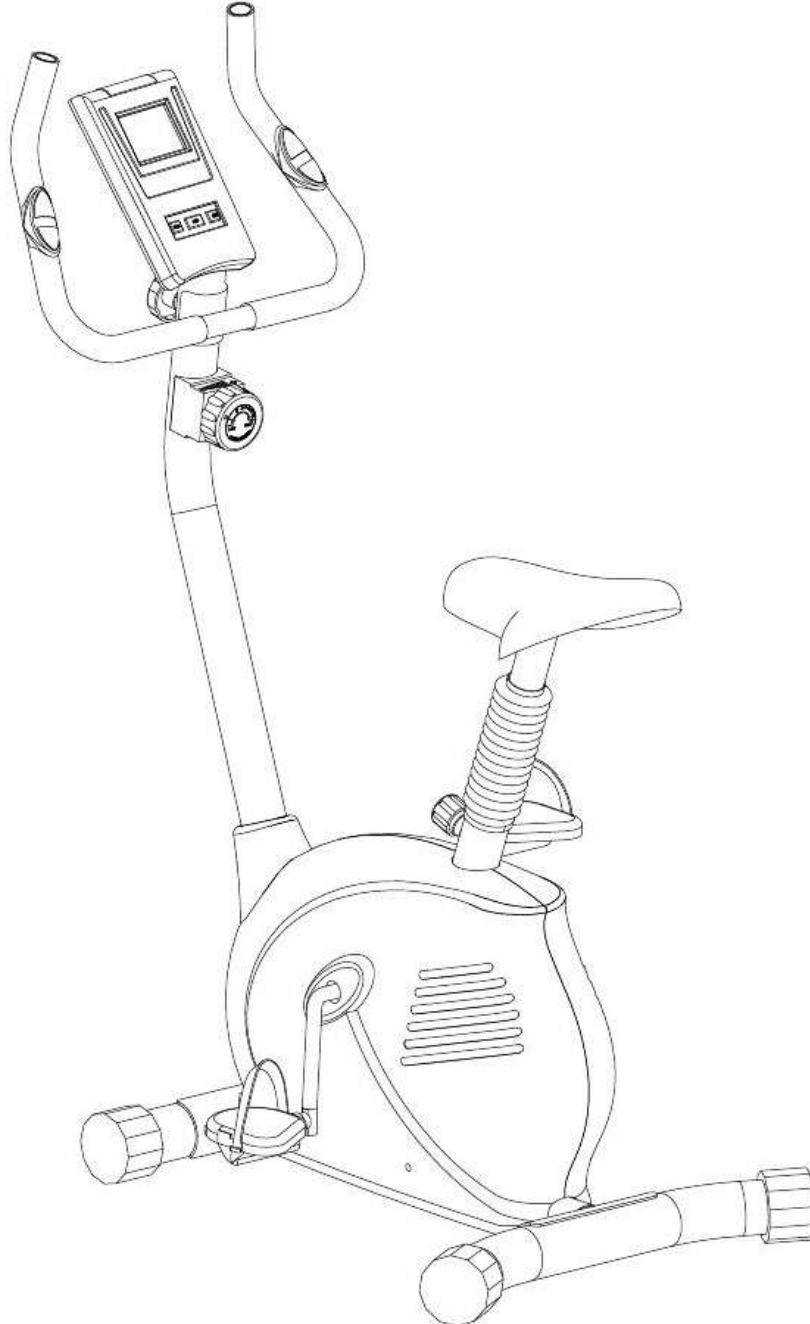




EXER 55 OWNER'S MANUAL



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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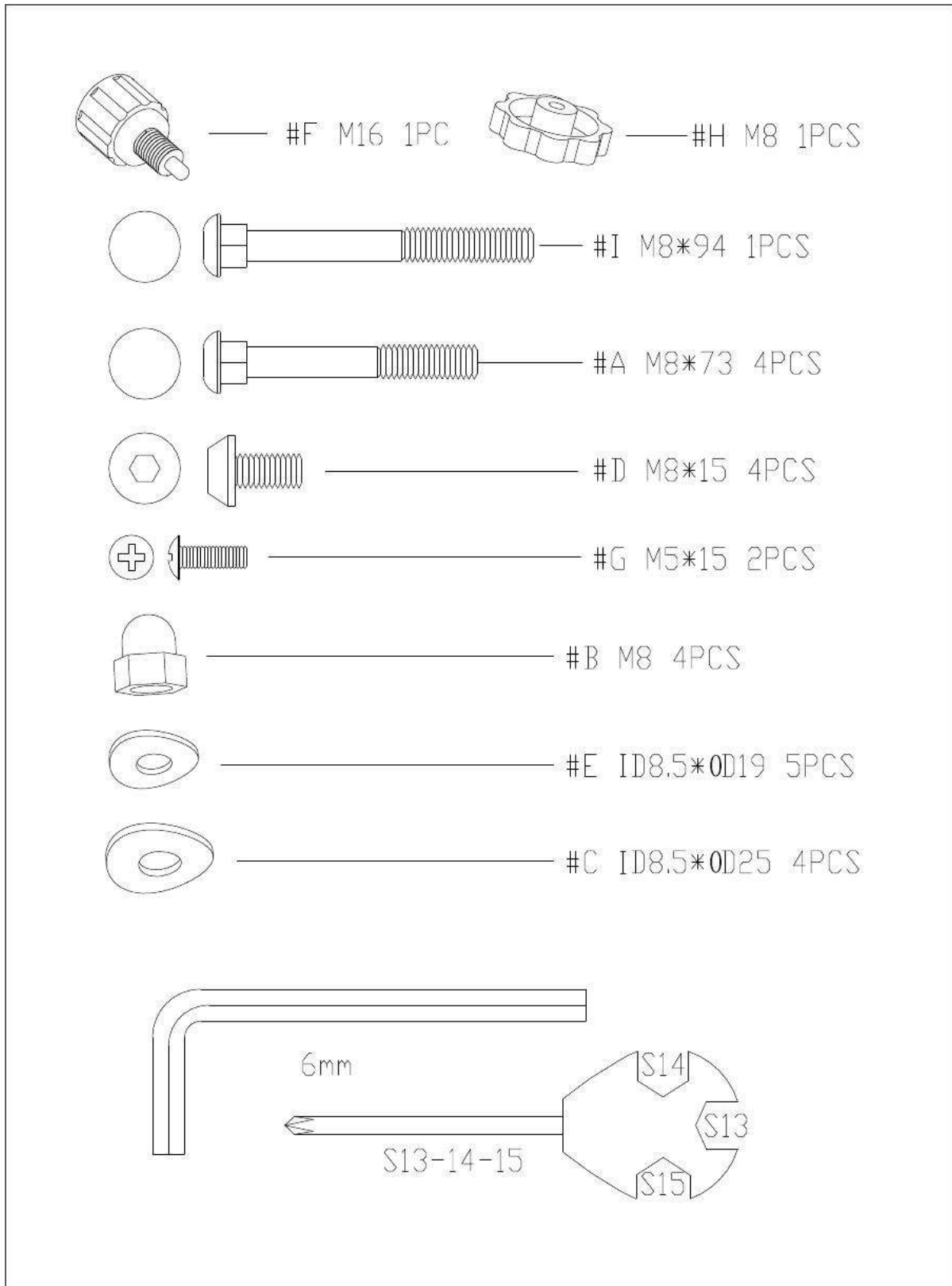
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1. IMPORTANT SAFETY INSTRUCTIONS

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

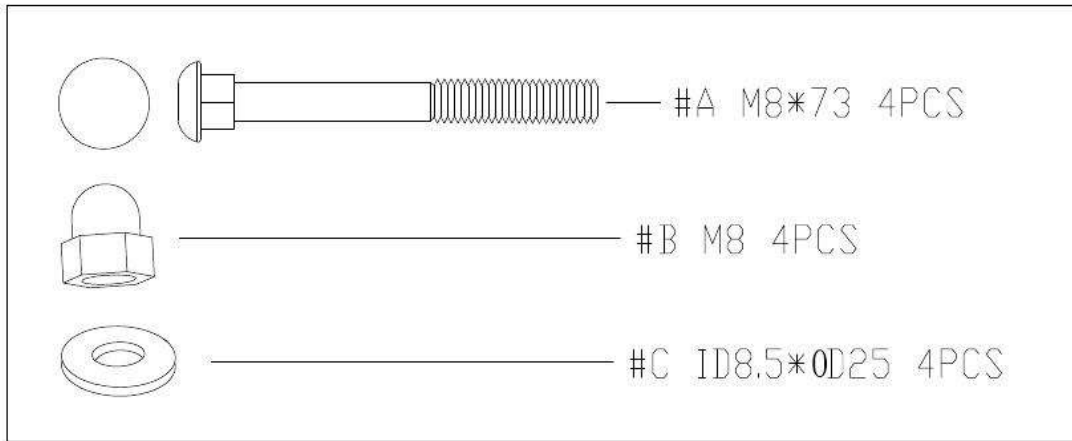
2. ASSEMBLY INSTRUCTIONS



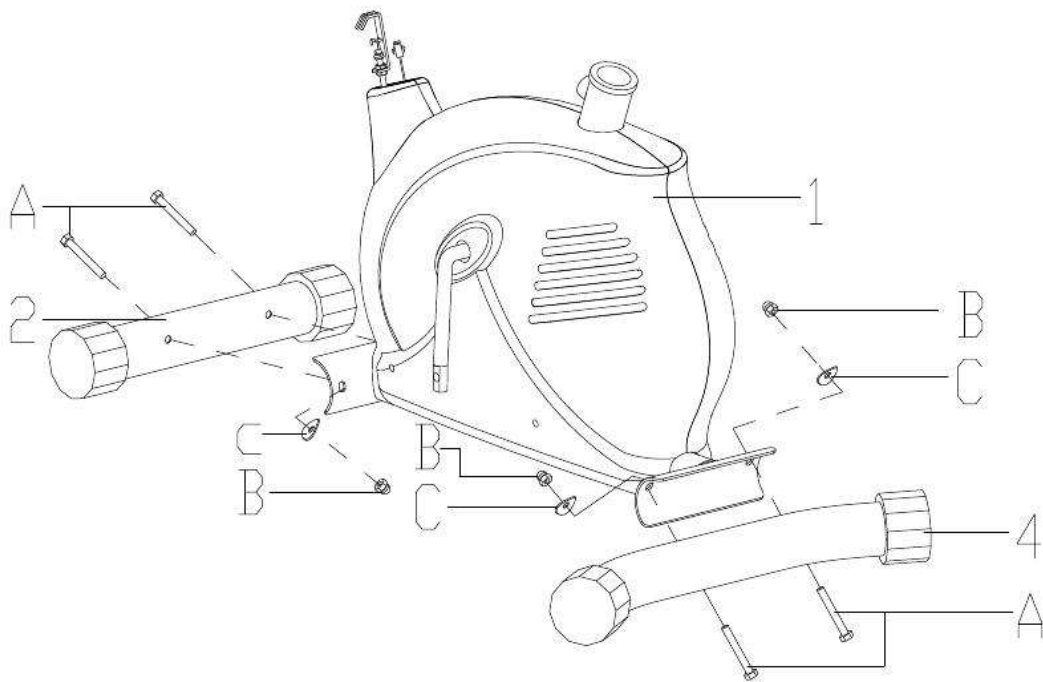
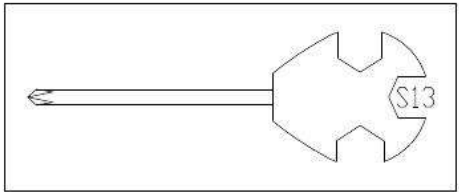
PART LIST

NO	DESCRIPTION	QTY	NO	DESCRIPTION	QTY
A	BOLT M8*73	4	13	TRUNK LINE	1
B	CAP NUT	4	14	TENSION WIRE	1
C	ARC WASHER ID8.5*OD25	4	15	HANDLEBAR POST ASSEMBLE	1
D	BOLT M8*15	4	16	ARC WASHER	1
E	ARC WASHER ID8.5*OD19	5	17	SCREW M5*45	1
F	KNOB M16	1	18	COMPUTER	1
G	SCREW M5*15	2	19	HANDLE PULSE WIRE	1
H	KNOB	1	20	SCREW	1
I	BOLT M8*94	1	21	HANDLE	1
1	MAIN FRAME	1	22	END CAP	2
2	FRONT BOTTOM TUBE	1	23	SPONGE TUBE	2
3	END CAP WITH WHEEL	2	24	PULSE COMPUTER	2
4	BACK BOTTOM TUBE	1	25 R,L	PEDAL (RIGHT & LEFT)	2
5	END CAP	2	26	IPCS CRANK	1
6	SEAT POST BUSH	1	27	HAND PULSE WIRE	
7	EXTENT COVER	1	28	NYLON LOCK NUT M8	
8	SADDLE POST	1	29	WASHER M8	
9	SADDLE	1			
10	TENSION CABLE	1			
11	SENSOR WIRE CONNECTOR	1			
12	POST CONNECT COVER	1			

STEP 1



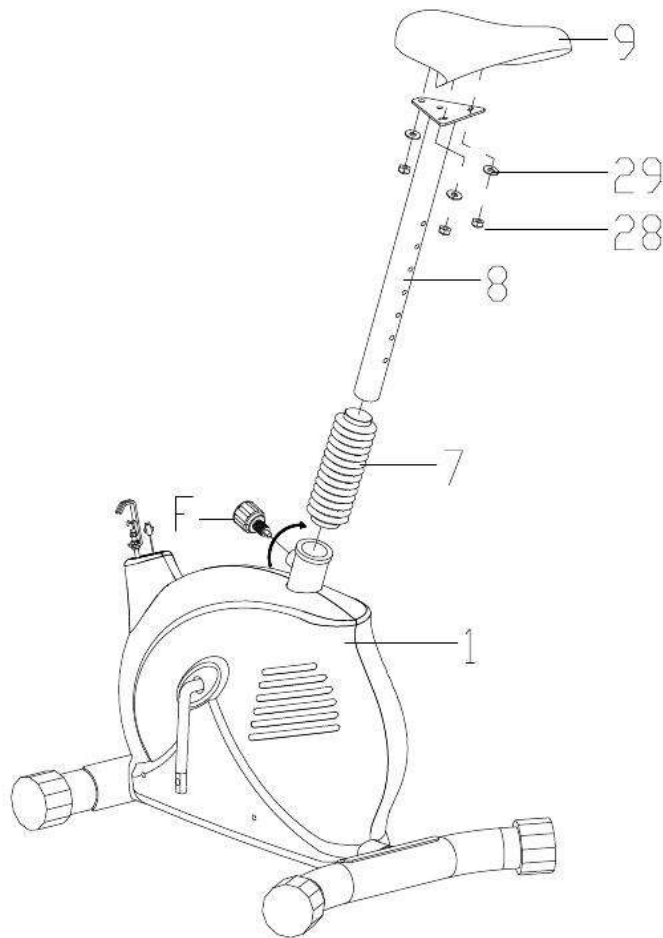
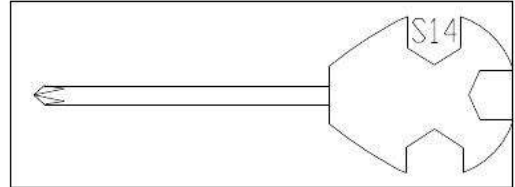
Attach the Front & Rear Stabilizer (2&4) onto the Main Frame (1) with Bolt (A), Arc Washer (C) and Cap Nut (B) then tighten.



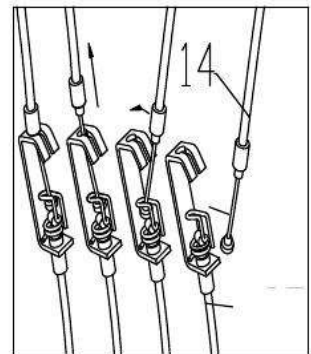
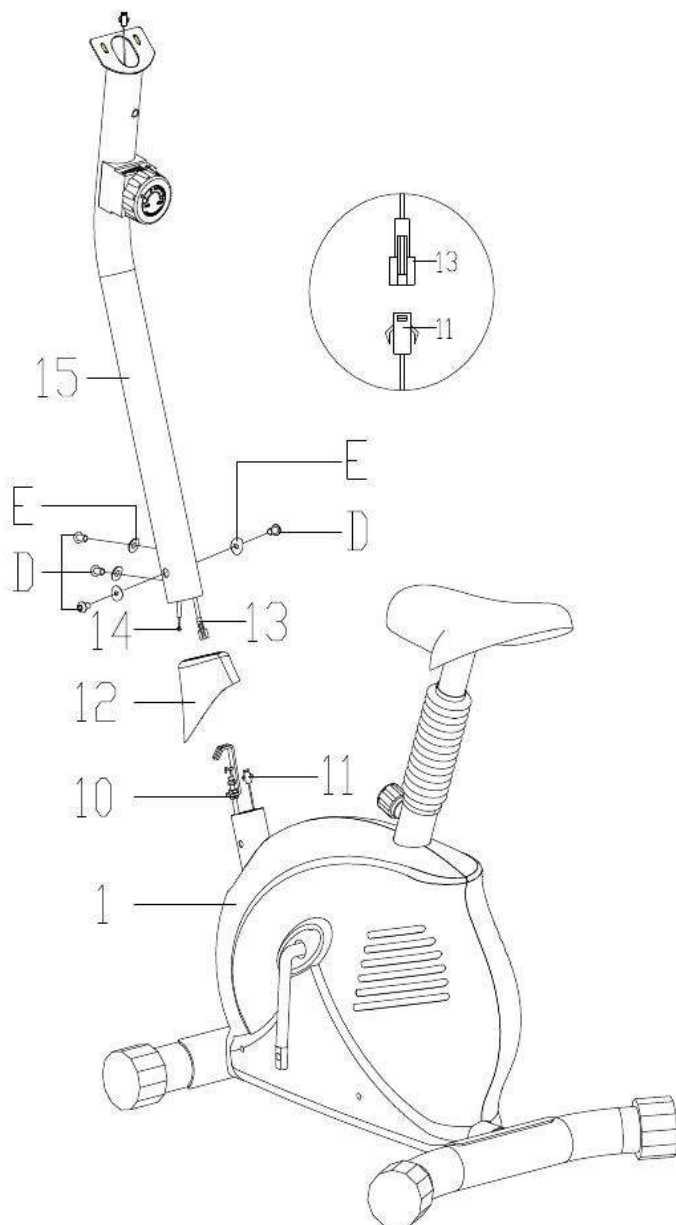
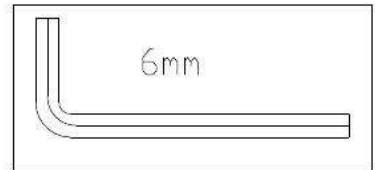
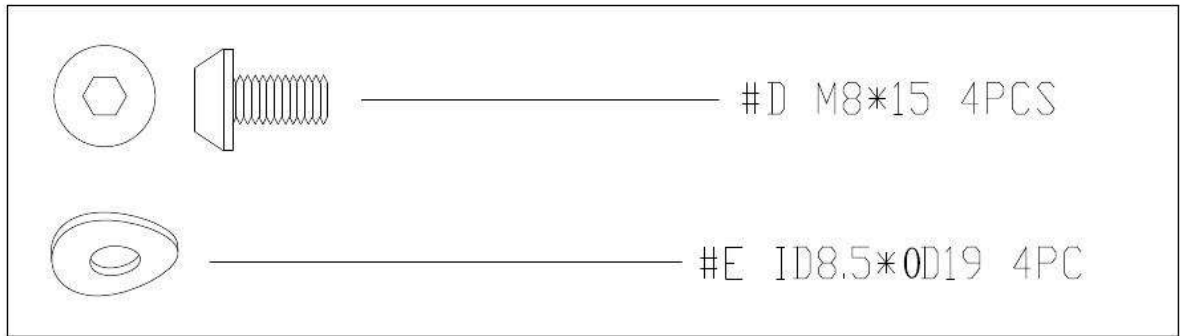
STEP 2



1. Attach the Saddle (9) to Saddle Post (8) with Nylon Lock Nut (28) and Washer (29) and tighten.
2. Insert the Saddle Post (8) through the Extent Cover (7).
3. Attach the Saddle Post (8) to Main Frame (1) with Knob (F) then tighten.

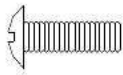


STEP 3

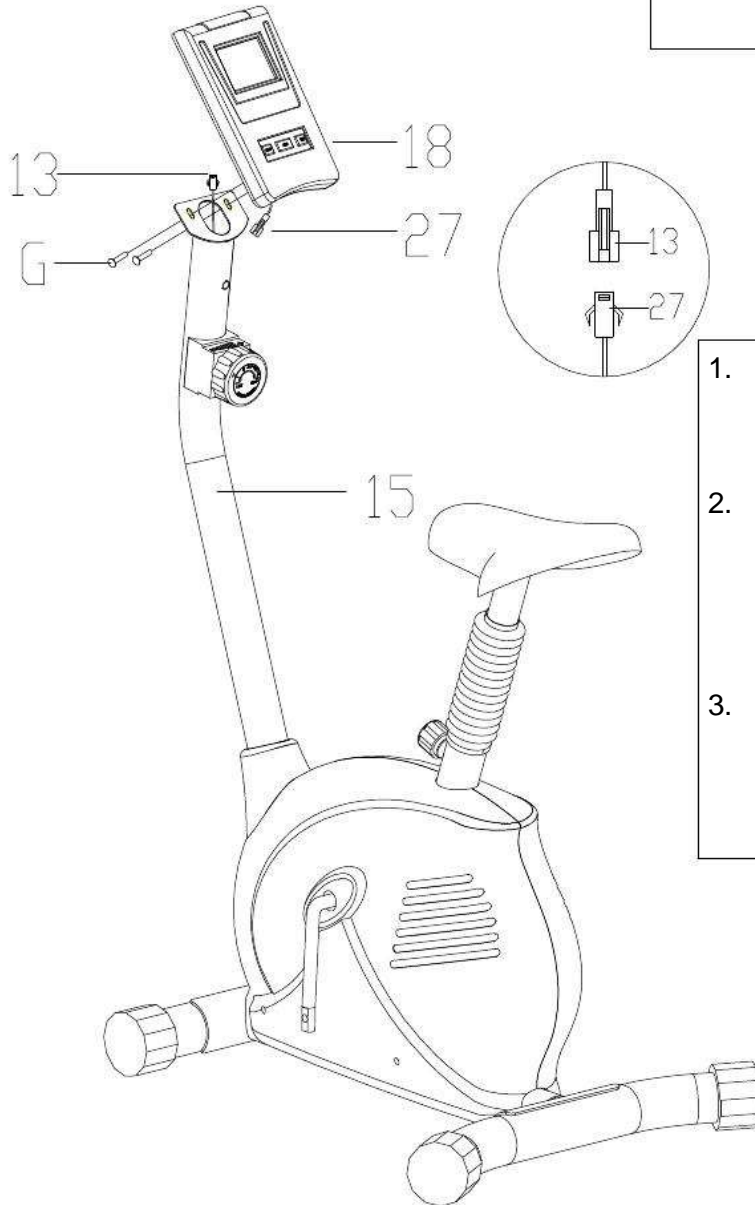
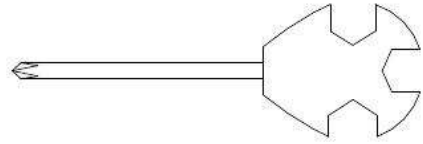


1. Connect the Sensor Wire Connector (11) and Trunk Line (13), Tension Cable (10) and Tension Wire (14).
2. Insert the Handlebar Post into the Main Frame (1) with Handlebar Post (15)
3. Attach the Handlebar Post (15) into the Main Frame (1) with Bolt (D) and Arc Washer (E) then tighten.

STEP 4

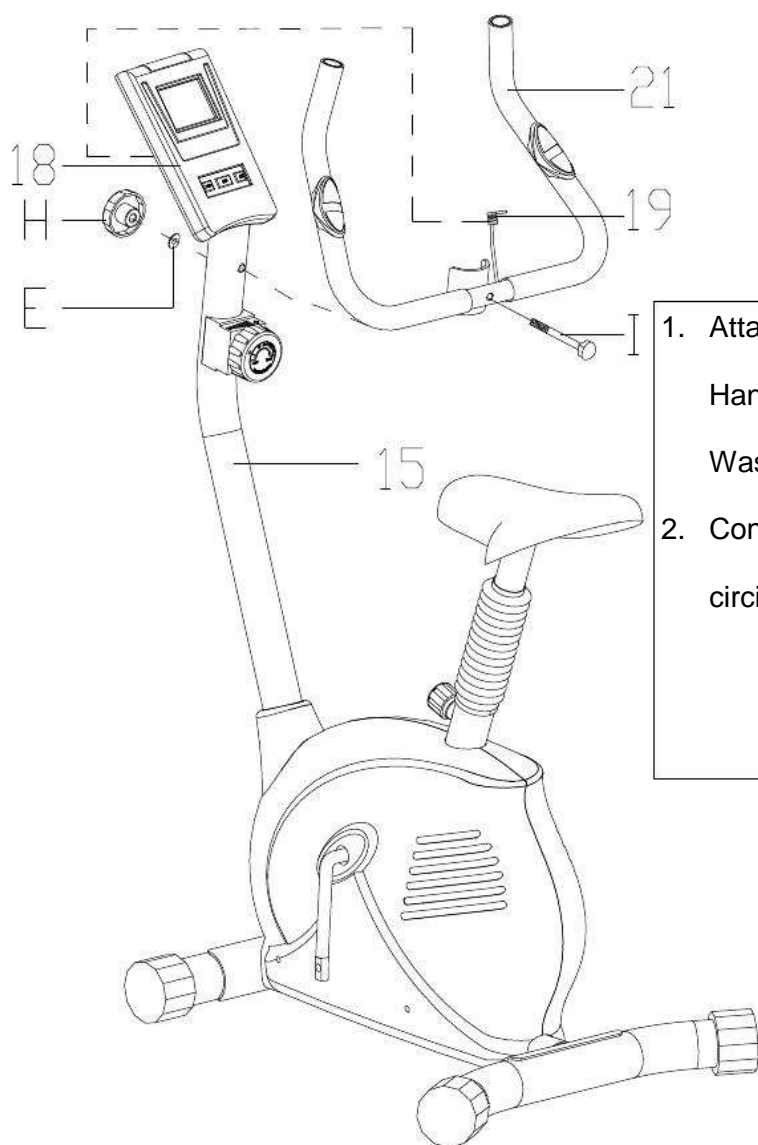
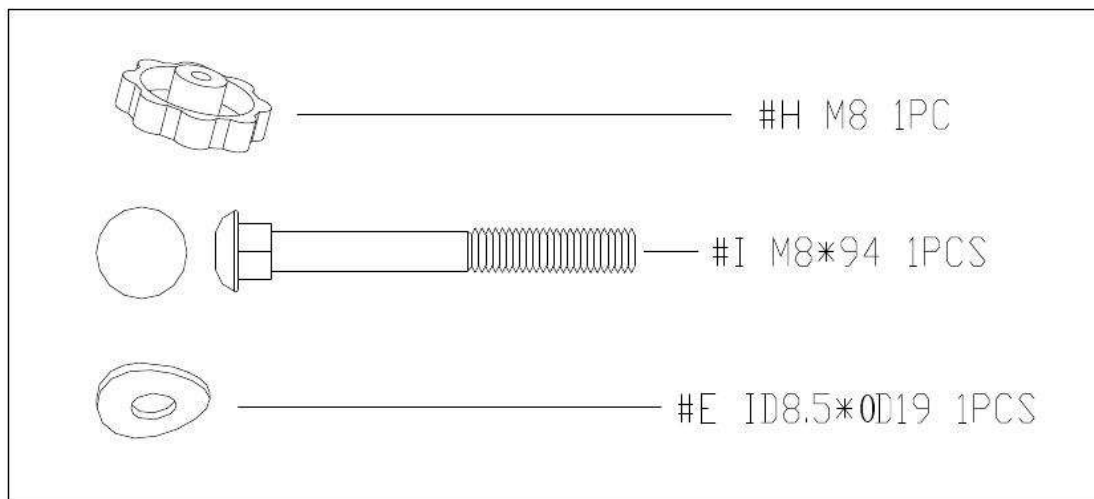


#G M5*15 2PCS



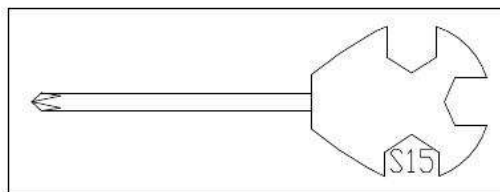
1. Connect the Trunk Line (13) and Computer Wire (27)
2. Place the Computer (18) onto the Handlebar Post (15)
3. Attach the Computer (18) to Handlebar Post (15)

STEP 5

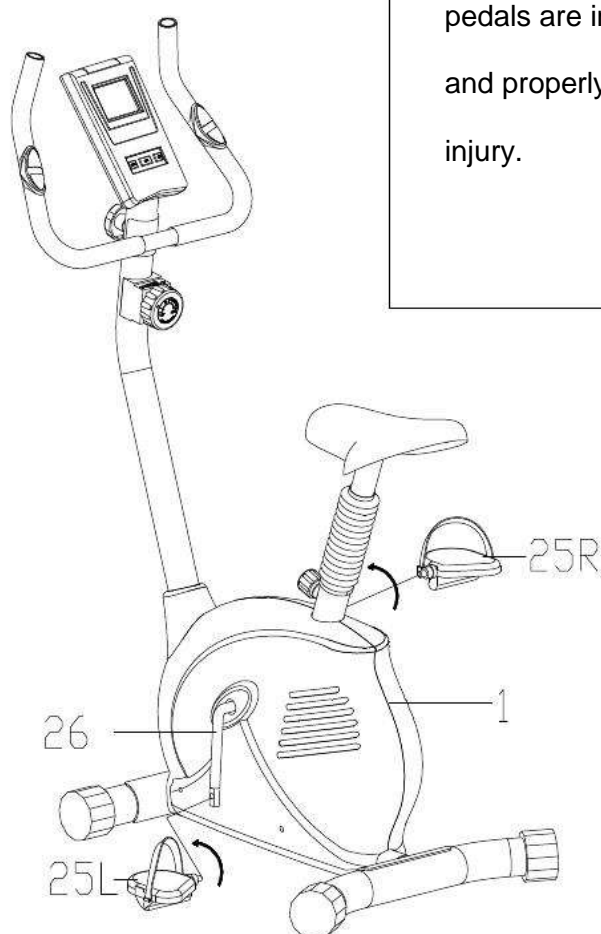


1. Attach the Handle (21) to the Handlebar Post (15) with Bolt (I), Arc Washer (E) and Knob (H) and tighten
2. Connect the Handle Pulse Wire's circular pin and Computer hole.

STEP 6

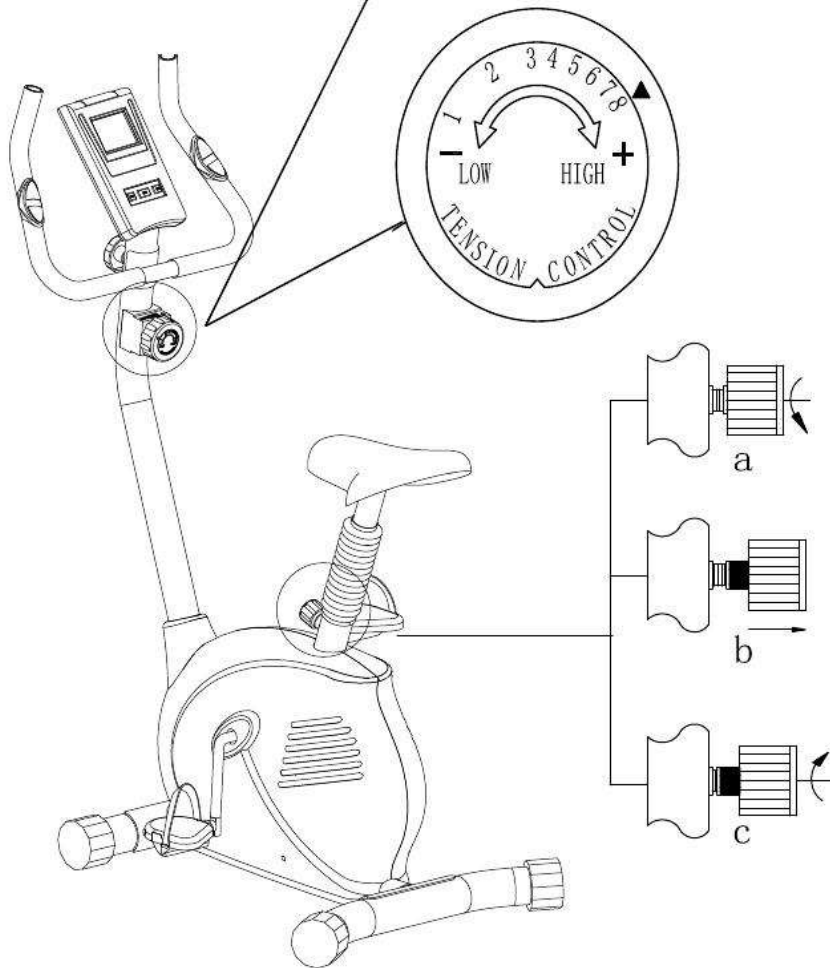


1. Tighten the Pedals (R & L) (25) to Main Frame (1). Ensure that the pedals are in the correct position and properly tightened to prevent injury.



STEP 7

Level 1 – lowest level of magnetic resistance
Level 8 – highest level of magnetic resistance



Seat Height Adjustment:

1. Turn the knob approximately three circles anti- clockwise
2. Pull the knob out with one hand and move the seat post to the desired place with the other.
3. Let go of the knob so it clicks back into place. Then tighten the knob but turning it clockwise

3. 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

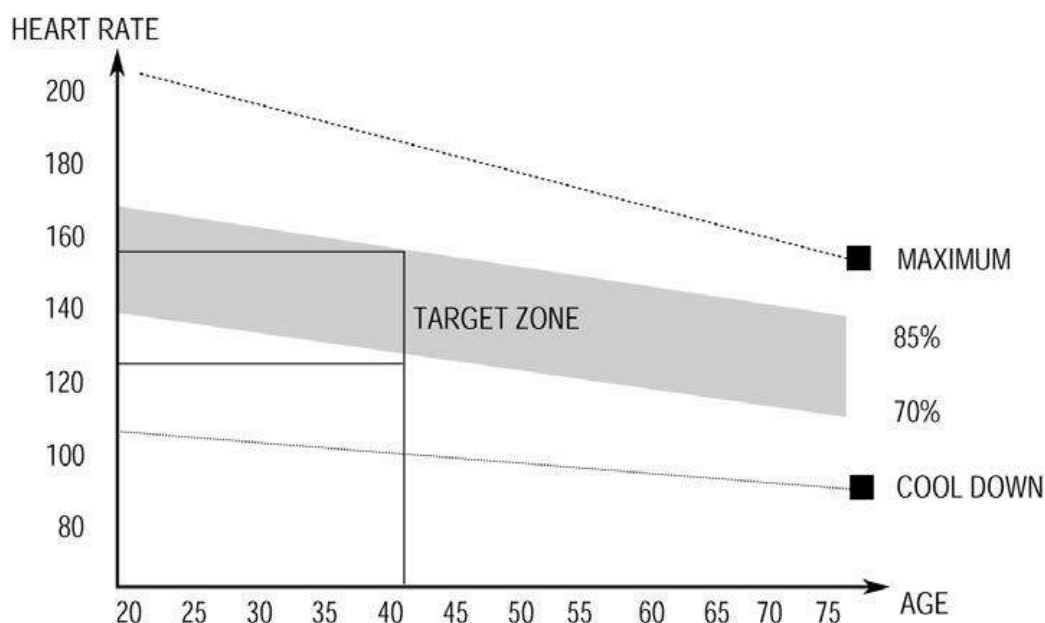
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise-never hold your breath.

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

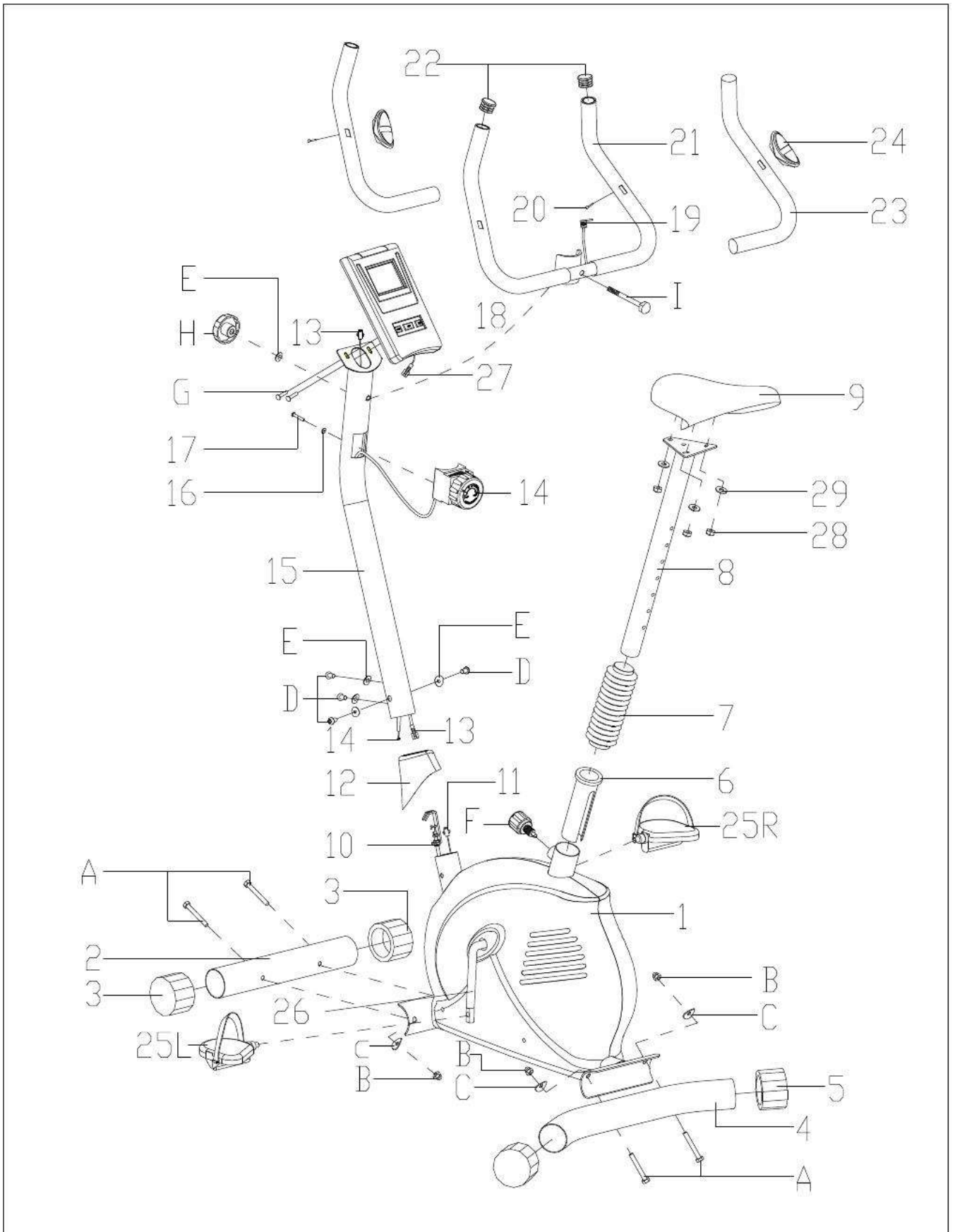


THIS IS HOW YOUR PULSE SHOULD BEHAVE DURING GENERAL FITNESS EXERCISE.

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.

4. EXPLODED DIAGRAM



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.lifespanonline.com.au/Warranty-Policy>