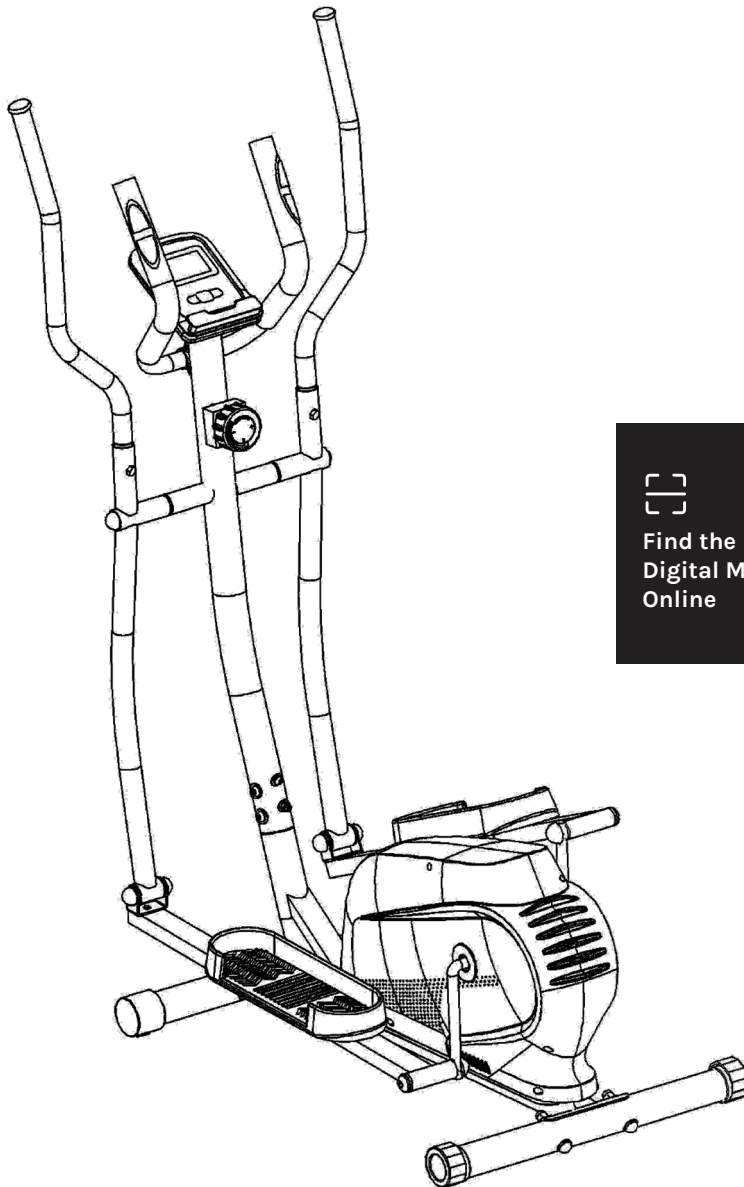# LSG

CTG-300
Cross Trainers

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 may be subject to updates or changes. Up to date manuals are available through our website at www.lsgfitness.com.au

TABLE OF CONTENTS

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

- Lubricate moving joints with grease after periods of usage.

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

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

- 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.
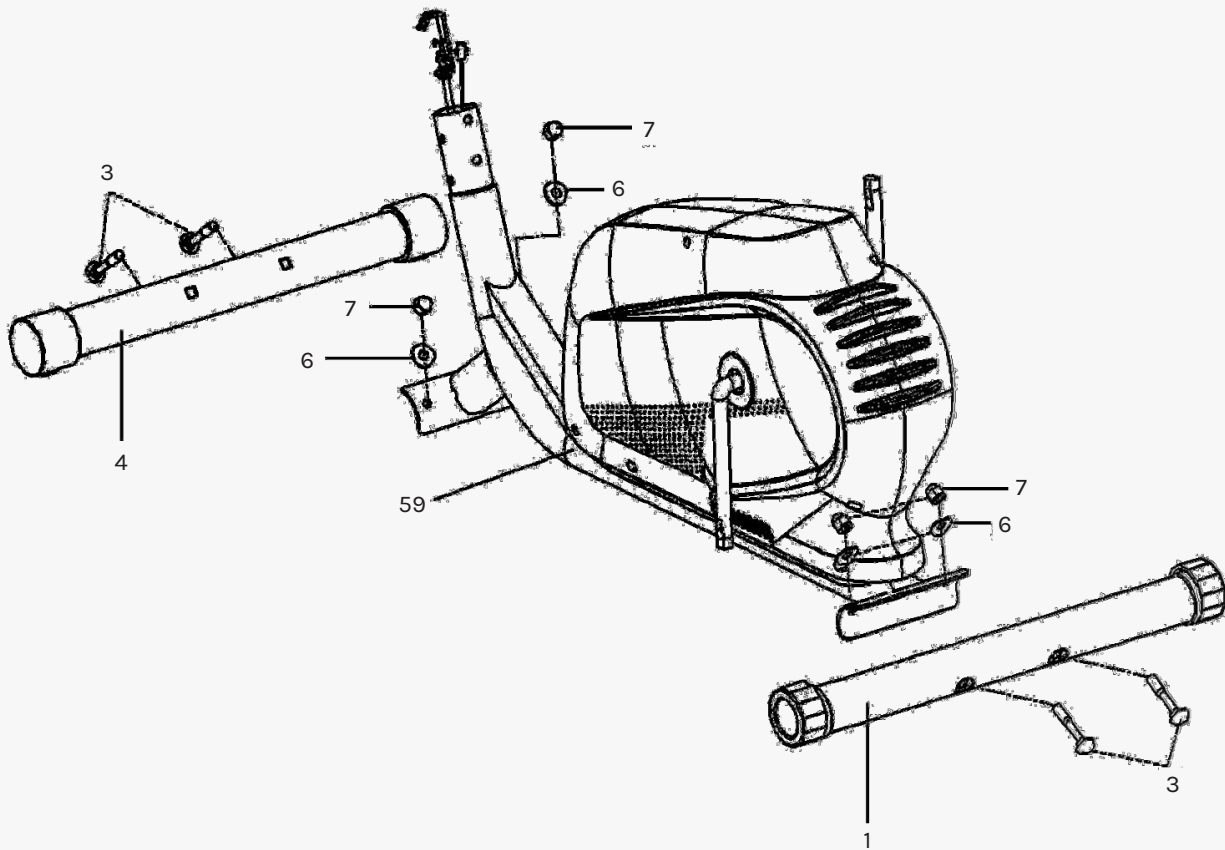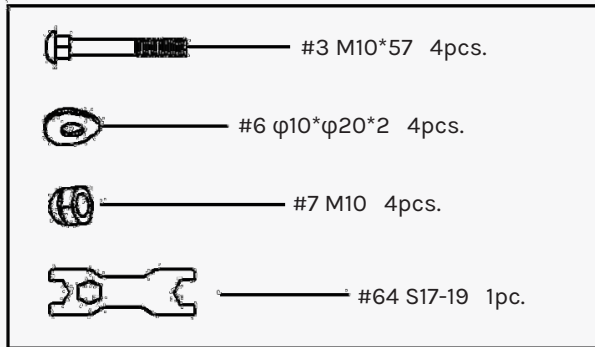
III. EXPLODED DIAGRAM

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	Qty	No.	Description	Qty
1	Rear Bottom Tube	1	26	Axis Sleeve φ32	4
2	Front Bottom Tube Cap	2	27	Bolt M8x65	2
3	Bolt M10*57	4	28L	L Swing Rod	1
4	Front Bottom Tube	1	28R	R Swing Rod	1
5	Cap with Roller	2	29	Bolt M8*16	2
6	Curved Washer D10	4	30	Washer D8	7
7	Nut M10	4	31	Washer φ8.5*φ32*2	2
8	Pedal Bolt φ16x89x1/2"x20-左	1	32	Axis Sleeve φ32	4
9	Curved Washer φ16	2	33	Bolt M8*35	2
10	Axis Sleeve φ28	4	34	Curved Washer D8	9
11	Spring Washer φ13	2	35	Nut M8	2
12	Nut (L) 1/2"x20-	1	36	Bushing	2
13	Cap S18	2	37L	L Handlebar	1
14	Pedal Bolt φ16x89x1/2"x20	1	37R	R Handlebar	1
15L	L Pedals Tube	1	38	Tube Cap φ28	2
15R	R Pedals Tube	1	39	Foam	2
16	Nut (R) 1/2"x20	1	40	Bolt M8*60	2
17	Stepper	2	41	Bolt M8*20	3
18	Bolt M10x45	6	42	Upright	1
19	Washer φ10.5*φ20*2	4	43	Bushing	2
20	Nut M10	6	44	Curved Washer φ19	2
21	U Support	2	45	Monitor	1
22	Washer φ10.5*φ26*2	4	46	Bolt M5*10	2
23	Nut M8	4	47	Pulse	2
24	Cap S13	6	48	Washer φ6*φ12*1	2
25	Pushing	2	49	Screw ST4.2*20	2

No.	Description	Qty	No.	Description	Qty
50	Mid Handlebar	1	80	Washer	1
51	Foam	2	81	Belt Disk	1
52	Tube Cap	2	82	Magnetic	1
53	Mid Wire	1	83	Belt 360PJ6	1
54	Tension	1	84	Spring Washer D6	2
55	Screw M5*40	1	85	Snap Ring D12	2
56	Washer D5	1	86	Magnetic Axis	1
57	Tube Cap	2	87	Magnetic Board	1
58	Union Crank	1	88	Magnetic	4
59	Main Frame	1	89	Magnetic Support	1
60	Tension Down Wire	1	90	Tension Spring	1
61	Wrench S6	1	91	Screw ST3*10	5
62	Wrench S8	1	92	Nut M6	3
63	Multi-function Wrench S13-14-15	1	93	Bolt M6*60	1
64	Wrench 17-19	2	94	Washer φ10.5*φ20*2	1
65	Washer φ8.5*φ19*1.5	4	95	Idler Pushing	1
66	Cap S14	2	96	Idler	1
67	Screw ST4.2*20	7	97	Screw M10*40	1
68	Tube Cap Φ12	2	98	Screw M6*30	1
69	Bolt M8*30	2	99L	L Chain Cover	1
70	Axis 6001RS	2	99R	R Chain Cover	1
71	Axis Support	2	100	Bearing Baffle	2
72	Flywheel Axis	1	101	Screw ST4.2*16	5
73	Flywheel	1	102	Sensor	1
74	Nut	2	103	Hole Cap	2
75	Washer	1	104	Nylon Nut M10	1
76	Nut	1	105	Bolt M6*15	4
77	Ball Frame	2	106	Washer φ6.5*φ16*1.5	4
78	Ball Bowl	2	107	Bolt M6*9	6
79	Nut	1			

V. ASSEMBLY INSTRUCTIONS

#3 M10*57 4pcs.

#6 φ10*φ20*2 4pcs.

#7 M10 4pcs.

#64 S17-19 1pc.

7

3

6

7

6

4

7

59

6

7

6

3

1
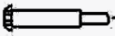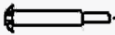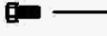
STEP 1

1. Secure the front bottom tube (4) to main frame (59) with bolt (3), curved washer (6) and nut (7).

STEP 2

Parts list:
- #40 M8*60 2pcs.
- #41 M8*20 3pcs.
- #34 φ8.5*φ20*2 7pcs.
- #23 M8 2pcs.
- #30 D8 3pcs.
- #56 D5 1pc.
- #55 M5*40 1pc.
- #61 S6 1pc.
- #63 S13-14-15 1pc.

1. Turn #54 to highest setting to increase the maximum length to tension cable. Secure the tension controller (54) to upright (42) with washer (56) screw (55). Connect the mid wire (53) and sensor (102), and tension controller (54) with down wire (60).

2. Secure upright (42) to main frame with bolt (40), bolt (41) washer (30) curved washer (34) and nylon nut (23).

Parts list (boxed):

- #8 φ16*89*1/2*S8 1pc.
- #14 φ16*89*1/2*S8 1pc.
- #29 M8*16*S14 2pcs.
- #31 φ8.5*φ32*2 2pcs.
- #30 D8 2pcs.
- #44 φ19*φ26*0.3 2pcs.
- #43 φ19*φ32*75 2pcs.
- #16 B0.5 1pc.
- #12 B0.5 1pc.
- #11 D13 2pcs.
- #9 D16*φ26*0.3 2pcs.
- #13 S18 2pcs.
- #24 S13 4pcs.
- #66 S14 2pcs.
- #62 S8 1pc.
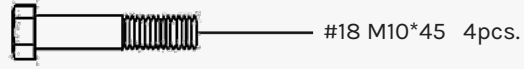- #63 S13-14-15 1pc.
- #64 S17-19 1pc.

STEP 3

1. Turn #54 to highest setting to increase the maximum length to tension cable. Secure the tension controller (54) to upright (42) with washer (56) screw (55). Connect the mid wire (53) and sensor (102), and tension controller (54) with down wire (60).
2. Secure upright (42) to main frame with bolt (40), bolt (41) washer (30) curved washer (34) and nylon nut (23).

#18 M10*45   4pcs.
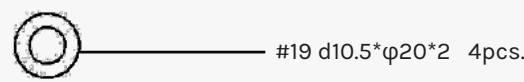
#19 d10.5*φ20*2   4pcs.
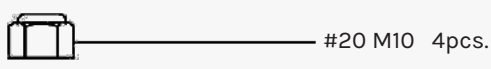
#20 M10   4pcs.

#63 S13-14-15   1pc.

#64 S17-19   1pc.

18

15R

15L

19

20

17
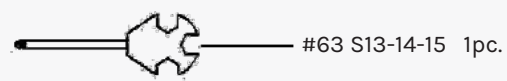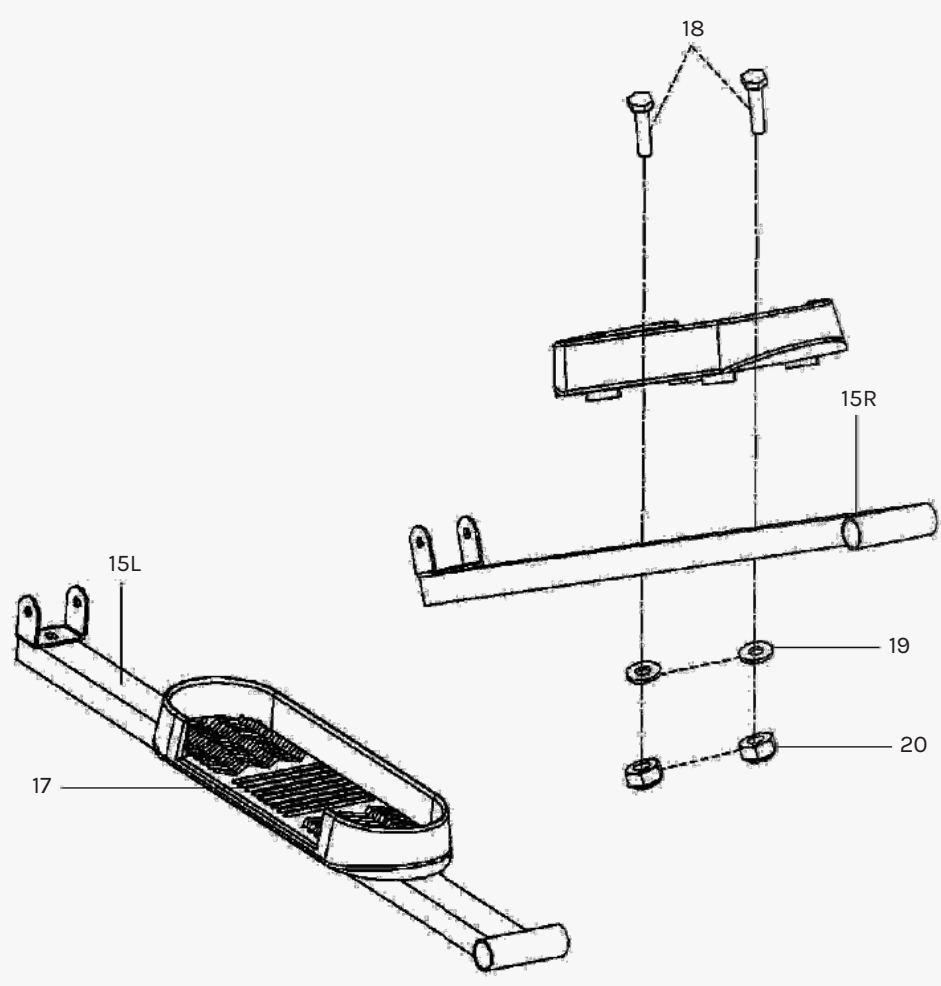
STEP 4

1. Secure the pedal (17) to L pedal (15L) and R pedal (15R) with bolt (18) washer (19) and nut (20).

#69 M8*20   2pcs.

#65 φ8.5*φ20*2   2pcs.

#30 D8   2pcs.

#46 M5*10   2pcs.

#61 S6   1pc.

#63 S13-14-15   1pc.

45   45

53   47

30

69

65

50

45

42

46

42   50

47

68
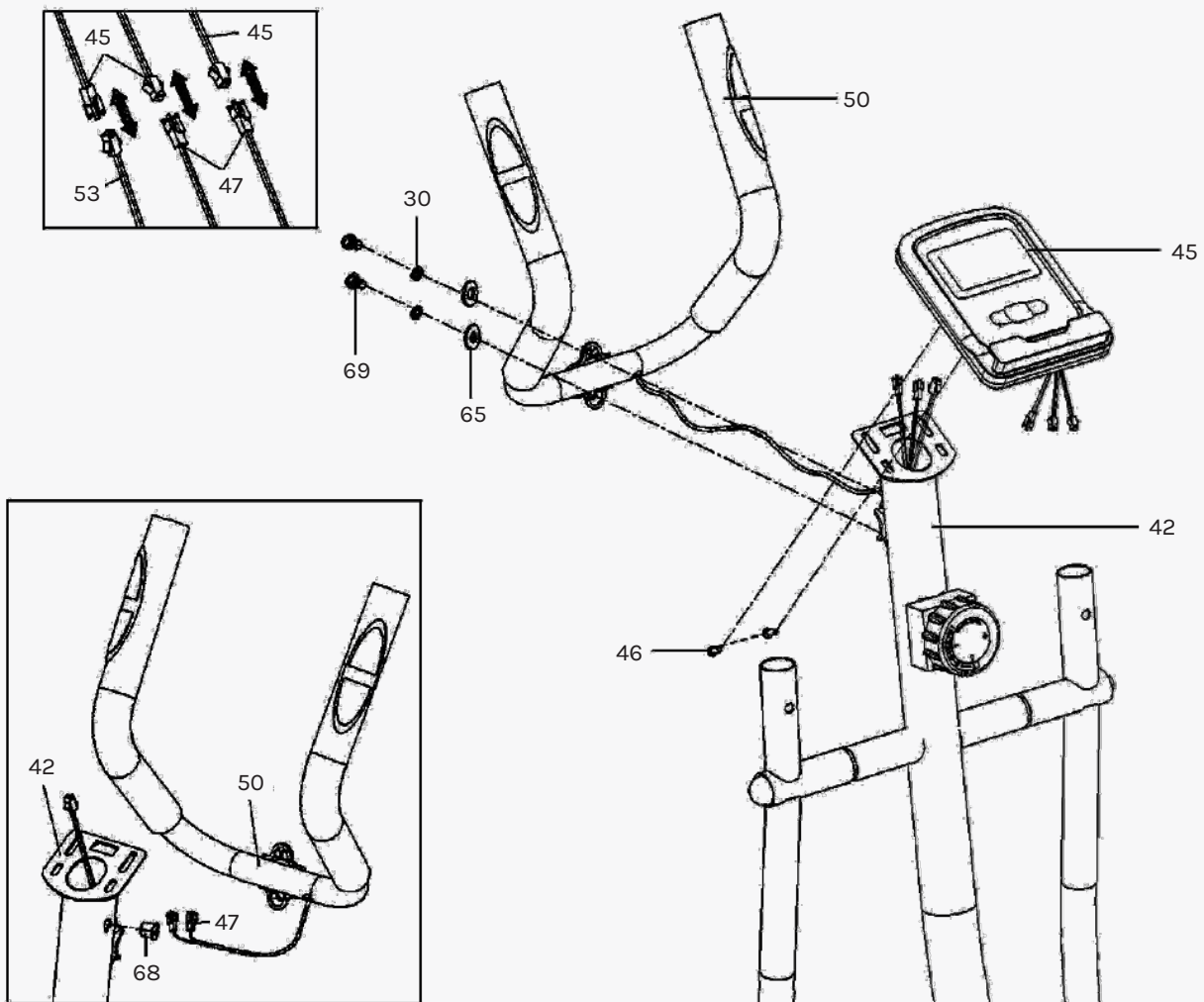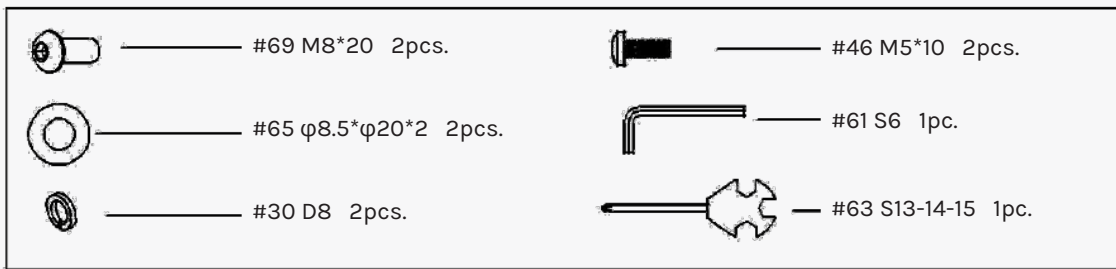
STEP 5

1. Pull out wire (68) from upright (42), thread the handlebar wire (47) from monitor support (42) and put back the wire pad (68) into upright (42).
2. Secure the mid handlebar (50) to upright (42) with screw (69) washer (30) and washer (65), then connect monitor (45) with mid wire (53).
3. Secure the monitor (45) to upright (42) using (46).

#33 M8*35*S14 2pcs.

#34 d8.5*φ20*2 2pcs.

#35 M8*S13 2pcs.

#63 S13-14-15 1pc.

37R

37L

35

34

33

35

34

33

28R

28L
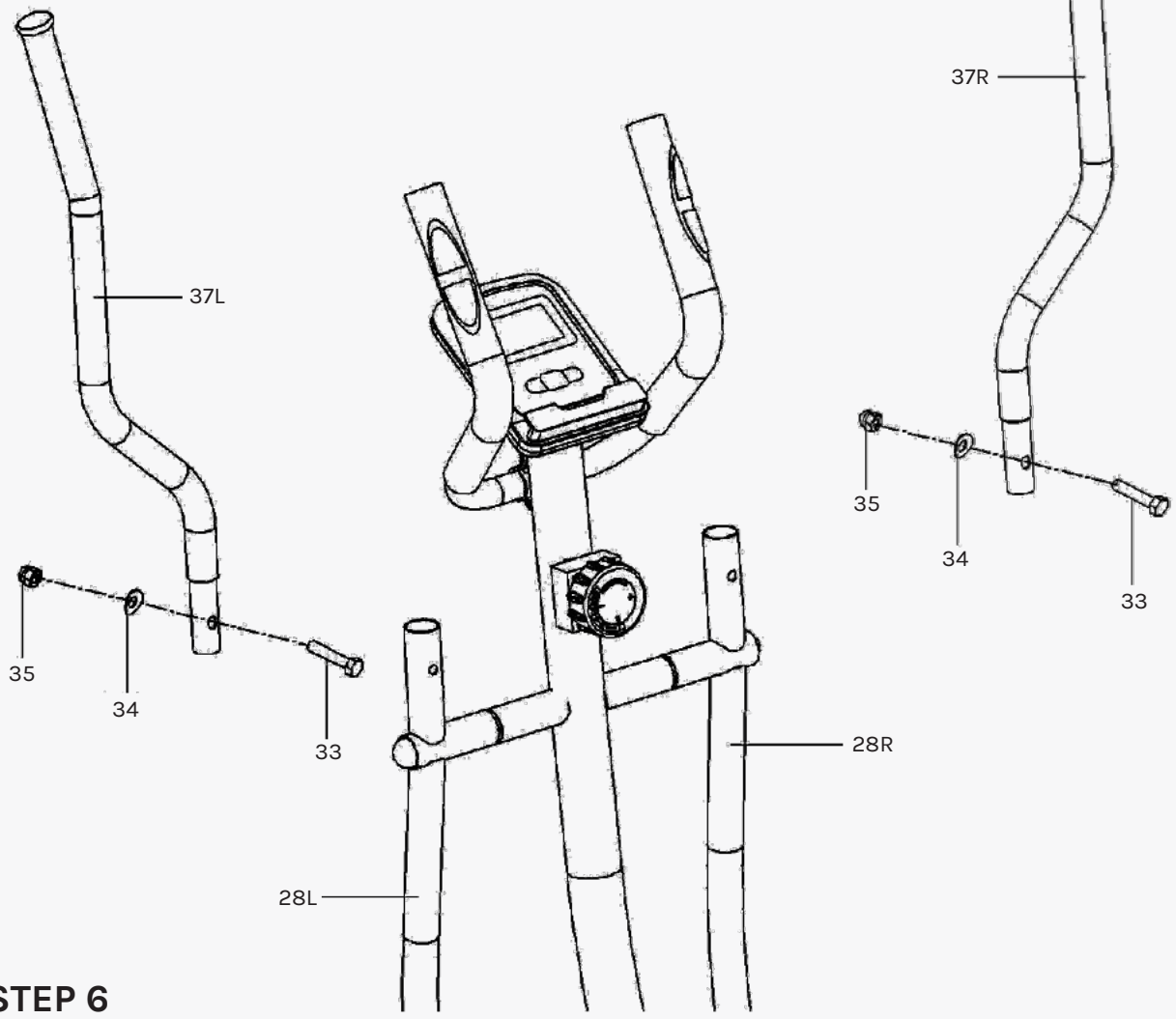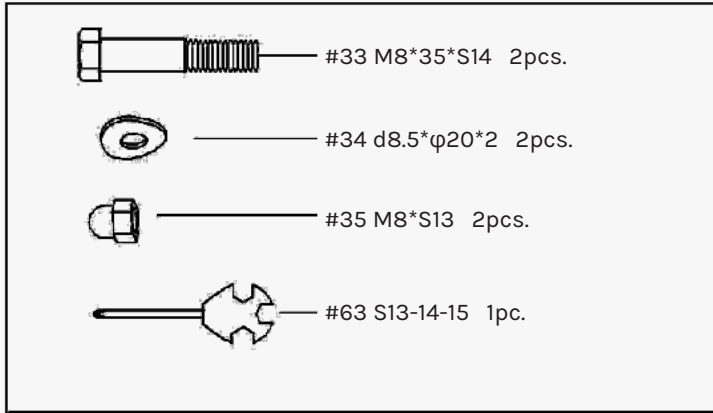
STEP 6

1. Insert the L handlebar (37L) to L swing rod (28L) and secure with bolt (33), washer (34), and nut (35).
2. Insert R handlebar (37R) to R swing rod (28R) and secure with bolt (33), washer (34), and nut (35).

VI. COMPUTER OPERATION

SPECIFICATIONS

TIME:	0:00~99:59 MIN
SPEED:	0.0~999.9 ML/H (KM/H)
DISTANCE:	0.00~9999 ML (KM)
CALORIE:	0.0~9999 KCAL
TOTAL DIST (ODO):	0.00~9999 ML (KM)
PULSE (IF AVAILABLE):	40~240 BPM

KEY FUNCTIONS

MODE:
This key lets you to select and lock on to a function you want. Pressing and hold 3 seconds to reset the value to zero (without ODO).

SET:
To set the values of TIME, DISTANCE, PULSE when not in scan mode. When starting exercise, the "SET" values of counted will be backwards. When the value of "SET" reaches 0, it's will be restored.

RESET:
In the SET mode, pressing the RESET key to reset the value to zero.

FUNCTIONS

1. TIME:
Press the MODE key until pointer lock in to TIME. The total working time will be displayed when starting exercise.

2. SPEED:
Press the MODE key until pointer lock in to SPEED. The current speed will be displayed when starting exercise.

3. DISTANCE:
Press the MODE key until pointer lock on to DISTANCE. The distance of each workout will be displayed when starting exercise.

4. CALORIE:
Press the MODE key until pointer lock on to CALORIE. The calorie burned will be displayed when starting exercise.

5. ODO:
The total distance which this function is refers to from battery capacity period runs.

6. PULSE (IF AVAILABLE):

Press the MODE key until the pointer advance to PULSE function and put ear-clip to ear or the hand take hole of the sensor about 3 seconds show out.

7. SCAN:

Display changes according to the next diagram every 6 seconds. Automatically display of the following functions in the order displayed:

TIME --- SPEED --- DISTANCE --- CALORIE --- ODO --- PULSE (if present) --- SCAN

(!) **NOTE:**

1. Without any signal coming in 4-5 minutes, the LCD display will be shut off automatically.
2. When there is signal input, the monitor automatically turns on.
3. If monitor is not displaying and results or digits are not clear, the battery will need to be replaced.
4. The monitor use 2pcs of 1.5v "AAA" batteries.

VII. 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.
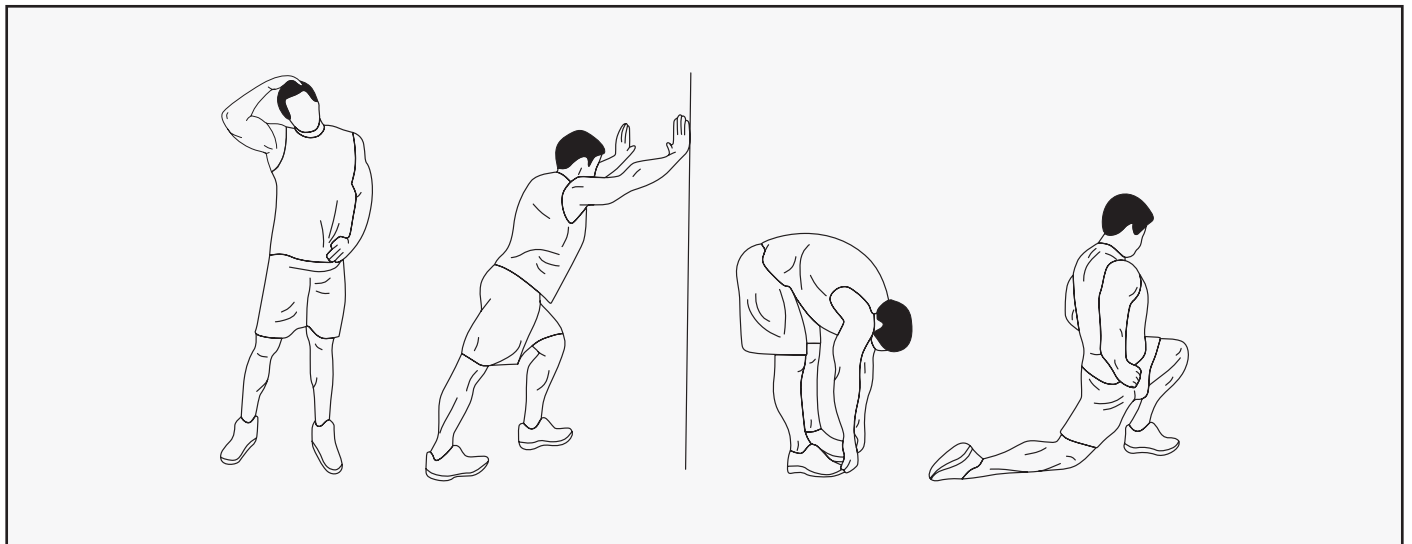
WARM UP

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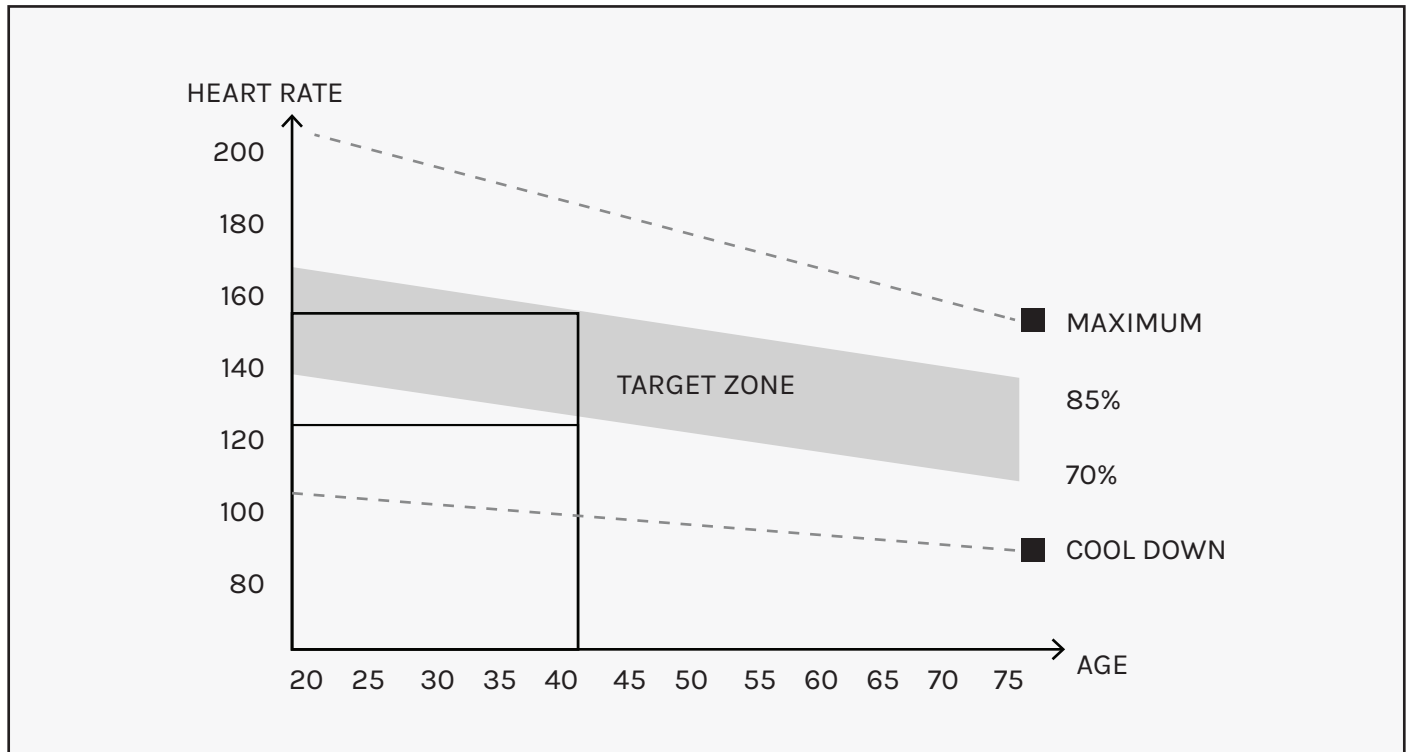
(!) This is how your pulse should behave during general fitness exercise. Remember to warm up and cool down for a few minutes.

The most important factor here is the amount of effort you put in. The harder and longer you work, the more calories you will burn.

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**.

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

WARRANTY AND SUPPORT

Please email us at **support@lifespanfitness.com.au** for all warranty or support issues.

For all warranty or support related enquiries, please lodge a support ticket first by sending us an email.

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).

LSG