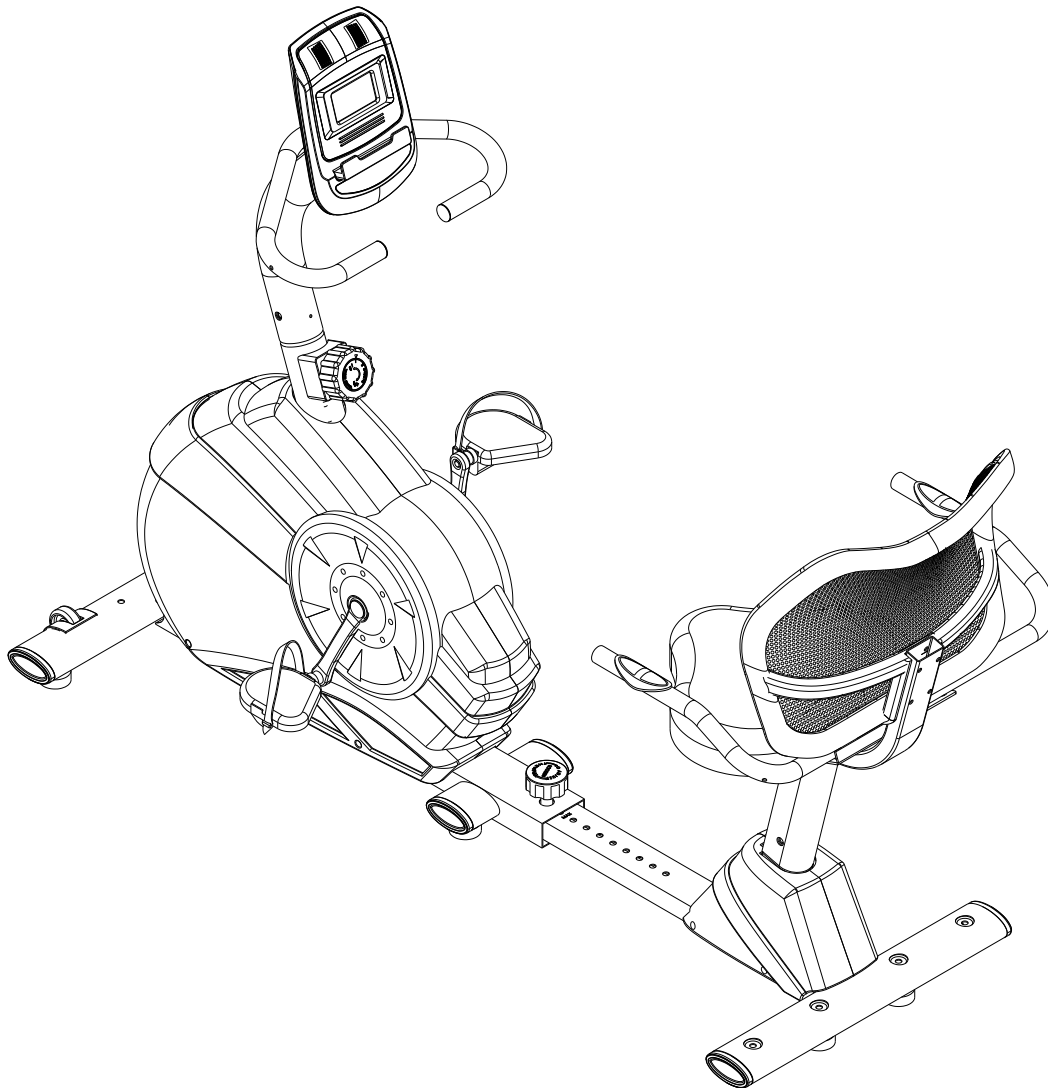# RC-99M
OWNER'S MANUAL

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.

TABLE OF CONTENTS

LIFESPAN
FITNESS

RC 99M

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 2 meters of free space 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 assembly, stop immediately. Do not use

the equipment until the problem has been rectified.

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 reference.

k. The equipment is not suitable for therapeutic use.

l. 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.

2.   CARE INSTRUCTIONS

a. Lubricate moving joints with grease 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

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

3. ASSEMBLY INSTRUCTIONS

No.	Description	Qty	No.	Description	Qty
1	Main frame	1	30	Rear stabilizer	1
2	Computer	1	31	Seat post	1
3	Computer wire	1	32	Square end cap F38*38	2
4	Pulse sensor wire 1	1	33	Saddle	1
5	Mid-sensor wire 1	1	34	Back cushion	1
6	Round end cap Φ25*16	4	35	Foam grip Φ23*5*500	2
7	Foam grip Φ23*5*400	2	36	Pulse pad	2
8	Up-right post	1	37	Washer d6*Φ12*1.0	2
9	Pulse-sensor wire 2	1	38	Screw ST4.2*19	2
10	Mid-sensor wire 2	1	39	Pulse wire	1
11	Arc washer d5*Φ20*1*R30	1	40	Handlebar post cover	1
12	Screw M5*45	1	41	Pulse sensor wire 4	1
13	Tension control	1	42	Seat support tube join	1
14R/L	Pedal	2	43	Screw M5*10	2
15	Front handlebar post	1	44	Arc washer d8*Φ20*2*R30	6
16	End cap PT70*30*33	6	45	Screw M8*16	18
17	Nut M8	6	46	Screw M8*50	4
18	Foot pad Φ43*14*M8*25	6	47	Spring washer d8	4
19	Front stabilizer	1	48	Cap nut M8	2
20	Roll wheel frame	2	49	Knob M16*1.5*27*Φ56	1
21	Screw ST4.2*16	4	50	Washer d8*Φ16*1.5	18
22	Screw ST4.2*10	8	51	Square neck bolt M8*43	2
23	Handlebar post	1	52	Up-right cover	1
24	Bushing	3	53R/L	Chain cover	2
25	Bushing	1	54	Wrench S6	1
26	Pulse sensor wire 3	1	55	Cross wrench S13-14-15	1
27	Screw ST4.2*19	9	56	Washer d6*Φ12*1.5	4
28R/L	Plastic cover	2	57	Screw M6*40	4

RC 99M

29	Extension tube join	1			

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

LIFESPAN
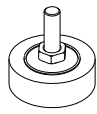FITNESS

RC 99M

LIFESPAN
FITNESS
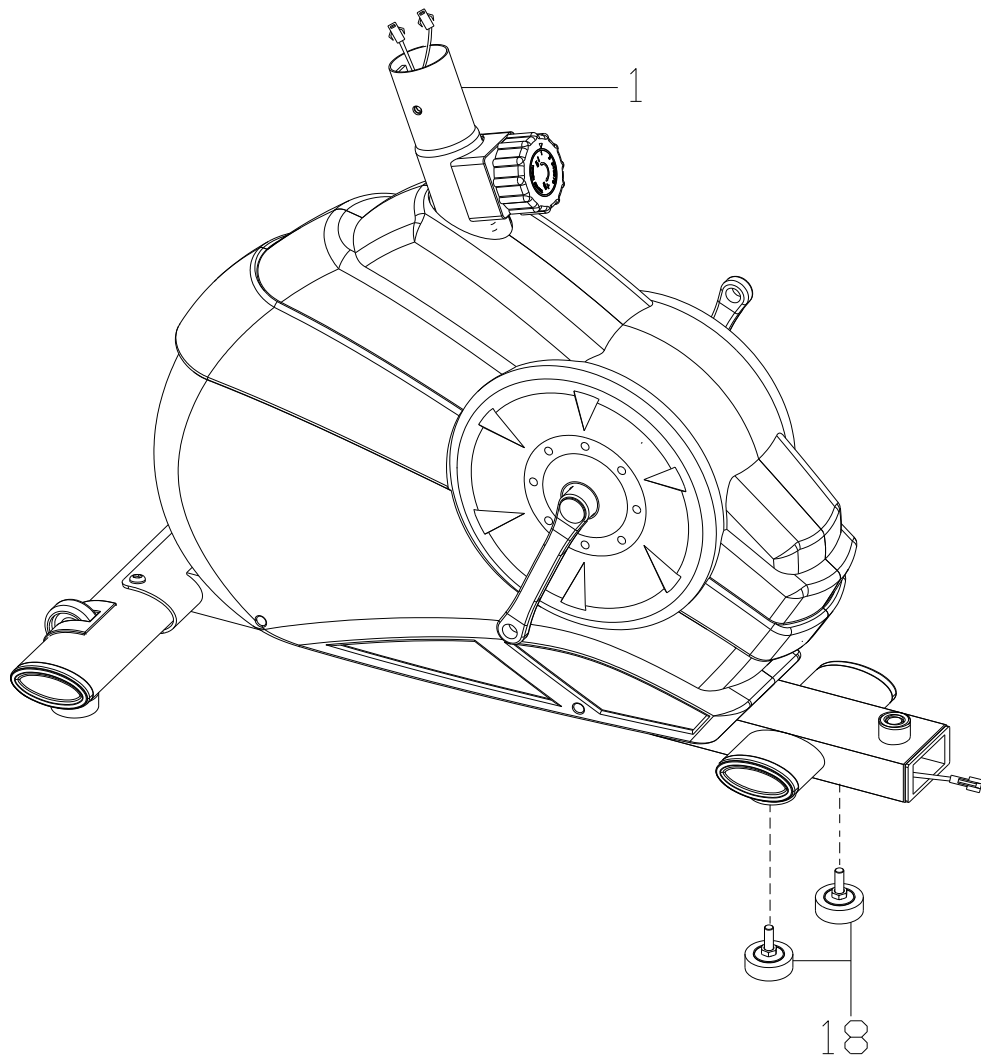
RC 99M
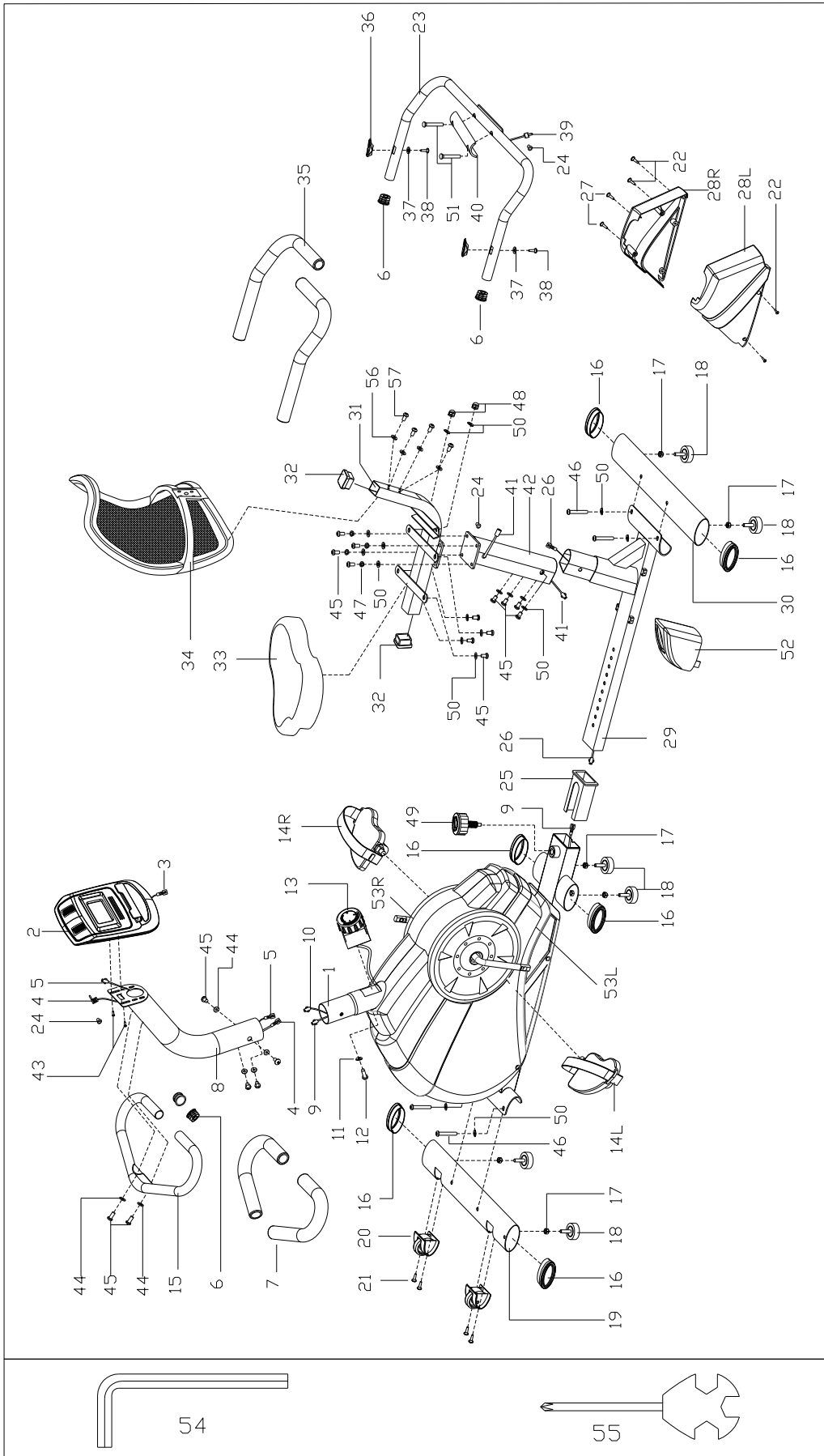
STEP 1
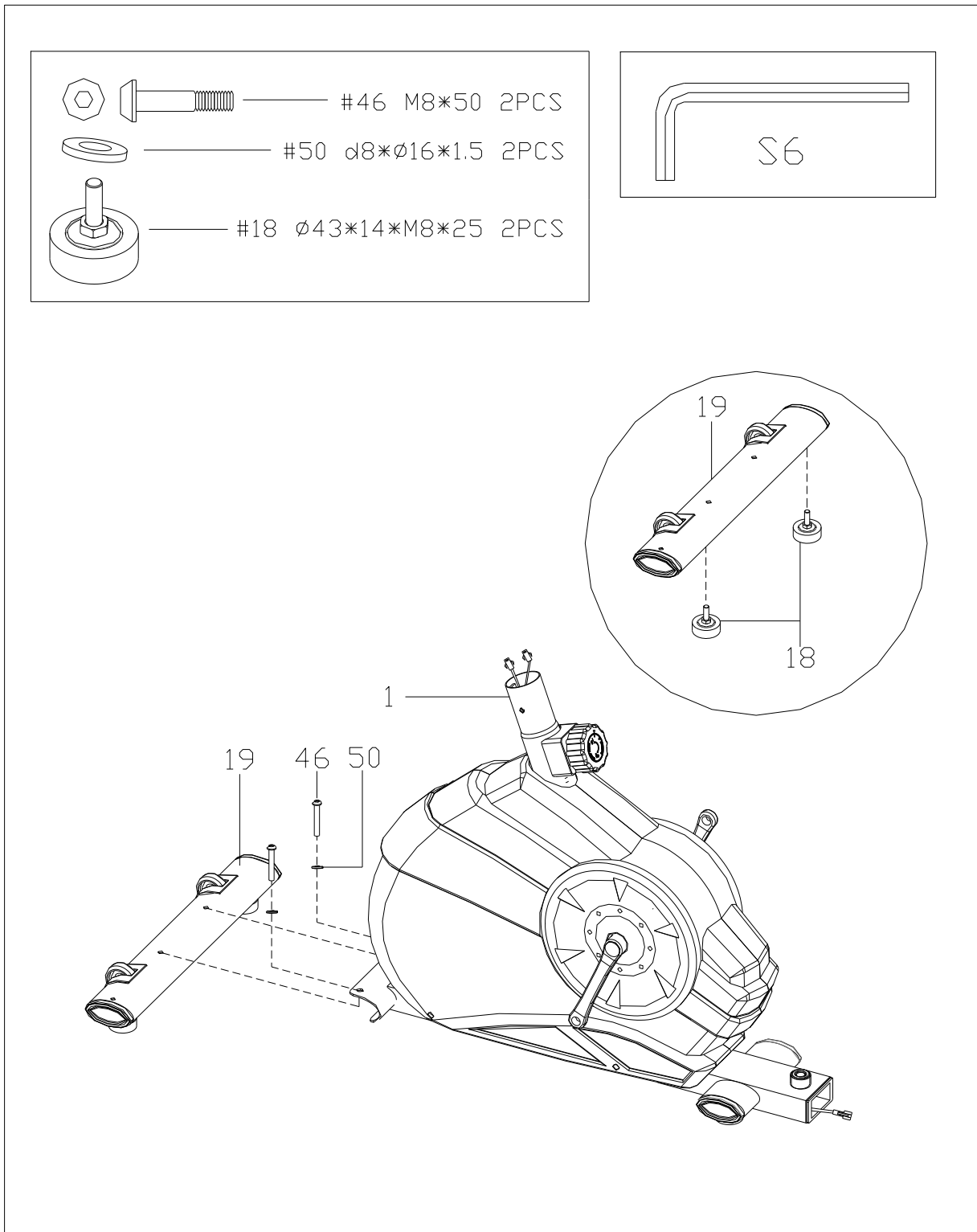
1. Secure the foot pad(18) onto the front stabilizer(19)

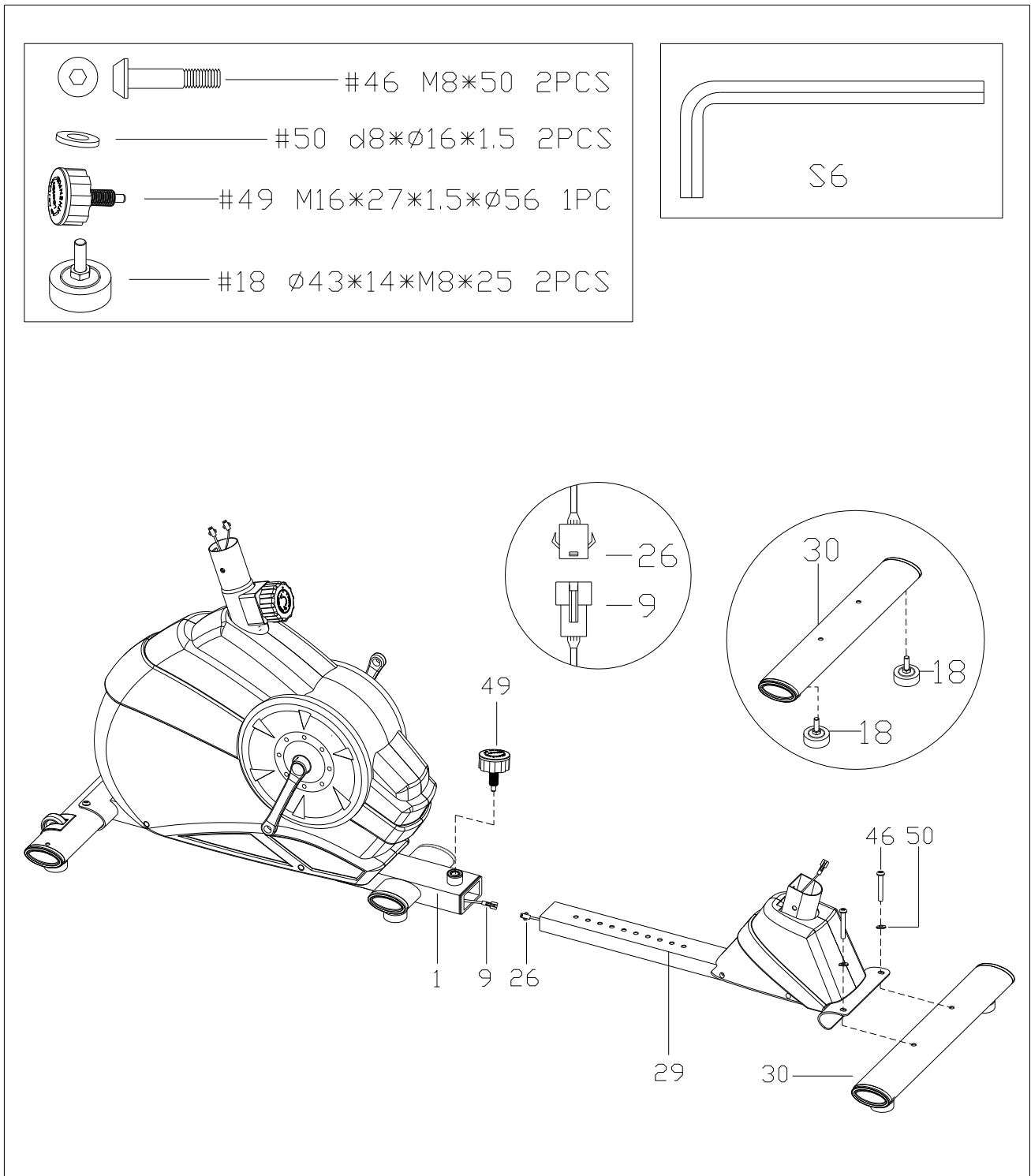2. Secure the front stabilizer(19) onto the main frame(1) using the screw(46) and

   washer(50)

LIFESPAN
FITNESS

STEP 2

#18 Ø43*14*M8*25 2PCS

1

18

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

LIFESPAN
FITNESS

RC 99M

STEP 3

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)

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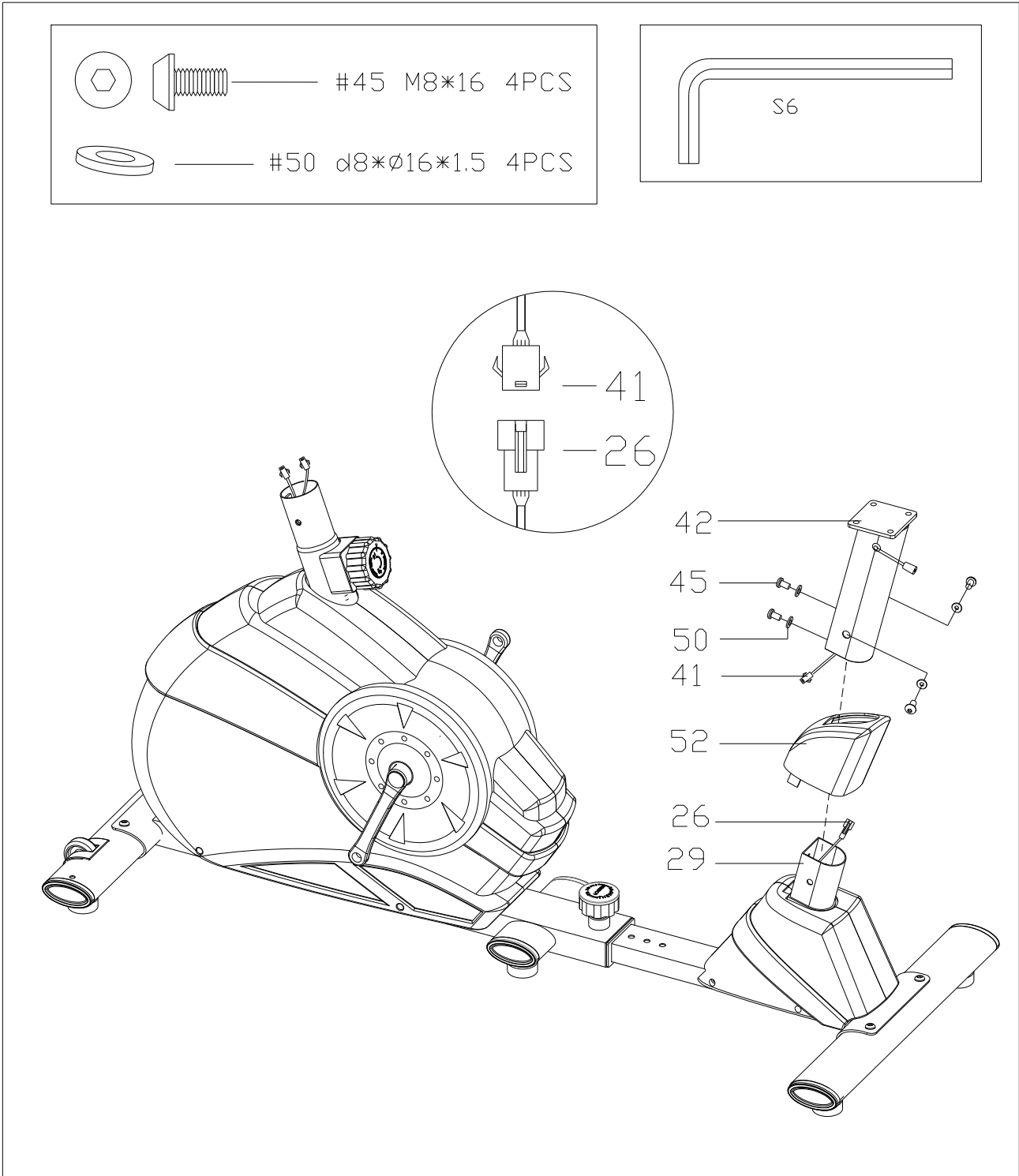
1. Use the seat support tube post (42) cross the up-right cover (52), and then connect the pulse sensor wire 3 (26) to the pulse sensor wire 4 (41)

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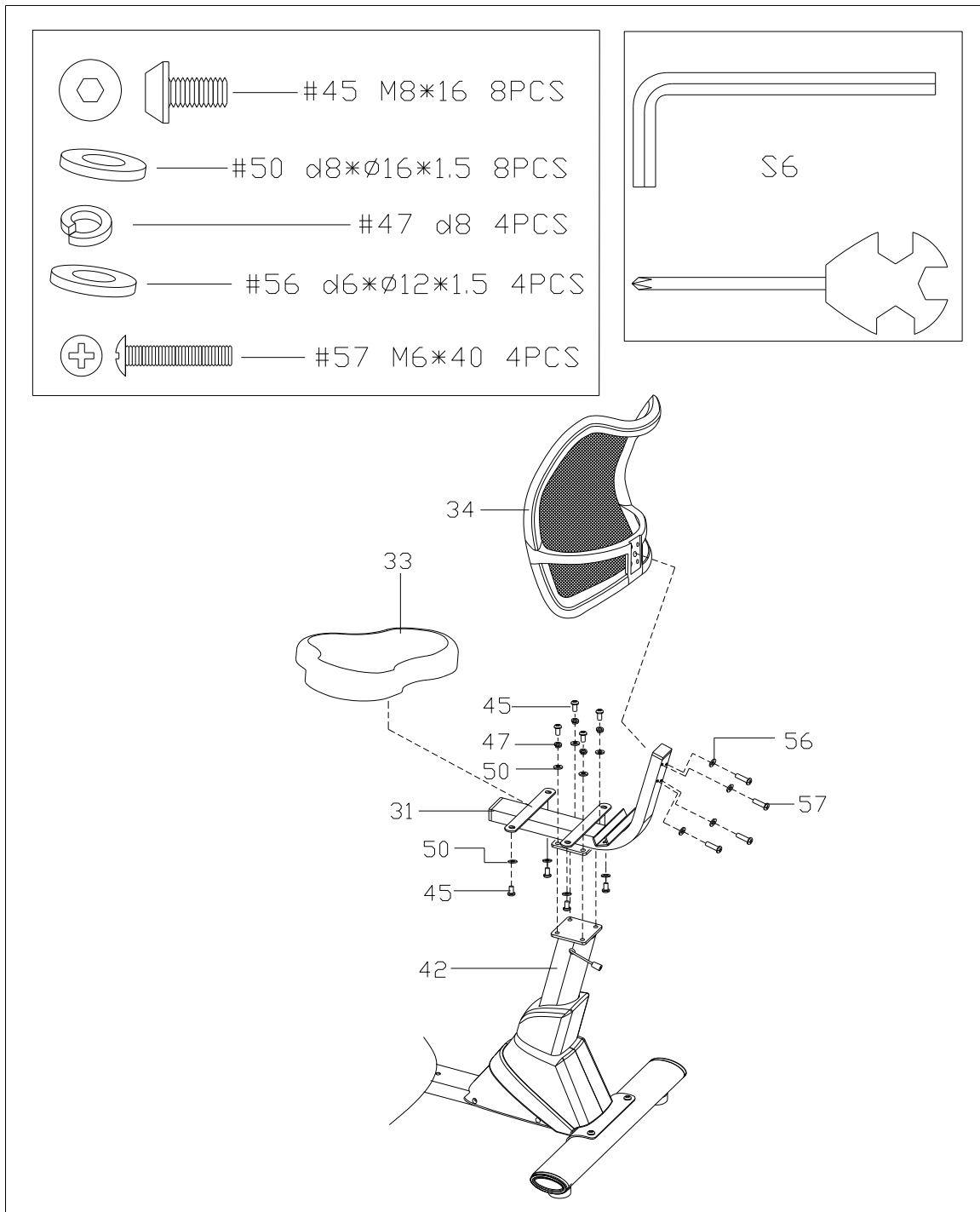
1. Secure the seat post (31) on the seat support tube post (42) with the screw (45), spring, washer (47) and washer (50)

2. Secure the saddle (33) on the seat post (31) with the screw (45) and washer (50)

3. Secure the back cushion (34) on the seat post (31) with the screw (57) and washer (56)

LIFESPAN FITNESS

RC 99M

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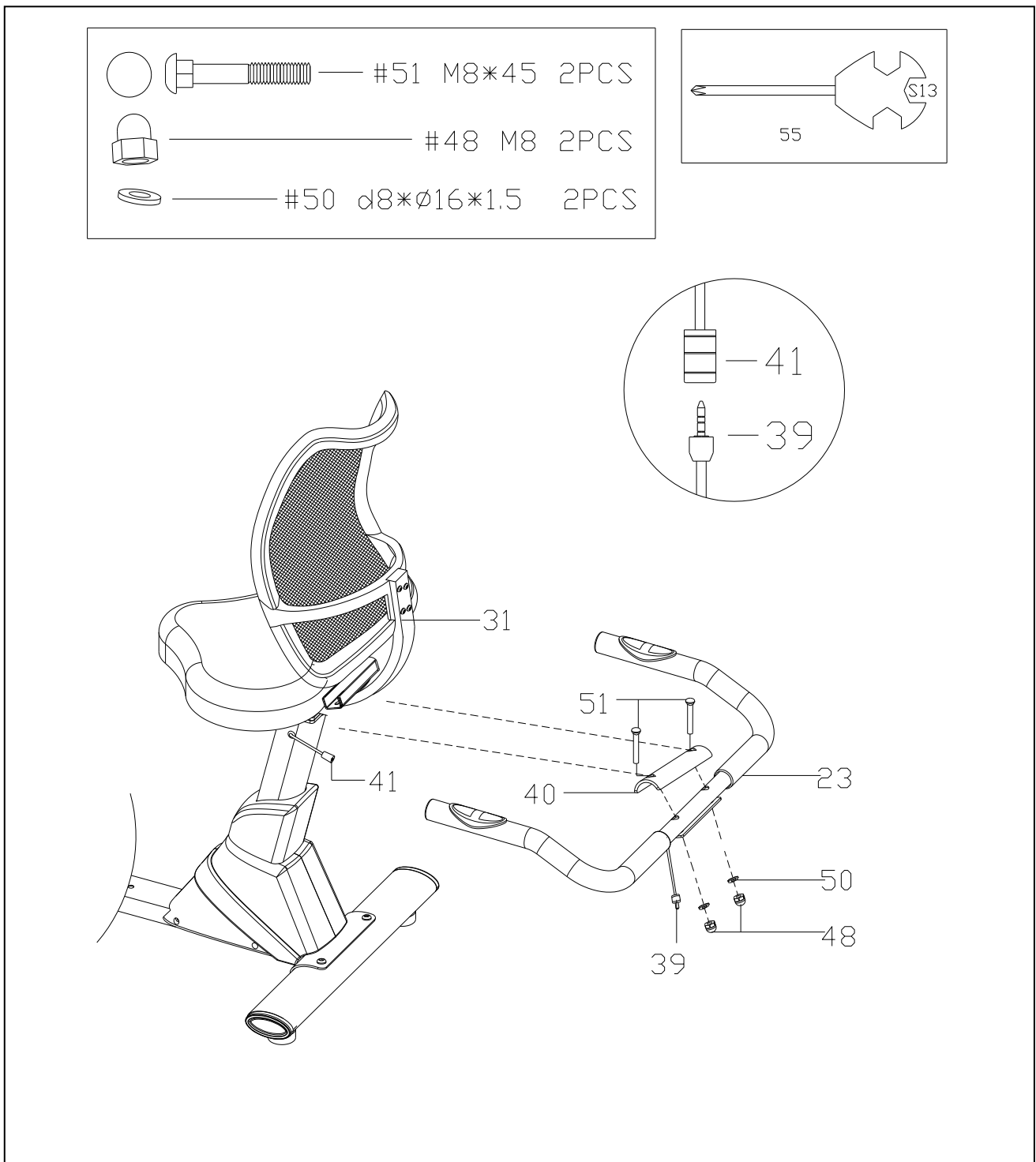
1. Secure the handlebar post (23) and handlebar cover (40) onto the seat post (31) using the square neck bolt (51), cap nut (48) and washer (50)

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

LIFESPAN
FITNESS

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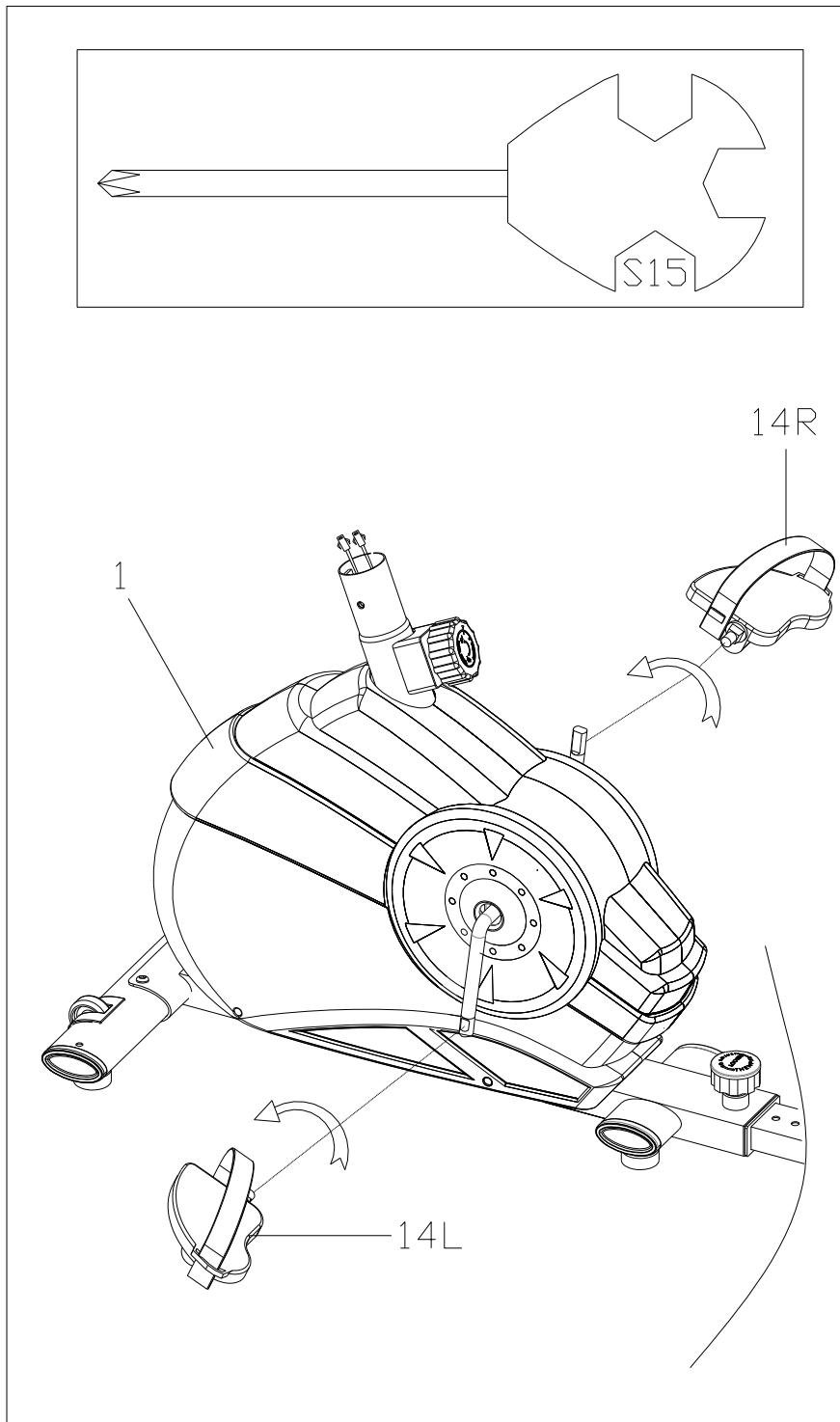
1. Secure the pedal(14L/R) on the main frame (1)

STEP 8
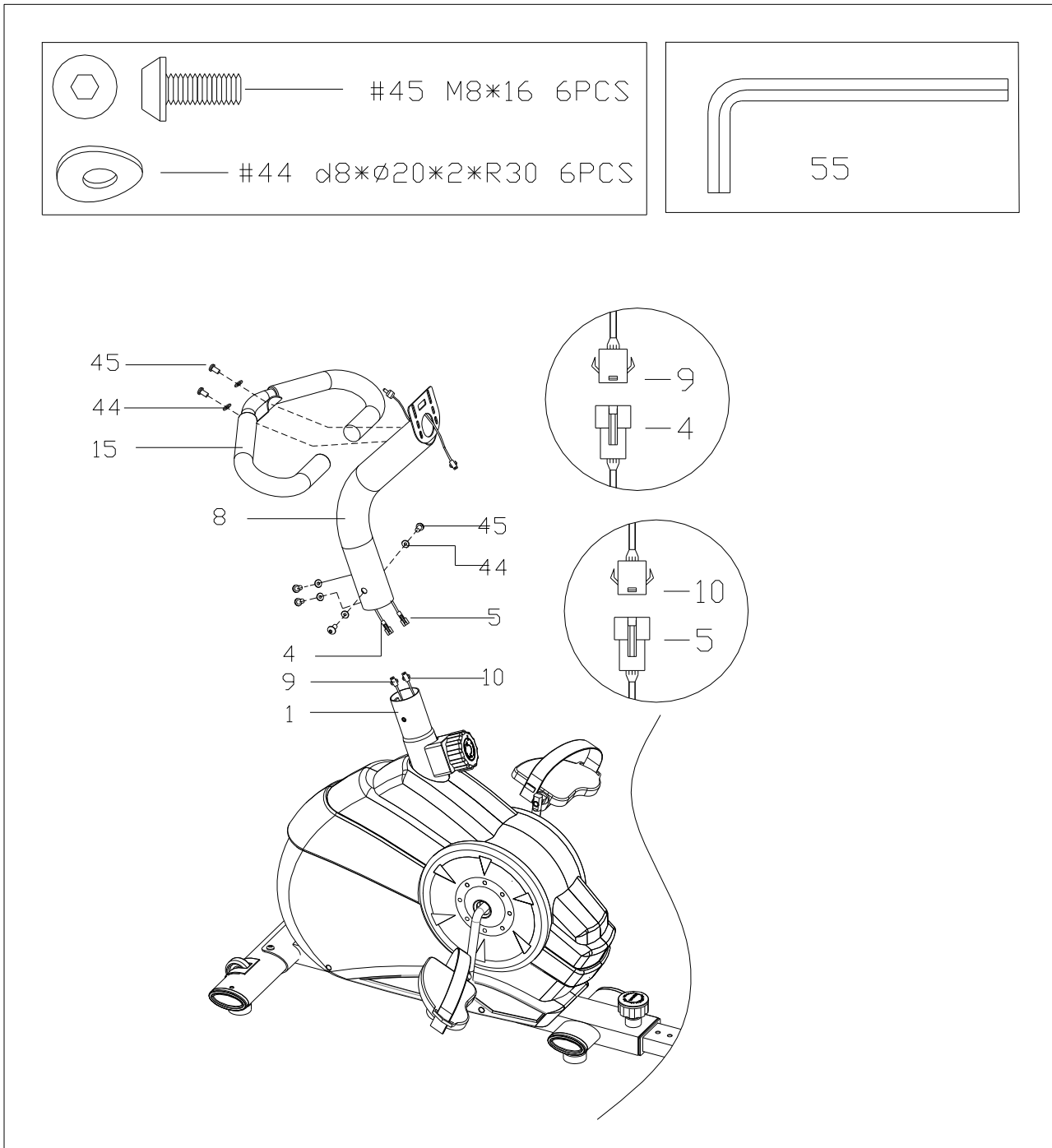
1. Connect the pulse sensor wire 1(4) to the pulse sensor wire 2(9), mid-sensor wire 1(5) to mid-sensor wire2(10)

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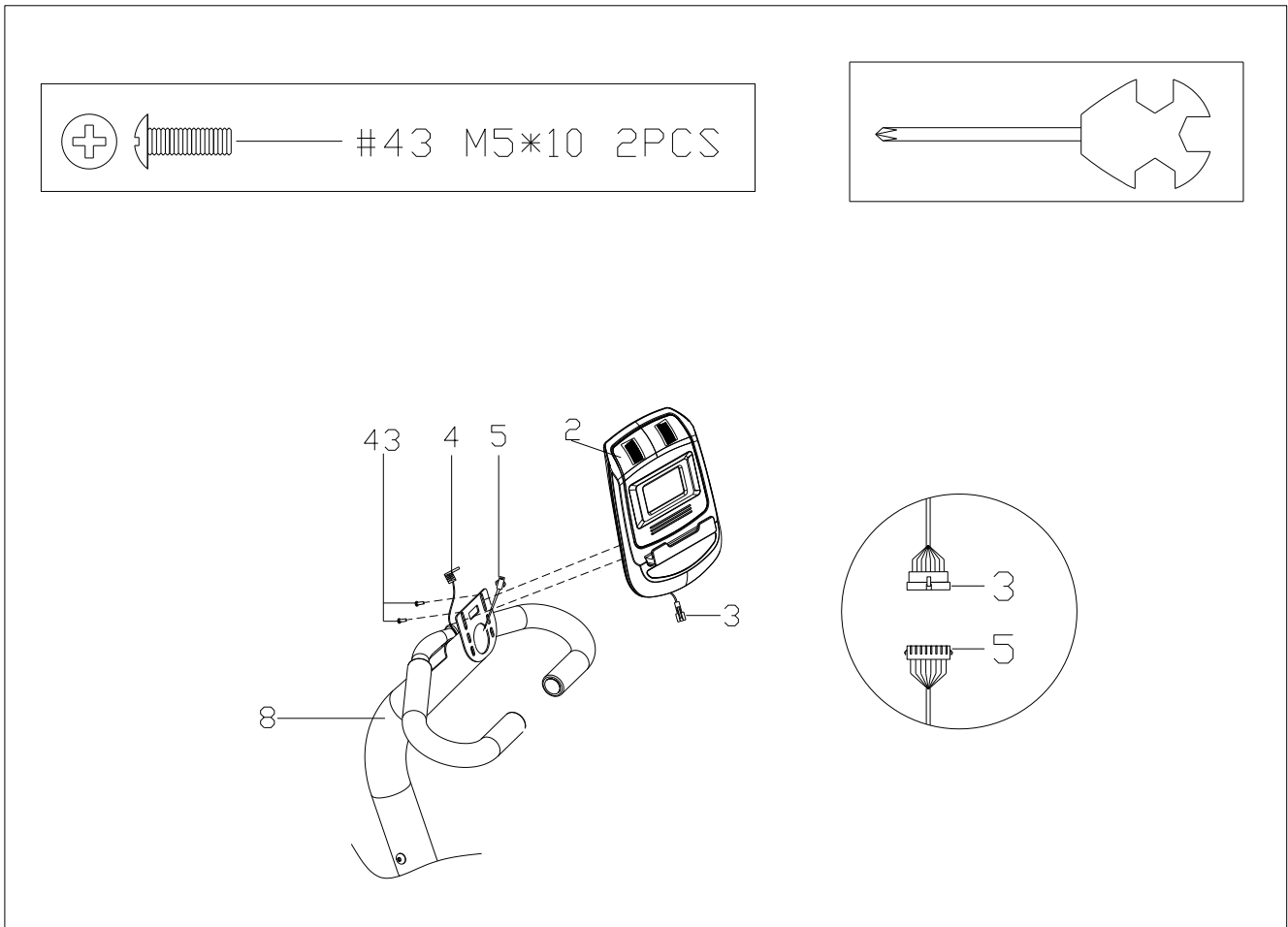
1. Connect the mid-sensor wire 1(5) to the computer wire (3). Then secure the computer(2) onto the up-right post(8)

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

LIFESPAN
FITNESS

RC 99M

4. COMPUTER OPERATION

■**BUTTONS**

1. MODE

   Press this button to cycle through display modes.

2. RECOVERY / UP

   i.   In setting status, press this button to increase setting value in relevant flashing window for TIME, DIST, CAL and TEMP(℃)

   ii.   In non-exercise or non-setting status, press this button to enter/exit pulse recovery function.

3. DOWN

   In setting status, press this button to decrease setting value in relevant flashing window for TIME, DIST, CAL and TEMP (℃)

4. RESET/GO

   i.   In setting status, press this button to reset the value in relevant flashing window for TIME, DIST and CAL.

   ii.   In parameters setting status for body fat, press this button to enter body fat test.

   iii.   In monitor status, hold this button for 3 seconds to reset all values to zero.

5. BODYFAT

   In non-exercise status, press this button to enter/exit body fat parameters set-up.

■**FUNCTIONS**

1. SPEED/BODYFAT RATIO

   i.   Display instantaneous speed. The range is 0.0~99.9KM/H. The maximum pickup signal is 1500rpm.

   ii.   Display Body fat ratio.

2. TIME/BMI

   i.   Counts the total time from exercise start to the end and the range is 0 ~ 99M59S.

   ii.   Exercise time can be set in advance, when it approaches the pre-set time, the monitor will alarm for 10 seconds. The maximum pre-set time is 99 minutes.

   iii.   Displays Body Mass Index (BMI)

3. DISTANCE/BMR

   i.   Counts the total distance from exercise start to the end and the range is 0.00 ~ 9.99 ~ 99.9KM.

   ii.   Exercise distance can be set in advance, when it approaches the preset distance, the monitor will alarm for 10 seconds. The maximum pre-set distance is 99.9KM.

   iii.   Displays Basal Metabolic Rate (BMR).

4. CALORIES/TEMPERATURE

    i.   Count the total calories consumed from exercise start to the end. The range is 0.0 ~ 99.9 ~ 999KCAL.

    ii.   The calorie value can be set in advance, when it approaches the preset calorie, the monitor will alarm for 10 seconds.

    iii.   Displays room temperature (TEMP).

5. PULSE

    i.   Hold the pulse sensors to check your estimated heart rate. The range is 40 ~ 240bpm.

    ii.   It will display "P" to pause the pulse test if there is no pulse signal for over 60 seconds. You can press UP or DOWN to enter the pulse test again.

6. ALARM

   The monitor will "Beep" when pressing "MODE" "RECOVERY/UP" "DOWN", RESET/GO or "BODYFAT" buttons.

7. AUTO ON/OFF & AUTO START/STOP

    i.   Without any signal from exercise or operation for 8 minutes, the power will turn off automatically and all the memory will be cleared off except body fat parameters and temperature.

    ii.   The monitor will turn on automatically once exercise or operation signal is received.

■ **OPERATION**

1. SET

Press MODE to choose the display window that needs to be pre-set. The value in relevant window will flash. Press UP/DOWN to increase/decrease the value to reach your desired workout time, distance, or calorie. Hold UP/DOWN to increase/decrease the value rapidly. Press RESET to reset value in relevant flashing window.

2. PULSE RATE

Before measuring your pulse rate, press any button to change "P" into "" in the window, then enter pulse mode. Please place both your palms on the contact pads and the monitor will show your current heart rate in beats per minute (BPM) on the LCD after 3~4 seconds.

Remark: During the process of pulse measurement, the measurement value may be higher than the virtual pulse rate during the first 2~3 seconds. It will then return to a normal level. The measurement value cannot be regarded as the basis of medical treatment.

3. PULSE RECOVERY

In non-setting and non-exercising status, first test your pulse as above mentioned. Then press RECEOVERY/UP to enter pulse recovery function. The display will show a 1 minute count-down as well as your pulse rate. Hold the pulse sensor until it counts down to zero. Then, it will show your pulse recovery level from F1 to F6, that is, from the fastest recovery to slowest. F1 is the best result with the fastest recovery speed. Press RECOVERY/UP again to exit pulse recovery function.

4. BODYFAT, BMI & BMR

In non-exercising status, press BODYFAT to enter body fat parameters settings. You can set from the below sequence: exerciser numbers (1 ~ 8), weight (KG), height (CM), age (YEAR), gender. Press MODE to proceed to the next parameter setting. Press RECOVERY/UP to increase the setting value or press DOWN to decrease.

When you finish setting, hold the pulse sensor and press RESET/GO. Then the display will show your body fat in 6 seconds.

Press BODYFAT again to exit body fat test.

Remark:

i. During parameters setting, it will exit body fat test automatically if detects no operation signal over 10 seconds.

ii. During body fat test, it will display Er.1 if sense no test target over 10 seconds.

5. AUDIO AMPLIFIER AND SPEAKER [IF APPLICABLE]

Connect the audio input plug to the audio player, the turn on the audio switch in the right side of the computer.

■ **BODYFAT CHART**

Gender/Age	Underweight	Healthy	Slightly Overweight	Overweight	Obese
Male/ ≤ 30	< 14%	14%~20%	20.1%~25%	25.1%~35%	> 35%
Male/ > 30	< 17%	17%~23%	23.1%~28%	28.1%~38%	> 38%
Female/≤ 30	< 17%	17%~24%	24.1%~30%	30.1%~40%	> 40%
Female/ > 30	< 20%	20%~27%	27.1%~33%	33.1%~43%	> 43%

■ **BATTERY REPLACEMENT**

When the display becomes dim or illegible, remove the battery and replace with SIZE AAA UM4 R03.

FUNCTION	PARAMETER CHART	
	Running Time	00:00 ~ 99:00(Minute: Second)
	Current Speed	0.0 ~ 99.9 KM/H
	Trip Distance	0.0 ~ 99.9 KM
	Calories	0 ~ 999 Kcal
	Pulse Rate	40-240BPM
	Bodyfat Score	1 ~ 8
Bodyfat: WEIGHT		10-250KG
Bodyfat: HEIGHT		100-250CM
Bodyfat: YEAR		10-80YEAR

5.   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.
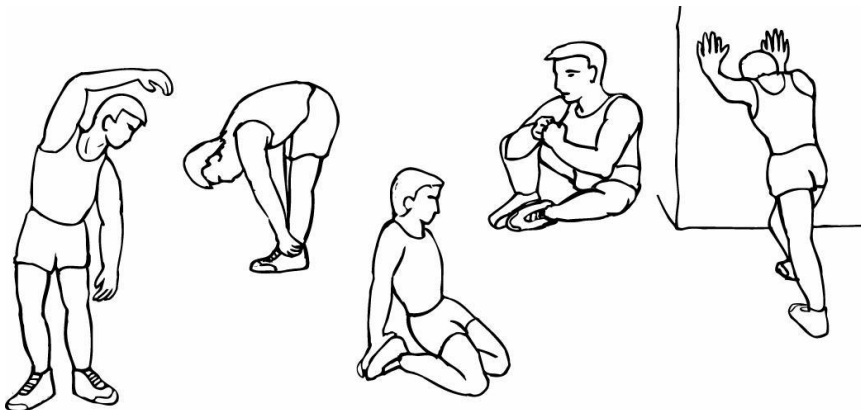
Training Zone Exercise

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.

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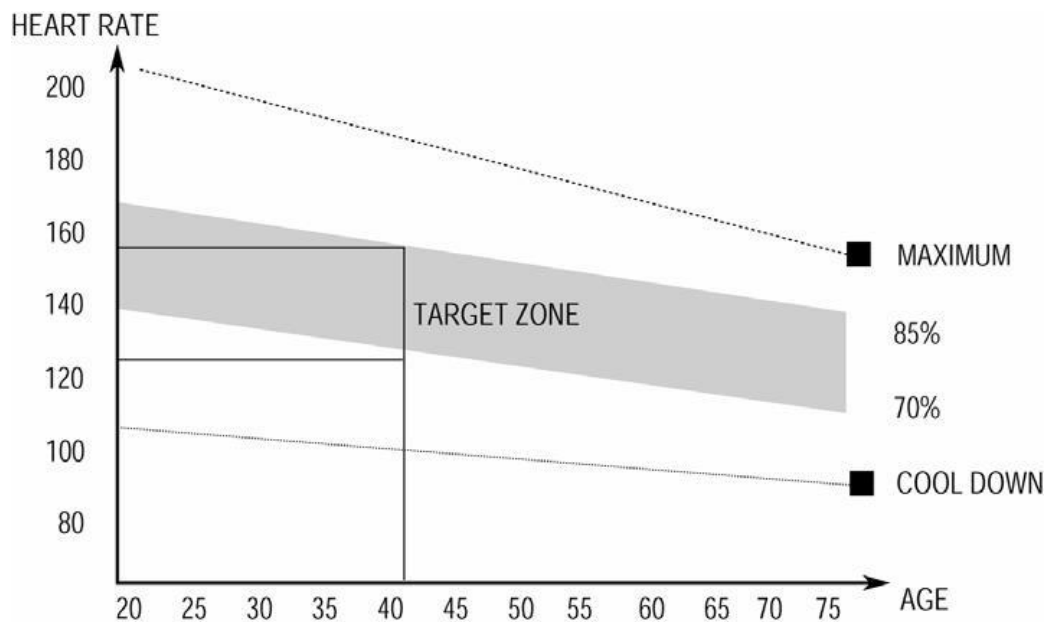
This is how your pulse should behave during general fitness exercise. Remember to warm up and cool down for a few minutes.

6. 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.

LIFESPAN
FITNESS

RC 99M

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 Fitness Technical Support Department
www.lifespanfitness.com.au
support@lifespanfitness.com.au