



# XT-44 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](http://www.lifespanfitness.com.au)



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# I. IMPORTANT SAFETY INSTRUCTIONS

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## **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.

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Please keep this manual with you at all times.

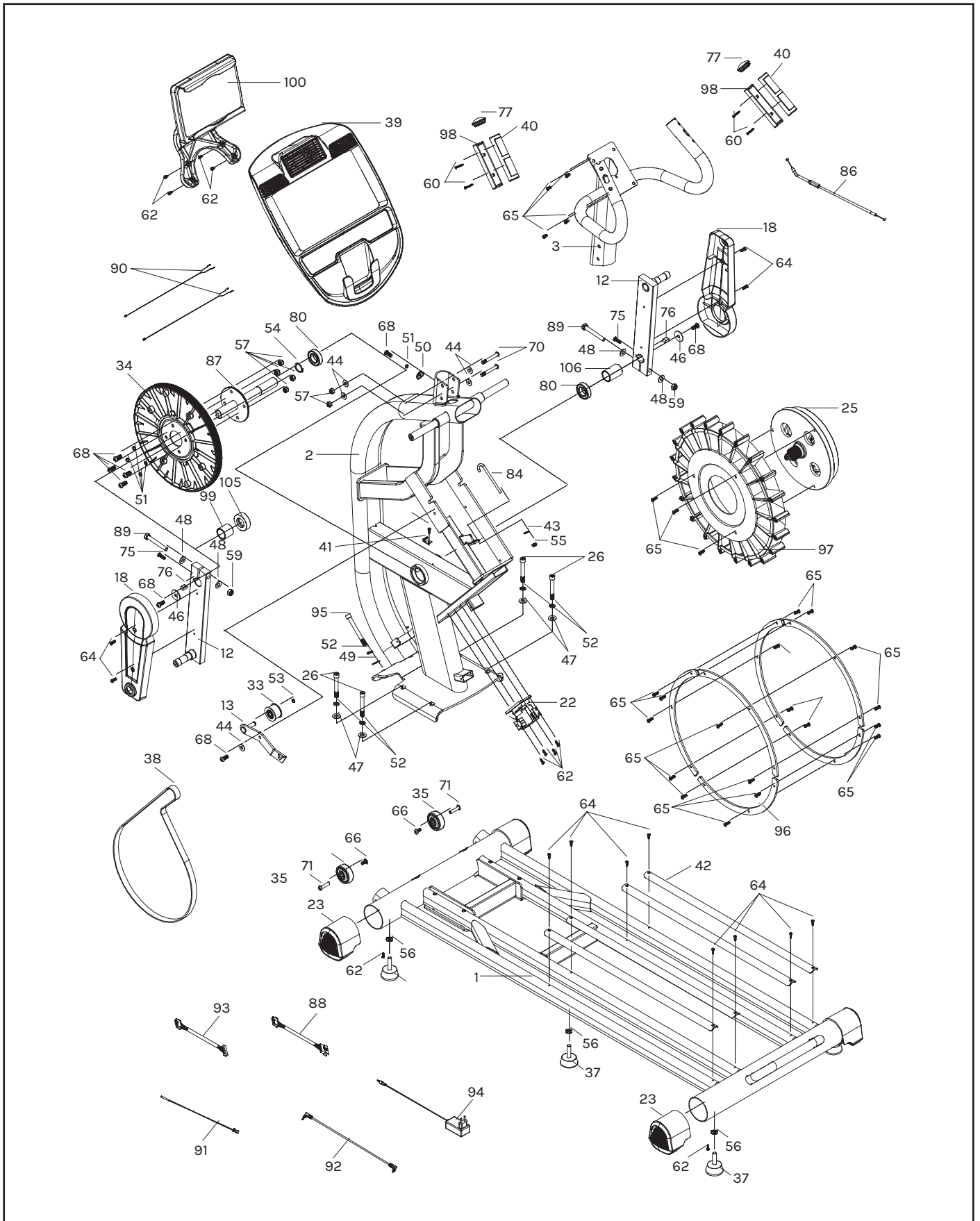
- It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. **PLEASE NOTE:** It is your responsibility to ensure that all users of the equipment are informed of all warnings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

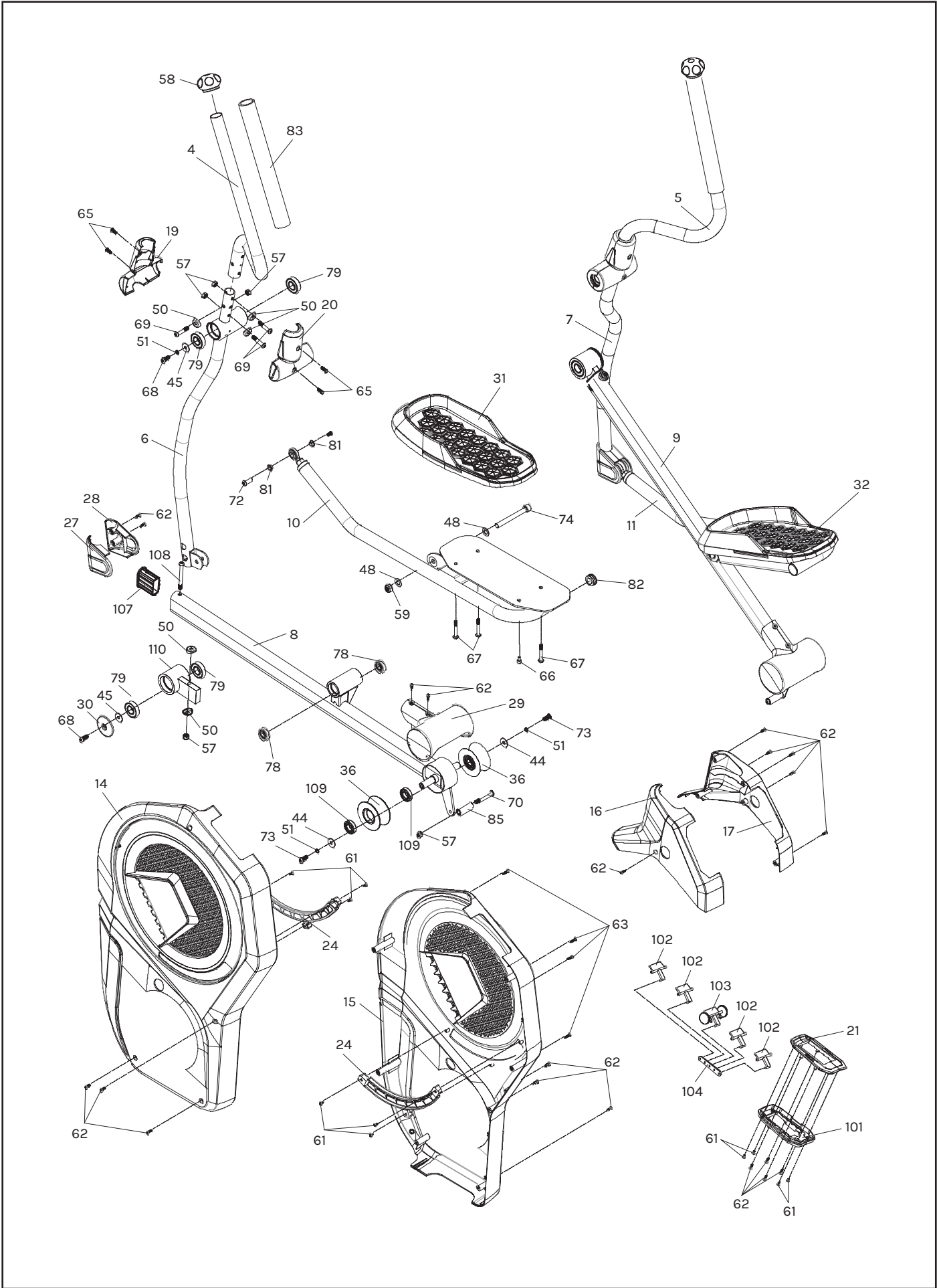
- Always keep this instruction manual and assembly tools at hand for reference.
- The equipment is not suitable for therapeutic use.
- The pulse or heart rate sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors 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

**!** 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.

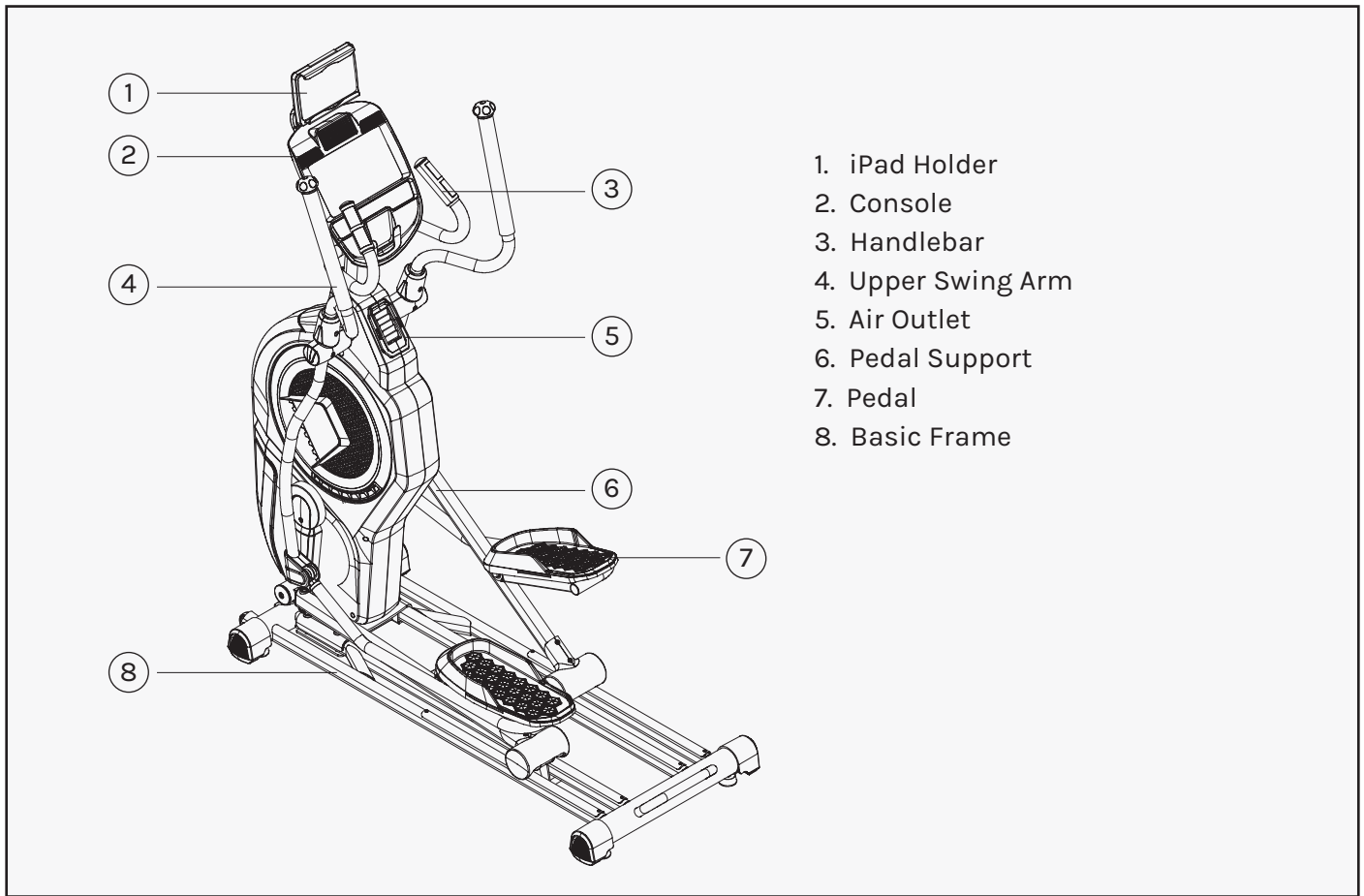
No.	Description	Specs	Qty	No.	Description	Specs	Qty
1	Basic frame		1	33	Tensioning wheel		1
2	Main frame		1	34	Belt pulley		1
3	Console fix frame		1	35	Wheel		2
4	Upper swing arm-left		1	36	Pulley		4
5	Upper swing arm-right		1	37	Feet pad		5
6	Bottom swing arm-left		1	38	Motor belt		1
7	Bottom swing arm-right		1	39	Console		1
8	Pedal group-left		1	40	Hand pulse top cover		2
9	Pedal group-right		1	41	Magnet sensor fixer		1
10	Pedal connection leg-left		1	42	Sliding rail aluminum sheet	670x29.5x11.2	4
11	Pedal connection leg-right		1	43	Flat washer	Φ6xΦ20xt2.0	1
12	Crank		2	44	Flat washer	Φ8.5xΦ20xt1.5	9
13	Tensioning wheel fixer		1	45	Flat washer	Φ8.2xΦ25xt2.0	4
14	Out cover-left		1	46	Flat washer	Φ32xΦ8.5xt2.0	2
15	Out cover-right		1	47	Flat washer	Φ10xΦ22xt2.0	4
16	Top cover-left		1	48	Flat washer	Φ12.5xΦ22xt2.0	8
17	Top cover-right		1	49	Curved washer	Φ10.5xR100xt2.0	2
18	Crank cover		2	50	Curved washer	Φ8.5xR25xt2.0	11
19	Handlebar cover 1		2	51	Spring washer	Φ8	11
20	Handlebar cover 2		2	52	Spring washer	Φ10	6
21	Air outlet cover		1	53	Spring washer	Φ10	1
22	Magnet control motor		1	54	Spring washer	Φ25	1
23	Stabilizer end cap		4	55	Hex Frank head screw	M6	1
24	Out cover decoration strip		2	56	Allen nut	M10	5
25	Inside magnet flywheel		1	57	Hex self-locking nut	M8	16
26	Allen cylinder head half thread bolt	M10x70x20	4	58	Pipe plug	Φ32xt2.0	2
27	Bottom wing arm cover-left		2	59	Hex self-locking nut	M12	4
28	Bottom wing arm cover-right		2	60	Philips pan head self-tapping screw	ST3x30	4
29	Wheel cover		2	61	Philips C.K.S. self-tapping screw	ST4x10	10
30	Crank axle screw cover		2	62	Philips C.K.S. self-tapping screw	ST4x16	35
31	Pedal-left		1	63	Philips C.K.S. self-tapping screw	ST4x20	4
32	Pedal-right		1	64	Philips C.K.S. full thread bolt	M5x10	8

No.	Description	Specs	Qty	No.	Description	Specs	Qty
65	Philips C.K.S. full thread bolt	M5x15	33	86	Brake wire	L-450xΦ5xΦ1.2xM5	1
66	Allen pan head full thread bolt	M6x12	4	87	Crank axle group	Φ25x220	1
67	Allen pan head half thread bolt	M6x50x20	6	88	Communication Wire	L-1300mm	1
68	Allen pan head full thread bolt	M8x20	12	89	Allen half thread bolt	M12x75x20	2
69	Allen pan head half thread bolt	M8x40x20	6	90	Hand pulse communication wire	L-650mm	2
70	Allen pan head half thread bolt	M8x60x20	4	91	Magnet sensor	L-300mm	1
71	Allen C.K.S. hollow bolt	Φ8x33xM6x15	2	92	MP3 communication wire	L-400mm	1
72	Allen C.K.S. hollow screw	Φ9.4x23.5-M6/M6x12	2	93	Power communication wire	L-400mm	1
73	Allen column head full thread bolt	M8x15	4	94	Power adapter		1
74	Pedal axis	Φ17x105xM12x15	2	95	Allen cylinder head half thread bolt	M10x90x20	2
75	Allen full thread bolt	M6x20	2	96	Fly wheel weight stack		6
76	Flat key	8x10x18	2	97	Fly wheel	Φ450x62	1
77	Round end cap	BLF82/Φ39xΦ30x27.5	2	98	Hand pulse bottom cover		2
78	Deep groove ball bearing	6201-ZZ	4	99	Crank cover 1	Φ30.5x29.1	1
79	Deep groove ball bearing	6004-ZZ	8	100	iPad Holder		1
80	Deep groove ball bearing	6005-ZZ	2	101	Air outlet bottom cover		1
81	Bushing	E12/Φ16xΦ12x6.3	4	102	Hinge		4
82	Tube cap	Φ32xt1.5	2	103	Sliding wheel hinge		1
83	Foam	Φ30xt3.0x350	2	104	Hinge fix plate		1
84	Hook	103xΦ26xM6x50	1	105	Crank cover 3	Φ45x14.3	1
85	Roll wheel position stopper	Φ17xΦ8.5x47	2	106	Crank cover 2	Φ30.5x43.5	1
				107	Pedal supporter bushing		2
				108	Allen C.K.S. screw	M8x75	2
				109	Deep groove ball bearing	R10-ZZ	8
				110	Pedal supporter bushing set		2



## ASSEMBLY PARTS LIST

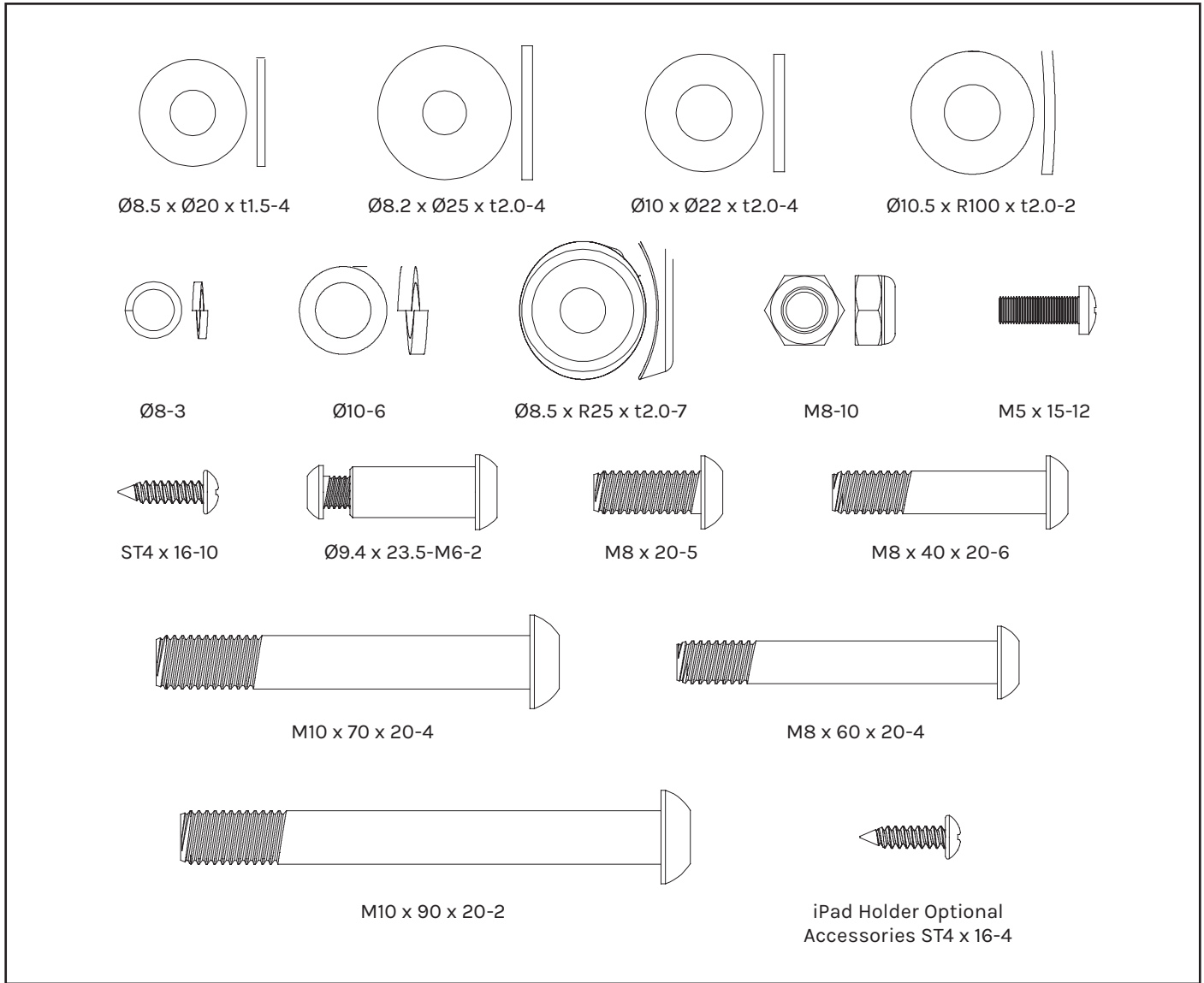
No.	Description	Specs	Qty	No.	Description	Specs	Qty
1	Basic frame		1	47	Flat washer	Φ10xΦ22x2.0	4
2	Main frame		1	49	Curved washer	Φ10.5xR100xt2.0	2
3	Console fix frame		1	50	Curved washer	Φ8.5xR25xt2.0	11
4	Upper swing arm-left		1	51	Spring washer	Φ8	11
5	Upper swing arm-right		1	52	Spring washer	Φ10	6
6	Bottom swing arm-left		1	57	Hex self-locking nut	M8	16
7	Bottom swing arm-right		1	62	Philips C.K.S. self-tapping screw	ST4x16	10
8	Pedal group-left		1	65	Philips C.K.S. full thread bolt	M5x15	12
9	Pedal group-right		1	68	Allen pan head full thread bolt	M8x20	5
10	Pedal connection leg-left		1	69	Allen pan head half thread bolt	M8x40x20	6
11	Pedal connection leg-right		1	70	Allen pan head half thread bolt	M8x60x20	4
16	Top cover-left		1	72	Allen C.K.S. hollow screw	Φ9.4x23.5- M6/M6x12	2
17	Top cover-right		1	85	Roll wheel position stopper		2
19	Handlebar cover 1		2	88	Communication Wire	L-1300mm	1
20	Handlebar cover 2		2	90	Hand pulse communication wire	L-650mm	2
21	Air outlet cover		1	95	Allen cylinder head half thread bolt	M10x90x20	2
26	Allen cylinder head half thread bolt	M10x70x20	4	100	iPad Holder		1
27	Bottom wing arm cover-left		2	62	Philips C.K.S. self-tapping screw	ST4x16 (optional)	4
28	Bottom wing arm cover-right		2				
39	Console		1				
44	Flat washer	Φ8.5xΦ20xt1.5	9				
45	Flat washer	Φ8.2xΦ25xt2.0	4				



- 1. iPad Holder
- 2. Console
- 3. Handlebar
- 4. Upper Swing Arm
- 5. Air Outlet
- 6. Pedal Support
- 7. Pedal
- 8. Basic Frame

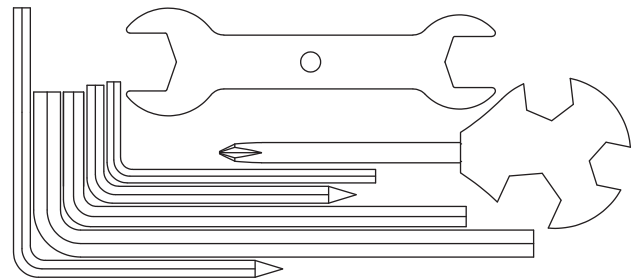
## HARDWARE PACK LIST

No.	Description	Specs	Qty	No.	Description	Specs	Qty
26	Allen cylinder head half thread bolt	M10x70x20	4	68	Allen pan head full thread bolt	M8x20	5
44	Flat washer	Φ8.5xΦ20xt1.5	4	69	Allen pan head half thread bolt	M8x40x20	6
45	Flat washer	Φ8.2xΦ25xt2.0	4	70	Allen pan head half thread bolt	M8x60x20	4
47	Flat washer	Φ10xΦ22x2.0	4	72	Allen C.K.S. hollow screw	Φ9.4x23.5-M6/M6x12	2
49	Curved washer	Φ10.5xR100xt2.0	2	95	Allen cylinder head half thread bolt	M10x90x20	2
50	Curved washer	Φ8.5xR25xt2.0	7	62	Philips C.K.S. self-tapping screw	ST4x16 (optional)	4
51	Spring washer	Φ8	3				
52	Spring washer	Φ10	6				
57	Hex self-locking nut	M8	10				
62	Philips C.K.S. self-tapping screw	ST4x16	10				
65	Philips C.K.S. full thread bolt	M5x15	12				

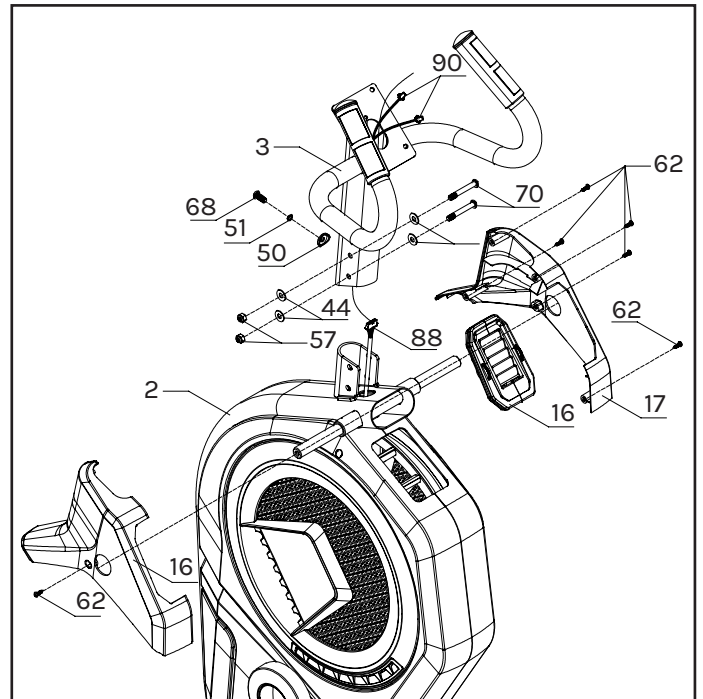
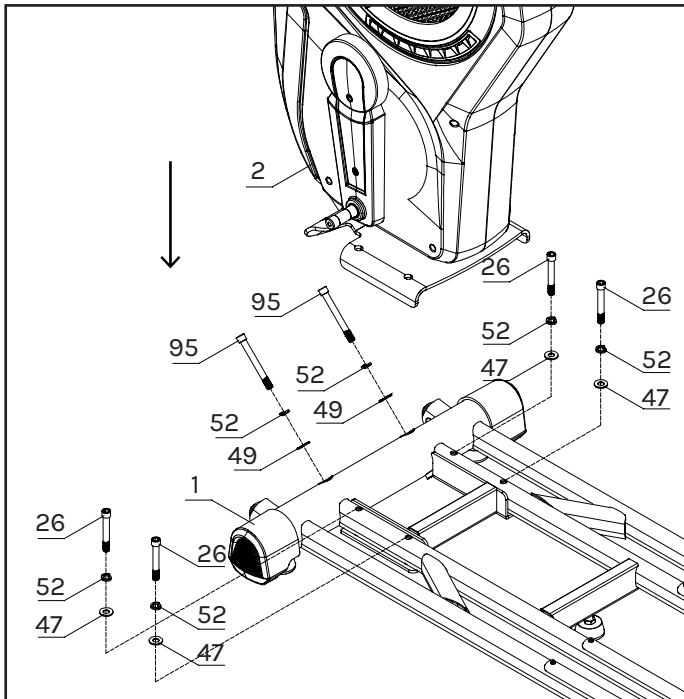


## TOOL KIT LIST

Description	Specs	Qty
L Wrench	4x30x80	1
L Wrench	5x80x80S	1
L Wrench	5x35x85S	1
L Wrench	6x40x120	1
Phillips Open Wrench	14x17x75	1
Open end Wrench	15#&17#	1



# V. ASSEMBLY INSTRUCTIONS



## STEP 1

1. Place the main frame (2) on the basic frame (1), secure with 2pcs Allen cylinder head half thread screw (95), 2pcs spring washer (52), 2pcs curved washer (49) and 4pcs Allen cylinder head half thread screw (26), 4pcs spring washer (52), 4pcs flat washer (47).

## STEP 2

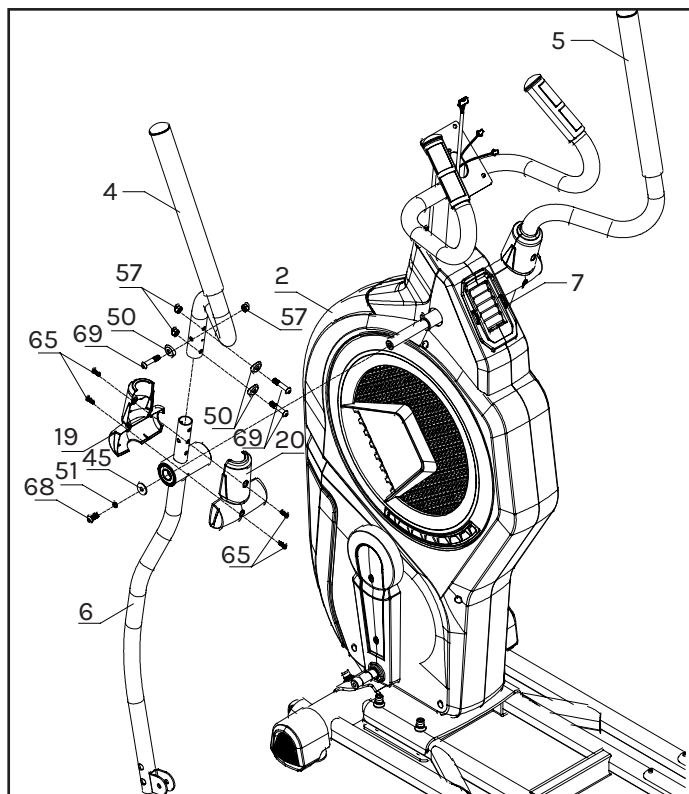
1. Pull out the communication line (88) from the hole of console fix group (3).
2. Assemble console fix group (3) on the main frame (2), secure with 1pc curved washer (50), 1pc spring washer (51), 1pc Allen pan head full thread bolt (68), and 4pcs flat washer (44), 2pc hex self-locking nut (57), 2pcs Allen pan head half thread bolt (70).
3. Attach left top cover (16), right top cover (17) and air outlet cover (21), secure with 6pcs Philips C.K.S. self-tapping screw (62).



### ATTENTION:

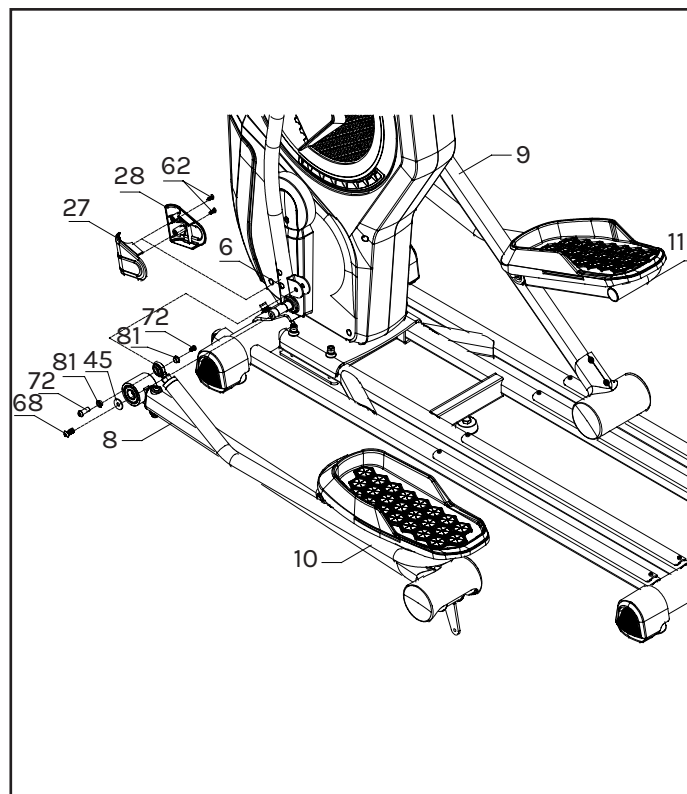
After connected the communication line, insert all lines into upright post, to avoid clamping the lines.

Please put all the bolts and washers on the frame holes first, then secure them.



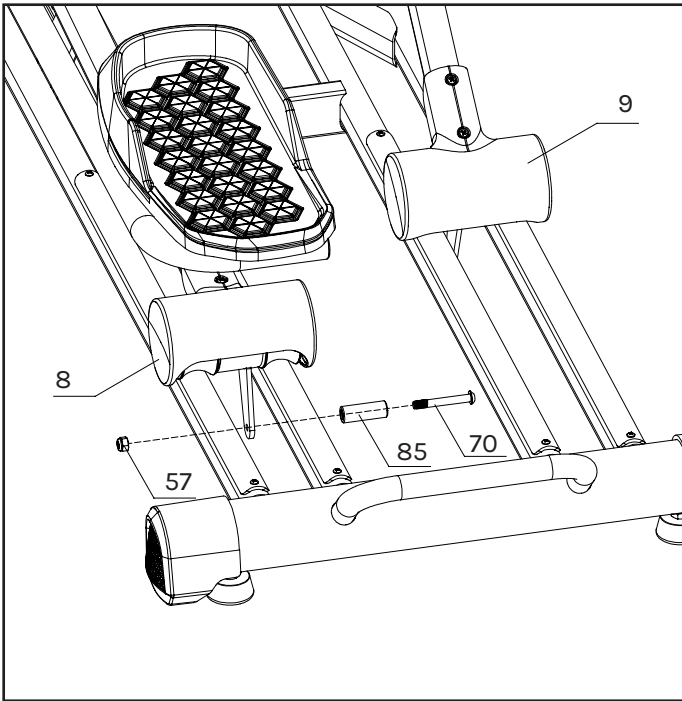
### STEP 3

1. Add some oil to the axle of the main frame. Assemble the bottom swing arm (6) on the main body, secure with 1pc Allen pan head full thread bolt (68), 1 pc spring washer (51) and 1pc flat washer (45).
2. Assemble the top swing arm L (4) on the bottom swing arm R (6), secure with 3pcs Allen pan head full thread bolt (69), 3pcs curved washer (50) and 3pcs hex self locking nut (57).
3. Secure the handlebar cover 1 (19) and handlebar cover (20) at the top/bottom wing arm connection by 4pcs Philips C.K.S. full thread bolt (65)
4. Assemble the right side same as above steps.



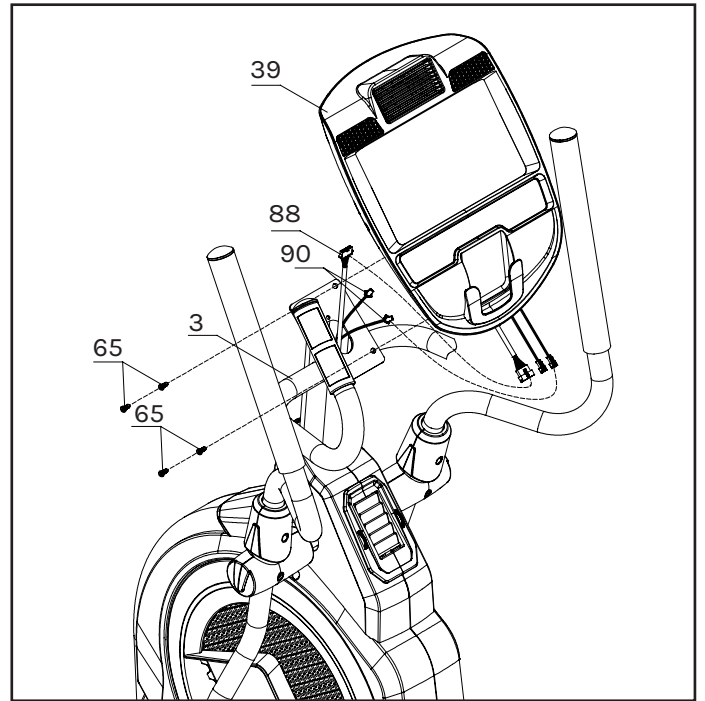
### STEP 4

1. Add some oil to the axle of the main frame. Place the pedal group left (8) on the track, secure the pedal group left (8) by 1pc flat washer (45), 1pc crank axle screw cover (30) and 1pc Allen pan head full thread bolt (68) on the axle.
2. Apply some of the grease to the axle of the Allen C.K.S. hollow screw (72). Connect left pedal connection leg (10) with bottom wing arm (6), secure with 1pc Allen C.K.S. hollow screw (72).
3. Attached left bottom swing arm cover (27) and right bottom swing arm cover (28) on the left swing arm (6), secure with 2pcs Philips C.K.S. self-tapping screw (62).
4. Assemble the right side same as above steps.



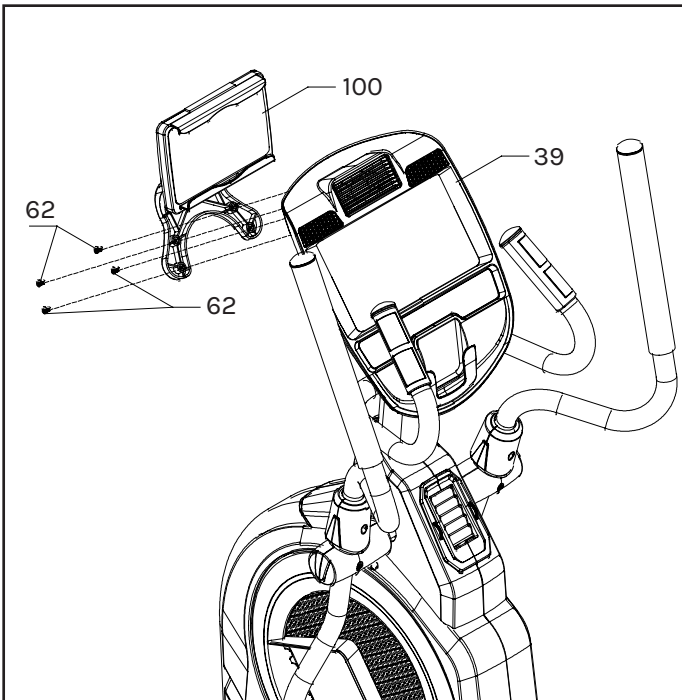
### STEP 5

1. Install the Roll wheel position stopper (85) on Pedal group-left (8) with an Allen Pan head half thread bolt (70) and a hex self-locking nut (57)
2. Assemble the right side same as the above steps.
3. Add some oil on the sliding rail.



### STEP 6

1. Connect the communication line (88), and hand pulse communication line (90) with console communication line.
2. Assemble the console (39) on console fix frame (3), and secure with 4pcs Philips C.K.S. full thread bolt (65).



### STEP 7

1. Attach the I-pad holder (100) to the console (39) with 4pcs Philips C.K.S. self-tapping screw (62).

# VI. COMPUTER OPERATION

## CONSOLE OPERATION INSTRUCTION



### BUTTON FUNCTIONS

<b>RECOVERY</b>	<ul style="list-style-type: none"> <li>To test heart rate recovery status.</li> </ul>
<b>MODE</b>	<ul style="list-style-type: none"> <li>In STOP mode, press this button to select function or confirm all setting values.</li> </ul>
<b>PROGRAM</b>	<ul style="list-style-type: none"> <li>To select workout program.</li> </ul>
<b>BODY FAT</b>	<ul style="list-style-type: none"> <li>To test the Body Fat% (5.0%~ 50%) and BMI (0~50).</li> </ul>
<b>+</b>	<ul style="list-style-type: none"> <li>To adjust upward resistance level, select program or increase function value.</li> </ul>
<b>-</b>	<ul style="list-style-type: none"> <li>To adjust downward resistance level, select program or decrease function value.</li> </ul>
<b>RESET</b>	<ul style="list-style-type: none"> <li>In STOP mode or setting mode, press it to reverse to main menu.</li> <li>Hold down this key for 2 seconds and console will reboot and start from user profile setting mode.</li> </ul>
<b>START/STOP</b>	<ul style="list-style-type: none"> <li>To start or stop training.</li> <li>When user stop training by pressing START/STOP key, the computer will remain all the setting values.</li> </ul>
<b>FAN (OPTIONAL)</b>	<ul style="list-style-type: none"> <li>When power-on or during workout, user can press FAN button to start fan function. Press it again to turn it off.</li> </ul>

## DISPLAY FUNCTION

<b>TIME</b>	<ul style="list-style-type: none"> <li>Count up - no preset target, time will count up from 0:00.</li> <li>Count down - with preset target, time will count down from preset to 0, then system STOP. And system alarm 8s with 4 sounds in every second.</li> <li>Display range: 0:00 99:59; Setting range: 0:00~99:00</li> </ul>
<b>SPEED</b>	<ul style="list-style-type: none"> <li>In START mode, with sensor input, screen display training speed in 3s;</li> <li>Without sensor input for 4.6s, the SPEED value is 0.</li> <li>Display range: 0.0 ~ maximum 99.9 KM/H or ML/H.</li> <li>SPEED &amp; RPM value will display by turn in every 6s.</li> </ul>
<b>RPM</b>	<ul style="list-style-type: none"> <li>In START mode, with sensor input, screen display training rotation per minute in 3s; Without sensor input for 4.6s, the RPM value is 0.</li> <li>Display range: 0 ~ maximum 999.</li> <li>SPEED &amp; RPM value will display by turn in every 6s.</li> </ul>
<b>CALORIES</b>	<ul style="list-style-type: none"> <li>Count up - no preset target, calories will count up from 0.0.</li> <li>Count down - with preset target, calories will count down from preset to 0, then system STOP. And system alarm 8s with 4 sounds in every second.</li> <li>Display range: 0~999CAL; Setting range: 0~990CAL</li> </ul>
<b>DISTANCE</b>	<ul style="list-style-type: none"> <li>Count up - no preset target, distance will count up from 0.0.</li> <li>Count down - with preset target, distance will count down from preset to 0, then system STOP. And system alarm 8s with 4 sounds in every second.</li> <li>Display range: 0.0~99.9km(ml); Setting range: 0.0~99.0km (ml)</li> </ul>
<b>PULSE</b>	<ul style="list-style-type: none"> <li>With pulse signal input, it will display user heart rate in 7.5s; without pulse input, PULSE window display 0 in 6s.</li> <li>When pulse exceeds the preset Target value, console will remind with Bi-bi sound.</li> <li>Display range: 0-30~230; Setting range: 0-30~230</li> </ul>
<b>WATT</b>	<ul style="list-style-type: none"> <li>Display power consumption during training. With sensor input, it will display</li> <li>WATT value in 3s; without any signal input, WATT window display 0 in 4.6s.</li> <li>Display range: 0~999.</li> </ul>
<b>MANUAL</b>	<ul style="list-style-type: none"> <li>Manually adjust workout load level.</li> </ul>
<b>PROGRAM</b>	<ul style="list-style-type: none"> <li>Self-select load level to workout; 12 profiles preset to be selected (P1~P12).</li> </ul>
<b>USER</b>	<ul style="list-style-type: none"> <li>User create his own resistance level profile to workout.</li> </ul>
<b>H.R.C.</b>	<ul style="list-style-type: none"> <li>Target HR training mode.</li> <li>Four modes for selection: 55%, 75%, 90%, TAG.</li> </ul>
<b>WATT CONSTANT</b>	<ul style="list-style-type: none"> <li>WATT constant training mode.</li> </ul>



# OPERATION PROCEDURE

## 1. POWER ON

Connect power (press RESET key for 2s), buzzer sound for 1s and LED will full display 2s (**Drawing 1**) then display wheel diameter and KM (or ML) in middle window and "E" (or "A") in CALORIE window (**Drawing 2**). Then go to user setting mode.

## 2. USER PROFILE SETTING

2-1 System default user group is U1 (**Drawing 3**), press UP or DOWN to select U1~U4, press MODE button to confirm. Press "+" or "-" buttons to set SEX (**Drawing 4**), AGE (**Drawing 5**), HEIGHT (**Drawing 6**), WEIGHT (**Drawing 7**) and confirm by pressing MODE. When finish setting, system enter function selection page (**Drawing 8**).

2-2 SEX- Female/Male; AGE- 1~99 (default value is last input value); HEIGHT- 100~200CM (default value is last input value); WEIGHT- 20~150KG (default value is last input value).



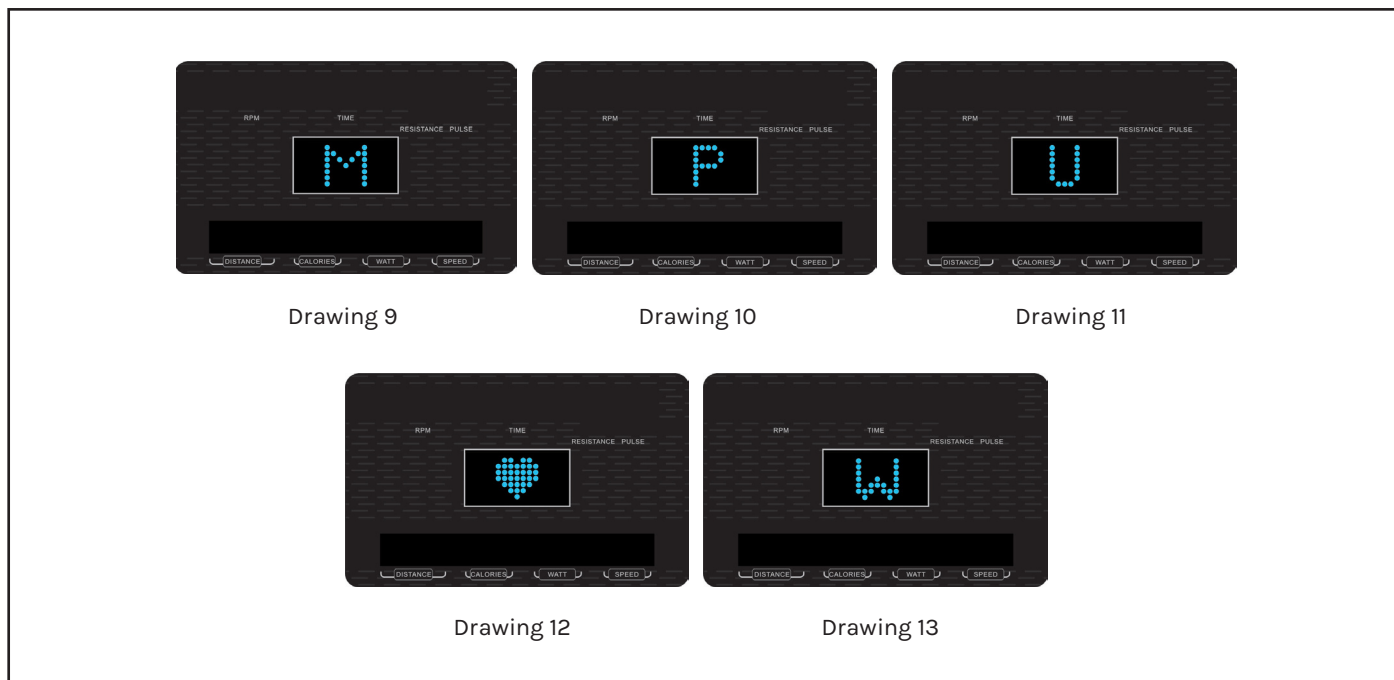
## 3. POWER OFF

When there is no RPM signal input for 4 minutes, LED and console go to SLEEPING mode. Without stop power supply, user can press any key or start pedaling to wake up it.

## 4. TRAINING MODE SELECTION

After USER DATA setting, then come to main menu, user can press "P" (PROGRAM) or "+/-" to select: MANUAL-> PROGRAM ->USER -> H.R.C. ->WATT (**Drawing 9-13**), LED is lighting in center window, press MODE to confirm.

In main menu, user can also press START/STOP to enter Manual workout mode directly



#### 4.1. MANUAL MODE

In main menu, press "P" (PROGRAM) key or press "+" / "-" to select MANUAL, press MODE to enter MANUAL mode.

Before exercising, user needs to adjust the following values:

**TIME:** is blinking (**Drawing 14**). User may press "+" or "-" button to set up target training time from 00:00 to 99:00. Press MODE to confirm setting.

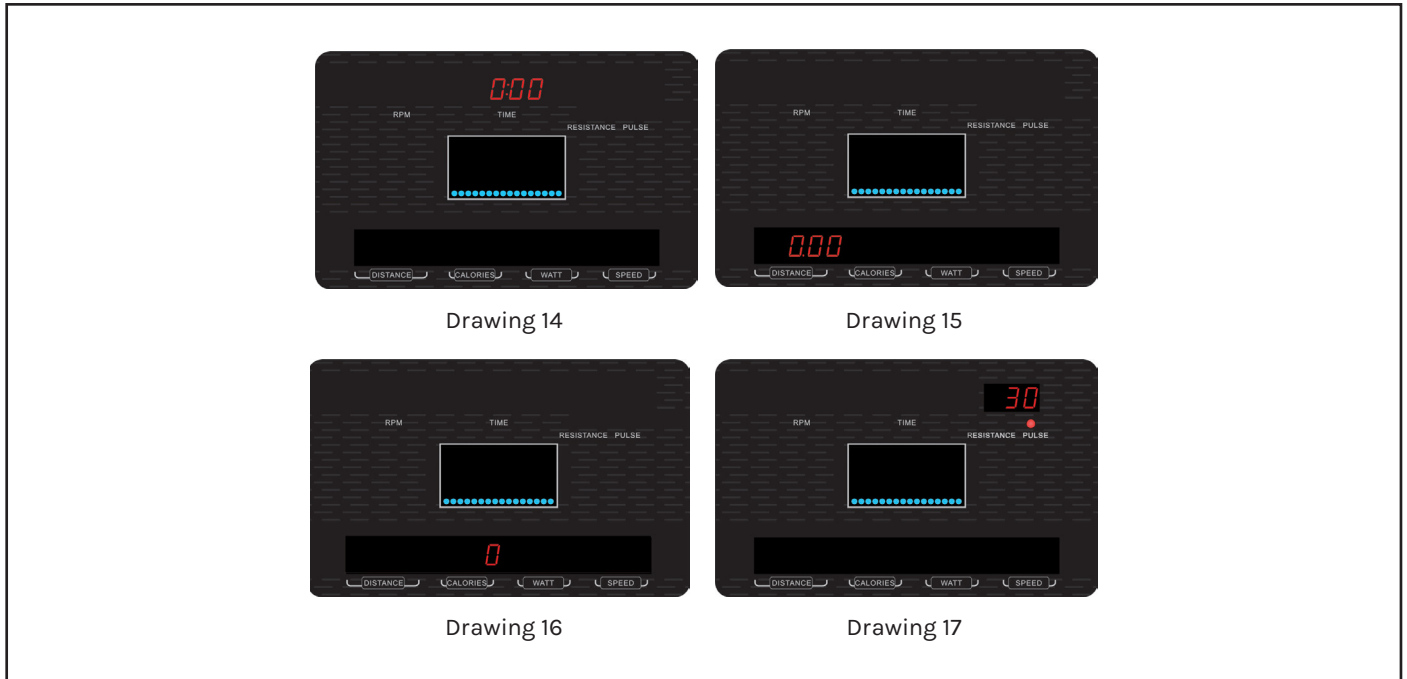
**DISTANCE:** is blinking (**Drawing 15**). User may press "+" or "-" button to set up target distance from 0.0~99.0. Press MODE to confirm setting.

**CALORIES:** is blinking (**Drawing 16**). User may press "+" or "-" button to set up target calories from 0~990, the increment/decrement is 10. Press MODE to confirm setting.

**PULSE:** is blinking (**Drawing 17**). User may press "+" or "-" button to set up target pulse from 0-30~230. Press MODE to confirm setting. The console will detect user's Heart Rate, please hold on hand grip sensor or ensure chest belt is on correctly when you start exercise.

During setting, TIME/ DISTANCE/ CALORIES light will light up and the value is flashing in 1Hz to be adjusted. Press "+" or "-" to adjust value. If you keep pressing on "+" or "-" button, the value will continue to increase/decrease. When exercise starts, PULSE LED will light up and display pulse value; if no pulse signal input is received, PULSE window display "P". Press START/STOP button to start training.

During training, user can adjust resistance level by pressing "+" or "-" button. When adjusting resistance level, RESISTANCE window will show LEVEL value for 2s then display PULSE value. The blue column starts blinking one by one and switch to the next one per preset time divided into 16. Once the preset target data counting down to 0, the monitor will stop automatically. User may also press START/STOP button to stop training. Press RESET to return to main menu.



## 4.2. PROGRAM MODE

Press RESET key to go to main menu. Press "+" or "-" key and press MODE to enter PROGRAM mode. Entering Program mode, there are total 12 program profiles (P1~P12) (**Drawing 18~29**) for selection. Press "+" or "-" key button to select one profile you prefer and press MODE to confirm.

Before exercising, user needs to adjust the following value:

**TIME:** is blinking (**Drawing 30**). User may press "+" or "-" key to set up target training time from 00:00 to 99:00 (**Drawing 31**).

**DISTANCE:** is blinking. User may press "+" or "-" button to set up target distance from 0.0~99.0. Press MODE to confirm setting.

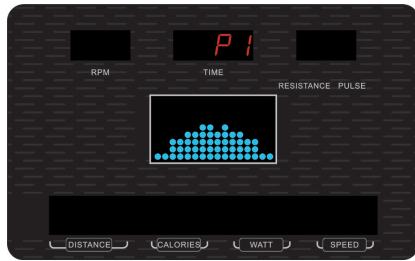
**CALORIES:** is blinking. User may press "+" or "-" button to set up target calories from 0~990, the increment/decrement is 10. Press MODE to confirm setting.

**PULSE:** is blinking. User may press "+" or "-" button to set up target pulse from 0~30~230. Press MODE to confirm setting.

Press START/STOP button to start training.

During training mode, user can also adjust resistance level by pressing "+" or "-" button. When adjusting resistance level, LED big window will show LEVEL value for 2s then display PULSE value.

Once the preset target data counts down to 0, the monitor will stop automatically. User may also press START/STOP button to stop training. Press RESET to return to main menu.



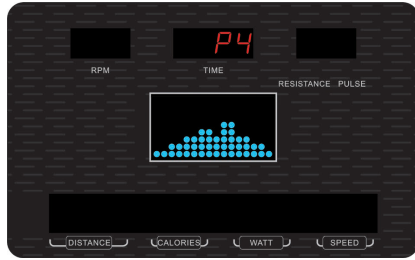
Drawing 18



Drawing 19



Drawing 20



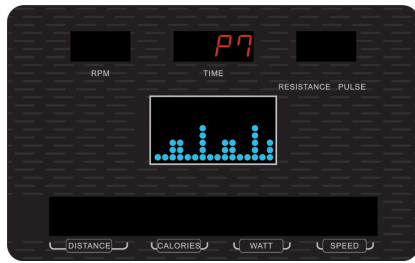
Drawing 21



Drawing 22



Drawing 23



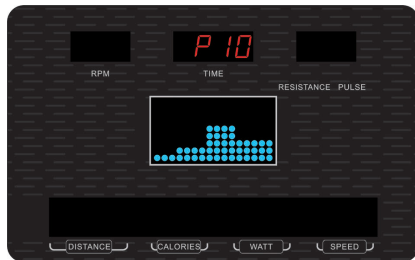
Drawing 24



Drawing 25



Drawing 26



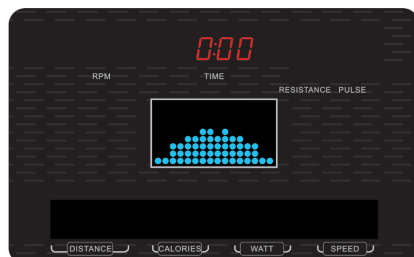
Drawing 27



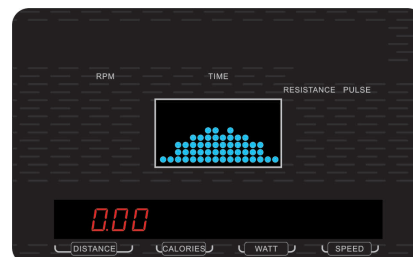
Drawing 28



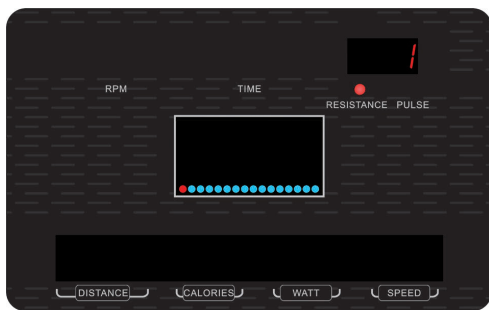
Drawing 29



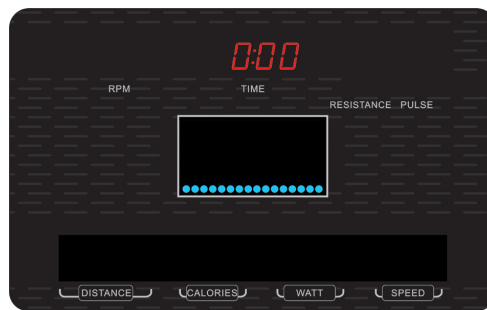
Drawing 30



Drawing 31



Drawing 32



Drawing 33

### 4.3. USER (PROGRAM) MODE

Press RESET key to go to main menu. Press "+" or "-" key and press MODE to enter USER program. User may create their own profile in this mode. The first blue dot of the profile will start blinking, then press "+" or "-" button to adjust resistance level of each column dot (**Drawing 32**), then press MODE to confirm. A complete program profile will have 16 columns to be set (default value =1). To finish or quit a setting, hold on MODE button for 2s.

Then adjust the following value:

**TIME:** is blinking (**Drawing 33**). You may press "+" or "-" button to set up target training time from 00:00 to 99:00.

Press START/STOP button to start training.

During training mode, user can also adjust resistance level by pressing "+" or "-" button. Once the preset target data counts down to 0, the monitor will stop automatically. You may press START/STOP button to start training again. Other preset data will keep counting down from previous data. During STOP mode, user can press RESET button to return to main menu.



Drawing 34



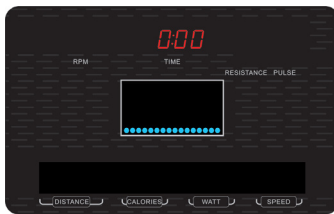
Drawing 35



Drawing 36



Drawing 37



Drawing 38



Drawing 39

#### 4.4. H.R.C. MODE

Press RESET key to go to main menu. Press "+" or "-" button and press MODE to enter H.R.C. mode. In H.R.C. mode, press "+" or "-" button to choose: 55%, 75%, 90% or TAG. The LED will be blinking. User may choose different target heart rates, the preset value system self-calculated based on user input AGE will display in PULSE window (**Drawing 34~37**). Press MODE to confirm. If user select H.R.C TAG, screen will display the preset value 100, press "+" or "-" to adjust target pulse from 30~230. Press MODE button to enter.

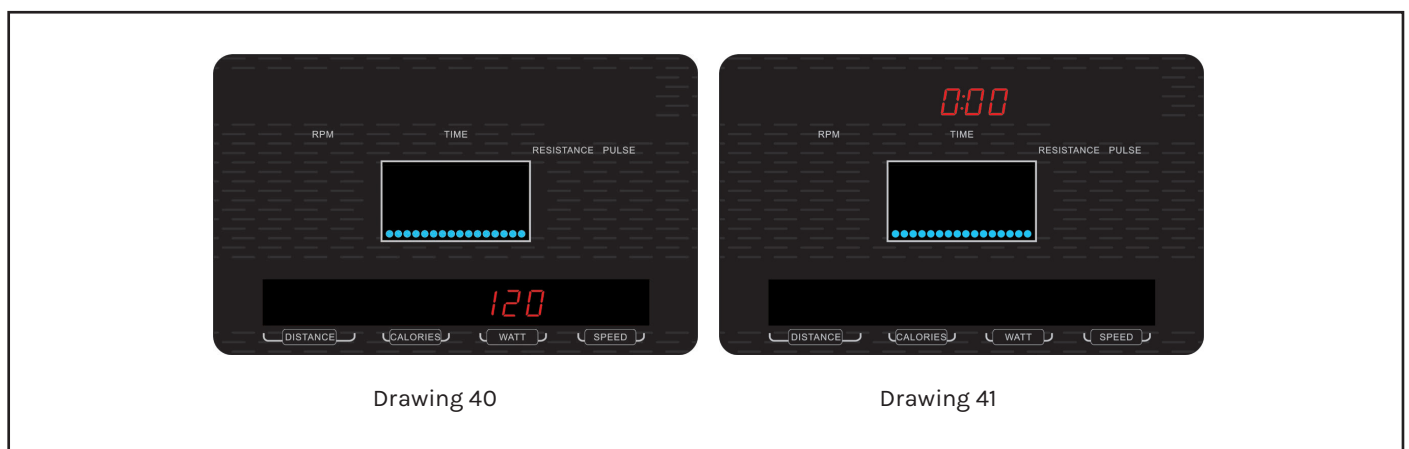
Then adjust following value:

**TIME:** is blinking. You may press "+" or "-" button to set up target training time from 00:00 to 99:00. (**Drawing 38**).

Press START/STOP button to start training.

During training, the resistance level will adjust automatically according your current heart rate. If no pulse signal detected, central LED will reminder by showing as **Drawing 39**. Press STOP to pause workout, press RESET button to reverse to main menu.

※H.R.C 55% - Diet program; H.R.C 75% - Health program; H.R.C 90% - Sports program



#### 4.5. WATT CONTROL MODE

When user in any mode, press START/STOP button then press RESET to go to main menu. Press "+" or "-" button and press MODE to enter WATT constant training mode. Entering WATT mode, the preset value 120 is blinking (**Drawing 40**). User may adjust WATT value by pressing "+" or "-" button from 10~350 with 5W increment and press MODE to confirm.

Then adjust following value:

**TIME:** is blinking. You may press "+" or "-" button to set up target training time from 00:00 to 99:00. (**Drawing 41**).

Press START/STOP button to start training.

System will adjust WATT level automatically according to the preset target watt data, current RPM and training speed. If the training speed is quick, resistance level will decrease. Otherwise, it will increase. When stop training, user can press RESET button to return to main menu.



Drawing 42



Drawing 43

## 5. RECOVERY MODE

If there is no pulse signal input to console, it is invalid to press RECOVERY button.

When pulse value appears on screen, press RECOVERY button to start test. Keep both hands hold on hand grips (or wear chest belt). All function display will stop except "TIME" starts counting down from 00:60 by second (**Drawing 42**) and PULSE light is ON. System resistance will reduce to level 1.

While TIME counts down to 00:00, screen will display heart rate recovery status with "FX" (X=1...6) (**Drawing 43**). F1 is the best, F6 is the worst.

Press RECOVERY button again to go to previous workout status. If user press RECOVERY prior to TIME counting down to 00:00, RECOVERY mode will be disable and console go to main menu.



Drawing 44



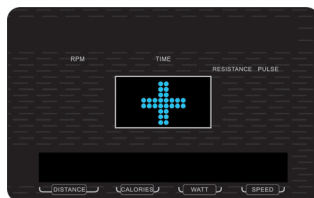
Drawing 45



Drawing 46



Drawing 47



Drawing 48



Drawing 49



Drawing 50

## 6. BODY FAT MODE

In STOP mode, press the BODY FAT button to start body fat measurement. System will start measuring. During measuring, user needs to hold both hands on the hand grip. The screen will display as Drawing 44~46 until console finishes measuring. After measuring, screen will display BODY FAT percentage and BMI (Body Mass Index) and FAT advice (**Drawing 47~48**).

Press BODY FAT button again to go back to previous workout status.

※Error code display during measurement:

E-1--- user not hold hand grips correctly (**Drawing 49**)

E-4--- Body Fat% exceed setting range (5.0%~ 50%). (**Drawing 50**)

**NOTE:**

**A.** When user press RESET button for 2 seconds for TOTAL RESET, console enter to START mode, buzzer alarm 1s, all LED display for 2s, then go to setting mode. Load level is 1.

**B.** This system is built with ALARM reminder:

1 short beep - valid button

2 short beeps - invalid button or pulse exceed Target value

3 short beeps per second - WATT is over Spec

4 short beeps- function value counts down to 0

6 short beeps- H.R.C. & WATT control force system to stop

**OTHER FUNCTION (OPTIONAL):**

**Fan:** The console is provided with fan, user can open or close the fan.



# VII. EXERCISE GUIDE

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## ⚠ 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.

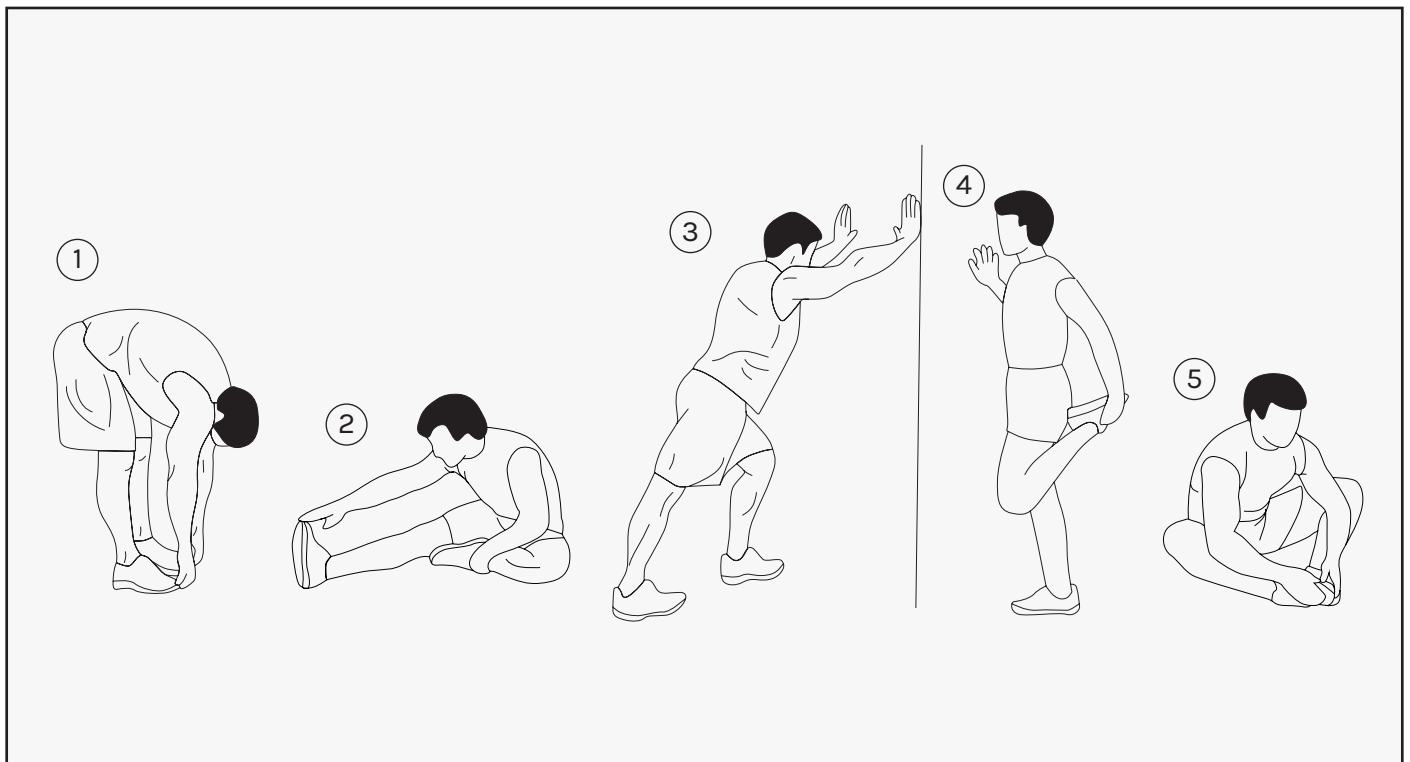
The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

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Exercising is a great way to control your weight, improve 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/STRETCHING EXERCISES

A successful exercise session begins with warming up exercises and ends with exercises for cooling down and relaxing. These warming up exercises prepare your body for the subsequent demands made upon it. The cooling down / relaxation period after the exercise session ensures that you do not experience any muscular problems. In the following you will find stretching exercise instructions for warming up and cooling down. Please pay attention to the following points:

- 1. Touch Toes.** Bend your trunk slowly forwards and try to touch your feet with your hands. Reach down as far as possible to your toes. Maintain this position for 10-15 seconds if possible.
- 2. Exercise for the Knees.** Sit on the floor and stretch out your right leg. Bend your left leg and place your foot on your right upper thigh. Now try to reach your right foot with your right arm. Maintain.
- 3. Exercise for the Calves/Achilles Tendon.** Place both hands on the wall and support your full body weight. Then move your left leg backwards and alternate it with your right leg. This stretches the back of the leg. Maintain this position for 30-40 seconds if possible.
- 4. Exercise for the Upper Thigh.** Support yourself by placing your hand on the wall, then reach down behind you and lift your right or left foot as close to your buttocks as possible. Feel a comfortable tension in your front upper thigh. Maintain this position for 30 seconds if possible and repeat this exercise 2 times for each leg.
- 4. Inside Upper Thigh.** Sit on the floor and place your feet in such a way that your knees are facing outwards. Pull your feet as close as possible to your groin. Now press your knees carefully downwards. Maintain this position for 30-40 seconds if possible.

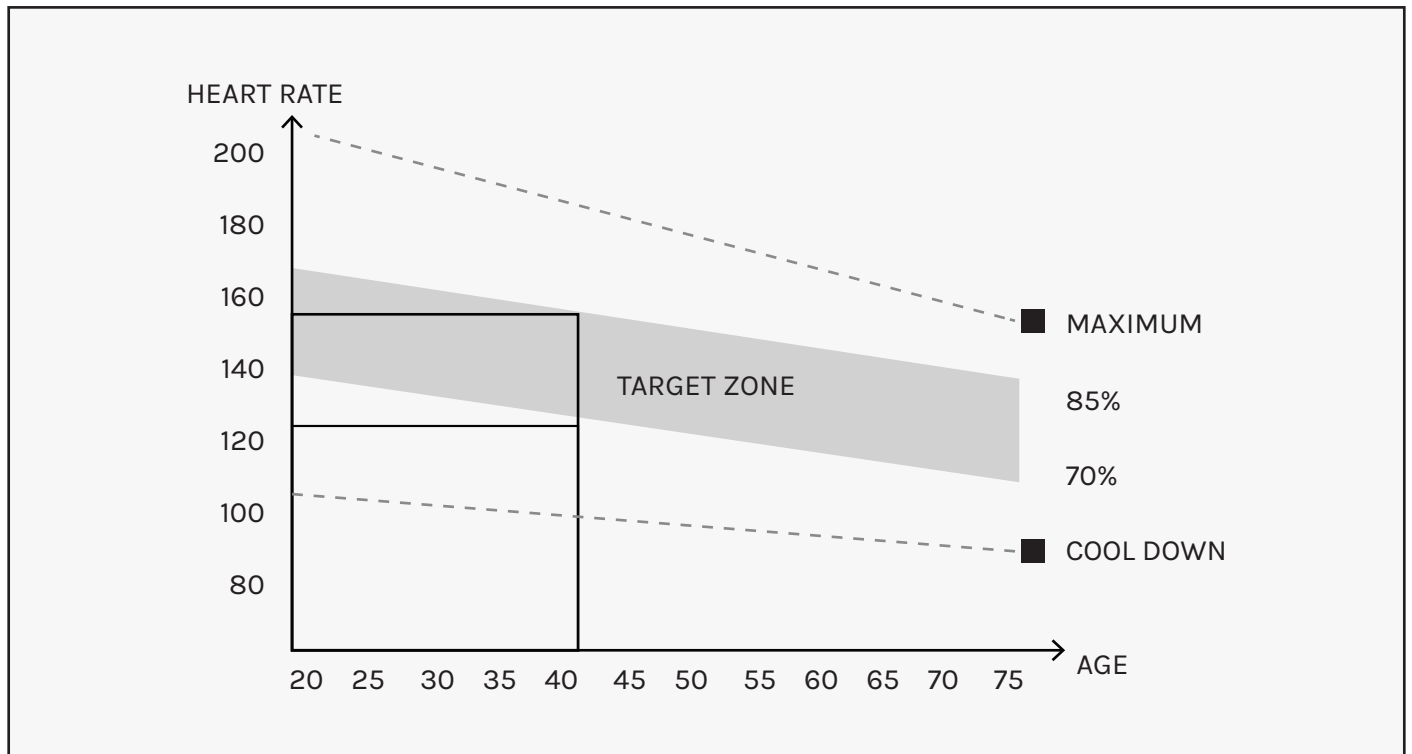
## TRAINING ZONE EXERCISE

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.

# VIII. 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](http://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](https://lifespanfitness.com.au/warranty-form)



# IX. 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).







[WWW.LIFESPANFITNESS.COM.AU](http://WWW.LIFESPANFITNESS.COM.AU)