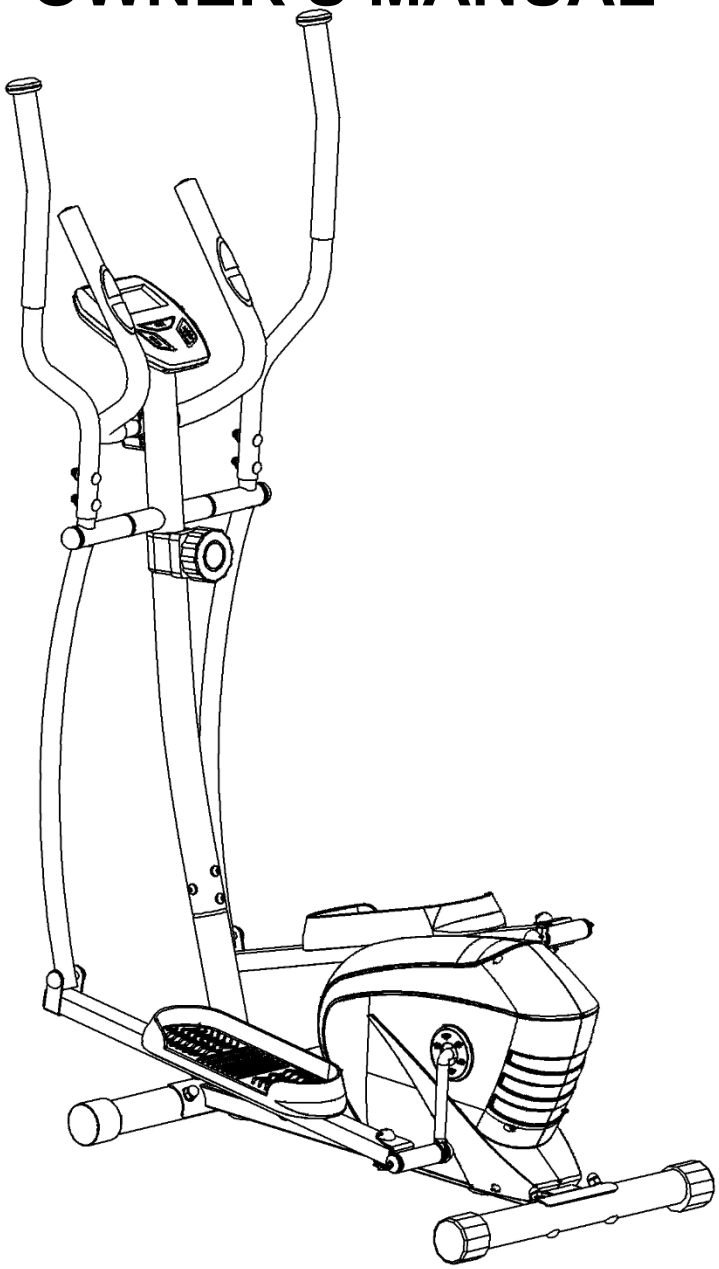
CT-1 CROSS TRAINER
OWNER'S MANUAL



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.

NOTE: This manual may be subject to updates or changes. Up to date manuals are available through our website at www.lifespanfitness.com.au

TABLE OF CONTENTS

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.

2. CARE INSTRUCTIONS

a. Maximum use weight: 100KG

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 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

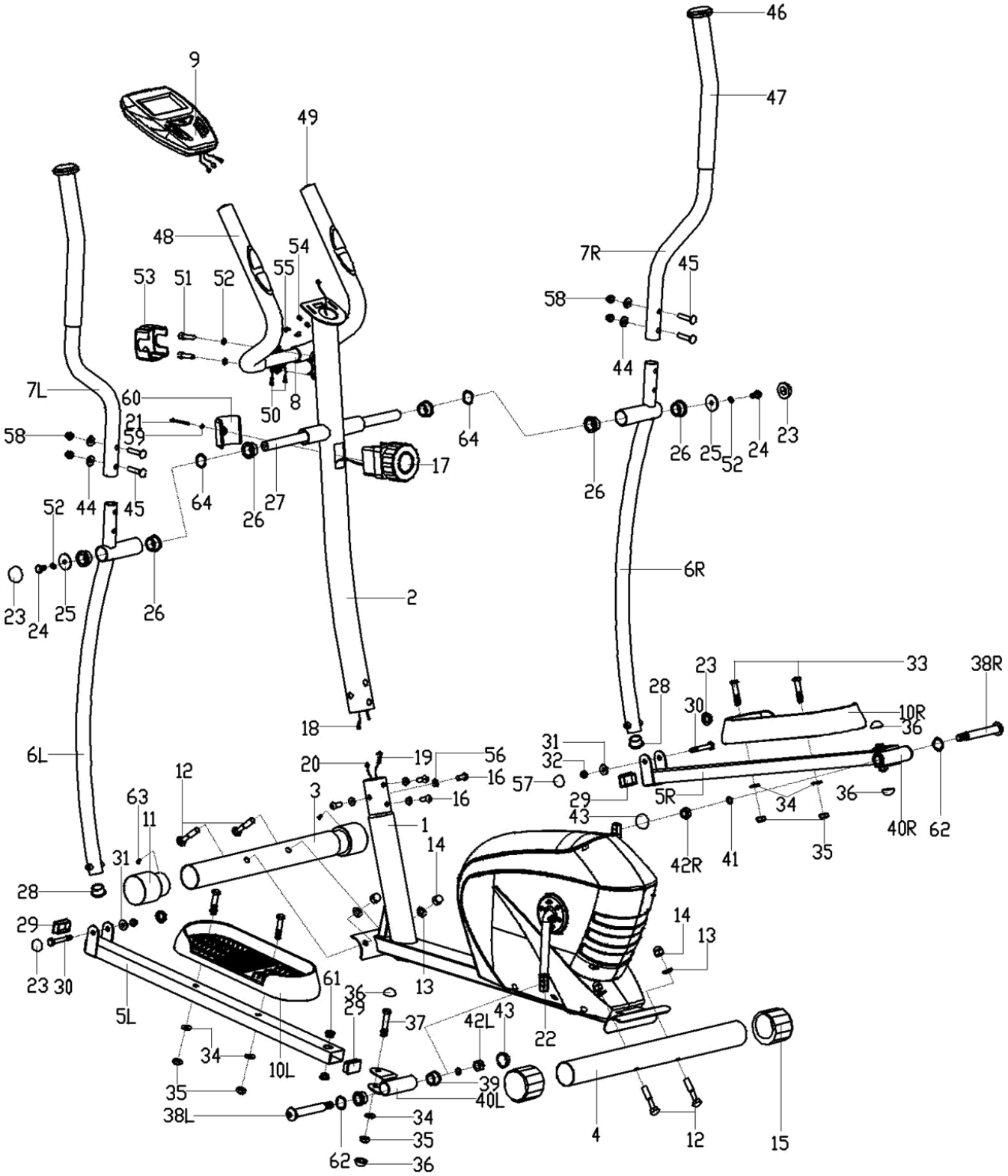
e. Do not attempt to recharge non-rechargeable batteries

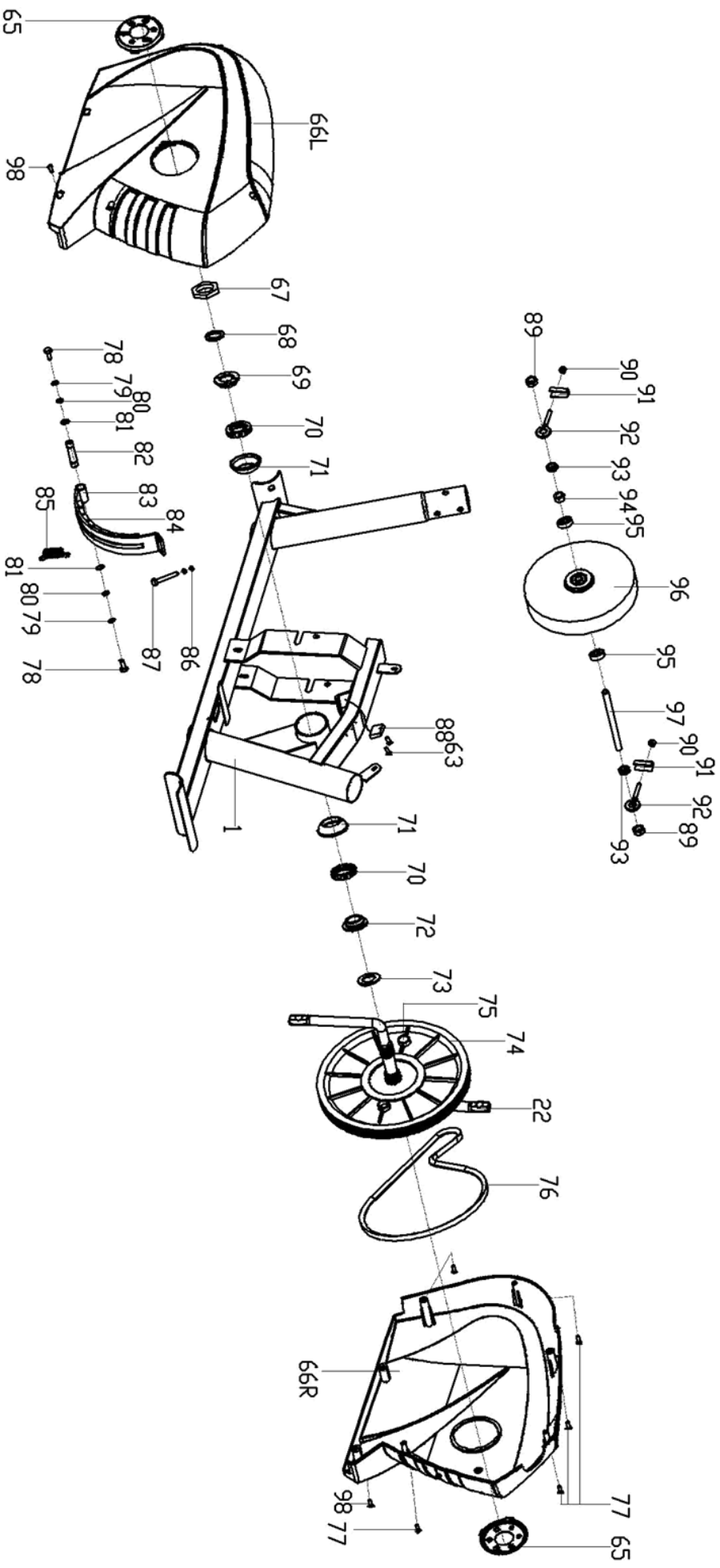
f. Batteries are to be inserted with correct polarity

g. The supply terminals are not to be short-circuited

h. Do not dispose of batteries in fire, batteries may explode or leak

3. EXPLODED DIAGRAM




65
66L
98
67
68
69
70
71
78
79
80
81
82
83
84
85
86
87
88
63
1
89
90
91
92
93
94
95
96
97
72
73
75
74
22
76
66R
77

4. PARTS LIST

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	Main frame	1	50	Pulse sensor wire	2
2	Handlebar post	1	51	Hex bolt M8X30	2
3	Front stabilizer	1	52	Spring washer D8	4
4	Rear stabilizer	1	53	Handlebar chuck cover	1
5L/R	Pedal support (L/R)	2	54	Flat washer D4	2
6L/R	Swing bar(L/R)	2	55	Cross screw M4X12	2
7L/R	Handlebar (L/R)	2	56	Arc washer Φ20Xd8.5XR25	4
8	Armrest	1	57	Nut cap S13	2
9	Computer	1	58	Acorn nut M8	4
10L/R	Pedal (L/R)	2	59	Flat washer D5	1
11	Front end cap	2	60	Tension controller cover	1
12	Carriage bolt M10X57	4	61	Metal bushing Φ14X10XΦ10.1	4
13	Arc washer Φ10 X1.5XΦ25XR28	4	62	Waveform washer D17X0.3	2
14	Acorn nut M10	4	63	Crossing tapping screw ST3X10	2
15	Rear end cap	2	64	Waved washer Φ20XΦ28 X0.3	2
16	Allen screw M8X16	4	65	Crank seal	2
17	Tension controller	1	66L/R	Chain cover	2
18	Extension wire	1	67	Hex nut	1
19	Tension cable	1	68	Washer	1
20	Sensor wire	1	69	Nut	1
21	Cross screw M5X45	1	70	Boll rack	2
22	Crank	1	71	Bearing collar	2
23	Nut cap S14	4	72	Nut	1
24	Hex bolt M8X15	2	73	Big washer	1
25	Flat washer Φ8.2XΦ32 X2	2	74	Belt tray	1
26	Axle bushing Φ32 X2.5	6	75	Magnetic	1
27	Long axle	1	76	Belt	1
28	Round end cap Φ28 X1.5	2	77	Screw ST4.2×16	6
29	Square end cap 40X25X1.5	4	78	Hex bolt M6×15	2
30	Hex bolt M8X55	2	79	Spring washer D6	2
31	Flat washer d8 X1.5	4	80	Flat washer D6×1	2
32	Nylon nut M8	2	81	Spring washer D12	2
33	Hex bolt M10X45	4	82	Magnetic board axle	1
34	Flat washer d10X1.5	6	83	Magnetic board	1
35	Nylon nut M10	6	84	Magnetic □40×25×10	8
36	Nut cap S16	4	85	Spring	1
37	Hex bolt M10X50	2	86	Hex nut M5	2
38L/R	Pedal locking bolt (L/R)	2	87	Hex bolt M5×60	1
39	Axle bushing Φ24 X20XΦ16.1	4	88	Sensor	1
40L/R	Connecting joint (L/R)	2	89	Hex nut M10×1	2
41	Spring washer Φ13 XB2	2	90	Hex nut M6	2
42L/R	Nylon nut (L/R)	2	91	Washer	2
43	Nut cap S19	2	92	Bolt M6×50	2
44	Arc washer Φ20 Xd8X2XR16	4	93	Thin nut M10×1	2

45	Carriage bolt M8X40	4	94	Spacer Φ10×Φ14×22	1
46	Mushroom end cap	2	95	Bearing 6000z	2
47	Handlebar foam grip	2	96	flywheel	1
48	Armrest foam grip	2	97	Flywheel axle	1
49	Round end cap Φ25X1.5	2	98	Screw ST4.2×12	2

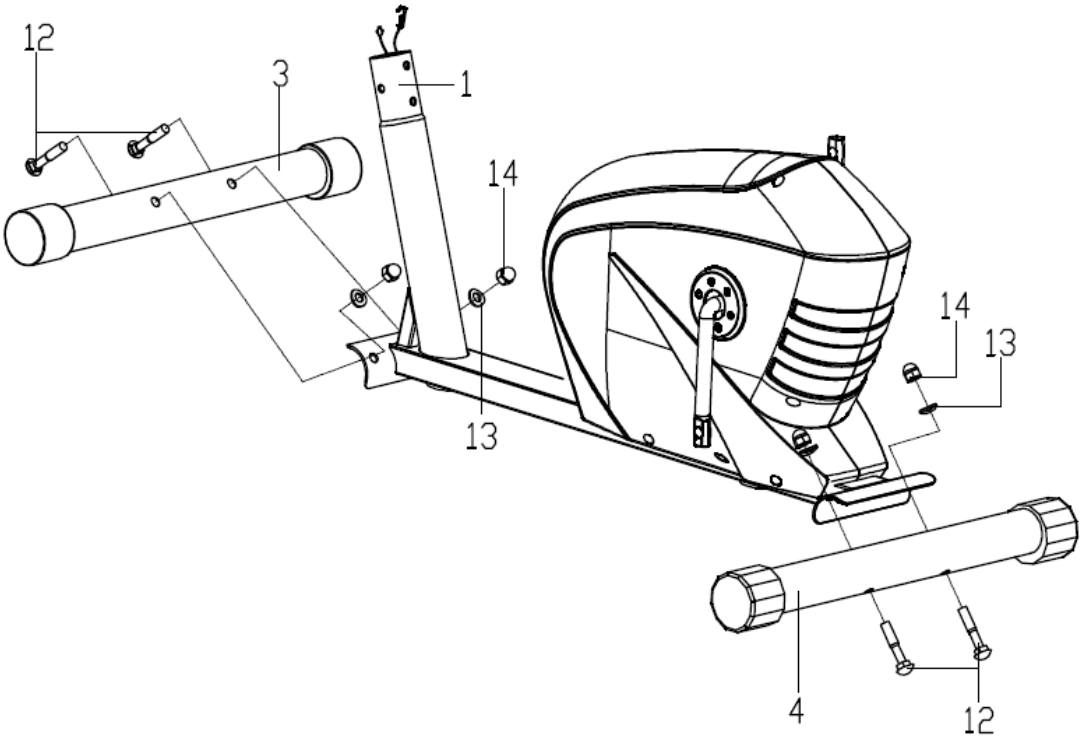
5. ASSEMBLY INSTRUCTIONS

NOTE:

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.

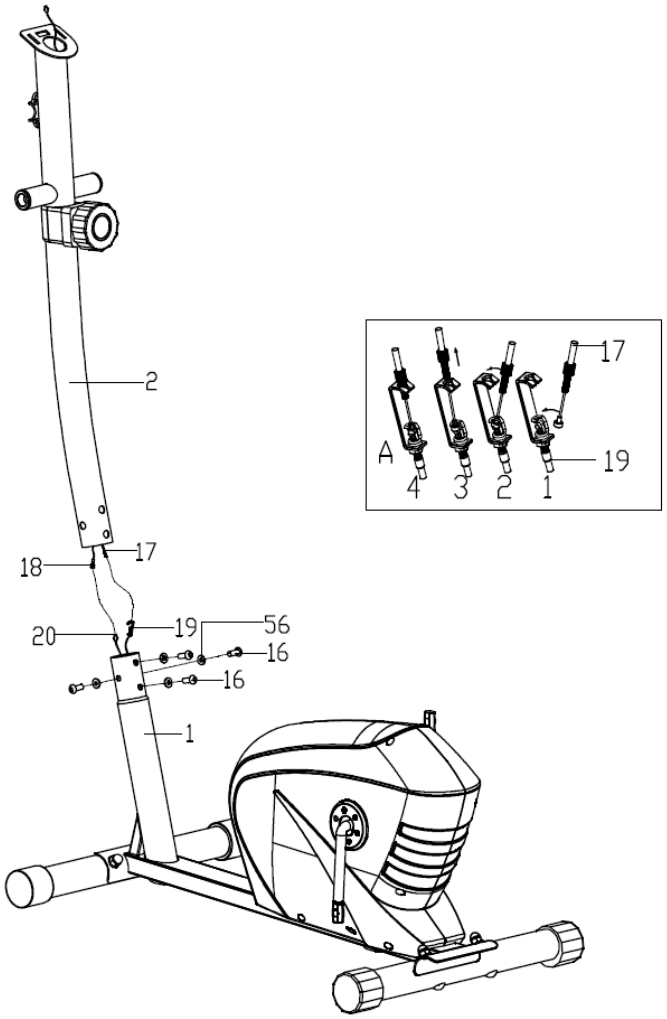
Please reference the individual assembly steps and make note of all preinstalled hardware.

STEP 1:



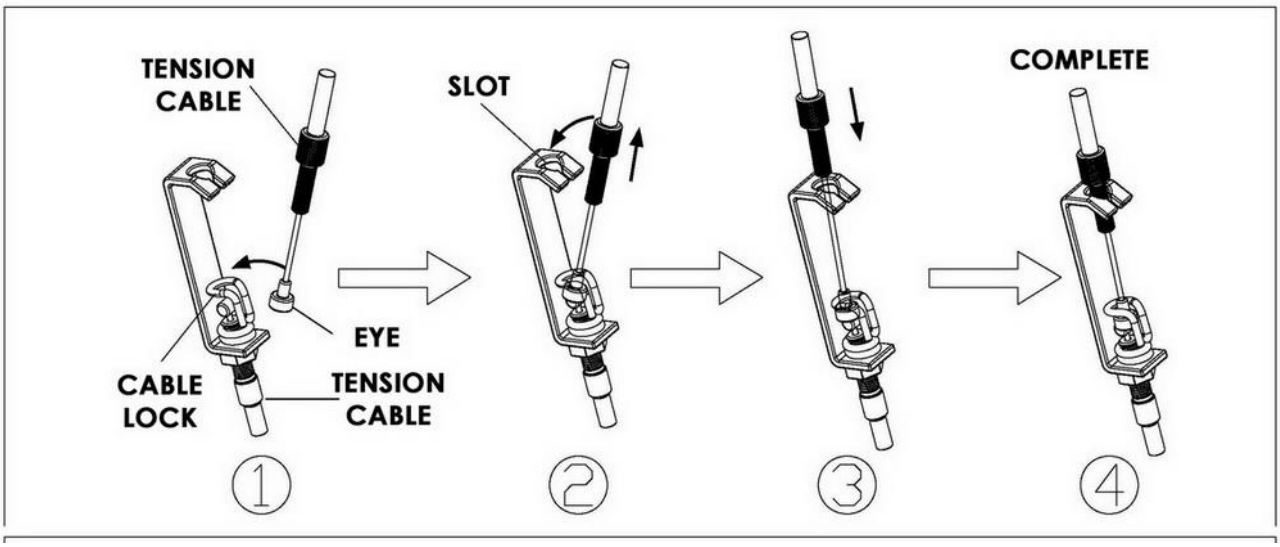
1. Attach the Front stabilizer (3) and Rear stabilizer (4) to the Main frame (1) with Carriage bolt (12), Arc washer (13) and Acorn nut (14)

STEP 2:

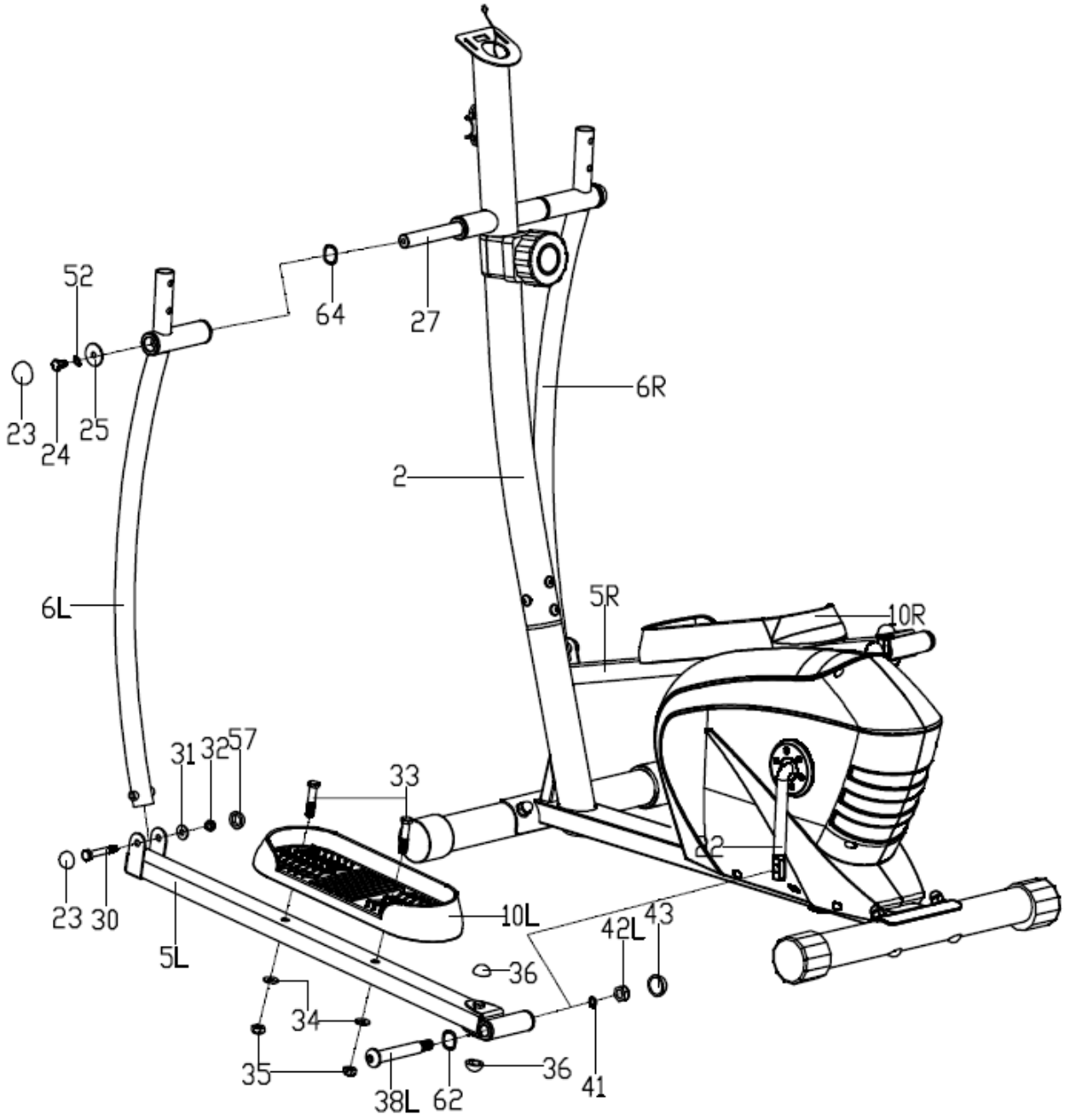


1. Connect the Sensor wire (20) well with Extension wire (18) and then connect the Tension cable (19) well with wire of Tension controller (17) as shown.

Attach the Handlebar post (2) to the Main frame (1) with Allen screw (16), Spring washer (56).



STEP 3:



1: Attach the Swing bar (6L) on the long axle of the Handlebar post (2) with Hex bolt (24), Spring washer (52), Flat washer (25), Waveform washer (64) and Long axle (27) as shown. *Please do not tighten yet.*

2: Attach the connecting joint together with Pedal Support (5L) to the Crank (22) using Pedal support bolt (38L), Waveform washer (62), Spring washer (41) and Nylon nut (42L) as shown. *Please do not tighten yet.*

3: Connect Swing bar (6L) with Pedal support (5L) using Hex bolt (30), Flat washer (31) and Nylon nut (32). Tighten the Hex bolt (24) (30) and Nylon nut (42L). Finally Cover the Nut caps (23) (57) (43)(36). *Tighten parts in step 1 and 2.*

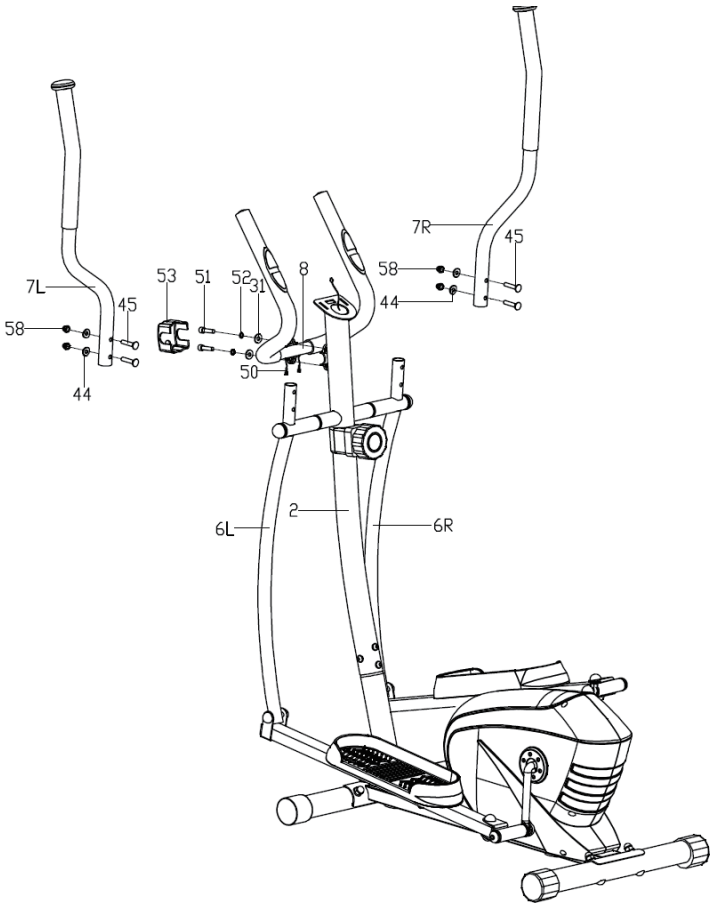
4: Fix the Pedal support (5R) and Swing bar (6R) to Crank (22) and Handlebar post (2) in the same way.

5: Fix the Pedal (10L/R) to the Pedal support (5L/R) with Hex bolt (33), Flat washer (34) and Nylon nut (35).

STEP 4:

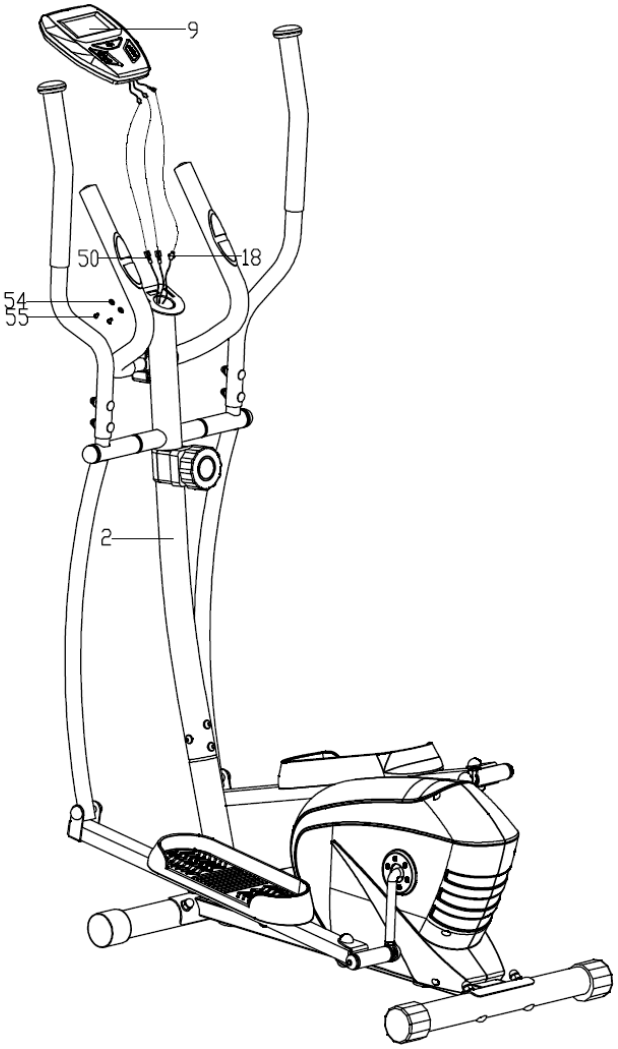
A: Put the Pulse sensor wire (50) through the handlebar post (2) and then out of the hole of the computer bracket. Fix the armrest (8) on the handlebar post (2) with Hex screw (51), Spring washer (52) and Flat washer(31) and then cover the Handlebar chuck cover (53) to the related position.

B: Attach the Handlebar (7L/R) to the Swing bar (6L/R) using Carriage bolt (45), Arc washer (44) and Acorn nut (58).



STEP 5:

1. Connect the Pulse sensor wire (50) and Extension wire (18) with the wires coming from the Computer (9), and then fix the Computer (9) onto the computer bracket of the Handlebar post (2) with Cross screw (55) and Flat washer (54).



7. EXERCISE MONITOR OPERATION

EXERCISE MONITOR INSTRUCTION MANUAL

SPECIFICATIONS:

TIME……..00:00-99:59

SPEED (SPD)...……..0-99.9KM/H (ML/H)

DISTANCE…….....0-999.9KM (ML)

CALORIES…….....…0-999.9KCAL

※ODOMETER(ODO)……..……..……0-999KM (ML)

※PULSE (PUL) …….....40~240BPM

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. **TIME:** Press the MODE key until pointer advances to TIME. The total working time will be shown when during exercise.
2. **SPEED:** Press the MODE key until the pointer advances to SPEED. The current speed will be shown.
3. **DISTANCE**: Press the MODE key until the pointer advances to DISTANCE. The distance of each workout will be displayed.
4. **CALORIE:** Press the MODE key until the pointer advances to CALORIE. The calories burned will be displayed when starting exercise.
5. **ODOMETER** (IF APPLICABLE): Press the MODE until the pointer advances to ODOMETER. The total accumulated distance will be shown.
6. **PULSE**(IF HAVE): Press the MODE key until the pointer advance to PULSE .User's current heart rate will be displayed in beats per minute. Place the palms of your hands on both of the contact pads (or put ear-clip to ear), and wait for 30 seconds for the most accurate reading.

SCAN: Automatically changes the mod every 4 seconds.

BATTERY:

If monitor displays incorrectly, please reinstall the batteries.

8. 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.

Head Office and Customer Service:

Global Fitness and Leisure Pty Ltd
17 Fordson Rd
Campbellfield
VIC, 3061
Australia
PH: 03 9357 2166

Hand Pulse Technology

Lifespan Fitness products come 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 that they must be amplified 1000 times to make the signal useful 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 cycling and up to sprinting)
- Tightening of hand muscles will produce small electrical signals
- Static electricity charges from the air or from moving on the spin bike

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 affect pulse readings as well.

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 pedaling on a spin bike.

To test if your hand pulse sensors are working up to specification, hold them while stationary, not pedaling, 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).

For more information, please contact our Lifespan Technical Support Department
www.lifespanfitness.com.au
support@lifespanfitness.com.au