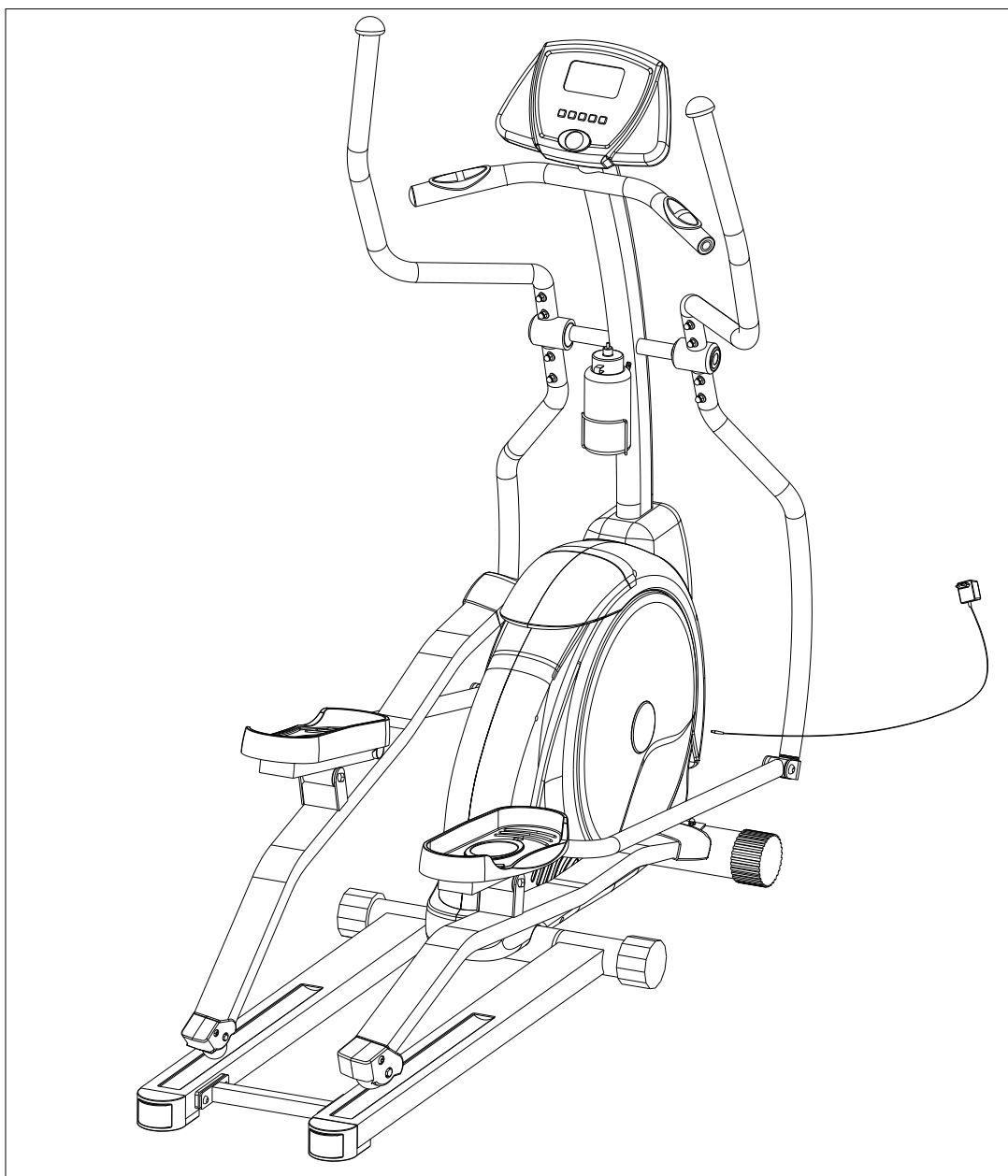

OWNER'S MANUAL



IMPORTANT!

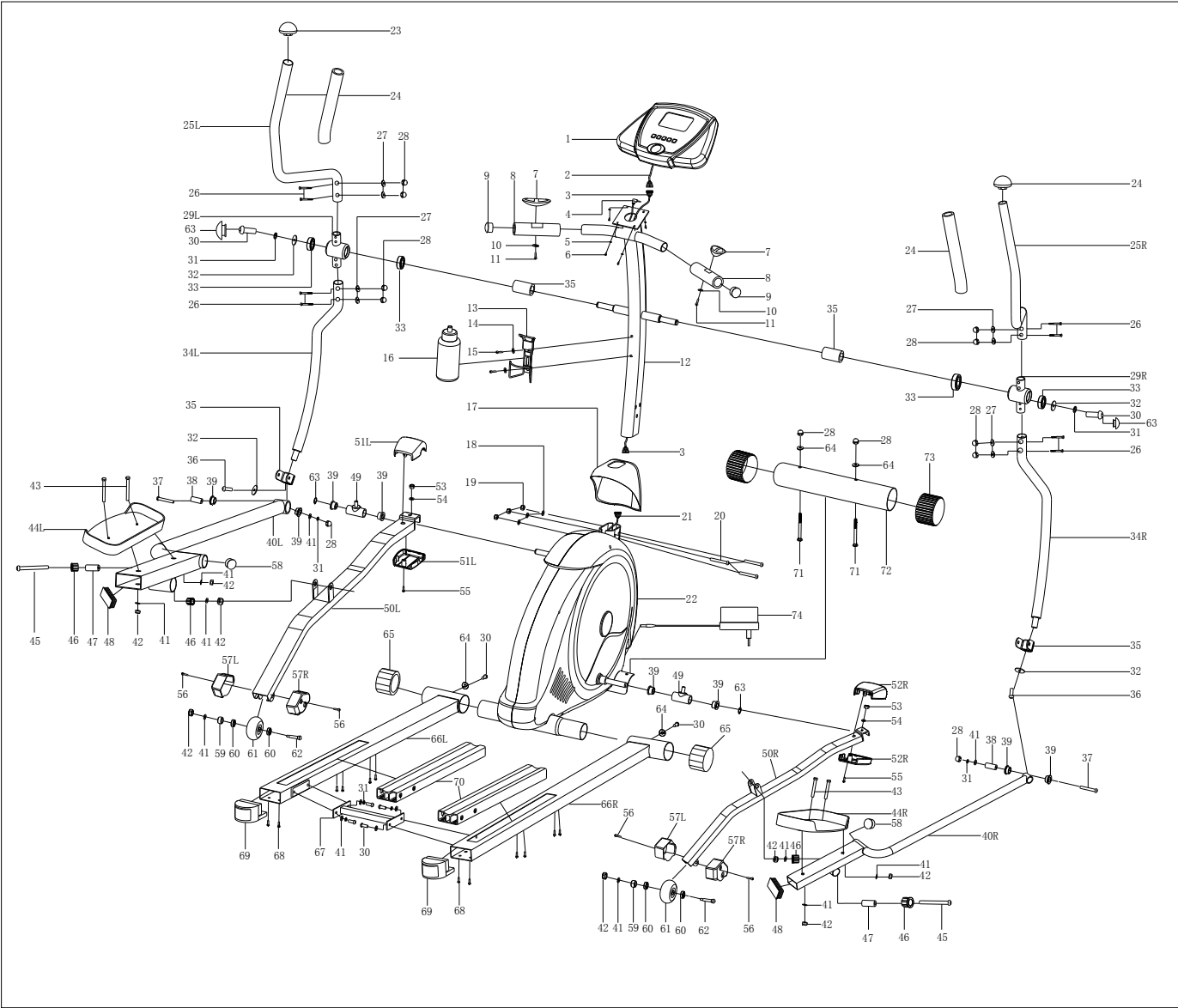
PLEASE READ THIS MANUAL CAREFULLY BEFORE USING THE BIKE

Important Safety Information

Please ensure that you read this entire manual and 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 warnings and precautions.**
- 2. Before starting any exercise program, please consult with 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 symptoms, you should consult your doctor before continuing with your exercise program.**
- 4. Keep children and pets away from the equipment. This 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. 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.**
- 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. This equipment is designed for indoor and family use only.**
- 9. To avoid injuries, Care must be taken when lifting or moving the equipment.**
- 10. Please retain this instruction manual and assembly tools at hand for quick reference.**

Exploded View


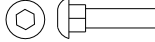

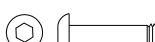
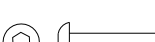
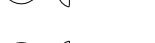
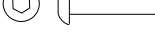
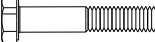
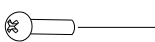

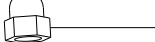


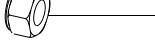






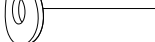


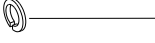


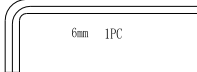
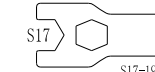


Part List

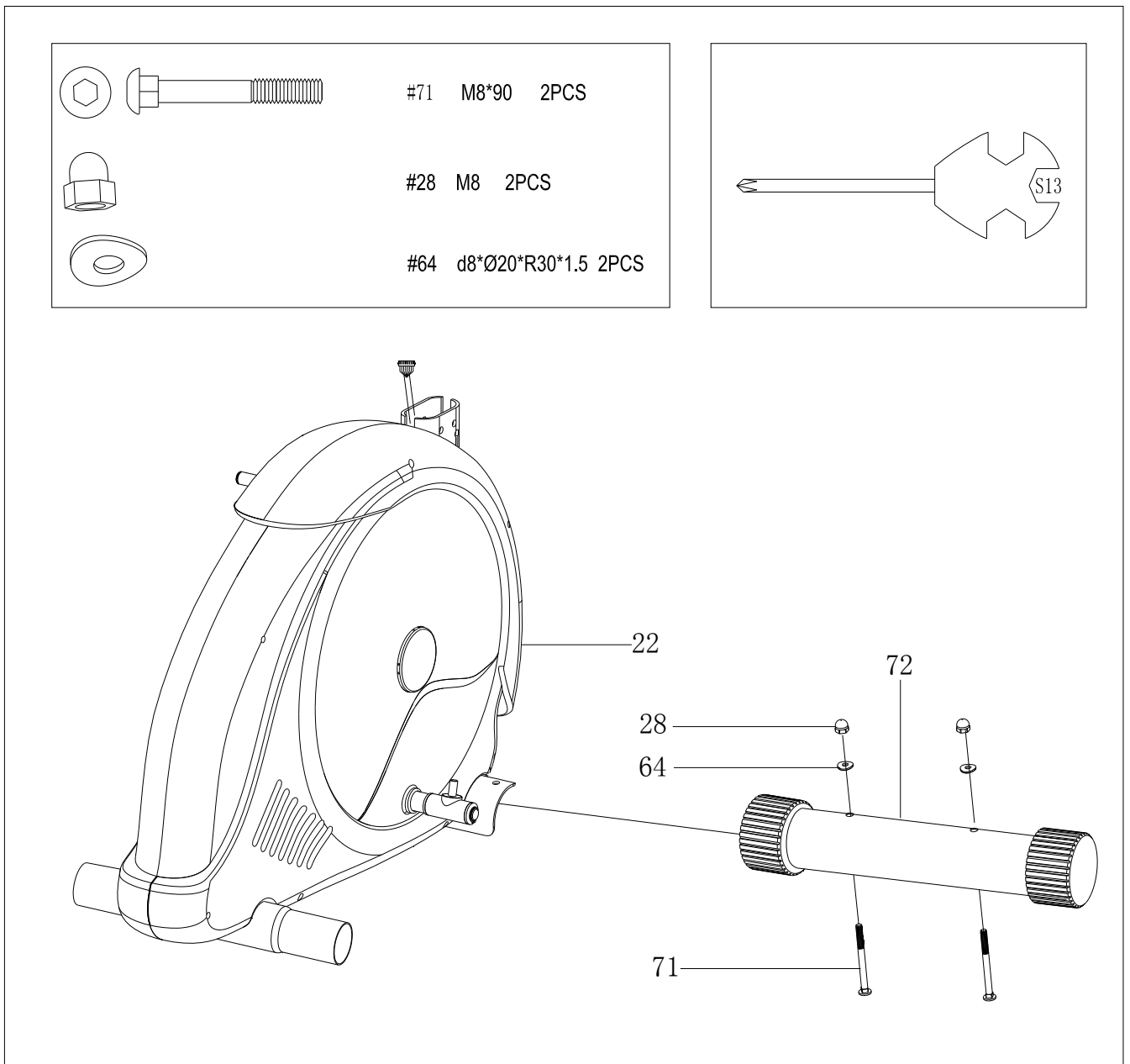
No.	Description	Qty.	No.	Description	Qty.
1	Computer	1	27	Arc washer d8*Φ20*R16*1.5	8
2	Computer wire	1	28	Nut M8	12
3	Sensor wire (middle)	1	29L/R	Armrest assemble	2
4	Handle pulse wire	1	30	Bolt M8*16	8
5	Washer d4*Φ12*1	4	31	Spring washer d8	8
6	Bolt M4*12	4	32	Washer d8*Φ25*2	4
7	Handle pulse wire	2	33	Bearing 6003Z	4
8	Foam grip 1	2	34L/R	Connecting bar	2
9	End cap Φ32*1.5	2	35	U seat	2
10	Washer d6*Φ12*1	2	36	Bolt M8*20	2
11	Bolt ST4.2*25	2	37	Bolt M8*55	2
12	Front post	1	38	Bushing 1	2
13	Water bottle holder	1	39	Bushing	8
14	Washer d5*Φ12*1	2	40	Pedal arm	2
15	Bolt M5*10	2	41	Flat washer d8*Φ16*1.5	14
16	Water bottle	1	42	Nylon nut M8	6
17	Decoration cover	1	43	Bolt M8*45	4
18	Washer d8*Φ20*1.5	3	44L/R	Pedal	2
19	Nylon nut M8	3	45	Bolt M8*80	2
20	Bolt M8*60	3	46	Sleeve	4
21	Sensor wire (lower)	1	47	Bushing 2	2
22	Main frame	1	48	End cap J60*30*1.5	2
23	End cap Φ32*1.5	2	49	Connecting post join	2
24	Foam grip 2	2	50L/R	Connecting post	2
25 L/R	Handlebar	2	51	Left decoration bar	1
26	Bolt M8*40	8	52	Right decoration bar	1

53	Nylon nut M10	2	66	L/R rail	2
54	Washer d10*Φ25*1.5	2	L/R		
55	Bolt ST4.2*16	2	67	Connecting bar	1
56	Bolt ST4.2*16	4	68	Bolt M6*15	12
57	L/R idler wheel cover	2	69	L shape End cap	2
58	End cap Φ28*1.5	2	70	Aluminum rail	2
59	Bushing 3	2	71	Square bolt M8*90	2
60	Bearing 6000	4	72	Front stabilizer	1
61	Idler wheel	2	73	End cap with transportation wheel	2
62	Bolt	2	74	AC adapter	1
63	Washer d16	2	75	Plastic spacer	2
64	Arc washer d8*Φ20*R30*1.5	4			
65	End cap	2			

Assembly tool

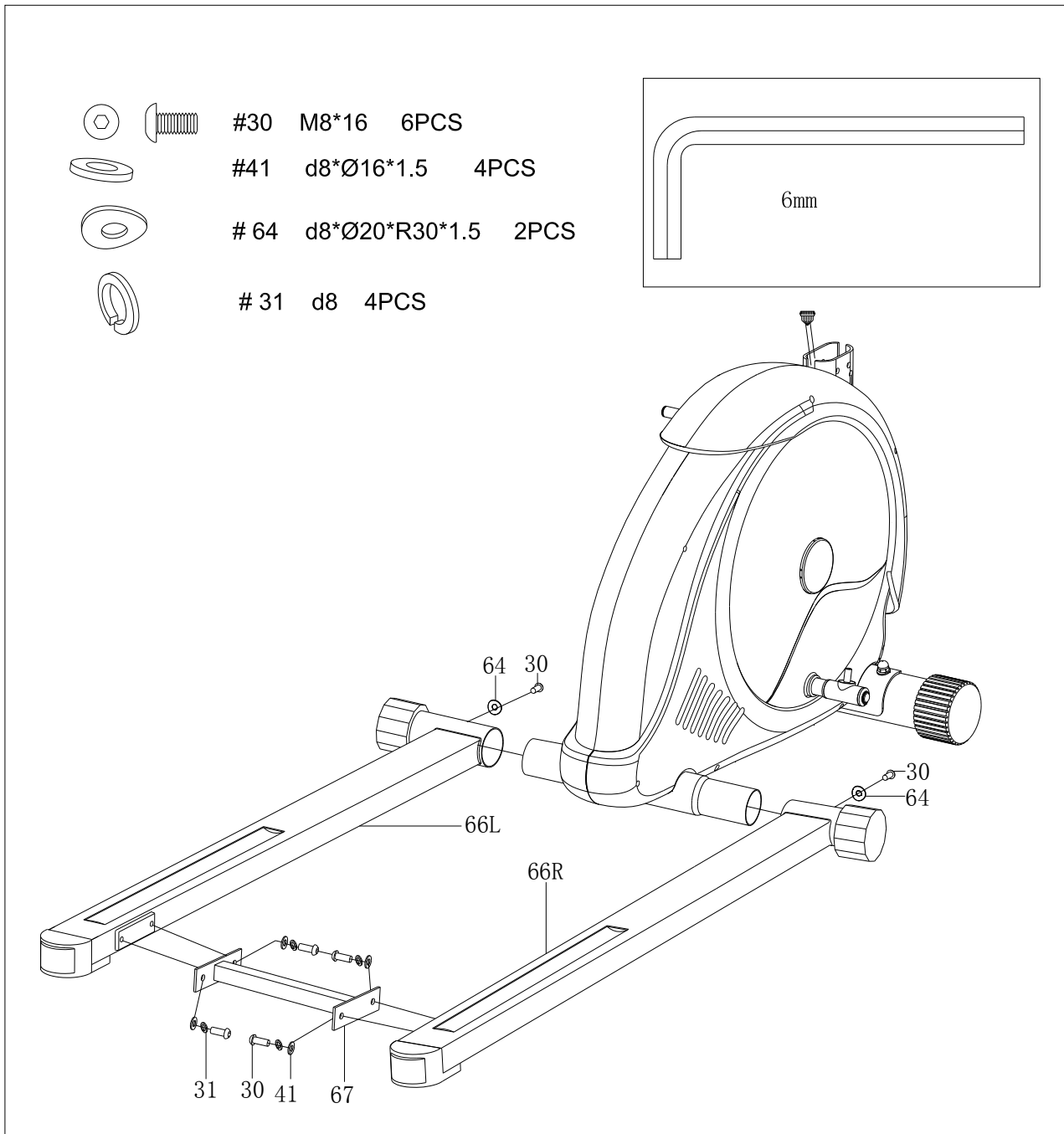
	#26	M8*40	8PCS
	#71	M8*90	2PCS
	#30	M8*16	6PCS
	#37	M8*55	2PCS
	#20	M8*60	3PCS
	#45	M8*80	2PCS
	#43	M8*45	4PCS
	#15	M5*10	2PCS
	#55	ST 4.2*16	2PCS
	#28	M8	12PCS
	#19	M8	3PCS
	#42	M8	6PCS
	#53	M10	2PCS
	#14	d5*Ø12*1	2PCS
	#18	d8*Ø20*1.5	3PCS
	#41	d8*Ø16*1.5	12PCS
	#54	d10*Ø25*2	2PCS
	#27	d8*Ø20*R16*1.5	8PCS
	#64	d8*Ø20*R30*1.5	4PCS
	#31	d8	6PCS
			
			
			
			
			
			
		6mm	1PC
		S17-19	1PC

Step1:



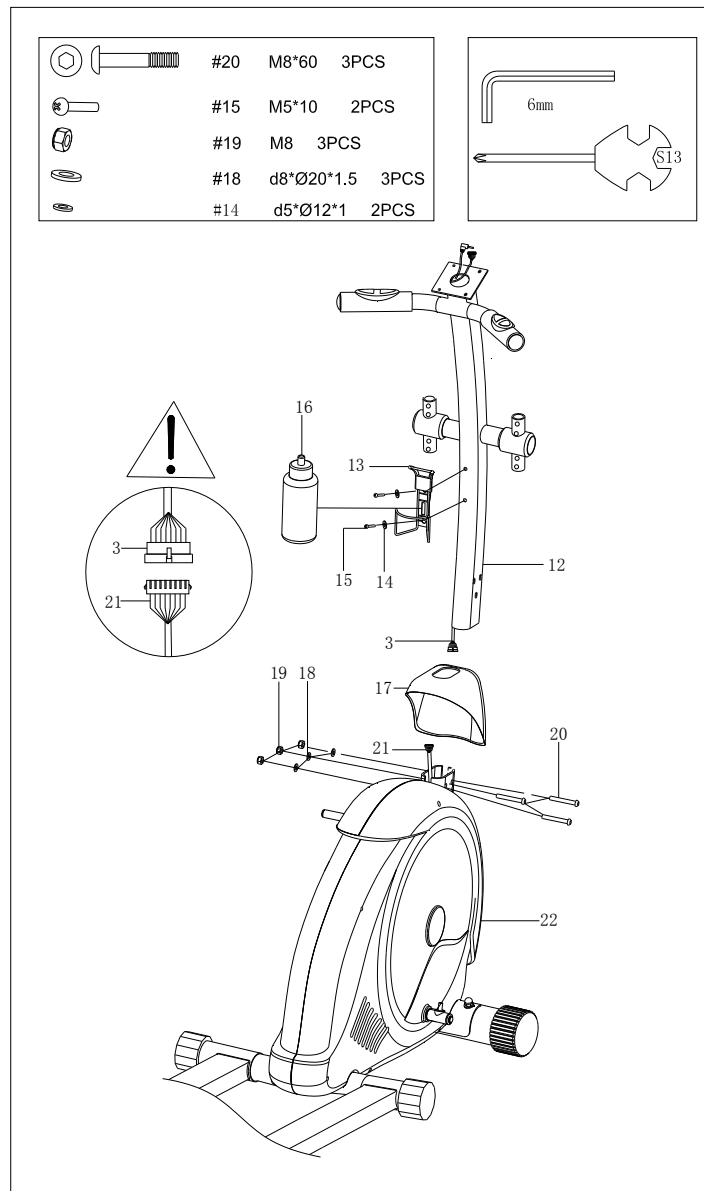
a. Secure the front stabilizer (72) to the main frame (22) by using square bolt (71), nut (28) and Arc washer (64).

Step2:



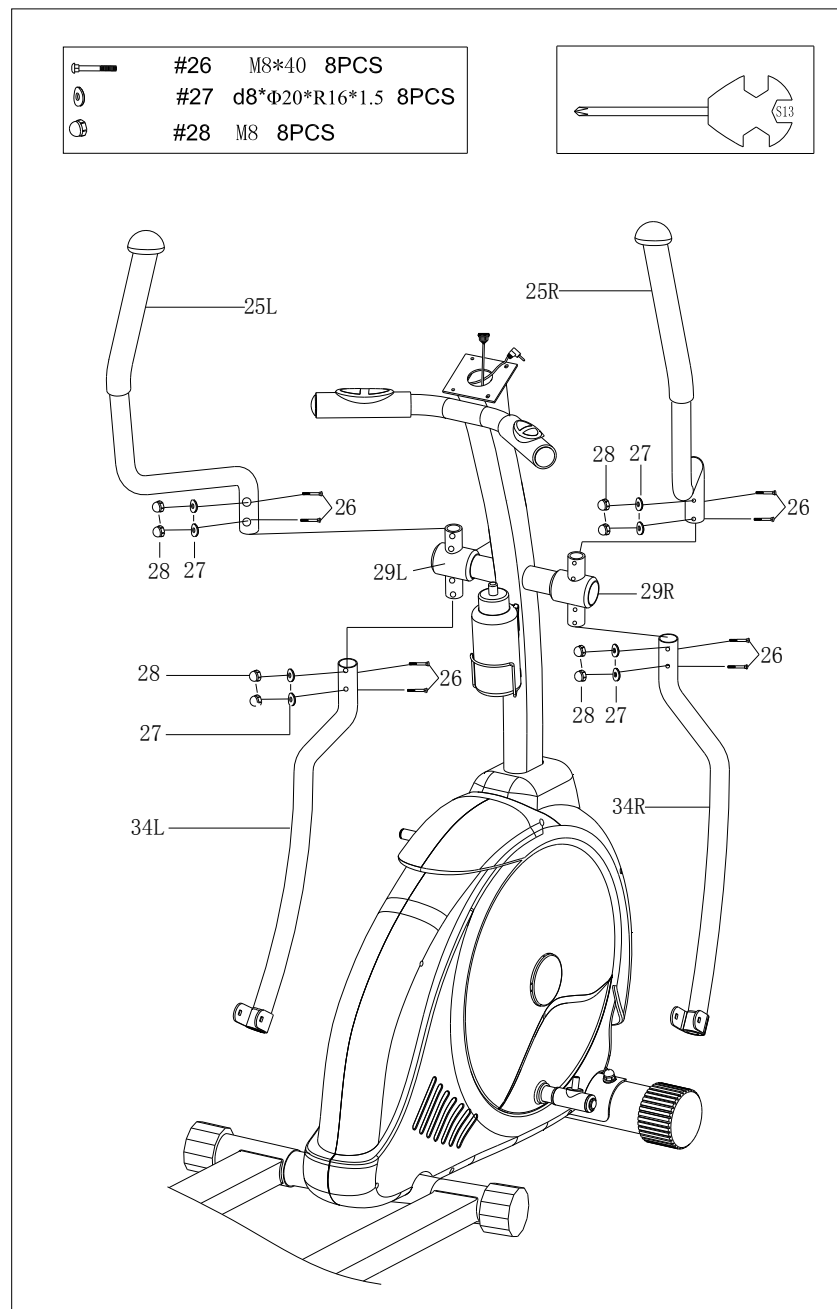
- Secure the L/R rail (66L/R) to the main frame (22) by using bolt (30) and washer (64).
- Attach the connecting bar (67) to the main frame (22) with bolt (30), spring washer (31) and flat washer (41).

Step3:



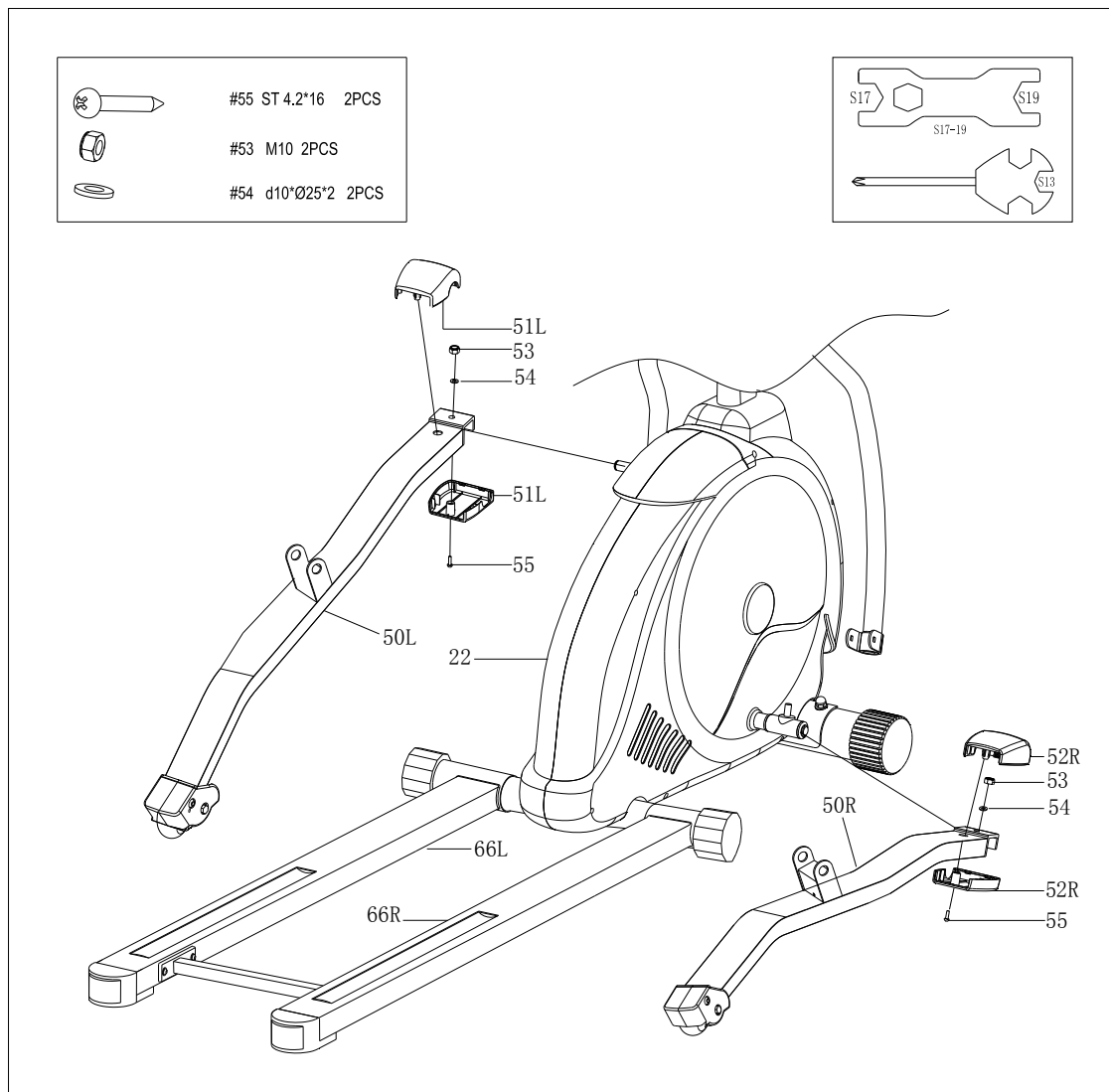
- Slide the decoration cover (17) off the main frame (22) and onto the front post (12), and then connect the sensor wire (lower) (21) to the sensor wire (middle) (3).
- Secure the front post (12) to the main frame (22) by using bolt (20), washers (18) and nylon nut (19).
- Attach the water bottle holder (13) to the front post (12) with bolt (15) and washer (14), and then slide the Water Bottle (16) into place.

Step4:



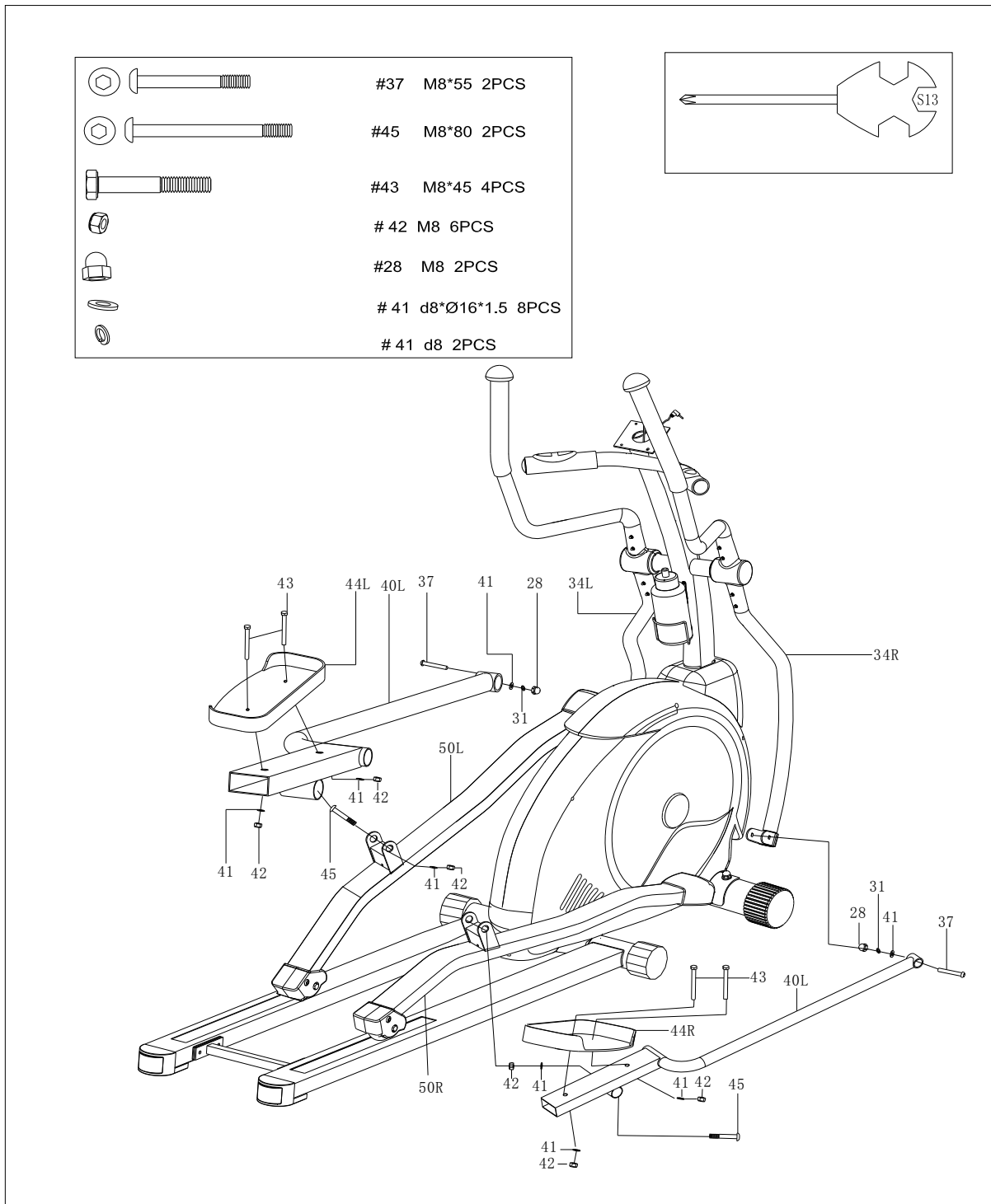
- a. Secure the connecting bar (34L/R) to the armrest assemble (29L/R) by using bolt (26), Arc washer (27) and nut (28).
- b. Secure the handlebar (25L/R) to the armrest assemble (29L/R) by using bolt (26), Arc washer (27) and nut (28).

Step5:



- Assemble the connecting post (50L/R) to the main frame (22) by using nylon nut (53) and washer (54).
- Attach the left decoration cover (51) and right decoration cover (52) to the connecting post (50L/R) with bolt (55).

Step6:

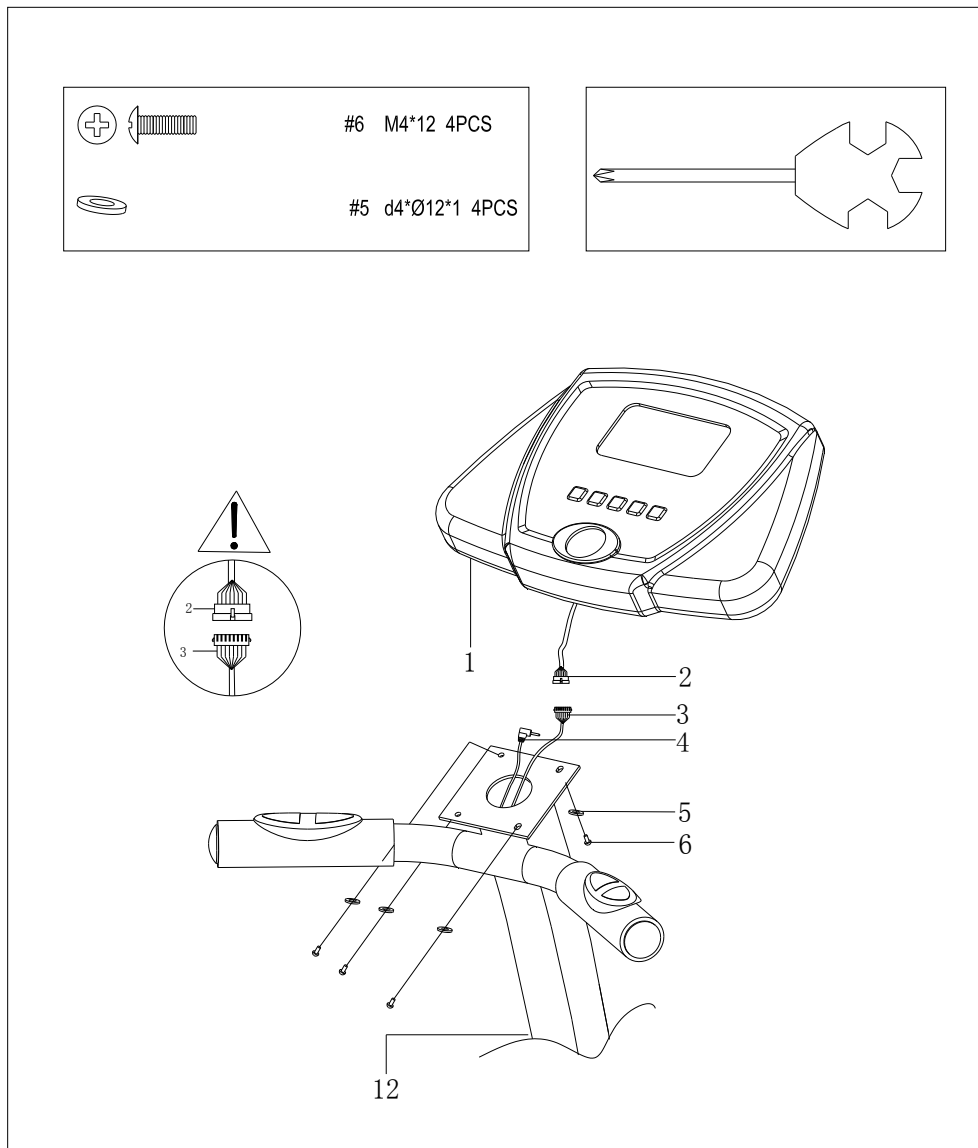


a. Secure the connecting bar (34L/R) to the connecting post (50L/R) by using bolt (45), washer (41) and nylon nut (42).

b. Secure the pedal arm (40L/R) to the connecting bar (34L/R) by using bolt (37), washer (41) and spring washer (31).

c. Attach the pedal (44L/R) to the pedal arm (40L/R) with bolt (43), washer (41) and nylon nut (42).

Step7:



a. Connect the computer wire (2) to the sensor wire (3)

b. Secure the computer (1) to the top of the front post (12) by using bolt (6) and washer (5), and then plug handle pulse wire (4) into the hole of the computer(1).

Please note: ensure the all parts are fastened to avoid any 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.