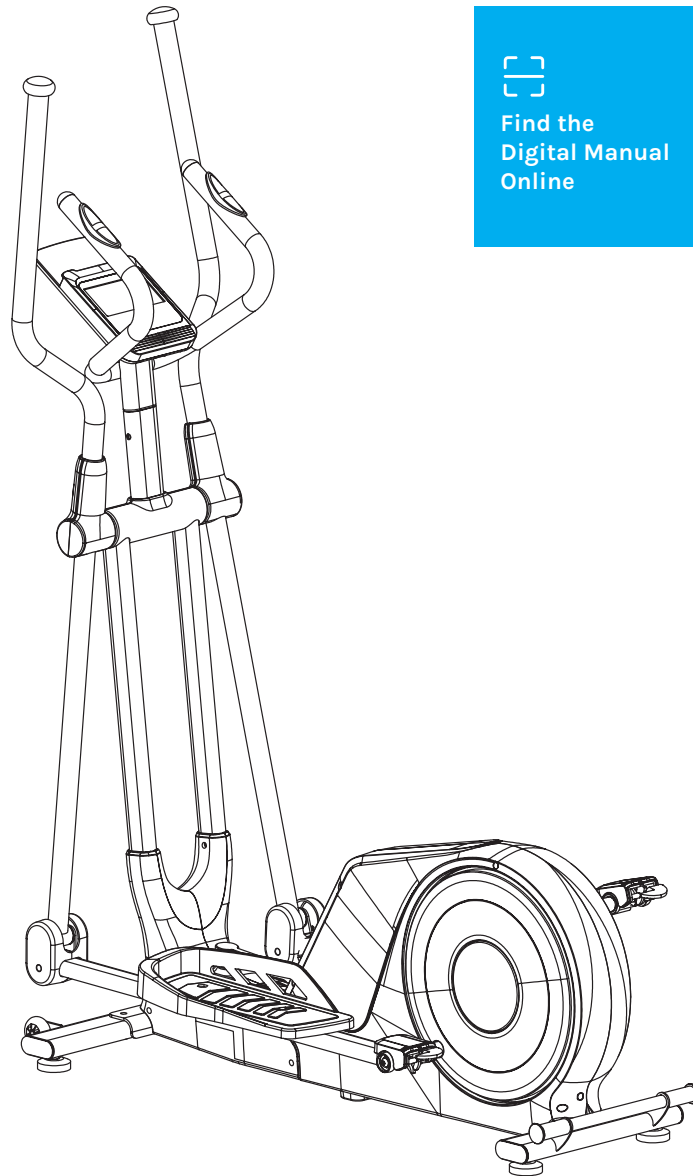




X-23 Cross Trainer

USER MANUAL



Find the
Digital Manual
Online



**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:

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.

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.

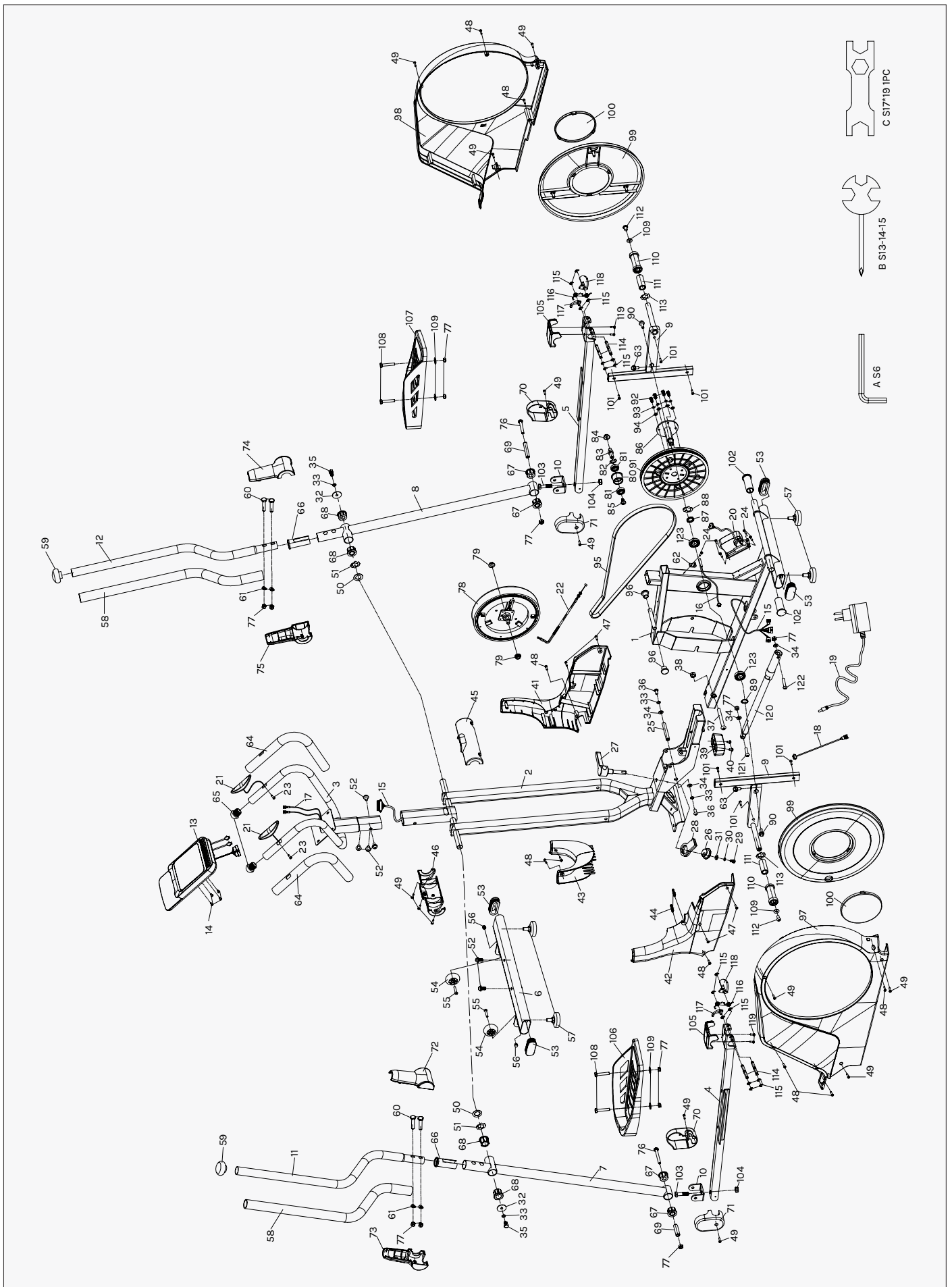
- It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. **PLEASE NOTE:** It is your responsibility to ensure that all users of the equipment are informed of all warnings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

- 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.
- 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.

III. EXPLODED DIAGRAM

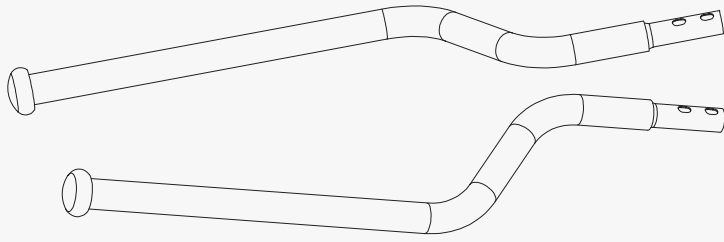


IV. PARTS LIST

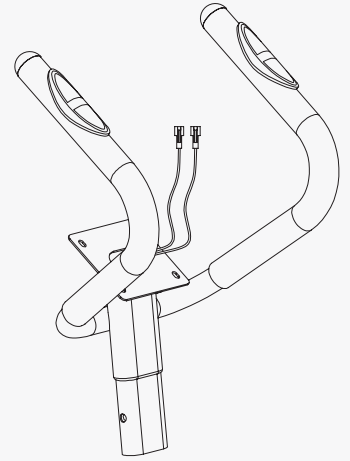
No.	Description		Qty	No.	Description		Qty
1	Main frame		1	36	Bolt	M8*20*S5	2
2	Handlebar post		1	37	Bolt	M10*90*S612.5	1
3	Middle handlebar		1	38	Nut	M10*H9.5*S17	1
4	Connecting rod (L)		1	39	Foot pad	80*47.7*30	1
5	Connecting rod (R)		1	40	Screw	M5*10*Φ9	2
6	Front stabilizer		1	41	Post cover (R)	379.5*325*97	1
7	Swing rod (L)		1	42	Post cover (L)	379.5*325*98.4	1
8	Swing rod (R)		1	43	Upper post cover	156*144*83	1
9	Cross crank		2	44	Clamp stick	Φ5.5*33	2
10	U-shaped connecting plate		2	45	Post cover (Front)	200*68*30.5	1
11	Handlebar (L)		1	46	Post cover (Rear)	200*68*36	1
12	Handlebar (R)		1	47	Screw	M4*10*Φ7.4	4
13	Console		1	48	Screw	ST4.2*19*Φ8	9
14	Screw	M5*10	4	49	Screw	ST4.2*16*Φ8	13
15	Trunk wire	Line 2200	1	50	Plastic spacer	d19*Φ32*2	2
16	Sensor wire	Line 200	1	51	Wave washer	d19*Φ25*0.3	2
17	Hand pulse wire	Line 650	2	52	Bolt	M8*20*S6(d8*Φ16*1.5)	6
18	Power wire	Line 600	1	53	End cap	PT70*30*19	4
19	Adapter	Line 1800	1	54	Transport wheel	Φ50*24.2*Φ7.4	2
20	Motor	Line 150	1	55	Bolt	M6*10*Φ7*25*S5	2
21	Hand pulse		1	56	Nut	M6*H14*S10	2
22	Tension wire	Φ1.2*500*60	1	57	Foot pad	Φ52*M10*25	4
23	Screw	ST4*19*Φ7	2	58	Foam grip	Φ26*Φ32*710	2
24	Screw	ST4.2*13*Φ8	5	59	End cap		2
25	Spacer bush	Φ12*78	1	60	Bolt	M8*40*20*S13	4
26	Eccentric block	Φ38*14.5	1	61	Arc washer	d8*Φ20*2*R16	4
27	L-shaped handle	102.5*96.5	1	62	Sensor bracket		1
28	Eccentric bracket	t12*72*46	1	63	Bolt	M8*35*S13	2
29	Bolt	M6*12*S10	1	64	Foam grip	Φ24*Φ30*410	2
30	Spring washer	d6	1	65	End cap		2
31	Flat washer	d6*Φ16*1.5	1	66	Bushing	Φ32*Φ26.5*L82.7	2
32	Flat washer	d8*Φ32*2	2	67	Bushing 2	Φ32*3*Φ28*16*Φ14.3	4
33	Spring washer	d8	4	68	Bushing 1	Φ32*Φ28*20.5*Φ19.1	4
34	Flat washer	d8*Φ16*1.5	4	69	Spacer bush	Φ14*Φ8*47.3	2

No.	Description		Qty
70	Connecting rod cover (R)	105*66*42	2
71	Connecting rod cover (L)	105*66*40	2
72	Front swing rod cover (L)	159*74*30	1
73	Rear swing rod cover (L)	159*74*30	1
74	Front swing rod cover (R)	159*74*30	1
75	Rear swing rod cover (R)	159*74*30	1
76	Bolt	M8*65*20*S13	2
77	Nut	M8*H7.5*S13	12
78	Flywheel		1
79	Nut	M10*1*H8*S15	2
80	Idle pulley	Φ39*Φ34*24	1
81	Bearing	6001-2RS	2
82	Wave washer	d12*Φ17.5*0.3	1
83	Idler shaft	Φ16*10*Φ12*20*42.5	1
84	Nut	M10*1.25*H7.5*S14	1
85	Screw	M6*10*Φ15*1.2	1
86	Axle	Φ20*102.4*27.7	1
87	Spacer bush	Φ25*Φ20.1*5	1
88	Wave washer	d20*Φ25*0.3	1
89	Shaft ring	d20	1
90	Bolt	M8*20*S13	2
91	Belt plate	Φ240*20*Φ20.1	1
92	Bolt	M6*16*S10	4
93	Spring washer	d6	4
94	Nut	M6*H6*S10	4
95	Belt	6PJ410	1
96	Plug	Φ25*Φ17.2*Φ13*22	2
97	Housing (L)	780*453*67	1
98	Housing (R)	780*453*67	1
99	Rotary Plate	Φ376*Φ131*27.4	2
100	Cover	Φ146*16.4	2
101	Screw	ST4.2*13*Φ10.5	6
102	Bushing	Φ32*69	2
103	Bolt	M10*40*20*S17	2
104	Nut	M10*H9.5*S17	2

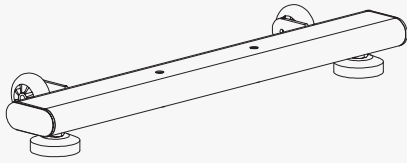
No.	Description		Qty
105	Connecting rod Cap	77.5*69*20	2
106	Pedal (L)		1
107	Pedal (R)		1
108	Bolt	M8*45*15*S14	4
109	Flat washer	d8*Φ20*2	6
110	Bushing	Φ32*78.5	2
111	Spacer bush	Φ23*Φ16.1*53	2
112	Bolt	M8*16*S5*Φ16	2
113	Wave washer	d17*Φ22*0.3	2
114	Axle 1	Φ8*58	4
115	E-Ring	D7	16
116	Spring	Φ1.5*Φ12.3*N5.25	4
117	Buckle	t5*35*33	2
118	Red buckle	t5*63.5*47.5	2
119	Screw	ST4.2*8*Φ11	4
120	Cylinder	Φ22*Φ8.5*405	1
121	Bolt	M8*45*15*S6	1
122	Bolt	M8*30*15*S6	1
123	Bearing	6904-2RS	2
A	Spanner	S6*30*80	1
B	Spanner	S13-14-15	1
C	Spanner	S17-19	1



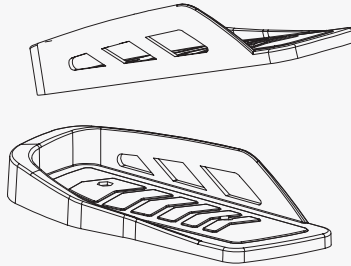
Handlebar (L) 1pc
Handlebar (R) 1pc



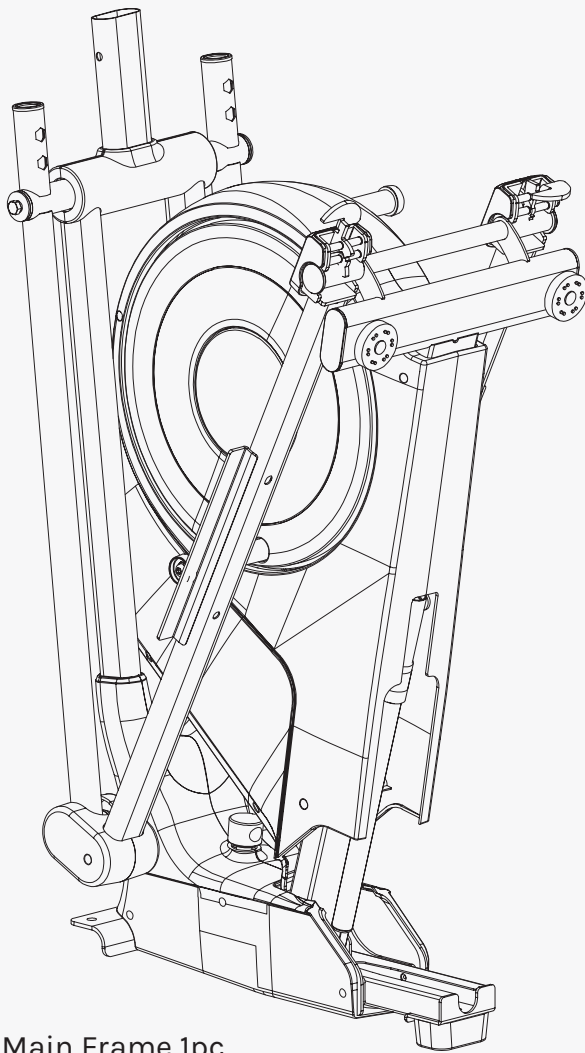
Middle Handlebar 1pc



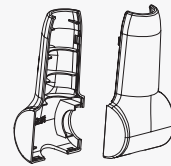
Front Stabilizer 1pc



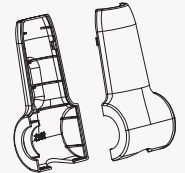
Pedal (L) 1pc
Pedal (R) 1pc



Main Frame 1pc



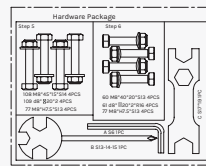
Front Swing Rod Cover (L) 1pc



Rear Swing Rod Cover (L) 1pc

Front Swing Rod Cover (R) 1pc

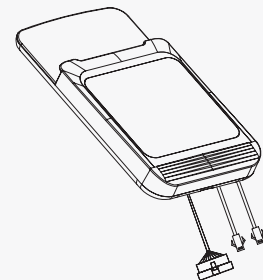
Rear Swing Rod Cover (R) 1pc



Hardware
Package 1pc

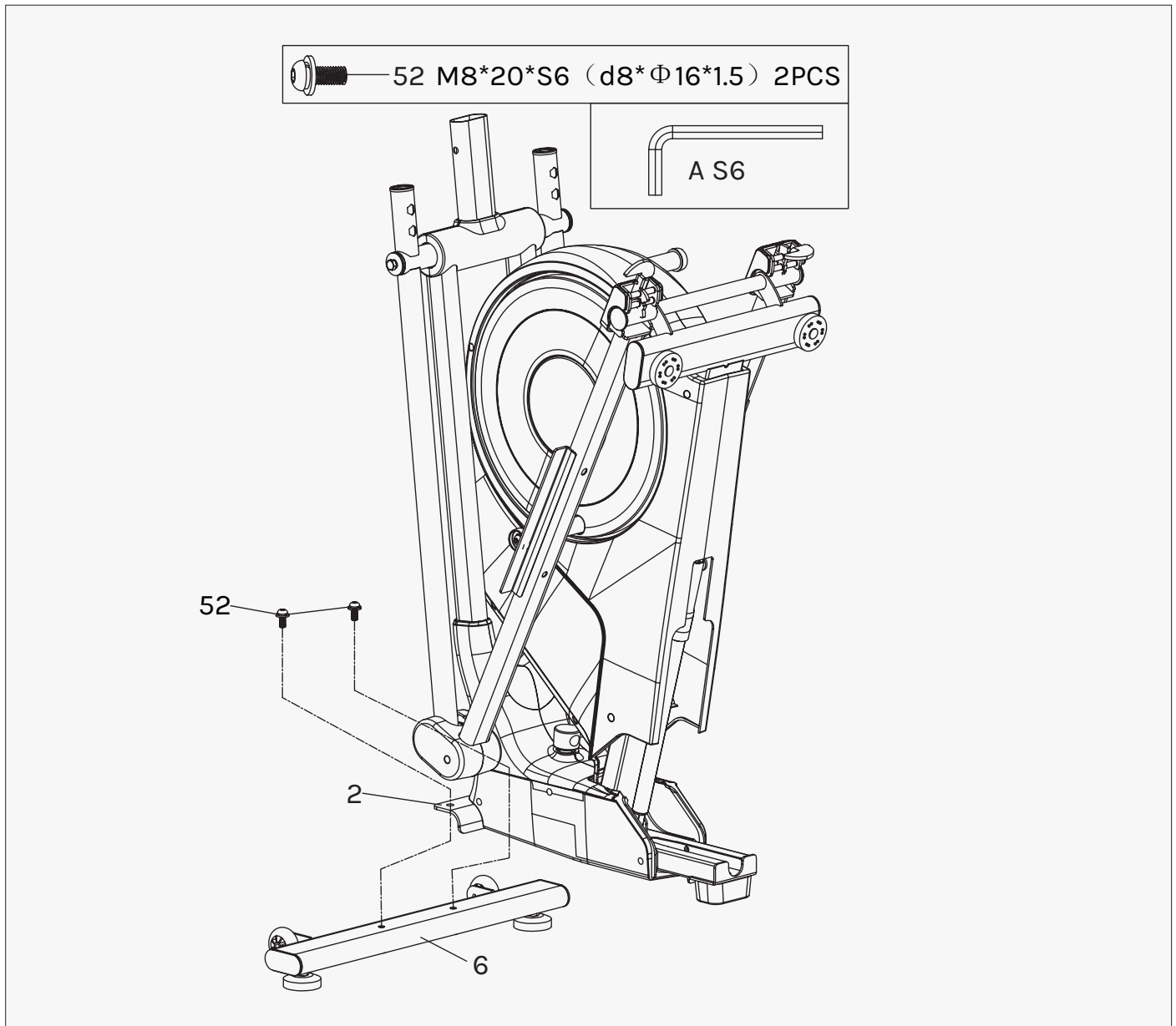


User Manual 1pc



Console 1pc

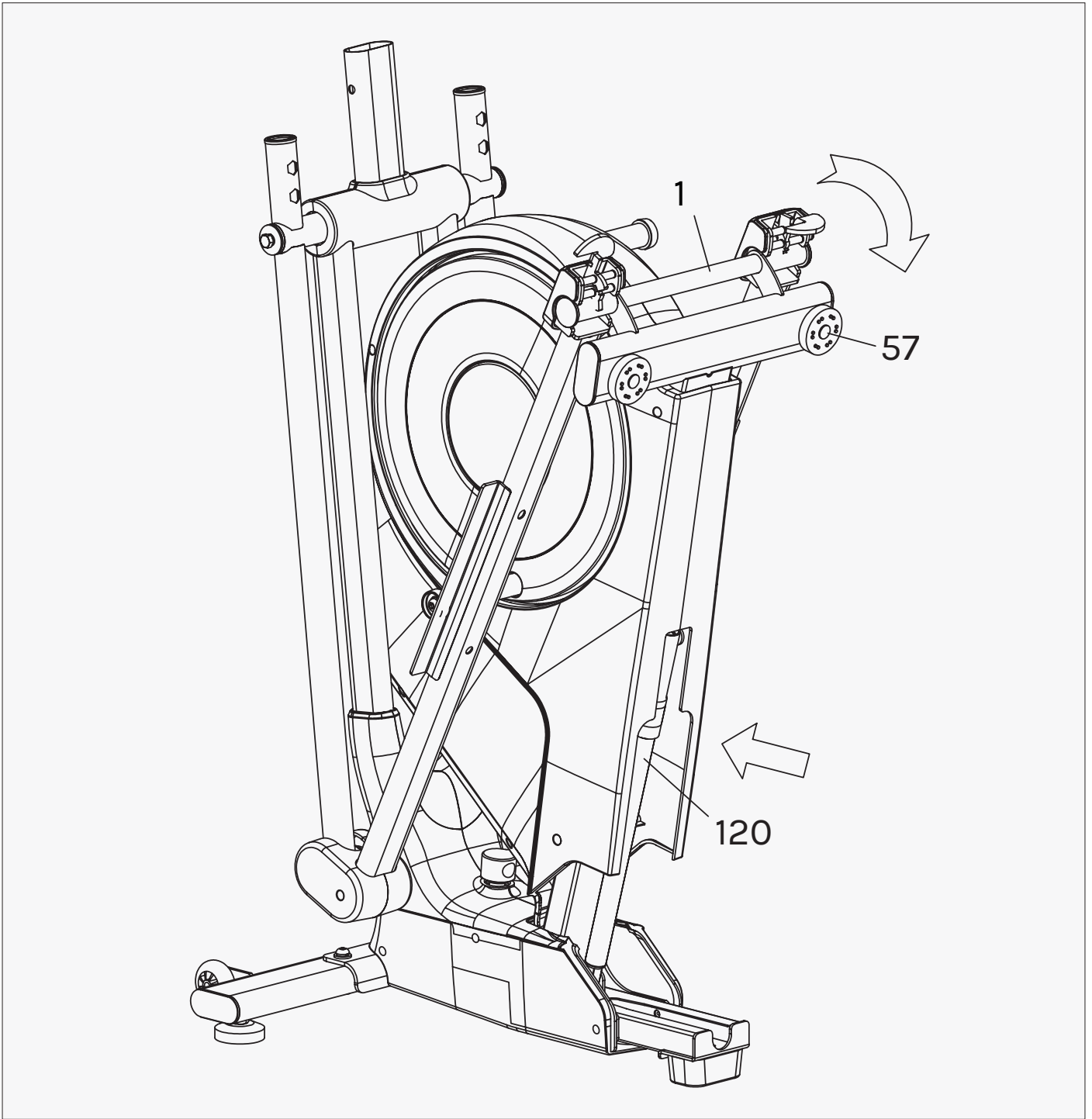
V. ASSEMBLY INSTRUCTIONS



Some parts and screws are pre-installed on the machine and may require uninstalling and reinstalling.

Step 1: Install the Feet

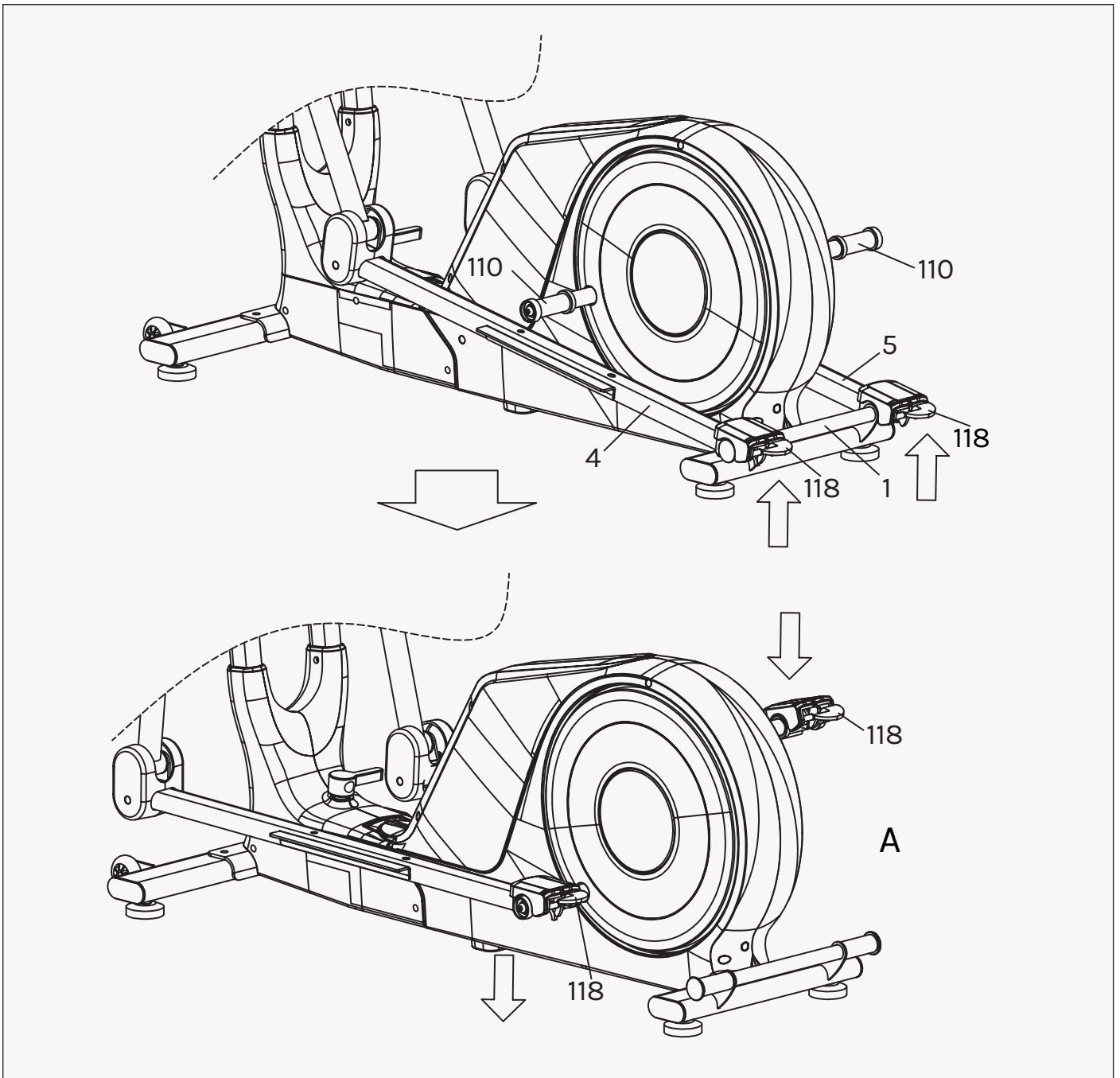
1. Remove the parts from the box and any protective packaging from the parts.
2. Use spanner (A) to remove the pre-assembled bolt (52) from the front stabilizer (6).
3. Align the front stabilizer (6) with the handlebar post (2), then reattach and tighten the bolt (52) using spanner (A).



Step 2: Unfold the Main Frame

1. Grasp the handle tube of the main frame (1) with your right hand and press it downwards. Then, use your foot to kick the cylinder (120). Keep holding the frame.
2. Once released, the main frame will unfold, and you can gently lower until the foot pad (57) touches the floor.

! **NOTE!** Ensure that people and pets are at a safe distance during this process to avoid accidents.

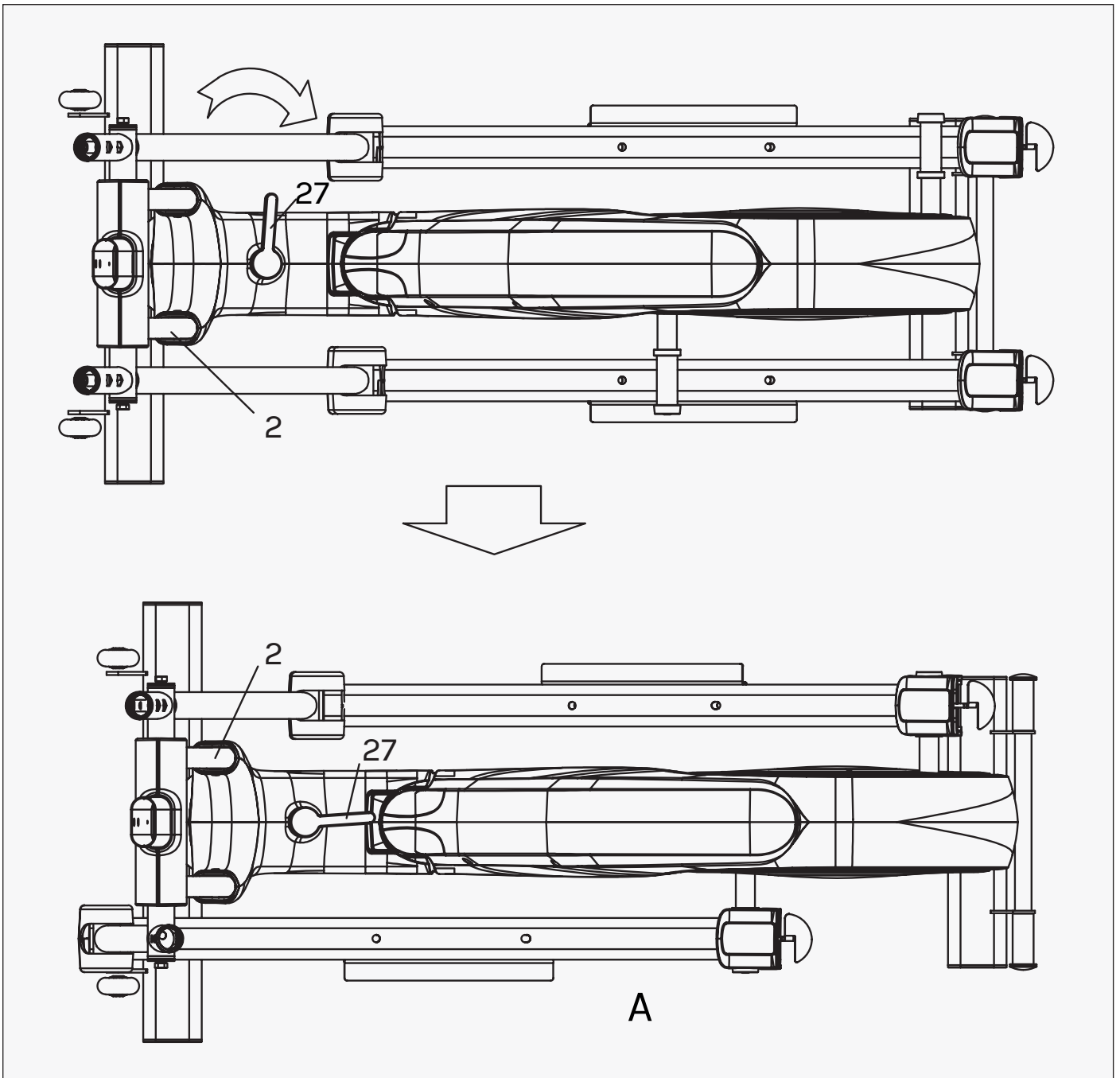


Step 3: Secure the Connecting Rods

1. Once the machine is stable, lift the red buckle (118) by hand to release the connecting rod (4) from the handle tube of the main frame (1).
2. Press the connecting rod (4) down onto the centre of the bushing (110) until you hear a "click" sound, indicating it is securely in place (see Figure A).
3. Repeat the same procedure on the opposite side for connecting rod (5).



NOTE: After installation, for safety, lift both connecting rods (4) and (5) to ensure they are securely locked into the bushings (110) and are positioned at the centre.

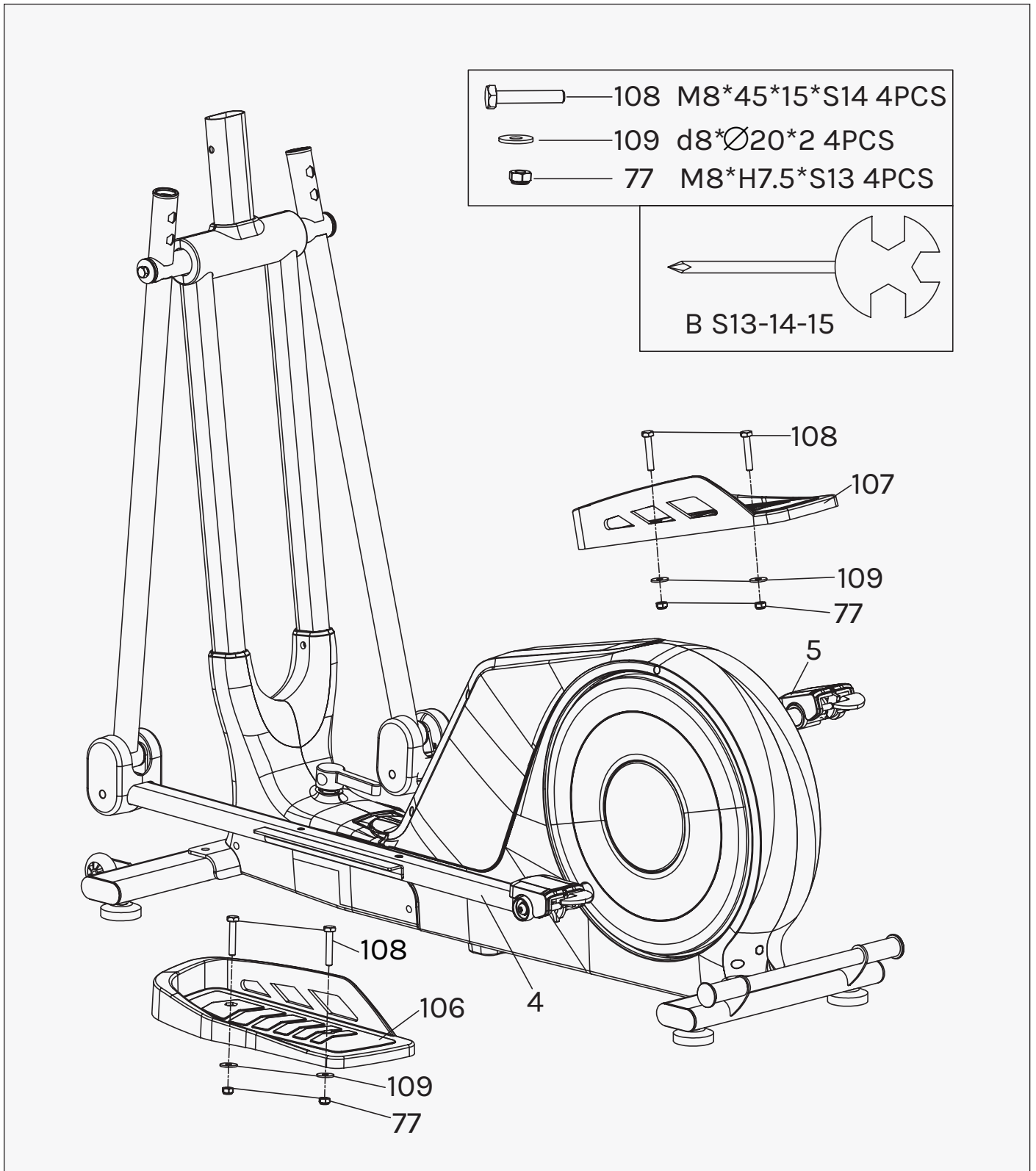


Step 4: Lock the Main Frame

1. While gently pushing the handlebar post (2) with your left hand, use your right hand to grasp the L-shaped handle (27) and rotate it clockwise until it is fully tightened. This will secure the main frame in place (see Figure A).

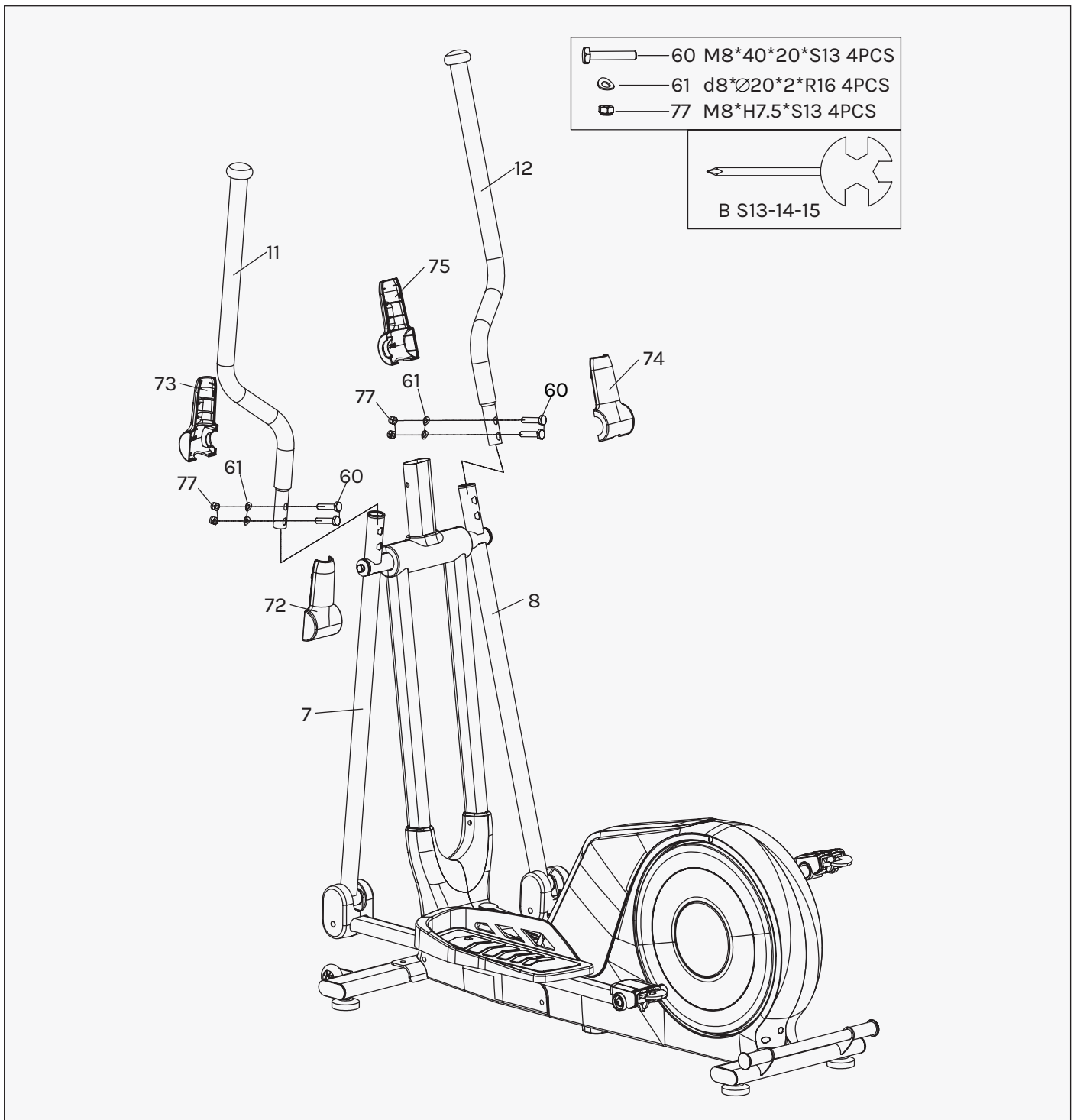


NOTE: Ensure the L-shaped handle is tightened properly; otherwise, the frame may become unstable or shake during use.



Step 5: Attach the Pedals

1. Attach the left pedal (106) to the left connecting rod (4) using bolts (108), flat washers (109), and nuts (77). Tighten securely with spanner (B).
2. Attach the right pedal (107) to the right connecting rod (5) using bolts (108), flat washers (109), and nuts (77). Tighten securely with spanner (B).



Step 6: Attach Handlebars and Swing Rod Covers

1. Attach the left handlebar (11) to the left swing rod (7) using bolts (60), arc washers (61), and nuts (77). Tighten securely with spanner (B).

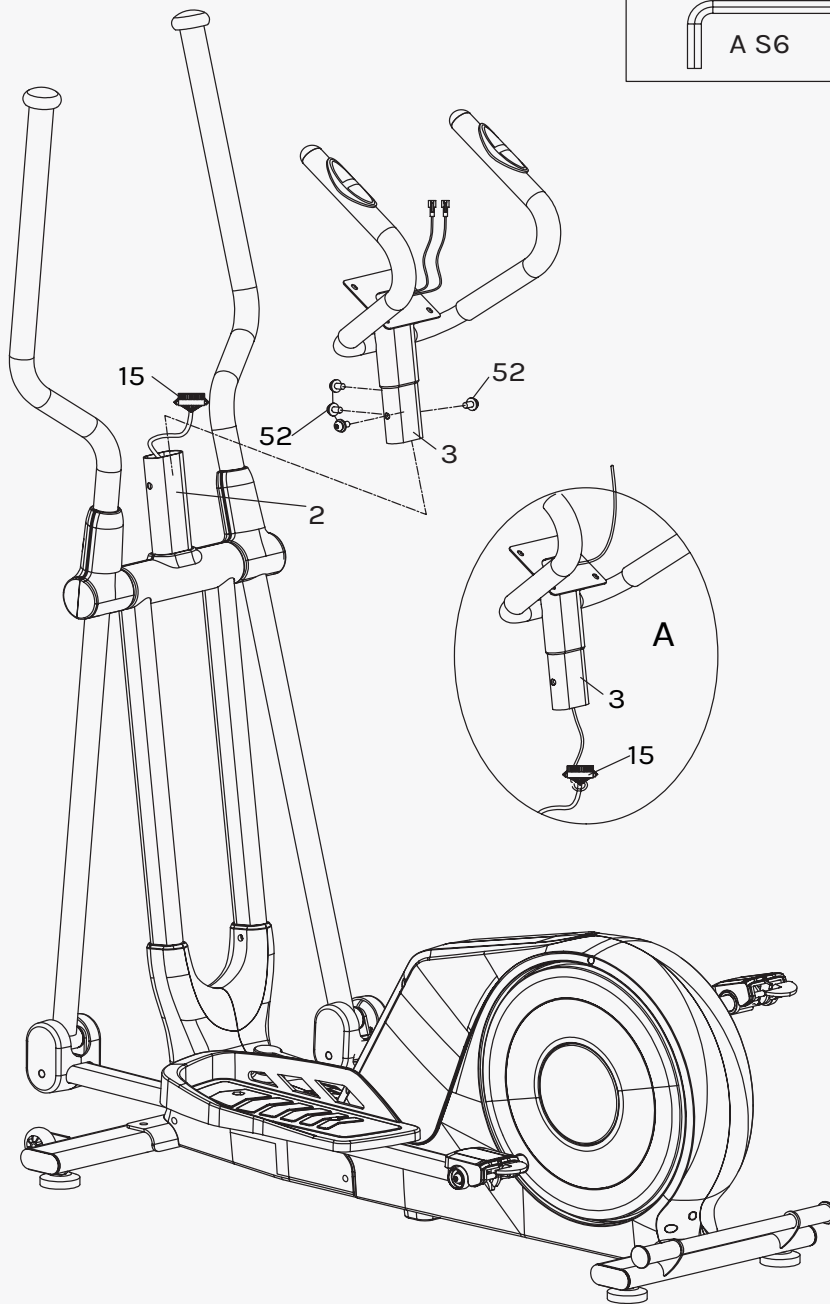
Attach the right handlebar (12) to the right swing rod (8) using bolts (60), arc washers (61), and nuts (77). Tighten with spanner (B).

2. Install the front swing rod cover L (72) and rear swing rod cover L (73) onto the left swing rod (7), then press them together until they snap into place.

Repeat for the right side by installing the front swing rod cover R (74) and rear swing rod cover R (75) onto the right swing rod (8), pressing to combine.

52 M8*20*S6 (d8*Φ16*1.5) 4PCS

A S6

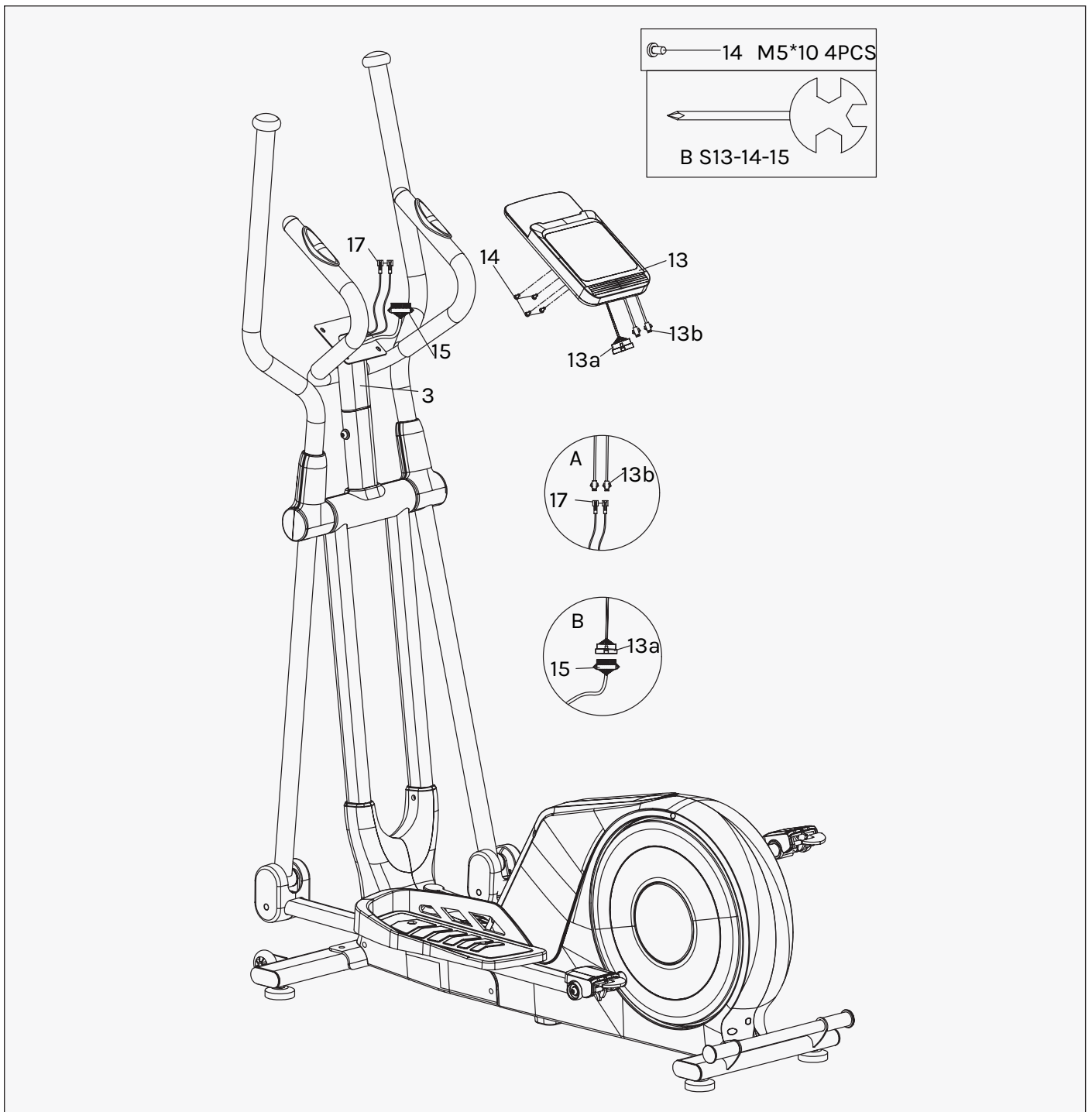


Step 7: Install the Middle Handlebar

1. Use spanner (A) to remove the pre-installed bolt (52) from the middle handlebar (3).
2. Carefully pull the auxiliary wire from the trunk wire (15) through the middle handlebar (3) (see Figure A).
3. Insert the middle handlebar (3) into the handlebar post (2) and secure it using the bolt (52). Tighten with spanner (A).



CAUTION: Be careful not to pinch or damage the cables during installation. Ensure all wires are properly routed and clear of any pinch points before tightening the bolts.



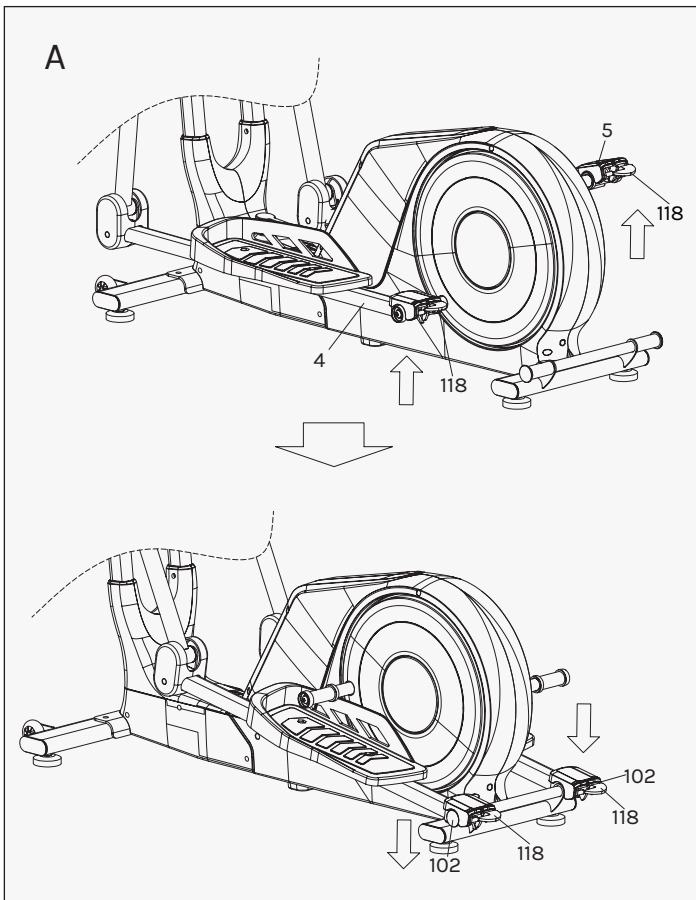
Step 8: Install the Console and Connect Power

1. Use spanner (B) to remove the pre-installed screws (14) from the console (13). Set aside for install later.
2. Connect the console wire (13b) to the hand pulse wire (17) (see Figure A).
3. Connect the console wire (13a) to the trunk wire (15) (see Figure B).
4. Attach the console (13) to the middle handlebar (3) and secure it with screws (14, step 1) using spanner (B).
5. Insert the adapter (19) into the power wire (18), then plug the other end into a home power outlet.



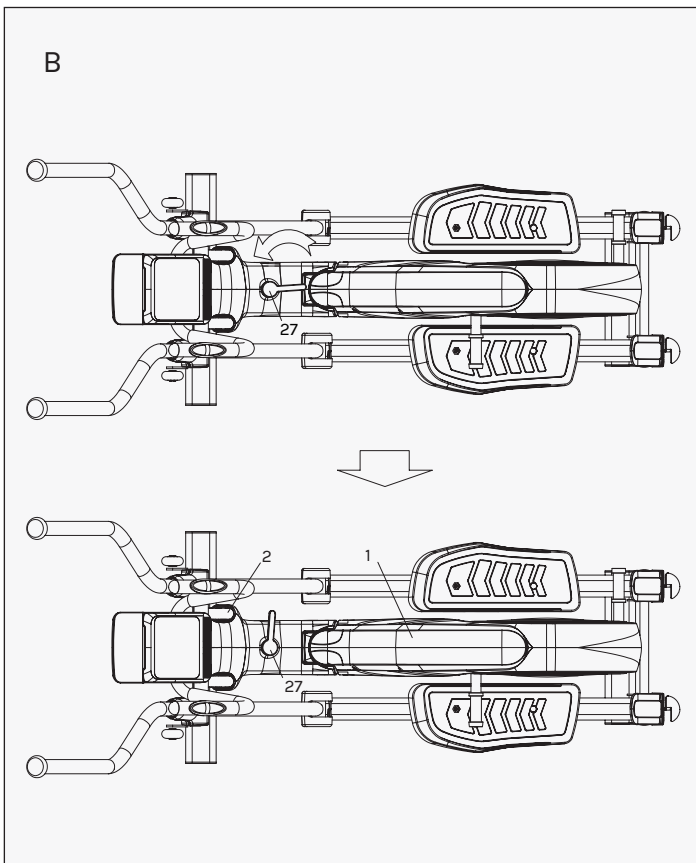
NOTE: Ensure all wire connections are secure, and no cables are pinched during installation.

VI. ADJUSTMENTS & FOLDING INSTRUCTIONS

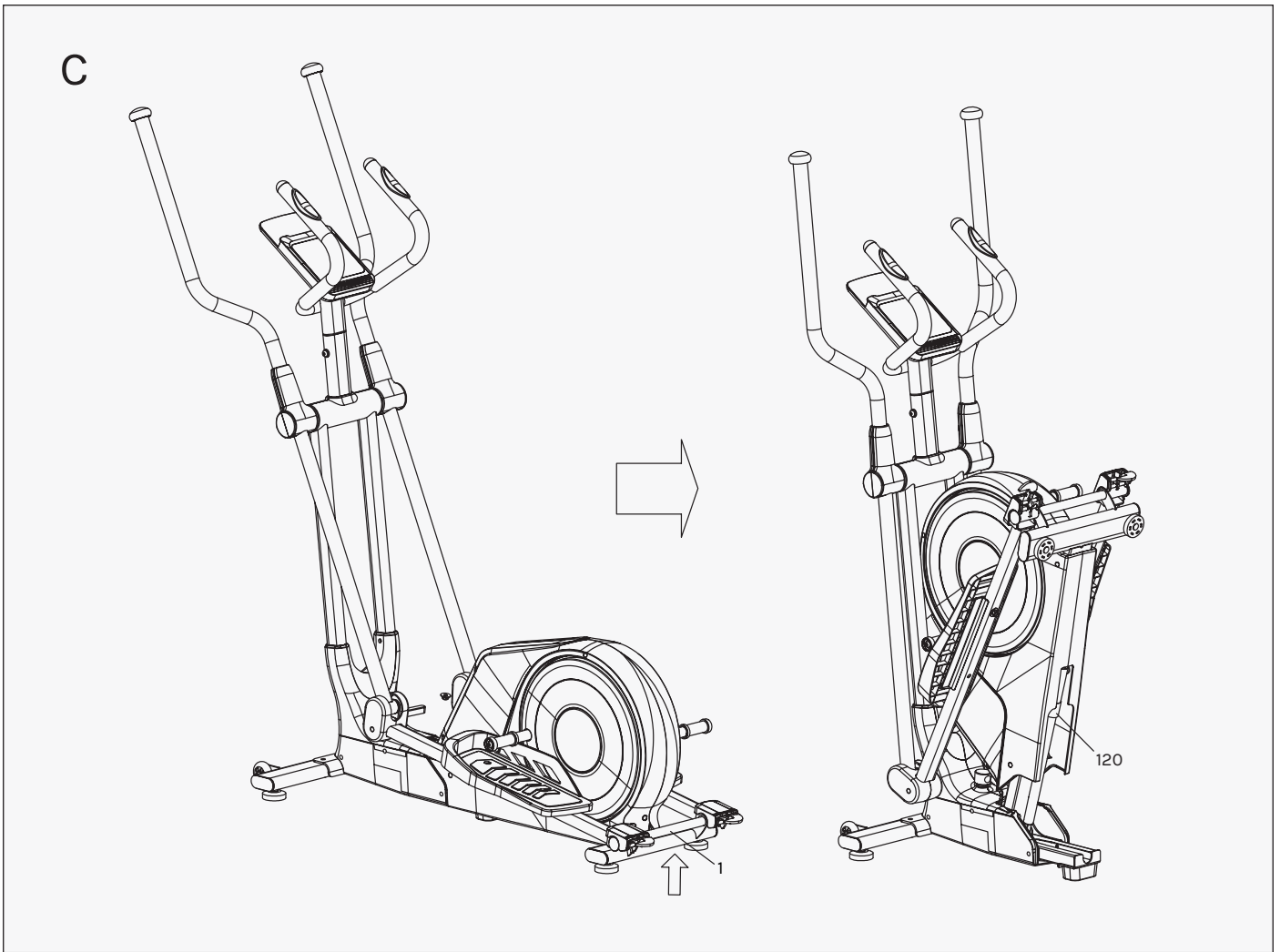


TO FOLD THE MACHINE:

1. Lift the red buckle (118) by hand to release the connecting rod (4) from the handle tube of the main frame (1).
2. Press the connecting rod (4) onto the centre of the bushing (102) until you hear a "click" sound, indicating it is securely in place (see Figure A).
3. Repeat the same process on the opposite side for the other connecting rod.



4. Rotate the L-shaped handle (27) counterclockwise to loosen it (see Figure B).



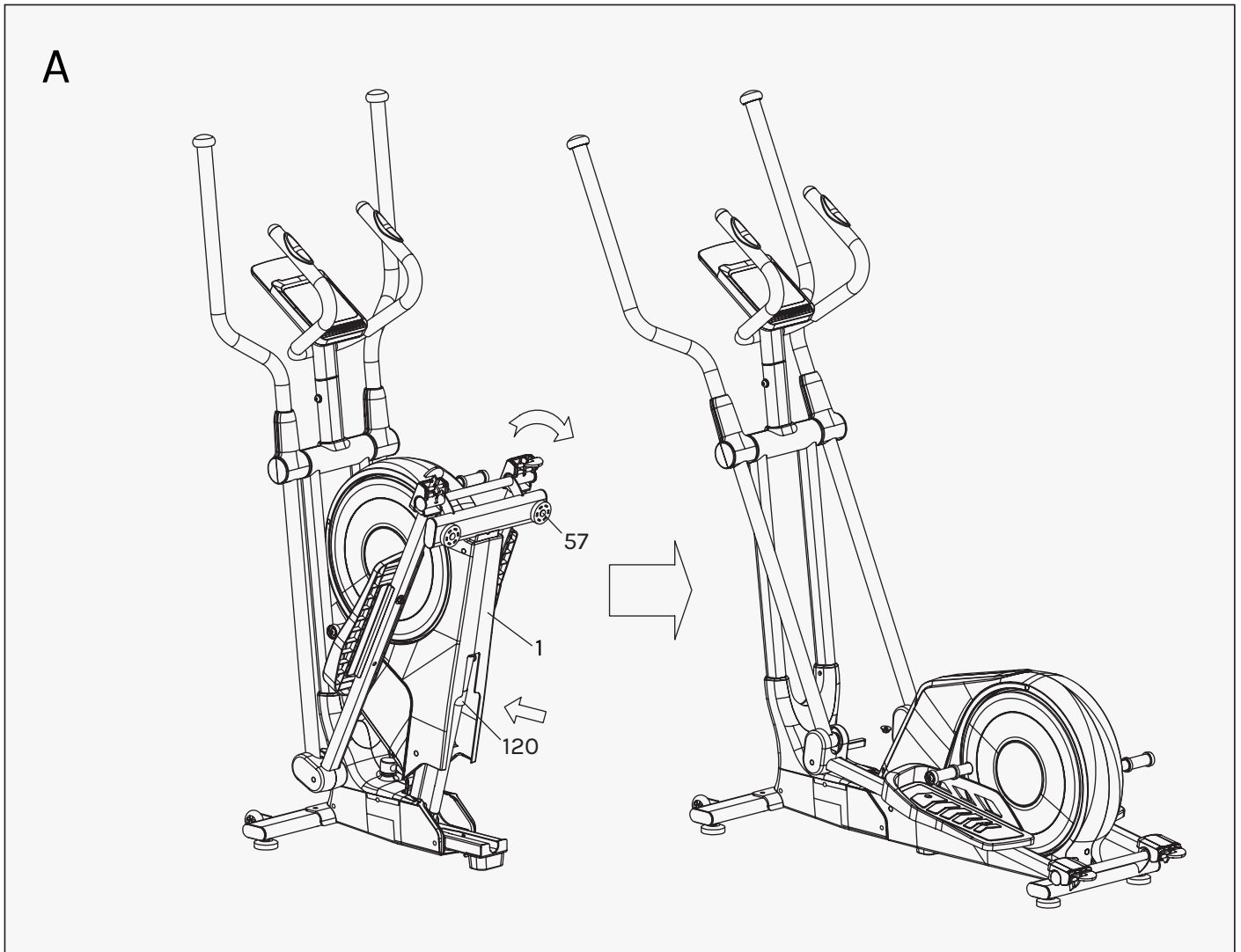
5. Grasp the handle tube of the main frame (1) and lift it upwards until you hear a "click" sound, indicating it is securely locked in place (see Figure C).

! **NOTE:** Once folded correctly, the main frame will remain securely upright and will not fall.

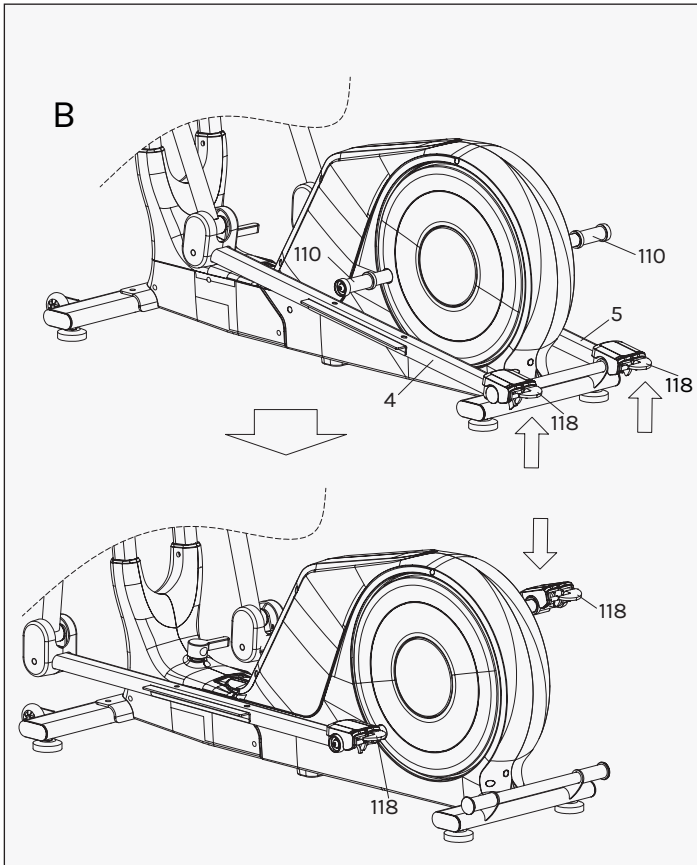
FOLDING IS NOW COMPLETE!

TO UNFOLD THE MACHINE:

1. Grasp the handle tube of the main frame (1) with your right hand and press it downwards. Then, use your foot to gently kick the cylinder (120).
2. Release your right hand—the main frame will automatically lower until the foot pad (57) touches the floor (see Figure A).



CAUTION: Keep hands, feet, and nearby objects clear of the frame while unfolding to avoid injury. Ensure children and pets are at a safe distance.

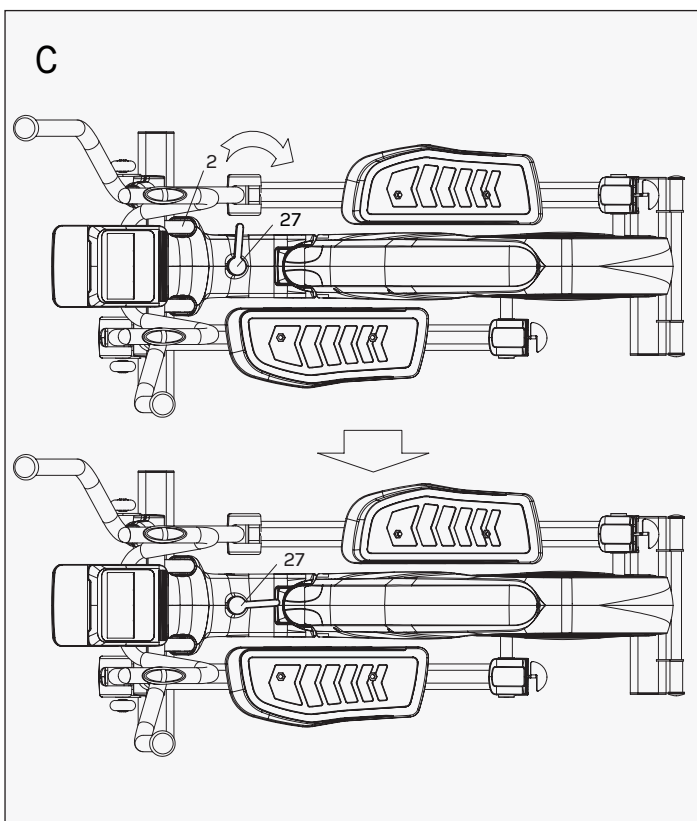


3. Once the machine is stable, lift the red buckle (118) by hand to release the connecting rod (4) from the handle tube of the main frame (1).

Press the connecting rod (4) onto the centre of the bushing (110) until you hear a "click" sound, indicating it is securely locked in place (see Figure B).

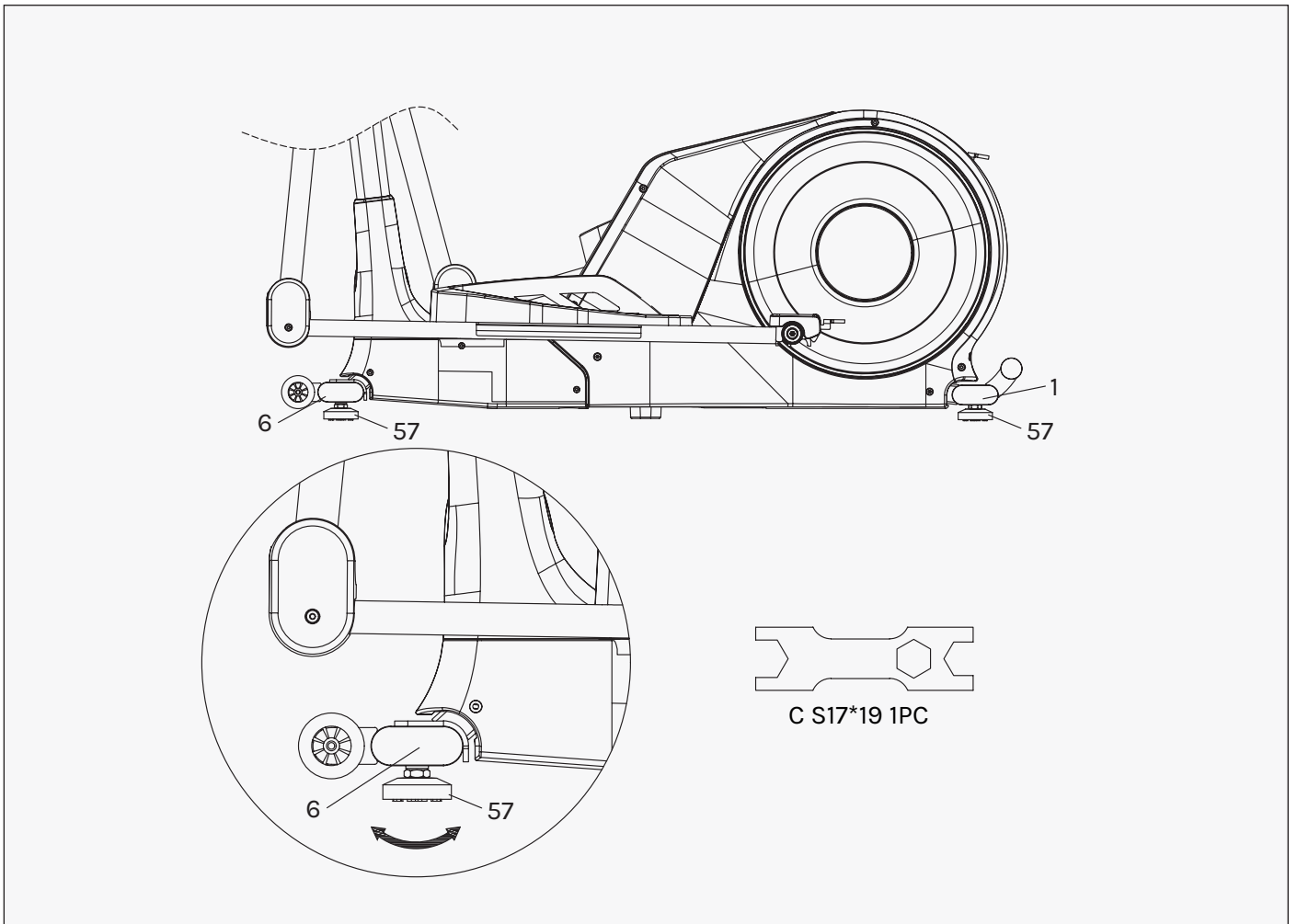
Repeat the same procedure on the opposite side for connecting rod (5).

! **NOTE:** After installation, lift both connecting rods (4) and (5) slightly to ensure they are securely locked into the bushings (110). Both rods should be positioned in the centre of the bushings for proper alignment and safety.



4. Gently push the handlebar post (2) forward with your left hand. With your right hand, grasp the L-shaped handle (27) and rotate it clockwise until it is fully locked. This secures the main frame in a fixed and stable position (see Figure C).

! **NOTE:** Make sure the L-shaped handle is tightly secured. A loose handle may cause the frame to shake during use.



FLOOR LEVELLERS:

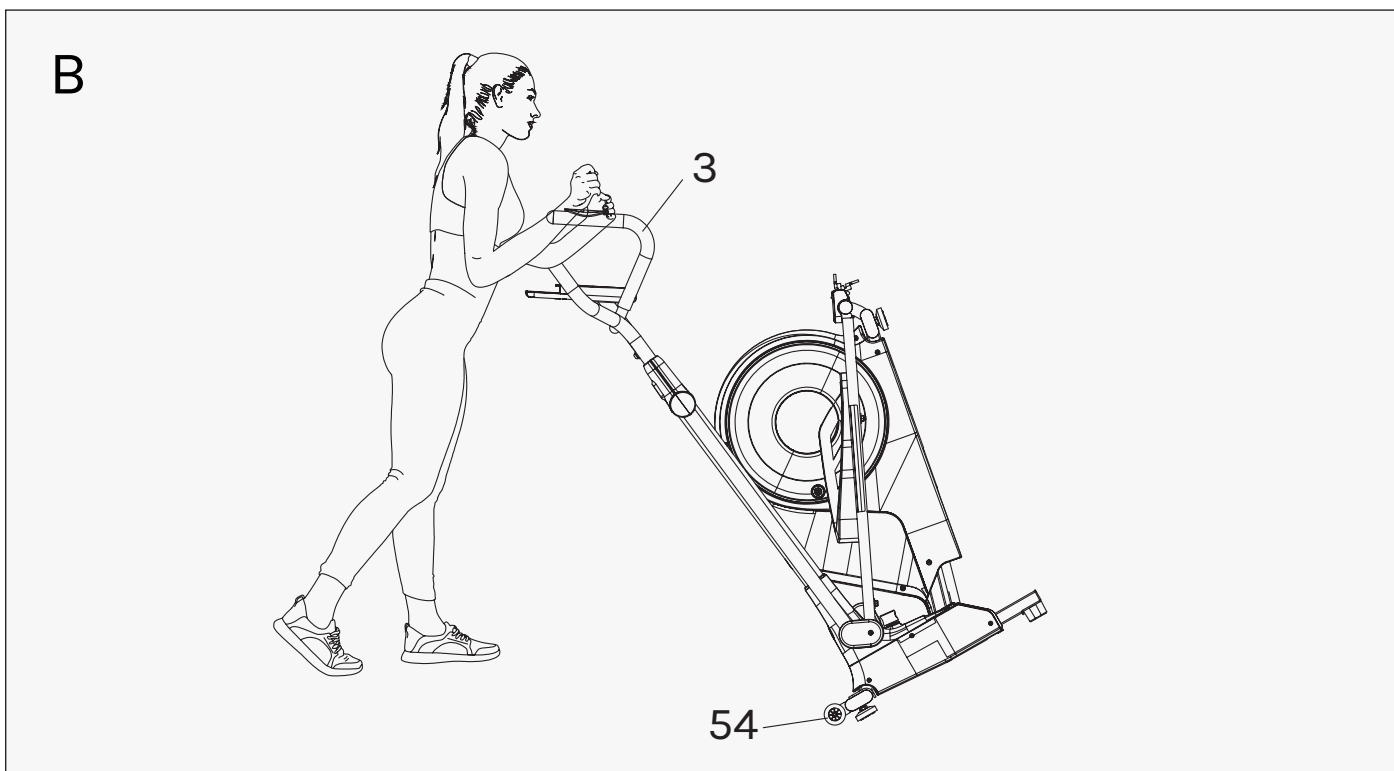
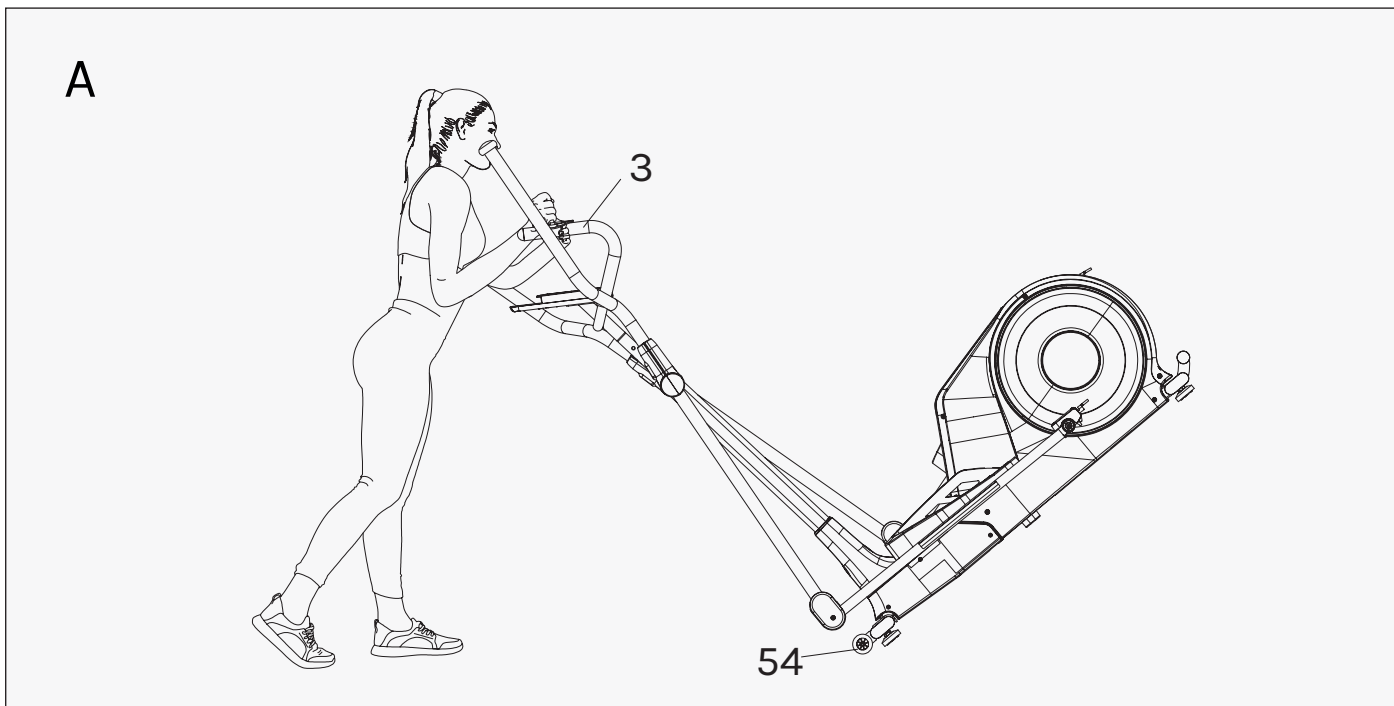
If the machine feels unbalanced during use, you can adjust the foot pad (57) located beneath the front stabilizer (6) or the main frame (1).

As shown in Figure A, rotate the foot pad (57) clockwise or counterclockwise to level and stabilize the machine. Once the machine is stable, tighten the nut using spanner (C) to secure the adjustment.

MOVE THE MACHINE

To move the machine (whether folded or unfolded), stand at the front and firmly grasp the middle handlebar (3). Press down firmly until the transport wheels (54) make contact with the ground.

Once the wheels are touching the ground, you can easily roll the machine to your desired location (see Figures A and B).



VII. OPERATION GUIDE

FUNCTION



1. PROGRAM SELECTION: 21 PROGRAMS AVAILABLE

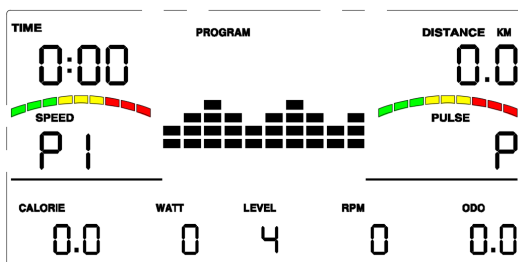
A. MANUAL PROGRAM

1. Press the **UP** or **DOWN** button to select the program you prefer.
2. The Resistance Level will be displayed (Range: 1-16).
3. Press **ENTER** to confirm your selection and proceed to the time, distance, and calorie setting screen.
4. The Time, Distance, and Calories fields will flash. Use the **UP** and **DOWN** buttons to set your desired values.
5. Press **ENTER** to confirm each setting, then press **START/STOP** to begin your workout.

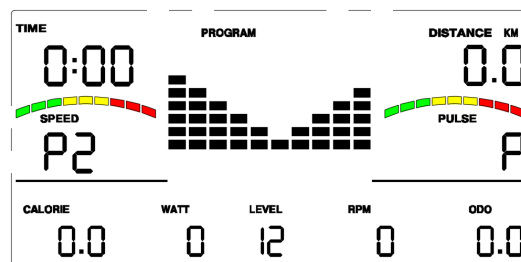
B. PRESET PROGRAMS (P1-P10)

10 built-in preset program profiles are available, labelled **P1 to P10**. These offer various intensity levels and training patterns to suit different fitness goals.

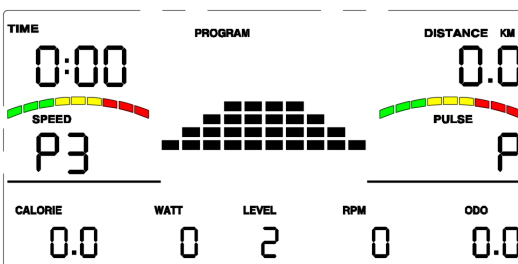
(Refer to the program chart or user manual for profile details.)



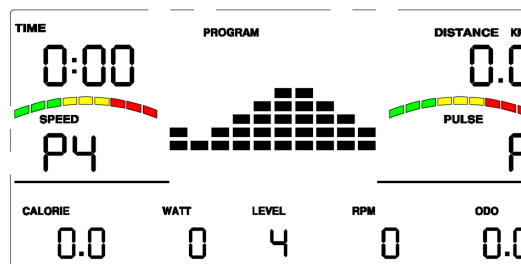
P1: Rolling



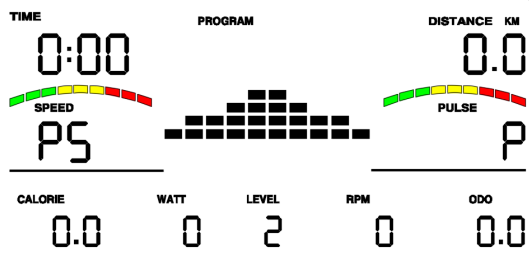
P2: Valley



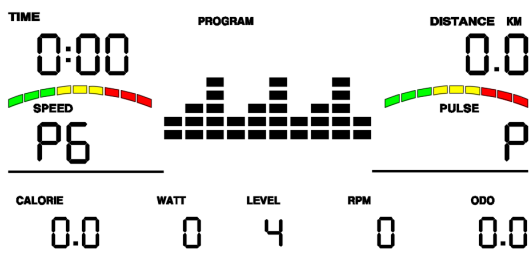
P3: Fat Burn



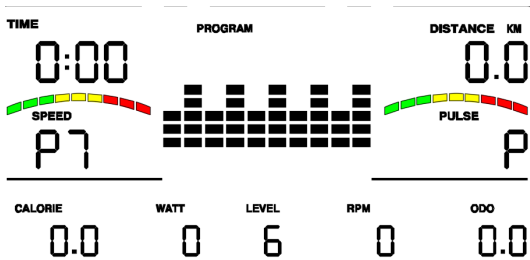
P4: Ramp



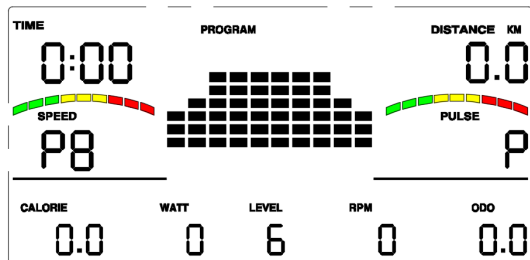
P5: Mountain



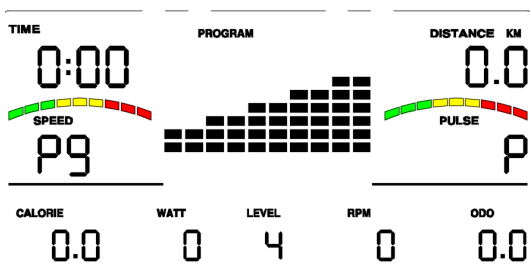
P6: Interval



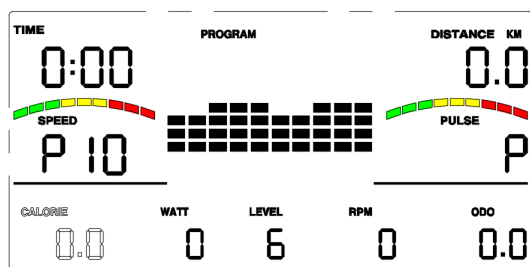
P7: Cardio



P8: Endurance



P9: Slope



P10: Rally

1. Press **ENTER** to confirm your program selection and proceed to the Time, Distance, and Calorie setting screen.

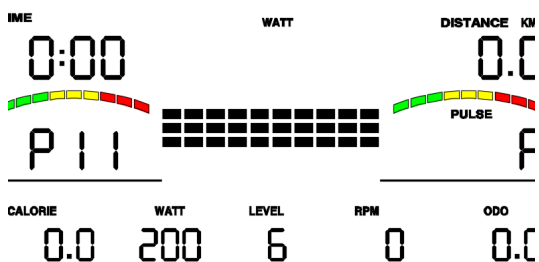
2. The Time, Distance, and Calorie values will begin flashing. Use the **UP** and **DOWN** buttons to set your desired values.

Press **ENTER** to confirm each setting, then press **START/STOP** to begin your workout.

3. The display features 10 columns of loading bars, with 8 bars per column:

- Each column represents 1 minute of workout time (if **TIME** is set).
- In preset programs, time is evenly divided: Total **TIME** ÷ 10 per column.
- Each bar represents 2 resistance levels.
- In Manual Mode, resistance can be adjusted freely during the workout.

C. WATT CONTROL PROGRAM (P11)



P11: Watt Program

1. The **WATT** display will begin flashing. Use the **UP** and **DOWN** buttons to set your desired watt level. Press **ENTER** to confirm your selection, then press **START/STOP** to begin your workout.

2. **WATT** Range: The watt value can be set between 10 and 300, in increments of 5.

3. How It Works:

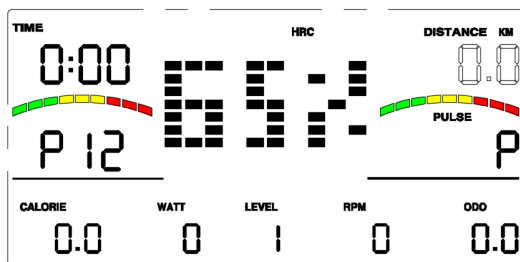
The watt value is determined by the combination of torque and RPM.

In this program, the machine automatically adjusts resistance to maintain a constant watt output:

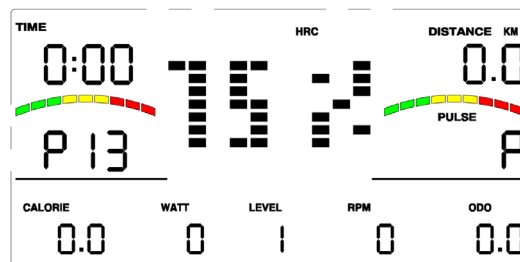
- If you pedal faster, resistance decreases.
- If you pedal slower, resistance increases.

This ensures your effort remains consistent at the selected watt level throughout the workout.

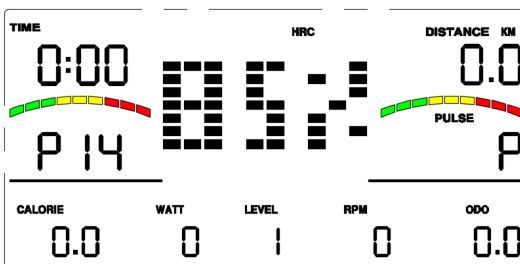
D. HEART RATE CONTROL PROGRAM (P12-P14)



P12: 65% H.R.



P13: 75% H.R.



P14: 85% H.R.

1. Press **ENTER** to select the Heart Rate Control program and enter the **AGE** setting window. Use the **UP** and **DOWN** buttons to set your age (range: 10–99), then press **ENTER** to confirm. Press **START/STOP** to begin the workout.

2. The program calculates your target heart rate based on your age.

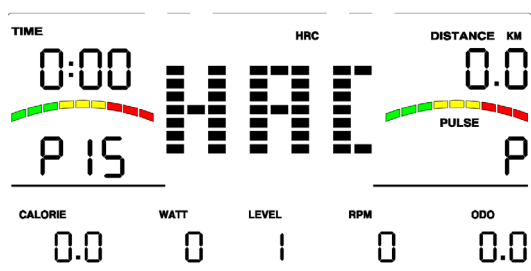
3. How It Works:

During the workout, your heart rate is influenced by both your resistance level and pedalling speed.

- If your current heart rate exceeds the preset target, the system will automatically reduce resistance, or you can choose to slow down.
- If your heart rate is below the target, the system will increase resistance, or you may choose to speed up.

This program helps you stay within your optimal heart rate zone for effective and safe training.

E. HEART RATE CONTROL PROGRAM (P15)



P15: HAC

1. When the target heart rate begins flashing, use the **UP** and **DOWN** buttons to set your desired heart rate.

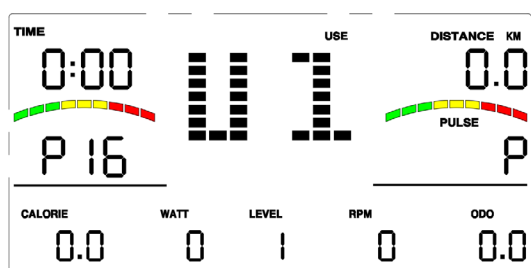
Press **ENTER** to confirm the value, then press **START/STOP** to begin your workout.

2. How It Works:

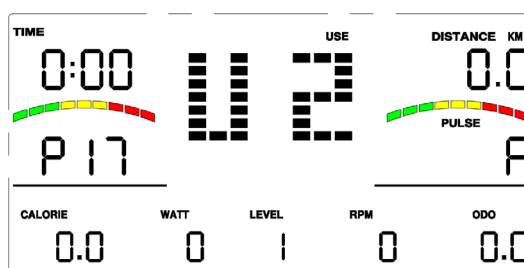
During exercise, your heart rate is affected by your pedalling speed and resistance level.

- If your current heart rate exceeds the target, the system will automatically reduce resistance, or you may slow down.
- If your heart rate is below the target, the system will increase resistance, or you may speed up.

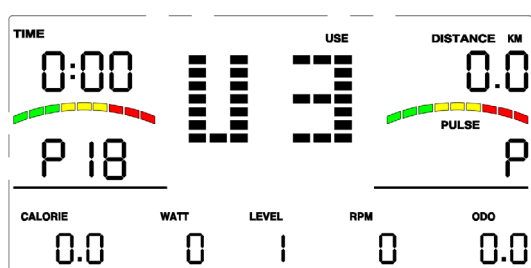
F. USER PROFILE PROGRAMS: CUSTOM1-CUSTOM5 (P16-P19)



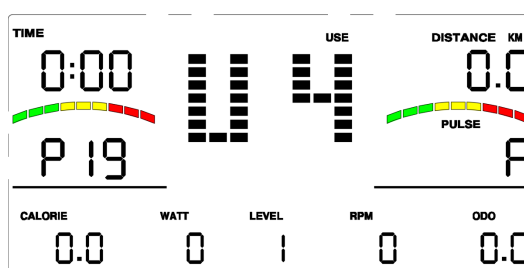
P16: U1



P17: U2



P18: U3



P19: U4

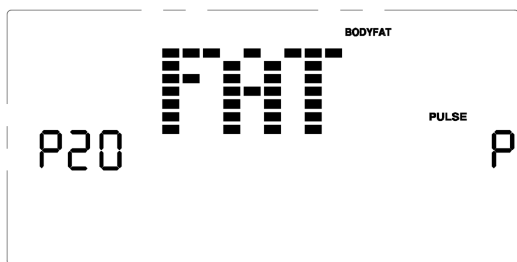
1. The first resistance level will begin flashing. Use the **UP** and **DOWN** buttons to set your desired resistance level for the first segment.

2. Press **ENTER** to confirm, then repeat this process to set resistance levels for segments 2 through 10.

3. Once all levels are set, press **START/STOP** to begin your workout.

This program allows you to fully customise the resistance profile across 10 segments for a personalised training experience.

G. BODY FAT PROGRAM (P20)



1. While the machine is in idle mode (not exercising), press **ENTER** to enter the body fat parameter settings.

You will set the following in sequence:

- User Number (1-8)
- Height (cm)
- Gender
- Age (years)
- Weight (kg)

Use **UP** and **DOWN** buttons to adjust values, and press **ENTER** to move to the next setting.

2. After completing all settings, hold the pulse sensors and press **START/STOP**.

Your body fat percentage will display within 10 seconds.

Press **START/STOP** again to exit the test.



NOTE! If no signal is detected within 10 seconds during the test, the display will show **Er.2** to indicate no test subject was sensed.

BODY FAT 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%

BUTTONS FUNCTION:

1. ENTER

- In Stop Mode:
 - Press to enter program selection or to adjust flashing values in the display windows.
 - When selecting a program, press **ENTER** to confirm your choice.
 - During value setting (e.g., time, distance, calories), press **ENTER** to confirm each preset value.
- In Start Mode:
 - Press to toggle the display between Speed, RPM, or Auto-Switching.

2. START/STOP

- Press to start or pause/stop a program.
- Hold for 2 seconds during any mode to reset the console.
- Hold **ENTER + START/STOP** together for 2 seconds to reset the console and ODO (odometer).

3. UP (+)

- In Stop Mode:
 - When program names flash, press to scroll up through available programs.
 - When a value (e.g., time or resistance) flashes, press to increase it.
- In Start Mode:
 - Press to increase resistance during exercise.

4. DOWN (-)

- In Stop Mode:
 - When program names flash, press to scroll down through available programs.
 - When a value flashes, press to decrease it.
- In Start Mode:
 - Press to decrease resistance during exercise.

5. RECOVERY

- After measuring your current heart rate, press this button to start a Pulse Recovery Test.
- Press again to exit Recovery Mode.

NOTE:

1. Button functions may vary slightly depending on the model—follow specific model instructions as needed.
2. When using pulse or function selection features, ensure your finger is fully covering the sensor or control area to avoid errors.

SYSTEM OPERATION & FEATURES

1. Powering On

- Plug one end of the adapter into an AC power source and the other into the computer console.
- The console will beep and enter initial mode.

2. User Data Storage

- **P16–P19:** Stores data for 4 custom user programs.
- **P20:** Stores data for 8 user profiles (User 1–8).

3. Auto Power-Off Function

- If there is no operation, no speed, or no pulse signal for over 4 minutes, the computer will automatically shut off.
- Before shutting down, it will:
 - Save your current exercise data.
 - Reset resistance to the minimum level.
- The console will automatically power back on when any button is pressed or the machine detects motion.



E1 ERROR PROMPT

- If the E1 icon appears after powering on, it indicates that the motor is not detected.
- In this state, all key functions are disabled.



4. SPEED

The speed display will change colour depending on your movement speed, ranging from yellow (low) to red (high).



5. PULSE

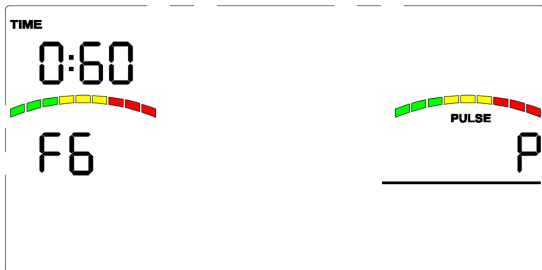
The heart rate display will also change colour based on your heart rate level, from yellow to red, indicating intensity.

PULSE RECOVERY TEST

The Pulse Recovery Test evaluates heart strength by comparing your heart rate before and after exercise.

To perform the test:

- A. Hold the pulse sensors with both hands to display your current heart rate.
- B. Press the **RECOVERY** button to begin the test – the machine will enter stop mode.



- C. Keep holding the sensors to maintain heart rate detection.
- D. A 60-second countdown will begin.
- E. Once time reaches 0, the console will display a result from F1 to F6:

- F1 = Excellent
- F2 = Good
- F3 = Fair
- F4 = Below Average
- F5 = No Good
- F6 = Poor

F. If no heart rate is detected at the beginning, pressing **RECOVERY** will not start the test.

You can press **RECOVERY** again during the test to cancel and return to stop mode.

SPECIFICATIONS

Function	Description	Range
SPEED (KM/H)	Displays your current speed.	0.0 – 99.9 KM/H
RPM	Displays current revolutions per minute.	0 – 999
TIME	Accumulated exercise time.	0:00 – 99:59 (minutes: seconds)
	Preset time range: 0:00 – 99:00. Counts down to 0:00. Alarm sounds when complete.	
DISTANCE (DIST)	Accumulated exercise distance.	0.0 – 99.9 KM
	Preset distance range: 0.0 – 99.0 KM. Alarm sounds at 0.0.	
ODO	Total accumulated distance (all users).	0.0 – 999.9 KM
CALORIE	Accumulated calories burned.	0.0 – 999.9
	Preset calorie range: 0.0 – 990. Alarm sounds when 0.0 is reached.	
PULSE	Displays heart rate during exercise.	40 – 240 BPM
USER	User selection number.	1 – 8
HEIGHT	User height input.	100 – 250 cm
AGE (YEAR)	User age input.	10 – 99
WEIGHT	User weight input.	20 – 150 kg
RESISTANCE LEVEL	Current resistance level during exercise.	1 – 16
WATT	Display of exercise power.	10 – 300 (increments of 5)

POWER SUPPLY

Specification	Details
Input	AC 100–240V
Output	9V DC, 1000mA

VIII. EXERCISE GUIDE

ⓘ PLEASE NOTE:

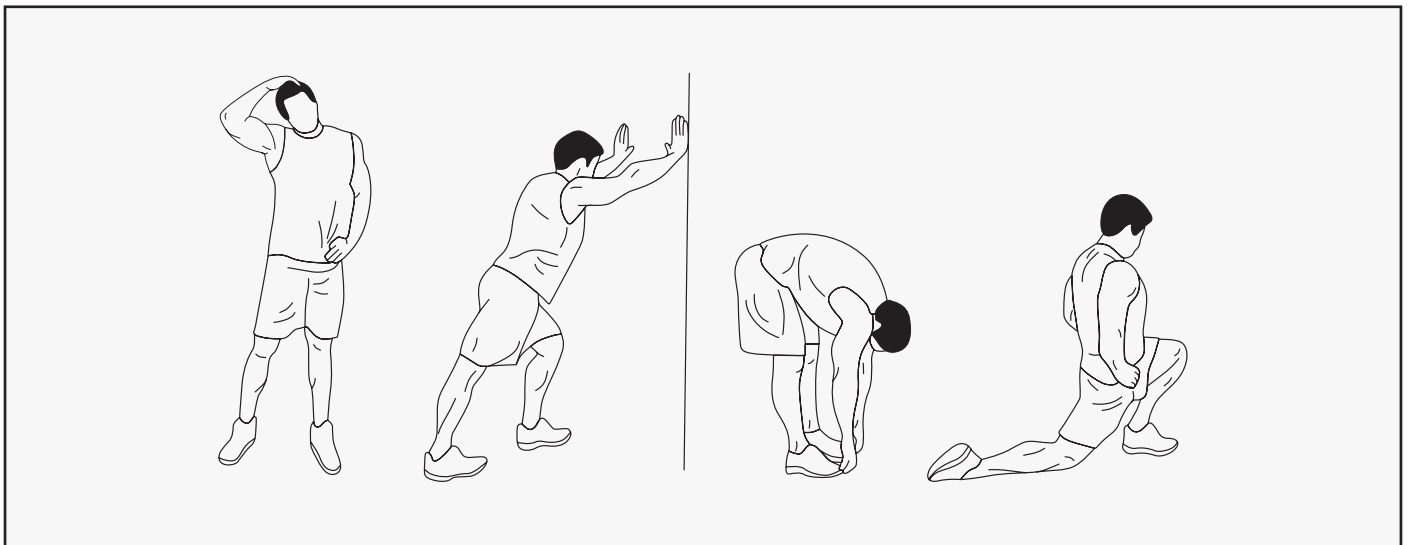
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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 a great way to control your weight, improve 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

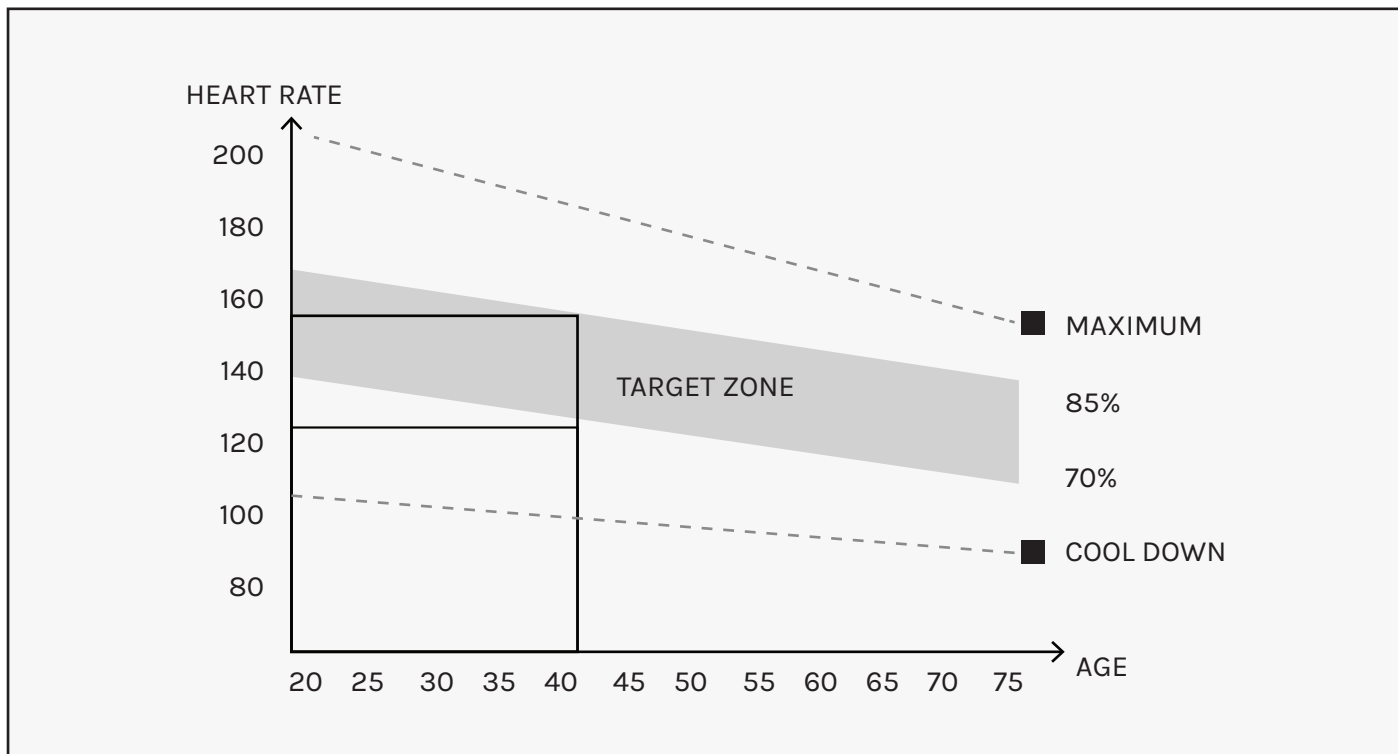
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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.

IX. 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



X. 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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