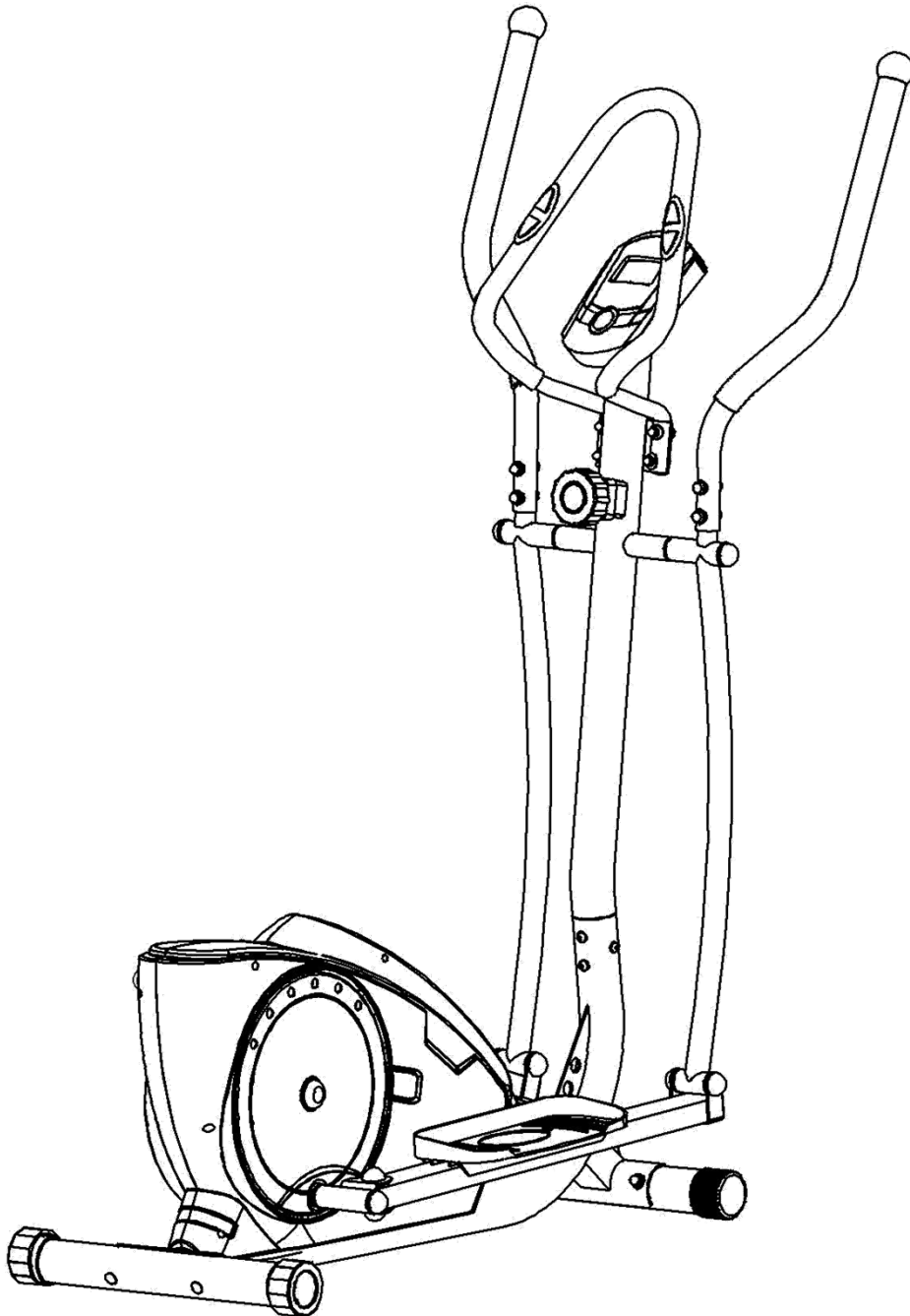




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X-16 OWNER'S MANUAL



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.
















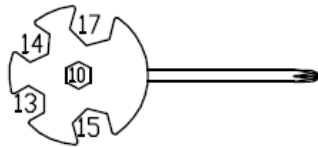

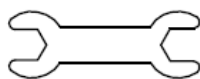

Please note: It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

- 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.

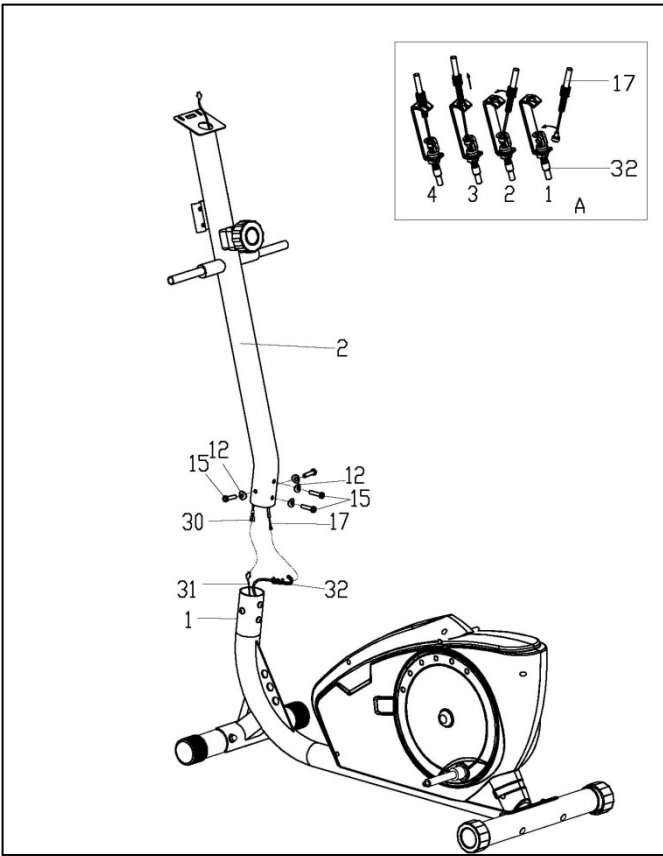
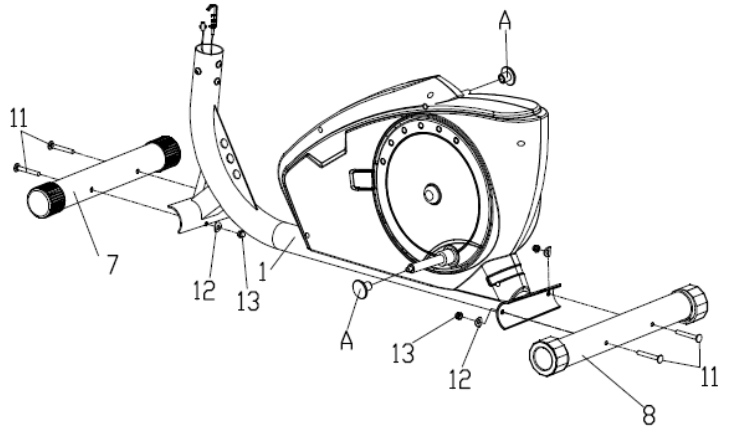
2. ASSEMBLY INSTRUCTIONS

| Item | Description | Qty | Item | Description | Qty |
|------|---|--------|-------|--|-------|
| 1 | Main frame | 1 | 42 | Plastic spacer (1) $\Phi 32 \times 59$ | 2 |
| 2 | Handlebar post | 1 | 43 | Sleeve (1) $\Phi 26.8 \times 28$ | 8 |
| 3L/R | L/R pedal tube | 1 each | 44 | Sleeve (2) $\Phi 26.8 \times 20$ | 4 |
| 4L/R | L/R swing tube | 1 each | 45 | Flat washer D10 | 2 |
| 5L/R | L/R handle tube | 1 each | 46 | Connecting joint | 2 |
| 6 | Fixed handlebar | 1 | 47L/R | Chain cover | 1each |
| 7 | Front stabilizer | 1 | 48 | Rotating disk | 2 |
| 8 | Rear stabilizer | 1 | 49 | Sleeve (2) $\Phi 32 \times 26$ | 2 |
| 9L/R | L/R pedal | 1 each | 50 | Cross pan-head tapping screw ST4.8x20 | 11 |
| 10 | Computer | 1 | 51 | Flywheel | 1 |
| 11 | Carriage bolt M8x74 | 4 | 52 | Wheel axle | 1 |
| 12 | Arc washer $\Phi 20 \times d8.5 \times R30$ | 20 | 53 | Bearing 6001RS | 2 |
| 13 | Acorn nut M8 | 12 | 54 | Axle sleeve | 1 |
| 14 | Inner hex pan-head screw M8x40 | 4 | 55 | Thin nut M10X1 | 3 |
| 15 | Bolt M8x20 | 4 | 56 | Bolt | 2 |
| 16 | Carriage bolt M8x45 | 4 | 57 | Flange nut M10x1.25 | 2 |
| 17 | Tension controller | 1 | 58 | Cross pan-head tapping screw ST2.9x12 | 2 |
| 18 | Arc washer D5 | 1 | 59 | Bolt M6x16 | 4 |
| 19 | Cross pan-head screw M5X55 | 1 | 60 | Axle | 1 |
| 20 | Big washer $\Phi 8.2 \times \Phi 32 \times 2$ | 2 | 61 | Nylon nut | 4 |
| 21 | Hex bolt M8x15 | 4 | 62 | Belt | 1 |
| 22 | Round end cap | 2 | 63 | belt tray | 1 |
| 23 | Hex bolt M8x45 | 4 | 64 | Magnet | 1 |
| 24 | Flat washer d8x1.2 | 6 | 65 | Bearing 6203RS | 2 |
| 25 | Nylon nut M8 | 6 | 66 | Spring washer GB894.2-86 17 | 2 |
| 26 | Hex bolt M8x75 | 2 | 67 | Hex bolt M6x55 | 1 |
| 27 | Washer $\Phi 10.5 \times \Phi 32 \times 2$ | 2 | 68 | Hex nut M6 | 1 |
| 28 | Nylon nut M10x1.25 | 2 | 69 | Spring L43x $\Phi 15 \times \Phi 1.6$ | 1 |
| 29 | End cap S17 | 6 | 70 | Bushing $\Phi 14 \times \Phi 8.5 \times 59$ | 2 |
| 30 | Extension wire | 1 | 71 | Magnet plate | 1 |
| 31 | Sensor wire | 1 | 72 | Spring washer d8 | 2 |
| 32 | Tension control cable | 1 | 73 | Spring washer GB894.2-86 12 | 2 |
| 33 | Cross pan-head screw | 2 | 74 | Spring washer d6 | 4 |
| 34 | Cross pan-head tapping screw ST4.2x18 | 2 | 75 | Nylon nut M10 | 2 |
| 35 | End cap S14 | 4 | 76 | End cap S13 | 2 |
| 36 | Handlebar wire | 2 | 77 | Cross pan-head tapping screw ST4.2x20 | 8 |
| 37 | Rolling end cap | 2 | 78 | Cross bar | 2 |
| 38 | Adjustable end cap | 2 | 79 | Rotating disk cap | 2 |
| 39 | Foam grip | 2 | 80 | Hex bolt M10X55 | 2 |
| 40 | Mushroom end cap | 2 | 81 | Alloy bushing $\Phi 14 \times 12.5 \times \Phi 10.1$ | 4 |
| 41 | Fixed handlebar foam grip | 1 | | | |

| | | | |
|---|---|---|--|
|  #11 4PCS |  #12 20PCS |  #13 12PCS |  #14 4PCS |
|  #15 4PCS |  #16 4PCS |  #20 2PCS |  #21 2PCS |
|  #23 4PCS |  #24 6PCS |  #25 6PCS |  #26 2PCS |
|  #27 2PCS |  #28 2PCS |  #33 2PCS | |
|  (S=10*13*14*15*17)-1PC |  (S=15*17*19)-1PC |  (S=13*14)-1PC |  (S=6)-1PC |

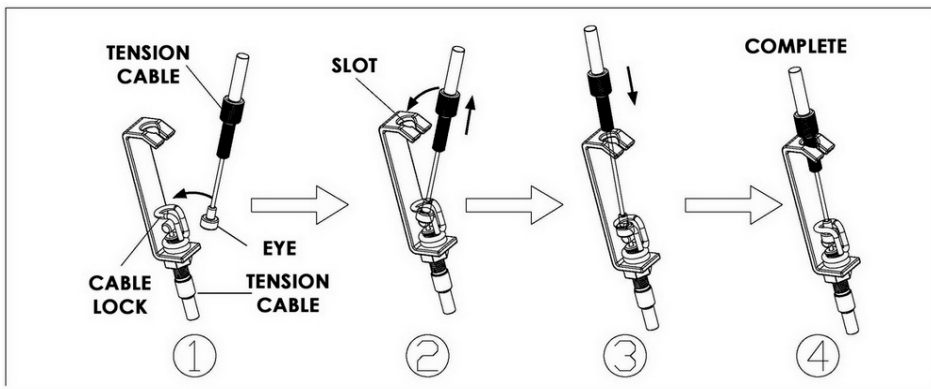
STEP 1:

1. Attach the front stabilizer (7) and the rear stabilizer (8) to the Main frame (1) with Carriage bolts (11), acorn nuts (13) and Arc washers (12).
2. Remove the nut cover (A) (Note: this is just for the protection of the crank during transport)



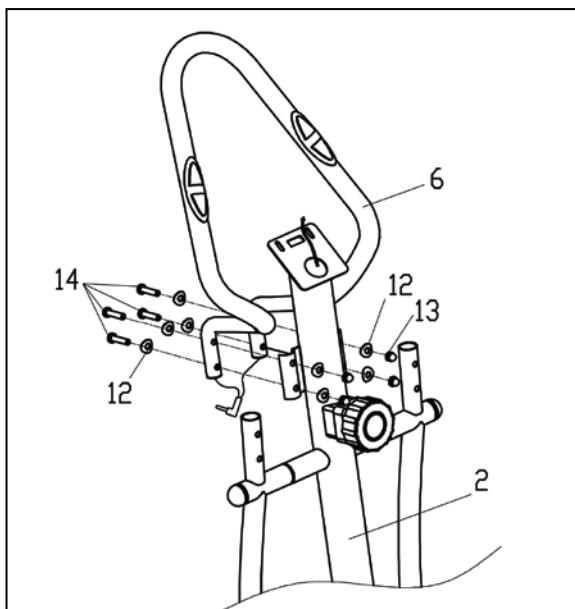
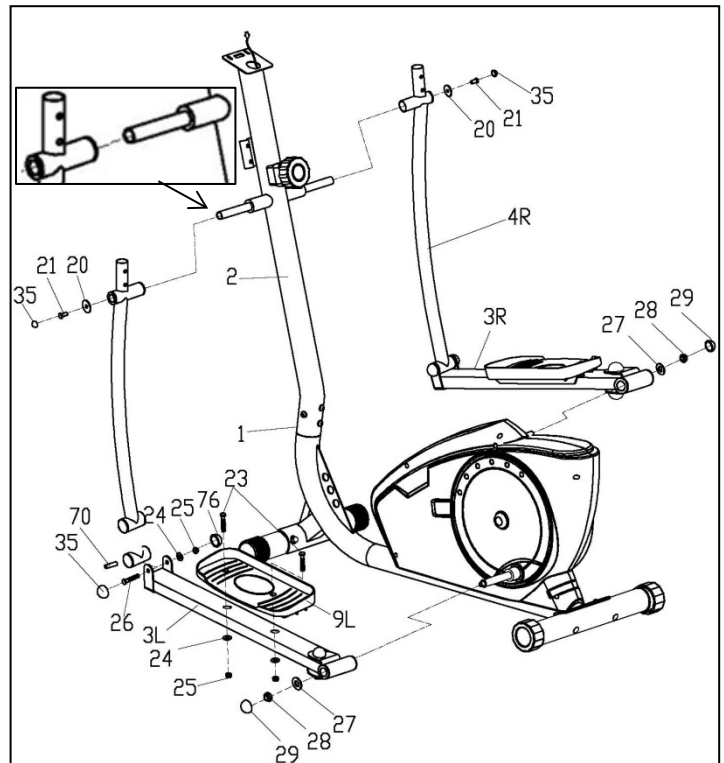
STEP 2:

1. Connect the Extension wire (30) with the Sensor wire (31)
2. Connect the Tension controller (17) with the Tension control cable (32).
3. Lock the Handlebar post (2) into the Main Frame (1) with the Arc washers (12) and the Bolts (15). Make sure all of the bolts have been threaded in before you lock any bolt. Please do not tighten these bolts until the following steps are complete.



STEP 3:

1. Attach the Swing tube (4L/R) to the Axle of the Handlebar post (2) with Hex bolt (21) and Flat washer (20). *Do not tighten these yet. Ensure the Swing tube (4L/R) is facing the correct direction according to the diagram*
2. Attach the Pedal tube (3L/R) to the Cross bar (78) with washer (27) and Nylon nut (28). Then tighten the Hex bolt (21) and Nylon nut (28). Finally cover the End cap (29)&(35) respectively.
3. Attach the Pedal (9L/R) to the Pedal tubes (3L/R) with the Hex bolts (23), Flat washers (24) and Nylon nuts (25).

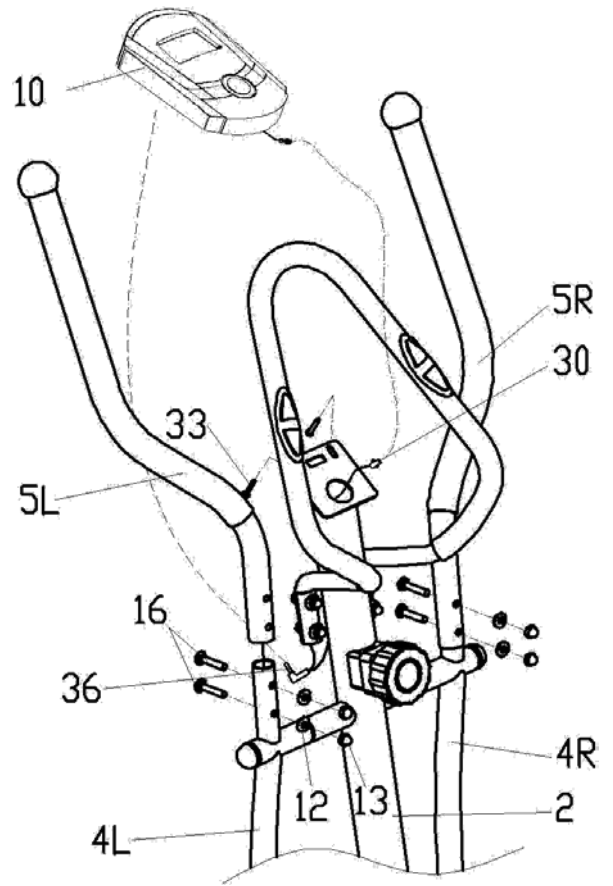


STEP 4:

- Fix the Fixed handlebar (6) to the Handlebar post (2) with the Bolts (14), Arc washers (12) and Acorn nuts (13).

STEP 5:

1. Fix Handlebar (5L/R) to the Swing tubes (4L/R) with Bolts (16), Arc washers (12) and Acorn nuts (13).
2. Connect the Extension wire (30) to the wire of Computer (10). Then secure the computer (10) onto the handlebar post (2) with Screws (33).
3. Insert the Pulse sensor wire (36) into the socket located at the bottom of computer (10)



3. DISPLAY MANUAL

FUNCTIONAL BUTTONS:

MODE – Press this to select function.

– Hold it for 3 seconds to reset time, distance and calories.

SET (IF APPLICABLE) – To set value of time, pulse, distance and calories when not in scan mode.

RESET (IF APPLICABLE) – Press to reset time, pulse, distance and calories.

FUNCTIONS:

1. SCAN: Press MODE until “▼” appears at SCAN Position (or until “SCAN” appears). The computer will cycle through all the 5 functions: Time, Speed, Distance, Calorie and total distance. Each display will hold for 6seconds.
2. TIME: Counts the total time from exercise start to end.
3. SPEED: Displays current speed.
4. DIST: Counts the distance from exercise start to end.
5. CALORIES(CAL): Count the total calories from exercise start to the end. Calories estimates only and are not for medical purposes.
6. TOTAL DIST(ODO): Counts the total distance travelled after installing the batteries.
7. AUTO ON/OFF & AUTO START/STOP: After no signal is received for 8 minutes, the machine will enter standby mode automatically. As long as the wheel is in motion or any button has been pressed, the computer is in action.
8. PULSE RATE (IF APPLICABLE)

Press MODE until “▼” appears at PULSE position (or until “♥” appears). Before measuring your pulse rate, please place both your palms on the contact pads and the computer will show your current heart beat rate in beats per minute (BPM) on the LCD after 3~4 seconds. Pulse rates are estimates only and are not for medical purposes.

9. Countdown Mode

The functions of time, distance and calories can be set to a countdown, any of above value goes to zero, the computer will beep for 15 seconds.

Press MODE to select the function, then press SET to adjust the value.

SPECIFICATIONS

| | | |
|-----------------------|----------------|--|
| FUNCTION | Auto Scan | Every 6seconds |
| | Running Time | 00:00 ~ 99:59(Minute: Second) |
| | Current Speed | The max pick-up signal is 999.9KM/H or MILE/H (or 9999RPM) |
| | Trip Distance | 0.0 ~ 999.9 KM |
| | Calories | 0 ~ 999.9~ 9999 Kcal |
| | Total Distance | 0 ~ 9999 KM |
| | Pulse Rate | 40-240BPM |
| Battery Type | | 2 pcs of SIZE-AA or AAA |
| Operating Temperature | | 0°C ~ +40°C(32°F~ 104°F) |
| Storage Temperature | | -10°C ~ +60°C(14°F~ 140°F) |

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

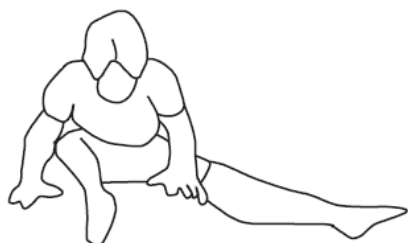
Warm-Up: The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm-up for two to five minutes before strength training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging,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

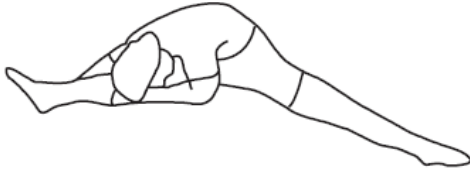
Place feet shoulder-width apart and lean forward. Maintain this position for 30 seconds using the body as a natural weight to stretch the backs of the legs. **DO NOT BOUNCE!** When the pull on the back of the legs lessens, gradually try a lower position.



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.

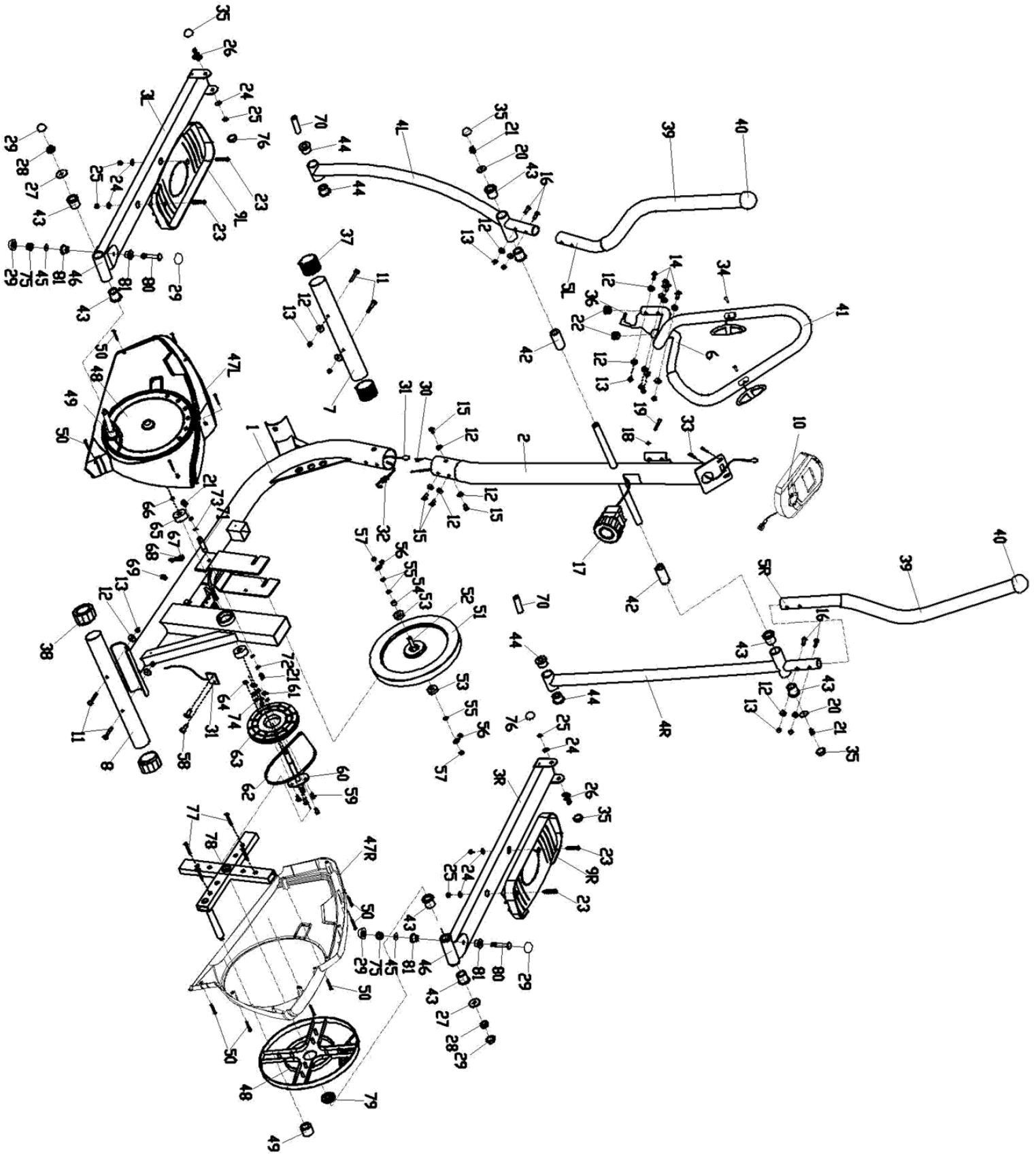
Bent Over Leg Stretch:

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. 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.

Hand Pulse Technology

Lifespan Fitness exercise equipment come 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 cycling and up to sprinting)
- Tightening of hand muscles will produce small electrical signals
- Static electricity charges from the air or from moving on the equipment

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 pedaling on a spin bike.

To test if your hand pulse sensors are working up to specification, hold them while stationary, not pedaling, 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

support@lifespanfitness.com.au