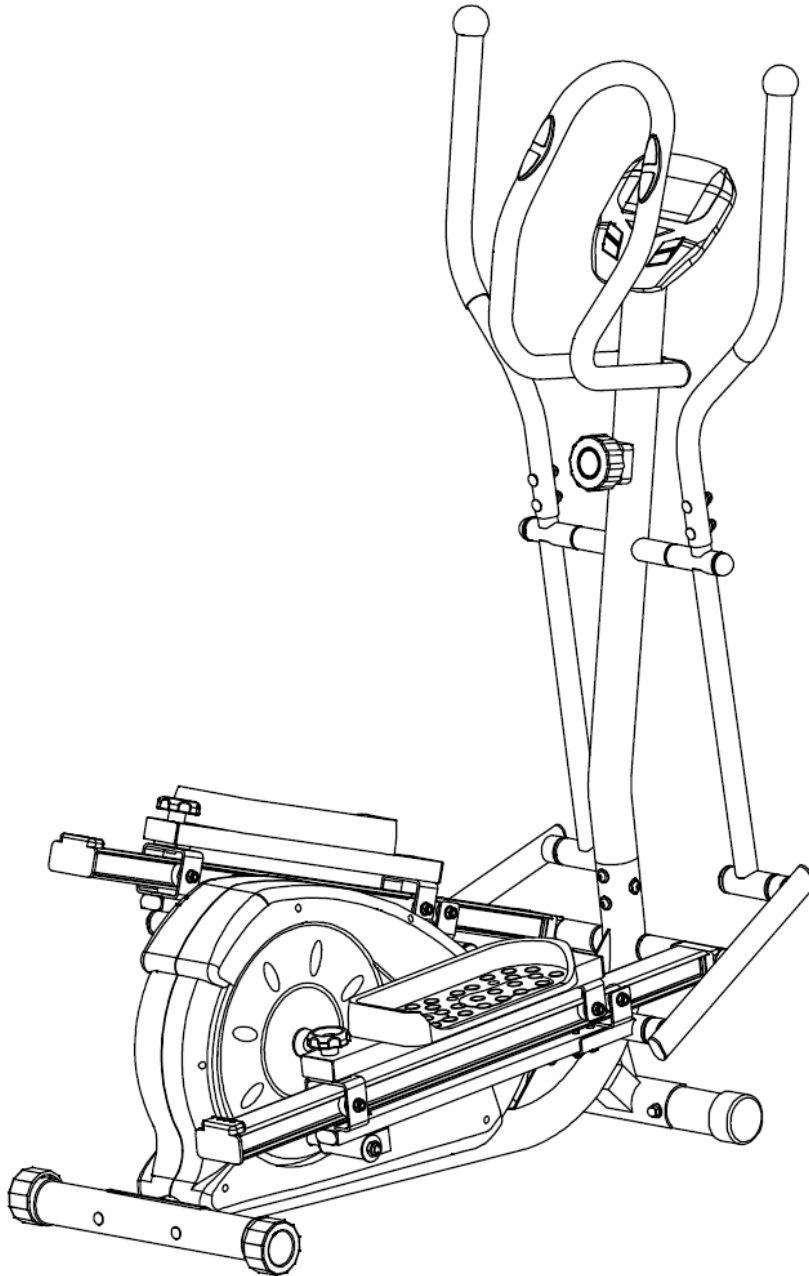


LifeSPAN

ST-11 OWNER'S MANUAL



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.

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1. 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

- a. 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.

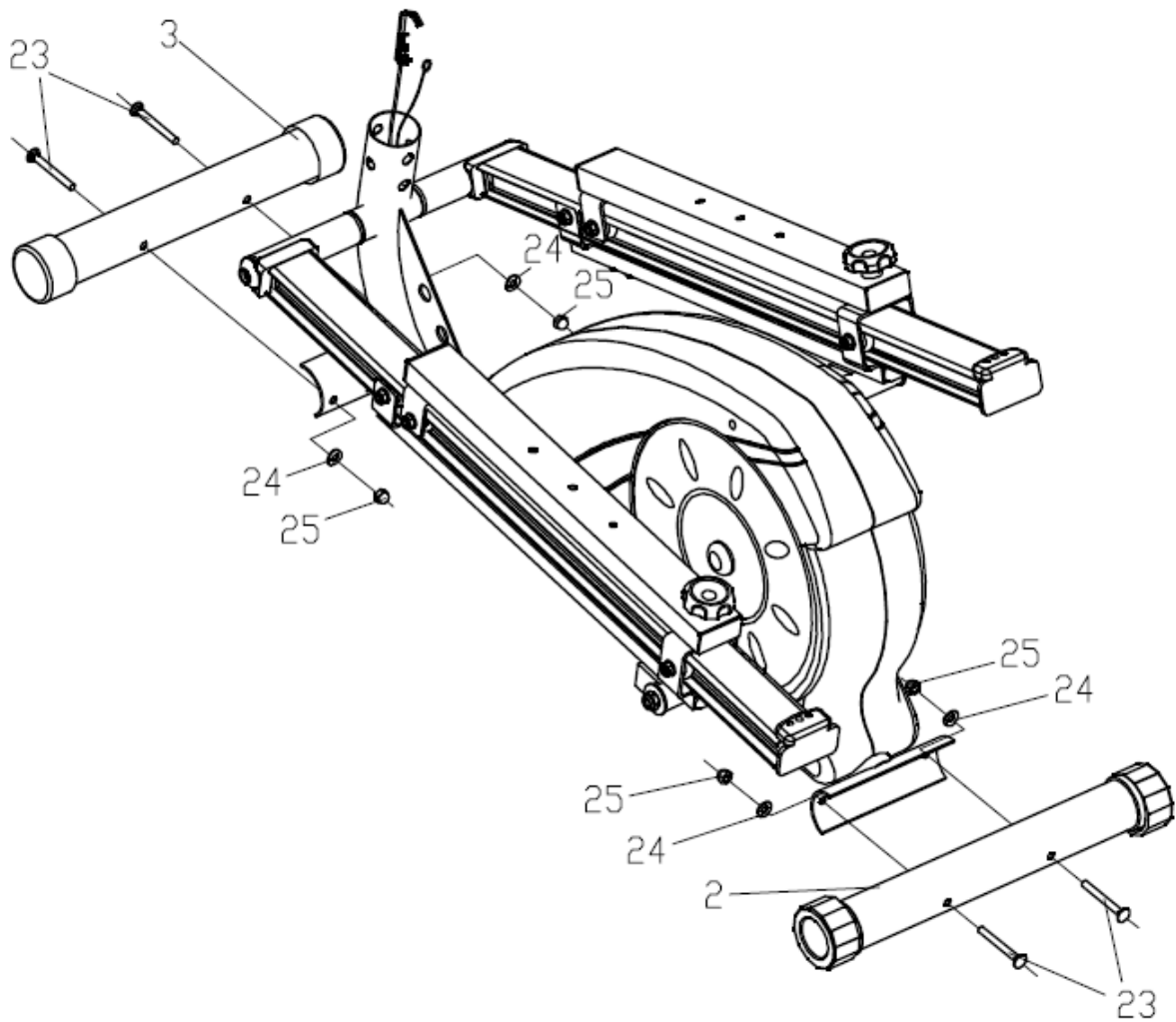
- b. Before starting any exercise program you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
- c. 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.
- d. Keep children and pets away from the equipment. This equipment is designed for adult use only.
- e. 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 0.5 meters of free space all around it.
- f. 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 assemble, stop immediately. Do not use the equipment until the problem has been rectified.

- g. 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.
- h. This equipment is designed for indoor and family use only.
- i. Care must be taken when lifting or moving the equipment so as not to injure your back.
- j. Always keep this instruction manual and assembly tools at hand for quick reference.
- k. The equipment is not suitable for therapeutic use.
- l. There are many functions of the computer, which value will show when using the equipment according the amount of exercise, here warmly remind you that the value of heart pulse just give you some reference.

2. ASSEMBLY INSTRUCTIONS

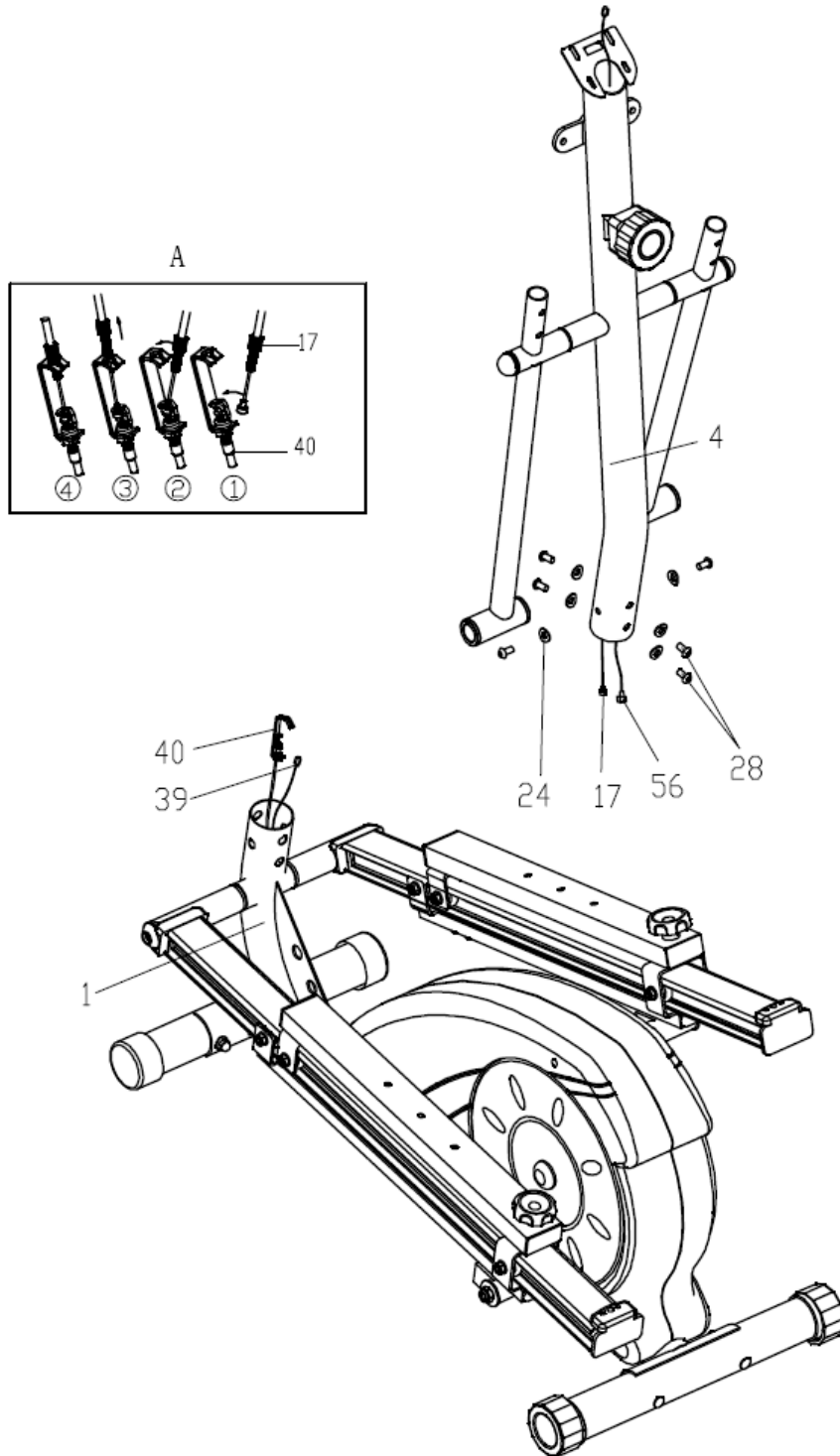
Parts No.	Description	Quantity	Parts No.	Description	Quantity
1	Main frame	1	26	Bolt	4
2	Rear bottom tube	1	27	Arc washer	8
2A	End cap	2	28	Screw	14
3	Front bottom tube	1	29	Flat washer	18
3A	End cap	2	30	Screw	10
4	Handlebar post	1	31	Plastic cap	6
5L	Left swing tube	1	32	Flat washer	6
5R	Right swing tube	1	33	Bolt	2
6L	Left handlebar	1	34	Flat washer	2
6R	Right handlebar	1	35	Alloy bushing	16
7L	Left connection tube	1	36	washer	8
7R	Right connection tube	1	37	Plastic bushing	2
8L	Left pedal tube	1	38	Plastic bushing	6
8R	Right pedal tube	1	39	Sensor wire	1
9L	Left pulley support	1	40	Tension wire	1
9R	Right pulley support	1	41	Bolt	2
10L	Left track	1	42	Bolt	1
10R	Right track	1	43	Flat washer	1
11L	Left pedal	1	44	Bolt	4
11R	Right pedal	1	45	Flat washer	4
12L	L connection tube tie-in	1	46	Bolt	4
12R	R connection tube tie-in	1	47	Bolt	12
13L	L link tube	1	48	Wheel	12
13R	R link tube	1	49	Wheel bushing	12
14	handlebar	1	50	Nylon nut	16
15L	L crank joining	1	51	Flat washer	2
15R	R crank joining	1	52	Nylon nut	2
16	Computer	1	53	Flat washer	2
17	Tension control	1	54	Nylon nut	2
18	End cap	2	55	Pulse wire	2
19	Foam grip	2	56	Connection Wire	1
20	Track front cover	2	57	Spring washer	2
21	Track back cover	2	58	Foam grip	2
22	Knob	2	59	Pulse	2
23	Bolt	4	60	Screw	2
24	Arc washer	12	61	End cap	2
25	Nut	8			

STEP 1:



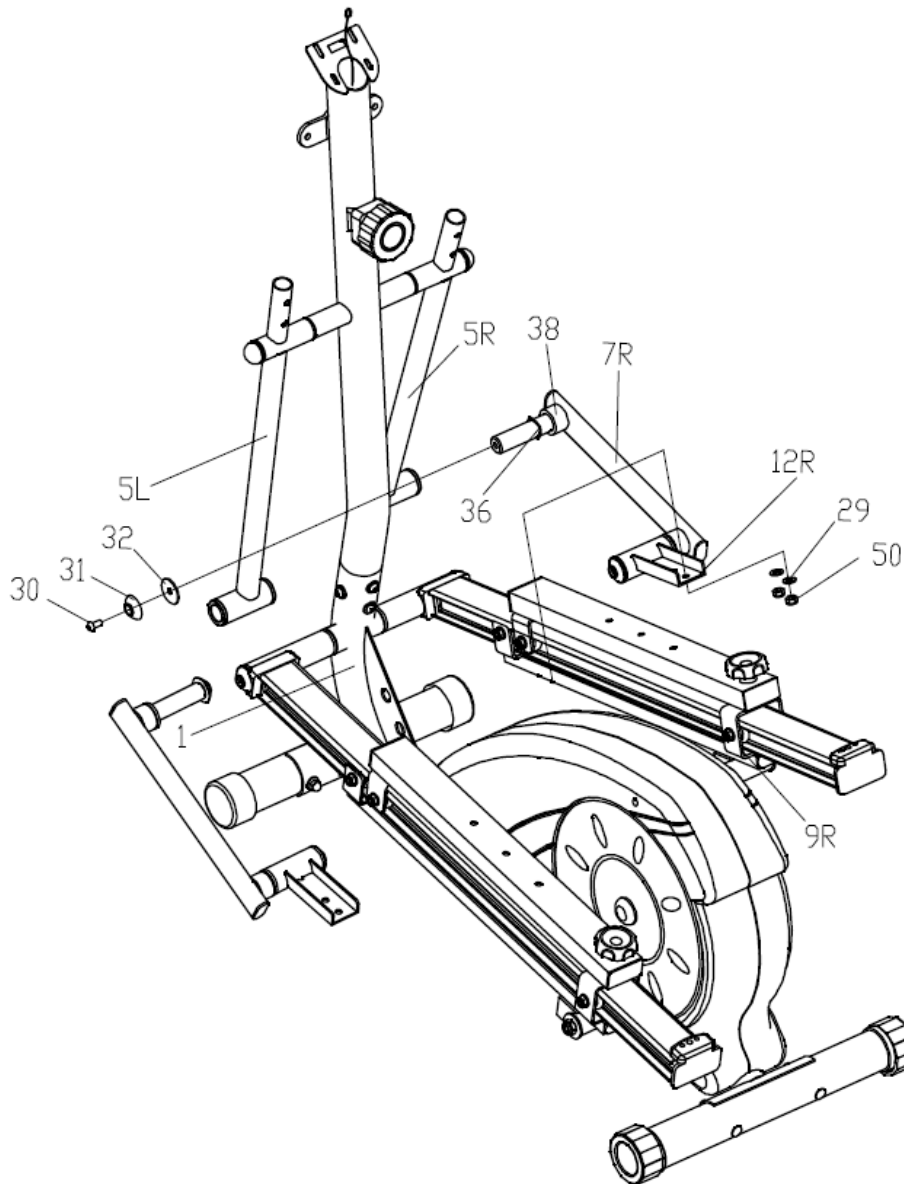
1. Attach the Front Bottom Tube (3) and the Rear bottom tube (2) onto the Main Frame (1) with the Bolts (23), Arc Washers (24) and Nut (25) as shown.

STEP 2:



1. Connect the Sensor Wire(39) with Connection Wire (56).
2. Connect the Tension Wire(40) with the Tension Control (17)
3. Attach the Handlebar post (4) onto the Main Frame (1) with Screw (28) and Flat Washer (24) as shown.

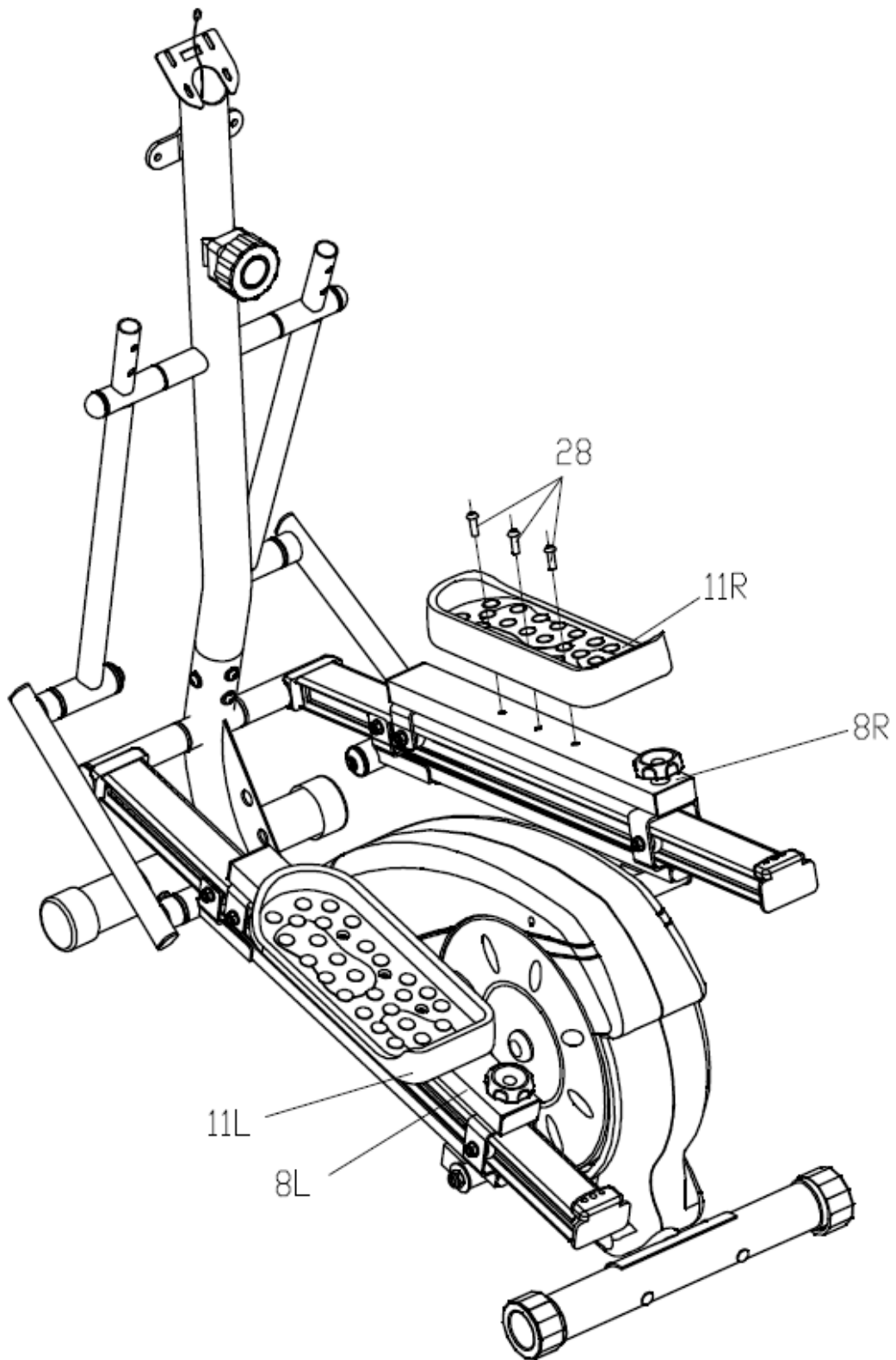
STEP 3:



1. Insert the Right connection tube (7R) through plastic bushing (38), Washer (36) and Right swing tube (5R)
2. Attach the Right connection tube (7R) and the Right swing tube (5R) using Flat washer (32), Plastic cap (31) and Screw (30)
3. Connect Right pulley support (9R) to Right connection tube tie-in (12R) using Nylon nut (50), Flat washer (29).

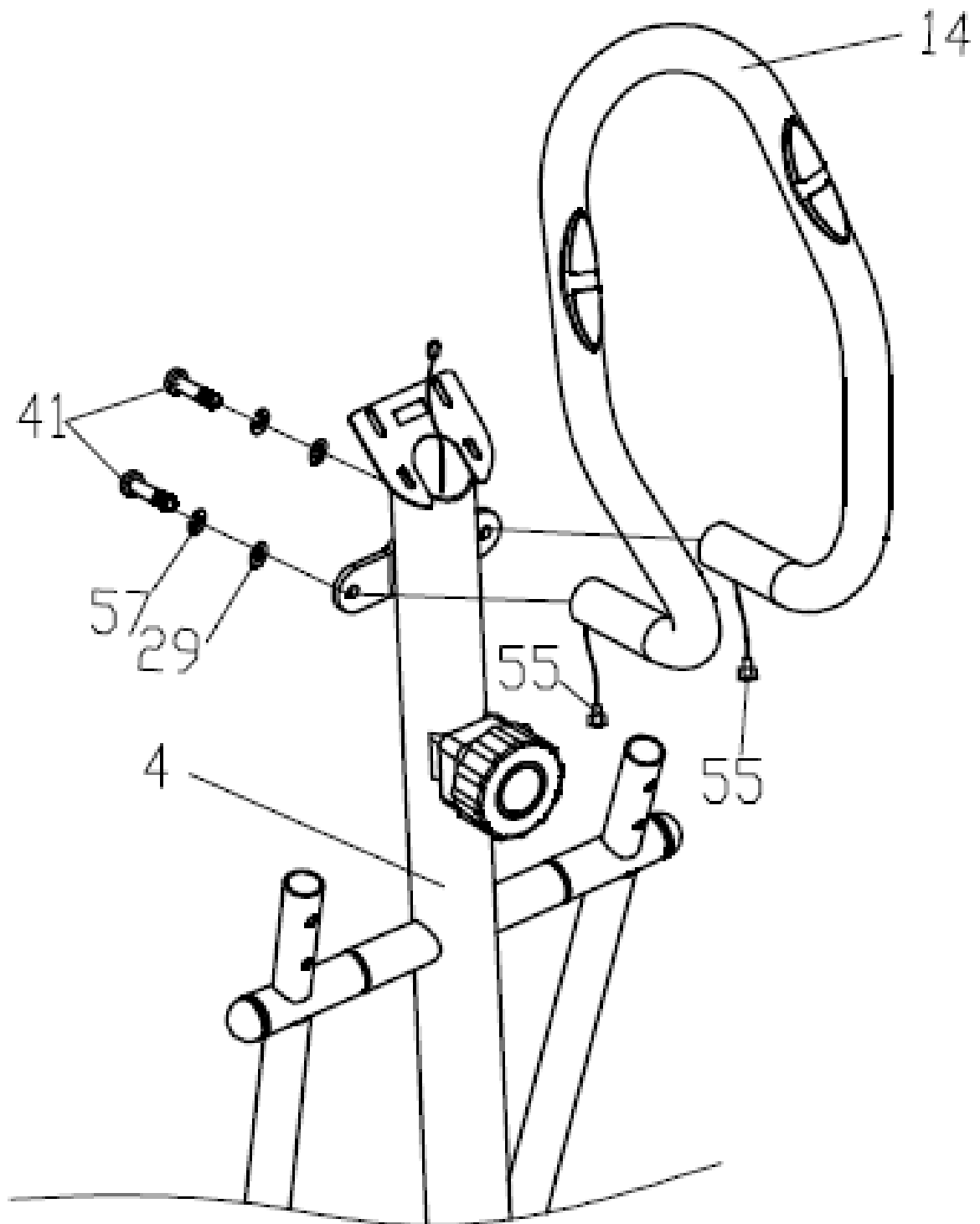
NOTE: Please do not alter the sequence of assembly. Use the same procedure to connect the Left connection tube (7L) and Left swing connection tube (5L).

STEP 4:



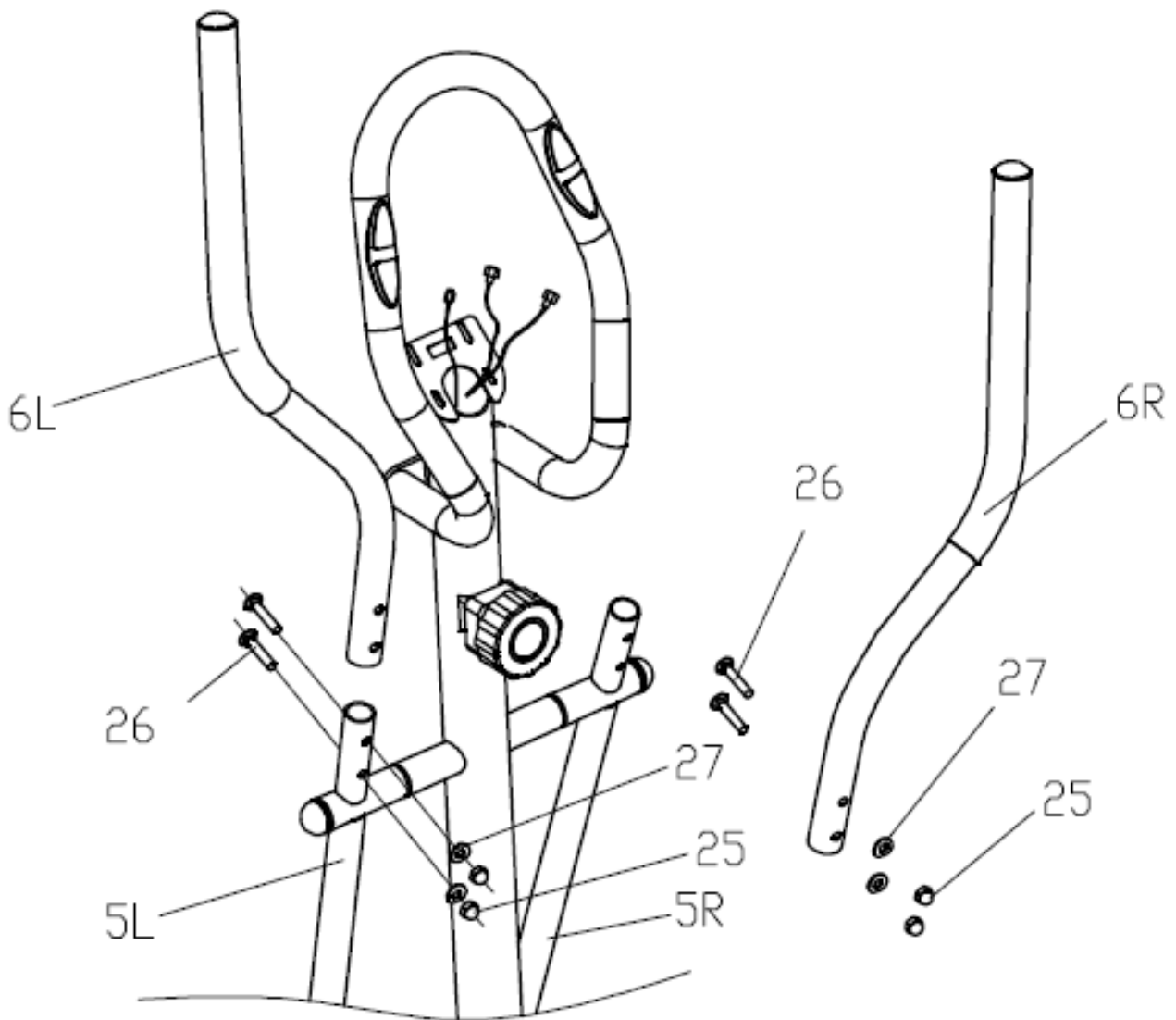
1. Attach the L&R pedal (11L & 11R) onto the L&R pedal tube (8L&8R) using screw (28).

STEP 5:



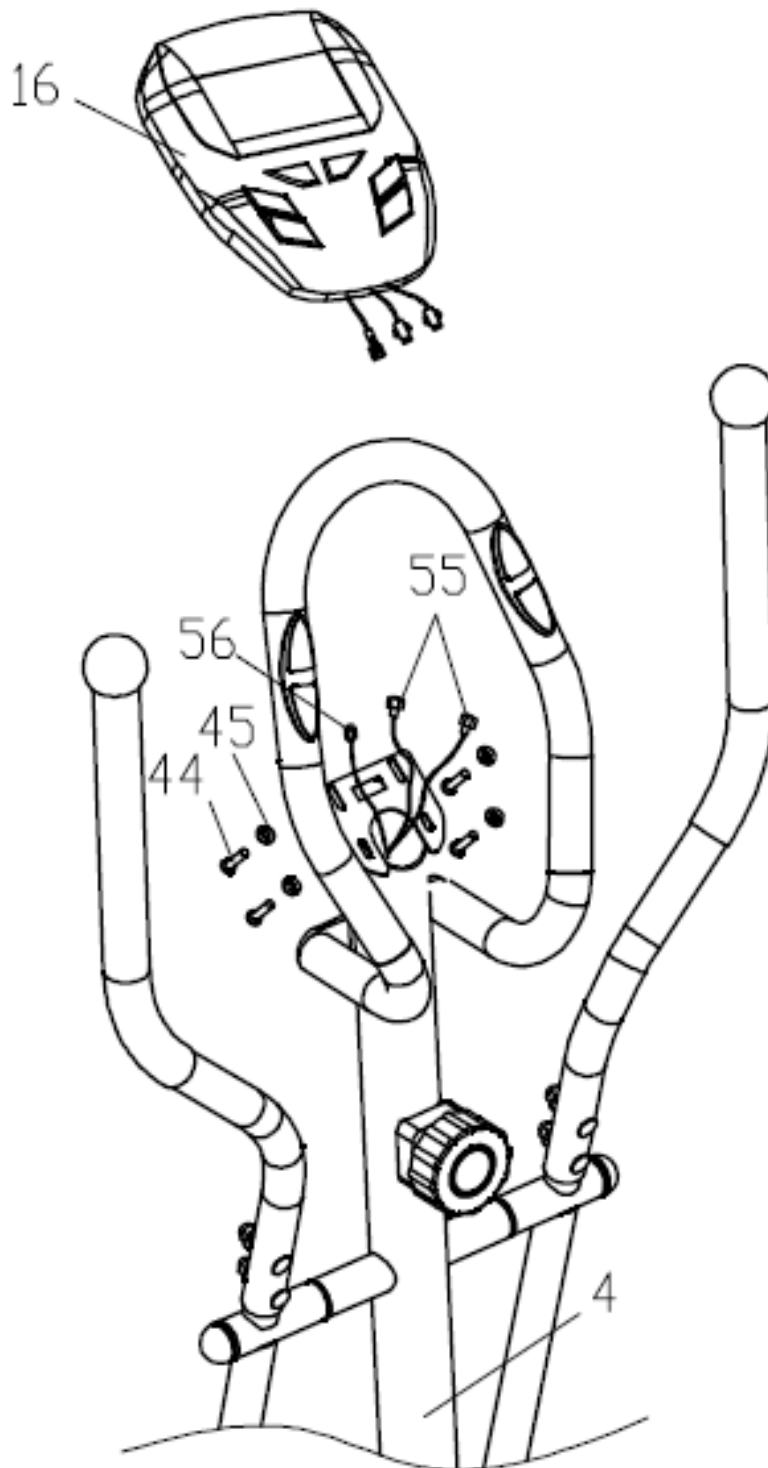
1. Attach the Handlebar (14) onto the piece of Handlebar post using bolt (41), Flat washer (29) and Spring washer (57).

STEP 6:



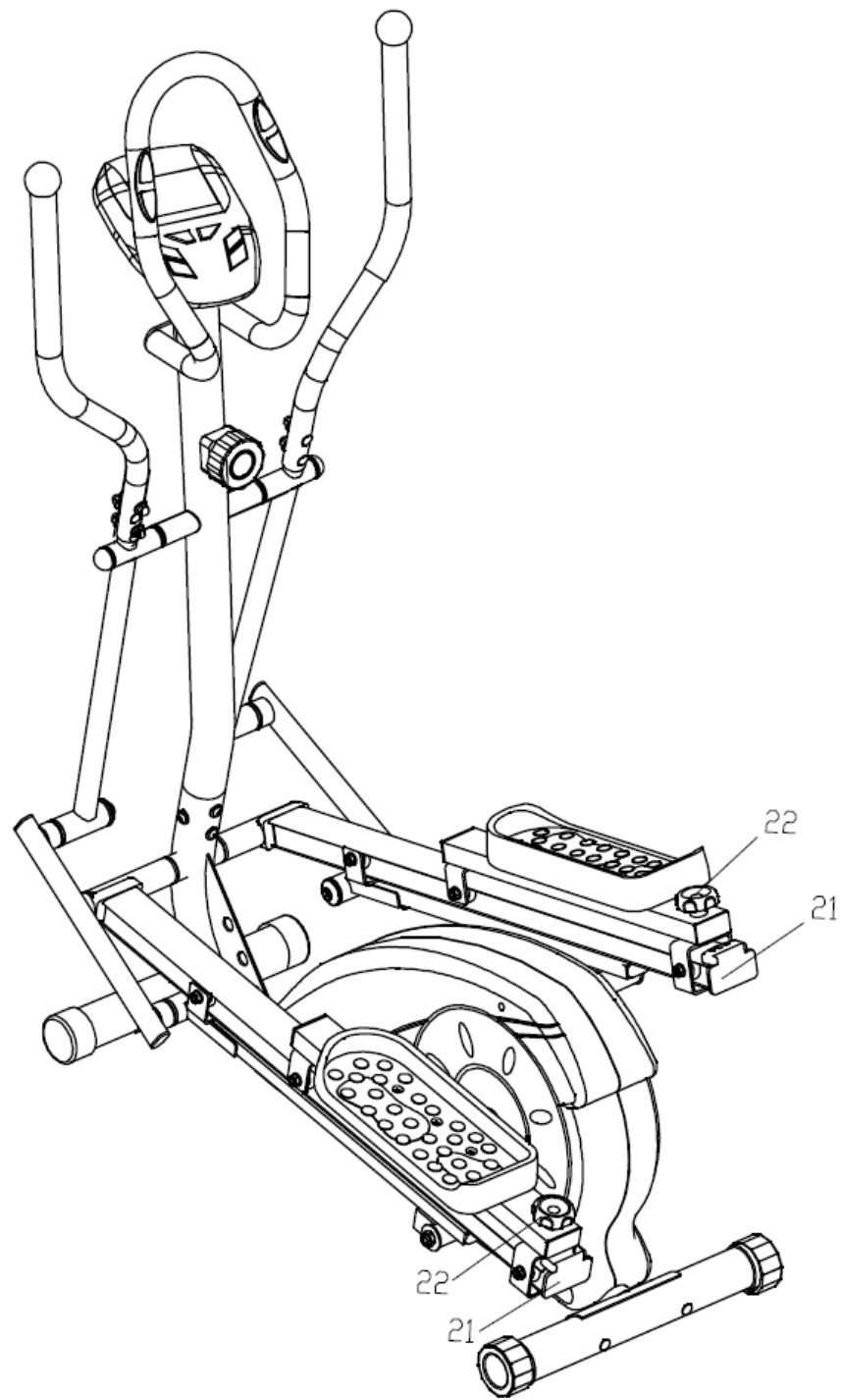
1. Attach the Left and Right handlebar (6L & 6R) onto the Left and Right swing tube (5L & 5R) using the bolt (26), Arc washer (27) and Nut (25).

STEP 7:



1. Connect the Connection Wire (56) and Pulse Wire (55) with the computer wire
2. Insert the computer (16) onto the computer bracket
3. Attach the Computer Bracket with Flat washer (45), Screw (44)

STEP 7:



1. Attach the Knob (22) onto the Track back cover (21) before using stepper.
-

Before using the machine:

- A. Ensure all parts have been tightened
- B. Ensure the machine is placed in a smooth and dry place.

3. DISPLAY MANUAL

FUNCTIONS & OPERATIONS:

1. AUTO SCAN

After the monitor is turned on or press Mode key, the LCD will display all functions values from Time- Speed - Distance -Calories-Odometer- Pulse. Each value will be held for 6 seconds.

2. TIMER

Accumulates total working time from 0:00 up to 99:59 (hr:min).The user may preset target time, each increment is 1 minute.

3. SPEED

Displays the current training speed from 0.0 to 999.9 km/h

4. DISTANCE

Accumulates total distance from 0.0 to 999.9 km. The user may preset target values.

5. CARLORIE

Accumulates calories consume during exercise from 0 to 999.9 calories. The user may preset target values.

6. ODO/TOTAL DIST

Press the mode button until display ODO, total distance from 0 up to 9999 km or ml. Monitor will display the total accumulated distance

7. PULSE

Press the button until the monitor displays ♥. The monitor will display your current heart rate in beats per minute, Range is from 40~240 beats/minute.

BUTTON FUNCTIONS:

1. MODE

- a) Press "MODE" to enter into the next function
[SCAN→TIMER→SPEED→CAL→PULSE→DIST→ODO].

2. UP

- a) During the setting mode, press this key to increase the value of Time, Distance, Calories and Pulse.
- b) Press this button and hold to increase the increment speed.

3. DOWN

- a) During the setting mode, press this key to decrease the value of Time, Distance, Calories and Pulse.
- b) Press the button and hold to decrease the decrement speed.

4. ENTER(SET)

- a) Press this button enter setting mode.
- b) Press this key to accept the current data entry.

5. RESET

- a) Press this button to reset the function value when setting.
- b) Press this button and hold for 2 seconds to reset all value except Odometer to be zero.

6. PAUSE

- a) If you press this button, all functions will stop, and the LCD display will flash. Press this button again and all functions will return to normal status.

Note:

If the computer displays abnormally, please re-install the battery to reset the monitor and try again.

4. EXERCISE GUIDE

How you begin your exercise program depends on your physical condition. If you have been inactive for several years or are severely overweight, start slowly and increase your workout time gradually. Increase your workout intensity gradually by monitoring your heart rate while you exercise.

Remember to follow these essentials:

- Have your doctor review your training and diet programs.
- Begin your training program slowly with realistic goals that have been set by you and your physician.
- Warm up before you exercise and cool down after you work out.
- Take your pulse periodically during your workout and strive to stay within a range of 60% (lower intensity) to 90% (higher intensity) of your
- imum heart rate zone. Start at the lower intensity, and build up to higher intensity as you become more aerobically fit.
- If you feel dizzy or lightheaded you should slow down or stop exercising.

Initially you may only be able to exercise within your target zone for a few minutes; however, your aerobic capacity will improve over the next six to eight weeks. It is important to pace yourself while you exercise so you don't tire too quickly.

To determine if you are working out at the correct intensity, use a heart rate monitor or use the table below. For effective aerobic exercise, your heart rate should be maintained at a level between 60% and 90% of your maximum heart rate. If just starting an exercise program, work out at the low end of your target heart rate zone. As your aerobic capacity improves, gradually increase the intensity of your workout by increasing your heart rate.

Measure your heart rate periodically during your workout by stopping the exercise but continuing to move your legs or walk around. Place two or three fingers on your wrist and take a six second heartbeat count. Multiply the results by ten to find your heart rate. For example, if your six second heartbeat count is 14, your heart rate is 140 beats per minute. A six second count is used because your heart rate will drop rapidly when you stop exercising. Adjust the intensity of your exercise until your heart rate is at the proper level.

Target Heart Rate Zone Estimated by Age*

Age	Target Heart Rate Zone (55%-90% of Maximum Heart Rate)	Average Maximum Heart Rate 100%
20 years	110-180 beats per minute	200 beats per minute
25 years	107-175 beats per minute	195 beats per minute
30 years	105-171 beats per minute	190 beats per minute
35 years	102-166 beats per minute	185 beats per minute
40 years	99-162 beats per minute	180 beats per minute
45 years	97-157 beats per minute	175 beats per minute
50 years	94-153 beats per minute	170 beats per minute
55 years	91-148 beats per minute	165 beats per minute
60 years	88-144 beats per minute	160 beats per minute
65 years	85-139 beats per minute	155 beats per minute
70 years	83-135 beats per minute	150 beats per minute

* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used: $220 - \text{Age} = \text{predicted maximum heart rate}$

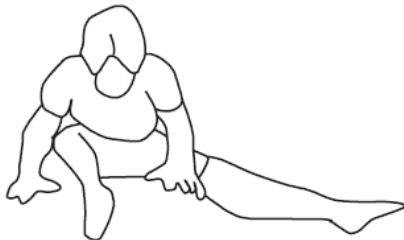
Warm-Up: The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm-up for two to five minutes before strength training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope and running on the spot.

Stretching: Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.



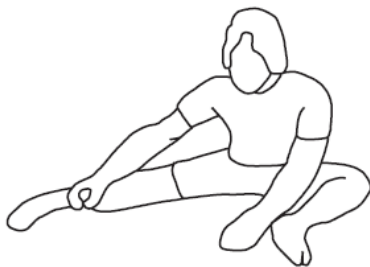
Lower Body Stretch:

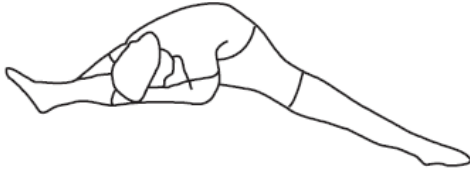
Place feet shoulder-width apart and lean forward. Maintain this position for 30 seconds using the body as a natural weight to stretch the backs of the legs. **DO NOT BOUNCE!** When the pull on the back of the legs lessens, gradually try a lower position.



Bent Torso Pulls:

While sitting on the floor have legs apart, one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent, and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.





Floor Stretch:

While sitting on the floor open your legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds. **DO NOT BOUNCE!** Do this stretch 10 times.

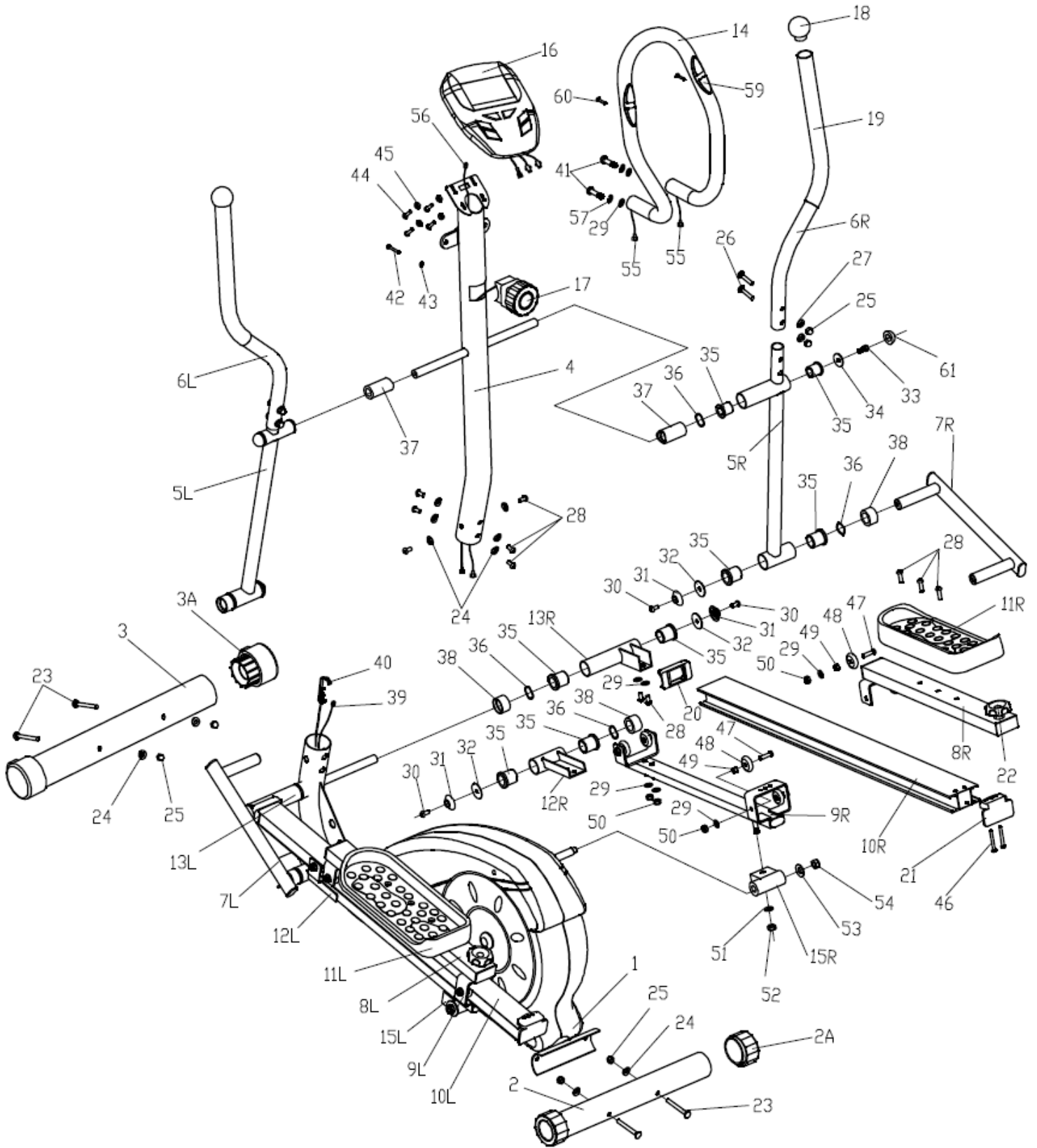
Bent Over Leg Stretch:

Stand with feet shoulder width apart and lean forward as illustrated. Using the arms, gently pull the upper body towards the right leg. Let the head hang down. **DO NOT BOUNCE!** Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the

Cool-Down: The purpose of cooling down is to return the body to its normal or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart. Your cool-down should include the stretches listed above and should be completed after each strength training session.

Remember to always check with your physician before starting any exercise program.

5. EXPLODED DIAGRAM



6. PARTS LIST

Parts No.	Description	Quantity	Parts No.	Description	Quantity
1	Main frame	1	26	Bolt	4
2	Rear bottom tube	1	27	Arc washer	8
2A	End cap	2	28	Screw	14
3	Front bottom tube	1	29	Flat washer	18
3A	End cap	2	30	Screw	10
4	Handlebar post	1	31	Plastic cap	6
5L	Left swing tube	1	32	Flat washer	6
5R	Right swing tube	1	33	Bolt	2
6L	Left handlebar	1	34	Flat washer	2
6R	Right handlebar	1	35	Alloy bushing	16
7L	Left connection tube	1	36	washer	8
7R	Right connection tube	1	37	Plastic bushing	2
8L	Left pedal tube	1	38	Plastic bushing	6
8R	Right pedal tube	1	39	Sensor wire	1
9L	Left pulley support	1	40	Tension wire	1
9R	Right pulley support	1	41	Bolt	2
10L	Left track	1	42	Bolt	1
10R	Right track	1	43	Flat washer	1
11L	Left pedal	1	44	Bolt	4
11R	Right pedal	1	45	Flat washer	4
12L	L connection tube tie-in	1	46	Bolt	4
12R	R connection tube tie-in	1	47	Bolt	12
13L	L link tube	1	48	Wheel	12
13R	R link tube	1	49	Wheel bushing	12
14	handlebar	1	50	Nylon nut	16
15L	L crank joining	1	51	Flat washer	2
15R	R crank joining	1	52	Nylon nut	2
16	Computer	1	53	Flat washer	2
17	Tension control	1	54	Nylon nut	2
18	End cap	2	55	Pulse wire	2
19	Foam grip	2	56	Connection Wire	1
20	Track front cover	2	57	Spring washer	2
21	Track back cover	2	58	Foam grip	2
22	Knob	2	59	Pulse	2
23	Bolt	4	60	Screw	2
24	Arc washer	12	61	End cap	2
25	Nut	8			

7. 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-Policy>

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