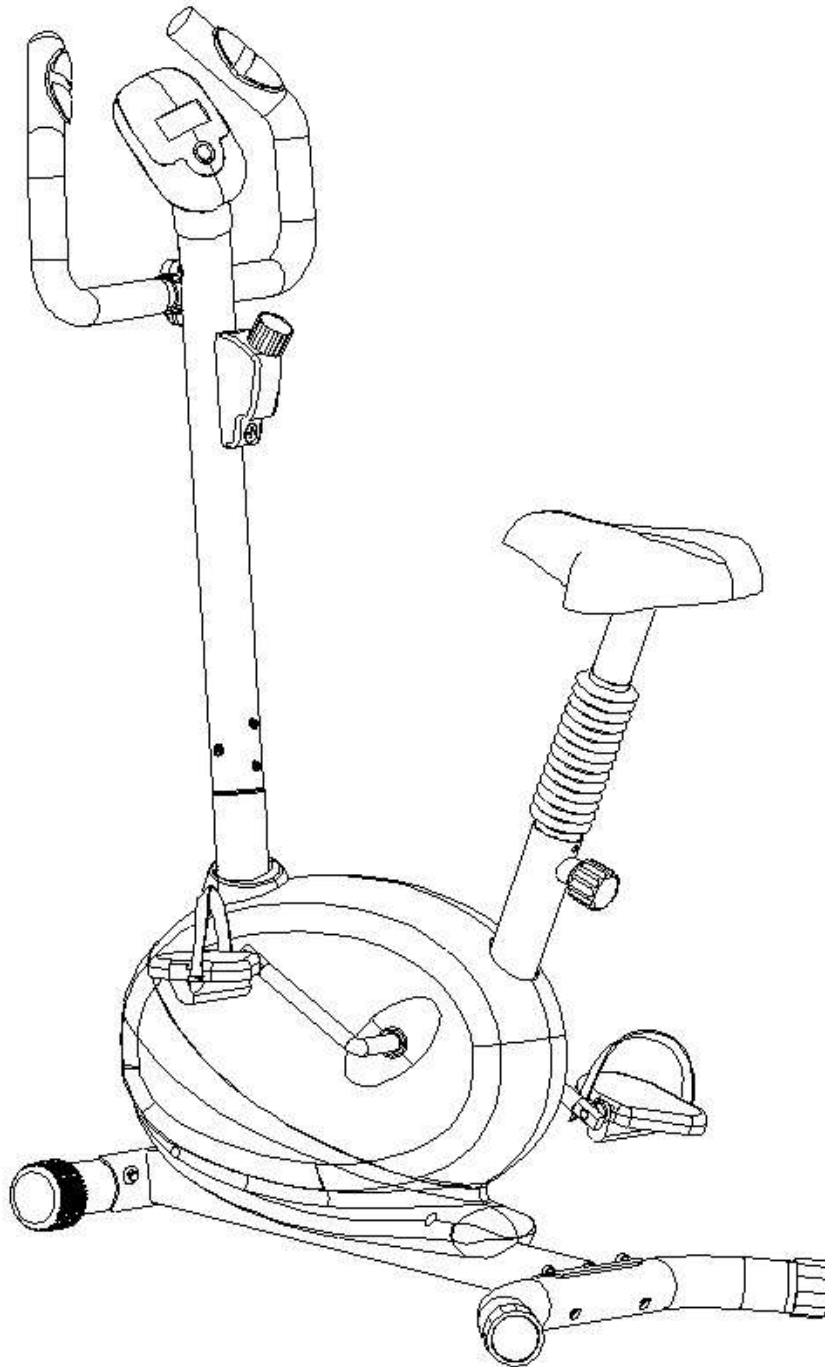# EXER-49 OWNER'S MANUAL

📖ℹ️ **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

<u>WARNING</u> - 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.
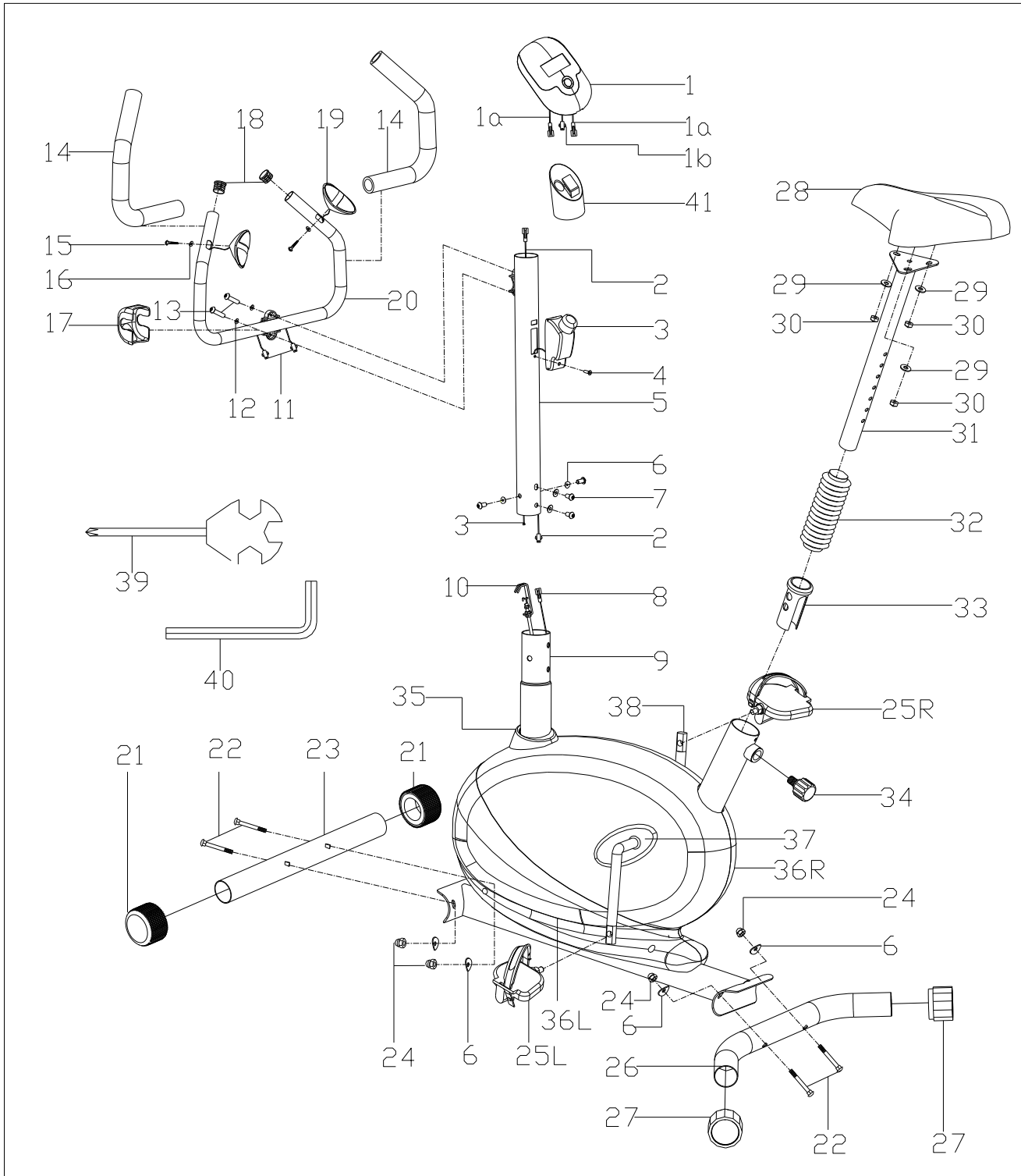Please note: It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

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 0.5 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.
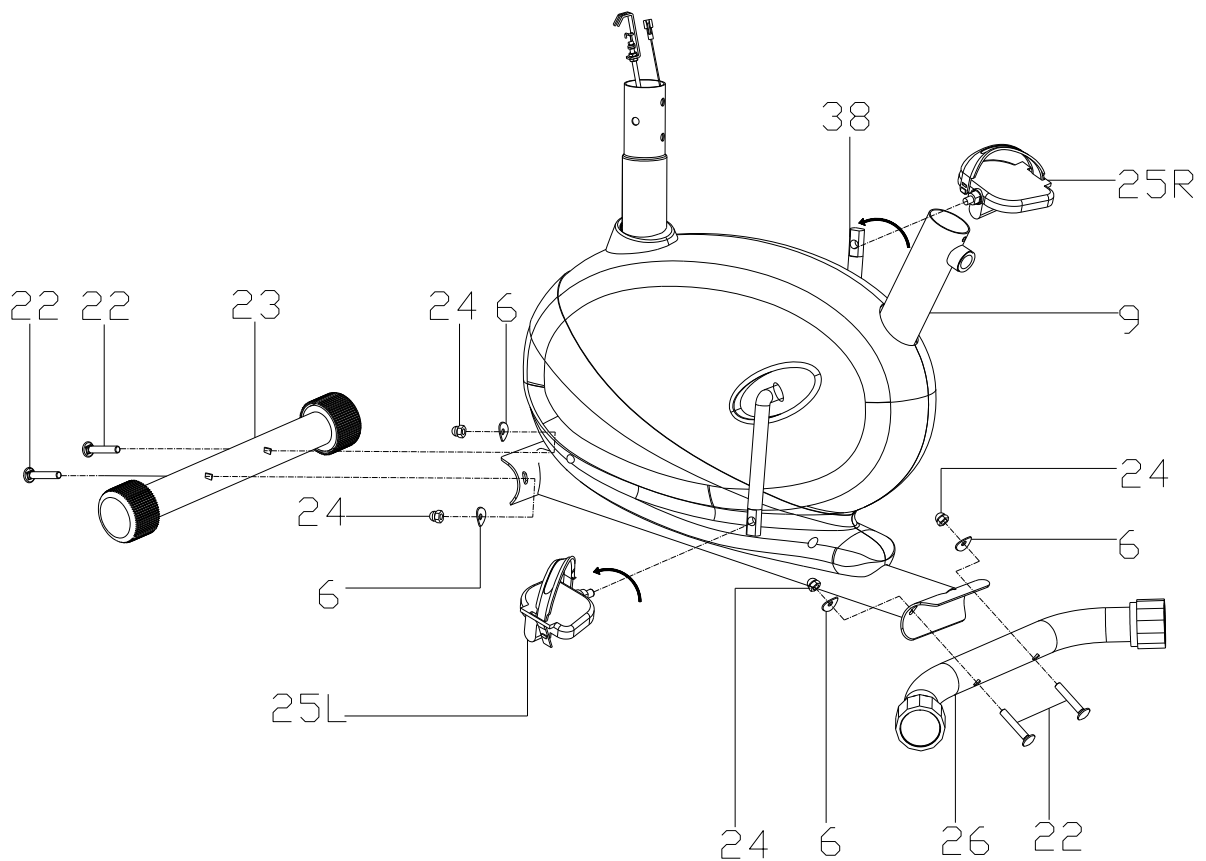
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g.   Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.

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.

2. ASSEMBLY INSTRUCTIONS

EXPLODED VIEW:

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PARTS LIST:

| NO.	DESCRIPTION	Q'TY		NO.	DESCRIPTION	Q'TY
1	Computer	1		27	End cap Φ50	2
1a	Computer wire 1	2		28	Saddle	1
1b	Computer wire 2	1		29	Washer d8*Φ16*1.5	3
2	Trunk wire	1		30	Nut M8	3
3	Tension control	1		31	Saddle post	1
4	Screw ST4.8*19	1		32	Sleeve	1
5	Handle bar post join	1		33	Bushing Φ50	1
6	Arc washer d8*Φ20*2*R30	8		34	Knob M16*1.5*22	1
7	Screw M8*16	4		35	Front cover	1
8	Sensor wire	1		36L/R	Chain cover	2
9	Main frame	1		37	Crank cap	2
10	Tension wire	1		38	Crank	1
11	Handle pulse wire	2		39	Spanner S13-14-15	1
12	Spring washer d8	2		40	Spanner S6	1
13	Screw M8*30	2		41	Computer support	1
14	Foam grip Φ23*25*445	2				
15	Screw ST4*19	2				
16	Washer d6*Φ12*1	2				
17	Clamp cover	1				
18	End cap Φ25*16	2				
19	Handle pulse	2				
20	Handle bar	1				
21	End cap Φ50	2				
22	Bolt M8*60	4				
23	Front bottom tube	1				
24	Nut M8	4				
25L/R	Pedal L/R	2				
26	Rear bottom tube	1				

*Life*SPAN

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STEP 1:

#22 M8*60 4PCS

#6 d8*∅20*2*R30 4PCS

#24 M8 4PCS

S13
S15

38

25R

22 22   23   24 6   9

24

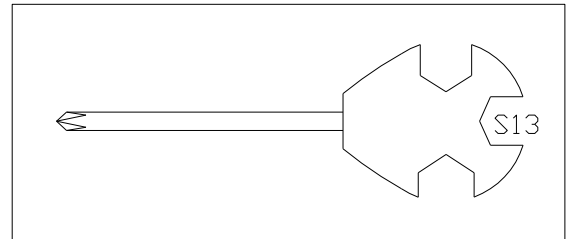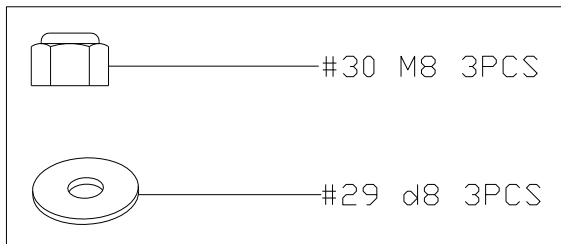24   6
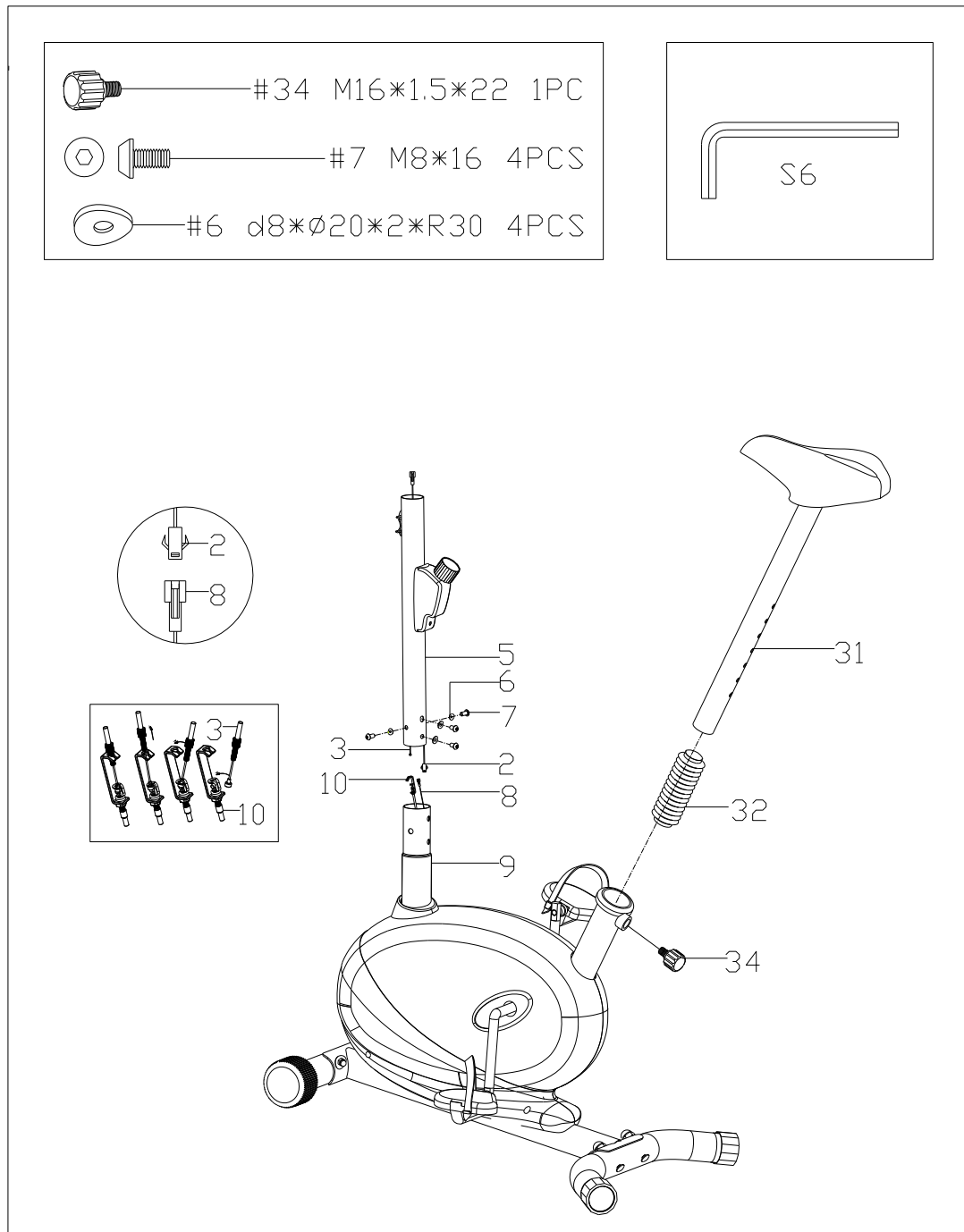
6

25L

24   6   26   22

1. Secure the front bottom tube (23) and rear bottom tube (26) to the main frame (9) with bolt (22), arc washer (6) and nut (24).

2. Secure pedals (25L/R) to crank (38).

STEP 2:

#30 M8 3PCS

#29 d8 3PCS

S13

28

29   29

30   30

29

30

31
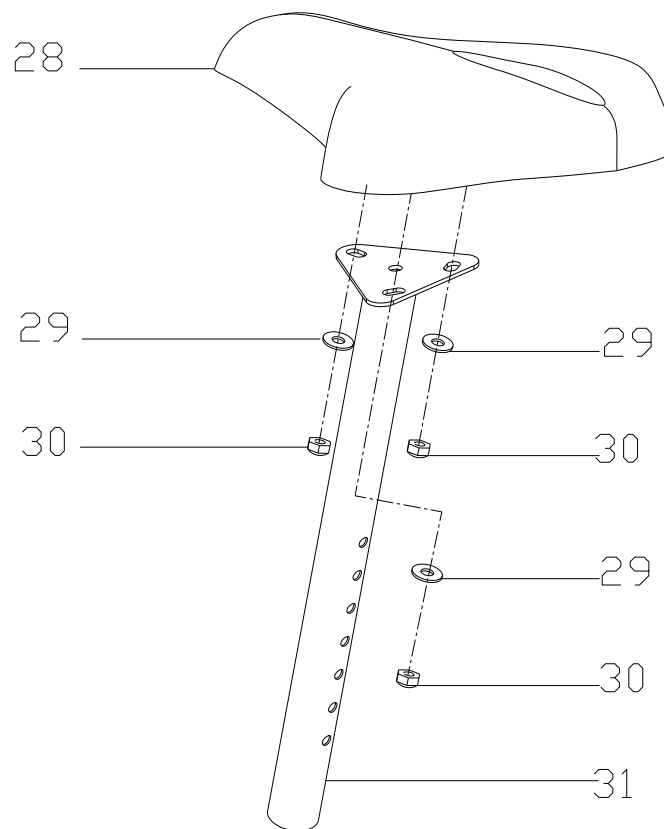
1. Secure the saddle (28) to saddle post (31) with nut (30) and washer (29).

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STEP 3:

1. Connect tension wire (10) to tension control (3). Connect sensor wire (8) to trunk wire (2)

2. Secure handle bar post (5) to main frame (9) with screw (7) and arc washer (6)

3. Insert the saddle post(31) into sleeve (32), then insert it into main frame (9). Secure it with knob (34). Lock the up-right post (21) onto the main frame (1) using the screw (20) and arc washer (19)

4. Lock the pedals (10L and 10R) onto the main frame (1)

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STEP 4:
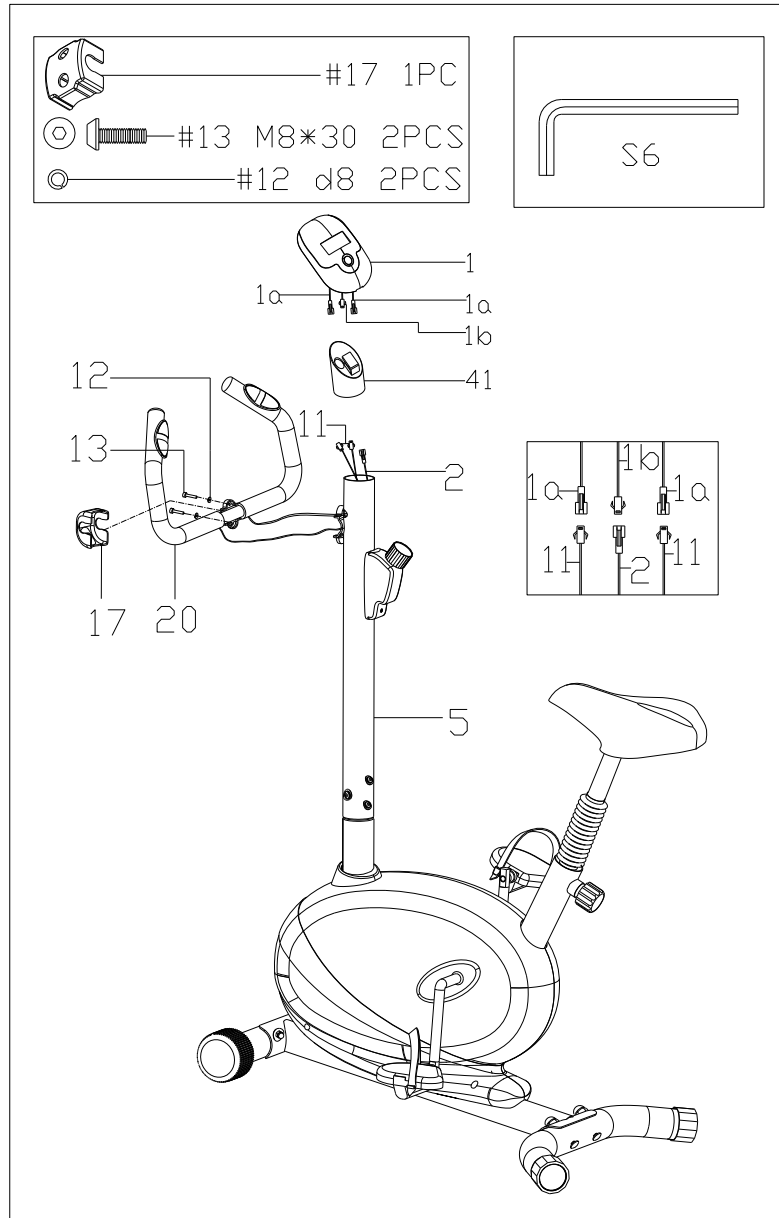
1. Insert the computer support (41) into the handlebar post (5); Connect computer wire 2 (1b) to sensor wire (2); Connect the handle pulse wire (11) to computer wire 1 (1a). Insert the computer (1) into the computer support(41)

2. Secure the handle bar (20) onto handlebar post joined (5) with screw (13) and spring washer (12). Then place attach the cover clamp cover(17).

3. COMPUTER OPERATION

SPECIFICATIONS:

TIME	00:00-99:59min
SPEED	0.0-99.9km/h or ml/h
DISTANCE	0.00-999.9km or ml
ODOMETER (if applicable)	0-9999km or ml
PULSE (if applicable)	40-240bpm
CALORIES	0-9999kcal

KEY FUNCTIONS:

MODE	Selects a chosen function

OPERATIONAL PROCEDURES

AUTO ON/OFF		The system turns on when any key is pressed or when it receives a signal input from the speed sensor. The system turns off automatically when the sensor has no signal input or no key is pressed for approximately 4 minutes.
RESET		The unit can be reset by either changing the battery holding the mode key for 3 seconds.
MODE		To choose between SCAN mode or LOCK mode, press the MODE key when the pointer on the function you want begins blinking
FUNCTIONS	**TIME**	Press the MODE key until the pointer advances to TIME. The total workout time will be shown
	SPEED	Press the MODE key until the pointer advances to SPEED. The workout speed will be shown
	DISTANCE	Press the MODE key until the pointer advances to DISTANCE. The total workout distance will be shown
	ODOMETER (if applicable)	Press the MODE key until the pointer advances to ODOMETER. The total accumulated distance will be shown.
	PULSE (if applicable)	Press the MODE key until pointer advance to PULSE. User's current heart rate will be displayed in beats per minute. Place the palms of your hands on both of the contact pads and wait for 30 seconds for the most accurate reading.

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	CALORIES	Press the MODE key until the pointer advances to CALORIES. The calories burned will be displayed
	SCAN	Automatically displays the following functions in the order shown: TIME----SPEED----DISTANCE---- PULSE-(if applicable)----CALORIES (repeat).
BATTERY		This monitor uses one or two (if have PULSE function) batteries. If monitor display looks incorrect, please reinstall the batteries.

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4.   EXERCISE GUIDE

How you begin your exercise program depends on your physical condition. If you have been inactive for several years or are severely overweight, start slowly and increase your workout time gradually. Increase your workout intensity gradually by monitoring your heart rate while you exercise.

Remember to follow these essentials:

- Have your doctor review your training and diet programs

- Begin your training program slowly with realistic goals that have been set by you and your physician.

- Warm up before you exercise and cool down after you work out.

- Take your pulse periodically during your workout and strive to stay within a range of 60% (lower intensity) to 90% (higher intensity) of your maximum heart rate zone. Start at the lower intensity, and build up to higher intensity as you become more aerobically fit.

- If you feel dizzy or lightheaded you should slow down or stop exercising.

Initially you may only be able to exercise within your target zone for a few minutes; however, your aerobic capacity will improve over the next six to eight weeks. It is important to pace yourself while you exercise so you don't tire too quickly.

To determine if you are working out at the correct intensity, use a heart rate monitor or use the table below. For effective aerobic exercise, your heart rate should be maintained at a level between 60% and 90% of your maximum heart rate. If just starting an exercise program, work out at the low end of your target heart rate zone. As your aerobic capacity improves, gradually increase the intensity of your workout by increasing your heart rate.

Measure your heart rate periodically during your workout by stopping the exercise but continuing to move your legs or walk around. Place two or three fingers on your wrist and take a six second heartbeat count. Multiply the results by ten to find your heart rate. For example, if your six second heartbeat count is 14, your heart rate is 140 beats per minute. A six second count is used because your heart rate will drop rapidly when you stop exercising. Adjust the intensity of your exercise until your heart rate is at the proper level.

Target Heart Rate Zone Estimated by Age*

Age	Target Heart Rate Zone (55%-90% of Maximum Heart Rate)	Average Maximum Heart Rate 100%
20 years	110-180 beats per minute	200 beats per minute
25 years	107-175 beats per minute	195 beats per minute
30 years	105-171 beats per minute	190 beats per minute
35 years	102-166 beats per minute	185 beats per minute
40 years	99-162 beats per minute	180 beats per minute
45 years	97-157 beats per minute	175 beats per minute
50 years	94-153 beats per minute	170 beats per minute
55 years	91-148 beats per minute	165 beats per minute
60 years	88-144 beats per minute	160 beats per minute
65 years	85-139 beats per minute	155 beats per minute
70 years	83-135 beats per minute	150 beats per minute

* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used: 220 - Age = predicted maximum heart rate

Warm-Up: The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm-up for two to five minutes before strength training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope and running on the spot.

Stretching: Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.
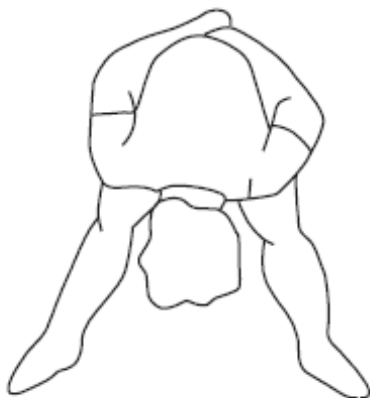
Lower Body Stretch:

Place feet shoulder-width apart and lean forward. Maintain this position for 30 seconds using the body as a natural weight to stretch the backs of the legs. DO NOT BOUNCE! When the pull on the back of the legs lessens, gradually try a lower position.
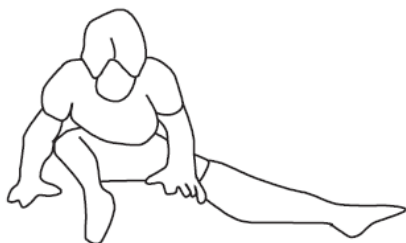
Bent Torso Pulls:

While sitting on the floor have legs apart, one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent, and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.
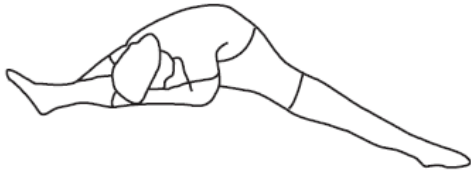
Floor Stretch:

While sitting on the floor open your legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds. DO NOT BOUNCE! Do this stretch 10 times.

Bent Over Leg Stretch:

Stand with feet shoulder width apart and lean forward as illustrated. Using the arms, gently pull the upper body towards the right leg. Let the head hang down. DO NOT BOUNCE! Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the

Cool-Down: The purpose of cooling down is to return the body to its normal or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart. Your cool-down should include the stretches listed above and should be completed after each strength training session.

Remember to always check with your physician before starting any exercise program.

Lifespan
EXER-49

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

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