![Lifespan Fitness logo]
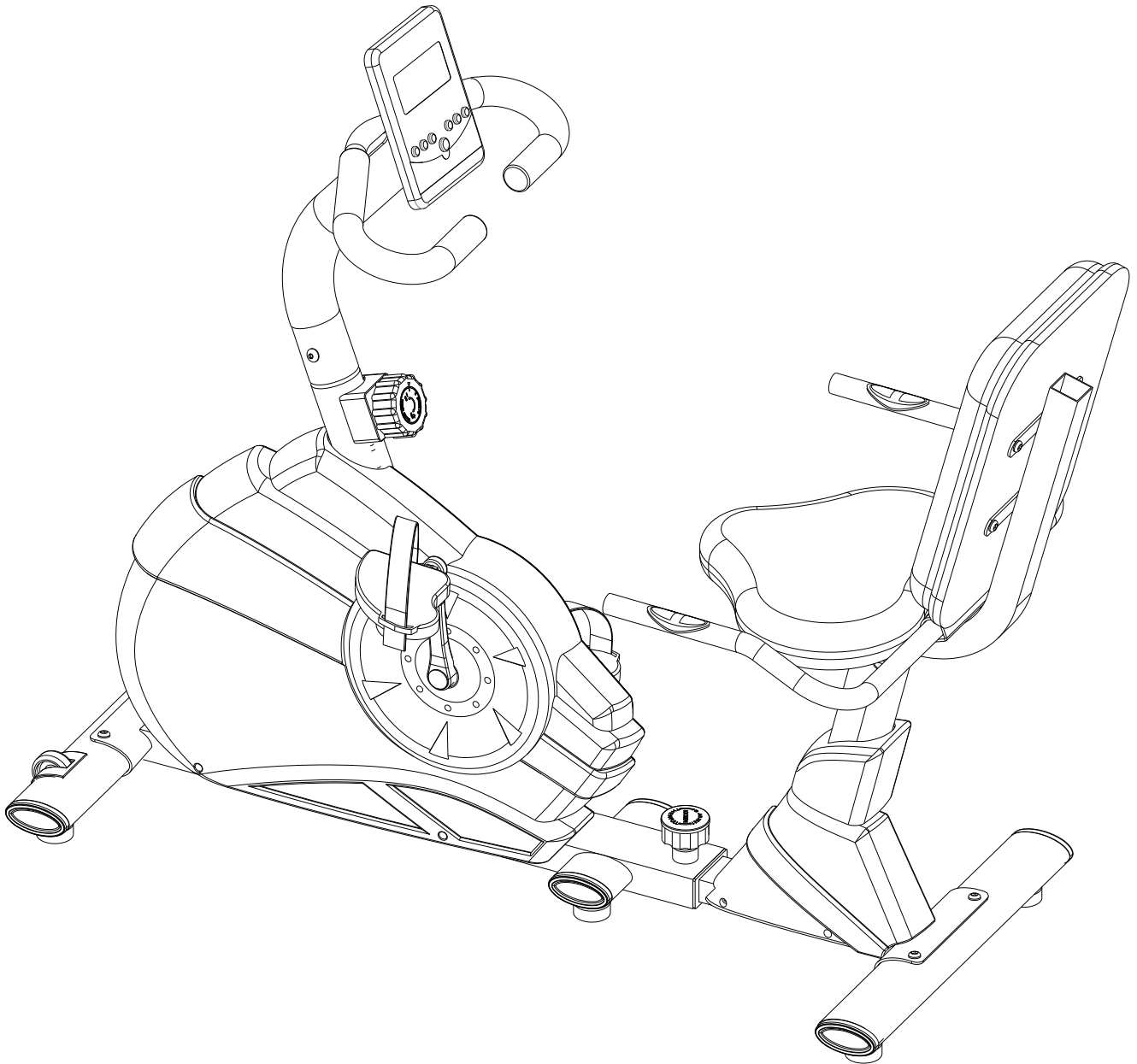
RC 99 OWNER'S MANUAL

Product may vary slightly from the item pictured due to model upgrades

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

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1. IMPORTANT SAFETY INSTRUCTIONS

WARNING - **Read all instructions before using this machine.**

It is important your machine receives regular maintenance to prolong its useful life. Failing to regularly maintain your machine may void your warranty.

Please keep this manual with you at all times

a. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly.
    Please note: It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

b. Before starting any exercise program you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.

c. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, and extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these symptoms, you should consult your doctor before continuing with your exercise program.

d. Keep children and pets away from the equipment. This equipment is designed for adult use only.

e. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 0.5 meters of free space all around it.

f. Before using the equipment, check that the nuts and bolts are securely tightened. If you hear any unusual noises coming from the equipment during use and assemble, stop immediately. Do not use the equipment until the problem has been rectified.

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g. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.

h. This equipment is designed for indoor and family use only.

i. Care must be taken when lifting or moving the equipment so as not to injure your back.

j. Always keep this instruction manual and assembly tools at hand for quick reference.

k. The equipment is not suitable for therapeutic use.

2.   CARE INSTRUCTIONS

a. Lubricate moving joints after periods of usage

b. Be careful not to damage plastic or metal parts of the machine with heavy or sharp objects

c. The machine can be kept clean by wiping it down using dry cloth

d. All nuts and bolts are to be checked and tightened on a regular basis. This includes pedals and other moving parts. Failure to do so may cause damage to your thread and void your warranty.

Battery Usage

a. Batteries are to be installed or replaced by adult only

b. Do not use rechargeable batteries. Do not mix different battery types. Do not mix old and new batteries. Do not mix alkaline, standard (Carbon-Zinc), or rechargeable (Nickel-Cadmium) batteries

c. Remove batteries when product is not in use

d. Remove exhausted batteries from product and dispose of in accordance with the manufacturer's recommendation

e. Do not attempt to recharge non-rechargeable batteries

f. Batteries are to be inserted with correct polarity

g. The supply terminals are not to be short-circuited

h. Do not dispose of batteries in fire, batteries may explode or leak

2. ASSEMBLY INSTRUCTIONS

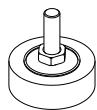| No.	Description	Qty	No.	Description	Qty
1	Main frame	1	29	Extension tube join	1
2	Computer	1	30	Rear stabilizer	1
3	Computer wire	1	31	Seat post	1
4	Pulse sensor wire 1	1	32	Square end cap F38*38	2
5	Mid-sensor wire 1	1	33	Saddle	1
6	Round end cap Φ25*16	4	34	Back cushion	1
7	Foam grip Φ23*5*400	2	35	Foam grip Φ23*5*500	2
8	Up-right post	1	36	Pulse pad	2
9	Pulse-sensor wire 2	1	37	Washer d6*Φ12*1.0	2
10	Mid-sensor wire 2	1	38	Screw ST4.2*19	2
11	Arc washer d5*Φ20*1*R30	1	39	Pulse wire	1
12	Screw M5*45	1	40	Handlebar post cover	1
13	Tension control	1	41	Pulse sensor wire 4	1
14L\R	Pedal	2	42	Seat support tube join	1
15	Front handlebar post	1	43	Screw M5*10	2
16	End cap PT70*30*33	6	44	Arc washer d8*Φ20*2*R30	6
17	Nut M8	6	45	Screw M8*16	22
18	Foot pad Φ43*14*M8*25	6	46	Screw M8*50	4
19	Front stabilizer	1	47	Spring washer d8	4
20	Roll wheel frame	2	48	Cap nut M8	2
21	Screw ST4.2*16	4	49	Knob M16*1.5*27*Φ56	1
22	Screw ST4.2*10	4	50	Washer d8*Φ16*1.5	22
23	Handlebar post	1	51	Square neck bolt M8*45	2
24	Bushing	3	52	Up-right cover	1
25	Bushing J80*40*J60*30*L201*31	1	53L/R	Chain cover	2
26	Pulse sensor wire 3	1	54	Wrench S6	1
27	Screw ST4.2*19	2	55	Cross wrench S13-14-15	1
28L\R	Plastic cover	2			

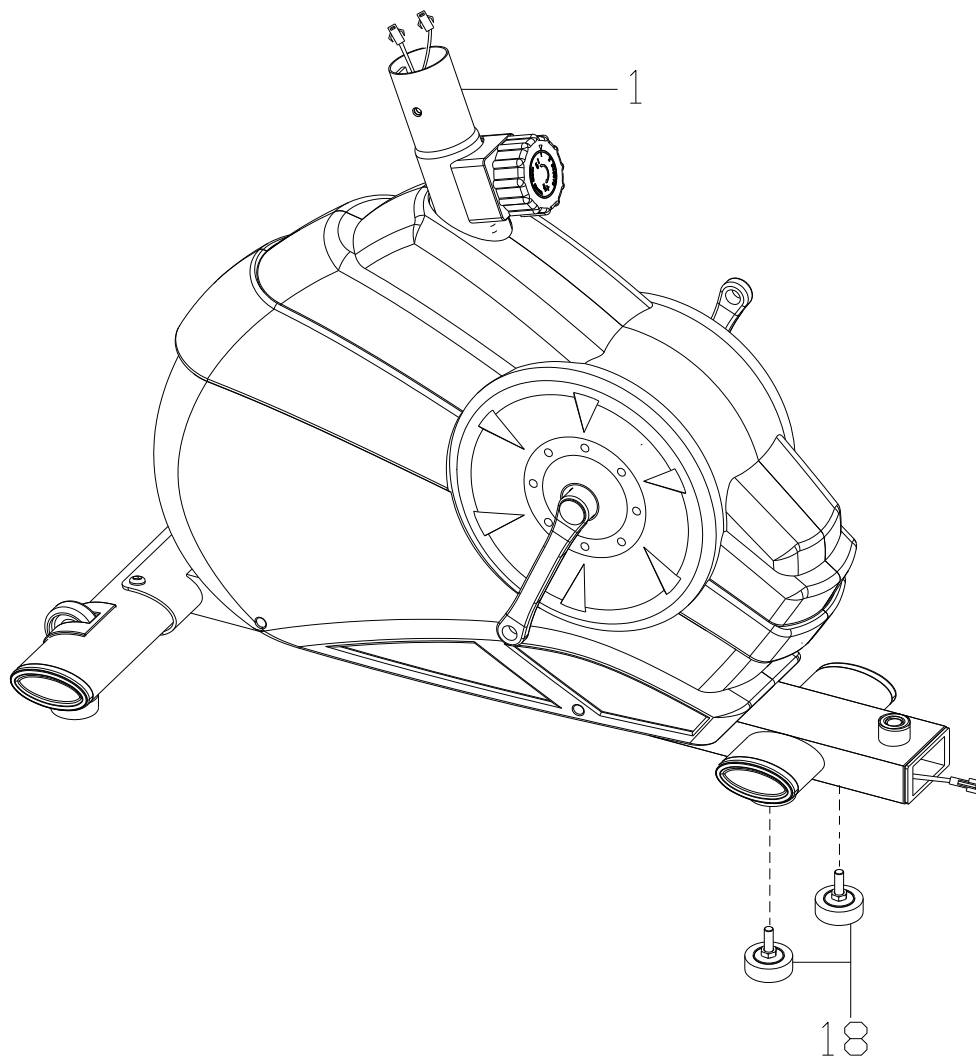Please note some nuts and bolts may already be attached on the machine

STEP 1
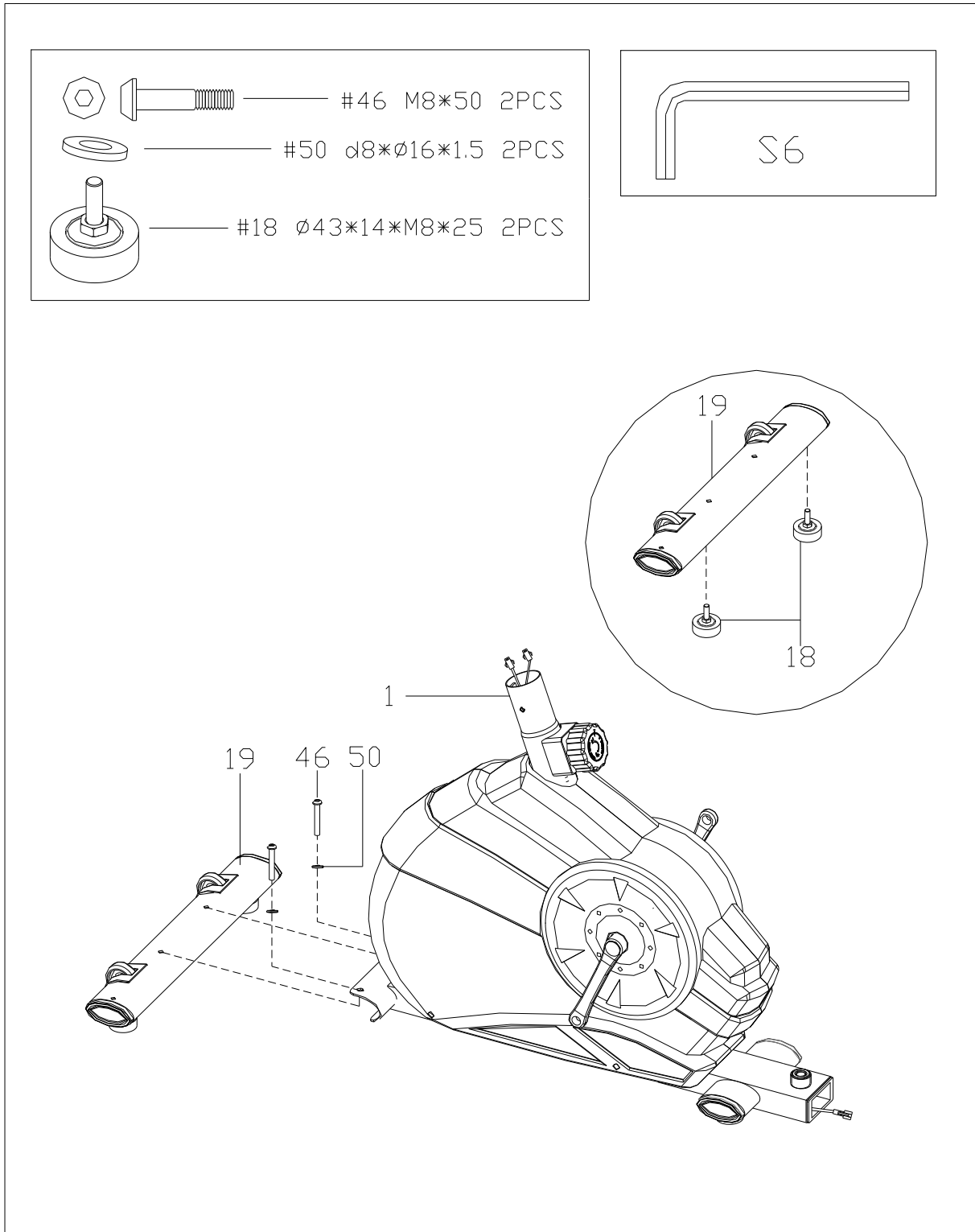
1. Secure the foot pad(18) onto the front stabilizer(19)

2. Secure the front stabilizer(19) onto the main frame(1) using the screw(46) and

   washer(50)

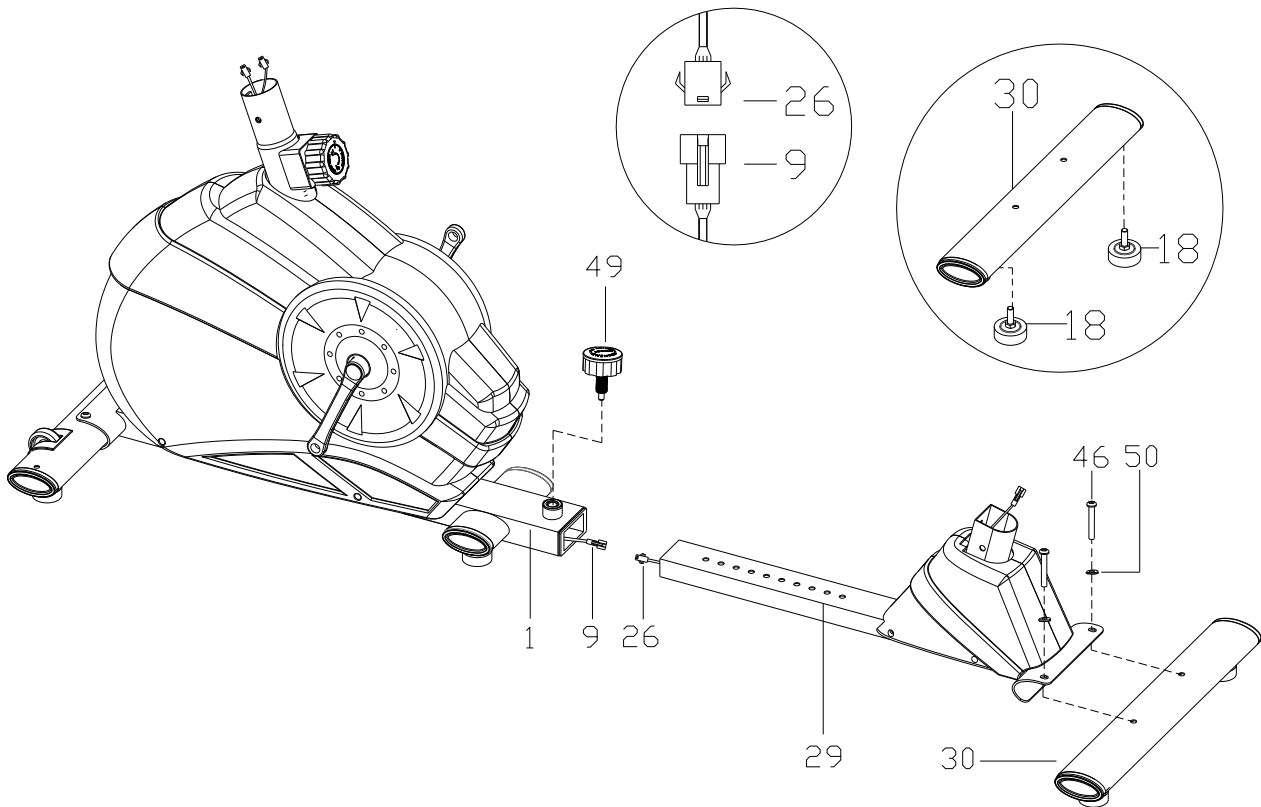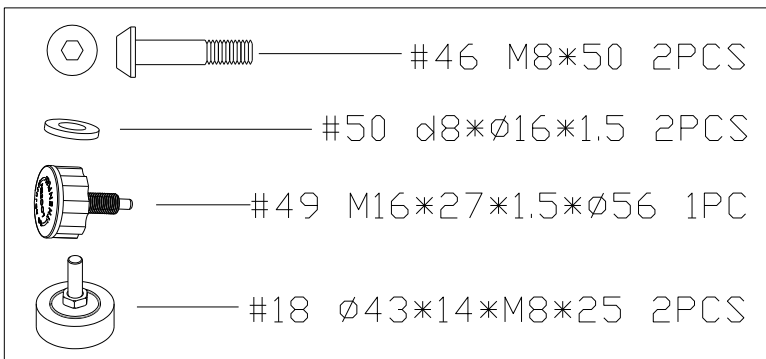LIFESPAN
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STEP 2

#18 Ø43*14*M8*25 2PCS

1

18

1. Secure the foot pad (18) onto the main frame(1)

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STEP 3

#46 M8*50 2PCS

#50 d8*∅16*1.5 2PCS

#49 M16*27*1.5*∅56 1PC

#18 ∅43*14*M8*25 2PCS

S6

26
9

30
18
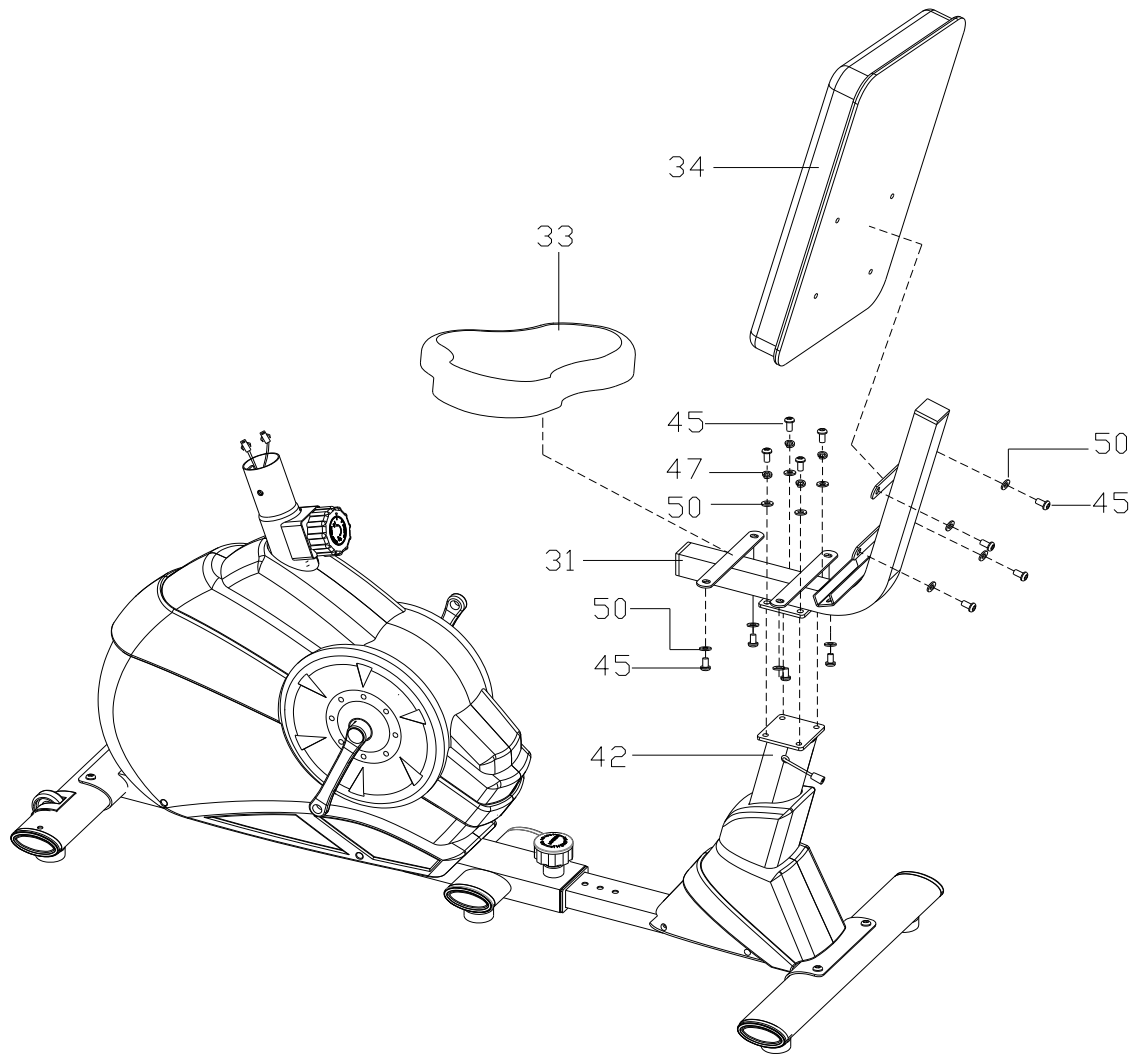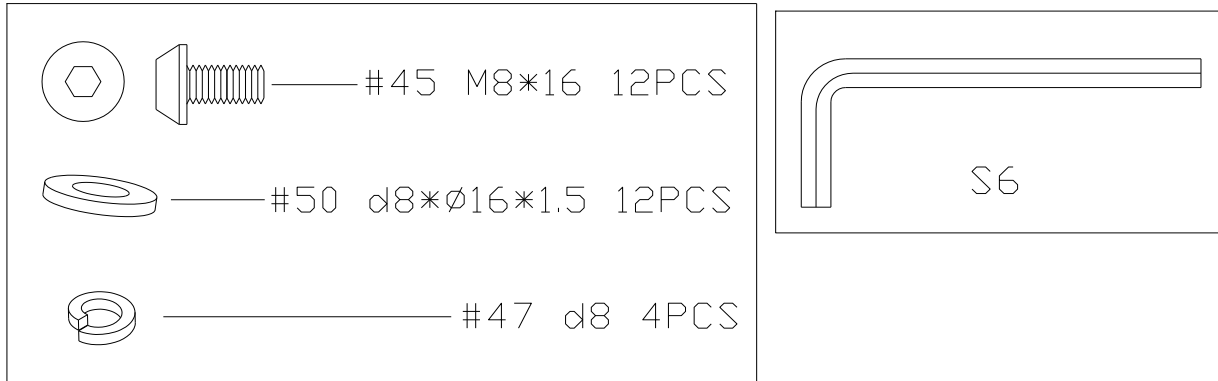18

49

46 50

1 9 26

29 30

1. Secure the foot pad(18) onto the rear stabilizer (30)

2. Secure the rear stabilizer (30) onto the extension tube join (29) by the screw

    (46) and washer (50)

3. Connect the pulse sensor wire 2 (9) to the pulse sensor wire 3 (26), and then

    insert the extension tube join (29) into the main frame (1). Secure with knob (49)

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STEP 4
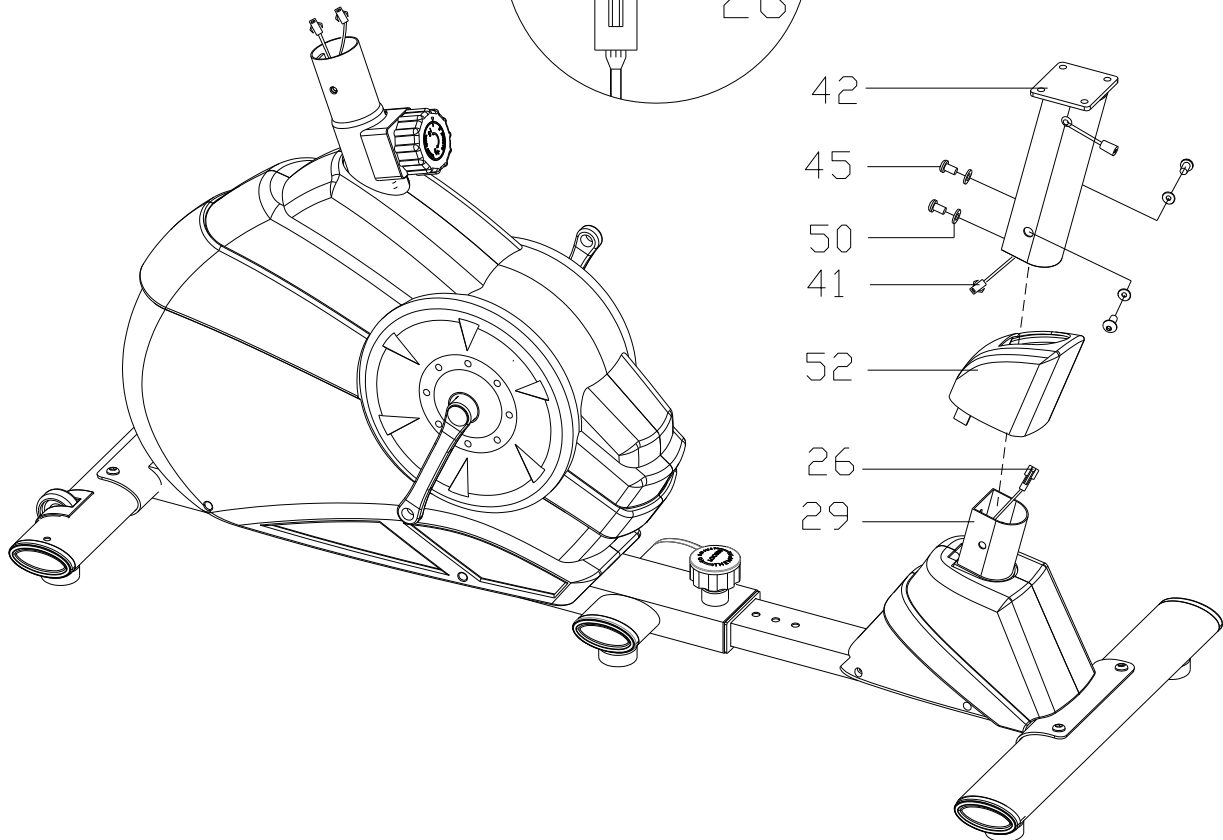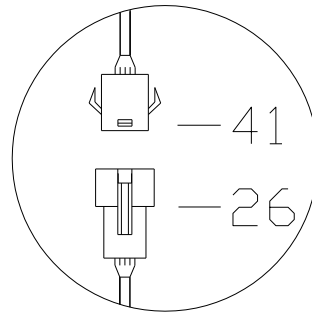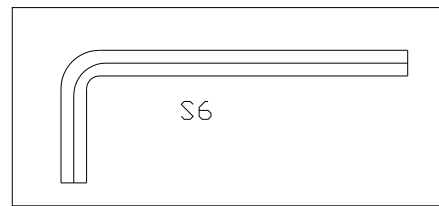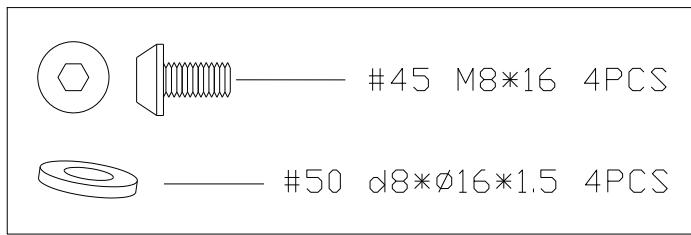
1. Use the seat support tube post (42) cross the up-right cover (52), and then connect the pulse sensor wire 3 (26) to the pulse sensor wire 4 (41)

2. Insert the sear support tube post (42) into the extension tube join (29). Then secure it using the screw (45) and washer (50)

3. Cap the up-right cover (52)

STEP 5

#45 M8*16 12PCS

#50 d8*Ø16*1.5 12PCS

#47 d8 4PCS

S6

34

33

45

47

50

31

50

45

42

50

45

50

1. Secure the seat post(31) on the seat support tube post(42) by the screw(45) ,spring washer(47) and washer(50)

2. Secure the saddle(33) and back cushion(34) on the seat post(31) by the screw(45) and washer(50)

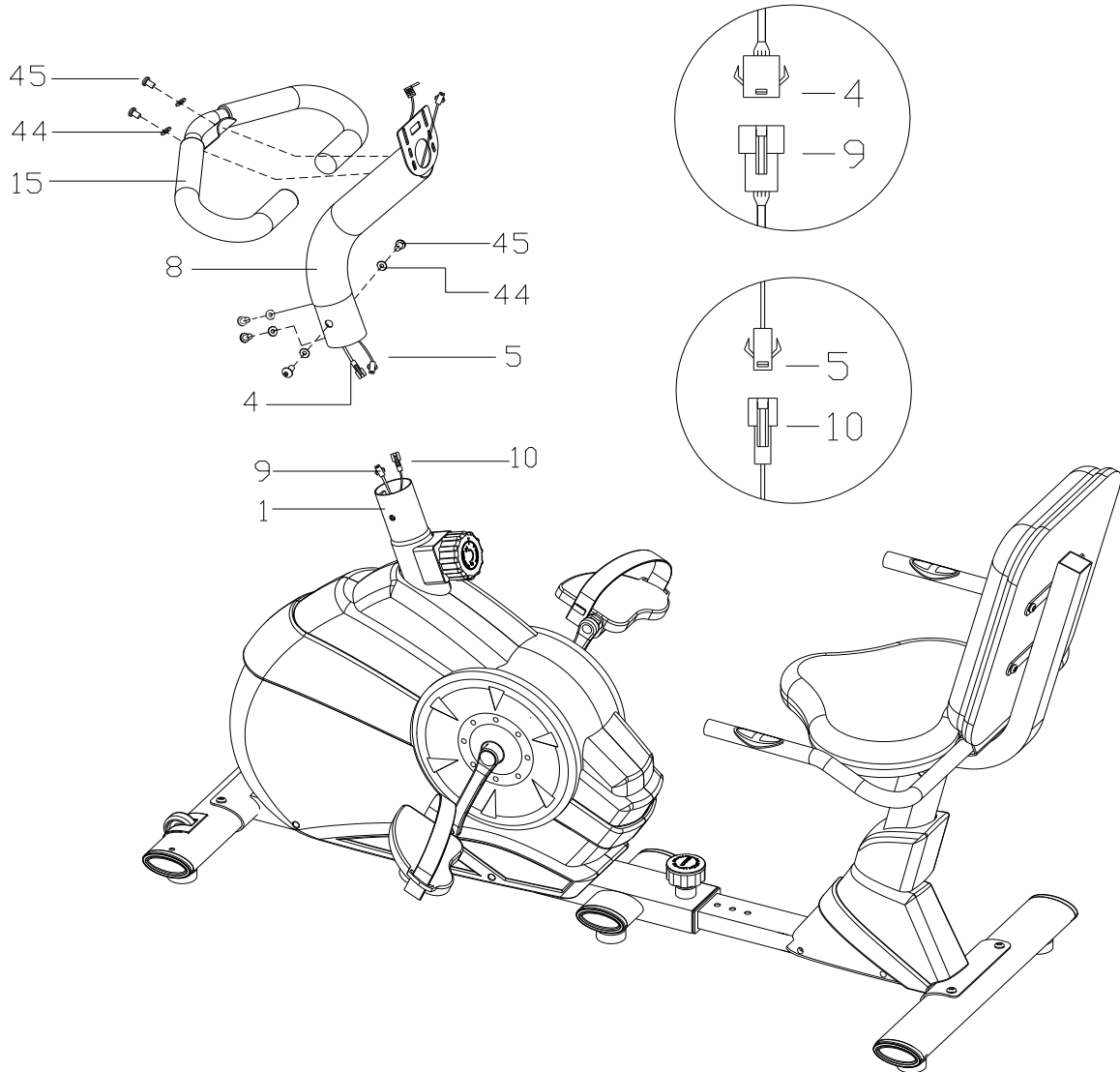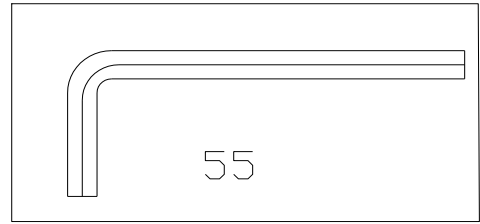**LIFESPAN** FITNESS

STEP 6
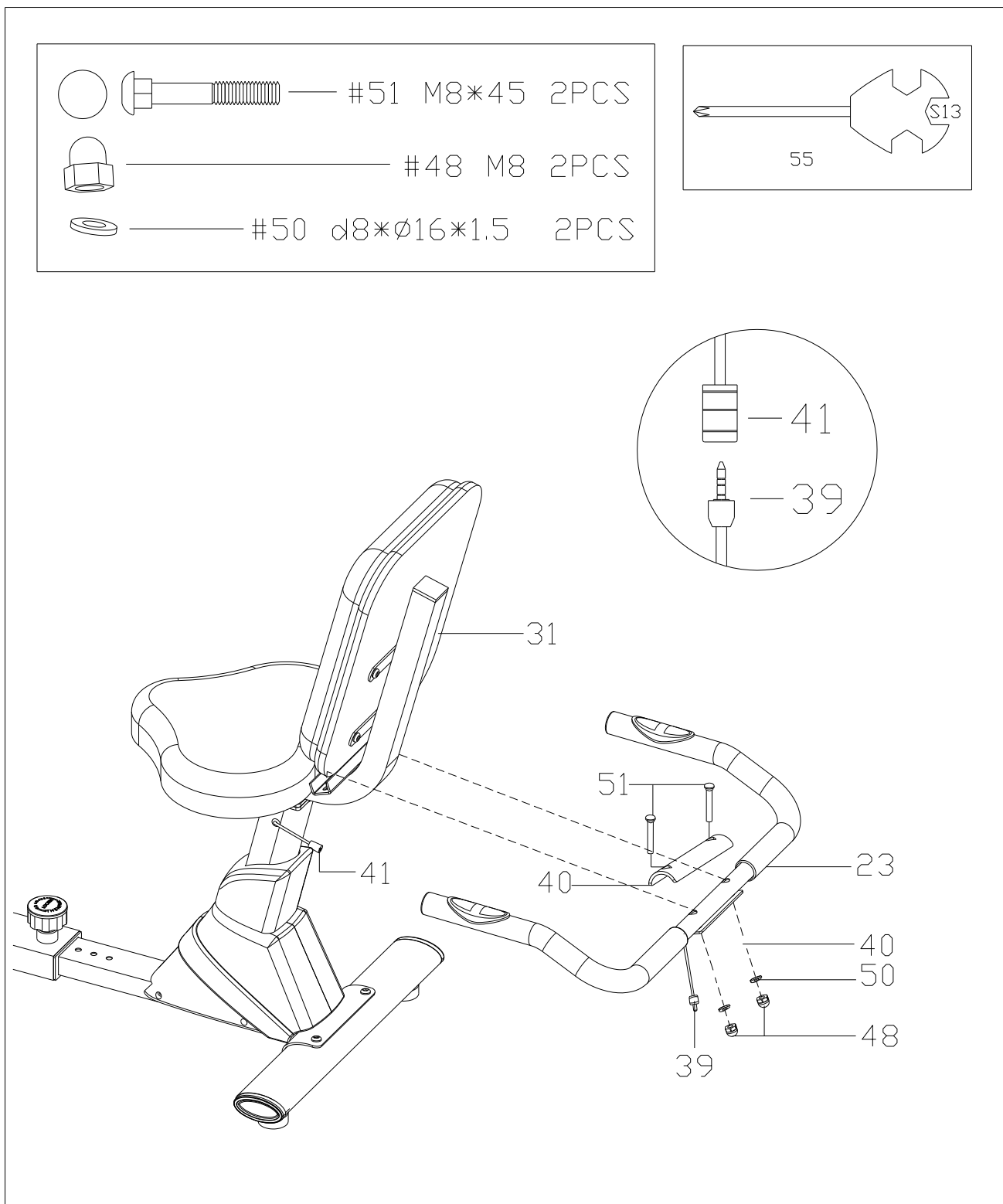
1. Secure the handlebar post (23) and handlebar cover (40) onto the seat post (31) using the square
   neck bolt (51), cap nut (48) and washer (50)

2. Connect the pulse sensor wire 4 (41) to the pulse wire (39)

STEP 7
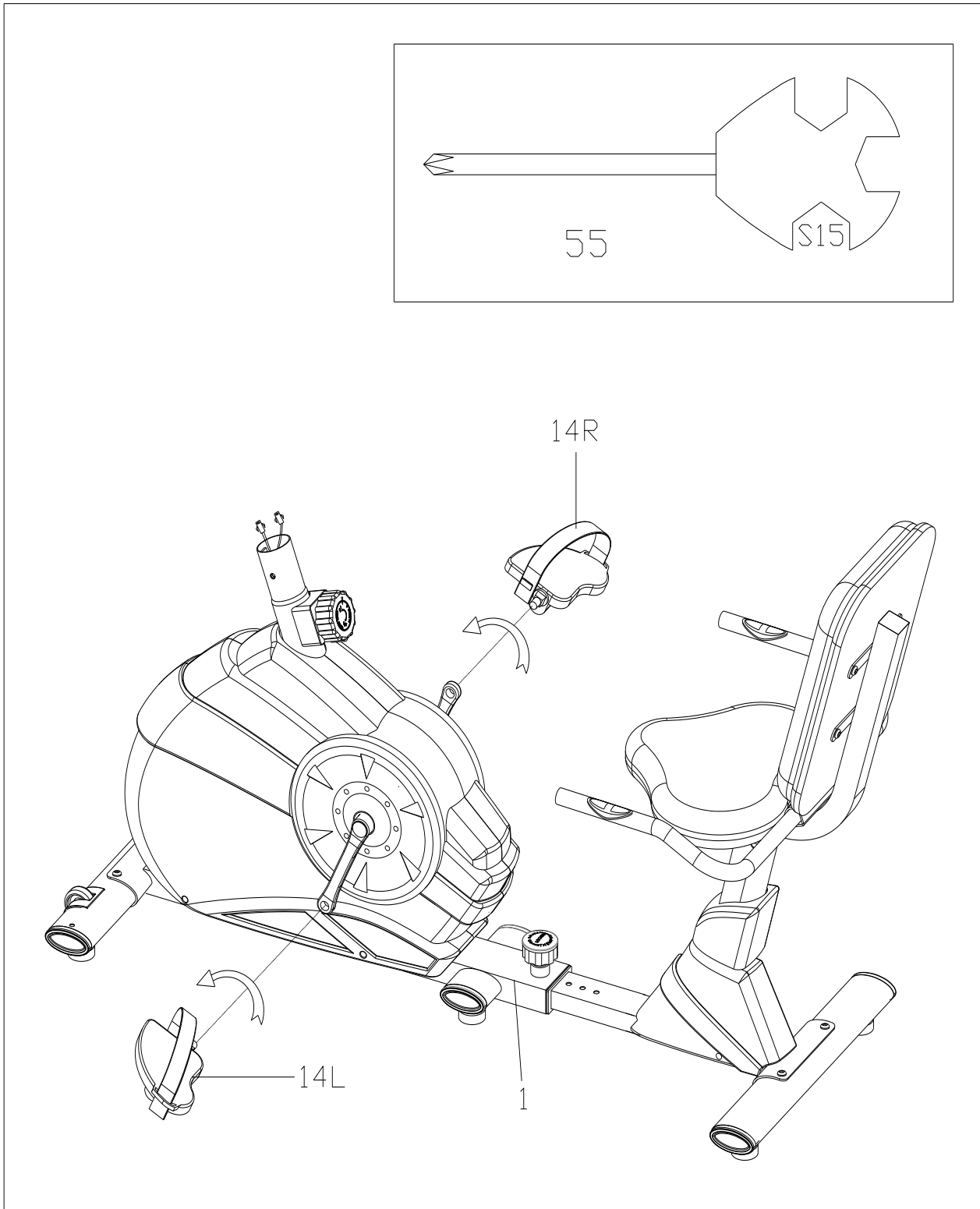
1. Secure the pedal(14L/R) on the main frame (1)

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STEP 8

#45 M8*16 6PCS

#44 d8*Ø20*2*R30 6PCS

55
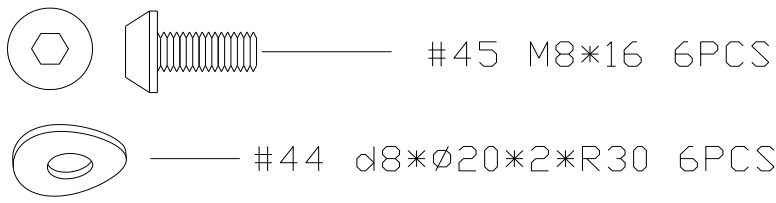
1. Connect the pulse sensor wire 1(4) to the pulse sensor wire 2(9), mid-sensor wire 1(5) to mid-sensor wire2(10)

2. Secure the up-right post(8) to the main frame(1) by the screw(45) and arc washer(44)

3. Secure the front handlebar post(15) on the up-right post(8) by the screw(45) and arc washer(44)

STEP 9

#43 M5*10 2PCS

56

5
3

43 4 5 2 3

8
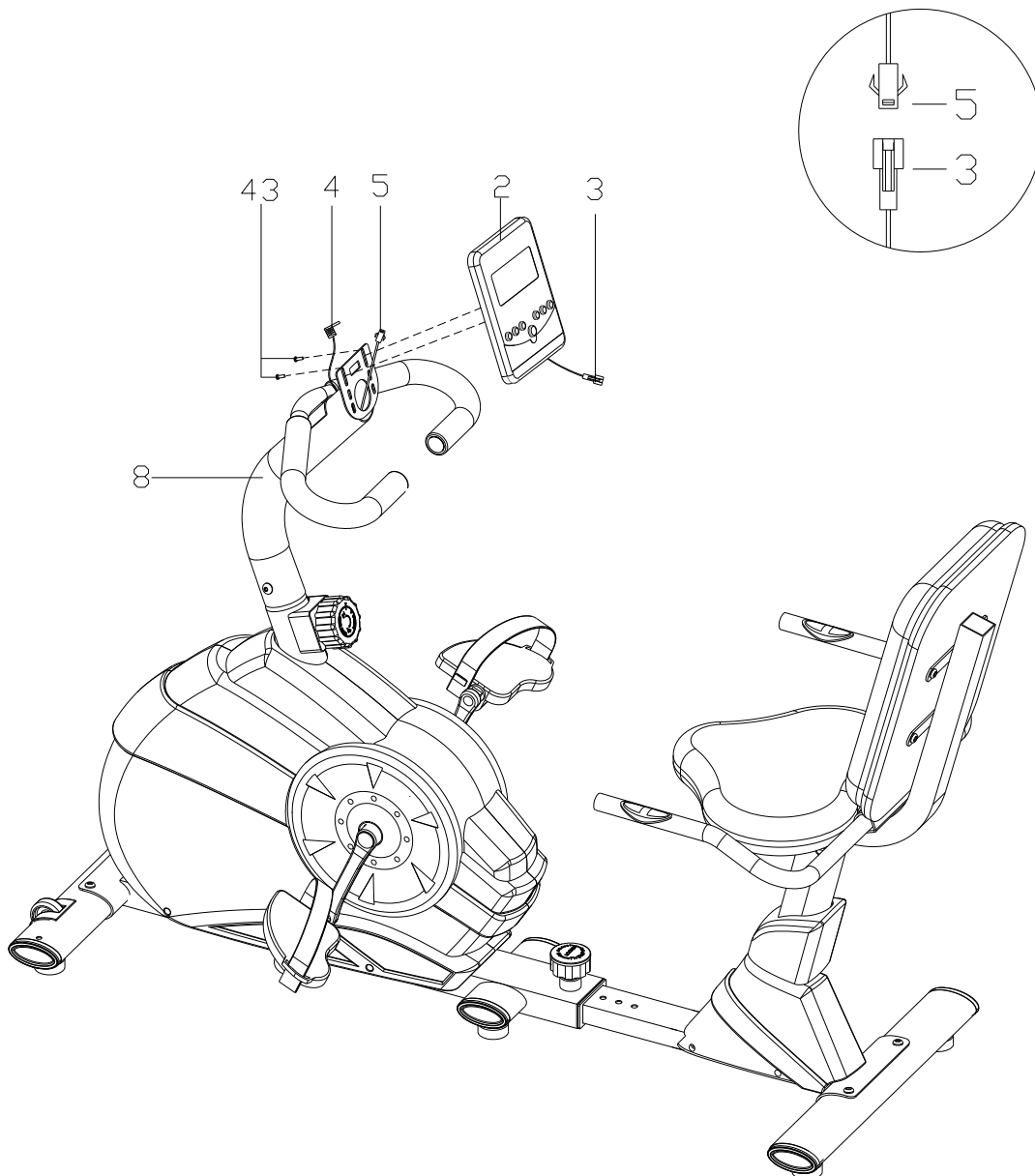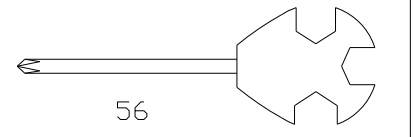
1. Connect the mid-sensor wire 1(5) to the computer wire (3). Then secure the computer(2) onto the up-right post(8)

2. Insert the pulse sensor wire 1(4) into the back of the computer(2)

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3. COMPUTER OPERATION

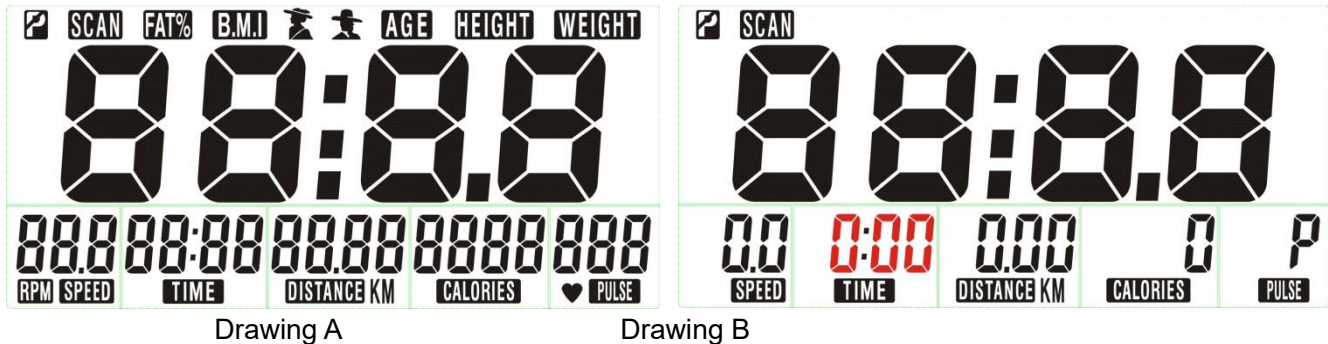| BUTTONS:	
MODE	Confirms all settings
UP	Selects training mode and adjusts function value up
DOWN	Selects training mode and adjusts function value down
RESET	Clears the set-up value. Press RESET key and hold for 2 seconds to reset all function figures
TOTAL RESET	Reset computer
RECOVERY	Tests heart rate recovery status
BODY FAT	To start or stop body fat testing
FUNCTIONS:	
SCAN:	Displays all functions. Cycles between: TIME→DISTANCE→CALORIES→PULSE→RPM/SPEED in sequence
RPM:	Displays the pedaling Rotations Per Minute. The RPM and SPEED will cycle between each other every 6 seconds after exercise starts
SPEED:	Displays exercise speed
TIME:	Count Down: Press Up/Downs buttons to preset total workout time between 0:00 to 99:00 Count Up: Time can also automatically calculate the accumulated time of your workout.
DISTANCE:	Count Down: Press Up/Downs buttons to set target distance between 0:00 to 99:50 for count down function. Count Up: Distance can also automatically calculate the accumulated distance of your workout
CALORIES:	Count Down: Press Up/Down buttons to set target calories to between 0 to 9990 for count down function Count Up: Time can also automatically calculate the accumulated calories burn in your workout
BODY FAT:	When the computer is in STOP mode, press the BODY FAT button to start body fat measurement. During measurement, users must have both hands on the handgrip. The screen will display "-" "--""---" "----" for 8 seconds whilst the computer processes the information. The screen will then display BMI, FAT% by turn every 3 seconds.

OPERATION PROCEDURE:

1. Place 2 pieces of 1.5V #3 AA batteries into the battery slot of the display. The screen will display "Drawing A" and beep at the same time. To enter customized data, press the "MODE" button. After that, it goes to the next step shown as "Drawing B".

Drawing A   Drawing B

2. Get access to the set-up mode for TIME, DISTANCE, CALORIES or PULSE. The value for each corresponding mode will start blinking when you have selected it. You can press the "UP and DOWN" buttons to adjust the value, press "MODE" for confirmation.

3. If you begin your workout without entering any data, values of TIME, DISTANCE, CALORIES start to count up as shown by Drawing C.

4. If you begin your workout after entering data, the function will count down from the preset to zero during workout. Once the target is achieved to zero, the monitor will beep for 8 seconds. Then the function will being counting up from zero. Press "MODE" button for confirmation and skip to next set-up.

5. In SCAN mode shown by "Drawing C". The display will cycle through RPM/SPEED/TM/DIST/CAL/PULSE every 6 seconds. The order is as follows.

Drawing C

6. You can also press "MODE" button to select single function display except RPM & SPEED function. The RPM & SPEED function will always switch display automatically.

6. RECOVERY：

(1)When the user presses "RECOVERY" button, only PULSE and TIME will be working, other functions will not be displayed, and the Sensor Input is not available. TIME will to count down from "0:60", Pulse signal will be blinking according user's heart rate BPM. When Time counts down to "0", it will show F1~F6.
(F1 is the best, F6 is the worst)

(2)LCD display as follows: (RECOVERY start condition & end condition)
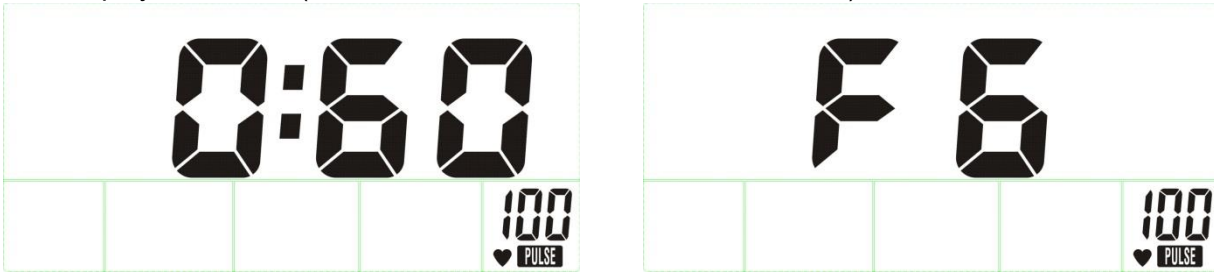
(3)If the countdown action to **0:00** is not completed and there is no pulse signal, the countdown action has to be done and shown F6.

(4)If you press the RECOVERY button prior to count down to **0:00**, the program will and return to the main menu.

Note:

1. The computer will automatically off. Press any button to have the computer restart working

2. If the computer displays appear to be abnormally, please re-install batteries to restart the computer and try again.

3. Battery Spec: 1.5V UM-3 or AA (2PCS).

4. EXERCISE GUIDE

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

The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

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

The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not have to work so hard. It will pump a lot fewer times per minute, reducing the wear and tear of your heart.

So as you can see, the fitter you are, the healthier and greater you will feel.

Warm-up

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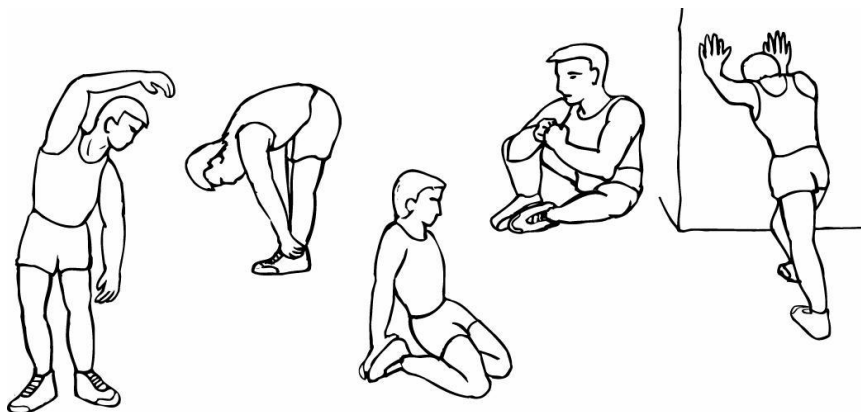
Training Zone Exercise

After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise-never hold your breath.

Cool Down

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

Workout Guidelines

TARGET ZONE
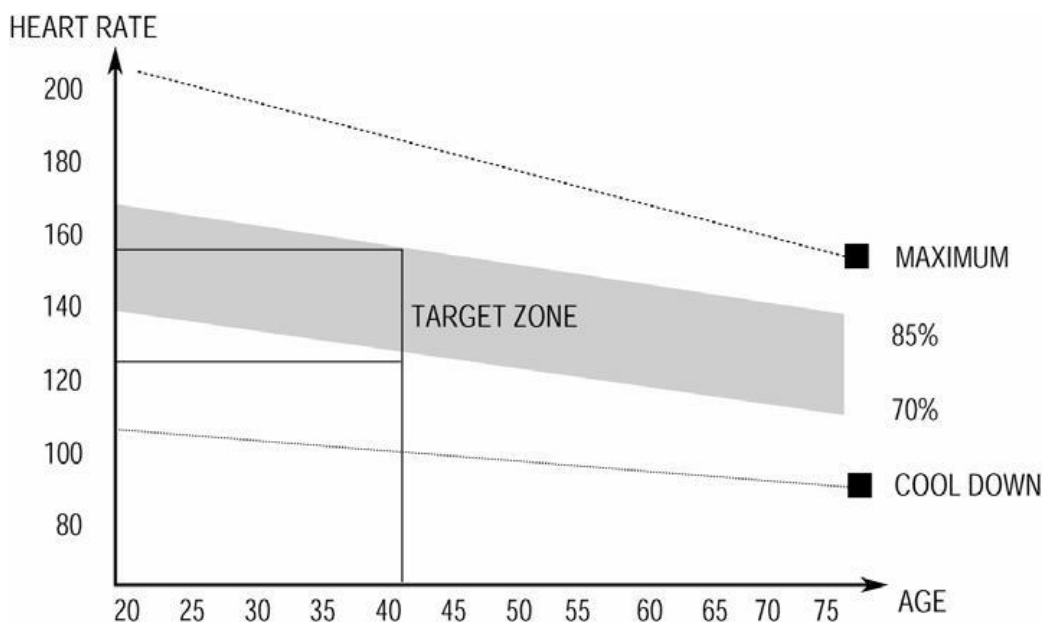
THIS IS HOW YOUR PULSE SHOULD BEHAVE DURING GENERAL FITNESS EXERCISE.

REMEMBER TO WARM UP AND COOL DOWN FOR A FEW MINUTES.

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. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

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5. 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:

Please email us at support@lifespanfitness.com.au for all warranty or support issues.

For all warranty or support related enquiries an email must be sent before contacting us via any other means.

Head Office and Customer Service:

Global Fitness and Leisure Pty Ltd
17 Fordson Rd
Campbellfield
VIC, 3061
Australia
PH: 03 9357 2166

Hand Pulse Technology

This product comes equipped with hand pulse sensors which are used to pick up tiny EKG/ECG signals that run through the body when your heart beats. These electrical EKG/ECG signals are very small and that they must be amplified 1000 times to make the signal useful for the computer to display your pulse.

To ensure proper operation:

- The user must maintain good, consistent contact on all four sensors
- The users skin cannot be too dry or too wet

Other factors that could affect the reading:

- Change of grip on the sensors (during slow pace walking and up to running)
- Tightening of hand muscles will produce small electrical signals
- Static electricity charges from the air or from walking on the treadmill

EKG/ECG Sensors may filter through actual EKG/ECG signals and "Noise" factors that may affect the reading. This will cause the pulse reading to be delayed and will take longer to update the display as the heart rate changes. Too much noise will create an incorrect reading. Medical conditions or having no electrical signal in the hands are other factors that may affect pulse readings as well.

These are limitations of hand pulse technology and even the most expensive systems (which can cost upwards of $3,000) used in hospitals have the same problems. The difference is that a patient in a hospital is not running on a treadmill. Hand pulse technology works well on stationary exercise machines like bikes and even elliptical cross trainers but are not perfect on a treadmill. We offer treadmills with a wireless heart rate receiver which may be a more accurate option.

To test if your hand pulse sensors are working up to specification, hold them while standing on the side step rails, not walking, and see if the reading is more in line with what you would expect. This will eliminate the movement and static electricity factors. If your hands are dry, then wet them slightly (saliva works as a great conductor if this doesn't bother you).

For more information, please contact our Lifespan Technical Support Department
www.lifespanfitness.com.au
support@lifespanfitness.com.au

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