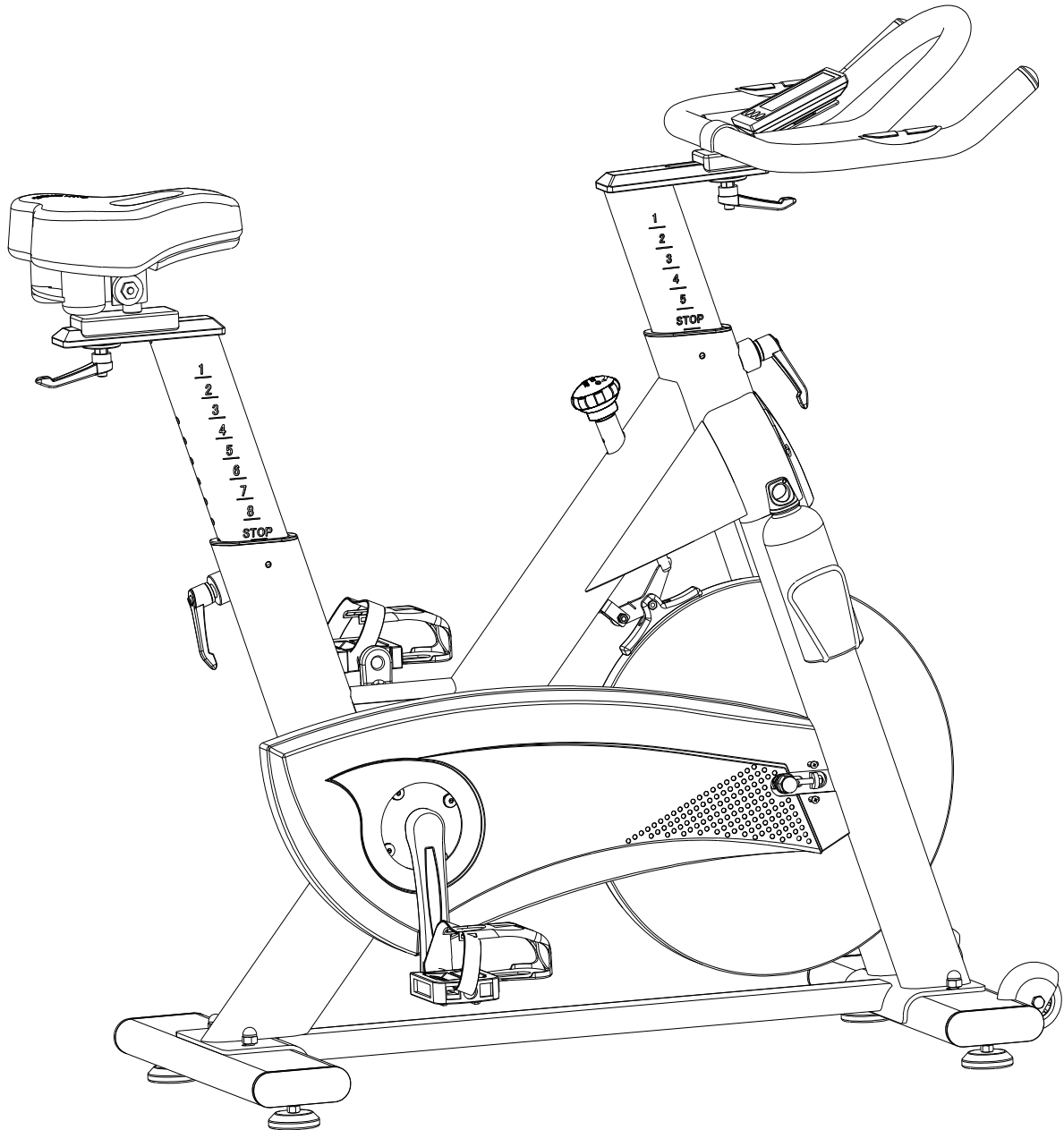# SP-870 M2 OWNER'S MANUAL

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 may be subject to updates or changes. Up to date manuals are available through our website

TABLE OF CONTENTS

1. IMPORTANT SAFETY INSTRUCTIONS

<u>**WARNING**</u> **- 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

a. 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.

b. 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.

c. 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.

d. Keep children and pets away from the equipment. This equipment is designed for adult use only.

e. 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 0.5 meters of free space all around it.

f. 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 assemble, stop immediately. Do not use the equipment until the problem has been rectified.

g. 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.

h.   This equipment is designed for indoor and family use only.

i.   Care must be taken when lifting or moving the equipment so as not to injure your back.

j.   Always keep this instruction manual and assembly tools at hand for quick reference.

k.   The equipment is not suitable for therapeutic use.

2. EXPLODED DIAGRAM
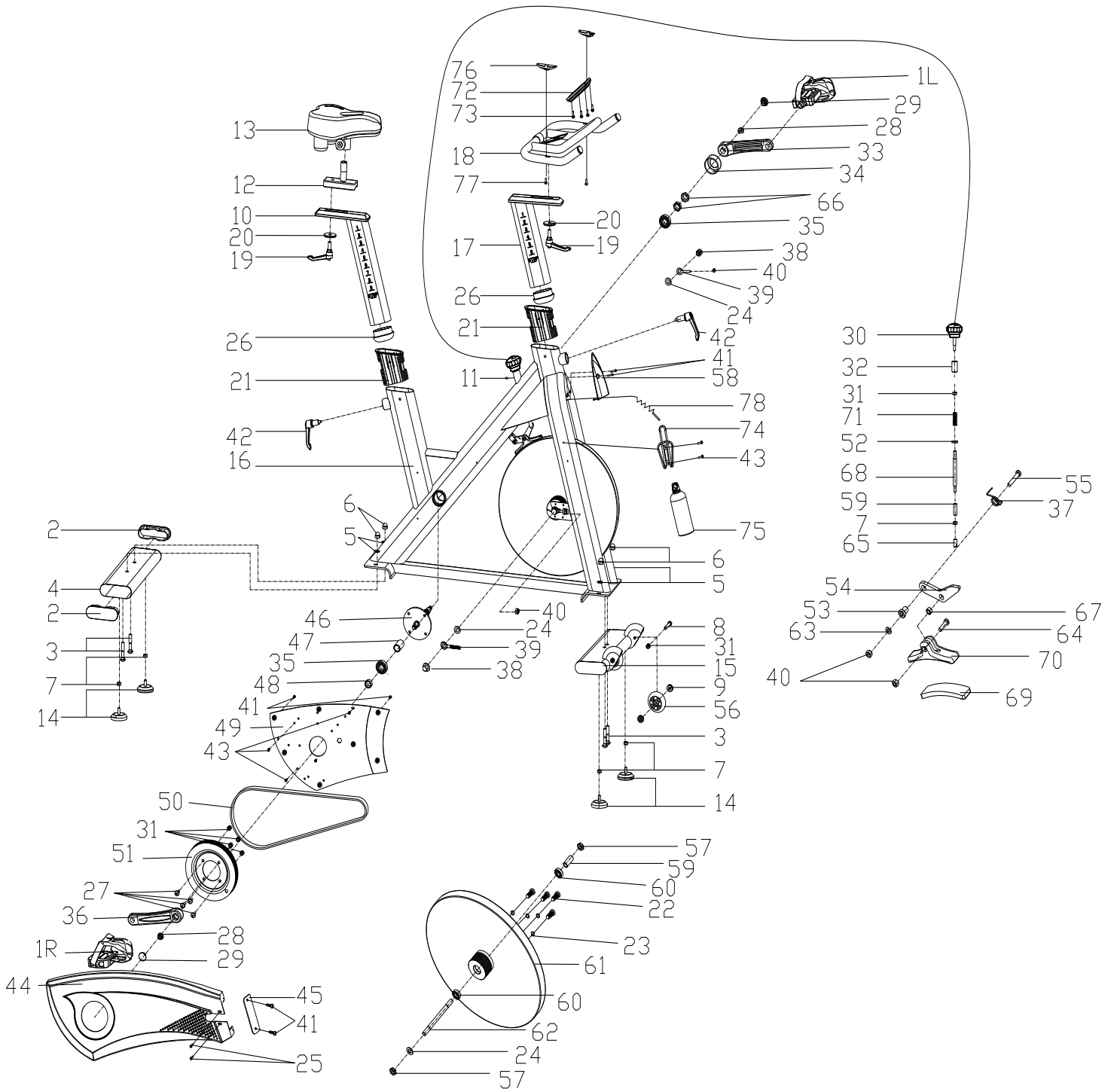
3. PARTS LIST

NO	NAME	QUANTITY	SPEC
1L	PEDAL L	1	JD-304V（9/16"） L
1R	PEDAL R	1	JD-304V（9/16"） R
2	END CAP3	4	120*40*35
3	BOLT 1	4	GB/T 12-1988 M10*55
4	REAR STABILIZER	1	WELDING
5	FLAT WASHER	4	GB/T 95-2002 10
6	NUT	4	GB/T 802-1988 M10
7	NUT	4	GB/T 41-2000 M8
8	BOLT 2	2	GB/T 5780-2000 M8*40
9	BEARING	4	608ZZ
10	VERTICAL SEAT POST	1	WELDING
11	BOLT 8	1	GB/T77-2007 M6*6
12	SEAT POST	1	WELDING
13	SEAT	1	DD-004
14	STOPPER	4	φ60*36/(M8X25)
15	FRONT STABILIZER	1	WELDING
16	MAIN FRAME	1	WELDING
17	HANDLEBAR POST	1	WELDING
18	HANDLE BAR	1	WELDING
19	L SHAPE KNOB	1	M10*25
20	FLAT WASHER 1	1	φ45*φ10.5*4
21	PLASTIC SLEEVE	PCS	80*40
22	BOLT 3	4	GB/T 70.1-2000 M6*20
23	WASHER	4	GB/T 859-1987 6
24	FLAT WASHER	3	GB/T 95-2002 12
25	SCREW 5	2	GB/845-85 ST4.8X19
26	END CAP1	2	80*40*1.5
27	BOLT 1	4	GB/T 70.2-2000 M8*15
28	NUT	2	M12X1.25 H=8MM
29	CRANK END CAP	2	φ28*6.5
30	KNOB	1	φ60*86
31	NUT	7	GB/T 889.1-2000 M8
32	Twist The Fixings	1	φ20*34
33	LEFT CRANK	1	170*15
34	CRANK COVER	1	φ56*28
35	BEARING	2	6004ZZ
36	RIGHT CRANK	1	170*15
37	ADJUSTING METAL	1	φ1.5
38	NUT	2	M12X1.25

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| NO	NAME	QUANTITY	SPEC
39	FIXING BOLT	2	M6*54
40	NUT	2	GB/T 889.1-2000 M6
41	BOLT 6	10	GB/T 845-1985 ST4.2*19
42	L SHAPE KNOB	2	M16X30
43	SCREW 3	7	GB/845-85 ST4.8X13
44	OUTER CHAIN COVER	1	714*301*60
45	LITTLE CHAIN COVER	1	108*37*3 (7g)
46	AXIS	1	φ20*162
47	LONG FIXING TUBE	1	φ25*φ20.5*41
48	SHORT FIXING TUBE	1	φ25*φ20.5*9
49	INNER CHAIN COVER	1	454*288*6
50	BELT	1	5PK53
51	BELT WHEEL	1	φ200*24
52	FIXING NUT	1	16X16X5 (M10）
53	CLAMP SLEEVE 2	1	φ14*15
54	BRAKE PLATE	1	δ5
55	BOLT 7	1	GB/T 2672-2000 M6*30
56	PU WHEEL	2	φ69*23
57	NUT	2	M12X1.25 H=6
58	FRONT COVER	1	143*118*54
59	FIXING TUBE	1	φ16*φ12.1*35
60	BEARING	2	6001ZZ
61	FLYWHEEL	1	φ453*20(25KG)
62	FLYWHEEL SHAFT	1	φ12*160
63	FLAT WASHER	1	GB/T 95-2002 6
64	BOLT 2	1	GB/T 70.1-2000 M6*25
65	THE MOVABLE ROD	1	φ12.5*25
66	FIXING NUT	2	27*M20*1（5mm）
67	CLAMP SLEEVE	1	φ10*5.5
68	drawbar	1	φ12*132
69	WOOLLY BLOCK	1	112*22.5*10
70	BLOCK	1	115*39*25
71	SPRING	1	φ14*24
72	COMPUTER	1	JY-81477
73	BOLT 3	4	GB/T 5780-2000 M5*10
74	B0TTLE HOLDER	1	φ6
75	B0TTLE	1	φ73*215
76	PULSE	2	LT13
77	SCREW 5	2	GB/845-85 ST4.2X25
78	SENSOR	1	SR-202

4. ASSEMBLY INSTRUCTIONS

STEP 1: PREPARATION

A. Before assembling make sure that you will have enough space around the item.

B. Use the present tooling for assembling.

C. Before assembling please check whether all needed parts are available (at the above of this instruction sheet you will find an explosion drawing with all single parts (marked with numbers) which this item consists of.

STEP 2:
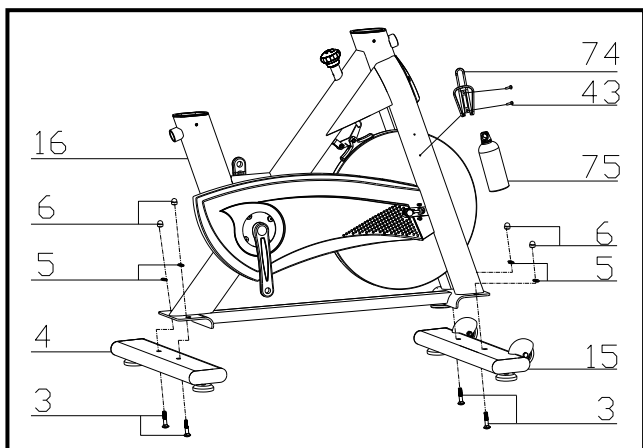
1. Attach the Front Stabilizer (pt.15) to the Main Frame (pt.16) using two sets of Ø8 Flat Washers (pt.5), M10 Domed Nut (pt.6) and M10*55 Carriage bolt (3).

2. Attach the Rear Stabilizer (pt.4) to the Main Frame (pt.16) using two sets of Ø10 Flat Washers (pt.5), M10 Domed Nut (pt.6) and M10*55 Carriage bolt (3).

3. Secure the bottle holder (pt.74) to the main frame (pt.16) with the screw (pt.43).

4. Slide the bottle (pt.75) into the bottle holder (pt.74)

STEP 3:
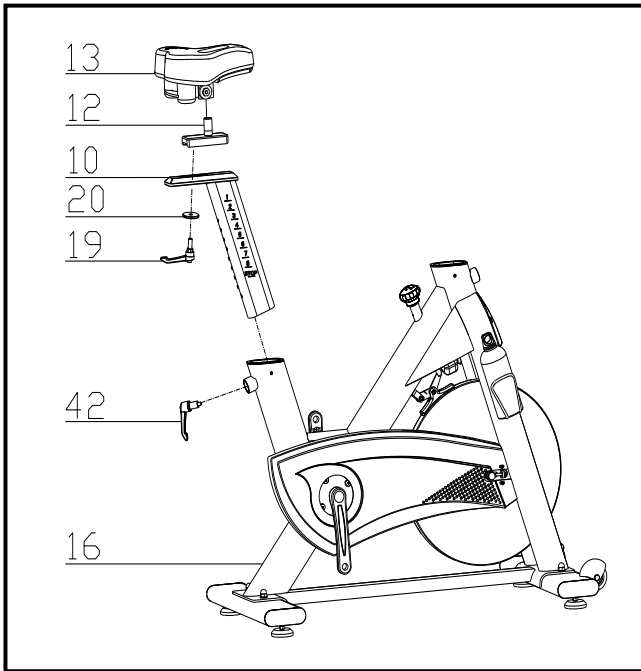
1. Slide the Vertical Seat Post (pt.10) into the seat post housing on the main frame (pt.16).

2. Slide the Seat Post (pt.12) into the Vertical Seat Post (pt.10),then Secure using a flat washer 1 (20) and L Shape knob (19).You will have to slacken the knurled section of the L Shape Knob (pt.42) and pull the knob back to select the desired height. Release the knob and retighten the knurled portion.

3. Secure the Seat (pt.13) to the Seat Post (pt.12) as shown, and tighten the bolts around the screws under the seat.

STEP 4:
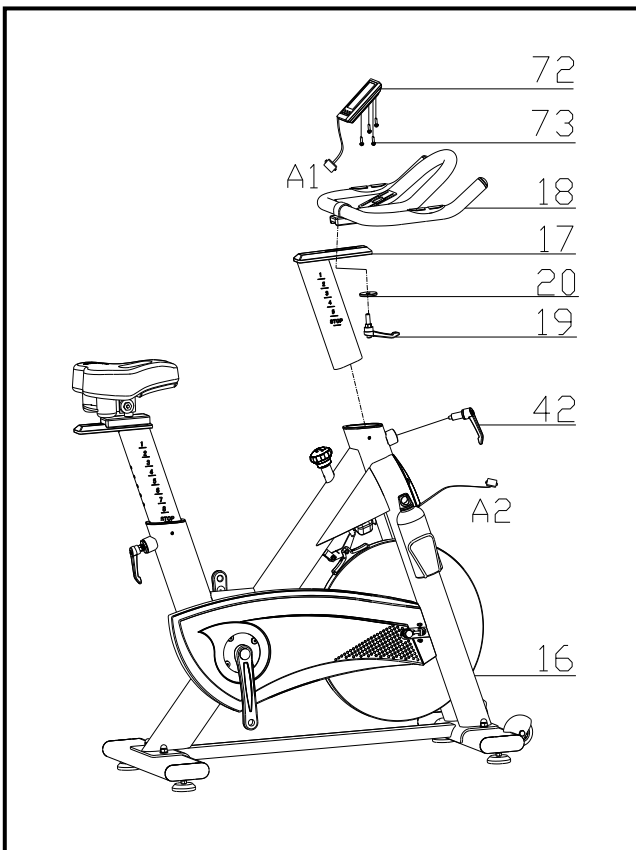
1. Slide the Handlebar Post (pt.17) into the handlebar post housing on the main frame (pt.16).

2. Follow the same procedure as in (STEP 3, 2) to secure the Handlebar (pt.18) with a flat washer 1 (20) and L Shape knob (19).

ATTENTION: ENSURE THE HANDLEBAR IS SECURED TIGHTLY

3. Attach the Computer (pt.72) onto the Computer Holder with bolt (pt.73). Then connect the plug (A1&A2)

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STEP 5:
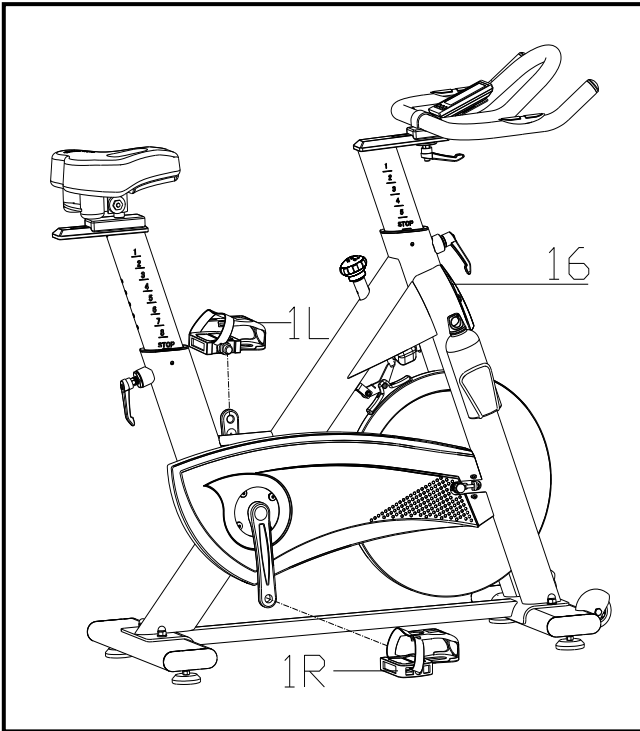
1. The Pedals (pt.1 L & pt.1 R) are marked "L" and "R" - Left and Right. Secure them to their appropriate crank arms. The right crank arm is on the right- hand side of the cycle as you sit on it.

Note that the Right pedal should be threaded on clockwise and the Left pedal anticlockwise.

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 resistance (requiring more strength to pedal), turn the *Emergency Brake & Tension Control Knob (#30) to the right (clockwise).*

To decrease tension and resistance (requiring less strength to pedal), turn the *Emergency Brake & Tension Control Knob (#30) to the left (anti-clockwise).*
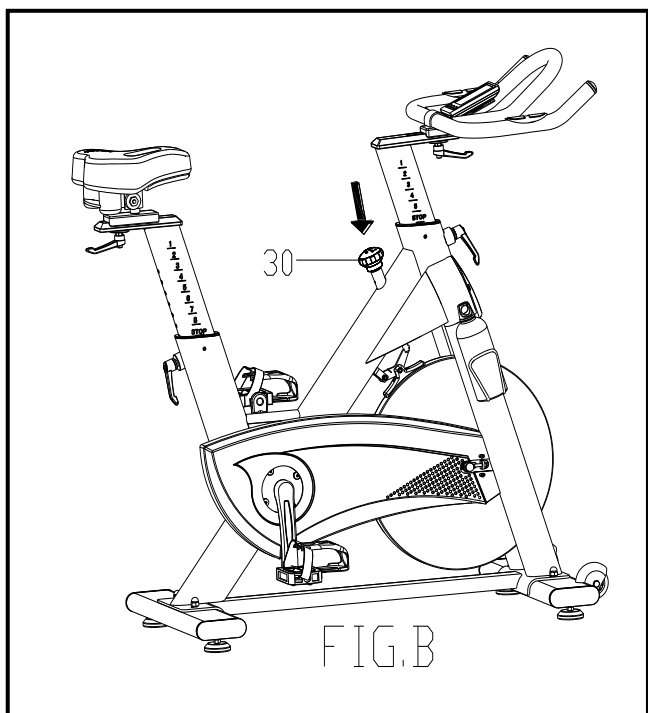
FIG.B
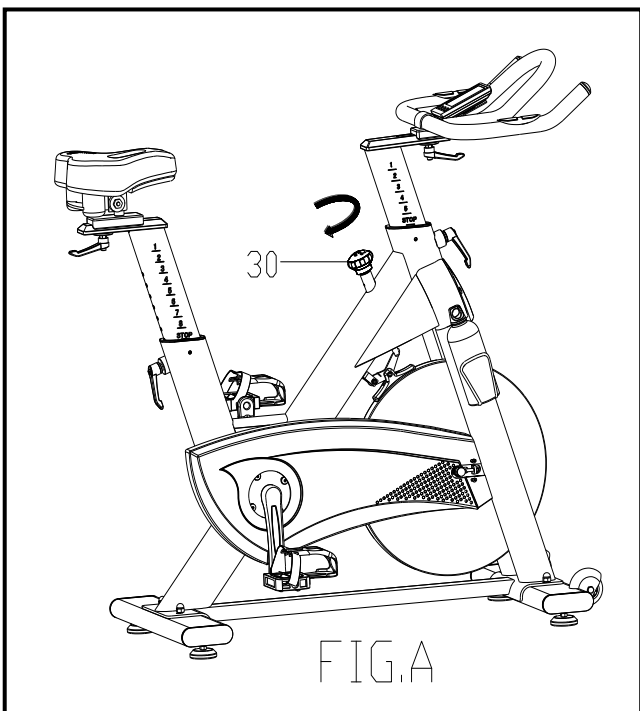
B.) Emergency Brake

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 in any situation, firmly press down on the *Emergency Brake & Tension Control Knob (#30)*.

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5.   ADJUSTMENT INSTRUCTIONS

Vertical Seat Adjustment

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 retighten it.

Horizontal Seat Adjustment

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 retighten the adjusting knob.

Handlebar Height

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.

6. COMPUTER OPERATION

BUTTON FUNCTIONS

Enter:

Press this button to enter setting mode. The button will cycle through:

Normal→Time→DIST→CAL→T.H.R

Press this button to confirm the setting values.

Hold down 3 seconds to reset all values to zero.

Up:

Increase the setting value of the following functions.

Time→DIST→CAL→T.H.R

Down:

Decrease the setting value of the following functions.

Time→DIST→CAL→T.H.R

FUNCTIONS AND OPERATIONS

AUTO ON/OFF

The monitor will wake automatically if it detects movement. If no movement is detected for 4 minutes, the monitor will turn off and all function values will reset to zero.

TIME:

Press the ENTER until the TIME function is reached. Use the UP or DOWN buttons to choose your desired values.

Count up:

Without setting the time value, the monitor will count time from 00:00~99:59.

Count down:

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Set your exercise time between 1:00~99:00 minutes. The monitor will count down from the set value. The monitor will beep when 0 is reached.

SPEED:

Displays your current speed in KM per hour .The monitor will display the current speed from 0.00 ~ 99.9 KM per hour.

RPM:

Displays your current RPM. The monitor will display the current RPM from 15 ~ 999 rpm.

DISTANCE (DIST):

Press ENTER to until you reach the DIST function. Use the UP and DOWN buttons to choose your desired values.

Count up:

Without setting the time value, the monitor will count distance from 0.1~999.9 km.

Count down:

Set your exercise time between 1.0~999 km. The monitor will count down from the set value. The monitor will beep when 0 is reached.

CALORIE (CAL):

Press ENTER to until you reach the CAL function. Use the UP and DOWN buttons to choose your desired values.

Count up:

Without setting the time value, the monitor will count time from 0.1~999.0 cal.

Count down:

Set your exercise time between 1.0~999. The monitor will count down from the set value. The monitor will beep when 0 is reached.

PULSE (Target Heart Rate):

Place the palms of your hands on the both of the hand pulse sensor contact pads and the monitor will show

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up your heartbeat rate in beat per minute (BPM) on the LCD display.

Press ENTER to until you reach the T.H.R function. Use the UP or DOWN buttons to choose your desired value.

Pulse Limit:

Choose a target heart rate value between 60 to 220bpm. The monitor will estimate your heartrate from the hand pulse sensors. Upon reaching the target value, the monitor will flash until your heartrate drops below the target.

7. 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.
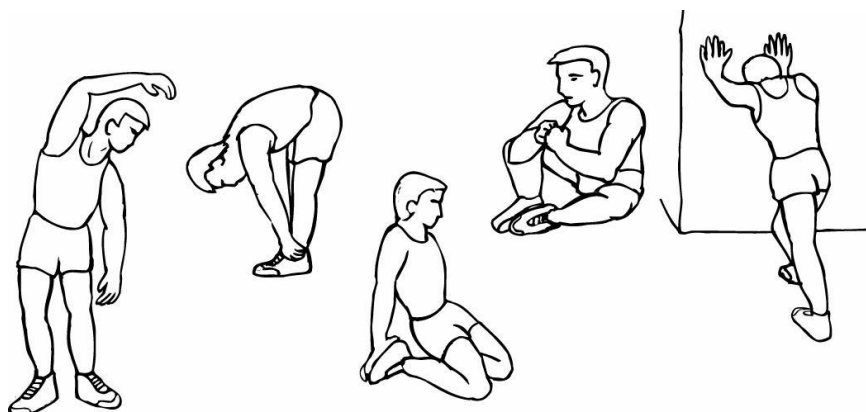

Training Zone Exercise

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-never hold your breath.

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

<u>TARGET ZONE</u>
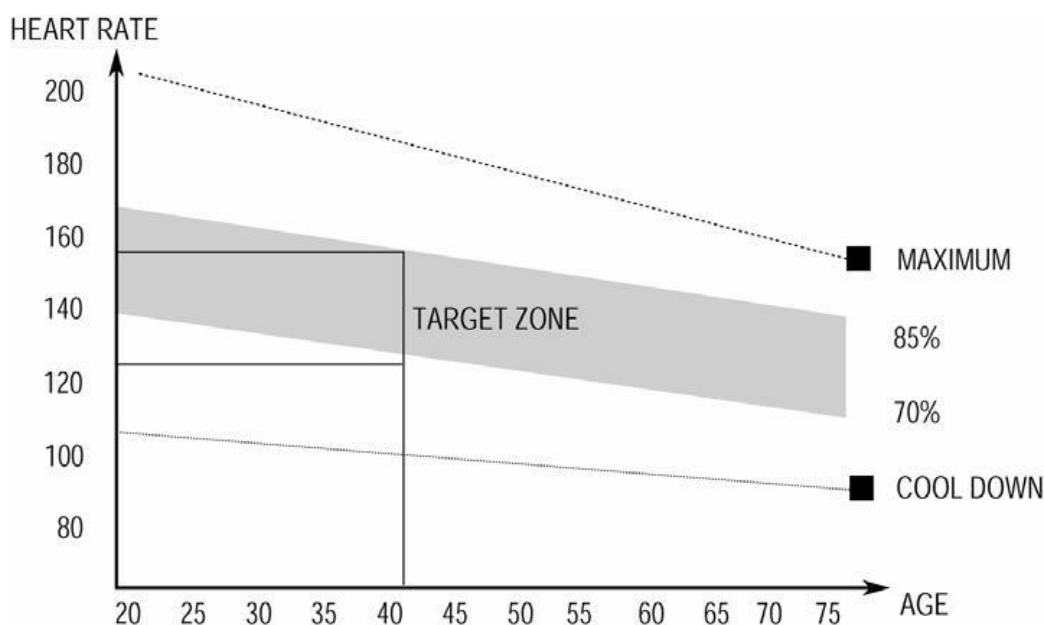
THIS IS HOW YOUR PULSE SHOULD BEHAVE DURING GENERAL FITNESS EXERCISE.

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. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

8. 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:

Please send all warranty and support inquiries through our ticketing system via the email address:

support@lifespanfitness.com.au

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 that they must be amplified 1000 times to make the signal useful 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 signals
- 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 affect pulse readings as well.

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 technology works 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 a more accurate option.

To test if your hand pulse sensors are working up to specification, hold them while standing on the side step 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).

For more information, please contact our Technical Support Department