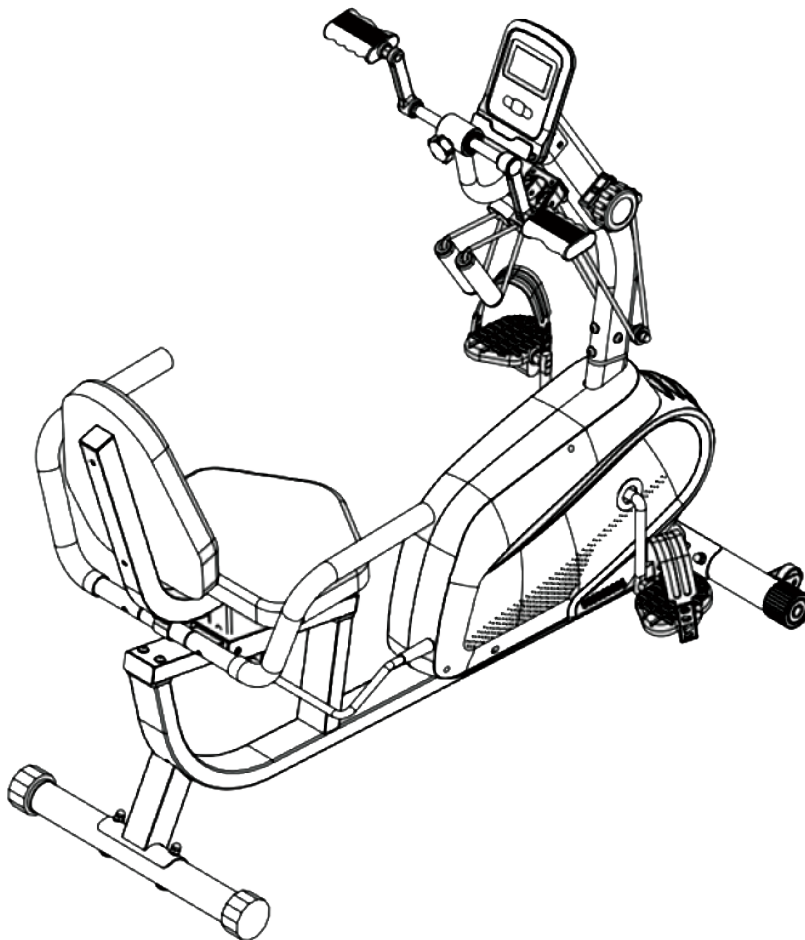


LSG

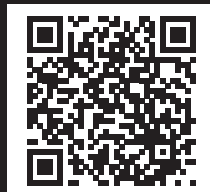
RB-100

Recumbent Bike

USER MANUAL



Find the
Digital Manual
Online



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 may be subject to updates or changes. Up to date manuals are available through our website at www.lsgfitness.com.au



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I. 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.

- 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.

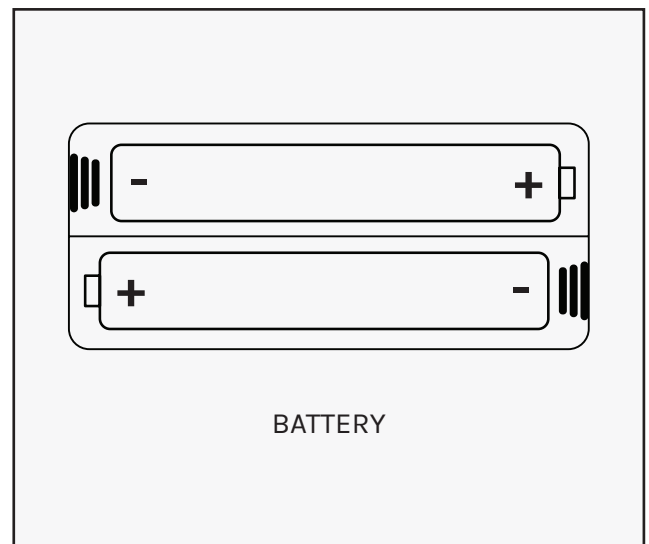
- Always keep this instruction manual and assembly tools at hand for reference.
- The equipment is not suitable for therapeutic use.
- The pulse or heart rate sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors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

II. CARE INSTRUCTIONS

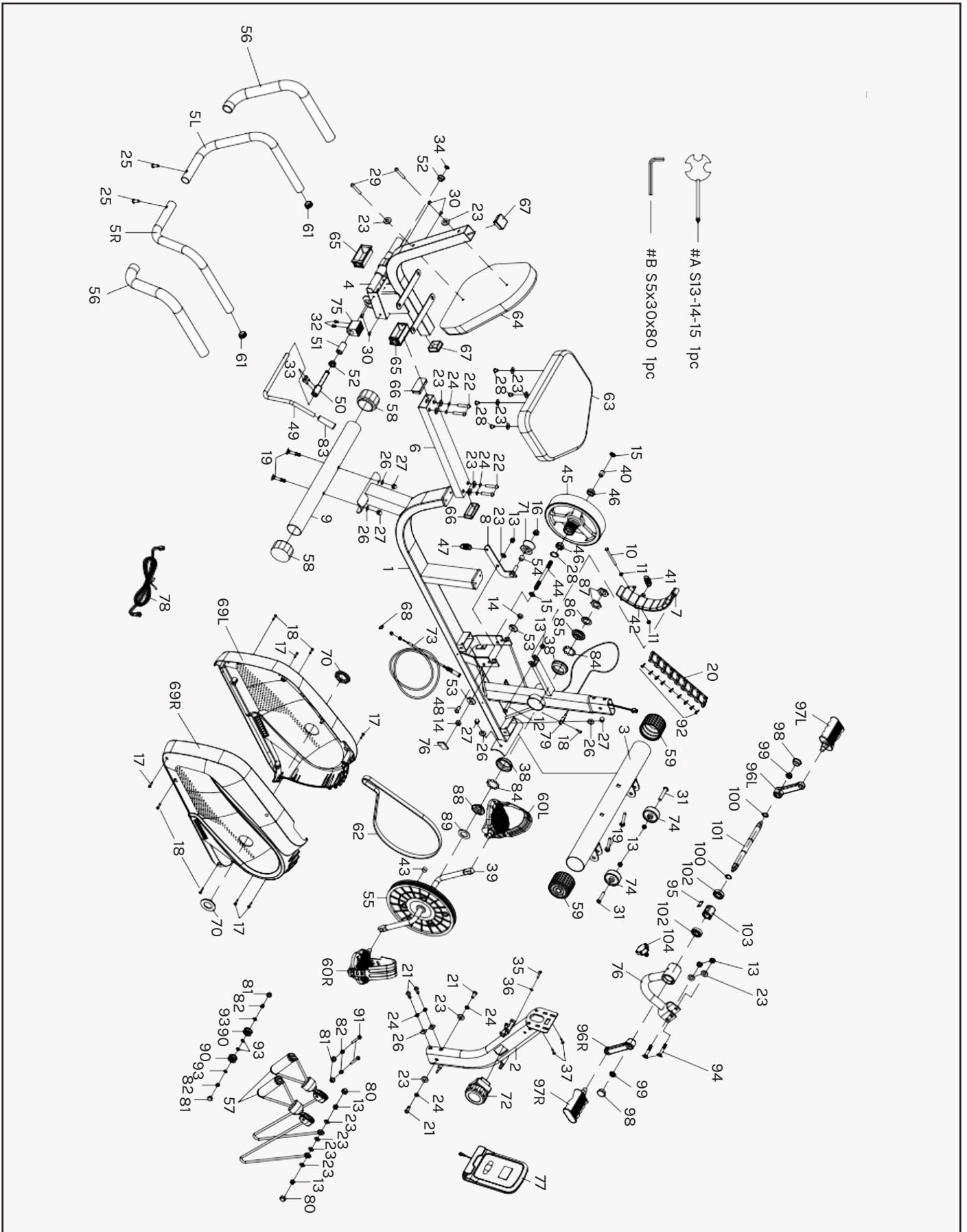
- Lubricate moving joints with grease after periods of usage.
- Be careful not to damage plastic or metal parts of the machine with heavy or sharp objects.
- The machine can be kept clean by wiping it down using dry cloth.
- All nuts and bolts are to be checked and tightened on a regular basis. This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

BATTERY USAGE

- Batteries are to be installed or replaced by adults 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



IV. PARTS LIST

! Some items on this list may come pre-installed on your equipment. If you feel like you're missing anything, please double check your equipment.

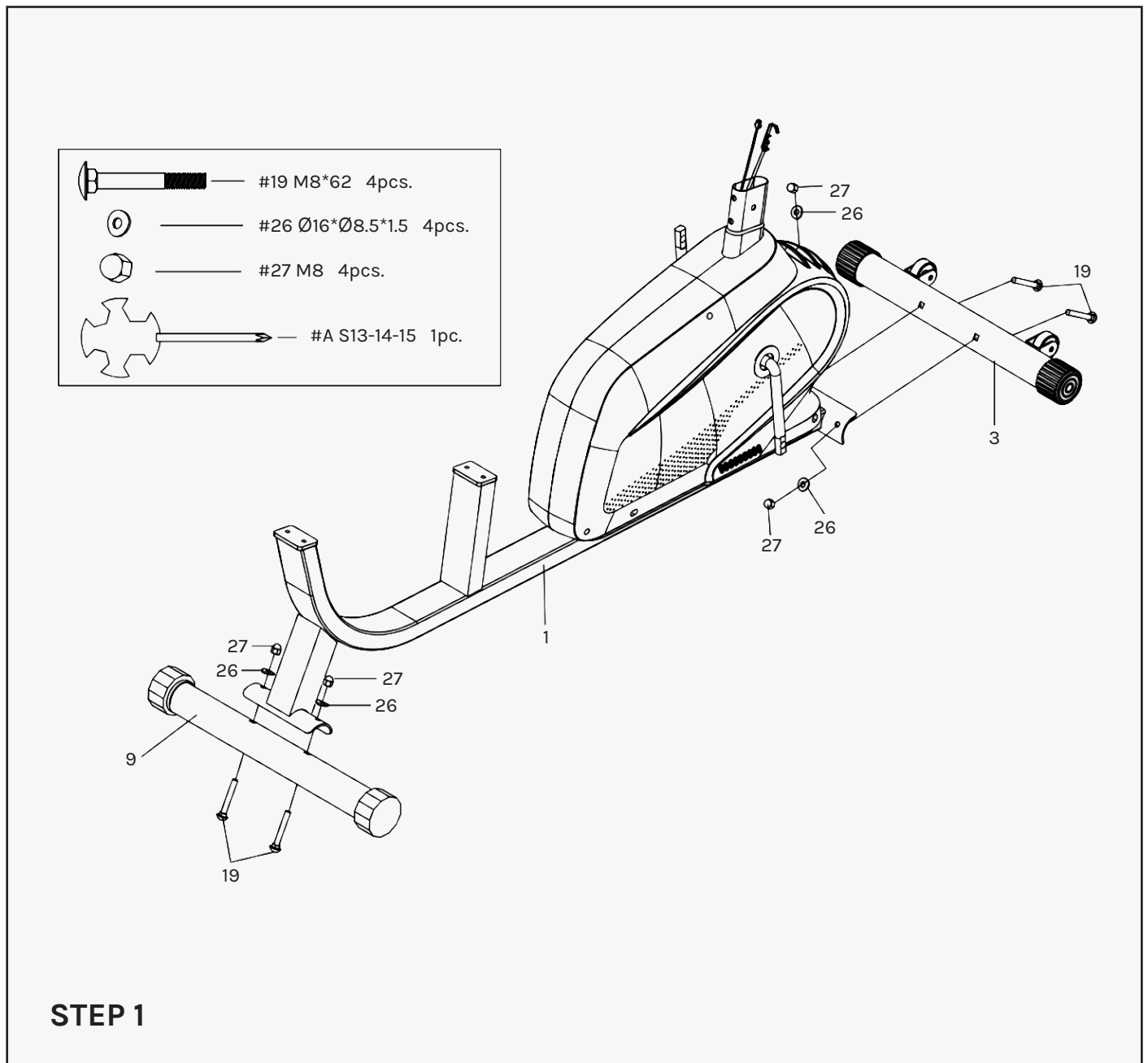
| No. | Description | Qty | No. | Description | Qty |
|-----|----------------------|-----|-----|-----------------------------|-----|
| 1 | Main Frame | 1 | 27 | Nut M8 S13 | 4 |
| 2 | Front Post | 1 | 28 | Washer | 1 |
| 3 | Front Bottom Tube | 1 | 29 | Bolt M8*50 20, S5, | 2 |
| 4 | Seat Support | 1 | 30 | Bolt M5*8 | 4 |
| 5 | L&R Handlebar Weld | 2 | 31 | Bolt M8x38*15 | 2 |
| 6 | Adjust Tube | 1 | 32 | Bolt M5*15, φ8 | 2 |
| 7 | Magnetic Board | 1 | 33 | Bolt M6*15*S5 | 2 |
| 8 | Idler Connecting Rod | 1 | 34 | Lock Washers for Shafts D12 | 1 |
| 9 | Rear Bottom Tube | 1 | 35 | Bolt M5*20 | 1 |
| 10 | Bolt M6*70 | 1 | 36 | Washer D5 | 1 |
| 11 | Nut M6 | 2 | 37 | Bolt M5*10 | 2 |
| 12 | Bolt M8*40*15 | 1 | 38 | Ball Bowl | 2 |
| 13 | Nylon Nut M8, S13 | 8 | 39 | Crank | 1 |
| 14 | Nut M10x1xH5 | 2 | 40 | Flywheel Pushing | 1 |
| 15 | Nut M10x1xH4 | 2 | 41 | Tension Spring | 1 |
| 16 | Nylon Nut M10, S17 | 1 | 42 | Black Magnet | 8 |
| 17 | Bolt ST4.2*20 | 5 | 43 | Round Magnet | 1 |
| 18 | Bolt ST4.2*20 | 5 | 44 | Inertia Wheel | 1 |
| 19 | Bolt M8*62 8,20 | 4 | 45 | Flywheel | 1 |
| 20 | Magnetic Board | 1 | 46 | Axis | 2 |
| 21 | Bolt M8*16, S5 | 8 | 47 | Tension Spring | 1 |
| 22 | Bolt M8*45 20, S5 | 4 | 48 | Bolt M8*20, S5 | 1 |
| 23 | Washer φ16*φ8.5*1.5 | 19 | 49 | Adjust Brake Handlebar | 1 |
| 24 | Washer D8 | 8 | 50 | Eccentric Shaft | 1 |
| 25 | Bolt M8*20, S5, | 2 | 51 | Eccentric Wheel | 1 |
| 26 | Washer φ16*φ8.5*1.5 | 6 | 52 | Bushing | 2 |

| No. | Description | Qty | No. | Description | Qty |
|-----|-----------------------|-----|-----|-----------------------------|-----|
| 53 | Lock Washer | 2 | 80 | Ball Cap | 2 |
| 54 | Idler Spacer | 1 | 81 | Ball Cap | 4 |
| 55 | Pulley | 1 | 82 | Nylon Nut M6 S10 | 4 |
| 56 | Foam Grip | 2 | 83 | Brake Handlebar Cover | 1 |
| 57 | Elastic Rope Set | 2 | 84 | Ball Frame | 2 |
| 58 | Front Bottom Tube Cap | 2 | 85 | Nut | 1 |
| 59 | Striped Foot Cover | 2 | 86 | Washer | 1 |
| 60 | Pedal | 2 | 87 | Nut | 2 |
| 61 | Round End Cap | 2 | 88 | Nut 2 | 1 |
| 62 | Belt | 1 | 89 | Washer | 1 |
| 63 | Seat Cushion | 1 | 90 | Rope Pulley | 2 |
| 64 | Backrest Cushion | 1 | 91 | Bolt M6x45*15 | 2 |
| 65 | Sleeve | 2 | 92 | Bolt ST3*10 | 9 |
| 66 | Plug | 2 | 93 | Washer D6xΦ12x1 | 4 |
| 67 | Plug | 2 | 94 | Bolt M8*45, φ8*5,15 | 2 |
| 68 | E Snap Ring D3 | 1 | 95 | Brake Block | 1 |
| 69 | L&R Chain Cover | 2 | 96 | L&R Crank | 2 |
| 70 | Crank Plug | 2 | 97 | Small Pedal | 2 |
| 71 | Arc Idler | 1 | 98 | Crank Cover | 2 |
| 72 | Tension Control Wire | 1 | 99 | Nut M10x1.25, S14 | 2 |
| 73 | Tension Control Wire | 1 | 100 | Lock Washers for Shafts D17 | 2 |
| 74 | Idler Wheel | 2 | 101 | Axis | 1 |
| 75 | Brake Block | 1 | 102 | Axis 6003ZZ | 2 |
| 76 | Handle Rack | 1 | 103 | Brake Drum | 1 |
| 77 | Computer | 1 | 104 | Pentagon Screw | 1 |
| 78 | Mid Wire 1 | 1 | A | Wrench S13-14-15 | 1 |
| 79 | Sensor | 1 | B | Wrench S5*30*80 | 1 |

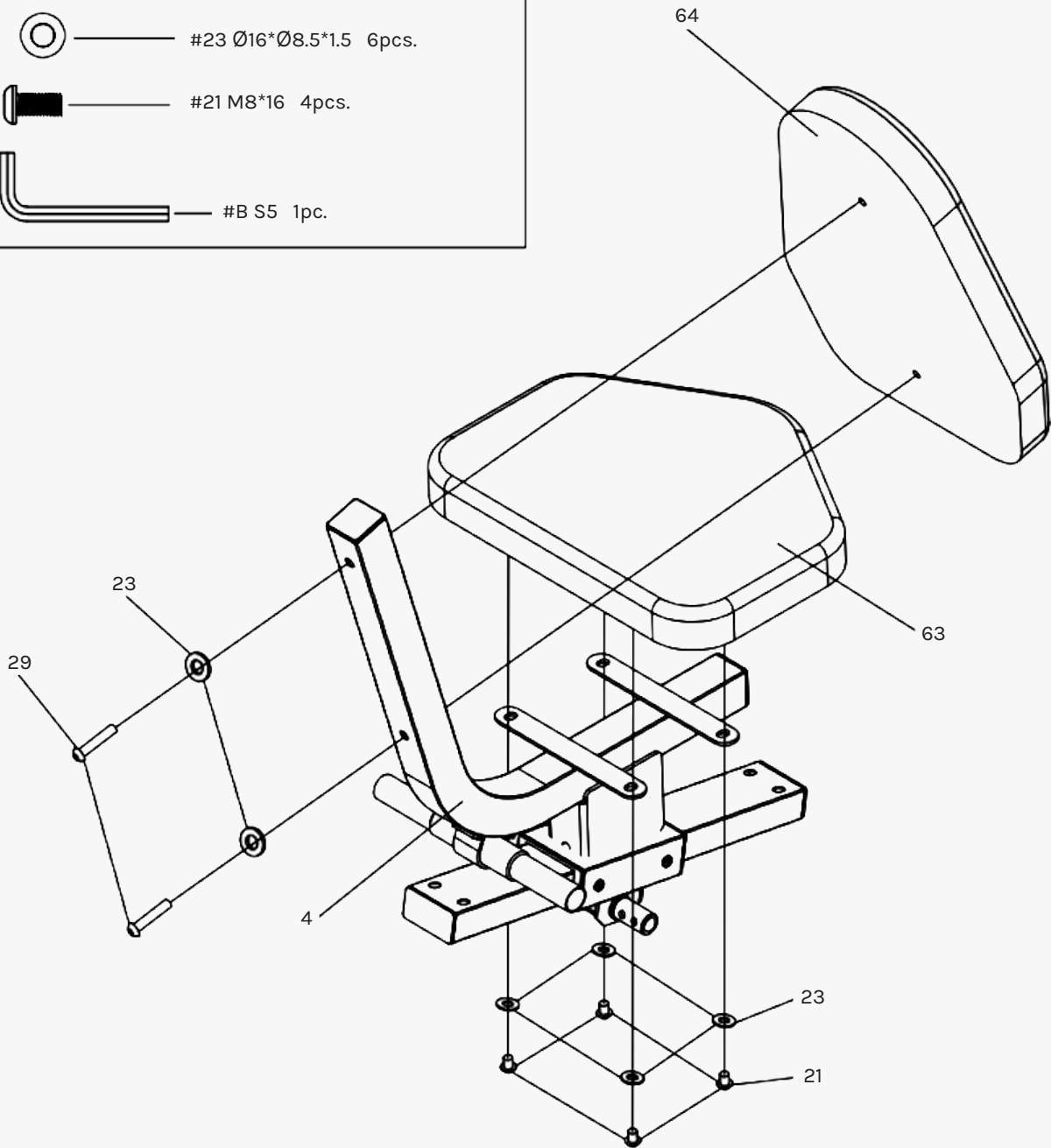
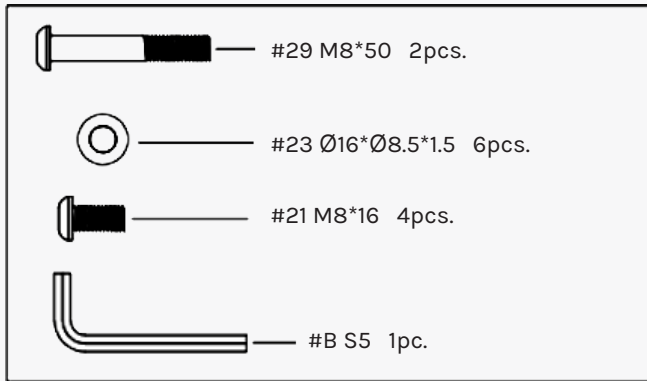
V. ASSEMBLY INSTRUCTIONS

PREPARATION

- A. Before installation, please ensure that there is enough space around the site.
- B. Please use the tools provided with the car or the special tools brought by yourself for installation.
- C. Before installation, ensure that all components are complete (the name and location of each component are marked in the previous product breakdown diagram).

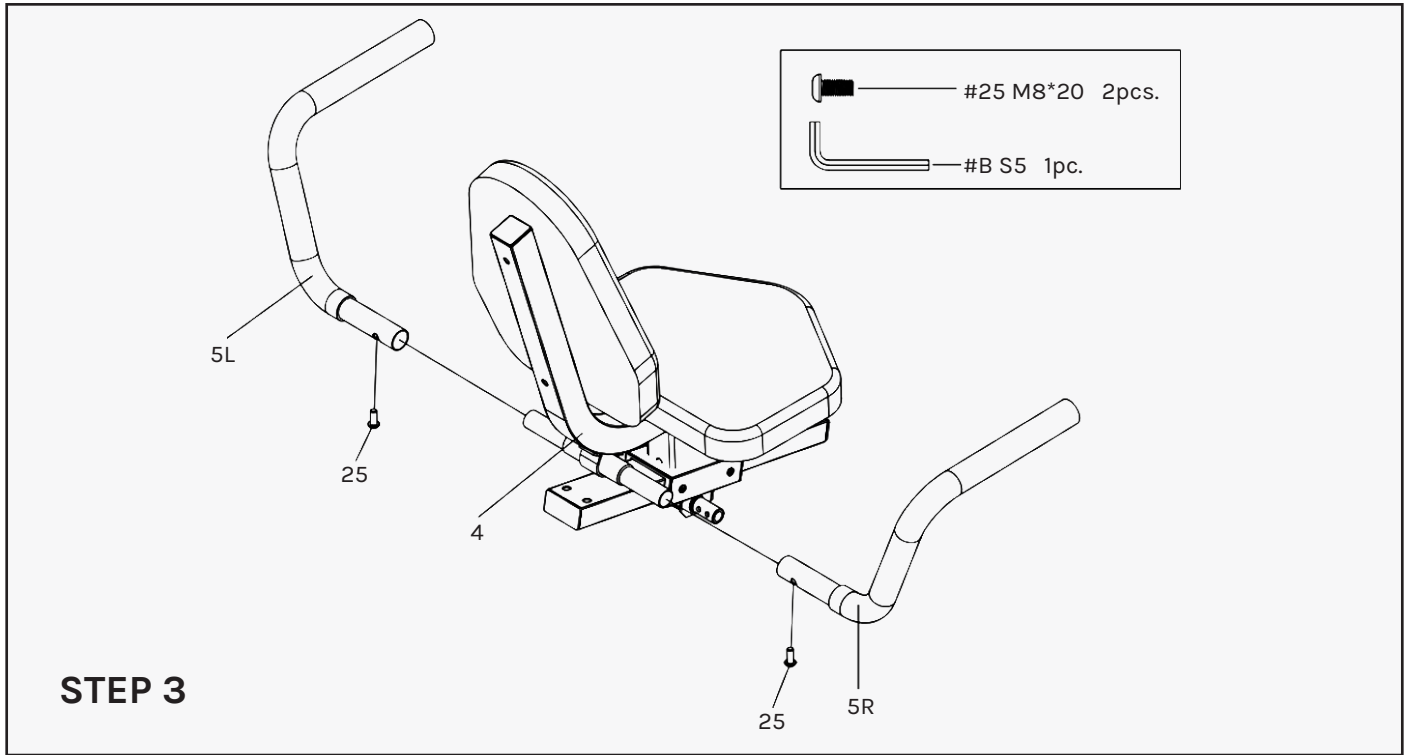


1. The Front and Rear Stabilizer (3 & 9) are secured to the front and back of the Main frame (1) with Bolts (19), Washers (26) and Nuts (27).



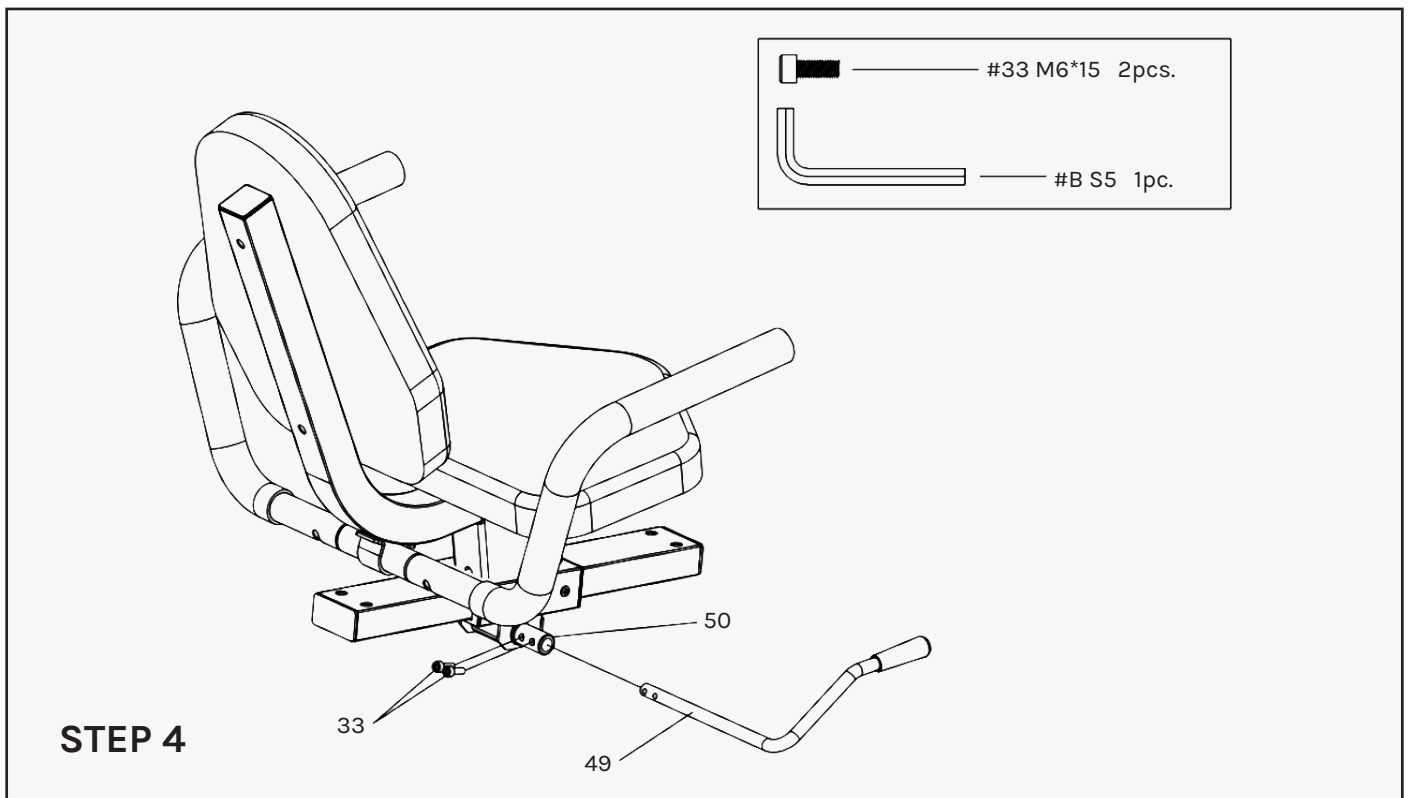
STEP 2

1. Insert the Bolts (29) into Washers (23), Cushion frame (4) and Backrest cushion (64), then tighten the bolts.
2. Insert the Bolts (21) to Washers (23), Cushion frame (4) and Seat cushion (63), then tighten the bolts.

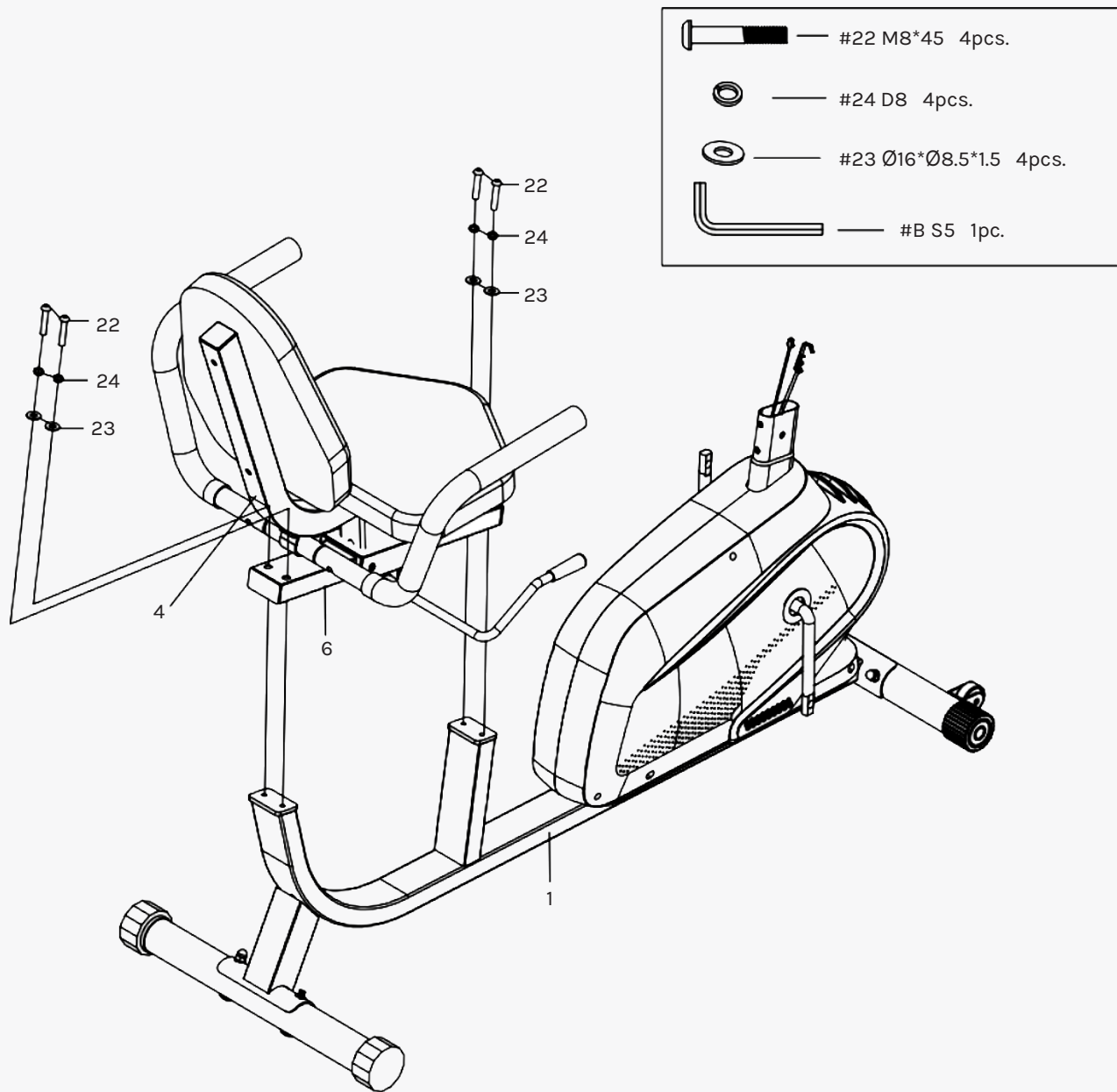


1. Secure the L&R Handlebar (5L/5R) to the Seat support (4) with Bolts (25).

NOTE: Check whether the L&R Handlebar weld (5L/R) is rotatable; if not, loosen the Bolts (25) once or twice. It should be loose enough to rotate the handlebar For/Backwards.








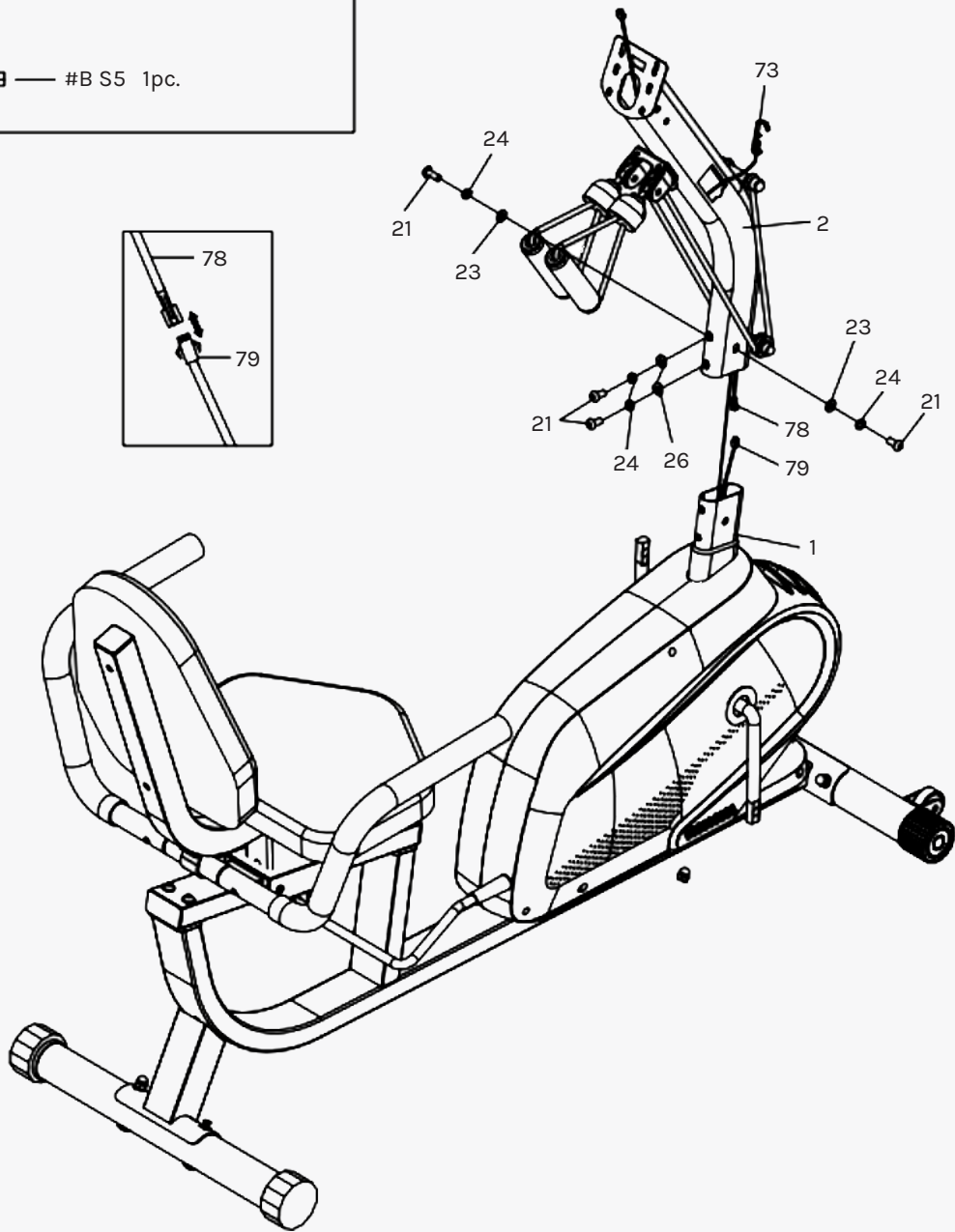
1. Insert the Brake handle (49) into the hole of Eccentric shaft (50), align the holes of (49 & 50), then screw the Bolts (33).



STEP 5

1. Put Cushion frame (4) on Main frame (1) and align the holes. Then insert Bolts (22) into Washers (24), Washers (23), Adjustable tube (6) and tighten Bolts (22) to the Main frame.

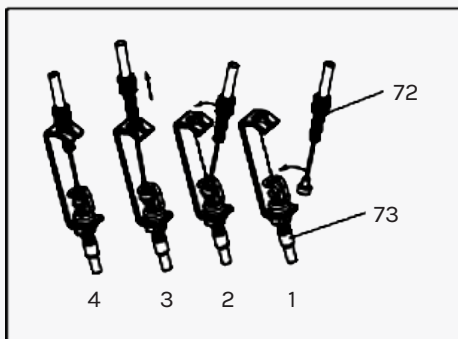
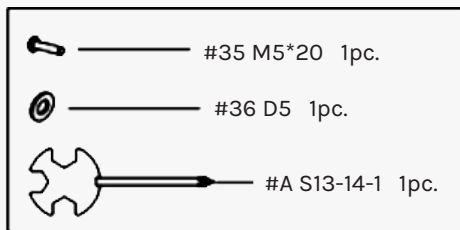
-  — #21 M8*16 4pcs.
-  — #24 D8 4pcs.
-  — #26 Ø16*Ø8.5*1.5 2pcs.
-  — #23 Ø16*Ø8.5*1.5 2pcs.
-  — #B S5 1pc.



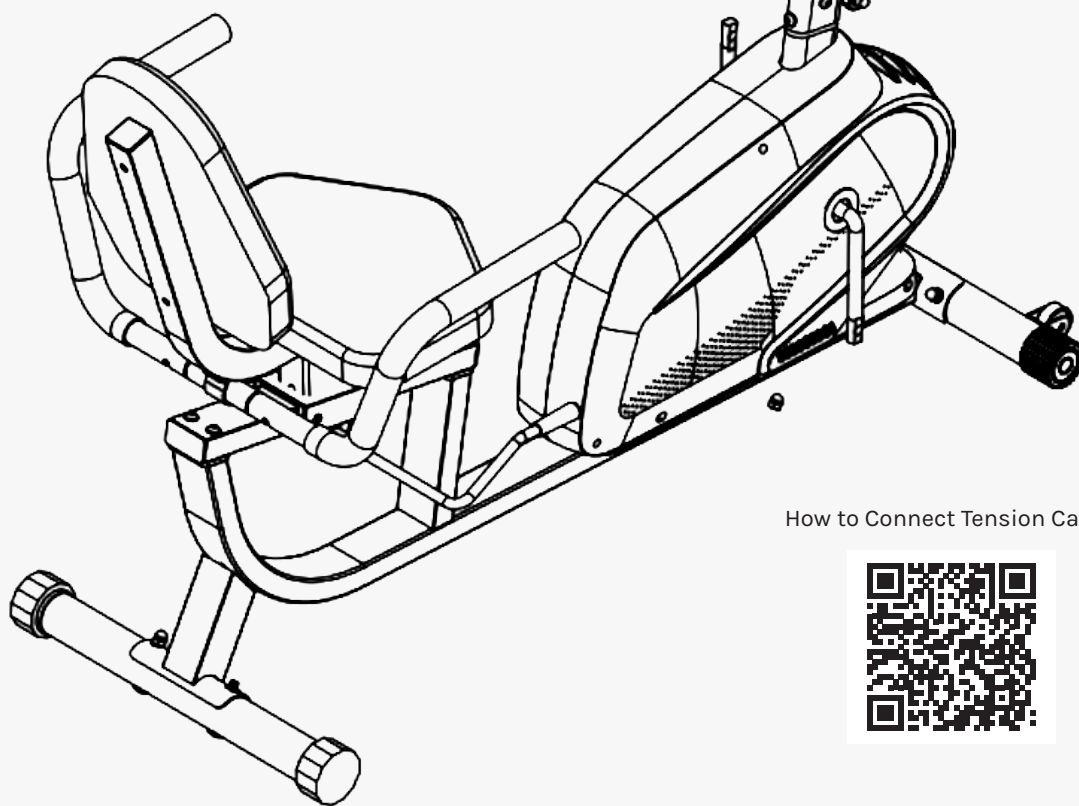
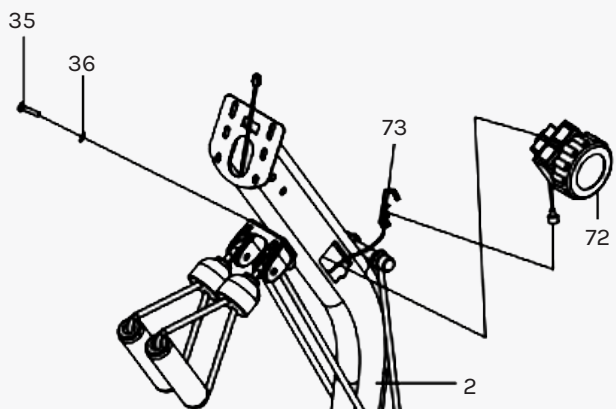
STEP 6

1. Place the Tension control wire (73) out of Front post (2), then connect Middle wire (78) to Sensor wire (79). Insert the Front post (2) into Main frame (1) then align the hole and screw with Bolts (21), Washers (26), Washers (23), as pictured.

NOTE: Ensure the wire (78 & 79) is properly clicked together.



P1

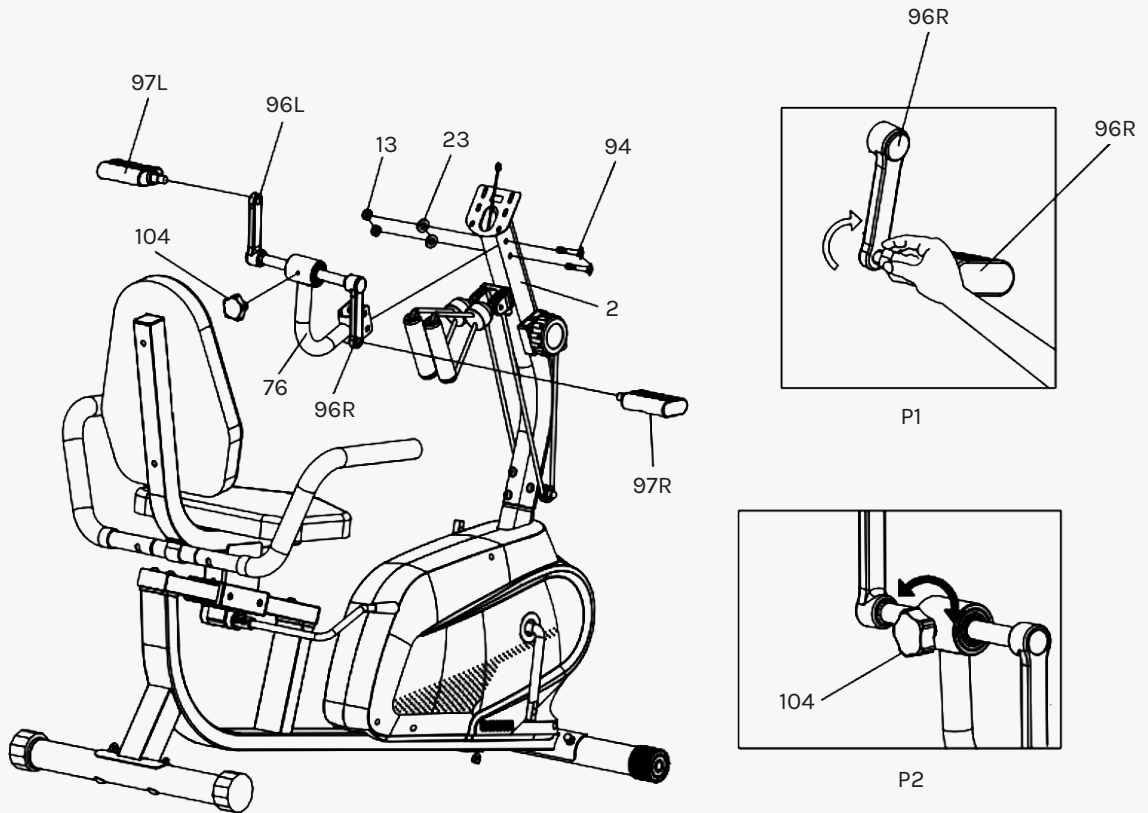
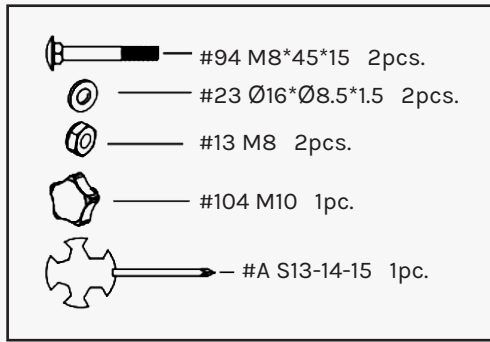


How to Connect Tension Cable:



STEP 7

1. Remove the Bolt (35) and Washer (36) that are pre-locked on the Tension control wire (72).
2. Next, connect the Tension control wire (72) with the Tension control wire (73) as shown in Figure P1. **Tip:** Set the Tension Knob to the highest value before attaching to (73), this will give the maximum length to the tension cable and make it easier to attach.
3. Then use the Bolt (35) and Washer (36) to lock the Tension control wire (72) to weld the Front post (2).



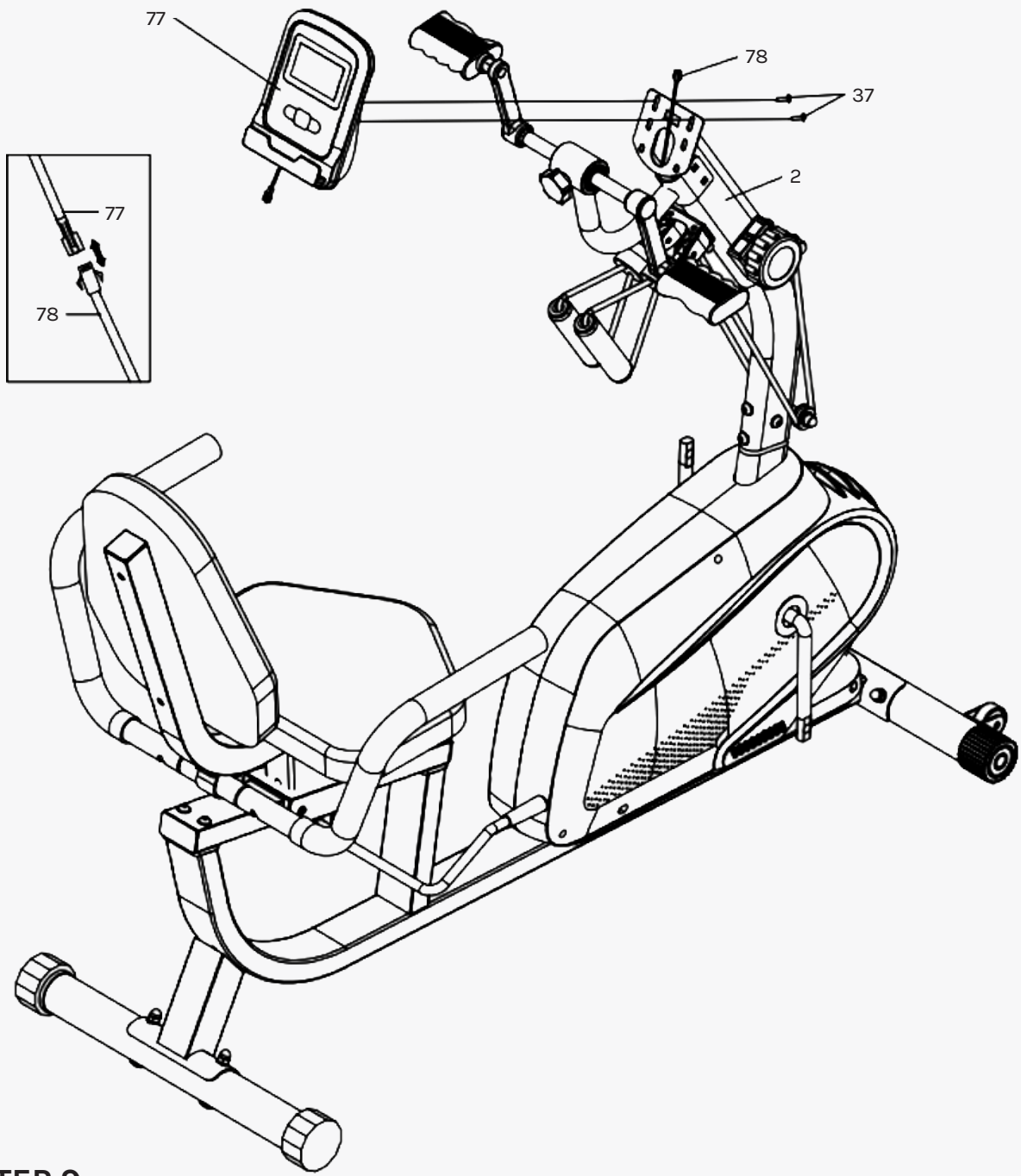
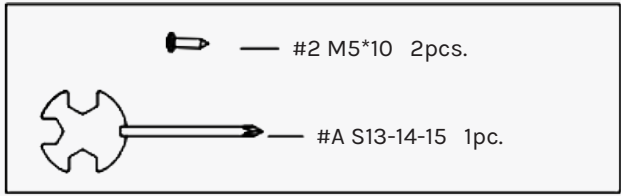
STEP 8

1. Align the Handle frame weld (76) with the Front post (2) screw holes, then lock the handle frame weld (76) to the Front post (2) with Bolts (94), Washers (23) and Nylon nuts (13). Next, screw the Pentagon screw (104) to the Handle frame weld (76).
2. Lock the L&R Small Pedal (97L) and (97R) on the L&R cranks (96L) and (96R) respectively with the wrench (#A).

! IMPORTANT NOTE:

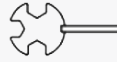
Refer to Figure P1 for guidance. Rotate the bolts of the Right Small Pedal (97R) clockwise by hand, securing it to the right-side crank (96R) with three turns. Utilize the wrench (#A) to further tighten it clockwise. Similarly, rotate the bolt of the left pedal (97L) counter clockwise by hand, attaching it to the left crank (96L) with three turns. Use the wrench (#A) to securely fasten it counter clockwise. Ensure to regularly check both pedals (97L & 97R) are fastened before use.

3. Referring to Figure P2: To enhance resistance, rotate the pentagonal screw (104) clockwise; for decreased resistance, turn the pentagonal screw (104) counter clockwise.

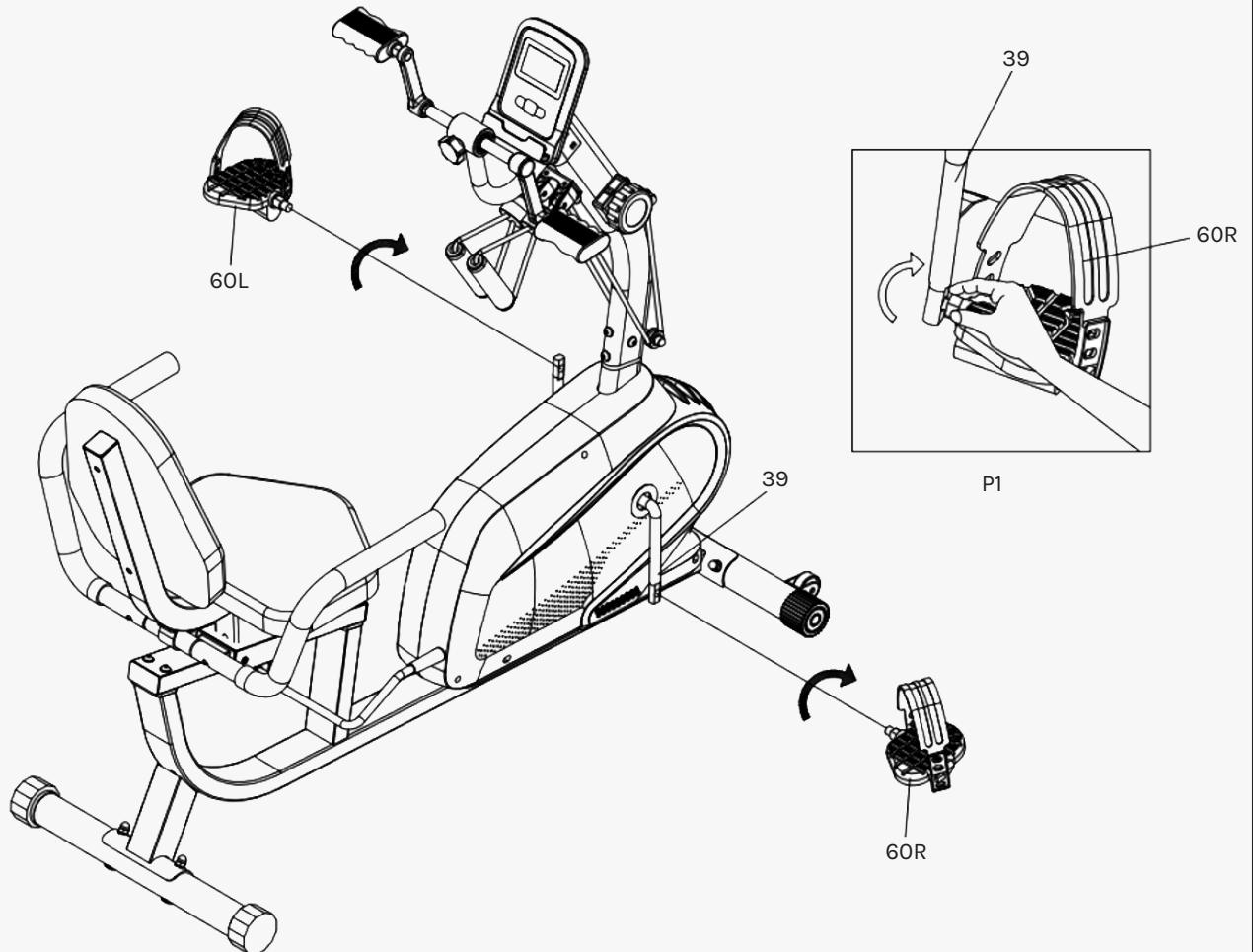


STEP 9

1. Remove the Bolt (37) that is pre-locked on the Computer (77) using wrench (A).
2. Next, connect Trunk mid wire 1 (78) to the outlet of the Computer (77). Then use the bolt (37) to lock the computer (77) to weld the front post (2).



#A S13-14-15 1pc.



STEP 10

1. Lock the left and right pedal (60L) and (60R) to the connected crank (39) with the wrench (#A).
2. **NOTE:** As illustrated in Figure P1, rotate the right pedal (60R) clockwise by hand, securing it to the connected crank (39) with three turns. Utilize the wrench (#A) to further tighten it clockwise. Similarly, rotate the left pedal (60L) counter clockwise by hand to the connected crank (39) with 3 turns. Use the wrench (#A) to securely fasten it counter clockwise. Ensure to regularly check both pedals (60L & 60R) are fastened before use.

Adjusting Distance of Seat

By lifting the Brake (49) upwards, the seat support (4) can be adjusted to slide forward or backward, allowing you to choose the suitable height distance (see Figure 1).

Lowering the brake (49) locks the seat support (4) in place, allowing for normal use of the exercise bike (see Figure 2).

FIGURE 1

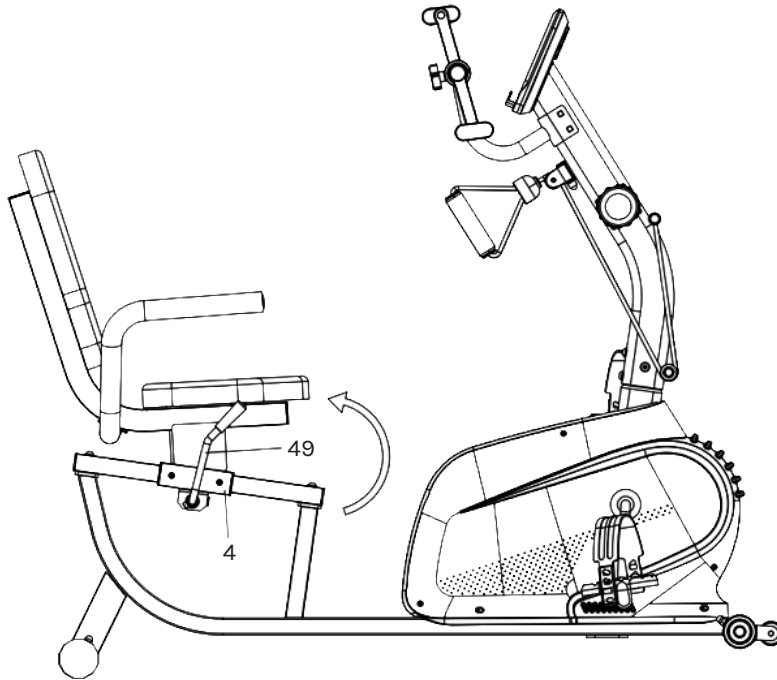


FIGURE 2

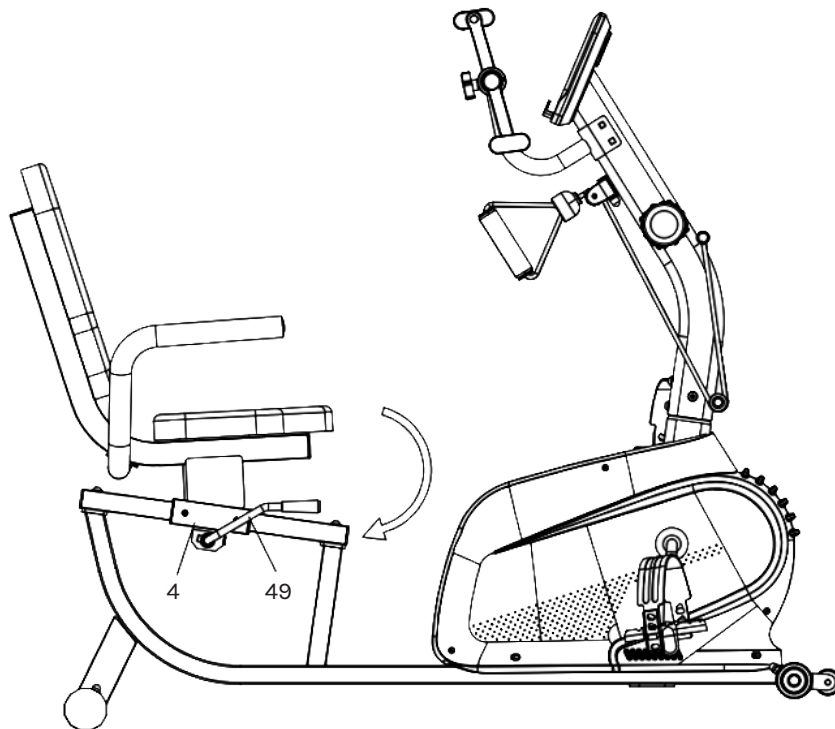
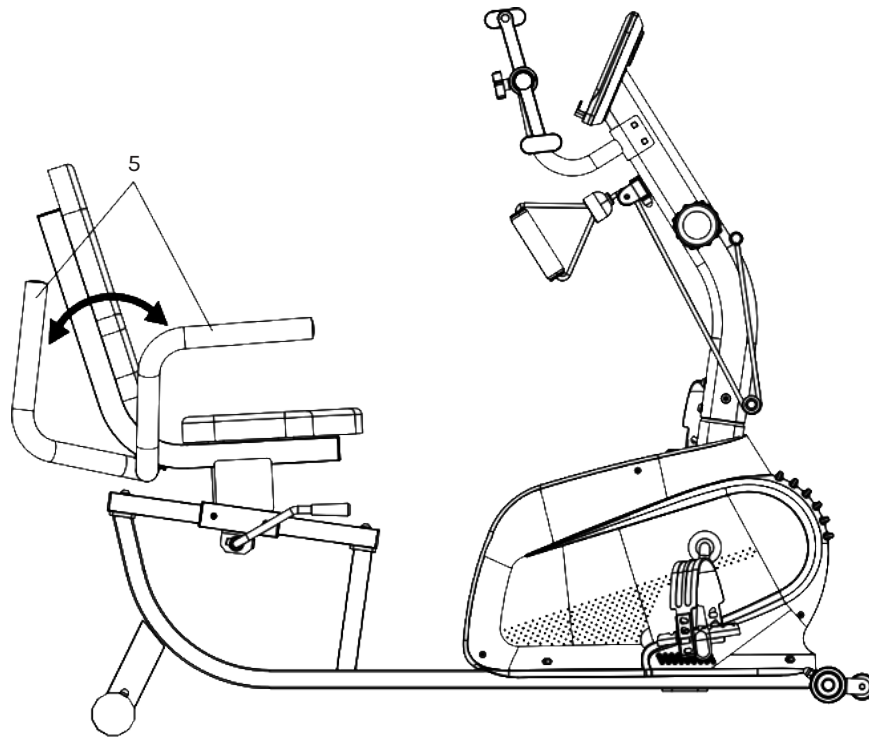
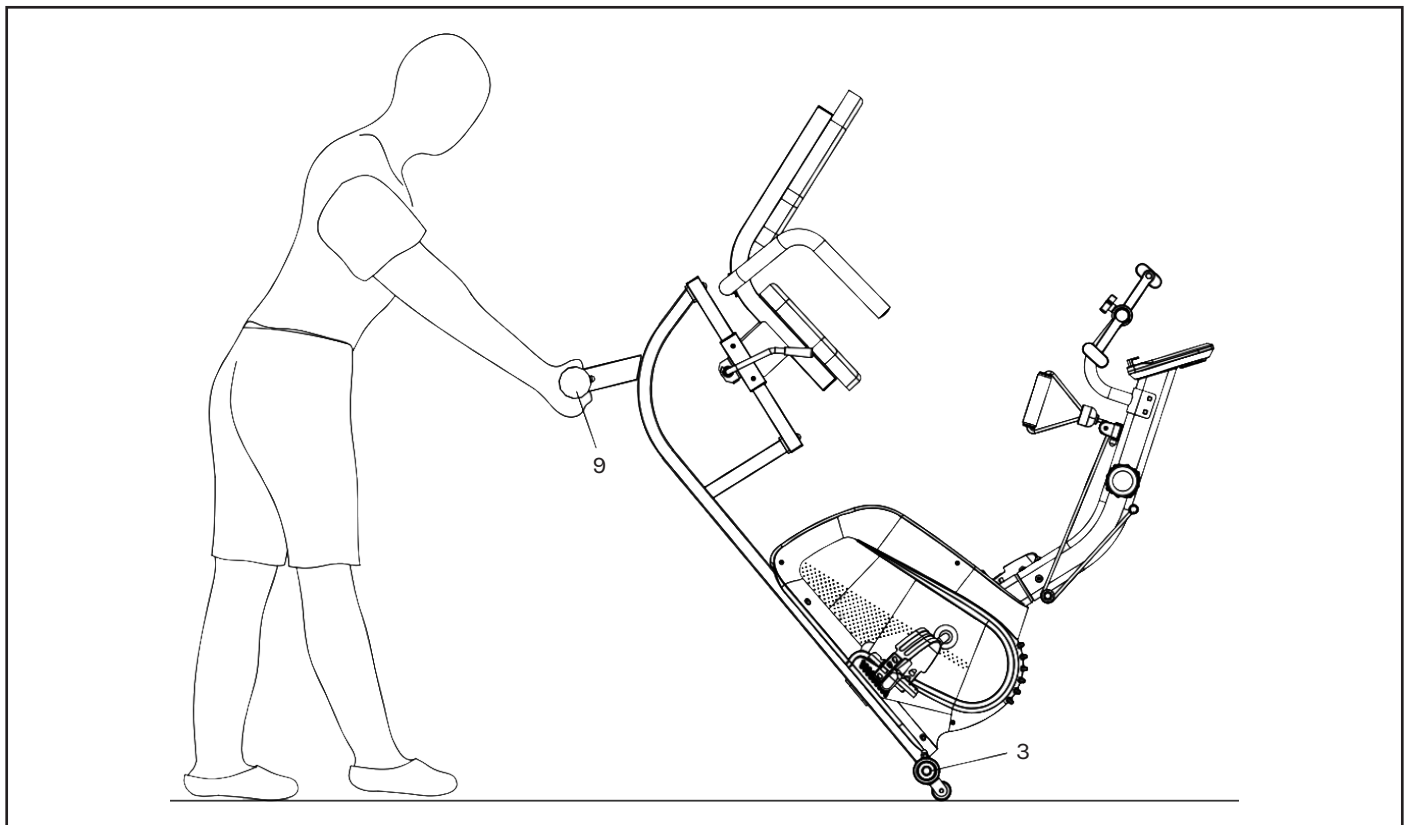


FIGURE 3



Adjusting Arm Rest

The seat armrest (5) can be turned back 90°, see (Figure 3).



Moving Diagram

VI. COMPUTER OPERATION

SPECIFICATIONS

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

KEY FUNCTIONS

MODE:

This key allows you to select and lock onto a function. Press and hold for 3 seconds to reset the value to zero (excluding ODO).

SET:

Used to set values for TIME, DISTANCE, and PULSE when not in scan mode. The "SET" values will count backward during the exercise, restoring to zero when reaching 0.

RESET:

In the SET mode, press the RESET key to reset the value to zero.

FUNCTIONS

1. TIME:

Press the MODE key until the pointer locks into TIME. The total working time will be displayed at the start of the exercise.

2. SPEED:

Press the MODE key until the pointer locks into SPEED. The current speed will be displayed at the start of the exercise.

3. DISTANCE:

Press the MODE key until the pointer locks onto DISTANCE. The distance of each workout will be displayed at the start of the exercise.

4. CALORIE:

Press the MODE key until the pointer locks onto CALORIE. The burned calories will be displayed at the start of the exercise.

5. ODO:

The total distance covered within the battery capacity period.

6. PULSE (IF AVAILABLE):

Press the MODE key until the pointer advances to the PULSE function. Attach the ear-clip or hold the sensor with the hand for about 3 seconds to display the pulse.

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 available) --- SCAN



NOTE:

1. The LCD display will automatically turn off after 4-5 minutes without any signal input.
2. When there is a signal input, the monitor will automatically turn on.
3. If there is a possibility of an improper display, replace the batteries simultaneously for optimal results.
4. The monitor uses 2 pieces of 1.5v "AAA" batteries.

VII. EXERCISE GUIDE

! PLEASE NOTE:

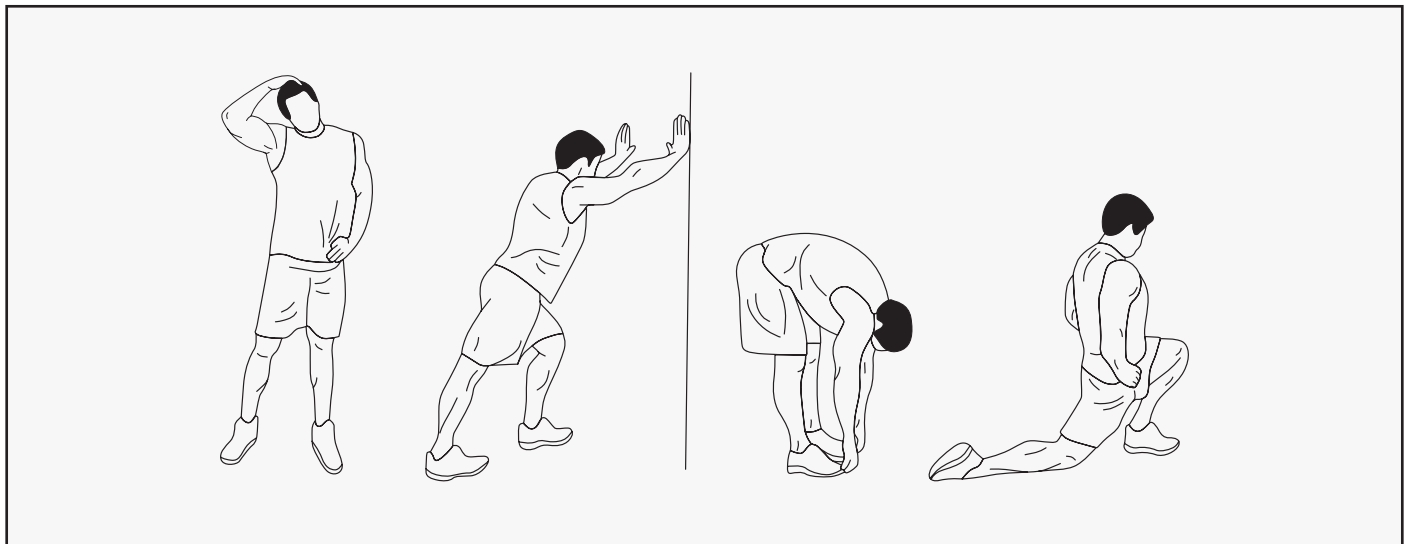
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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

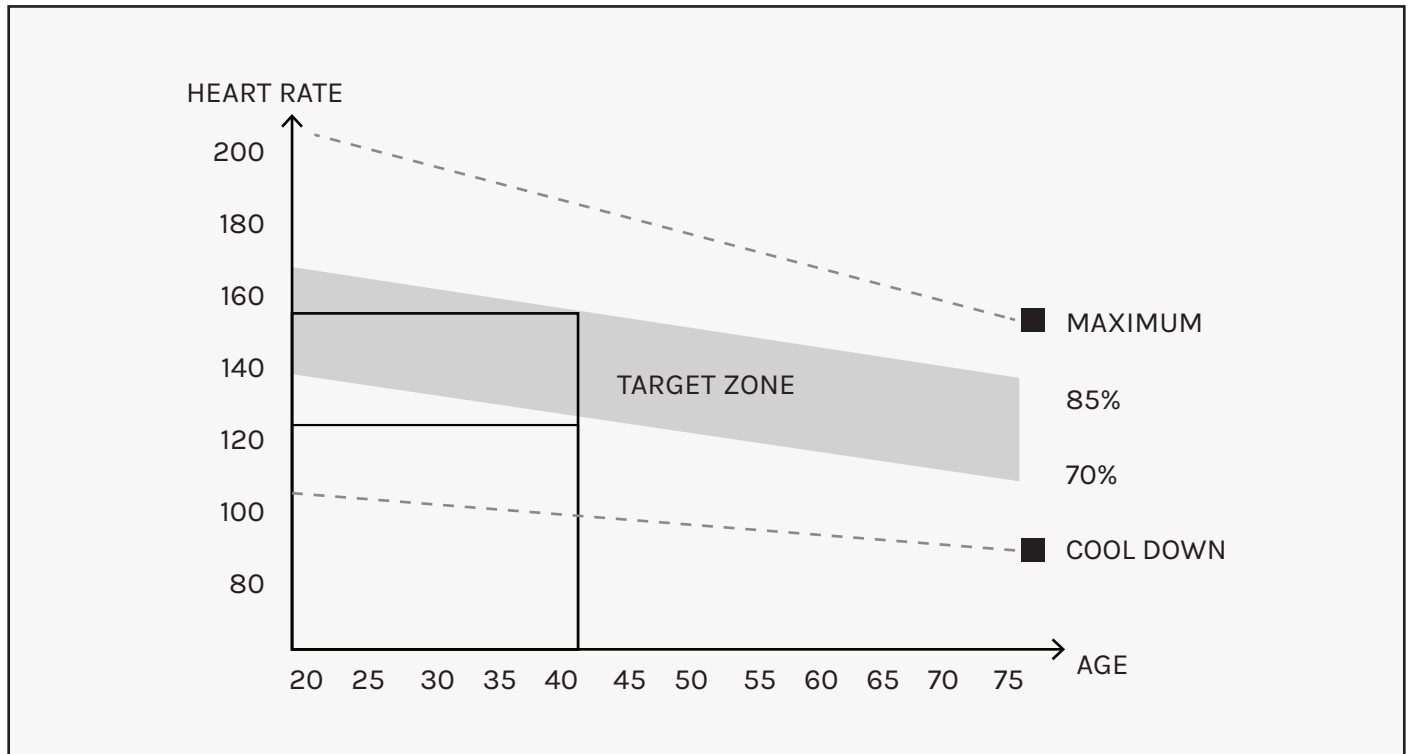
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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.

The most important factor here is the amount of effort you put in. The harder and longer you work, the more calories you will burn.

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

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

For all warranty or support related enquiries, please lodge a support ticket first by sending us an email.

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