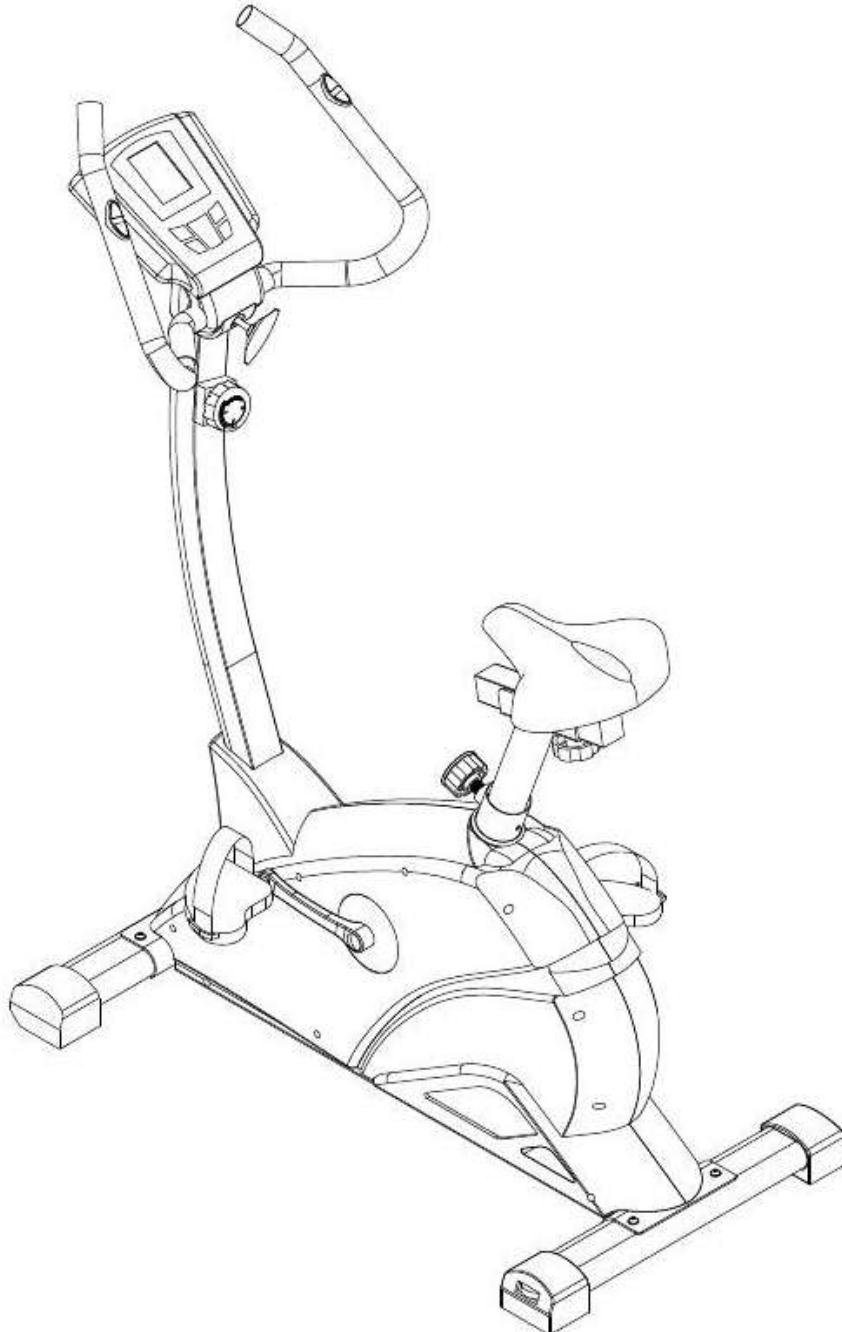


LifeSPAN

EXER 65 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

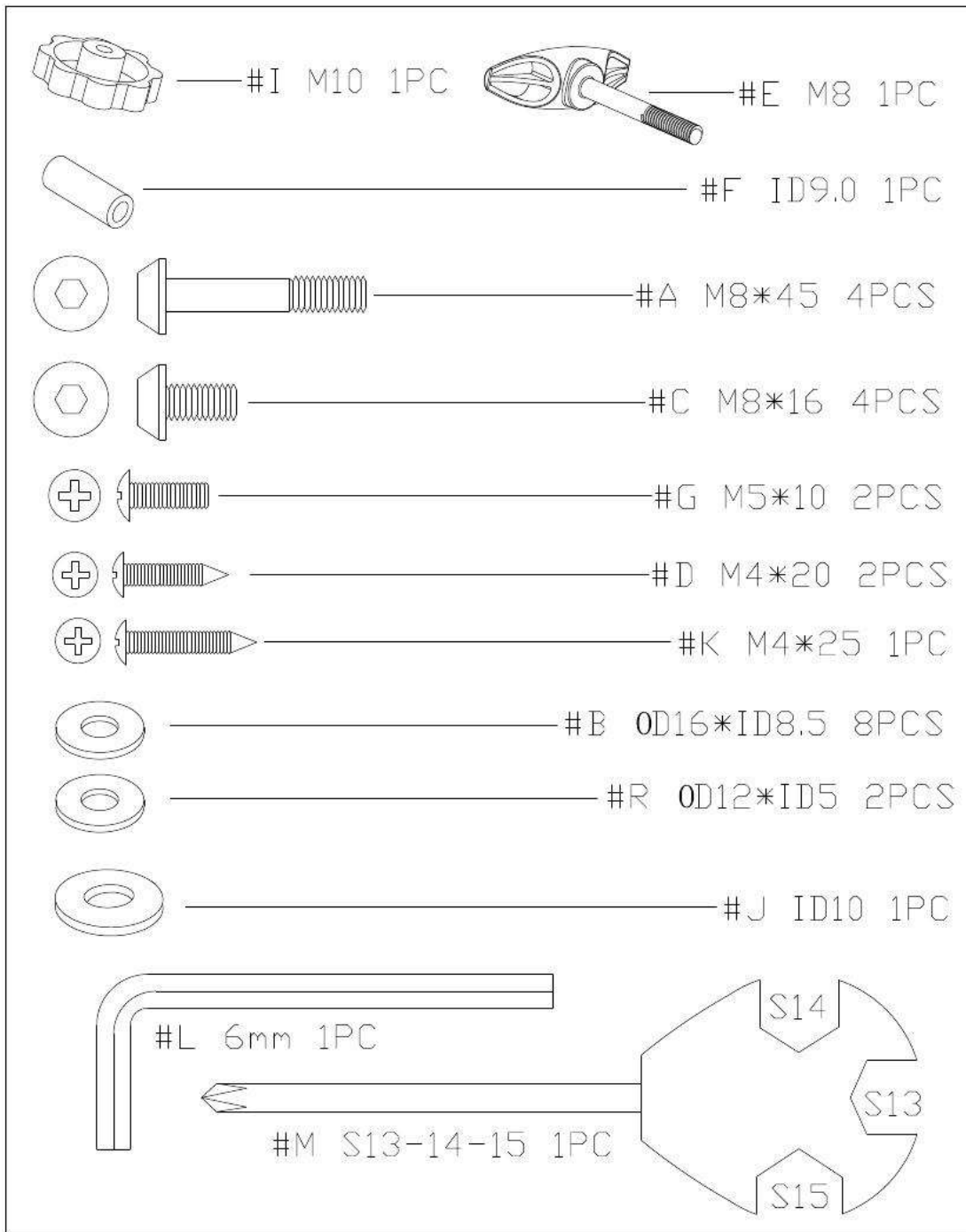
1.	IMPORTANT SAFETY INSTRUCTIONS	3
2.	ASSEMBLY INSTRUCTIONS	4
3.	EXERCISE GUIDE	12
4.	PARTS LIST	14
5.	WARRANTY	15

1. IMPORTANT SAFETY INSTRUCTIONS

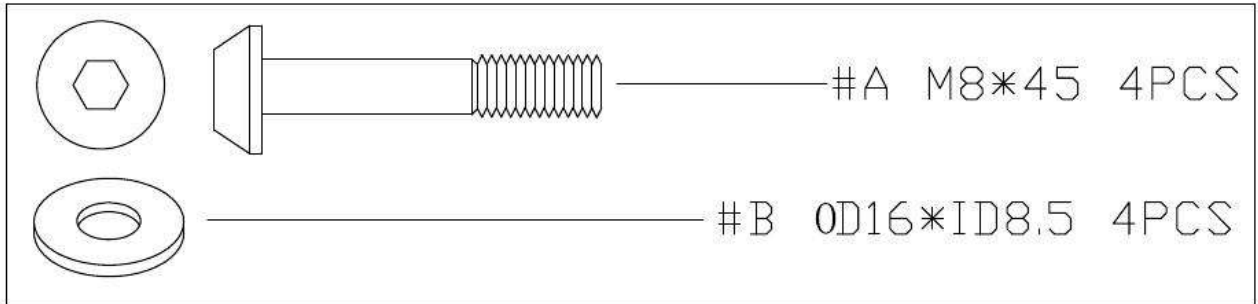
WARNING - Read all instructions before using this machine.

- 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

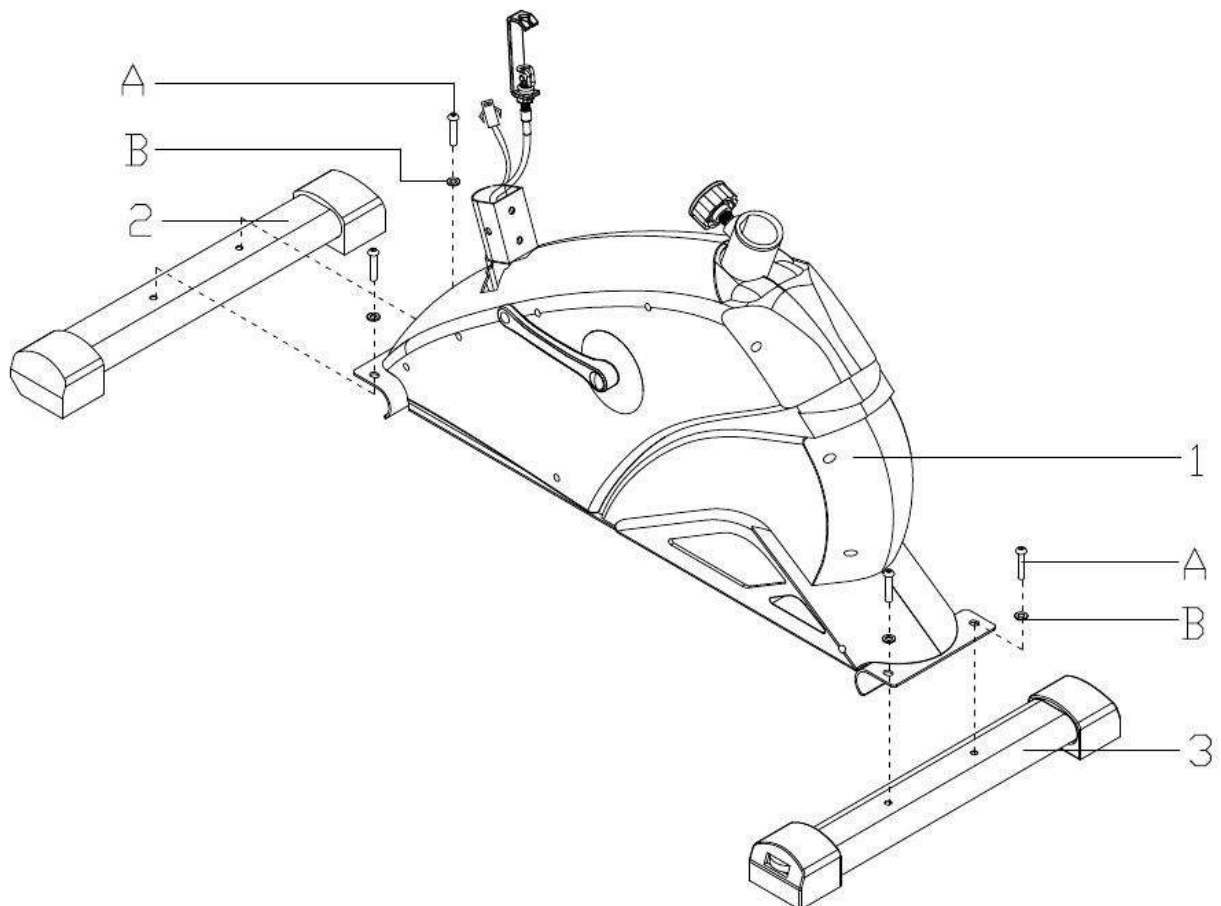
2. ASSEMBLY INSTRUCTIONS



STEP 1

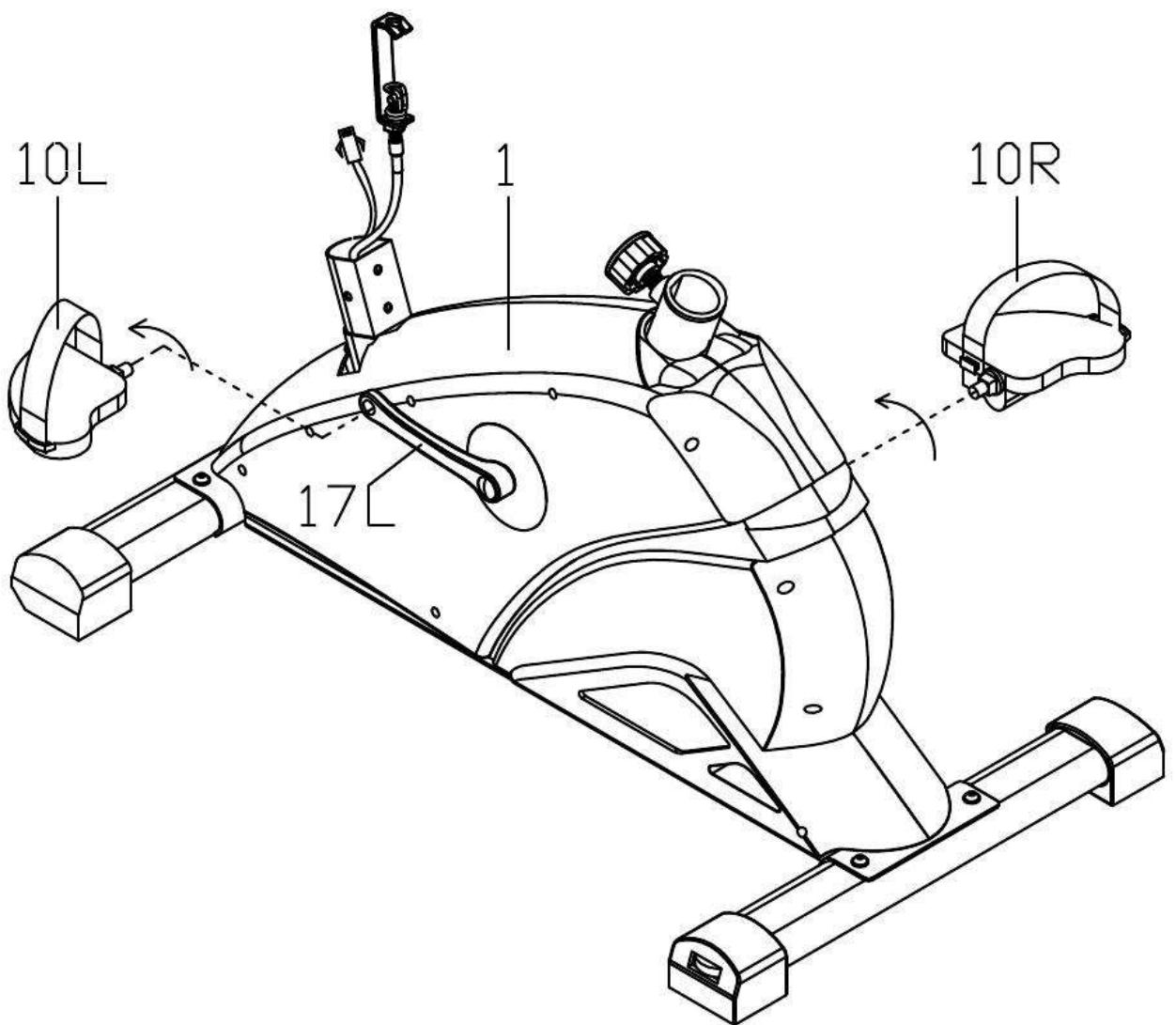
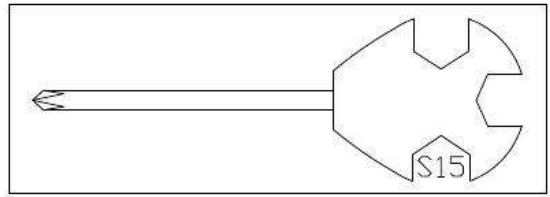


1. Attach the front bottom tube and back bottom tube to the main frame
2. Tighten the bottom tube with wrench (#L), bolt (#A) and washer (#B)

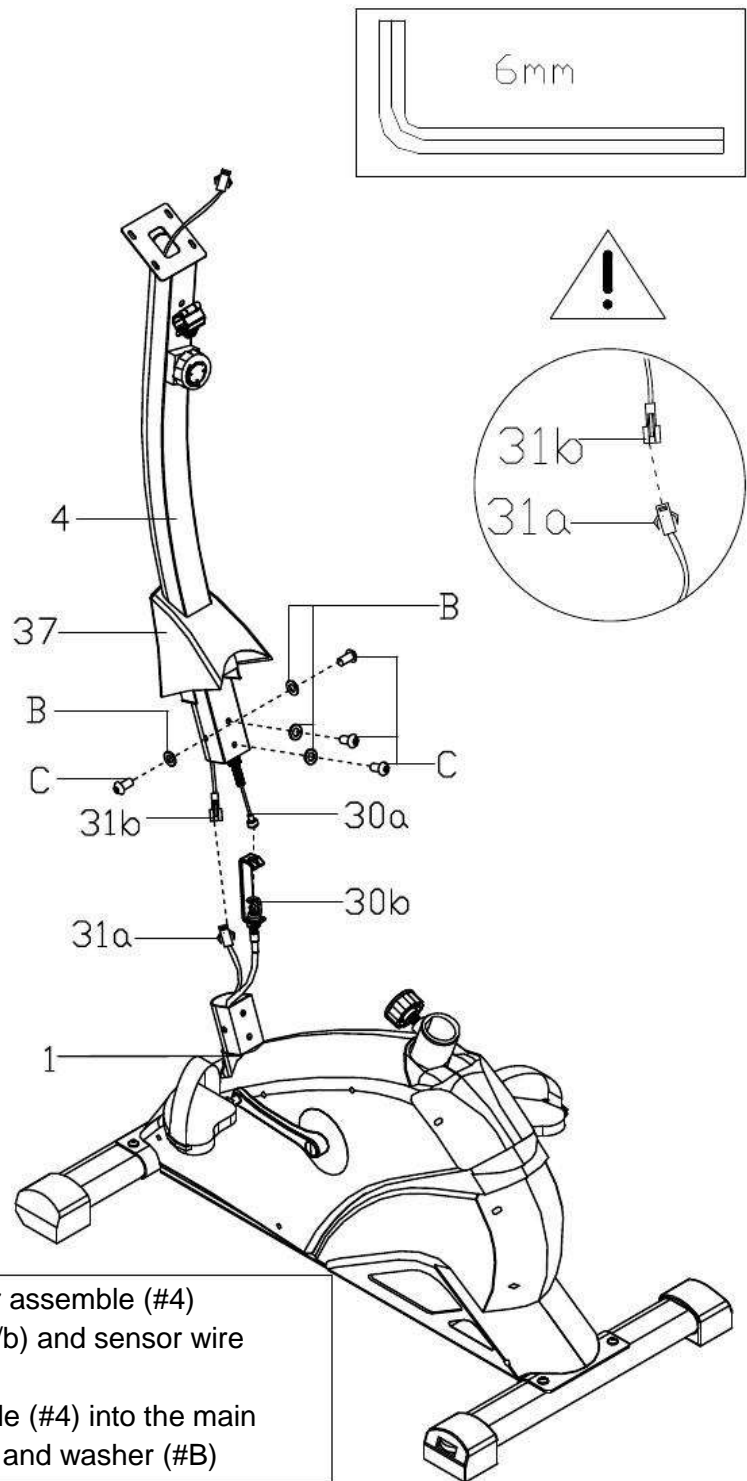
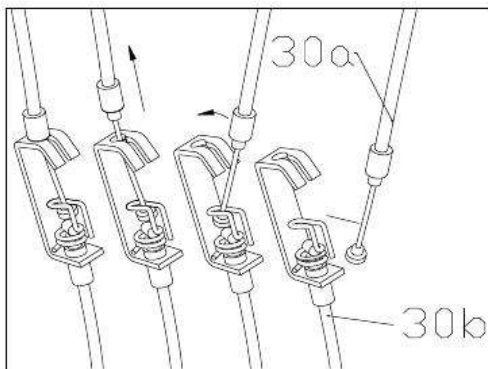
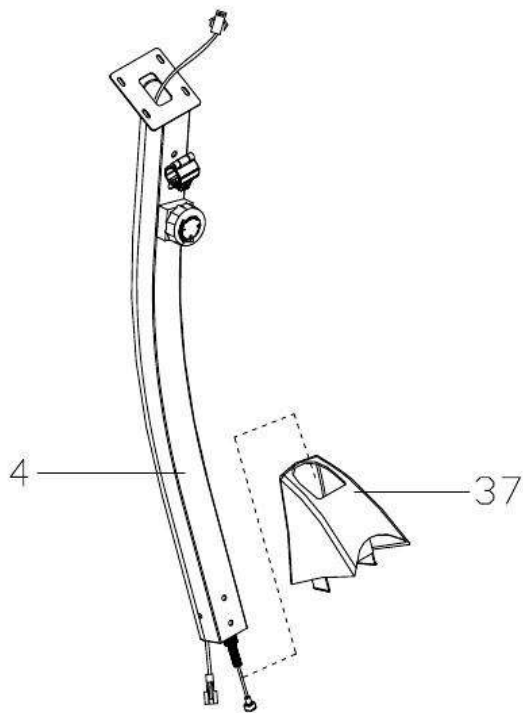
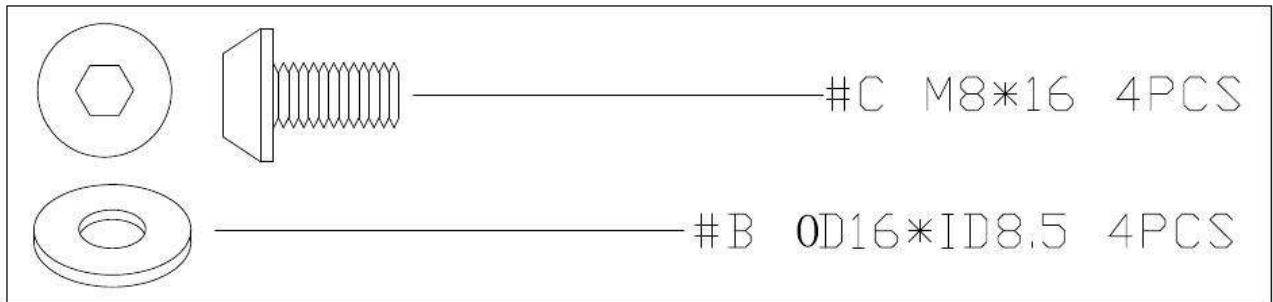


STEP 2

1. Tighten the pedal (#10L/R) with wrench (#M) according to the picture


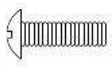



STEP 3

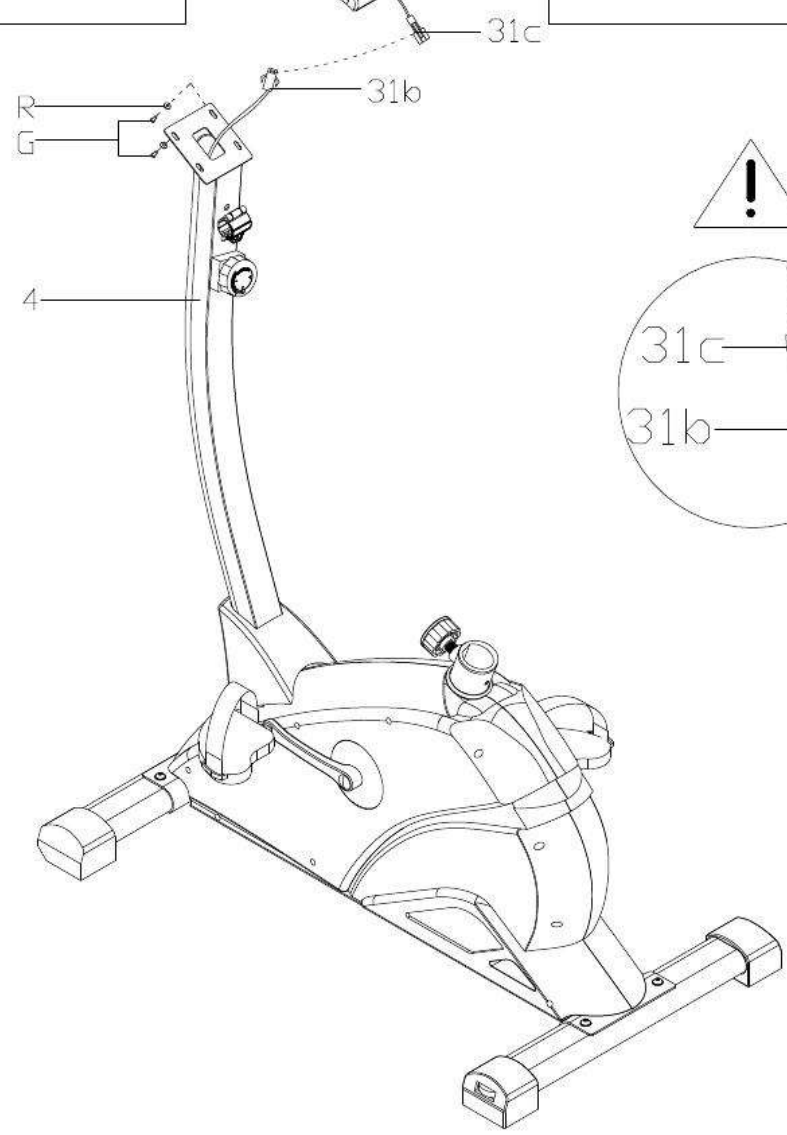
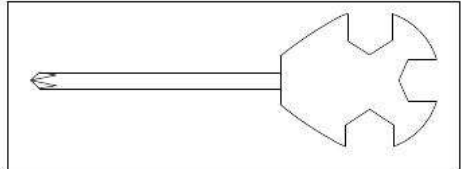
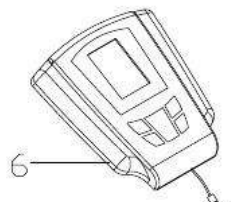


1. Attach the cover (#37) to the handlebar assemble (#4)
2. Connect the tension knob, cable (#30a/b) and sensor wire (#31a/b), according to the picture.
3. Lift cover, insert the handlebar assemble (#4) into the main frame (#1); tighten them with bolt (#C) and washer (#B)

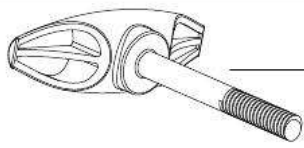
STEP 4

		#G M5*10 2PCS
		#R OD12*ID5 2PCS

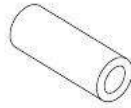
The screws (#G) are available in the computer bracket (#6).



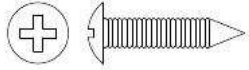
STEP 5



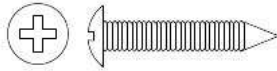
#E M8 1PC



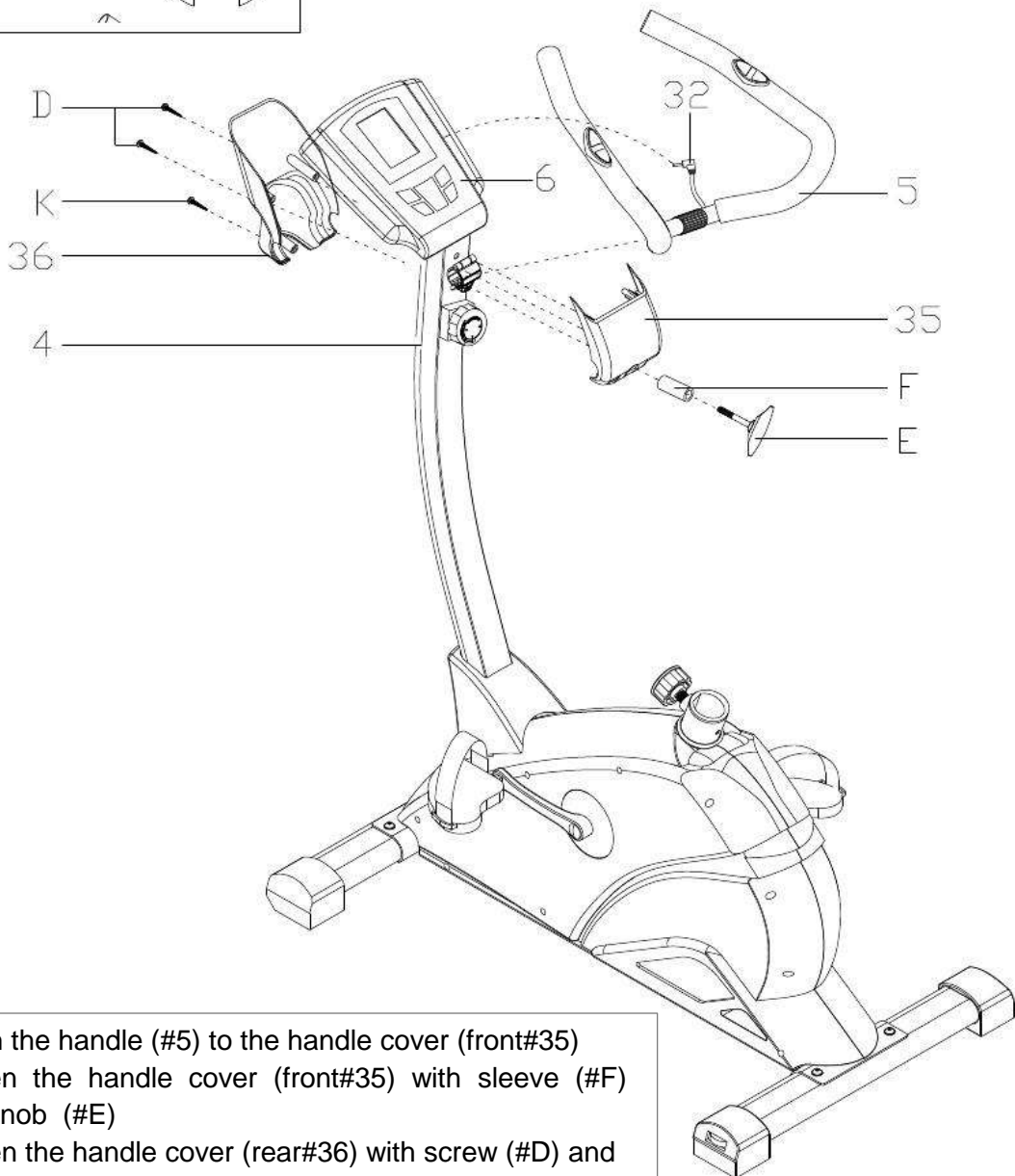
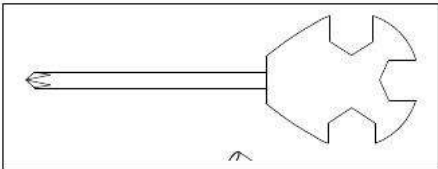
#F ID9.0 1PC



#D M4*20 2PCS

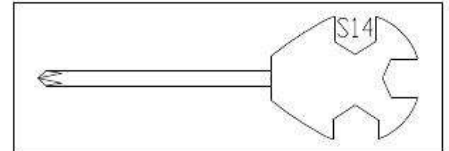
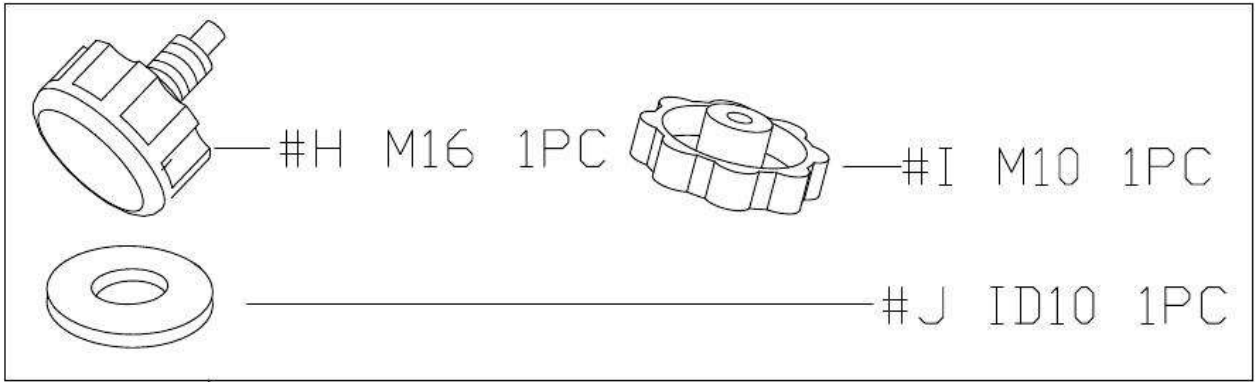


#K M4*25 1PC

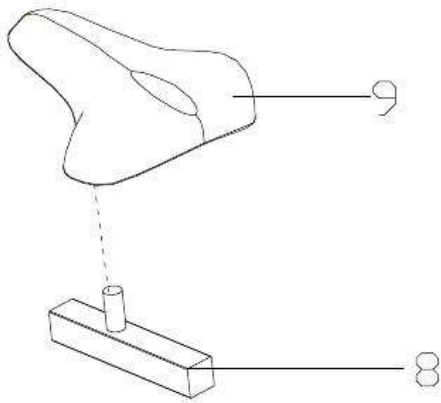


1. Attach the handle (#5) to the handle cover (front#35)
2. Tighten the handle cover (front#35) with sleeve (#F) and knob (#E)
3. Tighten the handle cover (rear#36) with screw (#D) and screw (#K).

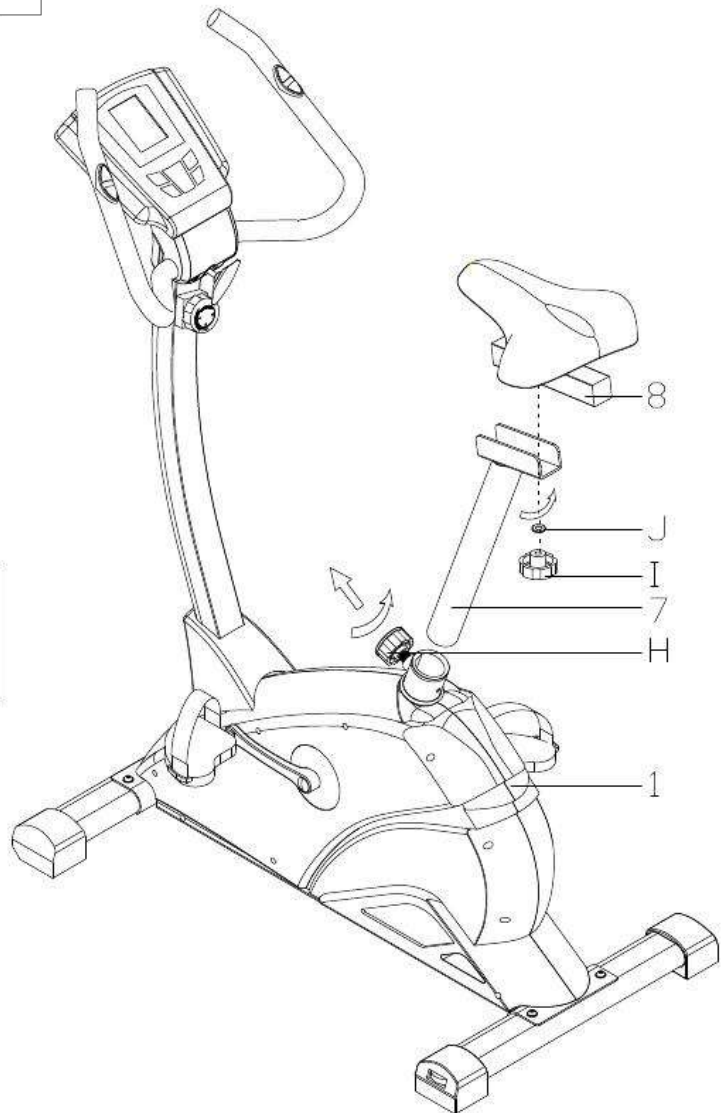
STEP 6



The knob (#H) is available in the main frame



1. Attaching saddle (#9) to saddle tube (#8)
2. Please secure tightly using tool S14

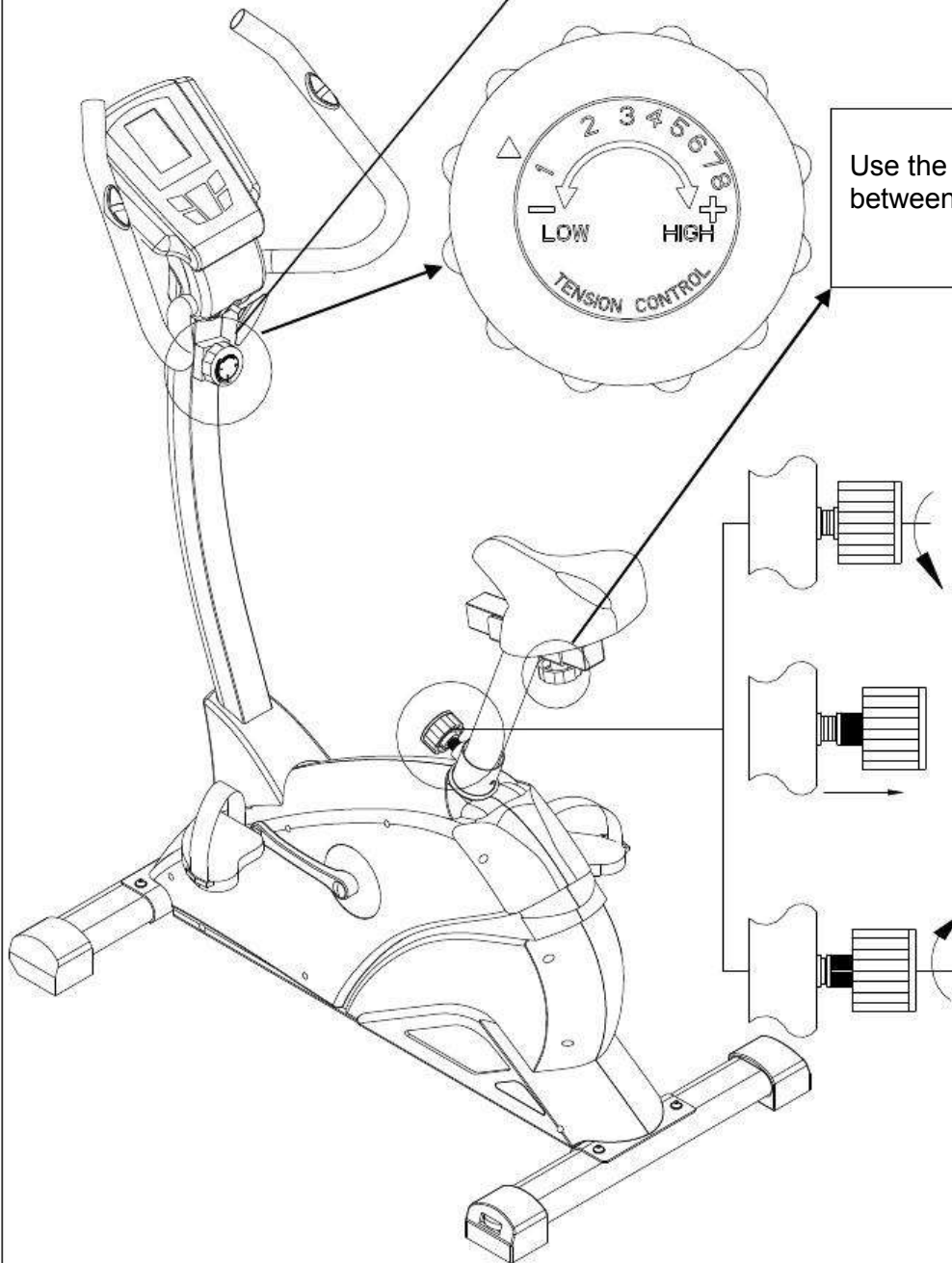


Level 1: Lowest level of magnetic resistance
Level 8: Highest level of magnetic resistance

Use the knob to adjust the distance between the handle bar and the saddle

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 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

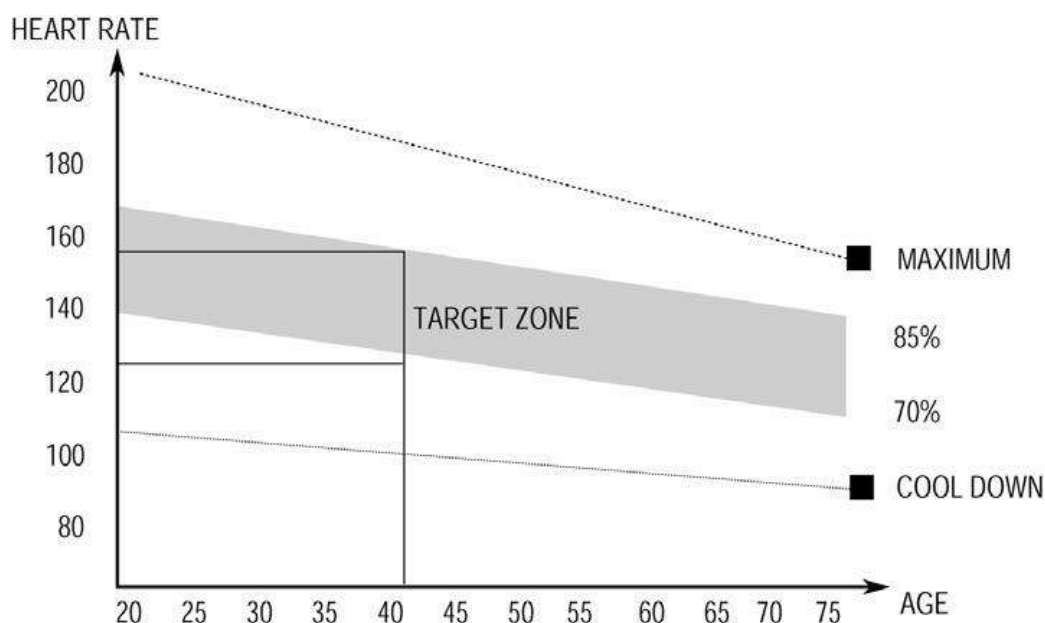
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise-never hold your breath.

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.

4.PARTS LIST

NO	DESCRIPTION	QTY	NO	DESCRIPTION	QTY
A	BOLT M8*45	4	28	SCREW M3*10	2
B	WASHER ID8.5*OD16	8	29	ARC WASHER	1
C	BOLT M8*16	4	30a,b	TENSION KNOB AND CABLE	1
D	SCREW M4*20	2	31a,b,c	SENSOR WIRE	1set
E	KNOB M8	1	32	HANDLE PULSE WIRE	1
F	SLEEVE	1	33	END CAP	2
G	SCREW M5*10	2	34	U STYPE BUSHING	1
H	KNOB M16	1	35	HANDLE COVER (FRONT)	1
I	KNOB M10	1	36	HANDLE COVER (REAR)	1
J	WASHER ID10	1	37	COVER	1
K	SCREW M4*25	1	38	SPONGE TUBE	2
1	MAIN FRAME	1	39	END CAP	2
2	FRONT BOTTOM TUBE	1	40	PULSE COMPUTER	2
3	BACK BOTTOM TUBE	1	41	WASHER ID4.2	2
4	HANDLEBAR POST ASSEMBLE	1	42	WASHER	1
5	HANDLE	1	43	WASHER	4
6	COMPUTER	1	44	END CAP WITH WHEEL	2
7	SADDLE POST	1	45	SCREW	4
8	SADDEL TUBE ASSEMBLE	1	46	END CAP	2
9	SADDLE	1	47	STRAIN RELIEF BUSHING	1
10R,L	PEDAL (RIGHT &LEFT)	2	48	SCREW	2
11R,L	COVER (RIGHT &LEFT)	2	49	NUT	2
12	PLASTIC COVER	2	50	MAGNET SET	1
13	SCREW	1	51	NUT	2
14	SCREW	15	52	NUT	2
15	END CAP	2	53	BOLT	1
16	BOLT	2	54	BEARING SLICE	1
17R,L	CRANK (RIGHT &LEFT)	2	55	BOLT	1
18	BOLT M6*15	4	56	SPRING	1
19	SHAFT	1	57	PULLEY	2
20	BELE ROLLER	1	58	SPRING WASHER ID6	4
21	BELT	1	59	WASHER	1
22	NUT M6	4	60	BOLT	1
23	SLEEVE	1	61	NUT M8	2
24	SPRING WASHER	1	62	WASHER ID8.5*OD20	1

25	PULLEY	2	63	WASHER ID8.5*OD225	1
26	SEAT POST BUSHING	1	L	WRENCH S6	1
27	PLASTIC BUSHING	1	M	WRENCH S13-14-15	1
R	WASHER ID5*OD12	2			

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>