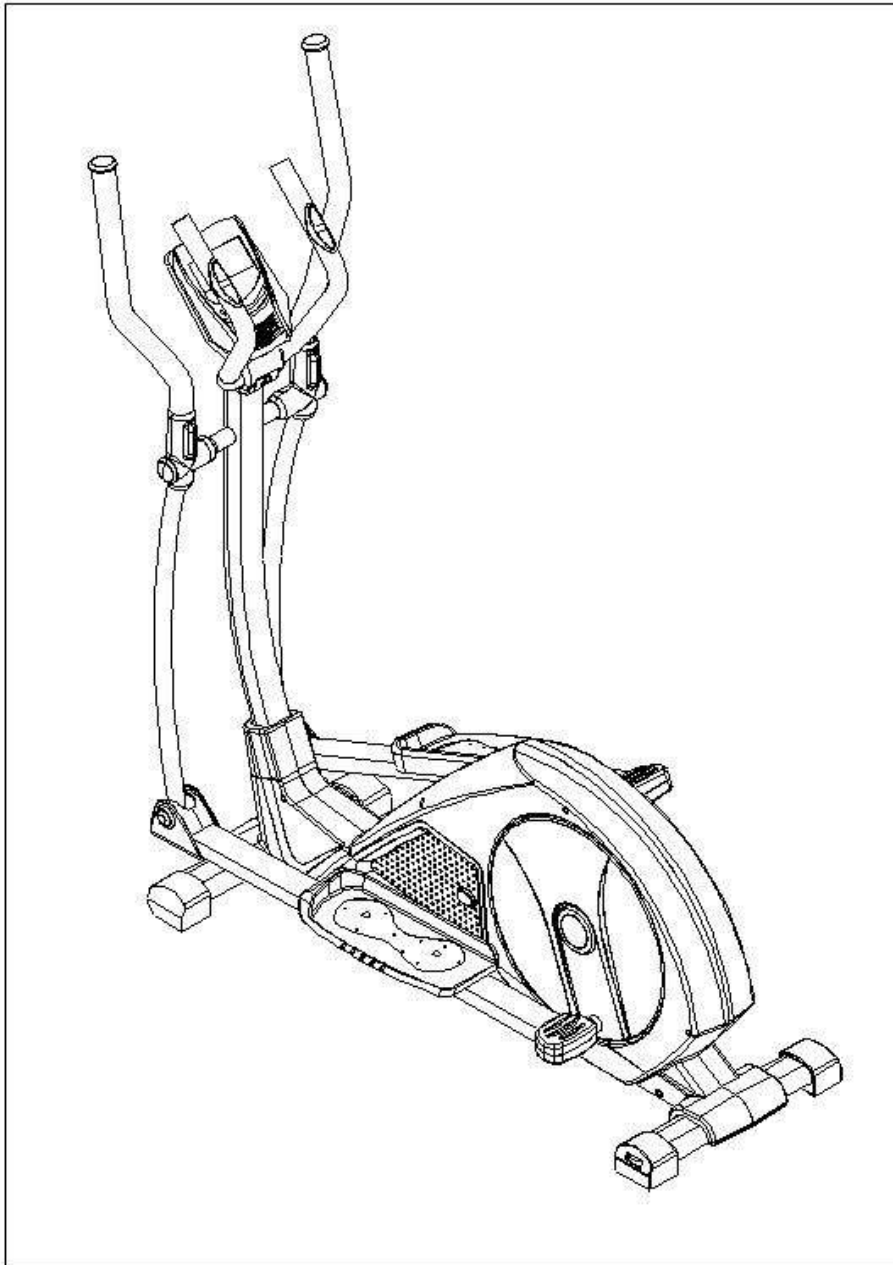


X-30 OWNER'S MANUAL



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

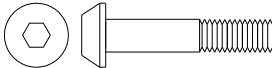
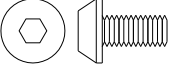
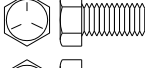
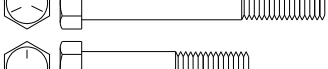
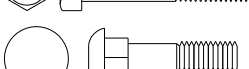
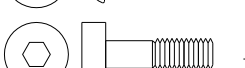

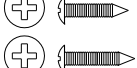
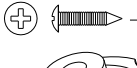


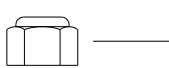





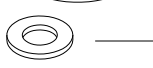





- a. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly.

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

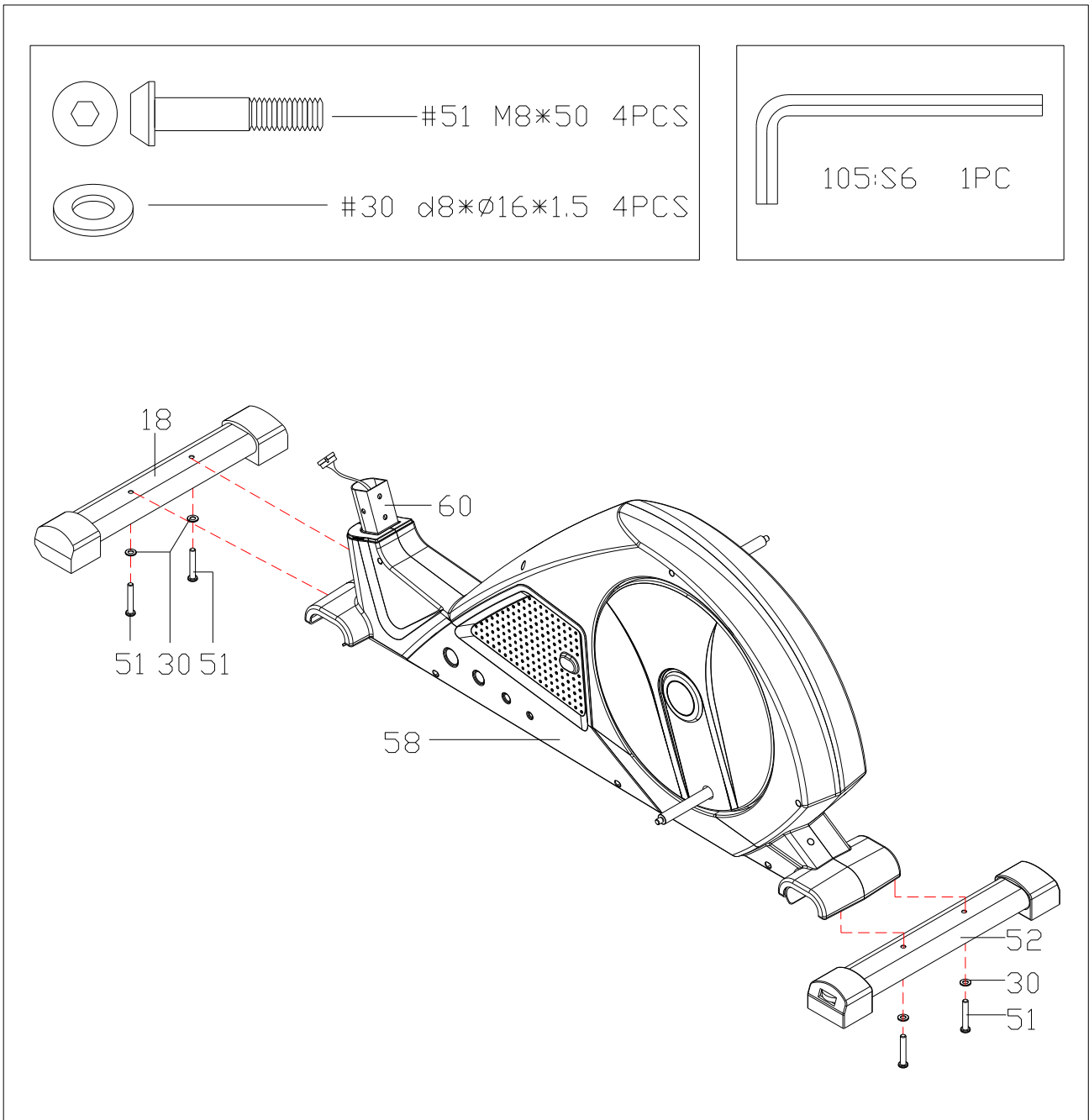
- b. Before starting any exercise program you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects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

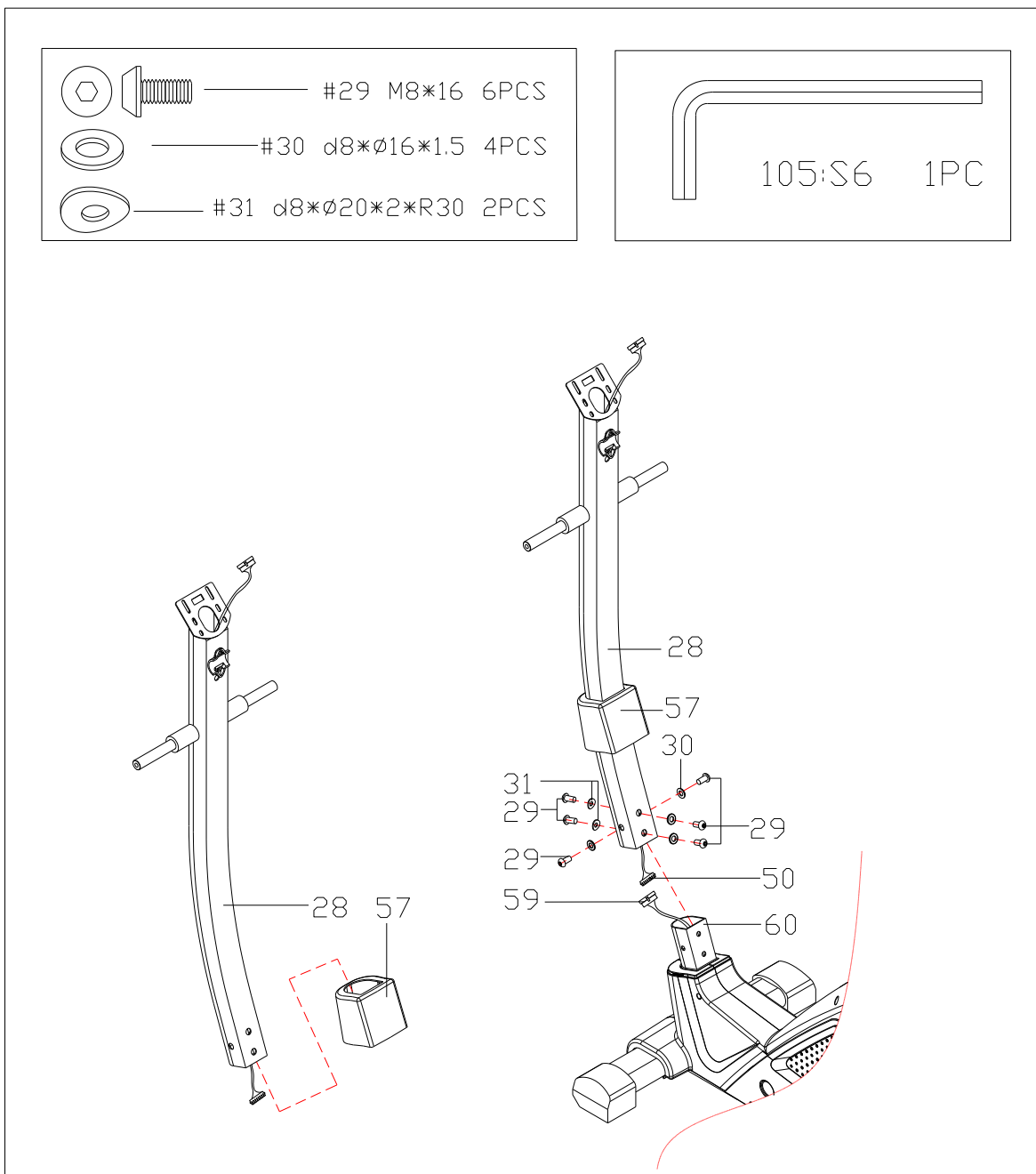
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	_____	#38	M8*45	4PCS
	_____	#14	M8*43	4PCS
	_____	#11	M8*25	2PCS
	_____	#55	ST4.2*25	1PCS
	_____	#34	ST4.2*16	10PCS
	_____	#54	ST4.2*20	2PCS
	_____	#43	ST3*16	6PCS
	_____	#39	M8	4PCS
	_____	#17	M8	6PCS
	_____	#42	M10	2PCS
	_____	#16	d8*ø20*2*R16	4PCS
	_____	#31	d8*ø20*2*R30	2PCS
	_____	#20	d19*ø25*0.3	4PCS
	_____	#41	d10*ø32*2.0	2PCS
	_____	#23	d8*ø32*2.0	2PCS
	_____	#30	d8*ø16*1.5	10PCS
	_____	#49	d5*ø13*1.0	4PCS
	_____	#5	d6*ø12*1.0	2PCS
	_____	#10	d8	4PCS

STEP 1:



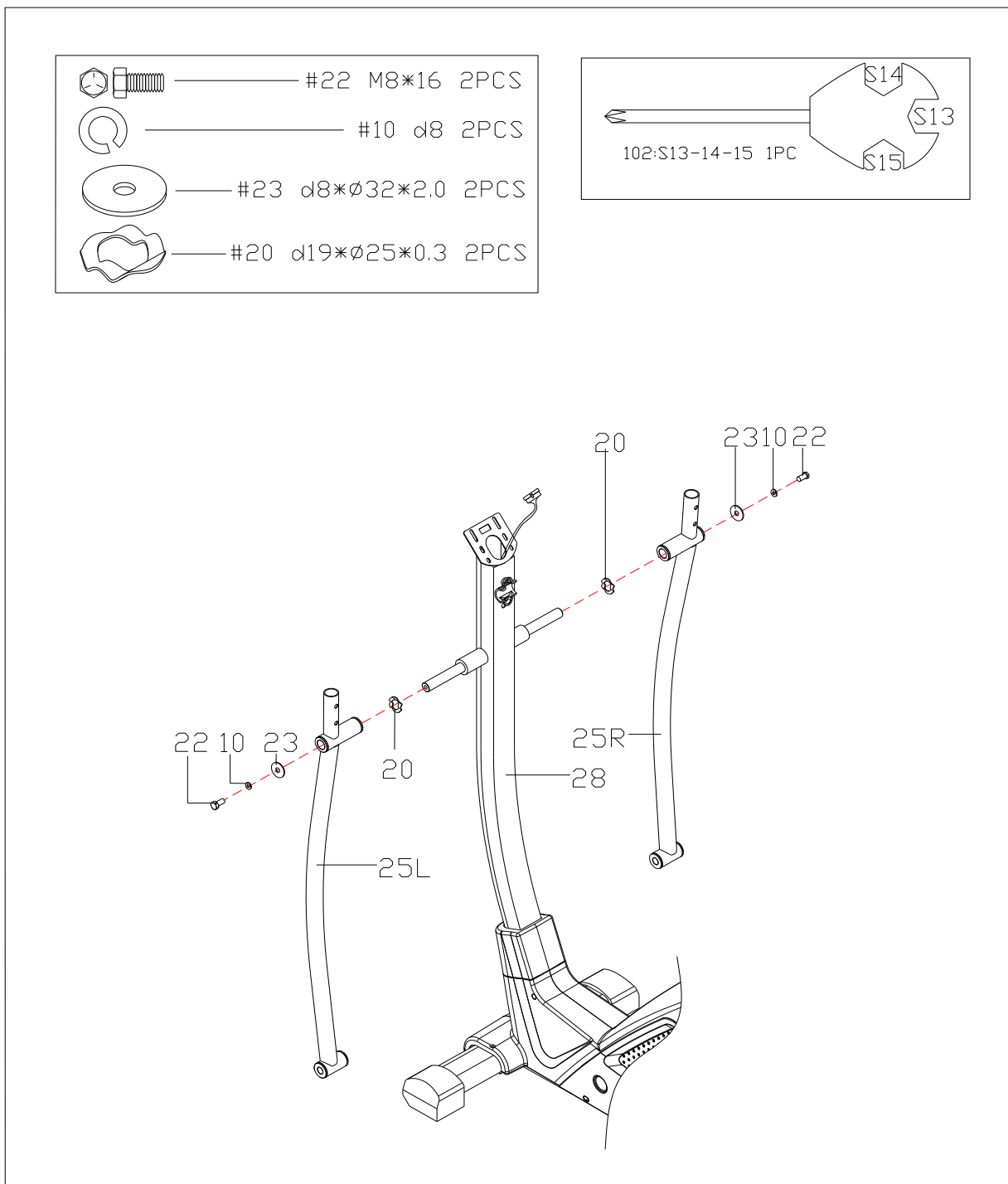
1. Use bolt (51) and washer (30) to lock the front tube (18) and rear tube (52) on the frame (60).

STEP 2:



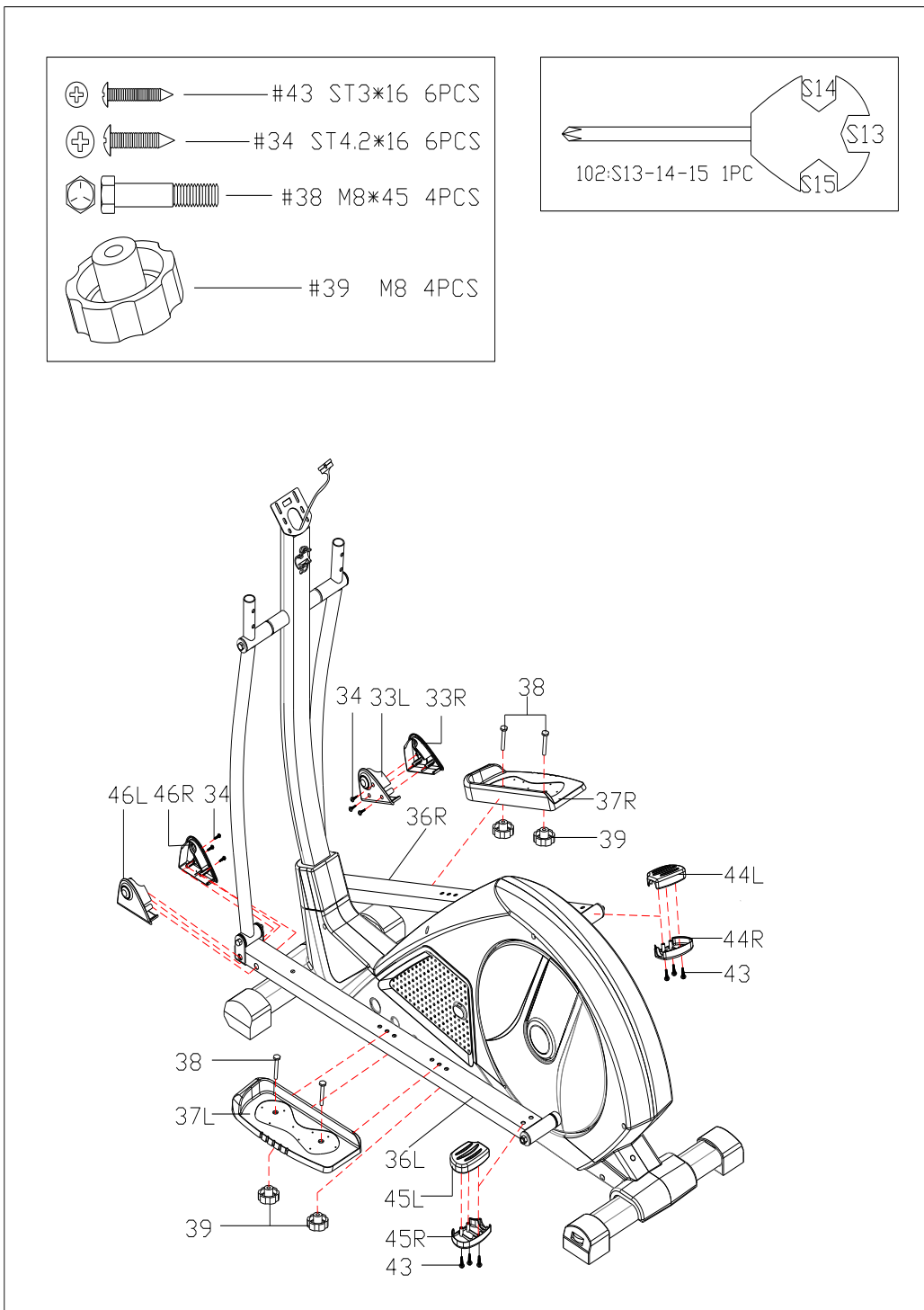
1. Attach the plastic cover (57) to the handlebar post (28).
2. Connect computer wire 1 (50) and computer wire 2 (59), and attach the handlebar post (28) to the frame (60).
3. Use the bolt (30) and washer (29), spring washer (31) to secure the handlebar post (28) to the frame, and then put on the plastic cover (57).

STEP 3:



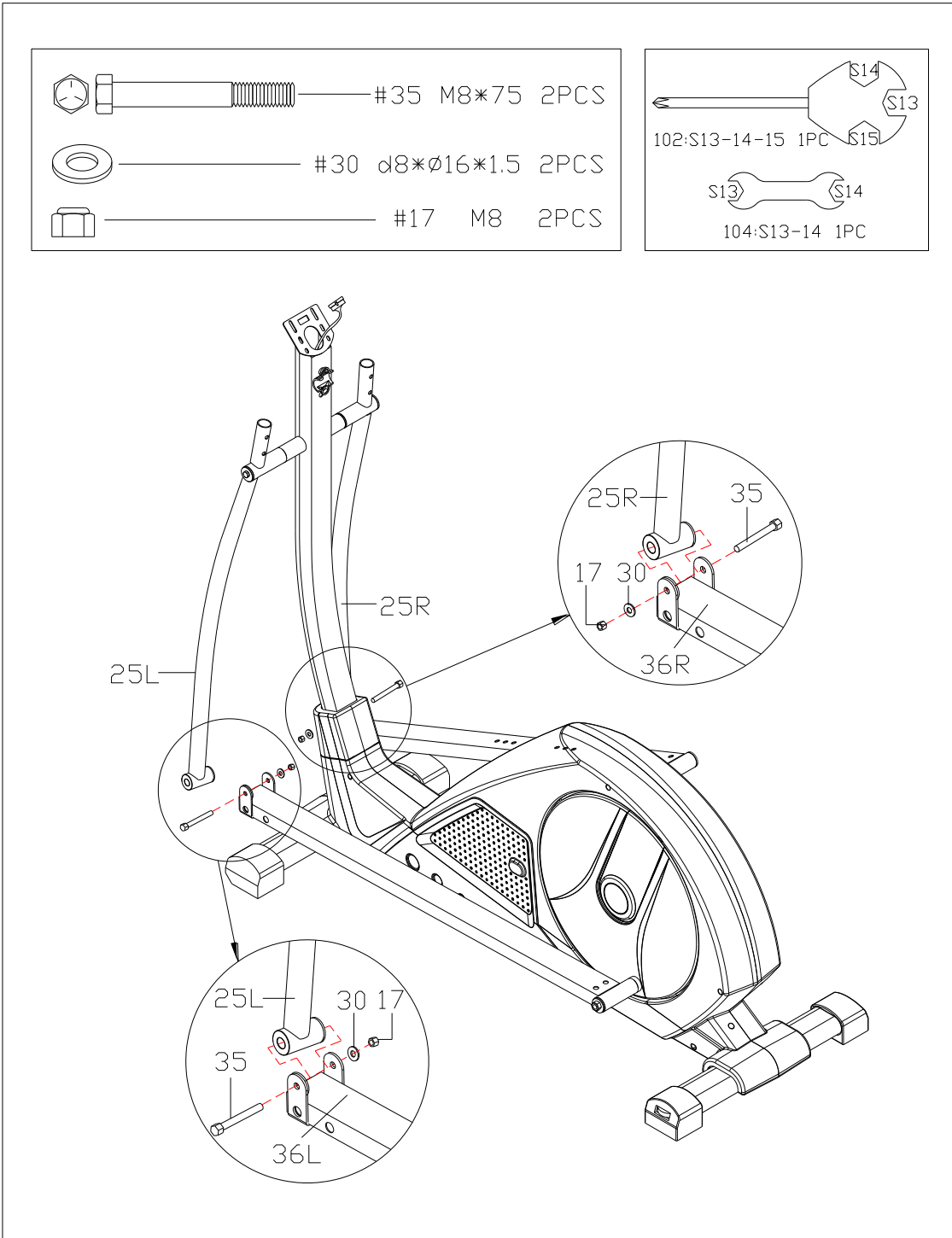
1. Place the spring washer (20) onto each swing axle of the handlebar post (28).
2. Attach the swing pole (25L/R) onto each swing axle of handlebar post (28).
3. Use the bolt (22), washer (10) and washer (23) to secure the swing pole post (25L/R) onto each swing axle of the handlebar post (28).

STEP 4:



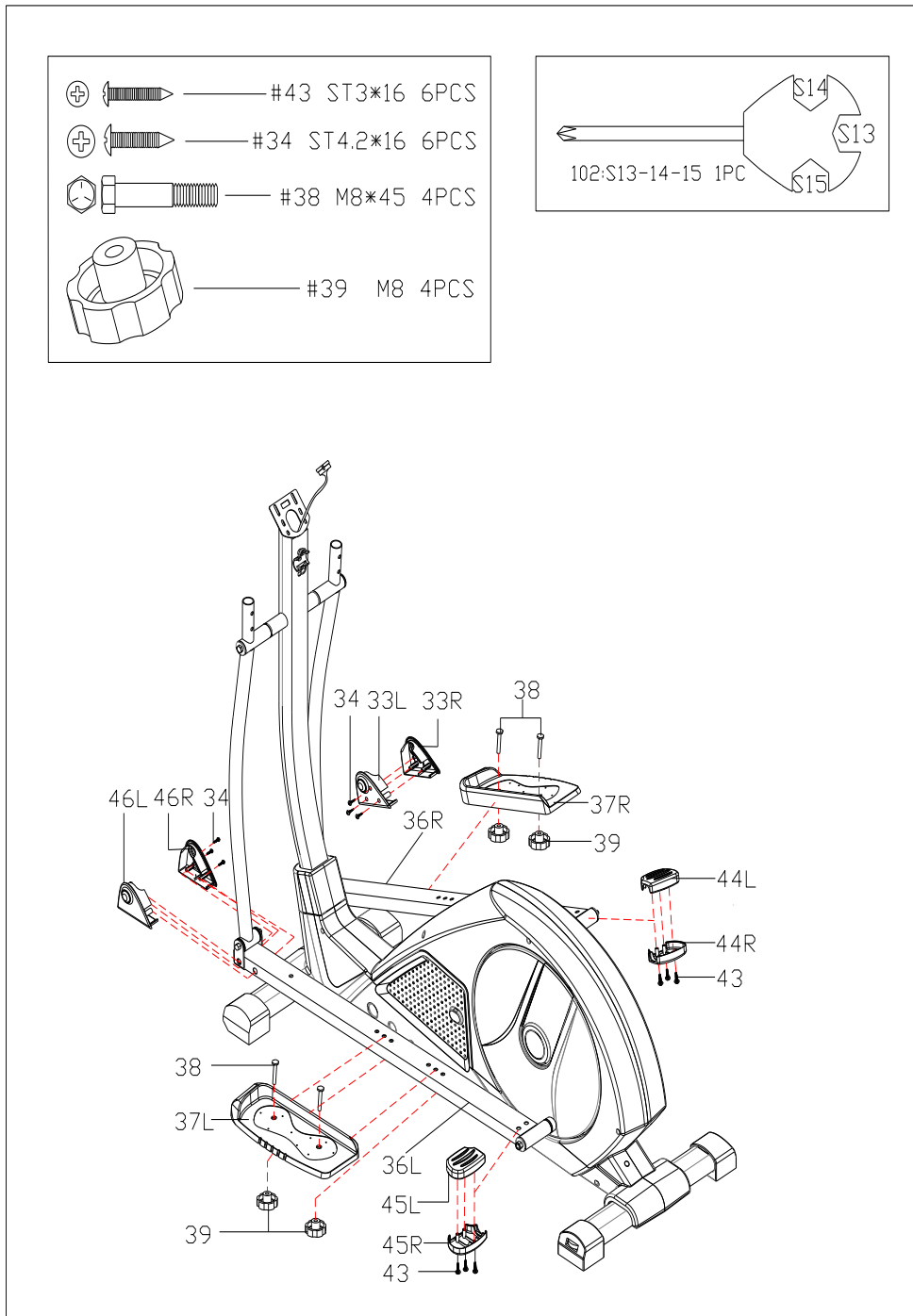
1. Place the spring washer (20) into the crank on the frame (58).
2. Attach the connecting pole (36L/R) onto the crank of the frame (58).
3. Use the nylon nut (42), washer (20) to secure the connecting pole (36L/R) onto the crank of the frame (60).

STEP 5:



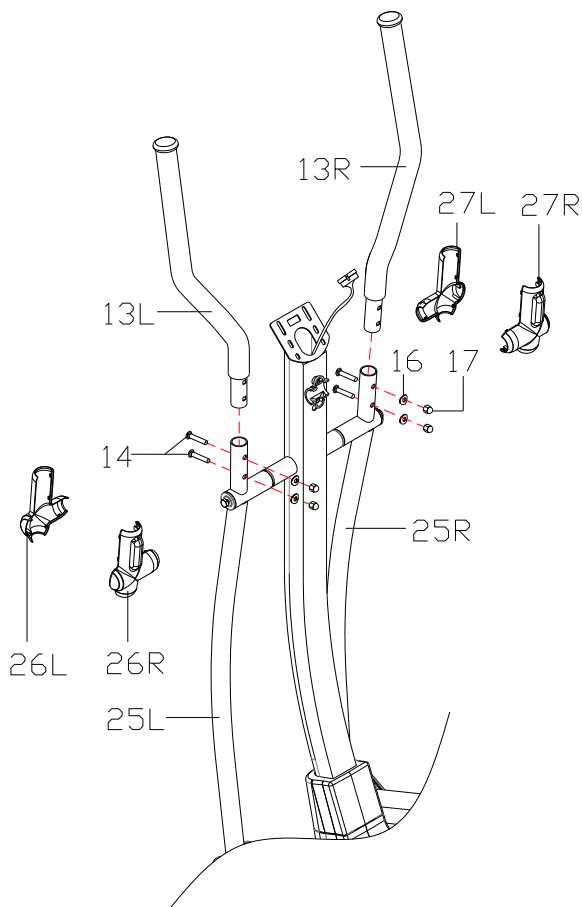
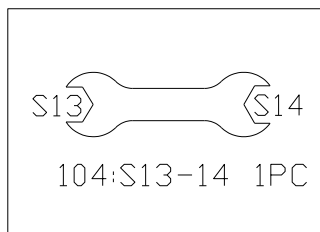
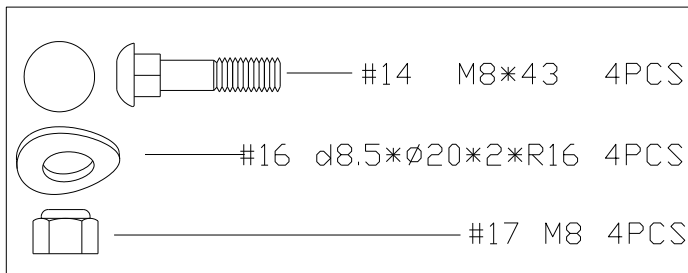
1. Use the bolt (35), washer (30) and nylon nut (17) to secure the swing pole (25L/R) to the connecting pole (36L/R).

STEP 6:



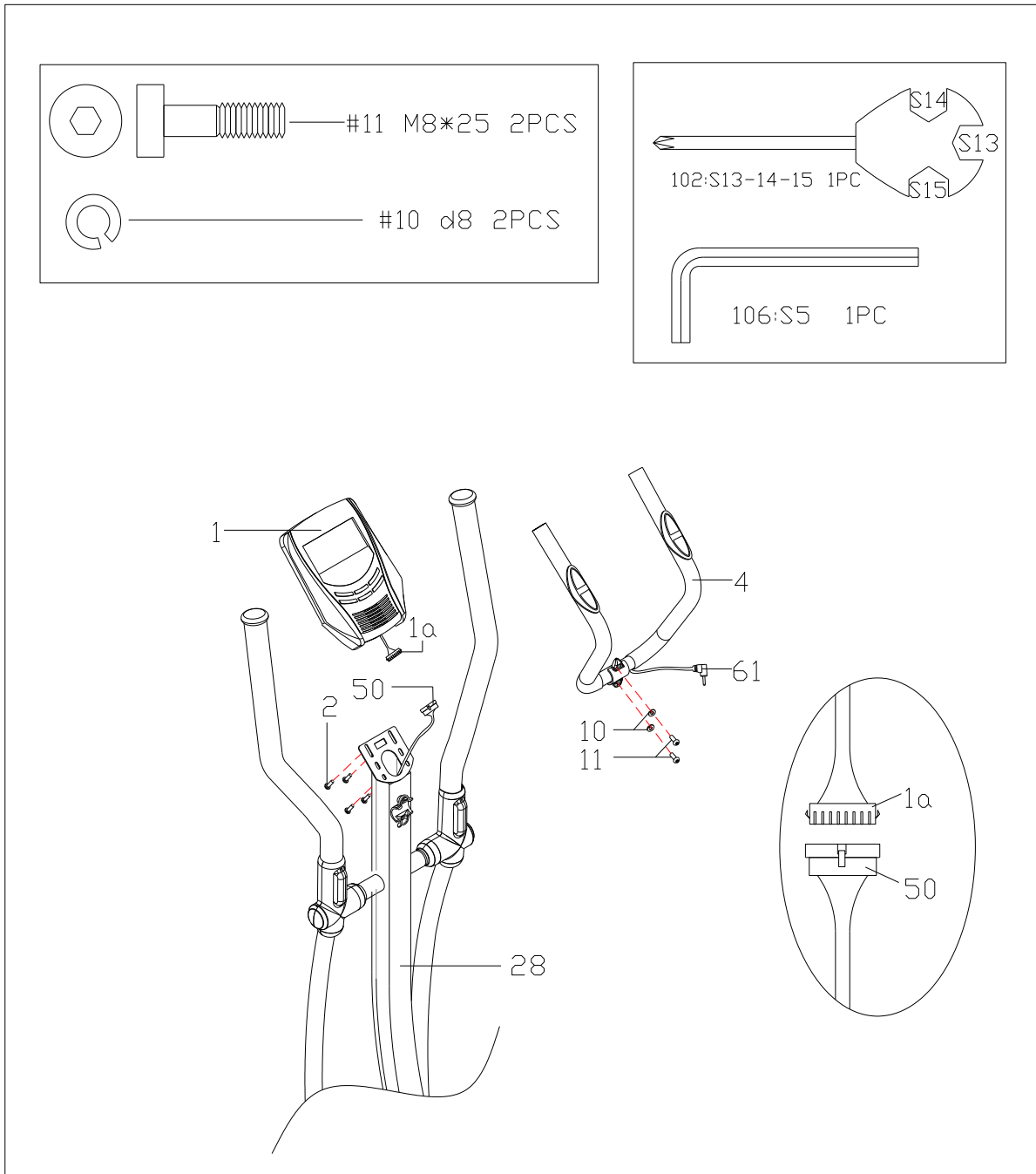
1. Use the bolt (38) and nut (39) to secure the pedals (37L/R) onto each connect pole (36L/R).
2. Attach the front connect pole cover (46L/R), (33L/R) and rear connect pole cover (45L/R), (44L/R) to each connect pole (36L/R), securing it with the bolt (34).

STEP 7:



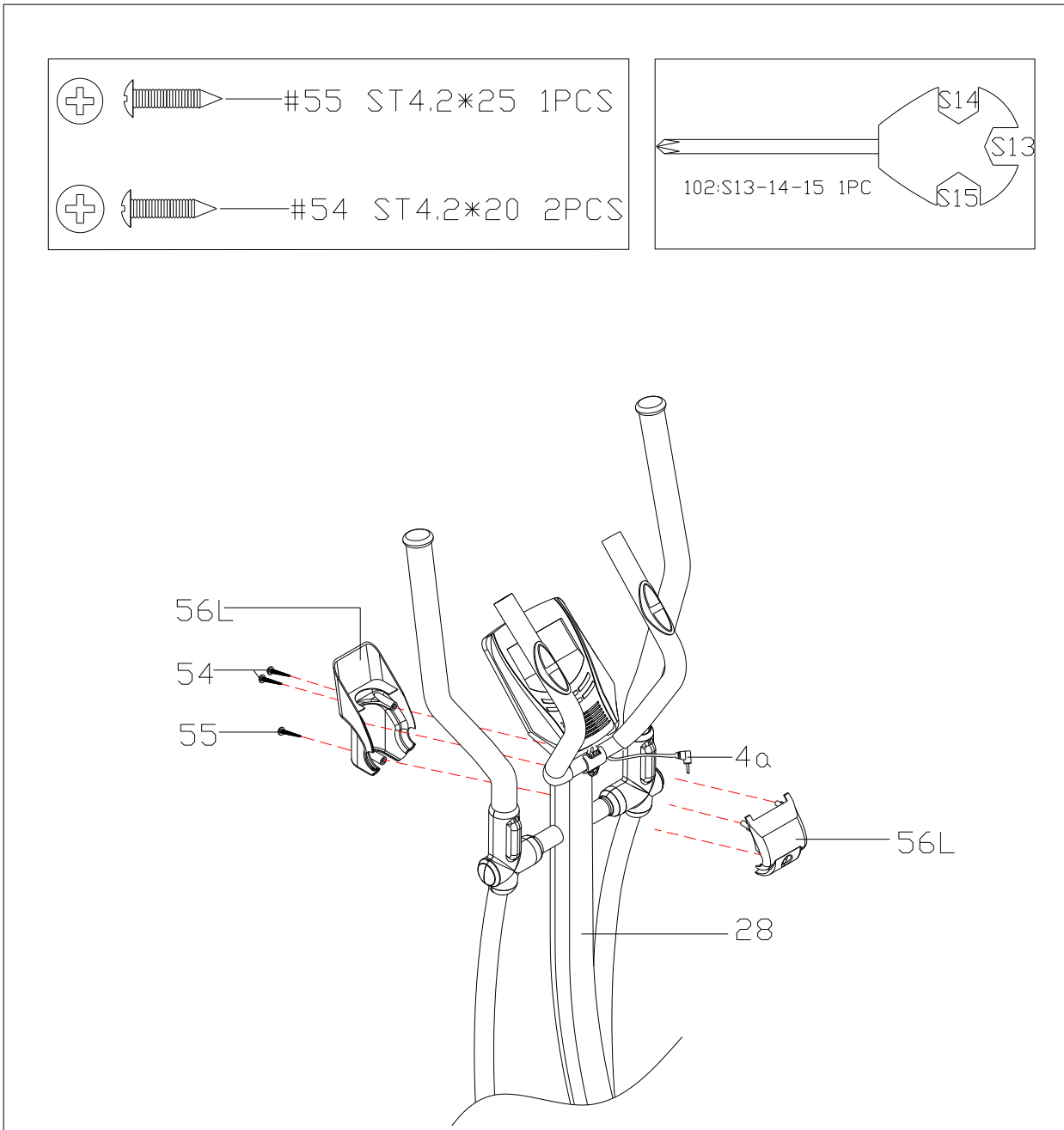
1. Use the bolt (14), spring washer (16) and nylon nut (17) to attach the handlebar (13L/R) onto the swing pole (25L/R).
2. Attach the swing pole covers (26L/R), (27L/R) onto each swing pole (25L/R).

STEP 8:



1. Use the bolt (11) and spring washer, (10) to secure the mid-handlebar (4) onto the handlebar (28).
2. Connect the computer wire (1a) and the computer wire1 (50), use the bolt (2) to secured the computer onto the handlebar post (28).

STEP 9:



1. Place the neck cover (56L/R) onto the middle of the handlebar (28) and the mid-handlebar post. Then use the bolts (54), (55) to secure it.
2. Insert the pulse wire (78) into the back of the computer.

3. PROGRAM OPERATION

Manual Program (P1)

Start exercise using START/STOP key. The default resistance level is 5. Users may exercise in any desired of resistance level (Adjusting by UP/DOWN keys during the workout) with a period of time, number of calories or a certain distance.

Operations:

1. Use UP/DOWN keys to select the MANUAL (P1) program.
2. Press the ENTER key to enter MANUAL program.
3. The TIME will flash and you can press UP or DOWN keys to set your exercise TIME. Press ENTER key to confirm your desired TIME.
4. The DISTANCE will flash and you can press UP or DOWN keys to set your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.
5. The CALORIES will flash and you can press UP or DOWN keys to set your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.
6. The PULSE will flash and then you can press UP or DOWN keys to set your exercise PULSE. Press ENTER key to confirm your desired Pulse.
7. Press the START/STOP key to begin exercise.

Preset Programs: (P2-P13)

Rolling, Valley, Fat Burn, Ramp, Mountain, Intervals, Random, Plateau Program Fartlek,

Precipice Program

Users can exercise with different levels of loading in different intervals as the profiles show. Users may exercise in any desired of resistance level (Adjusting by UP/DOWN keys during the workout) with a period of time or a number of calories or a certain distance.

Operations:

1. Use UP/DOWN keys to select one of the above programs from P2 to P13.
2. Press the ENTER key to enter your workout program.
3. The TIME will flash and you can press UP or DOWN keys to setting your exercise TIME. Press ENTER key to confirm your desired TIME.
4. The DISTANCE will flash and you can press UP or DOWN keys to setting your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.
5. 5 The CALORIES will flash and you can press UP or DOWN keys to setting your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.
6. The PULSE will flash and then you can press UP or DOWN keys to set your exercise PULSE. Press ENTER key to confirm your desired Pulse.
7. Press the START/STOP key to begin exercise.

User Programs:

User 1, User2, User3, User4

Users are free to create the values in the order of TIME, DISTANCE, CALORIES and the resistance level in each of the 10 columns. The values and profiles will be stored in the memory after setup. Users may also change the ongoing loading in each column by UP/DOWN keys without changing the resistance level stored in the memory.

Operations:

1. Use UP/DOWN keys to select the USER program from P14 to P17.
2. Press the ENTER key to enter your workout program.
3. The column 1 will flash, and then use the UP/DOWN keys to create your personal exercise profile. Press ENTER to confirm your first column of exercise profile. The default level is load 1.
4. The column 2 will flash, and then use the UP/DOWN keys to create your personal exercise profile. Press ENTER to confirm your second column of exercise profile.

-
5. Follow the above description 5 and 6 to finish your personal exercise profiles. Press ENTER to confirm your desired exercise profile.
 6. The TIME will flash and you can press UP or DOWN keys to setting your exercise TIME. Press ENTER key to confirm your desired TIME.
 7. The DISTANCE will flash and you can press UP or DOWN keys to setting your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.
 8. The CALORIES will flash and you can press UP or DOWN keys to setting your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.
 9. The PULSE will flash and then you can press UP or DOWN keys to set your exercise PULSE. Press ENTER key to confirm your desired Pulse.
 10. Press the START/STOP key to begin exercise.

Heart Rate Control Program:

55% Max H.R.C., 65% H.R.C., 75% H.R.C., 85% H.R.C., Target H.R.C.

The maximum heart rate varies depending on different ages.

P18 to P22 are the heart Rate control programs; P22 are the target pulse control programs

P18 = 55% Max H.R.C. — Target heart rate = $(220 - \text{age}) \times 55\%$

P19 = 65% Max H.R.C. — Target heart rate = $(220 - \text{age}) \times 65\%$

P20 = 75% Max H.R.C. — Target heart rate = $(220 - \text{age}) \times 75\%$

P21 = 85% Max H.R.C. — Target heart rate = $(220 - \text{age}) \times 85\%$

P22 = Target H.R.C. — The user confirmed target heart rate

The user could select the AGE, TIME, DISTANCE, CALORIES/JOULES or TARGET HEART and do exercise under the user's mind. During these programs the computer will adjust the resistance level to fit the user's heart rate. For example: when the user's heart rate is higher than the target heart rate the resistance level will be loose down every 20 seconds. And when the user's heart rate could not reached the target heart rate the resistance level will be increase every 20 seconds.

Operations:

1. Press UP/DOWN key to choose the control program from P18 to P22
2. Press ENTER to confirm the selected program.
3. During program P18 to P21, the AGE will flash and then you can press UP/DOWN to set the AGE. The default value is 35.
4. In program P22 the LCD will show "TARGET PULSE" and then you can press UP/DOWN to set the target pulse. The default value is 120.
5. The TIME will flash and then press UP or DOWN to select the TIME and then press ENTER to confirm this value.
6. The DISTANCE will flash and you can press UP or DOWN keys to set your target DISTANCE. Press ENTER to confirm your desired DISTANCE.
7. The CALORIES/JOULE will flash and you can press UP or DOWN to set your target CALORIES/JOULE and then press ENTER to confirm this desired value
8. Press START/STOP to start your exercise.

Watt (Speed) Control Program:

Press ENTER to select the target WATT, TIME, DISTANCE and CALORIES/JOULE. The WATT value is decided by the TORQUE and RPM. In this program the WATT value will keep at constant value. It means that if you peddle quickly, the load resistance will decrease and if you peddle slowly, the load resistance will increase to ensure you at the same value.

Operations:

1. Press UP/DOWN key to choose the Watt control program (P23).
2. Press ENTER to enter this program.
3. The TIME will flash and then press UP or DOWN to select the TIME and then press ENTER to confirm this value.
4. The DISTANCE will flash and you can press UP or DOWN keys to set your target DISTANCE. Press ENTER to confirm your desired DISTANCE.

-
5. The WATT will flash and you can press UP or DOWN to set your target WATT, Press ENTER to confirm your desired WATT. The default value is 100 WATT.
 6. The CALORIES/JOULE will flash and you can press UP or DOWN to set your target CALORIES/JOULE and then press ENTER to confirm this desired value
 7. The PULSE will flash and then please press UP or DOWN to set your exercise PULSE. Press ENTER to confirm your desired Pulse
 8. Press the START/STOP key to begin exercise.

Body Fat Program:

P24 is a special program design to calculate users' body fat ratio and to offer a specific loading profile for users. There are 3 body types divided according to the %FAT calculated.




Type1: BODY FAT% > 27

Type2: $27 \geq \text{BODY FAT\%} \geq 20$

Type3: BODY FAT % < 20

The computer will show the test results of FAT PERCENT, BMI and BMR.

Operations:

1. Use UP/DOWN keys to select the BODY FAT (P24) program.
2. Press the ENTER keys to enter your workout program.
3. The GENDER will flash and you can press UP or Down keys to set your GENDER. (, ) and the default GENDER is Male  (Male) .
4. The AGE will flash and then you can press UP and DOWN to set your AGE the default AGE is 35.
5. The HEIGHT will flash and you can press UP or DOWN keys to set your HEIGHT. Press ENTER key to confirm your HEIGHT. The default HEIGHT is 170cm or 5'07" (5feet 7 inches).
6. The WEIGHT will flash and you can press UP or DOWN keys to set your WEIGHT. Press ENTER key to confirm your WEIGHT. The default WEIGHT is 70kgs or 155lbs.

-
7. Press the START/STOP key to begin body fat measurement. If the window show E on the window, please make sure your hands are attached well on the grips or the chest belt is touch well on your body. Then press the START/STOP key again to begin body fat measurement.
 8. After finished your measurement, the computer will show the values of BMR, BMI and FAT PERCENT on the LCD display. Furthermore, the computer will show your own exercise profile for your body type.
 9. Press START/STOP key to begin exercise.

Operation guide:

1. **Sleep Mode:**

The computer will enter the sleep mode when there is no signal input and no keys are pressed after 4 minutes. You can press any key to wake the computer.

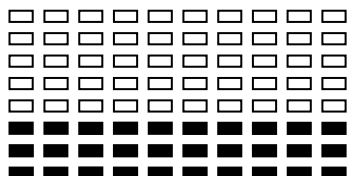
2. **BMI (Body Mass Index):** BMI is a measure of body fat based on height and weight that applies to both adult men and women.
3. **BMR (Basal Metabolic Rate):** Your Basal Metabolic Rate (BMR) shows the number of calories your body needs to operate. This doesn't account for any activity, it's simply the energy needed to sustain a heartbeat, breathing and normal body temperature. It measures the body at rest, not sleep, at room temperature.

LCD Workout Graphics

PRESET PROGRAM PROFILES:

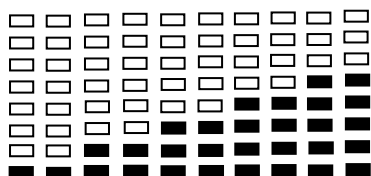
PROGRAM 1

MANUAL



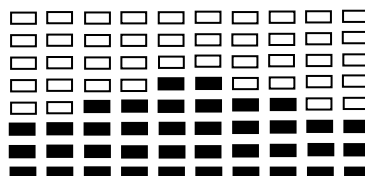
PROGRAM 2

STEPS



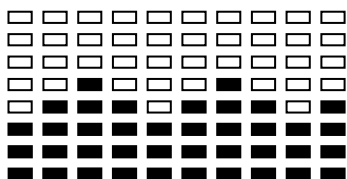
PROGRAM 3

HILL



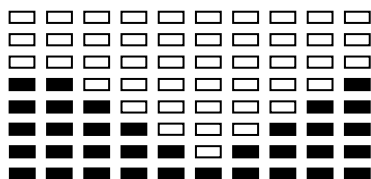
PROGRAM 4

ROLLING



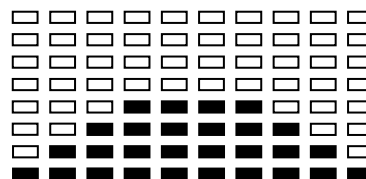
PROGRAM 5

VALLEY



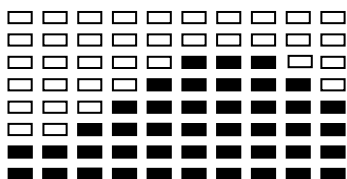
PROGRAM 6

FAT BURN



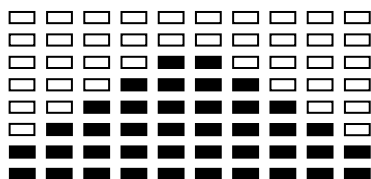
PROGRAM 7

RAMP



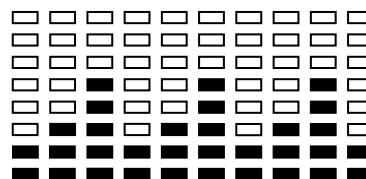
PROGRAM 8

MOUNTAIN



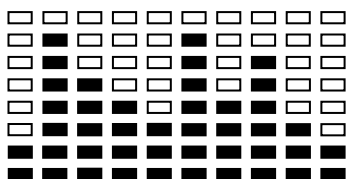
PROGRAM 9

INTERVALS



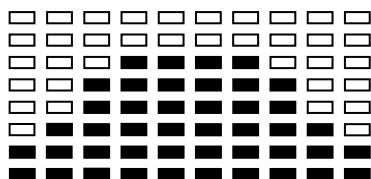
PROGRAM 10

RANDOM



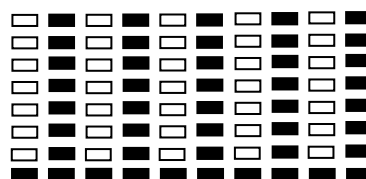
PROGRAM 11

PLATEAU



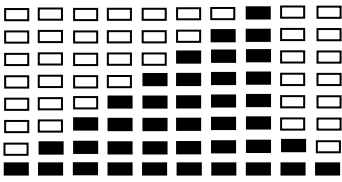
PROGRAM 12

FARTLEK



PROGRAM 13

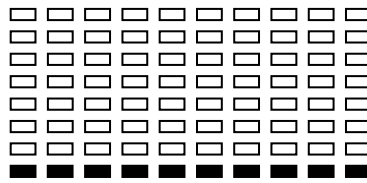
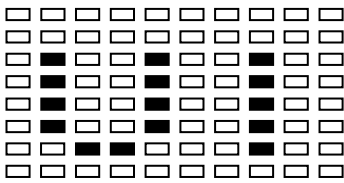
PRECIPICE



USER SETTING PROGRAM

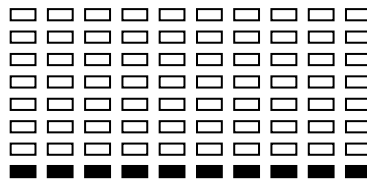
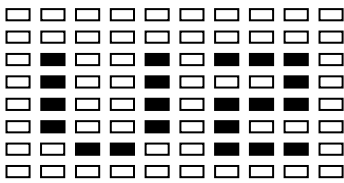
PROGRAM 14

USER 1



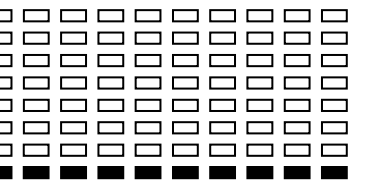
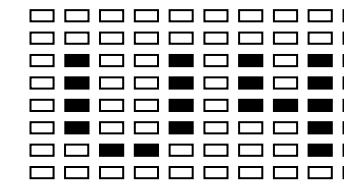
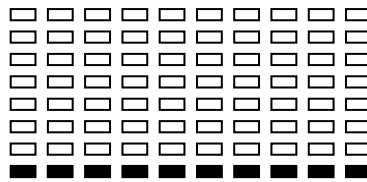
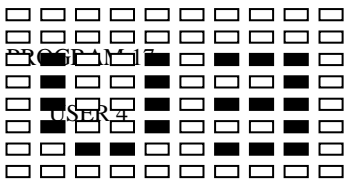
PROGRAM 15

USER 2



PROGRAM 16

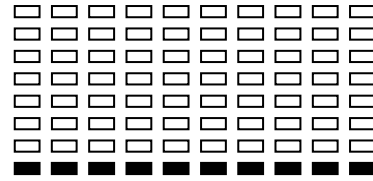
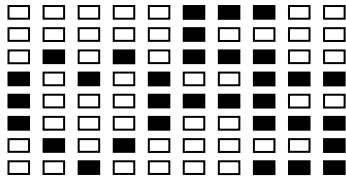
USER 3



Pulse control programs:

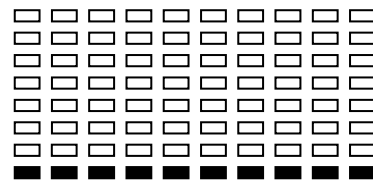
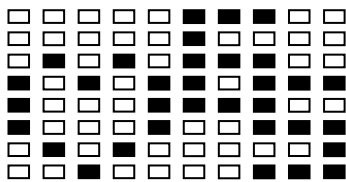
PROGRAM 18

55% H.R.C.



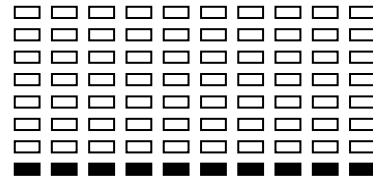
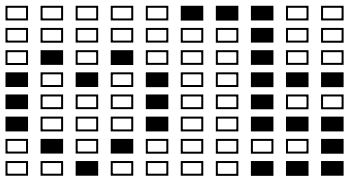
PROGRAM 19

65% H.R.C.



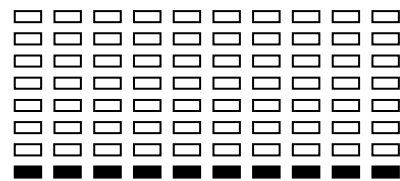
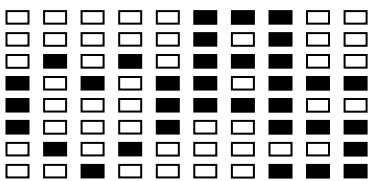
PROGRAM 20

75% H.R.C.



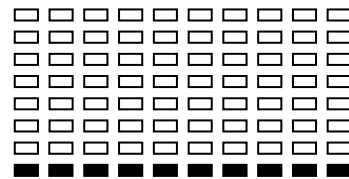
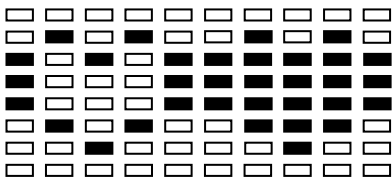
PROGRAM 21

85% H.R.C.



PROGRAM 22

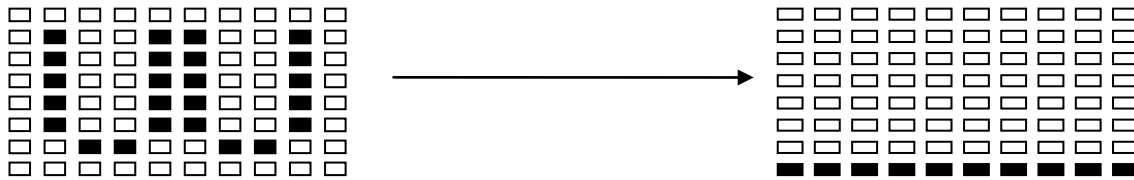
TARGET H.R.C.



WATT Program:

PROGRAM 23

WATT CONTROL

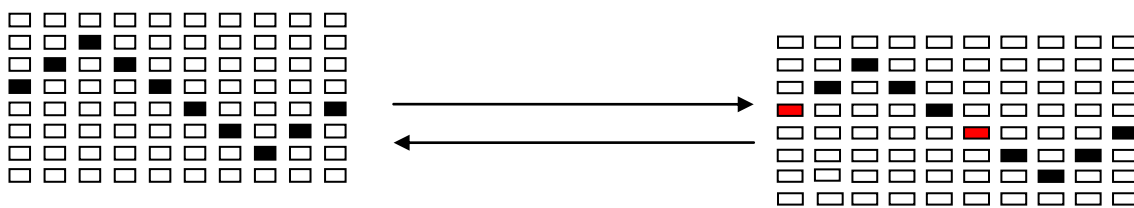


BODY FAT TEST PROGRAMS:

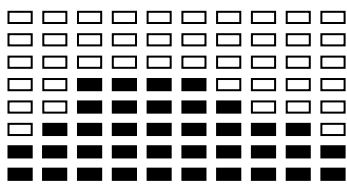
PROGRAM 24

BODY FAT (STOP MODE)

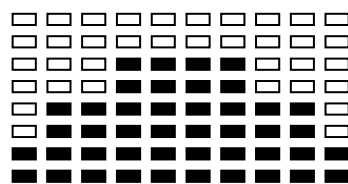
BODY FAT (START MODE)



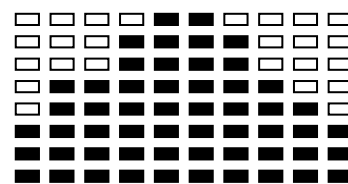
One of the Following Six Profiles Will Display Automatically after Measuring Your BODY FAT:



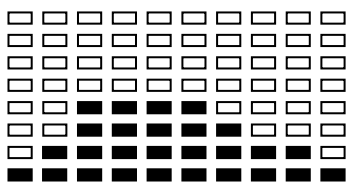
Workout Time: 40 minutes



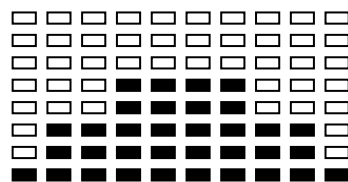
Workout Time: 40 minutes



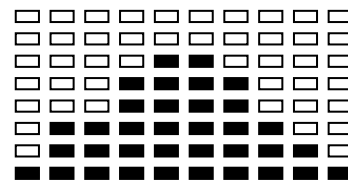
Workout time: 20 minutes



Workout Time: 40 minutes



Workout Time: 40 minutes



Workout time: 20 minutes

4. EXERCISE GUIDE

PLEASE NOTE: Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

The pulse 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 an exercise aid in determining heart rate trends in general.

Exercising is great way to control your weight, improving your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not have to work so hard. It will pump a lot fewer times per minute, reducing the wear and tear of your heart.

So as you can see, the fitter you are, the healthier and greater you will feel.

Warm-up

Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.



Training Zone Exercise

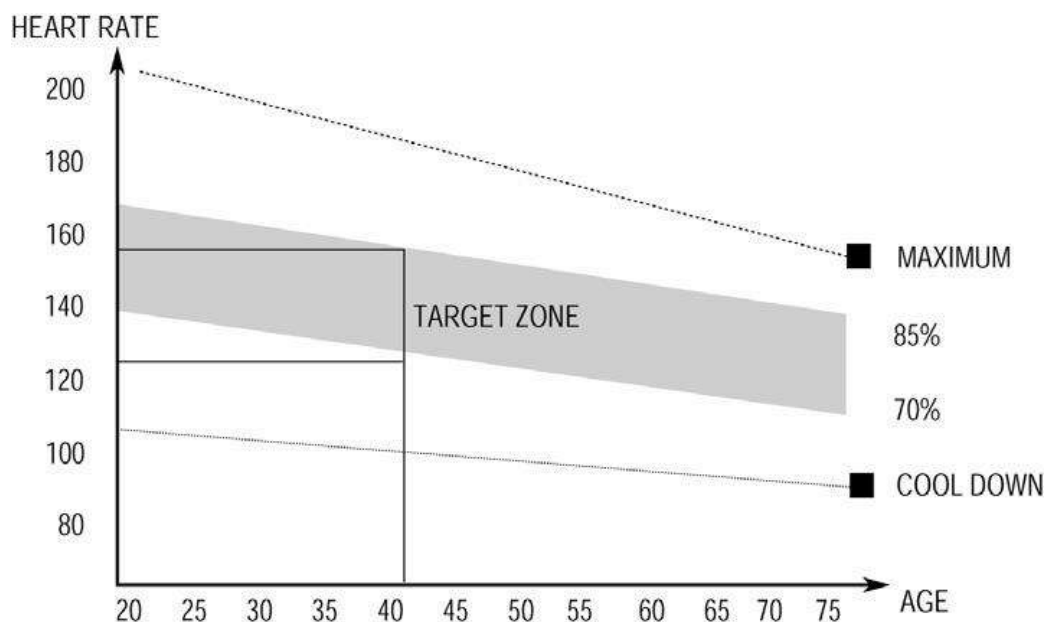
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise-never hold your breath.

Cool Down

Finish each workout with a light jog or walk for at least 1 minute. Then complete 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

Workout Guidelines

TARGET ZONE

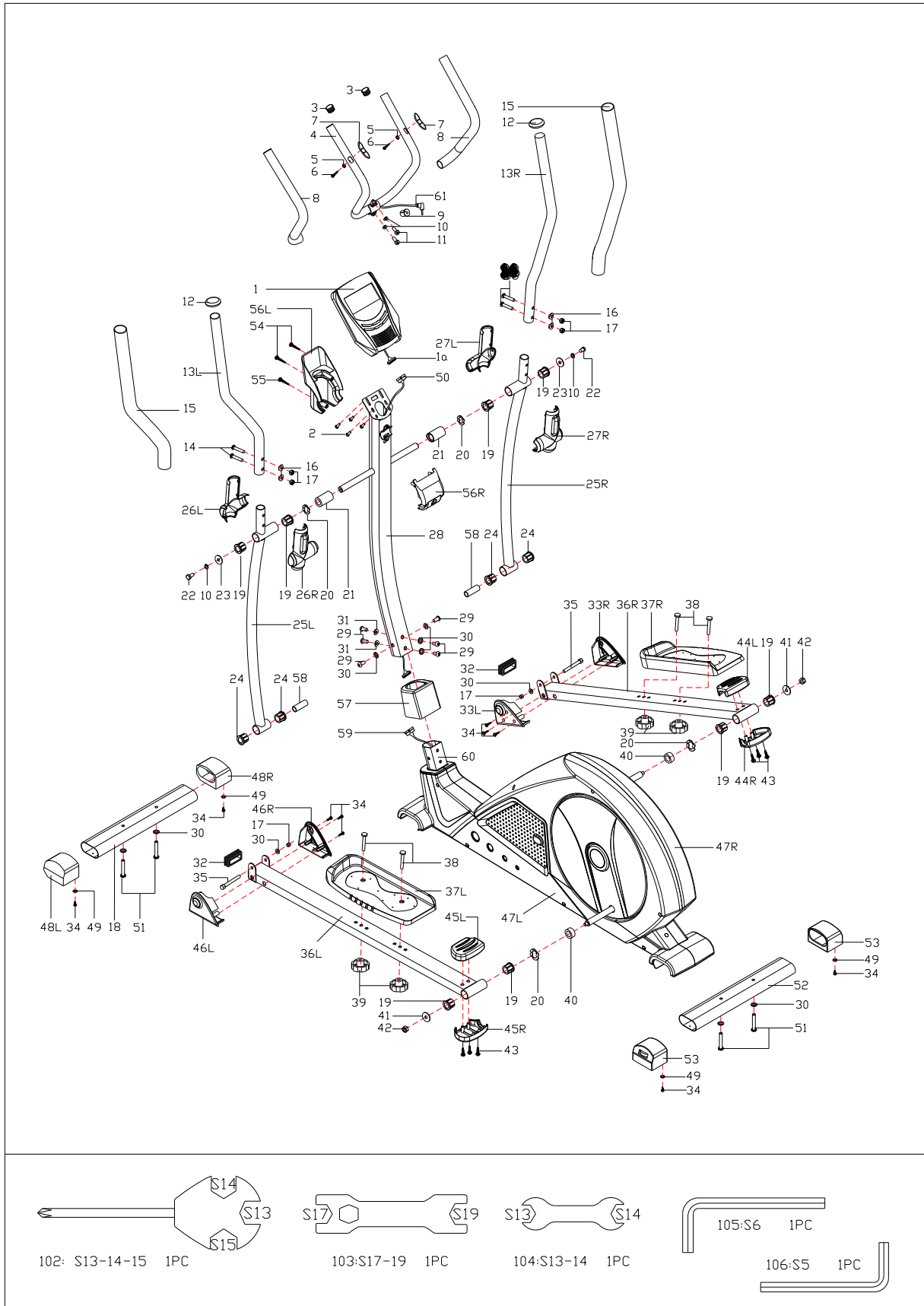


THIS IS HOW YOUR PULSE SHOULD BEHAVE DURING GENERAL FITNESS EXERCISE.

REMEMBER TO WARM UP AND COOL DOWN FOR A FEW MINUTES.

The most important factor here is the amount of effort you put in. The harder and longer you work, the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

5. EXPLODED DIAGRAM



6. PARTS LIST

NO.	Description	Qty
1	Computer	1
1a	Computer wire	1
2	Bolt M5*10	4
3	End cap ϕ 25*16	2
4	Mid-handbar	1
5	Washer d6* Φ 12*1.0	2
6	Bolt ST4.0*19	2
7	Pulse pad 配 Φ 25 管	2
8	Sponge tube Φ 23*5*500	2
9	过线孔塞 Φ 12*11* Φ 3	1
10	Spring washer d8	4
11	Bolt M8*25	2
12	End cap ϕ 32*22* ϕ 50	2
13L/R	Handlebar L/R	各 1
14	Bolt M8*43	4
15	Sponge tube Φ 30*5*630	2
16	Spring washer d8* Φ 20*2*R16	4
17	Nylon nut M8	6
18	Front tube	1
19	Bushing 2 Φ 32*3* Φ 28*21* Φ 19.4	8
20	Spring washer d19* Φ 25*0.3	4
21	Bushing Φ 31.8* Φ 19.2*54	2
22	Bolt M8*16	2

No.	Description	Qty
32	Square end cap J60*30*15	2
33L/R	Front connect pole cover R	1
34	Bolt ST4.2*16	10
35	Bolt M8*75	2
36L/R	Connect pole	1
37L/R	Pedal L/R	1
38	Bolt M8*45	4
39	Nut M8	4
40	Bushing Φ 31.8* Φ 19.2*30	2
41	Washer d10* Φ 32*2.0	2
42	Nylon nut M10	2
43	Bolt ST3*16	6
44L/R	Rear connect pole cover R	1
45L/R	Rear connect pole cover L	1
46L/R	Front connect pole cover L	1
47L/R	Cover L/R	1
48L/R	End cap with wheel L/R PT80*40*71.5*90*65	1
49	Washer d5* Φ 13*1.0	4
50	Computer wire 1	1
51	Bolt M8*50	4
52	Rear tube	2
53	Adjusted end cap PT80*40*71.5*90*65	2
54	Bolt ST4.2*19	2

23	Washer d8*Φ32*2.0	2	55	Bolt ST4.2*25	1
24	Bushing 1 Φ32*3*Φ28*16*Φ14.3	4	56L/R	Nick cover L/R	1
25L/R	Swing pole L/R	1	57	Plastic cover	1
26L/R	Left swing pole cover	1	58	Bushing Φ14*Φ8.3*59	2
27L/R	Right swing pole cover	1	59	Computer wire 2	1
28	Handlebar post	1	60	Frame	1
29	Bolt M8*16	4	61	Pulse wire	1
30	washer d8*Φ16*1.5	10			
31	Spring washer d8*Φ20*2*R30	2			

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>