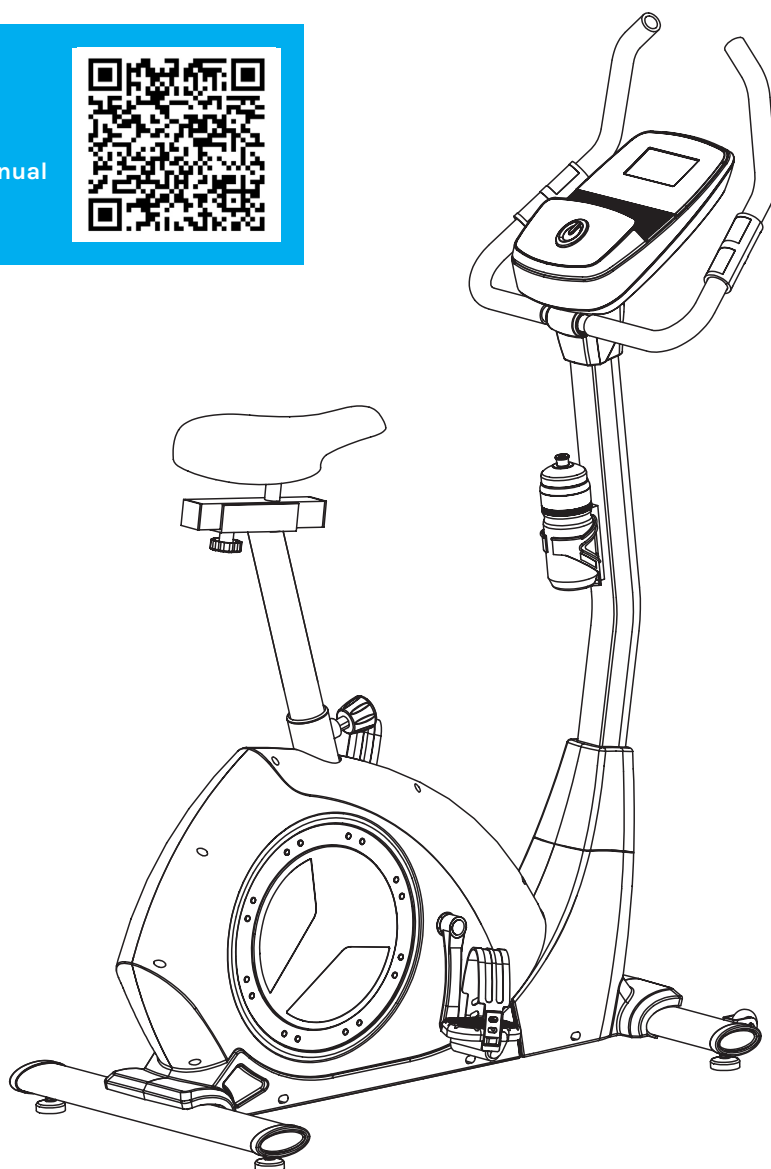




EXER-80 Exercise Bike

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.**

Regular maintenance is essential to prolong the life of your machine. Failure to maintain the machine as recommended may void your warranty. Please keep this manual for future reference.

- 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 correctly.

PLEASE NOTE: It is your responsibility to ensure that all users of this equipment are informed of all warnings and precautions.

- Before starting any exercise program, consult your doctor to determine whether 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 especially important if you are taking medication that affects your heart rate, blood pressure, or cholesterol levels.
- Be aware of your body's signals. Incorrect or excessive exercise may be harmful to your health. Stop exercising immediately if you experience any of the following symptoms: pain, chest tightness, irregular heartbeat, extreme shortness of breath, light-headedness, dizziness, or nausea. If you experience any of these symptoms, consult your doctor before continuing your exercise program.
- Keep children and pets away from the equipment at all times. This equipment is designed for adult use only.
- Use the equipment on a solid, flat, and level surface with a protective mat beneath it to protect your floor or carpet. For safety, ensure there is at least 2 metres of clear space around the equipment.
- Before each use, check that all nuts and bolts are securely tightened. If you hear any unusual noises during assembly or use, stop immediately and do not use the equipment until the issue has been resolved.
- Wear appropriate clothing when using the equipment. Avoid loose-fitting garments that may become caught in moving parts or restrict movement.
- This equipment is designed for indoor residential use only.
- Take care when lifting or moving the equipment to avoid injury to your back.

- Always keep this instruction manual and the assembly tools supplied with the equipment for future reference.
- This equipment is not intended for therapeutic or medical use.
- Pulse and heart rate sensors are not medical devices. Various factors, including user movement, may affect the accuracy of heart rate readings. These sensors are intended only as exercise aids to monitor general heart rate trends.

II. CARE INSTRUCTIONS

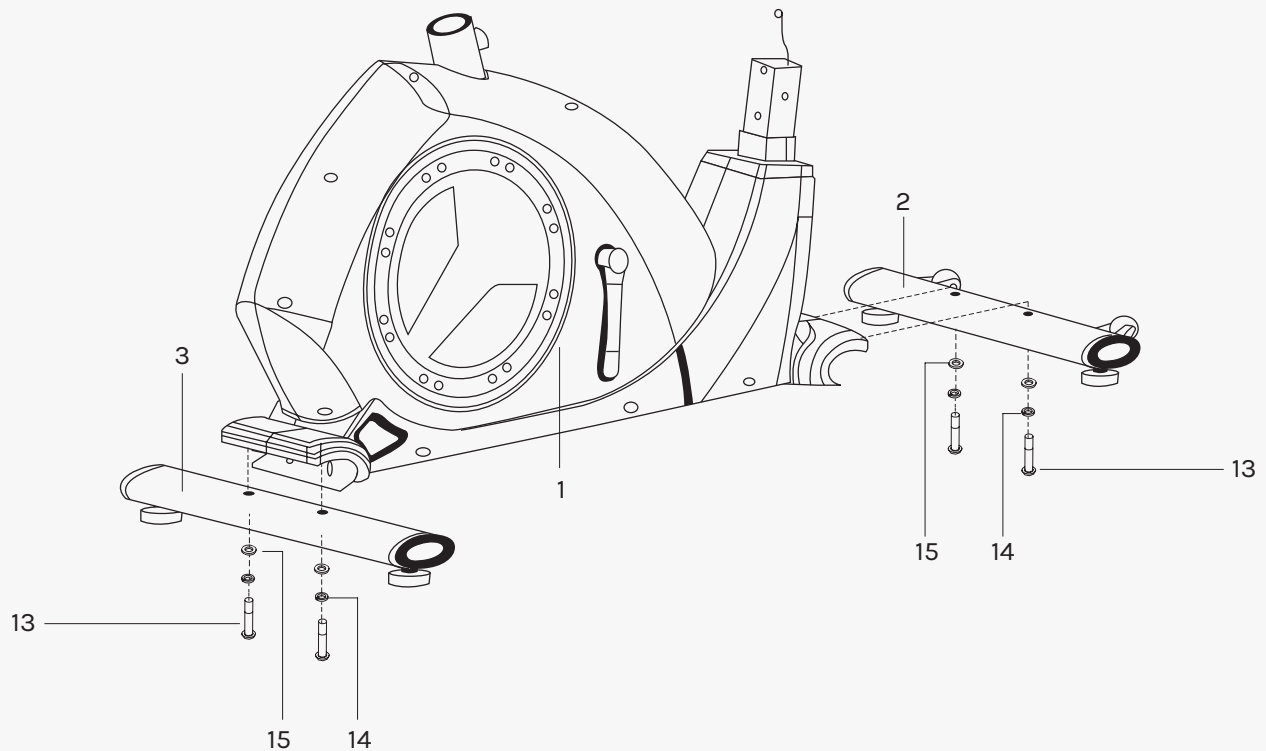
- Regularly inspect and tighten all nuts, bolts, pedals, and other moving parts. Failure to do so may cause damage to the equipment and may void your warranty.
- Lubricate moving joints with suitable grease periodically, as required.
- Avoid damaging plastic or metal components with heavy, sharp, or abrasive objects.
- To keep the machine clean, wipe it regularly with a dry cloth.
- To help prevent rust and corrosion, keep the equipment in a dry indoor environment away from excessive moisture, humidity, or direct exposure to water.
- Regularly inspect painted and metal surfaces for signs of rust. If rust is detected, gently remove it using a suitable rust remover or fine abrasive pad, then apply touch-up paint or a protective coating as required.
- If the equipment is located in a coastal area or high-humidity environment, more frequent cleaning and inspection may be required to maintain the appearance and longevity of the product.

III. ASSEMBLY INSTRUCTIONS

Before beginning assembly, please read the following instructions carefully:

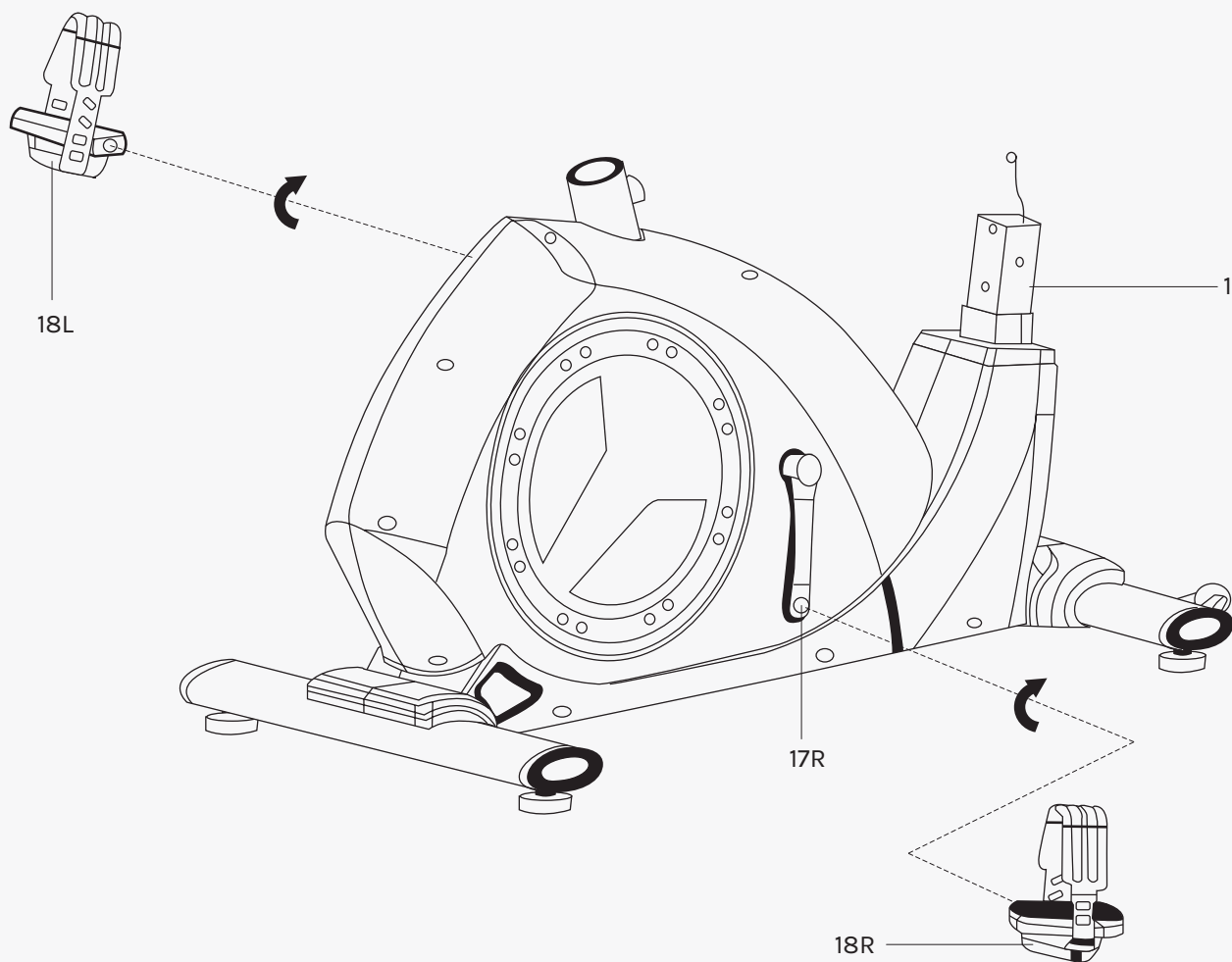
- Ensure there is sufficient space around the assembly area to safely assemble the equipment.
- Use only the tools supplied with the product or those specified in this manual.
- Before assembly, check that all parts and hardware listed in the parts list are present and undamaged.
- Some screws and fasteners may be pre-installed on certain components. Before assembly, refer to the installation steps and identify the corresponding parts. Remove any pre-installed hardware where required and reinstall it during the appropriate assembly step.

IMPORTANT: Assistance may be required during assembly and installation. It is recommended that two or more people assemble this equipment to reduce the risk of injury and ensure safe handling of components.



STEP 1

1. Install the Front bottom tube (2) and Rear bottom tube (3) to the Main frame (1) with the 4x Allen bolts (13), 4x Spring washers (14) and 4x Arc washers (15) as shown.

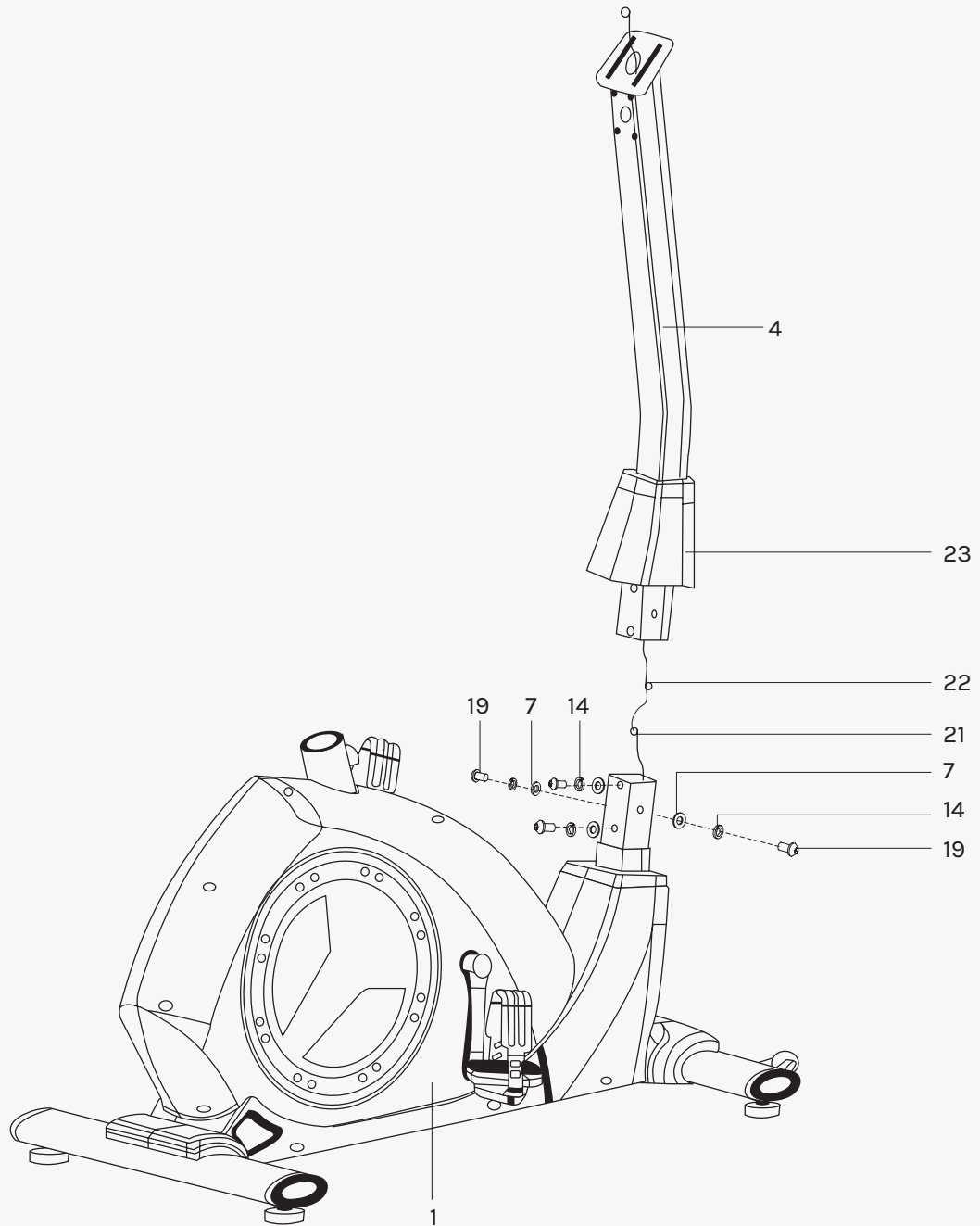


STEP 2

IMPORTANT: Both pedals are marked L (Left) and R (Right).

- Install the Left Pedal (L) by turning it counterclockwise to tighten.
- Install the Right Pedal (R) by turning it clockwise to tighten.

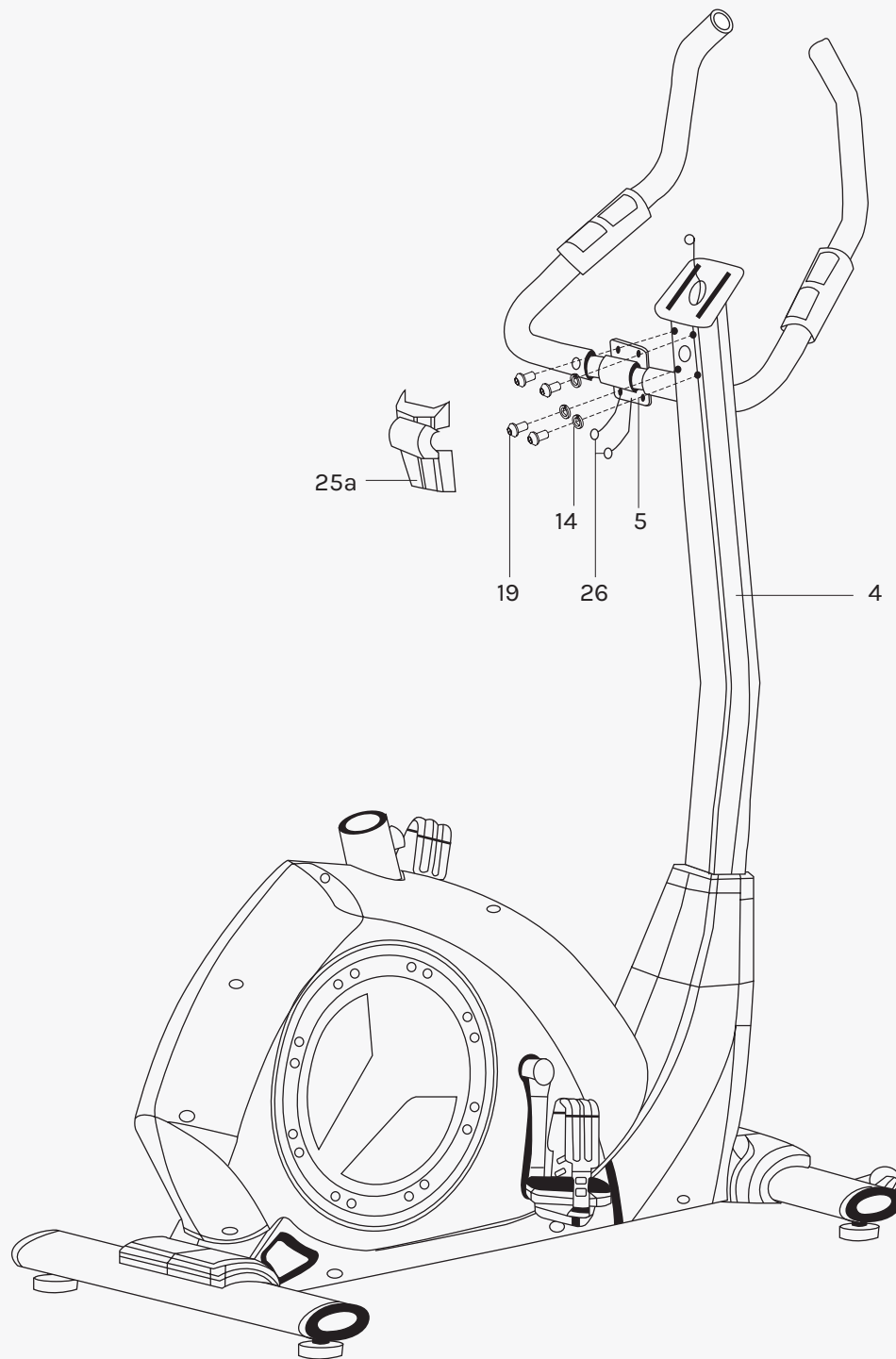
1. Attach the Pedals (18L/R) to the Cranks (17L/R) respectively, viewed from the rider's exercising position. Hand tighten first so that the threads are aligned then use the tool to secure the pedal until they are tight. Failure to fully tighten the pedal can result in damaging the bike and causing injury to user.



STEP 3

1. Slide the Mast Cover (23) onto the Handlebar Post (4). Then carefully connect the Lower Sensor Wire (21) to the Upper Sensor Wire (22), ensuring the connection is secure and properly aligned.
2. Tuck the cables into the tubes then attach the Handlebar Post (4) to the Main Frame (1) using the Allen Bolts (19), Spring Washers (14), and Flat Washers (7). Tighten all hardware securely. Once secured, slide the Mast Cover (23) downward and fit it neatly into position over the frame connection.

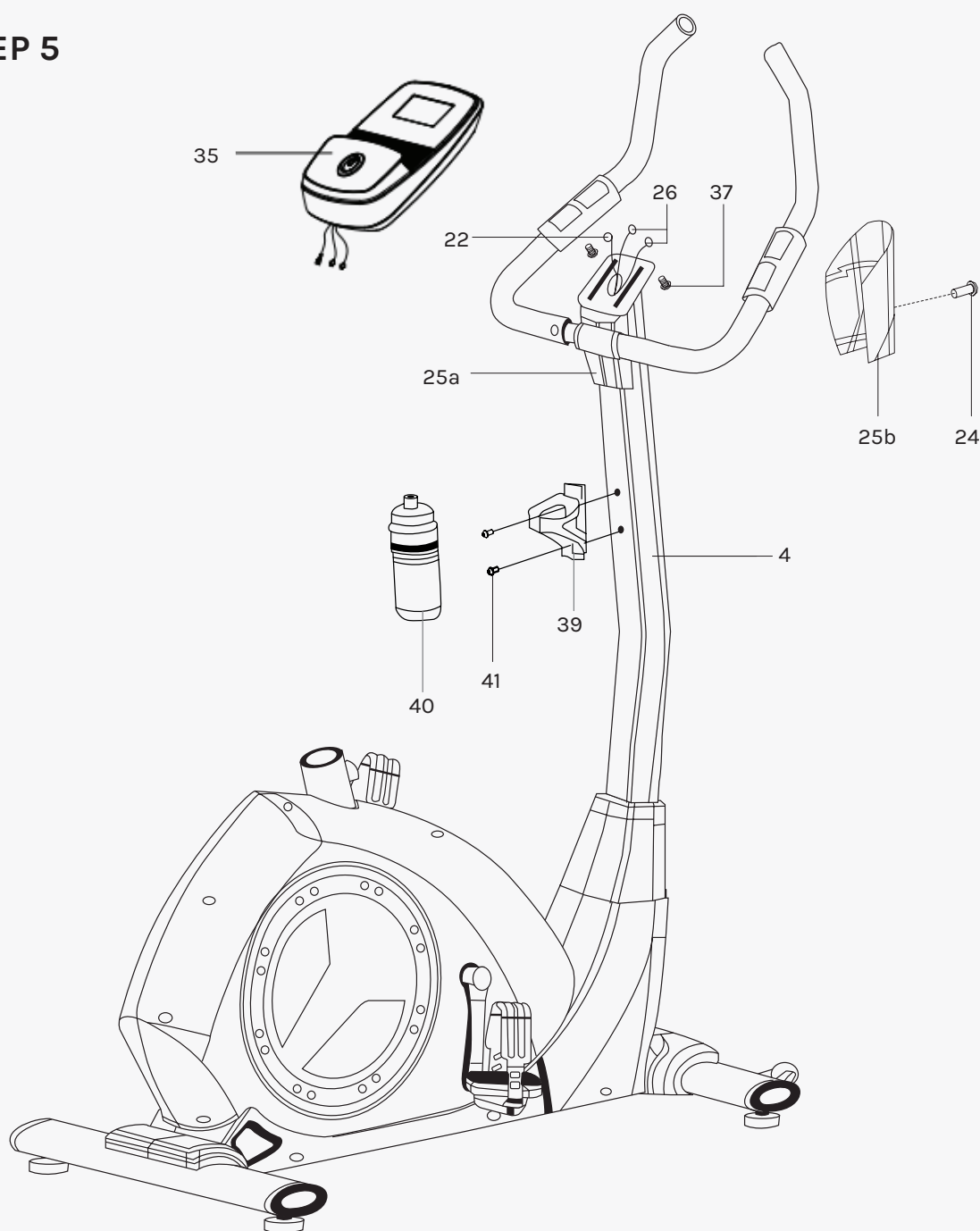
Important: Do not pinch the cables!



STEP 4

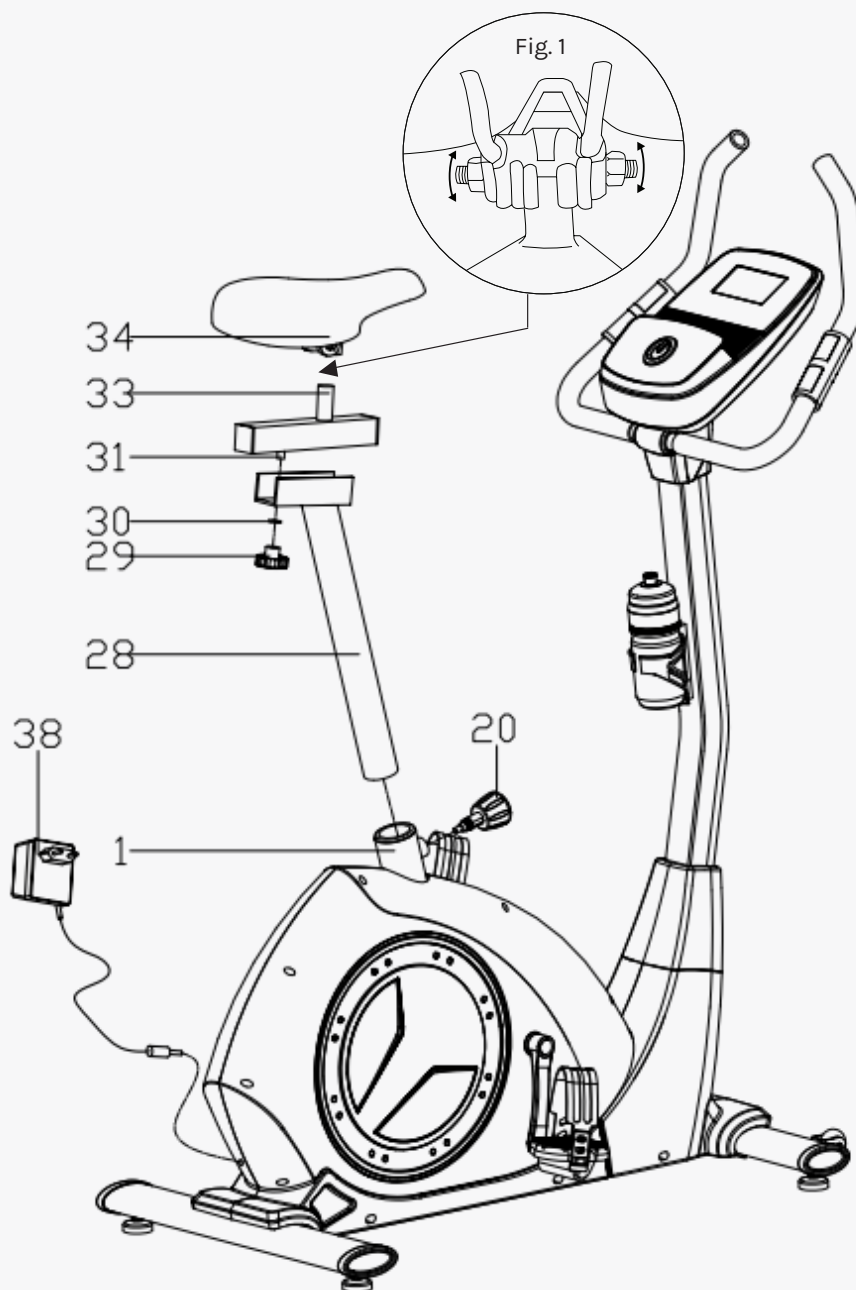
1. Feed the Pulse Wire (26) through the opening in the Handlebar Post Plate, then carefully pull it out from the top of the Handlebar Post (4).
2. Position the Handlebar (5) onto the Handlebar Post (4) and secure it using the Allen Bolts (19) and Spring Washers (14) as shown in the assembly diagram. Tighten all hardware securely to ensure the handlebar is firmly fixed in place.
3. Place Handlebar Cover (25a) on top of the Handlebar (5).

STEP 5



1. Connect the Upper Sensor Wire (22) and Pulse Wire (26) to the corresponding wires from the Computer (35), ensuring all connections are secure and correctly aligned. Tuck in the cables and position the Computer (35) onto the bracket at the top of the Handlebar Post (4). Secure it using the Phillips Screws (37) and Flat Washers (44) as shown.
2. Position the Handlebar Cover (25b) onto the Handlebar Post (4) and secure it using the Cross Tapping Screws (24), as pictured.
3. Attach the Bottle Holder (39) to the Handlebar Post (4) using the Cross Screws (41). Tighten securely, then place the Bottle (40) into the Bottle Holder (39).

Important: Do not pinch the cables!



STEP 6

1. Attach the Seat (34) to the Seat Slider (33) and tighten securely.
2. Secure the Seat Slider (33) to the Seat Post (28) using the Knob Nut (29) and Flat Washer (30). Adjust as required and tighten firmly.
3. Insert the Seat Post (28) into the Main Frame (1). Align the desired adjustment hole and secure the seat post using the Pop-Pin Knob (20) at a suitable height, as shown in the assembly diagram.
4. Insert the connector of the Adapter (42) into the power input port on the bike. Then connect the other end of the adapter to a suitable power outlet.

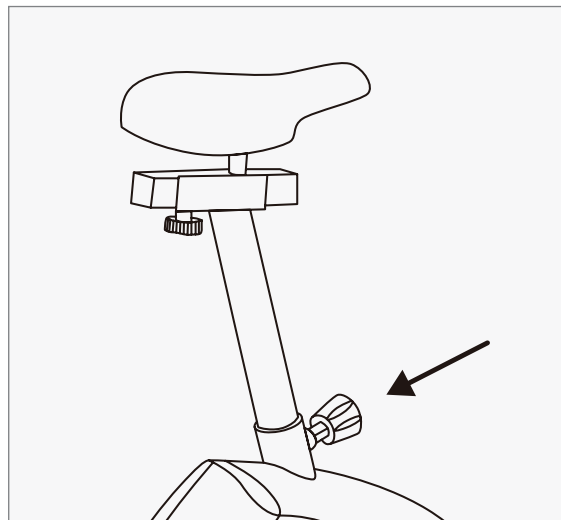
IMPORTANT: Ensure the power cable is routed safely and does not create a trip hazard.

NOTE: Before using the equipment, make sure the Seat (34) is securely fastened to the Seat Slider (33) and that all adjustment knobs are fully tightened.

Adjusting Seat Height

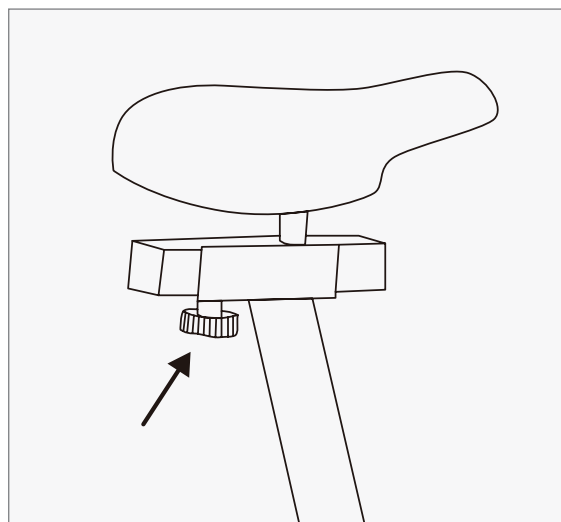
For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position.

To adjust the seat, first loosen the seat post knob a few turns (Counter-clockwise) and pull it outward. Next, slide the seat post upward or downward to the desired position, and release the seat post knob into an adjustment hole in the seat post. Then, tighten the seat post knob (Clockwise). Move the seat post upward or downward slightly to make sure that the seat post knob is engaged in one of the adjustment holes.



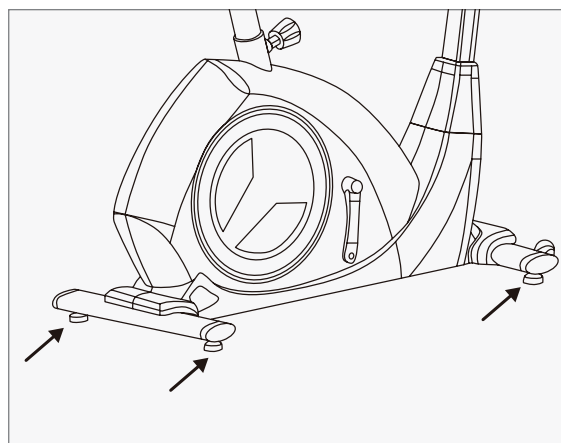
Adjusting Horizontal Position of the Seat

To adjust the horizontal position of the seat, loosen (Counter-clockwise) the seat knob under the seat a few turns, move the seat forward or backward to the desired position, and then firmly tighten (Clockwise) the seat knob.

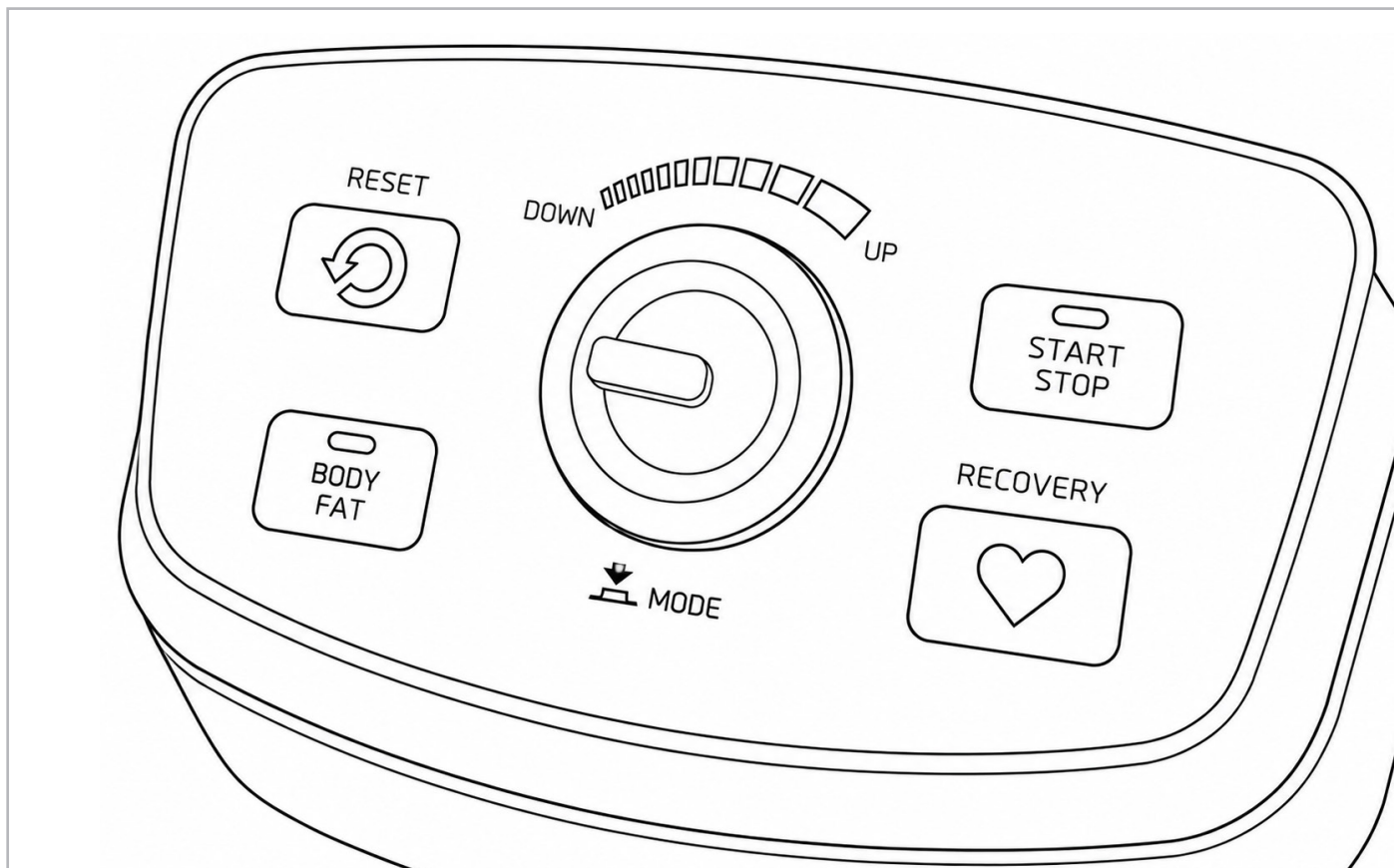


How to Level The Exercise Bike

There is two levelling feet at the front and two at the back. If the exercise bike rocks slightly on your floor during use, turn one or both leveling feet on the rear or front stabilizer clockwise (so it touches the floor) until the rocking motion is eliminated.



VI. COMPUTER OPERATION



KEY FUNCTIONS

START/STOP	Start or Stop workout.
RESET	In STOP mode, press to return to the main menu; Hold for 2 seconds for the computer to reboot and start.
UP (+)	Increase resistance level. Setting selection.
MODE/ENTER	In STOP mode, press to confirm all settings or selection.
DOWN (-)	Decrease resistance level. Setting selection.
RECOVERY	Test heart rate recovery status.
BODY FAT	Body Fat % measurement.

DISPLAY RANGE

TIME	Display range 0:00 ~ 99:99 ; setting range 0:00 ~ 99:00 minutes
DISTANCE	Display range 0 ~ 99.99 ; setting range 0 ~ 99.00KM
CALORIES	Display range 0 ~ 9999 ; setting range 0 ~ 9990Cal.
PULSE	Display range P-30 ~ 230 ; setting range 0-30 ~ 230
WATT	Display range 0 ~ 999 ; setting range 10 ~ 350
SPEED	0.0~99.9KM/H
RPM	0~999 revolutions

OPERATION PROCEDURE

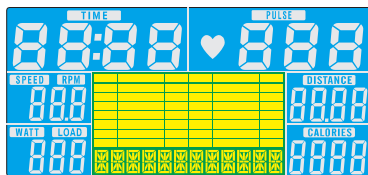


Image 1

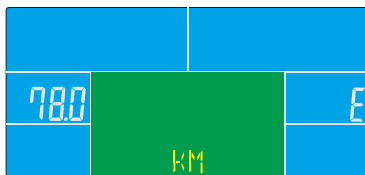


Image 2

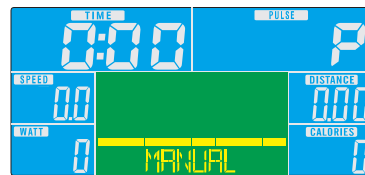


Image 3

1. Plug in power supply (or hold RESET KEY for 2 seconds). The BUZZER will beep for 1 second. The LCD will display Image 1 for 2 seconds. The display will then enter Standby mode (Image 3).
2. Select workout program in sequence: MANUAL→BEGINNER→ADVANCE→INTERVAL→CARDIO→WATT.



Image 4



Image 5

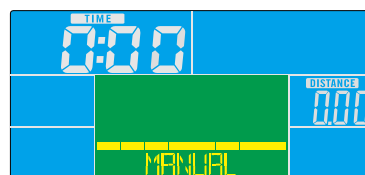


Image 6



Image 6



Image 7

3. MANUAL Mode.

When MANUAL is showing in the program select sequence, press MODE to select. Enter TIME setting using UP/DOWN keys (Image 4) and confirm with MODE. Then set DISTANCE CALORIES/PULSE (Image 5~8).

Press START/STOP to start. Use UP/DOWN keys to adjust LOAD level during workout.



Image 9

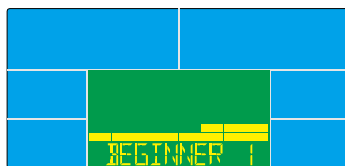


Image 10

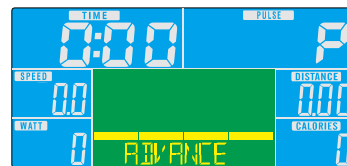


Image 11

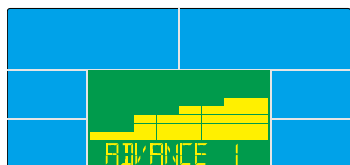


Image 12



Image 13

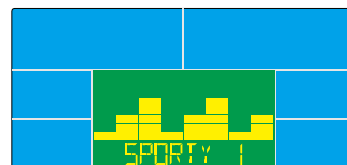


Image 14

4. Selecting a Pre-set Program: (BEGINNER, ADVANCED, SPORT).

If you are currently in a workout, Press START/STOP then RESET to return to the main menu. When MANUAL is flashing, use UP/DOWN to scroll through the program set options. Choose the program set with MODE. Then use UP/DOWN to choose the intensity option within the program set and then press MODE to confirm program.



Image 15

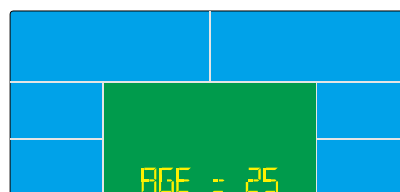


Image 16



Image 17

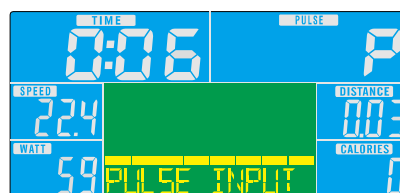


Image 18

5. CARDIO Mode.

CARDIO Mode uses your age to calculate a target heart rate. LOAD will be applied during your workout. Select CARDIO from the program set options (Image 15).

Then set your age using UP/DOWN keys (Image 16).

Select your Cardio Program from the following options: CARDIO 55%, CARDIO 75%, CARDIO 90%, and CARDIO TAG.

Then set your workout time. If no pulse is detected, the LCD will show "PULSE INPUT" (Image 18).



Image 19



Image 20



Image 21

6. WATT Mode.

WATT allows you to set a target power output for your workout. During your workout the computer will adjust LOAD according to your settings.

Select WATT from the program set options (Image 19).

Select desired WATT SETTING between 10~350 (default 120).

Select desired workout TIME between 1~99 minutes or START directly.

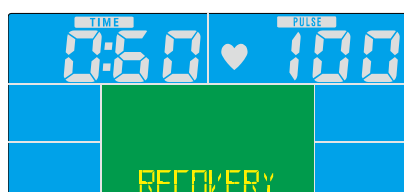


Image 22

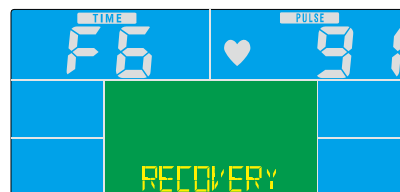
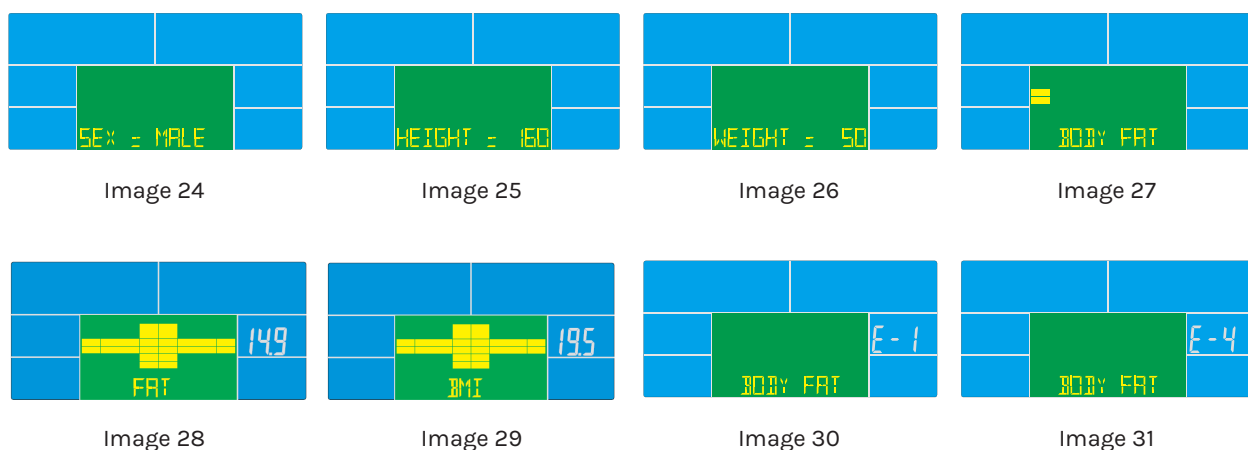


Image 23

7. RECOVERY Mode.

RECOVERY Mode assess your ability to recover after a workout.

Press RECOVERY after a workout and keep your hands on the pulse sensors. In this mode, all functions will stop except "TIME", which will count down from 00:60 to 00:00 (Drawing 22). The screen will display your heart rate recovery status with the F1, F2....to F6 (Drawing 23). F1 is the best, F6 is the worst. (Press the RECOVERY button again to return the main display).



8. BODY FAT Measurement.

Press BODY FAT button and use UP/DOWN to set user profile (Images 24~26). Once all values are set, place your hands on the pulse sensors for 8 seconds and the computer will take your reading (Image 27).

The display will then show your estimated Body Fat percentage (Image 28) and BMI (Image 29) for 30 seconds.

Error Codes:

E-1: User not holding pulse sensors correctly (Image 30)

E-2: Body Fat % exceeds setting range (Image 31)

SYSTEM SOUNDS

1. Effective operation - one short beep.
2. Any value reaching 0 during workout- 2 short beeps.
3. In CARDIO & WATT CONTROL mode, when console is forced to stop.
4. PULSE exceeds setting value- 2 short beeps every second.
5. WATT exceeds setting value- 3 short beeps every second.

SPEAKER FUNCTION

Plug in your device via the AUX port.

V. EXERCISE GUIDE

! PLEASE NOTE:

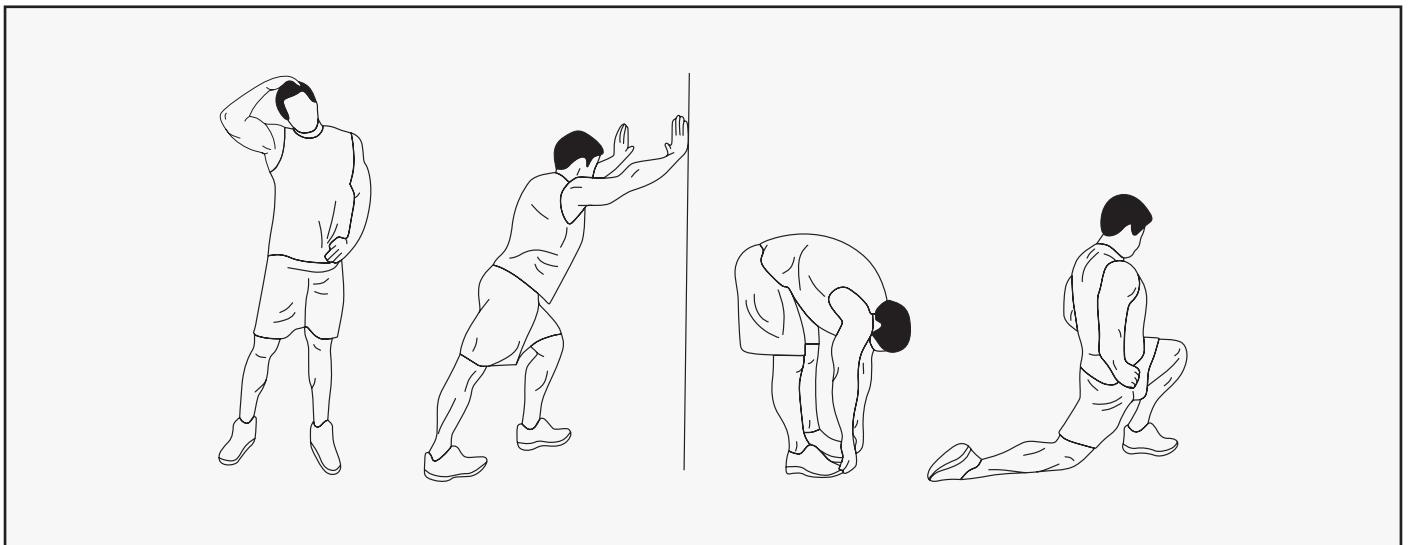
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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

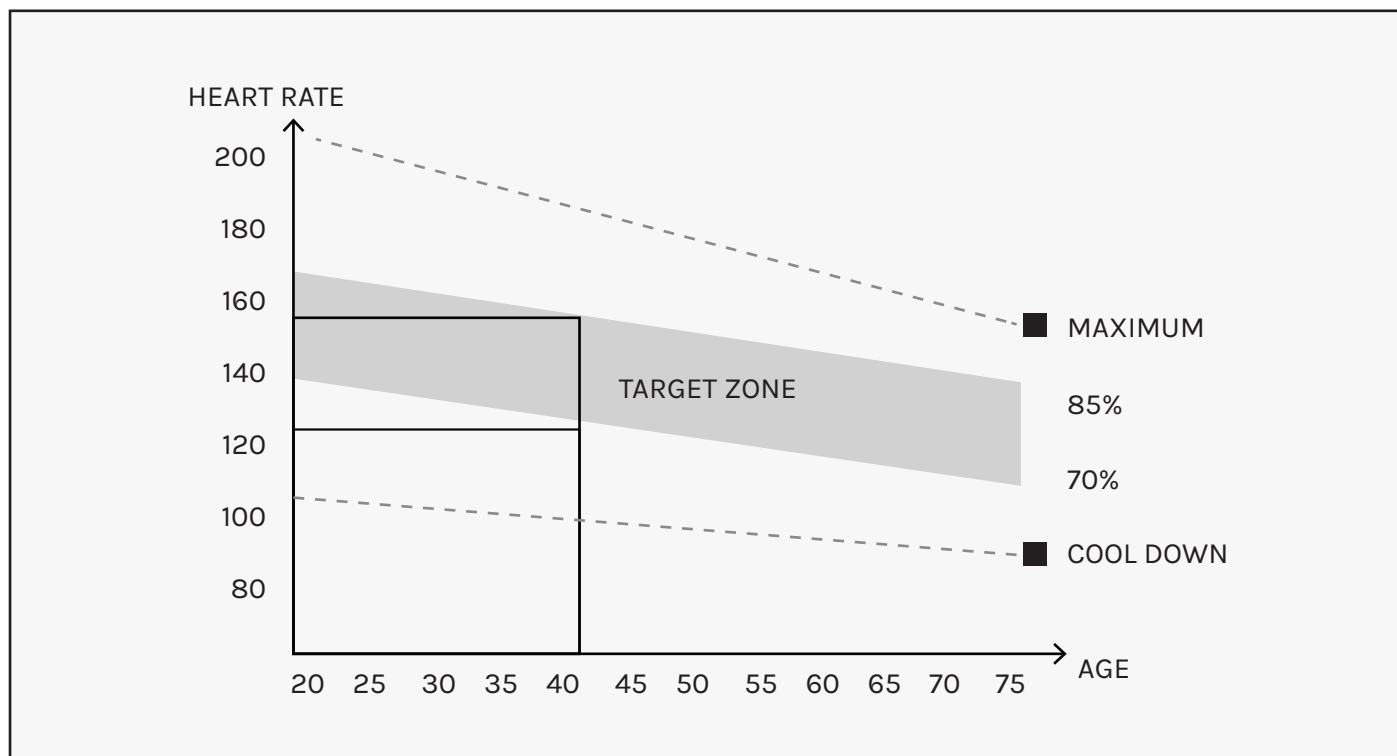
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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

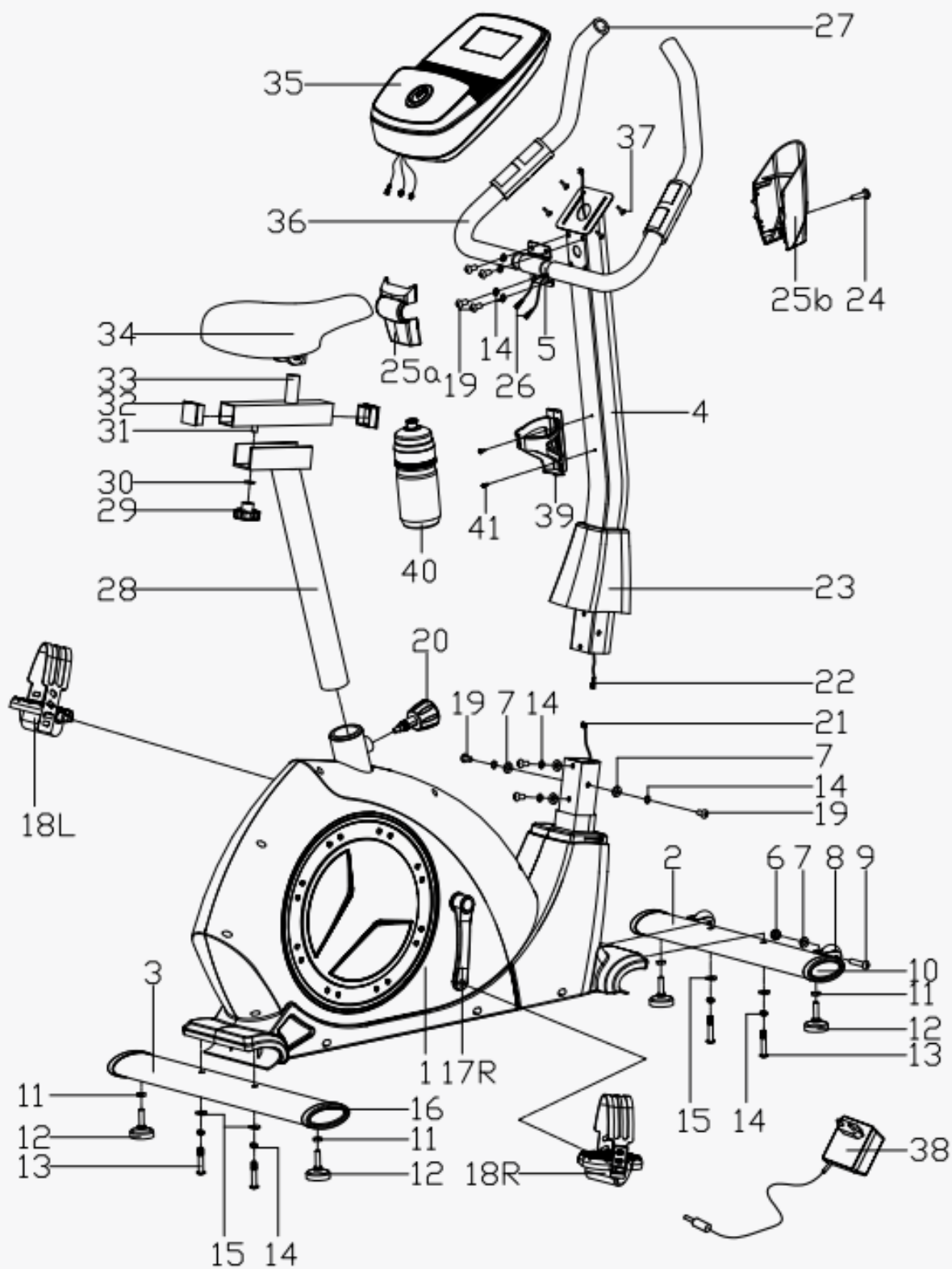
Finish each workout with a light jog or walk for at least 1 minute. Then complete 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

WORKOUT GUIDELINES



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

VI. EXPLODED DIAGRAM



VII. PARTS LIST

Part No.	Description	Qty
1	Main frame	1
2	Front bottom tube	1
3	Rear bottom tube	1
4	Handlebar post	1
5	Handlebar	1
6	Nylon nut M8	2
7	Flat washer	6
8	Roller	2
9	Hex screw M8x40xL12	2
10	End cap 1	2
11	Hex screw M10	4
12	Adjustable cushion	4
13	Hex screw M8XL58	4
14	Spring washer D8	12
15	Arc	4
16	End cap 2	2
17L/R	Crank	1 pr
18L/R	Pedal	1 pr
19	Allen bolt M8x15	8
20	Pop-pin knob	1
21	Lower Sensor wire	1
22	Upper Sensor wire	1

Part No.	Description	Qty
23	Mast cover	1
24	Cross tapping Screw	1
25a/b	Handlebar cover	1 pr
26	Pulse wire	2
27	Handlebar Round cap	2
28	Seat post	1
29	Knob Nut	1
30	Flat washer D10x 25x2	1
31	U-bracket	1
32	Square cap	2
33	Seat slider	1
34	Seat	1
35	Computer	1
36	Foam grip	2
37	Phillips Screw	4
38	Adapter	1
39	Bottle holder	1
40	Bottle	1
41	Cross tapping Screw	2

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 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).



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