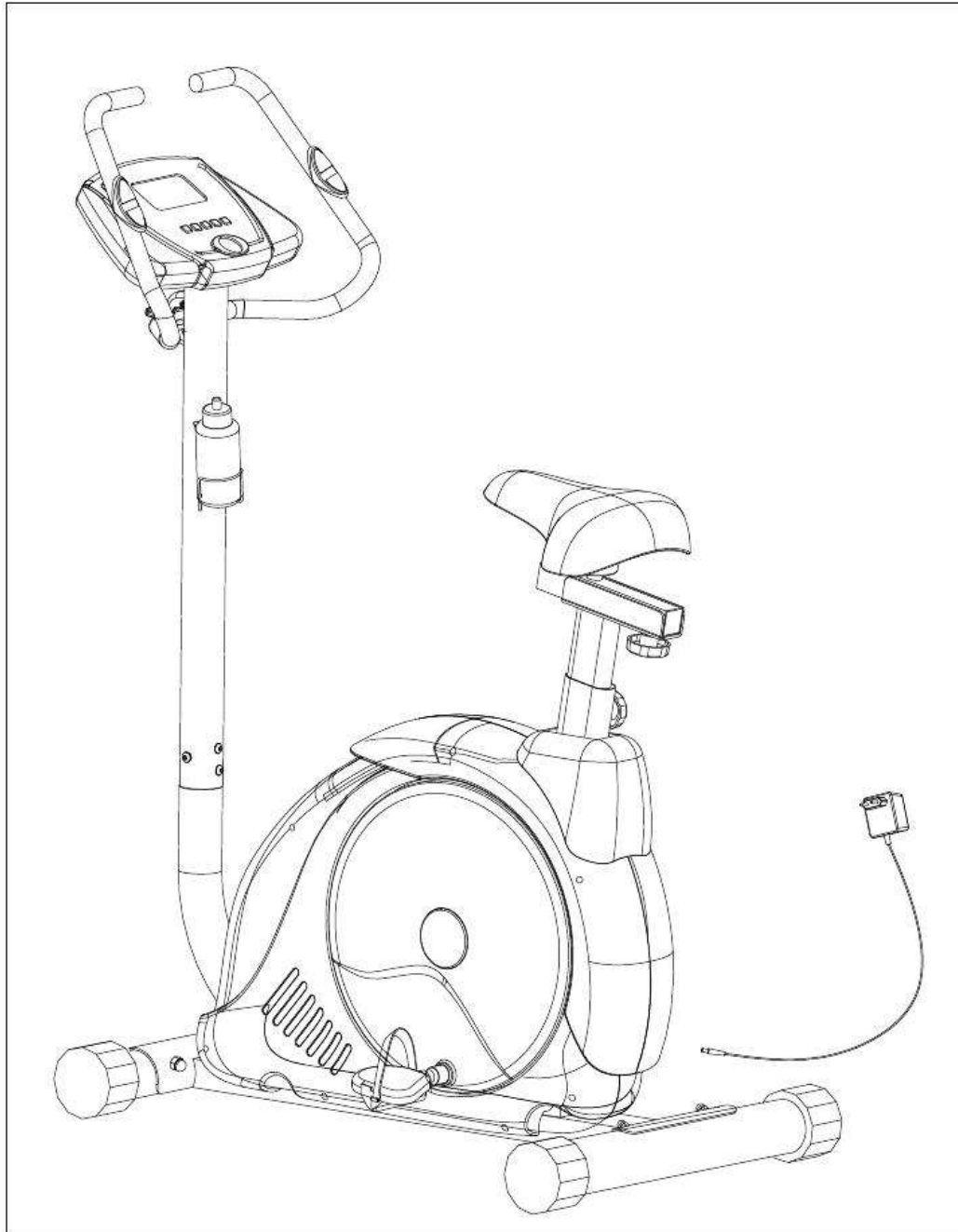


# LifeSPAN

## EXER 75 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

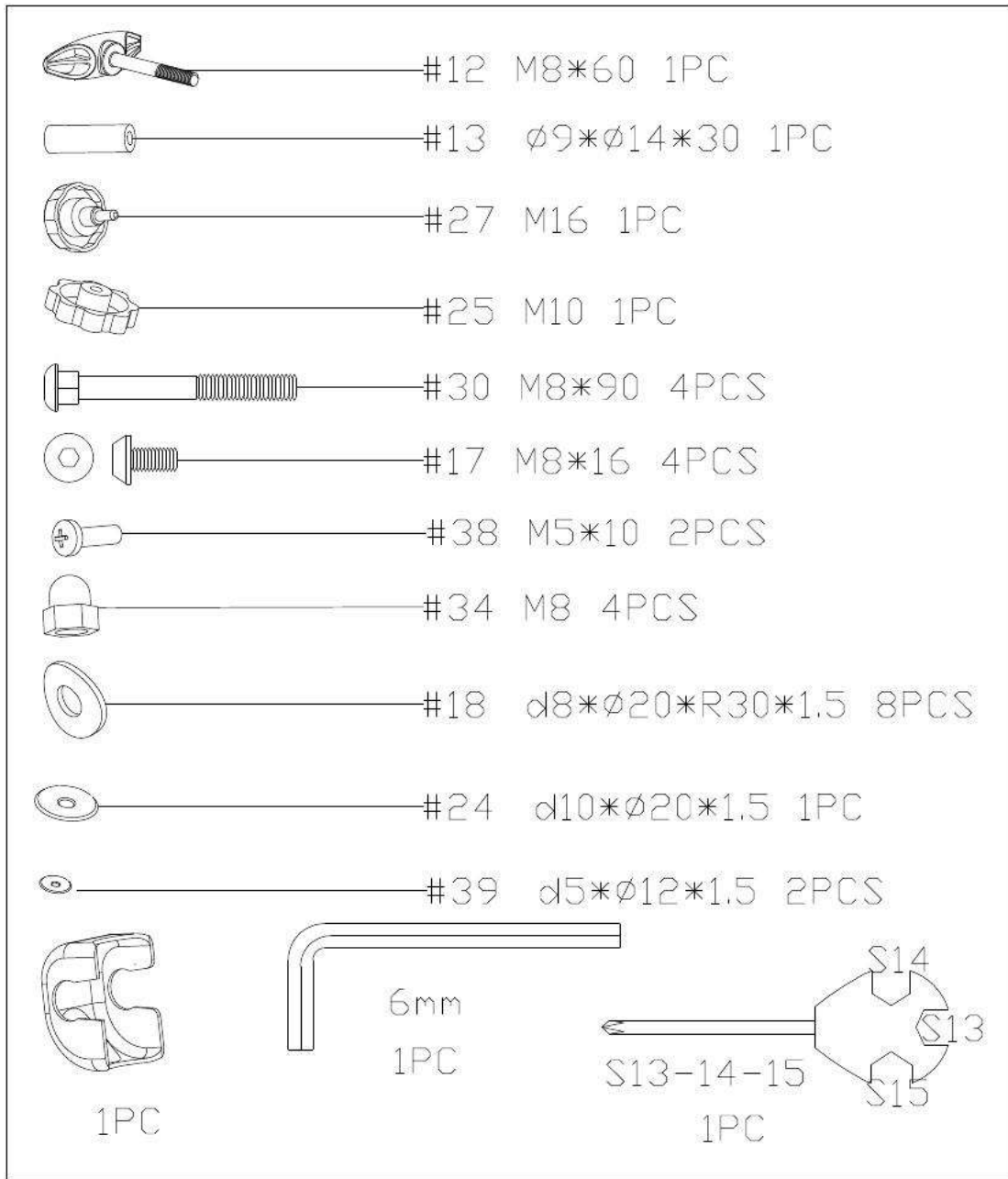
- 1. IMPORTANT SAFETY INSTRUCTIONS \_\_\_\_\_ 3
- 2. ASSEMBLY INSTRUCTIONS \_\_\_\_\_ 4
- 3. EXERCISE GUIDE \_\_\_\_\_ 10
- 4. PARTS LIST \_\_\_\_\_ 12
- 5. WARRANTY \_\_\_\_\_ 13

# 1. IMPORTANT SAFETY INSTRUCTIONS

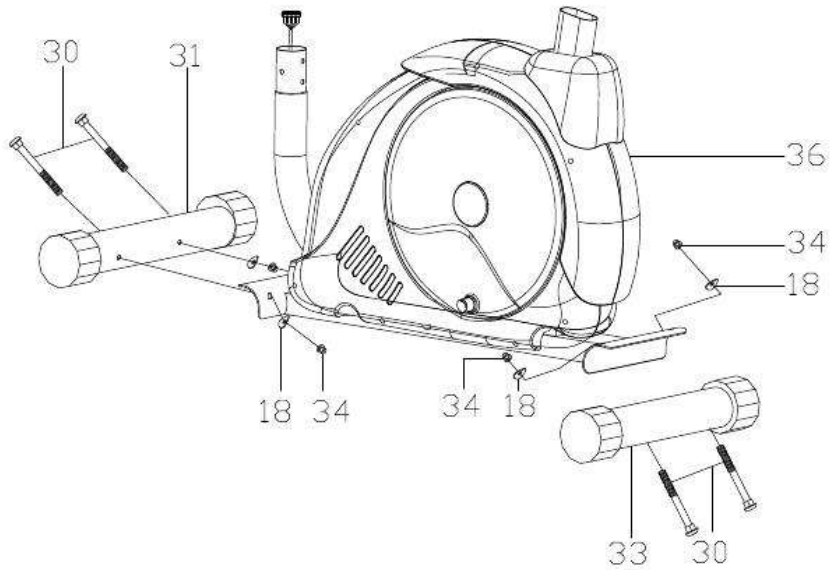
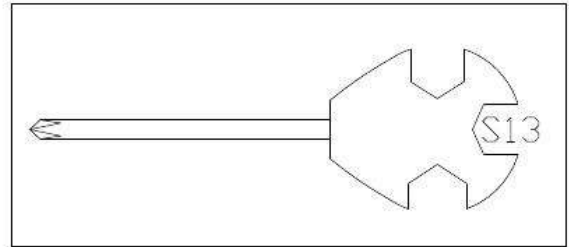
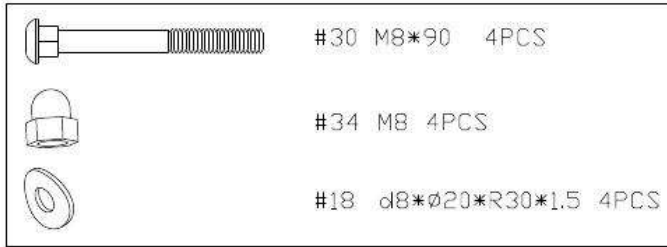
**WARNING** - Read all instructions before using this machine.

- 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






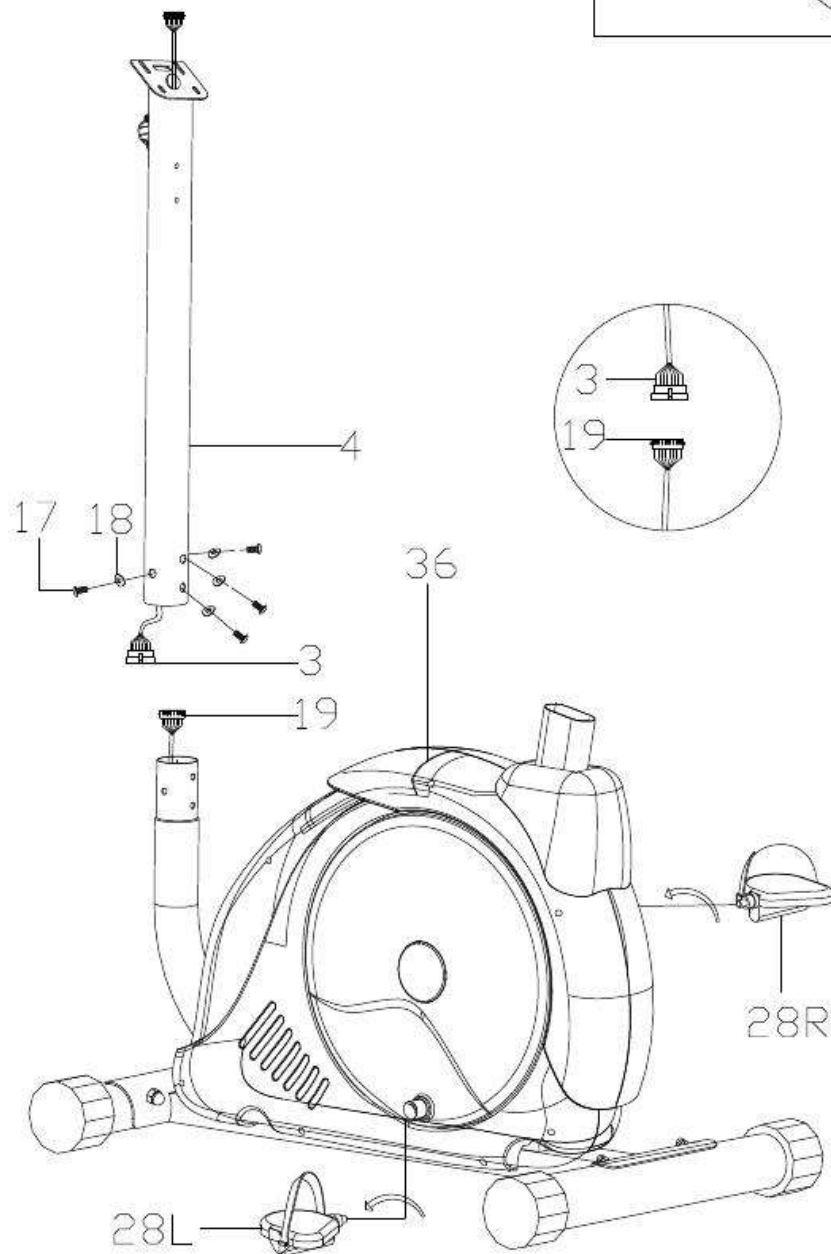
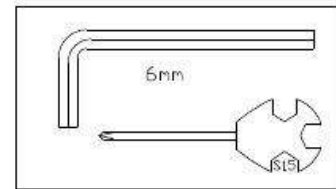
## STEP 1



Secure the front bottom tube (31) and rear bottom tube (33) to the main frame (36) with Bolt (30), washer (18) and nut (34).






## STEP 2

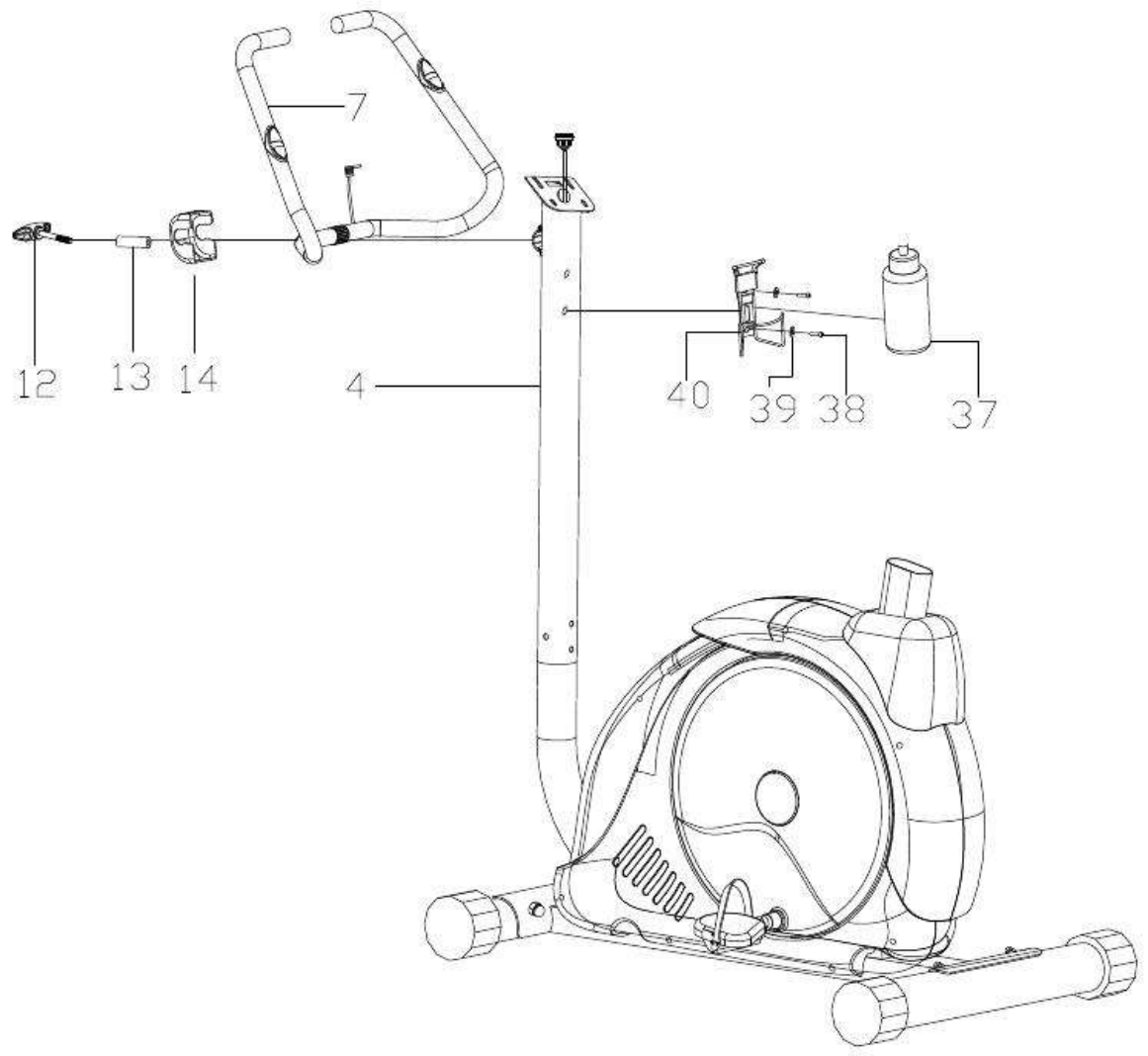
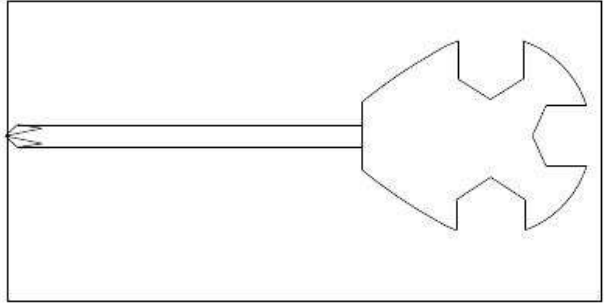
		#17 M8*16 4PCS
		#18 d8*Ø20*R30*1.5 4PCS



1. Connect t trunk wire (3) and trunk wire (19)
2. Lock handlebar post (4) to main frame (36) with bolt (17) and washer (18).
3. Lock L/R peddle (28 L/R) to main frame (36).

### STEP 3

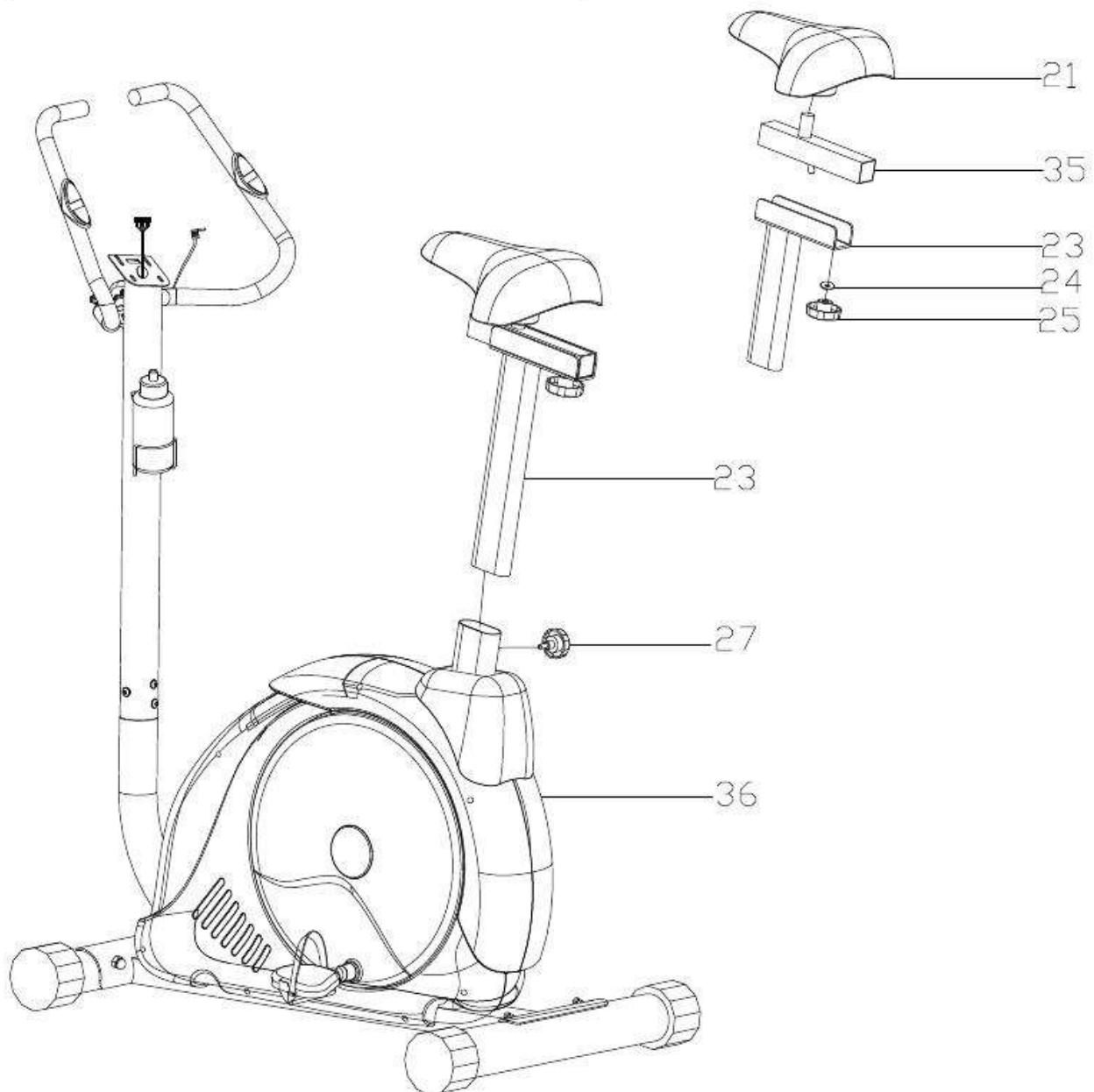
	#12 M8*60 1PC
	#13 $\varnothing 9 * \varnothing 14 * 30$ 1PC
	#14 1PC
	#38 M5*10 2PCS
	#39 $\varnothing 5 * \varnothing 12 * 1.5$ 2PCS



1. Attach handlebar join (7) to handlebar post join (4) with knob (12), spacer (13) and clamp cover (14)
2. Attach the bottle shelf (40) to the main frame (4) with bolt (38) and washer (39).

## STEP 4

	#24	d10*Ø20*1.5	1PC
	#25	M10	1PC
	#27	M16	1PC



1. Attach the saddle post (23) to the main frame (36) with knob (27).
2. Attach the horizontal saddle post (35) to the saddle post (23) with knob (25) and washer (24).
3. Attach the saddle (21) to the horizontal saddle post (35).



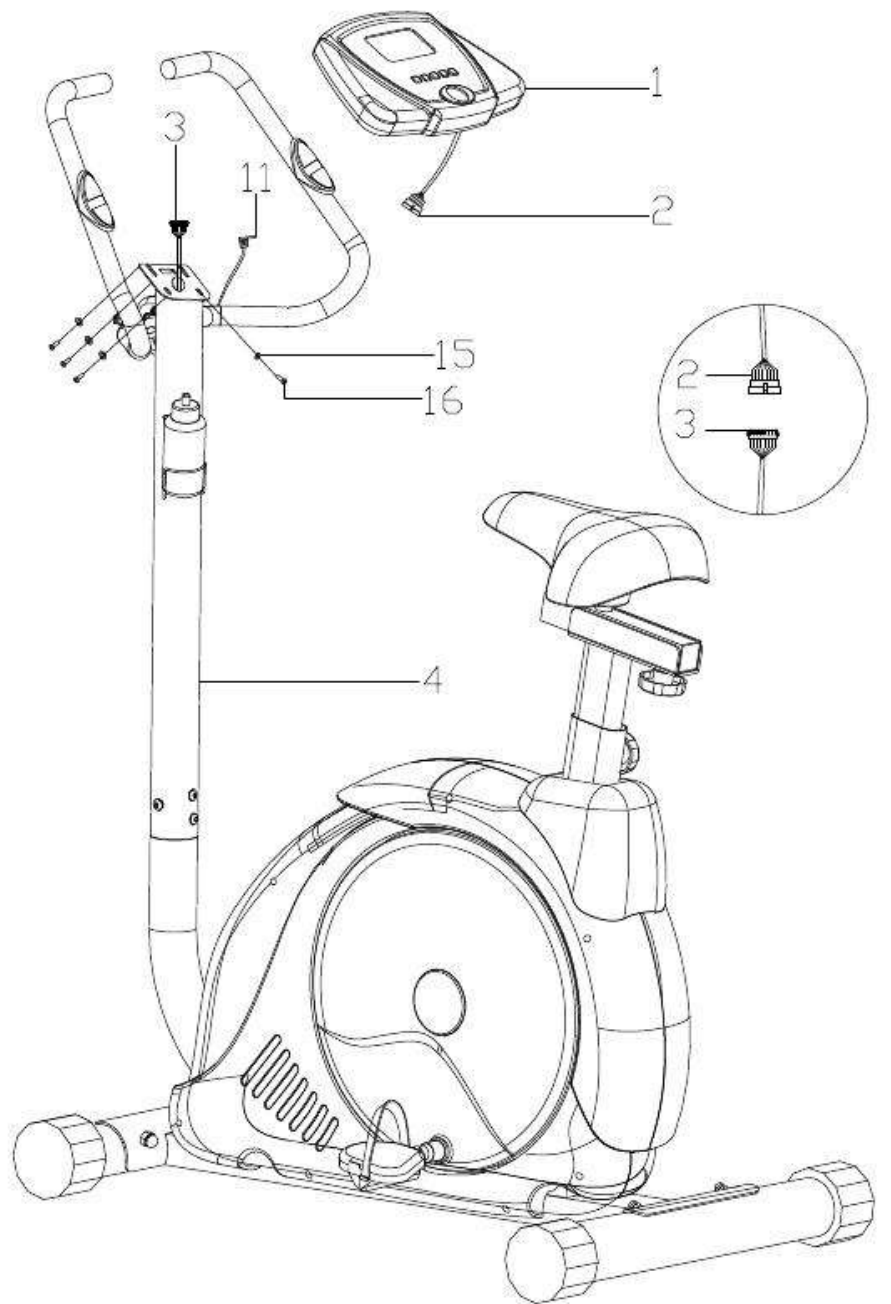
## STEP 5



#16 M4\*12 4PCS



#15  $\phi 4 * \phi 12 * 1$  4PCS



1. Connect computer wire (2) and trunk wire 1(3).
2. Lock display (1) to handlebar post with bolt (16) and washer (15) , then attach hand pulse wire to back of display (1)
3. Please remember to connect the power supply to the machine and your wall socket

### 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.

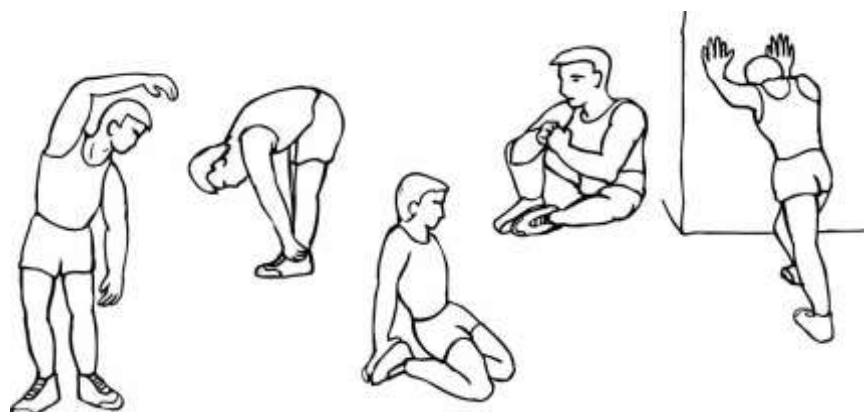
Exercising is great way to control your weight, improving your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

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

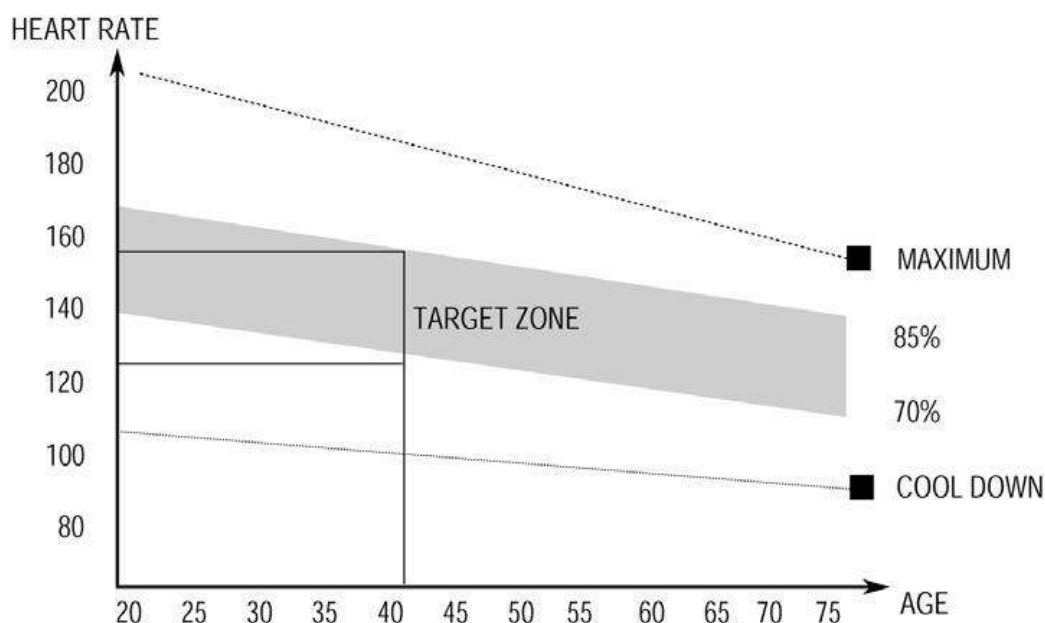
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise-never hold your breath.

### 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.PARTS LIST

NO	DESCRIPTION	QTY
1	Computer	1
2	Computer wire	1
3	Trunk wire 1	1
4	handlebar post	1
5	Foam	2
6	Hand pulse piece	2
7	Handlebar join	1
8	End cap $\Phi 25*1.5$	2
9	Bolt ST4.2*19	2
10	washer $d6*\Phi 12*1$	2
11	Hand pulse wire	1
12	Knob M8*60	1
13	Spacer $\Phi 9*\Phi 14*30$	1
14	Clamp cover	1
15	Washer $d4*\Phi 12*1$	4
16	Bolt M4*12	4
17	Bolt M8*16	4
18	Washer $d8*\Phi 20*R30*1.5$	8
19	Trunk wire 2	1
20	End cap F38*38*1.5	2

NO	DESCRIPTION	QTY
21	Saddle	1
22	U-shape bracket	1
23	Saddle post join	1
24	Washer $d10*\Phi 20*1.5$	1
25	Knob M10	1
26	Bushing PT80*40*1.5	1
27	Knob M16	1
28	L/R pedal	2
29	End cap	2
30	Bolt M8*90	4
31	Front bottom tube	1
32	End cap	2
33	Rear bottom tube	1
34	Nut M8	4
35	Horizontal saddle post	1
36	Main frame	1
37	Water bottle	1
38	Bolt M5*10	2
39	Washer $d5*\Phi 12*1.5$	2
40	Bottle shelf	1

## 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](http://www.consumerlaw.gov.au)*

Please visit our website to view our full warranty terms and conditions:

<http://www.lifespanonline.com.au/Warranty-Policy>