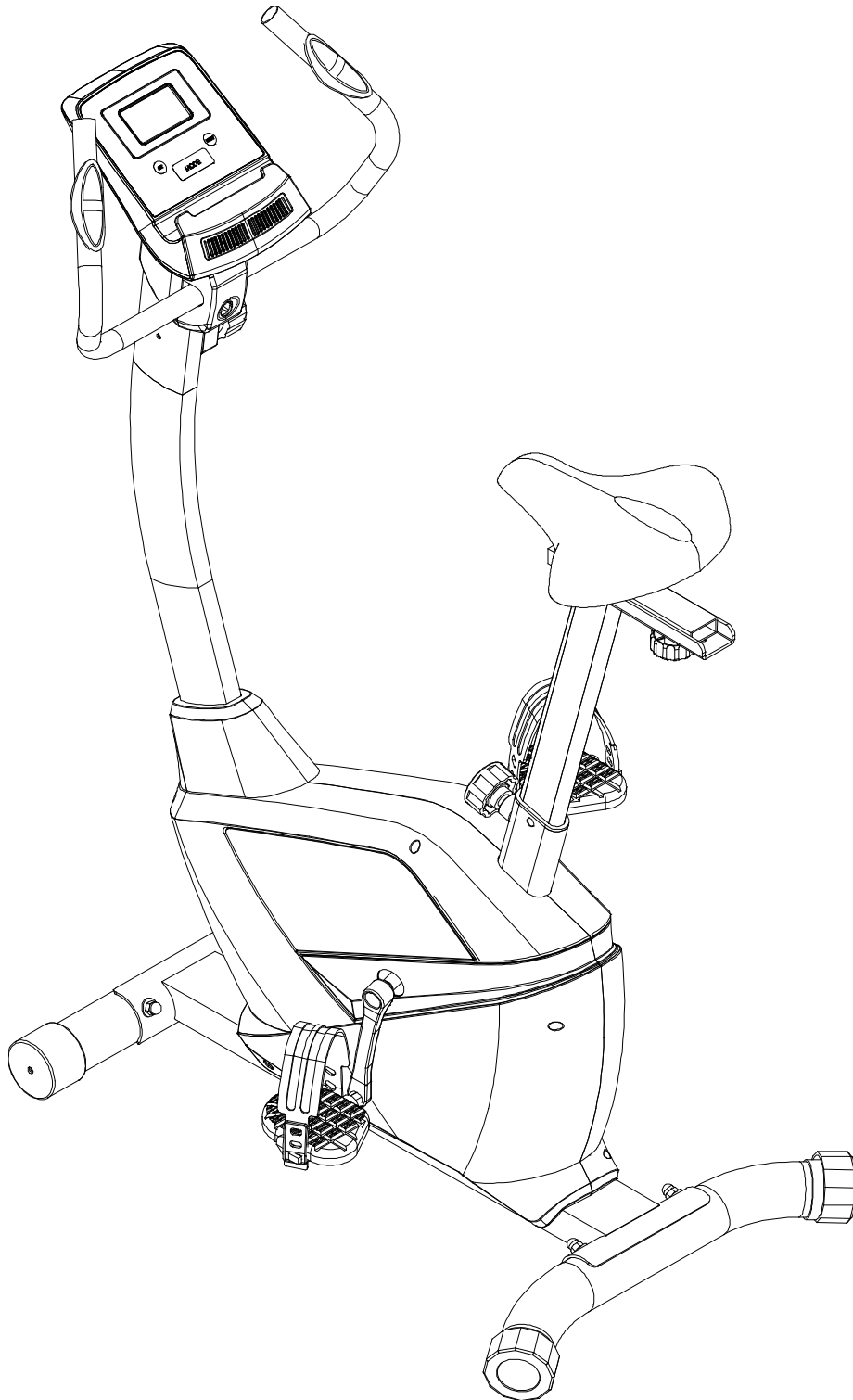


# EXER-57 OWNER'S MANUAL



**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

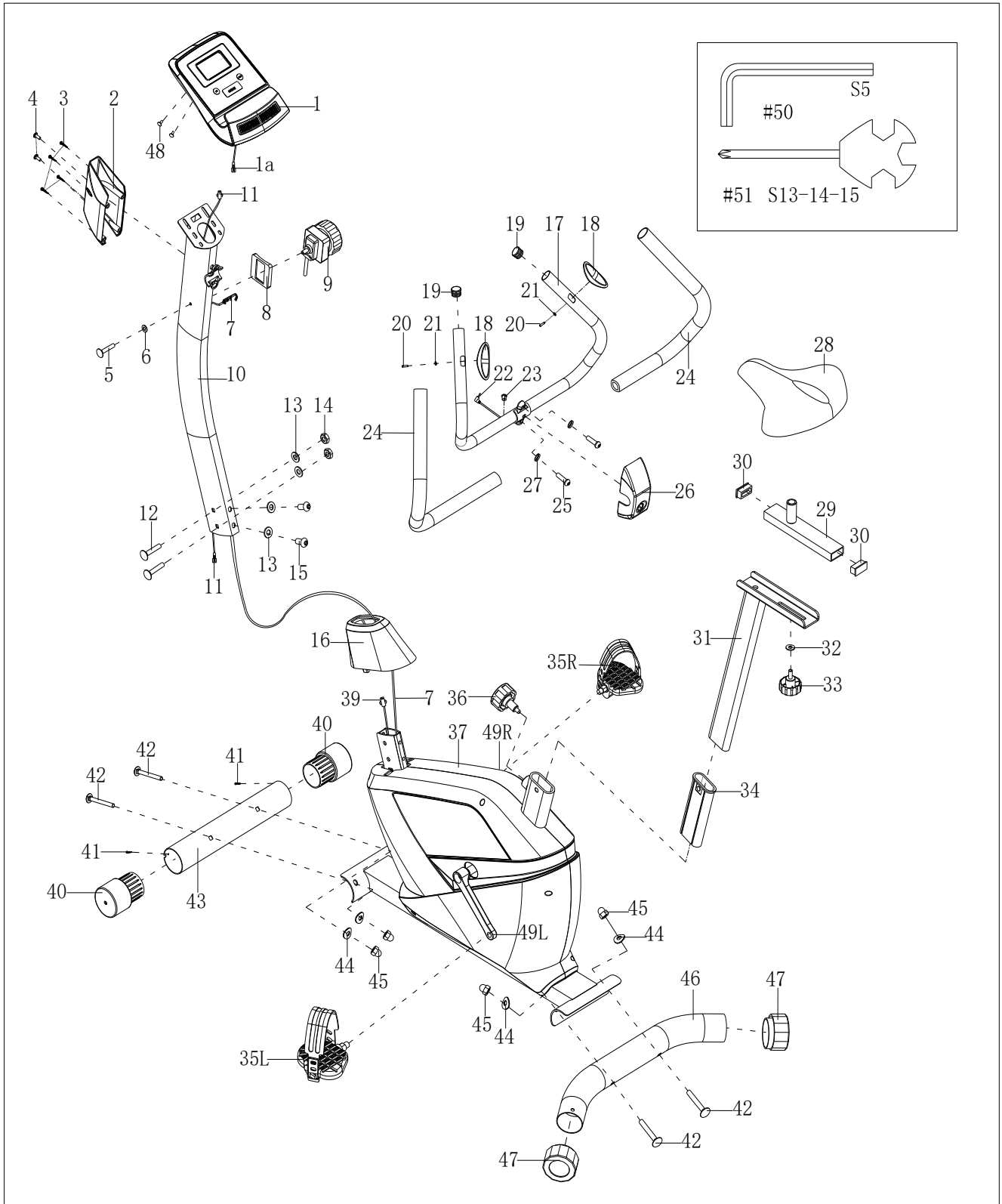
- . Lubricate moving joints with grease after periods of usage
- . Be careful not to damage plastic or metal parts of the machine with heavy or sharp objects
- . The machine can be kept clean by wiping it down using dry cloth
- . All nuts and bolts are to be checked and tightened on a regular basis.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

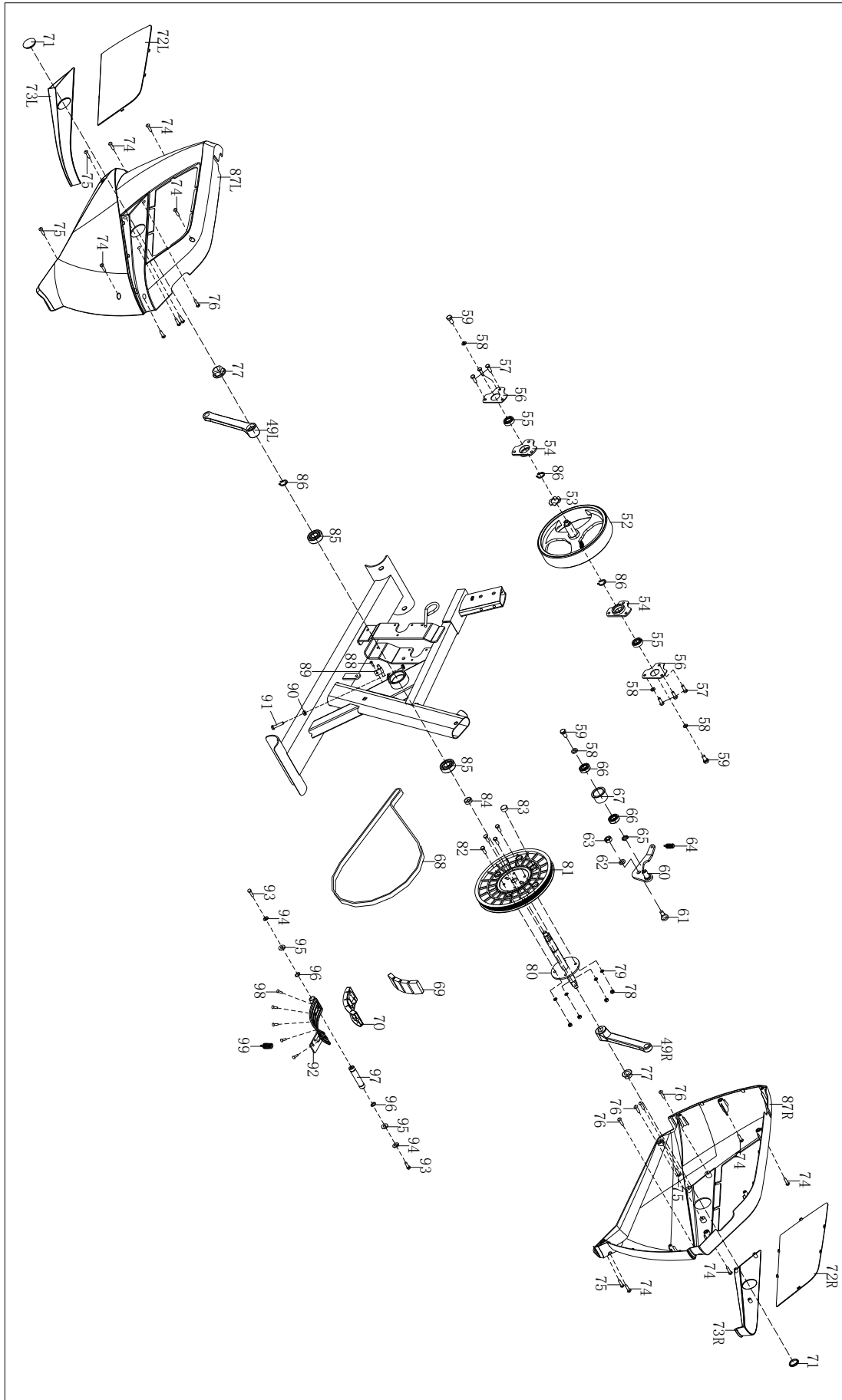
### **Battery Usage**

- 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



### 3. EXPLODED DIAGRAM

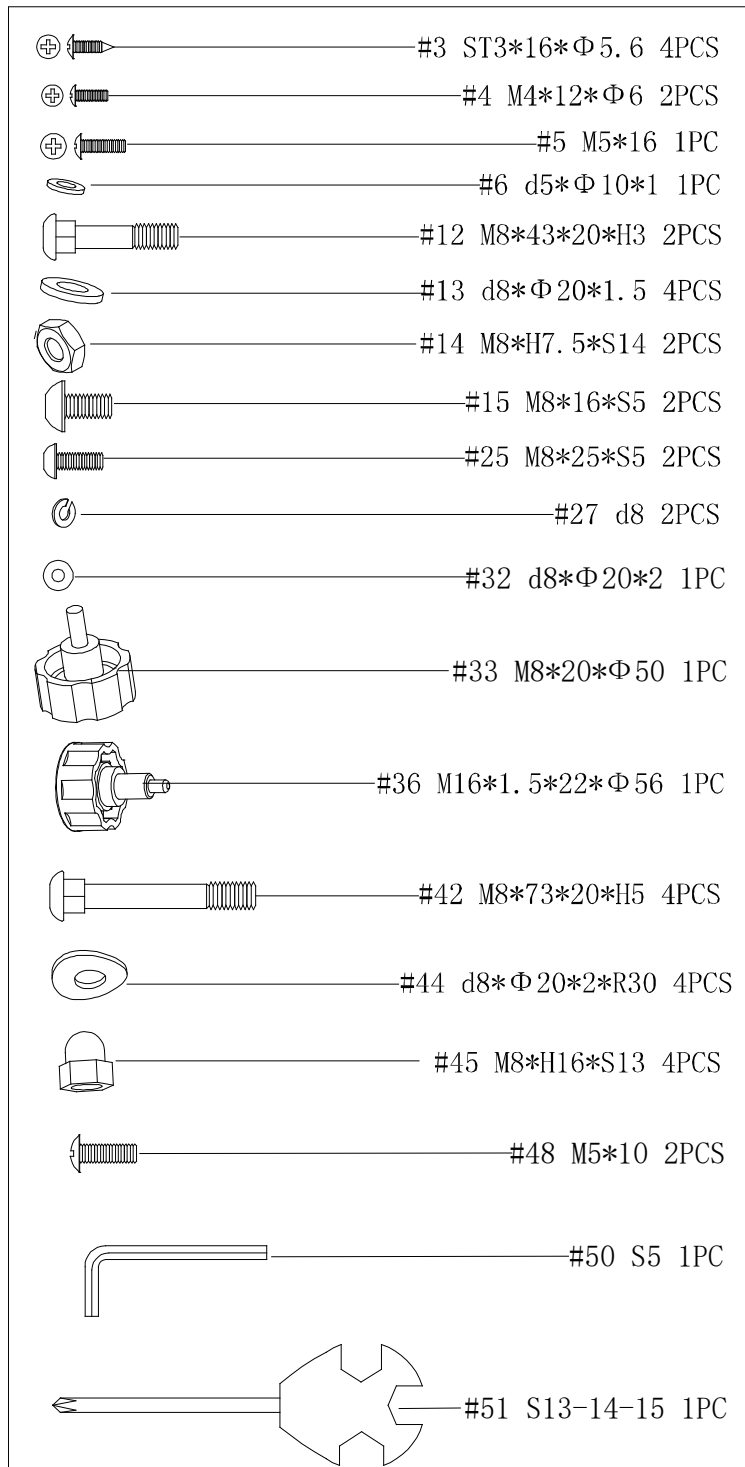




## 4. PARTS LIST

No.	Description	Qty.	No.	Description	Qty.
1	Computer	1	44	Arc washer d8*Ø20*2*R30	4
2	Rear cover	1	45	Cap nut M8	4
3	Screw ST3*16	4	46	Rear bottom tube	1
4	Bolt M4*12	2	47	Adjustable end cap	2
5	Bolt M5*16	1	48	Bolt M5*10	2
6	Washer d5*Ø10*1	1	49L/R	Crank L/R	2
7	Tension wire	1	50	Wrench S5	1
8	Tension seat	1	51	Wrench S13-14-15	1
9	Tension knob	1	52	Flywheel	1
10	Front post	1	53	Wave washer d16*Φ21*0.3	2
11	Trunk wire	1	54	Bearing seat	2
12	Bolt M8*43	2	55	Bearing 6001-2RS	2
13	Washer d8*Ø16*1.5	4	56	Fixed plate	2
14	Nylon nut M8	2	57	Bolt M6*10	6
15	Bolt M8*16	2	58	Washer d6*Φ16*1.5	4
16	Upper front cover	1	59	Bolt M6*12	2
17	Handlebar	1	60	Idler wheel join	1
18	Hand pulse plate	2	61	Bolt M8*12	1
19	Round end cap	2	62	Washer d12*Φ17*0.5	1
20	Screw ST4*19	2	63	Nylon nut M8*H7.5*S13	1
21	Washer d6*Ø12*1	2	64	Spring Φ2*Φ16*83*N26	1
22	Hand pulse wire	1	65	Wave washer	1
23	Cap Ø12*11*Ø3	1	66	Bearing 6001-2RS	2
24	Foam grip	2	67	Idler	1
25	Bolt M8*25	2	68	Belt	1
26	Lower front cover	1	69	Square magnet	4
27	Spring washer d8	2	70	Magnet location grid	1
28	Saddle	1	71	Crank cap	2
29	Saddle across tube	1	72L/R	Small cover 1	2
30	Square end cap J40*20*17	2	73L/R	Small cover 2	2
31	Saddle post	1	74	Screw ST4.2*19	8
32	Washer d8*20*Ø2.0	1	75	Screw ST4.2*16	4
33	Knob M8*20*Φ50	1	76	Screw ST4.2*13	8
34	Bushing	1	77	Bolt M8*20	2
35L/R	Pedal	2	78	Nylon nut M6*H6*S10	4
36	Knob M16*1.5*22*Φ56	1	79	Spring washer d6	4
37	Main frame	1	80	Middle axle	1
39	Sensor wire	1	81	Belt plate	1
40	End cap with wheel	2	82	Bolt M6*16	4
41	Screw ST3*10	2	83	Round Magnet Φ15*7	1
42	Bolt M8*73	4	84	Bushing Φ22*Φ18*5	1
43	Front bottom tube	1	85	Bearing 6203-2RS	2

No.	Description	Qty.	No.	Description	Qty.
86	Washer d17	3	93	Bolt M6*16	2
87L/R	Chain cover L/R	2	94	Spring washer d6	2
88	Screw ST4.2*16	1	95	Washer d6*Φ12*1.2	2
89	Sensor seat	1	96	Washer d12	2
90	Nut M6*H5*S10	2	97	Magnetic board axle	1
91	Bolt M6*45	1	98	Screw ST3*10	5
92	Magnetic board join	1	99	Spring Φ1.6*Φ14.5*61*N20	1



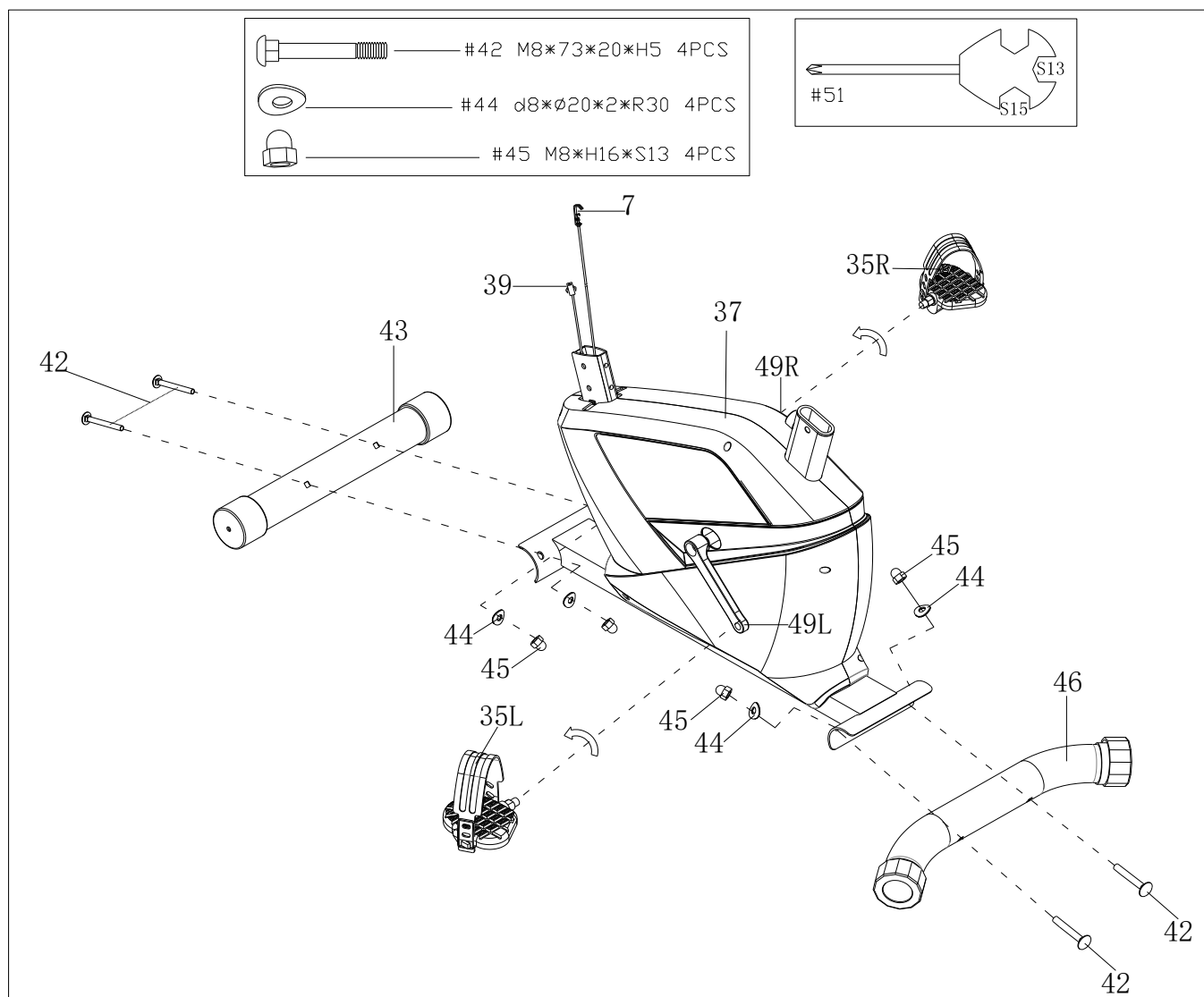


## 5. ASSEMBLY INSTRUCTIONS

*NOTE: Before assembly ensure there is enough space around the item. Some nuts and bolts may be already attached to the machine*

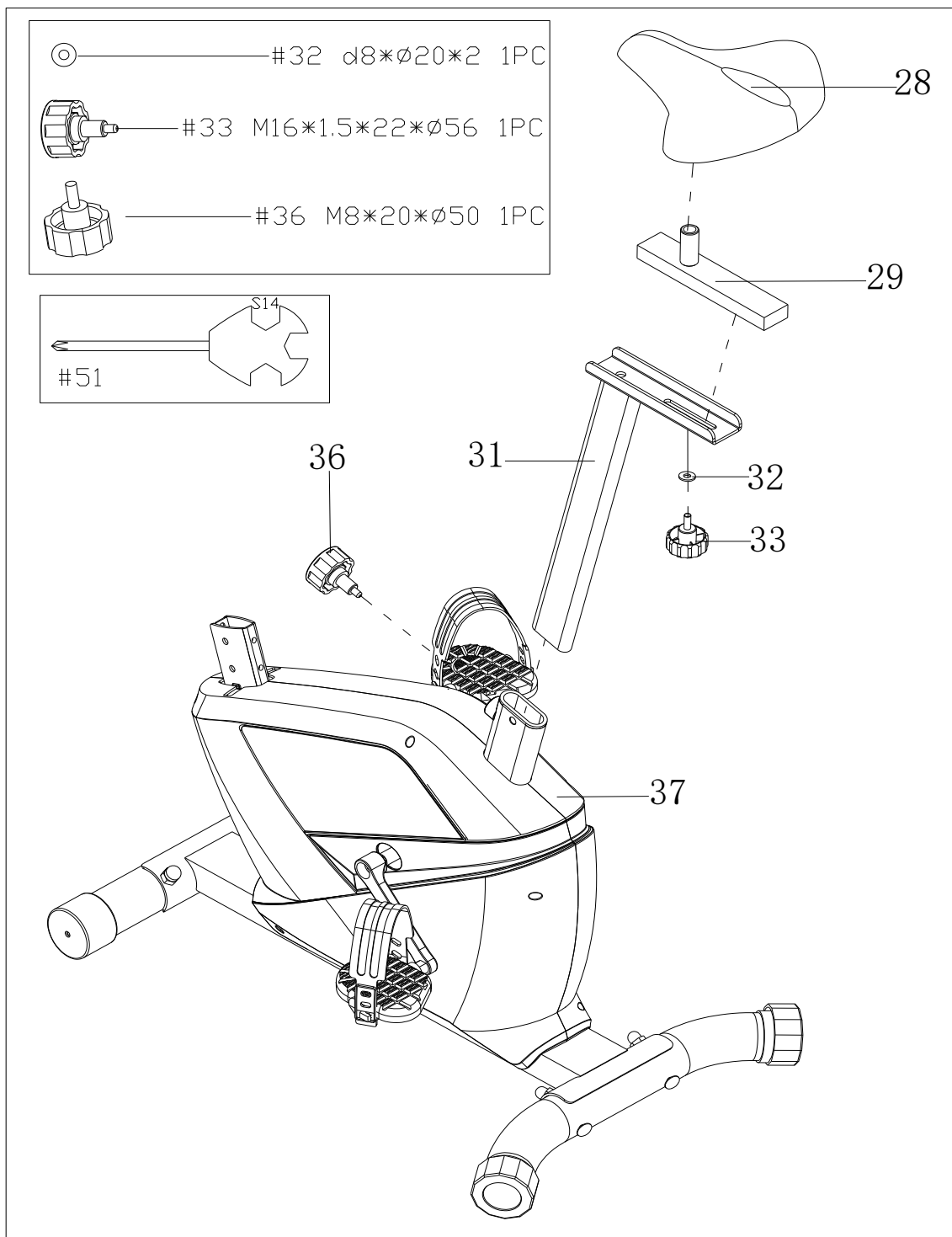
### STEP 1

- a) Secure front bottom tube (43) and rear bottom tube (46) to main frame (37) with bolts (42), arc washers (44) and cap nuts (45).
- b) Secure pedal (35L/R) to the L/R crank (49L/R) by wrench (51).









### STEP 2:

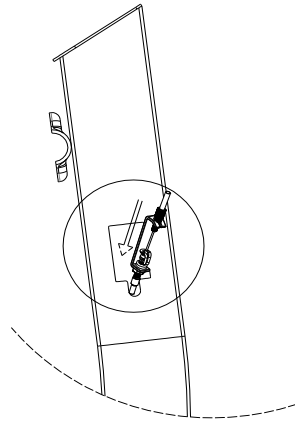
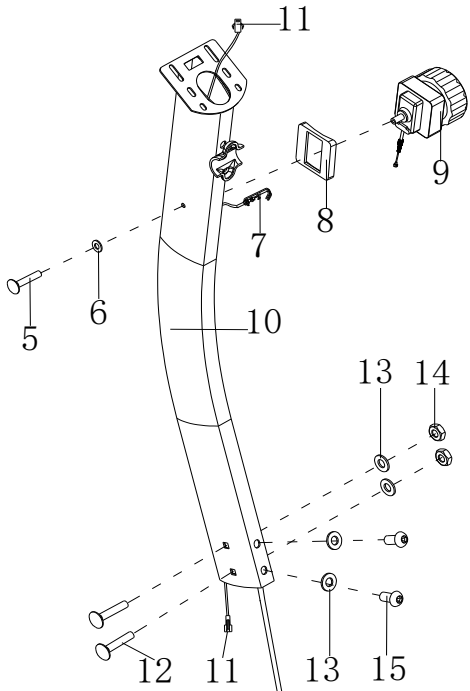
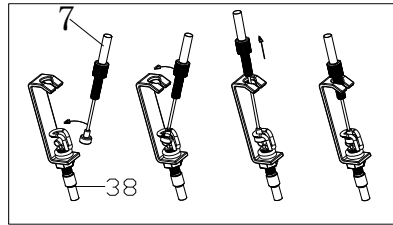
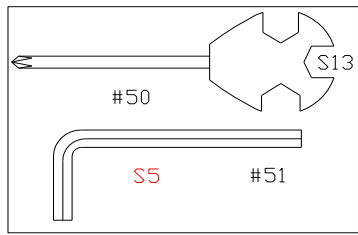
- a) Insert saddle post(31) into the post located on the back end of main frame(37), and secure in place using knob(36)
- b) Secure saddle across tube (29) to saddle post (31) with knob (33) and washer (32).
- c) Secure saddle (28) to the saddle across tube (29).



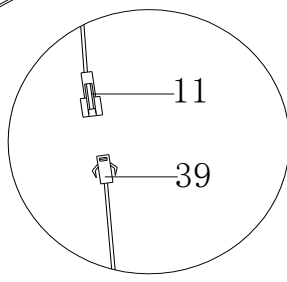
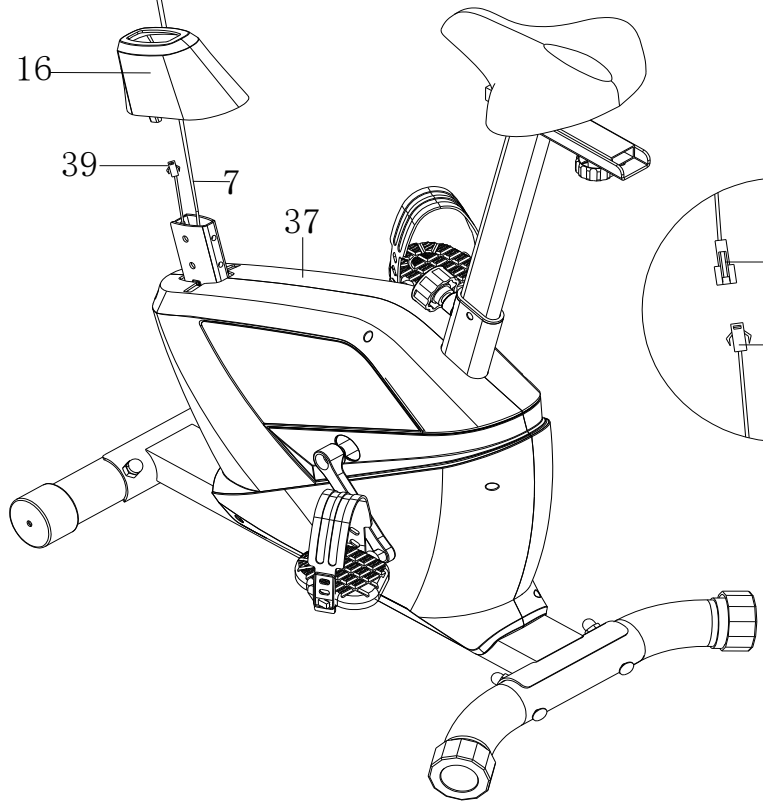
**STEP 3: (see next page for diagram)**

- a) Insert tension wire (7) through lower front cover (16) and front post (10).
- b) Connect upper trunk wire(11) with below sensor wire(39), extract tension wire(7) from front post(10), then connect tension knob(9) with below tension wire(7), and secure tension knob(9) to front post(10) with screw(5) and washer(6).
- c) Secure front post (10) to main frame (37) with screws (15), bolts (12), washers (13) and nylon nuts (14).

-  #5 M5\*16 1PC
-  #6 d5\*Φ10\*1 1PC
-  #12 M8\*43\*20\*H3 2PCS
-  #13 d8\*Φ20\*1.5 4PCS
-  #14 M8\*H7.5\*S14 2PCS
-  #15 M8\*16\*S5 2PCS

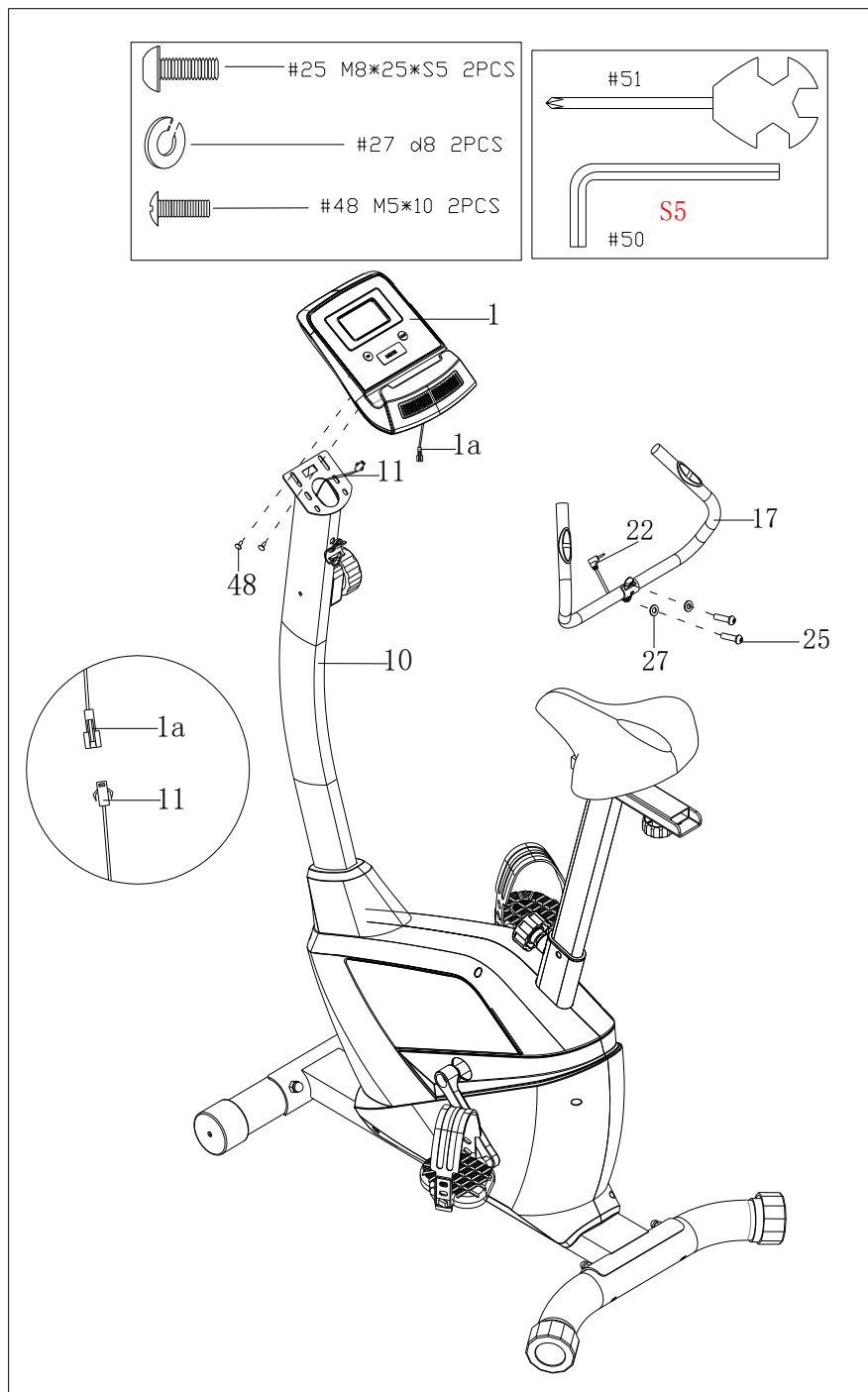


图A



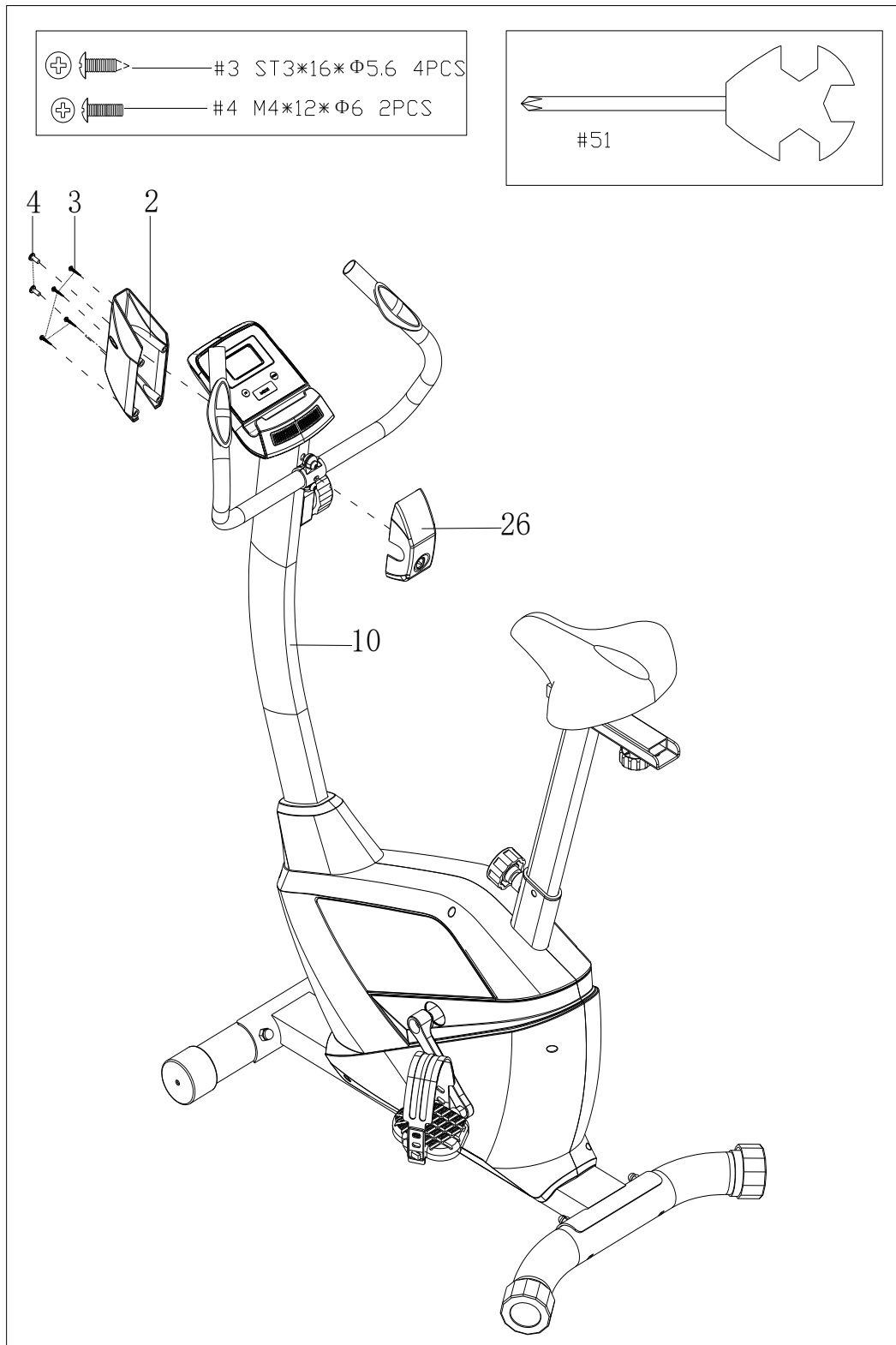
#### STEP 4:

- a) Attach handlebar (17) to the clamp of handlebar post (10), then tighten it with screw (25) and spring washer (27).
  - b) Connect computer wire (1a) with upper trunk wire (11).
  - c) Secure computer (1) to the computer bracket located on the top of front post (10) with screws (48).
- Insert handle pulse wire (22) into the hole located on the back of computer (1).

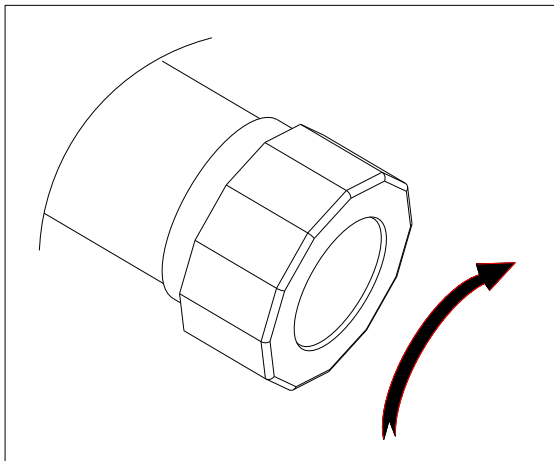


**STEP 5:**

- a) Secure rear cover for handlebar post(2) to front post(10) with screws(4);
- b) Secure front cover for handlebar post(26) to rear cover for handlebar post(2) with screw(3);

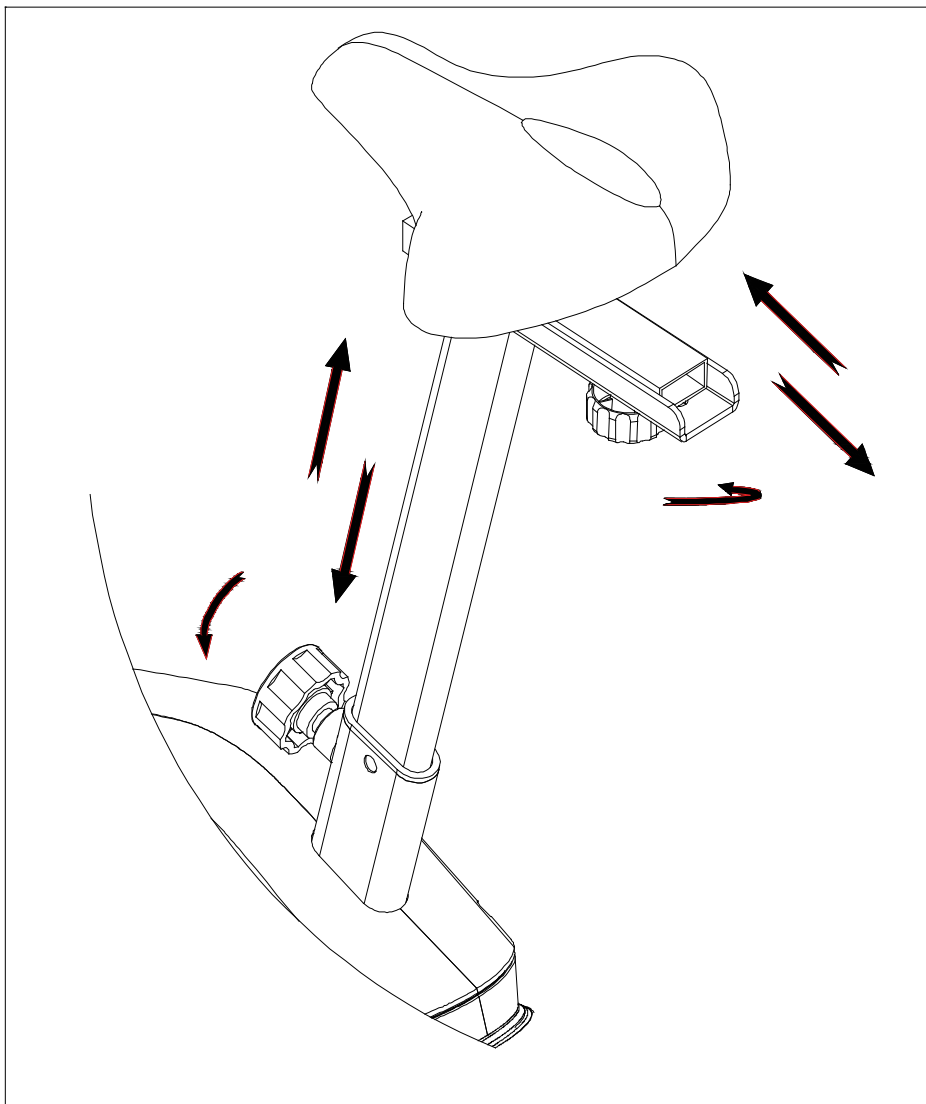


### Adjustment of the End Caps:



When this product is on an uneven surface, please adjust both end caps according to the left instruction picture.

### Adjustment of the Seat Tube:



## 6. COMPUTER OPERATION

### BUTTONS:

1. MODE:
  - a. Press to change over display mode or choose the window needs to be set.
2. RECOVERY / UP:
  - a. In setting status, press this button to increase setting value in the relevant flashing window for TIME, DIST, CAL and TEMP
  - b. In non-exercise or non-setting status, press this button to enter/exit pulse recovery function.
3. DOWN
  - a. In setting status, press this button to decrease setting value in the relevant flashing window for TIME, DIST, CAL and TEMP
4. RESET/GO
  - a. In setting status, press this button to reset the value in relevant flashing window for TIME, DIST and CAL.
  - b. In parameters setting status for body fat, press this button to enter body fat test.
  - c. In monitor status, hold this button for 3 seconds to reset all values to zero.
5. BODYFAT
  - a. In non-exercise status, press this button to enter/exit body fat parameters set-up.

### FUNCTIONS:

1. SPEED/BODYFAT RATIO/RPM WINDOWS (IF APPLICABLE)
  - a. Displays instantaneous speed and the range is 0.0~99.9KM/H. The maximum pickup signal is 1500rpm.
  - b. Displays current revolutions per minute (RPM) during exercise. It reflects the pedal frequency. The range is 0~1500 rate per minute. (if applicable)
  - c. Displays Body fat ratio.
2. TIME/BMI
  - a. Counts the total time from exercise start to the end. Range is 0 ~ 99M59S.
  - b. Exercise time can be set in advance, when it approaches the present time, the monitor will alarm for 10 seconds. The maximum pre-set time is 99 minutes.
  - c. Display Body Mass Index (BMI).
3. DISTANCE/BMR
  - a. Counts the total distance from exercise start to the end and the range is 0.00 ~ 9.99 ~ 99.9KM.



- b. Exercise distance can be set in advance, when it approaches the pre-set distance, the monitor will alarm for 10 seconds. The maximum pre-set distance is 99.9KM
- c. Displays Basal Metabolic Rate (BMR).

#### 4. CALORIES/TEMPERATURE

- a. Count the total calories consumed from exercise start to end. Range is 0.0 ~ 99.9 ~ 999KCAL.
- b. The calorie value can be set in advance, when it approaches the pre-set calorie, the monitor will alarm for 10 seconds.
- c. Displays room temperature (TEMP).

#### 5. PULSE

- a. Hold the pulse sensor and read your heart rate per minute. The range is 40 ~ 240bpm.
- b. It will display "P" to pause the pulse test if there is no pulse signal over 60 seconds. You can press UP or DOWN to enter the pulse test again

#### 6. ALARM

- a. The monitor will "Beep" when pressing "MODE" "RECOVERY/UP" "DOWN", RESET/GO or "BODYFAT" buttons.

#### 7. AUTO ON/OFF & AUTO START/STOP

- a. Without any signal of exercise or operation for 8 minutes, the power will turn off automatically and all the memory will be cleared excluding body fat parameters and temperature.
- b. Once receive exercise or operation signal, the monitor will turn on automatically.

### **OPERATION:**

#### 1. SET

- a. Press MODE to choose the display window that needs to be pre-set.
- b. The value in relevant window will flash. Then press UP/DOWN to increase/decrease the value to reach desired workout time, distance, or calories.
- c. Hold UP/DOWN to increase/decrease the value rapidly. Press RESET to reset value in relevant flashing window.

#### 2. PULSE RATE

- a. Before measuring your pulse rate, press any button to change "P" into "□" in the window to enter pulse mode.
- b. Place both your palms on the contact pads and the monitor will show your current heart beat rate in beats per minute (BPM) on the LCD after 3~4 seconds.

- c. Note: During the process of pulse measurement, the measurement value may be higher than the virtual pulse rate during the first 2~3 seconds. After which, it will return to normal level.

The measurement value cannot be used for medical purposes treatment.

### 3. PULSE RECOVERY

- a. In non-setting and non-exercising status, first test your pulse as above mentioned.
- b. Press RECOVERY/UP to enter pulse recovery function.
- c. The display will show 1 minute count-down as well as your pulse rate.
- d. Hold on the pulse sensor until it counts down to zero.
- e. The display will show your pulse recovery score from F1 to F6. F1 being the fastest and F6 being the slowest.
- f. Press RECOVERY/UP again to exit pulse recovery function.

### 4. BODYFAT, BMI & BMR

- a. In non-exercising status, press BODYFAT to enter body fat parameters settings.
- b. You can set from the following sequence:
  - i. User No.( 1 ~ 8 ), weight( KG ), height( CM ), age ( YEAR ), gender.
  - ii. Press MODE to proceed to next parameter setting.
  - iii. Press RECOVERY/UP to increase the setting value or DOWN to decrease.
- c. After setting, hold the pulse sensor and press RESET/GO. The display will then show your body fat in 6 seconds.
- d. Press BODYFAT again to exit body fat test.
- e. Note:
  - i. During parameter setting, the computer will exit body fat test automatically if detects no operation signal over 10 seconds.
  - ii. During body fat test, Er.1 will show if no pulse is detected for 10 seconds.

### 5. AUDIO AMPLIFIER AND SPEAKER [ IF APPLICABLE ]

- a. Connect the audio input plug to the audio player, then turn on the audio switch to the right side of the computer.

#### **BODYFAT GUIDE TABLE:**

Gender/Age	Underweight	Healthy	Slightly Overweight	Overweight	Obese
Male/ ≤ 30	< 14%	14%~20%	20.1%~25%	25.1%~35%	> 35%
Male/ > 30	< 17%	17%~23%	23.1%~28%	28.1%~38%	> 38%
Female/ ≤ 30	< 17%	17%~24%	24.1%~30%	30.1%~40%	> 40%
Female/ > 30	< 20%	20%~27%	27.1%~33%	33.1%~43%	> 43%

#### **BATTERY REPLACEMENT:**

When the display becomes dim or illegible, remove the battery and replace with SIZE AAA UM4 R03.

## 7. 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.

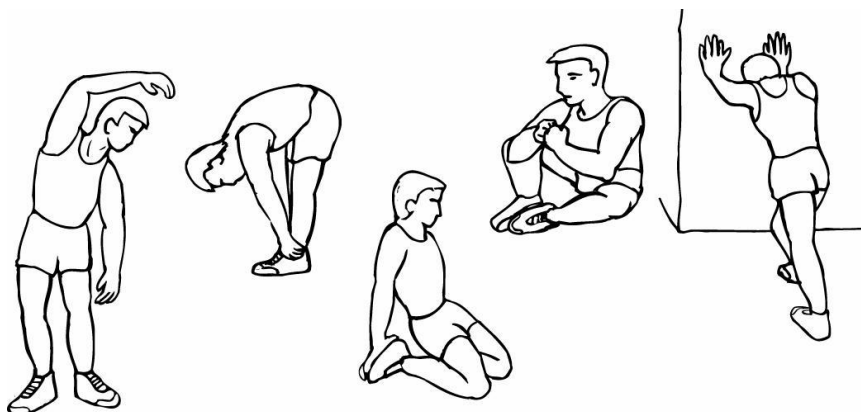
Exercising is great way to control your weight, improving your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

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

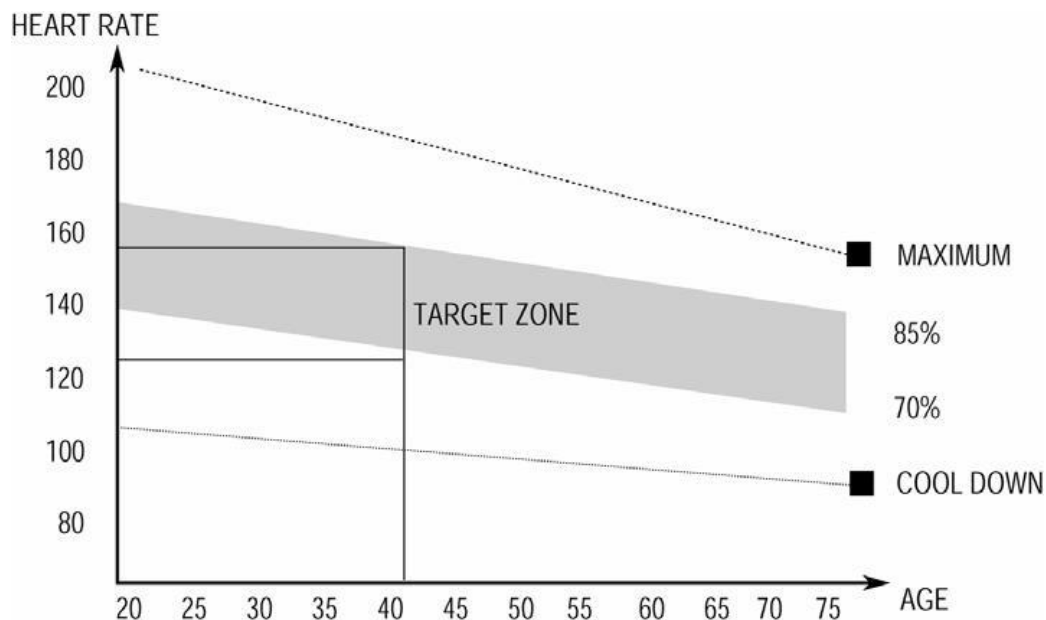
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.

## 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.**

## 8. 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 Fitness Technical Support Department

[www.lifespanfitness.com.au](http://www.lifespanfitness.com.au)

[support@lifespanfitness.com.au](mailto:support@lifespanfitness.com.au)