DT-3C

LifeSpan™

Desktop Cycle

Owners Manual

For safe use and product knowledge, please
completely read this Product OWNERS MANUAL.   v. 1.0

available at:

humansolution®

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.*

If you need to contact LifeSpan customer service visit our web site at www.lifespanfitness.com and select customer support. Complete the information requested and we will respond to your inquiry within 1 business day. You can also call 801.973.9993 **and choose option 4.**

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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Table of Contents

Specifications

	DT-3C
Console	
Readouts	Time, Level, Calories, Distance, Speed
Display	LED
Bluetooth	Yes
Mechanics and Performance	Console Only
Resistance Level	16 Levels
Dimensions	12.5" W x 3" D x 2" H
	(32 cm W x 7.6 cm D x 5.1 cm H)

U.S. and Canada only

Warranty	
Frame	NA
Parts	2 Year Replacement
Labor	NA

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Warranty Information

The LifeSpan DT-3C Cycle Console comes with the following limited warranty. Valid in the US and Canada only.

Frame:	NA
Parts:	2 Year Replacement
Labor:	NA

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 for the first year on all parts that are not normally assembled or replaced by the customer. Customer may be responsible to pay for Service Technician travel time where travel in excess of 20 miles (32km) 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 (U.S. and Canada only)
> You must register your LifeSpan product before a warranty claim can be processed. To complete your registration online go to www.lifespanfitness.com and Register Products or fill out the warranty card provided and mail it today. Registration cards must be completed and sent to LifeSpan within 30 days of purchase to activate the Product Warranty. Product Warranties are not valid unless the registration is properly complete and received within 30 days.

Console to Cycle Connection

After assembling the cycle, roll it to the desired location. Plug the console connector into the connector coming from the bottom of the cycle. Be sure to screw the two connectors together with the attached thumb screws.

Note: Do Not plug the power into the cycle until the console is connected to the cycle.

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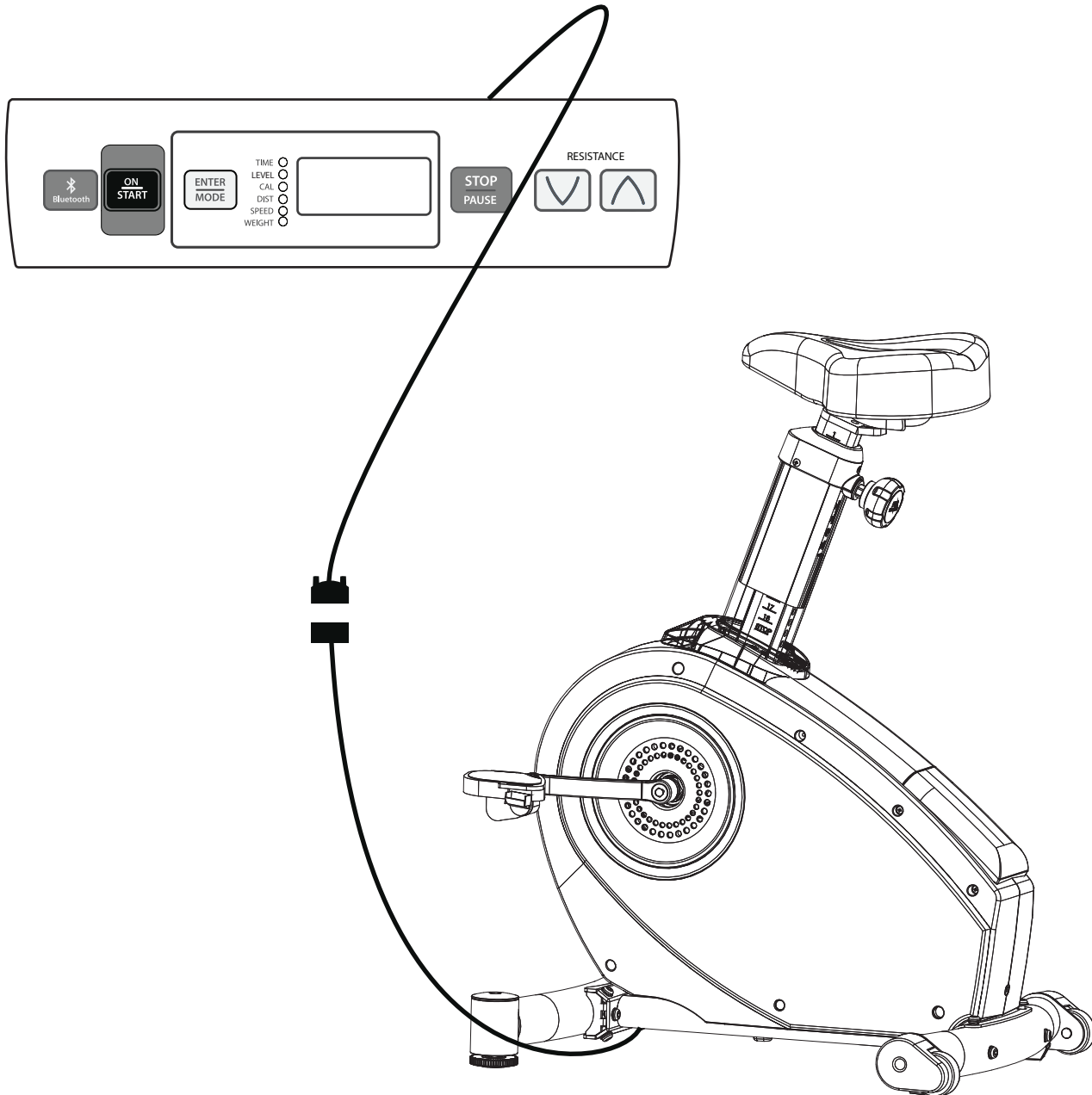
Operating the **Cycle** (Console)

Console Buttons:

A. **Start/ON** - If the console is in sleep mode press and hold this button for 3 seconds to turn the console on. Once the console is on, press to start the console funtions.

B. **Enter/Mode** - Press to switch between display readings (time, steps, calories, distance and speed). Holding the Enter/Mode button will intiate a scan mode that rotates between display readouts every 5 seconds. Press the button again to exit the scan mode.

C. **Stop/Pause** - Press to pause your workout. This will maintain your current workout data. To reset the console and clear the current workout data press and hold the Stop/Pause button for 3 seconds.

D. **Resistance** ∧∨- Press to adjust weight in setup mode or to change resistance during a workout.

E. **Bluetooth** - Press to turn on bluetooth to pair with personal computer.
   Note: Not all personal computers have a bluetooth module. A bluetooth adaptor can be purchased to work with your personal computer.
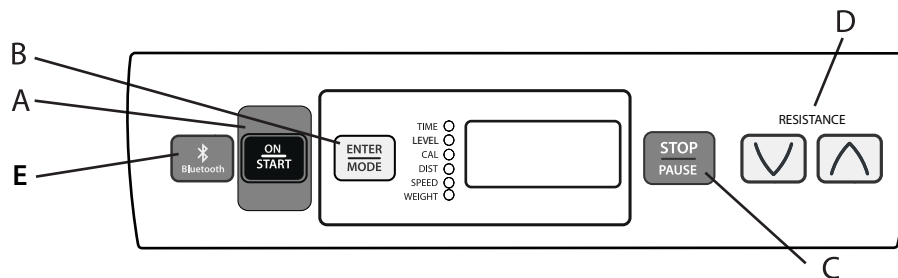
Starting the Console:

1. Turn on (if the display window is blank) by pressing the ON button for 3 seconds.
2. The current user weight will be flashing on the display panel. Adjust your weight to obtain accurate calorie calculations.
3. Press the start button to begin your workout. The time will start counting up from 00:00
4. Press the up/down buttons to adjust resistance.

Innovative Features

Bluetooth - The DT series consoles include a bluetooth module to support LifeSpan apps, which can be downloaded from the LifeSpan Fitness Club.

Charging Port - Used for charging your wireless mobile devices.

Troubleshooting

The console is designed and manufactured to be reliable and easy to use. However, if you have a problem, these troubleshooting steps may help you find the cause.

Problem: All lights are off except the weight LED.
Solution: The console is in energy saving mode. Press ON/START for 3 seconds to power console on.

Problem: The console is erratic or not lighting up
Solution: Recheck the power connection to the cycle. Also, check the cable from the console to the cycle. Contact Customer Service if this does not solve the problem.

Problem: The speed shown in the display feels too fast or too slow.
Solution: Go into Engineering mode and check if you're in Metric or English. If you are in the correct mode contact LifeSpan Customer Service

Problem: Uart shows in diplay.
Solution: Unplug the power from the cycle. Disconnect and reconnect the console cable going to the cycle. Plug the power back into the cycle and retest. Contact Customer Service if this does not solve the problem.

Problem: dc-6 shows in display.
Solution: Unplug the power from the cycle. Disconnect and reconnect the console cable going to the cycle. Plug the power back into the cycle and retest. Contact Customer Service if this does not solve the problem.

Problem: Console not connecting to personal computer via Bluetooth.
Solution: Log into your LifeSpan Fitness Club account. Go to the Frequently Asked Questions link located at the bottom of your home page. If further assistance is needed please email coordinator@LifeSpanFitness.com.

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Engineering Mode

To enter engineering mode Press and hold the Stop/Pause button and while holding this button press and hold the ∧ 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 ∧ 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 ∧ 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 ∧ 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 ∧ 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.

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available at:

humansolution®

800.531.3746
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thehumansolution.com

DESKTOP CYCLE MODEL - *DT-3C*