

Do you have these exercise and health problems?

Feel muddled headed and listless every day?

Fail to stick to the developed workout plan?

What are the best aerobic exercises for me as I rarely exercise?

How do I get started with exercise?

Injuries due to over-exercising?

I have great stress at work every day, how can I relieve it?

How should I choose the proper intensity, duration, frequency and types of aerobic exercises for me?

How should I find the right balance between aerobic exercises and strength training?

Join Lifesense aerobic community and let us help you!
(Scan QR code to download:
iOS and Android)



Basic specifications

Model: LS428-B
Standard: Q/GDLS 08-2016
Size: 19.5x10.8x230mm (strap included)
Weight: 20g
Display type: OLED display
Power supply:
built-in rechargeable lithium battery
Battery capacity: 60mAh
Synchronization method: Bluetooth 4.0
Ingress protection: IP68
Operational temperature: 0~40 °C

Device requirements

- 🍏 iPhone 4s and above, with iOS 8.0 and higher
- 🤖 Android phones with Android 4.3 and above and Bluetooth 4.0
- 🗨️ Update WeChat to the latest version

LIFESENSE 
BAND

 Powered by
Cooper Aerobics®



AEROBIC
FITNESS #
ABILITY TO STAY YOUNG



01



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Cooper Aerobics®



Cooper Institute (U.S.) is a pioneer and global authority on **aerobics and disease prevention**. Founded in 1970, it focuses on the prevention and rehabilitation of chronic diseases/secondary prevention. It is the advocator and benchmark of integrating exercise and medicine worldwide, in which it has set a good example. Its health management program includes eight daily habits focusing on the balance between "eating, exercise and heart". Its program has been verified by large samples in the past half-century. Its founder Dr. Kenneth H. Cooper, **private doctor of former U.S. president George Walker Bush**, is known as the **"father of aerobics" throughout the world**.

The American Heart Association has considered aerobic fitness as a new vital sign. Level of aerobic fitness can directly reflect your general health and predict health and longevity. It is easier to change than smoking, hypertension, hyperlipidemia and other bad habits or stubborn diseases. Your health can be improved significantly through 2-3 months of scientific aerobic fitness training!

Research shows that risk of cancer can be effectively reduced through a collective 150 minutes of aerobic fitness training every week: reducing the risk of rectal cancer by 26%, breast cancer by 12%, endometrial cancer by 20%, lung cancer by 20-30%, aging-associated diseases by 36%, and cardiovascular disease (CVD) by 10-30%.

02

Lifesense Wristband 3

The only wristband officially recognized by Cooper Institute (U.S.) for aerobic fitness training



Lifesense 3 Fitness Wristband is not a common fitness wristband in the general market. It can provide professional personal aerobic fitness analysis and improvement program to make your exercise more scientific and generate more significant results!

03

Core selling points in services

The APP is officially recognized by an authority - Cooper Institute (U.S.) for smart personal aerobic fitness test and work-out plan to improve aerobic fitness



04

Core selling points in functions

Support 12 exercise modes



- **Heart rate zone/heart rate warning**
/Scientific management of exercise intensity to avoid injuries due to over-exercising/
- **Colorful strap imported from Germany company Byer, feather-like touch free from constrain** (20g only)
- **24-hour continuous heart-rate monitoring** (AccurHR heart-rate monitoring system)
- **Directly charged through USB without cables** (Lifesense invention)
- **IP68 water resistance** (30 meters)
- **You can remove and install the strap in one second with the unique "click" structure**
- 0.84-inch high-definition OLED display can completely show 32 Chinese characters
- Automatic identification of exercise state
- Smart GPS tracking of running path
- Long battery life of 5 days with continuous heart-rate monitoring on and 28 days with heart-rate monitoring off
- Weather display
- Sleep monitoring
- Sedentary alert
- Soundless alarm
- Real-time WeChat and SMS reminder
- Night/eye protection mode
- Customized watch display (4 types)
- Call rejection and sleep monitoring
- Stopwatch and timer function (for counting time in exercises such as plank)