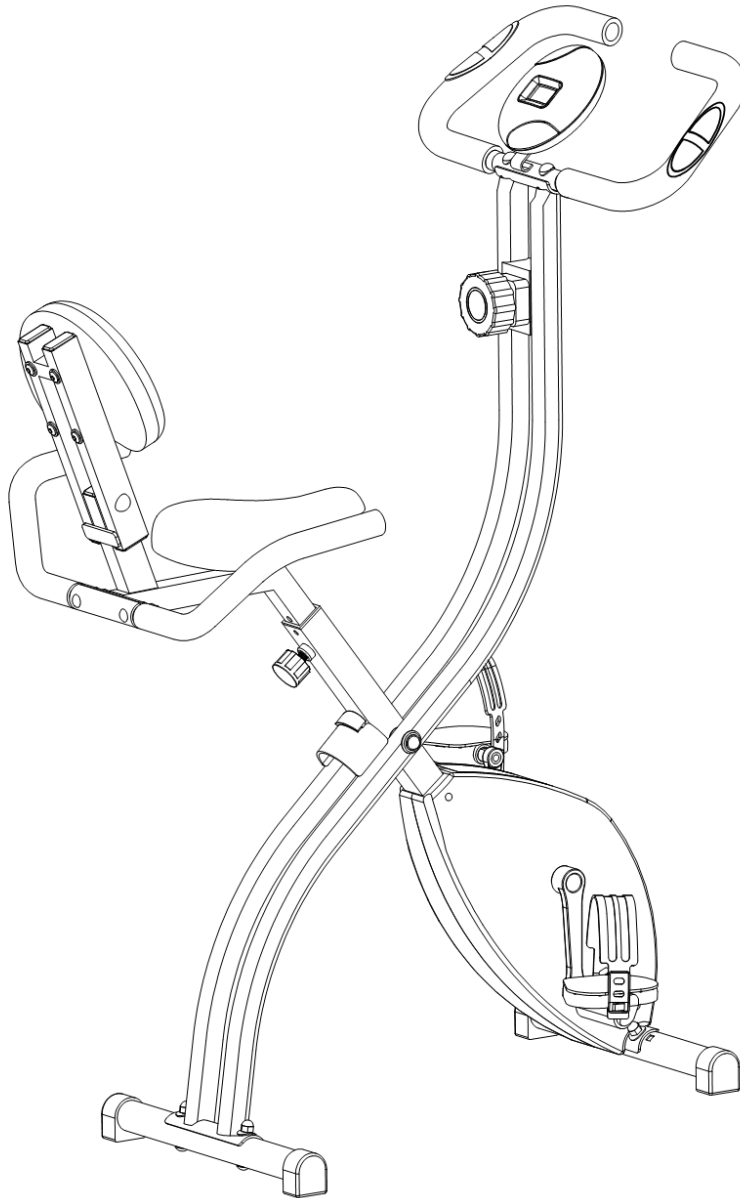


# LSG

## EXER-10 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.

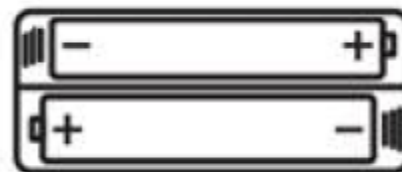
- g. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
- h. This equipment is designed for indoor and family use only
- i. Care must be taken when lifting or moving the equipment so as not to injure your back.
- j. Always keep this instruction manual and assembly tools at hand for reference.
- k. The equipment is not suitable for therapeutic use.
- l. The pulse or heart rate 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.

## 2. CARE INSTRUCTIONS

- 1 Lubricate moving joints with grease after periods of usage
- 2 Be careful not to damage plastic or metal parts of the machine with heavy or sharp objects
- 3 The machine can be kept clean by wiping it down using dry cloth
- 4 All nuts and bolts are to be checked and tightened on a regular basis. This includes pedals and other moving parts. Failure to do so may cause damage to your thread and void your warranty.

### **Battery Usage**

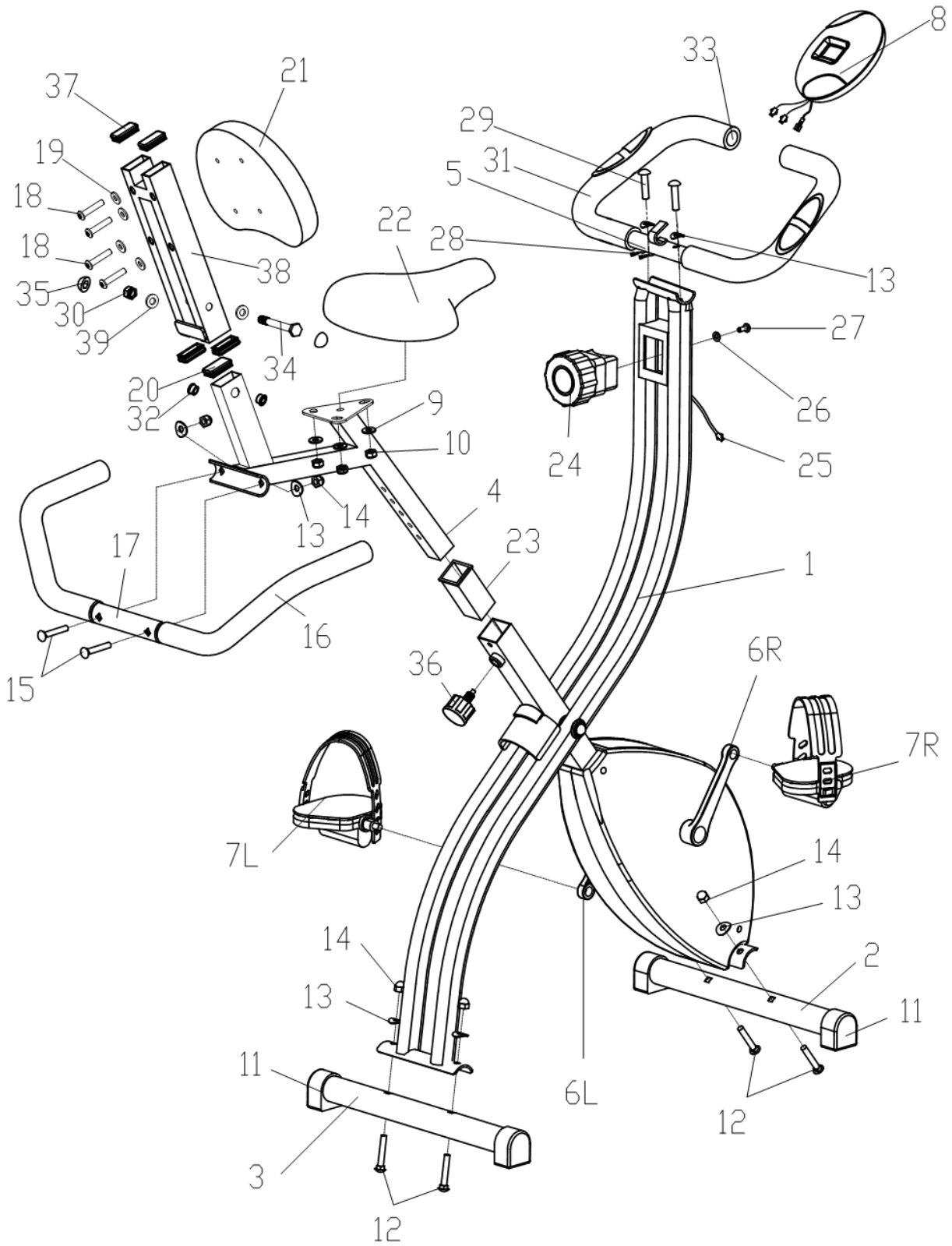
- a. Batteries are to be installed or replaced by adult only
- b. Do not use rechargeable batteries. Do not mix different battery types. Do not mix old and new batteries. Do not mix alkaline, standard (Carbon-Zinc), or rechargeable (Nickel-Cadmium) batteries
- c. Remove batteries when product is not 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



## 2. PARTS LIST

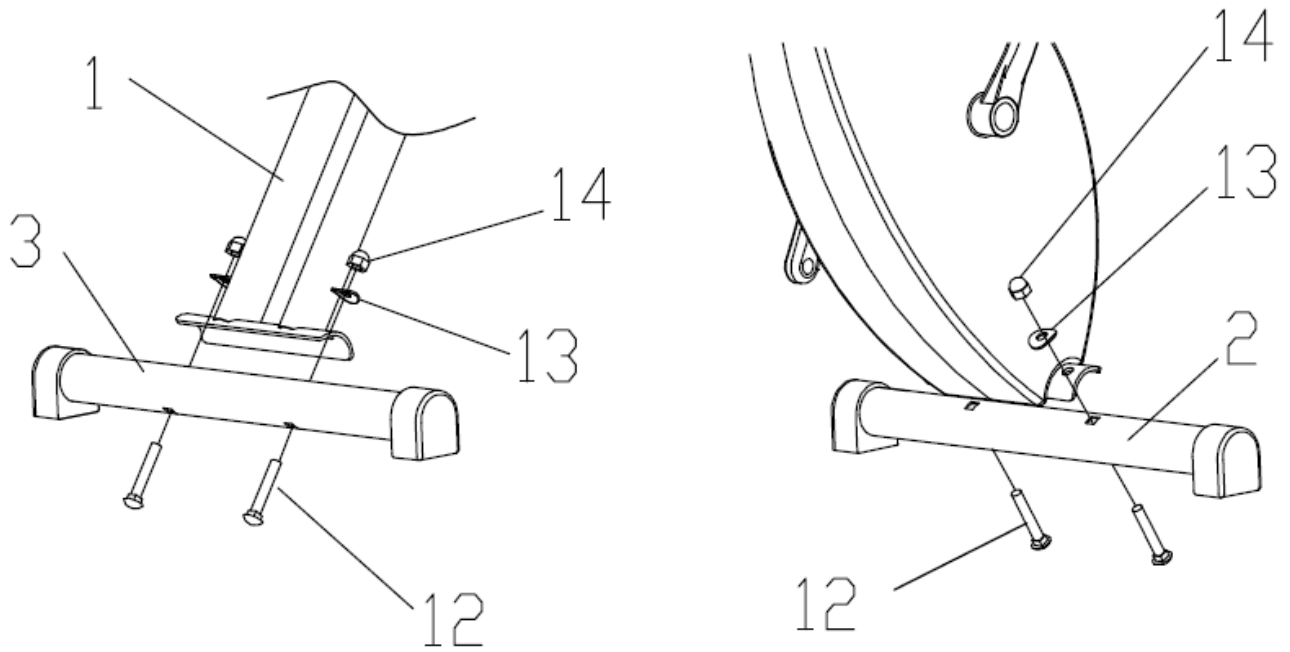
| No.  | Item name                   | QTY | No. | Item name  | QTY |
|------|-----------------------------|-----|-----|--|-----|
| 1    | Main frame                  | 1   | 21  | Backrest   | 1   |
| 2    | Front bottom tube           | 1   | 22  | Saddle   | 1   |
| 3    | Rear bottom tube            | 1   | 23  | Square bushing                                   | 1   |
| 4    | Saddle post                 | 1   | 24  | Tension control                                  | 1   |
| 5    | Handlebar                   | 1   | 25  | Sensor cable                                     | 1   |
| 6L/R | Crank                       | 2   | 26  | Flat washer D5                                   | 1   |
| 7L/R | Pedal                       | 2   | 27  | Cross head screw M5X40                           | 1   |
| 8    | Meter                       | 1   | 28  | Hand pulse wire                                  | 2   |
| 9    | Flat washer D8              | 3   | 29  | Socket head cap screw                            | 2   |
| 10   | Nylon nut M8                | 3   | 30  | Nylon nut M10                                    | 1   |
| 11   | End cap                     | 4   | 31  | Foam grip  | 2   |
| 12   | Carriage bolt M8X50         | 4   | 32  | Small bushing $\phi 18 \times \phi 10 \times 11$ | 2   |
| 13   | Arc washer D8X1.5           | 8   | 33  | Round end caps                                   | 4   |
| 14   | Acorn nut M8                | 6   | 34  | Cross head screw M10X85                          | 1   |
| 15   | Carriage bolt M8X45         | 2   | 35  | Cap S16  | 2   |
| 16   | Foam grip                   | 2   | 36  | Pop-pin knob                                     | 1   |
| 17   | Armrest                     | 1   | 37  | Square bushing                                   | 4   |
| 18   | Socket head cap screw M8X50 | 4   | 38  | Backrest bracket                                 | 1   |
| 19   | Flat washer D8              | 4   | 39  | Flat washing D10                                 | 2   |
| 20   | Square end cap              | 1   |     |  |     |

### 3. EXPLODED DIAGRAM



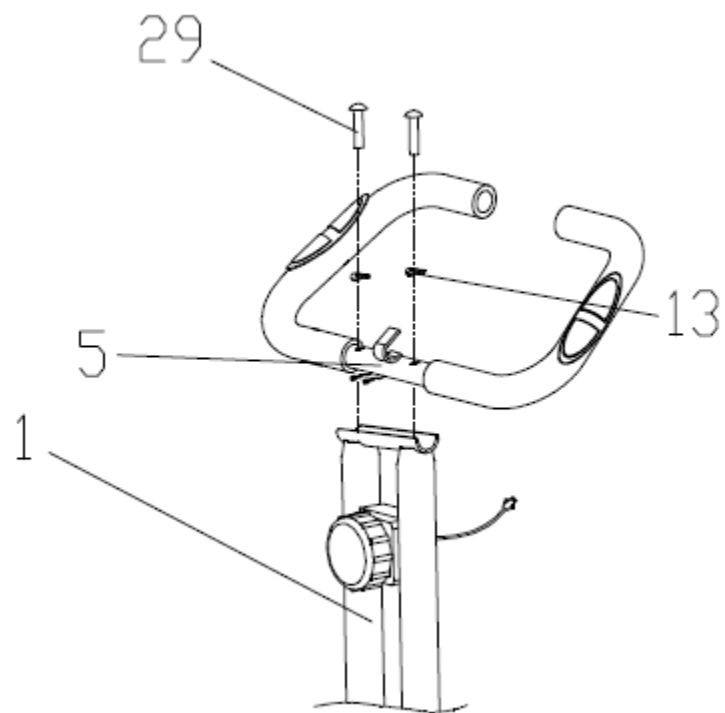
## 4. ASSEMBLY INSTRUCTIONS

### STEP 1:



1. Attach the Front bottom tube (2) and Rear bottom tube (3) to the main frame (1) with Carriage bolt (12), Arc washer (13) and Acorn nut (14).

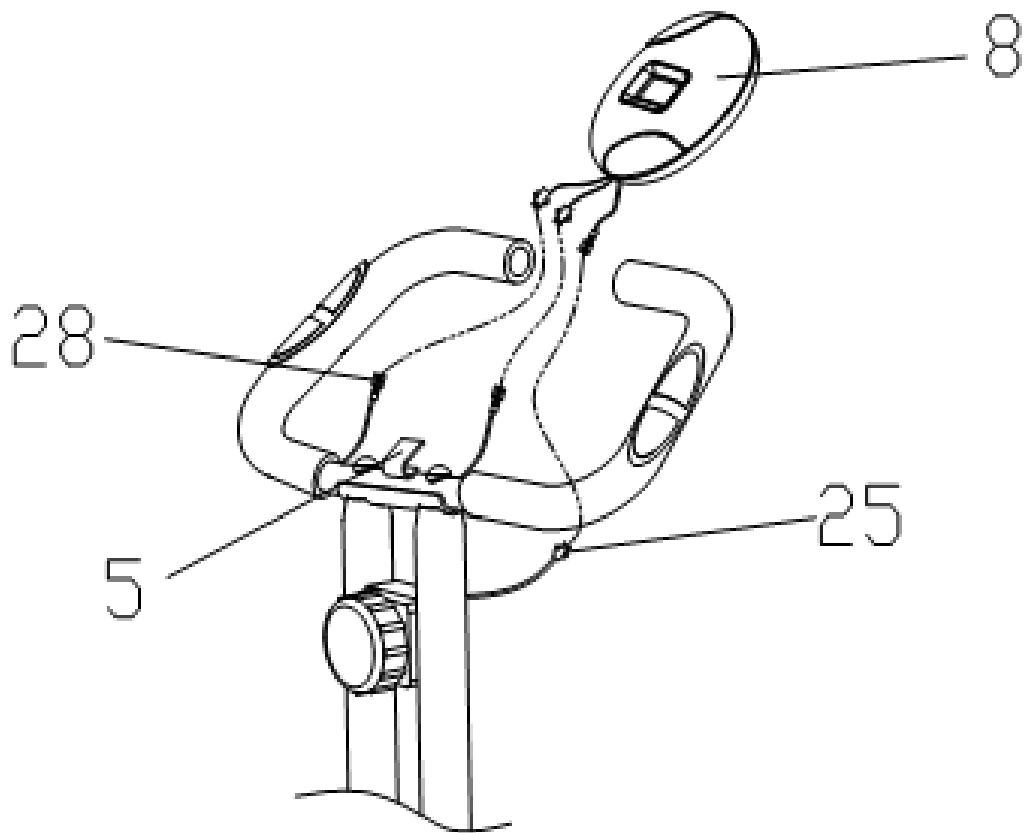
**STEP 2:**



1. Attach the Handlebar (5) to the Main frame (1) with Arc washer (13) and Socket head cap screw (29)

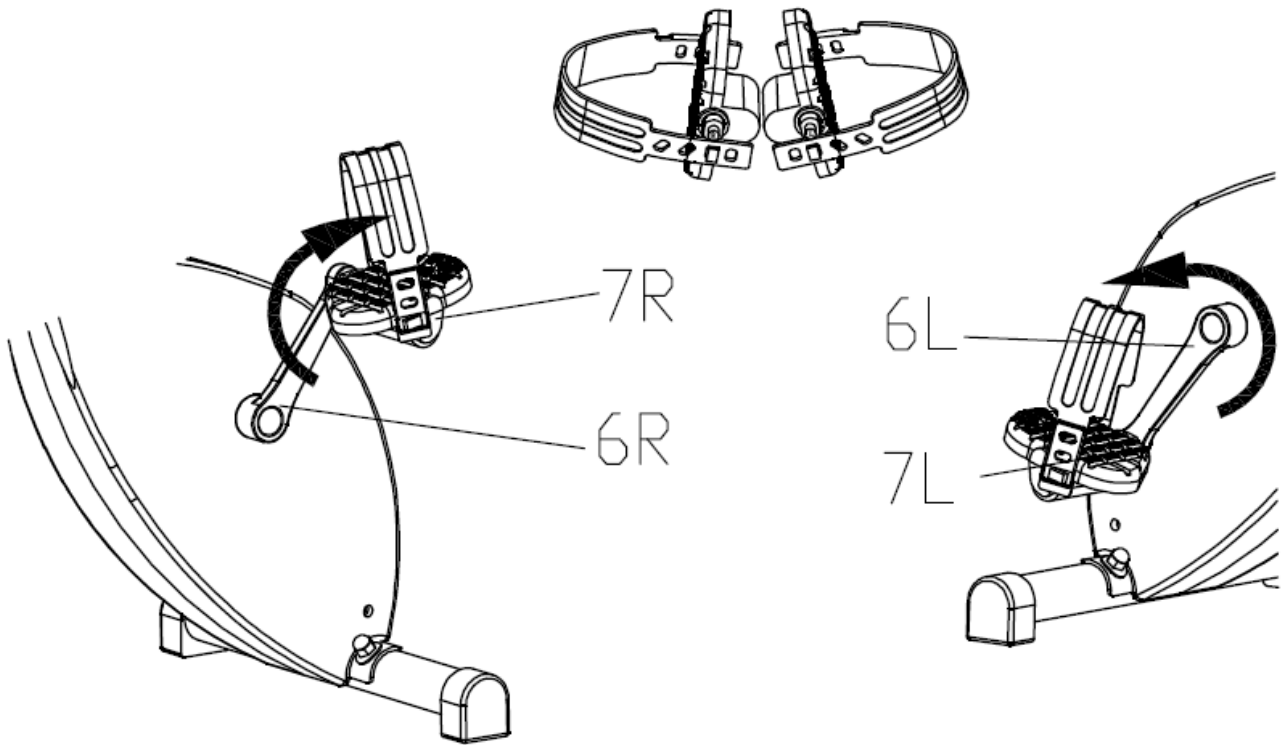


**STEP 3:**



1. Connect the Sensor cable (25) and Hand pulse wire (28) to the relevant cables coming from the Meter (8)
2. Insert the Meter (8) to the meter bracket

**STEP 4:**



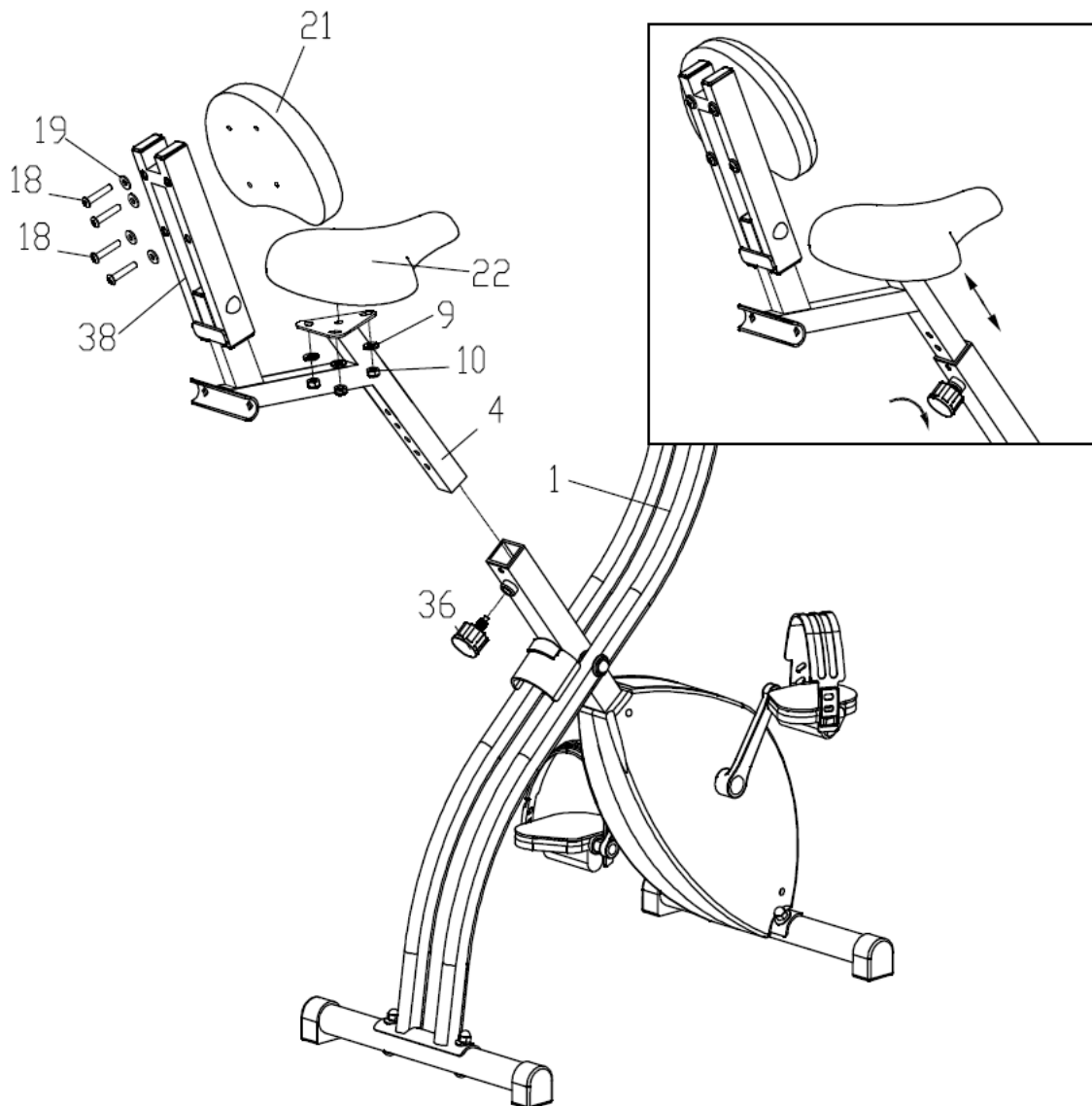
1. Fix the Pedal (7L/R) to the Crank (6L/R) separately.

**Note:** Both pedals are labeled. L FOR LEFT and R FOR RIGHT.

**Important:**

To tighten, please turn the left pedal COUNTERCLOCKWISE and the right pedal CLOCKWISE.

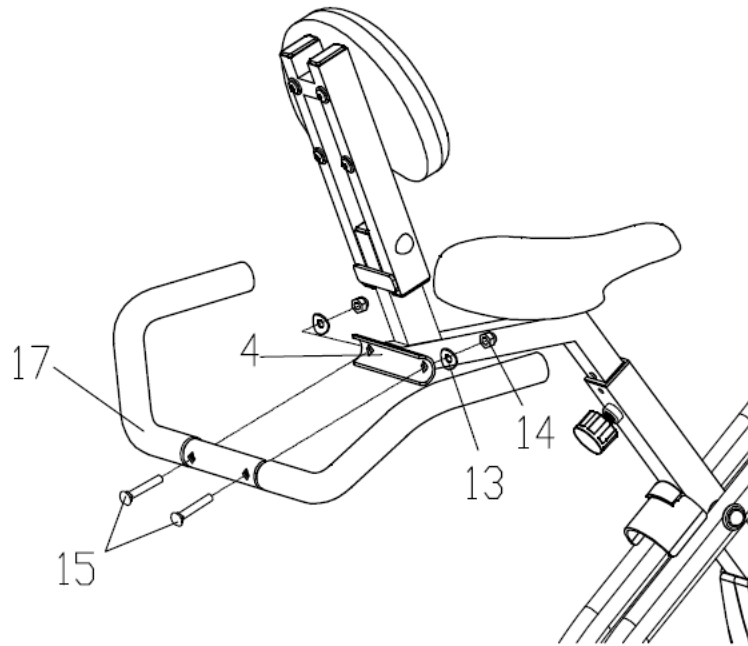
## STEP 5:



1. Loosen the Pop-pin knob (36) and pull it backwards. Insert the Saddle post (4) into the post of the Main frame (1)
2. Align the holes on the Saddle post (4) to the hole on the post of the Main frame (1),
3. Release the Pop-pin knob (36) into the aligned holes and fasten tightly.
4. Attach the Saddle (22) to Saddle post (4) with Nylon nut (10) and Flat washer (9).
5. Attach the Backrest (21) to Backrest bracket (38) with Socket head cap screw (18) and Flat washer (19).

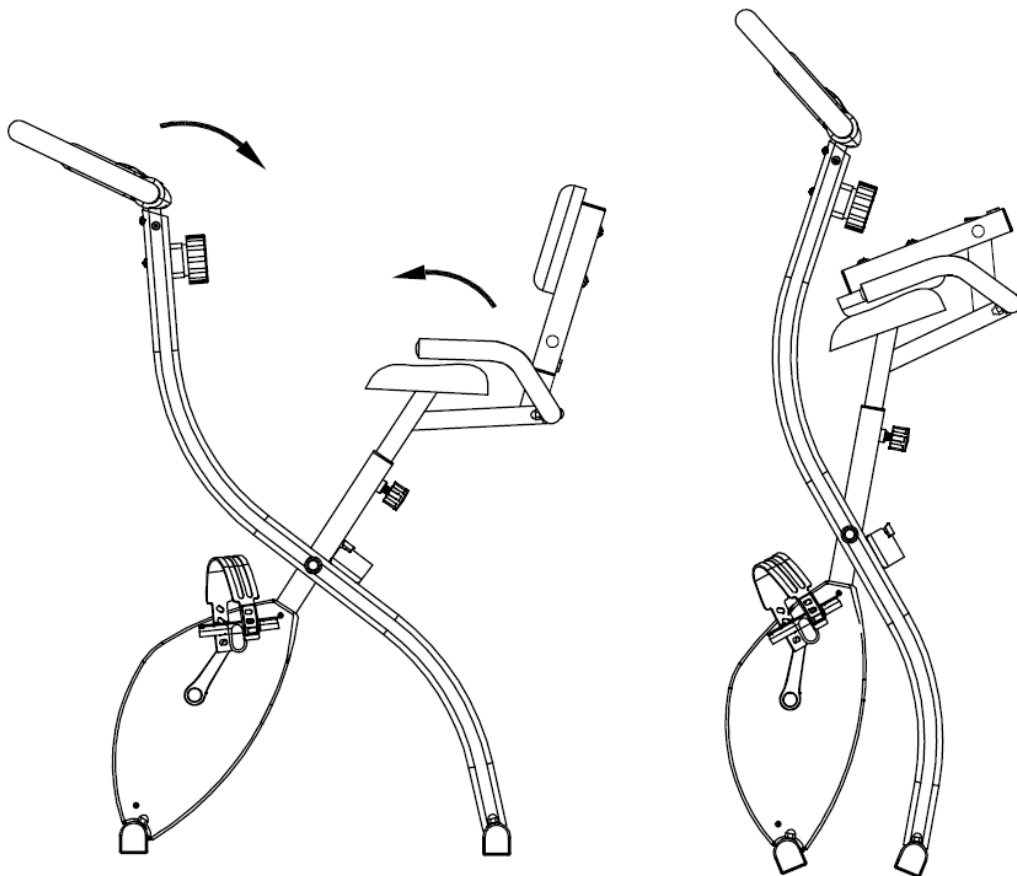
Tips: If you need to adjust the saddle upward or downward, please follow the above step to select desired position. Before using the machine, please find the most suitable position according to your height in order to ensure stability throughout your workout.

**STEP 6:**



1. Attach the Armrest (17) to the Main frame (1) with Carriage bolt (15), Arc washer (13) and Acorn nut (14).

**FOLDING INSTRUCTIONS:**



# 5. COMPUTER OPERATION

## FUNCTIONAL BUTTON

MODE/RESET - Push to select functions. Hold down for 3 seconds to reset time, distance and calories.

## FUNCTION AND OPERATIONS

1. **SCAN:** Press MODE until "SCAN" appears. The monitor will rotate through time, speed, distance, total distance (if applicable), calories and pulse. Each display will be held 6 seconds.
2. **TIME (TMR):** Counts total time from exercise start to end.
3. **SPEED (SPD):** Displays current speed.
4. **DISTANCE (DST):** Counts distance from exercise start to end.
5. **TOTAL DISTANCE (ODO) (IF APPLICABLE):** Counts total distance after installing the batteries.
6. **CALORIES (CAL):** Counts total calories from exercise start to end.
7. **PULSE RATE (IF HAVE):** Press MODE button until "PULSE" appears. Before measuring your pulse rate, please place both your palms on the contact pads. The monitor will show your current heart beat rate in beats per minute (BPM) on the LCD after 3~4 seconds.  
**Remark:** During the process of pulse measurement, due to calibration, the measurement value may be higher than the virtual pulse rate during the first 2~3 seconds, before returning to normal. The measurement value cannot be regarded as the basis of medical treatment.
8. **AUTO ON/OFF & AUTO START/STOP:** Without any signal for 4 minutes, the power will turn off automatically. The monitor will exit standby when the wheel is in motion or a button is pressed.

## NOTE

The computer is programmed with the Metric System.

**SPECIFICATIONS:**

|                       |                              |  |
|-----------------------|------------------------------|--|
| <b>FUNCTION</b>       | AUTO SCAN                    | Every 6 seconds  |
|                       | TIME(TMR)                    | 0:00~99:59 (minutes:seconds)   |
|                       | CURRENT SPEED(SPD)           | The maximum pick-up signal is<br>999.9KM/H or Mile/H (or<br>9999RPM) |
|                       | TRIP DISTANCE(DST)           | 0.00~999.9KM or Miles  |
|                       | TOTAL DISTANCE(ODO)(IF HAVE) | 0.0~9999KM or Miles  |
|                       | CALORIES(CAL)                | 0.0~999.9~9999Kcal   |
|                       | PULSE RATE(PUL)(IF HAVE)     | 30~240BPM (beat per minute)  |
| BATTERY TYPE          |                              | 2PCS of SIZE-AAor UM-3   |
| OPERATING TEMPERATURE |                              | 0°C~+40°C (32°F~104°F)   |
| STORAGE TEMPERATURE   |                              | -10°C~+60°C(14°F~168°F)  |

**BATTERY**

This monitor uses two AA batteries. If the display shows incorrectly, replace the batteries. Do not mix batteries. Batteries should be replaced at the same time.

## 6. 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.

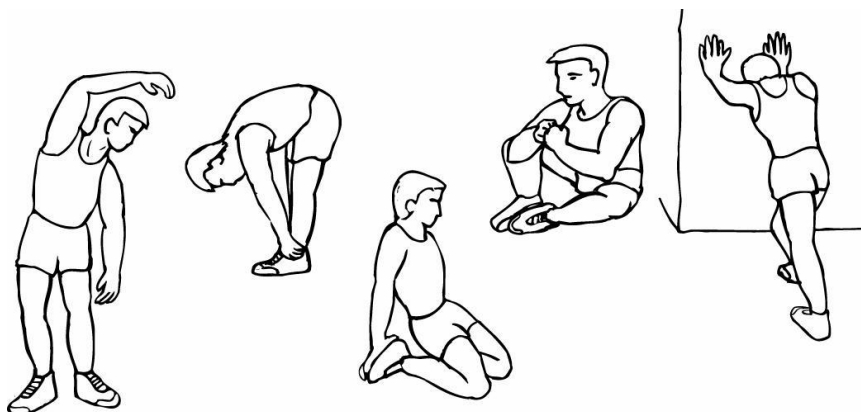
Exercising is great way to control your weight, improving your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

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

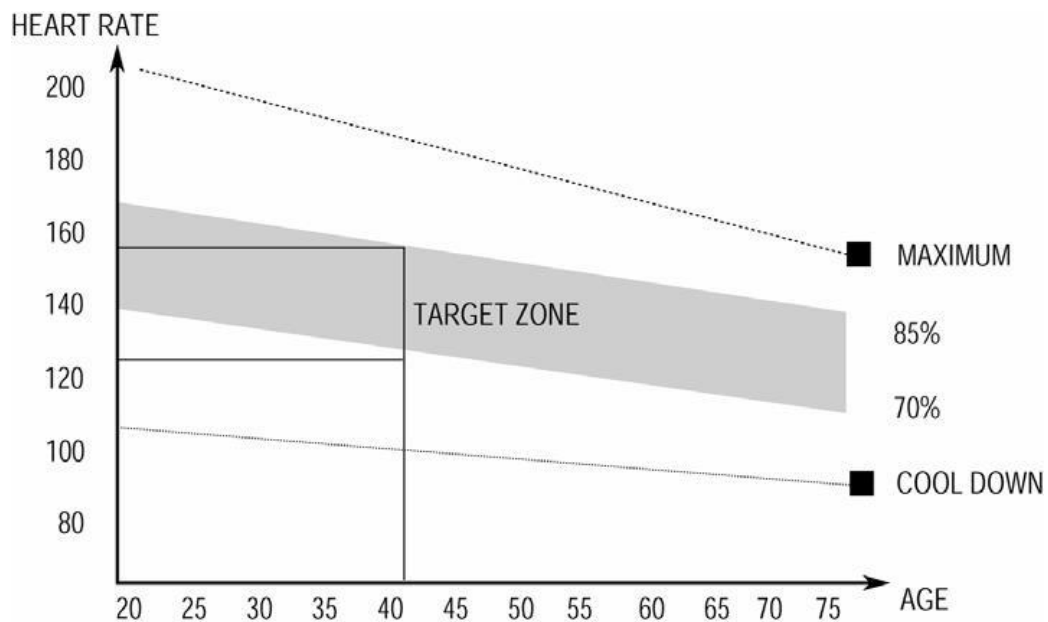
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.

## 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.**



## 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.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.

# Hand Pulse Technology

This product comes 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 walking and up to running)
- Tightening of hand muscles will produce small electrical signals
- Static electricity charges from the air or from walking on the treadmill

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 running on a treadmill. Hand pulse technology works well on stationary exercise machines like bikes and even elliptical cross trainers but are not perfect on a treadmill. We offer treadmills with a wireless heart rate receiver which may be a more accurate option.

To test if your hand pulse sensors are working up to specification, hold them while standing on the side step rails, not walking, 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)