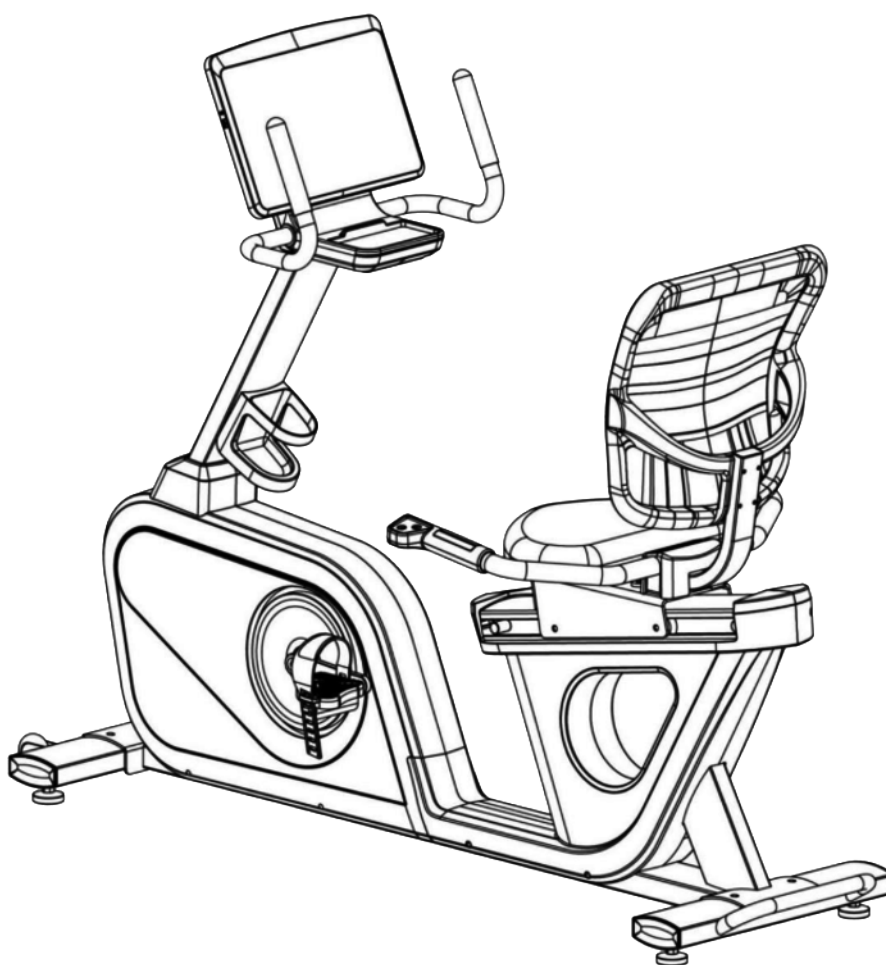




RBX-120 Recumbent Bike

USER MANUAL



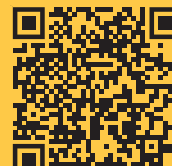
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Product may vary slightly from the item pictured due to model upgrades.



**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.**

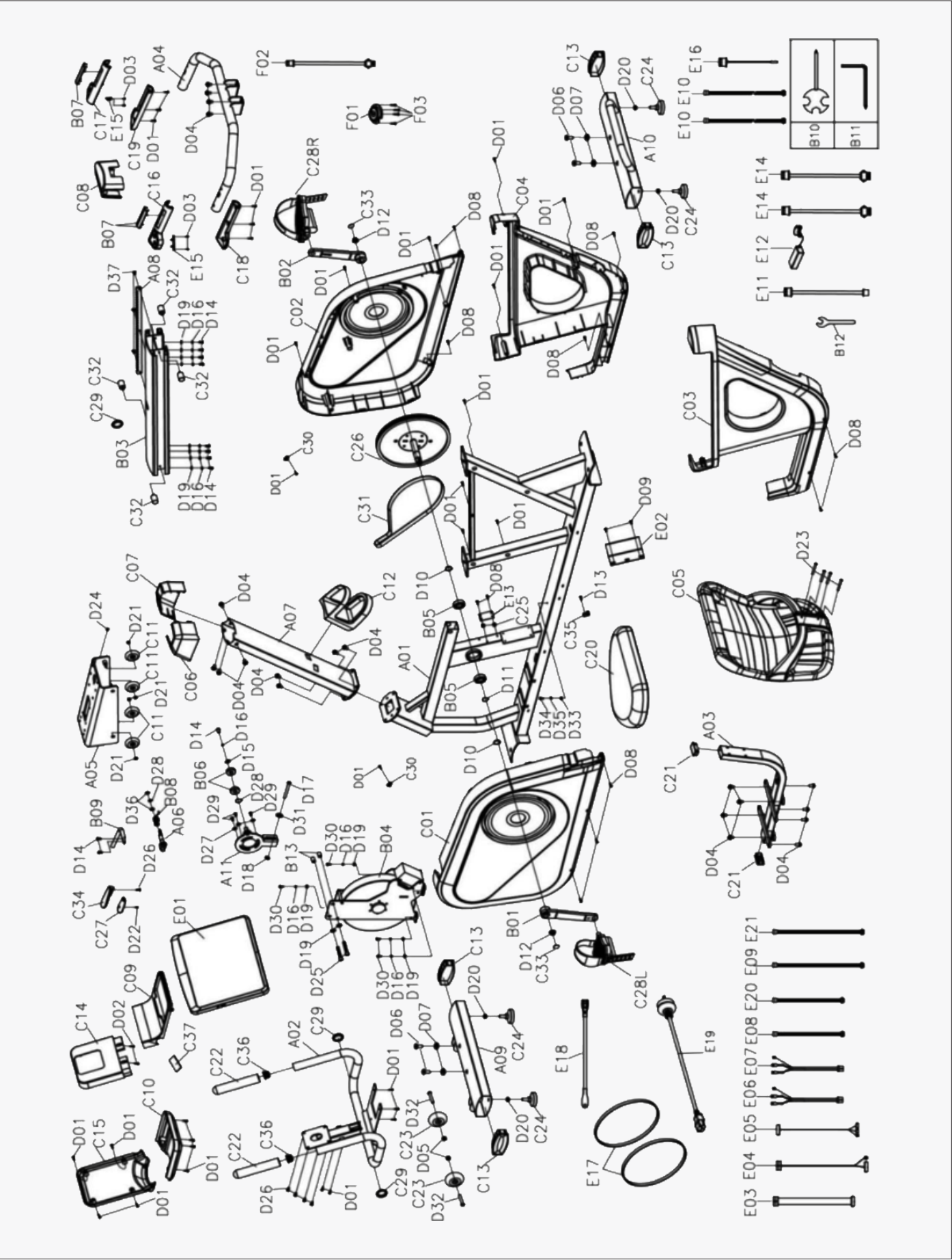
Note the following precaution before assembling and operating the machine.

- 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.
- Incorrect or excessive training can negatively impact your health. It is recommended to consult a medical professional before starting any exercise program. A doctor can advise on appropriate limits such as heart rate, resistance (watts), and training duration, and provide guidance tailored to your condition. This equipment is not intended for therapeutic or medical use.
- Only use the machine when it is in proper working condition.
- 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.

III. EXPLODED DIAGRAM



IV. PARTS LIST

Part No.	Description	Remark	Qty
A01	Main Frame Assembly		1
A02	Console Component		1
A03	Seat Pipe Assembly		1
A04	Seat Handle Pipe Assembly		1
A05	Seat Adjustment Component		1
A06	Right Stop Assembly		1
A07	Instrument Tube Assembly		1
A08	Grooved Plate		1
A09	Front Stabilizer		1
A10	Rear Stabilizer		1
A11	Strip Plate Assembly		1
B01	Left Crank		1
B02	Right Crank		1
B03	Guide Rail		1
B04	Flywheel		1
B05	Bearing	6004	2
B06	Bearing	6201	2
B07	Hand Pulse Plate		4
B08	Torsional Spring		1
B09	Handle Lever		1
B10	Wrench		1
B11	Wrench		1
B12	Wrench		1
B13	Sleeve		2
C01	Left Protective Cover		1
C02	Right Protective Cover		1
C03	Left Seat Cover		1
C04	Right Seat Cover		1
C05	Seat Backrest		1

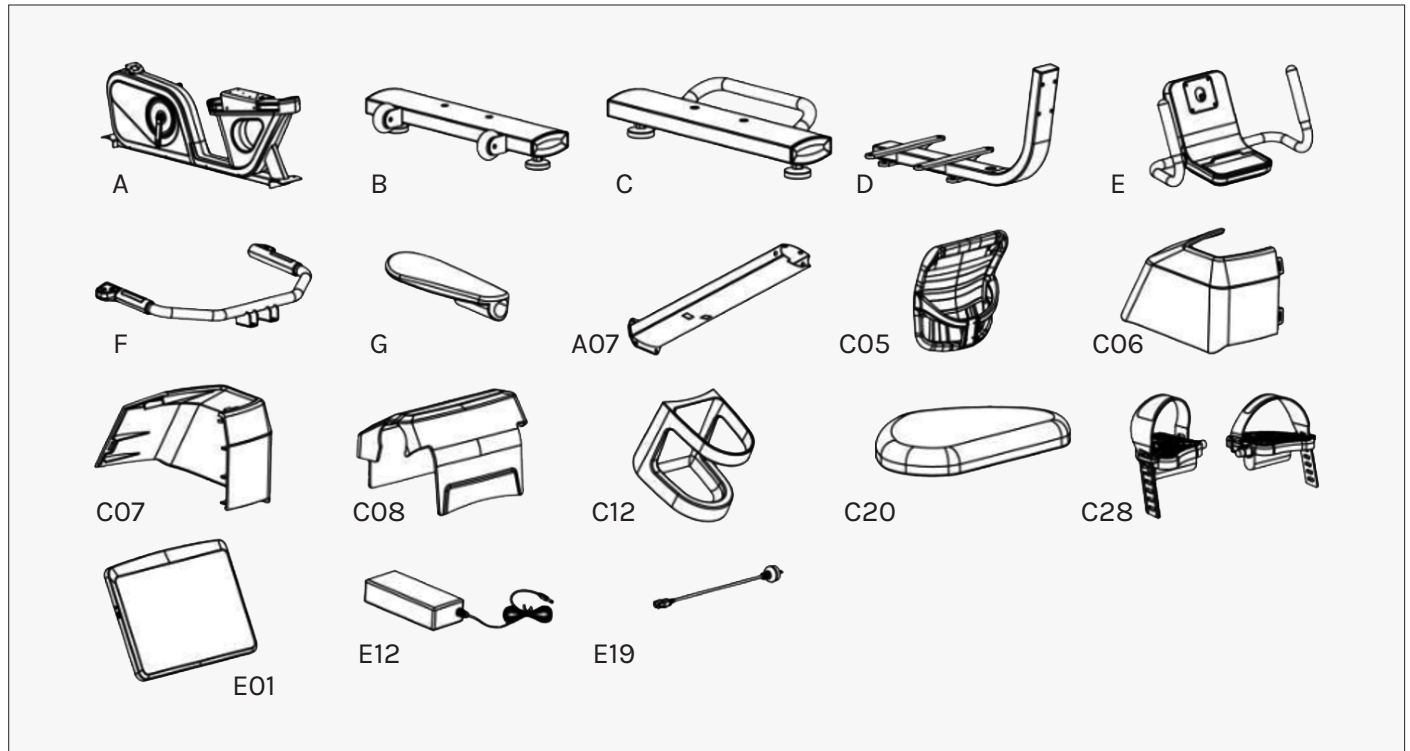
Part No.	Description	Remark	Qty
C06	Left Instrument Tube Cover		1
C07	Right Instrument Tube Cover		1
C08	Rear Armrest Cover		1
C09	Console Top Cover		1
C10	Console Bottom Cover		1
C11	Roller		4
C12	Bottle Holder		1
C13	Plug		4
C14	Console Front Cover		1
C15	Console Rear Cover		1
C16	Pulse Top Cover L1		1
C17	Pulse Top Cover R1		1
C18	Pulse Bottom Cover L2		1
C19	Pulse Bottom Cover R2		1
C20	Seat		1
C21	Pillow		1
C22	PVC Jacket		2
C23	Transport Wheel		2
C24	Footpad		4
C25	Plastic Sleeve		2
C26	Belt Pulley		1
C27	Plug		2
C28L	Left Pedal		1
C28R	Right Pedal		1
C29	Rubber Plug		2
C30	Clip		2
C31	Belt		1
C32	Cushion		4
C33	Crank Cover		2

Part No.	Description	Remark	Qty
C34	Adjust Handlebar		1
C35	Fixed Frame		1
C36	End Cap		2
C37	EVA Pad		1
D01	Screw	ST4.2x13	31
D02	Screw	ST4.2x8	2
D03	Screw	ST2.9x7	4
D04	Bolt	M8x16	20
D05	Nut	M8	2
D06	Bolt	M10x20	4
D07	Big Flat Washer	Φ10xΦ24 x2.0	4
D08	Screw	ST4.2x19 xΦ8	12
D09	Bolt	M4x10	2
D10	Washer	20	2
D11	Spring Washer	Φ20.1xΦ22.9 x0.3t	1
D12	Nut	M10x1.25	2
D13	Screw	ST4.2x12	1
D14	Bolt	M6x12xS5	11
D15	Flat Washer	Φ6xΦ18x1.5	1
D16	Spring Washer	6	13
D17	Bolt	M8x70	1
D18	Nut	M8	1
D19	Flat Washer	Φ6xΦ12x1.5	14
D20	Nut	M10	4
D21	Nut	M6	4
D22	Bolt	ST2.9*8	1
D23	Bolt	M6*40	4
D24	Flat Washer	M6*10	1
D25	Spring Washer	M6*30	2
D26	Bolt	M5*10	5
D27	Bolt	Φ5xΦ10x1.0	3

Part No.	Description	Remark	Qty
D28	Washer	Φ12xΦ16 x0.3	2
D29	Bolt	M5*16	3
D30	Bolt	M6*15	4
D31	Flat Washer	8	1
D32	Bolt	M8*42	2
D33	Washer	5	1
D34	Bolt	M5*8	1
D35	Spring Washer	5	1
D36	Washer	12	2
D37	Bolt	M5*10	3
E01	Console		1
E02	Controller		1
E03	Top Single Wire		1
E04	Middle Single Wire		1
E05	Bottom Single Wire		1
E06	Left Handlebar Wire		1
E07	Right Handlebar Wire		1
E08	Right Handlebar Top Wire		2
E09	Right Handlebar Middle Wire		2
E10	Handlebar Bottom Wire		2
E11	Power Connecting Wire		1
E12	Adapter		1
E13	Strip Light Board		1
E14	Strip Light Wire		2
E15	Button Board		2
E16	Sensor Wire		1
E17	Strip Light		2
E18	Ground Wire		1
E19	Power Wire		1
E20	Left Handlebar Wire		1
E21	Left Handlebar Top Wire		1

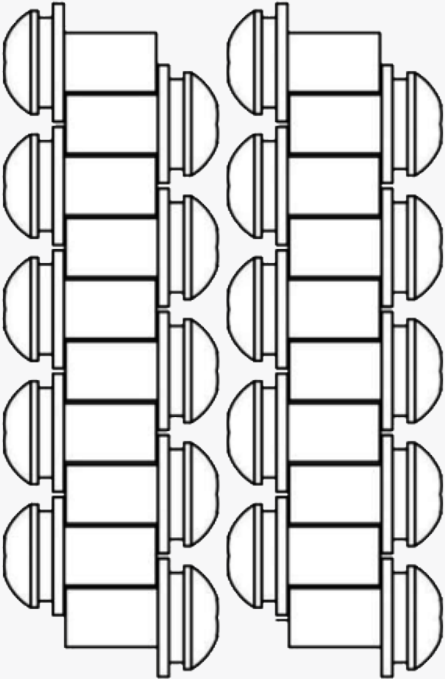
V. ASSEMBLY INSTRUCTIONS

- Ensure all parts are present before starting.
- Do not fully tighten bolts until all parts are assembled.
- Remove any plastic packaging material from all parts before installation.

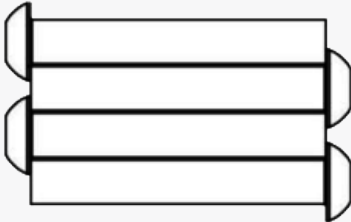


Part No.	Description	Qty	Part No.	Description	Qty
A	Main Frame Assembly	1	C06	Left Instrument Tube Cover	1
B	Front Stabilizer	1	C07	Right Instrument Tube Cover	1
C	Rear Stabilizer	1	C08	Rear Armrest Cover	1
D	Seat Assembly	1	C12	Bottle Holder	1
E	Front Handlebar Assembly	1	C20	Seat	1
F	Seat Handle Pipe Assembly	1	C28	Left/Right Pedal	1
G	Seat Adjustment Component	1	E01	Console	1
A07	Display Post	1	E12	Adapter	1
C05	Seat Backrest	1	E19	Power Wire	1

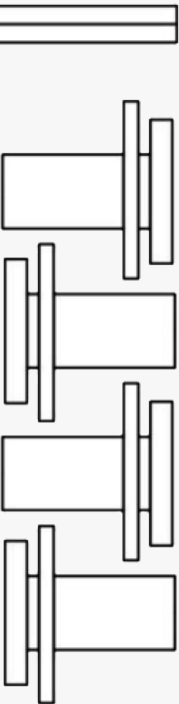
FIXING TOOLS



D04 M8x16xS5 20pcs



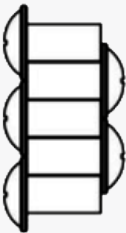
D23 M6x40 4pcs



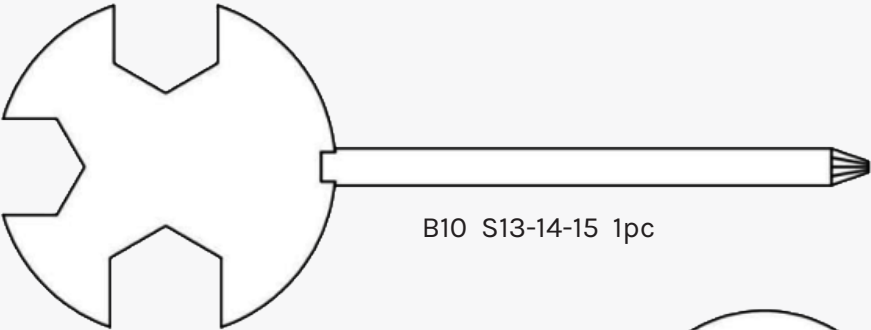
D06 M10x20xS5 4pcs
D07 Φ10xΦ24x2.0 4pcs



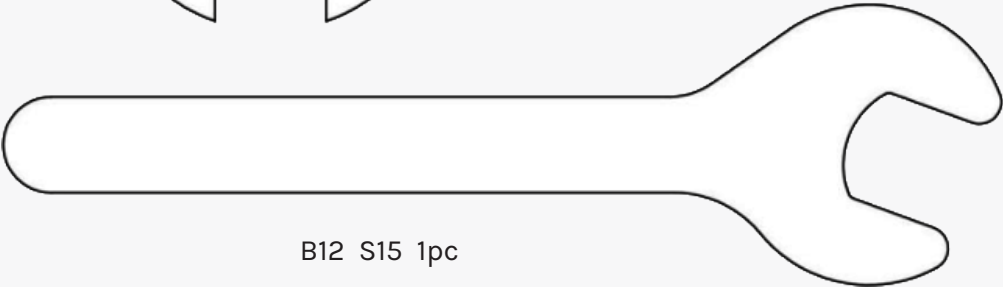
B11 S15 1pc



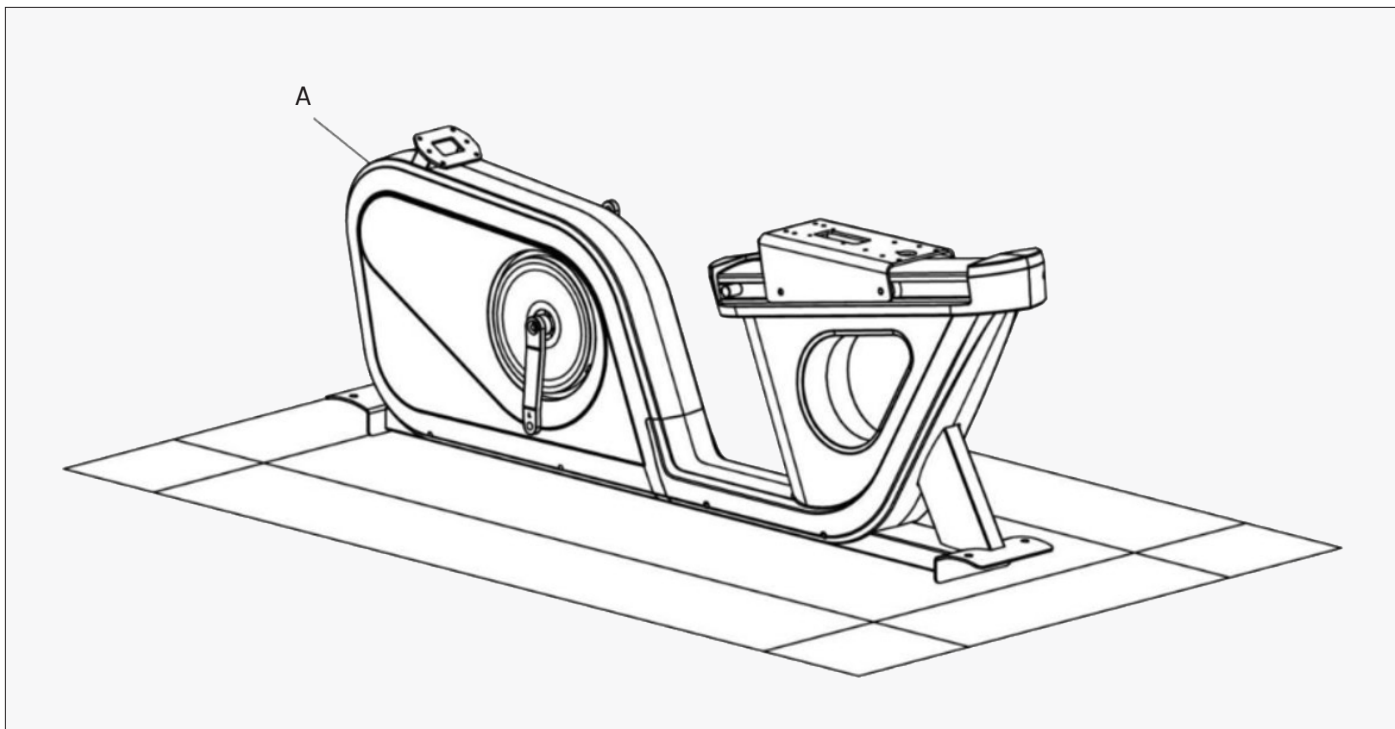
D26 M5x10 5pcs



B10 S13-14-15 1pc



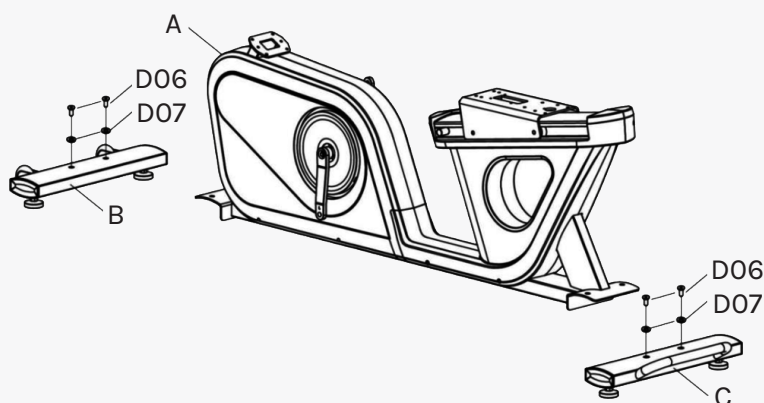
B12 S15 1pc



STEP 1

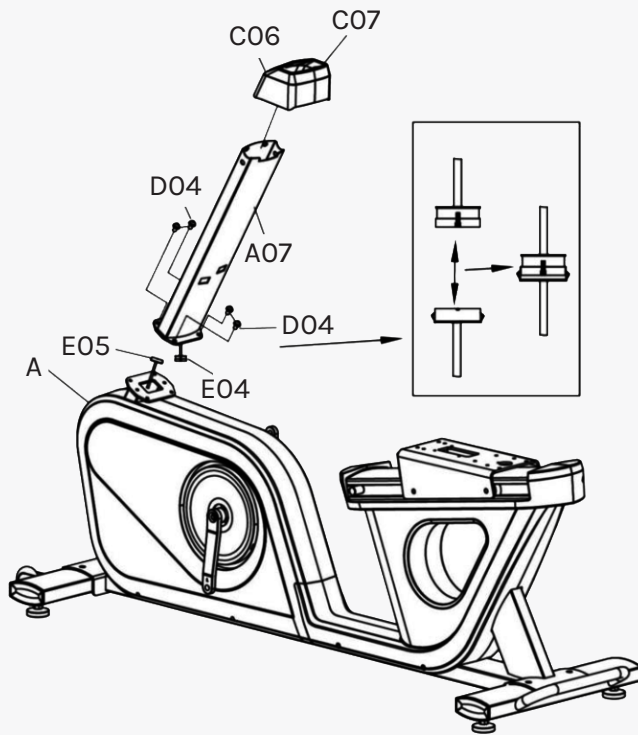
Open and remove the main frame out of the box. Take of any protective packaging on the machine. Lay this on a flat and even surface. Ensure you have enough space to move around during assembly.

	----- B11 S5 1pc
	----- D06 M10x20 4pcs
	----- D07 Φ10 4pcs



STEP 2

1. Attach the front stabiliser (B) to the front of the main frame (A).
2. Attach the rear stabiliser (C) to the rear of the main frame.
3. Secure both sections using D06 bolts and D07 washers.
4. Tighten firmly using the supplied tool.

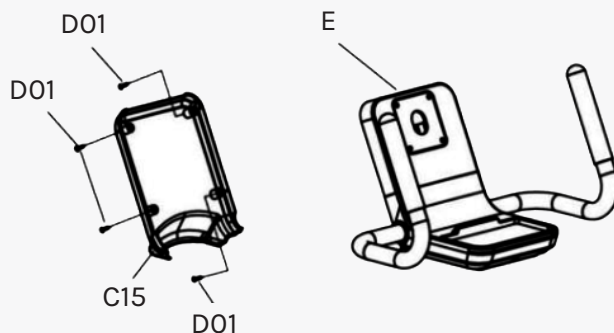
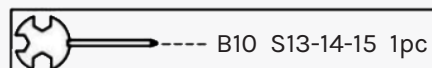


	----- B11 S5 1pc
	----- D04 M8x16 4pcs

STEP 3

⚠ Ensure cables are not pinched during installation.

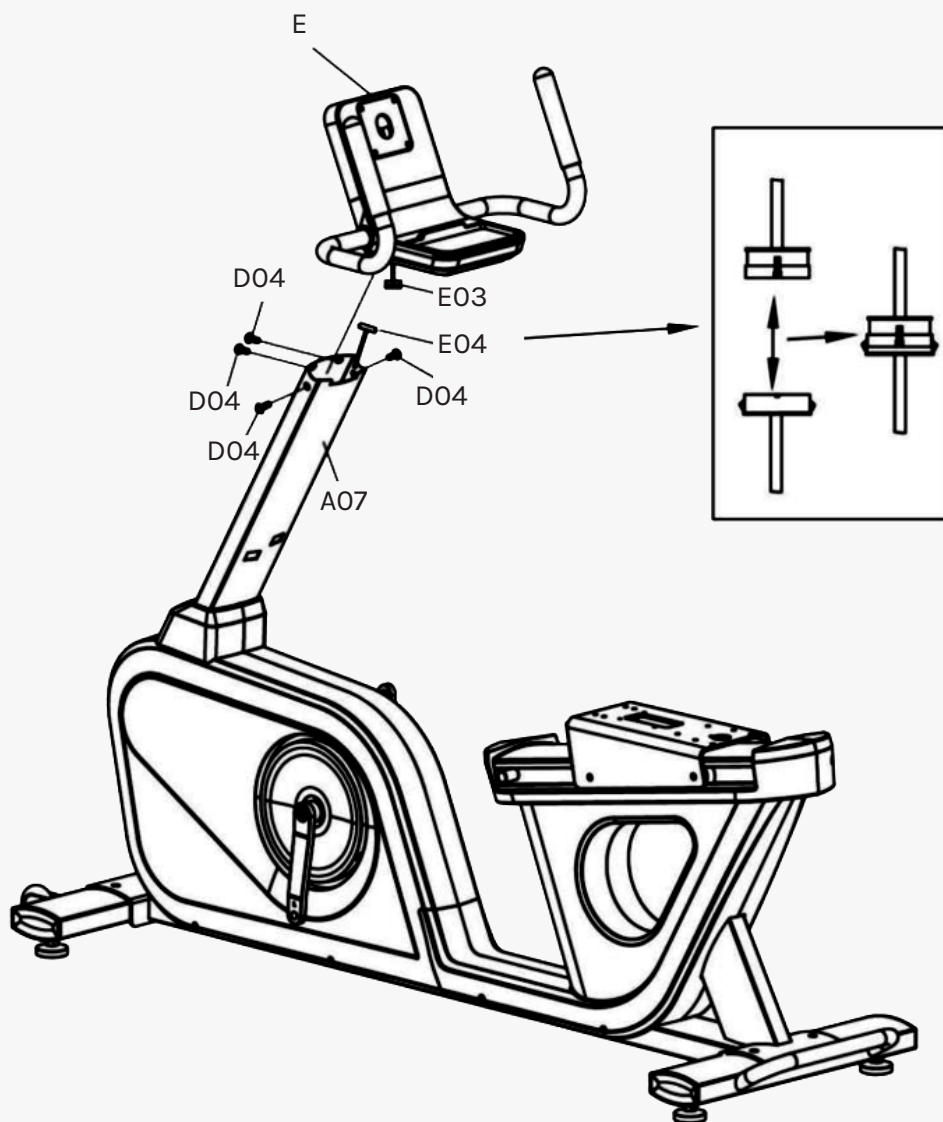
1. Connect the sensor wires (E04/E05) from the main frame to the instrument tube.
2. Carefully insert the display post (A07) into the main frame (A).
3. Secure using D04 bolts.
4. Attach the left and right covers (C06, C07).



STEP 4

Remove the back cover (C15) on (E) by undoing the screws D01. Set the part aside for step 6. Do not lose the screws.

	----- B11 S5 1pc
	----- D04 M8x16 4pcs

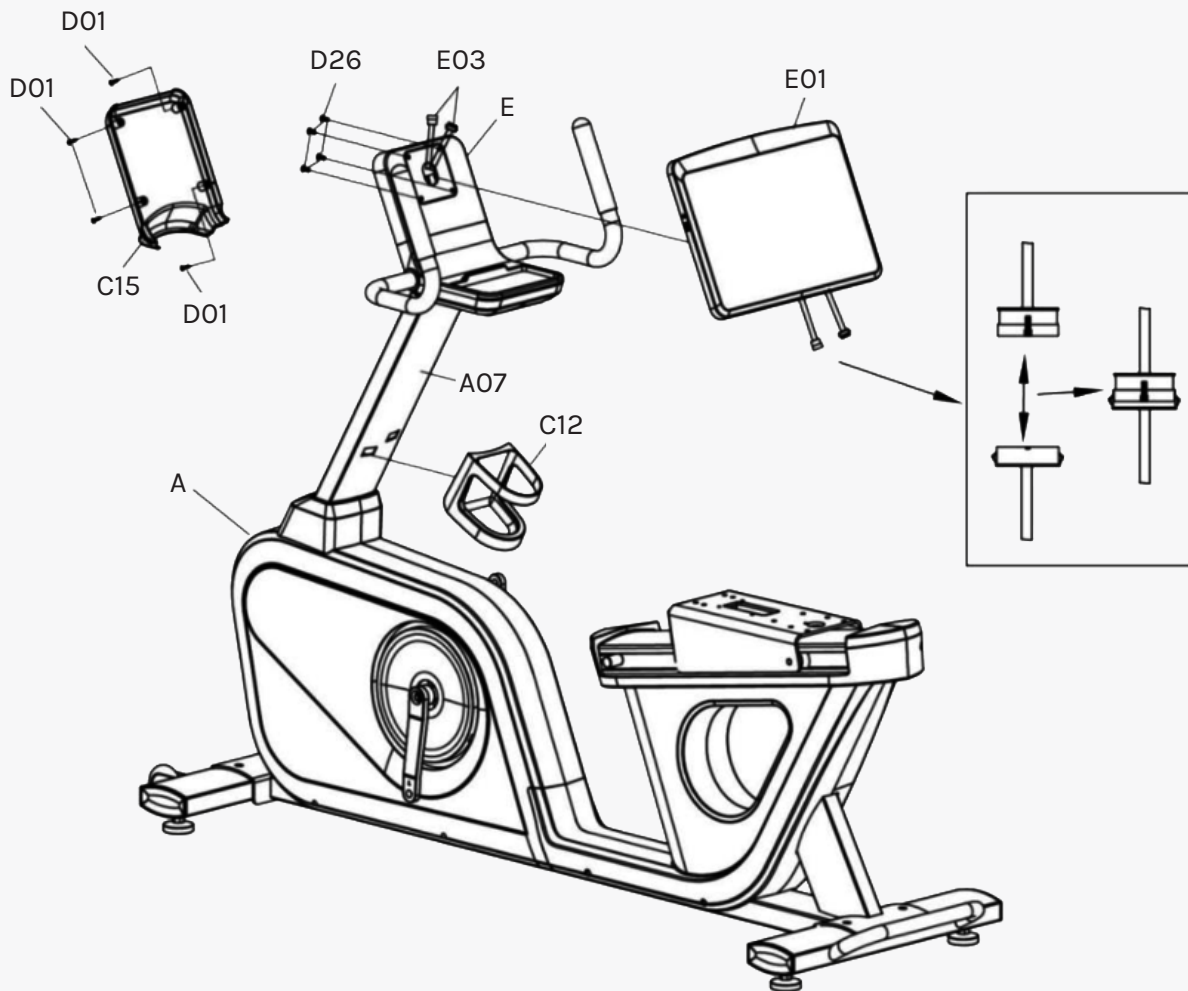


STEP 5

⚠ Ensure cables are not pinched during installation.

1. Carefully connect the upper cable (E03) to the lower cable (E04).
2. Ensure the connectors are fully inserted and aligned correctly.
3. Place the front handlebar assembly (E) onto the top of the display post (A07).
4. Gently tuck the connected cables inside the tube.
5. Align the bolt holes. Insert 4 x D04 bolts (M8x16) and tighten securely using the Allen key (B11).

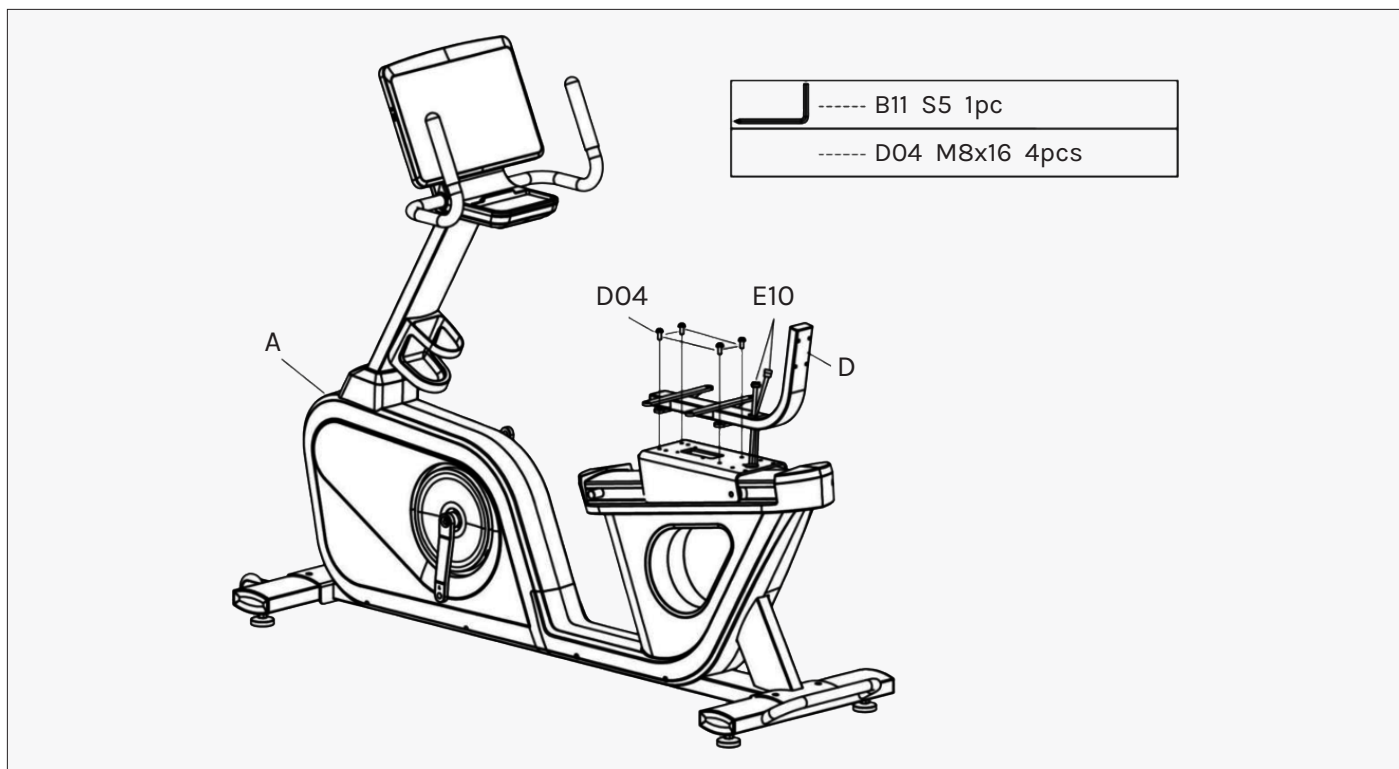
	B10 S13-14-15 1pc
	D26 M5x10 4pcs



STEP 6

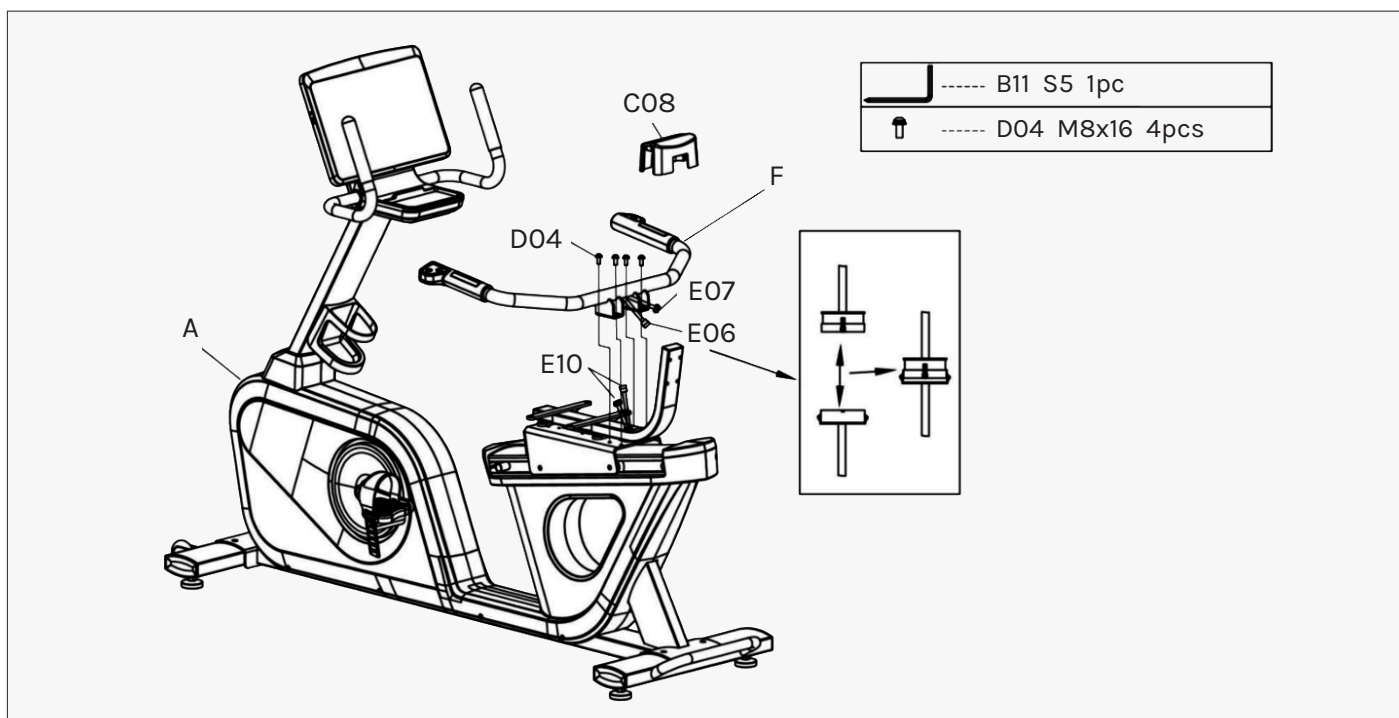
 Ensure cables are not pinched during installation.

1. Connect the console cable (E03) from the handlebar assembly (E) to the console (E01).
2. Ensure the connector is firmly attached and aligned correctly.
3. Position the console (E01) onto the mounting bracket. Tuck the cables inside to avoid pinching the cables.
4. Align the screw holes and secure using 4 x D26 screws (M5x10).
5. Reattach the back covers (C15) to (E) using the screws D01.
6. Place bottle holder (C12) into the slot on display post (A07).



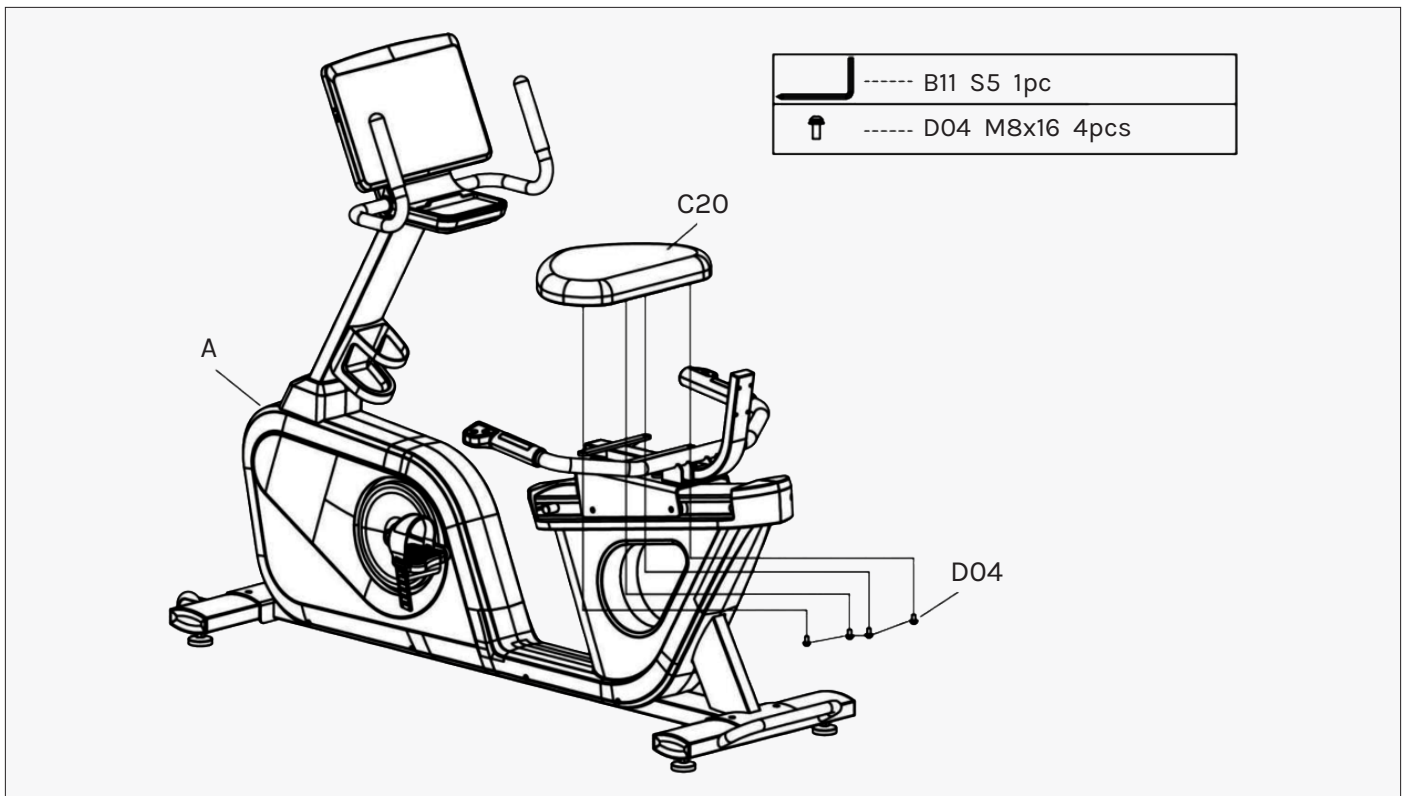
STEP 7

1. Place the seat support (E10) onto the frame bracket.
2. Align the seat assembly (D) with the mounting holes.
3. Insert 4 x D04 bolts and tighten using the Allen key (B11).



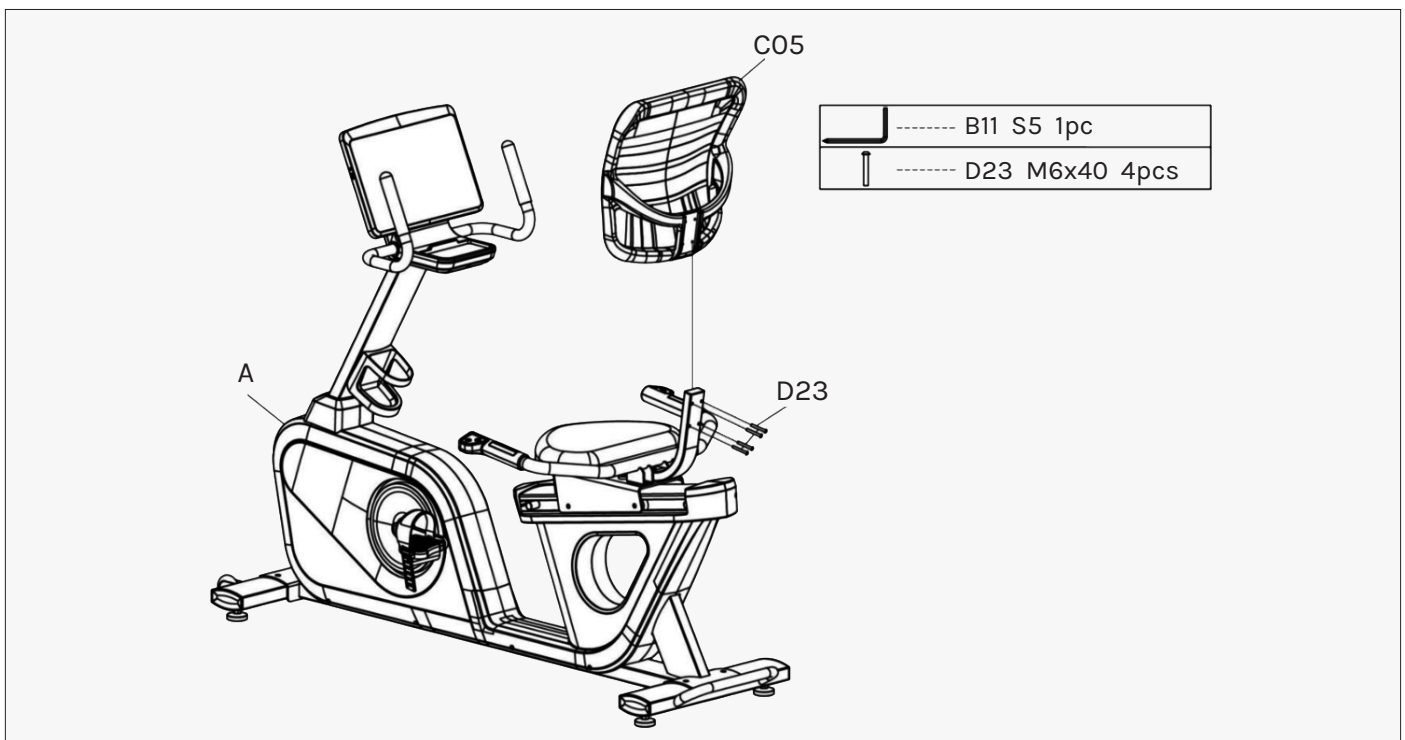
STEP 8

1. Connect E06 and E07 cables securely.
2. Position the handlebar (F) onto the seat frame and secure using 4 x D04 bolts.
3. Clip the rear cover (C08) into place on top of the handlebar (F) and seat assembly (D).



STEP 9

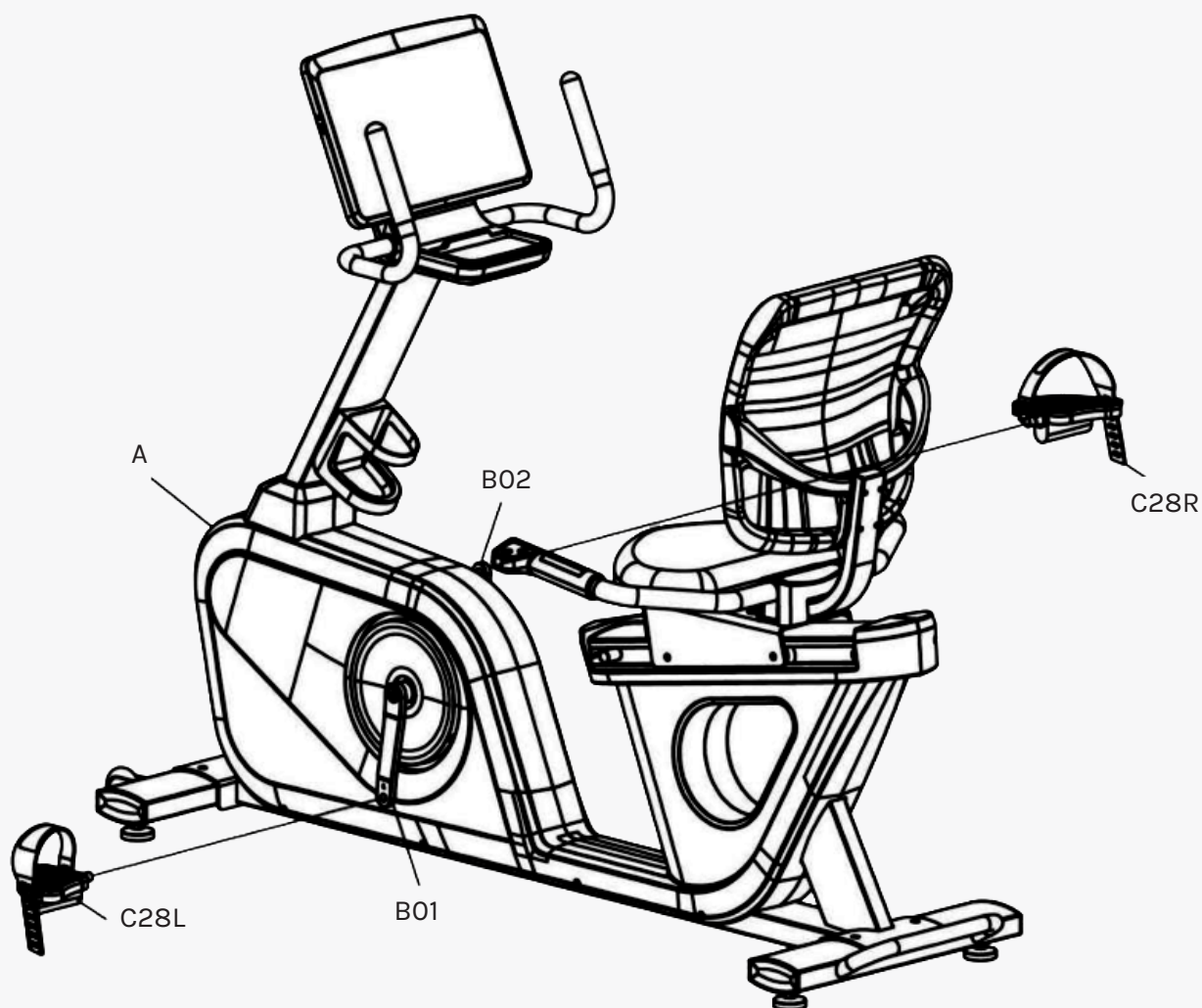
1. Place the seat (C20) onto the seat frame.
2. Insert 4 x D04 bolts and tighten using the Allen key (B11).



STEP 10

1. Align the seat backrest (C05) with the mounting bracket behind the seat.
2. Insert 4 x D23 bolts and tighten using the Allen key (B11).

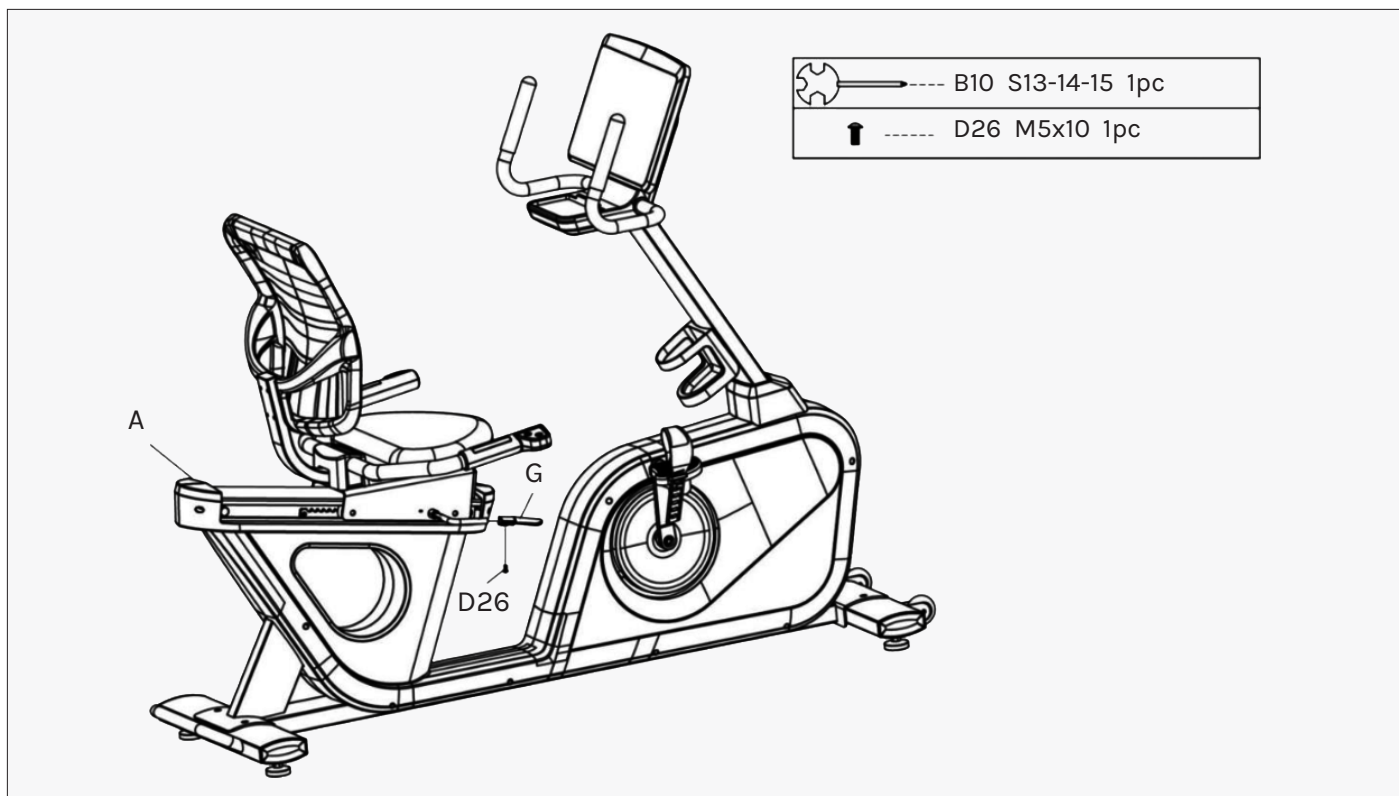
 ---- B12 S15 1pc



STEP 11

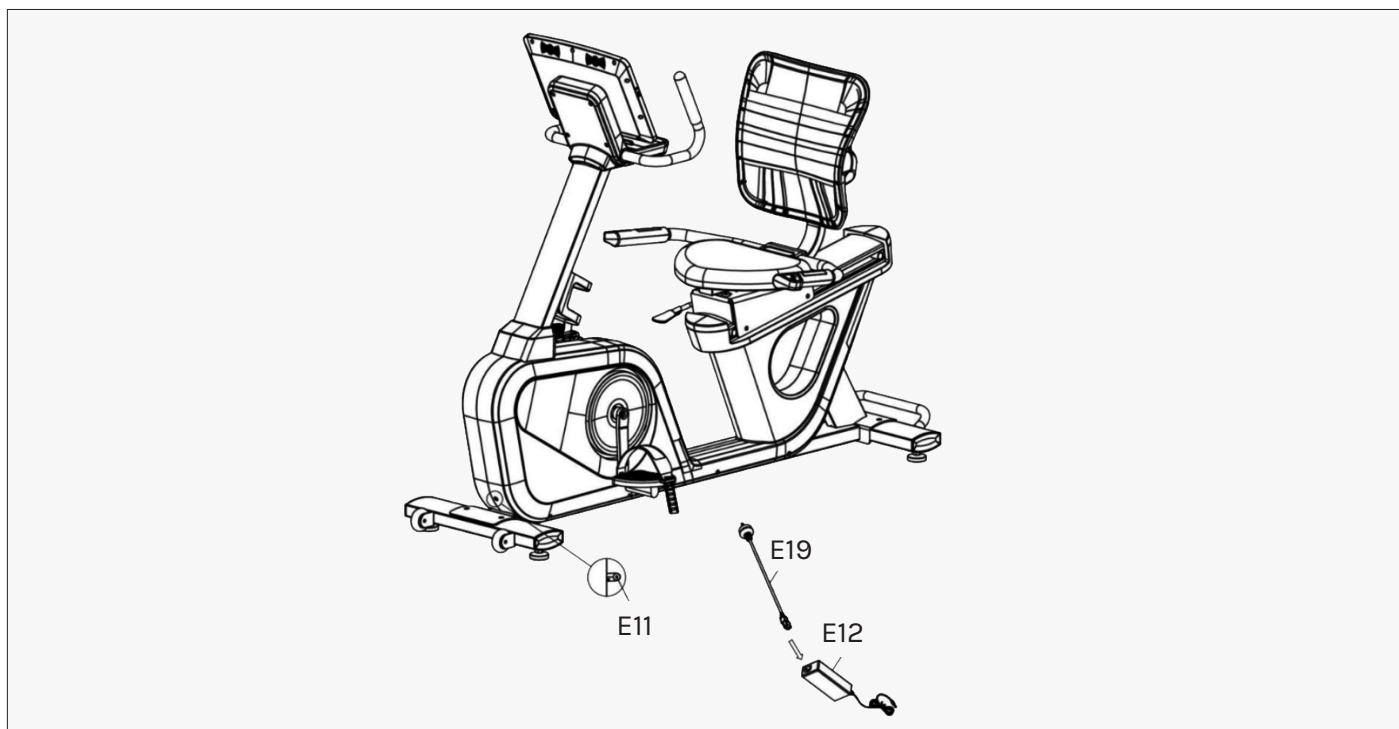
! **IMPORTANT:** Align the pedals to the cranks and hand-tighten first. Left pedal is installed counterclockwise and right pedal is clockwise.

1. Screw the right pedal (R) into the right crank clockwise.
2. Screw the left pedal (L) into the left crank counterclockwise.
3. Use the spanner (B12) to fully tighten both pedals. Failure to fully tighten the pedals can cause damage to the thread during use, make sure to check and retighten when necessary.



STEP 12

1. Insert the adjustment knob (G) into the seat rail on the frame as pictured.
2. Fasten using D26 screw and tighten securely.



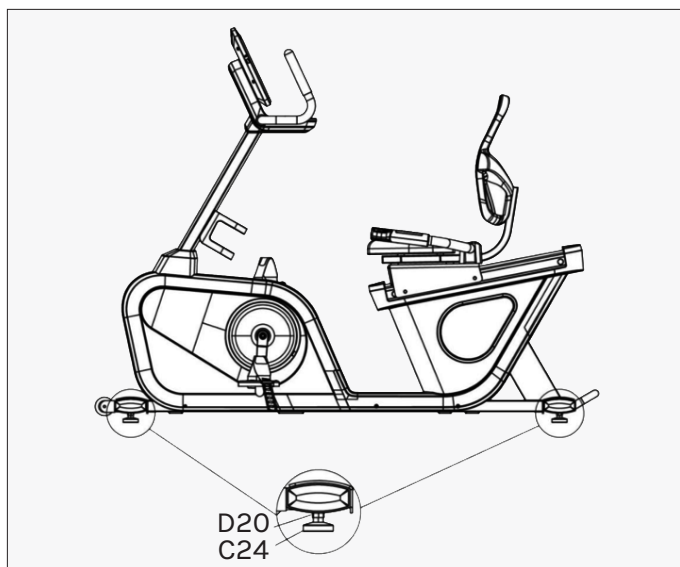
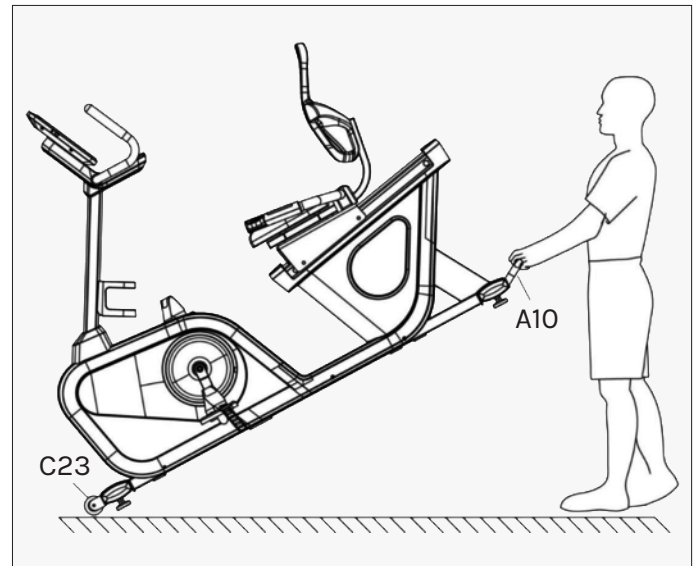
STEP 13

1. Attach the power cable (E19) into the adapter (E12)
2. Attach the adapter (E12) to the socket (E11).
3. Plug into a power cable (E19) into the the wall socket.

MOVING INSTRUCTION

Before moving the equipment, unplug the power cord and clear the space you are transporting to.

1. Hold the handle at (A10) and lift the machine until the wheels touch the ground.
2. Move it to the desired location and re-plug the cord.
3. You may need to adjust the floor leveler if the ground is uneven.



FLOOR LEVELER

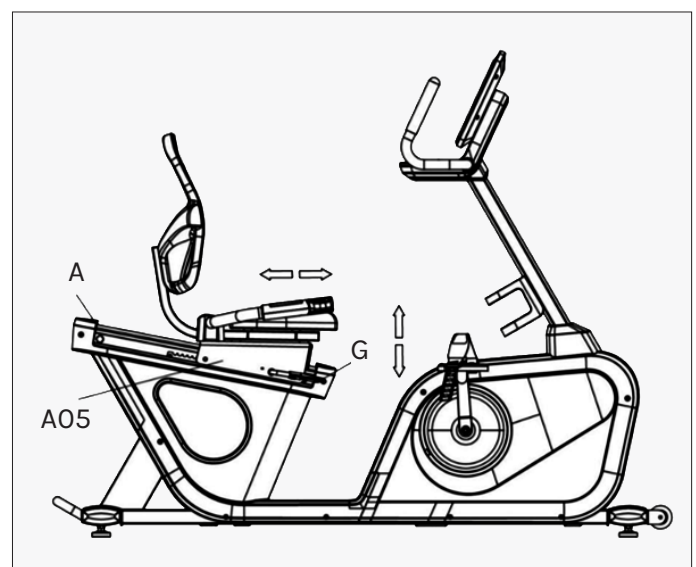
Underneath the machine are floor levelers on the stabilizer feet as pictured (D20, C24).

Turn the floor pads right or left until they all touch the ground and the machine is stable.

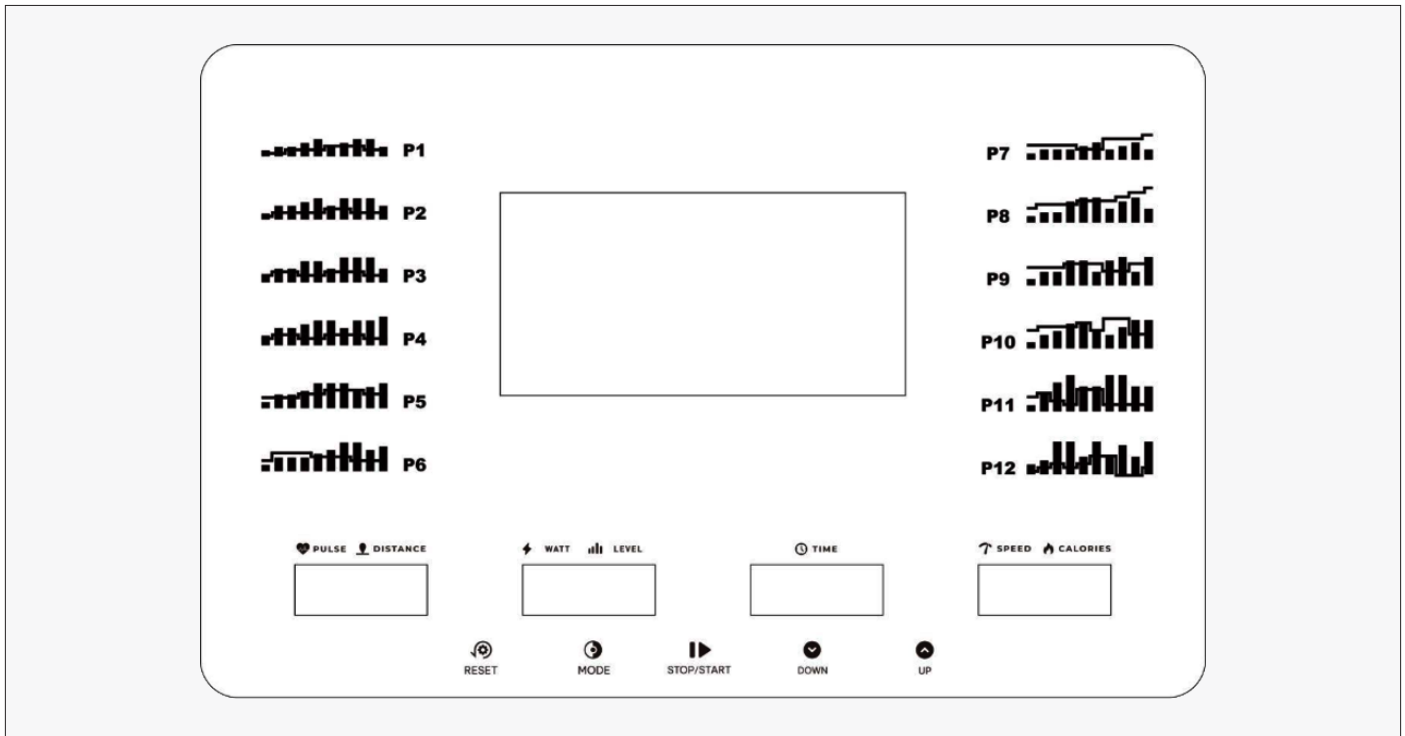
SEAT ADJUSTMENT

1. To adjust the seat distance, lift (G) lever to unlock then slide the seat forward or backward.
2. Once you have chosen the right distance push down the (G) lever to lock the position.

TIP: A proper seat position should have your legs almost fully extended but with a slight bend on the knees. A locked knee at full extension or over-bending can lead to discomfort or injury.



VI. OPERATION INSTRUCTIONS



BUTTON FUNCTIONS

RESET

- **Standby Mode:** Press and hold for approximately 5 seconds to reset all values.
- **Pause Mode:** Press to stop the workout and return to standby mode.
- **Setting Mode:** Press to return to the previous screen.

MODE

- **Standby Mode:** Press to enter program selection. Use the UP/DOWN buttons to scroll through programs: MANUAL, P1-P30, U1-U2, H1-H3, WATT.
- Press MODE to confirm your selection and enter settings for TIME / AGE / WEIGHT.
- After setting up, press START/STOP to begin the workout.
- **During Exercise:** Press to switch display metrics.

START / STOP

- **Standby Mode:** Press to start a workout immediately (quick start).
- **During Exercise:**
 - Press once to pause the workout.
 - Press again to resume.

DOWN

- **Program Selection:** Scroll down through programs.
- **Adjustment:** Decrease resistance level or setting values.

UP

- **Program Selection:** Scroll up through programs.
- **Adjustment:** Increase resistance level or setting values.

DISPLAY

- **PULSE:** Displays estimated heart rate when hands are placed on the sensors.
(For reference only – not intended for medical use.)
- **DISTANCE:** Shows total distance travelled (km).
- **WATT:** Displays current power output.
- **LEVEL:** Indicates current resistance level.
- **TIME:** Shows elapsed workout time.
- **SPEED:** Displays current speed.
- **CALORIES:** Shows estimated calories burned.

MEDIA HUB

- **USB Port:** For charging compatible devices.
- **Bluetooth App Compatibility:** Connects with FitShow, Kinomap, and Zwift.

CONSOLE FUNCTIONS

MANUAL PROGRAM SETUP

- From standby mode, press the MODE button until "MANUAL" appears on the display.
- Press MODE again to set the following parameters:
AGE → WEIGHT → TIME → DISTANCE → CALORIES.
- After completing the settings, press START to begin the workout.

Program Operation

- The workout is divided into 10 segments.
- Press UP or DOWN to adjust the resistance level during each segment.

During Exercise

- Press START/STOP to pause the workout.
- Resistance level will reset to Level 1.
- Press START/STOP again to resume the workout.
- While paused, press the PAUSE/STOP button on the left handlebar to end the workout completely.

Countdown Mode

- When using a countdown setting (e.g. time), the machine will:
- Emit 3 beeps when the target is reached
- Automatically reset resistance to Level 1
- Press RESET at any time to return to standby mode.

PRESET PROGRAMS (P1-P30)

- From standby mode, press MODE to enter program selection.
- Use UP/DOWN to scroll through programs:
P1 → P2 → P3 →...→ P30.
- Select your desired program and press MODE to confirm.

Program Setup

- Set the following parameters:
AGE → WEIGHT → TIME
- Press START to begin the workout.

Program Operation

- Each program consists of 10 segments.
- Use UP or DOWN to adjust resistance levels during each segment.

During Exercise

- Press START/STOP to pause (resistance resets to Level 1).
- Press START/STOP again to resume.
- While paused, press the PAUSE/STOP button on the left handlebar to end the workout.

Countdown Mode

- When the set time is completed:
- The machine will beep 3 times
- Resistance will reset 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

PROGRAM	TIME	SETTING TIME/10=EXERCISE TIME OF EACH SECTION									
		1	2	3	4	5	6	7	8	9	10
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

USER PROGRAMS (U1-U2)

- From standby mode, press the MODE button to enter program selection.
- Use UP/DOWN to select U1 or U2.
- Press MODE to confirm your selection.

Program Setup

- Set the following parameters:
AGE → WEIGHT → TIME
- Press START to begin the workout.

Program Operation

- The workout is divided into 10 segments.
- Press UP or DOWN to adjust the resistance level during each segment.

During Exercise

- Press START/STOP to pause (resistance resets to Level 1).
- Press START/STOP again to resume.
- While paused, press the PAUSE/STOP button on the left handlebar to end the workout.

Countdown Mode

- When the set time is reached:
 - The machine will beep 3 times
 - Resistance resets to Level 1
- Press RESET to return to standby mode.

HEART RATE PROGRAMS (H1-H3)

- From standby mode, press the MODE button to enter program selection.
- Use UP/DOWN to select:

H1, H2, or H3

Target Heart Rate Calculation

- H1: $(220 - \text{AGE}) \times 60\%$
- H2: $(220 - \text{AGE}) \times 70\%$
- H3: $(220 - \text{AGE}) \times 80\%$
- Press MODE to confirm your selection.

Program Setup

- Set the following parameters:
AGE → WEIGHT → TIME → THR (Target Heart Rate)
- Press START to begin the workout.

Automatic Resistance Adjustment

During the workout, resistance adjusts automatically based on your current heart rate:

- Below THR - 25 bpm: Increase 3 levels every 30 seconds (up to maximum).
- THR - 25 to THR - 15 bpm: Increase 2 levels every 30 seconds.
- THR - 15 to THR - 5 bpm: Increase 1 level every 30 seconds.
- Within THR $\pm$ 5 bpm: Resistance remains unchanged.
- THR + 5 to THR + 15 bpm: Decrease 1 level every 30 seconds.
- Above THR + 15 bpm: Decrease 2 levels every 30 seconds (down to minimum).

During Exercise:

- Press START/STOP to pause (resistance resets to Level 1).
- Press START/STOP again to resume.
- While paused, press the PAUSE/STOP button on the left handlebar to end the workout.

Countdown Mode

- When the set time is completed:
 - The machine will beep 3 times
 - Resistance resets to Level 1
- 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.

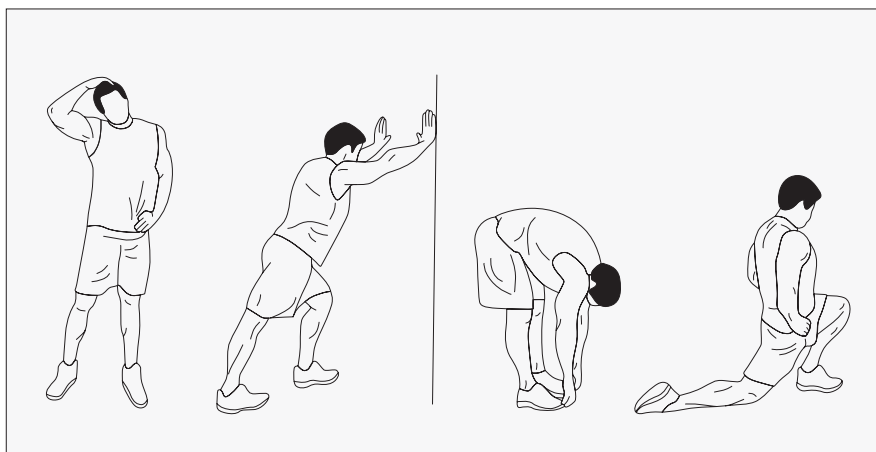
The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not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

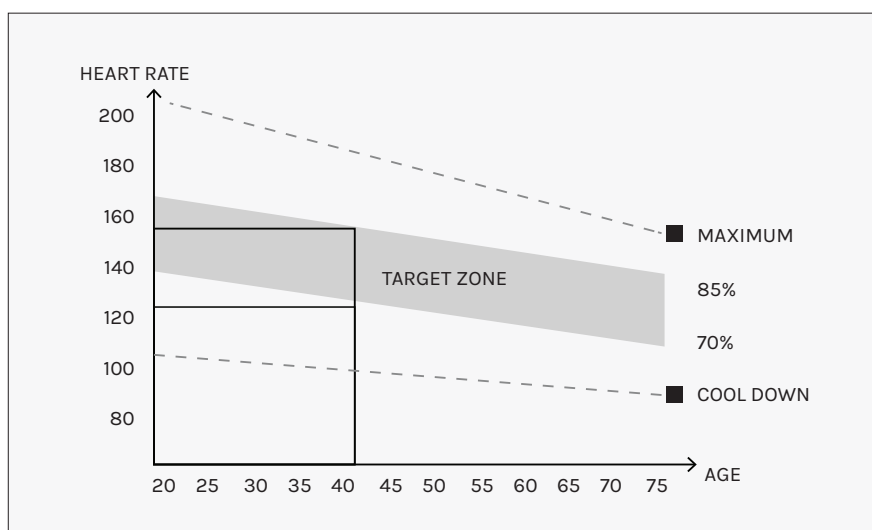
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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.

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. 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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