



# X-02 Cross Trainer

USER MANUAL



**Read all instructions carefully before using this product.  
Retain this owner's manual for future reference.**



## **IMPORTANT**

All nuts and bolts are to be checked and tightened on a regular basis. This includes pedals and other moving parts. Failure to do so may cause damage to your threads and void your warranty.

### NOTE:

Product may vary slightly from the item pictured due to model upgrades. This manual may be subject to updates or changes. Up to date manuals are available through our website at [www.lifespanfitness.com.au](http://www.lifespanfitness.com.au)



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# I. IMPORTANT SAFETY INSTRUCTIONS

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 **WARNING: Read all instructions before using this machine.**

It is important your machine receives regular maintenance to prolong its useful life. Failing to regularly maintain your machine may void your warranty.

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Please retain this manual properly for future reference.

- It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. **PLEASE NOTE:** It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions
- Before starting any exercise program you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
- Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, and extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these symptoms, you should consult your doctor before continuing with your exercise program.
- Keep children and pets away from the equipment. This equipment is designed for adult use only.
- Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 meters of free space around it.
- Before using the equipment, check that the nuts and bolts are securely tightened. If you hear any unusual noises coming from the equipment during use and assembly, stop immediately. Do not use the equipment until the problem has been rectified.
- Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
- This equipment is designed for indoor and family use only.
- Care must be taken when lifting or moving the equipment so as not to injure your back.

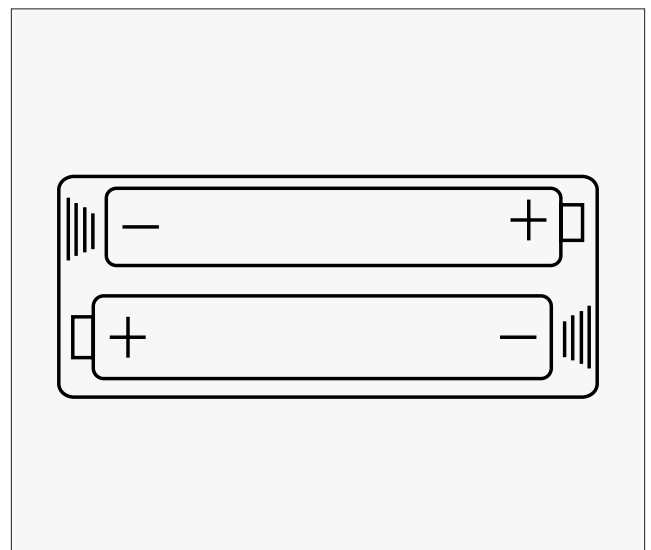
- Always keep this instruction manual and assembly tools at hand for reference.
- The equipment is not suitable for therapeutic use.
- The pulse or heart rate sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.

## II. CARE INSTRUCTIONS

- Lubricate moving joints with grease after periods of usage.
- Be careful not to damage plastic or metal parts of the machine with heavy or sharp objects.
- The machine can be kept clean by wiping it down using dry cloth.
- All nuts and bolts are to be checked and tightened on a regular basis. This includes pedals and other moving parts. **Failure to do so may cause damage to your thread and void your warranty.**

### BATTERY USAGE

- Batteries are to be installed or replaced by adult only.
- Do not use rechargeable batteries. Do not mix different battery types. Do not mix old and new batteries. Do not mix alkaline, standard (Carbon-Zinc), or rechargeable (Nickel-Cadmium) batteries.
- Remove batteries when product is not in use.
- Remove exhausted batteries from product and dispose of in accordance with the manufacturer's recommendation.
- Do not attempt to recharge non-rechargeable batteries.
- Batteries are to be inserted with correct polarity.
- The supply terminals are not to be short-circuited.
- Do not dispose of batteries in fire, batteries may explode or leak.



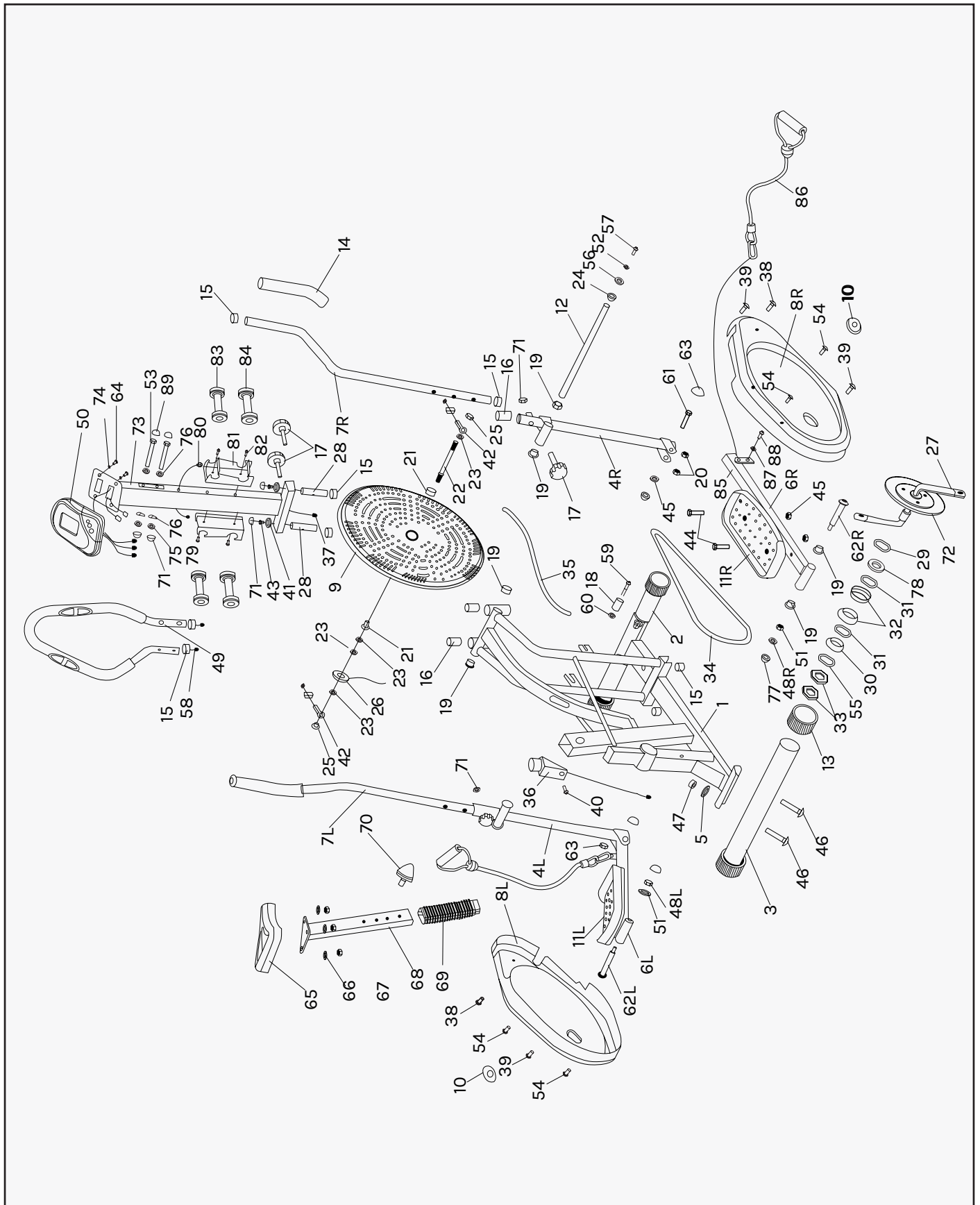
# III. PARTS LIST

NO.	Name	Qty	NO.	Name	Qty
1	Main Frame	1	26	Sensor	1
2	Front stabilizer	1	27	Crank	1
3	Rear stabilizer	1	28	Connecting tube	2
4L/R	Swing bar	1pr.	29	Washer	1
5	Arc washer Φ10x1.5xΦ25xR28	4	30	2-Slot nut	1
6L/R	Pedal tube	1pr.	31	Collar ball	2
7L/R	Handle bar	1pr.	32	Collar housing	2
8L/R	Chain cover	1pr.	33	Hex nut	2
9	Fan wheel	1	34	Chain	1
10	Small plastic cover	1	35	Tension belt	1
11L/R	Pedal	1pr.	36	Tension controller	1
12	Long axle	1	37	Extension wire	1
13	End cap	4	38	Cross taping screw ST4.8x20	2
14	Foam grip	2	39	Cross taping screw ST4.8x18	3
15	End cap	10	40	Cross screw ST4.8x20	1
16	Plastic bushing	4	41	Flat washer D8x3xΦ38	2
17	knob	4	42	Adjusting bolt	2
18	Transport wheel	2	43	Hex bolt M8x20	2
19	Alloy bushing	10	44	Hex bolt M10x45xL20	4
20	Alloy bushing	4	45	Nylon nut M10	6
21	Bushing	2	46	Carriage bolt M10xL57xL20	4
22	Fan wheel axle	1	47	Acorn nut M10	4
23	Hex thin nut M10x1xB5	4	48L/R	Nylon nut B0.5x20	1pr.
24	Adjusting bolt Φ16x1xΦ28	1	49	Fixed bar	1
25	Flange nut M10x1xB10xΦ20	2	50	Computer	1
			51	Spring washer Φ13B2	2

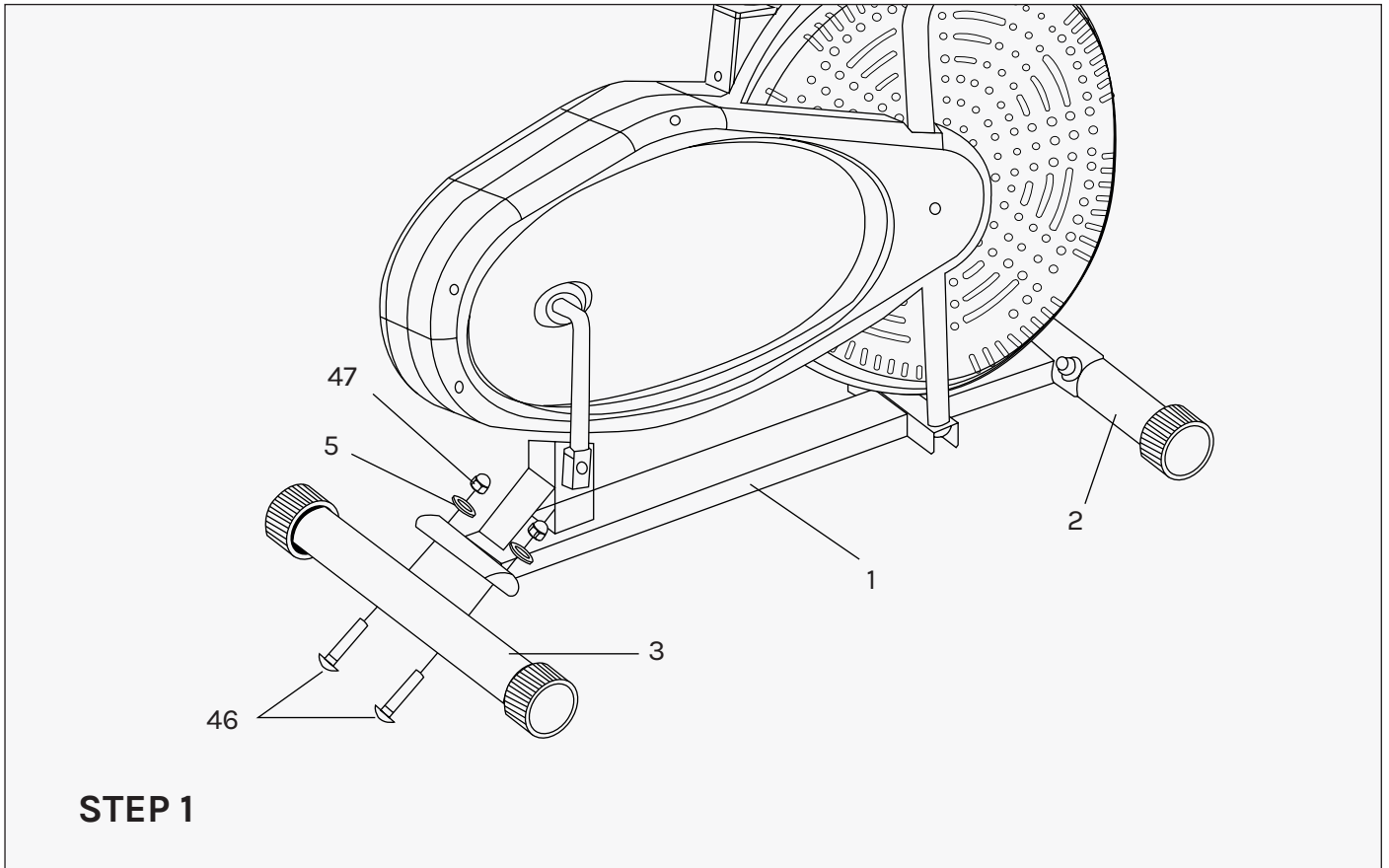
NO.	Name	Qty
52	Adjusting washer Φ10.5x3xΦ18	2
53	Hex bolt M8x2x145	2
54	Cross tapping screw ST4.8x40	4
55	Washer	1
56	D shape washer Φ28xΦ16.2x14xB5	2
57	Allen bolt M10x18	2
58	Pulse sensor wire	2
59	Hex bolt M6xL45xL12	2
60	Nylon nut M6	2
61	Hex bolt M10xL55xL25	2
62L/R	Pedal hinge bolt	1pr.
63	Plastic cap S17	4
64	Cross screw	2
65	Saddle	1
66	Flat washer D8	3
67	Nylon nut M8	3
68	Saddle post	1
69	Decorative sleeve	1
70	Tri-knob	1

NO.	Name	Qty
71	Cap	6
72	Chain wheel	1
73	Handlebar post	1
74	Flat washer	2
75	Nylon nut M8	2
76	Arc washer d8x1.5xΦ19xR13	4
77	Plastic cap S19	2
78	3-Slot Nut	1
79	Pulse extension wire	2
80	Cap	2
81	Dumbbell bracket	2
82	Cross screw M6x16	4
83	Dumbbell 2lbs	2
84	Dumbbell 3lbs	2
85	Connect chips	2
86	Rope	2
87	Flat washer D8xΦ16x1.5	2
88	Allen bolt M8x16	2
89	Cap	2

# IV. EXPLODED DIAGRAM



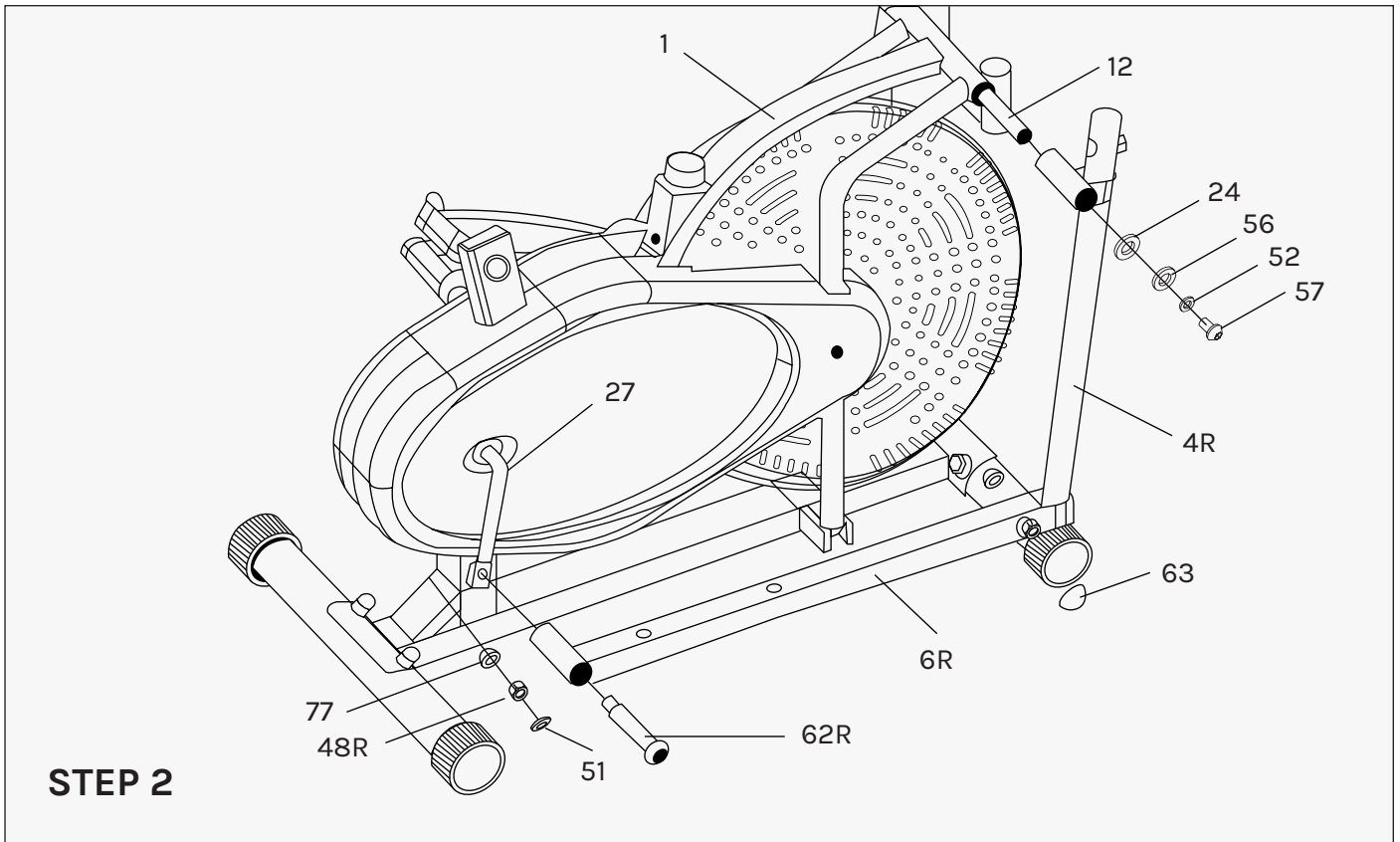
# V. ASSEMBLY INSTRUCTIONS



## Install the Stabilizers

1. Attach the Stabilizer (3) onto the Main frame (1), secure with the Carriage bolts (46), Arc washers (5), and Acorn nuts (47). Repeat the steps for the second stabilizer (2)





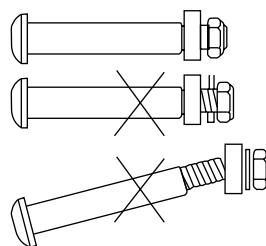
## STEP 2

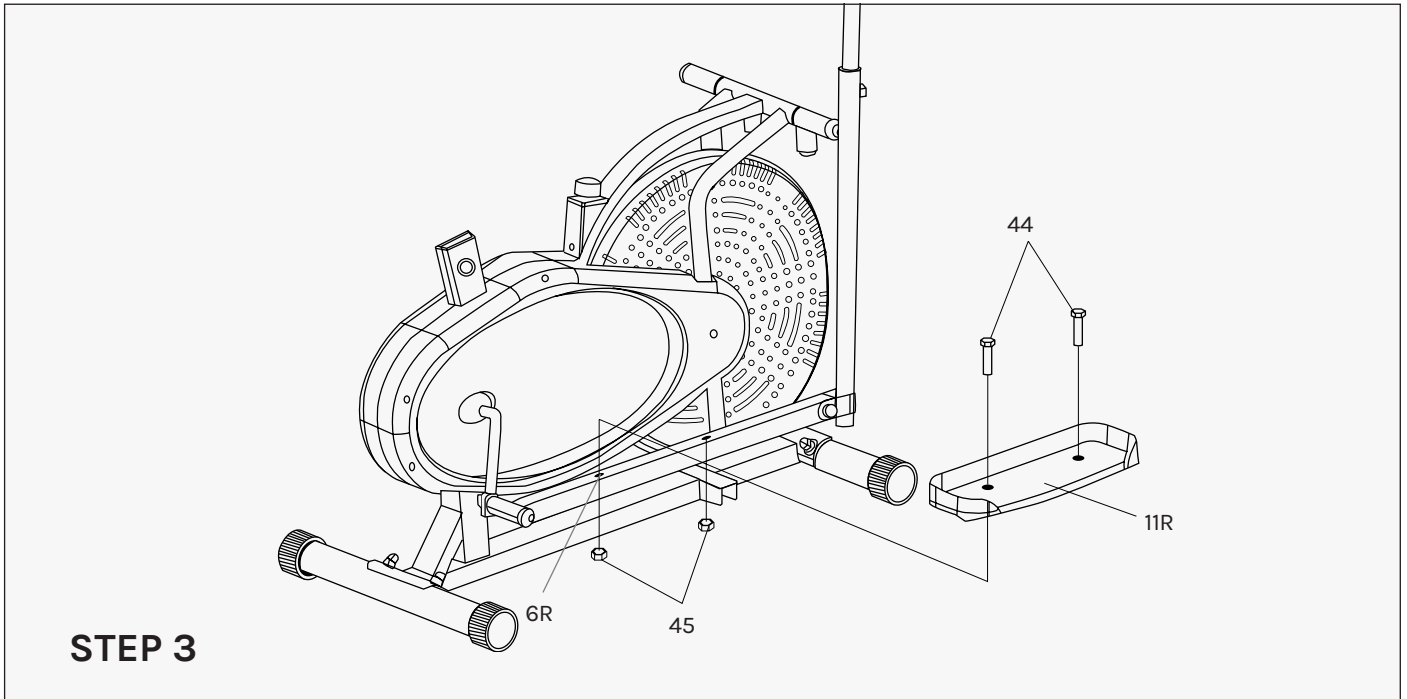
### Install the Coupler bars & Pedal arms

1. Remove Adjusting bolt (24), D shape washer (56), Spring washer (52) and Bolts (57) from the Handle bar shaft (12) on one side.
2. Mount one Coupler bar (4R) to the Main section, then attach the other side's Coupler bar (4L).
3. Reinstall the Adjusting bolt (24), D shape washer (56), Spring washer (52) and Bolts (57) as shown. Do not tighten completely yet.
4. Fit the right Pedal arms (6R) to the Crank (27). Secure with the right Pedal hinge bolts (62R), Spring washers (51) and Nylon nuts (48R).
5. Tighten the Bolts (57), right Pedal hinge bolts (62R) and Nylon nuts (48R). Fit the left Pedal arms (6L) with the same method.
6. Attach the plastic caps (77, 63).

**!** **Note:** Both Pedals hinge bolts are labeled L FOR LEFT and R FOR RIGHT. To tighten, turn the left bolt COUNTERCLOCKWISE and the right bolt CLOCKWISE. Move the Crank to a proper angle for easy tightening of Bolts.

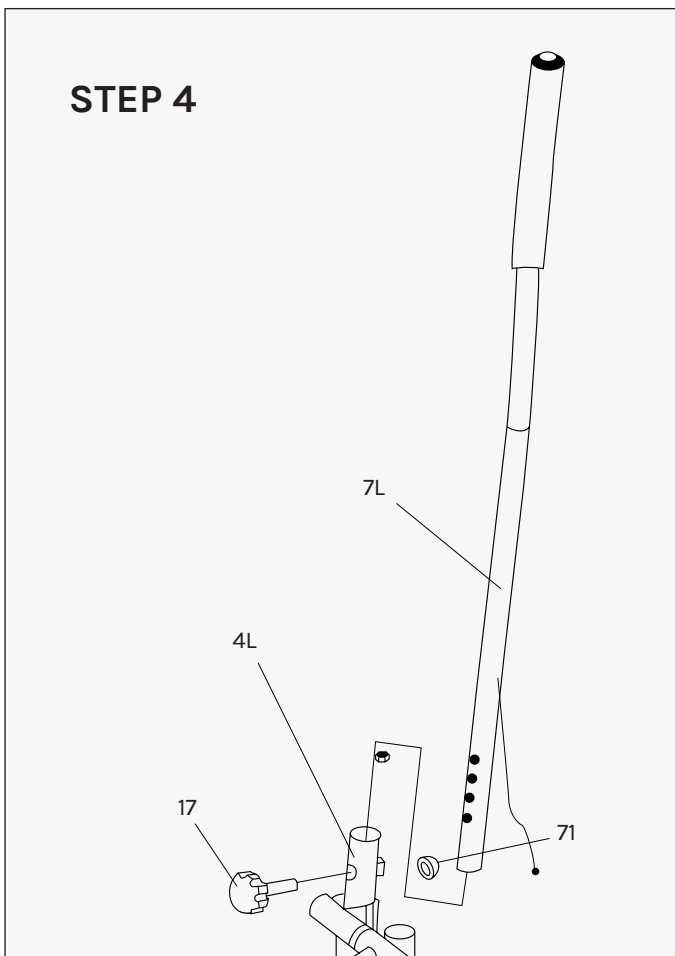
While you assemble this step, hold the "62L/R" part as per the diagram below. The examples marked with X are incorrect. The "62L/R" part must be horizontal to be correctly screwed crankshaft.





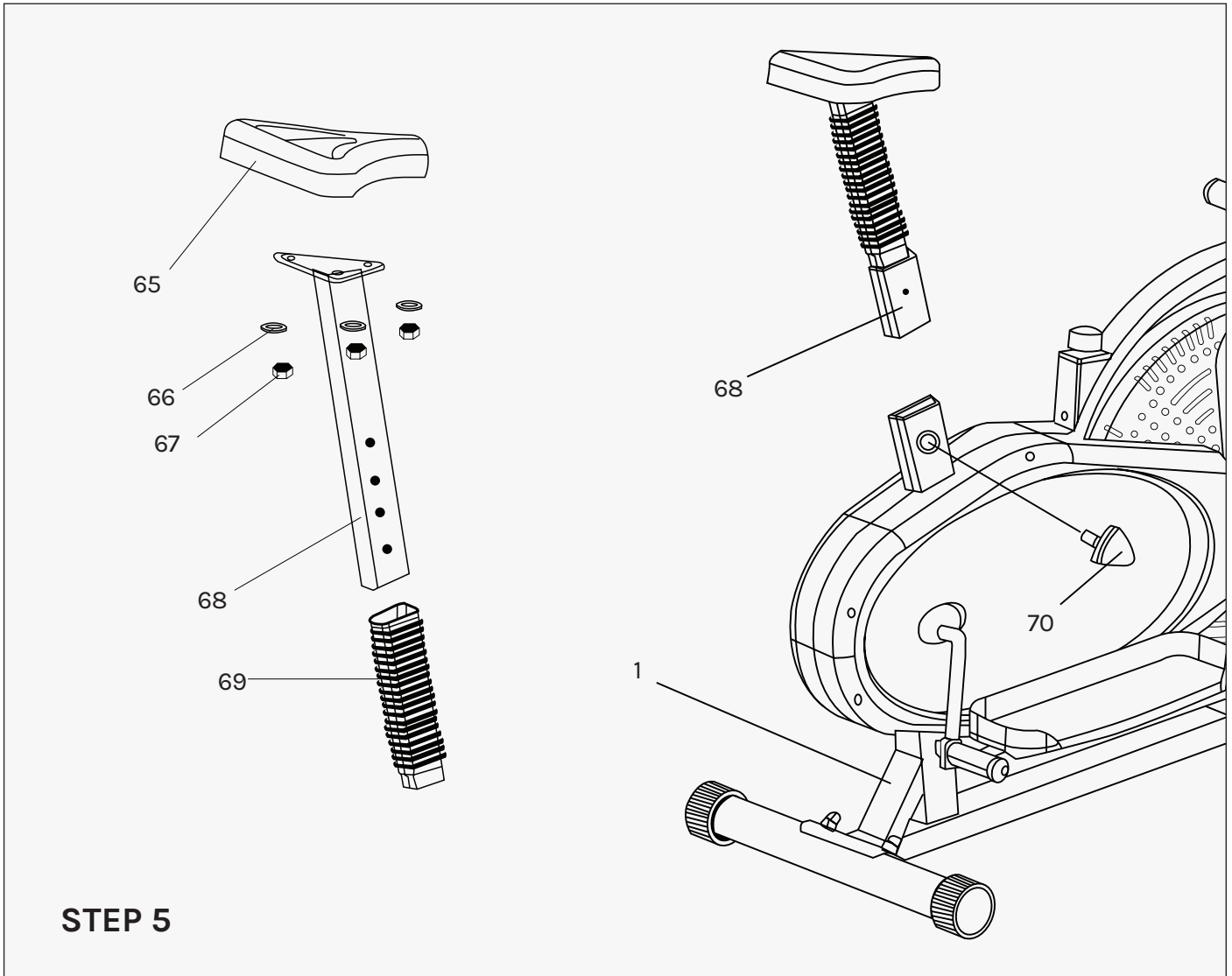
## Install the Pedals

1. Attach the Pedals (11 R&L) to the Pedal arms (6 R&L) respectively. Secure in place with the Hex bolts (44) and Nuts (45).



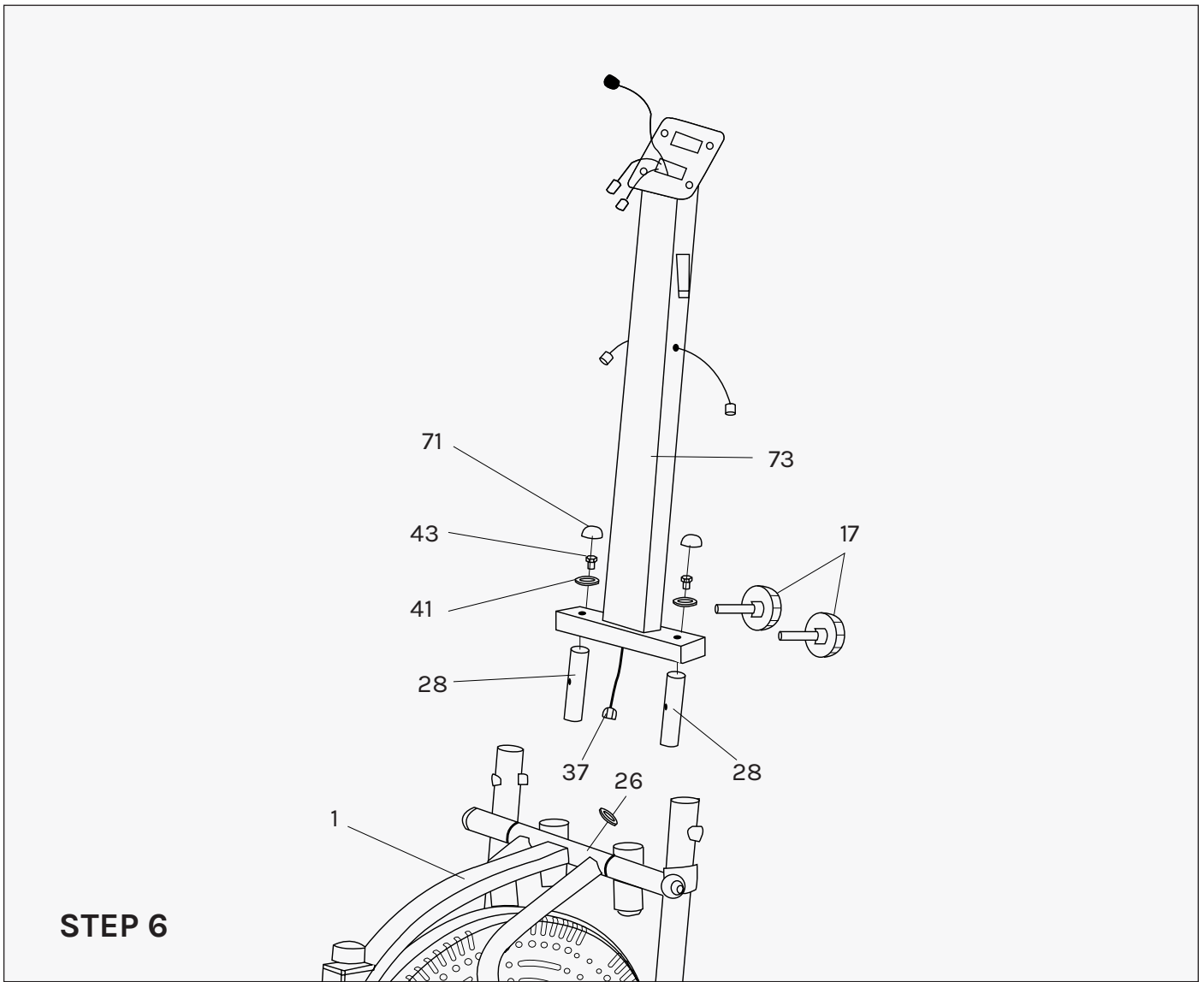
## Install the Handle bars

1. Insert the Handle bars (7L&7R) into the Swing bars (4L/R) accordingly. Select a comfortable height for exercise, and make sure both Handle bars are at a same level.
2. Attach the plastic caps (71).



## Install the Saddle and Saddle post

1. Place the Saddle (65) over the Saddle post (68). Secure in place with the Flat washers (66) and Nylon nuts (67).
2. Slide the Decorative Sleeve (69) onto the Saddle post, then insert the Saddle post (68) into the Main section (1); adjust to a proper position, secure in place with the Tri-knob at the preferred height level (70).

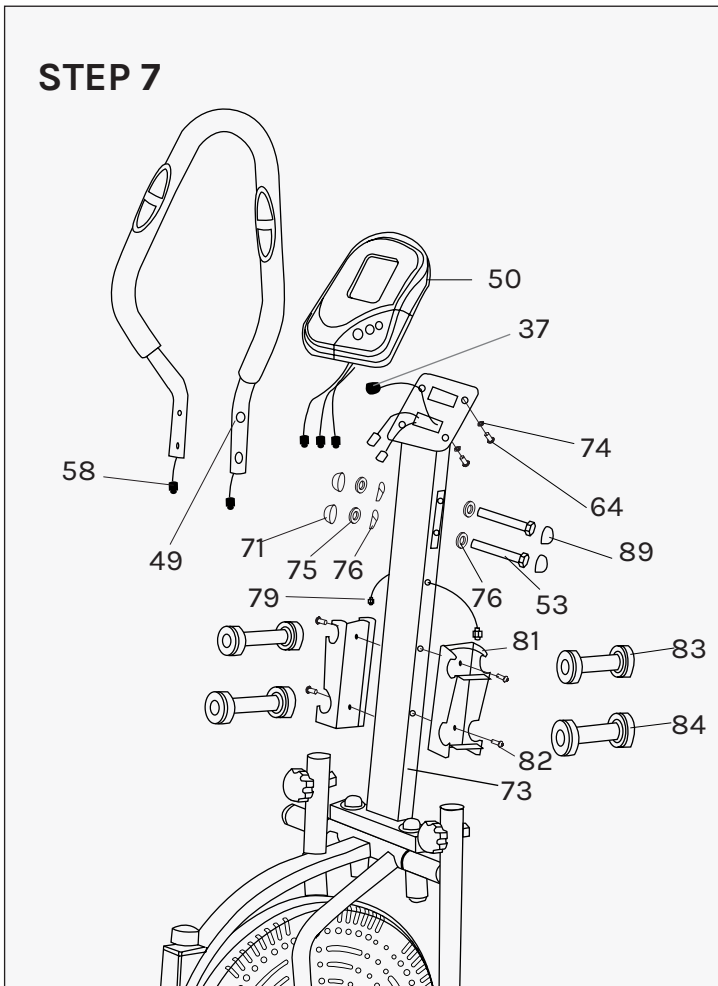


## STEP 6

### Install the Computer post

1. Insert the Connecting tubes (28) to the Main section (1). Secure in place with Knobs (17).
2. Attach the Computer post (73) onto the Connecting tubes (28). Secure with Flat washers (41) and Hex bolts (43). Cover the Bolts with Caps (71).
3. Connect the sensor wire (26) and extension wire (37).
4. Check and re-fasten the Knobs (17).

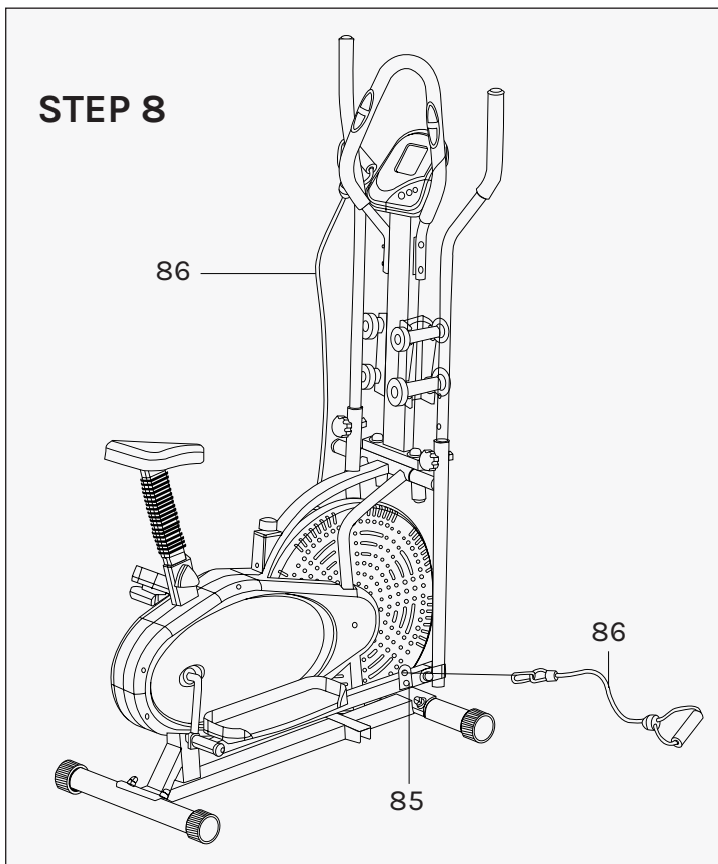
## STEP 7



## Install the Computer

1. Connect the Pulse sensor Wire (58) and Pulse extension wire (79). Secure the Handlebar (49) to the Handlebar post (73) with the Hex bolt (53), Nylon nut (75) and Arc washer (76). Cover the Cap (71&89)
2. Connect the Pulse extension wire (79) and Sensor extension wire (37) with the wires of computer (50). Attach the Computer (50) to the bracket with Cross screw (64) and flat washer (74).
2. Attach the Dumbbell bracket (81) to the Handlebar post (73) with Cross screw (82). Place on the Dumbbells (83&84).

## STEP 8



## Attach resistance bands

1. Buckle the Rope (86) to the Connection chips (85).

# VI. TENSION ADJUSTMENT

## TENSION ADJUSTMENT

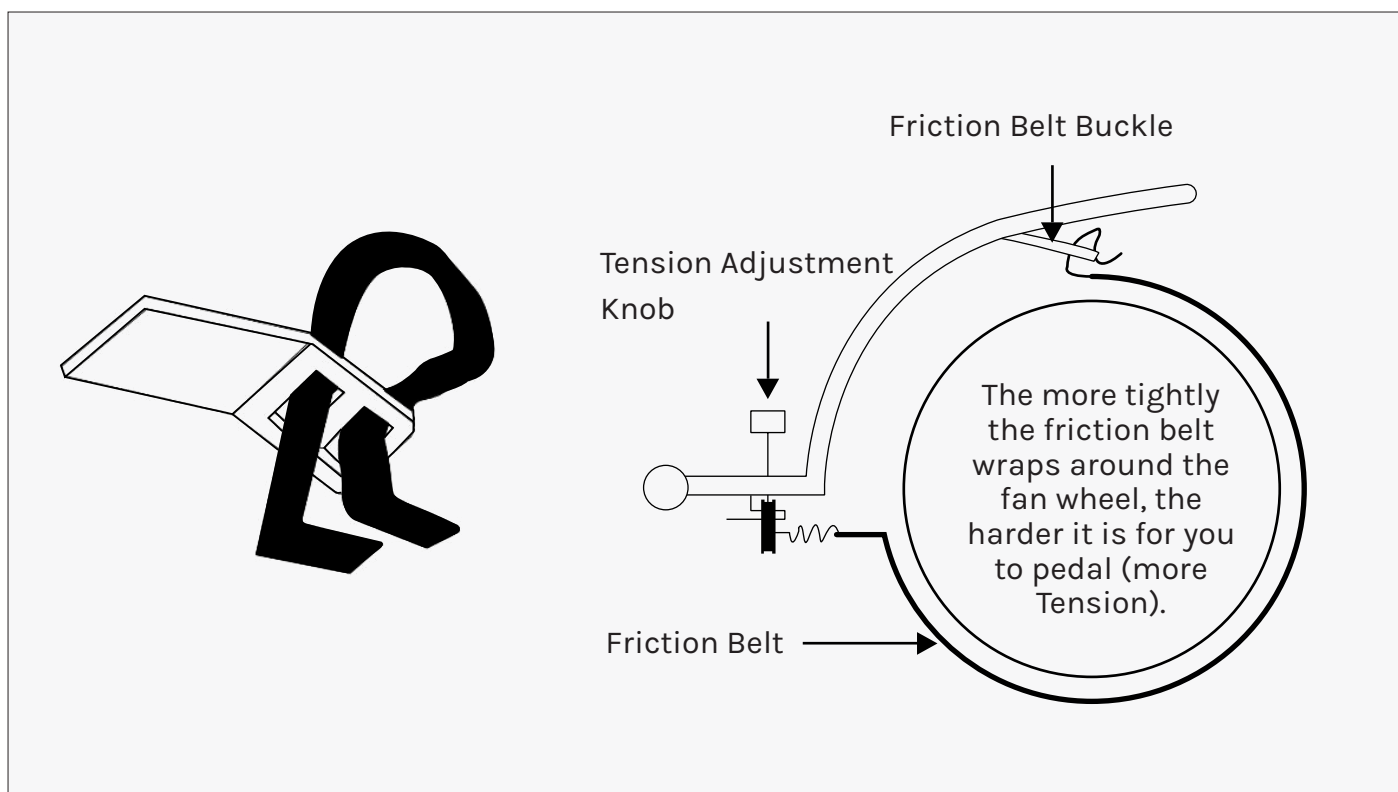
The assembly of your Elliptical Trainer is now complete. As you try your exercises for the first time, you should adjust the tension to the correct level before you begin your full workout. Turning the adjustment knob allows you to change the tension level and vary the intensity of your workout as you exercise.

To increase tension turn the tension knob to the clockwise and to decrease tension turn the tension knob counterclockwise.

## ADJUSTING THE FRICTION BELT

You can loosen or tighten the friction belt for greater tension adjustment.

Turn the tension adjustment knob all the way to the loosest setting. Then re-strap the friction belt at the buckle in the main frame which is just beneath the flat beam at the top centre. The more length you allow for the friction belt to wrap around the fan wheel, the less friction it will cause. Re-adjust the tension knob after you finished re-strapping.



# VII. DISPLAY MANUAL

## FUNCTION BUTTONS

MODE	This key lets you to select and lock on to a desired function. Holding down the mode button will reset all functions to 0.
SET	Sets data for "TIME", "DISTANCE", and "CALORIES" when not in scan mode.
RESET	Push down to reset time, distance and calories values to 0. Hold the reset button down for an extended period of time to reset all values excluding ODO (odometer) to 0.

## FUNCTIONS AND OPERATIONS

SCAN	Press the "MODE" button until "SCAN" appears. The monitor will rotate through all of the following functions: time, speed, distance, calorie, ODO, and pulse. Each function will be displayed for 4 seconds.
TIME	Counts total time from start to end of workout. a) <b>TIME COUNT DOWN:</b> Press the "MODE" button until "TIME" appears. Press the "SET" button to set your desired exercise time. When the "SET" value reaches is zero, the computer alarm will sound for 5 seconds.
SPEED	Displays current speed
DISTANCE	Counts total distance from start to end of workout a) <b>DISTANCE COUNT DOWN:</b> Press the "MODE" button until "DIST" appears. Press the "SET" button to set your desired exercise distance. When the "SET" value reaches is zero, the computer alarm will sound for 5 seconds.
CALORIES	Counts total calories from start to end of workout. a) <b>CALORIE COUNT DOWN:</b> Press the "MODE" button until "CAL" appears. Press the "SET" button to set exercise calories. When the "SET" value reaches is zero, the computer alarm will sound for 5 seconds.
ODOMETER	The total distance which this function is refers to from battery capacity period runs.
PULSE	Press the "MODE" button until "PULSE" appears. Before measuring your pulse rate, place your palms of your hands on both the contact pads and the monitor will show your current heart rate in beats per minute (BPM) on the LCD after 6 to 7 seconds. Heart rate data is an estimate only and should not be used for medical purposes.
AUTO STANDBY	The computer will enter standby mode if no signal is received for 8 minutes. The computer will turn on if movement is detected from the flywheel.

## SPECIFICATIONS

FUNCTION	Auto Scan	Every 4 seconds
	Running Time	00:00-99:59
	Current speed	0.0~999.9 KM
	Trip Distance	0.0~999.9 KM
	Total distance(ODO)	0.0~999.9 KM
	Calories	0.0~999.9 Kcal
	Pulse Rate	40~240BPM
Battery type		2 pcs of size - AA or UM - 3
Operating temperature		0°C~+40°C
Storage temperature		-10°C~+60°C



# VIII. WARRANTY

## AUSTRALIAN CONSUMER LAW

Many of our products come with a guarantee or warranty from the manufacturer. In addition, they come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage.

You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. Full details of your consumer rights may be found at [www.consumerlaw.gov.au](http://www.consumerlaw.gov.au).

Please visit our website to view our full warranty terms and conditions:  
<http://www.lifespanfitness.com.au/warranty-repairs>

## WARRANTY AND SUPPORT

Any claim against this warranty must be made through your original place of purchase. Proof of purchase is required before a warranty claim may be processed.

If you have purchased this product from the Official Lifespan Fitness website, please visit <https://lifespanfitness.com.au/warranty-form>

For support outside of warranty, if you wish to purchase replacement parts or request a repair or service, please visit <https://lifespanfitness.com.au/warranty-form> and fill in our Repair/Service Request Form or Parts Purchase Form.

Scan this QR code with your device to go to [lifespanfitness.com.au/warranty-form](https://lifespanfitness.com.au/warranty-form)



# IX. HAND PULSE TECHNOLOGY

This product comes equipped with hand pulse sensors which are used to pick up tiny EKG/ECG signals that run through the body when your heart beats. These electrical EKG/ECG signals are very small and must be amplified 1000 times to make the signal viable for the computer to display your pulse.

To ensure proper operation:

- The user must maintain good, consistent contact on all four sensors.
- The users skin cannot be too dry or too wet.

Other factors that could affect the reading:

- Change of grip on the sensors (during slow pace walking and up to running).
- Tightening of hand muscles will produce small electrical signal.
- Static electricity charges from the air or from walking on the treadmill.

EKG/ECG Sensors may filter through actual EKG/ECG signals and "Noise" factors that may affect the reading. This will cause the pulse reading to be delayed and will take longer to update the display as the heart rate changes. Too much noise will create an incorrect reading. Medical conditions or having no electrical signal in the hands are other factors that may also affect pulse readings.

These are limitations of hand pulse technology and even the most expensive systems (which can cost upwards of \$3,000) used in hospitals have the same problems. The difference is that a patient in a hospital is not running on a treadmill. Hand pulse technologies work well on stationary exercise machines like bikes and even elliptical cross trainers but are not perfect on a treadmill. We offer treadmills with a wireless heart rate receiver which may be the more accurate option.

To test if your hand pulse sensors are working up to specification, hold them while standing on the sidestep rails, not walking, and see if the reading is more in line with what you would expect. This will eliminate the movement and static electricity factors. If your hands are dry, then wet them slightly (saliva works as a great conductor if this doesn't bother you).





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