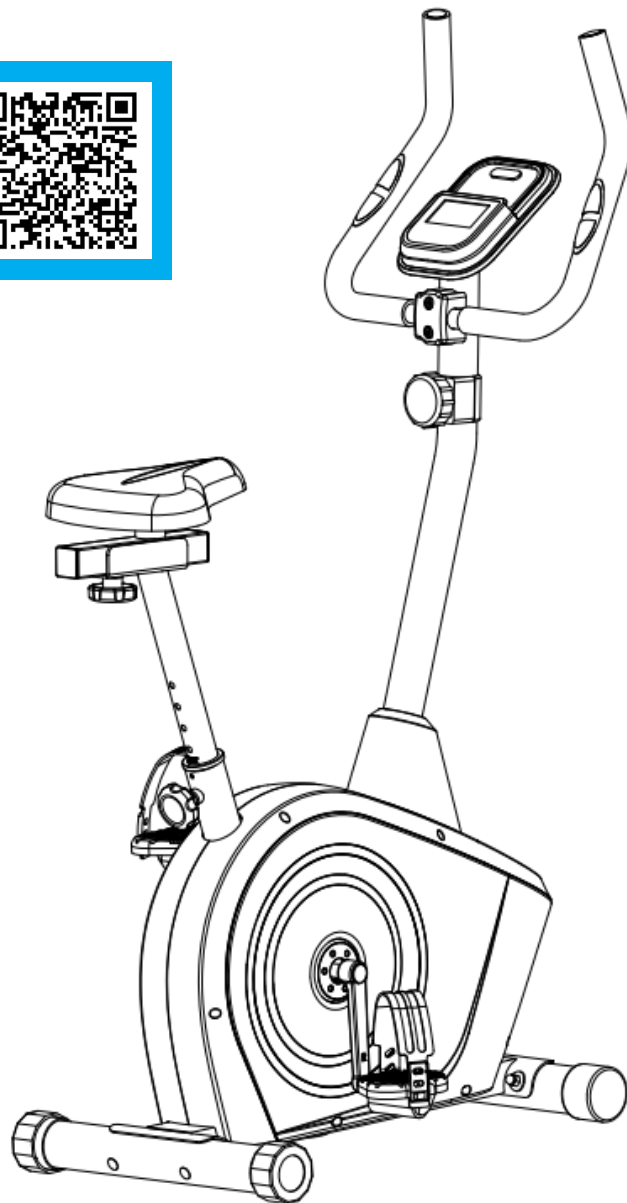
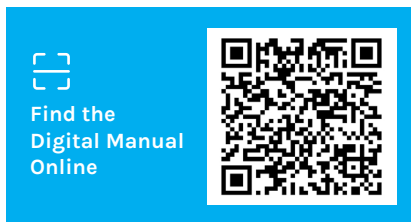




EXER-59 Exercise Bike

USER 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.**

NOTE:

This manual should not be used to guide your purchasing decision. Your product, and the contents inside its carton, may vary from what is listed in this manual. This manual may also be subject to updates or changes. Updated manuals are available through our website at www.lifespanfitness.com.au



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I. 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 always keep this manual with you.

- 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.
- 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.
- 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.
- Keep children and pets away from the equipment. This equipment is designed for adult use only.
- 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.
- 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.
- 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.
- This equipment is designed for indoor and family use only.
- Care must be taken when lifting or moving the equipment so as not to injure your back.

- Always keep this instruction manual and assembly tools at hand for reference.
- The equipment is not suitable for therapeutic use.
- 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.

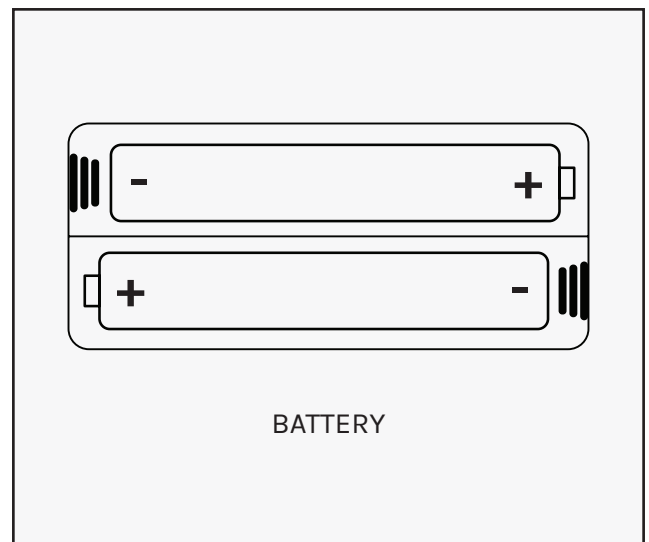
II. CARE INSTRUCTIONS

IMPORTANT

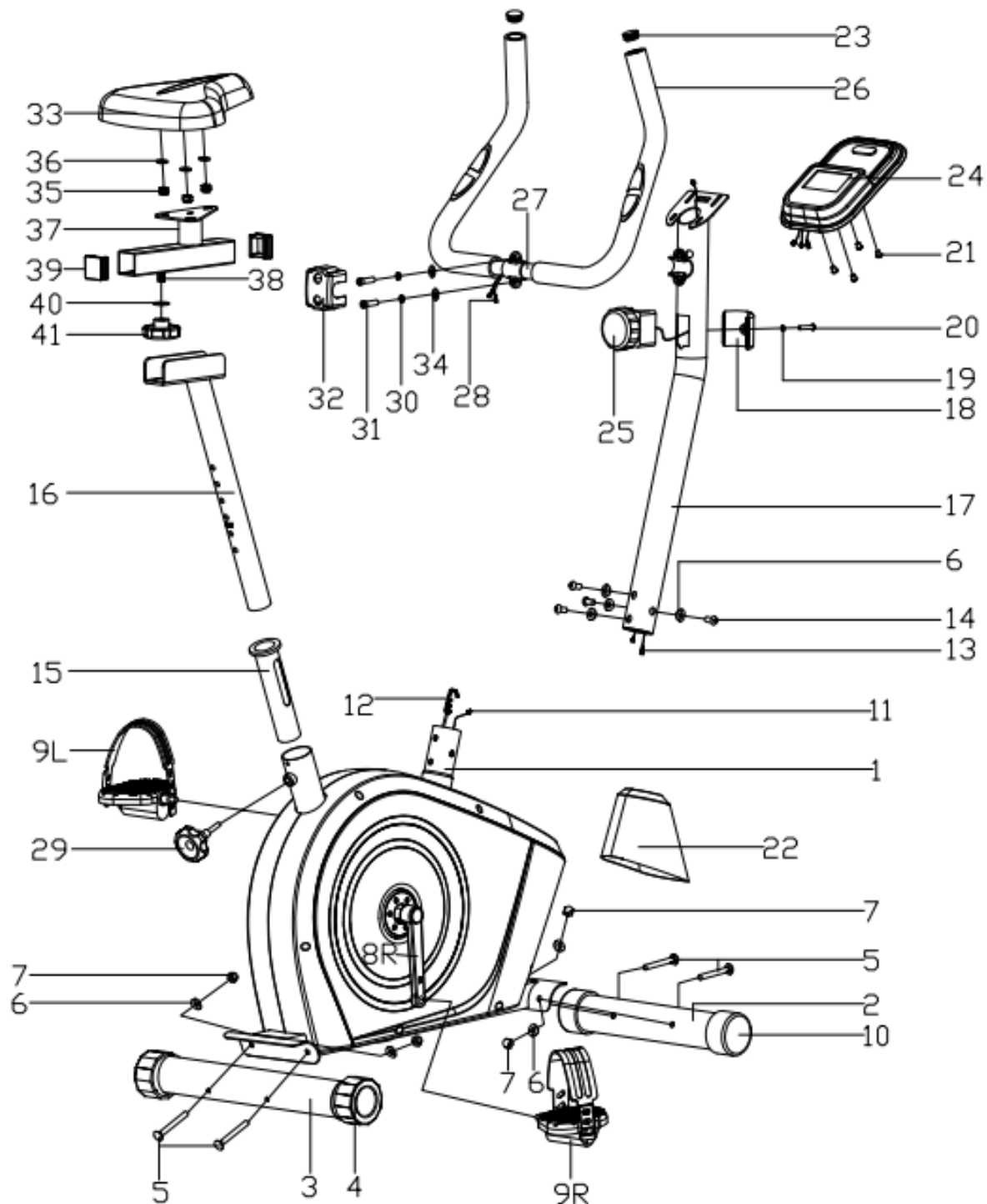
- All nuts and bolts are to be checked and tightened on a regular basis. This includes pedals and other moving parts. **Failure to do so may cause damage to your threads and void your warranty.**
 - Lubricate moving joints after periods of usage.
 - Be careful not to damage plastic or metal parts of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

BATTERY USAGE

- Batteries are to be installed or replaced by adult only.
- 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.
- Remove batteries when product is not in use.
- Remove exhausted batteries from product and dispose of in accordance with the manufacturer's recommendation.
- Do not attempt to recharge non-rechargeable batteries.
- Batteries are to be inserted with correct polarity.
- The supply terminals are not to be short-circuited.
- Do not dispose of batteries in fire, batteries may explode or leak.



III. EXPLODED DIAGRAM



IV. PARTS LIST

NOTE: Most assembly hardware is packaged separately; however, some hardware may be pre-installed on the relevant components. Where hardware is pre-installed, remove it before assembly and reinstall it as instructed in the applicable assembly step.

Refer carefully to each assembly step and take note of any pre-installed hardware before beginning.

Part No.	Description	Qty	Part No.	Description	Qty
1	Main frame	1	22	Handlebar post cover	1
2	Front Stabilizer	1	23	Round end cap	2
3	Rear Stabilizer	1	24	Computer	1
4	Rear End Caps	2	25	Tension controller	1
5	Carriage bolt M8×L74	4	26	Foam grip	2
6	Arc Washer Φ8.5×1.5×Φ25×R33.5	8	27	Handlebar	1
7	Acorn nut M8	4	28	Pulse wire	2
8L/R	Crank	1/1	29	Knob	1
9L/R	Pedal	1/1	30	Hexagonal cylindrical head bolt M8×30	2
10	Front End Caps	2	31	Flat washer D8XΦ19X1.5	2
11	Sensor wire	1	32	Handlebar Chuck Cover	1
12	Tension Cable	1	33	Saddle	1
13	Extension Wire	1	34	Flat washer D8 x Φ8.5 x 1.5	2
14	Inner hex bolt M8×16	4	35	Nylon nut M8	3
15	Saddle bushing	1	36	Flat washer D8	3
16	Spring d8*1.5	2	37	Saddle Slider	1
17	Handlebar Post	1	38	U-shaped slider	1
18	Tension control cover	1	39	Square cap	2
19	Flat washer	1	40	Flat washer D10XΦ26X2	1
20	Cross pan head screw	1	41	Knob nut	1
21	Cross pan head screw M4×10	4			

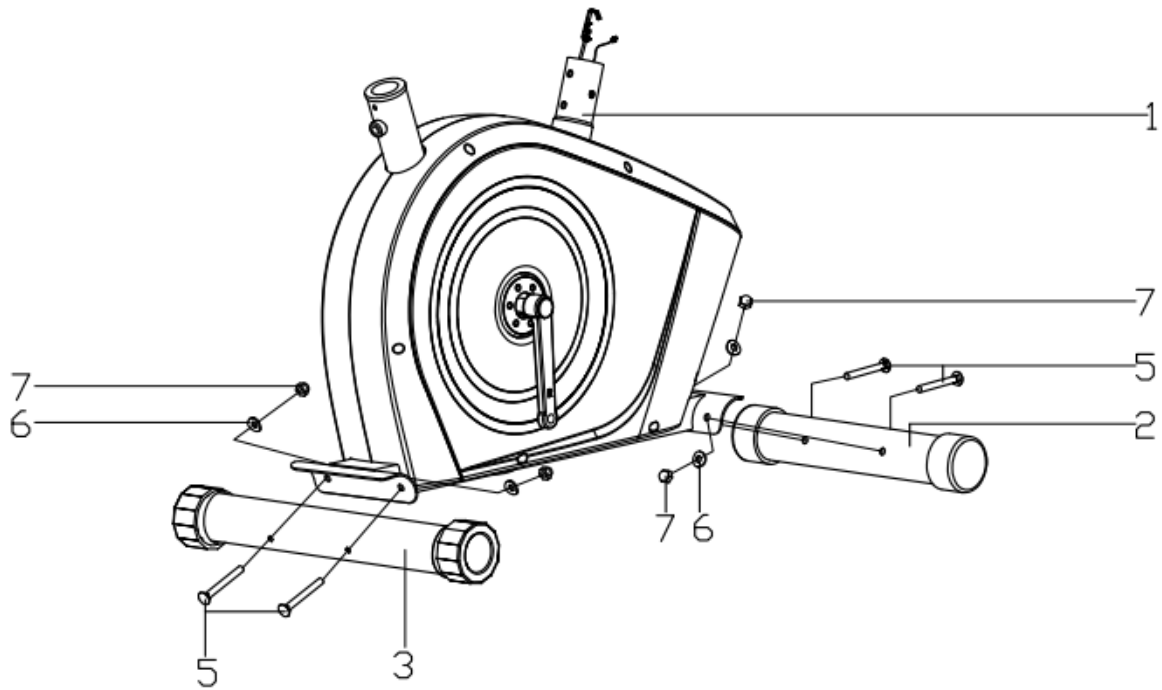
PREPARATION:

Before assembly:

- Ensure there is sufficient clear space around the product for safe assembly.
- Use the supplied tools or other suitable tools where required.
- Check that all parts and hardware are present before beginning.
- Assemble the product on a clean, level surface to prevent damage or instability.
- Two or more people are strongly recommended for assembly, particularly when lifting, supporting or positioning larger components, to reduce the risk of injury or product damage.

V. ASSEMBLY INSTRUCTIONS

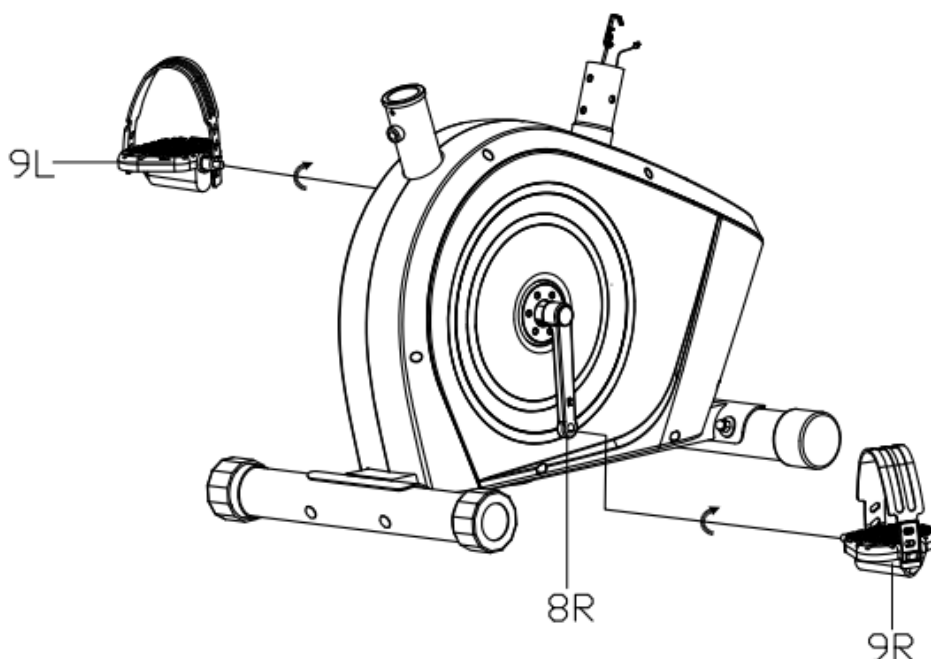
IMPORTANT: Before assembly, remove all packaging materials and check that all parts and hardware are present. Assemble the bike on a clean, level surface with sufficient space around the product.



STEP 1 - INSTALL THE FRONT AND REAR STABILISERS

1. Carefully position the Main Frame (1) for assembly.
2. Remove all foam, cardboard, plastic spacers and other packaging material from around the front and rear stabiliser mounting areas. Make sure the mounting surfaces and bolt holes are completely clear before installing the stabilisers.
3. Attach the Front Stabiliser (2) and Rear Stabiliser (3) to the Main Frame (1) using the Carriage Bolts (5), Arc Washers (6) and Acorn Nuts (7), as shown.
4. Tighten all fasteners securely.
5. Place the bike upright on a level surface. If the bike rocks or is unstable, rotate the levelling end caps on the Rear Stabiliser until the bike sits firmly on the floor.

! **WARNING:** Do not install the stabilisers over or against any remaining transport packaging. This may prevent the stabilisers from seating correctly and could cause instability during use.



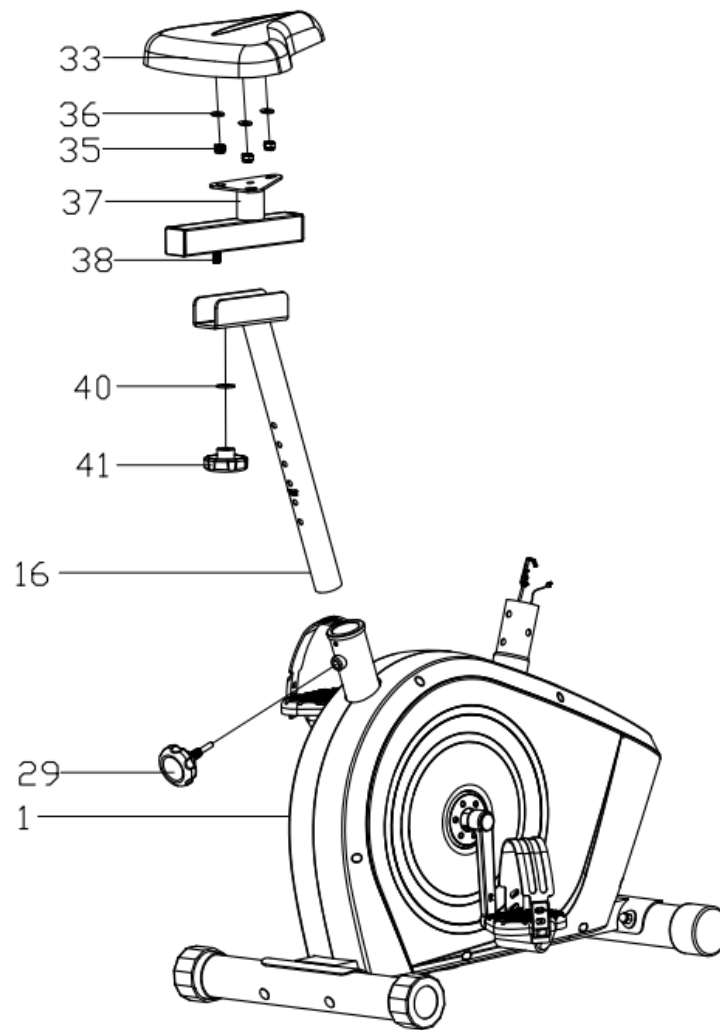
STEP 2 - INSTALL THE PEDALS

1. Identify the pedals before installation:
 - o Left Pedal (9L) - marked L
 - o Right Pedal (9R) - marked R
2. Attach each pedal to its matching Crank Arm (8L/8R), viewed from the rider's seated position.
3. Thread each pedal into the crank by hand first to ensure the threads are correctly aligned.
4. Tighten:
 - o Left Pedal (9L): turn COUNTERCLOCKWISE to tighten.
 - o Right Pedal (9R): turn CLOCKWISE to tighten.
5. Once correctly threaded, tighten both pedals securely with the appropriate tool.



CAUTION: Do not force the pedals into the crank arms. Installing a pedal on the wrong side or cross-threading it can permanently damage the pedal or crank threads.

IMPORTANT: Check that both pedals are securely tightened before every use. Loose pedals may damage the crank arms and create a fall hazard.



STEP 3 - INSTALL AND ADJUST THE SADDLE

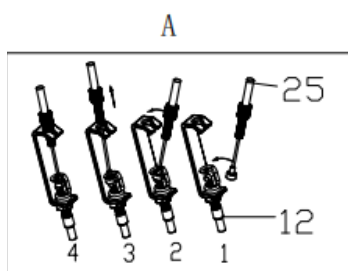
1. Attach the Saddle (33) to the Saddle Slider (37) using the Flat Washers (36) and Nylon Nuts (35), as shown.
2. Position the U-Shaped Slider (38) onto the Saddle Post (16).
3. Secure the slider using the Flat Washer (40) and Adjustment Knob (41).
4. Insert the Saddle Post (16) into the Main Frame (1).
5. Adjust the saddle to the desired height, align the appropriate adjustment hole and secure it with Adjustment Knob (29).
6. Adjust the saddle's forward/backward position if required, then firmly tighten Knob (41).



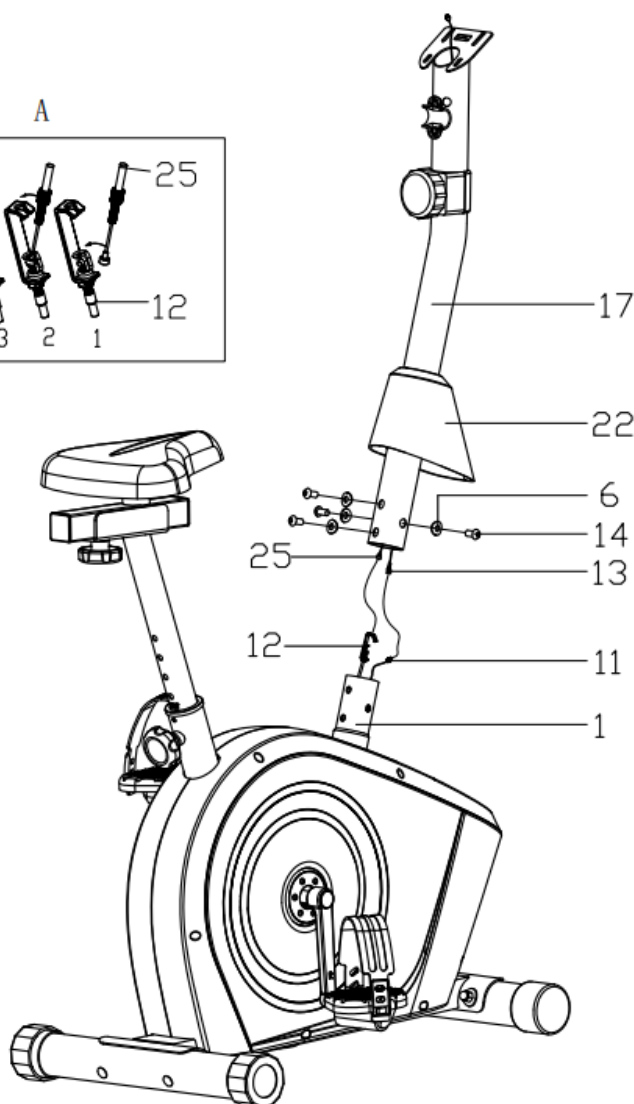
WARNING: Make sure Adjustment Knob (29) is fully engaged in an adjustment hole before using the bike. Never use the bike with the saddle post unsecured.

CAUTION: Do not extend the Saddle Post beyond any MAX or minimum-insertion marking provided on the post.

IMPORTANT: Before exercising, check that the Saddle (33), Saddle Slider (37) and all adjustment knobs are securely locked and that the saddle does not move.



TENSION CABLE
INSTALLATION

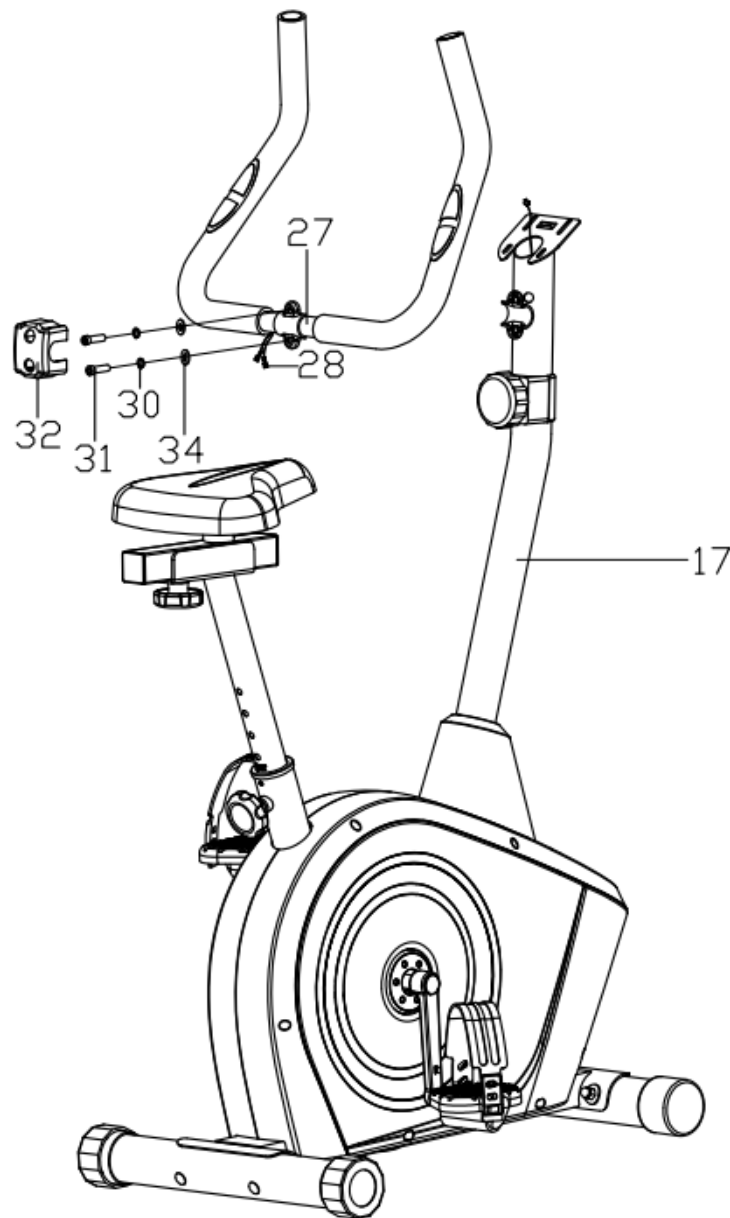


STEP 4 - INSTALL THE HANDLEBAR POST

1. Slide the Handlebar Post Cover (22) onto the Handlebar Post (17).
2. Connect the Extension Wire (13) from the Handlebar Post to the Sensor Wire (11) from the Main Frame.
3. Connect the Extension Cable (12) to the Tension Controller Cable (25), following the connection sequence shown in Detail A.
4. Carefully insert the Handlebar Post (17) into the Main Frame (1).
Before pushing the post fully into position, make sure all wires and cables are inside the frame and clear of the mounting holes.
5. Secure the Handlebar Post (17) using the Inner Hex Bolts (14) and Arc Washers (6).
6. Tighten the bolts evenly and securely.
7. Slide the Handlebar Post Cover (22) downward to cover the connection area.



CAUTION – PINCH HAZARD: Do not trap, crush or cut the wires while inserting and securing the Handlebar Post. Damaged wiring may cause the console or pulse sensors to malfunction.

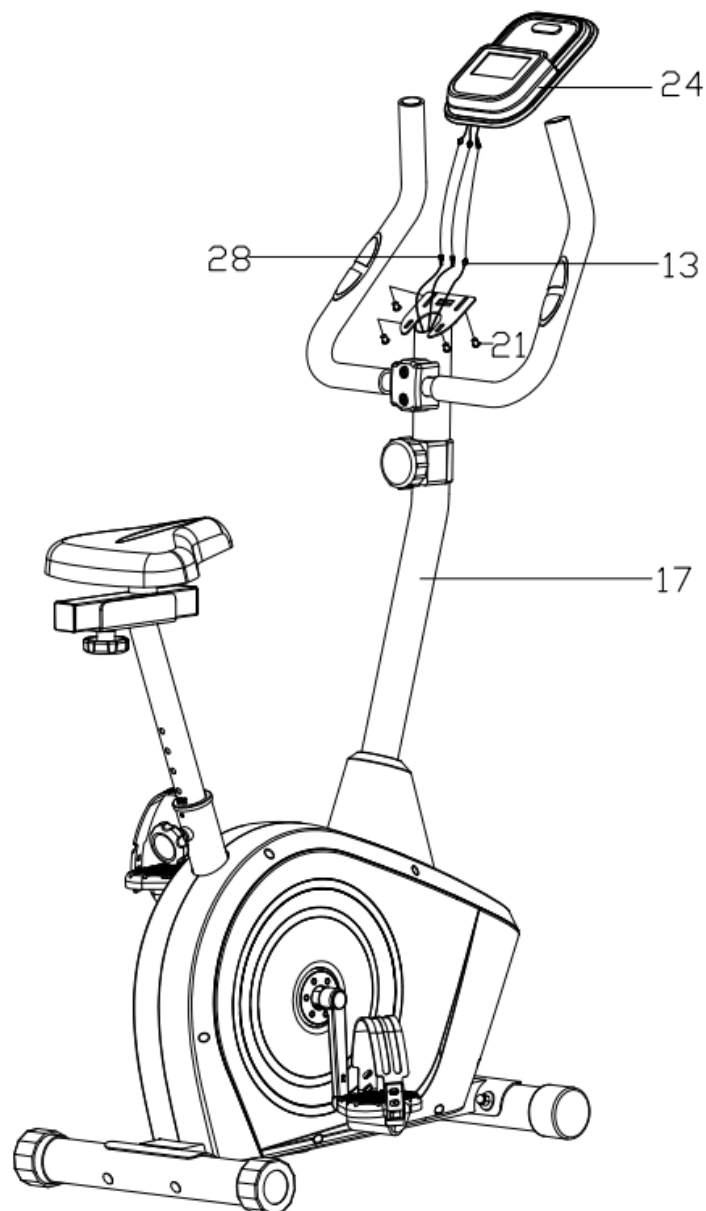


STEP 5 - INSTALL THE HANDLEBAR

1. Carefully feed the Pulse Wire (28) through the upper section of the Handlebar Post (17) and out through the computer bracket, as shown.
2. Position the Handlebar (27) onto the handlebar mounting bracket.
3. Install the handlebar mounting hardware in the order shown in the diagram, including the Spacer/ Bushing (34), Flat Washer (30), Handlebar Adjustment Bolt/Spacer (31) and Handlebar Chuck Cover (32).
4. Align the Handlebar (27) to a comfortable angle and securely tighten the adjustment assembly.
5. Fit the Handlebar Chuck Cover (32) into position.



CAUTION: Keep the Pulse Wire (28) clear of the handlebar clamp and mounting hardware. Do not pinch or pull the wire **while tightening the handlebar.**



STEP 6 - INSTALL THE COMPUTER

1. Connect the Extension Wire (13) and Pulse Wire (28) to the corresponding wires from the Computer (24). Match each connector carefully and make sure each connection is fully seated. Do not force incompatible connectors together.
2. Carefully place any excess wiring inside the computer bracket or Handlebar Post (17). Do not pinch the wires between the Computer and its mounting bracket.
3. Position the Computer (24) onto the computer bracket at the top of the Handlebar Post (17).
4. Secure the Computer using the Cross Pan Head Screws (21), as shown.
5. Tighten the screws until the Computer is secure. **Do not overtighten.**

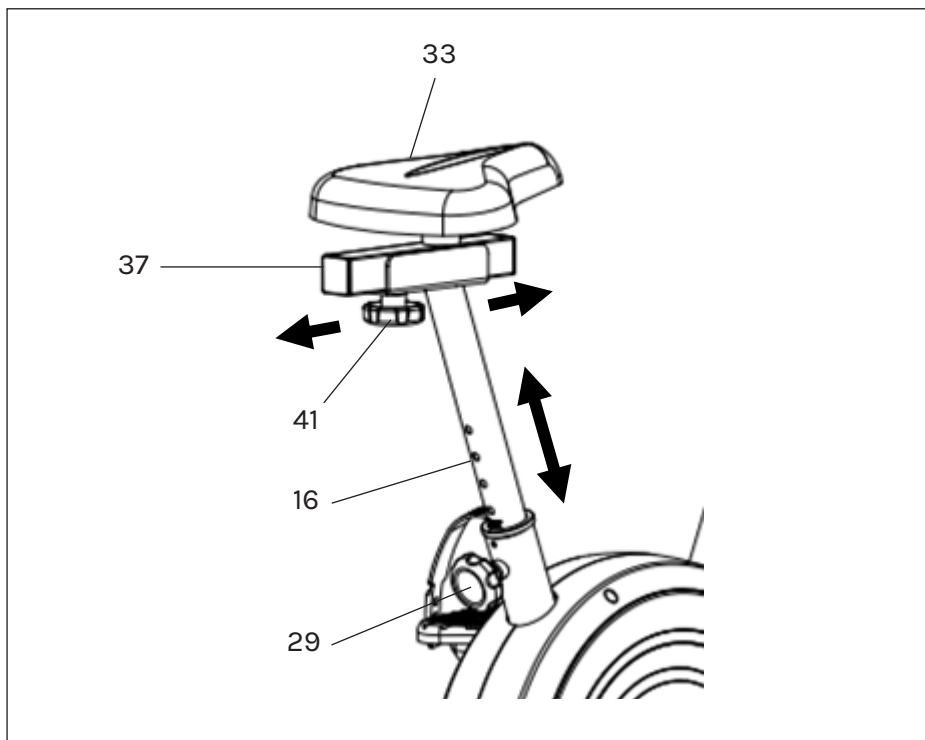


CAUTION: Damaged or pinched wiring may prevent the computer, speed sensor or pulse sensors from operating correctly.

Adjustments Guide

Seat Height

1. Loosen the seat adjustment knob (29) by turning it counterclockwise.
2. Adjust the seat tube (16) up or down until the desired height is reached.
3. Align one of the adjustment holes in the seat tube with the locking pin.
4. Tighten the adjustment knob (29) clockwise until the seat tube is securely locked in position.



! WARNING: Do not raise the seat tube beyond the marked minimum insertion/MAX height line. Ensure the adjustment knob is fully engaged in an adjustment hole before using the bike.

Horizontal Seat Position:

1. Loosen the seat adjustment knob (41) by turning it counterclockwise.
2. Slide the seat holder (37) forward or backward to your preferred position.
3. Tighten the adjustment knob (41) clockwise to securely lock the seat in place.

! CAUTION: Check that the seat is firmly secured and does not move before exercising. Do not make seat adjustments while sitting on or using the bike.

VI. OPERATIONS GUIDE

FUNCTION BUTTONS

1. MODE

- Press the MODE button to cycle through and select the available display functions.
- Press and hold the MODE button to reset all resettable values to zero. The ODO (Total Distance) value, where applicable, will not be reset.

2. SET

When the monitor is not in SCAN mode, press the SET button to set target values for:

- Time
- Distance
- Calories
- Pulse

3. RESET

- Press the RESET button to reset the selected Time, Distance, Calories or Pulse value to zero.
- Press and hold the RESET button to reset all resettable values to zero. The ODO (Total Distance) value, where applicable, will not be reset.

SLEEP MODE

If the monitor does not receive an exercise signal for approximately 4–5 minutes, it will automatically enter sleep mode to conserve battery power.

FUNCTIONS AND OPERATION

1. SCAN

- Press the MODE button until SCAN appears on the display.
- In SCAN mode, the monitor automatically cycles through the available functions:
- TIME → SPEED → DISTANCE → CALORIES → ODO → PULSE
- Each function is displayed for approximately 6 seconds before moving to the next.

2. TIME

Displays the total elapsed exercise time.

Setting a Target Time:

1. Press MODE until TIME is displayed.
2. Press SET to select the desired exercise time.
3. During exercise, the set time will count down.
4. When the countdown reaches 0, the monitor will sound an alert.

Display Range: 00:00–99:59

3. SPEED

Displays your current exercise speed.

Display Range: 0.0–999.9 km/h or mph, depending on the monitor configuration.

4. DISTANCE

Displays the distance travelled during the current exercise session.

Setting a Target Distance:

1. Press MODE until DIST is displayed.
2. Press SET to select the desired exercise distance.
3. During exercise, the set distance will count down.
4. When the countdown reaches 0, the monitor will sound an alert.

Display Range: 0.00–99.99 km or miles.

5. CALORIES

Displays the estimated calories burned during the current exercise session.

Setting a Calorie Target:

1. Press MODE until CAL is displayed.
2. Press SET to select the desired calorie target.
3. During exercise, the set value will count down.
4. When the countdown reaches 0, the monitor will sound an alert.

Display Range: 0.0–999.9 kcal

NOTE: Calorie values are estimates only and should be used as a general reference.

6. ODO – TOTAL DISTANCE

Where available, ODO displays the accumulated distance travelled by the exercise bike.

The ODO value is retained during normal monitor resets and represents the total accumulated distance recorded while the monitor is powered.

Display Range: 0.0–999.9 km or miles.

7. PULSE RATE

Where available, the Pulse function displays your approximate heart rate in beats per minute (BPM).

To Measure Your Pulse:

1. Press MODE until the Pulse function (P) is displayed.
2. Place both hands firmly on the handlebar pulse sensors.
3. Keep your hands still and maintain consistent contact with both sensors.
4. After a few seconds, your approximate heart rate will appear on the display.

Setting a Target Pulse Rate:

1. Select the Pulse function using the MODE button.
2. Press SET to enter your desired target heart rate.
3. If your measured heart rate exceeds the set target during exercise, the monitor will sound an alert.

NOTE:

The pulse reading may fluctuate or appear higher during the first few seconds while the sensors establish a stable reading. Maintain firm, consistent contact with both pulse sensors for the most reliable result.

**WARNING:**

The pulse sensors are intended as an exercise reference only. The readings are not medical measurements and should not be used for diagnosis or medical treatment.

MONITOR SPECIFICATIONS

Function	Range / Specification
Auto Scan	Changes every 6 seconds
Exercise Time	00:00-99:59
Current Speed	0.0-999.9 km/h or mph
Trip Distance	0.00-99.99 km or miles
Total Distance (ODO)	0.0-999.9 km or miles
Calories	0.0-999.9 kcal
Pulse Rate	40-240 BPM
Battery	2 x AAA / UM-4 batteries
Operating Temperature	0°C to +40°C
Storage Temperature	-10°C to +60°C

VII. 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.

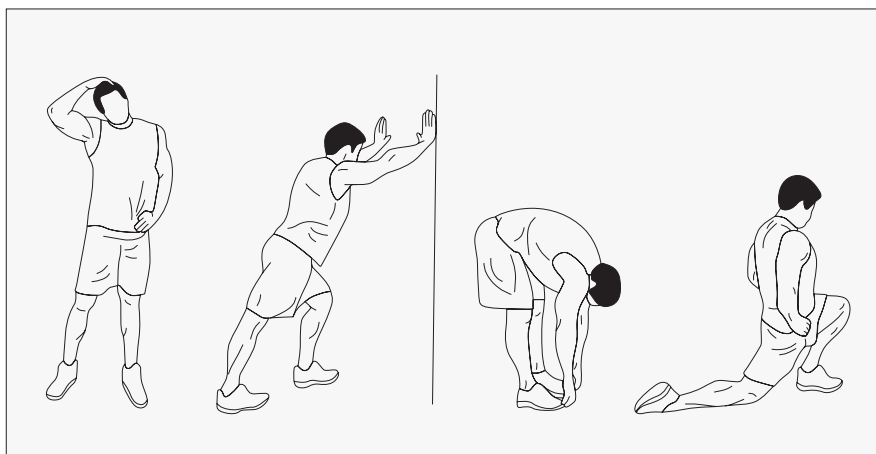
The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not 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

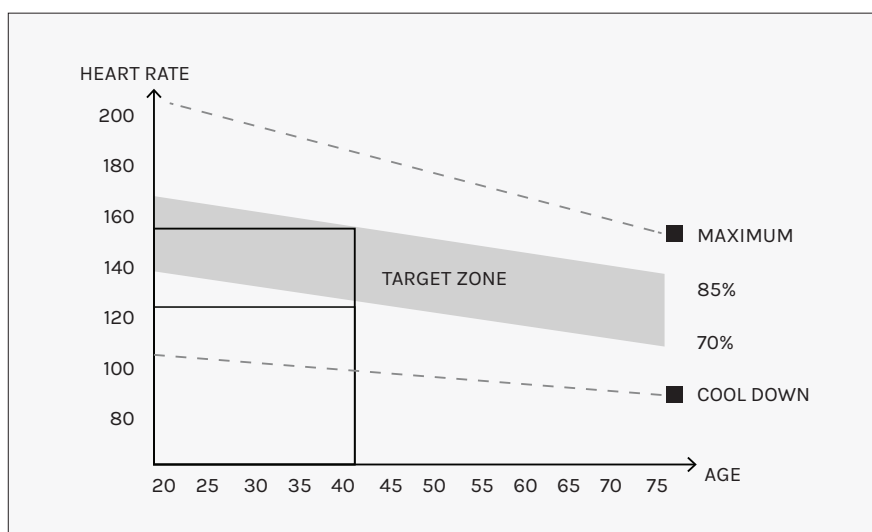
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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

! This is how your pulse should behave during general fitness exercise. Remember to warm up and cool down for a few minutes.

VIII. 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

Any claim against this warranty must be made through your original place of purchase. Proof of purchase is required before a warranty claim may be processed.

If you have purchased this product from the Official Lifespan Fitness website, please visit <https://lifespanfitness.com.au/warranty-form>

For support outside of warranty, if you wish to purchase replacement parts or request a repair or service, please visit <https://lifespanfitness.com.au/warranty-form> and fill in our Repair/Service Request Form or Parts Purchase Form.

Scan this QR code with your device to go to lifespanfitness.com.au/warranty-form



SECURITY SUPPORT INFORMATION

REPORTING

To report a cyber security issue, please email support@gflgroup.com.au with product details and a description of the issue.

We will acknowledge receipt and provide updates as it is investigated.

DEVICE SUPPORT PERIOD

This product will receive security updates for a minimum of 12 months from the date of purchase.

IX. 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 must be amplified 1000 times to make the signal viable 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 signal.
- 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 also affect pulse readings.

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 technologies work 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 the more accurate option.

To test if your hand pulse sensors are working up to specification, hold them while standing on the sidestep 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).



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