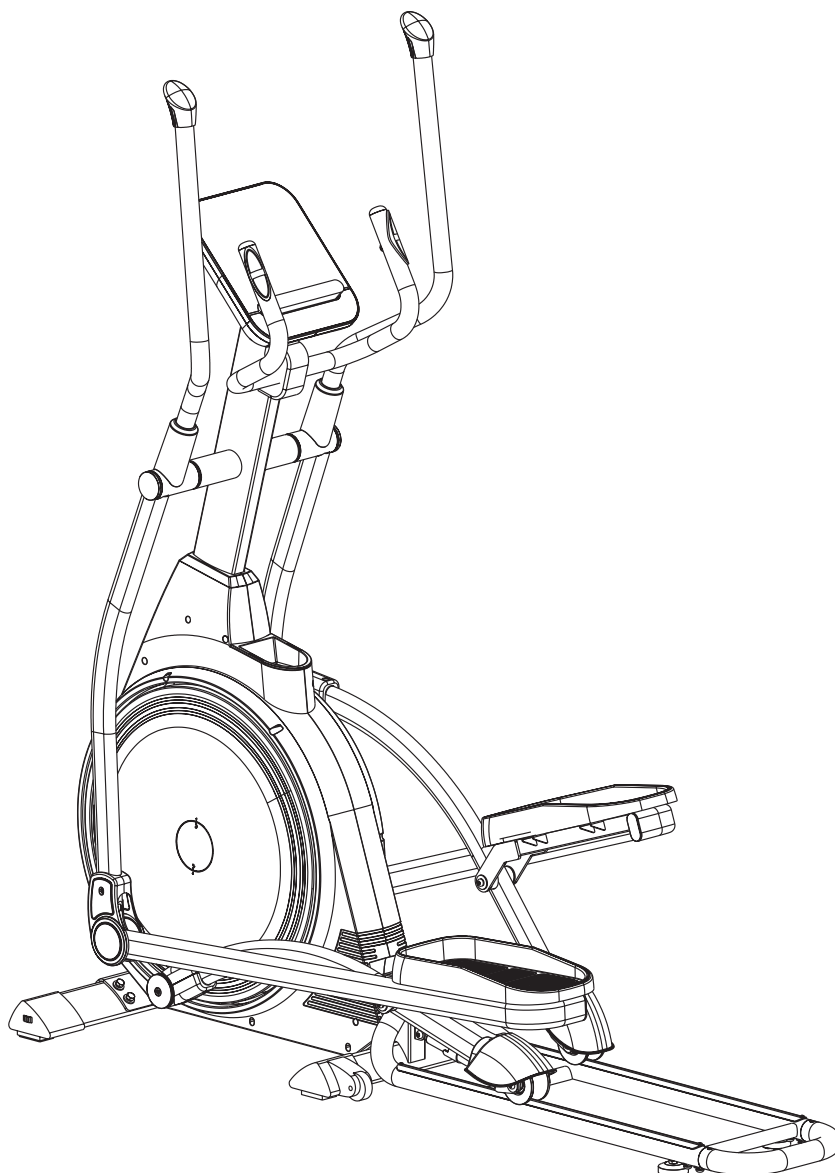




XT-39 Folding Cross Trainer

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



TABLE OF CONTENTS

| | |
|--|----|
| I. Important Safety Instructions | 03 |
| II. Care Instructions | 04 |
| III. Exploded Diagram | 05 |
| IV. Parts List | 06 |
| V. Assembly Instructions | 07 |
| VI. Folding Guide | 13 |
| VII. Operation Manual | 15 |
| VIII. Exercise Guide | 23 |
| IX. Warranty | 25 |

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.

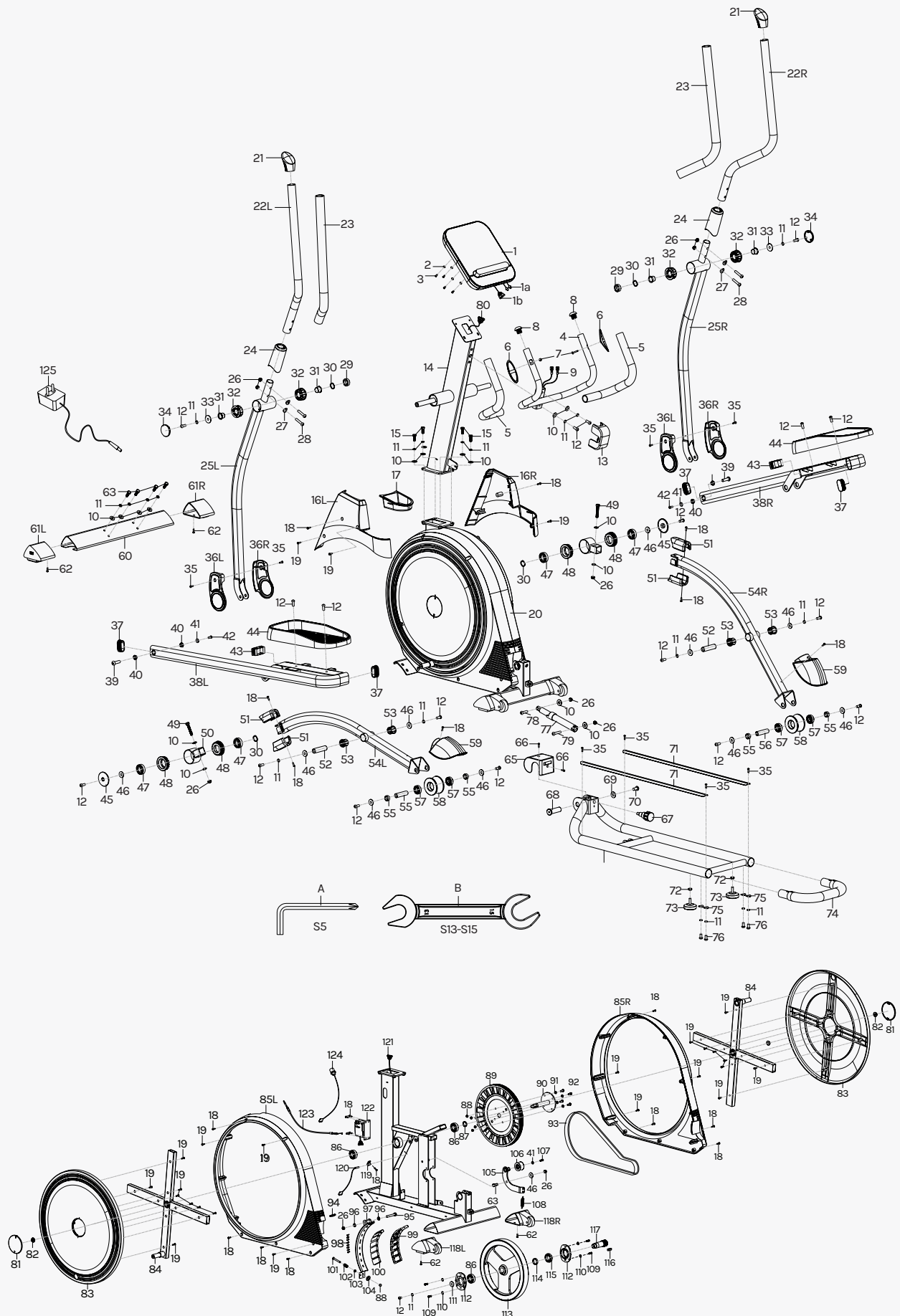
- It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. **PLEASE NOTE:** It is your responsibility to ensure that all users of the equipment are informed of all warnings 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 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

- 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



IV. PARTS LIST

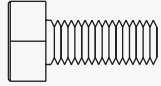
HARDWARE PACKAGE



#10 D8*φ20*2 - 4pcs



#11 D8 - 4pcs



#15 M8 *25*S13 - 4pcs



#18 ST4.2*16 - 2pcs



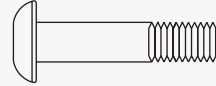
#19 ST4.2*19 - 3pcs



#26 M8*H7.5*S13 - 4pcs



#27 D8*φ20*2*R16 - 4pcs



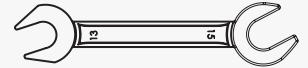
#28 40*15*2*S5 - 4pcs



#35 ST4.2*13 - 2pcs



A S5



B S13 - S15

| No. | Description | Qty |
|-------|----------------------|-----|
| 1 | Computer | 1 |
| 2 | Washer D4 | 4 |
| 3 | Bolt M4 | 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 | 16 |
| 11 | Spring washerd8 | 21 |
| 12 | Bolt M8*20*S5 | 19 |
| 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 | 21 |
| 19 | Screw ST4.2*19 | 25 |
| 20 | Main frame | 1 |
| 21 | End cap | 2 |
| 22 | Handlebar L/R | 1 |
| 23 | Grip foam | 2 |

| No. | Description | Qty |
|-------|------------------------------|-----|
| 24 | Handlebar cover | 2 |
| 25L/R | Reciprocating bar L/R | 1 |
| 26 | Nylon nut M8*H7.5*S13 | 10 |
| 27 | Arc washerd8*φ20*2*R16 | 4 |
| 28 | Bolt M8*40*15*S5 | 4 |
| 29 | Spacer φ30*φ20*9 | 2 |
| 30 | Wave washerd19*φ25*0.3 | 4 |
| 31 | Bushingφ27*1*φ19.2*16 | 4 |
| 32 | Bushingφ50*φ21*20 | 4 |
| 33 | Washer d8*φ32*2 | 2 |
| 34 | Handlebar cover | 2 |
| 35 | Screw ST4.2*13 | 8 |
| 36 | Swing bar cover L/R | 2 |
| 37 | End cap PT25*50 | 4 |
| 38 | Linkage L/R | 1 |
| 39 | Bolt φ10*34*M6*15*S6 | 2 |
| 40 | Bushingφ18*1.5*φ14.6*5*φ10.1 | 4 |
| 41 | Washer d6*φ16*1.5 | 3 |
| 42 | Bolt M6*15*S5 | 2 |
| 43 | End cap J60*30*15 | 2 |
| 44 | Pedal | 2 |
| 45 | Cover | 2 |
| 46 | Washer d8*φ25*2 | 11 |

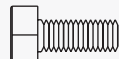




| No. | Description | Qty |
|--------|--------------------------------|-----|
| 47 | BearingR12 | 4 |
| 48 | BushingΦ60*16.6Φ41.18*13.11 | 4 |
| 49 | Bolt M8*50*20*S14 | 2 |
| 50 | Connector | 2 |
| 51 | Cover | 4 |
| 52 | Shaft | 2 |
| 53 | BushingΦ32*3.3*Φ28*20.5*Φ19.1 | 4 |
| 54L/R | Linkage | 1 |
| 55 | Spacerφ22*φ17.1*8.8 | 4 |
| 56 | Shaft for transportation wheel | 2 |
| 57 | Bearing6003 | 4 |
| 58 | Roller | 2 |
| 59 | Wheel cover | 2 |
| 60 | Front stabilizer | 1 |
| 61/I/R | End cap L/R | 1 |
| 62 | Screw ST4.2*16 | 4 |
| 63 | Bolt M8*20*S13 | 5 |
| 64 | Rail | 1 |
| 65 | Cover | 1 |
| 66 | Screw ST4*19 | 2 |
| 67 | Knob M16 | 1 |
| 68 | Spindle | 1 |
| 69 | Washer d10*Φ25*2 | 1 |
| 70 | Bolt M10*20*S6 | 1 |
| 71 | Alum plate | 2 |
| 72 | Nut M8*H5.5*S14 | 2 |
| 73 | Footpad | 2 |
| 74 | Handlebar | 1 |
| 75 | Arc washerd8*Φ20*2*R19 | 4 |
| 76 | Bolt M8*16*S5 | 4 |
| 77 | Gas spring | 1 |
| 78 | Bolt M8*30*S5 | 1 |
| 79 | Bolt M8*45*20*S5 | 1 |
| 80 | Trunk wire 1 | 1 |
| 81 | Crank cover | 2 |
| 82 | Nut M10*1.25*H7.5*S14 | 2 |
| 83 | Turntable | 2 |
| 84 | Crank | 2 |
| 85 | Chain cover | 1 |
| 86 | Bearing6004 | 3 |
| 87 | SpacerΦ25*Φ20.2*4 | 1 |

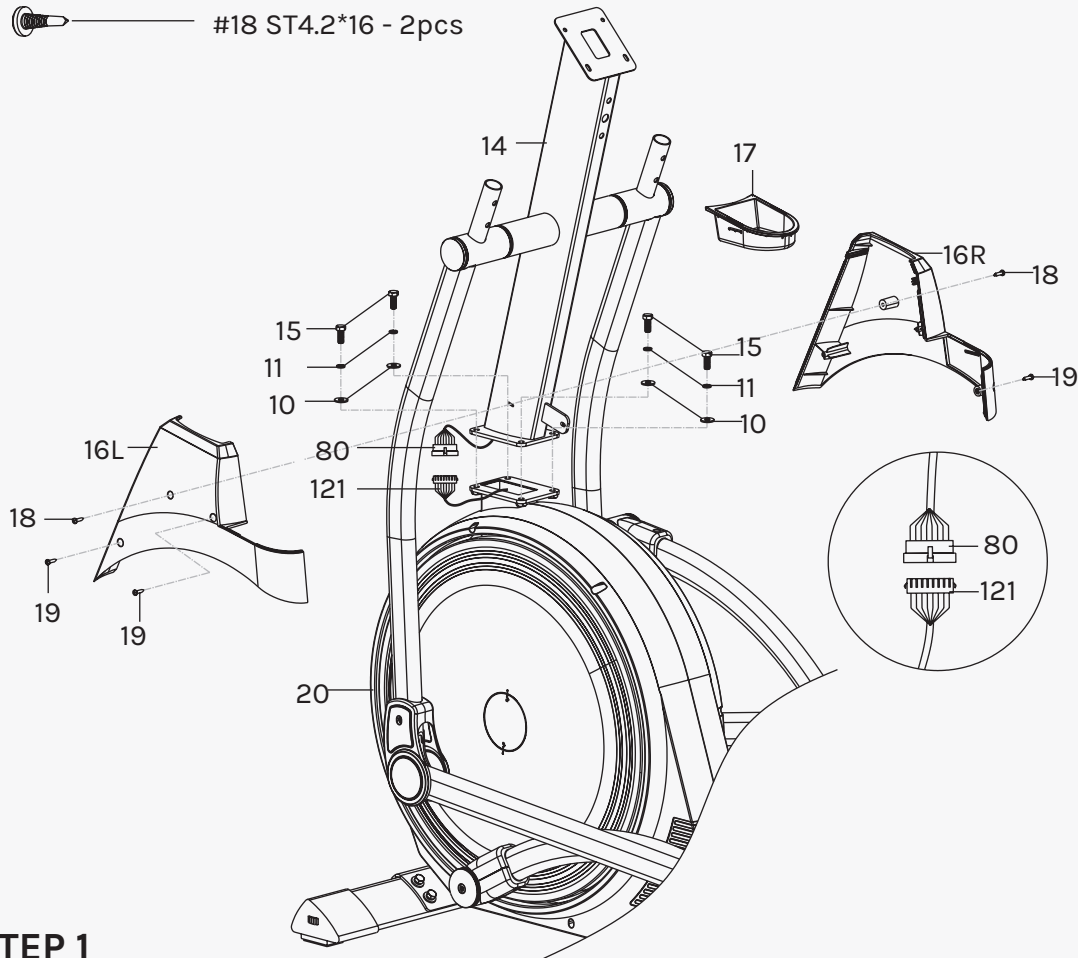
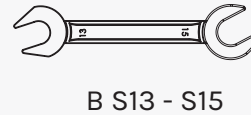
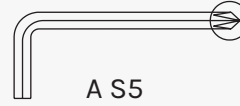
| No. | Description | Qty |
|--------|--------------------------|-----|
| 88 | Nylon nut M6*H6*S10 | 5 |
| 89 | Belt plate | 1 |
| 90 | Shaft | 1 |
| 91 | Spring washerd6 | 4 |
| 92 | Bolt M6*16*S5 | 4 |
| 93 | Belt | 1 |
| 94 | Plastic connector | 1 |
| 95 | Bolt M8*55*13*S14 | 1 |
| 96 | Washer d8*Φ16*1.5 | 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 |
| 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 | SpacerΦ30*Φ25*6.5 | 1 |
| 115 | Bearing61905 | 1 |
| 116 | Flat key 8*7*25 | 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 |
| 123 | Resistance control cable | 1 |
| 124 | Adapter trunk wire | 1 |
| 125 | Adapter | 1 |
| A | Wrench S5 | 1 |
| B | Spanner S13-15 | 1 |

V. ASSEMBLY INSTRUCTIONS



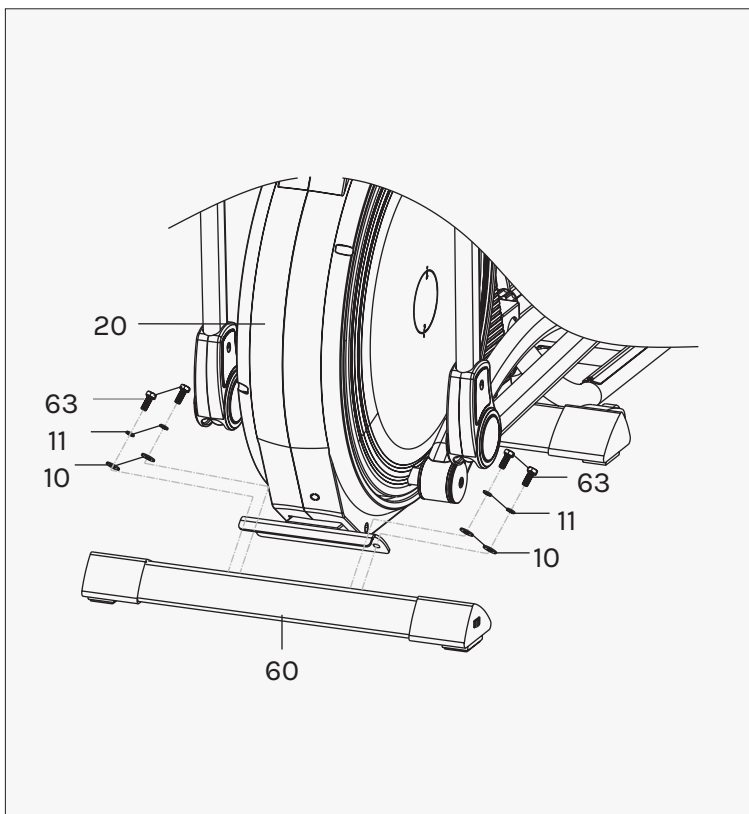
NOTE: Some nuts and bolts are attached on the parts, and you will need to remove and re-attach it to the connecting parts.

-  #15 M8 *25*S13 - 4pcs
-  #11 D8 - 4pcs
-  #10 D8*φ20*2 - 4pcs
-  #19 ST4.2*19 - 3pcs
-  #18 ST4.2*16 - 2pcs



STEP 1

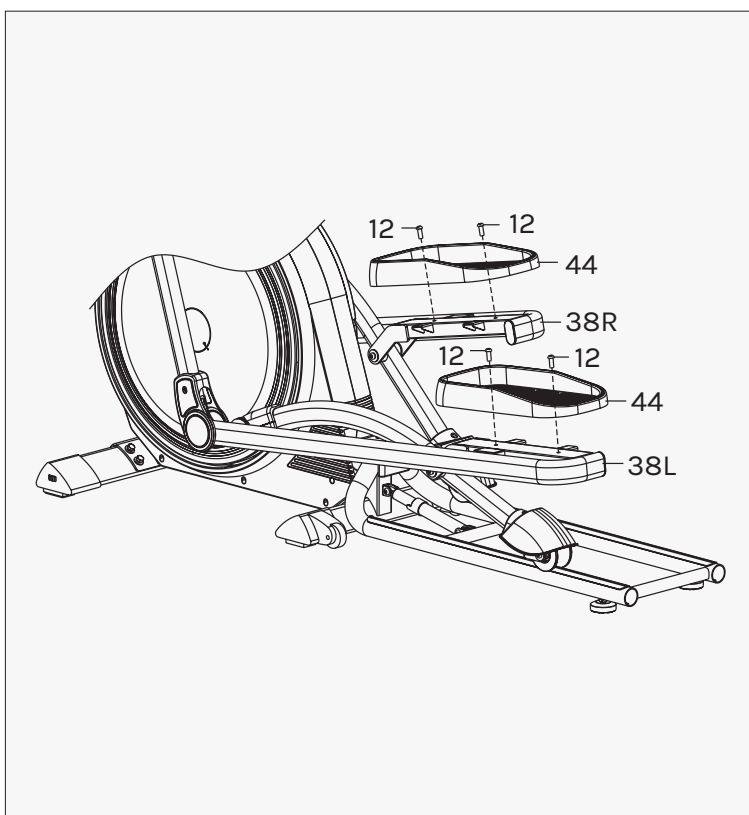
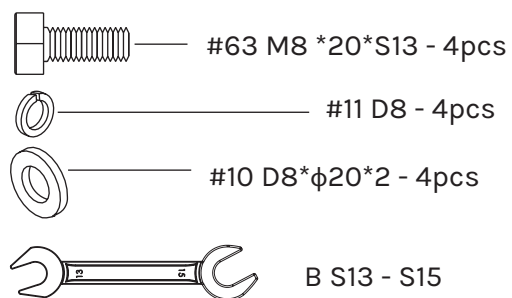
1. Connect trunk wire 1 (80) on the handlebar post (14) with trunk wire 2 (121) on the main frame (20) well, then put the wires inside of main frame (20).
2. Fix handlebar post (14) to main frame (20) with bolts (15), spring washers (11) and washers (10) using spanner (B).
3. Secure handlebar post covers (16L/R) with screws (19), then secure them on the handlebar post (14) with screws (18) and tighten with wrench (A).



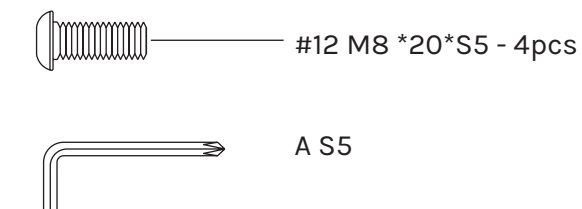
STEP 2

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

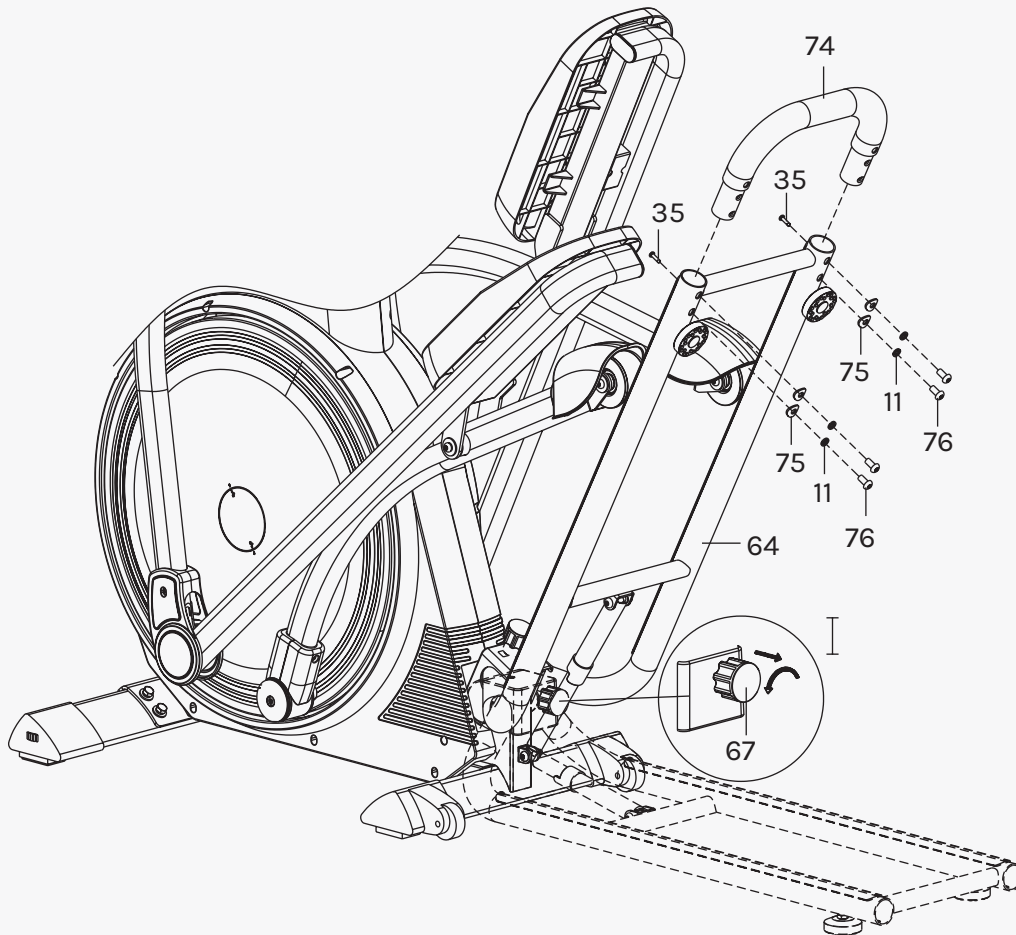
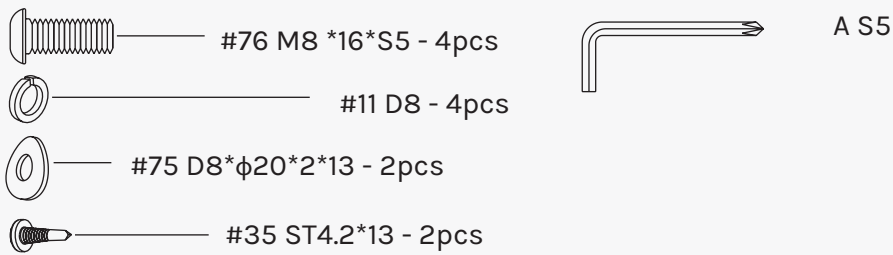
2. Attach front stabilizer (60) to main frame (20) with bolts (63), spring washers (11) and washers (10) with spanner (B).



STEP 3





1. Remove bolts (12) from pedal (44) by wrench (A), then attach pedal (44) to Linkage (38L/R) with bolts (12) by wrench (A).





STEP 4

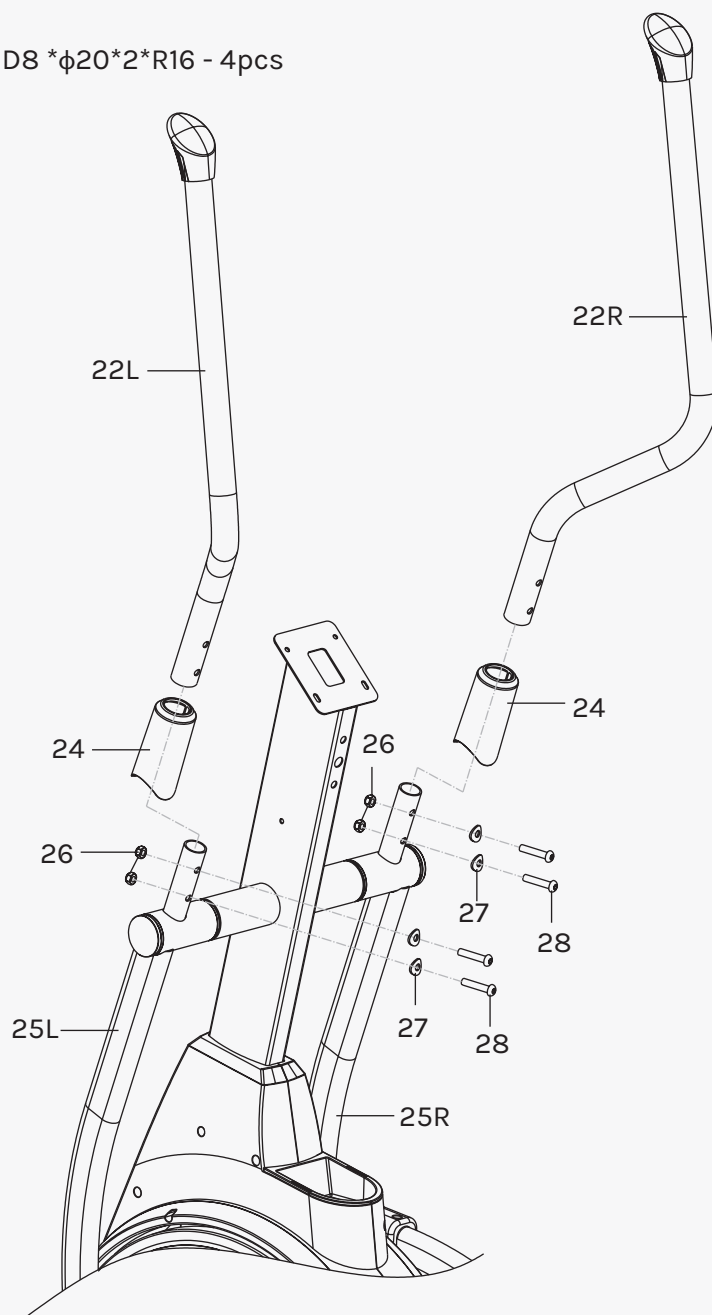
1. As showed in Figure I, pull knob (67) out loosely and rotate counterclockwise about 90 degrees to fold rail (64).
2. Take out bolts (76), spring washers (11) and washers (75) from handlebar (74) by wrench (A).
3. Insert handlebar (74) into rail (64), secure them using bolts (76), spring washers (11) and washers (75) by wrench (A).
4. Secure screws (35) in rail (64) by wrench (A).

 #28 M8 *10*15*S5 - 4pcs

 A S5

 #26 M8 *H7.5*S13 - 4pcs

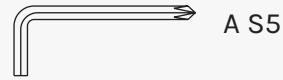
 #27 D8 *φ20*2*R16 - 4pcs



STEP 5

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) by wrench (A).

#12 M8 *20*S5 - 2pcs

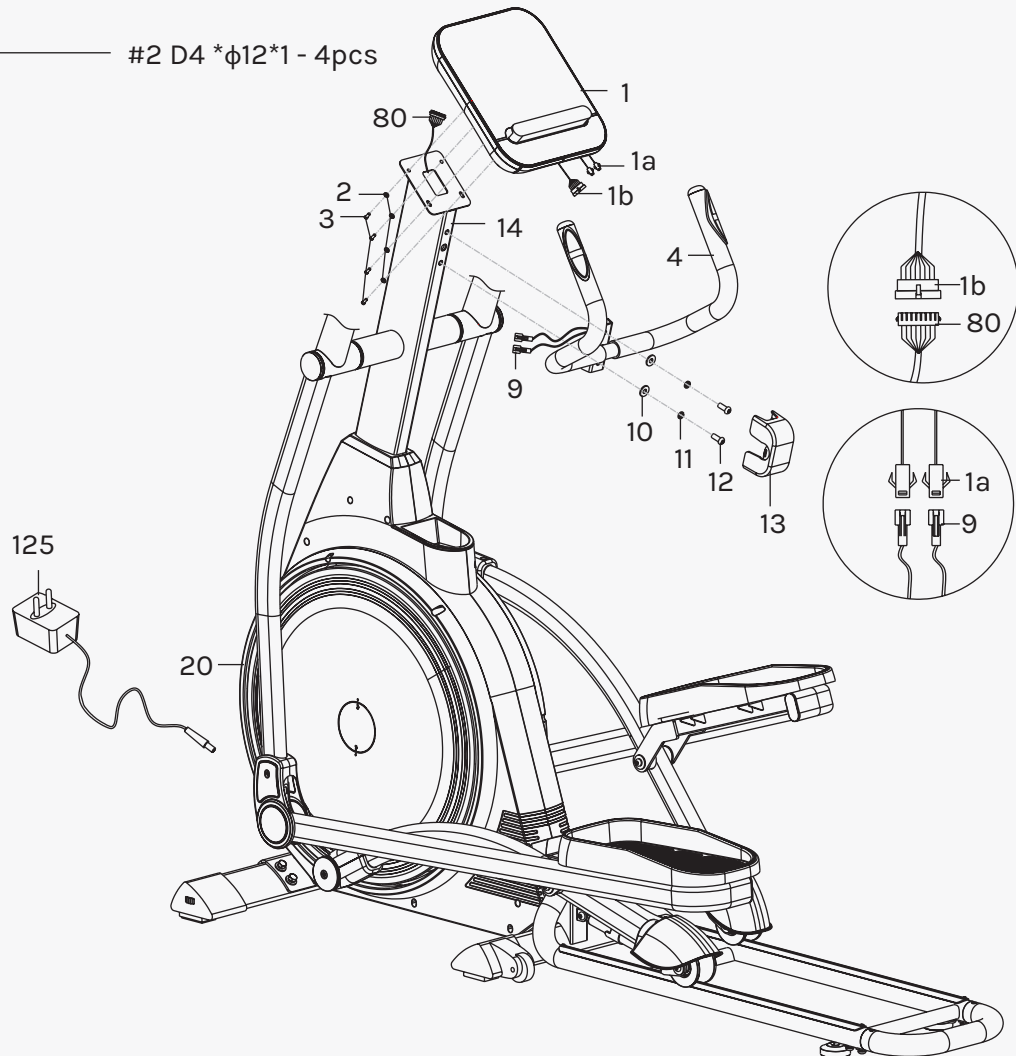


#11 D8 - 2pcs

#10 D8 *φ20*2 - 2pcs

#3 M4*12 - 4pcs

#2 D4 *φ12*1 - 4pcs

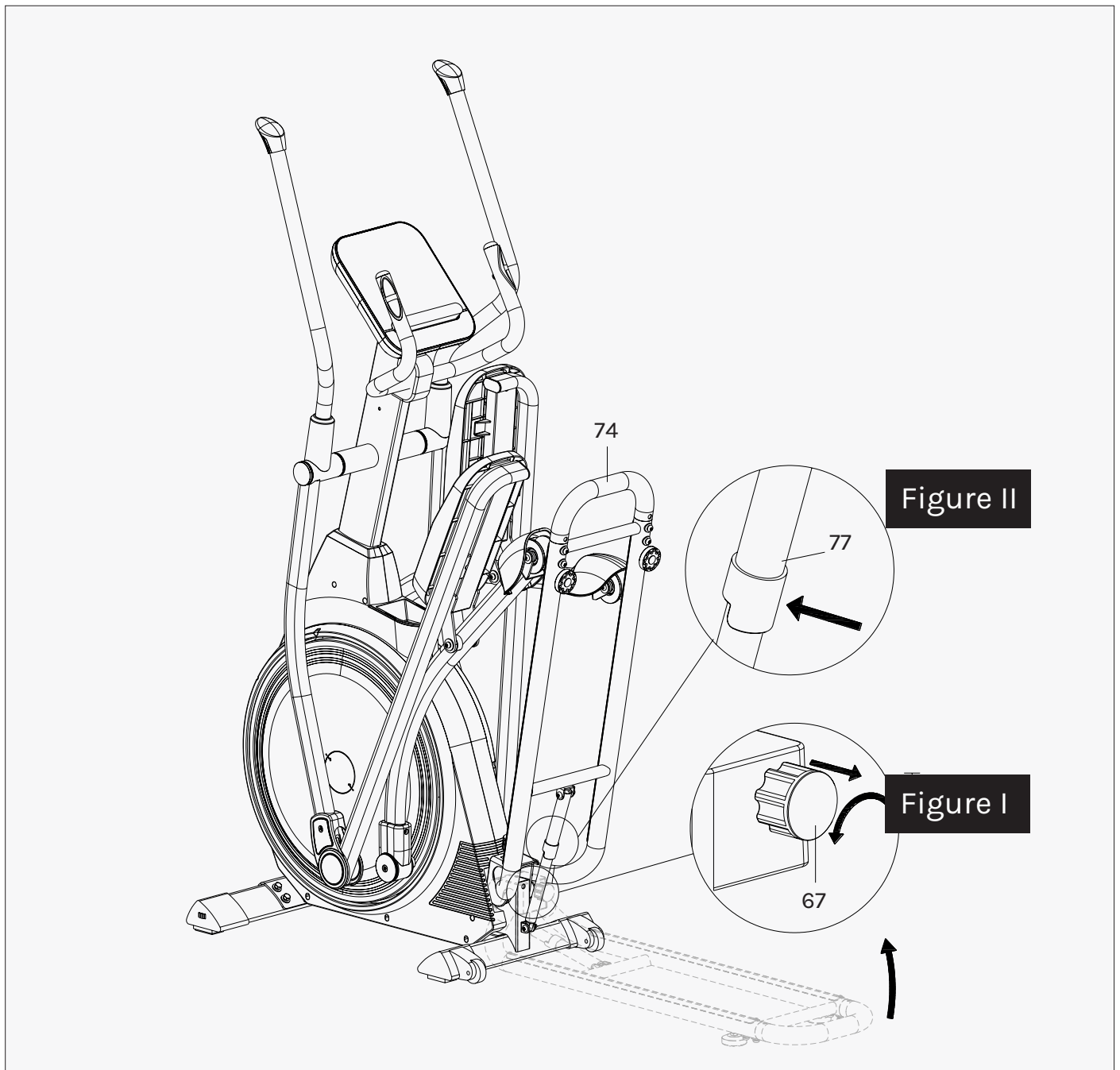


STEP 6

1. Remove bolts (12), spring washer (11) and washers (10) from handlebar post (14) with 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 (80).
5. Take out the bolts (3) and washers (2) from the back of computer (1) with spanner (A). Then attach computer (1) to handlebar post (14) with bolts (3) and washers (2) using spanner (A).
6. Insert adapter wire (125) to power hole on the main frame (20), then plug the adapter into an outlet.

Attention: Turn off the power when equipment is not in use.

VI. FOLDING GUIDE



The cross trainer can be folded away for storage when not in use.

Folding Instructions:

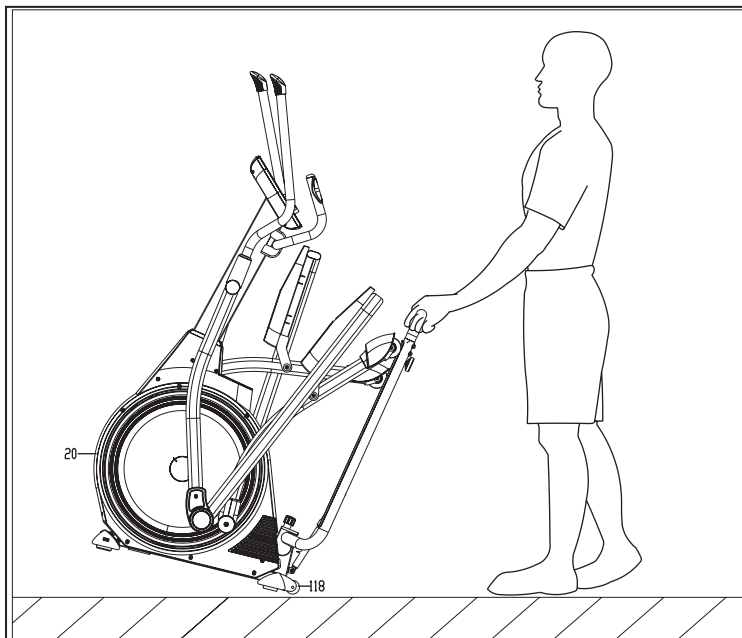
As shown in Figure I, pull knob (67) out loosely and rotate it counterclockwise about 90 degrees, then pull the handlebar (74) up until the gas spring (77) is fully extended and clicks into place. Ensure the rail is fixed.

Un-folding Instructions:

As showed in Figure II, hold the handlebar (74), then tap on the gas spring (77) to release. It will than gently lower until the rail touches the ground. Turn the knob (67) counterclockwise about 90 degrees, the knob (67) will reset automatically, and you can use it.

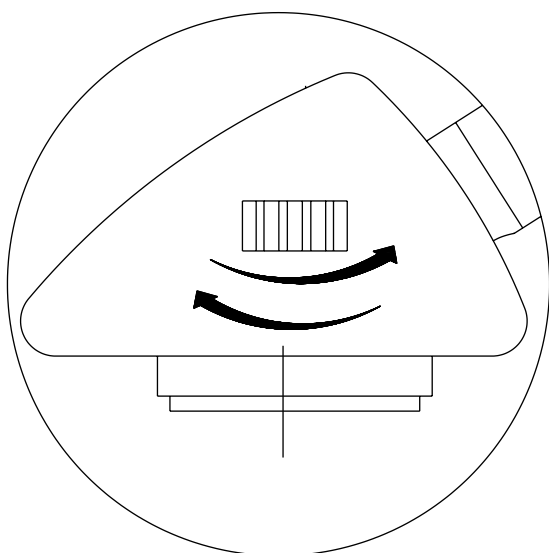
TRANSPORTING & FLOOR LEVELERS

1. Moving the Machine



To move the machine, push the handlebar 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.

2. Adjusting the Floor Levelers



When the equipment is on an uneven surface, you can adjust both foot pads on end cap (61) as pictured. Turning it left or right will make the pads come down more or go back up.

VII. MOTORIZED COMPUTER OPERATION MANUAL

FUNCTION

1. Program: 21 programs as following

A: 1 Manual Program

| | | | | | |
|----------|------|-------|----|-------|---|
| TIME | 0:00 | COUNT | 00 | PULSE | P |
| DIST. KM | 00 | | | LEVEL | 6 |
| MANUAL | | | | | |
| | | | | | |

B: 10 Preset Program Profile (PROGRAM: P1-P10)

| | | | |
|---------|------|-------|---|
| TIME | 0:00 | PULSE | P |
| DIST. M | 00 | LEVEL | 4 |
| PROGRAM | P1 | | |

| | | | |
|---------|------|-------|---|
| TIME | 0:00 | PULSE | P |
| DIST. M | 00 | LEVEL | 2 |
| PROGRAM | P3 | | |

| | | | |
|---------|------|-------|---|
| TIME | 0:00 | PULSE | P |
| DIST. M | 00 | LEVEL | 2 |
| PROGRAM | P5 | | |

| | | | |
|---------|------|-------|---|
| TIME | 0:00 | PULSE | P |
| DIST. M | 00 | LEVEL | 6 |
| PROGRAM | P7 | | |

| | | | |
|---------|------|-------|---|
| TIME | 0:00 | PULSE | P |
| DIST. M | 00 | LEVEL | 3 |
| PROGRAM | P9 | | |

P1: ROLLING P2: VALLEY P3: FATBURN P4: RAMP P5: MOUNTAIN
P6: INTERVAL P7: CARDIO P8: ENDURANCE P9: SLOPE P10: RALLY

C: 1 Watt Control Program (WATT PRO: P16)

| TIME | 0:00 | P 16 | PULSE | P |
|---------|------|------|----------|---|
| DIST. M | 0.0 | | LEVEL | 6 |
| | | | WATT PRO | |
| | | | | |

D: 4 Heart Rate Control Program: (PULSE PRO: P17-P20) 55%H.R, 75%H.R, 95%H.R and TARGET H.R

| TIME | 0:00 | P 17 55% | PULSE | P |
|---------|------|-------------|-----------|---|
| DIST. M | 0.0 | | LEVEL | 1 |
| | | | PULSE PRO | |
| | | | | |

| TIME | 0:00 | P 18 75% | PULSE | P |
|----------|------|-------------|-----------|---|
| DIST. KM | 0.0 | | LEVEL | 1 |
| | | | PULSE PRO | |
| | | | | |

| TIME | 0:00 | P 19 95% | PULSE | P |
|---------|------|-------------|-----------|---|
| DIST. M | 0.0 | | LEVEL | 1 |
| | | | PULSE PRO | |
| | | | | |

| TIME | 0:00 | P 20 TARGET | PULSE | P |
|---------|------|----------------|-----------|---|
| DIST. M | 0.0 | | LEVEL | 1 |
| | | | PULSE PRO | |
| | | | | |

E: 5 User Setting Programs: CUSTOM1 to CUSTOM5 (P11 ~ P15)

| TIME | 0:00 | P 11 U 1 | PULSE | P |
|---------|------|-------------|-------|---|
| DIST. M | 0.0 | | LEVEL | 1 |
| | | | | |
| | | | | |

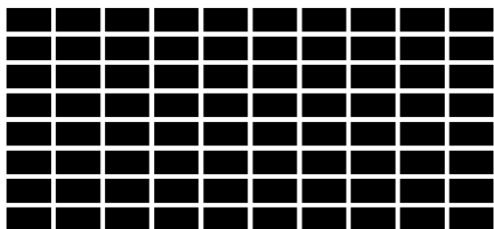
| TIME | 0:00 | P 12 U 2 | PULSE | P |
|---------|------|-------------|-------|---|
| DIST. M | 0.0 | | LEVEL | 1 |
| | | | | |
| | | | | |

| TIME | 0:00 | P 13 U 3 | PULSE | P |
|---------|------|-------------|-------|---|
| DIST. M | 0.0 | | LEVEL | 1 |
| | | | | |
| | | | | |

| TIME | 0:00 | P 14 U 4 | PULSE | P |
|---------|------|-------------|-------|---|
| DIST. M | 0.0 | | LEVEL | 1 |
| | | | | |
| | | | | |

| TIME | 0:00 | P 15 U 5 | PULSE | P |
|---------|------|-------------|-------|---|
| DIST. M | 0.0 | | LEVEL | 1 |
| | | | | |
| | | | | |

1. Record the user's data of 5 User Setting Programs.
2. Display Speed (RPM), TIME and WATT., CAL and DIST, at the same time.
3. The computer will turn off automatically if there is no operation, speed signal and pulse signal over 4 minutes. Meanwhile, it will store your current exercise data and turn the loading resistance to the minimum. Once you press any button or in motion, the computer will turn on automatically.
4. There are 10 columns of loading bars , and 8 bars in each column. Each column represents 1 minutes workout (without the change of TIME value), and each bar represent 2 levels of loading.



BUTTONS

1. ENTER:

- In "stop" mode, press ENTER button to enter into program selection and setting value which flash in related window.

A: When you choose the program, press Enter to confirm the one you like.

B: When in setting, press ENTER to confirm the value that you would like to preset.

- During the start mode, press ENTER to choose display the speed or RPM, or switch automatically.

2. START/STOP:

- Press START/STOP button to start or stop the programs.
- During any mode, hold down this button for 2 seconds to totally reset the computer.

3. UP:

- In stop mode and the dot matrix character flash, press this button to select the program up. If the related window value flash, press this button to increase the value.
- During the start mode, press this button to increase the training resistance.

4. DOWN:

- In stop mode and the dot matrix character flash, press this button to select the program down. If the related window value flash, press this button to decrease the value.
- During the start mode, press this button to decrease the training resistance.

5. RECOVERY:

- First test your current heart rate and show your heart rate value, press this button to enter into pulse recovery testing.
- When you are in pulse recovery mode, press this button to exit.



NOTE:

1. To press or rotate of UP, DOWN button should be followed by different model.
2. It is suggested to cover your finger within the marked region to select functions in case of any wrong action.

OPERATION

1. Turn on the computer. Plug in one end of the adaptor to the AC electrical source and connect the other end to the computer.

The computer will beep and enter into initial mode.

2. Program select and value setting

- **Manual Program and Preset Program P1-P10**

- A. Press UP, DOWN button to select the program that you like.
- B. Press ENTER button to confirm the selected program and enter time setting window.
- C. The time will flash, and then press UP, DOWN button to set up your desired time. Press ENTER to confirm the value.
- D. The distance will flash, and then press UP, DOWN button to set up the desired distance value. Press ENTER to confirm the value.
- E. The calories will flash, and then press UP, DOWN to set up the desired calories to be consumed. Press ENTER to confirm the value.
- F. Press START/ STOP to begin exercise.

- **Watt Control Program (WATT PRO:P16)**

- Press UP, DOWN to select the watt control program.
- Press ENTER to confirm the selected watt control program, and enter into time setting window.
- The time will flash, and then press UP, DOWN button to set up the desired time,. Press ENTER to confirm the value.
- The distance will flash, and then press UP, DOWN button to set up the desired distance value. Press ENTER to confirm the value.
- The calories will flash, and then press UP, DOWN button to set up the desired calories to be consumed. Press ENTER to confirm the value.
- The watt display will flash, and then press UP, DOWN button to set up the watt to do the exercise. Press ENTER to confirm the value.
- Press START/ STOP to begin exercise.

! **NOTE:** The WATT value is decided by the TORQUE and RPM. In this program, the WATT value will keep at constant value. It means that if you peddle quickly, the load resistance will decrease and if you peddle slowly, the load resistance will increase to ensure you at the same watt value.

- **HEART RATE CONTROL PROGRAM: 55%H.R, 75% H.R and 95% H.R (PULSE PRO: P17-P19)**

The maximum heart rate depends on different age and this program will ensure you do the healthy exercise within maximum heart rate.

- Press UP , DOWN button to choose the heart rate control program.
- Press ENTER to confirm the heart rate control program, and enter into AGE setting window.

| TIME | | PULSE |
|---------|-----|-----------|
| 0:00 | 25 | 146 |
| DIST. M | | LEVEL |
| 0.0 | AGE | 1 |
| | | |
| | | PULSE PRO |

- The time will flash, and then press UP, DOWN button to set up the desired time. Press ENTER to confirm the value.
- The distance will flash, and then press UP, DOWN button to set up the desired distance value. Press ENTER to confirm the value.
- The calories will flash, and then press UP, DOWN button to set up the desired calories to be consumed. Press ENTER to confirm the value.
- The age will flash, and then press UP, DOWN button to set the user's age. Press ENTER to confirm the value.

G. When the target heart rate control program flash, the computer will display the user's target heart rate according to user's age.

H. Press START/ STOP to begin exercise.

- **HEART RATE CONTROL PROGRAM: TARGET HEART RATE (PULSE PRO: P20)**

The user can set any target heart rate to do the exercise.

A. Press UP, DOWN button to select TARGET HEART RATE program.

B. Press ENTER to confirm your choice and enter time setting window.

C. The time display will flash, and then press UP, DOWN button to set the desired time to do the exercise. Press ENTER to confirm the value.

D. The distance will flash, and then press UP, DOWN button to set up the desired distance value. Press ENTER to confirm the value.

E. The calories will flash, and then press UP, DOWN button to set up the desired calories to be consumed. Press ENTER to confirm the value.

F. The target heart rate will flash, and then press UP, DOWN button to set up your target heart rate. Press ENTER to confirm the value.

G. Press START/ STOP to begin exercise.

NOTE: During exercise, the user's heart rate value depends on resistance level and speed. The heart rate control program is to ensure your heart rate within the preset value. When the computer detect your current heart rate is higher than preset, it will decrease the resistance level automatically or you may slow down exercise. If your current heart rate is lower than preset, it will increase resistance and you may speed up.

- **User Profile Programs: CUSTOM1-CUSTOM5 (P11-P15)**

A. Press UP, DOWN button to select the user.

B. Press ENTER to confirm your choice, and enter into time setting window.

C. The time display will flash, and then press UP, DOWN button to set up the desired time to do the exercise. Press ENTER to confirm the value.

D. The distance will flash, and then press UP, DOWN button to set up the desired distance value. Press ENTER to confirm the value.

E. The calories will flash, and then press UP, DOWN button to set up the desired calories to be consumed. Press ENTER to confirm the value.

F. The first resistance level will flash, and then press UP, DOWN button to set the desired load resistance. Press ENTER to confirm. Then repeat above operation to set the resistance from 2 to 10.

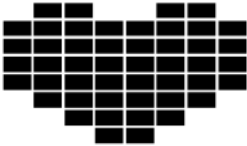
G. Press START/ STOP to begin exercise.

The pulse recovery test is to compare your heart rate before and after exercise. It is target to determine your heart strength via the measuring. Please do the test as below:

A. Both your hands hold the pulse sensor or via wireless transmitter belt to test the pulse(if applicable), the computer will display your current pulse value.

B. Press RECOVERY to enter the pulse recovery test and the computer program will enter the stop status.

| TIME | | PULSE |
|------|--|-------|
| 0:60 | | P |
| | | |
| | | |
| | | |
| | | |
| | | |



C. Keep pulse detecting.

D. Time will count down from 60 seconds to 0 second.

E. When time reaches 0, the test result (F1-F6) appears on the display.

F1=Excellent F2=Good F3=Fair F4=below average F5= No Good F6= Poor

F. If the computer does not detect your current heart rate first, pressing RECOVERY will not enter into pulse recovery test. During the pulse recovery test, press RECOVERY to exit the test and return to the stop status.

3. Pulse Measurement

Please place both your palms on the contact pads and the computer will show your current heart beat rate in beats per minute (BPM) on the LCD after 3~4 seconds. During the measurement, heart icon will flash with simulative ECG showing.

Remark: During the process of pulse measurement, because of the contact jamming, the measurement value may not be stable when start, then it will return to normal level. The measurement value cannot be regarded as the basis of medical treatment.

NOTE: If the computer is also equipped with wireless heart rate measuring via the transmitter belt, and with hand pulse function, the hand-measurement-signal-detecting is preferred.

SPECIFICATIONS

Speed KM/H(M/H): showing your current speed. Range: 0.0-99.9 KM/H(M/H).

RPM: showing the current rotate per minute. Range : 0-999.

TIME: the accumulative exercise time, range : 0:00-99M59S.

the preset time range is 5:00-99M00S. The computer will start to count down from preset time to 0:00 with average time for each resistance level. When it reaches to zero, the program will stop and computer alarm. If you do not preset the time, it will run with one minute decrement each resistance level.

DIST: the exercise accumulative distance. Range : 0.0-99.9-999KM(MILE) the preset distance range :1.0-99.0-999. When the distance reaches 0, the program will stop and the computer will alarm.

CALORIE: he exercise accumulative calories burnt. Range : 0.0-99.9-999 the preset calories range :10.0-90.0-990. When the calorie reaches 0, the program will stop and the computer will alarm.

PULSE: showing the exercise heart rate value.

Range: 60-240BPM(beat per minute)

Colorful screen: Computer dormancy after, light and screen put out together.

RESISTANCE LEVEL: showing level. Range:1-16

WATT: show the exercise watt, the interval should be 10,between 30-350.

BLUETOOTH & APP: Download the App and connect with Bluetooth.

ADAPTOR

INPUT: AC 230-240V

OUTPUT: 8VDC 500MA

VIII. EXERCISE GUIDE

! PLEASE NOTE:

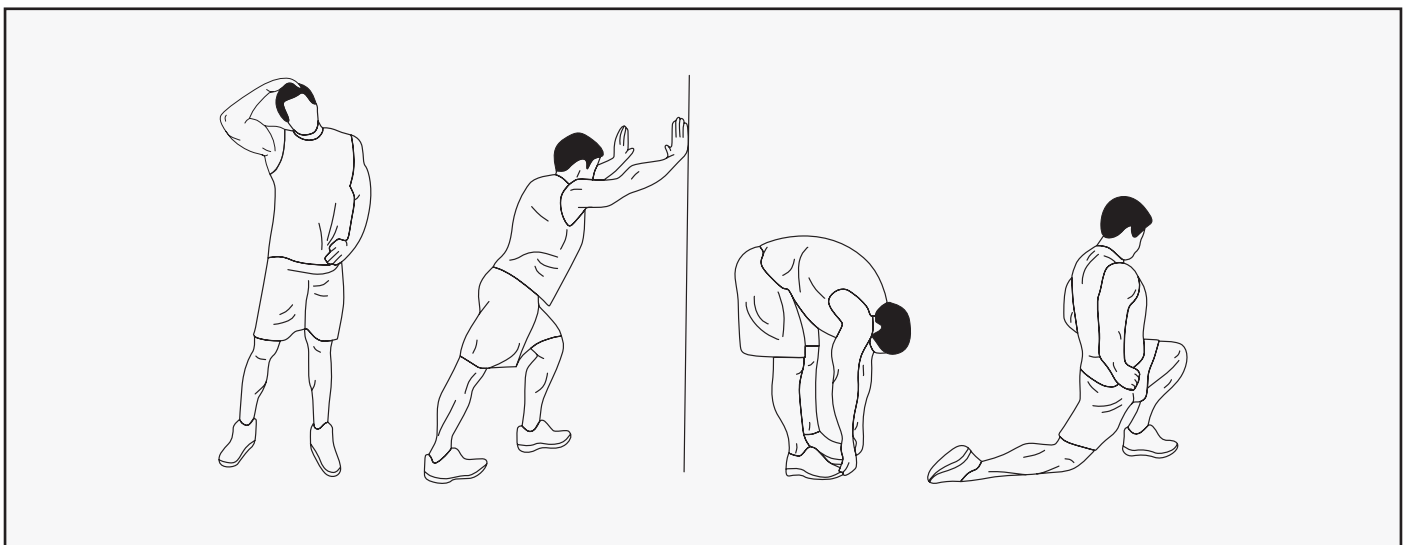
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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

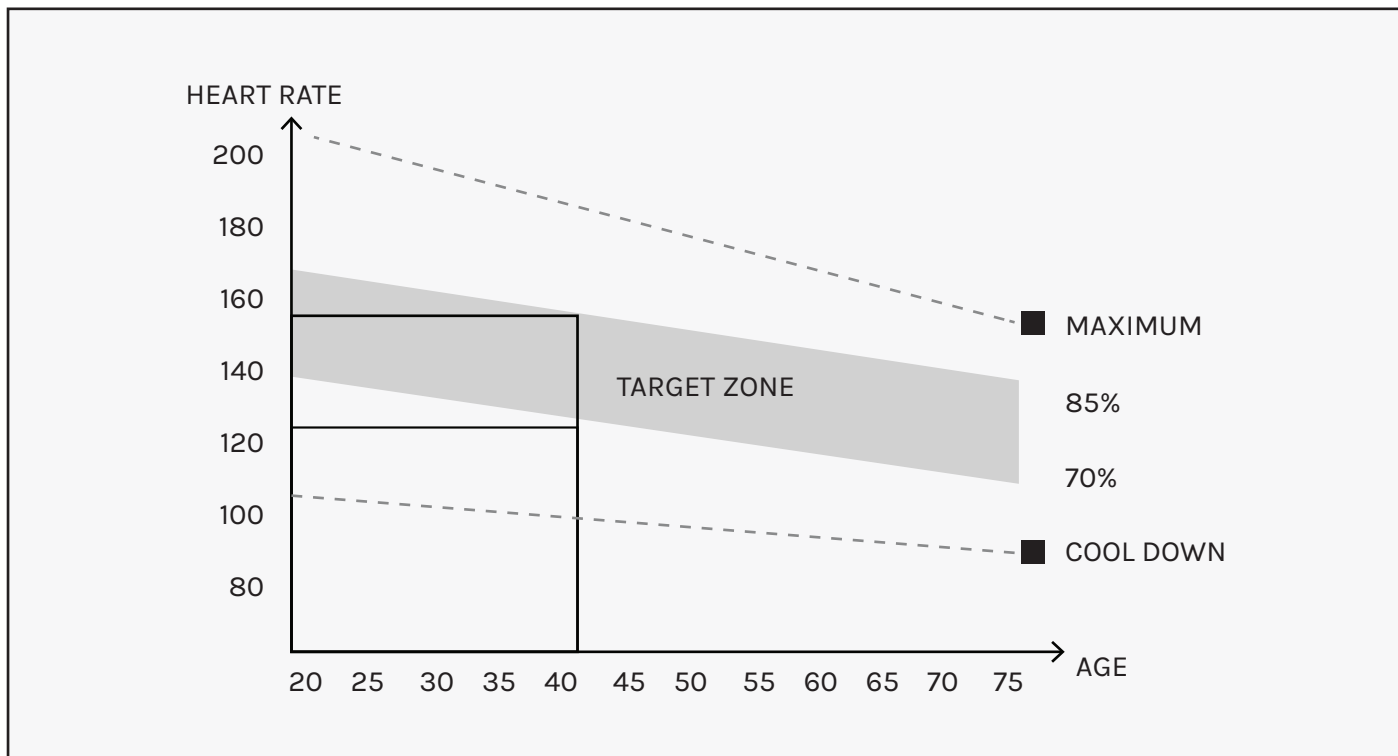
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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





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