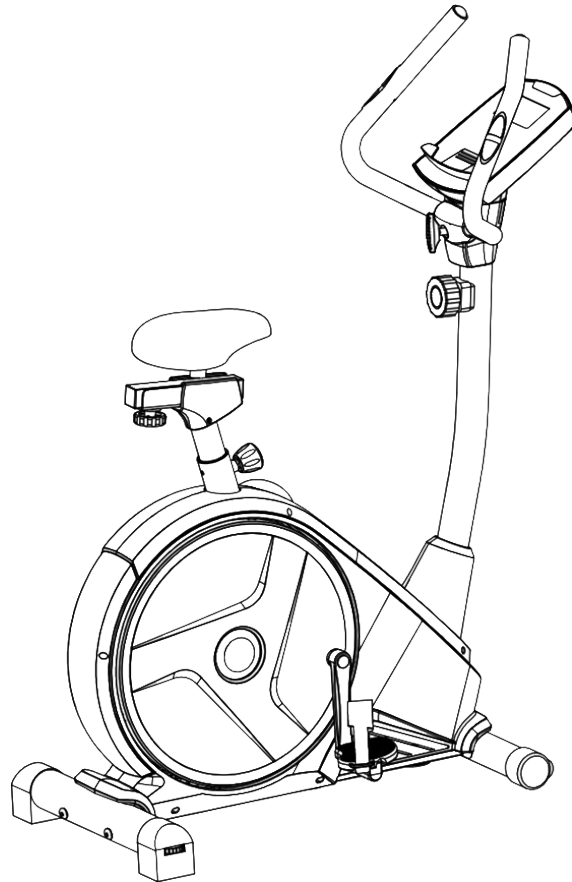




Delta 2.0 Exercise Bike

USER MANUAL



Find the
Digital Manual
Online



**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:

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



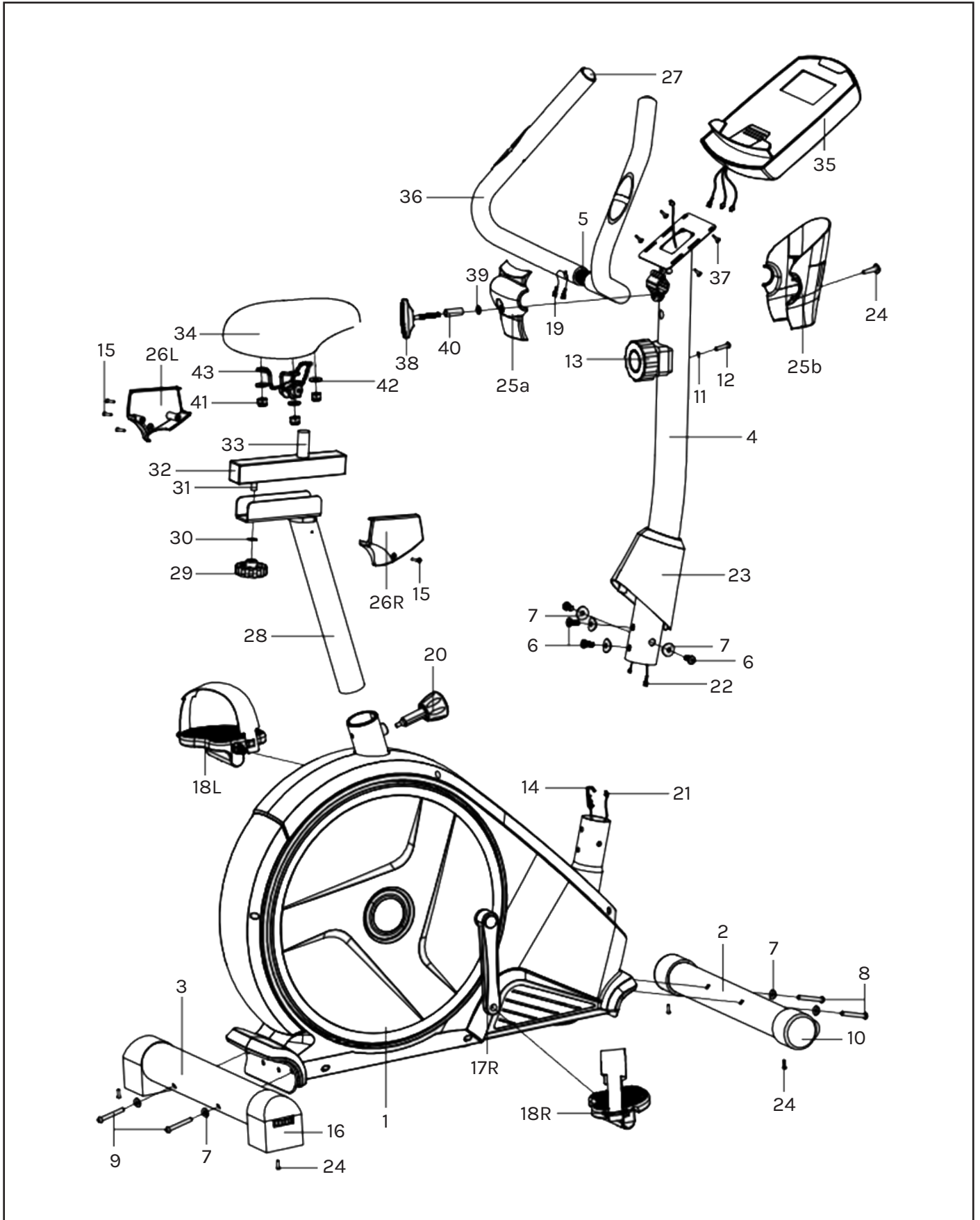
Note the following precaution before assembling and operating the machine.

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

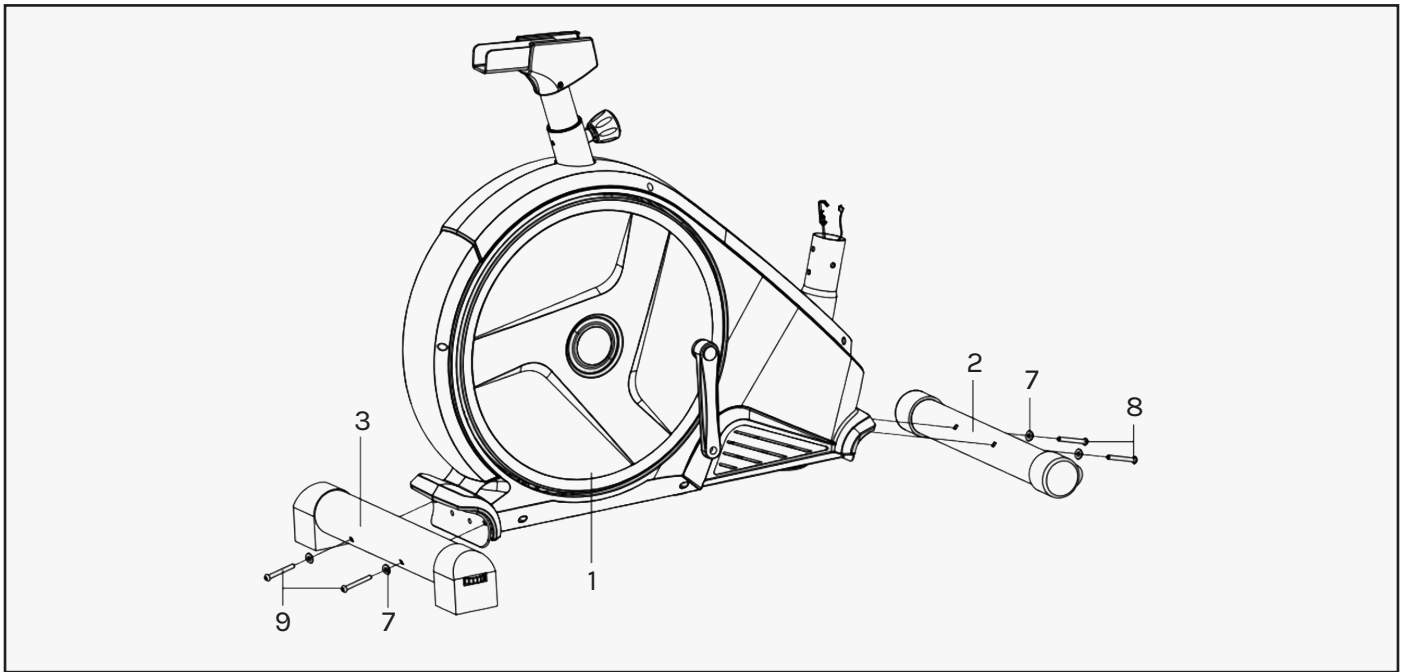


IV. PARTS LIST

! **NOTE:** Most of the listed assembly hardware has been packaged separately, but some hardware items have been preinstalled in the identified assembly parts. In these instances, simply remove and reinstall the hardware as assembly is required. Please reference the individual assembly steps and make note of all preinstalled hardware.

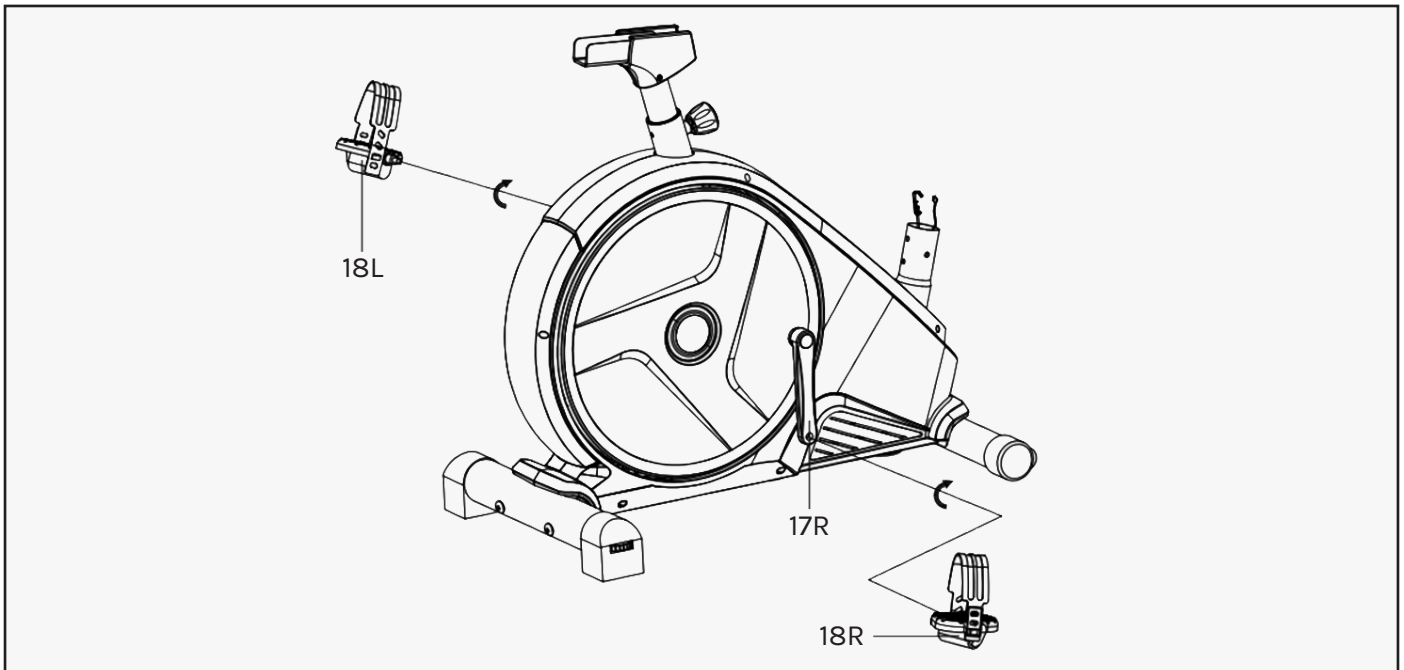
No.	Description	Qty	No.	Description	Qty
1	Main Frame	1	23	Handlebar Post Cover	1
2	Front Bottom Tube	1	24	Cross Tapping Screw ST4.2x18	5
3	Rear Bottom Tube	1	25a/b	Computer Cover	1pr.
4	Handlebar Post	1	26L/R	Protective Guard for Saddle Post	1pr.
5	Handlebar	1	27	Round End Cap	2
6	Allen Bolt M8x18	4	28	Saddle Post	1
7	Arc washer $\Phi 8 \times 1.5 \times \Phi 25$	8	29	Knob	1
8	Hex Bolt M8xL72	2	30	Flat washer D10x $\Phi 25 \times 2$	1
9	Hex Bolt M8xL90	2	31	U-shaped Slider	1
10	Front End Cap	2	32	Square End Cap	2
11	Arc Washer	1	33	Saddle Slider	1
12	Cross Screw	1	34	Saddle	1
13	Tension Controller	1	35	Computer	1
14	Tension Cable	1	36	Foam Grip	2
15	Cross Tapping Screw ST4.2x12	4	37	Cross Screw	4
16	Rear End Cap	2	38	Knob	1
17L/R	Crank	1pr.	39	Flat washer D8x $\Phi 13 \times 1.5$	1
18L/R	Pedal	1pr.	40	Bushing $\Phi 13 \times 2 \times 35$	1
19	Pulse Wire	2	41	Nylon Nut	3
20	Pop-pin Knob	1	42	Flat Washer	3
21	Sensor Wire	1	43	Upper Bracket for Saddle	1
22	Extension Sensor Wire	1			

V. ASSEMBLY INSTRUCTIONS



STEP 1

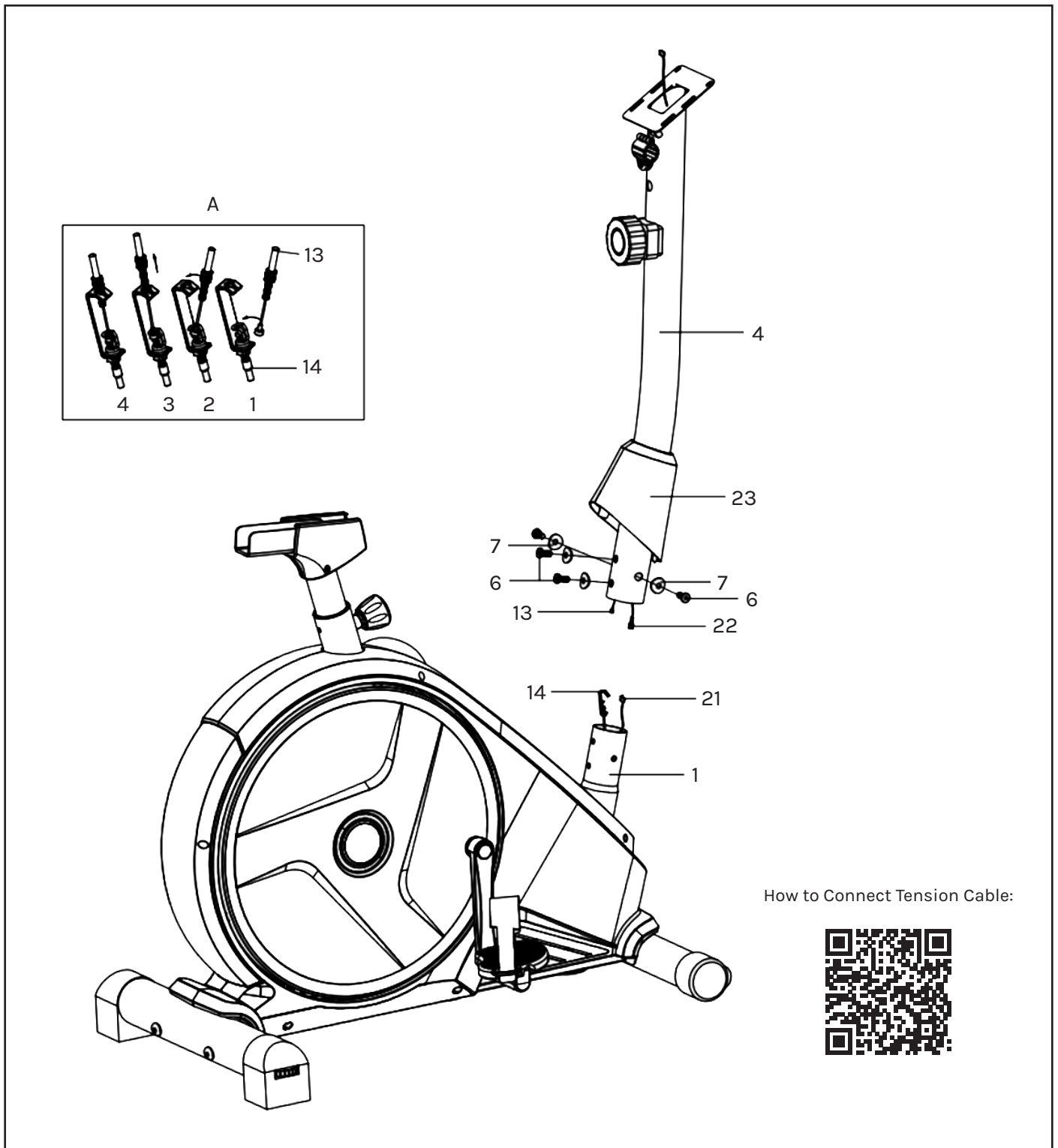
1. Attached Front bottom tube (2) to the Main frame (1) with Hex bolt (8) and Arc washer (7).
2. Attached Rear bottom tube (3) to the Main frame (1) with Hex bolt (9) and Arc washer (7).



STEP 2

Attach the Pedal (18L/R) to the Crank (17L/R) accordingly with the wrench.

- !** **NOTE:** Secure the left pedal in a counter clockwise direction and secure the right pedal in a clockwise direction as shown in the following picture. Then make sure the pedals (18L/R) are fully tightened; otherwise, you may damage the thread.

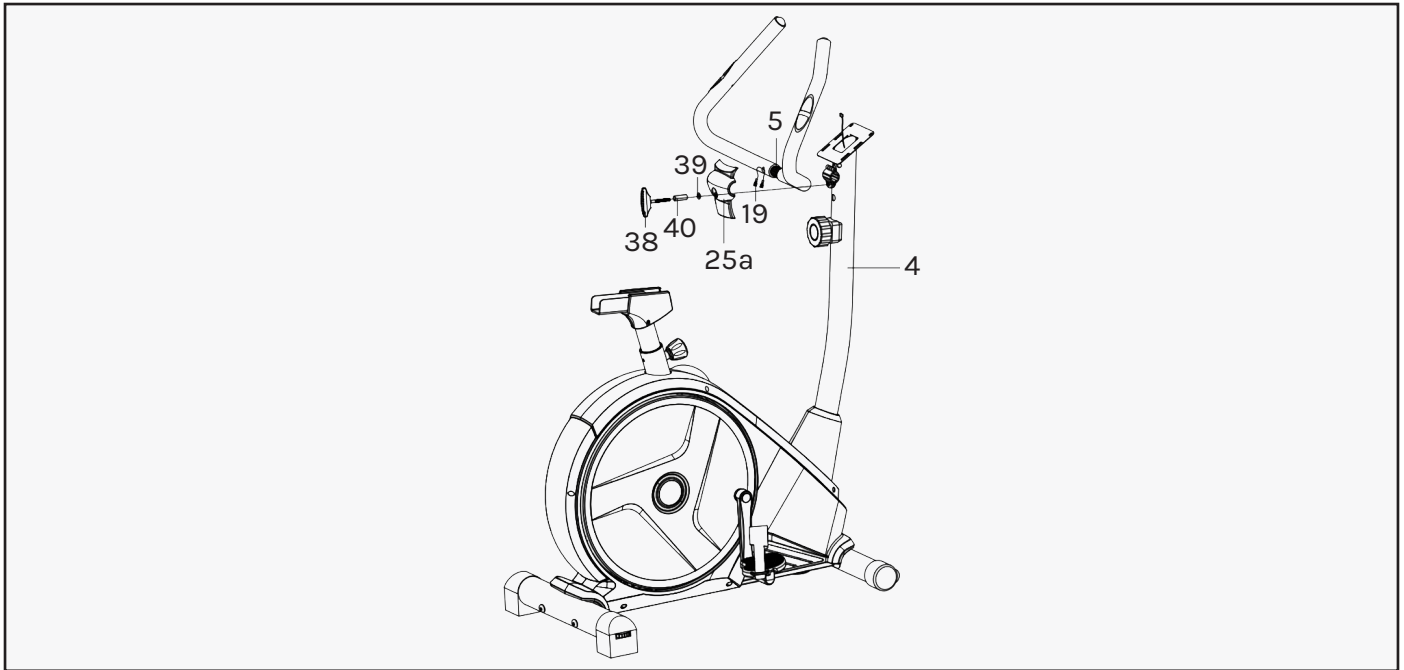


STEP 3

1. Put the Handlebar post cover (23) to the Handlebar post (4). Connect the Extension Sensor wire (22) with Sensor wire (21) properly, and connect the Tension cable (14) with Tension controller (13) properly as the pic A.

Tip: Set the Tension Knob to the highest value before attaching to (14), this will give the maximum length to the tension cable and make it easier to attach.

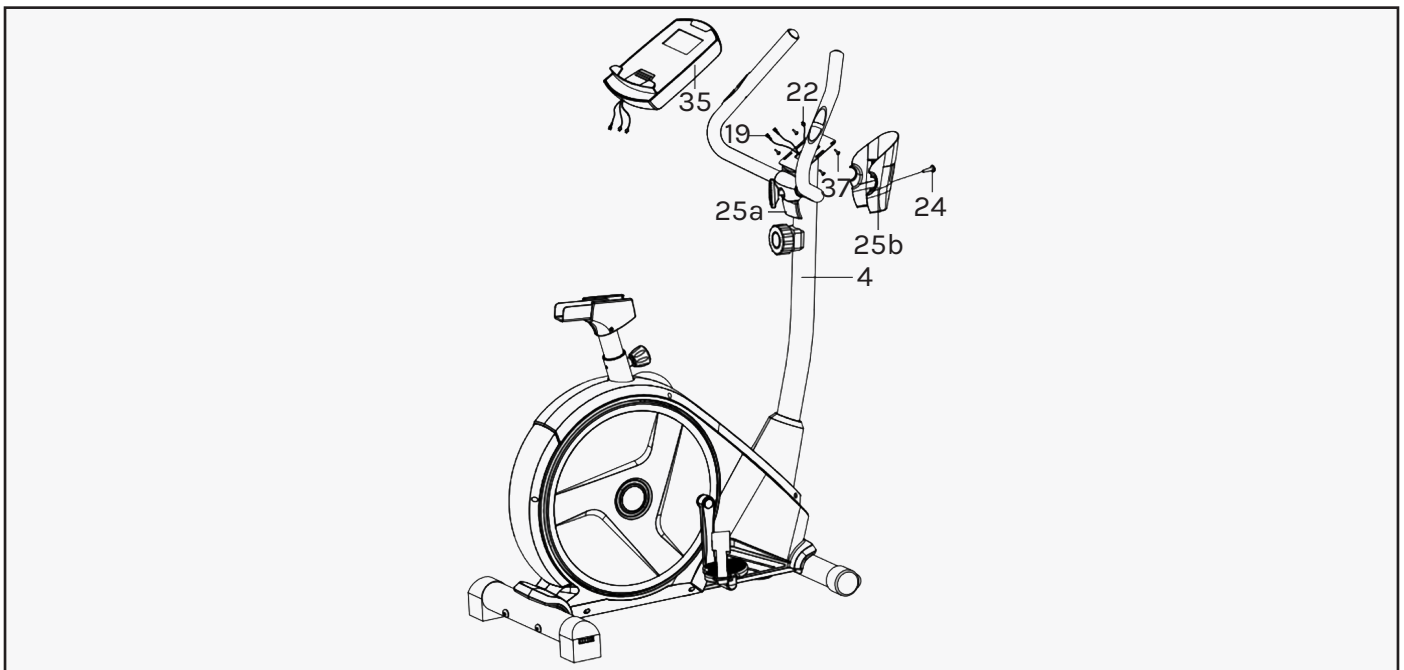
2. Fix the Handlebar post (4) to the main frame (1) with the Allen bolts (6) and Arc washers (7). Then slide down the Handlebar post cover (23) and fit it in place.



STEP 4

Insert the pulse wires (19) through the hole on the handlebar post (4) and pull them out from the top of the computer bracket.

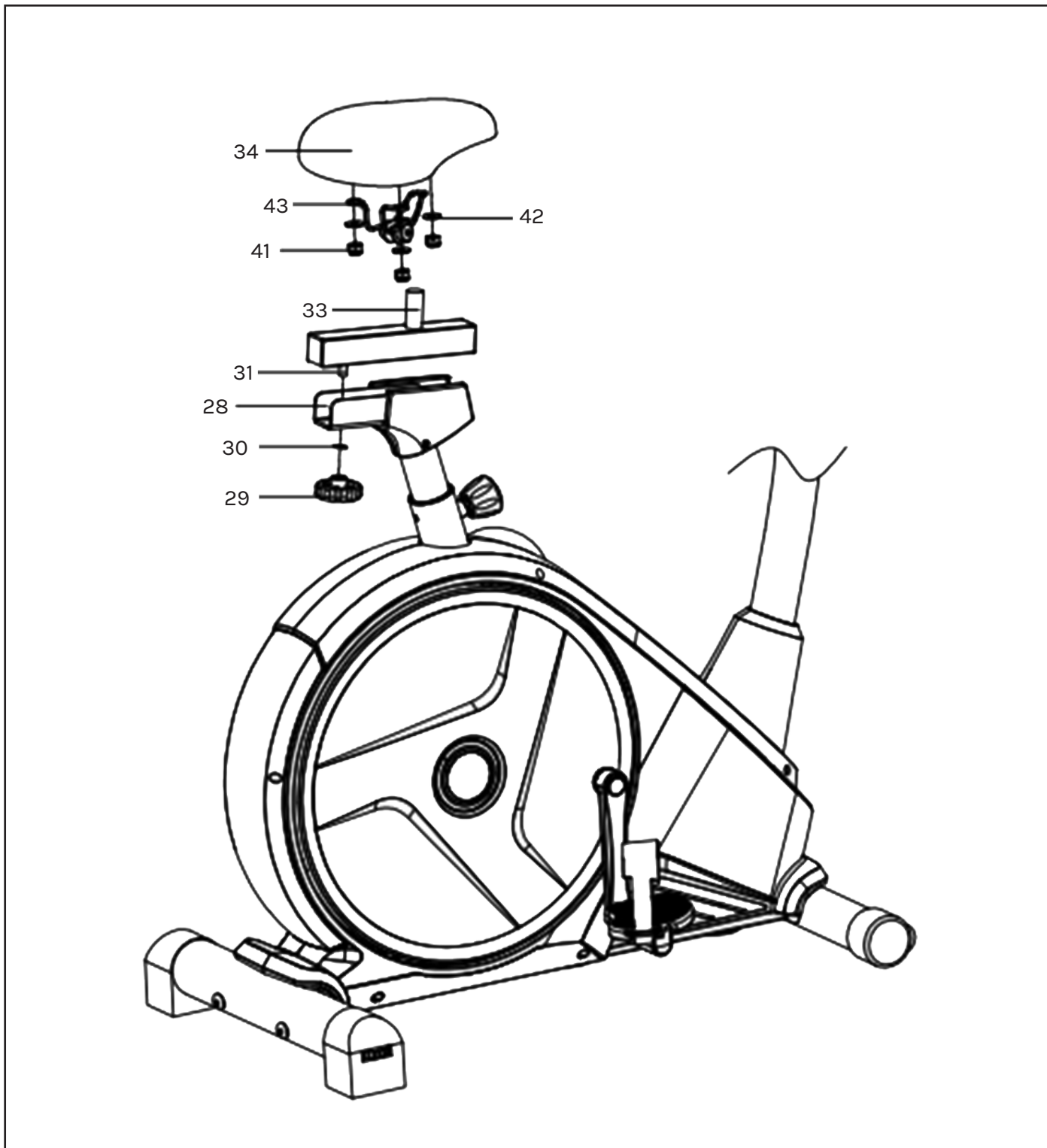
Attach the handlebar (5) to the handlebar post (4) with the Knob (38), bushing (40), Computer cover (25a) and flat washer (39).



STEP 5

Connect the Extension sensor wire (22) and Pulse wire (19) with the wires of Computer (35), then install the Computer (35) on the computer bracket of Handlebar post (4) with Cross screw (37).

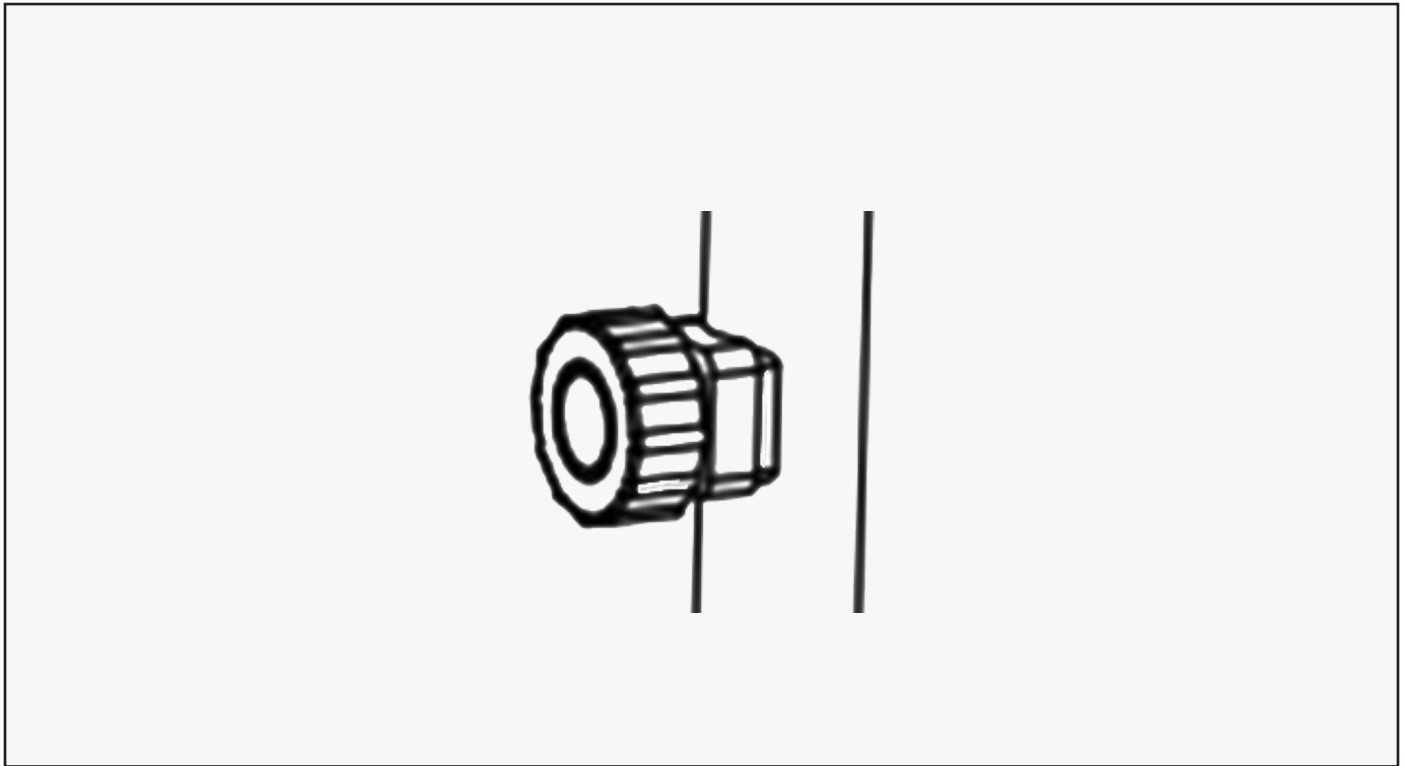
Lock the Handle and Computer cover (25a/b) on the Handlebar post (4) tightly with Cross tapping screw (24).



STEP 6

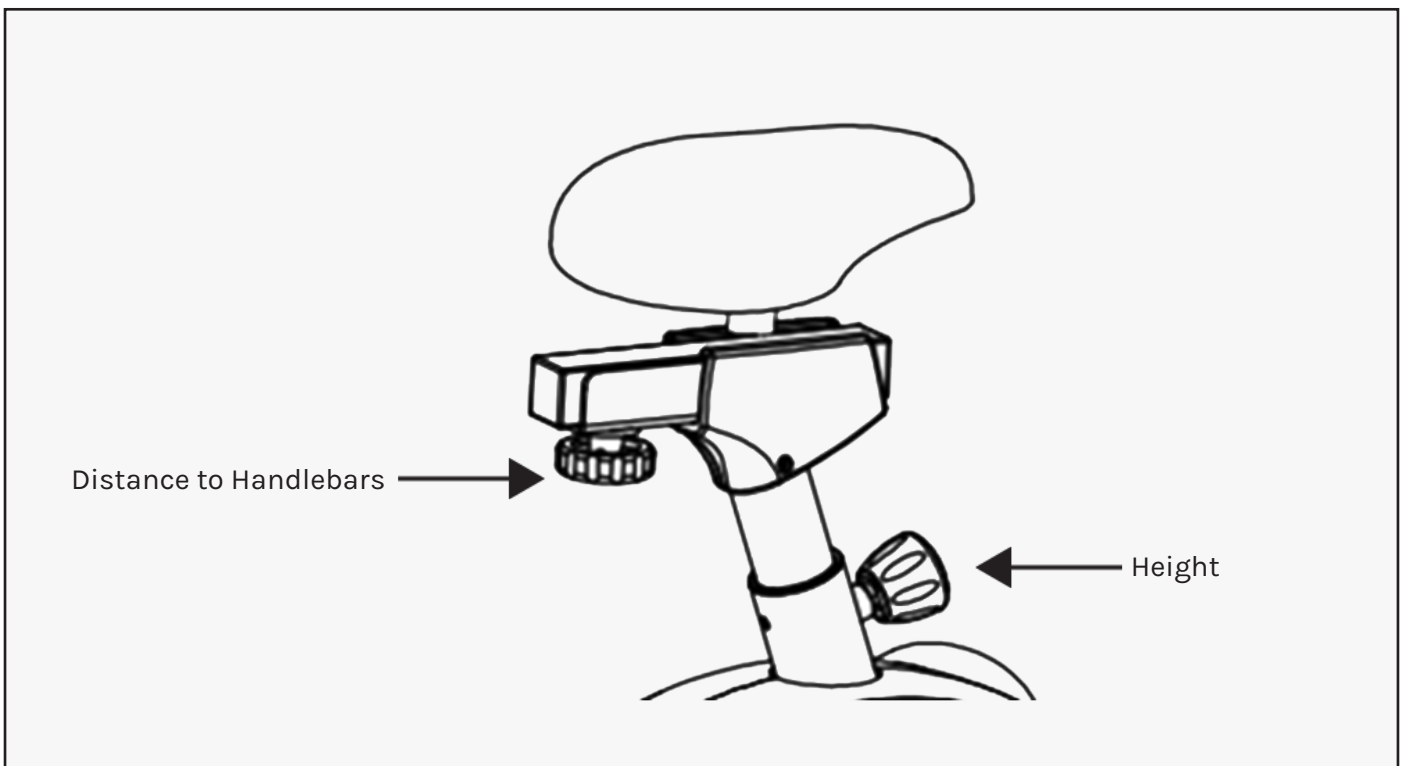
1. Fix the upper bracket for saddle (43) to the Saddle (34) with nylon nut (41) and flat washer (42). Then install the Saddle (34) to the Saddle Slider (33) with cross wrench, ensure to tighten both nuts (on each side of 34) at the same time.
2. Fix the Saddle Slider (33) to the Saddle post (28) with Knob (29), Flat washer (30) and U-shaped slider (31).

! **NOTE:** Always make sure the saddle (34) nuts have been tightly fastened on the Saddle slider (33) before starting your workout.



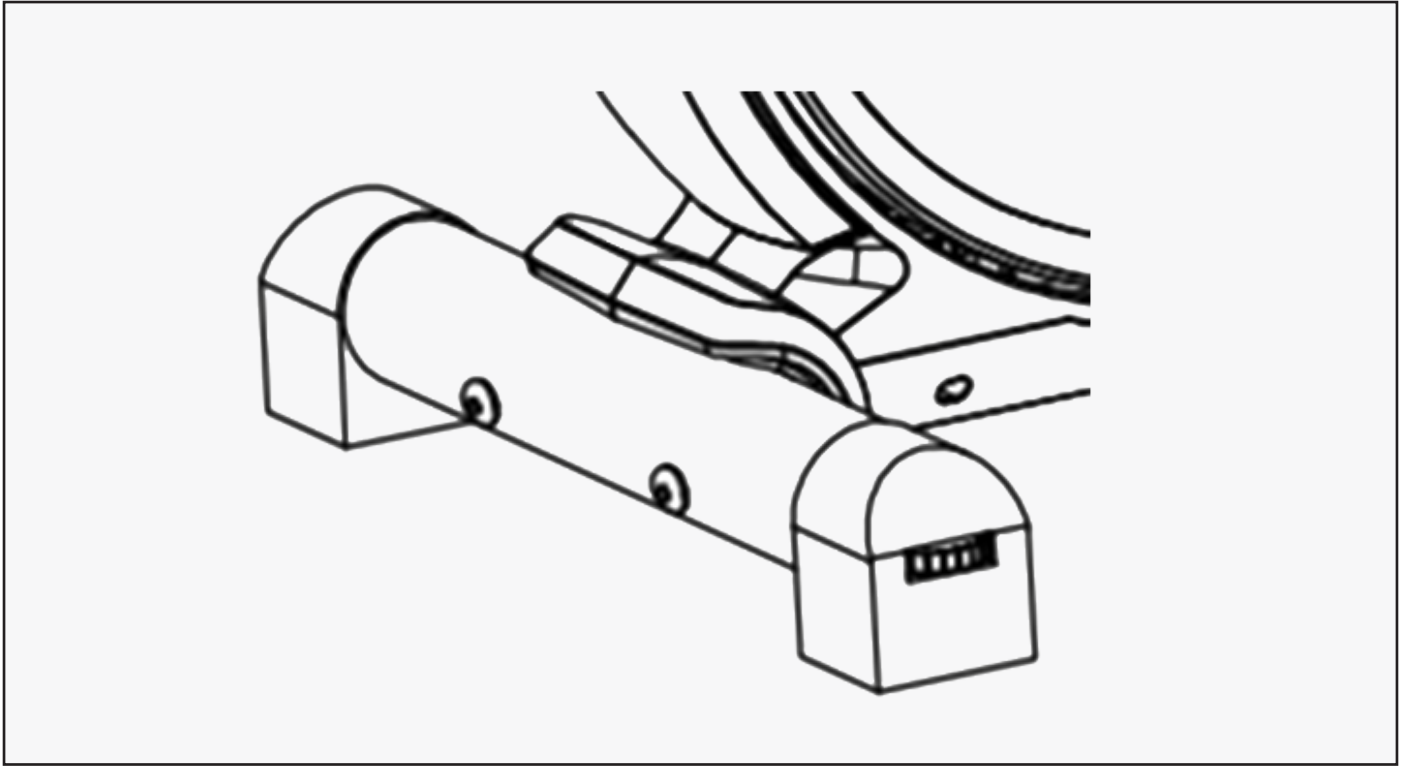
Adjusting Resistance

Use the Tension Knob to increase resistance by turning it clockwise or counter clockwise for less resistance.



Adjusting the Seat Height & Distance

Adjust the distance or height by using the two knobs located beneath the seat. Make sure to securely lock it after making adjustments.



Floor Levelers

If your ground is uneven, stabilize the equipment by using the two rear feet floor levelers. Turn the wheel either clockwise or counterclockwise until it makes contact with the floor, ensuring that the equipment is no longer shaking.

Transporting

The front feet feature transportation wheels. Grasp the handlebars at the front and tilt the machine onto the wheels to easily move it to your desired location.

VI. COMPUTER OPERATION

SPECIFICATIONS

- TIME 00:00-99:59
- SPEED (SPD) 0.0-99.9KM/H (ML/H)
- DISTANCE 0.00-9999KM (ML)
- CALORIES 0.0-9999KCAL
- ODOMETER(ODO) 0.0-9999KM (ML)
- PULSE (PUL) 0 40~240BPM

KEY FUNCTION

ITEM	DESCRIPTION
MODE	<ul style="list-style-type: none">• This key allows you to select and lock onto a particular function.
SET	<ul style="list-style-type: none">• Can be used to proceed with the data establishment for "TIME," "DISTANCE," "CALORIES," and "PULSE."
CLEAR(RESET)	<ul style="list-style-type: none">• The key to reset the value to zero by pressing it.
ON/OFF(START/STOP)	<ul style="list-style-type: none">• The key to pause the signal input by pressing it.

OPERATION PROCEDURES

ITEM	DESCRIPTION
AUTO ON/OFF	<ul style="list-style-type: none">• The system turns on when any key is pressed or when it senses an input from the speed sensor.• The system turns off automatically when there is no signal input from the speed sensor or no keys are pressed for approximately 4 minutes.
RESET	<ul style="list-style-type: none">• The unit can be reset by either changing the battery or pressing the MODE key for 3 seconds.
MODE	<ul style="list-style-type: none">• To choose SCAN or LOCK, if you do not want the scan mode, press the MODE key when the pointer is on the function you want, which begins blinking.

FUNCTIONS

ITEM	DESCRIPTION
TIME	<ul style="list-style-type: none">• Press the MODE key until the pointer locks onto TIME. The total working time will be shown when starting exercise.
SPEED	<ul style="list-style-type: none">• Press the MODE key until the pointer advances to SPEED. The current speed will be shown.
DISTANCE	<ul style="list-style-type: none">• Press the MODE key until the pointer advances to DISTANCE. The distance of each workout will be displayed.
CALORIE	<ul style="list-style-type: none">• Press the MODE key until the pointer locks onto CALORIE. The calories burned will be displayed when starting exercise.
ODOMETER (IF AVAILABLE)	<ul style="list-style-type: none">• Press the MODE key until the pointer advances to ODOMETER. The total accumulated distance will be shown.
PULSE (IF AVAILABLE)	<ul style="list-style-type: none">• Press the MODE key until the pointer advances to PULSE. The user's current heart rate will be displayed in beats per minute. Place the palms of your hands on both contact pads (or put an ear-clip on your ear) and wait for 30 seconds for the most accurate reading.
SCAN	<ul style="list-style-type: none">• Automatically displays changes every 4 seconds.
BATTERY	<ul style="list-style-type: none">• If there is an improper display on the monitor, please reinstall the batteries to obtain accurate results.

VII. EXERCISE GUIDE

! PLEASE NOTE:

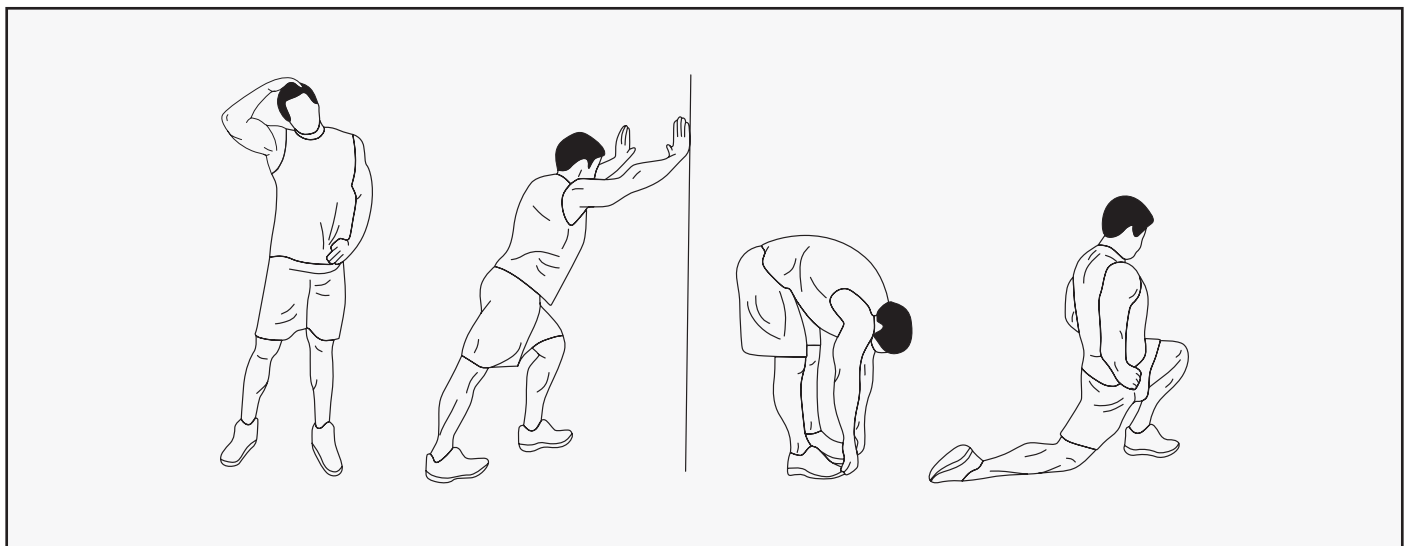
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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

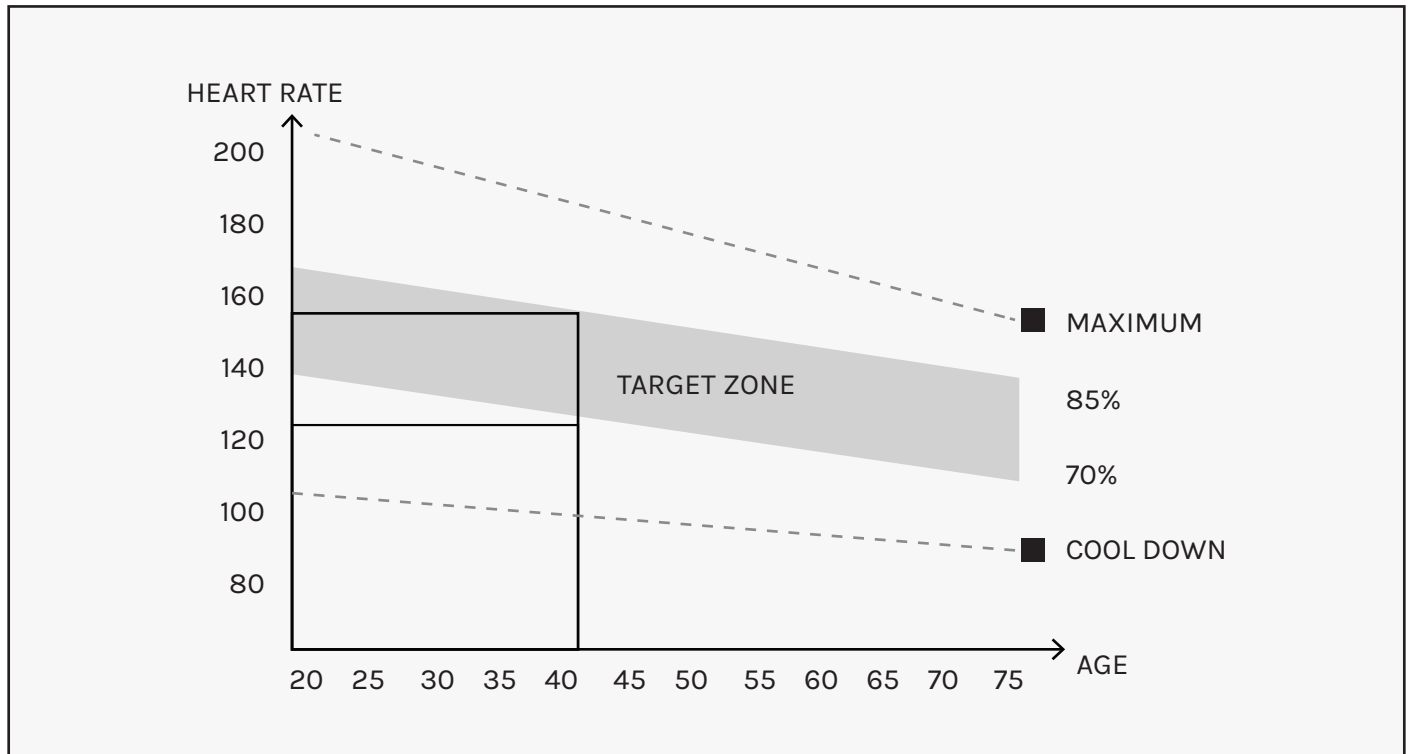
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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.

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



IX. 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).



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