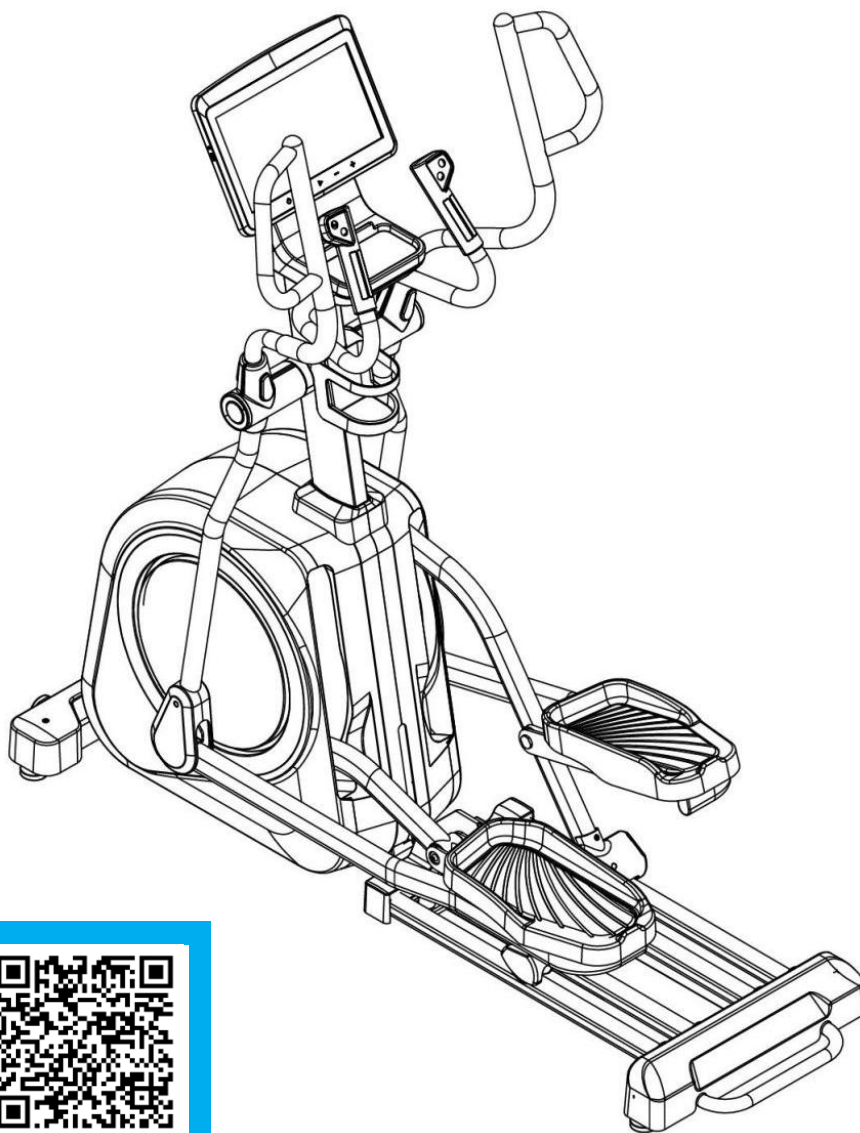




XTC-120 Commercial Cross Trainer

USER MANUAL



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.

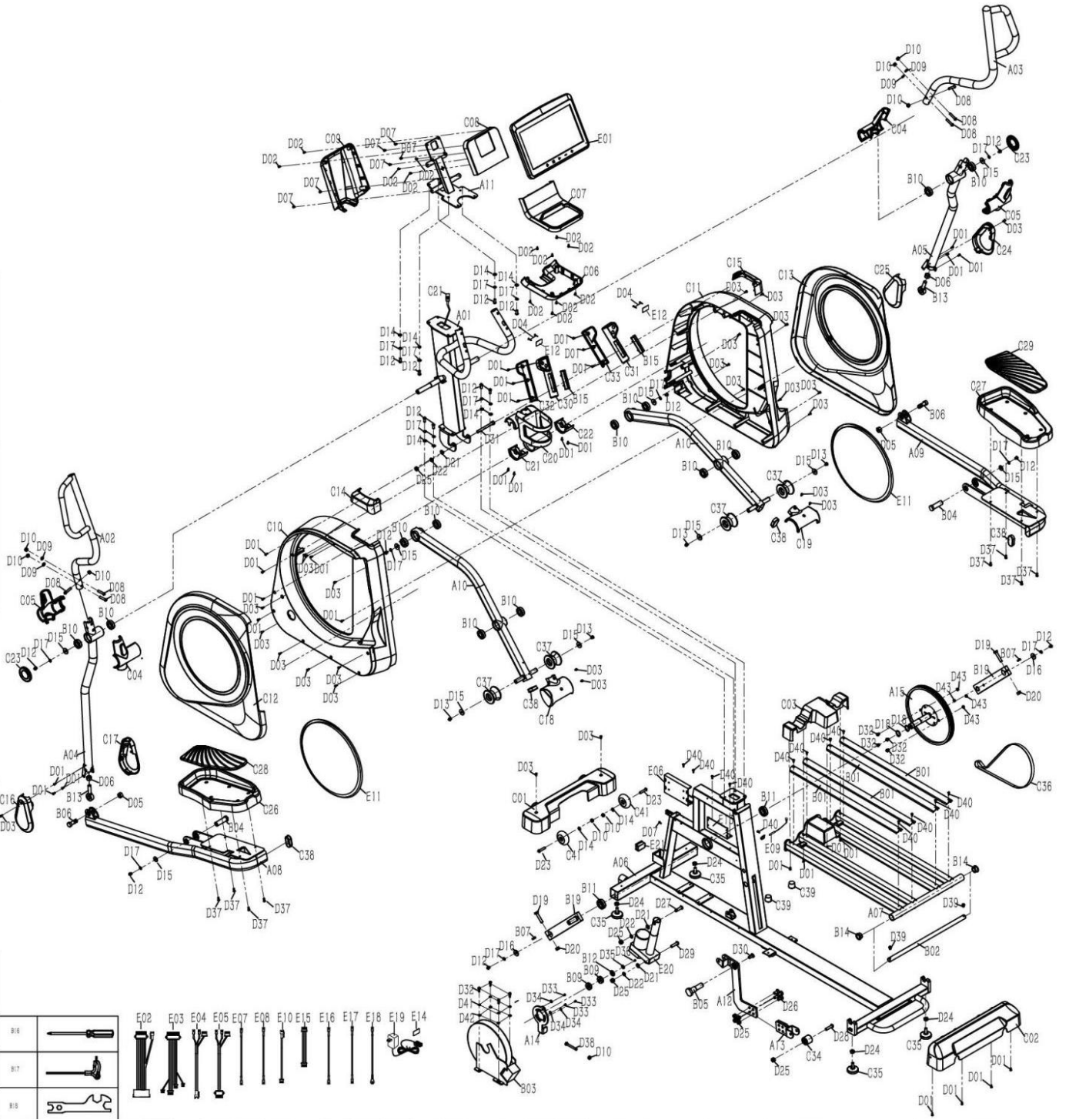
- It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. **PLEASE NOTE:** It is your responsibility to ensure that all users of the equipment are informed of all warnings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

III. EXPLODED DIAGRAM



No.	Description	Description	Qty
A01	Main Frame assembly		1
A02	Left armrest component		1
A03	Right armrest component		1
A04	Left hand control component		1
A05	Right hand control component		1
A06	Mainframe component		1
A07	Guide rail assembly		1
A08	Left pedal tube assembly		1
A09	Right pedal tube assembly		1
A10	Pedal connection assembly		2
A11	Display frame assembly		1
A12	Incline frame assembly		1
A13	Incline wheel base assembly		1
A14	Wheel assembly		1
A15	Belt plate welding		1
B01	Rail aluminum plate		4
B02	Guide rail rotating shaft		1
B03	Magnetic control wheel		1
B04	Pedal rotation shaft		2
B05	Incline fixed axis		1
B06	Joint pivot axis		2
B07	Flat key		2
B09	Bearing 6201		2
B10	Bearing 6004		12
B11	Bearing 6005		2
B12	Gasket		1
B13	Bearing		2
B14	Sleeve 1		2
B15	Hand pulse		4
B16	Cross-head screwdriver		1
B17	T-shaped hex socket wrench		1
B18	Wrench		2
B19	Crank		2
C01	Front Housing		1
C02	Rear cover of the frame		1
C03	Guide rail cover		1
C04	After installing the handrail cover		2
C05	Before installing the handrail cover		2
C06	Console bottom cover		1
C07	Console top cover		1
C08	Console front cover		1
C09	Console real cover		1
C10	Left protective cover frame		1
C11	Right protective cover frame		1
C12	Left visor		1

No.	Description	Description	Qty
C13	Right shield		1
C14	Upper left protective cover		1
C15	Upper right protective cover		1
C16	Lower left waving hand cover 1		1
C17	Lower left waving hand cover 2		1
C18	Left pulley cover		1
C19	Right pulley cover		1
C20	Bottle Holder		1
C21	Bottom holder cover L		1
C22	Bottom holder cover R		1
C23	End		2
C24	Bottom right hand waving tube cover 1		1
C25	Bottom right hand waving tube cover 2		1
C26	Pedal L		1
C27	Pedal R		1
C28	Foot pad L		1
C29	Foot pad R		1
C30	Pulse top cover L1		1
C31	Pulse top cover R1		1
C32	Pulse bottom cover L2		1
C33	Pulse bottom cover R2		1
C34	Incline roller		1
C35	Foot pad		5
C36	Belt		1
C37	Roller		4
C38	Oval plug		4
C39	Cushion		2
C40	Oil bottle		1
C41	Transport wheel		2
D01	Screw	ST4.2*16	30
D02	Screw	ST4.2*13	13
D03	Screw	ST4.2*16	26
D04	Screw	ST2.9*6.5	4
D05	Nut	M14	2
D06	Nut	M14	2
D07	Bolt	M5*10	7
D08	Bolt	M8*45 20 S6	6
D09	Arc-shaped gasket	Φ8*20*1.5	
D10	Nut	M8*H7	
D12	Bolt	M8*20 S6	
D13	Bolt	M8*20 S5	
D14	Flat washer	Φ8*Φ16*1.5	
D15	Big Flat washer	Φ8*Φ24*2.0	
D16	Big Flat washer	Φ8*Φ32*2.0	

No.	Description	Description	Qty
D17	Washer	φ8	16
D18	Sleeve	D25	2
D19	Bolt	M10*65	2
D20	Nut	M10 H8	4
D21	Flat washer	Φ10*Φ20*2	3
D22	Washer	Φ10	3
D23	Bolt	M8*45	2
D24	Nut	M10*6	5
D25	Nut	M10 H10	8
D26	Bolt	M10*30	4
D27	Bolt	M10*45	1
D28	Bolt	M10*55	1
D29	Bolt	M10*65	1
D30	Bolt	M10*20	1
D31	Bolt	M10*120	1
D32	Bolt	M6*16*S10	8
D33	Bolt	M5*16	3
D34	Flat washer	Φ5*Φ10*1.0	3
D35	Big Flat washer	Φ6*Φ18*1.5	1
D36	Bolt	M6*12	1
D37	Bolt	M6*16	8
D38	Bolt	M8*80	1
D39	Bolt	M8*30	2
D40	Screw	ST4.2*12	13
D41	Flat washer	φ6	4
D42	Lightened spring washer	φ6	4
D43	Nut	M6	4

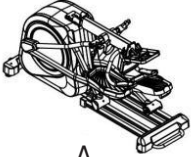
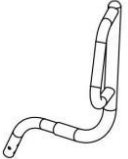
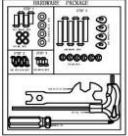
No.	Description	Description	Qty
E01	Console		1
E02	Middle wire		1
E03	Bottom communication wire		1
E04	Left armrest pulse wire		1
E05	Right armrest pulse wire		1
E06	Controller		1
E07	Single wire (red)		1
E08	Single wire (black)		1
E09	Sensor wire		1
E10	Light strip extension cable		2
E11	Strip light		2
E12	Keyboard plate		2
E13	Power board		1
E14	Light strip adapter board		1
E15	Subsequent communication wire		1
E16	AC Single wire		1
E17	AC Single wire		1
E18	Ground wire		1
E19	Power connection cable		1
E20	Incline motor		1
E21	Switched socket		1

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.

Bolt Pack	
 D01 ST4.2*16 6pcs	 D10 M8 6pcs
 D03 ST4.2*16 2pcs	 D12 M8*20 4pcs
 D07 M5*10 4pcs	 D14 $\phi 8^* \phi 16^* 1.5$ 4pcs
 D08 M8*45 6pcs	 D17 M8 4pcs
 D09 $\phi 8^* 20^* 1.5$ 4pcs	

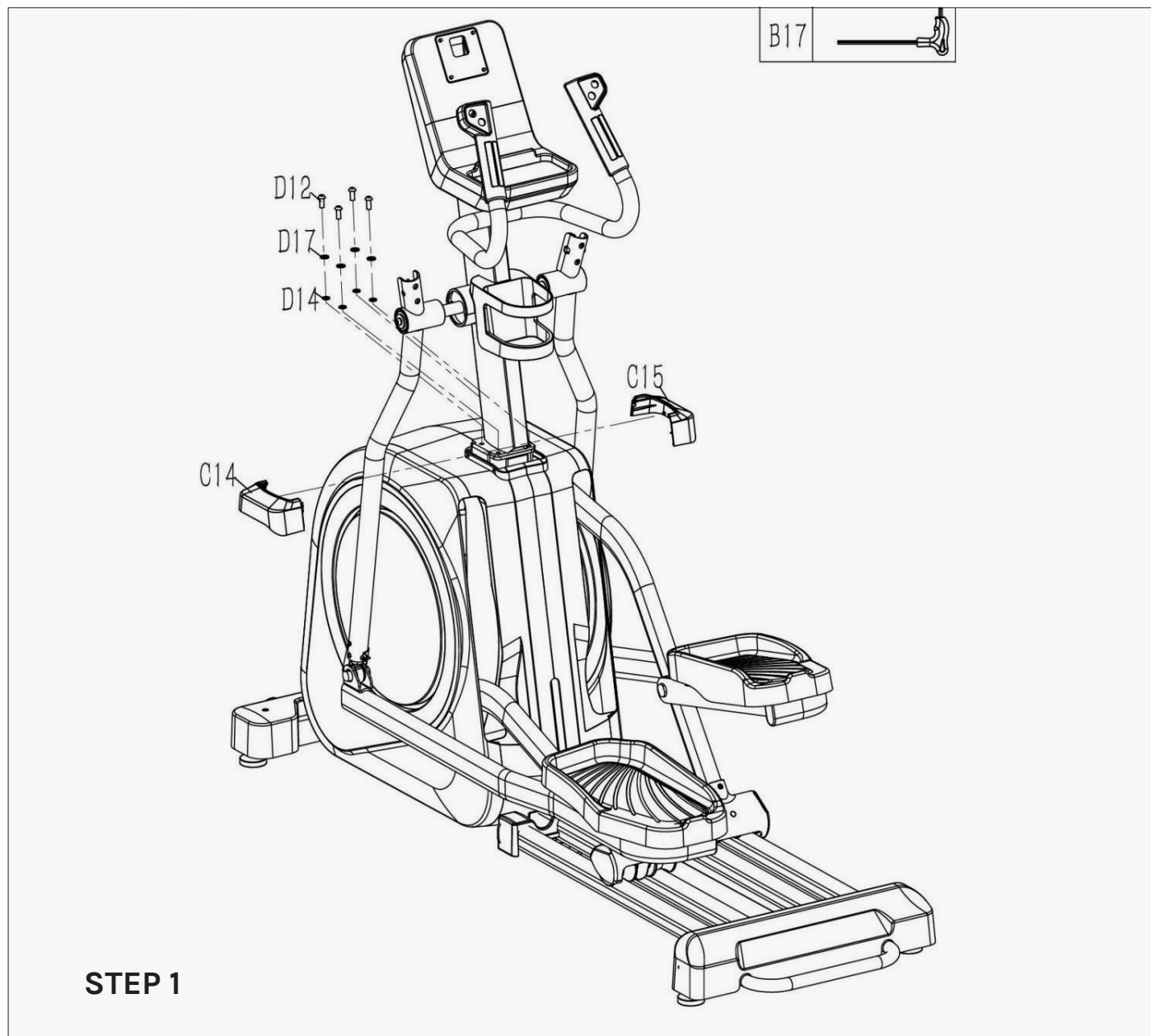
Assembly Unit

 A	 C14	 C15	 C16	 C24
 C05	 C04	 C23	 C17	 C25
 E01	 A03	 A02	 B	 C

V. ASSEMBLY INSTRUCTIONS

! Before You Start

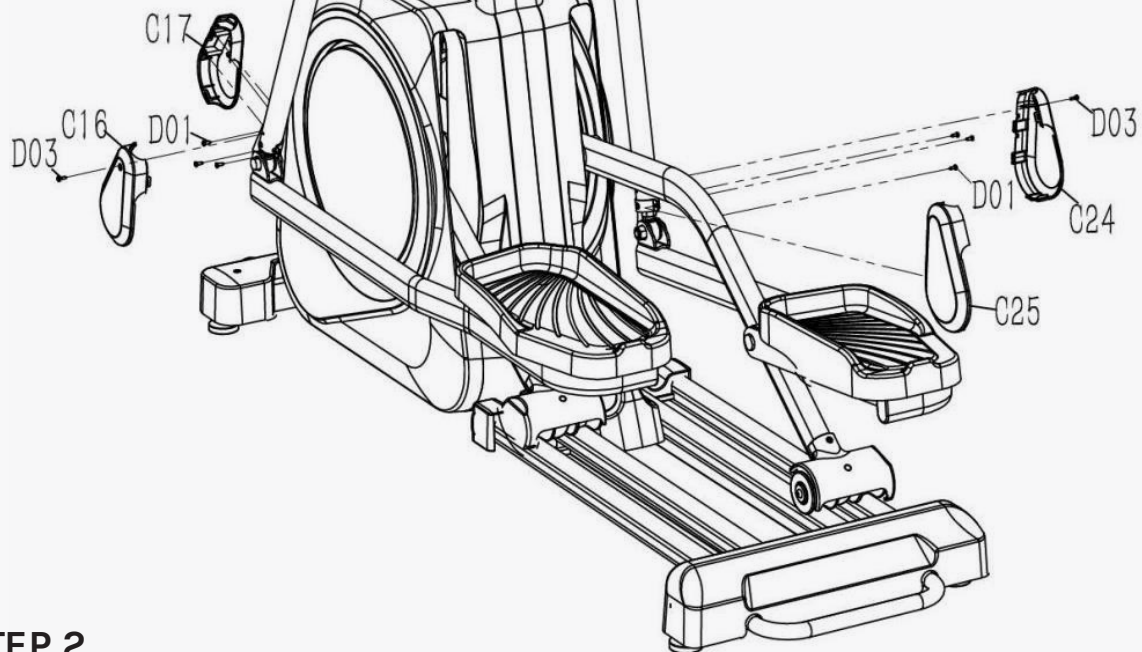
- Assemble the unit on a flat, stable surface.
- Ensure all parts listed in the Assembly Unit and Fixing Tools sections are present.
- Some parts may be pre-assembled on the machine.



Caution: Make sure not to pinch any cables when installing the upright post.

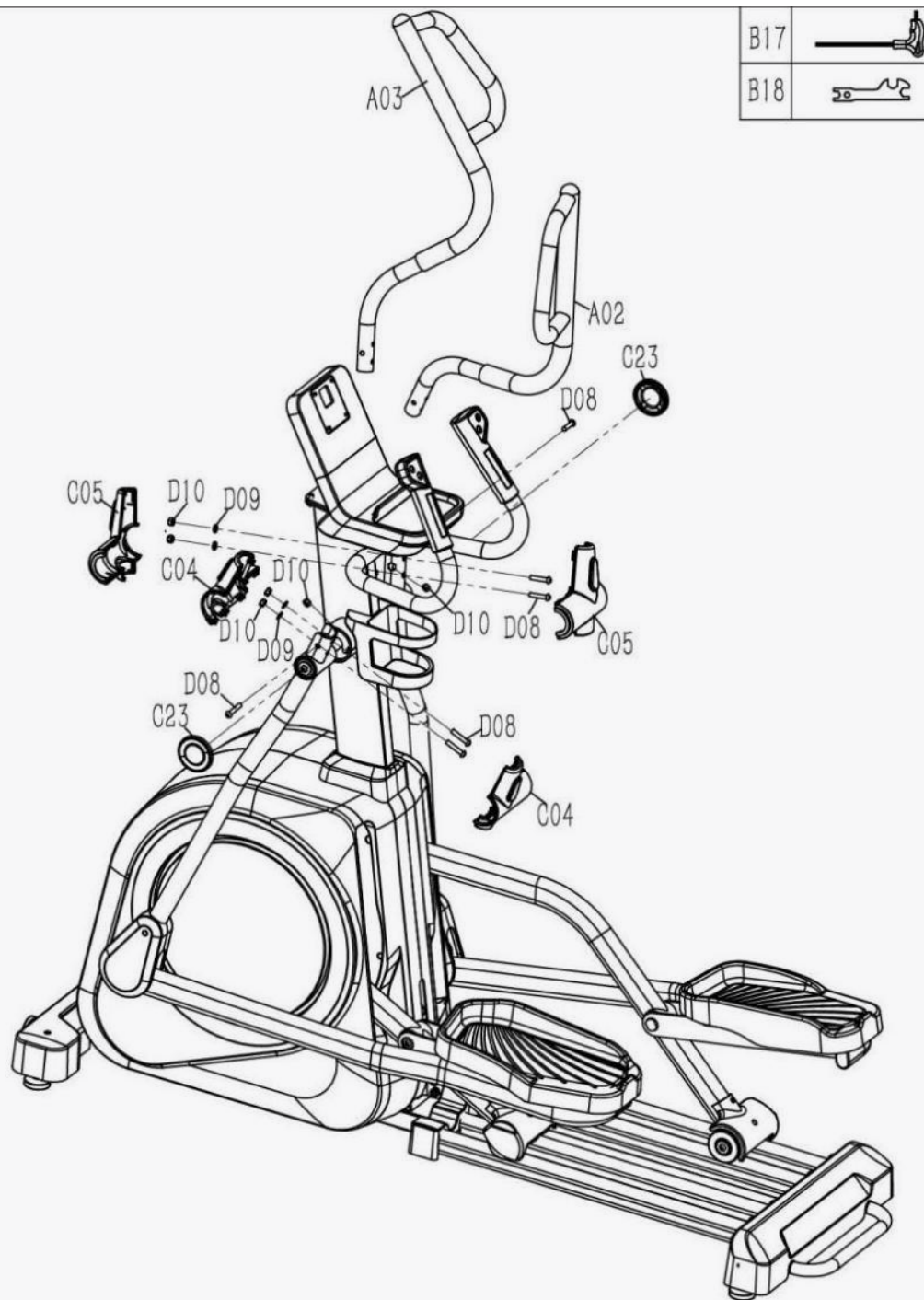
1. Place the main frame on a flat surface.
2. Carefully place the middle upright post into the mounting bracket on the main frame, ensuring the internal cable is not pinched.
3. Align the bolt holes on both sides of the upright post.
4. Secure the upright post using:
 - Bolts D12 (M8x20)
 - Washers D14
 - Nuts D17
5. Tighten all bolts evenly using (B17) tool.
6. Secure the covers (C14) and (C15) as pictured.

B16



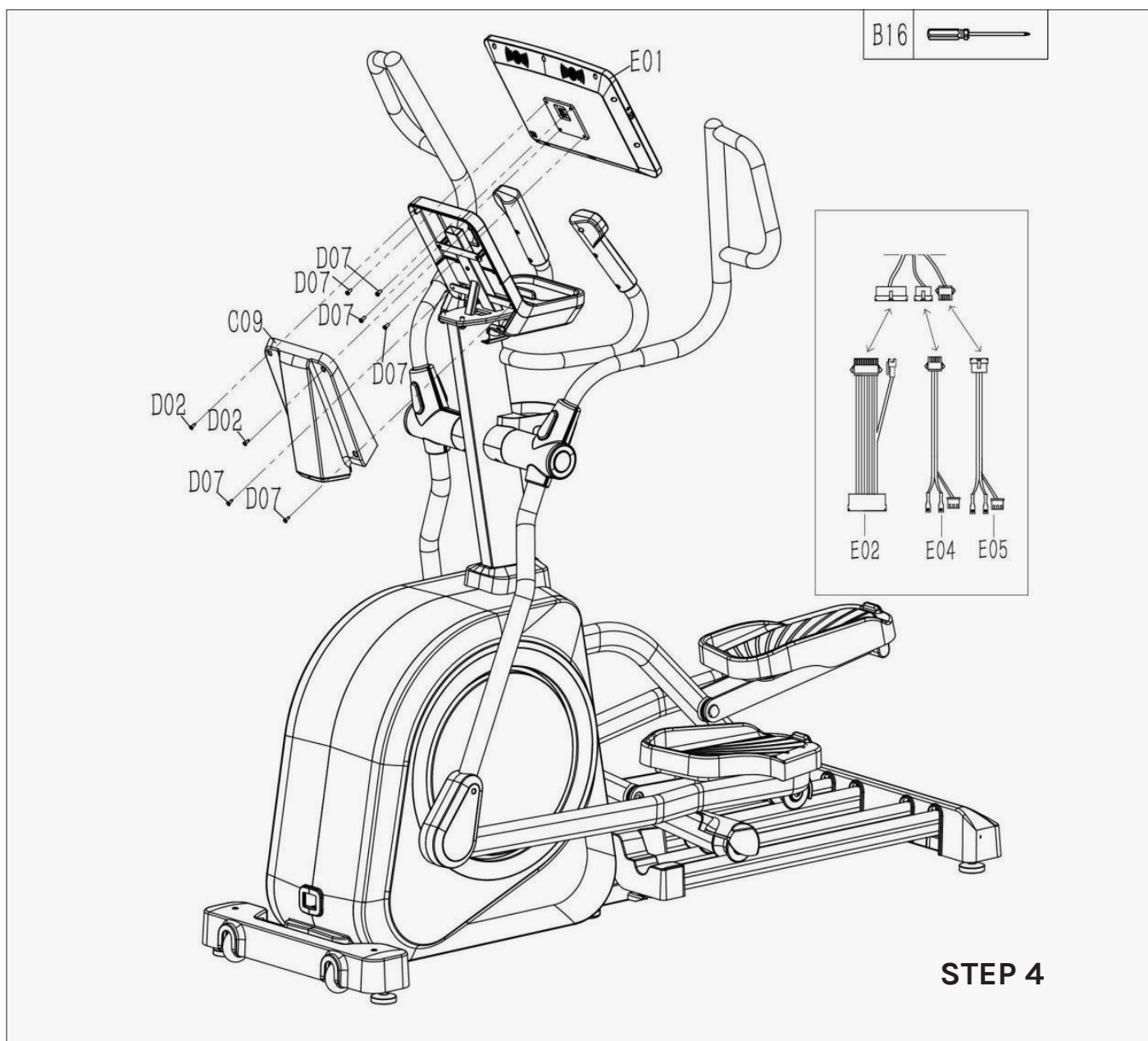
STEP 2

1. Attach the left pedal arm to the drive shaft on the left side of the main frame.
2. Secure the pedal arm using:
 - Screws D01 (ST4.2×16)
3. Repeat the same process on the right pedal arm.
4. Fit the left side covers (C16 and C17) over the pedal arm joint.
5. Secure the covers using:
 - Screws D03 (ST4.2×16)
6. Fit the right side covers (C24 and C25) over the pedal arm joint.
7. Secure using:
 - Screws D03 (ST4.2×16)
8. Tighten all screws using (B16) tool.



STEP 3

1. Attach the Left Handlebar (A02) and Right Handlebar (A03) to the handlebar mounting points on the upright post.
2. Align the holes and secure each handlebar using:
 - Bolts D08 (M8x45)
 - Washers D09 (Ø8×20×1.5)
 - Nuts D10 (M8)
3. Repeat for the right moving arm.
4. Tighten all fasteners using: (B17) and (B18) tool.
5. Fit the joint covers:
 - (C04) and (C05) on both sides of the handlebar joints
 - (C23) on both sides of the arms.



Caution: Make sure all cables are safely inside the tubes when mounting the console to avoid pinching the cables.

1. Connect the console cables:

- Join the main wire from the upright post to the corresponding plugs from the Console (E01).
- Ensure all connectors are fully inserted and aligned correctly (see wiring diagram).

2. Position the console onto the console bracket at the top of the upright post. Make sure not to pinch any of the cables.

3. Secure the console using:

- Screws D07

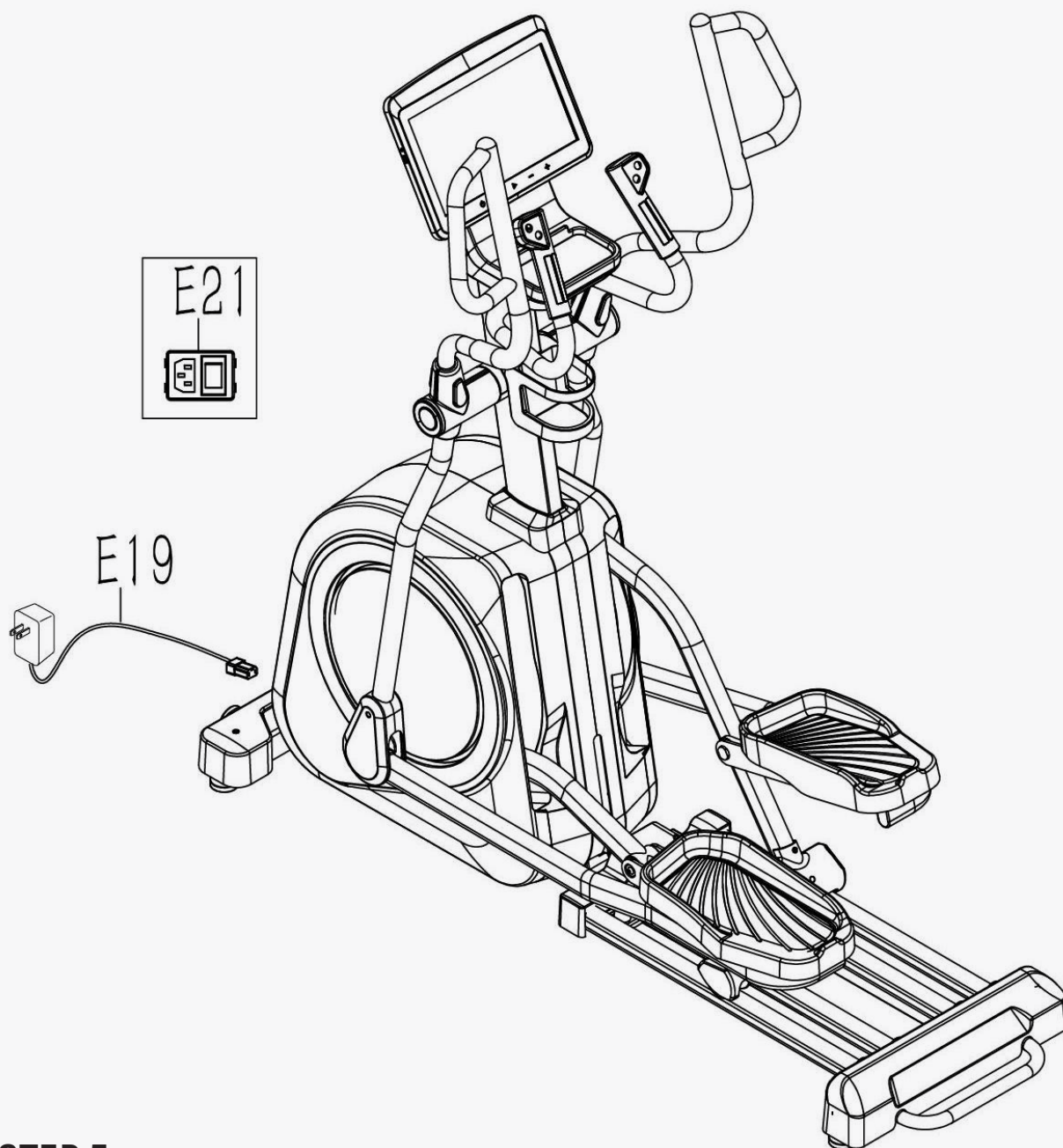
4. Tighten using the screwdriver (B16).

5. Fit the rear console cover (C09) onto the back of the console.

6. Secure the cover using:

- Screws D02
- Screws D07 (as shown)

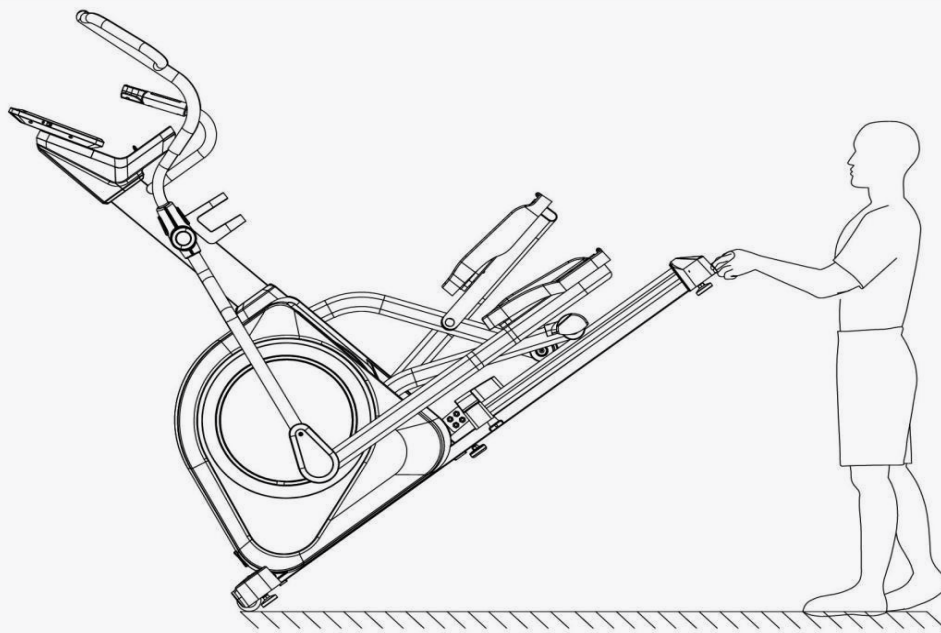
7. Check all screws are properly tightened.



STEP 5

1. Plug the power cord (E19) to the front of the machine section (E12). Turn on the plug once plugged into wall.

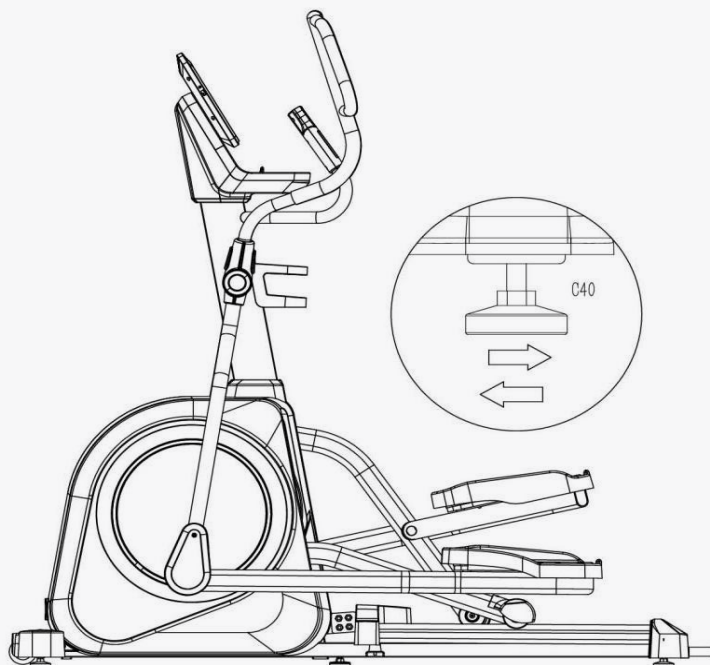
VI. MOVING INSTRUCTION



MOVING THE MACHINE

Before moving, unplug the power cord to the machine.

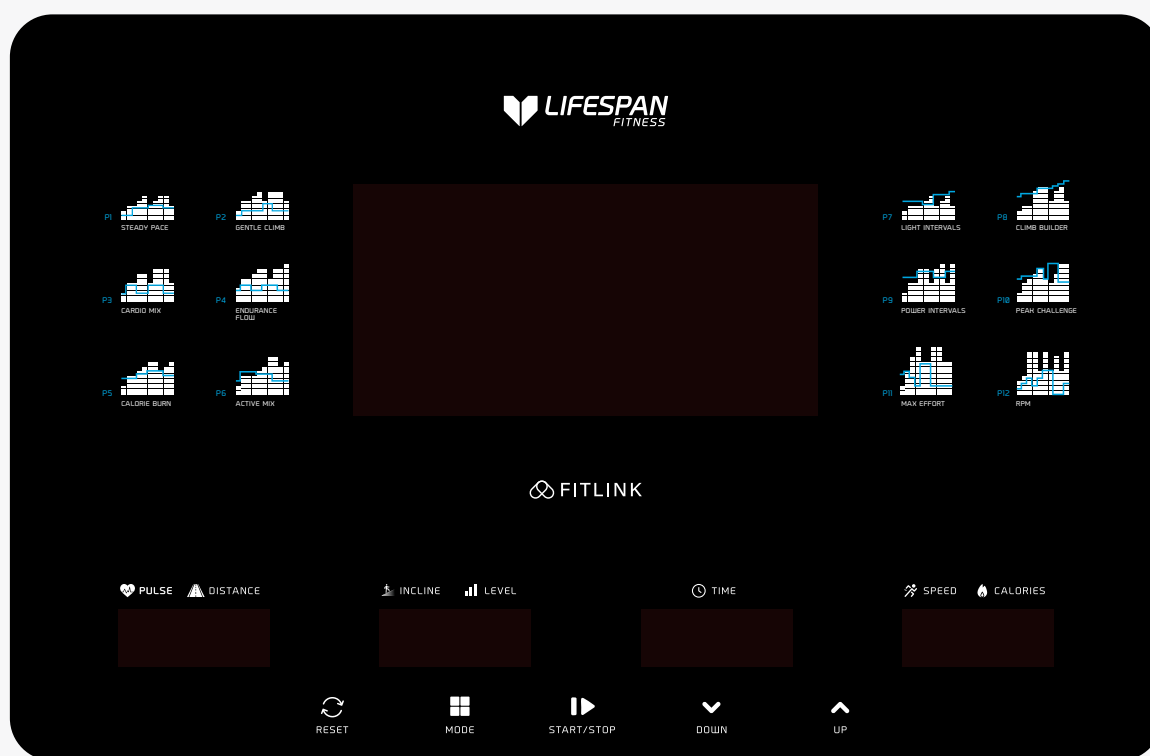
Lift the back end until the wheels are touching the ground at the front. Move to desired location, making sure to allow space at the front for the power cord.



FLOOR LEVELER

There are floor leveler at the front middle and back of the machine. Turn the foot pads clockwise or anti-clockwise until all pads are touching the ground and machine is stable.

VII. OPERATION GUIDE



BUTTON FUNCTIONS

1. RESET

- Standby mode: Press and hold for 5 seconds to reset all values.
- Pause mode: Press to stop the exercise and return to standby mode.
- Setting mode: Press to return to the previous setting page.

2. MODE

- Standby mode: Press to enter program selection.
- Use UP / DOWN to choose a program:
MANUAL, P1-P30, U1-U2, H1-H3, WATT
- Press MODE to confirm the selected program and enter the TIME / AGE / WEIGHT setting.
 - After completing settings, press START/STOP to begin exercising.
 - During exercise: Press to switch between display data screens.

3. START / STOP

- Standby mode: Press to start a quick workout.
 - During exercise: Press to pause the workout.
- Press again to resume.

4. DOWN

- Program setting mode: Press to scroll down through program options.
- During exercise: Press to decrease resistance level.

5. UP

- Program setting mode: Press to scroll up through program options.
- During exercise: Press to increase resistance level.

DISPLAY FUNCTIONS

1. **PULSE:** Displays your estimated heart rate when both hands are placed on the pulse sensors.

Note: This data is for reference only and should not be used for medical purposes.

2. **DISTANCE:** Displays the distance of the current workout in kilometres (km).

3. **WATT:** Displays the current power output in watts.

4. **LEVEL:** Displays the current resistance level.

5. **TIME:** Displays the elapsed workout time.

6. **INCLINE:** Displays the current incline level.

7. **SPEED:** Displays the current workout speed.

8. **CALORIES:** Displays the estimated calories burned during the workout.

MEDIA HUB (OPTIONAL)

1. **USB Port:** Used for charging compatible devices.

Charging only. Data transfer is not supported.

2. **Bluetooth App Connectivity:** Allows the console to connect with supported fitness apps, including: Fitlink, Kinomap, Zwift.

App compatibility may vary depending on device model, operating system, and app version.

MANUAL MODE

1. From standby mode, press the MODE button. The display will show MANUAL.

2. Press MODE to set the following values in order:

AGE → WEIGHT → TIME → DISTANCE → CALORIES

3. After completing the settings, press START to begin the workout.

4. The manual program is divided into 10 sections.

5. Press UP or DOWN to adjust the resistance level during each section.

6. During the workout, press START/STOP to pause the exercise.

- The resistance level will automatically return to Level 1.

- Press START/STOP again to resume the workout.

7. While in pause mode, pressing the PAUSE/STOP button on the left handlebar will stop the workout and return the console to standby mode.

8. If time countdown mode is selected, the console will beep three times when the set time reaches zero and the resistance level will return to Level 1.

9. Press RESET at any time to return to standby mode.

PRESET PROGRAMS (P1-P30)

1. From standby mode, press the MODE button to enter program selection.
2. Press UP / DOWN to select a preset program (P1 – P30).
3. Press MODE to confirm the selected program and set the following values:
AGE → WEIGHT → TIME
4. After completing the settings, press START to begin the workout.
5. Each preset program is divided into 10 sections.
6. Press UP or DOWN to adjust the resistance level during each section.
7. During the workout, press START/STOP to pause the exercise.
 - The resistance level will automatically return to Level 1.
 - Press START/STOP again to resume the workout.
8. While in pause mode, pressing the PAUSE/STOP button on the left handlebar will stop the workout and return the console to standby mode.
9. If time countdown mode is selected, the console will beep three times when the set time reaches zero and the resistance level will return to Level 1.
10. Press RESET at any time to return to standby mode.

PROGRAM	TIME	SETTING TIME/10=EXERCISE TIME OF EACH SECTION									
		1	2	3	4	5	6	7	8	9	10
P1	Speed	4	6	6	8	10	6	8	10	10	6
	Incline	0	3	3	5	7	3	5	7	7	3
P2	Speed	4	8	8	10	12	8	12	12	12	8
	Incline	0	5	5	7	9	5	9	9	9	5
P3	Speed	4	8	8	12	12	8	14	14	14	8
	Incline	0	3	3	5	7	3	5	7	7	3
P4	Speed	6	10	10	12	14	14	10	14	14	16
	Incline	3	7	7	9	11	11	7	11	11	13
P5	Speed	4	8	8	10	12	14	14	10	12	14
	Incline	0	5	5	7	9	11	11	7	9	11
P6	Speed	4	8	8	8	10	12	16	16	12	14
	Incline	0	5	5	7	9	11	11	7	9	11
P7	Speed	4	6	6	6	8	10	6	8	10	6
	Incline	0	5	5	7	9	11	11	7	9	11
P8	Speed	4	6	6	12	14	14	8	12	14	8
	Incline	0	3	3	9	11	11	5	9	11	5
P9	Speed	4	8	8	14	14	8	14	16	8	16
	Incline	1	5	5	11	11	5	11	13	5	13
P10	Speed	4	8	10	12	14	10	8	12	16	16
	Incline	0	5	7	9	11	7	5	9	13	13
P11	Speed	4	10	16	20	14	14	20	20	14	14
	Incline	1	7	13	15	11	11	15	15	11	11
P12	Speed	6	8	18	18	10	18	10	16	10	18
	Incline	3	5	11	11	7	11	7	13	7	11
P13	Speed	6	6	12	12	6	6	12	12	6	6
	Incline	3	3	9	9	3	3	9	9	3	3
P14	Speed	6	6	6	12	12	12	6	6	6	12
	Incline	3	3	3	9	9	9	3	3	3	9
P15	Speed	4	4	4	4	12	12	12	12	4	4
	Incline	1	1	1	1	9	9	9	9	1	1
P16	Speed	6	10	14	10	6	10	14	10	6	10
	Incline	3	7	11	7	3	7	11	7	3	7

P17	Speed	4	14	4	14	4	14	4	14	4	14
	Incline	1	11	1	11	1	11	1	11	1	11
P18	Speed	4	4	14	14	4	4	14	14	4	4
	Incline	0	1	11	11	1	1	11	11	1	1
P19	Speed	4	8	14	4	8	14	4	8	14	4
	Incline	1	5	11	1	5	11	1	5	11	1
P20	Speed	4	8	12	14	12	10	8	4	8	12
	Incline	1	5	9	11	9	7	5	1	5	9
P21	Speed	6	10	14	14	6	10	14	14	6	10
	Incline	3	7	11	11	3	7	11	11	3	7
P22	Speed	4	14	14	14	4	14	14	14	4	14
	Incline	1	11	11	11	1	11	11	11	1	11
P23	Speed	4	6	8	10	12	14	14	14	4	6
	Incline	1	3	5	7	9	11	11	11	1	3
P24	Speed	4	14	12	10	8	6	4	14	12	10
	Incline	1	11	9	7	5	3	1	11	9	7
P25	Speed	4	10	14	14	14	10	4	10	14	14
	Incline	1	11	9	7	5	3	1	11	9	7
P26	Speed	2	4	6	8	10	12	14	14	4	4
	Incline	0	1	3	5	7	9	11	11	1	1
P27	Speed	2	14	14	12	10	8	6	4	4	4
	Incline	0	11	11	9	7	5	3	1	1	1
P28	Speed	2	6	10	14	16	14	10	6	2	6
	Incline	0	3	7	11	13	11	7	3	0	3
P29	Speed	2	8	16	8	2	2	8	16	8	2
	Incline	0	5	13	5	0	0	5	13	5	0
P30	Speed	2	4	6	2	4	8	12	12	2	6
	Incline	0	1	3	0	1	5	9	9	0	3

USER PROGRAMS (U1-U2)

1. From standby mode, press the MODE button to enter program selection.
2. Press UP / DOWN to select U1 or U2.
3. Press MODE to confirm the selected program and set the following values:
AGE → WEIGHT → TIME
4. After completing the settings, press START to begin the workout.
5. Each user program is divided into 10 sections.
6. Press UP or DOWN to adjust the resistance level during each section.
7. During the workout, press START/STOP to pause the exercise.
 - The resistance level will automatically return to Level 1.
 - Press START/STOP again to resume the workout.
8. While in pause mode, pressing the PAUSE/STOP button on the left handlebar will stop the workout and return the console to standby mode.
9. If time countdown mode is selected, the console will beep three times when the set time reaches zero and the resistance level will return to Level 1.
10. Press RESET at any time to return to standby mode.

HEART RATE CONTROL PROGRAMS (H1-H3)

1. From standby mode, press the MODE button to enter program selection.
2. Press UP / DOWN to select H1, H2, or H3.
 - H1: $(220 - \text{AGE}) \times 60\%$
 - H2: $(220 - \text{AGE}) \times 70\%$
 - H3: $(220 - \text{AGE}) \times 80\%$
3. Press MODE to confirm the selected program and set the following values:
AGE → WEIGHT → TIME → THR (Target Heart Rate)
4. After completing the settings, press START to begin the workout.
Automatic Resistance Adjustment
5. During the workout, the resistance level will adjust automatically based on your actual heart rate compared to the target heart rate (THR):
 - If heart rate is 25 bpm or more below THR, resistance increases by 3 levels after 30 seconds (up to the maximum level)
 - If heart rate is 15-25 bpm below THR, resistance increases by 2 levels after 30 seconds (up to the maximum level).

- If heart rate is 5–15 bpm below THR, resistance increases by 1 level after 30 seconds (up to the maximum level).
- If heart rate is within ± 5 bpm of THR, resistance level is maintained.
- If heart rate is 5–15 bpm above THR, resistance decreases by 1 level after 30 seconds (down to the minimum level).
- If heart rate is more than 15 bpm above THR, resistance decreases by 2 levels after 30 seconds (down to the minimum level).

WORKOUT CONTROLS

6. During the workout, press START/STOP to pause the exercise.
 - The resistance level will automatically return to Level 1.
 - Press START/STOP again to resume the workout.
7. While in pause mode, pressing the PAUSE/STOP button on the left handlebar will stop the workout and return the console to standby mode.
8. If time countdown mode is selected, the console will beep three times when the set time reaches zero and the resistance level will return to Level 1.
9. Press RESET at any time to return to standby mode.

Note: Heart rate data is for reference only and should not be used for medical purposes.

VIII. EXERCISE GUIDE

ⓘ PLEASE NOTE:

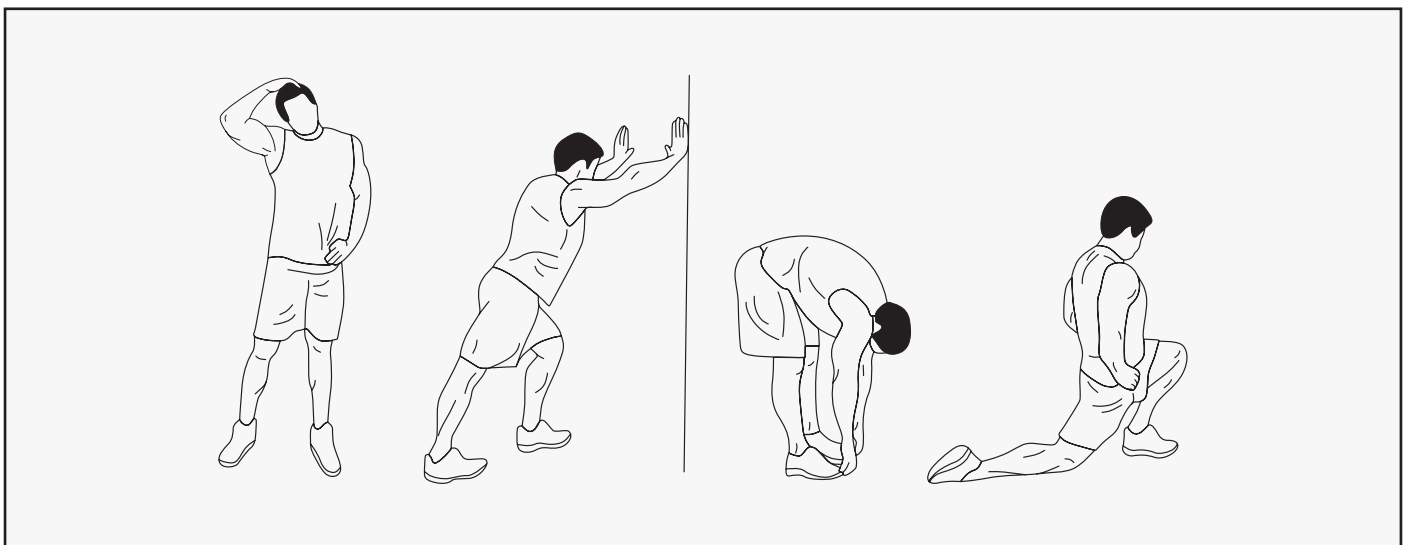
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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

Exercising is great way to control your weight, improving your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not have to work so hard. It will pump a lot fewer times per minute, reducing the wear and tear of your heart.

So as you can see, the fitter you are, the healthier and greater you will feel.



WARM UP

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

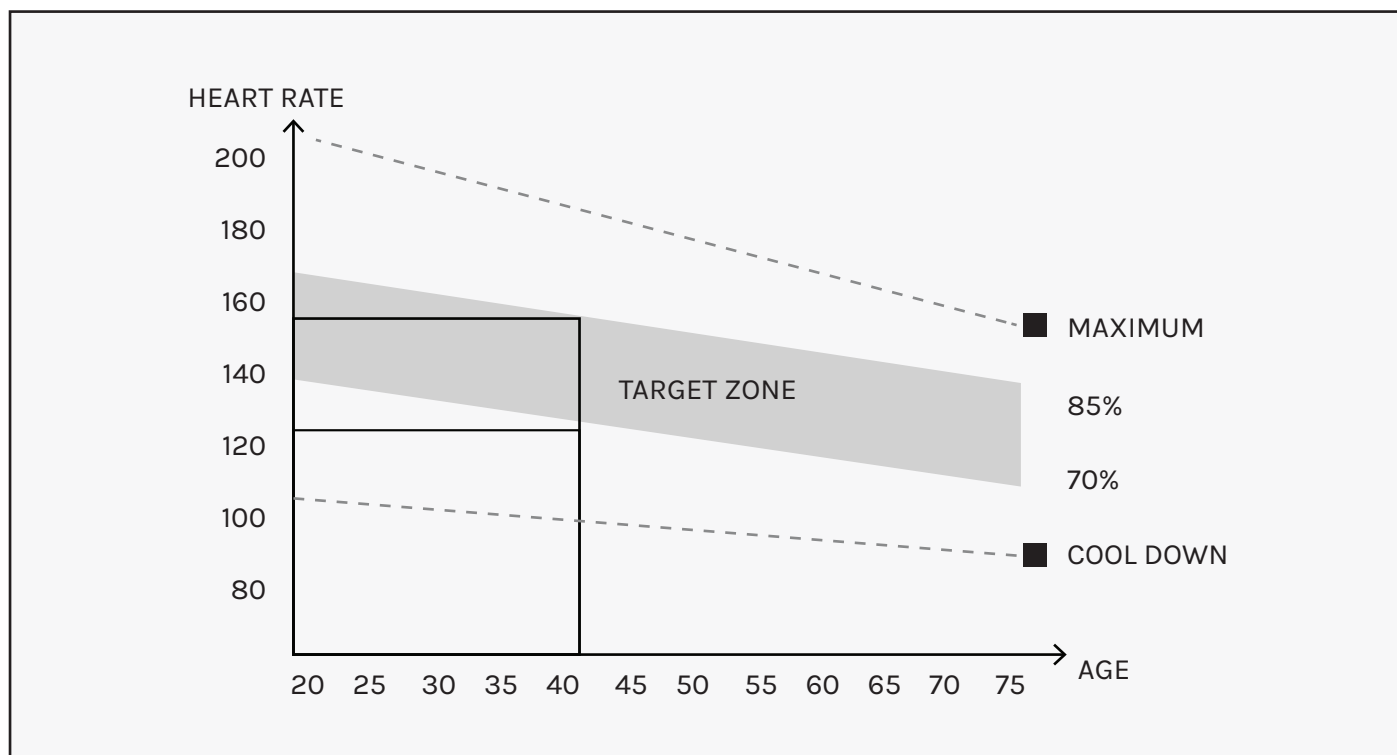
TRAINING ZONE EXERCISE

After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.

COOL DOWN

Finish each workout with a light jog or walk for at least 1 minute. Then complete 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

WORKOUT GUIDELINES



! This is how your pulse should behave during general fitness exercise. Remember to warm up and cool down for a few minutes.

IX. WARRANTY

AUSTRALIAN CONSUMER LAW

Many of our products come with a guarantee or warranty from the manufacturer. In addition, they come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage.

You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. Full details of your consumer rights may be found at www.consumerlaw.gov.au.

Please visit our website to view our full warranty terms and conditions:
<http://www.lifespanfitness.com.au/warranty-repairs>

WARRANTY AND SUPPORT

Any claim against this warranty must be made through your original place of purchase. Proof of purchase is required before a warranty claim may be processed.

If you have purchased this product from the Official Lifespan Fitness website, please visit <https://lifespanfitness.com.au/warranty-form>

For support outside of warranty, if you wish to purchase replacement parts or request a repair or service, please visit <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

WIRELESS PLUSE (Optional)

Supports the standard 5.3Khz wearing heart rate detector.

! NOTE:

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

This product comes equipped with hand pulse sensors which are used to pick up tiny EKG/ECG signals that run through the body when your heart beats. These electrical EKG/ECG signals are very small and must be amplified 1000 times to make the signal viable for the computer to display your pulse.

To ensure proper operation:

- The user must maintain good, consistent contact on all four sensors.
- The users skin cannot be too dry or too wet.

Other factors that could affect the reading:

- Change of grip on the sensors (during slow pace walking and up to running).
- Tightening of hand muscles will produce small electrical signal.
- Static electricity charges from the air or from walking on the treadmill.

EKG/ECG Sensors may filter through actual EKG/ECG signals and "Noise" factors that may affect the reading. This will cause the pulse reading to be delayed and will take longer to update the display as the heart rate changes. Too much noise will create an incorrect reading. Medical conditions or having no electrical signal in the hands are other factors that may also affect pulse readings.

These are limitations of hand pulse technology and even the most expensive systems (which can cost upwards of \$3,000) used in hospitals have the same problems. The difference is that a patient in a hospital is not running on a treadmill. Hand pulse technologies work well on stationary exercise machines like bikes and even elliptical cross trainers but are not perfect on a treadmill. We offer treadmills with a wireless heart rate receiver which may be the more accurate option.

To test if your hand pulse sensors are working up to specification, hold them while standing on the sidestep rails, not walking, and see if the reading is more in line with what you would expect. This will eliminate the movement and static electricity factors. If your hands are dry, then wet them slightly (saliva works as a great conductor if this doesn't bother you).

SECURITY SUPPORT INFORMATION

Reporting

To report a cyber security issue, please email support@gflgroup.com.au with product details and a description of the issue.

We will acknowledge receipt and provide updates as it is investigated

Device Support Period

This product will receive security updates for a minimum of 12 months from the date of purchase.



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