

# X-03 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 retain this manual properly for future reference.

- 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 2 meters of free space 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 assembly, 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 reference.
- k. The equipment is not suitable for therapeutic use.
- l. 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.

## 2. 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.

### Battery Usage

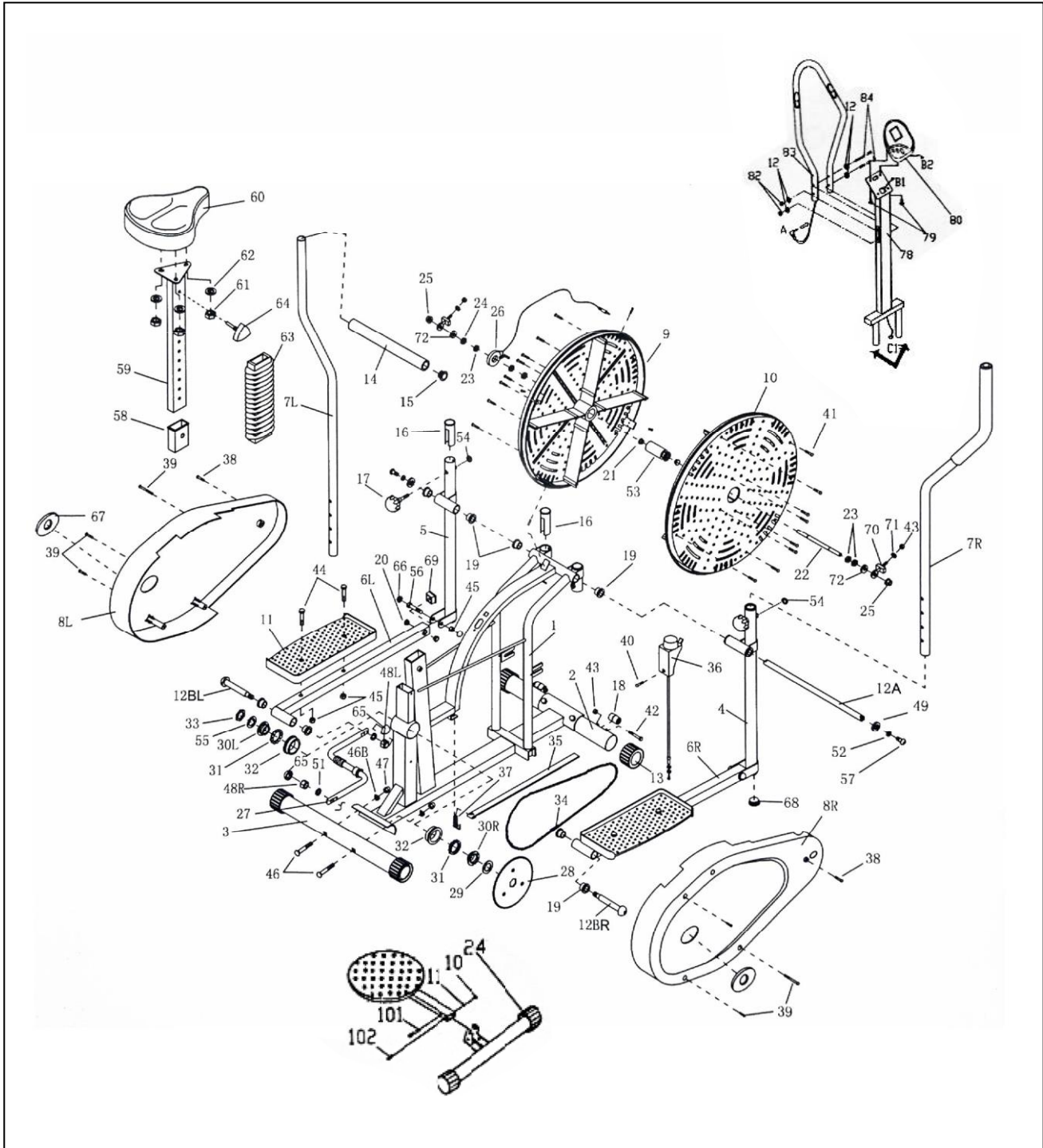
- a. Batteries are to be installed or replaced by adult only
- b. Do not use rechargeable batteries. Do not mix different battery types. Do not mix old and new batteries. Do not mix alkaline, standard (Carbon-Zinc), or rechargeable (Nickel-Cadmium) batteries
- c. Remove batteries when product is not in use
- d. Remove exhausted batteries from product and dispose of in accordance with the manufacturer's recommendation
- e. Do not attempt to recharge non-rechargeable batteries
- f. Batteries are to be inserted with correct polarity
- g. The supply terminals are not to be short-circuited
- h. Do not dispose of batteries in fire, batteries may explode or leak



### 3. PARTS LIST

Part No.	Description	Quantity	Part No.	Description	Quantity
1	Main frame	1	38	Chain cover screw M5 x 15	2
2	Front bottom tube	1	39	Chain cover screw M5 x 25	7
3	Back bottom tube	1	40	Tension fix screw M5	1
4	Right coupler bar	1	41	Fan wheel fix screw M5	16
5	Left coupler bar	1	42	Bolt	2
6R	Right pedal tubing	1	43	Nut 1/4"	4
6L	Left pedal tube	1	44	Bolt M10x45	4
7R	Right handle bar	1	45	Nut M10"	6
7L	Left handle bar	1	46	Bolt M10x57	4
8R	Right chain cover	1	46B	Arc Washer  ,D10,2	4
8L	Left chain cover	1	47	M10 Cap nut	4
9	Fan wheel	1	48R&L	Nut 1/2"	2
10	Fan wheel cover	1	49	D sharp washer	2
11	Pedal	2	50	Computer	1
12A	Handle bar shaft	1	51	Spring washer	2
12BR&L	Pedal hinge bolt	2	52	Spring washer	2
13	End caps (Φ2")	4	53	Small piper	1
14	Foam grips	2	54	Cap S13	2
15	End caps (Φ1)	4	55	Washer	1
16	Plastic bushing (Φ1-1/4")	4	56	Bolt	2
17	Knob	2	57	Bolt	2
18	Plastic roller	2	58	Seat post bushing	1
19	Steel bushing (Φ5/8")	10	59	Seat tube	1
20	Steel bushing (Φ3/8")	4	60	Seat	1
21	Brass bushing Φ10	2	61	Nylon nut M8	3
22	Fan wheel axle	1	62	Washer D8	3
23	Nut (3/8")	5	63	Bellow	1
24	Washer	1	64	Tri-knob	1
25	Nut (3/8")	2	65	Cap S19	2
26	Sensor	1	66	Cap S17	4
27	Crankshaft	1	67	End cap	2
28	Chain wheel	1	68	End cap	2
29	Nut	1	69	End cap	2
30R	Right collar housing	1	70	Bolt	2
30L	Left collar housing	1	71	Spring washer	2
31	Collar ball	2	72	Washer	2
32	Collar housing	2	73	Computer Post	1
33	Nut	1	74	Foam grips	2
34	Chain 25H x 220L	1	75	Caps	2
35	Tension belt	1	76	Wire	1
36	Tension control	1	77	Screw	2
37	Tension spring	1	78	Pulse	2

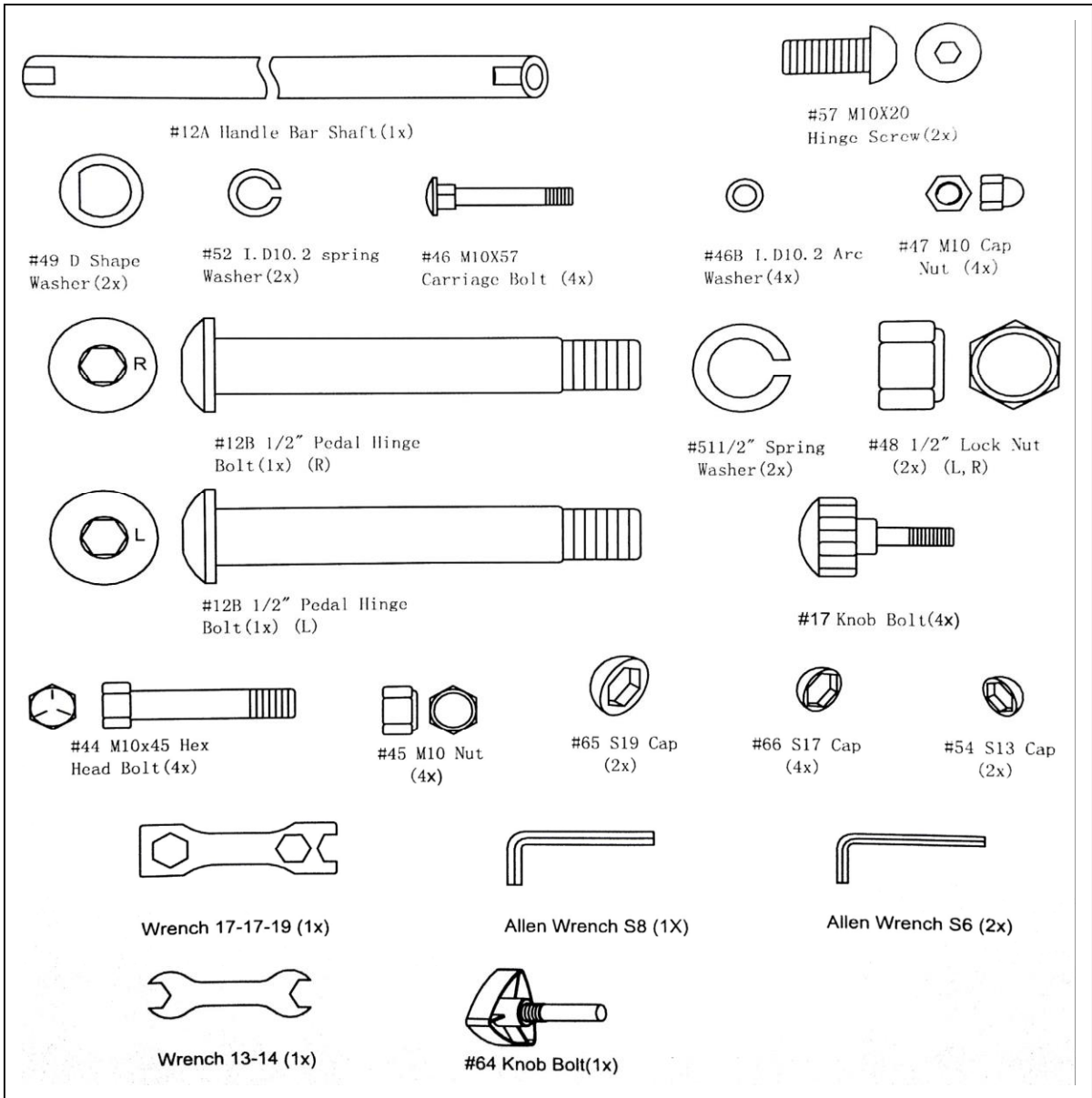
# 4. EXPLODED DIAGRAM



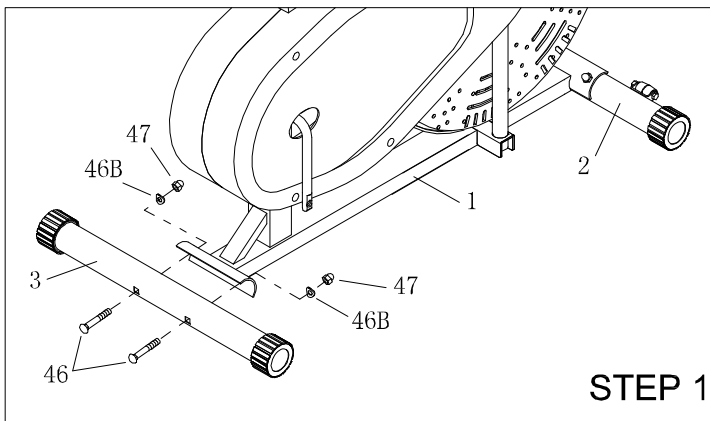
# 5. ASSEMBLY INSTRUCTIONS

1. Find an open space with adequate ventilation and lighting. Avoid hauling the machine across excessive distances, through narrow passageways and staircases, once the assembly is completed. If your machine is to be assembled in living quarters, protect the floor or carpet with a large mat before removing parts from carton.
2. Find your tools.
3. Review all safety guidelines on page 3 of this manual.

## PARTS LIST



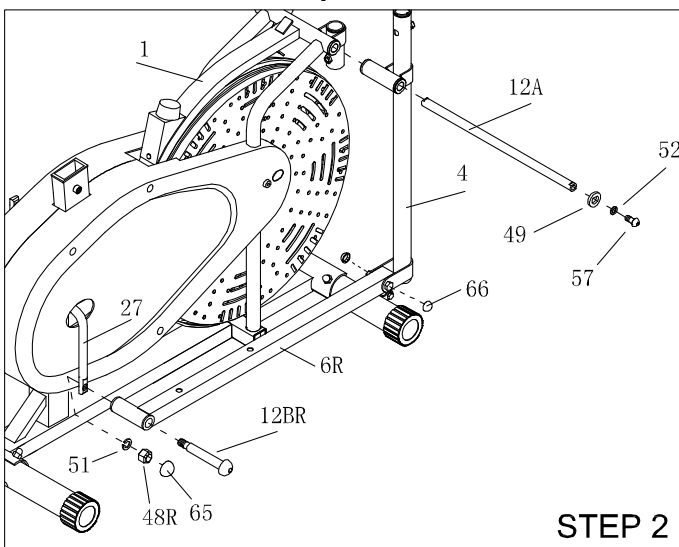
## STEP 1: Install the Stabilizers



1. Install cylindrical bases (#2 for front, #3 for rear) to main frame (#1), use two M10X57 carriage bolts (#46) and two M10 cap nuts (#47).

**Notice:** the front base (#2) has wheels to move your Elliptical Trainer easily

## STEP 2: Install the Coupler bars & Pedal arms



1. Insert a handle bar shaft (#12A) through the coupler bar (right#4 & left#5) and main frame. Then put the D shape washer (#49) and the spring washer (#52) on both sides and tighten the hinge screw.

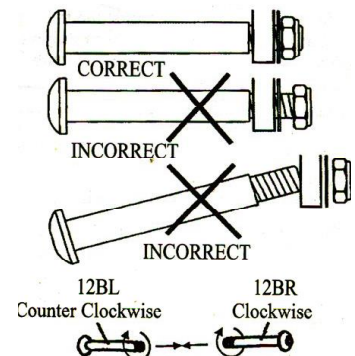
**Notice:** the coupler bar for each side is different (#4 for right side, #5 for left side). A coupler bar is at the correct side of the Elliptical Trainer when its horizontal pivot tube, which is welded at the top of the coupler bar, faces the rear of the machine, as seen from the user.

2. Insert a pedal hinge bolt (#12BR, #12BL) through the pedal tubing (#6R for right side, #6L for left side).
3. Attach the hinge bolt to the crankshaft (#27), which is already installed within the main frame, use WD40 or Vaseline to reduce friction when necessary.
4. Secure the hinge bolt at the other end with a 1/2" spring washer (#51), a 1/2" nut (#48R, #48L), and a cap (#65)

### Important

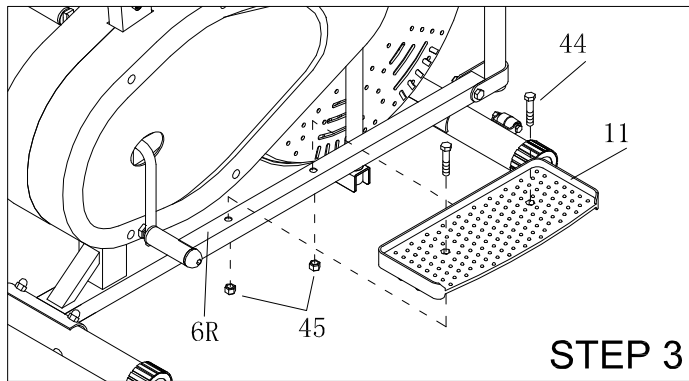
1. While you assemble this step, hold the parts (#12BR and #12BL) like the right drawing. The one with X-mark is incorrect. The parts (#12BR and #12BL) must be horizontal or it can't be put into the crankshaft.
2. A spring washer (#51) can be seen at the rim inside the nut (#48R and #48L). The nut must full penetrate the spring washer.

**Notice:** When inserting the pedal hinge bolt 12B, please make sure it is the right or left bolt. The left hinge bolt is matched to the left pedal, the right hinge bolt is matched to the right pedal.



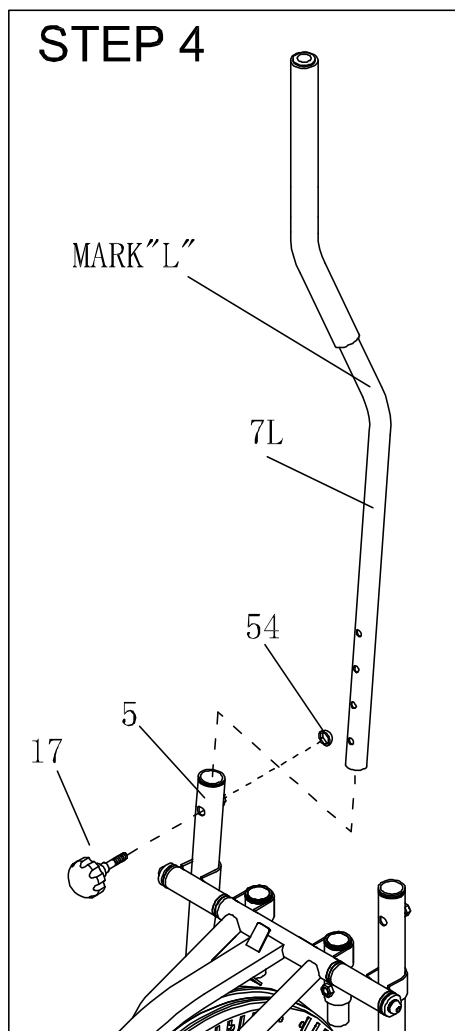


### STEP 3: Install the Pedals



1. Attach pedals (#11) to the pedal tubing (#6L&R). Use four bolts M10X45 (#44) and four nuts M10 (#45).

### STEP 4: Install the Handle bars

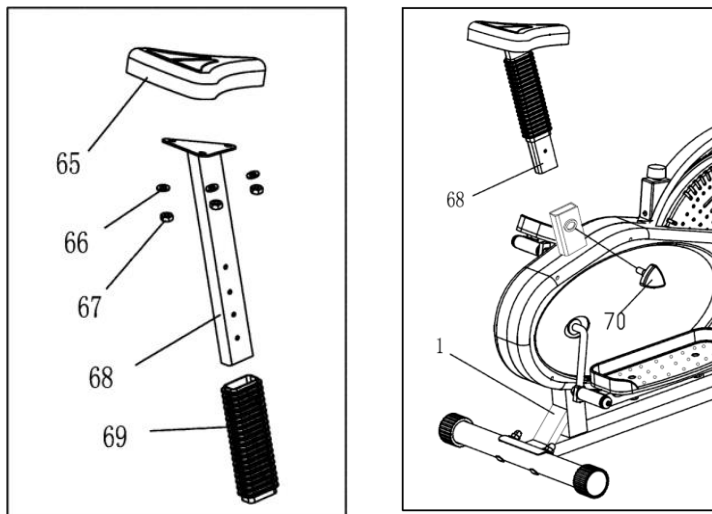


You can easily switch your handlebars (#7L, #7R) between the dual action mode and the fixed mode during your workout.

**Dual action mode:** To allow the handlebars to move along with the pedals, attach them to the couple bars. Select a height setting that is comfortable to the user, and make sure both handlebars are set at the same height. Lock each handlebar in place with a knob bolt (#17) then fix the cap (#54) up to the end of the knob (#17). See Diagram.

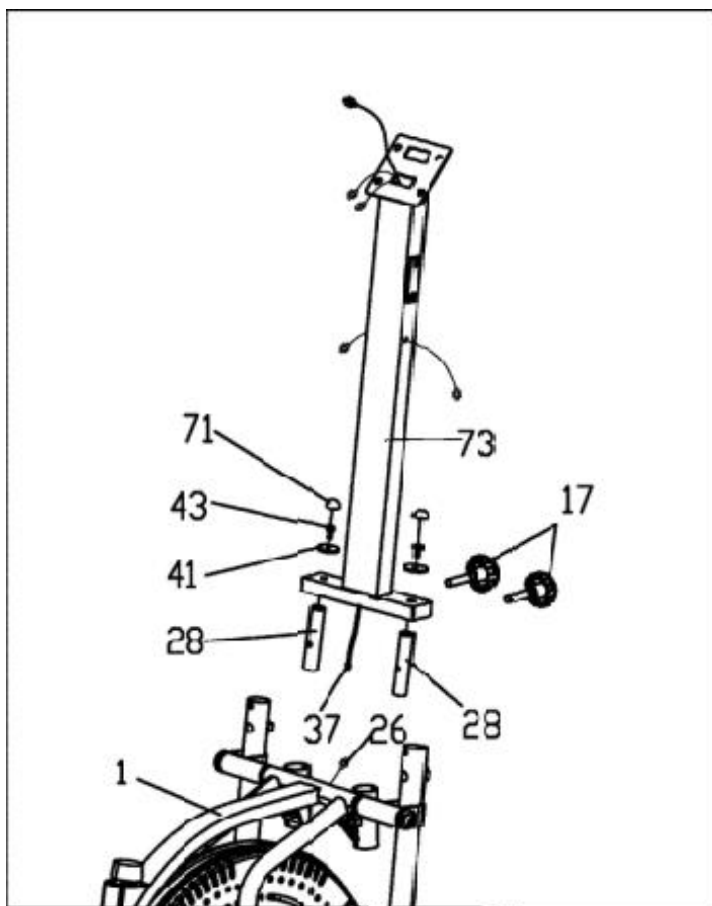
**Fixed mode:** To keep the handlebars stationary, attach them to the tubing on the main frame between the coupler bars.

## STEP 5: Install the Saddle and Saddle post



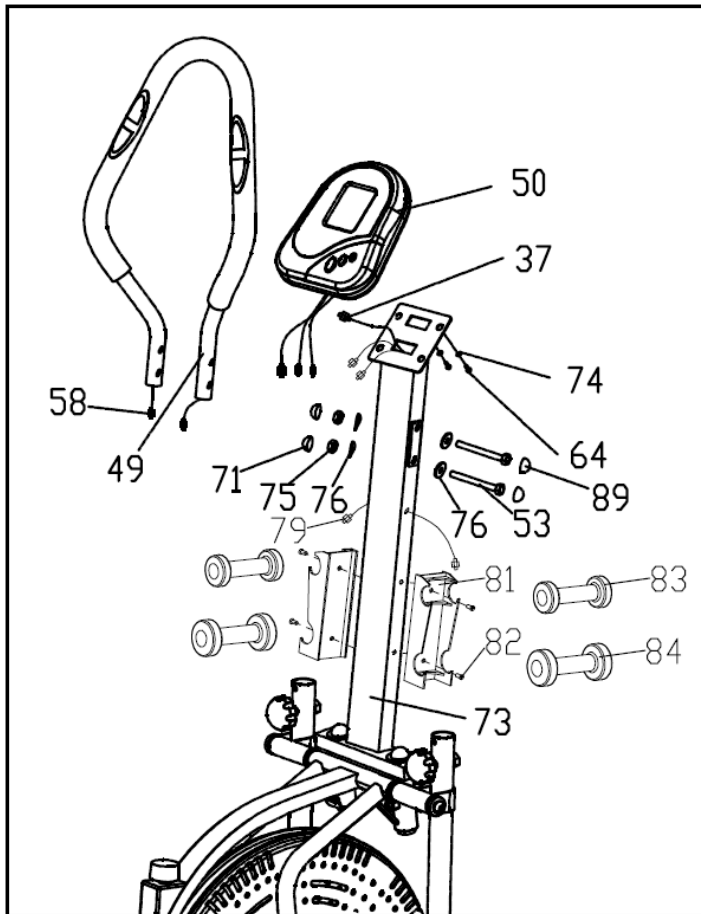
1. Place the Saddle (65) over the Saddle post (68). Secure in place with the Flat washers (66) and Nylon nuts (67).
2. Slide the Decorative Sleeve (69) onto the Saddle post, then insert the Saddle post (68) into the Main section (1); adjust to a proper position, secure in place with the Tri-knob at the preferred height level (70).

## STEP 6: Install the Computer post



1. Insert the Connecting tubes (28) to the Main section (1). Secure in place with Knobs (17).
2. Attach the Computer post (73) onto the Connecting tubes (28). Secure with Flat washers (41) and Hex bolts (43). Cover the Bolts with Caps (71).
3. Connect the sensor wire(26) and extension wire(37)
4. Check and re-fasten the Knobs (17).

## STEP 7: Install the Computer



1. Connect the Pulse sensor Wire (58) and Pulse extension wire (79). Secure the Handlebar (49) to the Handlebar post (73) with the Hex bolt (53), Nylon nut (75) and Arc washer (76). Cover the Cap (71 & 89)
2. Connect the Pulse extension wire (79) and Sensor extension wire (37) with the wires of computer (50). Attach the Computer (50) to the bracket with Cross screw (64) and flat washer (74).
3. Attach the Dumbbell bracket (81) to the Handlebar post (73) with Cross screw (82). Place on the Dumbbells (83&84).

## 6. TENSION ADJUSTMENT

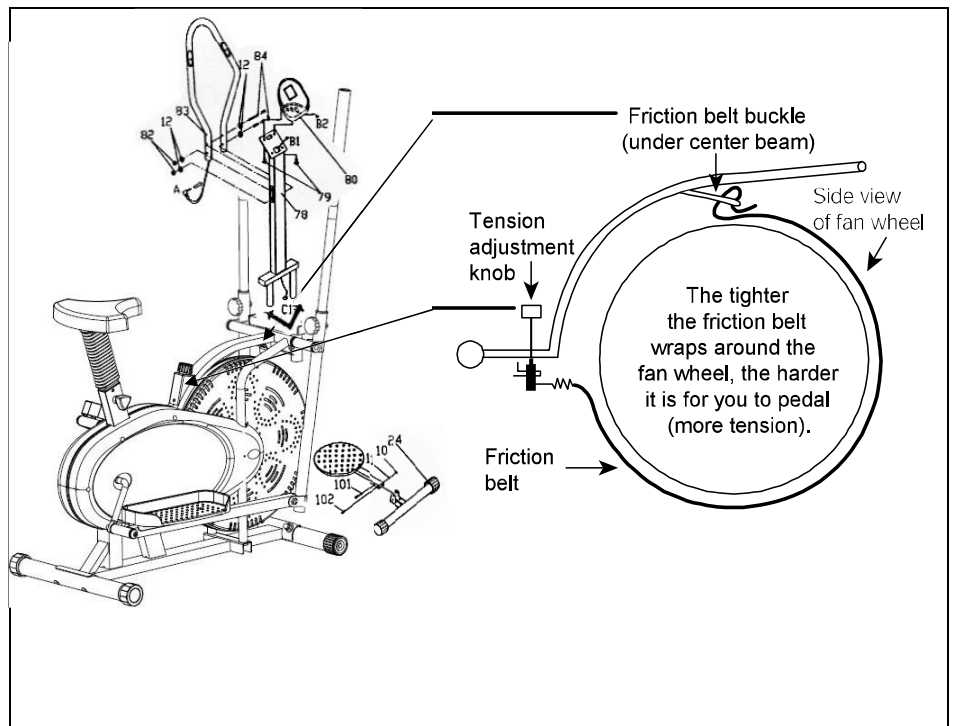
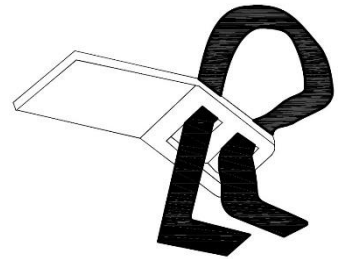
### Tension adjustment

As you try it for the first time, you should adjust the tension to a desirable level before you begin a workout. When starting the exercise, simply use the tension adjustment knob (found at the top centre). The tension level can be manipulated to change the tension power. If you switch the knob to the clockwise direction, the tension is stronger. If the knob is switched to the counterclockwise direction, the tension power is less.

### Adjusting the friction belt

For more adjustment, you may loosen or tighten the friction belt by re-strapping it.

First turn the tension knob to the loosest setting. Then re-strap the belt at the buckle on the main frame, just beneath the flat beam at the top centre. The more length you allow for the friction belt to wrap around the wheel, the less friction it will cause. Re-adjust the tension knob after you finish re-strapping.



# 7. DISPLAY MANUAL

## FUNCTIONAL BUTTONS:

1. **MODE:** This key allows you to select and lock on to a particular function. Holding down the mode button will reset all functions to 0.

## OPERATION PROCEDURES:

1. **AUTO ON/OFF:** The system turns on when any key is pressed or when it receives a signal input from the speed sensor. The system turns off automatically when the sensor has no signal input or no key is pressed for approximately 4 minutes.
2. **RESET:** The unit can be reset by either changing the battery or holding the mode key for 3 seconds.
3. **MODE:** To choose SCAN, or LOCK if you do not want the scan mode, press the MODE key when the pointer is on the function you want, which will begin blinking.

## FUNCTIONALS AND OPERATIONS:

1. **TIME:** Press the MODE key until the pointer advances to TIME. The total workout time will be displayed.
2. **SPEED:** Press the MODE key until the pointer advances to SPEED. The current speed will be displayed.
3. **DISTANCE:** Press the MODE key until the pointer advances to DISTANCE. The distance of each workout will be displayed.
4. **ODOMETER:** Press the MODE key until the pointer advances to ODOMETER. The total accumulated distance will be displayed.
5. **PULSE:** Press the MODE key until the pointer advances to PULSE. User's current heart rate will be displayed in beats per minute. Place the palms of your hands on both of the Contact Pads (or put ear-clip to ear), and wait for 30 seconds for the most accurate reading.
6. **CALORIES:** Press the MODE key until the pointer advances to CALORIES. The calories burned will be displayed.
7. **SCAN:** Automatic display of the following functions in the order shown: TIME – SPEED – DISTANCE – PULSE (if available) – CALORIES (repeat).
8. **BATTERY:** This monitor uses one (two with PULSE function) batteries. If improper display on monitor, please re-install the batteries to receive a positive result.

**SPECIFICATIONS:**

FUNCTION	Auto Scan	Every 4 seconds
	Running Time	00:00-99:59
	Current speed	0.0~999.9 KM
	Trip Distance	0.0~999.9 KM
	Total distance(ODO)	0.0~999.9 KM
	Calories	0.0~999.9 Kcal
	Pulse Rate*	40~240BPM
Battery type		2 pcs of size - AA or UM - 3
Operating temperature		0°C~+40°C
Storage temperature		-10°C~+60°C

## 8. 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:**

Please email us at [support@lifespanfitness.com.au](mailto:support@lifespanfitness.com.au) for all warranty or support issues.

For all warranty or support related enquiries, an email must be sent before contacting us via other means.

# 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 that they must be amplified 1000 times to make the signal useful 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 signals
- 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 affect pulse readings as well.

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 technology works 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 a more accurate option.

To test if your hand pulse sensors are working up to specification, hold them while standing on the side step 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).

For more information, please contact our Lifespan Technical Support Department

[www.lifespanfitness.com.au](http://www.lifespanfitness.com.au)

[support@lifespanfitness.com.au](mailto:support@lifespanfitness.com.au)