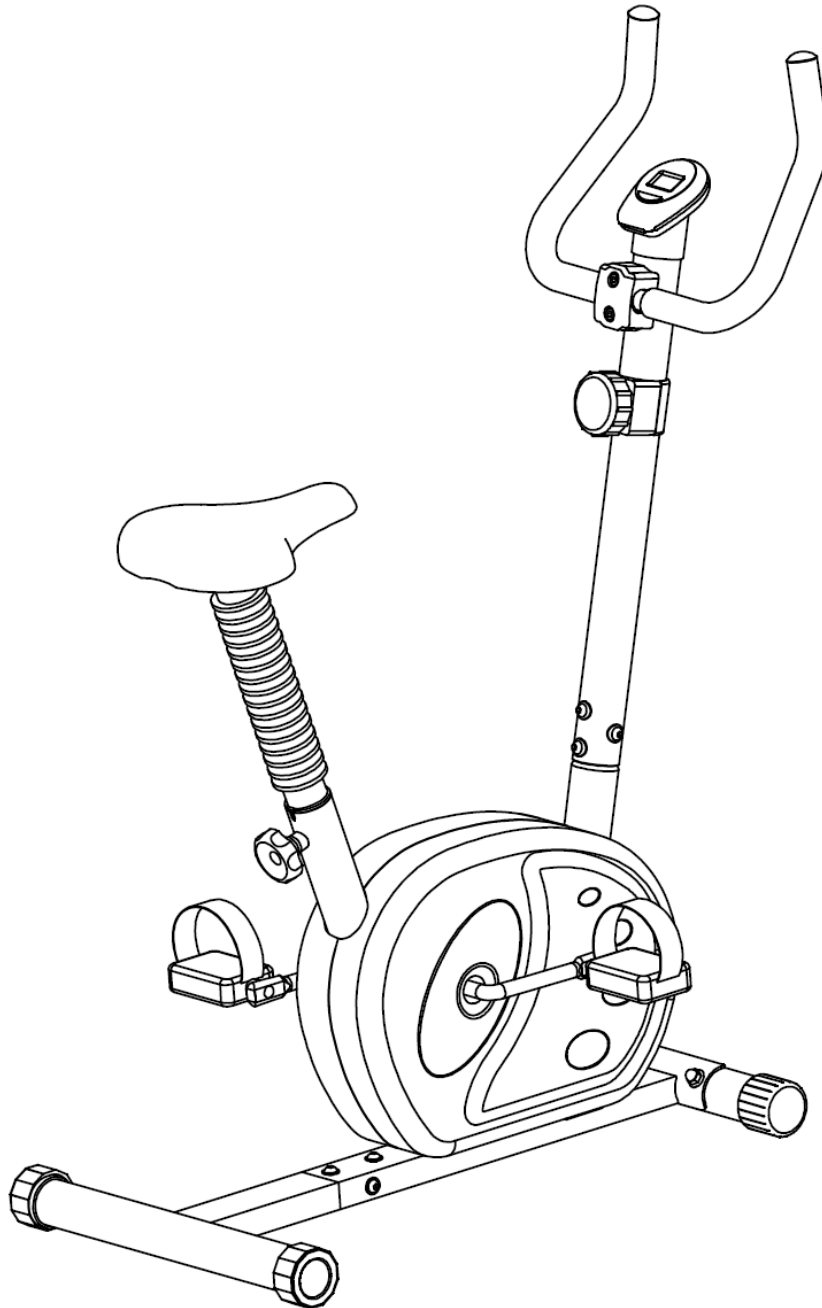


LifeSPAN

E-1 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 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 seat can be adjusted according to the height of the user. An estimate of the seat height can be obtained by setting the seat height to level the top of your hip bone when standing next to the machine. Sit on the seat and place your feet in/on the pedals. Push down on one side until one of your legs is at the bottom of the stroke. Your leg should still have a slight bend in it (approximately twenty degrees).

2. CARE INSTRUCTIONS

- a. Maximum use weight: 100KG
- b. Lubricate moving joints with grease after periods of usage
- c. Be careful not to damage plastic or metal parts of the machine with heavy or sharp objects
- d. The machine can be kept clean by wiping it down using dry cloth
- e. 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.

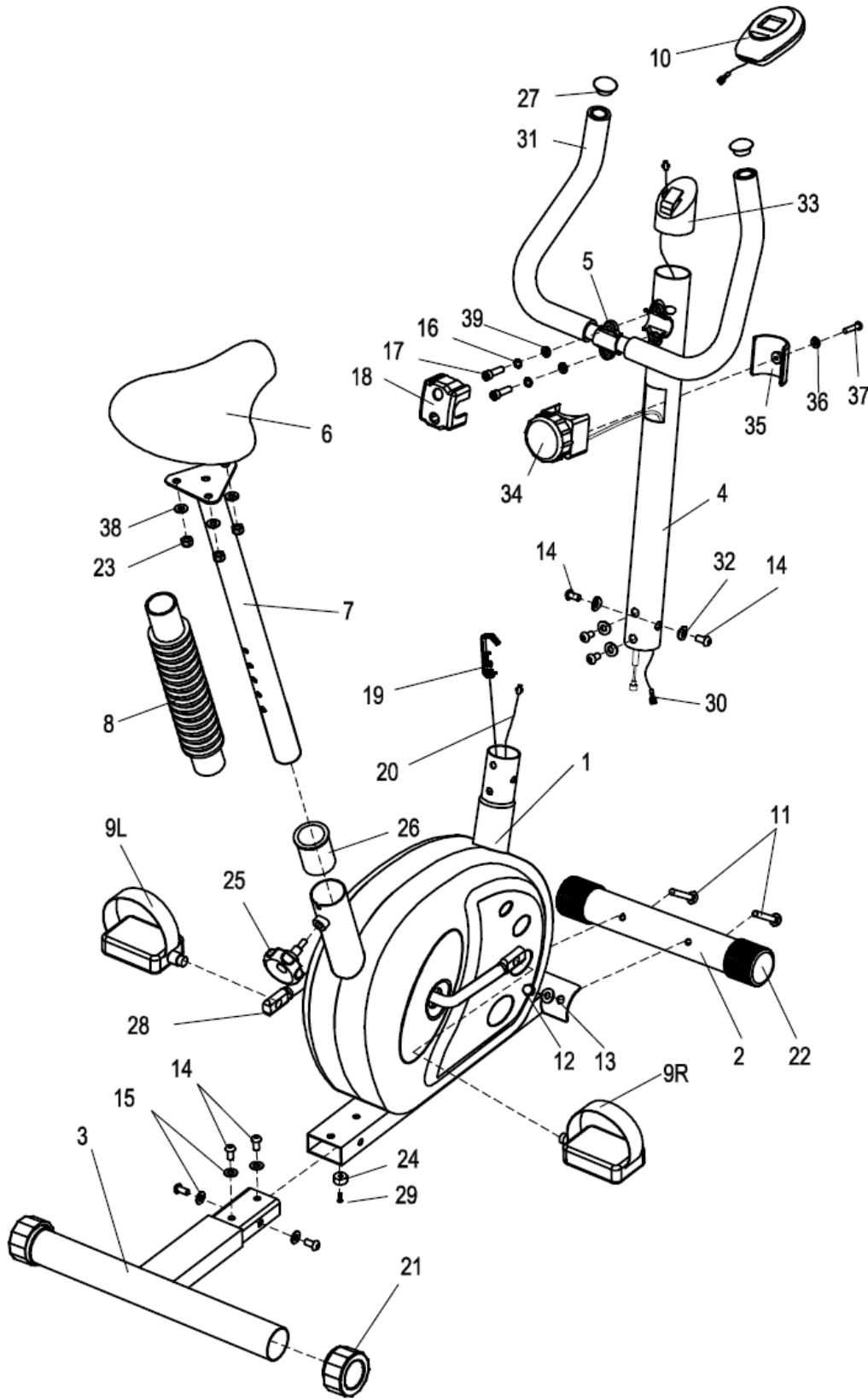
Battery Usage

- a. Batteries are to be installed or replaced by adult only
- b. Do not use rechargeable batteries. Do not mix different battery types. Do not mix old and new batteries. Do not mix alkaline, standard (Carbon-Zinc), or rechargeable (Nickel-Cadmium) batteries
- c. Remove batteries when product is not in use
- d. Remove exhausted batteries from product and dispose of in accordance with the manufacturer's recommendation
- e. Do not attempt to recharge non-rechargeable batteries
- f. Batteries are to be inserted with correct polarity
- g. The supply terminals are not to be short-circuited
- h. Do not dispose of batteries in fire, batteries may explode or leak



3. ASSEMBLY INSTRUCTIONS

EXPLODED VIEW:



PARTS LIST:

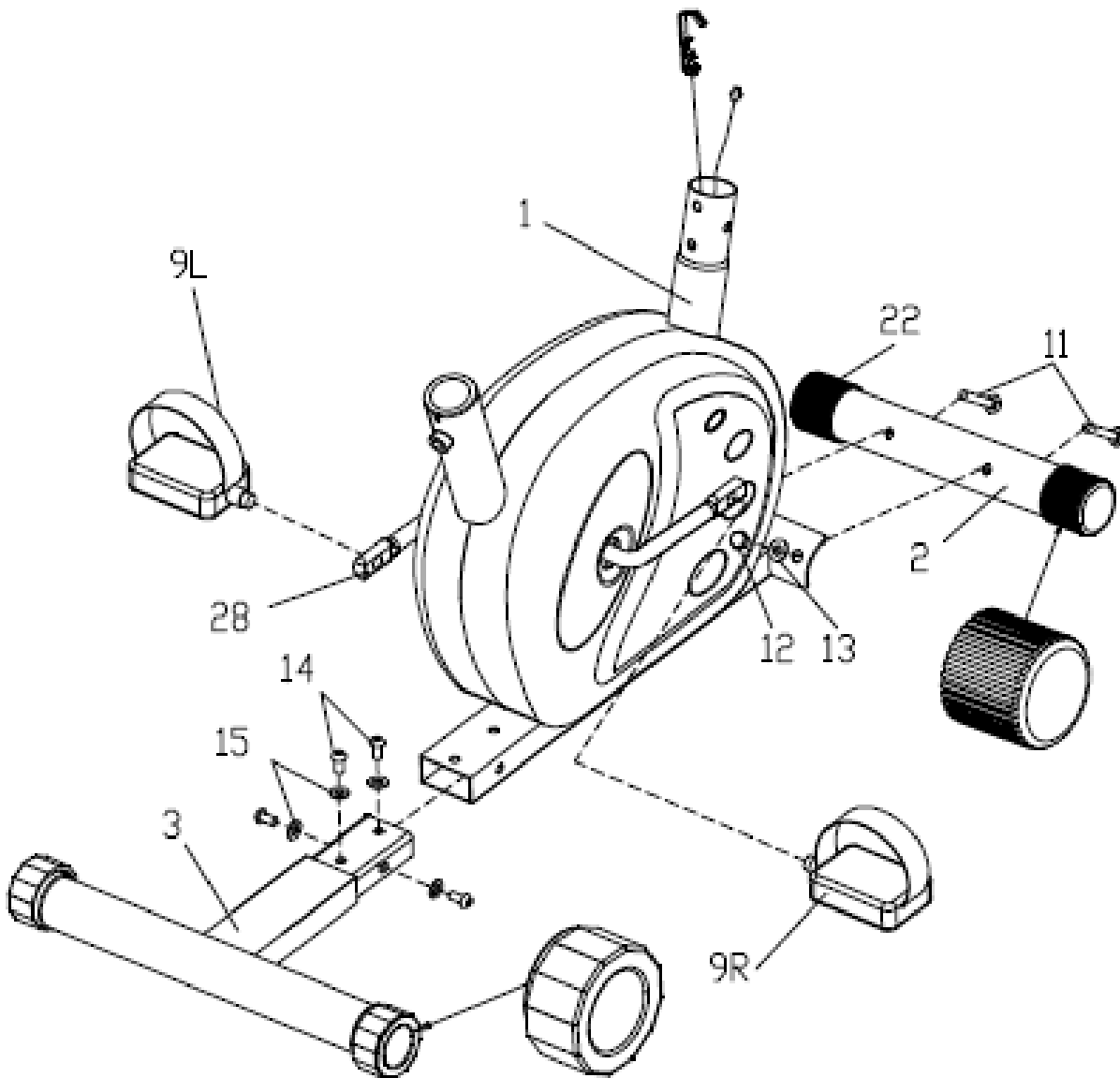
Parts No.	Description	QTTY	Parts No.	Description	QTTY
1	Main Frame	1	21	Leveler Cap	2
2	Front Stabilizer	1	22	Roller Cap	2
3	Rear Main Frame Section	1	23	Nylon Nut	3
4	Handlebar Post	1	24	Cushion Pad	1
5	Handlebar	1	25	Locking Knob	1
6	Saddle	1	26	Seat Post Bushing	1
7	Seat Post	1	27	Round Cap	2
8	Expansion Sleeve	1	28	Crank	1
9L/R	Pedal (L/R)	1each	29	Tapping Screw	1
10	Meter	1	30	Upper Sensor Wire	1
11	Carriage Bolt	2	31	Foam Grip	2
12	Acorn Nut	2	32	Arc Washer	4
13	Arc Washer	2	33	Meter Bracket	1
14	Allen Bolt	8	34	Tension Controller	1
15	Flat Washer	4	35	Tension Controller Cover	1
16	Spring Washer	2	36	Flat Washer	1
17	Locking Bolt	2	37	Phillips Screw	1
18	Decorate Cover	1	38	Flat washer	3
19	Tension Control Cable	1	39	Flat washer	2
20	Sensor Wire	1			

NOTE:

Most of the listed assembly hardware has been packaged separately, but some hardware items have been preinstalled in the identified assembly parts. In these instances, simply remove and reinstall the hardware as assembly is required.

Please reference the individual assembly steps and make note of all preinstalled hardware.

STEP 1:



1. Install the Front Stabilizer & Rear Main Frame Section.

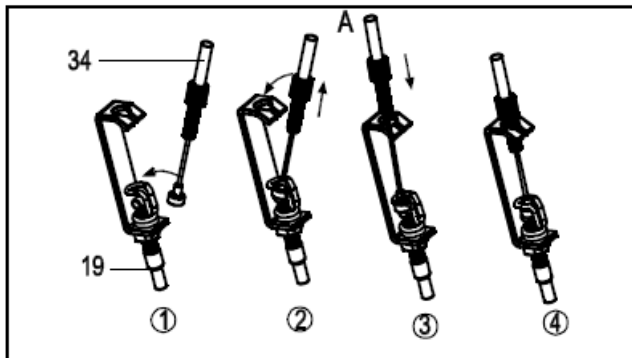
- Attach the Front Stabilizer (2) onto the Main Frame (1). Secure with the Carriage Bolts (11), Arc Washers (13) and Acorn Nuts (12) which are pre-attached to the stabilizer.
- Insert the Rear Main Frame Section (3) to the Base Beam, and secure with the Allen Bolts (14) and Flat Washers (15).

2. Attach the pedal (9L/R) to the crank (28) respectively.

NOTE: The right and left Pedals (9L/R) are marked "R" for right & "L" for left.

- The Left pedal (9L) should be tightened in the counterclockwise direction
- The Right pedal (9R) should be tightened in the clockwise direction.

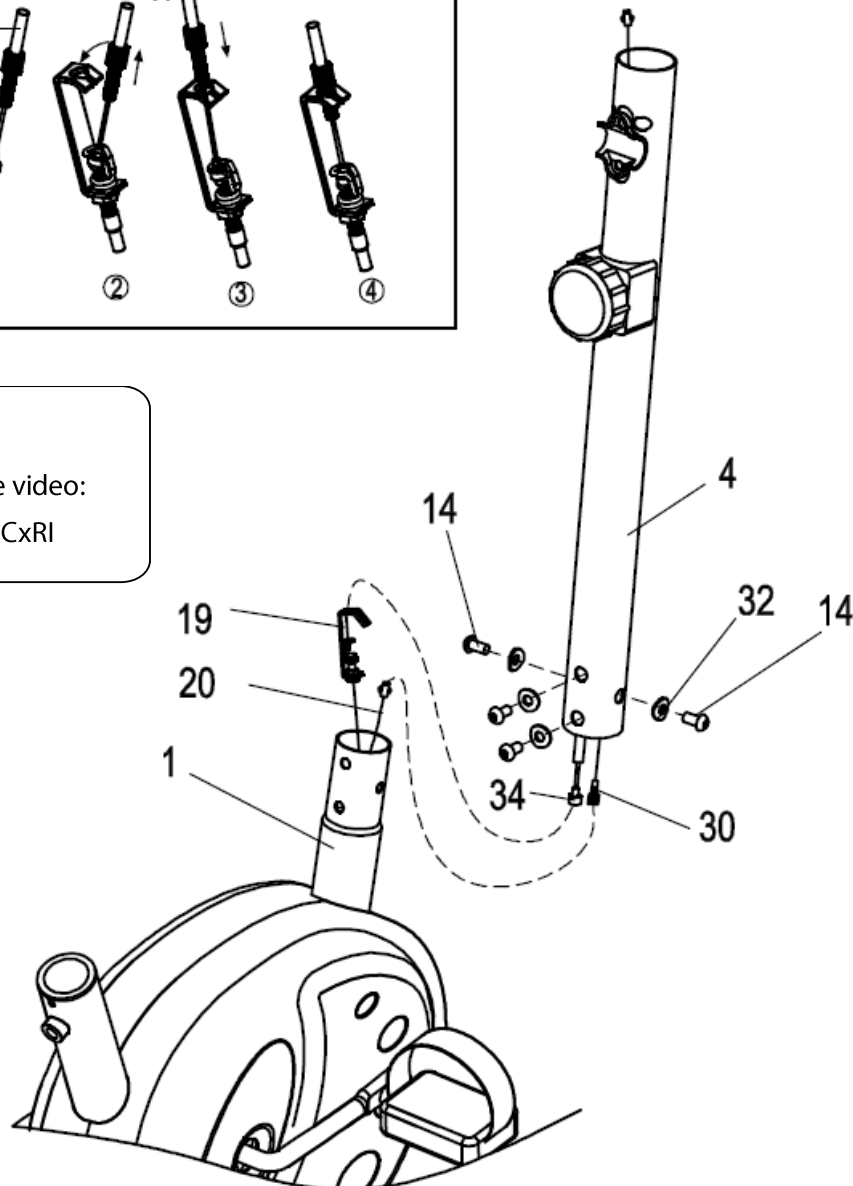
STEP 2:



Need Help?

Watch our YouTube video:

youtu.be/hsoOD0sCxRI

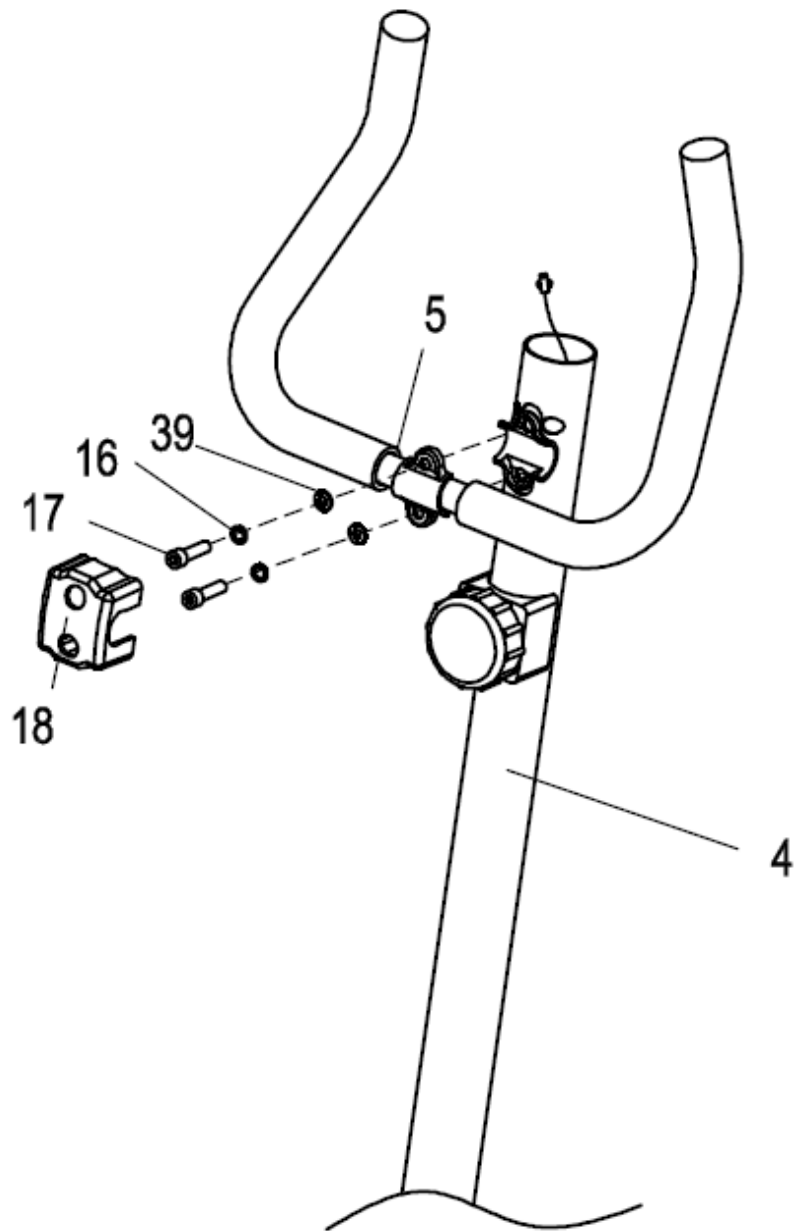


1. Install the Handlebar Post.

- Connect the Sensor wire (20) to the Upper Sensor Wire (30).
- Connect the Tension Control Cable (19) to the Tension Controller (34) wire
- Insert the Handlebar Post (4) over the Main section (1), secure in place with the Bolts (14) and Arc Washers (32) which are pre-attached to the Main Section.

2. Ensure that ALL bolts and washers are in place and partially inserted before completely tightening any ONE bolt.

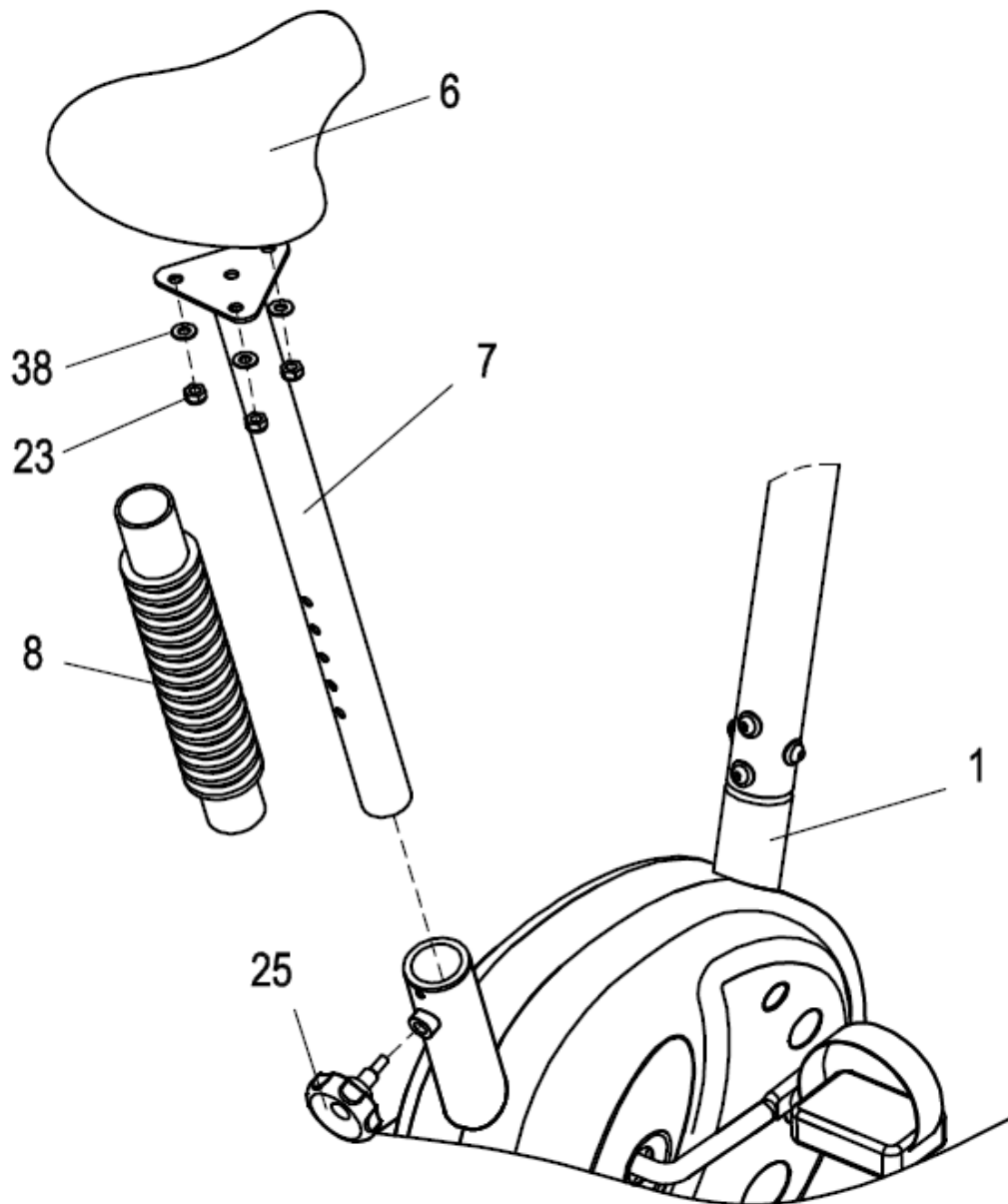
STEP 3:



1. Install the Handlebar.

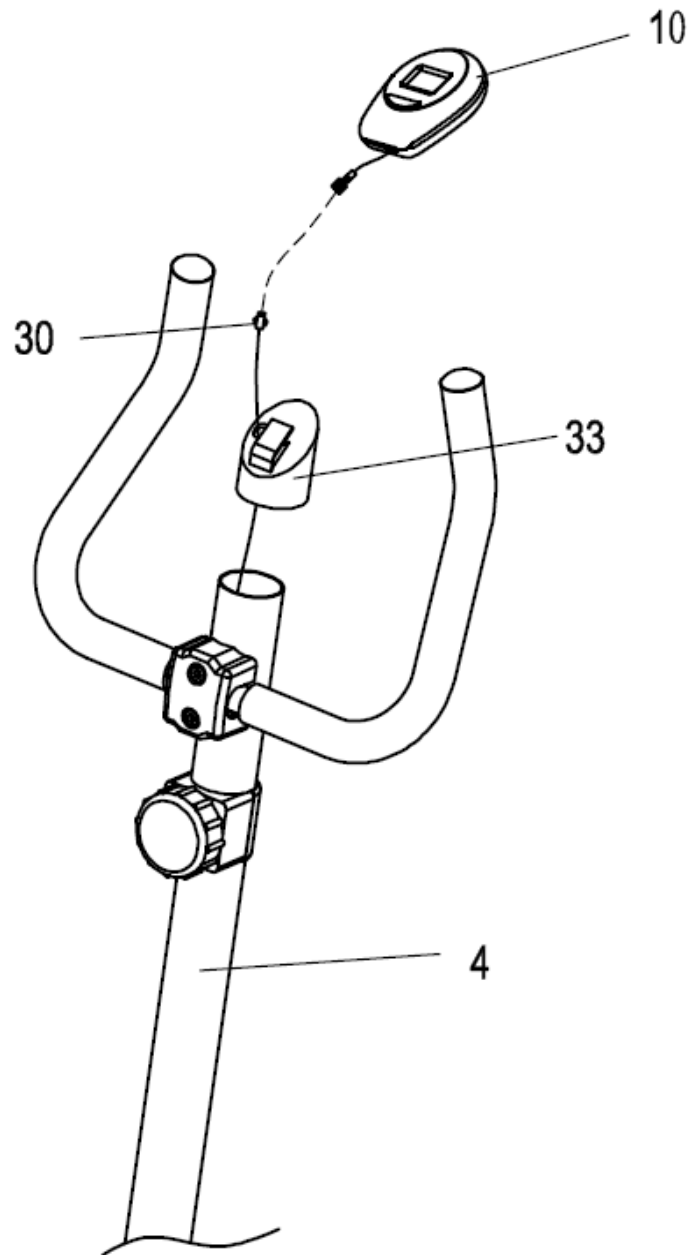
- Fix Handlebar (5) to the Handlebar Post (4) with the Spring Washers (16) and Locking Bolts (17), then clip on the Decorate Cover (18).

STEP 4:



1. Connect the mid-sensor wire (33) to the computer wire (34). Attach the computer (32) onto the computer support of the up-right post (21) using the screw (35)
2. Lock the handlebar post (29) onto the up-right post (21) by the square neck bolt (26), arc washer (19) and nut (25),and then insert the pulse wire (28) into the back of the computer (32)

STEP 5:



1. Feed the Upper Sensor Wire (30) through hole of the Bracket (33), and then connect the Wires to the Meter (10).
2. Insert the Bracket (33) onto the Handlebar Post (4). Attach the meter (10) onto the Bracket (33).

4. COMPUTER OPERATION

PROGRAM PARAMETERS

TIME	00:00-99:59 min:sec
SPEED	0.0-999.9km/h
DISTANCE	0.00-99.99km
ODOMETER (if included)	0-99.99km
PULSE (if included)	0-200bpm
CALORIES (CAL)	0-999.9kcal

KEY FUNCTIONS:

MODE: Select a particular function. Hold the key for 4 seconds to reset all function values except the ODOMETER (TOTAL).

SET (if included): To input the target value. Excludes ODOMETER (TOTAL)

RESET/CLEAR (if included): Resets target value. Excludes ODOMETER (TOTAL)

OPERATIONAL PROCEDURES:

1. AUTO ON/OFF:

The system turns on when any key is pressed or when it receives a signal input from the speed sensor. The system turns off automatically when the sensor has no signal input or no key is pressed for approximately 4 minutes.

1. **TIME:** Records total workout time
2. **SPEED:** Displays current speed
3. **DISTANCE:** Records total workout distance
4. **CALORIES:** Records calories burnt during workout
5. **ODOMETER (if included):** Displays total distance accumulated on the machine. Can be reset by replacement of batteries.
6. **SCAN (if included):** Automatically cycles through each function

BATTERY

This monitor uses two “AA” batteries. If the display shows incorrectly, please replace the batteries.

5. 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.

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