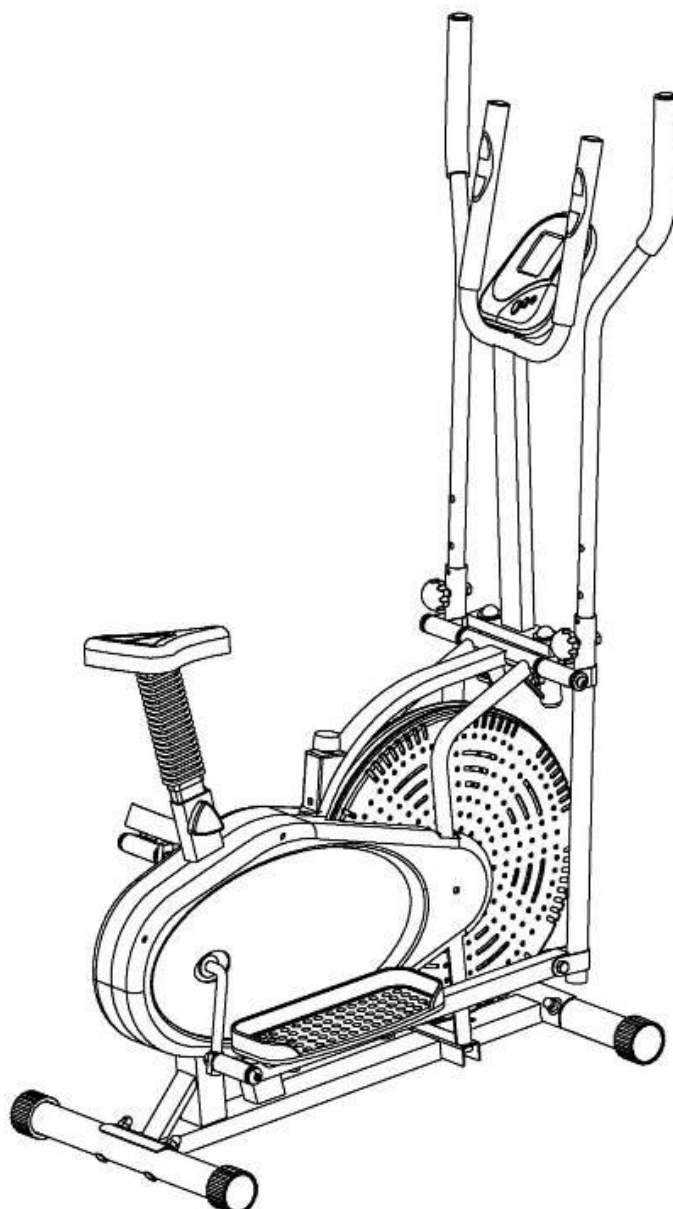




## EX-2 EXERCISE BIKE OWNER'S MANUAL



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.

## 2. CARE INSTRUCTIONS

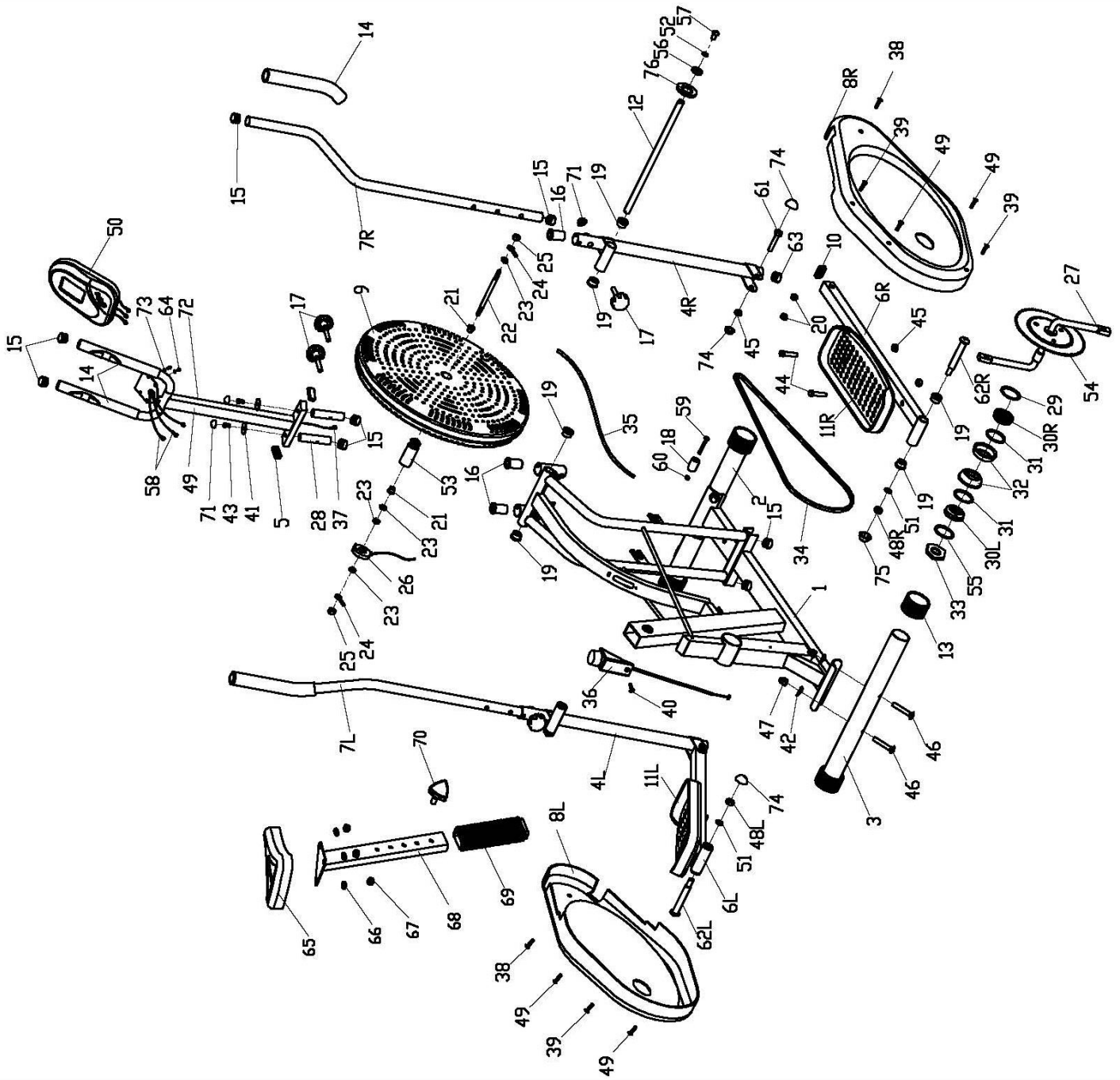
- a. Maximum use weight: 100KG
- b. Lubricate moving joints with grease after periods of usage
- c. Be careful not to damage plastic or metal parts of the machine with heavy or sharp objects
- d. The machine can be kept clean by wiping it down using dry cloth

### 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. EXPLODED DIAGRAM



## 4. PARTS LIST

No.	Description	QTY	NO.	Description	QTY
1	Main frame	1	39	Chain cover screw ST4.2X40	3
2	Front stabilizer	1	40	Screw ST4.8x20	1
3	Rear stabilizer	1	41	Flat washer D8x3xΦ38	2
4L/R	Coupler bar	2	42	Arc washer Φ10x1.5xΦ25xR28	4
5	Square cap	2	43	Hexagon bolt M8x20	2
6L/R	Pedal tube	2	44	Hexagon bolt M10x45	4
7L/R	Handle bar	2	45	Nylon nut M10	6
8L/R	Chain cover	2	46	Carriage bolt M10x57	4
9	Fan wheel	1	47	Acorn nut M10	4
10	Square cap	2	48L/R	Nylon nut B0.5x20	2
11L/R	Pedal	2	49	Chain cover screw ST4.8X30	4
12	Handle bar shaft	1	50	Computer	1
13	End cap	4	51	Spring washer Φ13xB2	2
14	Foam grip	4	52	Spring washer Φ10.5x3xΦ18	2
15	End cap Φ25x2	10	53	Gear	1
16	Plastic bushing	4	54	Chain wheel	1
17	Knob bolt	4	55	Washer	1
18	Transport wheel	2	56	D shape washer Φ28xΦ16.2x14xB5	2
19	Alloy bushingΦ24x16xΦ16.1	10	57	Bolt M10x18	2
20	Alloy bushingΦ14x10xΦ10.1	4	58	Pulse sensor wire	2
21	Brass bushing	2	59	Hexagon bolt M6x45	2
22	Fan wheel axle	1	60	Nylon nut M6	2
23	Nut M10x1xB5	4	61	Hexagon bolt M10x55	2
24	Adjusting bolt M6x36	2	62L/R	Pedal hinge bolt Φ16x89xL23xB0.5x20	2
25	Nut M10x1	2	63	End cap Φ32x1.5	2
26	Sensor	1	64	Screw M4X12	2
27	Crank	1	65	Saddle	1
28	Connecting tube	2	66	Flat washer D8	3
29	Washer	1	67	Nylon nut M8	3
30L	Collar housing L	1	68	Saddle post	1
30R	Collar housing R	1	69	Decorative sleeve	1
31	Collar ball	2	70	Tri-knob	1
32	Collar housing	2	71	Cap S13	4
33	Nut	1	72	Computer post	1
34	Chain	1	73	Flat washer D5	2
35	Tension belt	1	74	Cap S16	4
36	Tension control	1	75	Cap S18	2
37	Upper computer wire	1	76	Washer	1
38	Chain cover screw+ST4.2X20	2			

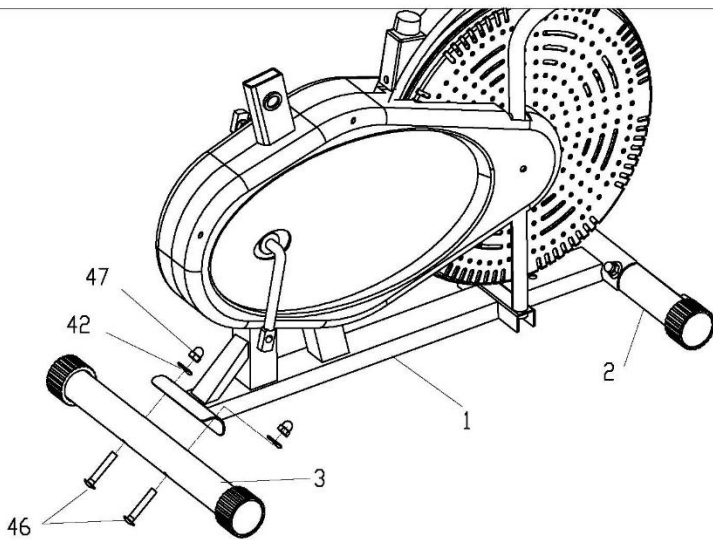
## 5. ASSEMBLY INSTRUCTIONS

### 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:

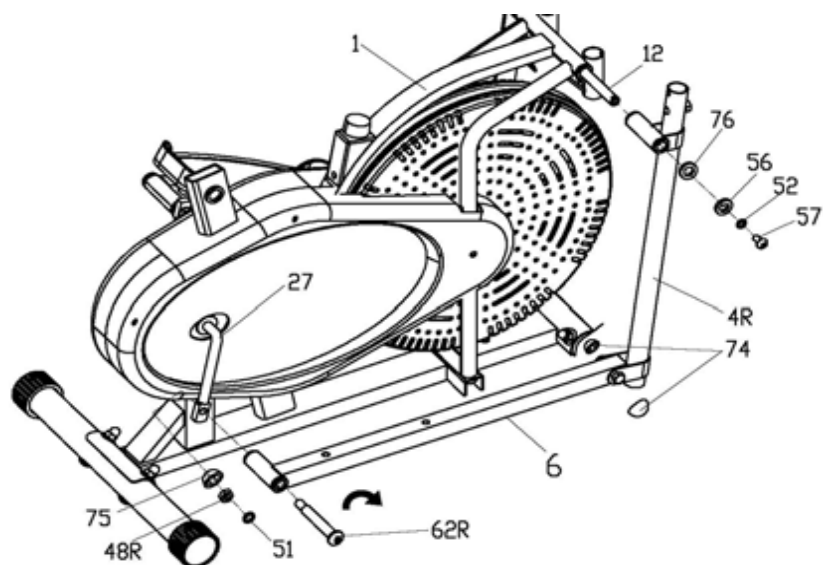


### Install the Stabilizers

1. Attach the Stabilizers (2&3) onto the Main frame (1), secure with the Carriage bolts (46), Arc washers (42), and Acorn nuts (47).

Notice that the Front stabilizer (2) has wheels for moving your Elliptical bike.

## STEP 2:



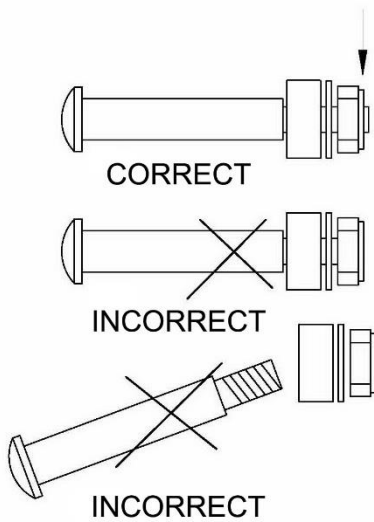
### Install the Coupler bars & Pedal arms

1. Remove Washer (76), D shape washer (56), Spring washer (52) and Bolts (57) from the Handle bar shaft (12) on one side, mount one Coupler bar (4R or 4L) to the Main section, then attach the other side Coupler bar (4R or 4L), and reinstall the D shape washer (56), Spring washer (52) and Bolts (57) as shown.
2. Fit the Pedal tubes (6) to the Crank (27), secure with the Pedal hinge bolts (62R/L), Spring washers (51) and Nylon nuts (48). And cover with caps (75)

Note: Both Pedals hinge bolts are labelled L FOR LEFT and R FOR RIGHT. To tighten turn the left bolt COUNTERCLOCKWISE and the right bolt CLOCKWISE. Move the Crank to a proper angle for easily tightening the Bolts.



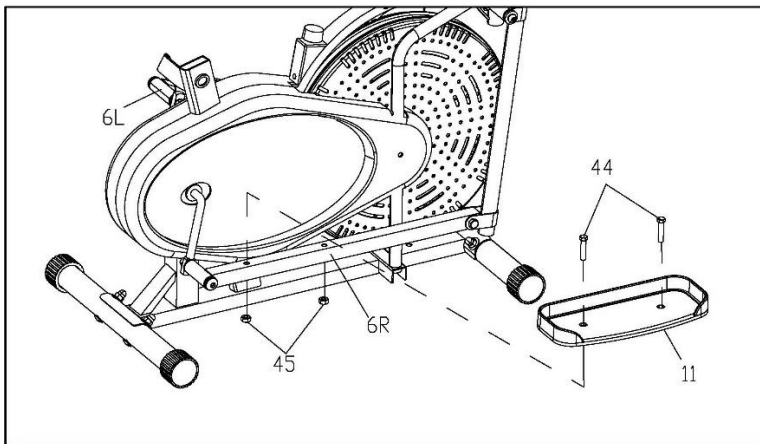
## ATTENTION:



The Right and Left Hinge Bolt (No.62R/L) must fully penetrate the nylon ring inside the Pedal Arm Joint and the Crank. This will ensure the stability and durability of your Elliptical Trainer.

In order to install hinge bolt properly, keep it perfectly straight as the bolt goes through the pedal arms and the crankshaft. If the hinge bolt is connected to the crankshaft at an angle, damage to both the hinge and the crankshaft may occur.

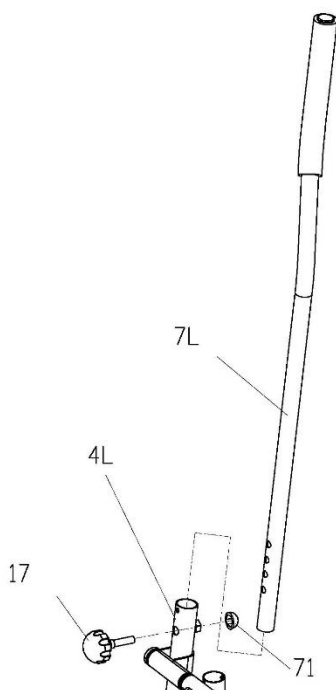
### STEP 3:



#### Install the Pedals

1. Attach the Pedals (11) to the Pedal tubes (6) respectively, secure in place with the Hexagon bolts (44) and Nylon nuts (45).

### STEP 4:



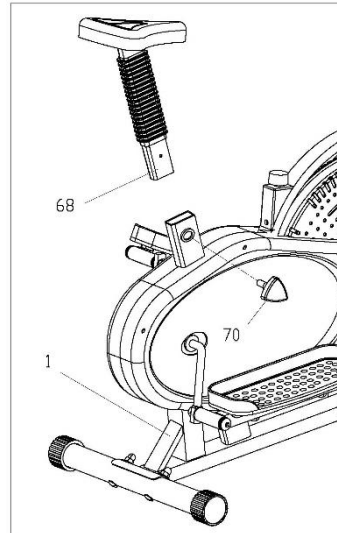
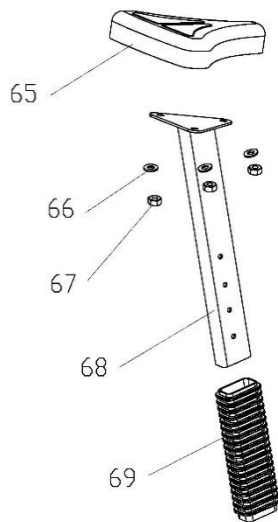
#### Install the Handle bars

1. Insert the Handle bars (7L&7R) to the Coupler bars (4R/L) accordingly, select a comfortable height for exercise, and make sure both Handle bars are at a same level. Lock in place with Knob bolts(17).And cover with the cap(71)

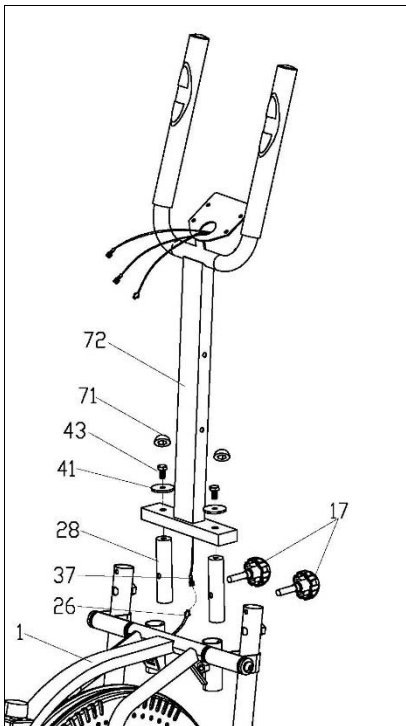
## STEP 5:

### Install the Saddle and Saddle post

1. Place the Saddle (65) over the Saddle post (68), secure in place with the Flat washers (66) and Nylon nuts (67).
2. Slide the Decorative Sleeve (69) onto the Saddle post, then insert the Saddle post into the Main section; adjust to a proper position, secure in place with the Tri-knob (70).



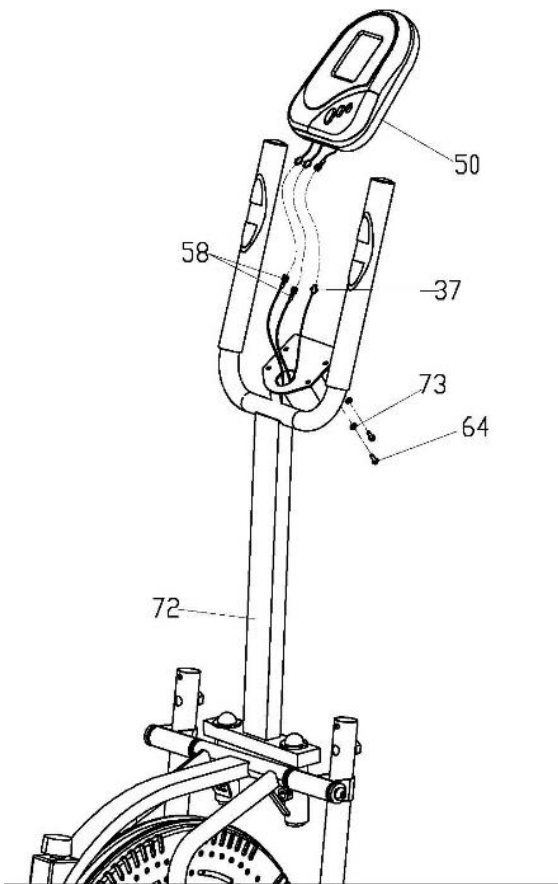
## STEP 6:



1. Connect the Wires (26 & 37) ,Then insert the Connecting tubes (28) to the Main section, secure in place with Knob bolts(17).Fix the Computer post (72) onto the Connecting tubes (28), secure with Flat washers (41) and Hexagon bolts (43). Cover the Bolts with Caps (71).Check and re-fasten the Knob bolts (17).

## STEP 7:

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### Install the Computer

1. Connect the Wires (58 & 37) to the Computer (50) respectively; secure the Computer onto the Bracket with the Flat washers (73) and Screw (64).
-

## 6. TENSION ADJUSTMENT

### Tension adjustment

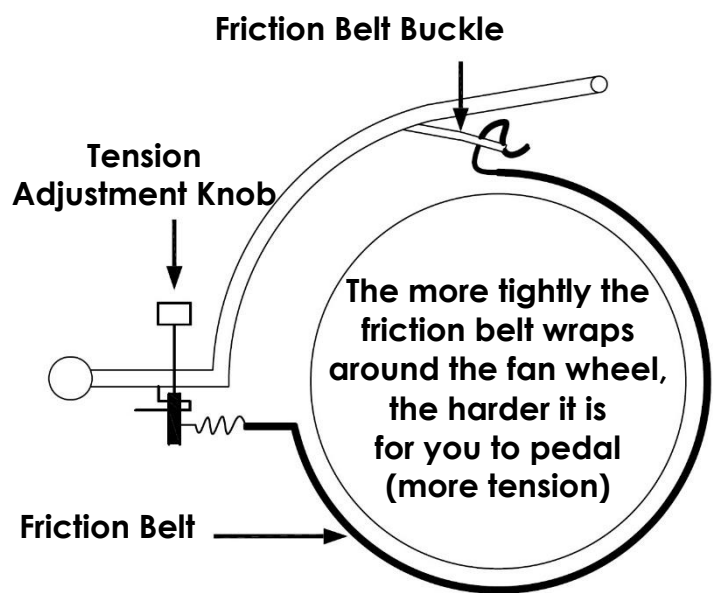
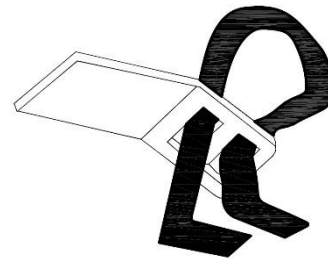
The assembly of your Elliptical Trainer is now complete. As you try your exercises for the first time, you should adjust the tension to the correct level before you begin your full workout. Turning the adjustment knob allows you to change the tension level and vary the intensity of your workout as you exercise.

To increase tension turn the tension knob to the clockwise and to decrease tension turn the tension knob counterclockwise.

### Adjusting the friction belt

You can loosen or tighten the friction belt for greater tension adjustment.

Turn the tension adjustment knob all the way to the loosest setting. Then re-strap the friction belt at the buckle in the main frame which just beneath the flat beam at the top centre. The more length you allow for the friction belt to wrap around the fan wheel, the less friction it will cause. Re-adjust the tension knob after you finished re-strapping



## **Reversible movement**

Your Elliptical Trainer has REVERSIBLE movement!

Forward pedaling exercises your quadriceps (front thigh muscles), while backward pedaling targets your hamstrings (back thigh muscles). Take advantage of these facts to make your workout less fatiguing and more fun.

**CAUTION: MAKE SURE YOU HAVE TIGHTENED ALL NUTS AND BOLTS BEFORE BEGINNING YOUR WORKOUT**

# 7. EXERCISE MONITOR INSTRUCTIONS

## FUNCTIONAL BUTTONS:

**MODE** - Push down to select functions. Hold down to reset values to 0.

**SET** - Sets the values of time, distance, pulse and calories when not in scan mode.

**RESET** - Push down to reset time, distance and calories. The current data change is 0. If the long time holds down RESET, besides the ODO position, the material will turn completely 0.

## FUNCTION AND OPERATIONS:

**1. SCAN:** Press "MODE" button until "SCAN" appears. The display will rotate through all the 4 functions

- a) Time, speed, distance, calorie, ODO and pulse. Each display will be show for 4 seconds.

**2. TIME:**

- a) Counts the total time from exercise start to end.
- b) Press "MODE" button until "TIME" appears, press "SET" button to set exercise time. When the "SET" time reaches zero, the computer will beep for 5 seconds.

**3. SPEED:** Display current speed.

**4. DIST:**

- a) Counts the distance from exercise start to end.
- b) Press "MODE" button until "DIST" appears, Press "SET" button to set exercise distance. When the "SET" reaches zero, the computer will beep 5 seconds.

**5. CALORIES:**

- a) Counts the total calories from exercise start to end.
- b) Press "MODE" button until "CAL" appears, Press "SET" button to set exercise calories. When the "SET" is zero, the computer will alarm 5 seconds.

**6. ODO:** The total distance which this function is refers for the entire battery capacity period.

## 7. PULSE RATE:

Press MODE button until "PULSE" appears. Before measuring your pulse rate, place your palms of your hands on both contact pads and the monitor will show an estimate of your current heart beat rate in beats per minute (BPM) on the LCD after 6 ~7 seconds.

*Note:* During the process of pulse measurement, the measurement may be higher than the virtual pulse rate during the first 2~3 seconds. After this it will return to normal levels. The measurement value cannot be regarded as the basis of medical treatment.

**8. ALARM:** The computer will "Beep" when pressing "MODE", "SET" and "RESET" buttons.

## 9. AUTO ON/OFF & AUTO START/STOP:

Without any activity for 8 minutes, the power will turn off automatically. The display will turn on once it senses activity on the machine.

## SPECIFICATIONS:

### FUNCTION

Auto Scan	Every 4 seconds
Running Time	00:00-99:59
Current speed	0.0~999.9 KM
Trip Distance	0.0~999.9 KM
Total distance(ODO)	0.0~999.9 KM
Calories	0.0~999.9 Kcal
Pulse Rate	40~240BPM
Battery type	2 pcs of size - AA or UM - 3
Operating temperature:	0°C~+40°C
Storage temperature:	-10°C~+60°C

## 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](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 an email must be sent before contacting us via any other means.

### **Head Office and Customer Service:**

Global Fitness and Leisure Pty Ltd  
17 Fordson Rd  
Campbellfield  
VIC, 3061  
Australia  
PH: 03 9357 2166



# Hand Pulse Technology

Lifespan Fitness products come 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 cycling and up to sprinting)
- Tightening of hand muscles will produce small electrical signals
- Static electricity charges from the air or from moving on the spin bike

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 pedaling on a spin bike.

To test if your hand pulse sensors are working up to specification, hold them while stationary, not pedaling, 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)