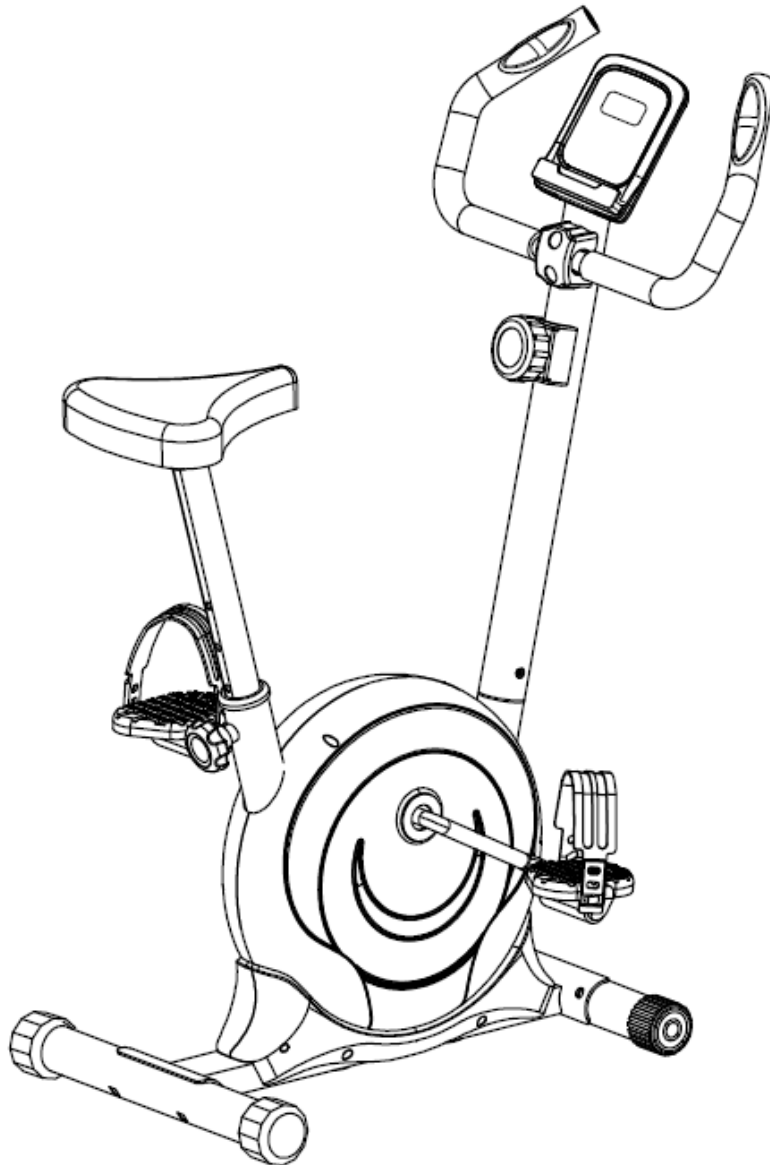


# LSG

## ERG-200 Exercise Bike

### USER MANUAL



**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:**

Product may vary slightly from the item pictured due to model upgrades. This manual may be subject to updates or changes. Up to date manuals are available through our website at [www.lifespanfitness.com.au](http://www.lifespanfitness.com.au)



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# I. IMPORTANT SAFETY INSTRUCTIONS

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## **WARNING: 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.

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Please keep this manual with you at all times.

- 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
- 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.
- 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.
- Keep children and pets away from the equipment. This equipment is designed for adult use only.
- 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 2 meters of free space around it.
- 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 assembly, stop immediately. Do not use the equipment until the problem has been rectified.
- 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.
- This equipment is designed for indoor and family use only.
- Care must be taken when lifting or moving the equipment so as not to injure your back.

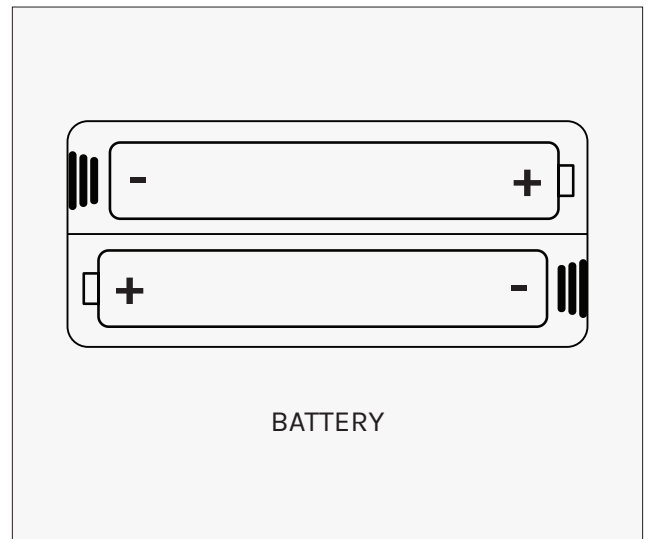
- Always keep this instruction manual and assembly tools at hand for reference.
- The equipment is not suitable for therapeutic use.
- The pulse or heart rate sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.

## II. CARE INSTRUCTIONS

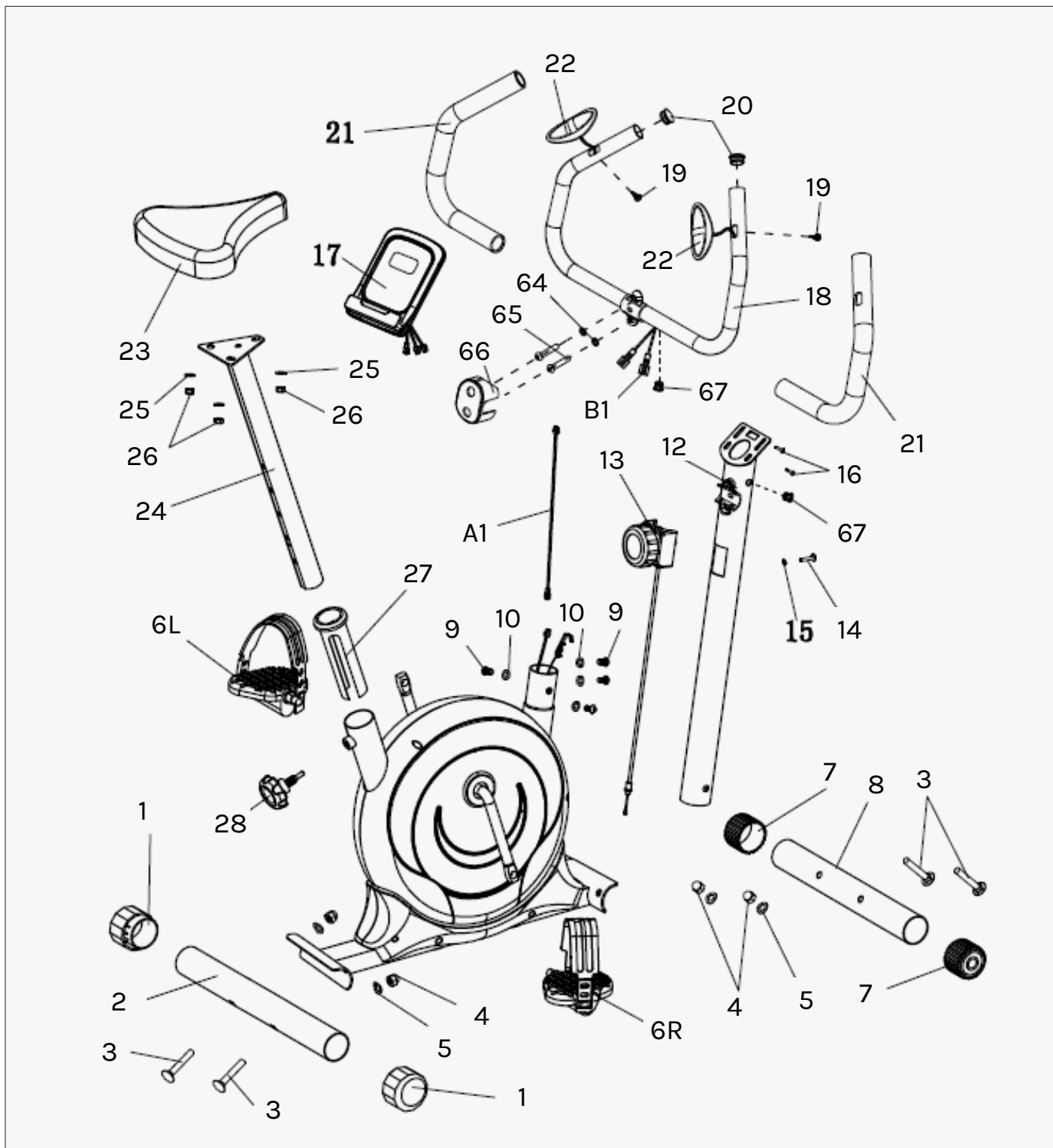
- All nuts and bolts are to be checked and tightened on a regular basis. This includes pedals and other moving parts. **Failure to do so may cause damage to your thread and void your warranty.**
- Lubricate moving joints with grease after periods of usage.
- Be careful not to damage plastic or metal parts of the machine with heavy or sharp objects.
- The machine can be kept clean by wiping it down using dry cloth.

### BATTERY USAGE

- Batteries are to be installed or replaced by adult only.
- Do not use rechargeable batteries. Do not mix different battery types. Do not mix old and new batteries. Do not mix alkaline, standard (Carbon Zinc), or rechargeable (Nickel-Cadmium) batteries.
- Remove batteries when product is not in use.
- Remove exhausted batteries from product and dispose of in accordance with the manufacturer's recommendation.
- Do not attempt to recharge non-rechargeable batteries.
- Batteries are to be inserted with correct polarity.
- The supply terminals are not to be short-circuited.
- Do not dispose of batteries in fire, batteries may explode or leak.



# III. EXPLODED DIAGRAM

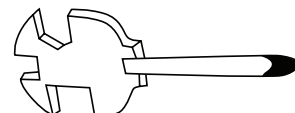
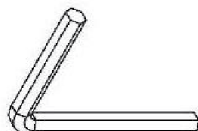
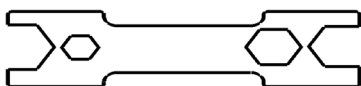


## TOOLS

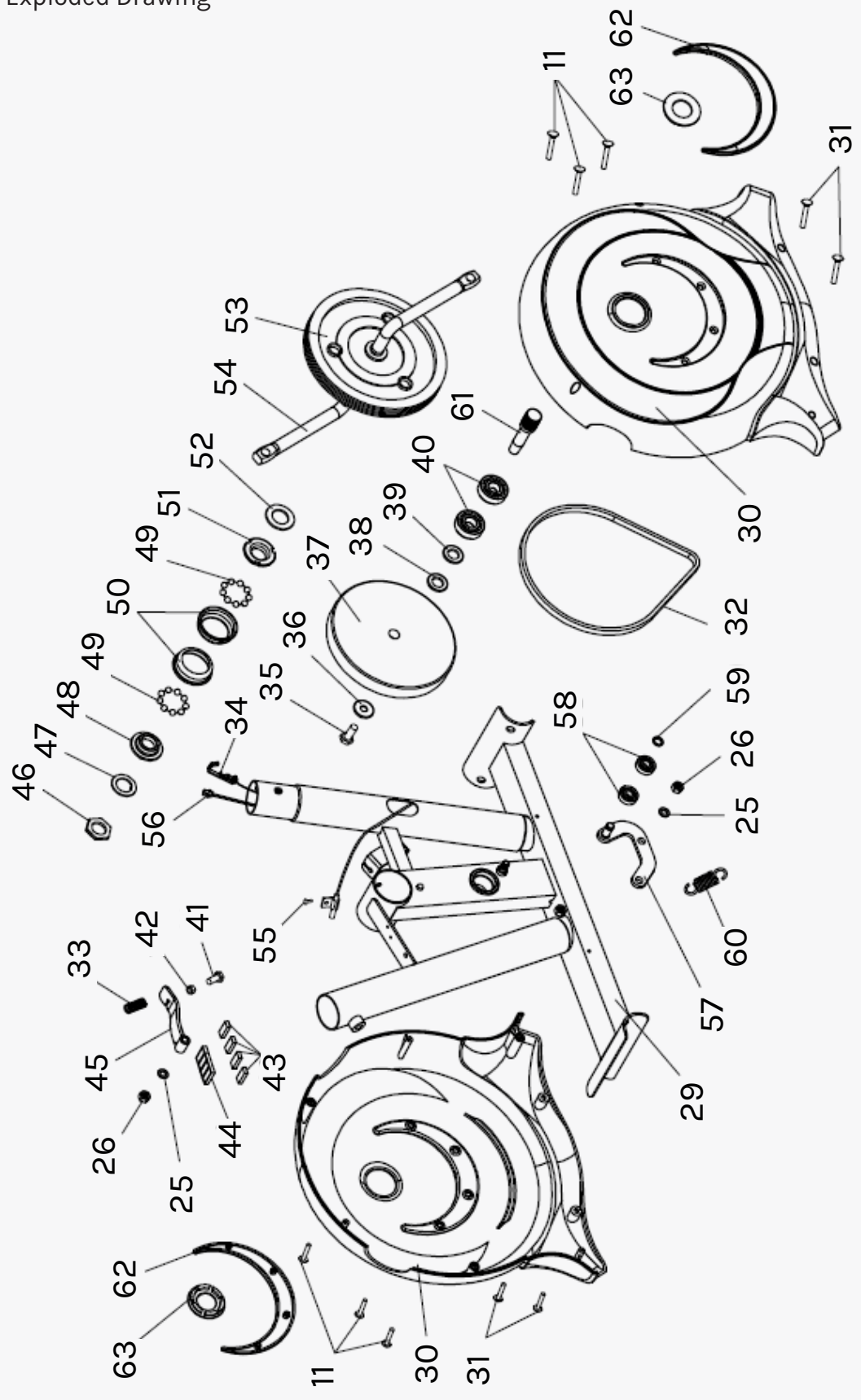
Combined Wrench

6mm Allen

Crossing



Inner Exploded Drawing



# IV. PARTS LIST

Part No.	Description	Qty
1	End Caps for Rear Stabilizer (for $\phi 50$ tube)	2
2	Rear Stabilizer $\phi 50 \times 430$	1
3	Carriage Bolt M10*56*L24	4
4	Domed Nut M10	4
5	Arc Washer $\phi 20 \times \phi 10.5 \times 2.0$	4
6L/6R	Pedal	1/1
7	Transportation Wheel for Front Stabilizer	2
8	Front Stabilizer $\phi 50 \times 380$	1
9	Allen Bolt M8*15	4
10	Arc Washer $\phi 16 \times \phi 8 \times 1.5$	4
11	Self-tapping Screw ST4.2*20	6
12	Front Post	1
13	8 Level Manual Tension Knob	1
14	Screw M5*45	1
15	Flat Washer $\phi 6$	1
16	Screw for Computer M5*15	2
17	Computer	1
18	Handlebar	1
19	Self-tapping Screw ST4.0*18	2
20	End Cap for Handlebar	2
21	Foam Grip	2
22	Pulse Sensor	2
23	Seat	1
24	Seat Post	1
25	Flat Washer $\phi 8$	8
26	Lock Nut M8	5
27	Bushing	1
28	Adjust Knob M12	1
29	Main Frame	1
30	Chain Cover	2
31	Self-tapping Screw ST4.2*20	4
32	Belt PJ4/270	1
33	Spring $\phi 10 \times \phi 1.0 \times 53$	1
34	Lower Tension Wire	1
35	Hex Bolt M8*20	1
36	Flat Washer $\phi 24 \times \phi 8.4 \times 2.0$	1
37	Flywheel $\phi 180$	1
38	Spacer $\phi 21 \times \phi 15.2 \times 2.0$	1
39	Wave Washer $\phi 21 \times \phi 15 \times 0.5$	1
40	Bearing 6002Z	2
41	Hex Bolt M6*20	1
42	Hex Nut M6	1

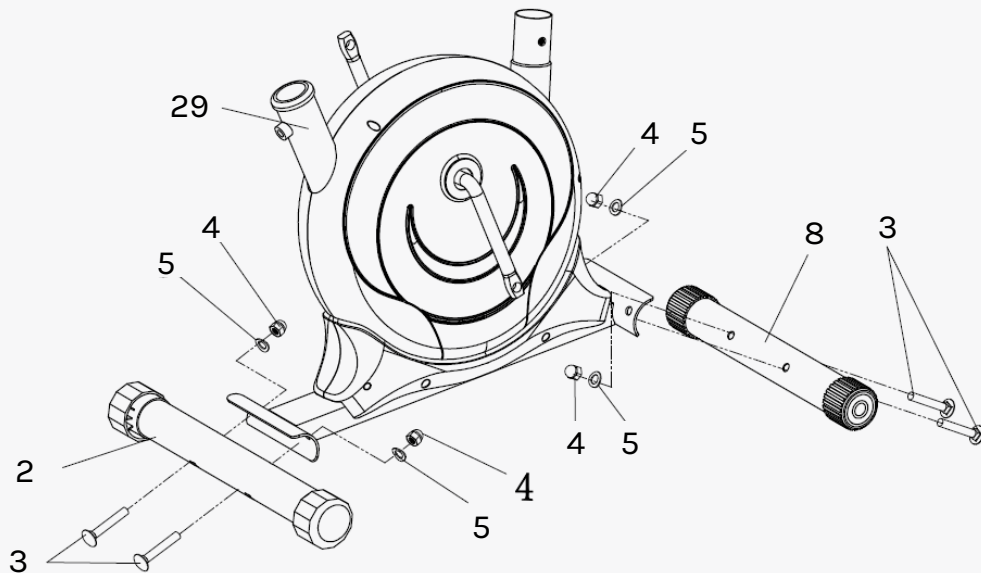
Part No.	Description	Qty
43	Magnet	4
44	Plastic Holder for Magnet	1
45	Iron Holder for Magnet	1
46	Nut	1
47	Washer $\phi 35 \times 2.0$	1
48	Inside Bearing Collar	1
49	Ball Bearing	2
50	Bearing Housing	2
51	Outside Bearing Collar	1
52	Big Washer $\phi 40 \times 2.8$	1
53	Belt-driven Wheel 200/PJ6	1
54	Crank	1
55	Self-tapping Screw	1
56	Sensor	1
57	Idler Plate	1
58	Bearing 6000Z	2
59	Clip $\phi 10$	1
60	Spring for Idler $\phi 20 \times \phi 3.2 \times 39$	1
61	Axle for Flywheel	1
62	Decoration cover	2
63	Crank cover	2
64	Washer $\phi 8$	2
65	Hex bolt M8*35	2
66	Handlebar plastic cover	1
67	Wire plug	2
A1	Middle Computer Wire	1
B1	Lower Hand Pulse Wire	2



# V. ASSEMBLY INSTRUCTIONS

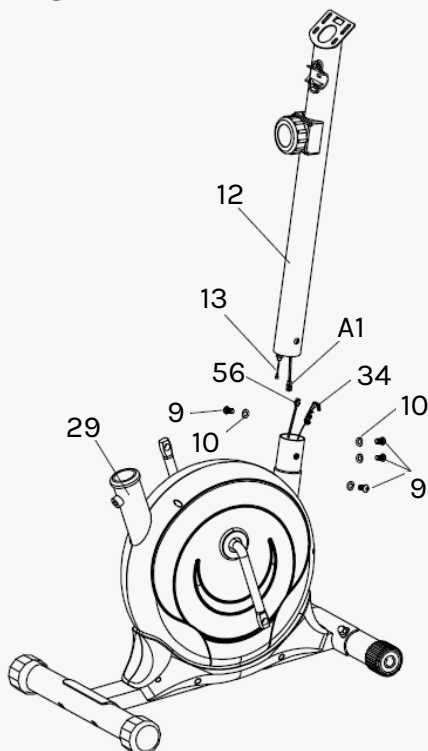
**NOTE:** Before assembly ensure there is enough space around the item. Some nuts and bolts may be already attached to the machine

## STEP 1

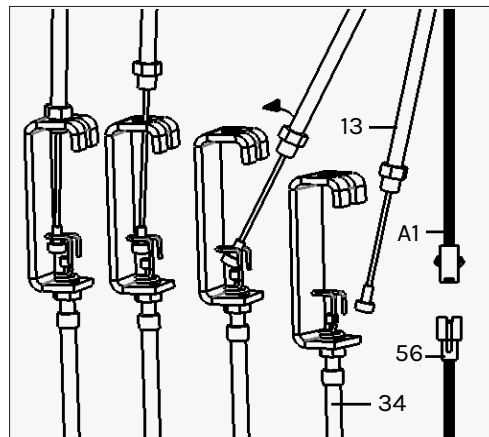


1. Attach front stabilizer (8) to main frame (29), tighten with carriage bolt (3), arc washer (5) and domed nut (4).
2. Then attach rear stabilizer (2) to main frame (29), tighten with carriage bolt (3), arc washer (5) and domed nut (4).

## STEP 2

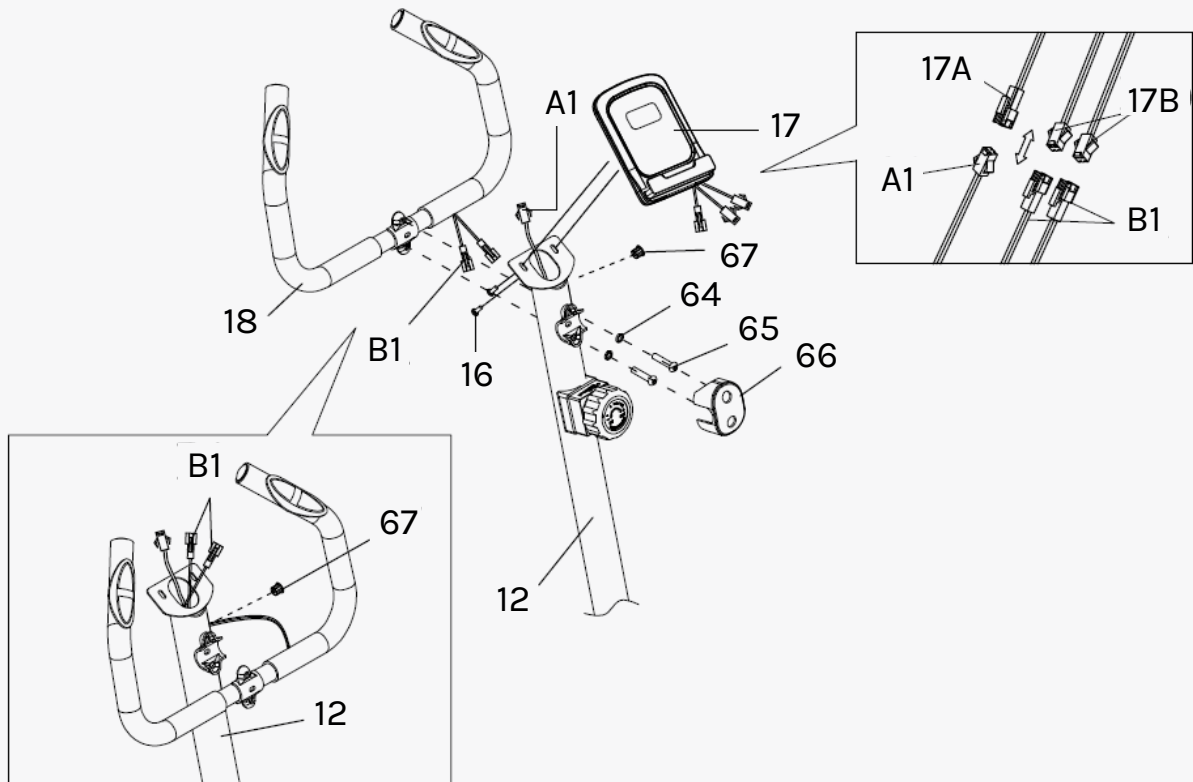


1. Insert the front post (12) through front cover (11) and join middle computer wire (A1) to lower computer wire (56).



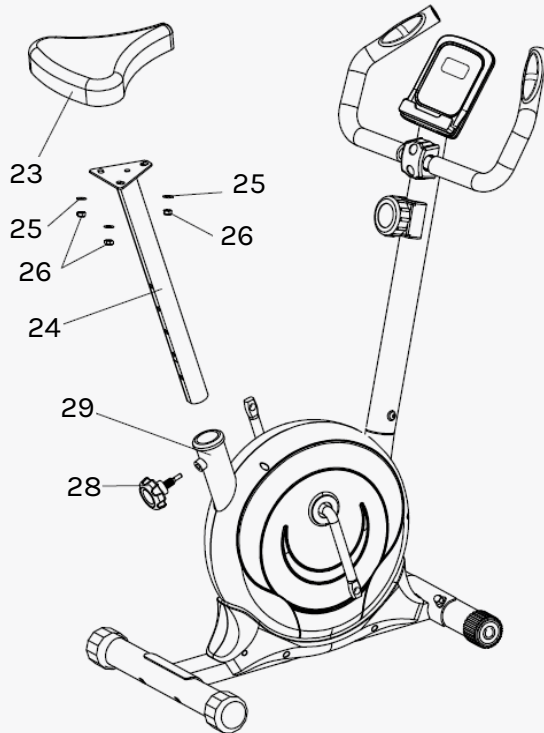
2. Release tension knob on front post then connect upper tension wire (13) with lower tension wire (34). Insert upper tension wire (13) nut onto the lower tension cable (34) bracket slot, pull upper tension wire (13) and slide through lower tension wire (34) bracket to vertical direction. Wire nut will sit on top of the cable bracket.
3. Insert front post (12) into main frame (29) and secure using four Allen bolts (9)

### STEP 3

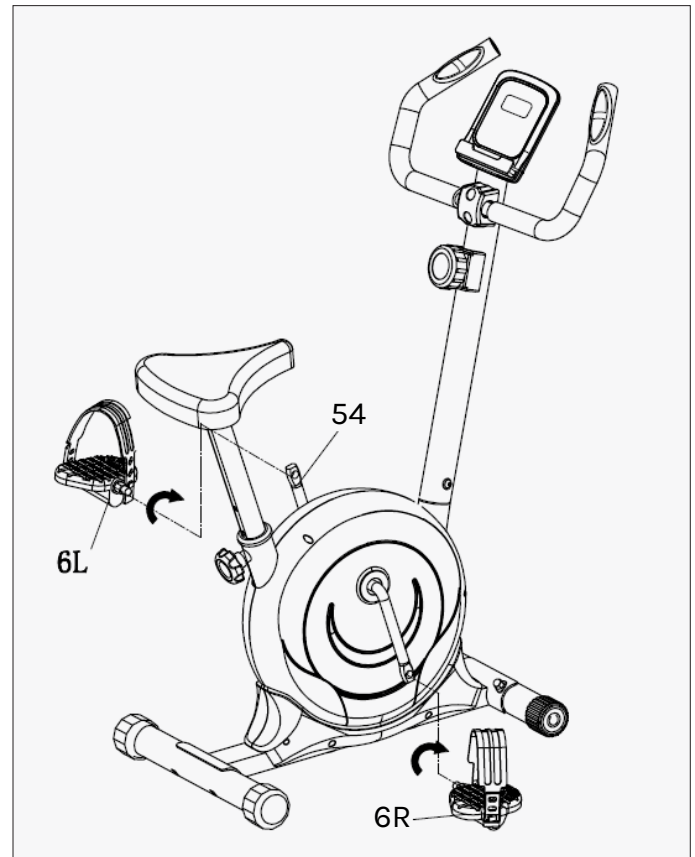


1. Secure handlebar (18) to handlebar post (12) with bolts (65) and spring washers (64), then attach the plastic cover clamp (66).
2. Take out wire plug (67), thread the HP wire to upright (12), then, block the wire plug (67).
3. Connect monitor wire (17b) with handle pulse wire (B1) and connect the sensor wire (A1) with monitor wire (17a). Secure the monitor (17) to upright (12) with screw (16).

## STEP 4



1. Attach Seat (23) to Seat post (24), tighten with three flat washer (25) and three lock nuts (26). Insert the seat post (24) with seat (23) into the main frame (29). Lock it at suitable position with adjust knob (28).



1. Attach Left Pedal strap to Left Pedal (6L) which is marked with decal "L". Doing same for Right Pedal (6R).  
2. Then attach Left Pedal (6L) and Right Pedal (6R) to their appropriate Crank Arm (54). The right pedal 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 on counter-clockwise.

# VI. COMPUTER OPERATION

## SPECIFICATIONS

TIME	0:00~99:59MIN
SPEED	0.0~999.9ML/H(KM/H)
DISTANCE	0.00~9999ML (KM)
CALORIE	0.0~9999KCAL
TOTAL DIST (ODO)	0.00~9999ML (KM)
PULSE (IF HAVE)	40~240BPM

## KEY FUNCTION

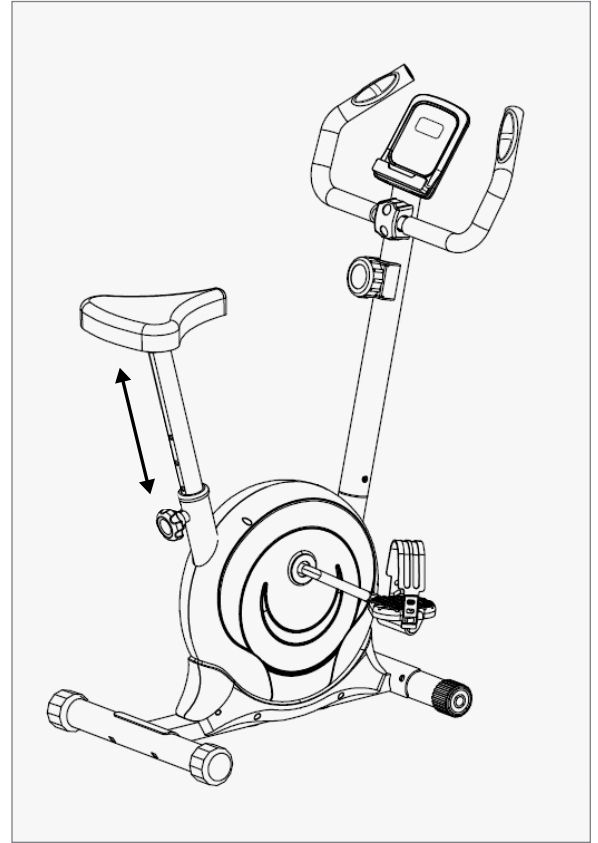
TIME	Press the MODE key until pointer advance to TIME. The total working time will be displayed when starting the exercise.
SPEED	Press the MODE key until pointer advance to SPEED. The current speed will be displayed when starting the exercise.
DISTANCE	Press the MODE key until pointer advance to DISTANCE. The distance of each workout will be displayed when starting the exercise.
CALORIE	Press the MODE key until pointer advance to CALORIE. The calorie burned will be displayed when starting the exercise.
ODO	Press the MODE key until the pointer advance to ODOMETER. The total accumulated distance will be shown.
PULSE (if present)	Press the MODE key until the pointer advance to PULSE function and the hold both handlebars of the sensor for about 3 seconds.
SCAN	Display changes according to the next diagram every 6 seconds. Automatically display of the following functions in the order displayed: TIME---SPEED---DISTANCE---CALORIE---ODO---PULSE (if have)

## NOTE

1. Without any signal coming in 4-5 minutes, the LCD display will be shut off automatically.
2. When there is signal input, the monitor will automatically turn on.
3. If display is not turning on or is not clear, change to new batteries.
4. The monitor use 2pcs of 1.5v "AAA" batteries.

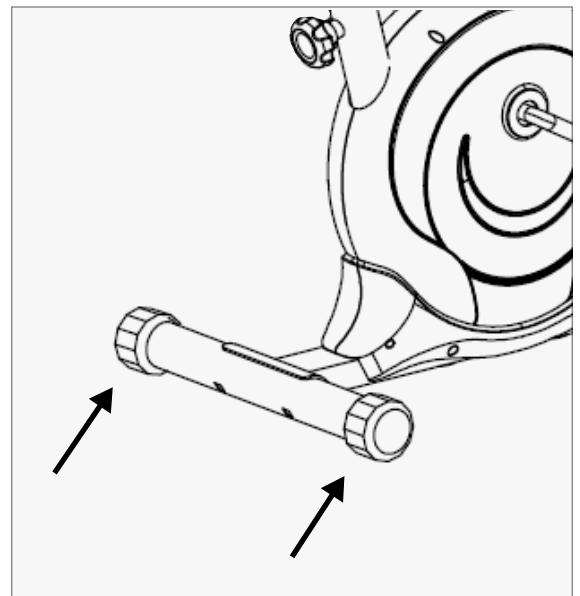
## Adjusting the Seat Height

1. To adjust the seat height, unscrew part 28 Adjust knob M12 on the seat tube.
2. Position the seat to your preferred height.
3. Align the screw hole and re-tighten part 28 Adjust knob M12.



## Floor Levelers

1. If your ground is uneven, you can level by adjusting the two rear end caps (1).
2. There is high and low sections, just turn the cap until they touch firmly on the ground and shaking movement is eliminated.



# VII. EXERCISE GUIDE

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## ⓘ 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.

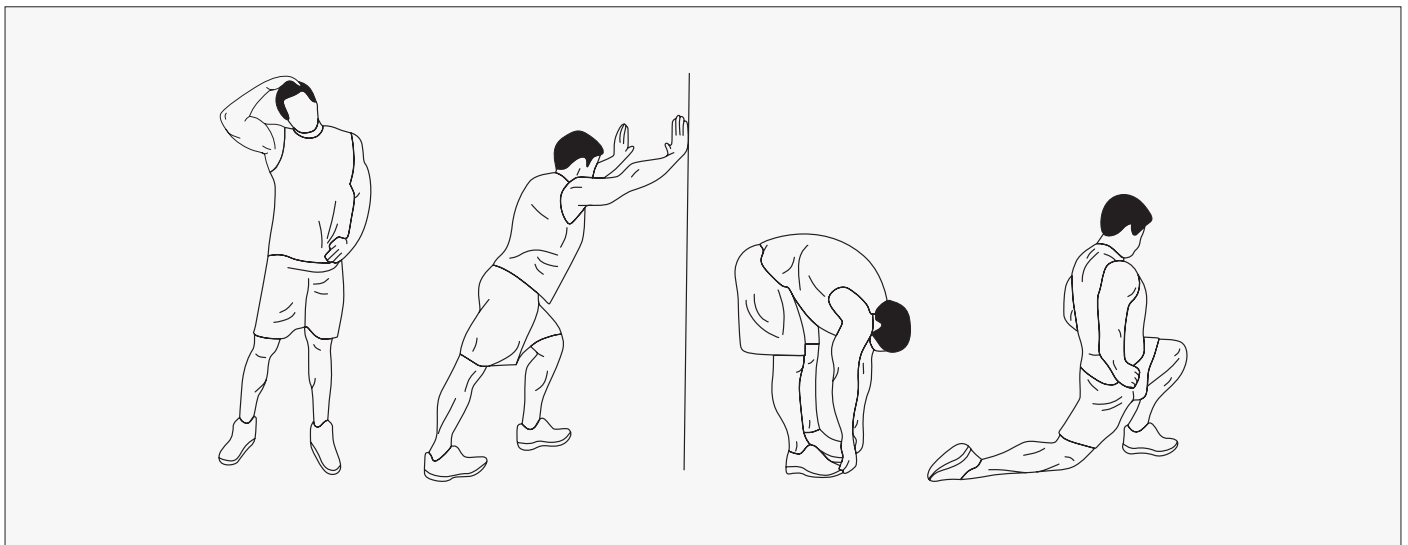
The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

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Exercising is a great way to control your weight, improve 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

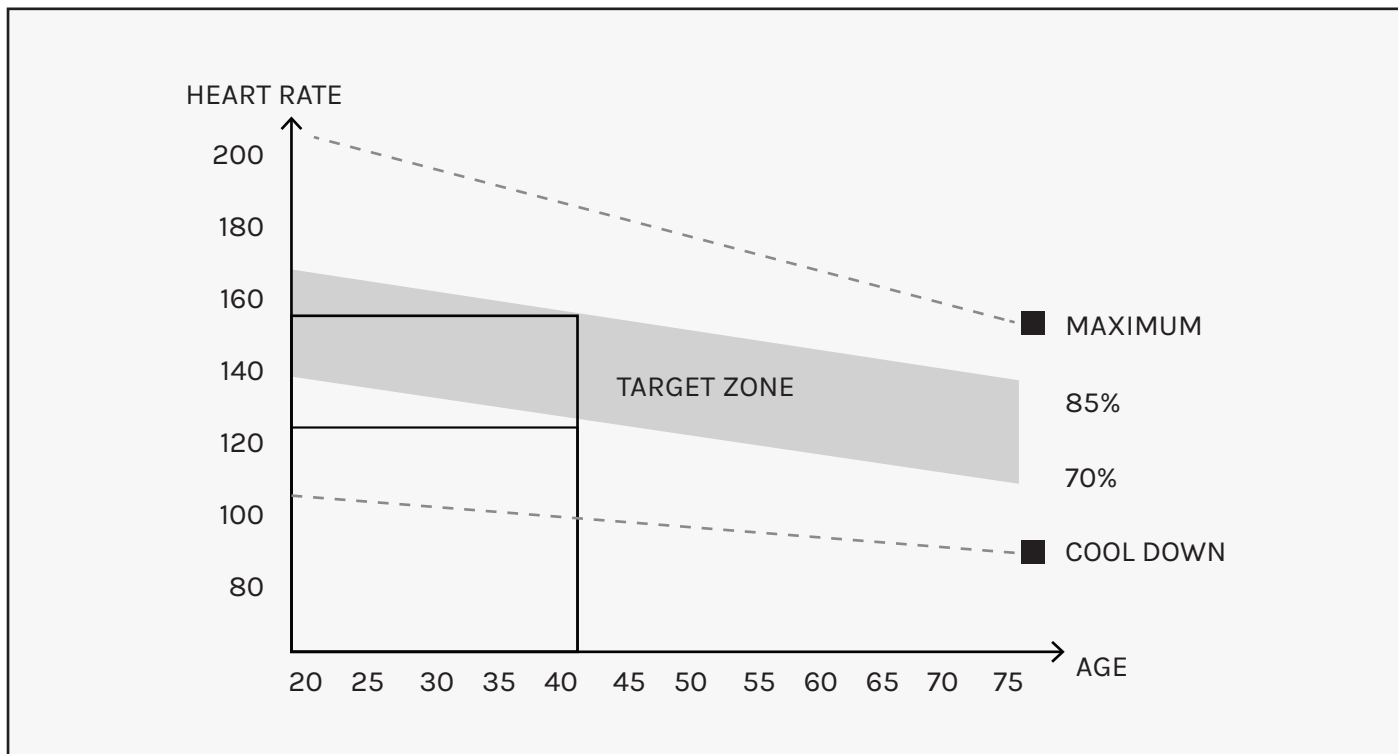
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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. 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).



# IX. 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](http://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](https://lifespanfitness.com.au/warranty-form)







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