

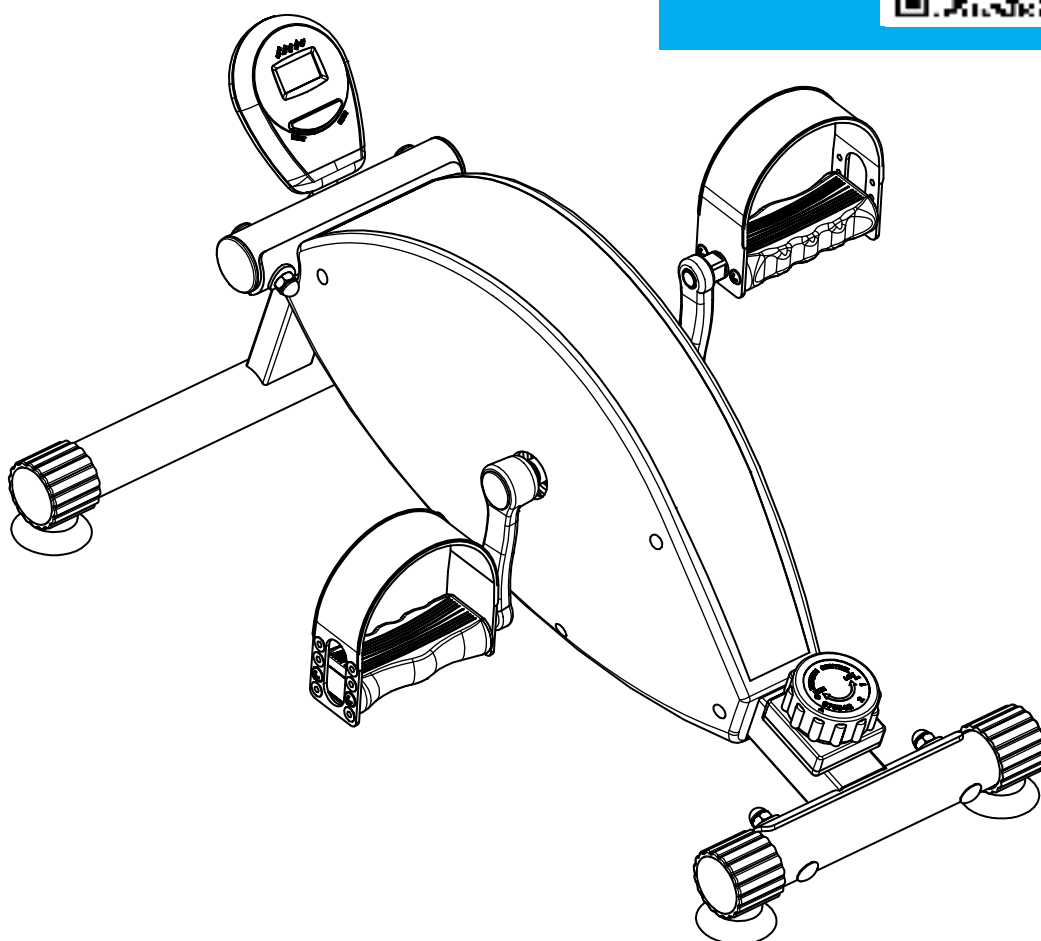


Cyclestation 2

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:

Product may vary slightly from the item pictured due to model upgrades. This manual may be subject to updates or changes. Up to date manuals are available through our website at www.lifespanfitness.com.au



TABLE OF CONTENTS

I. Important Safety Instructions	03
II. Care Instructions	04
III. Parts List	05
IV. Assembly Instructions	06
V. Exercise Guide	10
VI. Warranty	11

I. IMPORTANT SAFETY INSTRUCTIONS

WARNING: Read all instructions before using this machine.

Regular maintenance is essential to extend the machine's lifespan. Failure to perform routine maintenance may void your warranty.

Keep this manual for future reference.

GENERAL SAFETY GUIDELINES

A. Read Before Assembly & Use.

Read this entire manual before assembling or using the equipment. Safe and effective use is only possible when the equipment is properly assembled, maintained, and operated. Ensure all users are informed of the warnings and precautions listed here.

B. Before starting any exercise program, consult your doctor—especially if you have any medical conditions that could impact safe usage, or if you are taking medications affecting heart rate, blood pressure, or cholesterol.

C. Stop exercising immediately if you experience any of the following:

- Chest pain or tightness
- Irregular heartbeat
- Shortness of breath
- Lightheadedness or dizziness
- Nausea

Seek medical advice before continuing.

D. This equipment is designed for adult use only. Keep children and pets at a safe distance.

E. Ensure the equipment is used on a solid, level surface with floor protection. Allow at least 2 meters of clearance around the machine for safety.

F. Before using, inspect the equipment to ensure all bolts and nuts are securely tightened. If you hear unusual noises or encounter issues during assembly or use, stop immediately and inspect the equipment.

G. Wear appropriate workout attire. Avoid loose clothing that could become caught in the machine or restrict movement.

H. This equipment is designed for indoor, domestic use only.

I. Take care when lifting or moving the equipment to avoid back injuries.

J. Always store this instruction manual and any included assembly tools in a safe, accessible place.

K. This equipment is not intended for rehabilitation or therapeutic purposes.

II. CARE INSTRUCTIONS

To ensure the longevity and safe operation of your equipment, please follow these care guidelines:

- **Regularly Check and Tighten Bolts**

Inspect all nuts, bolts, pedals, and moving parts frequently. Tighten them as needed to prevent damage to threaded components. Failure to maintain may void your warranty.

- **Lubrication**

Lubricate all moving joints periodically, especially after extended use, to ensure smooth operation.

- **Handle with Care**

Avoid contact with heavy or sharp objects that could damage plastic or metal parts of the machine.

- **Cleaning**

Wipe down the equipment with a dry cloth to keep it clean. Do not use water or harsh chemicals.

PRECAUTIONS

Failure to follow these instructions may result in injury or damage to the equipment.

Use the device indoors on a flat, level surface. Keep it away from moisture, dust, and direct sunlight.

Avoid placing the device in areas with high temperatures or excessive humidity.

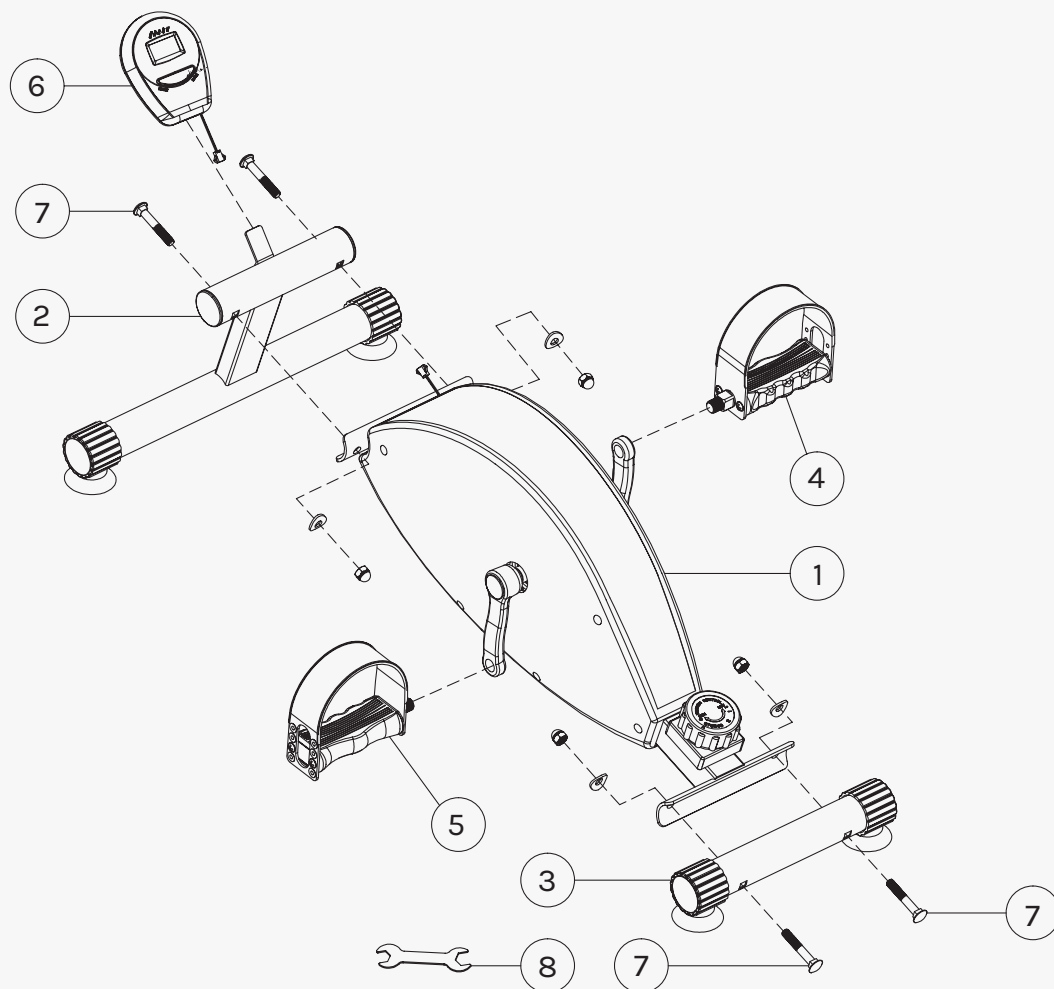
Ensure the pedals are securely tightened before each use. Loose pedals may gradually detach and can damage the crank arm threads.

The device uses sealed bearings and requires no maintenance. Do not apply lubricants, as they may cause damage.

Do not stand on the pedals. This equipment is designed for seated use only.

Batteries are not included. Please purchase two separately.

III. PARTS LIST

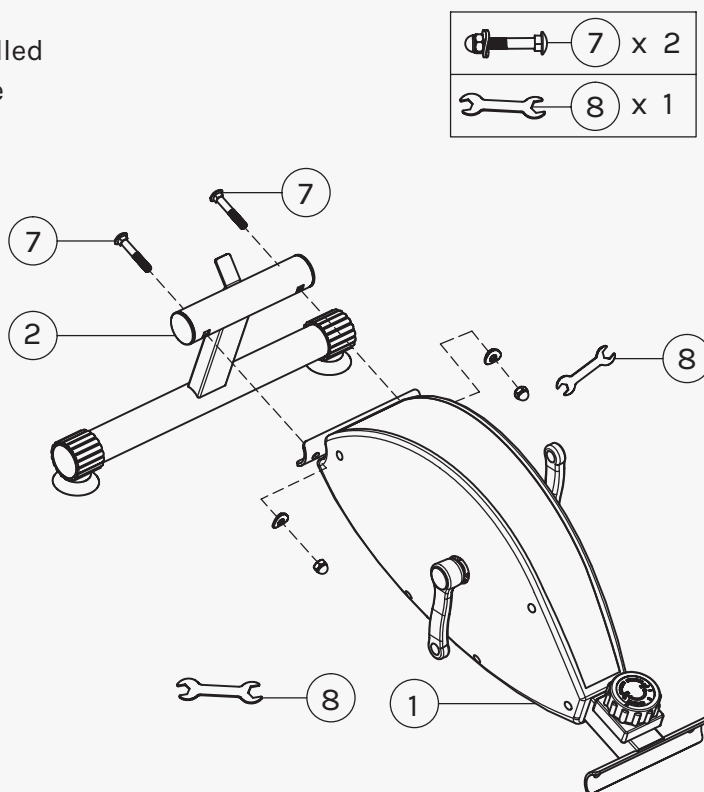


Part No.	Description	Qty
1	Main frame	1
2	Rear stabilizer	1
3	Front stabilizer	1
4	Right pedal	1
5	Left pedal	1
6	Display	1
7	Screw	4
8	Spanner	1

STEP 1

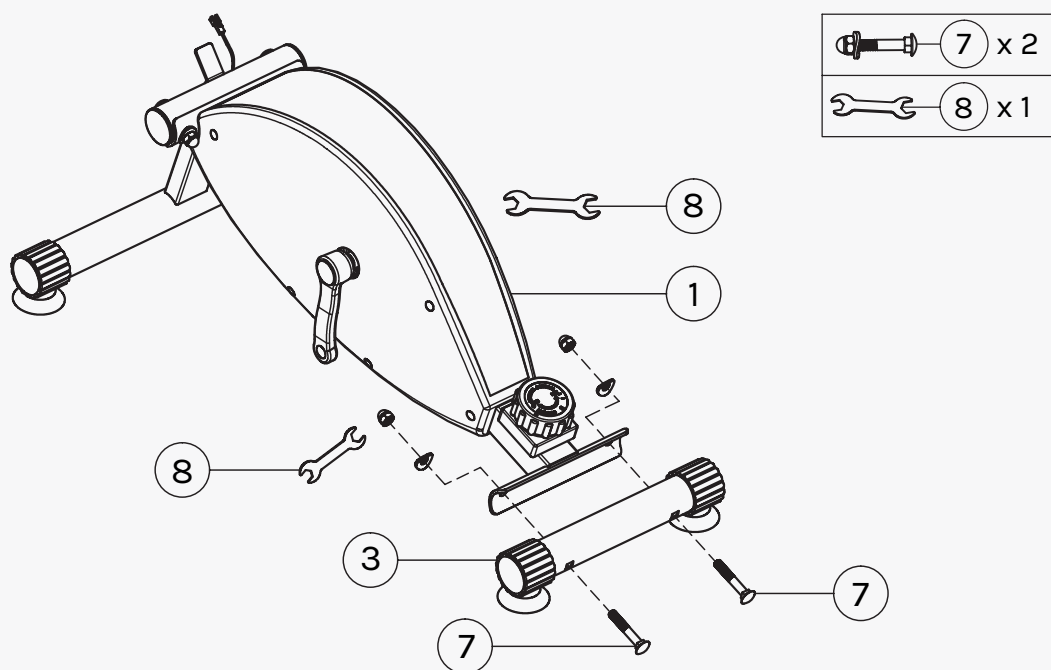
Attach the rear stabilizer (2) to the main body (1) using screw (7) and tighten with the spanner (8).

Note: Some bolts are pre-installed on the parts and will need to be removed and re-installed for assembly step.



STEP 2

Attach the front stabilizer (3) to the main body (1) using screw (7), and tighten it with the spanner (8).



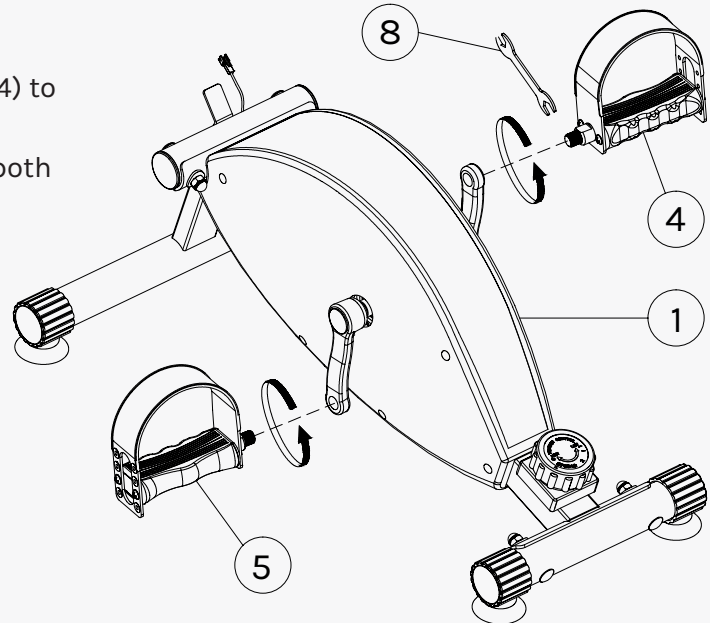
STEP 3

Caution:

- Right pedal is attached clockwise turn and left pedal is anti-clockwise turn.
- To avoid threading the bolts, line up the pedals bolt to the crank and hand tighten first.

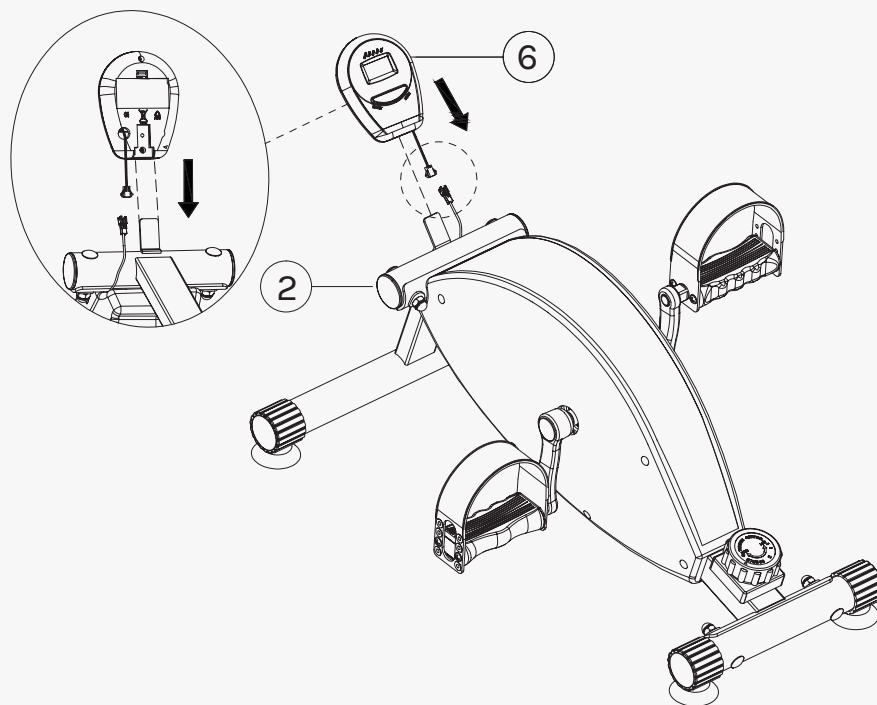
1. Attach the left pedal (5) and right pedal (4) to the crank arms on the main body (1).
2. Use the spanner (8) to turn and tighten both pedals in the same direction.

Note: Ensure both pedals are fully secured.

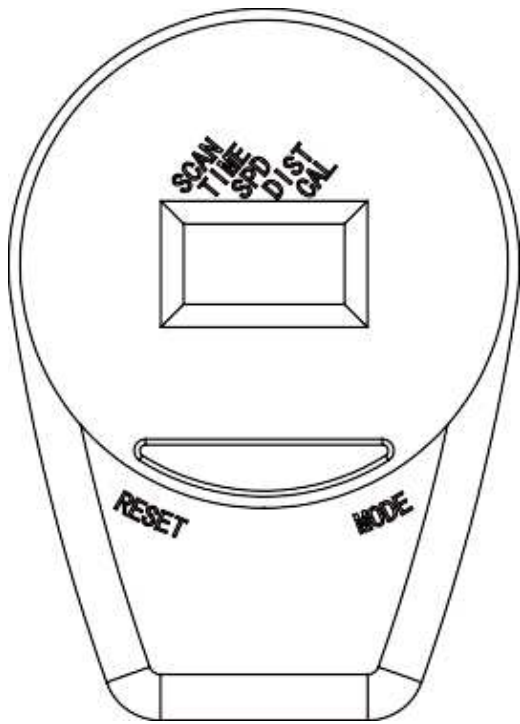


STEP 4

Connect the cables as picture and slide the display to the metal holder. See zoom image for reference.



IV. DISPLAY INSTRUCTION



FUNCTION BUTTON

MODE

Press to cycle through and select a specific function.
Hold for 4 seconds to clear all readings.

RESET

Press to reset the selected target value.

TIME

Displays the total time pedaled.

SPD

Shows current speed in kilometers per hour.

DIST

Displays total distance pedaled (in miles).

SCAN

Automatically cycles through all function readings.

CAL

Displays the total calories burned.

SCAN

Press the MODE key until the pointer highlights SCAN and begins flashing. The display will automatically cycle through all function readings in sequence.

TIME

Displays total exercise time. It can count up or down when a target time is set.

Range: 00:00 – 99:59 (minutes:seconds)

SPD (Speed)

Displays current pedaling speed.

Range: 0.0 – 999.9 km/h

DIST (Distance)

Displays the total distance pedaled. It can count up or down when a target distance is set.

Range: 0.00 – 99.99 km

CAL (Calories)

Displays the total calories burned. This value can accumulate normally or count down when a target calorie value is set.

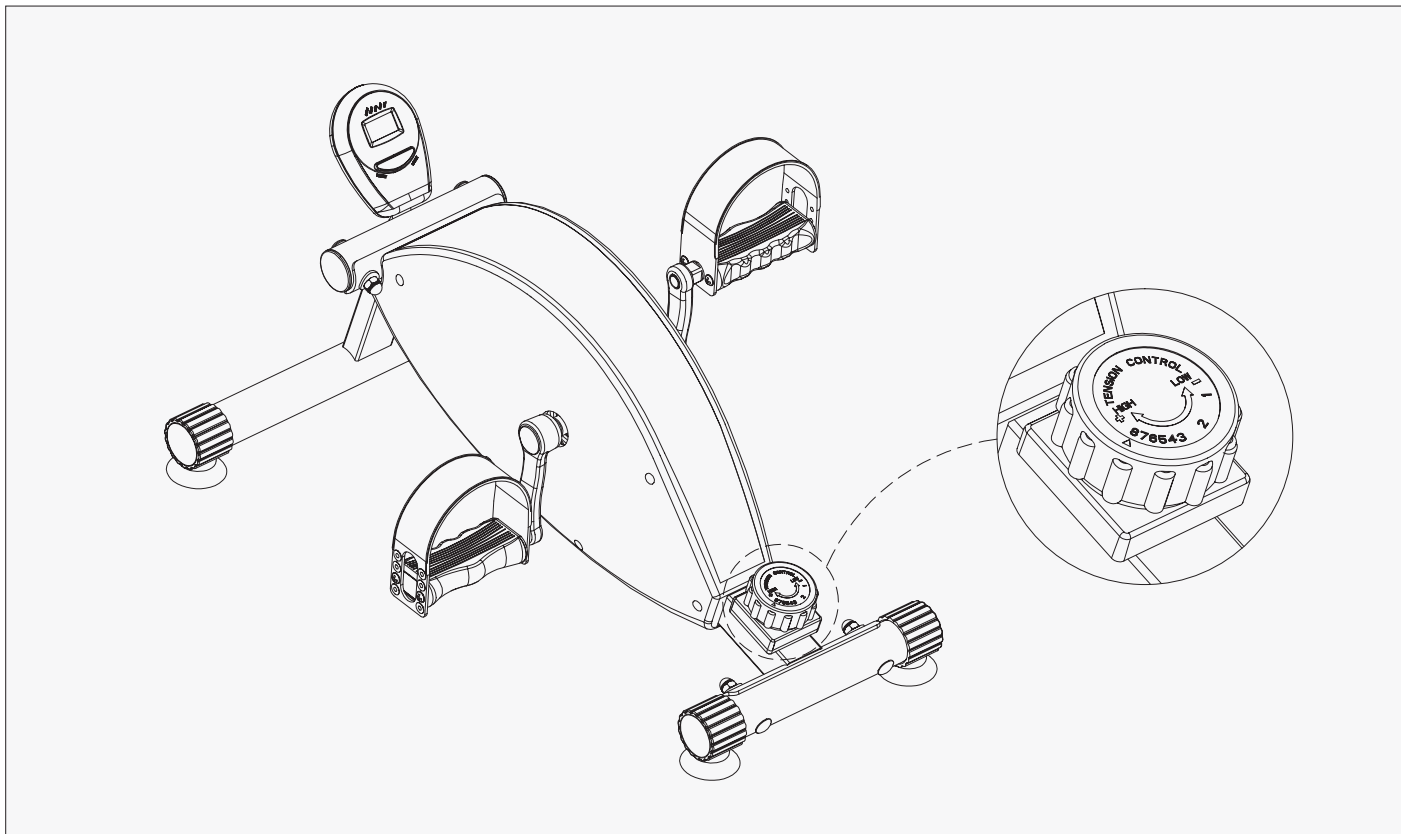
Range: 0.0 – 999.9 kcal

NOTE

1. When the movement stops and there is no button operation within 4 minutes, the display will automatically close.
2. When pedal exerciser has a sense of exercise or press any key, the electronic watch will automatically open.
3. If this is the first time to use and the display shows any abnormality, please reinstall the battery.
4. If this is the first time to use, and the electronic table does not function to display, please reconnect the lines.
5. This display is applicable to AAA(NO.7) battery 1.5V *2. If after a long time of use, the electronic table display brightness from strong to weak, or no display, please replace the new battery in time.

Adjustable Tension Control

Magnetic resistance system makes pedal motion smooth and quiet. Level 8 tension can be adjusted from low to high to meet the requirements of different intensity of exercise.



1. Warm up: 1,2
2. Rehabilitation exercise: 3,4
3. Improve endurance: 5,6
4. Stabilizing muscle: 7,8

V. 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.

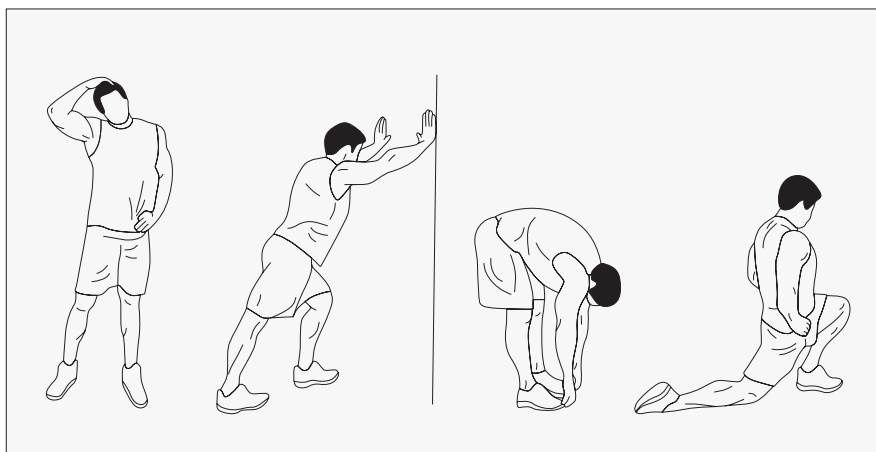
The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not 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

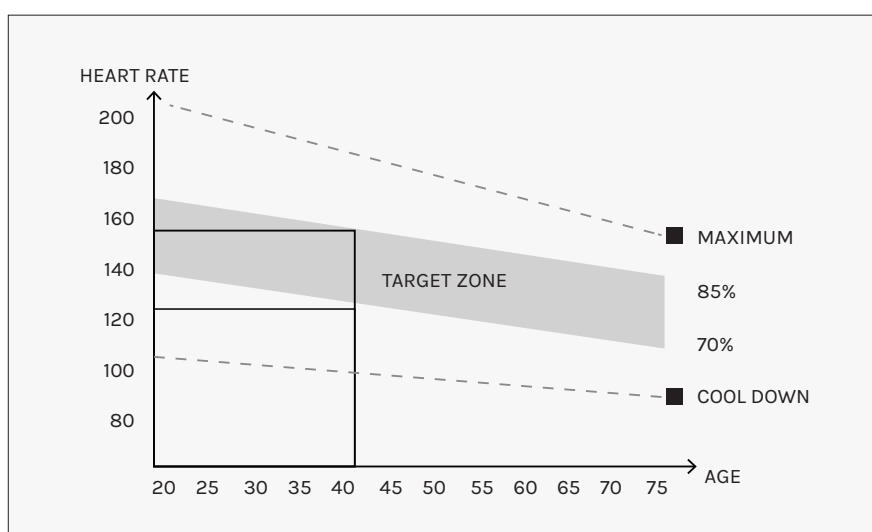
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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.

VI. 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





WWW.LIFESPANFITNESS.COM.AU