

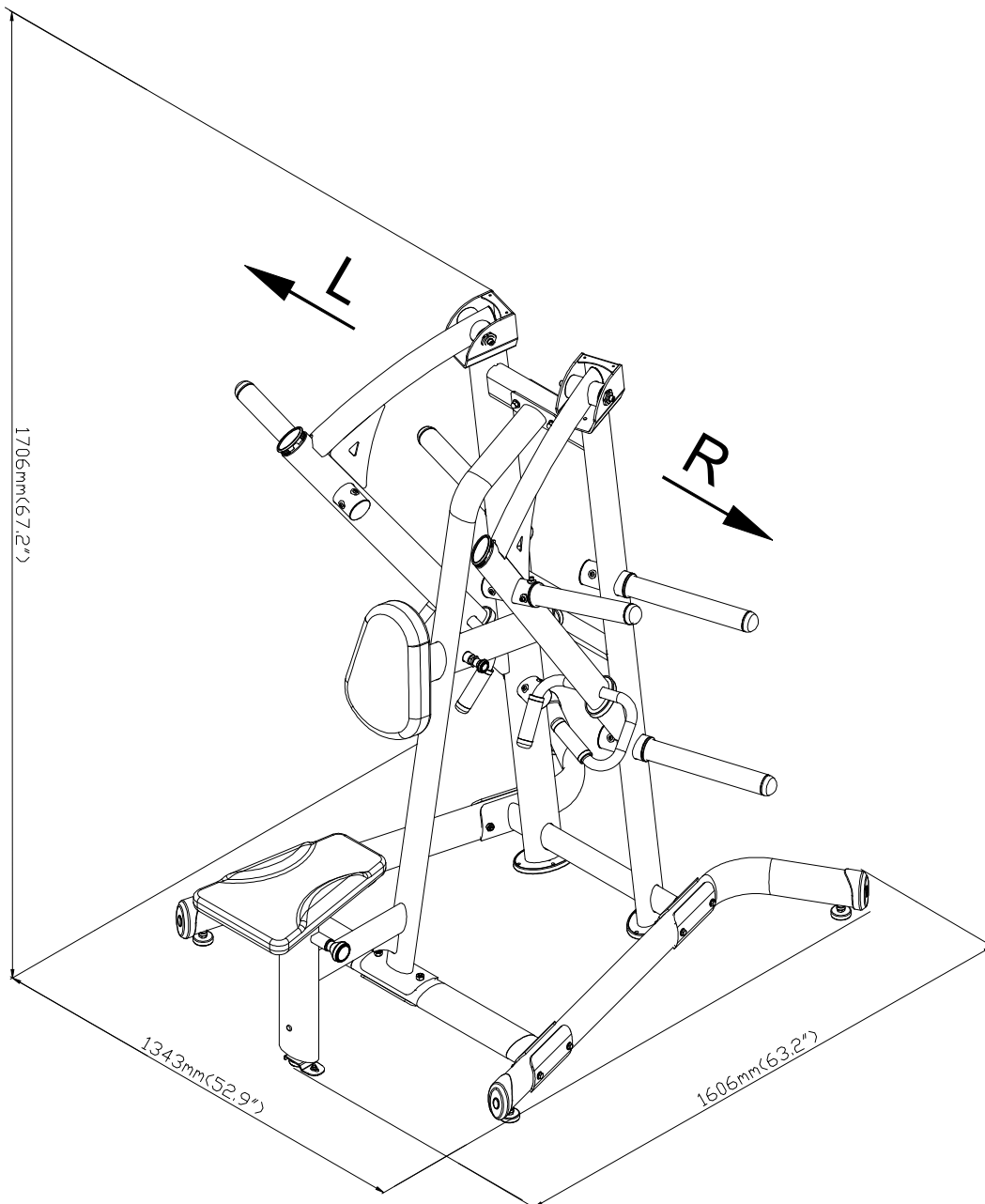
# **A979 OWNER'S MANUAL CONTENTS**

1. INTRODUCTION .....	2
2. SAFETY PRECAUTIONS .....	3
3. LIST OF PARTS .....	4
4. ASSEMBLE THE PRODUCT .....	6
STEP 1 Install the Left/Right Leg Assembly .....	6
STEP 2 Install the Connector and Seat Frame .....	7
STEP 3 Install the Seat Cushion .....	8
STEP 4 Install the Chest Cushion .....	9
STEP 5 Install the Left/Right Handles .....	10
STEP 6 Install the Weight Plate Pegs .....	11
STEP 7 Level and Secure the Unit .....	12
5. OPERATE THE PRODUCT .....	13
OPERATION Safety Operating Area .....	13
OPERATION Operate the Product .....	14
6. MAINTENANCE .....	15
MAINTENANCE Safety Precautions .....	15
MAINTENANCE Schedule .....	16
MAINTENANCE Task List .....	17
MAINTENANCE One-Year Maintenance Log .....	18
7. CONSIGNES DE SÉCURITÉ IMPORTANTES .....	19
8. APPENDIXES .....	21
APPENDIXES Exploded Diagram .....	21

# 1. INTRODUCTION

Congratulations on the purchase of a high quality SportsArt product, the A979 Low Row machine. Constructed of high quality materials and designed for years of reliable performance, this product was made for full commercial use.

Before this product is assembled or operated, we recommend that you familiarize yourself with this manual. Understanding the correct assembly and operation of this product will help ensure that exercisers obtain their fitness goals safely and successfully.



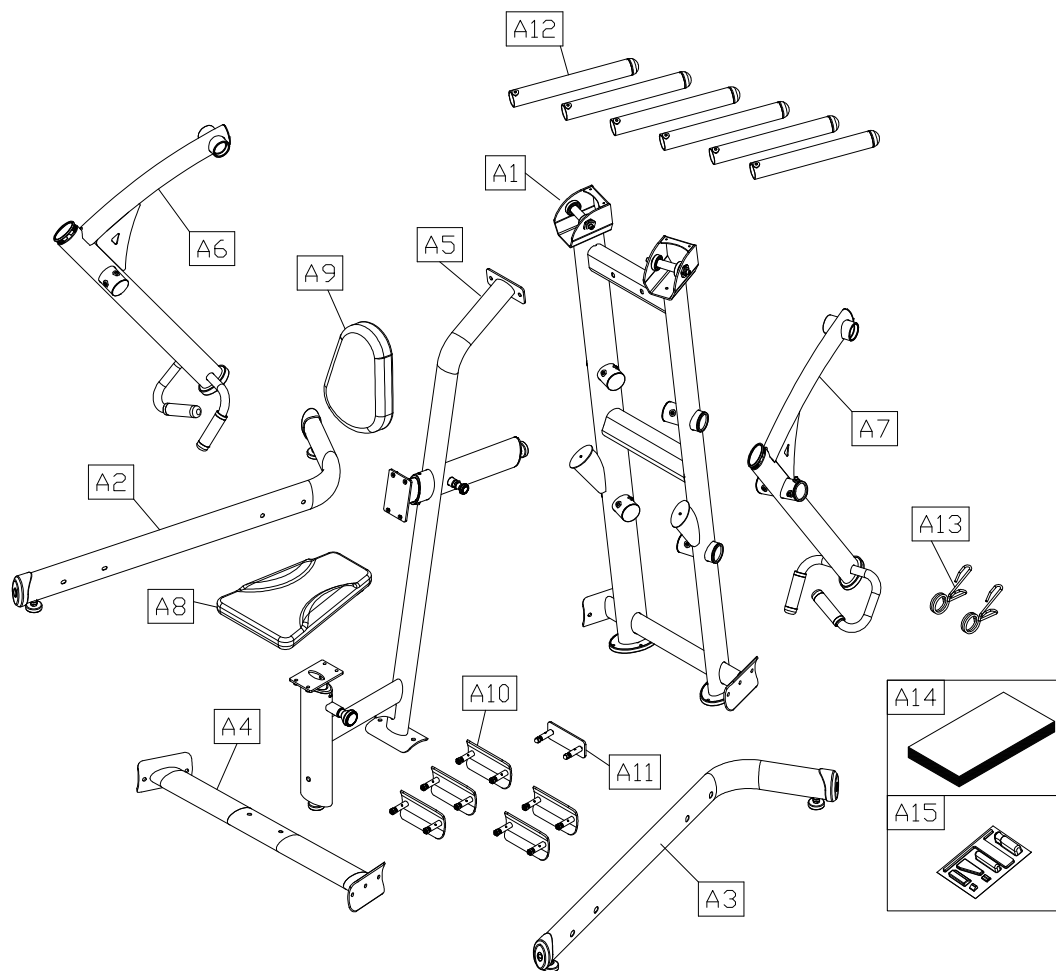
## 2. SAFETY PRECAUTIONS

This product was designed and built for optimum safety. However certain precautions apply during the use of this product. Please note the following safety precautions:

- Please read the entire manual before assembly and operation. Make sure the product is installed and operated as instructed in this manual.
- Assemble and operate the product on a solid, level surface. Do not use outdoors or near water, including pools and saunas.
- Check the product before every use. Make sure all parts are assembled, and all fasteners are tightened. Do not use the product if it is disassembled in any way.
- Wear proper workout clothing. Do not wear loose clothing. Do not wear shoes with leather soles or high heels. Tie all long hair back. Do not go barefoot on this product.
- Keep away from moving parts. Moving parts may or may not stop immediately if an object becomes caught or impedes normal motion.
- Use this product only for its intended purpose as described in this manual.
- Be careful when mounting and dismounting the unit.
- Never operate this product if it has been damaged in any way. If it is not working properly, or has been dropped or damaged, contact a service technician for repairs.
- Do not use accessories or parts that are not specifically recommended by the manufacturer (SportsArt). Such parts might cause injuries or cause the unit to fail and void the warranty. We will not be responsible for any safety issue that arises due to the misuse of accessories or parts. At the same time, we will terminate the warranty terms of this equipment.
- This product is not intended for use by persons (including children 12 or younger) with reduced physical, sensory, or mental capabilities, or by people who are otherwise deficient in product knowledge or experience. If such people use this product, they should be given training and be supervised at all times by someone responsible for their safety.
- Children 12 or younger should be supervised to ensure that they do not play on or near the product.
- The user weight limit for this product is 227 kg, 500 lb.
- Maintenance and repair must be performed by trained service personnel only.
- Over exercise may result in serious injury or death
- Warning that any of the adjustment devices that could interfere with the user's movement should not be left projecting.

**CAUTION:** If you feel any pain or any abnormal sensations, STOP YOUR WORKOUT and consult your physician immediately. Work within your recommended exercise level. DO NOT work to exhaustion. Before beginning any exercise program, you should consult with your doctor. It is recommended that you undergo a complete physical examination.

### 3. LIST OF PARTS



Assembly Parts					
No.	Name	Qty.	No.	Name	Qty.
A1	Main frame	1	A9	Chest cushion	1
A2	Left leg assembly	1	A10	Curved connecting plate	5
A3	Right leg assembly	1	A11	Long connecting plate	1
A4	Connector	1	A12	Weight plate peg	6
A5	Seat frame	1	A13	Set spring	2
A6	Left handle	1	A14	Owner's manual	1
A7	Right handle	1	A15	Hardware kit	1
A8	Seat cushion	1			

Components on the Product			
No.	Name	Specification	Notes
41	Hex head screw	M10*P1.5*L75	
	Spring washer	M10	
	Washer	D16*d10.2*t1.0	
	Bushing	ØD16*t2.0*L45.5	
	Washer	D16*d10.2*t1.0	
	Nylon hex lock nut	M10	
42	Hex head screw	M10*P1.5*L75	
	Spring washer	M10	
	Washer	D16*d10.2*t1.0	
	Bushing	ØD16*t2.0*L45.5	
	Washer	D16*d10.2*t1.0	
	Nylon hex lock nut	M10	
43	Flat washer	D22*d8.2*t2	
	Spring washer	M8	
	Mushroom top inner hex screw	M8*P1.25*L25	
44	Beveled head inner hex screw	M8*P1.25*L20	
	Nylon hex lock nut	M8	
45	Mushroom top inner hex screw	M8*P1.25*L25	
	Spring washer	M8	
46	Nylon hex lock nut	M8	
	Beveled head inner hex screw	M8*P1.25*L20	
47	Hex head screw	M8*P1.25*L20	
	Spring washer	M8	
	Flat washer	D26*d8.3*t3	
	Bushing		
	Axle	ØD25*L104	

Components in the Hardware Kit				
No.	Name	Qty.	Specification	Notes
20	Floor fixing bracket	1		
	Double open-end wrench	2	13mm*17mm	
	Double open-end wrench	1	14mm*15mm	
	L-shaped Allen wrench	1	M5*L65mm*W25	
	L-shaped Allen wrench	2	M6*L70mm	
	L-shaped Allen wrench	1	M4*L60mm	

## 4. ASSEMBLE THE PRODUCT

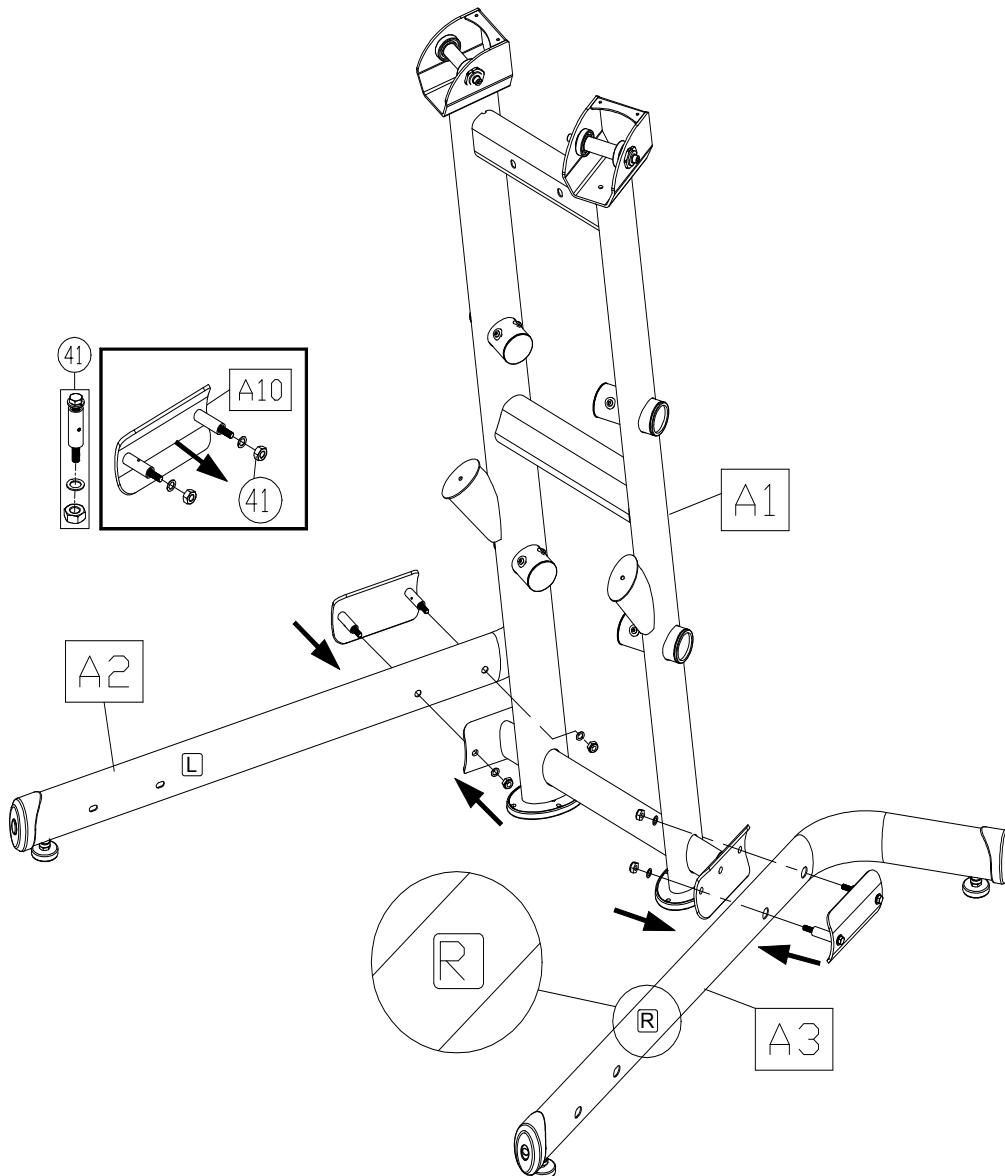
Follow instructions below to assemble this product. Note that in this manual the words “left” and “right” are used to refer to the product and its parts. As such, these designations correspond to the “left” and “right” sides of a person in position to exercise on this product. Also, for brevity, the word “screws” is used where screws, washers, and other hardware may be involved.

### STEP 1 Install the Left/Right Leg Assembly

Follow instructions below to install the left/right leg assembly.

First, remove nuts (41) from the curved connecting plate (A10) and align the left/right leg assembly (A2) (A3) to the holes in the main frame (A1), then loosely secure the assembly with the curved connecting plate (A10) and nuts (41) as shown. Do not tighten nuts.

(Note: The left/right leg assembly (A2) (A3) are marked “L” for left or “R” for right. Make sure they are installed properly.)



## STEP 2 Install the Connector and Seat Frame

Follow instructions (a) through (c) below to install the connector and seat frame.

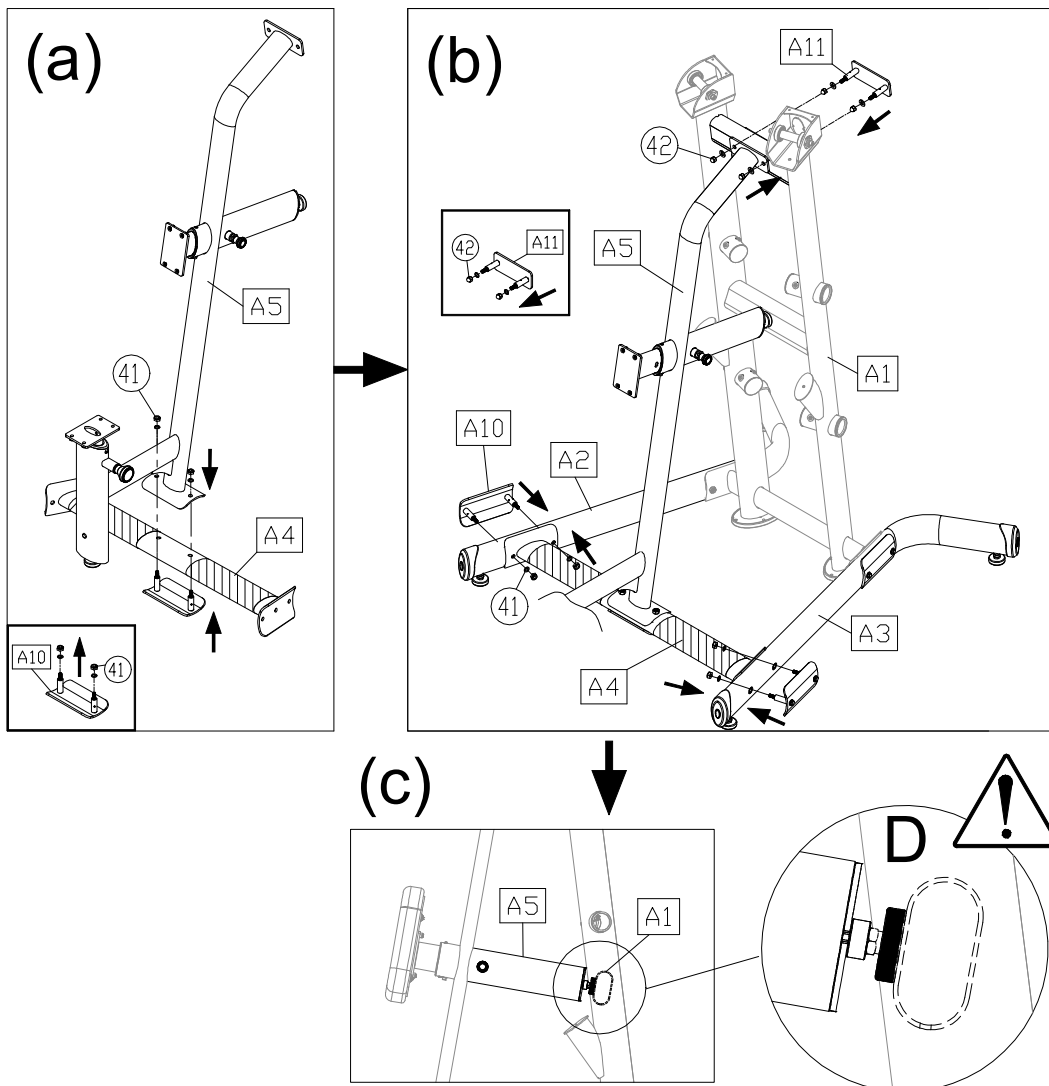
- (a) First, remove nuts (41) from the curved connecting plate (A10) and align the seat frame (A5) to the connector (A4), then loosely secure the assembly with the curved connecting plate (A10) and nuts (41) as shown. Do not tighten nuts.

(Note: Make sure the protection covering of the connector (A4) faces upward, against the seat frame (A5) firmly.)

- (b) First, remove nuts (42) from the long connecting plate (A11) and align the left/right leg assembly (A2) (A3) to the connector (A4), then loosely secure the assembly with the curved connecting plate (A10) and nuts (41) as shown. Do not tighten nuts. And then align the seat frame (A5) to the main frame (A1), then loosely secure the assembly with the long connecting plate (A11) and nuts (42) as shown.

(Note: Finally, tighten all nuts.)

- (c) Rotate the round cushion in the back of the seat frame (A5) counterclockwise, against the central tube of the main frame (A1) and secure it with nut as shown in area D.



### STEP 3 Install the Seat Cushion

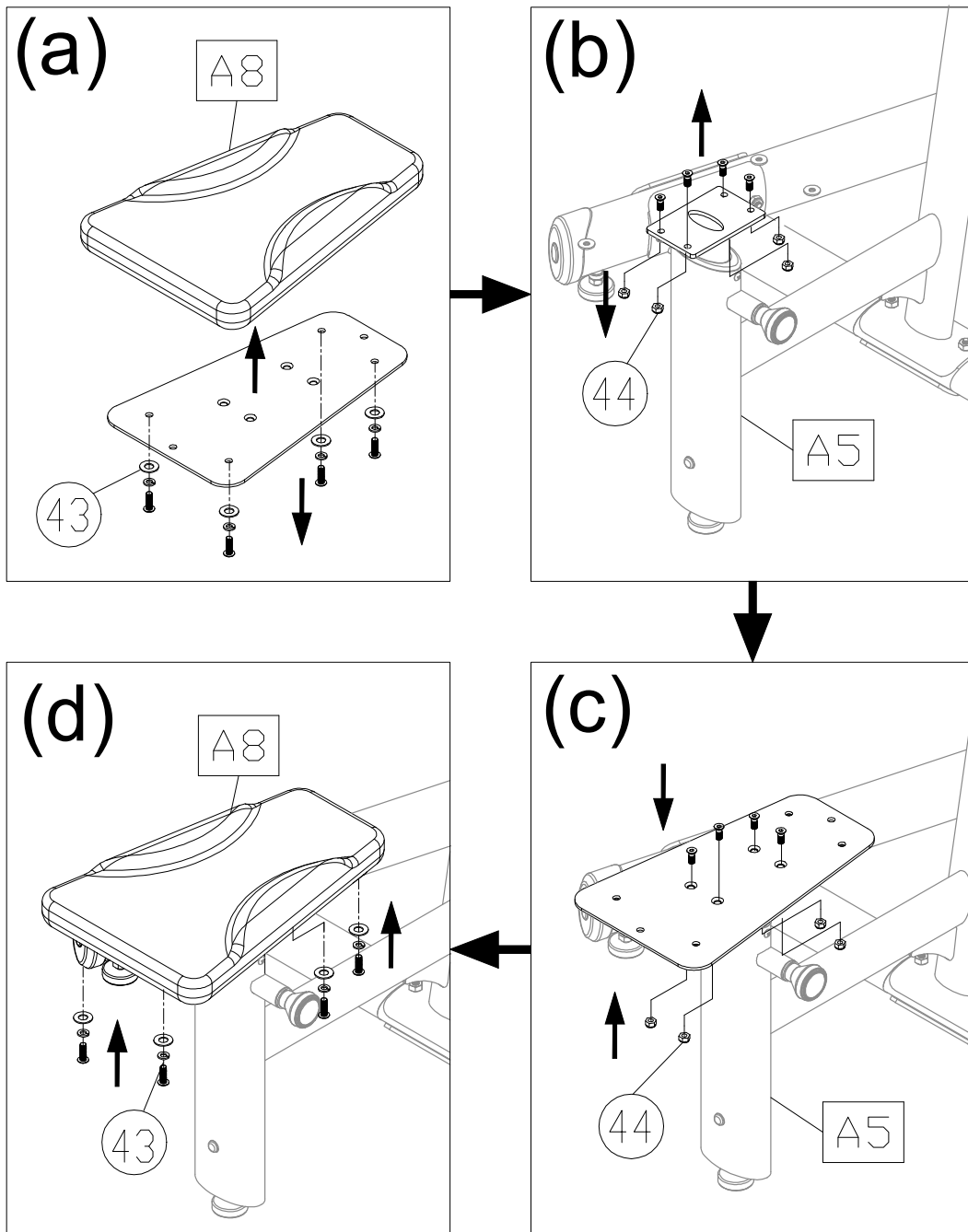
Follow instructions (a) through (d) below to install the seat cushion.

(a) First, remove screws (43) from the seat cushion (A8).

(b) Remove screws (44) from the seat frame (A5).

(c) Attach the seat cushion plate from the seat cushion (A8) onto the seat frame (A5), and then secure the assembly with screws (44).

(d) Finally, attach the seat cushion (A8) onto the seat cushion plate, and secure the assembly with screws (43).



## STEP 4 Install the Chest Cushion

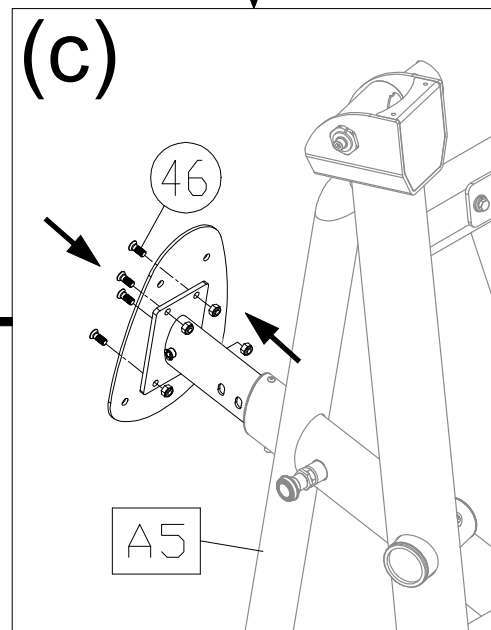
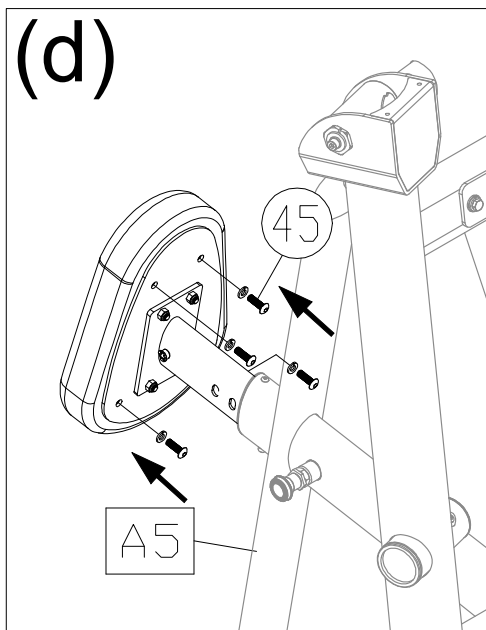
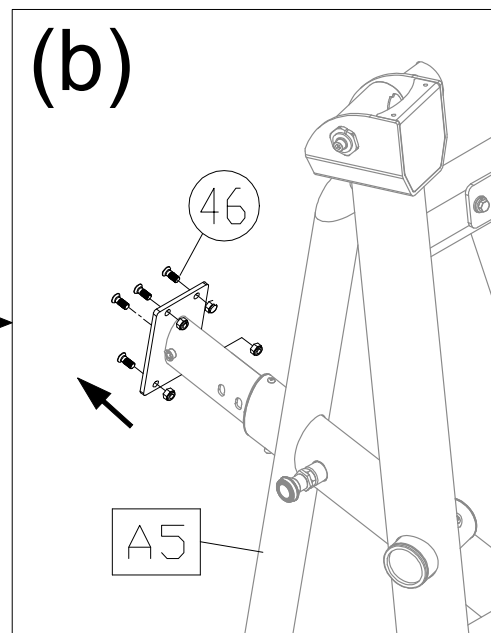
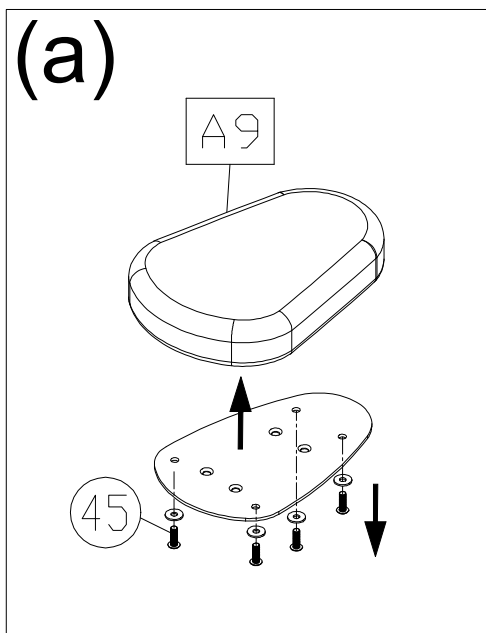
Follow instructions (a) through (d) below to install the chest cushion.

(a) First, remove screws (45) from the chest cushion (A9).

(b) Remove screws (46) from the seat frame (A5).

(c) Attach the chest cushion plate from the chest cushion (A9) onto the seat frame (A5), and then secure the assembly with screws (46).

(d) Finally, attach the chest cushion (A9) onto the seat cushion plate, and secure the assembly with screws (45).



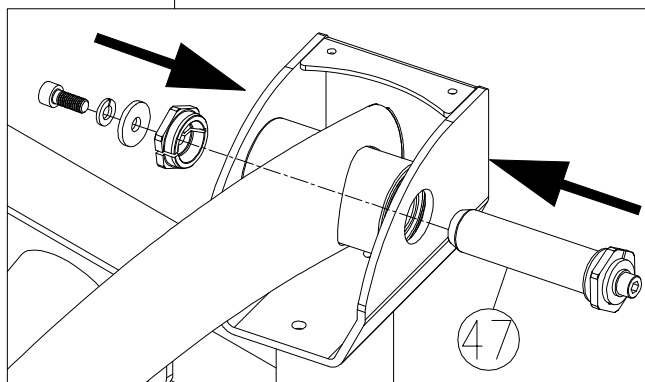
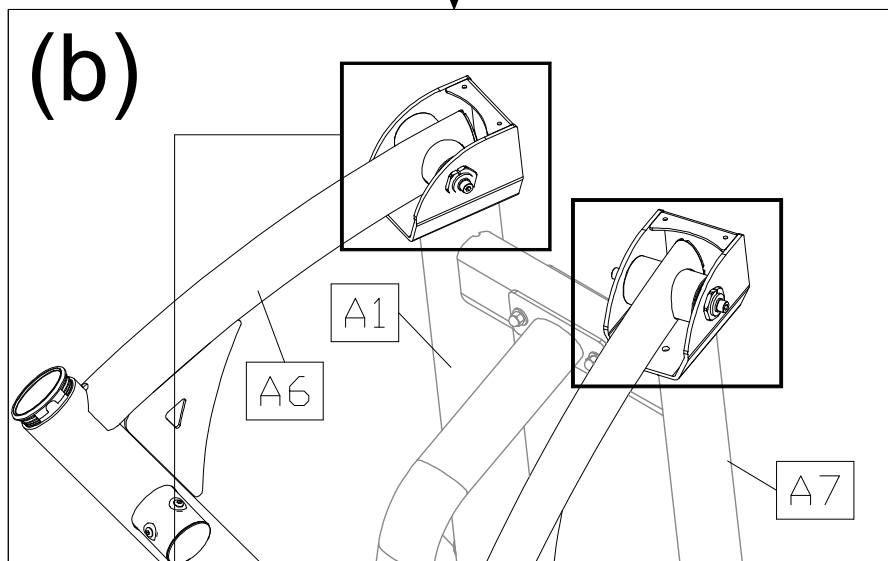
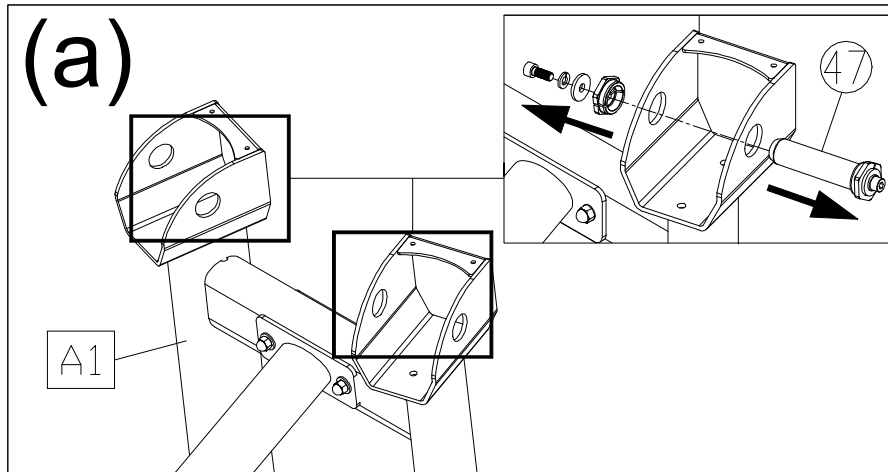
## STEP 5 Install the Left/Right Handles

Follow instructions (a) through (b) below to install the left/right handles.

(a) First remove screws (47) from the main frame (A1).

(b) Align the right handle (A7) to the holes in the main frame (A1), and then secure the assembly with screws (47) as shown.

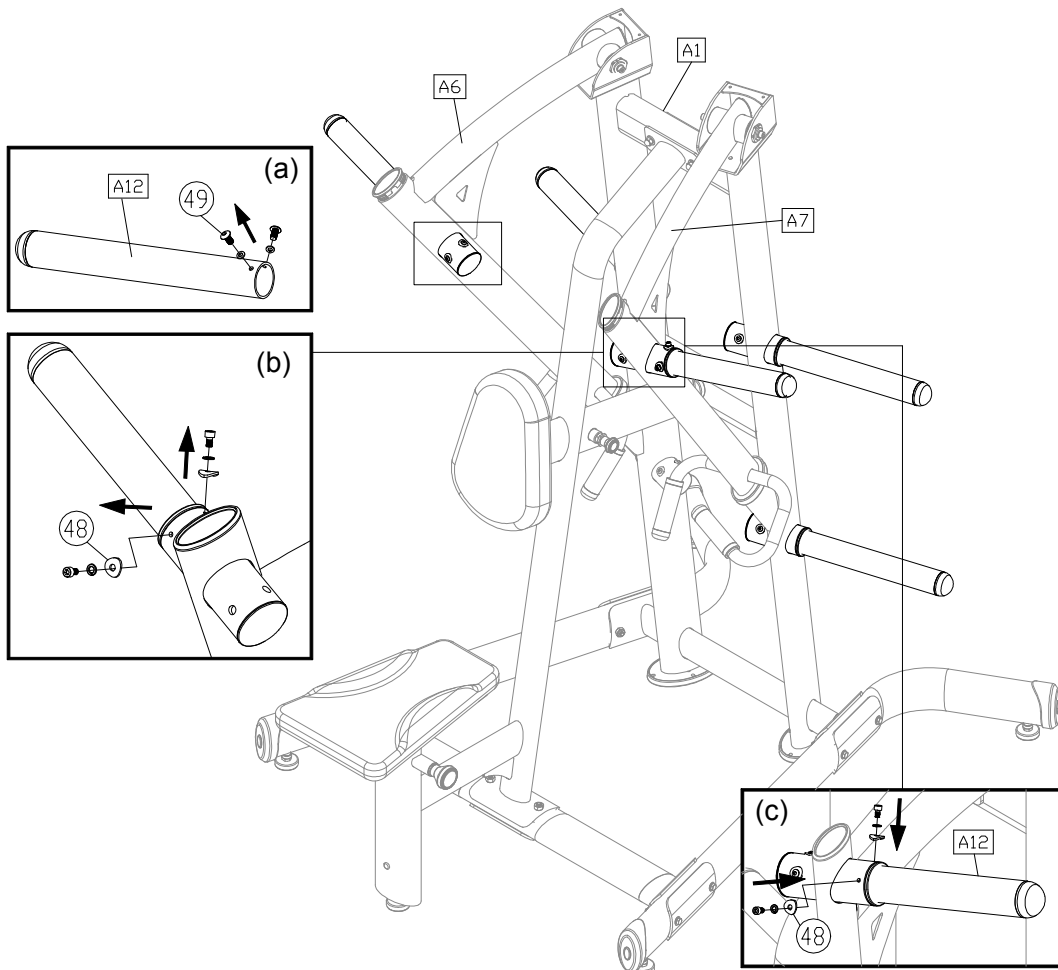
(Note: Follow the same instructions to install the left handle (A6).)



## STEP 6 Install the Weight Plate Pegs

Follow instructions (a) through (c) below to install the weight plate pegs.

- (a) First, remove screws (49) from the weight plate pegs (A12).
- (b) Loosen screws (48) from the front of the left/right handles (A6) (A7) and then install the weight plate pegs (A12) onto the left/right handles (A6) (A7) and the sides of the main frame (A1) and secure them with screws (49).
- (c) Finally, tighten all screws.

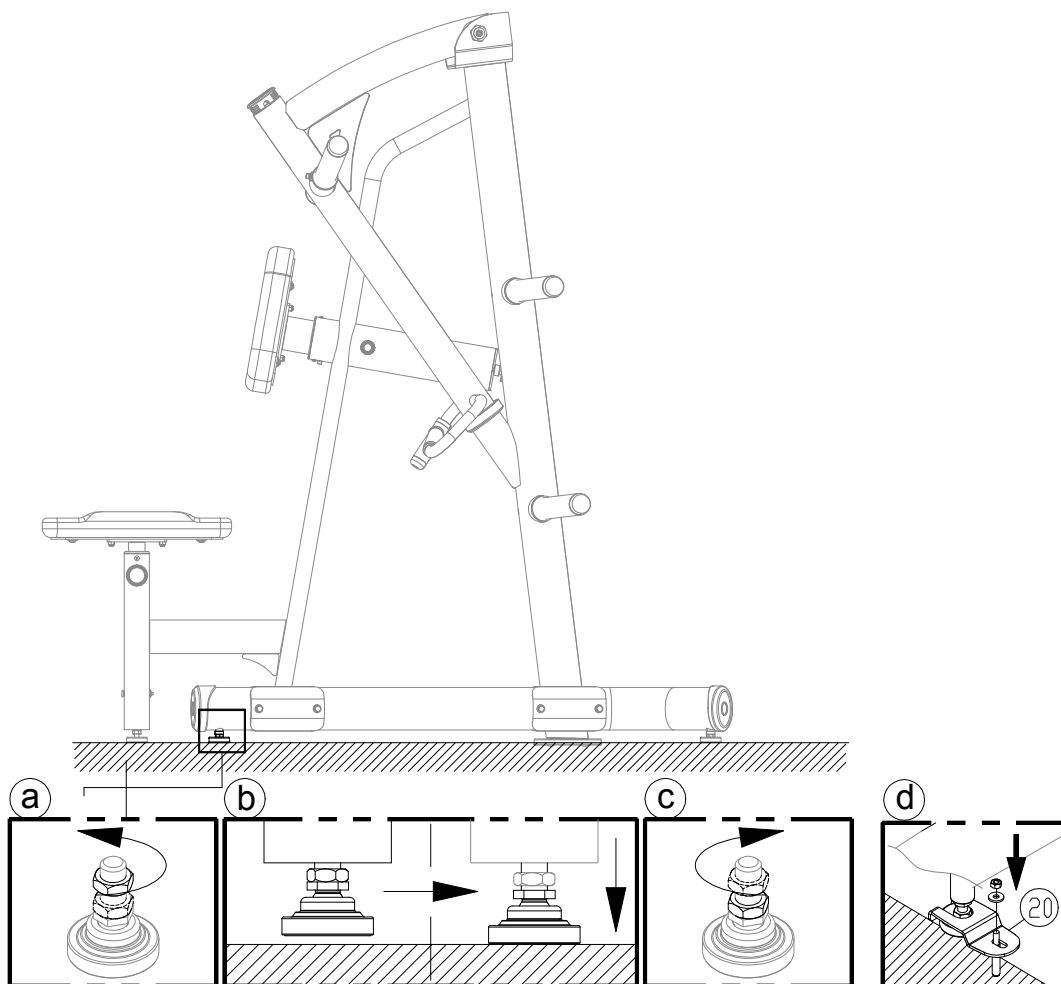


## STEP 7 Level and Secure the Unit

Follow instructions (a) through (d) below to level and secure the unit.

- (a) Rotate the set screw to allow adjustment of the leveler foot.
- (b) Rotate the leveler foot downward against the floor.
- (c) Rotate the set screw upward against the frame to secure this position.
- (d) Secure the floor fixing bracket (20) to the floor with the floor fixing bolt, nut and washer as shown to make sure the machine is firmly fixed to the floor when operating. (Level the machine before securing the floor fixing bolt.)

(Note: The screw hole of floor fixing bracket is  $\varnothing 9\text{mm}$ , please make sure using the suitable floor fixing bolt and drilling the proper hole on the floor.)

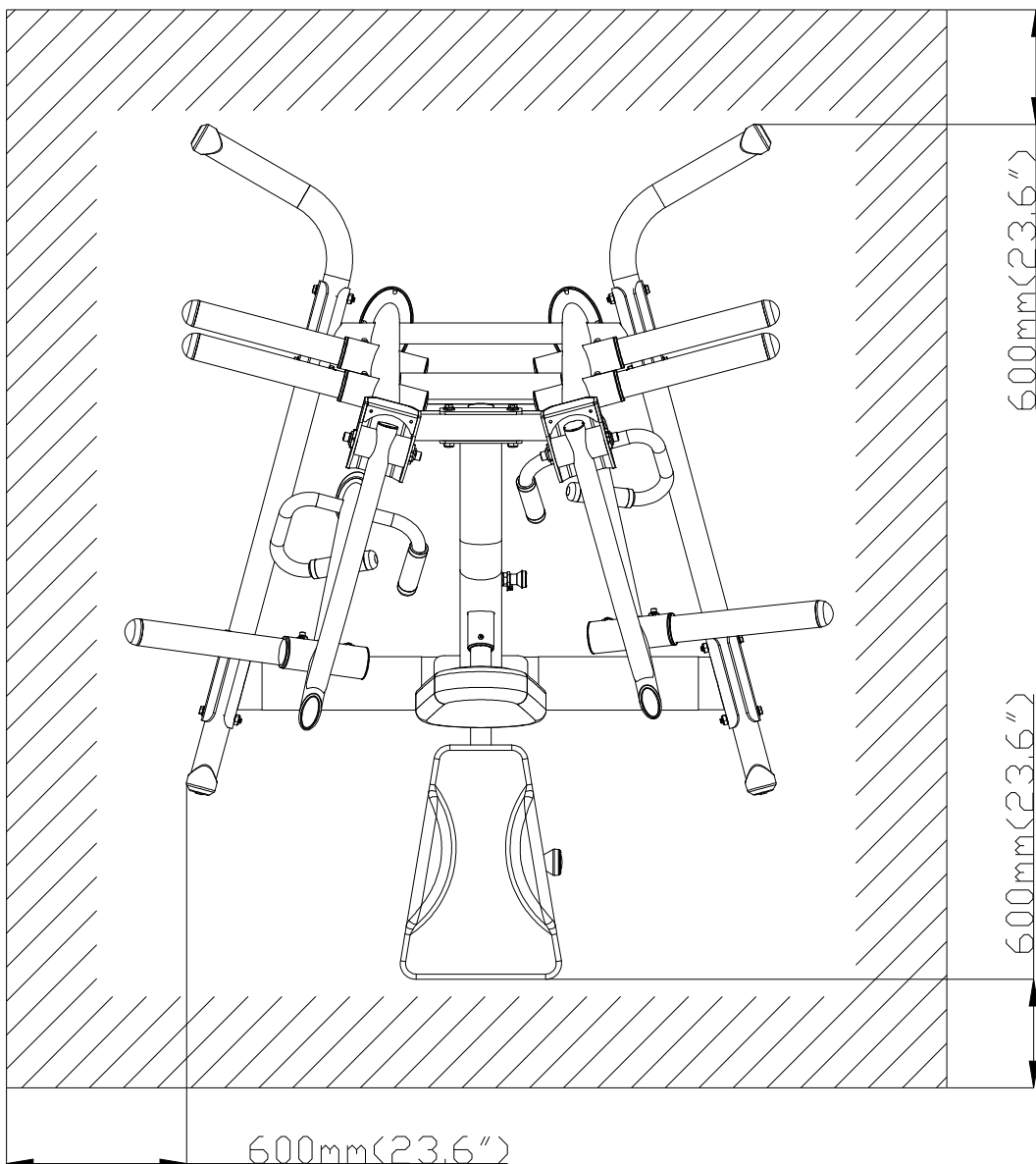


## 5. OPERATE THE PRODUCT

This section includes operational instructions.

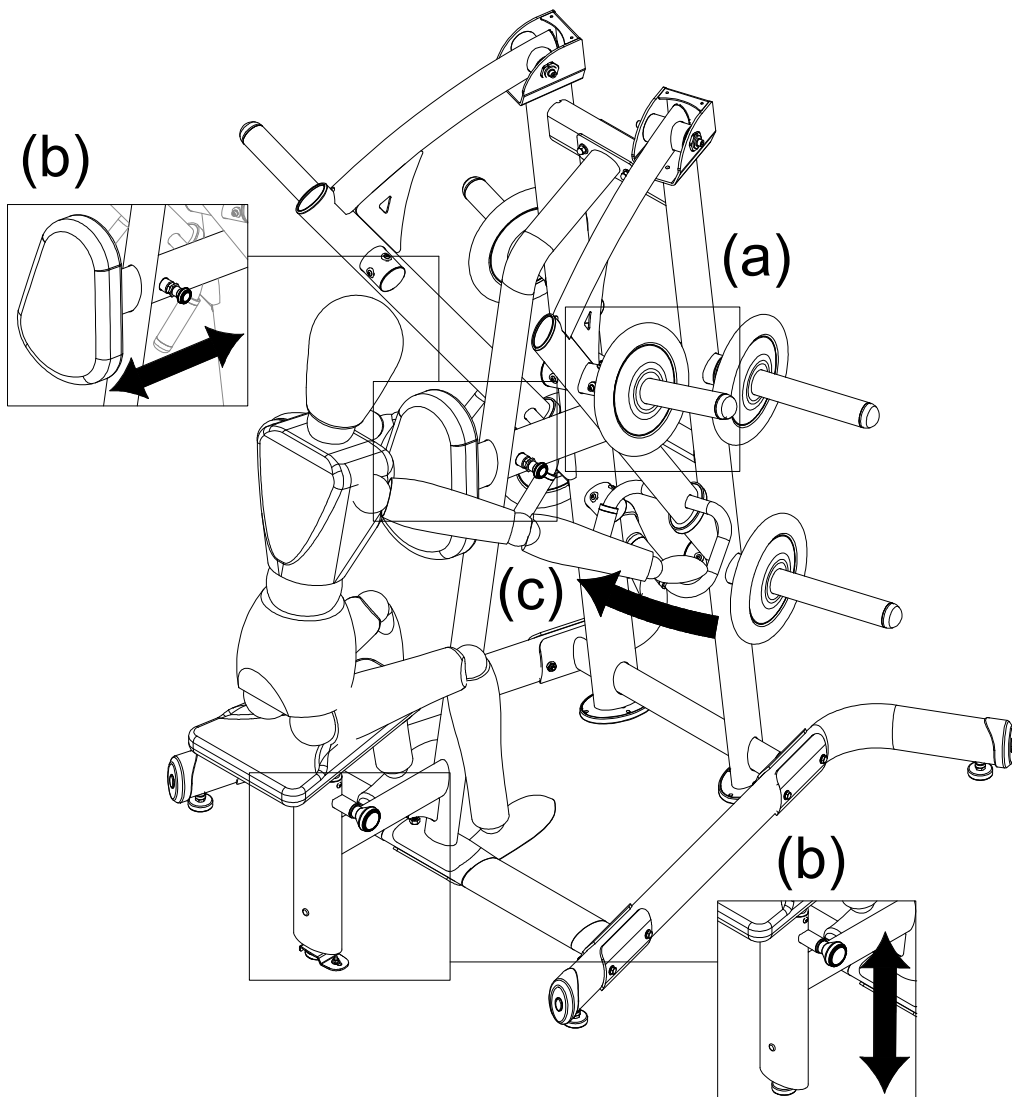
### **OPERATION** Safety Operating Area

- (a) Safety clearance required as below shown. Do not allow people to be near this area when operating.
- (b) Noise emission under load is higher than without load.
- (c) Over exercise or improper workout position may result in serious injury.
- (d) This product is intended for exercise arms.



## **OPERATION** Operate the Product

- (a) Select the appropriate weight plates placed on both sides of the weight plate pegs, and then secure the weight plates with set springs.
  - (b) Adjust the seat/chest cushion to the most comfortable position. Make sure the knob secures the desired position properly.
  - (c) Inhale while pulling the handles to your waist, exhale slowly back to the original position.
- \* Note: While operating the machine, if the weight plate is moving around. Please stop immediately, re-position the weight plate before continuing.
- \* Weight limit: weight plate limit of 250Kg (unilateral 125Kg)
- \* Please exercise within the range of your skill and training.
- \* Operate this machine must be supervised under coaches instructions in order for safety.



## **6. MAINTENANCE**

This section covers maintenance topics and includes a maintenance schedule, task list, and log.

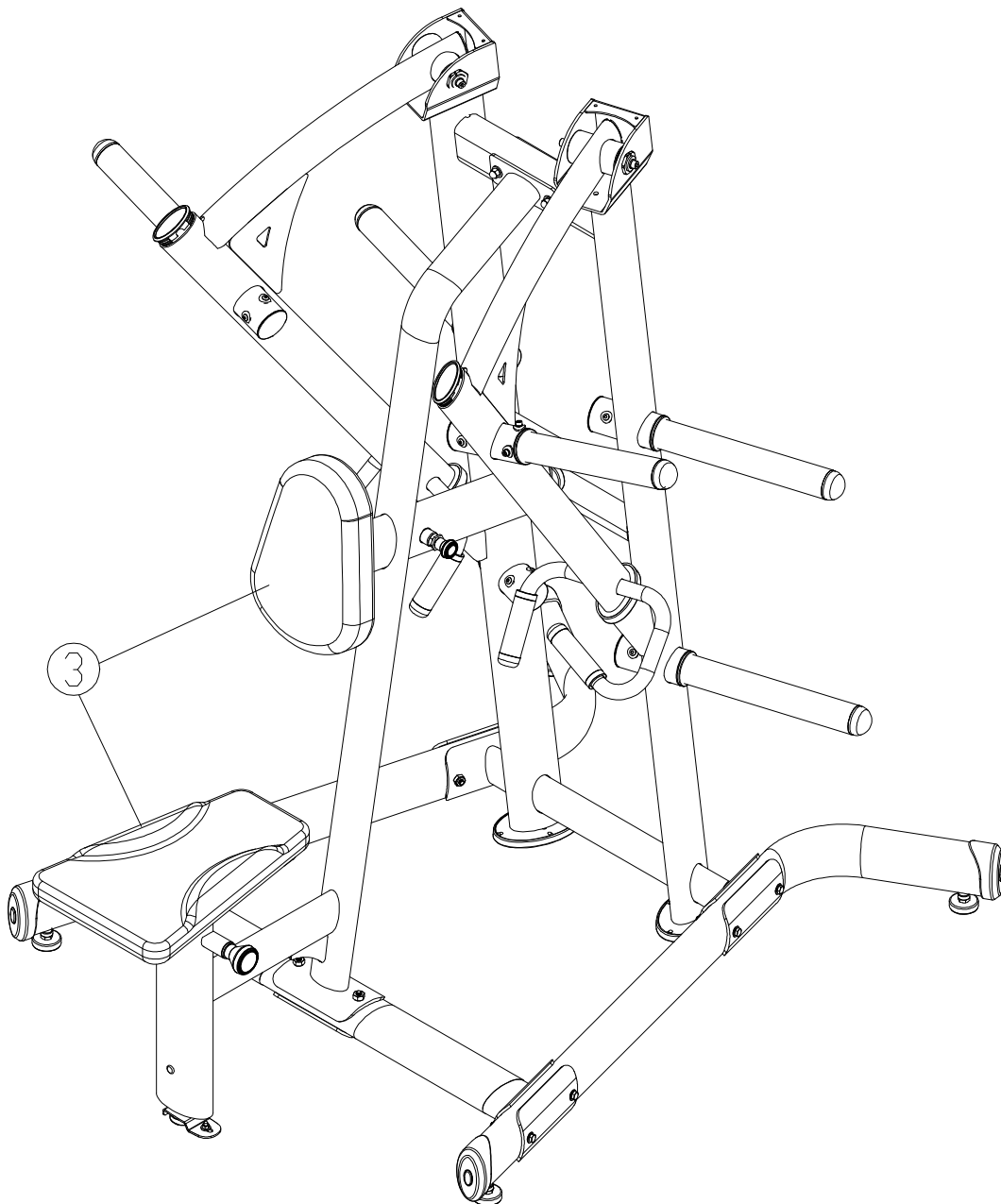
### **MAINTENANCE Safety Precautions**

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- Please follow standard safety precautions when servicing on this product.
- Must be performed by trained service personnel only.
- Do NOT use a damp towel to clean the product and do perform the following maintenances.
- Do NOT use cleaners with alcohol, ammonia, or other damaging chemicals. The use of such chemicals can damage the product and void the warranty. Never spray or pour any liquid directly onto the product. Doing so can damage electronic components and void the warranty.
- Use a clean, lint-free towel, dampened with a mixture of Simple Green® all-purpose cleaner, to thoroughly clean the handlebar and the console.
- This product has moving parts that can be hazardous. Exercise caution when maintaining, operating, or moving this product.
- Do not use accessories or parts that are not specifically recommended by the manufacturer (SportsArt) . Such parts might cause injuries or cause the unit to fail and void the warranty. We will not be responsible for any safety issue that arises due to the misuse of accessories or parts. At the same time, we will terminate the warranty terms of this equipment.
- Maintenance and repair must be performed by trained service personnel only.

## **MAINTENANCE** Schedule

	Area	Day	Week	Month	Quarter	Year	Notes
1	Exterior	•					Clean.
2	Screws	•					Inspect for looseness and secure if necessary.
3	Cushions	•					Wipe with a damp cloth.
4	Test	•					Check for proper equipment operation.



## **MAINTENANCE** Task List

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Like cars, fitness products require maintenance. Regular maintenance extends product life, and failure to maintain products can void the manufacturer's warranty. Copy the maintenance log sheet, and record maintenance work for each fitness product.

### **Daily tasks**

1. Use a clean, lint-free towel to wipe down the product exterior.
2. Inspect all screws. Secure if necessary.
3. Wipe cushions clean with a damp cloth.
4. Make sure the machine is working properly.

### **Caution**

- Please follow standard safety precautions when working on this product.
- Do NOT use cleaners with alcohol, ammonia, or other damaging chemicals. The use of such chemicals can damage the product and void the warranty. Never spray or pour any liquid directly onto the product. Doing so can damage components and void the warranty.

# **MAINTENANCE** One-Year Maintenance Log

Facility: \_\_\_\_\_ Supervisor: \_\_\_\_\_

Product model number: \_\_\_\_\_ Serial number: \_\_\_\_\_

Start date: \_\_\_\_\_ End date: \_\_\_\_\_

Daily Tasks	Weeks 1-7	Weeks 8-14	Weeks 15-21	Week 22-28
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Daily Tasks	Week 29-35	Week 36-42	Week 43-49	Week 50-52
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Weekly Tasks	Weeks 1-7	Weeks 8-14	Weeks 15-21	Weeks 22-28
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Weekly Tasks	Weeks 29-35	Weeks 35-42	Weeks 43-49	Weeks 50-52
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Monthly tasks	1	2	3	4	5	6	7	8	9	10	11	12
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Quarterly Tasks	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Yearly Tasks	Year 1
Completed	<input type="checkbox"/>

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## **7. CONSIGNES DE SÉCURITÉ IMPORTANTES**

Le produit SportsArt a été conçu et fabriqué afin d'assurer une sécurité optimale. Cependant certaines précautions s'appliquent chaque fois que vous utilisez votre produit.

- Lisez entièrement le manuel avant l'assemblage et l'utilisation. Veuillez aussi noter les consignes de sécurité suivantes:

- Veuillez lire attentivement les instructions et installer le produit selon les instructions.

- Assemblez et faites fonctionner le produit sur une surface solide et plane; NE PAS l'utiliser à l'extérieur ou près de l'eau.

- En aucun cas, ne laissez des enfants à proximité ou sur le produit.

- Vérifiez le tapis de course avant chaque utilisation. Assurez-vous que toutes les pièces sont assemblées et que tous les éléments de fixation sont serrés. NE PAS utiliser le produit si l'appareil est démonté de quelque façon.

- Gardez vos mains loin des pièces mobiles.

- Portez des vêtements d'entraînement appropriés; NE PORTEZ PAS de vêtements amples. NE PORTEZ PAS de chaussures à semelles en cuir ou à talons hauts. Attachez les cheveux longs.

- Soyez prudent lors du montage et démontage de l'appareil.

- NE PAS utiliser d'accessoire non spécifiquement recommandé par le fabricant. Car cela pourraient provoquer des blessures ou entraîner une panne de l'appareil.

- Débranchez l'appareil de la prise avant l'entretien ou la suppression de toute pièce.

- Une surveillance étroite est nécessaire quand de produit est utilisé par ou à proximité d'enfants, de malades ou de personnes handicapées.

- Utilisez ce produit uniquement pour l'usage prévu dans ce manuel.

- La limite de poids de l'utilisateur pour le produit est de 227 kg, 500 lb.

- Ce produit n'est pas destiné à être utilisé par des personnes (y compris des enfants) dont les capacités physiques, sensorielles ou mentales sont réduites ou qui ne disposent pas de l'expérience ou du savoir nécessaires, sauf si celles-ci ont au préalable été formées eu égard à l'utilisation de produit par une personne responsable de leur sécurité.

- Les enfants doivent être encadrés afin d'empêcher qu'ils ne jouent avec le produit.

- Ce produit n'est pas destiné à être utilisé par des personnes (y compris des enfants) dont les capacités physiques, sensorielles ou mentales sont réduites ou qui ne disposent pas de l'expérience ou du savoir nécessaires, sauf si celles-ci ont au préalable été formées eu égard à l'utilisation de ce produit par une personne responsable de leur sécurité.

- Les enfants doivent être encadrés afin d'empêcher qu'ils ne jouent avec le produit.

## **7. CONSIGNES DE SÉCURITÉ (SUITE)**

### **ATTENTION**

Si vous ressentez une douleur ou si vous avez une sensation anormale, **ARRÊTEZ VOTRE ENTRAÎNEMENT** et consultez immédiatement votre médecin. Entraînez-vous à votre niveau d'exercice recommandé. **NE PAS** s'entraîner jusqu'à l'épuisement.

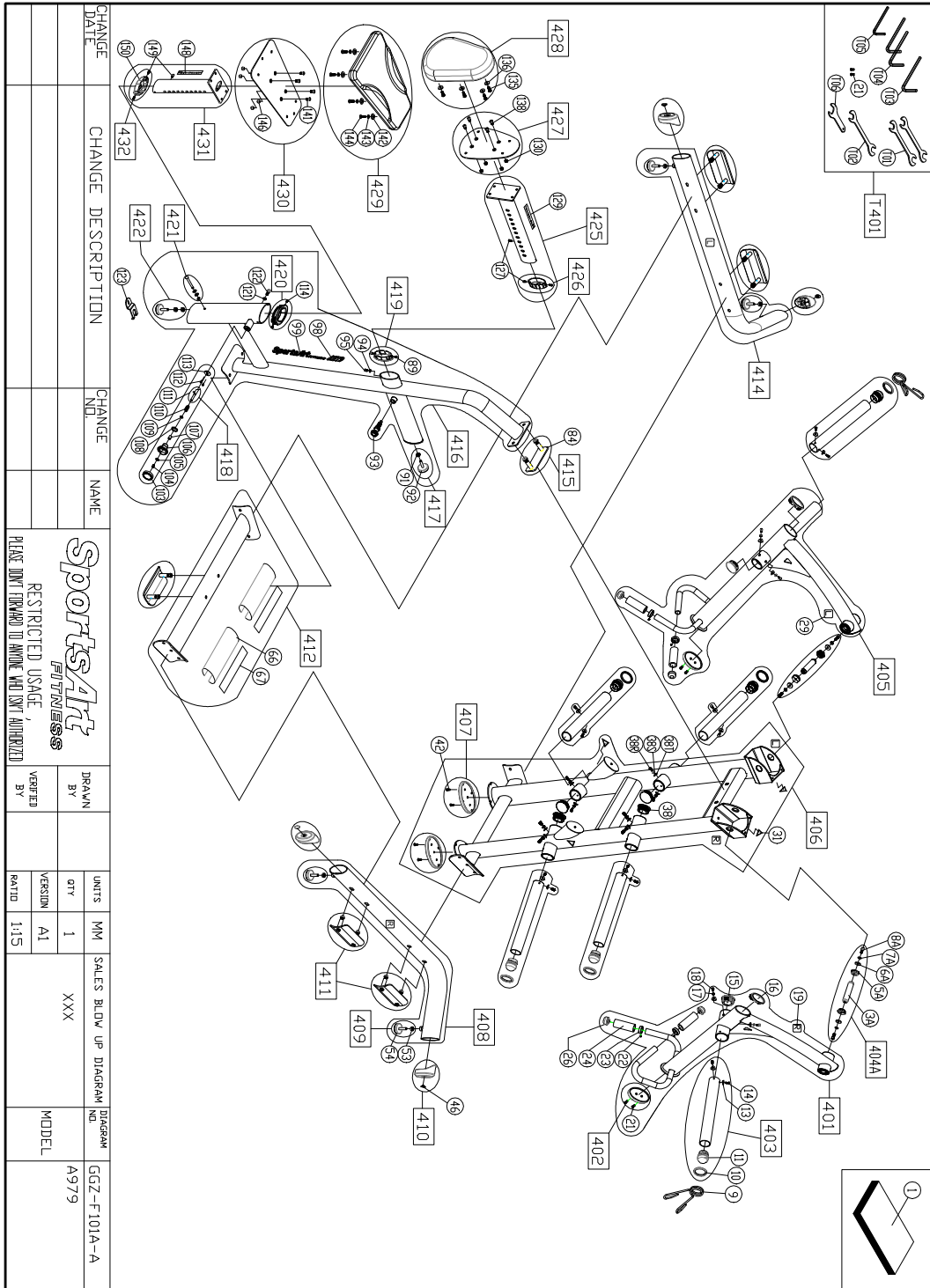
- Avant de commencer un programme d'exercice, vous devriez consulter votre médecin. Il est recommandé de faire un examen physique complet.

Dans ce manuel, les mots "gauche" et "droit" sont utilisés en référence aux pièces et au produit. Comme tels, les mots "gauche" et "droit" font respectivement référence aux côtés gauche et droit de l'exerciseur. De même pour plus de concision, le mot «vis» est utilisé dans certains cas où des rondelles, des vis et autres matériels sont associés.

# 8. APPENDICES

## APPENDICES Exploded Diagrams

Note: We reserve the right to revise the following diagrams at any time without notice to notify any person of such revisions. Please visit our official website [www.gosportsart.com](http://www.gosportsart.com) for the latest version.



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