

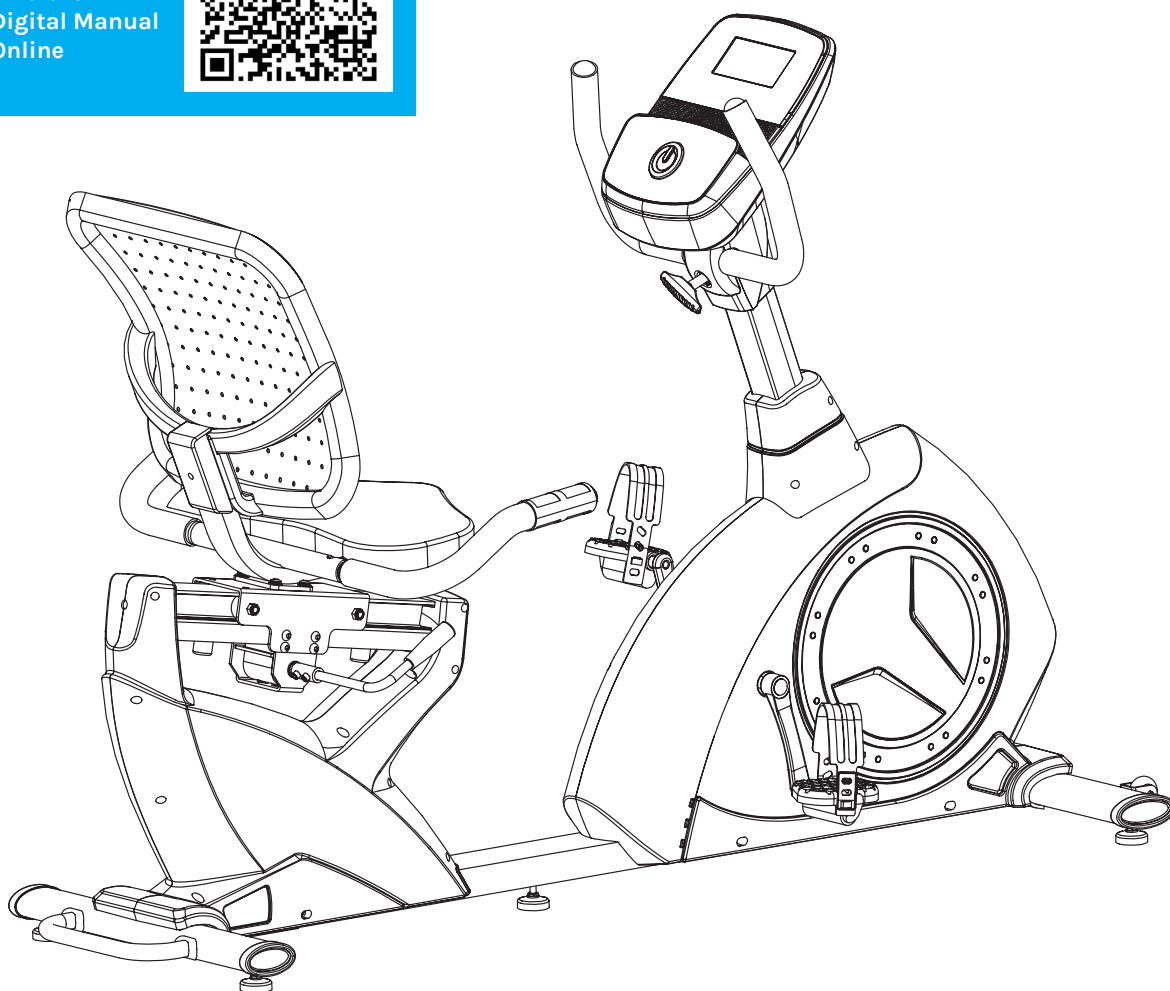


RC-300 Recumbent Bike

USER MANUAL



Find the
Digital Manual
Online



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.

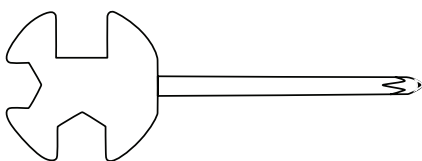
This exploded view diagram illustrates the assembly of a stationary bike. The main frame (1) is the central component, featuring a large flywheel (2) and a crank arm (3). The pedals (17L, 17R) are shown attached to the crank. The seat (29) is mounted on a seat post (54) which is inserted into the frame. The handlebars (52) are connected to the frame via a stem (51) and a clamp (53). The rear wheel assembly (4) includes a hub (22) and spokes (24). The front wheel assembly (5) includes a hub (22) and spokes (24). The pedals (17L, 17R) are shown with straps (25a, 25b) for foot retention. The diagram also shows various adjustment components like the seat height adjuster (55) and the handlebar height adjuster (56). The callout numbers 1 through 60 identify the following parts: 1. Main frame, 2. Flywheel, 3. Crank arm, 4. Rear wheel assembly, 5. Front wheel assembly, 6. Flywheel cap, 7. Flywheel cap screw, 8. Flywheel cap nut, 9. Flywheel cap washer, 10. Flywheel cap seal, 11. Flywheel cap gasket, 12. Flywheel cap O-ring, 13. Flywheel cap pin, 14. Flywheel cap clip, 15. Flywheel cap bracket, 16. Flywheel cap plate, 17L. Pedal (Left), 17R. Pedal (Right), 18L. Pedal bracket (Left), 18R. Pedal bracket (Right), 19. Pedal bracket pin, 20. Pedal bracket nut, 21. Pedal bracket washer, 22. Hub, 23L. Spoke (Left), 23R. Spoke (Right), 24. Spoke, 25a. Strap (Left), 25b. Strap (Right), 26. Pedal bracket plate, 27. Pedal bracket pin, 28. Pedal bracket clip, 29. Seat, 30. Seat post, 31. Seat post pin, 32. Seat post nut, 33. Seat post washer, 34. Seat post O-ring, 35. Seat post seal, 36. Seat post gasket, 37. Seat post O-ring, 38. Seat post cap, 39. Seat post cap screw, 40. Seat post cap nut, 41. Seat post cap washer, 42. Seat post cap seal, 43. Seat post cap gasket, 44. Seat post cap O-ring, 45. Seat post cap pin, 46. Seat post cap clip, 47. Seat post cap bracket, 48. Seat post cap plate, 49. Seat post cap pin, 50. Seat post cap clip, 51. Seat post cap bracket, 52. Handlebar, 53. Handlebar clamp, 54. Seat post, 55. Seat height adjuster, 56. Handlebar height adjuster, 57L. Handlebar pin (Left), 57R. Handlebar pin (Right), 58. Handlebar pin, 59. Handlebar pin, 60. Handlebar pin.

IV. PARTS LIST

! Some items on this list may come pre-installed on your equipment. If you feel like you're missing anything, please double check your equipment.

No.	Description	Qty	No.	Description	Qty
1	Main frame	1	31	Screw	4
2	Front stabilizer	1	32	Plastic handle knob	1
3	Rear stabilizer	1	33	Spacer	1
4	Handlebar post	1	34	Flat washer	1
5	Fixed handlebar	1	35	Foam grip	2
6	Nylon nut M8	2	36	Extension pulse wire 1	2
7	Flat washer D8xΦ16x1.5	6	37	Extension pulse wire 2	2
8	Roller	2	38	Meter	1
9	Inner hexagon bolt M8x40xL12	2	39	Eccentric shaft	1
10	End cap	2	40	Inner hexagon bolt M6x10	2
11	Hex nut M10	5	41	Handle	1
12	Adjusting pad	5	42	Foam grip	1
13	Inner hexagon bolt M8xL58	4	43	Flat washer D8xΦ19x1.5	8
14	Inner hexagon bolt M8xL58	8	44	Extension pulse wire 3	2
15	Arc washer d8x2xΦ25xR39	4	45	Pulse wire	2
16	End cap	2	46	Fixed bracket	1
17L/R	Crank	1	47	Protective guard	1
18L/R	Pedal	1	48	Inner hexagon bolt M6x40	4
19	Inner hexagon bolt M8x15	8	49	Flat washer D6x1.2xΦ16	4
20	Arc washer d8xR20	2	50	Seat frame	1
21	Sensor wire	1	51	Square end cap	2
22	Extension wire	1	52	Foam grip	2
23L/R	Protective guard	1/1	53	Round end cap	2
24	Screw	5	54	Seat	1
25a/b	Protective guard	1pr.	55	Adapter	1
26	Inner hexagon bolt M8x90	2	56	Hand pulse sensor	2
27	Lifting handle	1	57L/R	Handlebar	1pr.
28	Inner hexagon bolt M8x12	4	58	Inner hexagon bolt M10*20	2
29	Backrest	1	59	Flat washer D10*Φ20*2	2
30	Round end cap	2	60	Nylon washer Φ10.8*Φ20*2	2

TOOLS



(S-13, 14, 15)-1PC



(S=6)-1PC



(S=5)-1PC

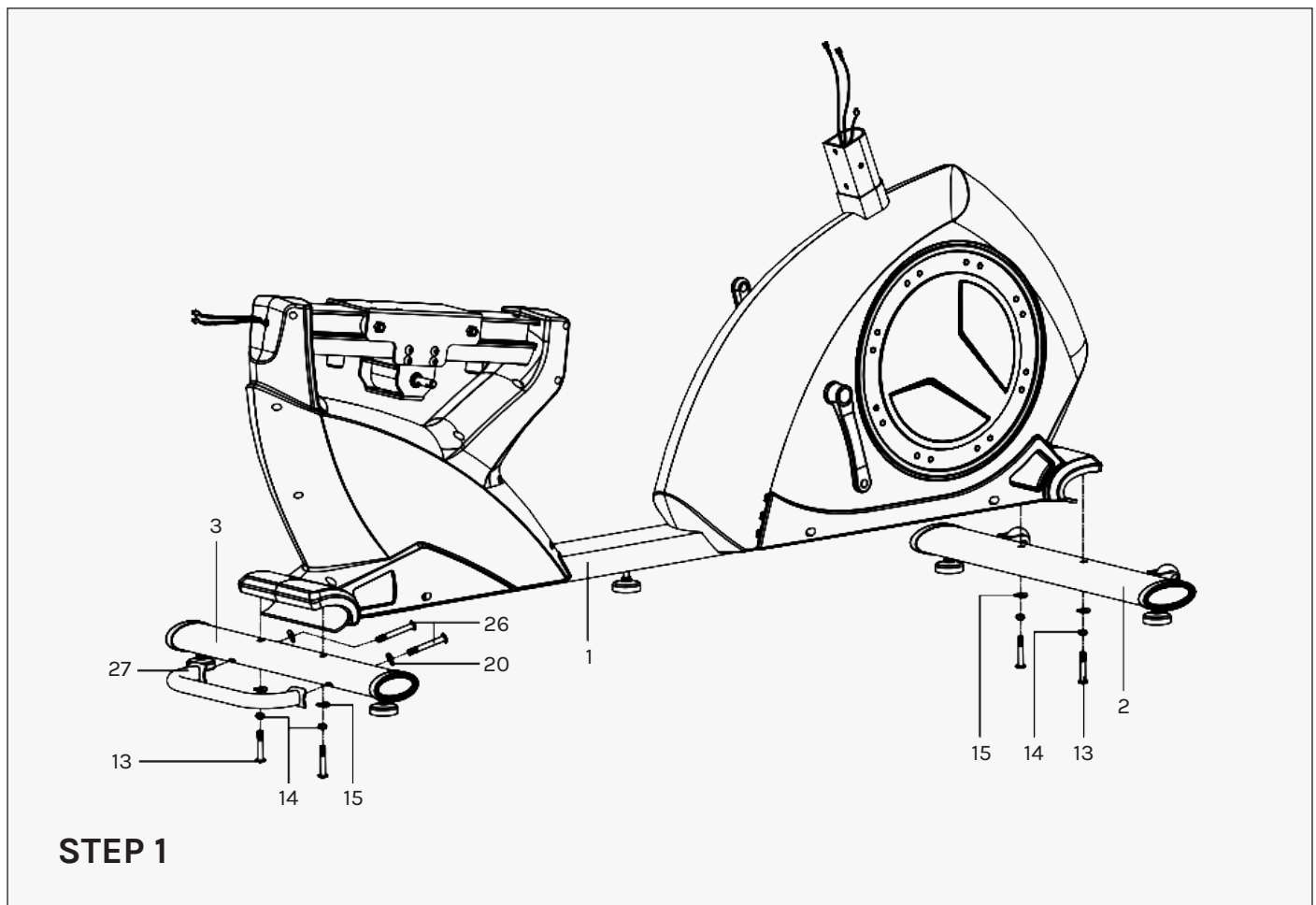
V. ASSEMBLY INSTRUCTIONS

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.

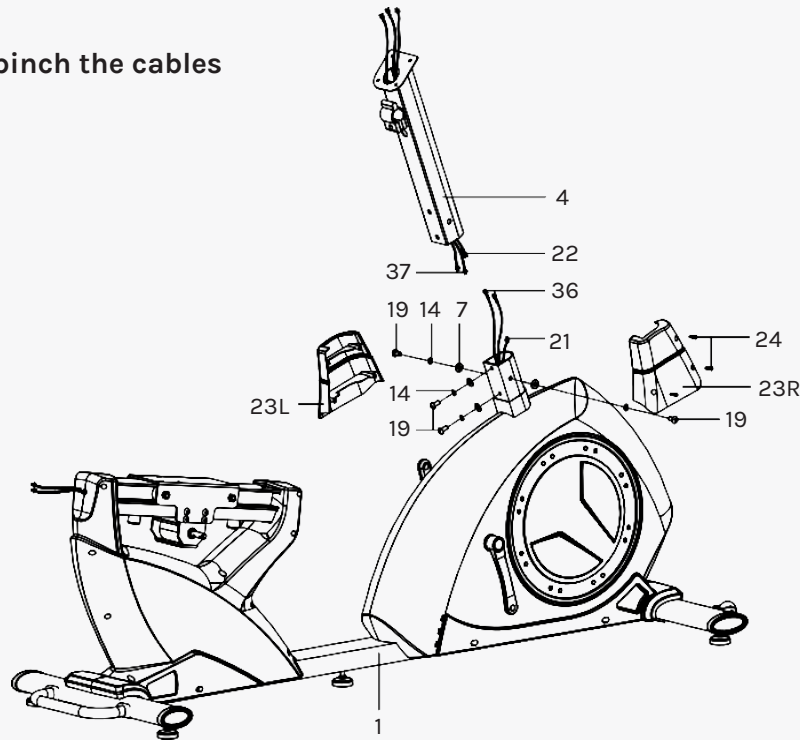
IMPORTANT: Assistance may be required during assembly and installation. It is recommended that two or more people assemble this equipment to reduce the risk of injury and ensure safe handling of components.

IMPORTANT: Some bolts are installed on the parts they mount on. Please check for bolts on the parts if they are not in the bolt pack.



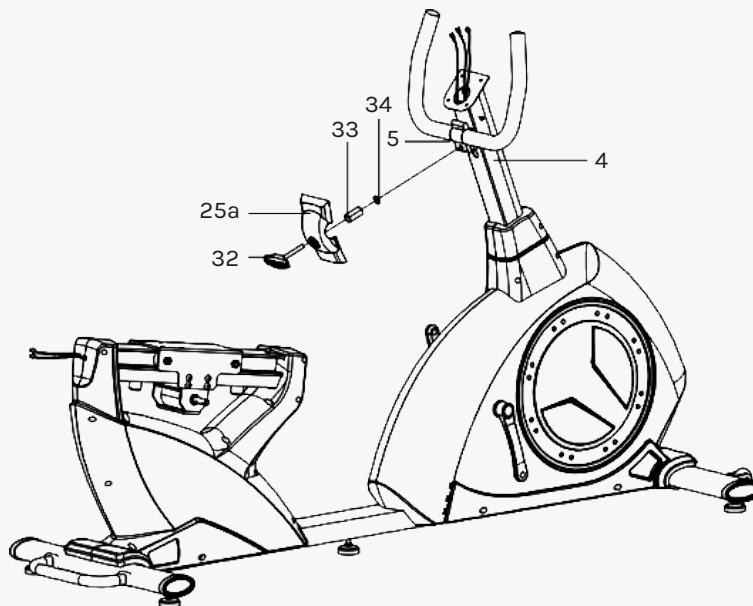
1. Attach the Lifting Handle (27) to the Rear Stabilizer (3) using the Hex Nut (26) and Arc Washer (20).
2. Attach the Front Stabilizer (2) and Rear Stabilizer (3) to the Main Frame (1) using the Inner Hexagon Bolts (13), Spring Washers (14), and Arc Washers (15).

Important: Do not pinch the cables



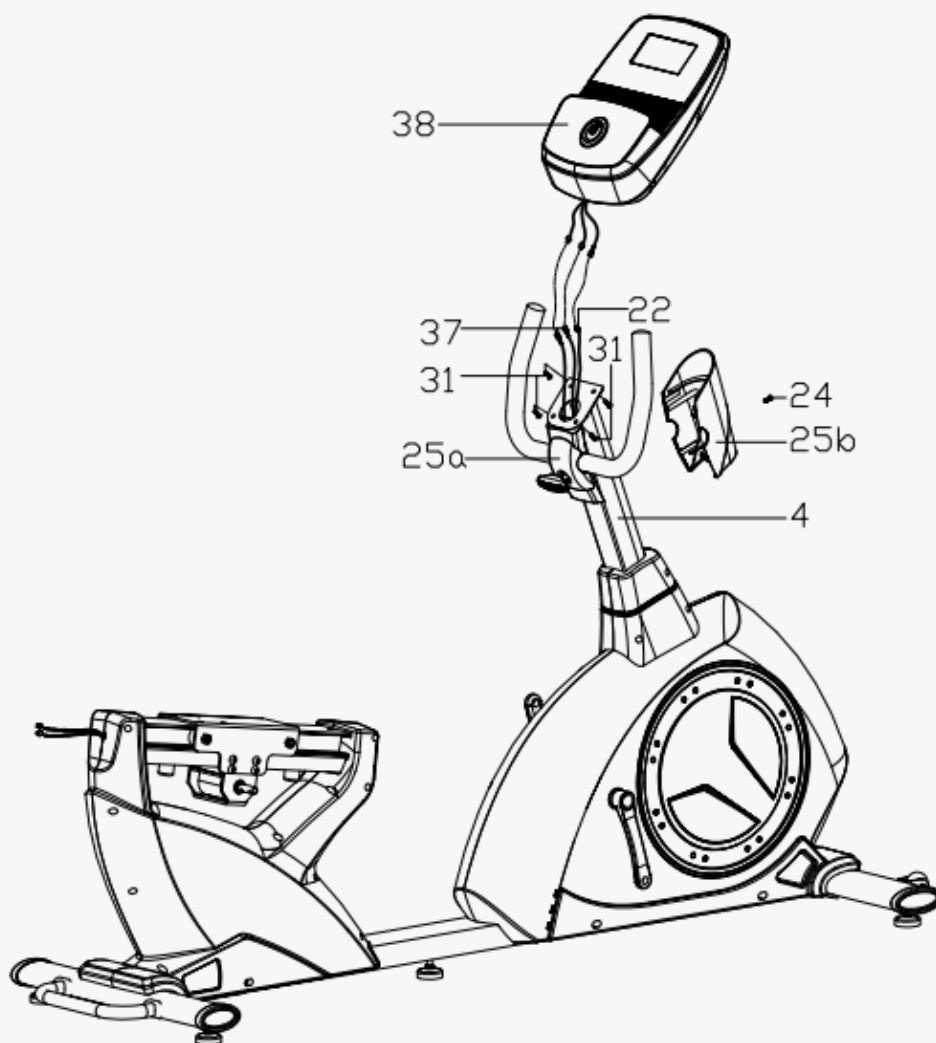
STEP 2

1. Connect the Sensor Wire (21) and Extension Pulse Wire 1 (36) to the Extension Wire (22) and Extension Pulse Wire 2 (37).
2. Carefully position the Handlebar Post (4) onto the Main Frame (1), ensuring the wires are not pinched or damaged. Secure the Handlebar Post using the Inner Hexagon Bolts (19), Spring Washers (14), and Flat Washers (7).
3. Finally, attach the Left and Right Protective Guards (23L/R) to the Main Frame (1) using the Screws (24).



STEP 3

1. Attach the Handlebar (5) to the Handlebar Post (4) using the Plastic Handle Knob (32), Front Handlebar Cover (25a), Spacer (33), and Flat Washer (34).
2. Once assembled, tighten the Plastic Handle Knob (32) securely to ensure the Handlebar (5) is firmly fixed in position before use. User can adjust the angle of the handlebar by loosening Plastic Handle Knob (32) and re-tighten after setting angle.

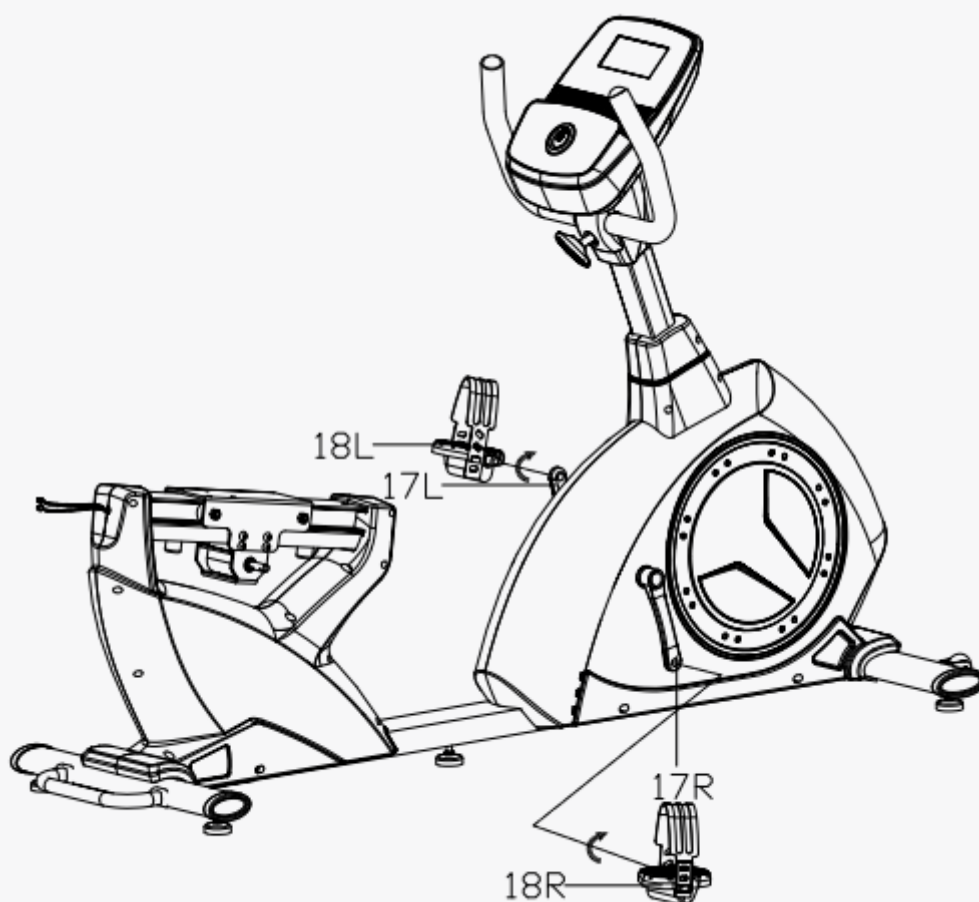


STEP 4

1. Connect the Extension Pulse Wire 2 (37) and Extension Wire (22) to the corresponding cables from the Meter (38). Once connected, secure the Meter (38) to the meter bracket on the Handlebar Post (4) using the Screws (31).

2. Attach the Front and Rear Handlebar Covers (25a/b) to the Handlebar Post (4) and secure them using the Screws (24).

Important: Ensure all wire connections are fully inserted and carefully tucked inside the Handlebar Post (4) to prevent them from being pinched during assembly.



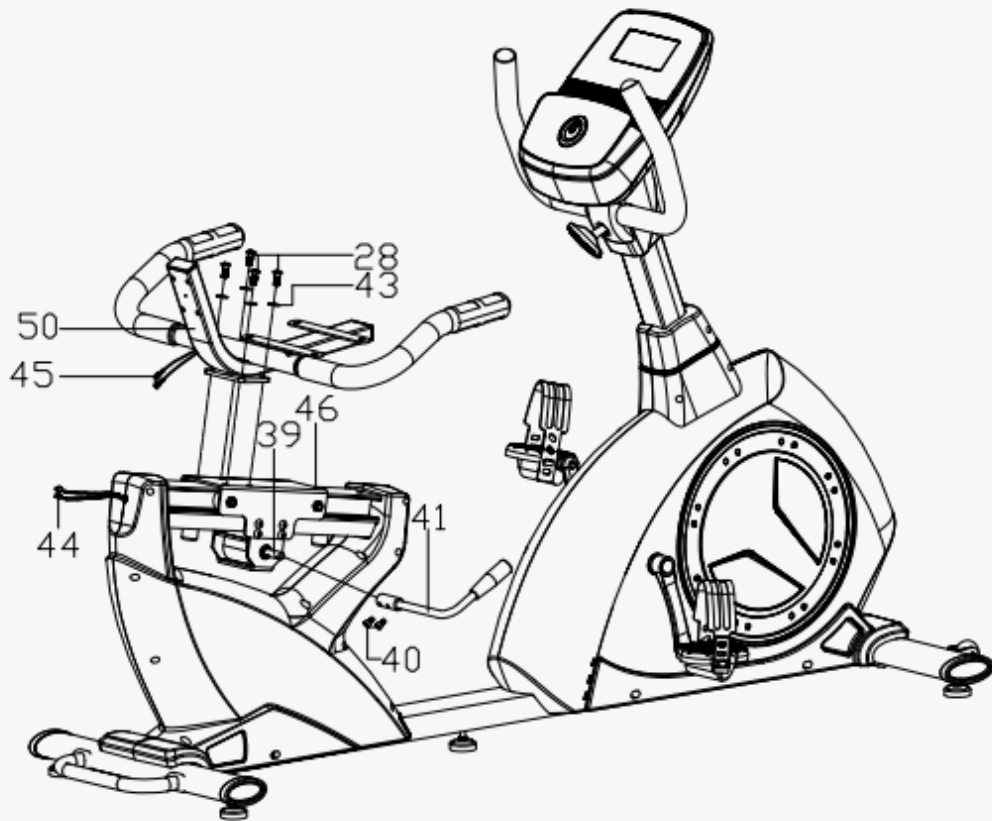
STEP 5

! IMPORTANT:

- Tighten the Left Pedal (18L) by turning it counterclockwise.
- Tighten the Right Pedal (18R) by turning it clockwise.

Attach the Left and Right Pedals (18L/R) to the corresponding Left and Right Cranks (17L/R) using the supplied wrench. Hand tighten first so that the threads are aligned then use the tool to secure the pedal until they are tight.

WARNING: Always verify that both pedals are securely fastened before exercising. Loose pedals may cause equipment damage or personal injury.

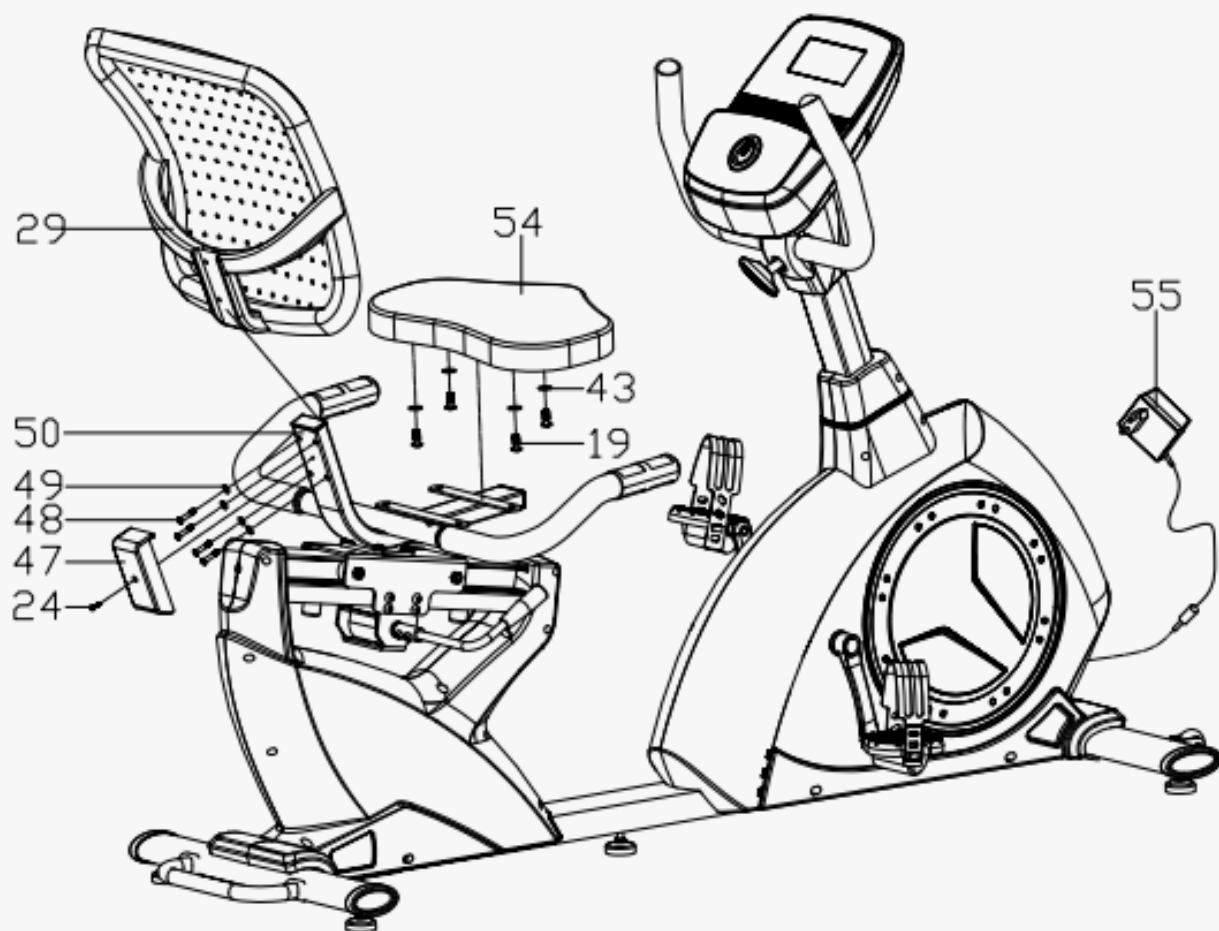


STEP 6

1. Connect the Pulse Wire (45) to the Extension Pulse Wire 3 (44) from the Main Frame (1). Once connected, position the Seat Frame (50) onto the Fixed Bracket (46) and secure it using the Inner Hexagon Bolts (28) and Flat Washers (43).

2. Attach the Handle (41) to the Eccentric Shaft (39) and secure it using the Inner Hexagon Bolt (40).

NOTE: Ensure all wire connections are fully engaged before securing the Seat Frame (50). Take care not to pinch or damage any wires during assembly. Verify that all bolts are tightened securely before use.

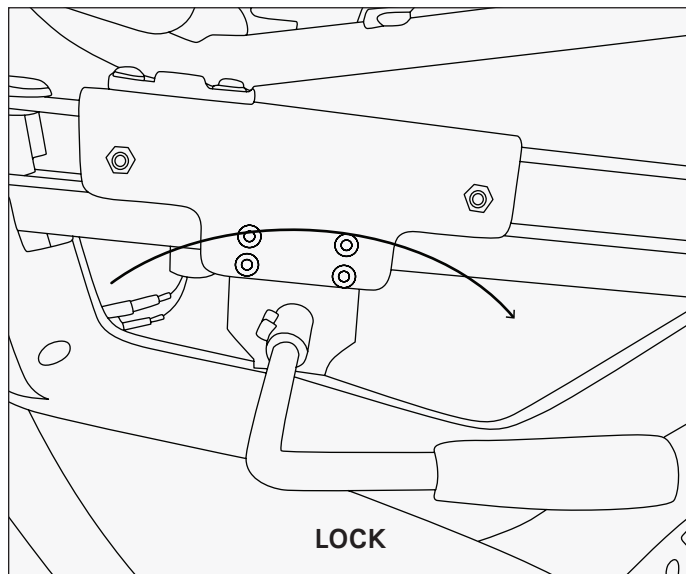
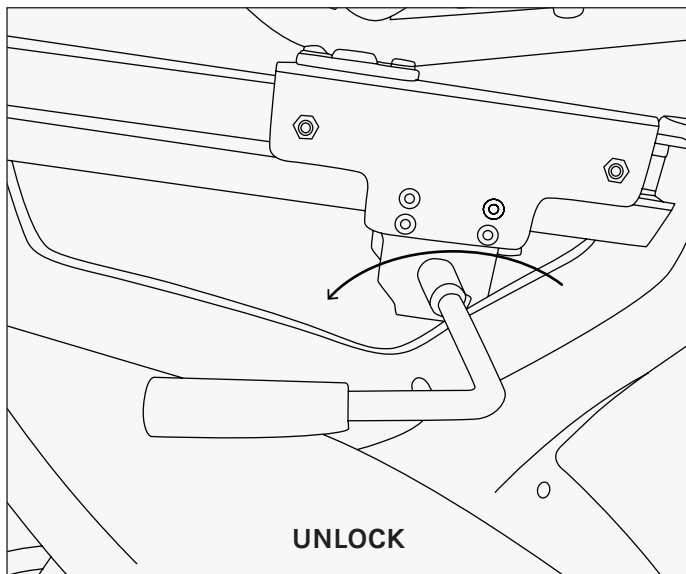


STEP 7

1. Attach the Seat (54) to the mounting plate on the Seat Frame (50) using the Inner Hexagon Bolts (19) and Flat Washers (43).
2. Attach the Backrest (29) to the Seat Frame (50) using the Inner Hexagon Bolts (48) and Flat Washers (49). Then, attach the Protective Guard (47) to the Seat Frame (50) using the Screws (24).
3. Connect the Adapter (55) to the front of the exercise bike and then plug it into a suitable power outlet.

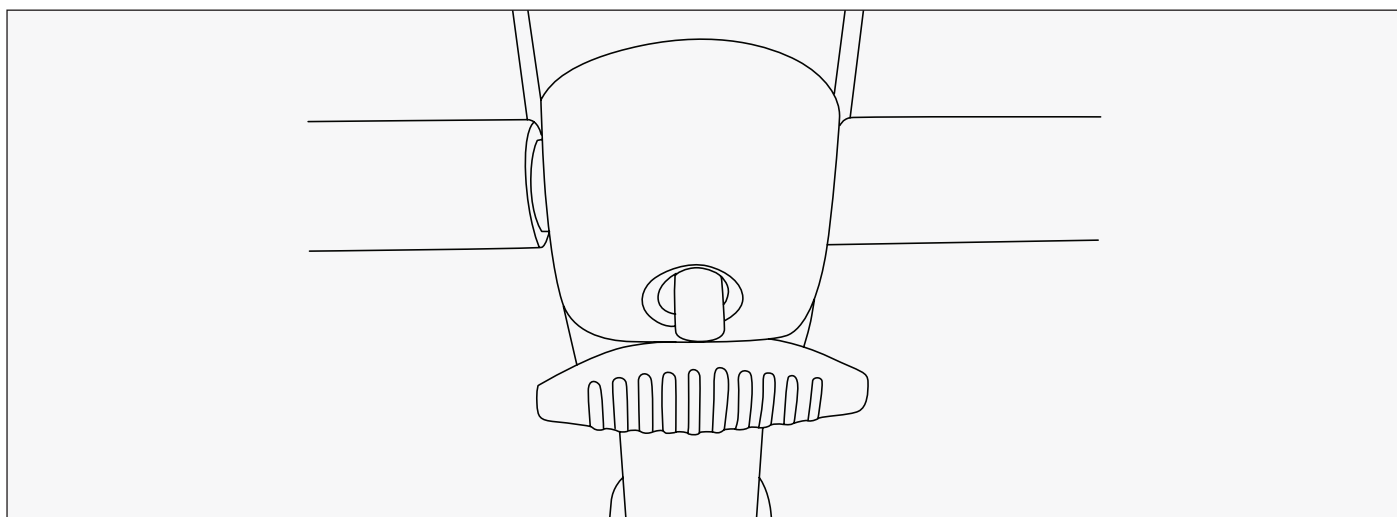
IMPORTANT: Before using the equipment, ensure that the Seat (54), Backrest (29), and all fasteners are securely tightened. Check that the Adapter (55) is properly connected and that all wires are safely routed away from moving parts.

VI. HOW TO GUIDE



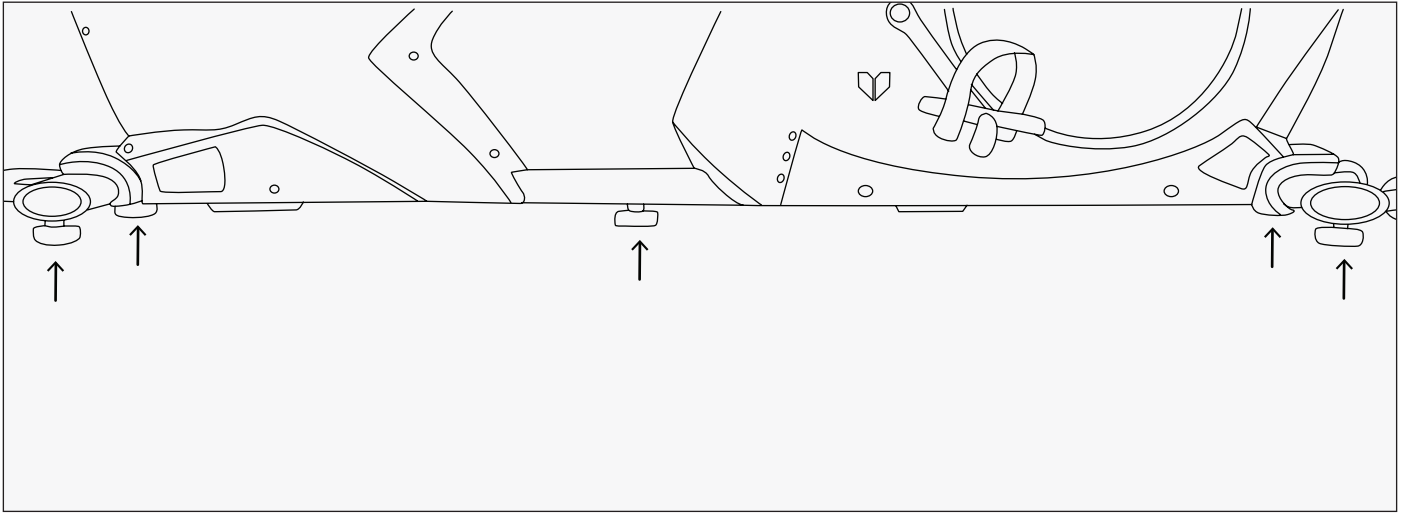
Adjusting Seat Horizontal Position

1. Under the seat is a handle lever. While you are sitting on the equipment with your feet on the pedals, unlock the seat by turning the lever backwards, as pictured. Caution: your seat will slide when unlocked.
2. Slide your seat forward or backwards to your preferred seating position. Your legs should be extended with a slight bend on the knees.
3. Then lock by turning the lever forward as pictured. Make sure the lever is pushed all the way forward.



How to Adjust the Front Handlebars

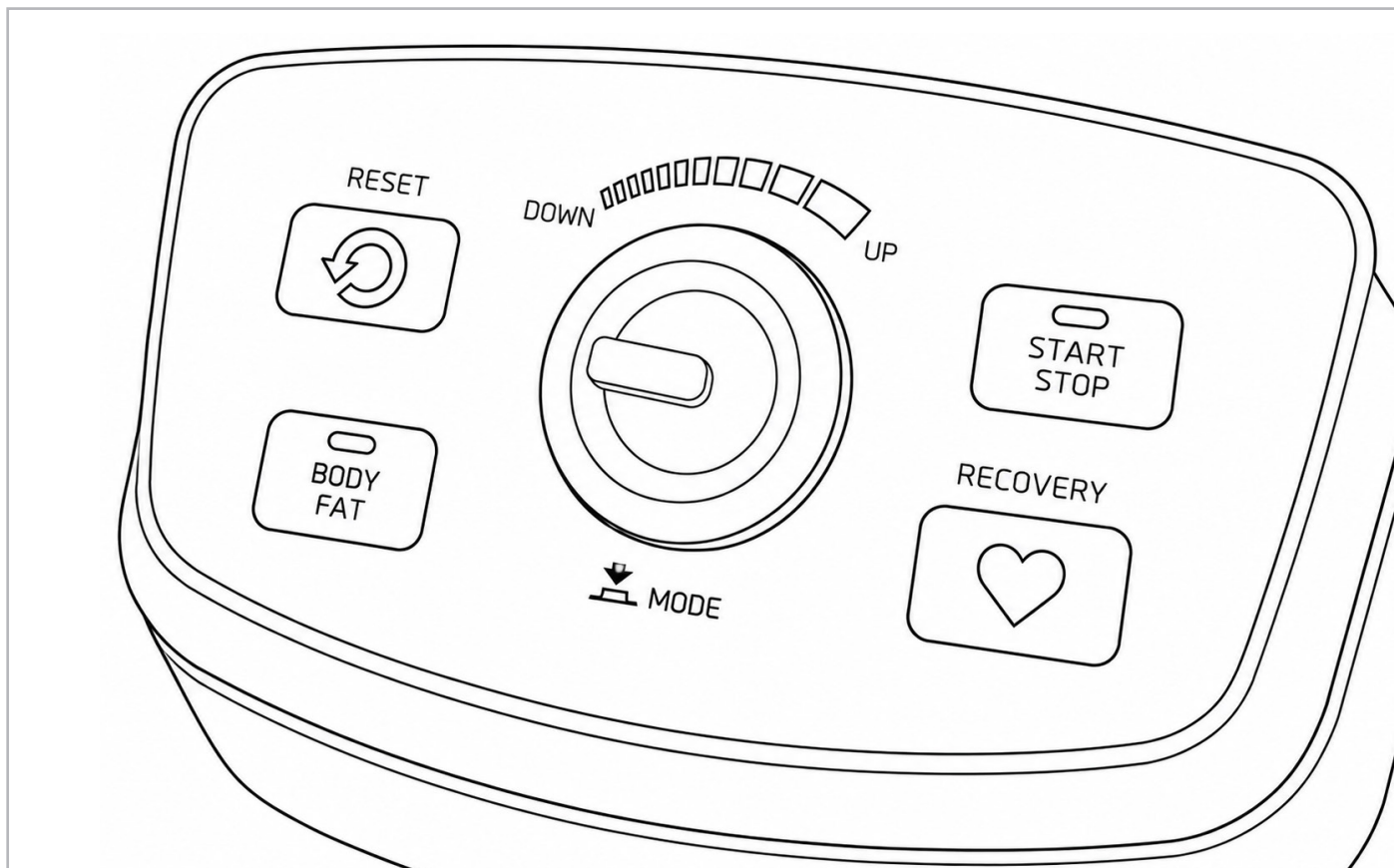
1. At the front handlebar, loosen the Plastic handle knob (32).
2. Once loosened you can move the handlebar up or down. When set to the position you like, retighten the knob.



Floor Levelers

If your ground is uneven, there is five Adjusting pad (part 12) at the front and back stabilizer feet. Turn these pads clockwise or anti-clockwise until the sit firmly on the ground and the equipment no longer shakes.

VII. 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

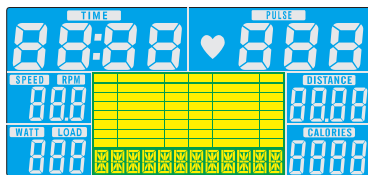


Image 1

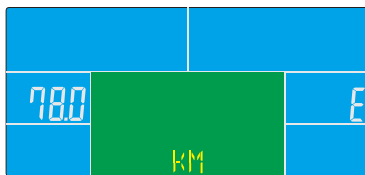


Image 2

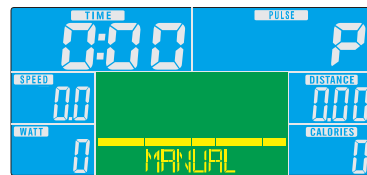


Image 3

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

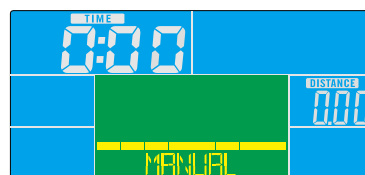


Image 6



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

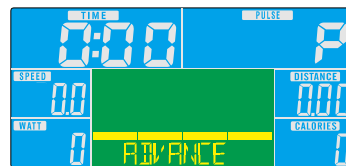


Image 11

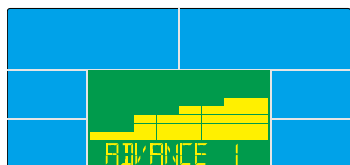


Image 12



Image 13

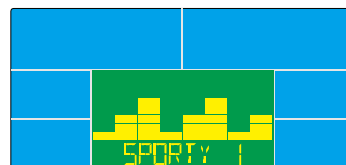


Image 14

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

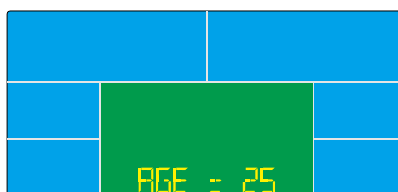


Image 16



Image 17

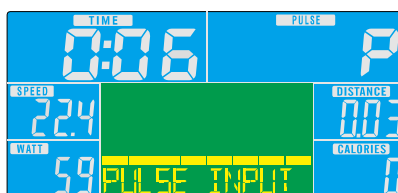


Image 18

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.

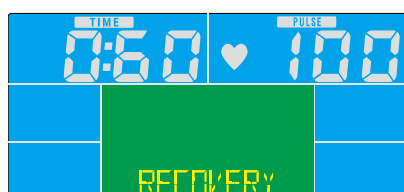


Image 22

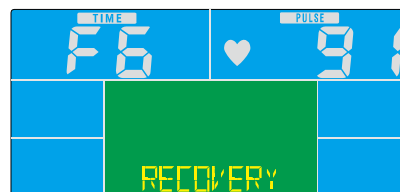
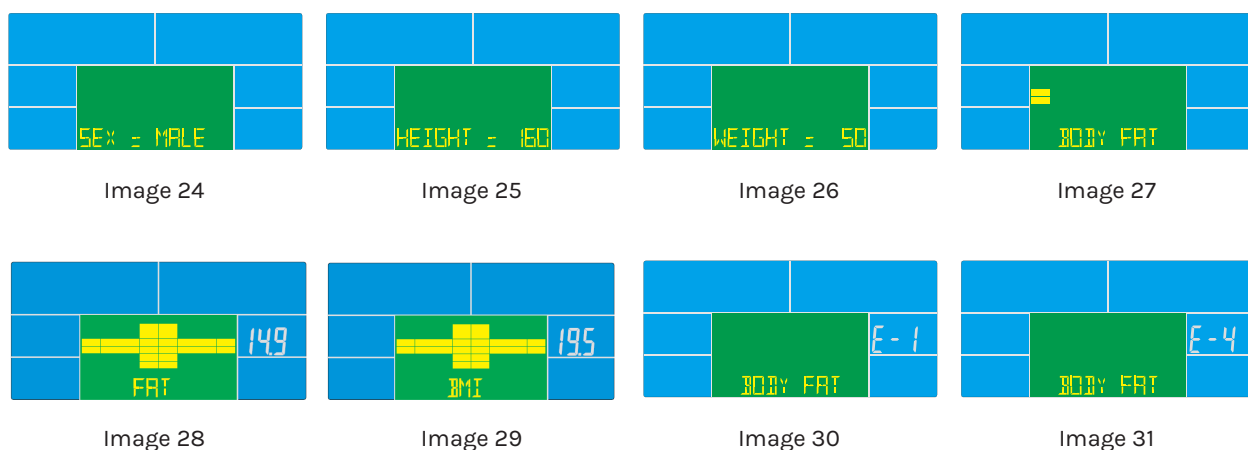


Image 23

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.

VIII. EXERCISE GUIDE

! PLEASE NOTE:

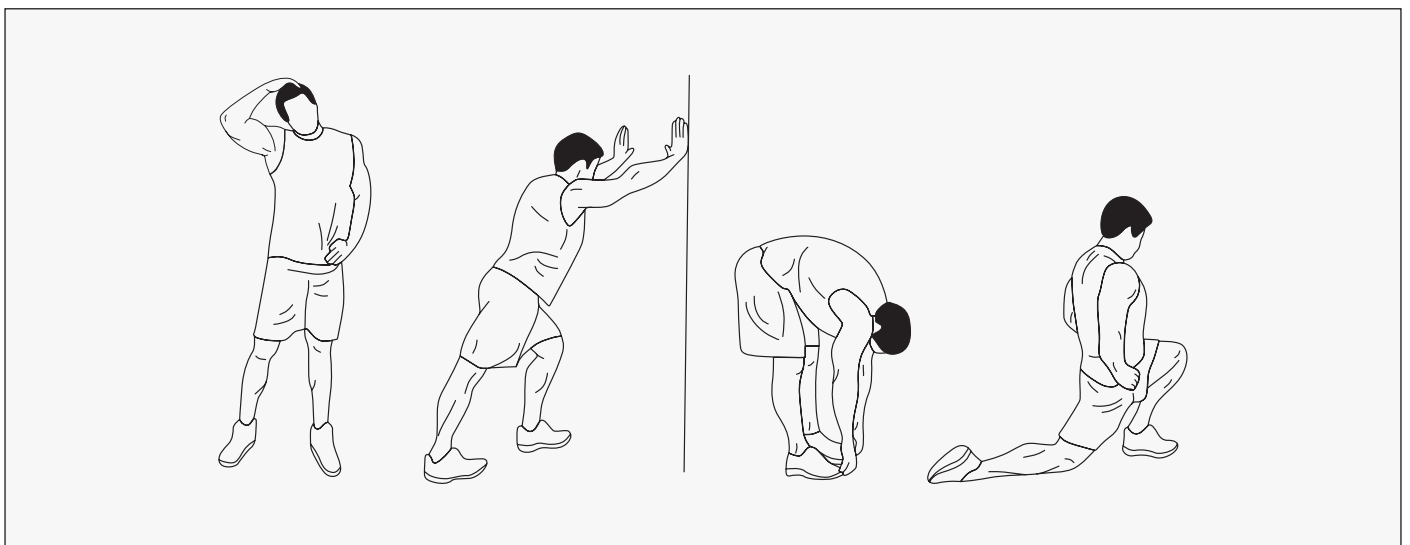
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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

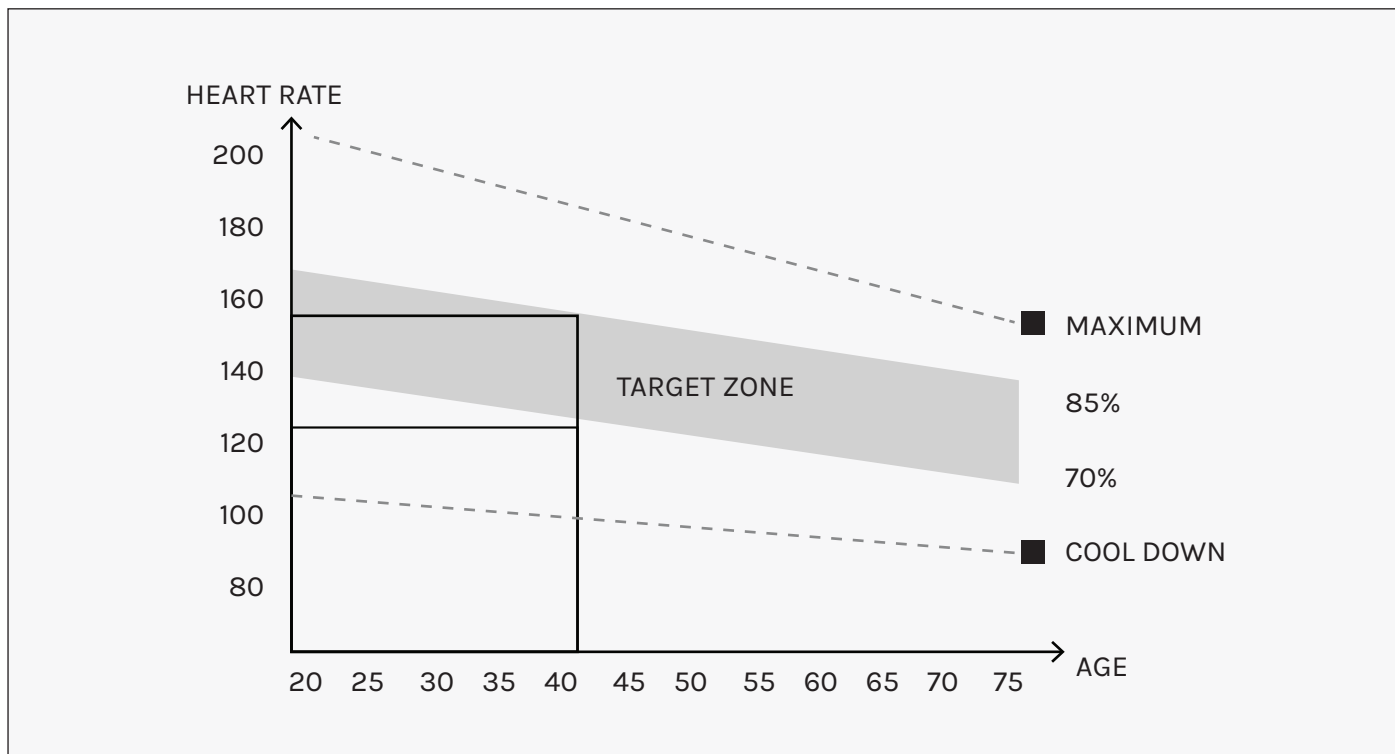
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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.

The most important factor here is the amount of effort you put in. The harder and longer you work, the more calories you will burn.

IX. TROUBLESHOOTING

Item	Error	Troubleshooting
1	Display not turning on.	1. Make sure the Adaptor is plugged in properly to the PowerPoint. 2. Check that the Adapter is not damaged. 3. Check the Adaptor's AC voltage, to see if it is same as the user's household voltage. 4. Check the console together with the stage's 9or12 PIN connect cable, to see if the console is connected properly and not loose with the stage's 9or12PIN connect cable. 5. Check the DC JACK 3PIN connect cable is not loose.
2	Resistance is not changing or there is no resistance.	1. When adjusting the LOAD/LEVEL is up or down, check to see the Motor is running or not. You can hear the motor at the flywheel section. 2. Check the console together with the stage's 9or12PIN connect cable, to see if the console is connected properly and not loose with the stage's 9or12PIN connect cable. 3. Check to see if the Motor is running or not after switching off and on at the console.
3	NO Hand Pulse Sensor Reading	1. Make sure the user is holding onto the handgrip sensor on both sides. 2. Check the signal cable, which is in the handgrip sensor, to see if it loose or not. 3. Ensure the console is not in the energy saving mode.
4	LCD display E-1	1. E-1 is indicating the console is not receiving the body fat figure. Make sure the user is holding onto the handgrip sensor on both sides.

Item	Error	Troubleshooting
5	LCD display E-4	1. E-4 is indicating the user's age, height, weight figure has exceeded the consoles setting range. Ensure the figures entered do not exceed the setting range.
6	LCD display E-2/E-7	1. Check the console together with the stage's 9or12PIN connect cable to ensure it is connected properly and undamaged. 2. Check the Motor distance have exceeded the setting range or not.
7	LCD display E-3	1. Check whether the motor 2PIN cable is connected or not. 2. Check if motor cables are not damaged. 3. Change to a new console. If error disappears then the console was at fault. If it still displays E-3, the issue may be the motor and will need to be returned for repair.
8	No display of SPEED figure	1. Check the console together with the stage's 9or12PIN connect cable, to ensure it is connected properly and undamaged. 2. Check the Speed SENSOR cable, to ensure it is connected properly and undamaged.
9	Fail to respond to the RECOVERY function.	1. Check the console is in the STOP condition. 2. Check the pulse function, to see if it can display the pulse figure.

X. 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.

XI. 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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