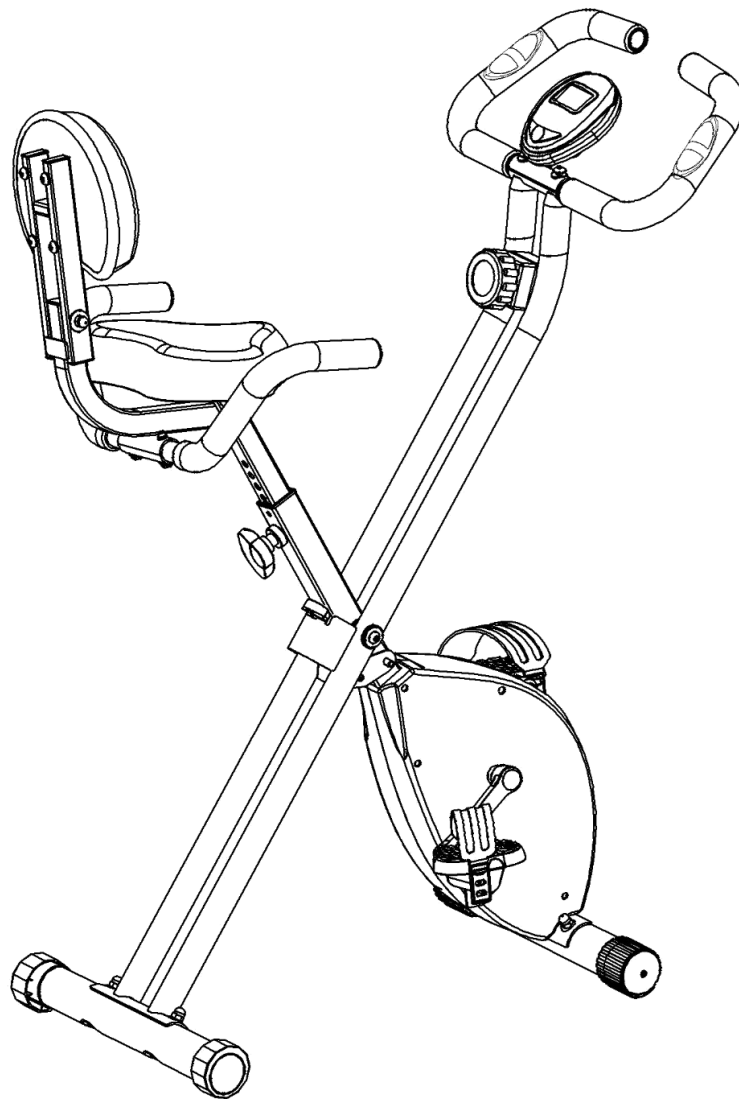




# EXER-11 Folding Exercise Bike

## 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](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 always keep this manual with you.

- 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

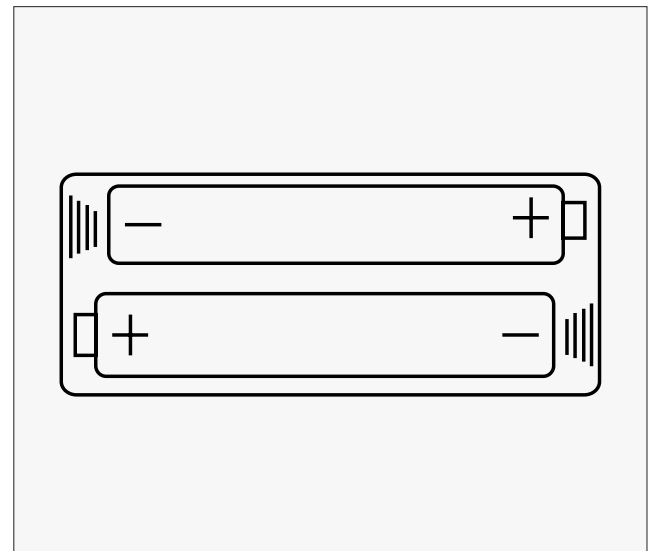
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### IMPORTANT

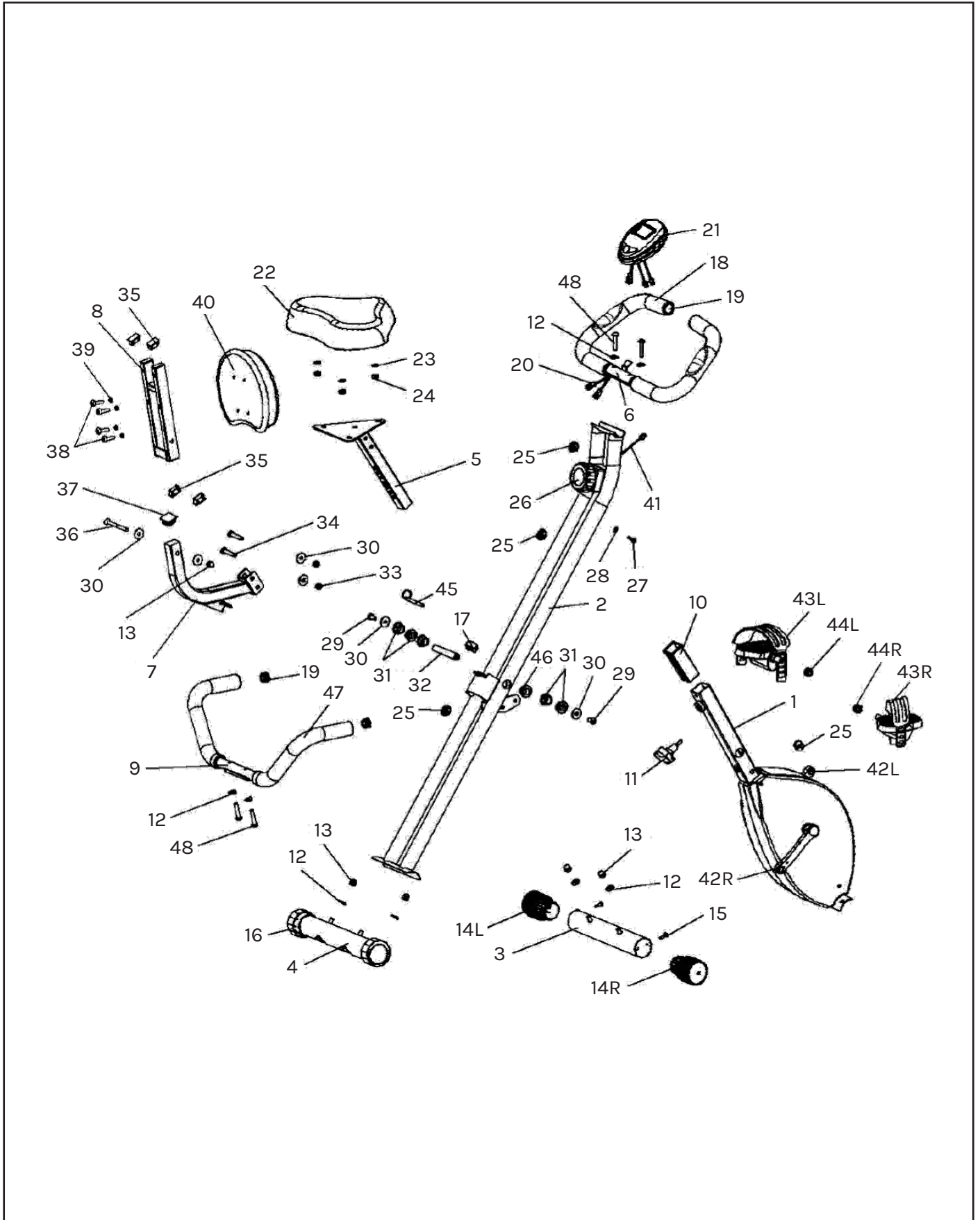
- a. All nuts and bolts are to be checked and tightened on a regular basis. This includes pedals and other moving parts. **Failure to do so may cause damage to your thread and void your warranty.**
- b. Lubricate moving joints with grease after periods of usage.
- c. Be careful not to damage plastic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

### BATTERY USAGE

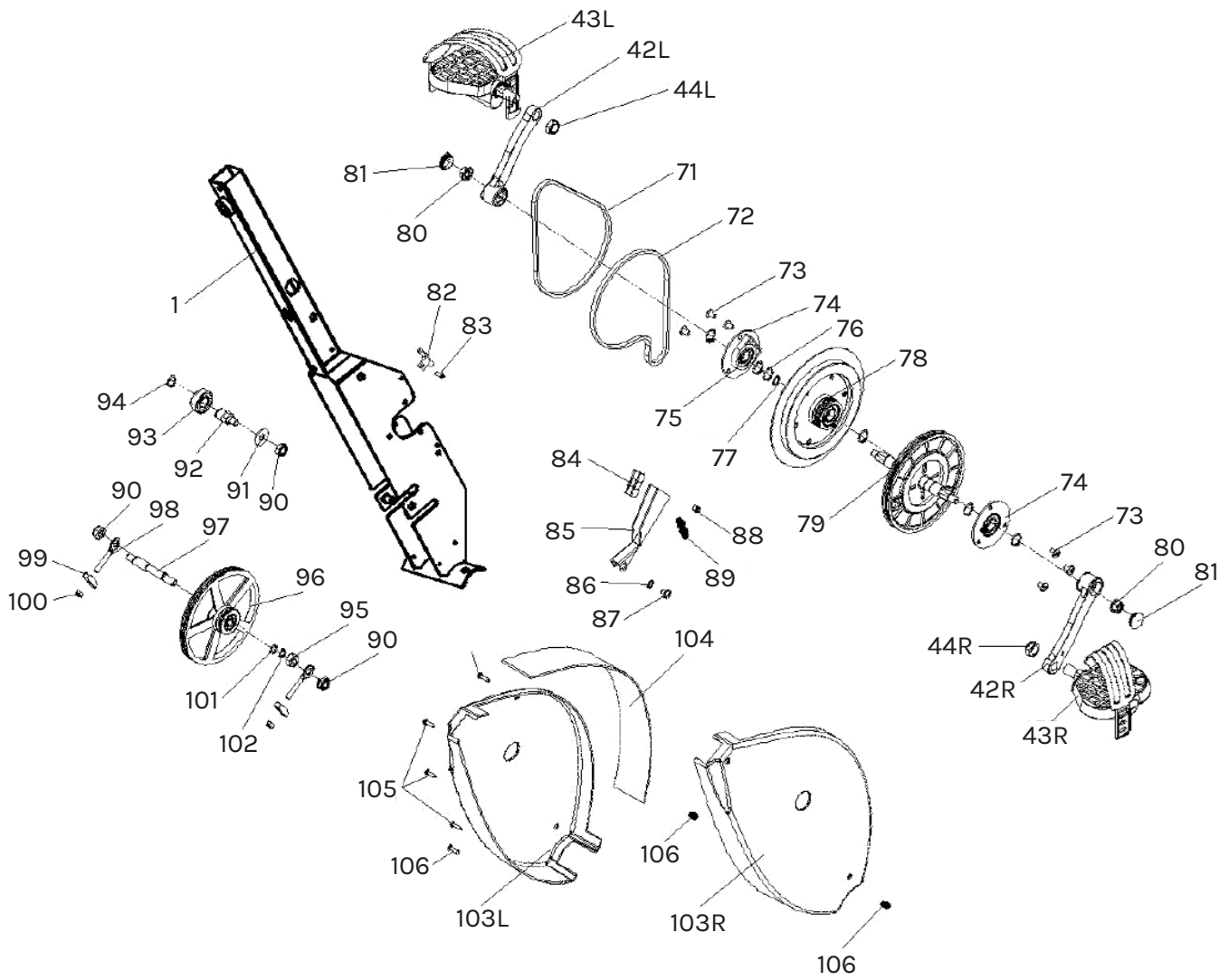
- Batteries are to be installed or replaced by an adult only.
- Do not use rechargeable batteries. Do not mix different battery types. Do not mix old and new batteries. Do not mix alkaline, standard (Carbon-Zinc), or rechargeable (Nickel-Cadmium) batteries.
- Remove batteries when product is not in use.
- 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. EXPLODED DIAGRAM



Inner Exploded Drawing:



# IV. PARTS LIST

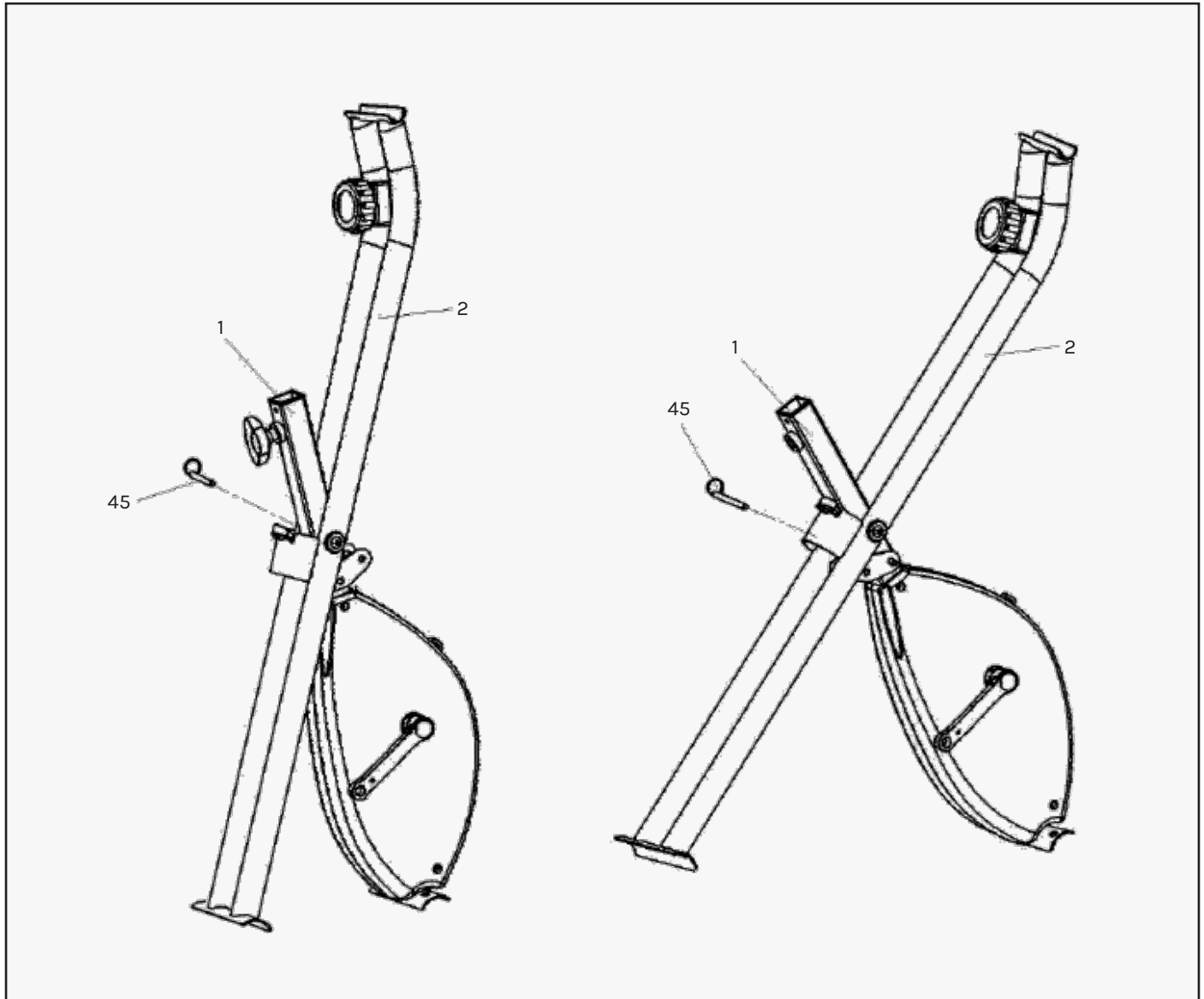
No.	Description	Qty	No.	Description	Qty
1	Main Frame	1	43L/R	L&R Pedals	2
2	Rear Support Tube	1	44L/R	L&R Nylon Nut	2
3	Front Bottom Tube	1	45	Spring Pin	1
4	Rear Bottom Tube	1	46	Revolving Shaft Sleeve	2
5	Seat Tube	1	47	Foam Handlebar	2
6	Handlebar	1	48	Screw M8x40	4
7	Cushion	1	71	Belt	1
8	Back Seat Frame	1	72	Belt	1
9	Rear Handlebar	1	73	Screw M6x10	7
10	Seat Tube Sleeve	1	74	Axis Support	2
11	Knob	1	75	Axis 6003	4
12	Curved Washer D8	8	76	Washer D17	6
13	Nut M8	5	77	Curved Washer D17	1
14L/R	Transport Wheel Cap	2	78	Flywheel	1
15	Screw T4.2x18	2	79	Belt Disk	1
16	Rear Bottom Tube Cap	2	80	Frank Nut	2
17	Absorber	1	81	Crank Cap	2
18	Foam Handlebar	2	82	Sensor	1
19	Tube Cap	4	83	Screw M4x10	1
20	Handle Pulse	2	84	Magnetic	6
21	Monitor	1	85	Magnetic Board	1
22	Seat	1	86	Washer D8	1
23	Washer D8	3	87	Screw M6x12	1
24	Nylon Nut M8	3	88	Tube Plug	1
25	Wire Hole Plug	5	89	Spring	1
26	Tension Control	1	90	Nut M10x1.0	3
27	Screw M5x20	1	91	Washer D10	1
28	Washer D5	1	92	Idler Axis	1
29	Screw M8x15	2	93	Axis6202	1
30	Washer D8	6	94	Washer D15	1
31	Axis Sleeve	4	95	Nut M10x1.0	1
32	Revolving Shaft	1	96	Idler Wheel	1
33	Nylon Nut M8	2	97	Idler Axis	1
34	Bolt M8x50	2	98	Bolt	2
35	Tube Cap	4	99	U Shape Piece	2
36	Screw M8x75	1	100	Nylon Nut M6	2
37	Tube Cap	1	101	Washer D10	1
38	Screw M8x45	4	102	Washer D10	1
39	Washer D8	4	103L/R	L&R Chain Cover	2
40	Backseat	1	104	Chain up Cover	1
41	Sensor	1	105	Screw ST4.2x18	3
42L/R	L&R Crank	2	106	Screw ST4.2x16	34

# V. ASSEMBLY INSTRUCTIONS



## NOTE:

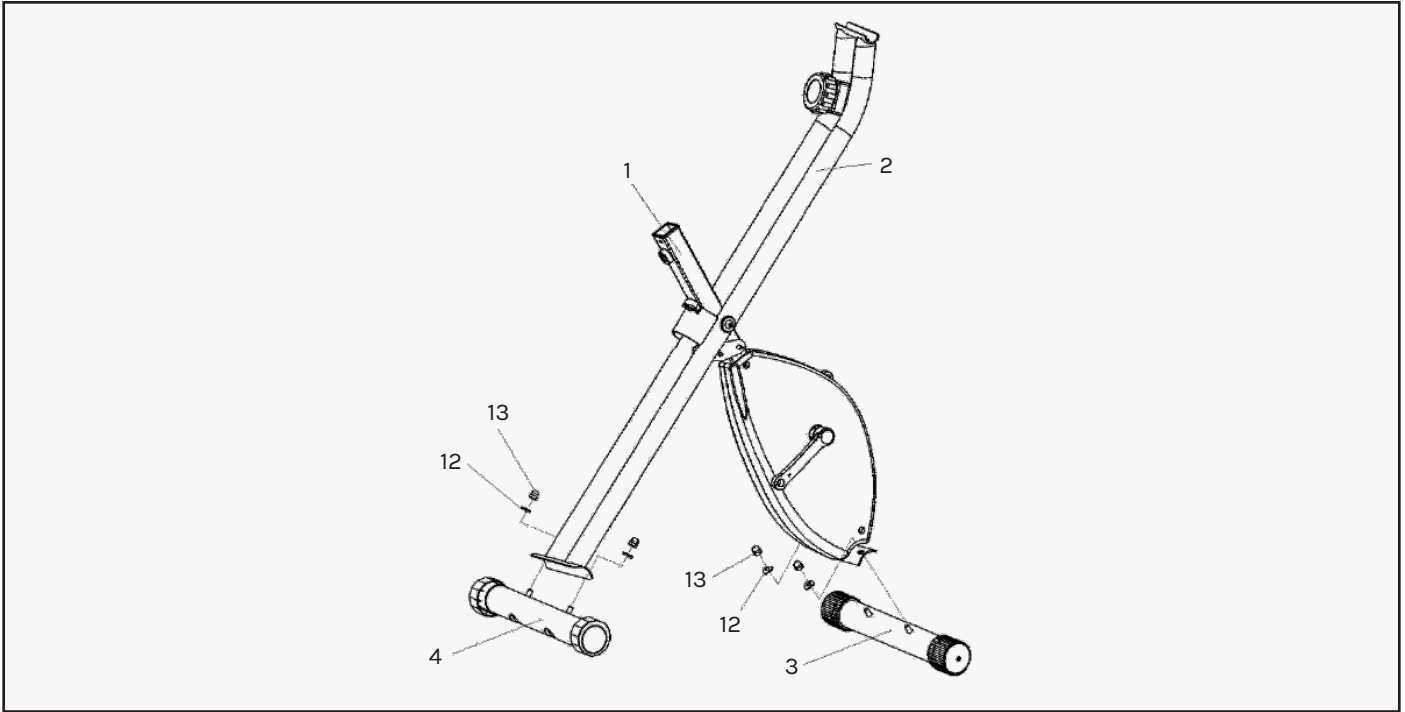
Before assembly ensure there is enough space around the item. Some nuts and bolts may be already attached to the machine.



## STEP 1

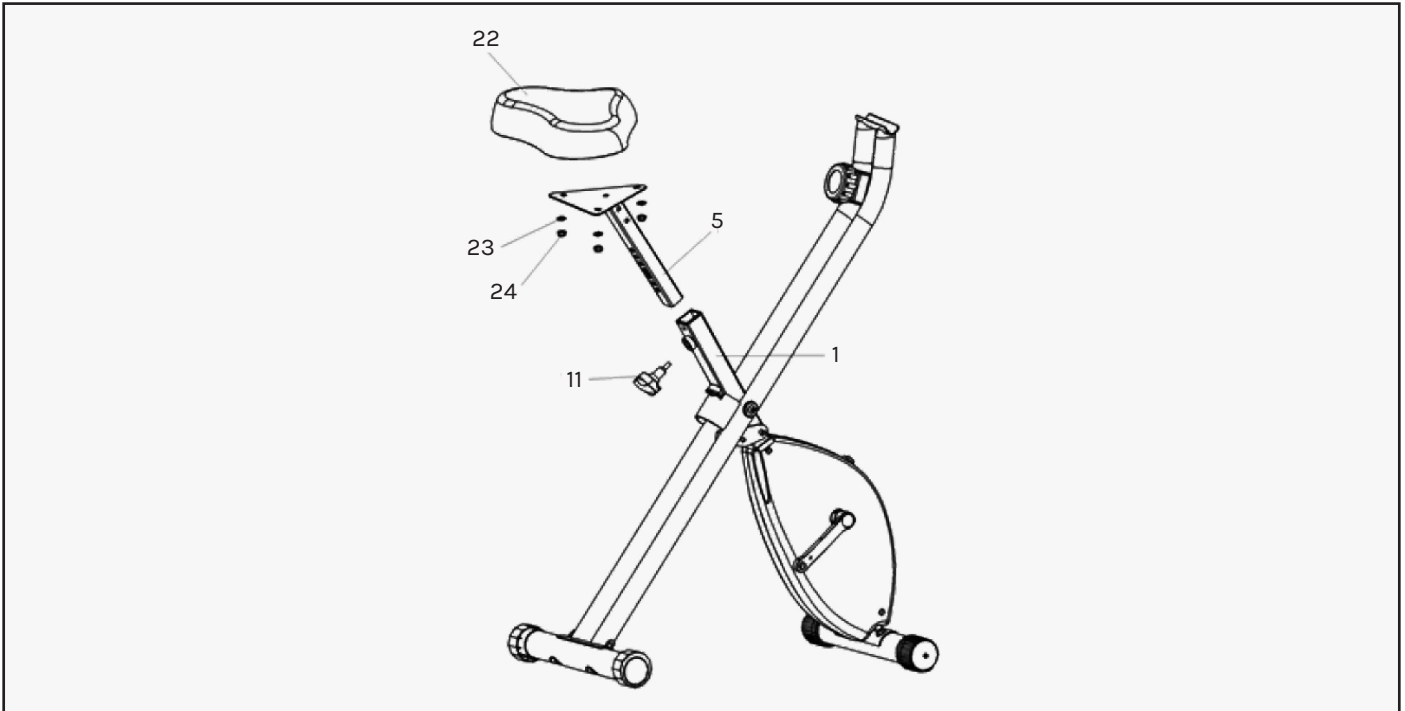
1. Pull out the spring pin (45) from front support tube (1), unfold the frame and fix the spring pin according to the hole (45) as below.





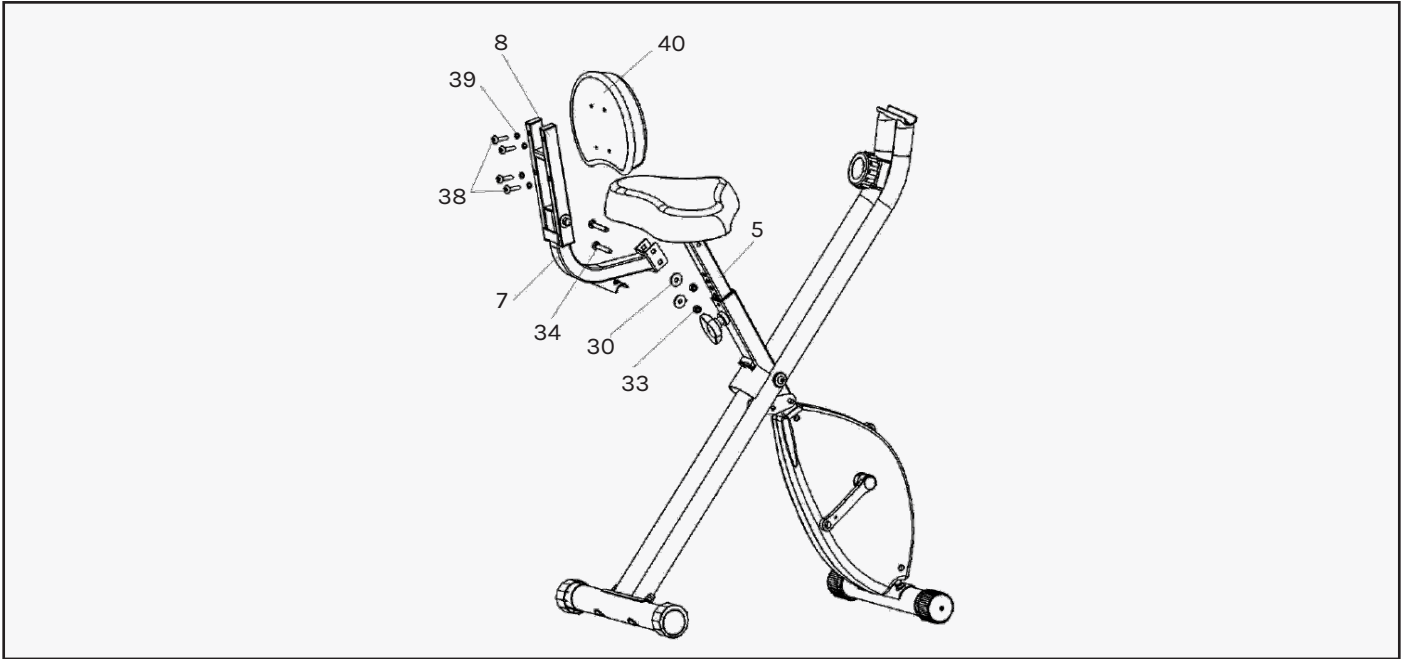
**STEP 2**

- 1. Secure the rear bottom tube (4) and front bottom tube (3) to the front support frame (1) and main frame (2) using nut (13) and curved washer (12), as shown in diagram.



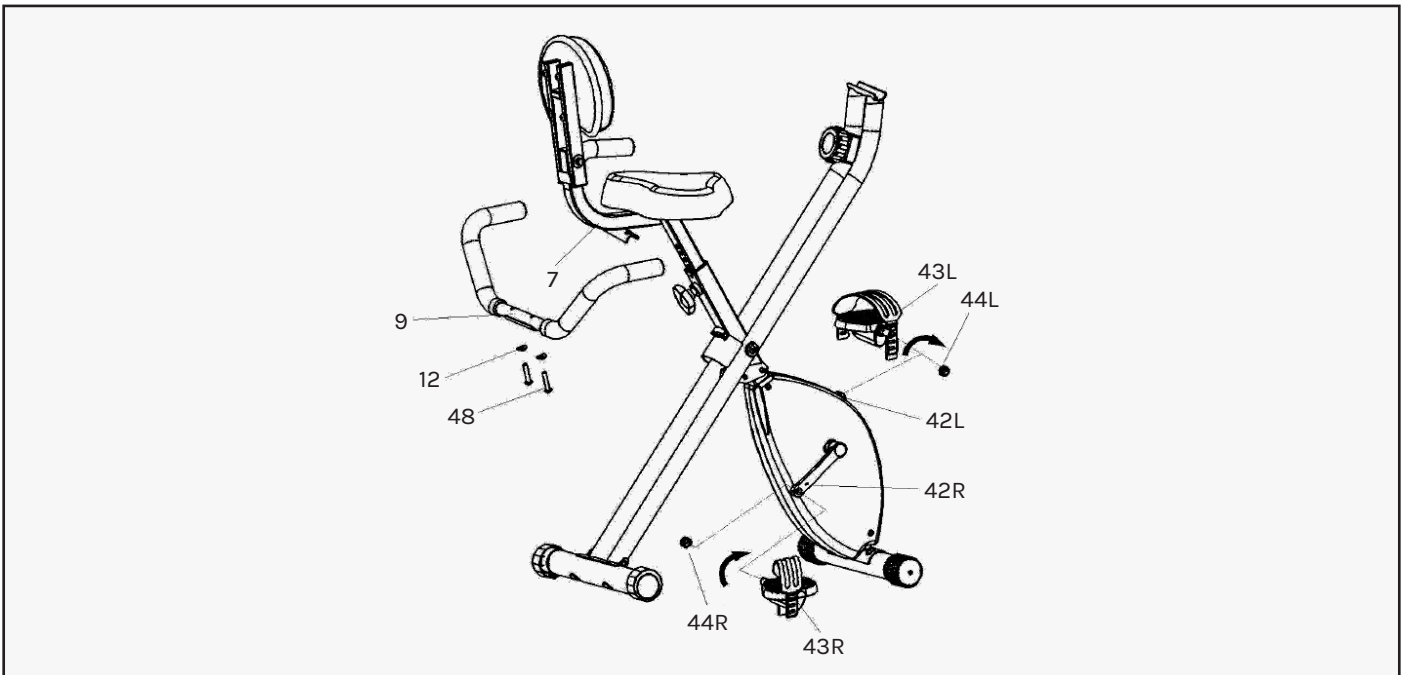
**STEP 3**

- 1. Secure seat (22) to seat tube (5) with washer (23) and nylon nut (24).
- 2. Use the knob (11) to lock the seat tube (5) to the main frame (1).



## STEP 4

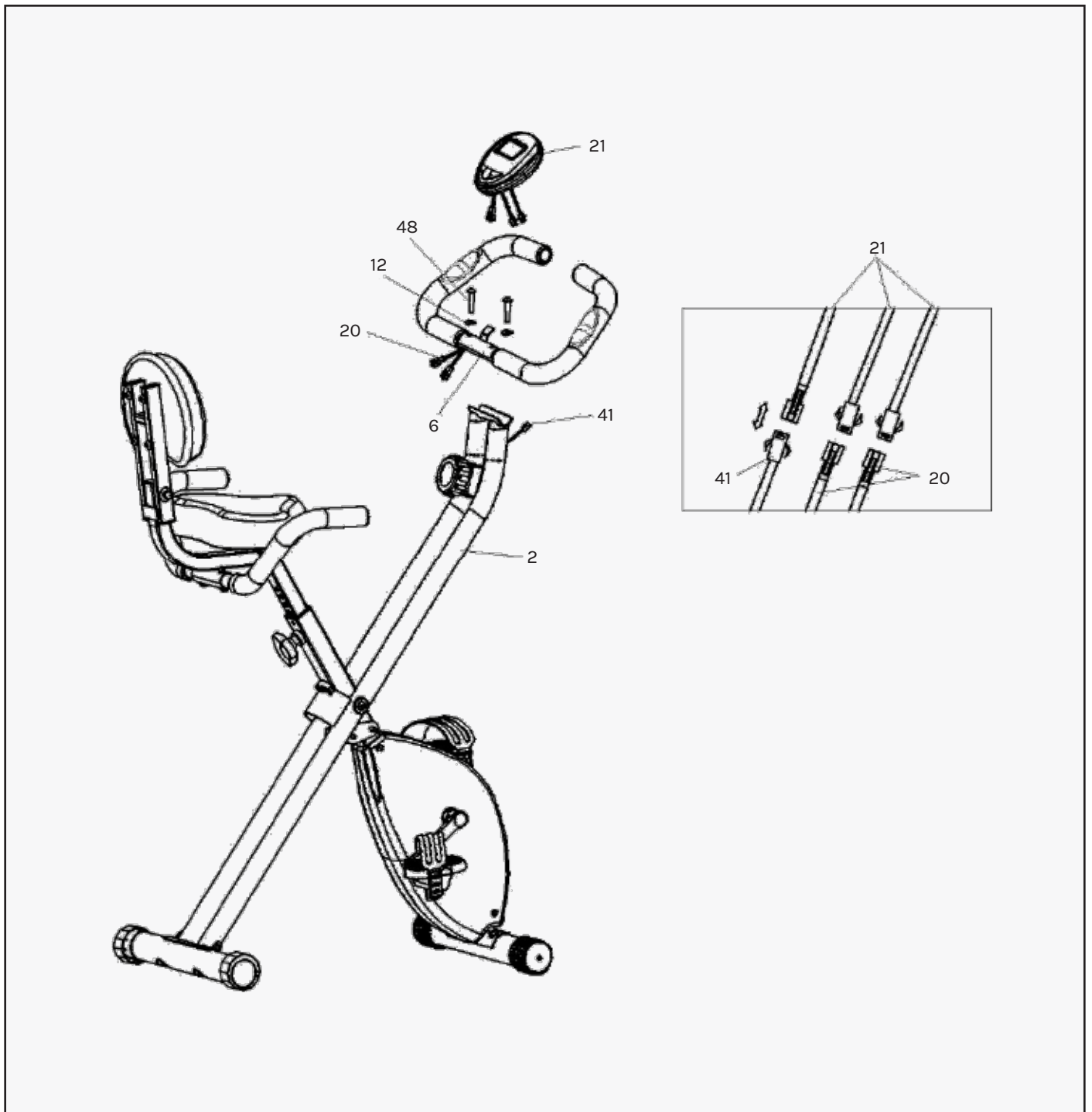
1. Secure the seat (7) to seat tube (5) with bolt (34), washer (30) and nylon nut (33).
2. Then lock the backseat (40) to backseat frame (8) with bolt (34), washer (30), and nylon nut (33).



## STEP 5

1. Secure rear handlebar (9) to seat (7) with screw (48) and washer (12).
2. Lock pedals (44L) (44R) to crank (42L) (42R), using the nylon nut (44L) (44R). Ensure the pedals are on the correct sides.

**!** **NOTE:** Secure the R pedal (43R) with clockwise motion and L pedal (43L) with anticlockwise motion. Ensure the bolt is tightened.

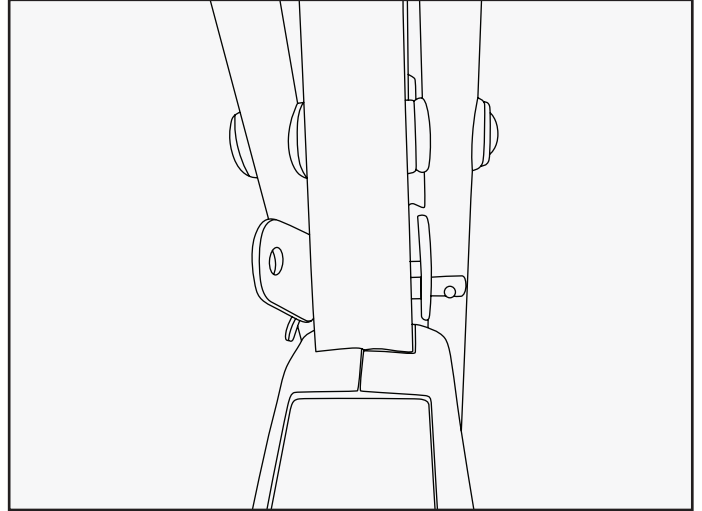
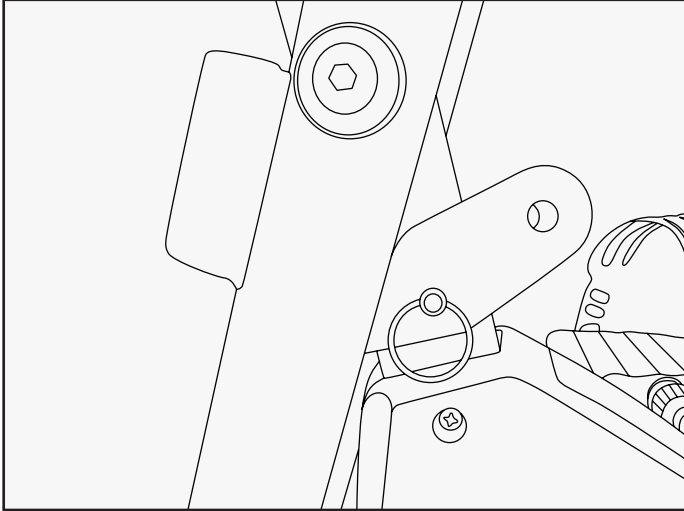


## STEP 6

1. Secure the handlebar (6) to rear support frame (2) with screw (48), and washer (12).
2. Connect the monitor wire (21) to sensor (41) and handlebar wire (20), as pictured.
3. Secure the monitor (21) to monitor metal support (6) with screw (42).

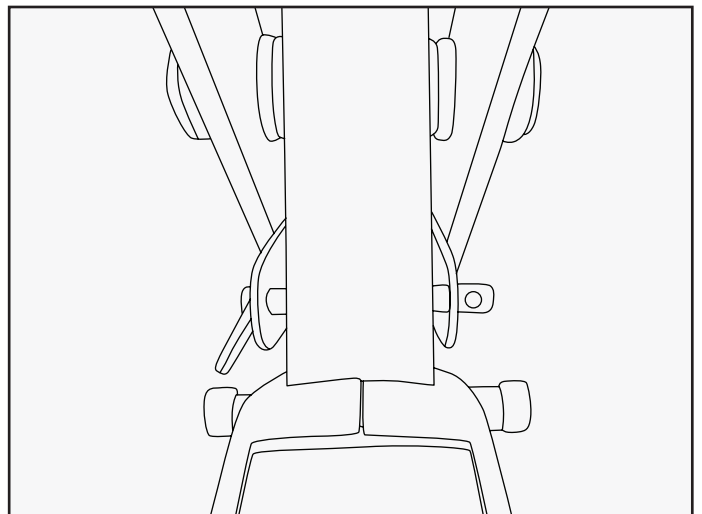
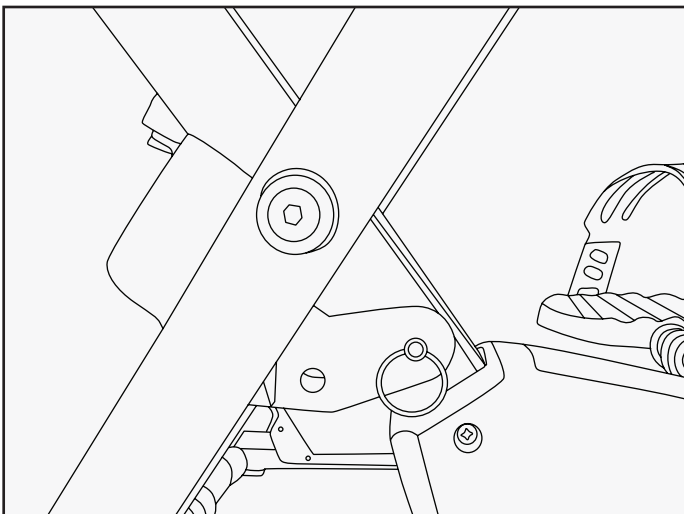
# VI. FOLDING AND UNFOLDING INSTRUCTIONS

Instructions are the same as step one from the assembly instructions. There is two pin holes on the support tube. The hole closest to the support tube is for folding and the hole furthest away is for unfolding.



## To Fold:

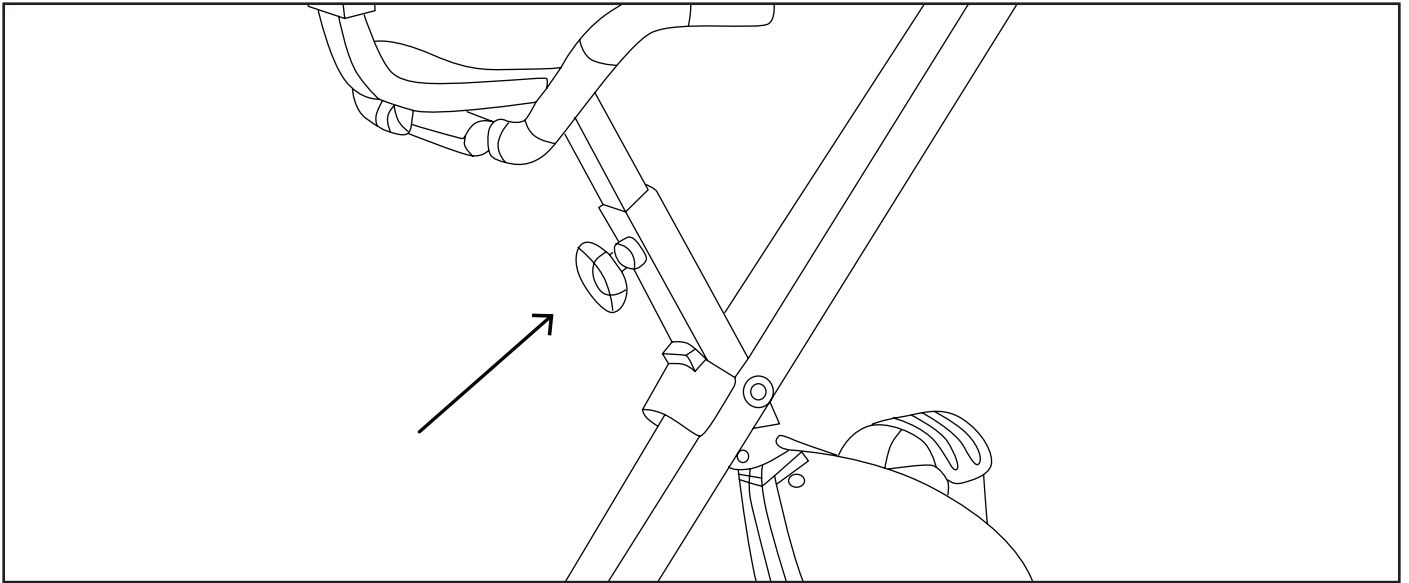
Remove the spring pin from the support tube, fold the frame and align the pin holes then re-insert the pin to lock it into place. Make sure the pin is slotted all the way through.



## To Unfold:

Remove the spring pin from the support tube, unfold the frame and align the pin holes then re-insert the pin to lock it into place. Make sure the pin is slotted all the way through.

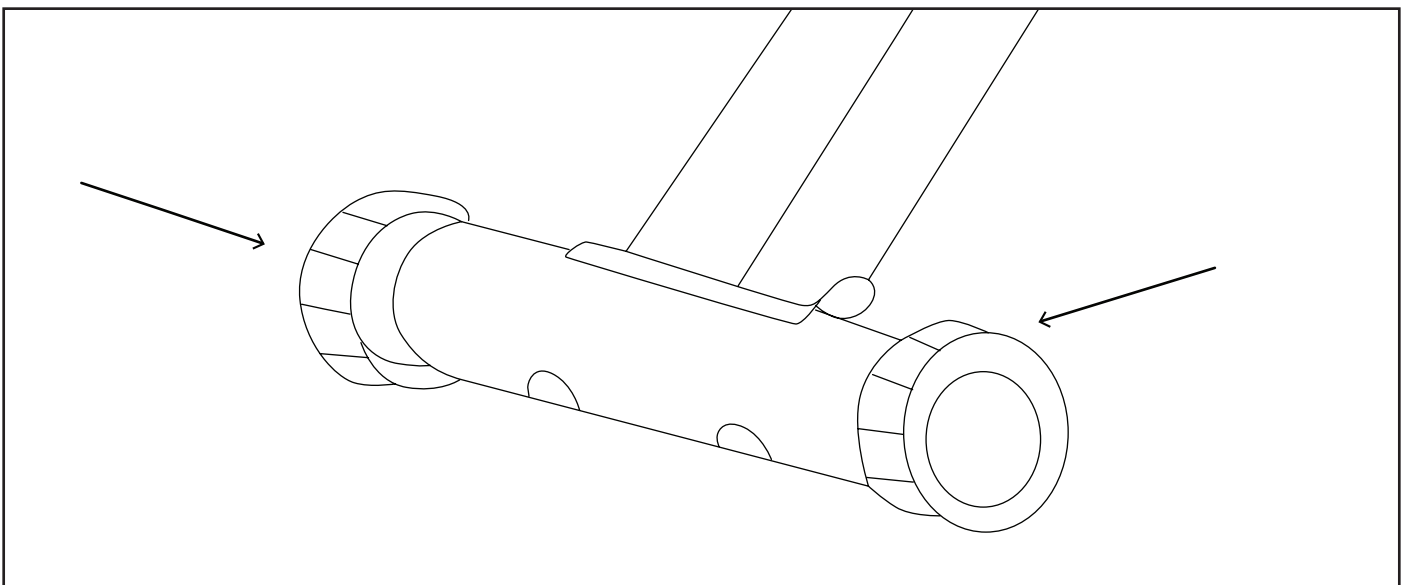
# VII. HOW TO GUIDE



## Adjusting Seat Height

For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position.

To adjust the seat, first unscrew the seat post knob (Counter-clockwise) and pull it out of the seat post. Move the seat post up or down to your preferred height and making sure it aligns for the screw holes. Insert the knob back into the screw holes that you have aligned and tighten (Clockwise) the knob.



## How to Level the Exercise Bike

If your floor is uneven, you can rotate the two back feet end caps. The caps have high or low sides, you will need to rotate until the caps firmly touch the ground.

# VIII. COMPUTER OPERATION

## SPECIFICATIONS

- TIME 0:00~99:59MIN
- SPEED 0.0~999.9ML/H(KM/H)
- DISTANCE 0.00~9999ML (KM)
- CALORIE 0.0~9999KCAL
- TOTAL DIST(ODO) 0.00~9999ML (KM)
- PULSE (IF HAVE) 40~240BPM

## KEY FUNCTION

ITEM	DESCRIPTION
MODE	<ul style="list-style-type: none"><li>• This key lets you to select and lock on to a function you want. Press and hold for 3 seconds to reset the value to zero (without ODO).</li></ul>
SET	<ul style="list-style-type: none"><li>• To set the values of TIME, DISTANCE, PULSE when not in scan mode. When starting exercise, the "SET" values of counted will be backwards. When the value of "SET" reaches 0, it's will be restored.</li></ul>
RESET	<ul style="list-style-type: none"><li>• In the SET mode, pressing the RESET key to reset the value to zero.</li></ul>

## FUNCTIONS

ITEM	DESCRIPTION
TIME	<ul style="list-style-type: none"><li>• Press the MODE key until pointer advance to TIME. The total working time will be displayed when starting the exercise.</li></ul>
SPEED	<ul style="list-style-type: none"><li>• Press the MODE key until pointer advance to SPEED. The current speed will be displayed when starting the exercise.</li></ul>
DISTANCE	<ul style="list-style-type: none"><li>• Press the MODE key until pointer advance to DISTANCE. The distance of each workout will be displayed when starting the exercise.</li></ul>
CALORIE	<ul style="list-style-type: none"><li>• Press the MODE key until pointer advance to CALORIE. The calorie burned will be displayed when starting the exercise.</li></ul>
ODO	<ul style="list-style-type: none"><li>• Press the MODE key until the pointer advance to ODOMETER. The total accumulated distance will be shown.</li></ul>

**PULSE (if present)**

- Press the MODE key until the pointer advance to PULSE function then hold both handle bars of the sensor for about 3 seconds.
- 

**SCAN**

- Display changes according to the next diagram every 6 seconds. Automatically display of the following functions in the order displayed: TIME---SPEED---DISTANCE---CALORIE---ODO---PULSE (if have) ---
- 



**NOTE:**

1. Without any signal coming in 4-5 minutes, the LCD display will shut off automatically.
2. When there is signal input, the monitor will automatically turn on.
3. If display is not turning on or is not clear, change to new batteries.
4. The monitor uses 2 1.5v "AAA" batteries.

# IX. EXERCISE GUIDE

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## ! PLEASE NOTE:

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

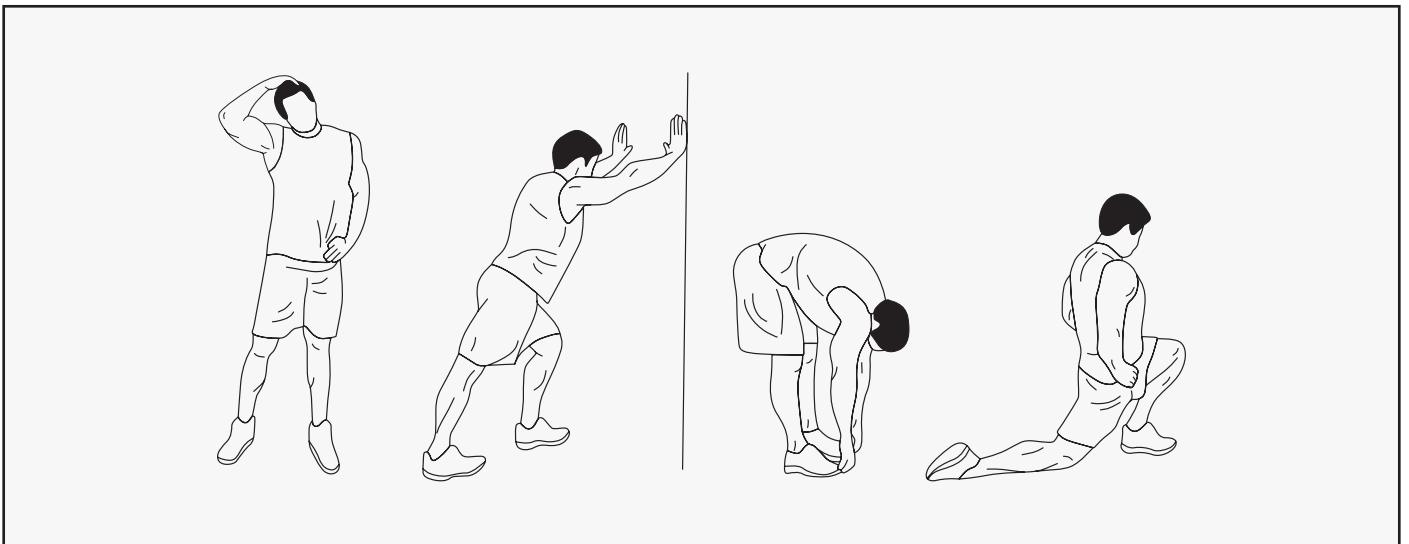
The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

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Exercising is a great way to control your weight, improve your fitness and reduce the effect of aging and stress. The key to a healthy lifestyle 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 strain on 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.

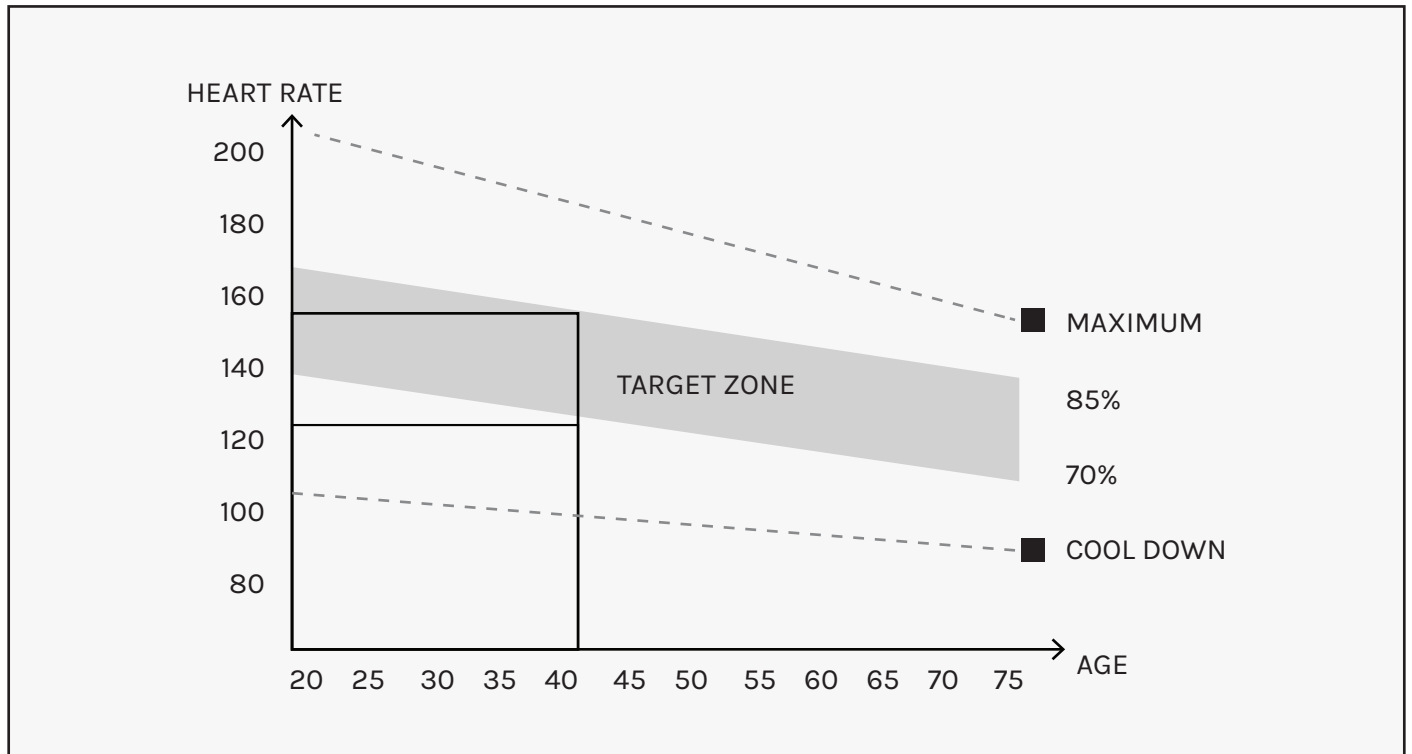
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.



## 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.

# X. 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)



# XI. 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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