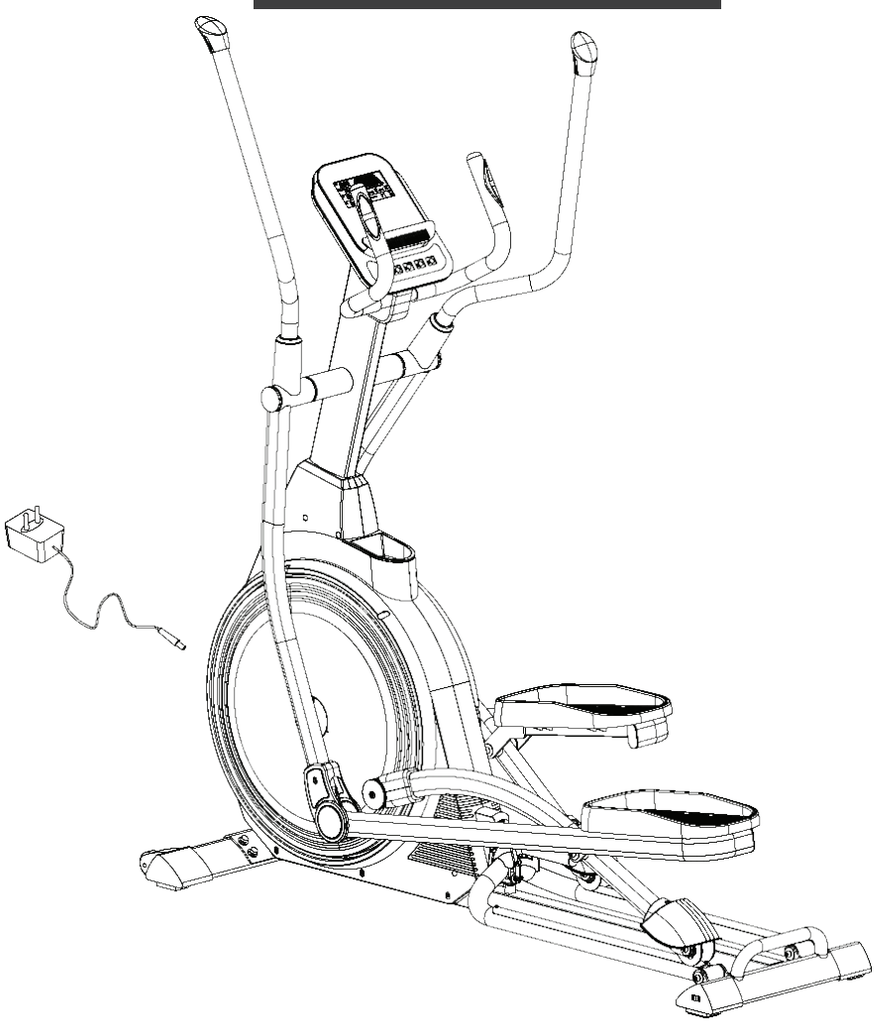
Delta 2.0 Cross Trainer with 3 Level Incline

USER 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 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 keep this manual with you at all times.

- 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 vin 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

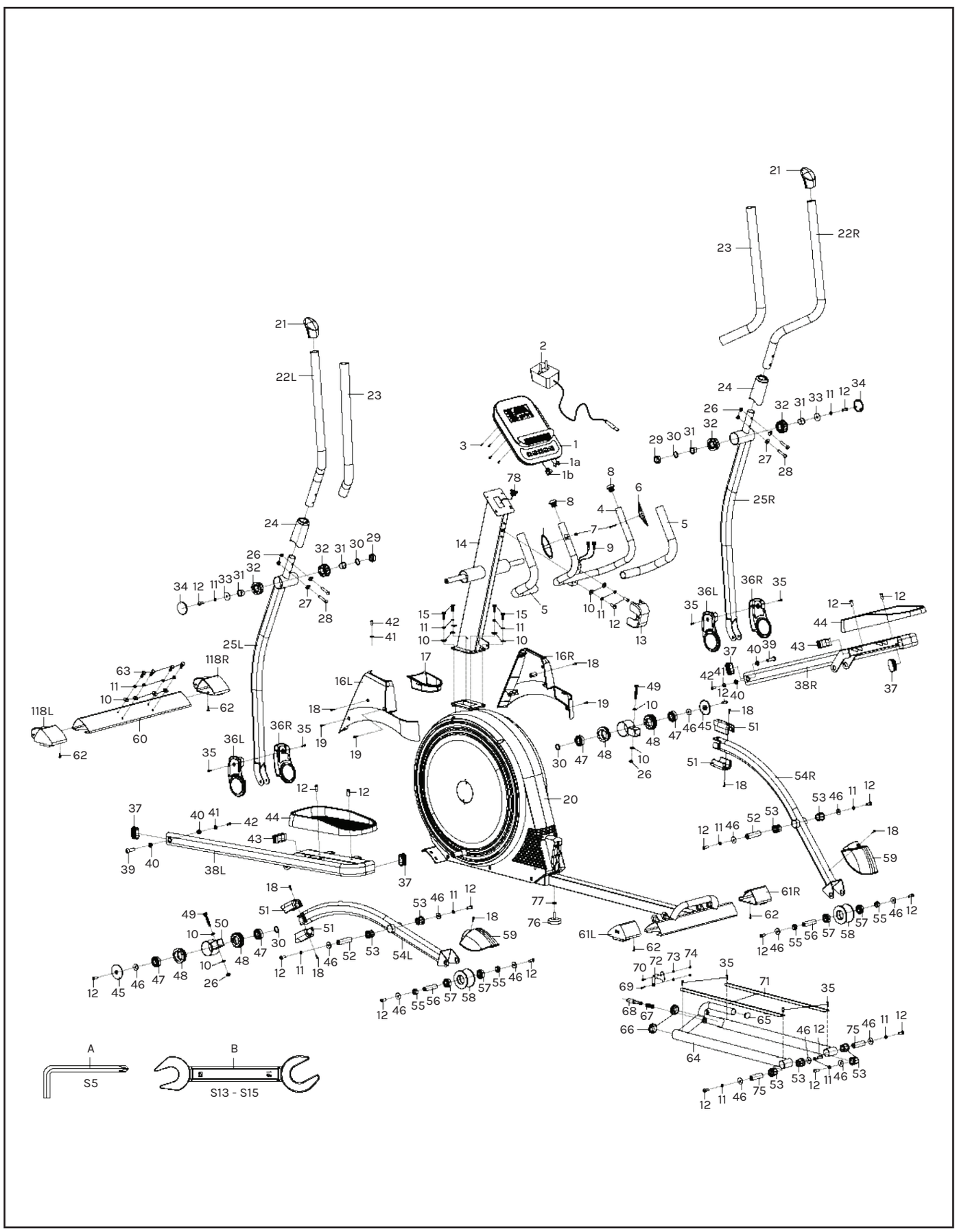
a. Lubricate moving joints with grease after periods of usage.

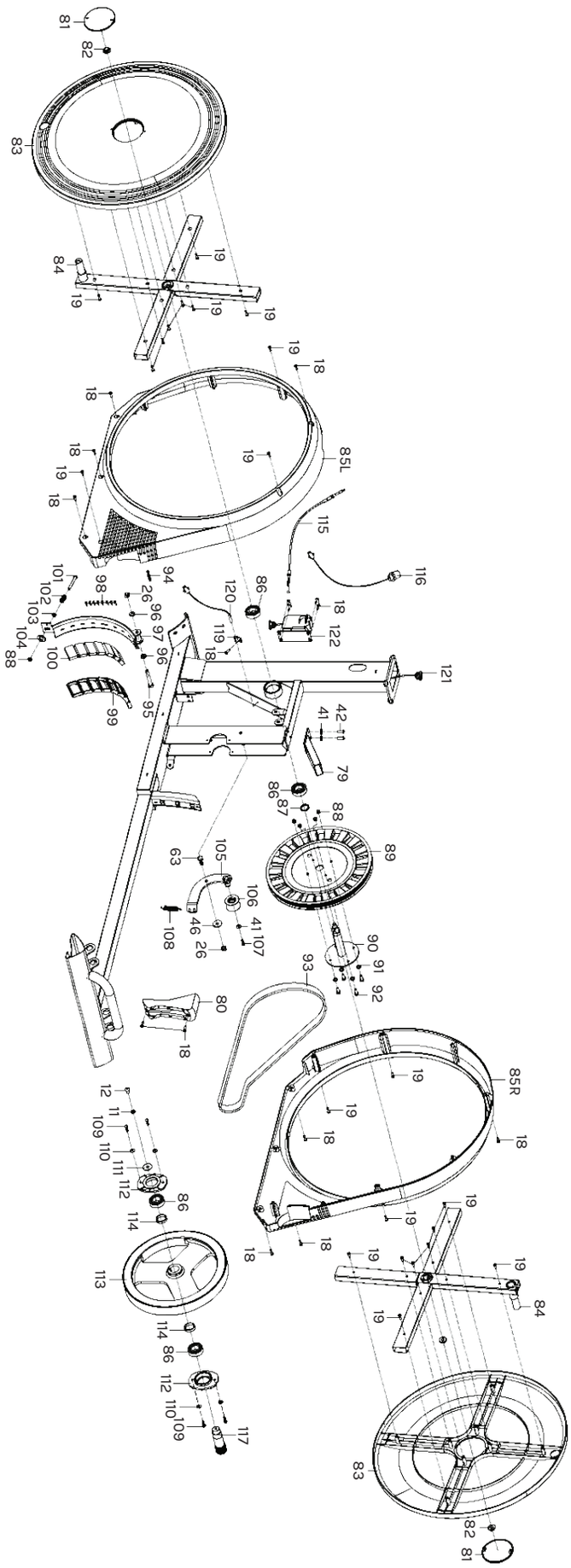
b. Be careful not to damage plastic or metal parts of the machine with heavy or sharp objects.

c. The machine can be kept clean by wiping it down using dry cloth.

d. 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 thread and void your warranty.**

III. EXPLODED DIAGRAM

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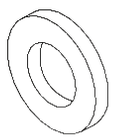
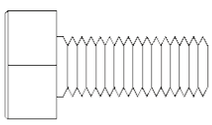
IV. PARTS LIST

Some items on this list may come pre-installed on your equipment. If you feel like you're missing anything, please double check your equipment.

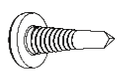


#10 d8xϕ20x2
4pcs.

#11 d8
4pcs.



#15 M8x25xS13
4pcs.

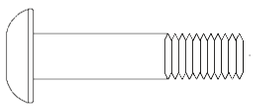


#18 ST4.2x16
2pcs.

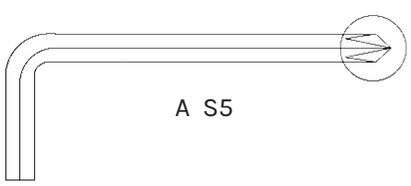
#19 ST4.2x19
3pcs.

#26 M8xH7.5xS13
4pcs.

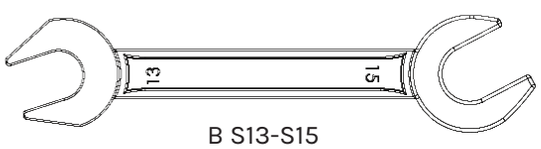
#27 d8xϕ20x2xR16
4pcs.



#28 M8x40x15xS5
4pcs.



A S5



B S13-S15

No.	Description	Qty
1	Computer	1
2	Adapter	1
3	Bolt M5	4
4	Middle handlebar	1
5	Grip foam	2
6	Handle pulse plate	2
7	Screw ST4.2*19	2
8	End cap ϕ25*26	2
9	Handle pulse wire	2
10	Washer d8*ϕ20*2	14
11	Spring washer d8	21

No.	Description	Qty
12	Bolt M8*20*S5	16
13	Cover	1
14	Handlebar post	1
15	Bolt M8*25*S13	4
16L/R	Handlebar post cover	1
17	Supporter	1
18	Screw ST4.2*16	23
19	Screw ST4.2*19	25
20	Main frame	1
21	End cap	2
22L/R	Handlebar L/R	1

No.	Description	Qty
23	Grip foam	2
24	Handlebar cover	2
25L/R	Reciprocating bar L/R	1
26	Nylon nut M8*H7.5*S13	8
27	Arc washer d8*ϕ20*2*R16	4
28	Bolt M8*40*15*S5	4
29	Spacer ϕ30*ϕ20*9	2
30	Wave washer d19*ϕ25*0.3	4
31	Bushing ϕ27*1*ϕ19.2*16	4
32	Bushing ϕ50*ϕ21*20	4
33	Washer d8*ϕ32*2	2
34	Handlebar cover	2
35	Screw ST4.2*13	8
36L/R	Swing bar cover L/R	2
37	End cap PT25*50	4
38L/R	Linkage L/R	1
39	Bolt ϕ10*34*M6*15*S6	2
40	Bushing ϕ18*1.5*ϕ14.6*5*ϕ10.1	4
41	Washer d6*ϕ16*1.5	5
42	Bolt M6*15*S5	4
43	End cap J60*30*15	2
44	Pedal	2
45	Cover	2
46	Washer d8*ϕ25*2	15
47	Bearing R12	4
48	Bushing ϕ60*16.6ϕ41.18*13.11	4
49	Bolt M8*50*20*S14	2
50	Connector	2
51	Cover	4
52	Shaft	2

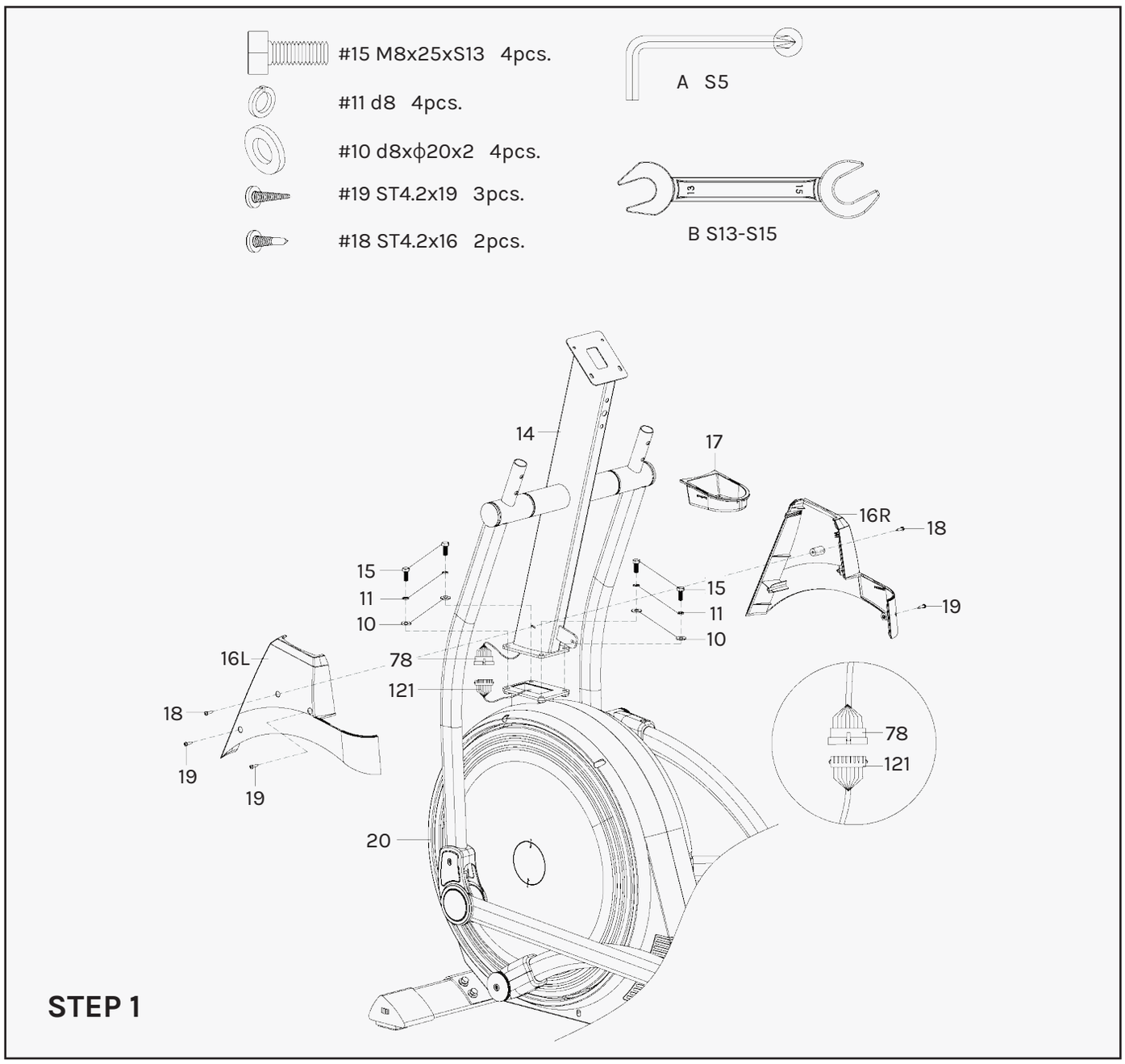
No.	Description	Qty
53	Bushing ϕ32*3.3*ϕ28*20.5*ϕ19.1	8
54L/R	Linkage	1
55	Spacer φ22*φ17.1*8.8	4
56	Shaft for transportation wheel	2
57	Bearing 6003	4
58	Roller	2
59	Wheel cover	2
60	Front stabilizer	1
61L/R	End cap L/R	1
62	Screw ST4.2*16	2
63	Bolt M8*20*S13	5
64	Rail	1
65	Cover	1
66	Round cover ϕ38	2
67	Spring	1
68	Knob	1
69	Bolt M4*12*φ8	1
70	Bolt M4*12*φ8	1
71	Alum plate	2
72	Incline adjustment handle	1
73	Washer d4*ϕ9*1	2
74	Cap nut M4*H7*S7	2
75	Rail Shaft	2
76	Footpad	1
77	Nut M8*H5.5*S14	1
78	Trunk wire 1	1
79	Fixed tube for cover	1
80	Slope cover	1
81	Crank cover	2
82	Nut M10*1.25*H7.5*S14	

No.	Description	Qty
83	Turntable	2
84	Crank	2
85L/R	Chain cover	1
86	Bearing 6004	3
87	Spacer ϕ25*ϕ20.2*4	1
88	Nylon nut M6*H6*S10	5
89	Belt plate	1
90	Shaft	1
91	Spring washer d6	4
92	Bolt M6*16*S5	4
93	Belt	1
94	Plastic connector	1
95	Bolt M8*55*13*S14	1
96	Washer d8*ϕ16*1.5	2
97	Magnetic plate	1
98	Screw ST3.0*10	8
99	Magnetic location grid	2
100	Magnet	7
101	Bolt M6*65*S10	1
102	Spring	1
103	Nut M6*H5*S10	1

No.	Description	Qty
104	Washer φ6*φ18*2	1
105	Idler rod	1
106	Idler	1
107	Bolt M6*12*S10	1
108	Spring	1
109	Bolt M5*16	4
110	Washer d5*ϕ13*1	4
111	Washer d8*ϕ28*2	1
112	Bearing holder	2
113	Flywheel	1
114	Spacer ϕ30*ϕ25*6.5	1
115	Resistance control cable	1
116	Adapter trunk wire	1
117	Flywheel axle	1
118L/R	End cap L/R	1
119	Sensor holder	1
120	Sensor	1
121	Trunk wire 2	1
122	Motor	1
A	Wrench S5	1
B	Spanner S13-15	1

V. ASSEMBLY INSTRUCTIONS

Some parts are pre-assembled on the equipment and may need to be removed for assembling the parts together.

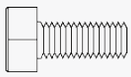


1. Connect trunk wire 1 (78) on the handlebar post (14) with trunk wire 2 (121) on the main frame (20) well, then put the wires inside of main frame (20).

2. Fix handlebar post (14) to main frame (20) with bolts (15), spring washers (11) and washers (10) using spanner (B).

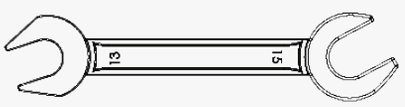
3. Secure handlebar post covers (16L/R) with screws (19), then secure them on the handlebar post (14) with screws (18) using wrench (A).

Before installation remove the packaging material from the main frame feet first.

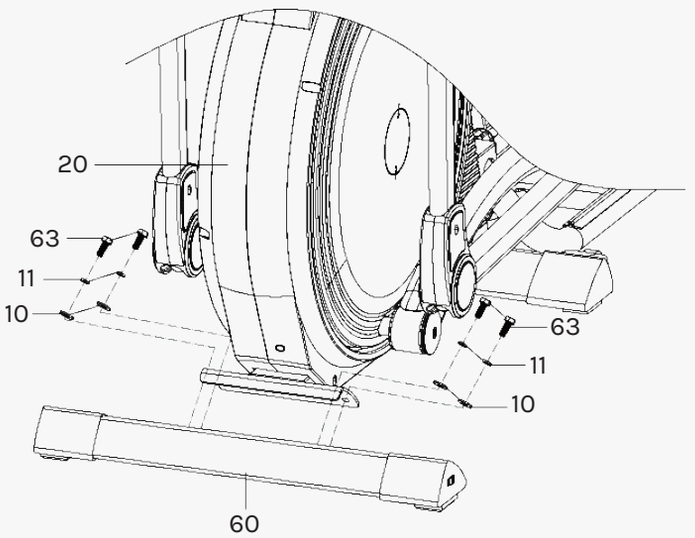

#15 M8x25xS13 4pcs.


#11 d8 4pcs.


#10 d8xϕ20x2 4pcs.



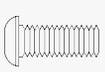
B S13-S15

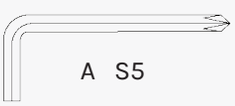


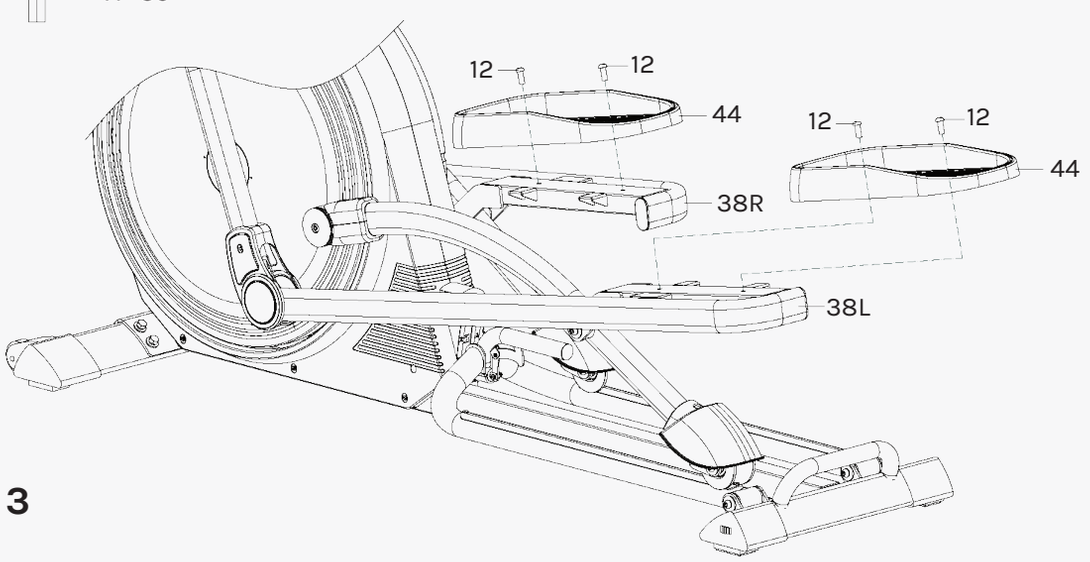
STEP 2

1. Remove bolts (63), spring washers (11) and washers (10) from front stabilizer (60) using spanner (B).

2. Then attach front stabilizer (60) to main frame (20) with bolts (63), spring washers (11) and washers (10) using spanner (B).


#12 M8x20xS5 4pcs.

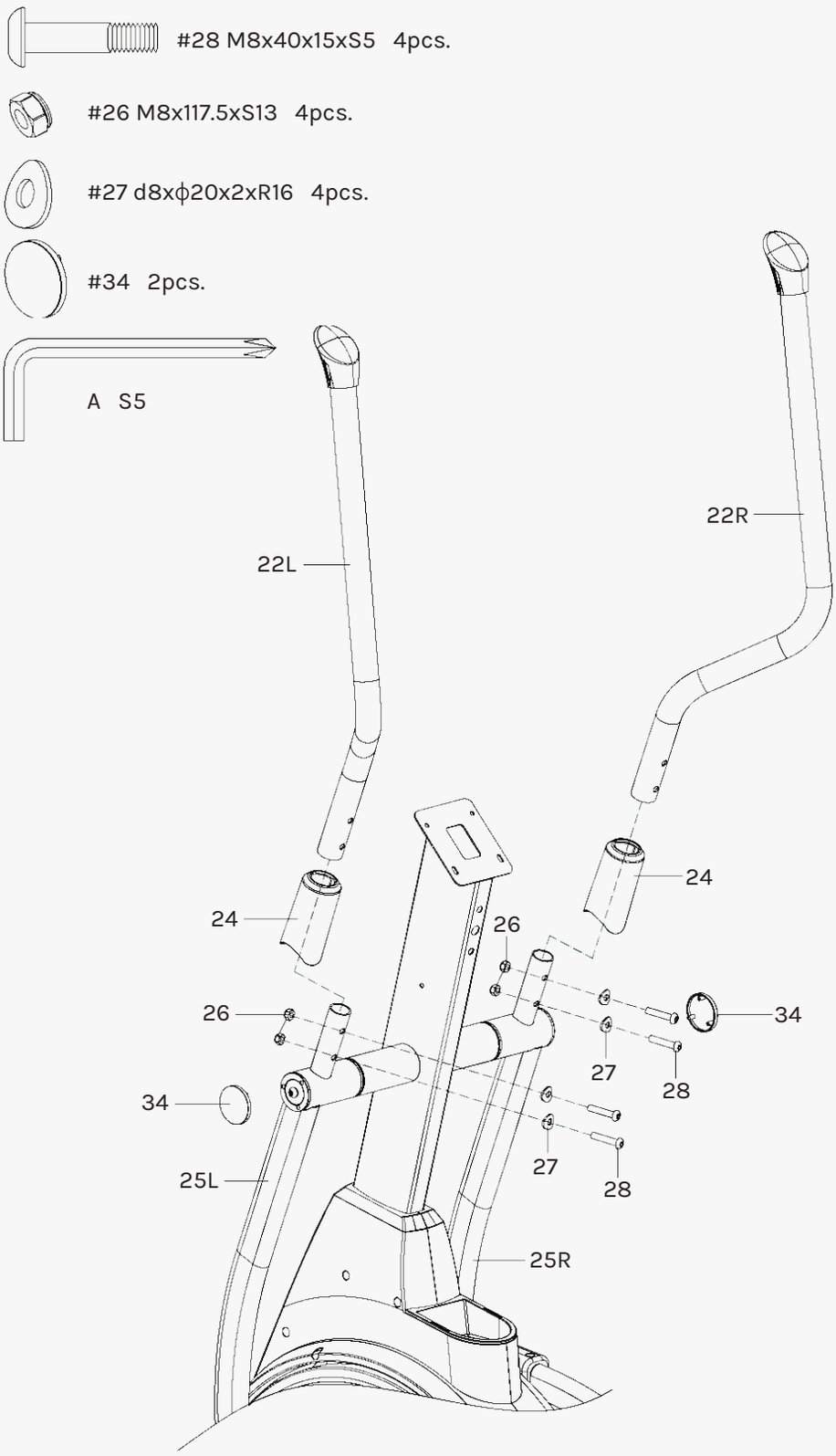

A S5



STEP 3

1. Remove bolts (12) from pedal (44) using wrench (A).

2. Then attach pedal (44) to Linkage (38L/R) with bolts (12) by wrench (A).

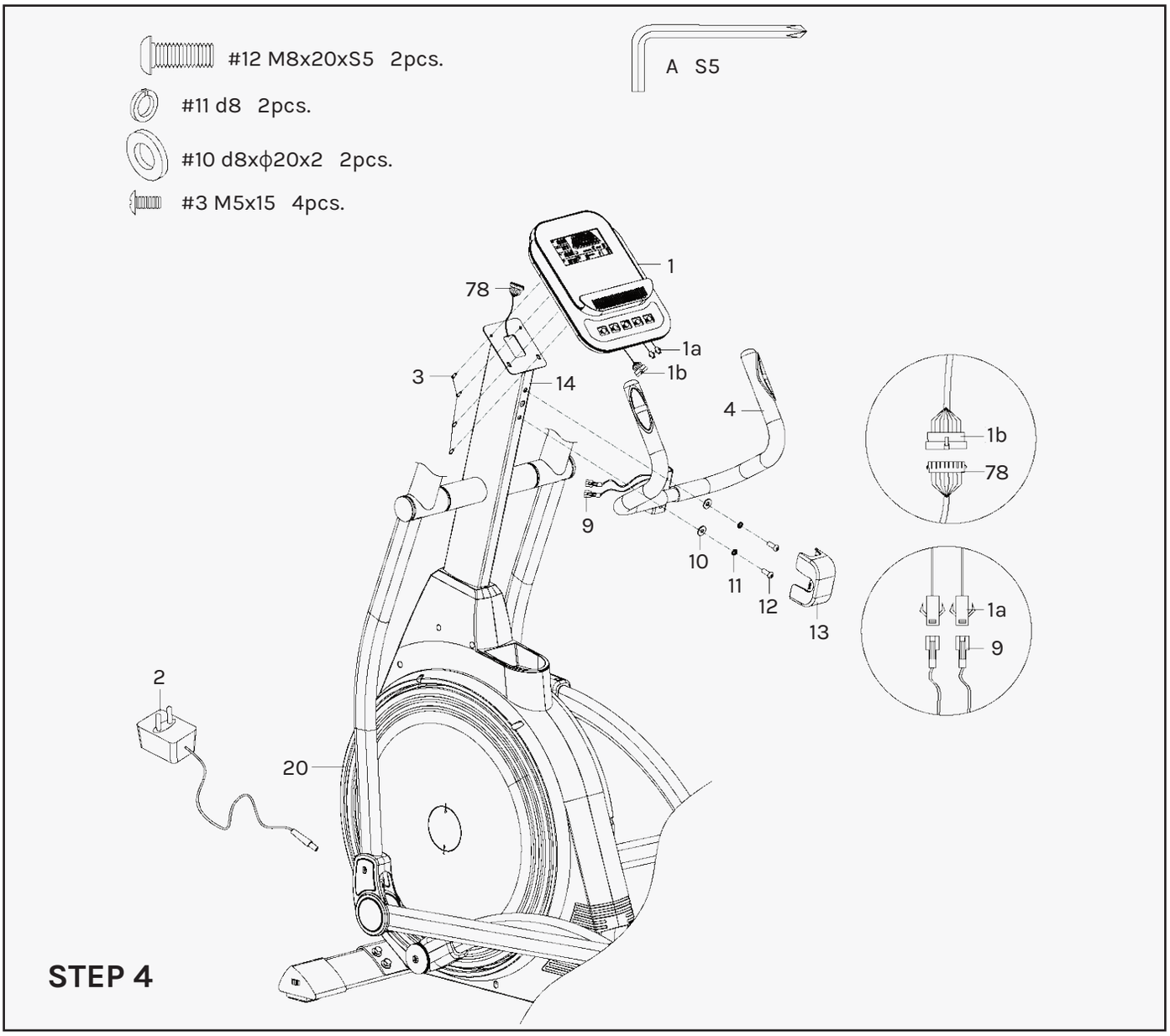


STEP 4

1. Put handlebar covers (24) into handlebar (22L/R).

2. Attach handlebar (22L/R) to reciprocating bar (25L/R) with bolts (28), arc washers (27) and nylon nut (26) using wrench (A).

3. Attach covers (34) in both side of reciprocating bar L/R (25L/R).



1. Remove bolts (12), spring washer (11) and washers (10) from handlebar post (14) using spanner (A).

2. Draw the handle pulse wire (9) through the hole of handlebar post (14).

3. Fix middle handlebar (4) to handlebar post (14) with bolts (12), spring washer (11) and washers (10) from handlebar post (14) using spanner (A).

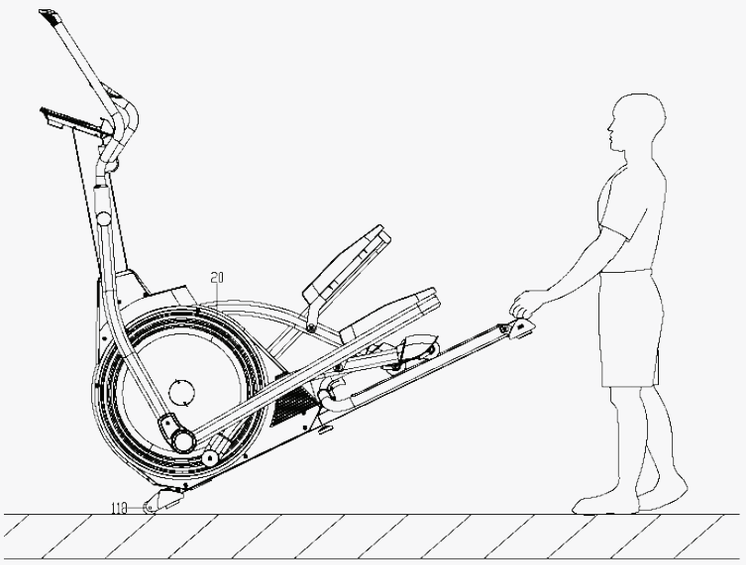
4. Connect computer wire (1a) with handle pulse wire (9) and computer wire (1b) with trunk wire 1 (78). Make sure they are fully clicked into place.

5. Take out the bolts (3) from the back of computer (1) using spanner (A), then attach computer (1) to handlebar post (14) with bolts (3) using spanner (A).

6. Insert adapter wire (2) to power hole on the bottom front of the main frame (20), then plug the adapter into an outlet.

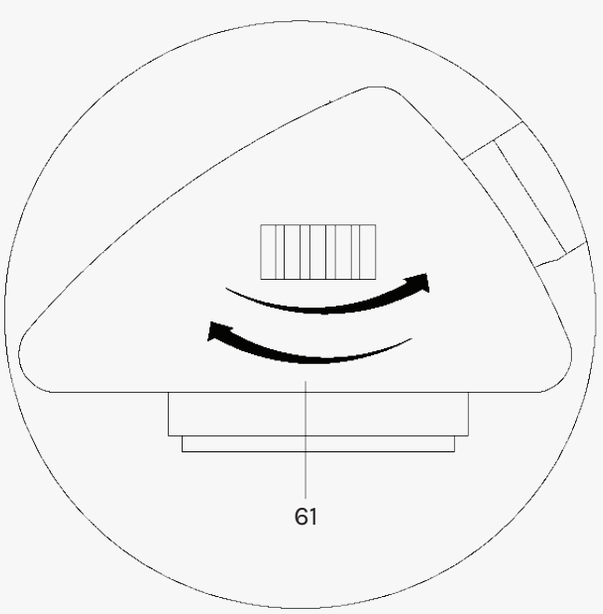
(!) **ATTENTION:** Turn off from power switch when not in use.

VI. ADJUSTMENTS GUIDE



MOVING THE MACHINE

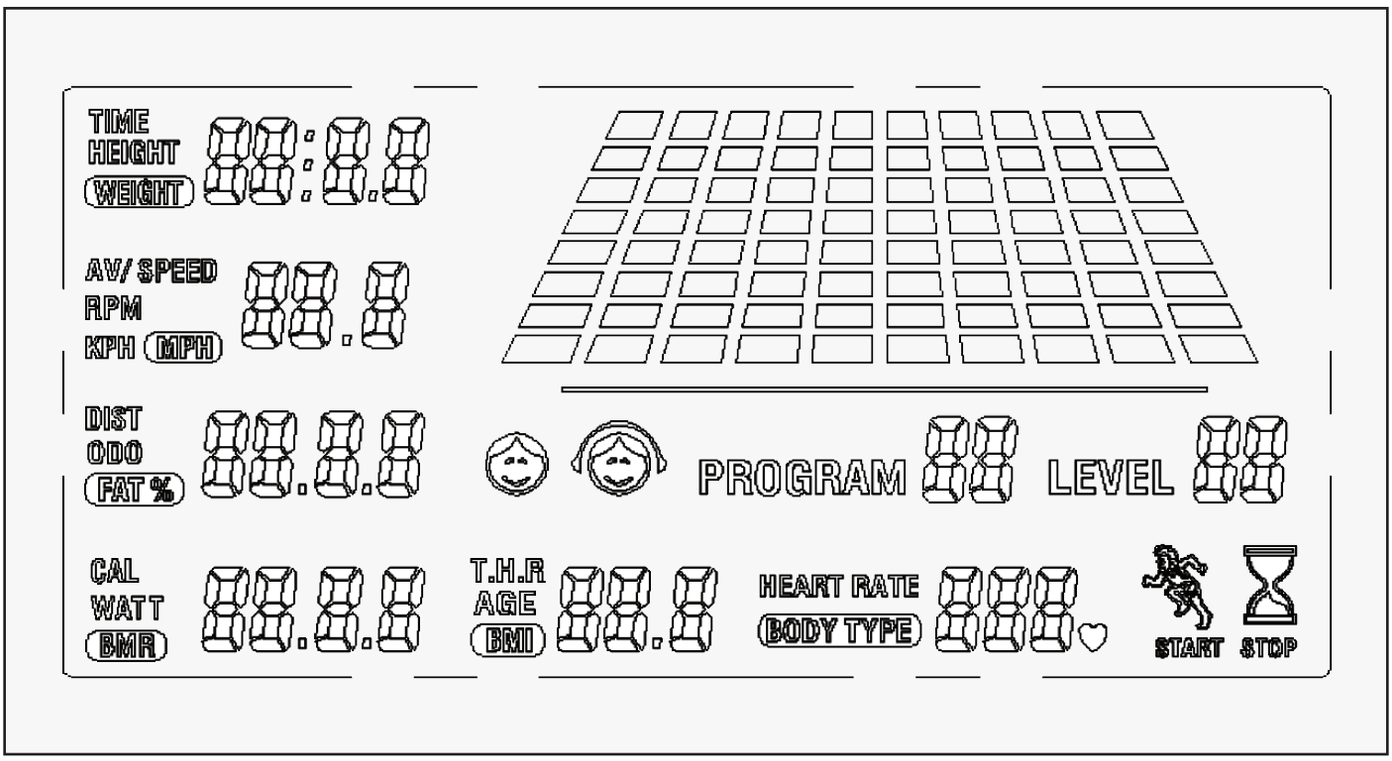
To move the machine, hold the back of the frame up until the transportation wheels (118) on the main frame (20) touch the ground. With the wheels on the ground, you can transport the bike to the desired location at ease.



ADJUSTING THE BALANCE

When this product is on an uneven surface, please adjust both foot pads on end cap (61) until they fully touch the ground and level the machine.

VII. OPERATION GUIDE



DISPLAY INFORMATION

1. TIME, SPEED, CAL, DISTANCE, HEART RATE, RPM, ODO, WATT.
2. In Running state: SPEED/ DIST/ CAL will be display, or press "MODE" key to change display to RPM/ ODO/ WATT.
3. Resistance levels is up to 16.

SPECIFICATIONS

TIME	00M:00S ~ 99M:59S
SPEED	0.0 ~ 99.9KM/H
DISTANCE	0.0 ~ 999.9KM/H
CALORIES	0 .0~ 9999KCAL
HEART RATE	40-240BPM
RPM	0 ~ 9999RPM
WATT	0-572 WATT

FUNCTION DESCRIPTION

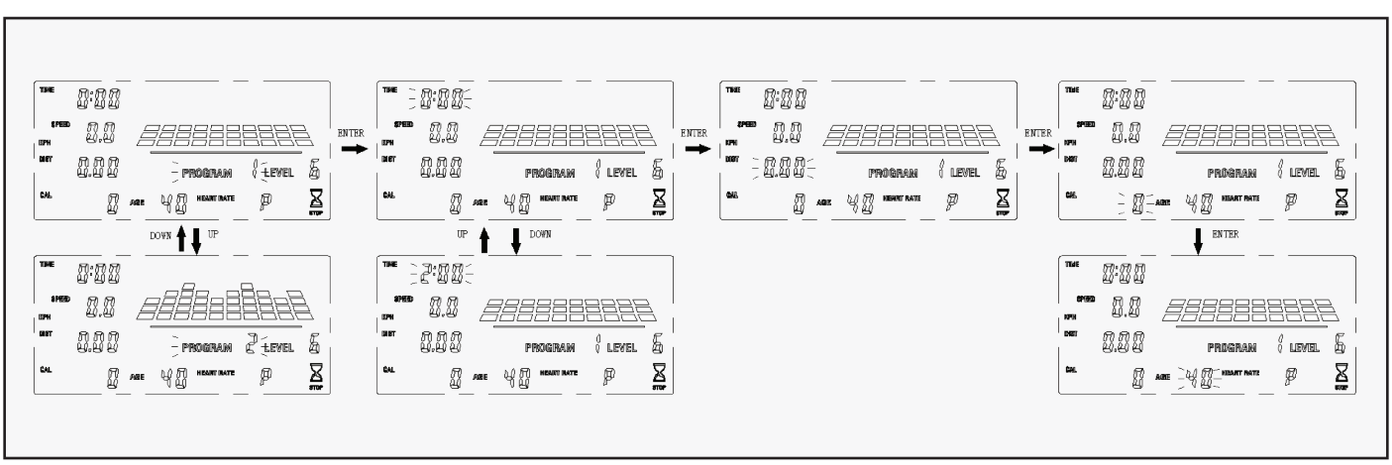
MANUAL	The resistance value level by manual adjustment
PROGRAM	The motion mode by auto adjustment with preset value
USER	The motion mode by user - defined resistance value
WATT	The motion mode by watt target controlled
H.R.C	Heartbeat target value controlled of the motion mode, 60%, 75%, 85%, user-defined
RECOVERY	The level of heartbeat recovery;
BODY FAT	Body fat percentage and body mass index and basal metabolic rate

KEY FUNCTION

UP	• Up selector of the PROGRAM. • Adjusted upward in the Setting Mode. • Adjusted upward the resistance value level, in the motion status.
DOWN	• Down selector of the PROGRAM. • Adjusted downward in the Setting Mode. • Adjusted downward the resistance value level, in the motion status.
ST/SP	• ST/SP or stop the motion status.
RECOVERY	• To testing the level of heartbeat recovery.
ENTER	• To choose set items in the stop status needs to be set.
MODE	• To changeover display SPEED/ DIST/ CAL or RPM/ ODO/ WATT display in the working status.

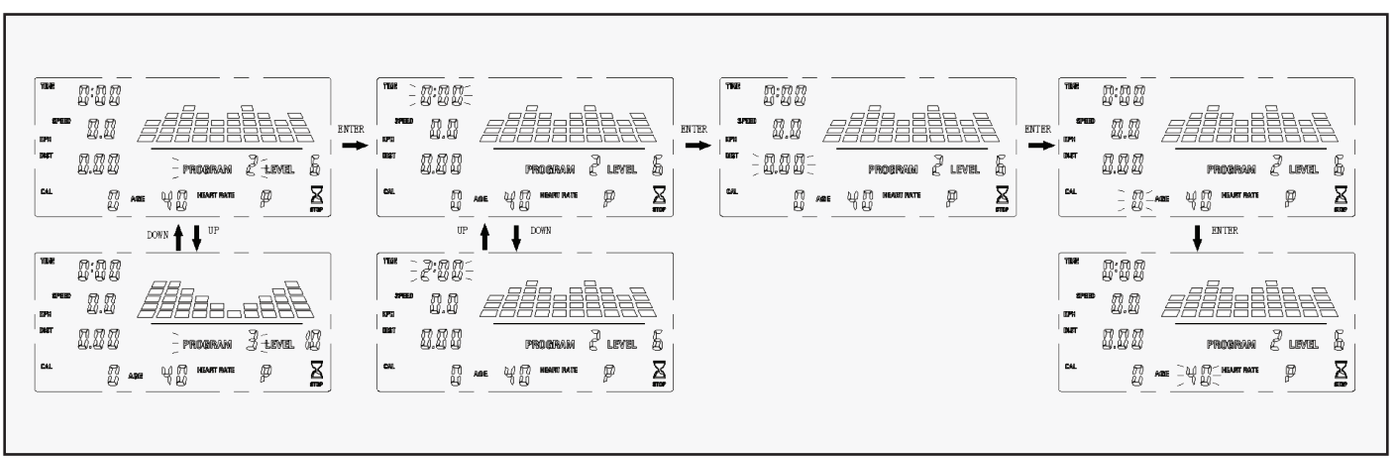
UNIT MEASUREMENT

HEIGHT	WEIGHT	KPH	RPM	DIST	CAL	WATT	PULSE
cm	kg	KM/H	r/min	km	C	W	BPM



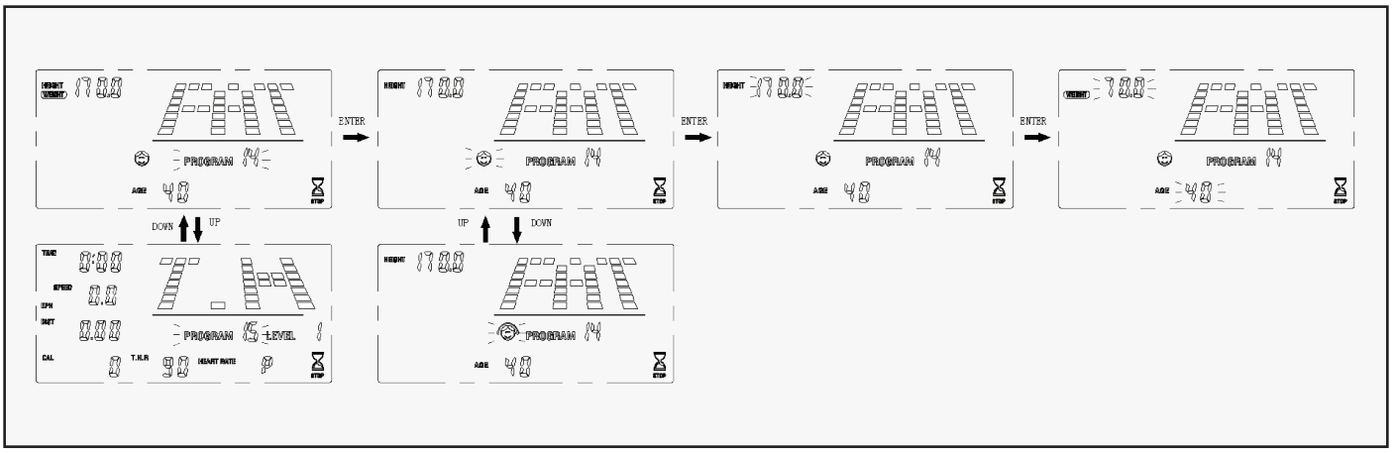
MANUAL MODE (PROGRAM 1)

1. Press "ST/SP" key to start program or press "ENTER" key into setting mode.
2. In setting mode, press "ENTER" key to choose setting items with relevant flashing window for TIME, DISTANCE, CALORIE, AGE.
3. Press "UP" or "DOWN" key to upward or downward adjusted, and press "ENTER" key to confirm and go to next setting.
4. Automatically exits the set status when all settings are complete, or press "ST/SP" key in the settings status to start program.
5. The resistance value level can still be adjusted freely during the motion status, with "UP" or "DOWN" key.
6. If time, distance, calories, or any of these are set with values, the corresponding value will countdown. When any of setting value count reaches to 0, the motion will be STOP followed by a beep sound.
7. **NOTE:** If the time is set, then the distance cannot be set.
8. Press "MODE" key to change display view SPEED/ DIST/ CAL or RPM/ ODO/ WATT display in the working status.
9. Press "ST/SP" key to STOP workout.



MANUAL MODE (PROGRAM 2-13)

1. Press "UP" or "DOWN" key to select a program you want.
2. Press "ST/SP" key to start program or press "ENTER" key into setting mode.
3. In setting mode, press "ENTER" key to choose setting items with relevant flashing window for TIME, DISTANCE, CALORIE, AGE.
4. Press "UP" or "DOWN" key to upward or downward adjusted, and press "ENTER" key to confirm and go to next setting.
5. Automatically exits the set status when all settings are complete, or press "ST/SP" key in the settings status to start program.
6. The resistance value level can still be adjusted during the motion status with program, or press "UP" "DOWN" to manual adjustment;
7. Press "MODE" key to changeover display SPEED/ DIST/ CAL or RPM/ ODO/ WATT display in the working status.
8. If time, distance, calories, or any of these are set with values, the corresponding value will countdown. When any of setting value count reaches to 0, the motion will be STOP followed by a beep sound.
9. **NOTE:** If the time is set, then the distance cannot be set;
10. Press "ST/SP" key to STOP workout.9. Press "ST/SP" key to STOP workout.



BODY FAT (PROGRAM 14)

1. Press "ENTER" key into setting mode.
2. In setting status, press "ENTER" key to choose setting items with relevant flashing window for GENDER→HEIGHT→WEIGHT→AGE.
3. Press "UP" or "DOWN" key to adjust values, and press "ENTER" key to confirm and move to the next setting.
4. This icon represents male. This icon represents female.
5. Press "ST/SP" key to starting test and hold with both hands on the pulse sensor handles. The display will show your body fat in 10 seconds.
6. You should keep your body relaxed.
7. B.M.I. (Body mass index)

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

BODY FAT

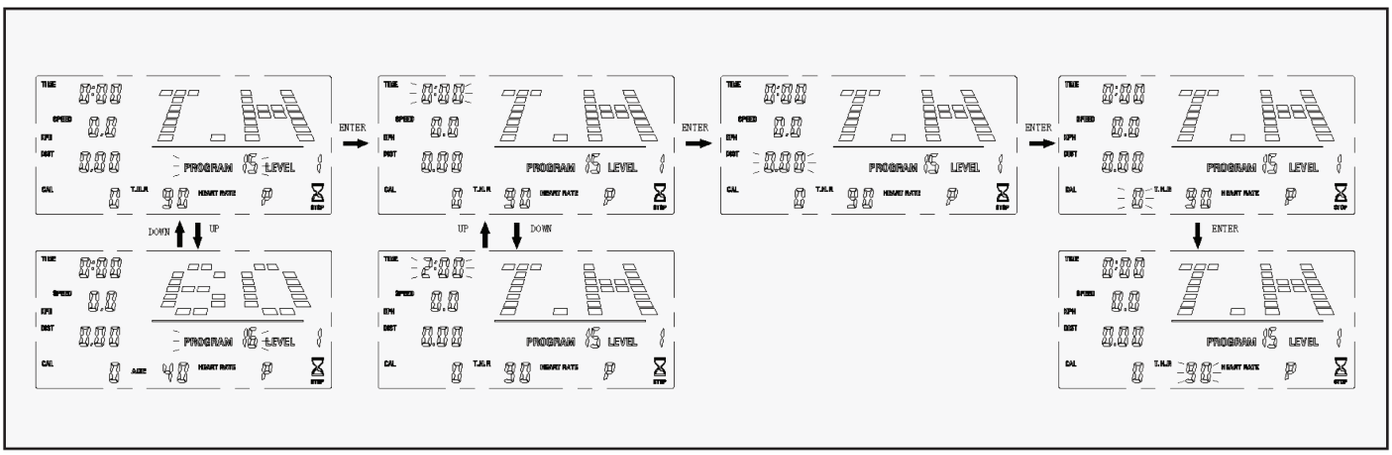
Gender	Low	Medium	Slightly High	High
Male	<13%	13%-25.9%	26%-30%	>30%
Female	<23%	23%-35.9%	36%-40%	>40%

B.M.R (Basal Metabolic Rate)
The average number of calories burned per day for basic survival

Ref: 1300 ± 100(22-40 Age)

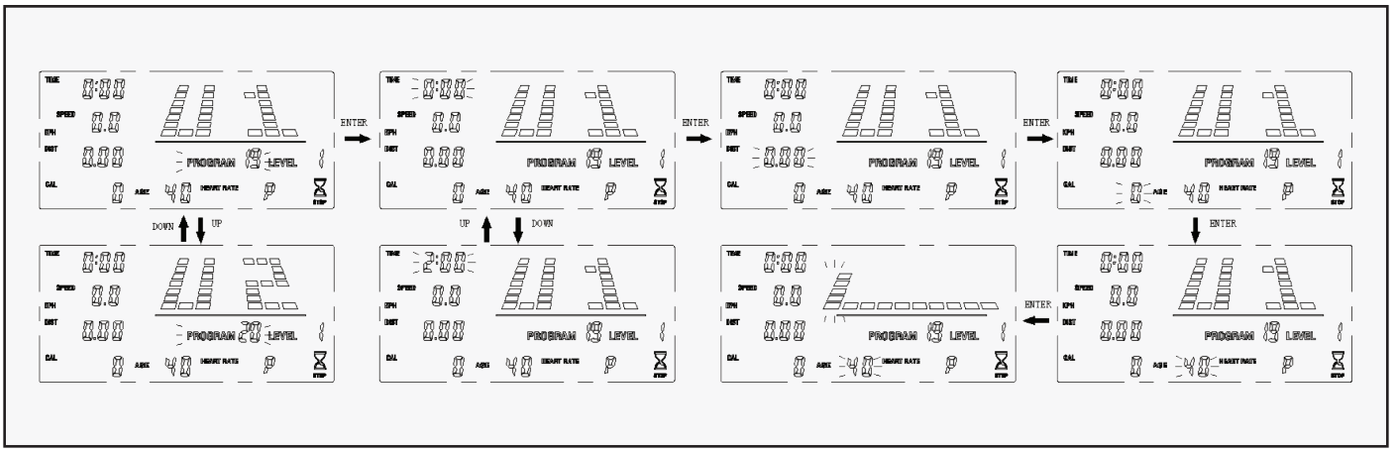
BODY FAT

1	2	3	4	5	6	7	8	9
Skinny	Thin	Slightly Thin	Slim	Healthy	Slightly Overweight	Overweight	Obese	Obesity



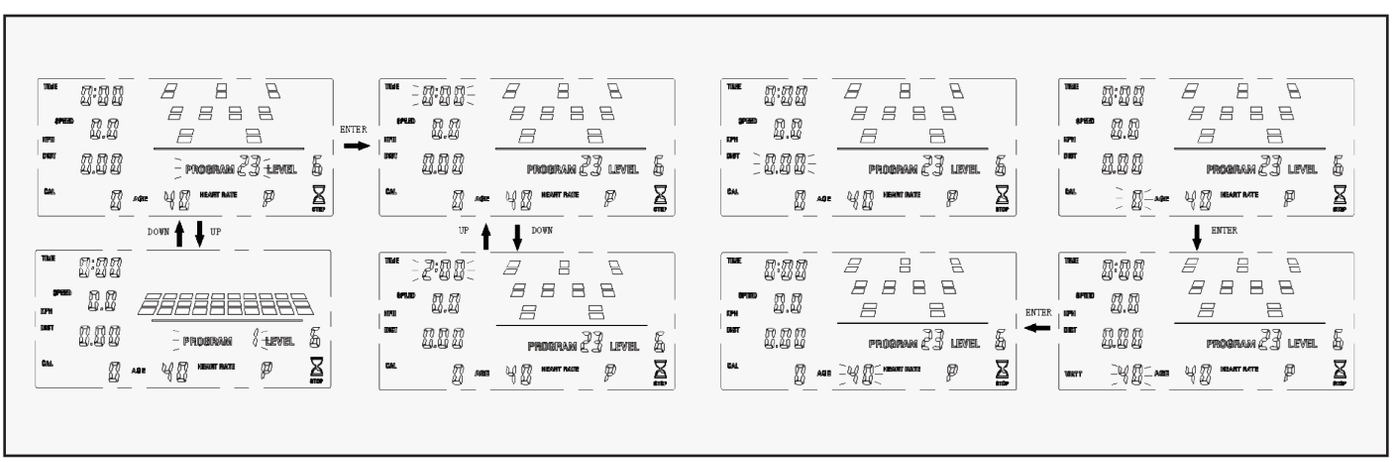
H.R.C MODE (PROGRAM 15-18)

1. Press "UP" or "DOWN" key to select a particular function you want.
2. Press "START" key to running the program or press "ENTER" key into setting mode.
3. PROGRAM 15: press "ENTER" key to choose setting items with relevant flashing window for TIME→DISTANCE→CALORIE→T.H.R.
4. PROGRAM 16-18: 60%, 75% and 85% of the maximum heart rate were selected as the heart rate target. Press "ENTER" key to choose setting items with relevant flashing window for TIME→DISTANCE→CALORIE→AGE.
5. Press "UP" or "DOWN" key to adjust values, and press "ENTER" key to proceed to next setting.
6. Press "ST/SP" key to start.
7. Resistance level will automatically adjust during the motion status with T.H.R target value or press "UP" or "DOWN" to manually adjust.
8. Press "MODE" key to change display to SPEED/ DIST/ CAL or RPM/ ODO/ WATT display in the working status.
9. If time, distance, calories, or any of these are set, the corresponding value will countdown. When any of setting value count reaches to 0, the motion will be STOP followed by a beep sound.
10. **NOTE:** If the time is set, then the distance cannot be set.
11. Press "ST/SP" key to STOP the workout.
12. **IMPORTANT:** You must be holding the pulse sensor during exercise.



USER MODE (PROGRAM 19-22)

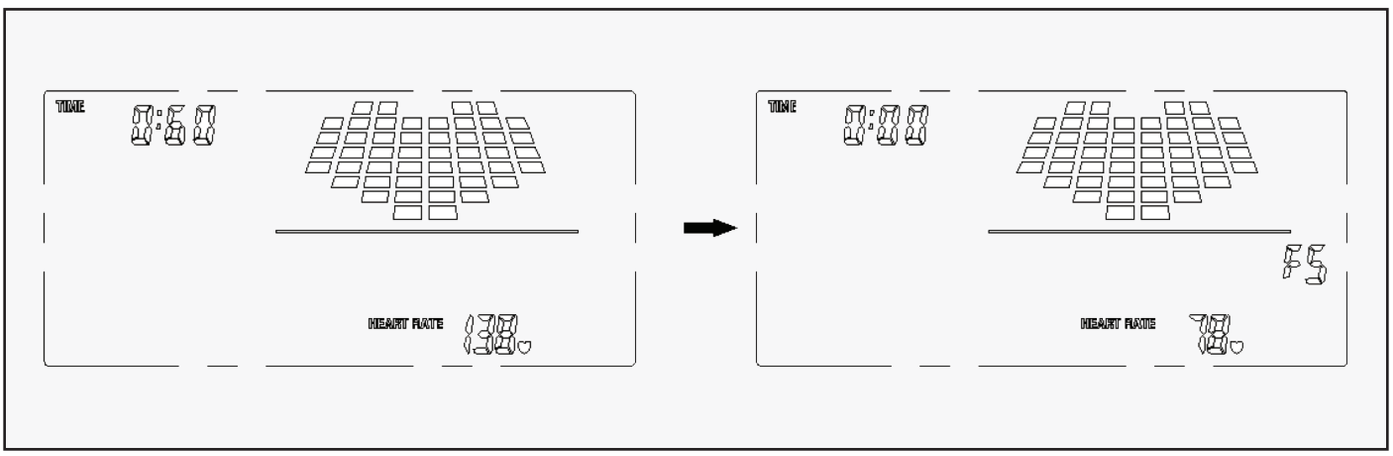
1. Press "UP" or "DOWN" key to select a particular function you want with U1-U4.
2. Press "ST/SP" key to start program, or press "ENTER" key into setting mode.
3. In setting status, press "ENTER" key to choose setting items with relevant flashing window for TIME→DISTANCE→CALORIE→AGE→Resistance Value.
4. Press "UP" or "DOWN" key to upward or downward adjusted, and press "ENTER" key to proceed to the next setting.
5. Press "ST/SP" key to start program.
6. Resistance level is automatic based off the user setting. You can also still adjust it "UP" or "DOWN" during the program however when it reaches the next segment it will revert to user settings.
7. Press "MODE" key to change display to SPEED/ DIST/ CAL or RPM/ ODO/ WATT display in the working status.
8. If time, distance, calories, or any of these are set, the corresponding value will countdown. When any of setting value count reaches to 0, the motion will be STOP followed by a beep sound.
9. **NOTE:** If the time is set, then the distance cannot be set.
10. Press "ST/SP" key to STOP the workout.



WATT MODE (PROGRAM 23)

1. Press "ENTER" key into setting mode.
2. In setting status, press "ENTER" key to choose setting items with relevant flashing window for TIME→DISTANCE→WATT.
3. Press "UP" or "DOWN" key to adjust settings and press "ENTER" key to proceed to the next setting.
4. Press "START" key to begin workout.

5. Resistance level will automatically change during the motion status with WATT target value, or press "UP" or "DOWN" to manually adjust.
6. Press "MODE" key to change display to SPEED/ DIST/ CAL or RPM/ ODO/ WATT display in the working status.
7. If time, distance, calories, or any of these are set, the corresponding value will countdown. When any of setting value count reaches to 0, the motion will be STOP followed by a beep sound.
8. **NOTE:** If the time is set, then the distance cannot be set.
9. Press "ST/SP" key to STOP the workout.



RECOVERY MODE

During workout, first test your pulse as above mentioned. Then press "RECOVERY" key to enter pulse recovery function. The display will show 1 minute count-down as well as your pulse rate.

Hold onto the pulse sensor until it counts down to zero.

The display will show your pulse recovery level from F1 to F6, that is, from the fastest recovery to slowest. The fastest recovery F1 show the best.

F1=1.0	BEST STATE
1.0 < F2 <2.0	WELL
2.0 < F3 <2.9	GOOD
3.0 < F4 <3.9	ORDINARY
4.0 < F5 <5.9	RELATIVELY POOR
F6=6.0	BAD

VIII. EXERCISE GUIDE

! PLEASE NOTE:

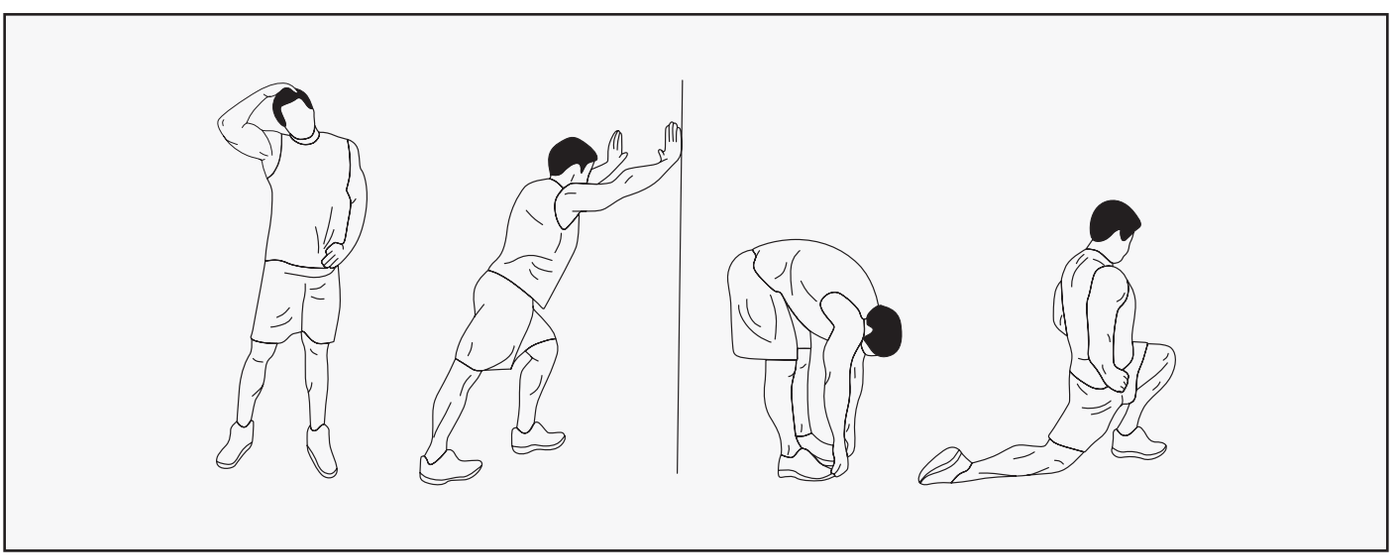
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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 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.

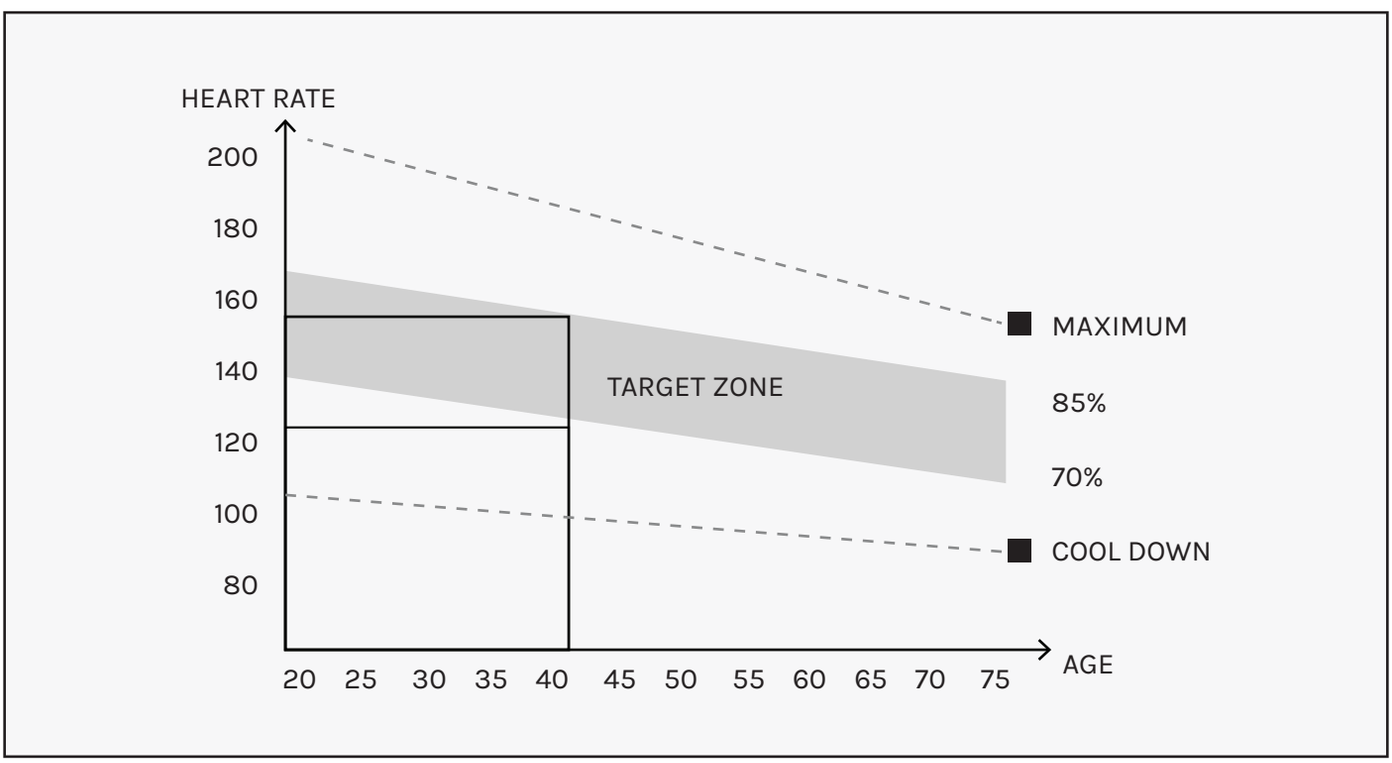
TRAINING ZONE EXERCISE

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



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 h**ttps://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

WIRELESS PLUSE (Optional)

Supports the standard 5.3Khz wearing heart rate detector.

NOTE:

1. This monitor uses a 9V/1A power adapter.
2. When the monitor is abnormal, please pull out the power plug and re-insert.

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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