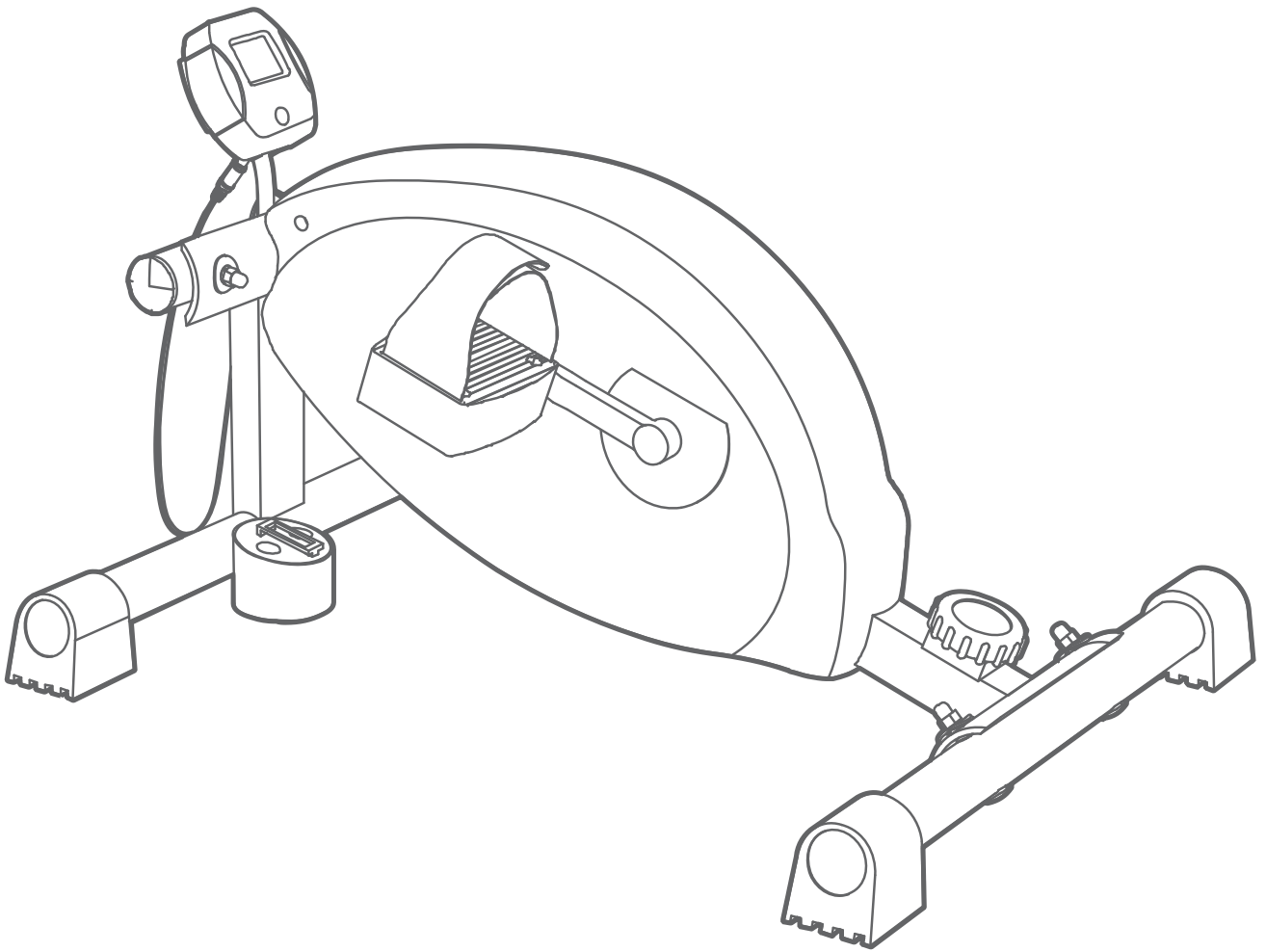


# CYCLESTATION OWNER'S MANUAL



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.**

# TABLE OF CONTENTS

1.	IMPORTANT SAFETY INSTRUCTIONS_____	3
2.	ASSEMBLY INSTRUCTIONS_____	5
3.	DISPLAY MANUAL_____	8
4.	EXERCISE GUIDE_____	9
5.	EXPLODED DIAGRAM_____	11
6.	PARTS LIST_____	12
7.	WARRANTY_____	13

# 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.

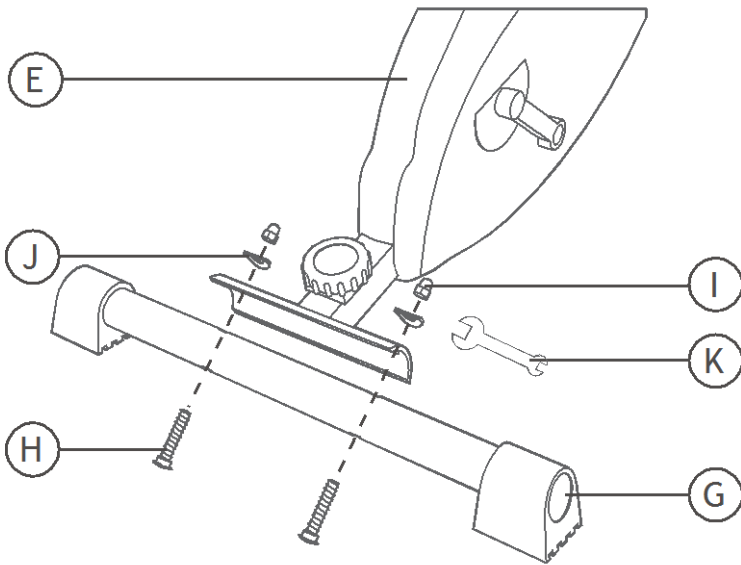
- h. This equipment is designed for indoor and family use only
- i. Care must be taken when lifting or moving the equipment so as not to injure your back.
- j. Always keep this instruction manual and assembly tools at hand for reference.
- k. The equipment is not suitable for therapeutic use.
- l. The 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.

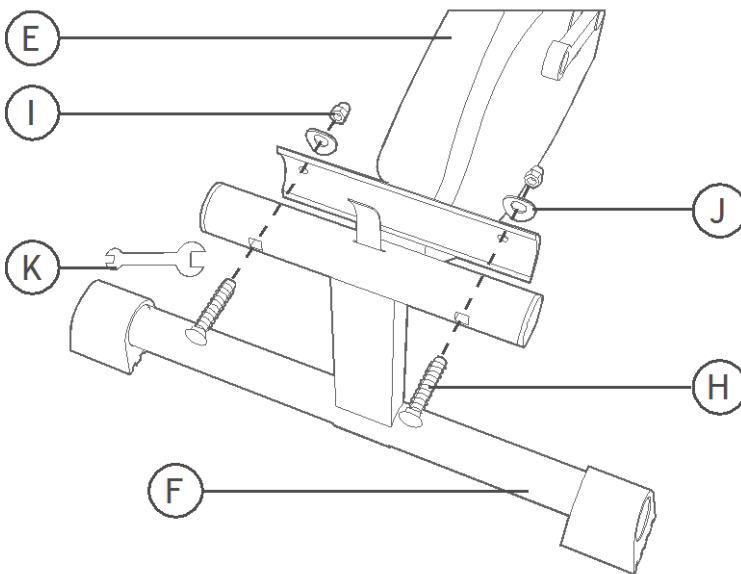
## 2. ASSEMBLY INSTRUCTIONS

### STEP 1:



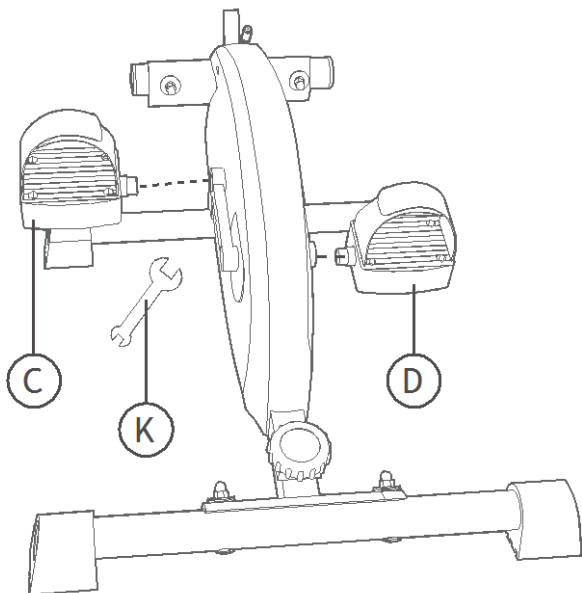
1. Use Combination wrench (K) to attach 1x Main frame (E) to 1x Rear stand (G) with:
  - 2x Bolt (H)
  - 2x Washers (J)
  - 2x Nuts (I).

### STEP 2:



2. Use Combination wrench (K) to attach 1x Main frame (E) to 1x Front stand (F) with:
  - 2x Bolt (H)
  - 2x Washers (J)
  - 2x Nuts (I).

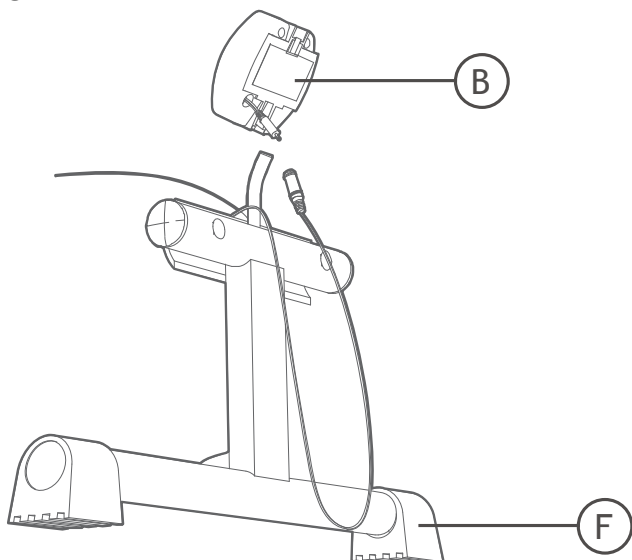
**STEP 3:**



3. Use Combination wrench (K) to Pedal (R) and (L) (C & K) to cranks.

Note: Ensure to attach them on the correct sides.

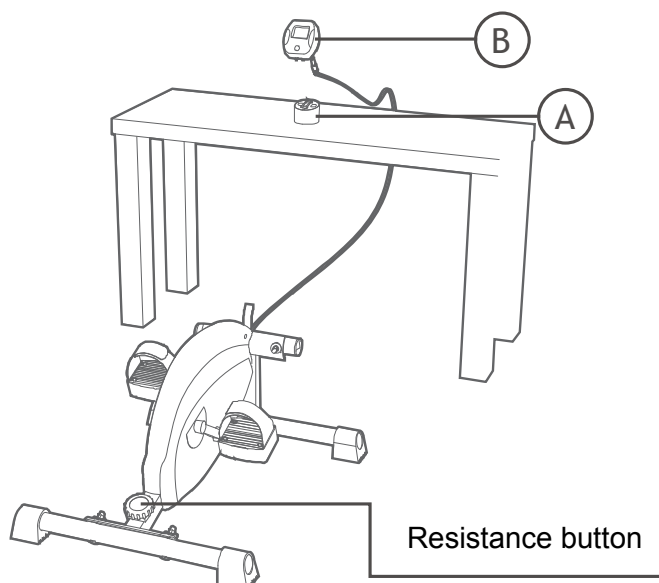
**STEP 4:**



4. Secure the Computer (B) into the front Foot holder (F) and connect it to the computer cable.

Note: It is recommended to fix the cable to prevent from stumbling over it.

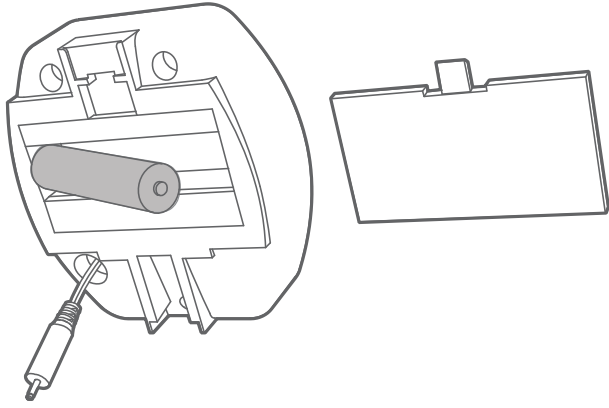
**STEP 5:**



5. Set up the Computer support (A) on the table and place the Display (B) on top.

Note: When setting up on a table be careful not to stumble on the cable.

Attention: To adjust the resistance, rotate the button from level 1-8 on the Main frame.



6. Insert an AAA battery to the Computer (B).

# 3. COMPUTER OPERATION

## Display parameters:

TIME	00:00—99:59min
STRIDES/MIN (REP)	0.0—99.9bpm
COUNT	0.00—99.99
CALORIE	0.0—999.9kcal

## Key function:

MODE: this key lets you to select and lock on to a particular function you want. The monitor will be reset by changing battery or pressing the MODE key for 3-4 seconds.

## Functions:

1. TIME: Press the MODE key until pointer lock on the TIME. The total working time will be shown when starting exercise.
2. STRIDES/MIN (REP): Press the MODE key until pointer lock on the STRIDES/MIN (REP). The average strider per minute will be displayed when starting exercise.
3. COUNT: Press the MODE key until pointer lock on the COUNT. Automatically accumulates workout count when starting exercise.
4. CALORIE: Press the MODE key until pointer lock on the CALORIE. The calorie burned will be display when starting exercise.
5. SCAN: Display changes according to the next diagram every 4 seconds. Automatically display of the following functions in the order shown: STRIDES/MIN (REP)----TIME----COUNT----CALORIE.

## NOTE:

1. Without any signal coming in 4-5 minutes, the LCD display will be shut off automatically.
2. When there is signal input, the monitor automatically turns on.
3. If there is possibility to see an improper display on the monitor, please replace the batteries to have a good result. You must be to replace the batteries at the same time.
4. The monitor use 1.5V" AG13" batteries.



## 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.

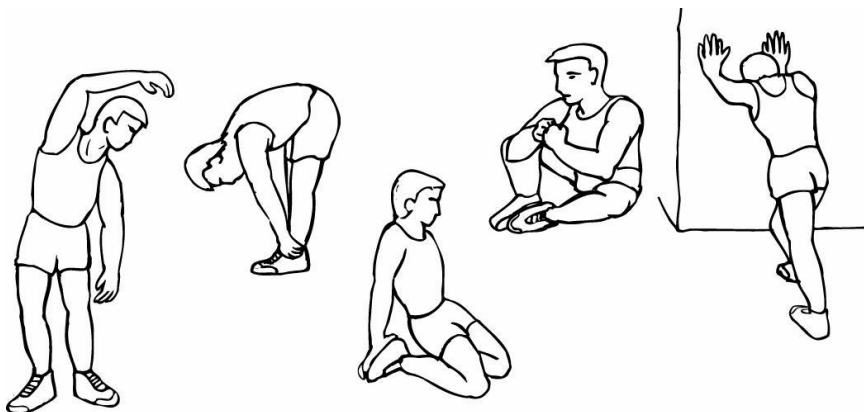
The key to success is to make exercise a regular and enjoyable part of your everyday life.

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

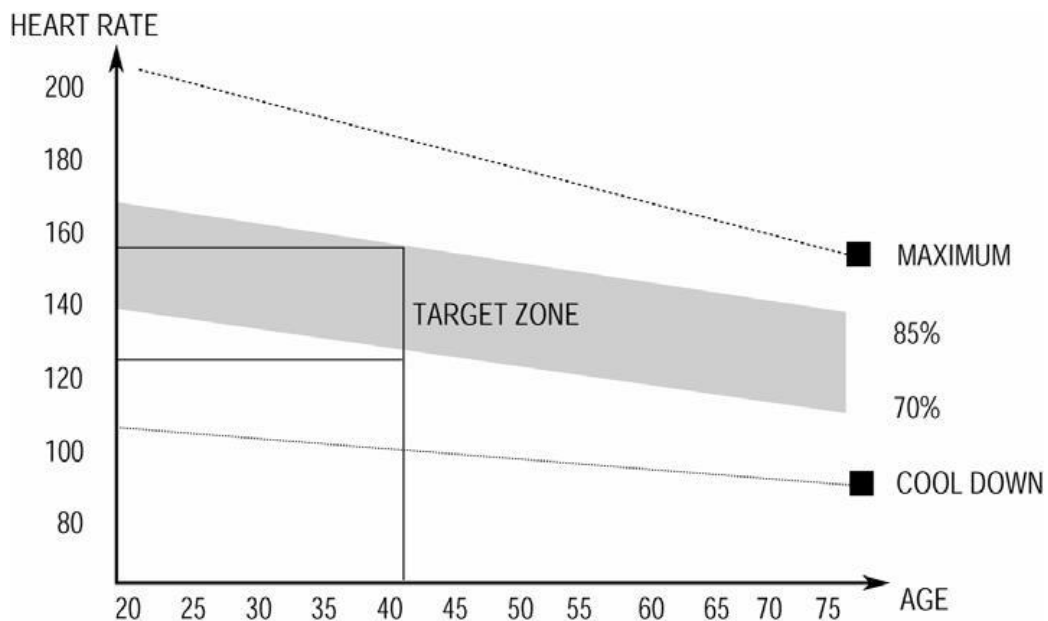
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.

## 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.

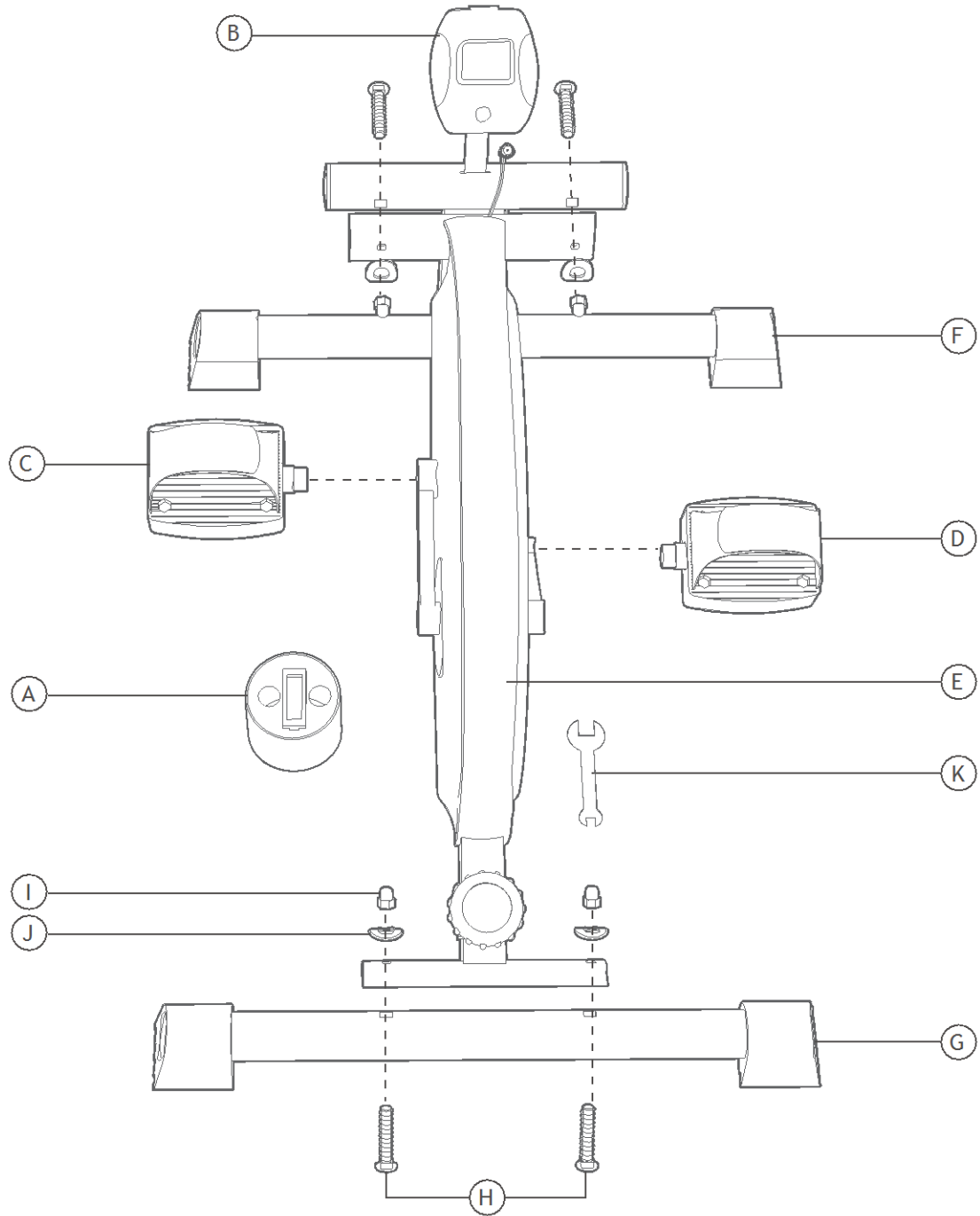
## Workout Guidelines

### TARGET ZONE

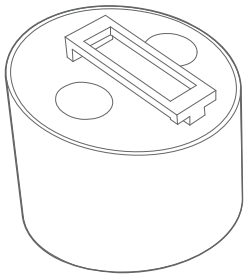
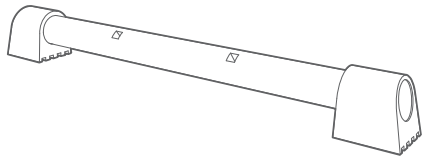
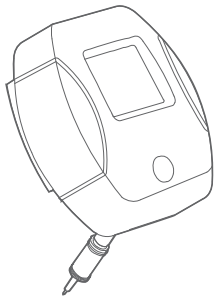
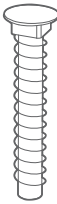
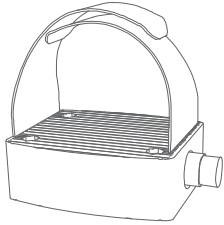
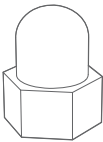
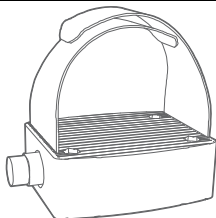
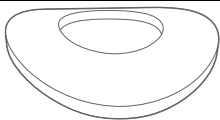
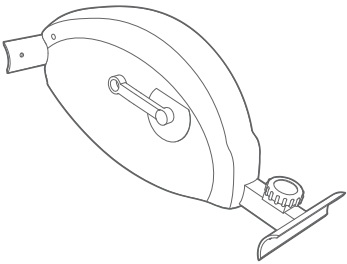

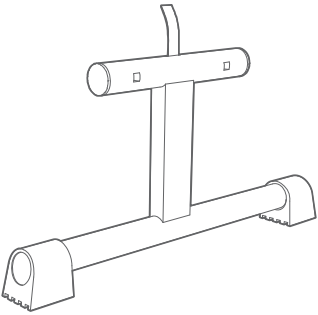


This is how your pulse should behave during general fitness exercise. Remember to warm up and cool down for a few minutes.

# 5. EXPLODED DIAGRAM



## 6. PARTS LIST

Part no.	Part	Description	Part no.	Part	Description
A		1x Computer Support	G		1x Rear stand
B		1x Computer	H		4x Bolt
C		1x Pedal (L)	I		4x Nut
D		1x Pedal (R)	J		4x Washer
E		1x Main Frame	K		1x Combination wrench
F		1x Front stand			

# 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](http://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](mailto:support@lifespanfitness.com.au) for all warranty or support issues.

For all warranty or support related enquiries, please lodge a support ticket first by sending us an email.

# 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](http://www.lifespanfitness.com.au)

[support@lifespanfitness.com.au](mailto:support@lifespanfitness.com.au)