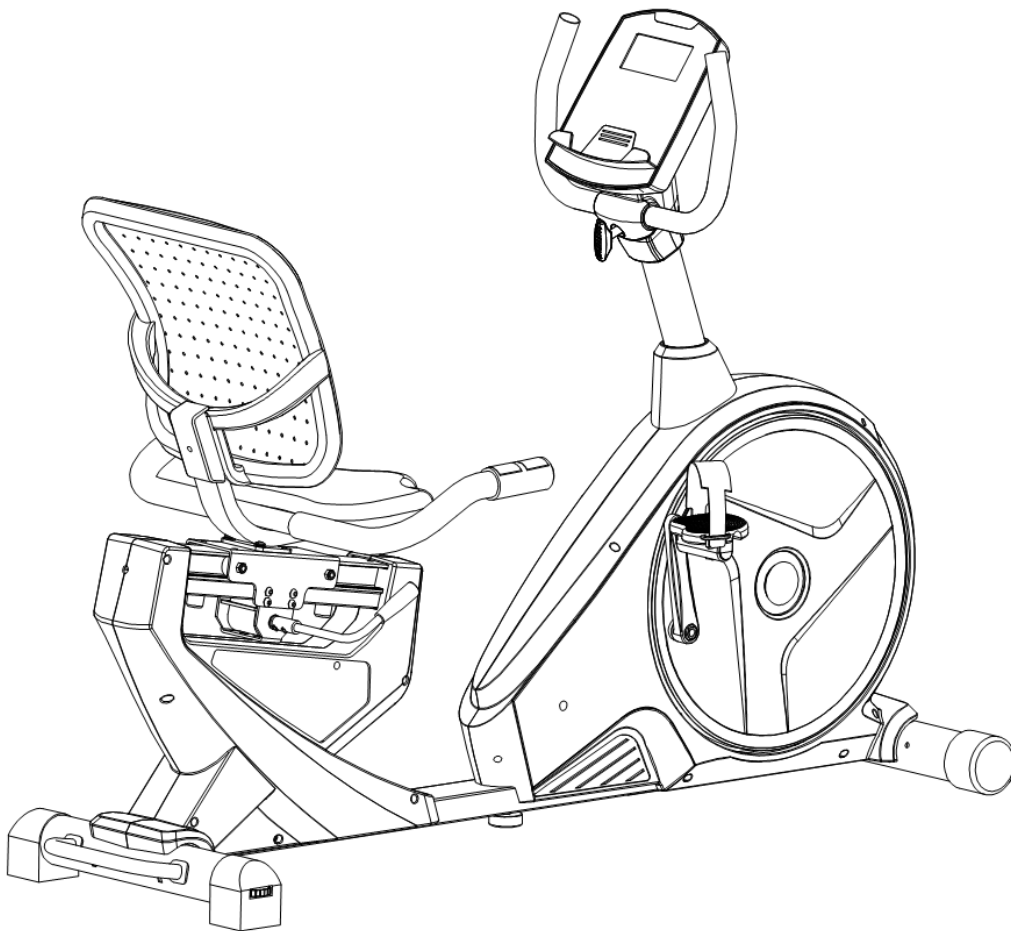




Delta 2.0 Recumbent Bike

USER MANUAL

A yellow banner featuring the Kinomap logo on the left, the text '30 DAY FREE TRIAL' in the center, and a QR code on the right. Below the text, there is a small line of fine print: '*Terms and conditions apply. Offer can be rescinded at any time.'

kinomap
30 DAY FREE TRIAL
*Terms and conditions apply. Offer can be rescinded at any time.

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

 **WARNING: Read all instructions before using this machine.**

Note the following precaution before assembling and operating the machine.

- Assemble the machine exactly as the descriptions in the instruction manual.
- 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.
- Set up the machine in a dry level place and keep it away from moisture and water.
- Place a suitable base (e.g., rubber mat, wooden board etc.) beneath the machine in the area of assembly to avoid dirt.
- Before beginning the training, remove all objects within a radius of 2 meters from the machine.
- 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.
- 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.
- Only do training on the machine when it is in correct working way. Use only original spare parts for any necessary repairs.
- This machine can be used for only one person's training at a time.
- Wear training clothes and shoes that are suitable for fitness training with the machine. Your training shoes should be appropriate for the trainer.
- If you have a feeling of dizziness, sickness, or other abnormal symptoms, please stop training and consult a doctor immediately.
- People such as children and handicapped persons should only use the machine in the presence of another person who can give aid and advice.
- 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.

IV. PARTS LIST

Part No.	Description	Qty	Part No.	Description	Qty
1	Main frame	1	25	Axle	1
2	Handlebar post	1	26	Front cover	1
3	Seat frame	1	27a/b	Handlebar cover	1/1
4	Handlebar	1	28	Protective guard	1
5	Front stabilizer	1	29	Foam grip	2
6	Rear stabilizer	1	30	Foam grip	2
7	Seat slider assembly	1	31	Front end cap	2
8	Leveler-Bar	1	32	Rear end cap	2
9	Lifting Handle	1	33	Round end cap	2
10	Allen bolt M8XL93	6	34	Round end cap	2
11	Arc washer $\Phi 8 \times 1.5 \times \Phi 25$	6	35	Square end cap	2
12	Arc washer $\Phi 8 \times 1.5 \times \Phi 20$	4	36	Knob	1
13	Flat washer D13xd8x1.5	1	37L/R	Pedal	1/1
14	Flat washer D19xd8x1.5	8	38	Seat	1
15	Flat washer D12xd6x1	4	39	Backrest	1
16	Spring washer D8	10	40	Computer	1
17	Hex bolt M6X10	2	41	Adapter	1
18	Allen bolt M6X40	4	42	Adjusting pad	1
19	Allen bolt M8x12	4	43	Pulse wire	2
20	Allen bolt M8X16	8	44	Extension pulse wire 1	2
21	Phillips tapping screw ST4.2x18	7	45	Extension pulse wire 2	2
22	Hex nut M10	1	46	Sensor wire	1
23L/R	Crank	1/1	47	Extension wire	1
24	Spacer	1	48	Screw M4 X10	4

NOTE

Most of the listed assembly hardware has been packaged separately, but some hardware items have been pre-installed in the identified assembly parts. In these instances, simply remove and re-install the hardware as assembly is required.

Please reference the individual assembly steps and make note of all preinstalled hardware.

- Take time to review the manual and familiarize yourself with the entire assembly process before proceeding.

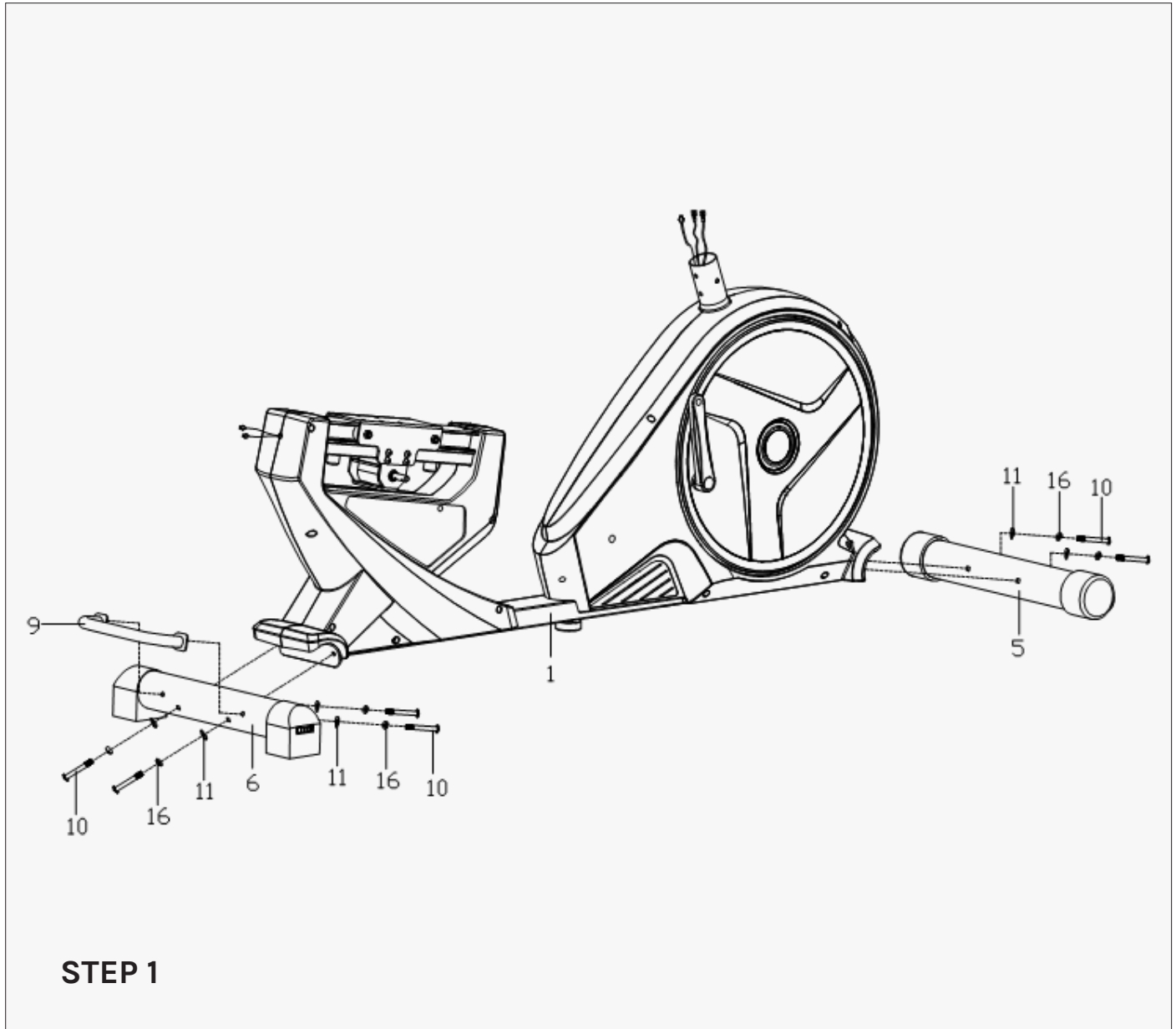
- Although this product can be assembled by one person, we recommend having the assistance of another individual. This is especially convenient when assembling multiple parts or moving the equipment.

Assembly Tip: It is always helpful to pre-stage the items needed for each assembly step.

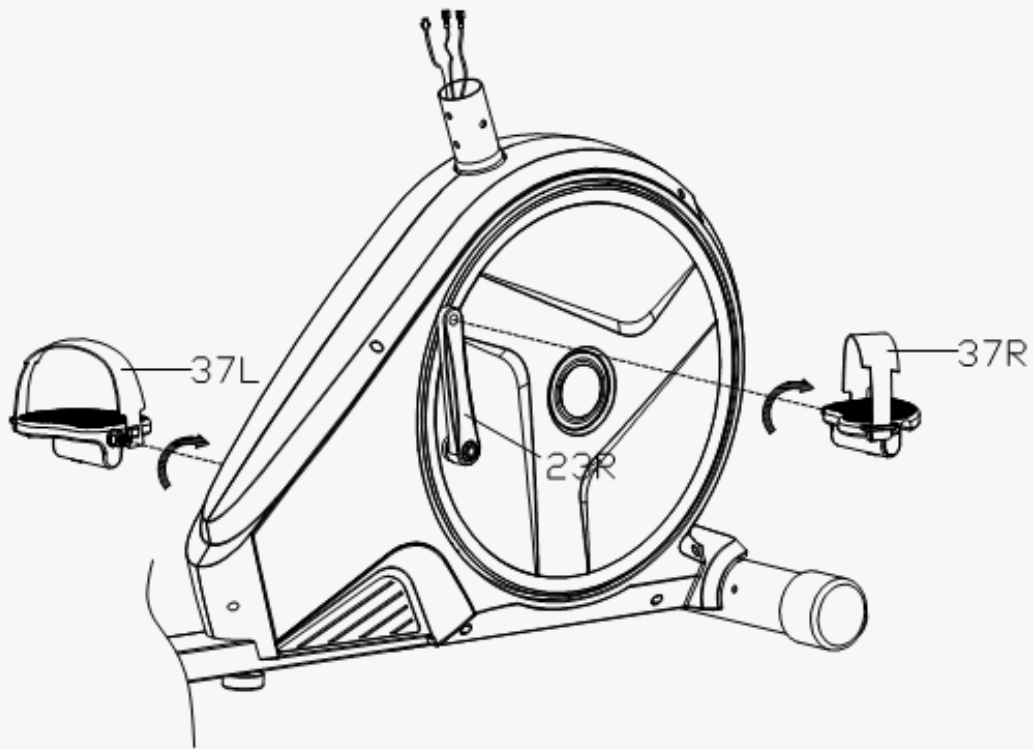
V. ASSEMBLY INSTRUCTIONS

Attention:

Before install, there is packaging protection on the bottom feet of the main frame (1). Remove and dispose of the packaging materials before installing the feet.



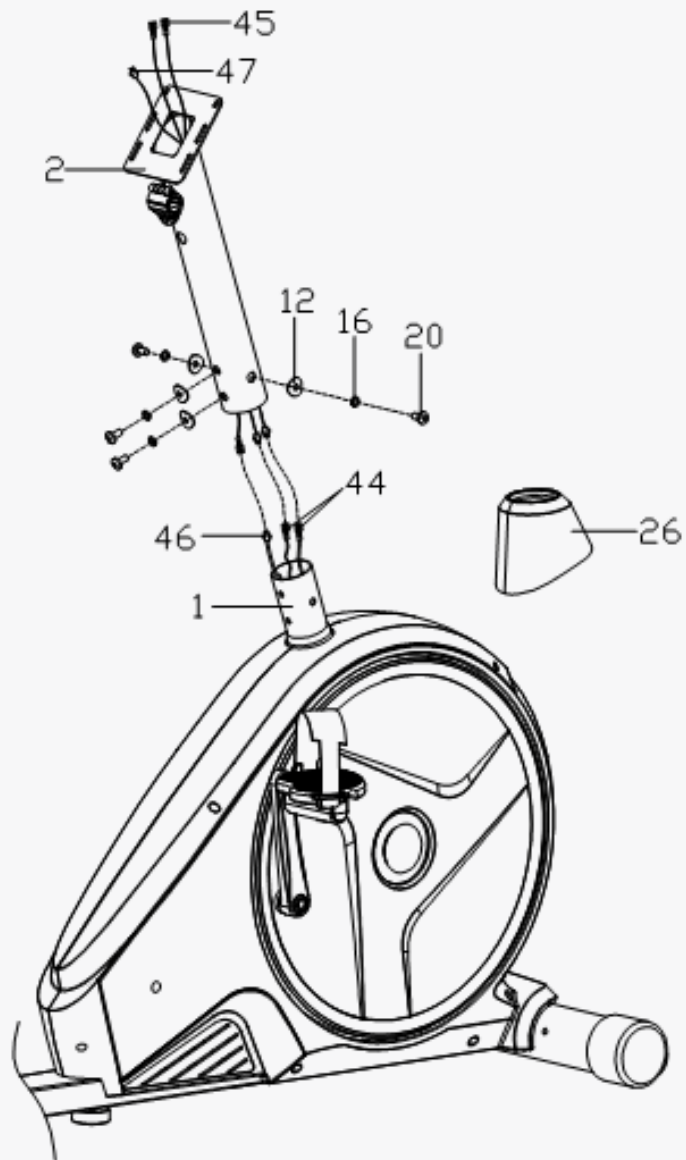
1. Attach the Front stabilizer (5) to the Main frame (1) with the Allen bolts (10), Spring washers (16) and Arc washers (11) as shown.
2. Lock the Lifting handle (9) to the Rear stabilizer (6) with the Allen bolts (10), Spring washers (16) and Arc washers (11) as shown.
3. Attach the Rear stabilizer (6) to the Main frame (1) with the Allen bolts (10), Spring washers (16) and Arc washers (11) as shown.



STEP 2

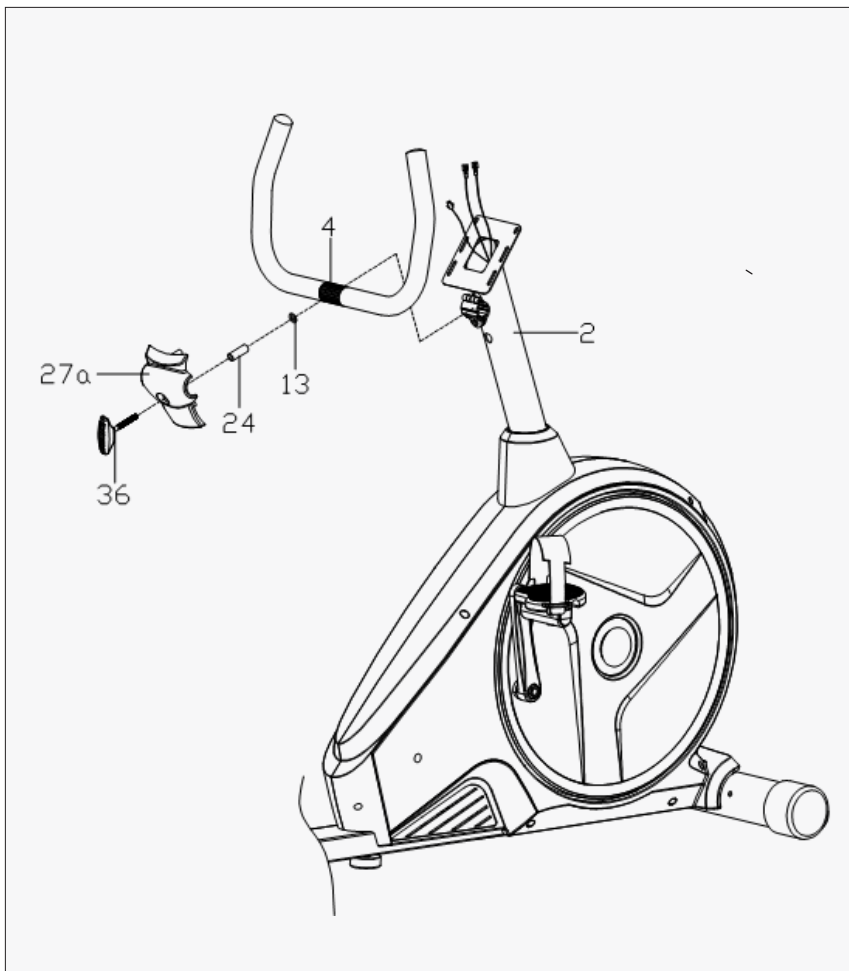
1. Align the Pedal (37L/R) to the Crank (23L/R) tighten it with wrench. Right pedal is tightened clockwise and left pedal Anti-clockwise.

ⓘ **Note:** Make sure the Pedal (37L/R) are locked tightly during your movement, otherwise you may damage the pedal and crank.



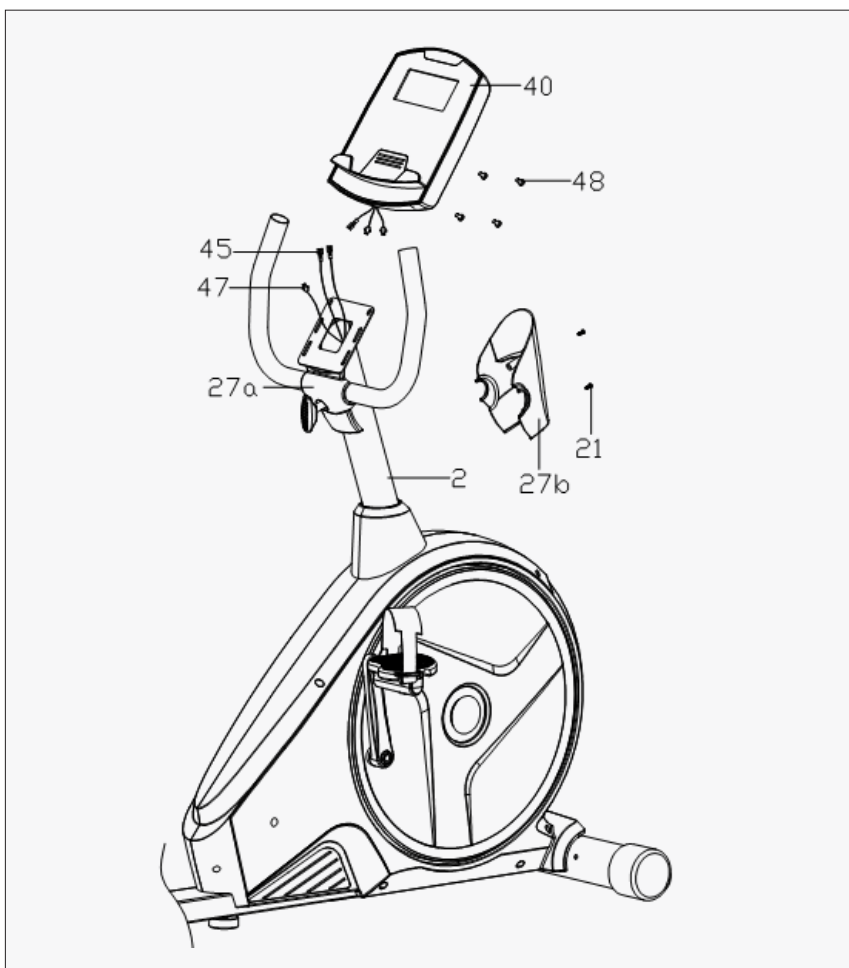
STEP 3

1. Slip the Front cover (26) to the Handlebar post (2). Connect the Sensor wire (46) and 2x Extension pulse wire 1 (44) with the Extension wire (47) and 2x Extension pulse wire 2 (45).
2. Lock the Handlebar post (2) on the main frame (1) with the Allen bolt (20), Spring washer (16) and Arc washer (12). Then lay down the Front cover (26).



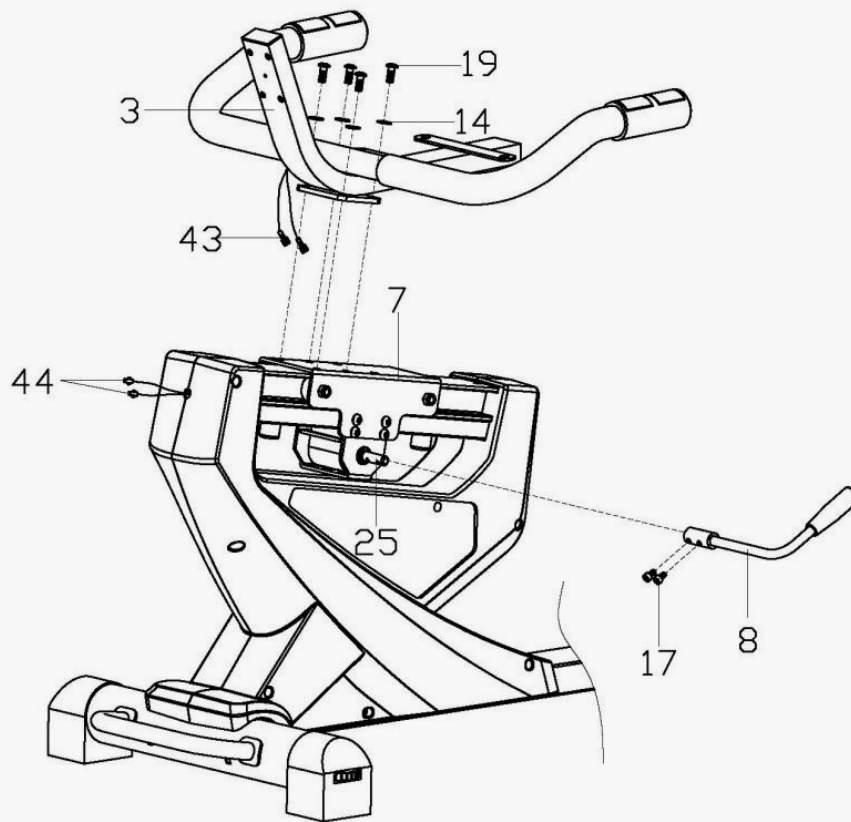
STEP 4

1. Lock the Handlebar (4) to the Handlebar post (2) with the Knob (36), Handlebar Cover (27a), Spacer (24) and Flat washer (13).



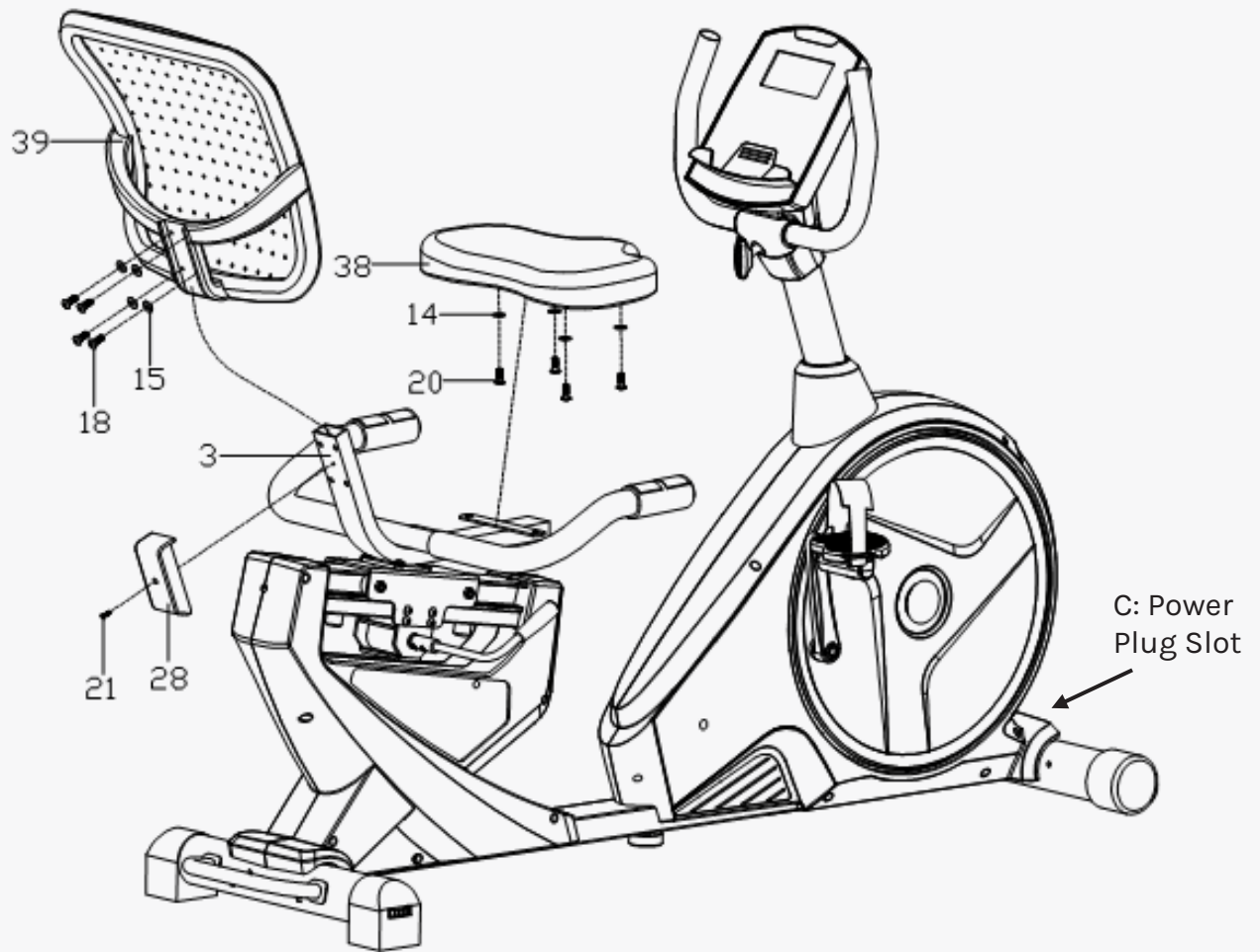
STEP 5

1. Connect the 2x Extension pulse wire 2 (45), Extension wire (47) with the cables of the computer (40), then lock the computer (40) on the computer bracket of the Handlebar post (2) with the Screws (48).
2. Lock the rear Handlebar Cover (27b) to the front Handlebar Cover (27a) with the Phillips tapping screw (21).



STEP 6

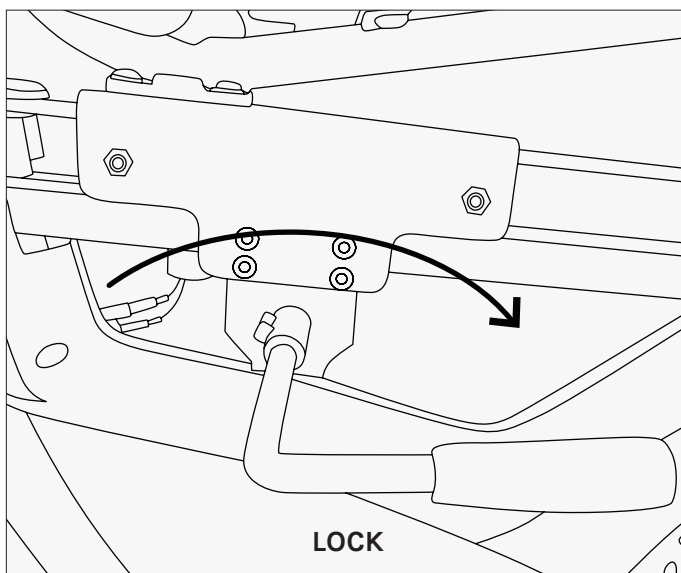
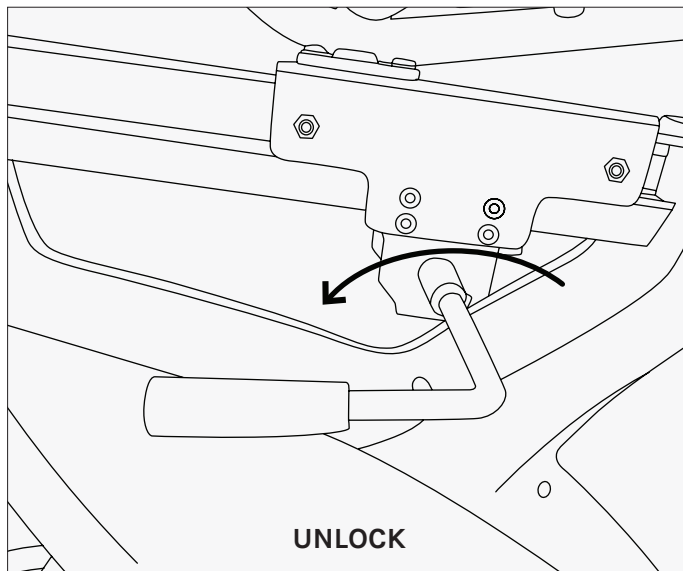
1. Lock the Leveler-Bar (8) to the Axle (25) with T-Hex bolt (17).
2. Connect the Pulse wire (43) with the Extension pulse wire 1 (44) of the main frame (1), then lock the seat frame (3) on the Seat slider assembly (7) with the Allen bolt (19) and Flat washer (14).



STEP 7

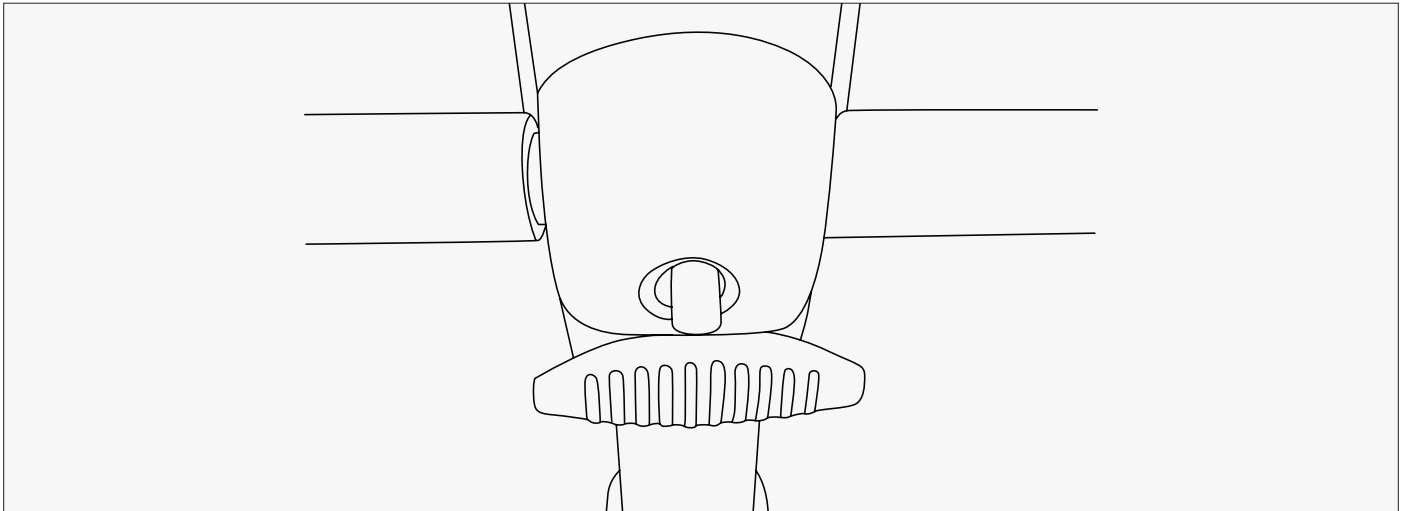
1. Lock the Seat (38) on the Seat frame (3) with the Allen bolt (20) and Flat washer (14).
2. Lock the Backrest (39) on the Seat frame (3) with the Allen bolt (18) and Flat washer (15), then lock the Protective guard (28) to the Seat frame (3) with the Phillips tapping screw (21).
3. Make sure all the bolts are fully tightened and plug the power cord in direction shown below (C).

How To Guide



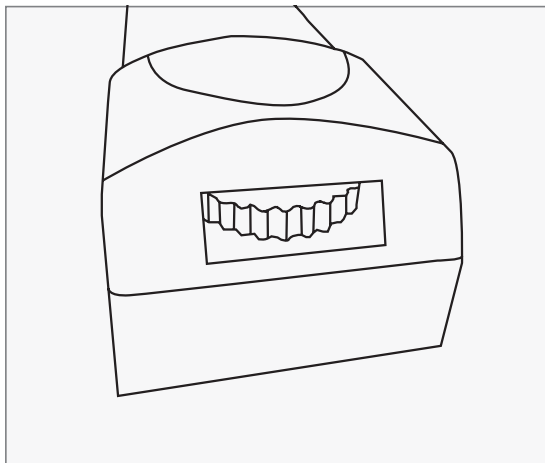
Adjusting Seat Horizontal Position

1. Under the seat is a handle lever. While you are sitting on the equipment with your feet on the pedals, unlock the seat by turning the lever backwards, as pictured. Caution: your seat will slide when unlocked.
2. Slide your seat forward or backwards to your preferred seating position. Your legs should be extended with a slight bend on the knees.
3. Then lock by turning the lever forward as pictured. Make sure the lever is pushed all the way forward.



How to Adjust the Front Handlebars

1. At the front handlebar, loosen the Plastic handle knob (32).
2. Once loosened you can move the handlebar up or down. When set to the position you like, retighten the knob.



Floor Levelers

If your ground is uneven, you can use the two back feet floor levelers to make the equipment stable. Turn the wheel clockwise or anti-clockwise until it touches the floor, and the equipment is no longer shaking.

VI. COMPUTER OPERATION

Key Functions

START/STOP:

1. Start & Pauses workouts.
2. Start body fat measurement.
3. Holding key for 3 seconds will reset all function value to be zero.

DOWN: Decrease value of selected workout parameter: TIME, DISTANCE, etc. During the workout, it will decrease the resistance load.

UP: Increases value of selected workout parameter. During the workout, it will increase the resistance load.

ENTER: To input desired value or work out mode.

TEST (PULSE, RECOVERY): Press to enter into Recovery function when computer has the heart rate value. Recovery is Fitness Level 1-6 after 1 minute.

MODE: Press to switch display form RPM to SPEED, ODO to DIST, WATT to Calories during workout.

Workout Selection

After turning on the display, use the UP or DOWN keys to select the work out mode then press ENTER to select.

Setting Workout Parameters

After selecting your desired program, you may pre-set several workout parameters for desired results.

WORKOUT PARAMETERS:

TIME / DISTANCE / CALORIES / AGE

Note: Some parameters are not adjustable in certain programs.

Once a program has been selected, press ENTER. This will make "Time" parameter flash on the screen.

Using the UP or DOWN key, you may select desired time value. Press ENTER key to input value.

Flashing prompt will move to the next parameter. Continue use of UP or DOWN key and ENTER to set values.

Once you have set your parameters, press START/STOP to start workout.

Program Operation

Manual (P1)

Selecting "Manual" using UP or DOWN KEY then pressing ENTER KEY.

1st parameter "Time" will flash so value can be adjusted using UP or DOWN key. Press ENTER key to save value & move to next parameter to be adjusted.

Continue through all desired parameters, pressing START/STOP to start workout.

Note: One of workout parameters counts down to be zero, it will have beep sound at the end and stop the workout automatically. Press START key to continue the workout to reach the unfinished workout parameter.

Pre-programs (P2-P14)

There are 13 program profiles ready for use. All program profiles have 24 level of resistance.

Setting Parameters for Pre-programs

Select one of pre-set programs using UP or DOWN key then press ENTER key.

1st parameter "Time" will flash so value can be adjusted using UP or DOWN key. Press ENTER key to save value & move to next parameter to be adjusted.

Continue through all desired parameters, pressing START/STOP to start workout.

Note: One of workout parameters counts down to be zero, it will have beep sound at the end and stop the workout automatically. Press START key to continue the workout to reach the unfinished workout parameter.

Watt control program (P15)

Select "Watt control program" using UP or DOWN key then pressing ENTER key.

1st parameter "Time" will flash so value can be adjusted using UP or DOWN key. Press ENTER key to save value & move to next parameter to be adjusted.

Continue through all desired parameters, pressing START/STOP to start workout.

Note: One of workout parameters counts down to be zero, it will have beep sound at the end and stop the workout automatically. Press START key to continue the workout to reach the unfinished workout parameter.

Computer will adjust the resistance load automatically depending on the speed to maintain the constant watt value. User can use UP/DOWN key to adjust the watt value during workout.

BODY FAT PROGRAM (P16)

Setting Data for Body Fat

Select "BODY FAT Program" using UP or DOWN key then pressing ENTER.

"Male" will flash so Gender can be adjusted using UP or DOWN key, press ENTER to save gender & move to next data.

"175" Height will flash so Height can be adjusted to use UP or DOWN key, press ENTER key save value & move to next data.

"75" Weight will flash so Weight can be adjusted to use UP or DOWN key, press ENTER key to save value & move to next data.

"30" Age will flash so Age can be adjusted using UP or DOWN key, press ENTER to save value.

Press START/STOP to start measurement, please also grasp hand pulse grips on both sides.

After 15 seconds the display will show Body Fat %, BMR, BMI & BODY TYPE.

NOTE: Body Types:

There are 9 body types divided according to the FAT% calculated.

Type 1 is from 5% to 9%.

Type 2 is from 10% to 14%.

Type 3 is from 15% to 19%.

Type 4 is from 20% to 24%.

Type 5 is from 25% to 29%.

Type 6 is from 30% to 34%.

Type 7 is from 35% to 39%.

Type 8 is from 40% to 44%.

Type 9 is from 45% to 50%.

BMR: Basal Metabolism Ratio

BMI: Body Mass Index

Press START/STOP key to return the main Display.

TARGET HEART RATE PROGRAM (P17)

Setting Parameters for TARGET H.R

Select "TARGET H.R" using UP or DOWN key then pressing ENTER key.

1st parameter "Time" will flash so value can be adjusted using UP or DOWN key. Press ENTER key to save value & move to next parameter to be adjusted.

Continue through all desired parameters, pressing START/STOP to start workout.

Note: If Pulse is above or below (± 5) the set TARGET H.R computer will adjust the resistance load automatically. It will check every 10 seconds approximately; resistance load will increase or decrease. One of workout parameters counts down to be zero, it will have beep sounds at the end and stop the workout automatically. Press START key to continue the workout to reach the unfinished workout parameter.

HEART RATE CONTROL Program(P18-P20)

There are 3 selections for target pulse:

P18- 60% TARGET H.R= 60% of (220-AGE)

P19- 75% TARGET H.R= 75% of (220-AGE)

P20- 85% TARGET H.R= 85% of (220-AGE)

Setting Parameters for HEART RATE CONTROL

Selecting "One of Heart Rate Control Program" using UP or DOWN key then pressing ENTER key.

1st parameter "Time" will flash so value can be adjusted using UP or DOWN key. Press ENTER key to save value & move to next parameter to be adjusted.

Continue through all desired parameters, pressing START/STOP to start workout.

Note: If Pulse is above or below (± 5) the TARGET H.R computer will adjust the resistance load automatically. It will check every 10 seconds approximately; resistance load will increase or decrease.

One of workout parameters counts down to be zero, it will have beep sounds and stop the workout automatically. Press START/STOP key to continue the workout to reach unfinished workout parameter.

USER PROGRAM(P21-P24)

There are four user programs can be selected form U1 to U4.

User program allows user to set their own program that can be used immediately.

Setting Parameters for User Program

Selecting user using UP or DOWN key then pressing ENTER key.

1st parameter "Time" will flash so value can be adjusted using UP or DOWN key. Press ENTER key to save value & move to next parameter to be adjusted.

Continue through all desired parameters.

After finished set up desired parameter, the level 1 will flash, use UP or DOWN key to adjust then pressing ENTER until finished (there are 10 times total). Press START/STOP to start workout.

Note: One of workout parameters counts down to be zero, it will have beep sounds and stop the workout automatically. Press START/STOP key to continue the workout to reach unfinished workout parameter.

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.

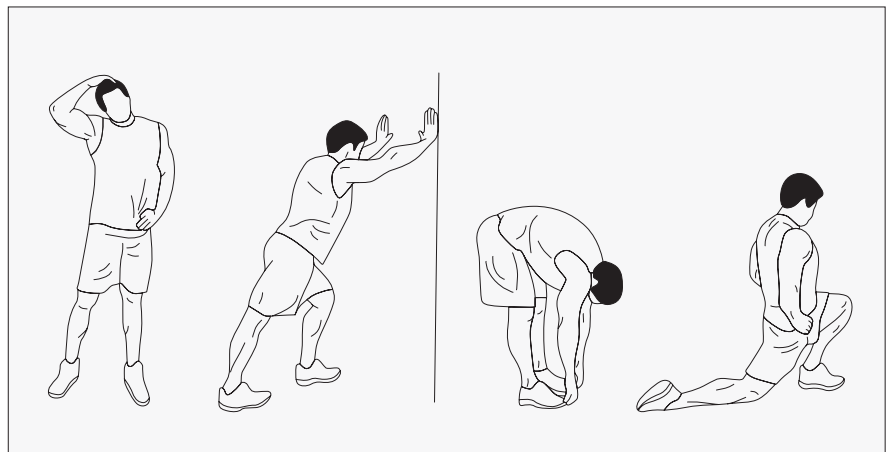
The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not 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

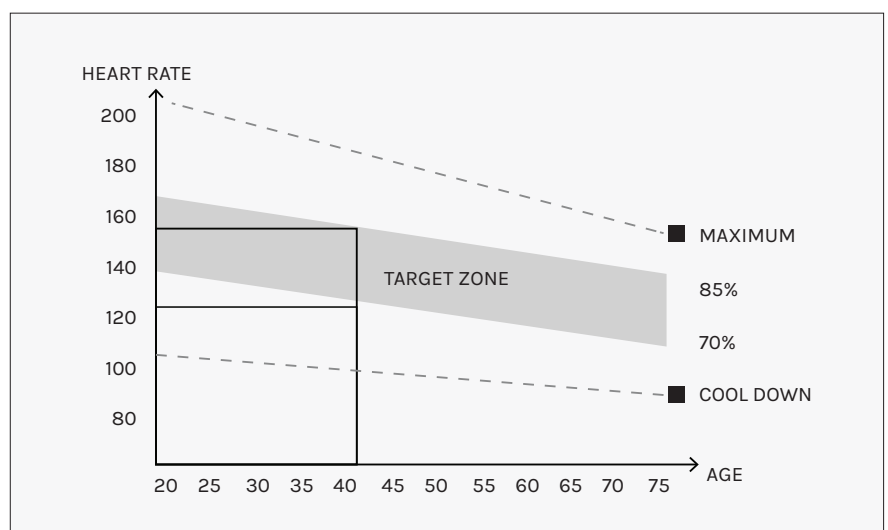
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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.

VII. 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





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