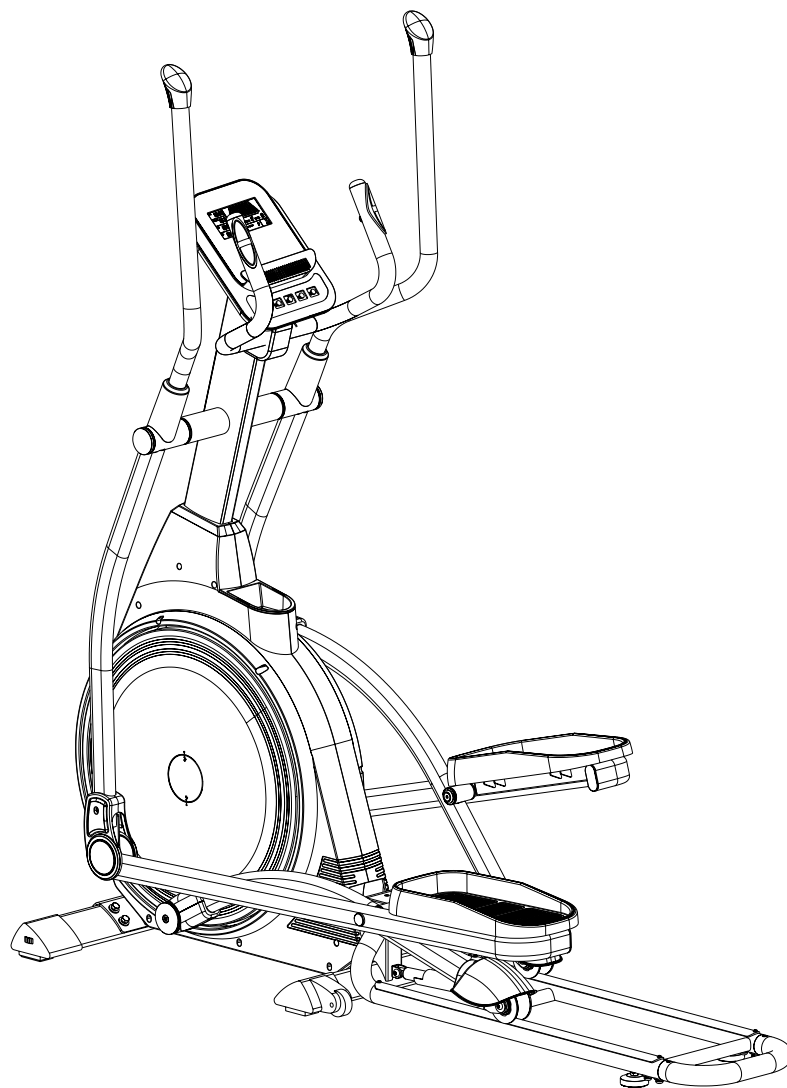







XT-39 Folding Cross Trainer


USER MANUAL



 **kinomap**
30 DAY FREE TRIAL
*Terms and conditions apply. Offer can be rescinded at any time.




Find the
Digital Manual
Online



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 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

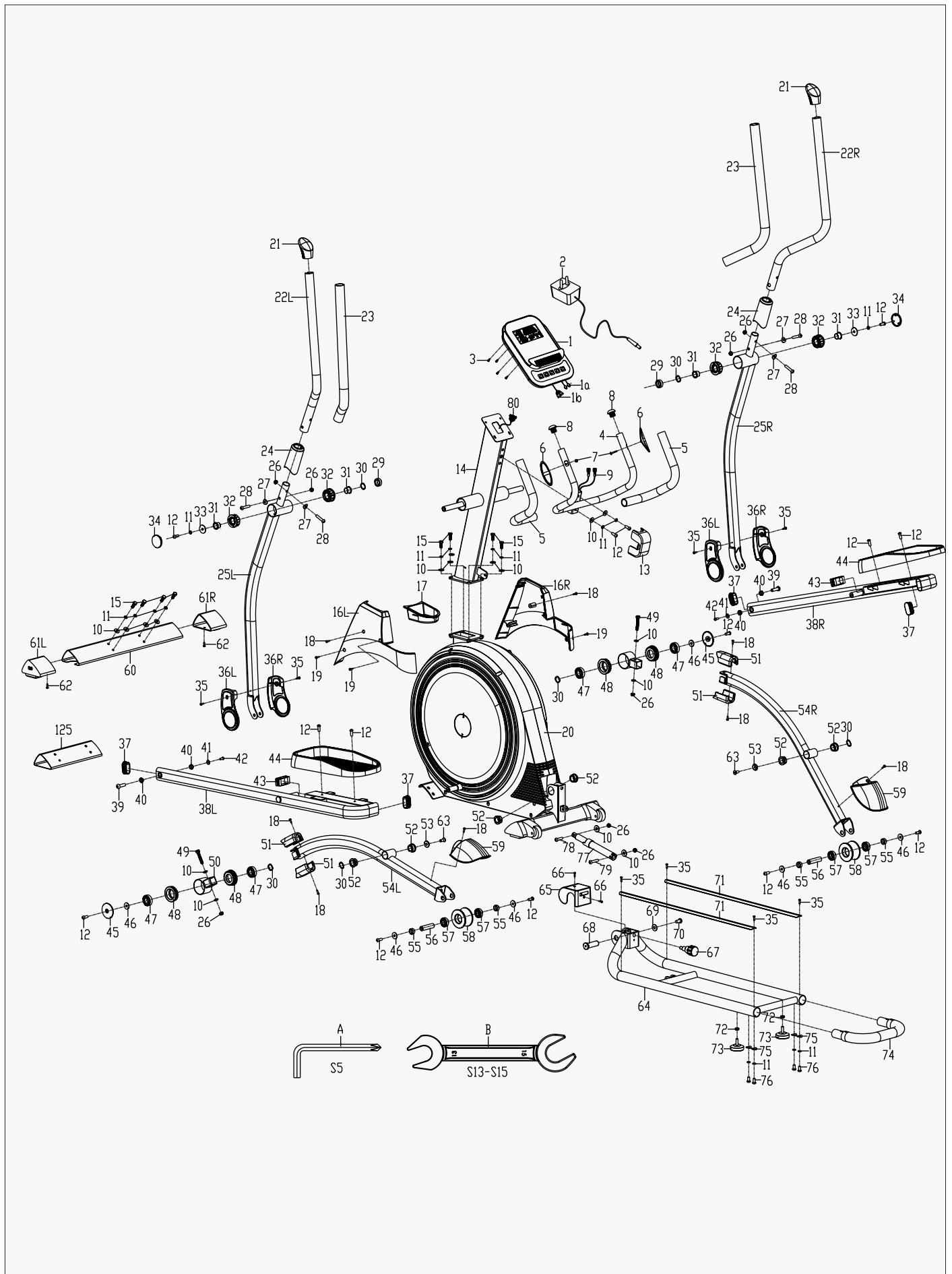
- a. Lubricate moving joints with grease after periods of usage.
- b. Be careful not to damage plastic or metal parts of the machine with heavy or sharp objects.
- c. The machine can be kept clean by wiping it down using dry cloth.
- d. All nuts and bolts are to be checked and tightened on a regular basis. This includes pedals and other moving parts. Failure to do so may cause damage to your thread and void your warranty.

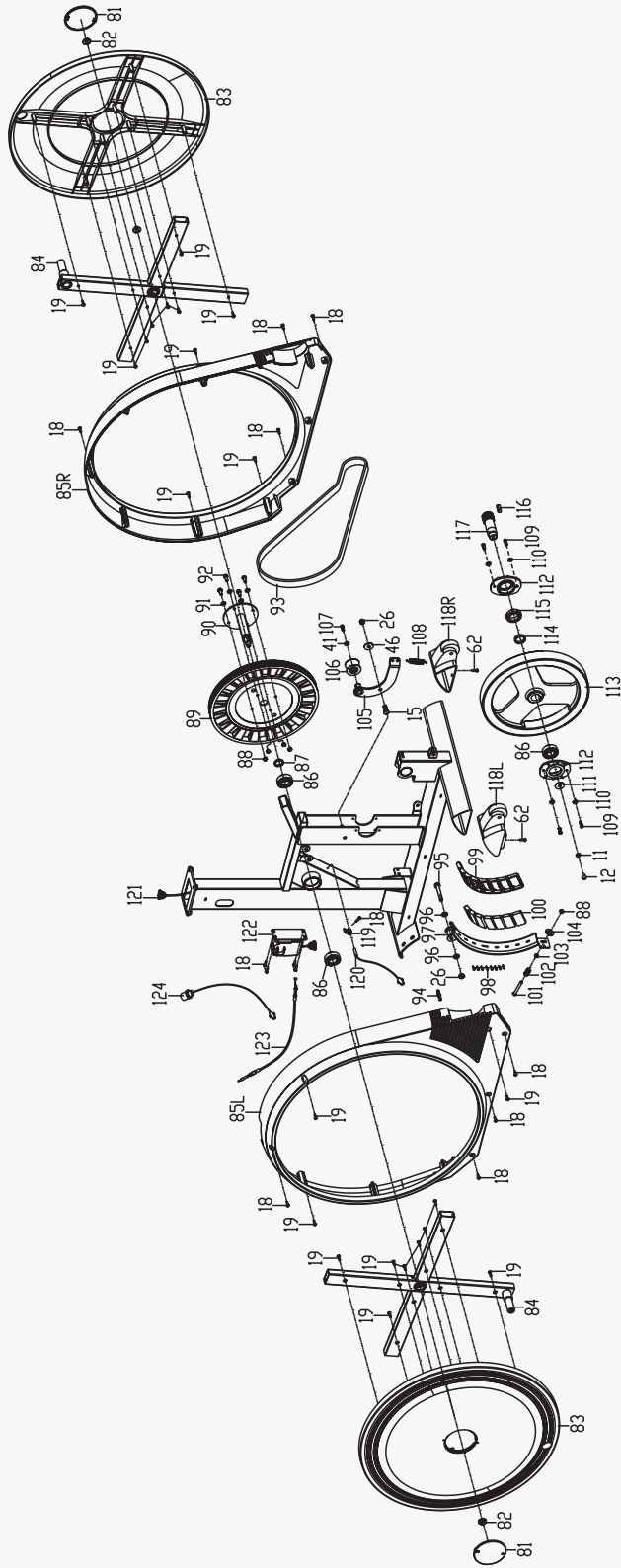
ADAPTOR INFORMATION

INPUT: AC 230-240V

OUTPUT: 8VDC 500MA

III. EXPLODED DIAGRAM





IV. PARTS LIST

No.	Description	Qty	No.	Description	Qty
1	Computer	1	30	Wave washer d19*Φ25*0.3	6
2	Adapter	1	31	Bushing Φ27*1*Φ19.2*16	4
3	Bolt M5*15	4	32	Bushing Φ50*Φ21*20	4
4	Middle handlebar	1	33	Washer d8*Φ32*2	2
5	Grip foam	2	34	Handlebar cover	2
6	Handle pulse plate	2	35	Screw ST4.2*13	8
7	Screw ST4.2*19	2	36L/R	Swing bar cover L/R	2
8	End cap φ25*26	2	37	End cap PT25*50	4
9	Handle pulse wire	2	38L/R	Linkage L/R	1
10	Washer d8*Φ20*2	16	39	Bolt Φ10*34*M6*15*S6	2
11	Spring washer d8	17	40	Bushing Φ18*1.5*Φ14.6*5*Φ10.1	4
12	Bolt M8*20*S5	15	41	Washer d6*Φ16*1.5	2
13	Cover	1	42	Bolt M6*15*S5	2
14	Handlebar post	1	43	End cap J60*30*15	2
15	Bolt M8*20*S13	9	44	Pedal	2
16L/R	Handlebar post cover	1	45	Cover	2
17	Supporter	1	46	Washer d8*Φ25*2	7
18	Screw ST4.2*16	21	47	Bearing R12	4
19	Screw ST4.2*19	25	48	Bushing Φ60*16.6Φ41.18*13.11	4
20	Main frame	1	49	Bolt M8*50*20*S14	2
21	End cap	2	50	Connector	2
22L/R	Handlebar L/R	1	51	Cover	4
23	Grip foam	2	52	Bushing	6
24	Handlebar cover	2	53	Washer d8*Φ25*5	2
25L/R	Reciprocating bar L/R	1	54L/R	Linkage	1
26	Nylon nut M8*H7.5*S13	10	55	Spacer φ22*φ17.1*8.8	4
27	Arc washer d8*Φ20*2*R16	4	56	Shaft for transportation wheel	2
28	Bolt M8*40*15*S5	4	57	Bearing 6003	4
29	Spacer Φ30*Φ20*9	2	58	Roller	2

No.	Description	Qty	No.	Description	Qty
59	Wheel cover	2	92	Bolt M6*16*S5	4
60	Front stabilizer	1	93	Belt	1
61	End cap L/R	1	94	Plastic connector	1
62	Screw ST4.2*16	4	95	Bolt M8*55*13*S14	1
63	Bolt M8*20*S5	2	96	Washer d8*Φ16*1.5	2
64	Rail	1	97	Magnetic plate	1
65	Cover	1	98	Screw ST3.0*10	8
66	Screw ST4*19	2	99	Magnetic location grid	2
67	Knob M16	1	100	Magnet	7
68	Spindle	1	101	Bolt M6*65*S10	1
69	Washer d10*Φ25*2	1	102	Spring	1
70	Bolt M10*20*S6	1	103	Nut M6*H5*S10	1
71	Alum plate	2	104	Washer φ6*φ18*2	1
72	Nut M8*H5.5*S14	2	105	Idler rod	1
73	Footpad	2	106	Idler	1
74	Handlebar	1	107	Bolt M6*12*S10	1
75	Arc washer d8*Φ20*2*R19	4	108	Spring	1
76	Bolt M8*16*S5	4	109	Bolt M5*16	4
77	Gas spring	1	110	Washer d5*Φ13*1	4
78	Bolt M8*30*S5	1	111	Washer d8*Φ28*2	1
79	Bolt M8*50*20*S5	1	112	Bearing holder	2
80	Trunk wire 1	1	113	Flywheel	1
81	Crank cover	2	114	Spacer Φ30*Φ25*6.5	1
82	Nut M10*1.25*H7.5*S14	2	115	Bearing61905	1
83	Turntable	2	116	Flat key 8*7*25	1
84	Crank	2	117	Flywheel axle	1
85L/R	Chain cover	1	118L/R	End cap L/R	1
86	Bearing 6004	3	119	Sensor holder	1
87	Spacer Φ25*Φ20.2*4	1	120	Sensor	1
88	Nylon nut M6*H6*S10	5	121	Trunk wire 2	1
89	Belt plate	1	122	Motor	1
90	Shaft	1	123	Resistance control cable	1
91	Spring washerd6	4	124	Adapter trunk wire	1
			125	Packing Tube	1
			A	Wrench S5	1
			B	Spanner S13-15	1

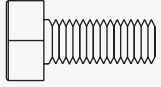
HARDWARE PACKAGE



#10 D8* ϕ 20*2 - 4pcs



#11 D8 - 4pcs



#15 M8 *25*S13 - 4pcs



#18 ST4.2*16 - 2pcs



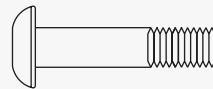
#19 ST4.2*19 - 3pcs



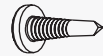
#26 M8*H7.5*S13 - 4pcs



#27 D8* ϕ 20*2*R16 - 4pcs



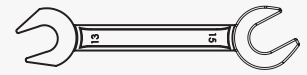
#28 M8*40*15*S5 - 4pcs



#35 ST4.2*13 - 2pcs



A S5

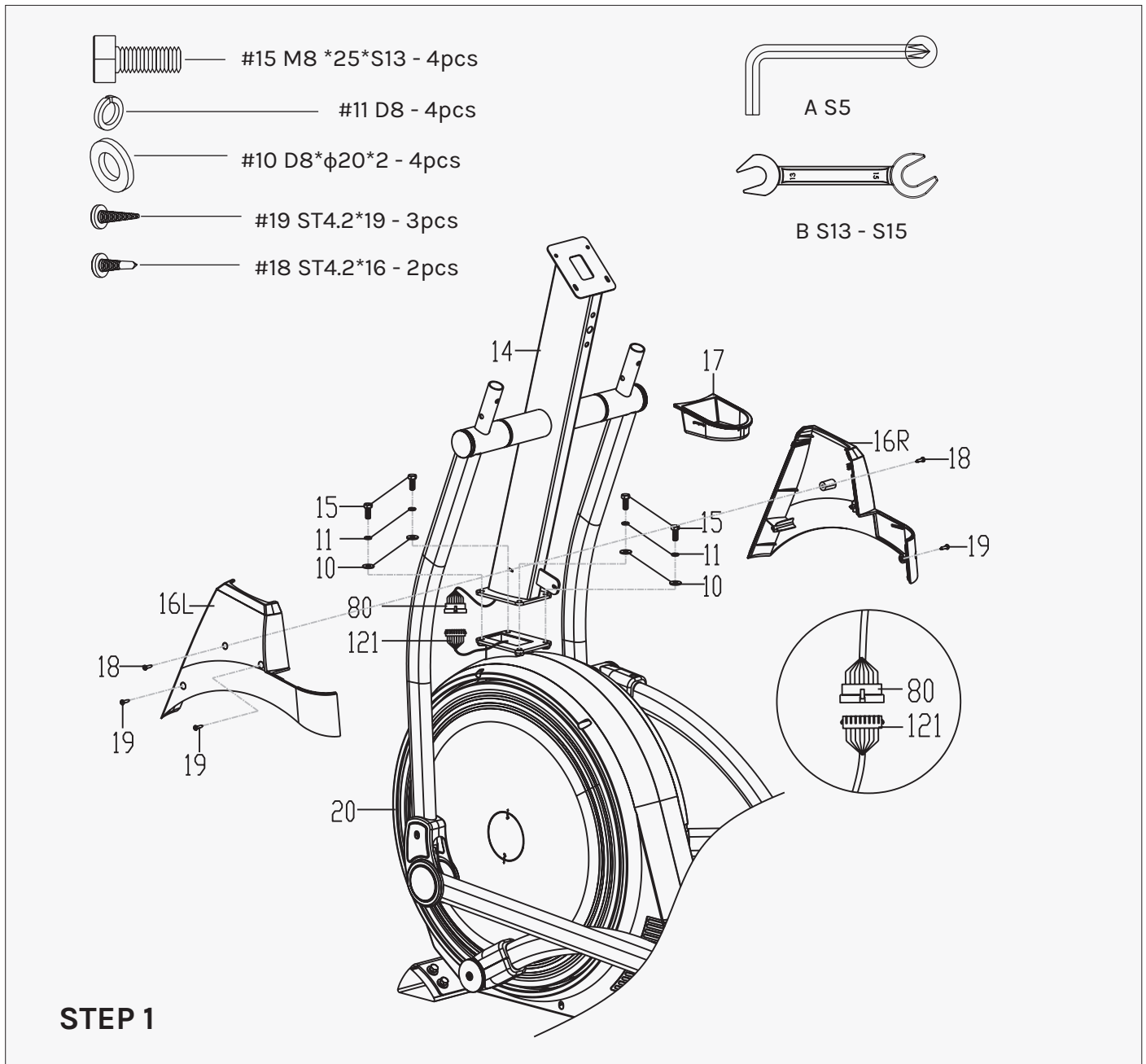


B S13 - S15

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.



STEP 1

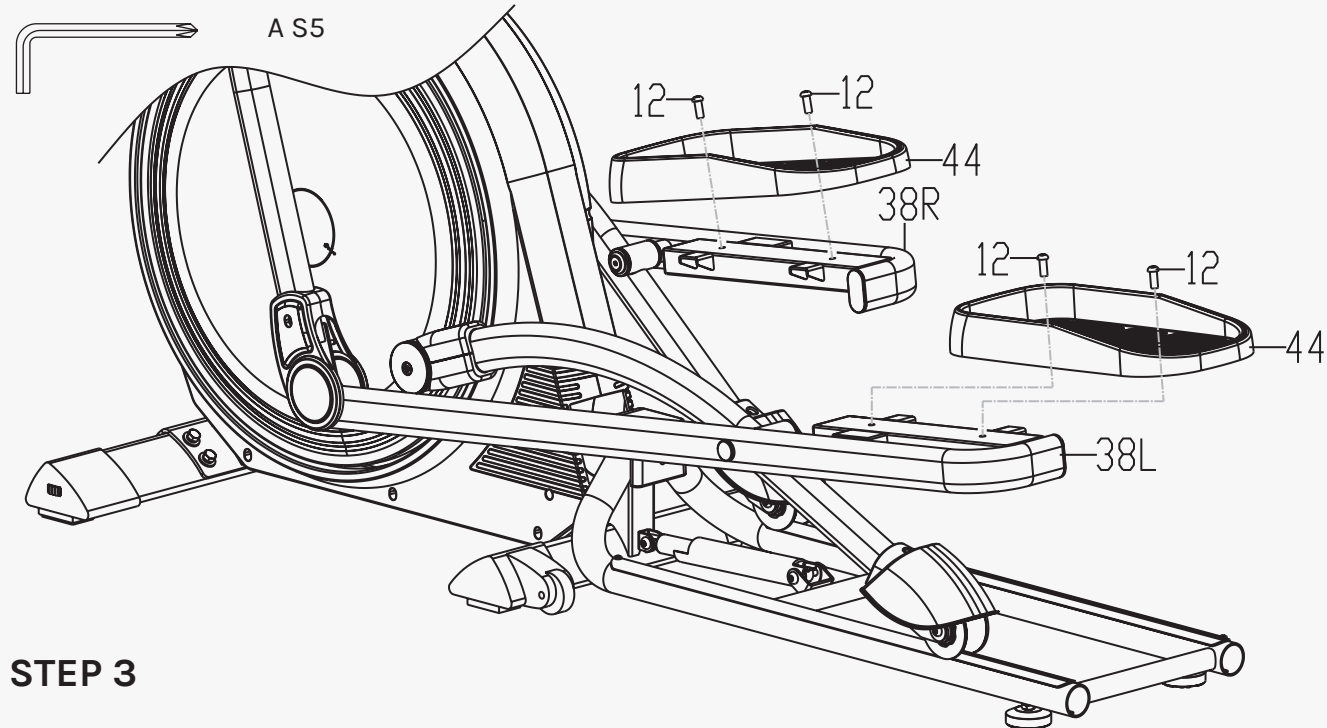
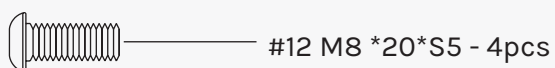
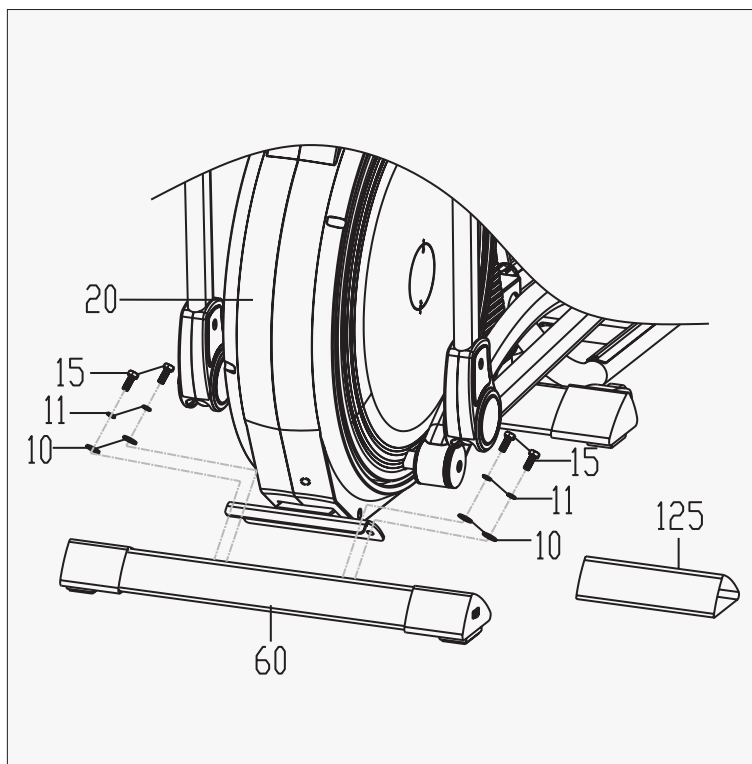
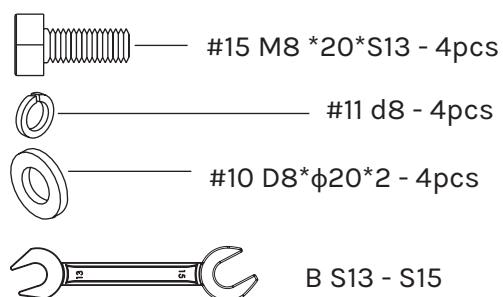
a. Connect trunk wire 1 (80) to the handlebar post (14) and trunk wire 2 (121) to the main frame (20) securely, then tuck the wires inside the main frame (20).

b. Attach the handlebar post (14) to the main frame (20) using bolts (15), spring washers (11), and washers (10), tightening them with a spanner (B).

c. Fasten the handlebar post covers (16L/R) in place with screws (19), then affix them onto the handlebar post (14) using screws (18) and a wrench (A).





STEP 2

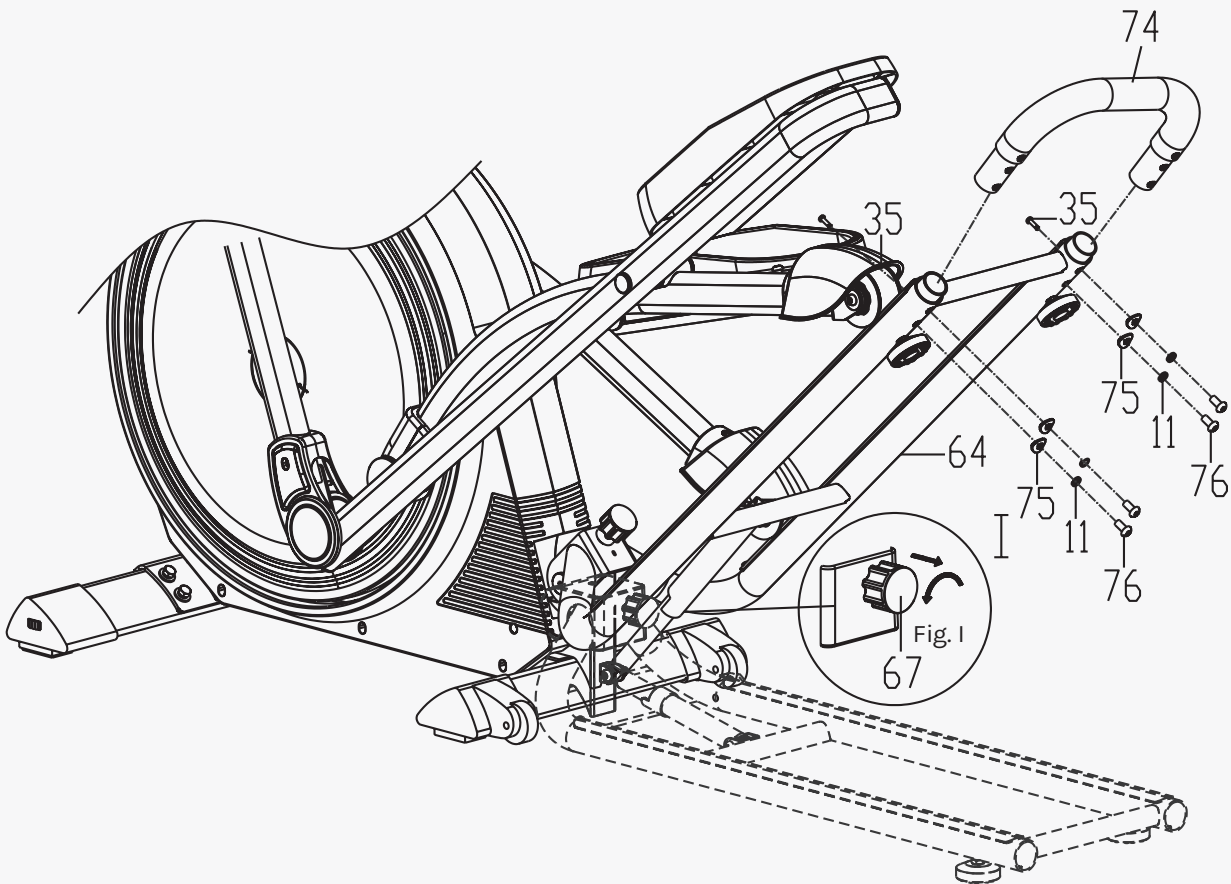
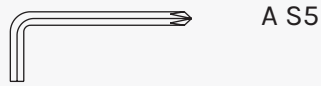
a. Utilizing a spanner (B), carefully remove bolts (15), spring washers (11), and washers (10) from the packing tube (125). Once removed, detach the packing tube (125), then proceed to affix the front stabilizer (60) to the main frame (20) using bolts (15), spring washers (11), and washers (10), tightening them securely with the spanner (B).



STEP 3

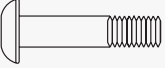
a. Utilize wrench (A) to carefully remove bolts (12) from the Linkage (38L/R). Subsequently, affix the pedal (44) to the Linkage (38L/R) using bolts (12), securing them tightly with the same wrench (A).


-  #76 M8 *16*S5 - 4pcs
-  #11 D8 - 4pcs
-  #75 D8*φ20*2*13 - 2pcs
-  #35 ST4.2*13 - 2pcs





STEP 4

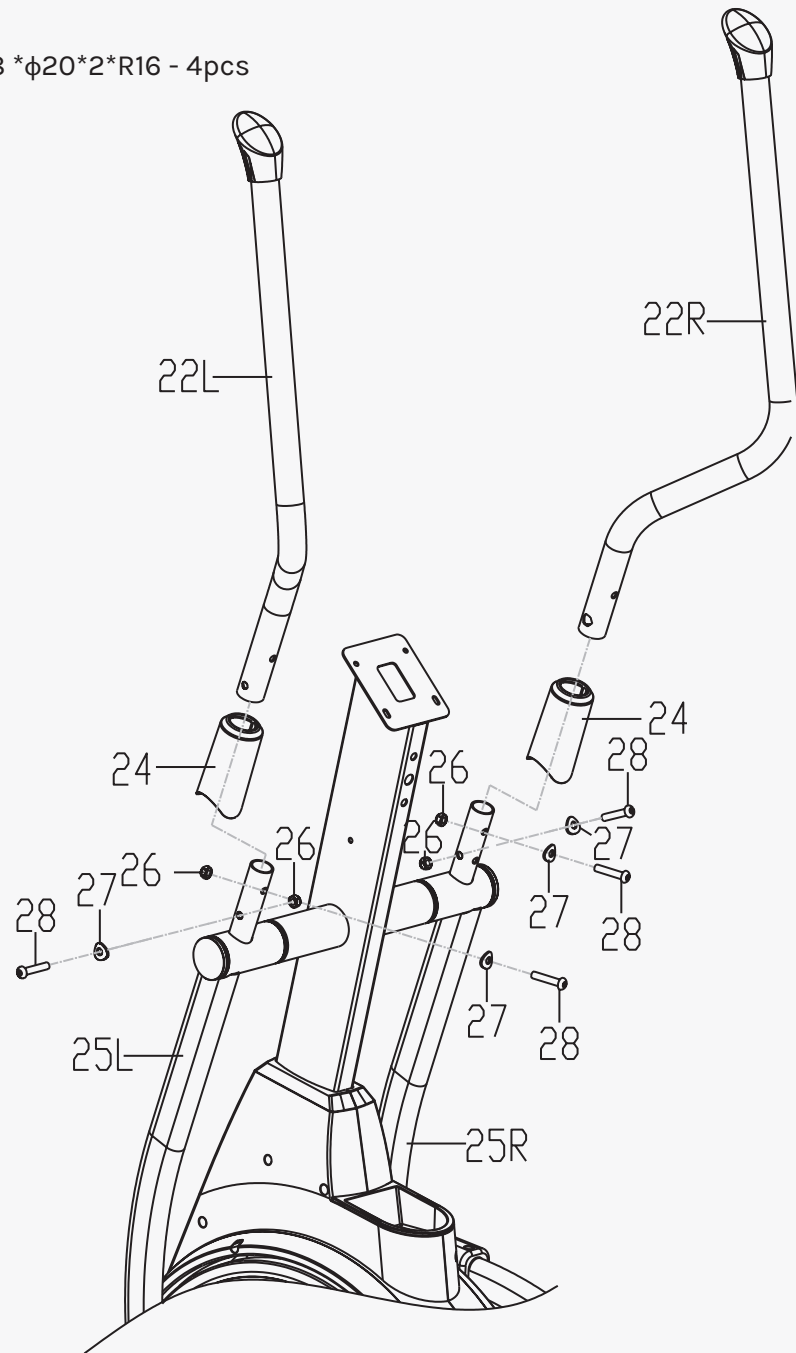
- a. As illustrated in Figure I, gently pull the knob (67) outward and rotate it counterclockwise approximately 90 degrees to fold the rail (64).
- b. Using wrench (A), remove bolts (76), spring washers (11), and washers (75) from the handlebar (74).
- c. Insert the handlebar (74) into the rail (64) and fasten them together using bolts (76), spring washers (11), and washers (75), tightening them securely with the wrench (A).
- d. Secure the screws (35) within the rail (64) using the wrench (A).

 #28 M8*40*15*S5 - 4pcs

 A S5

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

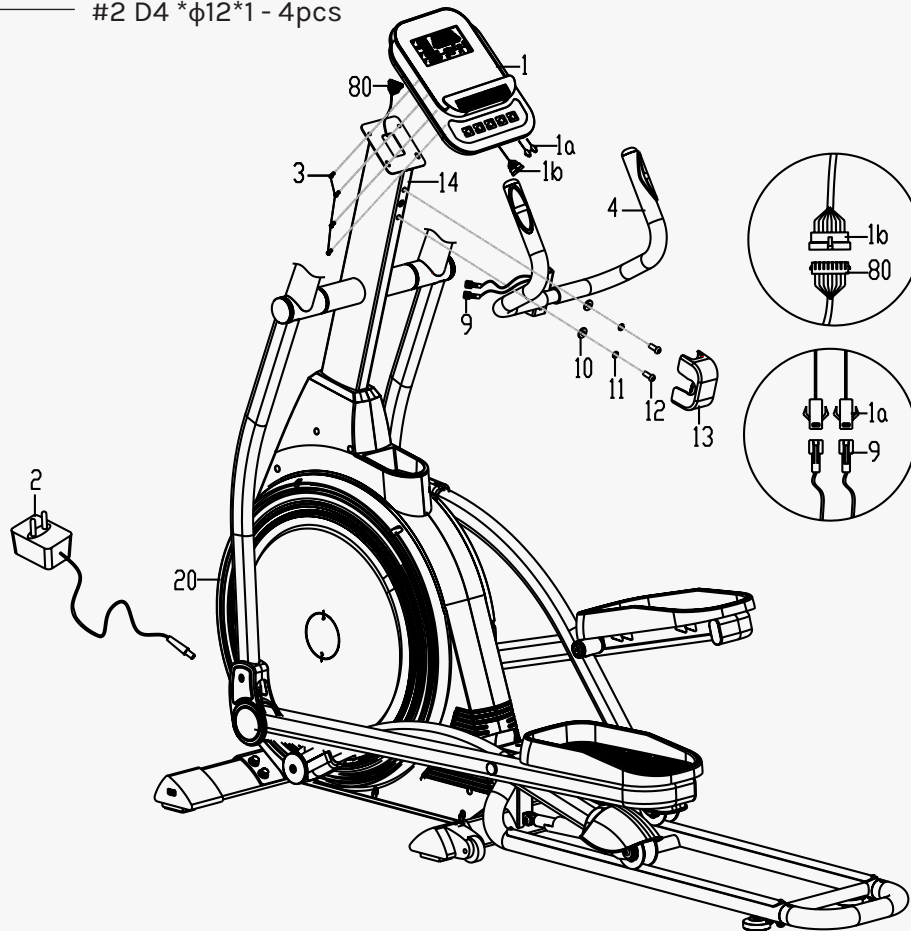
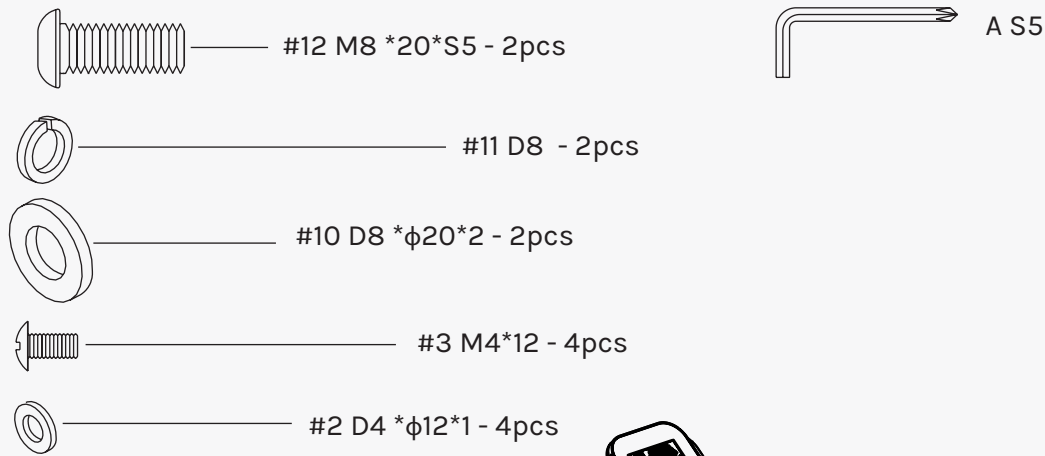
 #27 D8 *φ20*2*R16 - 4pcs



STEP 5

a. Place the handlebar covers (24) onto the handlebar (22L/R).

b. Use wrench (A) to attach the handlebar (22L/R) to the reciprocating bar (25L/R) using bolts (28), arc washers (27), and nylon nuts (26), ensuring they are tightened securely.

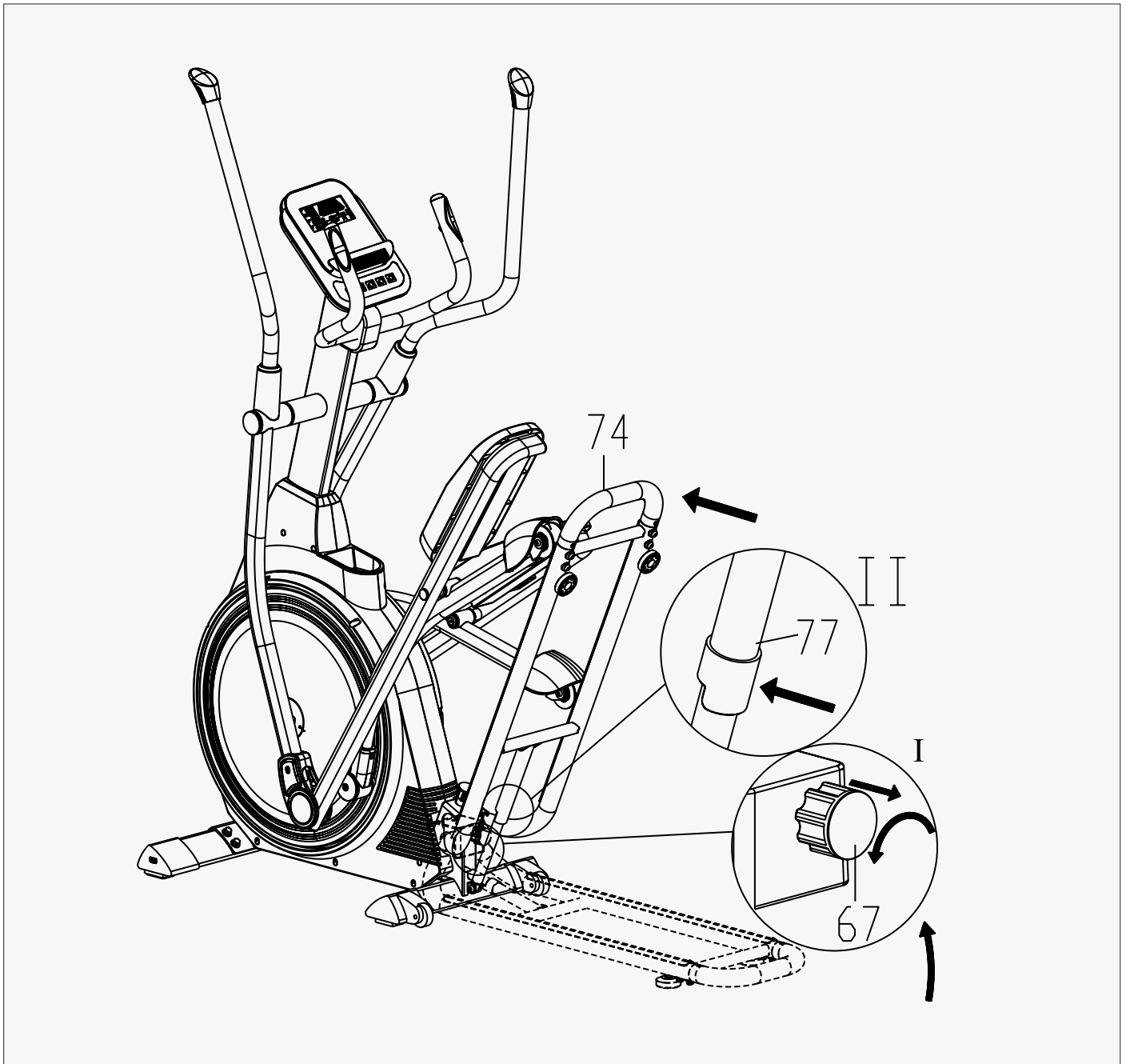


STEP 6

- a. Utilize spanner (A) to remove bolts (12), spring washer (11), and washers (10) from the handlebar post (14).
- b. Thread the handle pulse wire (9) through the hole in the handlebar post (14). Secure the middle handlebar (4) to the handlebar post (14) using bolts (12), spring washer (11), and washers (10) from the handlebar post (14), tightening them with spanner (A).
- c. Ensure a proper connection by linking the computer wire (1a) with the handle pulse wire (9) and the computer wire (1b) with trunk wire 1 (80).
- d. Using spanner (A), remove bolts (3) from the back of the computer (1), then affix the computer (1) to the handlebar post (14) using bolts (3), securely tightening them with the spanner (A).
- e. Insert the adapter wire (2) into the power hole in front of the main frame (20), then plug the adapter into a power outlet.

Note: Remember to cut off the power source when the equipment is not in use for an extended period.

VI. FOLDING GUIDE



When not in use, fold the rail to save space:

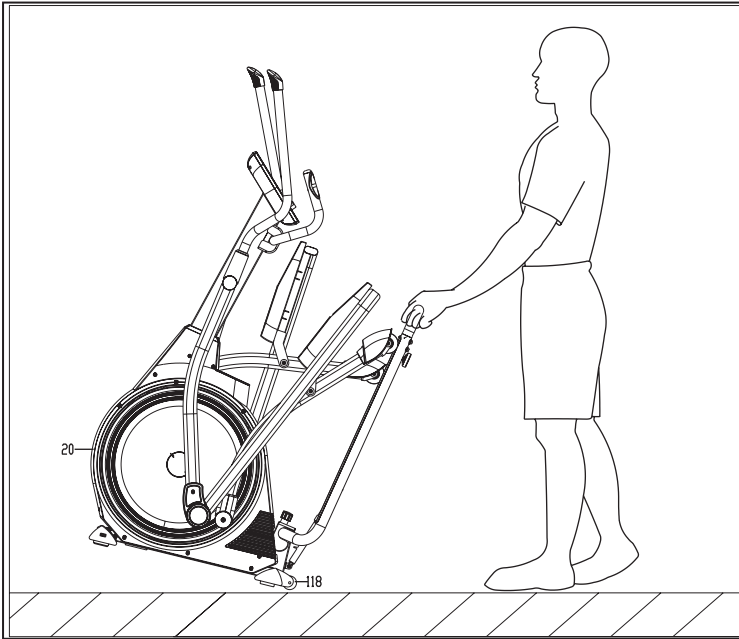
As illustrated in Figure I, loosely pull out the Knob (67) and rotate it counterclockwise about 90 degrees to unlock position. Then, lift the handlebar (74) upward until the gas spring (77) is fully extended and clicks into place. Ensure the rail is securely fixed. You can then turn the Knob (67) back to lock position.

When in use:

Pull out the Knob (67) and rotate it to unlock position. Hold the handlebar (74), then gently tap the gas spring (77) to release it, as pictured on Figure II. It will gradually lower until the rail touches the ground. Turn the knob (67) back to lock position and you may now begin training

TRANSPORTING & FLOOR LEVELERS

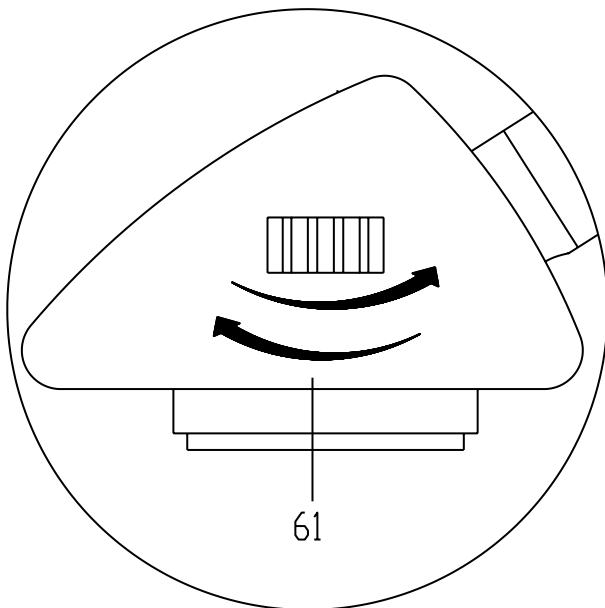
1. MOVING THE MACHINE



First fold the rail up.

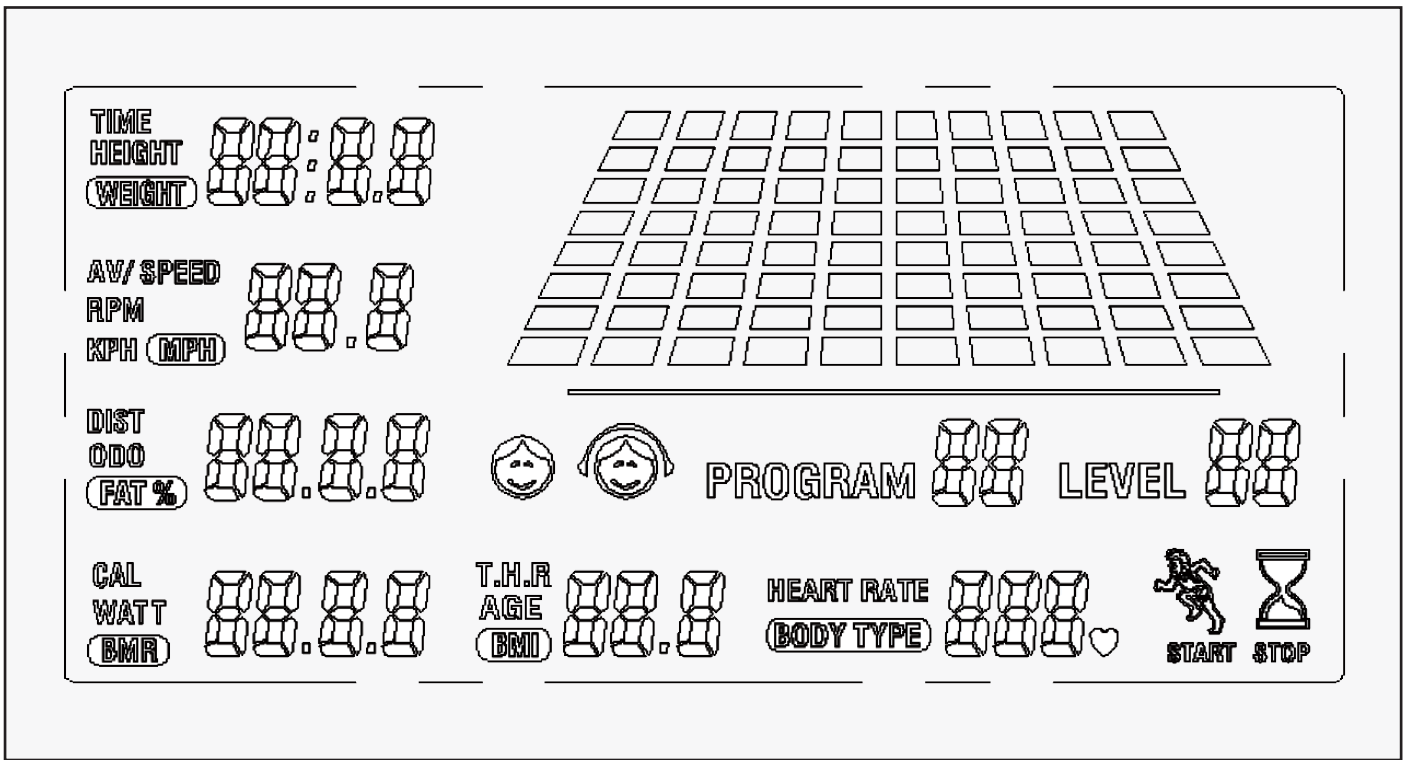
To relocate the machine, push the handlebar until the transportation wheels (118) on the main frame (20) make contact with the ground. With the wheels touching the ground, you can effortlessly transport the bike to the desired location.

2. ADJUSTING THE BALANCE



When placing this product on an uneven surface, adjust both foot pads on the end cap (61) according to the instructions provided in the accompanying picture.

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

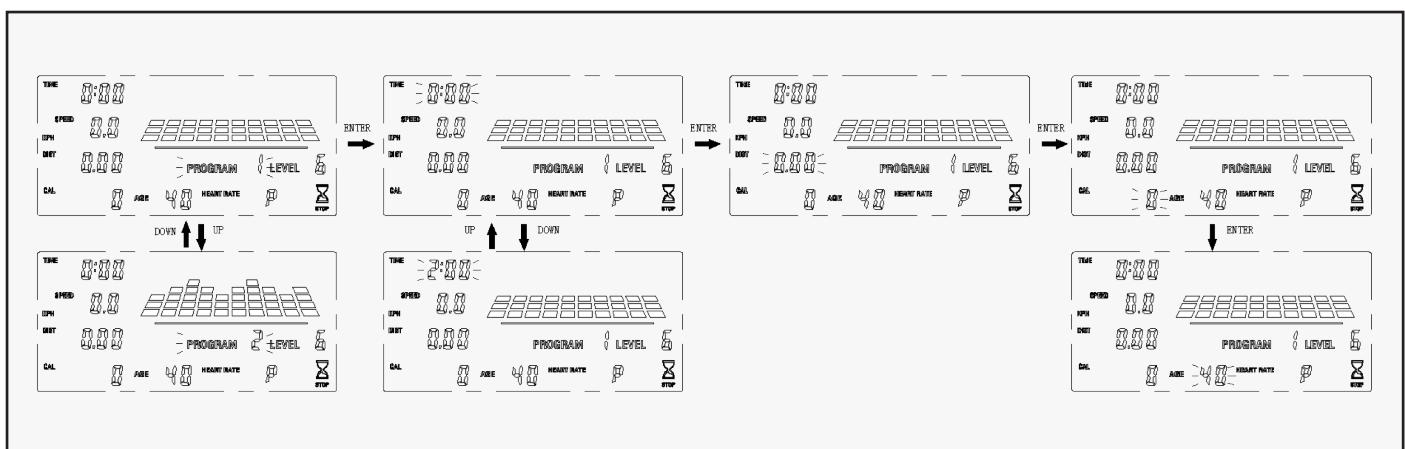
MANUAL	The resistance value level by manual adjustment
PROGRAM	The motion mode by auto adjustment with preset value
USER	The motion mode by user - defined resistance value
WATT	The motion mode by watt target controlled
H.R.C	Heartbeat target value controlled of the motion mode, 60%, 75%, 85%, user-defined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

KEY FUNCTION

UP	<ul style="list-style-type: none"> • Up selector of the PROGRAM. • Adjusted upward in the Setting Mode. • Adjusted upward the resistance value level, in the motion status.
DOWN	<ul style="list-style-type: none"> • Down selector of the PROGRAM. • Adjusted downward in the Setting Mode. • Adjusted downward the resistance value level, in the motion status.
ST/SP	<ul style="list-style-type: none"> • ST/SP or stop the motion status.
RECOVERY	<ul style="list-style-type: none"> • To testing the level of heartbeat recovery.
ENTER	<ul style="list-style-type: none"> • To choose set items in the stop status needs to be set.
MODE	<ul style="list-style-type: none"> • To changeover display SPEED/ DIST/ CAL or RPM/ ODO/ WATT display in the working status.

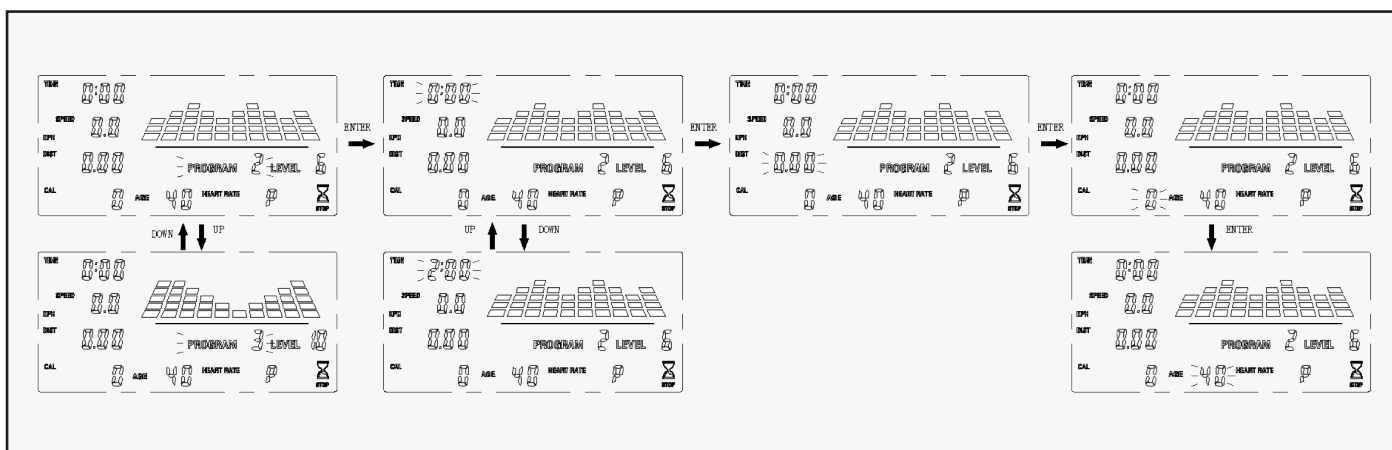
UNIT MEASUREMENT

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



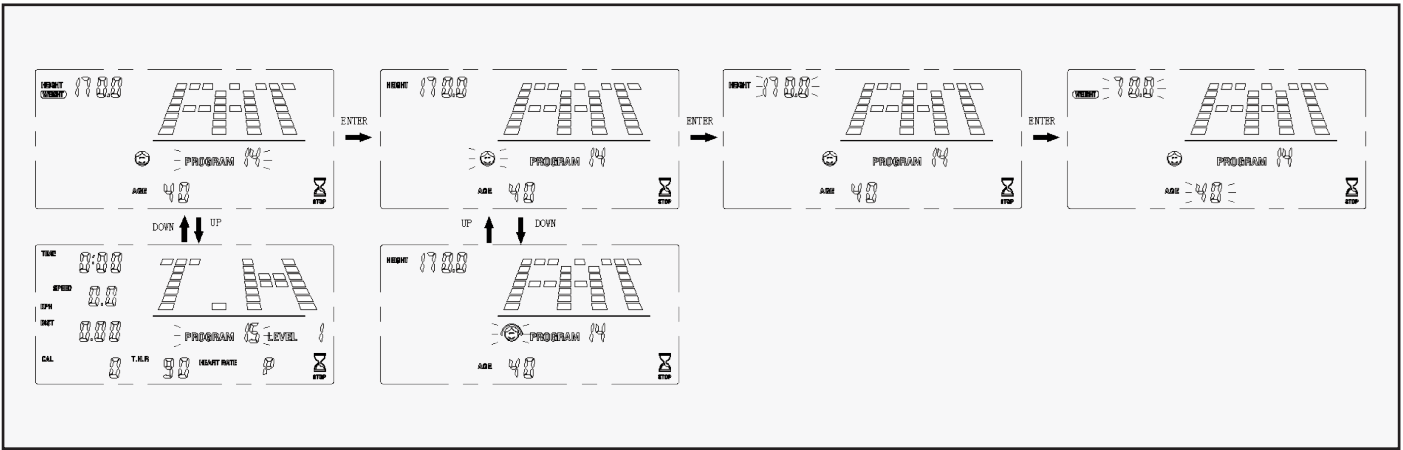
MANUAL MODE (PROGRAM 1)

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.



PROGRAM 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.



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

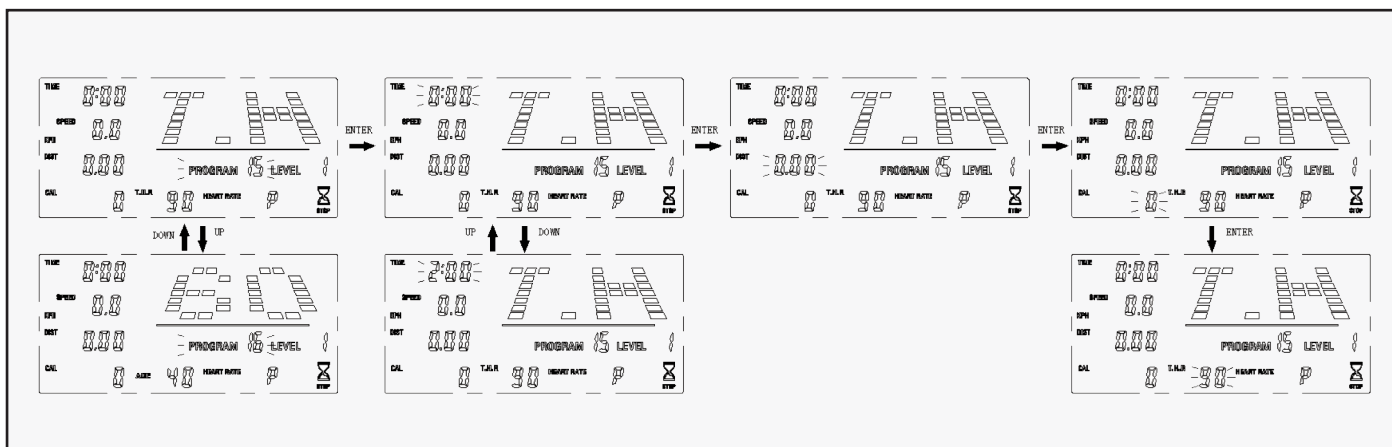
Gender	Low	Medium	Slightly High	High
Male	<13%	13%-25.9%	26%-30%	>30%
Female	<23%	23%-35.9%	36%-40%	>40%

B.M.R (Basal Metabolic Rate)

The average number of calories burned per day for basic survival

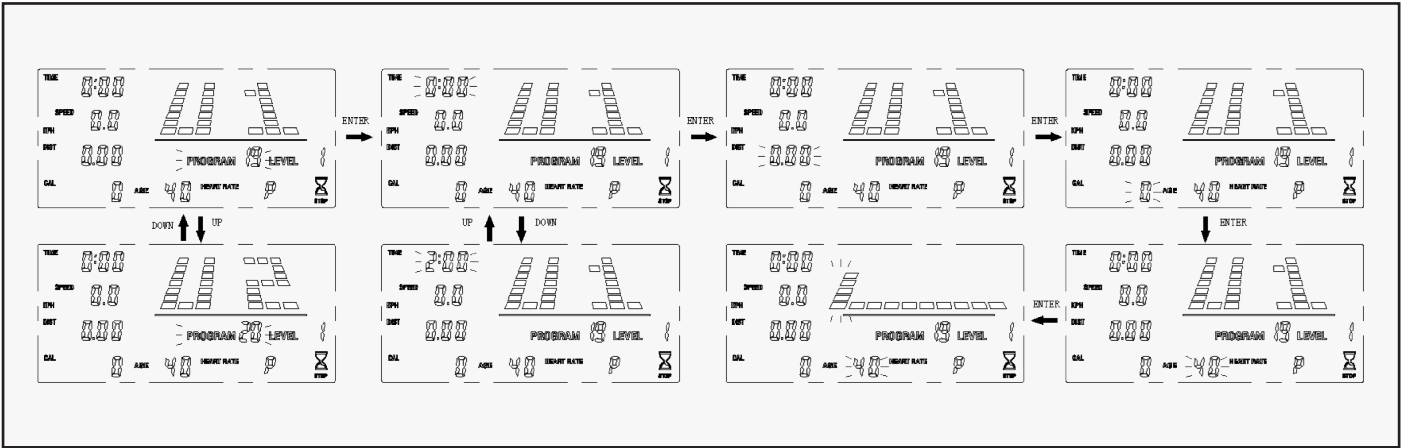
Ref: 1300 ± 100(22-40 Age)

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



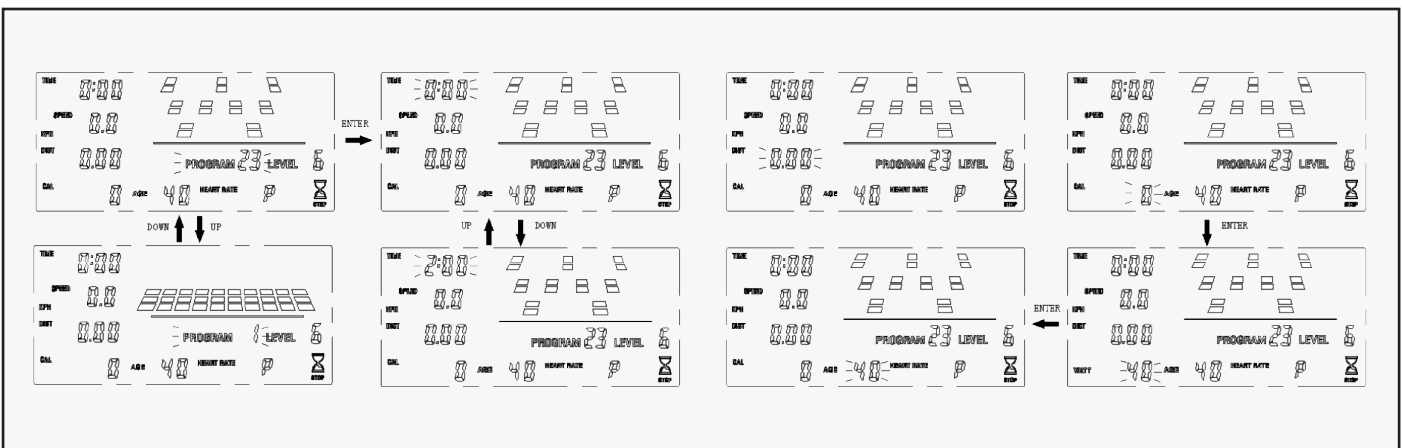
H.R.C MODE (PROGRAM 15-18)

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)

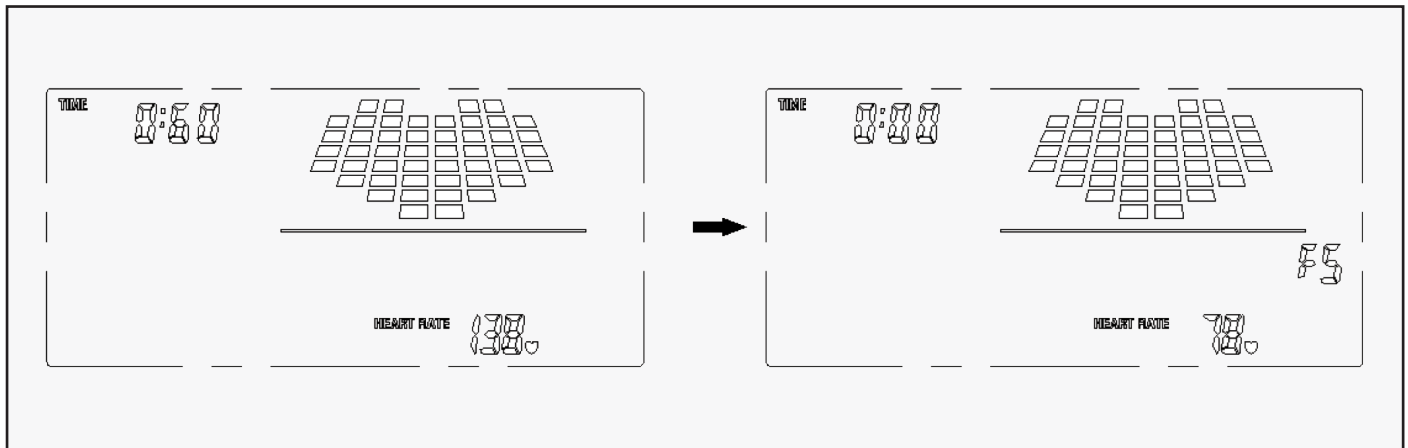
1. Press "UP" or "DOWN" key to select a particular function you want with U1-U4.
2. Press "ST/SP" key to start program, or press "ENTER" key into setting mode.
3. In setting status, press "ENTER" key to choose setting items with relevant flashing window for TIME→DISTANCE→CALORIE→AGE→Resistance Value.
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:

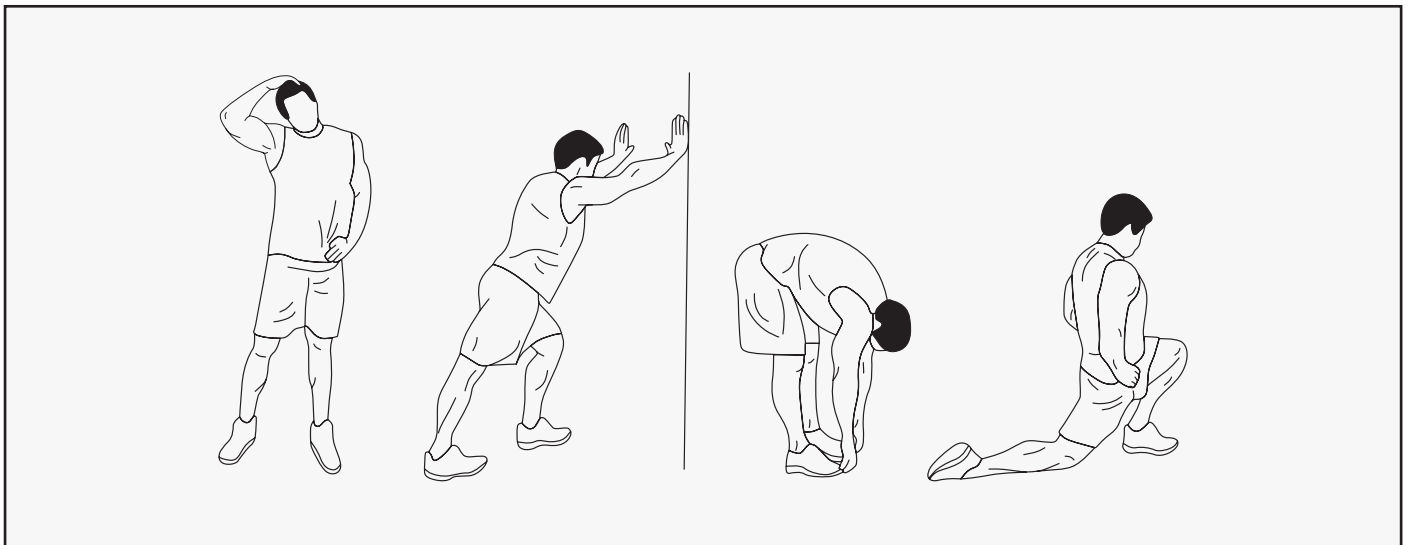
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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

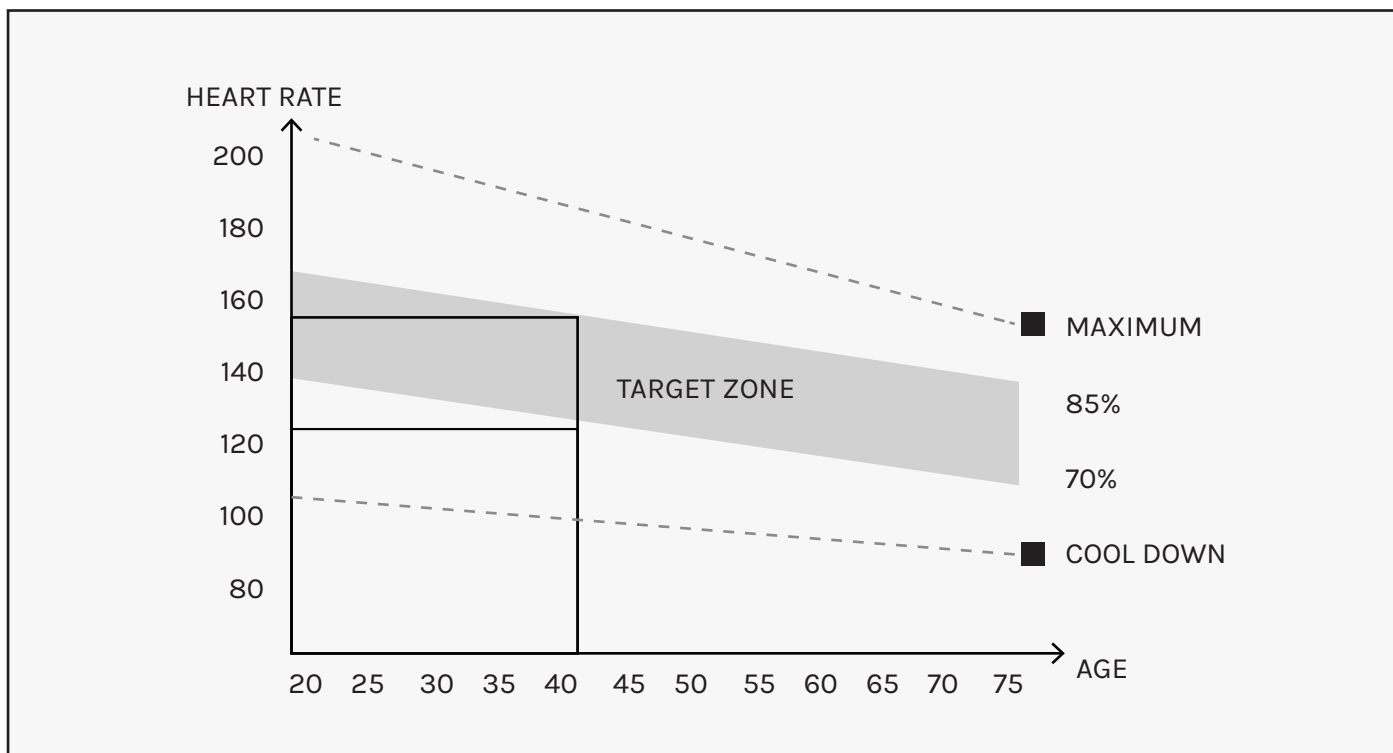
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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



X. HAND PULSE TECHNOLOGY

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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