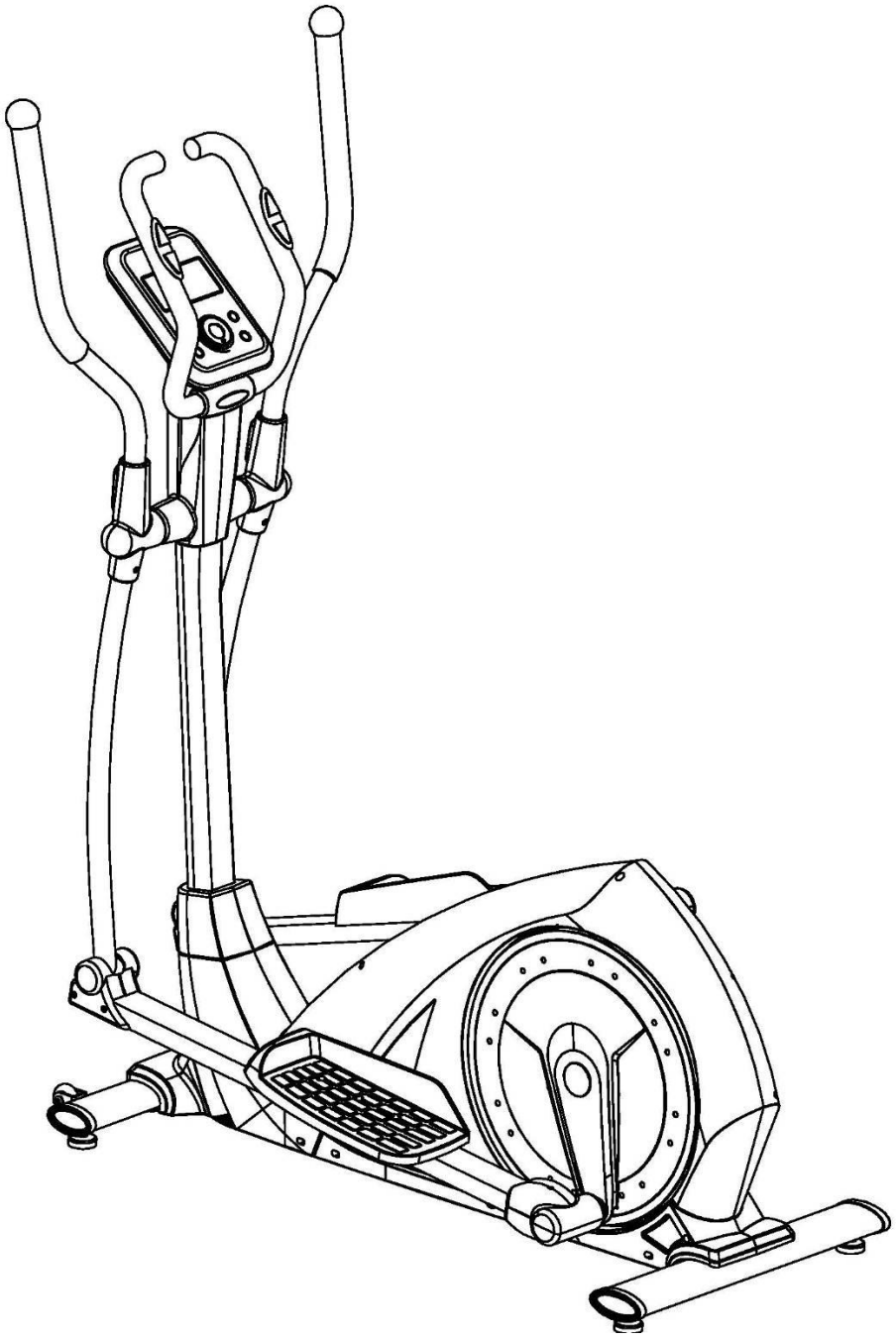
LIFESPAN FITNESS

X-40 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.

NOTE: This manual may be subject to updates or changes. Up to date manuals are available through our website at www.lifespanfitness.com.au

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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.

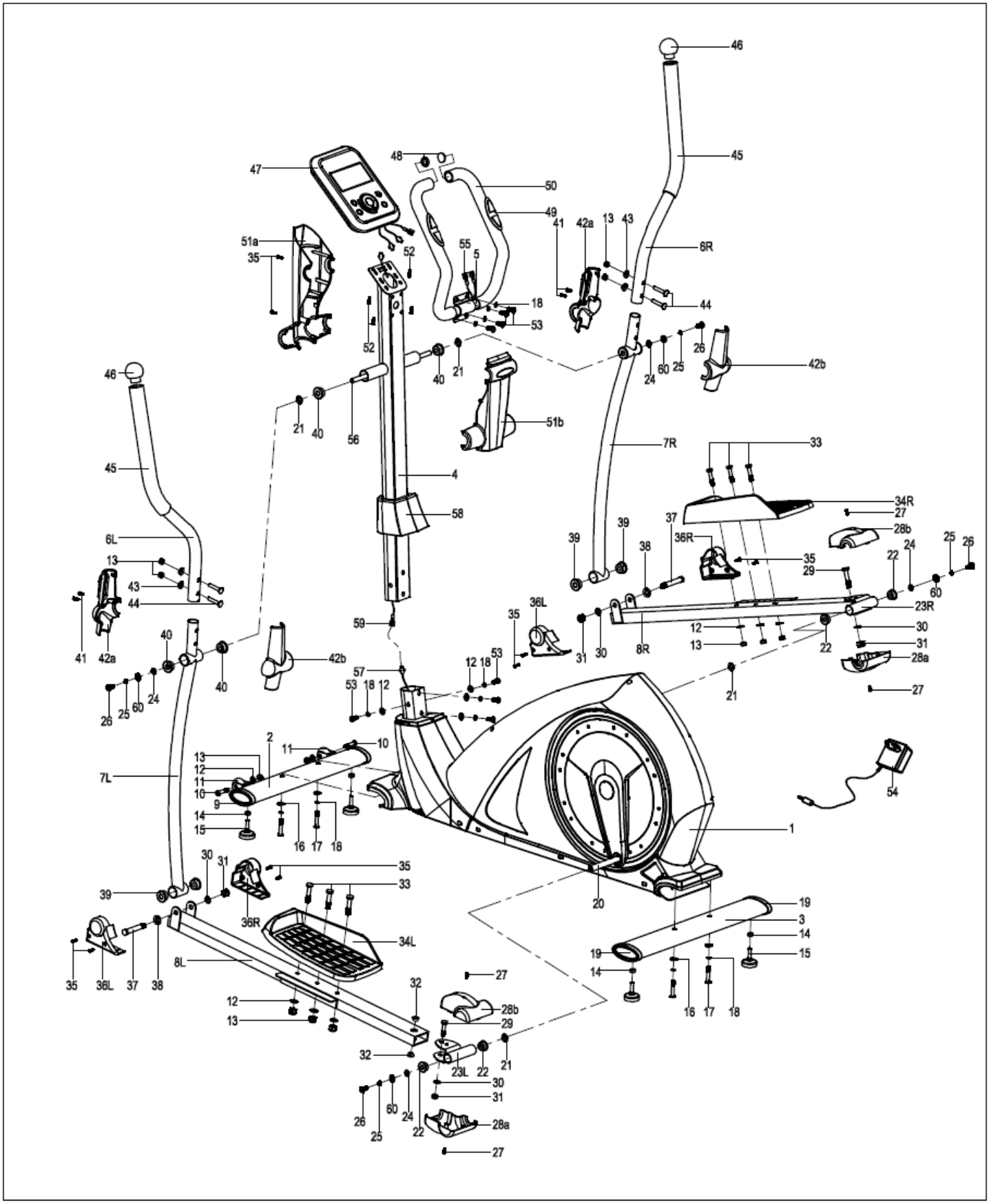
2. CARE INSTRUCTIONS

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

3. EXPLODED DIAGRAM



4. PARTS LIST

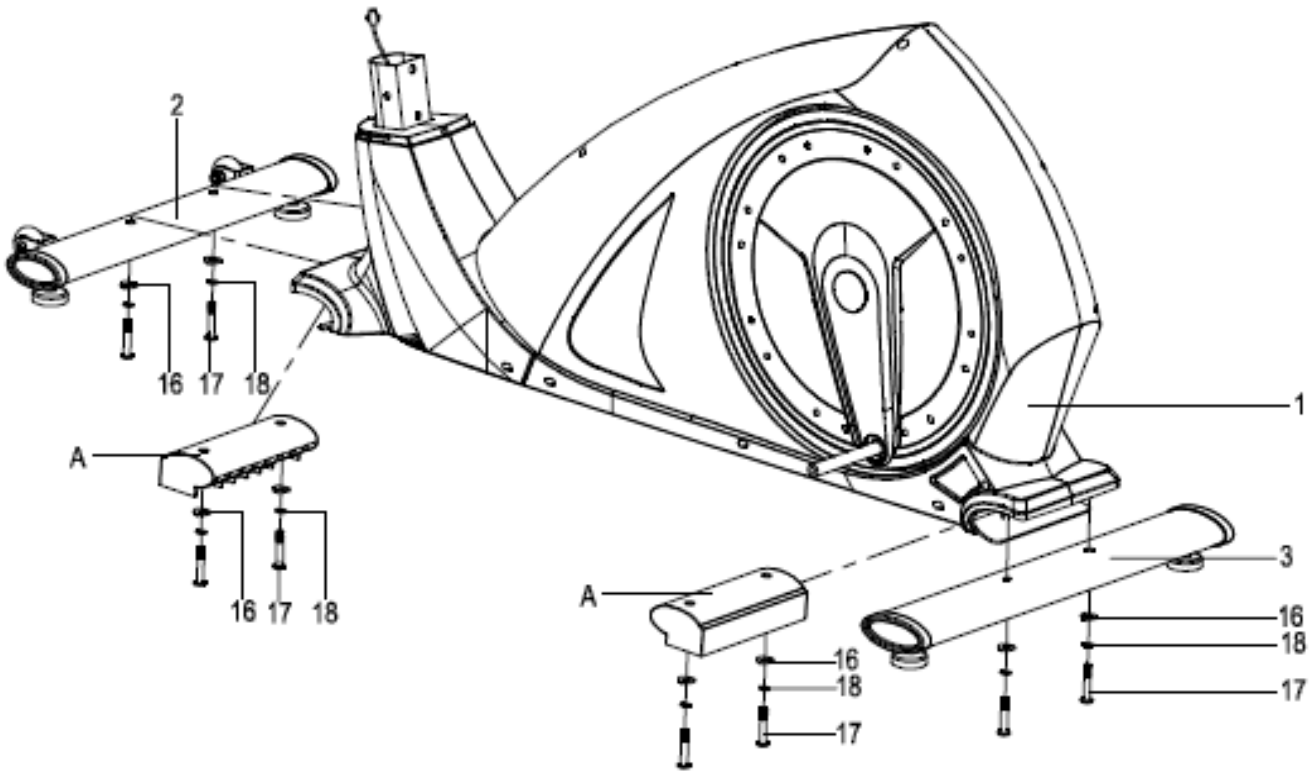
Part No.	Description	Qty	Part No.	Description	Qty
1	Main frame	1	31	Nylon nut M10	4
2	Front bottom tube	1	32	Bushing Φ18xΦ10x11	4
3	Rear bottom tube	1	33	Hex screw M8x45	6
4	Handlebar post	1	34L/R	Pedal	1pr.
5	Fixed handlebar	1	35	Screw ST4.2x18	10
6L/R	Handlebar	1pr.	36L/R	Protective guard	2pr.
7L/R	Swing tube	1pr.	37	Screw Φ12xM10x80	2
8L/R	Pedal support	1pr.	38	Flat washer D12xΦ24x1.5	2
9	End cap	2	39	Bushing Φ12xΦ32x15	4
10	Hex screw M8x40xL12	2	40	Bushing Φ16xΦ31x23	6
11	Roller	2	41	Screw ST3.5x10	4
12	Flat washer D8xΦ16x1.5	12	42a/b	Protective guard	2pr.
13	Nylon nut M8	12	43	Arc washer D8xΦ19x1.5xR30	4
14	Hex nut M10	4	44	Carriage bolt M8xL45	4
15	Adjustable cushion	4	45	Foam grip	2
16	Arc washer d8x2xΦ25XR39	4	46	Round cap	2
17	Hex screw M8xL58	4	47	Computer	1
18	Spring washer D8	12	48	Round cap	2
19	End cap	2	49	Pulse	2
20	Crank	2	50	Foam grip	2
21	Wave washer Φ17xΦ23x0.3	4	51a/b	Protective guard	1pr.
22	Plastic bushing	4	52	Screw M4x10	4
23L/R	Pedal tube joint	1pr.	53	Hex screw M8x16	8
24	D-shape washer	4	54	Adapter	1
25	Spring washer D10	4	55	Hand pulse wire	2
26	Hex screw M10x20	4	56	Long axle	1
27	Screw M5x10	4	57	Sensor wire	1
28a/b	Protective guard	2pr.	58	Protective guard	1
29	Hex bolt M10x55	2	59	Extension wire	1

30	Flat washer D10xΦ20x2	4	60	Flat washer D10 xΦ20x2	4

5. ASSEMBLY INSTRUCTIONS

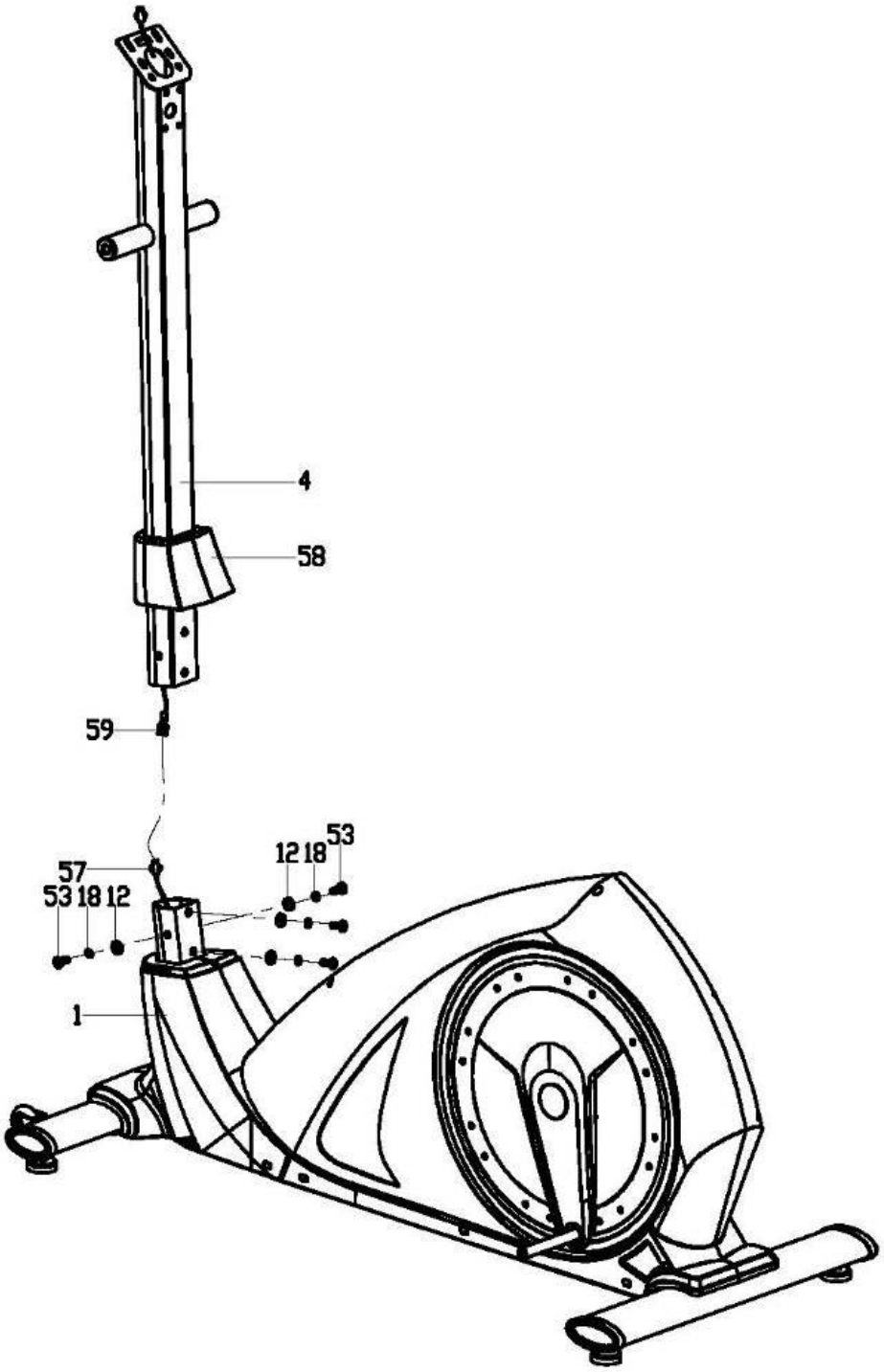
STEP 1:

1. Remove plastic protectors (A), hex screw (17), spring washer (18) and Arc washer (16) from Front bottom tube (2) and Rear bottom tube 3.
2. Install the Front bottom tube (2) and Rear bottom tube (3) to the Main frame (1) with the Hex screw (17), spring washer (18) and Arc washer (16).



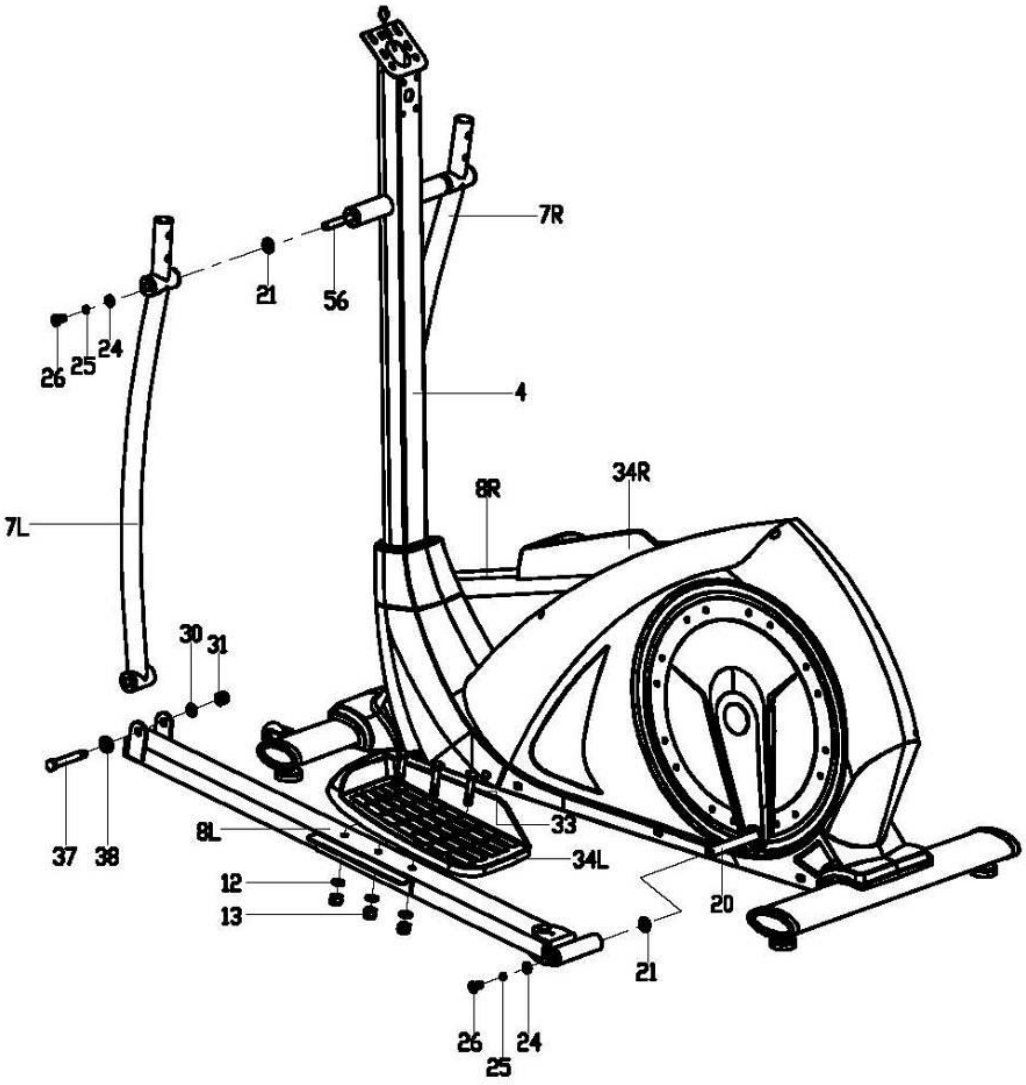
STEP 2:

1. Cover the Handlebar post (4) with the Protective guard (58)
2. Connect the Extension wire (59) with Sensor wire (57)
3. Lock the Handlebar post (4) onto the Main frame (1) with Hex screw (53), spring washer (18) and Flat washer (12), then lock the Protective guard (58) tightly.



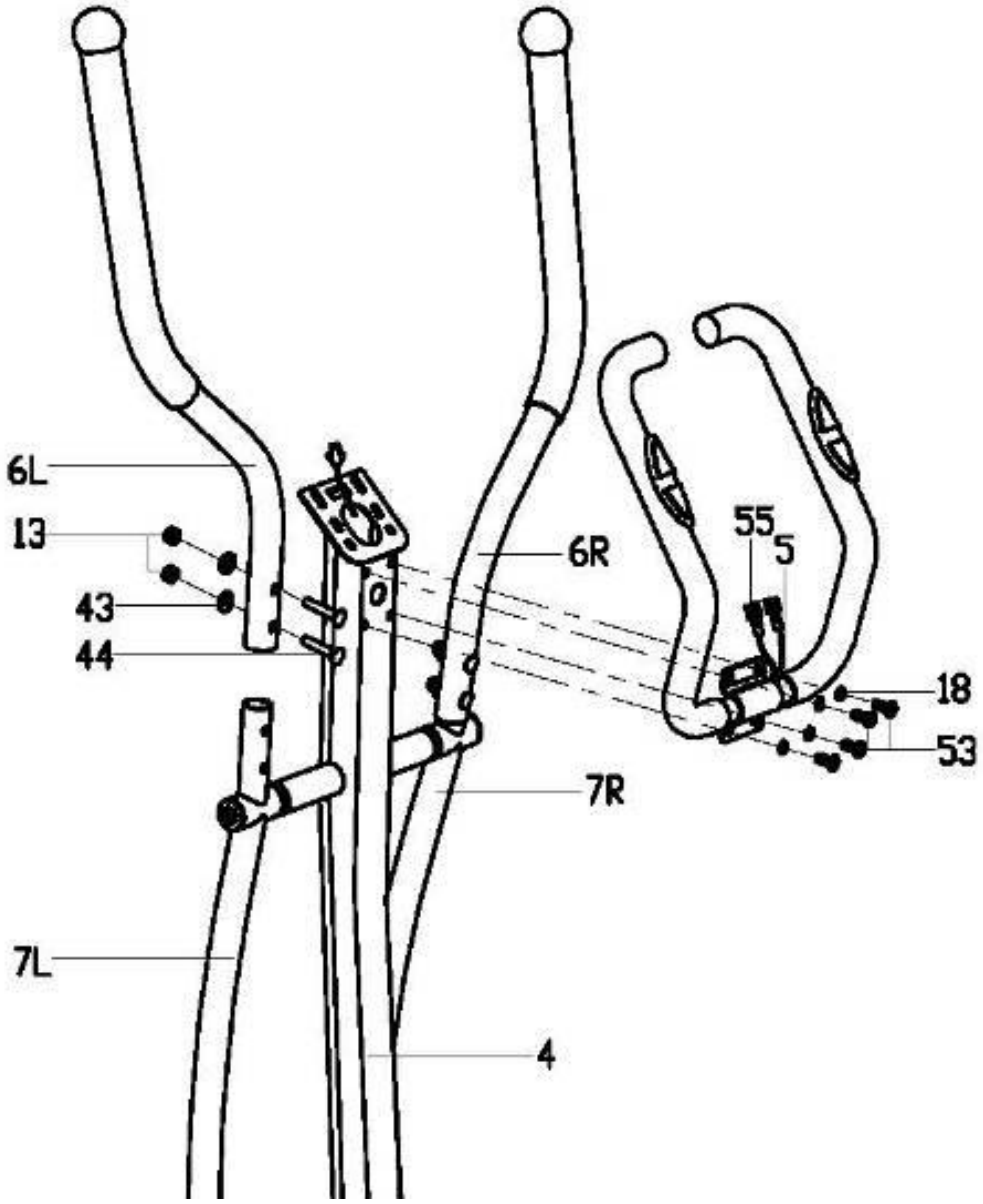
STEP 3:

1. Insert the Long axle (56) to the Handlebar post (4) then attach the Swing tube (7L/R) onto the Long axle (56) with Hex screw (26), spring washer (25), Flat washer (60), D-shape washer (24) and Wave washer (21).
2. Lock the Pedal (34L/R) onto the Pedal support (8L/R) tightly with Hex screw (33), Flat washer (12) and Nylon nut (13).
3. Fix the Pedal support (8L/R) onto the Crank (20) with Hex screw (26), Spring washer (25), Flat washer (60), D-shape washer (24), Wave washer (21). Please do not tighten at this point.
4. Connect the Swing tube (7L/R) and Pedal support (8L/R) together with Screw (37), Flat washer (38), Flat washer (30) and Nylon nut (31). Then lock Hex screw (26), Screw (37) and Nylon nut (31) tightly.



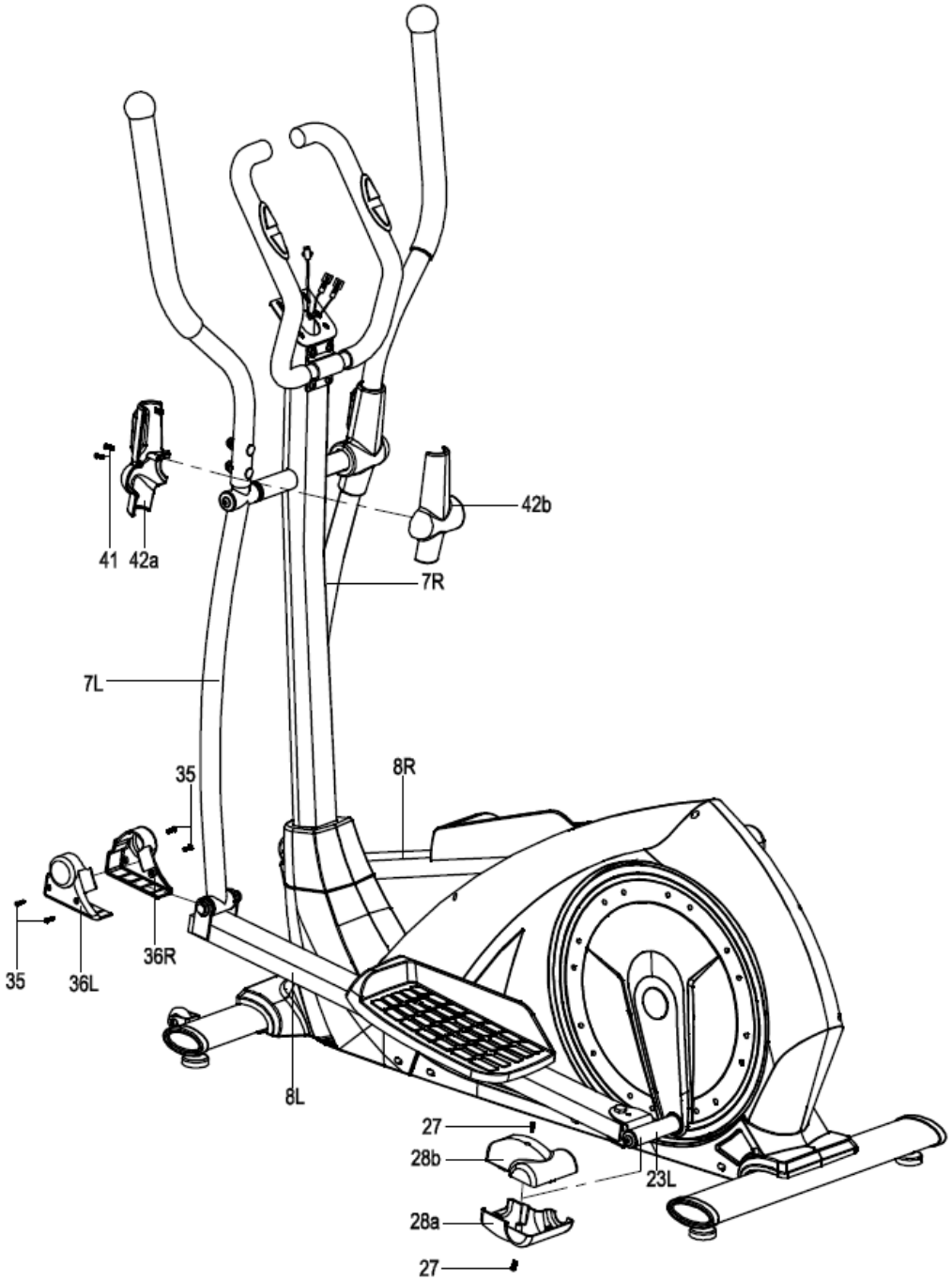
STEP 4:

1. Lock the Handlebar (6L/R) onto the Swing tube (7L/R) tightly with Carriage bolt (44), Arc washer (43) and Nylon nut (13).
2. Thread the Hand Pulse wire (55) into the hole of Handlebar post (4) then remove the end from the computer bracket.
3. Lock the fixed handlebar (5) onto the Handlebar post (4) tightly with Hex screw (53) and spring washer (18).



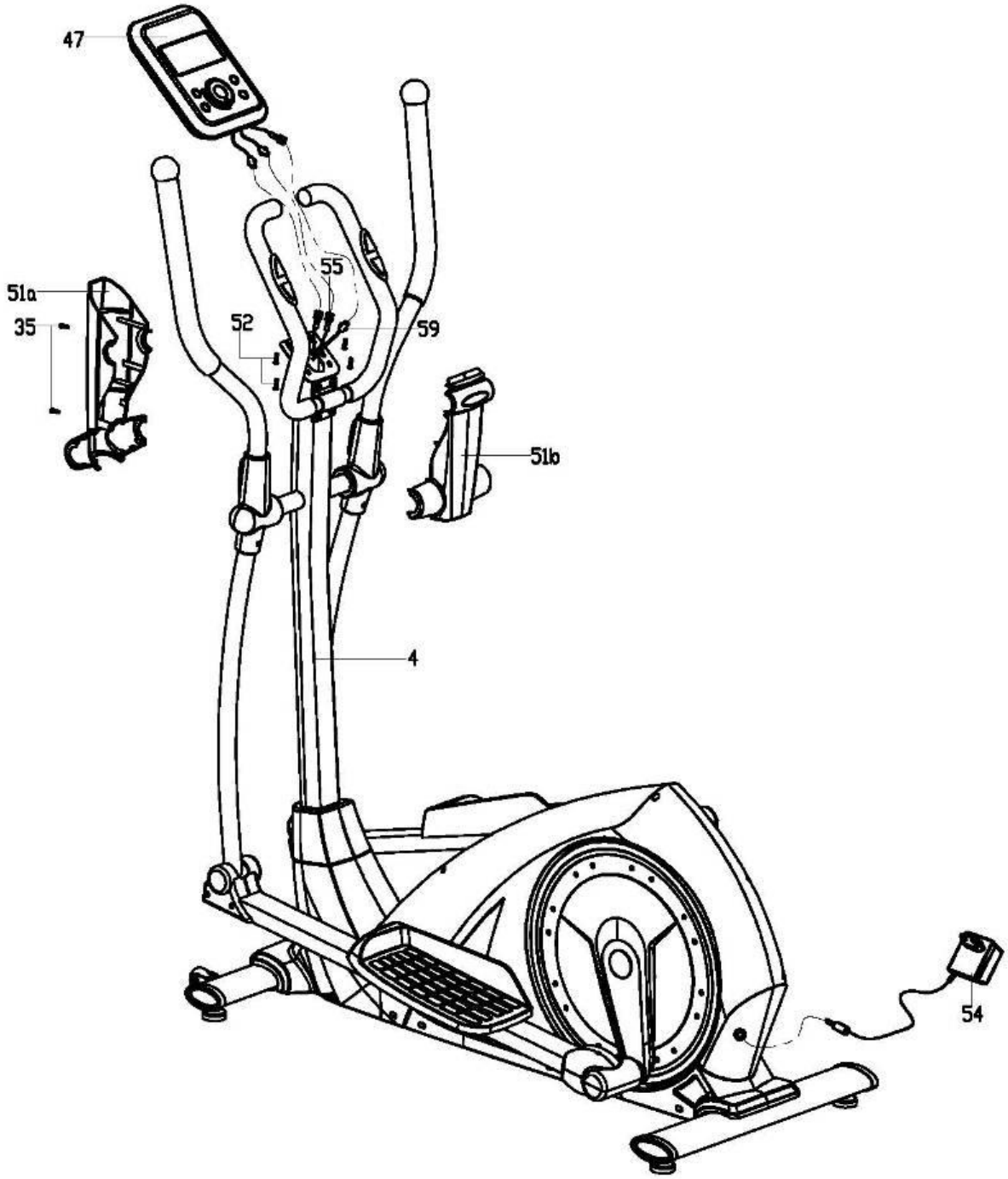
STEP 5:

1. Fix the Protective guard (42A/B) onto the Swing tube (7L/R) with Screw (41).
2. Fix the Protective guard (36L/R) onto the connection of Swing tube (7L/R) and Pedal support (8L/R) with Screw (35).
3. Fix the Protective guard (28A/B) onto the Pedal tube joint (23L/R) with Screw (27).


41
42a
42b
7R
7L
35
8R
35
36L
36R
8L
27
28b
23L
28a
27

STEP 6:

1. Connect the Extension wire (59), hand pulse wire (55) with the connecting wire of the Computer (47) properly,
2. Attach the computer (47) onto the bracket of the Handlebar post (4) with Screw (52).
3. Lock the Protective guard (51A/B) onto the Handlebar post (4) tightly with Screw (35).
4. Insert the adapter (54) into the machine and connect with power.



3. PROGRAM OPERATION

【BUTTON FUNCTIONS】

Turn joggle wheel - CLOCKWISE	To make upward adjustment to each function data or increase training resistance.
Turn joggle wheel - ANTICLOCKWISE	To make downward adjustment to each function data or decrease training resistance.
MODE/ ENTER	To confirm all settings.
START/STOP	To start or stop workout.
RESET	To reset current setting and have the monitor switch to initial training mode

	for selection.
RECOVERY	To test heart rate recovery status.
BODY FAT	To test body fat percentage, Press the BODY FAT button in standby mode and modify user data.

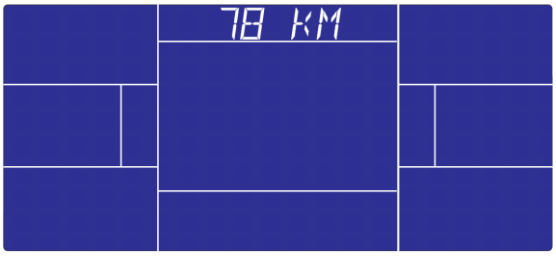
【DISPLAY FUNCTIONS】

TIME	Count up - No preset target, Time will count up from 00:00 to maximum 99:59 with each increment is 1 minute. Time format is minutes:seconds Count down - If training with preset Time, Time will count down from preset to 00:00. Each preset increment or decrement is 1 minute between 01:00 to 99:00.
SPEED	Displays current training speed. Maximum speed is 99.9 km/h
RPM	Displays the Rotation Per Minute. Display range 0~15~999 rpm
DISTANCE	Accumulates total distance from 00:00 up to 99.99 km. The user may preset target distance data by pressing UP/DOWN button. Each increment is 0.1 km
CALORIES	Accumulates calories consumption during training from 0 to maximum 9999 calories. (This data is a rough guide for comparison of different exercise sessions which cannot be used for medical purposes)
PULSE	User may set up target pulse from 0 - 30 to 230; and computer buzzer will beep when actual heart rate is over the target value during workout.
WATTS	Display current workout watts. Display range 0~999.

【OPERATING PROCEDURE】

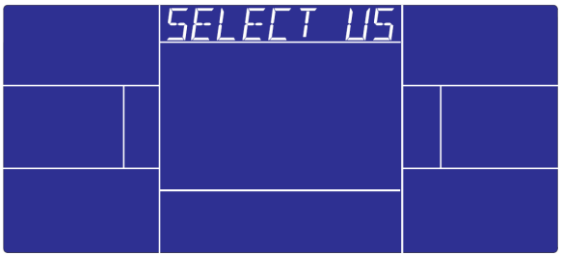
Power on:

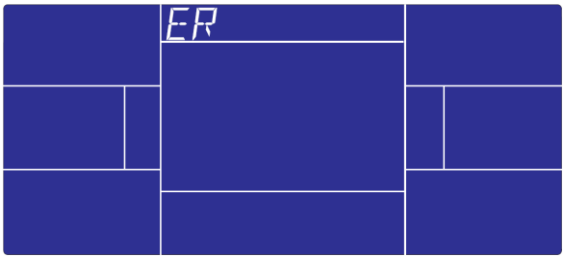
1. Connect power adaptor to DC JACK. Or press the RESET key for 2 seconds to reboot the console. The LCD will show 2 seconds of all segments displaying on the screen with a long beep and the wheel diameter of 78” will be shown in the mid-upper alphanumeric column.



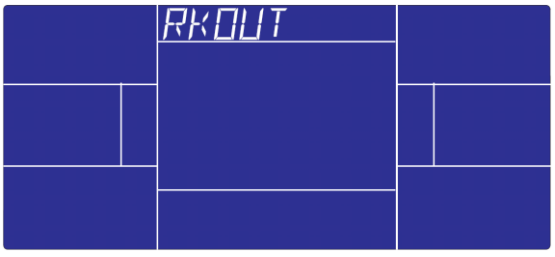
2. Preset the clock and calendar by using joggle wheel (UP and DOWN) and press the MODE/ ENTER key to confirm.

3. Console will show “SELECT USER”, user may press the MODE/ ENTER key to enter into user selection mode. Use joggle wheel to select U1 to U4 and press the MODE/ ENTER key for confirmation. Then enter user information for SEX, AGE, HEIGHT and WEIGHT.



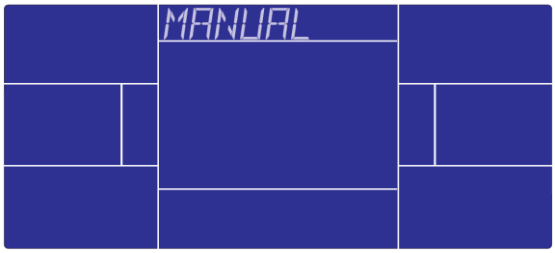


4. In standby mode, the console will display “SELECT WORKOUT”; the user may press the MODE/ ENTER key to enter into selection mode. Use joggle wheel to select MANUAL → PROGRAM → USER PROGRAM → H.R.C. → WATT models.



Workout in MANUAL mode:
In standby mode, select MANUAL and press the MODE/ ENTER key to enter.
Quick start: User may press the START/ STOP key to start training in MANUAL, all exercise values will start counting up from zero.

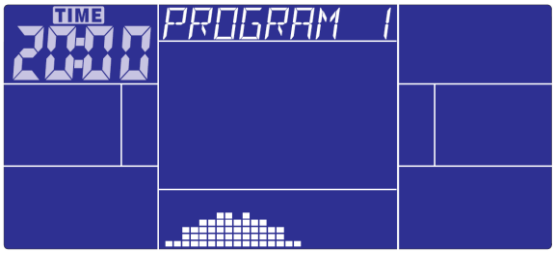
After entering into MANUAL mode, user may set up TIME → DISTANCE → CALORIES → PULSE → RESISTANCE LEVEL respectively with flashing readout texts, and press the START/ STOP key to start exercising. All values will start counting down to zero. (Press the RESET key to clear all settings.)
In MANUAL mode the cycling animation will move forward once every 3 km. The PC speed will be maintained the same as user's speed.



Workout in PROGRAM mode:
In standby mode, select a PROGRAM and press the MODE/ ENTER key to enter.
User may turn joggle wheel up or down to select a preferred program from 1 to 12, and press the MODE/ ENTER key for confirmation. Program profile will be in flashing texts; user may use the joggle wheel to adjust profile's resistance level.
TIME is fixed to 20:00 minutes, which is not adjustable. Press the START/ STOP button to start workout and race with the PC.
After starting the program, TIME will start counting down; the runway animation will follow user's RPM input.
The user needs to match the PC speed by checking below symbols to finish the entire 20 minutes of training:

▲ : USER speed ＞ PC RPM – user needs to slow down
● : USER speed = PC RPM
▼ : USER speed ＜ PC RPM – user needs to speed up

When TIME counts down to zero, the console will beep for 8 seconds and LCD will display the racing result: PC WIN or USER WIN.



Runway

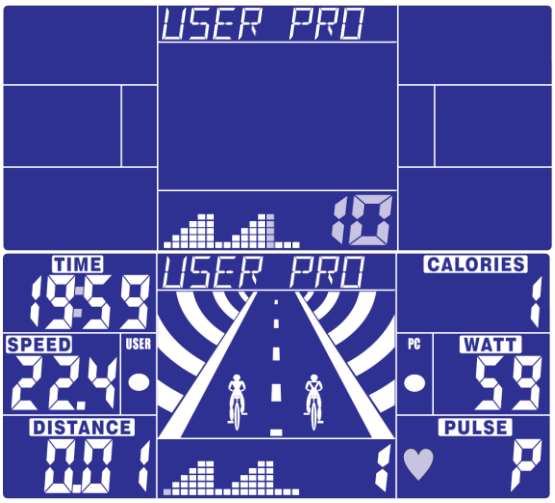
Workout in User program mode:
In standby mode, select USER PRO and press the MODE/ ENTER button to enter.
User may create his/her own preferred profile by turning UP and DOWN to set up resistance level of each row, and press the MODE/ ENTER key to confirm. Press the MODE/ ENTER button when settings are completed.
Time is fixed in 20:00 minutes, which is not adjustable. User may press the START/STOP button to start exercising.
After starting, TIME will start counting down; the runway animation will follow user's RPM input. User needs to follow PC's speed by checking below symbols to finish the entire 20 minutes of training:

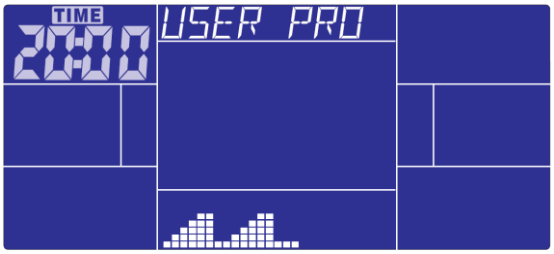
▲ : USER speed ＞ PC RPM – user needs to slow down

● : USER speed = PC RPM

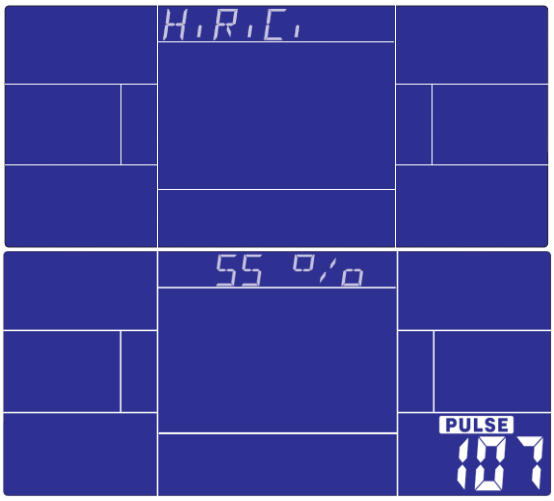
▼ : USER speed ＜ PC RPM – user needs to speed up

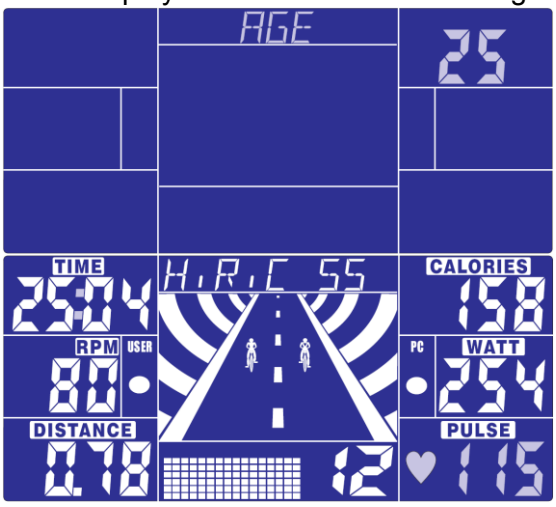
When TIME counts down to zero, console will beep for 8 seconds, and display racing result: PC WIN or USER WIN.

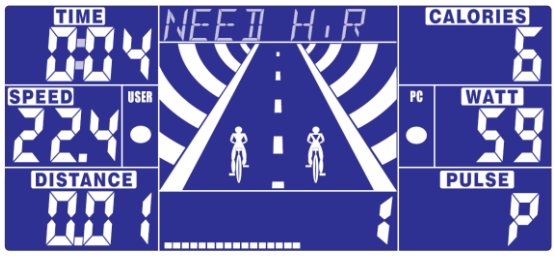




Workout in H.R.C. mode:
In standby mode, select H.R.C. and press the MODE key to enter.
Default AGE value will be 25 showing with flashing text and user may set his/ her age by using the joggle wheel and press the MODE key to confirm amounts. The monitor will calculate the preset heart rate value automatically according to user's age setting. Screen will show heart rate percentage 55%, 75%, 90% and TARGET. User may select heart rate percentage by UP/ DOWN/ ENTER button for training.
If there is no HR input detected for 5 seconds, LCD will display "NEED H.R." until a HR signal is received.







Workout in WATT constant mode:
In standby mode, select WATT and press MODE to enter.

The preset watt value of 120 will be in flashing form showing in the WATT setting mode, select UP/ DOWN/ ENTER to set target value from 10 to 350. Press the START button to start training.

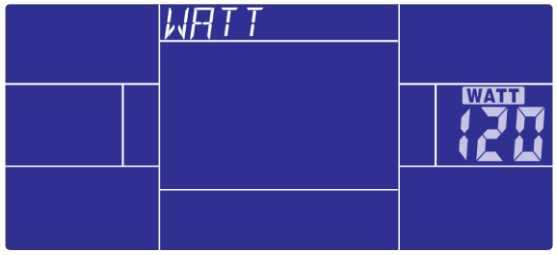
After starting, Level can be adjusted according to RPM to reach the setting WATT.

▲ : WATT ＞ setting WATT 25% – user needs to slow down

● : WATT = setting 25%

▼ : WATT ＜ setting 25% – user needs to speed up

--- : WATT ＞ or ＜ setting WATT 50%



BODY FAT

The user may test their BODY FAT levels the console is in STOP mode. Please follow the steps as below:

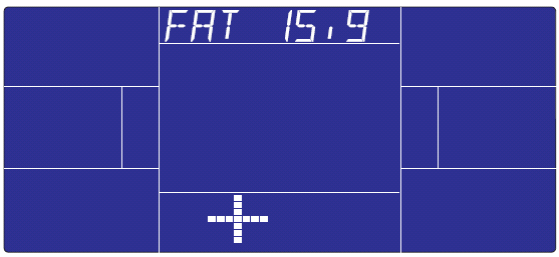
1. Press the BODY FAT button and hold onto the handgrip with both hands tightly to start body fat testing.

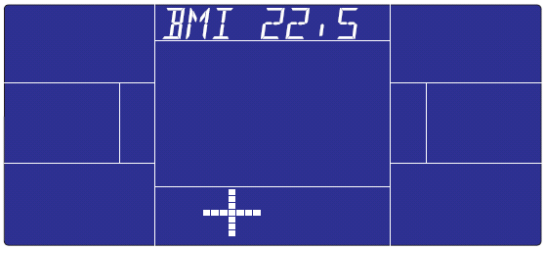
2. The symbol "- - - - - - - - " will be displayed during the testing in 8 seconds. After 8 seconds, user will see the BODY FAT advice in percentage and BMI and the fat advice in different symbol.

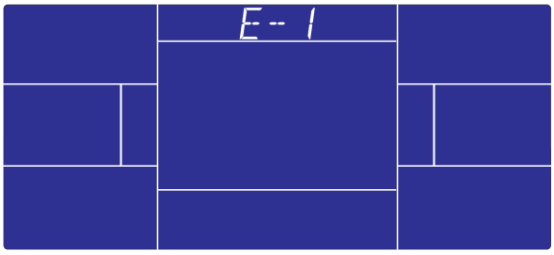
3. If either of the following situations results, please see accompanying explanations.
   "E-1" – When this shows, the user did not put your thumb properly on the conductor. Please try again.
   "E-4" - When this shows, it means the BODY FAT advice is exceeded the available area which is fixed in the program.

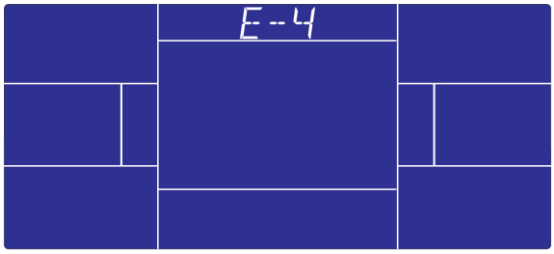
After BODY FAT testing, press the BODY FAT button to go back to continue the previous exercise before testing. The BODY FAT advice figure and BMI will disappear.

SYMBOL				
SEX FAT%	LOW	LOW/MED	MEDIUM	MED/HIGH
MALE	<13%	13%-25.8%	26%-30%	>30%
FEMALE	<23%	23%-35.8%	36%-40%	>40%





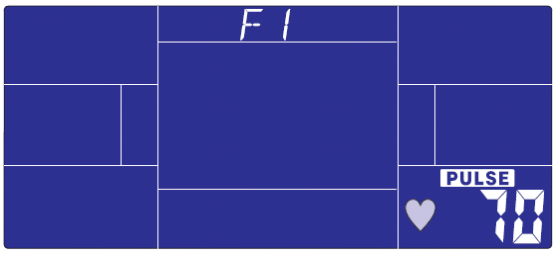




RECOVERY:

After exercising for a period of time, hold onto the pulse sensors with both hands and press the “RECOVERY” button. All functions displaying on the LCD will stop excluding “TIME”. TIME will begin counting down from 00:60 to 00:00. The LCD will display the user’s heart rate recovery status as either F1, F2….to F6.

F1 denotes is the best score and F6 is worst. User is suggested to keep exercising continuously to improve the heart rate recovery scores from F6 to F1. Press the RECOVERY button again to return to the main menu.



NOTE:

1. This console requires either a 9V, 1A or 9V, 0.5A adaptor.
2. When user stops pedaling for 4 minutes, console will enter into power saving mode, all settings and exercise data will be stored until user starts the workout again.
3. If the console acts abnormally, please unplug the adaptor and re-plug in. If the problem remains, please contact a technician.
4. If the connection between the computer and servo motor is interrupted, “E2” will display on the LCD. Users should check to see that the cables are well connected before consulting a technician.

7. 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.

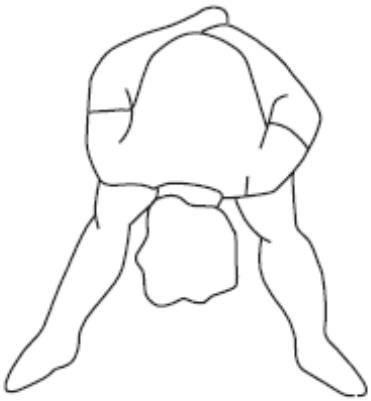
Target Heart Rate Zone Estimated by Age*

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 - Age = predicted maximum heart rate

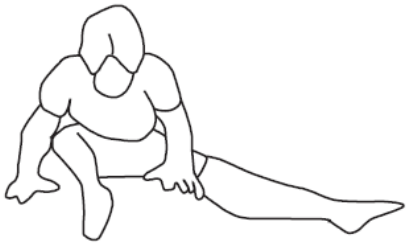
Warm-Up: The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm-up for two to five minutes before strength training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging,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



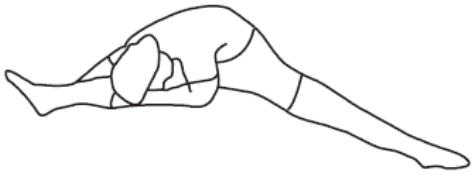
Lower Body Stretch:

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.

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

Please visit our website to view our full warranty terms and conditions:

http://www.lifespanfitness.com.au/warranty-repairs

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

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 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 Technical Support Department
www.lifespanfitness.com.au
support@lifespanfitness.com.au