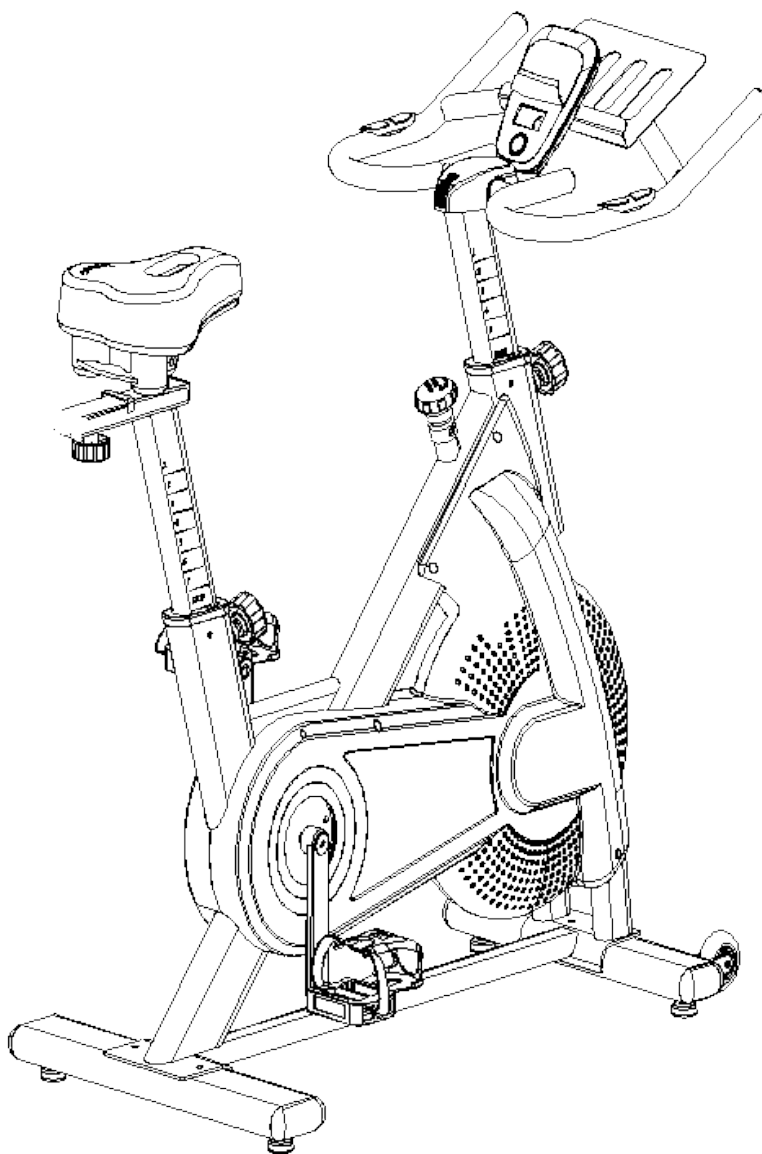




SM-110 Spin Bike

USER MANUAL



**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. Exploded Diagram	05
IV. Parts List	06
V. Assembly Instructions	09
VI. Seat and Handlebar Adjustment	13
VII. Computer Operation	14
VIII. Exercise Guide	15
IX. Warranty	17
X. Hand Pulse Technology	18

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 always keep this manual with you.

- 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.

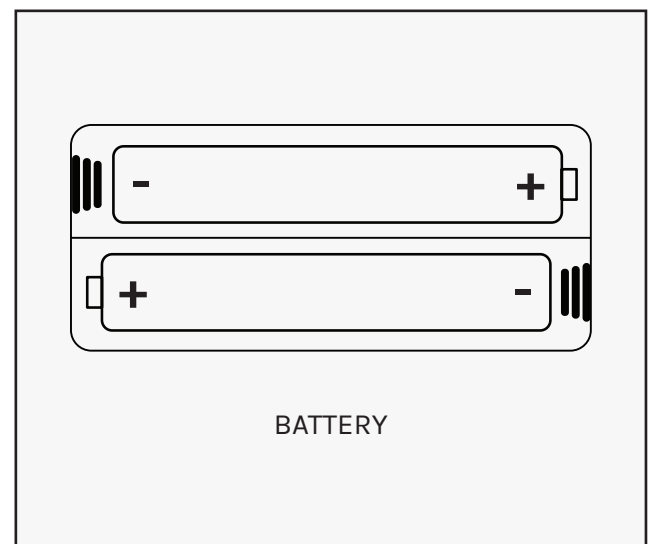
II. CARE INSTRUCTIONS

IMPORTANT

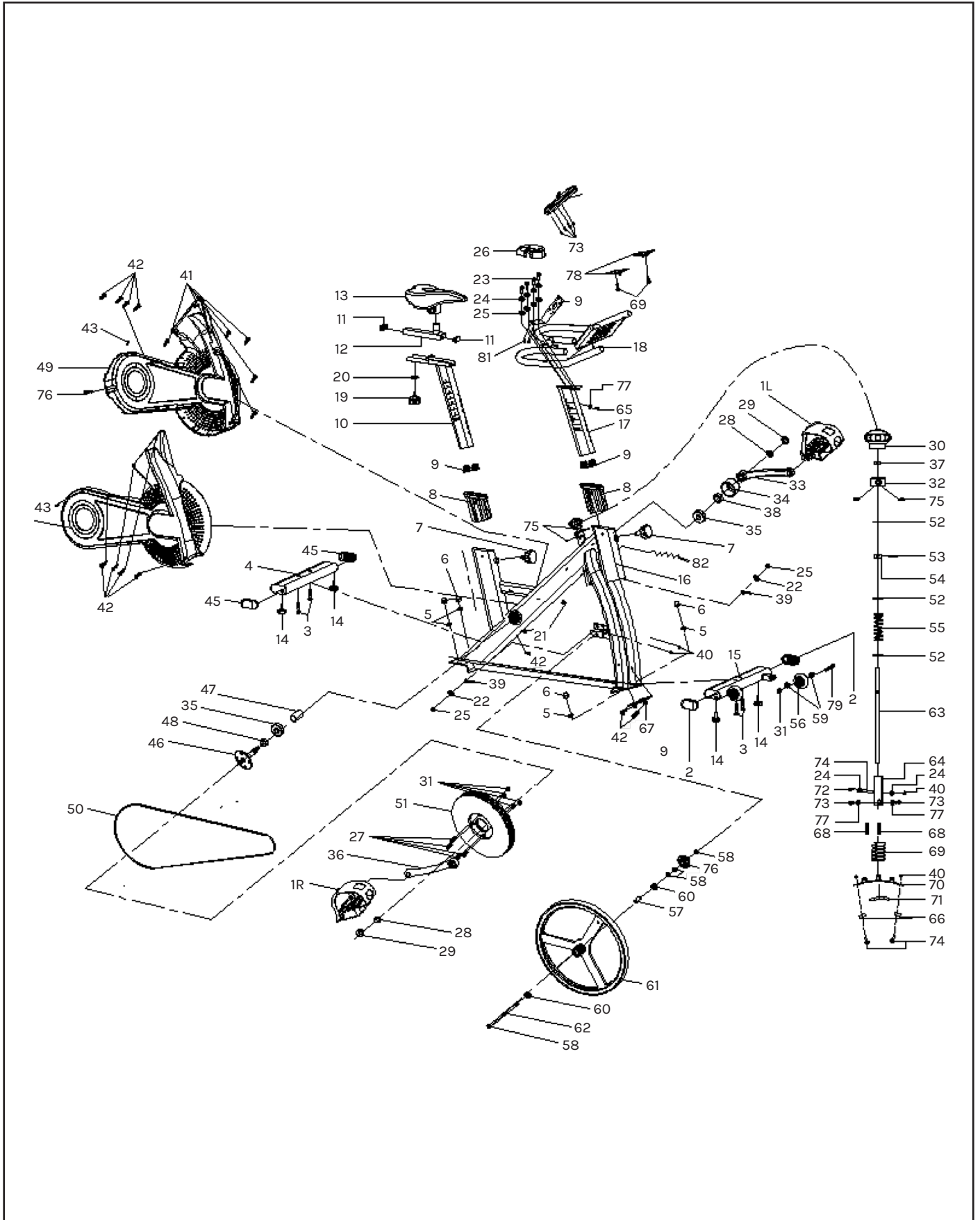
- a. All nuts and bolts are to be checked and tightened on a regular basis. This includes pedals and other moving parts. **Failure to do so may cause damage to your threads and void your warranty.**
 - b. Lubricate moving joints after periods of usage.
 - c. Be careful not to damage plastic or metal parts of the machine with heavy or sharp objects.
 - d. The machine can be kept clean by wiping it down using dry cloth.
-

BATTERY USAGE

- a. Batteries are to be installed or replaced by adult only.
- b. Do not use rechargeable batteries. Do not mix different battery types. Do not mix old and new batteries. Do not mix alkaline, standard (Carbon Zinc), or rechargeable (Nickel-Cadmium) batteries.
- c. Remove batteries when product is not in use.
- d. Remove exhausted batteries from product and dispose of in accordance with the manufacturer's recommendation.
- e. Do not attempt to recharge non-rechargeable batteries.
- f. Batteries are to be inserted with correct polarity.
- g. The supply terminals are not to be short-circuited.
- h. Do not dispose of batteries in fire, batteries may explode or leak.



III. EXPLODED DIAGRAM



IV. PARTS LIST

No.	Name	Qty.	Spec
1	Pedal	1	JD-301 (9/16")
2	End Cap1	2	80*40*1.5
3	Carriage Bolt	4	GB/T 12-1988 M8*52
4	Rear Stabilizer	1	Welding
5	Flat Washer	4	GB/T 95-2002 8
6	Domed Nut	4	GB/T 802-1988 M8 (H=16mm)
7	Spring Adjustment Knob	2	φ57*72 (M16*1.5)
8	Plastic Sleeve 1	2	70*30*1.5 100*40*1.5
9	Computer Holder	1	δ2.5
10	Vertical Seat Post	1	Welding
11	End Cap2	2	40*20*1.5
12	Seat Post	1	Welding
13	Seat	1	DD-004
14	Stopper	4	φ38*47*M8
15	Front Stabilizer	1	Welding
16	Main Frame	1	Welding
17	Handlebar Post	1	Welding
18	Handle Bar	1	Welding
19	Locking Knob	1	φ57*47 (M8x15)
20	Flat Washer 1	1	φ32* φ8.2*2
21	End Cap 1	2	φ14*14
22	Flat Washer 1	3	GB/T 95-2002 12
23	Bolt	6	GB/T 70.1-2000 M6*12
24	Flat Washer 1	12	GB/T 95-2002 6
25	Spring Washer 2	6	GB/T 859-1987 6
26	Handrail cover	1	130*78*43
27	Bolt	4	GB/T 70.2-2000 M8*16
28	Fixing Nut 1	4	GB/T 6177.2-2000 M10*1.25

No.	Name	Qty.	Spec
29	Crank End Cap	2	φ23*7.5
30	Knob	1	φ60*43
31	Lock Nut	6	GB/T 889.1-2000 M8
32	Twist the Fixings	1	φ32*20
33	Left Crank	1	170*27
34	Crank Cover	1	φ51*25
35	Bearing	2	6203ZZ
36	Right Crank	1	170*27
37	Nut	1	GB/T 41-2000 M10
38	Fixing Nut	1	M17*1.0
39	Fixing Bolt	2	M6*58
40	Nut	5	GB/T 889.1-2000 M6
41	Screw 1	5	GB/T 845-1985 ST4.2*19
42	Screw 2	10	GB/T 15856.1-2002 ST4.2x13
43	Screw 3	2	ST3.5*13
44	Right Chain Cover	1	791*6*616
45	End Cap3	2	100*40*1.5
46	Axis	1	φ20*165
47	Long Fixing Tube	1	φ25*φ20.2*41.2
48	Short Fixing Tube	1	φ22*φ17.2*9
49	Left Chain Cover	1	451*260*2 (279g)
50	Belt	1	4PK52
51	Belt Wheel	1	φ220*21
52	Washer 2	3	16*10.5*3
53	Elastic Cylindrical Pin	1	4*16
54	Screw Rod	1	φ16*φ10.5*8
55	Brake Spring	1	φ14.5*140
56	Wheel	2	φ69*23
57	Fixing Tube	1	φ18*φ10.2*56.2
58	Fixing Nut 2	4	M10x1.25 H=6

No.	Name	Qty.	Spec
59	Bearing	4	608ZZ
60	Bearing	2	6000ZZ
61	Flywheel	1	φ330*72
62	Flywheel Shaft	1	φ10*56
63	Screw Rod	1	φ10*240
64	The brake connection assembly	1	18*18*1.2
65	Screw 6	1	GB/845-85 ST4.8x13
66	Woolly Block	2	28*40*6
67	Decoration Panel	1	95*73*28.5
68	The brake guide sleeve	2	46.5*21.8*10.9
69	Screw 2	2	GB/T 845-1985 ST4.2*25
70	The brake block assembly	1	Welding
71	High Magnetic	5	28*20*3
72	Bolt 1	1	GB/T 70.1-2000 M6*35
73	Bolt 3	4	GB/T 5780-2000 M5*10
74	Bolt 4	2	GB/845-85 M6*12
75	Bolt 5	2	GB/845-85 M6*8
76	Screw 3	1	ST3.5*16
77	Spring Washer 1	3	GB/T 859-1987 5
78	Pulse	2	φ32
79	Bolt	2	GB/T 5780-2000 M8*40
80	Computer	1	TE-2390, KM
81	Bolt 3	2	GB/T 5780-2000 M5*8
82	Sensor	1	SR-202

V. ASSEMBLY INSTRUCTIONS

1. PREPARATION

- A. Before assembling make sure that you will have enough space around the item.
- B. Use the supplied tool kit for assembling.
- C. Before assembling, check that all parts are available and note that some parts are pre-assembled on the machine.

2. ASSEMBLY INSTRUCTION

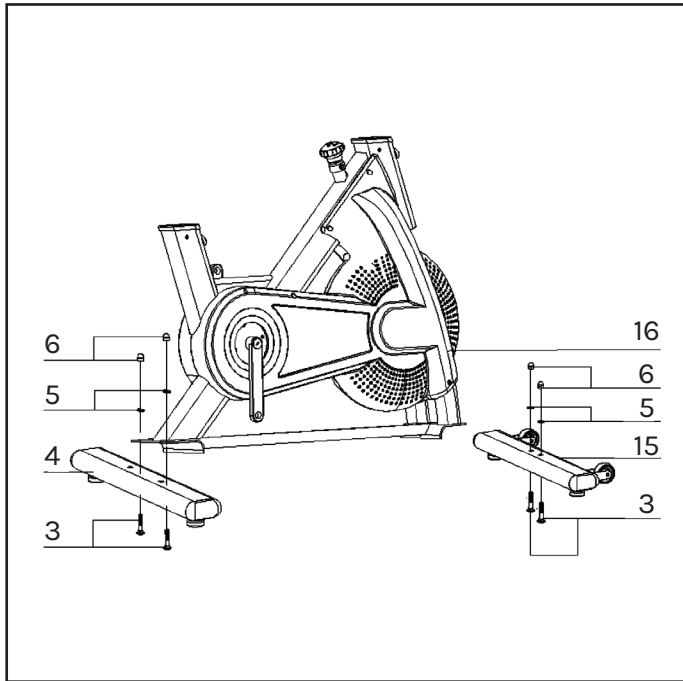


FIG 1

1. Attach the Front Stabilizer (pt.15) to the Main Frame (pt.16) using two sets of Ø8 Flat Washers (pt.5), M8 Domed Nut (pt.6) and M8*52 Carriage bolt (3).
2. Attach the Rear Stabilizer (pt.4) to the Main Frame (pt.16) using two sets of Ø8 Flat Washers (pt.5), M8 Domed Nut (pt.6) and M8*52 Carriage bolt (3).

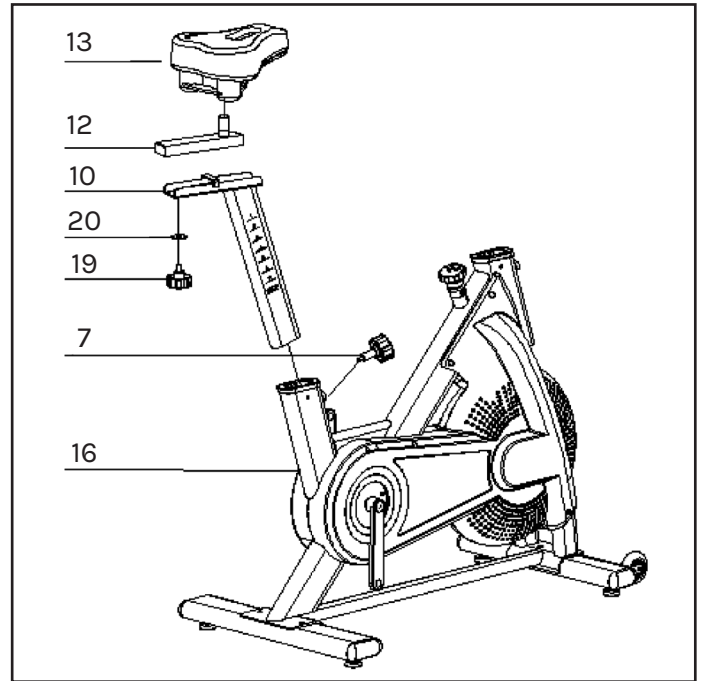
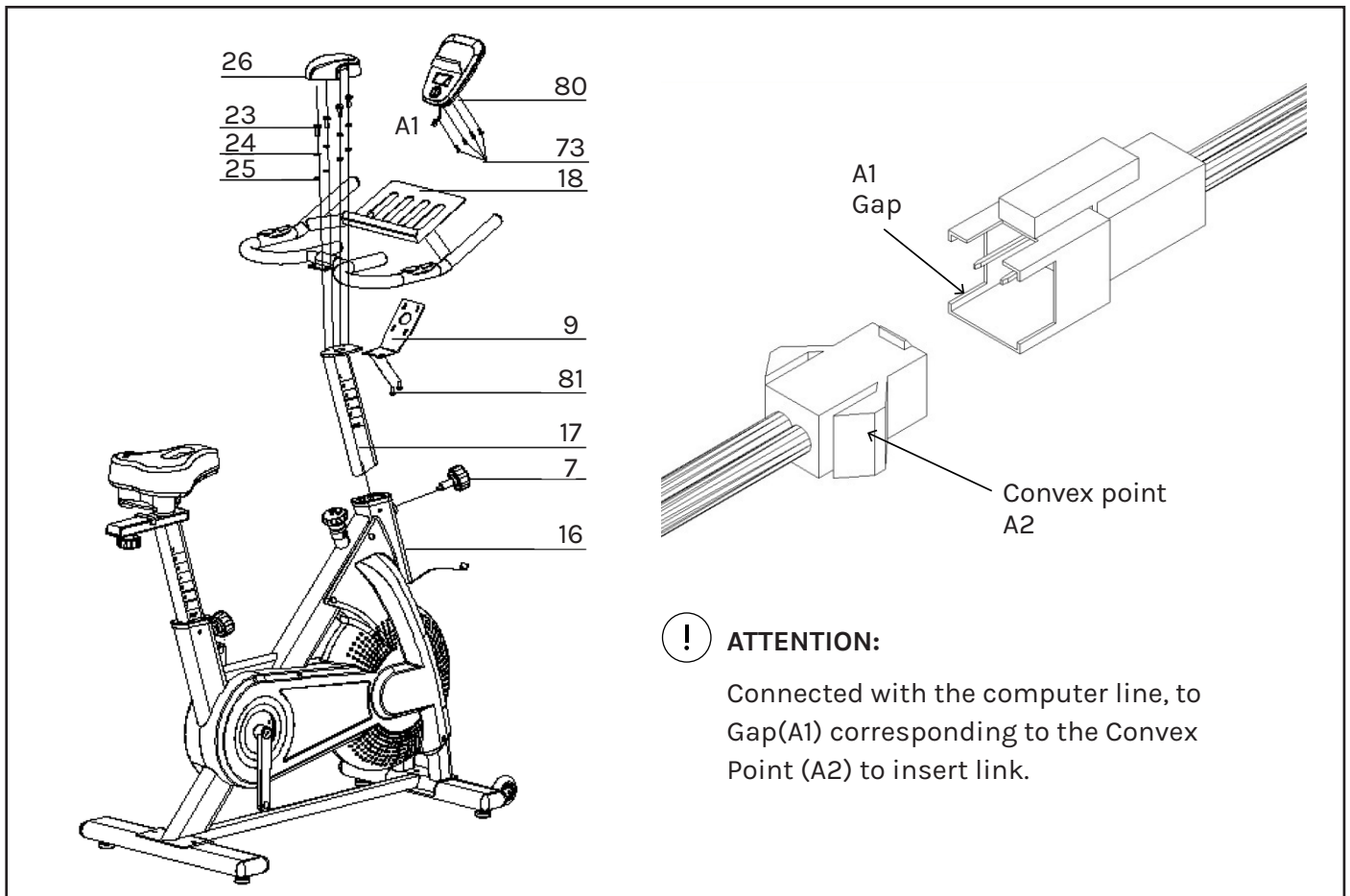


FIG 2

1. First, the elastic bolt (7) of the large ball head is loosened and pulled outwards. Insert the cushion adjusting pipe assembly (10) into the inner liner of the main frame assembly (16) to and then re-tightened the elastic bolt once the appropriate height is set.
2. Insert the buffer sliding tube assembly (12) into the buffer regulating tube assembly (10), then lock and tighten the elastic bolt (7) to desired distance.
3. Finally, the buffer pad (13) is locked with the wrench. Ensure to tighten both nuts securely at the same time.



! ATTENTION:
 Connected with the computer line, to Gap(A1) corresponding to the Convex Point (A2) to insert link.

FIG 3

1. Loosen the elastic bolt (7) of the large ball head then pull the knob outward.
2. Insert the armrest regulating tube assembly (17) into the inner tube bushing of the main frame assembly (16). Then, release the elastic bolt (7) of the large ball head and locked into place for desired height.
3. Attach the computer holder (9) with 2 BOLT (81) under tube assembly (17).
4. Fix the computer (80) onto the computer holder (9) with 4pcs Bolt (73), then connect the cable A1 & A2.
5. The armrest tube assembly (18) is then fixed on the armrest regulating tube assembly (17) with a light elastic washer (24), a flat gasket (25) and an inner hexagonal cylindrical screw (23). Tighten fully.
6. Finally, the armrest cover (26) is clipped to the armrest tube assembly (18).

! IMPORTANT: Make sure the handlebars are tightened fully.

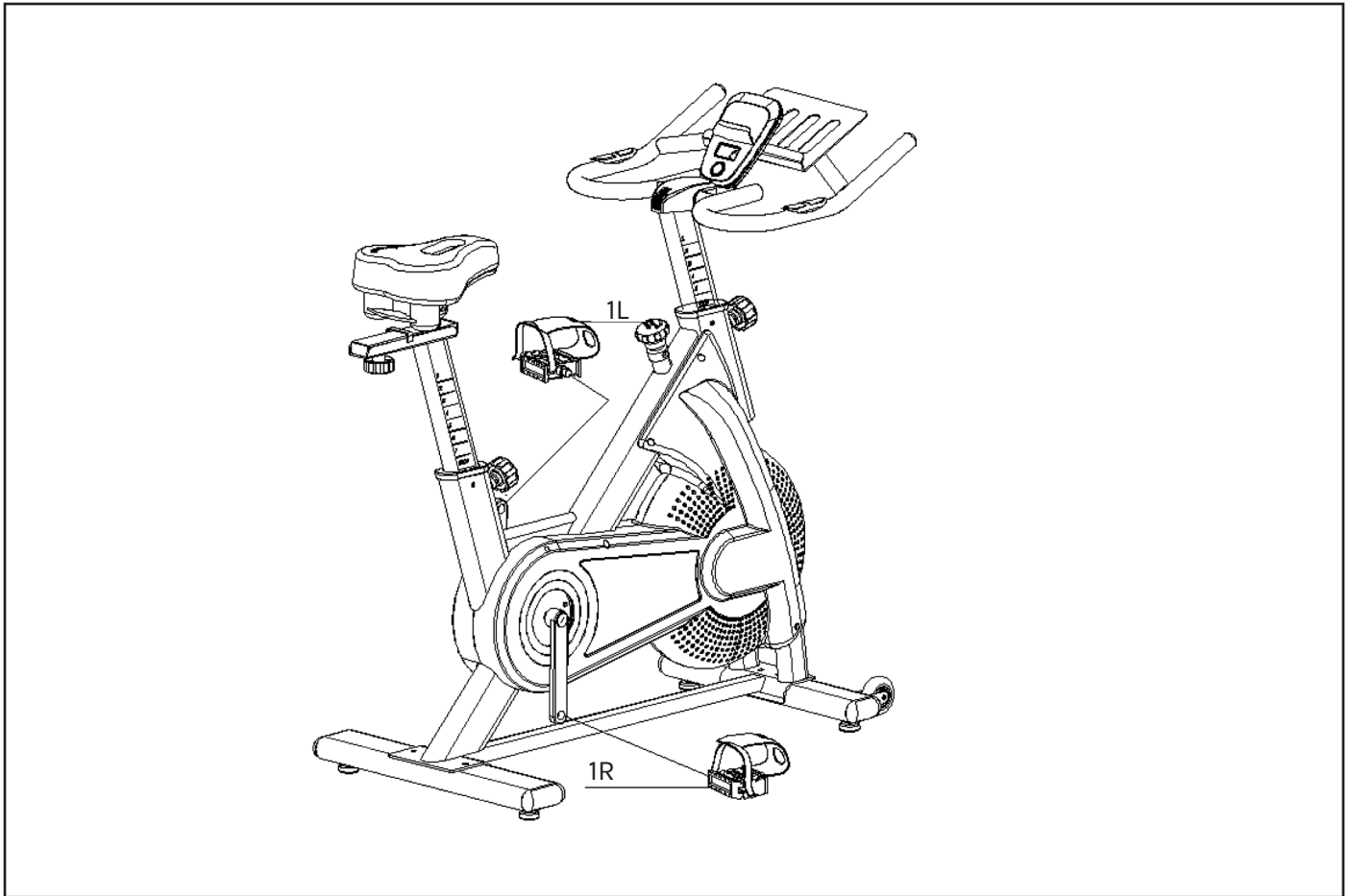


FIG 4

The Pedals (pt.1 L & pt.1 R) are marked "L" and "R" - Left and Right. Connect them to their appropriate crank arms. The right crank arm is on the right- hand side of the cycle as you sit on it. The Right pedal should be threaded on clockwise and the Left pedal anticlockwise.

! **IMPORTANT:** Ensure both pedals are fully tighten as using pedals while loose can damage your thread and affect your warranty.

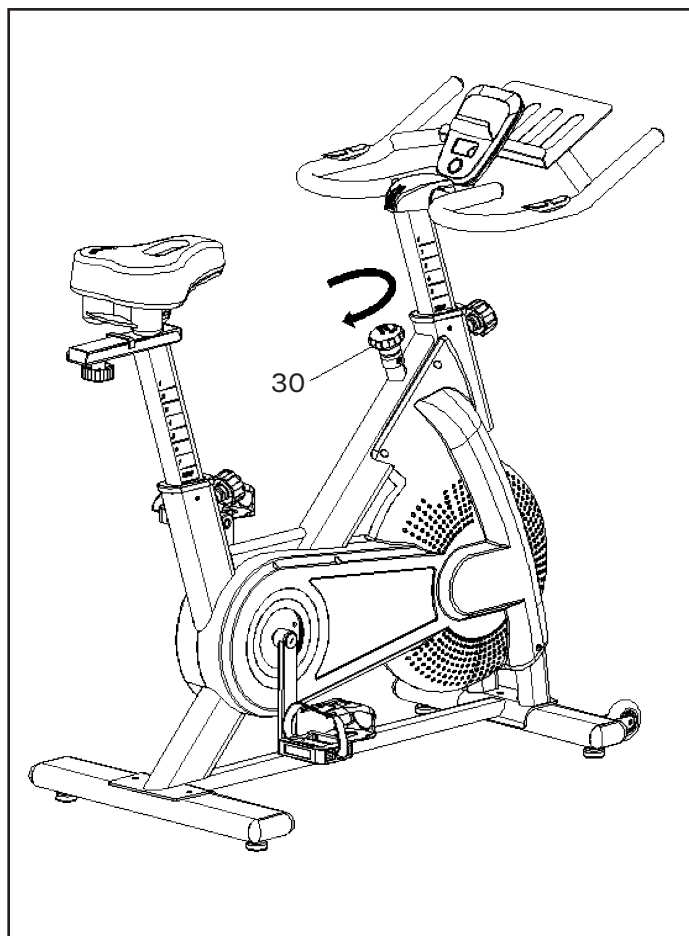


FIG A

A. Adjusting the Tension:

Increasing or decreasing the tension allows you to add variety to your workout sessions by adjusting the resistance level of the bike.

To increase tension and increase resistance (requiring more strength to pedal), turn the Emergency Brake & Tension Control Knob (#30) to the right.

To decrease tension and increase resistance (requiring less strength to pedal), turn the Emergency Brake & Tension Control Knob (#30) to the left.

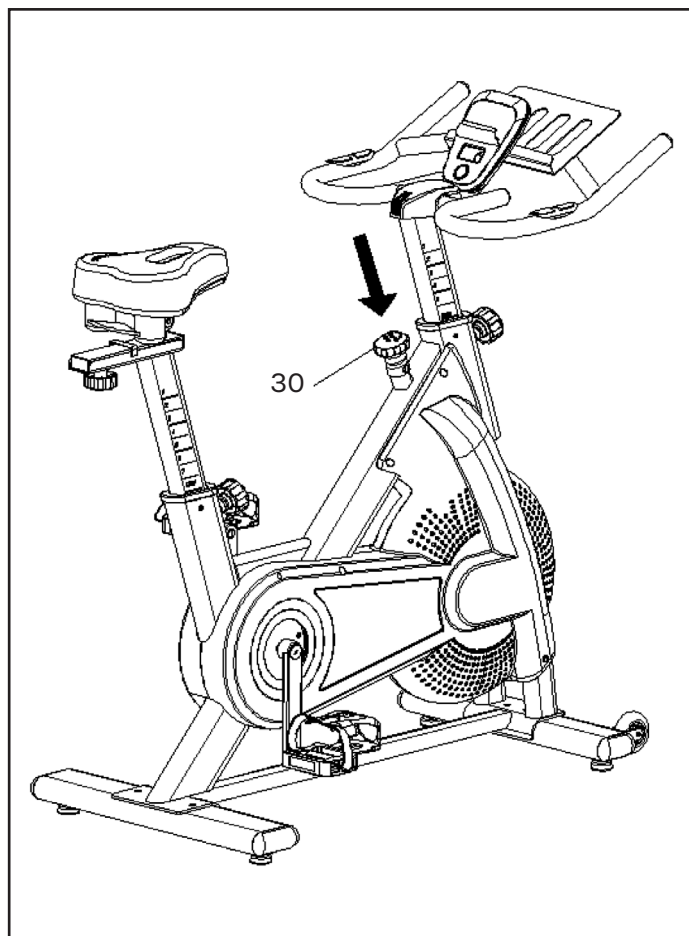


FIG B

B. Using the Emergency Brake Function:

The same knob that allows you to adjust the tension of the bike also doubles as the Emergency Brake. Use this safety feature in any situation where you would need to get off the bike and/or stop the bike's flywheel.

To use the Emergency Brake function firmly press down on the Emergency Brake & Brake Control Knob (#30).

VI. SEAT AND HANDLEBAR ADJUSTMENT

SEAT ADJUSTMENT

UP/DOWN

To adjust the seat height, slacken the spring knob on the vertical post stem on the main frame and pull back the knob. Position the vertical seat post for the desired height so that holes are aligned, then release the knob and re-tighten it.

FORWARD/BACKWARD

To move the seat forward in the direction of the handlebar or backwards away from it, loosen the adjusting knob and washer and pull the knob back. Slide horizontal seat post into desired position. Align holes and then re-tighten the adjusting knob.

HANDLEBAR ADJUSTMENT

To adjust the handlebar height, slacken the spring knob and secondary knob and pull both knobs back. Slide the handlebar post along the housing on the main frame to the desired height and, with the holes aligned correctly, tighten the spring adjusting knob and then the secondary knob.

VII. COMPUTER OPERATION

FUNCTION BUTTON

Item	Description
MODE	Choose each functions by pressing MODE KEY, IN SCAN MODE, PRESS MODE KEY Use Mode to select the function you want to display. Press MODE KEY and hold 2 seconds to reset all functions figures.

BUTTON FUNCTIONS

Item	Description
SCAN	The sequence of display: TMR→SPD→DST→CAL · In SCAN MODE, press MODE KEY to choose other function. · Automatically scan through each mode in sequence every 6 seconds.
SPEED	Displays current training speed. The maximum is 999.9km/h.
TIME	Accumulates workout time from 0:00 up to 99:00.
DIST	Accumulates total distance from 0.0 up to 999.9km.
CAL	Accumulates calories consumption during training from 0.0 CAL to the maximum 999.9 CAL. (This data is a rough guide for comparison of different exercise sessions which can not be used in medical treatment.)
PULSE (if present)	Hold both handlebars for 5 seconds for pulse reading. If the sensor does not display a pulse reading it will show as "P".

! NOTE:

1. With no signal transmitted into the computer for 4 minutes, the computer will shut off the LCD display automatically, and all function values will be reserved.
2. Monitor battery spec: 1.5V UM-3 or AA (2pcs).
3. If the computer display abnormally, please re-install the battery and try again.
4. When the display of LCD is weak, it mean the batteries need to be changed.
5. Do not press the button when loading the battery. If the display is abnormal, reload the battery once.

VIII. EXERCISE GUIDE

! PLEASE NOTE:

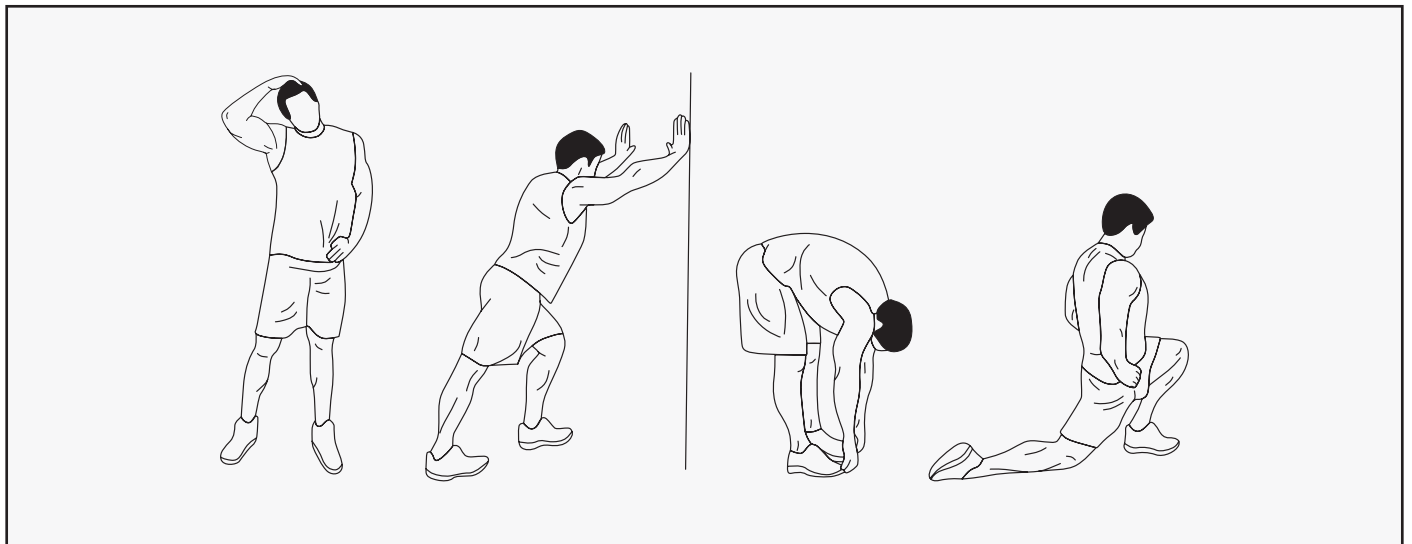
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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

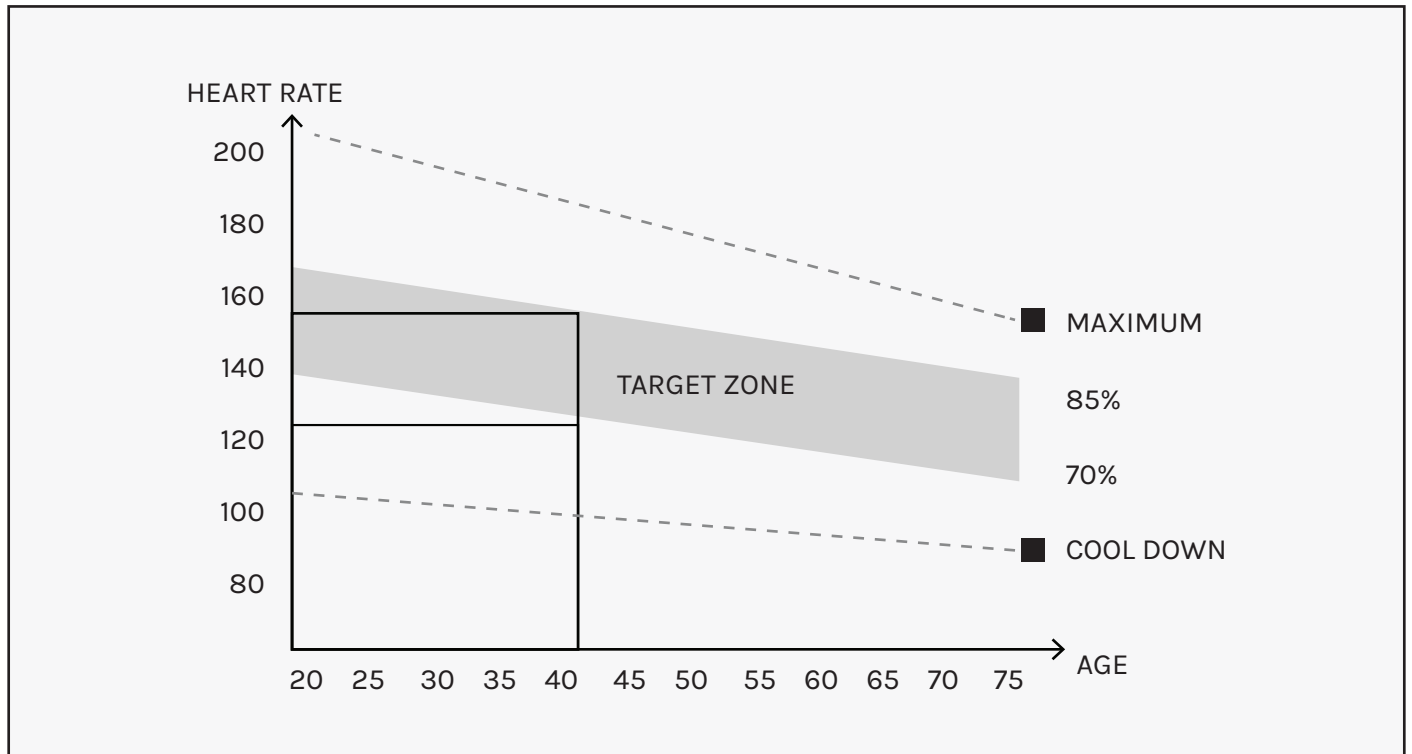
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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.

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 <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



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).



WWW.LIFESPANFITNESS.COM.AU