



X-22 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:

This manual should not be used to guide your purchasing decision. Your product, and the contents inside its carton, may vary from what is listed in this manual. This manual may also be subject to updates or changes. Updated manuals are available through our website at www.lifespanfitness.com.au



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I. IMPORTANT SAFETY INSTRUCTIONS

 **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.

Please keep this manual with you at all times.

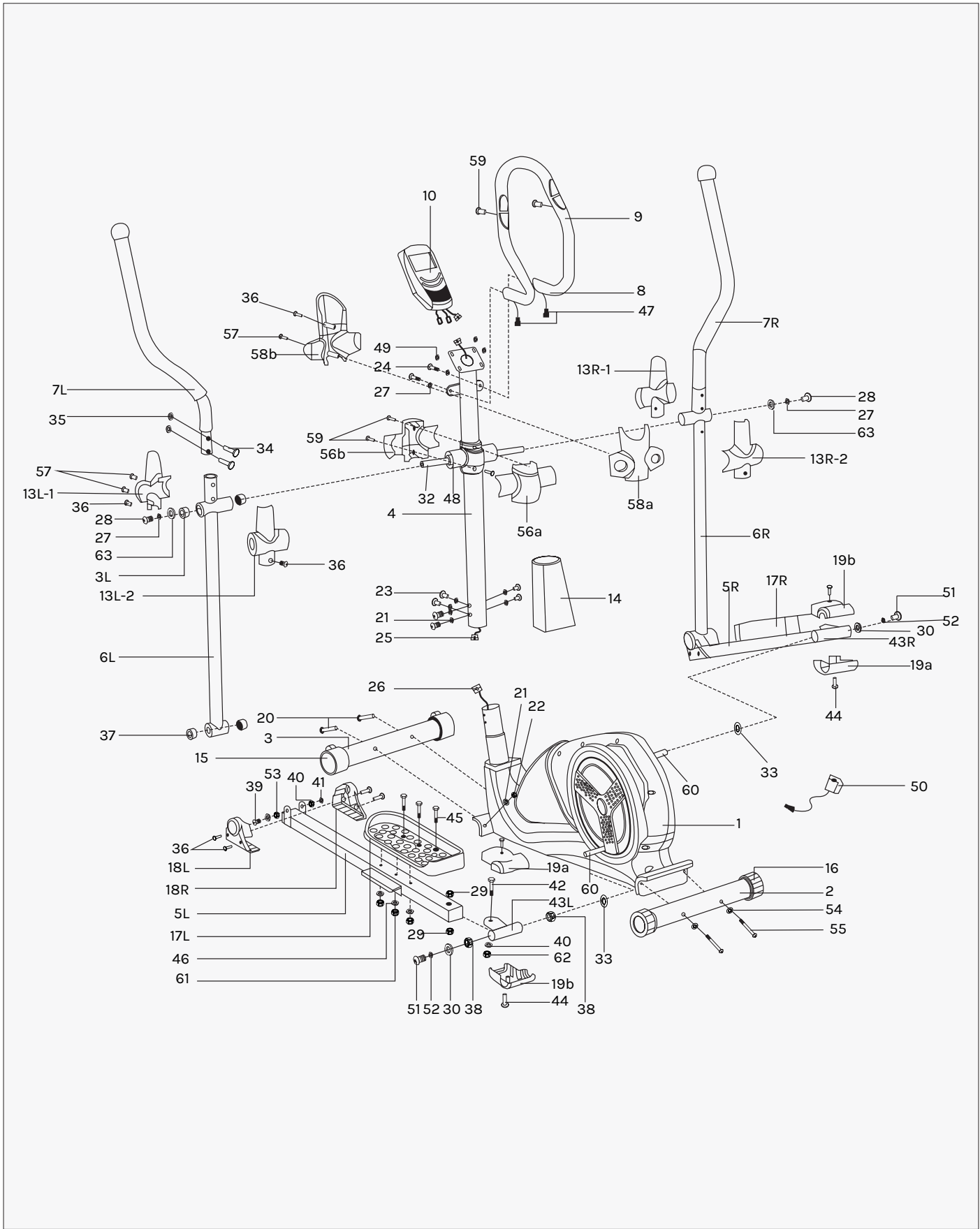
- It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. **PLEASE NOTE:** It is your responsibility to ensure that all users of the equipment are informed of all warnings 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.**

III. EXPLODED DIAGRAM

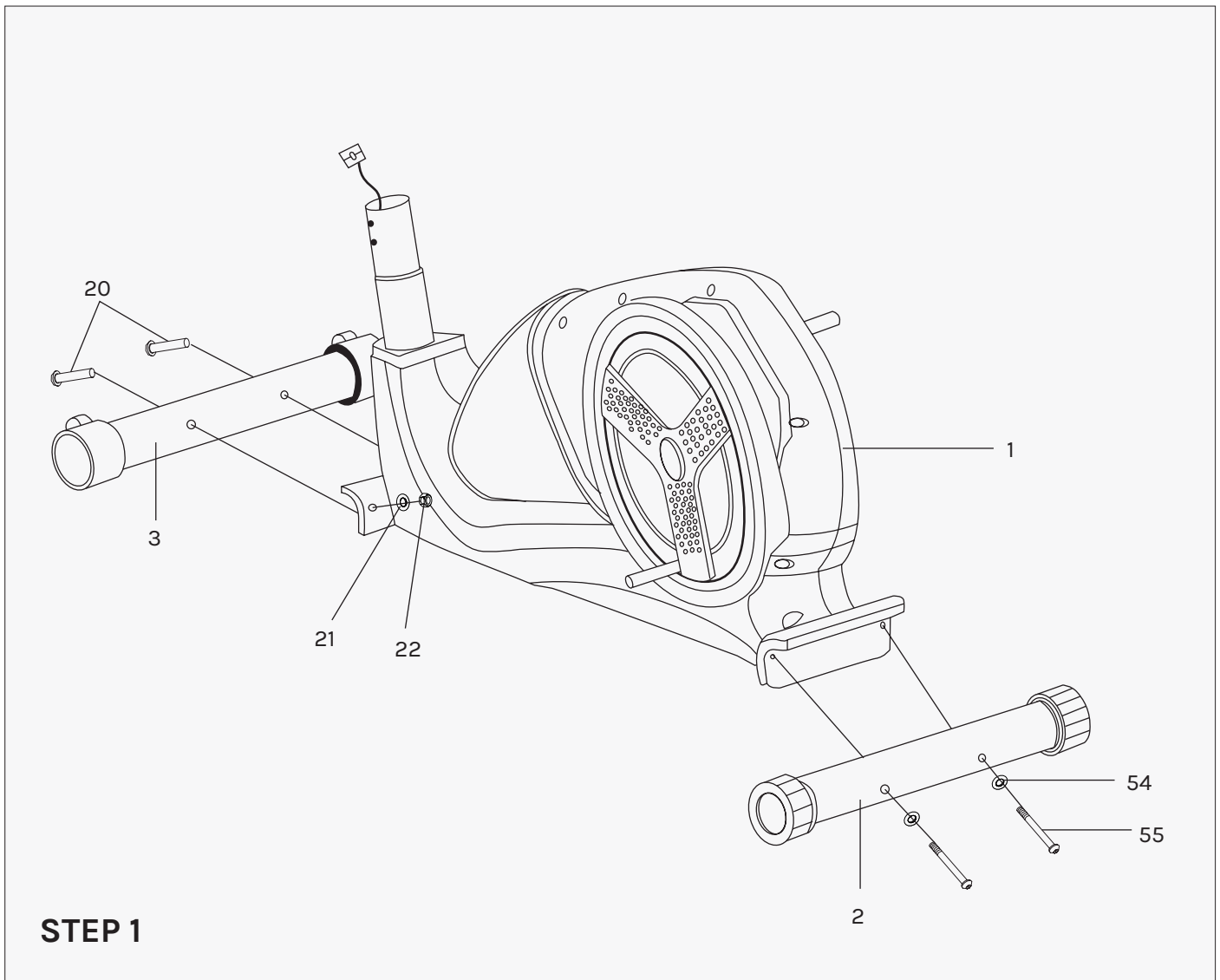


IV. PARTS LIST

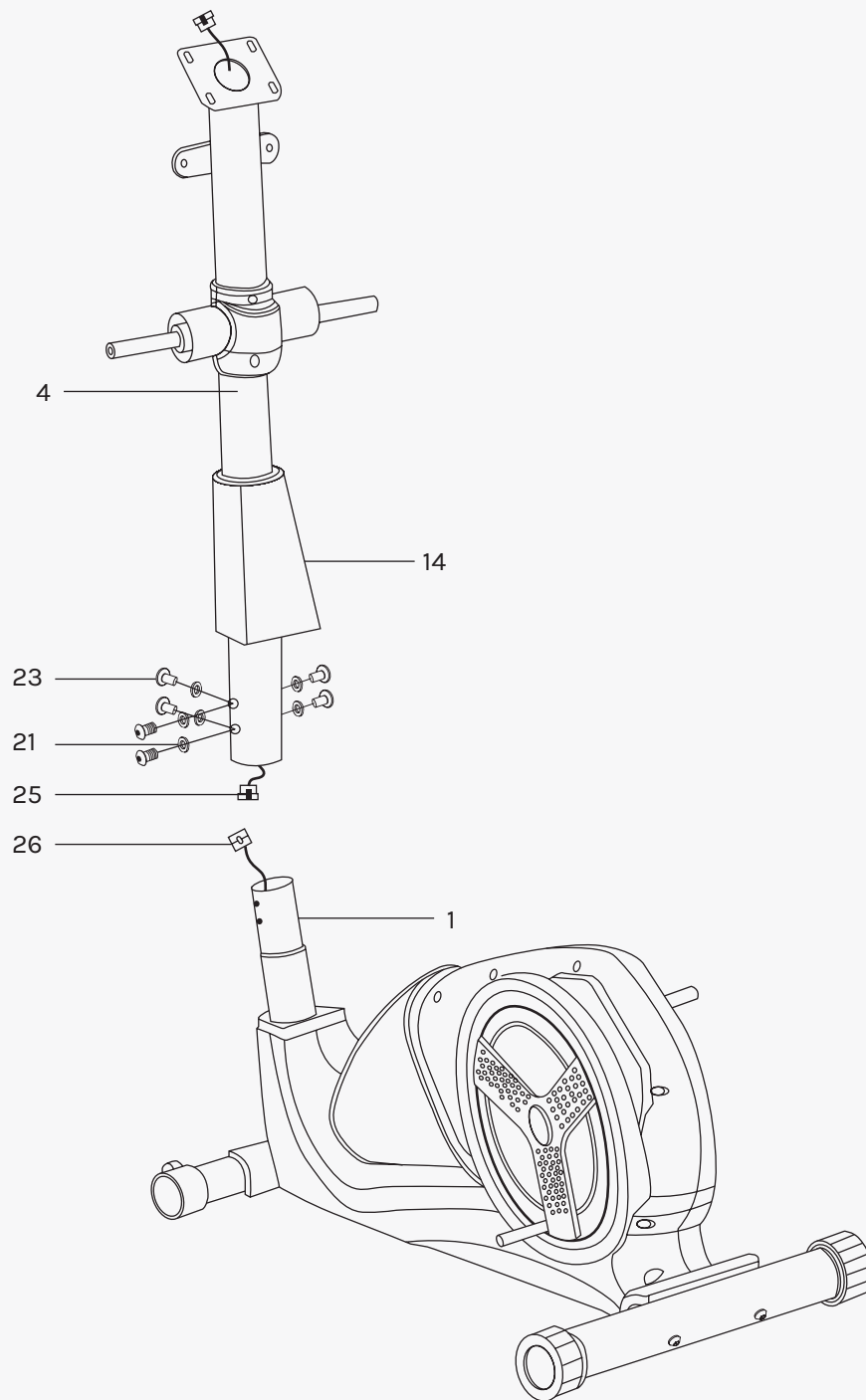
! Some items on this list may come pre-installed on your equipment. If you feel like you're missing anything, please double check your equipment.

NO.	Name	Qty	NO.	Name	Qty
1	Main Frame	1	33	Waveform washer $\phi 17 \times \phi 23 \times 0.3$	2
2	Rear stabilizer	1	34	Carriage bolt M8X40	4
3	Front stabilizer	1	35	Nylon nut M8	4
4	Handlebar post	1	36	Cross screw ST4.2X18	13
5L/R	Pedal support (L/R)	1pr	37	Axle bushing $\phi 12 \times \phi 32 \times 15$	4
6L/R	Swing bar(L/R)	1pr	38	Plastic bushing $\phi 24 \times 16 \times \phi 16.1$	4
7L/R	Handlebar (L/R)	1pr	39	Hex bolt M10X80	2
8	Armrest	1	40	Flat washer D10X $\phi 20 \times 2$	4
9	Foam grip	1	41	Nylon nut M10	2
10	Computer	1	42	Hex bolt M10X55	2
11	Round end cap	2	43L/R	Connecting joint (L/R)	1pr
12	Handlebar foam grip	2	44	Cross screw M5X10	4
13L/R	Swing bar cover (L/R)	2pr	45	Hex bolt M8X45	6
14	Front shield	1	46	Flat washer d8	6
15	Front end cap	2	47	Handlebar pulse wire	2
16	Rear end cap	1	48	Bushing	2
17L/R	Pedal (L/R)	1pr	49	Cross screw	4
18L/R	Connecting cover (L/R)4	2pr	50	Adaptor	1
19a/b	Connecting joint cover (a/b)	2pr	51	Bolt M10X20	2
20	Carriage bolt M8X73	2	52	Spring washer d10	2
21	Arc washer d8X $\phi 19 \times 1.5 \times R30$	6	53	Flat washer d12x $\phi 24 \times 1.5$	2
22	Acorn nut M8	2	54	Arc washer d8x2 $\phi 25 \times R39$	2
23	Allen bolt M8X16	4	55	Allen bolt M8x90	2
24	Hex bolt M8X30	2	56a/b	Handlebar post shield	1pr
25	Extension wire	1	57	Cross tapping screw ST3.5X13	5
26	Sensor wire	1	58a/b	Handlebar shield	1pr
27	Spring washer d8	4	59	Cross tapping screw ST4.2x18	4
28	Hex bolt M8X15	5	60	Crank	2
29	Alloy bushing $\phi 14 \times 12.5 \times \phi 10.1$	4	61	Nylon nut M8	6
30	D-shape washer $\phi 28 \times \phi 16.2 \times 14 \times B5$	2	62	Nylon nut M10	2
31	Axle bushing	4	63	Flat washer $\phi 8.2 \times \phi 32 \times 2$	2
32	Long axle	1			

V. ASSEMBLY INSTRUCTIONS



1. Attach the Front stabilizer (3) to the main frame (1) with carriage bolt (20), arc washer (21) and acorn nut (22).
2. Attach the Rear stabilizer (2) to the main frame (1) with Allen bolt (55) and arc washer (54).

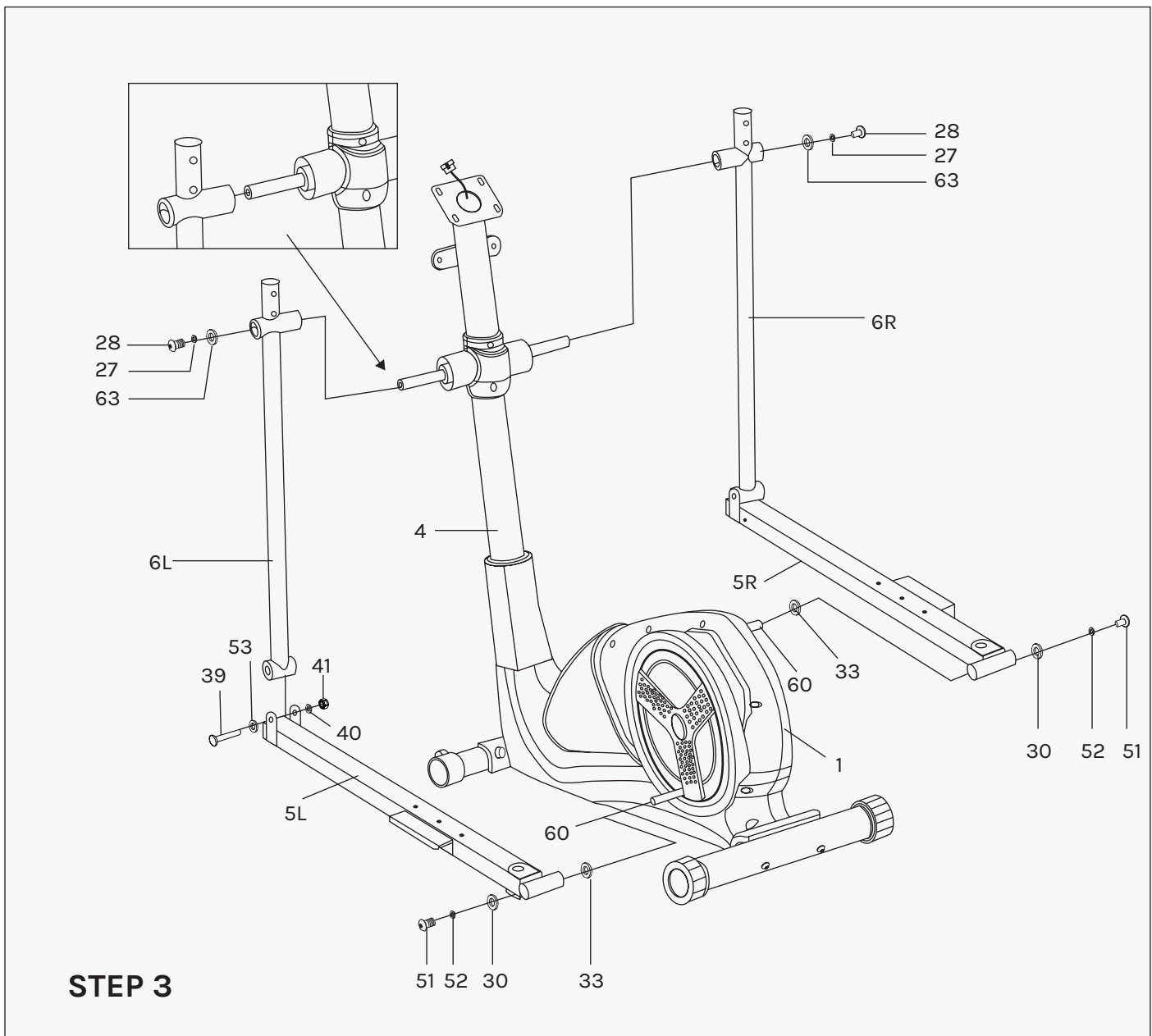


STEP 2

1. Insert the front shield (14) into the handlebar post (4).
2. Connect the sensor wire (26) well with extension wire (25).
3. Fix the handlebar post (4) to the main frame (1) with Allen bolt (23) and arc washer (21).

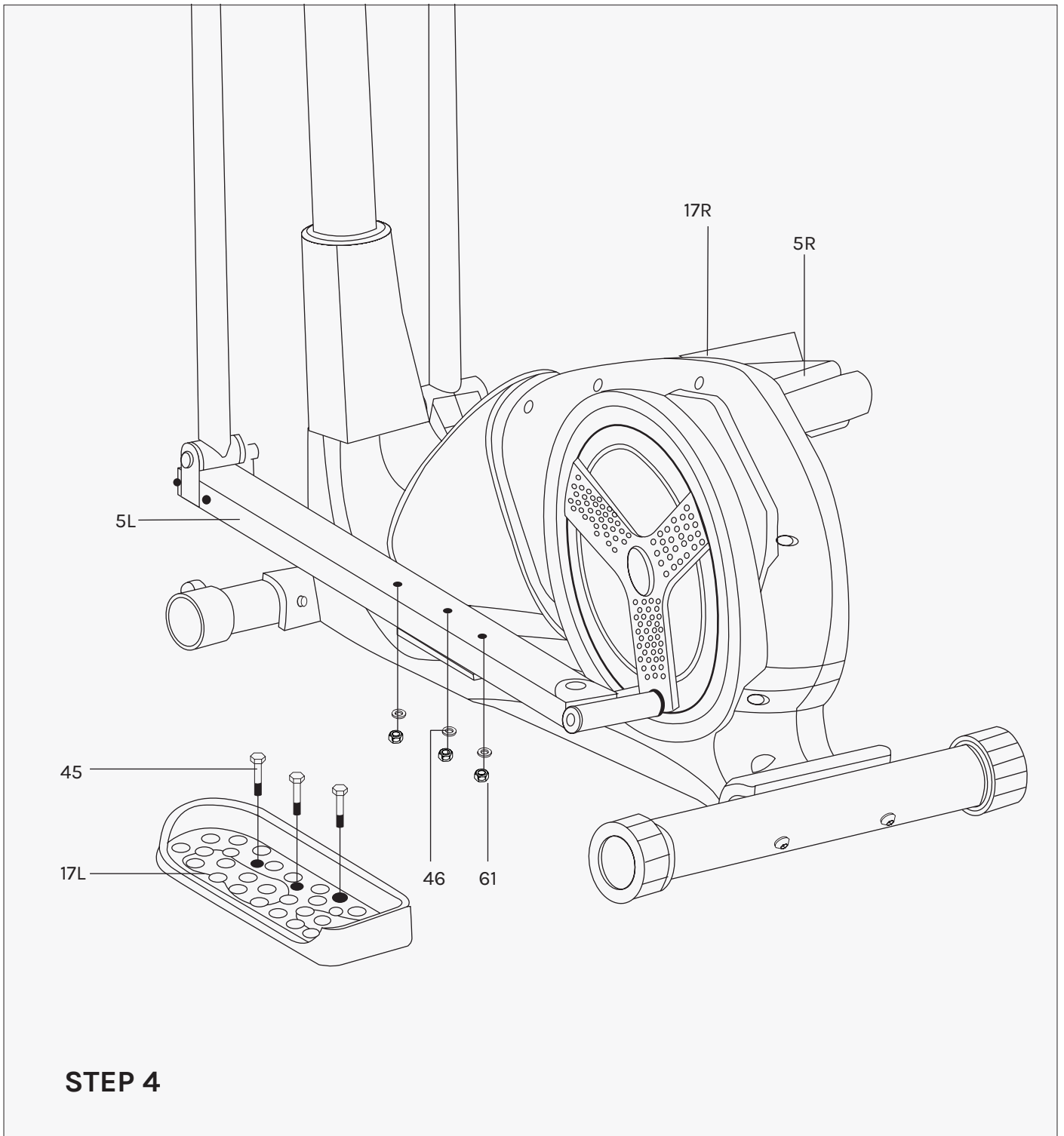


NOTE! Please exercise caution not to crush the main cable during assembly.



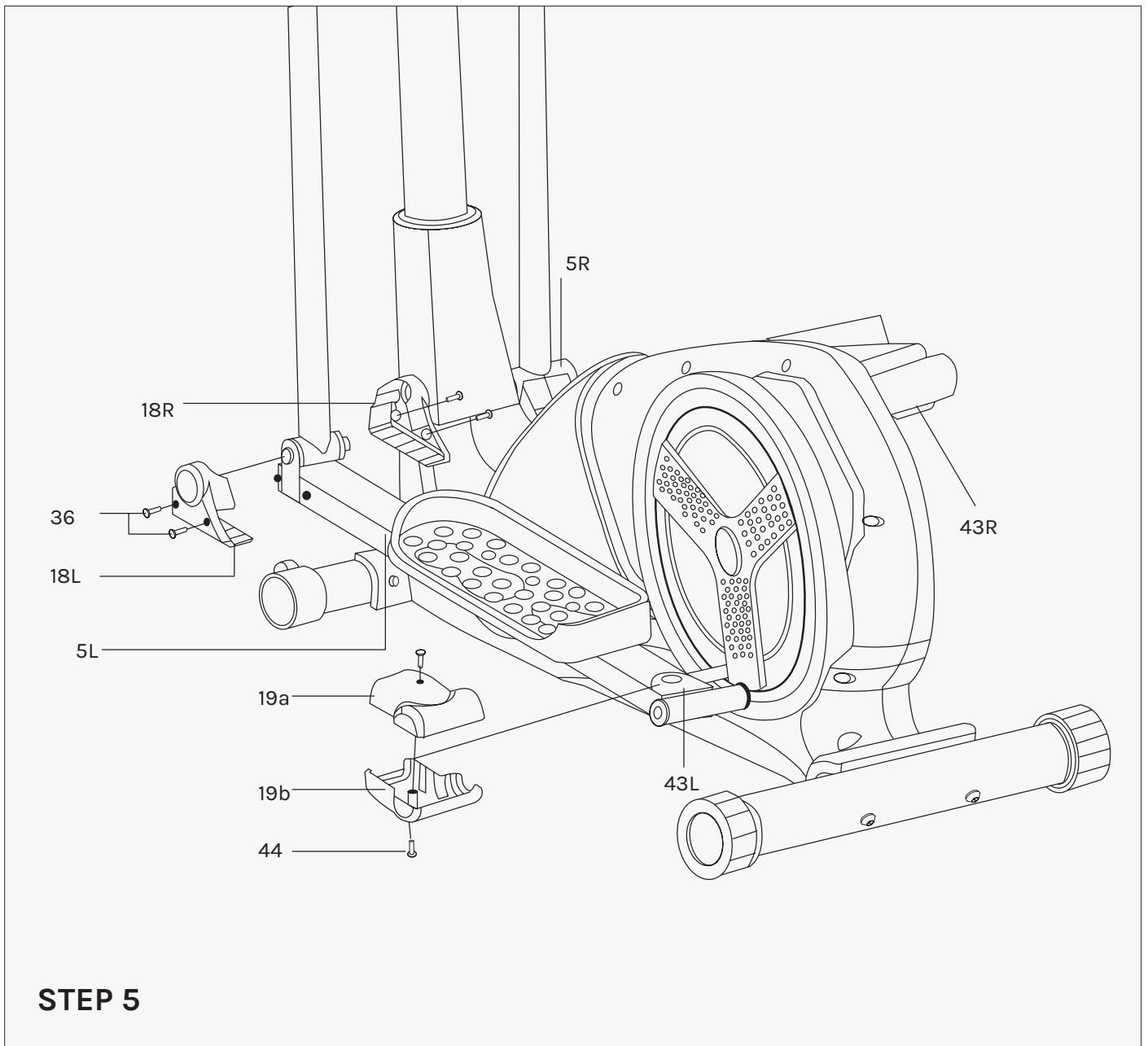
STEP 3

1. Connect the Swing tube (6L/R) and Pedal support (5L/R) with Bolt (39), Flat washer (53), Flat washer (40) and Nylon nut (41). Do not tighten the bolt yet.
2. Attach the left and right Swing tube (6L/R) to the shaft on Handlebar post (4) with Bolt (28), Spring washer (27) and Flat washer (63). Do not tighten the bolt yet and ensure the Swing tube (6L/R) is facing the correct direction according to the diagram.
3. Attach the Left Pedal support (5L) to the Crank (60) with Bolt (51), Spring washer (52), D-shape washer (30) and Wave washer (33). Do not tighten the bolt yet. The same way fix the Right Pedal support (5R) to the Crank (60).
4. Finally, tighten all bolts - Bolt (28), Bolt (51), Bolt (39) and Nylon nut (41).

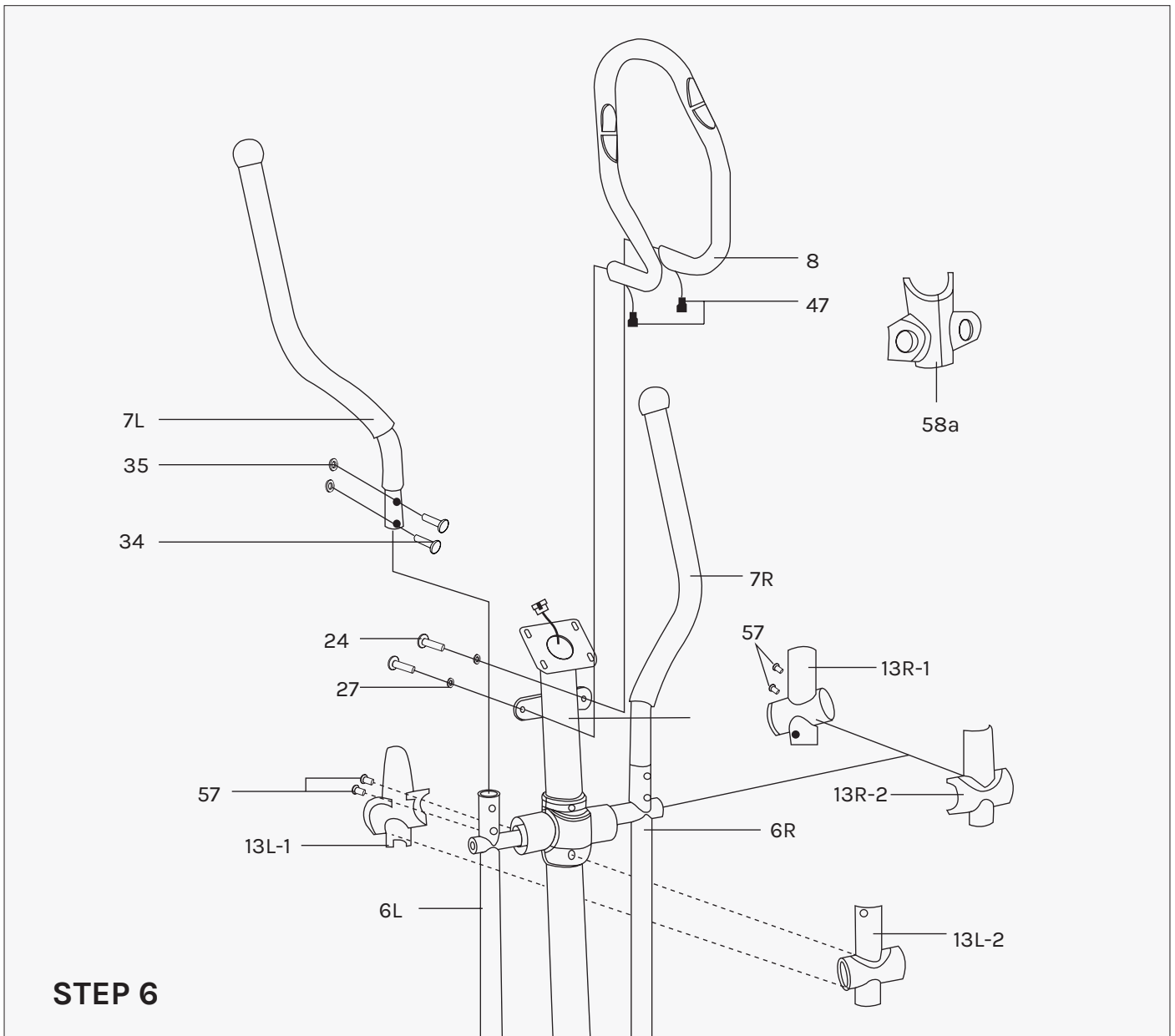


STEP 4

1. Attach the pedals (17L/R) to the pedal supports (5L/R) with hex bolts (45), flat washer (46) and nylon nuts (61).

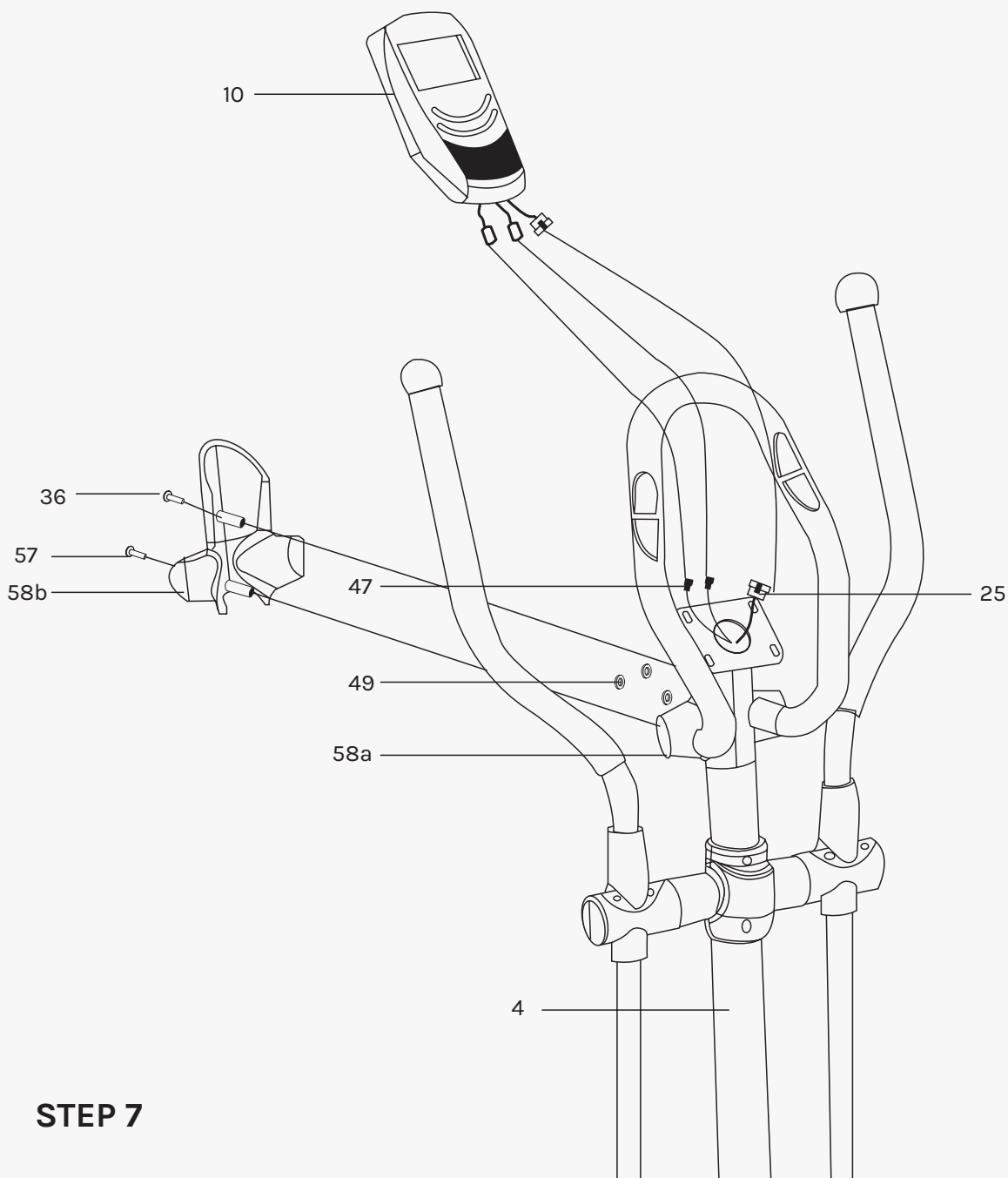


1. Attach the connecting cover (18L/R) onto the pedal support (5L/R) with cross screw (36) as shown.
2. Attach the connecting joint cover (19a/b) on the connecting joint (43L/R) with cross screw (44) as shown.



STEP 6

1. Attach the handlebar (7L/R) on to the swing bar (6L/R) with the carriage bolt (34) and nylon nut (35).
2. Attach the swing bar cover (13L/R-1)(13L/R-2) to the connecting joint between the handlebar (7L/R) and swing bar (6L/R) using cross tapping screw (57) as shown.
3. Place the Handlebar shield (58a) onto the armrest (8).
4. Attach the armrest (8) to the handlebar post (4) with hex bolt (24), spring washer (27).
5. Now insert the handlebar pulse wire (47) through the handlebar post (4) and then out of the hole of the computer bracket.



STEP 7

1. Connect the handlebar pulse wire (47) to the extension wire (25) with the wires coming from the computer (10), and then attach the computer (10) onto the computer bracket of the handlebar post (4) with cross screw (49).
2. Attach the Handlebar post shield (58b) to the Handlebar post shield (58a) with cross screw (36) and cross tapping screw (57) as shown.



PLEASE NOTE THAT THE POWER ADAPTOR CONNECTS TO THE LOWER REAR SECTION OF THE MACHINE.

VI. DISPLAY MANUAL

INPUT POWER

Plug in the adaptor to the equipment then the computer will produce a beep sound and turn on the computer at the Manual mode.

PROGRAM SELECT AND SETTING VALUE

1. Use the UP or DOWN keys to select program mode and then press ENTER to confirm your exercise mode.
2. At the Manual mode, the computer will use the UP or DOWN keys to set up your exercise TIME, DISTANCE, CALORIES, PULSE.
3. Press the START/STOP key to start exercise.
4. When you reach the target, the computer will produce beep sounds and then stop.
5. If you set up more than one target and you would like to reach next target, press START/STOP key to keep on exercise.

WAKE-UP FUNCTION

The monitor will entry SLEEP mode (LCD off) when there is no signal input and no key be pressed after 4 minutes. Press the screen to start the monitor.

FUNCTIONS AND FEATURES:

1. **TIME:** Shows your elapsed workout time in minutes and seconds. Your computer will automatically count up from 0:00 to 99:59 in one second intervals. You can also program your computer to count down from a set value by using the UP and DOWN keys. If you continue exercising once the time has reached 0:00, the computer will begin beeping, and reset itself to the original time set, letting you know your workout is done.
2. **DISTANCE:** Displays the accumulative distance traveled during each workout up to a maximum of 999.0KM/MILE.
3. **RPM:** Your pedal cadence.
4. **WATT:** The amount of mechanical power the computer is receiving from your exercise.
5. **SPEED:** Displays your workout speed value in KM/MILE per hour.
6. **CALORIES:** Your computer will estimate the cumulative calories burned at any given time during your workout.

7. PULSE: Your computer displays your pulse rate in beats per minute during your workout.

8. AGE: Your computer is age-programmable from 10 to 99 years. If you do not set an age, this function will always default to age 35.

9. TARGET HEART RATE (TARGET PULSE): The heart rate you should maintain is called your Target Heart Rate in beats per minute.

10. PULSE RECOVERY: During the START stage, leave the hands holding on grips or leave the chest transmitter attached and then press "PULSE RECOVERY" key, time starts counting from 00:60 - 00:59 - - to 00:00. As soon as 00:00 is reached, the computer will show your heart rate recovery status with the grade F1.0 to F6.0.

1.0	means OUTSTANDING
$1.0 < F < 2.0$	means EXCELLENT
$2.0 \leq F \leq 2.9$	means GOOD
$3.0 \leq F \leq 3.9$	means FAIR
$4.0 \leq F \leq 5.9$	means BELOW AVERAGE
6.0	means POOR



NOTE! If no pulse signal input then the computer will show "P" on the PULSE window. If the computer shows "ERR" on the message window, please re-press the PULSE RECOVERY key and please make sure your hands are keeping well on the grips or the chest transmitter is attached well.

11. TEMPERATURE: Display the current temperature.

KEY FUNCTION

There are 6 button keys and the function description as follows:

1. START/STOP key: Display the current temperature.

- 1.1 Allows you to start the computer without selecting a program. Manual workout only. Time automatically begins to count up from zero.
- 1.2 During the exercise mode, press the key to STOP exercise.
- 1.3 During the stop mode, press the key to START exercise.

2. UP key

- 2.1 Press the key to increase the resistance during exercise mode.
- 2.2 During the setting mode, press the key to increase the value of Time, Distance, Calories, Age and select Gender and Program.

3. DOWN key

- 3.1 Press the key to decrease the resistance during exercise mode.
- 3.2 During the setting mode, press the key to decrease the value of Time, Distance, Calories, Age and select Gender and Program.

4. ENTER key

- 3.1 During the setting mode, press the key to accept the current data entry.
- 3.2 At the stop mode, by holding this key for over two seconds the user can reset all values to zero or default value.
- 3.3 During setting the Clock, press this key can accept the setting hour and setting minute.

5. BODY FAT key

- 5.1 Press the key to input your HEIGHT, WEKGHT, GENDER and AGE then to measure your body fat ratio.

6. PULSE RECOVERY key

- 6.1 Press the key to activate heart rate recovery function.

PROGRAM INTRODUCTION & OPERATION

MANUAL PROGRAM: MANUAL

P1 is a manual program. User can start exercise by pressing START/STOP key. The default resistance level is 5. Users may exercise in any desirous of resistance level (Adjusting by UP/DOWN keys during the workout) with a period of time or a number of calories or a certain distance.

Operations:

1. Use UP/DOWN keys to select the MANUAL (P1) program.
2. Press the ENTER key to enter MANUAL program.
3. The TIME will flash and you can press UP or DOWN keys to set your exercise TIME. Press ENTER key to confirm your desired TIME.
4. The DISTANCE will flash and you can press UP or DOWN keys to set your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.
5. The CALORIES will flash and you can press UP or DOWN keys to set your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.
6. The PULSE will flash and then you can press UP or DOWN keys to set your exercise PULSE. Press ENTER key to confirm your desired Pulse.
7. Press the START/STOP key to begin exercise.

PRESET PROGRAM: STEPS, HILL, ROLLING, VALLEY, FAT BURN, RAMP, MOUNTAIN, INTERVALS, RANDOM, PLATEAU, FARTLEK, PRECIPICE PROGRAM

PROGRAM 2 to 13 is the preset programs. Users can exercise with different level of loading in different intervals as the profiles show. Users may exercise in any desirous of resistance level (Adjusting by UP/DOWN keys during the workout) with a period of time or a number of calories or a certain distance.

Operations:

1. Use UP/DOWN keys to select one of the above programs from P2 to P13.
2. Press the ENTER key to enter your workout program.
3. The TIME will flash and you can press UP or DOWN keys to setting your exercise TIME. Press ENTER key to confirm your desired TIME.
4. The DISTANCE will flash and you can press UP or DOWN keys to setting your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.
5. The CALORIES will flash and you can press UP or DOWN keys to setting your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.
6. The PULSE will flash and then you can press UP or DOWN keys to set your exercise PULSE. Press ENTER key to confirm your desired Pulse.
7. Press the START/STOP key to begin exercise.

USER SETTING PROGRAM: USER 1, USER 2, USER 3, USER 4

PROGRAM 14 to 17 is the user setting program. Users are free to create the values in the order of TIME, DISTANCE, CALORIES and the resistance level in 10 columns. The values and profiles will be stored in the memory after setup. Users may also change the ongoing loading in each column by UP/DOWN keys, and they will not change the resistance level stored in the memory.

Operations:

1. Use UP/DOWN keys to select the USER program from P14 to P17.
2. Press the ENTER key to enter your workout program.
3. The column 1 will flash, and then use the UP/DOWN keys to create your personal exercise profile. Press ENTER to confirm your first column of exercise profile. The default level is load 1.
4. The column 2 will flash, and then use the UP/DOWN keys to create your personal exercise profile. Press ENTER to confirm your second column of exercise profile.
5. Follow the above description 5 and 6 to finish your personal exercise profiles. Press ENTER to confirm your desired exercise profile.
6. The TIME will flash and you can press UP or DOWN keys to setting your exercise TIME. Press ENTER key to confirm your desired TIME.
7. The DISTANCE will flash and you can press UP or DOWN keys to setting your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.
8. The CALORIES will flash and you can press UP or DOWN keys to setting your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.
9. The PULSE will flash and then you can press UP or DOWN keys to set your exercise PULSE. Press ENTER key to confirm your desired Pulse.
10. Press the START/STOP key to begin exercise.

HEART RATE CONTROL PROGRAM: 55% H.R.C., 65% H.R.C., 75% H.R.C., 85% H.R.C., TARGET H.R.C.

Program 18 to Program 22 is the Heart Rate Control Programs and Program 22 is the Target Heart Rate Control program.

Program 18 is the 55% Max H.R.C.	Target H.R. = $(220 - \text{AGE}) \times 55\%$
Program 19 is the 65% Max H.R.C.	Target H.R. = $(220 - \text{AGE}) \times 65\%$
Program 20 is the 75% Max H.R.C.	Target H.R. = $(220 - \text{AGE}) \times 75\%$
Program 21 is the 85% Max H.R.C.	Target H.R. = $(220 - \text{AGE}) \times 85\%$
Program 22 is the Target H.R.C.	Workout by your target heart rate value.

Users can exercise according to your desired Heart Rate program by setting your AGE, TIME, DISTANCE, CALORIES or TARGET PULSE. In these programs, the computer will adjust the resistance level according to the heart rate detected. For example, the resistance level may increase every 20 seconds while the heart rate detected is lower than the TARGET H.R.C. Also the resistance level may decrease every 20 seconds while the heart rate detected is higher than the TARGET H.R.C.

Operations:

1. Use UP/DOWN keys to select one of the heart rate control program from P18 to P22.
2. Press the ENTER key to enter your workout program.
3. The AGE will flash at P18 to P21 programs and you can press UP or DOWN keys to set your AGE. The default age is 35.
4. At program 22, the TARGET PULSE will flash and you can press UP or DOWN keys to set your TARGET PULSE between 80 to 180. The default TARGET PULSE is 120.
5. The TIME will flash and you can press UP or DOWN keys to set your exercise TIME. Press ENTER key to confirm your desired TIME.
6. The DISTANCE will flash and you can press UP or DOWN keys to set your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.
7. The CALORIES will flash and you can press UP or DOWN keys to set your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.
8. Press the START/STOP key to begin exercise.

WATT CONTROL PROGRAM: WATT CONTROL

Program 23 is a Speed Independent Program. Press ENTER key to set up the values of TARGET WATT, TIME, DISTANCE and CALORIES. During the exercise mode, the level of resistance is not adjustable. For example, the level of resistance may increase while the speed is too slow. Also the level of resistance may decrease while the speed is too fast. As a result, the calculated value of WATT will close to the value of TARGET WATT setup by users.

Operations:

1. Use UP or DOWN key to select the WATT CONTROL (P23) program.
2. Press the ENTER key to enter your workout program.
3. The TIME will flash and you can press UP or DOWN key to set your exercise TIME. Press ENTER key to confirm your desired TIME.
4. The DISTANCE will flash and you can press UP or DOWN key to set your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.
5. The WATT will flash and you can press UP or DOWN key to set your target WATT value. Press ENTER key to confirm your target WATT. The default WATT value is 100.

6. The CALORIES will flash and you can press UP or DOWN key to set your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.
7. The PULSE will flash and then you can press UP or DOWN keys to set your exercise PULSE. Press ENTER key to confirm your desired Pulse.
8. Press the START/STOP key to begin exercise.

! NOTE

1. $WATT = TORQUE (KGM) * RPM * 1.03$
2. In this program, the WATT value will keep constant value. It means that if you peddle quickly, the resistance level will decrease and if you peddle slowly, the resistance level will increase. Always try to keep you in the same watt value.

BODY FAT PROGRAM: BODY FAT

Program 24 is a special program design to calculate users' body fat ratio and to offer a specific loading profile for users. There are 3 body types divided according to the FAT% calculated.

Type 1	BODY FAT% > 27
Type 2	$27 \geq \text{BODY FAT\%} \geq 20$
Type 3	BODY FAT % < 20

The computer will show the test results of FAT PERCENT, BMI and BMR.

Operations:

1. Use UP/DOWN keys to select the BODY FAT (P24) program.
2. Press the ENTER key to enter your workout program.
3. The HEIGHT will flash and you can press UP or DOWN keys to set your HEIGHT. Press ENTER key to confirm your HEIGHT. The default HEIGHT is 170cm or 5'07" (5feet 7 inches).
4. The WEIGHT will flash and you can press UP or DOWN keys to set your WEIGHT. Press ENTER key to confirm your WEIGHT. The default WEIGHT is 70kgs or 155lbs.
5. The GENDER will flash and you can press UP or DOWN keys to select your sex. Number 1 means man and number 0 means female. Press ENTER key to confirm your Gender. The default sex is 1 (MAN).
6. The AGE will flash and you can press UP or DOWN keys to set your AGE. Press ENTER key to confirm your AGE. The default AGE is 35.
7. Press the START/STOP key to begin body fat measurement. If the window show E on the window, please make sure your hands are attached well on the grips or the chest belt is touch well on your body. Then press the START/STOP key again to begin body fat measurement.

8. After finished your measurement, the computer will show the values of BMR, BMI and FAT PERCENT on the LCD display. Furthermore, the computer will show your own exercise profile for your body type.
9. Press START/STOP key to begin exercise.

Operation Guide:

1. Sleep Mode: The computer will enter the sleep mode when there is no signal input and no keys be pressed after 4 minutes. You can press any key to wake up the computer.
2. BMI (Body Mass Index): BMI is a measure of body fat based on height and weight that applies to both adult men and women.
3. BMR (Basal Metabolic Rate): Your Basal Metabolic Rate (BMR) shows the number of calories your body needs to operate. This doesn't account for any activity, it's simply the energy needed to sustain a heartbeat, breathing and normal body temperature. It measures the body at rest, not sleep, at room temperature.

ERROR MESSAGE

E1 (ERROR 1)

Normal state: During workout, when the monitor did not get the count signal from the gear motor more than 4 seconds and check under successive 3 times then the LCD will show E1.

Power on state: The gear motor will return to zero automatically, when the signal of motor cannot be detected for more than 4 seconds then the gear motor's driver will be cut off immediately and show the E1 on the LCD display. All the other digital and function mark are blank, and the output signals are cut off also.

E2 (ERROR 2)

When the monitor read the memory data, if the I.D. code is not correct or the memory IC damages then the monitor will show E2 immediately at power on.

E3 (ERROR 3)

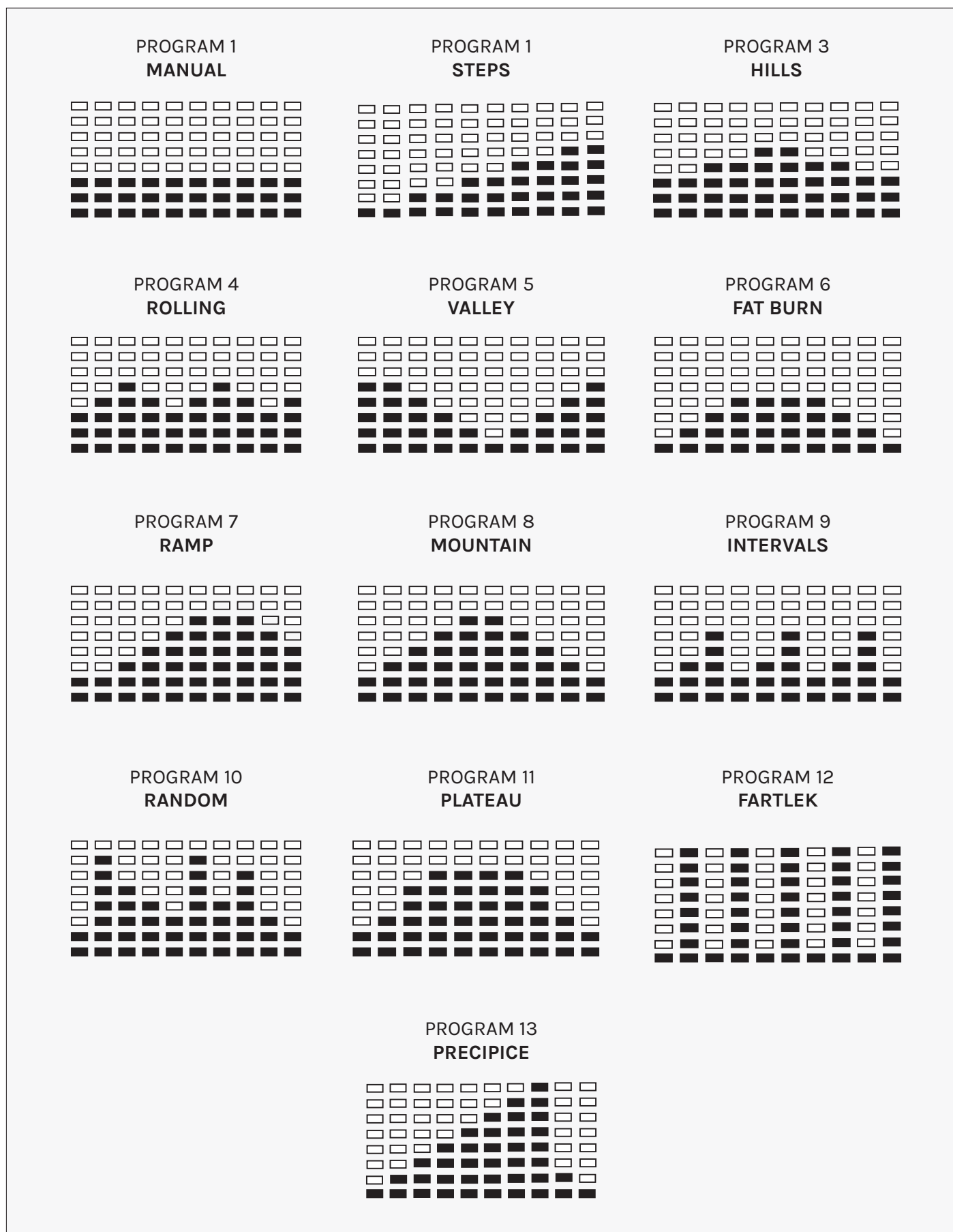
After 4 seconds by start mode, the computer detects the faulty motor did not leave the zero point then the LCD bar displays "E3".

Technical data of the current adapter

1. Available for Input: 230V/50Hz or 60Hz Output: 6~9V DC/0.5A
2. Available for Input: 110V/50Hz or 60Hz Output: 6~9V DC/0.5A

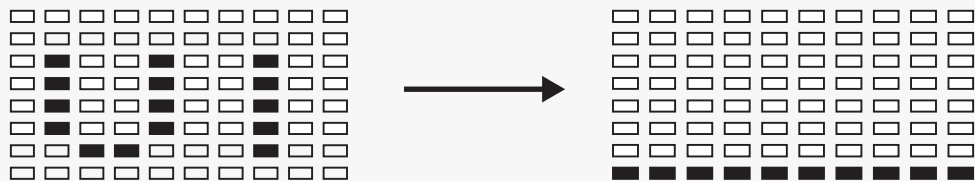
LCD WORKOUT GRAPHICS

PRESET PROGRAM PROFILES:

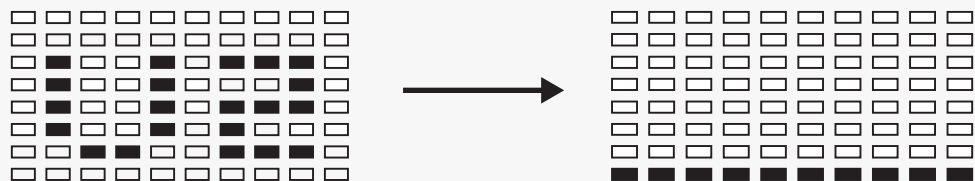


USER SETTING PROGRAM

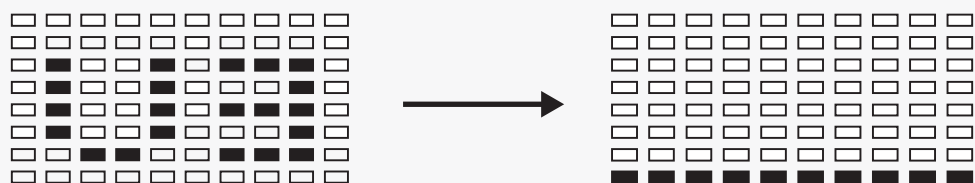
PROGRAM 14 - USER 1



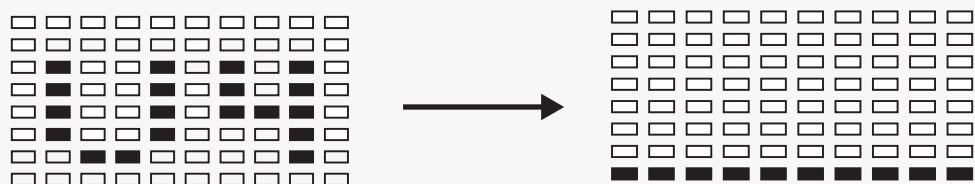
PROGRAM 15 - USER 2



PROGRAM 16 - USER 3

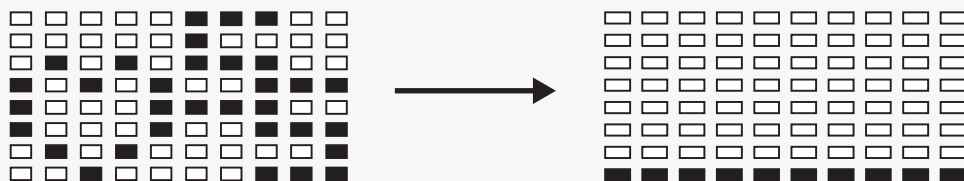


PROGRAM 17 - USER 4

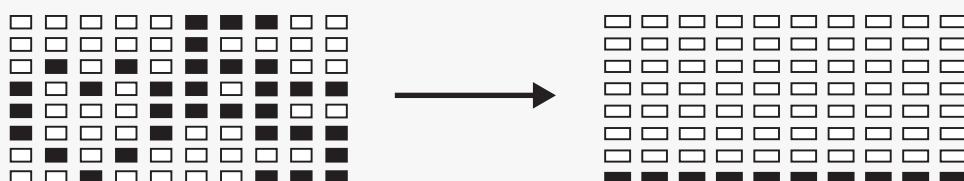


HEART RATE PROGRAM PROFILES:

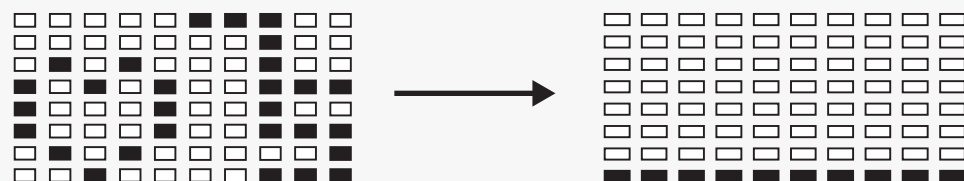
PROGRAM 18 - 55% H.R.C.



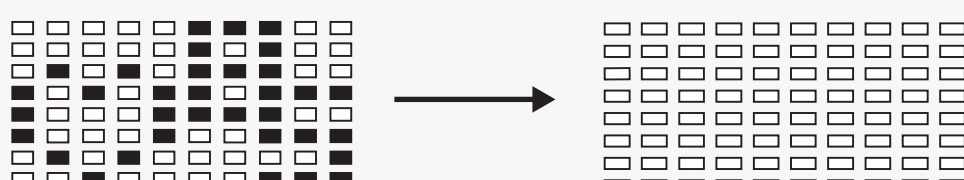
PROGRAM 19 - 65% H.R.C



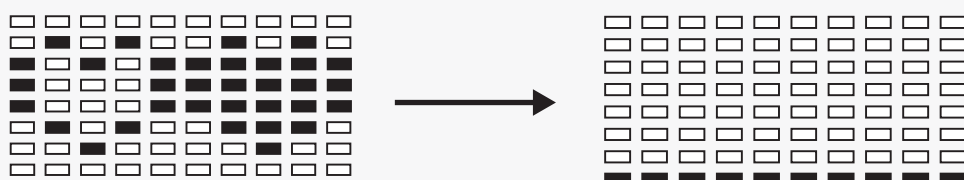
PROGRAM 20 - 75% H.R.C



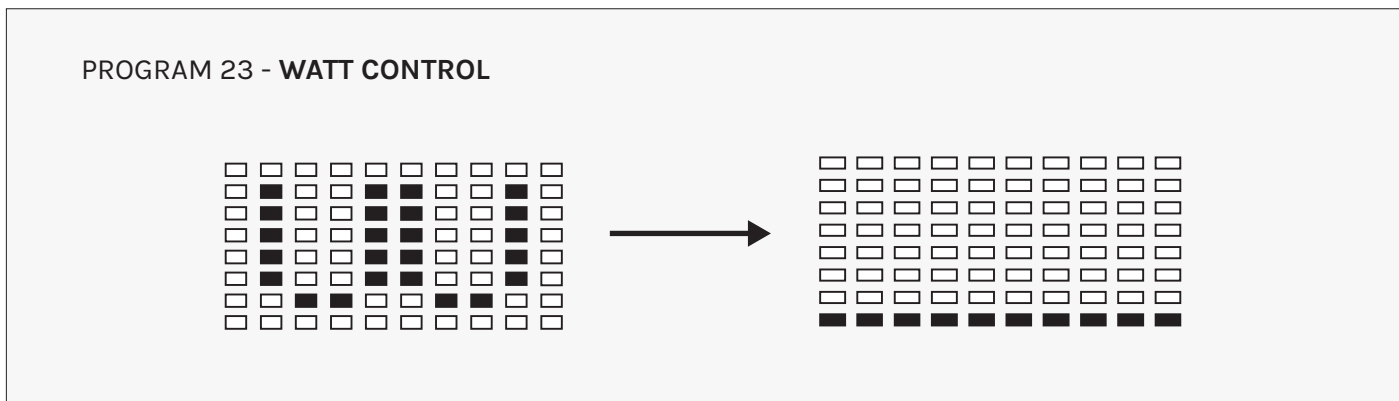
PROGRAM 21 - 85% H.R.C



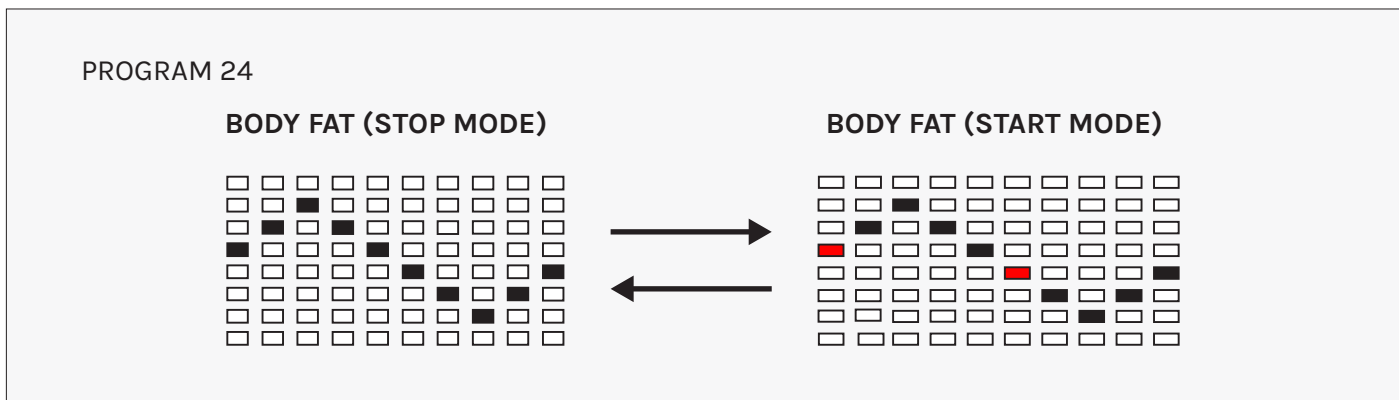
PROGRAM 22 - TARGET H.R.C



WATT CONTROL PROGRAM



BODY FAT TEST PROGRAMS



One of the Following Six Profiles Will Display Automatically after Measuring Your BODY FAT



VII. EXERCISE GUIDE

ⓘ PLEASE NOTE:

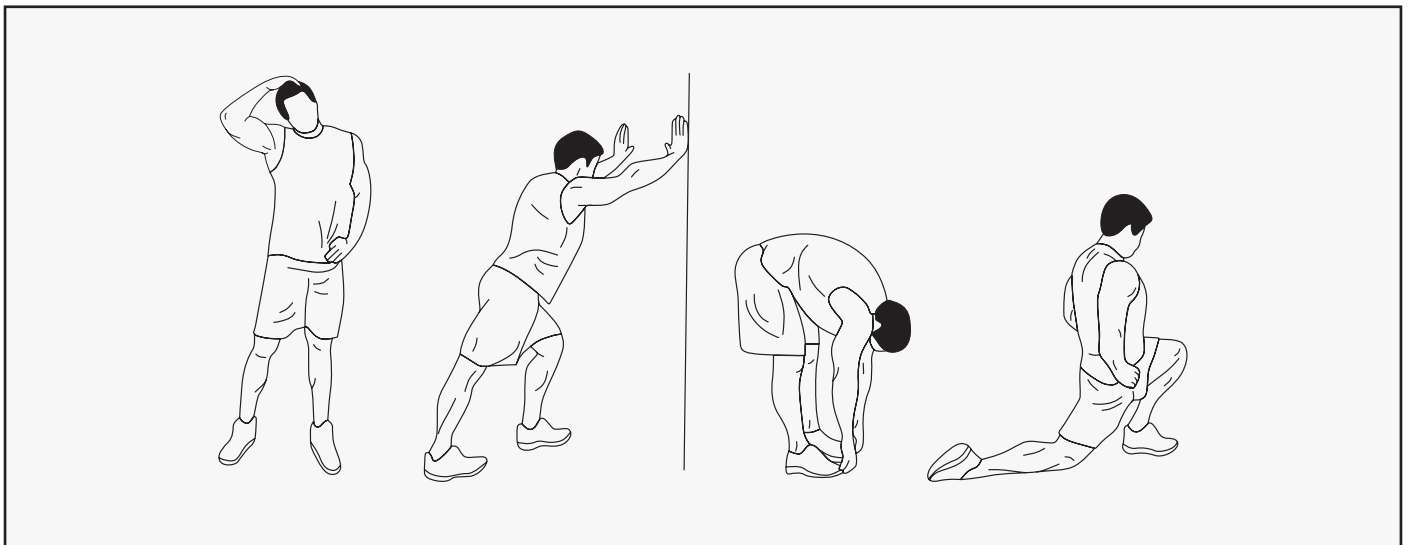
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

The pulse 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 an exercise aid in determining heart rate trends in general.

Exercising is a great way to control your weight, improve your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not have to work so hard. It will pump a lot fewer times per minute, reducing the wear and tear of your heart.

So as you can see, the fitter you are, the healthier and greater you will feel.



WARM UP

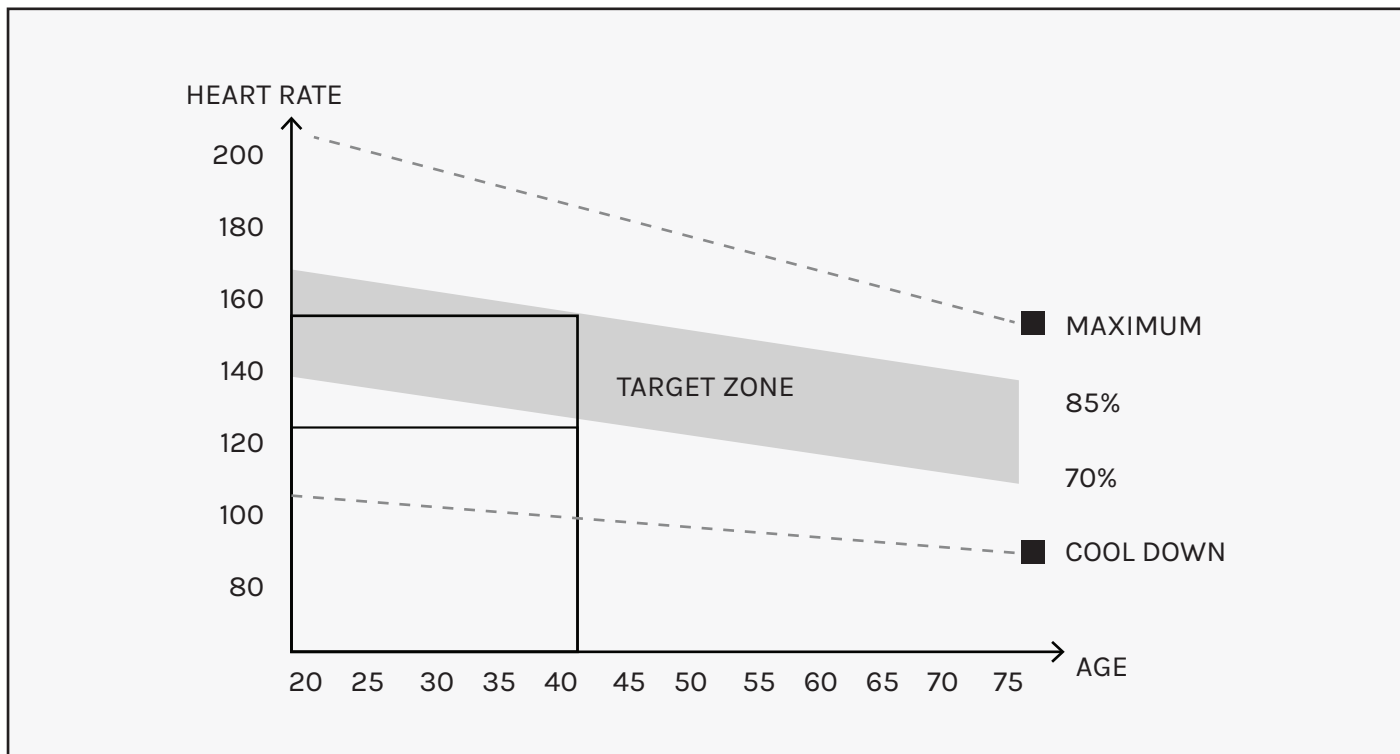
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.

COOL DOWN

Finish each workout with a light jog or walk for at least 1 minute. Then complete 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

WORKOUT GUIDELINES



! This is how your pulse should behave during general fitness exercise. Remember to warm up and cool down for a few minutes.

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.

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



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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