LIFESPAN FITNESS

RC-300
Recumbent Bike

USER MANUAL

kinomap

30 DAY FREE TRIAL
Terms and conditions apply. Offer can be rescinded at any time.

Product may vary slightly from the item pictured due to model upgrades.

Read all instructions carefully before using this product. Retain this owner's manual for future reference.

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

TABLE OF CONTENTS

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

⚠ **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.**

- All nuts and bolts are to be checked and tightened on a regular basis. This includes pedals and

- Be careful not to damage plastic or metal parts of the machine with heavy or sharp objects.

- The machine can be kept clean by wiping it down using dry cloth.

III. EXPLODED DIAGRAM
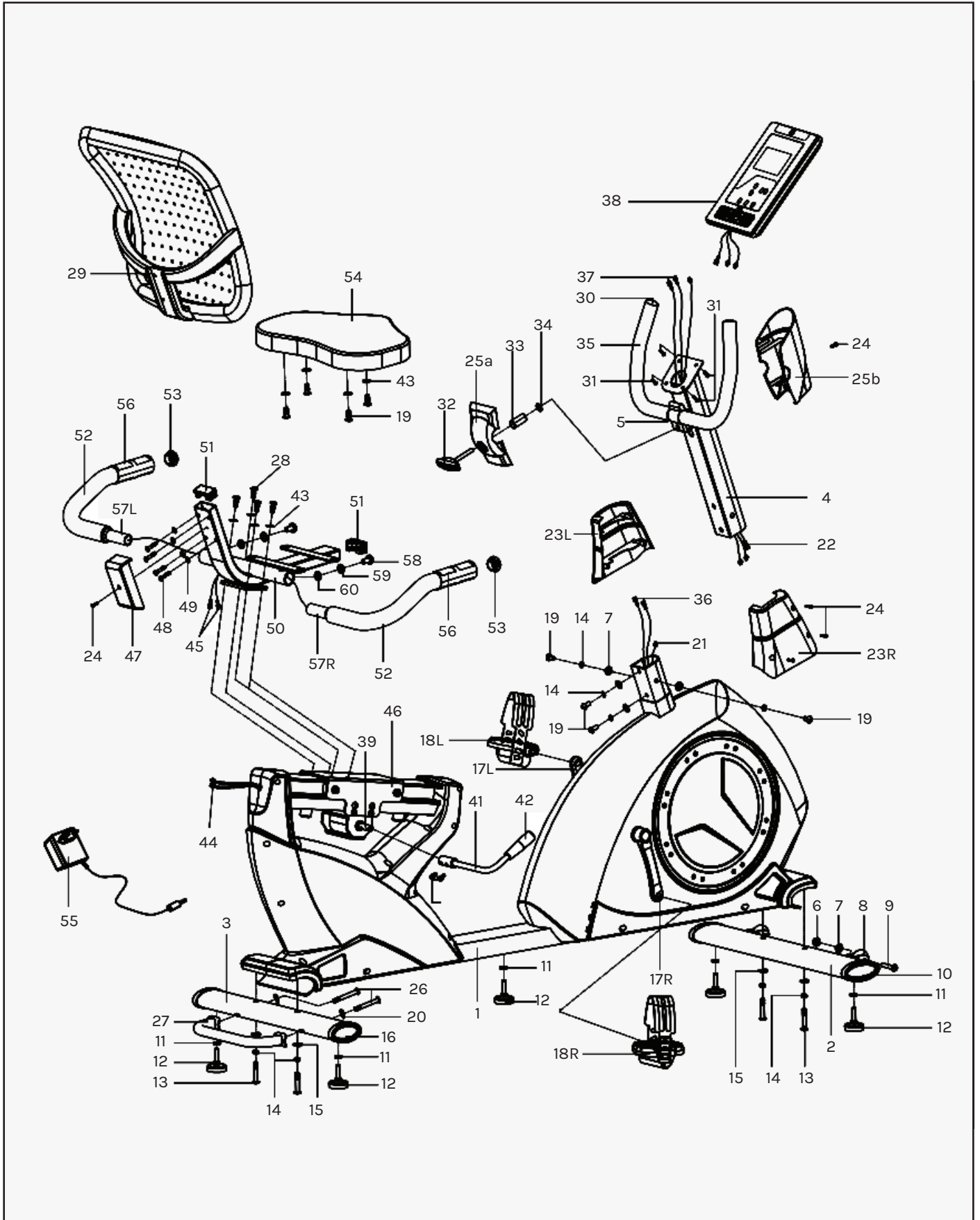
IV. PARTS LIST

(!) Some items on this list may come pre-installed on your equipment. If you feel like you're missing anything, please double check your equipment.

| No.	Description	Qty	No.	Description	Qty
1	Main frame	1	31	Screw	4
2	Front stabilizer	1	32	Plastic handle knob	1
3	Rear stabilizer	1	33	Spacer	1
4	Handlebar post	1	34	Flat washer	1
5	Fixed handlebar	1	35	Foam grip	2
6	Nylon nut M8	2	36	Extension pulse wire 1	2
7	Flat washer D8xΦ16x1.5	6	37	Extension pulse wire 2	2
8	Roller	2	38	Computer	1
9	Inner hexagon bolt M8x40xL12	2	39	Eccentric shaft	1
10	End cap	2	40	Inner hexagon bolt	2
11	Hex nut M10	5	41	Handle	1
12	Adjusting pad	5	42	Foam grip	1
13	Inner hexagon bolt M8xL58	4	43	Flat washer	8
14	Inner hexagon bolt M8xL58	8	44	Extension pulse wire 3	2
15	Arc washer d8x2xΦ25xR39	4	45	Pulse wire	2
16	End cap	2	46	Fixed bracket	1
17L/R	Crank	1	47	Protective guard	1
18L/R	Pedal	1	48	Inner hexagon bolt	4
19	Inner hexagon bolt M8x15	8	49	Flat washer	4
20	Arc washer d8xR20	2	50	Seat frame	1
21	Sensor wire	1	51	Square end cap	2
22	Extension wire	1	52	Foam grip	2
23L/R	Protective guard	1	53	Round end cap	2
24	Screw	5	54	Seat	1
25a/b	Protective guard	1	55	Adapter	1
26	Inner hexagon bolt M8x90	2	56	Hand pulse sensor	2
27	Lifting handle	1	57L/R	Handlebar	1pr.
28	Inner hexagon bolt M8x12	4	58	Inner hexagon bolt M10*20	2
29	Backrest	1	59	Flat washer D10*Φ20*2	2
30	Round end cap	2	60	Nylon washer Φ10.8*Φ20*2	2

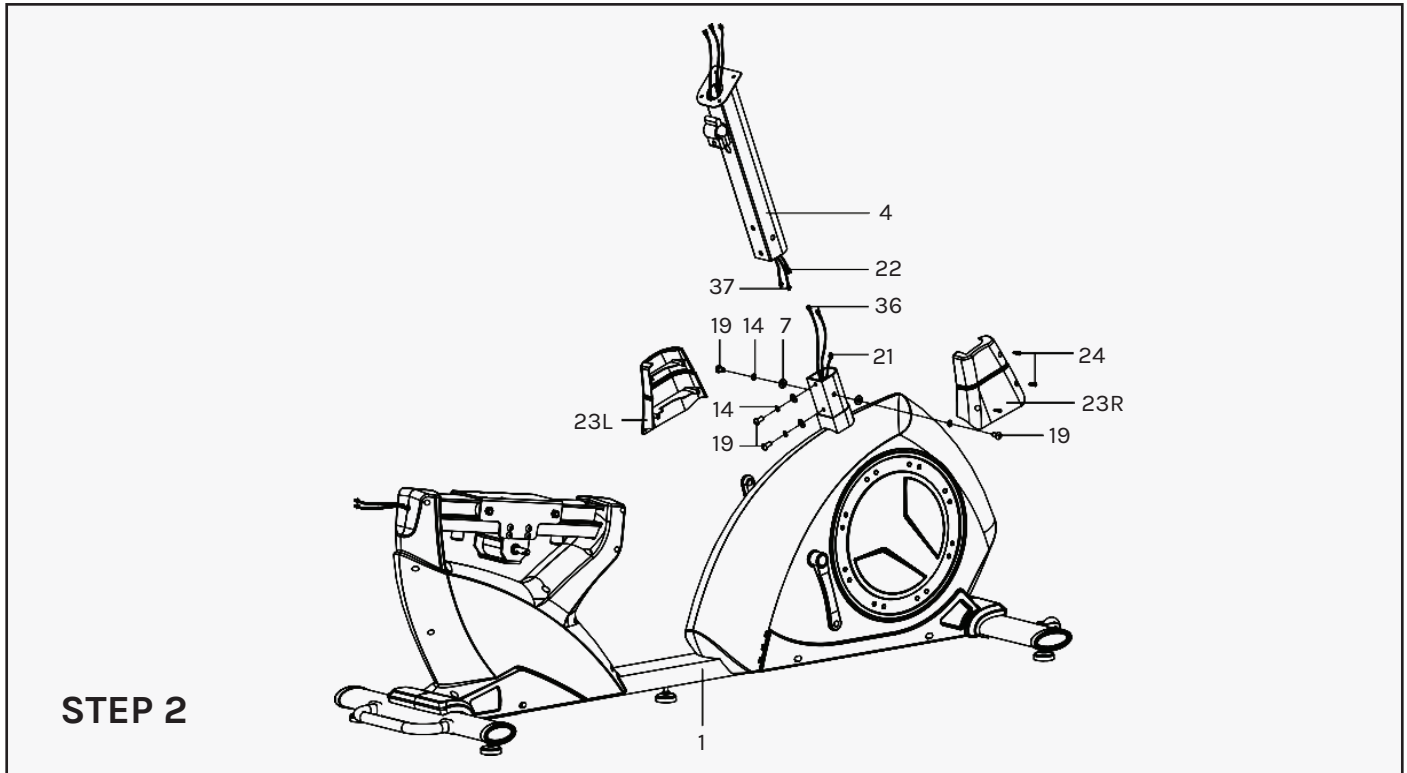## TOOLS
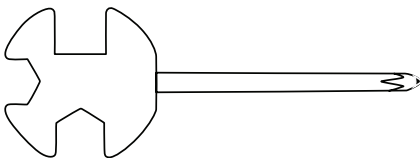
(S-13, 14, 15)-1PC

(S=6)-1PC

(S=5)-1PC

# V. ASSEMBLY INSTRUCTIONS

STEP 1
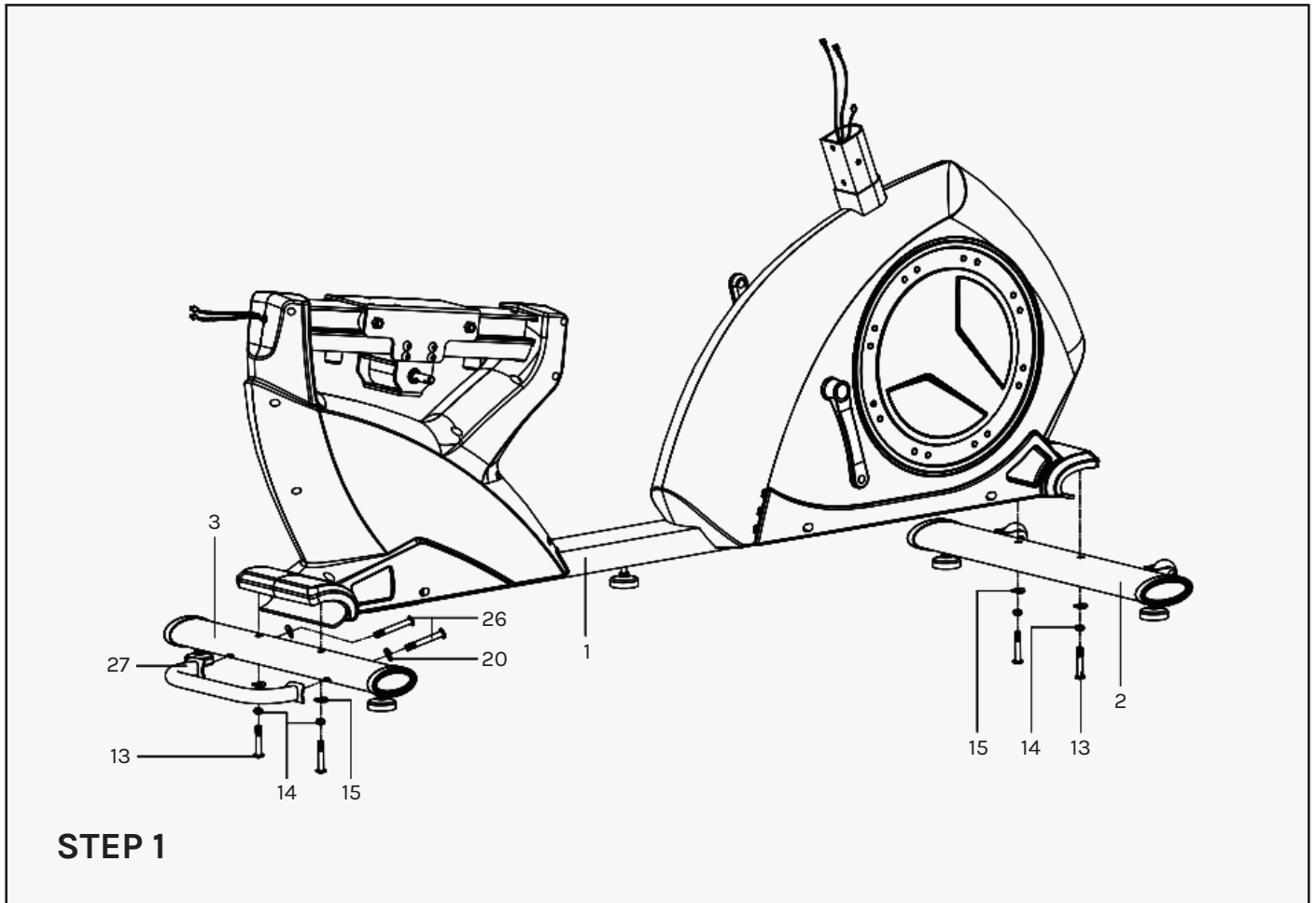
1. Secure the lifting handle (27) to the rear stabilizer (3) with hex nut (26) and arc washer (20).

2. Secure the front stabilizer (2) and rear stabilizer (3) onto the main frame (1) with Inner hexagon bolt (13), spring washer (14) and arc washer (15).

STEP 2

1. Connect the sensor wire (21) and extension pulse wire 1 (36) to the extension wire (22) and extension pulse wire 2 (37).

2. Secure the handlebar post (4) onto the main frame (1) with Inner hexagon bolt (19), spring washer (14) and flat washer (7).

3. Secure the protective guard (23L/R) onto the main frame (1) with screws (24).
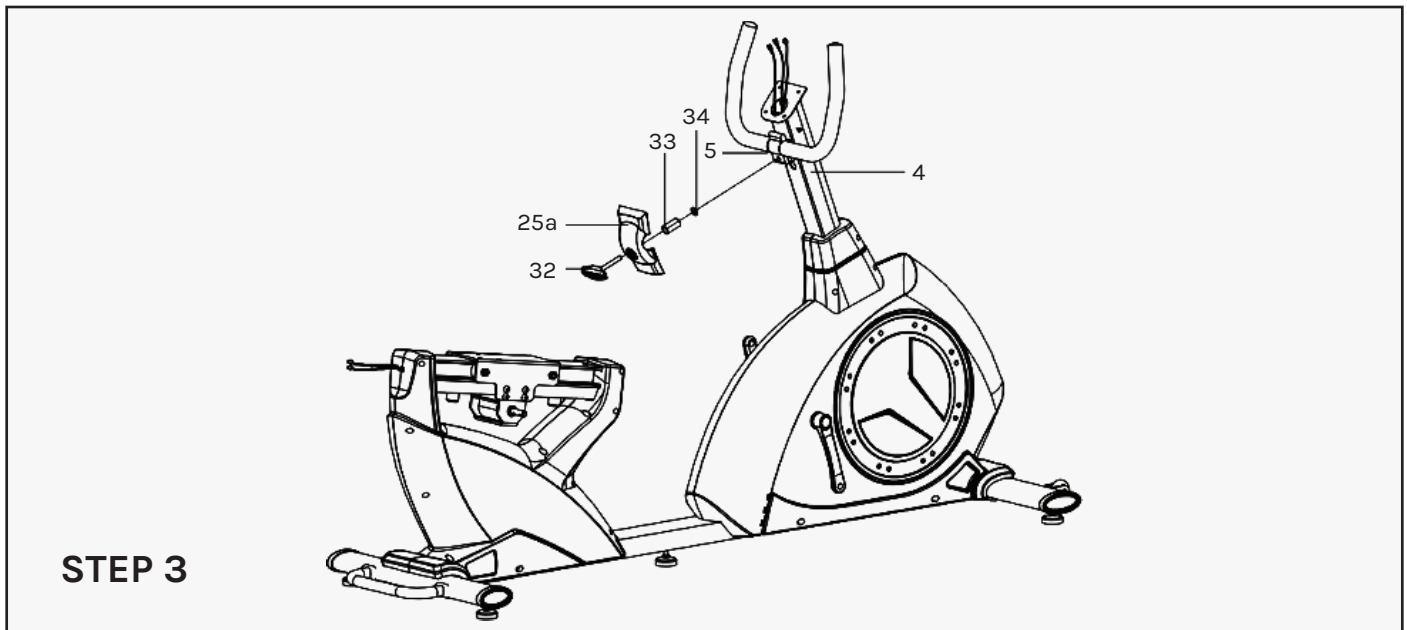
STEP 3

1. Secure the handlebar (5) to the handlebar post (4) with the plastic handle knob (32), protective guard (25a), spacer (33) and flat washer (34).

STEP 4
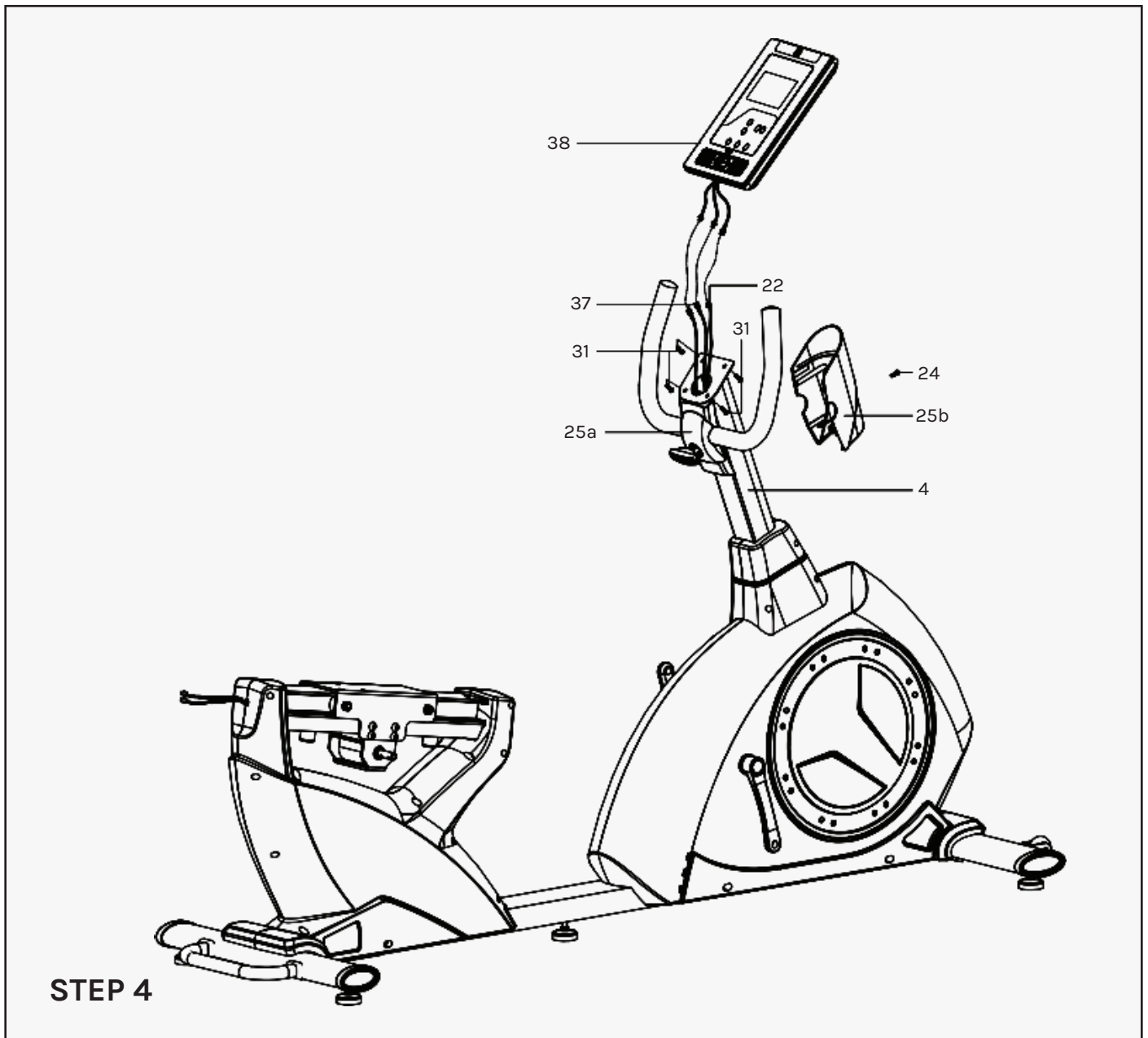
1. Connect the extension pulse wire2 (37) and extension wire (22) with the cables of the computer (38).

2. Secure the computer (38) to the computer bracket of the handlebar post (4) with screws (31).

3. Lock the protective guard (25a/b) to the handlebar post (4) with screws (24).
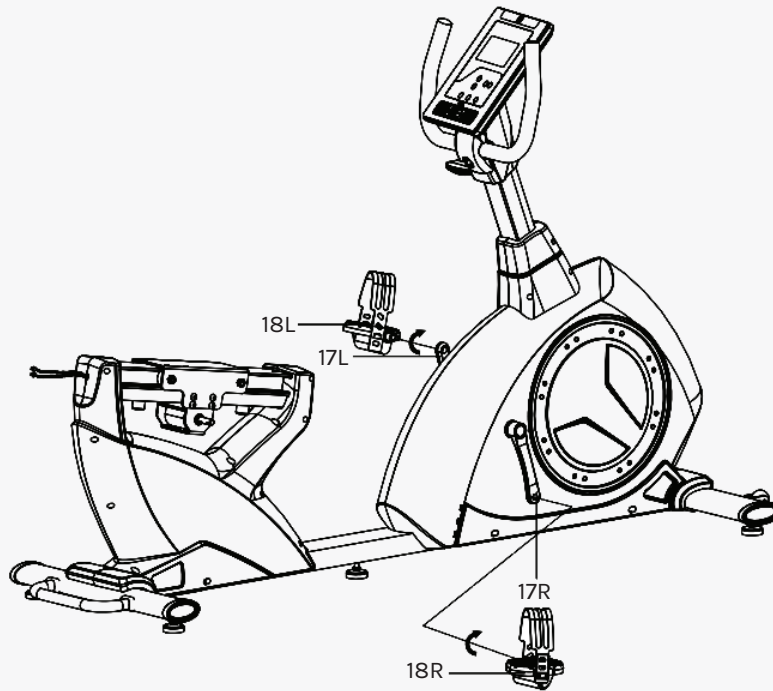
STEP 5

1. Secure the pedal (18L/R) to the crank (17L/R) with wrench.

2. Secure pedal (18L) in a counter-clockwise direction and pedal (18R) clockwise direction as shown.

3. Ensure the pedals (18L/R) are secured tightly during workout to avoid damage to the pedals.

(!) **IMPORTANT:** Failure to follow procedures may result in permanent damage to your bike.
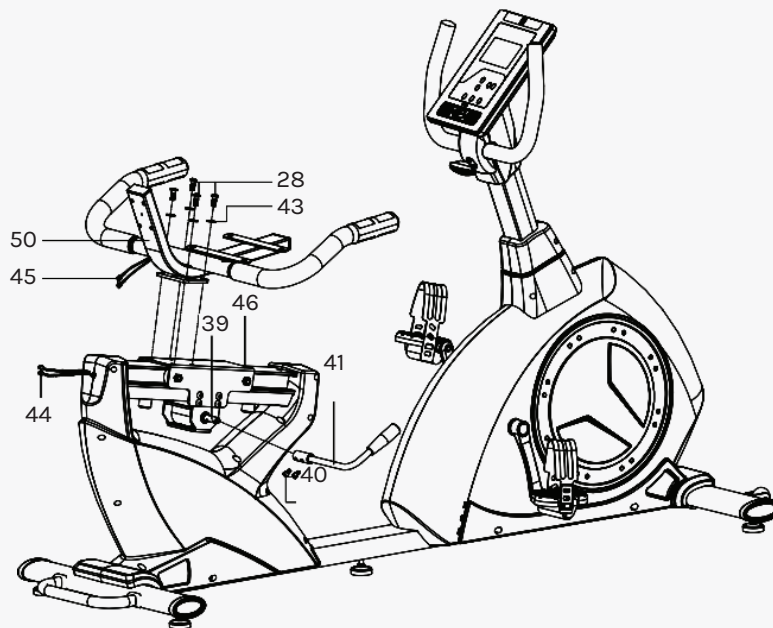

STEP 6

1. Connect the pulse wire (45) with the extension pulse wire 3 (44) of the main frame (1), then secure the seat frame (50) onto the fixed bracket (46) with Inner hexagon bolt (28) and flat washer (43).

2. Secure the handle (41) onto the eccentric shaft (39) with Inner hexagon bolt (40).
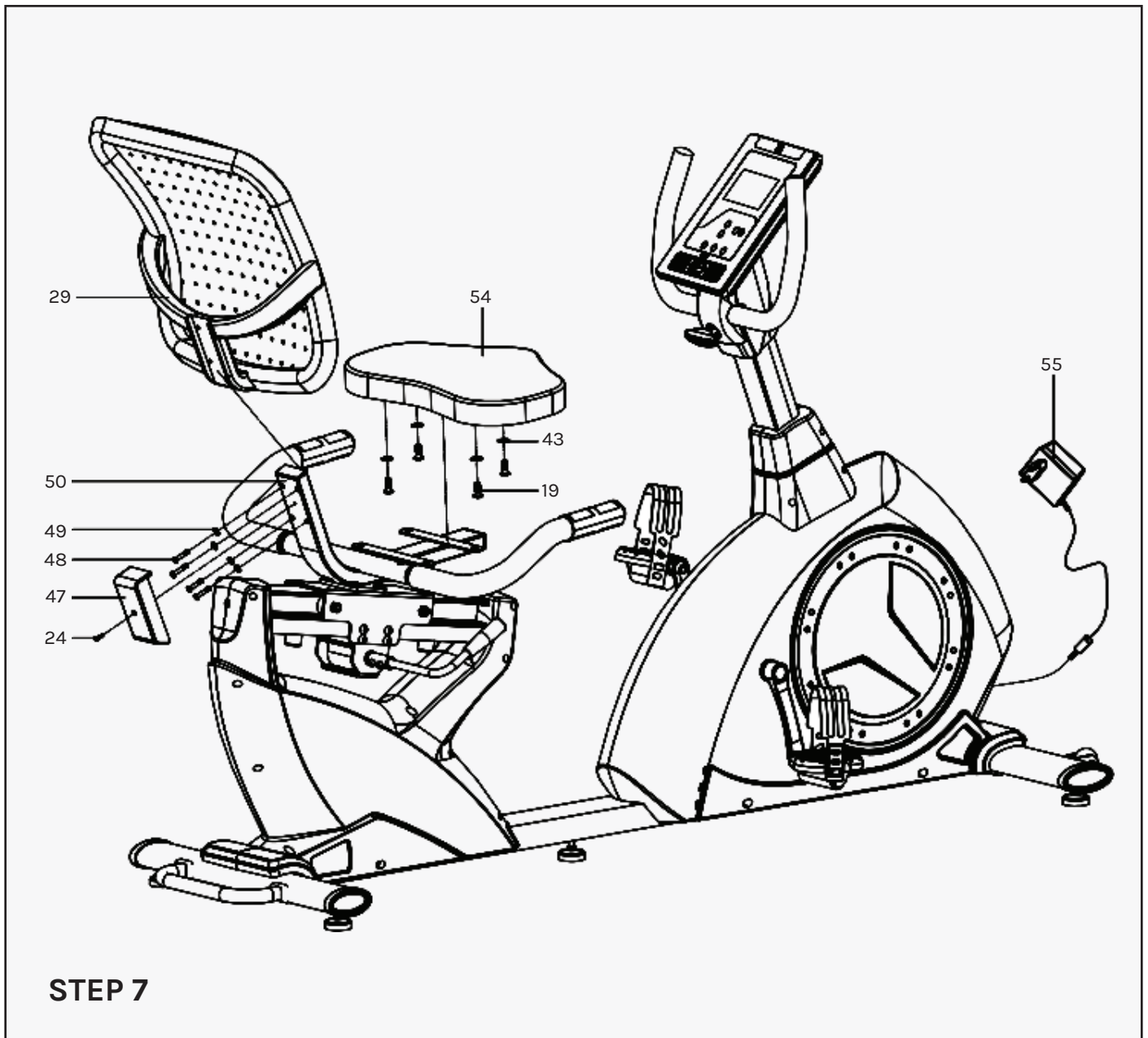
STEP 7

1. Secure the seat (54) onto the connecting slice of the seat frame (50) with Inner hexagon bolt (19) and flat washer (43).

2. Secure the seat (54) onto the connecting slice of the seat frame (50) with Inner hexagon bolt (19) and flat washer (43).

3. Secure the seat (54) onto the connecting slice of the seat frame (50) with Inner hexagon bolt (19) and flat washer (43).

4. Secure the seat (54) onto the connecting slice of the seat frame (50) with Inner hexagon bolt (19) and flat washer (43).

5. Ensure all bolts are tightened fully and plug the power cord (55) as pictured above.

VI. HOW TO GUIDE
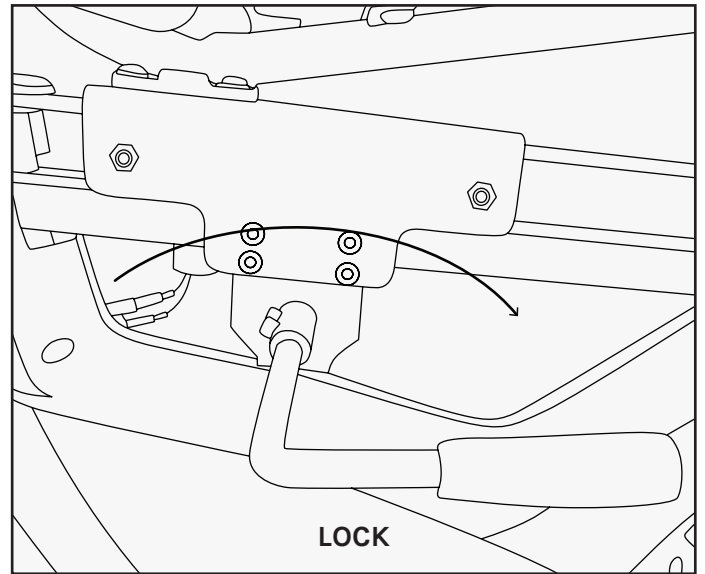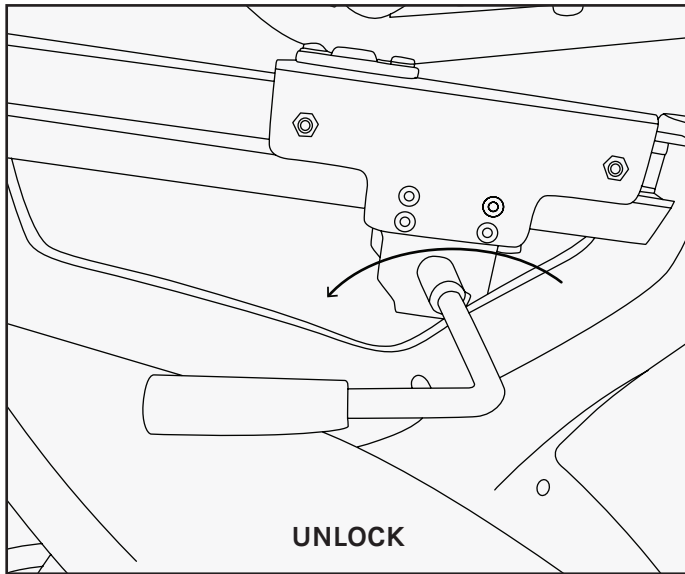
UNLOCK

LOCK

Adjusting Seat Horizontal Position

1. Under the seat is a handle lever. While you are sitting on the equipment with your feet on the pedals, unlock the seat by turning the lever backwards, as pictured. Caution: your seat will slide when unlocked.
2. Slide your seat forward or backwards to your preferred seating position. Your legs should be extended with a slight bend on the knees.
3. Then lock by turning the lever forward as pictured. Make sure the lever is pushed all the way forward.
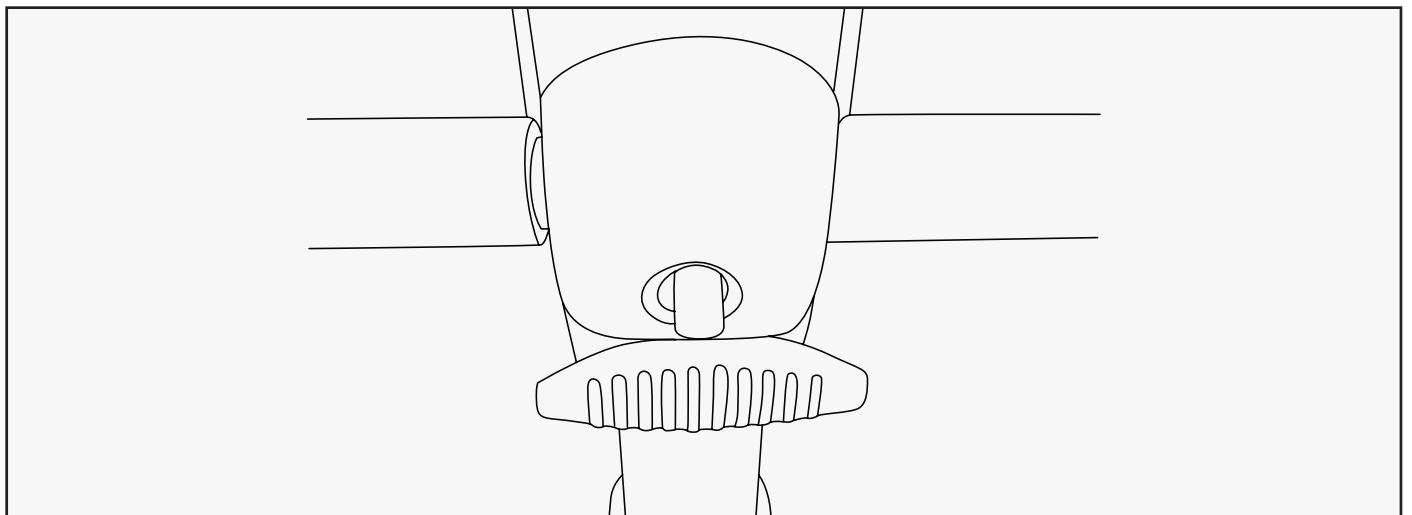
How to Adjust the Front Handlebars

1. At the front handlebar, loosen the Plastic handle knob (32).
2. Once loosened you can move the handlebar up or down. When set to the position you like, retighten the knob.
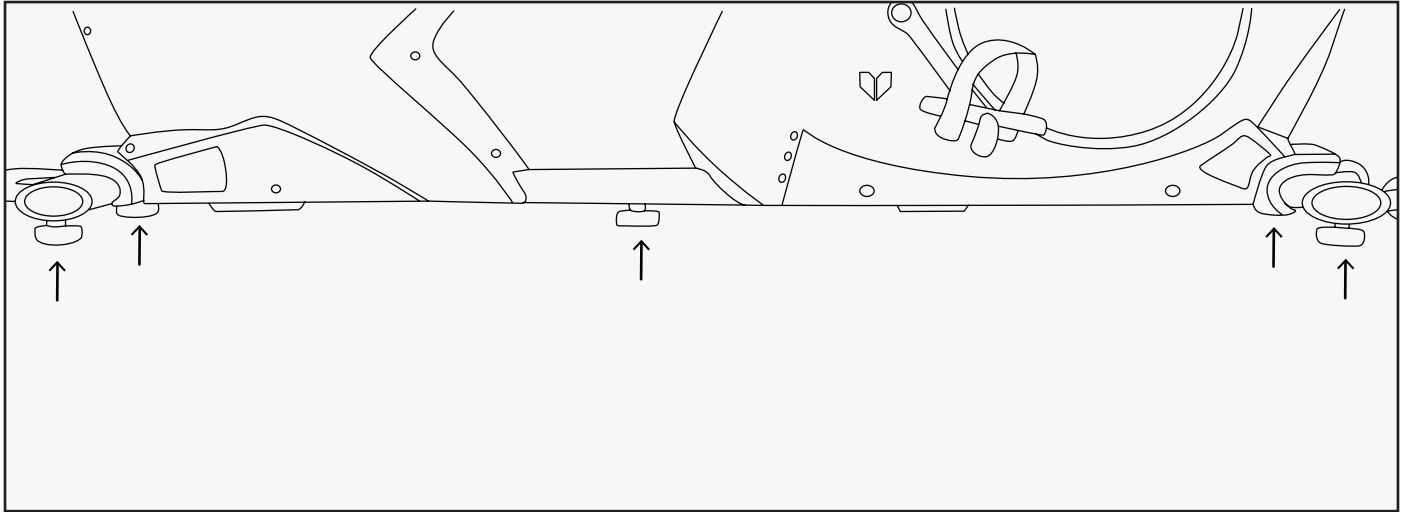
Floor Levelers

If your ground is uneven, there is five Adjusting pad (part 12) at the front and back stabilizer feet. Turn these pads clockwise or anti-clockwise until the sit firmly on the ground and the equipment no longer shakes.

VII. COMPUTER OPERATION

BUTTON FUNCTIONS

UP	To make upward adjustment or increase training resistance.
DOWN	To make downward adjustment or decrease training resistance.
MODE	To confirm all settings.
START/ STOP	To start or stop workout.
RESET	To reset current settings or press to have monitor switching to initial training mode for renew selection.
RECOVERY	To test heart rate recovery status.
BODY FAT	To test body fat%. Press "BODY FAT" and hold for 2 seconds to modify user data (SEX/ AGE/ HEIGHT & WEIGHT) in standby mode.

BUTTON FUNCTIONS

1. POWER ON

a. Plug in adaptor to power on console, system will have a buzzer beeping as a cue.

b. LCD will have all segments displaying for two seconds along with "78.0" (wheel diameter), "E" for EU regulation (or "A" for Asian regulation), and "K" (KM) (or "M" (ML)) for one second.

c. Press "RESET" key for 2 seconds as a TOTAL REST key.
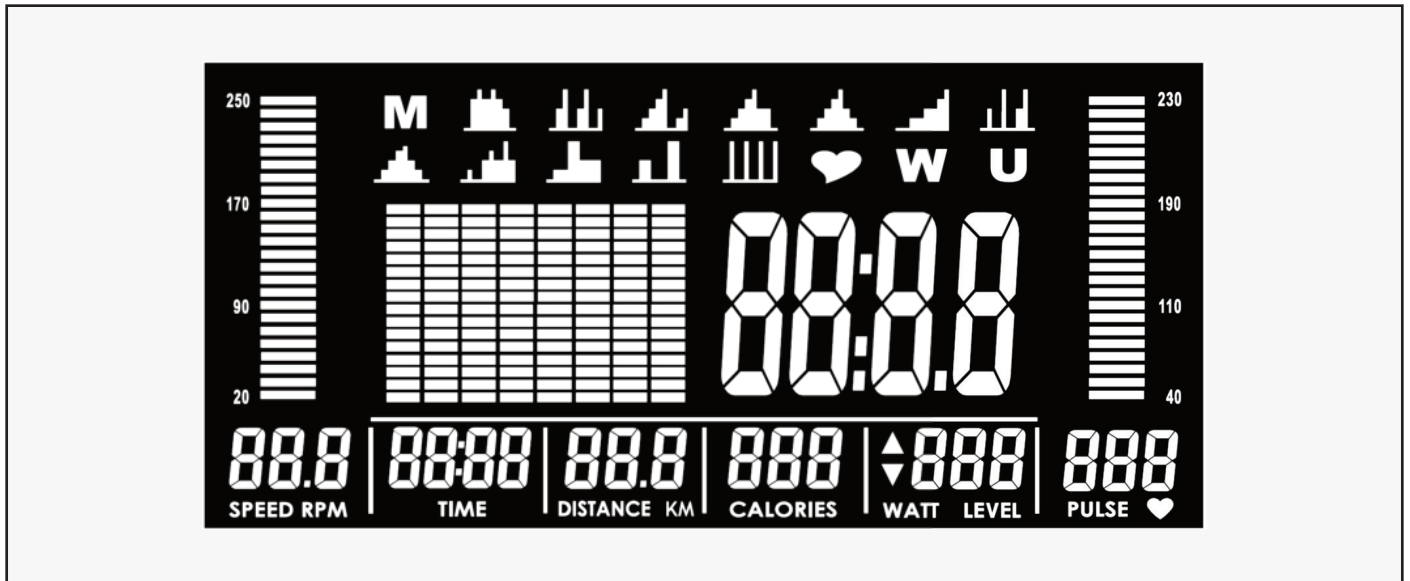
2. USER PROFILE SET UP

a. Use UP (▲) and DOWN (▼) keys to select a user profile from U1~U4. Press "MODE" to confirm a desirable user profile.

b. Press "MODE" each time when values are determined for SEX, AGE, HEIGHT, and WEIGHT settings. All entered data will be saved in user profile U1~U4.
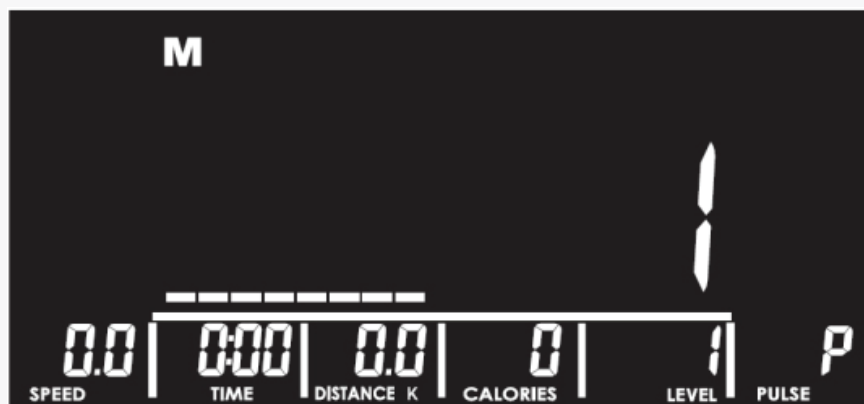
3. PROGRAM SELECTION

a. 3-1 Programs display on the LCD as MANUAL → 12 PROGRAMS → H.R.C. → WATT → USER PROGRAM → MANUAL in sequence.

b. 3-2 Use UP (▲) and DOWN (▼) keys to select a program and press "MODE" to confirm when a selection is determined.
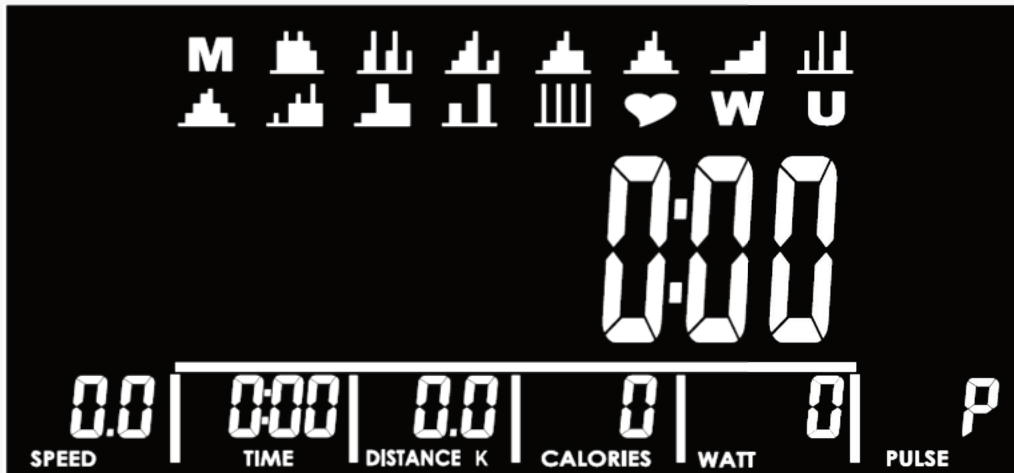
4. MANUAL MODE

a. Select "M" and use UP (▲) and DOWN (▼) keys to adjust the resistance level; press "MODE" when the value is determined.

b. The resistance level can be readjusted during workout.

c. The LEVEL column will switch and display WATT value after three seconds of no resistance adjustment.

d. Use UP (▲) and DOWN (▼) keys for TIME, DISTANCE, CALORIES, and PULSE settings. Press "MODE" each time when values are determined.

e. Press "START" and start pedaling. RPM & PULSE bars will display values accordingly.

f. Press "STOP" to pause exercise and all exercise values will be saved.

g. Press "RESET" and return to program selection.

5. 12 PROGRAMS

a. Use UP (▲) and DOWN (▼) keys to select a program from P1 to P12 and press "MODE" to confirm after determining selection.

b. LCD will display corresponding flashing graphic to the selected program.

c. Use UP (▲) and DOWN (▼) keys to adjust resistance level and TIME; press "MODE" each time when value's determined and press "START" to start workout.

d. The resistance level can be readjusted during workout.

e. LEVEL column will switch and display WATT value after three seconds of no resistance adjustment.
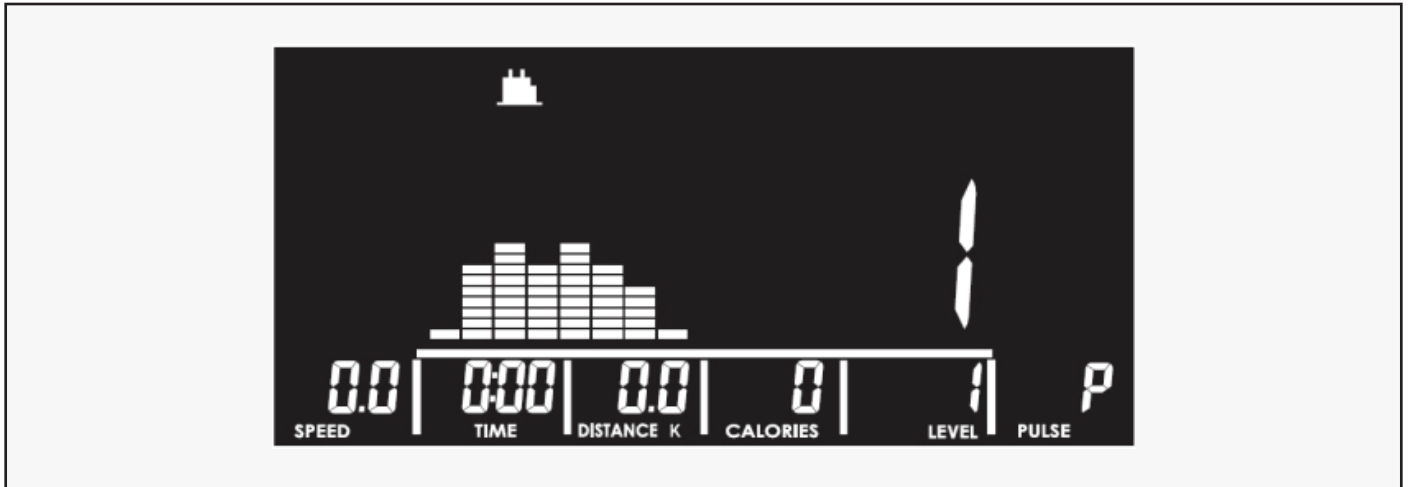
6. H.R.C

a. Use UP (▲) and DOWN (▼) keys to select 55%, 75%, 90%, or TARGET.

b. The heart rate value will be calculated automatically according to the AGE value user inputs and will be shown in the alphanumeric column in flashing text.

c. If you select "TARGET", use UP (▲) and DOWN (▼) keys to set a value between 30~230bpm and press "MODE" to confirm when value's determined.

d. Use UP (▲) and DOWN (▼) keys to set TIME and press "MODE" to start workout.
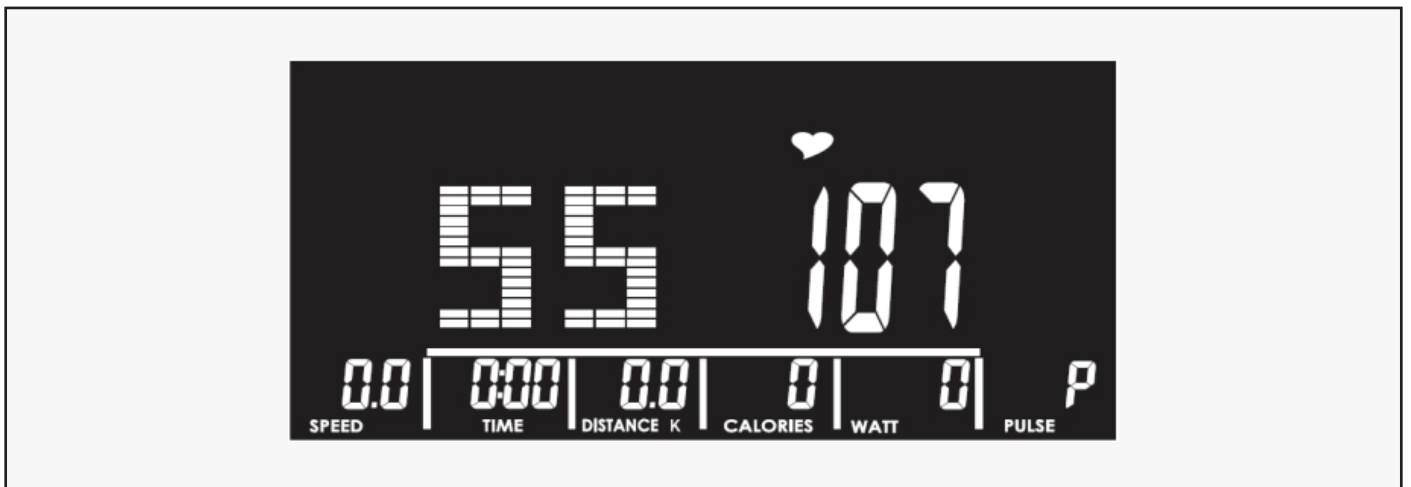
7. USER PROGRAM

a. Use UP (▲) and DOWN (▼) keys to create user's desired program, press "MODE" when each chart value is determined.

b. Press "MODE" and hold for 2 seconds to skip to TIME setting.

c. Press "START" to begin workout.
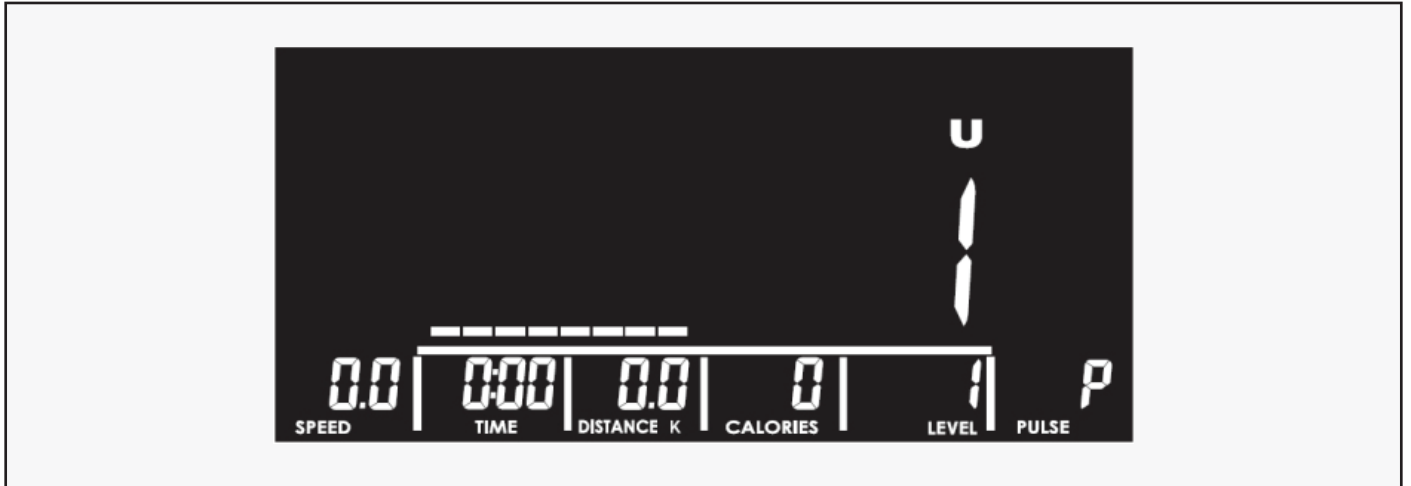
### 8. WATT

a. WATT default value 120 will be displayed in the alphanumeric column in flashing text waiting for an adjustment.

b. Use UP (▲) and DOWN (▼) keys to adjust WATT and TIME values.

c. Press "START" to start exercise.

d. WATT LEVEL will be adjusted automatically according to user's actual RPM input value.

e. WATT LEVEL can be readjusted manually during workout.
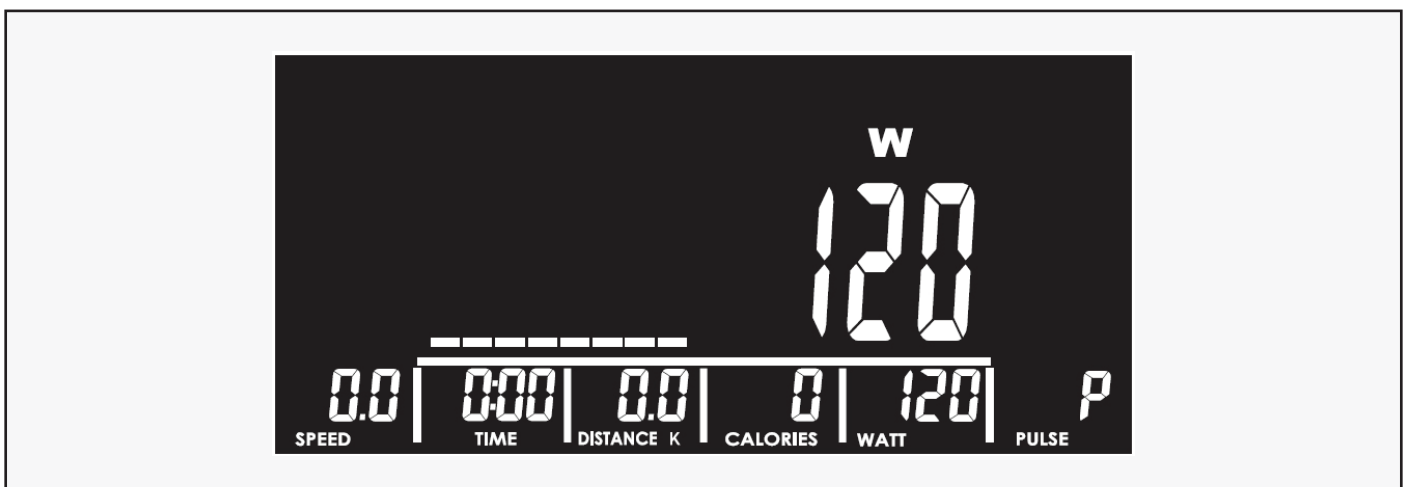
9. BODY FAT

a. This function is valid after user stops pedalling (or press "STOP").

b. A continuous RPM signal input is required during BODY FAT test.

c. Press "BODY FAT". The console system will display "UX" for two seconds and start the body fat measurement process. It will show results of FAT% and BMI on screen 8 seconds later.

d. Press "BODY FAT" and hold for two seconds to enter user profile to reset SEX, AGE, HEIGHT and WEIGHT. Press "MODE" to start body fat measurement process.

e. If LCD displays following messages:

   I. "E-1"- no heart rate signal input detected;
   II. "E-4" – When FAT% result exceeds 5~50 and BMI result exceeds 5~50.
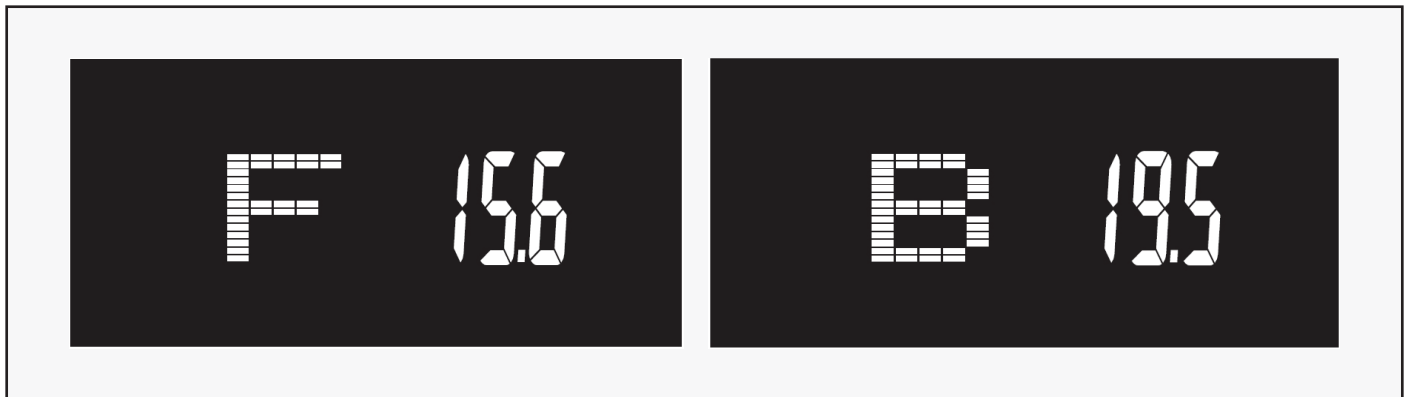
10. RECOVERY

a. RECOVERY function is valid when there's a heart rate value input detected (during exercise or after user presses "STOP").

b. Press "RECOVERY" and LCD will display TIME "0:60" counting down with user's actual heart rate value showing in the PULSE column.

c. When TIME reaches to "0:00", LCD will have result "FX" (X=1~6) displaying in the alphanumeric section.

d. Press "RECOVERY" again and return to previous mode during or after RECOVERY test has occurred; LCD will continue displaying user's actual heart rate value on screen.
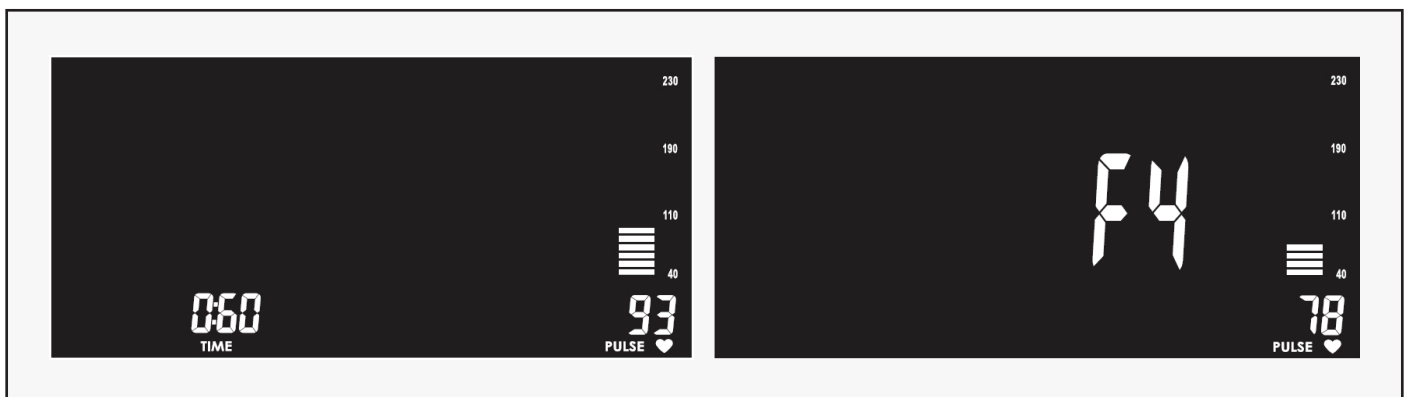
11. BMI CHART

≤19	Underweight
=(20---25)	Normal Weight
=(25---29)	Overweight
≥30	Obese

SPECIAL FEATURES

1. Built-in Speakers
2. USB Port for Battery Charger
3. MP3 Compatible
4. Book Support

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 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.
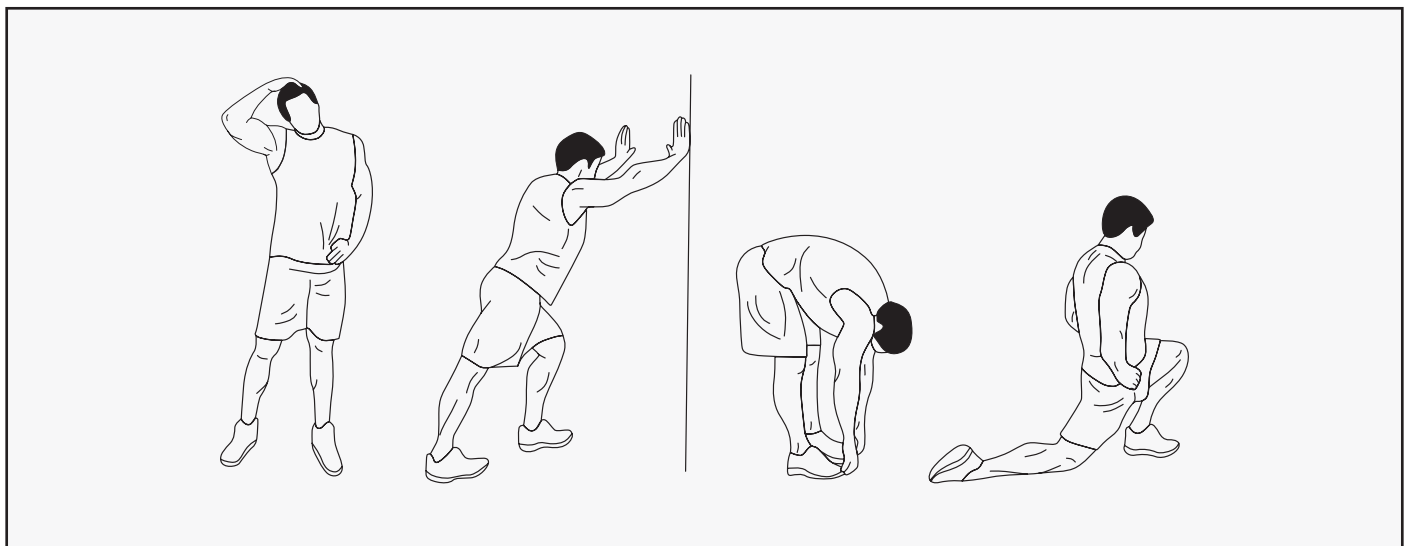
WARM UP

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
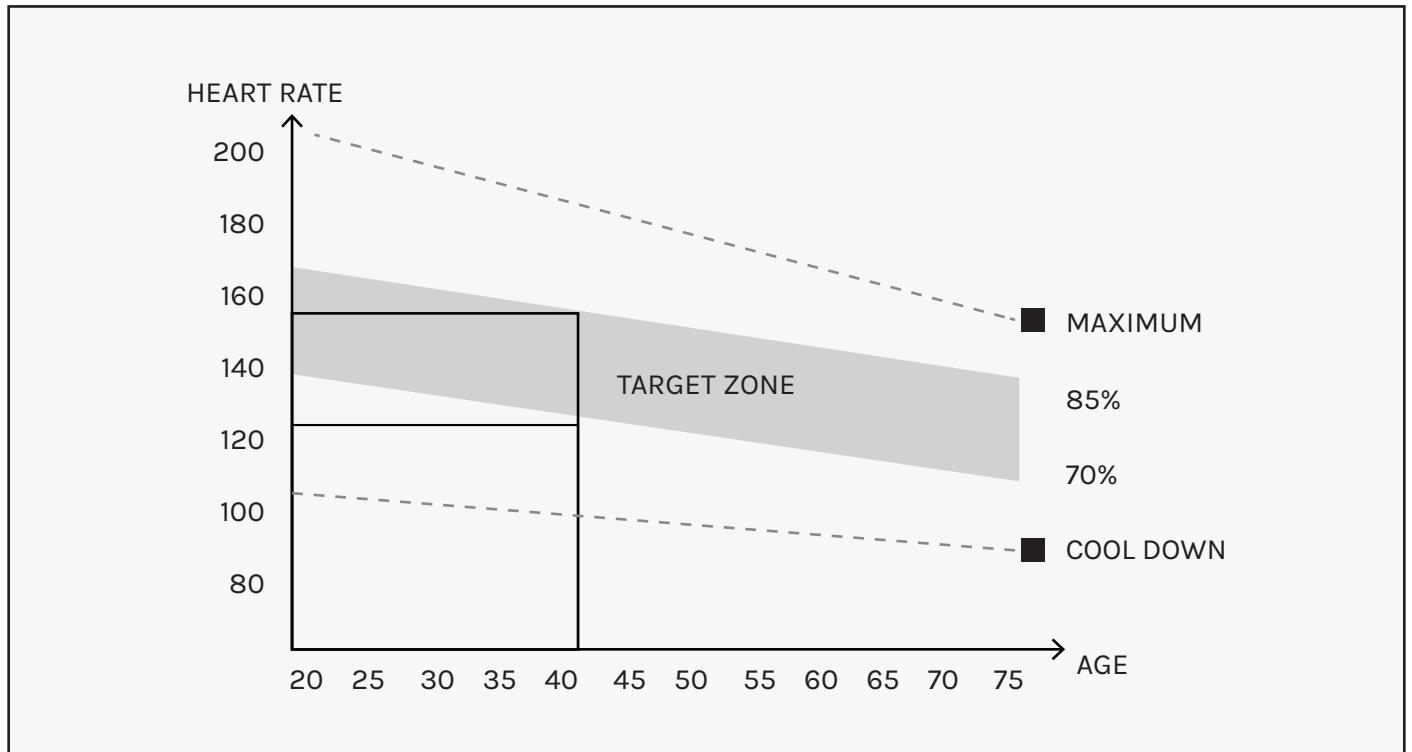
(!) This is how your pulse should behave during general fitness exercise. Remember to warm up and cool down for a few minutes.

The most important factor here is the amount of effort you put in. The harder and longer you work, the more calories you will burn.

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 h**ttps://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).