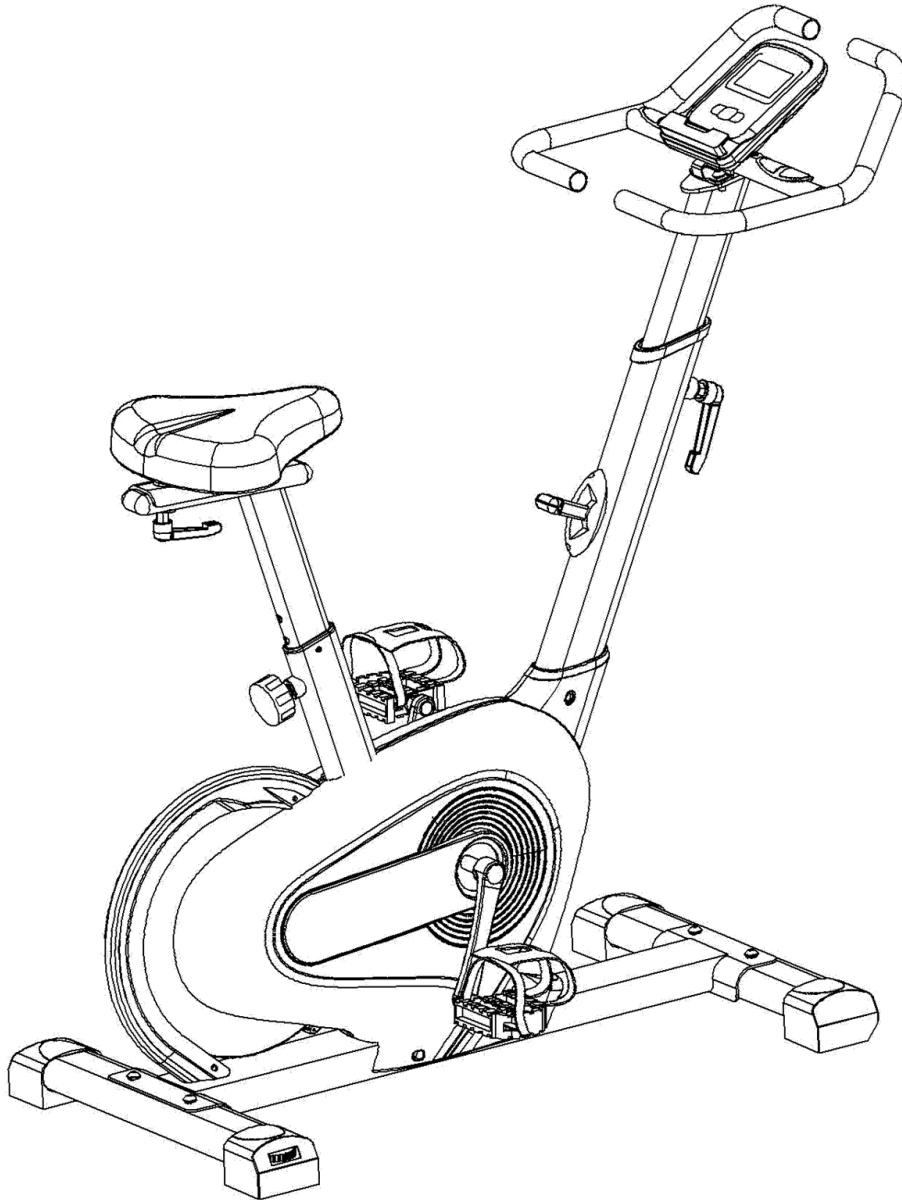# SM-100 OWNER'S MANUAL

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.

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1. IMPORTANT SAFETY INSTRUCTIONS

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.

Please keep this manual with you at all times

a. 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.

b. 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.

c. 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.

d. Keep children and pets away from the equipment. This equipment is designed for adult use only.

e. 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.

f. 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.

g. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in

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the equipment or that may restrict or prevent movement.

h.   This equipment is designed for indoor and family use only

i.   Care must be taken when lifting or moving the equipment so as not to injure your back.

j.   Always keep this instruction manual and assembly tools at hand for reference.

k.   The equipment is not suitable for therapeutic use.

l.   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.

2.   CARE INSTRUCTIONS

IMPORTANT

a.   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.**

b.   Lubricate moving joints after periods of usage

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c.   Be careful not to damage plastic or metal parts of the machine with heavy or sharp objects

d.   The machine can be kept clean by wiping it down using dry cloth

Battery Usage

a.   Batteries are to be installed or replaced by adult only

b.   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

c.   Remove batteries when product is not in use

d.   Remove exhausted batteries from product and dispose of in accordance with the manufacturer's recommendation

e.   Do not attempt to recharge non-rechargeable batteries

f.   Batteries are to be inserted with correct polarity

g.   The supply terminals are not to be short-circuited

h.   Do not dispose of batteries in fire, batteries may explode or leak

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3. EXPLODED DIAGRAM
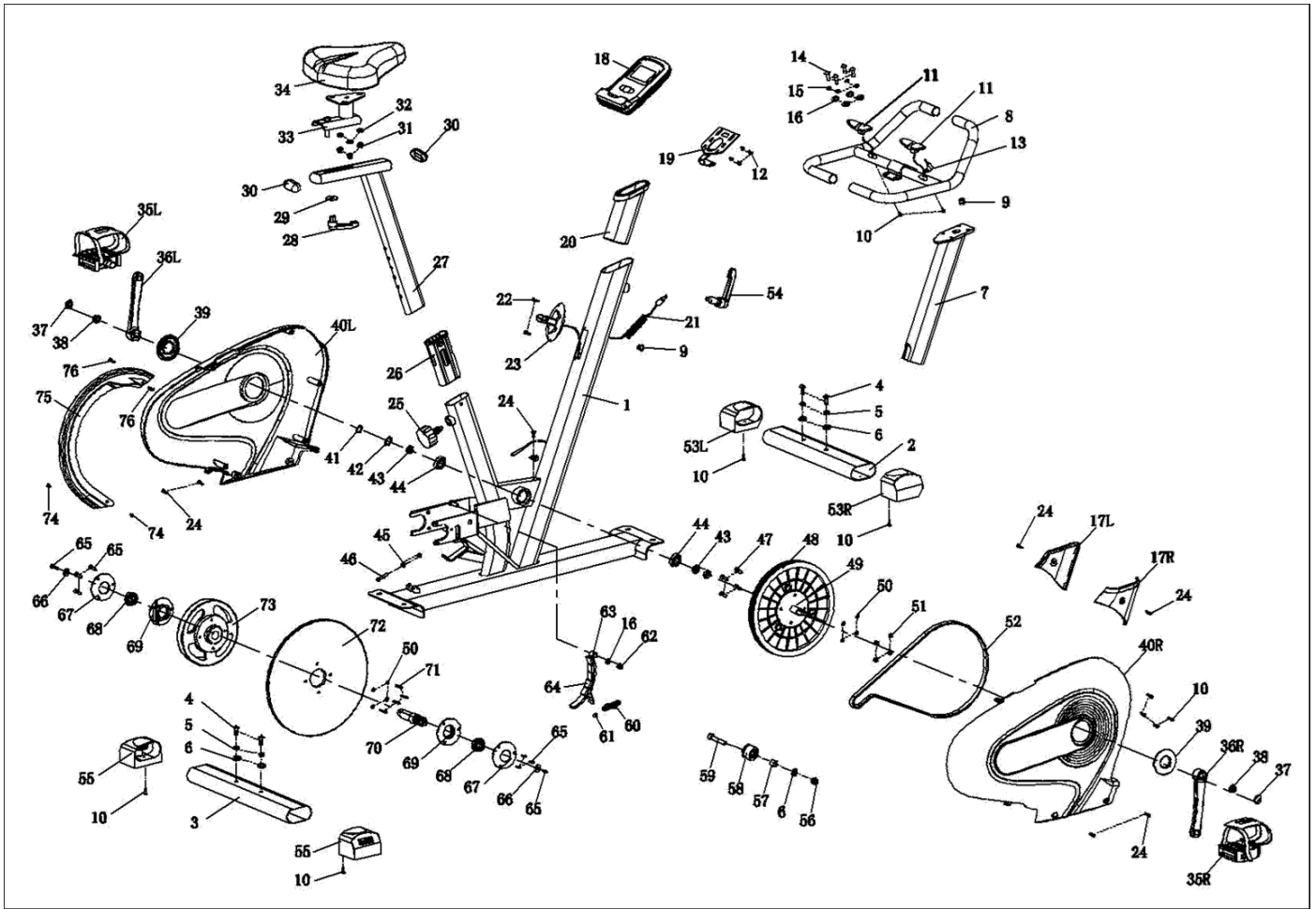
HARDWARE PACK

#25 Knob Bolt (M16x22mm) [1 piece]

#54 Knob Bolt (M16x22mm) [1 piece]

Tool 1 [1 piece]

Tool 2 (S13-S14-S15) [1 piece]

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4. PARTS LIST

No.	Description	Quantity	No.	Description	Quantity
1	Main Frame	1	39	Crank Hole Seal	2
2	Front Foot Tube	1	40L	Left Chain Cover	1
3	Rear Foot Tube	1	40R	Right Chain Cover	1
4	Screw M10*20	4	41	Clasp D20	1
5	Spring Washer D10	4	42	Wave Washer D20	1
6	Washer D10	5	43	Washer D20	3
7	Center Post	1	44	Bearing 6004RS	2
8	Handlebar	1	45	Nut M6	2
9	Wire Plug φ13	**2**	46	Screw M6*20	1
10	Screw ST4.2*20	10	47	Screw M6*15	4
11	Hand Pulse	2	48	Belt pulley	1
12	Screw M5*10	4	49	Central Axis	1
13	Hand Pulse Wire	1	50	Spring Washer D6	8
14	Screw M8*16	4	51	Nylon Nut M6	4
15	Spring Washer D8	4	52	Belt	1
16	Washer D8	5	53L	Front Left End cap	1
17L	Left Decorative Cover	1	53R	Front Right End cap	1
17R	Right Decorative Cover	1	54	L shape Knob M16	1
18	Monitor	1	55	Rear End cap	2
19	Monitor Seat	1	56	Nylon Nut M10	1
20	Tube Bushing	1	57	Idler Wheel Spacer	1
21	Sensor Wire	1	58	Idler Wheel	1
22	Screw M5*20	2	59	Bolt M10*40	1
23	Tension Control	1	60	Compression spring Φ10×53	1
24	Screw ST4.2*16	**7**	61	Wire plug φ6	1
25	Knob M16	1	62	Nylon Nut M8	1
26	Tube Bushing	1	63	Magnetic Plate	1
27	Saddle Tube	1	64	Square Magnetic 20*20*5	5
28	L shape Knob M10	1	65	Screw M6*10	8
29	Large Washer D10	1	66	Bolt φ6.5*φ20*1.5	2
30	Tube Plug	2	67	Bearing baffle	2
31	Nylon Nut M8	4	68	Bearing 6004RS	2
32	Washer D8	3	69	Bearing Seat	2
33	Seat Slider	1	70	Inertia axle	1
34	Saddle	1	71	Screw M6*20	4
35L	Left Pedal	1	72	Inertial wheel	1
35R	Right Pedal	1	73	Magnetic wheel	1
36L	Left Crank	1	74	Screw M5*10	2
36R	Right Crank	1	75	Wheel Decor Cover	1
37	Crank Cover	2	76	Screw ST4.2*10	2
38	Nut M10×1.25	2			

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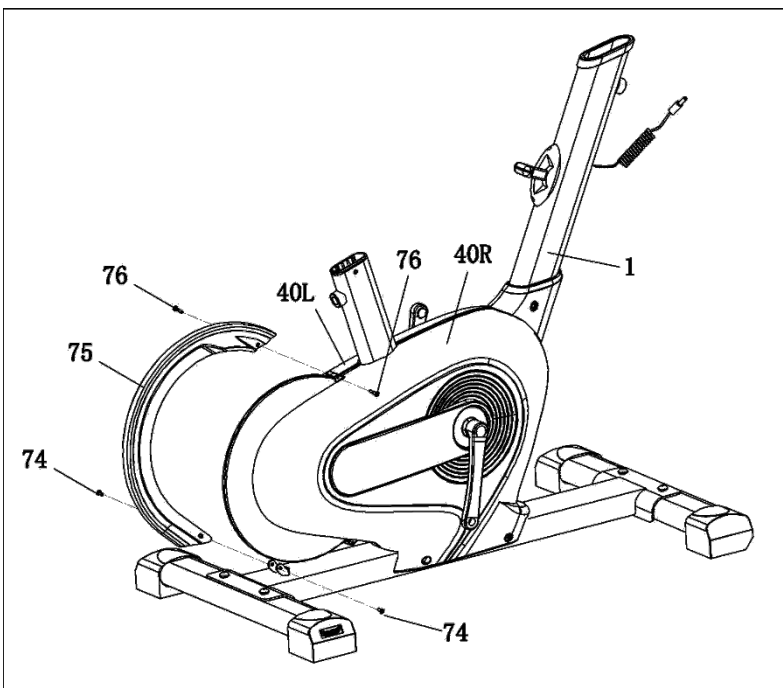# 5. ASSEMBLY INSTRUCTIONS

NOTE: Before assembly ensure there is enough space around the item. Some nuts and bolts may be

already attached to the machine

STEP 1
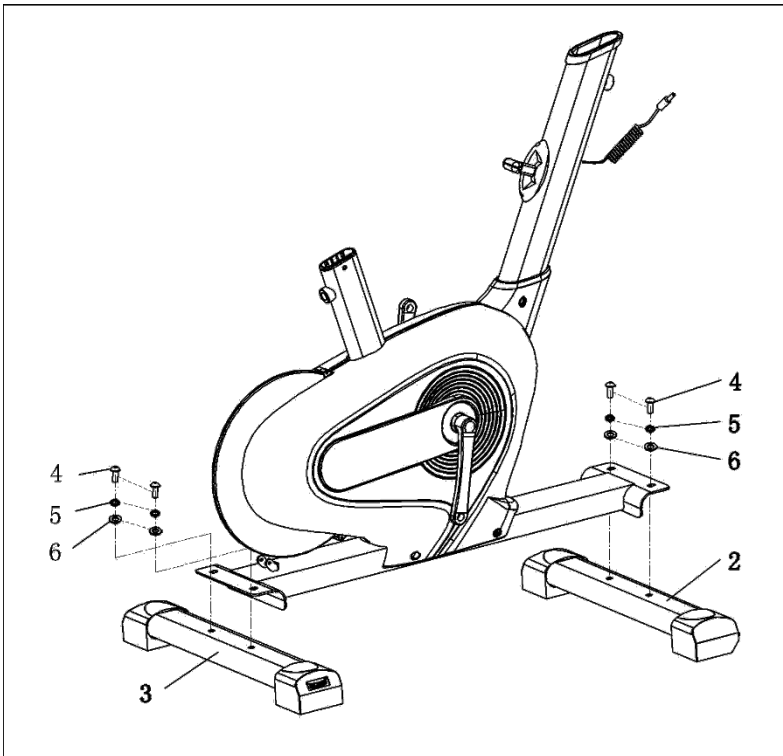
1. Remove the Screw (04), Spring Washer (05) and Washer (06) from Front Foot Tube (02) and Rear Foot Tube (03). Then screw Front Foot Tube (02) and Rear Tube (03) on Main frame by Screw (04), Spring Washer (05) and Washer (06).

STEP 2

2. Remove the Screw (74) and Screw (76) from Chain Cover, then screw the Wheel Cover (75) on Chain Cover by Screw (74) and Screw (76).

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STEP 3
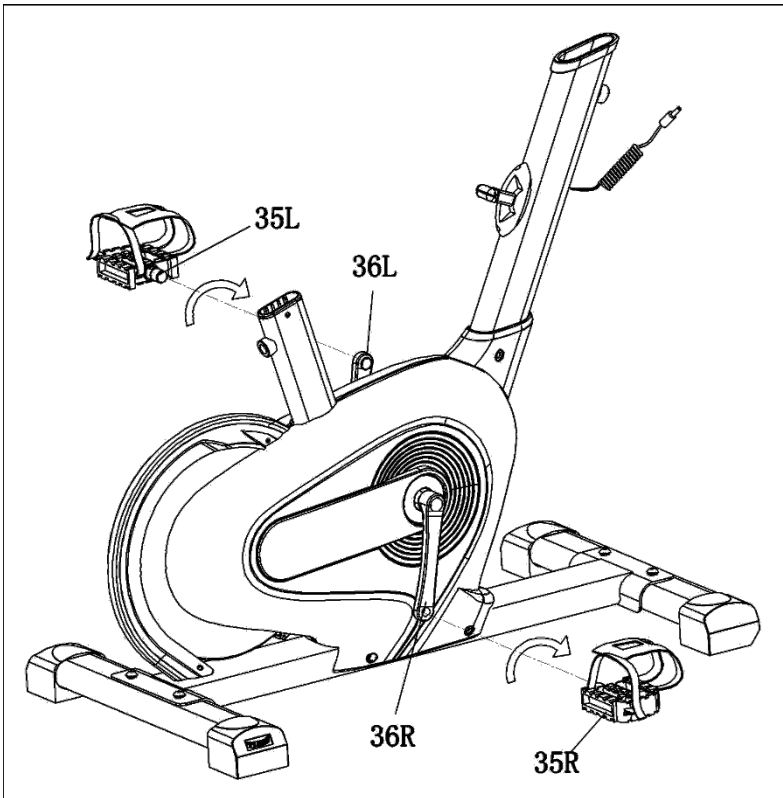
3. Screw L/R Pedal (35L/R) on Crank (36L/R). Note: The Right Pedal (35R) should be locked clockwise, and the Left Pedal (35R) should be locked counter-clockwise. Ensure the pedals are tightened properly before use, otherwise the L/R Pedal teeth will be damaged.

STEP 4
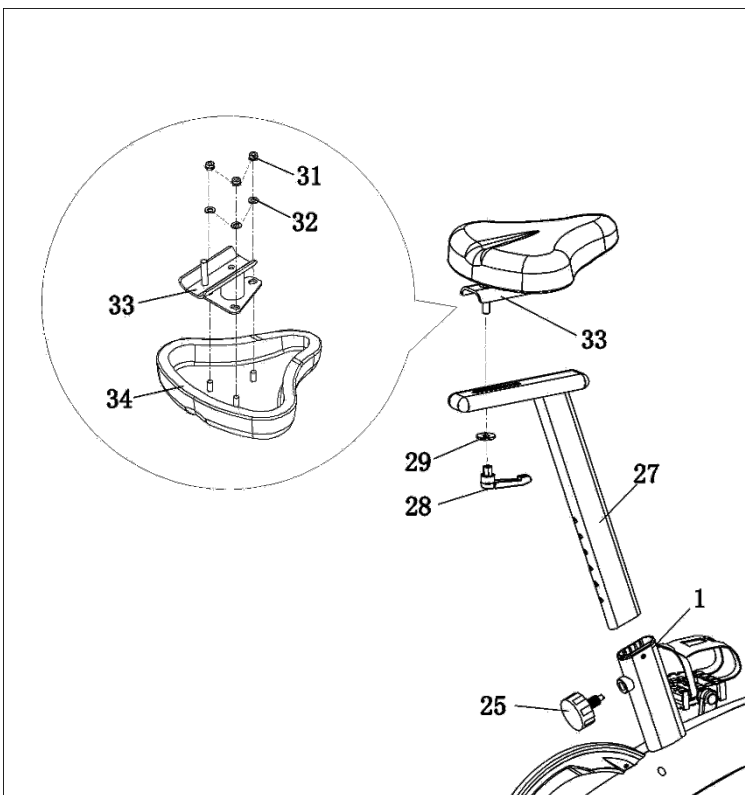
4. Remove the Washer (32) and Nylon Nut (31) from Saddle (34), then screw Saddle on the Saddle Cross Tube (33) by Washer (32) and Nylon Nut (31).
5. Remove the L shape Knob (28), Washer (29) from Seat Slider (33), then Screw Seat Slider (33) on Saddle Tube (27), finally screw saddle tube (27) on Main Frame (01) with Knob (25).
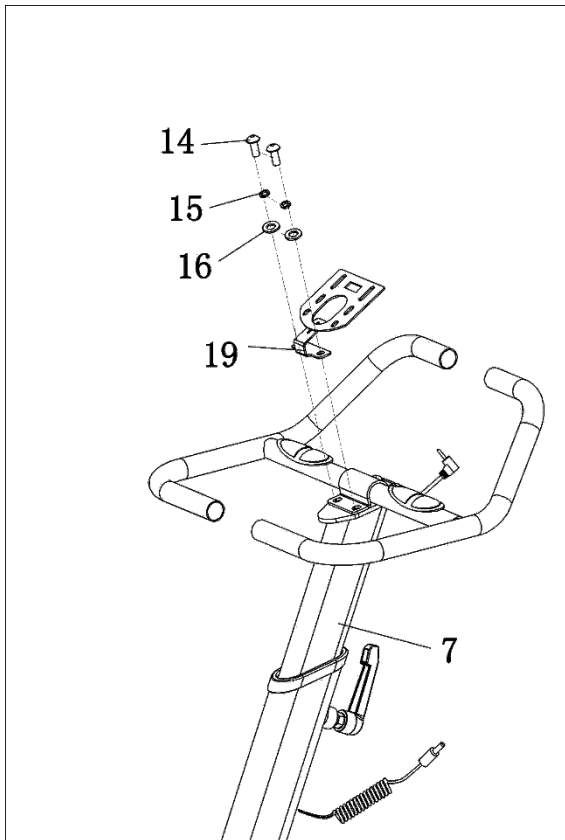
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STEP 5
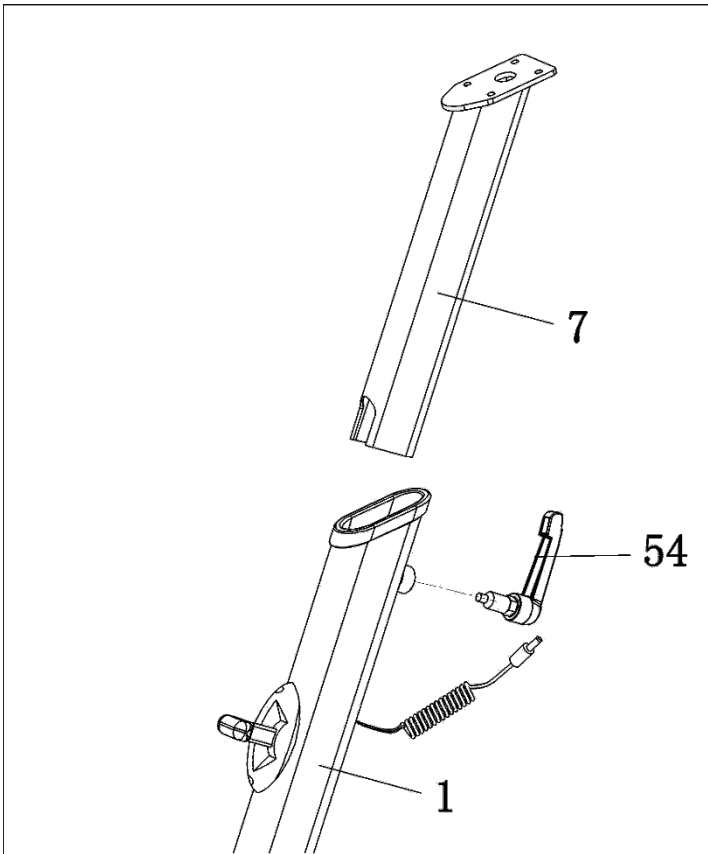
1. Screw Centre Tube on Main Frame (01) by L shape Knob(54).
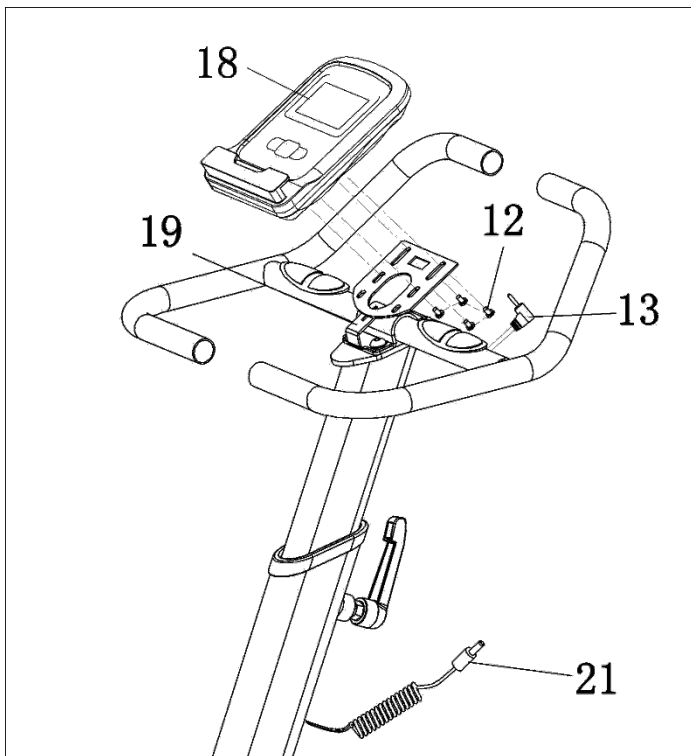
STEP 6
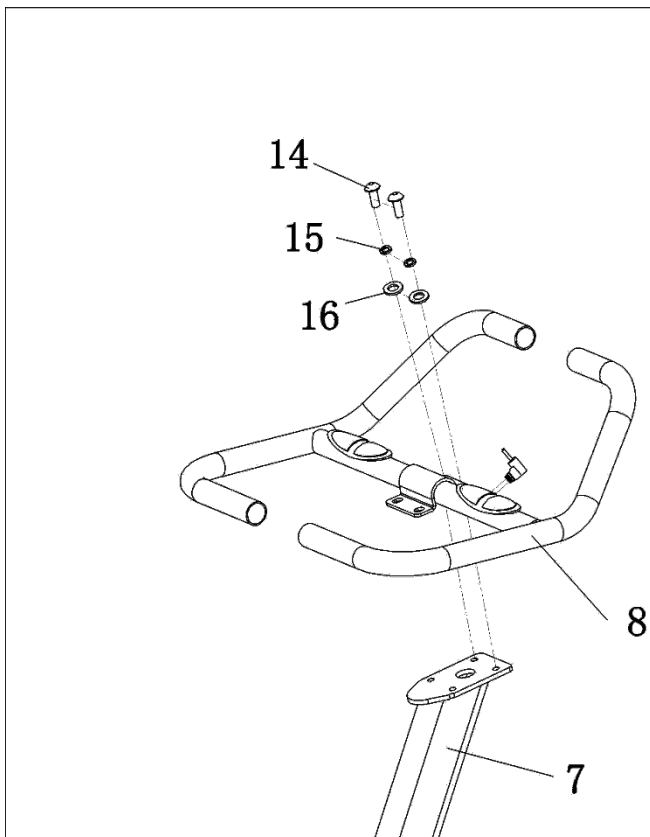
1. Remove Screw (14), Spring Washer (15), Washer (16), Monitor Seat (19) from Centre Post (07).
2. Then Screw Handlebar (08) on Centre Post (07) with Screw (14), Spring Washer (15), Washer (16).
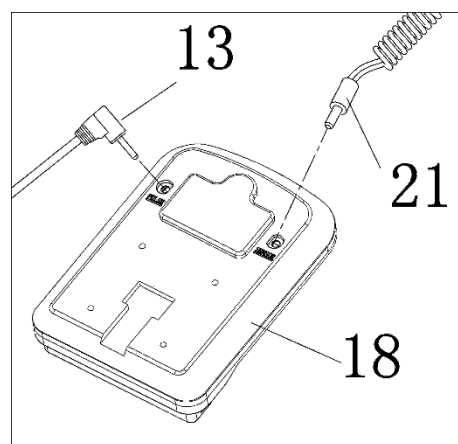
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3. Screw Monitor seat (19) on Centre Post (07) with Screw (14), Spring Washer (15), Washer (16).

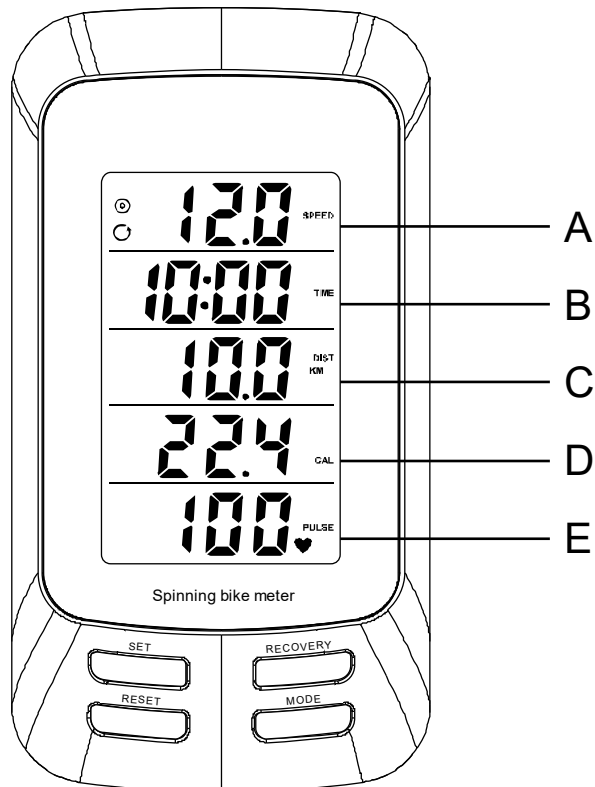**STEP 7**

1. Screw Monitor (18) on Monitor Seat (19) with Screw (12). Then connect Monitor (18), Sensor Wire (21) and Hand Pulse Wire (13).

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6. COMPUTER OPERATION

Spinning bike meter

SPECIFICATIONS:

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

KEY FUNCTIONS:
1. MODE: This key lets you to select and lock on to a function you want. Pressing and hold for 3 seconds to reset the value to zero (without ODO).
2. SET: To set the values of TIME, DISTANCE, PULSE when not in scan mode. When starting exercise, the "SET" values of counted will be backwards. When the value of "SET" reaches 0, it's will be restored.
3. RESET: In the SET mode, pressing the RESET key to reset the value to zero.

FUNCTIONS:
1. TIME: Press the MODE key until pointer lock in to TIME. The total working time will be displayed when starting exercise.
2. SPEED: Press the MODE key until pointer lock in to SPEED. The current speed will be displayed when starting exercise.
3. DISTANCE: Press the MODE key until pointer lock on to DISTANCE. The distance of each workout will be displayed when starting exercise
4. CALORIE /RPM: Press the MODE key until pointer lock on to CALORIE. The calorie burned will be displayed when starting exercise.
5. ODO: The total distance which this function is refers to from battery capacity period runs.

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6. PULSE (IF HAVE): Press the MODE key until the pointer advance to PULSE function and put ear-clip to ear or the hand take hole of the sensor about 3 seconds show out.
7. 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) --- SCAN

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 the display is not turning on or is not clear, change the batteries.
4. The monitor use 2pcs of 1.5v "AAA" batteries.

REPLACE BATTERY
When the display color fades, or with flash when operate buttons, means the battery has no enough power. Take off the battery cover, and use 2pcs new 1.5V AAA UM-4 battery to replace the old battery.

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7. 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.
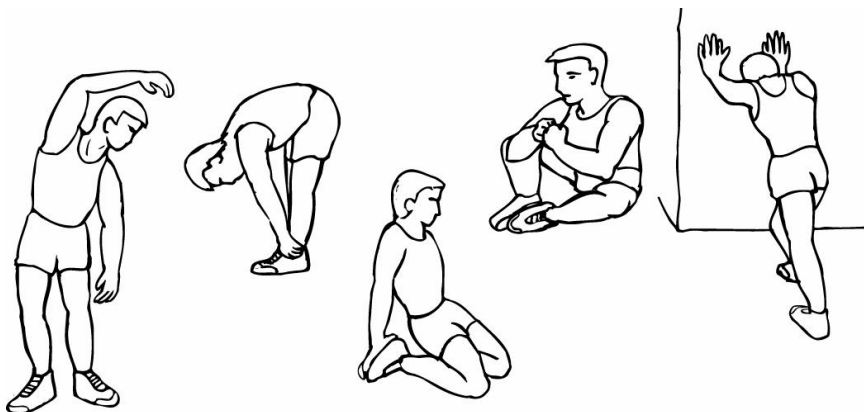

Training Zone Exercise

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

TARGET ZONE
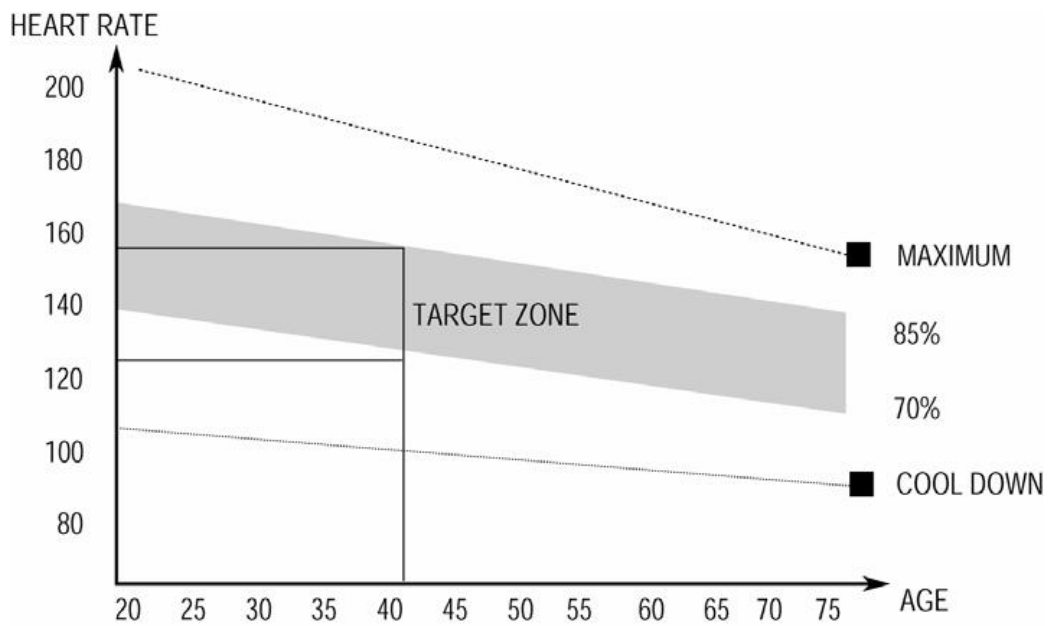
This is how your pulse should behave during general fitness exercise. Remember to warm up and cool down for a few minutes.

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8. 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:

Please email us at support@lifespanfitness.com.au for all warranty or support issues.

For all warranty or support related enquiries an email must be sent before contacting us via any other means.

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).

For more information, please contact our Lifespan Fitness Technical Support Department
www.lifespanfitness.com.au
support@lifespanfitness.com.au