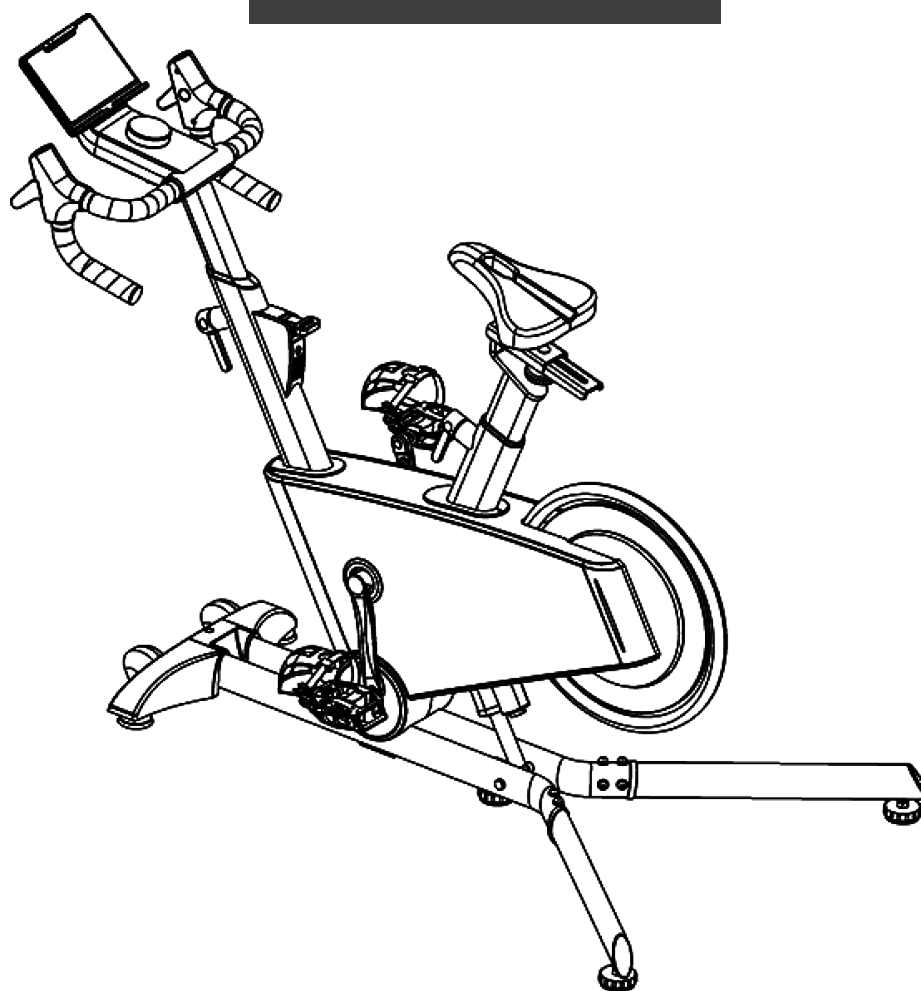







SM-720I Incline/Decline Spin Exercise Bike with Automatic Magnetic Resistance


USER MANUAL



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 Offer can be rescinded at any time.




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 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

Basic precautions, including the following important safety instructions should always be followed when using this spinning bike. Read all instructions before using this spin bike. To reduce the risk of electric shock, always unplug the spin bike from the electrical outlet immediately after using and before cleaning, assembling, or servicing the spin bike.

Failure to follow these instructions may lead to personal injury and cause damage to the spin bike. To reduce the risk of burns, fire, electric shock or injury to any persons, please read the following:

- The maximum user weight is 125kg.
- Do not use the device outdoors.
- The device is intended exclusively for private home use and not for commercial purposes.
- Ensure to turn off from Powerpoint when equipment is not in use.
- The device may only be used for the stated purpose. Improper use is not permitted.
- Never use the device if the power plug is damaged, the device is not working properly or has been exposed to moisture. In this case, contact your purchase store.
- Do not carry out any changes or maintenance steps on the device that are not described in these instructions. This can damage the device.
- Make sure that the room in which the device is located is adequately ventilated.
- Elderly or physically disadvantaged people should only use the device under supervision if intervention by a supervisor is necessary.
- To avoid damaging the device, do not use sprays or aerosol products near the device.
- Keep the device dry and away from moisture and humidity.
- Keep the power plug and the power cord away from hot surfaces.
- Set up the device on a firm, level surface with a sufficient safety perimeter. Make sure that there are no objects in the immediate vicinity of the device while it is in use, as these may be the cause of injury.
- Wear comfortable and appropriate clothing during use. Do not use the device wearing just socks or barefoot. Always wear suitable sportswear. Do not wear clothing or objects that are loose or that could get caught in the device.

- Always wear suitable sports shoes. The use of shoes with heels, leather soles or running shoes with spikes is prohibited.
 - **CAUTION:** Always make sure that your arms and legs as well as (small) children, pets or other objects are not close to the rear flywheel during operation to avoid possible serious injuries or damage to the device.
 - Never get off the device while the spin bike is inclining or descending.
-



WARNING:

Consult a doctor before exercising. This note must be observed by the elderly or people with limited health.

Read all the safety instructions in this manual carefully before using the device.

- The use of the device under the influence of alcohol, drugs or narcotics is strictly prohibited.
- This device must not be used by persons (including children under the age of 14) who have physical or mental limitations or who do not have sufficient experience to use it.
- Not to be used for medical purposes.
- Place and use the device on a dry, level and non-slip surface with sufficient clearance on all sides.
- Children under 14 years of age must not use the device under any circumstances.
- Keep children under the age of 14 and animals away from the device.
- Pets and children under the age of 14 must keep a safety distance of 3 meters from the device. Do not leave them unattended near the device.
- Children under the age of 14 should never play in the vicinity of the device or with the device itself.
- Cleaning and maintenance of the device must not be carried out by children under 14 years of age.

II. CARE INSTRUCTIONS

IMPORTANT

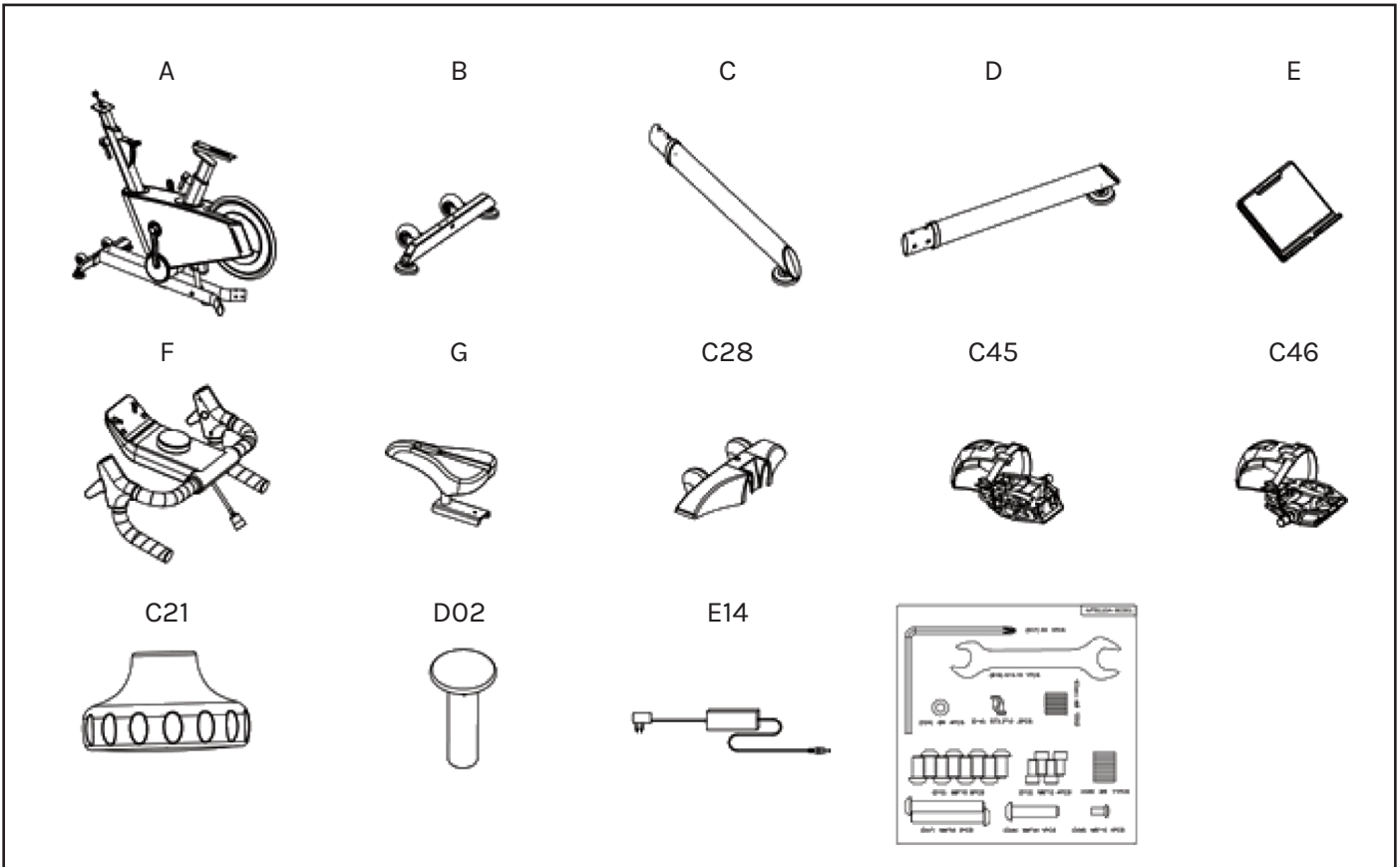
- a. All nuts and bolts are to be checked and tightened on a regular basis. This includes pedals and other moving parts. **Failure to do so may cause damage to your threads and void your warranty.**
 - b. Lubricate moving joints after periods of usage.
 - c. Be careful not to damage plastic or metal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

Power Adapter Information

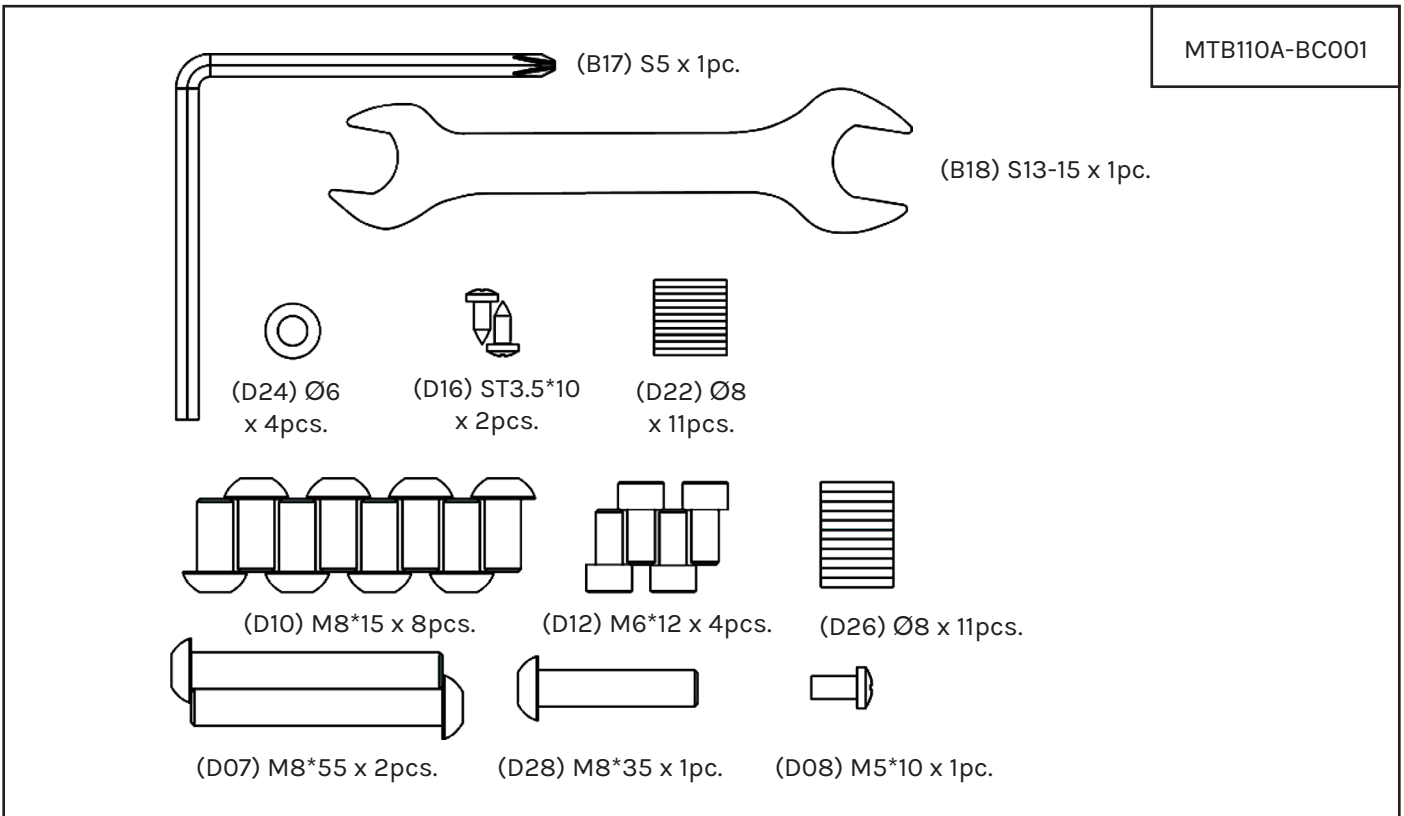
Input: 100-240V 50/60Hz 3a

Output: 24V 4a

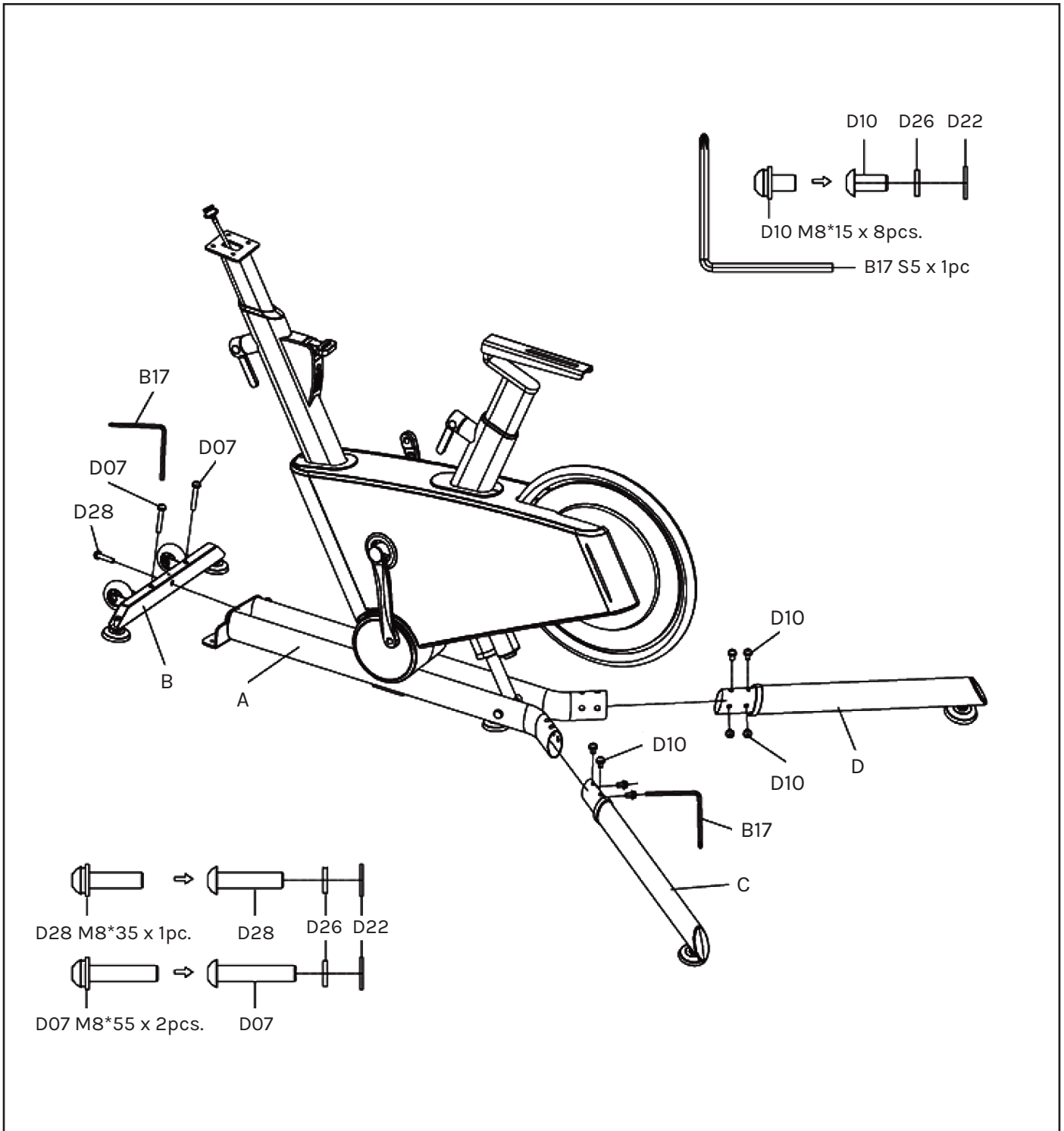
III. PARTS LIST



HARDWARE PACKAGE:

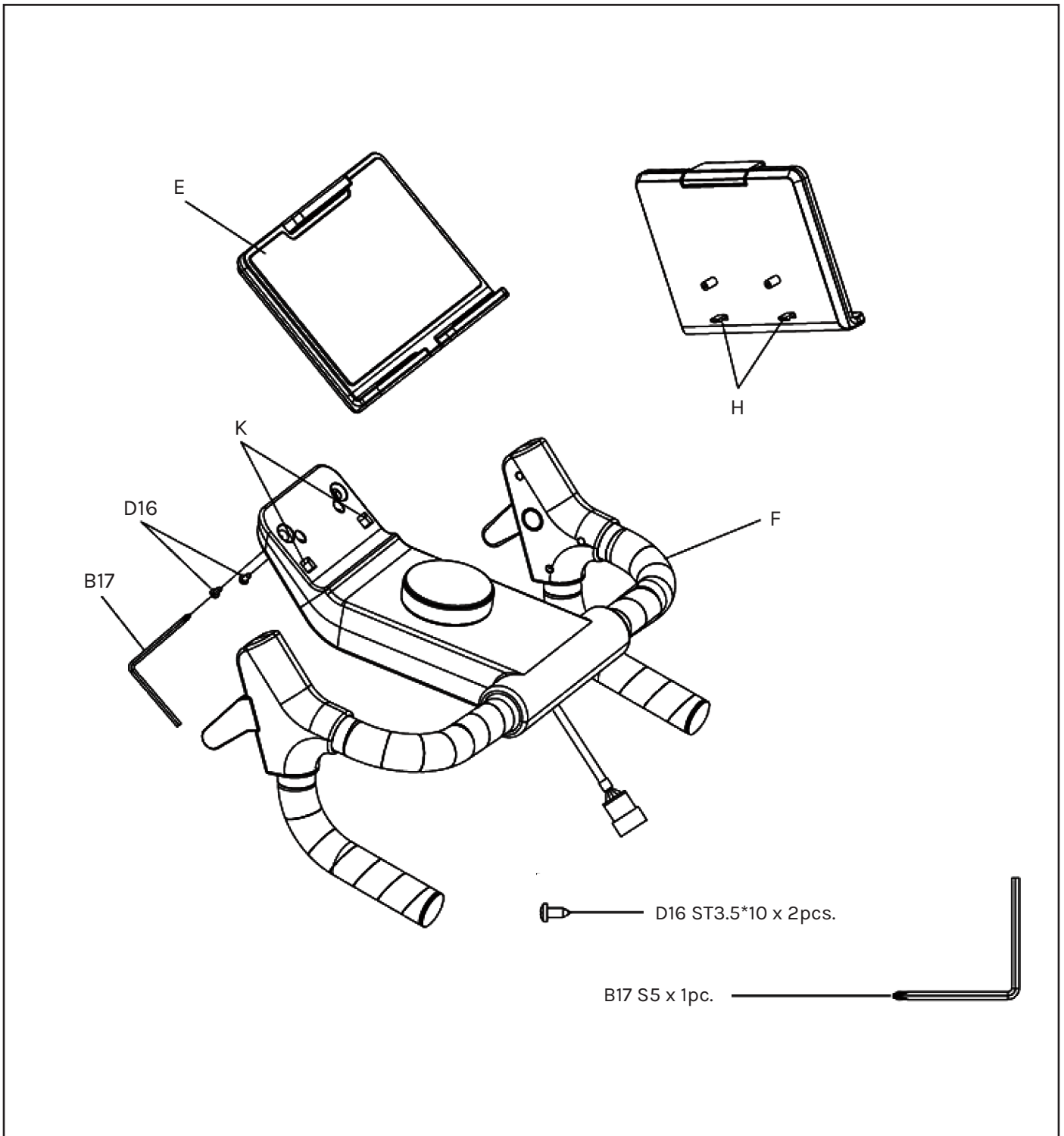


IV. ASSEMBLY INSTRUCTIONS



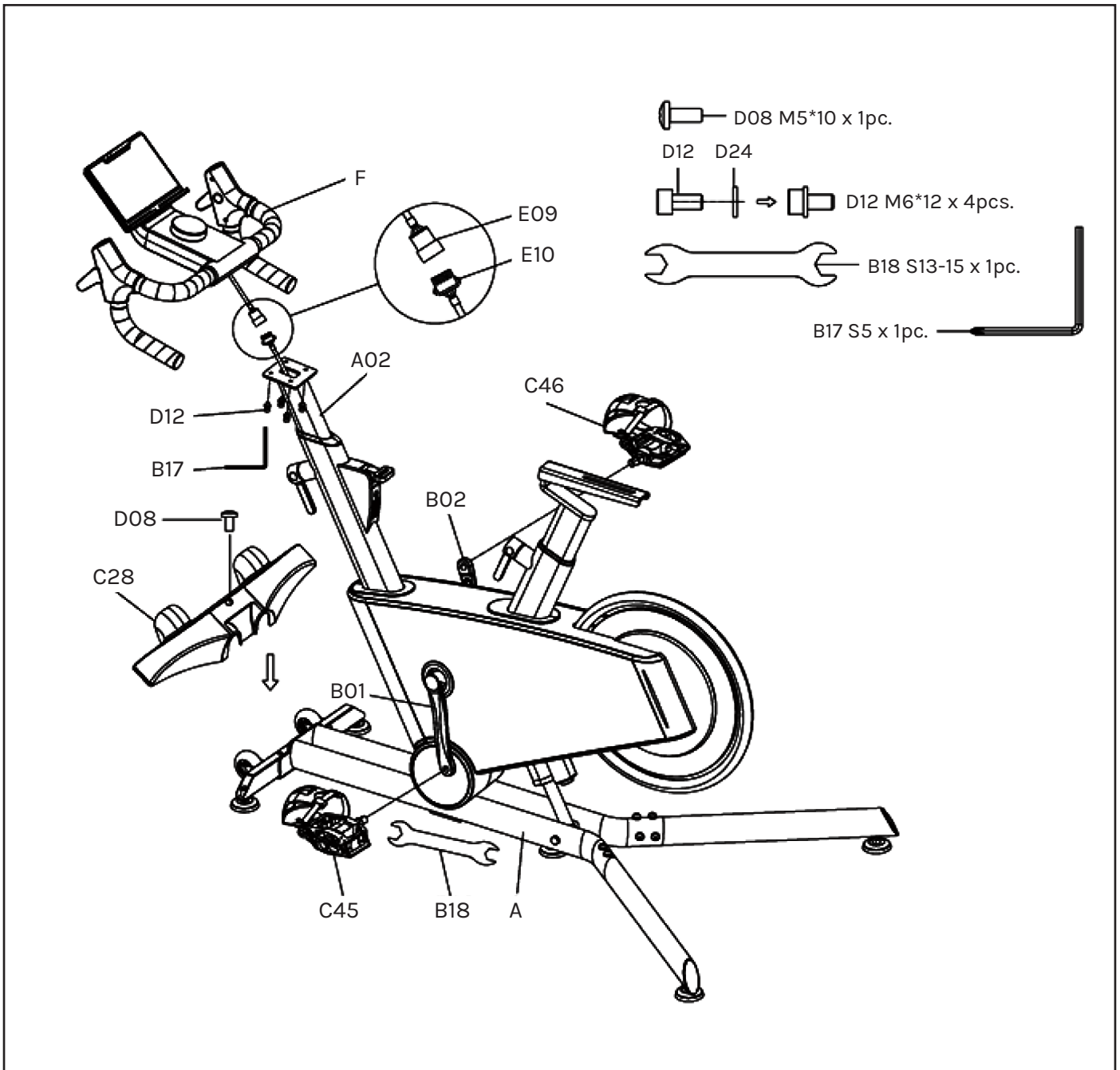
STEP 1:

1. Use an Allen wrench (B17) with 3-in-1 screws (D07*2) and 3-in-1 screws (D28*1) to fix the front foot pad fixing plate group (B) to the main frame assembly (A) and lock it tightly.
2. Install the left rear foot group (C) and right rear foot group (D) on the main frame assembly (A) and lock it tightly by using an Allen wrench (B17) and three-in-one screw (D10*8).



STEP 2:

1. First, fasten the buckle (H) on the IPAD holder group (E) into the square hole (K) on the electronic watch group (F). Then install the IPAD holder group (E) on the electronic watch group (F) with the cross wrench (B17) and the cross-pan head self-tapping screw (D16).



STEP 3:

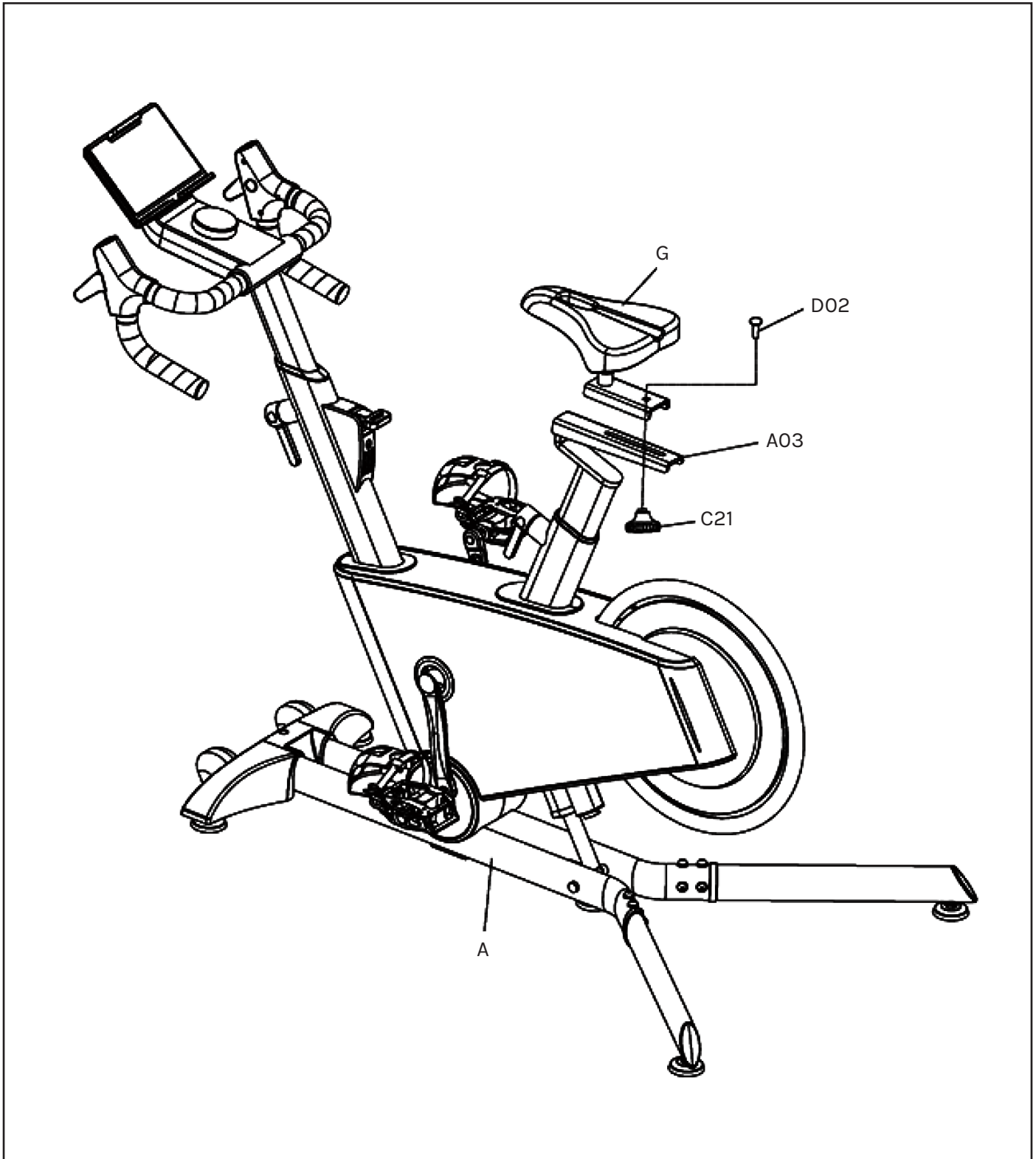
1. Fasten the upper segment line (E09) and lower segment line (E10) as shown in the figure. Then use the hex wrench (B17) 2-in-1 screw (D12*4) to fix the electronic meter group (F) to the instrument tube group (A02) and lock it tightly.

CAUTION: Pay special attention not to clip the line!

2. Use a cross wrench (B18) and left pedal (C45) to fix it on the left crank (B01) in counterclockwise turn. Ensure it is fully tightened.
3. Use a cross wrench (B18) with the right pedal (C46) to fix it on the right crank (B02) in clockwise turn. Ensure it is fully tightened.

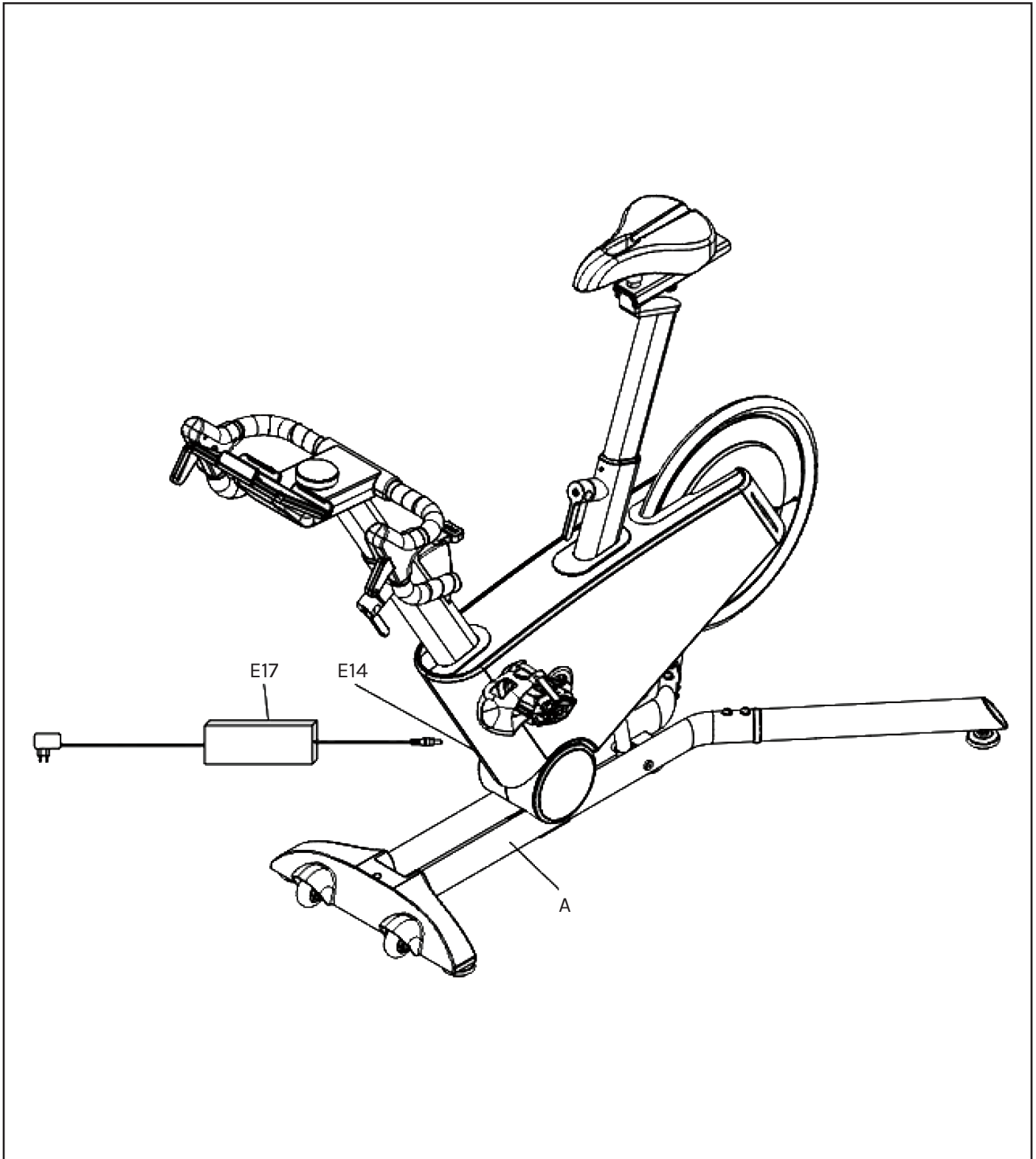
CAUTION: Be careful not to cross thread the pedals and fully tighten before use. On the right side is a clockwise turn and on the left side is a counterclockwise turn.

4. Fasten the front foot cover (C28) on the main frame assembly (A) and lock it with the cross-pan head screw (D08), as shown in the figure.



STEP 4:

- 1. Place the seat pack (G) on the seat pack tube (A03) and use a twist (C21), and square neck bolt (D02) to secure the seat pack (G) and tighten bolt.

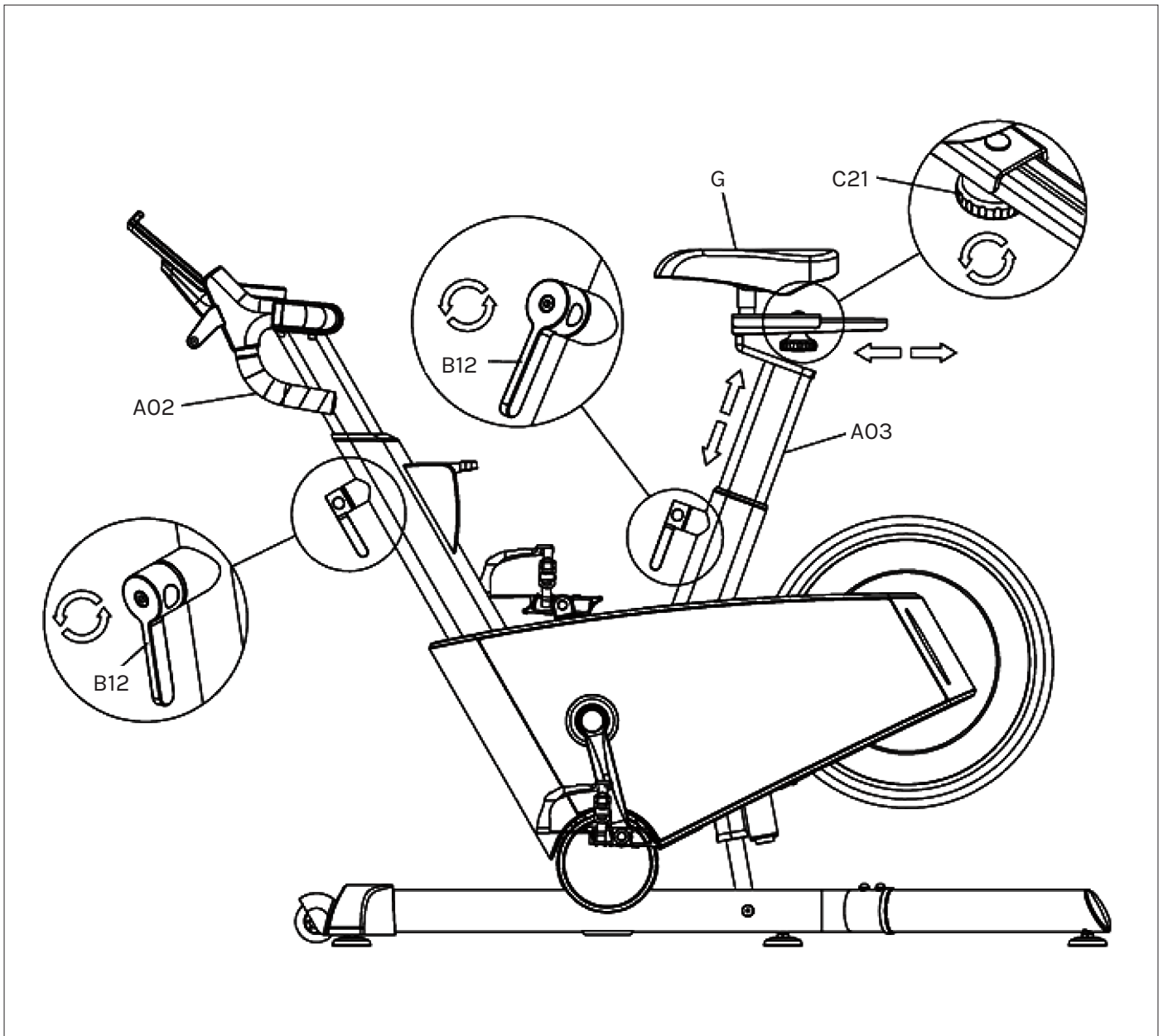


STEP 5:

1. Move the stationary bike to the position with power supply, ensure that there is a space distance of 0.6 meters around, and then plug the power adapter (E17) into the power interface (E14) as shown in the figure.

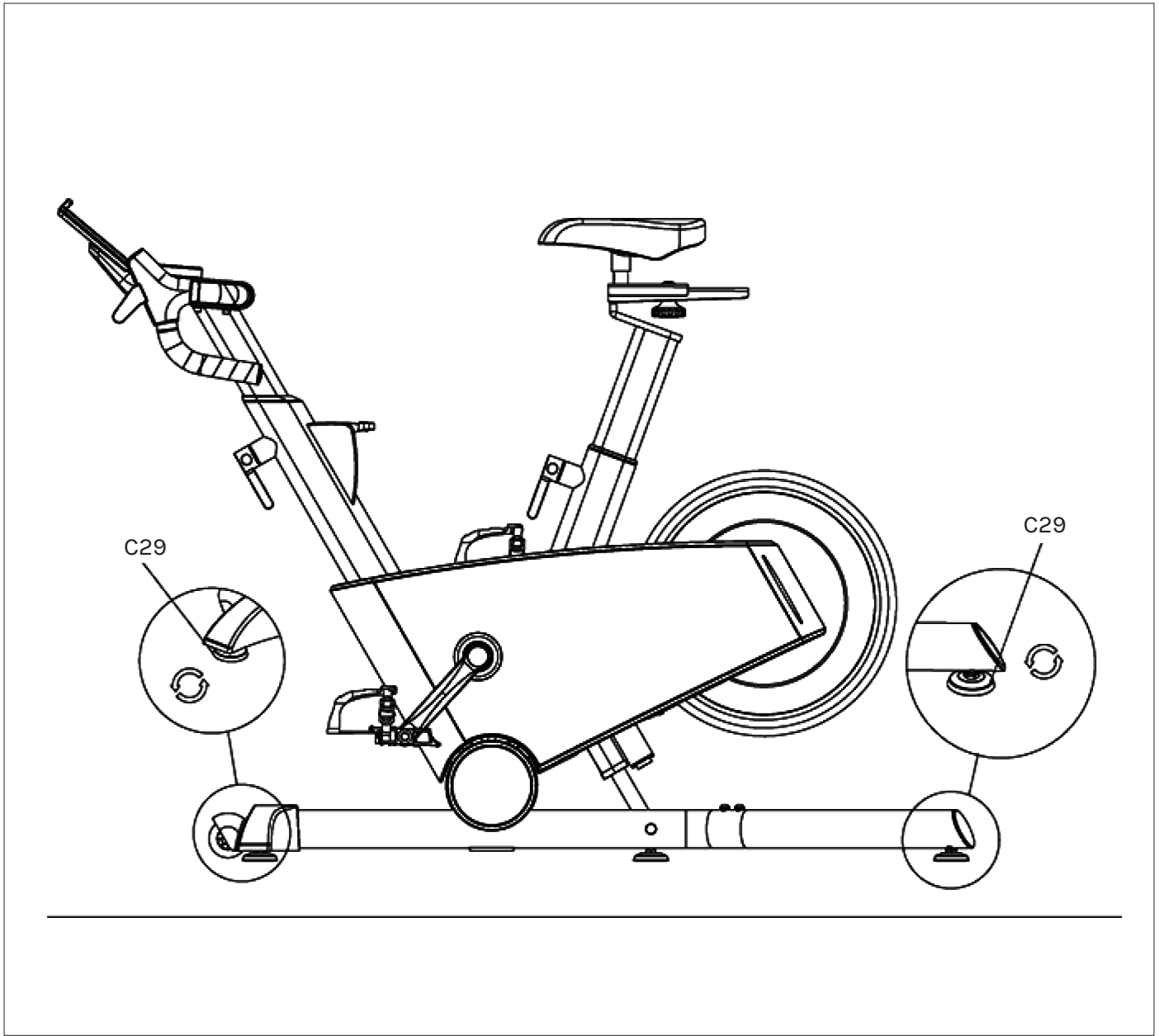
CAUTION: When powering on the bike it will automatically swing back and forth to calibrate the slope!

V. ADJUSTMENT INSTRUCTIONS



SEAT HEIGHT

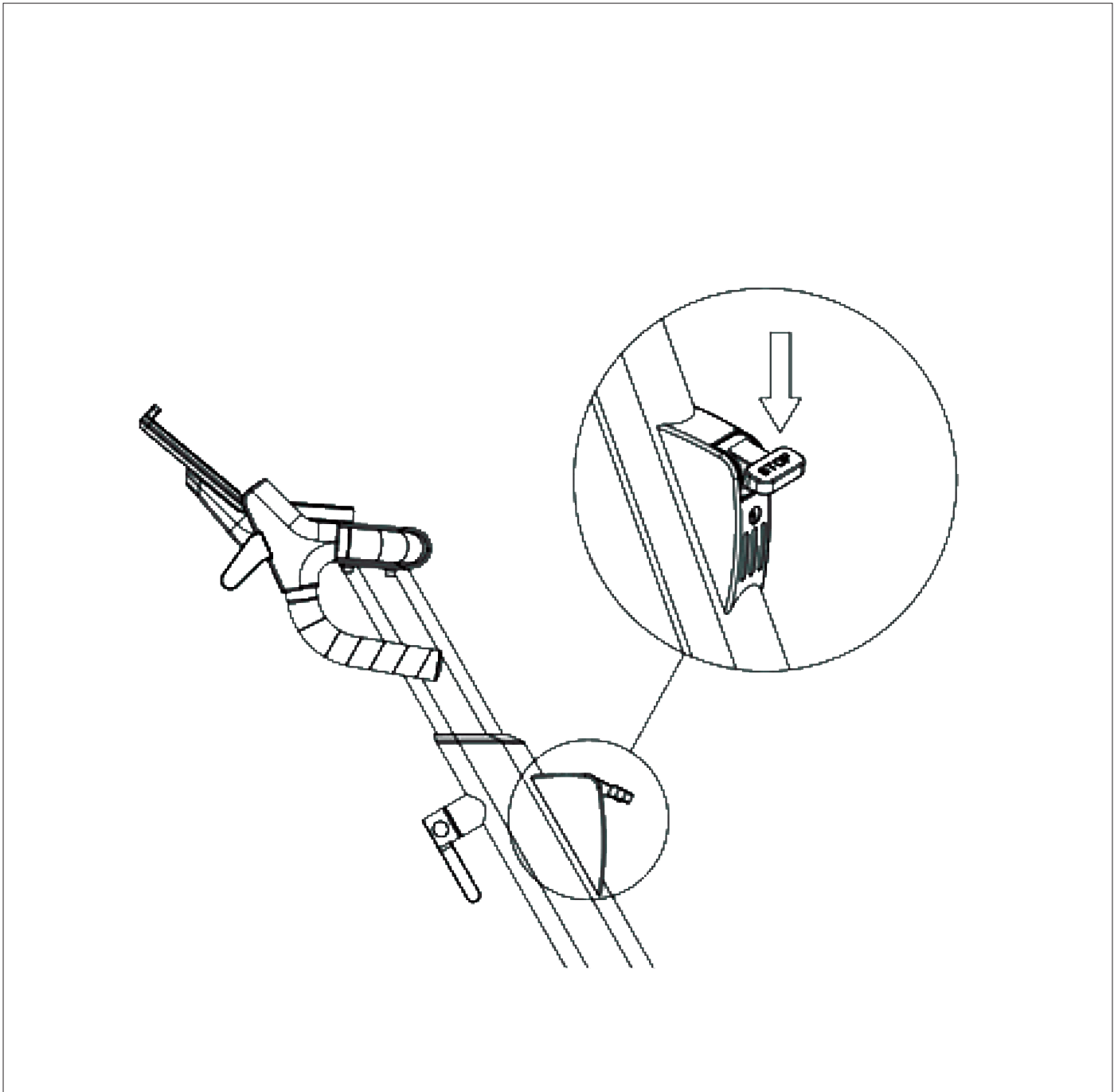
1. To adjust the height of tube group (A02)/seat cushion tube group (A03), first loosen the L-shaped elastic pin assembly (B12) by rotating it counterclockwise, and then rotate it clockwise to lock it. When operating, face the L-shaped elastic pin assembly (B12) to distinguish the direction.
2. Use seat cushion small twist (C21), first turn counterclockwise to loosen, then adjust the seat cushion sliding assembly (G), after adjustment, turn clockwise to lock.



FLOOR LEVELERS

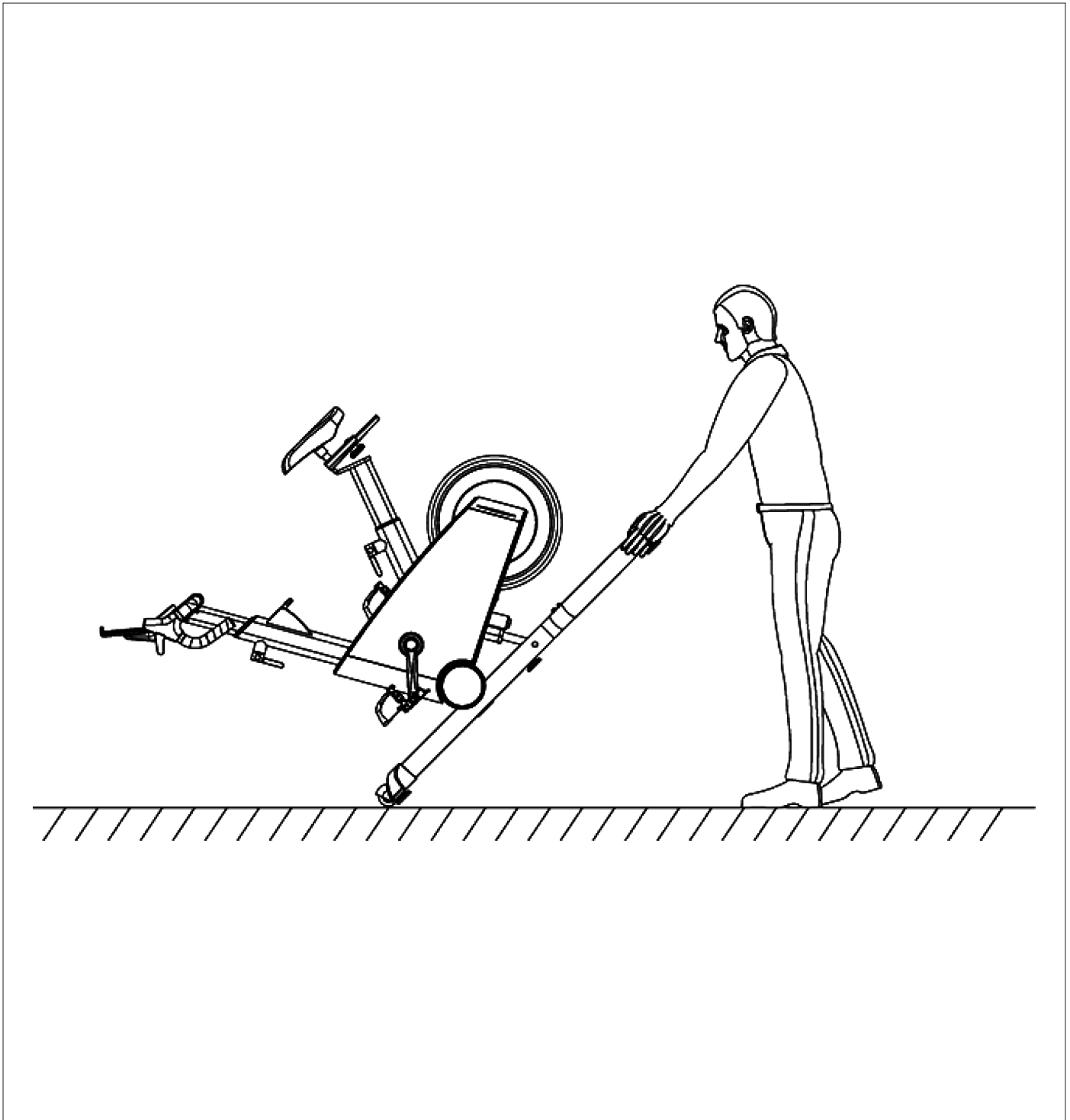
- 1. When the machine shakes due to uneven floor, adjust the adjustable foot mat (C29) counterclockwise or clockwise until they touch the ground evenly.

VI. EMERGENCY BRAKE USE



Press the brake button down to make an emergency brake.

VII. HOW TO MOVE THE MACHINE



Using two hands hold the left and right rear foot tube and lift the machine about 45 degrees angle, so that the front two moving wheels on the ground. You can only push the machine forward or pull back.








VIII. COMPUTER OPERATION



WINDOW AND BUTTON DESCRIPTION

1. LED window displays the following functions:

LED window multiplexed display, in the running state 5 seconds in turn switch display, operation knob, priority display resistance gear, operation slope, priority display slope.

-  A. **Time Window:** Displays time. Time range from 0:00-99:59, after 99:59 is reached the time will reset to 00:00.
-  B. **Distance Window:** Displays moving distance, positive count from 0.00-99.9, clear zero after overflow to continue running.
-  C. **Resistance Window:** Displays the current resistance gear value. Range of gear displays from 1-32 segments.
-  D. **Speed Window:** Displays the current speed value range: 0-72km/h.
-  E. **Watt Window:** Displays the current watt value of the training bike.
-  F. **Bluetooth Icon:** When there is Bluetooth access, the figure will light up.
-  G. **Incline Icon:** Displays slope values in the range -8 to 8.

2. **Function Key:** the center of the knob is the start and stop function key, the knob rotates clockwise for the plus key, counterclockwise for the minus key.

BUTTON FUNCTION DESCRIPTION

- A. **Start/Stop Key:** Press the button in the stop state, and the display will start to count.
- B. **Start and Stop Key:** To stop and start workout. In the paused state, press for 1 second to resume the motion, and hold down for 3 seconds to clear data.

- C. **Knob Clockwise Rotation:** During operation, turning clockwise will increase resistance. In the standby state, it can also be used to select the built-in program P1-P2-P3.
- D. **Knob Counterclockwise Rotation:** During operation, turning counterclockwise will decrease resistance. In the standby state, it can also be used to select the built-in program P1-P2-P3.
- E. **External Gear Addition or Subtraction Key:** During operation, the current gear value can be adjusted.
- F. **External Slope Plus or Minus Key:** During operation, the current slope value can be adjusted.

PROGRAMS

The system changes segments every 10 seconds.

INCLINE	TIME	To set time/20 time = running time of each time period															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P1	GEARS	10	12	16	8	2	10	16	10	2	18	10	4	12	8	12	6
	INCLINE	0	6	8	-2	-8	0	8	0	-8	8	0	-6	6	-2	6	0
P2	GEARS	10	14	16	10	5	10	20	6	16	12	5	20	12	8	14	6
	INCLINE	0	6	8	2	-8	0	6	-6	6	0	-8	8	2	-3	4	0
P3	GEARS	10	18	6	18	3	16	3	10	22	6	18	6	20	6	16	6
	INCLINE	0	8	-8	6	-8	4	-8	0	6	-6	4	-6	6	-2	4	0

DISPLAY RANGE OF EACH VALUE

	Initial	Set Initial Value	Set Range	Display Range
Time (min:sec)	0:00	0:00	N/A	0:00-99:59
Speed Window	0.0	0.0	N/A	0-72km/h
Gear	0	0	N/A	1-32
Distance (km)	0.0	0.0	N/A	0.0-99.9
Watt	0	0	N/A	0-9999
Incline	0	0	N/A	-8-8

Algorithm List:

The speed is calculated as 21.5KM/H for 60RPM.

When there is no speed signal, the distance does not count.

Sleep and Automatic Stop Function:

In the running state, if there is no speed signal within 1 minute, the system automatically enters the suspended state. In the stopped or suspended state, the system enters the hibernated state without any operation for 10 minutes.

In hibernation state, it can be awakened by the key knob to turn on.

Shutdown:

The system can be turned off at any time by turning off the power switch without damaging the system.

Note:

1. Check that your equipment is receiving power before use.
2. If there is any problem with the machine or power cable, please contact the place of purchase.

Slope Motor Calibration

In the standby state, hold down the external incline plus or minus key for 3 seconds at the same time, and the system will enter the automatic incline calibration. When calibration is complete, the system will exit automatically.

If E04 is reported during the learning process, check the motor, motor signal cable, or replace the driver.

IX. EXERCISE GUIDE

! PLEASE NOTE:

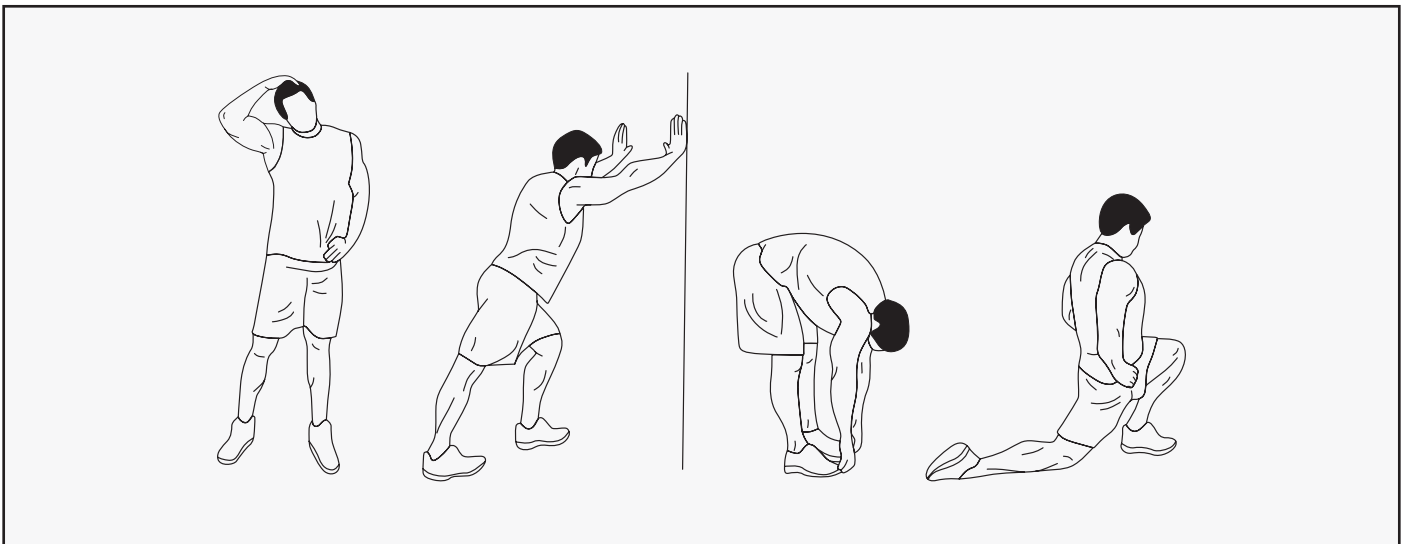
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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

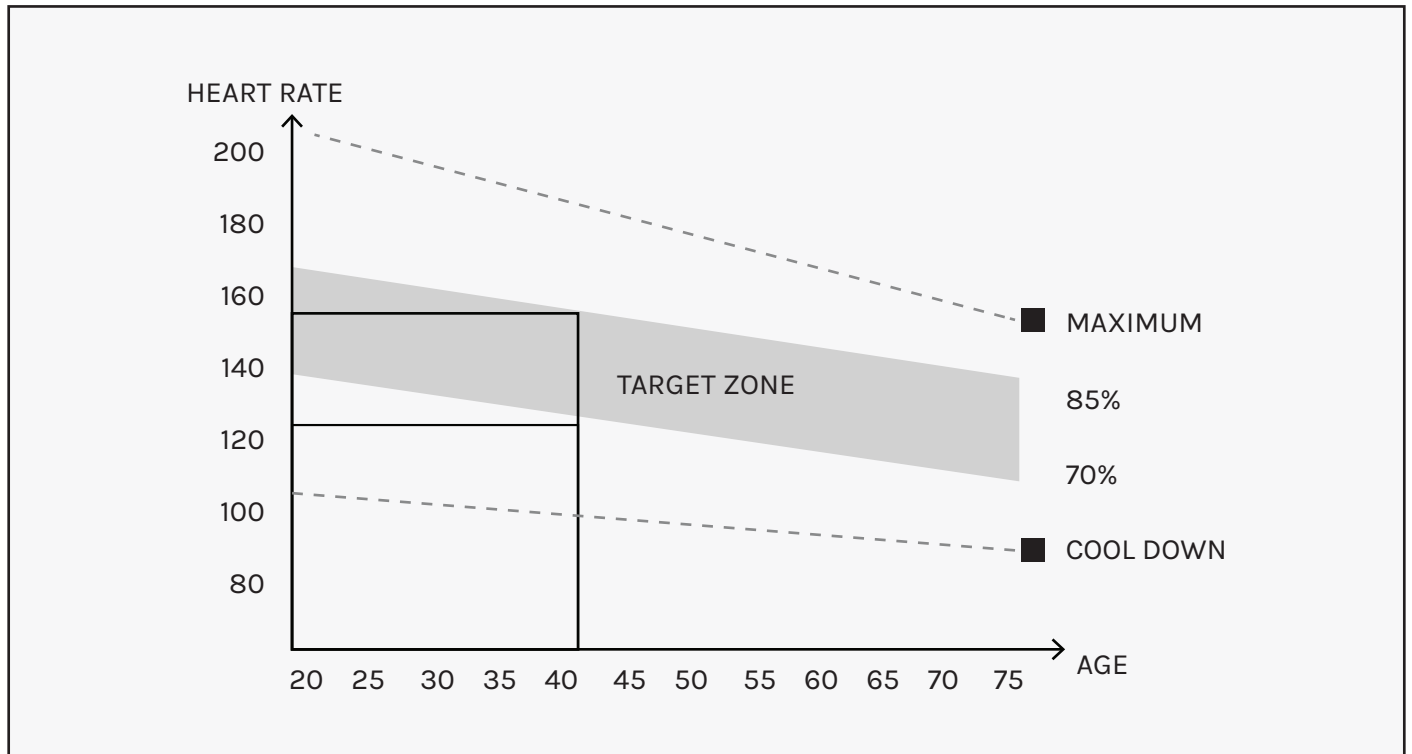
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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.

X. 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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