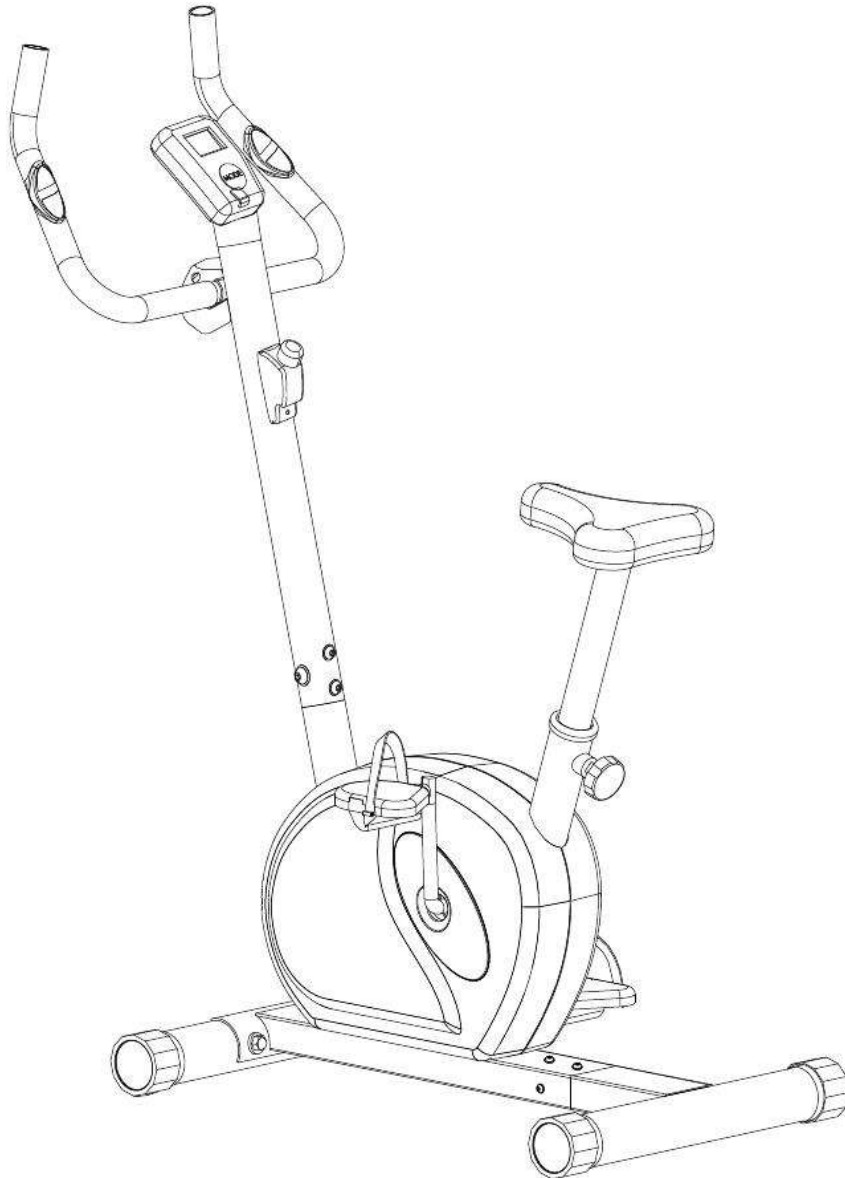




## EXER 45 OWNER'S MANUAL



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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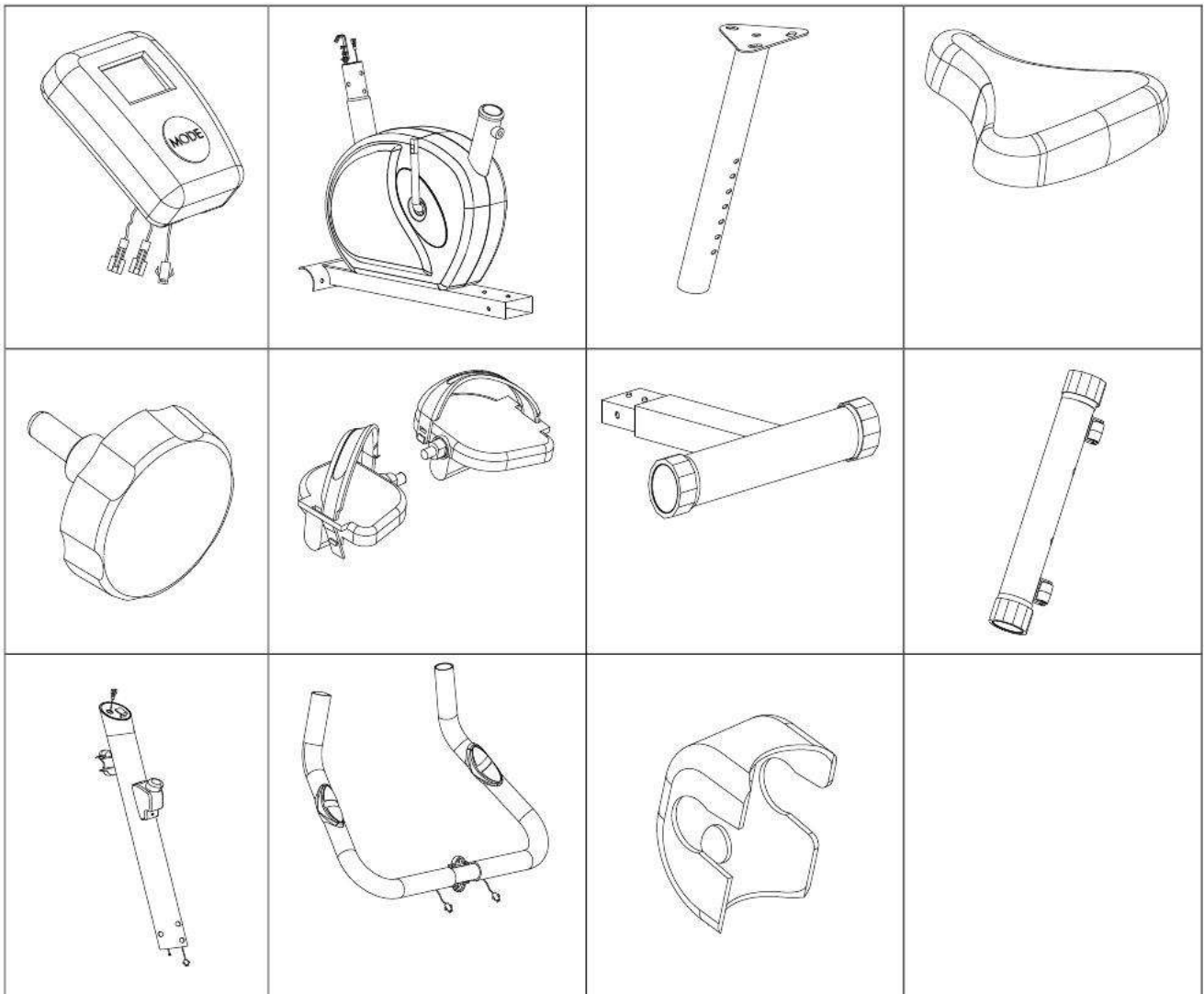
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# 1. IMPORTANT SAFETY INSTRUCTIONS

**WARNING** - Read all instructions before using this machine.

- Install the product on a flat level surface
- Place your unit on a solid, level surface when in use
- Never allow children on or near the machine.
- Keep hands away from all moving parts.
- Keep the cord away from heated surfaces.
- Never drop or insert any object into any openings.
- 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 exercise aids in determining heart rate trends in general.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on the machine. Quality athletic shoes are recommended to avoid leg fatigue.
- Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or seek assistance if necessary

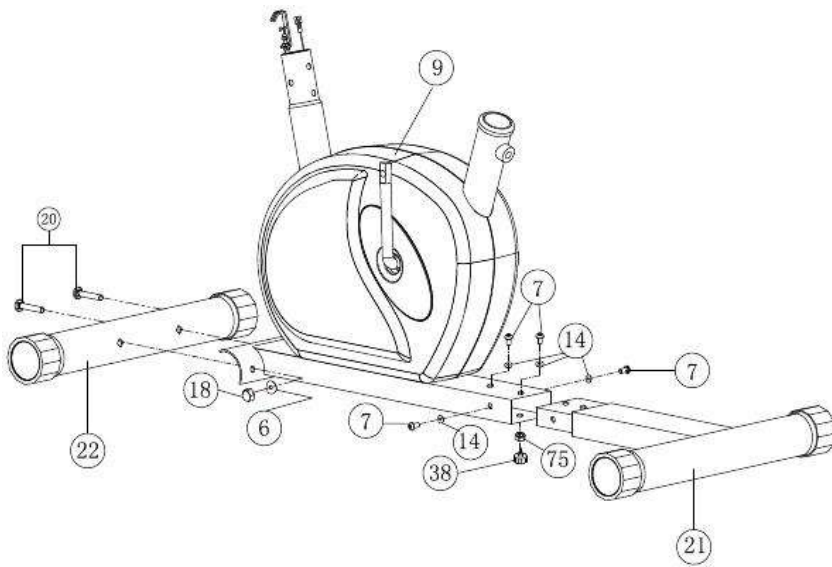
## 2. ASSEMBLY INSTRUCTIONS



## PART LIST

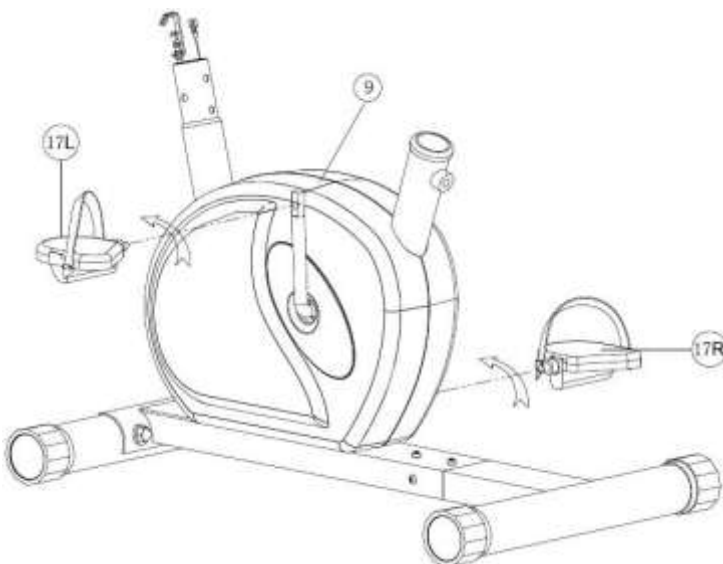
NO.	NAME	SPECIFICATION	QTY
1	Computer		1
9	Main Frame		1
12	Seat Post Join		1
15	Saddle	Model:KH-1	1
16	Quick Release Knob	M16×1.5	1
17	Pedal	L.R.with strap.1/2"×20	1set
21	Rear Stabilizer Tube		1
22	Front Stabilizer Tube		1
27	Handle Bar Post		1
29	Handle Bar		1
30	Clamp Cover	68×59×39	1

### STEP 1:



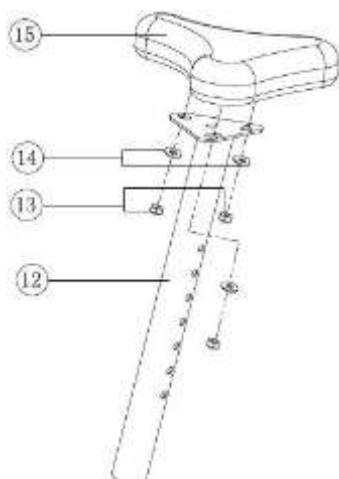
1. Assemble the front stabilizer (22) to the main frame (9). Secure it with bolts (20), washers (6) nuts (18).
  2. Fix the rear stabilizer tube to the main frame (9) with bolts (7) and washers (14).
  3. After securing cushion (38) to Hex nut (75), screw them onto the bottom tube of the main frame (9) and adjust to a suitable height.
- 

### STEP 2:



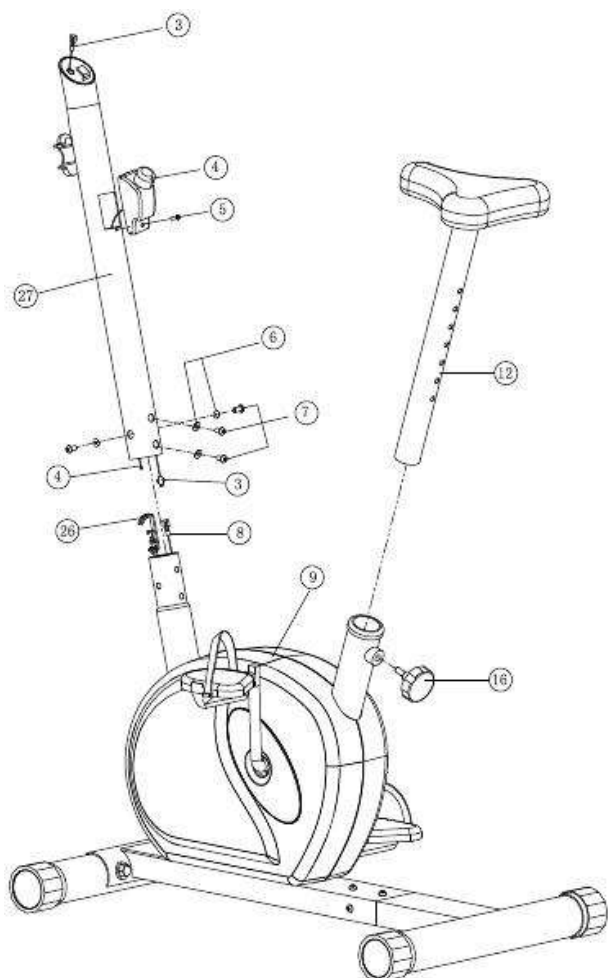
1. Attach L&R pedals (17) onto the main frame (9). Ensure that the direction is correct. Fasten tightly to avoid the pedal falling off.
-

### STEP 3:



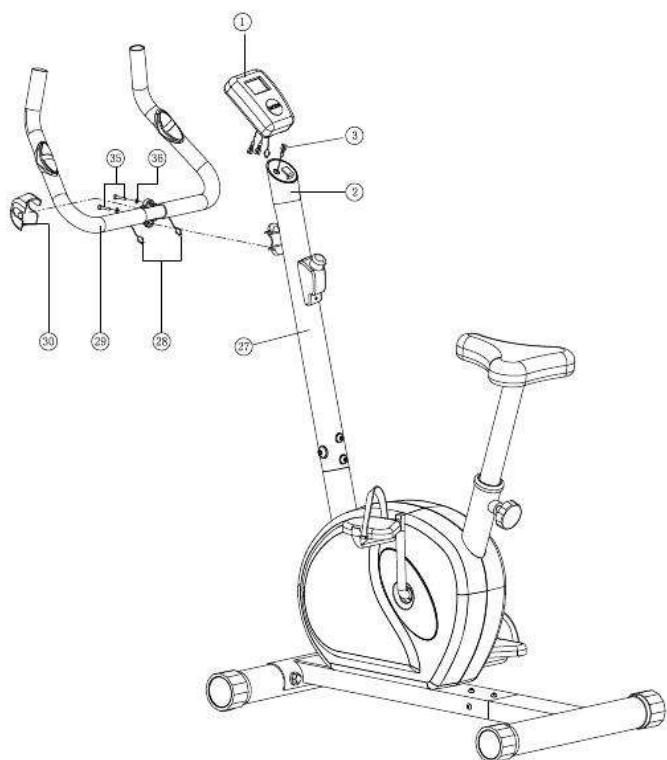
1. Lock the saddle (15) to the saddle post join (12) with the nylon lock nut (13) and washer (14).
- 

### STEP 4:



1. Connect sensor wires between (8) and (3) and connect tension wires between (26) and (4). Then place the cover for post onto the main frame. Insert the handlebar post (27) into main frame (9), tighten it with allen bolt (5) and arc-washer(6).
  2. Lock the tension control (4) to handlebar (27) with allen bolt (5).  
Lock saddle post join (12) to main frame (9) tightly with knob (16).
-

### STEP 5:



1. Fix the computer (1) to the handlebar post (2).
2. Assemble the handlebar (29) to the handlebar post (27) with bolts (35), washers (36). Then cover with handlebar clamp (30).

---

*Please make sure you have tightened all the parts after completing the assembly steps.*

*Reserve the manual and tool, convenient for adjusting and repairing the machine.*



## 3. OPERATION GUIDE

### Display

Pressing the MODE button will cycle through the different views offered by the computer.

Holding down the MODE button will reset all data in the computer.

### Tension Control

The workout tension is adjusted through the tension control knob. Turn the tension knob towards the directions “-”(decrease tension) or “+” (increase tension).

## 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 a great way to control your weight, improve 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

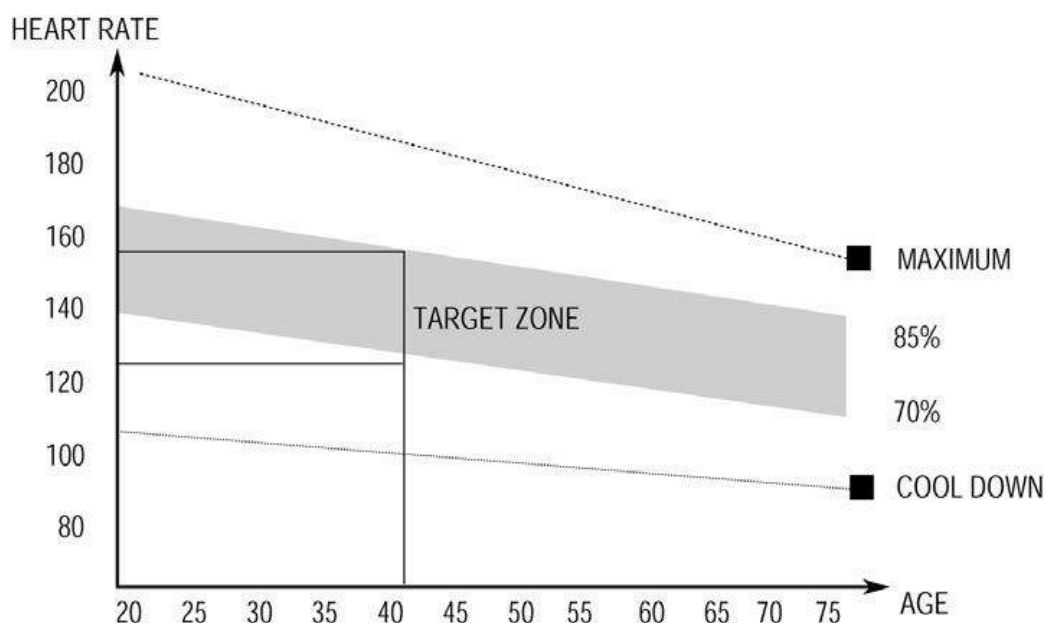
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise-never hold your breath.

### 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

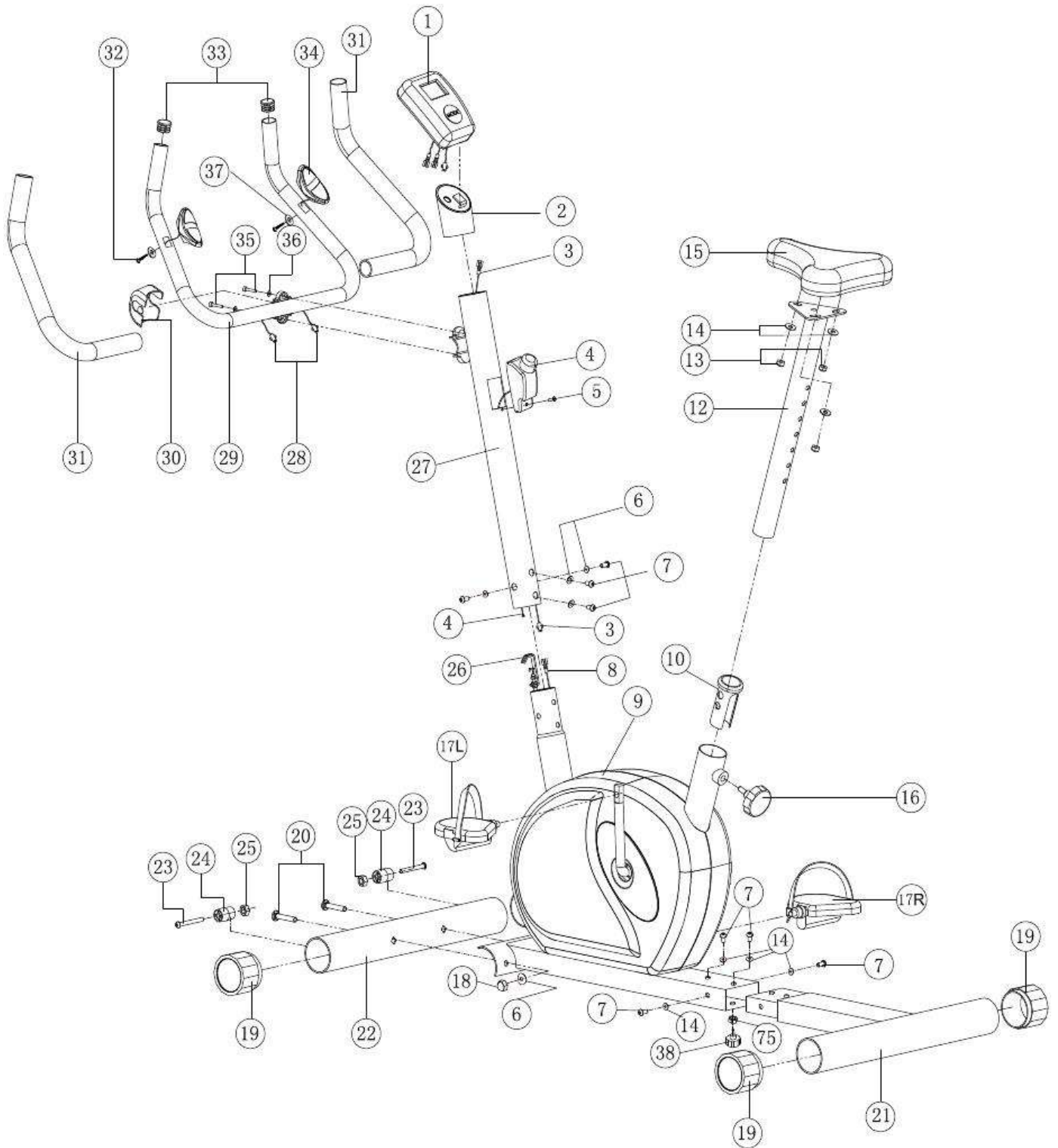


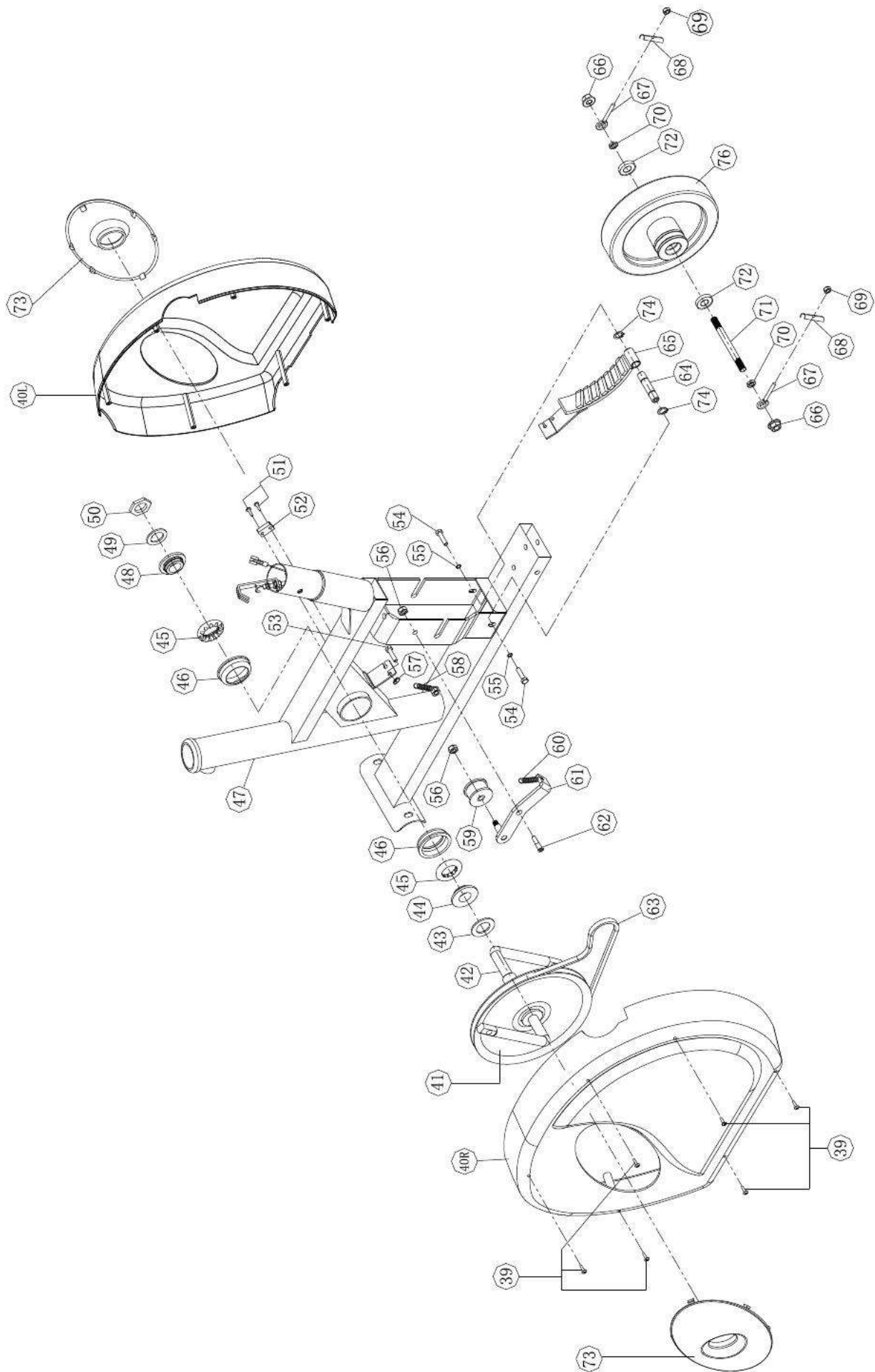
**THIS IS HOW YOUR PULSE SHOULD BEHAVE DURING GENERAL FITNESS EXERCISE.**

**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.	NAME	SPECIFICATON	QTY
1	Computer		1
2	Computer Mount		1
3	Sensor wire	Length 840	1
4	Tension Control(Match $\Phi$ 50 tube)	Match allen bolt M5X25 Length of Wire:340	1
5	Allen Bolt	M5x25	1
6	Arc Washer	$\Phi$ 8.5 $\times$ 1.5 $\times$ $\Phi$ 20 $\times$ R33.5	6
7	Allen Bolt	M8X16 $\phi$ 15 S6	8
8	Sensor Wire	Length 700 ,24 $\times$ 17 $\times$ 6\2- $\Phi$ 3.5	1
9	Main Frame		1
10	Seat Post bushing	$\Phi$ 38 $\times$ 169	1
12	Seat post connection		1
13	Nut	M8	3
14	Flat Washer	d8 $\times$ $\Phi$ 19 $\times$ 1.5	7
15	Saddle	MODEL: KH-1	1
16	Quick Release Knob	M16 $\times$ 1.5	1
17	Pedal	L.R. with strap.1/2" $\times$ 20	1set
18	Nut	M10 S17	2
19	Adjustable End Cap	Match $\Phi$ 50 Tube	2
20	Carriage Bolt	M10 $\times$ L57 $\times$ 120 $\times$ $\square$ 10 $\Phi$ 21	2
21	Rear Stabilizer Tube		1

22	Front Stabilizer Tube		1
23	Bolt	M6×L48	2
24	Roller		2
25	Nylon Lock Nut	M6	2
26	Tension Control Connection Wire		1
27	Handle Bar Post		1
28	Sensor Wire		2
29	Handle Bar		1
30	Clamp Cover	68×59×39	1
31	Foam Grip		2
32	BOLT	ST4.2×20	2
33	Plug	MatchΦ25×1.5tube	2
34	Sensor		2
35	BOLT	M8×30	2
36	WASHER	D8×1.5	2
37	WASHER	D6	2
38	Cushion		1
39	Screw	ST4.2×20	6
40L/R	Chain cover(L/R)		1L/R
41	Belt pulley		1
42	Crankshaft		1
43	Flat washer		1
44	Washer		1

45	Ball bearing		2
46	BB set		2
47	Main frame		1
48	Washer		1
49	Washer		1
50	Hex nut		1
51	Screw	ST3.0×10	2
52	Sensor		1
53	Bolt	M6×45	1
54	Bolt	M6×15	2
55	Spring washer	D6	2
56	Nylon nut	M8	2
57	Hex nut	M6	1
58	Tension spring 1		1
59	Idler		1
60	Tension spring 2		1
61	Idler pole		1
62	Bolt		1
63	Drive belt		1
64	Magnetic axes		1
65	Magnet		1
66	Nut	M10	2
67	Bolt		2



68	U-shaped support		2
69	Nut		2
70	Nut	M10	2
71	Axes for wheel		1
72	Bearing		2
73	Decorative cover		2
74	Reed	D12	2
75	Hex nut	M8	1
76	Magnetic wheel		1

## 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.lifespanonline.com.au/Warranty-Policy>