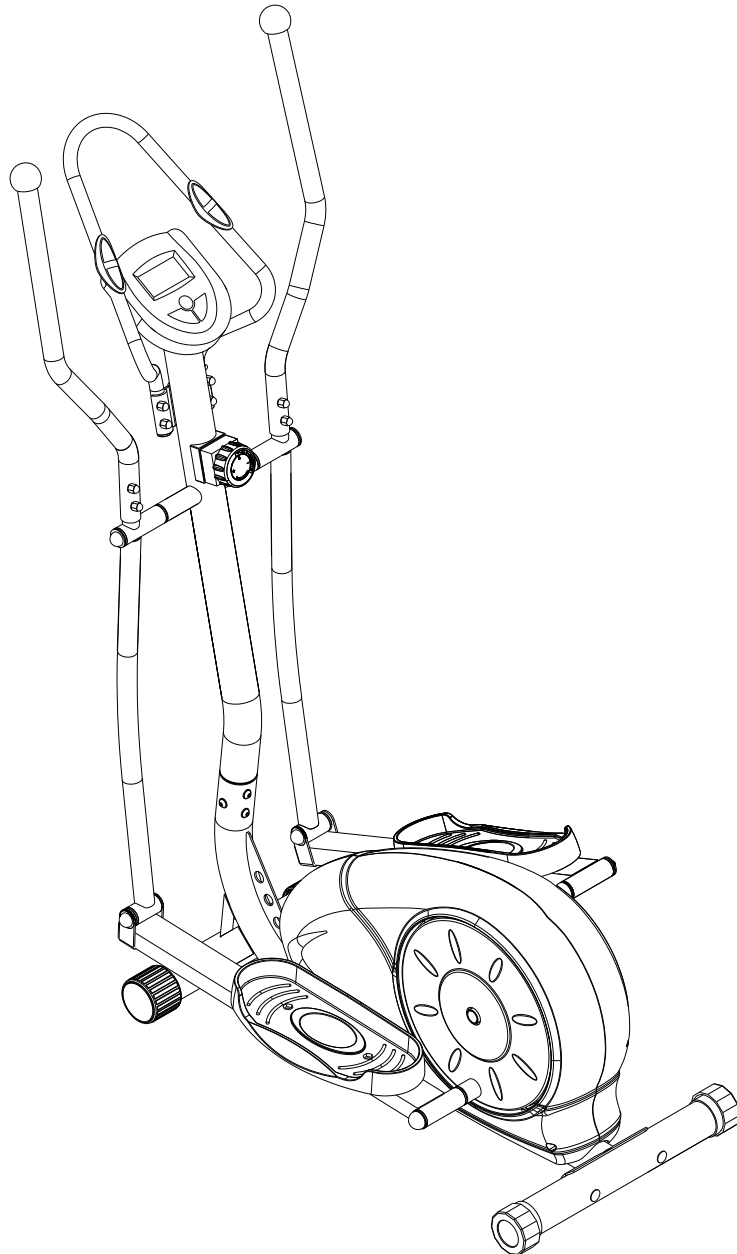# X-17 CROSS TRAINER OWNER'S MANUAL

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 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.

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

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

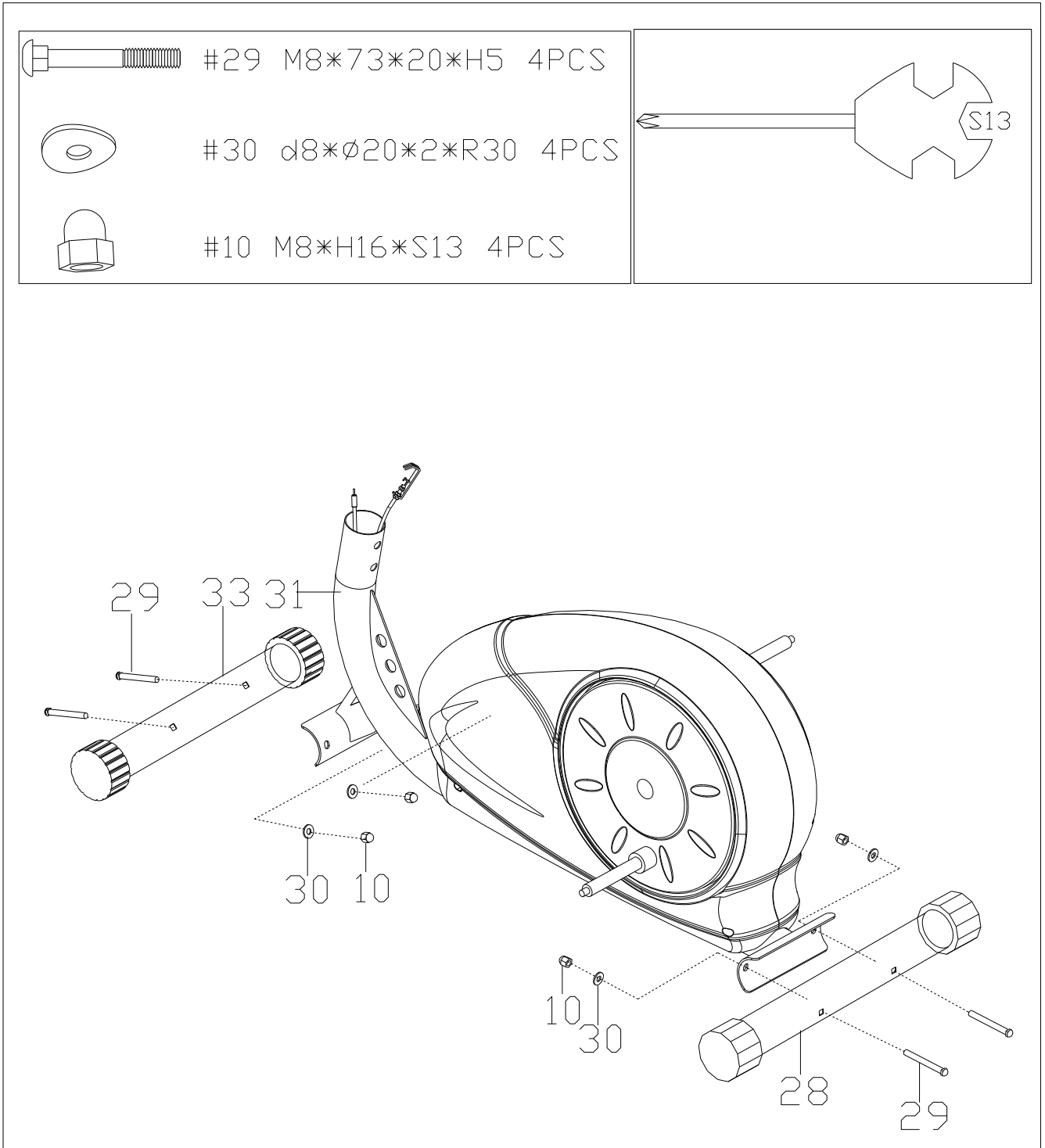h. Do not dispose of batteries in fire, batteries may explode or leak

3. EXPLODED DIAGRAM

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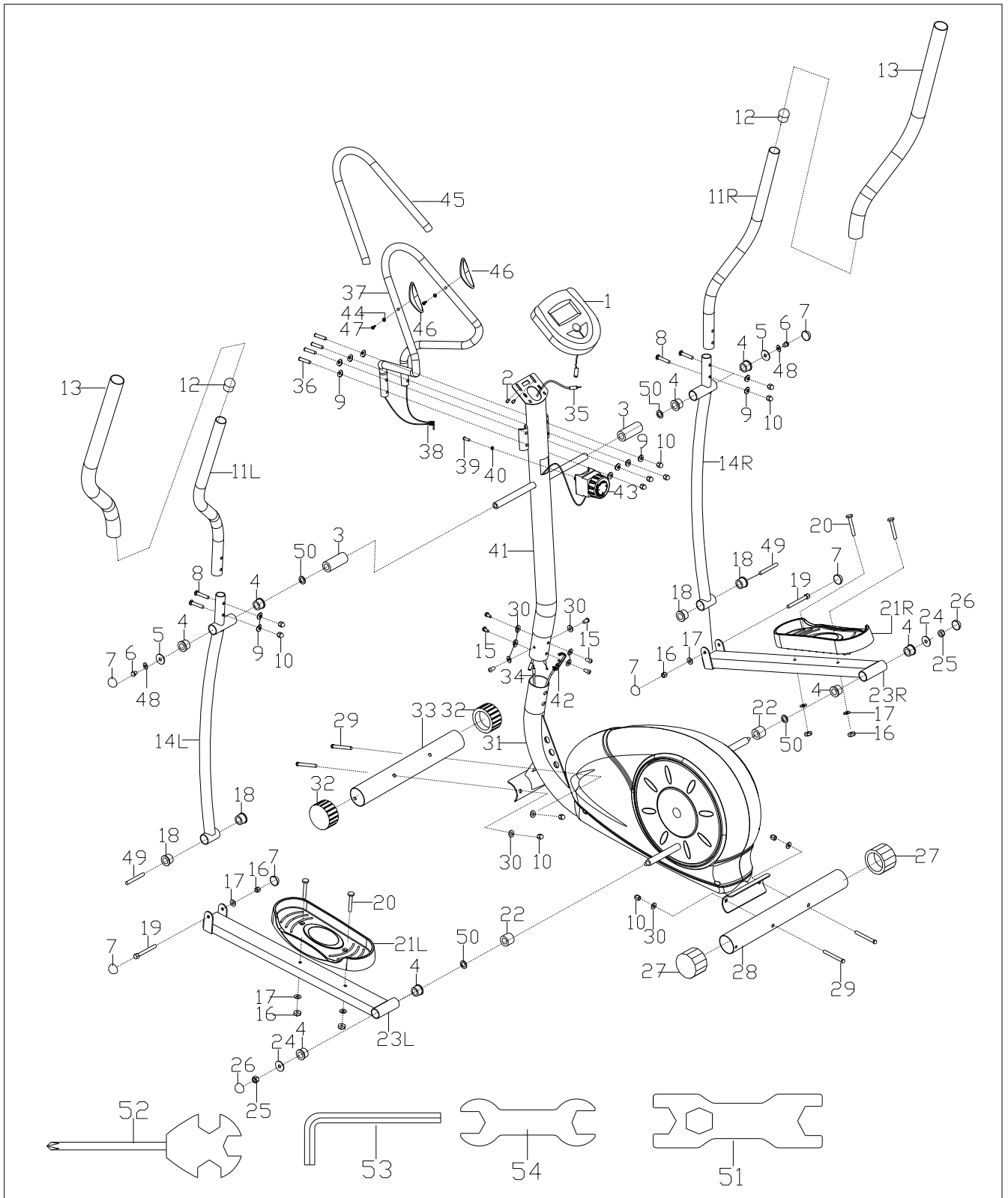
4. PARTS LIST

No.	Description	QTY.
1	Computer	1
2	Bolt M5*10	2
3	Bushing Φ31.8*Φ19.2*75.5	2
4	Axes cap 2 Φ32*3*Φ28*21*Φ19.4	8
5	Washer d8*Φ32*2	2
6	Bolt M8*16*S14	2
7	Ball cap S13	4
8	Bolt M8*43*20*H3	4
9	Arc-washer d8*Φ20*2*R16	12
10	Nut M8*H16*S13	12
11L/R	L/R handlebar	2
12	End cap Φ32*46*Φ50	2
13	Foam Φ30*5*480	2
14L/R	L/R handlebar post	2
15	Bolt M8*20*S6	6
16	Nut M8*H7.5*S13	4
17	Washer d8*Φ16*1.5	6
18	Axes cap 1 Φ32*3*Φ28*16*Φ14.3	4
19	Bolt M8*75*13*S14	2
20	Bolt M8*45*20*S14	4
21L/R	Pedal	2
22	Short-bushing Φ32*Φ19.2*30	2
23L/R	L/R pedal post	2
24	Washer d10*Φ32*2	2
25	Nut M10*1.25*H9.5*S17	2
26	Ball cap S16	2
27	End cap Φ60	2
28	Rear bottom tube	1
29	Bolt M8*73*20*H5	4
30	Washer d8*Φ20*2*R30	4

No.	Description	QTY.
31	Main frame	1
32	End cap Φ60*Φ78*62	2
33	Front bottom tube	1
34	Sensor cable	1
35	Trunk wire	1
36	Bolt M8*38*15*S6	4
37	Mid-handlebar	1
38	Hand pulse wire	1
39	Bolt M5	1
40	Arc-washer d5*Φ20* R30*1.5	1
41	Handlebar post join	1
42	Lower-tension cable	1
43	8-tension control，Φ1.5*670	1
44	Washer d6*Φ12*1	2
45	Foam Φ20*7*1000	1
46	Hand pulse grip Φ22	2
47	Bolt ST4*19	2
48	Washer d8	2
49	Bushing Φ14*Φ8.3*59	2
50	Washer d19*Φ25*0.3	4
51	wrench S17-19（S17）	1
52	Wrench S13-14-15	1
53	Wrench S6	1
54	Wrench S13-14	1

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5. ASSEMBLY INSTRUCTIONS
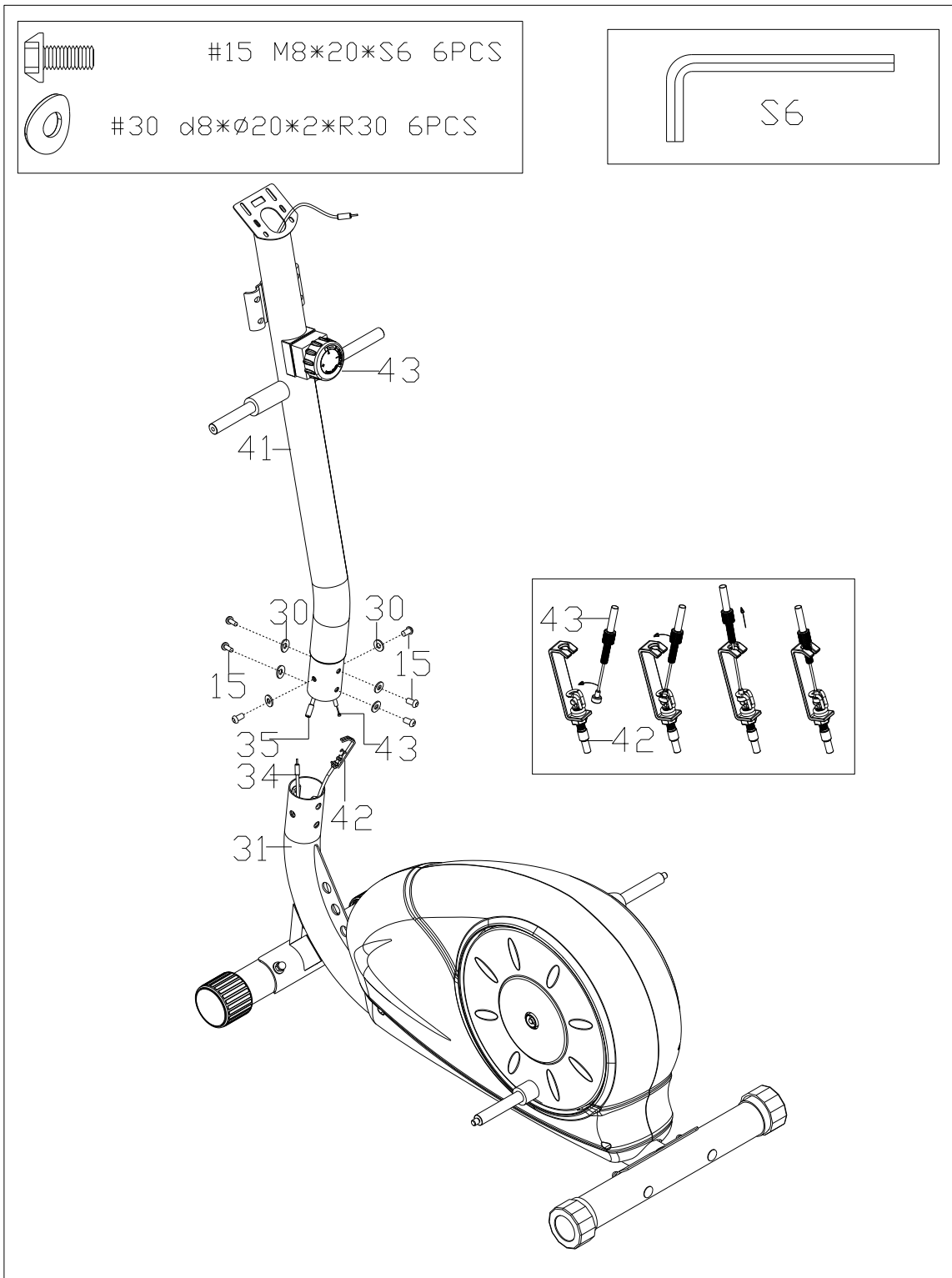
STEP 1:

#29 M8*73*20*H5 4PCS

#30 d8*Ø20*2*R30 4PCS

#10 M8*H16*S13 4PCS

S13

Lock the front bottom tube (33) and rear bottom tube (28) to the main frame (31) with bolt (29), washer (30) and nut (10).
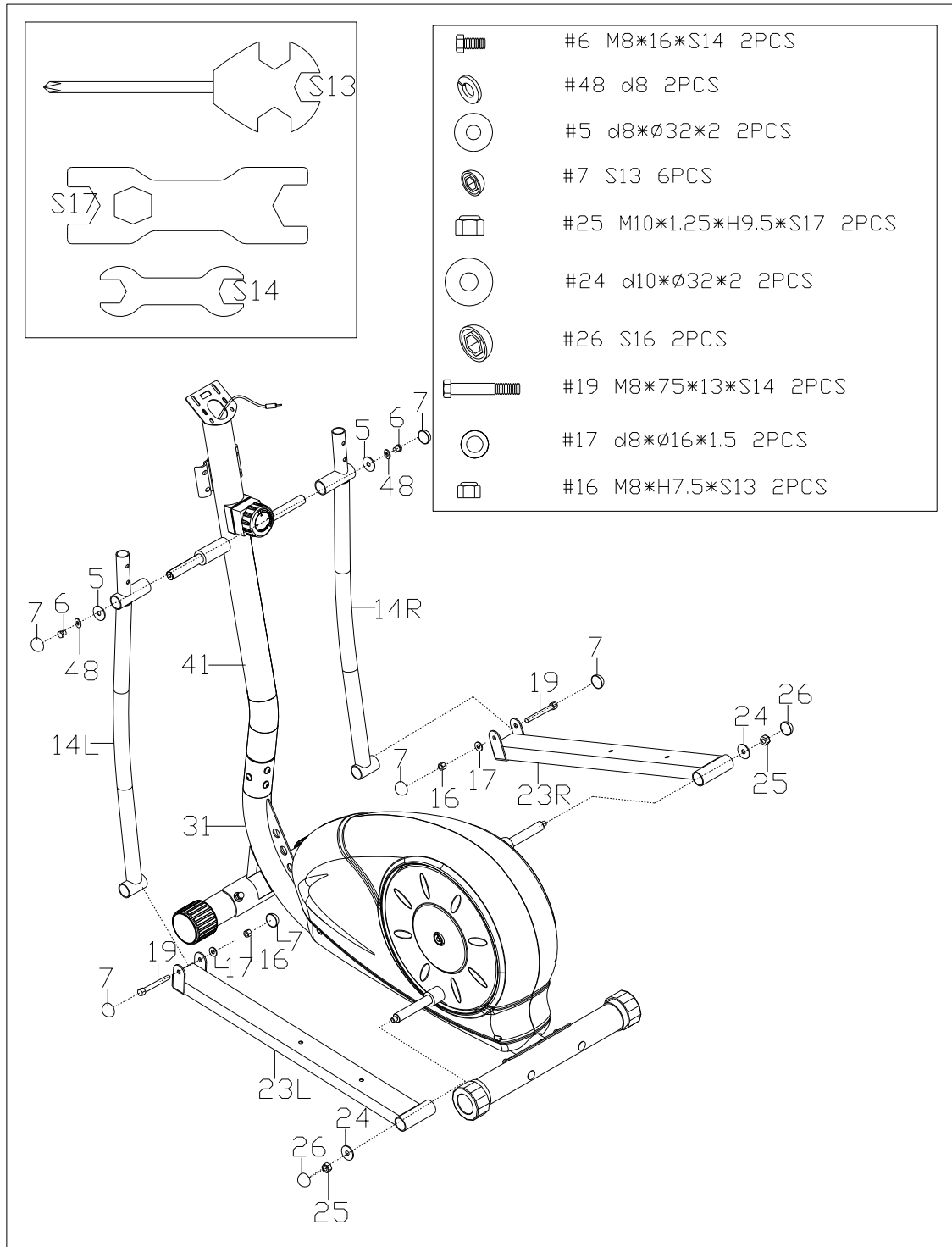
STEP 2:

a. connect trunk cable (35) and sensor cable (34) together;

b. Attached 8-tension control (43) to lower-tension cable (42)

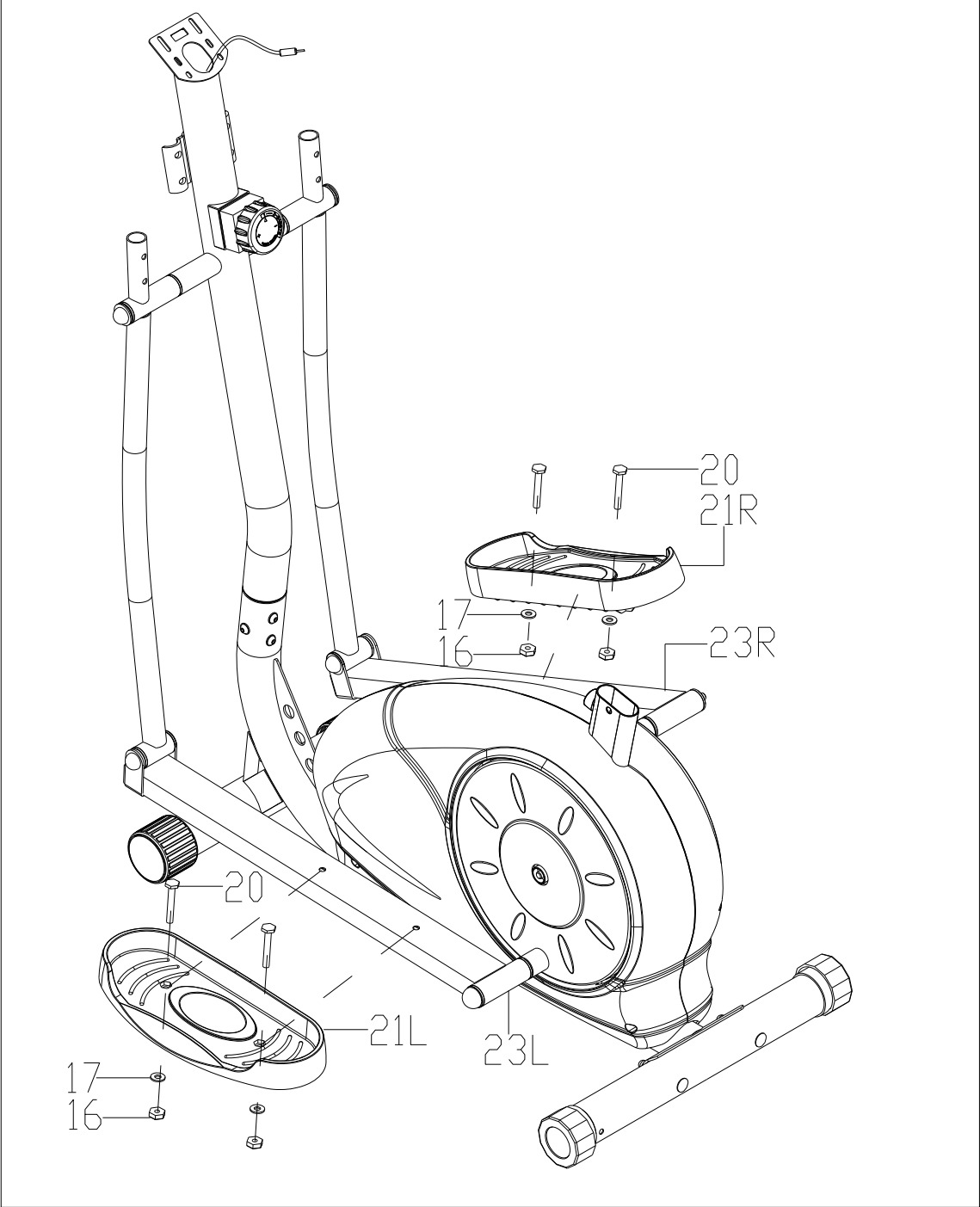c. Lock handlebar post (41) to main frame (31) with bolt (15) and washer (30).

STEP 3:

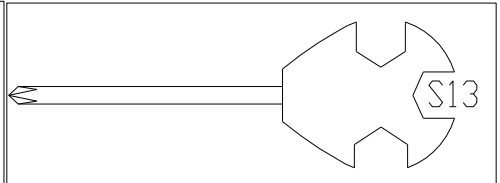|	
#6	M8*16*S14 2PCS
#48	d8 2PCS
#5	d8*Ø32*2 2PCS
#7	S13 6PCS
#25	M10*1.25*H9.5*S17 2PCS
#24	d10*Ø32*2 2PCS
#26	S16 2PCS
#19	M8*75*13*S14 2PCS
#17	d8*Ø16*1.5 2PCS
#16	M8*H7.5*S13 2PCS

a. Attach the L/R handlebar post (14L/R) to the handlebar post join (41) using the bolt (6) washer (48) and (5) and ball cap (7);

b. Attach pedal post (23L/R) to main frame (31) with nut (25), washer (24) and ball cap(26);

c. Attach L/R handlebar post (14L/R) to pedal post (23L/R) with bolt (19), washer (17), nut (16) and ball cap (7).

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STEP 4:

#20 M8*45*20*S14 4PCS

#17 d8*ø16*1.5 4PCS

#16 M8*H7.5*S13 4PCS

S13

20
21R

17
16

23R

20

21L

23L

17
16

Attach pedal (21L/R) to pedal post (23L/R) with bolt (20), washer (17) and nut (16).

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STEP 5:

#8 M8*43*20*H3 4PCS

#9 d8*Ø20*R16 4PCS

#10 M8*H16*S13 4PCS

S13

11R

11L

9

10

14L

14R
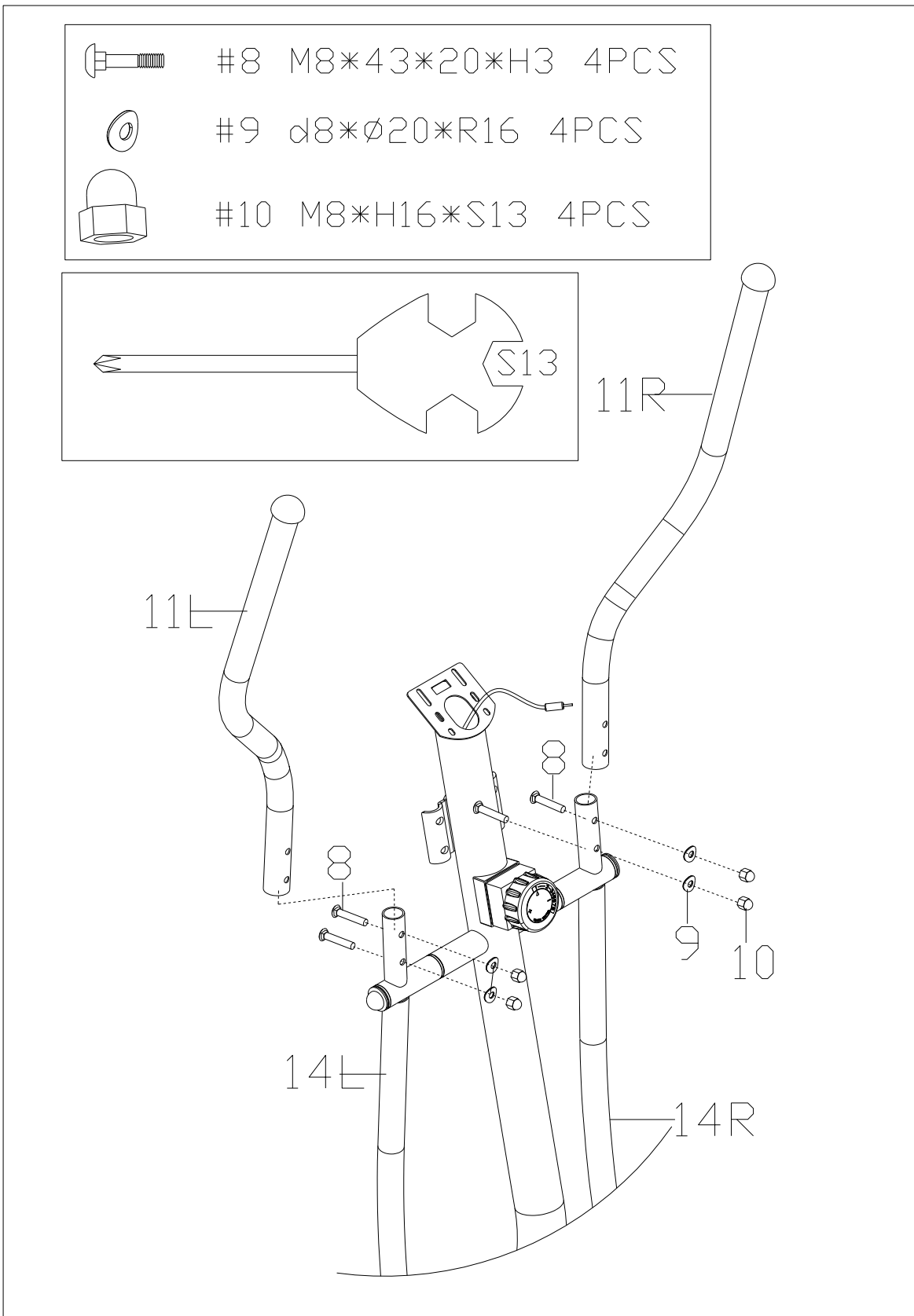
Lock handlebar (11L/R) to handlebar post (14L/R) with bolt (8), washer (9) and nut (10).

STEP 6:
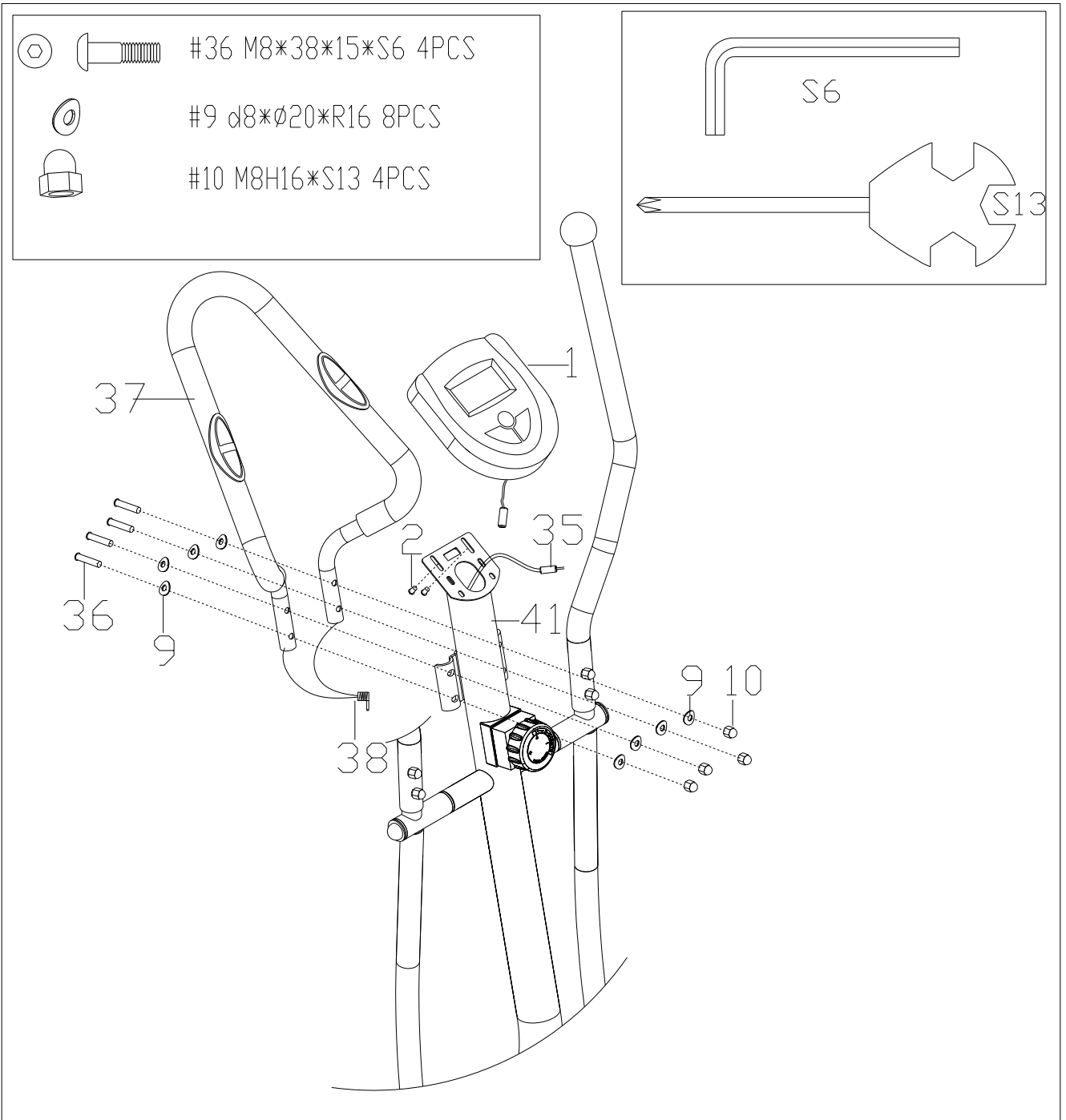
a. Lock mid-handlebar (37) to handlebar post join (41) with bolt (36), washer (9);

b. Connect computer cable (1) to trunk cable (35). Lock computer (35) to handlebar post join (41) with bolt (2);

c. insert the hand pulse cable (38) through the hole located at the back of the computer (1).

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6. EXERCISE MONITOR OPERATION

FUNCTION BUTTONS

MODE

1) Selects TIME, SPEED, DISTANCE, CAL, ODO and PULSE to preset.

2) Selects function display value on LCD, or enter after setting.

3) Hold for 2 seconds to reset all values excluding odometer to zero.

   (When the user replace batteries, all the values will reset to zero automatically.)

SET

1) Set the target value of TIME, DISTANCE, CAL and PULSE.

2) Press and hold to speed up the increment.

RESET

1) Press the button to reset function value when setting.

2) Press the button and hold for 2 seconds to reset all values excluding odometer to zero.

   (When batteries are replaced, all the values will reset to zero automatically.)

FUNCTIONS & OPERATIONS

1. Auto Scan

After the monitor is powered on, the LCD will cycle through all functions values from Time-Speed-Distance-Calories-Odometer-Pulse respectively. Each value will be held for 6 seconds.

2. Time

Accumulates total time from 00:00 up to 99:59.The user may preset a target time by pressing the SET & MODE button. Each increment is 1 minute.

If a TIME target value is set, this window will count down from the target value during exercise.

3. Speed

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

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4. Distance

Accumulates total distance from 0.0 up to 999.9 km. The user may preset target distance by pressing SET & MODE button. Each increment is 100 metres.

If a DISTANCE target value is set, this window will count down from the target value during exercise.

5. Calories

Accumulates calories burnt during training from 0 up to 999.9 calories. The user may preset the target calorie before training by press SET & MODE button.

If a CALORIES target value is set, this window will count down from the target value during exercise.

Note: This data is a rough estimation and is not to be used for medical purposes.

6. Odometer

Display the total accumulated distance from 0 to 9999km.The user can press the mode key to display the Odometer value.

7. Pulse

The monitor will display the user´s heart rate in beats per minute during training.

Note: This data is a rough estimation and is not to be used for medical purposes.

Additional Information

1) If the computer displays abnormally, please re-install the battery and try again.

2) The batteries must be removed from the appliance before it is scrapped and that they are disposed of safely.

3) Upon beginning your workout, the computer will display the workout value automatically. If no movement is detected for over 256 sec, the display will automatically switch off with the odometer value stored. After starting another workout, the odometer value will continue to accumulate.

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-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 an email must be sent before contacting us via any other

means.

Head Office and Customer Service:

Global Fitness and Leisure Pty Ltd
17 Fordson Rd
Campbellfield
VIC, 3061
Australia
PH: 03 9357 2166

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Hand Pulse Technology

Lifespan Fitness products 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 spin bike

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