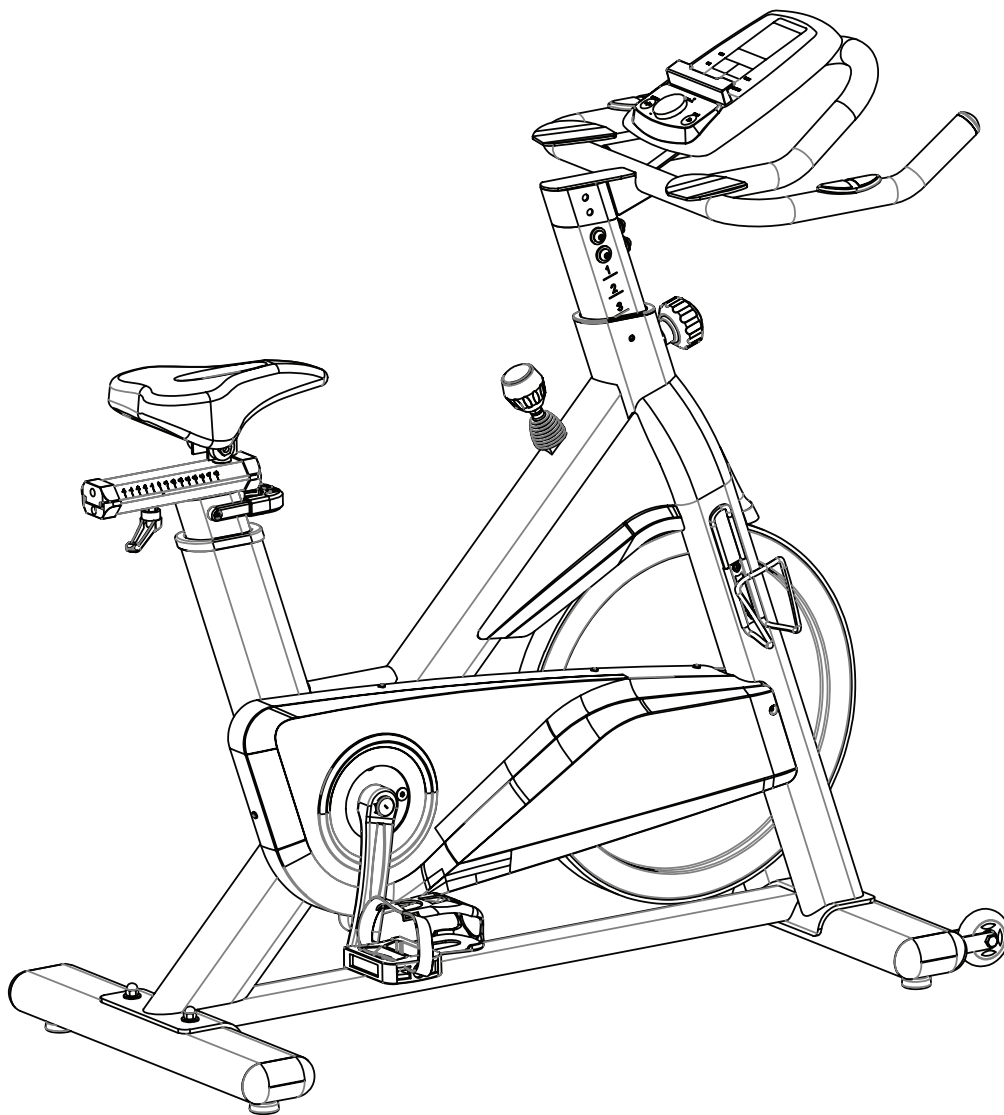




SM-800 Spin Bike

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:

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



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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.

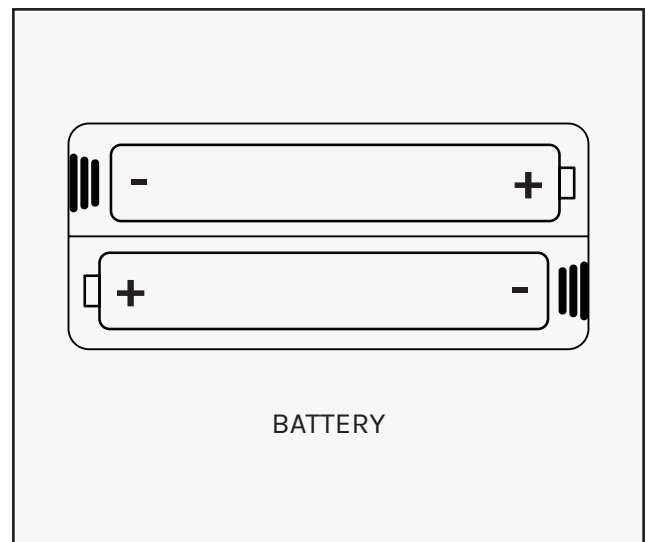
II. CARE INSTRUCTIONS

IMPORTANT

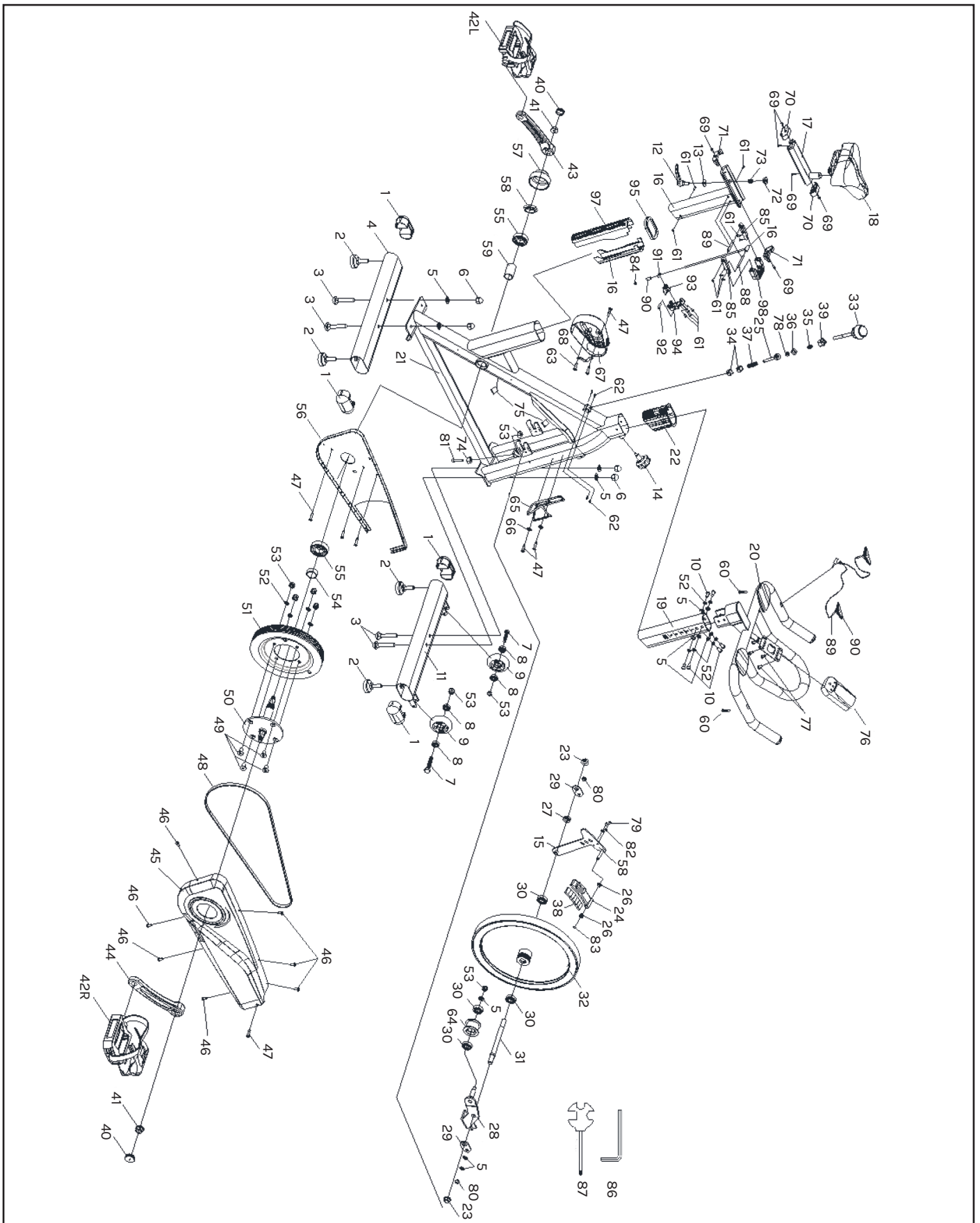
- a. All nuts and bolts are to be checked and tightened on a regular basis. This includes pedals and other moving parts. **Failure to do so may cause damage to your threads and void your warranty.**
 - b. Lubricate moving joints after periods of usage.
 - c. Be careful not to damage plastic or metal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

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.



III. EXPLODED DIAGRAM



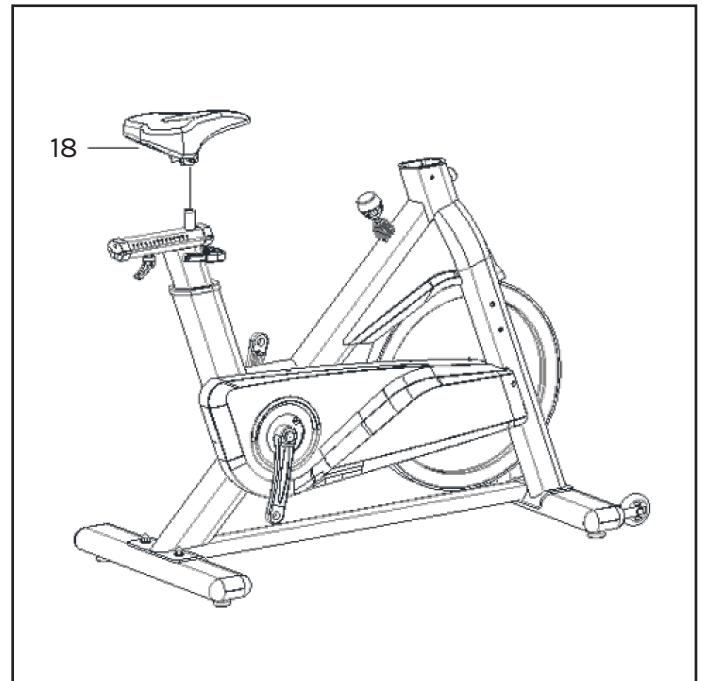
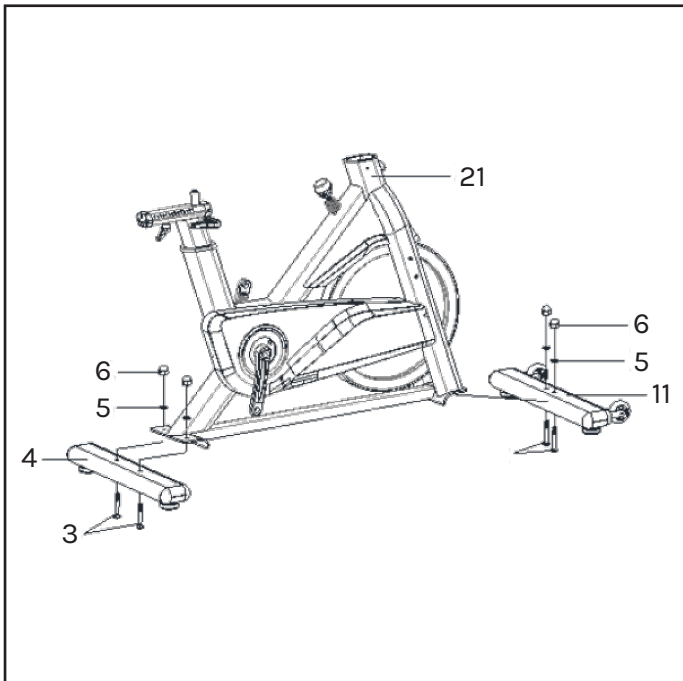
IV. PARTS LIST

No.	Name	Spec.	Quantity	Unit
1	Tube Plug	100*50*2	4	pcs
2	Stopper	φ52*43, M8X25	4	pcs
3	Carriage Bolt	GB/T 12-1988 M8X62	4	pcs
4	Rear Stabilizer	Weldment	1	pcs
5	Flat Washer 1	GB/T 95-2002 8	13	pcs
6	Domed Nut 1	GB/T 802-1988 M8	4	pcs
7	Hex Head Bolt 1	GB/T 5780-2000 M8*40	2	pcs
8	Bearing 1	608ZZ	4	pcs
9	Wheel	φ69X26	2	pcs
10	Bolt 1	GB/T 70.2-2000 M8*15	6	pcs
11	Front Stabilizer	Weldment	1	pcs
12	Adjustment Knob 1	M10*20	1	pcs
13	Flat Washer 2	GB/T96-1985 10	1	pcs
14	Adjustment Knob 2	φ60*80 (M16*1.5)	1	pcs
15	Magnet Holder Post	Weldment	1	pcs
16	Vertical Seat Post	Weldment	1	pcs
17	Seat Post	Weldment	1	pcs
18	Seat	C-3604T/NT-189	1	pcs
19	Handlebar Post	Weldment	1	pcs
20	Handlebar	Weldment	1	pcs
21	Main Frame	Weldment	1	pcs
22	Plastic Sleeve	80*40/100*50*2	1	pcs
23	Hex Flange Surface Nut 1	M12X1.25	2	pcs
24	Magnet Holder	Weldment	1	pcs
25	Brake Pole	Weldment	1	pcs
26	Shaft Sleeve	φ18*φ10*10	2	pcs
27	Hexagonal Nut 2	M12X1.25 t7	1	pcs
28	Belt Wheel Holder	Weldment	1	pcs
29	Matel Plate	δ2.5	2	pcs
30	Bearing 2	6001ZZ, NBK	4	pcs
31	Flywheel Shaft 1	φ16*φ12*156	1	pcs
32	Flywheel	φ463*65, 20KG	1	pcs
33	Brake Knob	M10*100	1	pcs
34	Casing Pipe	20.6*20.6*16	2	pcs
35	Spring 1	φ15.5*φ1.5X15	1	pcs
36	Nut	20*20*t8(M10)	2	pcs
37	Spring 2	Φ2.0*52	1	pcs
38	Magnet	30*15*10	7	pcs
39	Baket Tube Plug	25*25*27	1	pcs
40	Crank Plug	φ28*6.5	2	pcs

No.	Name	Spec.	Quantity	Unit
40	Crank Plug	φ28*6.5	2	pcs
41	Hex Flange Surface Nut 2	M12X1.25	2	pcs
42	Pedal	JD-304V M20*1.5	1	pcs
43	Left Crank	170*42.5	1	pcs
44	Right Crank	170*42.5	1	pcs
45	Outer Chain Cover	756*283*71	1	pcs
46	Screw 1	GB/845-85 ST4.2X9.5	7	pcs
47	Screw 2	GB/T 15856.1-2002 ST4.2X16	8	pcs
48	Belt	5PK	1	pcs
49	Bolt 2	GB/T 70.3-2000 M8*18	4	pcs
50	Alex	φ25*182	1	pcs
51	Belt Pulley	φ200*24	1	pcs
52	Elastic Washer 1	GB/T 859-1987 8	10	pcs
53	Lock Nut 1	GB/T 889.1-2000 M8	8	pcs
54	Metal Tube 2	φ30*φ25.05*9	1	pcs
55	Bearing 3	6005ZZ,NBK	2	pcs
56	Inner Chain Cover	743*277*17	1	pcs
57	Crank Cover	φ59*35	1	pcs
58	Fixing Nut	M25*1	1	pcs
59	Metal Tube 3	φ30*φ25.05*56.1	1	pcs
60	Screw 5	GB/T 845-1985 ST4.2*25	5	pcs
61	Screw 6	GB/T 6561-1986 M5*12	12	pcs
62	Screw 3	ST2.9*9.5	4	pcs
63	Screw 4	GB/T 845-1985 ST4.2*19	2	pcs
64	Pulley	φ43*28	1	pcs
65	Bottle Holder	φ6	1	pcs
66	Flat Washer 6	GB/T 95-2002 5	2	pcs
67	Lfft Decorative Cover	235*155*235	1	pcs
68	Plastic Sheet	30*79*4	1	pcs
69	Bolt 3	GB/T 70.1-2000 M4*8	6	pcs
70	Decorative Cover 3	19*59*25	2	pcs
71	Decorative Cover 4	19*59.5*23	2	pcs
72	Nut Block	Φ25*10.5	1	pcs
73	Spring 3	φ1X11.5	1	pcs
74	Hex Nut	GB/T 41-2000 M8	1	pcs
75	Plastic Plug	φ14*14	2	pcs
76	Computer	ST-7604	1	pcs
77	Bolt 4	M5*10	4	pcs
78	Lock Nut M10	GB/T 889.1-2000 M10	1	pcs
79	Bolt M6*10	GB/T 70.1-2000 M6*10	2	pcs
80	Bolt M8*10	GB/T 70.2-2000 M8*10	2	pcs
81	Bolt M8*45	GB/T 70.1-2000 M8*45	1	pcs
82	Flat Washer φ6	GB/T 95-2002 6	2	pcs
83	Washer	GB894.1 Φ10	1	pcs

No.	Name	Spec.	Quantity	Unit
84	Nylon Nut	GB/T 889.1-2000 M5	1	pcs
85	Aluminum Handle	铝合金 80*16*10	2	pcs
86	Spanner	6# (86X35)	1	pcs
87	Crosshead Spanner	S=13,14,15	1	pcs
88	Long Shaft	Φ5*56	1	pcs
89	Step Shaft	Φ8*50.5	1	pcs
90	Spacer	Φ8*Φ5.2*20	1	pcs
91	Fixed Shaft	Φ8*16	1	pcs
92	Short Shaft	Φ5*23	1	pcs
93	Aluminum Buckle	32*26*15	1	pcs
94	Fixing Frame	65*27.5*23.5	1	pcs
95	Upper Cover	115*56*12.5	1	pcs
96	Front Bushing	257*48*46	1	pcs
97	Rear Bushing	332*65*46	1	pcs
98	U Handle	70*58*20	1	pcs

V. ASSEMBLY INSTRUCTIONS



STEP 1

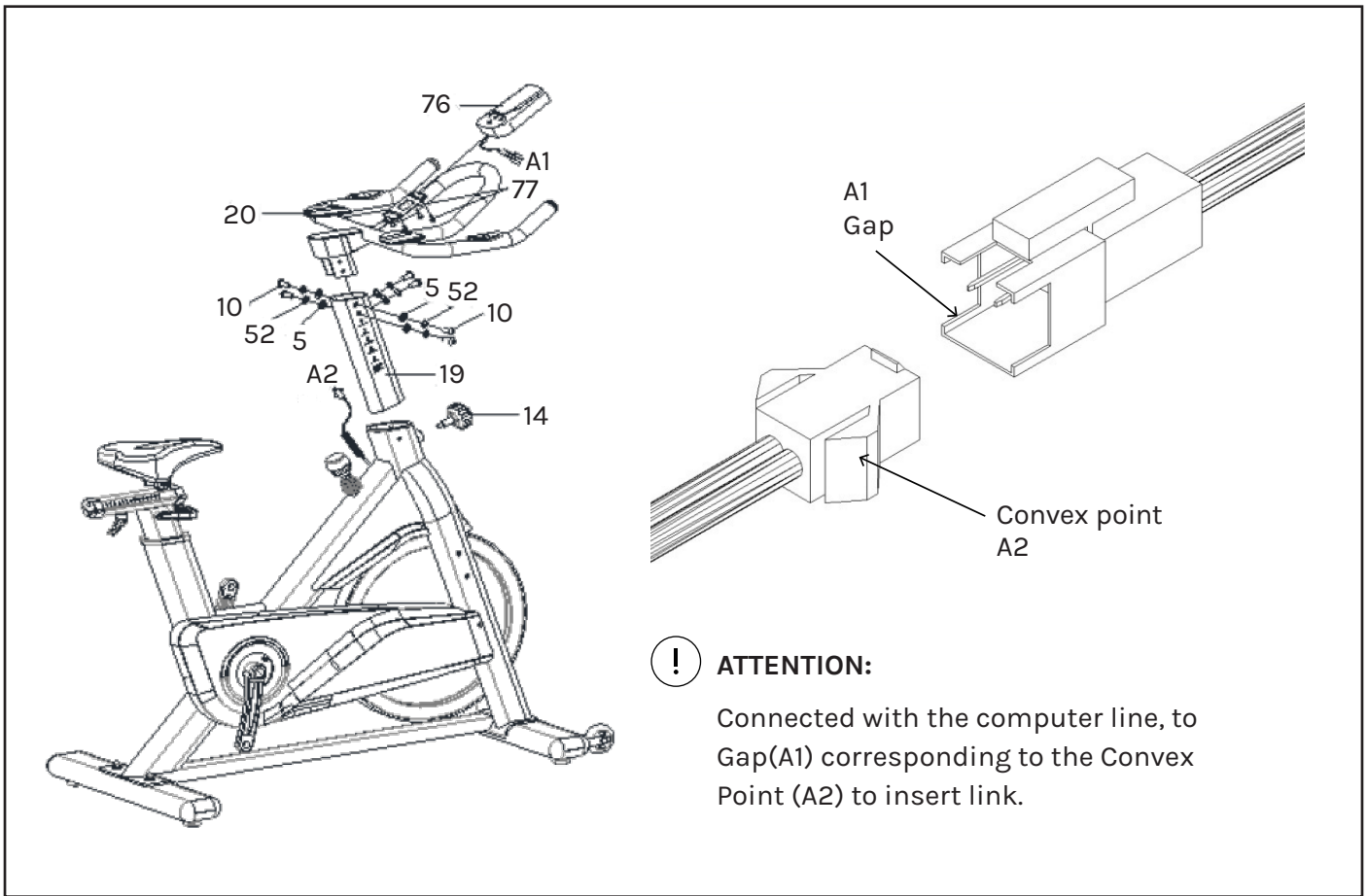
Assemble Front and Rear Stabilizers

1. Attached the Front Stabilizer (pt.11) to the Main Frame (pt.21), Lock the Front Stabilizer on the Main frame with 2pcs of Carriage Bolts (pt.3) and 2pcs of Flat Washers (pt.5) and 2pcs of Domed Nut (pt.6).
2. Use the same way to lock the Rear (pt.4) on the Main frame.

STEP 2

Assemble Seat

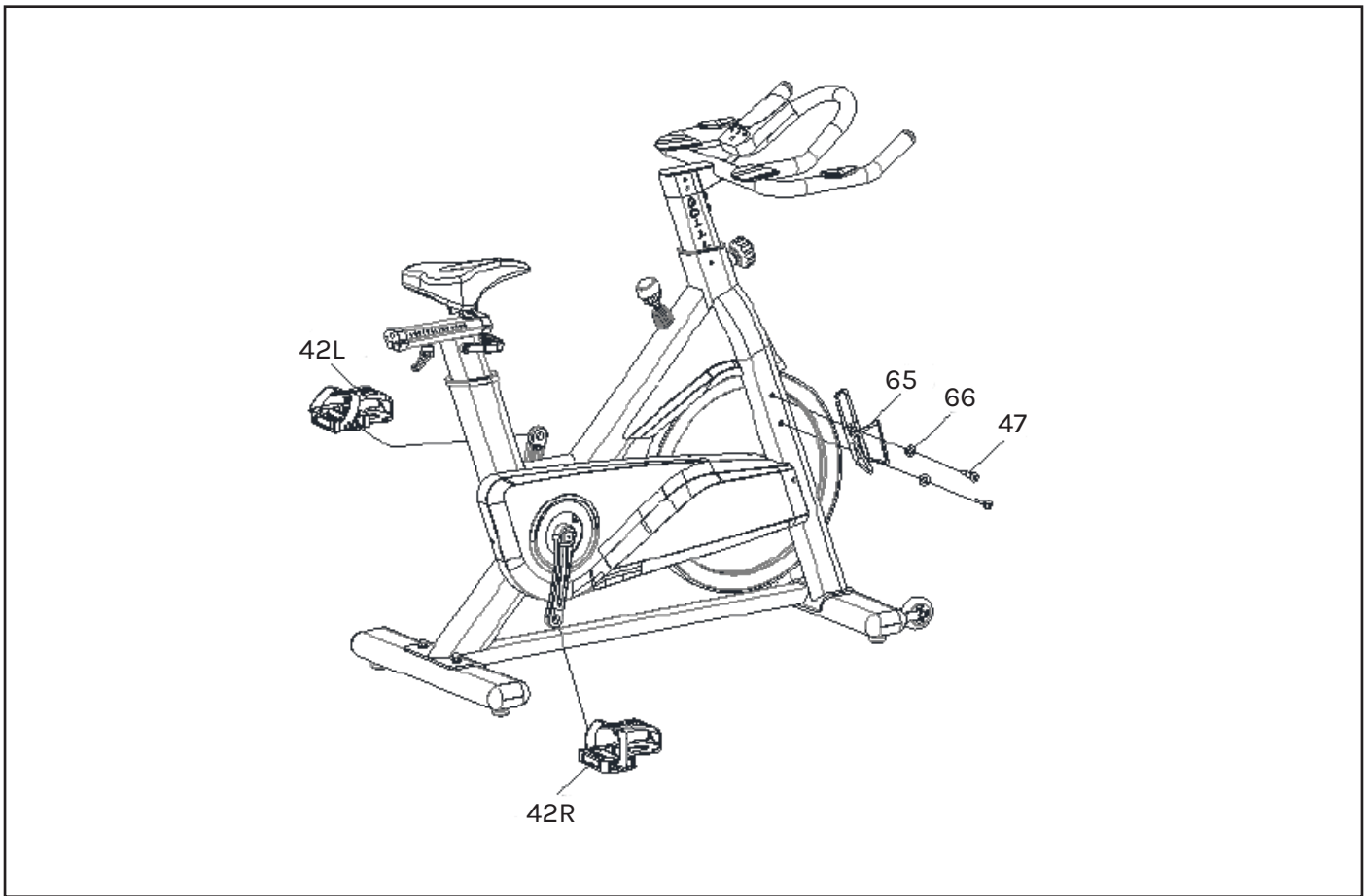
1. Fix the Seat on the Seat Post, then lock the 2pcs of nut under the Seat firmly.



STEP 3

Assemble Handlebar/Computer

1. Fix the Handlebar (pt.20) on the Handlebar Post (pt.19) with 6pcs of Bolt (pt.10) and 6pcs of Washer (pt.52) and 6pcs of Flat Washer (pt.5).
2. Insert the Handlebar Post (pt.19) into the Main Frame, adjust it at a expect height, then lock the adjustment knob (pt.14) into the nut on the Main Frame. Please make sure that the knob pin inserts into the Handlebar Post hole.
3. Lock the Computer (pt.76) on the Handlebar (pt.20) with 4pcs of Bolt (pt.77), then connect A1 and A2 together.



STEP 4

Assemble Pedals/Bottle Holder

1. Take the Left Pedal (pt.42L) the one with a L Sticker, screw its axle Counter-clockwise into the Left Crank.
 2. Take the Right Pedal (pt.42R) the one with a R sticker, screw its axle Clockwise into the Right Crank.
- ⓘ **IMPORTANT:** Ensure both pedals are fully tighten as using pedals while loose can damage your thread and affect your warranty.
3. Lock the Bottle Holder (pt.65) onto the Main Frame with 2pcs of Flat Washer (pt.66) and Screw (pt.47).

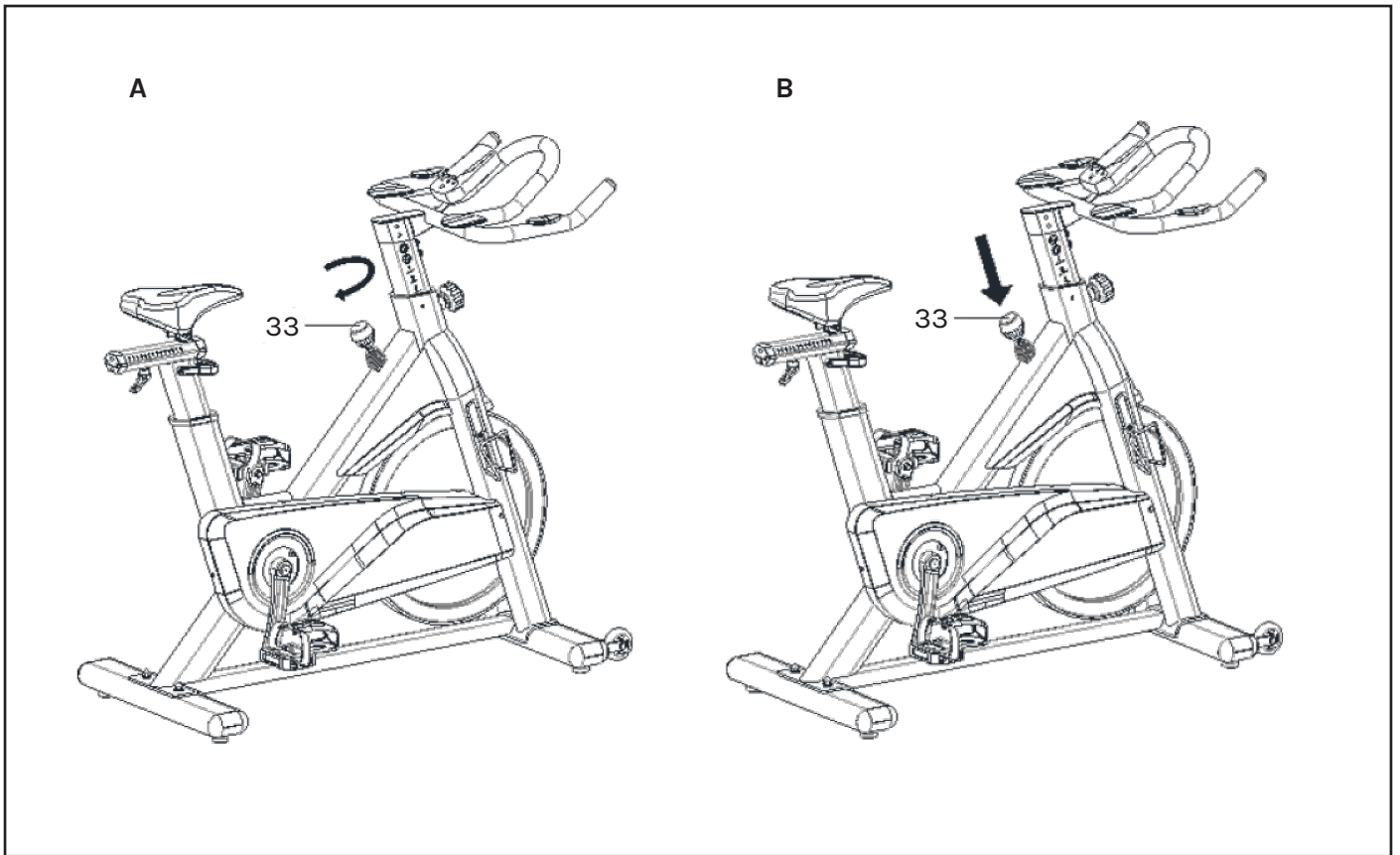


FIG A

A. Adjusting the Tension:

Increasing or decreasing the tension allows you to add variety to your workout sessions by adjusting the resistance level of the bike.

To increase tension and increase resistance (requiring more strength to pedal), turn the Emergency Brake & Tension Control Knob (pt.33) to the right.

To decrease tension and increase resistance (requiring less strength to pedal), turn the Emergency Brake & Tension Control Knob (pt.33) to the left.

FIG B

B. Using the Emergency Brake Function:

The same knob that allows you to adjust the tension of the bike also doubles as the Emergency Brake. Use this safety feature in any situation where you would need to get off the bike or stop the bike's flywheel.

To use the Emergency Brake function in any situation you would need it in, firmly press down on the Emergency Brake & Tension Control Knob (pt.33).

VI. SEAT AND HANDLEBAR ADJUSTMENT

SEAT ADJUSTMENT

UP/DOWN

To adjust the seat height, hold onto the seat and pull the seat post up to your desired height. To lower it you will need to pull the release lever underneath the seat up and while holding the lever, push the seat down, then release the lever to lock into position.

! **CAUTION:** We recommend to not sit on the seat when pulling up the release lever up as the added weight can jam the release lever.

FORWARD/BACKWARD

The Adjusting lever under the seat acts like a Wrench.

To loosen:

Loosen the adjusting handle under the seat by turning it fully to the left side then pull the lever down and move it back to the right side. Let go of the lever so it slots back into the bolt and then turn to the left again. Continue doing this until the bolt is loosen enough for you to move your seat.

To tighten:

Once you have set the position you want, tighten by pulling the lever down and move it to the left side. Release the lever until it clicks to the bolt and then turn the lever to the right. Repeat by going back to the left side until the seat is fully locked into place.

HANDLEBAR ADJUSTMENT

To adjust the handlebar height, slacken the spring knob and secondary knob and pull both knobs back. Slide the handlebar post along the housing on the main frame to the desired height and, with the holes aligned correctly, tighten the spring adjusting knob and then the secondary knob.

VII. COMPUTER OPERATION

DISPLAY OPERATIONS

Item	Description
TIME	Displays the current workout duration. Measuring range: 0:00 to 99:59
SPEED	Displays the user's workout speed. Measuring range: 0.0 to 99.9
DISTANCE	Displays the user's workout distance. Measuring range: 0.0 to 99.9
CALORIES	Displays the user's approximate calories burnt during workout. Measuring range: 0 to 999
HEART RATE	1. Displays the user's approximate heart rate during workout. 2. When the user's heart rate exceeds the preset target value, the warning alarm will sound.
RPM	Displays the user's current revolution per minute. Measuring range: 0 to 999
WATT	Displays the power consumption during workout. Measuring range: 0 to 999 Setting range: 10 to 350

BUTTON FUNCTIONS

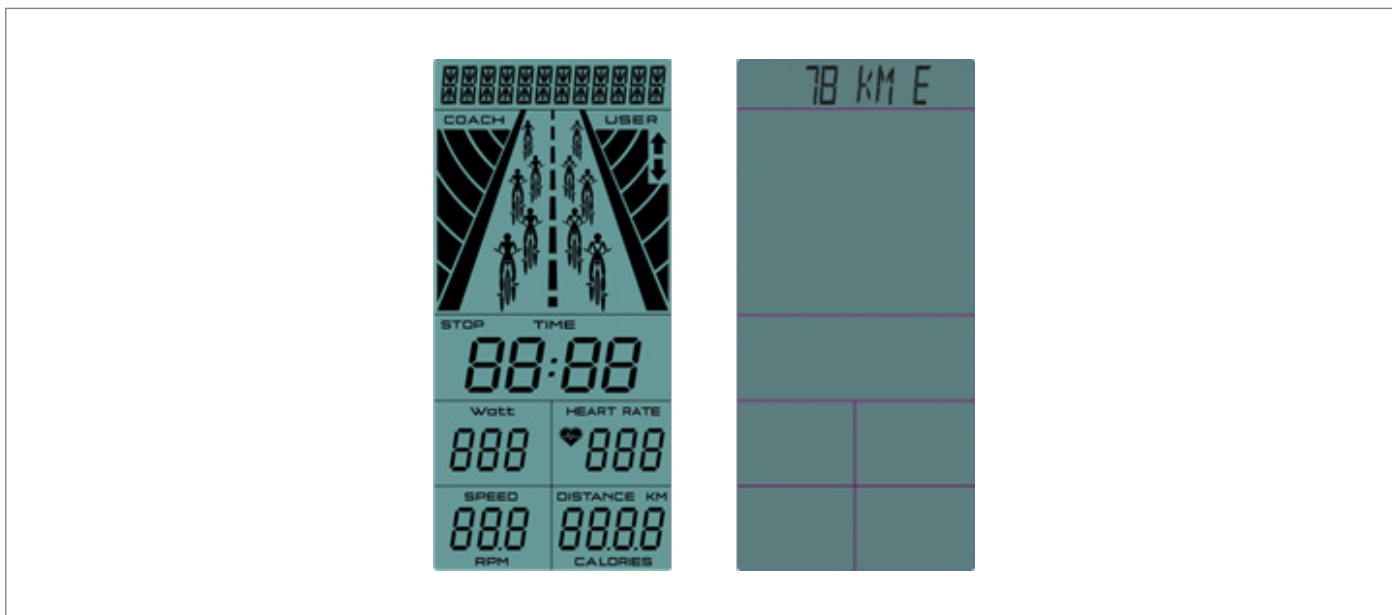
Item	Description
Control Wheel UP	Adjust function value or selection up.
Control Wheel DOWN	Adjust function value or selection down.
MODE	Confirm setting or selection.
RESET	1: Hold down RESET for 2 seconds to reboot the system. 2: During setting or Stop mode, press RESET to go back to the main menu.
START/STOP	Start or stop workout.

OPERATION PROCEDURE

Powering On the Machine

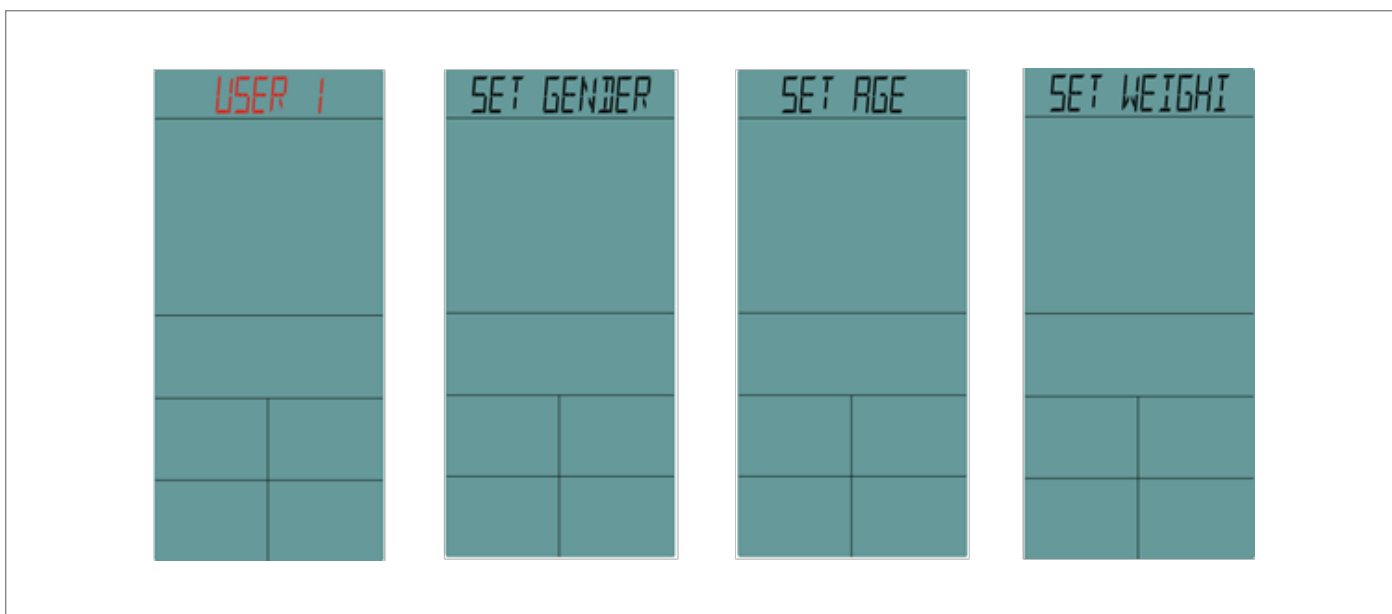
The monitor requires 4x AA batteries to function. Once the batteries are installed, hold RESET for 2 seconds to power on the monitor. The monitor will buzz for 1 second to confirm.

Once powered on, the LCD will display all functions for 2 seconds and then display the wheel diameter and units for 1 second. Next it will enter the USER settings mode. If there is no signal input for 4 minutes, the monitor will enter Sleep mode. Press any key to wake up monitor.



User Data Settings

Use the control wheel buttons to select a USER profile from U1 to U4 and press MODE to confirm. Set the Gender, Age, Height, Weight.



Workout Mode Selection

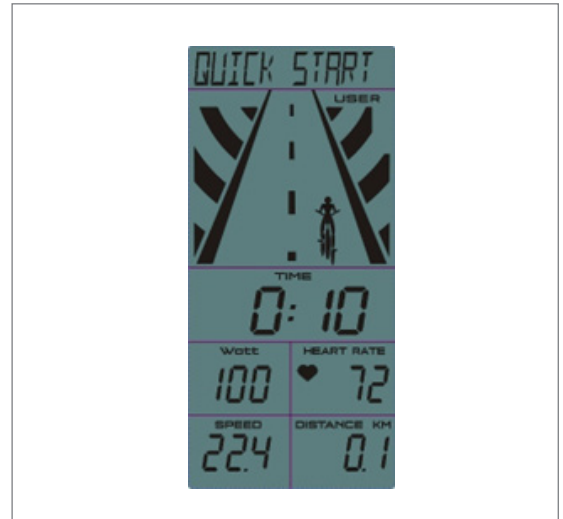
Use the control wheel to select a workout mode:

Choose quick start or set a specific goal for the workout, such as:

1. Target Time
2. Target Distance
3. Target Calories
4. Target Heart Rate
5. Target Watt
6. Watt Program

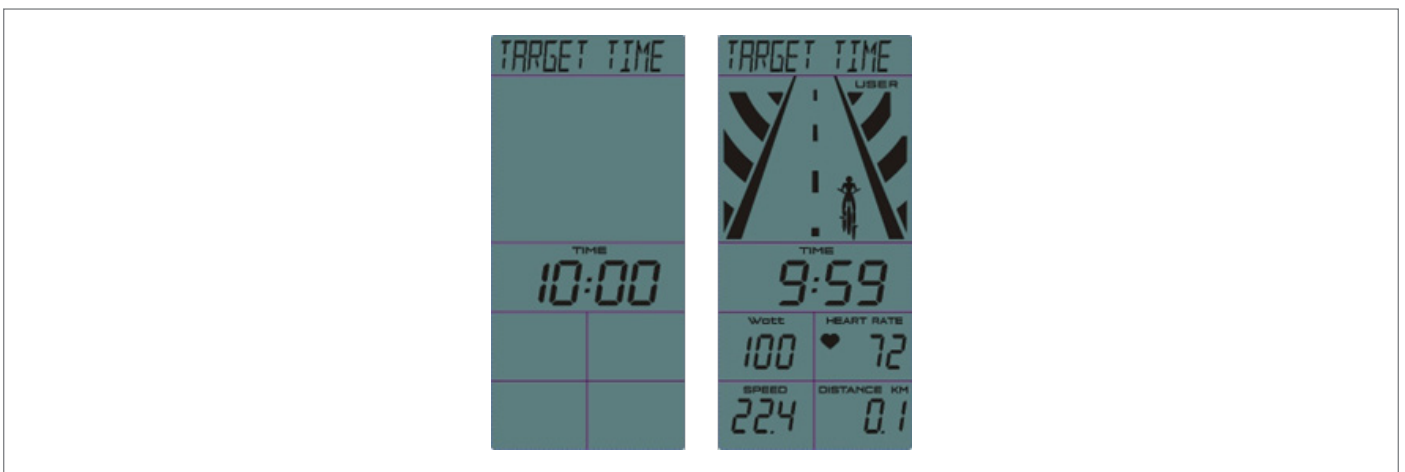
Quick Start

1. When selecting quick start, the TIME will automatically count up. Other metrics such as DISTANCE, CALORIES, RPM, SPEED, WATT, RPM & HEART RATE will also be displayed accordingly.
2. The character animation will update to the next figure after completing every 0.1 km.
3. Press START/STOP to stop the workout, the STOP icon will start blinking and all the key values will remain.
4. During the workout, the wheel controls, RESET and ENTER buttons will not function.
5. In STOP mode, press RESET and the monitor will return to the function settings page.



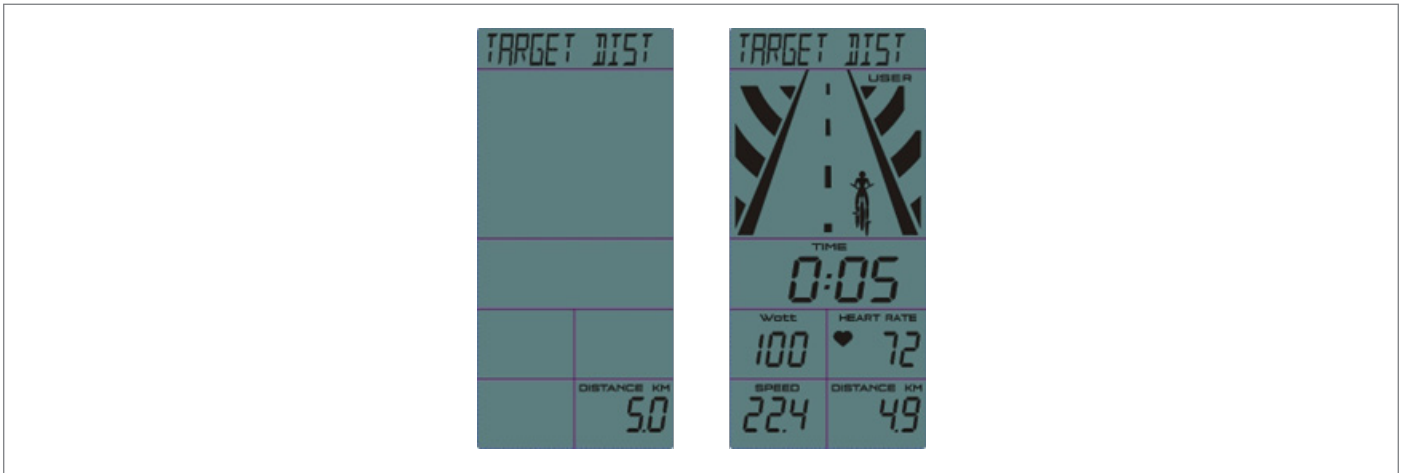
Target Time

1. Use the control wheel to set Target TIME (Preset value = 10:00), then press START/STOP to begin the workout in Target TIME mode.
2. TIME begins to count down from Target value, DISTANCE, CALORIES, RPM, SPEED, WATT, HEART RATE will be displayed accordingly.
3. The character animation will update to the next figure after completing every fifth leg of the Target Time.
4. Press START/STOP to stop the workout, the STOP icon will start blinking and all the key values will remain.
5. During the workout, the wheel controls, RESET and ENTER buttons will not function.
6. In STOP mode, press RESET and the monitor will return to the function settings page.



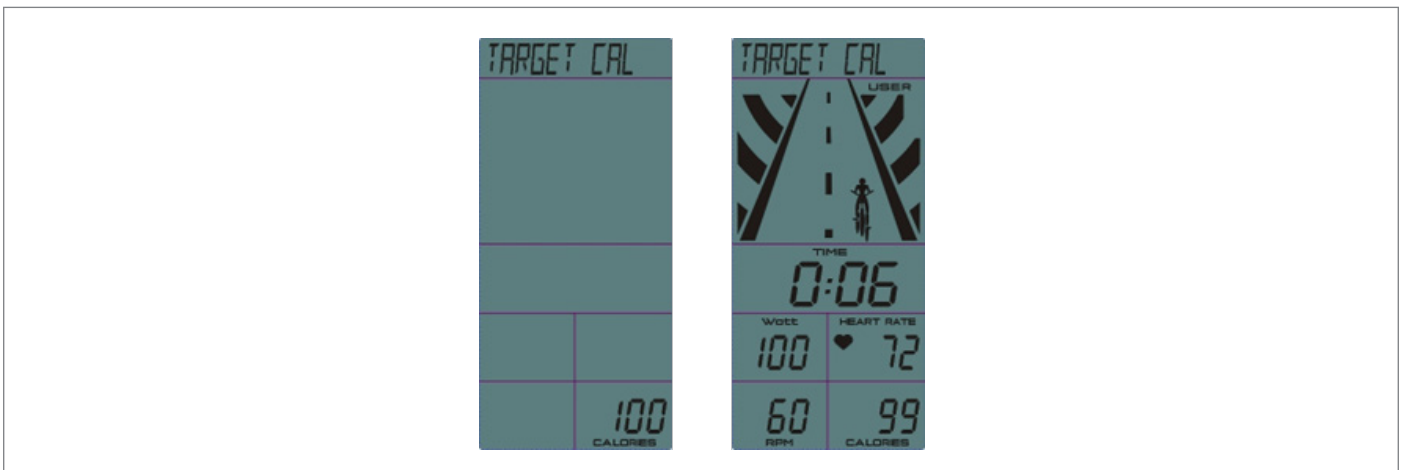
Target Distance

1. Use the control wheel to set Target DISTANCE (Preset value = 5.0), press START/STOP to begin workout in Target Distance mode.
2. DISTANCE begins to count down from Target value, TIME, CALORIES, RPM, SPEED, WATT, HEART RATE will be displayed accordingly.
3. The character animation will update to the next figure after completing every fifth leg of the Target Distance.
4. Press START/STOP to stop the workout, the STOP icon will start blinking and all the key values will remain.
5. During the workout, the wheel controls, RESET and ENTER buttons will not function.
6. In STOP mode, press RESET and the monitor will return to the function settings page.



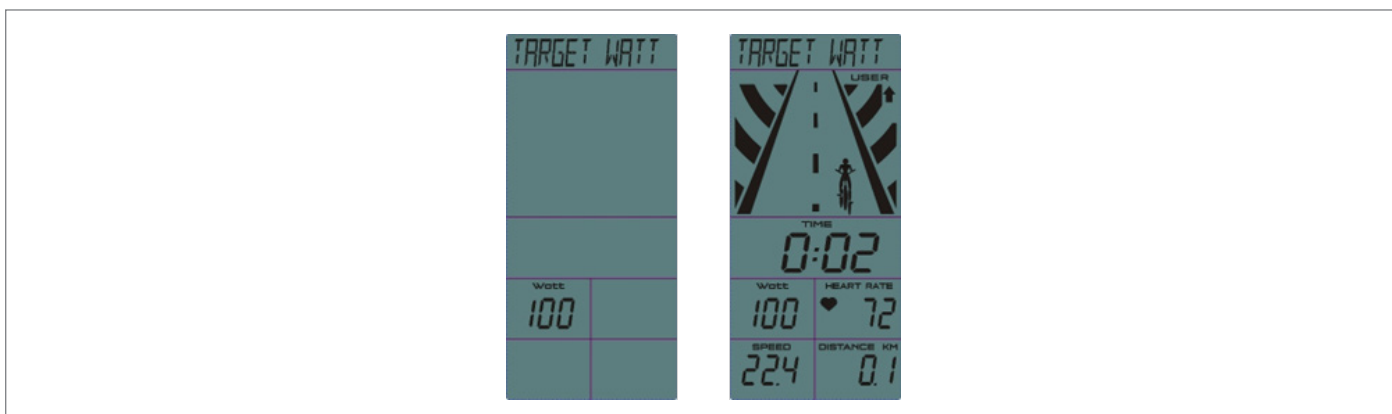
Target Calories

1. Use the control wheel to set Target CALORIES (preset value=100), press START/STOP workout in Target Calories mode.
2. CALORIES begins to count down from Target value, TIME, DISTANCE, RPM, SPEED, WATT, HEART RATE will be displayed accordingly.
3. The character animation will update to the next figure after completing every fifth leg of the Target Calories.
4. Press START/STOP to stop the workout, the STOP icon will start blinking and all the key values will remain.
5. During workout, the wheel controls, RESET and ENTER buttons will not function.
6. In STOP mode, press RESET and the monitor will return to the function settings page.



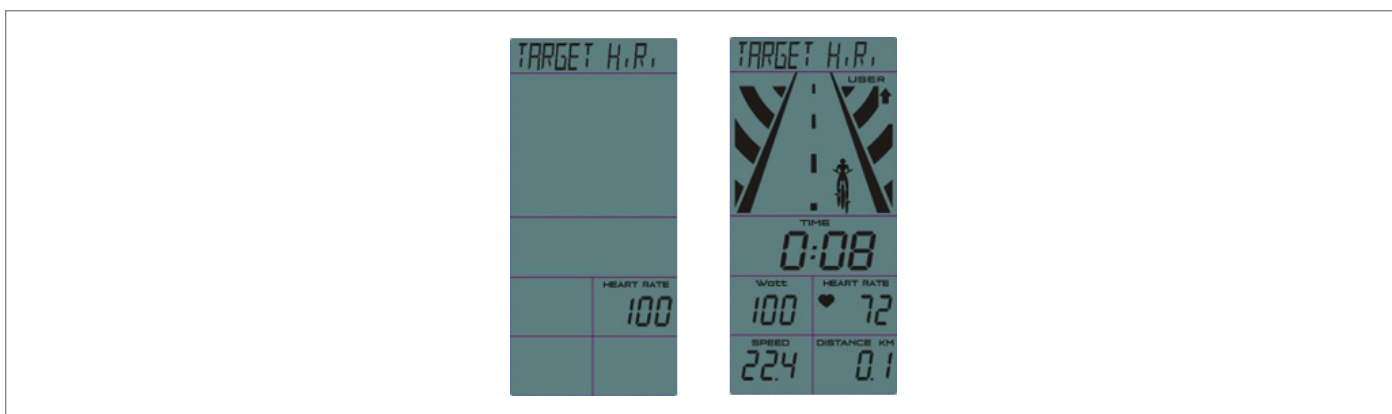
Target Watt

1. Use the control wheel to set the Target WATT (preset value = 100), press START/STOP to begin workout in Target Watt mode.
2. TIME begins to count up, DISTANCE, CALORIES, RPM, SPEED, WATT, HEART RATE will be displayed accordingly.
3. The character animation will update to the next figure after completing every 0.1 km.
4. When the actual WATT value is 25% higher than the Target WATT, ⬆ will flash to remind the user that they are too fast. When the actual WATT value is 25% lower than Target Watt, ⬇ will flash to remind the user that they are too slow.
5. Press START/STOP to stop the workout, the STOP icon will start blinking and all the key values will remain.
6. During the workout, the wheel controls, RESET and ENTER buttons will not function.
7. In STOP mode, press RESET and the monitor will return to the function settings page.



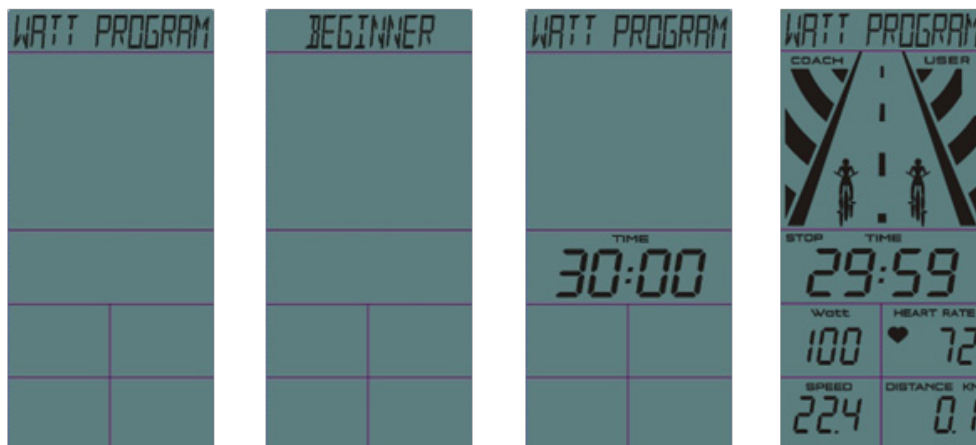
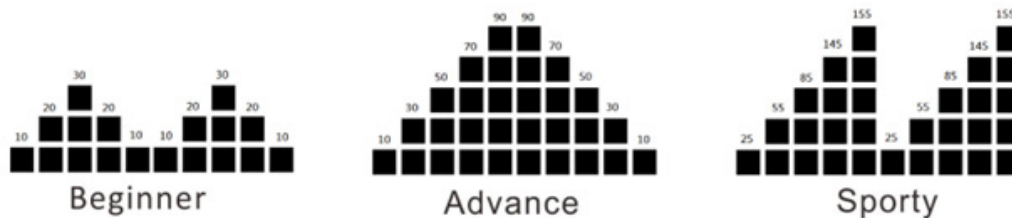
Target Watt

1. Use the control wheel to set the Target PULSE (preset value=100), press START/STOP to workout in Target HR mode. Keep both hands placed on the hand grips.
2. TIME begins to count up, DISTANCE, CALORIES, RPM, SPEED, WATT, HEART RATE will be displayed accordingly.
3. The character animation will update to the next figure after completing every 0.1 km.
4. When actual PULSE value is 50% higher than Target Pulse, ⬆ will flash to remind the user that they are too fast. When actual PULSE is 50% lower than Target Pulse, ⬇ will flash to remind the user that they are too slow.
5. Press START/STOP to stop the workout, the STOP icon will start blinking and all the key values will remain.
6. During the workout, the wheel controls, RESET and ENTER buttons will not function.
7. In STOP mode, press RESET and the monitor will return to the function settings page.



Watt Program

1. Use control wheel to select: Beginner, Advanced or Sporty and press MODE to confirm.
2. Use control wheel to set Time (preset value = 30:00), press START/STOP to begin workout in Watt Program mode.
3. TIME begins to count down from Target value, DISTANCE, CALORIES, RPM, SPEED, WATT, HEART RATE will be displayed accordingly.
4. The character animation will update to the next figure after completing every fifth leg of the preset Time.
5. When the USER WATT value is 10% less than the Coach WATT value, the Coach figure will climb up one position. When the USER WATT value 10% more than the Coach WATT value, Coach figure will fall behind one position. If the difference in value is within $\pm 10\%$, the Coach and USER will remain in the same position.
6. Press START/STOP to stop the workout, the STOP icon will start blinking and all the key values will remain.
7. During the workout, the wheel controls, RESET and ENTER buttons will not function.
8. In STOP mode, press RESET and the monitor will return to the function settings page.



VIII. EXERCISE GUIDE

ⓘ PLEASE NOTE:

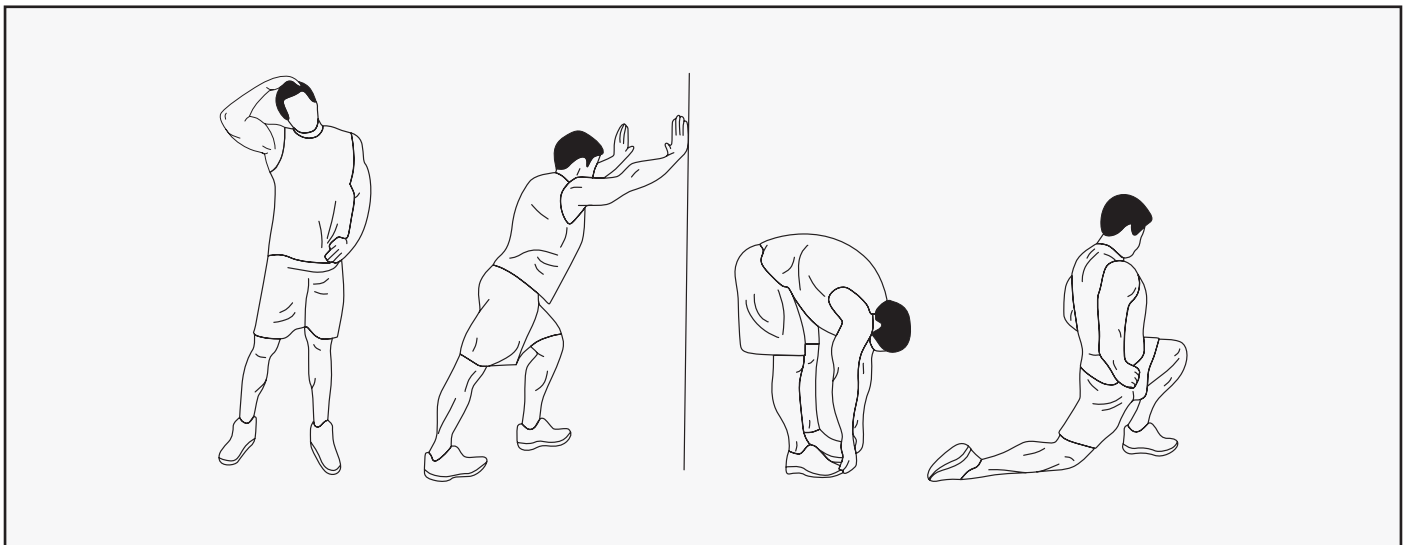
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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

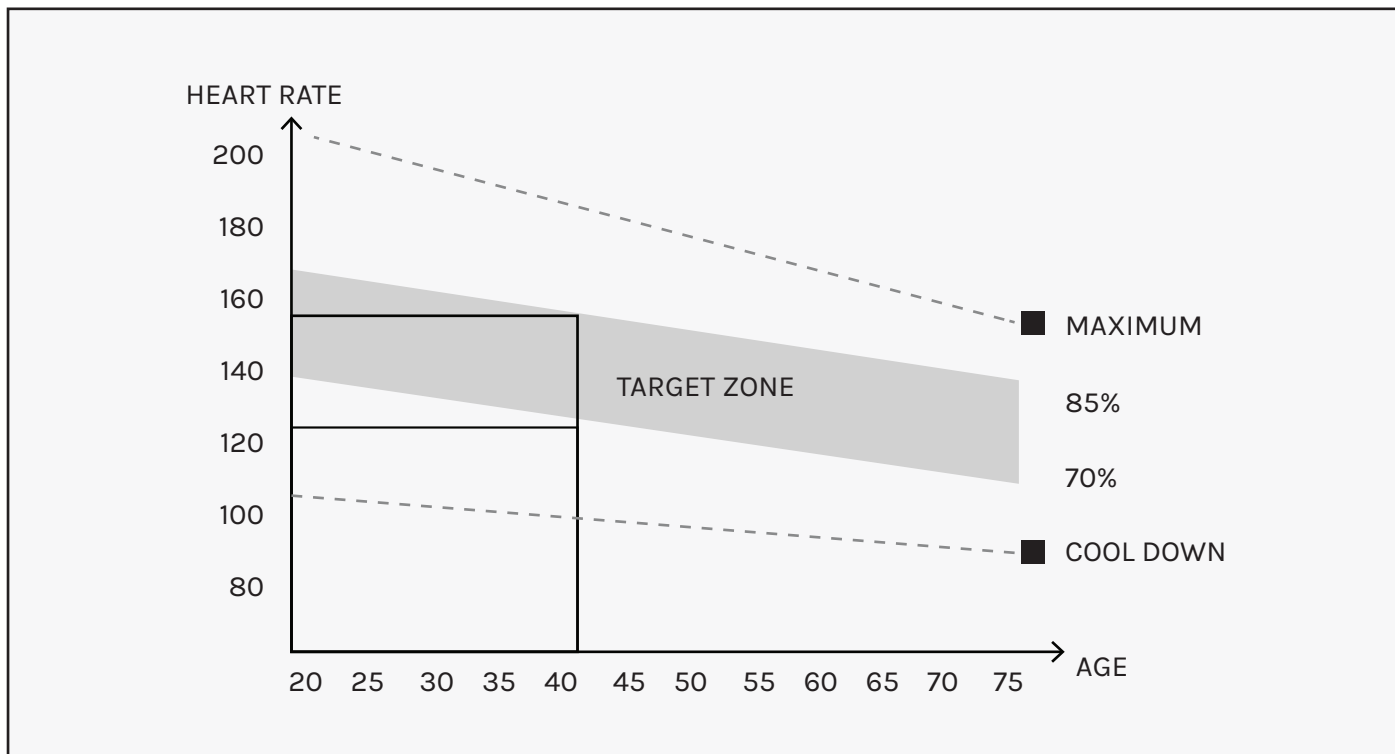
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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).



WWW.LIFESPANFITNESS.COM.AU