LIFESPAN FITNESS

EXER-80

USER MANUAL

Read all instructions carefully before using this product. Retain this owner's manual for future reference.

⚠ 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.

NOTE:
Product may vary slightly from the item pictured due to model upgrades. This manual may be subject to updates or changes.
Up to date manuals are available through our website at www.lifespanfitness.com.au

TABLE OF CONTENTS

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 keep this manual with you at all times.

- 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

- 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.**

- 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.

III. ASSEMBLY INSTRUCTIONS
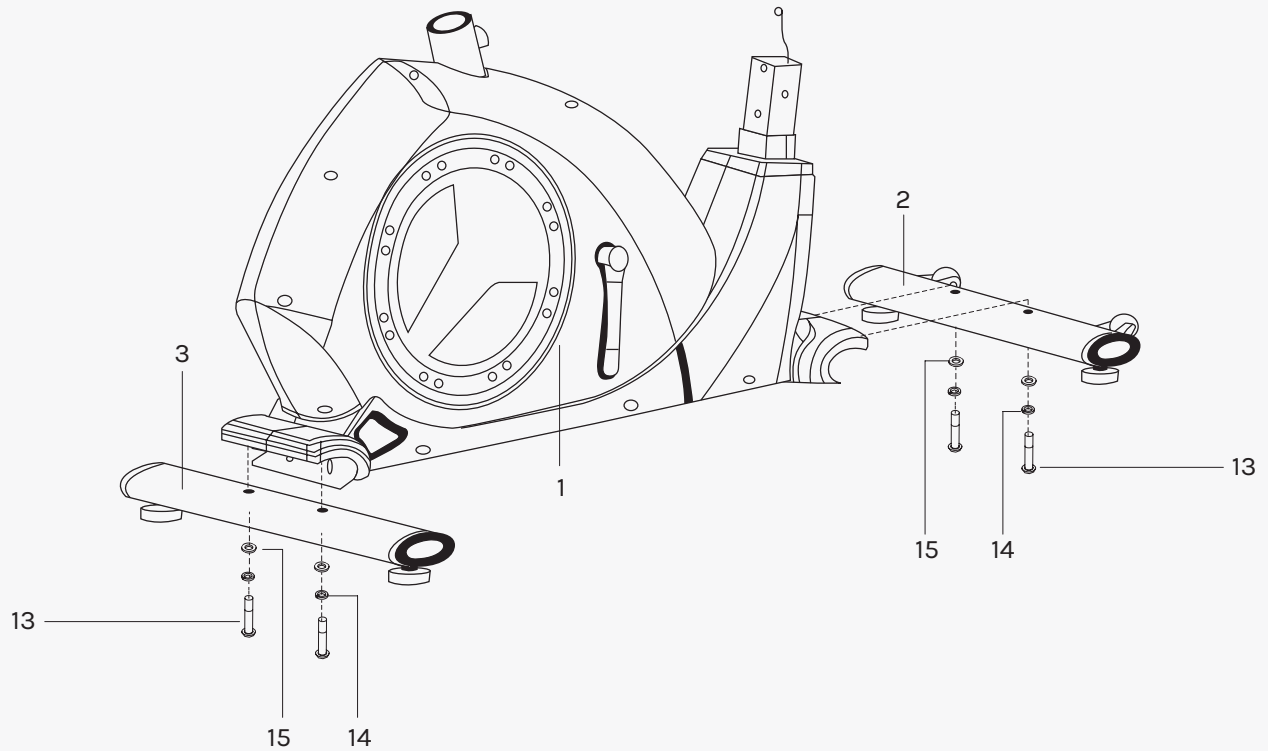
STEP 1

1. Install the Front bottom tube (2) and Rear bottom tube (3) to the Main frame (1) with the Hex screw (13), Spring washer (14) and Arc washer (15).
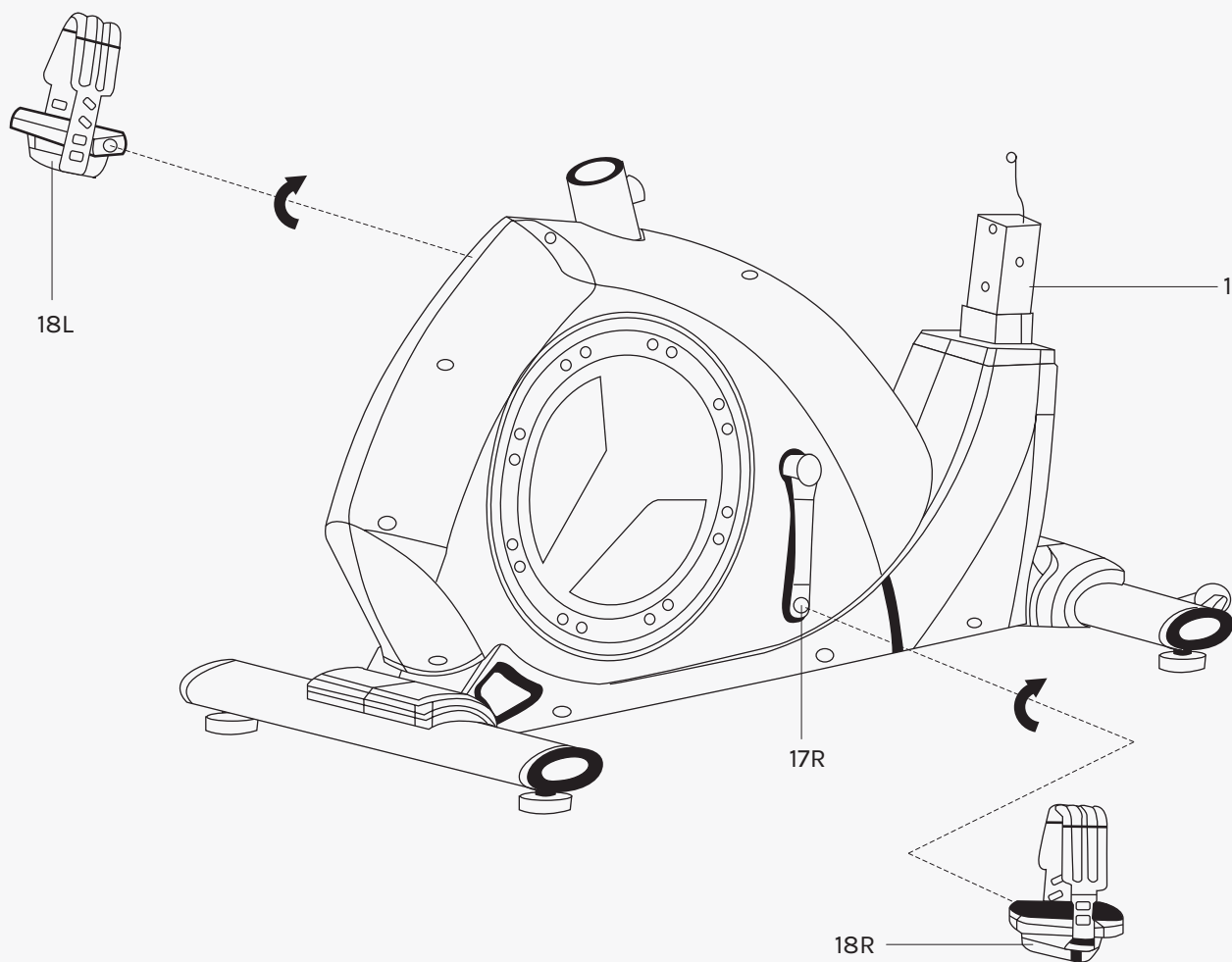
STEP 2

1. Attach the Pedal (18L/R) on the Crank (17L/R) with the wrench.

2. Please note secure the left pedal in a counter-clockwise direction and secure the right pedal in a clockwise direction according to the diagram.

3. Ensure the Pedal (18L/R) are tightened to prevent damage.
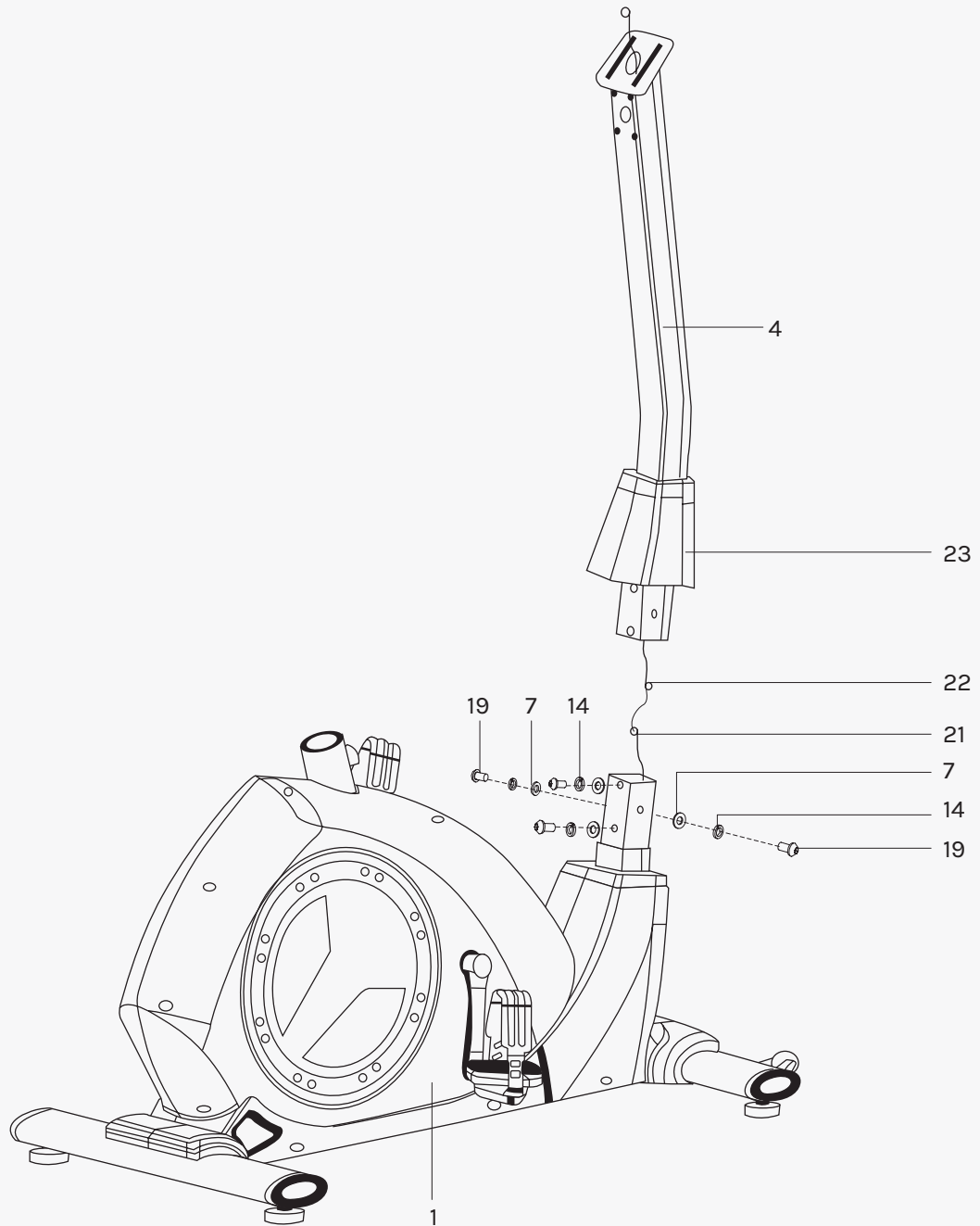
STEP 3

1. Attach the Protective guard (23) onto the Handlebar post (4). Then connect the Sensor wire (21) with the Extension wire (22).

2. Lock the Handlebar post (4) onto the Main frame (1) with Hex screw(19), Spring washer(14) and Flat washer(7).

3. Then cover the assembly with the Protective guard (23) securely.
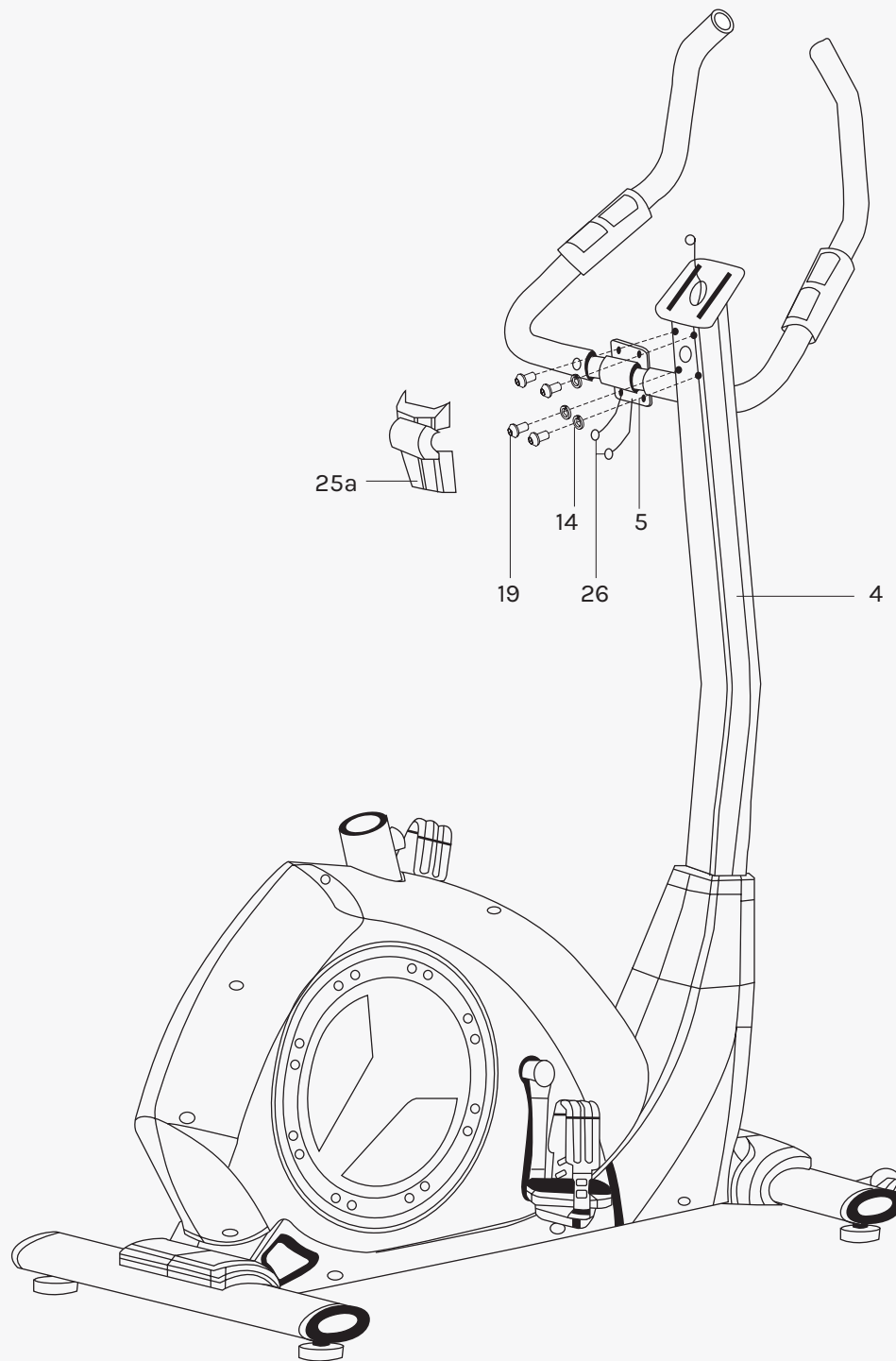
STEP 4

1. Thread the Pulse wire (26) into the hole of Handlebar post (4) and then take it out from the computer bracket.

2. Lock the Handlebar (5) onto the Handlebar post (4) tightly with Hex screw (19) and Spring washer(14),then attach the Protective guard(25a).
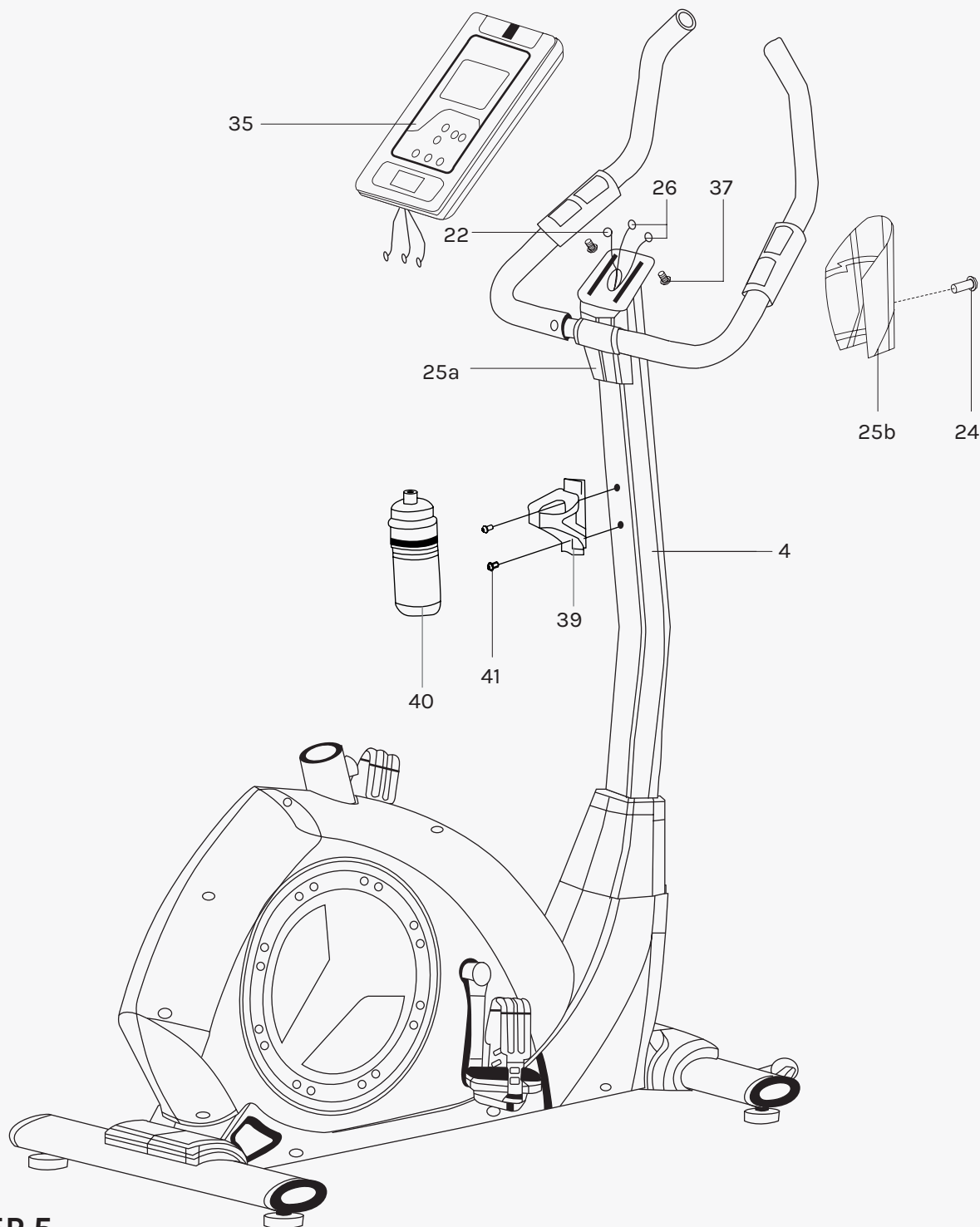
STEP 5

1. First, connect the Sensor wire (22), Pulse wire (26) with the connecting wire of the Computer (35) properly, Then secure the computer (35) on the bracket of the Handlebar post (4).

2. Lock the Protective guard (25a/b) on the Handlebar post (4) tightly with Screw (24).

3. Lock the Bottle holder (39) on the Handlebar post (4) with Screw (41), then put the Bottle (40) into Bottle holder (39).

Fig. 1

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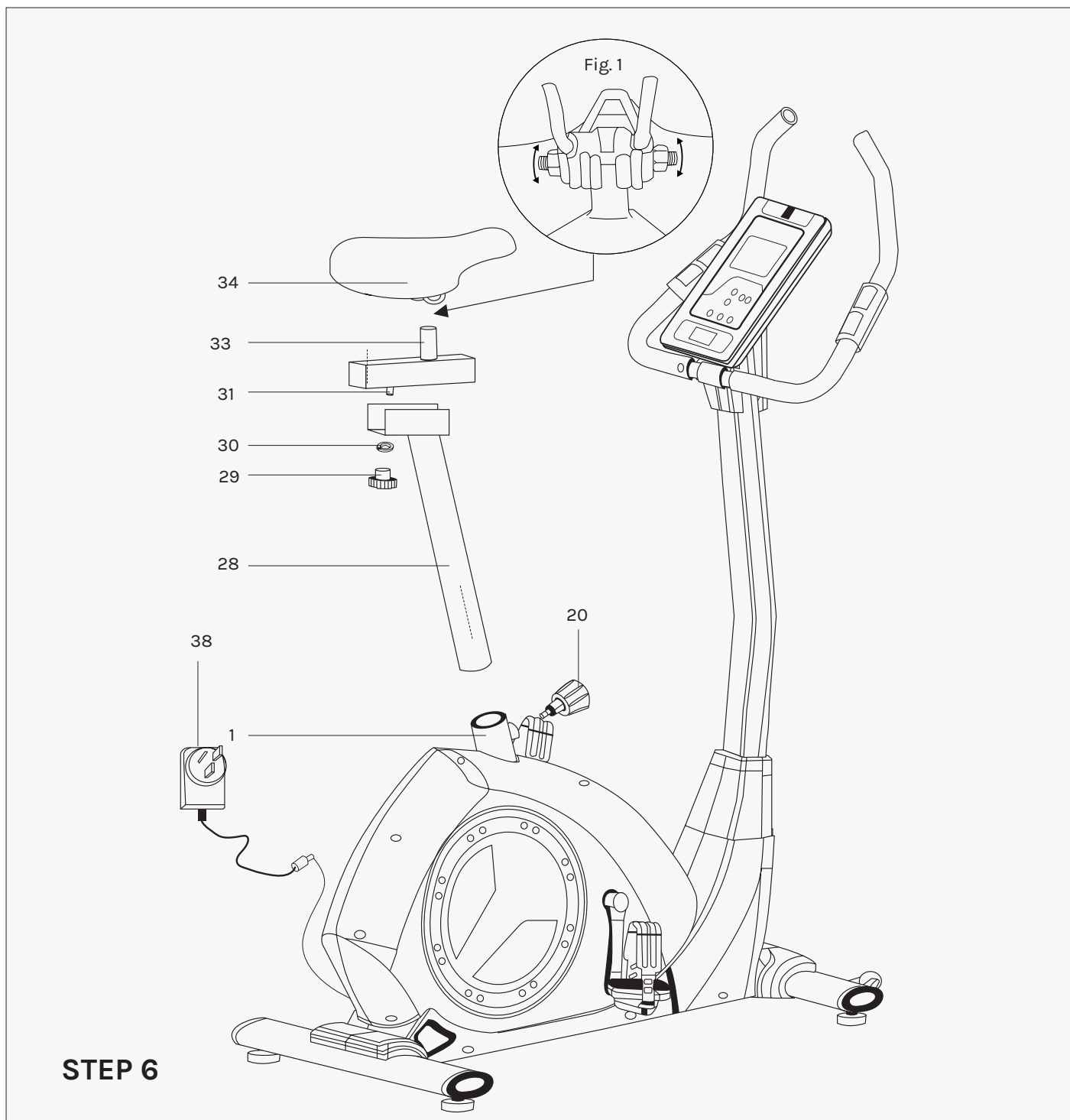
STEP 6

1. Secure the Seat (34) on the shaft of Seat horizontal post (33). On fig 1, there is 2x nuts on each side. Once you have set the seat to a straight angle seating position, tighten the nuts using two wrenches and do them up at the same time. The right side goes clockwise, and left side goes anti-clockwise to tighten. Make sure to fully tighten the seat to prevent movement.

2. Secure the Seat horizontal post (33) with the Seat post (28) with plum knob (29), Flat washer (30).

3. Insert the Seat post (28) into the main frame (1), then secure with Spring knob (20).

4. Insert the end of Adapter (38) into the bike and the other end to the power.

(!) **Note:** Make sure the Seat (34) and the shaft of Seat horizontal post (33) are tightened before using the machine.

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.
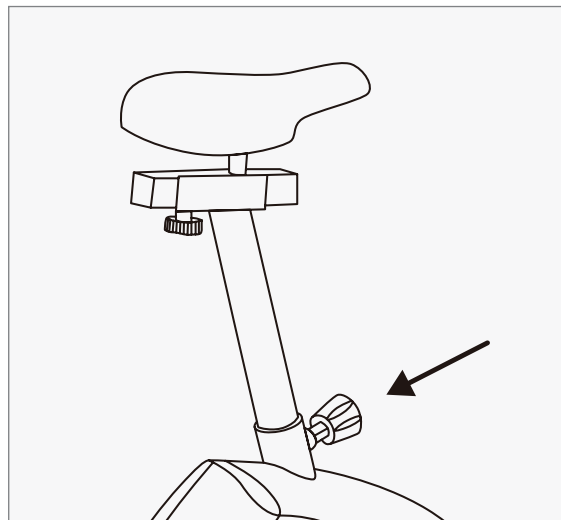
Adjusting Horizontal Position of the Seat

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.
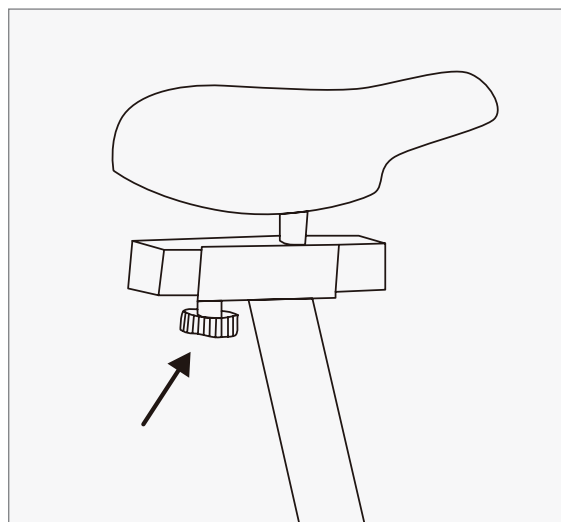
How to Level The Exercise Bike

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.
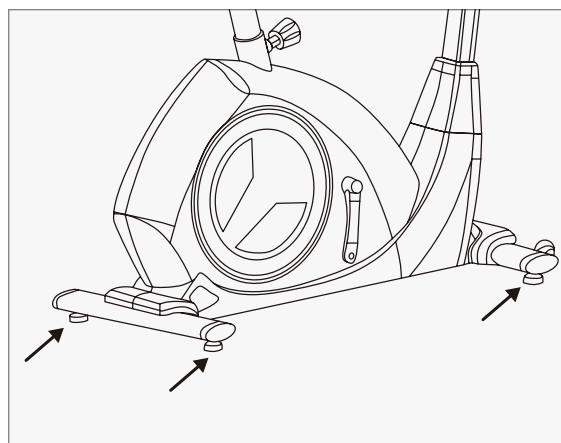
IV. DISPLAY MANUAL

BUTTON FUNCTIONS

|	
UP	To make upward adjustment or increase training resistance.
DOWN	To make downward adjustment or decrease training resistance.
MODE	To confirm all settings.
START/ STOP	To start or stop workout.
RESET	To reset current settings or press to have monitor switching to initial training mode for new selection.
RECOVERY	To test heart rate recovery status.
BODY FAT	To test body fat%. Press "BODY FAT" and hold for 2 seconds to modify user data (SEX/ AGE/ HEIGHT & WEIGHT) in standby mode.

DISPLAY FUNCTIONS

SPEED	Current training speed with maximum of 99.9 KM/H
RPM	Rotations Per Minute with available range from 0~15 to 999 RPM
TIME	Count up - TIME will count up from 00:00 to maximum of 99:59 when there's no target time preset. Each increment is 01:00 minute. Count down - TIME will count down from preset target time to 00:00. Each preset increment or decrement is 01:00 minute with available range between 01:00 to 99:00.
DISTANCE	Accumulation of total distance from 00:00 up to 99.99 KM. Use UP/ DOWN key to preset target distance with each upward adjustment of 0.1 KM.

CALORIES	Accumulation of total calories consumed during training from 0 to maximum of 9999 calories. (This data is a rough guide for comparison of different exercise sessions which cannot be used for medical purposes.)
WATT	Current workout watt with available range from 0 to 999 watt.
PULSE	User may set up target pulse from 0~30 to 230 beats per minute. Console system will have buzzer beeping as a cue for when the user's heart rate exceeds preset target value during workout. (This data is a rough guide for comparison of different exercise sessions which cannot be used for medical purposes.)

OPERATING PROCEDURE

1. POWER ON

1.1 Plug in adaptor to the rear of the machine and a buzzer will beep as a cue.

1.2 LCD will have all segments displaying for two seconds along with "78.0" (wheel diameter), "E" for EU regulation (or "A" for Asian regulation), and K (KM) (or M (ML)) for one second.

1.3 Press RESET key for 2 seconds as a TOTAL REST key.
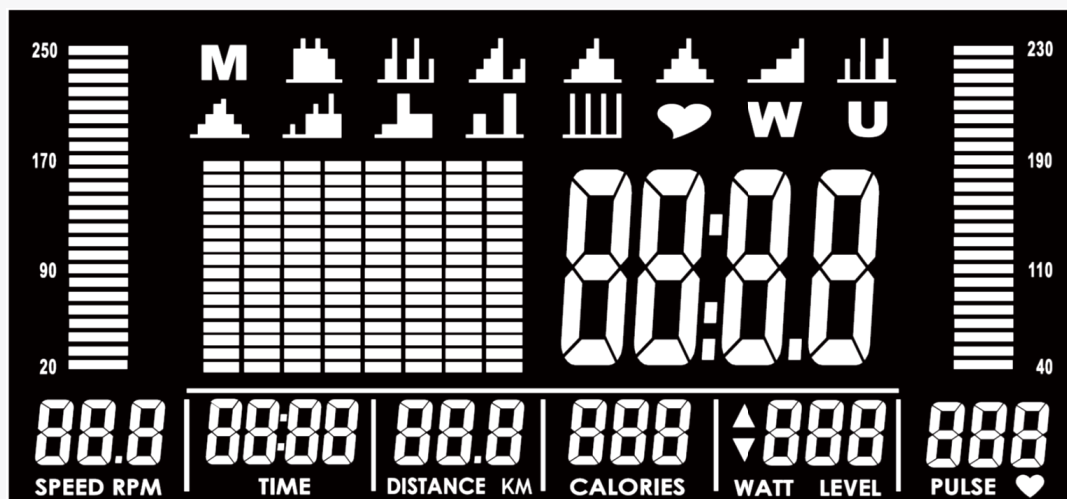

2. USER PROFILE SET UP

2.1 Use UP (▲) and DOWN (▼) keys to select a user profile from U1~U4. Press "MODE" to confirm a desirable user profile.

2.2 Press "MODE" each time when values are determined for SEX, AGE, HEIGHT, and WEIGHT settings. All entered data will be saved in user profile U1~U4.

3. PROGRAM SELECTION

3.1 Programs display on the LCD as MANUAL→12 PROGRAMS→H.R.C.→WATT→USER PROGRAM→ MANUAL in sequence.

3.2 Use UP (▲) and DOWN (▼) keys to select a program and press "MODE" to confirm when a selection is determined.
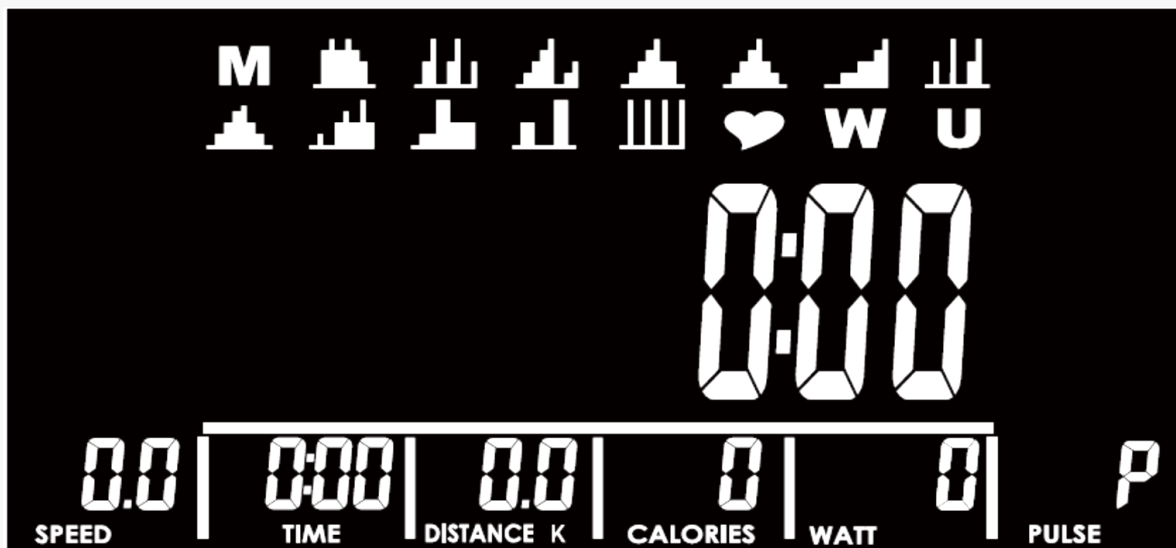
4. MANUAL MODE

4.1 Select "M" and use UP (▲) and DOWN (▼) keys to adjust the resistance level; press "MODE" when the value is determined.

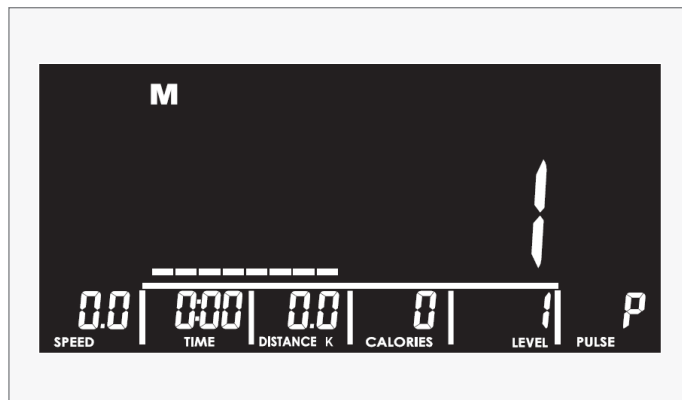**4.2** The resistance level can be readjusted during workout.

4.3 The LEVEL column will switch and display WATT value after three seconds of no resistance adjustment.

4.4 Use UP (▲) and DOWN (▼) keys for TIME, DISTANCE, CALORIES, and PULSE settings. Press "MODE" each time when values are determined.

4.5 Press "START" and start pedaling. RPM & PULSE bars will display values accordingly.

4.6 Press "STOP" to pause exercise and all exercise values will be saved.

**4.7** Press "RESET" and return to program selection.

5. MANUAL MODE

5.1 Use UP (▲) and DOWN (▼) keys to select a program from P1 to P12 and press "MODE" to confirm after determining selection.

5.2 LCD will display corresponding flashing graphic to the selected program.

5.3 Use UP (▲) and DOWN (▼) keys to adjust resistance level and TIME; press "ENTER" each time when value's determined and press "START" to start workout.

5.4 The resistance level can be readjusted during workout.

5.5 LEVEL column will switch and display WATT value after three seconds of no resistance adjustment.
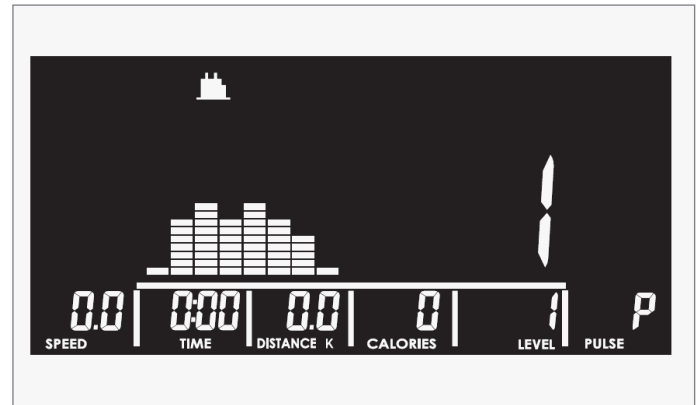

6. H.R.C.

6.1 Use UP (▲) and DOWN (▼) keys to select 55%, 75%, 90%, or TARGET.

6.2 The heart rate value will be calculated automatically according to the AGE value user inputs and will be shown in the alphanumeric column in flashing text.

6.3 If you select "TARGET", use UP (▲) and DOWN (▼) keys to set a value between 30~230bpm and press "ENTER" to confirm when value's determined.

6.4 Use UP (▲) and DOWN (▼) keys to set TIME and press "ENTER" to start workout.
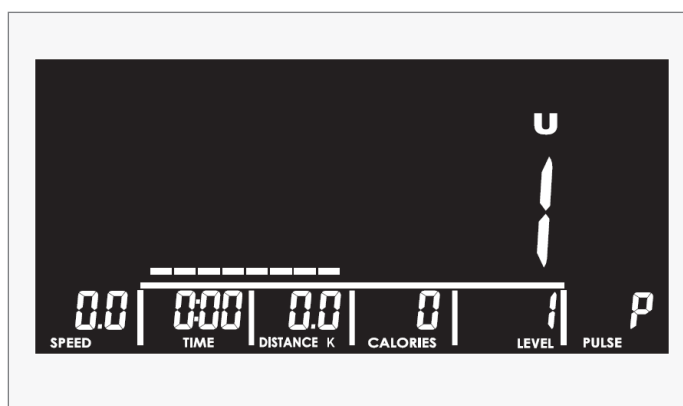
7. USER PROGRAM

7.1 Use UP (▲) and DOWN (▼) keys to create user's desired program, press "MODE" when chart value is determined.

7.2 Press "MODE" and hold for 2 seconds to skip to TIME setting.

**5.3** Press "START" to begin workout.

8. WATT

8.1 WATT default value 120 will be displayed in the alphanumeric column in flashing text waiting for an adjustment.

8.2 Use UP (▲) and DOWN (▼) keys to adjust WATT and TIME values.

8.3 Press "START" to start exercise.

8.4 WATT LEVEL will be adjusted automatically according to user's actual RPM input value.

8.5 WATT LEVEL can be readjusted manually during workout.adjustment.
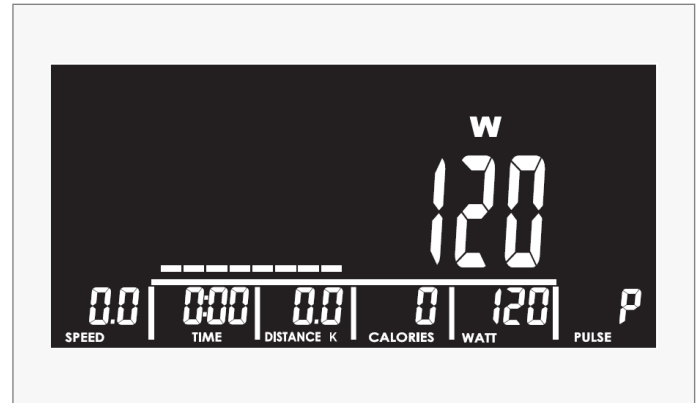
9. BODY FAT

9.1 This function is valid after user stops pedaling (or press "STOP").

9.2 A continuous RPM signal input is required during BODY FAT test.

9.3 Press "BODY FAT". The console system will display "UX" for two seconds and start the body fat measurement process. It will show results of FAT% and BMI on screen 8 seconds later.

9.4 Press "BODY FAT" and hold for two seconds to enter user profile to reset SEX, AGE, HEIGHT and WEIGHT. Press "ENTER" to start body fat measurement process.

9.5 If LCD displays following messages:
"E-1"- no heart rate signal input detected;
"E-4" – When FAT% result exceeds 5~50 and BMI result exceeds 5~50.
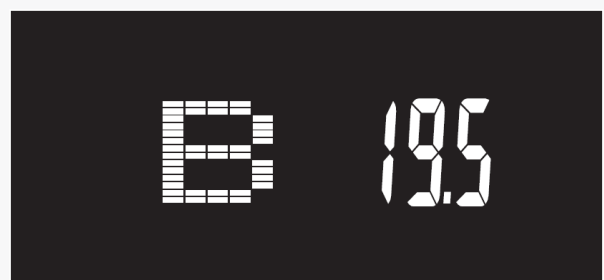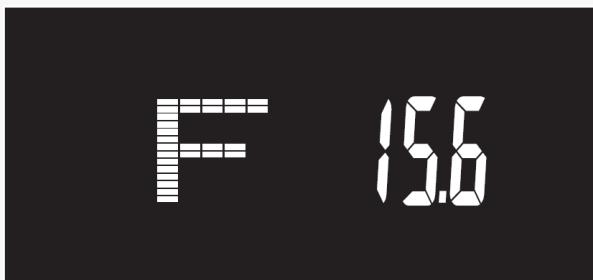
9. RECOVERY

10.1 RECOVERY function is valid when there's a heart rate value input detected (during exercise after user presses "STOP").

**10.2** Press "RECOVERY" and LCD will display TIME "0:60" counting down with user's actual heart rate value showing in the PULSE column.

10.3 When TIME reaches to "0:00", LCD will have result "FX" (X=1~6) displaying in the alphanumeric section.

10.4 Press "RECOVERY" again and return to previous mode during or after RECOVERY test's occurred; LCD will continue displaying user's actual heart rate value on screen.
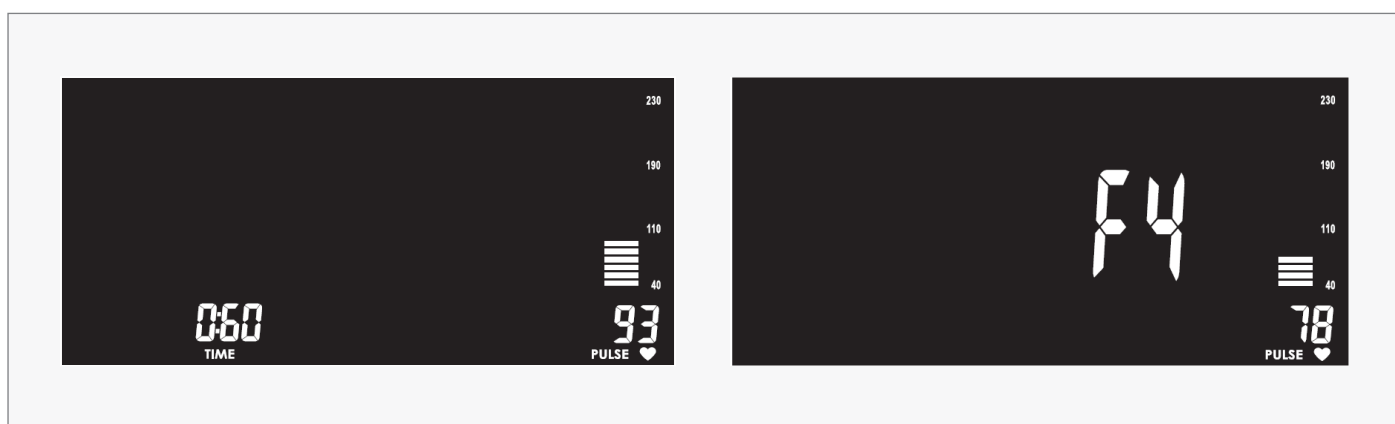
BMI CHART

≤19	Underweight
=(20---25)	Normal weight
=(25---29)	Overweight
≥30	Obese

SPECIAL FEATURES

1. Built-in Speakers
2. USB Port for Battery Charger
3. MP3 Compatible
4. Book Support

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.
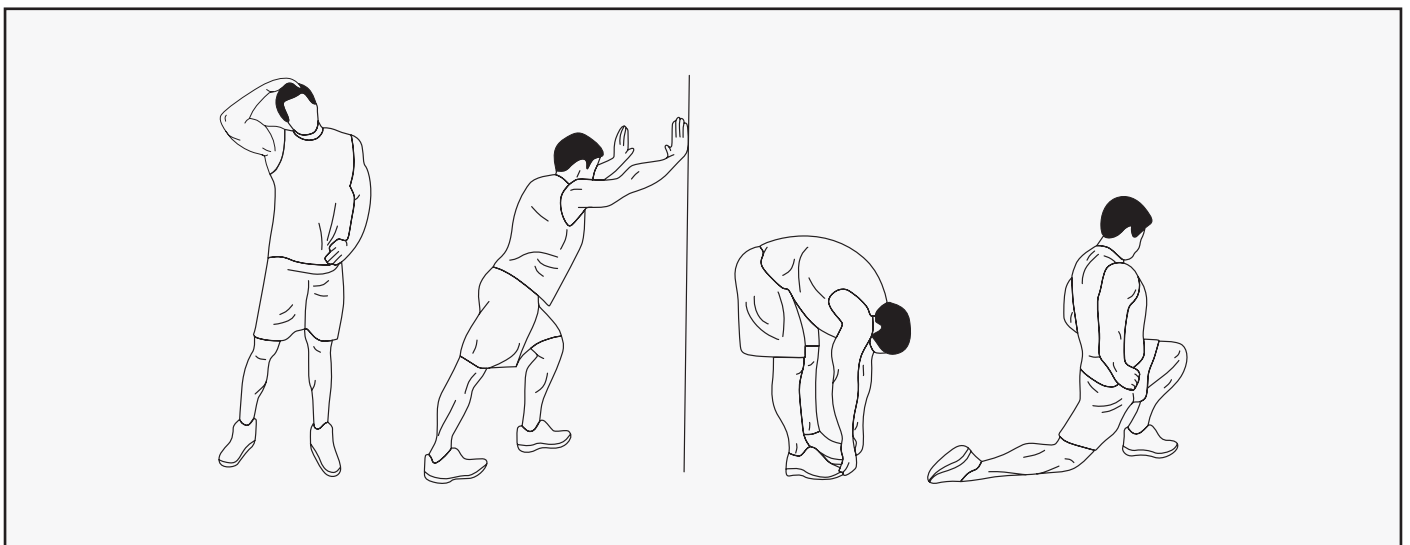
WARM UP

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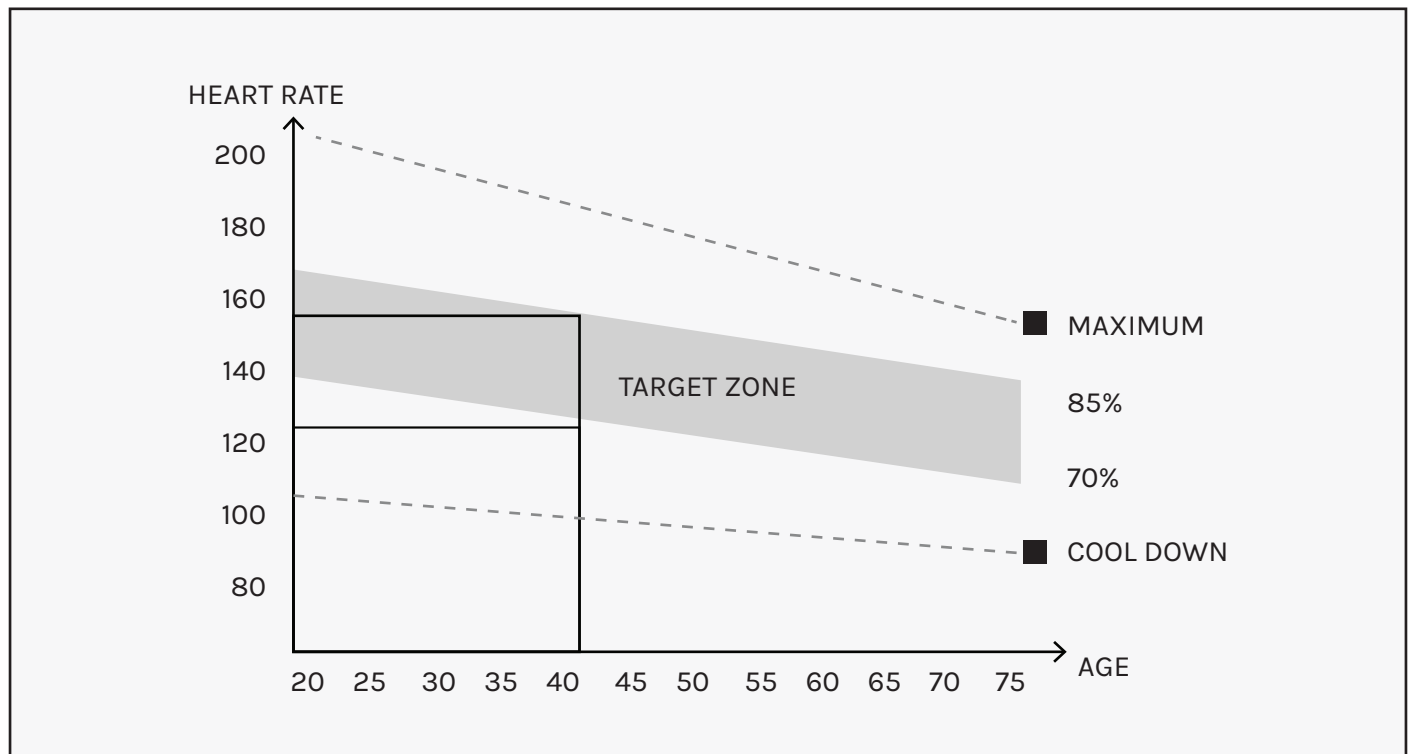
This is how your pulse should behave during general fitness exercise. Remember to warm up and cool down for a few minutes.

VI. EXPLODED DIAGRAM
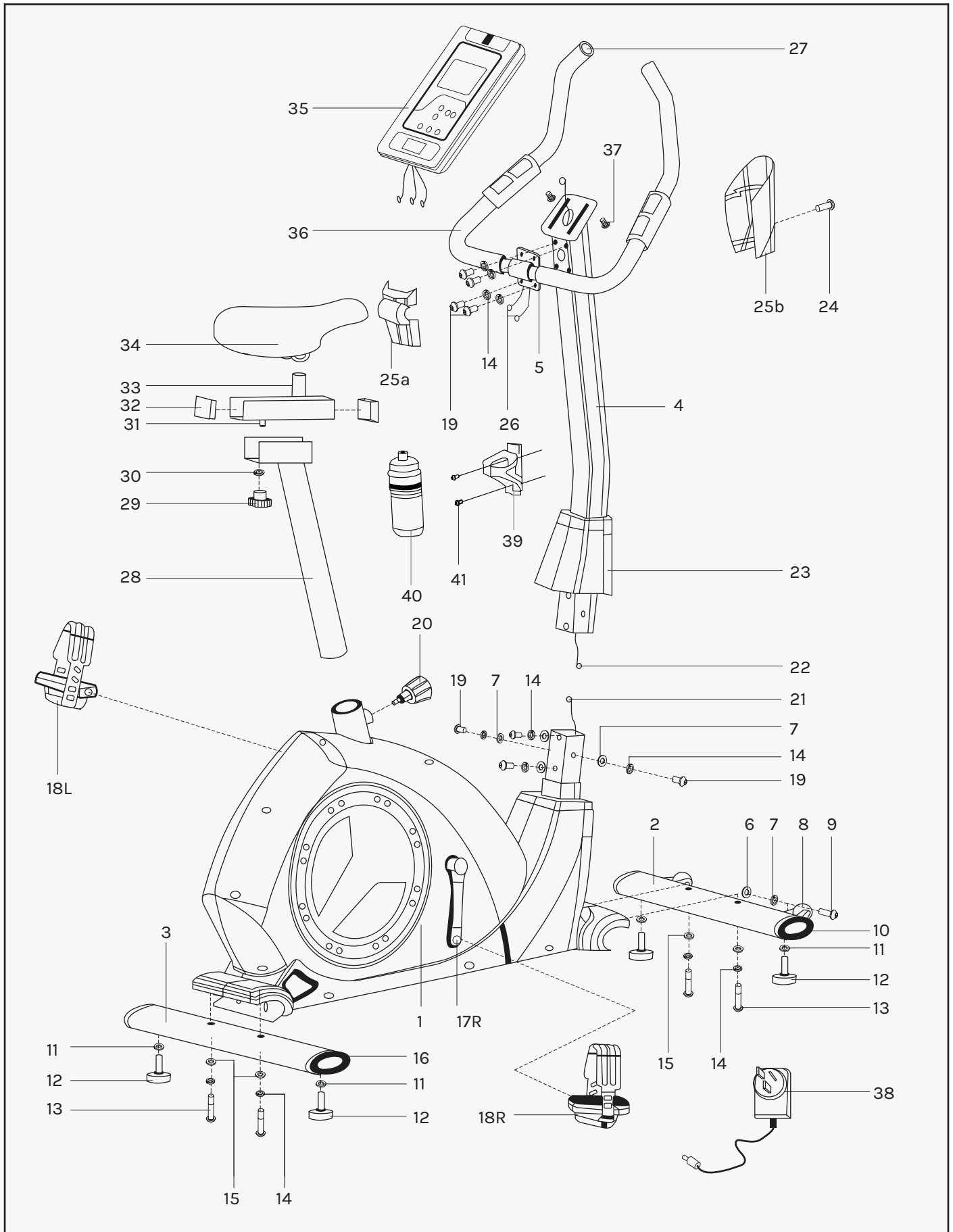
VII. PARTS LIST

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	1pair
18L/R	Pedal	1pair
19	Hex screw M8x15	8
20	Spring knob	1
21	Sensor wire	1
22	Extension wire	1

Part No.	Description	Qty
23	Protective guard	1
24	Screw ST4.2x18	1
25a/b	Protective guard	1pair
26	Pulse wire	2
27	Round cap	2
28	Seat post	1
29	Plum knob	1
30	Flat washerD10xΦ25x2	1
31	U-bracket	1
32	Square cap	2
33	Seat horizontal post	1
34	Seat	1
35	Computer	1
36	Foam grip	2
37	Screw	2
38	Adapter	1
39	Bottle Holder	1
40	Bottle	1
41	Screws	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 h**ttps://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**

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).