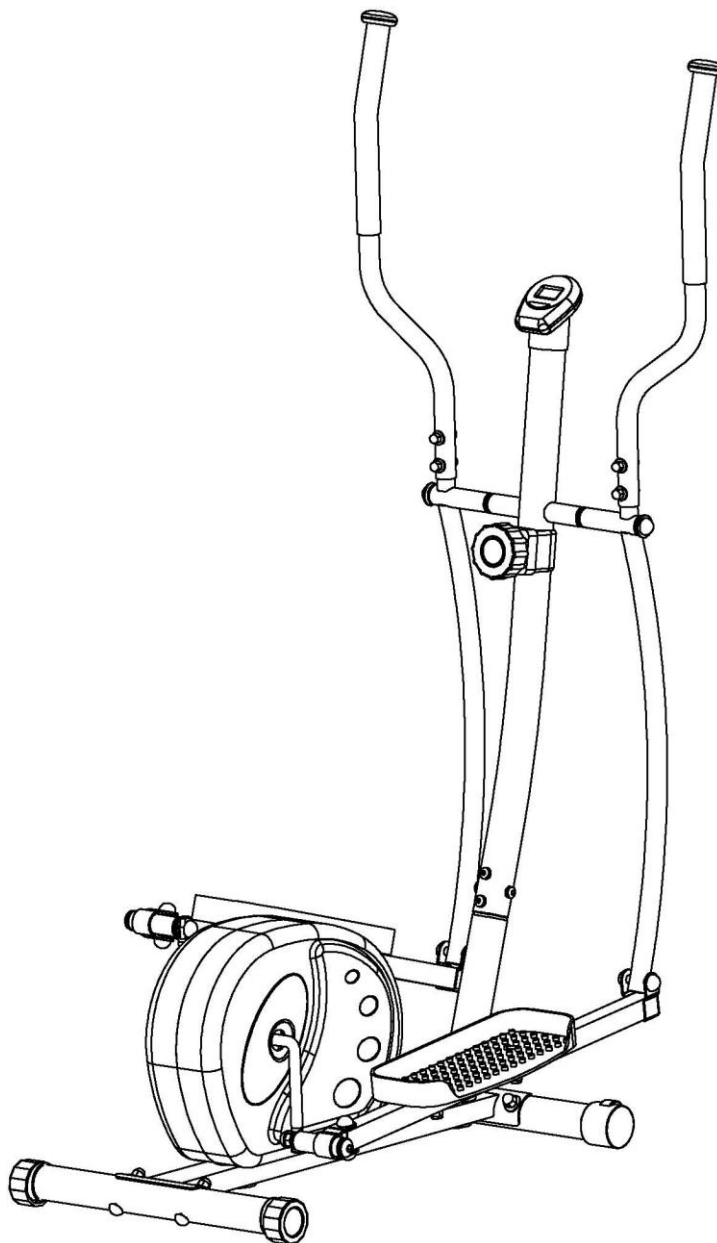




CT-02 CROSS TRAINER OWNER'S MANUAL



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.

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1. IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this machine.

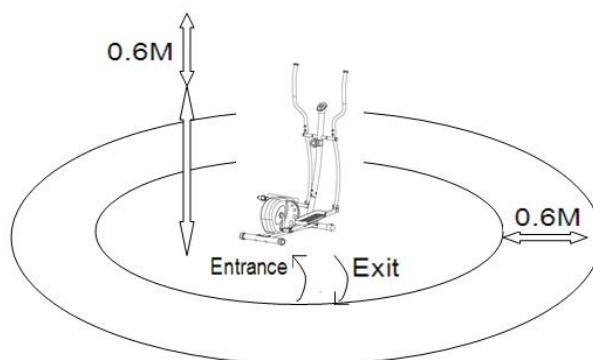
It is important your machine receives regular maintenance to prolong its useful life. Failing to regularly maintain your machine may void your warranty.

Always keep this instruction manual and assembly tools at hand for reference.

- a. **WARNING:** The safety level of the equipment can be maintained only if it regularly for damage and wear of parts, for example, Ropes, pulleys, interchanges check. Pay particular attention to the wearing parts, eg Handlebar, end caps and screws that touch the ground or the connection points often.
- b. **WARNING:** If any of the adjustment devices are left protruding, they could interfere with the user's movement.
- c. 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.
- d. 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.
- e. The equipment is not suitable for therapeutic use.
- f. This equipment is designed for indoor and family use only
- g. 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.

- h. Care must be taken when lifting or moving the equipment so as not to injure your back.
- i. Keep children and pets away from the equipment. This equipment is designed for adult use only.
- j. 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.
- k. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety free space must not be less than 0.6 m higher than the training area in all directions from which the device is accessed.



- l. 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.
- m. Equipment must be leveled before use.

2. CARE INSTRUCTIONS

- a. Lubricate moving joints with grease after periods of usage
- b. Be careful not to damage plastic or metal parts of the machine with heavy or sharp objects
- c. 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



3. TECHNICAL SPECIFICATIONS

Dimensions: (L x W x H) 95x63x153mm

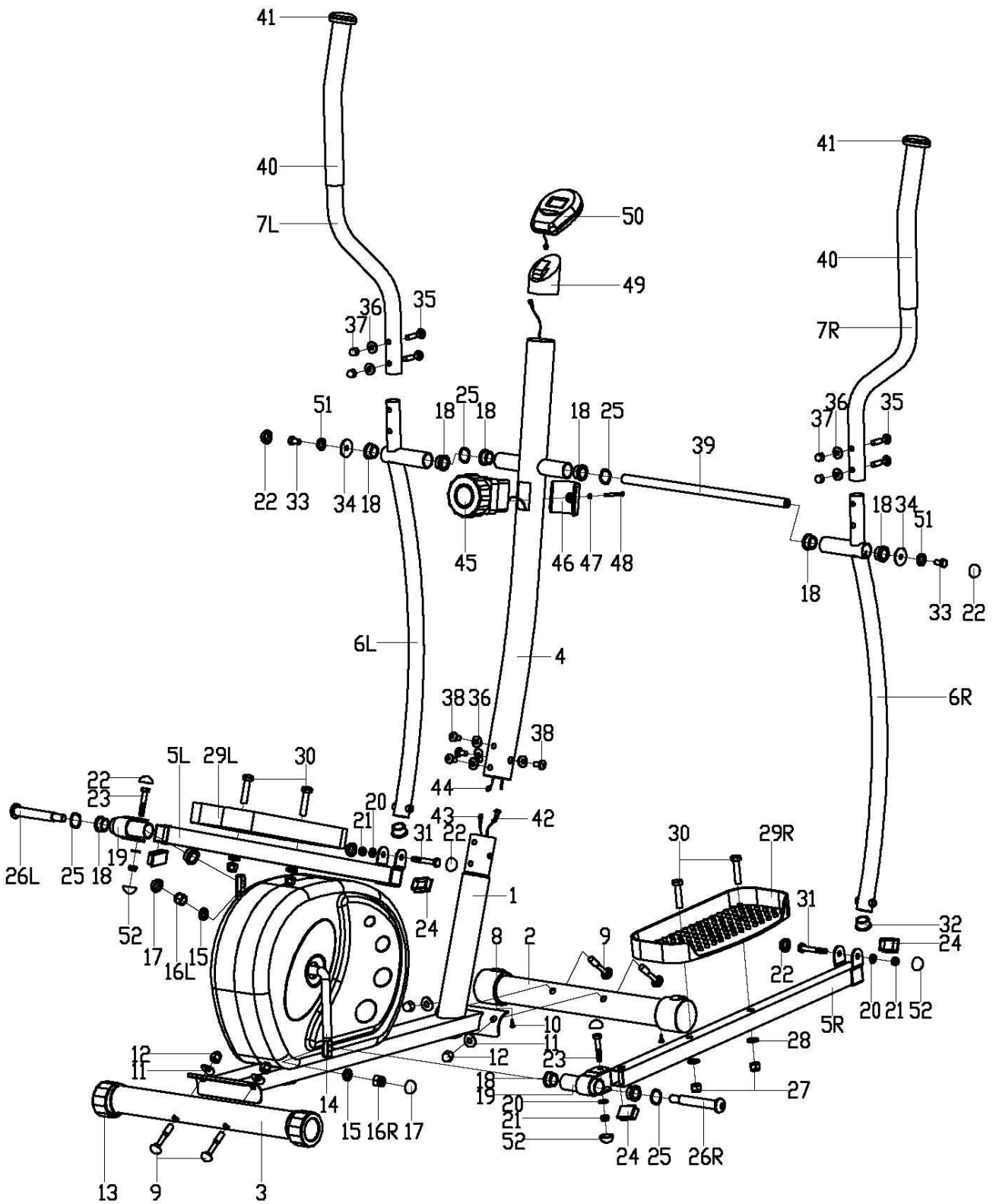
Net Weight: 25kg

Batteries: 2 x "AA"

Class: HC

Maximum User Weight: 100kg

4. EXPLODED DIAGRAM



5. PARTS LIST

Caution: please check that all hardware has been included prior to assembly. Please stop assembly if any hardware is missing and contact support@lifespanfitness.com.au.

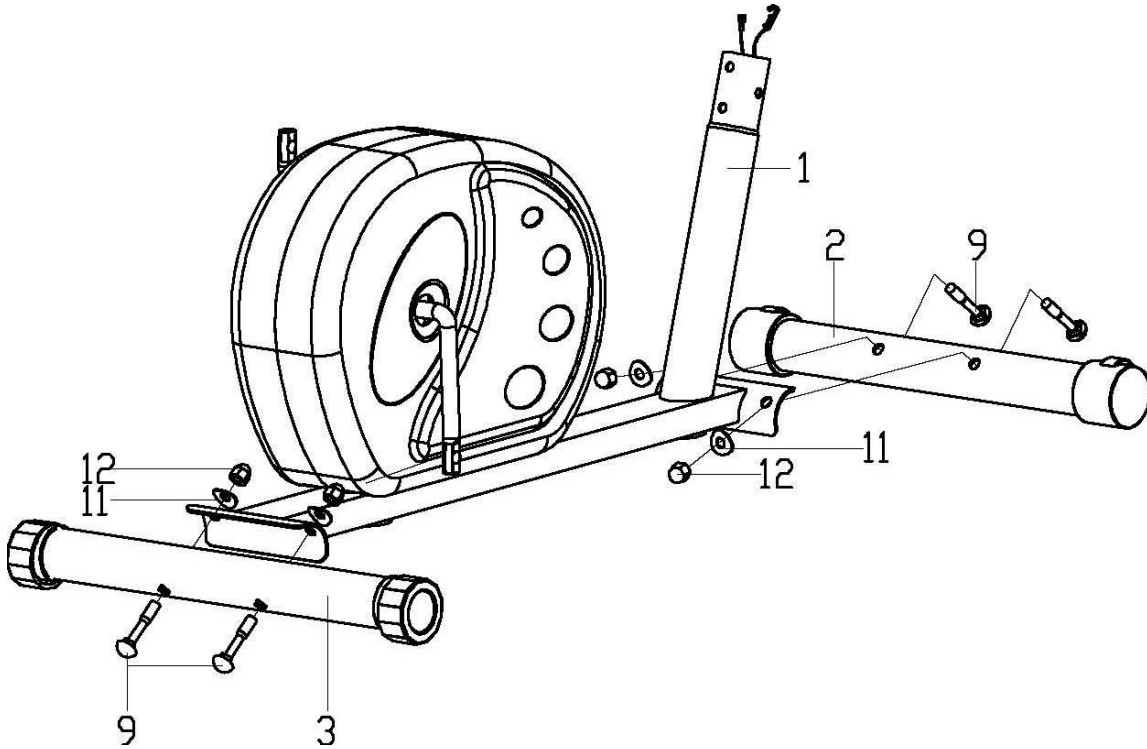
Most of the listed assembly hardware has been packaged separately, but some hardware items have been preinstalled in the identified assembly parts. In these instances, simply remove and reinstall the hardware as assembly is required.

Please reference the individual assembly steps and make note of all preinstalled hardware.

Part #	Description	Qty	Part #	Description	Qty
1	Main frame	1	27	Nylon nut M10	4
2	Front bottom tube	1	28	Flat washer $\Phi 10.5 \times \Phi 20 \times 2$	4
3	Rear bottom tube	1	29L/R	Pedal	1/1
4	Handlebar post	1	30	Hex bolt M10×45	4
5L/R	Left/Right Connecting rod	1/1	31	Hex bolt M8×55	2
6L/R	Left/Right Swing arm	1/1	32	Round cap	2
7L/R	Left/Right Handlebar	1/1	33	Hex bolt M8×15	2
8	Front end cap	2	34	Flat washer D8× $\Phi 26 \times 2$	2
9	Square neck bolt M10×57	4	35	Square neck bolt M8×40	4
10	Cross pan head screw ST3×10	2	36	Arc washer D8×2× $\Phi 20 \times R16$	8
11	Arc washer D10× $\Phi 25 \times 1.5 \times R28$	4	37	Acorn nut M8	4
12	Acorn nut M10	4	38	Inner Hex bolt M8×15	4
13	Rear end cap	2	39	Long axis	1
14	Crank	1	40	Foam grip	2
15	Spring washer D13	2	41	Mushroom end cap	2
16L/R	Nylon nut B0.5×20	1/1	42	Tension cable	1
17	End cap S19	2	43	Sensor wire	1
18	Big Axis Guide	10	44	Extension wire	1
19	Rods joint	2	45	Tension controller	1
20	Flat washer D8× $\Phi 16 \times 1.5$	4	46	Tension controller cover	1
21	Nylon nut M8	4	47	Flat washer	1
22	Cap S14	6	48	Cross pan head screw	1
23	Hex bolt M8×50	2	49	Computer Bracket	1
24	Square end cap	4	50	Computer	1
25	Wave washer D17×0.3	4	51	Spring washer D8	2
26L/R	Pedal bolt $\Phi 16 \times 89 \times L25$	1/1	52	Cap S13	4

6. ASSEMBLY INSTRUCTIONS

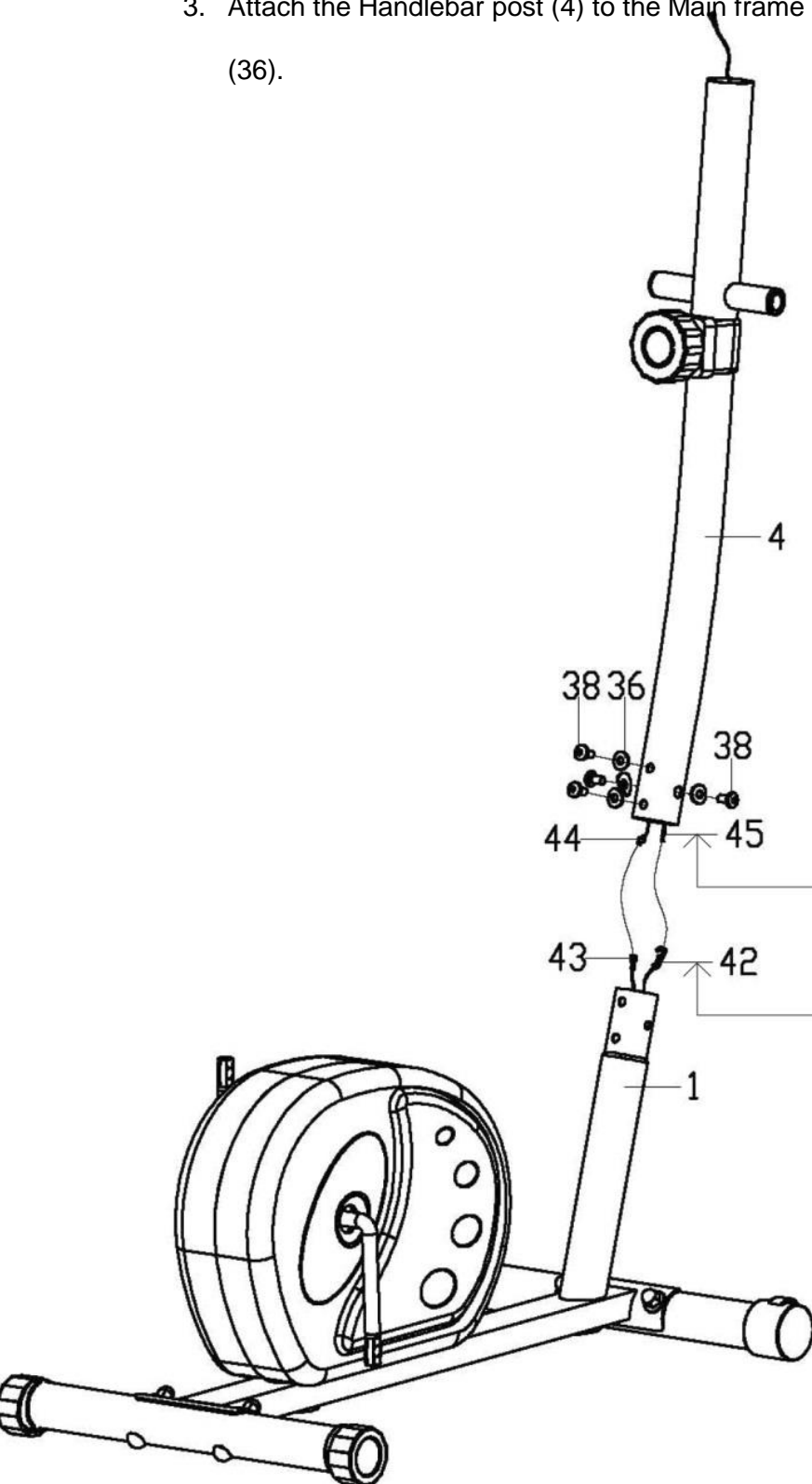
STEP 1:



1. Attach the Front bottom tube (2) and Rear bottom tube (3) to the Main frame (1) with Square neck bolt(9), Arc washer (11) and Acorn nut (12)
-

STEP 2:

1. Connect the Sensor wire (43) well with Extension wire (44).
2. Connect the Tension cable (42) well with wire of Tension controller (45). See below for detailed guide.
3. Attach the Handlebar post (4) to the Main frame (1) with Inner hex bolt (38), Arc washer (36).

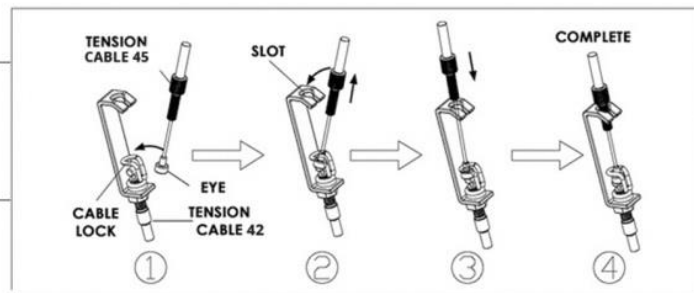


2 a) Rotate the Tension Controller to increase the length of the Tension Cable

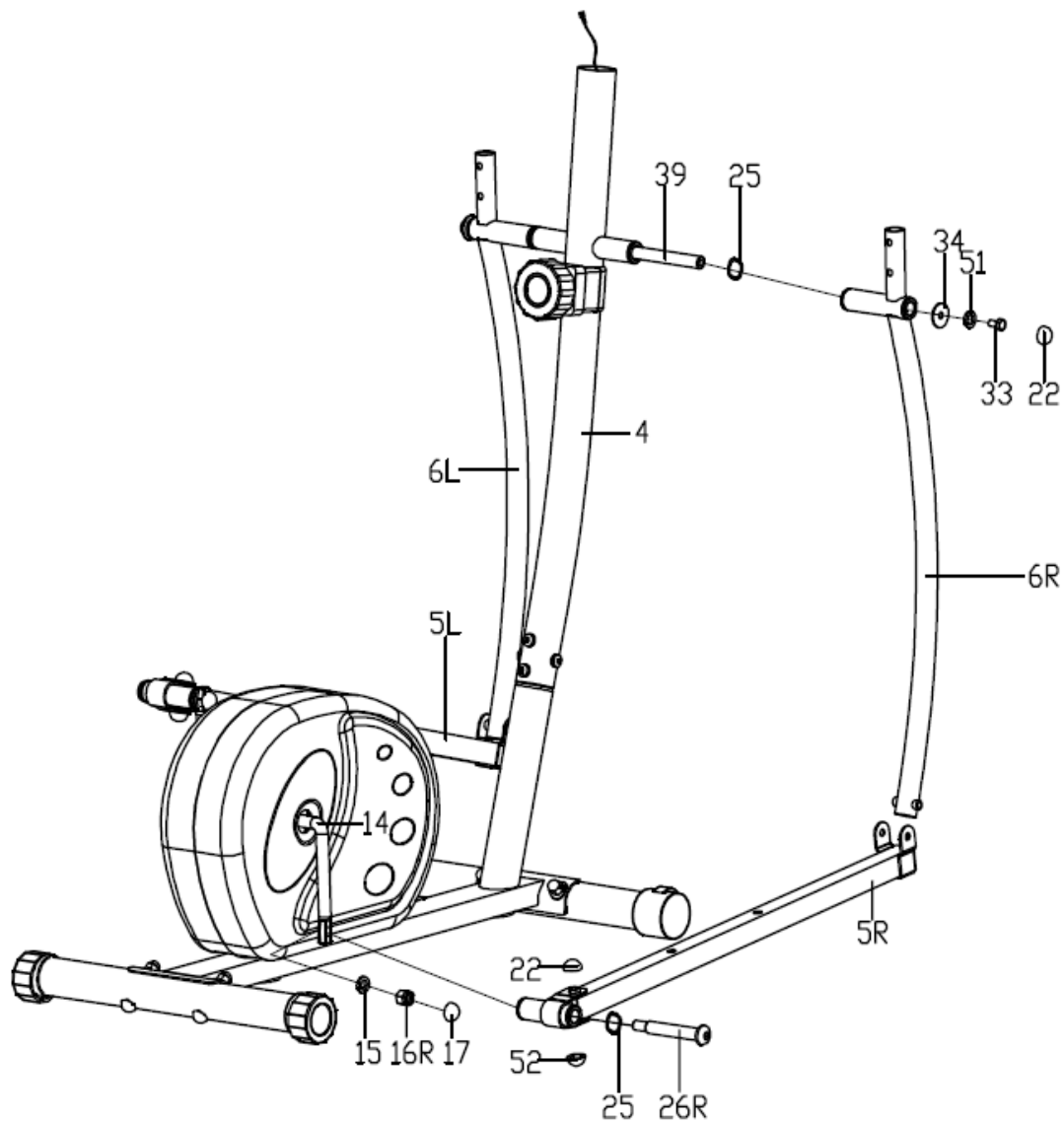
2 b) Lock the Tension Cable Eye into the Cable Lock as per image ① below.

2 c) Lift the Tension Cable up, then place the Tension Cable into the Slot as shown by the arrows as per images ②③ below.

CONNECTING CABLE 42 and 45



STEP 3:

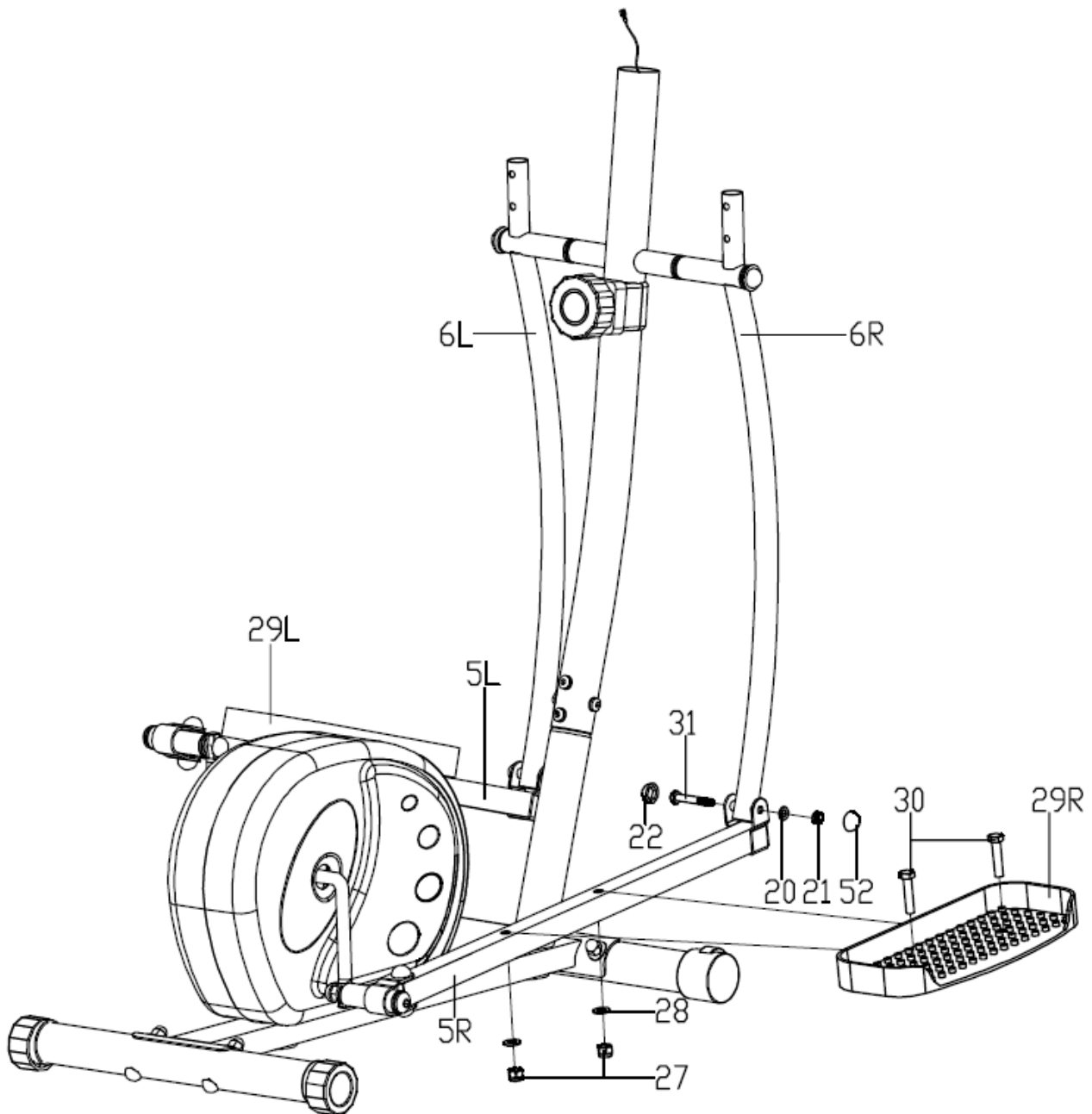


1. Attach the Right Swing Arm (6R) onto the long axle of the Handlebar post (4). Use Hex bolt (33), Spring washer (51), Flat washer (34), Waveform washer (25) and Long axle (39) as shown. *Do not tighten yet.*
2. Attach the Right Connecting Rod (5R) to the Crank (14). Use Pedal bolt (26R), Waveform washer (25), Spring washer (15) and Nylon nut (16R) as shown. *Please do not tighten yet.*

Attention!

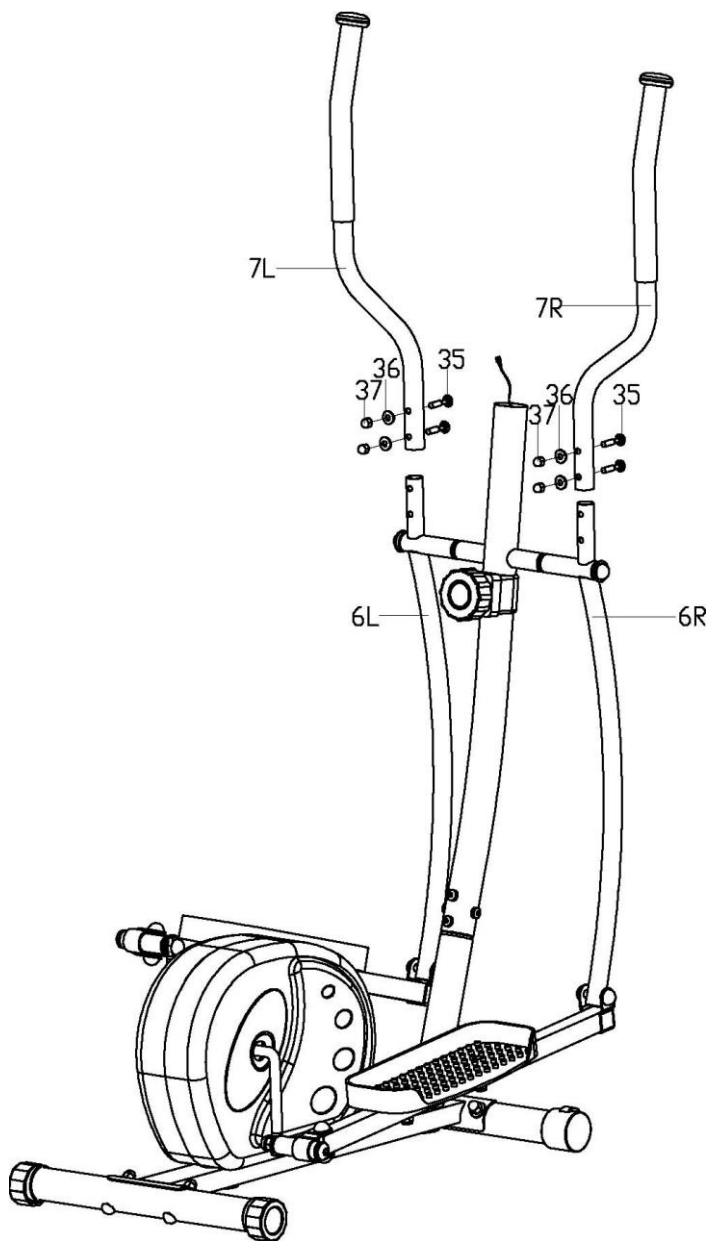
Install the Right Pedal bolt (26R), CLOCKWISE and the Left Pedal bolt (26L), COUNTERCLOCKWISE. You can turn the crank help you install the Pedal bolts smoothly.

STEP 4:



1. Connect Right Swing Arm (6R) with Right Connecting Rod (5R). Use Hex bolt (31), Flat washer (20) and Nylon nut (21). Tighten the Hex bolt (31) and Nylon nut (16R).
2. Tighten parts in above step and Page 9 Steps 1 and 2. Cover the Nut caps (22) (17) (52).
3. Repeat above steps and steps in page 9 in order to attach the Left Swing Arm (5L) and Left Swing Arm (6L) to crank (22) and Handlebar post (4).
4. Attach the Pedal (29L/R) to the Connecting rod (5L/R) with Hex bolt (30), Flat washer (28) and Nylon nut (27).

STEP 5:

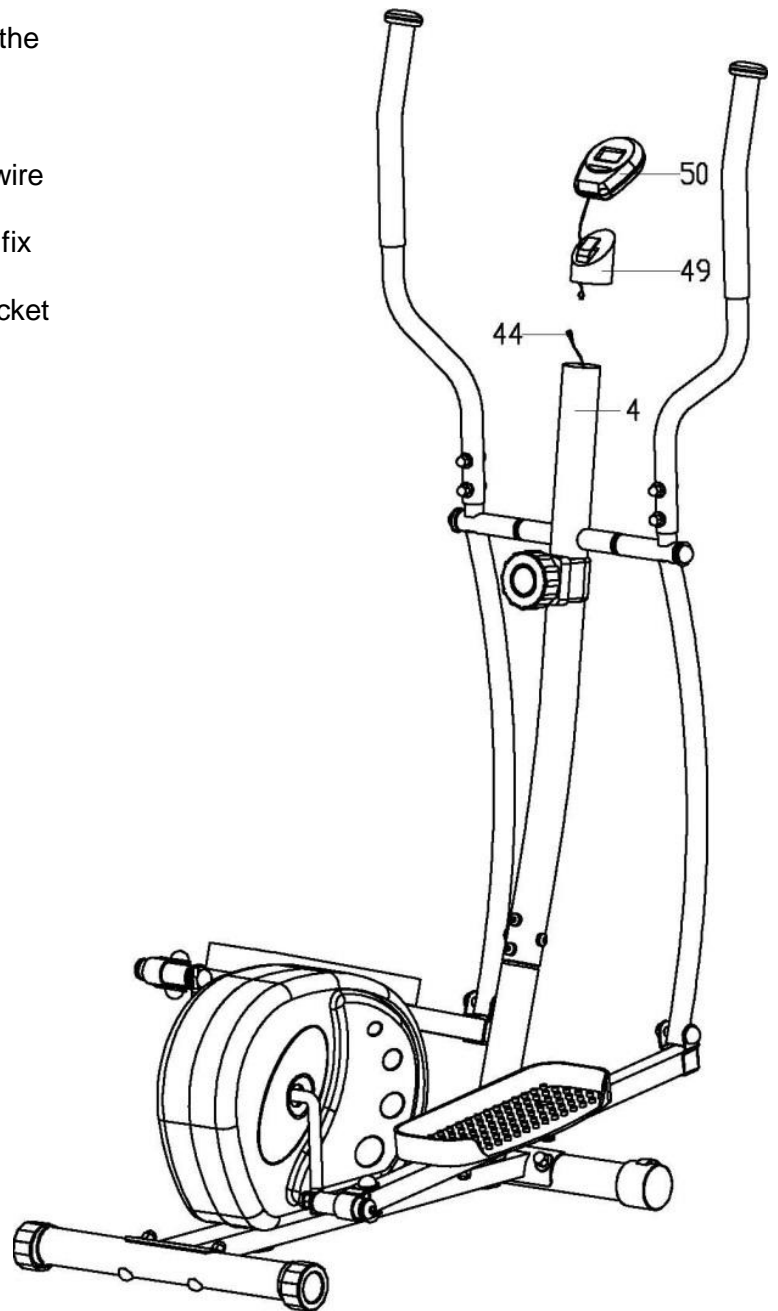


1. Attach the Handlebar (7L/R) to the Swing bar (6L/R). Use Square neck bolt (35), Arc washer (36) and Acorn nut (37)

STEP 6:

1. Thread the wire of computer (50) through the computer bracket (49).
2. Connect the Extension wire (44) with the wire coming from the Computer (50), and then fix the Computer (50) onto the Computer bracket of the Handlebar post (4)

Ensure all the screws have been adequately tightened before use, assembly complete.



7. EXERCISE MONITOR OPERATION

EXERCISE MONITOR INSTRUCTION MANUAL

SPECIFICATIONS:

FUNCTION	Auto Scan	Every 4 seconds
	Elapsed Time	00:00~99:59
	Speed	0.0~99.9km/h
	Distance	0.00~99.99km
	Calorie	0.00~999.9kcal
Controller	4 bit single chip microprocessor	
Sensor	No-contact magnetic type	
Battery type	2 pcs of Size-AA or UM-3	
Operating temperature		0°~+40℃
Storage temperature		-10°~+60℃

KEY FUNCTIONS:

MODE: This key lets you to select and lock in a desired function.

※**SET:** Input countdown data for “TIME” “DISTANCE” and “CALORIES”.

CLEAR (RESET): Press to reset all values to zero.

※**ON/OFF(START/STOP):** Pause the workout.

OPERATION PROCEDURES:

1. AUTO ON/OFF

- The system turns on when any key is pressed or when it sensor an input from the speed sensor.
- The system turns off automatically when the speed has no signal input or no key are pressed for approximately 4 minutes.

2. RESET

The unit can be reset by either changing battery or holding the MODE key for 3 seconds.

3. MODE

To choose the SCAN or LOCK if you do not want the scan mode, press the MODE key when the pointer on the function you want which begins blinking.

FUNCTIONS:

1. **SCAN:** when the symbol “▶” points to SCAN, The monitor will display the functions listed below.
Each function will remain on the screen for 4 seconds. The following modes will automatically cycle through respectively: TIME –SPEED-DISTANCE-CALORIES-PULSE
2. **TIME:** when the symbol “▶” points to TMR. The monitor will display total workout time.
SPEED: when the symbol “▶”points to SPD, The monitor will display the current speed in km/h.
3. **DISTANCE:** when the symbol” when the symbol “▶” points to DIST. The monitor will display the total workout distance in km.
4. **CALORIES:** when the symbol “◀” points to CAL. The monitor will display the total workout caloric consumption in K CAL.

TROUBLESHOOT:

If monitor displays incorrectly, please reinstall the batteries.

BATTERY DIAGRAM:



8. 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.

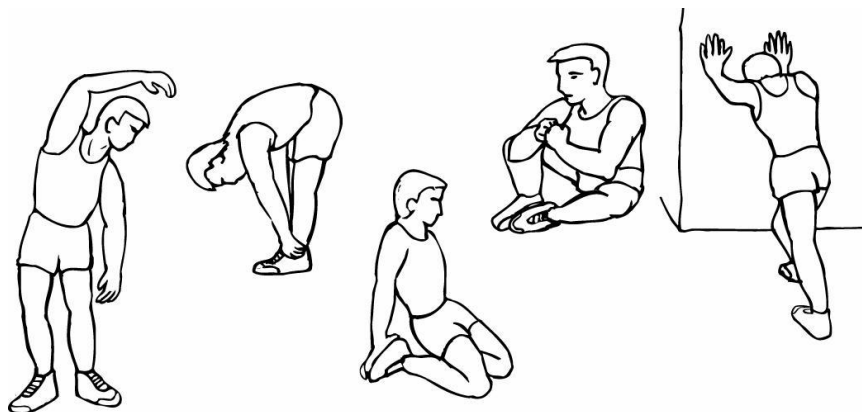
Exercising is great way to control your weight, improving your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

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

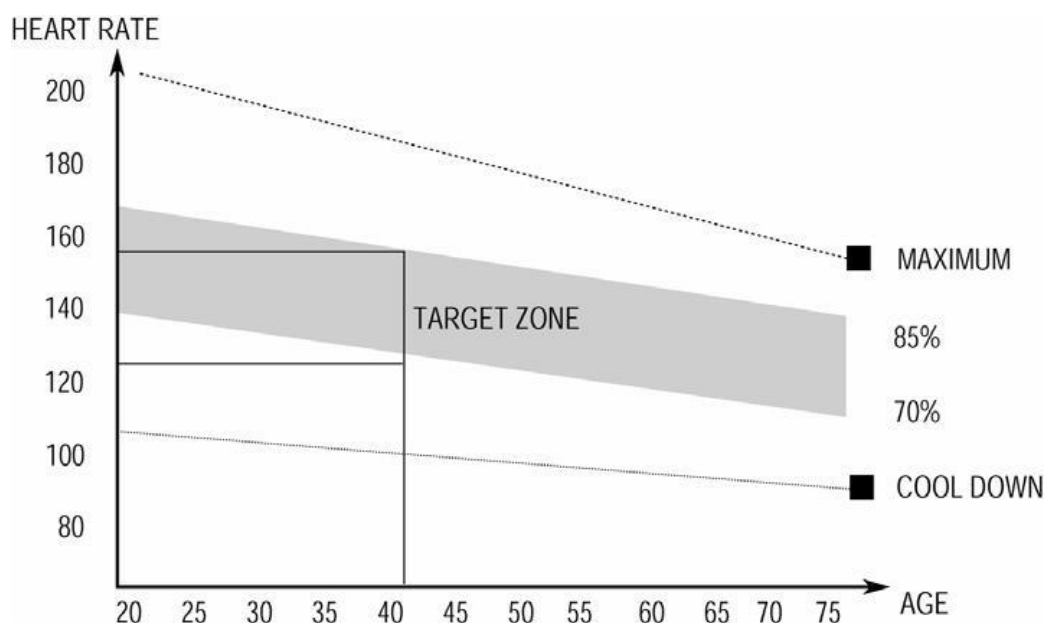
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise-never hold your breath.

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.

The most important factor here is the amount of effort you put in. The harder and longer you work, the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

9. 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 any other means.

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