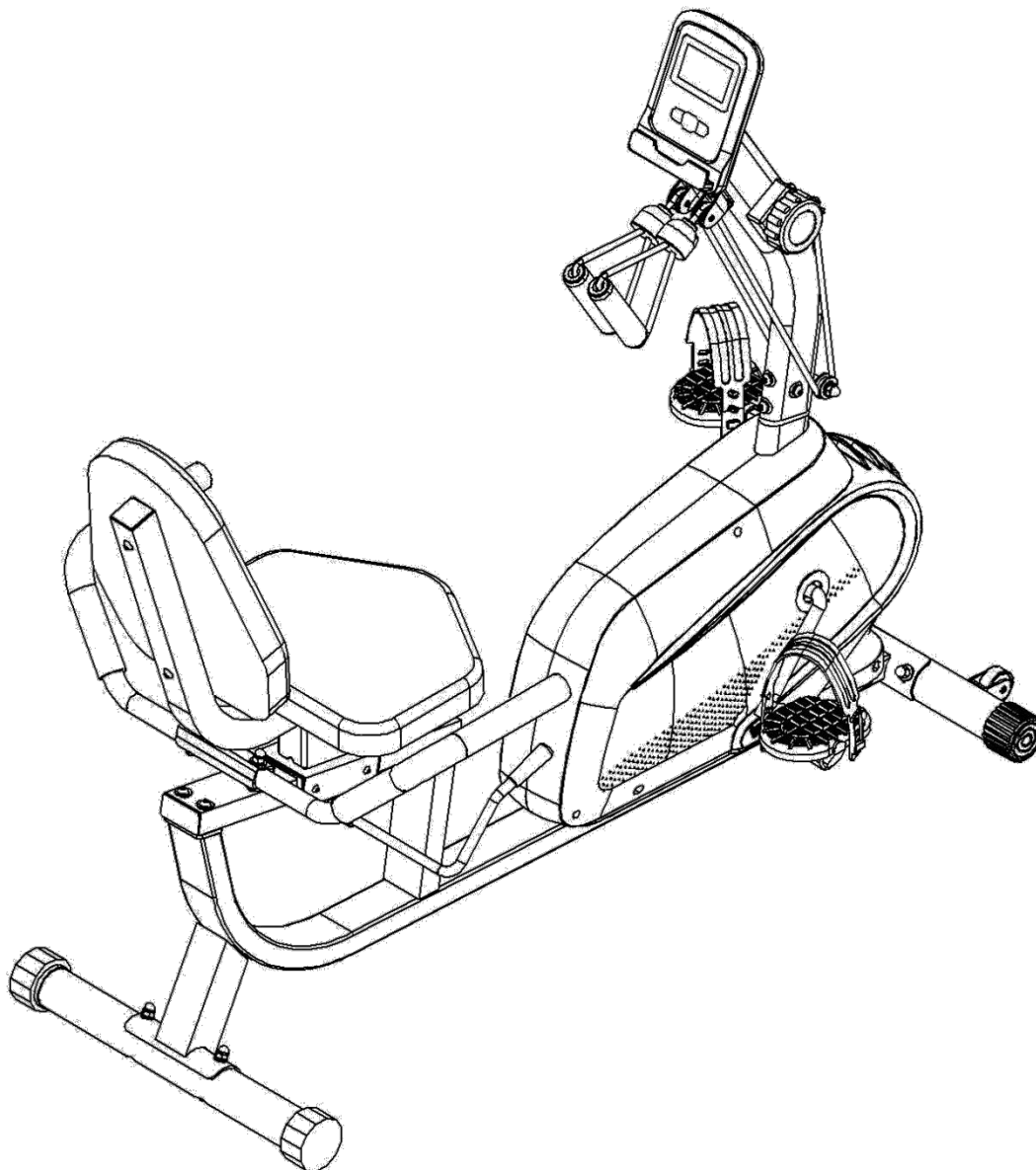


# LSG

## RB-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 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

- 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 adults 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



### 3. ASSEMBLY INSTRUCTIONS

#### Tools

*Most of the listed assembly hardware has been packaged separately, but some hardware items have been preinstalled in the identified assembly parts. In these instances, simply remove and reinstall the hardware as assembly is required.*

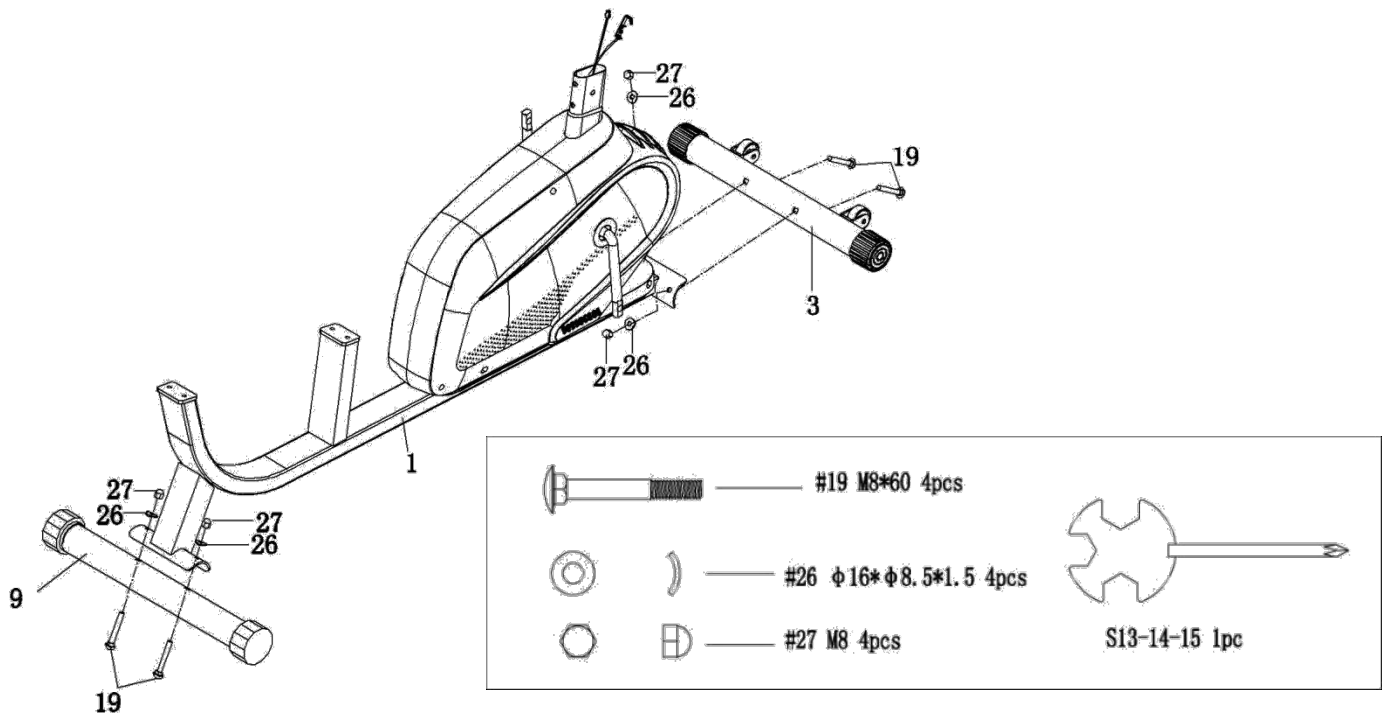
*Please reference the individual assembly steps and make note of all preinstalled hardware*

#### Preparation

Prior to assembly, make sure that you will have enough space around the item; Use the present tooling for assembly; before assembling please check whether all needed parts are available.

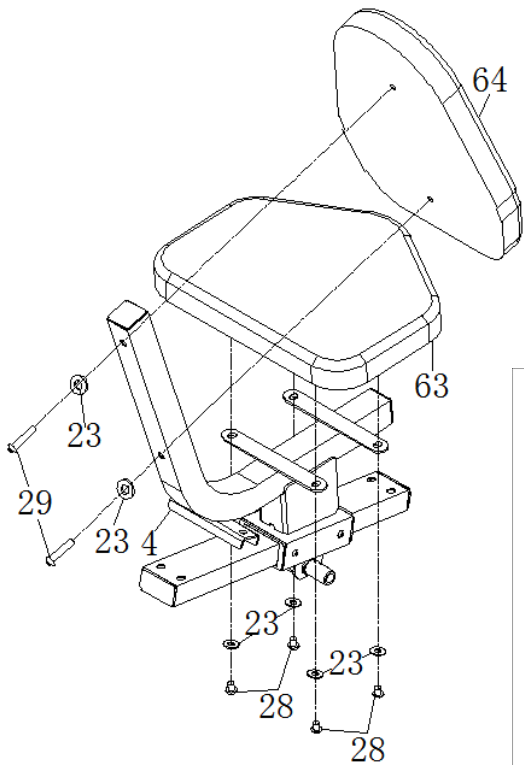
It is strongly recommended this machine to be assembled by two or more people to avoid possible injury.

**STEP 1:**

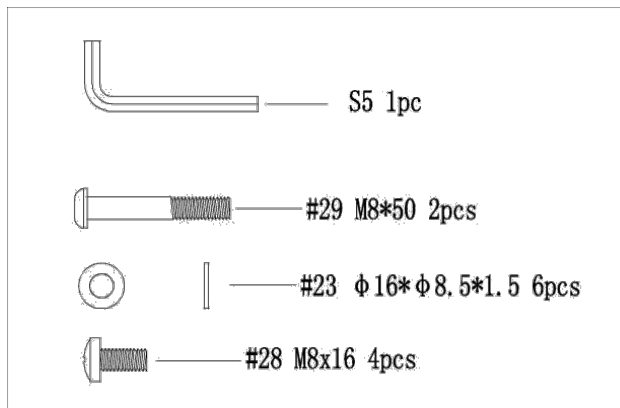


1. Screw Front and Rear Stabilizer (3&9) on Main frame (1) with Bolt (19), Washer (26) and Nut (27) (Note: Ensure bolts are tightened.)

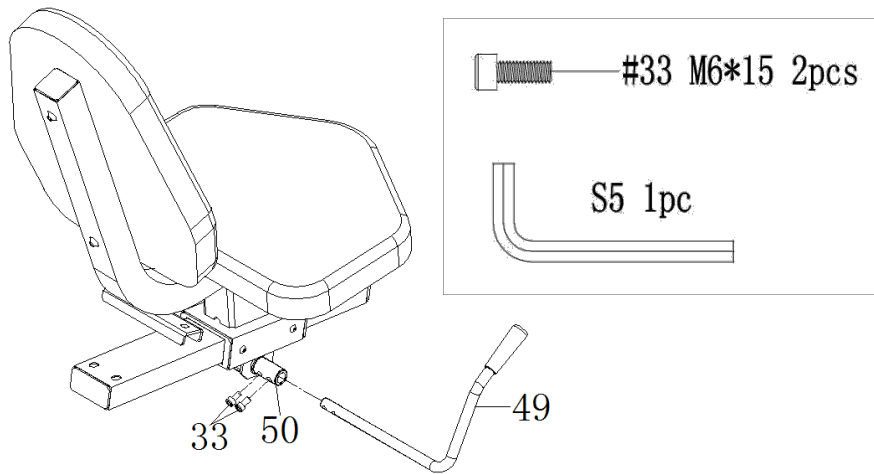
**STEP 2:**



1. Please insert the Bolt (29) into Washer (23), Cushion frame (4) and Backrest cushion (64).
2. Please insert the Bolt (28) to Washer (23), Cushion frame (4) and Seat cushion (63).

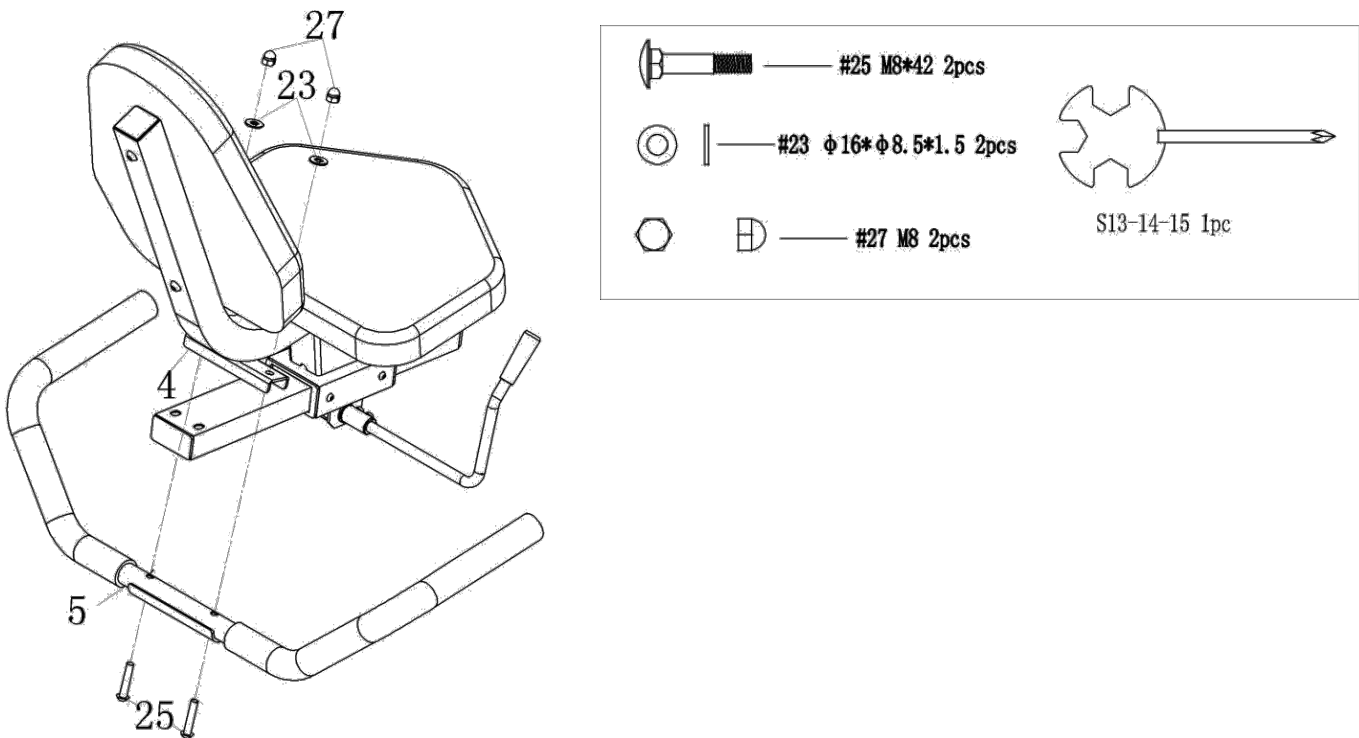


**STEP 3:**



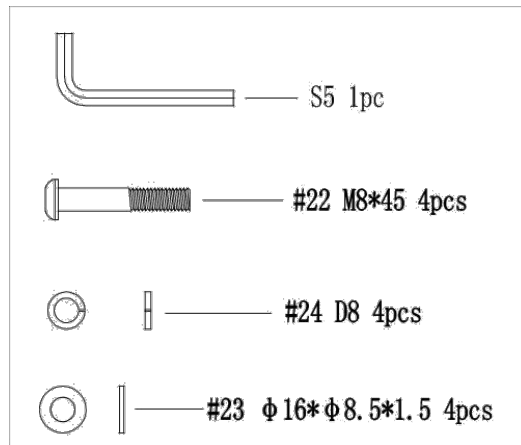
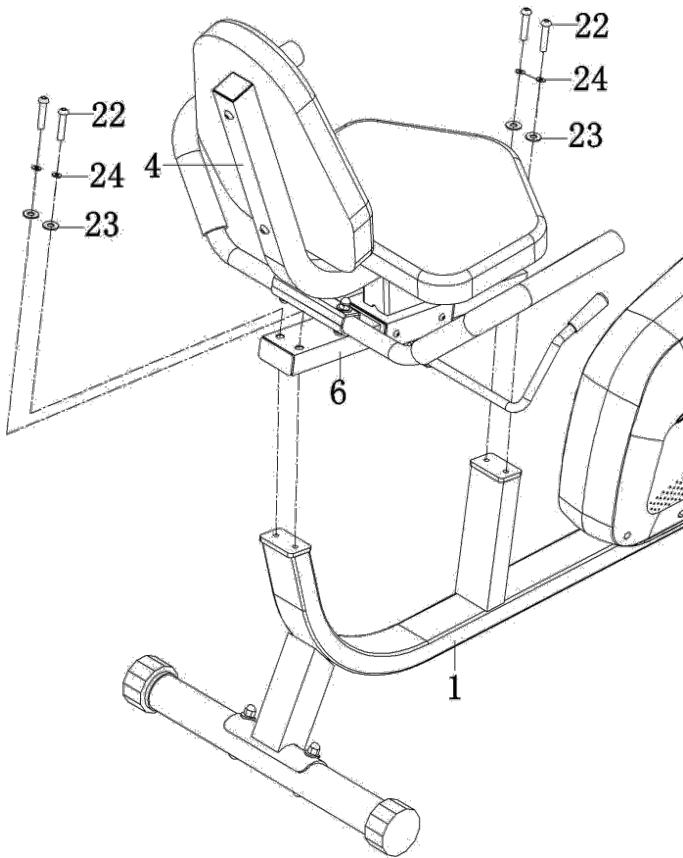
1. Insert the Brake handle (49) into the hole of Eccentric shaft (50), align the holes of (49 & 50), then screw the bolt (33).  
(Note: Ensure to tighten the bolts).

**STEP 4:**



1. Insert the Bolt (25) into Handlebar (5), Cushion frame (4), Washer (23) and Screw with Nut (27).  
(Note: Ensure to tighten the bolts).

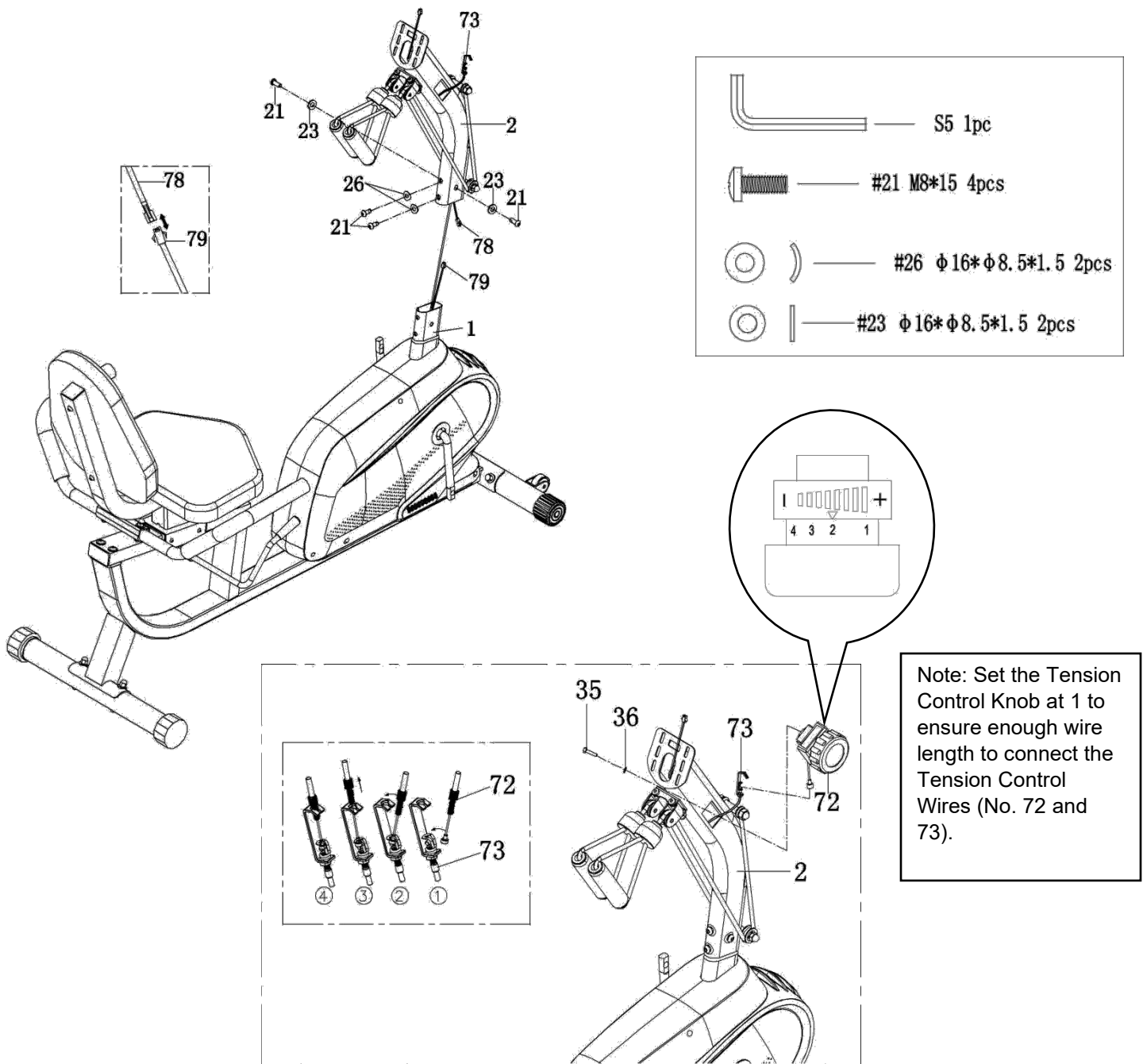
**STEP 5:**



1. Put Cushion frame (4) on Main frame (1) and align the holes. Then insert Bolt (22) into Washer (24), Washer (23), Adjustable tube (6) and screw with bolt (22).

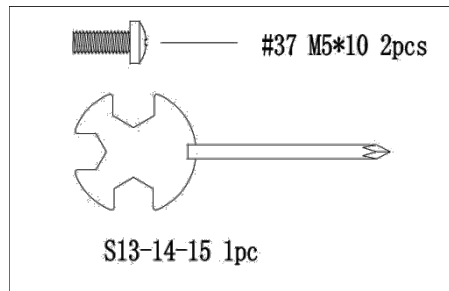
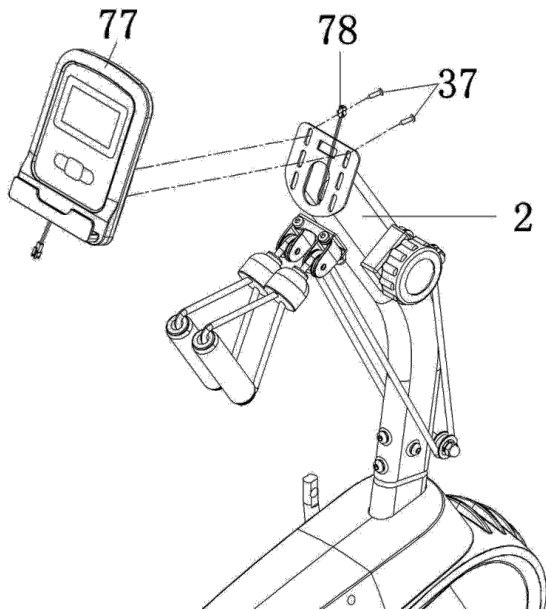


**STEP 6:**



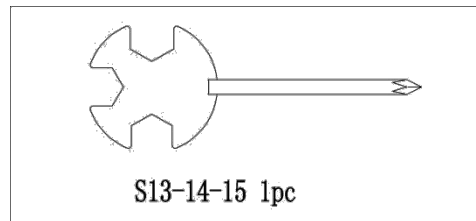
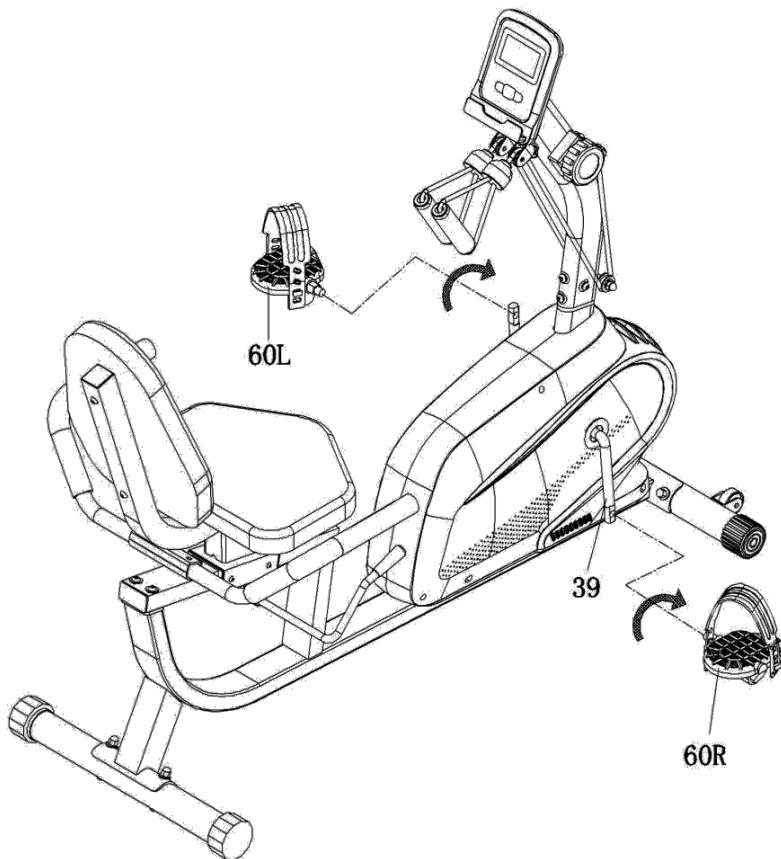
1. Put Tension control wire (73) out of Front post (2), then connect middle wire (78). Then insert handle bar (2) into main frame (1), align the hole and screw with bolt (21), washer (26).  
(Note: smooth insertion of the wire required).
2. Connect Tension control wire (72) and Tension control wire (73), and Screw tension control (72) on Front post (2).

**STEP 7:**



1. Connect Computer wire (77) and Hand pulse wire (82), Middle wire (78). Screw Computer (77) on Front post (2) with Screw (37).

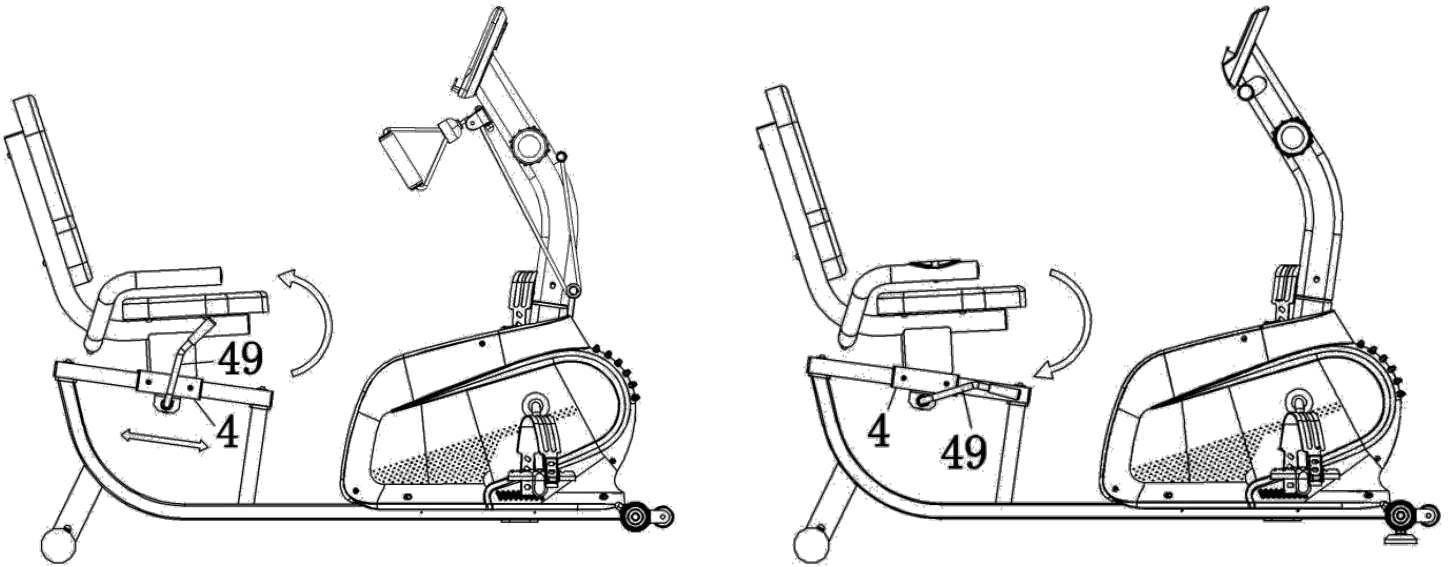
**STEP 8:**



1. Screw Pedals (60L & 60R) with Crank (39).  
Note: Screw the Left pedal (60L) counter-clockwise as tightly as you can with your hand then secure with Spanner Tool, and screw the Right pedal (60R) clockwise.

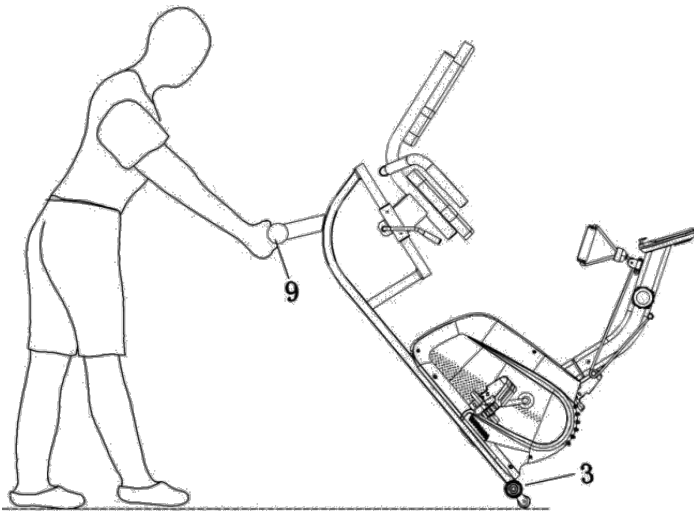
## ADJUSTING THE SADDLE

Pull the brake handle (49) up to loosen (see Fig 1), then you can move on the cushion frame (4) to find a suitable position. Push the brake handle (49) down to tighten (see Fig 2).



## MOVING THE MACHINE

Hold the Rear Stabilizer (No. 3) and lift the bike until wheels on the Front Stabilizer (No. 9) touch the ground. Now you can wheel the bike to the desired location.



# 4. 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 FUNCTIONS

**MODE:** This key lets you to select and lock on to a function you want. Pressing and hold 3 seconds to reset the value to zero (without ODO).

**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.

**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 into TIME. The total working time will be displayed when starting exercise.
2. **SPEED:** Press the MODE key until pointer lock into 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:** 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.
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.
8. 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 automatically turns on.,
3. If there is a possibility to see an improper display on the monitor, please replace the batteries to have good result. You must be to replace the same batteries at the same time.
4. The monitor use 2pcs of 1.5v"AAA" batteries.

## 5. 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.

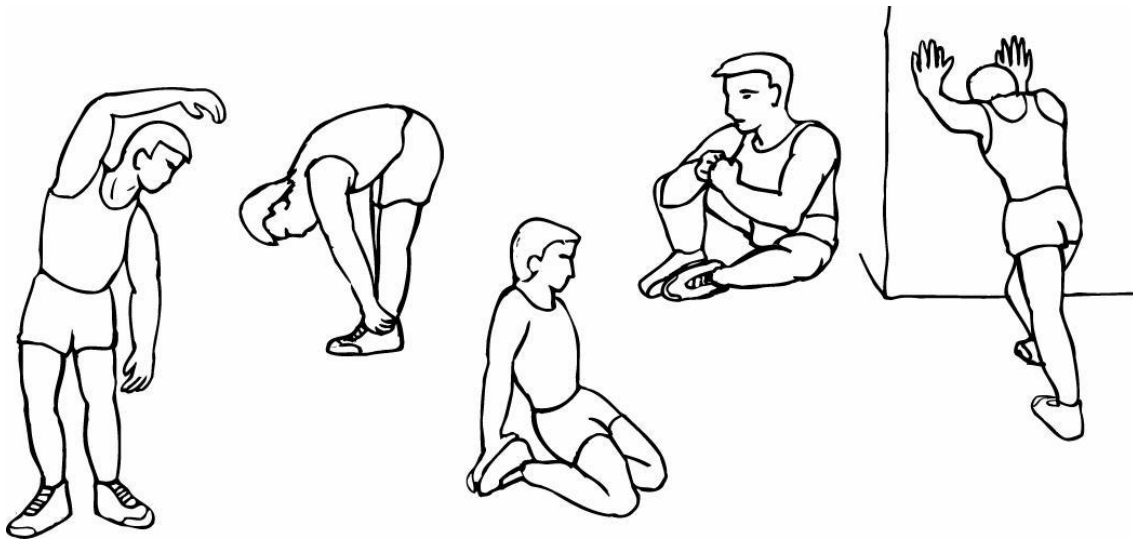
Exercising is a great way to control your weight, improve your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life. The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood 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.



### Training Zone Exercise

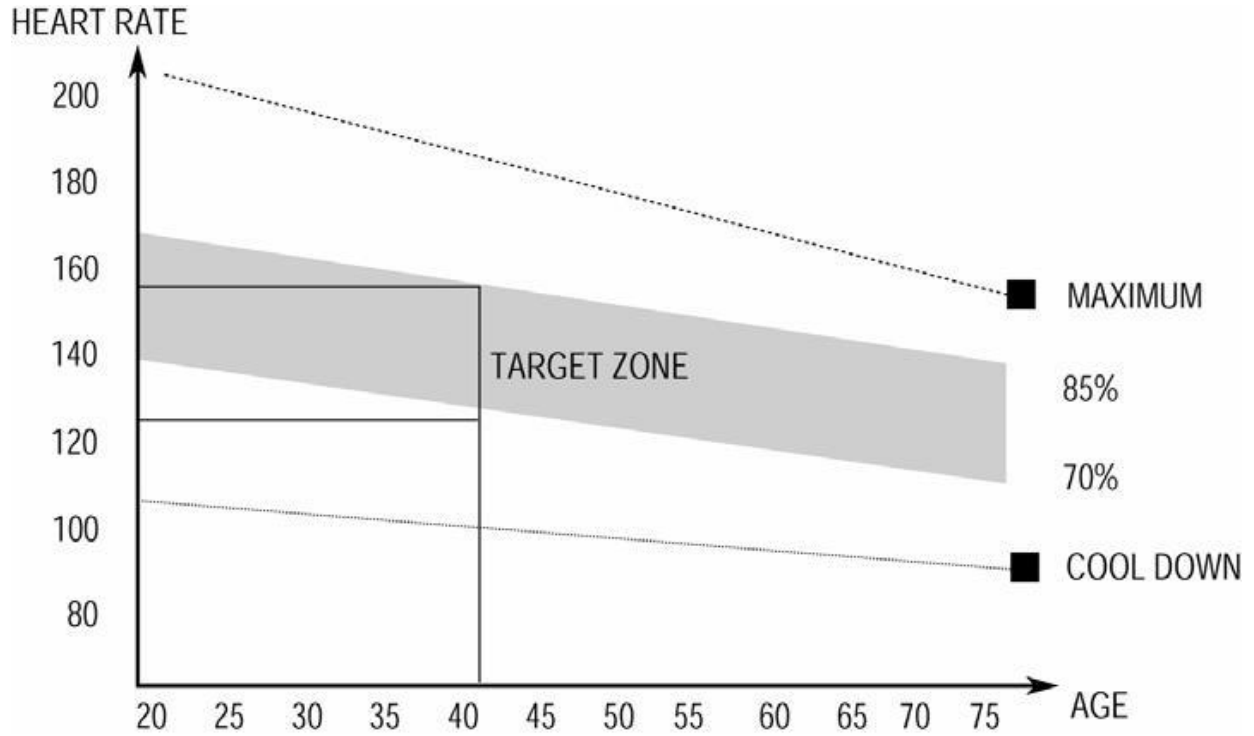
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.

### 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

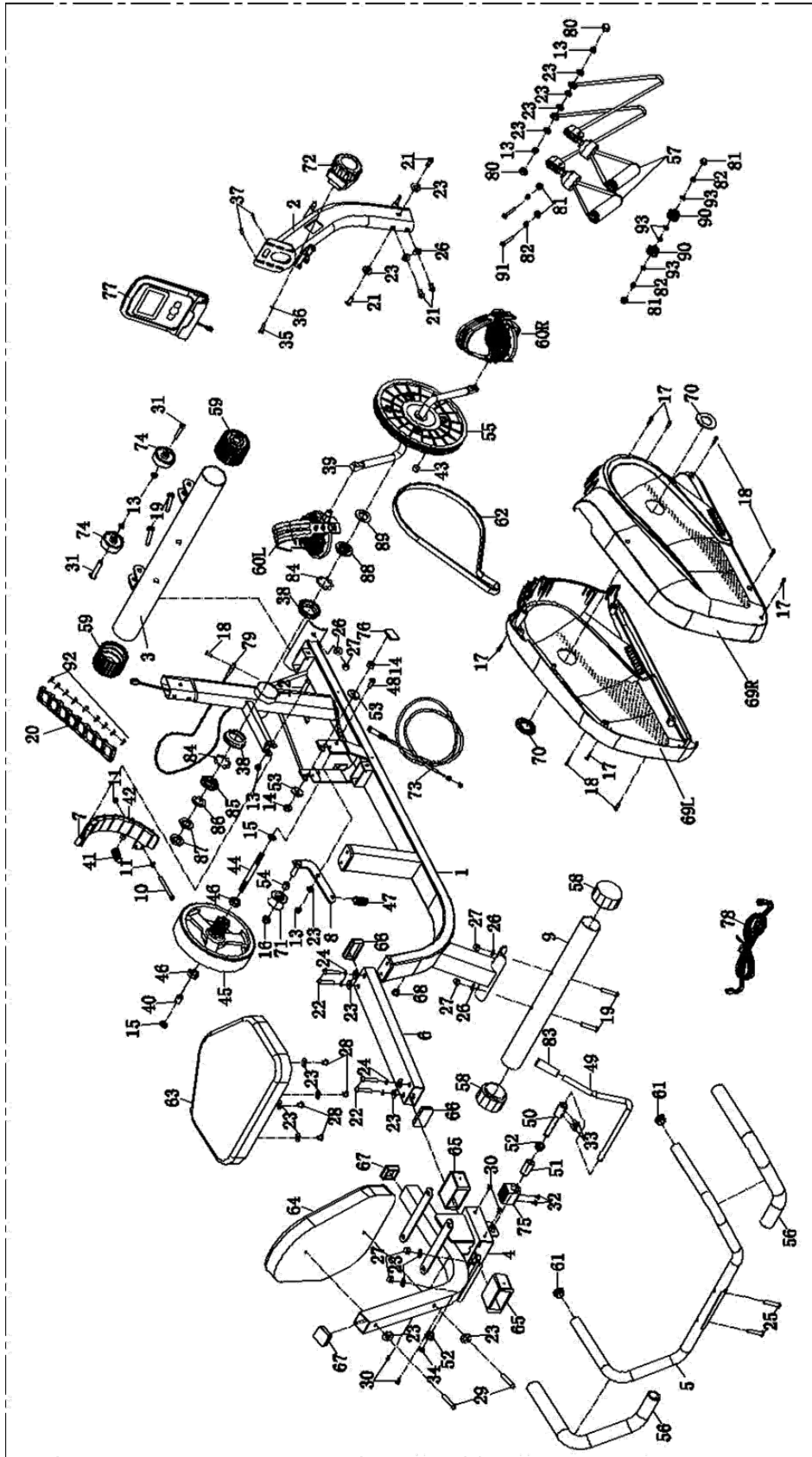
## TARGET ZONE



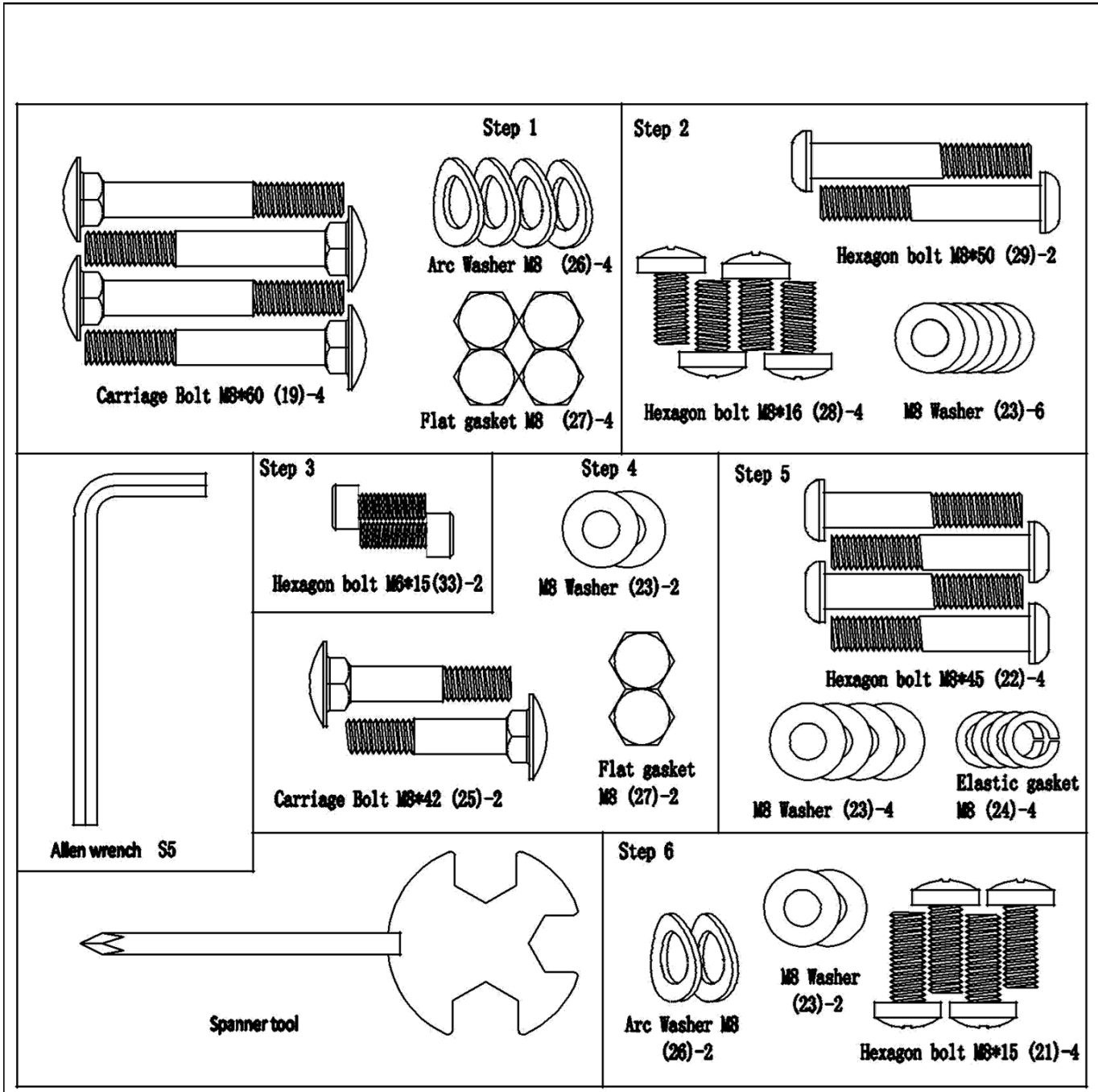
This is how your pulse should behave during general fitness exercise. Remember to warm up and cool down for a few minutes.

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.

# 6. EXPLODED DIAGRAM



# 7. PARTS LIST





No	Specifications	Qty	No	Specifications	Qty
1	Main frame	1	48	Bolt $\phi 9.8 \times 6 \times M8 \times 15$	1
2	Front post	1	49	Adjust Brake handlebar $\Phi 12 \times 380$	1
3	Front bottom tube	1	50	Eccentric shaft $\Phi 12 \times 105$	1
4	Seat support	1	51	Eccentric wheel $\Phi 20 \times 38$	1
5	Handlebar weld	1	52	Bushing $\Phi 23 \times \Phi 12.2 \times 11$	2
6	Adjust tube	1	53	Lock washer $\Phi 30 \times 2.0$	2
7	Magnetic board	1	54	Idler spacer $\Phi 16 \times \Phi 10.2 \times 10$	1
8	Idler connecting rod	1	55	Pulley $\phi 240/J6$	1
9	Rear bottom tube	1	56	Foam grip $\phi 23 \times \phi 33 \times 450$	2
10	Bolt M6*70,	1	57	Foam grip $\phi 23 \times \phi 33 \times 160$	2
11	Nut M6	2	58	Rear end cap $\phi 50$	2
12	Bolt M8*40	1	59	Front end cap $\phi 50$	2
13	Nylon nut M8	6	60L/R	Pedal (1/2")	2
14	Nut M10x1xH5	2	61	Round end cap $\phi 25 \times 1.5$	2
15	Nut M10x1xH4	2	62	Belt 370PJ6	1
16	Nylon nut M10	1	63	Seat cushion $360 \times 280 \times 40$	1
17	ST4.2*20	5	64	Backrest cushion $380 \times 290 \times 40$	1
18	Bolt ST4.2*20	5	65	Sleeve	2
19	Bolt M8*60	4	66	Cap $60 \times 30 \times 1$ .	2
20	Magnetic board	1	67	Cap $38 \times 38 \times 1.5$	2
21	Bolt M8*15	4	68	Plug 12	1
22	Bolt M8*45	4	69	Shell	1
23	Washer $\phi 16 \times \phi 8.5 \times 1.5$	19	70	Crank plug	2
24	Washer D8	4	71	Arc idler $\Phi 43.5 \times 25$	1
25	Bolt M8*42	2	72	Tension control wire 280mm	1
26	Washer $\phi 16 \times \phi 8.5 \times 1.5$	6	73	Tension control wire 55MAX/760mm	1
27	Nut M8	6	74	Idler wheel $\Phi 41 \times \Phi 8.5 \times 20$	2
28	Bolt M8*16	4	75	Brake block $40 \times 38 \times 32$	1
29	Bolt M8*50	2	76	EV washer $40 \times 20 \times 3$	1

30	Screw M5*8	4	77	Computer wire 100	1
31	Screw M8x38	2	78	Mid wire 600	1
32	Screw M5*15	2	80	Cap	2
33	Screw M6*15,	2	81	Cap	4
34	Lock washers for shafts D12	1	82	Nylon nut M6	4
35	Bolt M5*45	1	83	Brake handlebar	1
36	Washer D5	1	84	Ball frame	2
37	Screw M5*10	2	85	Nut	1
38	Ten sets Ø56*15.5	2	86	Washer	1
39	Crank 140*220, 1/2	1	87	Nut	2
40	Flywheels spacer Φ16*Φ10.2*17	1	88	Nut 2	1
41	Tension spring Φ18×48 Φ2	1	89	Washer	1
42	Black magnet 40x25x10	8	90	Pulley	2
43	Round magnet Φ15×6	1	91	Bolt M6*45	2
44	Inertia wheel Φ10*125*M10*1*17	1	92	Screw ST3*10	9
45	Flywheel	1	93	Washer D6	4
46	Axis 6000Z	2	47	Snap spring	1

## 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](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:

Please email us at [support@lifespanfitness.com.au](mailto: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.