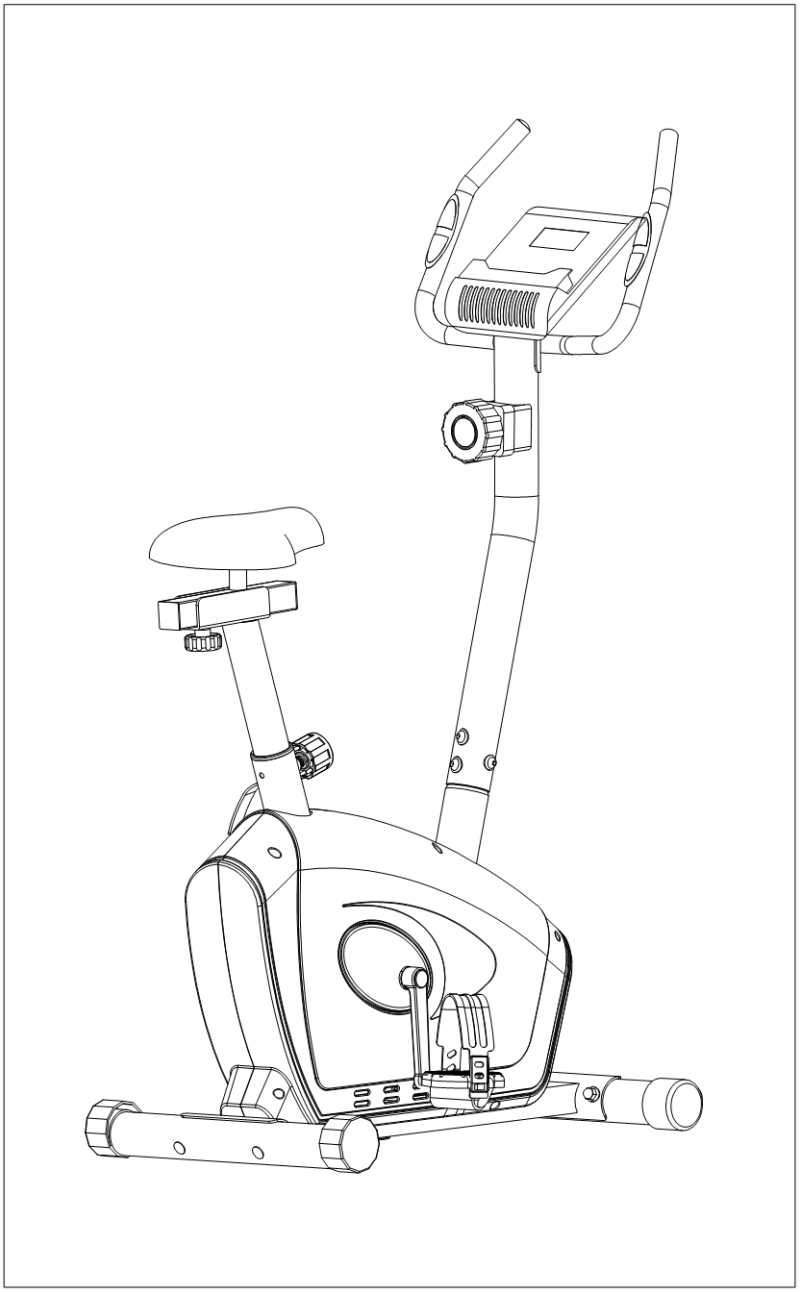
EXER-58 OWNER'S MANUAL



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.

NOTE: This manual may be subject to updates or changes. Up to date manuals are available through our website at www.lifespanfitness.com.au

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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 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

IMPORTANT

a. 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.**

b. Lubricate moving joints after periods of usage

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

d. 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

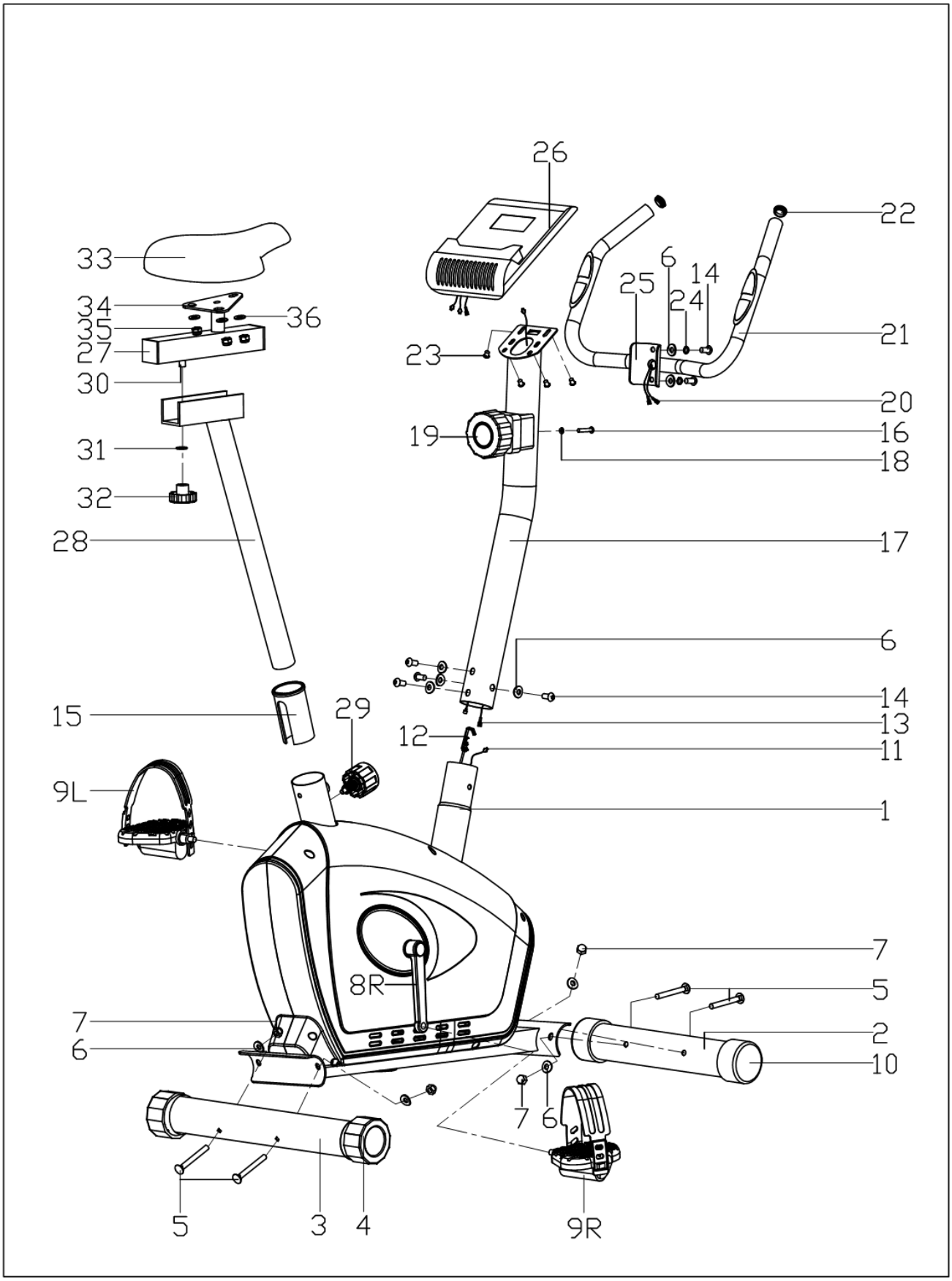
e. Do not attempt to recharge non-rechargeable batteries

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. EXPLODED DIAGRAM



4. PARTS LIST

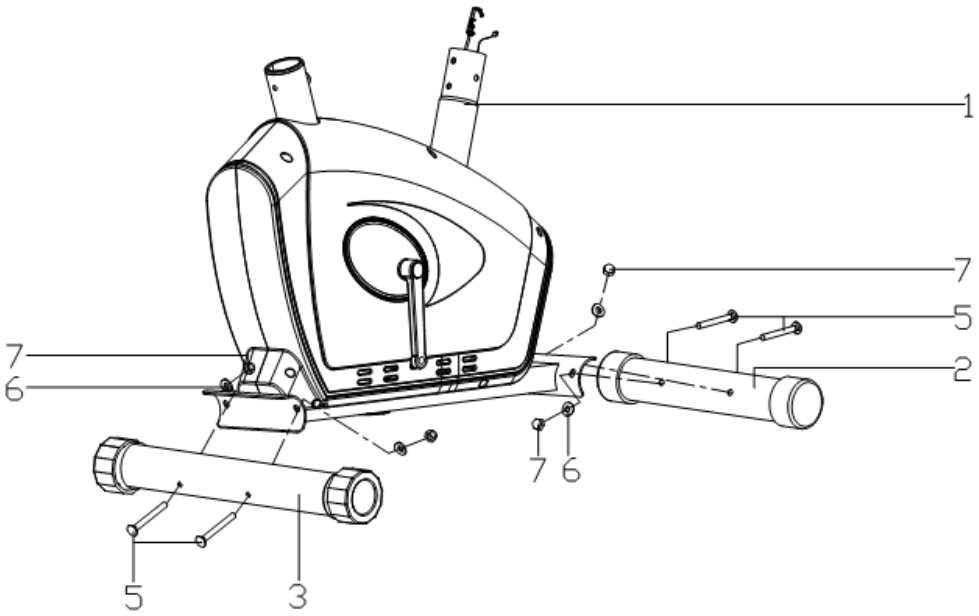
NO.	Description	QTY	NO.	Description	QTY
1	Main frame	1	19	Tension controller	1
2	Front Stabilizer	1	20	Pulse wire	2
3	Rear Stabilizer	1	21	Foam grip	2
4	End cap	2	22	round cap	2
5	Carriage bolt M8×L74	4	23	Cross pan head screw	4
6	Arc washer Φ8.5×1.5×Φ25×R33.5	10	24	Spring washer d8x1.5	2
7	Acorn nut M8	4	25	Handlebar	1
8L/R	Crank	1 pr	26	Computer	1
9L/R	Pedals	1 pr.	27	Square cap	2
10	Front end cap	2	28	Seat post	1
11	Sensor Wire	1	29	Spring knob	1
12	Tension cable	1	30	U-shaped bracket	1
13	Extension wire	1	31	Flat washer D10	1
14	Inner hex screw M8X16	6	32	Plum-nut	1
15	Plastic sleeve	1	33	Seat	1
16	Cross pan head screw	1	34	Seat horizontal tube	1
17	Handlebar post	1	35	Nylon nut M8	3
18	Arc washer	1	36	Flat washer D8	3

5. ASSEMBLY INSTRUCTIONS

NOTE: Before assembly ensure there is enough space around the item. Some nuts and bolts may be already attached to the machine

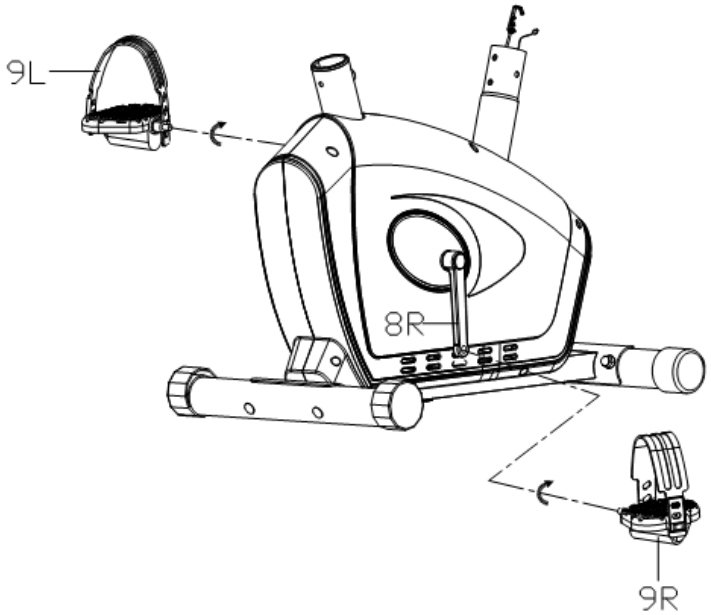
STEP 1

1. Tighten the front and rear stabilizers (2 & 3) to the main frame (1) with cap nuts (7), arc washers (6) and carriage bolts (5).



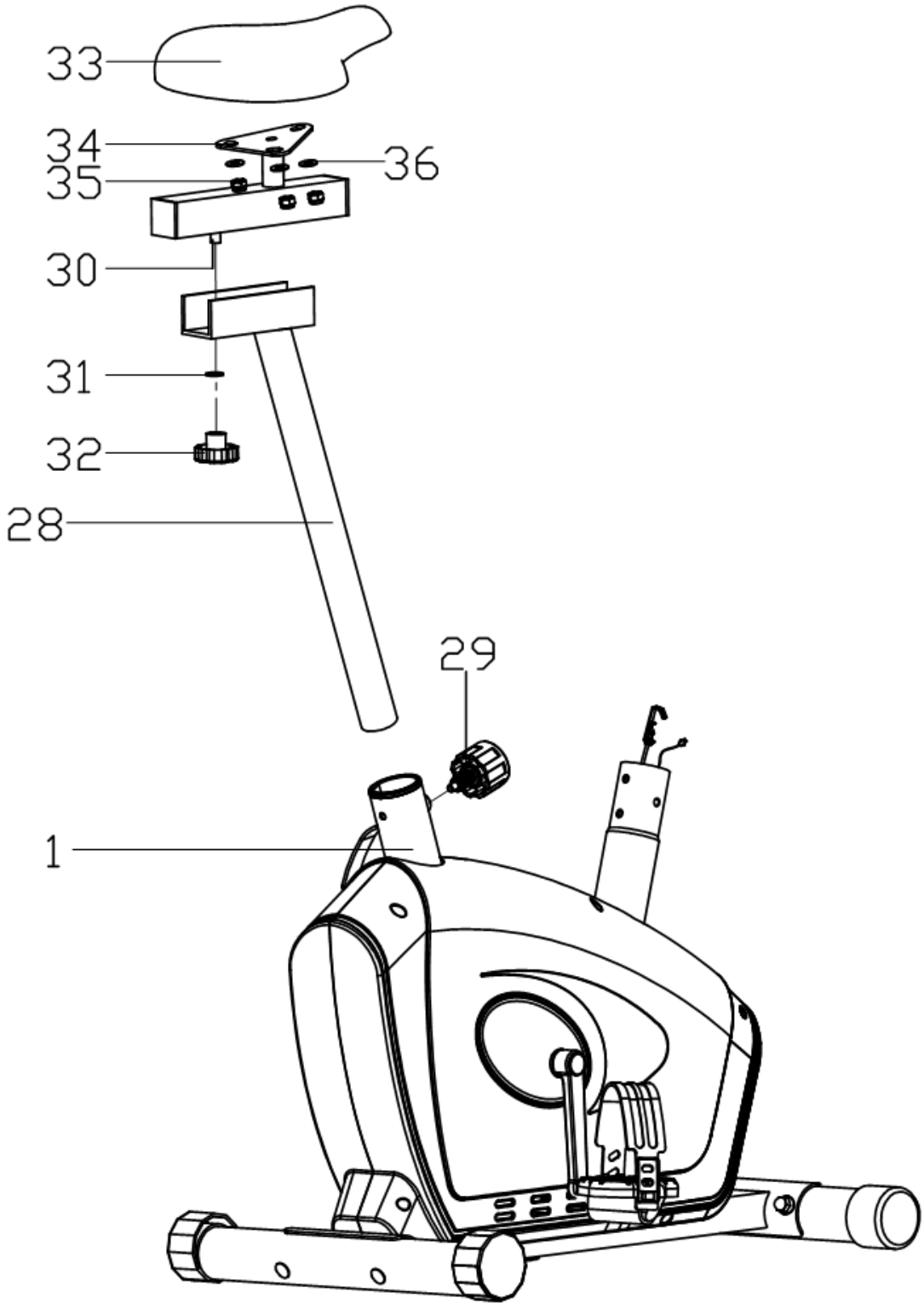
STEP 2:

1. Tighten left and right pedals (9L/R) to the cranks (8).
2. Tighten the left pedal anti-clockwise and right pedal clockwise, as shown in picture below. Please note that the pedals should stay tightened during movement, otherwise the threads of pedals may be damaged.



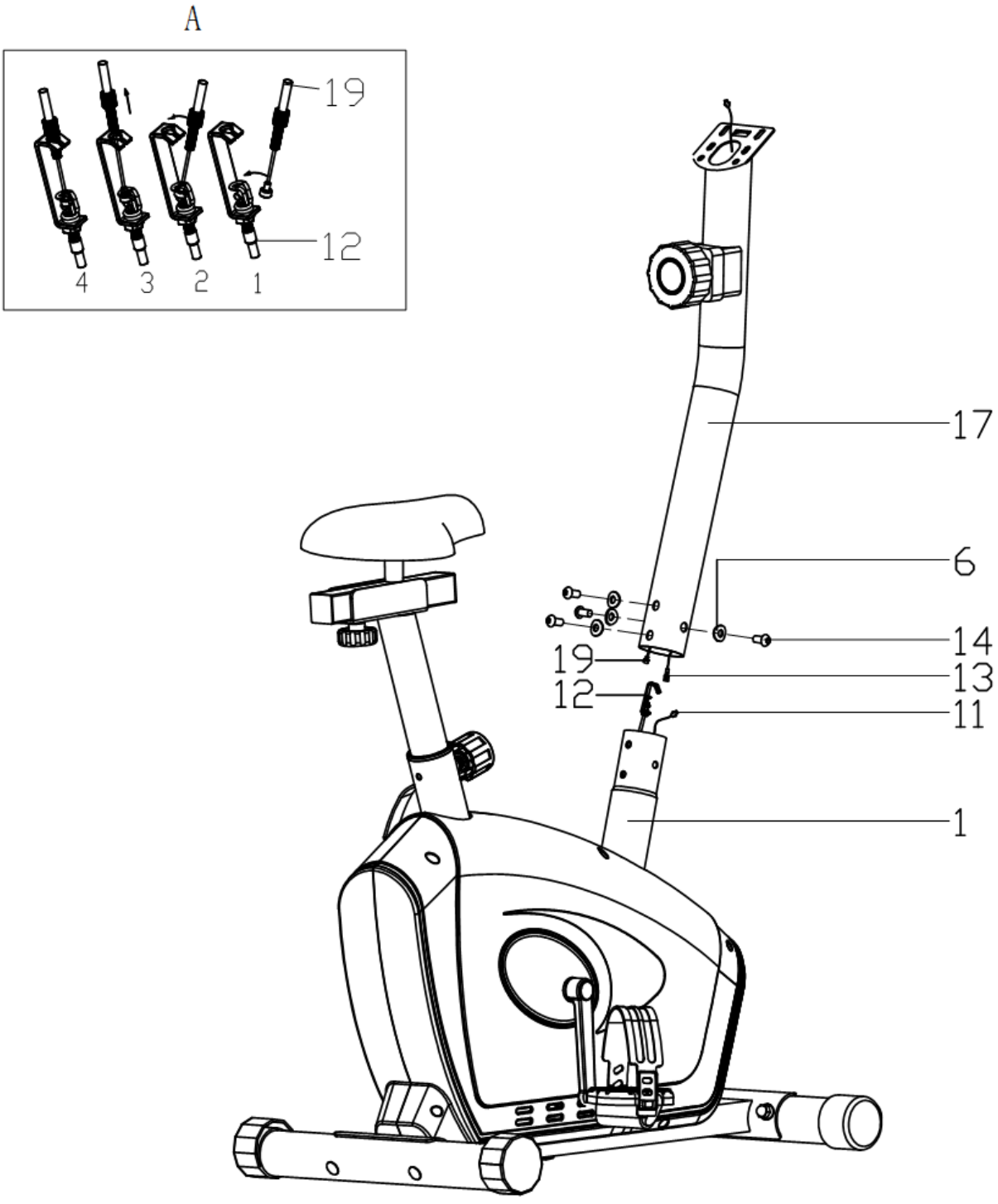
STEP 3:

1. Insert the seat post (28) into the vertical tube of main frame (1) and tighten with spring knob (29).
2. Tighten seat horizontal tube (34) to the seat post (28) using a flat washer (31) and plum nut (32). Then tighten seat (33) to seat horizontal tube (34) with flat washer (36) and nylon nut (35). Please check the seat (33) is securely tightened to seat horizontal tube (34) before you start workout.



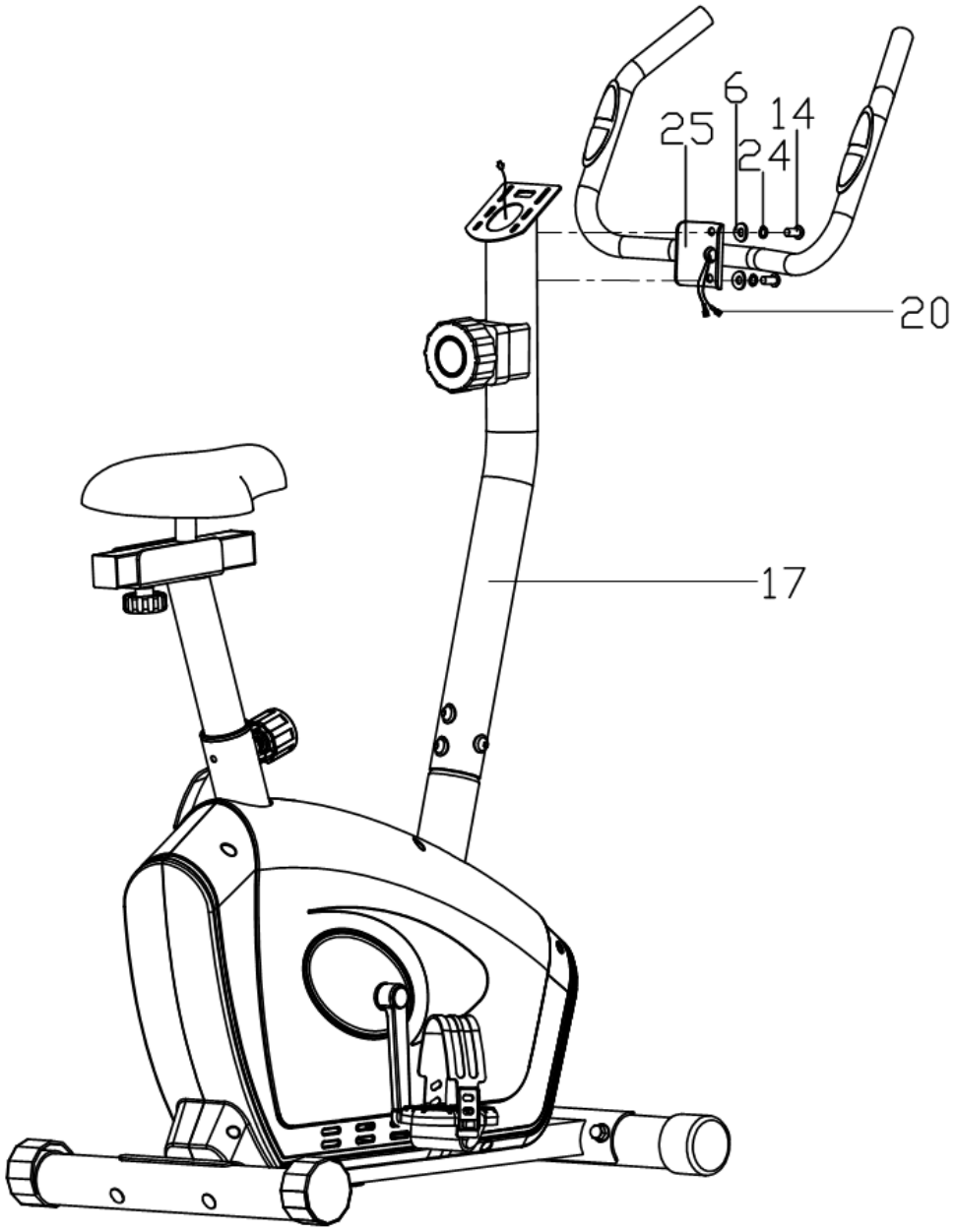
STEP 4:

1. First connect extension wire (13) with sensor wire (11), and connect tension cable (12) with the wire of tension control (19) as shown in picture A. Then tighten the handlebar post (17) to the mainframe (1) with inner hex screws (14) and arc washers (6).



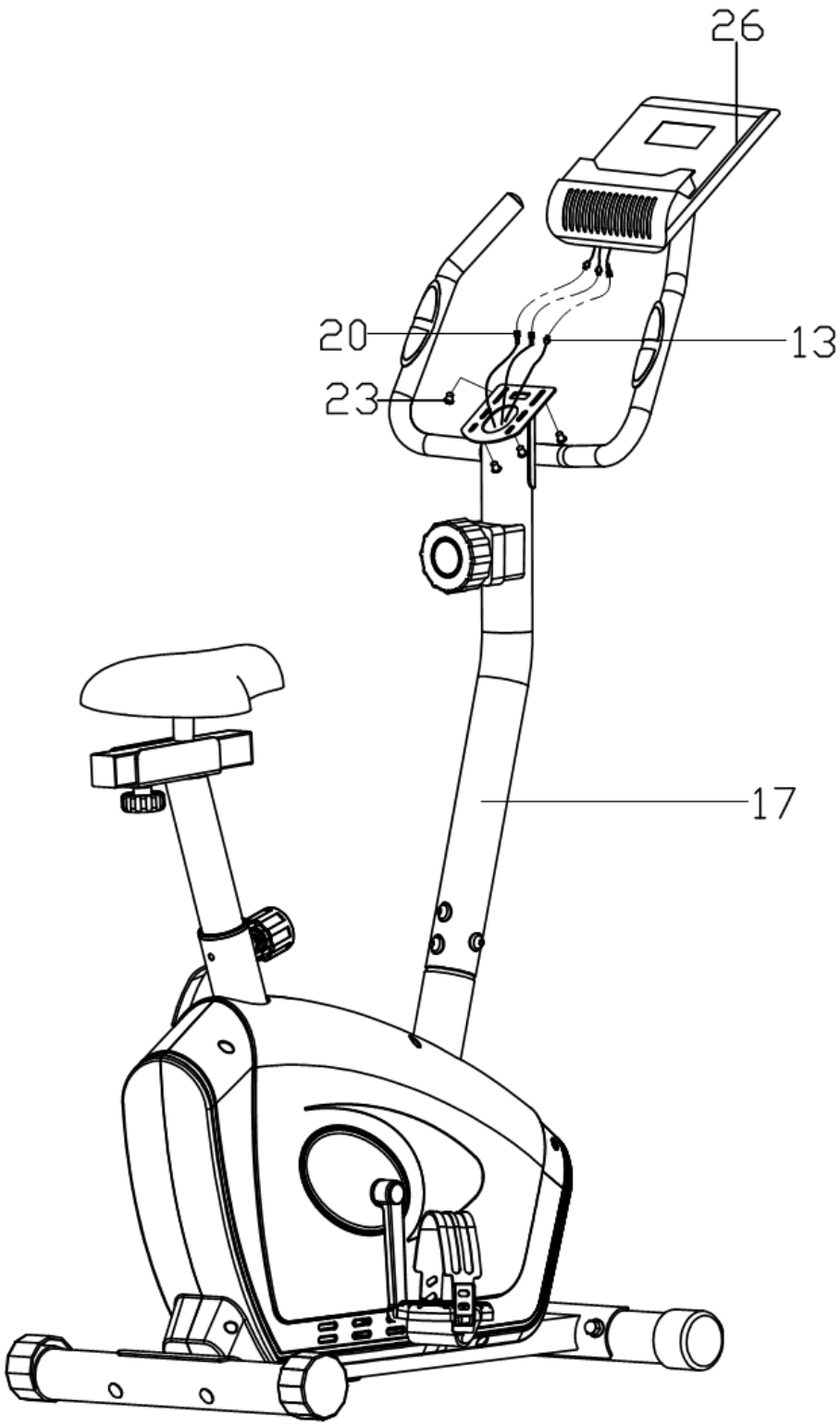
STEP 5:

1. Thread the pulse wire (20) through hole of handlebar post (17) then pull out from the hole of console bracket. Then tighten the handlebar (25) to the handlebar post (17) with inner hex screws (14), spring washers (24) and arc washers (6).



STEP 6:

2. Connect extension wire (13) and pulse wire (20) with the wire of computer (26), and then tighten the computer (26) to the console bracket of handlebar post (17) with cross pan head screws (23).



6. COMPUTER OPERATION

SPECIFICATIONS:

TIME……..00:00-99:59
SPEED (SPD)……0.0-99.9KM/H (ML/H)
DISTANCE…….....0.00-9999KM (ML)
CALORIES…….....0.0-9999KCAL
※ODOMETER(ODO)……..……..……0.0-9999KM (ML)
※PULSE (PUL) ….....0，40~240BPM

KEY FUNCTIONS:

MODE: This key lets you to select and lock on to a particular function you want.
※SET: Can to proceed the data establish for “TIME” “DISTANCE” “CALORIES”“PULSE”.
CLEAR (RESET): The key to reset the value to zero by pressing the key.
※ON/OFF (START/STOP): The key to pause the signal input by pressing the key.

OPERATION PROCEDURES:

1. AUTO ON/OFF
The system turns on when any key is pressed or when its sensor an input from the speed sensor.
The system turns off automatically when the speed has no signal input, or no key are pressed for approximately 4 minutes.
2. RESET
The unit can be reset by either changing battery or pressing the MODE key for 3 seconds.
3. MODE
To choose the SCAN or LOCK if you do not want the scan mode, press the MODE key when the pointer on the function you want which begins blinking.

FUNCTIONS:

1. TIME: Press the MODE key until pointer lock on to TIME. The total working time will be shown when starting exercise.
2. SPEED: Press the MODE key until the pointer advance to SPEED. The current speed will be shown.
3. DISTANCE: Press the MODE key until the pointer advance to DISTANCE. The distance of each workout will be displayed.
4. CALORIE: Press the MODE key until pointer lock on to CALORIE. The calorie burned will be displayed when starting exercise.
5. ODOMETER (IF HAVE): Press the MODE key until the pointer advance to ODOMETER. The total accumulated distance will be shown.
6. PULSE (IF HAVE): Press the MODE key until the pointer advance to PULSE. User’s current heart rate will be displayed in beats per minute. Place the palms of your hands on both of the contact pads (or put ear-clip to ear) and wait for 30 seconds for the most accurate reading.

SCAN: Automatically display changes every 4 seconds.
BATTERY: If improper display on monitor, please reinstall the batteries to have a good result.

7. 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.

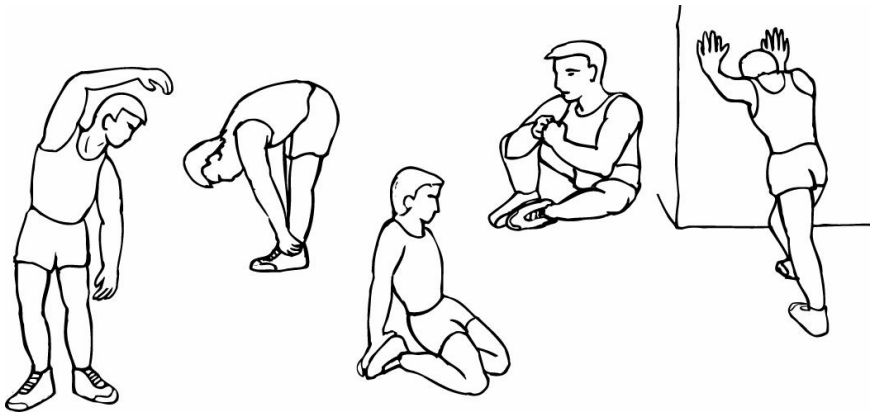
Exercising is great way to control your weight, improving your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

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

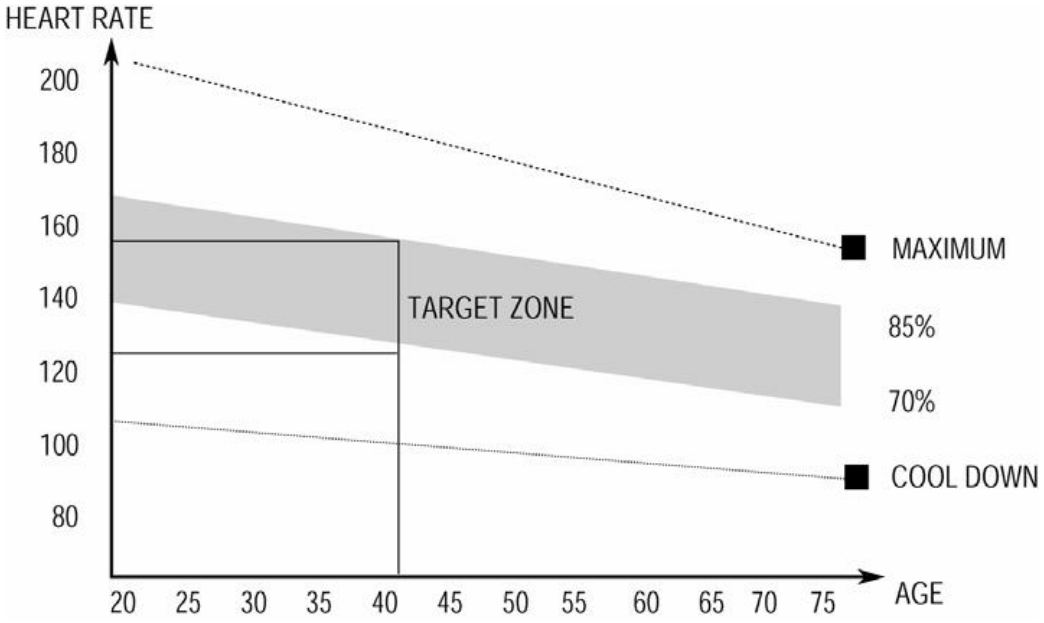
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.

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.

8. 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.

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