

C3-DT

LifeSpanTM

Desktop Cycle

Owners Manual

For safe use and product knowledge, please
completely read this Product OWNERS MANUAL.

v. 1.0

Welcome to LifeSpan

Congratulations on choosing the LifeSpan desktop cycle. This desktop cycle gives you the opportunity to remain productive while taking care of yourself as you integrate movement with normally sedentary tasks.

The average American now spends 11 hours, 5 days a week, sitting, and burns 100 fewer calories each day than they did a few decades ago. Sitting for long periods slows your metabolism, reduces calories burned, and increases your risk for heart disease and diabetes.

Whether you plan on placing the desktop cycle in a TV room, replacing your desk at home or adding a new workspace in the office, the desktop cycle is a great way to add movement to an otherwise sedentary activity.

Before you assemble or operate your desktop cycle, please read this manual thoroughly. Important information including safety precautions, ongoing product maintenance, assembly instructions and information on proper operation are included.

Remember that some types of service should only be performed by a qualified service technician.

Neither LifeSpan Fitness nor its representatives can accept responsibility for any damages or injury incurred as a result of information presented in this manual except under the terms of the product warranty.

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Limited Use Warranty

The LifeSpan C3-DT Desktop Cycle comes with the following warranty, which applies only for home use. Valid in the US and Canada only.

Warranty	(6 hr/day)
Frame:	Lifetime
Parts:	2 Years
Labor:	1 Years

LifeSpan Fitness warrants that the equipment it manufactures is free from defects in material workmanship under normal use and service. The periods above are based on the date of purchase. During these periods, LifeSpan Fitness will repair or replace any defective part. Free labor is included as outline above on all parts that are not normally assembled or replaced by the customer. The customer may be responsible to pay for the Service Technician's travel time where travel in excess of 20 miles (32 km) is required.

LifeSpan Fitness reserves the right to make changes and improvements to our products without incurring any obligations to similarly alter any product purchased. In order to insure our product warranty and to ensure the safe and efficient operation of your LifeSpan product, only authorized parts can be used. The warranty is void if any parts other than those provided by LifeSpan Fitness are used.

Exclusions and Limitations:

- This warranty does not apply to any defects caused by negligence, misuse, improper assembly or maintenance, accident, or an "act of god".
- This warranty does not apply to discoloration of paint or plastics.
- LifeSpan Fitness shall not be responsible for incidental or consequential damages.
- This warranty is nontransferable from the original owner.

Registration

You must register your LifeSpan product before a warranty claim can be processed. To complete your registration online go to www.lifespanfitness.com and click on Register Products, or fill out the warranty card provided and mail it today. Registration cards must be received by LifeSpan within 30 days of purchase to activate the Product Warranty. Product Warranties are not valid unless the registration is properly completed and received within 30 days.

Specifications

	C3-DT
Mechanics and Performance Seat Seat Adjustment Resistance System Pedals Flywheel Weight Max. User Weight Dimensions Transport Wheels	Molded, contoured seat Height - 19 positions Magnetic - Eddy Current Self balancing 18 lbs (8 kg) 400 lbs (181 kg) 22" W x 28" L (55cm W x 71cm L) Rear Mounted
US and Canada only	
Warranty Frame Parts Labor	(6 hr/day) Lifetime 2 Years 1 Year

Important Safety Precautions

When using exercise equipment, basic precautions should always be followed, including:

- Never drop or insert any object into any opening. If an object falls into an opening, unplug the power cord from the outlet. Remove the object or call customer service.
- Never operate your bike if it has been damaged.
- Do not use outdoors, near swimming pools or in areas of high humidity.
- Keep products on a solid, level surface. Do not operate on deeply padded, plush or shag carpet. Damage to the carpeting may result.
- Use the exercise product for its intended use as described in the Owners Manual.
- Do not use attachments that are not recommended by LifeSpan.
- Wear shoes with rubber or high traction soles.
- Do not use shoes with heels, leather soles, cleats or spikes.
- Keep hands and feet away from moving parts.

Children and Pets

- Keep children off your bike at all times.
- When in use, children and pets should be kept at least 10 feet (3m) away.

Other Safety Tips

- Always consult a physician before beginning this or any exercise program.
- If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.

Cleaning

- Clean only with mild soap and a slightly damp cloth. Never use solvents when cleaning.

Note: Read all instructions before beginning use.

Starting an Exercise Program

Starting an exercise program can sound like a daunting task, but just remember that your main goal is to boost your health by meeting the basic physical activity recommendations.

Before you begin an exercise program, or substantially increase your level of activity, be sure to consult your primary care physician. In preparation for a visit you may also want to take the PAR-Q Assessment. This Physical Activity Readiness Questionnaire (PAR-Q) will help you determine your suitability for beginning an exercise program and prepare you for discussing your physical activity program with your physician.

1. Has your doctor ever said that you have a heart condition or that you should participate in physical activity only as recommended by a doctor?
2. Do you feel pain in your chest during physical activity?
3. In the past month, have you had chest pain when you were not doing physical activity?
4. Do you lose your balance because of dizziness?
5. Do you ever lose consciousness?
6. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
7. Is your doctor currently prescribing drugs for your blood pressure or a heart condition?
8. Do you know of any reason you should not participate in physical activity?

If you answered yes to one or more of the questions, if you are over 40 years of age and have been inactive or if you are concerned about your health, consult a physician before beginning an exercise program or substantially increasing your physical activity. If you answered no to each question, then it's likely you can begin an exercise program.

Pre-Exercise Resting Heart Rate Check

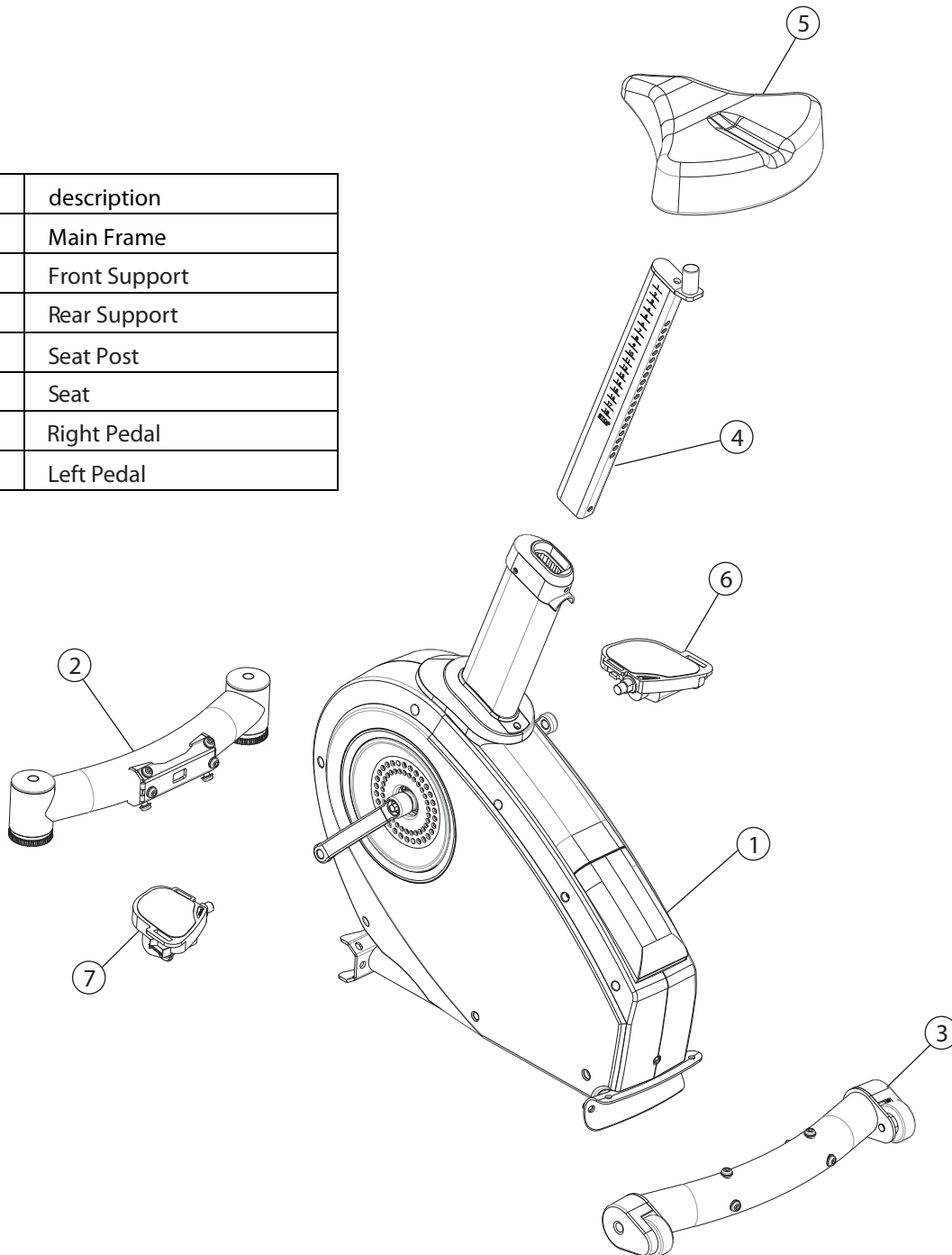
Before beginning your exercise program it is recommended that you check your resting heart rate. Your resting heart rate should be taken in a seated, relaxed position. Find your resting pulse and begin your count with "zero" on the first heart beat. Continue counting each time you feel your pulse until you have counted for a full 30 seconds. Next, double the number that you counted for 30 seconds and you now have your pre-exercise resting heart rate. Remember this number as we also recommend taking a post-exercise resting heart rate after you have completed your exercise program and you will want to remember your pre-exercise heart rate so you can compare the two heart rate measurements.

Assembly

At LifeSpan we strive to make our equipment easy to assemble and start using. Parts that can be pre-assembled are always assembled and tested on the production line.

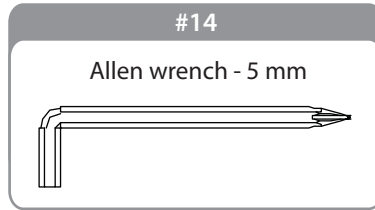
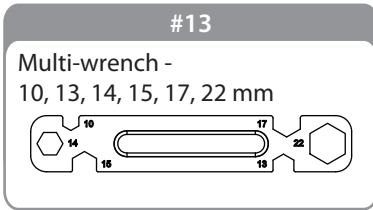
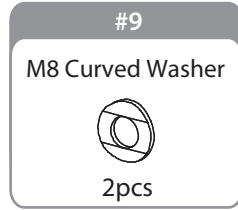
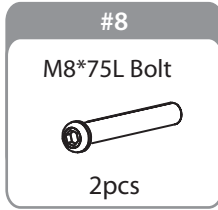
Since your upright cycle is a heavy piece of equipment it is recommended you use two people during assembly and follow these assembly instructions to reduce any problems that could occur.

Item#	description
1	Main Frame
2	Front Support
3	Rear Support
4	Seat Post
5	Seat
6	Right Pedal
7	Left Pedal



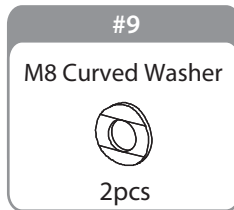
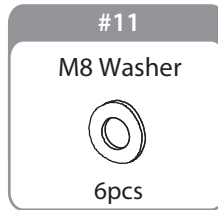
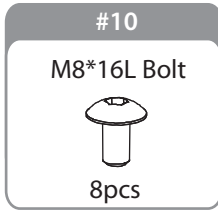
Hardware

Located in hardware bag



Pre-installed hardware

Hardware will need to be removed and re-installed during the installation process



Step 1: Remove Components from Box

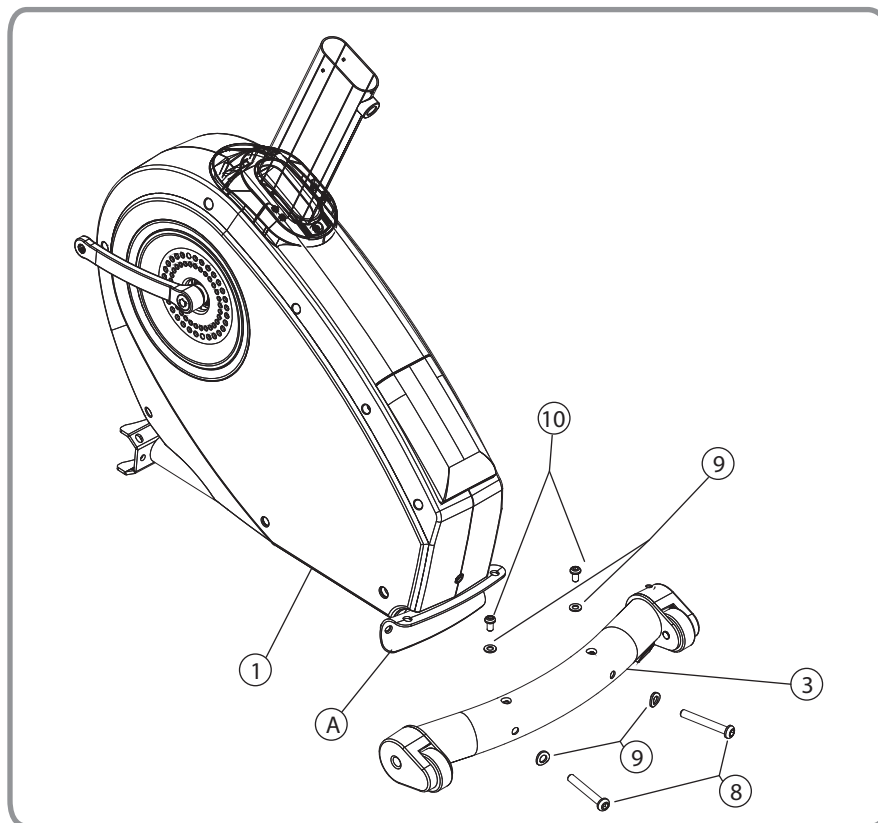
- A. Remove plastic bags and lay all parts out on the floor.
- B. Locate the hardware bag.

Step 2: Rear Support Assembly

- A. Place the main frame assembly (1) on a solid level surface. It may be necessary to prop the back of the frame up slightly to give clearance for step B.
- B. Align the rear support assembly (3) with the main frame rear bracket (A).
- C. Install two long M8 bolts (8) and curve washers (9), found in the hardware bag, through the rear support assembly (3) and into the main frame rear bracket (A).

Do not tighten bolts yet

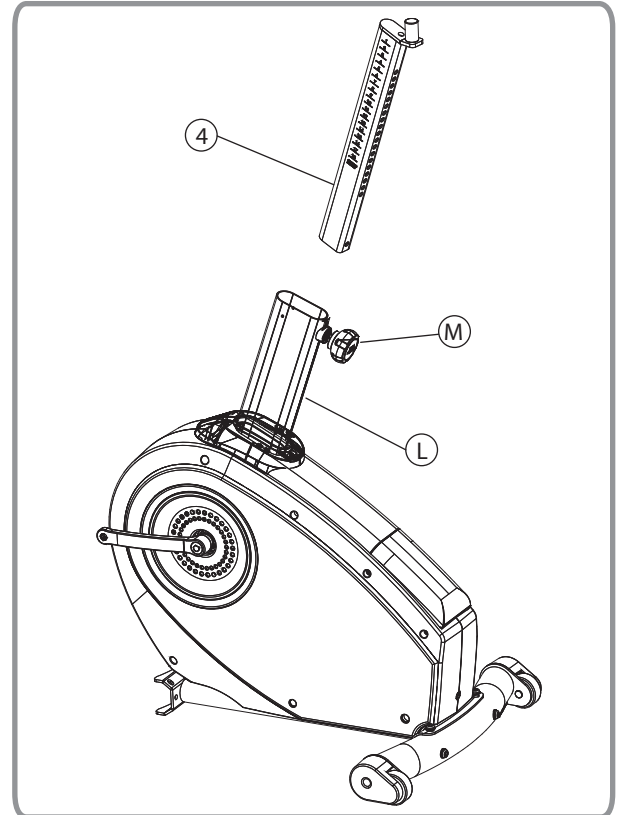
- D. Insert two M8 bolts (10) and curved washers (9) through the top of the main frame rear bracket (A) and into the rear support assembly (3).
- E. Securely tighten the two M8 bolts (8) first, then tighten the two M8 bolts (10).



Step 3: Seat Post Assembly

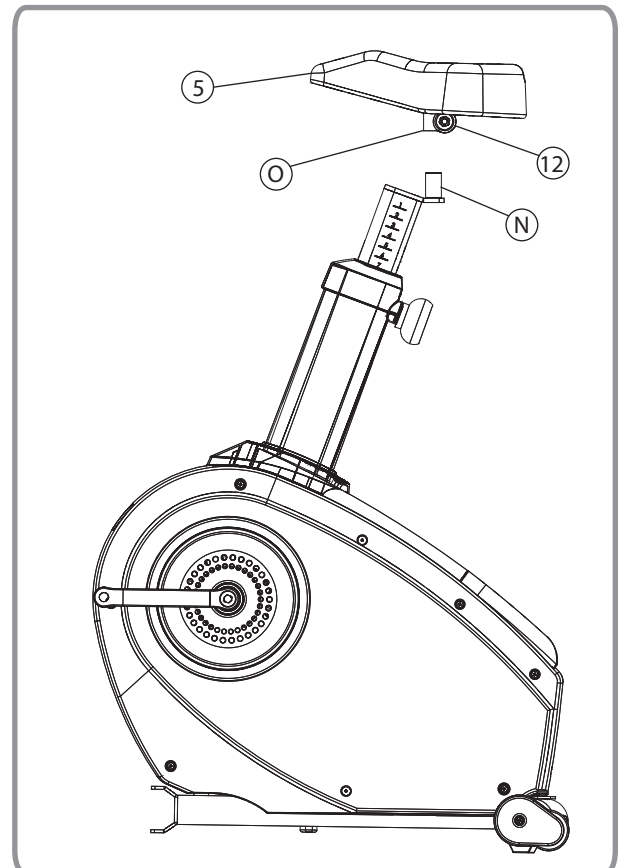
- A. Pull on the seat post adjustment knob (M) to release the locking pin and slide the seat post (4) down into the seat post tube (L).
- B. When the desired height is reached, release the seat post adjustment knob (M) to allow the locking pin to engage.

Note: In order to complete Step 5 and 6, the seat post needs to be set to the highest level. Pull the seat post up until the lock pin clicks in the last hole in the seat post



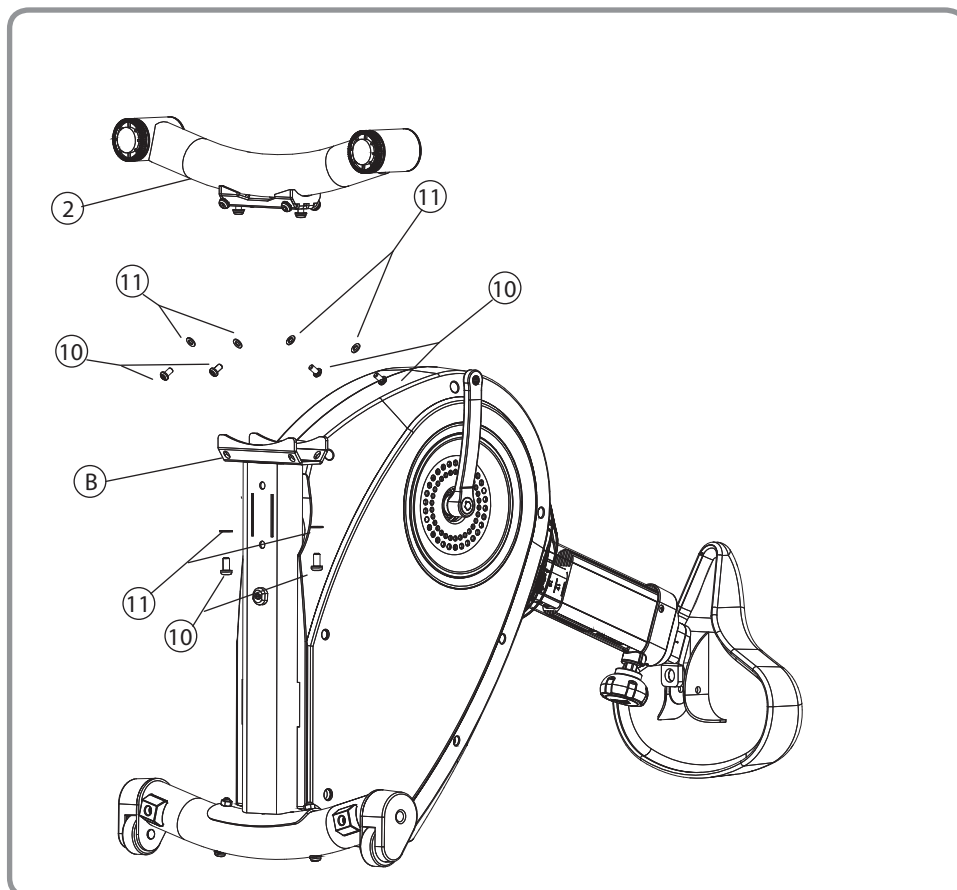
Step 4: Seat Assembly

- A. Place the seat (5) over the seat mount post (N).
- B. Align the seat (5) so the front of the seat is centered and parallel to the floor.
- C. Securely tighten the pre-installed nut (12) on each side of the seat mounting bracket (O) under the seat (5).



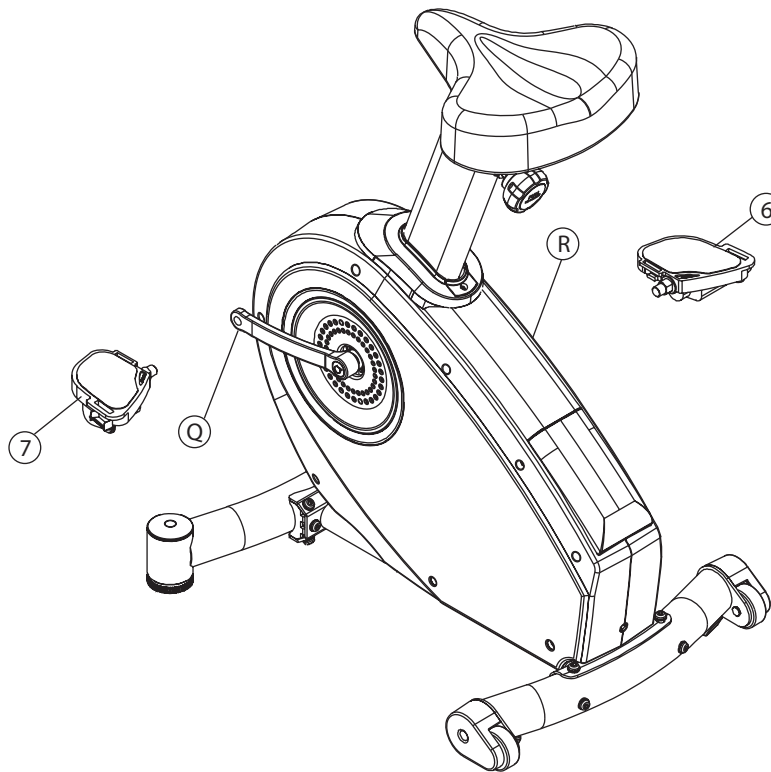
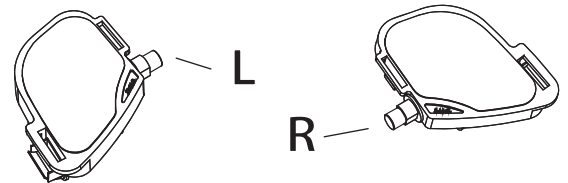
Step 5: Front Support Assembly

- A. Adjust the seat post so it is at the highest setting.
- B. Tilt the bike back until it is resting on the seat and the rear support assembly (as shown below.)
- C. Align the front support assembly (2) with the front main frame bracket (B).
- D. Install two M8 bolts (10) and washers (11) through the top holes of the front main frame bracket (B) and into the front support assembly (2).
Do not tighten bolts yet
- E. Install two M8 bolts (10) and washers (11) through the middle holes of the front main frame bracket (B) and into the front support assembly (2).
Do not tighten bolts yet
- F. Install two M8 bolts (10) and washers (11) through the bottom holes of the front main frame bracket (B) and into the front support assembly (2).
Do not tighten bolts yet
- G. Securely tighten the two M8 middle bolts (10) first, then securely tighten the two M8 top bolts and two M8 bottom bolts.



Step 6: Right and Left Pedal Assembly

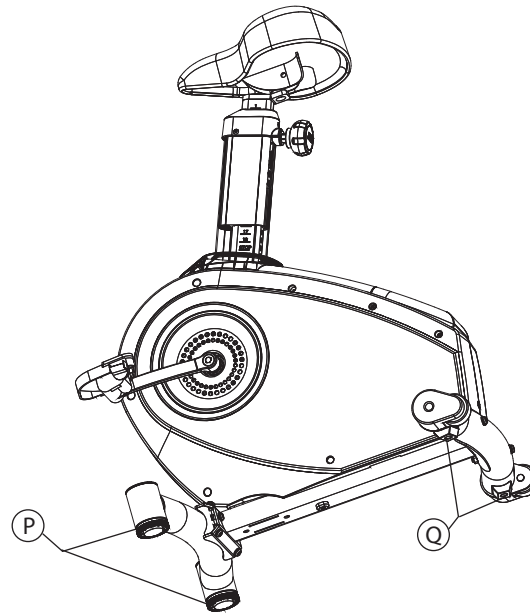
- A. Identify which pedal goes on the right side and which goes on the left side by locating the "R" on the bolt of the right pedal (6) and the "L" on the bolt of the left pedal (7).
- B. Hand tighten the right pedal into the right crank arm (R) by turning **clockwise**.
- C. Hand tighten the left pedal into the left crank arm (Q) by turning **counter clockwise**. Be careful not to cross thread the threads.
- D. Tighten both pedals with the provided 15mm wrench (13).



Leveling

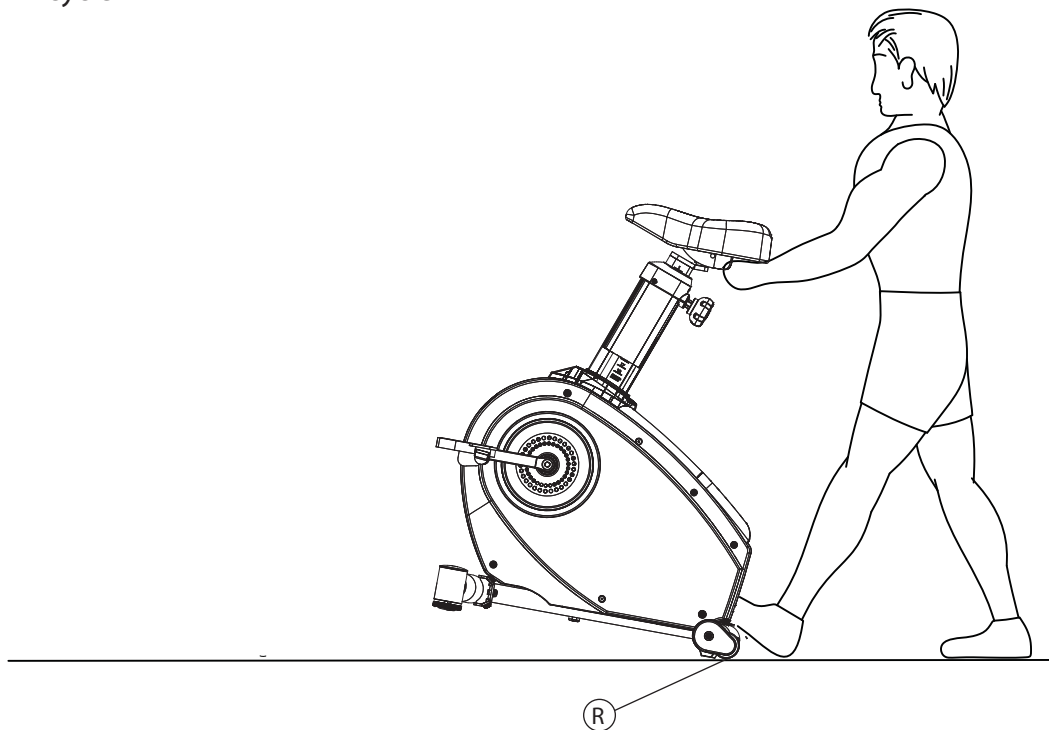
Your C3-DT cycle comes with two leveling feet (P) in the front and two stationary feet (Q) in the rear. Gently rock the cycle back and forth to see if any of the feet are not sitting on the floor. Adjust the front feet (P) until all 4 feet are sitting on the floor.

Hint: if the left rear foot is not solid on the floor, turn the right front foot counterclockwise to tilt the left rear foot down to the floor



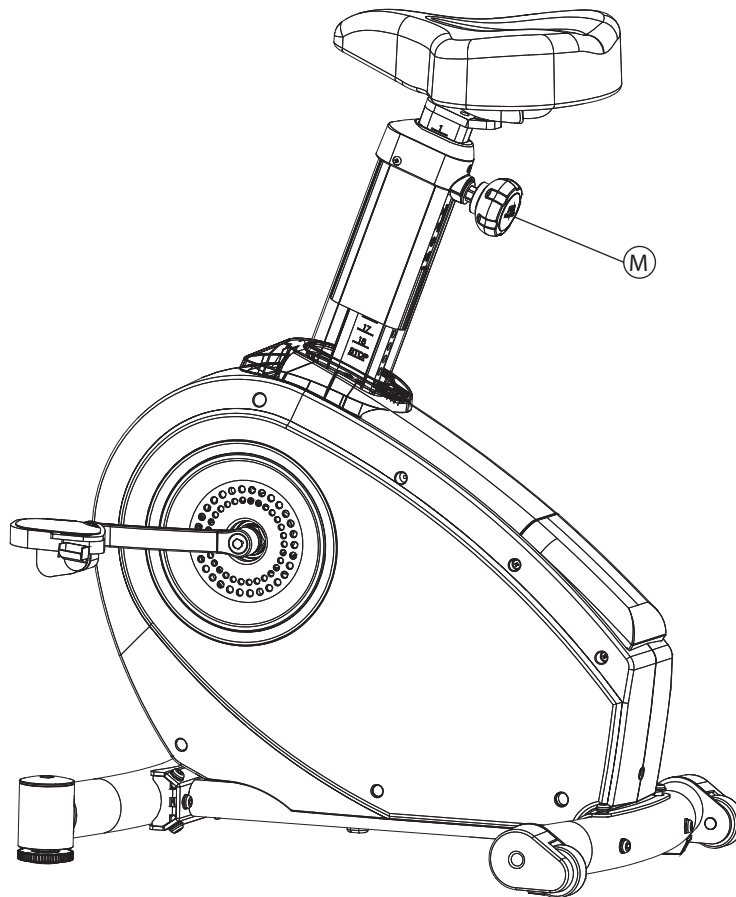
Moving

Your C3-DT cycle is equipped with two transport wheels (R) located on the rear support. Move the wire that is coming from the bottom of the frame to the console so it will not get pinched when moving the cycle. Carefully tilt the front of the cycle up until the transport wheels in the back make contact with the floor and roll the cycle to the desired location.



Seat Height Adjustments

Your C3-DT cycle allows for 19 positions of height adjustment. To adjust the seat, turn the seat post adjustment knob (M) counterclockwise 2 full turns. Pull the knob out and adjust the seat height to the desired position. Once the desired position is reached, release the seat post adjustment knob and slide the seat up or down until the knob pops back into one of the designated positions. If the seat is located in the desired position turn the seat post adjustment knob clockwise to tighten.



Engineering Mode

To enter engineering mode Press and hold the Stop/Pause button and while holding this button press and hold the **Λ** button. F001 should show up on the display after 3 seconds.

1. To change between English and Metric mode press the **∇** button until F009 shows in the display. Press enter and EN or SI will show up in the display. To change to EN (miles) press the **∇** button. To change to SI (kilometers) press the **Λ** button. Press enter. Disconnect and reconnect power to the cycle.
2. To turn the Audible Alert on and off press the **∇** button until F010 shows in the display. Press enter and on or off will show in the display. Press the **∇** button to turn the audible alert off, or press the **Λ** button to turn the audible alert on. Press enter. Disconnect and reconnect power to the cycle.
3. To find the running total distance you have pedaled, press the **Λ** or **∇** button until F011 shows in the display. Press enter and the total distance will show in the display. Disconnect and reconnect power to the cycle.
4. To find the Total hours the cycle has run press the **Λ** or **∇** button until F012 shows in the display. Press Enter and the total hours used will show in the display. Disconnect and reconnect power to the cycle.

Troubleshooting

Problem: Unit is unstable or rocks while in use.

Solution: Make sure unit is on a solid, level surface. Adjust the front adjustment feet until all 4 feet are sitting solid on the floor.

Problem: No power at console.

Solution: Try using another outlet or testing something else at the outlet being used to make sure there is power at the outlet Also check the console wire harness to make sure it has not come loose. If still a problem contact LifeSpan Customer Service.

Problem: Rough feeling in pedals when in use.

Solution: If everything is tight, contact LifeSpan Customer Service for replacement pedals

General Maintenance

1. Keep the unit clean and dry. It is a good idea to wipe the unit down after each workout to keep it clean.
2. If the unit is not going to be used for any extended period of time it is a good idea to unplug the unit and store in a clean environment.

LifeSpan™

available at:



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thehumansolution.com

DESKTOP CYCLE MODEL - **C3-DT**

MADE IN TAIWAN