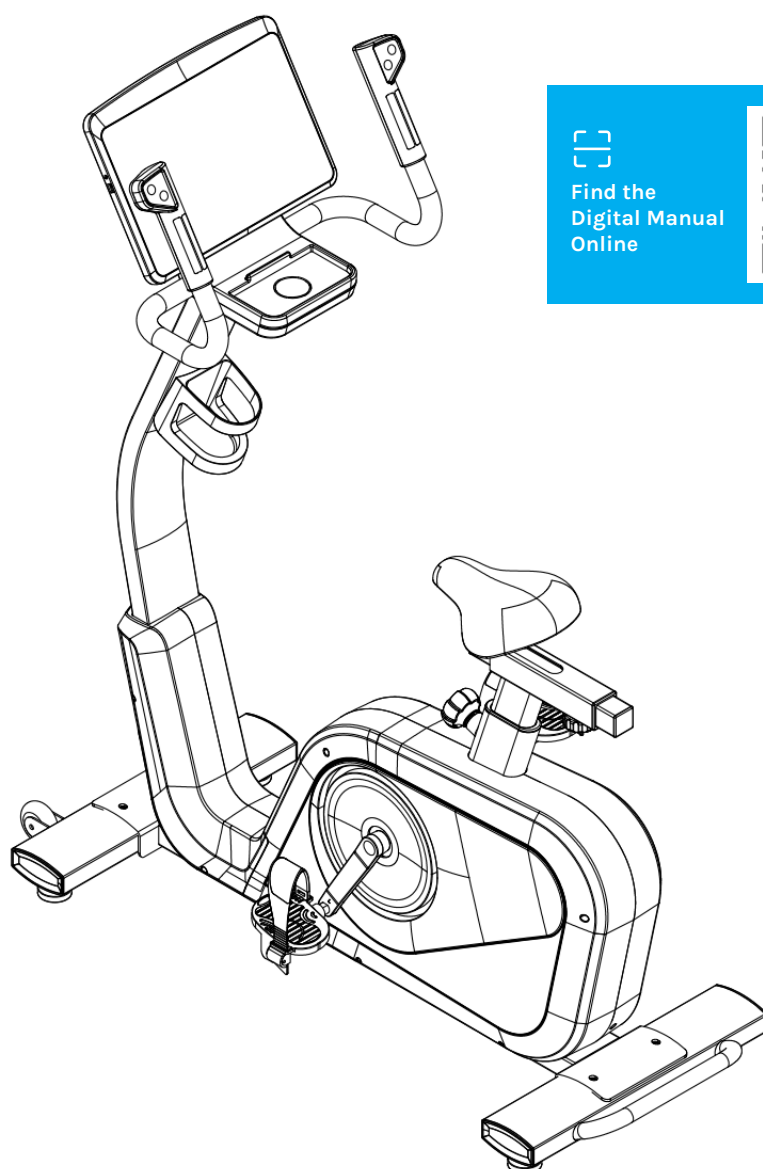




EXC-120 Exercise Bike

USER MANUAL



Find the
Digital Manual
Online



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



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I. IMPORTANT SAFETY INSTRUCTIONS



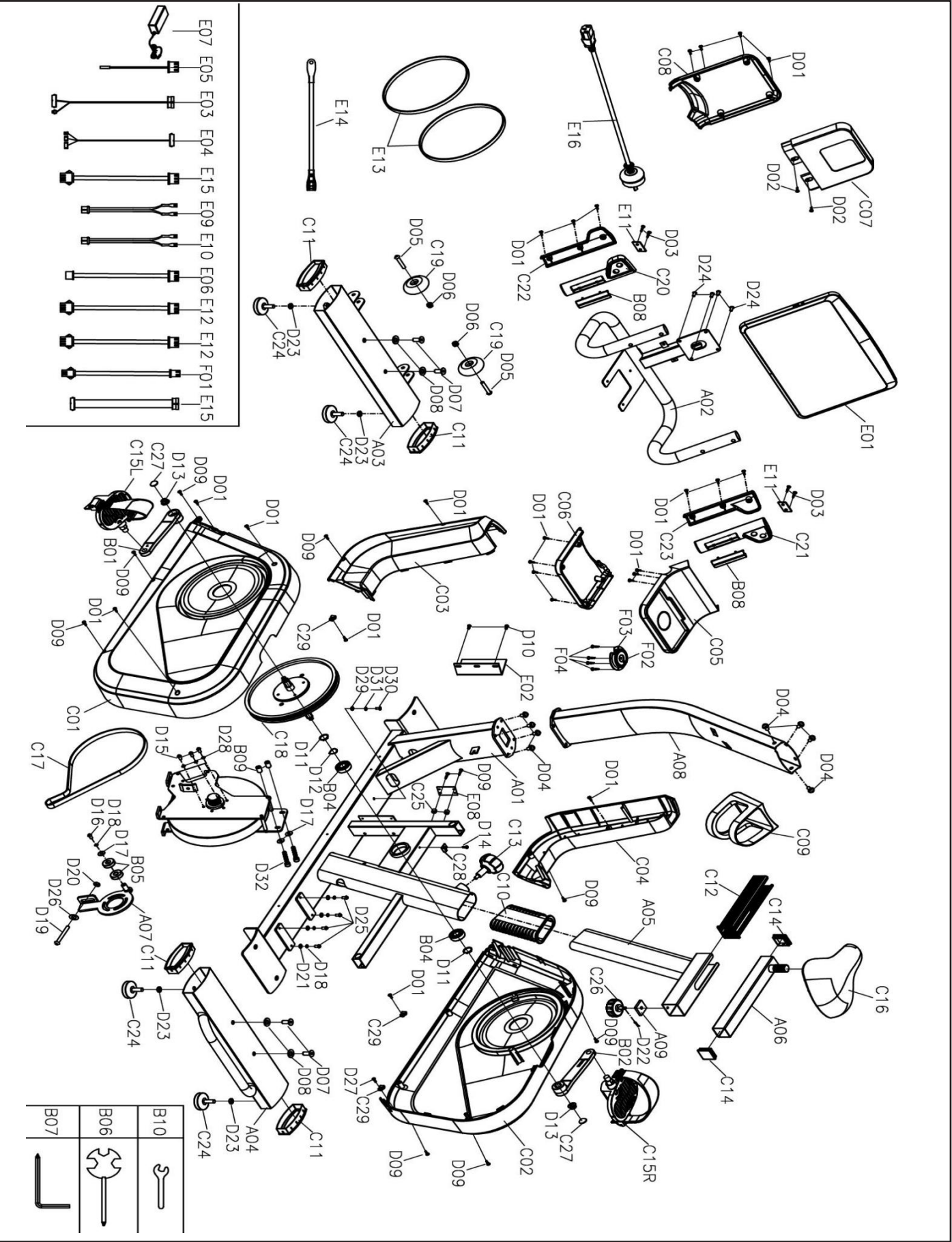
Note the following precaution before assembling and operating the machine.

1. Assemble the machine exactly as the descriptions in the instruction manual.
2. Check all the bolts, nuts, and other connections before using the machine for the first time to ensure the machine is in the safe condition.
3. Set up the machine in a dry level place and keep it away from moisture and water.
4. Place a suitable base (e.g., rubber mat, wooden board etc.) beneath the machine in the area of assembly to avoid dirt.
5. Before beginning the training, remove all objects within a radius of 2 meters from the machine.
6. Do not use aggressive cleaning articles to clean the machine. Only use the supplied tools or suitable tools of your own to assemble the machine or repair any parts of machine. Remove drops of sweat from the machine immediately after finishing training.
7. Your health can be affected by incorrect or excessive training. Consult a doctor before beginning the training program. He can define the maximum setting (Pulse. Watts. Duration of training etc) to which you may train yourself and can get precise information during training. This machine is not suitable for therapeutic purpose.
8. Only do training on the machine when it is in correct working way. Use only original spare parts for any necessary repairs.
9. This machine can be used for only one person's training at a time.
10. Wear training clothes and shoes that are suitable for fitness training with the machine. Your training shoes should be appropriate for the trainer.
11. If you have a feeling of dizziness, sickness, or other abnormal symptoms, please stop training and consult a doctor immediately.
12. People such as children and handicapped persons should only use the machine in the presence of another person who can give aid and advice.
13. The power of the machine increases with increasing the speed, and the reverse. The machine is equipped with adjustable knob that can adjust the resistance.

II. CARE INSTRUCTIONS

- 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 thread and void your warranty.**
- Lubricate moving joints with grease after periods of usage.
- 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

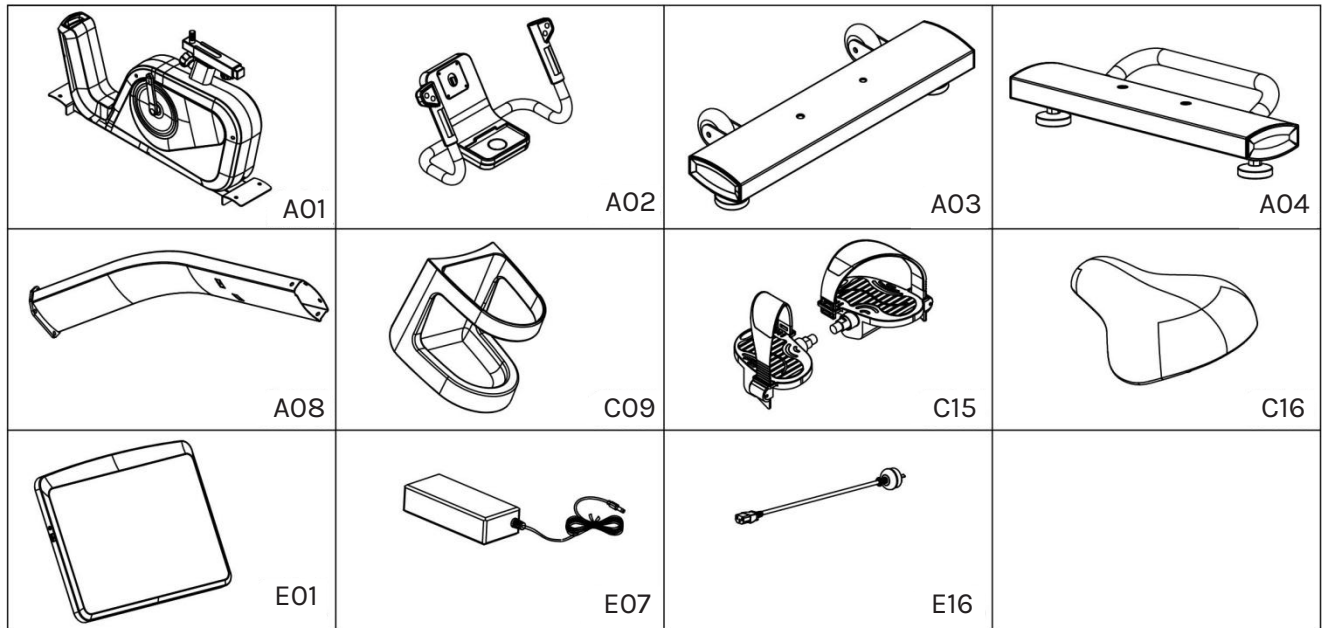
No.	Part Description	Remark	Qty
A01	Main frame assembly		1
A02	Console base frame assembly		1
A03	Front stabilizer		1
A04	Rear stabilizer		1
A05	Adjusting sleeve assembly		1
A06	Seat sliding assembly		1
A07	Pressure belt plate assembly		1
A08	Console support tube		1
A09	Seat slider plate		1
B01	Left crank		1
B02	Right crank		1
B03	Flywheel		1
B04	Bearings		2
B05	Bearings		2
B06	Cross wrench	S=13,14,15	1
B07	Cross-shaped allen wrench	S5	1
B08	Hand pulse		4
B09	Spacer	Φ12*φ6.5*18.5	2
B10	Open-end wrench	S15 l=135	1
C01	Left cover		1
C02	Right cover		1
C03	Left decorative cover		1
C04	Right decorative cover		1
C05	Console top cover		1
C06	Console bottom cover		1
C07	Console front cover		1
C08	Console back cover		1
C09	Water Bottle Holder		1
C10	Seat cushion tube bushing		1
C11	Sock tube plug		4

No.	Part Description	Remark	Qty
C17	Motor belt		1
C18	Belt pulley		1
C19	Transport wheels		2
C20	Top pulse cover l1		1
C21	Top pulse cover r1		1
C22	Bottom pulse cover l2		1
C23	Bottom pulse cover r2		1
C24	Foot pad		4
C25	Plastic spacer sleeve		2
C26	Seat cushion knob		1
C27	Crank cover		2
C28	Sensor mounting base		1
C29	R-type wire clamp		3
D01	Screw	St4.2*13	24
D02	Screw	St4.2*8	2
D03	Screw	St2.9*7	4
D04	Bolt	M8*20*s5	8
D05	Bolt	M8*42 *20	2
D06	Nut	M8	2
D07	Bolt	M10*20*s5	4
D08	Flat washer	Φ10*φ24*2.0	4
D09	Screw	St4.2*19*φ8	10
D10	Bolt	M4*10	4
D11	Axial elastic retaining ring	20	2
D12	Wave-shaped spring pad		1
D13	Bolt	M10*1.25	2
D14	Screw	St4.2*12	3
D15	Bolt	M5*16	3
D16	Bolt	M6*12*s5	1
D17	Flat washer	Φ6*φ18*1.5	3

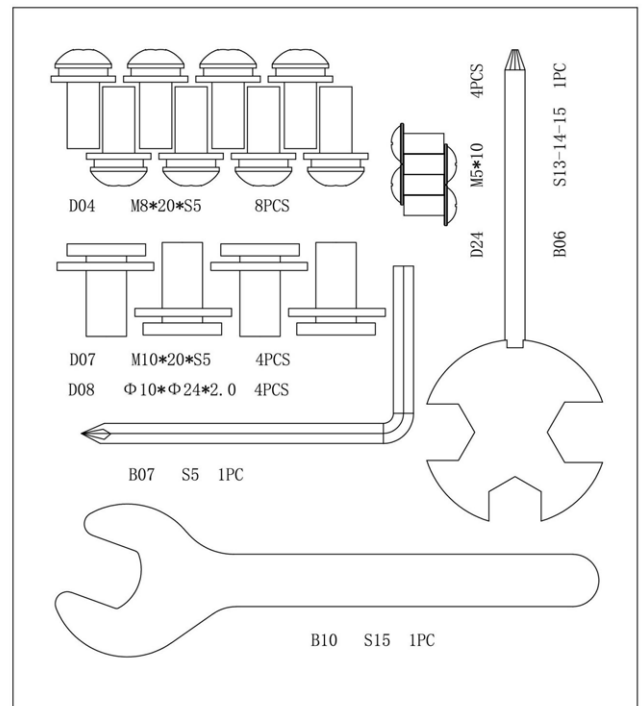
No.	Part Description	Remark	Qty
C12	Seat cushion sliding sleeve		1
C13	Adjusting knob		1
C14	Square tube plug		2
C15	Left/right pedal		1 Set
C16	Seat		1
D23	Nut	M10	4
D24	Bolt	M5*10	4
D25	Bolt	M6*15	4
D26	Flat washer	8	1
D27	Screw	St2.9*8	1
D28	Flat washer	Φ5*φ10*1.0	3
D29	Locked washer	5	1
D30	Bolt	M5*8	1
D31	Spring washer	5	1
D32	Bolt	M6*30	2
E01	Console		1
E02	Control board		1
E03	Console middle wire		1
E04	Console bottom wire		1
E05	Speed sensor		1

No.	Part Description	Remark	Qty
D18	Light spring washer	6	5
D19	Bolt	M8*70	1
D20	Nut	M8	1
D21	Flat washer	Φ6*φ12*1.5	4
D22	R-type pin	1.2*20	1
E06	Power connecting wire		1
E07	Power adapter		1
E08	Light strip adapter board		1
E09	Left handle pulse wire		1
E10	Right handle pulse wire		1
E11	Button board		2
E12	Light strip extension wire		2
E13	Rgb light strip		2
E14	Grounding wire		1
E15	Console top wire		1
E16	Power wire		1
F01	Wireless charging wire		1
F02	Wireless charging module		1
F03	Wireless charging base		1
F04	Screw	ST2.9*7	4

V. ASSEMBLY INSTRUCTIONS



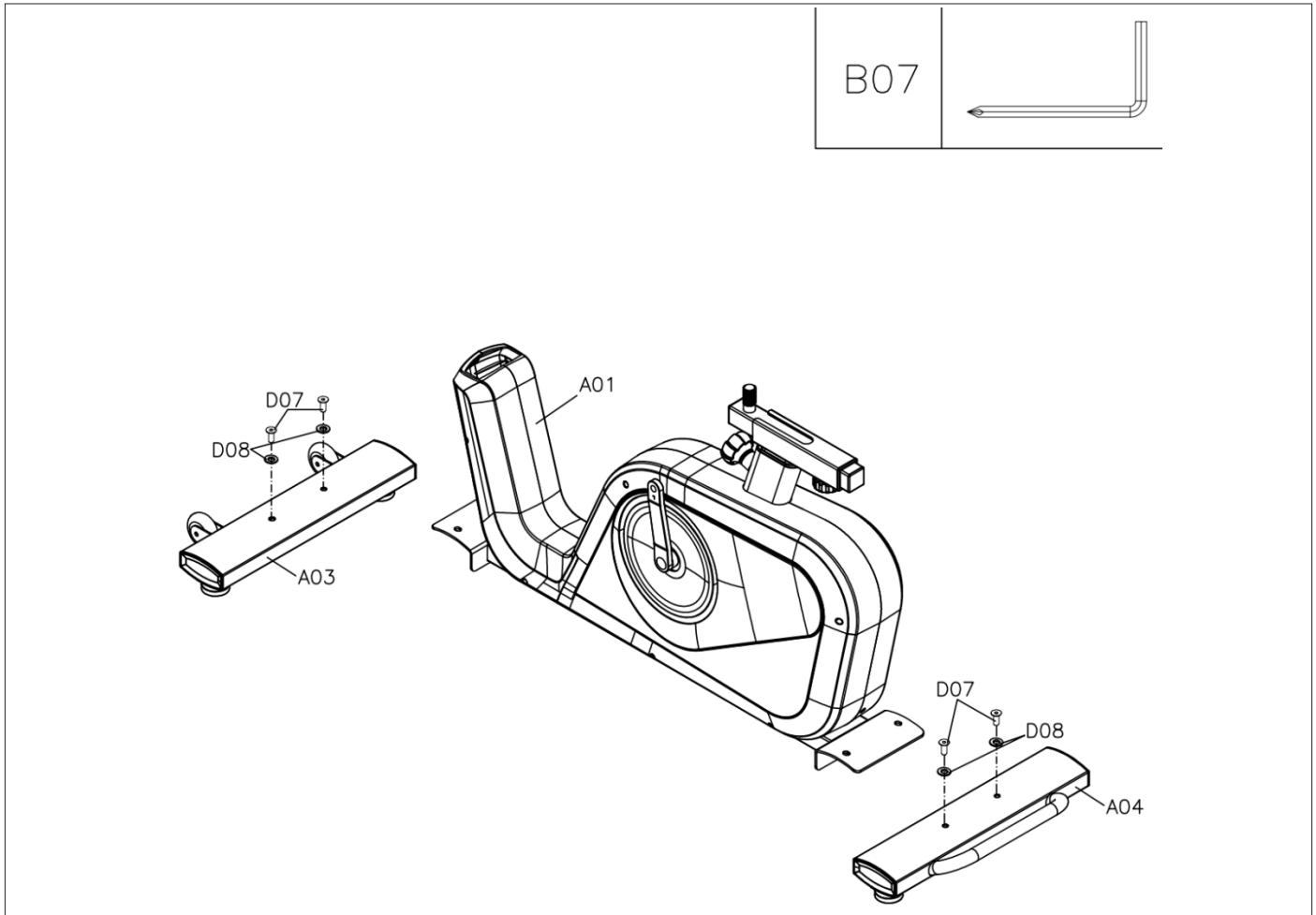
No.	Part Description	Qty
A01	Main frame assembly	1
A02	Console base frame assembly	1
A03	Front stabilizer	1
A04	Rear stabilizer	1
A08	Console support tube	1
C09	Water bottle holder	1
C15	Left/Right pedal	1
C16	Seat	1
E01	Console	1
E07	Power adapter	1
E16	Power wire	1



V. ASSEMBLY INSTRUCTIONS

IMPORTANT: Remove all packaging materials from the frame, tubes and accessories before beginning assembly. Keep all packaging materials away from children and pets, as they may present a choking or suffocation hazard.

WARNING: Assemble the bike on a flat, stable surface with adequate space around the equipment. Do not connect the power supply until assembly is fully completed.

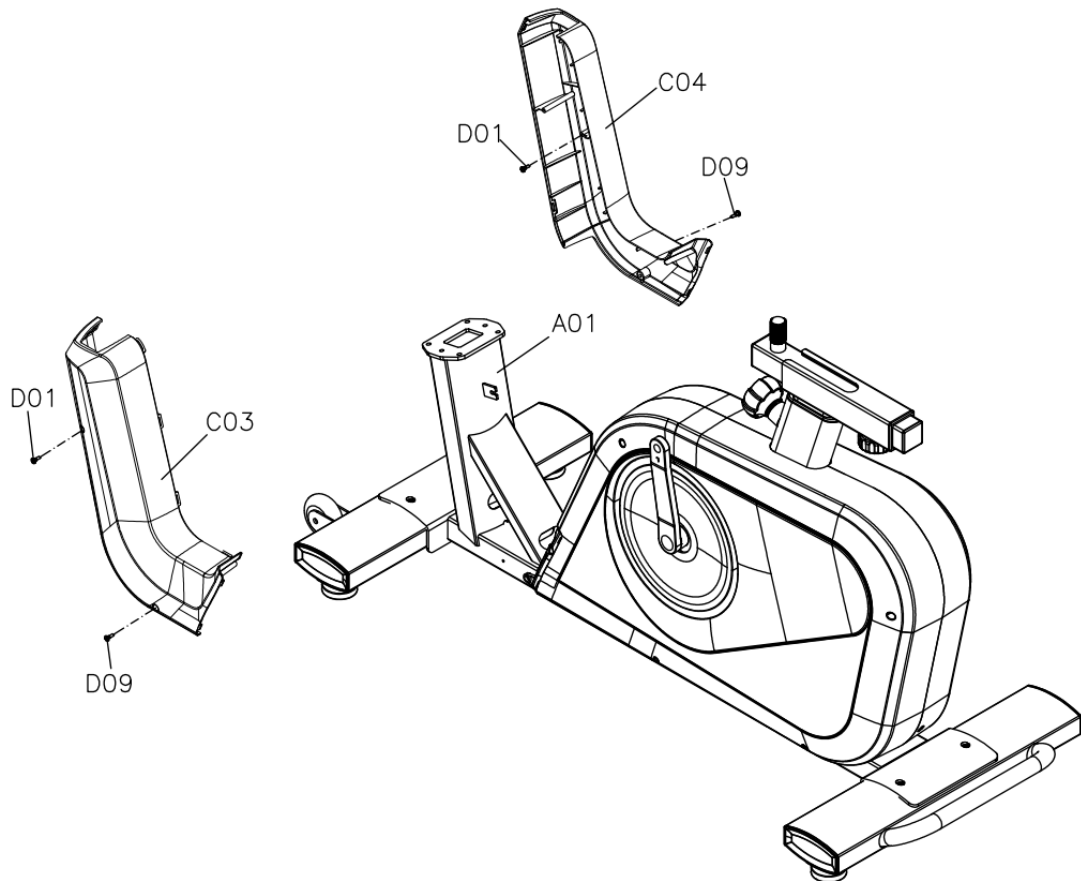
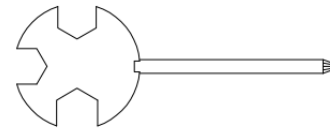


Step 1 – Install the Front and Rear Stabilisers

1. Position the Front Stabiliser (A03) at the front of the Main Frame (A01).
2. Secure it using 2 Screws (D07) and 2 Washers (D08).
3. Position the Rear Stabiliser (A04) at the rear of the Main Frame.
4. Secure it using the remaining 2 Screws (D07) and 2 Washers (D08).
5. Tighten all screws securely using the Allen Wrench (B07).

! TIP: Start all screws by hand before fully tightening. This will help align the stabilisers correctly and prevent cross-threading.

B06

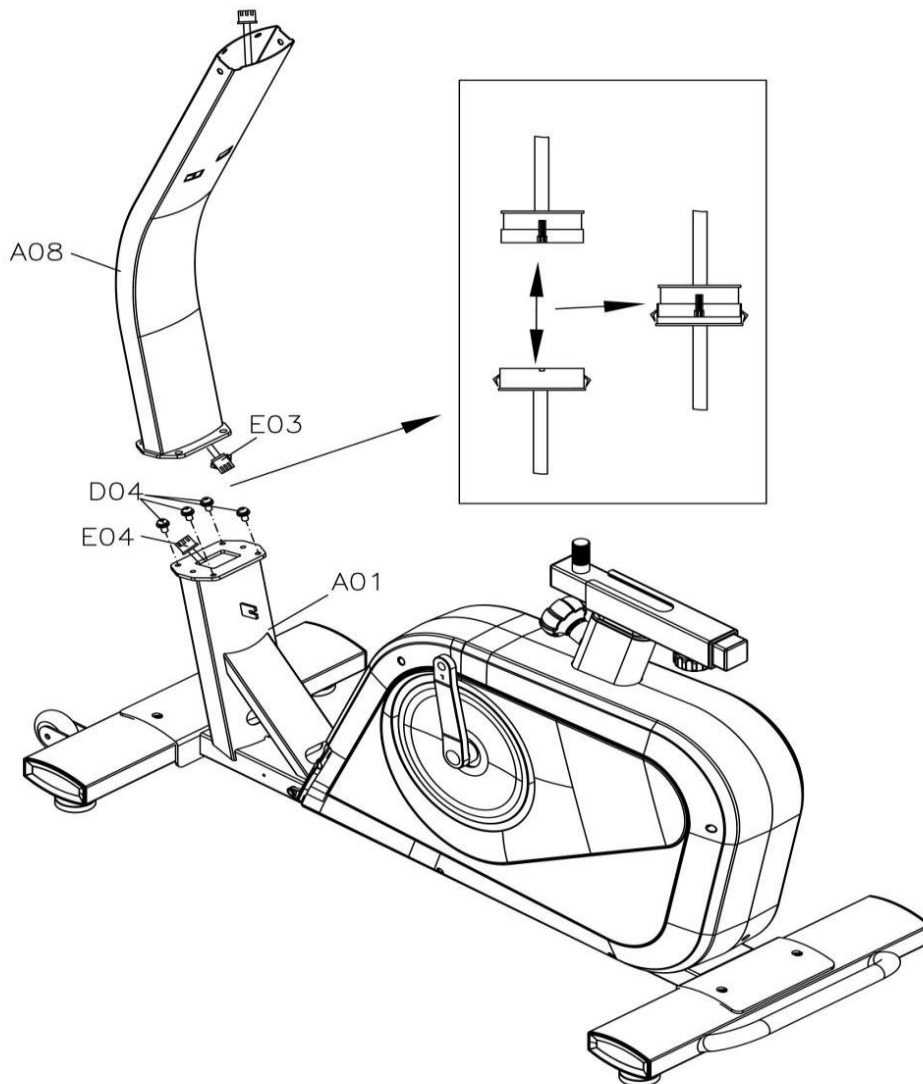


Step 2 – Remove the Decorative Covers

1. Using the Wrench (B06), loosen and remove the 2 Screws (D01) and 2 Screws (D09) from the Main Frame (A01).
2. Carefully remove the Left Decorative Cover (C03) and Right Decorative Cover (C04).
3. Set the covers and screws aside for reinstallation in Step 4.

! TIP: Keep the removed screws together in a safe place, as they will be reused during assembly.

B07



Step 3 – Install the Console Support Tube

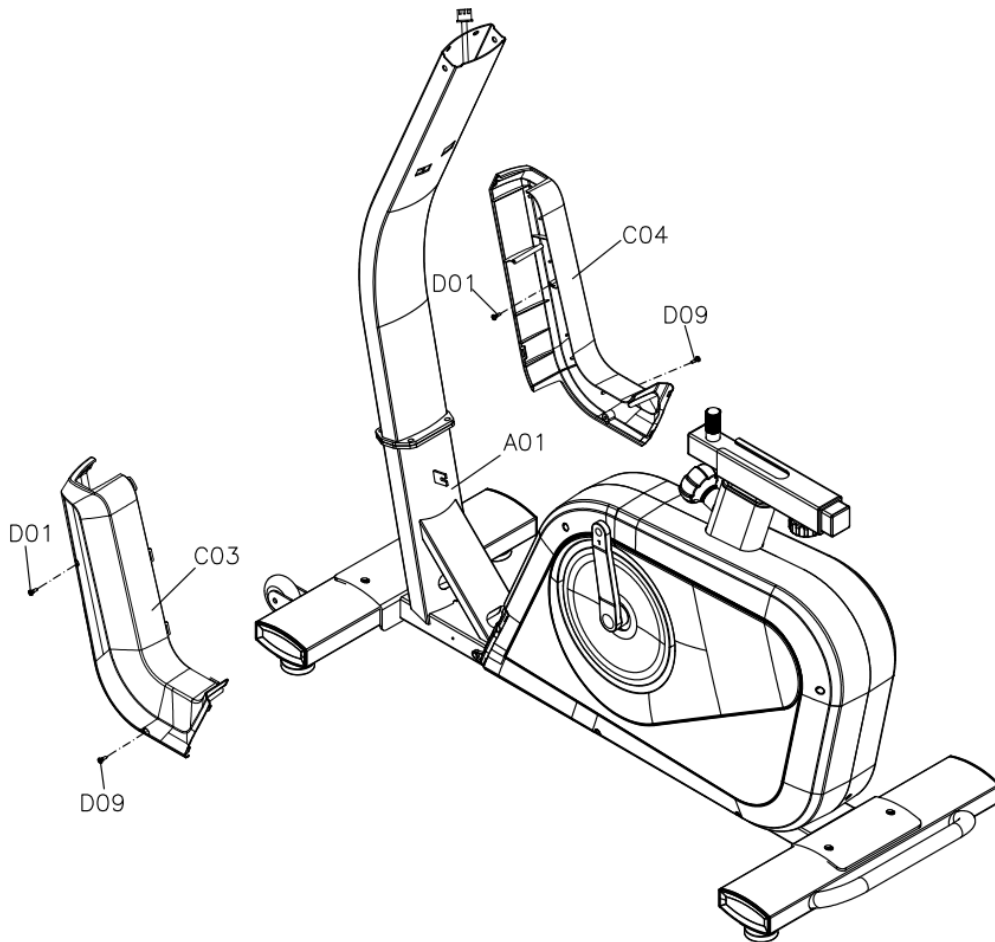
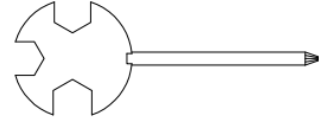
1. Connect the Console Middle Wire (E03) to the Console Bottom Wire (E04). Ensure the connectors are fully inserted.
2. Carefully position the Console Support Tube (A08) onto the Main Frame (A01).
3. Secure the Console Support Tube using 4 Screws (D04).
4. Tighten the screws securely using the Allen Wrench (B07).



WARNING: Take care not to pinch, pull or damage the wires when positioning the Console Support Tube.

TIP: Check that the wire connectors are correctly aligned before connecting them. Do not force the connectors together.

B06

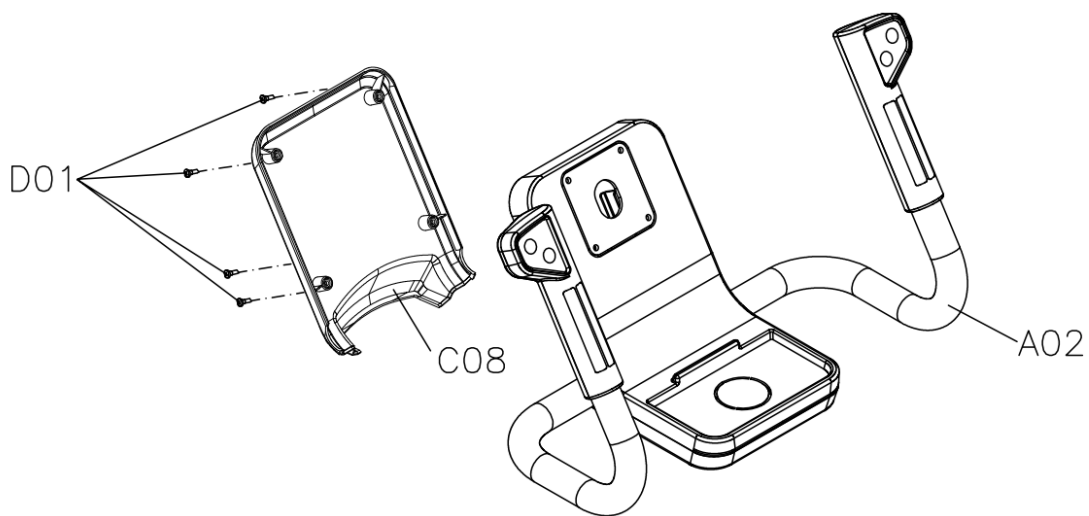
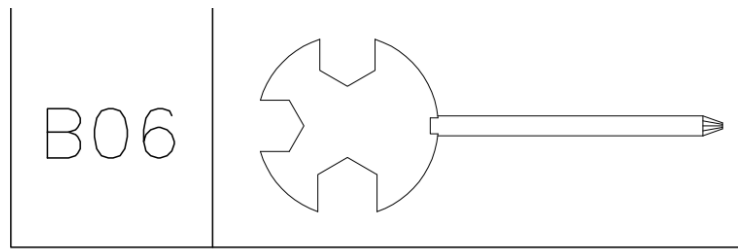


Step 4 – Reinstall the Decorative Covers

- 1.Reposition the Left Decorative Cover (C03) and Right Decorative Cover (C04) around the Console Support Tube as shown.
- 2.Secure the covers to the Main Frame (A01) using the previously removed 2 Screws (D01) and 2 Screws (D09).
- 3.Tighten the screws using the Wrench (B06).

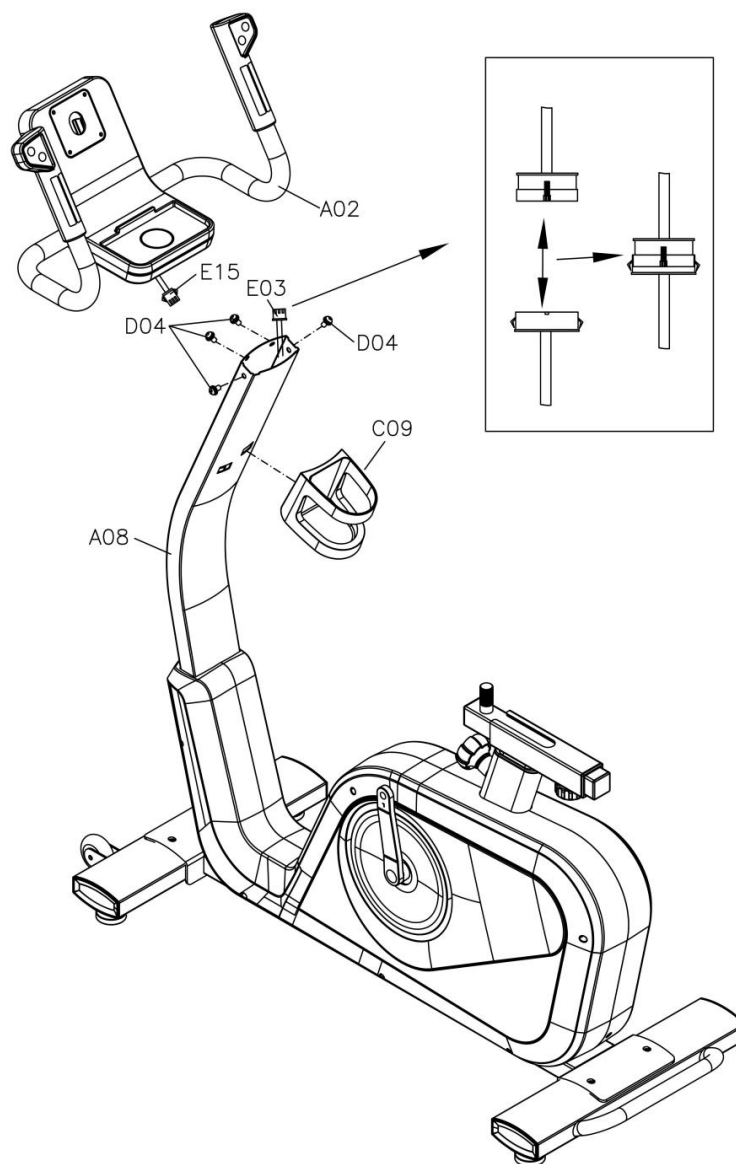
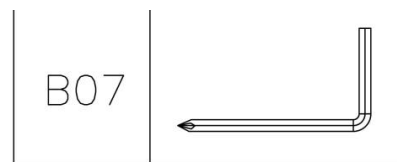


NOTE: Do not overtighten the screws, as this may damage the decorative covers.



Step 5 – Remove the Console Back Cover

1. Using the Wrench (B06), loosen and remove the 4 Screws (D01) from the Console Back Cover (C08).
2. Carefully remove the Console Back Cover from the Console Base Frame Assembly (A02).
3. Keep the screws and cover nearby for reinstallation in Step 7.



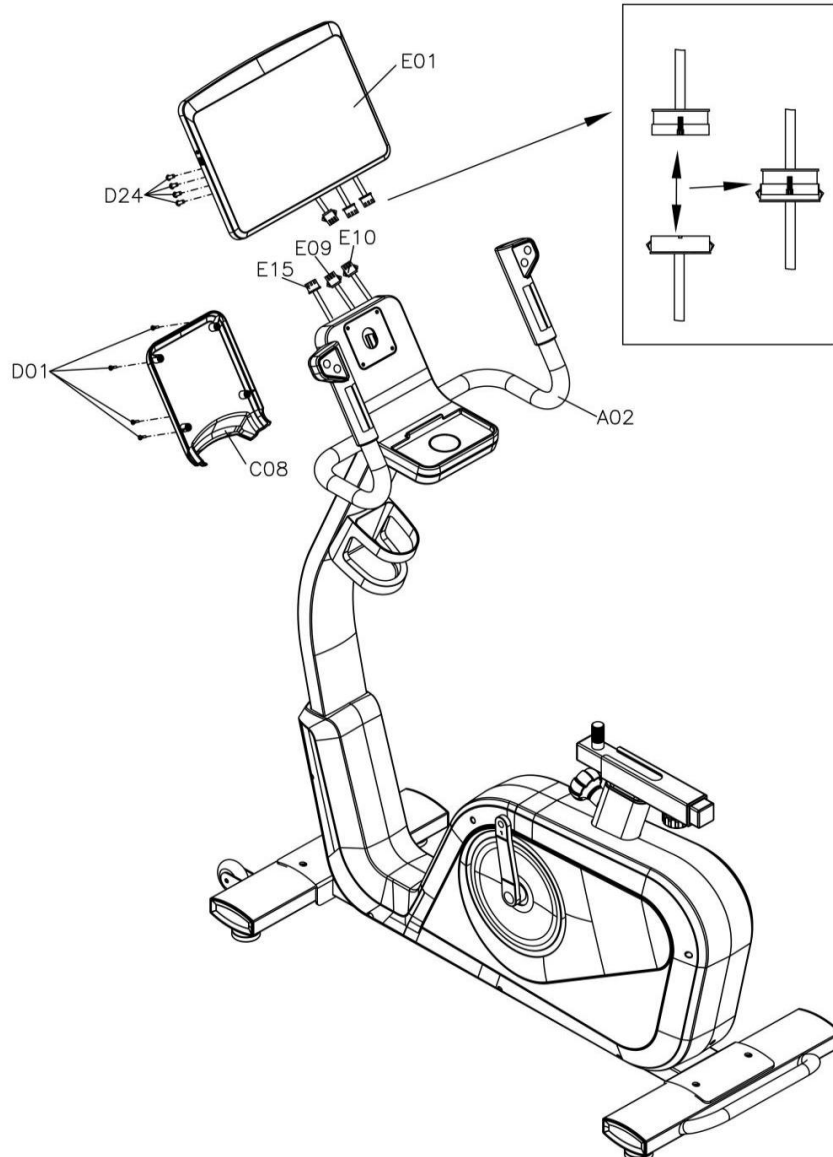
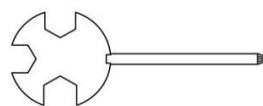
Step 6 – Install the Console Base Frame

1. Connect the Console Top Wire (E15) to the Console Middle Wire (E03). Ensure the connection is secure.
2. Position the Console Base Frame Assembly (A02) onto the Console Support Tube (A08).
3. Secure the Console Base Frame Assembly using 4 Screws (D04).
4. Tighten the screws securely using the Allen Wrench (B07).
5. Attach the Water Bottle Holder (C09) to the Console Support Tube (A08) as shown.



WARNING: Ensure all wires are positioned inside the frame and are not pinched between the components before tightening the screws.

B06



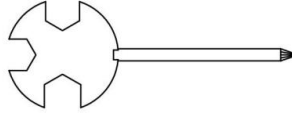
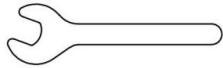
Step 7 – Install the Display

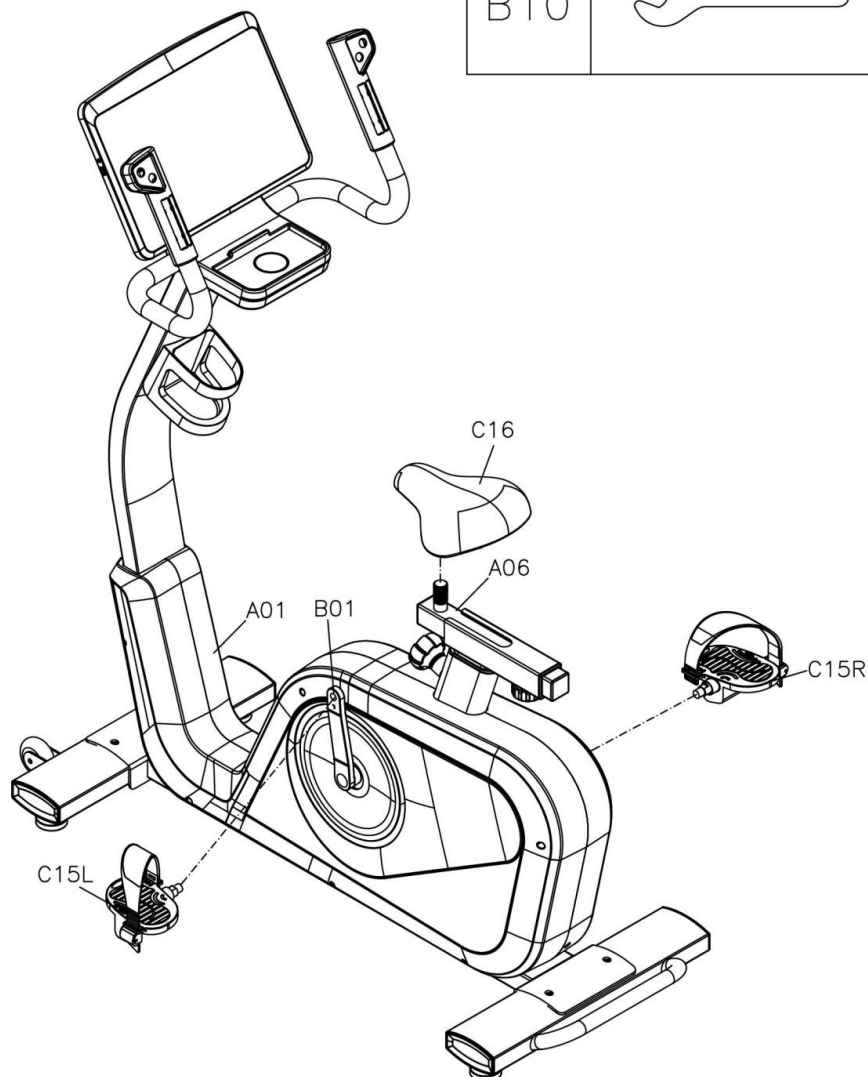
1. Connect the Console Top Wire (E15), Left Hand Pulse Wire (E09) and Right Hand Pulse Wire (E10) to the corresponding wires on the Display (E01).
2. Position the Display onto the Console Base Frame Assembly (A02) and secure it using 4 Screws (D24).
3. Tighten the screws using the Wrench (B06).
4. Reinstall the Console Back Cover (C08) using the 4 Screws (D01) removed in Step 5.
5. Tighten all screws securely using the Wrench (B06).



WARNING: Do not trap, pinch or pull the display and pulse wires while installing the Display or Console Back Cover.

TIP: Confirm all wire connections are secure before fitting the Console Back Cover.

B06	
B10	



Step 8 – Install the Pedals and Seat

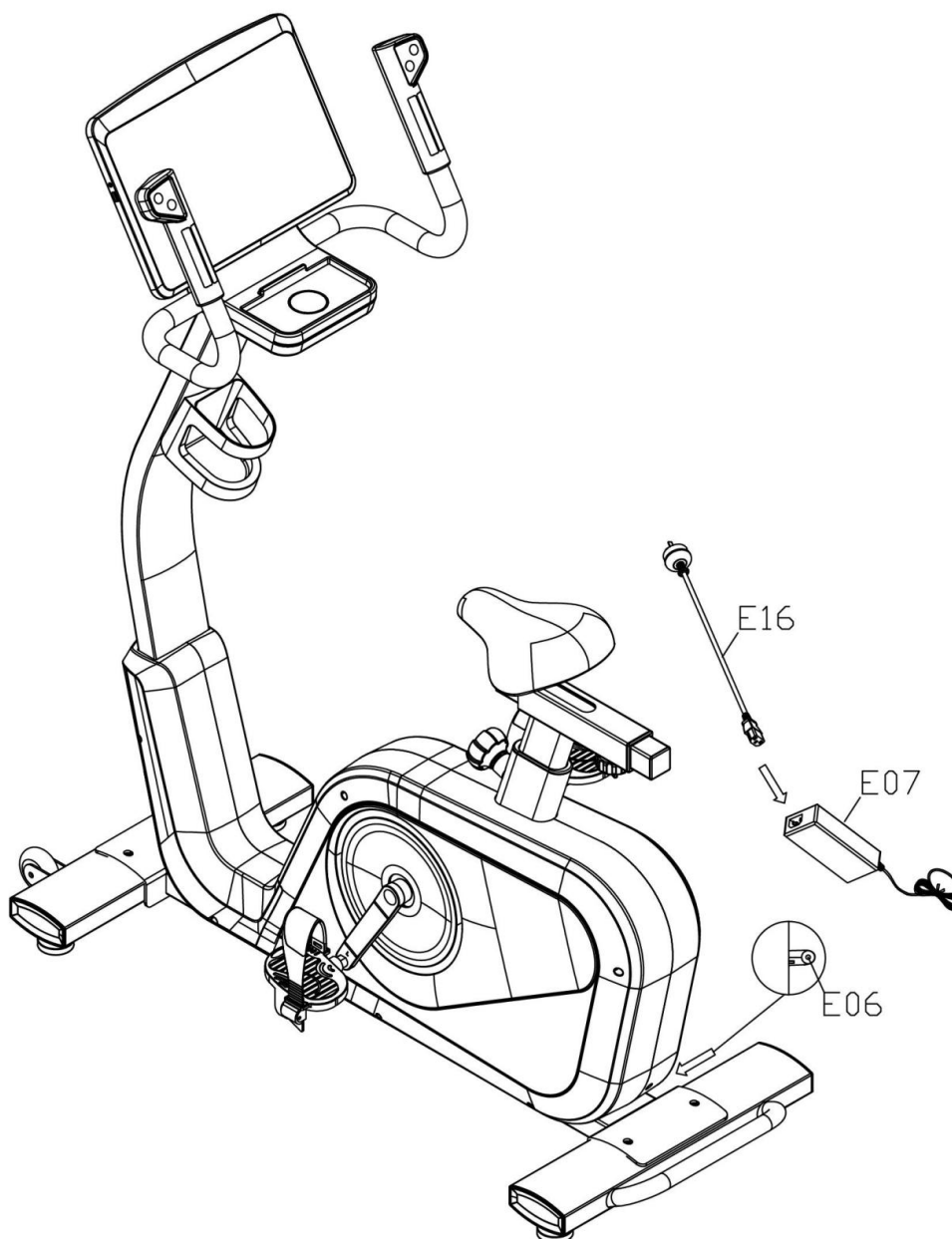
1. Identify the Left Pedal (C15L) and Right Pedal (C15R) before installation.
2. Attach the Left Pedal to the Left Crank (B01) counterclockwise and the Right Pedal to the Right Crank (B02) clockwise.
3. Start each pedal thread carefully by hand, then tighten securely using the Wrench (B10).
4. Position the Seat (C16) onto the Seat Sliding Assembly (A06).
5. Adjust the seat so it is straight and level, then tighten it securely using the Wrench (B06).



WARNING: - The left and right pedals are side-specific. Installing a pedal on the incorrect side, turning it the wrong way or forcing the thread may damage the crank.

- Ensure the seat is firmly secured before using the bike. A loose seat may move unexpectedly during exercise.

TIP: If a pedal does not thread smoothly by hand, stop and check that you are installing it on the correct side, and that the threads are properly aligned.



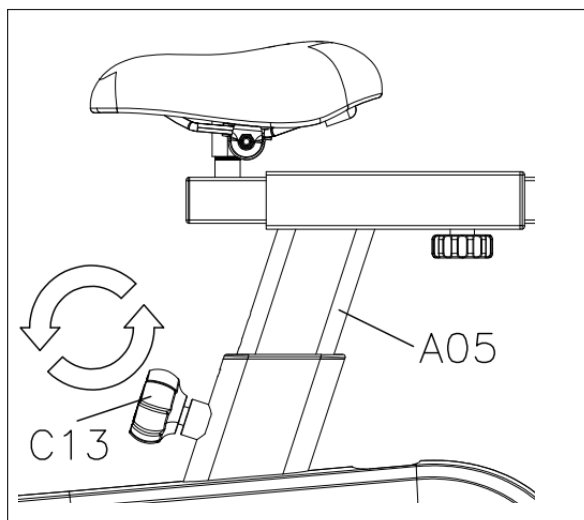
Step 9 – Connect the Power Supply

1. Check that assembly is complete and that all hardware and electrical connections are secure.
2. Connect the Power Adapter (E07) to the Power Wire (E16).
3. Insert the power connector into the Power Port (E06) on the exercise bike.
4. Connect the Power Adapter to a suitable wall power outlet.

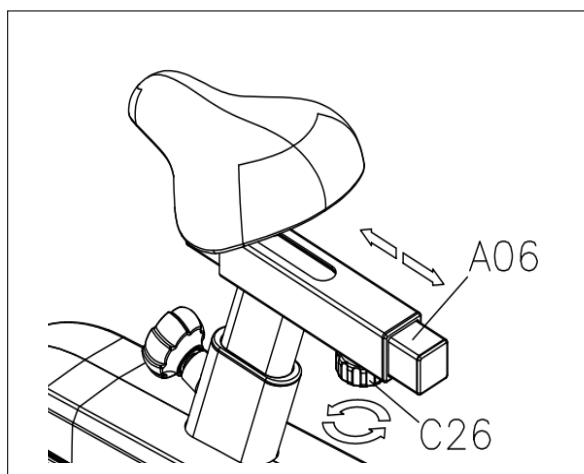
! **WARNING:** Only connect the power supply after the bike has been fully assembled. Use only the power adapter supplied with the equipment.

FINAL CHECK: Before first use, confirm that all screws, bolts, pedals and the seat are securely tightened, the bike is stable on the floor, and no wires are pinched or exposed.

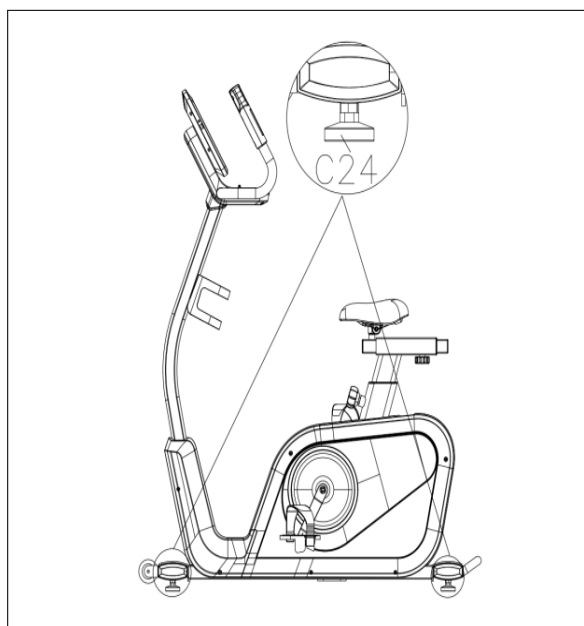
ADJUSTMENTS GUIDE



1. Loosen the Adjustment Knob (C13) by turning it counterclockwise. Raise or lower the Adjustment Sleeve Assembly (A05) to the desired height, then turn the knob clockwise to lock it securely.

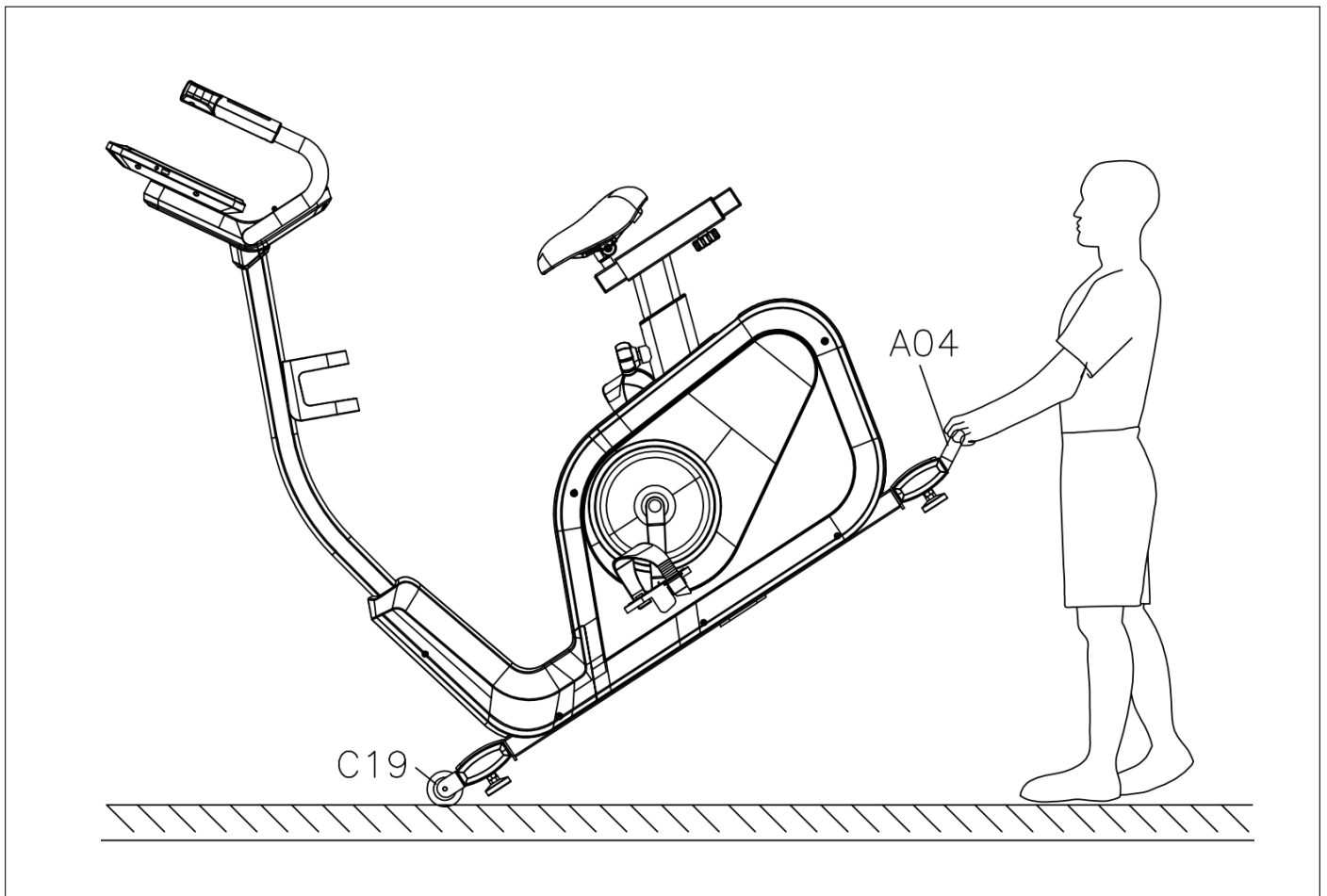


2. Loosen the Seat Cushion Knob (C26) by turning it anticlockwise. Slide the Seat Sliding Assembly (A06) forward or backward to the desired position, then turn the knob clockwise to lock it securely.



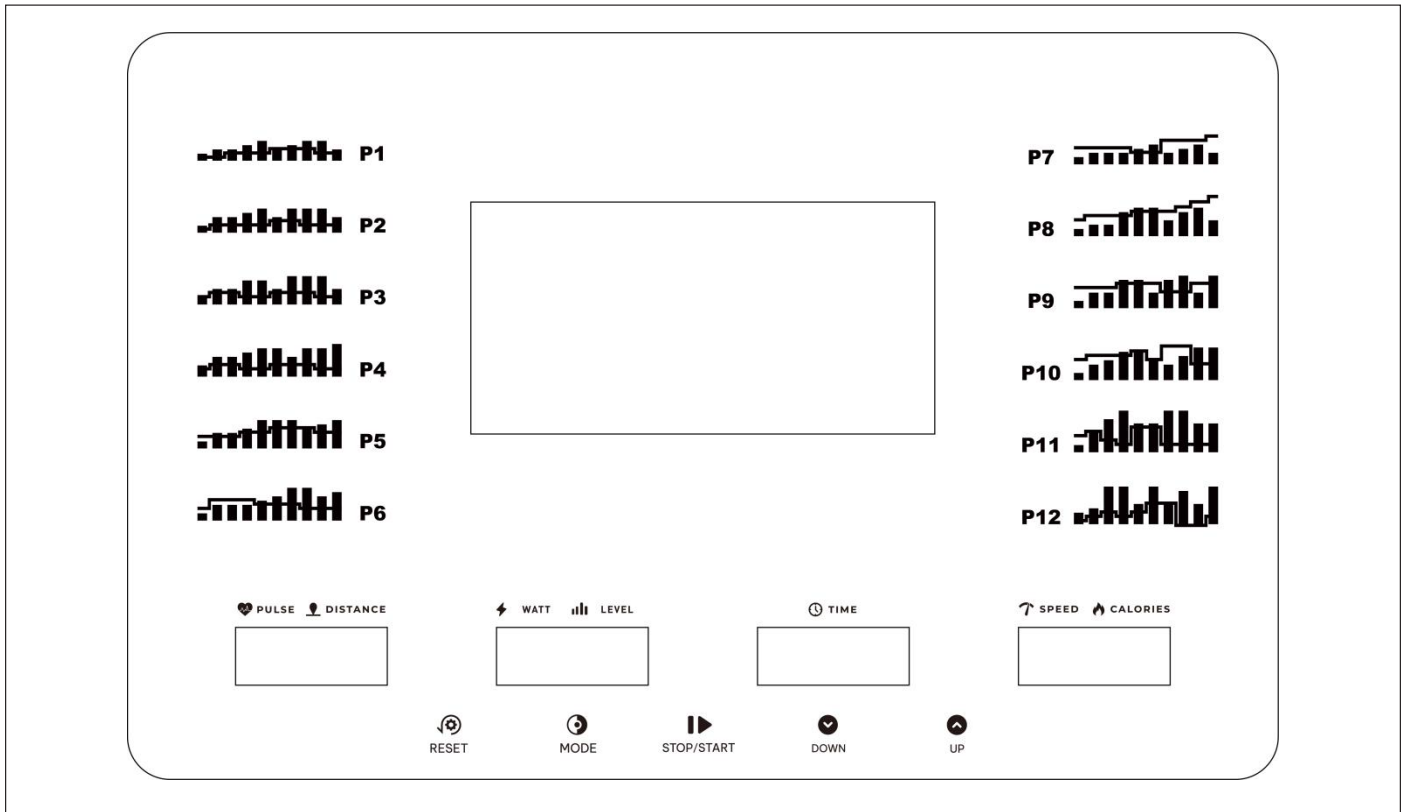
3. If the bike is unstable on an uneven surface, rotate the Foot Pads (C24) clockwise or anticlockwise as required until the bike sits level and stable. Confirm the bike is stable before use.

MOVING INSTRUCTIONS



1. Stand behind the bike and firmly hold the handle at the rear of the machine.
2. Carefully lift the rear of the bike until the front Transport Wheels (C19) contact the floor.
3. Slowly roll the bike to the required location while keeping it under control.
4. Once in position, carefully lower the rear of the bike back onto the floor.

VI. OPERATIONS GUIDE



BUTTON FUNCTIONS:

1. RESET:

- Standby: Press and hold RESET for approximately 5 seconds to reset the displayed values.
- Paused: Press RESET to end the workout and return to standby mode.
- Settings: Press RESET to return to the previous screen.

2. MODE:

- Standby: Press MODE to enter program selection. Use UP/DOWN to choose MANUAL, P1-P30, U1-U2, H1-H3 or WATT.
- Press MODE to confirm the selected program and proceed through the TIME, AGE and WEIGHT settings. When setup is complete, press STOP/START to begin.
- During a workout: Press MODE to cycle through the display information.

3. STOP/START:

- Standby: Press STOP/START to begin a quick-start workout.
- During a workout: Press STOP/START to pause the workout. Press it again to resume.

4. DOWN:

- Program selection: Press this button to move through the available programs.
- During a workout: Press DOWN to decrease the resistance level.

5. UP:

- Program selection: Press this button to move through the available programs.
- During a workout: Press UP to increase the resistance level.

DISPLAY FUNCTIONS:

1. **PULSE:** Hold the hand pulse sensors to display an estimated pulse reading. This value is for reference only and is not medical data.
2. **DISTANCE:** Displays the distance travelled during the current workout in kilometres.
3. **WATT:** Displays the current power output in watts.
4. **LEVEL:** Displays the current resistance level.
5. **TIME:** Displays the elapsed workout time.
6. **SPEED:** Displays the current speed.
7. **CALORIES:** Displays the estimated calories burned.

MEDIA HUB

1. **USB PORT:** Use the USB port to charge a device.

PROGRAM SETTINGS:

1. Manual Program (MANUAL):

- From standby mode, press MODE. The display will show MANUAL.
- Press MODE to confirm, then set AGE, WEIGHT, TIME, DISTANCE and CALORIES.
- Press STOP/START to begin the workout.
- The workout is divided into 10 sections.
- Press UP or DOWN during any section to adjust the resistance level.
- Press STOP/START to pause the workout. While paused, the resistance returns to Level 1. Press STOP/START again to resume.
- While paused, press the PAUSE/STOP button on the left handlebar to end the workout.
- In TIME countdown mode, when the set time reaches zero, the console will beep three times and the resistance will return to Level 1.
- Press RESET to return to standby mode.

2. Preset Programs (P1-P30):

- From standby mode, press MODE to enter program selection.
- Use UP/DOWN to select a program from P1 to P30.
- Press MODE to confirm, then set AGE, WEIGHT and TIME.
- Press STOP/START to begin the workout.
- The workout is divided into 10 sections.
- Press UP or DOWN during any section to adjust the resistance level.
- Press STOP/START to pause the workout. While paused, the resistance returns to Level 1. Press STOP/START again to resume.
- While paused, press the PAUSE/STOP button on the left handlebar to end the workout.
- In TIME countdown mode, when the set time reaches zero, the console will beep three times and the resistance will return to Level 1.
- Press RESET to return to standby mode.

PROGRAM CHART

PROGRAM	TIME	SETTING TIME/10=EXERCISE TIME OF EACH SECTION									
		1	2	3	4	5	6	7	8	9	10
P1	level	4	6	6	8	10	6	8	10	10	6
P2	level	4	8	8	10	12	8	12	12	12	8
P3	level	4	8	8	12	12	8	14	14	14	8
P4	level	6	10	10	12	14	14	10	14	14	16
P5	level	4	8	8	10	12	14	14	10	12	14
P6	level	4	8	8	8	10	12	16	16	12	14
P7	level	4	6	6	6	8	10	6	8	10	6
P8	level	4	6	6	12	14	14	8	12	14	8
P9	level	4	8	8	14	14	8	14	16	8	16
P10	level	4	8	10	12	14	10	8	12	16	16
P11	level	4	10	16	20	14	14	20	20	14	14
P12	level	6	8	18	18	10	18	10	16	10	18
P13	level	6	6	12	12	6	6	12	12	6	6
P14	level	6	6	6	12	12	12	6	6	6	12
P15	level	4	4	4	4	12	12	12	12	4	4
P16	level	6	10	14	10	6	10	14	10	6	10
P17	level	4	14	4	14	4	14	4	14	4	14
P18	level	4	4	14	14	4	4	14	14	4	4
P19	level	4	8	14	4	8	14	4	8	14	4
P20	level	4	8	12	14	12	10	8	4	8	12
P21	level	6	10	14	14	6	10	14	14	6	10
P22	level	4	14	14	14	4	14	14	14	4	14
P23	level	4	6	8	10	12	14	14	14	4	6
P24	level	4	14	12	10	8	6	4	14	12	10
P25	level	4	10	14	14	14	10	4	10	14	14
P26	level	2	4	6	8	10	12	14	14	4	4
P27	level	2	14	14	12	10	8	6	4	4	4
P28	level	2	6	10	14	16	14	10	6	2	6
P29	level	2	8	16	8	2	2	8	16	8	2
P30	level	2	4	6	2	4	8	12	12	2	6

3. User Programs (U1-U2):

- From standby mode, press MODE to enter program selection.
- Use UP/DOWN to select U1 or U2.
- Press MODE to confirm, then set AGE, WEIGHT and TIME.
- Press STOP/START to begin the workout.
- The workout is divided into 10 sections.
- Press UP or DOWN during any section to adjust the resistance level.
- Press STOP/START to pause the workout. While paused, the resistance returns to Level 1. Press STOP/START again to resume.
- While paused, press the PAUSE/STOP button on the left handlebar to end the workout.
- In TIME countdown mode, when the set time reaches zero, the console will beep three times and the resistance will return to Level 1.
- Press RESET to return to standby mode.

4. Heart Rate Programs (H1-H3):

- From standby mode, press MODE to enter program selection.
1. Use UP/DOWN to select H1, H2 or H3.
 2. Target heart rate: $H1 = (220 - AGE) \times 60\%$; $H2 = (220 - AGE) \times 70\%$; $H3 = (220 - AGE) \times 80\%$.
 3. Press MODE to confirm, then set AGE, WEIGHT, TIME and THR.
 4. Press STOP/START to begin the workout.
- If the actual heart rate is below $THR - 25$, resistance increases by 3 levels after 30 seconds, up to the maximum level. If the heart rate is between $THR - 25$ and $THR - 15$, resistance increases by 2 levels after 30 seconds, up to the maximum level.
 - If the heart rate is between $THR - 15$ and $THR - 5$, resistance increases by 1 level after 30 seconds, up to the maximum level.
 - If the heart rate is between $THR - 5$ and $THR + 5$, the resistance level remains unchanged.
 - If the heart rate is between $THR + 5$ and $THR + 15$, resistance decreases by 1 level after 30 seconds, down to the minimum level.
 - If the heart rate is above $THR + 15$, resistance decreases by 2 levels after 30 seconds, down to the minimum level.

5. Press STOP/START to pause the workout. While paused, the resistance returns to Level 1. Press STOP/START again to resume.
6. While paused, press the PAUSE/STOP button on the left handlebar to end the workout.
7. In TIME countdown mode, when the set time reaches zero, the console will beep three times and the resistance will return to Level 1.
8. Press RESET to return to standby mode.

VII. EXERCISE GUIDE

! PLEASE NOTE:

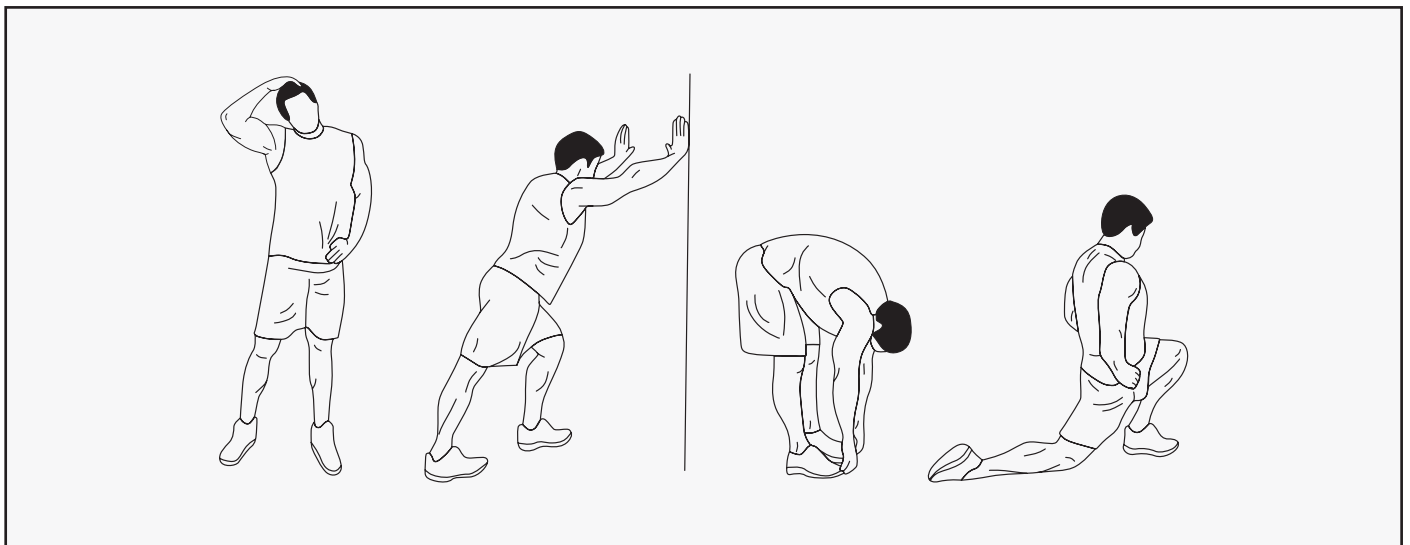
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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

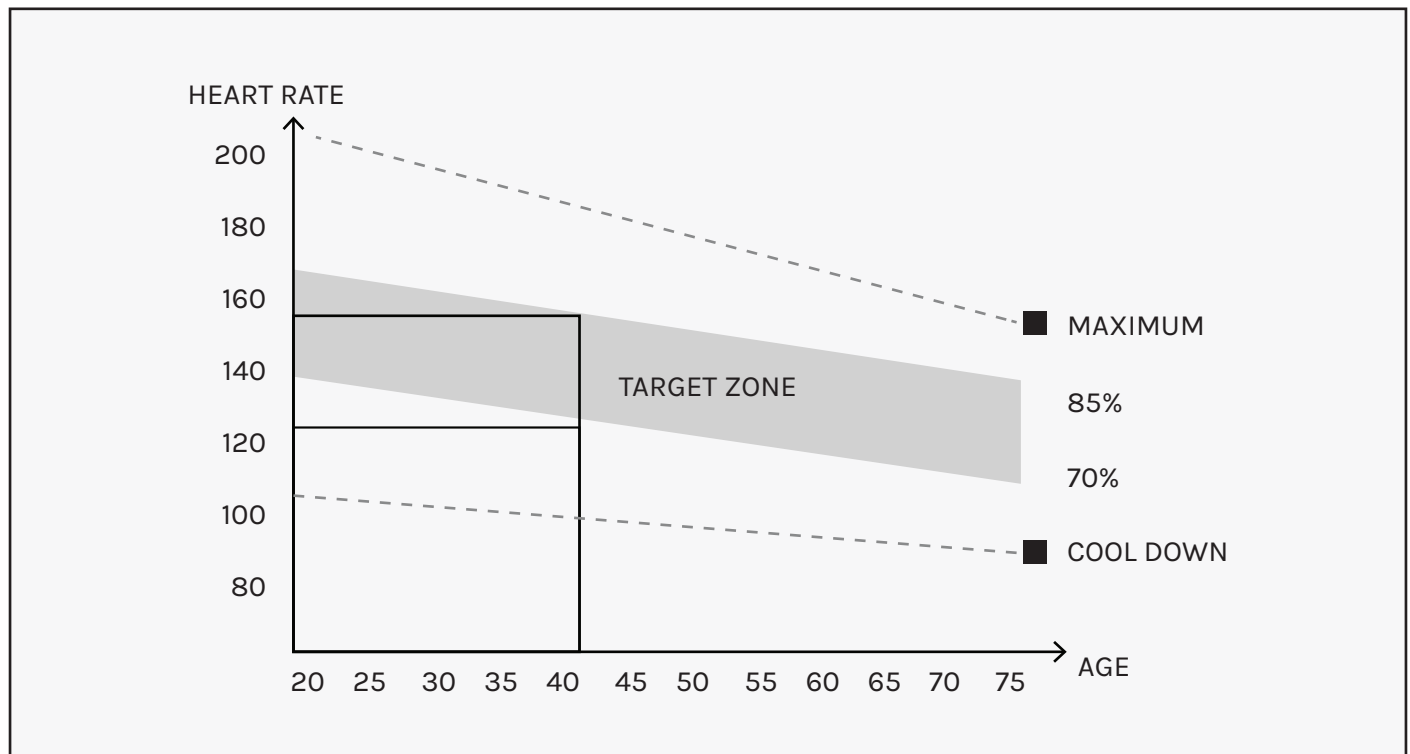
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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.

VIII. 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



SECURITY SUPPORT INFORMATION

REPORTING

To report a cyber security issue, please email support@gflgroup.com.au with product details and a description of the issue.

We will acknowledge receipt and provide updates as it is investigated.

DEVICE SUPPORT PERIOD

This product will receive security updates for a minimum of 12 months from the date of purchase.



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