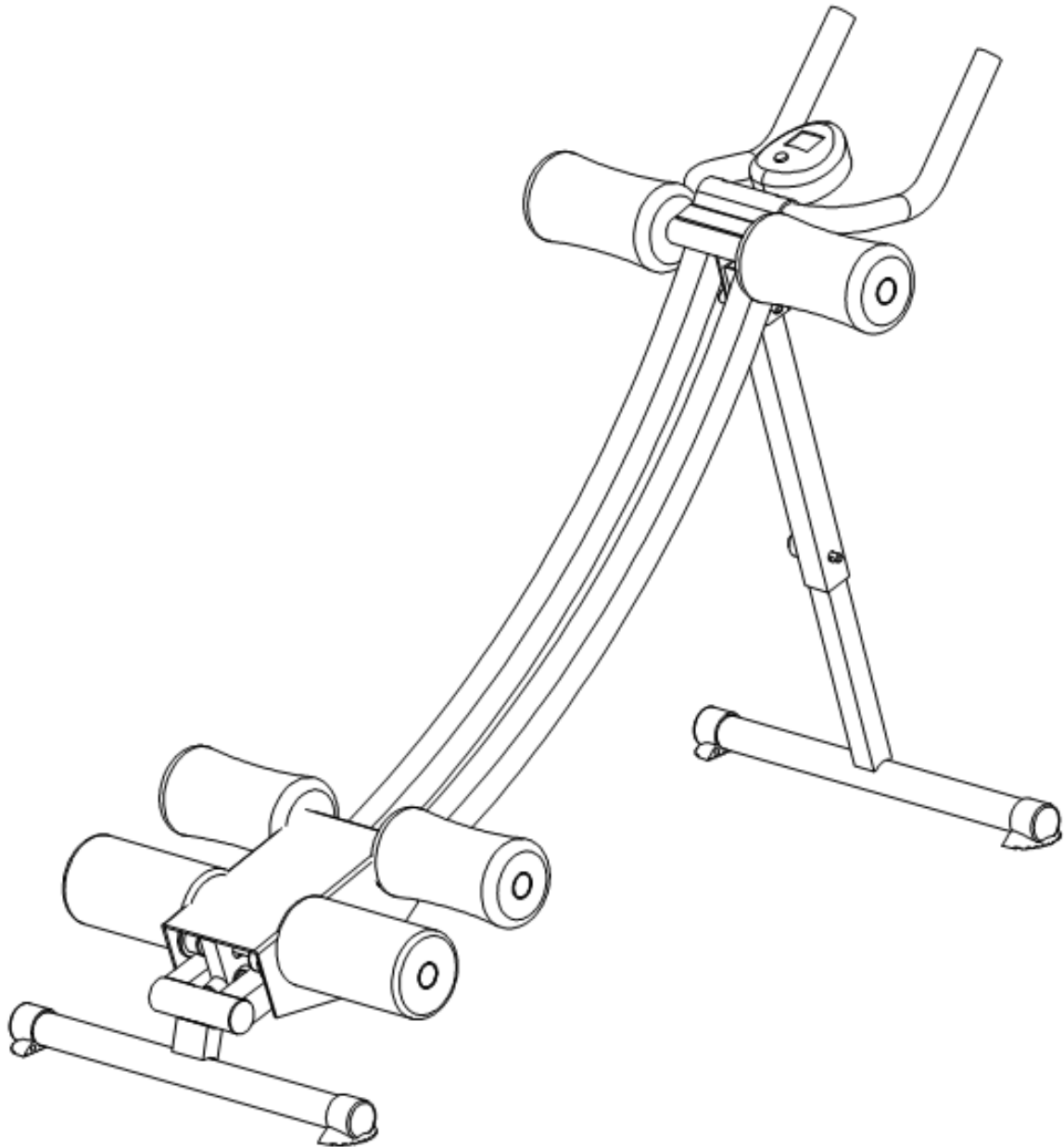


LSG

AB-CORE OWNER'S MANUAL



Product may vary slightly from the item pictured due to model upgrades

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

NOTE: 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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1. 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

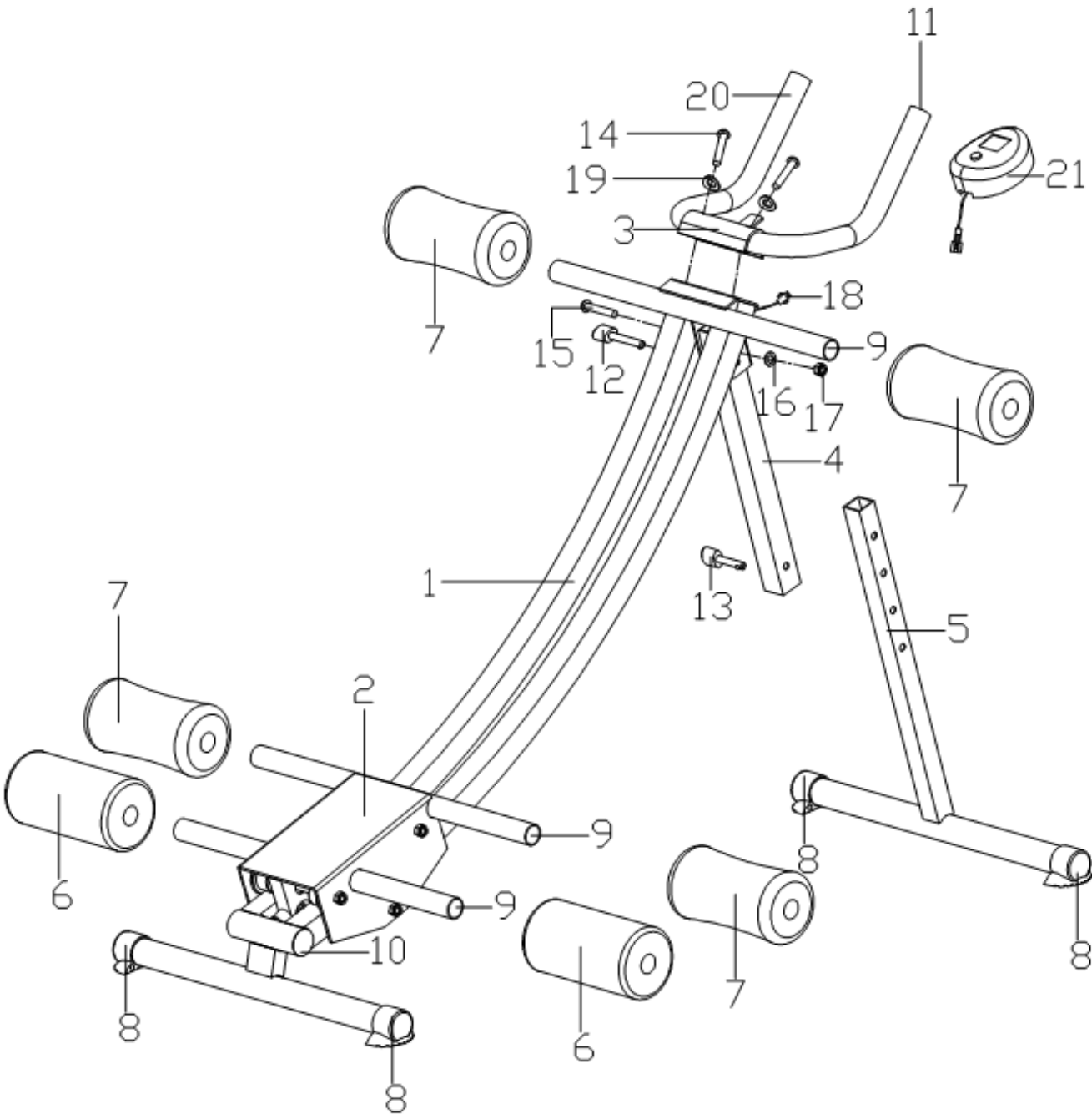
- a. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. Please note: It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
- b. 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.
- c. 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.
- d. Keep children and pets away from the equipment. This equipment is designed for adult use only.
- e. 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.
- f. 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.

- g. 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.
- h. This equipment is designed for indoor and family use only
- i. Care must be taken when lifting or moving the equipment so as not to injure your back.
- j. Always keep this instruction manual and assembly tools at hand for reference.
- k. The equipment is not suitable for therapeutic use.
- l. 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.

2. 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

2. EXPLODED DIAGRAM



3. PARTS LIST

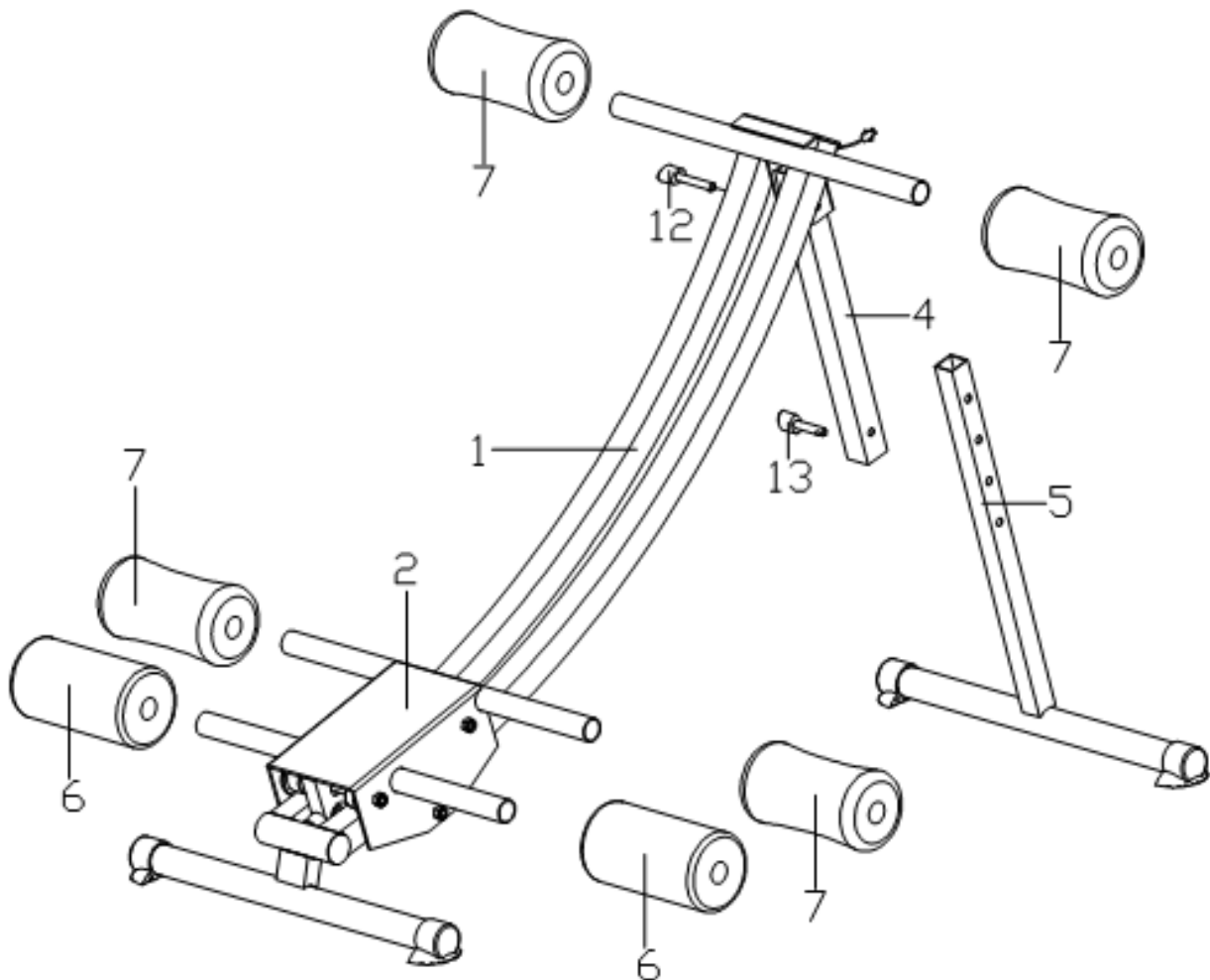
Parts No.	Description	Quantity	Parts No.	Description	Quantity
1	Main Frame	1	12	Pop-pin knob	1
2	Seat Carriage	1	13	Pop-pin knob	1
3	Handlebar	1	14	Allen bolt M8 × 40	2
4	Front support post	1	15	Allen bolt M8 × 50	2
5	Front stabilizer combination	1	16	Flat Washer D8	1
6	Foam 1	2	17	Nylon Nut M8	1
7	Foam 2	4	18	Sensor wire	1
8	End cap	4	19	Arc washer D8 × D20 × 1.5, R20	2
9	End cap 1	6	20	Foam grip	2
10	End cap 2	2	21	Display	1
11	End cap 3	2			

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

4. ASSEMBLY INSTRUCTIONS

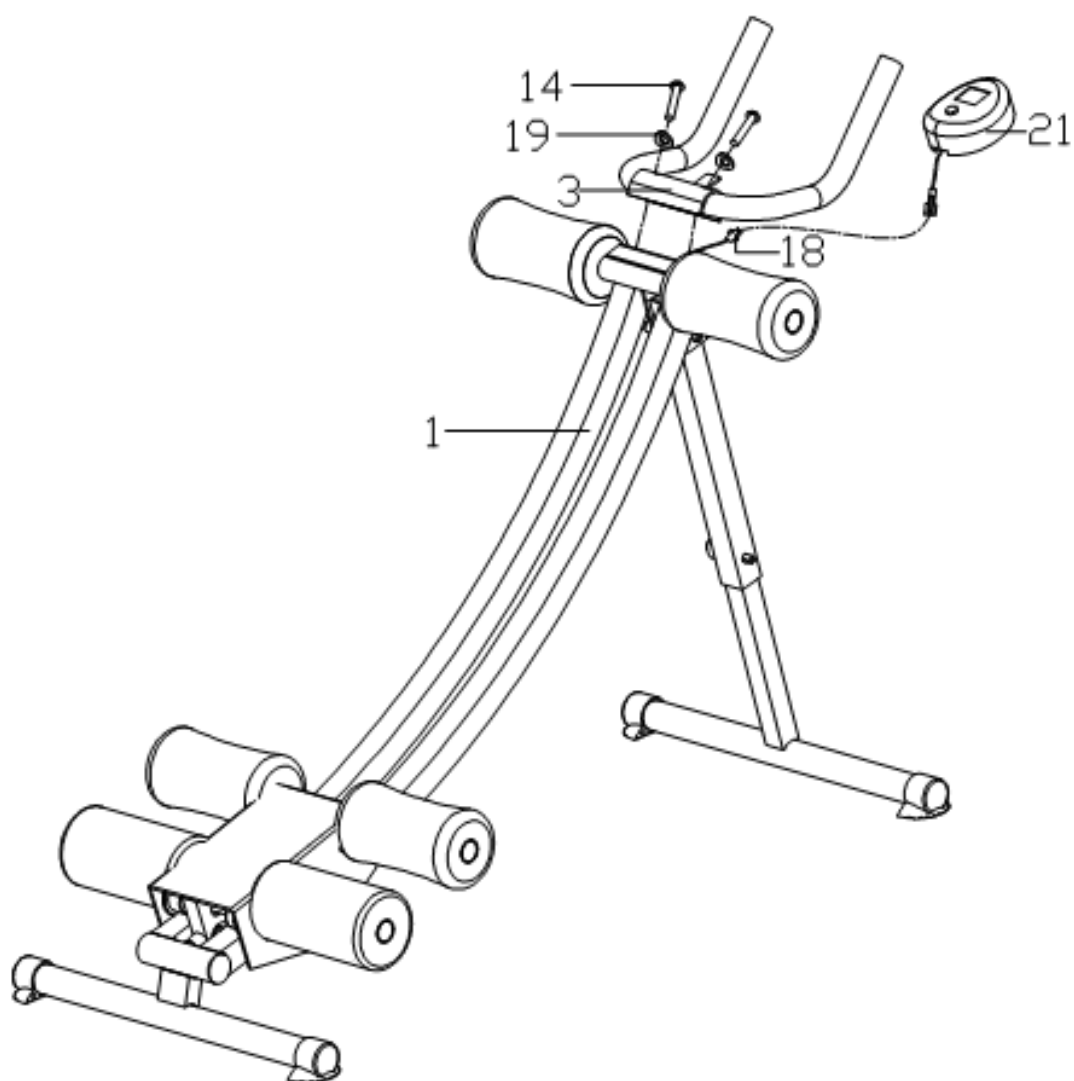
STEP 1

1. Attach the Front support post (4) to the Main Frame (1) with the Pop-pin knob (12).
2. Insert the Front stabilizer combination (5) into the Front support post (4) and adjust to a suitable position. Then fix the Front stabilizer combination (5) to the Front support post (4) with Pop-pin knob (13).
3. Attach the Foam 1 (6) to the under horizontal tube of Seat Carriage (2), then attach the Foam 2 (7) to the upper horizontal tube of Seat Carriage (2) and the horizontal tube of Main Frame (1).



STEP 2:

1. Tighten Handlebar (3) to the Main Frame (1) with Allen bolt (14) and Arc washer (19) as shown.
2. Insert the Display (21) onto the display bracket of Handlebar (3)
3. Connect the Sensor wire with the wire from Display (21).



5. COMPUTER OPERATION

SPECIFICATIONS:

TIME	00:00 - 99:59 MIN:SEC
COUNT	0 - 9999 TIMES
CALORIES	0 - 9999 KCAL
REPS/MIN	0 - 9999 TIMES/MIN
TOTAL COUNT	0 - 9999 TIMES

KEY FUNCTION:

MODE/SELECT: Press to select your desired function. Hold down for 4 seconds to have all function values reset (total reset).

SET (if applicable): Press to input target value.

RESET/CLEAR (if applicable): Press to reset target value.

OPERATION PROCEDURES:

AUTO ON/OFF .The monitor will automatically shut off if there no signal is detected for 4 minutes. The monitor will be auto-powered when a signal is detected or a button is pressed.

FUNCTION:

1. TIME (TMR): Records exercise time during workout.
2. COUNT (CNT): Accumulates total steps during workout.
3. CALORIES (CAL): Records calories consumed during workout.
4. STRIDES/MIN (SPD) (if applicable): Displays steps per minute during workout.
5. TOTAL COUNT (TOTAL) (if applicable): Displays total counts (repetitions) during workout.
When the signal input is detected, it will count up on the original data.
The TOTAL COUNT cannot be reset (from RESET key). I can only be done by replacing the battery.
6. SCAN: Automatically cycles through each function in the following order:
① TIME, ② CALORIES, ③ STRIDES/MIN (if applicable), ④ T-COUNT (if applicable), ⑤ PULSE (if applicable).

BATTERY

If the monitor displays incorrect values, reinstall the batteries. This monitor uses two "AA" or one "AAA" batteries or one "1.5V" button battery. You can replace the batteries at the same time.

6. 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.

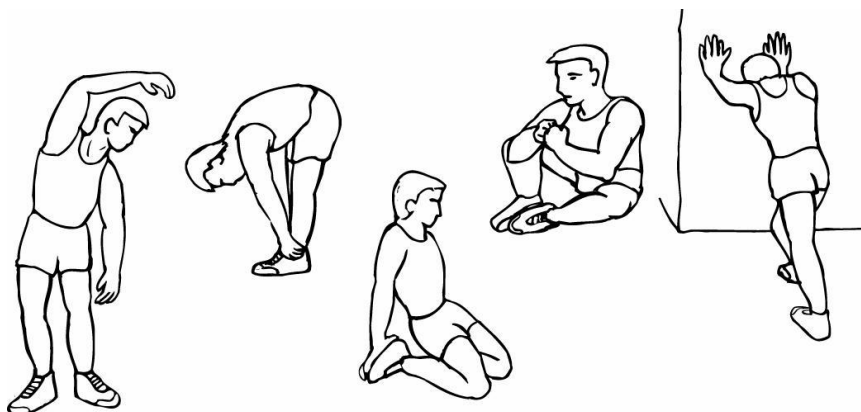
Exercising is great way to control your weight, improving your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

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.



Training Zone Exercise

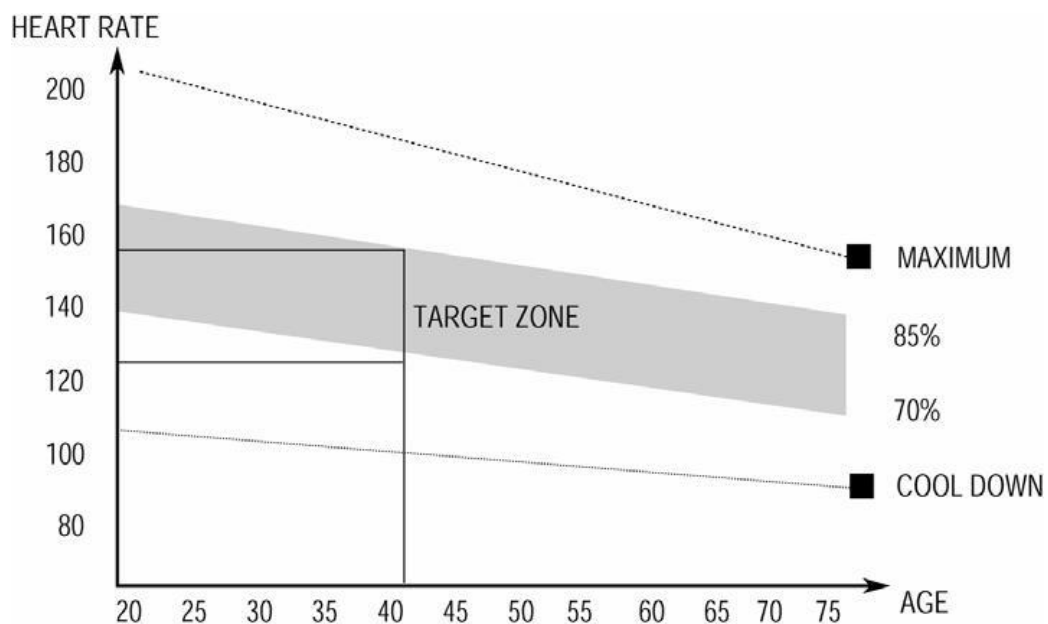
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.

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

TARGET ZONE



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

7. 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:

Please email us at support@lifespanfitness.com.au for all warranty or support issues.

For all warranty or support related enquiries, an email must be sent before contacting us via other means.