
Operating Hours: 9.00h-18.00h

All Other Asia Pacific countries & distributor business Asia Pacific*

Room 2610, Miramar Tower
132 Nathan Road
Tsimshatsui, Kowloon
HONG KONG
Telephone: (+852) 2891.6677
Fax: (+852) 2575.6001
Service Email: HongKongEnquiry@lifefitness.com
Sales/Marketing Email:
ChinaEnquiry@lifefitness.com
Operating Hours: 9.00h-18.00h

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1. 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 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 you 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.
- **WARNING!!** Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint or dizzy stop exercising immediately.
- Stop the machine immediately if any signs of excessive wearing is present on the belts, pulleys and bungee cords. Do not use unit until said parts are repaired or replaced.
- Do not allow children unattended access to the machine.
- 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.
- Please keep hands away from moving parts, as indicated by the warning label on the mainframe of your machine and inside the PVC rear cover.
- 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.
- 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>.

SAFETY INFORMATION (Con't)



ACCESS CONTROL

- 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.



INSTALLATION

- 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.



PROPER USAGE

- 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

SAFETY INFORMATION (Con't)



INSPECTION

- 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. LIFE FITNESS will provide service and maintenance training at our corporate facility upon request or in the field if proper arrangements are made.
- DO NOT ATTEMPT TO USE OR REPAIR ANY ACCESSORY APPROVED FOR USE WITH THE LIFE FITNESS EQUIPMENT WHICH APPEARS TO BE DAMAGED OR WORN.
- 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.



OPERATING WARNINGS

- 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.
- 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.
- 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. WARRANTY

WHAT IS COVERED

This LIFE FITNESS commercial exercise equipment 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 & 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.

OPERATION 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.

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.

OUR PLEDGE TO YOU

Our Products are designed and manufactured to the highest standards.

We want you to be completely satisfied with our Products and will do everything possible under the terms of this warranty to keep you secure in knowing you have bought the best!

WARRANTY COVERAGE

There is no warranty coverage for labor on LIFE FITNESS Products.

WARRANTY (Con't)

This product is designed and constructed for use in a commercial Health Club / Fitness Studio application.

Life Fitness warrants that the Row GX, 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 of the Rower 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 & 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 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 & foot straps

Polyester rowing belt

Seat

All pulleys, rollers & bearings

All rubber components

Computer & 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 labour 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
- The product sold into a home environment will carry one (1) year labor coverage

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

3. CONTACT INFORMATION

For CUSTOMER Service within the United States and Canada:
1-800-351-3737 or customersupport@lifefitness.com

Please call Monday through Friday from 7:00 a.m. to 6:00 p.m. Central Standard Time, and tell them your name, address, and serial number of your Product. They will tell you how to get a replacement part, or if necessary, arrange for service where your Product is located or advise you on how and where to ship the Product for service.

Before shipping:

1. **Obtain** a Return Authorization Number (**RA#**) from Customer Support Services
2. Securely **pack** your Product (use the original shipping carton, if possible)
3. **Write** the RA# on the outside of the carton
4. **Insure** the Product
5. **Include** a letter explaining the defect or problem and a copy of your proof of purchase if you believe the service is covered by warranty.

Return address:

Life Fitness World Headquarters
Attn: CSS Help Desk
Columbia Centre III - 9525 West Bryn Mawr Avenue
Rosemont, IL 60018

For Product Service Internationally see contact information listed on page 1 of this manual.

4. PRODUCT INFORMATION

Row GX Trainer is not suitable for therapeutic purposes.

Product Class: SC

Braking System: Speed Independent

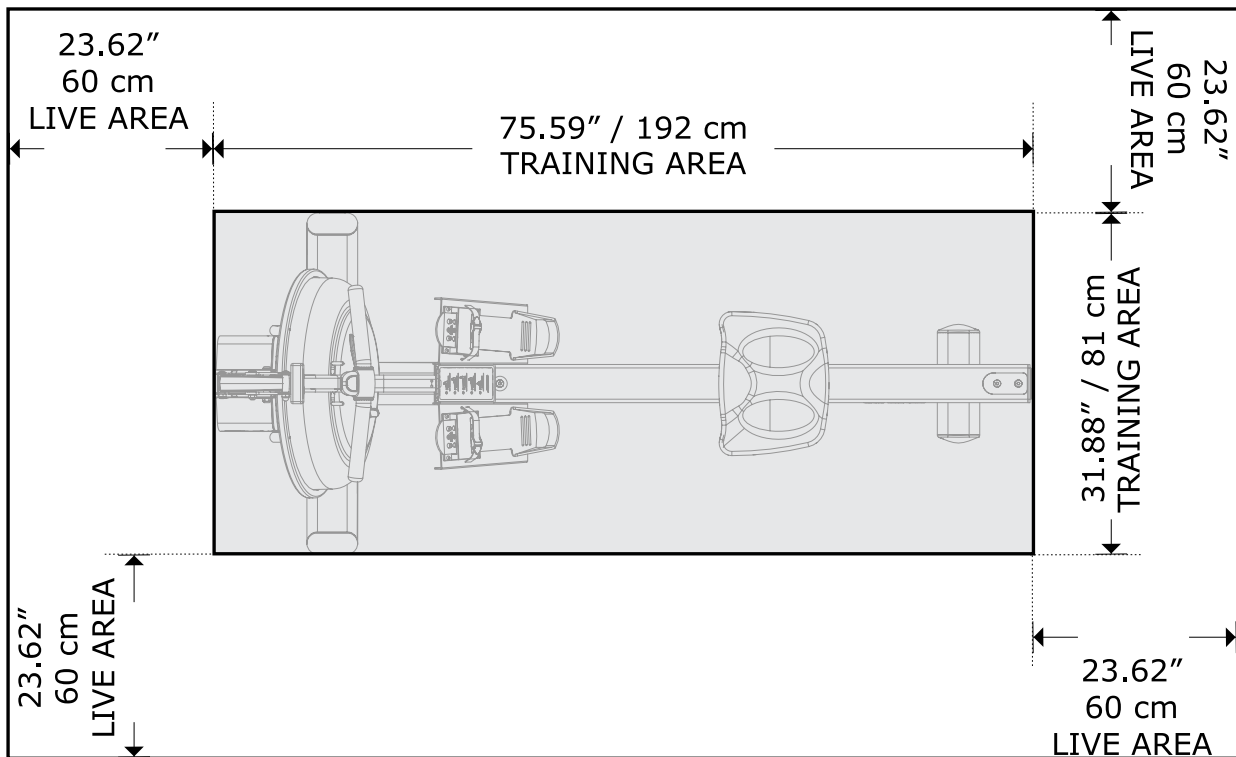
Product Gross Weight: 118.17lb (53.6kg)

Max User Weight: 330lb (150kg)

Minimum Safe Operating Surface Area: 122.83" (312cm) Length x 79.13" (201cm) Width

Dimensions: 75.59" (192cm) Length x 31.89" (81cm) Width x 39.50" (91cm) High

The live area shall be not less than 23.62" (0.6m) 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.



5. TANK FILLING AND WATER TREATMENT

TANK FILLING

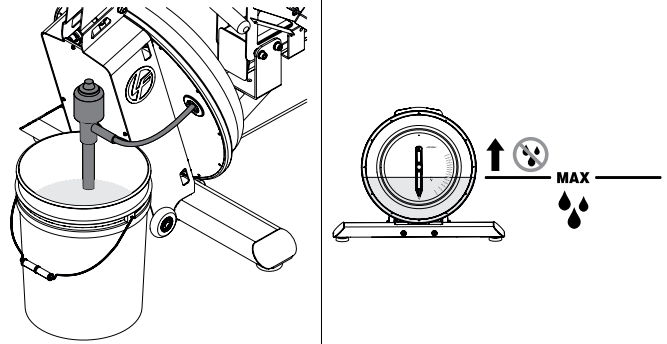


CAUTION: Use a drop cloth under the tank when filling to avoid staining floor or carpet.

- Remove yellow plug only for filling. Fill with adjuster handle at level 16 only.
- Once filling is complete, use a coin or large blade screwdriver to tighten tank plug into place.



WARNING: Do not insert fingers into tank!



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. Note: The siphon valve must be closed to allow siphoning action to occur. Tip: Placing the bucket in an elevated position will allow the siphon to continually pump water into the tank. Do not fill past the calibration mark indicated on 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.

WATER TREATMENT PROCEDURE:

1. Add one Water Treatment Tablet per full tank.
Note: The amount of water treatment can vary widely depending on the Rower's location and exposure to sunlight. DO NOT, UNDER ANY CIRCUMSTANCES USE OTHER TREATMENT TABLETS OTHER THAN THOSE SUPPLIED WITH YOUR ROWER. Your rower box contents include 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, please consult your nearest regional dealer/distributor or check our website at www.lifefitness.com

6. LONG TERM WATER TREATMENT AND BASIC OPERATION



CAUTION: Do not fill past the calibration mark as indicated on the tank level sticker or water spillage can occur. See tank filling/water treatment page for details.

Long Term Water Treatment:

Do not use any water treatment other than the tablets supplied with this rower. For replacement tablets, contact Life Fitness.

Water treatment schedules for the Row GX 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. Remember to wait 72 hours following the chlorine tablet before adding the blue dye as the chlorine tablet is extremely concentrated.



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

Vertical Storage: The Row GX 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.

Dyneema Cable Drive

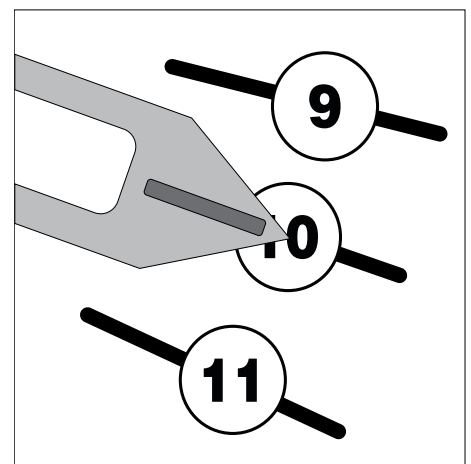
The Dyneema Cable Drive system allows for simplicity, smoothness and unparalleled performance. The unique properties of Dyneema make it extremely useful in harsh environments, such as sailing, climbing, fishing lines, body armor, etc. It is quite literally stronger than steel. The 6mm Dyneema cable used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

Frame Tension Cable:

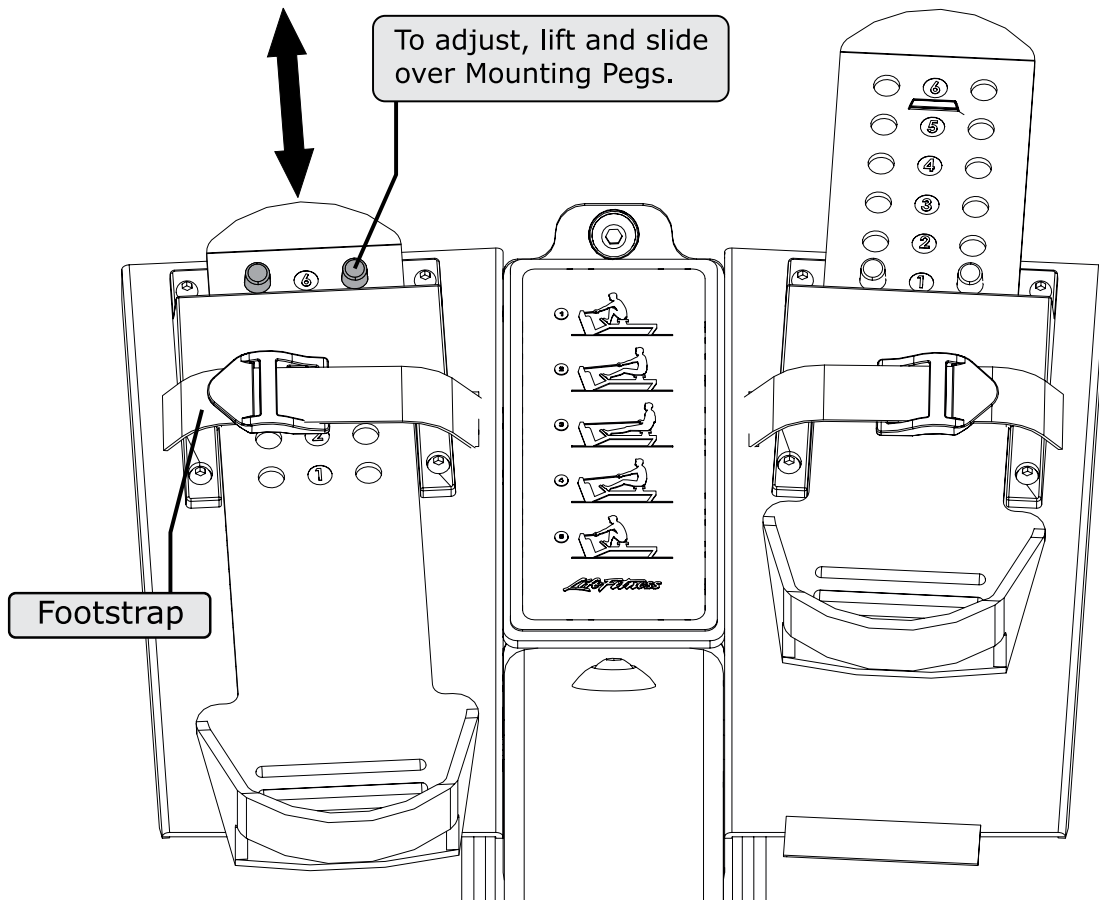
The Row GX is fitted with a Frame Tension Cable which provides improved frame rigidity. The cable may on occasion require adjustment. For optimum performance, the cable should be taut. If the cable becomes loose, first loosen the Retaining Nut, retighten the Tension Cable and then secure the Retaining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

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.



7. SLIDER FOOTPLATE



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!

8. CONSOLE

Computer Instructions:

TIME: Auto start elapsed time.

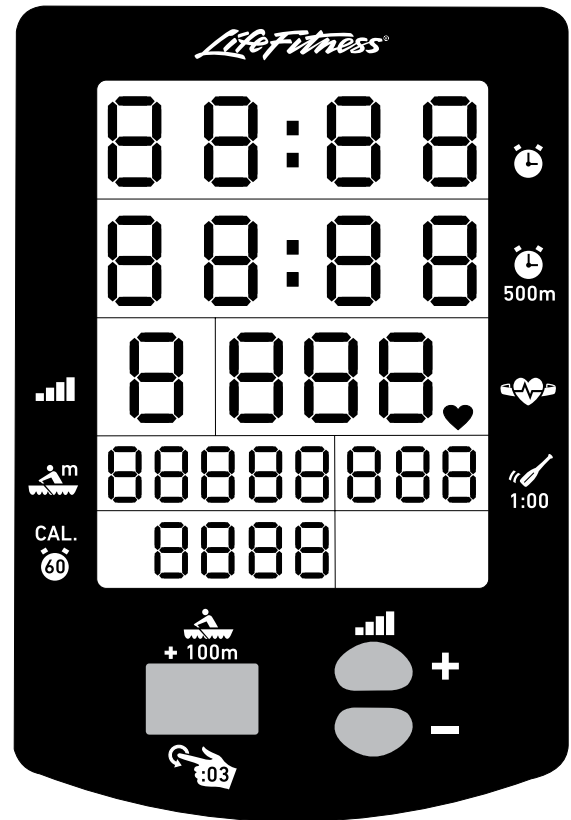
500M TIME: Time to row 500 meters, updated at the completion of each stroke.

PULSE: Requires optional receiver and chest strap (sold separately).

SPM: Strokes per minute updated each stroke.

CAL HOUR: Updated each stroke.

LEVEL UP/ DOWN: Use the LEVEL UP/DOWN buttons in conjunction with the Fluid Tank Resistance Adjuster Handle for accurate 500M/Distance/CAL/WATTS.



Options:

Auto Start: Commence rowing to activate.

Reset all values: Hold button down for 3 seconds first to RESET.

Distance: Add 1000m distance each button push to accumulate required distance then begin rowing to initiate count-back.

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 exercising may result in serious injury or death. If you feel faint stop exercising immediately!

9. HOW TO ROW

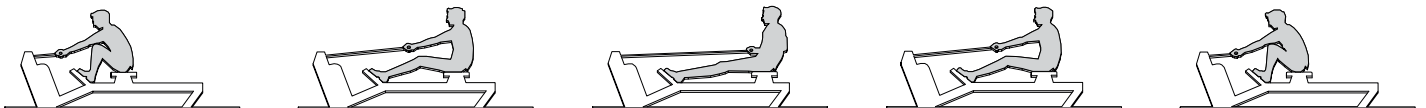
1. Begin the stroke comfortably forward and push strongly back with your legs while keeping your arms and back straight.
2. Begin to pull your arms back as they pass over your knees and continue the stroke through to completion rocking slightly back over your pelvis.
3. Return to the starting position 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.



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.



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

10. MAINTENANCE

Item	Timeframe	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" section of this manual.	
Bungee Cord	Check every hundred hours for correct tension and for signs of wear.	The Bungee Cord should last for many years. If a Bungee Cord change is required, please follow the instructions provided in the "Changing the Bungee Cord" section of this manual.	
Rowing Belt	Check every hundred 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 Basic Operation page for details.	

11. TROUBLESHOOTING

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 lower 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.
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 computer 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 computer 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.
Excessive frame flex during hard rowing.	Frame Tension Cable is too loose.	Loosen frame tension cable Retaining Nut and tighten cable until taut.

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Life Fitness Heavy Bag

T-23
Alternate



LIFE FITNESS HEAVY BAG

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SPECIFICATIONS

Product Features

Color(s) Black

Technical Specifications

Diameter 12 in (31 cm)

Weight 50 lb (23 kg)

Length 42 in (107 cm)

Product Code LF-HB-71202

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