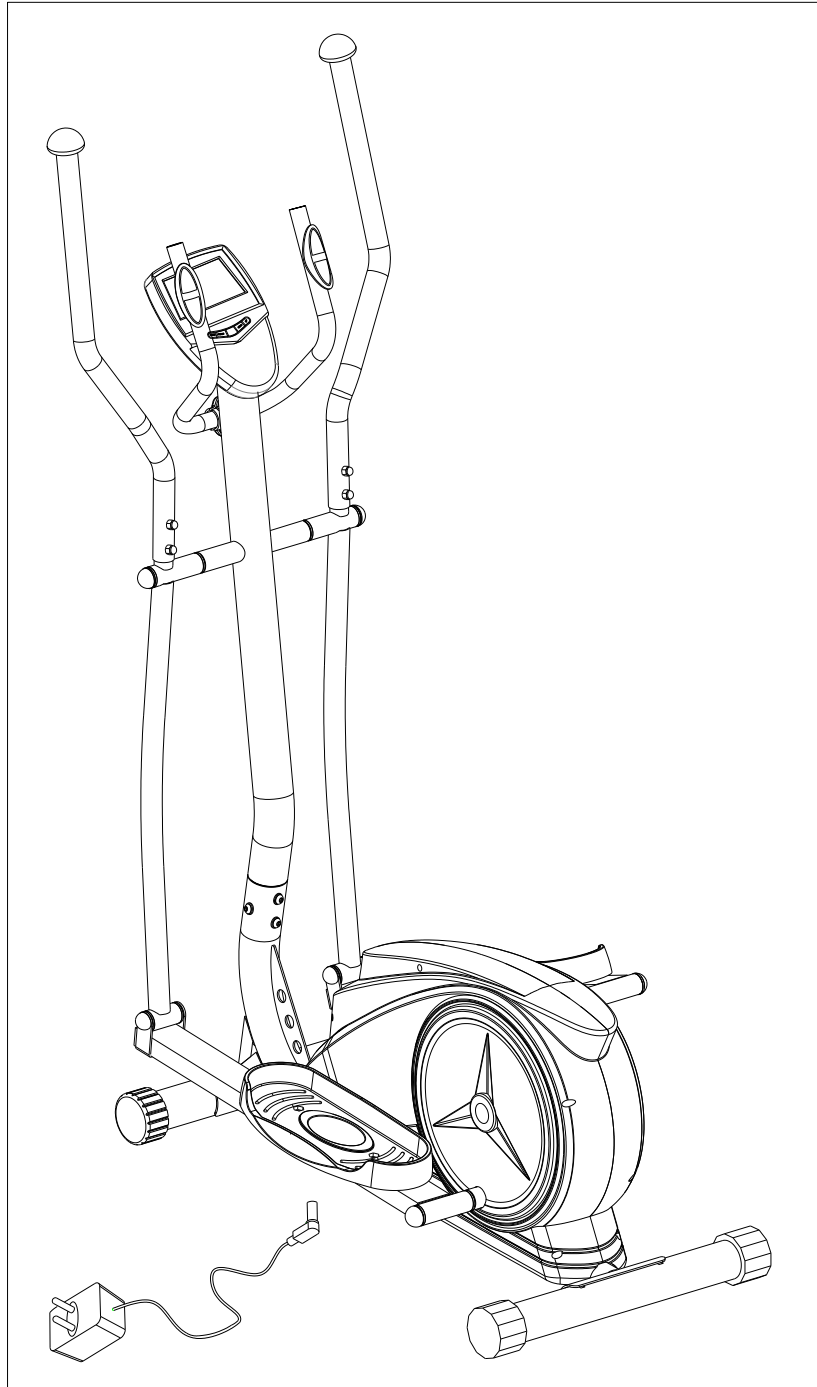


LifeSPAN

X-15 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.

TABLE OF CONTENTS

1.	IMPORTANT SAFETY INSTRUCTIONS_____	3
2.	ASSEMBLY INSTRUCTIONS_____	5
3.	PROGRAM OPERATION_____	13
4.	EXERCISE GUIDE_____	20
5.	EXPLODED DIAGRAM_____	24
6.	PARTS LIST_____	25
7.	WARRANTY_____	26

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


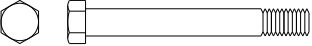

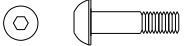
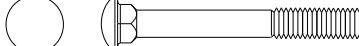

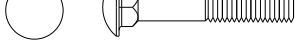












- a. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly.

Please note: It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

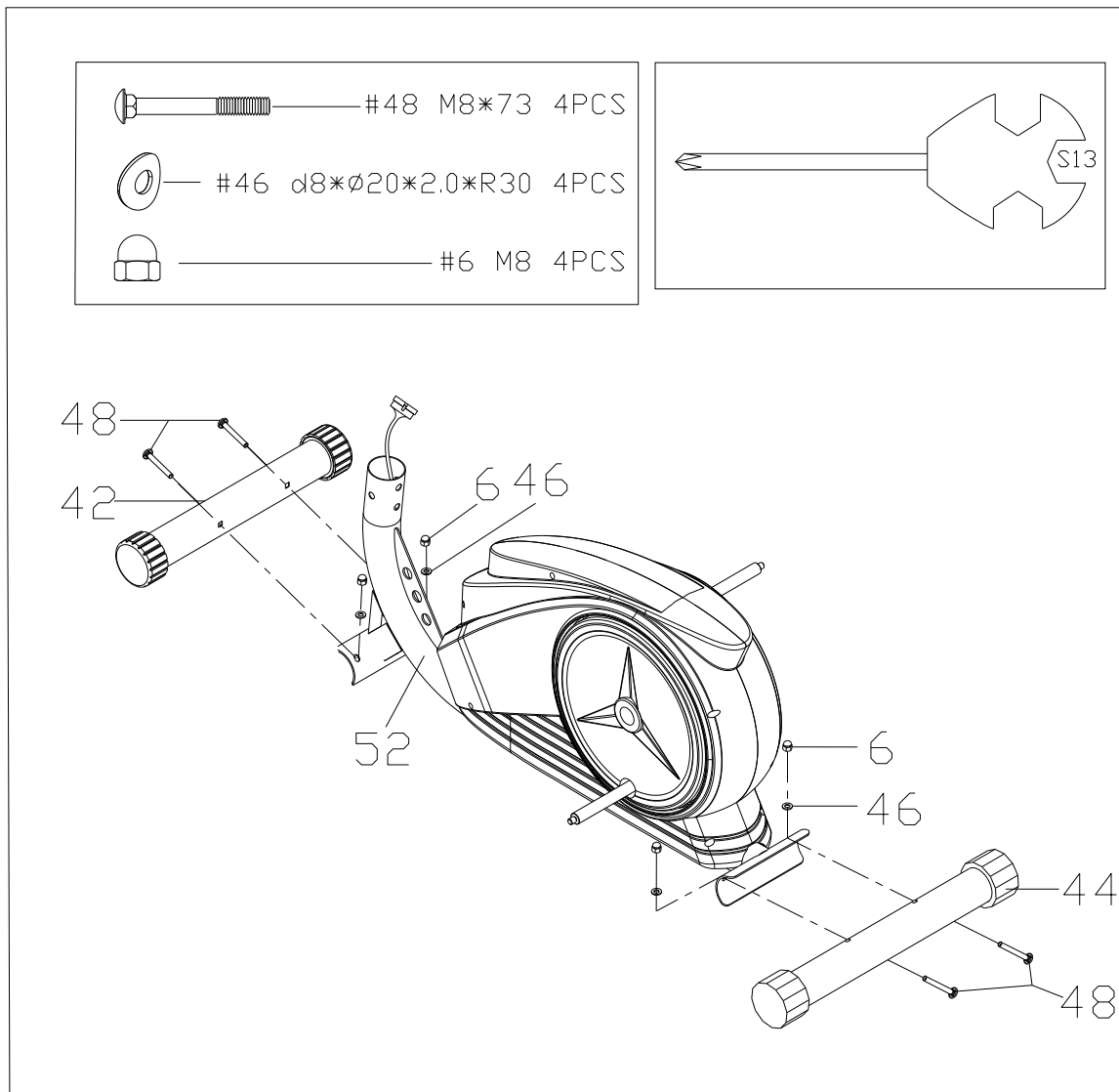
- b. Before starting any exercise program you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects 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.

2. ASSEMBLY INSTRUCTIONS

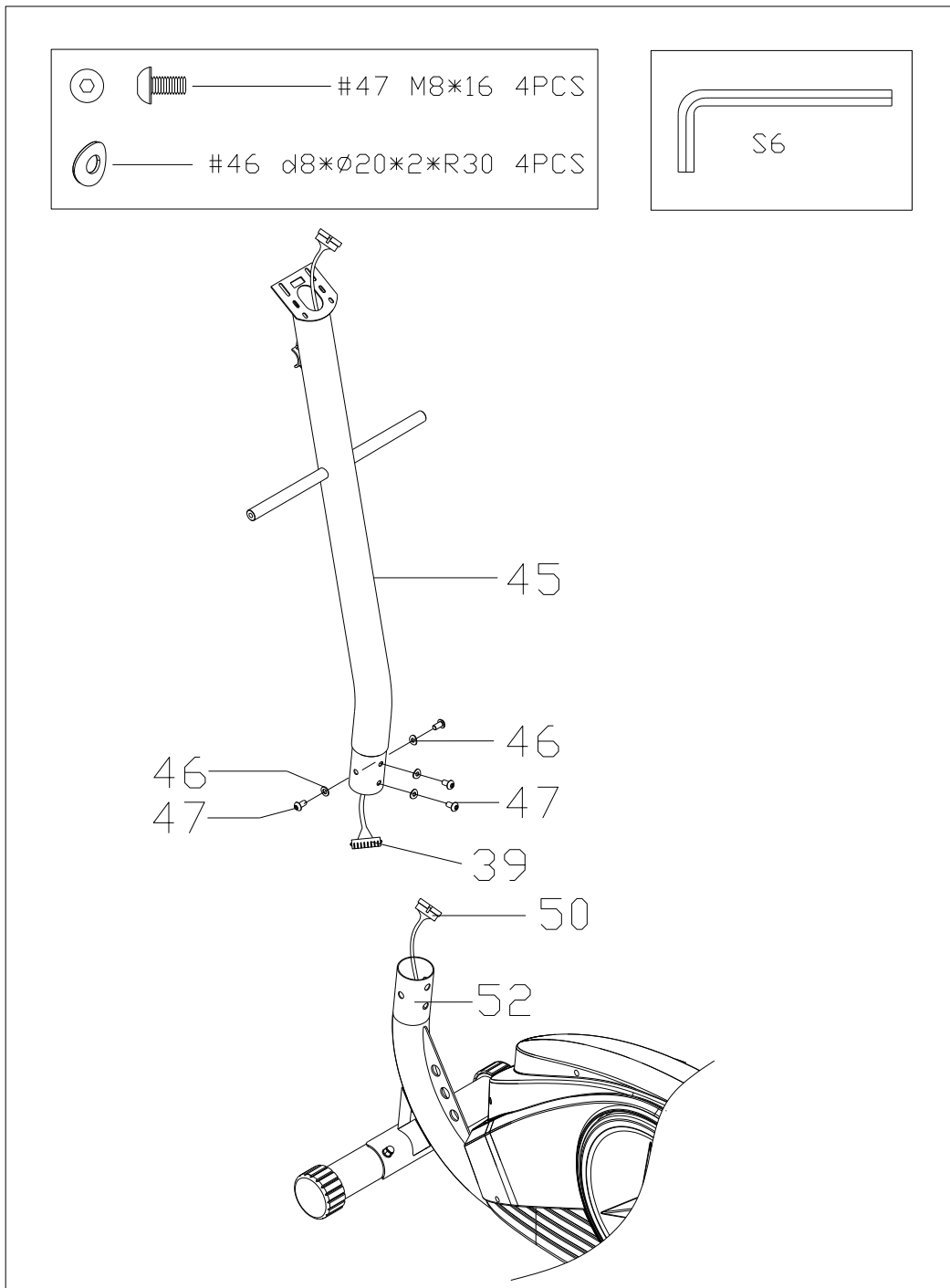
	_____	#10 M8*16	2PCS
	_____	#19 M8*75	2PCS
	_____	#22 M8*45	4PCS
	_____	#29 M8*30	2PCS
	_____	#48 M8*73	4PCS
	_____	#47 M8*16	4PCS
	_____	#4 M8*43	4PCS
	_____	#20 d8*ø16*1.5	6PCS
	_____	#9 d8	4PCS
	_____	#5 d8*ø20*2*R16	4PCS
	_____	#46 d8*ø20*2*R30	8PCS
	_____	#8 d8*ø32*2	2PCS
	_____	#24 d10*ø32*2	2PCS
	_____	#6 M8	8PCS
	_____	#21 M8	6PCS
	_____	#25 M10*1.25	2PCS
	_____	#28	1PC
	_____	#11 S13	6PCS
	_____	#26 S16	2PCS

STEP 1:



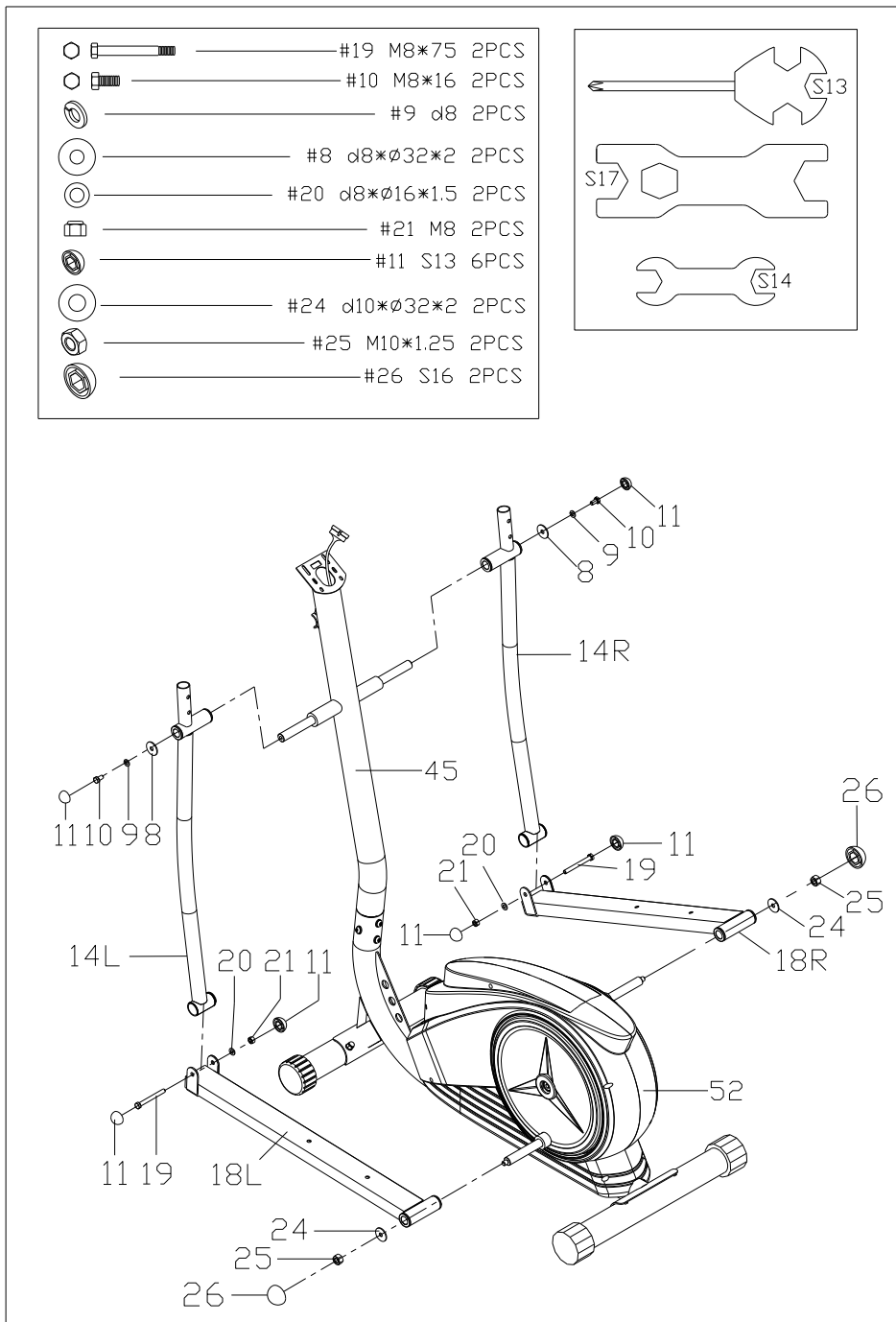
1. Attach the front stabilizer (42) and rear stabilizer (44) onto the main frame (52) using the square neck bolt (48), arc washer (46) and cap nut (6).

STEP 2:



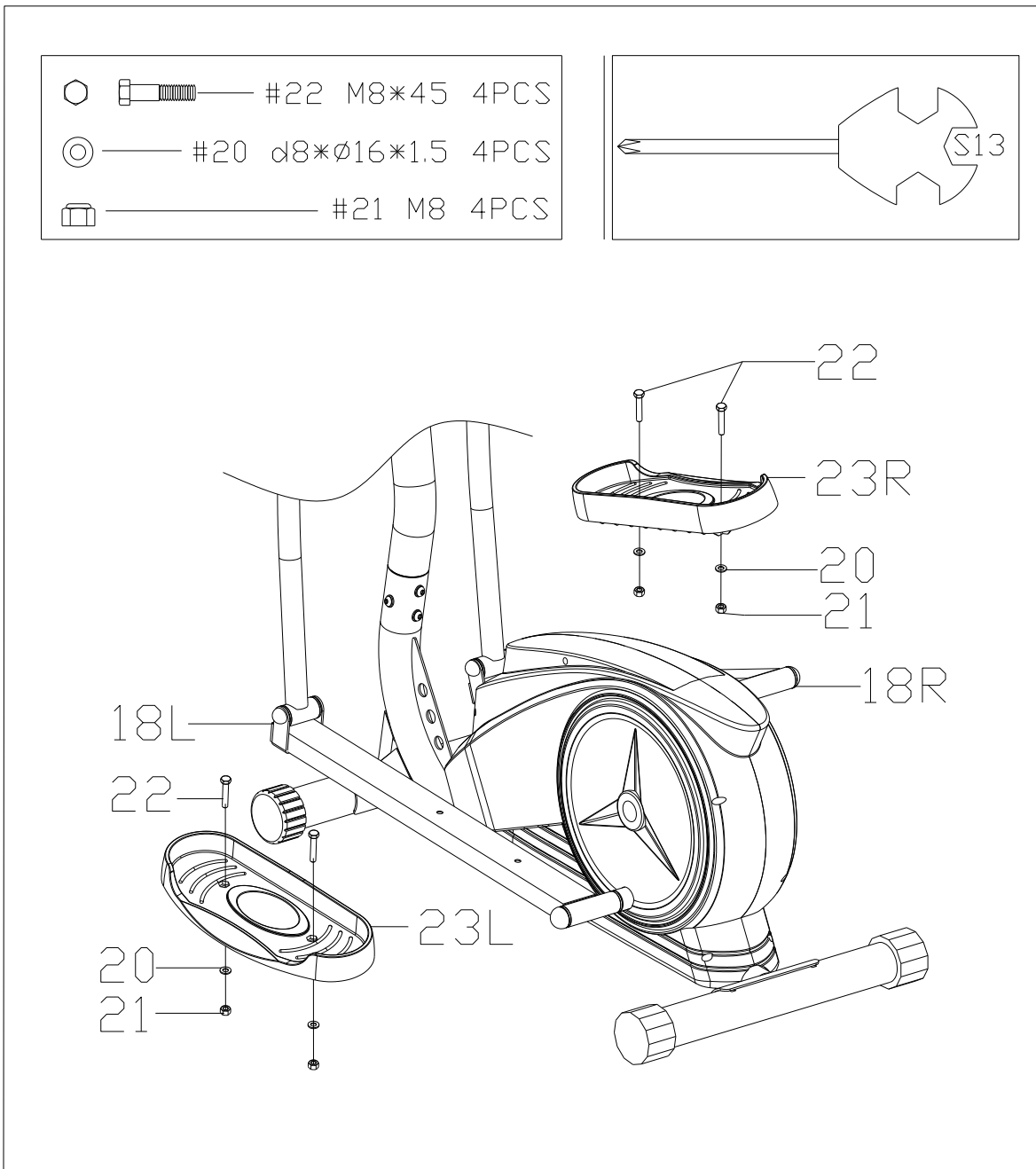
1. Connect the mid-sensor wire 2 (39) to the mid-sensor wire 1 (50)
2. Lock the up-right post (45) onto the main frame (52) using the screw (47) and arc washer (46)

STEP 3:



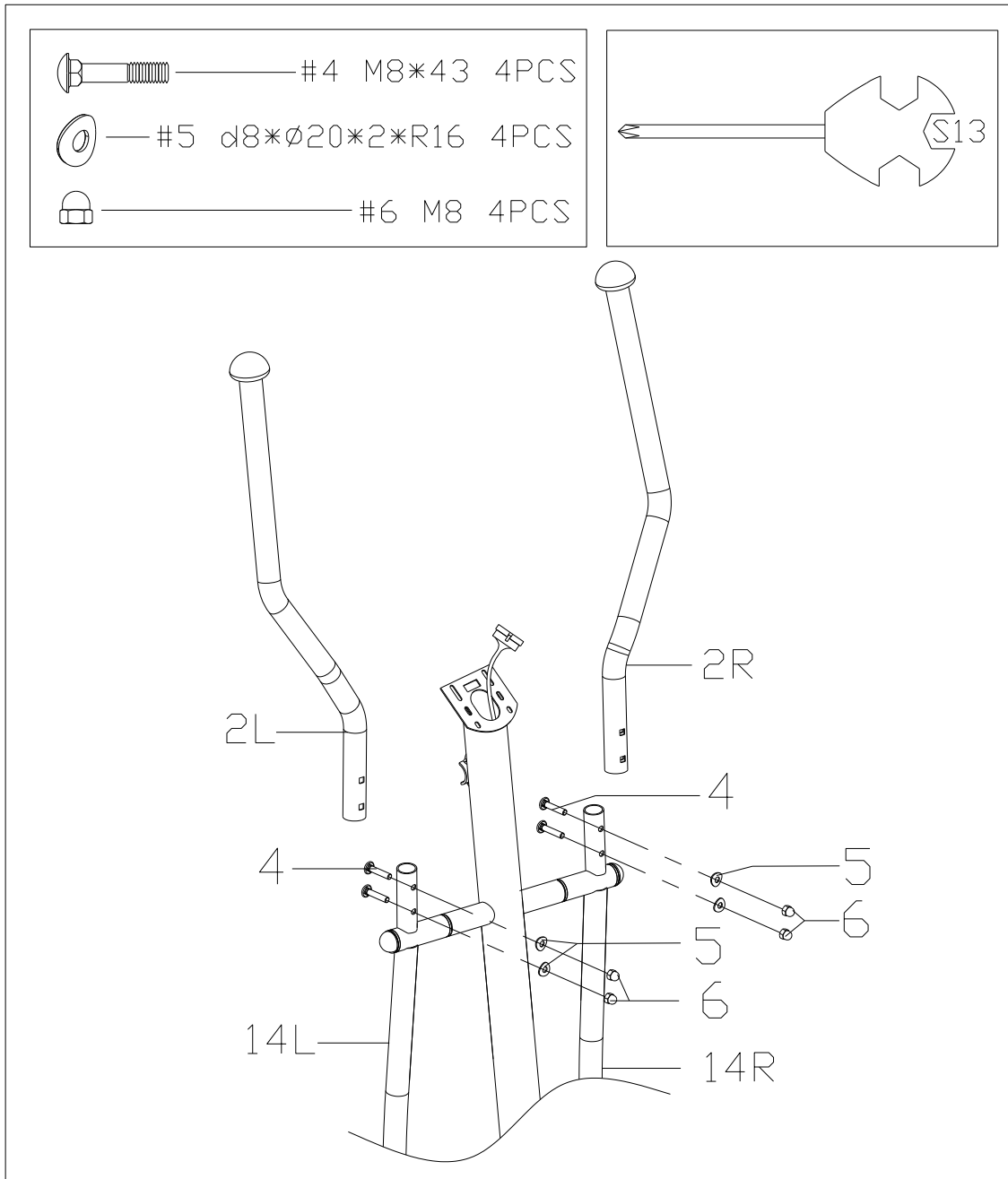
1. Put the swing rod post (14L and 14R) onto each of the swing axes on the up-right post (45), then lock it with the bolt (10), spring washer (9) and washer (8) and attach the ball cap (11)
2. Lock the pedal rod post (18L and 18R) on each crank axes of the main frame (52) by the nylon nut (25) and washer (24). Then, attach the ball cap (26)
3. Connect the swing rod post to the pedal rod post using the bolt (19), washer (20) and nylon nut (21). Then, attach the ball cap (11)

STEP 4:



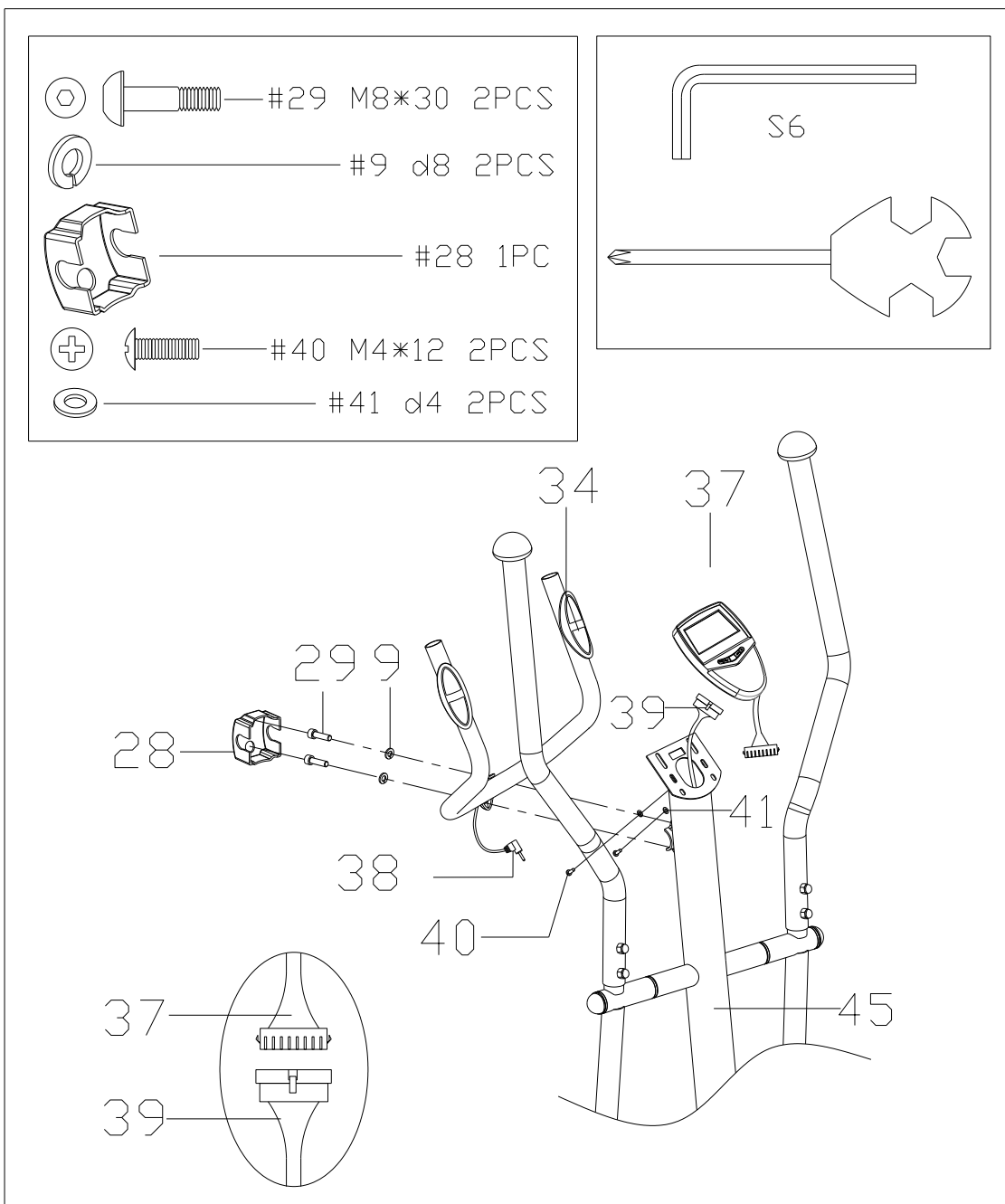
1. Lock the pedal (23L and 23R) on each pedal rod post (18L and 18R) using bolt (22), washer (20) and nylon nut (21)

STEP 5:



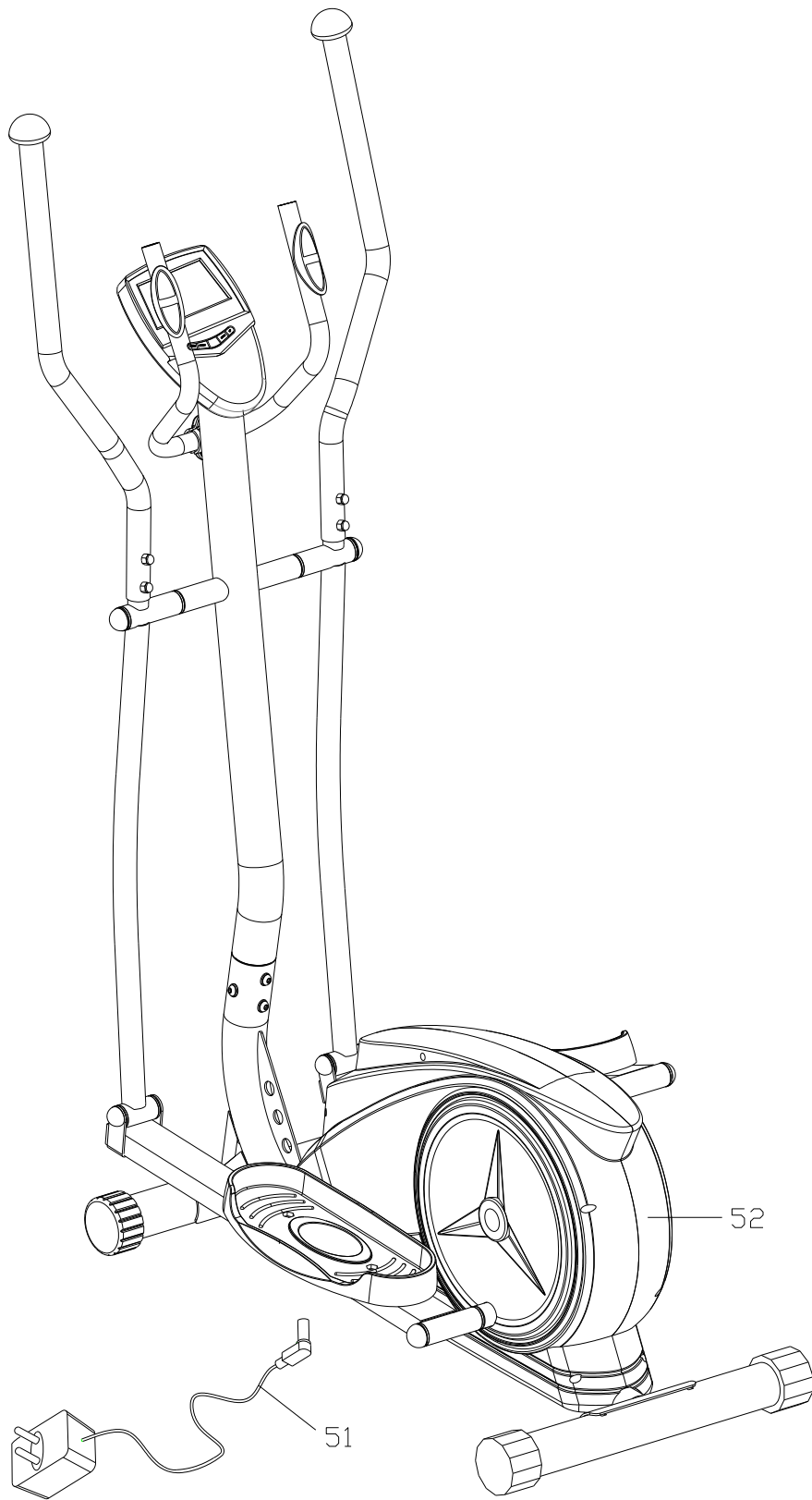
1. Lock the handlebar (2L and 2R) to each swing rod post (14L and 14R) to the square neck bolt (4), arc washer (5) and cap nut (6)

STEP 6:



1. Lock the mid-handlebar post (34) onto the up-right post (45) by the screw (29) and spring washer (9), then cap the small cover (28)
2. Connect the computer wire (37) to the mid-sensor wire 2 (39), and then attach the computer (37) onto the up-right post (45) using the screw (40) and washer (41)
3. Insert the pulse wire (38) onto the back of the computer (37)

STEP 7:



-
1. Insert the adaptor (51) into the hole of the main frame (52) and connect to wall socket

3. PROGRAM OPERATION

Key Functions:

- A. ENTER: Chooses the functions from PROGRAM, GENDER, TIME, HEIGHT, WEIGHT, DISTANCE, TARGET HEART RATE, AGE, and 10 columns. The chosen function shall flash. Please note that not all the functions can be selected in every program according to the type of each program.
- B. START/STOP: Starts or stops the program chosen, and resets the monitor by pressing and holding for 3 seconds.
- C. MODE: Changes the displays of the values between RPM and SPEED, between CAL and WATT. The values of RPM and WATT show at the same time, or the values of SPEED and CAL do by pressing it.
- D. UP (+): Selects or increases the values of PROGRAM, GENDER, TIME, HEIGHT, WEIGHT, DISTANCE, TARGET HEART RATE, AGE, and 10 columns.
- E. DOWN (—): Selects or decreases the values of PROGRAM, GENDER, TIME, HEIGHT, WEIGHT, DISTANCE, TARGET HEART RATE, AGE, and 10 columns.

The Display:

- A. START: Indicates the selected program has started.
- B. STOP: Indicates the selected program has stopped. Users are free to change the programs and the value of functions applied.
- C. PROGRAM: Indicates the selected program from Program 1 to Program 16.
- D. LEVEL: Indicates the level of loading selected from Level 1 to Level 16.
- E. Indicates the gender selected (Male or Female).
- F. Loading Profile: There are 10 columns of loading bars, and 8 bars in each column. Each column represents 3 minutes workout (without setting of TIME value), and each bar represents 2 levels of loading.

Operating Ranges:

Values	Range (Count up)	Count down	Preset	Increment (Decrement)
PROGRAM	1-16	16-1	1	1
LEVEL	1-16	16-1	N/A	1
GENDER	Male, Female	N/A	Male	N/A
TIME	0:00 ~ 99:59	99:00 ~ 5:00	0:00	1:00
HEIGHT (cm)	110.0-199.5	199.5- 110.0	175.0	0.5
WEIGHT (kg)	10.0-199.8	199.8-10.0	70.0	0.2
DISTANCE	0.0 - 999.0	999.0- 1.0	0.0	1.0
WATT	30 - 300	300 - 30	100	1.0
TARGET H.R.	60 - 220	220 - 60	90	1
AGE	10-99	99- 10	30	1

N/A: not applicable.

TIME: This is the operating range in Program 1. In other programs (i.e. except Program 1 and Program 8), the preset value will be 5:00.

Operating Ranges:

- A. The values calculated or measured by the computer are for exercise purpose only, not for medical purpose.
- B. Variables that you may customize in the programs:

Programs	Variables
P1-P7	TIME, DISTANCE, AGE
P8	GENDER, HEIGHT, WEIGHT, AGE
P9	TIME, DISTANCE, TARGET H.R.
P10-P12	TIME, DISTANCE, AGE
P13-P16	TIME, DISTANCE, AGE, 10 COLUMNS

Please note that you can only customize either TIME or DISTANTANCE, you cannot adjust both in the same workout.

C. Program Selection: There are 16 programs including 1 Manual Program, 6 Preset Programs, 1 Body Fat Program, 4 Heart Rate Control Programs, 4 User Setting Programs.

D. Program Graph: Each graph shown is the profile of loading in each interval (column). With the value of TIME counting up, each interval is 3 minutes and all the columns make up a total of 30 minutes. With the value of TIME counting down, each interval is the value of setup TIME divided by 10. For example, if the time value is setup to 40 minutes, each interval will be 40 minutes divided by 10 ($40/10=4$). Namely, each interval will be 4 minutes. The brief descriptions of the profile of each graph are as follows:

Program 1: Manual	Program 8: Body Fat
Program 2: Rolling	Program 9: Target H.R.
Program 3: Valley	Program 10: 60% H.R.C.
Program 4: Fat Bum	Program 11: 75% H.R.C.
Program 5: Ramp	Program 12: 80% H.R.C.
Program 6: Fitness Test	Program 13-16: User Settings
Program 7: Random	

E. Body Types: There are 9 body types divided according to the FAT% calculated.

Type 1: 5~9%	Type 6: 30~34%
Type 2: 10~14%	Type 7: 35~39%
Type 3: 15~19%	Type 8: 40~44%
Type 4: 20~24%	Type 9: 45~50%
Type 5: 25~29%	

G. BMR: Basal Metabolism Ratio

H. BMI: Body Mass Index

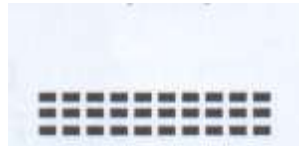
Operating Instructions:

A. Exercising With a Specific Goal:

1. TIME Control: Sets up a period of time to exercise. (Except in Program 8)
2. DISTANCE Control: Sets up a certain distance to exercise. (Except in Program 8)
3. BODY FAT Control: Computer designs various programs for different people with different body fat ratios.
4. WATT Control: Keeps different bodies burning in desired WATT consumed.
5. Heart Rate Control: Keeps users to exercise on a safe heart-beating condition.

B. Heart Rate: The whole set of heart rate detector includes 2 sensors each side. Each sensor has 2 pieces of metal parts. The correct way to get detected is to gently press both metal parts with each hand. Once the signals are picked up by the computer, the HEART RATE/BODY TYPE display will flash.

C. Program 1: Manual Program:

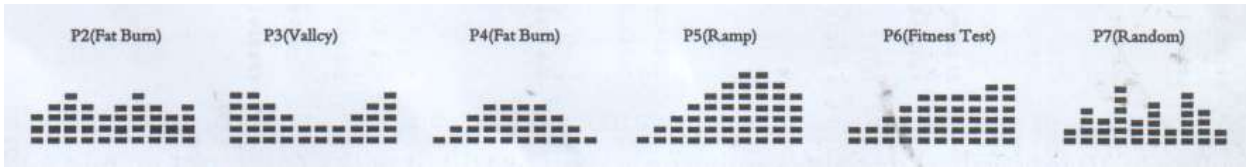


Press the "ENTER" key to select TIME, DISTANCE, and AGE.

Then, press the "UP" or "DOWN" key to adjust the values. The default loading level is 6. After pressing "START/STOP" key to exercise, please also apply the heart rate detector appropriately. Users may exercise in any desired level (by pressing "UP" or "DOWN" during the workout) with a period of time or a certain distance.

With the input of age, the computer may suggest a target heart rate to exercise. The suggested heart rate is 80% (220 - age). So, if the heart rate detected equals to or is greater than the TARGET H.R., the value of HEART RATE will keep flashing. Please note that it is a warning for users to slow down or to lower the level of intensity.

D. Program 2~7: Preset Programs:



Press the "ENTER" key to select TIME, DISTANCE, and AGE.

Then, press the "UP" or "DOWN" key to adjust the values. Users may exercise with different levels of loading in different intervals as the profiles show.

After pressing "START/STOP" to exercise, please also apply the heart rate detector appropriately. Users may also exercise in any desired level (by pressing "UP" or "DOWN" during the workout) with a period of time or a certain distance.

With the input of age, the computer may suggest a target heart rate to exercise. The suggested heart rate is 80% (220 - age). So, if the heart rate detected equals to or is greater than the TARGET H.R., the value of HEART RATE will keep flashing. Please note that it is a warning for users to speed down or to lower the level of intensity.

E. Program 8: Body Fat Program:

This is a program designed to calculate users' body fat ratio and to design a specific workout profile for them. With 9 different body types, the computer can generate 9 different profiles respectively.

Press the "ENTER" key to select GENDER, HEIGHT, WEIGHT, and AGE.

Then, press "UP" or "DOWN" key to adjust the values. After pressing "START/STOP" to calculate body fat, please also apply the heart rate detector appropriately. If the detector cannot pick up any signals, an error message "E3" will show up. If that happens, press "START/STOP" key to calculate again.

The calculated values of FAT%, BMR, BMI, BODY TYPE, and a designed profile will show up shortly. Press "START/STOP" key to exercise.

F. Program 9~12: Heart Rate Control Programs:



Press the "ENTER" key to cycle through TIME, DISTANCE, and TARGET H.R.

Users may setup a target heart rate to exercise in a period of time or a certain distance. In Program 10 to Program 12, press the "ENTER" key to select TIME, DISTANCE, and AGE. Then, press "UP" or "DOWN" to adjust the values. Users may exercise in a period of time or a certain distance with 60% of Max Heart Rate in Program 10, 75% of Max Heart Rate in Program 11, and 80% of Max Heart Rate in Program 12.

After pressing "START/STOP" key to exercise, please also apply the heart rate detector appropriately. In these programs, the computer will adjust the level of loading according to the heart rate detected. For example, the level of loading may increase while the heart rate detected is lower than TARGET H.R. and the level of loading may decrease while the heart rate detected is higher than TARGET H.R.

As a result, the user's heart rate will be adjusted to close to the TARGET H.R., i.e. in the range from TARGET H.R.-5 to TARGET H.R.+5.

G. Program 13~16: User Setting Independent Program:



Users are free to edit the values in the order of TIME, DISTANCE, AGE, and the level of loading in 10 intervals. The values and profiles will be stored in the computer memory after setup.

After pressing "START/STOP" key to exercise, please also apply the heart rate detector appropriately.

Users may also change the ongoing loading in each interval by pressing "UP" or "DOWN" key, but this will not change the level of loading stored in the memory.

With the input of age, the computer may suggest a target heart rate to exercise. The suggested heart rate is 80% (220 - age). So, if the heart rate detected equals to or is greater than the TARGET H.R., the value of HEART RATE will keep flashing. Please note that it is a warning for users to speed down or to lower the level of loading.

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 maximum 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: $220 - \text{Age} = \text{predicted maximum heart rate}$

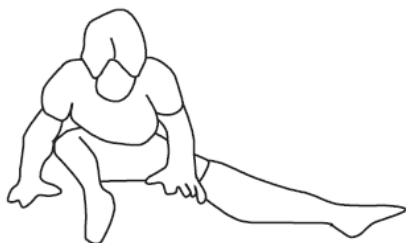
Warm-Up: The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm-up for two to five minutes before strength training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging,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

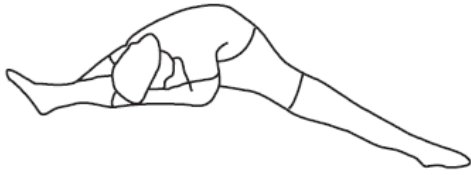
Place feet shoulder-width apart and lean forward. Maintain this position for 30 seconds using the body as a natural weight to stretch the backs of the legs. DO NOT BOUNCE! When the pull on the back of the legs lessens, gradually try a lower position.



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.

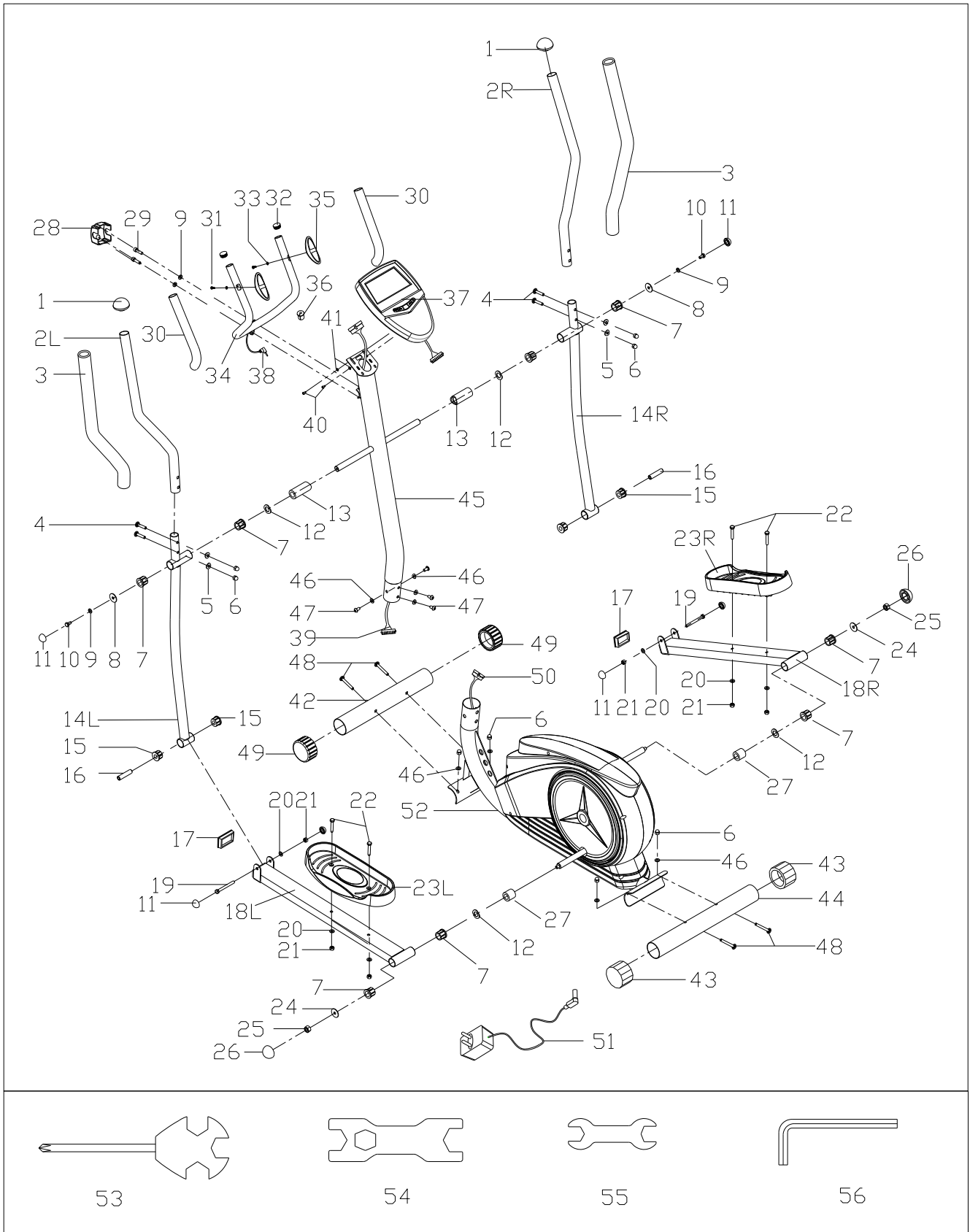
Bent Over Leg Stretch:

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

No.	Description	Qty
1	Ball cap $\phi 32 \times 46$	2
2L/R	Handlebar L/R	2
3	Foam grip $\Phi 30 \times 5 \times 480$	2
4	Square neck bolt M8*43	4
5	Arc washer $d8 \times \phi 20 \times 2 \times R16$	4
6	Cap nut M8	8
7	Bushing 1	8
8	Washer $d8 \times \phi 32 \times 2$	2
9	Spring washer d8	4
10	Bolt M8*16	2
11	Ball cap S13	6
12	Wave washer $\phi 19 \times \phi 25 \times 0.3$	4
13	Long spacer $\Phi 32 \times \Phi 19 \times 75.5$	2
14L/R	Swing rod post	2
15	Bushing 2	4
16	Spacer $\Phi 14 \times \Phi 8.3 \times 59$	2
17	Square end cap J60*30*15	2
18L/R	Pedal rod post	2
19	Bolt M8*75	2
20	Washer $d8 \times \phi 16 \times 1.5$	6
21	Nylon nut M8	6
22	Bolt M8*45	4
23L/R	Pedal	2
24	Washer $d10 \times \phi 32 \times 2$	2
25	Nylon nut M10*1.25	2
26	Ball cap S16	2
27	Short spacer $\phi 32 \times \phi 19.2 \times 30$	2
28	Small cover two hole	1

No.	Description	Qty
29	Screw M8*30	2
30	Foam grip $\Phi 23 \times 5 \times 400$	2
31	Screw ST4*19* $\Phi 8$	2
32	Round end cap $\phi 25 \times 1.5$	2
33	Washer $d6 \times \phi 12 \times 1.0$	2
34	Mid-handlebar post	1
35	Pulse pad	2
36	Bushing	1
37	Computer	1
38	Pulse wire	1
39	Mid-sensor wire 2	1
40	Screw M4*12	2
41	Washer $d4 \times 10 \times \phi 12$	1
42	Front stabilizer	1
43	End cap $\phi 60$	2
44	Rear stabilizer	1
45	Up-right post	1
46	Arc washer $d8 \times \phi 20 \times 2 \times R30$	8
47	Screw M8*16	4
48	Square neck bolt M8*73	4
49	End cap $\phi 60$	2
50	Mid-sensor wire 1	1
51	Adaptor	1
52	Main frame	1
53	Wrench S13-14-15	1
54	Wrench S17-19	1
55	Wrench S13-14	1
56	Wrench S6	1

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.lifespanonline.com.au/Warranty-Policy>