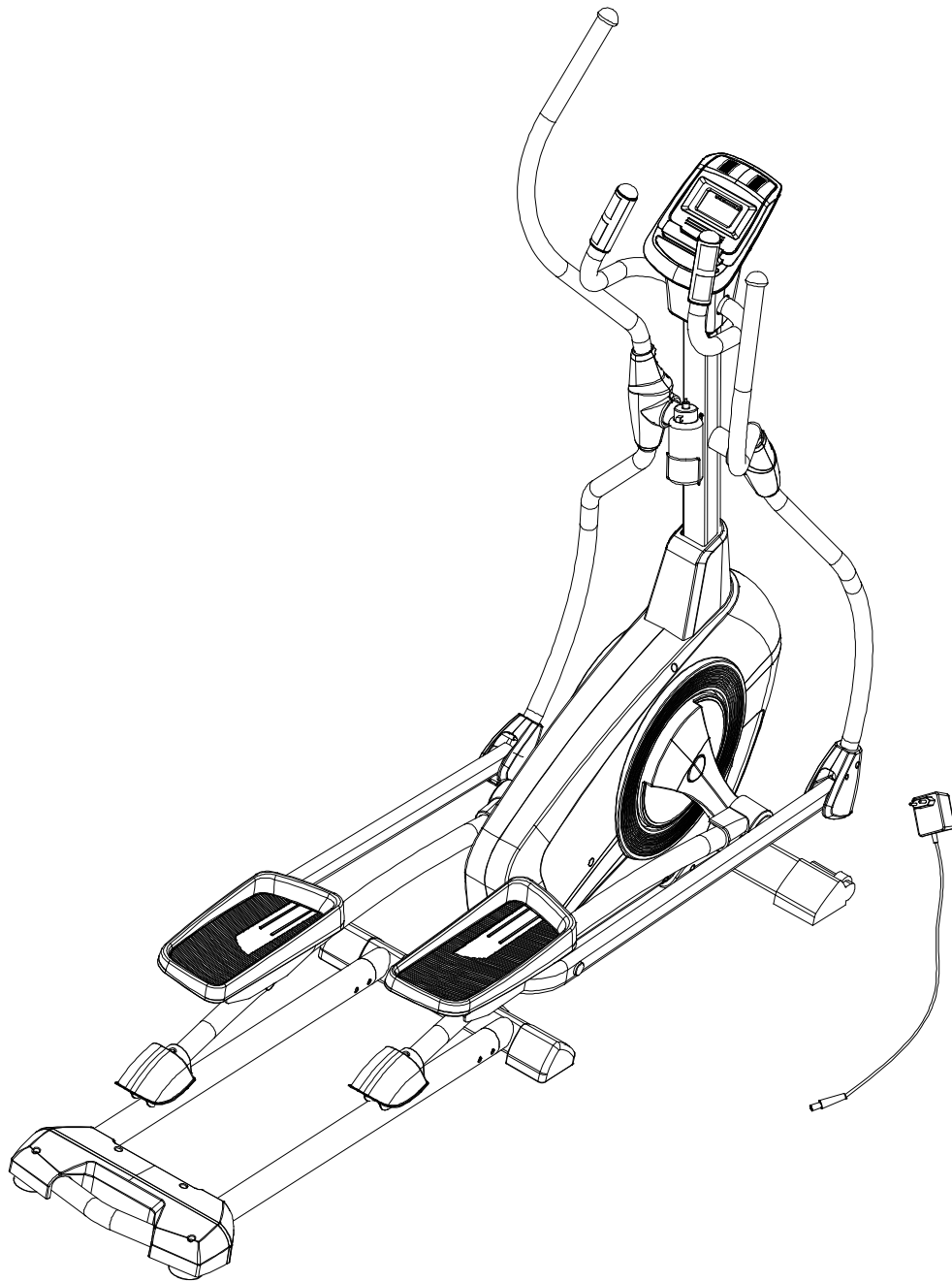LIFESPAN FITNESS

XT-37 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.

l. The pulse or heart rate 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 exercise aids in determining heart rate trends in general.

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

d. All nuts and bolts are to be checked and tightened on a regular basis. This includes pedals and other moving parts. Failure to do so may cause damage to your thread and void your warranty.

3. EXPLODED DIAGRAM

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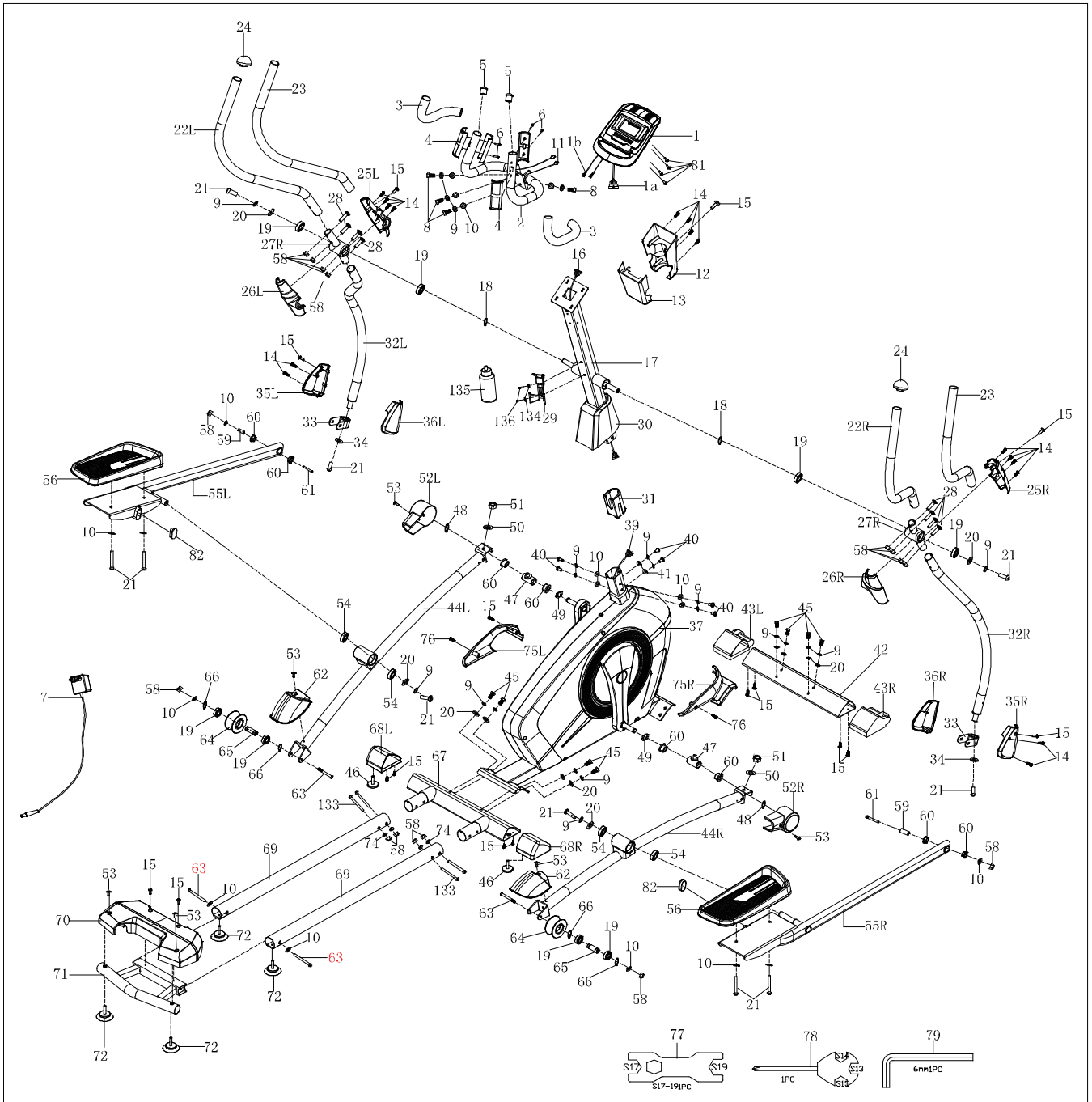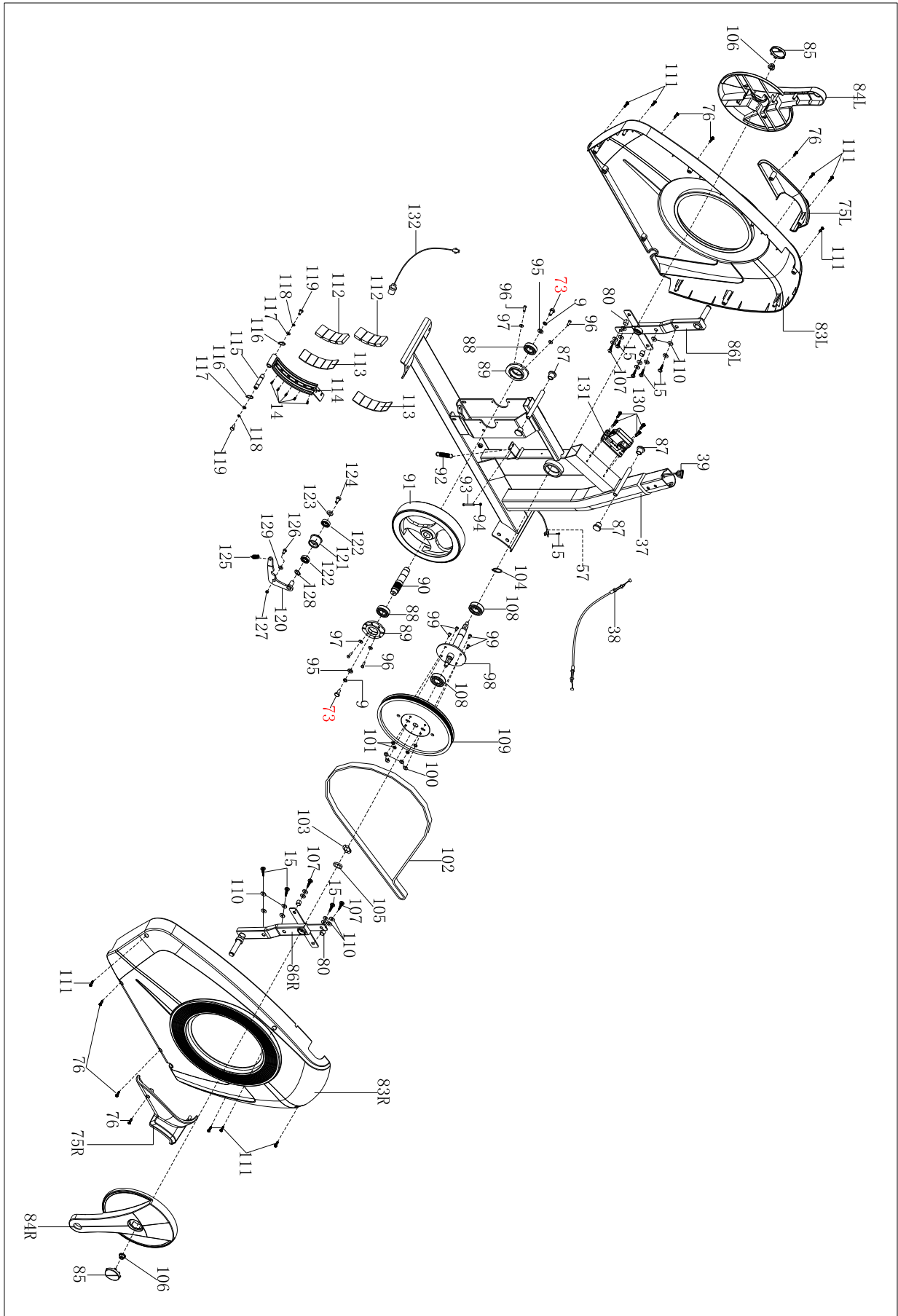
4. PARTS LIST

No.	Description	Qty.	No.	Description	Qty.
1	Computer	1	30	Bottom cover of front post	1
2	Middle Handlebar	1	31	D bushing 61*55*101	1
3	Foam grip	2	32L/R	Connecting bar	2
4	Handle pulse plate	2	33	U seat	2
5	End cap Φ32*17	2	34	Washer d8*Φ25*2	2
6	Screw ST3*25	4	35L/R	Cover of Connecting rod	2
7	Adapter	1	36L/R	Cover of Connecting rod	2
8	Bolt M8*16*S13 8.8 level	4	37	Main frame	1
9	Spring washer d8	26	38	Lower tension cable	1
10	Washer d8*Φ16*1.5	18	39	Trunk wire 2	1
11	Handle pulse wire	2	40	Bolt M8*20	6
12	Front upper cover of front post	1	41	Arc washer d8*Φ20*2*R28	2
13	Rear upper cover of front post	1	42	Front bottom tube	1
14	Screw ST3*10	17	43L/R	End cap	2
15	Screw ST4.2*16	22	44L/R	L/R Connecting post	2
16	Trunk wire 1	1	45	Bolt M8*20*S13 8.8 level	8
17	Front post	1	46	Foot padφ59*13 3/8"-16	2
18	Washer d17	2	47	Connecting post join	2
19	Bearing 6003-ZZ	8	48	Washer d16	2
20	Washer d8*Φ20*2	12	49	Washer d16*Φ21*0.3	2
21	Bolt M8*16*S6 8.8 level	10	50	Washer d10*Φ40*4	2
22L/R	L/R handlebar	2	51	Nylon nut M10*H9.5*S17	2
23	Foam grip Φ30*3*810	2	52L/R	Cover of Connecting rod	2
24	End cap Φ32*22*Φ50	2	53	Bolt M4*12*Φ9	6
25L/R	Front Cover of Swing bar	2	54	Bearing 6004-ZZ CXSH	4
26L/R	Rear Cover of Swing bar	2	55L/R	Pedal arm	2
27	Armrest assemble	2	56L/R	Pedal	2
28	Bolt M8*40*20*H5	8	57	Sensor	1
29	Bottle cage	1	58	Nylon nut M8*H7.5*S13	16

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No.	Description	Qty.		No.	Description	Qty.
59	Bushing Φ15.8*Φ8.2	2		91	Flywheel 6*Φ240*40	1
60	Bush Φ28*3*Φ22.3*9.5	8		92	Spring Φ2.2*Φ12*51*N12	1
61	Bolt M8*55	2		93	Bolt M6*45*S10	1
62	Wheel cover 165*86*88	2		94	Nut M6*H5*S10	1
63	Bolt M8*70	4		95	Washer d8*Φ28*2	2
64	Wheel Φ78	2		96	Bolt M5*16	4
65	Sleeve φ17*φ8*49.8	2		97	Washer d5*Φ13*1	4
66	Spring d17	4		98	Shaft	1
67	Rear bottom tube	1		99	Bolt M6*16	4
68	End cap	2		100	Nylon nut M6*H6*S10	4
69	Rail	2		101	Spring washer d6	4
70	Rear cover of rail	1		102	Belt 6PJ410	1
71	Connecting bar	1		103	Wave washer d21*Φ27*0.3	1
72	Foot pad	4		104	Washer d20	1
73	Bolt M8*16*S14	2		105	Bush Φ24.8*Φ21*7	1
74	Washer d8*Φ19*2*R25	4		106	Hexagon nut with flange M10*1.25	2
75L/R	Cover of front bottom tube	2		107	Screw ST4.2*13*Φ8	4
76	Screw ST4.2*16	11		108	Bearing 6204-ZZ	2
77	WrenchS17-S19	1		109	Belt plate Φ260*20*Φ20-6PJ	1
78	Wrench S13-14-15	1		110	Washer d5*Φ16*1.5	16
79	Wrench S6	1		111	Screw ST4.2*19*Φ8	9
80	Bushing	4		112	Square Magnet 40*25*10	7
81	Bolt M4*12	4		113	Magnetic plate grid	2
82	End cap PT50*25	2		114	Magnetic plate	1
83L/R	L/R Chain cover	2		115	Magnetic plate axle	1
84L/R	L/R turntable	2		116	Washer d12	2
85	Crank cover	2		117	Washer d6*Φ12*1.2	2
86L/R	L/R crank	2		118	Spring washer d6	2
87	End cap Φ25*22	4		119	Bolt M6*16*S10	2
88	Bearing 6004ZZ	2		120	Idler pulley assembly	1
89	Bearing seat 86*68*14	2		121	Idler	1
90	Wheel axle Φ24*103	1		122	Bearing 6001-2RZ	2

No.	Description	Qty.		No.	Description	Qty.
123	Washer d6*Φ16*1.5	1		130	Bolt M5*16*Φ8	4
124	Bolt M6*12*S10	1		131	Motor	1
125	Spring Φ2.2*Φ12*51*N12	1		132	Power line	1
126	Bolt M8*12*Φ10*5*S12	1		133	Bolt M8*60*20*S6 8.8 level	4
127	Nylon nut M8*H7.5*S13	1		134	Washer d4*φ10*1.0	2
128	Wave washer d12*Φ15.5*0.3	1		135	Plastic bottle	1
129	Washer d12*Φ17*0.5	1		136	Bolt M4*10	2

#45 M8*20*S13 8PCS

#9 d8 18PCS

#20 d8*Ø20*2 8PCS
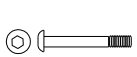
#15 ST4.2*16*Ø8 8PC

#76 ST4.2*16*Ø8 2PCS

#10 d8*Ø16*1.5 16PCS

#74 d8*Ø19*2*R25 4PCS
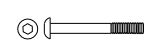
#58 M8*H7.5*S13 14PCS

#63 M8*75*25*S6 2PCS

#40 M8*20*S6 6PCS

#134 d6*Ø16*1.5*R16 8PCS

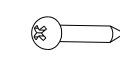#21 M8*16*S6 4PCS

#61 M8*55*20*S6 2PCS

#51 M10*H9.5*S17 2PCS

#50 d10*Ø25*2 2PCS

#53 M4*12*φ9 4PCS

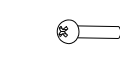#14 ST3*10*φ5.6 16PCS

#28 M8*40*20*H5 8PCS

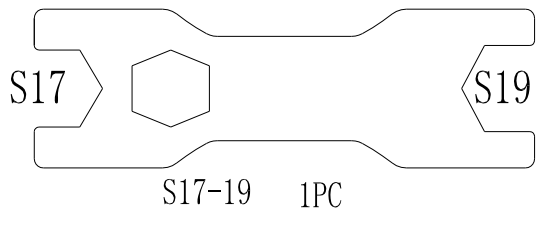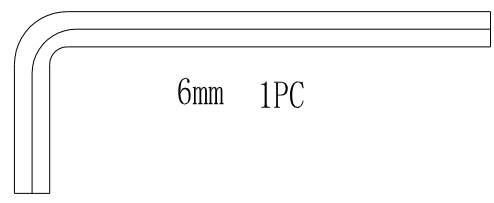#133 M8*60*20*S6 4PCS

#8 M8*16*S13 4PCS

#41 d8*Ø20*2*R28 2PCS

#136 M4*10 2PCS

#134 d4*Ø10*1 2PCS

1PC

S14
S13
S15

S17-19 1PC

S17
S19

6mm 1PC

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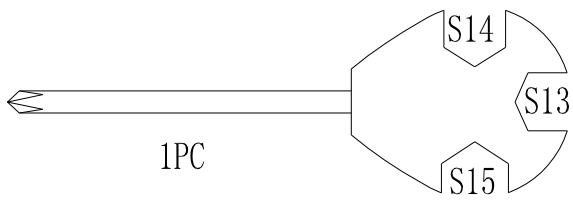
5.   ASSEMBLY INSTRUCTIONS

STEP 1 *Before assembly ensure there is enough space around the item.*

#45 M8*20*S13 4PCS

#9 d8 4PCS

#20 d8*Ø20*2 4PCS

#15 ST4.2*16*Ø8 1PC

#76 ST4.2*16*Ø8 2PCS

S13

#78

15

76

37

75L

45

9

9

20

75R

76

42
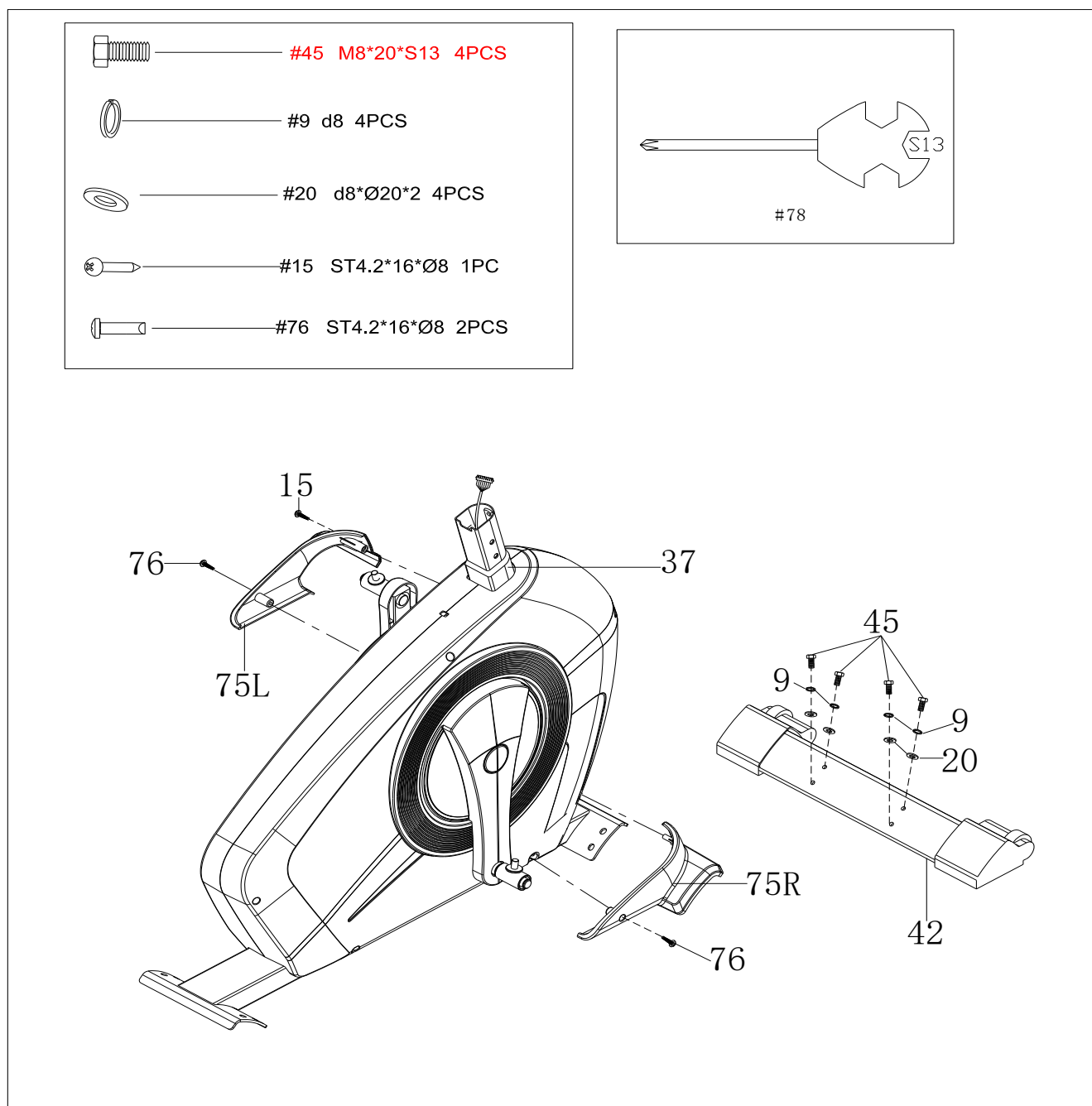
a)   Secure front bottom tube (42) to the main frame (37) with bolts (45), spring washers (9) washers (20) and wrench (78)

b)   Attach the L/R cover of the front bottom tube (75L/R) to the main frame (37) with screws (15), (76) and wrench (78)

STEP 2:

#45 M8*20*S13 4PCS
#9 d8 4PCS
#20 d8*Ø20*2 4PCS
#10 d8*Ø16*1.5 2PCS
#15 ST4.2*16*Ø8 2PCS
#74 d8*Ø19*2*R25 4PCS
#58 M8*H7.5*S13 4PCS
#63 M8*70*25*S6 2PCS
#53 M4*12*Ø9 2PCS
#133 M8*60*20*S6 4PCS

#78
#79 6mm 1PC
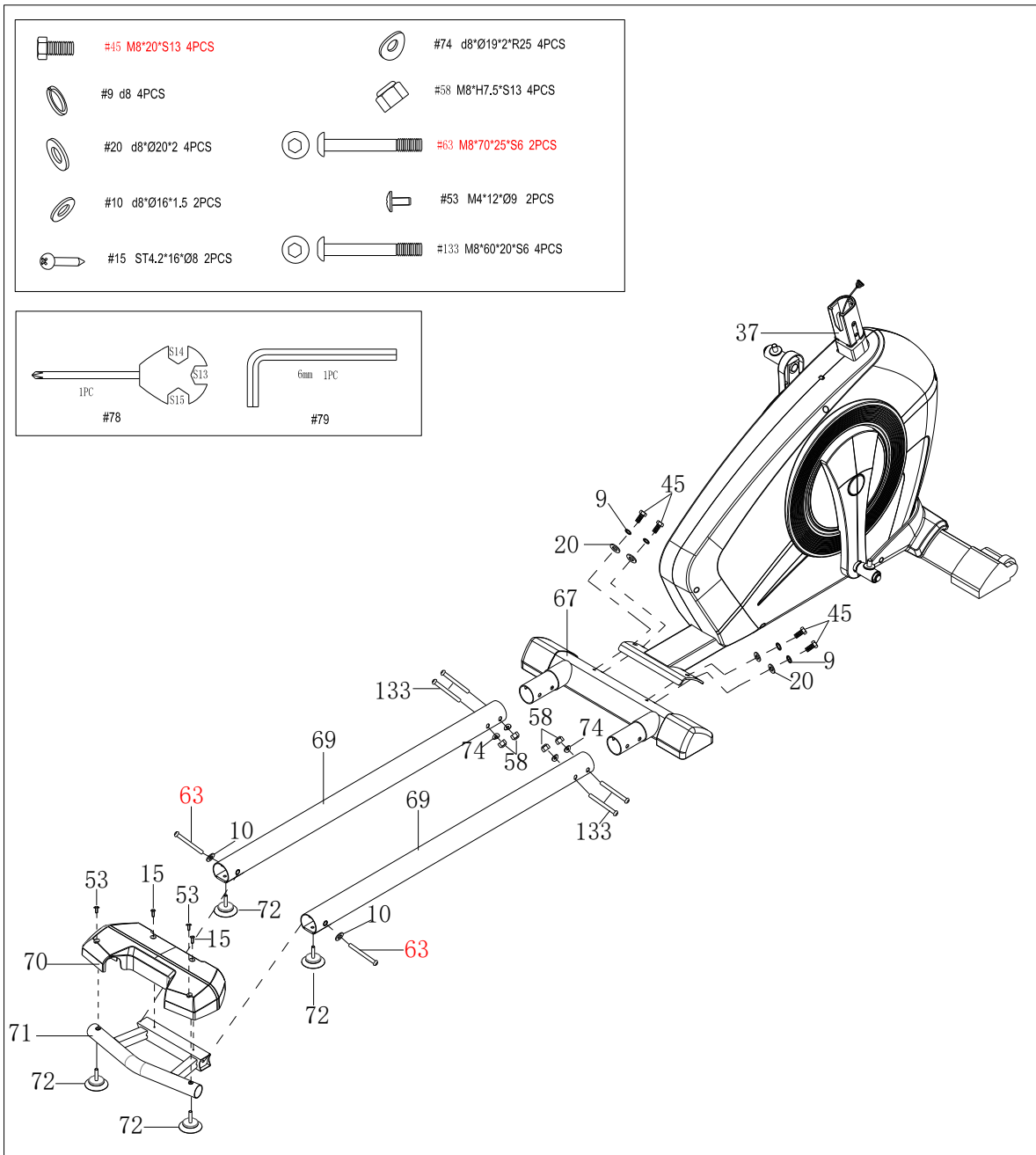
a) Secure the rear bottom tube (67) to the main frame (37) with bolts (45), spring washers(9), washers (20) and wrench (78)

b) Secure the L/R rail (69) to the rear bottom tube (67) with bolts (133), arc washers (74), nylon nuts (58) and wrenches (78) and (79)
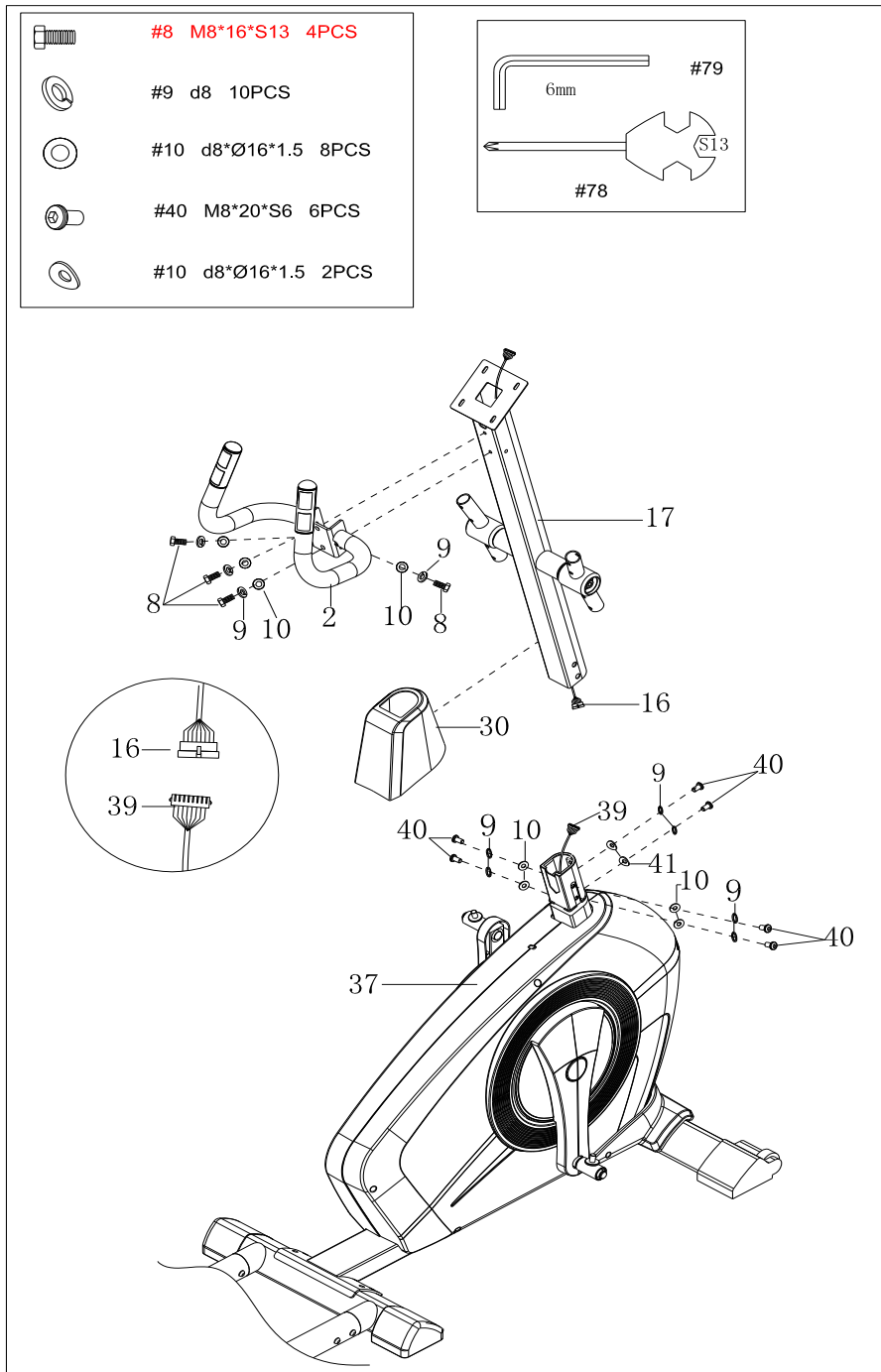
c) Secure the connecting bar (71) to the L/R rail (69) with bolts (63), washers (10) and wrench (79). Then attach the rear cover of rail (70) to the connecting bar (71) with bolts (53) and screws (15)

d) Secure the foot pads (72) to the connecting bar (71) and L/R rail (69)

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STEP 3:

a) Place the bottom cover of the front post (30) into the front post (17). Then connect trunk wire 1 (16) and trunk wire 2 (39)

b) Secure front post (17) to the main frame(37) with bolts (40), washers (10), spring washers (9), arc washers (41) and wrench (79)

c) Secure the middle handlebar (2) to the front post (17) with bolts (8), spring washers (9), washers (10) and wrench (78).

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STEP 4:

#28	M8*40*20*H5	8PCS
#58	M8*H7.5*S13	8PCS
#15	ST4.2*16*Ø8	2PCS
#14	ST3*10*φ5.6	8PCS
#78	1PC	S14 S13 S15
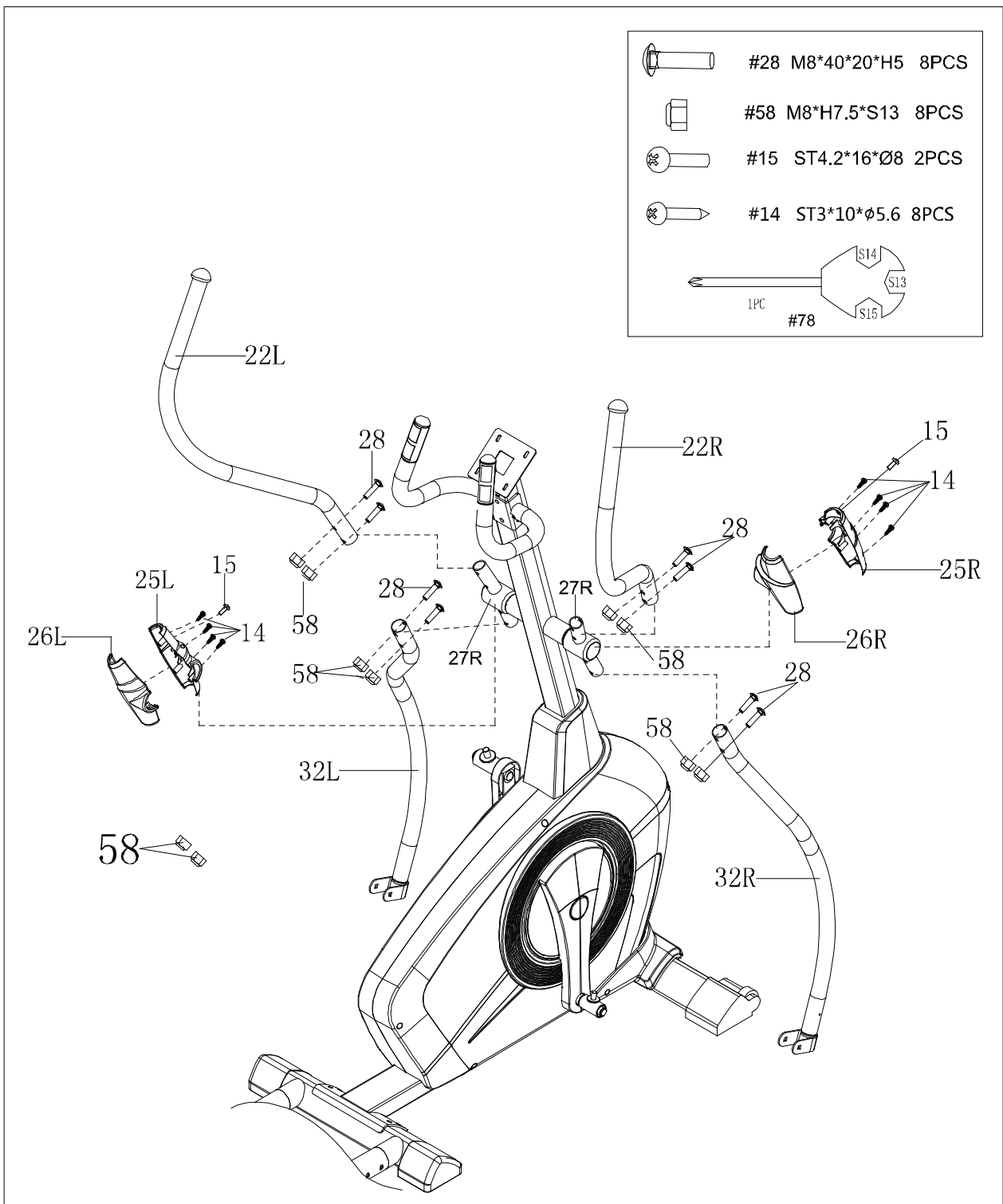
a) Secure the L/R handlebar (22L/R) and connecting bar (32L/R) to the L/R armrest. Assemble (27L/R)

   with bolt (28), nylon nut (58) and wrench (80).

b) Attach the front cover of swing bar (25L/R) and rear cover of swing bar (26L/R) to the L/R armrest.

   Assemble (27L/R) with screws (14), (15) and wrench (78).

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STEP 5:

⬡	#51	M10*H9.5*S17	2PCS
⬡	#58	M8*H7.5*S13	2PCS
◎	#50	d10*Ø25*2	2PCS
◎	#10	d8*Ø16*1.5	6PCS
◎ ▯	#21	M8*16*S6	4PCS
◎ ▭	#61	M8*55*20*S6	2PCS

S17   S19   S17-19   1PC   #77

#79   6mm   S13   #78
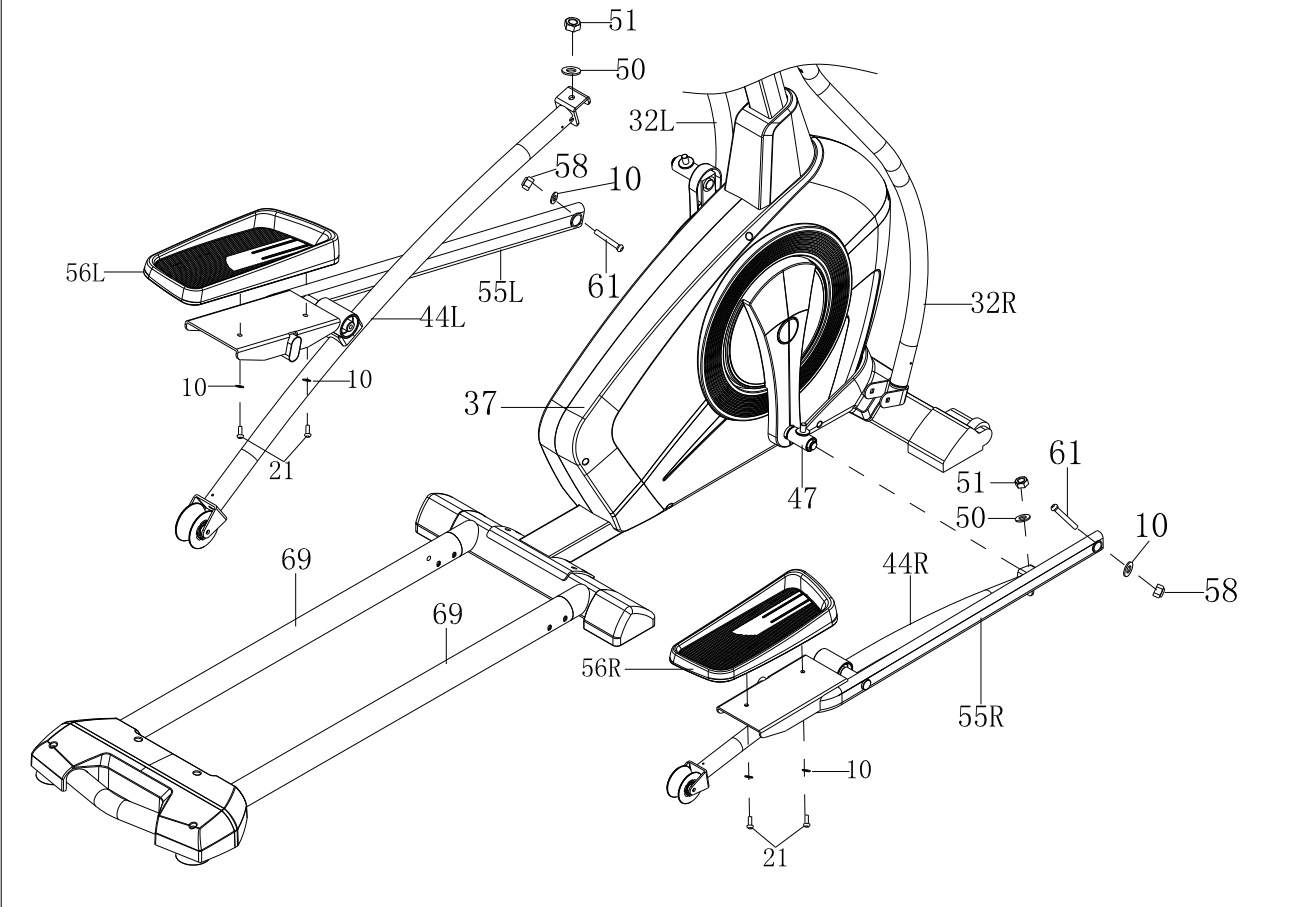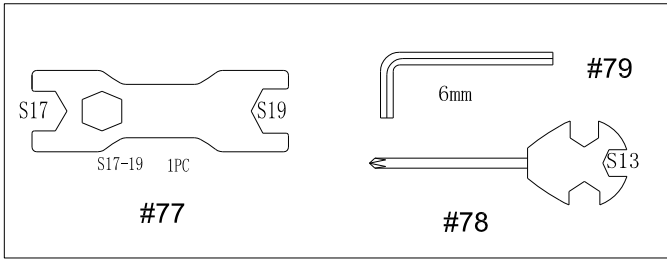
a) Secure the L/R connecting post (44L/R) to the connecting post join (47) with nylon nuts (51), washers (50) and wrench (77)

b) Secure the L/R pedal arm (55L/R) to the connecting bar (32L/R) with bolts (61), washers (10), nylon nuts (58) and wrench(79) and (78)

c) Secure the L/R pedal (56L/R) to the L/R pedal arm (55L/R) with bolts (21), washers (10) and wrench (79)

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STEP 6:
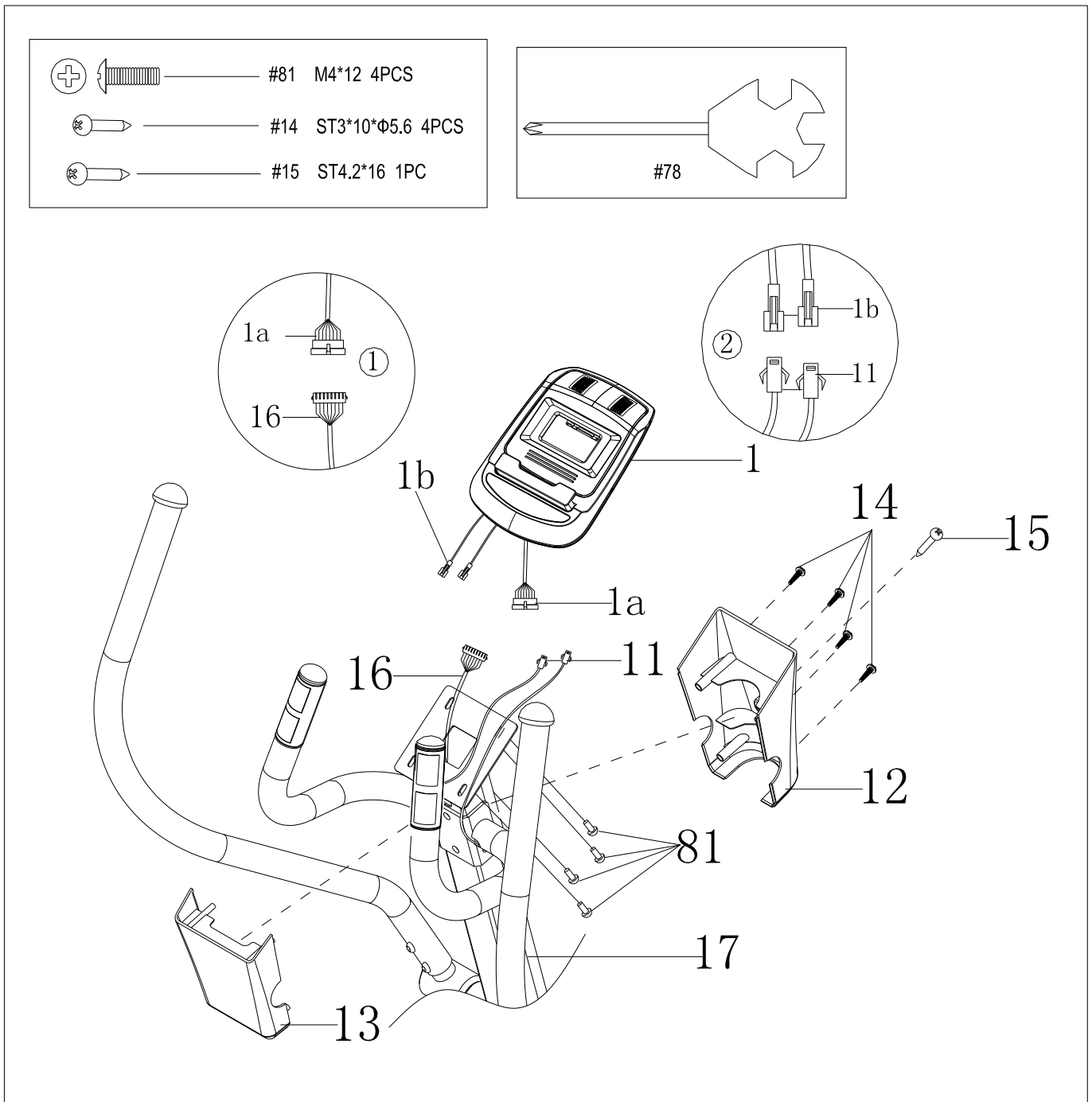
a) Connect the wire of computer (1a) to Trunk wire 1 (16). Connect the wire of computer (1b) to the handle pulse wire(11);

b) Secure the computer (1) to the front post (17) with bolts (81) and wrench(78)

c) Attach the front upper cover of front post (12) and rear upper cover of front post (13) to the front post (17) with screws (14), (15) and wrench (78).

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STEP 7:
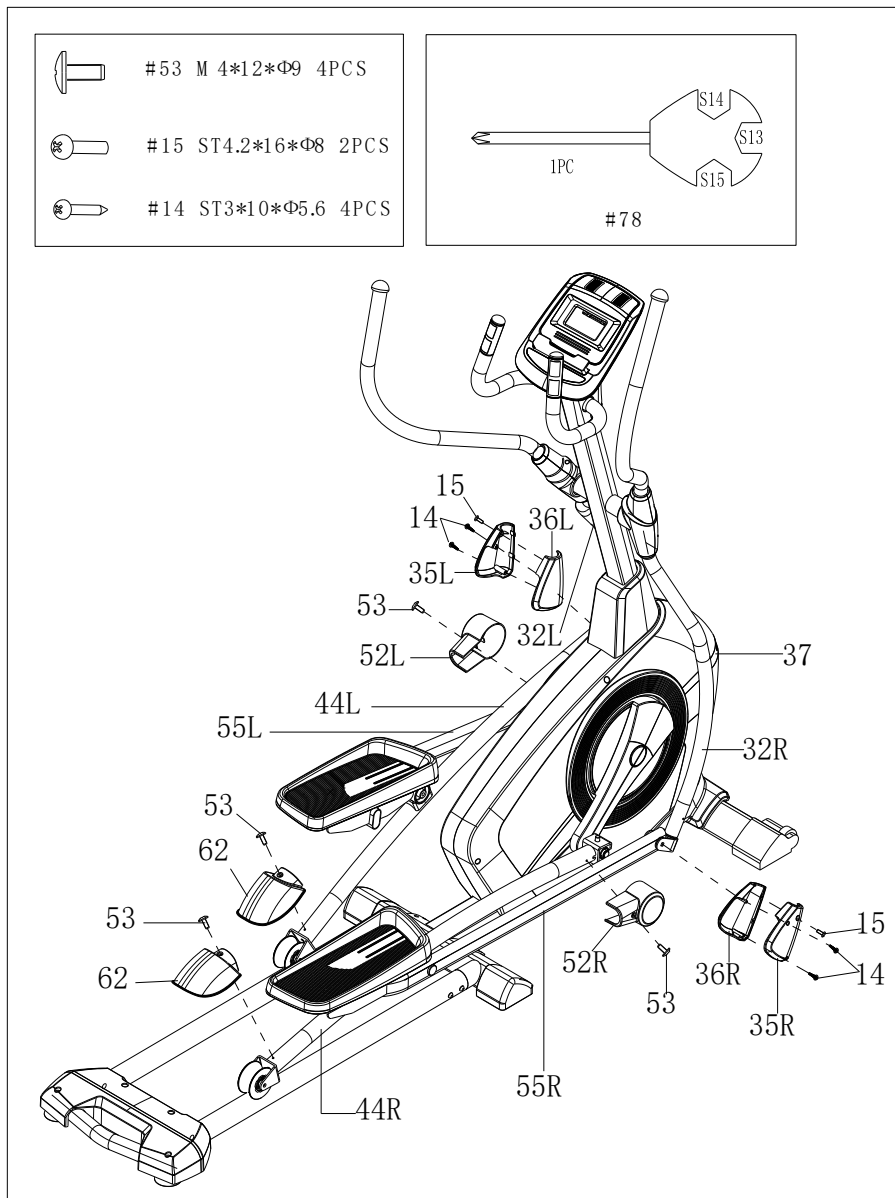
a) Attach the covers of the connecting rod (35L/R) and (36L/R) to the joint between the L/R pedal arm

   (55L/R) and the connecting bar (32L/R) with screws(15), (14) and wrench (78)

b) Attach the cover of the connecting rod (52L/R) to the joint between the L/R connecting post (44L/R)

   and the main frame (37) with bolts (53) and wrench (78)

c) Attach the wheel cover (62) to the L/R connecting post (44L/R) with bolts (53) and wrench (78).

STEP 8:

	#136	M4*10	2PCS
	#134	d4*Ø10*1	2PCS

1PC

#78

135

17

136 134 29
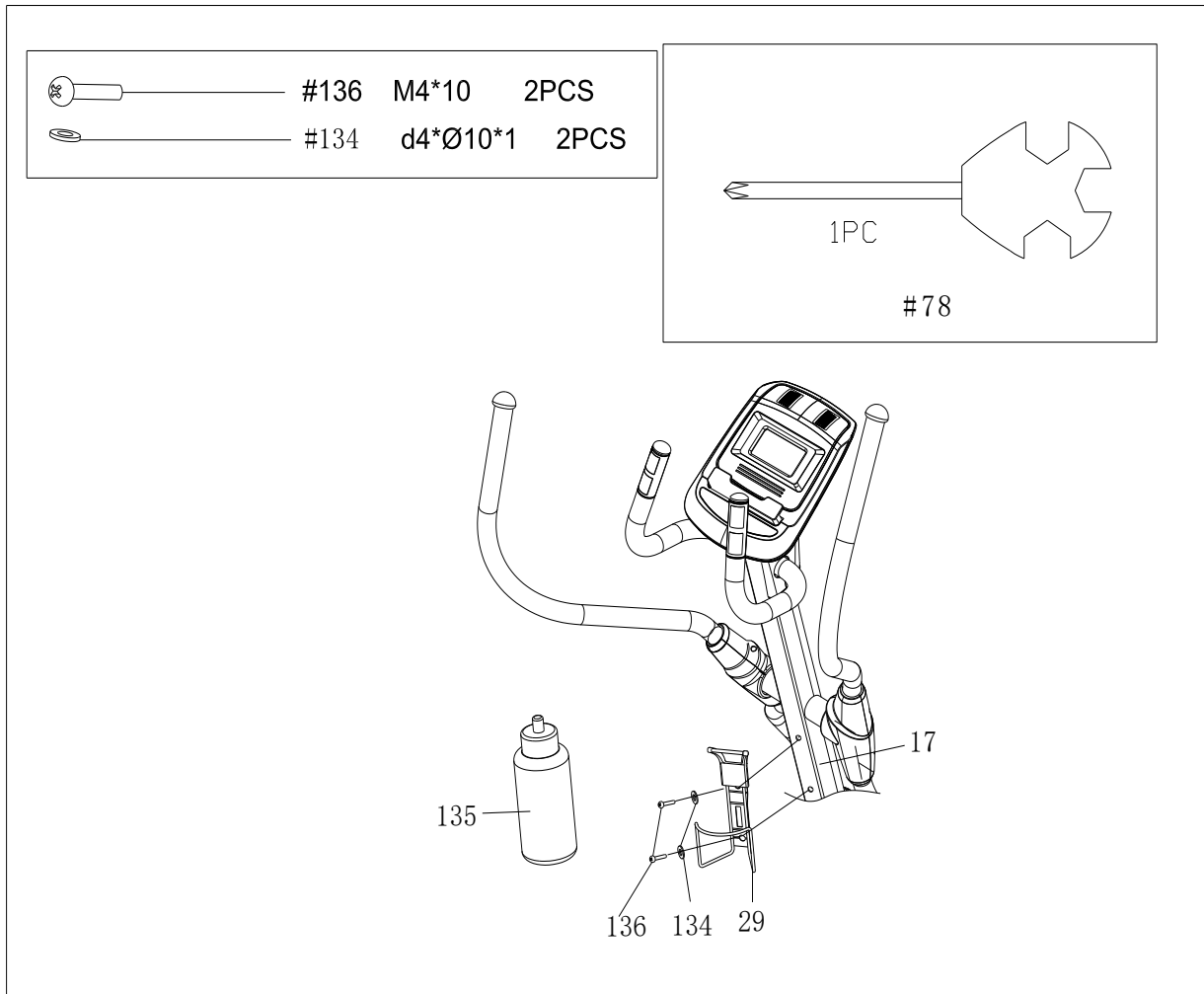
a) Secure the bottle cage (29) onto the front post (17) with bolts (136) and washers (134). Place the water bottle (135) into the bottle cage(138).

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STEP 9:

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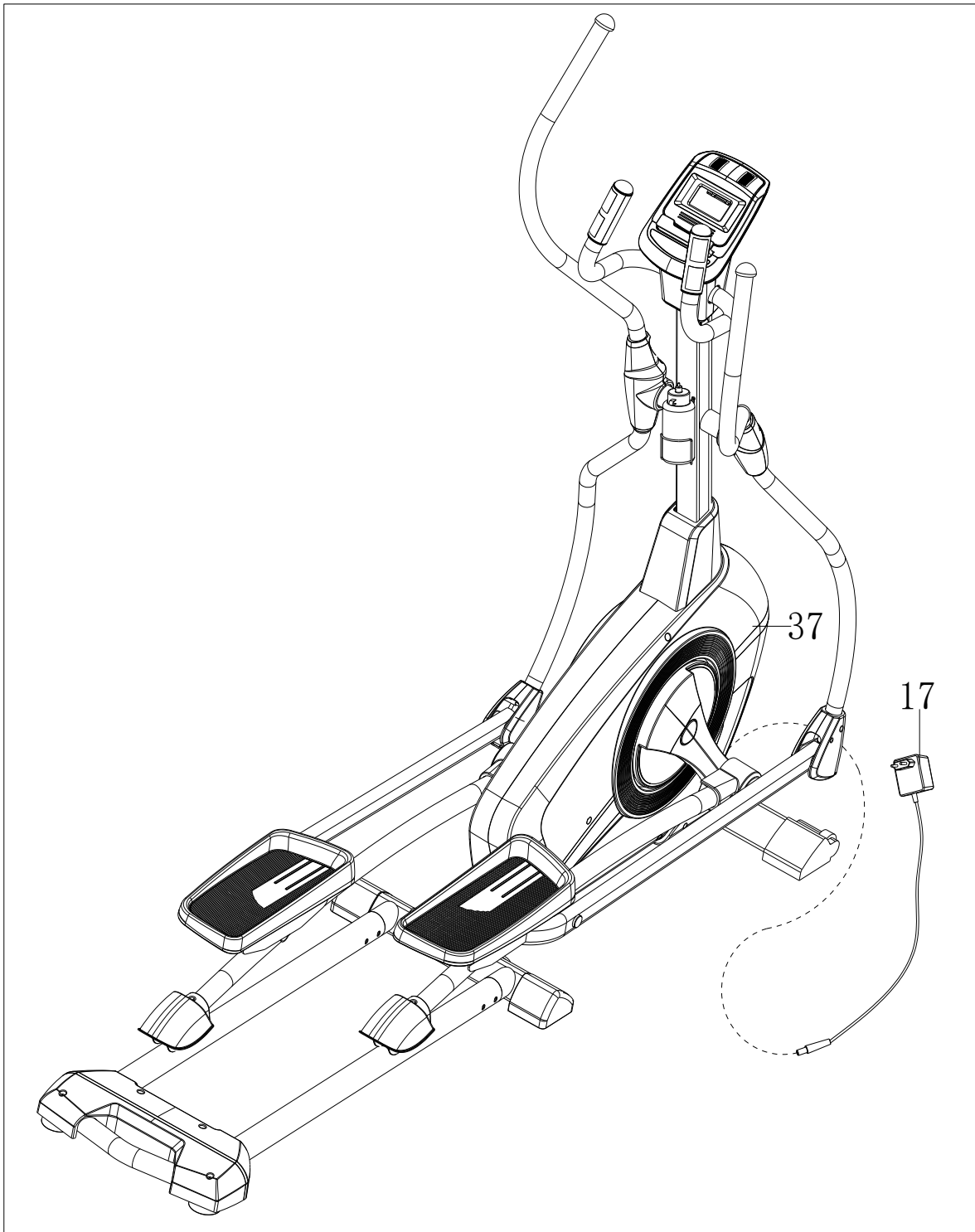
6. COMPUTER OPERATION

Key Functions:

1. **START/STOP:** Start or stop the program chosen. Reset the computer by pressing and holding for 2 seconds.

2. **ENTER:** Choose the functions TIME, DISTANCE, CAL and MANUAL.

3. **UP (▲):** Select or increase the values in PROGRAMS, TIME, DISTANCE, WATT, CAL, and PULSE.

4. **DOWN (▼):** Select or decrease the values of PROGRAMS, TIME, WATT, CAL, and PULSE.

5. **RECOVERY:** Start the function of PULSE RECOVERY.

Display Information:

1. START: Indicates the selected program has started
   START

2. STOP: Indicates the selected program has stopped. Users will then be free to change the programs
   STOP

3. PROGRAM: Indicates the selected programs from PROGRAM 1 to PROGRAM 20
   PROGRAM

4. LEVEL: Indicates the selected level of loading from LEVEL 1 to LEVEL 16
   LEVEL 88

5. RPM/SPEED/KMH(MPH): Indicates either RPM, SPEED, or KMH(MPH) depending on the active program
   RPM /SPEED
   88.8
   KPH   MPH

6. DISTANCE/CAL Display: Indicates either DISTANCE or CAL depending on active program

7. TIME/WATT Display: Indicates either TIME or WATT, depending on the active program

8. LOADING Profiles: There are 10 columns of loading bars, and 8 bars in each column. Each column represents 10% if the set workout time. Each bar represent 2 levels of loading.

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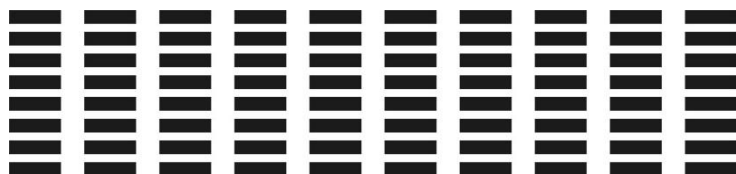
Operating Ranges:

Values	Range(Count up)	Count down	Preset	Increment(Decrement)
PROGRAM	1~20	20~1	1	1
LEVEL	1~16	16~1	N/A	1
TIME	0:00~99:59	Manual PRO 99:00~1:00 Other PRO 99:00~5:00	0:00	1:00
DISTANCE	0.00~99.99	99.90~0.00	0.00	0.1
WATT	20~400	400~20	100	5
TARGET H.R.	60~220	220~60	120	1

Program Information:

Variables that may be changed in different programs:

Programs	Variables
P1~P10	TIME, DISTANCE, CAL
P11~P15	TIME, DISTANCE, CAL, 10 Intervals
P16	TIME, DISTANCE, WATT
P17~P20	TIME, DISTANCE, CAL, TARGET H.R.

Program Graphs:

Each graph shown is the loading profile in each interval (column). Each interval is 10% of the total set time.

Manual	Program P1-P10	User P11-P15 (User Defined)
Watt PRO P16 (Watt Control)	Pulse PRO P17-P19 (55%, 75%, 95% HRC)	Pulse PRO P20 (Target H.R.C.)
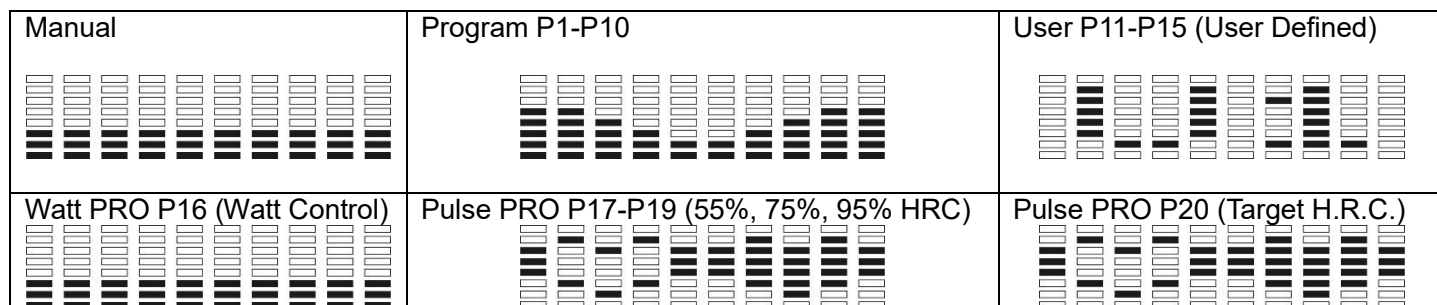
Operational Instructions:

1. **Manual Program (P1):**

Press the "ENTER" key to select TIME, DISTANCE or CAL. Then, use ▲ or ▼ keys to adjust the values.

The default level of loading is 6. Press "START/STOP" to start your workout.

Users may exercise at any desired loading level (by pressing ▲ or ▼ during the workout) within a period of time or a certain distance. With the input of age, the computer may suggest a target heart rate to exercise. The suggested heart rate is 75%. So, if the heart rate detected is equal to or greater than the TARGET H.R., the value of HEART RATE will flash. Please note that this is an indication for the users to slow down or to lower the level of loading.

2. **Preset Programs (P1-P10):**

Program P1 to Program P10 are the preset programs. Press the "ENTER" key to select TIME, DISTANCE, CAL. Then, press ▲ or ▼ keys to adjust the values. Users may exercise with different level of loading in different intervals as the profiles show. Press "START/STOP" to start your workout.

The loading level can be altered as desired during the workout. The heart rate recommendation function mentioned above also applies in this mode.

3. **Heart Rate Control Programs (P17-P20):**

Press "ENTER" to select TIME DISTANCE, CAL, and TARGET H.R. Adjust these values using ▲ or ▼.
Users set a target heart rate to exercise in a period of time or distance.

- P17: 55% max heart rate

- P18: 75% max heart rate

- P10: 95% max heart rate

The heart rate programs will require you to use the pulse sensors during the workout. In these programs, the computer will adjust the level of loading according to the heart rate detected. For example, the level of loading may increase while the heart rate detected is lower than TARGET H.R. The level of loading may decrease while the heart rate detected is higher than TARGET H.R. The program will work to keep the users

heartrate within +/- 5 beats of the TARGET H.R.

4. User Defined Programs (P11-P15):

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

5. Speed Independent Program (P16):

Press "ENTER" key to select the values of TIME DISTANCE, WATT. Then, press ▲ or ▼key to adjust the values. The load level will not be alterable during this program and will be automatically be adjusted in accordance to the WATT value set prior to the workout.

6. Pulse Recovery

Pulse recovery gives a score from 1.0 (best) to 6.0 (worst) as an indication of cardio condition. Recovery mode is to be used immediately after workout for the most correct reading.

Place your hands on the pulse sensors, once a pulse reading shows, press "(RECOVERY)", and continue to hold onto the pulse sensors. The test will last for 1 minute and the result will show in the display. During the pulse recovery test, press "(RECOVERY)" to exit the test and return to the stop status.

The "(RECOVERY)" button will not start until the computer recognizes a pulse.

7. 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.

LIFESPAN FITNESS
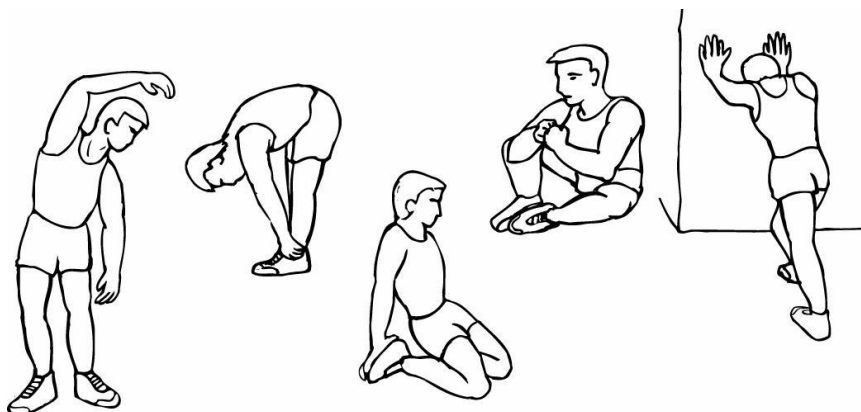
Training Zone Exercise

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.

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
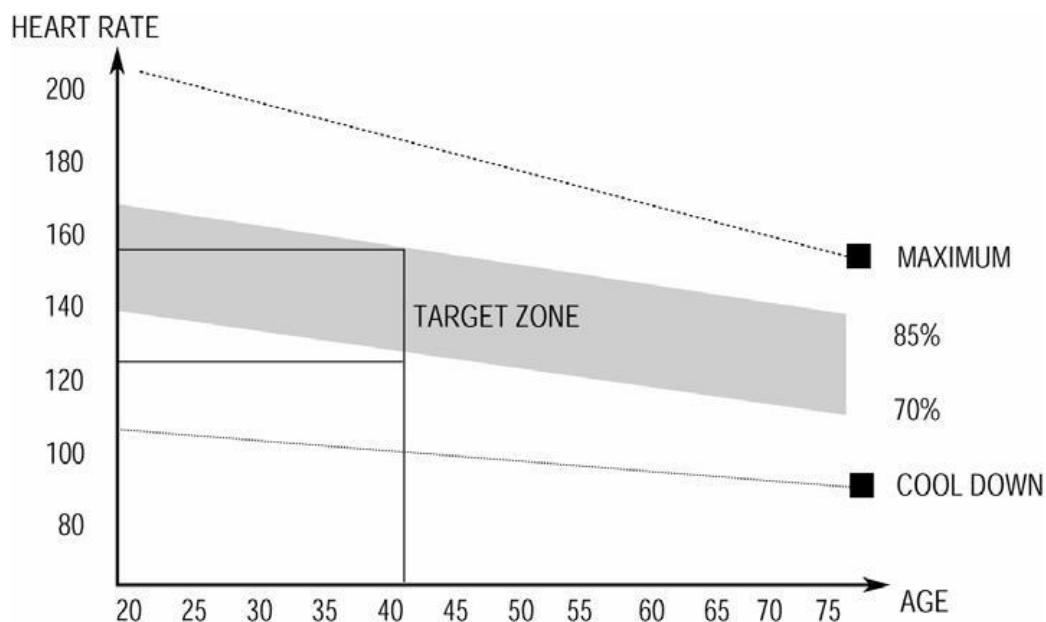
This is how your pulse should behave during general fitness exercise. Remember to warm up and cool down for a few minutes.

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.

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

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.

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