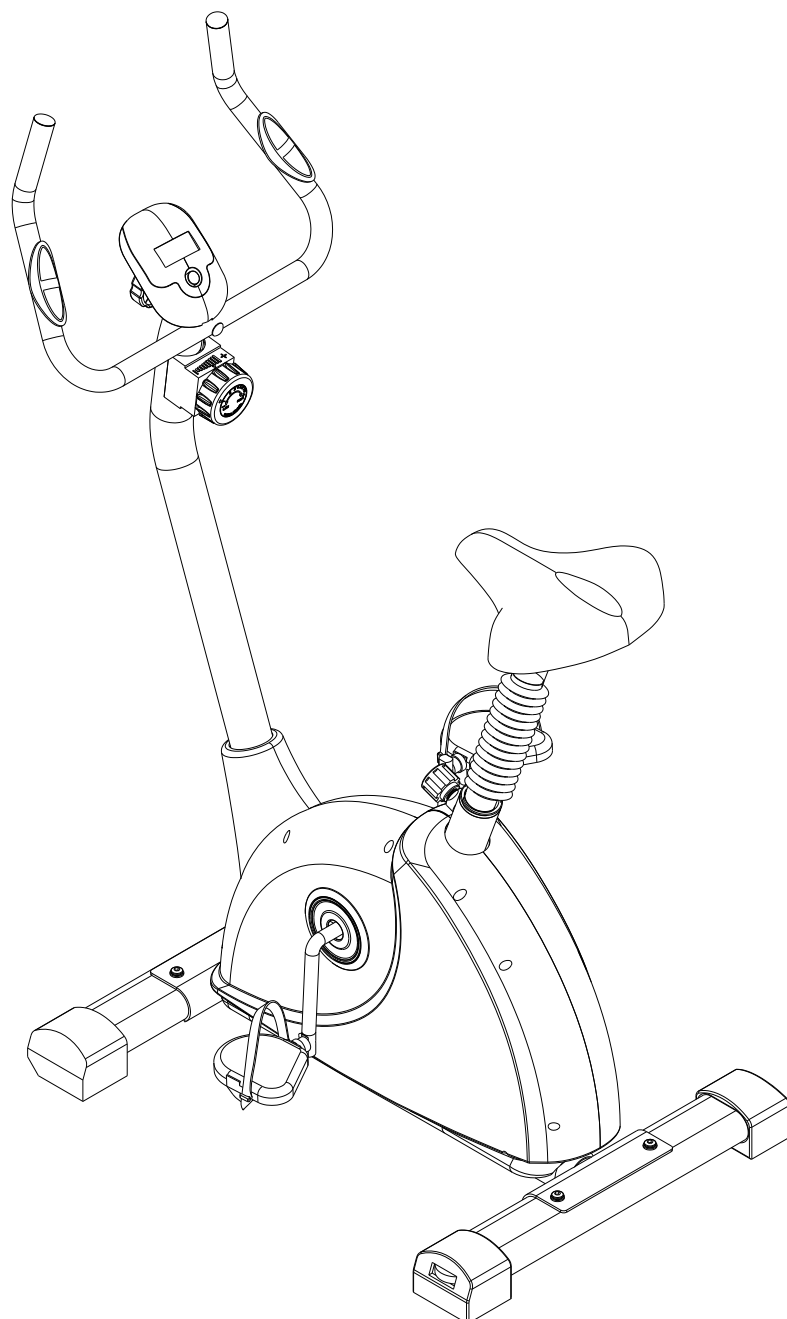




LIFESPAN

FITNESS

EXER-56 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.

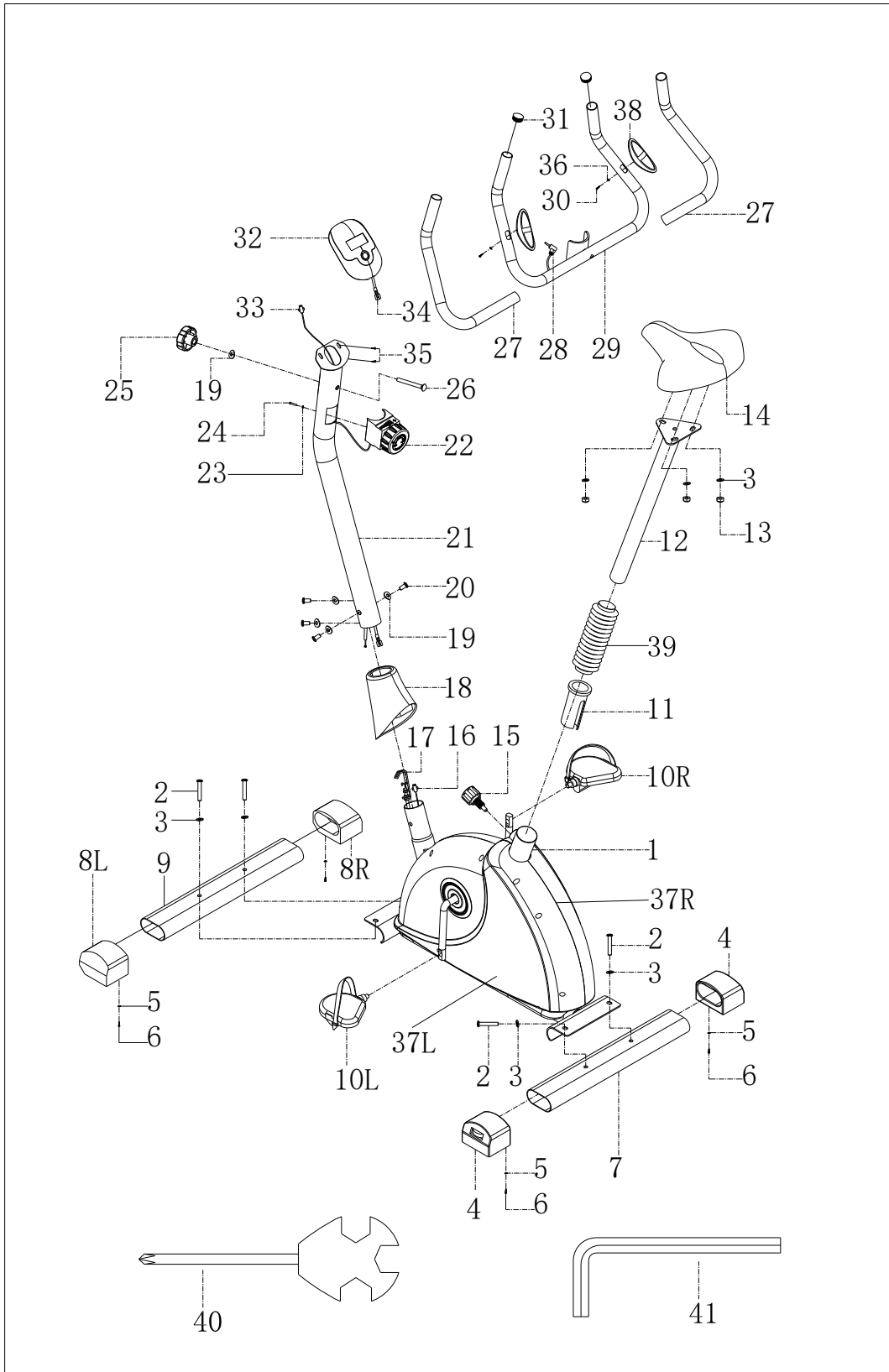
Please note: It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

- 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 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.

- 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:

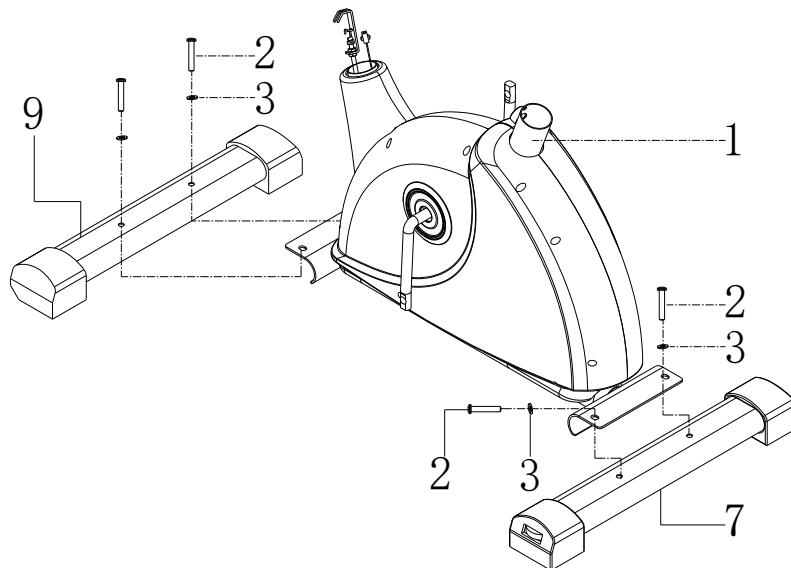
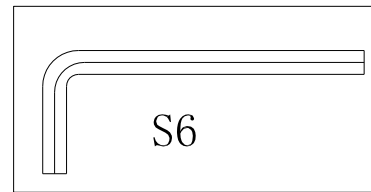
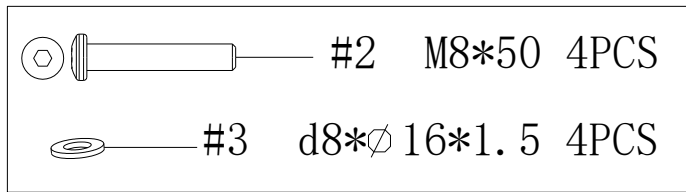


PARTS LIST:

NO.	Description	Qty
1	Main frame	1
2	Screw M8*50	4
3	Washer d8*φ16*1.5	7
4	End cap PT80*40	2
5	Washer d5*φ10*1	4
6	Screw ST4.2*16	4
7	Rear stabilizer	1
8L/R	End cap PT80*40	2
9	Front stabilizer	1
10L/R	Pedal	2
11	Bushing	1
12	Saddle post	1
13	Nylon nut M8	3
14	Saddle	1
15	Knob M16	1
16	Sensor wire	1
17	Tension wire	1
18	Handlebar cover	1
19	Arc washer d8*φ20*2*R30	5
20	Screw M8*16	4
21	Up-right post	1

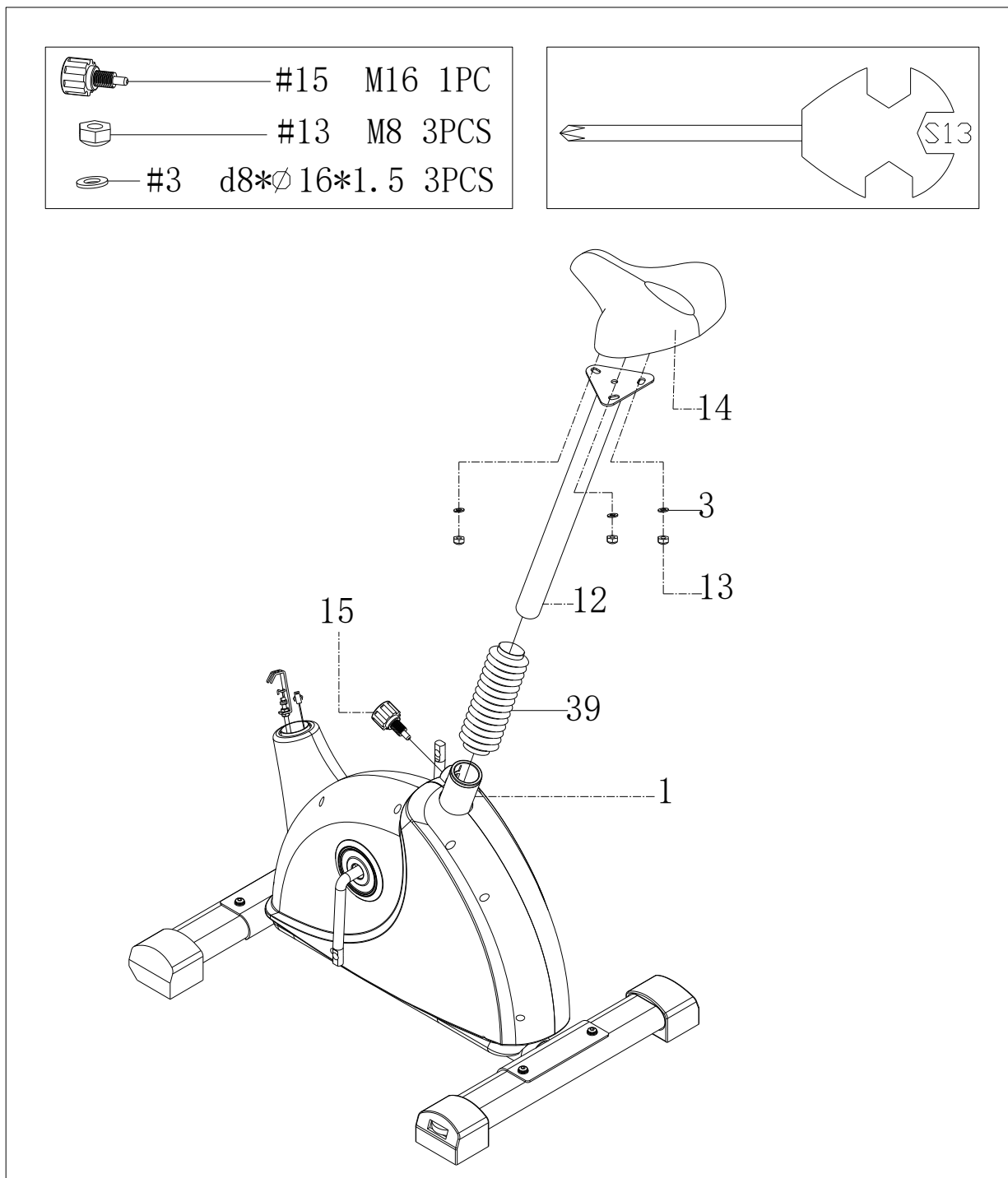
No.	Description	Qty
22	Tension control	1
23	Arc washer d5	1
24	Screw M5*16	1
25	Nut M8	1
26	Square neck bolt M8*95	1
27	Foam grip	2
28	Pulse wire	1
29	Handlebar post	1
30	Screw ST4.2*19	2
31	Round end cap φ25	2
32	Computer	1
33	Mid-sensor wire	1
34	Computer wire	1
35	Screw M5*10	2
36	washer d6*φ12*1	2
37L/ R	Chain cover	2
38	Pulse pad fit Φ25 tube	2
39	Bellow	1
40	Wrench S13-14-15	1
41	Wrench S6	1

STEP 1:



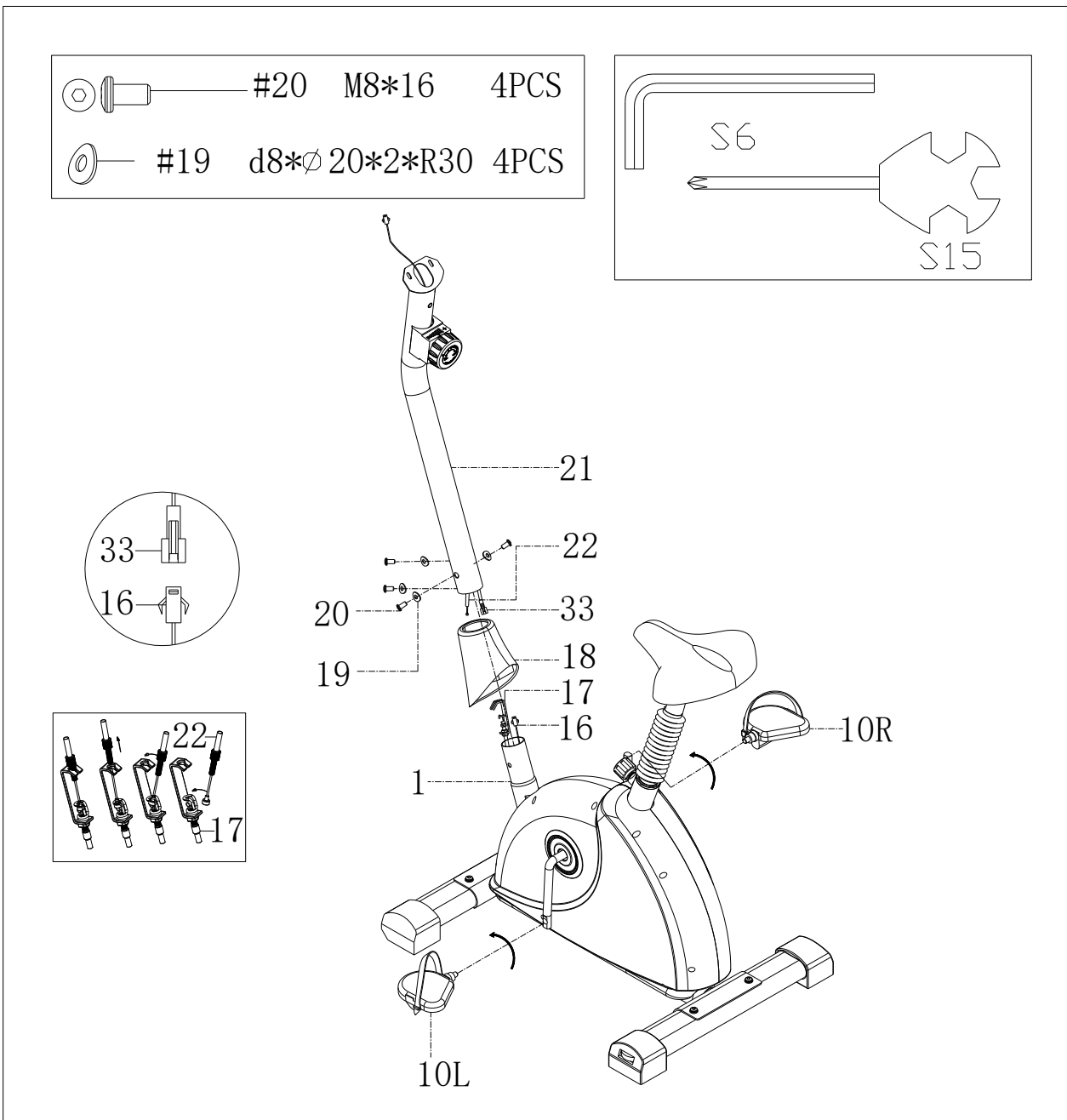
1. Assemble the front stabilizer (9) and rear stabilizer (7) onto the main frame (1) using the screw (2) and washer (3).

STEP 2:



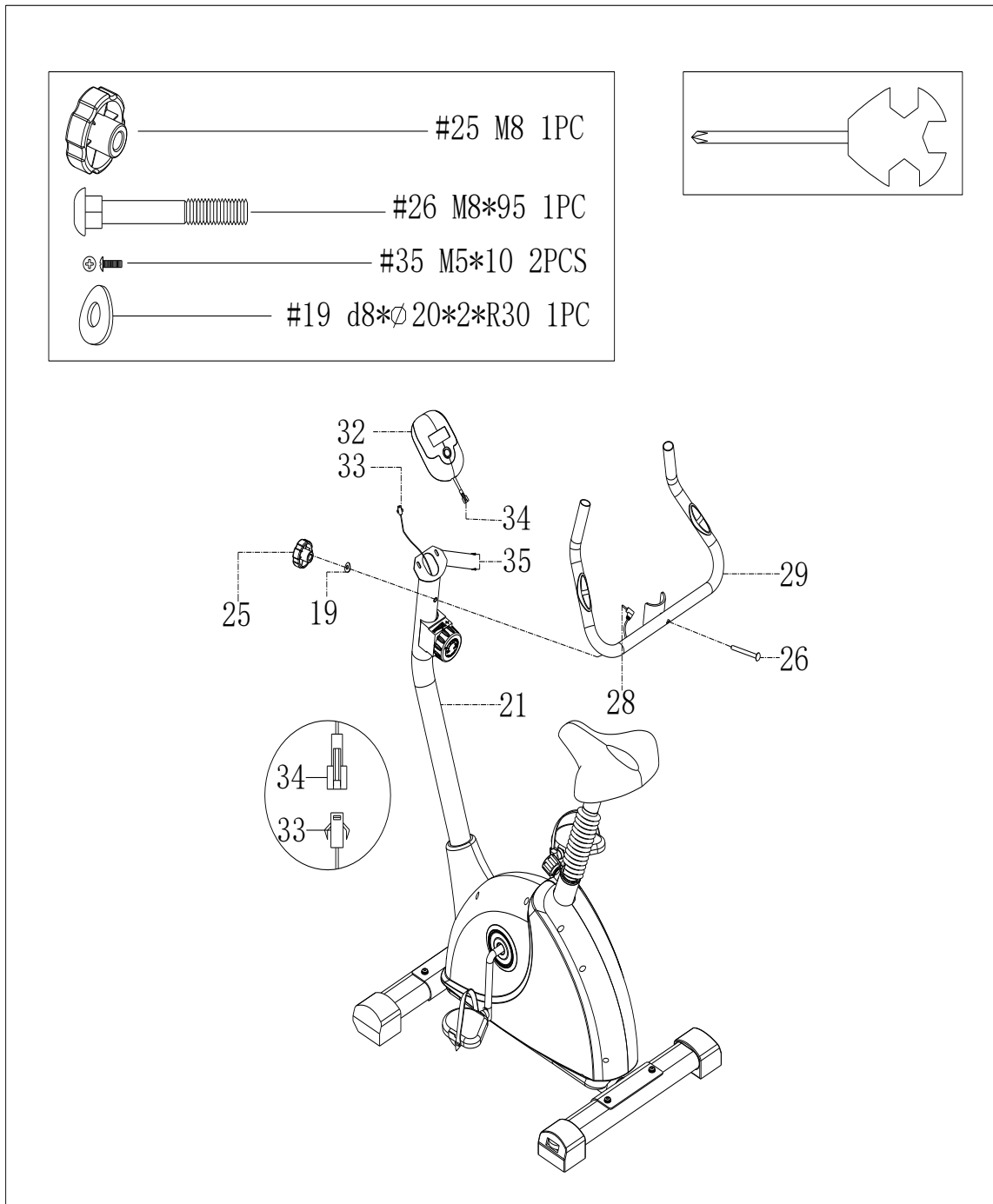
1. Lock the saddle (14) onto the saddle post (12) with the nylon nut (13) and washer (3)
2. Insert the saddle post (12) through the bellow (39), and then into the main frame (1), lock it with the knob (15)

STEP 3:



1. Insert the up-right post (21) cross the handlebar cover (18), and then connect the tension wire (17) to the tension control (22). connect the sensor wire (16) to the mid-sensor wire (33)
2. Lock the up-right post (21) onto the main frame (1) by the screw (20) and arc washer (19)
3. Lock the pedals (10L and 10R) onto the main frame (1)

STEP 4:



1. Connect the mid-sensor wire (33) to the computer wire (34), and then lock the computer (32) onto the computer support of the up-right post (21) using the screw (35)
2. Lock the handlebar post (29) onto the up-right post (21) by the square neck bolt (26), arc washer (19) and nut (25), and then insert the pulse wire (28) into the back of the computer (32)

3. COMPUTER OPERATION

PROGRAM PARAMETERS

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

KEY FUNCTIONS:

MODE: This key lets you to select and lock on to a particular function you want.

OPERATION PROCEDURES:

1. 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.

2. RESET:

The unit can be reset by either changing the battery or pressing the mode key for 3 seconds.

3. MODE:

To choose the SCAN or LOCK if you do not want the scan mode, press the MODE key when the pointer on the function you want which begins blinking..

4. FUNCTIONS:

TIME: Press the MODE key until the pointer advances to TIME. The total working time will be shown.

SPEED: Press the MODE key until the pointer advances to SPEED. The total working time will be shown.

DISTANCE: Press the MODE key until the pointer advances to DISTANCE. The distance of each workout will be displayed.

ODOMETER (if included): Press the MODE key until the pointer advances to ODOMETER.

The total accumulated distance will be shown.

PULSE (if included): Press the MODE key until pointer advances 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 (or put ear-clip to ear), and wait for 30 seconds for the most accurate reading.

CALORIES: Press the MODE key until the pointer advances to CALORIES. The calories burned will be displayed.

SCAN: The computer will automatically cycle through the display of the following functions in the order:

TIME----SPEED----DISTANCE---- PULSE-(if included)----CALORIES (repeat).

BATTERY

This monitor uses one or two (if pulse is included) batteries. If the display shows incorrectly, please replace the batteries.

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: $220 - \text{Age} = \text{predicted maximum heart rate}$

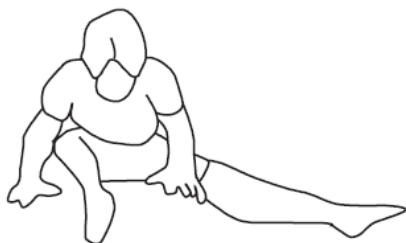
Warm-Up: The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm-up for two to five minutes before strength training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging,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

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.lifespanfitness.com.au/warranty-repairs>

Warranty and Support:

Please email us at 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.

Head Office and Customer Service:

Global Fitness and Leisure Pty Ltd
17 Fordson Rd
Campbellfield
VIC, 3061
Australia
PH: 03 9357 2166

Hand Pulse Technology

Lifespan Fitness exercise equipment come 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 cycling and up to sprinting)
- Tightening of hand muscles will produce small electrical signals
- Static electricity charges from the air or from moving on the equipment

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 pedaling on a spin bike.

To test if your hand pulse sensors are working up to specification, hold them while stationary, not pedaling, 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

support@lifespanfitness.com.au