



EXER-60H

Dual Action 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



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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 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.

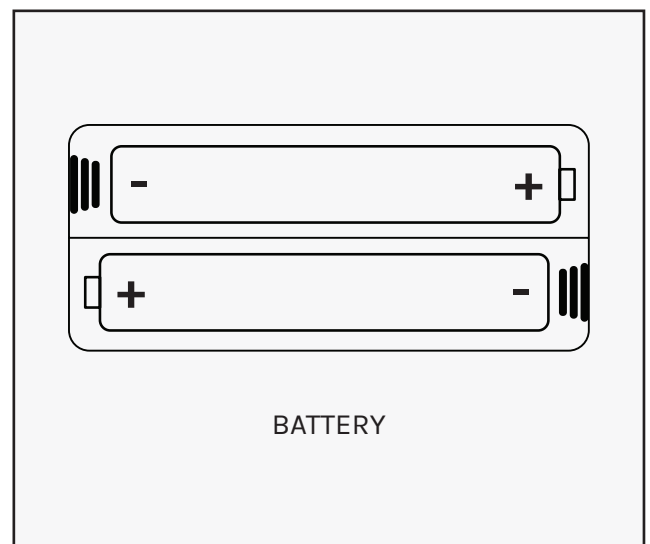
II. CARE INSTRUCTIONS

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 threads and void your warranty.**
 - b. Lubricate moving joints 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 dry cloth.
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BATTERY USAGE

- a. Batteries are to be installed or replaced by adult only.
- b. 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.
- c. Remove batteries when product is not in use.
- d. Remove exhausted batteries from product and dispose of in accordance with the manufacturer's recommendation.
- e. Do not attempt to recharge non-rechargeable batteries.
- f. Batteries are to be inserted with correct polarity.
- g. The supply terminals are not to be short-circuited.
- h. Do not dispose of batteries in fire, batteries may explode or leak.

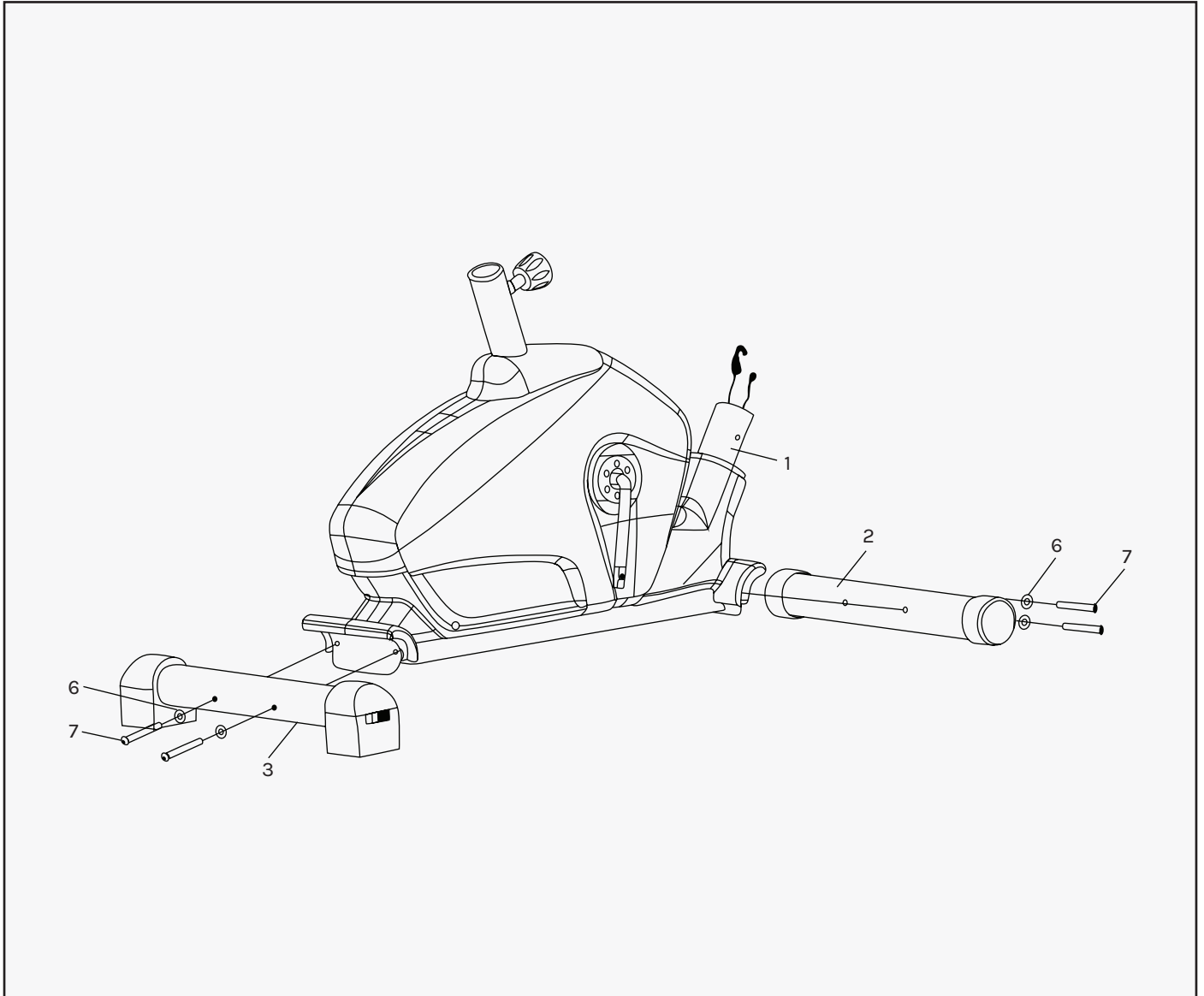


IV. PARTS LIST

No.	Description	Qty	No.	Description	Qty
1	Main Frame	1	28	Console	1
2	Front Bottom Tube	1	29	Saddle	1
3	Rear Bottom Tube	1	30	Saddle Slider	1
4	Handlebar Post	1	31	Oval End Cap	2
5	Rear End Cap	2	32	Flat Washer D10	1
6	Arc Washer $\Phi 8 \times \Phi 25 \times R33$	4	33	Knob Nut M10	1
7	Allen Bolt M8x75	4	34	Saddle Post	1
8	Front End Cap	2	35	Spring Washer D8	6
9	Sensor Wire	1	36	Pop-pin Knob	1
10	Tension Cable	1	37L/R	Pedal (L/R)	1PR
11	Extension Sensor Wire	1	38	Crank	1
12	Allen Bolt M8x16	4	39	Connection Plate	2
13	Arc Washer $\Phi 8.5 \times \Phi 20 \times R30$	4	40	Bushing 1	2
14	Handlebar Post Cover	1	41	End Cap	2
15	Tension Controller	1	42	End Cap	2
16	Arc Washer D5	1	43	Hex bolt M8x55	2
17	Cross Screw M5x55	1	44	Flat Washer D8	2
18	Cross Screw M4x10	4	45	Nylon Nut M8	2
19	Extension Wire	2	46L/R	Swing Bar	1PR
20	Pulse Sensor Wire	2	47	Allen Bolt M8x20	2
21L/R	Nylon Nut B0.5x20	1PR	48	Plastic Bushing	1
22	Spring Washer $\Phi 13 \times B2$	2	49	Big Flat Washer D8x $\Phi 30 \times 2$	2
23	Bushing 2	2	50	Bushing	6
24	Spacer	2	51	Waveform Washer	2
25	Bearing	2	52	Long Axle	1
26	Round End Cap	4	53	End Cap	4
27	Foam Grip	2			

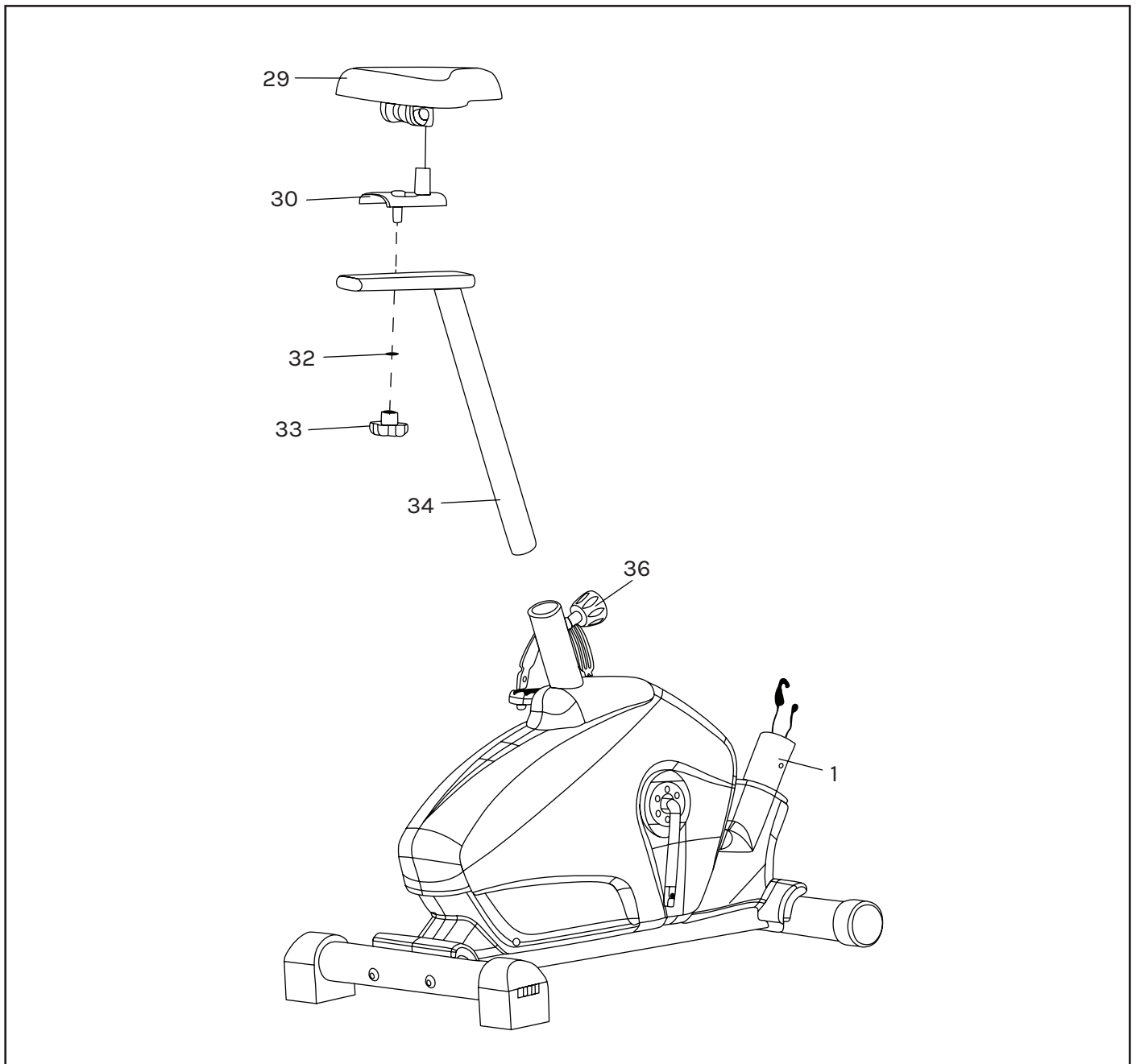
V. ASSEMBLY INSTRUCTIONS

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



STEP 1

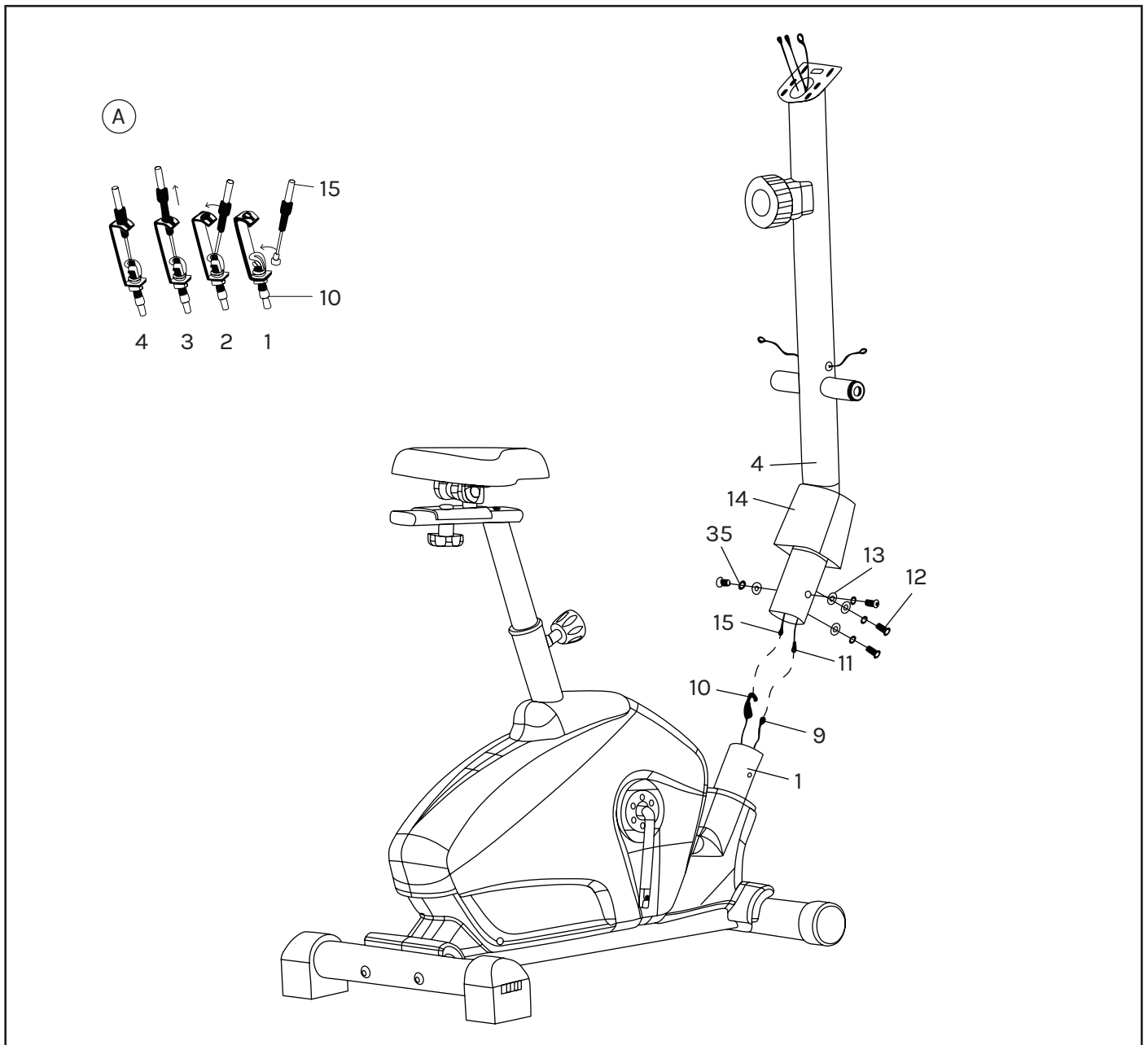
1. Fix the Front bottom tube (2) and the Rear bottom tube (3) onto the Main frame (1) with the Allen screw (7) and the Arc washer (6) as shown.



STEP 2

1. Attach the Saddle (29) to the Saddle slider (30) with wrench.
2. Attach the Saddle slider (30) to the Saddle post (34) with the Knob nut (33) and the Flat washer (32).
3. Insert the Saddle post (34) with Saddle into the post of Main frame (1), and then secure the Pop-pin Knob (36) after adjusting to a suitable height.

! **NOTE:** Keep the Saddle (29) locked tightly to the Saddle slider (30) before exercising.

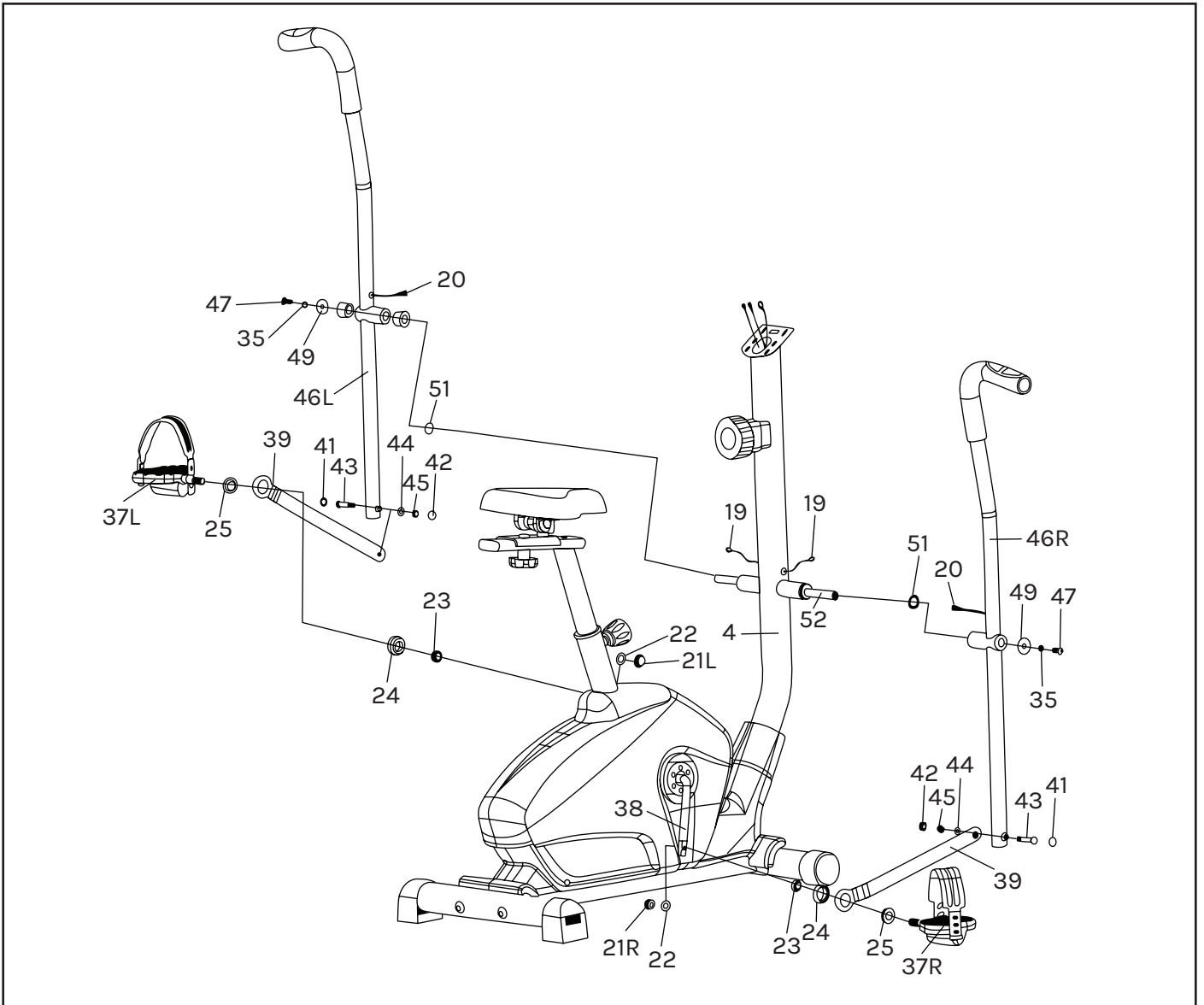


STEP 3

! **NOTE:** Set the Tension controller to the highest setting (8), this will provide a little more slack in the cable and allow you to assemble the cable easier.

1. Insert the Handlebar post cover (14) onto the Handlebar post (4). Connect the Extension sensor wire (11) with the Sensor wire (9). Then connect the Tension cable (10) with the wire from the Tension controller (15) as shown in picture A.
2. Fix the Handlebar post (4) on the post of the Main frame (1) with the Allen screw (12), spring washer (35) and the Arc washer (13) as shown.
3. Cover the Handlebar post cover (14) to the joint of Handlebar post (4) and the Main frame (1).

Video Tutorial for Connecting a Tension Cable: <https://youtu.be/hsoOD0sCxRI>

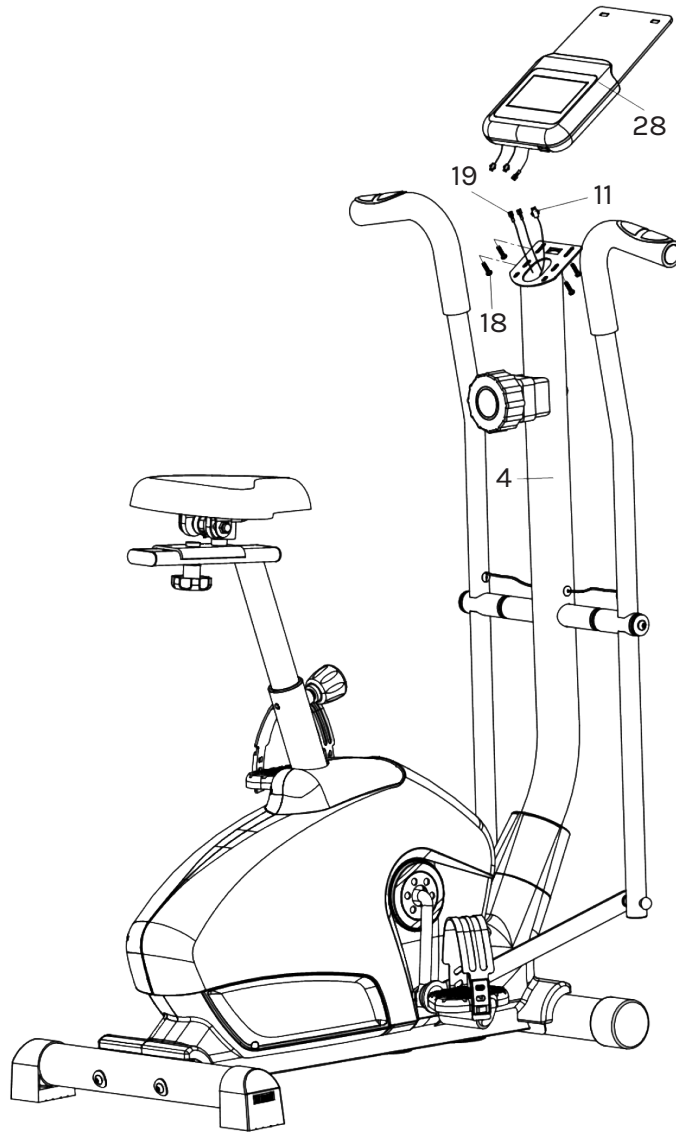


STEP 4

1. Fix the Swing bar (46L/R) to the Handlebar post (4) with Allen bolt (47), Spring washer (35), Flat washer (49), Long axle (52) and Waveform washer (51). Then connect the Pulse sensor wire (20) well with Extension wire (19).
2. Fix the Pedal (37L/R) and Connection plate (39) to the Crank (38) with Nylon nut (21L/R), Spring washer (22), Bearing (25), Bushing 2 (23) and Spacer (24).

NOTE: Both pedals are labeled L FOR LEFT and R FOR RIGHT. Lock the Right pedal along Clockwise and the Left pedal along Anticlockwise (as shown in the diagram). Check that the pedals are secured tightly prior to exercising to prevent any possible damage.

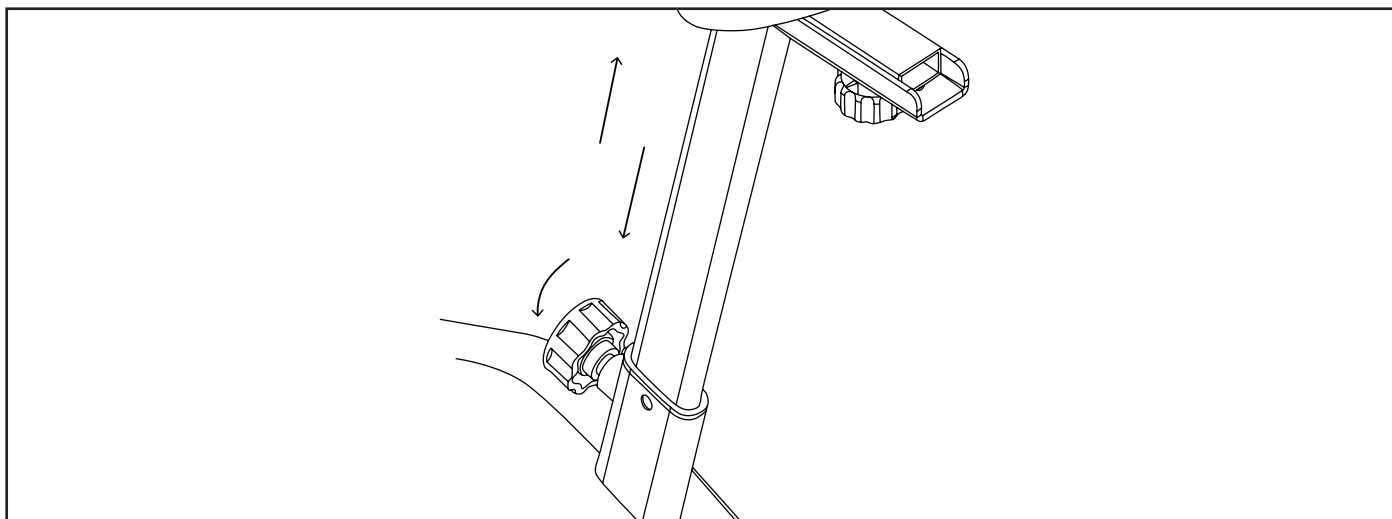
3. Fix the Connection plate (39) to the Swing bar (46L/R) with Hex bolt (43), Flat washer (44) and Nylon nut (45), and the cover the End cap (41&42).



STEP 5

1. Connect the Extension wire (19) and the Extension sensor wire (11) to the wires of Console (28) respectively, and then fix the Console (28) to the console bracket of the Handlebar post (4) with the Cross screw (18).

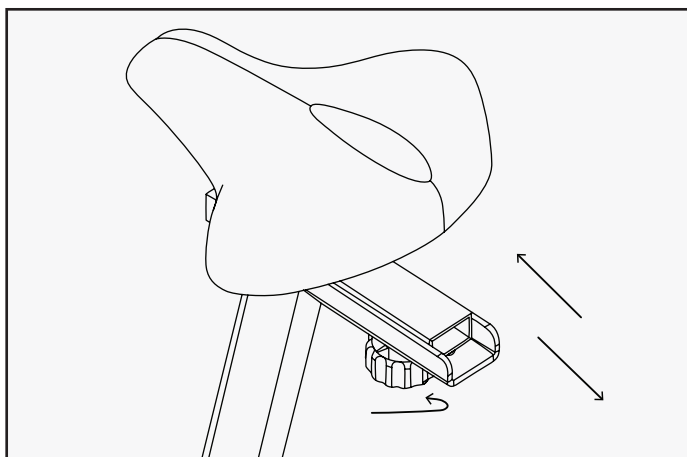
VI. HOW TO GUIDE



Adjusting Seat Height

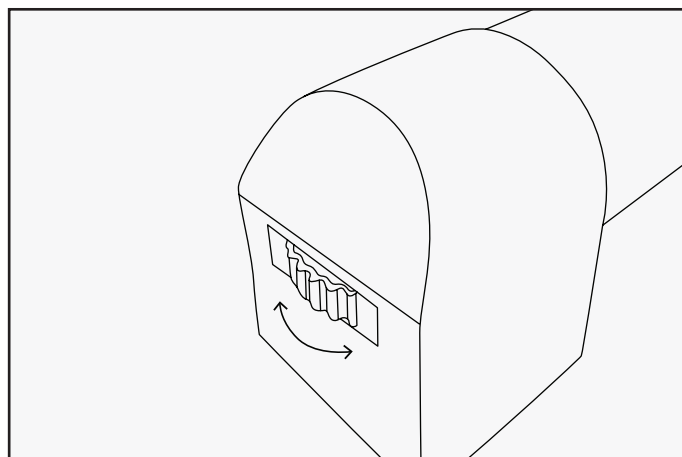
For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position.

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.



Adjusting Horizontal Position of the Seat

To adjust the horizontal position of the seat, loosen (Counter-clockwise) the seat knob under the seat a few turns, move the seat forward or backward to the desired position, and then firmly tighten (Clockwise) the seat knob.



How to Level the Exercise Bike

If your floor is uneven, you can adjust the floor levers on the two back-end caps.

Turn the floor levers clockwise to make them come down and touch the ground firmly. You can also turn it counter-clockwise if one side of the floor is higher.

VII. COMPUTER OPERATION

BUTTONS

1. MODE

- a. Press to change over display mode or choose the window needs to be set.

2. RECOVERY / UP

- a. In setting status, press this button to increase setting value in the relevant flashing window for TIME, DIST, CAL and TEMP.
- b. In non-exercise or non-setting status, press this button to enter/exit pulse recovery function.

3. DOWN

- a. In setting status, press this button to decrease setting value in the relevant flashing window for TIME, DIST, CAL and TEMP.

4. RESET / GO

- a. In setting status, press this button to reset the value in relevant flashing window for TIME, DIST and CAL.
- b. In parameters setting status for body fat, press this button to enter body fat test.
- c. In monitor status, hold this button for 3 seconds to reset all values to zero.

5. BODYFAT

- a. In non-exercise status, press this button to enter/exit body fat parameters set-up.

FUNCTIONS

1. SPEED / BODYFAT RATIO / RPM WINDOWS (IF APPLICABLE)

- a. Displays instantaneous speed and the range is 0.0~99.9KM/H. The maximum pickup signal is 1500rpm.
- b. Displays current revolutions per minute (RPM) during exercise. It reflects the pedal frequency. The range is 0~1500 rate per minute. (if applicable)
- c. Displays Body fat ratio.

2. TIME / BMI

- a. Counts the total time from exercise start to the end. Range is 0 ~ 99M59S.
- b. Exercise time can be set in advance, when it approaches the present time, the monitor will alarm for 10 seconds. The maximum pre-set time is 99 minutes.
- c. Display Body Mass Index (BMI).

3. DISTANCE / BMR

- a. Counts the total distance from exercise start to the end and the range is 0.00 ~ 9.99 ~ 99.9KM.
- b. Exercise distance can be set in advance, when it approaches the pre-set distance, the monitor will alarm for 10 seconds. The maximum pre-set distance is 99.9KM.
- c. Displays Basal Metabolic Rate (BMR).

4. CALORIES / TEMPERATURE

- a. Count the total calories consumed from exercise start to end. Range is 0.0 ~ 99.9 ~ 999KCAL.
- b. The calorie value can be set in advance, when it approaches the pre-set calorie, the monitor will alarm for 10 seconds.
- c. Displays room temperature (TEMP).

5. PULSE

- a. Hold the pulse sensor and read your heart rate per minute. The range is 40 ~ 240bpm.
- b. It will display "P" to pause the pulse test if there is no pulse signal over 60 seconds. You can press UP or DOWN to enter the pulse test again.

6. ALARM

- a. The monitor will "Beep" when pressing "MODE" "RECOVERY/UP" "DOWN", RESET/GO or "BODYFAT" buttons.

7. AUTO ON / OFF & AUTO START / STOP

- a. Without any signal of exercise or operation for 8 minutes, the power will turn off automatically and all the memory will be cleared excluding body fat parameters and temperature.
- b. Once receive exercise or operation signal, the monitor will turn on automatically.

OPERATION

1. SET

- a. Press MODE to choose the display window that needs to be pre-set.
- b. The value in relevant window will flash. Then press UP/DOWN to increase/decrease the value to reach desired workout time, distance, or calories.
- c. Hold UP/DOWN to increase/decrease the value rapidly. Press RESET to reset value in relevant flashing window.

2. PULSE RATE

- a. Before measuring your pulse rate, press any button to change "P" into "□" in the window to enter pulse mode.
- b. Place both your palms on the contact pads and the monitor will show your current heart beat rate in beats per minute (BPM) on the LCD after 3~4 seconds.
- c. **NOTE:** During the process of pulse measurement, the measurement value may be higher than the virtual pulse rate during the first 2~3 seconds. After which, it will return to normal level.

The measurement value must not be used for medical purposes.

3. PULSE RECOVERY

- a. In non-setting and non-exercising status, first test your pulse as above mentioned.
- b. Press RECOVERY/UP to enter pulse recovery function.
- c. The display will show 1 minute count-down as well as your pulse rate.
- d. Hold on the pulse sensor until it counts down to zero.
- e. The display will show your pulse recovery score from F1 to F6. F1 being the fastest and F6 being the slowest.
- f. Press RECOVERY/UP again to exit pulse recovery function.

4. BODYFAT, BMI & BMR

- a. In non-exercising status, press BODYFAT to enter body fat parameters settings.
- b. You can set from the following sequence:
 - i. User No.(1 ~ 8), weight(KG), height(CM), age (YEAR), gender.
 - ii. Press MODE to proceed to next parameter setting.
 - iii. Press RECOVERY/UP to increase the setting value or DOWN to decrease.
- c. After setting, hold the pulse sensor and press RESET/GO. The display will then show your body fat in 6 seconds.
- d. Press BODYFAT again to exit body fat test.
- e. **NOTE:**
 - i. During parameter setting, the computer will exit body fat test automatically if detects no operation signal over 10 seconds.
 - ii. During body fat test, Er.1 will show if no pulse is detected for 10 seconds.

BODYFAT GUIDE TABLE

GENDER/AGE	UNDERWEIGHT	HEALTHY	SLIGHTLY OVERWEIGHT	OVERWEIGHT	OBESE
Male/ ≤ 30	< 14%	14%~20%	20.1%~25%	25.1%~35%	> 35%
Male/ > 30	< 17%	17%~23%	23.1%~28%	28.1%~38%	> 38%
Female/ ≤ 30	< 17%	17%~24%	24.1%~30%	30.1%~40%	> 40%
Female/ > 30	< 20%	20%~27%	27.1%~33%	33.1%~43%	> 43%

BATTERY REPLACEMENT

When the display becomes dim or illegible, remove the battery and replace with SIZE AAA UM4 R03.

VIII. EXERCISE GUIDE

! PLEASE NOTE:

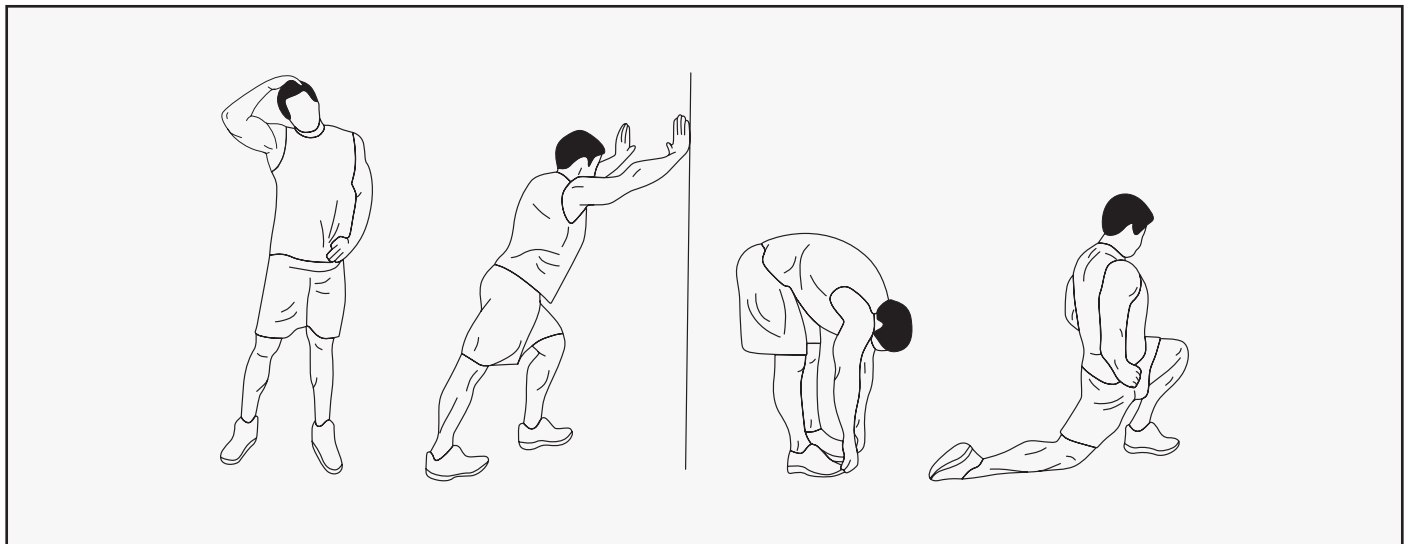
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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

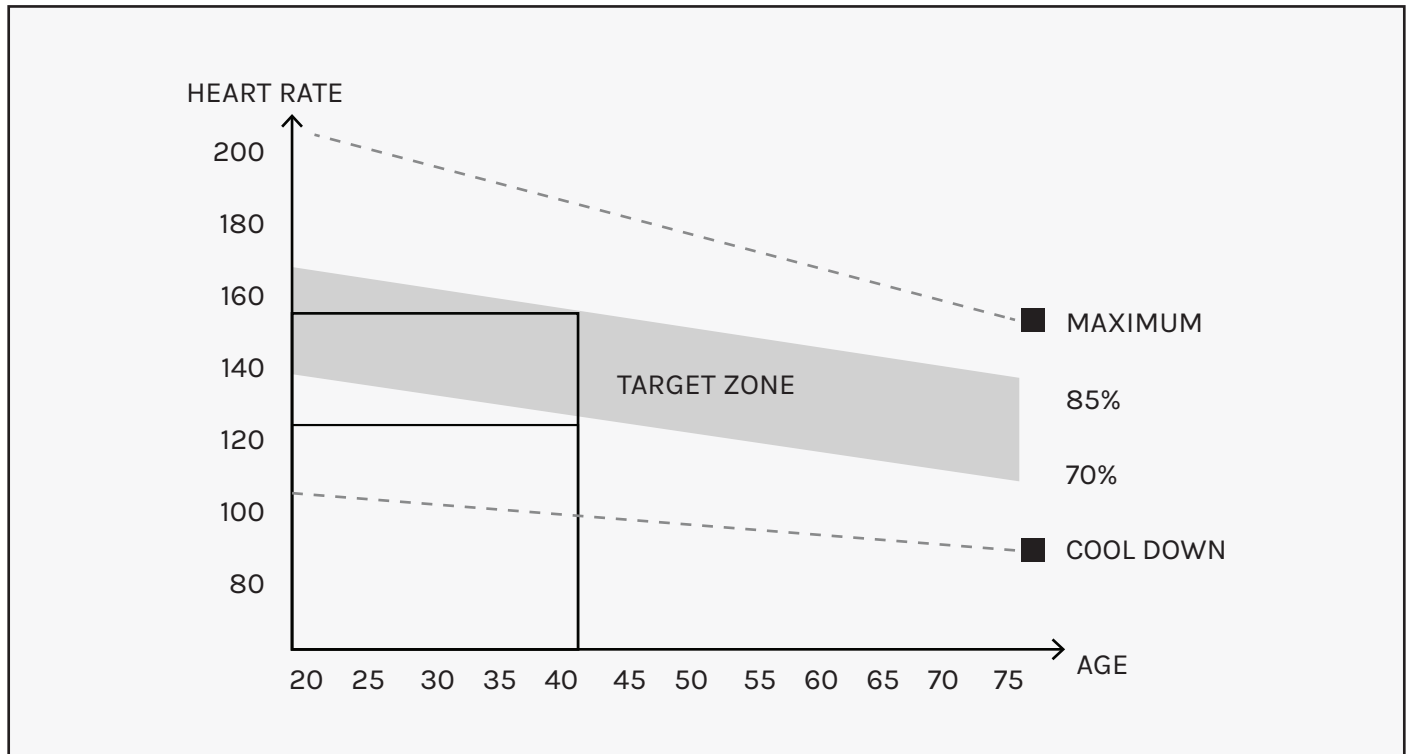
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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.

IX. 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



X. 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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