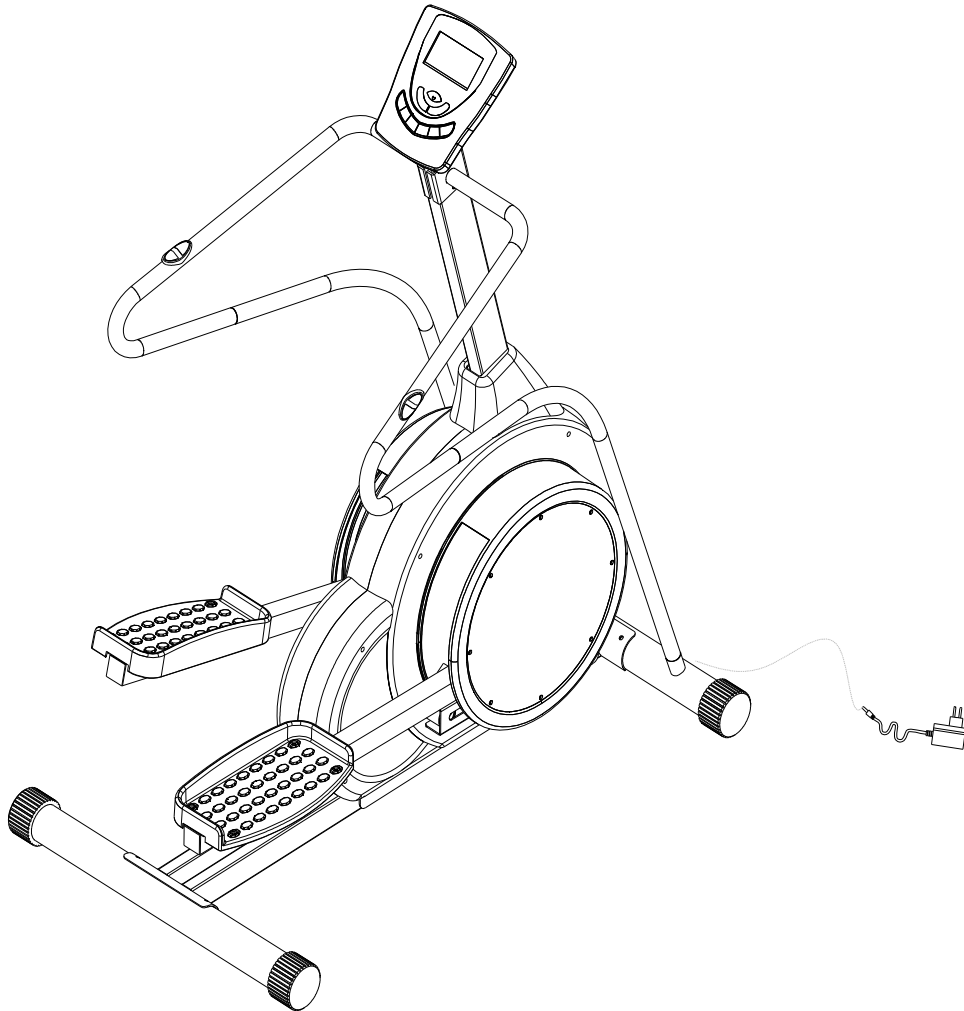

OWNER'S MANUAL



IMPORTANT!

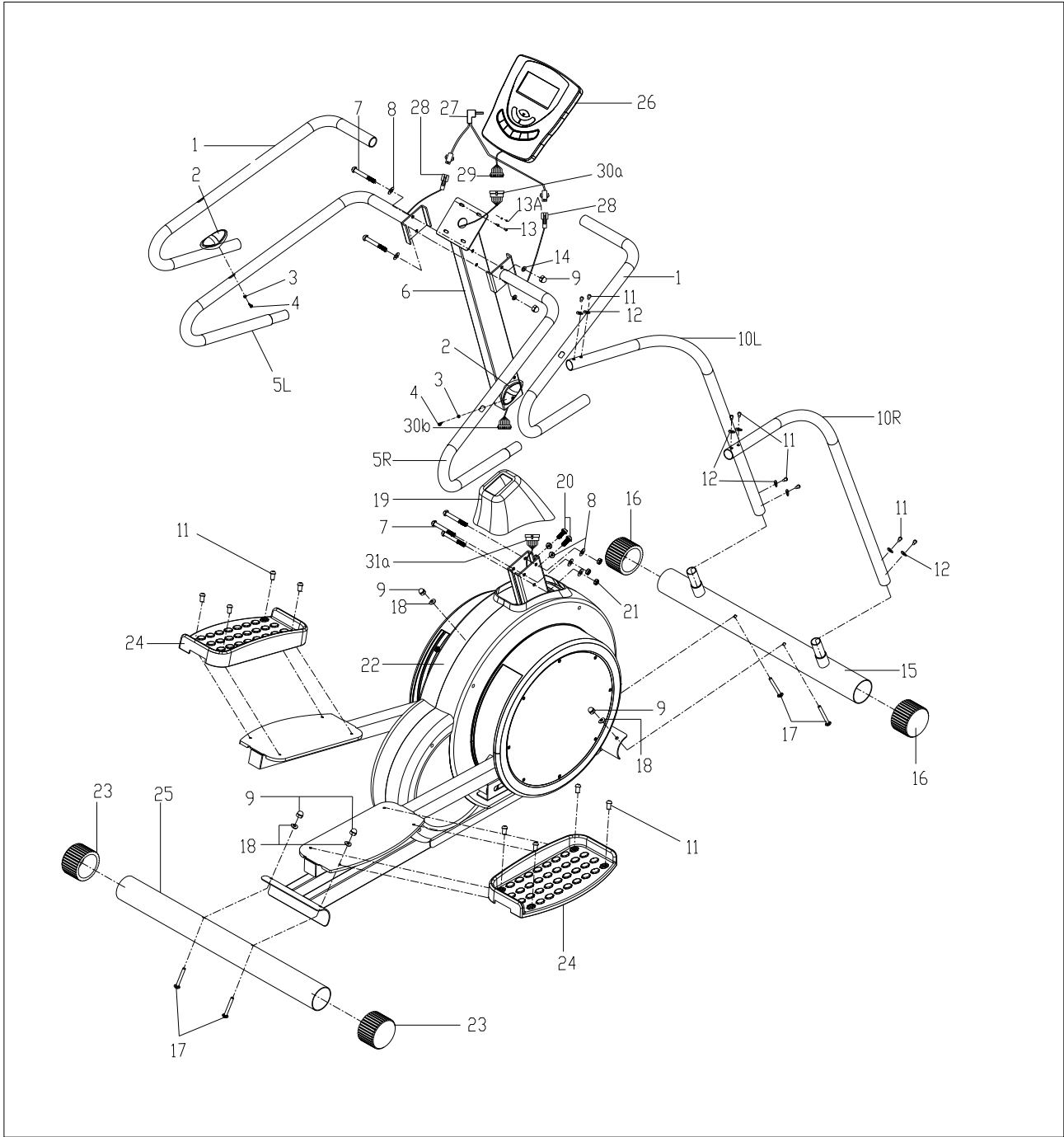
PLEASE READ THIS MANUAL CAREFULLY BEFORE USING THE BIKE

Important Safety Information

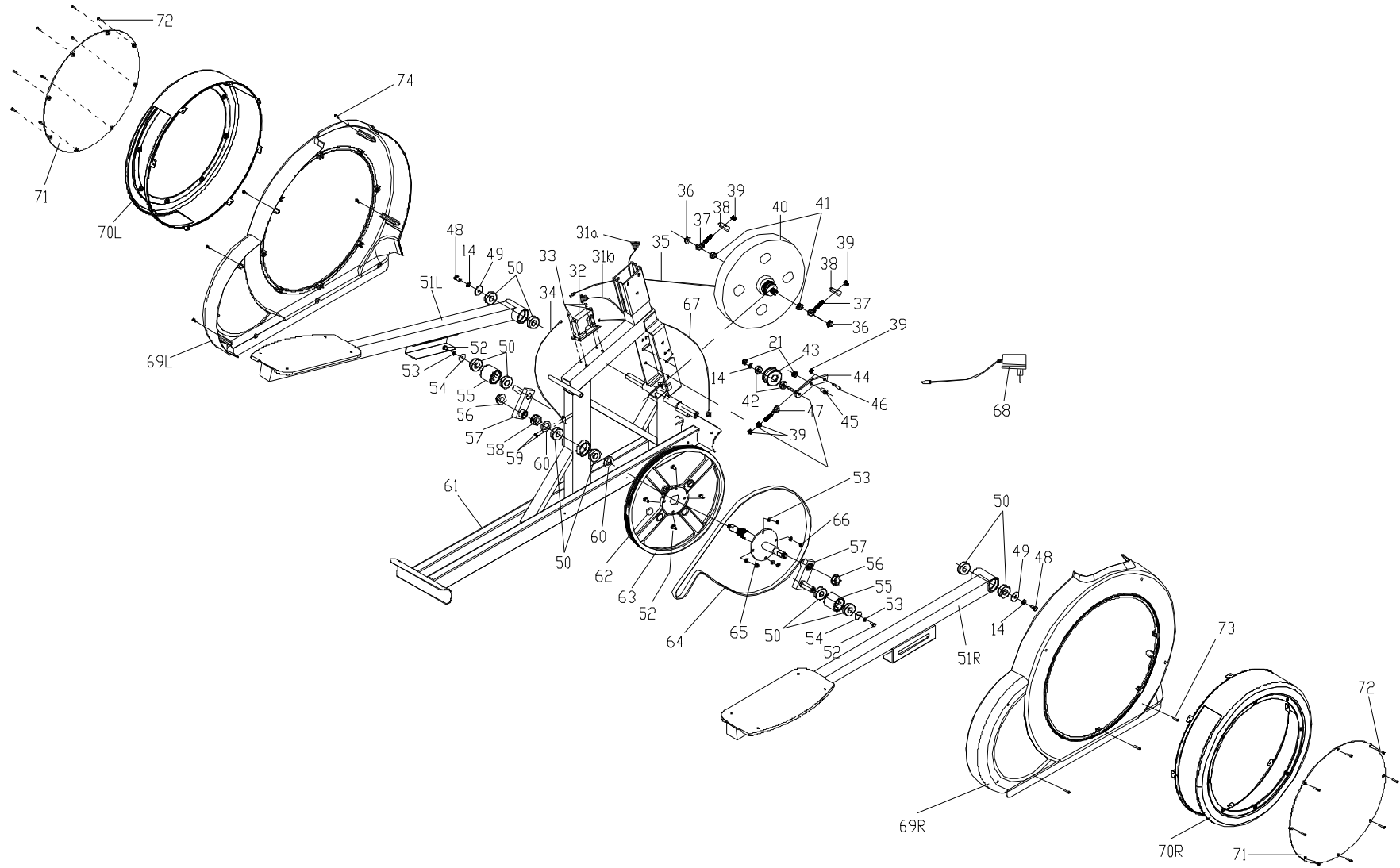
Please keep this manual in a safe place for easy reference.

1. 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. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
2. 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.
3. 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 conditions you should consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. 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.
6. Before using the equipment, check that the nuts and bolts are securely tightened.
7. **Dress up with** suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
8. The equipment is not suitable for indoor and commercial use. The equipment has been tested under class H.C.
9. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or seek assistance if necessary.

EXPLODE-VIEW:



EXPLODE-VIEW FOR THE CHAIN COVER:



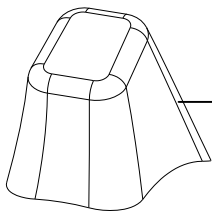
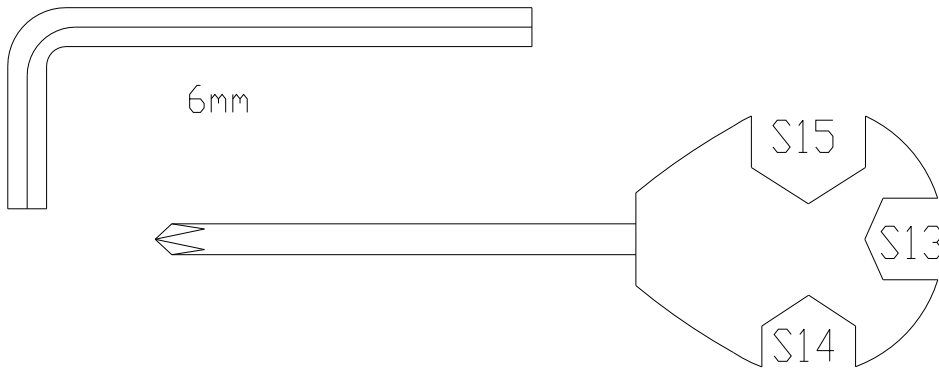
ePARTS LIST

NO.	NAME	DESCRIPTION	Q' TY
1	Handlebar foam	$\Phi 30 \times \Phi 40 \times 1240$	2
2	Hand pulse		2
3	Washer	$\Phi 12 \times d6 \times 1.5$	2
4	Bolt	ST4. 2 \times 18	2
5	Handlebar	L/R	2
6	Handlebar post join		1
7	Bolt	M8*57	5
8	Washer	$\Phi 16 \times d8 \times 1.5$	7
9	Nut	M8	6
10	Middle handlebar	L/R	2
11	Bolt	M6*15	16
12	Washer	$\Phi 12 \times d6 \times 1.5 \times R16$	8
13	Bolt	M4*12	2
14	Spring washer	d8	2
15	Front bottom tube		1
16	Rolling End cap	$\Phi 76$	2
17	Bolt	M8*90	4
18	Arc-washer	$\Phi 20 \times d8.5 \times R40$	4
19	Decoration cover		1
20	Bolt	M8*15	2
21	Nut	M8	5
22	Main frame		1
23	Adjustable end cap	$\Phi 76$	2
24	Pedal		2
25	Rear bottom tube		1
26	Computer		1
27	Hand pulse wire 1		1
28	Hand pulse wire 2		2
29	Computer wire		3
30	Trunk wire 1 (a/b)		1
31	Sensor wire 2 (a/b)		1
32	Motor		1

33	Bolt	M5*10	4
34	Sensor wire		1
35	Tension wire		1
36	Nut	M10x1.25	2
37	Bolt	M6x40	2
38	U shape piece		2
39	Nut	M8	3
40	Flywheel		1
41	Nut	M10	2
42	Bearing	6000Z	2
43	Idler		1
44	Idler bracket		1
45	Bolt	M8*15*L5.5	1
46	Screw	M8*23	1
47	Bolt	M6x52	1
48	Bolt	M8*15	2
49	Washer	$\Phi 30 \times d8 \times 1.5$	2
50	Bearing	6004Z	10
51	Pedal tube	L/R	2
52	Bolt	M6*15	6
53	Spring washer	d6	6
54	Washer	$\Phi 30 \times d6 \times 1.5$	2
55	Transportation wheel	$\Phi 49 \times 44.5$	2
56	Nut	M10x1.0	2
57	Crank		2
58	Nut	M20	1
59	Bolt	S T 3*10	2
60	Washer	$\Phi 32 \times d20 \times 2$	2
61	Main frame		1
62	Magnet		1
63	Belt turntable	$\Phi 310$	1
64	Belt	550J6	1
65	Middle axes join		1
66	Nut	M6	4
67	Power supply		1

68	Adapter		1
69	Chain cover	L/R	2
70	End cap	L/R	2
71	Dial		2
72	Bolt	ST4*8	16
73	Bolt	ST4. 2*12	6
74	Bolt	ST4. 8*25	5
13A	Washer	D4	2

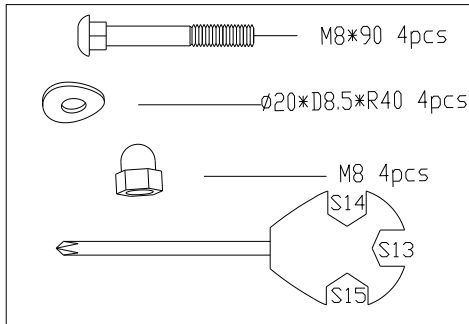
ASSEMBLE:



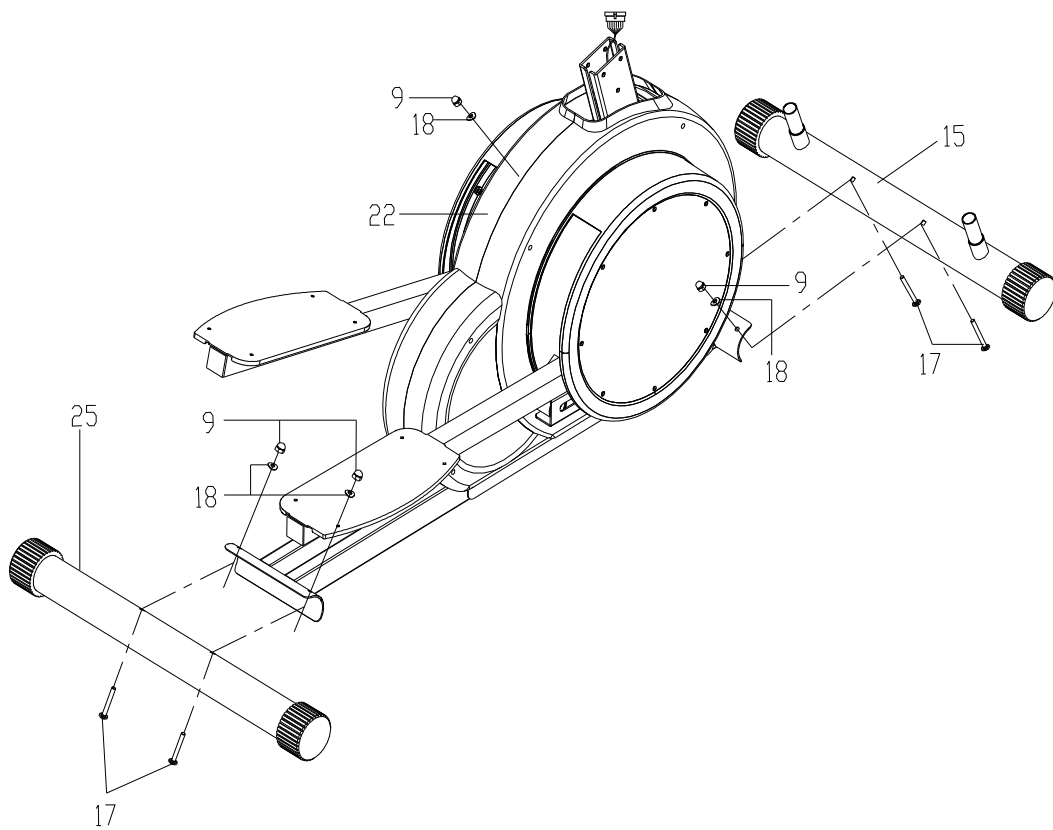
Decoration cover

NO	NAME	Q'TY	DESCRIPTION
1	Wrench	1	S=6
2	Wrench	1	S=13、 14、 15
3	Decoration cover	1	

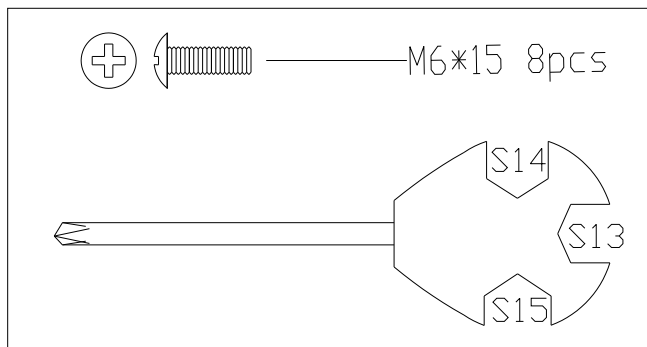
Step 1:



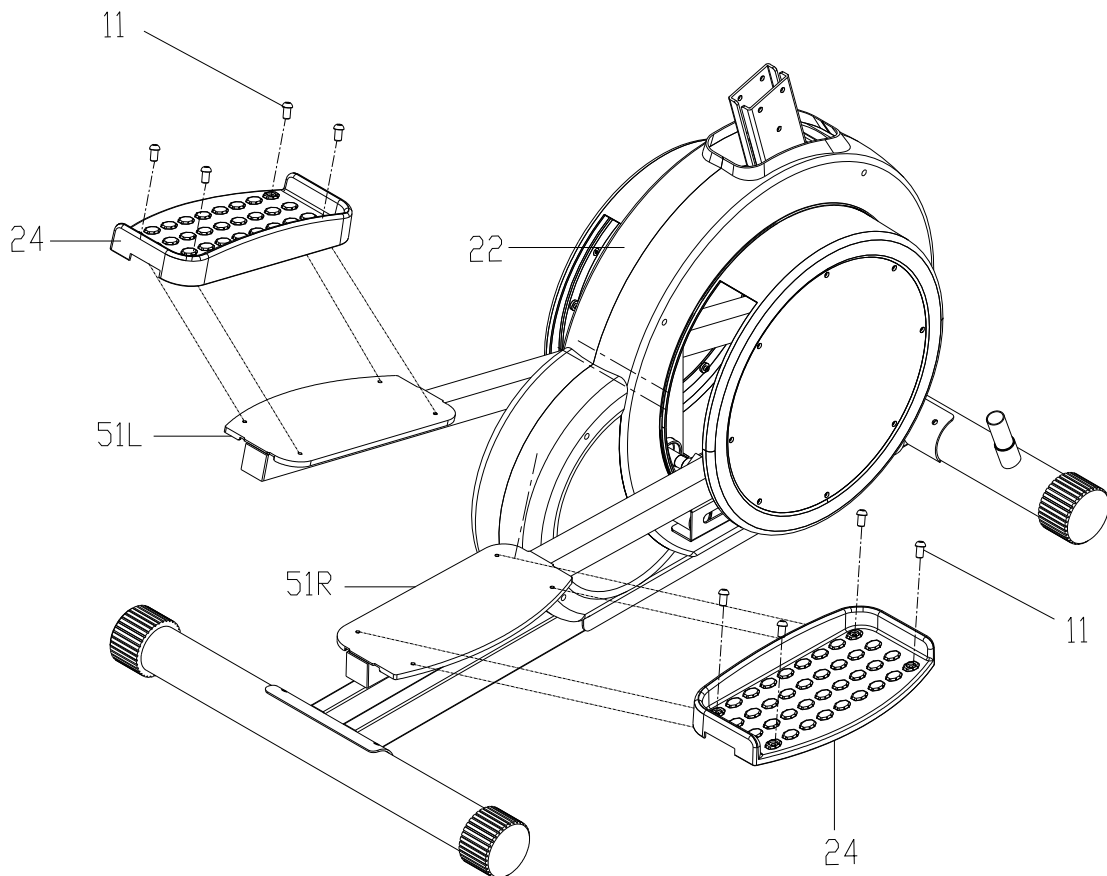
Lock front bottom tube (15) and rear bottom tube (25) to main frame (22) with bolt (17), washer (18), and nut (9).



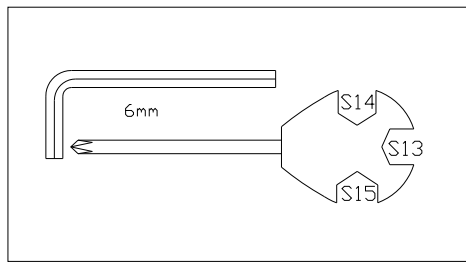
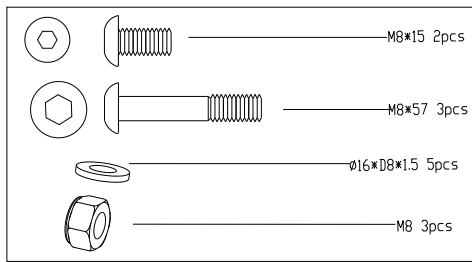
Step 2:



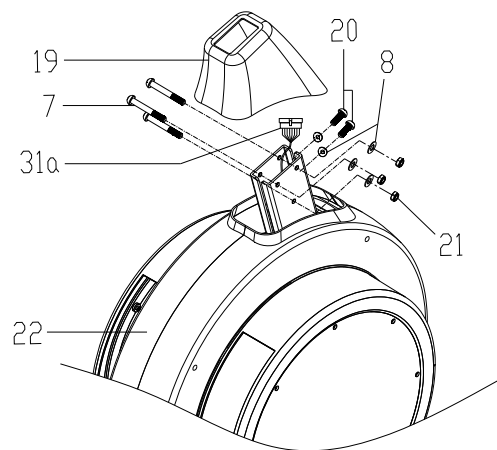
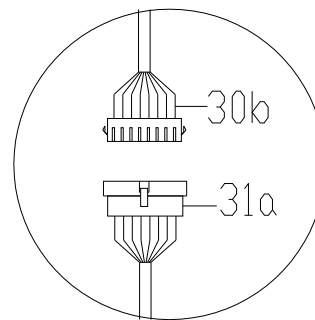
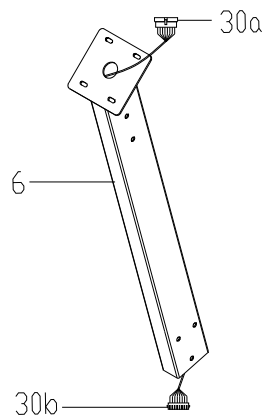
Lock pedal (24) to L&R pedal tube (51L&R) with bolt (11).



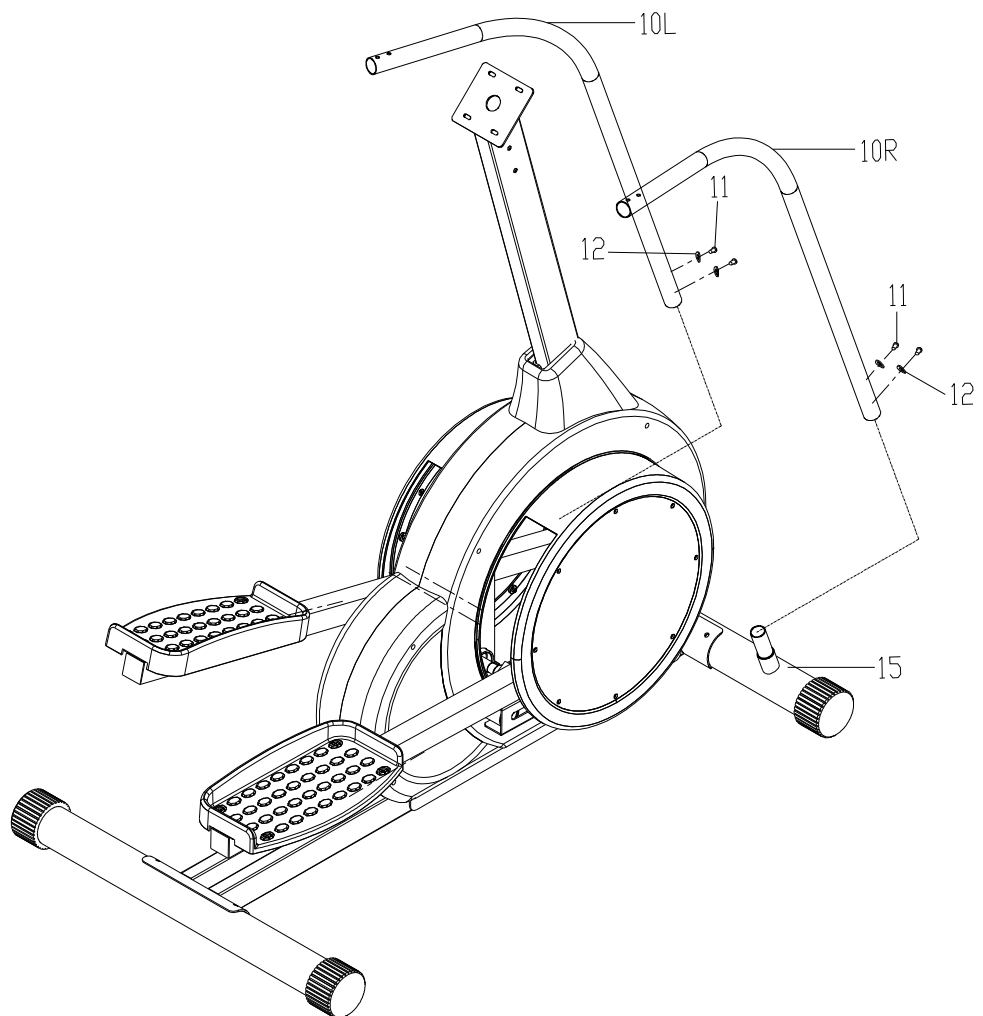
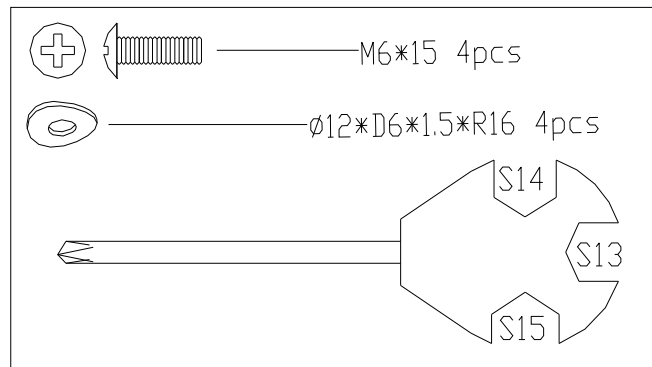
Step 3:



Put handlebar post join (6) into decoration cover (19), connect trunk wire (30b) to (31a), then lock handlebar post join (6) to main frame (22) with bolt (7), washer (8), nut (21), tighten handlebar post join with bolt (20), washer (8).



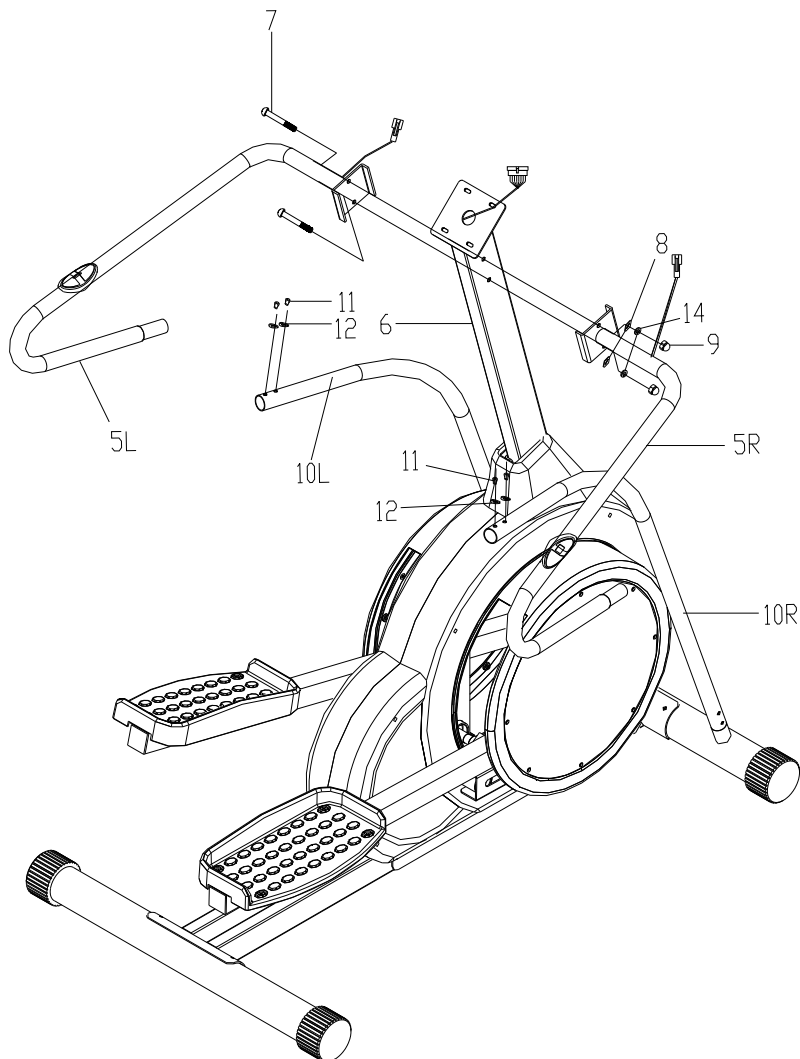
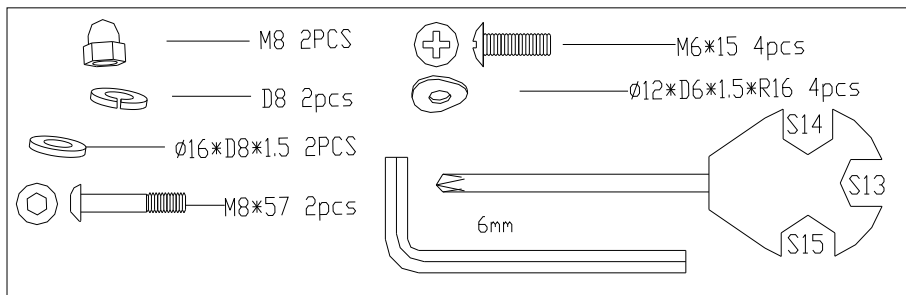
Step 4:



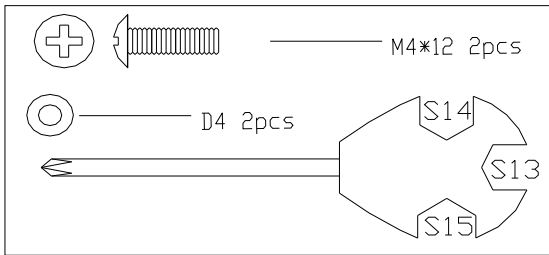
Lock middle handlebar (10L/R) to front bottom tube (15) with bolt (11), washer (12)., but do not tighten too closely;

Step 5:

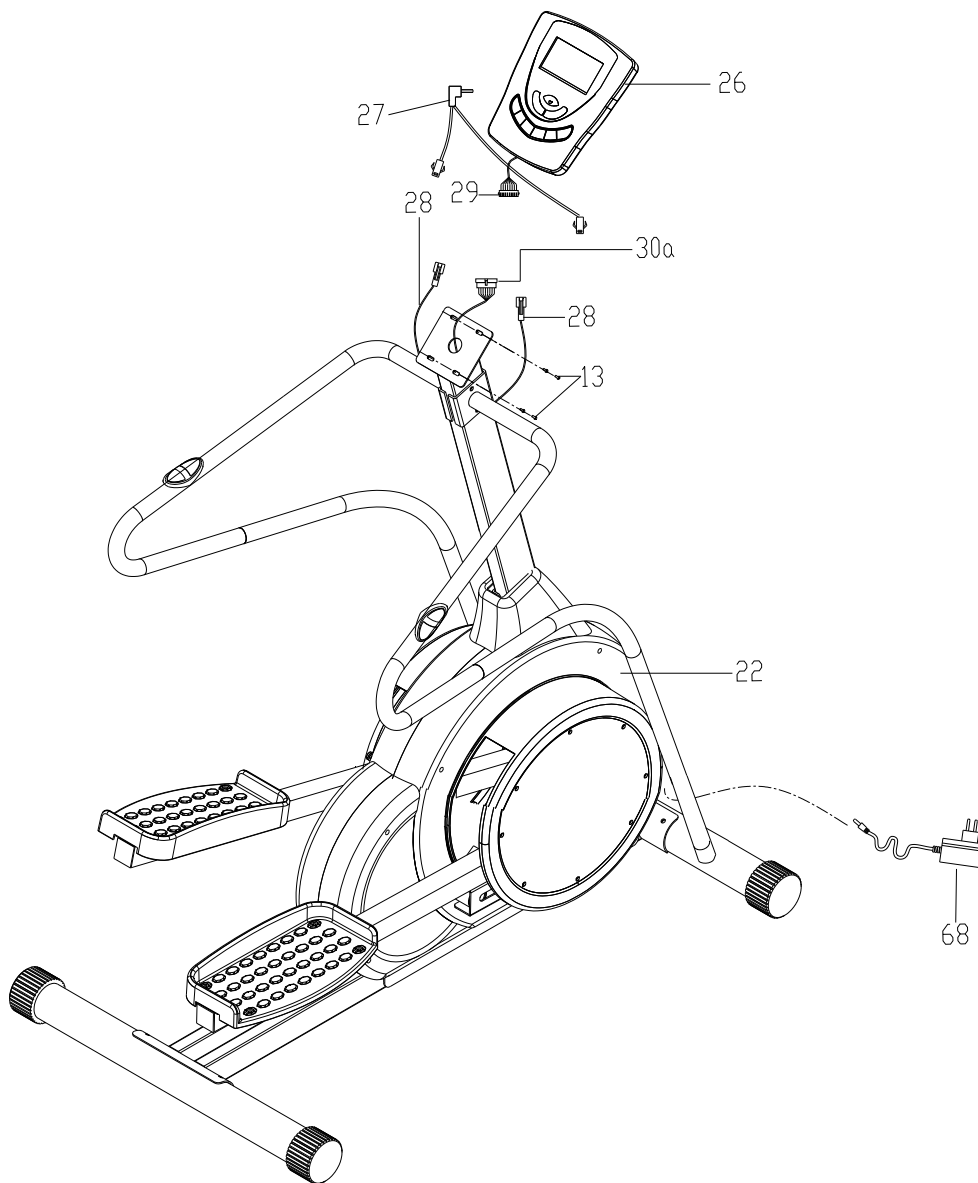
Lock handlebar(L/R) into middle handlebar (10L/R) with bolt (11) and washer (12), but do not tighten too closely; lock handlebar(L/R) to handlebar post join (6) with bolt(7),washer(8),spring washer(14) and nut(9).then tighten bolt(11) , including tighten bolt(11) in the step 4.



Step 6:



Connect computer wire (29) and trunk wire 1 (30a), lock computer (26) to computer bracket with bolt (13); connect hand pulse wire 2 (28) and hand pulse 1 (27), put hand pulse 1 (27) into computer.



Please Note: ensure that all part are well fastened to avoid injury before use.

WARRANTY REGISTRATION

Please visit the following link to complete the product warranty form online. Please visit <http://warrantyform.lifespanfitness.com.au/>

PLEASE NOTE: YOUR WARRANTY IS ONLY VALID IF YOU CAN PROVE YOU ARE THE ORIGINAL PURCHASER ON THIS ITEM (i.e. A copy of the receipt, invoice, delivery date or internet confirmation).

SERVICING: IF YOU FAIL TO COMPLY WITH LIFESPAN'S MAINTENANCE AND SERVICING STEPS ABOVE, YOU MAY VOID YOUR WARRANTY. IF YOU REQUIRE A SKILLED LIFESPAN REPRESENTATIVE TO UNDERTAKE ONE OF THE STEPS ABOVE, PLEASE EMAIL US AT lifespanfitness@hotmail.com.